

Year 9 Physical Education Knowledge Booklet

Boys Football

Name:

Class:



What PE kit do I need?

Black school PE shorts, blue school PE t-shirt, football boots or sturdy trainers,
school blue PE football socks and shin pads.

You may also wish to bring your rugby top or a base layer.

Assessment Criteria

2	Learning to control the ball, pass, receive and dribble in practice situations.	
3	Can demonstrate improved skills in practice but struggles to apply under the pressure of a game situation.	
4	Basic level in fundamental skills - passing/control. More involved in game situations.	
5	Refined passing and receiving including lofted passes and aerial control. Competence in core skills.	
6	Can play a role demonstrating positional and tactical awareness. Knows what to do at basic set plays.	
7	Influences the game. Well developed skill set. Capable of school team standard.	
8	Experienced player who is able to lead others. Likely club team level.	
P6	Personal	Accurately reflect on progress and plan ways to improve and adapt my plans.
T6	Thinking	Plan tactics and strategies to improve success and use the perfect model when analysing and planning improvements in technique.

Big Questions

1. How can we play a lofted pass accurately and how does this affect our game play?
2. How can we control and aerial pass?
3. How do we head the ball with control and accuracy?
4. How do we volley the ball effectively and accurately?
5. How do we defend and attack effectively at corner kicks?
6. How do we set up to play the offside trap and when attacking how do we stay on side?

Web Links:

5 Simple drills to improve you control which you can do at home!

<https://www.youtube.com/watch?v=h8X-2FS8ibY>

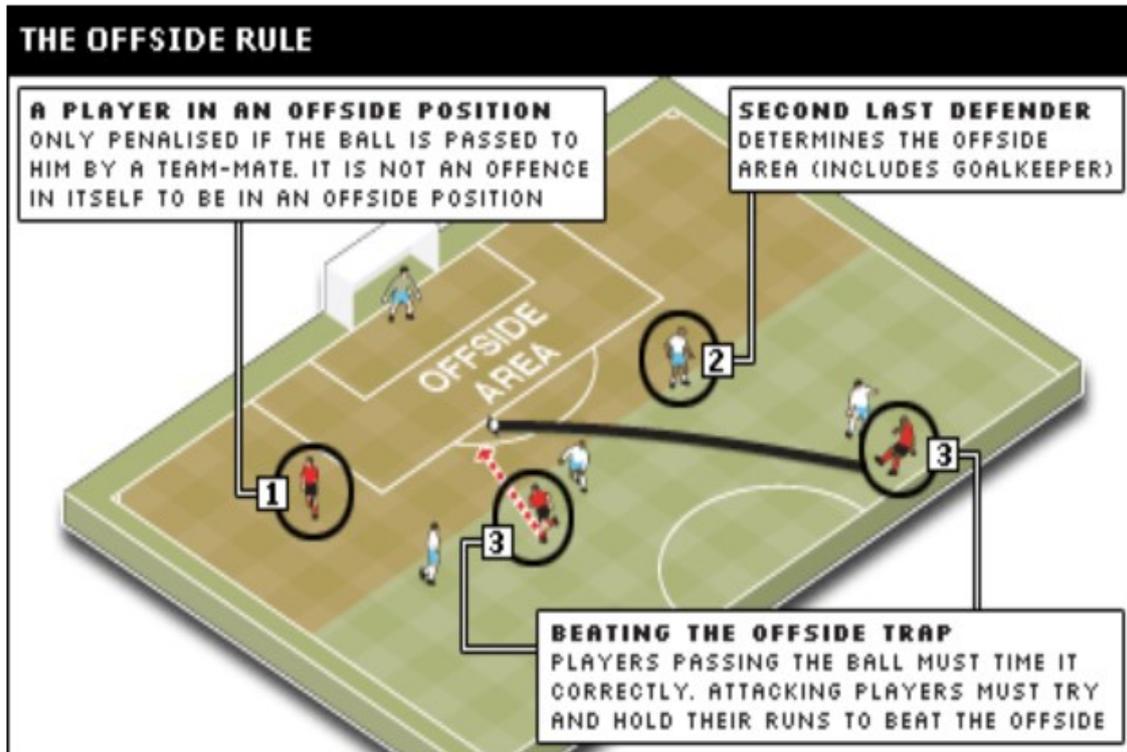
Understanding the off-side law in football:

<https://www.youtube.com/watch?v=ZxNbEyrumKg>



Understanding the off-side law

A player is in an offside position if, when the ball is played by a team-mate, they are nearer to the opposition's goal line than both the ball and the second last opponent.



