

Learning Intention: How can you get a ball from the other team?

- I can attempt to get the ball off another player
- I can tackle another player and sometimes get the ball
- I can tackle another player and get the ball

EQUIPMENT:

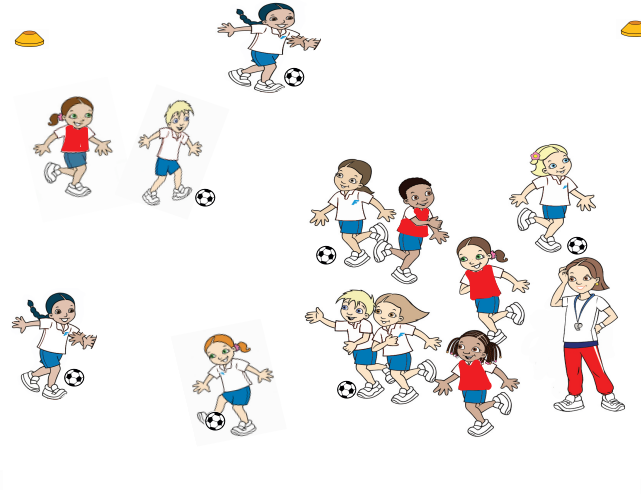
- 30 (enough for one each) size 3 footballs or medium-sized balls,
- cones, spots

WARM UP:

Set up: A square, large enough for the class
All children to have a ball.

1. Children dribble the ball around the square
2. Teacher to call different body parts e.g. back, foot, head, knee, tummy etc

Each time a body part is called, they place this on the football.



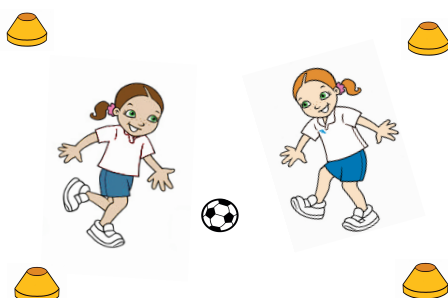
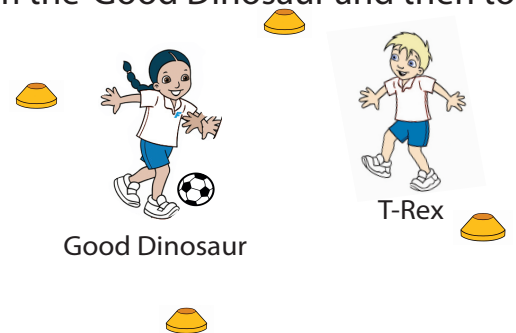
ACTIVITY 1: Good Dinosaur v T-Rex

Set up: In pairs - children set up an area 3m x 3m . Teacher to go through tackling the teaching points. It is important that children have shin pads for tackling.

Player 1 The 'Good Dinosaur' starts with the ball - They attempt to keep their food (ball)

Player 2 The 'T-Rex' is trying to take the planet (food) from the 'Good Dinosaur' and then to kick it out of the square. Swap over roles.

- Rules:**
- : No pushing the other player
 - : No pulling the other player
 - : Tackle the ball (not the player)



T-Rex tackling:

- Move quickly towards the Good Dinosaur
- Keep your eyes on the ball
- Use inside of foot to tackle
- Try to tackle with the foot closest to the ball

ACTIVITY 2: Eat the food!

Set up as show in the diagram below:

Make it harder: Give the Good Dinosaur's a ball

Make it easier: Set up more games

Choose 4 children - These are **T-Rex's**

The rest of the children are **Good Dinosaur's** - They are to move with a ball in the area.

