



Mugginton CE Football Skills Progression September 2022



	Y1	Y2	Y3	Y4	Y5	Y6	
	<i>Building understanding</i>		<i>Expand understanding</i>		<i>Refine and manipulate</i>		
NC Aims	<p>All pupils develop competence to excel in a broad range of physical activities & are physically active for sustained periods of time. They engage in competitive sports and activities & lead healthy, active lives.</p> <p>In Key stage 1, pupils develop fundamental movement skills, become increasingly competent & confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They engage in competitive and co-operative physical activities in a range of increasingly challenging situations. Pupils should be taught to: 1) master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 2) participate in team games, developing simple tactics for attacking and defending 3) perform dances using simple movement patterns.</p> <p>In Key stage 2, pupils develop a broader range of skills, learning how to use them in different ways & to link them to make actions & sequences of movement. They enjoy communicating, collaborating & competing with each other. They should develop an understanding of how to improve in different physical activities, sports & learn how to evaluate & recognise their own success. Pupils should be taught to: 1) use running, jumping, throwing & catching 2) play competitive games and apply basic principles suitable for attacking and defending 3) develop flexibility, strength, technique, control & balance 4) perform dances using a range of movement patterns 5) take part in outdoor & adventurous challenges individually & within a team 6) compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>						
Knowledge / Theme	Positions	<p>Goalkeeper - The keeper stays in the net and protects it trying to stop and save balls from going in their goal.</p> <p>Forward - This is an offensive position and is positioned close to the opposing team's goal. Their main job is to make & score goals.</p>	<p>Defender - These players are closest to the net/goal and help the goalkeeper.</p> <p>Midfielder - Plays defensively and offensively, responsible for passing strategically to other players.</p> <p>Striker - the player nearest the goal who tries to score for their team</p>	<p>Right/Left Fullback - positioned on the right side of the pitch and is a defending position.</p> <p>Left/Right Midfielder - These players can also be referred to as 'wingers' and they stay wide trying to pull the opponent's defence to create space to achieve a goal.</p>	<p>Wing Backs – an attacking fullback with lots of speed</p> <p>Sweeper – defender who 'sweeps up' play</p> <p>Holding Midfielder – stays close to defence & tries to break up attacks</p>	<p>Attacking Midfielder - These players sit between the midfield and offensive line, they must have good dribbling skills. Their main job is to create scoring opportunities.</p> <p>Playing in the Hole – a creative player who plays 'in the hole' between the opponents' midfield & defence</p>	<p>Deep lying playmaker - a holding midfielder with sense of attacking plays, who specialises in ball skills such as passing, rather than defensive skills. When a deep-lying playmaker receives the ball they attempt longer or more complex passes</p> <p>False Nine – a centre forward who often drops back to collect the ball</p>
	Rules	<p>Players must wear protective gear including shin pads and the correct footwear.</p> <p>The aim is to kick the ball into the opponents' goal. If a ball goes out of the</p>	<p>To score a goal the ball must be in the opposing teams net and must be fully in, meaning it has successfully crossed the line, the goal can be scored from any part of</p>	<p>An adult match lasts 90 minutes with two 45 minute halves & a 15-minute break in between A maximum of 11 players are allowed and a minimum of 7</p>	<p>The football used should be 'Size 4'. If contact is too aggressive or a player handles the ball it is a foul & a free kick to the opposition.</p>	<p>Each side is allowed a maximum number of substitutions, in case any player is injured or the game rolls into extra time</p> <p>Players are aware of the</p>	<p>Each game has a referee & two assistants. It is the referee's job to make sure the game is being played fair, they can rule penalties, plus give yellow and red cards</p>