You can only be off-side if you are interfering with play, but what does this mean?

*"Interfering with play means **playing or touching** the ball passed or touched by a team-mate."*

However, a player does not necessarily have to touch the ball to influence play. They are still offside if, in the opinion of the referee, they are judged to be:

Interfering with an opponent If an attacker interferes with an opponent by either preventing them from playing or being able to play the ball by clearly obstructing the opponent's line of vision or movements or making a gesture or movement which deceives or distracts an opponent, then they are offside.

Gaining an advantage If the ball is played into the penalty area and he plays the ball that rebounds to him off a post, crossbar or an opposing defender, then the attacker is offside as they have gained an advantage by being in that position.

You can not be off-side if.....

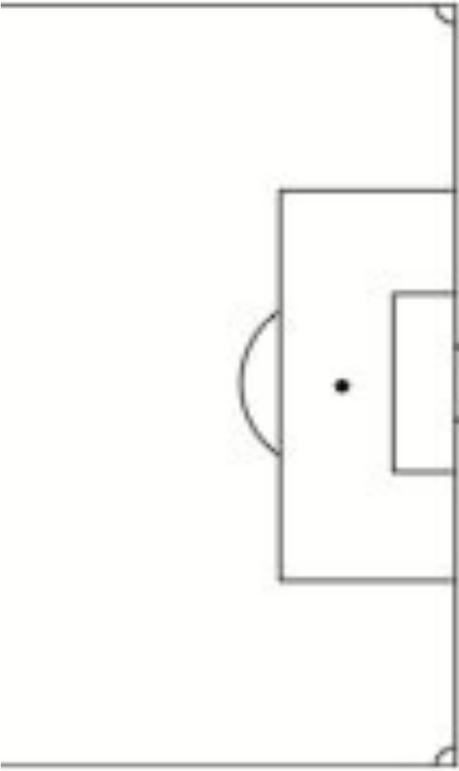
- You receive the ball directly from a goal kick, a throw-in or a corner
- You are in your own half of the pitch
- You are level with the second last or last two opponents
- You are level with or behind the ball
- You are not actively involved in play, as explained above



Corner Kicks

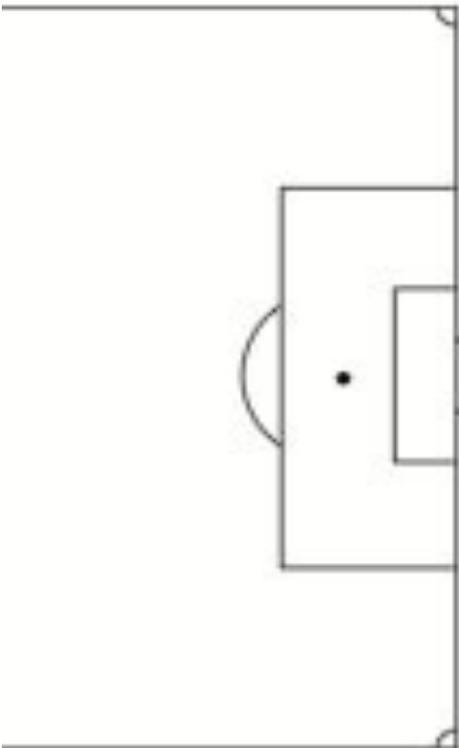
Using the pitch diagrams and text boxes to plan 'man to man' defence at a corner and an attacking set play at a corner that you can use in your game.

Defending at a corner kick



Description of roles and tactics

Attacking at a corner kick



Description of roles and tactics

