**Faculty of Physical Education and Health**

**Knowledge of Technique**

The following provides some activities you may like to do when trying to improve in your selected skill. The activities have been suggested under the ‘skill’ - with suggestions of how you might apply your STRATEGY of either Learning through observation, Variable practice, or Experimentation

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| **Knowledge of Technique** | |
| Strategy | Description / Task |
| **SKILL: SHOOTING** | |
| Learning through Experimentation  You will work out the power, speed and angle needed to throw the ball, so it rebounds high enough to go over your oppositions head ie. you will work out how to effectively apply principles of projectile motion and force summation to your throw. This may then be able to be transferred to a good shooting technique in game play.  Variable Practice  The practice activity includes opportunity and encouragement to try a range of movement solutions to ‘shooting'. The learner will couple DOF in multiple ways to be flexible to changing conditions while still being efficient  Variable practice and Experimentation would all work as strategies here | Gutterball  Can be played 1 v1 or 2 v 2.  Use Tchoukball net, Crazy catch or gutterball board. Aim is to throw the ball so that the opposition does not catch it. If they do not catch it = 1pt  Compare the techniques that you applied when experimenting with power, speed and angle. What did you look like, what was most effective, describe actions?  Modified end ball  Can be played with any number. Small sided best so that lots of time is spent on the ball and everyone gets practice at shooting. eg. 3 v 3 or 4 v 4.  Small area needed and at each end ‘3’ goals are set up. Middle goal = Tchoukball net, Goals at edges of circle = Cones.  1 point = knocking over cone  5 points = shot at Tchoukball net that ‘must’ rebound back out of the circle  1-point shot  Can encourage shooting in any style and with accuracy. Look at the technique you used for accuracy  5-point shot  May encourage a more powerful, and hopefully jump shot, as to get it to rebound all the way back out the circle will take a strong shot. Look at and compare the technique you used for power  Other activities  Moving towards the goal and shooting (3x cones set up inside the goal along the baseline as different targets)   * + Unlimited # of passes, stop and shoot from outside the circle   + Limited number of passes   + Mix up the order so you are passing/catching from different positions on the court   + Adding in defence players, once you have taken your shot at goal, your group becomes defenders * Throwing against the wall/tchoukball net in threes, member of group behind catches, continue circulating. * Progress to taking three steps and jumping before throwing * Aiming for goal, three steps and jump aiming for goal. Move to another area so you are shooting from a different direction (competition to knock down cone three times)   IMPORTANT  Always reflect on the different techniques you used. Which was the most efficient or effective for a given situation. Why? What did your body do? How did you move? |

