

# Game Sense -Football | Physical Education |

Football is played 11 v 11. The players are split into attackers, midfielders and defenders but can play in a variety of formations, depending on the team strategy which will be decided by the coach or manager.



We can break the game the down into three main phases which can be seen below. Understanding these phases will improve our game sense and help us to be effective to help our team be successful.

IN POSSESSION	OUT OF POSSESSION	TRANSITION IN/OUT
STAY ON THE BALL, MASTER THE BALL	POSITIVE AND ENTHUSIASTIC DEFENDING	INSTINCTIVE DECISION MAKING
EXCITE WITH THE BALL AND SEEK CREATIVE SOLUTIONS	INTELLIGENT DEFENDING	POSITIVE AND INTELLIGENT ATTACKING REACTIONS
CONNECT AND COMBINE CREATIVELY WITH OTHERS	MASTER A VARIETY OF DEFENSIVE TECHNIQUES AND ROLES	POSITIVE AND INTELLIGENT DEFENDING REACTIONS

Tier 3 Offside	a player is considered offside if he or she receives the ball while being "beyond" the second last opponent (usually a defend-
Tier 3 Header	When the player uses their head to play the ball. This could be defensive to clear or attacking to try and score.
Tier 3 Throw in	A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline
Tier 3 Free kick	A freekick is used to restart the game when a foul has been committed and is awarded to the opposite team.
Tier 2 passing	A method used to send the ball to a team mate.
Tier 2 shooting	Striking the ball with power or finesse to attempt to beat the goalkeeper and score a goal.
Tier 2 tackling	A method used to take possession of the ball from an opponent
Tier 2 possession	The term given for when your team has the ball
Tier 2 marking	A defensive tactic aiming to stop the opposition from taking control of the ball.
Tier 2 interception	Gaining possession of the ball by getting in the way of an opposition pass.
Tier 2 dribble	A technique used to move the ball with your feet. Control of the ball is maintained throughout.