

Name _____ Period _____

Major Anterior Muscles

List the primary function (movement) of the muscle/muscle group in the table below.

1. Deltoid:	5. Pectoralis Major:
2. Biceps:	6. External Oblique:
3. Brachioradialis:	7. Rectus Abdominis:
4. Quadriceps:	8. Tibialis Anterior:

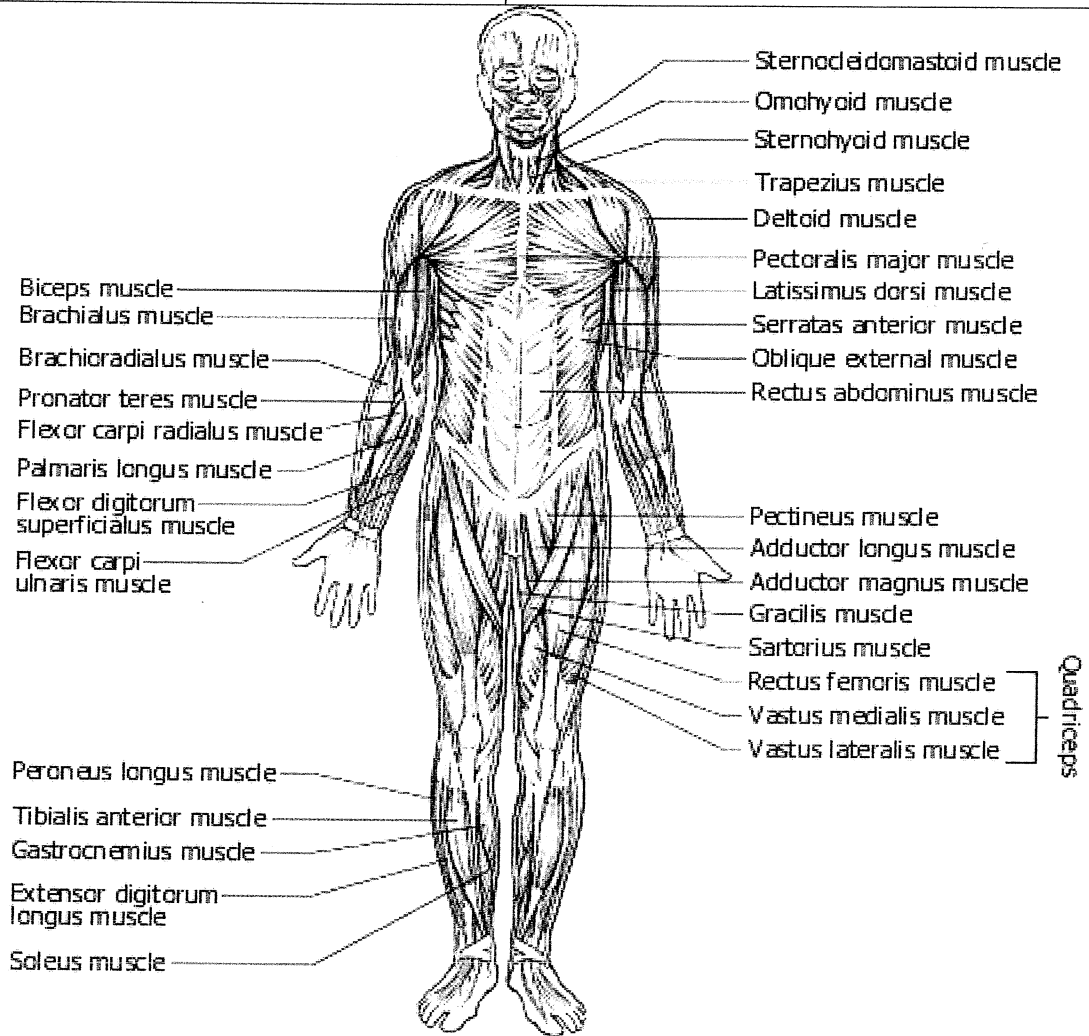


Image Credit: http://www.youthsportsfitness.com/grays_muscle_diagram_anterior.gif

List the primary function (movement) of the muscle/muscle groups in the table below.

1. Latissimus Dorsi	5. Gastrocnemius
2. Gluteus Maximus	6. Soleus
3. Trapezius	7. Hamstring group: semitendinosus, semimembranosus and biceps femoris
4. Triceps brachii	

Major Posterior Muscles

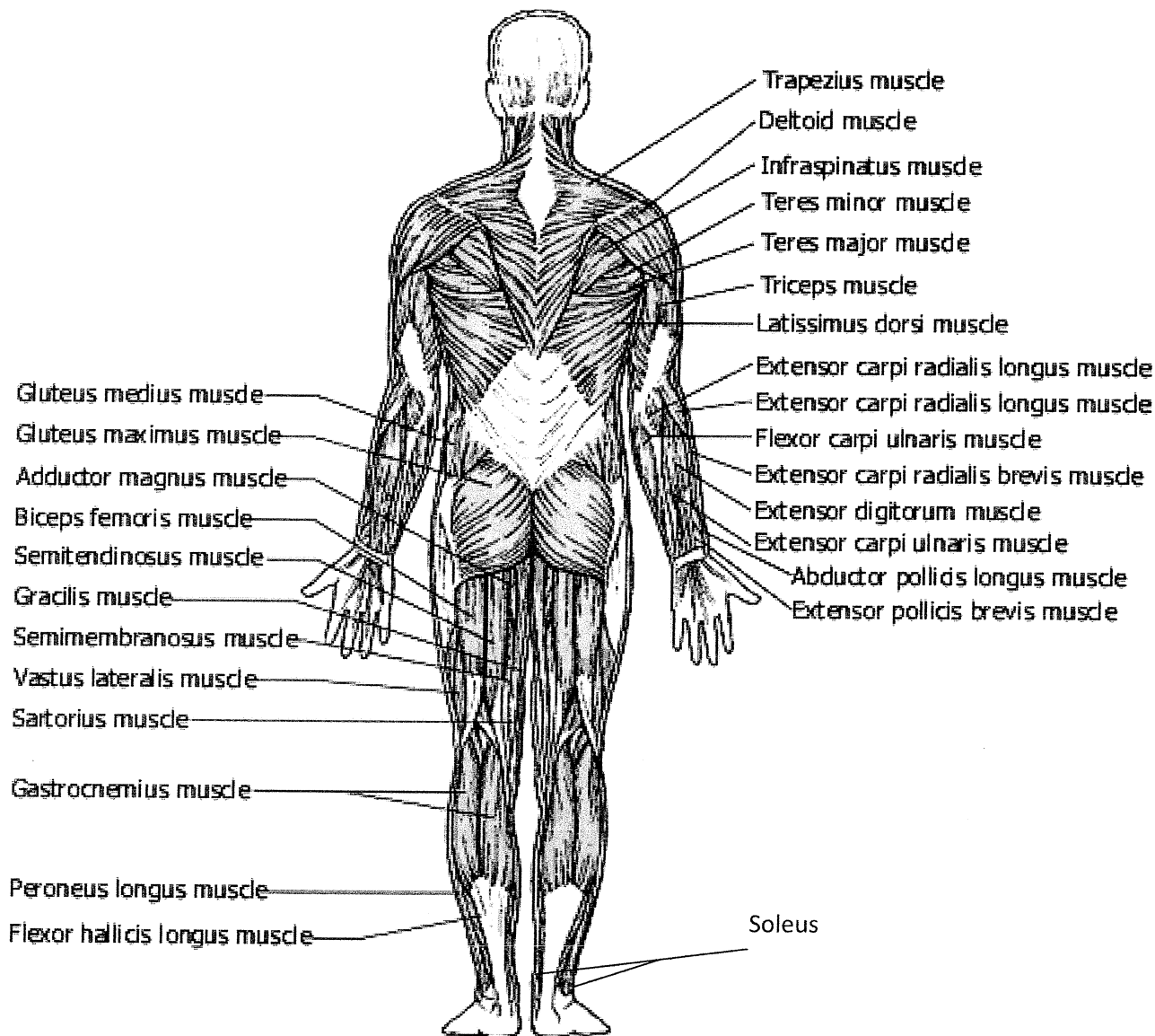


Image Credit: http://www.youthsportsfitness.com/grays_muscle_diagram_posterior.tif

Muscles at Work

For each of the muscles/muscle groups we identified in class, identify a specific skill in which that muscle is activated.

