



Year 7 Football Learning Journey



Equipment needed

- Footballs
- Cones
- Bibs

Reminders

- We will be outside – bring your jumpers or base layers.
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Ball Familiarisation Passing and receiving.
<u>Lesson 2</u>	Keeping possession of the ball How to keep possession of the ball.
<u>Lesson 3</u>	Dribbling Turns and close control.
<u>Lesson 4</u>	Defending Jockeying and tackling.
<u>Lesson 5</u>	Attacking Changes of pace and direction.
<u>Lesson 6</u>	Shooting Focus Small sided game with shooting focus.

Keywords

Familiarisation

Possession

Receiving

Tackling

Jockeying



Ad Astra

