



John Port Spencer Academy PE Department Knowledge Organiser



Activity: Football

Year: 7

Key Skills:

- Controlling the ball – using different parts of the body – this could be the feet or thigh. Remember to cushion the ball.
- Passing – there are 3 types of passes. Side foot pass, driven pass with the laces and a lofted pass. Using the side of the foot allows you to pass accurately over a short distance, a driven pass allows you to pass the ball on the floor, but a greater distance. Finally, a lofted pass allows you to lift the ball in the air over players and change direction. Remember to keep your standing foot next to the ball when you make the pass.
- Dribbling – dribbling allows you to move the ball quickly around the pitch using the inside and outside of your feet and keeping the ball close to your feet and your head up.
- Turning with the ball and outwitting a defender – turning with the ball allows you to change direction using different techniques, such as dragging the ball back with the sole of your boot. Outwitting an opponent allows you to beat a defender using different techniques such as a step over.
- Shooting – there are different types of shots that allows you to score goals. You instep can be used to control and place the ball into the goal. If you use your laces then this allows more power to be produced.
- Heading – you can use an attacker header, a defensive header or a controlled header, which might be passing the ball back to someone with your head.
- Attacking – keeping possession – making a number of passes allows your team to keep possession and advance up the field.
- Tackling techniques – tackling, jockeying and forcing the player onto their weaker foot.

Stretch and Challenge Task:

- How do you keep the ball low when passing and shooting?
- What technique would you use to tackle a player?
- Why is jockeying important?
- Research the different types of formations (pictured) and positions.



Basic Rules

1. Game is started by kicking the ball from the centre spot.
2. The U12 game has 9 players – goalkeepers, defender, midfielders and attackers.
3. Referee and two assistants will officiate the game.
4. If a ball goes over a touch line a throw in is taken (kick in on the astro-turf). If an attacker kicks over the goal line it is goal kick and if a defender kicks it over the goal line it is a corner.
5. To score the ball must cross the opposition's goal line.
6. The offside rule also applies where an attacker is in front of all opposing defenders when the ball is kicked.

Key Content and Terms to learn:

Passing, dribbling, shooting, heading, attacking, defending, possession, width and depth



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Activity: Football

Year: 8

Key Skills:

- Controlling the ball – using different parts of the body – this could be the feet, thigh, chest and head. Try and use both feet. Remember to cushion the ball.
- Passing – there are 3 types of passes. Side foot pass, driven pass with the laces and a lofted pass. Using the side of the foot allows you to pass accurately over a short distance, a driven pass allows you to pass the ball on the floor, but a greater distance. Finally, a lofted pass allows you to lift the ball in the air over players and change direction. Remember to keep your standing foot next to the ball when you make the pass.
- Dribbling – dribbling allows you to move the ball quickly around the pitch using the inside and outside of your feet and keeping, the ball close to your feet and your head up.
- Turning with the ball and outwitting a defender – turning with the ball allows you to change direction using different techniques, such as dragging the ball back with the sole of your boot. Outwitting and opponent allows you to beat a defender using different techniques such as a step over.
- Shooting – there are different types of shots that allows you to score goals. You instep can be used to control and place the ball into the goal. If you use your laces then this allows more power to be produced.
- Heading – you can use an attacker header, a defensive header or a controlled header, which might be passing the ball back to someone with your head.
- Attacking – keeping possession – making a number of passes allows your team to keep possession and advance up the field.
- Tackling techniques – tackling, jockeying and forcing the player onto their weaker foot.



Strategies and Tactics:

Attacking – using the width is very important when attacking. It is important teams keep possession and play one and two touch to move the ball quickly. Also, another effective strategy is to ‘switch’ the play using a lofted pass.

Defending – players are normally marked man to man, but can be marked zonal from corners.

Stretch and Challenge Task:

- What are the advantages of using man to man marking when defending?
- Research the different types of formations (pictured) and positions.
- Why is it important to use width in a game.

Key Content and Terms to learn:

Passing, dribbling, shooting, heading, attacking, defending, possession, width, depth, different formations



John Port Spencer Academy PE Department Knowledge Organiser



Activity: Football

Year: 9

Key Skills:

- Controlling the ball – using different parts of the body – this could be the feet, thigh, chest and head. Use both feet. Remember to cushion the ball.
- Passing – there are 3 types of passes. Side foot pass, driven pass with the laces and a lofted pass. Using the side of the foot allows you to pass accurately over a short distance; a driven pass allows you to pass the ball on the floor, but a greater distance. Finally, a lofted pass allows you to lift the ball in the air over players and change direction. Remember to keep your standing foot next to the ball when you make the pass.
- Dribbling – dribbling allows you to move the ball quickly around the pitch using the inside and outside of your feet and keeping, the ball close to your feet and your head up.
- Turning with the ball and outwitting a defender – turning with the ball allows you to change direction using different techniques, such as dragging the ball back with the sole of your boot. Outwitting and opponent allows you to beat a defender using different techniques such as a step over.
- Shooting – there are different types of shots that allows you to score goals. You instep can be used to control and place the ball into the goal. If you use your laces then this allows more power to be produced. Try and use your non dominant foot.
- Heading – you can use an attacker header, a defensive header or a controlled header, which might be passing the ball back to someone with your head.
- Attacking – keeping possession – making a number of passes allows your team to keep possession and advance up the field.
- Tackling techniques – tackling, jockeying and forcing the player onto their weaker foot.



Strategies and Tactics:

Attacking – using the width is very important when attacking. It is important teams keep possession and play one and two touch to move the ball quickly. Also, another effective strategy is to ‘switch’ the play using a lofted pass. To keep possession some teams may use the depth of the pitch to keep possession and build an attack.

Defending – players are normally marked man to man, but can be marked zonal from corners. It is also important that defenders keep a good line, which may allow them to play the opposition offside. This also means the defending team isn’t too deep near their goal.

Stretch and Challenge Task:

- Why is it important to move the ball quickly when keeping possession?
- How can width be provided in different formations like 4-4-2, 4-3-3 or 5-3-2?
- What is zonal marking?

Key Content and Terms to learn:

Passing, dribbling, shooting, heading, attacking, defending, possession, width, depth, different formations, offside rule, ‘switching’ play

