

## Passing and Receiving Skills



### Activity 1

Why do you pass the ball? Use these words to help:

teammate

possession

control

You control the ball pass to your teammate and try to keep possession



### Activity 2

How do you pass the ball? Circle three words that describe what makes a good pass.

low

uncontrolled

bouncing

accurate

good pace

wide

It is important to have possession of the ball when you are playing football. This will help your team control the match. If your team is good at passing and receiving the ball, they will have possession of the ball for longer.





Activity 3

Label the parts of the foot we use to pass or receive the ball.

inside

laces

outside

sole



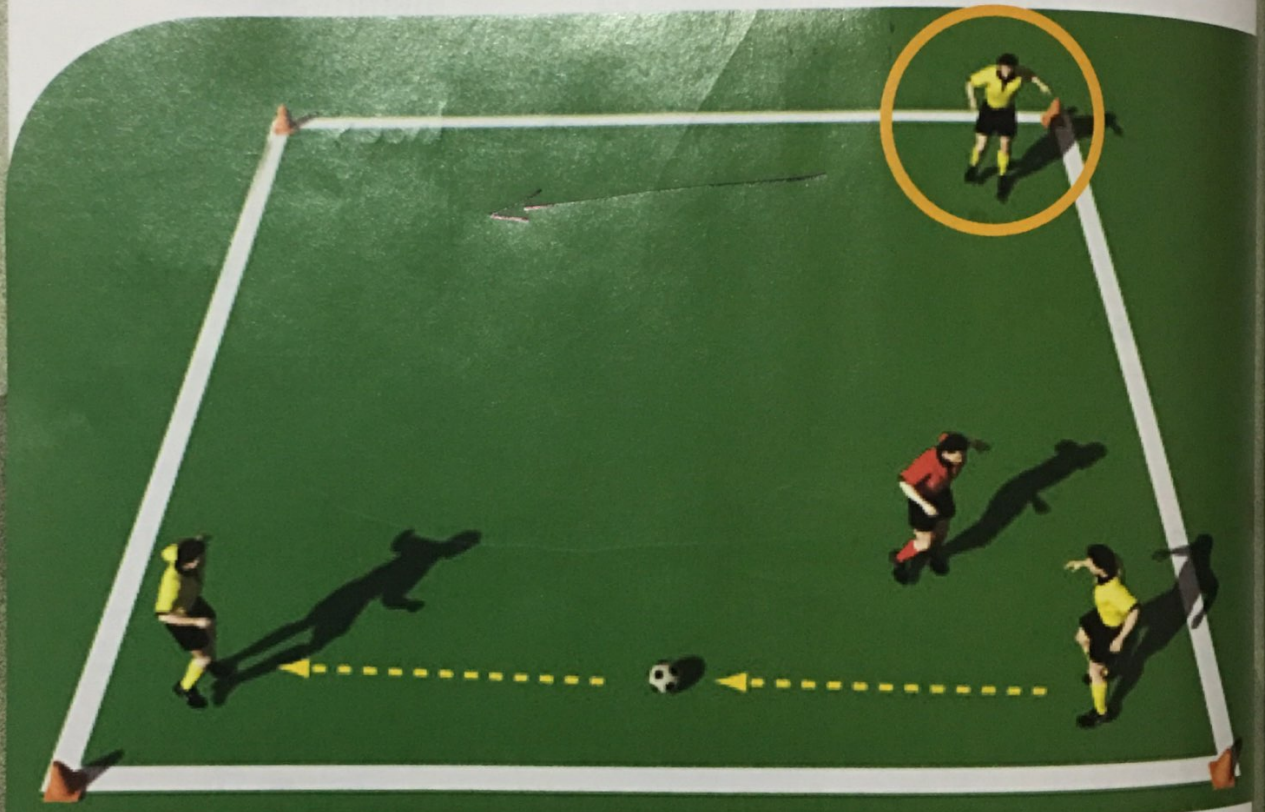
It is important to make space for yourself and your teammates when you want to receive the ball. If you move away from the ball and the defenders, you can make space for passing, receiving and dribbling.





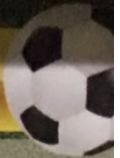


Look at the circled player. Where should the player move to make more space to receive the ball? Draw a line in the picture below.



