



Year: ____

Area: Football

Main Focus: Touches

Lesson 1: Touches

Warm up: Play the game 'Body Parts'

Acquiring the skills

In the skills acquisition stage, your children will be focusing on touching the ball using different areas of their feet within an area avoiding players as they move.

1. **Big toe, little toe** - kicking the ball with the inside and then outside of one foot, then move to two feet.
2. **In between** – the children will move with the ball using the inside of both feet.
3. **Outside only** – the children will dribble with a bit more speed using the outside of their feet. Encourage children to point toes towards the ground

Using and Applying

Play the game 'Through the Gate' encouraging the children to dribble around the area then listen to the commands (type of touch) given by the teacher. E.g. Big toe, little toe, and then try to go through two gates.

Game: Play a game

Cool Down: 1, 2 or 3?

Moving slowly, number each type of touch and call out a sequence for the players to complete slowly, focusing on technique. E.g. 1 (big toe, little toe) 2 (in between).

Lesson 2: Touches

Warm up: Set out cones inside a small area. Recap the touches from lesson 1 and tell the children to avoid the cones and each other.

Developing the skills further

In this stage, your children will get into fours. They will need to stand facing each other around 2 meters apart. Place cones in a straight line for the players to dribble around. They will use 'big toe, little toe' and 'in between' to dribble in and out of the cones to a partner opposite them. Encourage the children to go slow to begin with, focusing on technique and then slowly build up their speed when completing the activity.

Using and Applying

Place your children in pairs and they can stand 2 metres away whilst facing each other. Your children are going to use their dribbling skills to get around their partner. The player without the ball doesn't move, they only act as a barrier to put some pressure on the player dribbling. Encourage your children to move at speed whilst maintaining control of the ball. 'Big toe, little toe' and 'outside only' are best for this activity.

Game: Play a game

Cool Down: Complete a few stretches and a light jog with the children to finish off.



Year: ____

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Lesson 3: Touches

Warm up: Game Jive

Acquiring the skills:

1. **Drag back** – using the bottom of their feet, your children will practise dragging the ball back behind them.
2. **Drag push** – when the child gets close to a player, they drag the ball back with the bottom of their feet and change direction.
3. **Drag side** – the children will dribble and drag the ball to one side to change direction.

Using and Applying

In the skills acquisition stage, your children will be focusing on touching the ball using different areas of their feet within an area avoiding players as they move.

Set up an area and split the group in two. One group will have the ball and the other group will find space around the area and stand still. Children will use 'big toe, little toe' to dribble around the areas then complete the actions once called: drag back, drag push and drag side, avoiding the players.

Cool Down: Game Draw – Two players stand facing each other with a ball in the middle. When the teacher shouts, 'Draw' both players try to drag the ball back to their side.

Lesson 4: Touches

Warm up: Recap dragging skills taught in the previous lesson.

1. **Drag back** – Using the bottom of their feet, your children will practise dragging the ball back behind them.
2. **Drag push** – when the child gets close to a player, they drag the ball back with the bottom of their feet and change direction.
3. **Drag side** – the children will dribble and drag the ball to one side to change direction.

Developing the skills:

Split your class into two teams. Create a square area and one team will spread out around the outside. The players in the middle will have a ball each and they will dribble the ball towards a player, pass the ball and when they receive the ball back, they control it and complete one of the 'drag' touches to change direction. Encourage players to stand 'side on' when receiving the ball, with their preferred foot behind them. Also remind the children to use their drag touches in the middle if they are close to another player.

Game: Play a game

Cool Down: Game Follow the Leader – In pairs the players will need a ball between them. One player dribbles with the ball and drags to change direction whilst the other shadows them. The player following doesn't tackle.