

[WARM UP to the Chicken Dance on safe.Youtube](#)



## Dribbling with Feet

### Equipment & Set Up

#### Equipment List:

Soccer Ball **OR** Playground Ball (Outside)

Rolled Up Socks **OR** Balloon **OR** Soft/Yarn Ball (Inside)

Open Space - outside or inside - enough room to kick a ball around 10 feet



**(Tip: Use a slightly deflated ball to slow the roll.)**

**1. Trapping:** Stepping on the top of the ball to stop the ball.  
Right then left foot



-Say the ABC's as you tap.

-Hold a hand or touch the wall for balance

**2. Passing:** Kicking the ball to a partner or target



**3. Dribbling:** Moving the ball from one place to another using little kicks.

