



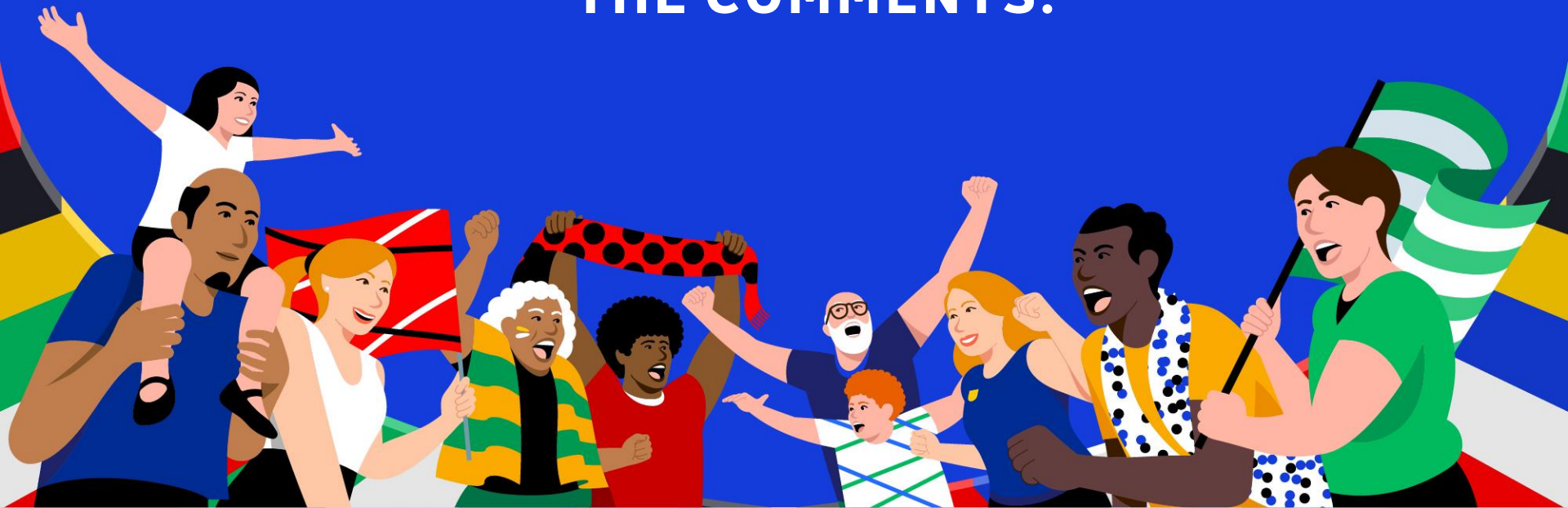
# THE SUBSTITUTES

Dribble with Jamal

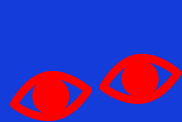
#MakeMoves

WELCOME

TRY JAMAL AND ALBÄRT'S DRIBBLING  
LESSON & SHARE YOUR EXPERIENCE IN  
THE COMMENTS.



THREE SUPERPOWERS THAT WILL MAKE  
YOU A STAR DRIBBLER LIKE  
**JAMAL MUSIALA**



**1**

**EAGLE EYES**

TO SEE THE OPEN SPACE

**2**

**LIGHTNING SPEED**

TO ARRIVE BEFORE YOUR OPPONENT



**3**

**MAGIC MOVES**

TO CONTROL THE BALL & EVADE YOUR OPPONENT



# SUMMARY NOTES FOR TEACHERS, COACHES AND PARENTS

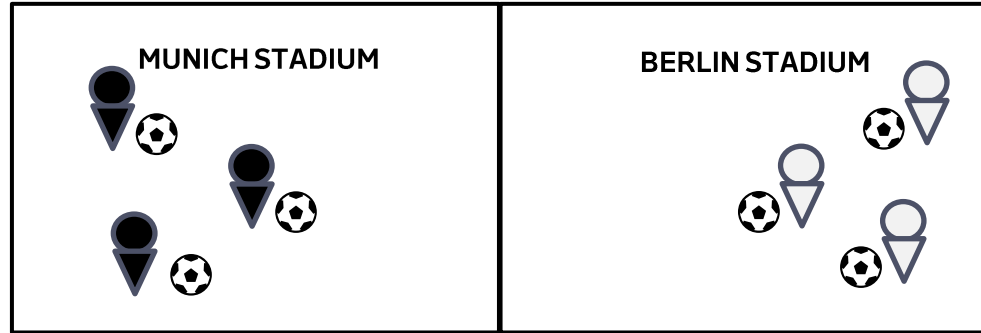
## LEARNING OBJECTIVE

Get children comfortable evading an opponent by developing fundamental movement skills with the ball and a basic understanding of:

- looking for space
- acceleration with the ball
- movements to evade their opponent while controlling the ball

## ORGANISATION

- Set up an area divided down the middle appropriately sized for the total number of children
- Ideally you need one ball per child, but can be adapted to use one ball per two children
- A bib for every child



### GAME ONE

#### ROAD TO EURO

- Divide the children into two teams, one for each "stadium" half—Munich and Berlin.
- The goal is to get from one stadium to the other without contact with other people or balls.
- Begin with children holding or balancing the ball in their hands and advance to dribbling.
- If a ball is touched, do three star jumps before proceeding.

