

KS2 Football

Short passing

- The side foot (inside of the foot) provides the greatest accuracy for passing.
- Ideally, you want to approach the ball at an angle of about 30 degrees so that you have room to swing your kicking leg through.
- Get your non-kicking foot close to the side of the ball, use your arms for balance and keep your head still and eyes on the ball.
- Keeping your ankle firm, bring your kicking foot through and strike the centre of the ball (to keep it on the ground) with the side of the foot.
- With this type of passing you are looking to keep the ball low so that it is easy for a team-mate to control.
- The weight you put on the pass is also critical.
- Follow through with the kicking leg to increase power, but the weight of the pass will depend on how far away your team-mate and opposition players are.

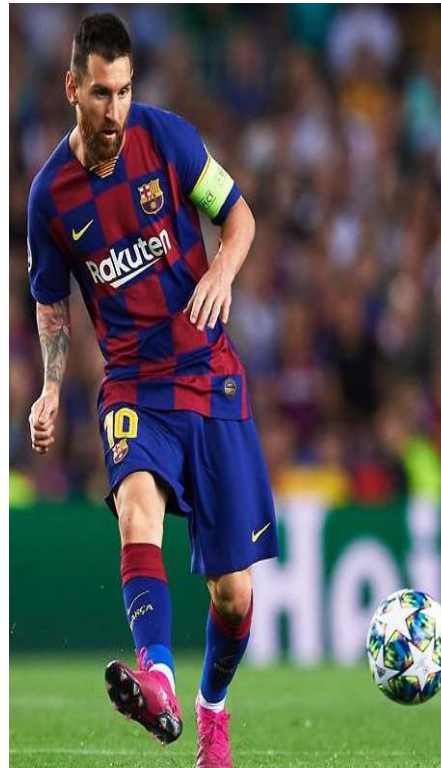


Dribbling

- Keep the ball close to your feet
- Practise with the inside, outside of the foot and with rolling the foot over the ball, using the sole.
- Use both the left and right foot
- Shift your body weight to throw the defender off balance, use fakes to create space for yourself.
- Tricks and skills can add great variety to your dribbling and be effective in tight spaces.

Football Facts

- 11 players per side.
- Matches are 90 minutes in length.
- The aim is to kick or head the ball into the oppositions goal.
- Goalkeepers are the only players allowed to handle the ball.
- The referee keeps the players under control. They use red and yellow cards to punish fouls or bad behaviour.



Controlling the ball

- Get into line with the flight of the ball as quickly as you can and decide how you are going to control the ball.
- Present the area of your body that you want to control the ball with - your foot for example.
- Get as large an area behind the ball as you can.
- If you are controlling the ball with your foot then get the full face of it in line with the ball.
- As you make contact with the ball, relax the surface area so that you can cushion the ball.

Attacking in Games activities

When attacking in Games activities we need to create space to be successful. We create space by:

- Changing speed
- Changing direction
- Driving (sprint) into the space

Keyword	Definition
Space	An area that is free and where there is nobody else.
Interception*	Catching a pass made by a player on the opposite team.
Defending	Guarding a player to stop or reduce the chance of the other team scoring
Attacking	Creating space to create scoring opportunities

Heading the ball

- The forehead is the safest and most effective part of the head to use.
- As you prepare to jump, it is important to keep your eyes focused on the ball.
- As you jump, generate power by:
 - bending the knees
 - arching the back
- Use your arms for balance as you will be off the ground for many of the headers.
- Head the ball with your forehead, the area directly above your eyebrows.



KS3 Football

“Choose and use” Make decisions about when to pass, keep or move with the ball in competitive situations.

- When you receive the ball to should look to see the best option of where to pass to.
- Listen to players who are calling for the ball – are they still free?
- Pass the ball to a team mate who driving in a space and is away from their marking player.
- Always pass the ball in in the space in front of the player.

Creating Space in Games

Change Speed

- If you keep running at the same pace throughout a match you will become very tired or find it difficult to get away from defending players.
- Choose wisely when you should offer an option. When you see a space, call for the ball, signal and drive (sprint) into that space.

Defending & Tackling

Block Tackle

- Get to your opponent quickly to deny them time and space on the ball. But don't commit yourself too early or you will foul them or be easy to beat.
- When you think you can win the ball, your weight should move forward as you prepare to tackle with the inside of your foot.
- If the ball becomes stuck between your feet and your opponent's then get your foot under the ball to lift it away.
- Make sure you keep your ankle and leg firm throughout the tackle.



Sliding Tackle

- When properly timed, the sliding tackle is a very effective skill.
- Make the tackle from the side and across the path of your opponent.
- Use the leg furthest away from your opponent and try to pass or hook the ball away as you slide in.
- Whether the tackle has been successful or not, get back up on your feet as quickly as possible once the challenge has been made



Keyword	Definition
Opponent	The opponent is your competition e.g. a player you are marking or trying to outwit
Interception	Catching a pass made by a player on the opposite team.
Tactic	An action or strategy carefully planned to achieve a specific end