

The FA Football Development Programme FA Charter Standard Schools In-Service Training Pack



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Introduction

The FA Charter Standard In-Service Training Pack has been designed to provide you with additional ideas in the delivery of football at your school.

The focus is specifically on using fundamentals and a selection of learning styles in the delivery of your sessions. For additional Continuous Professional Development (CPD) on this area of work please contact your County Football Development Officer with regard to the FA six hour Out of School Hours Learning/School Club-Link course.

The FA recognises the role that primary school teachers have to play in the physical development of young people, and strongly believes that football is an ideal medium to engage young people to participate and encourage participation in sport and physical activity.

For further information on additional Football Association resources and initiatives please contact:

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Warm Up Activity – FUNdamental



Learning Aims

- Students will learn fundamental movement skills
- Students will learn to prepare their bodies for exercise
- Students will learn decision making

Organisation

- Area – this should match the number of students, their age and readiness. A guide would be approximately 30 x 20 steps per 12 to 15 students

How To Play

- Students mark out the area and place cones randomly in the area
- The students are asked to find as many different ways of going over markers in the grid as possible
- Students work in pairs to think of ways to achieve this
- Students demonstrate to each other ways of achieving the objective
- Incorporate dynamic stretching

Additional Information

- It is important to be patient and let the students organise themselves. This may take time to start with
- Be aware of the number of students that you have in the practice. If there is an odd number it is important that you add, 'if you can't find a partner come to me' as part of your communication
- When the students are in groups ask them to introduce themselves to one another. Can they tell each other the name of their favourite football team or favourite subject at school?

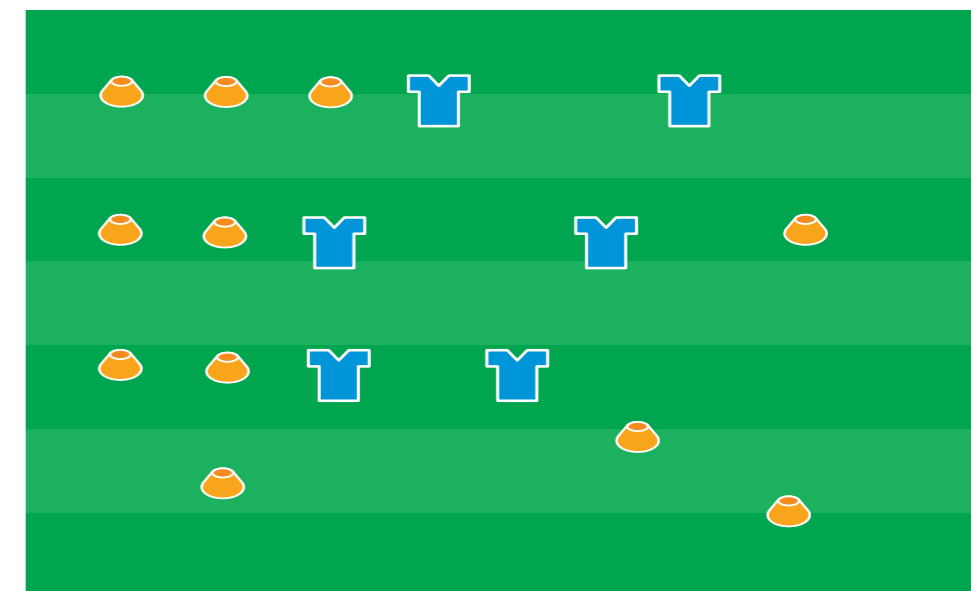
This will allow you to assess their communication skill and how well they work with other pupils. In turn this will allow you to offer feedback and guidance to help their communication and develop their self-confidence

Coaching Points

- Coach to demonstrate ways of going over the cones

Teaching Strategies

- Guided discovery – through appropriate questions
- Reciprocal
- Command



Transfer



Learning Aims

- Students will learn about different ways of transferring the ball to a partner

Organisation

- Area – this should match the number of students, their age and readiness. A guide would be approximately 30 x 20 steps per 12 to 15 students
- Ball per group – this should be the correct size for age and readiness

How To Play

- Players find different ways of getting the ball to a team mate then move to a new position.

