

An overarm throw used to catch the ball to the home plate, & to throw to other fielders & basemen

1. GRIP

• Fingers on top
• 'bunny ears' on the seam of the ball

2. PREP

• Stand side on with feet apart
• Lift front knee up & in
• Point to target with glove hand

3. THROW

• Take a big stride/step with front leg
• Lead with elbow to throw over shoulder
• Follow through down across body



PUNT KICK

A big kick to get the ball as far as possible towards the opponents end zone

1. PREP

• Hold out ball with straight arms
• 'nose' of ball towards ground
• Step & bring kicking leg back
• (& bend knee)

2. STRIKE

• Release ball towards ground
• Swing to strike ball with 'laces' part of foot, before it hits ground
• Follow through with straight leg high up



HOPPING

• Jump up in air off of toes on 1 foot
• Land back on same foot
• Swing arms for power

SKILLS USED IN:

- basketball layup
- jump rope
- catching a baseball high up



BOUNCE

Bouncing the ball continuously with 1 hand, whilst stationary or moving around

- Low body position (knees bent, head up)
- Extend arm & snap wrist
- Use fingers, not palm, to control
- Keep bounce around knee-hip level

VIOLATIONS

Whistle dribbling, cannot

- 1 Use 2 hands at same time ('double dribble')
- 2 Move without dribbling ('travel')
- 3 Put hand under ball ('carry')



FOREHAND

The most important and commonly used stroke

1. POSITION

• Move behind path of ball
• keep low, knees bent
• begin to turn side on

2. PREP

• Step forward with opposite foot to racket
• Racket back behind & to side of body
• Head of racket pointing up
• Let racket head drop below ball line

3. SWING

• Step & swing forwards & upwards to contact in front & to side of body
• Swing through racket to finish over opposite shoulder



BACKHAND

The most common skill used for short, medium, & long distance throws

1. GRIP

• Thumb on top
• Other 4 fingers under the rim
• Bend wrist



OVER 50

SPECIFIC SKILLS

(SLIDES WITH VIDEO)

BALL SPRINTING

• Sprinting with the ball to evade defenders & score a try (rugby) or touchdown (football)

• Run with ball
• Step
• Tuck
• -



DIGGING

Also known as the bump, is the most used skill to pass the ball

1. PLATFORM

• Arms out straight in front
• (don't bend elbows)
• 1 hand on top of other (facing up)
• then bring thumbs together

2. PASS

• Move behind ball, then step forward & pass on forearms
• Don't swing shoulders
• Use legs to push ball high to target



PREY CATCH

Catching a ball that has been hit high into the air

1. PREP

• Move in position under ball before it gets there
• Hold glove above head with throwing hand next to it
• move first before putting hands up

2. CATCH

• Catch slightly over throwing shoulder, ready to quickly throw to target



When the batter strikes the ball into the fair territory to get runs

1. PREP

• Hold bat at ear over shoulder
• Wide stance with knees bent
• Point back elbow behind

2. SWING

• Step forward with front foot
• Twist back leg (keep toes on ground)
• Contact ball at sweet spot of bat
• Swing through & finish over other shoulder



OVERARM SERVING

Use the skill of spiking to hit the ball over from behind the service line

1. PREP

• Hold ball out with non-serving hand at around eye-level
• Bring hitting arm back behind ear
• step forward with opposite foot

2. SWING

• Toss ball up & snap arm over head
• contact ball at high point of reach
• strike ball with open hand (not fist)
• Follow through with arm



LATERAL LEAPING

• Hop from side to side, left to right foot
• Bend knee, land on toes/balls of feet

SKILLS USED IN:

- ice skating
- basketball lay up
- wide netball catch



SERVING

An overarm hit from behind the baseline to start the point off

1. TOSS

• Stand side on to baseline
• hold ball out in front with racket
• Toss ball straight up with straight arm, bring racket back - 'trophy stance'
• racket back, elbow bent behind
• other arm pointing up & out

2. HIT

• Swing racket over head, contacting ball at high point of reach
• Follow through down & across body



RUN UP & JUMP

1 Run, then take 1 big step, followed by 2 small steps
- swing arms back at same time

SKILLS USED IN:

- soccer header
- basketball dunk



INSIDE FOOT PASS

An accurate, controlled pass along the ground to team-mates

PASS

• Step to plant other foot next to ball
• Open up passing foot (toes point out to side)



BACKHAND

Striking the ball from the non-dominant side of the body, usually with 2 hands

1. POSITION

• Right handed = hit from left side of body
• Left handed = hit from right side of body

2. PREP

• Step forward to be side on to net
• Bring racket back behind & to side of body

3. SWING

• Step & swing forwards & upwards to contact in front & to side of body





FUNDAMENTAL SPORT SKILLS



You'll get 56 specific skills & abilities for students to develop and work through. They cover the fundamental skills for:

- Striking - (tennis, baseball, hockey, volleyball)
- Moving - (locomotion, skipping, dodging, jumping...)
 - Bouncing - (basketball)
- Throwing & catching (American football, baseball, frisbee, rugby)
 - Kicking - (soccer)



You can put the slides up on the projector/screen in the sports hall. They're in .ppx format, so work great in PowerPoint (windows) & Keynote (Mac). Alternatively, load up the slides on the iPads for them to learn on their own...

I've modelled the correct basic technique for each element, and the skills are for all grades from elementary through to high-school. I do the demonstrating so you don't have to!

