

## Knowledge Organiser: PE Year 9 Football

### Skills

Key Words	Description	Coaching Points	Useful Information
Block tackle	Whatever your position, you need to be able to tackle. If your team is not in possession of the ball it is obviously crucial to get it back. There are many different ways to achieve this, but the block tackle is the best and most common method.	Get to your opponent quickly to deny them time and space on the ball. When you think you can win the ball, your weight should move forward as you prepare to tackle with the inside of your foot. Make sure you keep your leg and ankle firm during the tackle.	Commit to the tackle—you are much more likely to get injured if you are not committed to the tackle properly
Slide tackle	When properly timed, the sliding tackle is a very effective skill. It also looks good, but remember that this is a last-ditch tackle. The problem with it is that it leaves the defender lying on the ground and temporarily out of the game. And if you get the timing wrong you will give away a foul - or a penalty	Use the leg furthest away from your opponent and try to pass or hook the ball away as you slide in. Whether the tackle has been successful or not, get back up on your feet as quickly as possible once the challenge has been made.	The tackle from behind has been outlawed from the game so you need to try to make the tackle from the side and across the path of your opponent. If you are chasing back towards your own goal and your opponent is ahead of you, you will have to get your tackling foot around the side or it will be deemed a foul.
Jockeying	You don't always need to tackle an opponent to dispossess them or slow their progress. Jockeying denies your opponent time and space, and it's a good tactic to allow your team-mates to get back in position.	Adopt an almost side-on position, but with shoulders opened out slightly so that you provide a barrier to your opponent. This will also allow you to see them in front of you. If you keep your knees slightly bent, with your weight on the front of your feet, then you'll find it easier to change direction as you move backwards.	Try to stay within an arm's length of your opponent to increase the pressure on them. If you have your arms slightly out to your sides then it creates a bit more of a natural barrier. But make sure you don't use them to push an opponent.

### Effects of exercise

Short term
Rise in muscle temperature Blood temperature rises The blood vessels near the skin open to allow heat to be lost

Long term
Muscles get bigger (Hypertrophy) Increased number of capillaries in muscles Increased oxygen delivered to and carbon dioxide removed from the body

### Components of fitness

Component of fitness	Definition	Example of use in the game
Body composition	The percentage of body weight which is fat, muscle and bone	Players must be well conditioned in order to perform athletic moves such as jumping
Balance	The ability to maintain the body's centre of mass above the base of support.	To maintain control when dribbling
Flexibility	Range of movement (ROM) at a joint	To maintain essential body positions such as reach in a kicking a ball

### Positions

Goalkeeper	Main role is stop the opposition from scoring goals. They are the only players who are allowed to use their hands on the pitch
Defender	Main responsibility is to stop the opposition attacking their goal. Can be useful at set pieces as they are usually the tallest players on the pitch
Midfielder	Needs to be good at all areas of the game as they are involved in attacking and defensive situations
Forward	Main role is attacking the opposition's goal and scoring goals

### Rules

Infringement	Description	Linesman signal
Throw in	When the ball goes out of play on the touch line, the team who didn't touch it last are awarded the ball and restart play with a throw in	
Substitution	When one player is swapped for another, usually because of an injury or tactical reasons	
Offside	A player is in an offside position if they are nearer to their opponents' goal line than both the ball and the second last opponent when the ball is played towards them	

### Typical formation



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