

**Resources:**

Balls, cones, bibs

# Upper KS2

# Lesson 3

**Objectives:**

**M.T.** Passing the ball under pressure

**WALT** – Receive, control and pass the ball whilst under pressure from my opponent.

**WILF** – Is for you to receive the ball, bring it under control and look to pass the ball to a team mate so they can do the same.

**TIB** – During a game a well-timed and placed pass can give

Activities	Coaching Points
<p><b>Warm Up</b> - Agility  <b>Star Passing Shuttle</b> (ball, cones with number cards)            Split class into two groups, demonstrating with one group, using a star shaped set up with 3/4 players at each point of the star. Give each point a number, point 1 starts with the ball, gives a weighted pass to point 2 and goes to the back of the line, player at point 2 gives a weighted pass to player at point 3 and goes to the back of the line.            Variations</p> <ul style="list-style-type: none"> <li>• Easier – shorter distance between cones</li> <li>• Easier - Teacher in centre to pass back to and send to number</li> <li>• Harder – increase distance between cones</li> <li>• Harder - Introduce a second ball</li> <li>• Harder - Player who passes the ball follows the ball.</li> </ul>	<p>Head up            Foot position            Strike through the ball            Weight on the pass</p>
<p><b>Recap 1:</b> Control, passing, weight of pass  <b>1, 2, 3, 4, 5</b> (ball between 5)            In a 10x 10 grid in 5s, numbering themselves 1 to 4, player 1 starts with the ball and passes to player 2 who passes to player 3 and so on. After passing players are encouraged to move ready to receive the ball again.            Variation</p> <ul style="list-style-type: none"> <li>• Combine two playing with two groups working and moving</li> <li>• Combine all areas so passing and moving in large area</li> <li>• Teacher calls number to pass to.</li> </ul>	<p><b>Passing fundamentals</b>            Head up            Move into an appropriate space to receive the ball            Call for the pass</p>
<p><b>Activity 2:</b> Passing under pressure  <b>4 attackers and 1 defender</b>(ball between 5)            Using a 10x10 grid, 4 players passing ball between them with 1 defender putting pressure to intercept the ball. Defender is not allowed to tackle attacker with the ball but can take the ball if not under control.            Variation</p> <ul style="list-style-type: none"> <li>• Time limit, number of passes</li> <li>• Choose defender from each team to chase the ball in different team. Team that stays in procession longest wins</li> </ul>	<p><b>Passing under pressure</b>            Head up            Look for a clear passageway            Receiver moving into space</p>

<p><b>Activity 3:</b> Passing, control, moving into an appropriate space  <b>End line game</b> (cones)        Using a coned area 10 x 20 with equal teams of 5, players must pass the ball to try and score by getting it under control over the opponent's end line. Team in possession are not allowed to move with the ball. Opponents are not allowed to tackle the player with the ball and must stand 3m away from the ball. Opponents are allowed to intercept the ball or challenge if not under control. If a team score then the game is restarted with the opponents passing the ball into play just in front of the end line.        Variation</p> <ul style="list-style-type: none"> <li>• Scoring team must cross their own end line before re-entering the game</li> <li>• Divide pitch into two halves with three attackers and two defenders</li> </ul>	<p><b>Passing teamwork</b>        Look up to see where team mates are        Attack the space in front        Decide when to pass or when to hold.</p>
<p><b>Game:</b> passing and moving into a space  <b>4v4 plus goal keepers</b>        Using a 10x20 grid with a goal at either end play a small sided game of 4 v 4 with a goalkeepers for each team.        Variation</p> <ul style="list-style-type: none"> <li>• Limited number of passes for a shot at goal can be taken.</li> <li>• Split team in half with two attacker and two defenders limited to each half of the pitch.</li> </ul>	<p><b>Passing</b>        Strike through the ball with appropriate part of kicking foot        Non-kicking foot at the side of the ball</p>
<p><b>Q.</b> When will you need to strike the ball with a different part of your foot?  <b>Q.</b> How can you change the direction of your pass?</p>	
<p><b>Cool down:</b> Invasion footwork        Pass through the gates everybody</p>	<p>Balls of feet        Low seat        Change direction quickly</p>
<p><b>Success Criteria: I can:</b></p> <ol style="list-style-type: none"> <li>1. Bring the ball under control when I receive the pass</li> <li>2. Look to pass the ball to a team mate in space.</li> <li>3. Control, look and pass a ball successfully when under pressure from an opponent.</li> </ol>	<p><b>Main Coaching Points</b>        Controlling the ball        Head up        Foot placement to make the pass</p>
<p><b>Lesson Evaluation</b></p>	<p><b>Points for next lesson</b></p>