



Westacre Middle School PE Knowledge Web: Football

Skill Acquisition



Fundamental Movement Skills

Football Skills

★ **Passing / receiving** - the idea is to play the ball to your team using different types of passes and then control the ball with different parts of your body .

★ **Dribbling / moving with the ball** - You can use different parts of your foot to dribble with the ball.

★ **Shooting & attacking play** - You can take aim at the goal, you can cross the ball towards the attackers or you can play a through ball forward to the attackers.

★ **Heading** - this can be attacking to score a goal or defending to clear the ball away from the goal however due to recent guidance from the FA,, heading practices will not take place in PE lessons or in clubs after school.

★ **Defensive play** - you can tackle, jockey (keeping a short distance from an opponent with the ball so that it denies them time and space), close down and mark a player.



Skills are learnt through practising before applying them into a game situation.



Practise

Teamwork and Leadership



Cooperation

Football, is a game in which two teams of 11 players, using any part of their bodies except their hands and arms, try to manoeuvre the ball into the opposing team's goal. Only the goalkeeper is permitted to handle the ball and may do so only within the penalty area surrounding the goal. The team that scores more goals wins.



Football positions

Positions Defenders (RB/CB/LB)
Midfielders (RW/CM/AM/DM/LW)
Forward (LF/CF/RF)

There are different formations that require different formations:
4-4-2/4-3-3/3-5-2



Communication

All players are vital in a team to keep advantage of the ball to score the goals. Communication is key to help each other out. Call their name before passing or if you are in a space.



Performance Analysis



Technical Vocabulary

Rules of Football

Fouling – Do not push/pull or trip your opponent through physical force.

Handball – No outfield player can touch the ball deliberately with their hand.

Offside – An attacking player must not be beyond the last defender of the opposing team when a through ball is played to them.

Penalty kicks – A penalty is awarded if a player is fouled in the opposing team's penalty area.

Throw ins/Corners – These are awarded when the ball goes out of play over the sideline (throw in) or end line (corner)

Reflection



The only way to improve your performance is by reflecting on what has gone well and what needs to change or improve. Everyone can support others no matter what ability.



Feedback



Self-reflection

How successful is your team?

How can you improve your performance?

What skills do you need to work on to support this?

Healthy Active Lifestyle



Inspirational people

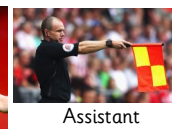
<https://www.Englandfootball.com/>



Careers



Referee



Assistant Referee



Coach



Exercise

Components of Fitness:

Agility – Being able to change direction quickly to get away from your opponent.

Balance – Being able to stay balanced when passing and shooting.

Speed – Being able to outwit your opponent.

Co-ordination – Passing and shooting need hand-eye co-ordination.

Reaction Time – Reacting to the whistle/opponents play. Goalkeepers making saves.

Aerobic Endurance – Being able to play for a full game.

Muscular Endurance – Being able to continually pass and shoot for a full game.

Year 5

Vary skills, actions and ideas and link these in ways that suit the games activity.

Year 6

Show ways to keep ball away from defenders.
Can change speed, direction with ball to get away from defender
Shoot accurately in a variety of ways.

Year 7

Understand different ways of attacking and encourage them to use positions for their team carefully.
Understand different ways to attack and defend.