



Key Knowledge and Skills:

Rolling a ball: Step forward with your opposite foot, swing with a straight arm and finish with your hand pointing at the target.



Track and stop a ball: Move your feet to get behind the ball, bend down and collect the ball with two hands.



Dribbling a ball: Keep the ball close to your feet and use lots of little touches, using different parts of your feet.



Passing a ball: Step next to the ball with your non-kicking foot and send the ball using the inside of your foot.



Receiving a ball: Move your feet to get in line with the ball and then stop the ball by controlling it with the inside of your foot.



Key Vocabulary:

Vocabulary:	Definition:
Target	An area or object to aim for.
Passing	Sending a ball or object from one person to another.
Dribbling	To take a ball forwards using small touches of the feet or hands.
Track	To watch a ball.
Receive	To end up with the ball after it has been passed or caught.
Opponent	A player who is on the opposite team/someone you are playing against.

Throwing a ball: Step forward with your opposite foot, use a straight arm and point your hand at the target as you release the ball.



Catching a ball: Track the ball, stay on the balls of your feet and place your hands together using the 'W position' to catch a ball above your chest and the 'M position' to catch a ball below your chest.

