

Unit of Work

Title: Football DS

Year: 10

Length of unit: 8 x 60 min lessons

Lesson	Objectives	Possible Activities
1	<ul style="list-style-type: none"> • Principles of Warm-up. • Development of passing and receiving 	Teacher led Circle activity – pupils to differentiate by speed and task Conditioned Games
2	<ul style="list-style-type: none"> • Warm up • PoP – retaining the ball 	Pupil led 3 v 1 (max. of space) Conditioned games – zoned areas of pitch
3	<ul style="list-style-type: none"> • Running with the ball 	Drill activities in groups Conditioned games – run the ball in to end zone
4	<ul style="list-style-type: none"> • Development of dribbling in passive and competitive situations 	Drill activities 1 v 1 2 v 2 Conditioned games – zone areas to create 1 v 1 situations
5	<ul style="list-style-type: none"> • Develop aspects of defending – touch tight, balance, side-on, goal side 	1 v 1 2 v 2 Conditioned games – zone areas to create 1 v 1 situations
6	<ul style="list-style-type: none"> • Develop PoP – space as a component 	2 Groups 8 v 4 – Keep ball – guided discovery. SSG 6 v 6 (4 teams)
7	<ul style="list-style-type: none"> • Develop PoP 	Conditioned Games
8	<ul style="list-style-type: none"> • Develop PoP 	Conditioned Games