

## Skill Names and Coaching Points

## Rule Names and Description

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

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

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

## Performance Analysis

Skill Preparation	Skill Execution	What to look at when analysing					
<b>Shooting</b>							
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## PE THEORY

### Bones of the Skeletal System

	1 <b>Cranium</b>	7 <b>Humerus</b>
	2 <b>Ribs</b>	8 <b>Sternum</b>
	3 <b>Vertebral Column</b>	9 <b>Pelvic Girdle</b>
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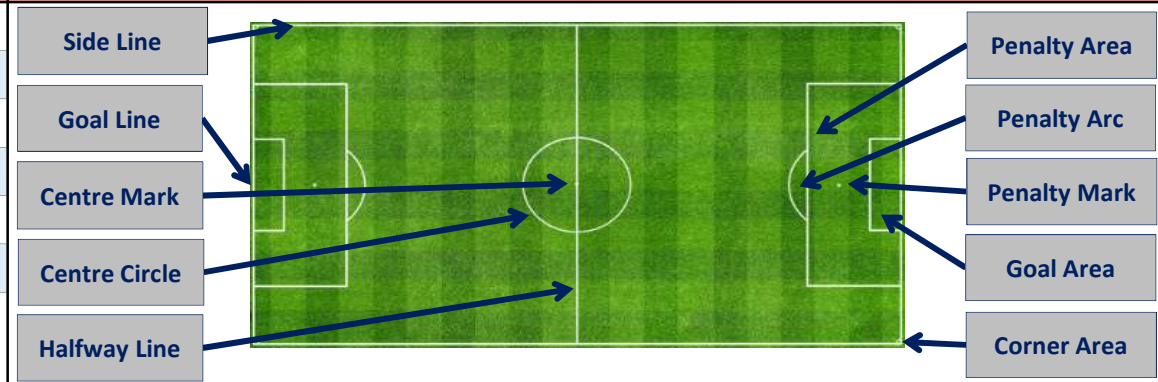
## Warm Up (Exercises that prepare the body & mind for physical activity) & Playing Area

Components	Description & Examples
1 <b>Pulse Raiser</b>	Important to slowly increase heart rate prior to exercise
2 <b>Mobility Exercises</b>	Moving joints through their full range of motion
3 <b>Stretches</b>	Stretching muscles to temporarily improve muscle flexibility
4 <b>Dynamic Movements</b>	Copy sport actions to prepare muscles/joints for explosive actions
5 <b>Skill Rehearsal</b>	Takes you to close to full intensity; allows skills to be practised

## Muscles of the Body

	1 <b>Trapezius</b>	7 <b>Deltoid</b>
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## Playing Area


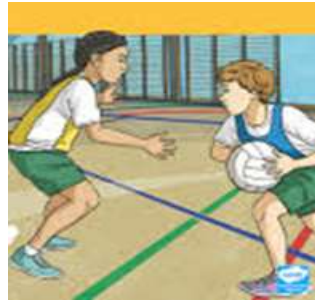


Skill	Main Skill Knowledge Points
1 <b>Passing: Bounce</b>	Create W, opposite foot forward, extend arms, bounce 3/4's away
2 <b>Footwork: Aerial</b>	Jump & catch the ball, spin in the air, land 2 footed
3 <b>Double Dodging</b>	On balls of feet, drop shoulder, quick movement to the side and repeat
4 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

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

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

### Performance Analysis

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<b>Stage 1 - Marking the player</b> 	<b>Stage 2 - Marking the ball</b> 	<table border="1"> <tr> <td style="text-align: center;">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 style="text-align: center;">Hips</td> </tr> <tr> <td style="text-align: center;">Feet</td> </tr> <tr> <td style="text-align: center;">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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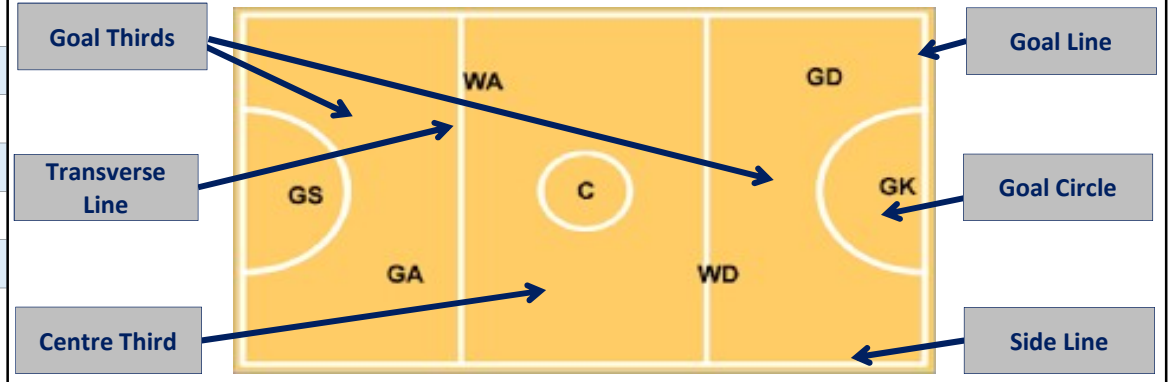
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Skill	Main Skill Knowledge Points
1 <b>Grip + Control</b>	Shake hands, crocodile jaw made with finger and thumb
2 <b>Ball Striking</b>	Angle closed, hips and shoulders rotates towards the ball
3 <b>Serve</b>	Flat palm, ball is hit behind the back white line, 16cm up
4 <b>Push Shots</b>	Contact underneath the ball in front of the body
5 <b>Doubles Play</b>	Serving to be diagonal, games to 21 shots must alternate

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1 <b>Serving</b>	Each person serves twice. After tied 10-10 service alternates
2 <b>Scoring</b>	A game is played to 11 points. Must be won by two clear points.
3 <b>Volleys</b>	A point for your opponent. The ball must always bounce once

Key Term	Key Term Definition
1 <b>Let</b>	Stoppage in play- serve hitting the net or interference
2 <b>Dead Ball</b>	A ball that is returned without any spin
3 <b>Topspin</b>	Type of spin on the ball that rotates towards the opponent
4 <b>Closed</b>	Paddle angle that allows the top of the ball to be struck

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