

Week	Fitness Training	Tag & Touch Rugby
1	<p>Continuous Training. Know how to work at your own pace, without walking. Aerobic endurance training improves efficiency of heart and lungs and it is great for long distance/time athletes.</p>	<p>Passing & Receiving. Know how to pass the ball with 2 hands. Underarm swing, while the receiver creates a target with hands. Initially passes can be made in any direction, but these will all have to be backward passes in time.</p>
2	<p>Circuit Training. Know that circuit training is exercising at various stations for set periods of time. Muscle endurance training helps the muscles to work for longer and it improves performance later in matches.</p>	<p>Running & Evasion. Know that when in possession, always run forwards. Know that when in possession, attack spaces in the defence. Use side-steps and dummy passes to confuse defenders.</p>
3	<p>Weight Training. Know how to use the equipment safely. Know how to train for muscle endurance, using light weights and a minimum of 20 reps. Know how to use the cardio-vascular machines to improve aerobic endurance.</p>	<p>Tackling. Tags need to be worn correctly, with a tag on both hips. Players need to know how to tackle within the rules. Remove the tag from the ball carrier and shout "tag". The ball carrier has to stop immediately and pass the ball to a teammate. The tackler has to return the tag to the attacker prior to both players rejoining the game.</p>
4	<p>Interval training. Know that interval training is repetitive short sprints at maximum speed followed by rest periods. Know that interval training improves speed and understand the difference between acceleration & pure speed.</p>	<p>Support. Teammates need to know to run with the ball-carrier, to give passing options. This improves the flow of attacking team play. Players should pass the ball prior to being tackled to increase the speed of attacking moves.</p>
	Softball	American Football
5	<p>Throwing & Catching. Know that the glove goes on a non-throwing hand and throw with the best arm. Watch the ball into the glove when catching, using one hand only. Use underarm throw for in-field plays when appropriate and overarm for longer throws.</p>	<p>Player position for restarts. Players from both the attacking and defensive teams know how and where to position for game restarts. After a tackle on the ball carrier or a handling error by the attacking team, each play is finished.</p>
6	<p>Pitching. Know to pitch underarm, at a slow pace. Ball always reaches the batter between knee and shoulder height. Understand the rules for a foul-ball pitch.</p>	<p>Passing & Receiving. The Quarterbacks knows that he has 3 attacking options – to run with the ball, pass short to a running back or pass long to a wide receiver. The receivers need to watch and communicate with the Quarterback, while finding space and creating a target.</p>
7	<p>Hitting & running. Know how to hold and swing the bat correctly with two hands and to watch the ball onto the bat. Hit between base 1 and base 3 to avoid a foul-ball. Know to run around outside and to touch each base with their foot. Know that you cannot have 2 batters standing at the same base and that the first batter there is out. Once 3 team outs are achieved, the innings is over and the teams swap roles.</p>	<p>Running. Wide receivers know how to find space to receive a long pass. QB and running backs know how and when to attack space in the defence.</p>
8	<p>Fielding positions. Know the names for different fielding positions. Pitcher - bowls the ball to the batter. Bat stop – Fields behind the batter and covers base 5. Basemen 1, 2 & 3 – field on the bases for run outs. In-fielders – field inside the bases for catches and quick run outs. Out-fielders field outside the bases for high catches and run outs with good throws.</p>	<p>Tackling & Blocking. Defenders know how to tackle and block within the rules. Tags need to be worn correctly, with a tag on both hips. Defenders remove the tag from the ball carrier and shout "tag". The ball carrier has to stop immediately and the next play start from centre field, level with the tackle position.</p>

Year 7 Kemnal Keys – Term 1