

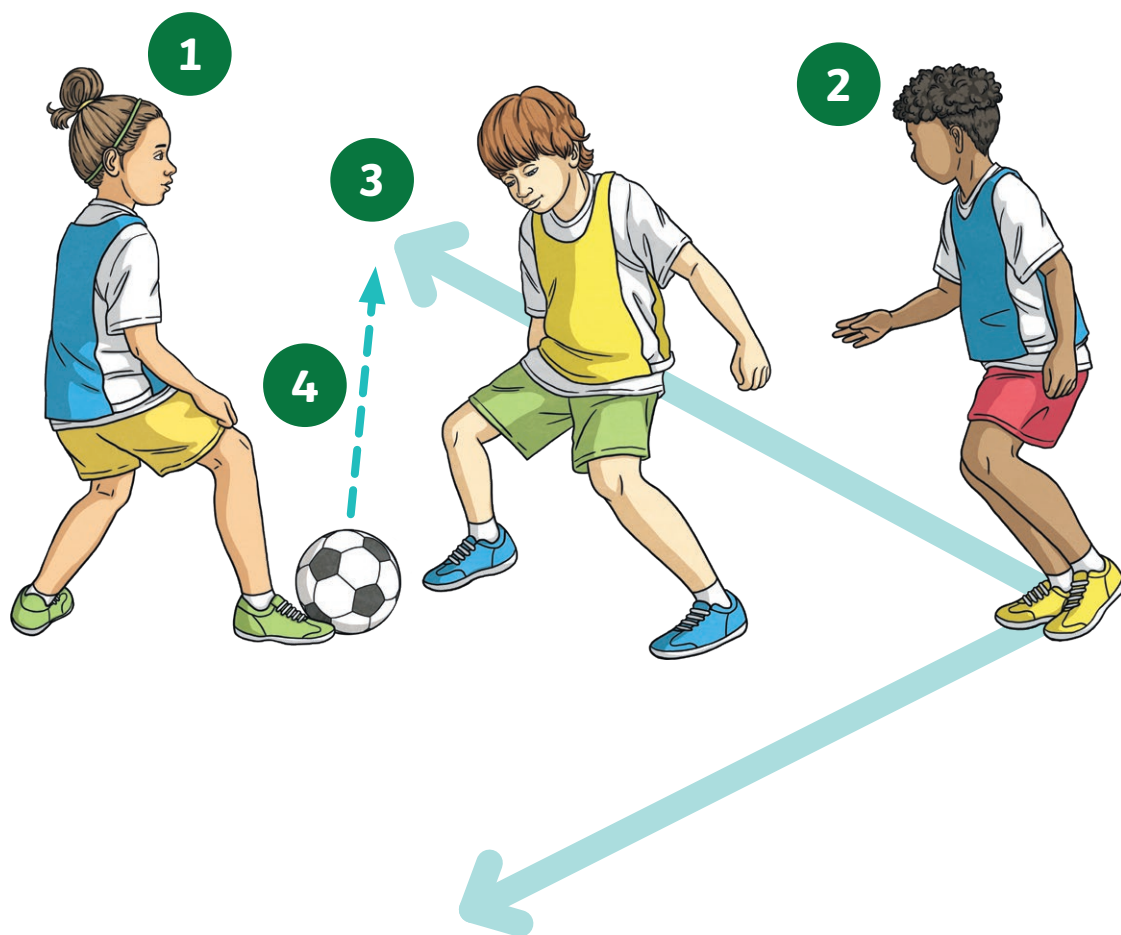
### Technique

- 1 Keep control of the ball by making lots of little touches to it.
- 2 Keep the ball close to your feet.
- 3 Use the inside, outside and top of your foot to dribble with the ball.
- 4 Look up as much as possible so you know where your teammates and opponents are.
- 5 If the ball runs away, regain control by placing your foot on the ball.

### Skills Practice

- Practise dribbling with both your left and your right foot.
- Move with the ball within the playing area.
- Use small touches as you move around with the ball.
- Keep your head up and dribble into a space.
- Keep moving with the ball, as this makes it harder to be tackled.

Football, like most invasion games, involves creating space when a team is attacking, which can be done through movement.



### Technique

- 1 Attacker 1 should look for a teammate in a space to pass to.
- 2 Attacker 2 should look for space to run into, either left or right of the defender.
- 3 Attacker 2 should run into the space they have found – calling and signalling (with their arms) can help with this, so that Attacker 1 knows where and who to pass the ball to.
- 4 Attacker 1 should pass the ball to Attacker 2, once they have run into the space.

