

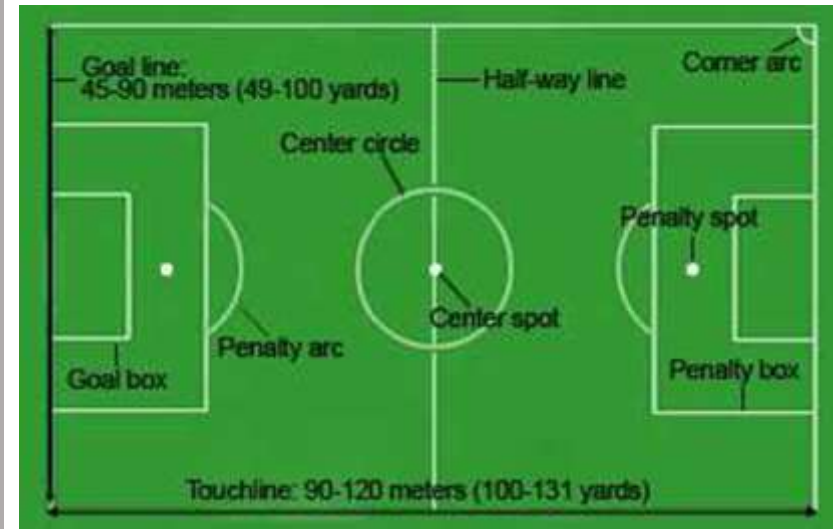
Rules

- A senior football match consists of two 45-minute halves and must have a 15-minute break in the middle.
- A team can start with a maximum of 11 players, of which one is the designated goalkeeper.
- To continue a match, a team must have a minimum of 7 players on the field.
- A team is able to make substitutions at any time of the match and are able to make a maximum of three changes.
- A competitive game must be officiated by a referee and two assistant referees, also known as linesmen.
- The whole ball must cross the goal line for it to constitute a goal.
- A referee may award a foul if they believe an unfair act is committed by a player. A foul contravenes the laws of the game and can be given for a range of offences (for example, kicking the player, pushing, handball etc).
- Fouls are punished by the award of a free kick (direct or indirect, depending on the offence) or penalty kick to the opposing team if it is committed in the penalty box.
- In cases of foul play, a referee can penalise players with either a yellow or red card. A yellow card gives a player a warning about their conduct and a red card requires them to leave the pitch.
- In the event that a player receives two yellow cards, the referee will automatically show a red card.
- A throw-in is awarded to a team if the opposition kicks the ball over the side-lines.
- A corner kick is awarded to a team if the opposition kicks the ball over the goal line and either side of the goal posts.
- A player is deemed offside if they are in front of the last defender when a teammate passes the ball through to them.

Player Positions



Pitch Dimensions



Football – Short/Long Pass, Control, Block Tackle, Throw In & Heading

Short pass

A short side foot pass enables a team to quickly pass a ball and help maintain possession. It is used for accuracy.

- Move parallel to the ball and place your non-kicking foot to the side of the ball.
- Keep your eye on the ball until you have it under your control.
- Look up to see where is the best place to pass it.
- On selection of your pass, maintain a strong body position.
- Swing your kicking foot through and strike the ball with the inside of your foot.
- Aim to hit the middle of the ball to ensure it stays close to the ground.
- Keep looking at your target.
- Follow your kicking leg through towards the intended target.
- The speed of the kicking leg will direct how hard you kick the ball.

Long pass

A long pass is an attacking skill that allows players to switch the direction of the attack very quickly to create space, find a teammate or to catch out the opposition.

- Move parallel to the ball and place your non-kicking foot to the side of the ball.
- Keep your eye on the ball until you have it under your control.
- Look up to see where is the best place to pass the ball.
- On selection of your pass, maintain a strong body position.
- Explosively bring your kicking foot through and strike the ball with laces of your football boot.
- Aim to hit the middle of the ball to ensure it stays close to the ground or the lower half of the ball if you want to lift it over opposition players.
- Keep looking at your target.
- Follow your kicking leg through towards the intended target and your body over the ball.
- The speed of the kicking leg will direct how hard you kick the ball.

Control

Good control of the football is an essential skill to maintain possession of the ball from the opposition and, if done accurately, gives the player more time to make the correct next decision.

- Keep your eye on the ball at all times.
- On contact with the ball, withdraw the foot slightly to take the momentum out of the ball (this is known as "cushioning").
- Aim to contact the middle of the ball to ensure that it stays close to the ground and does not bounce up.
- Once under control, move the ball out of your feet to allow the next decision to be made.

Block tackle

The block tackle is an essential skill for winning the ball back in football. It is mainly used when confronting an opponent head on and it is important to complete it with good timing and technique to prevent injury or fouls.

- Close down your opponent quickly but do not rush uncontrolled at them.
- Try to reduce any space around you and monitor for passing options.
- Stay on the balls of your feet, arms slightly out to jockey your opponent.
- Keep your eye on the ball and wait for a clear view of the ball.
- When you can see most of the ball, transfer your weight from your back to front foot and move the inside of your foot towards the ball.
- Maintain a strong body position.

Throw-in

The throw-in is the legal way to restart the game if the ball has gone out of play from either of the side-lines.

- Hold the ball with both hands and ensure that the thumbs are behind the ball and fingers are spread.
- Hold the ball behind the head with relaxed arms and elbows bent.
- Keep your feet shoulder-width apart.
- Face your target.
- Lean back with both feet in contact with the ground.
- Slightly bend your knees and arch your head, neck, shoulders and trunk.
- When ready, propel yourself forward and release the ball just as it passes your head.
- Once the ball is released, bring your strongest leg forward and out in front of you for balance.

Heading

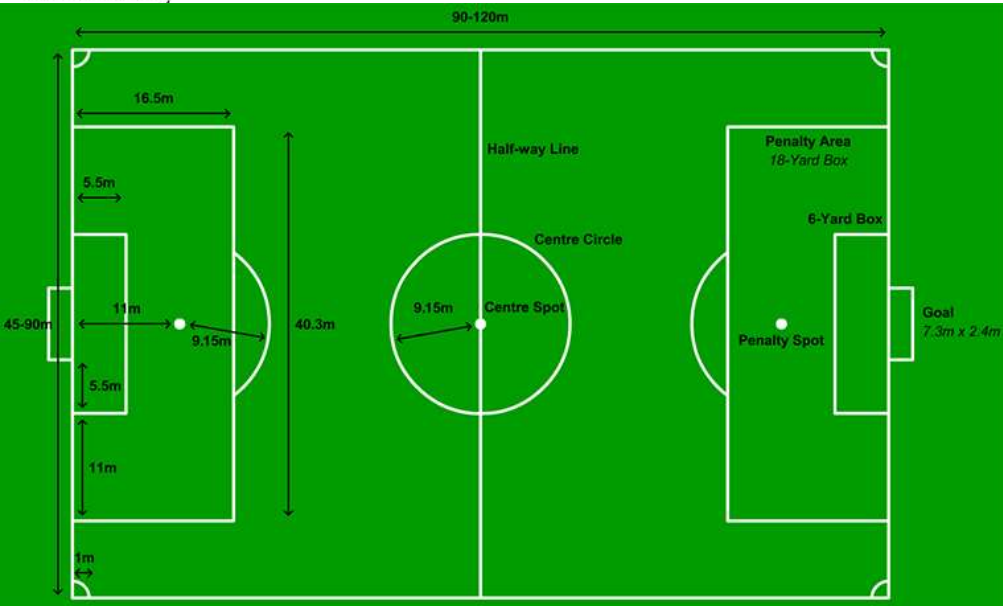
The header can be an attacking or defensive skill and is used to try and win the ball when it is in the air.

- Keep your eyes on the ball.
- Use your forehead to make contact with the bottom of the ball for a defensive header or the top of the ball for an attacking header.
- For a defensive header it is important to get good height and distance but for an attacking header you need power and accuracy.
- You can also use flick headers to pass to a team mate.



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Football- EXTRA



Skill	Description
Passing	Sending the ball with your foot to another member of your team. The side of the foot is used for short passes. If a lofted pass is required, for example to execute a cross field pass, the toe goes under the ball in a 'chipping' action.
Dribbling	Using your feet to keep the ball under control whilst on the move. A good body shape is required to promote balance and the inside and outside of the feet are primarily used.
Shooting	Striking the ball with the foot, aiming to score a goal. When shooting from long distances, the point of contact is with laces as this generated power. If more accuracy is needed, the side of the foot is used.
Tackling	The main purpose of tackling is to dispossess an opponent of the ball and, to stop the player from gaining ground towards goal. The block tackle is mainly used when confronting an opponent head on. It is important to complete it with good timing and technique to prevent injury or fouls.

Rule	Explanation
Kick off	At the start of a match, a coin toss determines which teams kick off play. At the start of the second half, the other team kicks off. Kick offs also restart play after a goal by the team who conceded the goal.
Off side	While in the opponent's side of the pitch, an attacker must have one defending player between him/herself and the goalkeeper.
Penalty kick	Awarded following a foul/ handball in the opposing team's penalty area.
Goal kick	If an attacking player is the last player to touch the ball before it crosses the goal line without a goal being scored, a goal kick is awarded to the other team.
Corner kick	If a defending player is the last player to touch the ball before it crosses the goal line without a goal being scored, a corner kick is awarded to the other team.

INSPIRATIONAL STAR

Lionel Messi



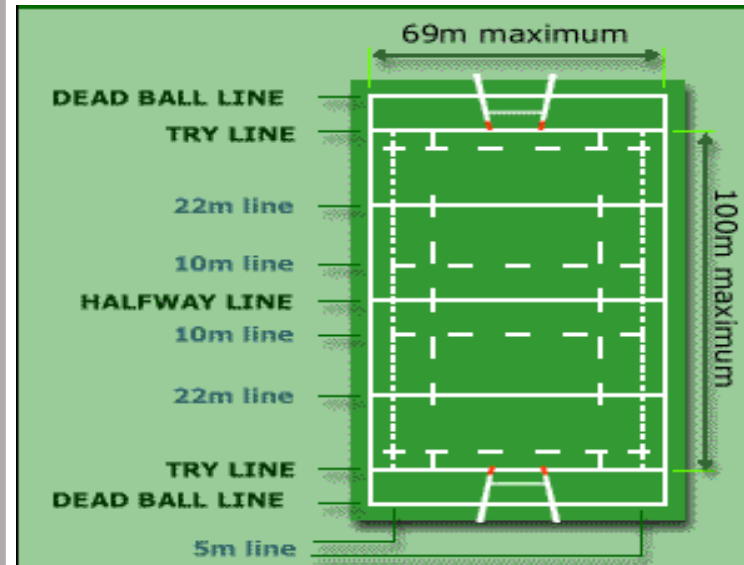
Laws

- The rugby game is broken down into two 40-minute halves with a 10-minute rest period in between.
- The time during a game can be stopped for an incident. Therefore, the game stops on exactly 80 minutes.
- The game must have one referee and two touch judges.
- The game is stopped if a player is fouled and there is no subsequent advantage. Unlike most sports, a referee can wait to see how an incident unfolds before deciding whether the attacking had an advantage.
- A tackle cannot be made above the nipple line or by tripping a player with your feet.
- A lineout is called if the ball travels past the side-line.
- A lineout consists of up to seven players and players can be lifted in order to catch the ball.
- At a lineout, both teams can compete to win the ball.
- To successfully convert a kick, the ball must travel the top section of the goal.
- If a ball, when kicked, hits the post and bounces in field, then play can continue.
- In order to stay onside in rugby, the attacking players must remain behind the ball of the player passing to them.
- A referee may award a foul if they believe an unfair act is committed by a player. A foul contravenes the laws of the game and can be for a range of offences (kicking the player, offside, dropping the ball).
- In cases of foul play, a referee can award players with either a yellow or red card. A yellow card provides a player with a warning about their conduct (sin binned for 10 minutes) and a red card requires them to leave the pitch immediately.

