

Lesson Objective To dribble a ball using different surfaces of the foot whilst up against a defender **Lesson 1/6**

Equipment Needed Footballs (Size 4 plus small/lighter for differentiation) cones, marker, bibs.

Success Criteria Children can:

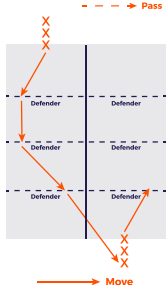
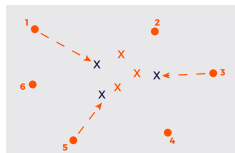
- Dribble the ball with their feet, keeping it under control
- Turn with the ball using different surfaces of the foot
- Move the ball away from the defender whilst keeping it under control
- Understand to keep their knee bent when changing direction, to be able to push away with speed

Adapted Learning (Differentiation) (Challenge) Match children on ability. M/A pupils to work against each other in a smaller space. L/A pupils to work in a larger space to enable them to succeed. As children progress either decrease space or decrease the amount of children dribbling at once (i.e. two attackers vs one defender).

Key Questions When do we dribble with the ball?
How do I beat a defender?

Warm Up **Cross The Area:**
All children with a ball, starting at one side of the area need to dribble to the opposite side of the area. Choose several children to become defenders. Their job is to stop the children dribbling across by tracking them and placing their foot on top of their ball. If a player has been stopped by the defender, they join the defending team.

Main Activity



Skill Acquisition – Throwing:

Combine two ability groups. Six feeders on the outside of the grid with the ball. Three pairs on the inside (Three attackers, three markers). Markers attempt to block the pass from feeder to attacker. Attackers attempt to receive the ball from feeder, passing it back straight away and find a new feeder to receive a pass from.

The Gauntlet:

Split your class into groups of four. They are about to enter the gauntlet! For the gauntlet set out some wide channels for each group. The objective of the gauntlet is to dribble your ball from the starting point out of the gauntlet to the safe zone. If you need to start with no defenders, the children each have a ball and simply stop when they get to the safe zone. Once the children understand this, add one defender. 3v1, the children need to dribble out of the gauntlet to the safe zone!

2v2:

Set up a small 15x15m square, and group children by ability. Children play 2v2 and aim to keep the ball away from their opponents.

Cooldown Recap and discuss Success Criteria.

Key Technical Points Encourage children to keep the ball in front of them, use the part of the foot just to the outside of the laces – lots of light touches.

Lesson Objective

To pass the ball over a short distance

Lesson 2/6

Equipment Needed

Footballs (Size 4 plus small/lighter for differentiation) cones, marker, bibs.

Success Criteria

Children can:

- 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

Adapted Learning (Differentiation) (Challenge)

Use different sized, coloured equipment. Change the size of the area. Encourage children to use weaker foot. Group pairs by ability and differentiate by asking specific pairs (L/A) to only use 'orange'. L/A to use all three colours.

Key Questions

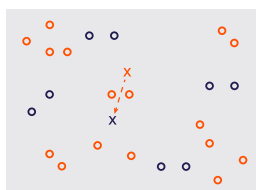
How do we pass the ball?
When do we pass the ball?

Warm Up

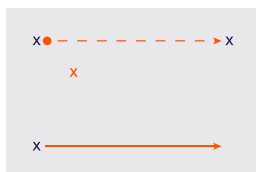
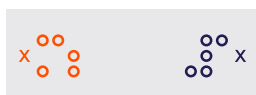
Tails:

Children use a bib as a tail. Have to try and get as many bibs as possible whilst at the same time you protect your own.

Main Activity



---> Pass



---> Pass ———> Move

Passing Gates:

For this activity mark out a large square/rectangle. Within which lay out several passing gates with cones. Place these passing gates at three set distances apart, i.e. Large gate = Red, Medium gate = Blue, Small gate = Orange. In pairs the children must dribble around the space then pass to each other through the various gates. PROGRESSION – Set a time limit, how many gates can you pass through in one minute.

Battleships:

Children will work in pairs. They will need five cones for each working group, one to mark out the passing mark, this is where the ball must be placed. The other four create targets (or 'ships'). Each child has four lives, 'child number 1' must announce which colour they are aiming at. If they hit that colour with their pass, they sink the ship! It is then 'child number 2's' turn to try and sink a ship.

3v1 Passing Square:

In groups of four, one person in the middle, three on the outside making a triangle. Children on the outside to create angles and pass the ball to another person without the inside player intercepting the pass.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Encourage children to use the instep of the foot to 'push' the ball.

