

# Football - Control

## Keywords

Key Stage 1	Key Stage 2
Attack	Movement
Receive	Possession
Control	Accuracy
Speed	Shoot
Soft	Cushion

Can you think of any more?



## STOPPING THE BALL



1. Move your body into position to stop the ball from passing.
2. Place your foot on top of the ball.

## CONTROL



1. Face the direction of the ball approaching.
2. Watch the ball all the way onto your foot and use your arms to balance.
3. Cushion the ball with the side of your foot.



**Can you control the ball from different heights?**

**NOTE YOUR LEVEL IN YOUR PLANNER**

Performance	L1	Can stop the ball
	L2	Can stop ball consistently
	L3	Can stop the ball
	L4	Can stop the ball using different parts
Analysing Performance	L1	Can watch someone perform
	L2	Identify movements on performance
	L3	Able to compare work with others
	L4	Pick out strengths and weaknesses
Select and Apply	L1	Can pass with one foot
	L2	Understands how to control ball
	L3	Why and when to perform a skill
	L4	Tries to use the skill in a game
Health Related Fitness	L1	Explains what exercise is
	L2	Can describe how you feel during exercise
	L3	Explains why exercise is good for us
	L4	Knows the stages of a warm up & benefits of exercise