

# Year 9 Physical Education Knowledge Booklet

## Girls 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 school tracksuit top or a base layer.

### **Assessment Criteria**

2	Learning to control the ball.	
3	Developing basic skills including dribbling, passing and shooting in practice situations.	
4	Can demonstrate improved skills in practice but struggles to apply under the pressure of a game situation.	
5	Competence in the core skill areas. Able to pass, receive and dribble in a game situation.	
6	Influences the game and able to play with confidence.	
7	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 effectively turn with the ball, what advantages does this give us in a games?
3. How can we maintain accuracy of shooting when under pressure?
4. How do we ensure we tackle safely?
5. How can we perform individual techniques and work together to prevent attacking opportunities?
6. How can we maximise our defensive performance in game situations, both as in individual and as a member of a team?

### Web Links:

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

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

Different ways of shooting and scoring in football:

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



# SHOOTING

## KEY TECHNICAL POINTS

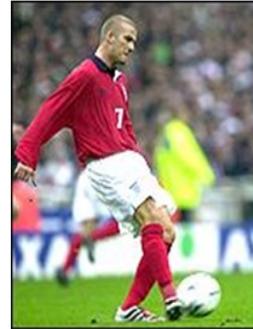
- Approach ball from slight angle.
- Non-kicking foot close to ball.
- Head down & over ball.
- Arms out to side for balance.
- Strike through centre of ball.
- Follow through in direction of target.



# PASSING

## KEY TECHNICAL POINTS

- Use inside of foot.
- Ankle locked & toe up.
- Stroke through centre of ball.
- Swing & follow through.
- Non-kicking foot close to ball.



# DRIBBLING

## KEY TECHNICAL POINTS

- Use inside & outside of foot.
- Change pace.
- Change Direction.
- Keep head up to look for others.
- Body over ball.
- Keep moving ball away from opponent.
- Keep body between ball & opponent.



# HEADING

## KEY TECHNICAL POINTS

- Keep your eyes open.
- Mouth closed.
- Make contact with the forehead.
- Head ball. Don't let it hit you.
- Feet apart.
- Arch back slightly for more power.



## Shooting tips

1. Observe the goalkeeper's position. ...
2. Select the best technique for your shot. ...
3. Put your non-kicking foot alongside the ball.
4. Keep your head down and your eyes on the ball when striking.
5. Keep your body over the ball.
6. Make contact with the middle to top half of the ball.





**Formations:**

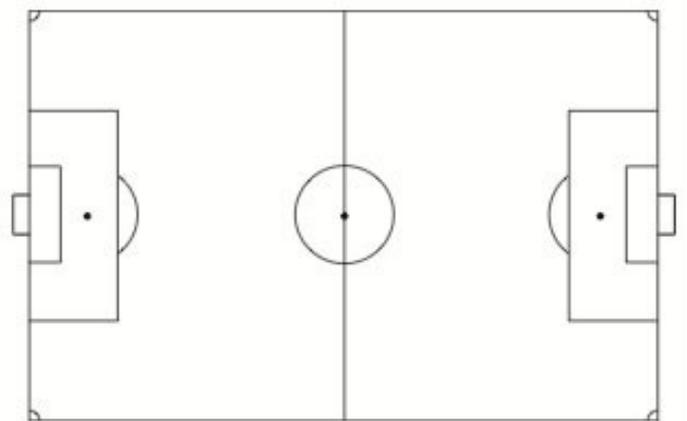
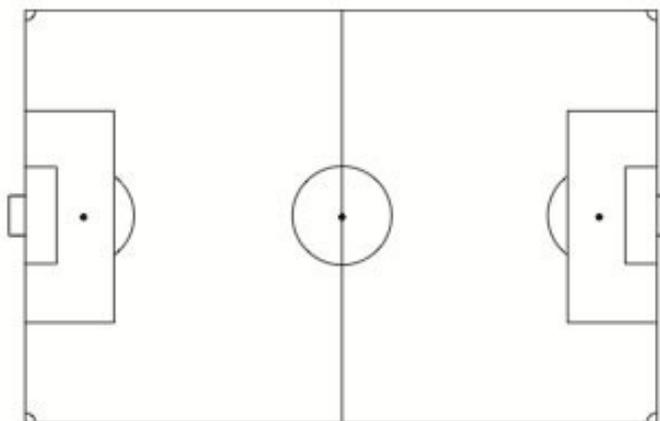
This is a formation for a 7 a-side team. There are many other ways teams may choose to organise to make them effective in defence and attack.

Other formations include:

2-2-2 and 3-2-1

**Your turn.**

Using the pitch diagrams describe two formations that could be used for an 11 a-side game. Explain for each formation the strengths and weaknesses of the formation.



**Strengths**

**Weaknesses**

**Strengths**

**Weaknesses**

