PE - Football



attacker	Someone who is trying to score.
defender	Someone who protects an area and stops attackers.
dribble	Moving the ball along the floor using the feet.
pass	Using the foot to move the ball to someone else.
possession	When a person/team is in control of the football.
receiver	The player being passed to.
shoot	To kick a ball with the intention of scoring a goal.

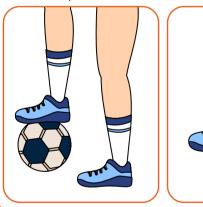
Dribbling:

- Small, light touches.
- Keep the ball close to the body.
- Use both sides of the feet.





Stopping the ball - the step trap and the inside trap.

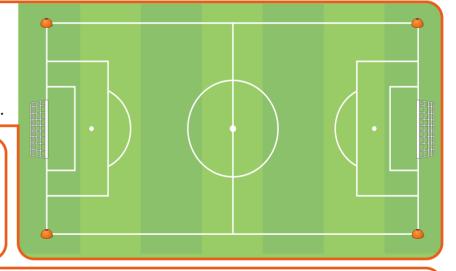




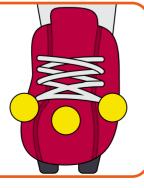
The aim of the game is to get the ball into the opposition's goal by dribbling the ball at your feet and passing it to your teammates.

Teamwork:

- Communicate supportively.
- Share possession of the ball.
- Give everyone a role.



Use the inside and outside of the foot to dribble and change direction. Use the inside of the foot to pass and shoot.



Shooting:

- Plant
- Strike
- Swing





