

**Keystone words**

· Gastrocnemius

 · Quadriceps

 · Tibia

 · Fibular

· Positional – relates to the position on pitch/court

 · Formations – the way a team is set up

 · Awareness – knowledge or perception of a situation

 · Possession – you or your team having/owning the ball

**Key skills/tactics**

**Passing**

**Running with the ball**

**Heading**

**Tackling**

**Shooting**

**Goalkeeping**

**Movement**

**Positional play**

**Formations**

**Teamwork**

**Key Rules and regulations**

* Football is an 11-a-side game; teams are allowed to make up to 3 substitutions during a game.
* If the ball leaves the side of the pitch it is a throw in to the team who did not touch the ball last.
* If the ball goes off one end of the pitch it is either a goal kick or a corner.
* Football is a contact sport; however tackles should be appropriate and not have a possibility of injuring an opponent.
* Use of arms is not allowed, unless you are the goalkeeper, or taking a throw in.
* To score a goal, you need to get the whole ball over in the goal you are attacking.
* To win a game, you need to score more goals than your opponents.
* A full game consists of 2 halves of 45 minutes each.
* Each game has one referee and 2 assistant referees.
* When attacking, if a player passes to you then there must always be at least 2 opposition players between you and the goal, otherwise you are offside.
* Safety equipment such as shin pads must be worn in competitive games.
* If you commit a foul which is severe you could receive yellow card or a red card. A red card means you’ve been sent off and must leave the field of play.

