

LESSON PLAN: GAMES - FOOTBALL: YEAR 3: WEEK 1

LESSON OBJECTIVES: To move safely in a confined space. To practise dribbling and passing with a partner using your feet.

WARM UP (10/15 MINS) Colours:

- Scatter different coloured cones around the area.
- Pupils start with skipping, side stepping and then jogging around grid, in between the markers.
- Jogging around grid, hopping over blue, jumping over red markers and moving around the yellow cones (introduce each instruction one by one).

TASK ONE (15/20 MINS) To the player:

- Give half the class a ball, the other half without a ball waiting at a cone scattered inside the area.
- Dribble using your feet to someone waiting at a cone and then stop the ball before swapping roles (they dribble while you wait at the cone for someone else to dribble to you). Start by walking while you dribble.
- Can you jog while you dribble with the ball at your feet?
- Can you pass the ball to a player waiting at the cone from two steps away?

Develop: Can you change direction while dribbling?

TASK TWO (15/20 MINS) Pass in two's

- Working in pairs, one ball between each pair.
- Passing a ball/item repeatedly to your partner from 3 or 4 steps away.
- Can you swap places with your partner after every 10 passes?
- Can you find a new partner after every 10 passes? (Player without the ball moves to find another partner that is waiting with a ball).
- Can you control the ball with the inside & outside of feet when receiving a pass?

EVALUATION (5/10 MINS)

- Think about ways to make it easier or harder to pass to your partner (standing closer, further away, pass while moving around others etc.)

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EQUIPMENT

- Footballs
- Soft balls
- Cones

KEYWORDS/PHRASES

- Head up
- Soft touches
- Change direction
- Follow through with kicking foot
- Pass with the inside of the foot

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use weaker foot while dribbling, controlling and passing the ball

Jog around while dribbling and passing

LESS ABLE

Use softer balls

Select simple passes

INCLUSION: Use light balls, work with an adult.



LESSON PLAN: GAMES - FOOTBALL: YEAR 3: WEEK 2

LESSON OBJECTIVES: To practise dribbling and passing with a partner using your feet while moving. To prevent a ball being intercepted.

WARM UP (10/15 MINS) Taggers:

- Tag - Four pupils holding a bib attempt to tag someone on their back or shoulder, if tagged you swap roles and take bib then attempt to tag someone else.
- Increase the number of taggers (maximum 8 pupils).

TASK ONE (15/20 MINS) Pass in two's:

- Passing a ball/item repeatedly to your partner from 3 or 4 steps away.
- Can you find a new partner after every 10 passes? (Player without the ball moves to find another partner that is waiting with a ball).
- Can you control the ball with the inside & outside of football when receiving a pass?
- Can you try these passes on the move? In pairs moving & passing (safety first, no bumps).

Develop: Can you use your weaker foot while dribbling?

TASK TWO (15/20 MINS) Interceptors:

- Separate the class into interceptors and pairs of passers. To start, you need one interceptor for every three pairs.
- Place cones three to four meters apart to create gateways. Pairs of pupils split and stand either side of each gateway.
- While the pairs are passing, interceptors wearing bibs roam around the activity area trying to mark interceptions: ask them to count their interceptions. The interceptors must always be travelling and cannot stand still. They must constantly move towards an interception opportunity, rather than hanging around marking a player.

EVALUATION (5/10 MINS)

- Think about ways to make it easier or harder to pass to your partner while keeping the ball away from a defender.

<http://faskills.thefa.com/Schools/Register>

EQUIPMENT

- Footballs
- Soft balls
- Bibs
- Cones (to mark the area if outdoor)

KEYWORDS/PHRASES

- Head up
- Eyes on the ball
- Change direction
- Follow through with feet
- Point feet towards target
- Awareness of others

DIFFERENTIATION/HOMEWORK

MORE ABLE

Pass from further away

Pass with regular pressure from a defender

LESS ABLE

Pass from closer distances

Pass without the presence of a defender

INCLUSION: Use light balls, work with an adult.

LESSON PLAN: GAMES - FOOTBALL: YEAR 3: WEEK 3

LESSON OBJECTIVES: To develop using different types of passes. To use these passes to keep a ball away from a defender as part of a team.

WARM UP (10/15 MINS) Follow the leader:

- Dribble freely, swap places when teacher calls 'change' with player behind taking the ball and becoming the leader.
- Dribble through gates (two cones close together, several gates placed inside square). Players change roles on teachers call.
- Can you produce a skill to travel through each gate?