### GAME TWO

#### ALBÄRT TAG

- All children should dribble balls within the two stadium zones.
- One child or a teacher starts as the catcher (Albärt) with a bib and aims to throw the bib onto someone's ball.
- If successful, that child places their ball in a goal, takes a bib, and joins as another catcher.
- The last player dribbling wins.
- Play multiple rounds.

### GAME THREE

#### STADIUM GAME

- Pair up the children, giving a ball to each pair. Position half of the pairs on the "Berlin" side, and the other half on "Munich."
- One child per pair starts without the ball, walking around their stadium and their partner follows while dribbling the ball.
- Upon hearing "EURO" the non-dribbling child attempts to snatch their partner's ball and dribble it to the other stadium.
- Games last 60 seconds each.

## GAME ONE

### ROAD TO EURO

Divide the children into two teams, one for each "stadium" half—Munich and Berlin.

The goal is to get from one stadium to the other without contact with other children or their balls.

Begin with children holding or balancing the ball in their hand and advance to dribbling.

Encourage the children to try different moves to change direction and move past others.

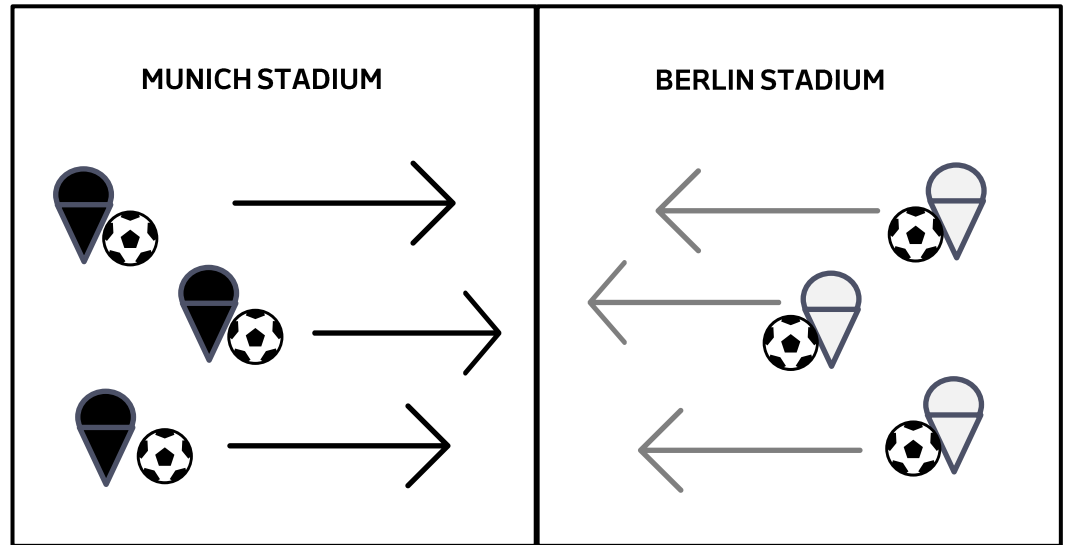
If a ball is touched, the children can do a fun forfeit like three star jumps before proceeding.

## EURO FACT

Munich will host the opening game of UEFA EURO 2024 and the final will take place in Berlin.

## ADAPTIONS

1. You can have some children with a ball and some without if not enough footballs and they swap each time they travel to a stadium
2. If too many children in a small space, you can have half the children find a space in the hall that they can't move from but can be doing star jumps or hops while the others try to dribble one side to the other without touching them and then rotate the children, so they all get turns with the balls.
3. Children can work the width or length of the space depending on numbers and age.
4. To build confidence you can start the game without balls and encourage different types of movement (skipping, hopping, side-stepping etc.)



## GAME TWO

### ALBÄRT TAG

All kids dribble balls within the two stadium zones.

One child or a teacher starts as the catcher (Albärt) with a bib and aims to throw the bib onto someone's ball.

If successful, the 'caught' child places their ball in a goal or marked zone, takes a bib, and rejoins the game as another catcher.

Encourage children to dribble for space and to avoid the catchers.

