



# 100% Sheet PE – Football

Exercise requirements	
<b>Aerobic</b>	<i>Using oxygen to produce energy during low-intensity, long duration exercise</i>
<b>Anaerobic</b>	<i>Exercise that is completed without the presence of oxygen</i>
<b>Max. Heart Rate</b>	<i>220 - age = Max HR bpm</i>

Preparation for activity	
<b>Warm Up</b>	<i>A simple exercise routine performed before a training session</i>
<b>Cool Down</b>	<i>Easy exercise done after more intense exercise to allow the body to recover to resting levels</i>
<b>Static Stretching</b>	<i>Holding stretches, either actively or passively, to increase the range of movement at a joint</i>
<b>Dynamic Stretching</b>	<i>A stretch that takes the body through the range of motion but is not held for any length of time</i>

Each game starts with a centre kick. The referee tosses a coin to determine who starts.

## THE RULES

The aim of the game is to kick or head the ball into the goal.

A free kick is awarded if a player fouls another player, i.e. a dangerous tackle.

The offside rule means players cannot stand behind the opposition's defence. This stops them 'goal hanging'. Players can only go beyond the defence once the ball has been kicked in that direction.

The winner is the team with the most points at the end of 90 minutes.

A corner is taken by the opposition when a defending team kicks the ball out between their goal and the corner flag.

**Core skills**

Ball Control:

- Using both feet

Passing (dominant foot):

- Short
- Long- lofted, driven, curl
- Pass and move with both feet

Shooting (dominant foot):

- Short and long range – power or curled

Dribbling:

- Use of both feet
- Close control
- Head up
- Changing direction

Other skills:

- Tackling
- Block tackle
- Marking a player with the ball

Football Language for Learning:

Pass	Dribble
Turn	Player on
Control	One-two
Outwit	Awareness
Attack	Defend
Marking	Decision
Shoot	Header