### Skills Practice

In groups of three, play a game of Person in the Middle, but using a football and their passing skills rather than throwing the ball.

Two children to be attackers and one to be a defender.

Attackers to look for space to move into, so their partner can pass to them. If the defender intercepts and gets the ball, the attacker who passed the ball becomes the defender and the game resumes.

Mastering the skills of dribbling and passing is one thing, but choosing the right time to use one or the other in a game is a whole new skill.

### When to Dribble

- When you have an open space or enough space to get into a goal-scoring position
- When your teammates are being marked closely and not able to receive the ball

### When to Pass

- When a teammate is in a better position or can move into a better position than you
- If you are being marked closely and in danger of losing possession of the ball

### Skills Practice

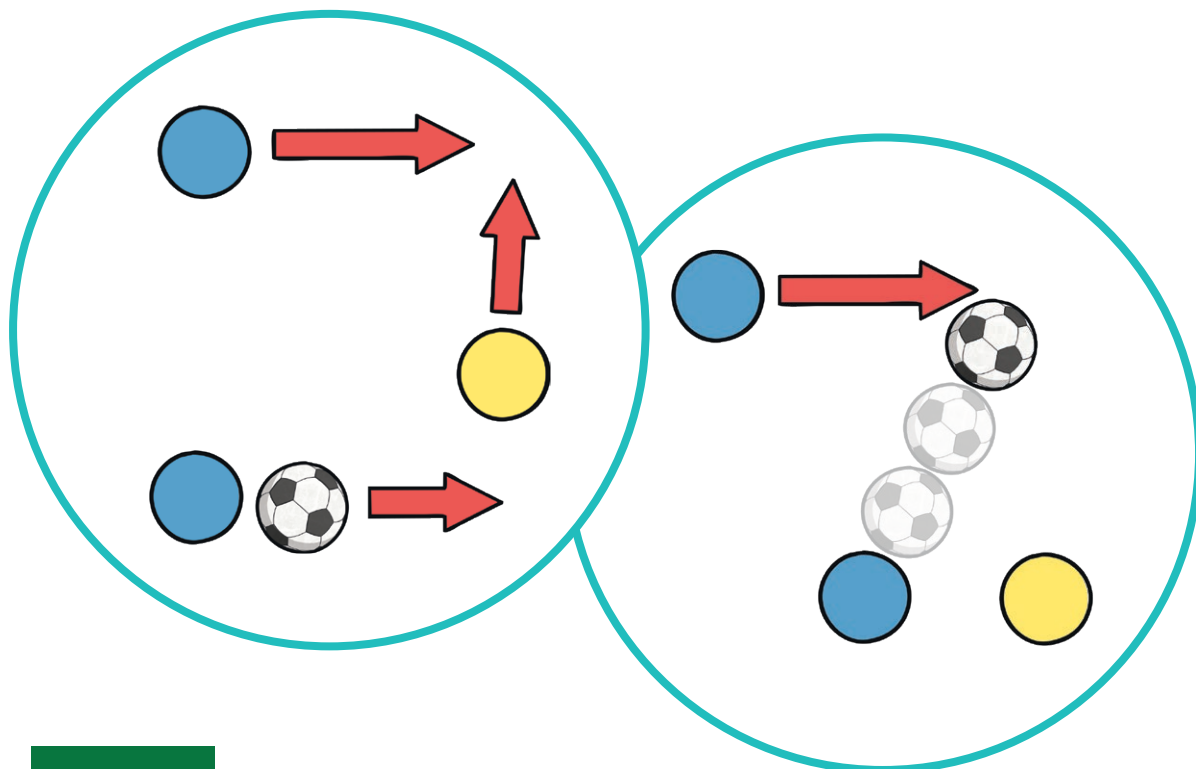
- Practise moving with the ball towards a static defender and, using your skills, dribble the ball to either their right or left. Try to do this at speed (1 vs 1).
- Two players advance towards a static defender by dribbling and/or passing the ball between them. When you get closer to the defender, decide whether to dribble or pass the ball round them. (2 vs 1)
- Repeat the above activity, but with the defender actively trying to get the ball. (2 vs 1)

