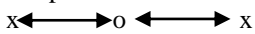
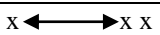


Unit of Work

Title: Football DS

Year: 9

Length of unit: 8 x 60 min lessons

Lesson	Objectives	Possible Activities
1	<ul style="list-style-type: none"> • Control and passing with both feet • Control with various parts of the body 	Ball familiarisation – 5 surfaces Circle Conditioned games
2	<ul style="list-style-type: none"> • Control / receive / pass • Passive and opposed situation 	Keep ball 5 v 5  6 v 3 (see plan)
3	<ul style="list-style-type: none"> • Running with the ball, Passing and introduction to turns 	Square in pairs – dribble, command pass Passing drills (basic – advanced) Using different surfaces Conditioned games
4	<ul style="list-style-type: none"> • PoP – attack and defence. • Retaining possession in opposed and unopposed 	SSG 3 v 1 (always 2 options) 4 v 4 (divide pitch in to 4 areas – always stay in zone)
5	<ul style="list-style-type: none"> • Running with the ball • Dribbling • Evaluate performance 	 Take ball off line – lateral 1 v 1 Conditioned games (run ball through cones)
6	<ul style="list-style-type: none"> • Turning and dribbling • Evaluate own and others performance 	5 turns – within 20 x 20 Conditioned games – 4 areas to create 1 v 1 's
7	<ul style="list-style-type: none"> • Heading – attack and defence • Application of PoP through heading 	Pairs – serve. Seated – standing Throw – head - catch
8	<ul style="list-style-type: none"> • Application of skill through games based activities 	Pupils to apply skills through SSG's.