


Lesson no. 1	Subject: Football	Lesson description: Defending skills	Year: 10	Group:	Ability:	Day:	Period:	Duration:	
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Objectives: To be able to confidently perform with accuracy, the individual and team defensive skills of jockeying, closing down, keeping play in front of them, channelling play, and getting goal-side.
To understand the benefits of closing the players down, jockeying, tracking, channelling attack down weak side and not diving in.
To clearly understand and know the defenders responsibilities in a game.

Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity, Resilience and Tactics	Link to Theoretical PE Aspects
Warm Up	- Movements up and back in a line in groups	The pupils are to run around the edge of the football pitch The pupils accurately replicate and perform shuttles to 6 – yard box, 18 yard box, and half way	Increase tempo as time increases Run hard and efficient	Observe the warm – up and stretches	Observe pupils performances <input type="checkbox"/> Use warm up cards with key phrases	R+ Build competence	<ol style="list-style-type: none"> Identify the major bones of the body based on the location on the body or the joints in which they make up that are listed below. <ol style="list-style-type: none"> Head Vertebral column Chest Shoulder Elbow Hip Knee Provide a clear definition showing the function of; <ol style="list-style-type: none"> tendons ligaments
Pair Stretching	Students arranged in a circle. Teacher leads through series of stretches and questions students as to what muscles we were stretching.	To understand the importance of stretching at the start of the session. To know the names of major muscles. To carry out in pairs correct stretching routines safely.	Hold stretches for 8 seconds. No bouncing.	↑ Get pupils to incorporate stretching with Ball / Objects being used in lesson / or muscle groups	Q & A on benefits of stretching and their warm ups	R+ Evaluate the importance of making time to eat properly, exercise and rest.	
Defending skills	A follows B where ever they go positioning themselves goal side	To be able to confidently perform with accuracy, the individual and team defensive skills of jockeying, closing down, keeping play in front of them, channelling play, and getting goal-side	- Keep goal side of individual at all times - Mirror movements of opponent	↓ Decrease size of grid ↑ Give time limit to lose partner ↑ On whistle partners must be close to partner	<input checked="" type="checkbox"/> Pupils highlight weaknesses and good points for forwards, midfielders and defenders when defending	<input type="checkbox"/> Create and listen to strategies that are used to beat attackers	
	- Circle passing – split group up into two equal teams. Defenders try to intercept ball	To understand the benefits of closing the players down, jockeying, tracking, channelling attack down weak side and not diving in.	- Pass and follow - Use suitable techniques to pass and receive the ball - Defenders must try to eliminate space - Jockey attackers and place them under pressure and into making mistakes	↑ More defenders trying to intercept the ball when the ball is being passed. ↑ Work on body positioning and channelling play. Discuss this capacity and abilities with the students	<input checked="" type="checkbox"/> Pupils highlight good practice and defending skills	<input type="checkbox"/> Discuss and listen to strategies that are used to beat opponents when defending	
Games	Play 11 v 11 games – 1 referee - MAN TO MAN DEFENDING - HALF PITCH PRESS - ZONE DEFENCE	To comprehend and grasp the roles and responsibilities of each player in attack and defence To appreciate and know how to make adjustments and adaptations when performing To be able to adapt when working individually, in groups and teams.	To score you must shoot through the goal Play within rules of game e.g Fouls, Off-sides etc. Attack space Create overlaps Create 2 v1 at all times Use width and space	↑ DEFENDING TEAM ALWAYS START WITH BALL FORFEIT FOR THOSE LOSING OPPONENTS ↑ Give height and touches limit	<input type="checkbox"/> Defending skills assessed in the games <input type="checkbox"/> Assess the different types of communication made by the defenders	<input type="checkbox"/> Pupils work together in devising tactics, calls and strategies to outwit opponent <input type="checkbox"/> Discuss the influential strategies and tactics used to beat opponents	
Leadership & Coaching	Discuss the basic skills, tactics, and teaching points used to beat and outwit opponents in the 11 v 11 games when attacking and defending (Especially when defending) Communicate with team mates at all times	To understand how to coach and lead a team correctly To create an attacking and defensive strategy to be used To comprehend and grasp the basic types of tactics used To make decisions about what to do to improve their performance and the performance of others To be clear about what they want to achieve in their own work and what they have actually achieved.	Observe players skills, tactics and performances. Offer positive advice, do not be negative. Use the correct terminology and instructions.	↑ Play and introduce new tactics every 4 to 5 minutes ↑ Reward for positive skills, techniques, tactics, understanding and knowledge shown by both players and leaders	<input type="checkbox"/> Assess what skills need to improve when working as a defensive unit <input type="checkbox"/> Coaches assess defensive skills	<input type="checkbox"/> Add into the games situations that are commonly found for the coaches to discuss within the games R+ Coaches Find out what student is good at something.	
Officiating	Officiate the Game	To be able to officiate the Football Game correctly using the correct signals, comments, scoring and techniques To use their knowledge / understanding of the skills and game to play to the laws and to the best of their ability	Use the correct signals Use the whistle, arms and body movements to stop the action effectively and efficiently Get in the right positions to make accurate decisions Be fair and consistent	Focus on the rules regarding scoring, shooting, dribbling, goalkeeping and tackling	<input type="checkbox"/> Assess the weak decisions	Introduce new rules R+ What are the positives to being able to say you made a mistake?	
Cool Down	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise	- Gentle walking speed. - Take in deep breaths - Keep upright	↑ Ask pupils questions why a Cool down is essential after exercise	Ask students for feedback regarding their performances <input type="checkbox"/> Use cool down cards with key phrases	Pupils create a new cool down for working as a defensive unit	

Active lifestyle & Social Guidance	Discuss the benefits of taking part in Football to your health and lifestyle.
Equipment	Footballs, Bibs, Whiteboard & Markers, Resource cards , Whistle Video, TV, Whiteboards, Digital Camera, Laptop, Peer skill Evaluation Sheets
Healthy Lifestyles and well being	Why is it a good habit to avoid snacks and fizzy drinks?