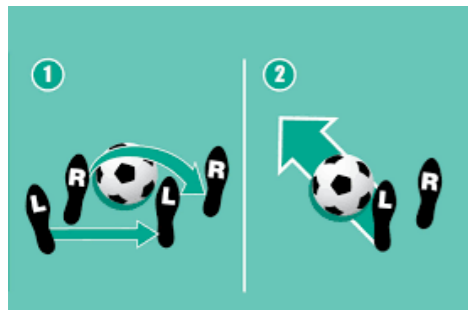


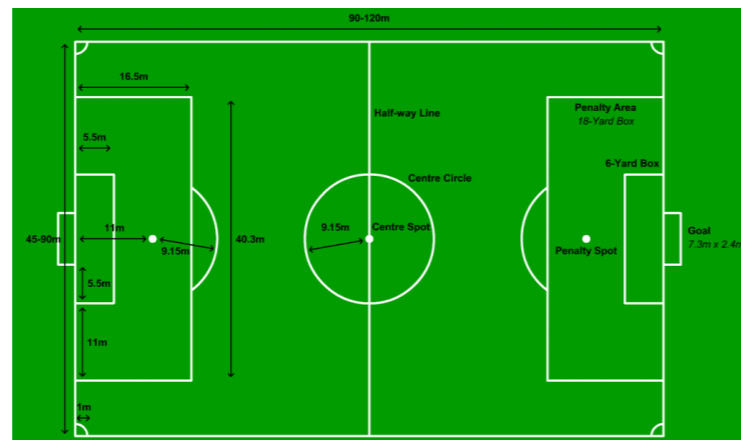


# Physical Education - Football Knowledge Organiser

## Step Over



Step with one foot over the ball before using the other foot to take the ball with the outside of your foot



## Goalkeeping Skills

### Key Skills

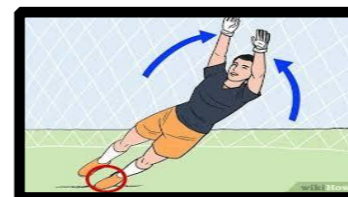
Catching

Diving Save

### Knowledge

Bend knees for balance and lower body. Make a W-Shape with both hands and thumbs behind the ball. Spread fingers wide.

Stay horizontal as you fall. W-Shape to catch or palm the ball away. Keep eyes on the ball until contact



Term	Meaning	Key Skills	Knowledge
<b>Goal Kick</b>	how play restarts after a member of the attacking team has knocked the ball over their opponents defensive goal line.	<b>Driven pass</b>	non-kicking foot by the side of the ball, head and knee over the ball, use laces, strike through the centre of the ball
<b>Corner Kick</b>	restarting of play from the corner arc after a defensive player has knocked the ball over their own goal line	<b>Short pass</b>	non-kicking foot by the side of the ball, head and knee over the ball, use side of the foot, push through the centre of the ball
<b>Offside</b>	occurs when a player in their opponent's half of the pitch and any part of their head, body or feet are nearer to their opponent's goal line than the ball and their second to last opponent.	<b>Lofted pass</b>	non-kicking foot by the side of the ball, lean back on making contact, use instep, strike underneath the ball
<b>Indirect Free Kick</b>	the ball must be stationary and the kicker must not touch the ball again until it has touched another player, another player must also touch the ball again before a goal is scored	<b>Jockeying</b>	eye on the ball, knees bent, low position, body at a slight angle, on balls of feet, dominant foot furthest back
<b>Direct Free Kick</b>	the ball must be stationary and the kicker must not touch the ball again until it has touched another player, a player can score from these free kicks without the ball being touched by another player	<b>Shooting</b>	non-kicking foot by the side of the ball, head and knee over the ball, use laces, strike through the centre of the ball, lock ankle, be aware of goalkeeper's position
<b>Throw in</b>	a team gains a throw in and this occurs from the touch line when the ball has been knocked out over the touch line by a member of the opposing team.	<b>Block Tackling</b>	eye on the ball, low position, plant non-tackling foot, make contact with middle of the ball, lock knee and ankle

## KEY VOCABULARY

**Agility, Speed, Control, Power, Trajectory, Driven pass, Long pass, Shooting, Step over, Attacking, Defending, Jockeying, Tackling, Diving**