**Football 4 Lesson Scheme of work**

**Week 1 –**

Focus – Dribbling

Equipment – Cones, Balls

Set up –

Group the class into fives making sure that in their groups they are staying socially distanced in a line. Each group needs 1 ball and a line of 4 cones as shown below with a 5th cone to the side. You will need a 2m gap between each cone.

X = student = ball = cone

X X X X X

**Skill development 1-**

Using only their dominant foot can they dribble through the cones, when they reach the 5th cone they can pass it back to the next person in the que.

Challenge –

Ask the students to use different parts of the foot to negotiate the course. A lot of younger or inexperienced children will be using their toes to kick the ball through the cones encourage them to use the inside part of their foot to increase control of the ball. For you older/better students ask them to use the outside of their foot as well as the inside to go through the course.

**Skill development 2 –**

Now only using their non-dominant foot to go through the course,

Challenge –

As above, this will take longer, and it is always worth spending more time on.

**Skill development 3 –**

Using both feet now try to make your way through the cones as quick as you can, whilst staying focussed on balance.

Challenge –

When passing the ball back from the last cone. Task them to use their weaker foot.

Competition

At each skill development stage you can have a team competition to see what group does best. The competition can be done in either of the following ways.

1 – set a time limit and see how many people can get through the course. For younger groups you will need to increase the time limit as they will take longer to all have a go.

2 – Set a number of times through the course, if you don’t have even numbers in each group set the number for the whole team to complete not how many times each.

**Week 2 –**

Focus – Passing

Equipment – Cones, Balls

Set up –

Again working in groups of 5 students (adjust to fit class numbers) with 1 ball for each group set up a zig zag of cones as shown below.

X = student = ball = cone

3m

 X

X X X

3m

 X

**Skill development 1 –**

Using their dominant foot pass the ball using the inside of their foot. When the ball reaches the last cone they dribble around the back of the cones to the and pass it to the person at the front of the group the practice then starts again.

Skill focus is to plant the non-kicking foot next to the ball and try to keep your head over the ball to keep it along the floor.

Challenge –

Ask those more able students to experiment using different parts of their foot to pass the ball. Can they also have less touches to control the ball before passing it.

**Skill development 2 –**

Ask students to now use their non-dominant foot to pass the ball.

Challenge – Can your better students take less touches to control the ball before passing it.

**Skill development 3 –**

Students can now use either foot to pass the ball, but can they get the ball to travel through the air and not along the ground. To do this they need to get their foot underneath the ball and lift their chest up to encourage the ball to rise. This will also challenge their control of the ball.

Challenge – Can they use their weaker foot to accurately pass the ball in the air to their team mates.

**Competition**

At each skill development stage you can have a team competition to see what group does best. The competition can be done in either of the following ways.

1 – set a time limit and see how many times the ball can get through the course. For younger groups you will need to increase the time limit as they will take longer to all have a go.

2 – Set a number of times through the course the ball has to travel and time it.

**Week – 3**

Focus – Stationary Shooting

Equipment – Cones, Balls

Set up –

Again, working in groups of 5 students (adjust to fit class numbers) with 1 ball for each group set up a goal using cones, have half of each group either side of the goal.

X = student = ball = cones

X X X X X

3m

1m

6m

**Skill Development 1 –**

Using any part of their dominant foot, can they shoot the ball through the goals, aiming to try and get through the smaller blue goal if possible. Then join the que the opposite side.

Challenge – Can you target the goals in the corner now, making controlling the ball harder as you will have to move to trap the ball.

**Skill Development 2 –**

Using their non-dominant foot can they shoot the ball through the central blue goal. Task your better students to take just 1 touch to control the ball before shooting it back across.

Challenge – Whilst using their non-dominant foot can they score in the corners of the goal. For your better students can they receive the ball from one side and take it across the goal area to shoot in the other corner of the goal.

**Skill Development 3 –**

One que is now the shooting que and the other a defending que. The player from the defending que has to run up to the goal line, as soon as they are on the goal line the shooter may take their shot. The defender may only use their feet to stop the shot going in, they then swap ques and the ball will be returned to the front of the shooting que.

Challenge –

Challenge your better students to try and disguise where they are shooting, or making them only use their weaker foot to improve their skill level.

**Competition**

At each skill development stage you can have a team competition to see what group does best. The competition can be done in either of the following ways.

1 – set a time limit and see how many points each team score in that time. 1 point for the outer goal 2 points for through the middle.

2 – Set a target score and see what team can get that score first.

**Week – 4**

Focus – Shooting and moving

Equipment – Cones, Balls

Set up –

Again, working in groups of 5 (adjust to fit class numbers but for the competition you will need 5B and 5G to enter the virtual competition) with 1 ball for each group set up a goal using cones, and a zig zag path to follow.

X = student = ball = cone

X X X X X

**Skill development 1**

Working in pairs at each activity area. The player with the ball dribbles to the first cone and passes across to their team mate who passes it back making the zig zag pattern. The student at the last cone then shoots the ball at the goal and tries to score. They then return to the ques having swapped sides to make sure the other partner is now in the shooting que.

Challenge –

When they are in the left que can they use their left foot and when in the right que use their right foot.

**Skill development 2 –**

Add in smaller gates into the goal to challenge those shooting to aim for the corners of the goal.

Challenge -

Ask the more capable students to not stop at each cone to pass it but do it on the move if possible.

**Skill development 3 –**

Ask your students to take as few touches to control the ball as possible to speed up getting the ball from A to B whilst staying in control.

**Competition**

At each skill development stage you can have a team competition to see what group does best. The competition can be done in either of the following ways.

1 – set a time limit and see how many goals each team score in that time.

2 – Set a target number of goals and see what team can reach the target first.

**Virtual Level 2 Football Competition**

**Lesson 1**

Pick your best 5 boys and best 5 girls to compete in a timed challenge through the course. Each group of 5 students needs the dribbling course set out and they need to complete 15 laps of the course (3 laps each). The two times need to be added together and put into the score sheet below. You can enter multiple teams so that your whole class can enter the competition.

**Lesson 2**

Pick your best 5 boys and best 5 girls to compete in a timed challenge through the course. Each group of 5 students needs the passing course set out. In each group they must see how many times they can complete the course in 4 mins. The two totals need to be added together and put into the score sheet below. You can enter multiple teams so that your whole class can enter the competition.

**Lesson 3**

Pick your best 5 boys and best 5 girls to compete in a timed challenge through the course. Each group of 5 students needs the stationary shooting course set out.

They have 4 mins to score as many points as possible. A shot through the side goals is worth 1 point a shot through the centre goal is worth 2 points.

**Lesson 4**

Pick your best 5 boys and best 5 girls to compete in a timed challenge through the course. Each group of 5 students needs the shooting and moving course set out.

They have 4 mins to score as many goals as possible.

Score Sheet

|  |  |
| --- | --- |
|  | Times and Teams |
| Lesson | A Team | B Team | C Team | D Team | E Team |
| 1. Dribbling
 |  |  |  |  |  |
| 2 - Passing  |  |  |  |  |  |
| 3 – Stationary Shot  |  |  |  |  |  |
| 4 – Shooting and Moving  |  |  |  |  |  |