



## Stillness Juniors Knowledge Organiser - Football

### Key Vocabulary

<b>attacking</b>	When a team has possession of the ball, they are the <b>attacking</b> team and are trying to get the ball up the pitch to score a goal.
<b>defending</b>	<b>Defending</b> involves trying to gain possession of the ball by stopping the attacking team from passing or moving forwards with the ball.
<b>dribbling</b>	In football, <b>dribbling</b> is a way of moving with the ball by using your feet. It is one of the basic skills needed for football.
<b>marking</b>	<b>Marking</b> involves the defender staying close to an opposition player and following their movements, therefore denying them space, making it difficult for them to pass or receive the ball.

### Invasion Game

Football is an invasion game played between two teams.

Invasion games focus on:

- teamwork;
- keeping possession;
- attacking and defending.

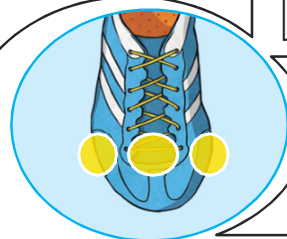


The aim of the game in football is to score goals, which is done by getting the ball into the opposing goal.

The team that scores the most goals at the end of the game is the winner.



### Dribbling



### Marking



Use the inside, outside and top of your foot to **dribble** with the ball.



### Leah Williamson

At only 25, captain of the women's England team, Leah Williamson, led her team to be winners of the Euro 2022 Football League.

### Samuel Eto'o

In his prime, he was known as one of the best strikers in the world. He played a key role in helping Barcelona win the European Cup.





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<b>passing</b>	<b>Passing</b> involves kicking the ball, to a teammate, using your foot. Use the inside of your foot to pass the ball with accuracy.
<b>possession</b>	When a team is either passing to each other or are dribbling with the ball, they have <b>possession</b> of the ball.
<b>tackling</b>	<b>Tackling</b> is a way of regaining possession of the ball by using your foot to take the ball away from the attacker. Effective <b>tackling</b> in football requires good timing and balance.
<b>teamwork</b>	<b>Teamwork</b> involves working together effectively with others, to complete a task or achieve a goal.

### Fitness in Football

In sport, fitness is being able to do and keep up with what an activity requires. Having good fitness can help to improve performance.

Many different elements of fitness are important in football, such as endurance, agility, speed and strength.



#### Passing



#### Tackling



#### endurance

The ability to keep on going over a long period of time and to recover as soon as possible.

#### agility

This involves being able to move and change direction quickly and easily, and requires a combination of balance, coordination, speed, reflexes and strength.

#### speed

This refers to how quickly you can move, both with and without the ball.

#### strength

Doing exercises that build up strength help with explosive power, speed and agility. They also help to prevent injury.

#### Teamwork involves:

1. Listening to each other.
2. Communicating clearly.
3. Working together.
4. Working hard for the team and always trying your best.
5. Staying positive and encouraging each other.

