

Mastering Ball Skills with Max the Monkey

Learning objective: To understand and apply key physical education techniques for controlling, passing, and receiving balls in various sports.

Read each flashcard to learn a new ball skill or tactic. Use these to help Max the Monkey improve his coordination on the sports field!

What is 'dribbling' in ball sports?

Dribbling is moving the ball along the ground or in the air using repeated small touches or bounces to maintain control while moving.

Why is a 'ready stance' important?

A low centre of gravity with knees bent helps you react quickly, balance better, and move in any direction to reach the ball.

What does 'trapping' a ball mean?

Trapping is using a part of your body, such as your foot or chest, to stop a moving ball and bring it under your immediate control.

How can you improve your passing accuracy?

Keep your eyes on the target, step towards the direction you want the ball to go, and follow through with your limb after contact.

What is the importance of 'communication' during a game?

Talking to teammates helps coordinate movements, lets them know you are open for a pass, and improves team strategy.

How do you calculate the 'trajectory' of a ball?

Trajectory is the path a ball takes through the air. You judge it by watching the ball's speed and height to decide where to position yourself.

What is an 'interception'?

An interception occurs when a player moves to catch or take control of a ball that was intended for an opponent.

Why should you use 'soft hands' when catching?

Soft hands involve relaxing your fingers and pulling the ball slightly towards your body as it arrives, which cushions the impact and prevents it from bouncing away.

What is 'spatial awareness' in ball games?

It is the ability to know where you are on the field in relation to the ball, your teammates, and your opponents.

What is a 'follow-through' in striking or kicking?

Continuing the movement of your arm or leg after you have made contact with the ball to ensure power and direction are maintained.

Max is buying 3 new practice balls for £4.50 each. How much does he spend in total?

£13.50 (£4.50 x 3).

What does it mean to be 'on-balance' when passing?

Having your weight evenly distributed so you do not stumble, which allows for a more controlled and precise pass.