

Football lesson -To be able to send and receive a football with a partner under control

Warm up - ways of travelling

- Walking forwards and backwards
- Skipping
- Side steps
- Hopping
- Jumping

Skills to Teach

- Passing the ball: Put your weaker foot next to the ball and use the inside of your stronger foot, following through to pass the ball.
- Receiving the ball: Make sure you are facing the ball and position your weaker foot next to the path of the ball. Use your stronger foot to receive the pass with the side of your foot.

- Stand with feet shoulders width apart, left foot one step forwards hands by your side
- You will need to use the inside of their foot to send the football to your partner
- One smooth fluent action
- You will need to cushion the ball by slowing it down slowly and under control using the inside of your foot

Activity 1: Pass accurately between each other in pairs. The most accurate way to pass is using the biggest surface of your foot – side of foot. Keep track of who manages to control and return the most passes. They are the winner – after 3 minutes. Repeat again.

Activity 2: Passing using power. Still address the ball with the instep of foot, non-kicking foot beside the ball and pass with power. Keep track of who manages to control and return the most passes. They are the winner – after 3 minutes. Repeat again

Activity 3: Introduce a cone with a tennis ball or another football on top • The aim is to knock the ball off the cone • If you hit the cone you gain one point • If you knock the ball off the cone you gain five points • Best of 3 games – first to 15 points

Warm down - ways of travelling

- Walking forwards and backwards
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- Jumping

