

تم تحميل هذا الملف من موقع المناهج الإماراتية



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https://t.me/UAElinks_bot

Shooting skills

You will need a good shooting technique to score points for your team. You must develop your accuracy so that the ball goes to the target.

Shooting hand carry the ball, should extend in a straight line and guide hand stays to the side

Eyes on Target, Line the ball and your shooting eye form a straight line to the basket



Activity 10

Look at the shooting technique. Discuss with a classmate why this is a good technique.

Now that you have discussed the technique, write three teaching points below.

Feet are shoulder width apart for good balance. Feet should be in a slightly staggered stance that is consistent and comfortable. Shooting foot is slightly ahead of the non-shooting foot in a comfortable position. Flex bend knees on every shot.

**Top
Tip**

Try shooting at different distances from the goal, basket or net. This will help you to improve your shooting skills.

Elite Extension Task E4

Movement skills

Movement is important in basketball and handball. You need to have good movement so that you can work with your teammates to score. You must learn how to move and where to move during a game. You must also have an awareness of what is around you.

Activity 8

Look at the list of words below. They are all related to movement in sport. Tick which of these you have demonstrated in your lessons.

Evasive movement (dodging and changing direction)	
Sprinting	
Jumping	
Forward movement	
Backwards movement	
Dribbling	
Fake step	



Let's focus on evasive movement. When your team is attacking, evasive movement will help you or a teammate to create space to receive the ball.

Activity 9

Look at the diagram below. Draw two arrows to show where you could move to receive the ball from your teammate.

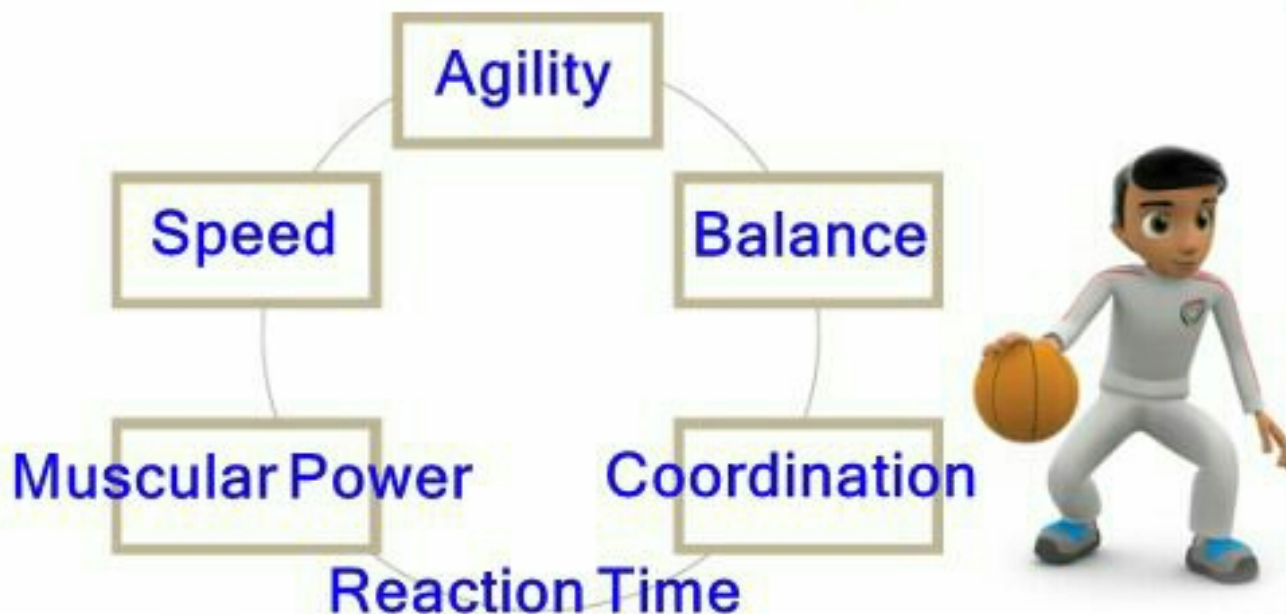


- you
- player with ball
- Defender

Elite Extension Task E3

Activity 4

Think about the skills that you need to pass and receive successfully. Write these below.