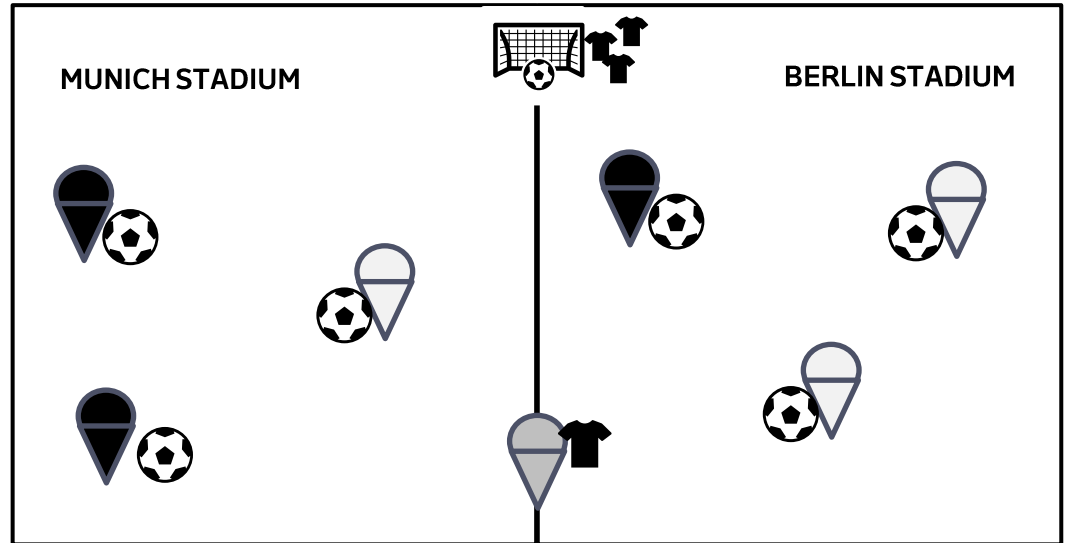
The last player dribbling wins. Play multiple rounds.

## EURO FACT

Albärt is the official Mascot of the UEFA EURO 2024

## ADAPTIONS

1. Children can start in pairs if not enough balls. The partners share a ball to transfer it to the other stadium without getting caught
2. You can use cones instead of bibs if you don't have them
3. 'Albärt' can be restricted to only walking so they can't catch so quickly to build confidence
4. Catchers can also have a ball to dribble.



## GAME THREE

STADIUM GAME

Pair up the kids, giving a ball to each pair.

Position half of the pairs in the "Berlin" side, the other half on "Munich."

One child per pair starts without the ball, walking around their stadium and their partner follows while dribbling the ball.

Upon hearing "EURO," the non-dribbling child attempts to snatch their partners ball and dribble it to the opposite side.

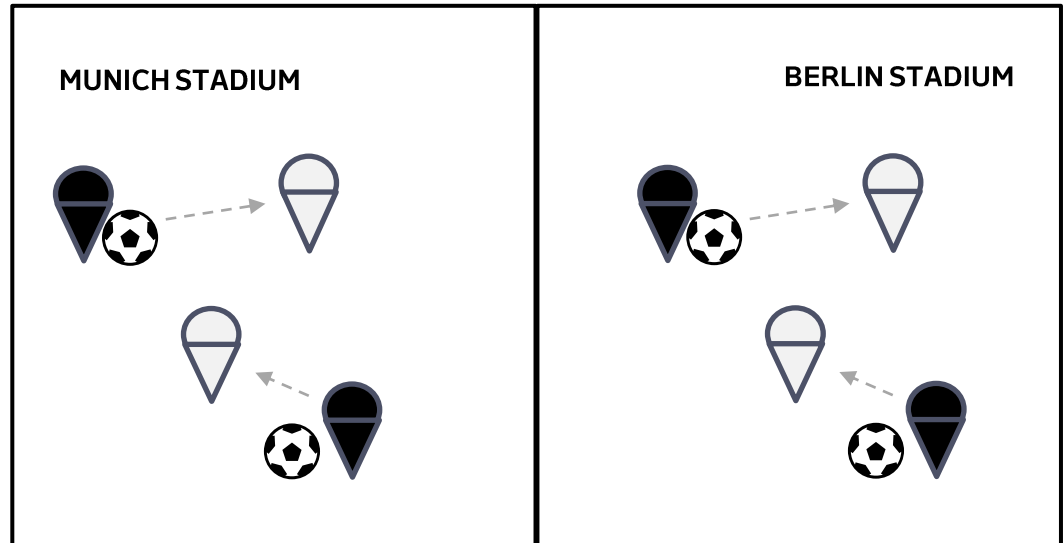
Games last 60 seconds each.

## EURO FACT

UEFA EURO 2024 will take place across ten world-class stadiums in Germany

## ADAPTIONS

1. If you need to have groups of three, two should have balls and one would be without.





**HOW DID YOU DO?**

**DON'T FORGET TO SHARE YOUR EXPERIENCE IN  
THE COMMENTS.**

