

THE DUSTON TDS SCHOOL 4-19

Knowledge

Organiser

Physical Education

Year 8 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

1	Learnig 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	Competance in most skill areas. Full involvement but limited influence in a game situation.
6	Influences the game. Well developed skill set. Capable of school team standard.
7	Experienced player who is able to lead others. Likely club team level.

H4	Health	Perform a training method correctly and work at a good level of intensity.
T3	Thinking	Demonstrate a basic grasp of problem solving and can apply simple attacking and defending principles in a game.

Big Questions

1. How can we develop passing skills to support attacking play?
2. How can we control the ball effectively?
3. How can we dribble and turn effectively?
4. How can we shoot effectively?
5. How can we defend effectively as an individual and team?
6. How can we maximise our performance in game situations, both as an individual and as a team member.?

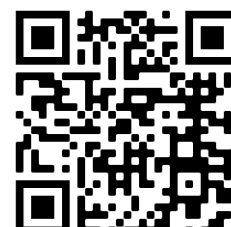
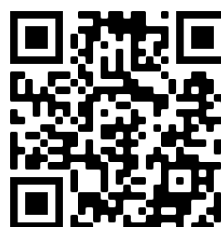
Web Links:

Tactics:

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

Skills:

<https://www.youtube.com/watch?v=2Le9TVyWpLY>



Making ball control second nature

Good first touch important

Get into line with the flight of the ball quickly

Get the area of the body you're using behind the ball

Relax surface area in contact with ball to cushion it



Drag back:

Plant your standing foot to stop your momentum.

Drag the ball behind you using the bottom of your boot.

Turn and accelerate away.

Croyft Turn:

Plant your standing foot to stop your momentum.

Pretend to kick the ball with your other foot, but go around the ball instead.

Tap the ball behind you with the in-step and accelerate away.



2 others to try!

Making a block tackle



Step Over

Understanding roles

4-4-2 is a common formation used in football teams.

Positions are often misunderstood by players which can often lead to the team not working as effectively.

E.g. A strikers roll is to score goals, but what should they do when they don't have the ball? What should they do when the opposition have the ball? What is their role at a corner?

Use the space below to choose 4 positions in this formation. For each position describe the roll during the game considering attack and defence.

360 Roulette.



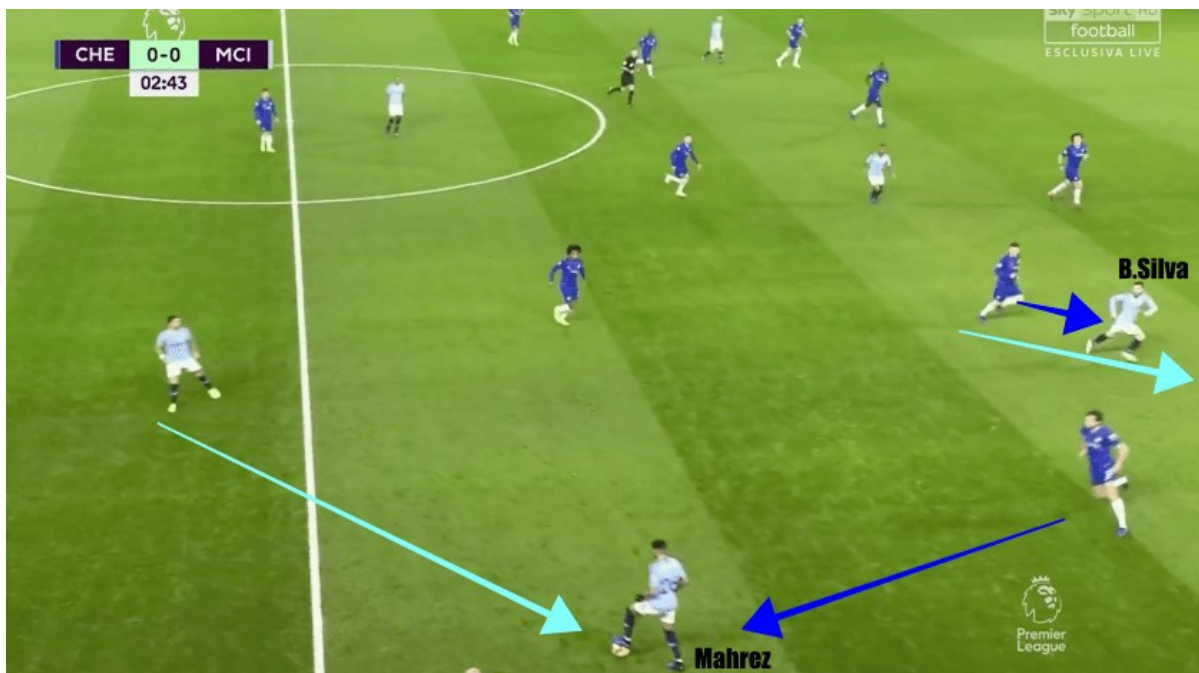
English Football Teams

U O K T T G A Y T Y D L E I F S R E D D U H L T
M E K O T S L T S E R O F M A H G N I T T O N L
W I G A N Q L D P B C E F H C I W S P I Q Y U P
L W N W H W I E M T B Q G K A R S E N A L L U H
D A R E E A V R E G R I A N O T P M A H T U O S
Y D U C C T N B B R I S T O L C I T Y B H O R U
T I B N A F O Y J W G Q W M A R E H T O R T N F
I L K N L O T C M A H T S E W E F F J U Y L E M
C S C U A R S O N O T N O T S E R P D R R I W I
R E A K P D A U C E O M Q R A S T W A N E V C D
E V L B L U A N H S N D P E L W K J Y E V E A D
T L B O A H K T A D H K R A Y A M O V M E R S L
S O Y L T Q N Y R E O Y H D E N L J L O R P T E
E W E T S R O M L E V T F I G S H P G U T O L S
C N J O Y I R A T L E I Y N Q E O M O T O O E B
I A I N R C W N O L A C I G E A H G L H N L B O
E T L N C N I U N D L N F H I C A R D I F F A R
L K A D W B C T J T B A U L A N G D H T K H R O
J E T J L G H D P S I M L U B U R N L E Y O N U
B U R T O N A L B I O N H D N A L R E D N U S G
M O R B T S E W J U N N A G L R T O A K Q U L H
M A H N E T T O T B I R M I N G H A M K O T E G
O I D R O F T N E R B P E N C H E L S E A I Y D
G O D Y A D S E N D E W D L E I F F E H S H Y C

There are approx. 48 English football teams hidden in this wordsearch. How many can you find?

Here are 10 names to get you started. The rest is down to you!

BURTON ALBION
CARDIFF
IPSWICH
FULHAM
NORWICH
BRIGHTONHOVEALBION
BURNLEY
HULL
SWANSEA
EVERTON



How well do you understand support play in football?

1. How many triangles can you see which are being made by the Manchester City players?
2. Why are triangles effective for supporting the player with the ball and creating space?
3. Bernardo Silva is making a run in this picture to create space and passing opportunities. Explain why this run is effective in this example?