



# Year 9 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>	<b>Moving the ball</b> Moving the defence to create space
<u>Lesson 2</u>	<b>Attack vs defence</b> Attacking cross runs and decision making.
<u>Lesson 3</u>	<b>Attack vs defence</b> Creating space.
<u>Lesson 4</u>	<b>Attack vs Defence</b> Defending
<u>Lesson 5</u>	<b>Attack vs Defence</b> Focus on defending , decision making and body positioning.
<u>Lesson 6</u>	<b>Constraints based learning</b> Scenario based games.

## Keywords

Attacking

Defending

Constraints

Scenario