Anterior Muscles

Muscle	Sport/Activity Specific Skill	How does the muscle help facilitate the necessary movement to perform the skill?
1. Deltoid		
2. Biceps		
3. Brachioradialis		
4. Quadriceps		
5. Pectoralis Major		
6. External Oblique		
7. Rectus Abdominis		
8. Tibialis Anterior		

Posterior Muscles

Muscle	Sport/Activity Specific Skill	How does the muscle help facilitate the necessary movement to perform the skill?
1. Latissimus Dorsi		
2. Gluteus Maximus		
3. Trapezius		
4. Triceps brachii		
5. Hamstring group		
6. Gastrocnemius		
7. Soleus		

AM I FIT? The Fall Physical Fitness Testing will allow you to assess your personal fitness level. For each of the following fitness components record the Healthy Fitness Zone (HFZ) for your gender and age. Use your personal fitness records from the Fall Testing to determine whether or not you are in the Healthy Fitness Zone.

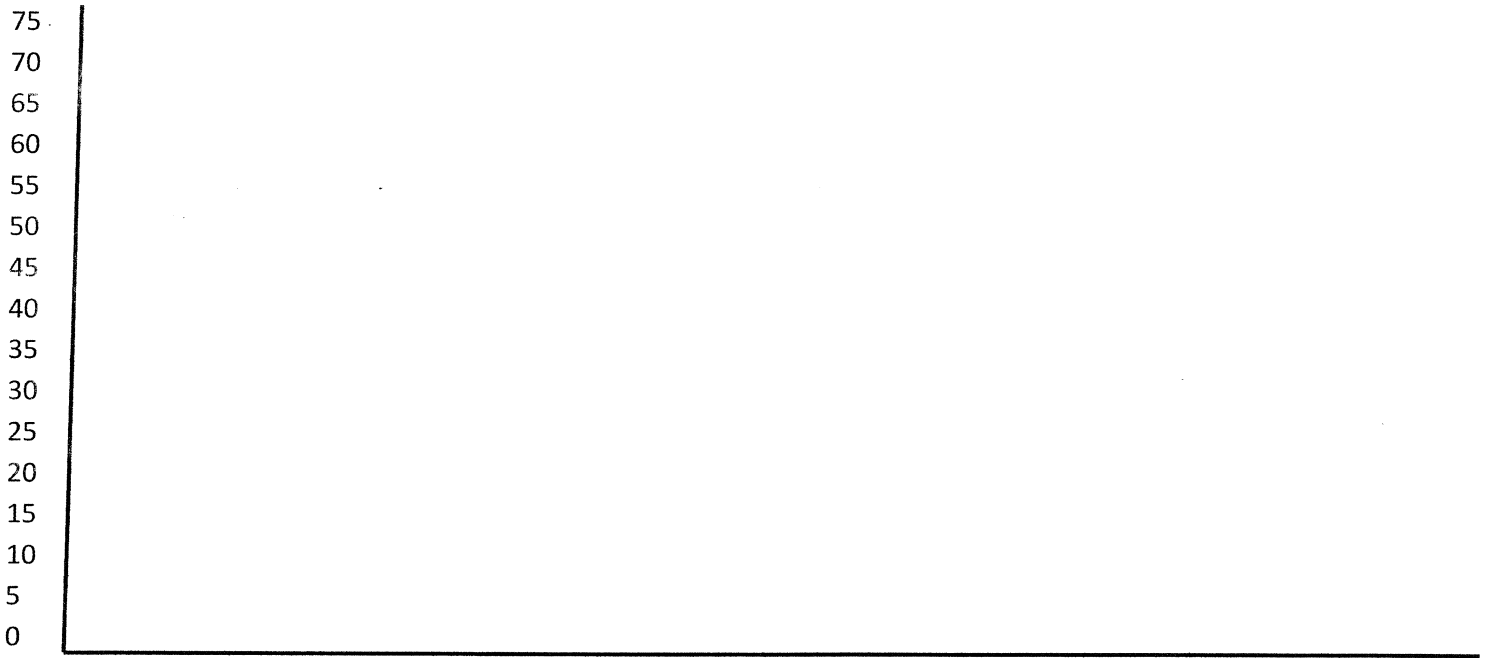
My age _____ Gender _____

	HFZ	My Score	Two ways I can improve my fitness level in this area.
Body Composition (Body fat %)			
Aerobic Capacity (Mile Run)			
Flexibility (Sit & Reach)			
Flexibility (Shoulder Stretch)			
Muscular Strength (Curl Up)			
Muscular Strength (Trunk Flexor)			

BODY COMPOSITION						AEROBIC CAPACITY	UPPER BODY STRENGTH	FLEXIBILITY		ABDOMINAL STRENGTH & ENDURANCE	TRUNK FLEXOR STRENGTH		
	Height Ft. In.	Weight lbs.	Skinfold Tricep	Skinfold Calf	Body Fat %	Mile Run Min:Sec	Push Ups	Sit & Reach Inches Left	Right	Shoulder Stretch (Yes/No) Left	Right	Curl Ups	Trunk Lift Inches
Fall Testing													
Spring Testing	Height Ft. In.	Weight lbs.	Skinfold Tricep	Skinfold Calf	Body Fat %	Mile Run Min:Sec	Push Ups	Sit & Reach Inches Left	Right	Shoulder Stretch (Yes/No) Left	Right	Curl Ups	Trunk Lift Inches

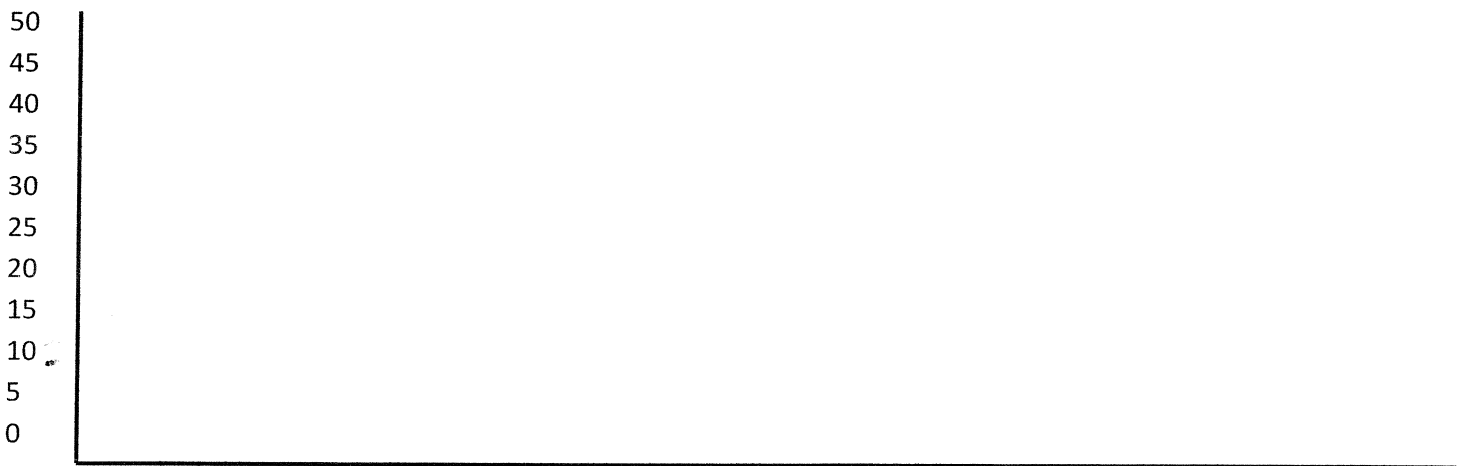
Name _____ Period _____

Curl Up Chart



Date:										
# Complete										

Push Up Chart



Date:										
# Complete										

How fast I think I can run a mile:

