

Teaching Cave

Year: ____

Area: Football

Main Focus: Touches

Lesson 1: Touches

Warm up: Play the game 'Body Parts'

Acquiring the skills

In the skills acquisition stage, your children will be focusing on touching the ball using different areas of their feet within an area avoiding players as they move.

1. **Big toe, little toe** - kicking the ball with the inside and then outside of one foot, then move to two feet.
2. **In between** – the children will move with the ball using the inside of both feet.
3. **Outside only** – the children will dribble with a bit more speed using the outside of their feet. Encourage children to point toes towards the ground

Using and Applying

Play the game 'Through the Gate' encouraging the children to dribble around the area then listen to the commands (type of touch) given by the teacher. E.g. Big toe, little toe, and then try to go through two gates.

Game: Play a game

Cool Down: 1, 2 or 3?

Moving slowly, number each type of touch and call out a sequence for the players to complete slowly, focusing on technique. E.g. 1 (big toe, little toe) 2 (in between).

Lesson 2: Touches

Warm up: Set out cones inside a small area. Recap the touches from lesson 1 and tell the children to avoid the cones and each other.

Developing the skills further

In this stage, your children will get into fours. They will need to stand facing each other around 2 meters apart. Place cones in a straight line for the players to dribble around. They will use 'big toe, little toe' and 'in between' to dribble in and out of the cones to a partner opposite them. Encourage the children to go slow to begin with, focusing on technique and then slowly build up their speed when completing the activity.

Using and Applying

Place your children in pairs and they can stand 2 metres away whilst facing each other. Your children are going to use their dribbling skills to get around their partner. The player without the ball doesn't move, they only act as a barrier to put some pressure on the player dribbling. Encourage your children to move at speed whilst maintaining control of the ball. 'Big toe, little toe' and 'outside only' are best for this activity.

Game: Play a game

Cool Down: Complete a few stretches and a light jog with the children to finish off.

Football Lesson Plans Elementary

Tobias Bleicker



Football Lesson Plans Elementary:

Whispering the Techniques of Language: An Psychological Quest through **Football Lesson Plans Elementary**

In a digitally-driven earth where monitors reign great and quick transmission drowns out the subtleties of language, the profound techniques and psychological nuances concealed within words usually move unheard. However, situated within the pages of **Football Lesson Plans Elementary** a fascinating literary value pulsating with fresh feelings, lies an exceptional quest waiting to be undertaken. Published by a talented wordsmith, this marvelous opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the cloth of each and every word. Within the emotional depths of the poignant evaluation, we will embark upon a honest exploration of the book is primary themes, dissect its interesting writing design, and fail to the strong resonance it evokes strong within the recesses of readers hearts.

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Table of Contents Football Lesson Plans Elementary

1. Understanding the eBook Football Lesson Plans Elementary
 - The Rise of Digital Reading Football Lesson Plans Elementary
 - Advantages of eBooks Over Traditional Books
2. Identifying Football Lesson Plans Elementary
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Football Lesson Plans Elementary
 - User-Friendly Interface
4. Exploring eBook Recommendations from Football Lesson Plans Elementary
 - Personalized Recommendations
 - Football Lesson Plans Elementary User Reviews and Ratings

- Football Lesson Plans Elementary and Bestseller Lists
- 5. Accessing Football Lesson Plans Elementary Free and Paid eBooks
 - Football Lesson Plans Elementary Public Domain eBooks
 - Football Lesson Plans Elementary eBook Subscription Services
 - Football Lesson Plans Elementary Budget-Friendly Options
- 6. Navigating Football Lesson Plans Elementary eBook Formats
 - ePub, PDF, MOBI, and More
 - Football Lesson Plans Elementary Compatibility with Devices
 - Football Lesson Plans Elementary Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Football Lesson Plans Elementary
 - Highlighting and Note-Taking Football Lesson Plans Elementary
 - Interactive Elements Football Lesson Plans Elementary
- 8. Staying Engaged with Football Lesson Plans Elementary
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Football Lesson Plans Elementary
- 9. Balancing eBooks and Physical Books Football Lesson Plans Elementary
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Football Lesson Plans Elementary
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Football Lesson Plans Elementary
 - Setting Reading Goals Football Lesson Plans Elementary
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Football Lesson Plans Elementary
 - Fact-Checking eBook Content of Football Lesson Plans Elementary
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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