

Introduction	Main Activities	Plenary
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<p>LO: I can pass and control a football using the inside of my foot.</p> <p><u>Warm up</u></p> <p>Chn to play 'find space'. Chn familiar with game. Chn find space and move in different directions claiming to be the person who is in the 'most space'. Winner is child who has the most space on blow of whistle.</p> <p>Share experiences of 'school football with chn.</p> <p>One child who is scared of the football! One child who 'hates' football so wont try! One child who becomes annoyed/sad when they don't have the ball! One child who hates losing and blames others!</p> <p>Our aim is to not be any of those children! With the skills we will learn we will make school football fun and accessible for all!</p> <p>However, the worst type...1 child who keeps the ball and tries to take on the world!</p>	<p><u>Skills development</u></p> <p><u>Demonstrate</u> - 'Nobody faster than the ball' Ask for fast volunteer! Kick ball as far as possible and challenge child to beat the ball before it bounces. Next, time how long it takes for the ball to be kicked to the other end of the marked area. Challenge child to run with ball and beat that time!</p> <p>What have we learnt? If we pass the ball or kick the ball rather than run with it we get more done, we get to the other team's goal quicker!</p> <p><u>Passing</u></p> <p>8 steps apart from each other to pass the ball between two discs or "Gates".</p> <p>Encourage the players to use the Inside of both of their foot to pass & control the ball. Advising the children to keep their none kicking foot beside the ball, not in front or behind to minimise scooping the ball up of kicking the ground, toes of the none kicking foot pointing the direction of which they want the pass to travel.</p> <p><u>Football golf</u></p> <p>Who has watched golf? What is the aim? You are going to be using your feet to hit various targets! Each different target requires a certain amount of shots! Demonstrate to chn.</p>	<p><u>Cool down</u></p> <p>Timed passing game (Re-vist throughout sessions as warm up or cool down)</p>
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<p>LO: To develop dribbling and passing skills</p> <p><u>Warm up</u></p>	<p><u>Skills development</u></p> <p>10m Chn have One ball each. Dribbling around the marked areas using close control. Encourage the use of the 6 parts of the foot (Inside, outside, toe, heel, sole & laces). Encourage chn to use both feet & to keep their heads up from looking at the football constantly. As the balls are dribbled around the pitch the coach calls out a part of the foot & either left or right i.e. "Inside left" meaning the ball must be dribbled with the inside of the left foot only. For the sole both feet are used all the time but "forward", "backward" or "sideways" is called. When the ball is kicked with the heel the player must turn around to retrieve the ball not walk backwards.</p> <p>10m Chn navigate through obstacles in groups of 5. Dribble through cones and back again.</p> <p>10m Gate game! Chn use new learnt skill and combine with previous learning, passing. Players behind cones. Dribble around cones and pass through gate. Pass to next player. Differentiate for experienced chn by varying positions/increasing number of cones. Remind chn to play with head up - be aware and Keep ball close to you!</p>	<p><u>Cool down</u></p>
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<p>LO: to develop my shooting and goalkeeping skills</p> <p><u>Warm up</u></p> <p>Messy houses! Football precise passing in hard to get areas. 3 rounds.</p>	<p><u>Skills Development</u></p> <p>Ask chn what the aim of the game is in football? What is a football game ultimately measured on? Yes passing the ball and doing tricks looks brilliant but if the other team score more goals it means nothing!</p> <p>Chn receive pass from designated passer, each chn to use laces for shooting, aiming for bottom corners as close to the post as possible.</p> <p>Progress by child passing to designated passer before receiving the ball again.</p> <p>Passers progress to bouncing the ball for chn to hit on the bounce.</p> <p>'Ball from behind' shooting activity.</p> <p>Arrange the players into four teams stood at a disc six to ten steps away from the goal. Goal either side of marked area.</p> <p>One team will be the goalkeepers the other team being Strikers. Give each player a number so that each team has a number 1, 2, 3 etc. On the players number being called out, that player runs out onto the pitch. The Goalkeeper runs around a cone close to their team & into the goal ready to try to save the shot, the Striker runs out & around a different coloured cone further away from their team & collects a ball.</p> <p>Number of touches differentiated based on ability. Experienced chn shoot first time.</p>	<p><u>Cool Down</u></p>
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<p>LO: To practise and perform turns with a football</p> <p><u>Warm up</u></p> <p>My TV remote has been playing up again! I've had to put some brand new buttons in to help me!</p> <p>Chn stay within the marked area.</p> <p>Stop = Stop Play = Go Fast Forward = Double Speed Rewind = Going Backwards Slow Motion = Half Speed Volume up - Arms up Volume down - arms down Change channel - change direction. Mute = Lie on floor Unmute = Up to your feet Menu - Stretch body out wide DVD - Spin!</p>	<p>Chn to have one ball each.Using their dribbling skills, chn navigate around the marked area. Remind the chn of the previous skills learned & encourage them to use those skills. Gradually introduce the turning techniques (Inside hook, Outside hook, Drag back, stop turn and the Cruyff turn.</p> <p>Chn Progress onto using the other players as opponents to turn away from using the techniques.</p> <p>Football bulldog! One player is the defender. Chn have to dribble and turn to evade them. Once your ball has gone you are out and become a bulldog.</p> <p>Chn to play a game of 'keep the ball.' teams have to keep the ball using their passing and dribble skills - No goals until next week.</p>	<p><u>Cool down</u></p> <p>Chn stay within the marked area.</p> <p>Slow actions only! Collect equipment button included!</p> <p>Stop = Stop Play = Go Fast Forward = Double Speed Rewind = Going Backwards Slow Motion = Half Speed Volume up - Arms up Volume down - arms down Change channel - change direction. Mute = Lie on floor Unmute = Up to your feet Menu - Stretch body out wide DVD - Spin!</p>
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<p>LO: To demonstrate learnt skills in the context of a game.</p> <p><u>Warm up</u></p> <p>Find space! Chn to compete to see who is in the most space!</p> <p>Rules:</p> <p>.Always got to be moving you cant stand still!</p> <p>.If you see someone in lots of space you can take their space by standing next to them!</p> <p>Winner is the person in the most space when I blow my whistle!</p> <p>3 rounds!</p>	<p><u>Skills Development</u></p> <p>'Keep the ball' individual game. Chn to keep their ball in the marked area whilst guarding their own. When is the best time to go for another players ball? How can you defend your ball? How can you escape?</p> <p>Mini matches! All the players are arranged into four teams. Each player is given an number, 1 - 5 for their turn as Goalkeeper - eliminating a constant goalkeeper.</p> <p>Start simple:</p> <p>2 passes before a shot - makes sure everyone gets a touch!</p> <p>2 touches - increases the pace of the game, makes chn think about their touches.</p> <p>Shrink goals without goalkeepers etc</p> <p>Rules dependent on progress of chn and the way teams are playing.</p>	<p><u>Cool down</u></p> <p>Walking football! As seen on the Barclays advert!</p>
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<p>LO: To demonstrate learnt skills in the context of a game.</p> <p><u>Warm up</u></p> <p>Find space! (To reinforce fielding skills) Chn to compete to see who is in the most space!</p> <p>Rules:</p> <p>.Always got to be moving you cant stand still!</p> <p>.If you see someone in lots of space you can take their space by standing next to them!</p> <p>Winner is the person in the most space when I blow my whistle!</p> <p>3 rounds!</p>	<p><u>Skills Development</u></p> <p>Football tournament!</p> <p>Full football with 4 teams of 5. If chn absent have 'roaming' player or act as player.</p> <p>If chn art passing or forgetting skills, limit games as shown in lesson above.</p>	<p><u>Cool down</u></p> <p>Walking football! As seen on the Barclays advert!</p>
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