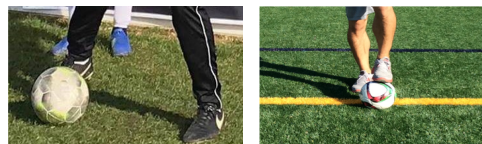


LESSON PLAN: FOOTBALL – Week 1

LESSON OBJECTIVES: To gain a basic understanding of ball familiarisation

WARM UP (15 MINS) – Simon says/ body parts warm up – teacher led. Teacher calls out various instructions to increase students hear rate and increase range of movement. Students should have 4 cones set out for their own space, 5 by 5 metre square. Various movements that incorporate strength, balance and technique i.e. skipping, short sprints, jumping, stop and start movements, walking backwards etc. Add in stretches.
COMMAND STYLE warm up

TASK ONE (20 MINS) Ball skills – Using the 5 by 5 metre square. On ball every other square or between two but still staying in their own square. The student with the ball will practice completing toe taps on the ball. Stand in the middle and place the ball in front of your feet. Tip the top of the ball with the sole of your foot. The ball should stay in the same position. Use your arms for balance and switch feet after each touch.
Progression -To make this more challenging, try your other foot leaving the floor before you have put the 'tip' foot back on the floor. Or using the toe tap technique roll the ball forwards and backwards staying in the square(discuss close control, balance and
Whilst the first students I doing this the other (partner student) should complete a mini circuit. 5 star jumps, 10 high knees, Hopping x 10 on each leg, arm rotations x10 forward and back. On completion the students pass the ball over with their feet only. This should be done twice, amounts of exercises can be changed. Then use the progression tasks. Move on to side to side taps, change the exercises if you like.
Discuss techniques, link to high knees and balance exercises from the warm up and fitness exercises.
Allow students to have plenty of water breaks during these exercises.



SIDE TO SIDE

TOE TAPS

TASK TWO (15 MINS) (ensure that there is a water break beforehand)
In the individual 5 by 5 square again complete x2 30 second practices of each football exercise again, swapping the ball over between sets. Ask the students who is not completing the exercise to count how many toes taps and side steps are completed.
Challenge – How many toe taps can you complete in 30 seconds. 1 attempt and record their total.
Extra challenge – How many toe taps and side can you do on the move in 30 seconds.

COOLDOWN (10 MINS)
Pupils go back to their cones and choose different stretches that focus on different parts of their bodies. Discuss why this is important and what muscles are being focused on.

EQUIPMENT/RESOURCES

- Cones
- Balls
- Whistle
- Stopwatch

For more competition related lesson plans please visit <http://valeroyschoolsport.org/pesupport> or for challenge activities please visit <http://valeroyschoolsport.org/activity-challenges>

KEYWORDS/PHRASES

- Control
- Accuracy
- Technique
- Confidence
- Balance
- Coordination

Adaption/Challenge/Homework

Harder	Easier
Increase the speed of toe taps	Ensure one foot lands on the floor before putting the next on the ball (take your time)
How many in certain amount of time	
Complete the task whilst moving	

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LESSON PLAN: FOOTBALL - Week 2

LESSON OBJECTIVES: Learn the basic football passing technique

WARM UP (15 MINS)

Simon says warm up – teacher led.

Teacher calls out various instructions to increase students heart rate and increase range of movement through stretches. Various movements that incorporate strength, balance and technique i.e skipping, short sprints, jumping, stop and start movements, walking backwards etc.

COMMAND STYLE warm up

TASK ONE (15 MINS) Ball skills

Toe tapping

Mark out a 5 by 5 metre square.

Stand in the middle and place the ball in front of your feet. Tip the top of the ball with the sole of your foot.

The ball should stay in the same position. Use your arms for balance and switch feet after each touch. To make this more challenging, try your other foot leaving the floor before you have put the 'tip' foot back on the floor

Using a wall/ partner

Teacher led explanation of technique with questions to ensure understanding, Using a wall or a partner have a 10 yard distance and perform the correct passing technique using the students wrong foot. If the students are finding this easy increase the distance by taking one step back and completing 10 passes before moving back again.

Where should your first touch be? Where should the non kicking foot be? What do your arms for? Where should your knee and head be positioned?

TASK TWO (20 MINS) (ensure that there is a water break beforehand)

Ask students to set back up with the original distance 10 yards apart. How many passes can students pass the ball through the target (two cones) in 30 seconds, one minute. What is the difference between timed drills and non timed drills. How can this be made harder? (make the distance between the cones smaller) teach decreases the distance between the cone and repeat the competition.

COOLDOWN (10 MINS)

Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

EQUIPMENT/RESOURCES

- Cones
- Balls
- Whistle
- Stopwatch

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activities please visit

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KEYWORDS/PHRASES

- Control
- Accuracy
- Technique
- Confidence
- Balance
- Coordination

Adaption/Challenge/Homework

Harder	Easier
Increase the distance away from the cone	Shorten the distance between the students and target
Decrease the size of the target.	Increase the size of the target
Decrease the time for challenge	Can you complete 5 passes without hitting the cones?



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