

Name:
Year Group:
Teacher:

Blended Learning - Football



SWR PE DEPARTMENT

Passing and Receiving

One of the most important principles of Football is to be able to move forward with the ball. Passing and receiving the ball is a very important skill and many Football teams will use a wide range of build up play in order to advance up the pitch.

Types of Passing - Fill in the technique/coaching points for the following...

Side Foot	
Lofted	
Drive	
Chip	

When passing the ball...



When receiving the ball...

- Stay on your toes
- Open your body up
- Keep your eyes on the ball
- Meet the ball
- Prepare to set yourself up for your next move

Match the type of pass to the picture!



Scenarios - Give an example of when would you use...

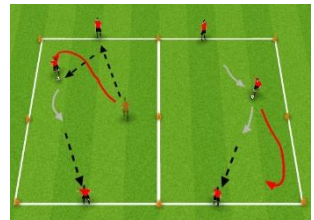
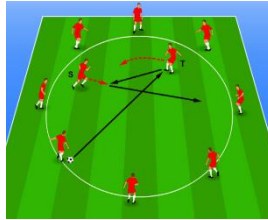
Side foot –

Outside foot -

Chip –

Lofted drive -

Passing and receiving drills...



Create your own drill that works on passing and receiving (Draw or explain)

Dribbling

Another key attacking principle in Football is dribbling with the ball. Dribbling requires close control of the ball. During a game, players will use dribbling to outwit their opponents and move the attacking team up the pitch.

Highlight 3 main ways that you could outwit your opponent...

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-
-

Turning with the ball is an important concept when dribbling, there are 3 main turns. Draw a line from turn to the correct image...



Drag Back



The Chop



Cruyff Turn

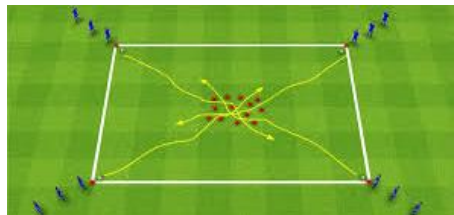
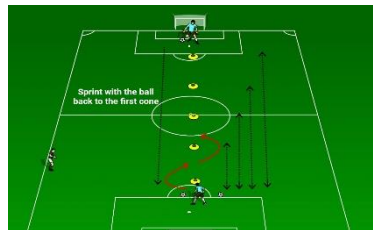
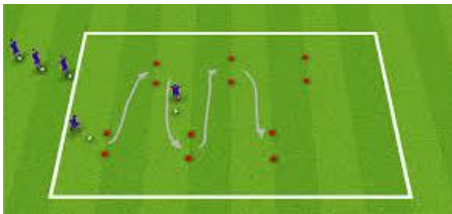
Important steps to dribbling with a ball in football...

- Pushing the ball forward with laces/inside/outside of foot
- Keep the ball close to you
- Take quick, small steps
- When dribbling keep your head up
- Use your body to protect the ball

Fill in the table below, highlight the advantages and disadvantages of dribbling in Football...

Advantages	Disadvantages

Dribbling drills...



Attacking

Attacking in Football is the key to the game, if you do not attack, you will not score and therefore will not win. Attacking can be anything from moving into space, creating space, and keeping possession of the ball.

Highlight 3 ways you can create space in Football...

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-
-

Types of attacking...

Possession Football – Constant pass and move and keep ball

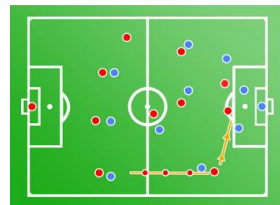
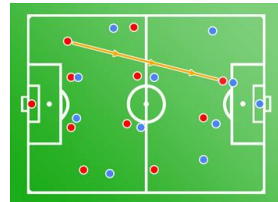
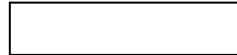
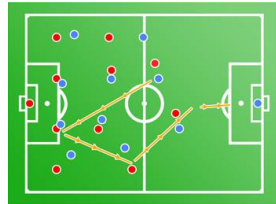
Counter Attacking Football – Hit other team straight after the attack

Long ball/direct Football – From defence to attack straight away

Width Attack – Spreading the ball wide, opens space for opposition

Discuss in partners which you believe the most effective and why?

LABEL each diagram on the right on which type of attacking you believe it is



Shooting

It is important in Football to have an end product. Shooting is hitting the ball to try and score a goal; however, it can be a difficult skill to master. Sometimes there are both defenders and goalkeepers to beat.

Types of shots...



Laces



Finesse



Standard

Use the space below to discuss each shot (Include technique, body positioning, ball position)

Laces	
Finesse	
Standard	

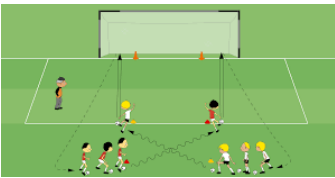


You are in the last minute of the game, you are drawing 1-1. You have been picked to take the all-important penalty to win it. Discuss with your partner where you would aim for and why.

Give ONE disadvantage and advantage of using each shot...

Standard	Advantage – Disadvantage –
Finesse	Advantage – Disadvantage –
Laces	Advantage – Disadvantage –

Shooting drills...



Now create your own in space below...



Set Pieces

Set pieces are a great opportunity to gain an advantage over an opponent. It is where there has been a stoppage and the ball returns to open play such as a thrown in, free kick, corner kick or goal kick.

When are the following awarded? Draw a line to correct answer.