My first mile time:

My best mile time of the year:

Mile Time Goal _____

Average split time needed to reach goal
 (time per lap):

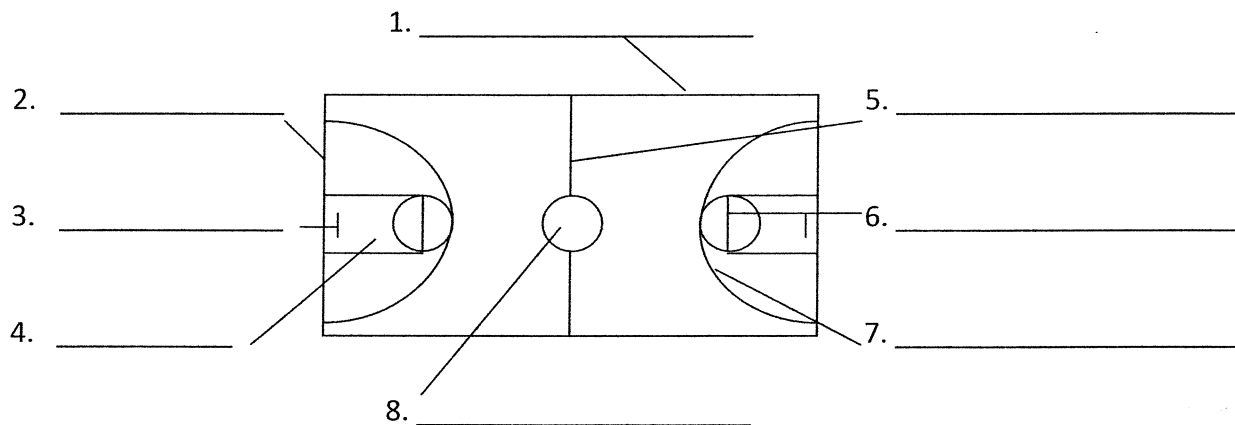
Date	Run Distance/Type (Mile, Military, Partner, 800m, etc)	Comments (Ex.-Slow today, not feeling well. Fast today, kept good pace)	Time

Date	Run Distance/Type (Mile, Military, Partner, 800m, etc)	Comments (Ex.-Slow today, not feeling well. Fast today, kept good pace)	Time

Name _____ Period _____

BASKETBALL WORKSHEET

Fill in the blanks to correctly identify parts of the court.



9. A high school game consists of four _____-minute _____.
10. A team consists of _____ players on the court at one time.
11. Field goal – inside the 3 point line counts ____ points.
12. Outside the 3 point line counts ____ points.
13. Free throw is an _____ try at the goal by a player after a _____.
14. It is taken behind the free throw line and counts ____ point.
15. A _____ takes place when a player who is holding the ball steps once, or more than once with the _____ foot while the other foot, called the _____ foot, is kept at its point of _____ with the floor.
16. A screen is _____ action by a player who, without causing _____, delays or prevents an _____ from reaching a desired position.
17. A foul is an _____ of the rules.
18. A personal foul is a player foul which involves _____ contact with an opponent...
19. Blocking is an individual foul involving _____ contact which impedes the _____ of an opponent _____ or with _____ the ball.

20. A player may not enter the path of a moving player without giving that player a chance to _____ or change _____ .
21. Charging is illegal personal contact caused by _____ or _____ into an opponent's torso.
22. A player who is moving with the ball is required to _____ or _____ direction to avoid contact if a defensive player has obtained a legal _____ position his/her path.
23. A violation is an infringement of the rule for which the ball is put in play from _____ of _____ .
24. Double dribble occurs when a player continues dribbling after grasping the ball with _____ hands.
25. A player shall not remain for _____ seconds in that part of his/her free-throw lane between the end line and the farther edge of the free-throw line while the ball is in control of his/her _____ .
26. Traveling (_____ with the ball) is moving a _____ or feet in any direction in excess of prescribed limits while holding the _____ .
27. A player may pivot but not _____ the pivot foot.
28. A player may stop or dispose of the ball using _____ steps only.
29. If a player stops he must use only the _____ foot as a pivot unless both feet are _____ .
30. A player may lift the pivot foot to _____ , but must pass or shoot before touching the _____ again.
31. To attempt to dribble, the player must release the ball before _____ the pivot foot.
32. _____ second violation (Girls) / _____ second violation (Boys) – A team is possession of ball failing to try for a _____, and hit the _____ , within 30/35 _____ .
33. Out of bound violation – a person touches the floor _____ or _____ the boundary line.
34. The ball is out when it touches any person or object on or beyond the _____ line.

35. Alternating possession – in all _____ ball situations , other than the _____ of the game, and each extra period, the ball shall be taken _____ of _____ , starting with the team that did not gain possession at the _____ of the game.
36. The _____ - _____ shall be from the out-of-bounds spot nearest to where the _____ (s) occurs .
37. Fast break - _____ strategy in which a team attempts to bring the ball into scoring position before the _____ can set up.
38. Full court press - _____ strategy in which a team guards closely in the _____-court as well as the _____ court.
39. Give and go - _____ strategy in which a player passes to a teammate, then _____ for the basket expecting a _____ pass.
40. Goal tending – A player interfering with the ball during a _____ try or tap when the ball is on the _____ flight toward the basket, above the rim
41. Man-to-Man – A _____ system in which each player guards an assigned individual.
42. Turnover – Any loss of the ball _____ without a shot being taken.
43. Throw-in – A method of putting the ball in play from _____ .
44. Tie ball – Occurs when _____ players of _____ teams place one or both _____ firmly on the ball at the same time or when a player places one or both hand firmly on the ball already held by an _____ .
45. Zone defense – A defensive system in which players cover _____ court areas, rather than _____ individuals (man-to-man).
46. The game is started by a _____ in the center _____ circle. To start the 2nd, 3rd, and 4th quarters, the ball shall be put in play by a _____ - _____ from out-of-bounds at the _____ line under the _____ possession rule.

TEAM HANDBALL WORKSHEET

RULES

Overview

1. Team handball combines the fundamental skills of _____, _____, _____, and _____ into a continuous, fast moving sport, making it a good activity to promote cardiorespiratory health. Skill elements are borrowed from _____, _____, and _____.
2. The objective of team handball is to score a _____ by passing the ball quickly and _____ the ball past the defense and goalie and into the goal. A regulation game consists of two _____ halves with a 10-minute intermission.