In football, sometimes you must pass the ball to a moving teammate. This is to get closer to the other team's goal.





Passing the ball to a teammate is difficult when your teammate is moving. Use the words below to fill in the gaps:

defenders

front

help

run

Passing the ball in front of your teammate will help them to run onto the ball. Playing the ball early will help keep the ball away from the defenders

Receiving the ball is important when your team wants to keep control of the ball.



## Activity 6

Read the sentence and circle TRUE or FALSE (T = True, F = False)

We should look at defenders before controlling the ball and receiving a pass.	T / F
We should be in a balanced position when receiving a pass.	<input checked="" type="radio"/> T / F
We should <del>control</del> <sup>MOVE</sup> the ball into a space.	<input checked="" type="radio"/> T / F
We should pass to teammates that have defenders around them.	T / <input checked="" type="radio"/> F
We should be in a space when receiving a pass.	<input checked="" type="radio"/> T / F





When receiving the ball from a pass, a player should be in a good position.



### Activity 7

What is a good position to be in when you receive the ball? Discuss with a partner and write three words to describe the position:

.....

## Dribbling Skills

Sometimes, when you play football you need to move with the ball at different speeds.



### Activity 8

Fill in the blanks using the words below. Then, draw a line and match the words to the correct meanings:

control

direction

sprint

running with the ball

close control of the ball

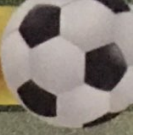
dribbling

change direction with the ball

turning

sprint with the ball ?





### Activity 9

What parts of the foot do you use for these actions? Write your answers on the lines below.

1. Running with the ball: Inside | Outside | Sole | Heel
2. Dribbling: \_\_\_\_\_
3. Turning: \_\_\_\_\_

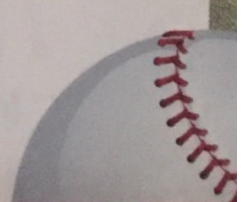
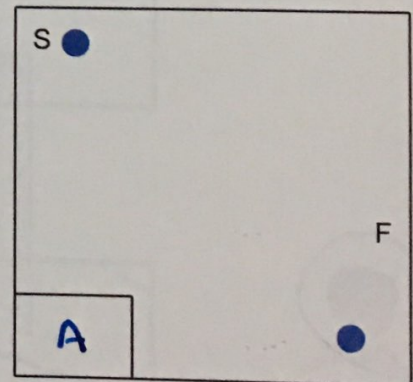
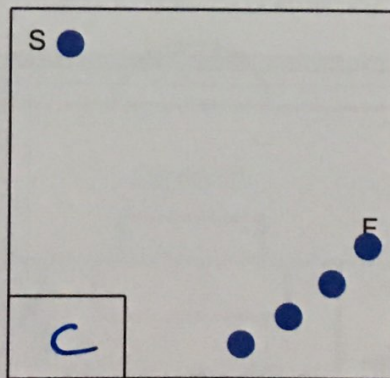
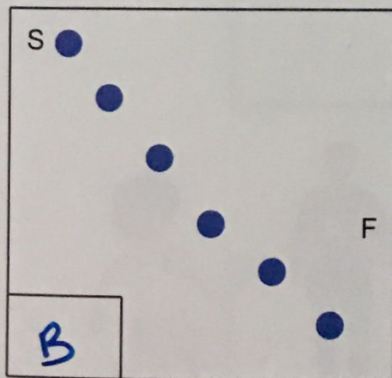
### Activity 10

Look at the blue cones in the boxes below. What action would you use for each picture? Write the correct letters in the boxes.

