



FOOTBALL KNOWLEDGE ORGANISER

UKS2



Word	Definition
Underarm	Throwing an object under the shoulder.
Overarm	Throwing an object over the shoulder
Overhead	An acrobatic move also known as a 'bicycle kick' in which a player leaps off the ground with both feet and strikes the ball back over their head.
Dribble	To move the ball using your feet.
Accuracy	To hit a goal/target exactly. Free from mistakes.
Possession	When the team has the ball, they are in possession.
tactics	The particular method used or selected to achieve something.
Attacking	When a team has possession of the ball, they are the attacking team and are trying to get the ball up the pitch to score a goal.
Defending	Defending involves trying to gain possession of the ball by stopping the attacking team from passing or moving forwards with the ball.
Stationary	Standing still; not moving.
Distance	The length of the space between two points.
control	To have control of the ball.
Technique	A technique is a way of doing or executing a skill, for example, a particular way of passing the ball in football.

Lesson 1: Dribbling

- Knees bent.
- Soft touches and keep the ball close to your feet if a defender is near to you.
- Send the ball ahead if you have space from a defender.
- Dribble with all parts of the foot.



Lesson 2: Passing

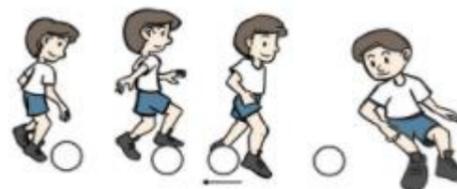
The Four S's

- STOP – Stop the ball by placing your foot on top.
- STEP - Step next to the ball with your non-kicking foot.
- SEE – Look up to see where you are going to pass
- SEND – Pass to your target using the inside of your foot. Finish with the inside of your foot directed towards your target.



Lesson 3: Different turns to keep the ball away

Drag back - Place one foot on the top of the ball, foot stays in contact with the ball. Drag the ball backwards using the sole of the foot and move off in the opposite direction



Inside hook - Take your weight on your standing foot. Use the inside of your non standing foot to hook the ball back behind you. Turn on your standing foot and accelerate to follow the ball.

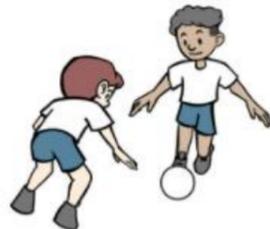


Outside hook - Take your weight on your standing foot. Use the outside of the foot to hook the ball back behind you. Turn on your standing foot and accelerate to follow the ball.



Lesson 4: Defending

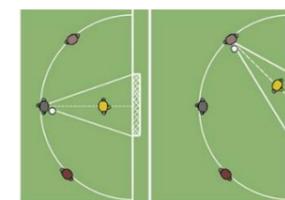
Jockeying technique - knees bent with a low body position. Stay balanced on toes. Try to slow down the opponent by moving slowly back in the direction that they are moving (getting in their way).



Lesson 5: Goal keeping.

Quick reactions: When catching a high ball, hands are high with thumbs almost touching, creating a 'W' shape. When catching a low ball place your little fingers touching and pull the ball into chest.

Angles: Begin in a ready position with your knees bent and eyes on the ball. The goalkeeper needs to imagine a line from each goal post to the ball and to position themselves within that triangle.



Lesson 6: Rules and tactics

Key rules:

Hand ball: when a player handles the ball with any part of their arm.

Goal kick: A goal kick is awarded to the defending team when the ball goes out of the field of play by crossing, either on the ground or in the air, the goal line, without a goal being scored, when the last person to touch the ball was from the attacking team.

Free kick: is awarded to the opposing team if a player kicks, trips, holds or plays in a dangerous manner.

A penalty kick: is awarded if any of the above offences is committed by a player inside his/her own penalty area, irrespective of the position of the ball, provided it is in play.

Year 5/6 Progression

Uses running, jumping throwing and catching in isolation and in combination
 Passes and catches under pressure with consistent accuracy
 Adapts their techniques to different challenges/equipment
 Suggests how they can replicate a movement/technique with more accuracy/control
 Demonstrates perseverance
 Runs at an even pace over longer distances
 Responds to more complex challenges in new environments
 Improves and sustains running technique at different speeds
 Undertakes directed physical activity for 20 minutes
 Initiates physical activity for 20 minutes
 Demonstrates all round safe practice
 Accepts responsibility for their own safety
 Leads own warm up
 Lists equipment they need, explaining safety considerations of its use
 Identifies potential hazards, risks and dangers

Health and Safety

Always try to follow the rules of the game.

Be aware of the people and space around you.

Store equipment safely when it is not in use.

Unused balls should be in bags or trolleys.

Hard objects such as balls, should be used very carefully to avoid injury.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.