

# FOOTBALL FUNDamentals LESSON 7 Year 1

Learning Intention: *How can you play a small sided game of football?*

Year 1:

I can play football in a team and begin to follow the rules

I can play football in a team and be honest and follow the rules

I can play football follow the rules fairly and show respect to others

## EQUIPMENT:

- 30 (enough for one each) size 4 footballs or medium-sized balls,
- Cones, spots

## WARM UP: It's the Final!

Place cones in an area (set up with gates/goals)

Teacher to call out the following commands:

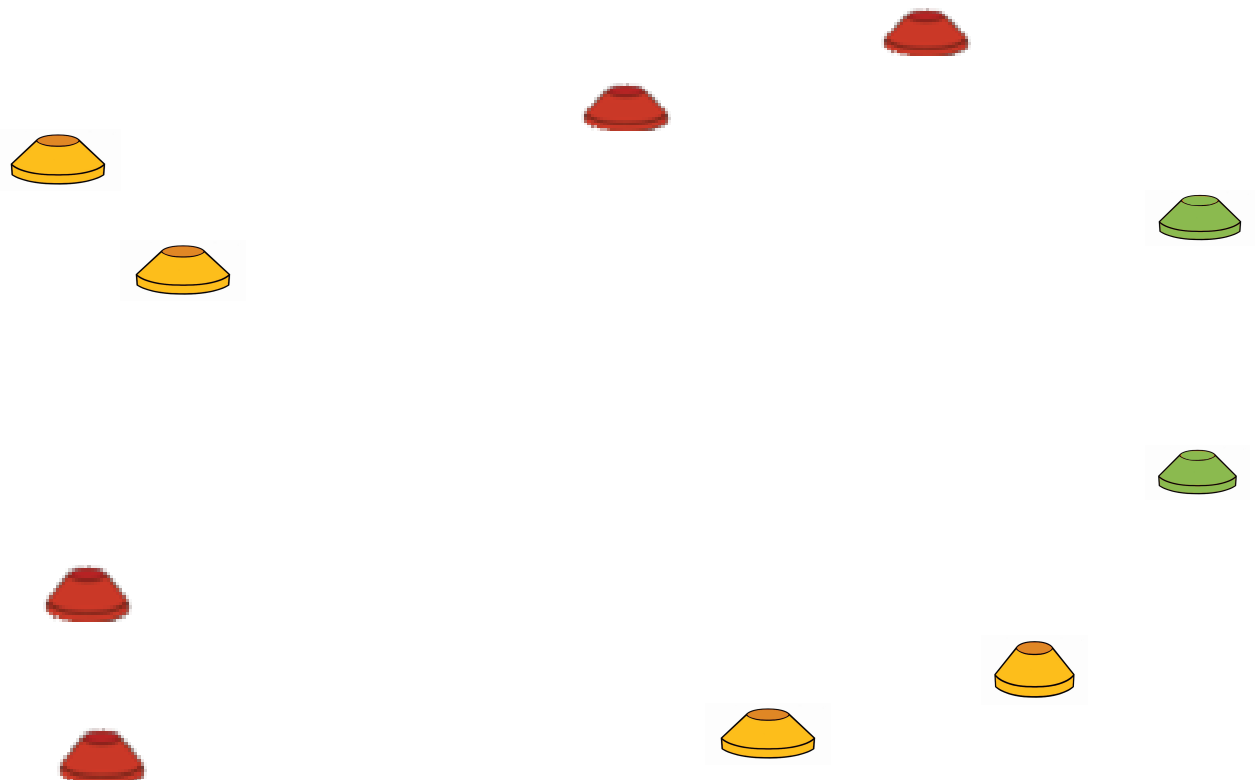
**'Russo Run'**: Children to jog around, dribbling the ball

**'Speedy Meady'**: Children dribble as quick as possible, scoring through the gates

**'Captain Leah'**: Jump up and down, celebrating holding the cup!

**'Toone'**: Children to do toe taps on the ball

**'Keeper Earps'**: Children throw the ball up in the air and catch it



## Euros Tournament

**Sort the children into 6-8 European teams (Teams of 4/5):**

**England, France, Spain, Germany, Sweden Netherlands, Portugal, Norway**

**Set up 4-6 pitches (Depending on number of teams)**

**Round Robin - All teams will play each other.**

## Rules:

**Set up lots of small pitches. 4 v 4 small sided games**

### Rules:

#### Start the Game:

- A kick-off is taken at 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 on 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** ball is kicked through the goal

## Values

There will be a winning team in the tournament. Which you can all celebrate.

There can be value awards given to individuals and teams (you can download your certificates):

The Sarina Self Belief Award

The Russo Respect Award

The Leah Leadership Award

The Hemp Honesty Award

The Earps Enthusiasm Award

The Mead Motivation Award

The Toone Teamwork Award

The Pariss Passion Award

The Fran Fair Play Award

## COOL DOWN

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

## PLENARY

What did you enjoy about today's tournament? How did you attempt to play as a team? What do you think that you did well?