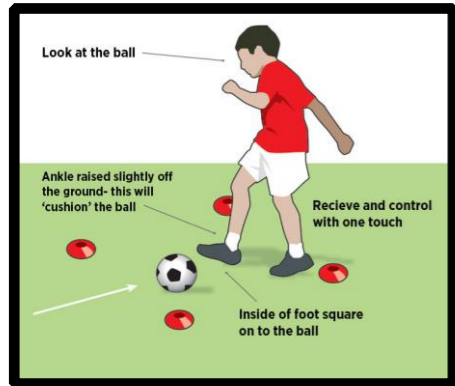




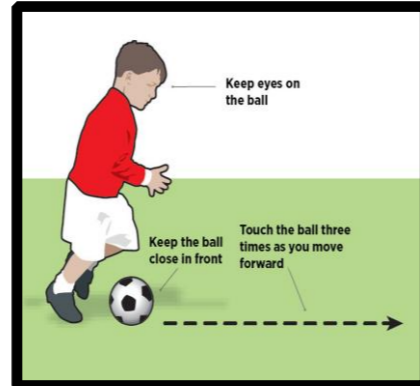
Physical Education - Football Knowledge Organiser

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 Technique



- 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

Rules

The Game is started by one team in the middle of the pitch

→ One referee officiates the game with the help of two assistant referees

→ Players are not allowed to use their hands or arms to control the ball unless they are the goalkeeper

→ A game consists of 45 mins each half

Side-Foot Pass Technique



- 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

Jockeying Technique



Component of Fitness
Agility - the ability to change direction at speed

Corner if it goes over or wide of the goal off a defender

Pass and Move to create space

Use agility to change direction when dribbling

Use a throw in to restart play from the sideline

Use the inside of your foot to control the ball

KEY VOCABULARY

Control, Speed, Free Kick, Penalty, Corner, Offside, Onside, Power, Passing, Dribbling, Movement, Agility, Jockeying, Component, Fitness, Technique