

# Year 3/Football/Shooting/Lesson 3

## Learning Intentions:

1. Demonstrate successful striking skills
2. Develop a range of skills in striking
3. Learn to strike the ball for distance

## Success Criteria:

1. I can demonstrate successful striking skills
2. I can develop a range of skills in striking
3. I can learn to strike the football far (long shot)

## Suggested warm-up activities:

1. Islands
2. Sharks

Equipment: Cones, footballs, goals

## Teaching Points:

- Select the best technique, side foot for accuracy and laces for power
- Plant your non kicking foot alongside the ball
- Keep your head down and eyes on the ball when striking
- Body over the ball
- Make contact with the middle to top half of the ball

## 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) When shooting be careful to look out for others

## Activity 1: Strike

**Set-Up:** In groups of four with one ball. Set up a cone to mark the start for each group and 5 meters away set up 6 cones with balls or objects on top. Front row one cone, then next row two and back row three like bowling.

**Play:** In this game children will practice successful striking skills and a range of striking skills.

Explain the game is football bowling.

One at a time the pupils from each group will place the ball next to the start cone and attempt to shoot at the targets. Have one pupil be the ball collector next to the targets and swap each turn. Shooter becomes collector.

1. Firstly all must start with a side foot shot.
2. Now try with a laces shot.

How many can you knock down?

## Teaching Points:

1. Plant your non kicking foot alongside the ball
2. Keep your head down and eyes on the ball when striking
3. Body over the ball
4. Make contact with the middle to top half of the ball

## Adaptions:

1. Move start back or forward for difficulty

## Activity 2: One and In

**Set-Up:** Use the setup from previous activity and change the targets for one goal or a goal made using two cones (2 meters approx. apart) per group.

**Play:** In this game children will practice successful striking skills and a range of striking skills.

One person from each group starts as a goalkeeper (job is to try and save the ball, they can use hands).

In a line the other three wait for their turn to shoot. Front of the line with a ball goes first.

Pass the ball to the goalkeeper who passes back and then you shoot at the goal.

If you score you go the back of the line, if you miss you become the goalkeeper.

After a turn or two each move the marker back.

## Teaching Points:

1. Select the best technique, side foot for accuracy and laces for power
2. Plant your non kicking foot alongside the ball
3. Keep your head down and eyes on the ball when striking
4. Body over the ball
5. Make contact with the middle to top half of the ball

# Year 3/Football/Shooting/Lesson 3

## Final Activity: Final Activity: Matches

**Set-Up:** 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

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

```
      GK
     D  D
    M  M  M
      S
```

## 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.
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

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

Play short matches of 8 minutes in length and swap opponents after the game, also swap positions and ensure any substitutes are now included.

## Key Questions:

1. How accurately can I strike a football at a goal?
2. How hard can I strike a football at a goal?

### Social Me:

I encourage my team to try their best always

### Thinking Me:

I understand the game, the rules and how to play

### Sporting Me:

I am good at sport

### Tactical Me:

I can come up with a game plan