

Recap: What do we know about football?

Lesson 1/6

To dribble a ball using different surfaces of the foot whilst up against a defender

Success Criteria

To be able to:

- **Dribble the ball with their feet, keeping it under control**
- **Turn with the ball using different surfaces of the foot**
- **Move the ball away from the defender whilst keeping it under control**
- **Understand to keep their knee bent when changing direction, to be able to push away with speed**

Recap: To dribble a ball using different surfaces of the foot whilst up against a defender

Lesson 2/6

To pass the ball over a short distance

Success Criteria

To be able to:

- **Understand where they need to contact the ball to pass it correctly**
- **Know how to stand and approach the ball to pass it**
- **Aim a pass at a partner over a short distance**

Recap: To pass the ball over a short distance

Lesson 3/6

To understand the role of the defender

Success Criteria

To be able to:

- **Know how to stand when defending**
- **Close the attacker and try to win the ball**
- **Show the opponent in the direction you want them to go**
- **Make individual decisions**
 - **Recognise when to try and win the ball and when to hold up the play or force the opponent into a certain part of the pitch**

Recap: To understand the role of the defender

Lesson 4/6

To shoot the ball towards a target using the correct technique

Success Criteria

To be able to:

- **Know how to stand and approach the ball to shoot correctly**
- **Understand the ABCs of shooting (Angle, Balance, Contact)**
- **Understand how to hit the ball, and where to aim**
- **Choose the type of shot: Power, placed, lobbed, chipped, curled, outside of boot, inside of boot, laces**

Recap: To shoot the ball towards a target using the correct technique

Lesson 5/6

To understand the basic rules of football

Success Criteria

To be able to:

- **Play small games following the rules provided**
- **Put into practice the techniques shown**
- **Understand when and where certain techniques need to be used – dribble, pass or shoot?**

Recap: To understand the basic rules of football

Lesson 6/6

To play small-sided games using the techniques shown throughout

Success Criteria

To be able to:

- **Play small games following the rules provided**
- **Put into practice the techniques shown**
- **Understand when and where certain techniques need to be used – dribble, pass or shoot?**