

Week	Basketball	Football
1	<p>Shooting. Know to shoot with one hand under the ball, with the second on the side as a guide. Know to release the ball from the forehead, by extending the arm in a pushing action. Use the finger tips to impart backspin on the ball. Where possible, know to use the backboard when shooting to gain an advantage.</p>	<p>Short passing. Know to position your standing foot next to the ball. And to strike the ball with the inside of the foot. Develop skill into one or two touch return passes. Know how to execute short passes at a variety of angles and weights. Know how to use disguise when playing short passes. No how to pass accurately in pressured situations.</p>
2	<p>Passing. Chest pass. Know to hold the ball in two hands using the “W” grip. Know to use a pushing action using both hands, with the elbows pointing outwards. Know to release the ball on a flat trajectory from your chest, with the target being your teammate’s chest. Know to point the fingers after releasing the ball and to add more power and distance, introduce a step forward.</p>	<p>Foot and chest control. Know how to control the ball on the floor with the foot using a cushion and wedge trap. Know how to control the ball using the chest with a cushion. Know how to combine control with accurate return passes, including volleys.</p>
3	<p>Dribbling. Know that legal dribbling has to be done using one hand at a time and that the ball cannot be bounced by pushing down with both hands at the same time. Know that you should not “slap” the ball and that a gentle push down should be used. Develop control with the ball bouncing hip height and below, using left and right hands. Not that a player can dribble, stop and hold the ball with both hands and then dribble again.</p>	<p>Lofted long passing. Know to use a slightly angled approach to the ball. Know to strike the ball with the instep (laces), while leaning slightly away and backs. Know how to adjust height and power of lofted passes, over different distances.</p>
4	<p>Pivot Foot. Know that when a player has the ball in both hands, he cannot move both feet, as this is illegal and called “travelling.” However, a player in possession can pivot around one foot, prior to him shooting, passing or dribbling. Know that only one foot can be used as a pivot foot whenever a player is holding the ball.</p>	<p>Shooting. Know to position your standing foot next to the ball and to lean your body away slightly. Know to strike shots using the instep (laces) of your foot. Know how to adjust your body position over the ball, to hit low or high shots</p>
	<h2>Table Tennis</h2>	<h2>Gaelic & Aussie Rules Football</h2>
5	<p>Serving. Know that the ball toss has to elevate a minimum of 6” prior to executing a serve. Know that the ball is struck downwards onto you side of table before bouncing over the net onto your opponent’s side of the table. Know that only one serve per point is permitted, unless the ball clips the net and goes over to land on your opponent’s side of the table, when a let is played (the serve is taken again).</p>	<p>Gaelic Football. Scoring into the net. A player can score by using the hand (strike) or foot and is worth 3 points. Scoring over the bar between the posts. A player can score by using the hand (strike) or foot and is worth 1 point. Tackling. A defender can intercept a pass or compete for the ball with a shoulder charge.</p>
6	<p>Push Shot. Know that this controlled shot is played gently forward with a slightly angle upward bat. Know that the arm/hand motion is generally forward, without a lot of movement. Know that backhand push shots are played from in front of the body, while forehands are played slightly away from the body.</p>	<p>Gaelic Football. Passing. After 4 steps the ball has to pass with the foot or hand (with a strike motion). Dribbling. After 4 steps the ball has to be bounced (which can only be used once) or by using a solo (a volley kick into the hand while running).</p>
7	<p>Block shot. Know that this is a defensive, recovery shot. Know that it uses the power of your opponent’s shot to generate the pace, so there is very little arm or hand movement. Know that the bat should be slightly angled downward and should be guided back over the net onto the opponent’s side of the table.</p>	<p>Aussie Rules Football. Scoring a goal. A player can score a goal by kicking the ball between the 2 central posts (worth 6 points). Scoring a behind. A player can score from behind by kicking the ball between a central post and an outside post or by running the ball over the goal-line. (worth 1 point).</p>
8	<p>Drive shots. Know that drive shots are used in attacking situations. The arm, hand and bat move from a high to lower position, with the bat slightly angled downwards. Loop shots. Know that loop shots are used to generate topspin in attacking situations. Know that the hand and bat move from a low to high position, rolling around the back/top of the ball to create a fast, high bouncing ball for the opponent.</p>	<p>Aussie Rules Football. Passing. Kicking. When the ball is kicked, players compete for the ball and a teammate of the kicker can call a “mark” if he catches the ball. The catcher can then take an unchallenged shot at goal. Handball is a pass made to a teammate using a punch of the ball. Running with ball. A player must bounce the ball every 15 metres when running with the ball.</p>

Year 7 Kemnal Keys – Term 2