



Year 7 Football: Lesson 1 – Passing

Big Question

How can we demonstrate the techniques and skills of passing a ball?

Warm Up

What should your warm up include?

1. Pulse raiser
2. Stretches:
 - Dynamic
 - Static

Watch this youtube clip and follow the activities to complete your warm up.

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



Passing

Passing technique is really important in football as it means that you can pass the ball consistently and with accuracy.

Why is this important and how does it make a difference in a game?

Watch the video clip demonstrating how to pass accurately.

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

The activities below could be done at the park or in your own garden. Team up with a family or friends to complete these if you can, but remember to socially distance if you are meeting up with a friend. All you will need is some objects to use as marker cones and a ball (if you haven't got a football then any other soft ball will do!)



Activity 1 – Gate passing

Set up a small gate to pass through using cones or anything similar like plastic bottles.

How many times can you pass to your partner without missing the gate?

If you haven't got a partner you could use a wall to pass against.

Up the challenge

Move further away, reduce the size of the gate.

Try using different surfaces of your foot e.g. outside of your foot.

Activity 2 - Interceptions

Mark out a small square that the defender must stay in (approx. 10 paces by 10 paces)

The other players spread out around the square. How many passes through the square can they make without the defender intercepting the ball?

Up the challenge

Limit the number of touches you are allowed. E.g. one touch to control the ball and one to pass.

Allow one touch only so that you have to play the pass first time. This is really tough!

Activity 3 - Foot golf.

Set up a target. How many kicks do you take to get the ball to the target?

Up the challenge

Set up a mini foot golf course to challenge your family and friends at.

Get inspired

If you want to challenge yourself further or enjoyed this session and just want to do more, then take a look at these!

https://www.youtube.com/watch?v=Sm-u_ESEmjE

<https://www.youtube.com/watch?v=gedaCw79SIY>

