

SECTION

5

FOOT GAMES
IN PHYSICAL
EDUCATION AND
HEALTH



PHYSICAL ACTIVITY AND HEALTH

Organised Sports Participation

INTRODUCTION

Football, also known as soccer in some countries, is a team sport played between two teams of eleven players each. The objective of the game is to score goals by getting the ball into the opposing team's goal using mainly the feet and sometimes the head or torso. This section covers passing, receiving, dribbling and shooting in football. Skills that will allow you to play and enjoy the game. The acquisition of these fundamental skills can go a long way in influencing you to develop and shape your understanding, attitude and interest towards the game. It will not only teach you the skills but also inspire you to see football as a game of strategy, creativity and collaboration.

At the end of this section, you will be able to

- Identify the types of basic skills in football and apply them in a game of football (passing, receiving, dribbling and shooting in football)

Key Ideas:

- **Passing and Receiving:** Are fundamental or basic skills in football (soccer) that allow players to move the ball effectively and work together as a team.
- **Passing:** Is the act of moving the ball accurately from one player to another on the same team by kicking, heading or otherwise directing the ball to a teammate.
- **Receiving:** Is the act of controlling or trapping the ball when it is passed or kicked to a player.
- **Dribbling:** Is the act of controlling the ball with your feet whilst moving. Dribbling requires agility, coordination and spatial awareness.
- **Shooting:** Is the act of kicking the ball towards the goal in an attempt to score by beating the goalkeeper.
- **Technique:** The steps taken to perform the skill.

PASSING AND RECEIVING IN FOOTBALL

Have you ever heard about passing and receiving in football?

Passing and receiving are fundamental or basic skills in football (soccer) that allow players to move the ball effectively and work together as a team. Passing is the act of kicking the ball to a teammate, while receiving is the act of controlling a passed ball.

To play the game effectively, players must be able to pass the ball accurately and receive it with precision.

Watch this video on passing and receiving in football



a. Passing and Receiving

- i. **Passing:** This involves kicking the ball with accuracy and appropriate force to a teammate.

The aim is to keep possession and create scoring opportunities.

Types of passes: The different types of passes in football are the ground pass, lofted pass, through ball pass and cross pass. Each of these passes serves a different strategic purpose during a game of football. The passes could be short or long and require very good technique, timing and vision to execute them effectively. Passing is important because it allows the ball to move around the field faster and with less effort among teammates.

- **Ground pass:** A ground pass is a basic passing technique where the player kicks the ball along the ground to a teammate. It is one of the most common types of passes used in the game of football. Ground passes are typically used for short to medium distances and are effective for maintaining possession, circulating the ball and building up play. Ground passes are often used in combination with other passing techniques to create effective team movement on the field of play.



Fig. 5.1: Ground pass

- **Lofted pass:** This is a passing technique where the player lifts the ball into the air over a short to medium distance to reach a teammate. Unlike

the ground pass, which travels along the ground, the lofted pass curves through the air. This pass is useful for bypassing opponents or for reaching teammates who are farther away or in a position where the ground pass will be very difficult to execute.



Fig. 5.2: Lofted pass

- **Through ball pass:** This is a pass where the player plays the ball into space behind the opposing team's defensive line for a teammate to run onto. It is a penetrative pass that is commonly used to break through defensive lines and create one-on-one situations between the attacking player and the goalkeeper.
- **Cross pass:** This is a pass where the player delivers the ball into the opponent's penalty area, aiming to find a teammate who can score with a header or a volley. Crosses are usually delivered from the flanks, that is either from the near touchline or after dribbling towards the goal line. They can be played along the ground or lofted into the air.



Fig. 5.3: Cross pass

- **Inside foot or instep pass:** This is the most common type of pass, using the inner curved edge of the foot for better accuracy and control.

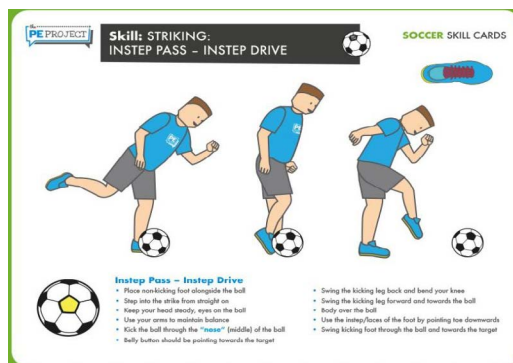


Fig. 5.4: Inside foot or instep pass

- Lace pass:** This uses the top part of the foot for powerful and long-distance passes. To complete a lace pass, the ball is positioned in front of your dominant foot, with your toes pointing towards the target. Strike the ball with the laces of your foot, using your entire body to generate power and accuracy.



Fig. 5.5: Lace pass

- Outside foot pass:** Use the outer part of the foot to strike the ball. This is good pass to use for curve or surprise passes.



Fig. 5.6: Outside foot pass

- ii. Receiving:** This involves controlling or cushioning the ball when it is passed to a player. Proper receiving ensures that you maintain control and can continue the play.



Fig. 5.7: Receiving a pass

- **Parts of the foot for receiving a pass:** Parts of the foot that can be used to receive a pass are the instep or inside of the foot, outside of the foot and the sole of the foot. The part of the foot used to receive the ball depends on the situation and the technique used by the passer. Each part of the foot offers different advantages in terms of touch, control and accuracy and players often use a combination of these techniques depending on the situation during the game.
- **Other parts of the body:** Other body parts for receiving a pass during a game include the thighs, chest, head and shoulder. Using these parts depends on the angle and height of the ball during the pass.



Fig. 5.8: Passing and receiving in football

b. Techniques for Passing

- Body position:** Face your target (partner), with your non-kicking foot pointed in the direction you want the ball to go.



Fig. 5.9: Body position

- ii. **Position of non-kicking foot:** Place the non-kicking foot closer to the ball sideways.
- iii. **Withdrawal of kicking foot:** Send the kicking foot backwards.
- iv. **Kicking motion:** Keep the kicking foot low, kick the ball with the instep and follow through. For instep or inside foot passes, keep the ankle locked and use a sweeping motion.
- v. **Accuracy over power:** Focus on the ball reaching the target rather than kicking hard.

c. Techniques for Receiving

- i. **Get in position:** Move towards the ball to meet it. Don't wait for the ball to come to you.
- ii. **Cushion the impact:** Relax your receiving foot and let it give slightly as you make contact with the ball i.e. allow your foot to move backwards slightly and quickly in response to the impact.
- iii. **Use different parts of the body:** You can receive the ball with your foot (instep, outside, laces), thigh, chest or head, depending on the situation. The most common technique is to use the instep.
- iv. **Control the ball:** Aim to keep the ball close to you after receiving it, so you're ready to make your next move.



Fig. 5.10: Ball Control

d. The Importance of Passing and Receiving in Football

- i. **Teamwork and collaboration:** Passing and receiving fosters teamwork by allowing players to work together, share the ball and create scoring opportunities. Good passing and receiving skills build chemistry and trust among team

members.



Fig. 5.11: Team work

- ii. **Ball possession:** Effective passing and receiving helps to maintain possession of the ball. Teams that can retain possession have more control over the game's pace and flow.



Fig. 5.12: Ball possession

- iii. **Creating opportunities:** Accurate passing and receiving can open up scoring chances by advancing the ball to teammates in strategic positions. Quick and precise passing and receiving can break through defensive lines and create goal-scoring opportunities.



Fig. 5.13: goal opportunities

- iv. **Field coverage:** Passing and receiving allows teams to utilise the entire field, spreading out opponents and creating space. It helps players transition from defence to attack smoothly.
- v. **Flexibility and adaptability:** With solid passing and receiving skills, players can adapt to various game situations, whether they are to transition quickly or hold onto the ball under pressure.
- vi. **Breaking down defence:** Effective passing and receiving helps break down organised defence. By moving the ball quickly and intelligently, teams can find gaps and create scoring chances.



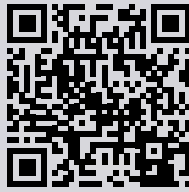
Fig. 5.14: Breaking down the defence

- vii. **Control and stability:** These skills allow players to maintain control of the ball, reducing turnovers (loss of possession) and errors. A well-received pass provides the foundation for the next play.
- viii. **Communication and strategy:** These skills encourage communication among players, allowing them to coordinate movements and strategies on the field. This communication is key to successful teamwork.
- ix. **Building confidence:** As players become proficient at passing and receiving, their confidence grows, enhancing their overall performance. Confidence in these skills leads to more ambitious plays and creativity on the field.
- x. **Transition play:** Passing and receiving is critical for transitioning from defence to attack. It enables teams to move the ball quickly and efficiently, changing the game's situation

Activity 5.1

1. General warm-up (monkey tails)

Watch a warm-up video on monkey tails.



<https://www.youtube.com/watch?v=RCmFCzQvLwY>

To play this game, you will need a strip of material (palm leaf) for each. The material should be about 7-inches long and 3-inches wide. Next, put the material in your back pocket. If you don't have pockets, just put the material in your waistband of the pants. stand in a circle until you hear, "go." When you get the signal, you should run around, trying to grab the tails from the other friends or partners. This will require you to run backward, run sideways, and change directions quickly. The one with the most tails when everyone has lost their tail is the winner.

- a. Write one other warm-up activity you know.

Warm-up activity

- b. Create a step-by-step procedure of the warm-up you stated above.

Step-by-step procedures

- c. Demonstrate the warm-up activity using the steps
d. Suggest two ways on how a warm-up activity will help you in sport performance.

1.

2.

Activity 5.2

1. Complete this activity with a partner.
2. With your partner discuss how to pass and receive the ball in football remember to include the techniques you are going to use.
3. In pairs, stand at a distance of 4m apart.
4. Pass the ball to your partner focusing on accuracy and control. Your partner will receive and return your pass.
5. Try increasing the distance between you and your partner to 6m, 8m and then 10m.

Activity 5.3

1. Join up with other pairs to form a circle.
2. Pass the ball around and across the circle. Be sure everyone has an opportunity to both pass and receive the ball.
3. Try increasing and decreasing the size of the circle.

Activity 5.4

1. Complete this activity with a partner.
2. Place two cones 2m apart to form a small goalpost.
3. Move away from the cones. The cones should be between you and your partner.
4. Pass the ball between the cones for your partner to receive.
5. Try reducing the distance between the cones and increasing the distance between you and your partner.

