

Foot Ball-Handling Exploratory Lesson  
by  
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Grade Level: K-12

National Standards:

#1: #2: #3: #4: #5: #6:

Learning Objectives:

- The student will explore a variety of ways to tap, hit, kick a ball using their feet.
- The student will work cooperatively in a shared space and maintain proper personal responsibility.
- The student will use proper social support.

Space Needed:

- A large grassy area is best; however a cafeteria, blacktop, or any flat surface is acceptable.

Equipment & Materials Needed:

- One ball per student. (Have many different types and sizes available, i.e. foot bags, rubber balls, soccer balls, balloons, etc.).
- Cones.

Set-Up:

- Place the cones around the perimeter of the playing area to designate the boundaries.

Description of Learning Activities:

- Each student should take a ball, find a self space, and put the ball between their knees while waiting for instructions.
- The teacher will verbally describe what skill is to be attempted, and may also demonstrate if necessary. It is best not to demonstrate, but to allow the students to try it on their own.
- Have the students attempt to touch (or hit) the ball using the inside of their foot (the "Instep"), 3-10x in a row depending upon the skill level of the students.
- Have the students attempt to touch (or hit) the ball using the outside of their foot (the "Lateral Kick"), 3-10x in a row depending upon the skill level of the students.
- Have the students attempt to touch (or hit) the ball using the top of their foot (the "Shoelace Kick"), 3-10x in a row depending upon the skill level of the students.
- Have the students attempt to touch (or hit) the ball using their heel or back of the foot (the "Heel Kick"), 3-10x in a row depending upon the skill level of the students.
- Have the students attempt to touch (or hit) the ball using their quadriceps (the "Knee Kick"), 3-10x in a row depending upon the skill level of the students.
- Have the students find a partner.
- One student tosses the ball underhand to their partner; their partner then attempts to hit it back to them; the tosser catches the ball; repeat 3-5x for each student. Be sure to verbally state which hit/kick they are to try.
- One student starts the activity by underhand tossing the ball to their partner; their partner hits the ball back to them; the tosser now hits the ball back to their partner; who then catches the ball and begins the activity again with the underhand toss; repeat 3-5x for each student as the tosser.
- Advanced students may try this same activity in a triad.

Authentic Assessment:

- Teacher observation of students' social support while participating in this activity.
- Teacher observation of students' cooperation while participating in this activity.
- Teacher observation of the students' skill level during the practice session.