

Football - Control

Keywords

Teamwork	Respect
Attack	Movement
Receive	Possession
Control	Accuracy
Speed	Shoot
Soft	Cushion

Can you think of anymore?



Performance	Can stop the ball
	Can stop ball consistently
	Can stop the ball
	Can stop the ball using different parts
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can pass with one foot
	Understands how to control ball
	Why and when to perform a skill
	Tries to use the skill in a game
Health Related Fitness	Explains what exercise is
	Can describe how you feel during exercise
	Explains why exercise is good for us
	Knows the stages of a warm up & benefits of exercise

STOPPING THE BALL



1. Move your body into position to stop the ball from passing.
2. Place your foot on top of the ball.

CONTROL



1. Face the direction of the ball approaching.
2. Watch the ball all the way onto your foot and use your arms to balance.
3. Cushion the ball with the side of your foot.



Can you control the ball from different heights?

Football - Passing

Keywords

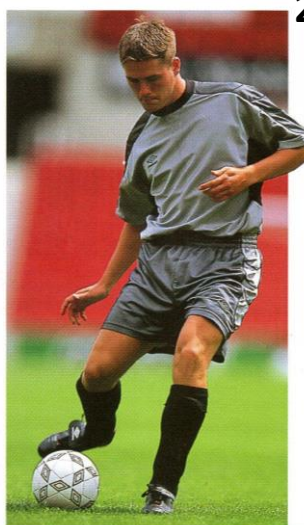
Team work	Respect
Balance	Movement
Receive	Possession
Control	Accuracy
Attack	Cushion
Skill	Weight of Pass

Can you think of anymore?



Performance	Can strike the ball
	Can pass to partner
	Use a pass and can receive a pass through a 'gate'
	Knows when to pass in a game
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can passing with strong foot
	Understands passing technique
	Knows when to perform a skill
	Tries to use the skill in a game
Health Related Fitness	Explains what exercise is
	Can describe how you feel during exercise
	Explains why exercise is good for us
	Knows the stages of a warm up & benefits of exercise

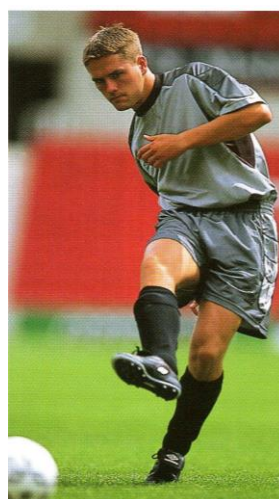
1.



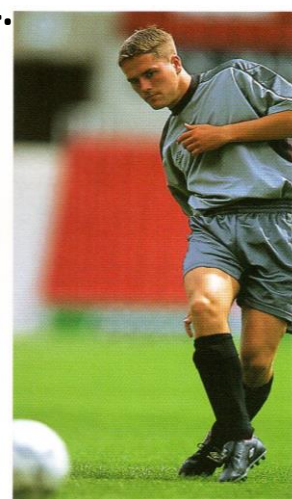
2.



3.



4.



1. Place your non-kicking foot next to the ball.
2. Lean your body forward over the ball as you swing your foot.
3. Strike the ball solidly with the inside of your foot.
4. Keep your body balanced at all times.

Can you challenge yourself to pass through a gate?



Football - Shooting

Keywords

Teamwork	Respect
Balance	Movement
Receive	Accuracy
Control	Volley
Attack	Shoot
Strike	Curl/Swerve

Can you think of anymore?



Performance	Can strike the ball
	Can shoot at target
	Able to shoot on target
	Can use correct technique when shooting
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can passing with strong foot
	Understands shooting technique and tries
	Knows when to perform the skill in a game
	Uses the skill in a game
Health Related Fitness	Explains what exercise is.
	Describes how you feel during exercise.
	Knows why exercise is good for us
	Understand why we warm up



Coaching Points

1.



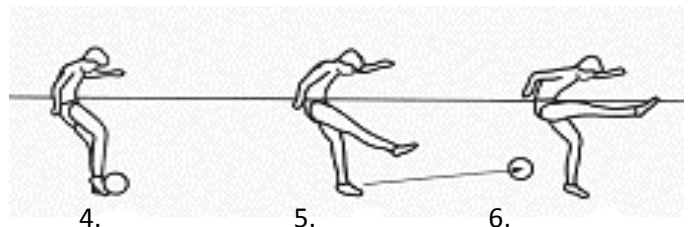
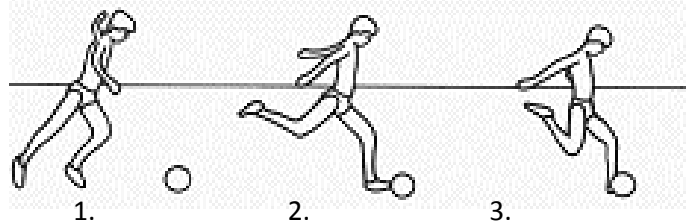
2.



