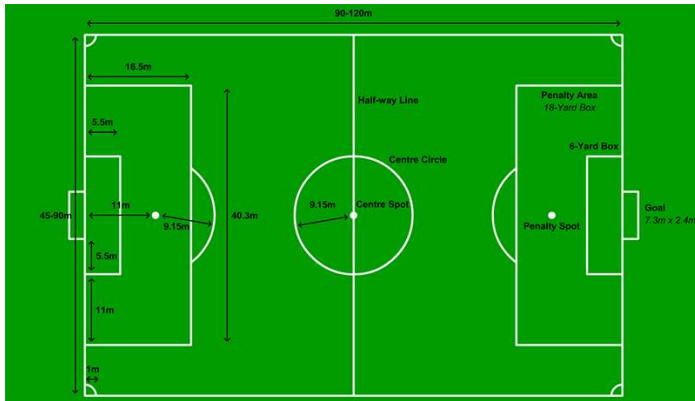


# Football



## Key Terminology

**Passing** – Sending the ball to another player

**Receiving** – Getting the ball from another player

**Dribbling** – Running with the ball in an attempt to beat an opponent

**Jockeying** – Is the defender skill of keeping between the attacker and their intended target (usually the goal)

**Tackling** – To dispossess an opponent of the ball

**Marking** – A way to prevent an opponent from passing or receiving the ball, or from taking a shot

**Attacking** – making an attempt to score

**Defending** – preventing an oppositions attempt to score

**Crossing** – a medium to long range pass from a wide area towards the opposition goal

**Shot** – attempting to score a goal

**Offside** – Attempting to play the ball in an area that you are not permitted

**Interception** – preventing a pass between players

## Lesson Overview

1. Passing and Receiving
2. Dribbling and Turns
3. Shooting
4. Heading
5. Attacking
6. Defending
7. Assessment

## Player Positions

**Goalkeeper** – Prevents the opposing players from scoring

**Defenders** – Outfield player whose primary role is to prevent the opposing team from scoring.

**Midfielders** – Generally positioned between their teams defenders and strikers.

**Strikers** – Play nearest the opposing teams goal, primary role is to score goals

## Rules of the Game

**Starting the game** - The game begins with a toss of a coin, and the winning captain decides which goal to defend or to take the first kick off.

**Method of scoring** – A goal is scored when the ball has completely crossed the goal line, provided that no other infringements have taken place.

**Fouls** – A foul has been committed if a player; trips, kicks, pushes, handles the ball, obstructs a player or prevents them from releasing the ball.

**Freekicks** – Used to restart play after a foul or infringement has taken place.

They are usually taken from the place in which the foul was committed. Free kicks can be direct (the taker may score directly) or indirect ( the taker must pass the ball to a second player before a goal can be scored).

**Penalty Kick** – A penalty is awarded if a foul is committed by a defender in their own penalty area. The kick must be taken from the penalty spot and only the goalkeeper and the penalty taker area allowed in the area before the kick is taken.