

Skills and Techniques	Key Words & Terminology	
<p><b>Dribbling</b> - Dribbling allows you to move the ball around the pitch without losing possession. Keep the ball close to your feet at all times, Use the inside of your foot to control the ball when moving. Do not look down when running with the ball. Keep your head up.</p> <p><b>Passing</b> - Non-kicking foot is closest to the ball. Kicking foot needs to be at a right angle to the ball. Body over the ball. Eyes focused upon the ball and arms are to be used for balance. The side of the foot is the most common part used in passing.</p> <p><b>Shooting</b> - Non-kicking foot needs to be next to the ball and player needs to keep their body balanced with their head slightly over the top of the ball. Contact the ball either with the side of the foot (placement of ball) top of the foot (to generate power). Both legs need to be flexed but when striking the ball, kicking foot needs to be fully extended on the follow-through. For accuracy, aim to shoot between the goalkeeper and the posts.</p> <p><b>Volley</b> – The volley involves striking a ball that is still in the air. Focus eyes upon the ball. Arms out for balance. Keep eyes focused on the ball as you get into the line of flight. Head still. Non-kicking foot on the floor and lead with kicking leg forward.</p> <p><b>Heading</b> - The forehead is used to contact the ball. Eye must be focussed on the ball. Meet the ball with your head by moving your feet or jumping to gain the extra height advantage and power. Do not wait for the ball to hit your forehead.</p> <p><b>Control</b> – can use the foot, knee or chest to control the ball. Chest is used when the ball is played in the air, to bring it down on the floor. Player needs to align himself with the ball. Roll their shoulders back to generate a greater surface for the ball to contact with. Chest needs to be slighter curved, to cushion the ball. The foot needs to be behind the ball, cushioning the ball as it strikes the foot to absorb the power.</p>	<p>Dribbling Shooting Passing Control Attacking Defending Referee</p>	<p>Foul Volley Accuracy Foul Play Heading Formations Man to Man Marking Zonal Marking</p>
	 <p data-bbox="1496 927 1742 986">Dribbling</p> 	<p data-bbox="1854 687 2056 746">Passing</p>  <p data-bbox="1868 1182 2107 1241">Shooting</p>

## Rules

- Game is started by a kick off in the centre of the pitch, on the referee's whistle
- The main game has 11 players on the pitch
- (consisting of goal keeper, defenders, midfielders and strikers)
- A referee and 2 assistant referees will officiate the game.
- If the ball is played outside of the pitch lines, then the possession is given to the opposing team as a throw in, goalkeepers kick (off the floor) or corner.
- If a foul is committed a free kick or a penalty is issued (depending on where the incident occurred)
- To score a goal, the ball must cross the opposition's goal line.
- The team with the most goals at the end of the game will win the game.
- Offside – Players are offside if they are beyond the last defender when the ball is played, and become active in the attack or obstruct the defensive team in anyway – the picture opposite shows a player in an offside position.
- Handball – only the goalkeeper is allowed to use their hands and this must be inside the 18 yard box – deliberate handball could result in a red card.
- Pass Back – Goalkeepers cannot pick up a pass back if it is played by the feet of their team, if they do an in-direct free kick will be awarded.

## Tactics

**Counter attacking** –The team withdraws players into their own half but ensuring that one or two players are committed to the attack.

**Direct Long ball football**- Often used to deride 'boring' teams, the long-ball style of play is genuine route one football. Rather than spend time on the ball picking the pass, exploiting small gaps in the opposition's defensive or utilising the flanks, the long-ball is employed as an opportunistic method of attack.

**Wide/Wing plays**- The ball is played to the wings. By spreading the ball wide, you allow a different angle of attack and offer a number of opportunities for the winger; take on the fullback and drag central defenders out of position, cut inside and drive forward at an angle, or whip in a cross from deep for the strikers to attack.

**Team Formations** - 4-4-2 ( 4 defenders, 4 midfielders, 2 strikers) A traditional team set up.

5-4-1 ( 5 defenders-4 midfielders and 1 striker) a more defensive set up. 3-5-1-1 (3 defenders, 5 midfielders and 2 strikers 1 in front of each other) A more attacking set up.

## Key Words & Terminology

### Offside



### Pitch Dimensions