TASK ONE (15/20 MINS) Five alive:

- Create six squares by placing cones across the middle of the area horizontally and then two separate lines vertically than run across the horizontal line.
- Split the pupils into groups of five with each group working inside their own square, passing the ball anyone of their group members.
- Can they move into another space after each pass?

Develop: Can they use a different type of pass each time they have the ball?

TASK TWO (15/20 MINS) Piggy in the middle:

- Working in the same groups/squares, players take turns to become the defender while the four other players try to make as many passes as possible without losing the ball.
- Defender is not allowed to tackle but can intercept a pass.
- Change over roles after one minute until everyone has been a defender once.
- Can you now have two defenders instead of one? (4v2).

EVALUATION (5/10 MINS)

- How did you work as a team to prevent the defender from intercepting the ball?

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EQUIPMENT

- Footballs
- Soft balls
- Bibs
- Cones

KEYWORDS/PHRASES

- Head up
- Eyes on the ball
- Follow through with kicking foot
- Evade
- Receive
- Point feet towards target
- Pass and move into space

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use weaker foot while dribbling, controlling and passing the ball

Use different parts of the foot to pass the ball

Play 4v2 piggy in the middle

LESS ABLE

Use softer balls

Select easy passes of their choice

Stick with only one defender in their square

INCLUSION: Use light balls, work with an adult.



LESSON PLAN: GAMES - FOOTBALL: YEAR 3: WEEK 4

LESSON OBJECTIVES: To practice moving and dribbling into space while avoiding obstacles. To keep the ball away from a defender with control.

WARM UP (10/15 MINS) Minefield:

- Scatter different coloured cones around the area.
- Pupils gets one ball each & are asked to travel with the ball using their feet inside the area while avoiding the cones.
- One the call of 'freeze' pupils must stop the ball next to a cone.
- Teacher then calls random colours and pupils must dribble to and from cones of that colour until another colour is called out.

TASK ONE UP (10/15 MINS) The Cube:

- Pupils play 'The Cube.' Pupils start with nine lives and lose a life each time do the following;
 - 1) Let their ball go outside the area.
 - 2) Let their ball touch another person or person's ball.
 - 3) Let their ball touch a cone.
- Add two defenders who also have a ball and wear a bib. The defenders attempt to kick their ball onto someone else's to cause someone to lose a life.

Develop: Increase the number of the defenders to make the task more difficult.

TASK TWO (15/20 MINS) Escape:

- Set up eight different gates spread around the outside of the area. Add four guards/defenders who each hold a 'bib' and ask them to guard two gates each.
- Challenge the other pupils in the centre to escape through a gate without being tagged. If they are tagged, they swap roles with the tagger, if they escape through a gate come back into the centre and try again.
- Players dribble with a ball while trying to evade the taggers. If they are tackled by a tagger, they swap roles.

EVALUATION (5/10 MINS)

- How did you manage to dribble away from defenders?

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EQUIPMENT

- Footballs
- Soft balls
- Bibs
- Cones

KEYWORDS/PHRASES

- Head up
- Eyes looking for space
- Soft touches, taps
- Evade
- Dodge
- Dribble into space

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use weaker foot while dribbling, controlling and passing the ball

Jog as they dribble

LESS ABLE

Work at a slower pace

Escape through larger gates

INCLUSION: Use light balls, work with an adult.



LESSON PLAN: GAMES - FOOTBALL: YEAR 3: WEEK 5

LESSON OBJECTIVES: To pass accurately to a partner. To aim kicks towards a target.

WARM UP (10/15 MINS) Follow the leader:

- Working in pair's leader moves around the area performing different movements of their choice while the follower copies and follows their partner. Pupils then swap roles.
- Working with a ball each can they complete the same task while dribbling?

TASK ONE (15/20 MINS) Through the Gate:

- Passing to your partner from four steps away.
- Can you pass the ball to your partner between a gate made up by two cones?
- How many times can you pass it through in ten attempts? Repeat and try to beat your previous score.
- Play for points against your partner. For instance, every time you fail to pass it through the gate your partner gets a point.

Develop: Can they play the same game from further away?

