

Contents

Note to teachers		1
Answers		2
Chapter 1	Soccer	11
	Skills	11
	Rules	14
	Rules Test	20
	Skills Test	22
	Quiz	26
Chapter 2	European Handball	27
	Rules	28
	Rules Test	34
	Skills Test	36
	Quiz	38
Chapter 3	Tchoukball	39
	Rules	40
	Rules Test	43
	Skills Test (Basic)	44
	Quiz	45
Chapter 4	Korfball	47
	Rules	48
	Rules Test	50
	Skills Test	51
	Quiz	52
Chapter 5	Netball	53
	Rules	55
	Rules Test	57
	Skills Test	59
	Scoresheet	61
	Quiz	62

Chapter 6	Volleyball	63
	Skills	64
	Rules	66
	Rules Test	67
	Skills Test (Basic)	69
	Skills Test (Advanced)	70
	Scoresheet	73
	Quiz	74
Chapter 7	Basketball	75
	Rules	76
	Skills	77
	Rules Test	79
	Assignment	81
	Skills Test	82
	Scoresheet	83
	Quiz	84

Note To Teachers

The following ball games have been selected as representing a variety of both very common and recently introduced games. The information has been compiled from the notes of practising physical education teachers.

Team games need to be carefully taught in regards to skills, rules and team co-operation. This booklet provides reproducible reference sheets to enable greater understanding of the rules of each activity as well as tests to determine whether students have comprehended the basic rules.

Some chapters incorporate more details in regards to positional play, whilst others may have assignments which students can complete for homework.

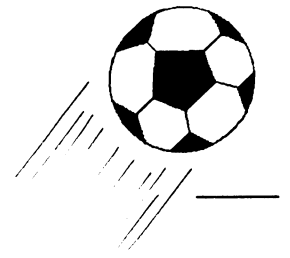
Skills tests may be varied according to the situation, or age of the students. They provide a basis for assessing improvement, using pre and post testing, or of the overall standard attained throughout the activity.

Scoresheets have been included for sports that require a record to be kept or a running score.

You will find these worksheets most useful as an aid to complement the practical teaching of these games.

Chapter 1

SOCCER



What is Soccer?

Soccer is a game played on a field with a round soccer ball and two netted goals at either end of the field. The game is usually played outside, although modified rules are used for the indoor games. Each team consists of eleven players (including the goalie).

What are some of the skills of the game?

- Kicking:**
1. Inside of the Foot (largest area to strike ball)
 2. Inside of Instep (just above the big toe)
 3. Full Instep (lace up part of shoe)
 4. Outside of Instep (outside of little toe)
 5. The Toes
 6. The Heel (back pass)

Types of kicks:

1. **Drive** — A hard kick through the ball. The ball will move in a straight path along the ground.
2. **Half Volley** — Using the instep or inside of the foot to make contact with the ball *immediately after* it bounces on the ground.
3. **Full Volley** — The player strikes the ball while it is *in the air*, using the full instep.
4. **Loft** — Raising the ball over a long distance. Kicked with the instep underneath the ball.
5. **Chip** — Sharp kick with half instep underneath the ball. The ball will rise high over a short distance.
6. **Swerve** — The ball moves with a curve either left or right; achieved by kicking slightly off centre and putting a spin on the ball.



Trapping

1. Instep of the Foot
2. Inside of the Foot
3. Bottom of Foot (only if in a stationary position)
4. Knee
5. Thigh
6. Chest
7. Head



Tackling

Tackling an opponent is permitted as long as it is done within the rules, i.e. in an attempt to kick the ball away from an opponent.

Heading

Heading the ball is a method of passing the ball to another team member or of taking a shot at goal.

What are the rules of the game?

• Number of players

A game is played by two teams consisting of eleven players (including the goalie). Substitutes may be used.

• Duration of the game

The game should consist of two equal periods of 45 minutes.

• Start of play

The beginning of a game shall start with a kick-off by one of the teams, usually determined by the toss of a coin. At the start of the second half the other team has the kick-off. After a goal has been scored, the team which had the goal scored against it has the centre kick.

• Ball in and out of play

The ball is deemed out of play when it has **wholly** crossed the goal line or side line.

• Offside

A player is **offside** if s/he is nearer the opponents' goal line than the ball at the moment the ball is played unless:

- s/he is in her/his own half of the field
- there are 2 opponents nearer to their goal line than s/he is
- the ball has touched an opponent or was last touched by him/herself

If this rule is violated an **indirect kick** is awarded.