Lesson Objective	To understand the role of the defender	Lesson 3/6
Equipment Needed	Footballs (Size 4 plus small/lighter for differentiation) cones, marker, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Know how to stand when defending • Close down the attacker and try to win the ball • Show the opponent in the direction you want them to go • Individual decision making – 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 	
Adapted Learning (Differentiation) (Challenge)	<p>Use different sized, coloured equipment. Change the size of the area. Encourage children to use weaker foot. Group pairs by ability.</p>	
Key Questions	<p>How do we defend? When should I try and win the ball?</p>	
Warm Up	<p>Follow The Leader:</p> <p>In pairs, one behind the other. Person at the front starts with the ball, person behind without. Player with the ball to dribble around the area, person without tracks the player and dispossesses the ball to win a point. The player keeps the ball and the other player now becomes the defender.</p>	
Main Activity	<p>Skill Acquisition – Defending:</p> <p>In a 10x10m area, children start by passing the ball to their opponent. The ‘attacker’ must try and cross the end line on the defender’s side. The defender, must close down the attacker and force them away from the end zone, win the ball or force the ball out of the area.</p> <p>Defending Rondos:</p> <p>Groups of six, two defenders. Team of four (Attackers) start with the ball and have to pass the ball five times to score. The defenders have to stop them getting to five by working together, communicating, pressurising, intercepting, and tackling. Once the ball is won then the roles swap, they are now the attackers, and the other team are now the defenders.</p> <p>3v3:</p> <p>Set up a small 20x15m area, and group children by ability. Children play 3v3 and aim to keep the ball away from their opponents.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Keep your body between the attacker and the goal, using small lateral movements to deny them any space. Stay patient and avoid diving into tackles; instead, time your challenges carefully to win back possession effectively.	

Lesson Objective

To shoot the ball towards a target using the correct technique

Lesson 4/6

Equipment Needed

Footballs (Size 4 plus small/lighter for differentiation) cones, marker, bibs.

Success Criteria

Children can:

- 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

Adapted Learning (Differentiation) (Challenge)

Use different sized, coloured equipment. Change the size of the area.
Encourage children to use weaker foot.
Group pairs by ability.

Key Questions

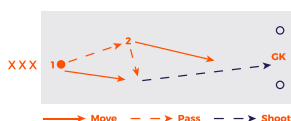
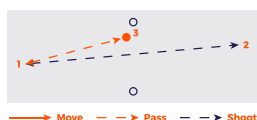
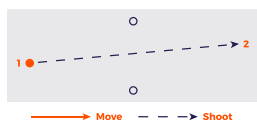
How do we shoot?
Where should I be looking to shoot?

Warm Up

Traffic Lights:

Mark out a large square/rectangle with cones, large enough for all children to dribble in. You'll need three cones – Green, Red and Orange (Amber). When you hold up and call "Green!", the children must start dribbling their football staying in the box and avoiding the other children. For "Amber!", children stay still but move the ball from one foot to the other. For "Red", children have to stop their ball with their feet as fast as they can.

Main Activity



Skill Acquisition – Shooting:

Split class into groups of two. Create targets in between the players so they have something to aim at. Children take it in turns striking the ball towards the target and their partner. Children initially start with a stationary ball and work on the ABC of shooting. At first, encourage children to make contact with their laces and focus less on power.

First Time Strike! (Moving Ball):

Using the same targets as above, introduce a teammate. Ask one child to stand on the cone for four passes, the other children take turns in passing to this child, who passes the ball back for them to run onto and strike.

Pass, Set, Shoot:

In groups of 4/5 heading towards a net with a GK. Player 1 passes to Player 2 who sets the ball for them to shoot at goal. Player 2 collects the ball and joins back of line, Player 1 then sets the ball for the next player. This continues in the same order depending how many children are in the group.

3v3:

Set up a small 20x20m area with a goal at one end, group children by ability. Children play 3v3 and aim score at the goal when they gain possession of the ball. Progression: Must make three passes before they shoot.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Approach the ball on an angle ('A' – Angle), place standing foot next to the ball ('B' – Balance), strike through the ball with laces ('C' = Contact). Keep head over the ball (This keeps the flight of the ball low).

