

**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**

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### **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**

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### **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**

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### **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**

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### **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**

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### **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**

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#### **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?**