



## PE: Football

### Rules

- The field of play should be no more than 36 metres in width and 54 metres in length and divided into two halves with a penalty area.
- The ball should be size 3 (U9) or size 4 (U10). The maximum number of players should be 7 v7. and last no longer than 25 minutes per half.
- Goal keepers must wear a distinguishing playing top. Players must wear Shin Pads. Correct footwear must be worn for the surface of the pitch
- A kick-off is taken at the centre of the playing area to start the game and after a goal has been scored. A dropped ball is a way of re-starting the match when the referee stops play and law does not require a free kick to take place.
- There is no offside.
- The ball is out of play when it has wholly passed over the goal line or touchline on the ground or in the air. The game is restarted by either a throw in (touch line), corner or goalkick (goal line).
- Throw ins are taken from the touchline by the team that didn't touch it last. In order to allow young players to learn the game, throw-ins can be retaken if incorrect technique is used.
- Goal kick. A player of the defending team kicks the ball from within the penalty area. Opponents must retreat to their own half until the ball is in play.
- A corner kick is the method of restarting play when the ball goes out of play over the goal line, having last been touched by a member of the defending team. The kick is taken from the corner of the field of play nearest to where it went out.
- Free kicks are awarded for handball or serious foul. All free kicks are direct in junior football (you can score).
- Goalkeepers are the only player allowed to touch the ball with their hands and can only do this inside their 18 yard box. A free kick is awarded to the opposing team if the goalkeeper takes more than six seconds to release the ball from his/her hands, touches the ball again with his/her hands after it has been released from his/her possession and has not touched another player, touches the ball with his/her hands after it has been deliberately kicked to him/her by a team mate, touches the ball with his/her hands after he/she has received it directly from a throw in taken by a team mate.

### Vocabulary and Key Skills

<p>Short Pass</p> 	<p>Non kicking foot next to the ball/ use the side of the kicking foot to contact the ball following a short back swing/ keep head over the ball to improve accuracy and ensure ball stays on the ground/ follow foot through to generate more power.</p>
<p>Long Pass</p> 	<p>Non kicking foot next to the ball/ use the front (laces) of the kicking foot to contact the ball following a bigger back swing (flexion of the knee)/ keep head over the ball to improve accuracy of the pass/ lean back slightly to help generate height if required on the pass/ follow foot/leg through to generate more power.</p>
<p>Heading</p>	<p>No heading allowed!!!!!!</p>
<p>Shooting</p> 	<p>Non kicking foot next to the ball/ keep body balanced/ head slightly over the top of the ball/ use side foot for placement or top of the foot for increased power/ flex leg back further when preparing to strike to the foot-ball for increased power/ aim for the area of the goal that the goalkeeper is least likely to save the ball.</p>
<p>Tackle</p> 	<p>Block tackle. A standing "tackle" made with the inside of the foot. It is important to keep the tackling foot low, the ankle firm &amp; the leg stiff. No sliding tackles.</p>
<p>Crossing</p> 	<p>To kick the ball from the side of the field across the field toward the area in front of the opponent's goal in order to create a scoring opportunity. A crossed ball is usually a "pass to space" (as opposed to a "pass to feet").</p>
<p>Dribbling</p> 	<p>Keep head up and look ahead, keep ball close to feet, tap/push the ball rather than kicking and chasing after it and use inside, outside or sole of foot.</p>
<p>Running with the ball</p> 	<p>Instead of keeping it close to your feet, you kick it forward and run to it using top of your foot (being sure to get there before an opponent), then kick it forward again.</p>
<p>Control</p> 	<p>Move into position to intercept the ball. Select the controlling surface and place it in the ball's path. Inside of the foot, outside of the foot, sole of the foot, instep (when the ball's falling from a steep angle), thigh and chest.</p>
<p>Attacking</p> 	<p>Attack defender with pace/ keep ball in close control away from the defender/ move the ball to make it more difficult for the defender to tackle you/ use tricks to outwit the opponent.</p>
<p>Defending</p> 	<p>Man to man marking – sideways on/ close to player/ try to slow attacking player down/ on toes/ show attacker to their weaker foot/ time tackle effectively to increase chances of winning the ball back</p>
<p>Throw in</p> 	<p>Stand facing the field with feet apart on or behind the touchline. Place one hand on each side of the ball in a W. Take the ball behind the head and throw forward onto the field. Both feet must remain on the floor.</p>