Core Skills & Techniques - Dribbling, Passing, Control and Movement

- 1. All candidates with a ball moving around a defined area.
- 2. Split into 2 groups of 5. 3 candidates working in the middle of the square combination passes and movement. Introduce a wall pass off players on the outside of the grid work from side to side. Another group working across the square the other way.
- 3. Develop into wall pass in and player has the choice to follow it in or not (decision making)
- 4. Develop practice into a competition one ball between the two teams (keep ball exercise)





Heading and Control

Κ

- 1. All candidates pair up and work in a space.
- 2. Candidates move forward, touch the ball and side steps back. Underarm feed to show heading contact and return ball to feeder. Develop to attacking (downward trajectory) and defensive (up and over partner) headers.
- 3. Repeat to show control with different parts of the body (Chest, thigh, foot)
- 4. Development 30 seconds candidates move around the space to different feeders and once set, underarm feed, control and return. Rotate roles.



Equipment: 10mx10m Gi Balls Candidates	rid to be paired up		During this practice candidates will demonstrate Heading (attack/defence Control and ball manipulation Movement patterns		
ey 🔘	Fluency	ControlDecision Making	 Tactics/Strategy Disguise 	Creativity Effectiveness/Influence	GCSE Physical Education 2



Association Football

Goal Keeping

- 1. Candidate to bounce on their toes, volleys to come from three positions. GK to catch and return to feeder.
- 2. Repeat the set up but this time the GK must save the ball from a low drive.
- 3. Candidate to catch the ball from a volley feed and return, run around the poles and stop a quick shot from a feeder.
- 4. Cross from the wing to be caught and distributed to the goals positioned in the wings (kick or overarm throws to be used)



Association Football

Shooting

- 1. Working candidate starts in the grid with the ball plays a wall pass with feeder + shoots.
- 2. Develop into a shot and a follow up from one of the corner feeds.
- 3. Dribble the ball into grid, exit + shot + follow up finish from a corner feed.
- 4. Player approaches the grid with back to goal, receives ball from feeder and exits to the sides + shot. Two follow up shots introduced from corner feeders. Rotate roles.



Equipment:				During this practice candidates will demonstrat		
Cones and Goal area with GK				Turning with the ba		
Balls				Striking the ball/Finishin		
Candidates in groups of 5				Movement and running with the ba		
Key Terms	Fluency	Control Control Decision Making	 Tactics/Strategy Disguise 	 Creativity Effectiveness/Influence 	GCSE 4	

Finishing and Defending

- 1. On the whistle, one defending and one attacker enter the middle. 1 vs 1 attacker looks for the ball from a corner pass and aim is to score in either goal.
- 2. Defender to closely mark the attacker, break up the play and if successful return the ball to feeders. If saved by GK, they must distribute to corner feeders.
- 3. Rotate roles.
- 4. Encourage quick decision making, use of disguise and finishing.



Candidates in groups of minimum 12 (6 working and 6 supporting)

During this practice candidates will demonstrate: Turning with the ball/Ball Manipulation Striking the ball/Finishing Defending and Tackling

Key Terms

Balls

Fluency

Accuracy

Control

Decision Making

Tactics/Strategy

Disguise

Creativity

Effectiveness/Influence



Opposed Practices /Conditioned Drills



<u>ถุ่นั่บ</u>ี



Balls	tches (No GK) – 3 in teams of 3 or 4	0mx15m or similar siz	Receiving the	e candidates will demonstrate: Decision Making ball/Passing and Dribbling ay in and out of possession	
Key 🔘 Terms	Fluency	Control	□ Tactics/Strategy	Creativity	GCSE 6
Terms	Accuracy	Decision Making	Disguise	Effectiveness/Influence	Physical Education