

Rugby

Key Skills

Ball Handling – Hold the ball in 2 hands. Spread your fingers around the seam, in a W shape. Use your fingers to control the ball

Passing- The ball must be passed backwards. W shape grip around the ball. Ball should be close but in front of the body. Look over your shoulder for your teammates run. Pass the ball diagonally across your body from a low to high position.

Receiving a pass – Make a target for the ball with your hands evenly spaced in front of you. Watch the ball into your hands and then turn to look at a target.

Side Tackle – As opponent approaches, prepare to tackle ensuring your head is kept up with your chin of your chest and a flat back. Shoulders to take the impact of collision. When tackling your opponents, your head needs to be behind the opponent's legs, wrapping your hands around

Techniques/Rules/Tactics

Rules

The game is started by a place kick or a drop kick from the middle of the halfway line.

The ball must travel forwards at least 10 metres from the kick-off. If this is unsuccessful then the opposing team decide upon a scrum or line out for them to take advantage.

If a penalty or drop goal is scored during the game, play is restarted with a drop kick from the halfway line. The team that has conceded the points takes the kick.

A game last 80minutes, with 2x 40minutes period followed by a 10 minute half time

Key words/ phrases

Scrum Half
Hooker
Winger
Line out
Zone defence
Try
Infringement

Pictures



them. Land on top of your opponent to ensure they are brought to the ground.

Front tackle – Watch opponent running, look towards their hips and thighs, back should be flat, head and neck should be one side of opponent in a cheek-to-cheek position.

Rear Tackle – Watch oncoming opponent, head up, back flat, Head and neck behind opponents bum, Shoulders in line with opponents bum, Arms tightly around opponent's thighs, drive forward with shoulders.

Punt Kick – Eyes on ball, point ball in direction of kick, hold the ball at waist height and at 45 degrees, use the laces to contact the centre of the ball, follow-through with leg.

Grubber Kick - Eyes on the ball, head over the ball, lean forward, hold the ball on each side of the seams(W shape fingers), hold ball in upright position, contact ball just before it hits the floor, toes pointing downwards and bring leg through to contact the ball with laces.

Drop Kick – Eye on the ball, hold ball out at waist height, elbows slightly flexed, hold ball along seam with fingers pointing downwards, keep head over ball, drop ball upright, as ball lands make contact with it, follow through with kicking leg, toes pointing forward.

Tactics

Up and in Defence – Movement of defence that moves up when opponents have the ball and is laterally passed inwards.

Up and out defence – movement of the defence that moves up when opponents have the ball but is then passed laterally outwards.

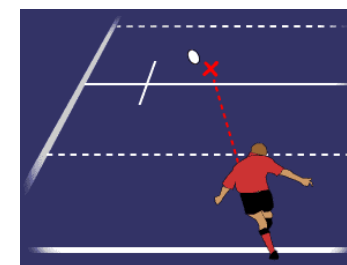
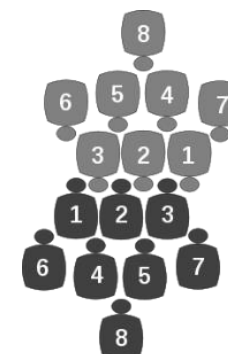
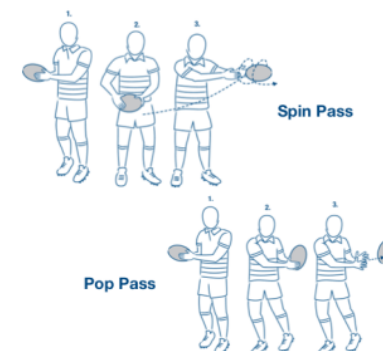
Attack the drift- The drift defenders go forward to force the pass then move on to the next attacker. Three drift defenders realign again on the inside shoulder of 5, 3 and 2, which forces the attackers to attack the defence with either a loop or under

Scoring System

A try - five points are awarded for touching the ball down in your opponent's goal area.

