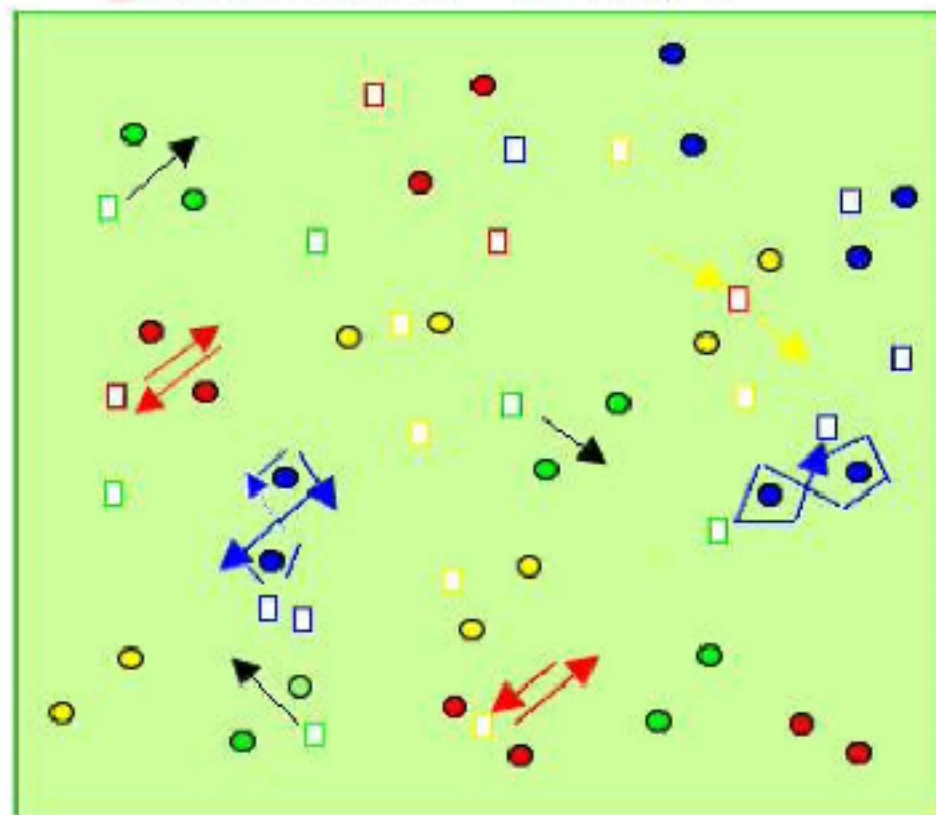


# TEACHING FOOTBALL IN SCHOOLS KEY STAGE 1 Year 2 Lesson 4

**Learning Outcomes:** For the children to learn how to travel, stop and change direction using football techniques and to develop these skills in a modified football game.

□ CHILDREN WITH A BALL EACH      ● MULTI MARKERS



## 1. WARM UP ACTIVITY

15 Minutes ⌚

The multimarkers are distributed around the area, setting up 16 small gates [4 of each colour]. The children have a ball each and travel around the playing area passing through the different coloured gates practising their dribbling technique using different parts of the feet. To develop techniques for changing direction the children now practise at one gate, taking turns with their partner. The first task is to dribble the ball in a figure of 8 around the 2 markers [see diagram blue gate]. As they gain confidence set the challenge to complete the task using a) dominant foot only b) weaker foot only.

## 2. TRAFFIC LIGHT GAME

This activity brings together a whole range of travelling skills. The children dribble the ball around the playing area completing a task at each gate they come to.

**Red Gates** are closed they must stop the ball and turn round using the sole of the foot.

**Yellow Gates** are waiting gates they must stop the ball with 1 foot and after 2 seconds travel through the gate using the opposite foot.

**Green Gates** are open they can travel through without stopping.

**Blue Gates** are special gates the children must do a figure of 8 movement around the markers.

### KEY TEACHING POINTS

1. The best turning techniques to use on the figure of 8 practice are the outside hook : using just the outside of the little toe to manipulate the ball around the marker and the inside hook using the inside of the big toe to manipulate the ball around the opposite marker.

### QUESTIONS TO ASK THE CLASS:

1. Which parts of the foot are good for changing direction with the ball ?  
**Inside of the big toe, outside of the little toe, the bottom of the foot**
2. What will you need to do if a gate is already occupied ?  
**Change direction and find an empty gate.**

