

Key Vocabulary

<p><b>Attack/ Attacking/ Attacker</b></p>	<p>To <b>attack</b> means to engage with an opposing team, with the objective of scoring points or goals.</p> <p>The aims of an <b>attacker</b> and an <b>attacking</b> team are to maintain possession and score goals.</p>
<p><b>Bounce Pass</b></p>	<p>A type of pass used in netball and basketball. It is used to move the ball short distances by bouncing the ball on the ground to another player.</p>
<p><b>Communication</b></p>	<p><b>Communication</b> involves players calling to their teammates, perhaps to get into position or to mark an opponent. It should always be positive as it can help to support and encourage each other during a game.</p>
<p><b>Chest Pass</b></p>	<p>A type of pass used in netball and basketball. It involves passing the ball with two hands from your chest, aiming for the chest of your teammate.</p>

Attacking

An **attacker's** role is to maintain possession and score. In order to become a skilful attacker, players need to develop the following skills:

- the ability to switch their weight from one side to the other in order to wrongfoot the opposition;
- the ability to look for and move into a space;
- the ability to change direction and pace in order to get free.



Passing: Bounce Pass

A **bounce pass** involves passing the ball by bouncing it on the ground to another player. To do this effectively, players should:

- hold the ball at chest height, with their hands either side of the ball;
- stand with one foot forward in order to bend the knees when passing;
- release the ball at waist height, pushing the ball forwards, using their arms and knees;
- aim the ball halfway between themselves and the receiver;
- extend their arms as they make the pass.



## Key Vocabulary

<b>Defend/ Defending/ Defender</b>	The role of a <b>defender</b> is to stop the attacking team from scoring, and also to win back possession. Their main jobs are <b>marking</b> and <b>tackling</b> .
<b>Dodge/ Dodging</b>	An essential skill for any attacking player. <b>Dodging</b> involves a quick change of direction to try to send defenders the wrong way.
<b>Dribble/ Dribbling</b>	Dribbling is a way of moving with the ball and is one of the basic skills needed for invasion games.
<b>Intercept</b>	This is when a defender anticipates where the ball is going, manages to interrupt this and gain possession of the ball.
<b>Marking</b>	A type of defensive tactic where a player remains close to an attacking player, attempting to stop them from receiving a pass or finding open space.

## Defending

A **defender's** role is to try and regain possession by stopping an attacker from passing or moving forwards with the ball, as well as stopping them from shooting and scoring. Defender's need to develop the following skills:

- the ability to stay close to an attacker;
- the ability to identify the direction an attacker is travelling in, and finding ways to block or stop them;
- the ability to change direction quickly, reacting to an attacker's movements.



## Dodging and Swerving

**Dodging** involves a quick change of direction to try and send the defender the wrong way and keep possession of the ball. To dodge effectively, players should try to:

- keep their head up and look for space to move into;
- keep a low body position with their knees bent;
- plant one foot and quickly change direction;
- fake a move one way, using their eyes, shoulders, hips or head but move in the opposite direction.



## Key Vocabulary

<b>Overhead Pass</b>	A long, high pass that goes over the heads of defenders.
<b>Possession</b>	A team that has possession of the ball has control of the ball and has a greater chance of scoring.
<b>Teamwork</b>	Teamwork is when you work together with other people to do or make something.

## Dribbling - Football

**Dribbling** in football is a way of moving with the ball. To do this effectively, you should:

- keep control of the ball by making small touches to it;
- keep the ball close to your feet and look up;
- use both the inside and outside of your foot to move the ball.

## Dribbling - Hockey

**Dribbling** in hockey involves controlling the ball with your stick as you move. You should:

- keep the ball in front of you and in line with your right foot;
- keep your stick out in front of you;
- keep your knees bent and head up;
- keep the ball close to your stick.

## Marking

**Marking** an opponent involves trying to stop them from getting the ball or moving with it. To mark effectively, players should try to:

- be aware of where the ball and their opponent is;
- stay close to the attacker;
- watch an attacker's hips carefully, to anticipate their next move;
- keep a low body position, remaining on the balls of their feet so that they are ready to move quickly.

## Passing: Chest Pass

A **chest pass** involves passing the ball from your chest, aiming for the chest of your teammate. To do this effectively, players should:

- stand with one foot in front of the other, facing the direction of the throw;
- hold the ball at chest height with fingers spread behind and elbows low and relaxed;
- push the ball by extending their arms;
- transfer their weight from the back foot to front foot, following through with their arms, wrists and fingers to the direction of the receiver.

