### Learning objective:

1. To shoot with different parts of the foot  
2. To shoot with accuracy

### Lesson Structure

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<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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| **Hi Baby** - Children walk around space greeting other children in different ways (ways selected by teacher e.g wave, high five). **Progress**  
  - Give half the class with a football to dribble with. Encourage keeping head up to communicate the “Hi” or make a “Hi five”. Rotate the children who have a ball.  
  - Introduce the command ‘swap’ children who don’t have a ball must find one and ones that do must leave theirs. | 10 mins | |

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| Divide class into groups of 4 with 1 or 2 balls per group. Number the children in each group 1-4. Set up a goal about 2 metres in width and a shooting zone about 5 metres away from the goal (just a gate of cones/line). Try to use larger cones if possible for the goals and smaller discs or spots for the zone. Children must pass and dribble the ball. Teacher shouts a number 1-4, the relevant child must dribble to the shooting zone, stop the ball in the zone and shoot into the goal. **Discuss** the different areas of the foot with which to shoot the ball i.e. laces, instep, outside, toe and remind pupils of the importance of the follow-through pointing in the desired direction of the shot. **Discuss** where to place standing foot in order to make shooting/striking the ball more comfortable (to the side of the ball, half a foot - a foot away from it). **Progress**  
  - Dribble and shoot  
  - Introduce a goalkeeper  
  - In pairs other child becomes a passive defender to obstruct the shooter  
  - Strike a moving ball | 15 mins | **Extend:**  
  - Increase shooting distance  
  - Make goal smaller to increase accuracy challenge  
  **Support:**  
  - Make the goal wider  
  - Decrease shooting distance |

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Give pupils 1 ball each if possible, if not divide the group into two halves and distribute balls evenly between each group. Set up area with a wide goal at either end. Place a line of cones down on either flank and the groups start at diagonally opposite corners of the area. One at a time, pupils must dribble the ball in and out of the cones and once they reach the last cone they dribble the ball towards the goal and shoot. Once they have had their shot, they join the back of the other group. Pupils keep rotating round the area to take as many shots as they can and score a point whenever they score a goal. **Progress**  
  - Introduce a goalkeeper | 10 mins | **Extend:**  
  - Allow defenders to tackle  
  - Place smaller targets in the goal to try and hit e.g. tall cones  
  **Support:**  
  - No goalkeepers or defenders, only cones to avoid  
  - Make goals wider  
  - Decrease shooting distance |

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**Extend:**  
- Place smaller targets in the goal and challenge pupils to hit them to score points  
- Introduce a goalkeeper  

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**Support:**  
- Award points for scoring a goal, no smaller targets  
- No goalkeeper

[www.moving-matters.org](http://www.moving-matters.org)
- In pairs other child becomes a passive defender to obstruct the shooter

**Plenary**

Refresh learning objectives

Questions: 1. Which parts of the foot can we shoot with? 2. Where should our standing foot be placed when we shoot? 3. What is important to ensure your shot hits the target?