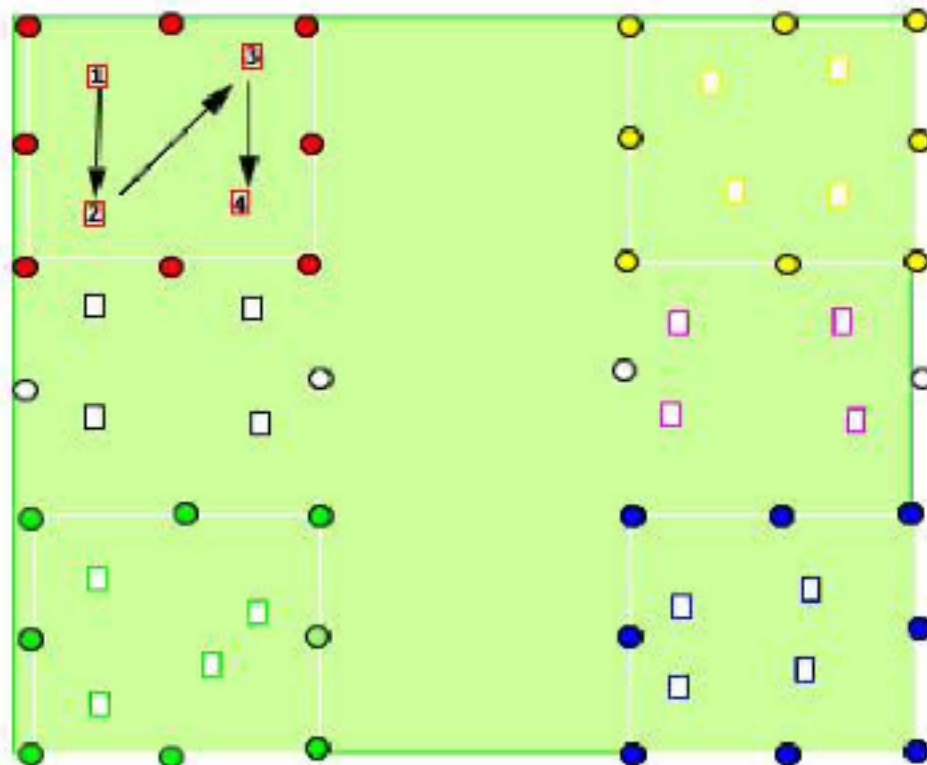


# TEACHING FOOTBALL IN SCHOOLS KEY STAGE 1 Year 2 Lesson 3

**Learning Outcomes:** For the children to learn basic passing and receiving techniques required for football and to apply them in small group activities.

1 RED GROUP CHILDREN MULTI MARKERS



## 1. WARM UP ACTIVITIES

15 Minutes

The children are divided into 4s and occupy 1 grid area per group. They start off jogging randomly in their grid area making sure they find a space before changing direction. Introduce different movement patterns - moving sideways- skipping- jogging backwards slowly. Introduce 1 ball per group and play ball tag. The player holds the ball in 2 hands and tries to catch another player in the group by touching them with the ball. Once caught this player becomes the chaser and has possession of the football. (The ball must be in the chasers hands at all times and cannot be thrown).

## 2 PASSING AND RECEIVING 1-2-3-4

Playing in the same area the 4 players now number themselves 1-2-3-4. The objective of the activity is to send the football in numerical order around the group using only football techniques. After a number of successful attempts ask the children to rearrange their position in the square so the passing pattern will change.

To develop and challenge the players you can introduce a pass and move rule - After making a pass the child must move to a new space within the square.

## KEY TEACHING POINTS

1. Help the children to pass and receive the ball using the flat area on the inside of the foot.
2. To get in the correct position to pass - the non kicking foot should be placed next to the ball with the toe pointing towards the target. The striking foot should turn outwards to make the letter L.
3. The ball should be struck firmly through the centre point.

## QUESTIONS TO ASK THE CLASS:

1. Which parts of the foot can we use for passing the ball ?  
The inside or the top of our foot.
2. What do we need to do before making a pass ?  
We need to look carefully where the player we are passing to is standing so we can line up an accurate pass.

LOOK-AIM- PASS



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