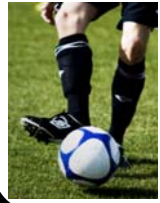


Year 7 PE: Attacking Space through Football

There are two main types of pass



Inside of the foot – this is used for short distance and has the most accuracy as the inside of the foot has the largest surface area.



Lofted pass– this is used for longer distances and uses the laces/top of the foot to get under the ball to get the ball in the air

Running with the ball v Dribbling

Running with the ball- this is where the ball is kicked in front of you to allow maximum running speed. This is used when there is space in front you



Dribbling- this is where small touches are used to keep the ball close. This is used when space is limited and when trying to beat/get passed an opponent

Shooting

This is kicking or heading the ball towards the opposition goal. You should aim for the corners/insides of the post as this is the hardest area for a goalkeeper to save. You can use the laces for greater power to reduce the reaction time of the goalkeeper or the inside of the foot for great accuracy and placement.



When do we pass? When a team mate is in a better and is free (not being marked).

When do we dribble? When a defender is blocking your way and no teammate is available for a pass.

When do we run with the ball? When there is space in front of you to drive into and attack.

When do we shoot? When we have a sight at goal and when a teammate isn't in a better position.

Exit Routes: Holly Lane United, Sutton United FC, Boldmere St Michaels FC, Boldmere Falcons FC, Sportsco FC, Aston Villa KICKS programme, Hollyfields FC, Phoenix United FC.

Find a team near you: <http://www.birminghamfa.com/players/youth>

Football Key Knowledge- Skills and Techniques



Pass and Move: This is where a player passes the ball to a teammate then moves to either receive a return pass or to make space for the player with the ball. This mainly happens when a short pass is used.

Controlling the ball

The foot, chest and thigh are the main body parts used to control the ball when receiving a pass. The aim of controlling the ball is to be able to then use the ball without conceding possession to the opposition.

Chest control

Chest control sees the pectoral area of the chest used to cushion the ball. The aim is to cushion the ball with the ball dropping to your feet as quickly as possible. To allow for a pass, dribble or shoot.



Thigh control

Thigh control sees the quadriceps being used to cushion the ball softly in order for the ball to be dropped to the floor. It is used when the ball is received at waist height.



Inside foot control

The inside of the foot is used to control most passes received in Football as it offers the largest surface area seeing it being the easiest body part to control the ball with. When using the inside of the foot it is desired for the ball to be slightly out of the foot to allow for the next skill to be applied.



Rules and Regulations

Football - Handball

The ball must not be handled except by the goal keeper

Throw in
Once the ball goes out of the side of the pitch an overhead throw using two arms from behind the head allows the ball to come back into play.

Corner/goal kick

When the ball goes out behind the goal it is a corner if kicked by a defender or a goal kick if the last touch was from an attacker.

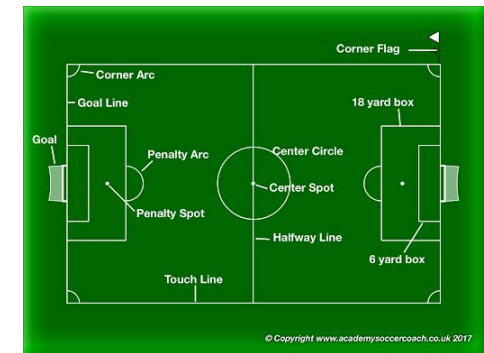
Foul

A foul is any contact that is deemed too harsh. A free kick is awarded

Penalty

A penalty is awarded for a foul in the penalty area on the attacking team.

