**Objective**
To be able to pass a ball using our feet. To control the ball using hands or feet

<table>
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<th>Lesson Structure</th>
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<td><strong>Introduction/ warm up (Connection and Activation)</strong></td>
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| **Step Touch Tag** | 5-10 min | a) Introduce more or less taggers  
  
  b) Taggers are not allowed to tackle (jockey only) |
| • Same as last week but this time introduce taggers, in between 2-6. Taggers attempt to kick balls out of playing area. Player then retrieves ball and has a 10 second penalty before returning to game. | 5-10 min | a) Introduce more or less taggers  
  
  b) Taggers are not allowed to tackle (jockey only) |

| **Main (Development/ Application)** | With timings | Differentiation (Extension/Support) |
| **Kicking to a partner through gates** | 10 min | a) Make gates bigger or smaller  
  
  b) Allow some students to only use their feet or hands  
  
  c) Introduce 2 touch only |
| • In pairs attempt to pass to one another through gates which are about a meter apart and then try and attempt the following  
  
  • Roll the ball to our partner through the gate without the ball touching any of the cones. Can you do it 5 times? How many can you do in 2 min?  
  
  • Kick the ball to your partner through the gate. Partner can stop the ball with hands or feet. If we are using our feet which part of the foot should I use? Try the inside? Can you do it 5 times? How many times 2 mins?  
  
  • Swap partners if need be | 10 min | a) Make gates bigger or smaller  
  
  b) Allow some students to only use their feet or hands  
  
  c) Introduce 2 touch only |

| **Working in Pairs** | 10 min | a) Change distance between catcher and thrower/kicker  
  
  b) Goalkeeper does not have to catch the ball but instead stop it from passing them |
| • Using hands or feet if appropriate have 1 child pass or kick a ball to their partner who will attempt the following  
  
  • Standing on a line can you hold you balance while catching a ball at knee height? Now try above your head.  
  
  • What position on a football pitch would you be if you are catching the ball?  
  
  • Encourage children to have an athletic stance when on the line. Why does this help?  
  
  • Can you remained balanced when the ball is fed away from your body? | 10 min | a) Change distance between catcher and thrower/kicker  
  
  b) Goalkeeper does not have to catch the ball but instead stop it from passing them |

| **Plenary (5 min)** | 1 | 2 | 3 | 4 | 5 |
| How do you rate the quality of learning in this lesson? Outstanding 1 – 5 Inadequate |
| Have children write down some I can targets for the term. Have Children in small groups with teacher/coach helping. Keep safe for a later lesson. | 1 | 2 | 3 | 4 | 5 |