

Week	Volleyball	Rugby League & Union
1	<p>Serving. Know to serve from behind the base-line with one hand. Use the padded part of the hand with an under arm swing, to hit the ball high over the net into the opponents' court. Know not to clench the fist tightly when serving. Know how to adjust the speed, height and direction of each serve.</p>	<p>Rugby League. Passing and tackling. Know that the ball has to be passed backwards and that a team can make as many passes as they like. Know that the tackler needs to bring the attacker to the ground or stop any attacking movement for 5 secs (if held up). Know that every time a tackle is made, the game is restarted the same way. Know that after 5 tackles have been made, possession goes to the defending team, who start with a free pass, from where the move broke down.</p>
2	<p>Dig. Know this is a defensive shot, used to recover position. Know that the shot is played from a low position. Know to bend the knees to get the body and arms low before playing the shot. Know that the hands are kept close together and the ball is struck with the flat, padded part of the hands. Know to hit the ball high, to allow teammates time to play the next shot.</p>	<p>Rugby League. Restarts. Know how to line up for a restart, with the attacking team having the ball carrier and ball receiver directly behind him, with the rest of the team in a line 5 metres behind. The defending team has the tackler facing the ball carrier, with his teammates in a line, 5 metres behind. The ball carrier rolls the ball between his legs to the ball receiver who either runs with or passes the ball to a teammate.</p>
3	<p>Set. Know to get positioned under the high ball. Know to push the ball with fingertips upwards, while the elbows are pointed outwards. Know to play the ball high with control towards the desired position nearer to the net.</p>	<p>Rugby Union. Recycling the ball and rucks. Know that after a tackle is made and the ball carrier is brought to the ground, he has to release the ball. He should lay (on his side) across the ground (with his back to the opponents) and place the ball backwards at arms-length. Opponents (remaining on their feet and without using their hands), can compete for the ball, as long as they do not come in "from the side." Players from both teams try to drive their opponent back over the ball, freeing it up for a teammate to pick up and pass.</p>
4	<p>Spike. Know that this is an attacking, point-winning shot. Know that the shot is played from a high ball which is above the net. Know that it is a one hand shot, played with the padded area of the hand. Know that the shot involves a downward action of the arm, hitting the ball over the net and down towards the opponent's court floor.</p>	<p>Rugby Union. Mauling. A maul occurs if a tackle is made but the ball carrier has not been brought to ground. Teammates (remaining on their feet) and bind on to the ball carrier and "drive" the attack forward towards their opponents line.</p>
	Badminton	Football
5	<p>Long & Short serves. Know to hold the racket correctly with a "shaking hands" grip and to watch the shuttlecock onto the strings. Know to serve from behind the service line and to drop the shuttle with your free hand before hitting an underarm shot diagonally over the net into your opponent's service box. Know how to play low, short serves just over the net to stop your opponent playing an attacking smash and know how to hit high, deep serves that forces your opponent deep into his court.</p>	<p>Positioning & team shape. Know how to position yourself in relation to your opponent to help attack or to defend. Know where to position yourself in relation to your teammates to benefit the team. Know to close space when defending and to create space when attacking. Know to push defence up and bring wide players narrower when defending. Know to stretch defences by push forward players up and wingers and full-backs wide</p>
6	<p>Drop shot. Know how to play a low, soft underarm shot which just clears the net and lands into your opponent's court. Know how to hit overhead drop shots which are a soft touch off of the strings that cause the shuttle to drop just over the net. Know how to play drop shots with disguise and controlled deceleration/</p>	<p>Defending goal-side. Know where to stand between the attacker and the goal, ensuring that the attacker can move directly towards the goal. Know that defenders need to be close to attackers and be able to challenge for the ball.</p>
7	<p>Overhead clear. Know how to play an underarm powerful clear shot which is hit high and deep, forcing your opponent near to his baseline. Know how to hit an overarm clear shot which keeps your opponent away from the net, giving you an advantage in the relay.</p>	<p>Use of width when attacking. If playing in a wide area, know where to position yourself and how to attack defensive opponents. Know how to use overlaps and underlaps to overload playing situations. If playing centrally, know when to move the ball to teammates in wide positions. Know the most effective way to move the ball wide without losing possession.</p>
8	<p>Smash. When receiving high shots that are near to the net, know how to hit powerful downward smashes, which angle close above the net and down onto the floor of your opponent's court, to win the rally and the point.</p>	<p>Shooting early. Know the advantages of shooting early when in attacking positions. Know to get shots away before defenders have the chance to recover position. Know that shooting early limits the opportunity of the goal-keeper positioning himself correctly and being balanced.</p>

Year 7 Kemnal Keys – Term 3