Football Pitch Markings



Wider reading/ videos: Skills in Football:

<https://virtualfootballencyclopedia.weebly.com/basic-skills.html>

BBC Sport: <https://www.bbc.co.uk/sport/get-inspired/23152583>

History of FA: <http://www.thefa.com/about-football-association/what-we-do/history>

Rules of Football: <https://www.rulesofsport.com/sports/football.html>



STOCKGRNPE

Year 7 PE: Attacking space through Football Knowledge Checker

| Self quiz questions | Self quiz questions | Self quiz questions |
|---|--|---|
| 1. Identify the two main types of pass. | 1. Describe where on the chest the ball should be controlled when using chest control. | 1. Explain the 2 main differences between running with the ball and dribbling. |
| 2. State when dribbling is used. | 2. Describe why the inside of the foot is the easiest body part to control the ball. | 2. Explain the concept of pass and move. |
| 3. Define what shooting is. | 3. Describe hand ball in Football. | 3. Explain when the laces should be used to shoot in Football. |
| 4. Identify where space is found on court. | 4. Describe the technique when performing a lofted pass. | 4. Explain when a goal kick is awarded. |
| 5. State when a throw-in is awarded. | 5. What muscle is used to controlling the ball with the thigh? | 5. Explain when the best time to shoot is. |
| 6. State which distance a lofted pass is used for? | 6. Describe where the centre spot is located on the pitch. | 6. Explain the main advantage of using the laces when taking a penalty in Football. |
| 7. Identify when running with the ball is used. | 7. Describe how you would dribble. | 7. Explain why when chesting the ball the aim is to cushion the ball. |
| 8. Identify the best area of the goal to aim at when shooting. | 8. Describe when you use the inside of the foot to shoot. | 8. Explain why it is important pass then move. |
| 9. State when a penalty is awarded. | 9. Describe when a corner kick is awarded. | 9. Explain why using the inside of the foot when taking a penalty is better than using the laces. |
| 10. Identify 3 exit routes where you can participate in a football club in the local community. | 10. When is a header used when shooting? | 10. Why is controlling the ball important in football? |

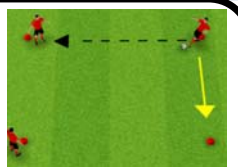
Year 8 PE: Using Space Effectively through Football

Football Key Knowledge- Skills and Techniques

Football Key Terms

Passing and Moving

This is where a player passes the ball to a teammate then moves to either receive a return pass or to make space for the player with the ball. This mainly happens when a short pass is used.



One two is a method of passing and moving. This is where a player passes to a teammate and immediately receives the ball back

Crossing

This is where a pass is made from a wide area of the pitch mainly into the attacking box in POMO for a header, volley or shot to be made. A winger is main crosser of the ball. A cross can be in the air for a header at goal, on the floor for a shot or also as a pull back where the cross is passed in a backward direction



Marking

Effective marking is when a defender is applying pressure to an attacker. This can cause the attacker to make a mistake and concede possession. We mark by being close or "touch-tight" to an opponent and following them as closely as possible.



- When do we pass?** When a team mate is in a better and is free (not being marked).
- When do we dribble?** When a defender is blocking your way and no teammate is available for a pass.
- When do we run with the ball?** When there is space in front of you to drive into and attack.
- When do we shoot?** When we have a sight at goal and when a teammate isn't in a better position.

Exit Routes: Holly Lane United, Sutton United FC, Boldmere St Michaels FC, Boldmere Falcons FC, Sportsco FC, Aston Villa KICKS programme, Hollyfields FC, Phoenix United FC.
Find a team near you: <http://www.birminghamfa.com/players/youth>

Types of turn

Drag back- this is when you place the foot on top of the ball and roll your foot with the ball in a backwards direction to turn 180°. You then rotate 180° to allow you face the opposite direction.



Cruyff Turn- a turn in which you wrap the inside of the foot around the far side of the ball and push the ball behind you seeing the player change direction, normally 180°.

Inside chop- using the inside of the foot to turn 90°. If you use the left foot you turn to the right, if you use your right foot you turn to the left.

Outside chop- using the outside of the foot to push the ball away from the body 90° to the outside. If the outside of the right foot is used the ball goes to the right, if the outside of the left foot is used the ball goes the left.



Beating an opponent

Step over- this is where you take one foot around the ball moving your foot from inside to outside the ball and planting the foot outside of the ball then push the ball with the outside of the opposite foot. This tricks the opposition by sending them the wrong way.