Player Positions



Pitch Dimensions





Tackle

- The tackle is an essential skill for winning the ball back in rugby or stopping an attacking player. It is very important to complete it with good timing and technique to prevent injury or accidents.
- Position your body to the opponent's right-hand side (safe side).
- Position your left foot forward into a slight opposition.
- Make contact by putting your right shoulder into the opponent's mid-right thigh.
- Make sure your head is on the other side of the ball carrier so their body is between your shoulder and head.
- Bring your arms up and wrap them around the ball carrier, just above their knees (do not lock your hands together).
- Squeeze your arms and pull the ball carrier into your body.
- As you squeeze, push your shoulder into the ball carrier, as though you are trying to push him away with your head.
- Continue pushing until both you and the ball carrier fall to the ground.
- Keep your head as close as you can to their thigh throughout.

Grubber Kick

- The grubber kick is a simple low kick that aims to move the ball past defences for attacking players to try and retrieve. It is very good at breaking defensive positions and forces defenders to turn around and chase.
- Stand in opposition on the balls of your feet, with the non-kicking foot in front.
- Lean forward so the head and chest should be comfortably over the ball.
- Hold the ball vertically at waist height, with hands either side of the ball.
- Extend arms fully so the ball is half a metre out in front.
- Drop the ball and point toes towards the ground.
- Keep the knee bent and over the ball.
- Strike the upper half of the ball with the laces, just before it bounces.
- Extend the leg through so it is straight, with toes pointing at the target.

Spin pass

- A spin pass enables a team to quickly pass a ball and help maintain possession.
- Stand on balls of feet in opposition (left foot forward), knees slightly bent with body facing forward.
- Hold the ball out in front of you with extended arms.
- Put the right hand on the bottom half of the right hand side of the ball.
- Point the thumb up along the seam of the ball and spread the fingers around the side of the ball.
- Put the left hand on the top half of the left hand side of the ball.
- Point the thumb up along the seam of the ball and spread the fingers around the side of the ball.
- Bring the ball in towards your waist and flex your elbows at a 90° angle.
- Rotate your shoulders round until your left shoulder is pointing forward.
- Draw the ball back across to the right hip, keeping your elbows slightly bent.
- Sweep the ball across your body, keeping the elbows close to your body and shift your weight from your back leg to your front foot.
- Release the ball when arms are nearly fully extended with a flick of the wrists and fingers.
- Follow through with your fingers pointing to the target.

High ball catch

- A high ball catch is an attacking and defending skill. It is useful for attackers when completing an up and under kick or as a defender to stop an attacking team's momentum by safely winning possession back.
- Call for the ball.
- Get in line with the ball's path and keep your eyes on the ball at all times.
- Move towards the ball and extend your arms out in front of you at chest height.
- Slightly bend your elbows and have your palms facing up and fingers spread.
- Jump up off one foot.
- As you are about to catch the ball, turn slightly to one side, so the side of the body is pointing downfield.
- Raise the other knee up towards the waist to generate additional upward momentum.
- Catch the ball with the hands at or above eye level.
- Bring the ball into your body.
- Secure the ball against your body as you land on the ground.
- Land on one to two feet.

Health, Fitness and Exercise

Health can be defined as 'complete physical, mental and social wellbeing and not only the absence of illness or infirmity'. Fitness can be defined as 'the ability to meet the demands of the environment'. Exercise can be defined as 'a form of physical exercise done to improve health or fitness or both'. *Adults* - five sessions of thirty minutes activity per week. The activity should be physical enough to cause the adult to breathe more deeply and to begin to sweat. *Children and young people* - seven sessions of sixty minutes per week. At least two of these sessions should be of high intensity exercise such as running, jumping or cardiovascular based sports.

Consequences of a sedentary lifestyle

If a person does not take part in regular physical activity, exercise or sport then they are at risk of a number of illnesses and negative effects such as weight gain or obesity; heart disease; hypertension (high blood pressure); diabetes; depression; increased risk of osteoporosis and loss of muscle tone.

Lifestyle choices

Other lifestyle choices can affect a person's health in either a positive or negative way. For example, eating a balanced diet means a person is less likely to become ill or put on excess body fat; getting enough sleep is important for the body to rest and brain to function optimally; not smoking as this causes illnesses such as bronchitis and lung cancer and not taking recreational drugs such as alcohol as in the short term it can lead to disorientation and poor decision-making and in the long term can lead to disease.

Component of Fitness

	Definition	Example
Body composition	The percentage of body weight which is fat, muscle and bone	The gymnast has a lean body composition to allow them to propel themselves through the air when performing on the asymmetrical bars
Cardiovascular fitness	The ability of the heart, lungs and blood to transport oxygen	Completing a half marathon with consistent split times across all parts of the run
Flexibility	The range of motion (ROM) at a joint	A gymnast training to increase hip mobility to improve the quality of their split leap on the beam
Muscular endurance	The ability to use voluntary muscles repeatedly without tiring	A rower repeatedly pulling their oar against the water to propel the boat towards the line
Strength	The amount of force a muscle can exert against a resistance	Pushing with all one's force in a rugby scrum against the resistance of the opposition pack
Agility	The ability to change the position of the body quickly and control the movement	A badminton player moving around the court from back to front and side to side at high speed and efficiency
Balance	The ability to maintain the body's centre of mass above the base of support	A sprinter holds a perfectly still sprint start position and is ready to go into action as soon as the gun sounds
Coordination	The ability to use two or more body parts together	A trampolinist timing their arm and leg movements to perform the perfect tuck somersault
Power	The ability to perform strength performances quickly	A javelin thrower applies great force to the spear while moving their arm rapidly forward
Reaction time	The time taken to respond to a stimulus	A boxer perceives a punch from their left and rapidly moves their head to avoid being struck
Speed	The ability to put body parts into motion quickly	A tennis player moving forward from the baseline quickly to reach a drop shot close to the net

CORE PE FITNESS – Training Methods, Advantages/Disadvantages of TM & Training Zones

Training Methods

Training can be aerobic or anaerobic. In aerobic exercise, which is steady and not too fast, the heart is able to supply enough oxygen to the muscles. Aerobic training improves cardiovascular fitness. Anaerobic exercise is performed in short, fast bursts where the heart cannot supply enough oxygen to the muscles. Anaerobic training improves the ability of the muscles to work without enough oxygen when lactic acid is produced.

Specific training methods can be used to improve each fitness factor. Circuit training involves performing a series of exercises in a special order called a circuit. Each activity takes place at a 'station'. It can be designed to improve speed, agility, coordination, balance and muscular endurance. Continuous training involves working for a sustained period of time without rest. It improves cardiovascular fitness. Cross training involves using another sport or activity to improve your fitness. It happens when an athlete trains in a different environment. For example a volleyball player uses the power training for that sport to help with fitness for long jump. Fartlek training or 'speed play' training involves varying your speed and the type of terrain over which you run, walk, cycle or ski. It improves aerobic and anaerobic fitness. Interval training involves alternating between periods of hard exercise and rest. It improves speed and muscular endurance. Weight training uses weights to provide resistance to the muscles. It improves muscular strength (high weight, low reps), muscular endurance (low weight, high reps, many sets) and power (medium weight and reps performed quickly).

Advantages and Disadvantages of Training Methods

Continuous Training

Good for aerobic fitness, lose weight accessible, health benefits, good for beginners of all ages, little equipment Boring, not always sport specific, risk of injury does not improve anaerobic fitness

Fartlek Training

Good for team sports, less boredom, easy to use, can mimic the sport, god for team sports Too easy to cheat, can be difficult

Circuit Training

Less boring, easily adapted for fitness/skill, easily adapted to sports, stations can target specific muscle groups Take time to set up, requires equipment

Interval Training

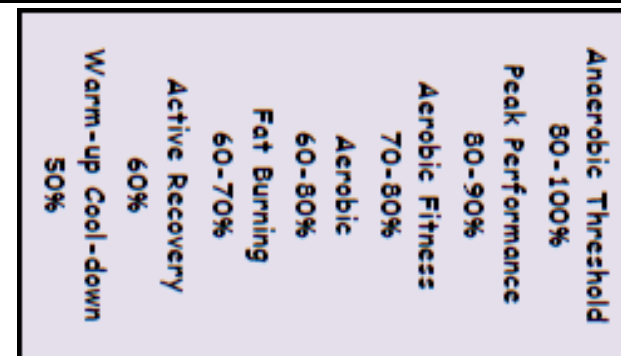
Can be both aerobic and anaerobic, less technical, can mimic a sport, good for sports that require a change of pace Can be boring, easy to cheat hard aspects,

Free weights

Full range of sporting movement, large muscle groups can be worked Risk of injury, need a spotter, more suitable for advance performers, requires good knowledge

Resistance machines

Safer, good for beginners, good for injury rehabilitation Expensive, no functional everyday movements, only focuses on one muscle group



Training Zones



Fitness- EXTRA

HR / VO2 max	Explanation
Heart Rate	Is the number of times the heart beats per minute (bpm). To measure your HR you can use your radial artery (wrist) or the carotid artery (neck).
Calculating your maximum heart rate	HR MAX = 220 – age (years) EG- the maximum heart rate of a 25 year old is; HR max = 220 – age = 220 – 25 = 195 bpm
VO2 max	The maximum amount of oxygen uptake. It is the largest amount of oxygen that your body can use every minute. Measured in ml of oxygen per kg of body mass per minute (ml/kg/min). The intensity of training can be measured as a percentage of VO2 max.