Activity 5.5

Let's add in some movement. Your teacher will mark out a game area and divide you into teams.

1. Practice passing and receiving the ball between your teammates whilst moving around the designated area.
2. Join with another team and continue to pass between your teammates whilst keeping the ball away from the other team.

Remember to cool down following Activities 2-5.

Share your experience with your classmates.

1. What did you find easy?
2. What do you need to practice more of?

Activity 5.6

1. Reflect and write down two types of passing in football.

Types of passing

2. Name two of the receiving techniques you used in the previous activities.

Receiving Techniques

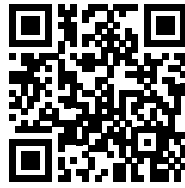
3. Why is passing and receiving important in football? Use the space below to list as many reasons as possible.

Now that we have learnt how to pass and receive the ball, let's shift our focus to dribbling. Let's get started and watch your performance soar! Keep up the enthusiasm as we move into the practical side of dribbling in football.

DRIBBLING IN FOOTBALL

Dribbling is one of the most useful attacking moves in football. Dribbling is the act of moving the ball by tapping it repeatedly with the feet. It is a skill that requires agility, coordination and spatial awareness for its effective execution. With this skill, players attempt to propel the ball in the field of play towards the opponents' goal. Dribbling involves a wide range of manipulative tricks and feints to outwit an opponent and keep possession of the ball.

Click on the link below to watch basic skills in dribbling.



<https://youtu.be/naEccnjzLxM>

a. Terms in Dribbling

1. **Dribble:** The act of moving the ball past opponents while maintaining control.
2. **Feint:** A deceptive movement or a fake move to mislead opponents.
3. **Stepover:** A skill where a player quickly moves one foot around the ball before swiftly moving over it with the other foot. It is often used to deceive defenders.
4. **Nutmeg:** Passing the ball through an opponent's leg.
5. **Cutback:** Quickly changing direction with the ball to avoid or dodge defenders.
6. **Inside Cut:** Cutting the ball outside with the inside of the foot to change direction.
7. **Outside Cut:** Cutting the ball with the outside of the foot to change direction.
8. **Body Feint:** Using body movement to deceive opponents.
9. **Drag Back:** Pulling the ball back with the sole of the foot to change direction or elude a tackle.
10. **Cruyff Turn:** A move named after a Dutch football legend Johan Cruyff involving a quick 180-degree turn to change direction.

b. Techniques for Dribbling

- i. **Close control dribble:** Keeping the ball very close to the feet with short touches to navigate through tight spaces and avoid defenders.
- ii. **Speed dribble:** Pushing the ball forward with long strides while running at high speed and using speed to beat defenders.
- iii. **Step over:** Pretending to take a step in one direction with one foot then quickly shifting your weight and push the ball in the opposite direction with the other foot.
- iv. **Body feint:** Using the body to fake a move in one direction before quickly shifting your weight and dribbling in another direction.
- v. **Elastico (flip flap):** Quickly pushing the ball to one side with the outside of the foot, then using the inside of the same foot to flick the ball in the opposite direction.

- vi. **Cruyff turn:** Faking a pass or shot by pushing the ball behind your standing leg with the inside of the other foot, then quickly turn and dribble in the opposite direction.
- vii. **Ronaldo's chop:** Quickly shifting your weight and chop the ball across the body with the inside of the foot to change direction.
- viii. **360 degree turn:** Spinning the body 360 degrees while keeping the ball close to your feet to evade defenders.
- ix. **Stop and go:** Suddenly stopping while dribbling to throw off defenders, then quickly accelerating in a different direction.
- x. **Combination moves:** Combining multiple dribbling techniques in quick succession to create unpredictable movements that confuse defenders and create space to shoot or pass the ball (e.g. combining speed dribbling with flip-flap moves or close control dribbling with stop and go, to change direction).



Fig. 5.15: Dribbling

Activity 5.7

1. General warm-up

Your teacher will ask you or one of your colleagues to lead a warm-up using the warm-up activity designed in Activity 1 above.

Follow the instructions provided and be ready to give feedback on how you found the activity if asked.

Activity 5.8

One Touch pair passing:

1. Partner up with one soccer ball per pair.
2. Form a line with one player from each group spread out evenly along it.
3. The partners stand 5 meters away from their partner on the line.
4. Begin to exchange one-touch passes with your partner forth and back for a number of times.



Fig. 5.16: One touch pair passing

- e. Take a video of yourself as you perform this activity and share it in class

Activity 5.9

With a ball, practice dribbling by standing still.

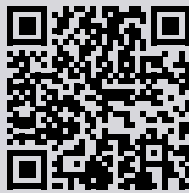
To do this kick the ball between both feet without and forwards movement.

Try increasing and decreasing the speed of your movements.

Top tip: Use the inside of your foot to tap the backwards and forwards between your feet.

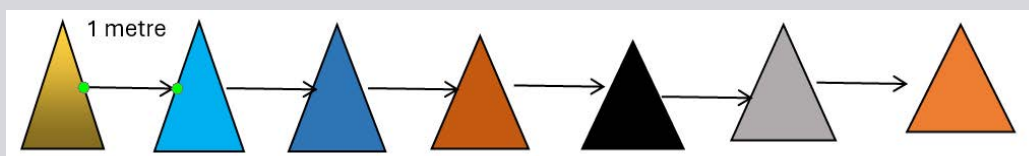
Activity 5.10

Click on the link below to watch dribbling around cones in football.