Lesson Objective	To understand the basic rules of football	Lesson 5/6
Equipment Needed	Footballs (Size 4 plus small/lighter for differentiation) cones, marker, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • 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? 	
Adapted Learning (Differentiation) (Challenge)	<p>Use different sized, coloured equipment. Change the size of the area. Encourage children to use weaker foot. Group pairs by ability.</p>	
Key Questions	What are the rules of football?	
Warm Up	<p>Royal Rumble:</p> <p>Place the two 'M/A' teams in a larger grid, and the two L/A teams in an even larger grid. The aim of 'Keepball' is for one team to attempt to keep the ball away from the other. Explain that to do this they must communicate effectively, use the passing skill effectively and be aware of the space around them. Set a target for each team. If one teams target is 'six', they must complete six passes without interception to score a goal. If the ball rolls out of the grid, the other team gets the ball. In this version when a team scores a goal, their opposition loses a player (They must run round the outside of the grid until the game is finished! Decrease playing area to challenge M/A to think and execute quicker.</p>	
Main Activity	<p>Defending Rondos:</p> <p>Groups of six, two defenders. Team of four (Attackers) start with the ball and have to pass the ball five times to score. The defenders have to stop them getting to five by working together, communicating, pressurising, intercepting, and tackling. Once the ball is won then the roles swap, they are now the attackers, and the other team are now the defenders.</p> <p>Edstart World Cup:</p> <p>Set lots of mini pitches around your playing area. If you can set up three pitches, have six teams. Four pitches = eight teams, etc. In each team give each child a number and place a ball in the middle of each pitch. Teams line up at opposite ends of the pitch. When you call out a number ("Number 4!"), Number 4's run onto the pitch and try and score - the opposite number four must try and stop them/score themselves. PROGRESS - Call out two or three numbers at one time. Place players of similar ability on pitches where M/A will play against M/A, etc.</p> <p>3v3:</p> <p>Split your class into teams of four (Split the higher ability, middle ability and lower ability). Set up as many pitches as you need, and ensure teams play against teams of a same ability. Enforce rules as per progress, i.e. 'Blue' team are finding the level of challenge easy, ask them to complete four passes before they shoot at goal.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<ul style="list-style-type: none"> • At kick-offs, corners and free kicks, Opposition players must stand 4.5 metres from the ball • All free kicks are direct - Goals cannot be scored with direct shots from a kick off • Goal kicks can be taken from anywhere in the penalty area. Opposition players must retreat to the half way line • The pass back to the Goalkeeper rule applies. If a pass back occurs, a direct free kick is to be awarded to the opposition on the edge of the penalty area nearest to the point where the Goalkeeper handled the ball • The kick off is taken in the centre of the playing area to start the game and after a goal has been scored. In mini soccer you cannot score directly from a kick off or a drop ball situation 	

Lesson Objective	To play small-sided games using the techniques shown throughout	Lesson 6/6
Equipment Needed	Footballs (Size 4 plus small/lighter for differentiation) cones, marker, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">• 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?	
Adapted Learning (Differentiation) (Challenge)	Use different sized, coloured equipment. Change the size of the area. Encourage children to use weaker foot. Group pairs by ability.	
Key Questions	What rules do we need to know to play small sided games?	
Warm Up	Tactics Workshop: Demonstrate and explain to the children that you can use different tactics to achieve success in a variety of sports. For this lesson show the children two defensive tactics they could employ and two offensive tactics. Explain the potential strengths and weaknesses of all tactics, the children must then get together and pick the tactics that they are going to try and use to help them improve as a team!	
Main Activity	Rondos: In groups of 4/5, one child in the middle of the remaining children. The children around the outside, aim to keep the ball away from the child in the middle (Defender), once they get to X amount of passes, they get a point, if the defender stops them they get a point. Swap defender frequently. Edstart World Cup: Split your class into teams of three. Set up as many pitches as needed. Swap every three minutes. Enforce rules as per progress. I.e. 'Blue' team are finding the level of challenge easy, ask them to complete four passes before they shoot at goal. Depending on ratios and involvement from the class, each pitch could be differentiated. E.g. stronger and lower ability groups, boys and girl groups, etc. 3v3: <ul style="list-style-type: none">• Fewer players on the pitch means each child will receive more time with on the ball and will have more opportunities to make decisions and work on their tactics in a competitive situation• Decision making will be easier as they have smaller numbers• Children have more opportunities to score• Children have more opportunities to dribble as there is more space on the pitch	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<ul style="list-style-type: none">• There is no off-side• All Free kicks are direct• Penalty kicks are taken 8yds (7.32m) from opposite the centre of the goal• Throw-ins should be taken in the normal way. A foul throw should be given another chance after which it shall be awarded to the opponent• The opposition should be at least 5yds (4.5m) away when a corner or free kick is awarded	