

Learning intentions	Success criteria
To understand the mechanics of passing a football	To be able to pass over various distances
To understand the correct technique of dribbling a football.	To be able to control the ball under pressure
To understand the process of taking a shot in football.	To shoot with consistent accuracy
Skills	
Passing	<ul style="list-style-type: none"> ○ Inside of foot ○ Head over the ball ○ Follow through ○ Arms out to balance
Dribbling	<ul style="list-style-type: none"> ○ Eyes on the ball ○ Lots of touches ○ Various parts of foot ○ Use of both feet
Shooting	<ul style="list-style-type: none"> ○ Strike the middle of ball using laces ○ Prepped body position ○ Aim for corners

RULES: Small sided games: No offside No throw in, ball is kicked in field to resume play Fouls awarded due to excessive contact No slide tackling Handball results in free kick
Kit St Ivo Jersey Black Shorts St Ivo socks Shin pads Football boots
STRETCH AND CHALLENGE Areas of strength / weaknesses Evaluate own performance
LINKS TO WIDER CURRICULUM Anatomy and physiology: name the main bones and muscles within the legs that are used, when passing a football. Femur, tibia, fibula, patella, gastrocnemius, hamstring and quadriceps.

KEY WORDS Agility – Ability to change direction at speed Coordination – Using two or more body parts at one time Attack – working as a team, moving forward to the opponents goal Defence – preventing the opposition moving towards your goal Possession – ability to retain ownership of the ball with your team



Learning intentions	Success criteria
To understand the technique of a standing tackle	To be able to regain possession from an opponent without committing a foul
To perform more advanced style of passing	To be able to cross the ball into a attacking area
Retaining possession during small sided games	To be able to collectively work as a team to retain possession

Skills	
Standing Tackle	<ul style="list-style-type: none"> ○ Jockey player ○ On balls of feet ○ Move player onto weak foot ○ Contact with ball, not player
Crossing	<ul style="list-style-type: none"> ○ Plant weaker foot next to ball ○ Lean backwards ○ Arms to balance ○ Hit with inside of foot
Retaining Possession	<ul style="list-style-type: none"> ○ Seek and identify space ○ Decision Making

RULES:

Small sided games:
Introduction to offside rule
Throw in awarded when ball exits pitch
Fouls awarded due to excessive contact
No slide tackling
Handball results in free kick

Kit

St Ivo Jersey
Black Shorts
St Ivo socks
Shin pads
Football boots

STRETCH AND CHALLENGE

Areas of strength / weaknesses

Evaluate own performance

LINKS TO WIDER CURRICULUM

Anatomy and physiology: name the bones and muscles within the arms for throw ins.

Ulna, Radius, Humerus, Bicep and Triceps

KEY WORDS

Agility – Ability to change direction at speed

Coordination – Using two or more body parts at one time

Possession – ability to retain ownership of the ball with your team

Cross – Lofted pass into an attacking area

Tacking – An attempt by a player to regain possession



Learning intentions	Success criteria
To understand Positional awareness within different game situations	To be able to justify movement and positioning during a game
To explore a range of Tactics in both attack and defence	To apply different tactics during small sided games
To critique own performance to make improvements on these skills	To make recommendations on how to improve own performance
Skills	
Positional skills	<ul style="list-style-type: none"> o Different skills relating to different positions on the pitch o What to do with or without possession
Tactical	<ul style="list-style-type: none"> o The principles of attack and defence
Personal	<ul style="list-style-type: none"> o How to improve on the core basic skills: Dribbling, Passing and tackling

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STRETCH AND CHALLENGE
<p>Areas of strength / weaknesses</p> <p>Evaluate own performance</p>
LINKS TO WIDER CURRICULUM
<p>Components of fitness: Cardiovascular endurance, power, speed, strength and flexibility.</p> <p>Greater focus on content which relates to GCSE PE</p>

KEY WORDS
<p>Cardiovascular fitness – Bodies ability to meet the demands of the sport for a prolonged period of time</p> <p>Power – Strength x Speed</p> <p>Flexibility – The range of movement at a joint</p> <p>Speed – The time taken to cover a set distance</p>

