

Unit 1A

Football



Introduction

In this unit, you will learn about football. You will look at the technical and tactical parts of football.

The technical part includes:

- ▶ **Passing** – Changing speed quickly when you pass and control the ball
- ▶ **Dribbling** – Using both feet to dribble the ball into open spaces
- ▶ **Shooting** – Using power and accuracy to score goals in small-sided games

The tactical part includes:

- ▶ **Defending** – Introducing ‘jockeying’ in football
- ▶ **Spatial awareness** – Understanding how to create and reduce space in game situations
- ▶ **Tactics** – Choosing the correct defence and attack plans in game situations

Areas of focus

- ▶ Technical parts
- ▶ Tactical parts

Learning outcomes

- ▶ Passes and receives a ball with both sides of the feet while moving in a variety of practice tasks (G7.1.8)
- ▶ Dribbles with control, change of speed and direction in a variety of practice tasks (G7.1.9)
- ▶ Strikes using a mature pattern with reasonable accuracy in a dynamic environment (G7.1.10)
- ▶ Executes at least one offensive tactic to create open space (e.g. creates width, moves into open space without the ball, uses a variety of passes, pivots and fakes, uses give and go, etc.) (G7.2.1)
- ▶ Executes at least one defensive tactic to reduce open space (e.g. stays close to the opponent as he/she nears the goal) (G7.2.2)
- ▶ Transitions from offence to defence or defence to offence by recovering quickly and communicating with teammates (G7.2.3)
- ▶ Demonstrates etiquette and adherence to the rules in a competitive environment (G7.4.1)
- ▶ Problem-solves with a small group of classmates during physical activities and/or gameplay (G7.4.3)
- ▶ Demonstrates strategies for sharing and expressing feelings in appropriate ways (G7.5.3)

Keywords

Word	Form	Definition
attack	verb	to move forwards and try to score a goal
awareness	noun	knowing about the space and people around you
communicate	verb	to share information with others by speaking, writing or moving your body
defend	verb	to stop your opponent from scoring a goal
jockey	verb	to use your skills to get into a better position than your opponent
opponent	noun	a person you are playing against
position	noun	the area of the pitch where you play
receive	verb	to get the ball from another player
referee	noun	the person who manages the game so that players follow the rules
shoot	verb	to strike a ball at a goal
tackle	verb	to try to take the ball from your opponent with your feet

Dribbling

Dribbling is an important skill in football.
Dribbling the ball helps you to move into space.
This creates opportunities to pass or shoot.

Activity

1

Look at the following sentences. Put a ✓ after the examples of good dribbling technique.



Technique	
Keep your head up.	
Use soft touches of the ball.	
Look at the ball only.	
Kick the ball hard in front of you.	
Use both feet and both sides of your foot.	

Activity

2

Imagine you are playing a match. When would you dribble the ball? Describe.

.....

.....

Controlling the ball

You need to control the ball. You can use different parts of your body. This helps when the ball comes to you at different speeds and heights.

Activity

3



Label the parts of the body you can use to control the ball. Use the words below.



foot

chest

thigh

Activity

4

Why is it an important skill to be able to control the ball?

Passing and receiving

An important part of attacking in football is choosing the right time to pass the ball.

Activity

5

Look at the images in the boxes below. What attacker should the player pass to?
Draw an arrow to that attacker.

D = Defender

A = Attacker



Why did you choose to pass this way?

.....



Why did you choose to pass this way?

.....

Movement off the ball

Movement off the ball is important when your teammate has the ball. Good movement can help your team keep possession of the ball.

Activity

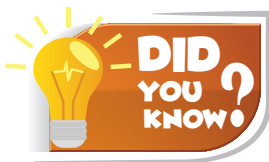
6

List THREE reasons why movement off the ball is helpful to the team:

1.

2.

3.



Ali Mabkhout is an Emirati footballer. He is a forward. He needs to use good movement to get the ball. This helps create opportunities to score goals.

See Elite Extension Activity E1

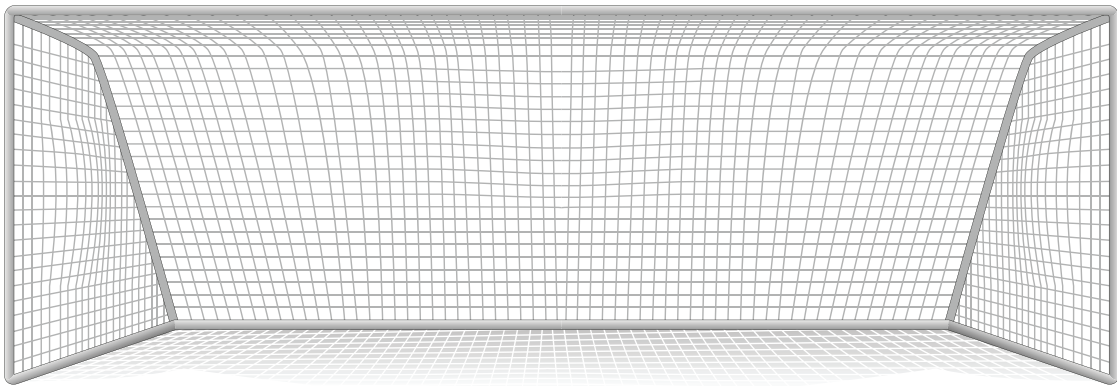
Shooting

You need to develop your power and precision when you shoot. This will help you score goals.

Activity

7

Use the goal below. Draw three footballs to show where you would shoot to score. Label your goals 1, 2 and 3.



Explain what type of shot you would use to beat the goalkeeper and score:

1.

2.

3.

See Elite Extension Activity E2

Defending techniques and tactics

When you defend, you need to limit the space and time for the other team. There are skills you can learn to do this.

Activity

8

Use the words below to fill in the gaps to describe the actions of a defender.



When defending, the defender should down the space. Closing the space will reduce the to pass and receive the ball. The defender should be well-..... on the balls of their feet. They should be ready to make a A defender should a tackle so they win the ball. If not, they will allow the attacker and time to score a goal.

angles

balanced

close

space

tackle

time



When you are defending, face side-on to your opponent. Balance on the balls of your feet and keep your eyes on the ball/player.



Elite extension activities

Activity

E1

Why is it important for a forward to use good movement?

Activity

E2

Describe how your shooting technique changes when you are shooting from a long distance:
