



Physical Education - Football Knowledge Organiser

Controlling the Ball

- Be on the balls of your feet
- Upon contact with the ball withdraw the body part slightly
- Move the ball out of your feet when under control

Dribbling Teaching points

- Use different part of your foot to move the ball
- Keep the ball close to your feet
- Use your arms for balance
- When in space keep the ball close to your feet

Short Pass

Which three teaching points are needed for a short pass?

- Use the inside of your foot
- Non-kicking foot is placed by the side of the ball
- Place your head over the ball when striking it



KEY VOCABULARY

Agility – the ability to maintain balance and speed whilst changing direction.
Control, Speed, Free Kick, Penalty, Corner, Offside, Onside, Power.