

Recap: What do we know about football?

Lesson 1/6

To dribble a ball using their feet

Success Criteria

To be able to:

- 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**

Recap: To dribble a ball using their feet

Lesson 2/6

**To turn/change direction
using different surfaces
of the foot whilst
up against a defender**

Success Criteria

To be able to:

- **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**

Recap: To turn/change direction using different surfaces of the foot whilst up against a defender

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**

Recap: To understand the role of the defender

Lesson 4/6

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 5/6

**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**

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

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?**