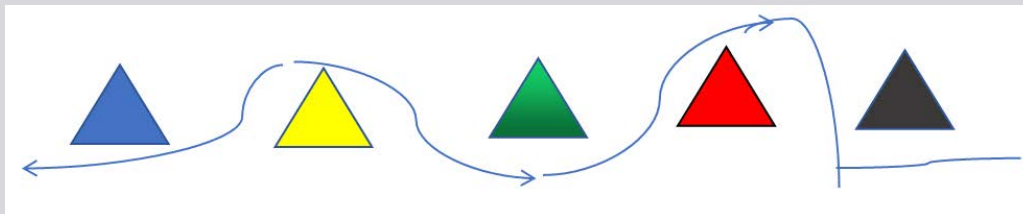


<https://www.youtube.com/shorts/h7JwanBQyQo?feature=share>

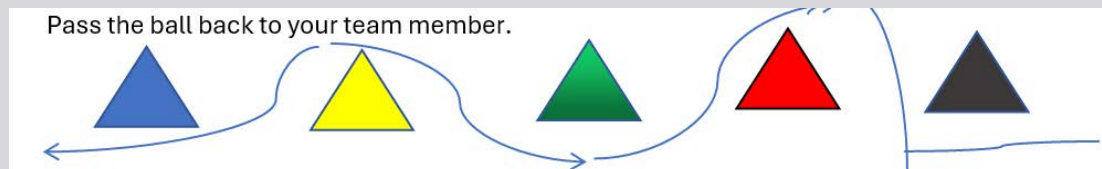
In your group, set up seven (7) cones (bottles filled with sand) 1 metre apart. As shown below.



1. In your team line up behind the first cone. Each member of your team will move through the cones one at a time.
2. Move through the cones (bottles) practicing your foot movements. When you reach the last cone, place the ball on the ground and pass it back to your team member who is waiting to start the course. (Note: In this step you are carrying the ball through the cones in your hands).



3. Repeat Step 3 but this time use your feet to dribble the ball in between the cones (bottles).



4. Try timing how long it takes your team to complete the course. Compare your best time with other teams. How did you do?
5. Use the space below to reflect on the activity. How did you find dribbling the ball? Can you complete the full course? What part of the technique do you need more practice on?

Remember to cool down following Activities 8-10.

Activity 5.11

With a partner explain why dribbling is important in football. Use the space below to note your explanation. Top tip: Expand on your own explanation by adding any new ideas from your partner.

It's time to learn how to shoot the ball in football.

SHOOTING IN FOOTBALL

Watch the video on shooting in football



[- YouTube](<https://www.youtube.com/watch?v=QDb5-cMIbjM>)

Shooting is one of the most important offensive techniques in football as it allows teams to score a goal. The choice and use of the shooting technique can have a great impact on the final result of the game. Shooting can be done with either the foot (left or right) or the head. Shooting is the act of kicking or hitting a ball towards the goalpost to score a goal.



Fig. 5.17: Areas of the feet for kicking a ball

a. Shooting Techniques

In football, there are several types of shooting techniques, each with its own purpose and execution.

These include:

- i. **Lace shot:** This is the most common and powerful shooting technique. It involves striking the ball with the laces of the foot, generating maximum power and velocity. It is often used for long-range shots aiming for accuracy and speed.
- ii. **Inside (instep) foot:** Just like the name suggests, is a technique that involves using the inside of the foot to strike the ball with precision and accuracy. This type of shooting is typically used for close-range shots where finesse and placement are more important than power. The aim is to guide the ball past the goalkeeper into the corners of the net. It is commonly used during penalty shootouts.



Fig. 5.18: Using the Instep

- iii. **Outside foot/outstep shot/Trivela:** This is a modification to the instep technique but in this case contacting the ball with the portion of the foot that is towards the outside of the foot beside the shoelaces, closer to the toes. The outside foot shot adds a natural curl to the ball's pathway making it difficult for goalkeepers to stop the ball. To do an outside foot shot, the ball is hit with the outside three toes together with the frontal part of the outside of the foot to get a curve effect.



Fig. 5.19: Using the Outside of the foot



Fig. 5.20: Using the Outstep/Outside of Foot

- iv. **Volley:** This technique involves striking the ball whilst it is in the air without allowing it to bounce. It requires excellent timing, eye-ball coordination and technique. Volley shots can be executed with the instep, side foot, laces or even with other parts of the body, depending on the situation.



Fig. 5.21: Volley Shot

- v. **Chip:** This refers to a shot that involves lofting the ball over the goalkeeper or an opponent. It requires finesse and a delicate touch to lift the ball over the opponent. Chip shots are often used when the goalkeeper rushes out, leaving a space behind them. The name 'Chip' implies they are done at a very close range, head-on and the skilful player majestically lobs (chips) the ball over the goalkeeper.
- vi. **Bending/Curl shot:** Curling the ball involves striking it with the side of the foot while applying spin to make it curve in the air. This technique is used to bend the ball around defenders or goalkeepers, aiming for a specific target or the far post. For example, a player uses the inside of the foot to wrap his leg around the ball (i.e. a curler) and shoots into the opponent's 18-yard area. Any part of the foot can be used to do a bending shot. Using the inside or outside parts of the foot produces the most bend.

