

## LESSON - 3

### FOOTBALL

**The following skills will be learnt in this lesson:**

- Dribbling (Moving with a ball)
- Passing - In step and out step pass
- Trapping - with the thigh and foot
- Goal keeping skills.

#### Introduction:-

This game is played and enjoyed by most of the children. This game is played using the foot. This game is played in more than 200 countries around the world. This game helps in the development of strength, endurance, speed and explosive strength in children.

### 1. SKILLS OF THE GAME FOOTBALL

#### DRIBBLING :

Dribbling is nothing but moving with a ball. In this skill player controls the ball with legs and moves forward.

- The ball should be placed to one foot away from the leg.
- The ball should be kicked from inside and outside of the feet. The ball should not go beyond control.
- The ball should be then kicked ahead from outside of the feet.
- The ball should be done repeatedly.



fig. 3.1 Dribbling

## **2. PASSING THE BALL (Inside and outside of the foot):**

### **INSIDE OF THE FOOT :**

- Face towards the direction of passing.
- The ball should be within 1 to 2 feet from the legs.
- Plant the rear leg firmly, slightly lean forward, swing the striking leg back and both hand stretched sideward.
- Push the ball with inside of the foot.



fig. 3.2 Inside of the Foot

### **OUTSIDE OF THE FOOT :**

- Similar to inside of foot, slightly lean forward swing the striking leg back and both had stretched sideward.
- Swing the striking leg forward , bend the toe inside and pass the ball by kicking with from outside of the feet.



fig. 3.3 Outside of the foot

### 3. STOPING THE BALL THROUGH FOOT AND THIGH

#### FOOT STOP :

- Watch the path of the ball.
- Stretch the leg upward before the ball hieght and the leg should be above 4 to 5 inches from the ground.
- As the ball comes into contact with the foot be it should be taken a little backward.



fig. 3.4 Foot Stop

“The future of the children decides not in the class rooms,  
But in the foot ball ground” Swami Vivekananda

### THIGH STOP :

- Watch the path of the ball
- As the ball reaches the player he should raise his either thigh up to the trunk level and feet should be down
- Try to take ball on the thigh and place the leg on the ground.



fig. 3.5 Thigh Stop

### GOAL KEEPING SKILL :



- The goal keeper with specific uniform should stand in front of the goal post and face the ball.
- Knees should be slightly bent and lean forward.
- Open the palms and stretch towards ball direction.
- Knees should be together. Ball should not pass between them.
- He should move towards the direction of the ball.
- After grabbing the ball he should kick or throw to his partners.

**Activity :** Ask the students to practise the above skills.

**Note :** The Students should Know about the equipment used in the game of football such as studs (shoes), Stockings (Socks), jerseys, goal keeper's is kit and flags used in football.