Year 9 Football Knowledge Organiser

Skills

- I can use different defending techniques in order to dispossess an opponent and regain possession for my team.
- When under pressure I can select the most appropriate type of shot to play and execute it with the correct technique.
- When under pressure I can use an array of different techniques to help keep possession of the ball such as long/side foot passing and dribbling.
- I can distribute the ball out wide to utilise the space.

Decision Making

- I always decide the appropriate type of pass to play based on the situation I am in.
- I can set up a formation and strategy for my team and make sure that we use this throughout the game.
- I can analyse tactics and explain as to why they have or have not been successful.
- Within a game I can change the way I play against a team or player in order to give myself the best chance of being successful.

Growth & Development.

- I complete regular exercise to help develop the components of fitness which will benefit my football performance.
- I can analyse the impact of different exercises on my performance in football.
- I can explain what type of exercise is predominately used in football and how to develop this energy system.

Confidence, Passion & Leadership

- I show a willingness to improve by actively engaging in each lesson.
- I can successfully coach and analyse a small sided game to improve performance.
- I can highlight areas of strength and weakness in my own and others performance.
- I recognise how to improve in my own performance and seek out opportunities to do so, such as attending an extra-curricular or local club.

Key Terms

Pressure
Tactics
Analyse
Offside
Distribute
Jockey
Possession
Indirect
Dribbling
Formation

Rules

- If the goalkeeper picks up a back pass from the foot than it is a indirect free kick
- When a free kick is awarded, the other team must be 10 yards away from the ball.
- If you're behind the second to last player when the ball is played then you're offside.
- An indirect free kick means a team mate must touch the ball before a shot can be taken.