

Y7 Autumn 1 Football

# **KEY KNOWLEDGE**

During this half-term, you will develop skills and techniques in football. You will be developing core and advanced skills, building towards your assessment in the 'range of skills' (AF1), and 'quality of skills' (AF2). You will also be assessed throughout the year in 'physical and psychological attributes' (AF3), 'skill application' (AF4), and 'leadership skills' (AF5). The skills you'll develop will transfer to GCSE PE and Sport Studies courses offered at KS4.

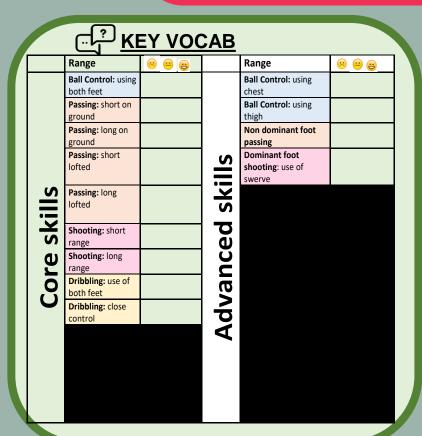
# Control, Accuracy and Fluency

You will be assessed on how well (quality) you can perform the key skills, considering **control**, **accuracy** and **fluency**.

Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

#### 5 minute Challenge

- 1. Name as many positions as you can.
- 2. Name the part of foot used for a short pass.
- 3. Name the parts of the body you use for control.
- 4. Name the part of the foot used for lofted passes.
- 5. Practice 'keepy uppies', how many can you do?







### Passing:

https://www.youtube.com/watch?v= kbC4hzcTo

#### **Control:**

https://www.youtube.com/watch?v=ZCms9ihShWc

## **Dribbling:**

https://www.youtube.com/watch?v=VsVzIXU3u9k

