

<b>Topic:</b>	<b>Outdoor Team Games</b>
<b>Sub-Topic:</b>	<b>Football</b>
<b>Overview:</b>	<p>This unit is designed to develop the students practical ability and knowledge in football. Knowledge will be based around both the technical and tactical elements of this activity with consideration given to the importance of teamwork, decision making, communication and knowledge of the rules. Students will explore all these elements with a view to improving their performance.</p>
<b>Content:</b>	<p><b>Technical Skills</b> - Through the teaching of the technical skills the following aspects will be considered:</p> <ul style="list-style-type: none"> <li>• Speed, power and accuracy</li> <li>• Weight and angle</li> <li>• Timing and control</li> <li>• Direction, flight and trajectory</li> <li>• Deception and disguise</li> <li>• Appropriate decision making/options during game play</li> <li>• Attacking and defensive options</li> </ul> <p><b>Evasion</b></p> <ul style="list-style-type: none"> <li>• Identifying space through scanning</li> <li>• Creating/exploiting space through good footwork</li> <li>• Running into the space with/without ball</li> <li>• Supporting player on the ball</li> <li>• Acceleration/deceleration away from the defender</li> </ul> <p><b>Control</b></p> <ul style="list-style-type: none"> <li>• Receiving the ball - Head, chest, thigh and feet</li> <li>• Close control - tacking the pace off, getting the ball down</li> <li>• Dribbling - ball out in front, keep the ball close, small contact of the ball, use of both feet</li> </ul> <p><b>Passing</b></p> <ul style="list-style-type: none"> <li>• Ground pass - usually short distance, use of side foot, striking foot to follow through</li> <li>• Low driven pass - medium/long distance, contact with the laces, striking foot to follow through</li> <li>• Lofted pass - medium/long distance, point of contact underneath ball to get elevation</li> <li>• Through ball - Use of any above passes, played in front of teammate to run onto it, more attacking option</li> </ul> <p><b>Defence Principles</b></p> <ul style="list-style-type: none"> <li>• Deny/restrict space - Width and depth of defence, remaining goal side</li> <li>• Applying pressure - Closing down, jockeying the attacker</li> <li>• Timing and patience</li> <li>• Pushing up - Offside trap</li> </ul>

**Shooting**

- Away from the keeper, in the corners of the goal
- Sidefoot - Swerve
- Laces - Body over the ball, contact with the laces, follow through the ball
- Chip - Backspin
- Volley - Head over ball, balanced, connection with centre of ball before bouncing
- Half-volley - Head over ball, balanced, connection with centre of ball after bouncing

**Tackling**

- Standing tackle - Get close to attacker, lunge in with appropriate leg
- Shielding - Low centre of gravity, wide stance, positioned between the ball and attacker

**Set Piece - Throw-in/Corners/Free Kicks/Penalties**

- Throw in - 2 handed throw, ball above the head, thrown in upwards motion
- Corners attack - change of direction to evade defender, attack the arriving ball
- Corners defence - man to man marking, goal side of attacker
- Free kicks attack - movement off the ball into space, evade defender, positioning
- Free kicks defence - man to mark or join the wall, goal side
- Penalties - Early decision, confidence, no stutter in run up, follow through

**Decision Making**

- Identify where the space is (scan)
- Select best option (dribble, pass, shoot)
- Make successful decisions when faced with an overload (2v1, 3v2)
- Movement of supporting player to provide passing opportunities

**Communication**

- Verbal - calling for a pass, identifying who to tackle/mark
- Non-verbal - arm/hand gestures

**Tactical Development**

- Formations - 7 a side, 11 a side
- Positional knowledge - similarities & differences between positions
- Roles & responsibilities
- Width/depth/support in attack
- Depth & delay in defence
- Restarts

**Rules**

- Formal rules - hand ball, offside, foul throw, foul tackles
- Informal rules (etiquette) - shake hands at end of game, give ball back to opponent

# Outdoor Games (Hockey, Rugby and Football)

Level 3

## Significant Aspects of Learning

