



What is passing: 80% of total

## Physical Education Waiver/Test-Out Criteria Tests

This examination is designed to determine whether a student currently possesses the knowledge, skills and fitness level necessary to eliminate scheduling a Level I Howell High School Physical Education Course.

| <u>% of Final</u>   | <u>Activity</u>                      | <u>Boys</u>  | <u>Girls</u>  |
|---|--------------------------------------|--|---|
| 15%   | *Mile Run                            | 9:35   | 9:37  |
| 5%  | *Sit-Ups                             | 50 in 1 min.   | 40 in 1 min   |
| 10%   | *Flexed Arm Hang                     | 27.2 seconds   | 10.7 seconds  |
| 5%  | *Sit & Reach                         | 14.5 inches  | 14.5 inches   |
| <i>*The criteria for this are calculated as 77% of the President's Physical Fitness Test from the National Council on Exercise and Fitness.</i> |                                      |  |   |
| 20%   | **500 Yard Continuous Swim           | 10:00 minutes<br>200 yds. @ Front/Breast<br>100 yds. Back Crawl<br><i>**See minimum requirements</i> | 10:00 minutes<br>200 yds. @ Front/Breast<br>100 yds. Back Crawl |
| 10%   | ***100 Yard Warm Down Resting Stroke | Elementary Back or Side Stroke - Un-timed<br><br><i>***See minimum requirements</i>                  | Elementary Back or Side Stroke - Un-timed                       |
| 5%  | Standing Dive 1M Board               | Execute Head first dive<br>Not past perpendicular  | Execute Head first dive<br>Not past perpendicular               |
| 30%   | Level I P.E.<br>FINAL EXAM           | 77%<br><i>This is <u>not</u> an open book or open note test</i>                                      | 77%   |



# TEAM HANDBALL

PACKET # 26

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity and relates to its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## INTRODUCTION

Team handball is played by two teams of seven players each (1 goalkeeper and 6 court players). The object of the game is to throw the ball past a goalkeeper into the opponent's goal.

## HISTORY OF THE GAME

Team handball is very popular in much of the world, but little known in North America. even the name is confusing even to a North American who knows quite a bit about sports.

The modern game actually grew out of three sports that were developed, independently, in three different European countries: The Czech Hazena, the Danish Handbold, and the German Torball.



All three were based on soccer, but essentially replaced the foot with the hand, so that the ball could be advanced by batting or throwing, rather than by kicking.

Hazena was being played by Slovaks as early as 1892; its rules were first set down in 1906, by a college professor. Handbold (the Danish word for handball) was developed in 1898 by a teacher, Holger Nielsen, as an alternative to soccer. In 1906, Nielsen revised the rules considerably and began organizing competitions outside the

school at which he taught. Similarly, Torball was created in 1915 by a German gymnastics teacher, Max Heiden.

Professor Carl Schelenz of the Berlin Physical Education School in 1919 combined elements of handbold and Torball and adapted the soccer playing field for a new sport which he called handball (actually translating the Danish into German). Schelenz also borrowed from basketball, which was just becoming popular in Germany, to allow dribbling as a means of advancing the ball.

By 1925, the game had become fairly popular in other European countries. The International Amateur Handball Federation (IAHF) was established in 1928; handball was a demonstration sport at the Olympics that year and again in 1932.

Team handball, designed to be played outdoors by teams of eleven players, was a full-fledged Olympic sport at the 1936 Munich Games. The United States finished sixth and last in the competition.

Meanwhile, a different, indoor version of handball was being developed in the Scandinavian countries. Based largely on Danish Handbold, this version had only seven on a side and was played in a considerably smaller area. The IAHF held the first seven-a-side world championships in 1938.

After World War II, the seven-player game gradually took over from the eleven-player version in Europe and also spread to other continents. World championship play, which had been ended by the war, began again in 1954 and handball was restored to the Olympic program in 1972. Competition for women's teams began in 1976.



When handball was introduced to the United States, around 1930, the name was already being used for the court game that was very popular in YMCAs across the country, so the new import was called “field handball,” eventually shortened to “fieldball,” and it was at first played primarily by girls and women. The seven-player version, however, became known as team handball in the United States.