Type of training	Description
Continuous training	is where you keep doing the same exercise without any rest for at least 30 minutes. You keep at a steady pace at moderate (medium) intensity so you don't go too fast.
Fartlek training	involves changes in intensity with no rest. You can change the intensity by 1. Changing the speed. EG – Walk, jog, sprint. 2. Changing the steepness of the ground- EG Running up a hill 3. Adding weight- EG wearing ankle weights
Interval training	This involves periods of working and resting. Work usually ranges between 30 seconds and 5 minutes. Rest period can include sit down, stand still, walk or jog. To improve aerobic endurance you need to have longer more intense periods of working and shorter breaks. EG – Sprint for 30 seconds- Rest/ stand still for 3 minutes or Jog for 5 minutes – Walk for 5 minutes High Intensity Interval Training – HIIT – Short high intensity exercise followed by rest. EG – 30 seconds of power burpees followed by 30 seconds of rest.
Circuit training	A circuit of 8+ stations that work different fitness areas. EG To develop aerobic endurance a circuit could include jogging, skipping, star jumps etc. To develop strength a circuit could include weight lifting, press ups, deep squats etc. You can increase the time spent at each station and the frequency of training in order to increase intensity.
Aerobics / Zumba	Exercise/ dance routines that develop cardiovascular fitness. They usually last for more than 30 minutes.
Strength training	FREE WEIGHTS – are weights that are not attached to a machine You can use free weights to improve muscular strength and muscular endurance.
Flexibility training	STATIC STRETCHING – is when you stretch a muscle and hold it in one position. There are 2 types of static stretching. 1. ACTIVE – This is where you use your own muscles to hold the stretch 2. PASSIVE – This is where you use someone or a piece of equipment to help you hold the stretch. BALLISTIC STRETCHING – Is when you make fast movements (bounces). A disadvantage of this type of stretching is have it can strain (pull) your muscles or make them sore

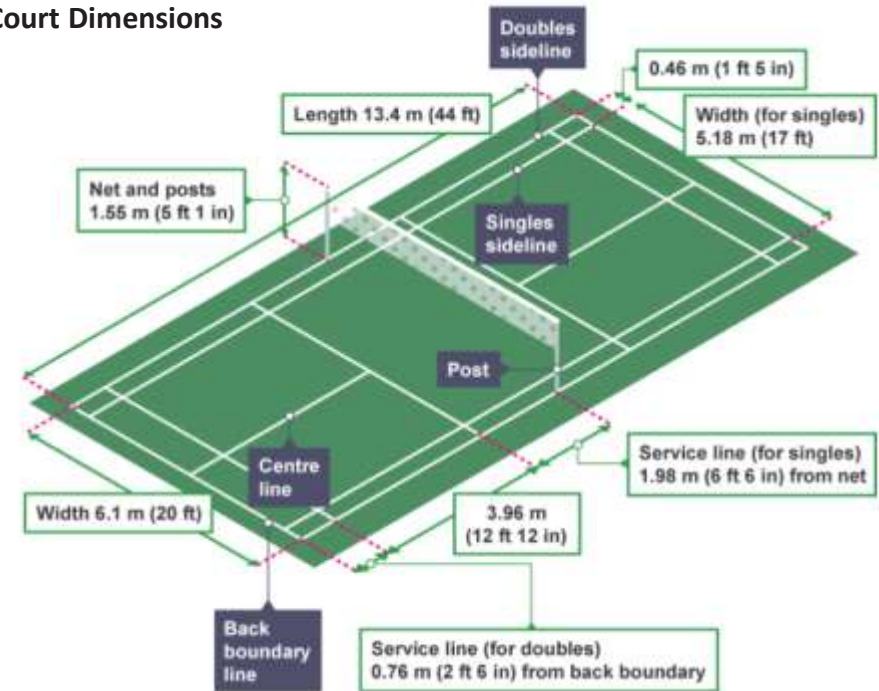


TYPE OF FITNESS	Explanation
Aerobic endurance	The ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained (long lasting) physical activity. EG- A marathon runner
Muscular endurance	The ability of the muscular system to work efficiently and continue to contract over a period of time against a light to moderate loads. EG- a badminton player holding their racket and playing shots throughout the game.
Strength	The maximum force (strength) that can be generated (made) by a muscle or muscle group. EG- Holding off a defender in football or lifting weights in weightlifting.
Flexibility	Being able to move a joint fluidly (smoothly) through its complete (whole) range of movement. EG an overhead kick in football
Speed	Speed (m/s) = distance (m). EG- How quickly you can move around the court in badminton.
Body composition	The relative ratio (amount) of fat mass to fat-free mass in the body.

Rules

- A match consists of the best of three games of 21 points.
- The player/pair winning a rally adds a point to its score.
- At 20-all, the player/pair which first gains a 2-point lead wins that game.
- At 29-all, the side scoring the 30th point wins that game.
- The player/pair winning a game serves first in the next game.
- A badminton match can be played by two opposing players (singles) or four opposing players (doubles).
- A competitive match must be played indoors utilising the official court dimensions.
- A point is scored when the shuttlecock lands inside the opponent's court or if a returned shuttlecock hits the net or lands outside of the court the player will lose the point.
- At the start of the rally, the server and receiver stand in diagonally opposite service courts.
- A legal serve must be hit diagonally over the net and across the court.
- A badminton serve must be hit underarm and below the server's waist height with the racquet shaft pointing downwards, the shuttlecock is not allowed to bounce. After a point is won, the players will move to the opposite serving stations for the next point.
- The rules do not allow second serves.
- During a point a player can return the shuttlecock from inside and outside of the court.
- A player is not able to touch the net with any part of their body or racket.
- A player must not deliberately distract their opponent.
- A player is not able to hit the shuttlecock twice.
- A 'let' may be called by the referee if an unforeseen or accidental issue arises.
- A game must include two rest periods. These are a 90-second rest after the first game and a 5-minute rest after the second game.

Court Dimensions



Scoring

In recent years, badminton has changed how players can score a point. In 2006, the rules were changed to a rally point system and this now allows both players to score a point during a rally, regardless of who served.

In competitive adult matches, all games are played to a best of three games. To win a game, a player must reach 21 points. However, if the game is tied at 20-20 (or 20-all) then you are required to win by two clear points. Unlike most sports, however, if the score becomes 29-29 (or 29-all), the player or team to score the 30th point will win the game.

Badminton – Forehand Clear, Forehand Drop Shot & Forehand Smash

Forehand Clear

The forehand clear shot enables players to move their opponent to the back of the court, creating space in the mid and front court to exploit.



Stage one

Stand in position on the balls of your feet, with knees slightly bent. Turn sideways with your left foot pointing towards the target and your right foot parallel to the baseline. The left shoulder and fully extended elbow will be pointing towards the shuttlecock. The racket elbow should be extended backwards behind the head at 90° with the face of the racket above head height. Transfer weight onto the back foot.

Stage two

Keep your eyes on the shuttlecock. Flex your wrist and elbow backward until the racket is parallel with the floor. Rotate your body and step forward towards the shuttle with your racket leg, transferring your weight through the shot. Extend your racket elbow upwards into a throwing position.

Stage three

Keep your eyes on the shuttlecock. Extend your racket elbow quickly towards the shuttlecock, with the non-racket arm rotating backwards. Make contact with the shuttlecock as high as possible in front of your body. Extend your elbow and flex your wrist on contact, to allow for a 'whip' action. Drive the shuttlecock with a high trajectory towards the back of the court.

Stage four

Your body should have fully rotated with your racket foot now bearing all the weight and facing towards the target. The racket will follow through finishing to the left hand side of your body. Return back to ready position for the next shot.

Forehand Drop Shot

The forehand drop shot enables players to move their opponent to the front court to either win a point or create space in the mid and back court to exploit.



Stage one

As the shuttlecock is returned, stand in position on the balls of your feet, with knees slightly bent. Turn sideways with your left foot pointing towards the target and your right foot parallel to the baseline. The left shoulder and fully extended elbow will be pointing towards the shuttlecock. The racket elbow should be extended backwards behind the head at 90° with the face of the racket above head height. Transfer weight onto the back foot.

Stage two

Keep your eyes on the shuttlecock. Flex your wrist and elbow backward until the racket is parallel with the floor. Rotate your body and step forward towards the shuttlecock with your racket leg, transferring your weight through the shot. Extend your racket elbow upwards into a throwing position.

Stage three

Keep your eyes on the shuttlecock. Extend your racket elbow towards the shuttlecock, with non-racket shoulder rotating backwards. Make contact with the shuttlecock as high as possible in front of your body. Extend your elbow and flex your wrist on contact. Slice across the shuttlecock with the face of the racket slightly open, or just before contact, slow the speed of the racket down, tapping the shuttle gently over the net. Hit the shuttlecock at a flat trajectory, allowing it to drop just over the net.

Stage four

Your body should have fully rotated with your racket foot now bearing all the weight and facing towards the target. The racket will follow through, finishing to the left hand side of your body. Return back to ready position.

Forehand Smash

The forehand smash shot is hit with power and speed downward into the opponent's court. The angle/steepness of the shuttlecock's trajectory make it hard for the opponent to return.



Stage one

As the shuttlecock is returned, stand in position on the balls of your feet, with knees slightly bent. Turn sideways with your left foot pointing towards the target and your right foot parallel to the baseline. Left shoulder and fully extended elbow will be pointing towards the shuttlecock. The racket elbow should be extended backwards behind the head at 90° with the face of the racket above head height. Transfer weight onto the back foot.

Stage two

Keep your eyes on the shuttlecock. Flex your wrist and elbow backward until the racket is parallel with the floor. Rotate your body and step forward towards the shuttle with your racket leg, transferring your weight through the shot. Extend your racket elbow upwards into a throwing position.

Stage three

Keep your eyes on the shuttlecock. Extend your racket elbow quickly towards the shuttlecock, with the non-racket elbow extended and shoulder rotating backwards. Make contact with the shuttlecock as high as possible in front of your body. Extend your elbow and flex your wrist on contact, to allow for a 'whip' action. Drive the shuttlecock downwards towards the floor of your opponent's court with a low trajectory.

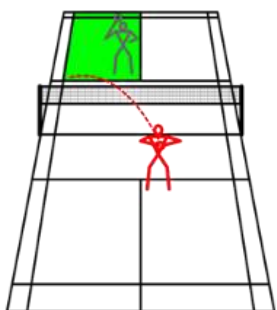
Stage four

Your body should have fully rotated with your racket foot now bearing all the weight and facing towards the target. The racket will follow through, finishing to the left hand side of your body. Return back to ready position for the next shot.

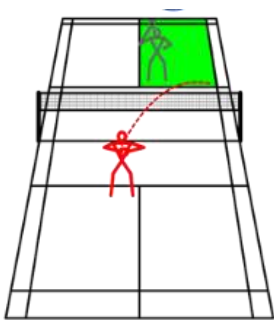


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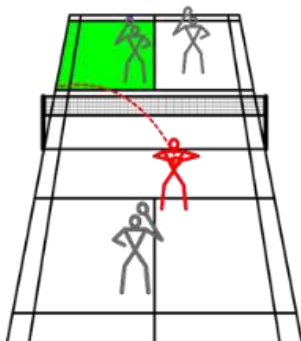
Badminton - EXTRA



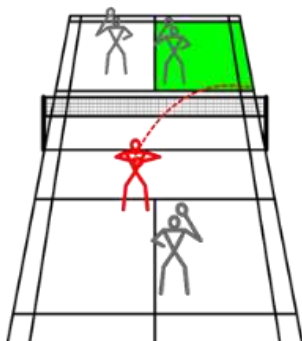
Singles serve (server's score is even)



Singles serve (server's score is odd)



Doubles serve (server's score is even)



Doubles serve (server's score is odd)



Skill	Description
Forehand high serve	To hit the shuttle high and deep to the end line of the opponent's court.
Forehand low serve	To hit the shuttle lightly above the net level passing through the short service line of the opponent's side.
Backhand flick serve	To hit the shuttle high and deep to the back doubles service line of the opponent's court.
Overhead clear shot	To hit the shuttle high and deep from one end to the other side.
Drop Shot	To hit the shuttle from the back of the court to the front of the court, dropping before the service line of the opponent's court. .
Smash shot	To hit the shuttle with full power and a steep angle towards the opponent's side.
Drive Shot	To hit the shuttle fast flat and powerful.
Lifting Shot	To hit the shuttle high and deep from the front of the court to the back of the court using an underarm action
Tumble Net Shot	Is to hit the shuttle lightly and close to the net so it 'tumbles' over the net.
Kill shot	Is to hit the shuttle when it is close to the net with a snap of the wrist so it hits the opponents court
Backhand Shot	Is to hit the shuttle when it approaches the back corner of your non racket hand, or when you have less time to react. All shots can be played from the backhand side.

