



YEAR 3-6 Games (Football) - Knowledge Organiser



Playing games

Football is an invasion game played between two teams.

Invasion games focus on:

- teamwork;
- keeping possession;
- attacking and defending.

Football



Key Vocabulary

Teamwork involves working together effectively with others, to complete a task or achieve a goal.

Tackling is a way of regaining possession of the ball by using your foot to take the ball away from the attacker. Effective tackling in football requires good timing and balance

Attacking and Defending

An attacker's role is to maintain possession and score. In order to become a skilful attacker, players need to develop the following skills: • the ability to switch their weight from one side to the other in order to wrongfoot the opposition; • the ability to look for and move into a space; • the ability to change direction and pace in order to get free.

A defender's role is to try and regain possession by stopping an attacker from passing or moving forwards with the ball, as well as stopping them from shooting and scoring. Defender's need to develop the following skills: • the ability to stay close to an attacker; • the ability to identify the direction an attacker is travelling in, and finding ways to block or stop them; • the ability to change direction quickly, reacting to an attacker.

Key Vocabulary

When a team is either passing to each other or are dribbling with the ball, they have **possession** of the ball

Passing involves kicking the ball, to a teammate, using your foot. Use the inside of your foot to pass the ball with accuracy.

Fitness in Football

In sport, fitness is being able to do and keep up with what an activity requires. Having good fitness can help to improve performance. Many different elements of fitness are important in football, such as endurance, agility, speed and strength.

Follow the QR Code for FA Rules!



Marking and Dodging

Marking an opponent involves trying to stop them from getting the ball or moving with it. To mark effectively, players should try to: • be aware of where the ball and their opponent is; • stay close to the attacker; • watch an attacker's hips carefully, to anticipate their next move; • keep a low body position, remaining on the balls of their feet.

Dodging involves a quick change of direction to try and send the defender the wrong way and keep possession of the ball. To dodge effectively, players should try to: • keep their head up and look for space to move into; • keep a low body position with their knees bent; • plant one foot and quickly change direction; • fake a move one way, using their eyes, shoulders, hips or head but move in the opposite direction.