Court Diagram and Positions

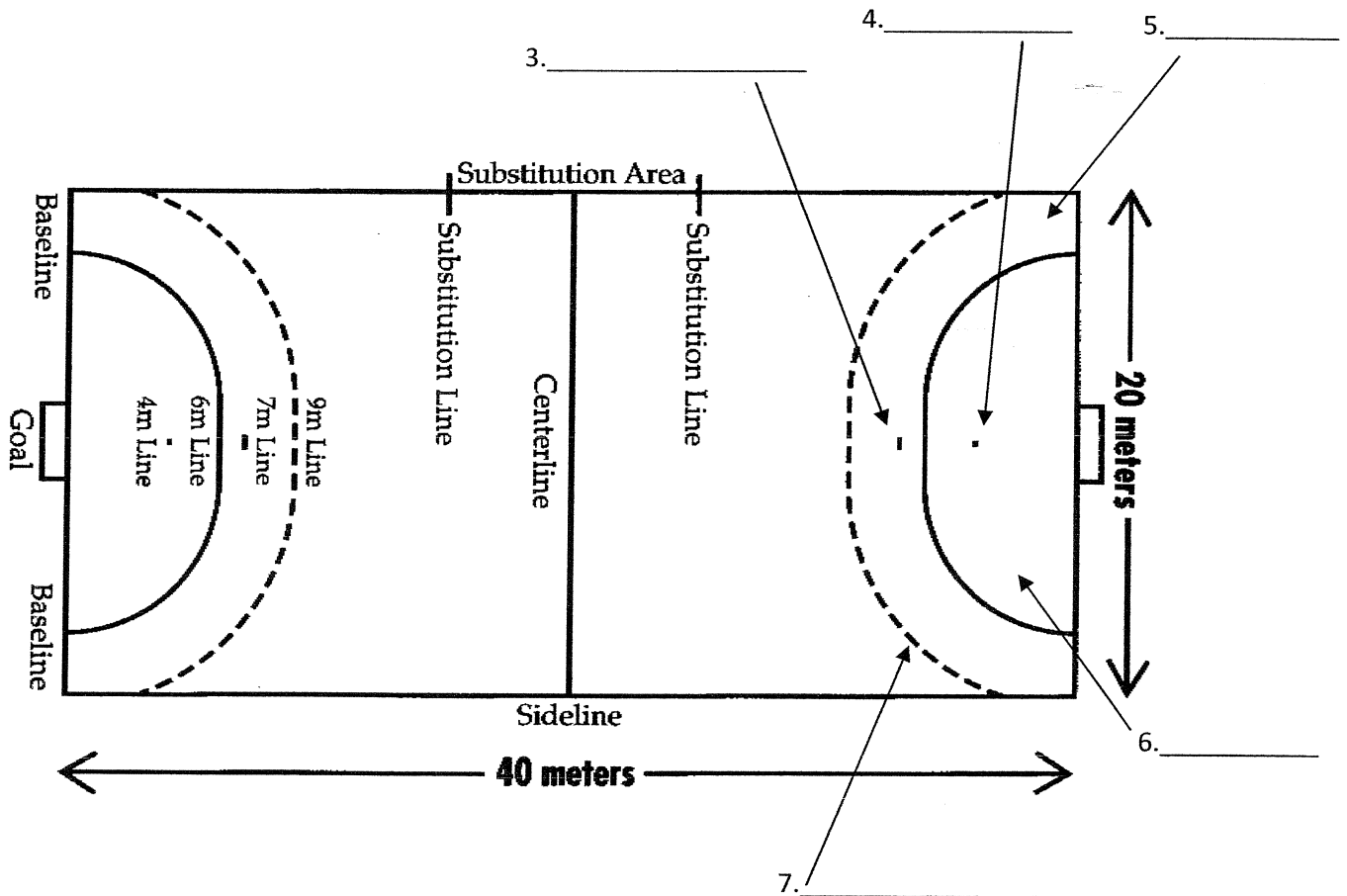
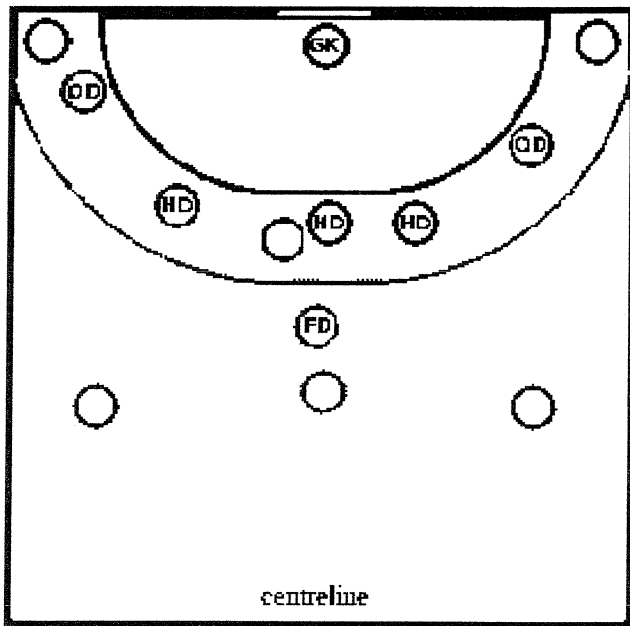
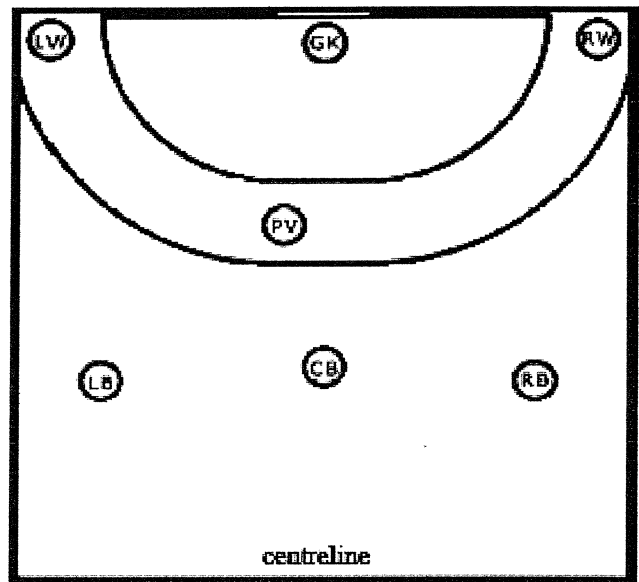


Diagram of a team handball court is from the web site for USA Team Handball <http://www.usateamhandball.org/>

8-14. **Attacking positions:**

- LW - _____
- LB - _____
- CB - _____/playmaker
- RB - _____
- RW - _____
- PV - _____ (Circle Runner)
- GK - _____



14-17. **Defending positions:**

- OD - _____
- HD - _____
- FD - _____
- GK - _____

18. A team consists of a goalie and _____ players:

- 19. Left and Right wing - both wings move _____ down court and usually _____ the ball to the center and backcourt players
- 20. Pivot/Circle runner – needs to be energetic and set _____ and picks for _____ and _____.
- 21. Left and Right backcourt – centers and backs need to be _____ throwers and usually do most of the _____, although all court players are shooters.
- 22. Center back- Is the _____, similar to a point guard in _____.

Start of Play

The game begins with a center throw-off by one team determined by rock, paper scissors (or coin toss). The throw-off is a pass to a teammate within 3 seconds after the official start of game. Both teams begin on their own side and no defender can be within 10 feet of the offense when the throw-off occurs. The offensive team lines up along and behind the centerline, and the defense usually takes a place that resembles scatter formation even though each may be guarding a specific players. A goal is worth 1 point. As soon as a goal is scored, the opposing team is awarded a throw-off.

