

## **Year 9**

### **Football**

#### **Skills required**

passing (short passes - push pass, instep)

control

running with the ball (dribbling, feints, step overs)

turning with the ball

#### **Use of skills in game situations**

demonstrating communication and influence on team performance

contributing to strategy and tactics

applying the team strategy in open play and set play

decision making

Adhering to rules, health and safety guidelines

#### **Heart**

Ability to influence the performance and motivation of self and others

### **Hockey**

#### **Hands**

Push pass, receiving the ball (from right, left),

running with the ball (open stick dribble, Indian dribble , feints, close control)

Tackling,

Evasion (stick side, non-stick side) defending (man to man)

#### **Head**

Use of skills in game situations

Consistency of skills and techniques

Impact of communication during the game

Tactical awareness.

#### **Heart**

Ability to influence the performance and motivation of self and others

Impact of communication during the game