



Co-op Academy  
Priestthorpe

# Football Knowledge Organiser



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## Short Passing

**Look Up:** Before you pass, identify your target and assess the space around them.

**Side-Foot Contact:** Use the inside of your foot to make a firm, controlled connection with the centre of the ball.

**Point Your Toes:** Your non-kicking foot should be placed alongside the ball, with your toes pointing towards your target to guide the pass.

**Follow Through:** After striking the ball, your kicking foot should follow through in the direction of the pass, ensuring it reaches its destination.

## Dribbling

**Keep it Close:** Use small, soft touches to keep the ball within a comfortable distance

**Use Both Feet:** Practice using the inside and outside of both your right and left foot.

**Head Up:** While keeping the ball in your lower vision, scan the pitch to see teammates, opponents, and available space.



## Shooting

**Positive First Touch:** Touch the ball slightly away from your body to allow you to swing your foot.

**Angle Your Approach:** Approach the ball from a slight angle to allow for a better swing of your kicking leg and to generate more power.

**Strike with Laces:** For power and accuracy, make contact with the hard, bony part of your foot – your laces.

**Follow Through to Target:** After striking the ball, your kicking leg should continue its swing towards the goal.

## Rules / Safety

- 1) Wearing football boots will allow for more grip and safer play.
- 2) The game is always started from the centre spot, never from goalkeepers.
- 3) When tackling you must make contact with the ball first from a front on or side on position. Tackling the player first, or tackles from behind will result in free kicks being awarded.