Rule	Explanation
Serving points	To score a point the shuttlecock must hit within the parameters of the opponents court. If the shuttlecock hits the net or lands out then a point is awarded to your opponent.
Serving	Players must serve diagonally across the net to their opponent. As points are won then serving stations move from one side to the other. There are no second serves so if your first serve goes out then your opponent wins the point. A serve must be hit underarm and below the server's waist. No overarm serves are allowed.
Open play	Once the shuttlecock is 'live' then a player may move around the court as they wish. They are permitted to hit the shuttlecock from out of the playing area.

Netball – Rules, Officials, Scoring, Player Positions & Court Dimensions

Rules

- Players are not allowed to travel with the ball.
- A team can have up to 12 players but only seven are allowed to play on court.
- Defending players are unable to snatch or hit the ball out of another player's hands.
- A defending player is only allowed to stand beside the player with the ball until it has left their hands.
- A defending player must stand three feet away from the person with the ball.
- An attacking player is unable to hold the ball for more than three seconds.
- Players must remain within their designated zones.
- The team retaining possession after the ball goes out of play have three seconds at the side-line to get the ball back into play.

Officials

During a competitive game of netball there are two referees and up to two scorekeepers and timekeepers officiating.

Scoring

In a game of netball there are two clear ways to score points:

1. In open play, if a shot is successfully scored from inside the goal circle, the team gains one point.
2. If the team is awarded a technical foul then they will receive a free shot at the net. A successful shot will be awarded with one point.

Player Positions



GS → Goal shooter	GA → Goal attack	WA → Wing attack
C → Centre	WD → Wing defence	GD → Goal defence
GK → Goal keeper		

Court Dimensions



Netball – Bounce Pass, Chest Pass, Shoulder Pass & Pivoting

Bounce Pass



A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.

Stage one

Feet shoulder-width apart in opposition, with knees bent. Place hands each side and slightly behind the ball, with the fingers comfortably spread. Hold the ball at waist level, with elbows tucked in.

Stage two

Step in the direction of the pass, through extending your legs, back and arms. The wrist and fingers should be forced through the ball releasing it off the first and second fingers of both hands. Follow through with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.

Chest Pass



A chest pass is a very fast and flat pass which enables a team to move quickly up a court in a precise and accurate fashion.

Stage one

Stand with feet shoulder width apart and on the balls of your feet, with back straight and knees slightly bent. Place hands on the sides of the ball with the thumbs directly behind the ball and fingers comfortably spread.

Stage two

The ball should be held in front of the chest with the elbows tucked in. Step in the direction of the pass, by extending their legs, back, and arms. Push the ball from the chest with both arms (not from one shoulder). Fingers are rotated behind the ball and the thumbs are turned down.

Stage three

The back of the hands face one another with the thumbs straight down. Make sure the ball is released off the first and second fingers of both hands. Follow through to finish up with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.

Shoulder Pass



A shoulder pass is a very dynamic, fast and long pass which enables a team to switch positions on court very quickly to either find a player in space or break defensive screens.

Stage one

Player's feet should be shoulder width apart in opposition. Opposite foot forward to throwing arm. Stand on balls of feet with toes pointing toward target, and knees slightly bent. Hold the ball at head height, slightly behind your head. Elbow should be at a 90° angle. Fingers spread behind the ball.

Stage two

Step in the direction of the pass by transferring your body weight from back foot to front foot. Pull the arm through with the elbow leading. To follow through, fully extend your arm and wrist. Point your fingers in the same direction as the pass, with palms facing down.

Pivoting



The pivoting action is a swivel movement that allows the player to move on a fixed axis to either pass or shoot.

Stage one

Run towards the ball and jump by extending the legs and ankles. Keep your eyes firmly fixed on the ball. Bring your hands out in front of your body at chest height with fingers spread open and pointing up.

Stage two

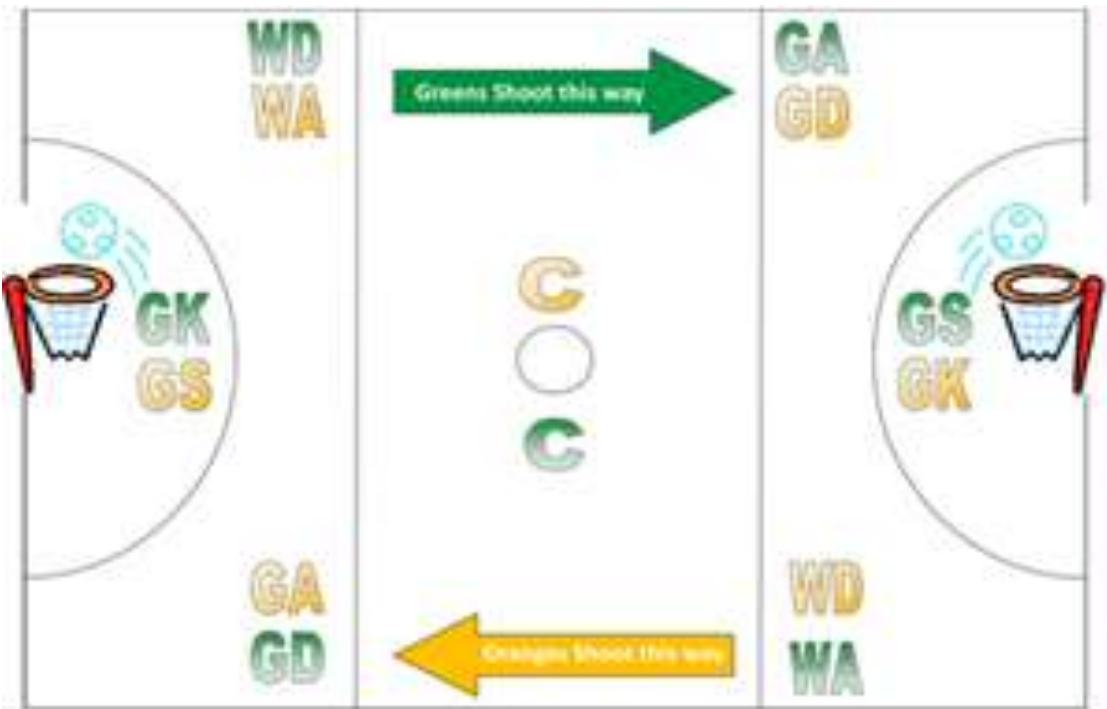
In the air catch the ball with thumbs an inch or two apart making a 'W' shape. Land on the ball of one foot on the ground. Flex your knee and ankle as your foot hits the floor.

Stage three

Stand with knees slightly bent and your feet shoulder width apart. Bring the ball into your body to protect it. Pivot by rotating yourself on the ball of your landing foot. Keep your upper body straight and head up. Make sure the hip of your pivoting leg is pointing in the direction you are aiming to pass the ball in. You can move or step with the other foot any number of times. You are not allowed to lift the foot you are pivoting on before you release the ball.



Netball - EXTRA



INSPIRATIONAL STAR



Skill	Description
Chest Pass	Fast, flat and direct pass. Allows a team to move quickly up a court in a precise and accurate fashion.
Bounce Pass	A short pass played at the ground to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.
Shoulder Pass	A long pass that enables a team to play the ball up the court quickly into space.
Pivoting	Pivoting is the action of moving/turning on a fixed point to either pass or shoot.

Rule	Explanation
Footwork	Players cannot move their landing foot (first foot to hit the floor) when they have the ball.
3 seconds on the ball	Players can only hold the ball for a maximum of 3 seconds.
Contact	No contact is allowed.
Distance	Defending players must be approx. 1m from the ball before putting their arms up.
Start of a game	A game starts with a pass that must be received in the centre third. This is also how a game restarts after a goal.
Over a third	Players are not allowed to throw the ball over a third.

Basketball – Rules, Scoring, Officials, Court Dimensions & Player Positions

Rules

- A basketball team can have a maximum of five players on the court.
- Player substitutions can be made at any time and there is no restriction on the number of substitutions made.
- A ball can travel through dribbling or passing.
- A player is no longer able to dribble with the ball once the player puts two hands on the ball. At this point, a player must either pass or shoot.
- If a team wins possession back in their own half, they have ten seconds to get it into their opponent's end or a foul will be called.
- An attacking team has 24 seconds from gaining possession of the ball to shoot
- After the shot is taken, the clock is restarted for another 24 seconds.
- After a team scores a basket, the ball is returned back to the opposition to start again.
- All fouls that are committed throughout a game are to be accumulated and when a certain number is reached, the umpire will award a free throw.
- Depending on where a technical foul is committed, the umpire may award a number of free throws a player will receive.
- Violations can be awarded by the officials in basketball for player handling errors. These include travelling, double dribble, goal-tending and back court violation.

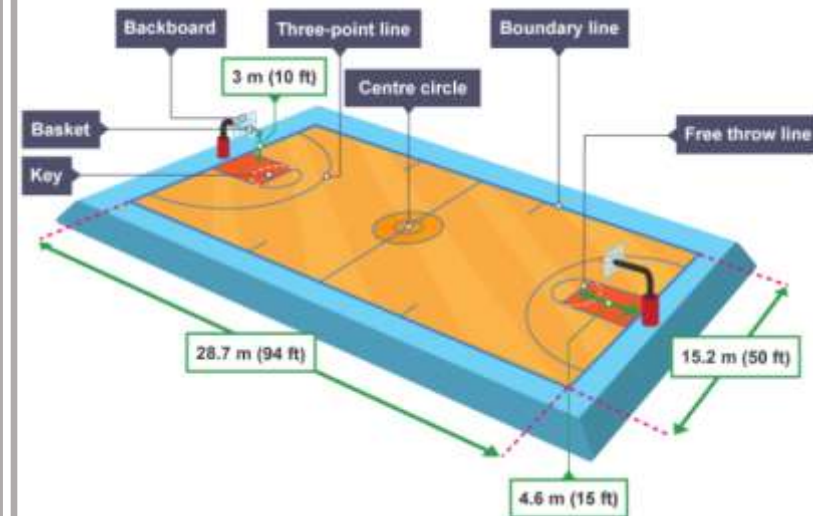
Scoring

In a game of basketball there are three clear ways to score points. If a shot is successfully scored from outside of the three-point line, three points are awarded. If a shot is successfully scored from inside of the three-point line, two points are awarded. If a team is awarded a technical foul then they will receive between one and three free shots. Each shot scored will be awarded with one point.

Officials

During a competitive game of basketball there are two referees, a scorekeeper, timekeeper and a shot clock operator. To ensure that everybody is aware of a decision made, the referees perform a series of hand and arm signals.

Court Dimensions



Player Positions





Basketball – Bounce Pass, Chest Pass, Jump Shot & Lay-up



Bounce Pass



A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to intercept.

Stage one

Feet shoulder width apart in opposition, with knees bent. Place hands each side and slightly behind the ball, with the fingers comfortably spread. Hold the ball at waist level, with elbows tucked in.

Stage two

Step in the direction of the pass, through extending your legs, back and arms. The wrist and fingers should be forced through the ball releasing it off the first and second fingers of both hands. Follow through with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.

Chest Pass



A chest pass is a very fast and flat pass. This enables a team to move quickly up a court in a precise and accurate fashion.