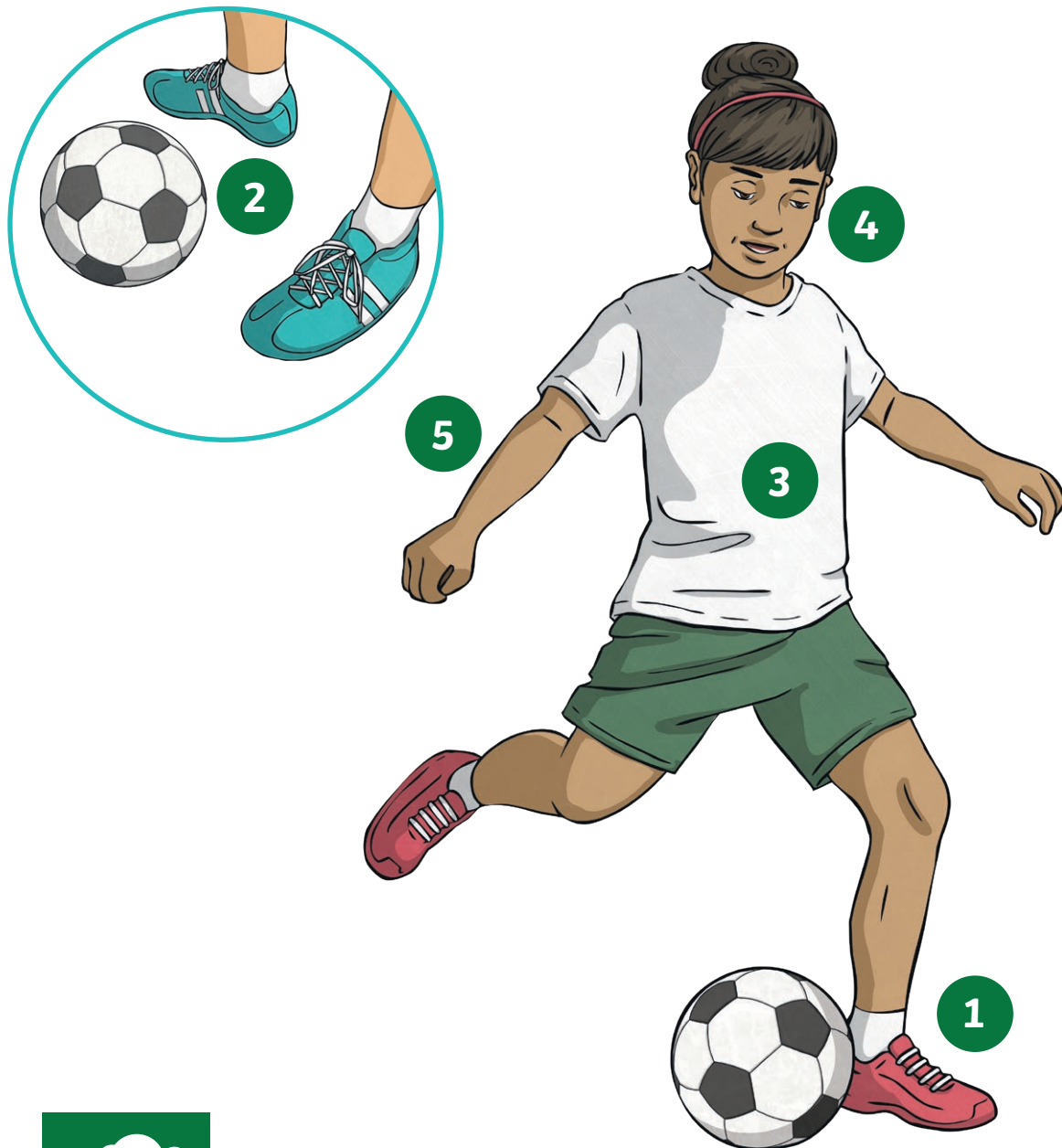
### How to Move or Dribble past a Defender

- Change pace quickly by pushing the ball further in front of you.
- Use both the inside and outside of your feet to change direction quickly.

### How to Pass beyond a Defender

Play an accurately weighted pass out of reach of the defender to a team member's feet or into space.





### Technique

- 1 Place your non-kicking foot alongside the ball as you perform the kick.
- 2 Swing your other leg forward and use the inside of the foot to kick the ball for accuracy.
- 3 The rest of your body should be facing the person you are passing to.
- 4 Keep your eyes on the ball.
- 5 Put out your arms to help you balance.

