

PE UKS2 Unit 23&24

Invasion games 3&4

Football

Lesson 1

Football skills



Lesson 1 Football skills

 40 mins

Learning objectives

Children should learn:

- to develop their dribbling skills with a football;
- to practise a range of techniques for changing direction in football;
- to combine skills fluently and effectively in tasks;
- to warm up in preparation for games;
- to watch and evaluate others' work.

Success criteria

Children:

- dribble a football with accuracy, confidence and control;
- learn how to perform a stop turn and drag back;
- combine and perform skills with control in a relay exercise;
- use warm-up activities that help strength, speed and stamina;
- describe how the warm-up affects their bodies;
- recognise and describe good technique in an individual's performance;
- explain why a performance is good.

National Curriculum Attainment targets:

Pupils should be taught to:

- play competitive games such as football;
- applying basic principles suitable for attacking and defending;
- develop flexibility, strength, technique, control and balance.


Vocabulary

changing direction, close control, drag back, dribbling, exercise, football, skill, stop turn, technique

Resources

- balls (size 3/4)
- cones
- markers
- suitable playing area/pitch
- **Interactive CD Image Gallery: page 5, Football skills**
- **Interactive Resource: Dribbling a football**

Warm-up

 5 mins

- Ask the children to jog gently around the outside of your playing area while you set up the warm-up game.
- Set out a number of cones/markers, turning some of them upside down.
- Ask the children to stop and stand still in a straight line. Move along the line and number the children alternately one and two.
- Explain to the children that they are going to play a game called 'cups and saucers'. The aim is for all the 'cups' (number ones) to turn the cones the correct way up, while the 'saucers' (number twos) try to turn all of the cones upside down.

- Explain to them that they must be careful not to bump into each other. Emphasise the need to play fairly; they must not collect any cones so that other children cannot turn them over.
- Every so often, shout 'stop' and add up the number of cups and saucers to see who is winning. Do this four or five times; you will find that the children get very competitive and enjoy the game a lot!
- Ask the children to stop and stand still. Collect up the cones. Ask the children questions such as:

Key questions ?

*Did the exercise make you work your bodies quite hard? Why? Was it because you had to run?
How did the warm-up affect your heart rate?
How did it make your breathing different?
Did you find the game enjoyable? Why?*

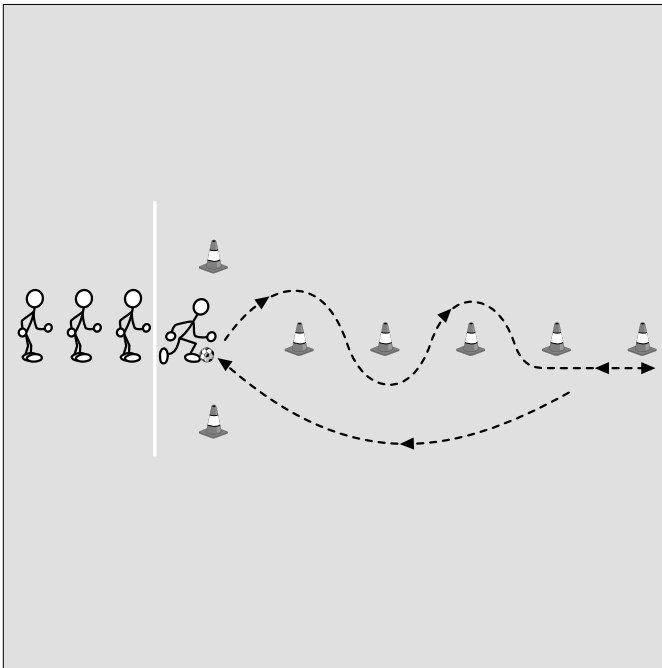
Ball skills

30 mins

- Give each child a ball and explain that you will be doing football. Ask the children to practise dribbling the ball around the playing area. Tell them that each time you ask them to stop, they should put their foot on top of the ball to show control and to keep the ball still.
- Set the children off and call out 'stop' every so often. When the children stop, check that they have all stopped the ball with their foot on top of it before setting them off again. Do this five or six times.
- Now ask the children to stop and stand still, with their foot on the ball, and listen to the next instruction.
- You may have noticed that some of the children are kicking their footballs a long way in front of them and are showing little close control. In order to help them keep close control of the ball, ask the children to repeat the exercise, but this time, challenge them to get ten touches on the ball before you shout 'stop'. Explain that to do this they must keep the ball close to their feet.
- Repeat the task several times. Each time you stop the children, check that all of them have put their foot on top of the ball to control it. Ask some of the children how many touches they got on the ball.
- Now show the children a method of changing direction while dribbling with the ball. Explain that this kind of movement is called a turn. The first turn you will show them is called a drag back.
- To demonstrate this, start dribbling the ball and when you want to change direction, put your foot on top of the ball, drag it backwards underneath your body and change the direction you are moving in by 180 °.
- Put out some cones around the playing area. Ask the children to begin dribbling around the area. Explain that each time they come to an object or another person, they must perform a drag back in order to change direction.
- Do this for one or two minutes and then ask the children to stop and stand still. Choose one or two children who perform the skill well to demonstrate to the rest of the group. Ask those watching to describe the technique and say why it is good. Then ask the children to go off and try it again.
- Ask the children to stop and stand still. Explain that they are now going to learn another turn. This one is called a stop turn.
- To perform this, explain to the children that while dribbling the ball they must put their foot on the top of it to stop it (similar to when you tell them to stop and stand still) and then their foot carries on over the top of the ball, as though they were going to leave it behind. They must then turn back towards the ball and dribble it in another direction.
- Ask the children to begin dribbling around the area you are working in and each time they come to an object or another person, they must perform a stop turn.
- Do this for one or two minutes and then ask the children to stop and stand still. Choose one or two children who perform the stop turn well

and ask them to demonstrate it to the rest of the group. Ask those watching to analyse the technique. Then ask them to go off and try to refine their own technique.

- Ask the children to stop and stand still. Explain that they are going to incorporate the turns they have learned into a close ball control practice.



- Organise the children into groups of four and set out the following equipment for each group.
- Teams line up behind the line for this relay exercise. When you say 'go', the first member of each team must take the ball from between the first two cones, dribble in and out of the next four cones and then perform a drag back or stop turn at the final cone. They must then dribble back in a straight line and stop the ball still between the two cones where they started. Then they run and tag their next team member to go and do the same. They must try to show good control of the ball and keep it close to their feet. Emphasise that the accuracy and control of their dribbling and turning is more important than how quickly they finish the exercise.

Cool-down

5 mins

- Ask the children to complete the dribbling exercise again, but each time they finish their run, they should join the back of the queue of the next team down. Let the exercise run for five minutes.
- Select children to collect and put away the pieces of equipment.