# Year 3 Football Lesson 2 - Passing and Control

## Learning objective:

1. To pass with different parts of the foot
2. To control the ball in different ways

## Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
</table>
| Football release tag: select 4 or 5 children to be taggers wearing bibs. Select another 4 or 5 to be releasers with footballs in their hands. If tagged, children must stand still until they exchange a pass with their feet with the releasers. Rotate roles so that all children have at least one turn at being a tagger or a releaser. | 10 mins | Extend:  
- Higher ability pupils could perform a header with a releaser |

<table>
<thead>
<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
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</table>
| Give pupils a ball 1 between 2 or 3. Pupils stand a comfortable distance from each other and play passes to each other using different parts of the foot. Pupils must use one touch to control the ball and their next touch to play the pass. Remind pupils that their follow-through with their foot must point in the direction in which they want the ball to go. | 15 mins | Extend:  
- Increase distance between pupils  
- Play a pass with one touch |
| Support:  
- Decrease distance between pupils  
- Take more touches when controlling the ball |
| Progress  
Using different parts of the foot to play passes:  
- Instep, toe, laces, heel, outside, sole  
Using different parts of the foot to control the ball:  
- Inside, outside, sole | 10 mins | Extend:  
- Increase passing distance  
- Points only awarded if ball goes through gate without touching cones  
- Make gates narrower  
- Play a first time pass  
- Play a pass with weaker foot |
| Support:  
- Decrease passing distance  
- Make gates wider |
| Football Rob the Nest: divide group into 4 teams, each with a hoop. Place another hoop with all the balls in the middle of the area. Pupils must race to the hoop and play a pass to the next person waiting in their group who controls the ball and places it in their hoop. | 15 mins | Extend:  
- Pass with weaker foot  
- Pass with outside of the foot |
| Support:  
- Dribble the ball half way back to the hoop before passing |

## Plenary

Refresh learning objectives

Questions: What did you improve today? How did you make this easier for yourself? What tip helped you improve?