

# SUBJECT: PE

## UNIT: Year 7 Football



Football is a sport played by 2 teams of 11 players. Players need to work together to move the ball around the pitch using their bodies but not their hands. Once the ball enters the opponent's goal, one point is scored and the team with the most goals scored at the end of 90 minutes wins the game.

### Techniques used in football are:

**Inside foot pass:** This is a basic pass usually done over short distances but at a faster pace. Use the inside of the kicking foot and push the ball towards the intended target. The non-kicking foot should be along side the ball to help keep the player balanced. Follow through with the kicking leg to make the ball move faster and travel further.

**Dribbling:** Dribbling allows players to move the ball around the field without losing possession. Players should keep the ball close to their feet at all times, when running with it. Use the inside of their foot to control, the ball when moving. Players should try not look down at the ball and should try keep their head up.

**Shooting:** Shooting is important in football because it gives the players a chance to score a goal. These are important because scoring is the only way to win a game. Players should keep their non-kicking foot next to the ball. They should bring their arms out to keep balance. Players should make contact with the ball with the top of their foot. For accuracy, players should aim to shoot between the goalkeeper and the goal posts.

**Moving into space:** Football is a team sport and requires players to do a lot of movement without the ball. This is important because player receiving the ball need to be in a free space away from defenders so they are not tackled. When looking for space, players should keep their head up, try and anticipate where the ball could be passed into and run towards that free space. Player should also communicate with teams by calling their names to let them know they are free to receive the ball.

**Defending:** The standing tackle is an important part of defending in football. It gives the players a chance to steal the ball away from the attacking team. Players should track the ball with their eye, stand side ways with their strongest leg closest to the ball. Players should the poke the ball with the front foot without kicking the attacking player.

### The pitch:

