



Key Skills:

Year 7 Football

SMSC and British Values

- Understanding the need for rules and regulations
- Ensuring fair play at all times



Skill	Description
Side-foot pass	Kick with inside of foot-not toes Non kicking foot by ball Head over ball Kicking foot follows through in direction of the pass. Weight goes in direction of pass Can you do this with both feet?
Control	Be able to cushion the ball with feet, chest, thigh, head and pass back to team-mate within 3 touches. Better players aim for two
Dribbling	Keep the ball close to body when in traffic Push the ball into space and run when in open space Keep head up, scanning field, be aware of surroundings Be able to use all surfaces of the feet and both feet
Shooting	Kick the ball with top of foot/laces Follow through with shooting foot in the direction of the shot Non kicking foot by ball Head over ball
Block tackle	Close down your opponent quickly but do not rush uncontrolled at them. Try to reduce any space around you and monitor for passing options. Stay on the balls of your feet, arms slightly out to jockey your opponent. Keep your eye on the ball and wait for a clear view of the ball. When you can see most of the ball, transfer your weight from your back to front foot and move the inside of your foot towards the ball. Maintain a strong body position
Throw in	Player should plant both feet on the ground and using both hands throw the ball back into play.

Example of a football game



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When watching the game look out for the following:

- How players ensure they control the ball before using it
- How players stick to and play their position
- The balance between passing and dribbling. Which skill do they use the most?

Components of fitness used in:

- Aerobic fitness
 - Speed
 - Agility
- Muscular endurance

Transferable Skills

- Spatial awareness
- Change of direction
 - Change of pace
- Principles of attacking and defensive play.

Tactics and Rules

No hands

unless you are the goalkeeper or are attempting a throw in you are not allowed to use your hands in play. This means anything from fingers up to your shoulder

Throw ins

When the ball crosses the sideline a throw is taken by the member of the team that didn't kick it out

Goal and corner kicks

These are taken when the ball is kicked off the pitch behind the goal line. If the attacking team kicks it out it is a goal kick taken from the 6 yard box. If the defensive team kicks it out it is a corner taken from the nearest corner to where the ball went out

Direct and indirect free kicks

Every kick is considered an indirect free kick unless it comes from a foul or handball. You can score from a direct free kick by kicking the ball straight into the goal. From an indirect free kick the ball must be touched by another player before a goal can be scored

Game in play

So long as the ball is on the field the game is considered in play. The only exception to this rule is if the referee calls for an infraction or offside.

Fouls

You can't kick, trip, jump at, charge, strike, push or hold an opponent. If a foul occurs the team that was fouled gets a direct or indirect free kick at the location of the foul.

Penalty kick

This is awarded when the referee decides that the defensive team have committed a foul inside the penalty area. The attacking team gets to shoot from the penalty spot. Only the goalkeeper and the person taking the penalty are allowed in the penalty area

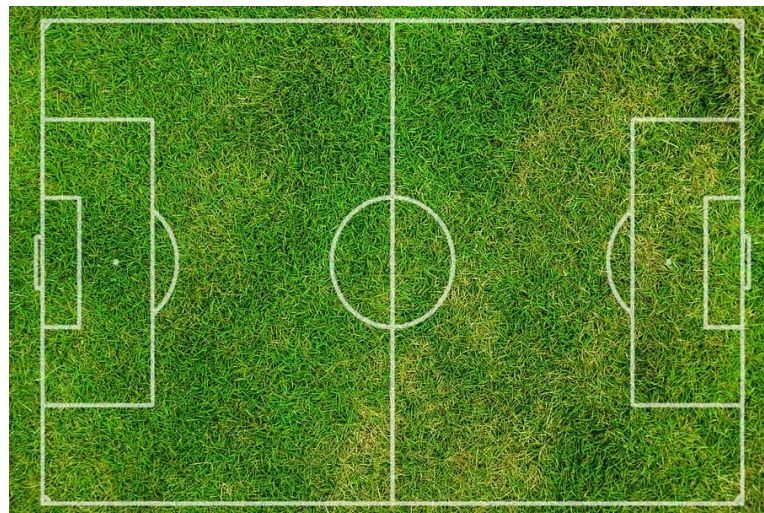
Offside

A player is in an offside position if: any part of the head, body or feet is in the opponents' half (excluding the halfway line) and any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent.

Football Formations



Football pitch



Football formations 3-2-3



Passing

PASSING PRACTICE

- Practice passing with the insides of your foot - **NO TOES!**
- Step - Plant - Kick - Trap - Repeat
- Practice passing to the wall or to a partner



Wider experiences and opportunities

- All pupils are encouraged to watch Premier League and other live games on TV
- All pupils have the opportunity to attend football club
- Pupils may be invited to represent the school team at matches
- Hampshire FA can recommend local football clubs for you to join.