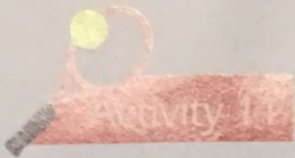
A = Running with the ball

B = Dribbling

C = Turning







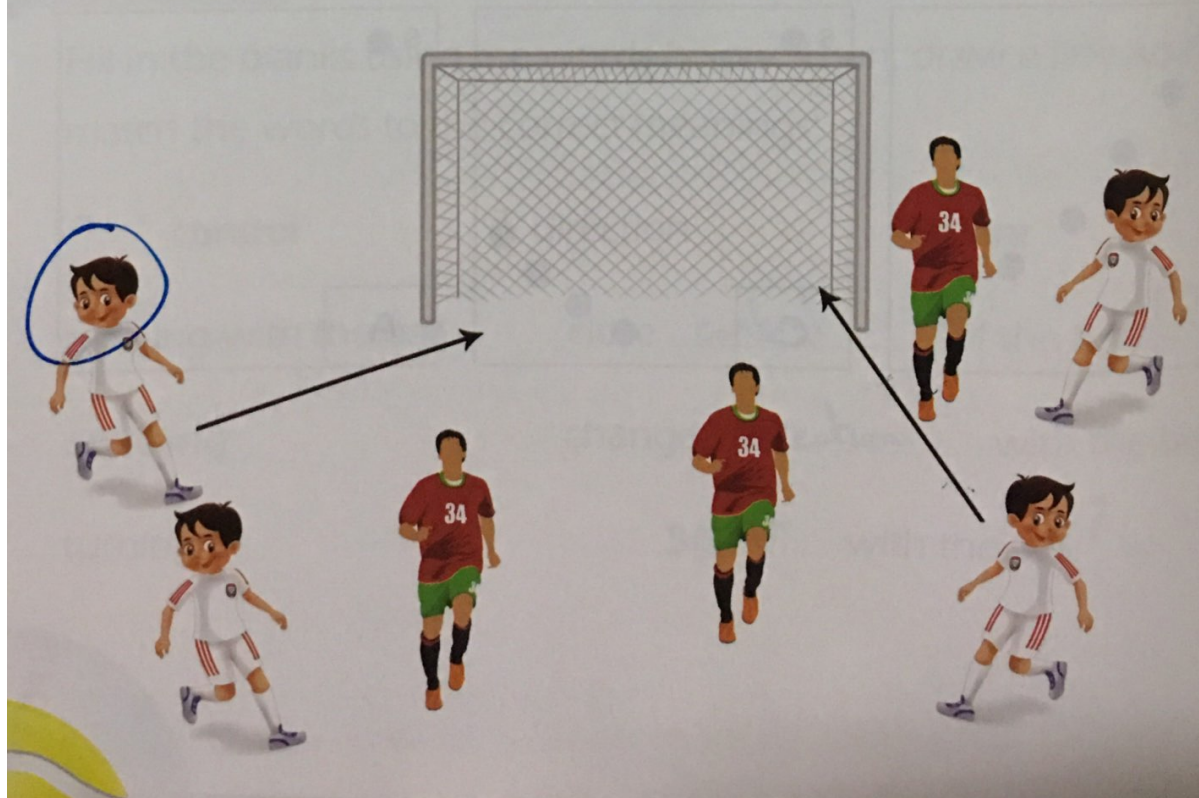
What are the differences between *dribbling* and running with the ball? Think about where the defender or defenders may be. Write your answers in the boxes below.

Dribbling	You must quickly change direction to avoid defenders
Running with the ball	You have space to run into

## Attacking and Defending Tactics



The white team is attacking. Which player is in the best position to score? Circle your answer.







It is important that a team uses the best formation when attacking and defending. Using good formation helps the team score goals, or to stop the other team scoring goals.

**Activity 13**

Choose and draw one attacking formation and one defensive formation that your team could use in a football match.

3-4-3

5-3-2

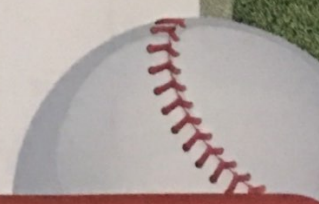
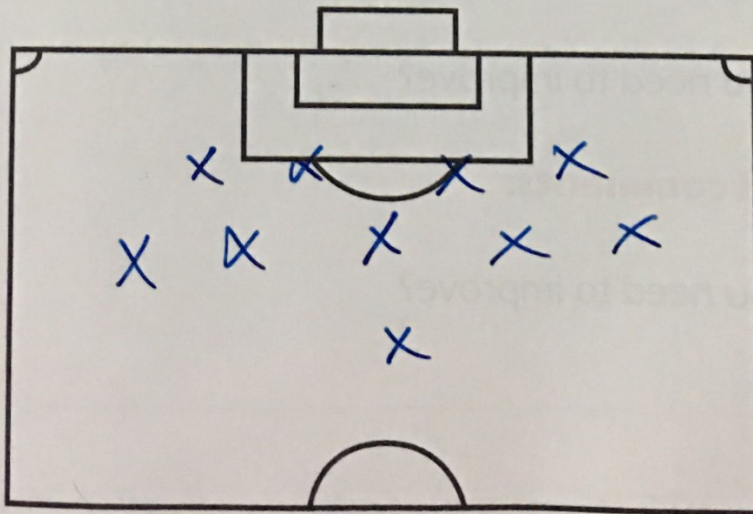
4-5-1

