

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Football	3/4	#2	Basic passing

### Equipment

- Footballs
- Cones
- Bibs

### Learning Objective

- To pass the ball accurately to a partner.
- To receive a pass using control.

### Success Criteria

- I can perform a pass using the correct technique
- I can stop the ball when it comes to me.
- I can choose a teammate to pass to.

### Key words

- Instep
- Accuracy
- Technique

### Preparation Ideas/Warm Up

#### Germ & Medicine

Pick 3-4 tagger (germs) and the same number of releasers (medicine).

Germs will have bibs on whilst the medicine will have a ball each. When tagged by a germ, you must stand still. To get back into the game, the medicine will pass the ball to you (by throwing the ball from the hands), which you have to catch.

You will then become the medicine and will have to release someone else who has been tagged by the germs.

### Skill Development

#### Pair passing

Get the children into pairs. Each pair should have 1 ball and 2 cones. Place the children around 5m apart from one another. They should place their cone on the floor and be stood behind it.

Children to practice passing to each other using their instep to pass the ball. We want the person receiving the ball to be stood either side of the cone. When they receive the ball, we want to see them either cushion the ball with their instep or to place their foot on top of the ball. They must then move the ball to the other side of the cone before passing the ball back to their partner. We want to see accurate passing throughout.

#### Progressions

>Increase the distance of the passing

>Get the children to use both feet when passing. Whichever side they decide to move to, get them to

use that foot to complete the pass

### **Passing through the gates**

Get the children into pairs and give them a ball between 2. Set up a range of gates using 2 cones (same as previous week). This time, the partner with the ball will dribble around the area, whilst the partner without the ball will be looking to find a free gate. When they find a free gate, they stand in the gate and their partner with the ball will pass the ball to them, making sure they don't hit any traffic. They then swap roles and the game continues

Progression

>Make this activity into a competitive game. Which team can pass the ball to each other the highest number of times

### **Game**

#### **10 Pin Football**

Split the class into even teams of around 5 per team. Set up pins around 8m away (to do this you can use any type of target including cricket wickets, small balls on top of cones, bowling pins if available). The idea is for each team member to take it in turns to pass the ball and try to knock over the target. Depending on what type of target you set up, you may award points for each target that is knocked over or just 1 point for hitting the target.

Allow the children to have a practice and then turn into a competitive game between the groups.

Which team can reach a target score first or which team after 1-2 turns each has the highest score

### **Teaching points**

- When passing, encourage the children to use their instep. This is the largest part of the foot and is flat, so will increase their accuracy when passing. Place the standing foot just to the side of the ball making sure it is pointed towards our target. Swing the foot back and then through the back of the ball.
- We are looking for good accuracy when passing so talk to the children about the power and aim of their pass. We want to swing the foot back and through enough to reach our partner, but not too much to make it difficult for them to control the ball. We also want to make sure our standing foot is pointed towards our target when passing to increase the aim of our pass.
- To control the pass, we can use the instep as a block to cushion the ball. When we do this, we don't want the ball traveling too far in front. We would use this if we think the ball is travelling more quickly. We can also use the top of the foot to control the ball which we can use if the ball is travelling a little slower

### **Key Questions**

- What do we mean by the term accuracy?
- What two things do we need to think about when passing the ball to ensure our pass is accurate?
- How can we stop the ball and when would we use each of the techniques?
- How can we increase the power in our pass?

**National curriculum links:**

- Use running, sending and receiving in isolation and combination
- Develop control and technique through playing football

**Social and environmental skills:**

- Developing good communication skills
- Showing creativity in their work
- Showing resilience in their work
- Developing team work and collaboration skills