



Football



Key Words

Teamwork - It's important that you work together and get along with other players or members.

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.

Space - To know how space changes within a game and when and how to move into changing spaces. To draw a defender away to create space.

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.

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

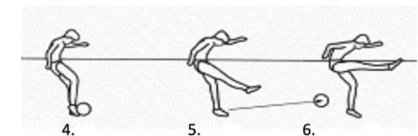
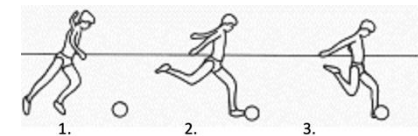
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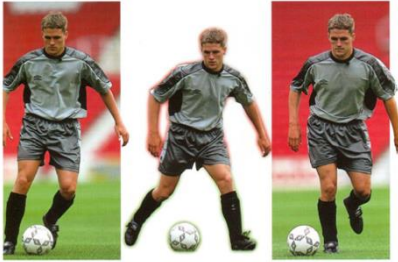
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1. Put one foot next to the ball.
2. Pull the striking foot backwards.
3. Balance your body and swing foot through. Make a strong/firm contact in the ball.



Football - Dribbling



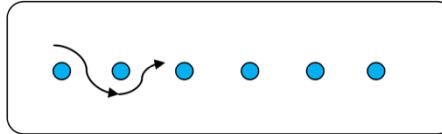
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1. Make sure you have good control of the ball by using the inside and outside of your foot.
2. Keep the ball close to your feet.
3. Keep eyes focused on the ball.
4. Keep the body balanced.

**Using cones
can help you
practice!**



Interesting Facts

- Football was invented in China in approximately 467 B.C.
- Football is the most watched and most played sport in the world.
- During every game, Football players run an average of 6 miles.
- Arthur Wharton is considered the first black professional footballer in the world.
- 80% of the world's footballs are manufactured in Pakistan.
- The maximum number of goals ever scored was by Stephan Stanis (France) in December 2942, scoring an impressive 16 goals!
- More than 3.5 billion people watch the FIFA World Cup.
- Sheffield is the oldest football club in the world.
- The fastest goal ever scored took only 2.4 seconds.
- Only 8 counties have won the World Cup