

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Football	3/4	#5	Attacking & Defending Play

#### Equipment

- Footballs
- Cones
- Bibs
- Bench/goals if available

#### Learning Objective

- To understand how to attack and defend in football
- To make good decisions throughout the session

#### Success Criteria

- I can help my team attack when we have the ball.
- I can help defend when the other team has possession.
- I can make good decisions when both attacking and defending

#### Key words

- Attack
- Defend
- Teamwork
- Decisions

#### Preparation Ideas/Warm Up

##### Knockout

Divide the class into 2 and have 2 areas set up. Everyone starts with a ball.

Your job is to keep control of your ball, whilst trying to intercept another player's ball and kick it out of the playing area. When your ball goes out, you must do 20 toe taps to return to the game.

1 point per ball you knock out

1 point taken away each time your ball goes out

Add up your score at the end

#### Skill Development

##### Capture the football

Split the class into even teams (we want teams of 4-5 people). In the area, have 2 end zones at either end with a line of footballs in the middle (6-8 footballs). Each team lines up alongside their end zone.

When go is called, the teams must move to the middle and try to get as many balls as possible and take them back to their end zone. Once there, the teams have a choice. Do they look to defend the balls they have or try to steal balls from the opposing side.

You cannot block players from reaching balls in the end zone, but you can tackle the ball away from them and return them to your end zone. At the same time, you can steal a ball from the opposing team's end zone and dribble it back to your end zone. When time is called, the team with the most balls in their end zone are the winners.

## Game

### Numbers Game

Split the class into 4 teams and have 2 games going on simultaneously. Have a bench/goal set up at either end of a playing area.

Each player on both teams labels themselves with a number from 1-however many is on their team. The ball begins with one team and when a number is called, that numbered player goes and competes 1v1 with the opposing player of the same number. The aim is to strike the ball off the other team's bench/score in their goal.

Team with the most points at the end are the winning team. If you have more than one area set up, allow the teams to swap

Progressions:

>You can call several numbers to make a 2v2 or 3v3 game.

>Add a math element by creating different scenarios. This may be through subtraction/division to get to a number. Or it may be through an addition or multiplication to get to a 2 digit number e.g.  $4 \times 3 = 12$ , so number 1 & 2 would come out.

## Teaching points

- When playing knockout, the children have to be mindful of keeping close control and protecting their ball (potentially using a shield) whilst trying to tackle and intercept another player's ball. It's a fine balance between the two and will depend on the player. What we don't want to see is them abandoning their ball to attack another player's.
- In capture the football, teams need to think about both attacking and defending. They may want to give themselves roles in the team, as defenders of the end zone and attackers of the opposing team's end zone. They may also want to switch throughout the game. What we don't want to see is all of the team either attacking or defending.
- In the numbers game, can the children use dribbling skills/tricks to get past defenders. Can they use the shield to protect the ball. Can the defenders try to win the ball back effectively and if we have multiple people playing, can the attackers without the ball find space to receive a pass.

## Key Questions

- How can we effectively keep the ball away from a defender?
- When playing in games today, what roles did we have to give ourselves?
- What would happen if all of our players attacked in capture the football?
- How can we help our team mate who has the ball?

## 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 in their work
- Showing resilience in their work
- Showing good sportsmanship when competing against others