A conversion - two points are added for a successful kick through the goalposts after a try

A goal kick - three points are awarded for a penalty kick or drop goal through the posts



Muscular Strength

Test: Hand Grip Dynamometer Test

Protocol: Grip the dynamometer in one hand. Start with your hand up and bring down to side while pulling in handle. No swinging your hand.



Advantages	Disadvantages
<ul style="list-style-type: none">Simple and easy to complete	<ul style="list-style-type: none">Only one size of dynamometer which may affect reading.Focuses solely on forearm strength.

Muscular Endurance

Test: 1 minute sit up test



Test: 1 minute press up test



Protocol: Complete as many full sit ups/press ups as possible in 1 minute.

Advantages	Disadvantages
<ul style="list-style-type: none">Simple test to completeMinimal equipment needed.	<ul style="list-style-type: none">Difficult to assess whether each repetition is performed correctly. Difficult to accurately measure large groups.

Flexibility

Test: Sit and Reach Test

Protocol: Sit with legs straight out in front and soles of feet against box/table. Reach forward without bending knees. No jerking movements.



Advantages	Disadvantages
<ul style="list-style-type: none">Quick and easy to perform.Data table readily available for comparison	<ul style="list-style-type: none">Can cause injury if not fully warmed up appropriately.Only measures flexibility of lower back and hamstrings.

Cardiovascular Fitness (Aerobic Endurance)

Test: 12 min Cooper Run

Protocol: Continuously run/swim for 12 minutes. Distance recorded.



Advantages	Disadvantages
<ul style="list-style-type: none">Minimal equipment neededTest can be self administered.	<ul style="list-style-type: none">Inaccuracy of heart rate measurementsMotivation dependant

Test: Harvard Step Test

Protocol: Step continuously for 5 minutes. Measure heart rate at 1, 2 and 3 minutes after exercise.

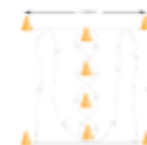
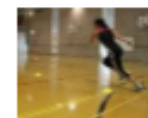


Advantages	Disadvantages
<ul style="list-style-type: none">Simple test to complete	<ul style="list-style-type: none">Motivation dependant

Agility

Test: Illinois Agility Test

Protocol: Start lying down at the start line. Complete course as quick as possible (10m x 5m – 4 central cones)



Advantages	Disadvantages
<ul style="list-style-type: none">Simple and easy to complete	<ul style="list-style-type: none">Motivation dependant / Timing errors.

Speed

Test: 30m Sprint Test

Protocol: Start from stationery position. Complete distance in the quickest possible time. Time is stopped when chest crosses the line.



Advantages	Disadvantages
<ul style="list-style-type: none">Quick test to complete.Minimal equipment needed and can be performed anywhere with a flat 50m run.	<ul style="list-style-type: none">Running surfaces/weather conditions can affect the results.Inaccuracies with stopwatch usage.

Power

Test: Vertical jump Test

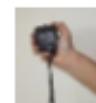
Protocol: Stand next to wall and mark an initial reach while feet are flat on the ground. Standing jump to reach as high as possible. Measure distance from first mark to second.



Advantages	Disadvantages
<ul style="list-style-type: none">Quick and easy to perform.Easy to complete with large groups.	<ul style="list-style-type: none">Technique plays a large role in successful completion.

Reliability /Validity

Validity relates to whether the test actually measures what it sets out to measure.



Reliability is a question of whether the test is accurate. It is important to ensure that the procedure is correctly maintained for ALL individuals.

Results can be improved:

- By using experienced testers & calibrating equipment
- Ensuring performers have the same level of motivation to complete each test
- Repeatedly test to avoid human error (x3)

Physical-Related Fitness Components

Aerobic Endurance: The ability of the heart and lungs, to work for a long period of time. Sports: Long distance running, Football, Road Cycling.

Muscular Endurance: the ability of a muscle, to work continuously without tiring. Sports: Hockey, Rugby, Endurance Sports

Flexibility: The range of movement at a joint. Sports: Gymnastics, Dance, Diving.

Muscular Strength: The maximum amount of force a muscle can produce in a short period of time. Sports: Rugby, Powerlifting, Boxing.

