

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Football	3/4	#4	Defending with patience

#### Equipment

- Footballs
- Cones
- Bibs

#### Learning Objective

- To understand about patience and reactions when defending in football

#### Success Criteria

- I can stay between the attacker and the goal.
- I can slow an attacker down and time my tackle
- I can try to win the ball without fouling.

#### Key words

- Patience
- Jockey
- Reactions

#### Preparation Ideas/Warm Up

##### The Reactions Game

Get the children into pairs and have a middle line where they will place down a ball and stand either side. Have an end zone line behind each player (around 4-5m away from them). Both players must start with both feet on the floor. On the coach's whistle or signal, each player must perform a drag back. If you successfully take the ball, you dribble back to your end zone, if you are unsuccessful, your job is to win the ball back before your partner reaches their end zone line.

If the defender gets a touch on the ball before the attacker reaches the end zone, the defender is awarded a point. If the attacker successfully reaches the end zone, they win the point.

#### Skill Development

##### Jockey dribble

Get the children into pairs and have them lined up on the start line. The player without the ball will be stood opposite the one with the ball. The job of the player with the ball is to dribble with the ball, whilst their partner, the defender, can practice a jockey technique.

In the beginning, we do not want to see the dribbler looking to get past the defender, we simply want to see the defender improve their jockeying technique

Progression:

>Allow the attacker to try and get past the defender, but they can only try once. The job of the defender is to try and tackle (poke) the ball away from the attacker but again, they only get one attempt to do this

### Game

#### 2v2 Defend the End Zone

Split the children into teams of 6 (this will allow teams to be roll on roll off taking turns). Have areas set up with an end zone at one end. The job of the attacking team is to try and dribble the ball over the end zone. The job of the defending team is to win the ball back through an interception or kicking the ball out of play. Allow the attacking team 5 attempts to dribble the ball over the end zone, scoring one point per dribble over, swapping team members over after each attempt, before the teams swap roles and see if they can beat their opponent's score

Progression:

>If one team is struggling, allow them an extra member to play each time, turning the game into a 3v2 or 2v3 (depending on if they are attacking/defending)

>Make the areas larger – this will mean more space for the attacking team to work in, making it more difficult for the defending team

>Swap over teams to play in other areas against other teams

### Teaching points

- Jockey technique – we want to be side on with one foot in front of the other (whichever the children feel more comfortable with – normally the stronger foot is behind). Knees slightly bent, crouching down slightly for a low centre of gravity so we can push off and react either way the attacker goes. We are then going to shuffle backwards, keeping the attacker in front of us.
- When jockeying, the tackle/interception is all about timing. Talk to the children about waiting until the attacker loses control of the ball before attempting a tackle. If we don't, we may mistime a tackle and the attacker may get past us.
- In the 2v2 game, we don't want to see both defenders being drawn towards the ball. We want to see them working as a team to stop the attacking team getting to the end zone, using good communication. One person marking the player with the ball and one person marking the space and the other free attacking player. Can we make it as difficult as possible for the attackers to get past us by using the jockey and good, tight marking.

### Key Questions

- Can anyone demonstrate a jockey technique?
- Why do we need to be low when jockeying?
- What other things do we need to think about when jockeying/defending?
- When defending as a team against 2 people, how can we see you are working well as a team?

### National curriculum links:

- Use running in isolation and combination
- Play competitive games against others, applying basic principles for attacking and defending
- Develop control and technique through playing football

**Social and environmental skills:**

- Developing team work and collaboration skills
- Developing good communication skills
- Showing creativity as the attacker
- Showing patience in our work