

Key Skills

Dribbling:

- Light touches to keep the ball close
- Use the inside and outside of foot to change direction
- Control is more important than speed

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 foot should swing towards target when making pass

Passing (Long Distance):

- Use the part of the foot where the laces are, to generate more power.
- Step through towards target to get generate power
- Lean back slightly to lift ball off ground

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.
- Aim for bottom corners, as it is difficult to save

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.
- 'Jockey' player, by staying close and not jumping into tackle

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 8 Football

Example of a Football Game

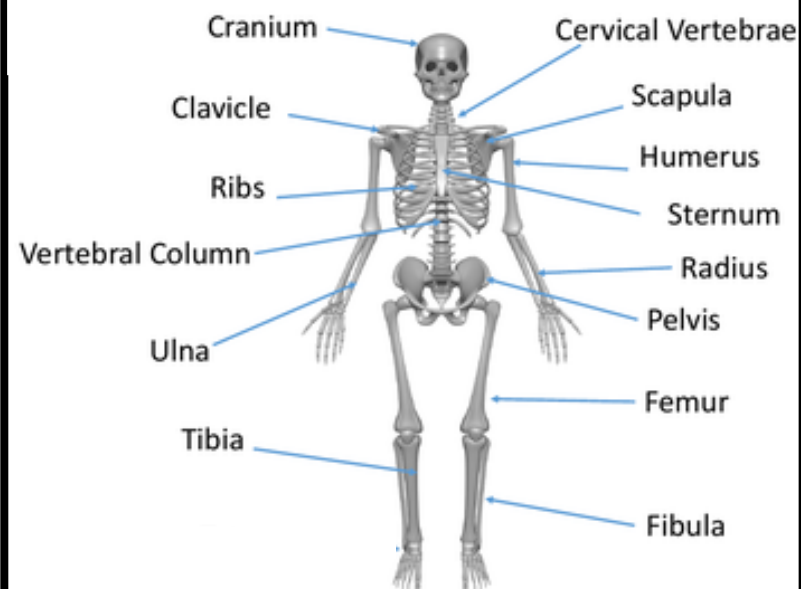


https://www.youtube.com/watch?v=ZS7BOV_9gzk

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

- How the ball rarely stops moving, while it is in play.
- How the players aren't afraid to pass the ball back towards their own goal, to ensure that they do not lose possession

Scientific Names of Bones



Invasion Game Tactical Focus for Year 8: Effectively Marking a Player in Defence

This will be shown when your team does not have possession of the ball. You will be expected to mark a player from the opposition team. You should follow them and stay close to them, so that their teammates are discouraged to pass them the ball, as they will be concerned of losing possession through an interception or tackle.