



LEARNING JOURNEY

Football

F - A - C - T

WE ARE HERE

Football

Building possession:
passing & receiving
Patience

Sustaining possession:
Combination play
Composed

What will you include in your warm-up today?

Defending principles: High press
Engage

Organised defending:
Low/mid press
Intercept

What is the why behind your lesson today?

Creating the attack: Commit and Eliminate
Eliminate

Finishing the attack:
Overloads/counter
Overload

You will begin to look at the importance of body shape when receiving the ball to play forwards, ensuring your team is playing with height, width and depth to provide multiple options. You will look at different roles in keeping possession of the ball and gain an understanding in when to retain the ball or when to play forwards. The use of the pivot player to retain possession can be linked to resetting the ball in other sports such as handball.

You will move on to look at the 5D's to defending and recognise the roles and responsibilities of working as a unit. Your tactical awareness will be tested for knowing when and where to press the ball effectively. Here you can draw upon knowledge from other sports such as basketball zonal defence. The later end of the topic will begin to implement overloads in attach to eliminate defenders for effective movement up the pitch like in Gaelic football.

VOCABULARY

Patience, composed, engage, intercept, eliminate, overload