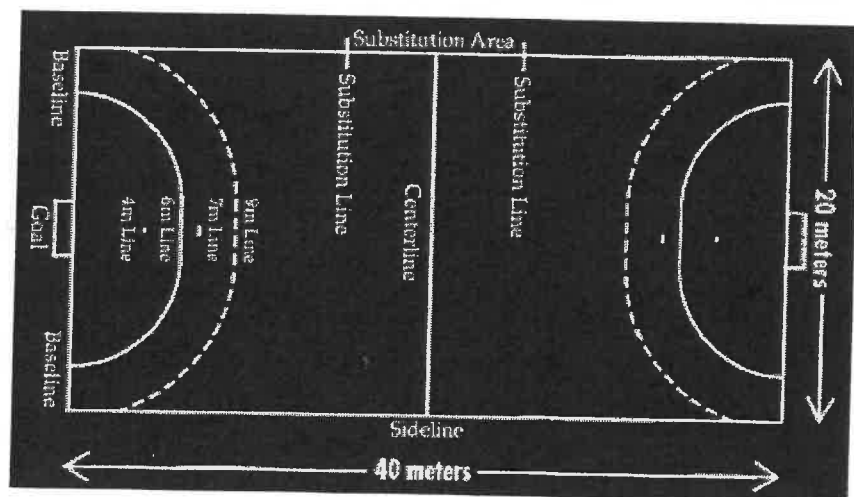
Although it has never achieved great popularity, it was adopted by the U. S. Army as a camp sport in many areas of the country. Many Boys' and Girls' Clubs also took it up, followed by Explorer Scouts and even some high schools and colleges. The U. S. Team Handball Federation was founded in 1959 to standardize rules and sanction competition.

## HOW HANDBALL IS PLAYED

Handball is a ball game of two teams against each other. Each team consists of six field players and one goalkeeper. The winner is the team that makes more goals in sixty minutes, divided into two half-times of thirty minutes. Each team has up to five players to change the playing team in the field.

Players advance the ball down the court by dribbling and throwing the ball. They are allowed to dribble for an unlimited amount of time, run with the ball for up to three steps before and after dribbles, and hold the ball without moving for three seconds. Players are not allowed to pull, hit, or punch the ball out of the opponent's hands, endanger an opponent with the ball, or make contact with the ball below the knees. Free throws are awarded to the opponent in the event of minor fouls or violations. A seven-meter penalty shot is awarded to the opponent when major violations are committed. Matches consist of two thirty-minute periods with a ten-minute half-time interval. There are no overtime periods in team handball.

The playing field is twenty meters wide and forty meters long and it is divided into two halves. Each team owns one of the two goals and there is an area in front of the goal up to six meters away called the 'circle,' wherein only the goalkeeper is allowed. Only the goalkeeper, while in his circle, is allowed to touch the ball with his whole body, all other players are only allowed to throw the ball with their hands.



A player owning the ball can hold it for three seconds or go for three steps, then he must

tip the ball to the ground, throw the ball to another player or into the goal.

The goal is three meters wide and two meters high and is located in the middle of the circle at the end of the playing field. No field player is allowed to reach the goal, but they are allowed to jump into the circle, if they are leaving it at once after the jump.

A match is lead by two referees, each of whom can penalize players with a warning (yellow card, not more than three per team or one per player), a two minute time-penalty (not more than two per player), a disqualification (red card, another player can go on the field after two minutes) or an exclusion (the team is one player short until the end of the match).



If a player makes a fault, each of the referees is allowed to give a free-throw to the other team, or decide for a penalty. Penalties are executed at a mark seven meters away from the goal. In a free-throw each player of the other team has to stay three meters away from the point where it is executed from, in a penalty there is only one shooter against the goalkeeper, but the shooter is not allowed to make a step before the ball has left his hand.

## SKILLS & TECHNIQUES

### BASIC CATCHING TECHNIQUE

The thumbs and fingers should form the shape of a triangle.

Both hands form a “bowl/basket,” enabling to catch the ball more effectively.

Arms should be bent at the elbow and fully extended in order to catch the ball.

When catching the ball, players should move hands toward the ball.

Always catch the ball with two hands.

The “target” should be at shoulder height and on the dominant arm side.

The knees are flexed and the feet are shoulder width apart.

The head is up and forward and the eyes are focused in on the ball.

