



PE: Football Autumn 2: Year 5

Attacking in Football

Shooting

Power and accuracy are the main principles of shooting.



Technique:

- Put your non-kicking foot alongside the ball.
- Keep your head down and your eyes on the ball.
- Keep your head and body over the ball.
- Hold your head and body over the ball.
- Hold your arms out for balance.
- Swing your legs and kicking foot through the ball



Key Skills

-To use a variety of techniques in order to pass, control and move the ball, while moving in games situations.

-To use different techniques to control, move and pass the ball.

-To know and show a good understanding of the rules for football.

-To develop a broader range of techniques and skills for attacking and defending.

-To know and apply basic strategies and tactics when attacking.

-To know and understand the basic principles of warming up, and understand why it is important for a good quality performance.

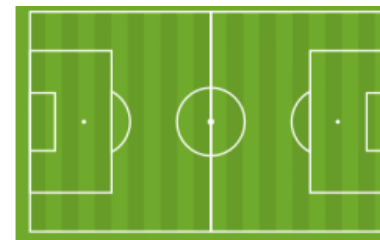
Football Facts



- 11 players per side.
- Matches are 90 minutes in length.
- The aim is to kick or head the ball into the opposition's goal.
- Goalkeepers are the only players allowed to handle the ball.
- The referee keeps the players under control. They use red and yellow cards to punish fouls or bad behaviour.

Key Vocabulary

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.	
Interception	Stopping a pass made by a player on the opposite team.	



Major Football Tournaments and Leagues around The World

World Cup



European Championships



Champions League



The English Premier League



Women's Super League

