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| | Subject: Football Defending strategies to outwit Lesson: Tactics and Formations | Year: | Group: | Total No.: | M: | F: |
| | | Ability: | Period: | SEN: | | |
| | | Duration: | w/c | | | |

Objectives:

To incorporate the different formations into a full sided game.

To understand and develop their knowledge of the different types of tactics used in football

To learn different types of tactics within the game, understanding each formations benefits and effects in both attack and defence

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| Key Aspect of Transfers of Skills and Analysis | Throughout every aspect of this session : <ul style="list-style-type: none"> - Discuss and analyse the different defensive strategies that gain possession and used in Rugby, Basketball, Football, Rounders, Softball and Hockey - Identify the similarities and the teaching points found in each of these defensive strategies to gain possession and a strategic advantage when performing them in defence - Enhance knowledge, understanding and the ability to transfer the range of defensive strategies, skills, tactics and approaches to gain ascendancy in practices and games that enables the defender or defensive team to turn a defensive position into a positive or attacking one (and hopefully a scoring one) |
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| Activity | Description | Objectives | Teaching Points | Evaluation / Performance | Differentiation and Creativity |
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| Student Warm Up | The pairs chosen last lesson lead the warm up | To be able to lead the group through heart raising exercises. | <ul style="list-style-type: none"> - listen to and follow instructions of those leading the warm-up | Observe pupils performances | <ul style="list-style-type: none"> ① Ask students how they could make warm up easy / harder / intense |
| Student Stretches | Students arranged in a circle. Students lead through series of stretches | To understand the importance of stretching at the start of the session. To be able to demonstrate stretches relevant to Football | <ul style="list-style-type: none"> - Hold stretches for 8 seconds. - No bouncing. | Q & A on benefits of stretching and their warm ups | <ul style="list-style-type: none"> ↗ Get pupils to incorporate stretching with Ball / Objects being used in lesson / or muscle groups |
| Tactics and Formations <i>Listen to pupils feedback and evaluation regarding the strengths weaknesses of the moves, tactics and strategies that will enable their team to outwit opponents</i> | The pupils are to Play 11 v 11 games <ul style="list-style-type: none"> - 4, 3, 2, 1 - Christmas Tree - Zone Def. - Man to Man marking Non-doers are referees, timekeepers, and linesmen <ul style="list-style-type: none"> - Discuss with pupils pro's and con's of each formation - Discuss teaching points used to beat / outwit opponent in games - Discuss the skills used to beat / outwit an opponent in games - Discuss the skills used to gain ascendancy in games - Discuss the tactics used to outwit teams within games - Discuss how performers can use varying skills to outwit opponents in game | To understand and develop their knowledge of the different types of tactics used in football To incorporate the skills of previous lessons into a full sided game. To incorporate the different formations into a full sided game. To understand and know the rules and regulations regarding scoring, fouls, and pitch markings. To learn different types of tactics within the game To be able to officiate a full sided game of football correctly and safely, knowing and understanding the rules and regulations that govern the game To be able to perform the different signals and calls in football appropriately To know the pluses and negative aspects of each formation. To know and understand the essential principles of using space, looking, talking and being aware when playing football | Play within rules of game e.g Fouls, Off-sides etc. Attack space Create overlaps Create 2 v1 at all times Use width and space | <ul style="list-style-type: none"> - Video Performances M/C - Evaluate performances of outwitting opponents using the skills M/C - Discuss and listen to strategies that are used to beat opponents M/C - Analyse strength and weaknesses in performances M/C - Pupils analyse tactics and strategies used M/C - Evaluate performances of outwitting opponents Q & A : Are the skills, moves and tactics predictable or unpredictable Q & A : Is speed, depth and power being shown with the ball Q & A : Are they performing the skills and techniques at speed Q & A : Are mistakes minimal | <ul style="list-style-type: none"> ↗ - Add into the games situations that are commonly found in football - e.g. Being one – nil up in a final with five minutes left so they change formations to a more defensive - Being one – nil down with 5 minutes left so they become more attacking. They start to be more direct. - Having a player injured or sent – off. Playing with ten men – - Make the pupils re-organise on both side. Take diff players off - Having just score – make sure now are on defensive as this is where defences lapse - Playing against a team that is defending high up the pitch and playing the offside trap or playing just on the edge of their box |

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| Cool Down | The 2 students chosen to lead the cool down do so | To understand why you Cool Down and do rhythmical movement after exercise | - listen to and follow instructions of those leading the cool down - complete exercises and stretches | Ask students for feedback regarding their performances | ⬆ Ask pupils questions why a Cool down is essential after exercise | | | |
| Informed Choices and Lifestyle | Discuss the numerous jobs available in Football e.g. Referee, Coach, Manager, Physiotherapist, Masseur, Development officer, Liaison officer, Sport Rehabilitation, Sports Doctor, Sports Psychologist, Dietician, Sports Journalist, Sports Analyst, Sports Designer Highlight the pathway to be an elite performer in Football Highlight the pathway to be an official in Football Highlight the pathway to be an Football coach | | | | | | | |
| Equipment | Footballs, Bibs, Whiteboard & Markers, Resource cards , Whistle Video, TV, Whiteboards, Digital Camera, Laptop, Peer skill Evaluation Sheets | | | | | | | |
| ICT | Assessment | Citizenship | Peer Evaluation | Literacy | Numeracy | Pupil planning | | |
| Analysis of perf. | Evaluation | Feedback | Q & A | Mathematics | Art | English | Science | Technology |

Comments / Notes:

HEALTH AND SAFETY THROUGHOUT THIS LESSON

- Tell the students that they must remove all jewellery
- PUPILS MUST WEAR SHIN-PADS TO PLAY
- Must warm – up and stretch thoroughly
- Always - check the working areas for glass, objects, at the beginning of every lesson.
- The student must be clear on the correct & safe technique.
- Tell pupils to keep head up when playing
- PLAY WITHIN RULES, NO EXCESSIVE CONTACT

ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT

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| Competence | Performance | Creativity | Health and Active Lifestyle |
| Developing Skills | Making and Applying | Physical and Mental Capacity | Evaluating and Improving |