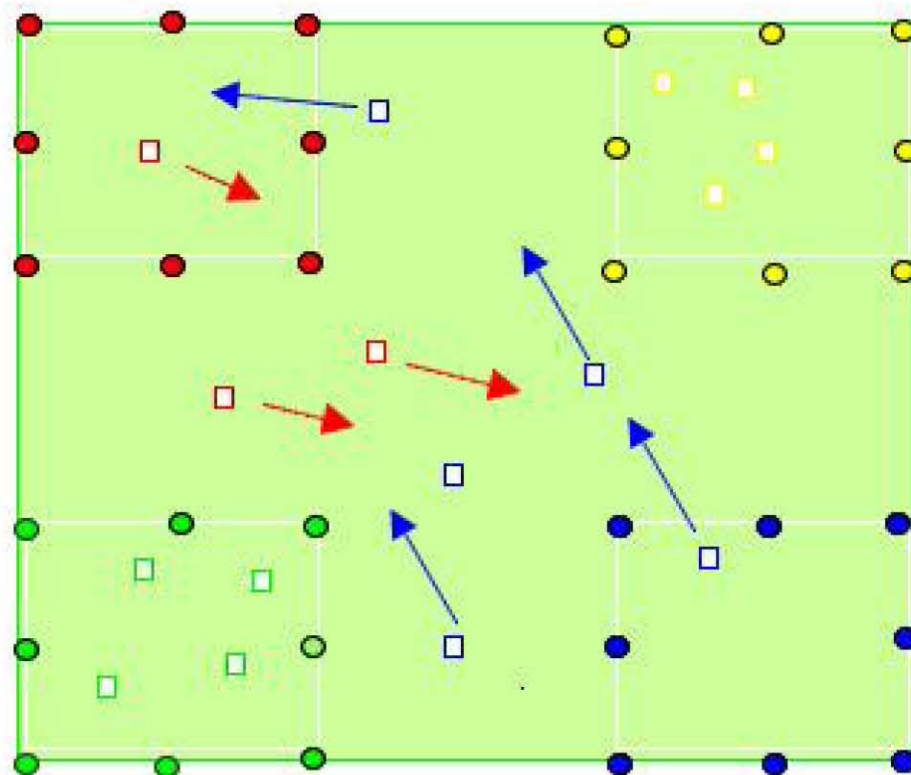


# TEACHING FOOTBALL IN SCHOOLS KEY STAGE 1 Year 2 Lesson 1

**Learning Outcomes:** For the children to learn how to travel into different spaces, stopping, starting and changing direction. To introduce different techniques of travelling with the ball.



## 3. TRAVELLING WITH THE BALL

20 Minutes ⌚

The children have a ball each. Starting from their home stadium they must travel to the opposite stadium e.g red to blue without losing control of the ball. Initially ask the players to use the inside of the foot where their big toe is and the outside of foot where their little toe is to move the ball forwards. Depending on the numbers and experience of the children each colour can travel in turn or opposite corners can go at the same time. Having arrived at a different stadium they stop and rest with one foot on top of the ball.

## 4. STUCK IN THE MUD GAME

One home group become chasers wearing their coloured bibs but without footballs, the other 3 groups travel - dribbling their footballs to visit all the other stadiums without being tagged by a chaser. If they are tagged they are then "stuck in the mud" and must stand still with their football in their hands. To free a stuck player they must pass their ball through the stuck players' legs. The chasing team have 1 minute to catch as many player as possible. Change the chasing team every minute and keep score of how many players they can catch. As in the warm up game players cannot be tagged inside a stadium and can rest for 3 seconds.

## KEY TEACHING POINTS

1. The children should take small touches on the ball and travel slowly. If they use the inside and outside of one foot alternately they will develop a steady zig-zag rhythm to travel forward with the ball.
2. Show children how to stop the ball by putting the sole of the foot on top of the ball.

## QUESTIONS TO ASK THE CLASS:

1. What parts of our feet can we use to travel with the ball ?  
*Outside (little toe) / inside (big toe) / the top of the foot / the sole of our foot.*
2. How can we make sure we don't bump into other people ?  
*By always keeping our heads up and watching carefully.*

