

Week	Indoor Cricket	Athletics – Track
1	<p>Bowling. Know how to bowl using a legal action and to be sideways on to the stumps. Know how to adjust delivery length or accuracy through adjusting the release angle of the ball. Know to observe a batter’s technique to identify their weaker and exploit their weaknesses.</p>	<p>Sprinting. Know how to start quickly from different positions, using fast reaction times and explosive movement. Know how to use your arms, knees and strides to accelerate and maintain speed. Know to run past the finishing line without slowing down.</p>
2	<p>Batting. Know to stand sideways on to the bowler, in a balanced position. Know how to play different front foot and back shots, when the ball is on the off-side or leg side or to different lengths of delivery. Know to observe and identify weaknesses in the bowler’s deliveries and to use your footwork to pressure the bowler and to gain an advantage.</p>	<p>Relays. Know how to hold the baton and how to pass it in a downward action from your right hand into the receiver’s left hand. When receiving the baton, know how to present your left hand as a clear target to receive the baton. After receiving the baton, know to switch it safely into your right hand. Know when and how you should move prior to receiving the baton. Know how smooth changes of the baton can vastly improve team relay times.</p>
3	<p>Fielding. Know how to field low balls using a long barrier and how to field balls near to the wickets, using underarm gathering a quick underarm throwing actions. Know how to position yourself into close catching positions which pressures the batter into errors. Know to observe the batter’s stronger shots and to position fielders to stop this run—scoring options.</p>	<p>Hurdling. Know how to start quickly and to get into an upright position prior to the first hurdle. Know how to use your extended leading leg to clear the hurdle. Know how to rotate your bent trailing leg over the hurdle. Know how correct hurdling technique helps maintain speed during a hurdling race.</p>
4	<p>Catching. Know to use 2 hands to catch the ball and to select and improve your high catching technique. Know how to stand and position yourself when making low, one-handed catches close to the wicket – at slip, point and mid-wicket. Know how to pressure batters by position close catchers effectively.</p>	<p>Long distance. Know how to pace yourself over long distances, by maintaining a steady speed throughout the run. Know how accelerating during the final stages of a run can be used to achieve better times. Know how varying the pace at different times of the race can be used to gain an advantage over opponents.</p>
	<h2>Indoor Hockey</h2>	<h2>Athletics – Throws</h2>
5	<p>Stick control & rules. Know that it is against the rules to use your hands or feet to play the ball, unless you are the goalkeeper. Know that this is a non-contact sport and all infringements result in a free hit to the opposition. Know that persistently infringing of the rules can result with the player being sent to the sin bin.</p>	<p>Shot put. Know how safety is a priority when throwing the shot. Know how to hold the shot correctly, and where to position it prior to the throw. Know that you should have a wide stance, with your weight over your back leg, in a low position. Know that when executing the throw, you will use explosive powerful movements, transferring your weight forwards, while straightening your legs and arm forwards and upwards, pushing the shot at a 45 degree angle</p>
6	<p>Push & Flick pass. Know that the ball should be pushed or flicked and not hit for more control. Know how to improve control and accuracy with passes. When hitting the ball, know that the stick cannot be raised above waist height. Know that defenders cannot interfere with an opponent’s stick movement and infringements result in a free hit to the opposition.</p>	<p>Javelin from a standing position. Know how safety is a priority when throwing the javelin. Know how to hold the javelin correctly, with it extended straight behind you. Know to stand sideways to the target, with the javelin pointing slightly upwards. Know to pull the javelin through past your body with your hand moving from a low to high position, with a slight bowling action to achieve an arc..</p>
7	<p>Field goals. Know that field goals can only be scored from inside the goal area. Know that shots from outside the area which are not touched inside the goal area do not count and result in a free hit to the goalkeeper.</p>	<p>Javelin with a run up. Know that the measurement is taken from where the tip of the javelin first touches the ground and that it does not have to dig in to score. Know how to add a 2 step movement prior to releasing the javelin, without affecting your throwing action. Know how to use a full run up, including a cross-over step while maintaining a correct throwing action.</p>
8	<p>Penalty corners and penalty strokes. Know that all fouls in the goal area result with a penalty corner. Know that only 3 attackers in the goal area compete against 5 defenders on the goal-line. Know that a penalty stroke is awarded for any foul denying a goal scoring opportunity.</p>	<p>Discus. Know how safety is a priority when throwing the discus. Know to hold the discus correctly, with it resting in your fingertips. Know to stand sideways on to target with a wide stance and you weight over the back leg. Know to rotate your body and arm quickly during an upwards movement, to release the discus from the index finger, at a 45 degree angle. Know that the measurement is taken from where the discus lands.</p>

Year 9 Kemnal Keys – Term 5