		pitch (out of play) then it can be played as a 'throw in' or 'kick in'. The winning team is the one who scores the most goals. If both teams score the same, the match will end in a draw.	the body apart from your hands. No player (apart from the goalkeeper) should touch the ball; if a player touches the ball the opposing team gets a free kick or penalty called 'handball'	If the ball goes out of play from an attacking player, the defending team get a goal kick; if it goes out from a defending player it is a corner kick	In a cup game, extra time can be added if the sides are drawing. This can be an extra 30 minutes. Players know how to begin and restart a match correctly using a kick-off.	offside rule Players know the difference between a direct and indirect free kick	A yellow card is a warning, two of them would result in a red card and a player being taken off the pitch. If this is the case a player in this situation cannot be replaced
	Skills	To send and receive the ball using their foot Develop a basic understanding of the rules and tactics to compete in small sided games To explain what is good about being in a team To win and lose appropriately	To shoot with some accuracy Demonstrate a basic pass & control a ball using both feet Can dribble a ball while moving & perform a basic header To experience some contact including basic tackling	Can pass accurately with both feet Can shoot accurately at a target & intercept a pass from an opponent Can dribble around stationary objects To learn, develop and experience multiple football positions Can make a tackle whilst remaining on two feet	To develop passing and shooting techniques with both feet To incorporate movement into tactical thinking Can pass accurately & consistently. Can perform an attacking & defensive header Can dribble past an opponent whilst keeping the ball under control	Can pass a ball accurately under pressure Can shoot at a target accurately under pressure Demonstrate both types of header Can dribble past an opponent at pace To develop decision making under pressure To develop both communication and teamwork	Demonstrates high level of passing & control most of the time using both feet on different surfaces Run at pace & deliver an accurate cross or through ball Make a well-timed sliding tackle Have clear positional understanding based on the game & in defensive & attacking capacity.
Skills	Tactics/ progress	Basic movements: running, jumping, throwing & catching Begin to participate in competitive activities Have opportunities to improve agility, balance & coordination. Recognise rules & apply them in competitive and cooperative games. Apply simple strategies for invasion games. Explain the reasons why we enjoy exercise.	Can send and receive a ball using feet. Refine ways to control bodies & range of equipment. Recall & link combinations of skills, e.g. dribbling and passing. Select & apply a small range of simple tactics Recognise good quality in self and others To work with others to build basic attacking play	Able to show basic control skills including sending and receiving the ball. To send the ball with some accuracy to maintain possession & build attacking play. To implement the basic rules of football. Can understand the difference between attacking & defending headers.	Use some defensive skills – appreciate the importance of closing down an opponent with the ball. Dribbling in different directions using different parts of their feet Passing for distance Evaluating skills to aid improvement Some understanding of positional play & role within the team.	To play effectively in a variety of positions and formations on the pitch Relate a greater number of attacking and defensive tactics to gameplay Become more skilful & agile when performing movements at speed	Select & implement strategies to attack and defend To perform a wider range of more complex skills Recognise and describe good individual and team performances Suggest, plan and lead simple drills for given skills Use core skills, strategies and tactics to outwit the opposition.

<p>Key Vocab</p>	<p>Attacker: A player whose job is to create a scoring opportunity.</p> <p>Corner Kick: A free kick taken from the corner of the field by an attacker.</p> <p>Defender: A player whose job is to stop the opposition attacking players from goal scoring.</p> <p>Foul: A rule-violation which results in a free kick.</p> <p>Free Kick: A free kick of the football.</p> <p>Dribble: Keeping control of the ball while running.</p> <p>Goal Kick: Awarded when the ball is played over the goal line by the attacking team.</p> <p>Goalkeeper: The player who is allowed to control the ball with their hands when in the goal area.</p> <p>Midfielder: Players responsible for linking play between attackers and defenders.</p> <p>Penalty Area: The rectangular area in front of the goal in which the goalkeeper may handle the ball.</p> <p>Penalty: A penalty kick (a free shot at goal) is awarded when a foul has been committed inside the penalty area</p> <p>Referee: The official who is in charge of the game.</p> <p>Tackle: To take the ball away from the opponent using the feet.</p> <p>Throw-In: The ball is thrown in after the ball has crossed the touch line.</p>	<p>Dummy Run: A run by a player without the ball, to lure defenders away from the ball carrier.</p> <p>Give and Go: (also known as a 1-2) When a player passes the ball to a teammate, who immediately one-touch passes the ball back to the first player.</p> <p>Direct & Indirect Free Kick: A free kick awarded to a player from which a goal may or may not be scored directly.</p> <p>Man to Man Marking: A defensive system where defenders are designated one attacking player to track continuously.</p> <p>Offside: A player is in an offside position if they are nearer to their opponent's goal line than the ball and the second-to-last opponent.</p> <p>Pass and move: To pass to a team mate then move to a different area of the pitch to create space</p> <p>Red Card: A red card is given when a player has committed a serious infraction or has been issued with two yellow cards.</p> <p>Shape: the ability of the team to keep their formation during play</p> <p>League: a competition where teams play each other at least once.</p> <p>Round Robin: a competition where teams play each other at least once before the winning teams enter a knock-out stage</p> <p>Knock Out: a competition where the winner proceeds to the next round & the loser is out.</p> <p>Own goal: sending the ball into the goal your team is defending</p> <p>Penalty shootout: If teams are drawing, a penalty shootout is used to find a winner. Both teams have</p>	<p>High press: When the opposition have the ball, the aim for the other team is to gain/obtain possession of the ball by working together with team mates to close down the opposition and minimise their space and opportunity to pass. This could be achieved via a tackle or interception.</p> <p>Formations: The way a team sets up their starting 11 in terms of positions on the pitch contributing towards a certain strategy. This will comprise of a goalkeeper, defenders, midfielders and attackers</p> <p>Holding midfielder: A midfielder that's position is predominantly just in front of the centre of defence to support them but also retain the ball and start off possession.</p> <p>Overload: when you have more players than normal in a particular part of the pitch</p> <p>Composure: staying calm under pressure & making good decisions</p> <p>Wing-back: an attacking full-back</p> <p>Advantage: When a referee wants to award a foul but decides not to stop play because the team is attacking or has the advantage.</p> <p>Break: When a team suddenly switches from defending to attacking</p> <p>Channel: the space between the central defenders & the full backs</p> <p>False Nine: a centre forward who often drops back to collect the ball</p> <p>Hole: the gap between the opponents' midfield & defence</p> <p>Near Post: the goalpost closest to the ball</p>
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