Speed: The ability to cover distances quickly. 3 types of speed; Accelerative Speed, Pure Speed & Speed Endurance. Sports; Athletics, Football, Rugby.

Body Composition: The ratio of Fat to fat-free mass In the body. Different sports will need a different body fat percentage



Skill Related Fitness Components

Agility: Ability to change direction quickly and efficiently. Sports: Tennis, Rugby.

Balance: Ability to maintain centre of mass over a base of support. Two types; Static and Dynamic Balance. Sports; Gymnastics, games sports.

Co-Ordination: Smooth flow of movement to be able to perform a motor skill fluently. Sports; Tennis, Rugby, Gymnastics.

Power: Combination of Speed and Strength. Sports; Long Jump, Rugby, American Football.

Reaction Time: The ability to react quickly to a stimulus. Sports; Sprinting, Tennis, Table tennis.



Principles of Training

For any training to be successful, it must stick to the following principles;

Specificity: Tailoring training to your goals and sport.

Progressive Overload: Gradually increasing exercise intensity to cause adaptation.

Variation: Changing the type of training, to increase motivation.

Adaptation: Changes in the body caused by exercising at a high intensity.

Reversibility: When you stop training, you lose any fitness adaptations you will have gained.

Rest & Recovery: The time required to allow your body to repair any damage sustained during training/competition. The body will repair itself and become stronger than before.

Frequency: How often you train

Intensity: How hard you train

Time: How long you train for

Type: what type of training do you do



Exercise Intensity

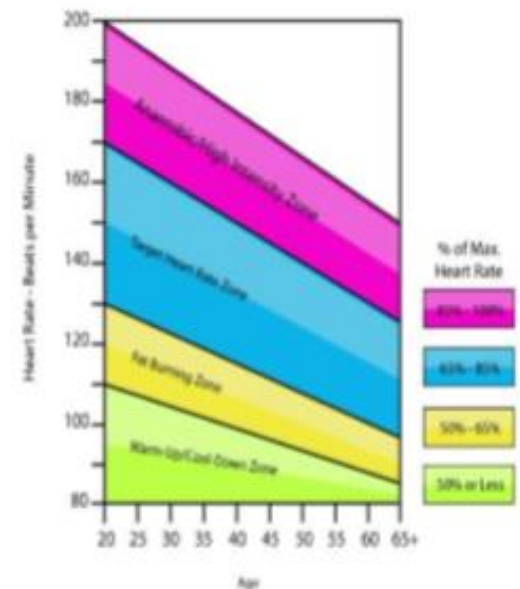
Measure how hard you are training by using your heart rate (BPM).

Maximum heart rate = $220 - \text{age}$
Target heart rate zone for Aerobic training 60-85% of your maximum heart rate.

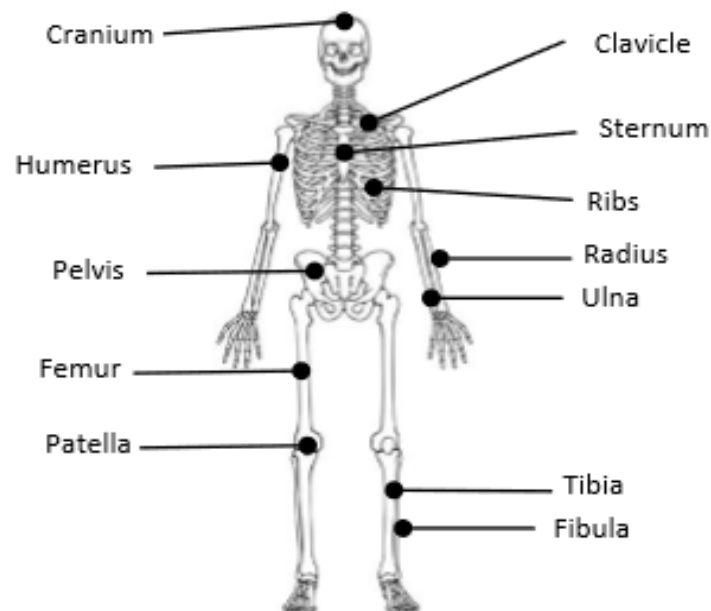
Therefore, you should be training hard enough, that your heart rate is between 60-85% of your maximum heart rate. This will cause your body to adapt.