3-5-2

Attack



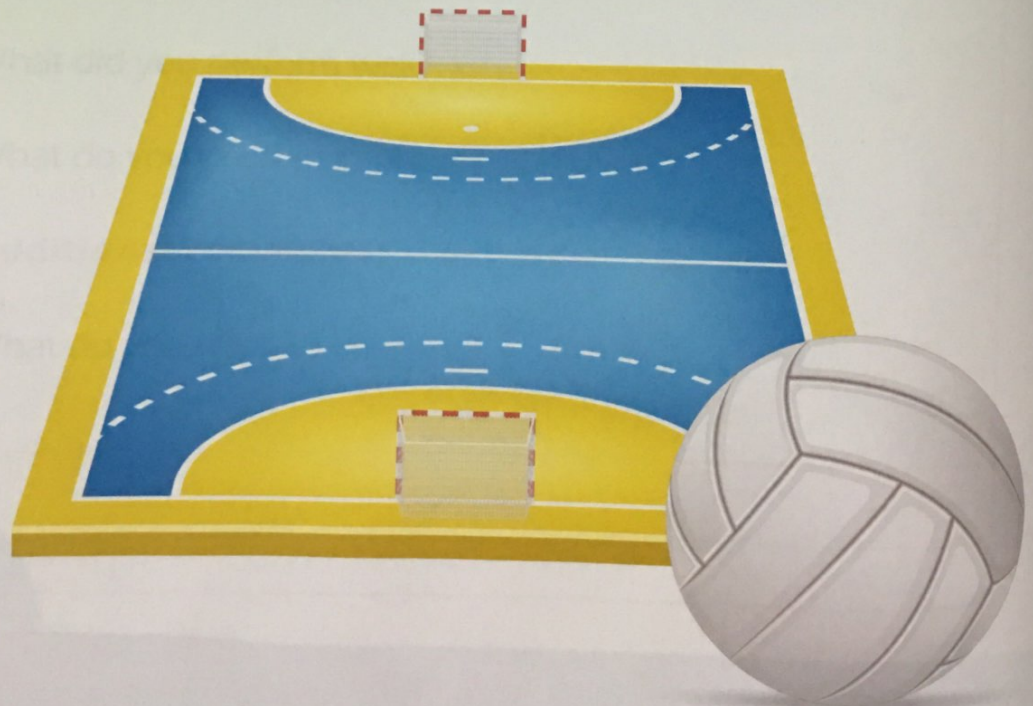
Defend







# Handball





## Throwing the Ball

in handball, it is important that you can throw and catch a ball. There are different ways to throw and catch a ball.



### Activity 1

Look at the pictures below. Label each picture with the correct type of throw.



Overarm



Chest Pass



Underarm





## Underarm Throw

Now you know about the different ways to throw in handball, we will learn more about each throw.

### Activity 2

Write a word or sentence about what each part of the body is doing. One has been done for you.

Head

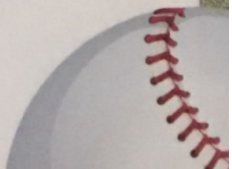
up

Arm

straight

Hand

The palm of the hand is underneath the ball.





# Overarm Throw

Look at the overarm throw. Some parts of your body move in the same way as when you are doing an underarm throw. Some parts of your body will move differently.



## Activity 3

Write a word or sentence about what each part of the body is doing.

Hand  
Ball in palm

Head  
Looking to where you are throwing

Non-throwing hand  
Use for balance

Elbow  
Bent

Body  
Twist from waist





### Activity 4

What happens when you throw the ball overarm? Why does your body move to the side that you throw the ball from?

