



# Year 9 Football Learning Journey



## Equipment needed

- Footballs
- Cones
- Bibs

## Reminders

- We will be outside – bring your jumpers or base layers.
- You will need supportive trainers.

| <u>Lesson</u>   | <u>Topic</u>  |
|-----------------|---|
| <u>Lesson 1</u> | Baseline Assessment   |
| <u>Lesson 2</u> | Moving the ball<br>Moving the defence to create space                           |
| <u>Lesson 3</u> | Attack vs defence<br>Attacking cross runs and decision making.                  |
| <u>Lesson 4</u> | Attack vs defence<br>Creating space.  |
| <u>Lesson 5</u> | Attack vs Defence<br>Defending  |
| <u>Lesson 6</u> | Attack vs Defence<br>Focus on defending , decision making and body positioning. |
| <u>Lesson 7</u> | Constraints based learning<br>Scenario based games.                             |
| <u>Lesson 8</u> | Assessment  |

## Keywords

Attacking

Defending

Constraints

Scenario