Educación Física

Secundaria

Inglés
Solucionario
UNIT 3

Alternative Sports
Is badminton an Alternative Sport?

A) Sometimes. ✓

B) No, because badminton has a National Federation. ✓

Both are correct
**SHEET 4:**

1) DIABOLO

2) DEVIL STICKS

3) RIBBONS

4) CHINESE PLATES

5) JUGGLING BALLS

6) HOOPS

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A) 

B) 

C) 

D) 

E) 

F)
- Floorball comes from Scandinavian countries

- The ball is made of plastic

- Floorball does not allow for any high sticking, stick contact or body contact, so the game tends to be less physical.

- The playing field is 40 x 20

- The game consists of 3 x 20 minutes, with two 10 - minute intermissions between periods.

- The sticks are made of plastic or carbon and are a bit over 1 metre long

- The number of players is 6 players (5 field players and a goalkeeper.)
SHEET 10:

Definition

- Offence is when we have the **ball**.
- There are certain systems but offence is mainly **creativity** and improvisation.

Basic rules

- The ultimate purpose of the game is to score **goals**.
- We will shoot into the goal as often as possible (only real shots; misses don’t count).
- We want to score (if a teammate is in a better scoring position, we pass).
- Offence is everybody’s **responsibility**.
- Compact team **play**.
- The ball is faster than the fastest player (passing) – so **pass** the ball!
- We can only score when we have the ball and as long as we have the ball, nobody else can score.
- We use the entire length and width of the **field**.
- Passing should be **fast** and low / avoid blind passing.
- In a 1–1 situation I use my **body** to control the ball.
- After a pass, move to a position where you can **receive** a pass again.
- Remember that you can play the ball back to our **defenders**.

The ideal offence

Quickly advance through the midfield by pushing the other team back with our defenders or by dragging them back with our forwards.
No duels in the **middle zone** (danger of fast breaks).
Carry the ball **deep** into the other half and then initiate a smart move to score.

Fast break rules

Quickly move towards the other goal, try to establish a powerplay situation 3:2 or 2:1 (use crossing and blocking) and go for a simple but effective **shot** on goal.
In a 3:2 situation the last player should not **carry** the ball (if this is the initial situation play a pass).
From a 3:2 situation try to establish a 2:1 situation.
All other players (usually defenders) from the **team** close the gap to support the attack.
Definition

- Defence is when we don’t have the ball.
- Remember... “offence sells tickets – defense wins games”...!!!

Basic rules

- Defence is everybody’s responsibility.
- Compact team play.
- Players in dangerous positions are closely marked, otherwise we just keep an eye on them.
- Communication from behind (keeper, defence, offence), we talk to each other.
- We need our forwards for defence (sometimes deep into our own half).
- Close to the ball we always try to be in numerical superiority (double).
- Our opponents are never in numerical superiority in front of our goal.
- Our position is between our direct opponent and our own goal.
- Watch the ball, the stick and the player not only the player.
- No space / no time for (ballkeeping) opponents.
- Stick against stick, body against body.
- We show the reaching area of our sticks as late as possible

Team tactics

- We play a flexible player orientated 2:1:2 zone defence (every player is responsible for a certain zone and the player within this zone); no close marking over the entire field, you can hand-over players, you can leave your zone.
- Never let yourself be outrun by the opponent with the ball (gain speed before your attack and “push” them to a safe zone (zones close to the rink, away from our slot).
- We ultimately defend the slot and allow no shots on goal from this area (blocking).
- We try to force our opponents into a certain direction (from the middle to the outside) by attacking with the stick from the middle (not body – danger of outrun).
- Uncontrolled balls in front of our goal are played out immediately (stick, foot, ...).

Individual tactics

- I always know where the ball is and where my direct opponent is
- In a 1 –1 situation I use my body to defend the ball (turn around and cover the ball)
- I defend according to the rules (I don’t use my hands, I use my upper body)
- My stick blade is always on the floor