

Football/Tactics/Lesson 4

Learning Intentions:

1. Learn to apply and follow rules fairly
2. Understand and begin to apply the basic principles of invasion games
3. Start to explore attacking and defending principles in football

Success Criteria:

1. I can learn to apply and follow rules fairly
2. I can understand and begin to apply basic principles of invasion games
3. I can start to explore attacking and defending principles

Suggested warm-up activities:

1. Eliminator
2. Sharks

Equipment: Cones, footballs

Teaching Points:

- Create space – team in possession must spread out and create space in all directions (make the pitch bigger)
- Deny space – team without possession must be compact and deny space (make the pitch smaller)
- Transition quickly when the ball is won or lost
- Understand the rules and consequences for breaking them

Health & Safety:

- 1) Highlight the need to stay in the area and watch out for other pupils to avoid collisions
- 2) Make sure that all pupils or groups are working in their own space away from other people
- 3) If the ball goes out of the area pupils must retrieve before continuing
- 4) Tackling, kick the ball and not the person

Activity 1: Keep Away

Organisation: In groups of 4. Each group needs a 10x10 square marked out with four cones.

Play: In this game children will practice attacking and defending principles.

One member of each group positions themselves inside the centre of the square. The other three members pick a side of their own to stand in the middle of (in between the two corner cones).

Pupils on the outside must pass the ball to members of their group trying to keep it away from the defender.

Defenders must try to intercept (not tackle) and get the ball as it crosses through the square.

Change defenders if ball is won, pupil who lost the ball becomes the defender.

Tips:

1. Play quickly
2. Look for pupils in space
3. Create space if you do not have the ball
4. Defenders should act quickly to close the ball down – work hard

Activity 2: Attack v Defence

Organisation: Play 4 v 4 (in groups from previous activity). Use areas of 40x20 with markers at each end in different colours.

Play: children will practice the basic principles of invasion games.

Each team start spread out along their end line – opposite the other team. One team starts with the ball and passes to the other team to start the game. The team with the ball are the attackers and the team without the defenders.

Attackers try to pass and move up the area to reach the opponents line where they must stop the ball still for a point.

If defenders tackle/intercept and win the ball they become the attackers and attack the opponents line.

After a point is scored restart on starting lines and let the team who did not score attack first.

Teaching Points:

1. Create space – team in possession must spread out and create space in all directions (make the pitch bigger)
2. Deny space – team without possession must be compact and deny space (make the pitch smaller)
3. Transition quickly when the ball is won or lost

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Final Activity: Activity: Matches

Organisation: Set up two football pitches. 60x40 if space allows. Use football goals on both pitches or cones if you do not have any available.

Compete: Split the class into four teams.

Explain the positions in football:

1. Goalkeeper – stands in the goal, can use hands, stop them scoring.
2. Defender – Stands in front of the goalkeeper (5 meters ahead) and tries to defend the goal using their feet by tackling the other team when they get close to the goal.
3. Midfielder – Works in in the middle of the pitch to attack and defend. With the ball move closer to the goal and without help the team tackle.
4. Striker – Stays near the opponents' goal trying to score/ shoot when they have the ball.

Tips:

1. Use the game to teach the rules. Let them play and stop when a teachable moment occurs such as a throw in or a hand ball. Explain rules as you go along. Award a free kick if the rules are broken (bad tackle/hand ball).
2. Remind pupils to stay in their positions, they can move around but should not take up another role
3. Highlight competing against others, can you beat the other team?

Set the teams up with 1 goalkeeper, 2 defenders, three midfielders and a striker as follows:



Allow each team time to plan (game plan) thinking about attacking and defending.

See the football overview sheet on the portal for rules and how to play.

Key Questions:

1. How can my team effectively attack in football?
2. How can my team effectively defend in football?

Social Me:

Thinking Me:

Sporting Me:

Tactical Me: