

Heading the ball

- The forehead is the safest and most effective part of the head to use.
- As you prepare to jump, it is important to keep your eyes focused on the ball.
- As you jump, generate power by:
 - bending the knees
 - arching the back
- Use your arms for balance as you will be off the ground for many of the headers.
- Head the ball with your forehead, the area directly above your eyebrows.



KS3 Football

“Choose and use” Make decisions about when to pass, keep or move with the ball in competitive situations.

- When you receive the ball to should look to see the best option of where to pass to.
- Listen to players who are calling for the ball – are they still free?
- Pass the ball to a team mate who driving in a space and is away from their marking player.
- Always pass the ball in in the space in front of the player.

Creating Space in Games

Change Speed

- If you keep running at the same pace throughout a match you will become very tired or find it difficult to get away from defending players.
- Choose wisely when you should offer an option. When you see a space, call for the ball, signal and drive (sprint) into that space.

Defending & Tackling

Block Tackle

- Get to your opponent quickly to deny them time and space on the ball. But don't commit yourself too early or you will foul them or be easy to beat.
- When you think you can win the ball, your weight should move forward as you prepare to tackle with the inside of your foot.
- If the ball becomes stuck between your feet and your opponent's then get your foot under the ball to lift it away.
- Make sure you keep your ankle and leg firm throughout the tackle.



Sliding Tackle

- When properly timed, the sliding tackle is a very effective skill.
- Make the tackle from the side and across the path of your opponent.
- Use the leg furthest away from your opponent and try to pass or hook the ball away as you slide in.
- Whether the tackle has been successful or not, get back up on your feet as quickly as possible once the challenge has been made

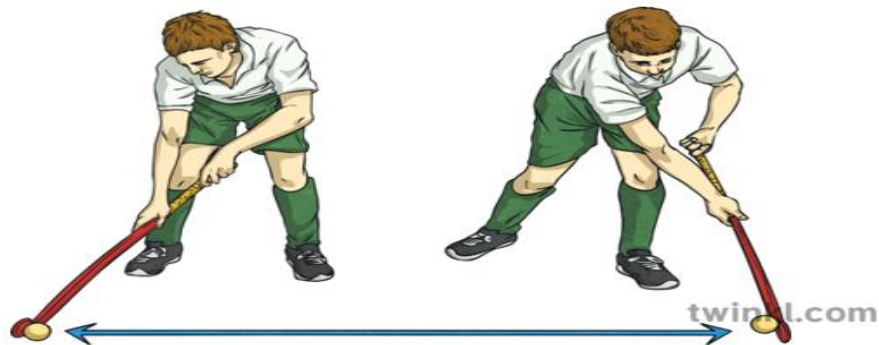


Keyword	Definition
Opponent	The opponent is your competition e.g. a player you are marking or trying to outwit
Interception	Catching a pass made by a player on the opposite team.
Tactic	An action or strategy carefully planned to achieve a specific end

Indian Dribble

You can use the Indian dribble to change the direction of the ball to beat an opponent, and it's particularly difficult to defend against.

- Keep your knees bent and grip your stick in the dribbling position with hands around 30cms apart.
- The hand at the top of the stick (usually left) is the hand that rotates the stick
- The aim is to move the ball from the forehand to the backhand and back again.
- Use your left hand to rotate the stick fully over the ball and use your right hand to guide the stick.
- Holding your right hand a little looser around the stick should help.
- The ball should be out in front of the body and moved in a zig-zag pattern across the ground.



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Creating Space in Games

Change Speed

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Defending & Tackling

Job tackle

- Hold your stick with both hands, with the handle pointing towards your waist area.
- Put your left foot forward. Jab the stick forward with your left hand.



Block Tackle

- Put your left foot forward with your knee bent and your back leg stretched behind you.
- You can reach for the ball with one or both hands.
- Don't swing for the ball with your stick - keep it low on the ground.



Shooting

Prepare

- Feet shoulder width apart
- Ball held by dominant hand and high above the head. Fingers point back and are slightly open, ball sits in your hand.
- Second hand is placed at the side of the ball to steady its position
- Elbows slightly flexed, lined in the direction of the post.

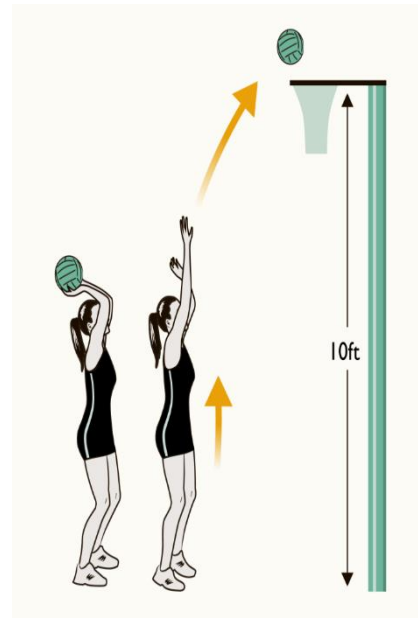
Squat

- Bend knees
- Maintain balanced position
- Flex elbows not allowing the ball to drop behind your head

Shoot

- Power through the ankles by pushing up through slightly flexed knees
- Wrist flicks as the ball is released off the fingers in order to create a backwards spin
- Aim to drop the ball through the net without it touching the ring.

KS3 Netball



Defending in Netball

Stage 1 – Mark the player!
They haven't got the ball yet but can you still mark them.



Stage 2 – Mark the ball –
when the player has the ball make it difficult for them to make their next pass.



Stage 3 – Marking the
space. Anticipate the pass
and prepare to drive in
front to snatch it away.



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Creating Space in Netball

Change Speed

- If you keep running at the same pace throughout a netball match you will become very tired or find it difficult to get away from defending players.
- Choose wisely when you should offer an option. When you see a space, call for the ball, signal and drive (sprint) into that space.

Change direction and Dodging

- Changing direction and dodging are good tactics to help us to outwit our opponents to get free and create space.

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