



Football scheme skills and progressions YR to Y6

Skills Covered:

Positioning Fundamentals / Simple inside of foot pass / Dribbling / Score a Goal / Defending / skills performed under pressure in competitive drills + games

EYFS Progressions

- Pass with some accuracy to partner – different classmates
- Dribble safely with the ball in large and small areas – walking – jogging – running
- Pass and receive the ball to partner, taking a touch to control the ball before passing back – standing still - whilst moving – jogging – to different classmates
- Shoot the ball with some accuracy into a goal
- Keep the ball under control whilst dribbling on the move
- Clear communication with a partner – small group – whole class

Year 1

All the EYFS progressions and skills need to be established then move onto

- Dribble with control in a straight-line jogging - running – different directions – using either foot – large area – small area -
- Pass the ball using the side of your foot under pressure – weaker foot



- Combine passing and dribbling – walking – jogging – running – large area – small area
- Dribble and shoot the ball into a goal – walking – jogging – running – small distances – longer distances
- Show composure to pass and dribble in a competitive situation

Year 2

All the Year 1 progressions and skills need to be established then move onto

- Understand the basics of using body position to defend
- Combine dribbling, passing and shooting under pressure – small area – large area
- Show decision making when and when not to pass and dribble in competitive situations
- Beat a defender to score a goal – walk – jog - run
- Perform dribbling and passing in competitive games and drills

Year 3 + 4

All the Year 2 progressions and skills need to be established then move onto

- Basic understanding of using space, width, and positioning
- Dribble and pass the ball under pressure from an opposition player – different speeds – small space – large space
- Work well and effectively in a small team in various drills and games
- Keep possession of the ball under pressure



Year 5 + 6

All the Year 3 + 4 progressions and skills need to be established then move onto

- Dribble, pass and shoot at speed and accurately
- Understand the importance of space, width and positioning
- Work well and effectively in a team in various drills and games
- Demonstrate good decision making under pressure
- Combine all skills learned over the previous years to use effectively in game type situations