

Lesson Objective

To dribble a ball using their feet

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
- Move in a variety of directions whilst keeping the ball under control
- Move the ball away from the defender whilst keeping it under control

Adapted Learning (Differentiation) (Challenge)

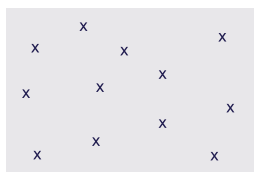
Group children by ability.

Key Questions

When do we dribble with the ball?

Warm Up

Main Activity



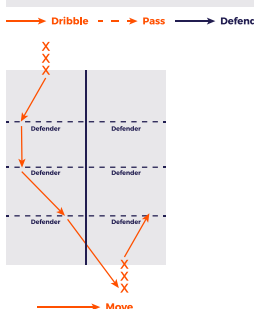
Ball Mastery:

Each child has a ball, and they move around the area. Encourage the children to take small touches, keeping the ball close.



1v1 Dribbling:

Split class into groups of two. Start by one player passing the ball to the other player. They then dribble towards the opponent who has to run in a straight line to create an obstruction. Defender cannot win the ball at the moment, just provide pressure and obstruction. Attacker, must dribble towards player, and then move around the defender without bumping into them. PROGRESSION: Defender can win the ball, but must only do so moving forward.



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! 3 v 1, the children need to dribble out of the gauntlet to the safe zone.

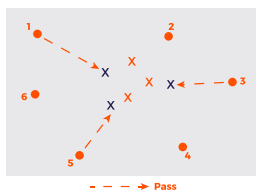
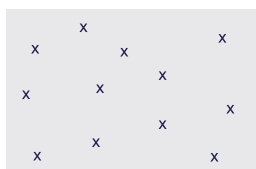
Cooldown

Recap and discuss Success Criteria.

Key Technical Points

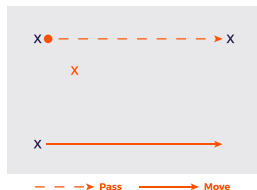
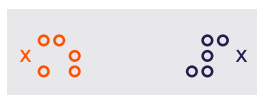
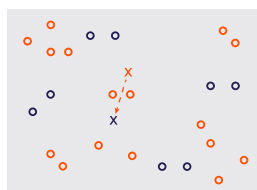
Encourage children to keep the ball in front of them, use the part of the foot just to the outside of the laces – lots of light touches.

Lesson Objective	To turn/change direction using different surfaces of the foot whilst up against a defender	Lesson 2/6
Equipment Needed	Footballs (Size 4 plus small/lighter for differentiation) cones, marker, bibs.	
Success Criteria	Children can: • Change direction with the ball whilst moving. • Turn with the ball using different surfaces of the foot. • Understand to keep their knee bent when changing direction, to be able to push away with speed • Start the turn slow then push away fast	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Key Questions	What parts of the foot can I use when turning? What type of turns can we use?	
Warm Up	Cross The Area: All children with a ball, starting at one side of the area, all children with a ball 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	Ball Mastery: Each child has a ball, and they move around the area. Encourage the children to take small touches, keeping the ball close. Introduce a number of turns for the children to try in a non-competitive environment. Losing A Defender: Combine two ability groups. Six feeders on the outside of the grid with the ball. Three pairs on the inside (3 attackers, 3 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. 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.	



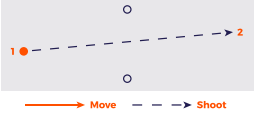
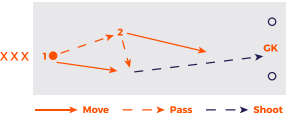
Lesson Objective	To understand the role of the defender	Lesson 3/6
Equipment Needed	Footballs (Size 4 plus small/lighter for differentiation) cones, marker, bibs.	
Success Criteria	Children can: • Know how to stand when defending • Close down the attacker and try to win the ball	
Adapted Learning (Differentiation) (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 defend? When should I try and win the ball?	
Warm Up	Follow The Leader: 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.	
Main Activity	Skill Acquisition – Defending: 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. Defending Rondos: 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. 3v3: Set up a small 20x15m area, and group children by ability. Children play 3v3 and aim to keep the ball away from their opponents.	
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 pass the ball over a short distance	Lesson 4/6
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	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.	



Year 5 - Football

Lesson Plan

Lesson Objective	To shoot the ball towards a target using the correct technique	Lesson 5/6
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	
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 & 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.  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 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: • 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 are the rules of football?	
Warm Up	Cross The Area: All children with a ball, starting at one side of the area, all children with a ball 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	Edstart World Cup: Set lots of mini pitches around your playing area. If you can set up three pitches, have six teams. 4 pitches = 8 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 4 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. Conditioned Games: 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.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	• 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	