

Max's Magnificent Ball Skills Challenge

Learning objective: To evaluate understanding of control, coordination, and tactical decision-making in ball games.

Max the monkey is ready to put your agility to the test! Read each question carefully and circle the best answer. Remember, in sports, accuracy and control are just as important as speed.

Answer Key: 1.C, 2.True, 3.Control, 4.B, 5.True, 6.D, 7.False, 8.Accuracy, 9.B, 10.True. Top Tip: Use the inside of your foot for better precision when passing to a teammate!

Word bank: Control · Accuracy · Tactics · Coordination · Agility · Communication · Dribbling · Pacing

1. Which part of your foot should you use to ensure your pass is accurate and controlled? A) The toe B) The heel C) The inside D) The ankle* (1 mark)

2. True or False: Keeping your eyes on the ball at all times is essential for good coordination. (1 mark)

3. What is the word for keeping the ball close to your feet while moving across the court? (One word answer) (1 mark)

4. When defending, why is 'shadowing' your opponent useful? A) To get tired B) To restrict their movement and options* C) To stop the game D) To touch the ball (1 mark)

5. True or False: Communication with your teammates helps you plan your next move. (1 mark)

6. Which skill is most important when dodging an opponent? A) Power B) Volume C) Balance D) Agility* (1 mark)

7. True or False: You should always kick the ball as hard as you can, regardless of where your teammate is standing. (1 mark)

8. If you want to hit a specific target, such as a hoop or a teammate's feet, what are you focusing on? (One word answer) (1 mark)

9. 9. Why is it important to bend your knees slightly when receiving a ball? A) To look tall B) To improve balance and absorb impact* C) To run faster D) To jump higher (1 mark)

10. 10. True or False: Practising ball skills helps improve the link between your brain and your muscles. (1 mark)

Draw: Draw a diagram showing how you would position your body to receive a pass from a friend. Use arrows to show where your eyes are looking and where your knees are bent.



Extension challenge: Greater Depth Questions: 1. Explain why using the inside of your foot is more effective than using your toe for passing. 2. Compare and contrast dribbling in a small space versus a large space; how does your technique change? 3. Justify why communication is considered a 'skill' in ball games. 4. What might happen if a player ignores their teammates during a match? 5. If you were inventing a new ball game, which two skills would be the most important to include and why? 6. Analyse the role of 'pacing'—why is it better to move at a steady speed rather than sprinting constantly?