



PE: Football

Autumn 2: Year 4

Basic Football Skills

Dribbling

Dribbling is a way of moving the ball in football. You use your feet to dribble a football.



Technique:

- Keep control of the ball making lots of little touches to it
- Keep the ball close to your feet
- Use the inside, outside and top of your foot to dribble with the ball
- Try looking up
- Tricks and skills can add great variety to your dribbling be effective in tight spaces.



Skills practice:

Ball familiarisation

- Tap the ball with you feet from left to right on the spot.
- Practise dribbling with both your left and right foot.
- If the ball runs away, regain control by placing your foot on the ball.



Skills

- Move the ball within a coned area. Can you put your head up to look for space to dribble into?
- Keep moving with the ball, as this makes it harder to tackle.

Key Skills

- To pass a football to a partner using different types and strengths of pass.
- To show good control and spatial awareness when dribbling a ball around a pitch.
- To understand tactics that will benefit my team to keep possession, attack and defend within a game situation.
- To use and adapt tactics in different situations.
- To identify which parts of my performance need to improve.

Equipment used

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



Key Vocabulary

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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.	
Dribbling	To move with the ball taking small touches with your feet.	
Tactics	Strategies used in gameplay to try and win a game of football.	



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.