

Year 2/Football/Shooting/Lesson 3

Learning Intentions:

1. Learn to strike or hit a ball with increasing control
2. Be able to position the body to strike a ball
3. Demonstrate striking a ball at a goal

Success Criteria:

1. I can strike the ball with more control
2. I can position myself to strike a football
3. I can shoot at the goal

Suggested warm-up activities:

1. Islands
2. Sharks

Equipment: Cones, footballs, goals

Teaching Points:

- Side foot for accuracy
- 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

Challenges:

Can you shoot the football at the goal?

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: Over the Line

Organisation: Set up a large 60 long x40 wide area with a line down the middle at approx. 20 yards. Position pupils along the long sides, half on each side with a ball each. Lastly place a different coloured ball in the middle of the centre line.

Play: In this game children will practice striking a ball with increased control and positioning themselves to strike a ball.

The aim of the game is to kick your football and hit the different coloured ball. The team who get the middle ball over the end line of the opposition wins.

Rules:

1. You can kick any football that comes to you at the centre ball
2. You can go and collect a ball near you but must kick it on or behind your team line
3. You **CANNOT** kick the centre ball, only hit it with another ball

Firstly, demonstrate the striking technique to be used. Play several round depending on time

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

Activity 2: Goals galore

Organisation: Use the area from previous activity. Add 6 goals (use cones if needed) around the outside of the area.

Play: In this game children will practice striking a ball at a goal.

Without goalkeepers each child has a ball and must dribble to a goal of their choice, shooting at the goal. One point for every goal scored.

Once every child has had one shot instruct them to collect their football (at the same time) and repeat.

Allow for 5+ turns each.

How many goals can you score?

Teaching Points:

1. Side foot for accuracy
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

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Final Activity:

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 teams of 5.

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:

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      GK
      D
M      M
      S
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See the football overview sheet on the portal for rules and how to play.

Play short matches of 5 minutes in length and swap opponents **after** the game, also swap positions.

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. Teams can have extra players depending on numbers in the class, add another defender if needed.
3. Highlight working as a team, can you pass to your team?

Key Questions:

1. Can I shoot at the goal?
2. Can I work as a team?

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