

Mastering Ball Skills with Max the Monkey

Learning objective: To develop core competencies in ball handling, precision, and tactical awareness suitable for Year 5 PE.

Read each flashcard carefully to master the techniques of ball control. Use these terms to explain how you can improve your accuracy and teamwork during games.

What is the primary purpose of 'pivoting' in a ball game?

Pivoting allows a player to rotate their body on one stationary foot while holding the ball, enabling them to change direction or find a teammate without travelling.

Define 'spatial awareness' in the context of team sports.

Spatial awareness is the ability to perceive where you are in relation to other players, the boundaries of the pitch, and the ball, helping you make informed decisions.

How does 'trajectory' affect a long-distance pass?

The trajectory is the path the ball takes through the air; adjusting the angle and force determines whether the ball reaches the target efficiently or is intercepted.

Explain the technique of 'dribbling' to maintain control.

Dribbling involves using consistent, controlled touches to move the ball, keeping it close to your body to prevent opponents from gaining possession.

What does it mean to have 'tactical awareness'?

Tactical awareness is understanding the game plan, anticipating the opposition's moves, and positioning yourself effectively to support your team.

Why is 'proprioception' important for ball skills?

Proprioception is your body's ability to sense its position and movement, which is vital for hand-eye coordination when catching or striking a ball.

Compare and contrast 'attacking' and 'defensive' ball skills.

Attacking skills focus on ball retention, accuracy, and scoring, whereas defensive skills focus on interception, closing down space, and pressure.

Justify why communication is essential for effective team play.

Communication allows players to coordinate movements, alert teammates to open space, and warn each other of oncoming defenders, increasing the probability of success.

What might happen if you focus only on the ball and not your surroundings?

You may lose sight of teammates, fail to notice opponents approaching to intercept, or potentially collide with other players, limiting your tactical options.

Explain why following through with your limb is important when striking a ball.

The follow-through ensures maximum power transfer and accuracy by allowing for a smooth, controlled motion rather than an abrupt stop.