Stage one

Stand with feet shoulder width apart, on the balls of your feet with back straight and knees slightly bent. Place hands on the sides of the ball with the thumbs directly behind the ball and fingers comfortably spread. The ball should be held in front of the chest with the elbows tucked in.

Stage two

Step in the direction of the pass by extending your legs, back and arms. Push the ball from the chest with both arms (not from one shoulder). Fingers are rotated behind the ball and the thumbs are turned down. The back of the hands face one another with the thumbs straight down.

Stage three

Make sure the ball is released off the first and second fingers of both hands. Follow through to finish up with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.

Jump shot



The purpose of the jump shot is to allow the shooter to take aim from a higher position and therefore prevent a defender from blocking it.

Stage one

Place feet shoulder width apart, toes pointing straight ahead, and knees bent. Place non-shooting hand on the side of the ball and the shooting hand at the back of the ball, with the elbow tucked in. Hold the ball at chest height.

Stage two

Extend the legs/ankles by jumping straight up. Whilst in flight, extend back, shoulders and elbow. Flex the wrist and fingers forwards and release the ball at the highest point. After release, fingers should be pointed at the target, with the palm facing down.

Lay-up



A lay-up provides a player with the opportunity to drive at the opponent's basket, jump close to the target and release the ball safely at the backboard. When used effectively it has the highest percentage chance of scoring points.

Stage one

Dribble to the side of net. When a few metres away from the basket, hold the ball with both hands on the shooting hands side of the body. Place the non-shooting hand on the side of the ball, and shooting hand on top of the ball.

Stage two

The last step before the lay-up jump should ensure that take off foot is opposite to the shooting hand (left foot/right hand). Flex the knee at take-off.

Stage three

Whilst jumping, extend the shooting knee and raise the ball up. Bring the ball between the shoulder and ear. Direct the wrist and fingers straight at the basket and release the ball at the highest point. Complete the follow through with the arm up and palm facing down, and hold until the ball has reached the basket.

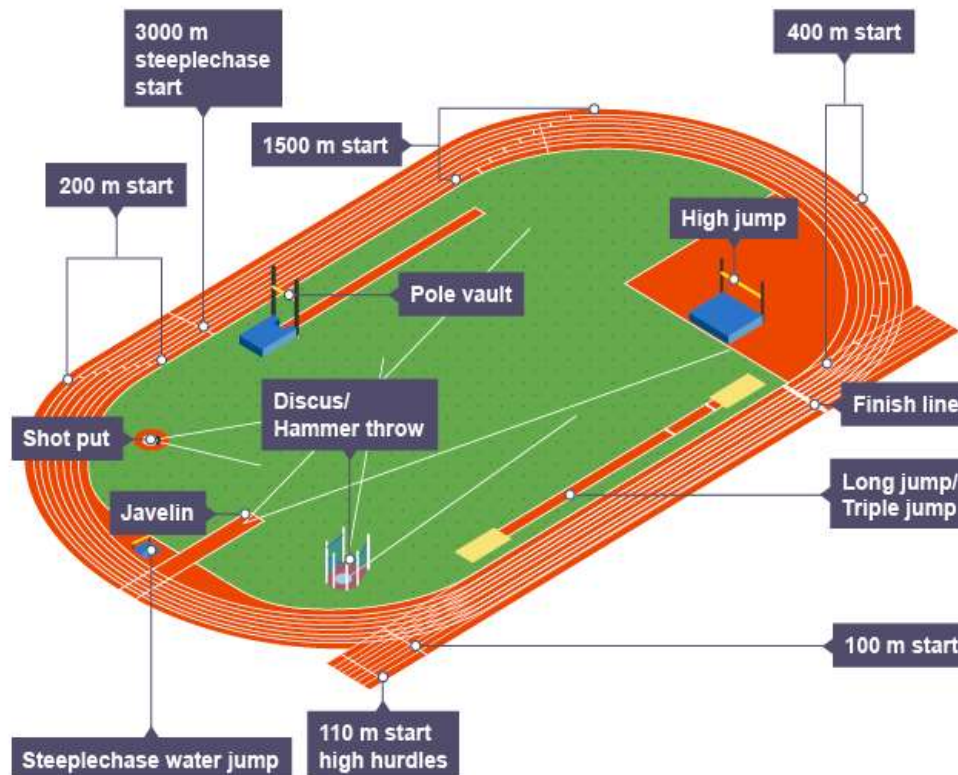


ATHLETICS

Competition

Athletics is a collection of sporting events that consist of the three major areas of running, jumping and throwing. The running events include sprints, middle and long-distance events and hurdling. Jumping events include the long jump, high jump, triple jump and pole vault, while the throwing events include the discus throw, hammer throw, javelin throw and shot put. There are also combined events, such as the decathlon for men, which consists of ten events, and the heptathlon for women, which consists of seven events.

Shown below is a typical competition area for athletics.



Scoring

Success in athletics is judged on times and distances rather than points or goals.

Track events – These races are started with an electronic pistol which is only sounded again on a false start. In races that are very close, officials use a digital line-scan camera across the finish line to give them a photo finish picture. The clock stops when an athlete has passed through the finish line.

Jumping events – These events are measured from the front edge of the take-off board to the first mark made in the sand by the athlete. The distance is always measured to the nearest centimetre and athletes will always be given a minimum of three jumps.

Throwing events – These events are measured from the front edge of the throwing line to the first mark made in the ground by the implement. The distance is always measured to the nearest centimetre and athletes will always be given a minimum of three attempts.

Officials

An athletics competition requires a wide range of officials. These include:

Starter – Starts all track events.

Starter's marshals – Line up competitors in correct order ready for starting.

Timekeepers – Provide official times for all track competitors.

Place judges – Ensure the correct order of positions are given.

Field event judges – Measure, record and let athletes know when it is safe to compete.

Relay judges – Make sure runners at change-overs are in the correct lane and within the change-over box.

ATHLETICS – Track, Jump & Throw

Sprint

This track event is a short running race. There are generally four different sprint distances: 100m, 200m, 300m and 400m.



Start phase - Standing or block start

Drive phase – first 10-20 meters

The drive is where you are looking to cover as much ground as possible through each stride, pushing with the leg that is in contact with the ground and driving the free leg through. In this phase the head must follow the body.

Transition phase

This transition phase is when you smoothly and gradually come upright into your stride. This is when you start to move at a slightly faster tempo and begin to reach top speed.

Fly phase/ middle phase

The fly phase is when you are fully upright and at top speed. The key to maintaining as much top end speed as possible is a relaxed upper body, still head and a quick foot contact and tempo.

Dip – The end of the race. Athletes should lean forwards towards the finish line to improve time.

High jump

This jumping event requires athletes to jump over the bar using the Fosbury Flop technique.



Stage one

Start 8-10 strides away from the barrier. Run in a curve with controlled speed. Lean your torso into the curve, the opposite side to the barrier. Keep your shoulder as high as possible.

Stage two

You are ready to jump at approximately one metre past the first post and an arm's length away from the mat. At this point, plant the take-off foot down. At the same time, drive your lead leg and arms upwards and shoulders high.

Stage three

In the air, keep driving upwards and bring your lead knee across the body to get shoulders parallel with the bar. Bring the arms forwards and back into the body. As your hips cross the barrier, flick your feet upwards and high over the barrier. Maintain balance and land safely.

Shot put

This throwing event requires athletes to throw/punch a heavy metal ball called a shot as far as possible.



Stage one

Hold the shot at the bottom and place the thumb and little finger each side of the shot. Place the shot under the chin and touching the neck. Keep the throwing arm elbow high and the arm parallel to the floor. Stand on the balls of your feet with your knees bent and non-throwing shoulder pointing towards the throwing area. (TIP – Toe, Knee, Chin in a line)

Stage two

Lean backwards and place your weight on the back foot. Transfer the weight from the back leg to the front leg. Explode upwards, bring the hips around and forwards to face throwing area. Extend the throwing arm up quickly and powerfully. Finish with chest and head up. TIP – Punch the shot!

Javelin

For a valid throw, the javelin's tip should hit the ground first. If the tail hits the floor before the tip, a foul score is recorded.



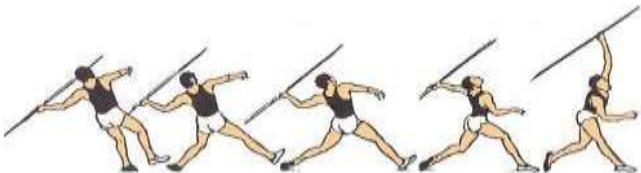
Grip

Place the javelin in the crease of your hand. Straighten your arm keeping javelin close to your head and parallel to your arm. Ensure your chin, knee and toe are in line.



Weight transfer and throw

Transfer your weight from front leg to back leg as the javelin is released. The Javelin should be released at the highest point at a 45 degree angle.



Discus

The discus can only be thrown by an athlete when they are inside a circle which has a diameter of 2.4m. An athlete cannot touch the ground beyond the circle. The competitor must exit the circle from the back.



Grip

Your throwing hand (including the thumb) is on top of the discus with your fingers evenly spread. The top knuckle of your four fingers (not the thumb) should touch the rim, with your fingertips over the sides.



Weight transfer and throw

Shift your weight forward as you pivot your hips, rotate your shoulders and swing your throwing arm. On release (35-45 degrees) the discus should leave the index finger last, with your hand at shoulder height.

Long Jump

Run up

The athlete accelerates onto the take off board, aiming to be close to maximum speed at take off.

Take off

The athlete should take off at 45 degrees as close to the front edge of the take off board as possible. The back knee and arms are driven forward to maximise height and distance.



Flight

Once in flight, the legs are brought together and pushed forward. Arms are pushed from above the head to behind the body ready for landing.

Landing

The heels of the feet touch the sand first with the arms thrust forwards. Momentum causes the bottom to land to the side of the feet. The distance is measured from the front edge of the take-off board to the first mark made in the sand by the athlete. The distance is always measured to the nearest centimetre and athletes will always be given a minimum of three jumps.



Rules

Players

There are 6 players on a team and a maximum of 10 players in a squad.

Timings

Each match is 2 halves of 3 sets (6 sets in total), with each set lasting 2 minutes.

Winning a set

In order to win a set, you must eliminate all opposing players or have more players remaining on your side at the end of a set.

Winning a match

A team wins a match if they have more points (2pts = set won, 1pt = set drawn, 0pts = set lost).

Start of play

5 balls are placed along the centre line. The 2 balls on a team's left are their designated balls. The centre ball is the only contested ball. A ball is not live until it is passed back beyond the return line.

Eliminating opposing players

A ball is live until it hits a floor, wall or any other surrounding surface.

Hits

Any player struck with a live ball by an opposing player will be called out. Face shots do not count unless a player's face stops the ball from hitting their body

Catches

Any catch on a live ball will be valid. The player who threw the caught ball will be called out and the catching team will gain one player from the outbox.

Blocking

Players are able to use a ball in their possession to block an incoming ball. If the ball they are holding is knocked from their possession, they will be called out.

