

Activity 1: Pre-match Training - Pupil reference sheet



What skills do you need for different positions in a football team?

As a rough guide:

- **Strikers** and **forwards** need to be fast and fit and have good ball control - and be able to score goals.
- **Midfielders** need good ball skills to get past opponents. They should be able to pass accurately, particularly when they're on the move, and they need to be fit so they can move quickly between attack and defence.
- **Defenders** need good stamina and are often big and strong, though they should be quick enough to keep up with their opponents. The ability to head the ball to kick it long distances is also useful.

Not all these skills are illustrated in the training videos, and in this case, the player's shirt numbers don't tell you anything about the positions they play in!

What is fitness and how might it be measured?

One measure of fitness is a person's heart rate, because when they exercise, their heart beats faster to get the oxygen to the muscles more quickly.

With short activities, the heart rate often stays the same during the exercise but shoots up afterwards. You can see this on the video clips if you look at the on-screen heart rate counter and watch how it changes during and after the activities.

Everyone has a different heart rate but everyone's rate increases when they exercise, or just after.

Generally, if a person is not very fit, their heart will beat much more quickly when they exercise and it will take longer to return to normal.

Another measure of fitness is speed and agility, and there's an on-screen clock so you can time each activity and a counter in case you want to count how many times a player does something.