

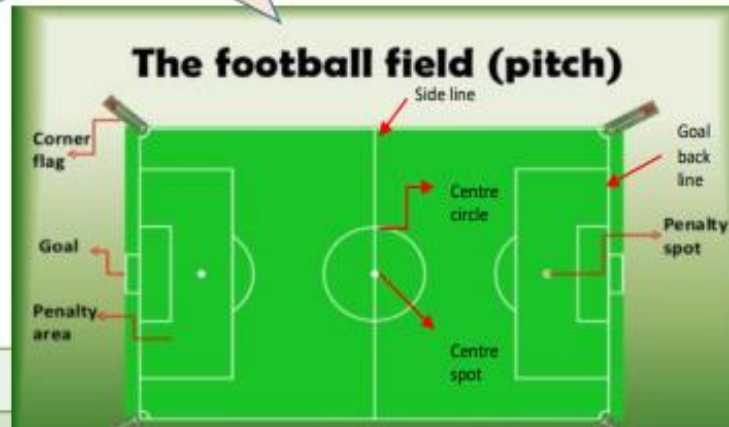
KS3 Knowledge Organisers (Football)

Basic Formation 4-4-2 many other combinations are used and this depends on tactics etc.

Basic Key Rules:

- Game starts as a kick off from the centre circle where the ball is played into your own half from a member of your team.
- A full game consists of 11 a side
- If the ball goes off the side lines it will be a throw in to the team who did not touch the ball last.
- If the ball goes off the back line it is a corner or goal kick depending who touched it last.
- Free kicks are awarded and taken at the point the foul occurs apart from in the situation of this happening in the penalty area when a penalty will be awarded to the attacking team.
- The goal keeper is the only player allowed to handle the ball and they must be in their 18 yard box
- To score the whole ball must cross the goal line.
- Offside is when an attacking player passes the ball in attacking half and no defender is in front of the player that the ball is passed to, this will lead to a free kick to the defending team.
- The team with most goals wins.

Warm up:
Always perform a warm up (pulse raiser and stretches)



Basic Officials Signals

Assistant Referee



Referee



Teaching Points

Short Pass:

Non kicking foot next to the ball/ use the side of the kicking foot to contact the ball following a short back swing/ keep head over the ball to improve accuracy and ensure ball stays on the ground/ follow foot through to generate more power.

Long Pass:

Non kicking foot next to the ball/ use the front (laces) of the kicking foot to contact the ball following a bigger back swing (flexion of the knee)/ keep head over the ball to improve accuracy of the pass/ lean back slightly to help generate height if required on the pass/ follow foot/leg through to generate more power.

Heading:

Keep eyes focused on the ball when preparing to header/ use the forehead to contact the ball/ move feet to ensure body is slightly behind the ball before heading/ use neck to generate more power on the header/ defensive headers are normally headed high with increased distance whereas attacking headers on goal are normally headed down to make it more difficult for the goal keeper to save/ perform a jump before the header to increase power and give yourself more chance of beating the opponent to the header.

Shooting

Non kicking foot next to the ball/ keep body balanced/ head slightly over the top of the ball/ use side foot for placement or top of the foot for increased power/ flex leg back further when preparing to strike to the football for increased power/ aim for the area of the goal that the goalkeeper is least likely to save the ball.

Dribbling:

You need to be agile to move the ball around using a range of areas on the toe to manoeuvre. Keep the ball close to you and try to keep your head up. A light touch within your stride.

Attacking

Attack defender with pace/ keep ball in close control away from the defender/ move the ball to make it more difficult for the defender to tackle you/ use tricks to outwit the opponent.

Defending

Man to man marking – sideways on/ close to player/ try to slow attacking player down/ on toes/ show attacker to their weaker foot/ time tackle effectively to increase chances of winning the ball back.