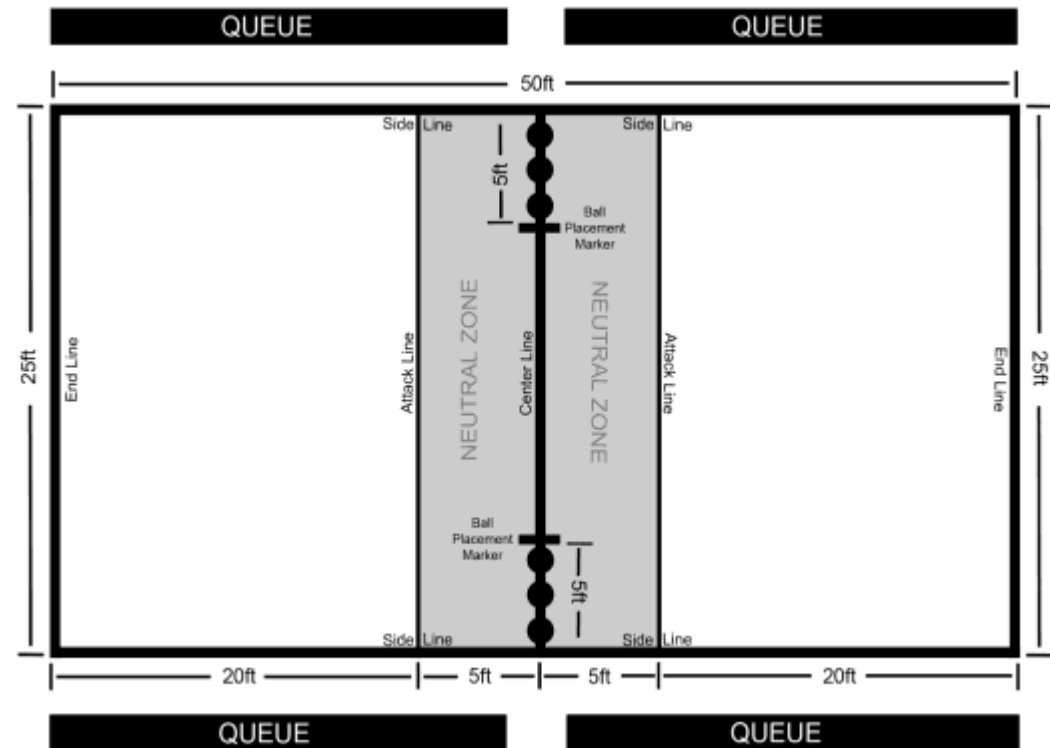
Stalling

Players should not intentionally stall the game. When a referee calls 'play ball', a team has 5 seconds to throw. If they do not then players holding balls will be called out. Teams can keep one ball after 'play ball' has been called, and must throw the rest.

Multiple play

A player will be called out if they are hit by a ball that has deflected off a teammate whilst it is still live. A catch is valid if it has deflected off a teammate whilst it is still live.

Court Dimensions



Throwing Strategies

Aim at a single target

Players are usually numbered 1-6 from left to right as you look at them — the player on your team that stands on the far left calls out the target. Then countdown from 3 in your head before releasing.

Throw together

Three balls thrown at once are much harder to dodge or catch than single throws which can be spotted from range.

Spread out

If all the balls are coming from the same part of the court, they are easier to dodge because all throwers are in your eye line. By spreading out on the court and throwing at the same person from different angles, the target may be blindsided and unable to dodge.

Get close

Throw as close to the neutral zone as possible. This makes your throw much harder to catch or dodge.

Aim low

It is not the hardest throw that takes someone out, but the smartest. Aim at the chest. Get your shots in low and together. Aim your hits between the thigh and shin. If you miss, at least you won't get caught.

Throw at the strongest players first

When the court is more crowded, players have less room to dodge. They also haven't had time to get their eye in. Whilst it may be tempting to take out weaker players, this will hurt you in the long run; the longer the stronger players stay in, the more time they have to hit you with a good throw or catch.

Dodging Strategies

Spread out, stay back

Under no circumstances should you stand behind a teammate. If they dodge a ball, you won't see it coming and will be eliminated. If you see two opponents standing one behind the other, throw a ball at them. You must also maximise your distance from your opponents. Don't stand back to the wall, or failed catches will end up eliminating you when they hit the wall—aim for a few feet of space behind you.

Jump

Split jumps or jumps with high legs are your best bet. Most players are aiming between thighs and shins, so a high jump will clear this safely. Only as a last resort should you hit the deck—this leaves you vulnerable and should only be attempted in countering one-on-one situations.

Watch the court

Don't stray too close to the boundaries. Make sure you have room to dodge on both sides, and behind you.

Spread out

As the numbers on your team reduce, keep equally spaced out. Don't clump together; your team will just be a larger, easier, less mobile target.



<https://britishdodgeball.org/wp-content/uploads/2019/05/Quick-Start-High-School-Rules.pdf>

Players

A cricket team consists of 11 players per side and one team bats while the other fields. Unique to cricket, the captain of the fielding team has complete control of their team's fielding positions. In all, there are 35 different fielding positions and the captain can utilise every one to try to stop the batter from scoring runs or to try to get them out.

The fielding positions are:



Scoring

The aim for the batter in cricket is to try to score as many runs as possible throughout their innings. To score a run requires the batter to strike the ball and run to the opposite end of the pitch while their batting partner runs in the other direction. In situations where the fielding team has not recovered the ball, the batters can return back to score two or more runs. It is also possible to score runs without running the length of the pitch, if a batter can hit the ball past the boundary line (four runs) or over the line without bouncing (six runs).

Rules

- The winning team in cricket is the side that scores the most runs, although in some situations a draw is recorded if they both get the same number of runs.
- A cricket team consists of 11 players and they take it in turns to bat and bowl.
- The bowler must bowl the ball overarm at the stumps.
- A wide ball will be called if the batsman, playing a normal stroke, is unable to reach the ball. This can apply to a bouncer above head height.
- A no ball will be called if the heel of the bowler's front foot lands in front of the popping crease or a full toss is bowled – waist height for a seam bowler and shoulder height for a spin bowler.
- A batter is declared out if the bowler knocks off the bails of the stumps with a delivery.
- A batter is declared out if a fielder or wicketkeeper catches the ball directly off the bat and before it hits the ground.
- A batter is declared out if the umpire believes that the bowler's ball would have hit the stumps if the batter had not obstructed the ball with their pads. This is known as leg before wicket (LBW).
- A batter is declared run-out when they are going for a run but do not make the batting crease before fielding team knocks off the cricket stumps.
- A batter is declared out if the wicketkeeper stumps them.
- There are other, less common ways of being out in cricket, but these are rare.
- The end of an innings is called when 10 of the 11 batting team are given out. At this point, both teams swap over.

Overarm bowl

An overarm bowl is the legal way to deliver a ball in a competitive game of cricket.

Stage one

As you run in towards the wicket, keep your arms close to your body, your head steady and your eyes fixed on the batter.

Stage two

As you approach the crease, start turning your body so your shoulder is facing towards the wicket and lean back slightly.

Stage three

On arrival at the release point, keep the ball close to your chin and your non-bowling arm up with your elbow pointing towards the target. As your back foot lands before the popping crease line, keep your body upright and raise your front foot pointing your knee towards the target. As your front foot lands, your toes should be pointing to the batsperson.

Stage four

On releasing the ball, rotate your shoulders and push your bowling arm forward and down from the coil position. The non-bowling arm should be pointing to the batter. Your arms should then rotate through with the ball and release it at the top of the delivery arc. Continue to follow through and maintain a visual on the batsperson.

Straight drive

A straight drive is a deliberate shot that aims to hit the ball along the ground to prevent being caught out.



Forward defensive

A forward defensive is a deliberate shot that aims to prevent the ball from hitting the wicket or the player's pads.



Overarm throw

An overarm throw is the fastest and most accurate way to pass a ball.

Stage one

Stand shoulder width apart, sideways on to the target, on the balls of your feet with the weight transferred to the back foot. The throwing arm is taken back behind the head at a 90° angle. Point the non-throwing arm at the target.

Stage two

Transfer the weight from your back foot to your front foot by rotating your hips and torso toward the target. Pull the throwing arm through toward the target leading with your elbow and your forearm and wrist following last and fast. Release the ball just in front of your head with both feet on the ground and the chest facing the target.

Long barrier

The long barrier is the safest technique to control a cricket ball travelling along the ground.

Stage one

Get in line with the ball and get your whole body behind the ball. As quickly as possible bend both knees and twist sideways so that the knee of your strong leg touches the ground and touches the back of the heel of the other leg. Extend arms downwards, spread hands wide with little fingers touching each other. Pick up the ball.



Tennis – Rules, Court Dimensions & Scoring



Rules

- A match must start with a coin toss to decide who serves first and which side they want to serve from.
- After each point, the server will alternate either side on the baseline.
- The server must hit their serve from behind their baseline.
- If the first serve is called out, then the server may take advantage of a second serve. If the second serve fails then a 'double fault' is called and the point is lost.
- If the serve hits the net but travels over and into the service area, then a 'let' is called and the server may take the serve again without penalty.
- To receive a serve, the player is allowed to stand where they wish but they must allow the ball to bounce once first.
- If a player touches the net, distracts their opponent or impedes them in any way, the umpire will award the point to the other player.
- Throughout a game, the ball is allowed to hit the lines to be awarded in. Anything outside of the lines and the ball is out.
- In competitive games, new tennis balls are introduced after the first seven games and then every nine games after that.

Scoring

At the beginning of a game both players begin with 'love' (zero) points. The points follow the set system below:

No points – 'Love'

First point – '15'

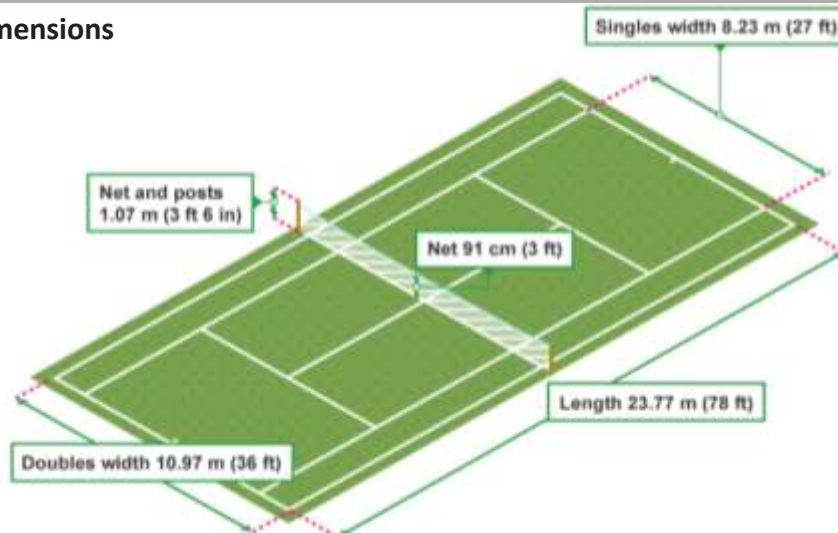
Second point – '30'

Third point – '40'

Fourth point – 'Game'

To win a game, a player must beat their opponent by two clear points. However, it is very common for both players to reach 40-40 (40-all) - this is called "deuce". At deuce, a player is still required to win by two more points. Therefore, if the server wins the next point the score is "advantage server". If the player with "advantage" wins the next point they win the game, but if the player without "advantage" wins the next point, the score reverts to "deuce". There is no limit to the number of times a game can go to deuce and, as a result, a game can go on for an extended period of time. A tennis match is played up to five sets for men and three sets for women in a 'Grand Slam' event. The Grand Slam events are considered the most prestigious annual tennis events and offer the most ranking points, prize money, public and media attention, and hence the biggest field of competitors. In all other competitive matches, both men and women play to three sets. The first player to win six games will be awarded a set, but if both players have five games each, a set can be extended to seven games. If players are tied at six games each (or six games-all), then the set goes into a tie-break system. In most matches, if a game is tied 6-6 all in the final set then a player must win by two clear games.

