

Football

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).

Pass accurately to partner in an isolated practise

Pass to a partner who is on the move in an isolated practise

Pass accurately to team mate when under pressure (game play)

Perform a lofted pass in the air with height and accuracy

Perform a drilled pass with the inside of the foot/ laces along the floor with accuracy and distance to a team mate

Perform drilled passes and lofted passes in game play when on the move

Passing

Dribble using four surface areas of the foot in an isolated practise with some control

Dribble with some speed and control in a practise situation

Dribble with good control in a practise situation

Demonstrate an understanding of when to keep the ball with close control and when to take larger touches.

Confidently dribble with good control and technique in game play using peripheral vision and awareness.

Apply knowledge in game play, showing an understanding of when to dribble.

Dribbling

Shoot with some accuracy and technique in an isolated practise

Shoot with good accuracy and technique in an isolated practise

Shoot using a range of techniques in an isolated practise

Shoot in game play some technique and accuracy

Shoot in game play with good technique and accuracy

Apply a range of shots in game play

Shooting

Demonstrate the key points to attack 1v1 with some technique.

Demonstrate how to attack 1v1 with good technique

Attack 1v1 with confidence to win the ball in practise

Attack 1 v1 in game play with some success

Apply attacking formations in game play to outwit the opposition

Attack 1v1 in game play confidently with success

Attacking

Demonstrate the key points to defend 1 v1 with some technique

Demonstrate how to defend 1v1 with good technique

Defending 1v1 with good positioning to win the ball in practise

Defend 1 v1 in game play with some success

Defend 1v1 in game play confidently with success

Apply defensive formations in game play to outwit the opposition

Defending

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<p><u>Passing</u></p> <ul style="list-style-type: none"> - What is the correct technique of passing? - What part of the foot do you use to pass the ball? - Where should your standing foot face? - When should you pass in a game? 	<p><u>Dribbling</u></p> <ul style="list-style-type: none"> - What is the dribbling technique? - What 4 parts of the foot can you dribble with? - When should you dribble in a game? - When should you keep the ball close? - When should you take bigger/smaller touches? 	<p><u>Shooting</u></p> <ul style="list-style-type: none"> - How do you score a goal in football? - When should you shoot in a game? - What technique do you use to shoot? - What technique should you use to shoot with power? - What technique should you use to shoot with accuracy? 	<p><u>Game play – rules and regulations</u></p> <ul style="list-style-type: none"> - What is the official called? - What are the positions? - Why are positions important? - How can positions/formations help your team to be successful? - When do you receive a throw in and how is it taken? - When do you receive a corner and how is it taken? - What tactics are you going to apply to the game? - When would your tactics change in a game? - Why would your tactics change in a game?
<p><u>Attacking</u></p> <ul style="list-style-type: none"> - What can you do to support your team mate that has the ball? - How can we use space effectively when attacking? 	<p><u>Defending</u></p> <ul style="list-style-type: none"> - How quickly do you close your opponent down? - When do you slow down? - Where might you show/force the defender? - At what point must you try to win the ball? 	<p><u>Possession</u></p> <ul style="list-style-type: none"> - What is possession? - Why is possession important? - How do you keep possession? - Why is creating space important to maintaining possession? - When should you pass to keep possession? - When should you dribble to keep possession? 	<p><u>Key terminology</u></p> <ul style="list-style-type: none"> - Pass and receive - Laces, sole, inside, outside of the foot - Dribble - Attack and Defend - Cross - Corner - Free kick - Penalty - Team mates

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