- vii. **Dipping/Topspin shot:** This technique involves skilfully striking the ball with the instep of the foot, applying topspin to make it swerve unpredictably in the air and quickly dip. Dipping shots are often used from a distance to catch the goalkeeper off guard, as the ball dips sharply towards the goal. Spot kick shots at goals and corner kicks are played in this manner.
- viii. **Header:** The player hits the ball with their head. This is sometimes necessary when the ball is too high to control with the foot or chest. The forehead and the sides of the head (glancing header) are commonly used.

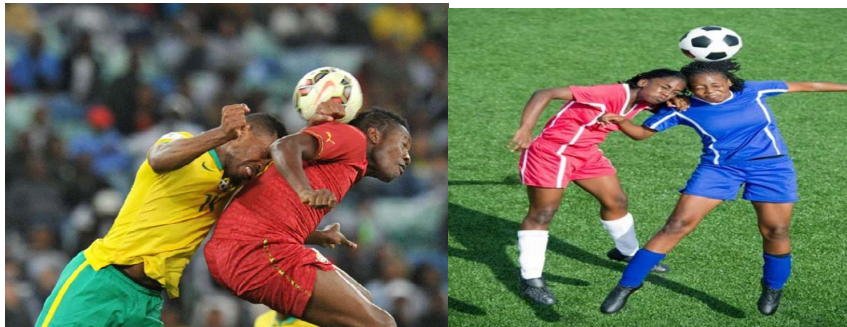


Fig. 5.22: Heading the Ball

Note: Each shooting technique requires continuous practice, skill and awareness of the situation on the field. Players often develop their own preferred methods based on their strengths and the demands of the game.

b. Shooting Terms

- i. **Placement:** This is the exact direction of a shot, aiming for defined areas of the goal to increase the chances of scoring.
- ii. **Power:** This refers to the force with which the ball is struck whether with a long-range or close-range attempt to beat the goalkeeper.
- iii. **Accuracy:** The ability to place a shot at a specific spot, either at the corner of the goalpost or far away from the goalkeeper's reach.
- iv. **Top corner:** This is the upper portion of the goalpost. This area is aimed at by shooters to make it difficult for goalkeepers to save the shot.
- v. **Bottom corner:** This is the lower area of the goalpost. Catching shots from this area is difficult for goalkeepers especially when the shot is low.
- vi. **Near post:** This is the side of the goalpost near/close to the shooter. Aiming for the near post is a powerful and quick shot made to catch the goalkeeper off guard.
- vii. **Far post:** This is the side of the goalpost farthest from the shooter. This is aimed at with a curled shot to beat the goalkeeper's range.
- viii. **Finesse:** This is the use of tact and technique instead of power to shoot the ball into the net/goal.

- ix. Follow-through:** This refers to the continuation of motion after a ball has been kicked for the generation of power and accuracy.

c. Basic Shooting Technique

It is important to take into consideration the following principles using any shooting technique.

- i. **Position of the supporting leg:** The placement of your supporting leg (non-kicking leg) is extremely important when determining the accuracy of your shot. Together with the position of your body, the supporting leg will determine the height of your shot. The positioning of the body is in turn determined by the supporting leg to ensure the technique is correctly executed.
- ii. **Position of the upper body:** The positioning of the upper body and the supporting leg determines how accurate a kick will be. There is a correlation between the upper body, supporting leg and direction of ball. In playing a low shot, players must ensure they lean forward slightly over the ball to guard the ball from going high. The further away the leg is from the ball, the more the body will be forced to lean back in order to allow the shooting leg to extend and hit the ball. This produces shots that go high and off-target.
- iii. **Follow-through:** This is crucial for all types of shooting. You are not just looking to kick the ball but to kick through it. Make sure the kicking motion continues once the ball has been struck.
- iv. **Step up:** This involves players making a slight run-up to the ball so they can gain more power for the shot. In a game situation, you will probably be dribbling the ball before you take a shot. In that case, you will need to push the ball just ahead of you. From the dribble, you can take a few steps before planting your foot and taking the shot.

d. The Importance of Shooting

- i. Shooting in football increases the scoring chances of a team in a game.
- ii. It can guarantee the success of a team in a match.
- iii. It puts pressure on the opposition.
- iv. iv. Successful shooting enhances the morale of players.
- v. Good shooting skills make a team more dangerous in attack.

Activity 5.12

General warm-up

Your teacher will ask you or one of your colleagues to lead a warm-up using the warm-up activity designed in Activity 1 above.

Follow the instructions provided and be ready to give feedback on how you found the activity if asked.

Activity 5.13

Complete this activity in a group.

Your teacher will help you to set up a 'goal' for your group.

1. In your group, discuss the following:
 - Foot placement
 - Kicking technique
 - Moving to shoot
 - Hitting the target

Why are each of these important?

Practice each movement before taking your first shot at the goal.

