Fabius- Pompey Physical Education Review Guide

 **Team Sports**

**Soccer**

* 11 – The number of players on the field for a soccer game.
* Players may use their feet, head, and chest to play the ball;
* The **goalie** is the **only player** that can **use their hands**.
* On the kick-off, the ball must **roll 1 revolution forward** of the center line. It can only be touched once by the person kicking off.

**Definitions**

* **Direct Free Kick**-a kick awarded to a player for a serious foul committed by the opposing team (pushing, tripping, and dangerous play); **a goal can be scored directly from this kick without the ball touching another player.**
* **Goal Kick** is used when an offensive player kicks the ball out over the end line.
* **Corner Kick**- the ball is kicked from the corner arc in an attempt to score; awarded to the **offense** team when the ball crosses the goal line last touched by the defending team.
* **Indirect Kick-** a kick awarded for a less serious violation. (Hand ball). A goal can only be scored after the ball **has touched another** **player.**
* **Penalty Kick-** There is a handball, push or trip inside the penalty area by a defensive player. The kick is taken a player against the opposing goalie without any players closer than 10 yards. **A goal can be scored directly from this kick without the ball touching another player.**
* **Offside-** A player is in an off-side position if that player is nearer to an opponent’s goal line than the ball, unless (1.) the player is in his/her half of the field of play or (2.) the player is not nearer to the opponent’s goal line at least two of the opponents.

**Rules - Ultimate Football**

* To **score 1 point**, one must catch football **past the end line.**
* After a score, the football is given to the other team.
* Throwing short, controlled passes up the field is helpful in scoring points. If a player catches the football in the air, they are allowed to keep possession. A player is allowed 2 steps with the football.
* If the football touches the ground, the last player to touch or throw it gives possession of football to opposite team.
* **NO CONTACT**!! Penalty, if contact is made.
* **Not allowed** to take football out of player’s hands.

**Rules – Speedball**

The game of speedball is the combination of soccer, basketball, football game in one. The game is **started** like a basketball game with a **jump ball.**

* The game is played with a soccer ball.
* Handball -ball touching the floor and then catching it without touching another body part first.
* Ball cannot be knocked out of someone’s hand

**Method of Scoring**

* **1 point**- completed pass to a teammate over the end line.
* **2 points**- soccer goal
* **3 points**-score a basket in the hoop

**Volleyball**

* Team - is made up with 6 playerson the court (three in the front row; three in the back row.
* When a team gains the serve, one point is awarded. Players rotate one position clockwise.
* **3 hits**- is the maximum number of hits per side to return the ball.
* Bump- a hit with forearms, hands joined together when the ball is at or below your waist.
* **Set-** using the fingertips of both hands, when the ball is above the head.
* **Spike** – a ball hit with a strong downward force into the opponent’s court.
* **Bump**-S**et-Spike** is the ideal offensive progression of play.
* **Block**- plays at net to stopping the spike.
* **Serve**- must be behind the end line.
* The ball may hit the net on the serve as long as it goes over the net and lands in bounds on the opposite side.
* When the ball touches the end line and side lines they are “IN”. (playable balls)
* Rally scoring- one point is scored by either the serving or receiving team when their opponent makes a mistake.

 **Individual Sports**

 **Badminton**

**Serving**

* The server faces the net and stands inside the service court on his right. The receiver stands inside the service court on his or her right side **(diagonal from the server).**
* A birdie that lands **on** a line **is legal “good”.**
* In doubles, only the receiver can return the serve. If the serve hits, or is hit by, the receiver’s partner, the serving team scores a point. Once a serve is returned in doubles, either player may return a hit; partners do not have to take turns in hitting the shuttle.
* When the server’s score **is even** (0, 2, 4, and so on), the server stands on **the right side**. When the score **is odd** (1, 3, 5 and so on), he or she stands on **the left side**. In doubles, when the serving team score is even, the players are in their starting positions; when their score is odd, they switch positions.
* A server commits **a fault** & loses his serve if he misses the shuttle, does not make contact **below** their waist while serving **underhand.**
* **Singles-** service must land in the **long & narrow court**…**After** the serve boundaries are **still long & narrow**.
* **Doubles-**service must land in the **short & wide court … After** the serve boundaries are **wide & long.**
* Offensive game strategy- hitting the birdie where the opposing player is not. A **drop shot** is used after a deep shot is hit to the opposing player. The birdie is placed short over the net.

**Table Tennis (originally known as ping pong)**

* The object of the game is to score points by hitting the ball across the net and onto the opposite side of the table without the opponent being able to return the ball.
* The game may be played in singles or doubles; the first side to score 21 points wins. A tied score at the end of the game is called **Duece**
* During a rally the ball must **hit each side 1 time**.
* A server may toss the **ball 6 inches** prior to serving with an open, flat palm of free hand.
* The ball must touch the server’s court first, pass over the net and touch the receiver’s court.
* In **doubles,** the served ball must hit on **the server’s right-hand court** and then the **receiver’s right-hand court**. If a player misses the ball while attempting to serve, he loses the serve.
* **Top Spin Serve-** the path of the paddle is low to high.
* **Back Spin Serve-** the path of the paddle is high to low.

**INDIVIDUAL SPORTS**

**ARCHERY**