

Max's Masterclass: Mastering Ball Control

Learning objective: To analyse the biomechanics of ball control and justify the selection of specific techniques for different sporting scenarios.

Max the monkey has been observing various sports to figure out the most efficient ways to control a ball. Below, you will find six scenarios. Match the correct ball-handling or footwork technique to the situation, then justify your choice using your knowledge of physics and control. Use the word bank to help you describe the movements.

Word bank: Dribbling · Cushioning · Trajectory · Momentum · Pivoting · Peripheral vision · Intercepting · Velocity

1. Scenario 1: You are moving at high speed across a field with a ball at your feet and an opponent is closing in. Which technique do you use, and why does this keep the ball within your reach? (2 marks)

2. Scenario 2: A ball is travelling towards you at high velocity from the air. Explain why you must 'cushion' the ball upon impact rather than keeping your foot or hand rigid. (2 marks)

3. Scenario 3: You are standing still with the ball and need to protect it while looking for a teammate to pass to. How does 'pivoting' help you maintain possession? (2 marks)

4. Scenario 4: Compare and contrast dribbling a ball in a straight line versus dribbling through a zig-zag obstacle course. How does your body weight distribution change? (2 marks)

5. Scenario 5: Justify why 'peripheral vision' is essential when dribbling. What might happen if you focus solely on the ball instead of the surrounding space? (2 marks)

6. Scenario 6: If you were designing a new game that required two different types of ball control (e.g., foot and hand), what rules would you implement to ensure fair play? (2 marks)

Draw: Draw a diagram of a person demonstrating a 'cushioning' technique. Use arrows to show the direction of the ball's movement and the direction in which the player pulls their limb to absorb the momentum.



Extension challenge: Design a 'Ball Skills Circuit' for your class. You must budget for equipment: you have £50.00. Cones cost £1.50 each and balls cost £4.50 each. Create a shopping list that allows for at least 4 stations, ensuring you have enough equipment for 30 pupils to rotate. Explain your reasoning for your equipment choices.