3.



1. Put one foot next to the ball.
 2. Pull the striking foot backwards.
 3. Balance your body and swing foot through.
- Make a strong/firm contact on the ball**



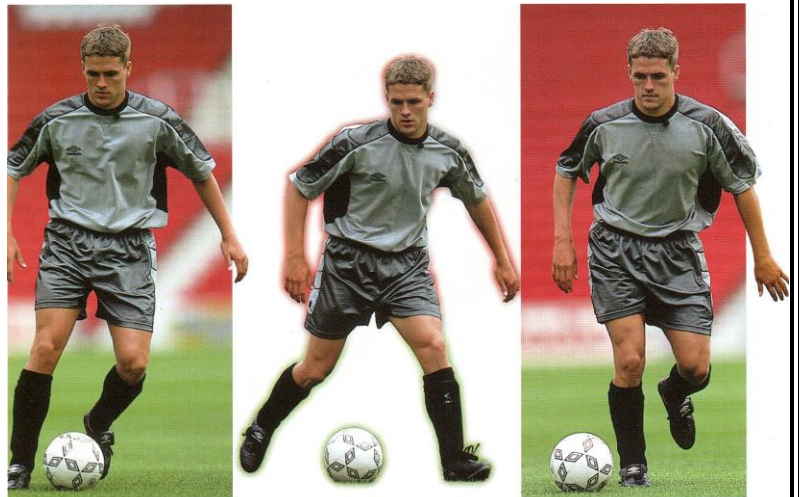
Can you shoot High and Low?

Football - Dribbling

Keywords

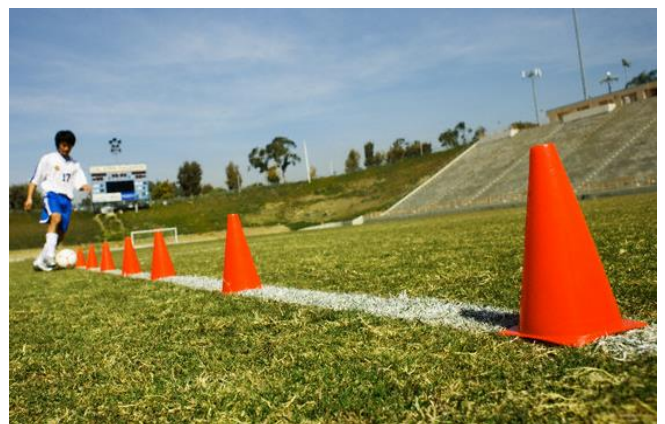
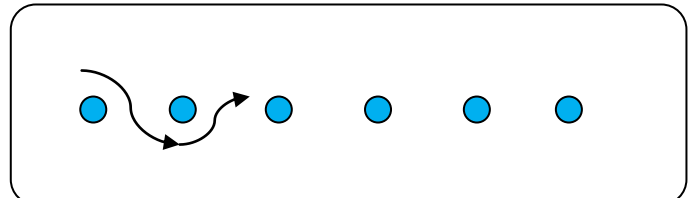
Teamwork	Respect
Balance	Movement
Receive	Accuracy
Control	Body position
Close	Instep
Attack	Laces

Can you think of anymore?



- 1.
- 2.
- 3.

1. Make sure you have good control of the ball by using the inside and outside of your foot.
2. Keep the ball close to your feet.
3. Keep eyes focused on the ball.
4. Keep the body balanced.



How could you make this drill it ...

(a) Harder? (b) Easier?

Performance	Can walk with the ball
	Can walk with the ball under control
	Dribble with ball from A to B
	Can dribble when towards a goal
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can dribble with strong foot
	Understands dribbling technique
	Why and when to perform a skill
	Uses these skills in a game
Health Related Fitness	Explains what exercise is
	Can describe how you feel during exercise
	Explains why exercise is good for us
	Knows the stages of a warm up & benefits of exercise