

Year 11 Physical Education Knowledge Booklet

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

4	Can develop improved skills in practice but struggles to apply under the pressure of a game situation.	
5	Basic level in fundamental skills—passing/control. More involved in game situations.	
6	Influences the game, skills are more developed and shows precision and control.	
7	Consistent application of skills. Maintains possession well and decision making is good.	
8	Experienced player who leads others. Likely school team level.	
9	Strong all round performance, high level of tactical awareness. Likely club level player.	
10	Stands out in competitive situations as a key player at both school and club levels.	
H9	Health	Meet my fitness needs by planning, performing and evaluating an exercise plan.
T9	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 turn defence into attack quickly?
2. How do we create space using our first touch?
3. Why is it important to be able to shoot first time?
4. How can I recover if out of position as a defender?
5. How can we pressure the ball when defending?
6. What formations can we play in football?

Web Links:

Formations explained:

<https://www.youtube.com/watch?v=Fv5RDv8KbEQ>

Examples of high/low press:

<https://www.youtube.com/watch?v=aaxb1EVujw>



Midfield Pressing -
The most common type of Pressing

Graphic 01 and 02 shows the generic area of Midfield Pressing which can be slightly adjusted towards either a team's own goal or the opponent's goal depending on the coach's philosophy.



Pros and Cons of Midfield Pressing

Pros:

- Good starting position for defending where the distance to own goal is not too far. The shorter distance to the opponent's goal allows for continuing play effectively.
- Depending on the game situation, a team is able to actively force opponents to one side, approach opponents and deny opportunities.

Cons:

- Dangerous game situations on a switch of play and diagonal balls.

The player in possession (opposing defender) does not receive constant pressure. Therefore, the defending team must react to passes more often and cannot dictate the game as much.



High Pressure is being developed through Midfield-Pressing. The graphics show that High Pressure is being developed through Midfield-Pressing. The defending team waits for a short pass to initiate the attack by the attacking team and immediately pushes up as a team as shown in graphic 03.

Pros and Cons of High Pressure

Pros:

- Defending actively is almost always possible.
- Short distance towards the opponent's goal after winning the ball back.

Cons:

- The defending team defends high up the field and further away from its own goal.
- It is always more difficult to defend big space than it is to defend smaller space.
- Long balls in behind the defense can become dangerous situations.

Poor tactical behaviour of just one player is more difficult to compensate for than using other defensive strategies.



The graphic 04 shows space to be covered when applying Low Pressure.

As shown here, the entire defending team is positioned in its own half and closer to its own goal to stay compact.

Pros and Cons of Low Pressure

Pros:

- Ideal compactness.
- Through balls are nearly impossible as the defending team is close to its own goal.
- Lots of space in behind the opponent's defense for quick counter-attacks after regaining possession.

Cons:

- Good compactness, however, the defending team mostly reacts to situations initiated by the attacking team (passive approach).
- Long way to get behind the ball when possession is lost, especially for Forwards.

The opposing team can play long balls towards the penalty box where second balls could become dangerous for the defending team if not won immediately.

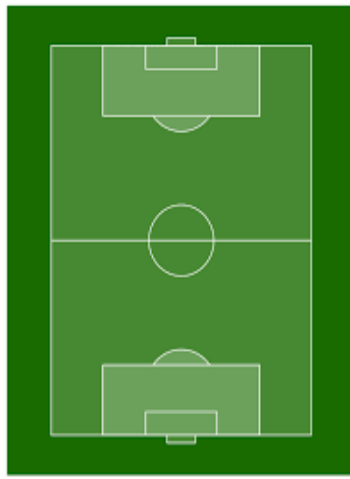




Description:

Pros

Cons



Description:

Pros

Cons

Using the four football pitches draw four different types of formation you could play in football and identify the pros and cons for each formation.



Description:

Pros

Cons



Description:

Pros

Cons