Borg's RPE scale can also predict intensity and heart rate.

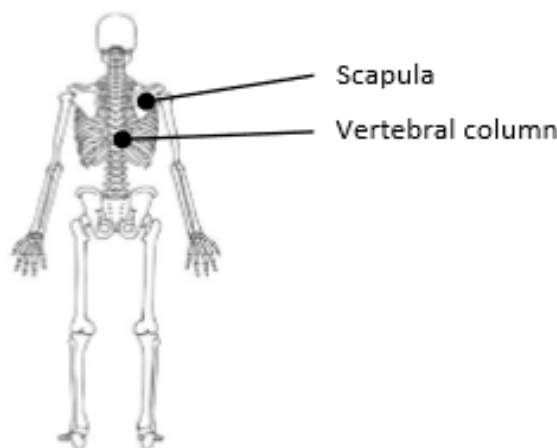
$\text{RPE} \times 10 = \text{HR}$



Structure of the skeletal system



Structure of the skeletal system



Vertebral Column

The vertebral column is divided into 5 sections. It is made up of irregularly shaped bones called vertebrae.

Each vertebra is protected with cartilage to prevent friction.

The vertebrae protects the spinal cord.



Function of the skeleton

- Protection of vital organs
- Muscle attachment
- Joints for movement
- Blood cell production (platelets, red and white)
- Storage of calcium and phosphorus

Classification of joint

- Pivot (neck – atlas and axis)
- Hinge (elbow and knee)
- Ball and socket (hip and shoulder)
- Condylod (wrist)



Connective tissue

Ligaments – attaches bone to bone to add joint stability.

Tendons – attaches muscles to bone and contributes to joint movement as a result of muscle contraction.

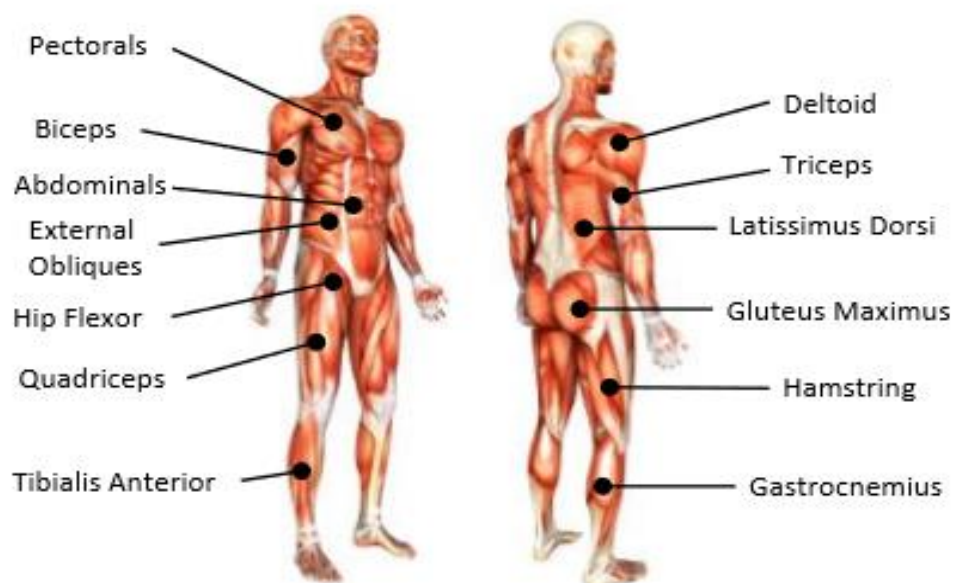
Classification of bones

Long (leverage)	Short (weight bearing)	Flat (protection + muscle attachment)	Irregular (protection and muscle attachment)
Clear shaft region to the bone. <i>i.e. femur, humerus & phalanges</i>	Light, small and very strong. <i>i.e. carpals, tarsals</i>	Broad surface area for muscle attachment. <i>i.e. cranium</i>	Assist the functioning of certain joints. <i>i.e. Patella/vertebrae</i>

