

## BMT– Progression video number 6: Football

Element	Description	Intended outcome
<b>Title page</b>	Level; Fourth Level / Senior Phase	To inform the viewers of the elements that are used to plan and structure the lesson
	SALs; Decision Making, Confidence and Self-Esteem, Speed	
	Context for learning; Football	
	EF skill; Goal Orientated Planning	
	Intensity; Moderate to vigorous	
	Scaffolding practice – <b>Square – cross sequence</b> - chosen because it supports some of the identified SALs (decision making and self-esteem) and allows for an emphasis on moving and thinking which is an essential element in football.	
<b>Demonstration of scaffolding practice</b>	1 learner demonstrates the basic square – cross sequence Then a second learner joins in, demonstrating the square – cross sequence from a different starting point.	To demonstrate to the viewers one of the scaffolding practices that could be chosen
<b>The ‘layering’ process</b>	A group of learners, move about the space in a random pattern practicing the square cross sequence starting high (hands on shoulders), and introducing starting low (hands on hips)	To develop the identified Significant Aspects of Learning
<b>Introduce the football element, then add additional layers</b>	<p>A group of learners move about the space in a random pattern, while keeping control of a football.</p> <p>When they choose to do so the learners face up to a partner, and make a series of one-touch exchanges with one of the footballs – the other football is temporarily left at the side while this exchange takes place.</p> <p>The situation changes to a ‘two-touch’ exchange of the football, and another ‘layer of complexity’ is added to the practice by encouraging the learner who is to receive the pass to complete the square cross sequence before the ball arrives.</p>	To develop identified Significant Aspects of Learning and Executive Functions skills.

<p><b>Adding another layer</b></p>	<p>Another layer of complexity is added when the learner who is making the pass gives a signal to their partner – the signal can be a clap of the hands, calling their name etc. If the signal is given the learner who is to receive the pass must still complete the square-cross sequence, but must return the ball with a one-touch action.</p>	<p>To increase the complexity of the task, and help develop the relevant Significant Aspects of Learning</p>
<p><b>Progress the Football element</b></p>	<p>Progress the activity by changing the situation to a conditioned game.</p> <p>The structure of the conditioned game is designed to continue to encourage the learners to make decisions, at speed, and build their confidence by generating success.</p> <p>The conditions are on the number of touches the learners are allowed. The first player has two touches, then the next player has only one touch. The learner who has two touches can choose to use only one, the learner who has one touch can never choose to use two.</p>	<p>To make the practice more football specific, to increase the physical demands, and to continue to develop the identified Significant Aspects of Learning.</p>
<p><b>The performance</b></p>	<p>The resultant play provides ample opportunities for the learners to work on goal orientated planning – with the restricted number of touches available, the players must know what they intend to do with the ball before it arrives at their feet.</p> <p>The restrictions on the number of touches the learners are allowed also speeds up the game adding physical and mental pressure onto the learners.</p>	<p>To provide an opportunity to observe the learners at work and evaluate their performances.</p>
<p><b>Potential progressions</b></p>	<ul style="list-style-type: none"> <li>• Designate one player as the ‘play-maker’ and allow this player unlimited touches on the ball</li> <li>• Improve the quality of the learners’ physical actions</li> <li>• Increase the size of the playing area to increase the amount of time the players have to control and use the ball</li> <li>• Divide the playing area into segments (defense, midfield and attack) and designate the number of touches available to the players in each segment i.e: <ul style="list-style-type: none"> <li>○ Defense unlimited number of touches</li> <li>○ Midfield a maximum of 3 touches</li> <li>○ Attack a maximum of 2 touches</li> </ul> </li> </ul>	