*Follow through of throwing arm*

## Two-handed Chest Pass

A two-handed chest pass is different to the underarm and overarm throw. We use two hands to throw the ball.



### Activity 5

Write a word or sentence about what each part of the body is doing.

**Head**  
*looking in direction to pass*

**Hands**  
*Using fingers to follow ball flick*

**Elbows**  
*Straight and locked*

**Feet**  
*good supportive stance*

**Body**  
*Moving forward*



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**Activity 6**

Why do you bend your elbows before you do a two-handed chest pass?

To increase speed and power

## When to Use Different Types of Throws

You will use two-handed chest passes, underarm and overarm throws when you play handball. You should try to use them all at different times in the game.

**Activity 7**

Draw a line to match each throw to the description.

two-handed chest pass

we use this throw when we

need to throw a long distance

overarm throw

we use this throw when we

need to quickly throw a short distance

underarm throw

we use this throw when we need to throw the ball with more control and accuracy

Throw a ball using a two-handed chest pass, an overarm throw and an underarm throw. Which one helps you throw the ball the furthest?

TOP TIP





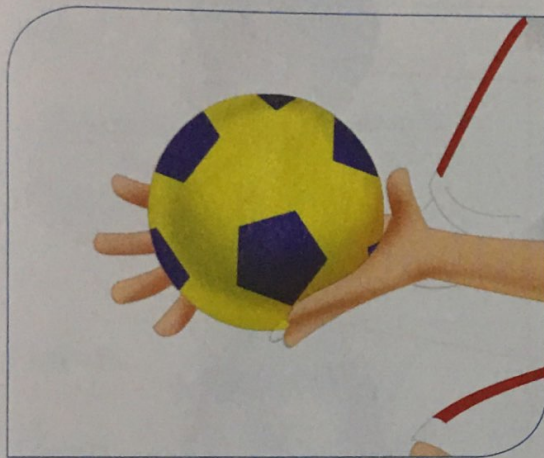
## Catching the Ball

There are different ways to catch the ball in handball. We will learn about the different ways we can catch a ball.



### Activity 8

Look at the images below. Label the two correct ways to catch a ball.



Cup Catch



Reverse Cup Catch

We should use different catches at different times. The height of the ball will help you choose which is the best way to catch. We will learn more about each catch, and when to use it.





## Cup Catch



Look at the picture of the cup catch. Write a word or sentence about what each part of the body is doing. One has been done for you.

Eyes

Watching ball  
into hands

Elbows

Bent and into  
side of body, low

Hand

The hands are together and making a basket shape. The little fingers connect the hands.

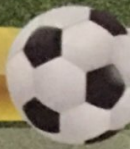


### Activity 10

Look at the picture of the cup catch, what height is the ball?

Below head height





## Reverse Cup Catch



### Activity 11

Look at the picture of the reverse cup catch. Write a word or sentence about what each part of the body is doing.

Eyes

Watch ball through hands

Hands

Make W shape with fingers.

Elbows

Bent and high







Look at the picture of the reverse cup catch, what height is the ball?

Above head height

The player is looking up. This can help you decide what height the ball is.







## Basic Attacking Strategies

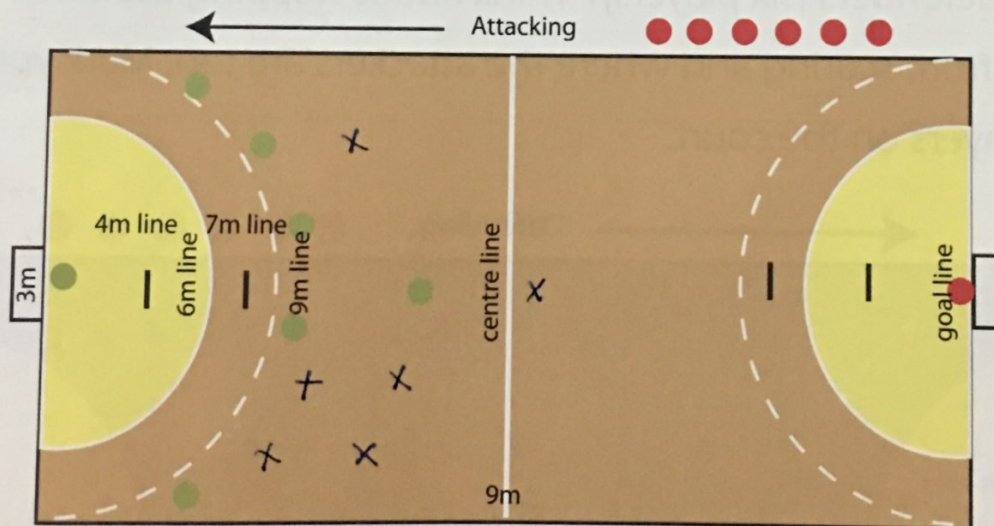
Basic attacking formations are important when you play handball. These formations will help you score goals and win matches.

