

Week	Volleyball	Rugby League & Union
1	<p>Serving. Know to serve legally and consistently. Know how to use the serve as an advantage, by adjusting the speed, height and direction of each serve.</p> <p>Know to identify weaker areas in the opposition line up and target your serves into these areas, to gain a tactical advantage at the start of a rally.</p>	<p>Rugby League. Passing and tackling. Know to pass the ball legally, quickly and accurately to benefit attacking moves. Know that support runners are vital to keeping possession of the ball and to maintaining momentum in attacking moves. When attacking, know how to target weak areas in the defensive line to gain an advantage. Know how to use tackles to slow down or stop attacking moves, to benefit the defending. team. Know how to target the ball and isolate ball-carriers and how to use more than one player to stop stronger runners with the ball.</p>
2	<p>Dig. Know how to play this defensive shot effectively to gain time and recover position, through using lots of height.</p> <p>Teammates know to move into supporting positions, ready to play the next shot.</p>	<p>Rugby League. Restarts. Know how to line up quickly for each restart, as attackers and defenders. Know the rules and positioning of the players and understand how quick restarts can be used by attacking teams to gain an advantage. Defenders know how important it is to realign quickly in an on-side position to be effective tactically.</p>
3	<p>Set. Know where to position yourself and how to execute the set to benefit your team.</p> <p>Know to play the ball with control and height close to the net to allow an attacking shot to follow.</p>	<p>Rugby Union. Recycling the ball and rucks. Know the basic rules of rucking and how best to keep possession of the ball for your team, if brought to ground. Know how it is an advantage for the attacking team, if the ball can be passed just prior to contact with the defender. Know when rucking for the ball, how important a low body position is when trying to drive your opponent backwards.</p>
4	<p>Spike. Know how to play this attacking shot with power and accuracy to win rallies and points. Know how to position yourself in advance and how to use a positive attacking run to gain height before executing the shot accurately.</p> <p>Know how to use players with different strengths effectively during rallies to achieve the best possible chance of winning each point.</p>	<p>Rugby Union. Mauling. Know how to maul correctly as a unit and how it can be used to gain a tactical and positional advantage. Know how to bind correctly and use a powerful body position to benefit the drive. Know how a maul can be used to draw in defensive players, allow spaces to be created in the defensive line and know when to move the ball away from the maul to increase the chances of scoring a try..</p>
	Badminton	Football
5	<p>Long & Short serves. Know to serve from behind the service line 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, know how to hit high, deep serves.</p> <p>Know how to use a variety of shots to gain a tactical advantage over your opponent.</p>	<p>Attacking team shape. Know how to create and use space efficiently when attacking and when to pass the ball to take advantage of any space created. Know to how to use unselfish attacking runs to drag defenders away, creating space for teammates.</p>
6	<p>Drop shot. Know how to play a low, soft underarm shot which just clear the net and how to hit overhead drop shots that cause the shuttle to drop just over the net.</p> <p>Know how to play drop shots with disguise and controlled deceleration. Know how to use drop shots to win points or to gain a tactical advantage during rallies</p>	<p>Defending as a unit. Know how to defend individually to deny space and challenge for the ball. Know how to position yourself and your teammates when defending, that helps you and your teammates deny space for the attacking players. Know how to work in pairs to control attacking situations and stop them becoming goal scoring opportunities.</p>
7	<p>Overhead clear. Know how to play an underarm powerful clear shot which is hit high and deep. Know how to hit an overarm clear shot which keeps your opponent away from the net, giving you an advantage in the relay. Know how accurately positioning clear shots gain you a positional and tactical advantage during a rally.</p>	<p>Use of width when attacking. Know how to maintain width and space when attacking and how to isolate defenders into 1v1 situations. Know how to use switch-plays effectively and how to use overloads to create goal scoring opportunities. Know how and when to move the ball into wide positions to tactically benefit the team.</p>
8	<p>Smash. When receiving high shots that are near to the net, know how to hit powerful downward smashes, to win the rally and the point. Know how to pressure and manoeuvre your opponent into a situation to allow yourself to hit rally-winning smashes.</p>	<p>Shooting. Know why you should shoot early in tight congested competitive situations. Know to be balanced and alert and the importance of reacting quickly in goal scoring situations and be able to shoot first time with either foot in crowded areas close to the goal.</p>

Year 8 Kemnal Keys – Term 3