

Mastering Ball Skills with Max the Monkey

Learning objective: To refine control, accuracy, and tactical decision-making when handling and striking a ball in competitive scenarios.

Read each question carefully. Use your knowledge of ball control, spatial awareness, and tactical movement to provide detailed, reasoned answers. Remember, Max the Monkey loves a challenge, so justify your mathematical and physical reasoning!

Word bank: trajectory · velocity · spatial awareness · follow-through · pivot · deflection · stamina · tactical

1. Max is dribbling a ball while moving at a constant speed. Explain why 'cushioning' the ball with the inside of the foot is more effective for maintaining control than using the toe. Refer to the concept of surface area. (2 marks)

2. When throwing a ball to a teammate who is running into open space, why must you account for the 'trajectory' of the ball rather than throwing directly at the player? Justify your answer. (2 marks)

3. Compare and contrast the body position needed for a powerful long-distance strike versus a precise, short-range pass. Focus on the importance of the 'follow-through'. (3 marks)

4. If you are defending and an opponent is moving towards the goal, what might happen if you commit to a 'pivot' too early? Explain the physical risks involved in this tactical error. (2 marks)

5. Max is calculating the perfect angle to bounce a ball off a wall to reach a target. If the angle of incidence is 45 degrees, explain why the angle of reflection must also be 45 degrees for the ball to return to the correct position. (2 marks)

6. Design a 3-step tactical plan for your team to move a ball from the back of the pitch to the goal while under pressure from defenders. Why is communication essential for this plan to succeed? (4 marks)

Draw: Draw a diagram showing the path of a ball being passed between three players (Labelled A, B, and C). Use arrows to show the 'trajectory' of the ball and a star to mark the 'space' the receiver should move into to receive the pass effectively.

Extension challenge: Imagine you are coaching a team. Write a persuasive paragraph explaining to your players why 'spatial awareness' is more valuable than individual skill when playing a high-intensity game. How does this shift the focus from the individual to the team?