

# FOOTBALL – THROUGH THE GATE



## Quick introduction

- A game to practice dribbling.
- This is a pairs game to practice dribbling through set of cones to practice changing direction and ball control. The most gates achieved in a fixed time wins.

## Getting started

- Players with a ball each dribble around the area, keeping the ball close to them whilst moving through the gates.
- Players get two minutes to travel through as many gates as they can.

## Health and safety

- Use flat markers instead of cones if possible for the gates.
- Ensure playing area surface is safe.
- Ensure players are looking around.

## Equipment

- Balls (different balls can be used i.e. tennis balls).
- Flat markers or cones.
- Bibs for defenders.



## Physical Me

- Try to keep the ball close using small touches.
- Try to look all around checking the ball, the gates and where other players are.
- Try to change direction with the ball through the gate.

## Social Me

### Leading and volunteering

- Players can do the challenge in pairs with one player leading.
- Non participants can act as referees or extra teachers.

## Tactical Me

- How can I make sure I always keep the ball within stopping distance?
- I will try to travel at speed but with the ball under control.
- How can I try to travel away from defenders?

## Thinking Me

- How can I make sure that I don't bump into other players?
- What is the best way to ensure that I keep control of the ball?

## Think inclusively (STEP)

### Space

- Change the size of the area.
- Add zones to the area for players with differing disabilities.

### Task

- Encourage players to move the ball through the gates in different ways.

### Equipment

- Move cones to make gates smaller/bigger.

### People

- Add in defenders to make the game harder.



## Sporting ME: Spirit of the Games

*Excellence through competition*



**Honesty:** I will trust players to keep their own score.

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# FOOTBALL – VOLLEYS



## Quick introduction

- A game to practice volleying.
- This is a volleying game that involves practicing throwing in, ball control and volleying at a target area. Defenders can be added to offer an extra challenge. The pair achieving the most volleys in a fixed time wins.

## Getting started

- Players work in pairs.
- Player 1 throws the ball to player 2 who volleys the ball with their foot into a gate. Player 1 tries to move and catch the volley.
- Swap roles and repeat.
- Pairs get two minutes to volley the ball through as many gates as possible using the whole area.

## Health and safety

- Ensure the throw is not too hard.
- Ensure the throw is directed near the lower half of the body.
- Use rubber flat spots instead of cones to avoid slipping/tripping.

## Equipment

- Footballs (1 per pair)
- Cones or flat spots
- Bibs for the defenders





### Physical Me

- Try to be on your toes ready to receive.
- Try to get your body in line with the ball.
- Try to push and direct the ball with your foot.

### Social Me

#### Leading and volunteering

- The thrower can also act as a coach and give coaching tips.
- Players are in charge of keeping and collating scores.
- Players can set up the gates and adjust their size.

### Tactical Me

- Can I volley the ball using only one touch?
- Can I volley straight ahead, to my left and to my right?
- Can I volley the ball with my left and right foot?

### Thinking Me

- How can I make sure that I don't bump into other players?
- What is the best way to ensure that I keep control of the ball?

### Think inclusively (STEP)

Be prepared to add, remove, change or introduce adapted equipment to meet the needs of your players. For example; a brightly coloured ball to support partially sighted players.

#### Space

- Change the size of the area.

#### Task

- Set individual challenges.
- Use different parts of your boot to volley e.g. use your laces or your instep.
- Vary the throw e.g. faster, higher, to the side.
- Volley the ball into a gate behind you.
- Volley the ball back rather than catch.

#### Equipment

- Decrease the size of the gates (gates placed randomly).

#### People

- For more able players, add defenders to some gates or mark the receiver.



### Sporting ME: Spirit of the Games

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**Teamwork:** Make sure the throw is a good one for your partner.

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# FOOTBALL – MASTERING BALL CONTROL



## Quick introduction

- This is a game of receiving techniques and controlling the ball played inside and around 'the magic box'. Play in pairs to start with then introduce a defender to put pressure on the receiver.

## Getting started

- Start the game with two payers, one in the box and one outside.
- The feeder sends the ball into the box. The receiver controls it and either:
  - sends the ball back to the side where their teammate is,
  - or dribbles to the side and passes back along the outside.
- Play for one minute to return the ball as many times as possible and swap roles.
- After several goes a defender is introduced. They can stand either outside the box to start with, or inside the box.
- The defender's job is to add pressure to the person receiving the ball and block or intercept the ball.
- If the defender wins the ball back then they swap roles.

## Health and safety

- When adding a defender, encourage them to block and shield rather than tackle.
- Ensure the pass to the receiver is not too fast.
- Use flat spots instead of cones to avoid falling over.
- Use appropriate size footballs for the age of the participants.

## Equipment

- Footballs.
- Cones or flat spots.
- Bibs for defenders.



### Physical Me

- Think where you want to take your first touch, looking out for defenders and space.
- Try to receive at an angle so you can see the ball and the way you want to attack.
- Try to receive on the foot furthest away from the defender so that your body is between them and the ball.

### Social Me

#### Leading and volunteering

- Players can coach each other on how to receive and the best way out of the box.
- Players can change the size of the box at any time. This will help them recognise space and take ownership for their own learning.

### Tactical Me

- Can I control the ball by stopping it near to my feet using different parts of my foot.
- Try to control the ball by taking your first touch into space away from defenders.

### Thinking Me

- Which parts of my body can I use to control/ receive the ball?
- How can I make sure my pass is easy of my team mate to control?

### Think inclusively (STEP)

Be prepared to add, remove, change or introduce adapted equipment to meet the needs of your players. For example; a brightly coloured ball to support partially sighted players.

#### Space

- Decrease the size of the magic box.

#### Task

- Set Individual challenges e.g. using different parts of the feet to control the ball, and be positive when receiving the ball.
- Vary the type of pass into the person receiving the ball. For example, on the floor, in the air, hard or soft.
- Pass the ball back using one touch through different sides of the magic box.

#### Equipment

- Change the size of the ball.

#### People

- Add a defender inside the box who has to try to intercept the ball.



### Sporting ME: Spirit of the Games

*Excellence through competition*



**Determination:** I will challenge myself by competing against a defender once I have mastered the technique.

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