TASK TWO (15/20 MINS) Knock it off:

- Working in groups of four, pupils take turns to dribble to another ball that is resting on a cone and attempt to knock it off by kicking their ball at it from two/three feet away. If successful they must place the target ball back on the cone before they dribble back to the next person in the line.
- Can you knock the ball off from four steps away?
- Set targets for the whole team to knock off their target a certain amount of times.
- Repeat to see if they can beat their previous score.

EVALUATION (5/10 MINS)

- How did you improve your accuracy as the lesson went on?

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EQUIPMENT

- Footballs
- Soft balls
- Bibs
- Cones

KEYWORDS/PHRASES

- Head up
- Follow through of kicking foot next to ball
- Accuracy
- Aim

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use weaker foot while dribbling, controlling and passing the ball

Pass and aim from further away

LESS ABLE

Have more balls placed on cones as targets during task two

Pass and aim from closer distances

INCLUSION: Use light balls, work with an adult.

LESSON PLAN: GAMES - FOOTBALL: YEAR 3: WEEK 6

LESSON OBJECTIVES: To pass and move around space. To show competence and understanding of keeping possession while under pressure from a defender.

WARM UP (10/15 MINS) Football Tag:

- Four pupils holding a ball each attempt to tag someone on their back or shoulder with the ball, if tagged the pupils swap roles and take the ball before attempting to tag someone else.
- Increase the number of taggers (maximum 6 pupils).

TASK ONE (15/20 MINS) Five alive:

- Create six squares by placing cones across the middle of the area horizontally and then two separate lines vertically than run across the horizontal line.
- Split the pupils into groups of five with each group working inside their own square, passing the ball anyone of their group members.
- Can they move into another space after each pass?
- Can they use a different type of pass each time they have the ball?

Develop: Can they number themselves between 1 and 5 and pass to each other in numerical order?

TASK TWO (15/20 MINS) Piggy in the middle:

- Working in the same groups/squares, players take turns to become the defender while the four other players try to make as many passes as possible without losing the ball.
- Defender is not allowed to tackle but can intercept a pass.
- Change over roles after one minute until everyone has been a defender once.
- Keep a record of how many successful passes your group can make before interception and try and being this total after each round.
- Can you now have two defenders instead of one? (4v2).

EVALUATION (5/10 MINS)

- How did you work as a team to prevent the defender from intercepting the ball?

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EQUIPMENT

- Footballs
- Soft balls
- Bibs
- Cones

KEYWORDS/PHRASES

- Head up
- Eyes on the ball
- Pass and move
- Move to support teammate
- Evade
- Pass quickly

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use weaker foot while controlling and passing the ball

