



# Physical Literacy Through Football

**PHYSICAL LITERACY**

## Rules

<b>Players</b>	11
<b>Start &amp; Re-Start</b>	<ul style="list-style-type: none"> <li>• Kick off from centre mark in any direction</li> <li>• After a goal the game is re-started by the team who conceded the goal. Players start in their own half.</li> </ul>
<b>Scoring</b>	<ul style="list-style-type: none"> <li>• The ball must cross all the way over the goal line between the posts and under the crossbar with no foul being committed.</li> <li>• 1 point (goal) / goal scored</li> </ul>
<b>In and Out of Play</b>	<ul style="list-style-type: none"> <li>• The ball must be all the way over the line for it to be out or for a goal to be scored.</li> <li>• Corner-If defenders knock the ball out</li> <li>• Goal Kick-If the attackers knock the ball out</li> <li>• Throw in-To the team who did not last touch the ball</li> </ul>
<b>Time</b>	<ul style="list-style-type: none"> <li>• 90 minutes, 2 halves of 45 minutes, stoppage time for injury, change ends at half time</li> </ul>
<b>Sports-Specific Rules</b>	<ul style="list-style-type: none"> <li>• Offside- This is when a player is in the attacking half and closer to the opponent's goal line than both the ball and second-last defender when the ball is passed to him.</li> <li>• Handball-If deliberate and extended</li> <li>• Fouls-Kicks, trips, pushes, pulls, dangerous tackle</li> </ul>
<b>Sanctions /Awards</b>	<ul style="list-style-type: none"> <li>• Free kicks -Usually direct, indirect from a pass back, entering the field without permission.</li> <li>• Penalty from the penalty spot if a foul occurs inside the penalty area</li> <li>• Yellow Card-A warning after a foul, 2 of these and a red is shown.</li> <li>• Red Card-Sending off, the player is not replaced</li> </ul>

## Fitness



## Behaviours

Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs, fundamental movements	Team effort, teamwork skills, gov. recs	Effort as a leader, developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for others	Confidence to be aspirational and lead, respecting followers
3-Motivation	Intrinsic and extrinsic motivation, target setting	Team motivation, short, medium- and long-term targets	Motivation as a leader, SMART target setting
4-Communication	Verbal and non-verbal, internal dialogue	Active listening, team belonging,	Autocratic, democratic, clarity
5-Resilience	Personal resilience, growth mindset, fixed mindset	Team resilience, positivity, conflict resolution	Leadership resilience, challenging negativity, purpose
6-My Physical Literacy	Lifelong participation, current personal development, further opportunities	Lifelong participation, current development, further opportunities	Lifelong participation, current leadership development, further opportunities

## Skills

Possession	Attacking	Defending
<ul style="list-style-type: none"> <li>• Control</li> <li>• First touch</li> <li>• Short passing</li> <li>• Support options</li> </ul>	<ul style="list-style-type: none"> <li>• Long passing</li> <li>• Lofted and on the ground</li> <li>• Long range shooting</li> <li>• Placement shooting</li> <li>• Dribbling</li> <li>• Running with the ball</li> <li>• Volleys</li> </ul>	<ul style="list-style-type: none"> <li>• Block tackle</li> <li>• Blocking</li> <li>• Slide tackle</li> <li>• Marking</li> <li>• Screening</li> <li>• Aggression</li> </ul>



## Tactics

Possession	Attacking	Defending
<ul style="list-style-type: none"> <li>• Positions and team formations</li> <li>• When to pass</li> <li>• The Type of Pass</li> <li>• Triangles • Short passes</li> <li>• Balanced play</li> <li>• Patience</li> <li>• Sideways play</li> <li>• Playing out from the back</li> <li>• Drawing a foul</li> <li>• Shielding the ball</li> <li>• Switching play</li> <li>• Support options</li> </ul>	<ul style="list-style-type: none"> <li>• Options • Passing into space • Timing Runs</li> <li>• Signaling and communication • Angling runs</li> <li>• Varying dodges • Set penalty plays</li> <li>• Set plays from a ball out of play</li> <li>• Feeding shooters • Attacking positions</li> <li>• Attacking formations • Target Forward</li> <li>• Awareness of other teams' weaknesses</li> <li>• Disguise • Rule awareness • Direct play • Through balls • Tiki-Taka</li> <li>• Drawing the defender in to create teammate space</li> <li>• Playing with width/using wings • One-Twos</li> <li>• Selecting appropriate set play takers</li> <li>• Setting up to shoot • Distance shooting</li> <li>• Overloading areas • Using height</li> <li>• Long passes • Specialist runs (Cross-overs, overlaps)</li> </ul>	<ul style="list-style-type: none"> <li>• Man-to-man marking</li> <li>• Zonal marking</li> <li>• Defensive positions • Formations</li> <li>• Being goal side • Counter attacking</li> <li>• Double marking</li> <li>• Jockeying to slow play • Supporting</li> <li>• Cornering • Safety play</li> <li>• Spotting patterns in attacking play</li> <li>• Awareness of other teams' weaknesses</li> <li>• Defensive communication</li> <li>• Pressing / high-pressure</li> <li>• Recovery play • Anticipation</li> <li>• Screening • Aggression</li> </ul>