

THE DUSTON TDS SCHOOL 4-19

Knowledge

Organiser

Physical Education

Year 7 Football

Name:

Form:



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 rugby/tracksuit top or a base layer.

Assessment Criteria

0	Unable to control the ball, does not get involved with a game
1	Learning to control the ball.
2	Developing basic skills including dribbling, passing and shooting 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	Competence in most skill areas. Full involvement but limited influence in a game situation.
6	Strong influence in a game. Skills are well developed showing some precision and control.

Big Questions

1. How should you pass and receive the ball to improve keeping possession of the ball?
2. How can we develop our attacking play through turning, dribbling and controlling the ball?
3. How can we demonstrate the correct technique for shooting?
4. How can you deflect and delay attackers by jockeying effectively? ?
5. How can we develop our defending play to prevent attacking opportunities as part of a team?
6. How can we maximise our defensive performances in game situations, both as an individual and as a member of a team?

Web Links:

Passing techniques:

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

Skills training:

<https://www.youtube.com/watch?v=2GfJaJqOW7k>





Instep pass



Outstep pass



Head down

Eye on the ball

Plant non-striking foot alongside the ball

Strike the middle of the ball with the laces of your boot

Keep the knee of the kicking leg over the ball

Approach the ball slightly from the side

Follow through.

Defending 1 v 1

- Stay within touching distance of the attacker.
- Keep body between attacker and goal.
- Have a slightly sideways-on body position in the drill.
- Get low and bend knees.
- Stay balanced and on toes.
- Watch the ball.
- Don't dive in – track the attacker.
- Force the attacker away from goal/on to weak foot

Defending 2 v 2

- Angle, speed, distance of approach – denying space for attackers
- Jockeying – open or closed stance showing player inside or outside
- Importance of communication between defenders
- Type of pressure- quick (closing the space immediately trying to intercept the ball), Touch tight (close enough to pressure the attacker but not over committing), patient (not diving in, being alert to players around you).

Jockeying an opponent to keep him out





Find out more about each position using the following QR code



Task

Create your own formation and explain why you have chosen it

Example formation—



Soccer formation 4-4-2

Formation 4-4-2. This is the most popular soccer formation, especially for beginners. It focuses on creating a good balance of players on the field. The team has two centre forward players, with four midfielders behind them, followed by four defensive players at the back. The midfield players in this formation can form a straight line, known as a flat midfield, or create more of a diamond shape, known as a diamond midfield.

Your formation—