



# Physical Education - Football Knowledge Organiser

## Heading

Keep eyes on the ball until contact is made  
Make contact with the middle of your forehead  
Step into the ball to add power  
Use arms for balance



## Volleying

Plant non-kicking foot  
Make locked ankle swing with kicking leg  
Meet the ball before it lands  
Strike through the ball with laces



**Goal Kick** – how play restarts after a member of the attacking team has knocked the ball over their opponents defensive goal line.

**Corner kick** – restarting of play from the corner arc after a defensive player has knocked the ball over their own goal line

**Offside** – 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.

**Indirect Free Kick** – 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

**Direct Free Kick** – 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

**Throw In** – 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.

## Key Skills:

**Driven pass** – non-kicking foot by the side of the ball, head and knee over the ball, use laces, strike through the centre of the ball

**Short pass** - 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

**Lofted pass** - non-kicking foot by the side of the ball, lean back on making contact, use instep, strike underneath the ball

**Jockeying** – eye on the ball, knees bent, low position, body at a slight angle, on balls of feet, dominant foot furthest back

**Shooting** - 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

**Block Tackling** – 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, touch, control, side foot, power, loft, trajectory, driven pass, long pass, shooting, Strike, receiving the ball, step over, attacking, defending, jockeying, tackling, diving, fouls,

