

Skill Names and Coaching Points

Rule Names and Description

Skill	Main Skill Knowledge Points
1 Backhand Serve	Thumb pointing down, high elbow, shuttle in thumb & and forefinger, short movement from wrist
2 Downward Hitting	Shuttle in front of body, arm straight during contact, hit shuttle at highest point.
3 Net Shot	Forehand grip, racket head high, play shuttle softly (underarm), step towards shuttle with racket leg.
4 Defence (Lift)	Lunge towards shuttle on racket leg, flick wrist upwards and follow through. Use forehand grip for both sides.
5 Footwork	Lunge forward on racket leg, Chasse step when moving backwards.

Rule Name	Rule Description
1 Service	Racket must be pointing down, with the racket head below 1.15m
2 Service	Shuttle must land on or past the service line when serving.
3 Service	The player that wins the rally, gets to serve next.

Performance Analysis

Key Term	Key Term Definition
1 Trajectory	The path followed by a moving object
2 Shuttle cock	Natural or synthetic feathers attached to a cork and hit with a racket.
3 Tape	Narrow, white strip of material at the top of the net
4 Lunge	A forward movement with one leg outstretched in front of you.

Skill Preparation	Skill Execution	What to look at when analysing	
Short Backhand Serve			
		Grip	During both phases of the skill what SHOULD be happening for each element and what IS happening.
		Elbow	
		Wrist	
		Shuttle	A description of this difference is how we analysis of the performance

PE THEORY

Bones of the Skeletal System

	1 Cranium	7 Humerus
	2 Ribs	8 Sternum
	3 Vertebral Column	9 Pelvic Girdle
	4 Femur	10 Patella
	5 Fibula	11 Tibia
	6 Scapula	

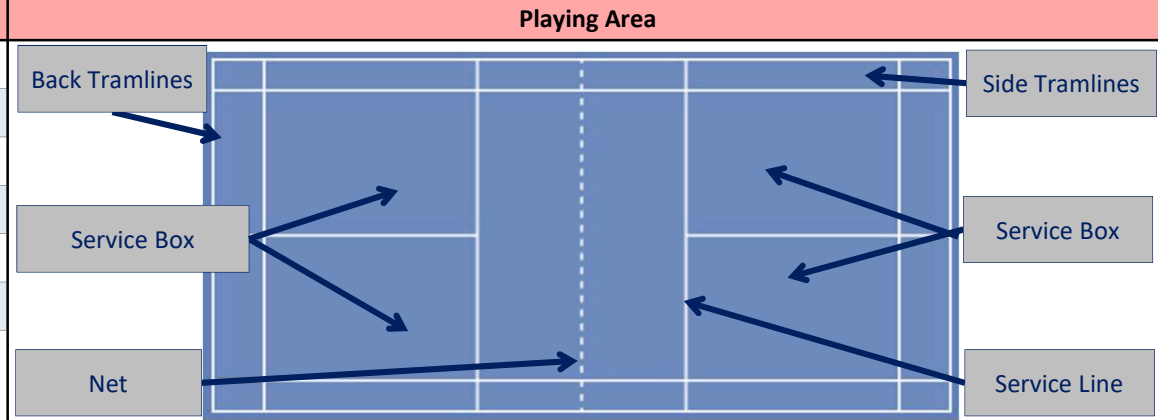
Some of these **bones** you may already know and there are more, however these are what we want you to learn for PE

Warm Up (Exercises that prepare the body & mind for physical activity) & Playing Area	
Components	Description & Examples
1 Pulse Raiser	Important to slowly increase heart rate prior to exercise
2 Mobility Exercises	Moving joints through their full range of motion
3 Stretches	Stretching muscles to temporarily improve muscle flexibility
4 Dynamic Movements	Copy sport actions to prepare muscles/joints for explosive actions
5 Skill Rehearsal	Takes you to close to full intensity; allows skills to be practised

Muscles of the Body

	1 Trapezius	7 Deltoid
	2 Triceps	8 Pectorals
	3 Latissimus Dorsi	9 Biceps
	4 Gluteals	10 Abdominals
	5 Hamstrings	11 Quadriceps
	6 Gastrocnemius	

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Skill Names and Coaching Points

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Skill	Main Skill Knowledge Points
1 Control: First Touch	Inside/outside/bottom of foot, legs slightly bent.
2 Dribbling	Head up, different parts of foot, Hips face travel direction
3 Passing: Short	Inside of the foot / plant non-kicking foot, lock ankle.
4 Passing: Long	Lean back/foot under the ball to loft
5 Shooting	Laces / follow through for power, Plant non-striking foot

Rule Name	Rule Description
1 Foul: General	An action that contradicts Laws of the Game. Free-kick / penalty
2 Ball Out of Play	The ball crosses outer perimeter. (throw-in / goal kick / corner)
3 Handball	Ball striking the arm in a unnatural position (excluding GK).

Key Term	Key Term Definition
1 Possession	To be in control of the football (team or player)
2 Decision Making	To select the correct skill / technique for the situation
3 Control	The ability to manipulate the ball in the desired direction
4 Accuracy	The ability to pass/shoot/control the ball with precision.

Performance Analysis

Skill Preparation	Skill Execution	What to look at when analysing					
Shooting							
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Playing Area

Side Line		Penalty Area
Goal Line		Penalty Arc
Centre Mark		Penalty Mark
Centre Circle		Goal Area
Halfway Line		Corner Area

Skill	Main Skill Knowledge Points
1 Passing: Bounce	Create W, opposite foot forward, extend arms, bounce 3/4's away
2 Footwork: Aerial	Jump & catch the ball, spin in the air, land 2 footed
3 Double Dodging	On balls of feet, drop shoulder, quick movement to the side and repeat
4 Stage 1 and 2 Def	Follow your opponent (1), mark the ball with arms up and lean (2)
5 Stage 3 Defending	Delay opponent, standing in front, and identify the space they could utilise

Rule Name	Rule Description
1 Replayed ball	Lose control of the ball and pick it back up again - Free pass
2 Over a third	The ball cannot be thrown over a complete third of the court - Free pass
3 Free pass / penalty pass	Free - You are still in play. Penalty - You are not in play, you must stand by the

Key Term	Key Term Definition
1 Possession	To be holding or in control of the ball
2 Intercept	A pass for a teammate is caught by an opponent
3 Pivot	Rotate with the ball on their landing foot
4 Dominant	The hand you are more likely to use to pass the netball

Performance Analysis								
Skill Preparation	Skill Execution	What to look at when analysing						
Stage 1 - Marking the player 	Stage 2 - Marking the ball 	<table border="1"> <tr> <td>Arms</td> <td rowspan="3">During both phases of the skill what SHOULD be happening for each element and what IS happening.</td> </tr> <tr> <td>Hips</td> </tr> <tr> <td>Feet</td> </tr> <tr> <td>Hands</td> <td>A description of this difference is how we analysis of the performance</td> </tr> </table>	Arms	During both phases of the skill what SHOULD be happening for each element and what IS happening.	Hips	Feet	Hands	A description of this difference is how we analysis of the performance
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Playing Area