When you are making an attacking formation, think about where the players are. You need to make as much free space as you can.



### Activity 13

Look at the handball court below. Where can you make free spaces? Don't forget to think about where the defenders are. Put your attacking team (six players) in those spaces.



### Activity 14

Why did you put your players in these positions?

*In the space where no defenders*



# Basic Defending Strategies

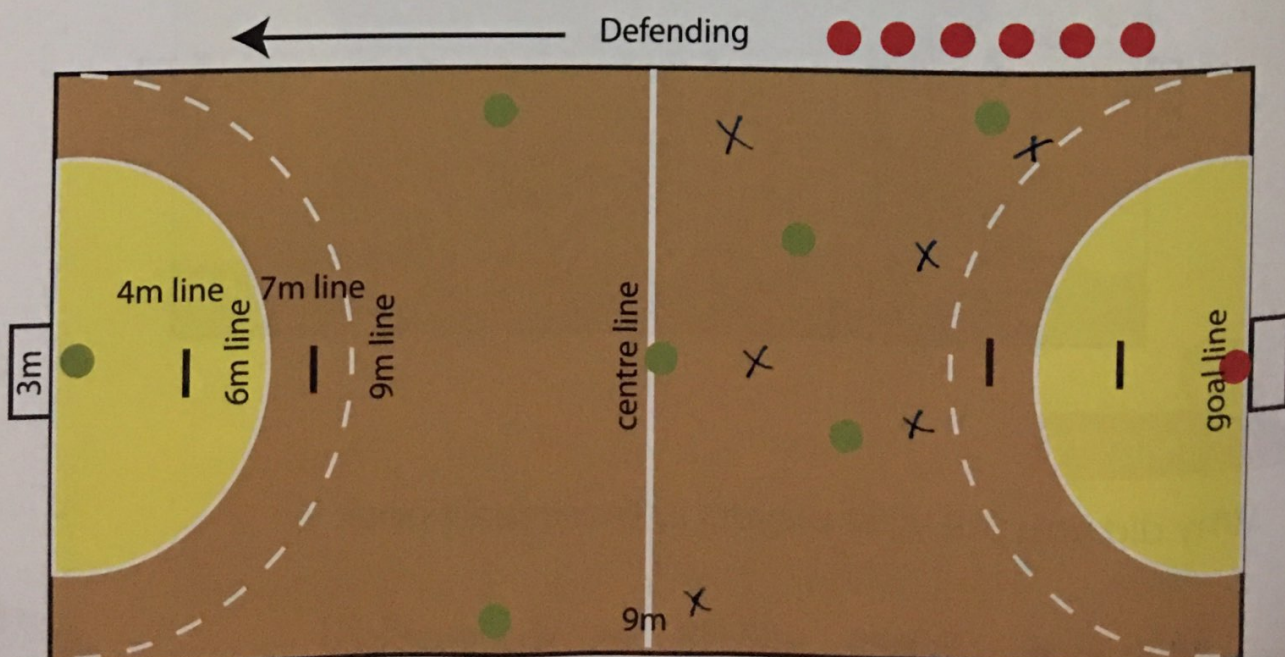
Basic defensive formations are important when you play handball. These formations stop the other team scoring goals.

When you make a defensive formation, think about the positions of the players. Try not to give them too much free space. This makes it difficult for your opponents to pass the ball, and easier to intercept their passes.



## Activity 15

Look at the handball court below. Where is the best place for your defenders (six players)? Think about stopping the other team from scoring and where the attackers are too. Mark your six players on the court.







## Activity 16

How will this stop the other team scoring goals?

stop attackers moving into space



## Activity 17

Compare your tactics to the person sitting next to you. Do you have the same tactics? If you don't, what is different?





