Key Knowledge Learn these key facts—key points in red		ey Vocabulary erstand these key words
Some basic game playing knowledge and skills	Word	Definition
Goal Side When you team does not have possession of the ball all players should try and get back closer to their own goal than the ball. On the left diagram 3 Reds are in the	Attack	To try and score a goal/point in the opponents area.
incorrect place as they are ahead of the ball. On the right the Red have all moved back and are in between the ball and their own goal—this will make it harder for	Communicate	Know when your teammates are passing you the ball.
the Yellow team to score.	Defend	Protect your goal area—stop the other team from scoring
	Goal side	When you r team is not in possession you need to be between the ball and your goal area.
	Intercept	To gain possession on the ball when the other team are passing the ball.
Marking	Marking	To be close to a member of the opposition to stop them getting the ball.
You need to be goal side of your opponent—keep low and focus on the ball	Pass	Chest, bounce or shoulder pass - which is best for the task.
	Pass and move	Once you have pass the ball to a teammate move into a space to receive it again.
Communication To show that you would like the ball you need to communicate with your team- mates—you could call their name, make eye contact or show target / W hands.	Receive	Take possession of the ball from a teammate W / Target Hands important
={-+>=	Re-start	After a goal/point is score or the ball goes out of play—the other team start with the ball.
Y JE	Space	An area of the pitch/court where you are not next to your teammates or opponents.

Focus Sports Stars

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Serena Guthrie-England captain . Plays as a centre or wing defence.

Won a gold medal at the Commonwealth Games with the Roses in 2018.



Rugby

Owen Farrell is the England Captain for the Rugby Union Team.

Plays fly half (10) or centre (12) for England.

Played over 80 times for his country.