Court players can:

23. _____ the ball up to _____ seconds (violation is penalty(free) throw)
24. _____ three steps with the ball (violation is penalty(free) throw)
25. Dribble as _____ times as desired
26. Pass or _____
27. Run _____ steps _____ and _____ the dribble

Court players may not:

28. Use the _____ or l _____ to obstruct, push, grab, _____, _____, _____, or hold an opponent
29. _____ the ball
30. Make _____ with the ball below the _____
31. Double _____
32. Step _____ or _____ the goal area line
33. _____ a defender

Goalies can:

34. Defend their goals in any manner using _____, _____, and _____
35. Move _____ the goal area and throw for a goal (goal throw), then must abide by the rules for _____ players
36. Take more than 3 _____ when _____ the ball (in goal area)
37. _____ the ball longer than 3 seconds (in goal area)

Goalies may not:

38. Leave the goal area while in _____ of the ball
39. Pick up a ball _____ the goal area and carry it back

Throws:

There are several types of throws in team handball including:

40. Throw-off – _____ the game, taken after every goal _____, and to start play at second _____
41. Throw-in – Awarded when ball goes _____ on the sideline or when the ball is last touched by a _____ player (excluding the goalie) and goes out of bounds over the _____. The throw-in is taken from the spot where the ball _____ the sideline, or if it crossed the _____, from the nearest _____. The thrower must place one _____ on the sideline to execute the throw. All opposing players must stay 3 meters away from the ball.
42. Penalty throw – awarded to the team after opposing team's _____
43. Goal-throw – Awarded when the ball rebounds off the _____ over the endline; the ball is thrown over the endline by the attacking team
The goalie takes the goal throw inside the goal area and is not restricted by the 3-step/3-second rule.
44. Throw-out – made by the goalie from within the _____
45. Freethrow -For a _____ foul or _____ a free-throw is awarded to the opponents at the _____ spot it took place. If the foul or violation occurs between the goal area line and the 9-meter line, the throw is taken from the nearest point outside the 9-meter line. All players on the team taking the free-throw must be outside the 9-meter line. Opponents must be 3 meters away from the ball when the throw is taken. The thrower must keep one foot in contact with the floor, then pass or shoot.
46. 7-Meter Throw- Awarded when: A foul _____ a clear chance to score a goal; The goalie _____ the ball back into his or her own goal area; A court player _____ play the ball to his or her own _____ in the goal area and the goalie touches the ball; A defensive player enters his or her goal area to gain _____ over an attacking player in possession of the ball. All players must be outside the free-throw line when the throw is taken. Player taking throw has 3 seconds to shoot after referee whistles. Any player may take the 7-meter throw.

Penalties

Warning (yellow card)

47. Referee gives only one warning to a player for rule violations and a total of three to a team. Exceeding these limits results in ____ - _____ suspensions thereafter. Warnings are not required prior to giving a 2-minute suspension.

2-minute suspension

Awarded for:

48. Serious or _____ rule violation

49. _____ conduct

50. Illegal _____

The suspended player's team plays short for 2 minutes.

Disqualification and Exclusive (red card)

Disqualification = three 2-minute suspensions; disqualified player must leave court and bench but team may replace the player after the 2-minute suspension expires.

Exclusion = given for assault; excluded player's team continues short one player for rest of the game.

Glossary

Attack- A team or individual tries to score when they are in possession of the ball.

Centerline- The line divides the court in the center, and the game begins at the centerline,

Charging- An offensive player runs into or over a stationary defensive player who is in proper position.

Checking- Body contact between attacker and defender with the torso and limbs as permitted by the rules.

Circle- The nickname for the goal-area line or 6-meter line.

Depth of court-The longitudinal scope of the court from endline to endline.

Endline-This is another term for the outer goal line.

Free-throw-This term describes how the ball is put back into play after a minor rule violation. The opponents maintain 3 meters from the player taking the free-throw.

Free-throw line-The dashed line at 9 meters used for taking free-throws following minor fouls that occur between the 6- and 9-meter lines opposite from the point of the foul. The defense must be 3 meters from the ball.

Goal-area line-The 6-meter line or the circle.

Goal-throw-The throw taken by the goalie from inside the goal area after the goalie deflects the ball over the goal or endline or after an attacker throws the ball over the endline.

Goalkeeper restraining line-This line is 4 meters away from the rear edge of the goal line. The goalie must stand behind this line on a 7-meter throw.

Long corner-The top and bottom corners of the goalpost farthest from the ball.

Referee-throw-When players from both teams infringe the rules at the same time or gain simultaneous possession of a loose ball, the referee will throw the ball up between two players at center court (like a jump ball in basketball).

7-meter throw-A penalty throw awarded for serious fouls or other violations of the rules that destroy a clear scoring opportunity. 7-meter throws are taken from the 7-meter line.

Short-corner-The top and bottom corners of the goalpost closest to the ball.

Substitution area-Substitutes must enter and leave the game from an area 4.45 meters on either side of the centerline. This designated area is located in front of the scoring table and the team benches.

Throw-in-When a ball goes out of bounds across the sideline, it is put back into play from the spot where it went out of bounds. The player throwing the ball must have one foot on the sideline when taking the throw.

Throw-in from the corner-A throw-in is taken from the corner of the court when a defensive player (excluding the goalie) is the last to touch the ball as it goes out of bounds over the goal line (endline).

Throw-off-The throw-off is taken after the referee's whistle and is a pass to a teammate at the centerline to start the game and after each goal scored.

Zone defense-A ball-oriented system in which every defender is responsible for a specific area.

INDOOR SOCCER WORKSHEET

1. A regulation game consists of _____ halves, with duration according to " _____ ."
2. There are usually _____ players on a team, including the _____ .
3. Substitutions can be made at _____ .
4. Substitution does not require play to be _____ .
5. The game is started with a _____ from the _____ .
6. A player who starts play may _____ again play the ball until it touches another _____ .
7. A goal may be scored directly from a _____ or _____ .
8. A _____ card is given for serious _____ and _____ behavior.
9. A yellow card is a _____ .
10. A red card means _____ .
11. Indoor soccer has _____ for penalties.
12. A _____ minute penalty is assessed for a Blue Card or Yellow Card.
13. The team plays with _____ fewer field player until the Time Penalty expiration.
14. The ball may be played off the _____ .
15. There is no _____ .
16. Standard _____ rules apply.

Shootout:

17. _____ player may take the Shootout.
18. All players of the _____ team stand behind the _____ Line and outside the _____ circle.

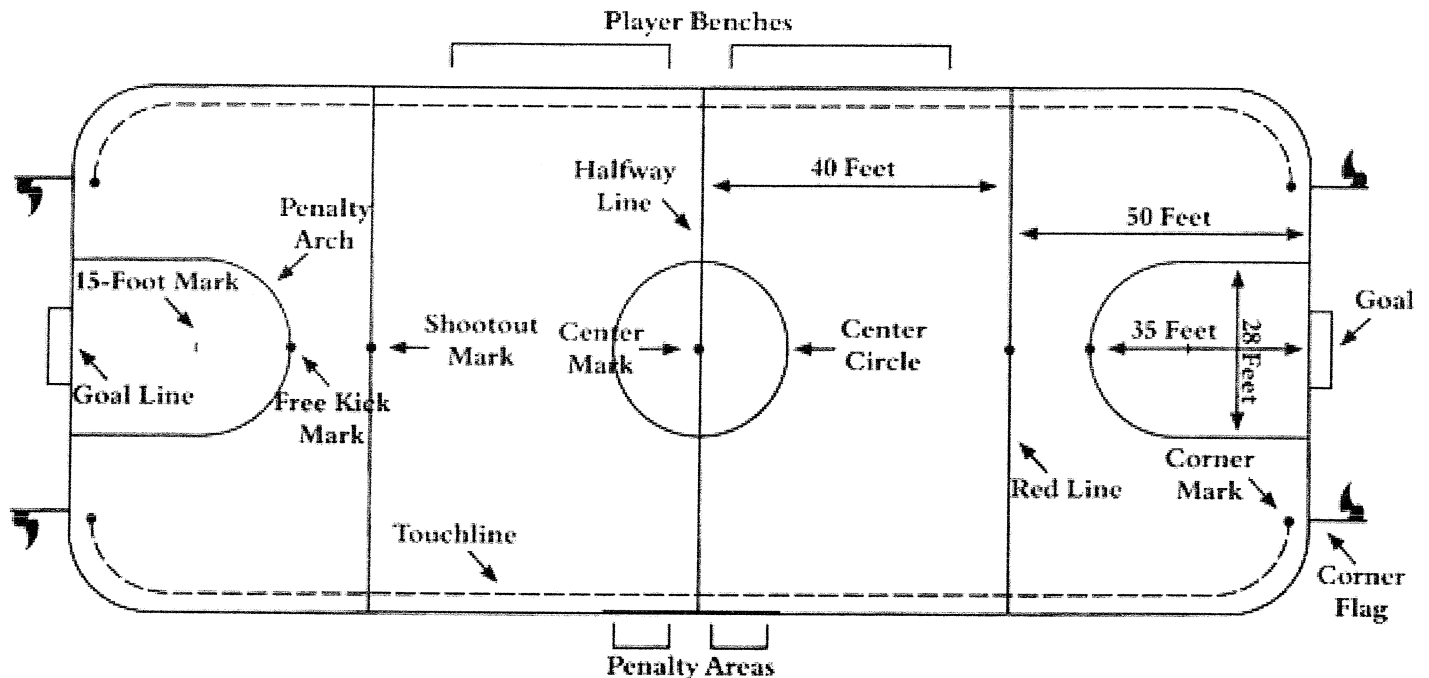
19. Players of the defending team stand behind the _____ Line and _____ of the Center Circle.
20. The ball is placed at the _____ Mark nearer the attacking goal.
21. The Goalkeeper has a least one foot on his _____ line and may not move off of it until after the Referee _____ the Shootout to begin.

