



# Football - Control

## Keywords

Attack	Accuracy
Balance	Movement
Receive	Possession
Control	Volley
Speed	Shoot
Cushion	Trap

Can you think of anymore?

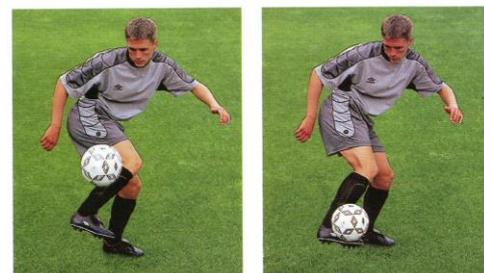
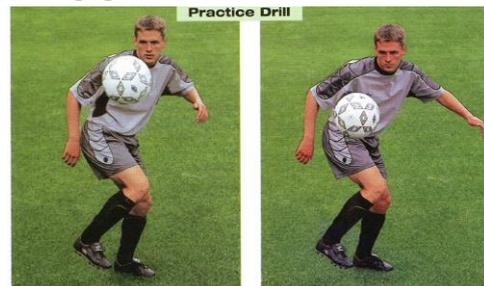


## INSTEP CONTROL



Try to 'catch' the ball on your instep and drop it at your feet. Draw your controlling foot away slightly at the point of impact.

## OUTSIDE FOOT



1. If you are facing the goal and the ball comes to you from the side, you need the outside of your foot to control it.
2. Watch the ball all the way onto your foot and use your arms to help with your balance.
3. You can allow the ball to drop a little bit lower than if you were using the instep.
4. You still need to deaden the impact as it strikes your foot on the outside area around your toes.

Making and Applying Decisions	Can you select the correct pass?
	Can you dribble with both feet?
	What tactics do you play?
	Can you adapt to each game?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	How can you get past opponent?
	Can get away from marker?
	Can you dribble around marker?
	Can you control the game?
Accurate Replication	Can you strike with laces?
	Can you Control the ball?
	Can you dribble with control?
	Can you head the ball correctly?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes during perf

# Football - Passing

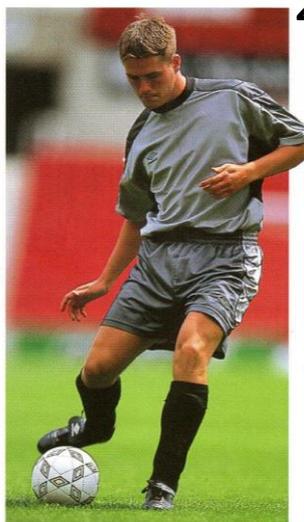
## Keywords

Attack	Accuracy
Balance	Movement
Receive	Possession
Control	Volley
Speed	Shoot
Cushion	Weight of Pass

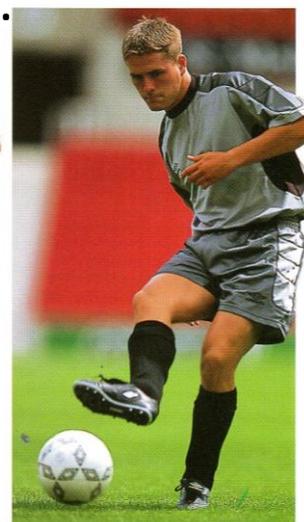
Can you think of anymore?



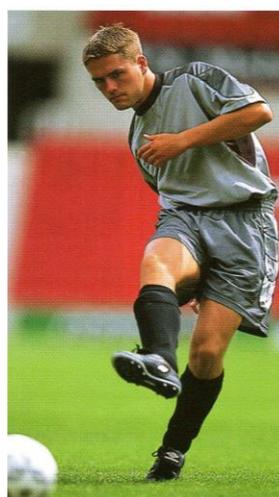
1.



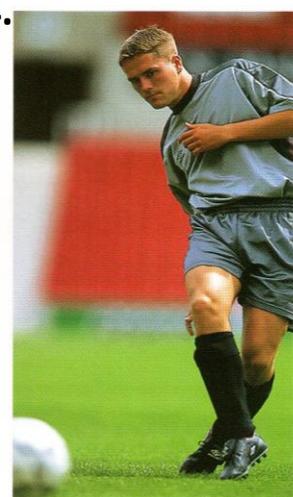
2.



3.



4.



Making and Applying Decisions	Can you select the correct pass?
	Can you dribble with both feet?
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Developing physical and mental capacity	What type of training method?
	How often do you train?
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Outwitting Opponents	How can you get past opponent?
	Can get away from marker?
	Can you dribble around marker?
Accurate Replication	Can you control the game?
	Can you strike with laces?
	Can you Control the ball?
	Can you dribble with control?
Exercising Safely & Effectively	Can you head the ball correctly?
	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
Evaluating and improving	What happens to your body during exercise?
	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	Can react to changes in a game

1. Place your non-kicking foot firmly alongside the ball.
2. Lean your body over the ball as you make contact.
3. Strike the ball solidly with the hard part of your instep.
4. A long, smooth follow through will help your power and accuracy.

**How could you challenge yourself further? What would make passing...**

**(a) Harder? (b) Easier?**

# Football - Shooting

## Keywords

Attack	Accuracy
Balance	Movement
Receive	Possession
Control	Volley
Speed	Shoot
Strike	Curl/Swerve

Can you think of anymore?



## Coaching Points

1.

2.

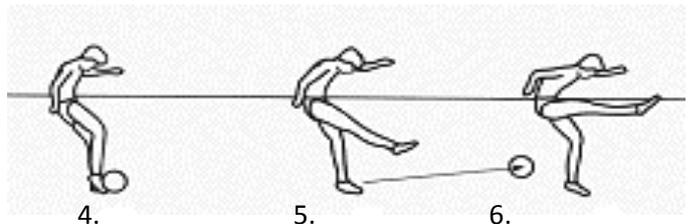
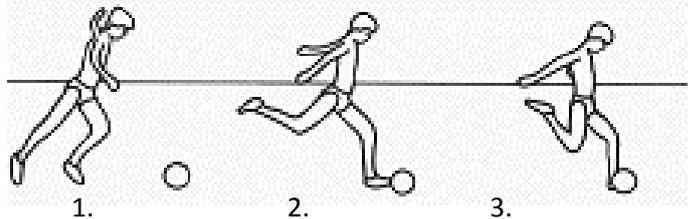
3.



1. Point the striking foot towards the target and draw back the other foot.

2. Use a wide area with the inside of the foot as this gives you greater accuracy.

3. With a good firm contact try to steer the ball into the corner of the net.



Should you shoot High or Low?

Should you shoot with Power or Accuracy?

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