

Mastering Ball Skills

Learning objective: To demonstrate understanding of various ball skills, including throwing, catching, and kicking.

Choose the correct answer for each question.

Word bank: throw · catch · kick · dribble · pass · volley

1. What is the action of moving the ball along the ground with your feet called? (1 mark)

2. When you hit a ball in the air before it reaches its peak, what type of shot is it? (1 mark)

3. What is the correct way to hold a ball for throwing? (1 mark)

4. What is the name of the movement where you hit the ball with the instep of your foot? (1 mark)

5. In a game of football, a player kicks the ball to a teammate. What is this called? (1 mark)

6. What is the ball skill that involves hitting a ball high into the air to make it difficult for the opponent to return? (1 mark)

7. What is the ball skill that involves bouncing the ball on the ground before hitting it? (1 mark)

Draw: Draw a picture of a football player showing off their best ball skills.



Extension challenge: Imagine you are a coach teaching a group of children how to play a game of football. Write a short plan explaining how you would teach them the basic ball skills.