# Basketball

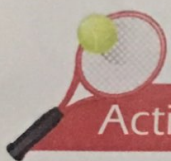






Write a sentence to explain why we move after making a pass to a teammate.

To receive a pass back to us



#### Activity 4

Draw a line from the type of pass to when it should be used in a match.

bounce pass	direct, with no defenders in the way
overhead pass	hard to defend, low ball to receive
chest pass	defender in the way, high ball to receive

*low*



#### Activity 5

Discuss with a partner which pass will be easier to use when on the move. Then, write a sentence to explain why.

Chest pass, most direct and travelling in the direction we are going





Activity 6

Below is an example of how to dribble the ball. Fill in the missing words below to describe how to dribble the ball.



direction      head      dribble      running      low

We will use a low position to control the ball in crowded places. This is so you can change direction quickly, if you need to. When running with the ball into space, we can stand up to allow the ball to bounce less. Try and keep your head up so that you are aware of teammates and opponent's positions. We can then pass or dribble to keep possession of the ball.





# Rounders





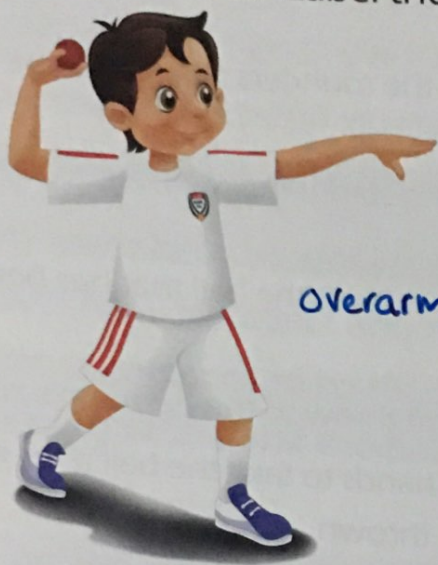
# Throw and Catch

In rounders, when you are fielding you need to throw and catch the ball. You throw and catch the ball to get a batter out, or just to stop them from scoring points.



## Activity 1

Look at the pictures. Label the two types of throws.



When is the best time to use each throw?



## Activity 2

Fill in the gaps about the different types of throws.

far  
long

short

accuracy

power

overarm throw	underarm throw
used for <u>far / long</u> distances	used for <u>short</u> distances
more <u>power</u>	more <u>accuracy</u>





Activity 3

Look at the pictures. Label the two types of catches.



cup catch



reverse cup catch



One catch is called the cup catch, the other catch is called the reverse cup catch.



#### Activity 4

What does your body do when you use the cup catch? Discuss with your partner. Write a short sentence for each of the arrows.



Look at the picture. Do the same catch with a partner. What do you do with your head, hands, and elbows?}


TOP TIP





 Activity 5

What does your body do when you use the reverse cup catch?  
Discuss with your partner. Write a short sentence for each of the arrows.


 Activity 6

Draw lines from the type of catch to the phrases.

cup catch

used to catch a ball  
above our chest

this is so we can catch  
low to the ground

reverse cup catch

used to catch a ball  
below our chest

this is so we can get our  
hands up high to catch  
the ball



## Batting

Batting is a very important in rounders, it is the how you score points for your team. The more points you score as a team, the better chance you have of winning a match.



### Activity 7

Circle the correct way to hold a rounders bat.



Now you know how to hold the bat properly, you will learn about hitting the ball.





## Activity 8

Look at the pictures of the batters. What can you see?

Look at the legs, batting arm and chest. What is different?

TOP TIP



List three things that are different.



