



PE Knowledge Organiser

Year 6: Spring Term

Football



Key Knowledge and Skills:

Dribbling:

- Soft touches and keep the ball close to your feet.
- Send the ball ahead if you have space from a defender.
- Use all parts of your foot.



Passing:

Use the 4 'S's when performing a pass:

STOP – stop the ball by placing your foot on top or use the side of your foot to cushion the ball.

- **STEP** – Step next to the ball with your non-kicking foot.
- **SEE** – Look up to see where you are going to pass.
- **SEND** – Pass the ball to your target using the inside of your foot.



Turning:

Turning helps you move away from a defender quickly. Here are three types of turn:

- **Drag back** – Place one foot on the top of the ball. Drag the ball backwards using the sole of the foot and move off in the opposite direction.
- **Inside hook** – Take your weight on your standing foot. Use the inside of your non-standing foot to hook the ball back behind you. Turn on your standing foot and accelerate to follow the ball.
- **Outside hook** – Take your weight on your standing foot. Use the outside of your foot to hook the ball back behind you. Turn on your standing foot and accelerate to follow the ball.

Gaining Possession:

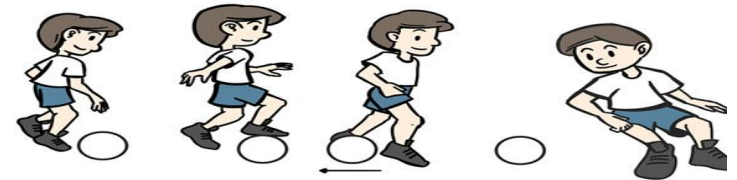
Regaining possession of the ball for your team is a key principle of football. There are ways in which you can tackle a player, but if you are not able to do so then slowing down your opponent is a good tactic to take. One way to do this is called jockeying:

- **Jockeying** – Jockeying denies your opponent time and space. Keep your knees bent and keep a low body position as the opponent approaches you. Stay balanced on your toes. Try to slow the opponent down by moving slowly back in the direction they are going (getting in their way).

Key Vocabulary:

Vocabulary:	Definition:
Dribble	Running with the ball at your feet keeping it under control.
Tracking	Keeping an eye on or following an opponent.
Jockeying	Slowing your opponent down by getting in their way.
Possession	The team that has the ball are in possession.

The drag back



Inside hook



Outside hook



Jockeying

