

Y9 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.

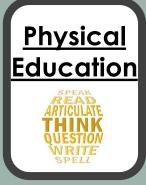
Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

5 minute Challenge

- 1. Name as many premier league golden boot winners as you can.
- 2. Name the reasons for a free kick.
- 3. Name the reasons for a yellow card.
- 4. Explain the offside rule.
- 5. Practice your volleys against a wall.

KEY VOCAB

Key Skills			
	Range		Range
Core skills	Ball Control: using both feet	Advanced skills	Ball Control: using chest
	Passing: short on ground		Ball Control: using thigh
	Passing: long on ground		Non dominant foot passing
	Passing: short lofted		Dominant foot shooting: use of swerve
	Passing: long lofted		Dominant foot shooting: use of volleys
	Shooting: short range		Heading: defensive
	Shooting: long range		Heading: attacking
	Dribbling: use of both feet		Marking: Player without the ball
	Dribbling: close control		
	Heading		
	Tackling: block tackle		
	Tackling: jockeying		
	Marking: player with the ball		



LINKS FOR FURTHER RESEARCH

Volleys:

https://www.youtube.com/watch?v=W4mwn0jouKQ

Swerve:

https://www.youtube.com/watch?v=vR2Grj1f0VE

Marking:

https://www.youtube.com/watch?v=Htj4nqG7tX4

BROADEN YOUR KNOWLEDGE