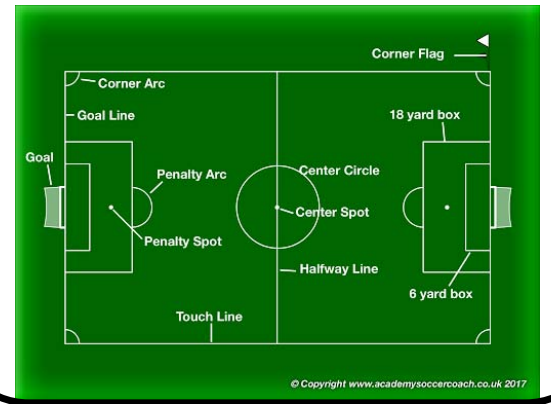


Nutmeg

Where a player deliberately kicks the ball through an opponents and runs around the opponent to keep the possession of the ball.



Football Pitch Markings



Wider reading/ videos: Skills in Football:

- <https://virtualfootballencyclopedia.weebly.com/basic-skills.html>
- BBC Sport: <https://www.bbc.co.uk/sport/get-inspired/23152583>
- History of FA: <http://www.thefa.com/about-football-association/what-we-do/history>
- Rules of Football: <https://www.rulesofsport.com/sports/football.html>



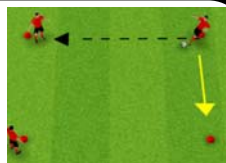
Year 8 PE: Using Space Effectively through Football

| Self quiz questions | Self quiz questions | Self quiz questions |
|---|---|---|
| 1. Define the term volley in Football. | 1. Describe what effective marking is. | 1. Explain when and why you would dribble. |
| 2. Identify the 4 types of turns. | 2. Describe what a step over does to an opponent. | 2. Explain the concept of pass and move. |
| 3. Identify what P.O.M.O. stands for. | 3. Describe a nutmeg in Football. | 3. Explain what effective marking causes an attacker to do. |
| 4. State the main crosser of the ball into POMO. | 4. Describe how to carry out a step over. | 4. Explain the difference between an inside chop and an outside chop. |
| 5. Define a half volley. | 5. Describe a volley. | 5. Explain when the best time to shoot is. |
| 6. Identify the part of the foot used in a drag back. | 6. Describe when a one two is used. | 6. Explain the main two advantages of using a one two. |
| 7. State the part of the foot used in a Cruyff turn. | 7. Describe how you mark an opposition player. | 7. Why does marking need to be touch tight? |
| 8. Define a pull-back. | 8. Describe how to perform an inside chop. | 8. Explain the difference between a volley and a half-volley. |
| 9. When do you run with the ball in Football? | 9. When would a cross be used by a winger? | 9. Explain why shooting from within POMO is more effective than from outside the 18 yard box. |
| 10. Identify 3 exit routes where you can participate in a football club in the local community. | 10. When is a header used when shooting? | 10. Explain the difference between the technique of a drag back and a Cruyff turn. |

Year 9 PE: Linking skills together to effectively outwit an opponent through Football

Passing and Moving

This is where a player passes the ball to a teammate then moves to either receive a return pass or to make space for the player with the ball. This mainly happens when a short pass is used.



One two is a method of passing and moving. This is where a player passes to a teammate and immediately receives the ball back

When do we pass? When a team mate is in a better and is free (not being marked).

When do we dribble? When a defender is blocking your way and no teammate is available for a pass.

When do we run with the ball? When there is space in front of you to drive into and attack.

When do we shoot? When we have a sight at goal and when a teammate isn't in a better position.

Switching Play

This is where the ball is transferred from one side of the pitch to the other.

This can be performed by either one long, lofted pass or a number of small passes to change the position of attack.

Switching the play is when the ball travels from one winger to the opposite winger on the other side of the pitch or to a full back.



Beating /Losing an opponent

Step over- this is where you take one foot around the ball moving your foot from inside to outside the ball and planting the foot outside of the ball then push the ball with the outside of the opposite foot. This tricks the opposition by sending them the wrong way.



