

Pedal's football dribbling posts

Football is one of my favourite ways to be active. I'm trying to improve my dribbling so I made these dribbling posts to help me. Why don't you have a go?



You will need:

- three big water bottles
- brightly coloured and black and white acrylic paint
- newspaper • PVA glue
- paintbrush • football



First, mix some paint with a little PVA glue. Then paint each bottle all over in one colour and leave it to dry. You might want to use a different colour for each bottle.



Next, using some white or black paint, paint the number 1 onto a bottle. Then paint the number 2 onto another bottle and the number 3 onto the last one.



You should end up with three bottles, each with a number on - like this. When they are dry you can begin practising your dribbling skills!



Dribbling means 'travelling with the ball'. It is a ball-control skill. If a footballer has good ball control he or she can set up passes to team mates, or keep the ball until they get into position. This helps the team play better!



To practise your dribbling skills, space your bottles out and dribble a football in between them.



To dribble, gently kick a football to move forwards a little way. Kick the ball with one foot and then the other. Keep the ball moving but try not to kick too hard.

It might help to half fill your water bottles with sand or water to stop them falling over.

