

Passing Lesson Ideas

Warm Up

The Numbers Game - 10 minutes

Main Activities

Lumberjacks and Foresters - 15 minutes

Stuck in the Mud - 15 minutes

Game

Mini-matches – 20 minutes

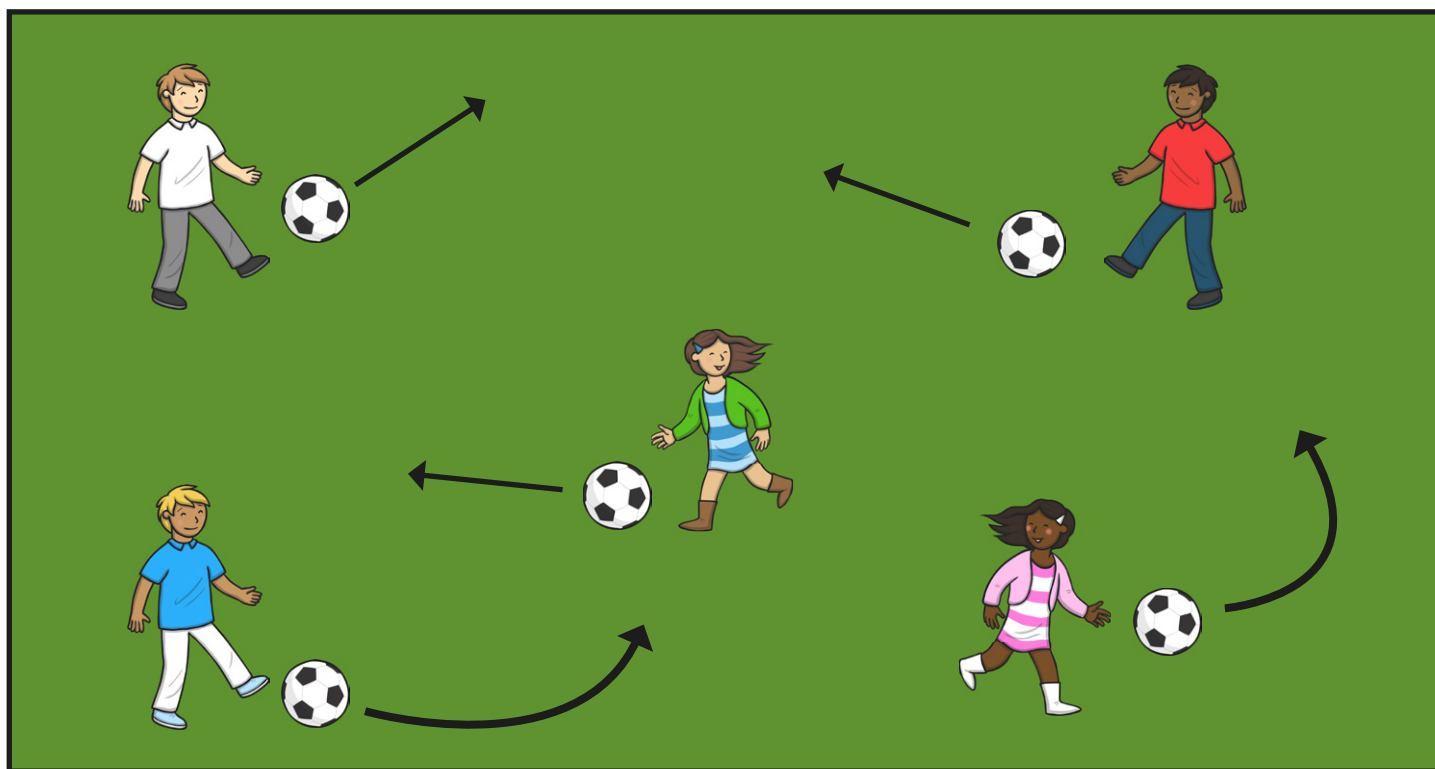
Split the class into teams and finish with 5-a-side mini-matches by setting up a goal at each end of the space. Depending on the size of the space and the number of teams more than one match could be played at once. Alternatively, rotate teams.

To practise their passing skills, children should be encouraged to try to get into a space so that their teammates can pass to them.

Skills to Teach

- Passing the ball: Put your weaker foot next to the ball and use the inside of your stronger foot, following through to pass the ball.
- Receiving the ball: Make sure you are facing the ball and position your weaker foot next to the path of the ball. Use your stronger foot to receive the pass with the side of your foot.
- Teamwork: If your teammate has the ball, make sure you get into a space away from the other team. Keep moving to make sure you are in an open space and ready for the ball. Every person on the field can have a huge effect on the game, it isn't just about who has the ball.