Court Dimensions





Tennis – Serve, Forehand, Backhand & Drop Shot



Serve

The tennis serve is the shot selected to begin a point in tennis.



Stage one

Stand in position on the balls of your feet, with slightly bent knees. Face sideways with your left foot forward at a 45° angle to the baseline, right foot parallel to the baseline and left shoulder pointing towards the target. Fully extend your right elbow downward, so the racket is pointing towards the floor but also toward the target. Fully extend your left elbow downwards and hold the ball in the palm of your hand facing up, in line with the 'V' of your racket.

Stage two

Separate your arms in unison and bring them back up in different directions, by extending your right elbow backwards and your left elbow upwards. Transfer your body weight from front to back foot, lifting the toe of your front foot.

Stage three

The racket continues going back and upwards. The left elbow is extended and to throw the ball, released at the highest point, with fingers pointing upwards and arm straight. The ball should be slightly in front of you, thrown about six inches above your outstretched racket. Keep your eyes on the ball.

Stage four

Your right shoulder flexes to move the arm upwards into a throwing position. When the ball reaches the highest point, accelerate the racket head at the ball in a throwing action led by the elbow. Strike the ball as your elbow is fully extended and hit the ball downwards. Transfer your weight from your back to your front foot and rotate the shoulders and hips to point towards the target. The racket head will follow through down to the left hand side of your body.

Forehand

The forehand can be an aggressive and powerful attack shot that is used to return an opponent's shot and, when executed correctly, will manoeuvre an opponent around the court or win a point.



Stage one

As the ball is returned, stand in position on the balls of your feet, with knees slightly bent. Face sideways with your shoulder and arm pointing towards the opponent. The racket arm should be at a 45° angle with the face of the racket at head height. Body weight should be on the back foot. Keep your eyes on the ball.

Stage two

When ready to strike the ball, transfer body weight from back to front foot. Rotate your body quickly to face forwards. Drop the racket head lower as you start to accelerate forwards. The forward swing should travel from low to high, aiming to hit the ball at its highest point. Keep your eyes on the ball.

Stage three

Make contact with the ball at around waist height. Begin to rotate the racket at impact, so the strings point down towards the ground. The racket will follow through, finishing to the left of the shoulder. Return back to ready position for the next shot.

Backhand

The backhand can be an aggressive and powerful attack shot that is used to return an opponent's shot and, when executed correctly, will manoeuvre an opponent around the court or win a point.



Stage one

As the ball is returned, stand in position on the balls of your feet, with knees slightly bent. Place your weaker hand on the top of the racket handle, in a chopper forehand grip. Hold racket at waist height. Turn hands and trunk to the side so that the shoulder of your right arm is pointing towards the ball and racket head is pointing behind. Your right elbow should be fully extended and left elbow slightly flexed. Transfer body weight from front to back foot. Keep your eyes on the ball.

Stage two

Rotate your body quickly to face forward, transferring weight from back to front foot. Drop the racket head lower as you start to accelerate forwards. The forward swing should travel from low to high, aiming to hit the ball at its highest point. Keep your eyes on the ball.

Stage three

Make contact with the ball at around waist height. Begin to rotate the racket at impact, so the strings point down towards the ground. The racket will follow through finishing to the right of the shoulder. Return back to ready position for the next shot.

Drop Shot

The drop shot enables players to move their opponent to the front court to either, win a point or create space in the mid and back court to exploit.



Stage one

As the ball is returned, stand in position on the balls of your feet, with knees slightly bent. Face sideways with your shoulder and arm pointing towards the opponent. The racket arm should be at a 45° angle with the face of the racket at head height. Body weight should be on the back foot. Keep your eyes on the ball.

Stage two

When ready to strike the ball, transfer body weight from back to front foot. Rotate your body quickly to face forwards. Step forwards as you chop down on the ball. The forward swing should travel from high to low, aiming to slice down on the ball. Keep your eyes on the ball.

Stage three

Make contact with the ball at around waist height. On impact, have firm wrists to take the power out of your opponent's shot. The racket should almost immediately stop after contact and point towards the ground.

Volleyball – Rules, Scoring, Officials, Court Dimensions & Player Positions

Rules

- An official volleyball court is 18 m × 9 m.
- To start a point, the server can serve from anywhere behind the end line, either overarm or underarm, into the opposing team's side of the court.
- The opposing team is allowed a maximum of three touches on their side of the court before sending the ball back over the net.
- A player is not allowed to touch the ball twice in a row. However, they could hit the ball on the first and third contact.
- The ball must be hit - not caught.
- In side out scoring, the serving team scores a point when the opponents fail to return the ball over the net, hit the ball out of bounds or commit an infraction.
- Whichever team wins the point then goes on to serve.
- Every time a team wins the serve from the other team, the players rotate their position on court clockwise so that everyone gets a chance to serve.

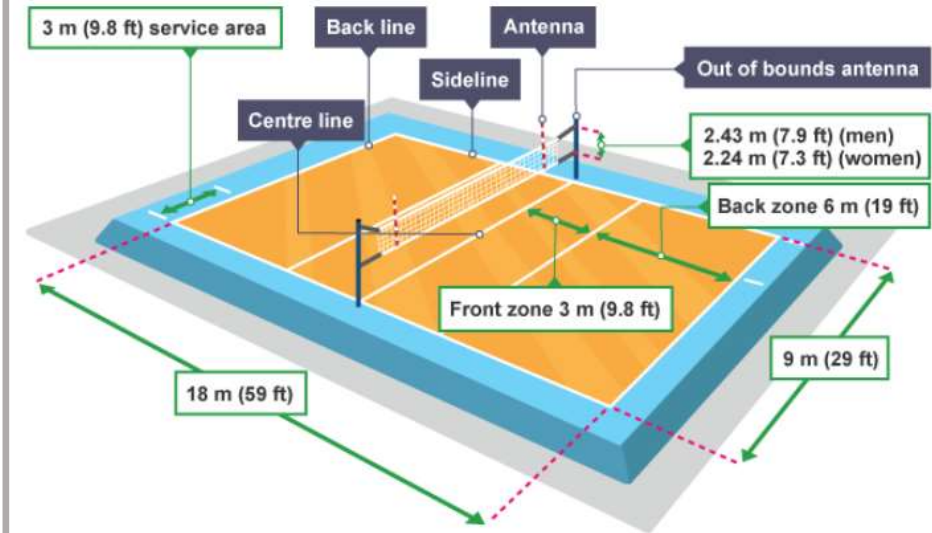
Scoring

In competitive adult matches all games are played to a best of five sets. Volleyball is very different to most sports as the first four sets are played to 25 points, but if the match goes to a fifth set this game is only played to 15 points. In order to win a set, a team must win by two clear points.

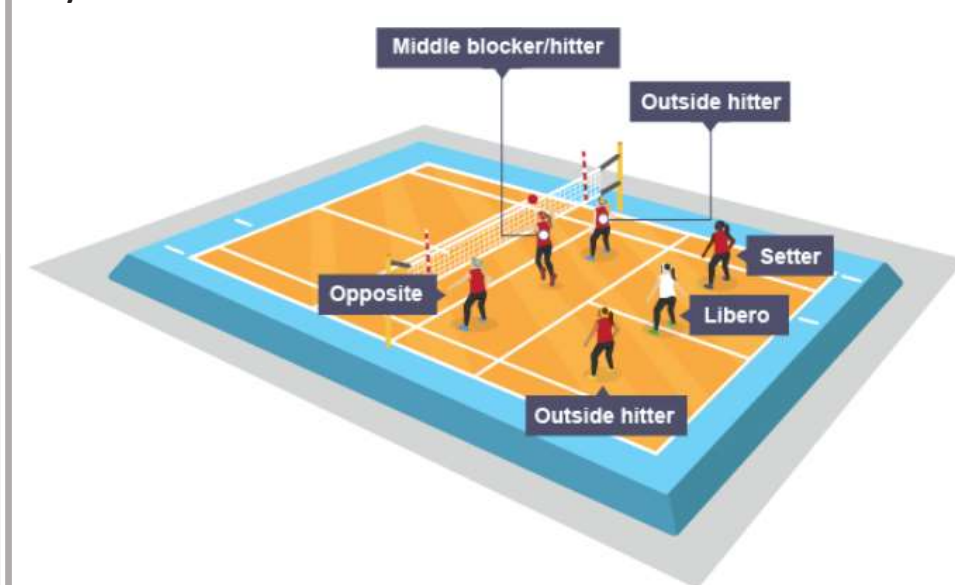
Officials

A first (or main) referee, second referee, a scorer and two line judges are required to umpire an official game of volleyball. Just like most sports, the main referee upholds the rules throughout the whole game and their decision is final. However, unlike football, a volleyball team is allowed to make a formal protest with the scorer. The second referee stands opposite the main referee and is responsible for all substitutions, timeouts and the actions of the scorer's table.

Court Dimensions



Player Positions





Volleyball – Serve, Dig, Set & Block



Serve



A volleyball serve can be hit either overarm or underarm. A player is allowed to travel with the ball and jump whilst serving, and providing it reaches the opponent's court, it is deemed legal.

Stage one

Stand in position on the balls of your feet, with knees slightly flexed.

Face forwards with your chest facing towards the target. Hold the ball in front of your body with left hand, right hand held back. Body weight should be on the back foot.

Stage two

Throw the ball gently into the air, swing the straight arm forward to strike underneath the ball with the heel of the hand, with your fingers clenched. Transfer bodyweight from back to front foot.

Stage three

Follow through with the fist pointing towards the intended target or the sky.

Dig



The dig shot requires players to get low and to stop the ball touching the ground. When completed successfully the shot provides accurate and consistent passing, which is essential to create a multiple attack.

Stage one

Stand in position on the balls of both feet, with knees slightly flexed. Drive off from legs to get towards the path of the ball.

Stage two

Keep both eyes on the ball. Place the back of the right hand on top of the palm of the left hand. Bring both thumbs together and place them side by side. Keep fingers and thumbs close together. Lock your elbows together.

Hold arms out straight in front.

Stage three

Hands start low in front of the body and swing up to strike the ball upwards. Strike the ball with the lower forearms. Follow through with the hands pointing towards the intended target or the sky.

Set



The set shot is a delicate attacking shot that is an important part of the pass-set-spike sequence required for a successful attack.

Stage one

Stand in position on the balls of your feet, with knees slightly flexed. Drive off from legs to get towards the path of the ball. Call for the ball. Get in line with the ball's path. Keep your eyes on the ball at all times.

Stage two

Move towards the ball. Extend your elbows so that your arms are out in front of you at head height. Slightly flex your elbows. Have your palms facing up and fingers spread. Keep your eyes on the ball.

Stage three

Watch the ball. Face the ball in ready position with knees slightly flexed. Hands are held above the head, palms up. Move body underneath the ball and push the ball into the air with your fingertips. Extend knees to help with the push into the air. Follow through with fingers pointing at the sky.

Block



The block is not technically a maintaining possession shot, but a well-timed and effective block diffuses an offensive attack.

