

Max's Ball Skills Flashcards

Learning objective: To learn and understand key movements and techniques for ball control in PE.

Read the front of the card. Try to say the answer out loud. Then, flip the card to see if you are correct! Use the word bank to help you.

Dribbling

Moving the ball along the ground using small touches with your feet or hands.

Passing

Sending the ball to a teammate using a kick, throw, or hit.

Control

Stopping a moving ball so it stays close to your feet or hands.

Aim

Looking at your target before you throw or kick the ball.

Stance

Keeping your feet apart and knees bent to be ready to move.

Grip

How you hold a ball with your fingers to keep it steady.

Tracking

Watching the ball closely with your eyes as it flies through the air.

Coordination

Making your eyes, hands, and feet work together smoothly.

Space

Finding an empty area on the field away from other players.

Footwork

Moving your feet quickly to get into the right position.