

## Knowledge Organiser: PE Year 8 Football

### Skills

Key Words	Description	Coaching Points	Useful Information
Drilled pass	A quick direct pass along the floor using the laces rather than the side of the foot	Non-striking foot lands next to the ball Strike the ball with the laces Foot follows through in direction of pass	Use over long distances
Protective Dribbling	Dribbling the ball while protecting it from a defender	Side ways on to defender Use bar arm to protect the ball Head up	Use in tight situations such as the oppositions penalty area
Volley	A volley is made when the ball is kicked whilst it is in the area and before the ball has bounced.	Keep eye on the ball Focus on making a good contact with your foot on the ball rather than striking it as hard as you can Foot follows through in direction of the ball	Can be used in attacking and defensive situations
Zone defence	A defence in which each player is responsible for an area of the court	Defend the player/s who come in to your area	Mainly used at set pieces, such as corners or free kicks
Setting screens	To attempt to prevent a defender from guarding a teammate by standing in the defender's way	Knees should be bent in a stance and arms inside the frame of the body.	Works best against man to man defence Mainly used at set pieces, such as

### Effects of exercise

Short term	Long term
Increased blood flow to muscles Blood is diverted to muscles from digestive and other systems Increased tidal volume (amount of air breathed in or out 1 one breath)	Muscles, tendons and ligaments get stronger Lower resting heart rate and quicker recovery rate Increased vital capacity (amount of air that can be forcibly expelled as soon as possible after breathing in)

### Components of fitness

Component of fitness	Definition	Example of use in the game
Muscular strength	The amount of force a muscle can produce with a single maximal effort. (1 rep max)	Jumping for a header
Speed	Ability to move quickly	To get down the pitch quickly during a counter attack
Reaction time	Ability to respond quickly to a stimulus	Goalkeeper reacting to a shot which they must save

### Drop ball



### Rules

Infringement	Description	Restart of play
Drop ball	When the referee stops the play for reasons other than foul play or a player being offside, such as an injury to a player	Referee drops the football between two opposition players
Penalty	When foul play, such as handball or a foul has occurred in a defensive teams penalty area	Penalty kick awarded
Corner kick	When the ball goes past the goal line after it has been touched last by the defending team	Corner kick

### Volley

