



Y9 Football Knowledge Organiser



Key terminology:

1. **Dribbling** - Keeping the ball close to your feet while moving with the ball
2. **Passing** - Moving the ball from one player to the next
3. **Tackling** - Trying to take the ball from somebody on the other team
4. **Defending** - Action of preventing an opponent from scoring
5. **Possession** - Physical control of the ball as an individual or team
6. **Long pass**: This is a pass that covers a substantial distance either on the ground or within the air.
7. **Overload** - Creation of an attacking situation with more attackers than defenders
8. **Angles** - Movement off the ball to give your teammate multiple choices when on the ball
9. **Arial control**: Controlling a ball that arrives from within the air
10. **Arial pass** - A pass that travels high within the air
11. **Reverse pass** - A disguised pass designed to change direction of the ball to outwit an opponent.
12. **Width** - Creation of space, using positioning to make the pitch 'bigger' and to keep possession



Tactics within the sport:

1. **4-4-2 formation**: This is one of the oldest formations in football. The key to 4-4-2 is partnerships. The two strikers, midfield pairing and full-back and wingers each need to have a telepathic understanding of their role on the pitch.
2. **The Counter Attack**: Drawing the opposition into your defensive third, a counter-attack starts when you steal the ball and launch into an attack at break-neck speed.
3. **Park the bus**: The tactic of parking the bus is essentially to take to the field with the sole purpose of not conceding a goal. The 4-5-1 formation is common when teams are parking the bus, as it provides two defensive rows of 4 and 4 players.

Careers / Future
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Coaching
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Y9 Netball Knowledge Organiser



Tactics within the sport:

The 3 stages of defence.

1. **Marking the player** - A player needs to be on their toes and agile at all times whilst ensuring they do not make contact.
2. **Marking the ball** - Ensure that 3 feet is obtained before raising arms to put pressure on the ball carrier.
3. **Marking the space** - Keeping your head up and being agile, mark a space to prevent a player or the ball entering your area.

Set plays:

1. **Set plays** are an established order in which players will move / the ball will be passed in. These are established by the coach.

Examples of a set play:

1. **Splitting from the centre** - this is when a GA & WA stack behind one another and then go in opposite directions from one another at a centre pass.
2. **'Pocket'** - Using the corners of the court whilst attacking.
3. **'Back-door'** - An attacking play where a player will shield their teammates defenders to allow for a forward driving ball to be received.



Key terminology:

8. Free pass - Awarded when a player commits an infringement of the rules that does not directly impact the opposition.

9. Penalty pass/shot: A penalty pass is awarded when an obstruction or contact call is given by the umpire. If the penalty is awarded in the shooting circle for the attacking team, they may take a penalty pass or shot.

10. Drive: An increase in pace

11. Dodging: A quick movement that allows a player to change direction and get away from their defending player. Can be done in multiple ways; single-lead, double-lead, reverse.

12. Marking: A defensive tactic that puts pressure on a player with or without the ball

13. Interception - Gaining possessions of the ball by catching it before the designated attacker does

Careers in netball:

Netball player	Sports analysis
Coach	Merchandise manager
Umpire	Physiotherapist
Sports commentator	





Y9 Hockey Knowledge organiser



Key terminology:

1. **Dribbling** - travelling with the ball, pushing the ball forward with close contact.
2. **Indian dribble** - stick rolls over ball pulling it right on reverse/ open stick dribble again slightly to the left before pulling right again (Zig Zag)
3. **Reverse stick pass** - the ball stays in contact with the reverse stick and you push the ball for a controlled accurate fast pass
4. **Block Tackle** - A player must be in front and block the ball with the stick
5. **Shadowing** - A form of defending where a player marks another player with / without the ball.
6. **Defending** - A principle of the game whereby your team attempts to stop the other team from having possession of the ball and / or scoring.
7. **Zonal marking** - Zonal marking is a defensive strategy in football where players cover a specific area of the pitch (or a zone) rather than focusing solely on a certain player.
8. **Flick pass** - Useful when passing over distance or to try and get the ball over an opponent who is blocking your passing route

9. **The stick:** In hockey all sticks are primarily the same, with a flat and curved side, which is always the same way around. Players may only touch the ball with the flat side of the stick, meaning that a player has to move their stick, or themselves when the ball is on their left-hand side. Top stick shows the flat side and bottom stick the curves side

Tactics within the sport:

10. **Supporting the ball** - Always prioritise support for the ball carrier and work hard to create passing opportunities around the ball.
11. **Numerical advantage** - Taking quick free hits / restarts to catch the opposition off guard.
12. **Unbalancing the defence** - Forcing the defence to react to or make decisions on forward movements can create space or passing opportunities to exploit.
13. **Channels** - Teams sometimes split the pitch into 3 vertical channels. At a lower level of play, the ball will not cross 2 channels in protection of the ball.



Careers/Future Involvement

Hockey player
Coach
Umpire
Sports commentator
Sports analysis
Merchandise manager
Physiotherapist
Journalism
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Y9 Rugby Knowledge Organiser



Tactics within the sport:

1. **Dummy run** - This is when you fake a pass to a teammate but maintain possession of the ball to attack.
2. **Drop off** - Using a dummy runner whilst moving the ball through the hands of the attackers, creating a try scoring opportunity in the outside space.
3. **Forward play: Driving with the ball** - During the early phases of the tackle count, a player sprints with the ball directly into the line of defence (without passing the ball) - this is to gain more territory.
4. **Kick and chase** - In the later phases of the tackle count, a player may kick the ball behind the line of defence. Resulting in the retrieving of the ball to create an opportunity to score a try.
5. **High ball** - During the later phases of a tackle count completing a high kick to pressurise the fullback into knocking the ball in touch.
6. **Blindside** - using the blind side during a scrum or breakdown, playing the middle of the field, having the tallest players in specific positions, and making fast plays.
7. **Condensing the pitch** - A way of defending to limit the opponent space to break through defensive lines
8. **Creation of space** - Stretching the attacking line to create gaps in the defensive line
9. **Offside** - Players being inline / behind the referee when the player 'plays the ball' after a tackle



Key terminology:

10. **Pop pass** - A short pass often used when you want to pass the rugby ball to a teammate who is running in close support.
11. **Receiving** - Gaining possession of the ball.
12. **Tackle** - Tackling in rugby is a method used to control and limit your opposition's movement, and to prevent them from scoring
13. **Line passing** - Passing along a horizontal line of attack.
14. **Drop off** - 2 players running in the opposite direction. When they meet, the ball is transferred and then the players continue to run in their given directions.
15. **Play the ball** - A way of restarting the game after a tackle. The ball is to be placed on the floor and rolled backwards with the foot.

Scoring of The Game:

13. A **try** shall count four points.
15. **Try and Goal** - A conversion goal or a penalty goal shall count two points.
16. A **drop goal** during play shall count one point.

Careers / Future Involvement

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