



Move up a level

PSSI Homepage

Curriculum Objectives

Venue

Equipment

Reference

Strand Unit: Sending, Receiving and Travelling

- Practise a range of kicking skills:
 - dribbling;
 - kicking on the ground;
 - kicking from the hand.
- Practise the specific handling skill of fist-passing.

Strand Unit: Creating and Playing Games

- Learning to follow more detailed instructions.

Strand Unit: Understanding and Appreciation of Games

- Develop an increased understanding of use of space:
 - moving to receive a ball.
 - Discuss and improve control of movement skills relevant to games.
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- Yard/field.
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- Cones, footballs.
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- Primary School Curriculum (1999) Physical Education, page 43.
 - Buntús Cards: Kicking – Rogue Ball; Striking a ball – Go for Goal; Travelling with a ball – Using your feet; Travelling with a ball – Spin relays.
 - Teacher Guidelines, pages 86, 87.



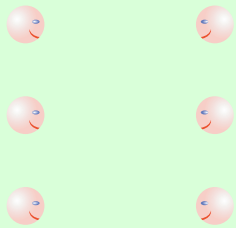
ORGANISATION

The children perform activities 1, 2 and 3 – individually or in pairs.

If in pairs, **A** performs the activity with **B** following close behind.

On direction from the teacher, the children alternate.

The children work in pairs approximately 10m apart – one ball per pair .



ACTIVITY

Warm up and stretching: Visit your warm up bank.

The teacher can decide to revise skills in Sections 1, 2 and 3 or go straight to playing the game in Section 5.

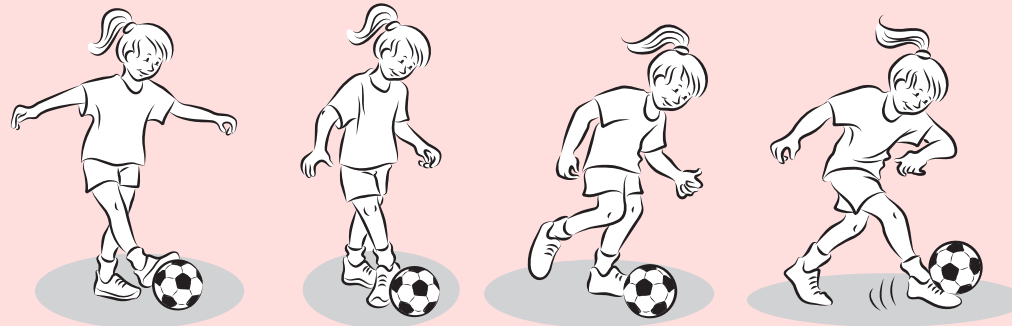
1 Revise dribbling

- (a) **Dribble the ball freely.**
- (b) **Dribble with conditions:**
 - dribble using the inside and the outside of the feet
 - dribble using the right foot only
 - dribble using the left foot only and dribble and move to the right/left.
- (c) **Dribble and turn.**
The children dribble freely. On hearing **turn** the child stops the ball in the usual manner and pulls it towards him/her to change direction. S/he now dribbles back in the direction s/he came from.



2 Short/Long passing

- (a) **A** passes to **B**. **B** traps the ball and returns the pass.
- (b) Long passing on the ground (increase the distance).



TEACHING POINTS

- Touch the ball lightly to keep it close. Keep the ball less than one metre from the body. Use inside and outside of foot. On the whistle, stop/trap by placing the sole of the foot on the ball.

Q Why should you look up?

Q When do you dribble in a game?

R To go forward, to pass a defender, etc.

- Look for a lot more accuracy in the passing on the ground
- Kick the ball using the inside of the foot. Swing the kicking foot well back with the non-kicking foot beside the ball. Follow through.
- The toe points to the ground.
- Kick the ball with the instep. Swing the kicking foot well back with the non-kicking foot beside the ball. Follow through.

ORGANISATION

For fist-passing the children move to within two or three metres of each other.

ACTIVITY

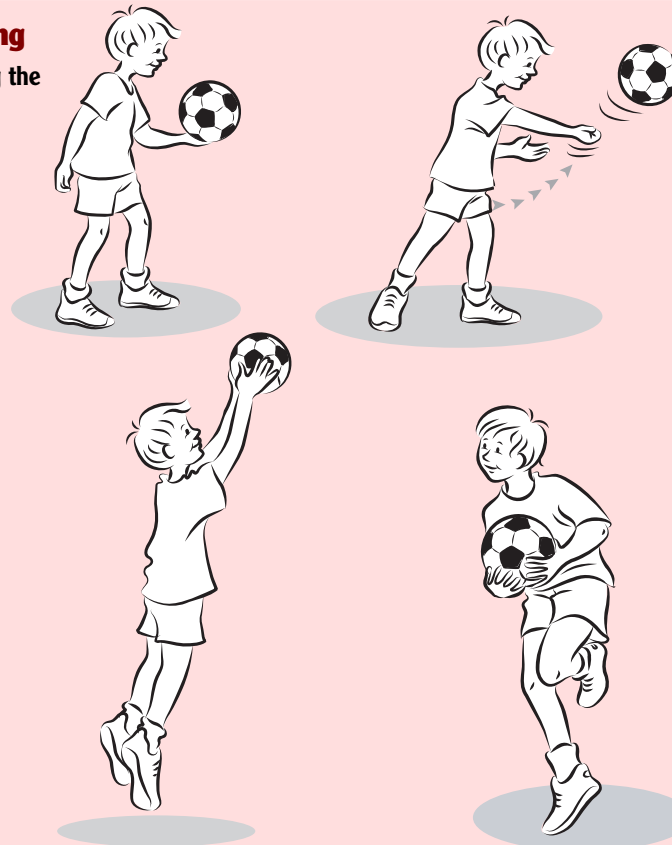
(c) Kick from the hand.