Free kick

Attacking team have kicked the ball out of play

Thrown in

Someone is fouled on the pitch NOT in penalty area

Corner Kick

Defending team have kicked ball out of play

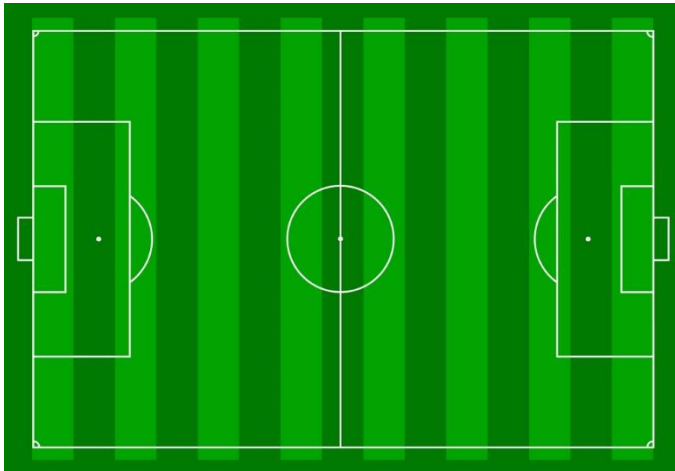
Goal Kick

An attacker has been fouled in the penalty area

Penalties

The ball has gone out of play on the side-line

Label on the pitch below where each set piece is taken from...



ALL set pieces can create a unique opportunity to start an attack. In pairs discuss how you can gain an advantage over your opponent for each set piece and then note some ideas down...

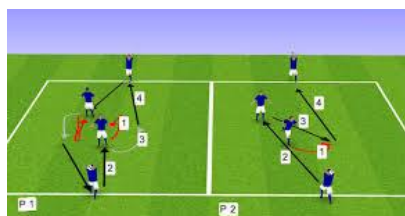
Free kick:

Throw in:

Goal kick:

Corner kick:

Set piece drills. Discuss in pairs some advantages and disadvantages of each drill and then share with class. Think outside the box!



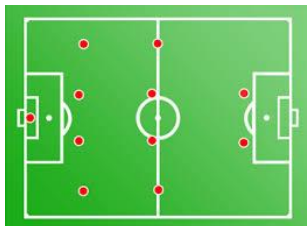
Defending

Defending is just as important as being able to attack in football, most players will do some sort of defending whether that be tackling, marking, tracking back and jockeying.

Formations

- A formation is the way that a manager will set up his team that consists of 10 outfield players.
- They play a key part in Football nowadays and is something a manager will always set up before the game.
- The most common formations are 4-4-2/4-4-3 however managers tend to set up their team anyway they want.
- Some teams will change formations depending on how their opponent set up, this allows them to try to match them

Now you are in the managers seat, set up your own formation to deal with the following and explain why...



O
P
P
O
N
E
N
T
S

Y
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U
R
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A
M

Defensive Positions

Right/Left back (RB/LB) – This person will usually get up and down the pitch a lot supporting both the attack and defence

Centre back (CB) – Usually 2/3 centre backs, one/two would usually mark the striker while the other one covers (sweeps) behind them

Right/Left wing back (RWB/LWB) – Very similar to full backs however will have to join the attack a lot more using overlap

Central defensive midfielder (CDM) – Usually play just in front of the 2/3 centre backs to protect them and fill in for any defenders if out of position.

Label the following positions below...

- Right Back
- Left Back
- Centre Back
- Central Defensive Midfielder



Discuss the following defensive techniques and what you think they are with partner/class. Note down what you think they may mean...

Pushing up –

Using offside –

Sweeping –

Pressing –

Tactics

Tactics are a very important part of football now, not only formations but both attacking and defensive strategies. Along with different styles of gameplay like possession, long ball-based football or park the bus.

Attacking gameplay tactics

Not only can you set up an attacking formation, but teams also set up attacking gameplay focusing more on what to do when on the ball.

- Long ball – Route one football, long pass up to striker
- Possession – Keep ball from other team, open spaces
- Counter attacking – Wait for opponents to come on to you and hit them when unorganised
- Wing attack – Use of wingers to carry the ball forward

Long Ball	Advantage – Disadvantage –
Possession	Advantage – Disadvantage –
Counter Attacking	Advantage – Disadvantage –
Wing Attack	Advantage – Disadvantage –

Defensive gameplay tactics

You can set up very defensive formations, but teams also set up defensive gameplay focusing more on what to do when they do not have the ball.

- Pressing – When out of possession your team restricts space
- Park the bus – Sit deeper so there is no space behind, invite attacking pressure
- Cautious – When out of possession, stay compact and move as team

Pressing	Advantage – Disadvantage –
Park the bus	Advantage – Disadvantage –
Cautious	Advantage – Disadvantage –

You're 1 goal up and you need to protect your lead. What defensive tactics do you put in place? Eg. Formations, gameplays, and individual positioning

Assessment

1. Name 3 things you do when receiving the ball (3 marks)

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-
-

2. Name 2 coaching points when performing a basic pass (2 marks)

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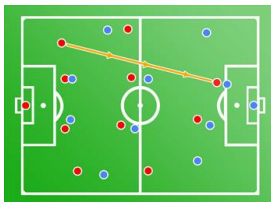
3. What kind of turn is being performed in the following image?



4. When dribbling with the ball, where should we be looking?

5. What is a counter attack?

6. What kind of attack is being performed in the following image?



7. What is a finesse shot?

8. When may a freekick be awarded in a game?

9. When may a throw-in be awarded in a game?

10. What is a formation?

11. Which position is the arrow pointing at?



12. Define the offside rule (2 marks)

13. What is meant by the term 'pressing'? (2 marks)

14. Name 2 types of attacking (2 marks)

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____ out of 20