Penalty Kicks:

22. A Penalty Kick proceeds the same as a _____ except
 The ball is placed at the _____ - _____ Mark.
 The Goalkeeper has at least _____ foot on his _____ line until the ball is in play.
 The player taking the Penalty Kick may _____ touch the ball again until after the ball touches _____ player.

Court Diagram

23. The game is started in the _____
24. The Penalty Kick Mark is located in the _____



SOFTBALL WORKSHEET

1. There are _____ players on a softball team.

2. List the nine players on a softball team.

(1) _____ (6) _____

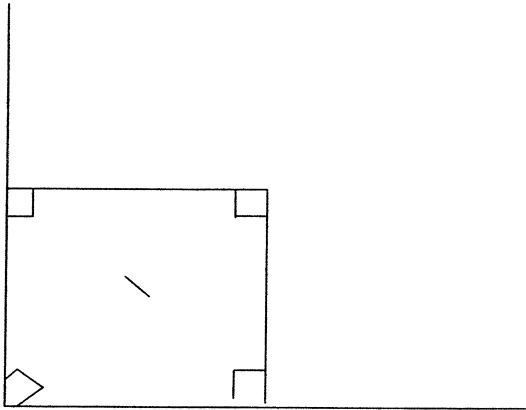
(2) _____ (7) _____

(3) _____ (8) _____

(4) _____ (9) _____

(5) _____

3. Place the players on the softball field below, and label each position using the numbers above.
Place the numbers approximately where they should stand when waiting for a ball to be batted.



4. The official _____ is outlined by the bases.

5. An official game is _____ innings.

6. An inning is when _____ teams have had their turn at bat. There are total of _____ outs in an inning.

7. The _____ of the inning is when the first team is up. The bottom of the inning is when the _____ team is at bat.

8. The pitcher must have _____ on the plate (pitching rubber) and must take no more than _____ step of the delivery of the _____ pitch.
9. If a pitched ball hits the batter, and the batter has tried to _____ being hit, the batter _____ to 1st base, and base runners advance _____ base.
10. Each batter must bat in the assigned order. This is called the _____ order.
11. A batter is out if any batted ball fair or foul is caught before it touches the _____ .This is a _____ .
12. The batter is out if a foul tip is caught after the _____ .
13. The batter is out if _____ strikes are taken or called.
14. Strike zone - _____ home plate and between the batters _____ and the top of his/her knees.
15. A baserunner must _____ every base in _____ .
16. A baserunner may over-run _____ only without being put out.
17. A baserunner shall not leave the base until the ball has _____ .In other words no _____ .
18. A baserunner must _____ or _____ the base if (s)he is off the base when a fly ball is caught, and then advance to the next base.
19. A baserunner can not _____ a preceding (the runner in front of them). The runner doing the passing is _____ .
20. A baserunner is out if
 - a. _____ by the ball before reaching the base.
 - b. the baseman (with the ball) touches _____ .
 - c. the baseman (with the ball) touches the base when a baserunner is _____ .
 - d. the baserunner is _____ with a batted ball.

21. A fielder must not block the baseline or base unless fielding the ball. The runner shall be considered _____ .

22. The batter becomes a baserunner on the 3rd strike provided: the catcher _____ the ball and there is no one on _____ .

22. "Infield Fly Rule": One or no outs, runners on 1st and 2nd base or 1st 2nd & 3rd base the _____ is _____ upon hitting an _____ .

TERMS

Put the correct the correct word in front of the definition. Use the word bank below.

force out, single, six, inning, double, fly ball, grounder, triple, on deck batter, strike, ball

- _____ 1. One base hit.
- _____ 2. Two base hit.
- _____ 3. Three base hit.
- _____ 4. Ball hit on the ground.
- _____ 5. Ball hit in the air.
- _____ 6. The next batter to hit.
- _____ 7. Ball pitched between the arm pits and top of the knees and crossing home plate.
- _____ 8. Pitched ball which does not cross the plate.
- _____ 9. The period of play in which each team bats, completed by three outs for each team.
- _____ 10. Number of outs in an inning.
- _____ 11. An out where the runner does not have to be touched with the ball to be put out.

RUNNING THE BASES

1. After hitting a ball, the batter drops the bat, then runs on the _____ side of the first base line, running _____ full speed.
2. Home to first. Nearing first base, the runner should run “_____” first base.
3. After crossing the bag (1st base) the runner should turn to the _____ and return to first base.
4. Turning to the left can be misunderstood as attempting to go to _____ base and the runner can be _____ out.
5. First to second (Banana out advancing two bases). Running down the first base line the runner needs to “banana out” about _____ feet before _____ base.
6. After first base is torched, the banana out route forms _____ line to _____ base.
7. Home to home. When a runner is trying for a triple or home run. They should run the bases in a _____ circle.
8. The runner should touch the _____ corner of the base with their _____ foot.

SPEEDAWAY WORKSHEET

Overview

1. Speedway is a game that combines the elements of _____, _____, and _____.
2. The object of Speedway is for each team to _____ the ball down the field by _____ or dribbling a _____ ball; by _____ an aerial ball; or by _____ with an aerial ball.
3. Scoring is made by either a _____ or a _____.

Positions

4. Like soccer, Speedway has _____ players on the field for each team.
5. The positions include _____, _____, _____, and a _____.
6. The _____ primary responsibility is to _____ field goals and/or touchdowns.
7. _____ assist both the offensive and defensive players of their own team.

Field Boundaries

8. If the ball is kicked out over the _____ the opposing team restarts play with a _____.
9. If the _____ team plays the ball out of bounds over the _____ the defending team restarts play with a _____.
10. If the _____ team plays the ball out of bounds over the _____ the offensive team restarts play with a _____.

Basic Rules, Scoring and Fouls

11. A player has _____ seconds to convert a _____ ball to an _____ ball.
12. If a player simply puts his/her _____ on top of the ball and gets it under _____ the opponent may not _____ it away from the player in possession.
13. If a player takes longer than _____ seconds to convert the ball, the player may be _____.
14. After converting or _____ an aerial ball, a player may _____ the ball for _____ seconds while standing _____.
15. Opposing players must be _____ yards away while the player in possession is _____ the ball for _____ seconds.
16. After the _____ seconds have elapsed, any player from the opposing team may _____ the player with the ball.
17. If the player is tagged _____ the 3 seconds have elapsed, the player with the ball _____ possession of the ball as an _____ ball _____ yards closer to the _____.
18. The 3-second rule does _____ apply if the player _____ with the ball and then _____.
19. A turnover is awarded when a _____ is committed, a player running the ball gets _____, or the _____ - _____ rule has expired.
20. The team gaining possession after a turnover may _____ or _____ the ball to a teammate from the _____ of the _____ and opponents must be three _____ away.
21. The player taking possession when the turnover is awarded may not _____ with the ball.
22. A player may be _____ when he/she is _____ with the ball. When this occurs, the ball is _____ to the player who did the _____.

