

# LESSON PLAN

## PHYSICAL EDUCATION (NSQF) CLASS-10TH

**Team** : Green & Red **Time:** 45 min

**Teacher** : Mr. Avinash Kumar.

**Topic** :FootballImprove dribbling and Ball Control 1v1.

### ORGANIZATION

**Equipments** : Marker, Cone, Watch, Bibs & Whistle

**Training Area** : 15x8 yards

**No. of Balls** : 06

**No. of Players** : 12

**Procedure:** Explain about ball control and dribbling. Divide players into 2 groups. A player will dribble the ball and one player will try to defend (1v1). Player with ball is supposed to cross the end line with ball, if they are able to do it, they will be awarded 1point.

**Progression/Variation:** Player is suppose to cross the marked area with ball and ball will be common in the beginning for all.

### Key Coaching Points :

- First touch with in-step
- Accelerate
- Use different parts of the foot
- Eyes on the ball as well as the opponents
- Dribbling with control and zig-zag
- Use feint and dose
- Use empty space
- Aggression