### OVERHEAD PASS

Throwing arm is at a 90 degree angle at the elbow with ball slightly above head height.

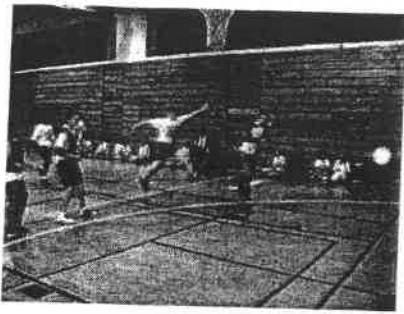
The whole hand should be behind the ball when it is being thrown.

Begin by taking one step forward with the left foot (right handed throwers).

Upon completion of the pass follow through to the target.

Drive with the right foot for power.

Always retreat after the pass to the original position.



### THE JUMP SHOT

Right-handed throwers should push off from the left foot.

Left-handed throwers should push off from the right foot.

Throw from the highest point of the jump.

When in the air, the body should be stretched and throwing shoulder drawn back.

### GOALKEEPING

The knees should be slightly bent and the hands held at head height.

Low balls are stopped with the foot and one arm stretched toward the foot to assist.

A ball thrown at mid-height should be stopped with hand and foot while high balls require a jump from one foot.

### EQUIPMENT & CLOTHING

Ball - The ball used in men's team handball competitions is about 23 inches in circumference. The ball used in women's team handball competitions is 22 inches in circumference. Team handballs are covered in leather.

Uniforms - All players on a team must wear identical uniforms, with the exception of the goalkeeper whose uniform must have colors that distinguish him/her from the court players.

### HANDBALL NEWS & NOTES

USA Team Handball Collegiate National Championships hosted by the Carolina Team Handball Club (CTHC) took place in March, 2004 at the University of North Carolina, Chapel Hill, NC.

The Tournament was a success as collegiate teams from around the U.S. competed in Men's and Women's divisions to battle for the title of Collegiate National Champion. After three days of exciting team handball action both North Carolina Men's and



Women's clubs left the tournament with Gold. The Carolina THC Men's team competed against defending champions West Point Black for a rousing finish to take the title of Collegiate National Champion. Tournament MVP Sylvain Gouttard and MVG Volker Grzimek along with All-Tournament team members Paul Scruggs and Wade Sutton led Carolina THC to the victory.

The Women's final provided another strong competition for the audience and the players as Carolina Women's THC performed in front of a home crowd outscoring Furman University by four goals to win the title of Champion. Tournament MVG Katie Hart from Carolina Women's THC made some outstanding saves in goal stopping Furman's offense.

#### 2004 Olympic Results:

Men—Croatia

Women—Denmark

Stay current with information about the sport by visiting these websites:

<http://www.usateamhandball.org/>

<http://www.usoc.org/237.htm>

<http://www.teamhandball.org/>



Denmark's women's championship Team



# BASKETBALL

PACKET # 4

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

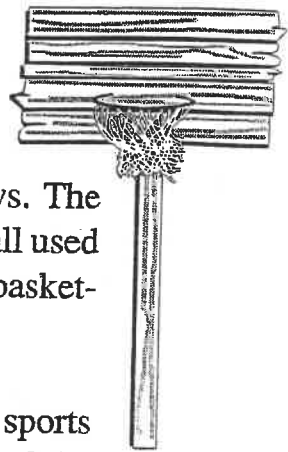
## INTRODUCTION

Basketball is an extremely popular sport. More people watch basketball than any other sport in the United States. It is played in driveways, parking lots, back yards, streets, high schools, colleges and professional arenas.

Basketball's popularity is not confined to the United States. The game is also enjoyed internationally, with rules available in thirty languages. Basketball is included among the Olympic sports.

## HISTORY OF THE GAME

In 1891, a physical education instructor at a YMCA Training School in Massachusetts invented basketball as an indoor activity for boys. The game began with two peach baskets tied to balconies and a soccer ball used to shoot baskets. Two years later, two college teams began to play basketball. The game's popularity has increased continuously ever since.



The National Basketball Association (NBA) is the largest professional sports league. It was created when the Basketball Association of America and the National Basketball League merged in 1949. The majority of professional players are recruited by the NBA from college ranks.