23. The _____ may _____ the ball at _____ and at _____ on his/her _____ of the field.

24. A _____ is worth _____ points and is scored when the ball is _____ into the goal.

25. A _____ is worth _____ points and is scored when a player _____ with the ball past the _____ or _____ the ball when standing in the _____.

26. All touchdowns must be scored _____ the goal (not between the goal posts/cones or behind the goal).

27. The following are considered fouls in Speedway:

Standing closer than _____ yards of a player taking a _____.

_____ a player who _____ the ball and doesn't move.

Picking up a _____ ball without converting it (except the goalie).

Pushing, _____, or unnecessary _____.

_____ the ball from the opponent's _____.

GLOSSARY OF SPEEDAWAY TERMS

AERIAL BALL: One that has been raised into the air by a kick with the foot or by creating an aerial ball (see that section). Once in the air, it may be thrown to another player. An aerial ball may bounce once and still remain an aerial ball. **Touchdowns may not bounce.** An aerial ball may be blocked with the hands. If you are running with the ball, you may not drop it to the ground and re-claim it to avoid being tagged. Once you drop it to the ground, you must kick it.

CORNER KICK: A place kick or lift to a teammate (who is standing **inbounds**) made by the attacking team from the corner. This occurs when the defending teams sends the ball over the goal line.

DRIBBLING: A method of advancing the ball by using soft taps with the inside of the feet to control and propel the ball along the ground.

FIELD GOAL: Kicking the ball in the opponent's goal. It must be scored from a ground ball. A field goal scores 3 points. Scoring a field goal is just like scoring a goal in soccer, except that it's worth 3 points!

FOUL: A rule infraction that results in a turnover. Some fouls are tripping, pushing, shoving, kicking an opponent, holding, and unsportsmanlike conduct.

GOAL KICK: A place kick or lift to a teammate made by the defending team from the goal area when the ball goes out of bounds across the goal line and was last touched by a member of the attacking team. All opposing players must be outside the penalty area when a goal kick is made.

GOALKEEPER or GOALIE: A player who guards the goal. Unlike other players, the goalie can pick up and throw the ball anywhere on his/her half of the field.

GROUND BALL: One that is rolling. A thrown ball becomes a ground ball if it bounces more than once.

KICK-OFF: An indirect free kick or lift to a teammate used to put the ball in play from the center of the field at the beginning of the game. The kick-off also occurs after each score.

SHOOTING: Kicking or heading the ball towards the goal with the intention of scoring.

THROW-IN: Occurs when the ball goes out of bounds on the sideline. The ball is thrown from the point where it went out of bounds by the opposite team. The throw-in is a two-hand overhead pass. It may be played as a ground ball or as an aerial ball.

TOUCHDOWN: Running across the end line with the ball but **NOT** between the goal posts (cones), OR passing (throwing) the ball to another player already over the end line. A touchdown scores two points.

TURNOVER: A kick or a throw to a teammate which puts the ball into play from a designated spot for an infraction of the rules. The turnover is awarded to a team when the opposing team is penalized. Opponents must be 3 yards away from the ball.

SPEEDAWAY SKILLS OUTLINE

DRIBBLE: Dribbling involves tapping the ball with the **inside of the foot, outside of the foot, and/or the instep.**

HINTS: Keep your balance by extending your arms to the side. **Do not use the toes.** Watch your opponent and where you are going, not your feet. Keep your body between your opponent and the ball if the player charges or tries to go around you.

TRAPPING THE BALL: Trapping the ball is stopping it with different parts of your body. Emphasis should be on relaxing and "giving" with the ball to bring it under control.

KICKING THE BALL: Kicking is used to move the ball a further distance than the dribble. The ball is hit with the **inside of the foot or the instep, NEVER THE TOE.** It is used to pass the ball or shoot for a goal.

PASSING SKILLS: Passing is actually kicking or throwing the ball to an open player. Passes should never be obvious to an opponent. Emphasis is on timing the pass to place it in an open area towards which a teammate is running.

SHOOTING FOR GOALS: Shooting at the goal is usually done by the forwards, however many times the midfielders make shots on the goal too. The end of a good passing attack is a shot at the goal. Shooting straight at the goal means that the player should aim for the corners of the goal. **HINTS:** Shoot firmly and quickly aiming away from the goalkeeper. Keep your eye on the center of the ball. Kick the ball with all your power while you are balanced.

GOALKEEPER SKILLS: The goalkeeper is the last line of defense and the first line of offense. It is important that the goalie be able to do the following skills: catch the ball; punch or tip the ball; dive for the ball; roll or throw the ball.

BASIC OFFENSIVE AND DEFENSIVE STRATEGIES

1. When your teammate has the ball, always try to move **ahead** of your teammate, into an open space.
2. Constantly communicate with your teammates. Talk to them -- tell them that you are open. Get their attention.
3. Stay spread out and away from your teammates. Cover the whole field.
4. Everyone needs to keep moving on the field according to where the ball is:
 - Defenders need to move up to the center line when the ball is all the way down at the other end of the field. This will help to keep the ball down there and give your team better chances to score.
 - Midfielders must constantly move up and down the field since they play both offense and defense (depending on who has the ball).
 - Forwards must always try to move into a better position for scoring than the person who has the ball.
5. The quickest way to convert the ball to an aerial ball is to lift the ball with your toe to a teammate.

PICKLEBALL

RULES

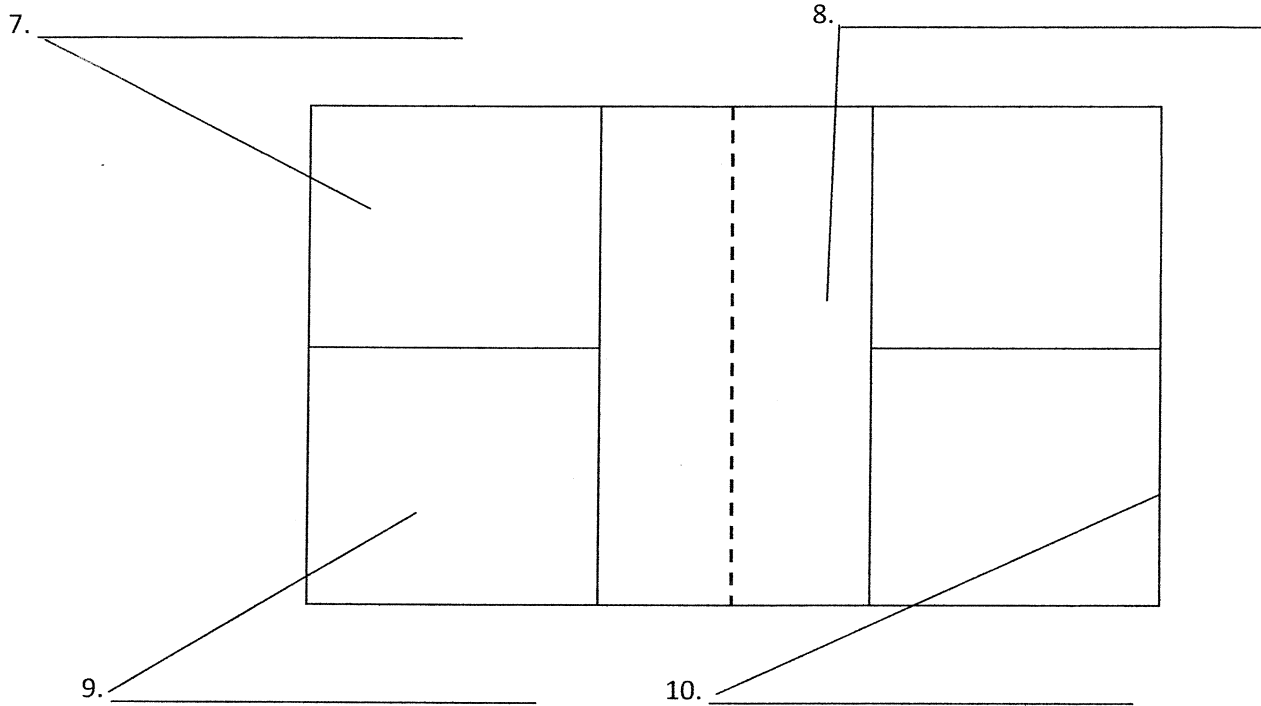
Overview

1. Pickleball is a simple _____ game played using a special _____, slow-moving ball over a tennis-type net on badminton-sized court.
2. The ball is served _____ without _____ it off the court and is served _____ to the opponent's service court.
3. Points are scored by the _____ side only and occur when the opponent faults (fails to return ball, hits ball out of bounds, etc.). The server continues to serve, _____ service courts, until server _____.
4. The first side scoring _____ points and leading by at least a _____-point margin wins. For example, if both sides are tied at 10 points, then play continues until one side wins by 2 points. The best _____ out of _____ games wins the match.