2. Line up in front of the goal starting about 5m away. Take turns at shooting the ball into the goal. When shooting, think about the area you are aiming for and shoot the ball into this area.
3. Repeat step 2 moving further away from the goal. Try shooting from 10m, 12m, 14m and then 15m away from the goal.
Now that all of you group have tried this. Place a cone (or similar item) between the goalposts.
4. Stand 8m and then 10m away from the cone.
5. Take turns shooting at the cone.
6. Try moving the cone to a different area within the goal.

Share your experience of shooting in football with your teammates and the whole class. How successful were you at hitting your target?

Top tip: Have one member of your group stand behind the goal to catch and return the ball to the next shooter. Take turns at doing this.

Activity 5.14

Now you have learnt the fundamental skills of football, it's time to play a mini-game.

Your teacher will divide you into teams and explain the rules of the game. Use the skills learnt to compete against each other.

Remember to cool down following activities 5.13-5.14.

Activity 5.15

- A. Visit a community football coach and research on the types of shooting techniques in football.

Types of shooting

- B. Describe the steps involved in executing shooting in football.

- C. Which of these shooting techniques have you used? Which would you like to find out more about? Share your ideas with a partner.

Review Questions

1. What is the proper foot position and body alignment for making a pass in football?
2. Discuss the importance of passing in football.
3. Describe the steps involved in receiving a pass in football.
4. Use the scenario and diagram below to answer the questions on dribbling.
5. Dribbling around Cones:

You are dribbling the ball through a series of cones set up in a zigzag pattern. Your task is to dribble the ball, making sharp turns around each cone, while maintaining control of the ball.



Fig. 5.23: *Dribbling around Cones Diagram*

- i. Describe how to dribble the ball in football. Identify and describe five (5) key techniques that you would use to efficiently dribble around the cones?

Key techniques for efficient dribbling around cones:

- ii. What are some common mistakes players make when dribbling around cones, and how can they be avoided?

Common mistakes made when dribbling a football.

5. Outline the procedures involved in shooting a ball into a goal from a distance of 10 meters.
6. Study the pictures below on shooting in football and answer the questions on them.



A.



B.

- i. What shooting technique is used in picture A?
- ii. What shooting technique is used in picture B?

Answers to Review Questions

1. The proper foot position and body alignment for making a pass in football are as follows:
 - a. Foot Position:
 - Your non-passing foot should be slightly ahead of your passing foot, creating a balanced, staggered stance.
 - The non-passing foot should be pointed towards the target of the pass, with the body aligned in the same direction.
 - The passing foot should be placed slightly to the side of the ball, with the ankle locked and the sole of the foot facing the target.
 - b. Body Alignment:
 - Your body should be square to the target, with your shoulders and hips aligned with the direction of the pass.
 - Maintain a slight bend in the knees and a lowered center of gravity to ensure stability and balance.
 - Your upper body should be upright, with your head up and your eyes focused on the ball.
 - Your passing arm should be extended, with the hand on the back of the ball and the non-passing hand on the side for control.
 - c. Weight Transfer:
 - As you swing your passing foot to strike the ball, transfer your weight from your non-passing foot to your passing foot.
 - This weight transfer helps generate power and accuracy in the pass.
 - Avoid leaning back or lunging forward, as this can disrupt your balance and control.
 - d. Follow-Through:
 - After striking the ball, continue the swing of your passing foot, allowing your body to rotate slightly towards the target.
 - Maintain your balance and be prepared to adjust your positioning based on the pass's trajectory and the defensive reaction.
 - By adopting this proper foot position and body alignment, you can generate power, accuracy, and control in your passes, which are essential for effective ball distribution and possession in football.
2. The importance of passing in football are ;
 - a. Maintaining possession: In football, maintaining possession of the ball is crucial to controlling the tempo of the game and creating scoring

opportunities. Effective passing allows teams to keep the ball and move it down the field, rather than losing it to the opposition.

- b. **Creating space:** By accurately passing the ball, players can draw defenders away and open up space for teammates to receive the ball in dangerous positions, such as in front of the goal.
- c. **Facilitating offensive movement:** Passing is the primary way that players move the ball up field and advance the offense. Smooth and consistent passing enables fluid movement and transition from defense to attack.
- d. **Exploiting defensive weaknesses:** Precise passing can help identify and exploit gaps or weaknesses in the opposing team's defensive structure, leading to scoring chances.
- e. **Building team chemistry:** The ability to consistently connect on passes requires players to develop a strong understanding and anticipation of each other's movements and tendencies. This helps foster overall team cohesion and communication.

3. Key steps in receiving a ball in football

- a. **Preparation:** Get into a balanced, athletic stance with knees bent and center of gravity low. Quickly assess the speed, and spin of the incoming pass and position your body to best receive the ball.
- b. **Cushioning the Ball:** Use the inside or outside of the foot to "cushion" the impact of the ball. Absorb the momentum of the ball by slightly withdrawing the receiving surface as the ball makes contact.
- c. **Controlling the Ball:** After the initial cushioning, use your first touch to direct the ball into open space or to a better position. This may involve a light touch to a new location, a dribble to change direction, or a lay-off pass to a teammate.
- d. **Body Position and Awareness:** Maintain balance and an athletic stance throughout the receiving process. Keep your head up and eyes on the ball to track its movement. Be aware of your surroundings, including the positions of defenders and teammates, to plan your next move.
- e. **Follow-up Action:** Quickly transition from receiving the ball to the next phase of play, whether that's a pass, dribble, shot, or lay-off. The quality of the follow-up action is often determined by the effectiveness of the initial receiving touch.

