

Key Skills

Dribbling:

- Light touches to keep the ball close
- Use the inside and outside of foot to change direction

Passing (Short Distance):

- Use the side of your foot to create a large surface area to pass
- Non-kicking foot should be pointing at target

Passing (Long Distance):

- Use the part of the foot where the laces are, to generate more power.
- Should step through towards target to get generate power.

Shooting:

- Use the part of the foot where the laces are, to generate more power.
- Keep head and weight over the top of the ball to keep shot low.

Defending:

- Wide stance and bent knees, to allow for quick change of direction.
- Stand close enough to player with ball to pounce on any errors in control.

Use of Space:

- Do not crowd around the ball
- Stand in space on the pitch and try and avoid standing near the opposition team.

Year 7 Football

Example of a Football Game



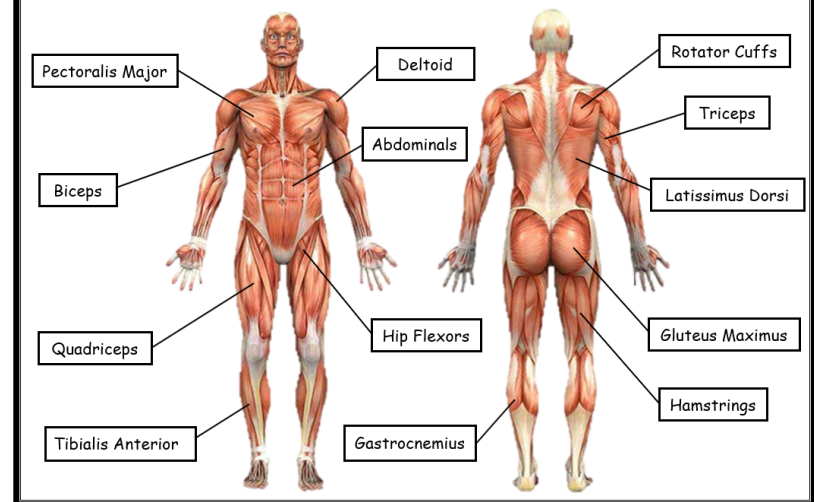
https://www.youtube.com/watch?v=ZS7BQV_9gzk

When watching the game from the QR Code/hyperlink above, look out for the following:

- How the players use different parts of their foot to control, dribble and pass the ball.
- How spread out the players are and how they do not bunch around the ball.

Scientific Names of Muscles

Muscles of the Body



Invasion Game Tactical Focus for Year 7: Moving into Space to Receive the Ball

This will be shown when a player on your team has the ball. You are expected to move into an area of space and not crowd around the ball. By moving into space, you allow the player more space with the ball, and you will have more space with the ball, once you receive it. This will increase the likelihood of you maintaining possession and scoring.