



Football



Key Words

- Receive-** If you receive the ball in the game, it means someone sends it towards you.
- Control –** To control the ball is to master it. Properly controlling the ball means that a move will be successful. The control movements to focus on are: directed control and gathering the ball while moving – these introduce speed into the play.
- Speed -** The rate at which someone or something moves or operates or is able to move or operate.
- Possession -** This is a term used in football, and other sports, to describe who has the ball. It can also be used to describe how long a team/player has/has not had the ball.
- Accuracy –** One of the most important skills in football is shooting. You have to shoot to score goals, and you need to score goals to win games. Therefore, it's important to strike the ball accurately to help improve your chances of scoring a goal.
- Shoot –** Shooting is easily the most common way for goals to be scored. It is done using feet or using the head.
- Attack and Defence -** Attacking is the term used to describe the movement of the team in possession of the ball. Defence is the action of preventing an opponent from scoring.
- Strike –** A strike means an accurate, driven shot kicked using the laces of the boot.
- Volley -** A volley is an air-borne strike in association football, where a player's foot meets and directs the ball in an angled direction before it has time to reach the ground. A volley can be extremely hard to aim and requires good foot-eye coordination and timing.

School Games Values



The six School Games values are: **Determination**, **Passion**, **Respect**, **Honesty**, **Self-Belief** and **Teamwork**, which were designed to reflect the 'spirit' of the School Games. We encourage all children to adopt and demonstrate the 'Spirit of the Games' in all PE lessons and sporting events we attend.

Key Questions:

- How does football make you feel physically? How does it make you feel mentally?
- What skills do you need in a game of football?
- What are the key rules of football?

Football - Control

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.

Football - Passing

1. Place your non-kicking foot next to the ball.

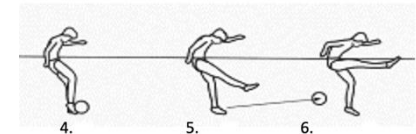
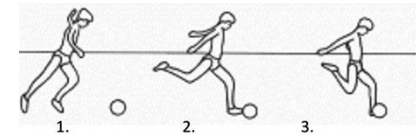


2. Lean your body forward over the ball as you swing your foot.



3. Strike the ball solidly with the inside of your foot.
4. Keep your body balanced at all times.

Football - Shooting



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 in the ball.