Unique Pickleball Features

5. **Double Bounce Rule.** Following serve, each side must make at least one _____, prior to _____ the ball (hitting it before it has bounced).
6. **Non-Volley Zone.** A player cannot _____ a ball while _____ within the non-volley zone.

COURT



SERVICE RULES

11. **Serve Motion.** The serve must be made with an _____ stroke so that contact with the ball is made below _____ level .

12. **Server Position.** At the beginning of the serve, both _____ must be behind the baseline. At the time the ball is struck, at least _____ foot must be on the playing surface or ground behind the baseline and the server's feet may not touch the playing surface in an area outside the confines of the serving area. The serving area is defined as the area behind the baseline and on or between _____ lines extended from the court centerline and each sideline.

13. **The Serve.** The ball must be struck _____ it hits the playing surface. The ball must land in the opponent's diagonally _____ service court.

14. **Placement.** The serve must clear the net and the non-volley line and land in the opponent's service court. The serve may land on any service court line except the _____ line.

15. **Service Faults.** During the service, it is a fault if:

- The server _____ the ball when trying to hit it.
- If the ball lands on the ground without the server _____ at the ball, it is not a fault.
- The served ball touches any _____ object before it hits the ground. Permanent objects include the ceiling, walls, fencing, lighting fixtures, net posts, the stands and seats for spectators, the referee, line judges, spectators (when in their recognized positions) and all other objects around and above the court.
- The served ball touches the _____ or server's _____, or anything the server or server's partner is wearing or holding.
- The served ball lands on the _____ line.

16. **Service Lets.** The serve is a let and will be replayed if:

- The serve _____ the net, strap, or band, and is otherwise good and lands in the service court.
- The ball is served when the receiver is not _____.
- The served ball hits the net and _____ the receiver or the receiver's partner.
- There is no _____ to the number of lets a server may serve.

17. **The Receiver.** The receiver is the player _____ opposite from the server.

18. **Double Bounce Rule.** The _____ and the service _____ must be allowed

to bounce before striking the ball. That is, each side must play a _____ on the first shot following the serve. After the initial groundstrokes have been made, play may include volleys.

19. **Readiness.** Serves shall not be made until the receiver is _____ and the

score has been _____. After the score has been called, server and receiver have

_____ seconds to be ready.

20. **Not Ready Signals.** The receiver must use one of the following to signal that he or she is not ready to receive the serve: 1) raising the paddle above his or her _____, 2) raising

the _____ - _____ hand above his or her head, or 3) completely turning his

or her _____ to the server.

21. **Doubles.** When calling the score in doubles, the referee does not have to wait for the

receiver's _____ or the server's _____ to be ready. It is the receiver's responsibility to signal not ready for his or her partner.

22. **In Motion.** Once the server starts the _____ motion, the receiver _____ become not ready or call a time-out.

SERVICE SEQUENCE RULES

23. **Singles.**

At the start of each game, the server begins the serve on the _____ side and alternates from right to left to right, etc., as long as the server holds serve..

The server's score will always be _____ when serving from the right side and _____ when serving from the left side (only in singles play).

24. **Doubles.**

The service always starts in the _____-hand court and alternates from right to left to right, etc., as long as server holds serve. The team serving the initial serve of a game can

commit only _____ fault before service is passed on to the opposing team. After that,

_____ team member serves until that player _____ the serve when the

_____ commits a fault. After _____ players have lost their serves, the serve passes to the opposing team. The server will alternate between right and left service courts upon scoring a point. After the first server's team faults, the

_____ server will continue to serve from that server's last side position and then alternate positions as long as the serving team continues to win points. If the ball is served by

the _____ team member or from the wrong court, the service is a fault.

If the fault was by the first server, then the first _____ is lost and the correct second server serves from the correct service position. If the fault was by the second server, then it is a _____. The receiver is the only player who may

_____ the ball. If the wrong player returns the ball, it is a point for the

_____ team.

The receiving team does not _____ positions when a point is scored by the

serving team. The receiving team may switch positions after the _____ of

serve, but after the rally is over, the players must _____ back to their original positions, which correspond to the team's score and the players' starting positions.

25. **Service/Side Selection and Rotation.**

A _____ or any other fair method will determine first choice of

_____ or _____.

Sides and initial service will be switched upon _____ of each game.

Sides will be _____ in a third game (if the match is 2 out of 3 games) after the first team reaches a score of _____ points. Serve remains with the player holding serve.

26. LINE CALL RULES

Served balls that clear the non-volley line and land on any other service court line are

_____. Balls in play (except on serve) that land on any court line are

_____.

27. FAULT RULES

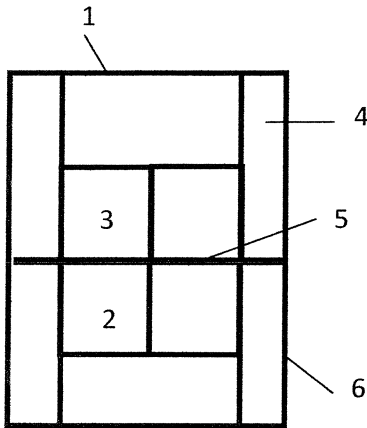
A fault is any action that stops play because of a rule _____.

A fault will be declared for the following:

- Hitting the ball into the _____ on the service or any return.
- Hitting the ball _____.
- Failure to hit the ball before it bounces _____ on the player's court.
- Violation of a _____ rule.
- A player, player's clothing, or any part of a player's paddle touches the _____ or the net _____ when the ball is in play.
- The ball in play strikes a _____ or anything the player is _____. There is one exception to this rule: if the ball strikes the player's paddle hand below the wrist, the ball is still in play.
- A ball in play strikes any _____ object before bouncing on the court.
- Violation of _____ - _____ zone rules.
- The serve is made by _____ the ball off the playing surface before hitting it.
- A player hits the ball before it passes the _____ of the net.

TENNIS WORKSHEET

1. Put the number that represents the named area or line on the line provided.



- _____ net
- _____ right service court
- _____ left service court
- _____ base line
- _____ doubles side line
- _____ alley

2. Completion: place the correct word, or words, that complete the statement **ON THE LINE INFRONT OF THE STATEMENT.**

- _____ 1. The _____ is the stroke that begins the point.
- _____ 2. To goof or mess up on the serve is called _____
- _____ 3. To hit the top of the net on the serve but the ball lands in the correct court is called a let and is _____.
- _____ 4. The _____ of the racket should be used when you contact the ball.
- _____ 5. When doing a forehand swing you should hold the racket as though you are _____
- _____ 6. When getting ready to hit the tennis ball your _____ should be toward the net.
- _____ 7. Before serving the ball you should call the _____, calling your score _____.
- _____ 8. When the score is 40-40 you, it is called _____, a tie.

3. Give the team for these score points:

0= _____ 1= _____ 2= _____ 3= _____ 4= _____ 40-40= _____