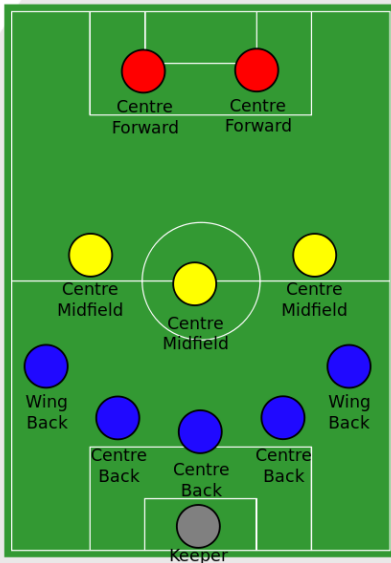


# FOOTBALL



## MOST IMPORTANT COMPONENTS OF FITNESS

Speed- to get to the ball first.

C.V Endurance – to be able to play for the full game.

Strength – to hold your position

Balance – to stay on your feet

Co-ordination – to be able to perform skills at the correct time.

## SKILLS

Passing

Dribbling

Shooting

Heading

Chest trap

Thigh Trap

## TACTICS

Marking.

Passing and moving to create space.



K S 3

## REGULATIONS

In Yr7 each team has 9 players and games consist of two halves of 25 minutes.

In Yr8 Teams have 11 players and games have 2 halves of 30 minutes.

Each team are awarded a goal if they can place the ball in the back of the net.

The team with the most goals at the end of the game is the winning team.

The football pitch is 73x46 for year 7 and 100 by 64 for yr8.

## RULES

A player can control the ball with any part of their body except their arms.

A player must get the ball and not the player when making a tackle.

If the tackling player makes contact with the attacking player then a free-kick is awarded.

If a player is the last person to touch the ball before the side of the pitch then a throw in is awarded to the opposition.

If the ball crosses the goal line (either side of the goal) and was last touched by a defensive player then a corner is awarded.

If the ball crosses the goal line (either side of the goal) and was last touched by an attacking player then a goal kick is awarded.