4. i. Key techniques for efficient dribbling around cones:

- **Close Control:** Keep the ball close to your feet, using small, quick touches to maintain control. This allows you to change direction and speed quickly.
- **Body Feints:** Utilize subtle movements of your upper body and shoulders to fake out the defender and create space to dribble. This can include shoulder drops, hip swivels, and changes in pace.

- **Acceleration and Deceleration:** Alternate between bursts of speed to get past the cones and controlled, slower dribbling as you approach the next cone. This unexpected change of pace can help you beat the defender.
- **Tight Turns:** When approaching a cone, use tight, compact turns to change direction quickly. Techniques like the Maradona turn, Cruyff turn, or step-over turns can be effective.
- **Head Up, Eyes Forward:** Keep your head up and eyes focused on the space ahead, rather than looking down at the ball. This allows you to see the entire field and anticipate your next move.
- **Light Touch:** Use a light, cushioned first touch to set up your next move. Avoid heavy, bouncing touches that make the ball difficult to control.
- **Agility and Balance:** Develop good agility and balance through speed and coordination drills. This allows you to change direction, accelerate, and decelerate more efficiently.

ii. Common mistakes players make when dribbling around cones in football and how to avoid them:

- **Poor Body Control:** Players may struggle to maintain balance and control of the ball as they weave in and out of the cones. Avoid this, focus on keeping your body low, knees bent, and your center of gravity centered over the ball.
- **Touching the Cones:** Players may hit the cones with their feet or the ball, which disrupts the flow of the drill. To avoid this, emphasise keeping the ball close to your feet and taking tight, controlled touches as you navigate the cones.
- **Inconsistent Speed:** Players may go too fast through some sections and then Slow down in others, resulting in an uneven, jerky dribbling pattern. To avoid this, try to maintain a consistent, controlled speed throughout the drill
- **Looking Down at the Ball:** Keeping your head down and eyes glued to the ball can make it difficult to plan your moves and see the next cone. To avoid this, try to keep your eyes up and scan the area ahead, using your peripheral vision to track the ball.
- **Poor Footwork:** Players may use the same foot or technique for every turn, which can become predictable. To avoid this, work on using both feet and incorporating different turns, such as the Maradona, Steptover, or Cruyff turn, to improve your footwork.
- **Lack of Acceleration and Deceleration:** Transitioning between sprinting and tight control around the cones requires the ability to accelerate and decelerate quickly. To avoid this, practice starting and stopping with control, and work on quick bursts of speed between the cones.

The process of shooting a football:

- Approach the ball at an angle, taking a few steps to build up momentum. Your plant foot should be placed next to the ball, not behind it.
- Bring your kicking leg back, keeping your knee pointed towards the target. The further you can cock your leg back, the more power you can generate. However, start conservatively and focus on technique first.
- Keep your head down and eyes focused on the ball. Your body should be positioned over the ball, with your weight slightly forward. This helps maintain control and accuracy.
- Strike through the middle to lower portion of the ball using the laces of your foot. This will give you more power and lift on the shot. Avoid hitting the top of the ball, which can cause it to go high or wide.
- Follow through with your kicking leg, allowing your foot to continue across your body. This helps transfer your momentum into the shot.
- If possible, aim for the corners of the goal cone, as this gives you the best chance of scoring. Accuracy is more important than pure power when first learning to shoot.
- After shooting, be ready to react to any rebounds or deflections, as the ball may come back out into play.

6.

- A - Inside (instep) foot techniques
- B - Lace shot

Extended Reading

The following are journals and books to help you access information on passing and receiving in football.

1. [Soccer Passing and Receiving | Versus](#)
2. [Football/Soccer: Passing and Receiving - Combination Play \(Technical: Passing & Receiving , Beginner\)](#)
3. [Soccer Receiving and Turning Drills](#)
4. Thompson .J.L,(1991) Introduction to Coaching Theory, Worthing Hazelwood.
5. Use the links to further access information on dribbling in football.
 - a. [Frontiers | The decision-making in dribbling: a video analysis study of U10 soccer players' skills and coaches' quality evaluation](<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2023.1200208/full>)
 - b. [Measuring skill via player dynamics in football dribbling | Scientific Reports](<https://www.nature.com/articles/s41598-023-45914-6>)
 - c. [The Study of Bilateral Transfer in Football Dribble Skill from The Non-Dominant on Dominant Hand and Conversely| Iris Publishers](<https://irispublishers.com/ajssm/fulltext/The-Study-of-Bilateral-Transfer-in-Football-Dribble-Skill-from-The-Non-Dominant-on-Dominant-Hand-and-Conversely.ID.000531.php>)
 - d. [Soccer Receiving and Turning Drills](#)
 - e. [12 Soccer Dribbling Drills \(2024 Update\) \(soccercoachingpro.com\)](#)
6. Use the links to further access information on shooting in football.

