

SUBJECT: Physical Education

UNIT: Football – Year 9



Transitional Play

In football, transitional play refers to the crucial moments when possession of the ball changes hands, shifting a team from attack to defense or vice versa. These transitions are not just about gaining or losing the ball, but also about how a team reacts and reorganizes itself in response to that change. Effective transitional play involves quick decision-making, intelligent movement, and exploiting opportunities created by the shift in possession.

Set plays - corners, throw-ins and free kicks

Zonal attacking positions for corners and free kicks. Zonal attacking is attacking the ball if it enters your zone. Players identify the area they want to command and ensure they are first to the ball if it enters that zone. Zones can be shared with teammates. Using attacking transitional play to move the ball up field after a throw-in using 3 pass phase.

Playing styles

Counter attacking: Inviting pressure from the opposition (with the ball) to create space behind them. Win the ball back and have player run into the newly created space, breaking with speed and precision.

Possession based: a playing style that prioritizes controlling the ball and dictating the game's tempo through passing and ball retention, rather than relying on quick transitions and counter-attacks.

Formations

442 (white team) vs 433 (black team).

The 4-4-2 and 4-3-3 formations are common tactical setups in football, each with distinct strengths and weaknesses.

The 4-4-2 is known for its balance and defensive solidity, while the 4-3-3 offers more attacking options and midfield control.

Officials

Use hand signals to alert the crowd of in game situations. Hand signals Must be used alongside a whistle to inform the crowd and players a Decision has been made.

