

Week	Basketball	Football
1	<p>Shooting. Know to shoot with correct technique and to use the finger tips to impart backspin on the ball. Where possible, know to use the backboard when shooting to gain an advantage. Know to improve and develop shooting skills from a variety of positions and in pressured play, where speed as well as accuracy is vital.</p>	<p>Short passing. Know how to pass the ball over short distances accurately and how to execute short passes at a variety of angles and weights. Know how to use disguise when playing short passes and how to pass in pressured situations.</p>
2	<p>Passing. Know how to use fast chest and bounce passes in pressured situations while maintaining technique and accuracy. Know how to evaluate your opponent's strengths and weaknesses and to use this information to gain a competitive tactical advantage.</p>	<p>Foot and chest control. Know how to control the ball with different parts of the body and to combine control with quick accurate return passes. Know to control the ball in tight, congested areas to and keep possession to benefit the team</p>
3	<p>Dribbling. Know how to dribble using correct technique and how to dribble without breaking the rules. Know to develop control and technique with either hand and how to utilise various Dribbling skills to gain a tactical advantage. Know how and when to use dribbling as a tactical advantage for you and your teammates.</p>	<p>Lofted long passing. Know to hit longer passes accurately and consistently to the target teammate. Know how to adjust height and power of lofted passes, over a variety of distances. Know how and when to use lofted passes effectively in competitive, game situations to benefit the team tactically, such as quick switch plays.</p>
4	<p>Pivot Foot. Know the rules of using the pivot foot and understand how important it is the move the ball quickly to gain a tactical advantage. Know how to assess opposing players and teams and to identify their weaknesses and how to use this information to benefit you and your teammates.</p>	<p>Shooting. Know how to hit shots accurately and consistently at different angles and heights. Know when to use power or curl when shooting and know how to use disguise and dummies to deceive the goalkeeper. Know how to be efficient in front of goal, particularly in competitive situations and the benefits of shooting early, in tight situations.</p>
	<h2>Table Tennis</h2>	<h2>Gaelic & Aussie Rules Football</h2>
5	<p>Serving. Know how to toss the ball and play a serve legally and know the rules surrounding the execution of a serve. Know how to serve using top-spin, back-spin and side-spin to gain an advantage over an opponent. Know to mix and vary your different services to gain a tactical advantage at the beginning of a rally.</p>	<p>Gaelic Football. Players know how to score goals (3) and points (1). They can make accurate judgments when it is wise to try and score a goal or to score point between the posts, weighing up the value against the likelihood of success. Tackling. Defenders know how to intercept a pass or compete for the ball using a shoulder charge.</p>
6	<p>Push Shot. Know that this controlled shot, 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. Know how to manoeuvre the ball using a push shot to gain a tactical advantage.</p>	<p>Gaelic Football. Passing. Players know how to pass using the hand or foot and can make decisions about the type and timing of the pass in relation to the position of teammates and defenders. Dribbling. Ball carriers know how to use a solo and when it should be used tactically rather than a shot or pass.</p>
7	<p>Block shot. Know that this is a defensive, recovery shot that uses the power of your opponent's shot to generate the pace. Know how to play a successful block shot from a variety of positions, lengths and angles and know how to play a defensive shot effectively to transition a defensive rally into an attacking position.</p>	<p>Aussie Rules Football. Scoring. Players know how to score a goal (6) and a behind (1) and can make accurate judgements when it is wise to try and score a goal or a behind, weighing up the value against the likelihood of success.</p>
8	<p>Drive and loop shots. Know that drive and loop shots are used in attacking situations Know that you are tactically trying to manipulate a position where you can use a drive or loop shot to gain a tactical advantage in the rally. Know that when this positional advantage is achieved it is important to try to use these shots to pressure your opponent into a defensive error.</p>	<p>Aussie Rules Football. Passing. Players know how to pass to teammates using the hand or foot and can make decisions about the type and timing of the pass in relation to the position of teammates and defenders. Running with the ball. Players know how to legally run with the ball and when it should be used tactically rather than a shot or pass to a teammate.</p>

Year 8 Kemnal Keys – Term 2