

Unit Focus: Applying Skills Under Pressure	
Expected Outcomes - By the end of this unit, pupils will be able to: • Perform a basic skill (pass, dribble) while under passive pressure from a defender. • Combine two skills in a sequence (dribble and then pass). • Keep possession of the ball with teammates in a small-sided game (3v1). • Communicate with a teammate to ask for the ball.	
Developmental Focus Opportunities • Gross Motor Skills: Progressing the ELG of 'negotiating space' to include the presence of an opponent. This challenges pupils to maintain 'balance and coordination' not just in isolation, but while reacting to external factors, which is a significant developmental step.	
Key Learning Points	Powerful Knowledge
• How to protect the ball using your body. • The importance of the quality of the first touch when receiving a pass under pressure. • How to draw a defender to create space for a teammate. • The concept of a 'give and go' pass.	• Pressure creates mistakes, but practice builds composure. (Understanding that practicing under pressure is the key to improving). • The ball can move faster than any player. (The value of quick, smart passing over individual dribbling).
Subject-Specific Vocabulary	Reading Opportunities
Pressure, Composure, Possession, Intercept, Shielding, First Touch, 'Give and Go', Conditioned Game, Passive Defender.	• Reading a tactical card with a specific condition for a game ("All players must touch the ball before you can score). • Analysing a simple diagram of a 3v1 situation.
Possible Misconceptions	Cross-Curricular Links
• When a defender comes near, I must get rid of the ball immediately. (Panic vs. Composure). • I should always pass to the person closest to me. (Safe pass vs. Smart pass). • It's the defender's fault if I lose the ball. (Taking responsibility for ball security)	• PSHE: Decision making under pressure, managing anxiety. • Psychology: Introduction to concepts of stress and performance. • Maths: Understanding probability (what is the most likely successful pass?).