Additional Information

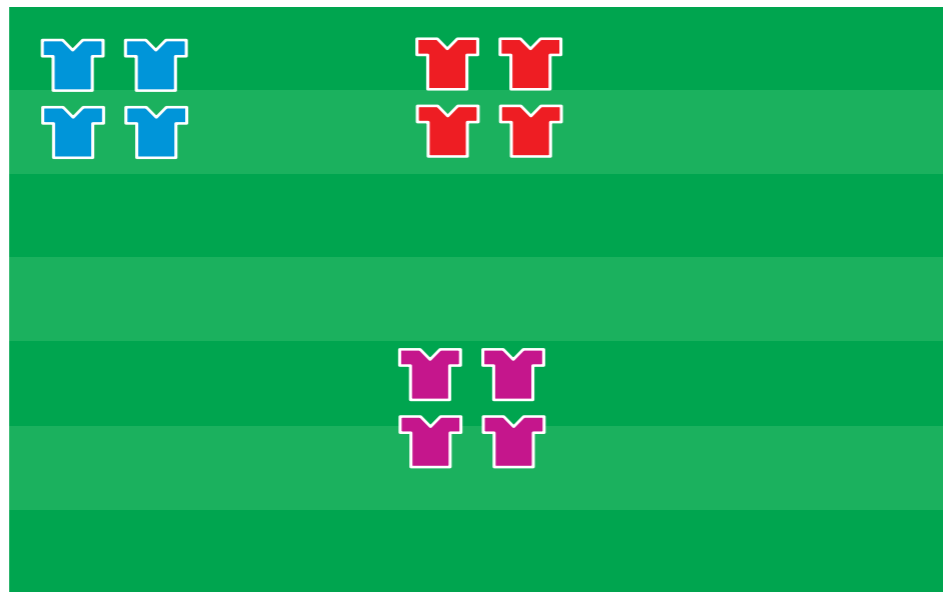
- The players may pass the ball with their hands initially
- Encourage players to pass and then move to a new position

Teaching Strategies

- Command
- Guided discovery
- Group work
- Reciprocal

Coaching Points

- Think of different ways to get the ball to a team-mate, passing, dribbling, dribbling part way and then partner taking the ball. Explore clever moves e.g. Over the ball
- Head up



Moving the ball



Learning Aims

- Students will identify different ways of getting the ball to a team-mate
- Students will learn to work with other players

Organisation

- Area – this should match the number of students, their age and readiness. A guide would be approximately 30 x 20 steps per 12 to 15 students
- Ball per group – this should be the correct size for age and readiness
- Have various sized balls available

How to play

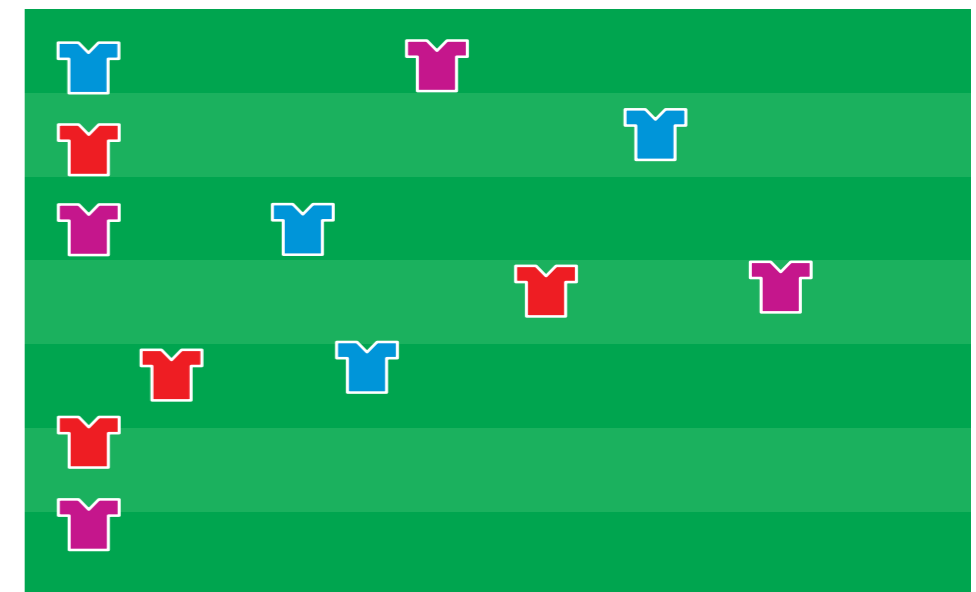
- Players can move anywhere in area
- Players get ball to a team-mate

Additional Information

- Players need to be aware of other players from other teams also moving around the area.

Coaching Points

- Decision - how to get the ball to a team-mate
- Selection of technique, pass, dribble
- Support, angles and distance



Teaching Strategies

- Command
- Guided discovery
- Reciprocal
- Group work

Possession Ball



Learning Aims

- The students will learn about ways of keeping the ball from defenders
- The students will learn about ways to keep possession of the ball
- The students will learn how to provide support to each other

Organisation

- Area – this should match the number of students, their age and readiness. A guide would be approximately 30 x 20 steps per 12 to 15 students
- One ball – this should be the correct size for age and readiness