Joint movements

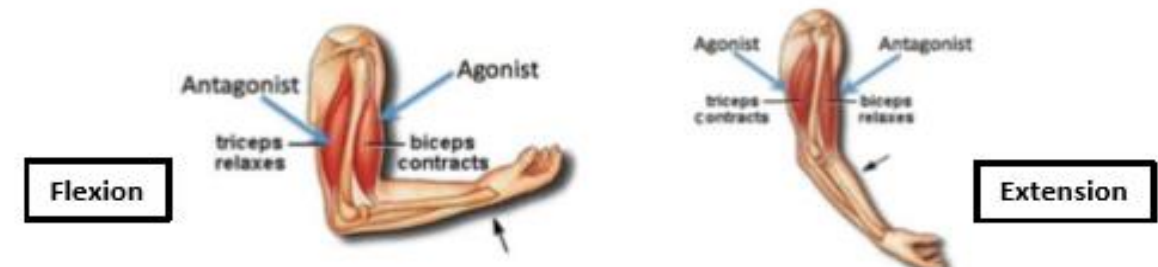
Flexion	Adduction	Rotation	Dorsi-Flexion (ankle joint)
Decreasing the angle at a joint (bending)	Limbs moving towards the midline of the body.	A twisting/turning action around a joint.	When the toes are turned up to the body.
Extension	Abduction	Circumduction	Planter-Flexion (ankle joint)
Increasing the angle at a joint (straightening)	Limbs moving away from the midline of the body.	A combination of flexion, extension, adduction & abduction.	When the toes are pointed away from the body.

Structure of the muscular system



Antagonistic pairs - Muscles are arranged in antagonistic pairs.

As one muscle contracts (shortens) its partner relaxes (lengthens) *i.e.* Biceps and Triceps.



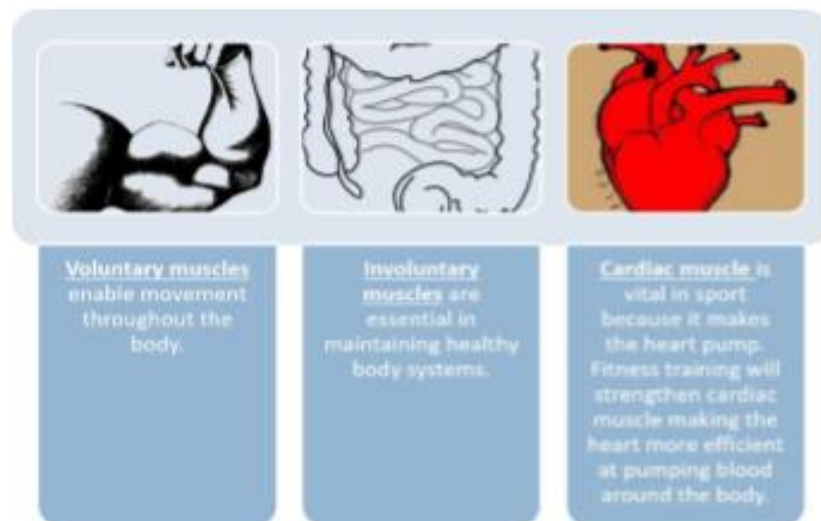
Agonist = the muscle that contracts to produce movement.

Antagonist = the muscle that relaxes to allow the movement to occur.

Examples in the body:

- Biceps & Triceps
- Quadriceps & Hamstring
- Hip Flexor & Gluteus Maximus
- Tibialis Anterior & Gastrocnemius

Types of muscle



The **short term effects** of exercise on the muscles:

1. Working muscles produce heat
2. Increased muscle fatigue due to lactate accumulation
3. Blood is re-distributed to working muscles (Shunting)

