

Passing/ Receiving

- Head down and eye on the ball.
- Ensure that non-kicking foot is planted alongside the ball.
- Side footed pass- strike the ball in the centre of the ball.
- Laces pass- strike the ball with the top of your boot to ensure ball stays along the floor.
- Chip pass- strike ball slightly under the ball to gain height.
- Follow through in the direction you want the ball to go.
- When receiving the ball, ensure head is up.
- Eye contact with the passer to receive the ball.
- On the balls of your feet.
- Check shoulder to see of any defenders

Dribbling

- Keep the ball close to your feet.
- Use the inside and outside of your foot
- Keep head up.
- Use your body to throw the defenders off balance to create space.
- Look for spaces to move the ball into.

Moving with the ball

- Big touches.
- Use the laces to knock the ball forwards so you can run onto it.
- Accelerate into the run and keep speed up

Shooting

- Lean forward when you go to kick the ball.
- Make sure your leg is fully extended.
- Lock your ankle into the kick.
- Kick the ball in the centre of the ball.

Attacking Play

- Using different tactics to beat your opponent.
- Working on attacking overloads i.e 2v1 or 3v1.
- Breaking on set plays i.e Corners or Free kicks to gain advantage.

Heading

- Use the middle of your forehead to head the ball.
- Aim for the centre of the ball.
- Attacking heading and defensive headers. _

Defensive Play

- Jockeying your opponent, don't dive in and be patient.
- Force the attacker on their weaker foot.
- Be on your toes.
- Keep your eye on the ball.

Key Words:

Side foot pass
Lofted pass
Corner
Free Kick
Throw-in
Dribble
Shoot
Heading
Tackle
Jockey
Marking
Attacking
Defending
Crossing



WESTHOUGHTON HIGH SCHOOL KS3 PE KNOWLEDGE ORGANISER – ACTIVITY: FOOTBALL

Tactics:

- Teams attack and defend together
- Create width to create more space
- Tactics are also used in different formations and how best they suit different teams.
- 4-3-3, This formation is great with having the extra midfielder in the middle of the pitch which can add that overload system.
- 5-3-2, This formation gives more a defensive option but allows the two wing backs to push forward, giving more attacking options.



Rules:

- The Game is started by one team in the middle of the pitch
- One referee officiates the game with the help of two assistant referees
- Players are not allowed to use their hands or arms to control the ball unless they are the goalkeeper
- Usually a game consists of 45 minutes each half
- Depending on the level of football will depend on how many substitutes you can use



Positions:

1. Goalkeeper
2. Left Back
3. Right Back
4. Centre Back
5. Centre Defensive Midfielder
6. Centre Attacking Midfielder
7. Left Wing
8. Right Wing
9. Striker/ Number 9

- Year 7's will play 9 a side which will consist of different formations such as: 3-3-2 or 2-4-2. Year 7 will also play 30 minute games.
- Year 8-11 will be 11 a side games. 35-40 minute games.

Scoring System:

- To score a goal, the ball must be put over the line into the goal
- The team with the most goals at the end of the game wins.
- In case of a cup game and both teams have scored the same, it will then go to extra time and penalties



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