



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Defending in Football

Effective tackling in football involves good timing and balance and takes a lot of practise. As you become more experienced at tackling, you will learn what works best in different situations.



Technique:

- Stay on the balls of your feet and keep a low body position with your knees bent, making it easier to move and react
- Put your arms out to help with balance
- Position your tackling as if you are passing the ball with your toe up, heel down and ankle locked
- Use the inside of your foot to contact the middle of the ball
- Lean forward and put your weight into the tackle.



PE: Football Autumn 2: Year 6

Key Skills

- To choose the correct technique and power needed to move, control and pass a ball within a game of football.
- To identify the correct positions in a game of football.
- To choose, combine and perform skills more fluently and effectively.
- To use these tactics and strategies more consistently in similar games to benefit team performances.
- To understand why exercise is good for their fitness, health and well-being.
- To develop my ability to evaluate my own and others work and suggest ways to improve it.

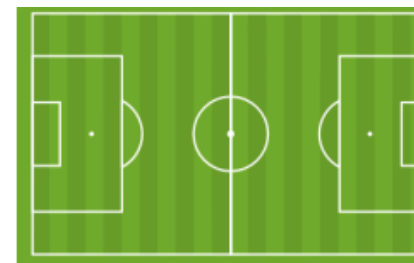
Football Facts



- 11 players per side.
- Matches are 90 minutes in length.
- The aim is to kick or head the ball into the oppositions 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

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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.	
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