Muscle fibre types

Slow twitch muscle fibres (Type I)	Fast twitch muscle fibres (Type IIa)	Fast twitch muscle fibres (Type IIx/b)
<ol style="list-style-type: none"> 1. Smaller in size. 2. Work aerobically with high fatigue resistance. 3. Have a good oxygen supply = deep red in colour. 4. They contract slowly, but can work for long periods. <p>Marathon runner</p>	<ol style="list-style-type: none"> 1. Larger in size 2. Work anaerobically & linked to high intensity activities. 3. Are paler in colour and have limited oxygen supply. 4. They contract quickly and powerfully, but tire easily. <p>400/800m runner</p>	<ol style="list-style-type: none"> 1. Large in size 2. Work anaerobically & linked to extreme high intensity activities. 3. Very high speed of contraction but low fatigue resistance. <p>100m Sprinter</p>



Long Distance
Type 1
Slow twitch

400m / 800m
Type 2A
Fast twitch oxidation

Short Sprints
Type 2B
Fast twitch glycolytic

Low

High

Fatigue rate

Link of the muscular and skeletal system – both systems work together to produce movement. *i.e.* a contracting muscle pulls on a bone which changes the angle at a joint.

Basketball - Dribbling

Keywords

Attack	Accuracy
Balance	Movement
Possession	Receive
Control	Two Steps
Speed	Shoot
Double Dribble	Travelling

Can you think of anymore?

What can you do?



Teaching Points:

1. Keep your head up - don't look at the ball.
2. Keep the ball at waist height.
3. Keep your dribbling hand on top of the ball - don't "carry".



Handy Hints

1. Don't over use the dribble - a quick pass is always a better option if you have an open team-mate further up the court.
2. Keep your head up - don't look at the ball. If your looking at the ball you can't see where your going, or where the defenders are. You must be able to see the court.
3. A "good" basketball player can dribble well with both hands. Practice with your weak

Dribbling Rules:

What is...(a) Double Dribble?

(b) Travelling?

Basketball – Shooting

Keywords

Attack	Accuracy
Balance	Movement
Possession	Receive
Control	Release Point
Speed	Free Throw
Follow Through	Set Shot

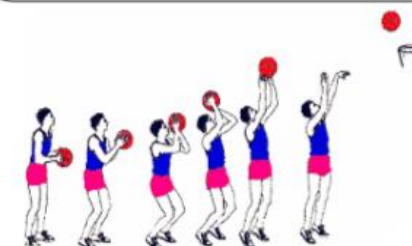
Can you think of anymore?

What can you do?



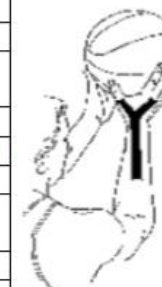
Coaching Points

- Square up, bend knees and elbows, bend wrist.
- Release and wave "good-bye" to the ball (have the shooting hand follow through).
- Extend the shooting arm up and out toward the basket.



Holding the Ball

1. Holding the ball correctly you should see a "Y" being formed by your thumb, fingers and forearm of your shooting arm.
2. Hold ball with the pads of the fingers and thumbs. There should be a gap between the palm of the hand and the ball.
3. The other hand only acts as a guide and is removed from the ball before the shot is released.



Making and Applying Decisions	Can you select the correct shot?
	Can you dribble with both hands?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	How can you get past opponent?
	Can get away from marker?
	Can you cross over dribble?
	Can you control the game?
Accurate Replication	Can you copy the set shot?
	Can you perform the layup?
	Can you dribble with control?
	Can you keep your body between ball and marker?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game

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Basketball – Lay-Up

Keywords

Attack	Accuracy
Balance	Movement
Possession	Receive
Control	Two Steps
Speed	Shoot
Backboard	Triple Threat

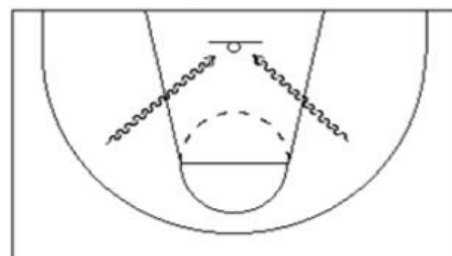
Can you think of anymore?

What can you do?



1. You are allowed to take two steps. Jump up, not forward.
2. As you take your steps and jump, bring the ball up with two hands to the shooting position.
3. Shoot with the outside hand, using the inside arm to protect the shot.
4. At the height of the jump, shoot the ball softly off the backboard.