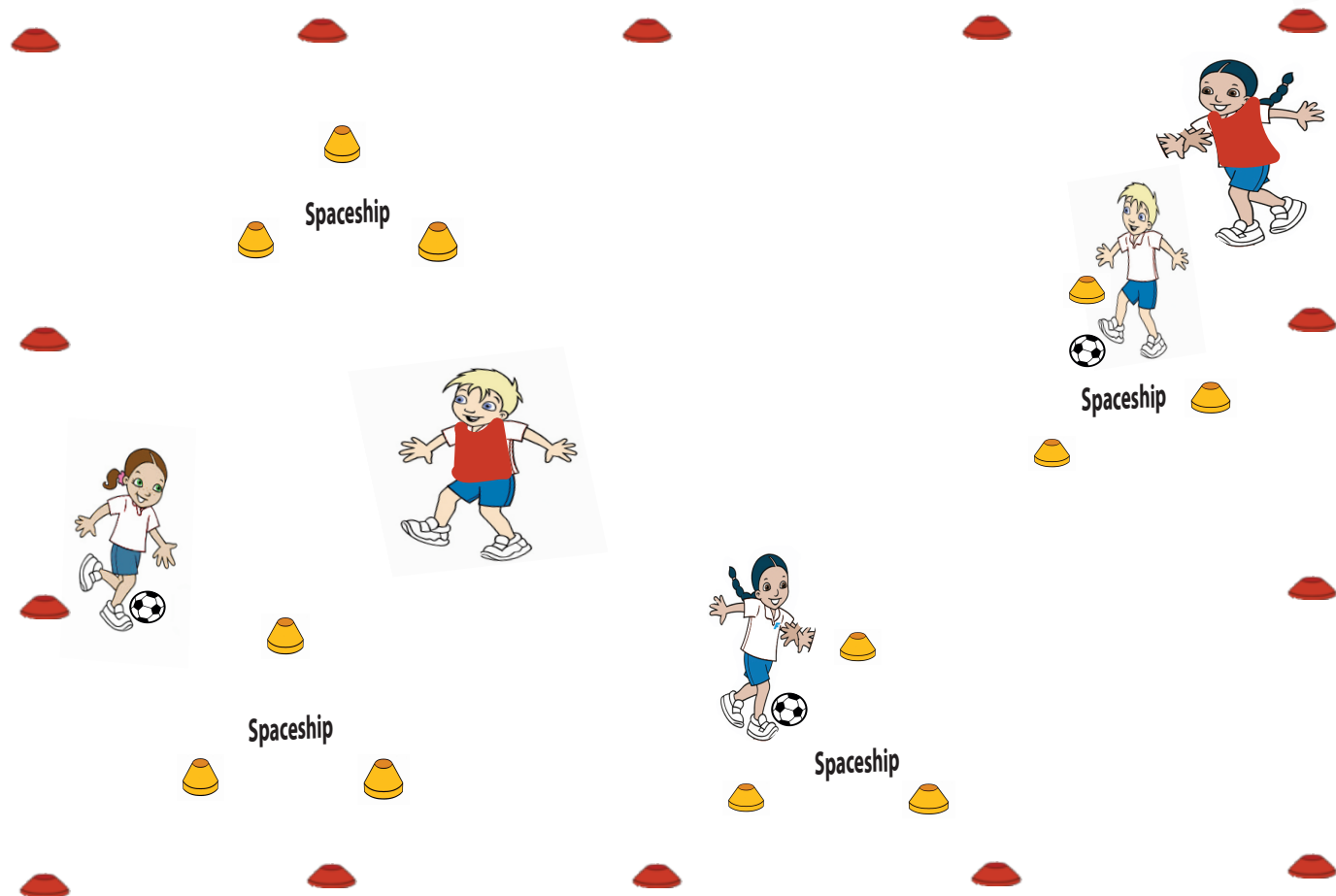
1. The **T-Rex's** are attempting to kick all the food (balls) 'out of the area' (outside the red cones)
2. Keep going until all the **Good Dinosaur's** food has gone
3. **Good Dinosaur's** can go to a cave for 3 seconds- Here they are SAFE and their ball cannot be touched by a **T-Rex**.

If a **Good Dinosaur** is out, they must go out of the area and complete 10 toe taps. This then gives them the power and strength to return to the game.

Complete for 2 minutes: When the teacher says 'FREEZE' **ALL** must stop.

Add competition: Which **T-Rex** team can get the most **Good Dinosaur's** out?

When **T-Rex** tackles use inside of foot, stay on your feet!



ACTIVITY 3: Let's Play

Set up lots of small pitches as displayed in the diagram below - 2 v 2 Small Sided Game**Rules:****Start the Game:**

- A kick-off is taken from the **centre** of the playing area to start the game and after a goal has been scored
- At kick-off, you must pass to a player from your team
- Whoever scores - The opposite team is then given the ball to restart the game.

Out of Play:

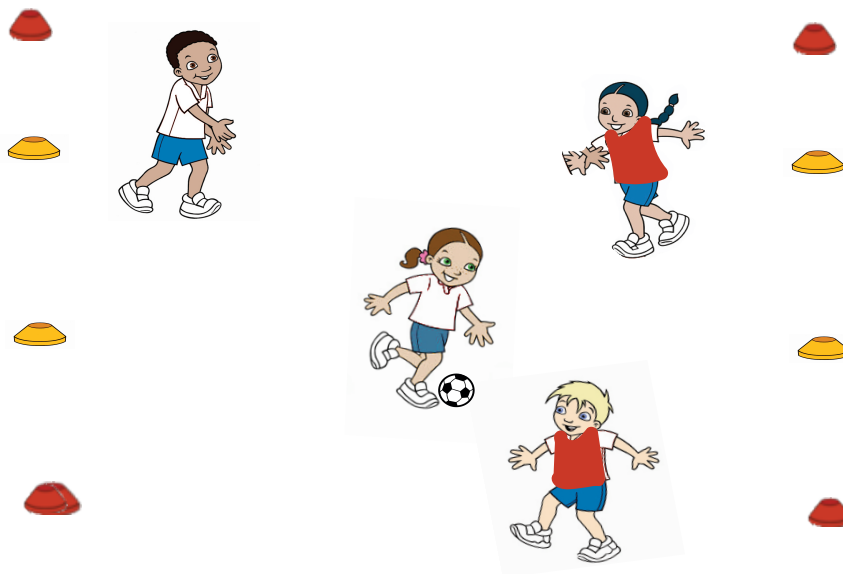
- The ball is out of play - When the **whole** of the ball goes outside the of area (the cones)
- If the ball goes off at the sideline- A 'throw in' is taken
- If the ball goes off the goal line from an attacking player (Player trying to score) it is a goal kick
- If the ball goes off the goal line from a defending player (Player trying to stop you scoring) it is a corner

Foul:

- If you kick another player and not the ball - The other team is given the ball
- If you pick up the ball with your hands - The other team is given the ball

Scoring:

- A goal is scored when the **whole** of the ball is kicked through the goal and crosses the goal-line.

**COOL DOWN**

Children to walk around with the ball - Teacher calls 'freeze', they stop the ball

PLENARY

What did you enjoy about the lesson? What is important when tackling?
What can you **NOT** do when tackling another player?