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| ***Class: Y3*** |
| ***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  |