The Lay-Up is one flowing movement, not 'Stop & shoot'



Ideally, approach the basket at an angle of 45 degrees



Making and Applying Decisions	Can you select the correct shot?
	Can you dribble with both hands?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
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	Can you keep your body between ball and marker?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
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Evaluating and improving	Able to compare work with others
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	React to the changes in a game

Basketball – Passing

Keywords

Attack	Accuracy
Balance	Movement
Possession	Receive
Control	Rhythm
Speed	Overhead Pass
Chest Pass	Bounce Pass

Can you think of anymore?

What can you do?



The Chest Pass

1. The ball is held close to the chest; keep your elbows close to your body - no "chicken wings".
2. The ball is held in both hands. Hands either side of the ball, fingers spread, thumbs behind the ball. Use the fingers and thumbs to hold the



The Bounce Pass

1. Execution is the same as a chest pass except the arms are thrust out and down, so that the ball hits the floor about two-thirds of the distance to the receiver.
2. The ball should come up to waist level for the receiver.



The Overhead Pass

1. Hold the ball with both hands, using the finger pads and thumb on the outside of the ball.
2. Hold the ball above your forehead, not behind your head where it is easily stolen.

Making and Applying Decisions	Can you select the correct shot?
	Can you dribble with both hands?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
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Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game

HANDBALL – Knowledge Organiser

Skills, Techniques and Tactics

Chest pass: This is a short and powerful pass, you have your hands in a W shape and push to extend your arms, you also step forward to give more power.

Shoulder pass: This is a long and powerful shot, you start with the ball in your strong hand next to your shoulder, you extend your arm and follow through with your body.

Bounce pass: This is a pass which is low to the ground, you use the same position as a chest pass but aim in $\frac{1}{4}$ of the way between you and the person you are bouncing to.

Overhead pass: This is a double handed throw, similar to a football throw in. This is for long distances and to get the ball over someone if they are trying to block.

Dribbling: Players may dribble the ball as in basketball but are allowed three steps before and after the dribble. You need to keep the ball close to your body to help

Shooting



Jump shot



Blocking

Handball Rules

- 7 players per team with 1 nominated goalkeeper
- Substitutes may enter the game at any time through own substitution area as long as the player they are replacing has left the court.
- It is illegal to keep the ball in a team's possession without making a recognisable attempt to attack and to try to score. In other words, a team cannot slow down (free-throw awarded to the other team).
- No player except the GK is allowed in the goal area (unless both feet are off the floor)

A player is allowed

- To run 3 steps with the ball
- To hold the ball for 3 seconds
- Perform unlimited dribble with 3 steps before and after dribbling (NO DOUBLE DRIBBLE)

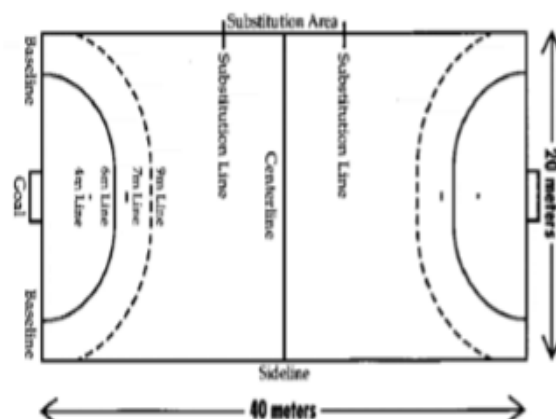
A player is not allowed:

- ✓ To endanger an opponent with the ball.
- ✓ To pull, hit or punch the ball out of the hands of an opponent.
- ✓ To go inside the goal area – penalty throw awarded
- ✓ To dive on the floor for a rolling or stationary ball.



Keywords

- | | |
|-----------------|-----------------|
| • Dribble | • Penalty throw |
| • Shoulder pass | • Team work |
| • Chest pass | • Communication |
| • Bounce Pass | • Coordination |
| • Jump shot | • Speed |
| • Defence | • Agility |
| • Attack | • Power |



TEAM HANDBALL SKILLS