Stage one

Stand in position on the balls of your feet, with knees slightly flexed. Drive off from legs to get towards the path of the ball. Get in line with the ball's path. Keep your eyes on the ball at all times.

Stage two

Move towards the ball. Extend arms up above head. Have your palms facing forward and fingers spread. Keep your eyes on the ball.

Stage three

Upon contact, try to angle the ball downwards. Begin to land move arms outwards for balance. Flex knees to help cushion landing. Get back into position to regain formation.

Gymnastics - Key Components of Fitness, Key Terms & Chronology

Key Components of Fitness for Gymnasts

A gymnast requires **flexibility** at the joints to allow for a larger range of motion around a joint.

A gymnast requires **muscular strength** to be able to balance on certain body parts. This is exerting their body against a given force.

A gymnast requires **power** in their arms and legs, which is speed x strength.

A gymnast requires **agility** to change direction at speed.

A gymnast requires **muscular endurance** to keep using the same muscle groups over and over again when performing a skill such as a forward roll.

A gymnast requires a certain levels of **speed** as they slow down their speed and increase their speed depending on the sequence they are performing.

Gymnastics Key Terms

Apparatus The equipment used in gymnastics.

Balance Position A static position, holding a distinct shape.

Dismount To leave an apparatus at the end of a routine.

Equilateral Triangle A triangle in which all three sides have equal length.

Jeté A move where the gymnast springs from one foot to the other.

Pike Body position where the body is bent forward 90 degrees at the waist with the legs kept straight.

Pivot A turn on the ball of the foot.

Plié Feet angled at 90 degrees.

Routine A combination of moves and sequences performed on one apparatus.

Spotting Spotting a landing before take off.

Supporting When a second person assists the gymnast through a move and prepares to cushion them to avoid injury in the event of a fall.

Tuck A position where the knees are bent into the chest, with the body folded at the waist.

Walkovers A move where a gymnast transfers from a standing position to a handstand to a standing position.

Gymnastics Chronology

2000 BC Gymnastics activities are depicted on Egyptian artefacts

1804 The Crown Prince of Denmark believes gymnastics to be useful for military training and creates the Military Gymnastic Institute in 1804.

1928 The first women's Olympic competition (synchronised calisthenics) is held in Amsterdam.

1964 The first Trampoline World Championships are held in London, Uk.

1984 Rhythmic gymnastics is introduced as an Olympic sport in Los Angeles, USA.

2001 The traditional vaulting horse is replaced with a new apparatus, known as a tongue or table, which is ultimately more stable and therefore safer.

2008 Louis Smith is the first British Individual gymnastics medalist in a century, at the 2008 Beijing Olympics, claiming bronze in the pommel horse final.

<https://www.livestrong.com/article/497802-5-components-of-fitness-in-gymnastics/>

Gymnastics – Travelling, Jump, Roll, Weight on Hands, Balance & Vault

Travelling

Travelling in floor gymnastics is being able to move around the mat using different movements such as rolls, steps, turns, jumps, cartwheels, walkovers, handsprings, and being as creative as possible.

Standing Upward Jump

Bending your legs slightly, jump up while raising your arms forwards and upwards above your head. Keep your arms slightly in front of your body. As you land, it is important to keep your arms raised above your head, and place your feet slightly apart in the 'plie' position at an angle of 45 degrees, with your knees bent. As you make contact with the floor continue to bend the knees to absorb the downward force of landing. Bring your arms down sideways to stabilise the landing, without taking a step.

Forward Roll

From standing, crouch down. Place your hands on the floor in front of you, shoulder-width apart with your fingers facing forwards, while simultaneously placing your chin on your chest. This will ensure your hips are raised high enough and your spine is rounded so you can roll on to your back. Bend your arms as you place your neck on the floor, slightly extending the legs and pushing on the floor with your feet until the roll commences and you roll on to your back. Try to keep your legs straight as you commence the roll forwards. In the last part of the roll, bend your legs tightly so that your heels are close to your bottom. At the point where your feet contact the floor, stretch forwards with your arms so that your head and chest move over your feet. Once your body weight is in a position of balance you will be able to stand.

Cartwheel

Raise your hands above your head and place your leading leg forward. Reach forward to place the first hand (the hand on the same side as the leading leg) on the floor by bending your front leg and bending at the waist. When the first hand contacts the floor, straighten your front leg while kicking upward with your back leg over your head. Continue the movement by rocking over from your first to your second hand (which is still extended above your head). To do this, push strongly against the floor with your first hand, keeping your arms stretched up over your head. As your body rocks over your second hand, bring your second leg down to the ground and place it close to your second hand.

Headstand

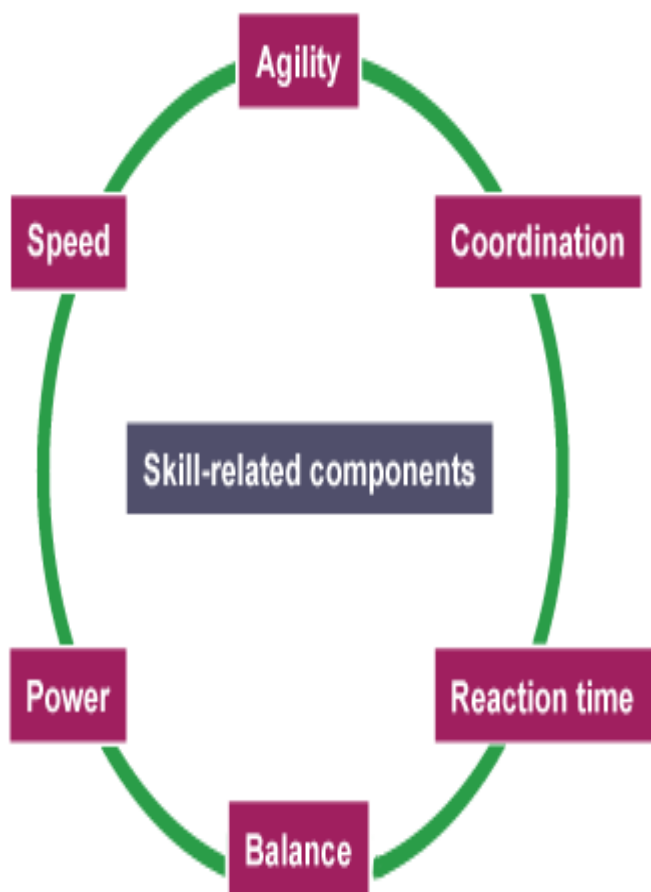
Crouch down and place your hands and forehand on the floor to form an equilateral triangle. Your head should be approximately 30cm in front of your hands and your arms bent at an angle of 90 degrees. Extend your legs so that your pointed toes are resting on the floor. By pressing with your hands, slowly move your bottom over your forehead into a balanced position. Maintain the equilibrium by continually pressing with your hands. By exerting more pressure you will reach a point at which you can lift your feet from the floor. Continue to raise your legs above your head by pressing constantly against the floor with your hands. Make sure that your back is kept straight at all times by tightening your bottom and stomach muscles.

Headspring

To obtain the necessary height and rotation, a fast but controlled approached run is required. On take-off, drive your arms upwards and extend the body. Think of the lower body rotating over the upper body. You must still be moving upwards at the point when your hands strike the vault. In the strike phase, the angle of the body and the vault should be between 60 and 80 degrees to the vertical. Your hands should leave the box just before your body reaches the vertical. To achieve this the strike phase must be short and extremely powerful. During post-flight, keep the body as straight as possible. Just before landing, bend the knees.



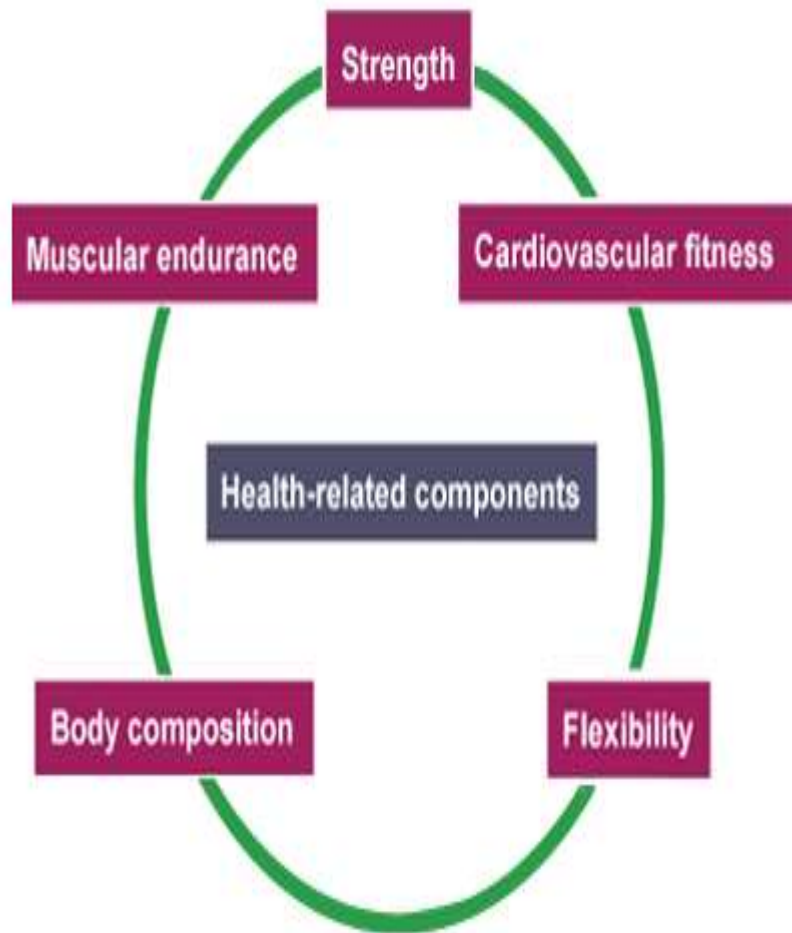
Skill-related components of fitness



	Definition	Example
Agility	The ability to change the position of the body quickly and control the movement	A badminton player moving around the court from back to front and side to side at high speed and efficiency
Balance	The ability to maintain the body's centre of mass above the base of support	A sprinter holds a perfectly still sprint start position and is ready to go into action as soon as the gun sounds
Coordination	The ability to use two or more body parts together	A trampolinist timing their arm and leg movements to perform the perfect tuck somersault
Power	The ability to perform strength performances quickly	A javelin thrower applies great force to the spear while moving their arm rapidly forward
Reaction time	The time taken to respond to a stimulus	A boxer perceives a punch from their left and rapidly moves their head to avoid being struck
Speed	The ability to put body parts into motion quickly	A tennis player moving forward from the baseline quickly to reach a drop shot close to the net



Health-related/ Physical components of fitness



	Definition	Example
Body composition	The percentage of body weight which is fat, muscle and bone	The gymnast has a lean body composition to allow them to propel themselves through the air when performing on the asymmetrical bars
Cardiovascular fitness	The ability of the heart, lungs and blood to transport oxygen	Completing a half marathon with consistent split times across all parts of the run
Flexibility	The range of motion (ROM) at a joint	A gymnast training to increase hip mobility to improve the quality of their split leap on the beam
Muscular endurance	The ability to use voluntary muscles repeatedly without tiring	A rower repeatedly pulling their oar against the water to propel the boat towards the line
Strength	The amount of force a muscle can exert against a resistance	Pushing with all one's force in a rugby scrum against the resistance of the opposition pack