### Skills Practice

- Practise passing and receiving a football against a wall. The harder you kick the ball, the quicker it will rebound and come back to you.
- Practise passing and receiving a football with a partner. Stand approximately four metres apart and count how many passes you can complete between you in 20 seconds.



### Technique

- 1 Use the inside of your foot to stop and control the ball, as this is the largest area of your foot.
- 2 When the ball reaches your foot, move your foot gently back so that it can absorb the impact of the ball. This action will stop the ball from bouncing off your foot.
- 3 Keep your weight on your supporting, standing leg.
- 4 Have your arms out to help with your balance.
- 5 Keep looking at the ball until it is under control.

### Skills Practice

- Work with a partner, taking it in turns to roll a football (with your hands) to one another, so that you can both practise the technique of receiving a football.
- Roll the ball at different speeds. The harder you roll the ball, the harder it will be for your partner to control.
- Practise learning to control the ball with both of your feet - first practise using your left foot when you receive and stop the ball and then alternate with your right foot.

# Skill

# Shooting in Football

Shooting involves hitting the ball at the goal. A goal is scored if the shot enters the goal without being blocked by the goalkeeper or an opposition player.

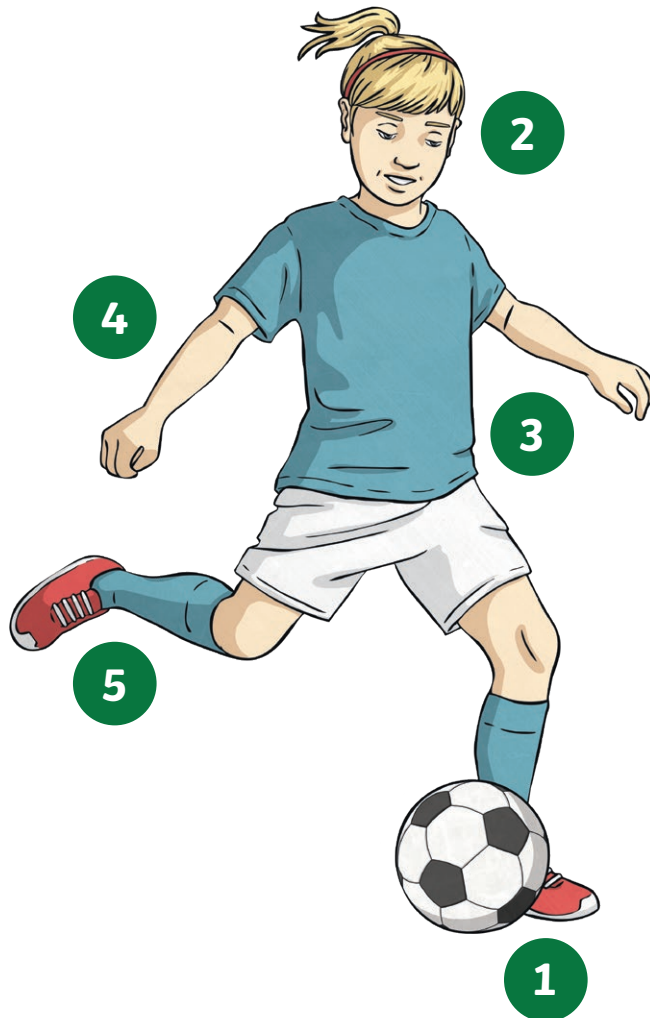


Shooting with the instep will give you greater power.

(The instep is the part of your foot where your laces are.)



Shooting with the inside of your foot will give you greater accuracy.



