



P

PROGRESSION OF KEY SKILLS

Football

Early Years

EY

Explore stopping a ball with different parts of the body
Experiment kicking the ball with feet to a partner
Move a bean bag/ball on the floor using inside of foot
Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)
Shooting into a target on the floor
Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)

1

Year 1

Stopping a ball with the inside of feet
Pass the ball, beginning to use inside of feet "toe, toe, toe, no, no, no!"
Dribble the ball with the inside of feet - finding a space
Introduce getting the ball off a player- tackling
Scoring in a variety of ways- into goals and at targets
Begin to understand tactics for attacking and defending
Small sided games 4v4

Year 2

2

Stopping a ball with the sole and inside of feet
Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy
Dribble the ball with the inside of feet, keeping the ball close to their body- dribble into a space
Improve tackling by using adapted games- introduce intercepting play
Scoring in a variety of ways and begin to use in a game situation
Begin to include some basic tactics for attacking and defending in conditioned games
Play an adapted and conditioned games 5v5.

3

Year 3

Control a ball using inside, outside and sole of feet
Pass the ball with inside of feet with accuracy. Pass the ball to someone in a space
Dribble the ball, beginning to turn with some control (inside and outside hook)
Defend making a tackle in isolation (a conditioned game)
Shooting - Kick a stationary ball past a goal keeper
Adapted games, begin to apply some basic principles for attacking & defending in small sided games
Small sided games 6v6

Year 4

4

Move body to correct position to stop and control a ball
Pass the ball with inside of feet, whist on the move
Dribble the ball using inside, outside hook and drag back, beginning to accelerate
Defend- moving forward to close down space to tackle in a conditioned game. Intercept a pass
Shooting- Strike a moving ball (past a goal keeper) with some accuracy
Encourage children to talk about tactics when attacking and defending
Small sided games - up to 7v7

5

Year 5

Control the ball using either foot when moving
Pass the ball with inside, front or laces on the foot
Dribble the ball using inside, outside hook and drag back beginning to accelerate
Show good body position to defend and press in a 2v2 game
Scoring using top of foot (laces)- aiming for corners of the goal
Begin to use attacking and defending, techniques learned in a game situation
In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

Year 6

6

Move into space to receive the ball and control with either foot in a game
Select the correct pass for various distances in a game situation
Dribble the ball in a game situation around a defender
Communicate with team when defending in a game -making interceptions, cover space
To work as a team to score, shooting from various angles
In a team, discuss tactics and how to win as a team (communicate and collaborate)
Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
Understanding the positions and rules of the game