- a. [Football Shooting Training Log Book: Record and Track Your Shot Accuracy | Soccer | Small: Believer, T P: Amazon.com: Books](<https://www.amazon.com/Football-Shooting-Training-Log-Book/dp/B0D7VSM989>)
- b. [Sensors | Free Full-Text | Highlighting Shooting Opportunities in Football](<https://www.mdpi.com/1424-8220/23/9/4244>)
- c. [Shoot - Ultimate Stats & Facts - International Football: Shoot Magazine: 9780752222394: Amazon.com: Books](<https://www.amazon.com/Shoot-Ultimate-Stats-International-Football/dp/0752222392>)
- d. [Shooting (association football) - Wikipedia]([https://en.wikipedia.org/wiki/Shooting_\(association_football\)](https://en.wikipedia.org/wiki/Shooting_(association_football)))

References

1. Mandal, S., Gebretensay, M., Legesse, K., Gebru, M., & Kebede, R. (2020). Ethiopian traditional dance alters the health-related physical fitness traits of high school learners. *Turkish Journal of Kinesiology* 6(3): 125-133
2. Osei, L. A. (2020). Documenting Ghanaian Dances through Labanotation. *An International Multidisciplinary of Journal, Ethiopia*, 14 (2); 58.
3. Onuman, V. (2011). Let's Dance Adowa - 5 Ashanti Dance Gestures. Nkyea.com
4. Blog.overtimeathletes.(2018).<https://blog.overtimeathletes.com/kylian-mbappespeed-workout/>
5. Liverpool.com.<https://www.liverpool.com/liverpool-fcnews/features/liverpoolmohammed-kudus-release-clause-29156256>
6. M.allfootballapp.com.<https://m.allfootballapp.com/news/EPL/Mikel-Arteta-hails-the-big-influence-of-Arsenals-Thomas-Partey/2534571>
7. X.com. https://x.com/CristianoXtra_/status/1640654217122832389
8. Erswf.buzz/products.(2019).Ghanasoccernet.(2019). <https://ghanasoccernet.com/ghanaare-favourites-for-afcon-2019-deputy-captain-andre-ayew>
9. <https://www.erswf.buzz/products.aspx?cname=african+soccer+ball&cid=115>
10. Istockphoto.com.(2024).<https://www.istockphoto.com/search/2/imagefilm?phrase=football+volley>
11. Max.com.(2024).<https://www.max.com.gh/paris2024-elated-freda-ayisi-gets-first-blackqueens-call-up/>
12. Momsteam.com.<https://www.momsteam.com/health-safety/heading-in-youth-soccerdebate-continues>
13. Yoursoccerhome.(2024).<https://yoursoccerhome.com/how-to-shoot-a-soccer-ballstep-by-step/>

GLOSSARY

| | |
|-----------------------------|--|
| Accuracy | Refers to the degree to which a measurement or estimate conforms to the true or accepted value of the quantity being measured. |
| Acquisition | Refers to the act or process of acquiring or gaining possession of something. |
| Ambitious play: | Refers to high-reward plays or strategies in order to gain advantage over your opponent. |
| Dominant foot | The foot that a person tends to use more often for tasks that require balance, stability and fine motor |
| Exploiting | It refers to the act of utilising something or someone in an unfair or harmful manner |
| Fundamental skills | It refers to the basic core competencies and abilities that are essential for an individual to function effectively in various aspects of life. |
| Proficiency | Is defined as having a high level of knowledge, skill or expertise in a particular subject or ability. |
| Trajectory | Refers to a predetermined or specified path of movement or progression. |
| Body feint | Is using the body to fake a move in one direction before quickly shifting the weight and dribbling in another direction. |
| Combination | A selection of items from a larger pool in which the order doesn't matter. |
| Cruyff turn | Faking a pass or shot by pushing the ball behind your standing leg with the inside of the other foot, then quickly turn and dribble in the opposite direction. |
| Dribbling | Keeping the ball very close to the feet with short touches to navigate through tight spaces and avoid defenders. |
| Elastico (flip flap) | Quickly pushing the ball to one side with the outside of the foot, then use the inside of the same foot to flick the ball in the opposite direction. |
| Speed | Speed is a scalar quantity that refers to the rate at which an object covers distance. In simpler terms, it is how fast an object is moving. |
| Step over | Is pretending to take a step in one direction with one foot then quickly shift the weight and push the ball in the opposite direction with the other foot. |
| Ronaldo's chop | A technique used by Ronaldo by quickly shifting your weight and chop the ball across the body with the inside of the foot to change direction. |
| 360 degree turn | Spinning the body 360 degrees. |
| Coordination | The process of organising people or groups so that they work together properly and well or the harmonious functioning of parts for effective results. |
| Correlation | The process of establishing a relationship or connection between two or more things. |
| Execution | Is the carrying out of a plan, order, or course of action. |
| Farthest | The extent to which one thing is distant from another. |

| | |
|----------------------|--|
| Frontal | Relates to the forehead or front part of the skull. |
| Kicking | Is to hit an object with the foot. |
| Offensive | In sports contexts, "offensive" can refer to a style of play or action that focuses on attacking the opponent to score points or achieve a strategic goal. For example, an offensive strategy in football is geared towards scoring goals. |
| Techniques | A way of carrying out a particular task. |
| Unpredictably | In a way that cannot be predicted. |

Acknowledgements



Ghana Education Service (GES)



List of Contributors

| Name | Institution |
|--------------------|------------------------|
| Evans Asare Yeboah | Adisadel College |
| Charlotte Hottor | Methodist Girls, Mamfe |