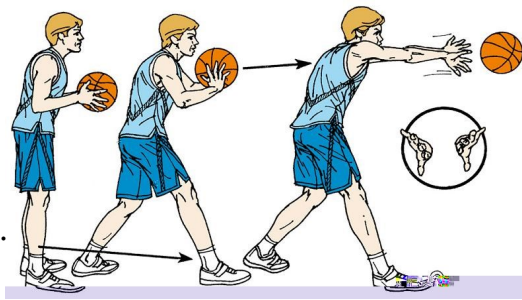
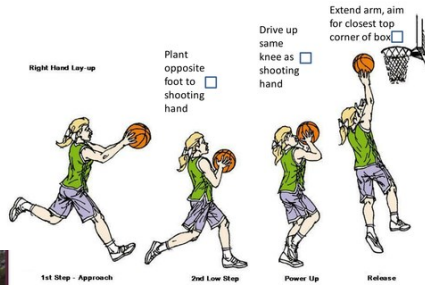


# Netball

- Pivot—ball of one foot planted and practice turning.
- Pass and catch with two hands.
- Practice marking / finding space.
- Shooting—find what suits you.



## Basketball- Set Shot



HELPING HINT: Imagine the backboard is a thin piece of glass that you do NOT want to smash with the ball.



# Basketball

- Dribbling—fingers apart, push the ball (not slap), ball waist height, bend knees, look up.
- Bounce/Chest pass—two hands, fingers spread, arms extend in direction of pass.
- Shoot—bend knees and use legs to generate power, hands at right angles with stronger hand below, thumbs make 'T' shape.

## 9 STEPS TO BOWLING IN CRICKET

1. Stand side-on. Your bowling arm should be furthest away from the batter.
2. Raise your front arm. Look over your shoulder. Hold your bowling hand across your chest.
3. Rock away from the batter by lifting up your front leg. Look down intended line of delivery.
4. Swing bowling arm downwards and then backwards.
5. Swing front arm forwards. Stamp down with front foot.
6. Continue rotation of arms keeping front arm close to your body.
7. Release the ball quickly at the highest point of delivery, keeping your head steady and your eyes fixed on the target.
8. Swing front arm high behind body.
9. Your bowling arm should fold to the body and finish outside your front knee and front arm should break away behind. Bowling shoulder point towards target. Keep your head upright and eyes fixed on target.



# Team Games



# Tag Rugby



- ◆ Carry the ball in two hands, running straight forwards where possible, dodging opponents when you need to.
- ◆ Watch the ball and make a W shape with hands to receive a catch. Follow through to the target when passing.
- ◆ To tag, bend the knees to get low. Use two hands where possible—one for balance and the other to take the tag.

# Cricket Bowling

