



P

ROGRESSION OF KEY SKILLS

Football

Early Years

EY

- Explore stopping a ball with different parts of the body
- Experiment kicking the ball with feet to a partner
- Move a bean bag/ball on the floor using inside of foot
- Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)
- Shooting into a target on the floor
- Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)

1

Year 1

- Stopping a ball with the inside of feet
- Pass the ball, beginning to use inside of feet "toe, toe, toe, no, no, no!"
- Dribble the ball with the inside of feet - finding a space
- Introduce getting the ball off a player- tackling
- Scoring in a variety of ways- into goals and at targets
- Begin to understand tactics for attacking and defending
- Small sided games 4v4

2

Year 2

- Stopping a ball with the sole and inside of feet
- Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy
- Dribble the ball with the inside of feet, keeping the ball close to their body- dribble into a space
- Improve tackling by using adapted games- introduce intercepting play
- Scoring in a variety of ways and begin to use in a game situation
- Begin to include some basic tactics for attacking and defending in conditioned games
- Play an adapted and conditioned games 5v5.

3

Year 3

- Control a ball using inside, outside and sole of feet
- Pass the ball with inside of feet with accuracy. Pass the ball to someone in a space
- Dribble the ball, beginning to turn with some control (inside and outside hook)
- Defend making a tackle in isolation (a conditioned game)
- Shooting - Kick a stationary ball past a goal keeper
- Adapted games, begin to apply some basic principles for attacking & defending in small sided games
- Small sided games 6v6

4

Year 4

- Move body to correct position to stop and control a ball
- Pass the ball with inside of feet, whist on the move
- Dribble the ball using inside, outside hook and drag back, beginning to accelerate
- Defend- moving forward to close down space to tackle in a conditioned game. Intercept a pass
- Shooting- Strike a moving ball (past a goal keeper) with some accuracy
- Encourage children to talk about tactics when attacking and defending
- Small sided games - up to 7v7

5

Year 5

- Control the ball using either foot when moving
- Pass the ball with inside, front or laces on the foot
- Dribble the ball using inside, outside hook and drag back beginning to accelerate
- Show good body position to defend and press in a 2v2 game
- Scoring using top of foot (laces)- aiming for corners of the goal
- Begin to use attacking and defending, techniques learned in a game situation
- In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

6

Year 6

- Move into space to receive the ball and control with either foot in a game
- Select the correct pass for various distances in a game situation
- Dribble the ball in a game situation around a defender
- Communicate with team when defending in a game -making interceptions, cover space
- To work as a team to score, shooting from various angles
- In a team, discuss tactics and how to win as a team (communicate and collaborate)
- Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
- Understanding the positions and rules of the game

