



# Unified PE

Soccer: Dribbling

# Agenda

## What are we doing today?

- Learning Goals
- Skill: Dribbling
- Activity for Home: Mexican Hat Dance
- Warm-Up: Darebee Code Red
- Activity: Make or Miss – Soccer Edition
- Cool Down: Darebee Bellatrix

## What's Due?

- Nothing new 😊

# Learning Goals

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- I can work hard at home and in school to improve my physical fitness
- I can name the cues of dribbling a soccer ball
- I can dribble the soccer ball with correct form

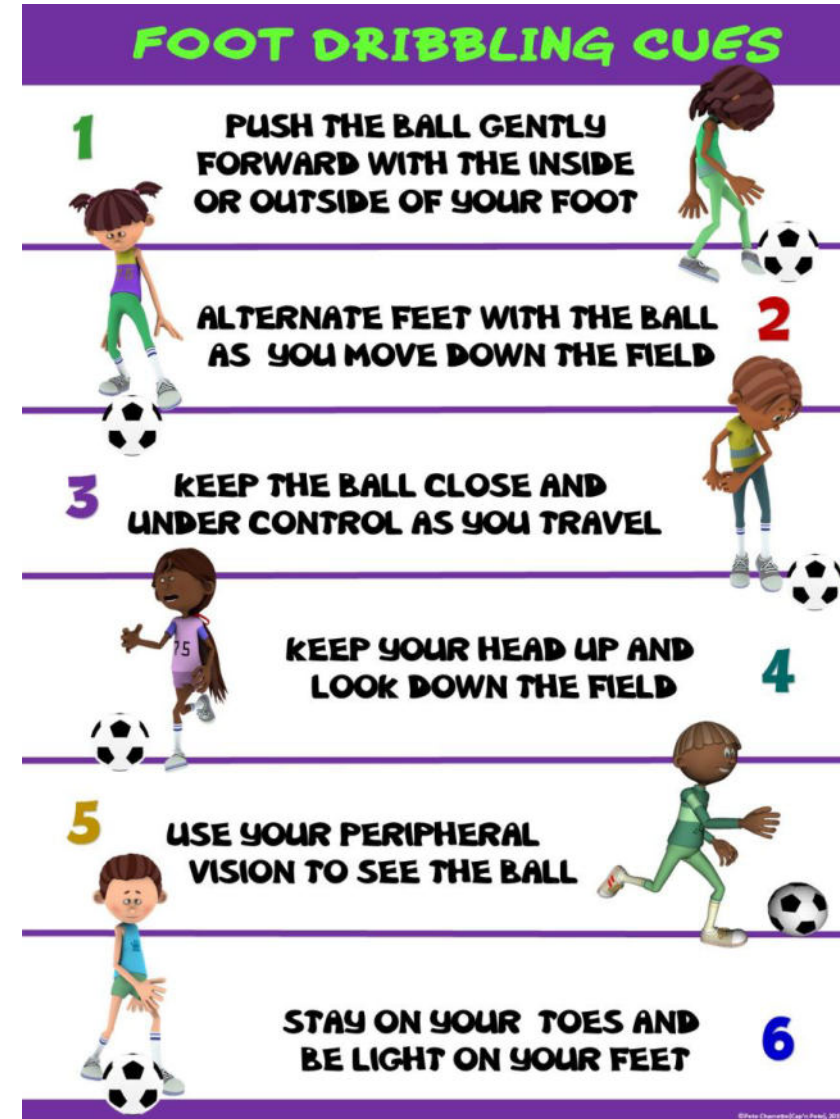




# Skill: Dribbling

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- Cues →
- [Soccer - Dribbling & Ball Control](#)
- [Soccer Drills - Dribbling for Beginners](#)





# Activity for Home: Mexican Hat Dance

- **Directions:**
  - Dribble the soccer ball in space to the music – focus on keeping the ball in control and close to you
  - During the chorus of the song – you will practice “trapping” by tapping your feet in an alternating fashion on top of the ball
- [Mexican Hat Dance - Soccer](#)

# Warm-Up: Code Red

- **Directions:** Complete the following exercises 2x through
  - 20 High Knees
  - 20 Jumping Jacks
  - 20 High Knees
  - 20 Split Jacks
  - 20 High Knees
  - 20 Butt Kicks

## Code Red

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



20 jumping jacks



20 high knees



20 split jacks



20 high knees



20 butt kicks

# Activity: Make or Miss – Soccer Edition

- Directions:

- Watch the clip and decide if the player scored or didn't score
- Do the exercise to show your answer for 20 seconds



# Bellatrix

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 butt kicks



5 calf raises



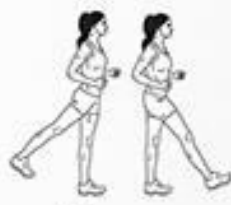
10 butt kicks



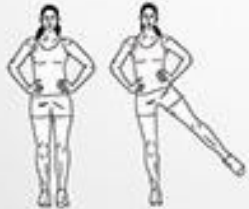
10 leg swings  
left side



5 calf raises



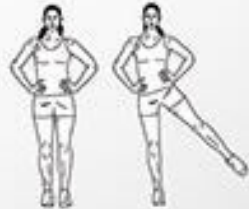
10 leg swings  
right side



10 side leg raises  
left side



5 calf raises



10 side leg raises  
right side

## Cool Down: Darebee Bellatrix

- **Directions:** Complete the following exercises 2x
  - 10 Butt Kicks (slow pace)
  - 5 Calf Raises
  - 10 Butt Kicks (slow pace)
  - 10 Leg Swings – Left Side
  - 5 Calf Raises
  - 10 Leg Swings – Right Side
  - 10 Side Leg Raises – Left Side
  - 5 Calf Raises
  - 10 Side Leg Raises – Right Side