



HIGH-ENERGY GAME

Dribble Drills

[10 min]

Supplies

- soccer balls or other similar-size balls (1 per small group)
- classroom chairs or cones (2 per small group)
- upbeat music (optional)
- music player (optional)

Easy Prep

- For every small group, set up 2 chairs about 5 feet apart. Kids will move in a figure-eight pattern around the chairs. Leave plenty of room between each set of chairs.

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

Dribble Soccer Balls Around Chairs

Say: **Your goal is to dribble a soccer ball around these chairs in a figure-eight pattern as fast as you can.** Walk around the chairs in a figure-eight pattern to demonstrate. **You'll need self-control to keep from kicking the ball too far in front of you!**

- Have each small group line up in front of a pair of chairs.
- Give each group a soccer ball.
- On "go," the first child in each line will dribble the soccer ball in a figure-eight pattern around the chairs and back to the next child in line, who'll do the same.
- If you'd like, play high-energy music as kids dribble.
- The goal is to be the first group to have all five teammates dribble the ball around the chairs.
- Play again, bringing the chairs closer together to make it more challenging.

Talk About It

Ask: • **Which helped more, controlled kicks or big kicks? Why?**

Say: **Dribbling drills require self-control. As you moved around the chairs, you had to be quick, but you needed to keep the ball under control—which isn't always easy to do! The chairs were obstacles that forced you to use self-control.**

Ask: • **When have you needed self-control to navigate difficult times in life?** Share an example from your own life to begin. Perhaps you needed self-control to not push through an injury or to make a good financial decision when you needed a new car. Then have kids share in their small groups.

Say: **Self-control is a fruit of the Spirit. Our friendship with Jesus helps us navigate difficult times in life with wisdom and self-control.**