3 Fist-passing and catching

A1 passes the ball to **B1** using the fist. **B** catches and returns

Look for good catching techniques



TEACHING POINTS

- Hold the ball at arm's length.
- Swing the kicking foot well back.
- Drop the ball onto the foot.
- The **laces** of the shoe make contact.
- Follow through.

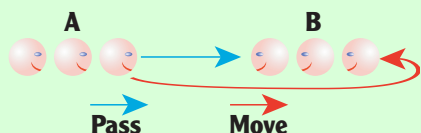
- Clench the fist
- Strike with the **flat** fist, i.e. heel of the hand and the fingers
- Short practice (30/40 Secs)

Q How do you fist-pass accurately?
R Follow through in the direction of your partner.

- Move into the ball.
- Keep the eyes on the ball and the fingers well spread, (keep the hands **soft**, i.e. relaxed).
- Catch the ball and hug it to the chest.

ORGANISATION

Place three pairs together to form groups of six. They line up three opposite three.



Mark out two pitches.

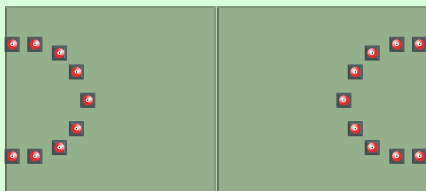
At either end mark out a circular zone with cones as shown in the diagram.

Divide the children into four teams.

Each team fields seven children at a time, six outfield players and one catcher.

Rotate the substitutes regularly.

The teacher should be in a position to have a view of all the children.



ACTIVITY

4 Group Activity

Shuttle Relay (pass and go):

The first child fist-passes the ball and moves to the end of the opposite line.

The child who catches the ball fist-passes it to the next child and moves to end of the opposite line.

Introduce a **race** after practice – the first team with children back in starting positions wins.

Repeat the above kicking from the hand with the more skilful groups. Others may kick and trap along the ground.

5 Small Sided Game: Zone Ball

If you have decided to devote the lesson to playing the game, watch out for opportunities to make important teaching points, e.g. accurate passing, movement into space, good technique.

To Start a Game

- The game may be started in the middle of the pitch with a throw-in between two players.
- OR**
- Possession is given to one team. They start the game with a pass to one of the team members.

Playing the Game

A passing game where the children fist-pass or kick the ball from the hand to a catcher standing in the circular zone marked out by cones (no other child is allowed enter this zone).

It can be played with mixed ability sides or with sides selected by ability with those of equal ability playing against one another.

Rules

- The ball has to be caught cleanly by the child in the zone to count as a score.
- Children are allowed to take two steps and then pass the ball.
- To promote teamwork and forward movement with the ball no reverse passing is allowed (i.e. child is not allowed to pass ball back to **passer**).
- No deliberate body contact, e.g. pushing, pulling or dragging.
- After a score the catcher leaves the ball on the ground for a member of the opposing team to take the kick out or pass out.
- Change the catcher every five scores.

TEACHING POINTS

- Encourage the children to be accurate in their passing, particularly when kicking from the hand.
- Encourage the children to look for and move into space to receive a pass.
- When playing with mixed ability sides it can be helpful to ensure full participation by all to give different conditions through the game, e.g.:
 - There must be five passes before an attempt to score.
 - X** must be the one to make the next score. (Don't always choose the weakest link – vary it)
- Discussion:** when is it easier to make a catch, in a crowd or in space and why?

ORGANISATION

ACTIVITY

TEACHING POINTS

For more skilful groups

- to encourage clean catching and accurate passing, possession is handed over if the ball is dropped.

Hand the ball to the other team:

- if the ball is out of bounds, i.e. ball over sideline
- after a score
- if there is a **foul**, e.g. someone is pulled or pushed or runs too far, etc.

6 Cool Down

Ask all the children to line up one behind the other leaving space between them.
Gently jog around the area picking up cones and footballs. (only one item per child)

DEVELOPMENT

Using the **Zone Ball** game, encourage the children to think of other skills that could be used with this kind of game, e.g. short kicking on the ground.

- Discuss which of the above rules would be appropriate?
- Are new rules needed?
- Encourage the children to also devise a game of their own.