Tactic- Zonal Marking

Adopted from Basketball seeing individual players being responsible for areas of a pitch. This tactic sees players resort to going straight back to their allocated position on the pitch when possession of the ball is lost. This tactic is also known as defending space or "parking the bus" to limit space available for the opposition to penetrate and attack.



Nutmeg

Where a player deliberately kicks the ball through an opponents and

around the opponent to keep the possession



Flip-flap

Where a player gently kicks the ball with the outside of their foot then immediately kicks the ball with the inside of the same foot to quickly change direction to confuse the opponent.



Tactic- Counter attacking

This is when a team gains possession of the ball and immediately attacks as quickly as possible. This tactic allows the attacking team to overload attacking players to outnumber the defence and catch the defence out of position.



Football Positions and Associated Roles

Centre back: A defender in the centre of the defensive line with the main focus of stopping the opposition from scoring. They normally mark the striker of the opposition.

Right/Left back: These are positions at the side of the centre back with the role of stopping crosses and supporting their team's winger with providing width.

Centre Midfielder: Undertaking the position in the middle of the pitch attacking and defending. They are generally the fittest players on a team.

Winger: Playing mainly on the sides of the pitch to provide width and crosses into POMO. They generally have the most speed on a team.

Striker: The position that plays the furthest forward and is responsible for scoring the majority of goals.

Goalkeeper: The only player that could use their hands within their penalty area with the aim of stopping the opposition from scoring.

Positions on a Football Pitch



Wider reading/ videos: Skills in Football:

<https://virtualfootballencyclopedia.weebly.com/basic-skills.html>

BBC Sport: <https://www.bbc.co.uk/sport/get-inspired/23152583>

History of FA: <http://www.thefa.com/about-football-association/what-we-do/history>

Rules of Football: <https://www.rulesofsport.com/sports/football.html>



STOCKGRNPE

Exit Routes: Holly Lane United, Sutton United FC, Boldmere St Michaels FC, Boldmere Falcons FC, Sportsco FC, Aston Villa KICKS programme, Hollyfields FC, Phoenix United FC.

Find a team near you: <http://www.birminghamfa.com/players/youth>

Year 9 PE: Linking skills together to effectively outwit an opponent through Football

| Self quiz questions | Self quiz questions | Self quiz questions |
|---|---|---|
| 1. Define switching the play. | 1. Describe the role of a centre back | 1. Explain why the position of a goalkeeper is unique. |
| 2. State the sport zonal marking is adopted from. | 2. Describe how to perform a flip flap. | 2. Explain why a centre midfielder is called a centre midfielder. |
| 3. State the 2 other names zonal marking is referred to as. | 3. Describe the two ways switching the play can be executed. | 3. Explain an advantage of counter attacking in Football. |
| 4. Identify the position which generally has the most speed in a team. | 4. Describe how to carry out a step over. | 4. Explain the difference between a step over and a flip-flap.. |
| 5. Which area of the pitch is the only area which a goalkeeper is allowed to use their hands? | 5. Describe the tactic of counter attacking. | 5. Explain the difference between a defensive midfielder and an attacking midfielder. |
| 6. What is kicking the ball through an opponent's legs called? | 6. Describe when a one two is used. | 6. Explain why zonal marking can be an effective defensive tactic. |
| 7. Identify the two parts of the foot used during a flip flap. | 7. Describe when you dribble. | 7. Explain the role of a right/left back. |
| 8. State the type of pass used in a one two. | 8. Describe the position on the pitch where a winger plays. | 8. Explain the fundamental difference between a defender and a striker. |
| 9. When do you run with the ball in Football? | 9. When is a step over or a flip flap used during a Football match? | 9. Explain why switching the play is an effective tactic when attacking. |
| 10. Identify 5 exit routes where you can participate in a football club in the local community. | 10. Describe the main role of a striker in Football. | 10. Explain the main difference between dribbling and running with the ball. |