The Numbers Game



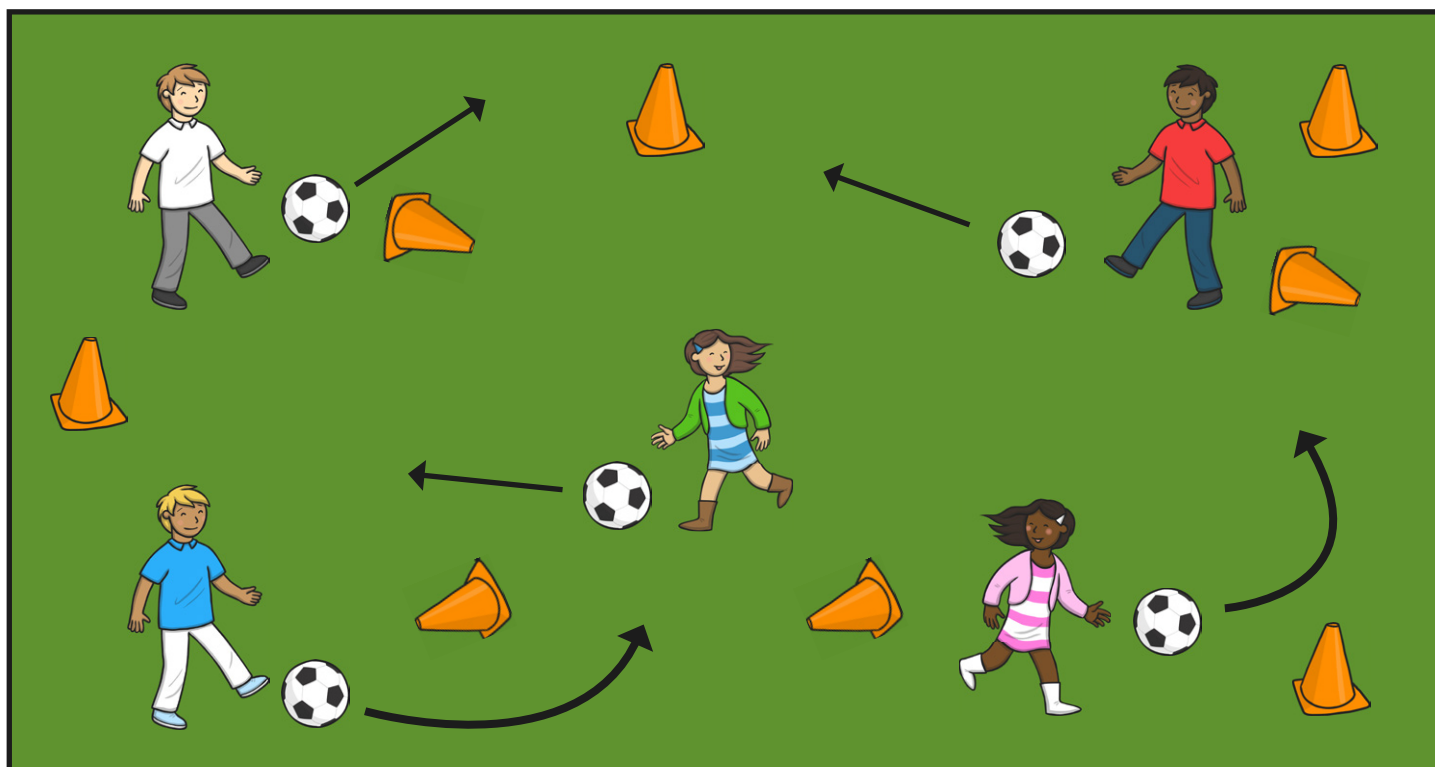
Set Up

- Each child has their own ball.

How to Play

- Players must dribble around the area, keeping control of their ball.
- When they hear one of the commands, they need to respond by demonstrating a certain skill:
 1. Adult says, "Number one" and children reply, "on the run." Players start dribbling with the ball.
 2. Adult says, "Number two" and children reply, "on the shoe." Players stop the ball with the sole of their feet.
 3. Adult says, "Number three" and children reply, "on the knee." Players stop the ball on their knee.
 4. Adult says, "Number four" and children reply, "on the floor." Players stop the ball and get to the floor.
 5. Adult says, "Number five" and children reply, "heads up high." Players jump up and do an imaginary header.
 6. Adult says, "Number six" and children reply, "do some tricks." Introduce a trick that children could show you during the game, or they could demonstrate one they already know.
- Use number 1 the most to encourage movement and warming up.
- The game can be played like musical statues – the last person to complete the command is out, or has to miss a turn.

