

Year 3/Football/Passing/Lesson 1

Learning Intentions:

1. Learn to send and receive a football with a partner under control
2. Demonstrate a push pass in football
3. Learn to use the inside of your foot to control (receive) a pass

Success Criteria:

1. I can pass a football with a partner under control
2. I can pass using a push pass technique
3. I can control a ball with the inside of my foot

Suggested warm-up activities:

1. Naughts and crosses
2. Turtle Tag
3. Relay

Equipment: Cones, footballs

Teaching Points:

- Lock ankle of stronger foot and turn foot outwards
- Plant weaker foot next to the ball with toes pointing in direction you want the ball to go
- Strike the middle of the ball with the inside of your stronger foot and follow through
- Stay ready on your toes as the ball is approaching (receiving)
- Cushion the ball with the inside of your stronger foot

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

Activity 1: Master the Ball

Organisation: Use a large space with room for all pupils to work in. Pupils need a ball each.

Play: In this game children will focus on feeling comfortable with a football at their feet.

Pupils begin to dribble the ball using their feet around the area, avoiding others.

1. When the ball is rolling away from you or moving too fast place one foot on top to stop it
2. Now use just one foot to move around the area, do not let the other touch the ball if you can
3. Drag Back, with one foot on top of the ball drag it behind you and turn
4. Penguin feet, move the ball using the inside of the feet from one to the other repeatedly
5. Lastly can you dribble a little faster keeping control of the ball

Teaching Points:

1. Use different parts of the feet to manipulate the ball
2. **STOP** when you feel the ball is losing control or too fast
3. Use arms to balance when stopping with one foot or doing a drag back
4. Penguin feet, move from side to side (waddle) like a penguin
5. When going faster keep your head up and use both feet

Activity 2: Gates

Set-Up

Use a large space with room for all pupils to work in. Set up gates (2 cones placed 1 meter apart) enough for one per pair.

Play: In this game children will focus on the techniques needed to pass and receive a football.

Each pair needs a gate and a ball between two.

Ask pupils to stand face to face in the middle of the gate (between the cones) and take 3 big steps backwards.

Explain that pupils will be using the inside of their stronger foot to both pass and receive the ball.

1. Pass through the gate to your partner who receives and repeats – how many passes can you do in a row?
2. Make the gates smaller and try again
3. Move further back and try again

Teaching Points:

1. Plant weaker foot next to the ball with toes pointing in direction you want the ball to go
2. Lock ankle of stronger foot and turn foot outwards
3. Strike the middle of the ball with the inside of your stronger foot and follow through
4. Stay ready on your toes as the ball is approaching (receiving)
5. Cushion the ball with the inside of your stronger foot

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Final Activity: Passing three's

Organisation: In groups of three. Two standing one behind the other at a cone and the third standing at another cone facing them (approx. 10 meters apart).

Compete: Each group will practice passing and receiving in a higher tempo setting than the previous activity.

The pupil in each group standing in front of another pupil starts with the ball. They pass the ball using the inside of their strongest foot along the ground to the third member of their group at the cone 10 meters away, they then follow their pass and stand at the cone. This pupil now receives the ball using their instep and passes it to the pupil left on the opposite cone, remember to follow your pass.

After a practice (once you think all pupils have the idea and ability to pass in three's) you can add a timed element such as how many passes can each group complete in 3 minutes? Or a race so how quickly can each group pass and move until they are back in the set up they started in?

Tips:

1. Demonstrate or ask a pupil to demonstrate the pass and follow pass movement
2. Remind pupils to use the passing and receiving techniques learnt in the lesson
3. Highlight the need to stay in your groups space and not interfere with others

Key Questions:

1. Can I pass the ball with accuracy?
2. Can I receive the ball with control?

Social Me:

I can listen to and take onboard advice

Thinking Me:

I can focus when playing sport

Sporting Me:

I can learn a new skill in sport

Tactical Me:

I can identify which skill to use and when