

## LESSON NOTES

**Grade:** 7

**Subject:** Creative Arts and Sports

**Strand:** Creating and Performing

**Sub strand:** Football

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# Performing Football Skills

## Introduction

This section describes three basic football skills that includes;

1. Executing shooting skills
2. Executing trapping skills
3. Performing dribbling skills

## Executing Shooting Skills

### *Create Shooting Space*

Push the ball in front to leave enough space for taking a few steps backwards before kicking the ball. This allows the player to hit the ball powerfully. Also ensure the opposing defenders are not blocking the goal otherwise pass to a teammate until the next opportunity arises.

### *Leaning Forward*

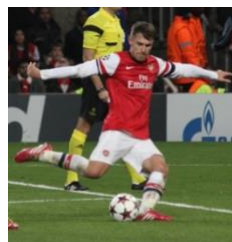
This helps in delivering more powerful shot while keeping the ball as low as possible to avoid going over the goal.



*Figure 1: Leaning Forward while shooting*

### *Extend the Shooting Leg*

This increases the shooting power and accuracy for a winning kick



*Figure 2: Extending leg while shooting a ball*

### ***Lock Ankle***

Locking the ankle of shooting leg reduces risk of injury, increases shot force and accuracy.

### ***Aim for The Center of The Ball***

This reduces the risk of missing. Preferably use the top of foot to increase power especially when still practicing shooting skills.



*Figure 3: Aiming at the center of ball while executing a shot*

### ***Focus on The Ball***

Do not easily get distracted by opponents and goalkeeper's position. Make a quick glance at the opponents then shift focus onto the ball and executing the kick.



*Figure 4: Focus on ball while shooting*

### ***Shooting Leg Should Follow Through the Kick's Motion***

Once the ball is kicked, maintain the leg's position towards the shot to help streamline it



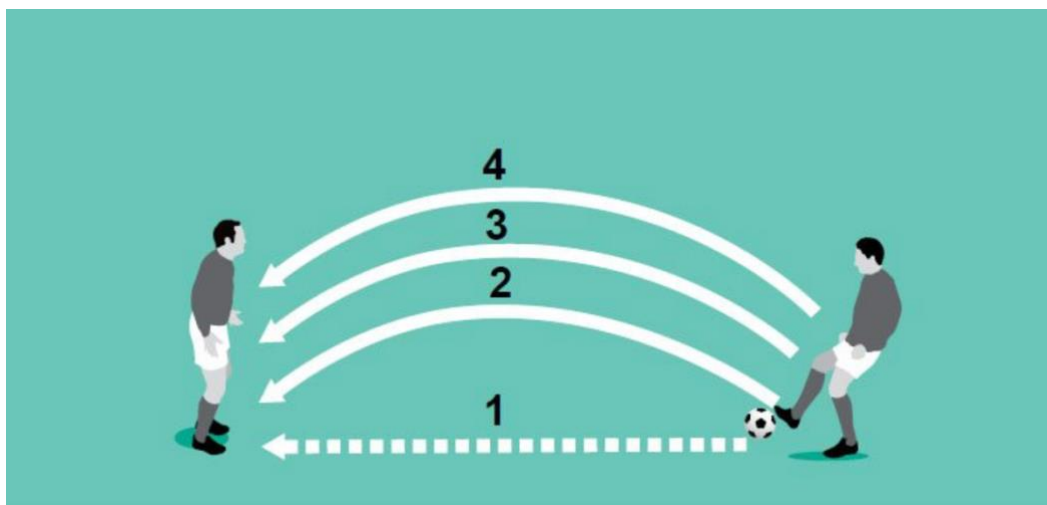
*Figure 5: Follow through with the shot*

## **Executing Trapping Skill**

Trapping involves instantly bringing the ball in control to allow comfortable execution of the next skill while under pressure.

### ***How to execute a ball trap***

- Immediately the foot comes into contact with the ball, withdraw impact then control the ball to safety.
- Use the inside of foot at right angles to hit ball
- Bend the knee and ankle on contact
- Use thighs inside of knee to control the ball
- Arch the chest while knees are bent for chest control



*Figure 6: Posture while trapping a ball*

## **Performing Dribbling Skill**

Dribbling involves intentional control of the ball while travelling towards a direction. To perform a dribble, follow the following steps;



### ***Steps of Performing a Dribble***

- **Bring the ball in control by touching-** Gentle touches allows the dribbler to bring the ball into control.
- **Controlling the ball using different sides of the foot.** – Practice controlling the ball using the inside and outside of the foot while moving around other players or obstacles. Sole of the foot can stop the ball or be used to fake movement or dodge an opponent.
- **Ensure the toes face downwards** – While the ankle is locked, point the toes down as you hit the ball. The toes can simultaneously support the other foot while moving to gain distance.
- **Maintain close distance with the ball.** Close contact with the ball improves control, and assist while changing direction of movement.
- **Maintain the same foot in motion.** Controlling the ball with same foot is easier allowing for run speed and balance.
- **Maintain peripheral vision.** Part of your sight of view should maintain awareness of other players and your target while keeping focus of the ball.