**Top
Tip**

Consider the different passes you use in your sport. What components of fitness will help you to be successful?

Activity 5

Why is power important when passing the ball? Tick the correct answer

- To create space
- 2. To increase the distance of the throw
- To score a goal

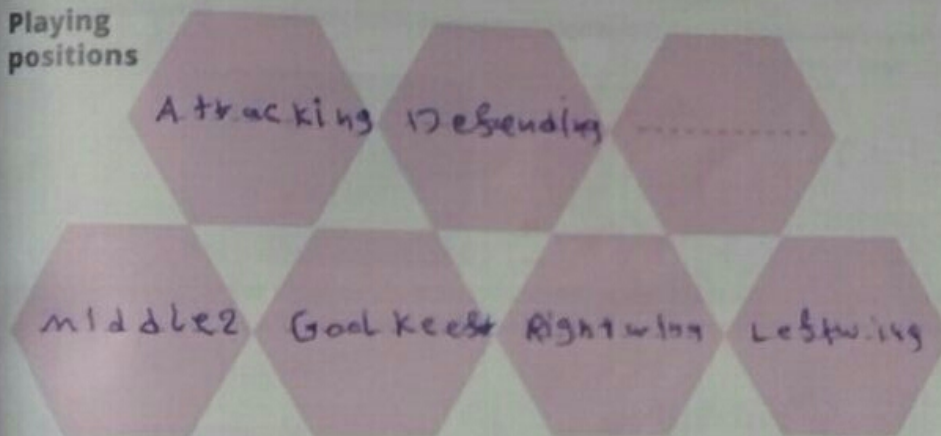
Game tactics

A tactic is an action or strategy that you use in a game. There are many different tactics that you can use to win. You should think about what tactics work well. If your tactic did not work, you should consider changing it to be more effective.

Activity 11

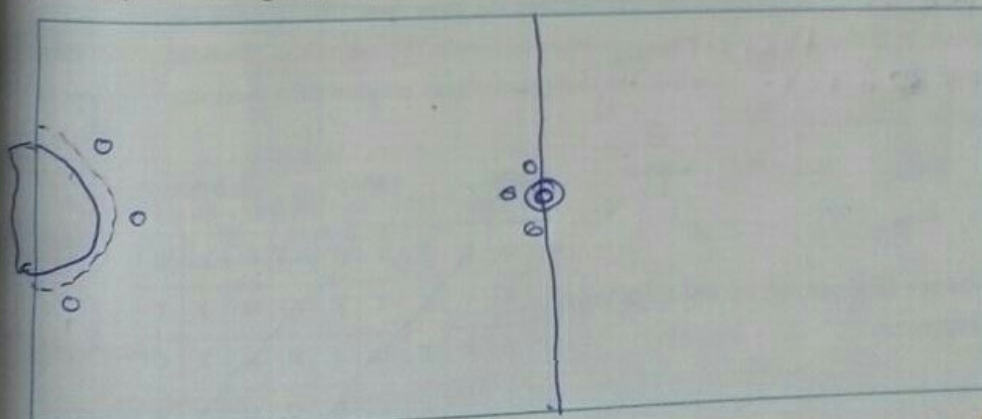
One tactic you can use is to position your players. What are the playing positions in your sport? Write them below.

Playing positions



Activity 12

Draw your playing positions (formation) that you play in your sport. Think about where you will position your attacking players and where you will position your defending players.



Elite Extension Task E5

Shooting skills

You will need a good shooting technique to score points for your team. You must develop your accuracy so that the ball goes to the target.



Activity 10

Look at the shooting technique. Discuss with a classmate why this is a good technique. Now that you have discussed the technique, write three teaching points below.

- flex and extend my arm
- my body is facing the target
- one foot in front of and one in the back

Top Tip

Try shooting at different distances from the goal, basket or net. This will help you to improve your shooting skills.

Elite Extension Task E4