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| ***Class: Y4*** |
| ***Lesson: FOOTBALL (PASSING)*** |
| ***Lesson Objective:***  TO PASS A FOOTBLLL CORRECTLY |
| ***Resources:***  FOOTBALL, CONES |

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| ***Warm Up:***  JOGGING AOUND THE AREA, SKIPPING, JUMPING, SIDE STEPS ON THE COACHES COMMAND. DYNAMIC STRECHES WILL FOLLOW.  **Coaching Points:**  ***Safety Points:***  BE AWARE OF WHOS AROUND |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  PARTICPANTS WILL START BY PASSING THE BALL T EACH OTHER AT A SHORT DISTANCE, STRONG FOOT, THEN WEAK FOOT.  PARTICPANTS WILL START PASSING TO EACH OTHER THROUGH A CONES DIAGINALLY.  **Coaching points:**  SIDE OF THE FOOT, HEAD OVER THE BALL, NONE KICKING FOOT AT THE SIDE OF THE BALL  ***Safety Points:***  BE AWARE, DON’T KICK THE BALL TO HARD |
| ***Warm Down***:  JOGGING, WALKING, FOLLOWED BY STATIC STRECHES.  **Coaching Points:**  ***Safety Points***:  BE AWARE OF WHOS AROUND |
| ***Plenary:*** |

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| RED:  SHORTER DISTANCE |
| AMBER:  STANDARD SESSION |
| GREEN:  LONGER DISTANCE |