How To Play

- Attacking players keep the ball from the defenders

Additional Information

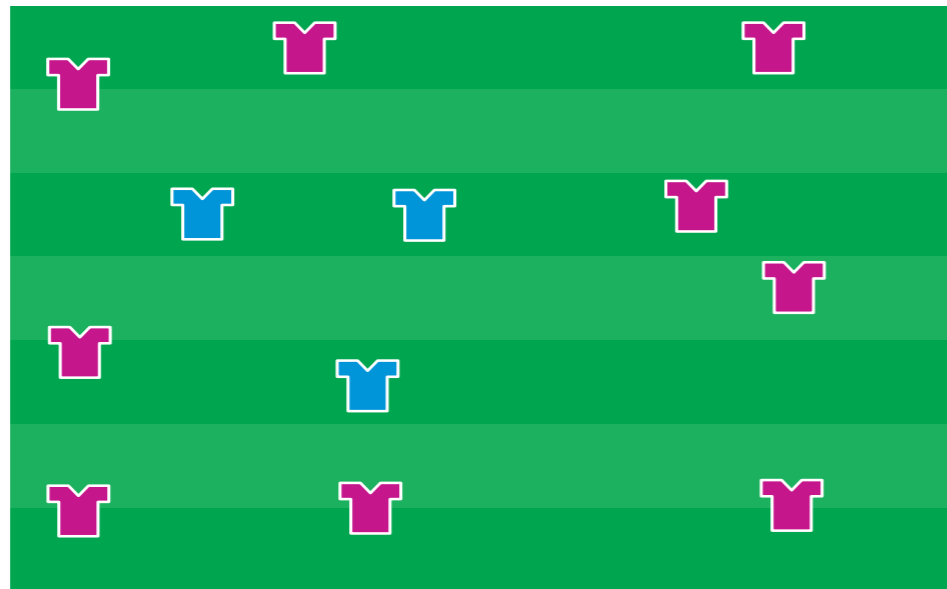
- Numbers of defenders can be gradually increased to make the practice more challenging

Coaching Points

- Accuracy of passing
- Weighting of passes
- Timing of passes
- Head up

Teaching Strategies

- Command
- Guided discovery
- Group work



Target Ball



Learning Aims

- Students will learn how to get the ball to a target
- Students will learn about different ways of keeping possession of the ball
- Students will learn how to support each other

Organisation

- Area – this should match the number of students, their age and readiness. A guide would be approximately 30 x 20 steps per 12 to 15 students
- One ball – this should be the correct size for age and readiness

How To play

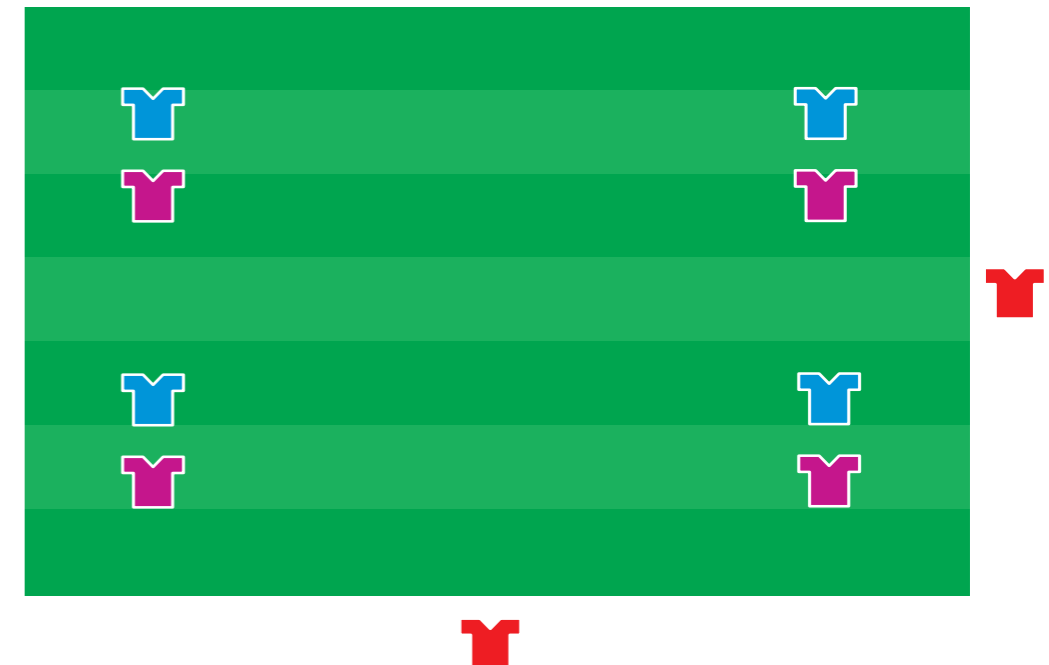
- Two teams play against each other
- Work as a team to get the ball to one of the reds

Additional Information

- Floating players may be included to make practice easier

Coaching Points

- Create space
- Look up
- Delivery of passes
- Support – angles and distance
- Receiving the ball



Target Player




Learning Aims

- Students will learn to attack a target
- Students will learn to work together

Organisation

- Area – this should match the number of students, their age and readiness. A guide would be approximately 30 x 20 steps per 12 to 15 students
- One ball – this should be the correct size for age and readiness

How To Play

- Two teams play against each other
- Teams get ball to target player to score goal 

Additional Information

- Floating players may be included outside or inside the pitch to make practice easier

Coaching points

- Create space
- Delivery of pass
- Timing of runs with and without the ball
- Support
- End product to score goal

Teaching Strategies

- Command
- Guided discovery
- Reciprocal
- Group work
- Problem solving