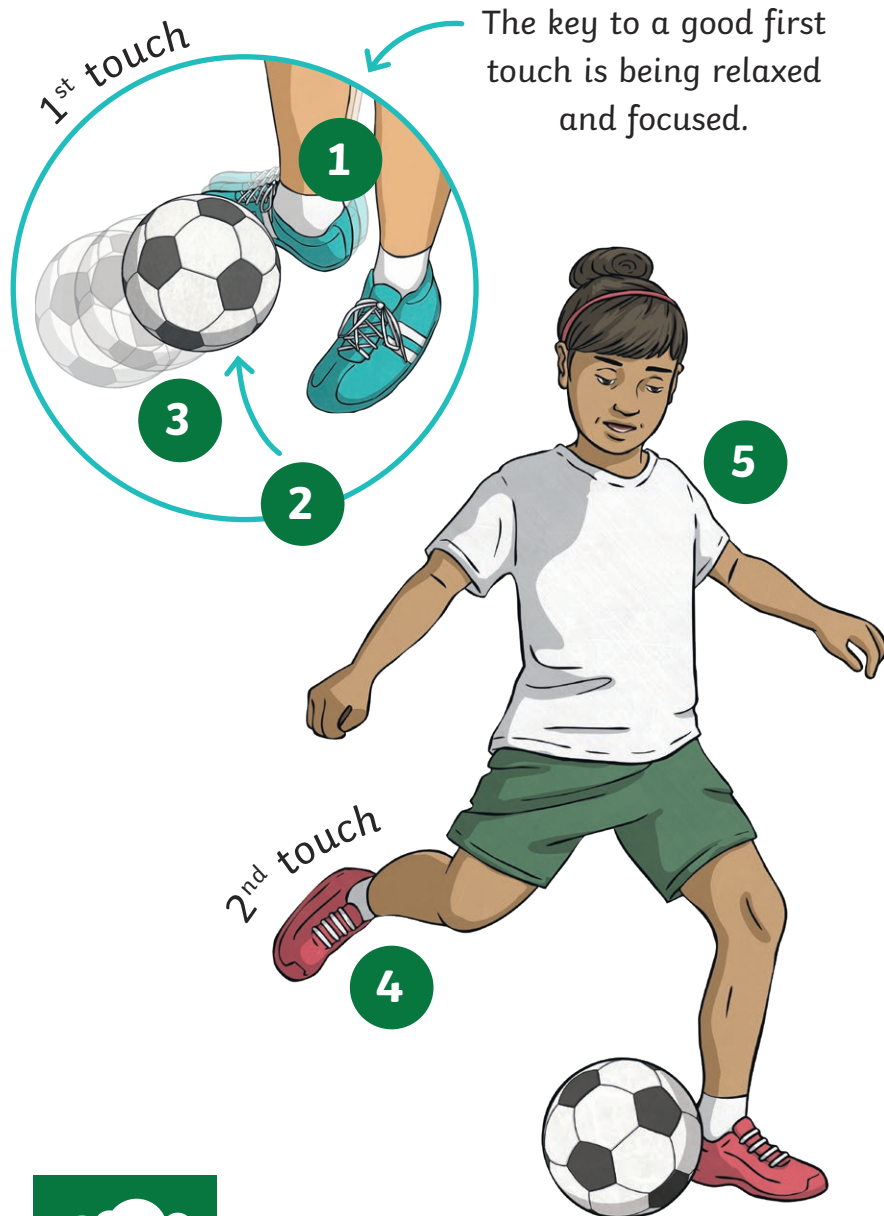
## Technique

- 1 Put your non-kicking foot next to the ball.
- 2 Keep your head down and your eyes on the ball.
- 3 Position your head and body over the ball.
- 4 Hold your arms out for balance.
- 5 Swing your leg and kicking foot towards the ball and follow through with your foot afterwards. The bigger the backswing, the more power you will create.

## Skills Practice

- Work in groups of four.
- Set up a goal with cones, approximately 4m wide.
- Standing 4-5m away from the goal, take it in turns to shoot at the goal with a stationary ball.
- Practise the power shot by using the instep (laces). You might want a short run-up to give you more momentum.
- Practise the accuracy shot by using the inside of the foot. Try to aim as close to the cones as possible – in a game, this will be harder for the goalkeeper to save.

Two-touch passing involves receiving and passing the ball on in only two touches. The first touch brings the ball under control and the second touch passes it on to a teammate.



### First Touch

- Control the ball by cushioning it. This is done by withdrawing your foot as you make contact with the ball (soft ankle) and makes the next pass easier to execute.
- Use the inside area, or top of outside of the foot to make the controlling first touch.
- The ball needs to be ahead of you after your first touch, ready to step towards the ball to make the second touch.

### Second Touch

- At a right angle to the ball, use the inside of the foot to pass it.
- The rest of your body should be facing the player receiving the pass.

### Skills Practice

Practise two-touch passing between two players:

- Stand 3 metres away from each other.
- Vary the speed at which you pass the ball to one another – the harder you kick it, the harder it will be to control it with one touch.

Practise two-touch passing between three players:

- Stand in a triangle formation, approximately 3m apart. Practise passing in a clockwise and anticlockwise direction.
- How many passes can you make in 30 seconds?
- Practise two-touch passing with both your left and your right foot.

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