Lumberjacks and Foresters



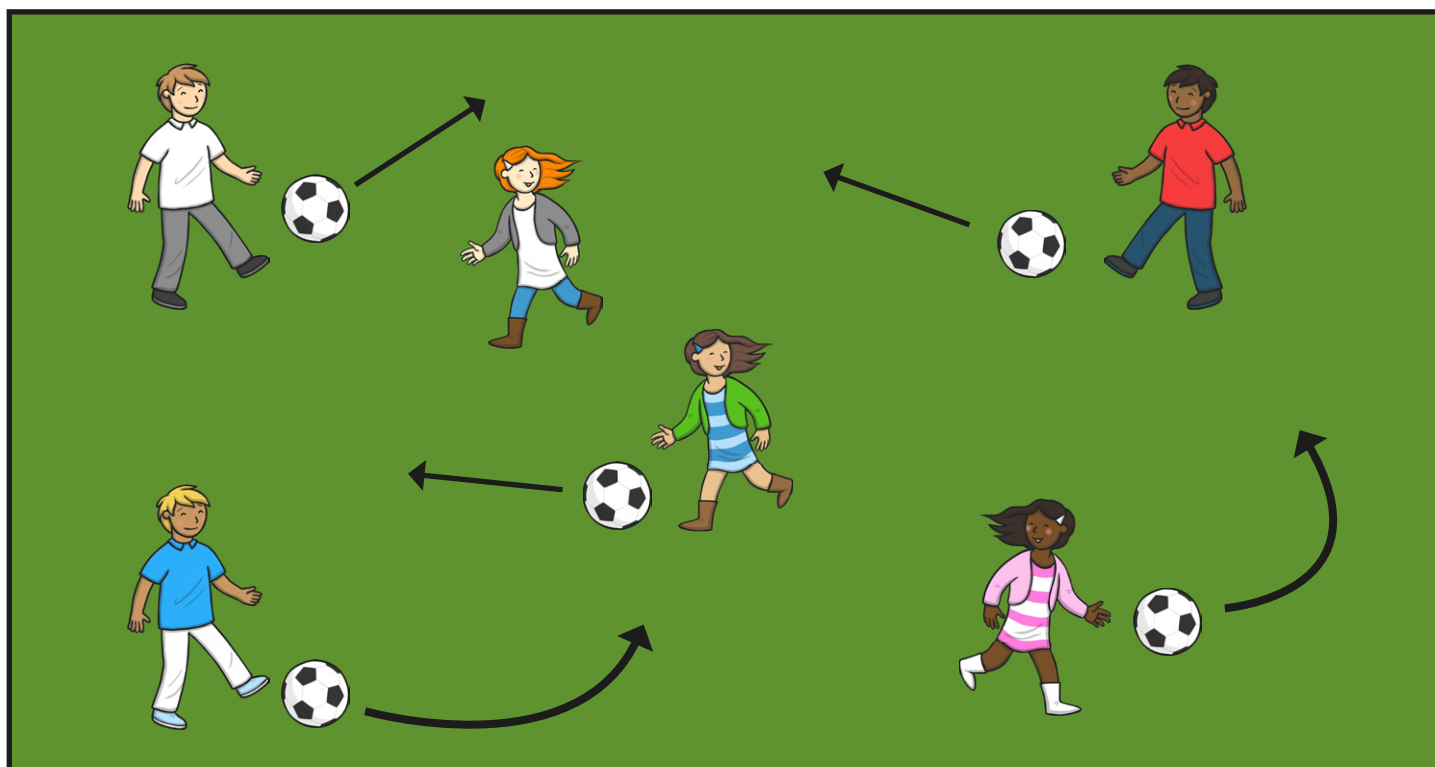
Set Up

- Place tall cones (which represent trees) randomly around the space you are using. Half of the cones (trees) should be standing upright and the other half should be knocked over.
- Split the class into 2 teams. One half will be the lumberjacks (or woodcutters) and the other half will be the foresters.
- Each child has their own ball.

How to Play

- Give the class a certain amount of time to play.
- The lumberjacks aim to cut down as many trees as they can. They do this by passing a ball into a tree to knock it over. Encourage them to use the side of their foot to pass with accuracy.
- The foresters aim to replant as many trees as they can. They do this by dribbling up to a tree, putting their foot on the ball until it is still, and then using their feet to pick the tree back up.
- When the time is up, find out which team is the winner by counting to see if there are more trees standing upright or knocked over.

Stuck in the Mud



Set Up

- Nearly every child in the class has their own ball, except 1 or 2.
- 1 or 2 children need a bib or sash to wear. (You can add more children if needed.)
- Make sure you have a timer or can see a clock.

How to Play

- Start a timer or use the clock to keep time.
- The children with balls dribble safely around the space.
- The children wearing a bib / sash move around the space, trying to tag as many players as they can.
- If a player with a ball is tagged then they are 'stuck in the mud'. They must stand still with their legs wide, holding the ball in their hands.
- To free a teammate, a child with a ball must pass it through the 'stuck' player's legs. The player can then move and resume play.
- If the children without balls manage to make all the other players 'stuck in the mud', they win the game.
- If the time runs out before everyone is 'stuck in the mud', the children with balls are the winners.