- 1 Bat is to rear
- 2 Good balance
- 3 Watching the ball





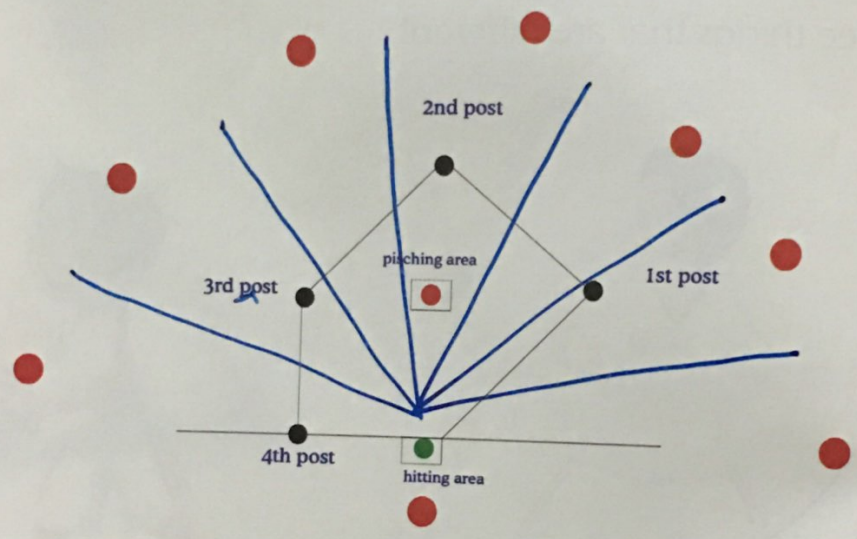
# Simple Attacking Strategies

Being able to hit the ball is important. When you hit the ball, you can move around the four posts to score points. It is important to hit the ball into a space, so you will be able to get around more posts.



## Activity 9

Look at the picture. Draw arrows from the green batter to show where you should hit the ball.



Why have you drawn your arrows there?

Into space

What height should you hit the ball to make sure you don't get caught out?

Try and keep ball low.



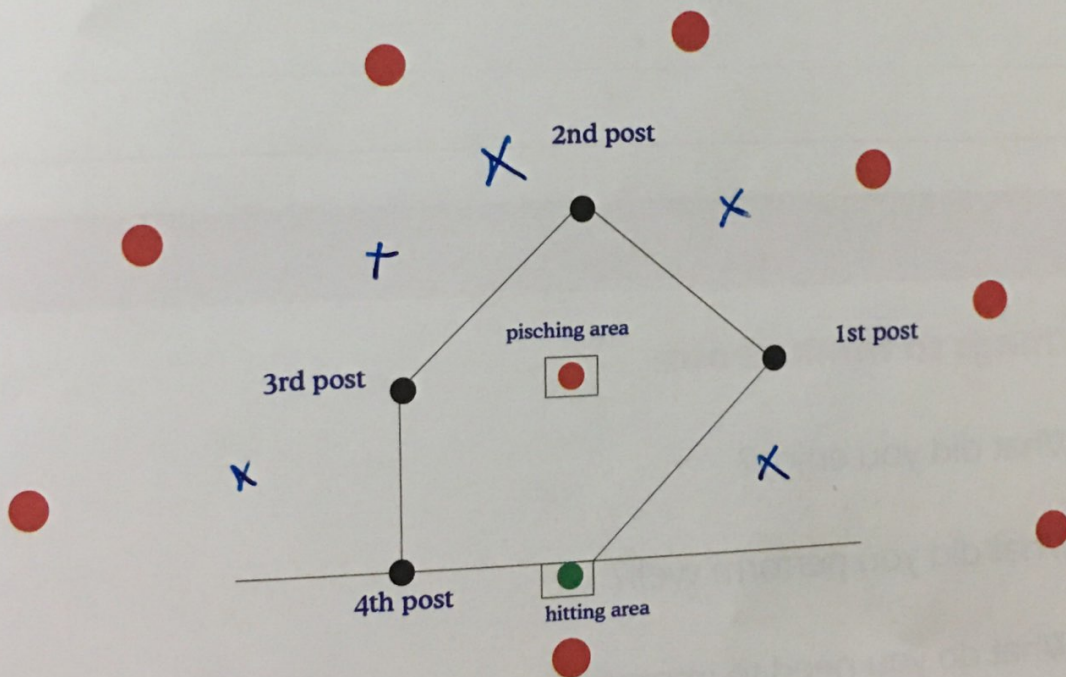
## Simple Defending Strategies

Scoring points is important, but only if you can stop the opponents from scoring points too. The more points you stop your opponent's scoring, the less points your team needs to score to win.



### Activity 10

Look at the picture. Draw the five fielders on the field to reduce the space as much as you can.



When you are placing fielders, think about how far the batters can hit the ball.

TOP TIP

