



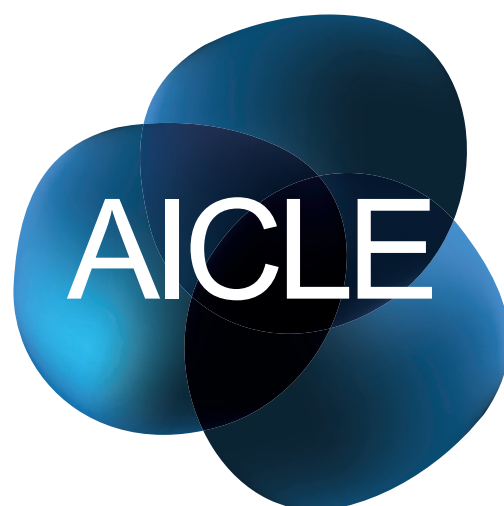
Educación Física

Secundaria



JUNTA DE ANDALUCÍA

Inglés



Solucionario

UNIT 3

Alternative Sports

SHEET 2:

Badminton!

But has badminton got a **National Federation**? Sometimes they are just variations on a previously existing game.

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.....

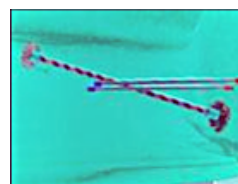
A)



B)



C)



D)



E)



F)



SHEET 8:

- 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