



Basic Football Skills

Passing:

- Keep your eyes on the ball at all times
- Stand 'side on' with your preferred foot behind you
- Use the inside part of your foot
- Think about the weight of the pass (how hard you are kicking it)
- Make sure the ball isn't too close or far away from you and step so that your standing foot is beside the ball and kick with your other foot.



Receiving (Controlling the ball):

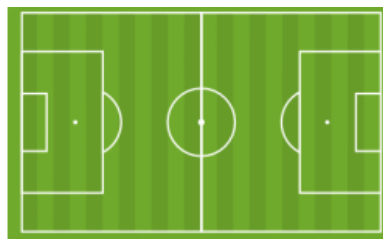
- Keep your eyes on the ball at all times
- Stand 'side on' with your preferred foot behind you
- When the ball is passed to you, either place your foot on top of the ball to trap or withdraw your foot slightly to take the momentum out of the ball (this is known as 'cushioning').



PE: Football Autumn 2: Year 3

Key Skills

- To start to pass a football to a partner.
- To identify different parts of my body to send, receive and dribble with a football using my hands and feet.
- To start to play modified small-sided games of football.
- To start to identify good positions to receive the ball.



Equipment used

- Footballs (different sizes)
- Cones
- Bibs
- Suitable footwear
- Shin pads
- Goal keeper gloves



Key Vocabulary

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Passing	Using the inside of your foot to make short, accurate passes to a team mate.	
Dribbling	Keeping the ball close as you move, using the techniques to eventually manoeuvre around an opponent.	
Shooting	Keeping your head over the ball and striking through the ball with power and accuracy to score.	
Attack	Moving towards the opposition goal with the intention of scoring.	
Defending	Preventing the opposition from scoring.	
Possession	Having control of the ball as an individual/team.	
Marking	Defending an opponent so they cannot get the ball.	
Space	Gaps on the pitch to move into in order to receive the ball.	



Rules of Football

To start the game, team captains will toss a coin to see who will begin the game with the ball. They will take the ball to the centre circle and begin there.

When the referee blows the whistle to start play, the game is started by a kick from the player in the middle of the centre circle.

This is called a 'kick off'. Every other player must be six paces from the child taking the kick off.

The opposing team will begin the second half with the ball.

After each goal, the team who lost the goal begins play again with a kick off.

Always play fairly! Enjoy the game whether you win or lose and congratulate the opposition at the end of the game.