

Football Skills Overview UKS2

National Curriculum Aims:

- To play competitive games, modified where appropriate for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and understand the principles of attacking and defending.

Lesson Ideas:

- The suggested lesson packs contain lesson ideas, along with instructions and diagrams for a range of fun activities and games that teach various skills. Adapt the lessons to your class, extending or revising exercises, moving on when appropriate.
- Challenge confident children to test themselves within the bounds of the exercise e.g. by using their weaker foot only or taking shots first time.
- Develop children's skills and understanding as they play by asking, "What could be done differently to get a better outcome?" and having some children demonstrate skills to their classmates.

Resources Needed:

- One football per child
- Cones
- Safety marker disc cones
- Bibs/Vests
- Stopwatch/Clock
- Goals

Space:

Use your judgement when setting up your space. If the space is too big then players won't have to focus on close control and awareness of other players; if it is too small then players will not be able to succeed and grow in confidence.

| Lesson Pack | Included in Pack | Skills to Teach |
|--|--|---|
| 1. UKS2 Football Skills 1: Cribbling Lesson Pack | Lesson Ideas: Activities: The Body Parts Game, Through the Gates, Taring and Cribbling, Jellbreak, Ball Race | Keeping control Finding a space Keeping moving |
| 2. UKS2 Football Skills 2: Keeping Lesson Pack | Lesson Ideas: Activities: The Numbers Game, Football Hopscotch, Through the Gates, Keeping Ball, Taring Hopscotch | Keeping control Receiving the ball Setbacks Using the width of the feet |
| 3. UKS2 Football Skills 3: Shooting Lesson Pack | Lesson Ideas: Activities: Football Skills Day at the Sports Hall, Shoot, Shoot, Shoot, Lightening, Taring, Taring Shoot | Power shots Creative shots Setbacks Using width Committing to the goal Keeping shots |
| 4. UKS2 Football Skills 4: Receiving & Defending Lesson Pack | Lesson Ideas: Activities: Numbers Game, The Numbers Game, Shooting and Receiving the Ball, Taring Hopscotch, Ball Race | Using the width of the feet Shooting and Receiving the ball Finding when to shoot |
| 5. UKS2 Football Skills 5: Through the Gates & 1v1 Lesson Pack | Lesson Ideas: Activities: The Body Parts Game, Through the Gates, 1v1 & 1v2 Shootout | Through the Gates Receiving a goalkeeper Using width and a goalkeeper |



2021/22

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National Curriculum Aims:

- To play competitive games, modified where appropriate for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending.

Lesson Ideas:

- The suggested lesson packs contain lesson ideas, along with instructions and diagrams for a range of fun activities and games that teach various skills. Adapt the lessons to your class, extending or revising exercises, moving on when appropriate.
- Challenge confident children to test themselves within the bounds of the exercise e.g. by using their weaker foot only or taking shots first time.
- Develop children's skills and understanding as they play by asking, "What could be done differently to get a better outcome?" and having some children demonstrate skills to their classmates.

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| Lesson Pack | Included in Pack | Skills to Teach |
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| 1. UKS2 Football Skills 1: Cribbling Lesson Pack | Lesson Ideas: Activities: The Body Parts Game, Through the Gates, Taring and Cribbling, Jellbreak, | Keeping control Finding a space Keeping moving |

Football Skills Check List

Audrey M. Quinlan



Football Skills Check List:

Football Skills Check List Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has been evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Football Skills Check List**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

<https://staging.conocer.cide.edu/results/detail/default.aspx/multiton%20model%20emb%20service%20manual.pdf>

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