Play with two defenders during task 2

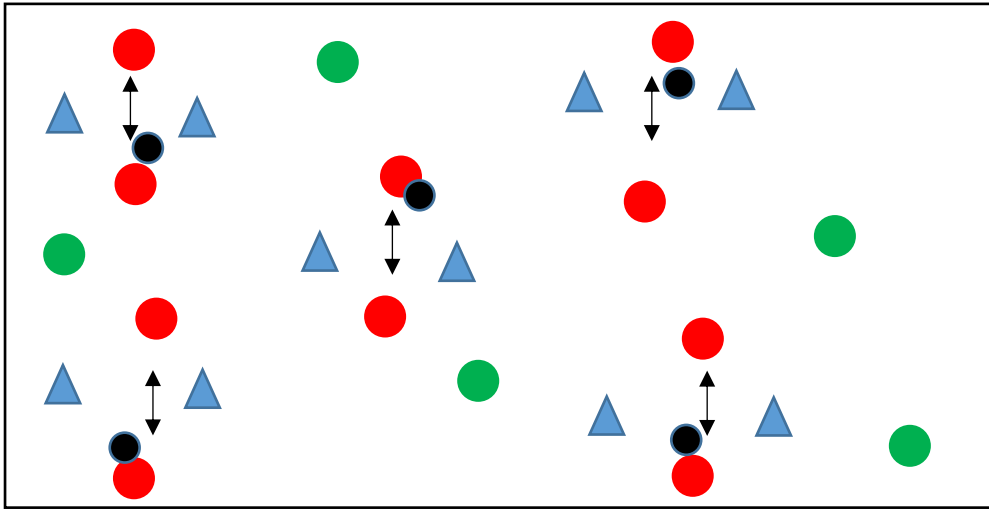
LESS ABLE

Pass from closer distances

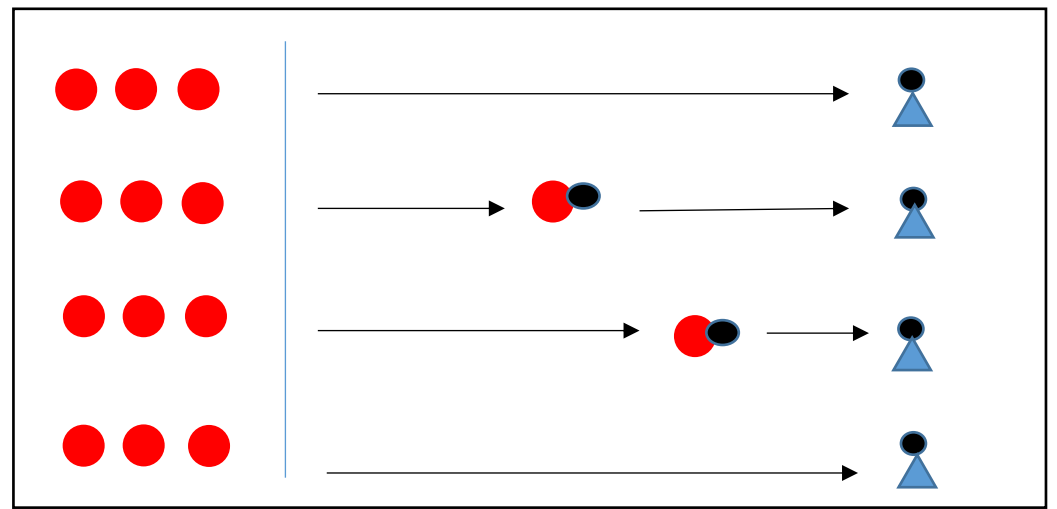
Use a larger square during task 2

INCLUSION: Use light balls, work with an adult.

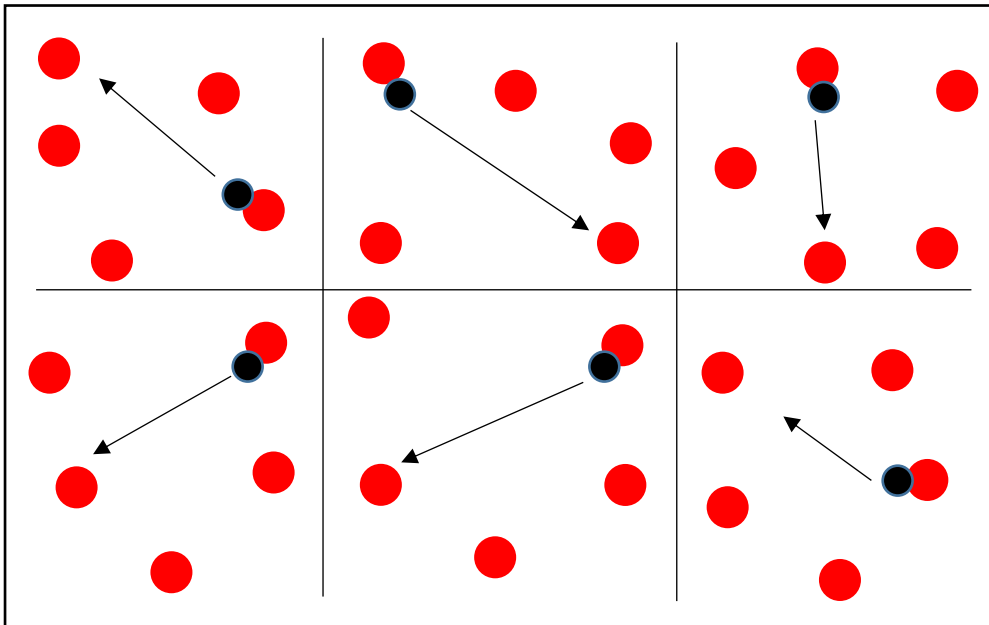
INTERCEPTORS – STUDENTS, STUDENTS (INTERCEPTOR), CONES (GATES), BALL



KNOCK IT OFF - STUDENTS, BALL, CONES



FIVE ALIVE – STUDENTS, BALL



ESCAPE – STUDENTS (ATTACKERS), STUDENTS (DEFENDERS), BALL, CONES

