



# Soccer

## Key Stage 2

### BEGINNER

#### Movement and Dribbling

In soccer, it is important to be able to dribble with a ball and find a pass. This section focuses on both skills.

##### Introduction

It is important that the players are aware that the closer the ball is to them, the better the dribbling skill will be. Give the players a ball each and mark out an area using cones. Ask the players to move around the area, keeping the ball close to their feet. As the players get better at this, make the area smaller. Call out various instructions such as 'stop', 'foot on the ball', 'sit on the ball' etc.

#### Game: Passing in the Circle

Divide the group into two teams. One team will form a large circle and the other team will have a ball each in the circle created by the other team. The players with the ball in the circle must move around the circle and pass the ball to a player on the outside of the circle and receive it back. Emphasise the importance of calling the player's name so they are ready to receive the pass.

### INTERMEDIATE

#### Passing and Shooting

An important part of the game is to accurately pass the ball to another player or shoot the ball at a target, such as a net.

##### Introduction

Set out a square area of cones and a net to score in outside the area. Give the players a ball each and a number each. Ask one player to stand between the square of cones and the net. This player is there to receive a pass then lay the ball off. Ask the players to dribble around the area. When their number is called, they must go out, pass the ball to the player on the outside then receive it back to shoot.

#### Game: Two vs. Two Passing and Shooting

Divide the players into teams of two. Ask half the teams to be attackers and half the teams to be defenders. The players who are attackers must pass to each other and make their way towards the net, eventually shooting into the net. The other team, who are defending, will start in the net then move out to try to stop the attacking team scoring. After each team has had a go then they will swap round.

### ADVANCED

#### Game

Players have practised dribbling, passing, shooting and also tackling. They are now ready to compete in a small-sided game.

##### Game

Divide the group into teams of three or four players. This will allow the players will have more touches of the ball and more space in the area. It will also make it easier to pick a pass. Use an area of appropriate size for the football pitch, depending on the group's ability. Mark out the box for the goalkeepers and make clear that only the goalkeepers can use their hands. Encourage the keepers to change so that everyone has a turn in nets. When the game starts, ensure that the players are passing and calling each other by name. Limit the number of touches certain players can have before passing. Ensure the time set for each half is suitable for the age and ability of the players.



### General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Divide players with difficulties evenly between teams.
- Remind players that there is a mixture of abilities on the court and it is important not to run into each other.
- Allow wheelchair users and those with difficulties and impairments more time.
- Make sure that tackling is restricted to appropriate players and make a rule that others can only hold onto the ball for a certain length of time.
- Ensure inclusion by introducing the rule that every player must touch the ball before the team can score.

### Physical Disability

- Reduce the size of the pitch for players with mobility difficulties.
- Widen the nets, if necessary.
- If several wheelchair users are playing, they may need to use a bigger ball.
- If only one wheelchair user is playing and a standard football is in use, allow this player to use their hands or a hockey style stick to control the ball.

### Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

### Sight Impaired or Blind

- For players with minor visual impairments use a brightly coloured ball that contrasts with the playing surface.
- Ensure that team bibs clearly contrast with each other.
- Make sure that cones and equipment marking the boundaries of the playing area are brightly coloured and clearly contrast with the playing surface itself.
- Use an audible ball (ball that makes a sound) with players who have a serious visual impairment.
- Allow an adult or 'seeing' player to guide them around the pitch using directions or a hand on their shoulder.

### Useful Links

#### **Irish Football Association**

[irishfa.com/taking-part/disability-football](http://irishfa.com/taking-part/disability-football)

#### **Football Association of Ireland**

[fai.ie/domestic/football-for-all/football-for-all-programme](http://fai.ie/domestic/football-for-all/football-for-all-programme)