## HOW THE GAME IS PLAYED

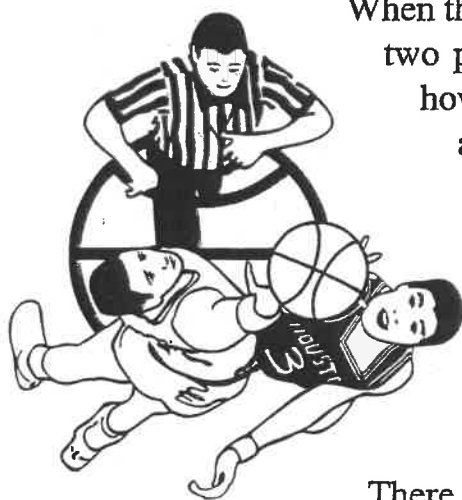
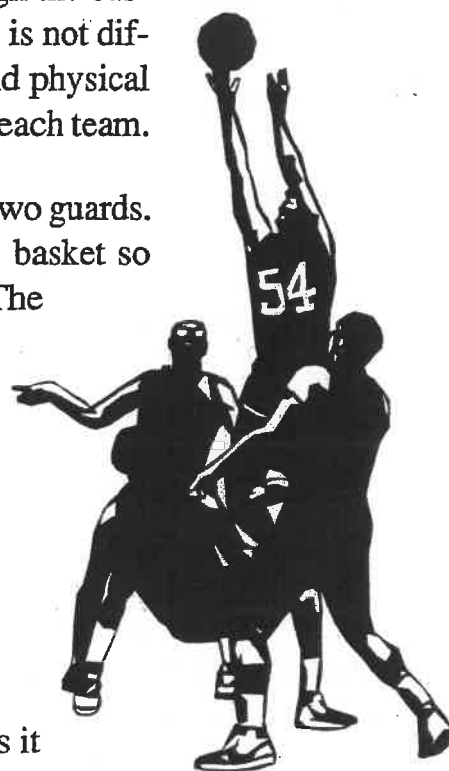
### GENERAL PLAYING RULES

The game of basketball is easy to understand. Players try to prevent their opponents

from scoring while each team tries to get the ball through the basket that the other team is defending. Although the game is not difficult to understand, a tremendous amount of mental and physical endurance and skill is required from the five players on each team.

A basketball team consists of a center, two forwards and two guards. The forwards are positioned near the opposing team's basket so that they can be ready for shooting and rebounding. The center is located near the basket or near the free-throw line so that he/she can be ready for shooting and rebounding. Guards normally bring the ball down the court to begin offensive play.

The game begins with a jump ball. The referee tosses the ball into the air. As it comes down, one player from each team jumps upward in an attempt to tap the ball to a teammate. Once the ball is in play, team members dribble the ball in order to get closer to the basket or pass it to another player. "Dribbling" the ball means bouncing it on the floor repeatedly with one hand. "Passing" means throwing the ball to a teammate. Passing is vital to scoring plays. In fact, most professionals consider good passing to be almost as important as accurate shooting.



When the ball is put into the basket, it is called a "field goal" and two points are awarded to the team that scores. If the shot, however, was taken past the three-point line, then three points are earned. The National Basketball Association instituted a new distance of 20'-6" from the basket for the 3-point line. A "free throw" means a toss from behind the free-throw line, with no interference from the opposing team. If a player has been fouled by an opponent, the fouled player gets a free throw. If the free throw ball goes into the basket, the team gets one point.

There are two types of fouls in basketball—personal fouls and technical fouls:

A personal foul means that a player holds, pushes or trips an opponent.

A technical foul may occur when the game is delayed, too many time-outs are taken, players leave or enter the court illegally or participate in misbehavior such as disrespect toward the referee.

A team may lose possession of the ball for “traveling.” Traveling occurs when a player runs or walks with the ball. Double dribbling (bouncing the ball with both hands or stopping dribbling, then starting again) can also cause a team to lose possession of the ball.

## ***DEFENSE AND OFFENSE***

Professional basketball teams play four 12-minute quarters. College-level play amounts to two 20-minute halves, and high school basketball is four 8-minute quarters. In the case of a tie game, teams play overtime.

Professional teams play 5-minute overtimes. High school and college teams play shorter overtimes.

### **DEFENSE**

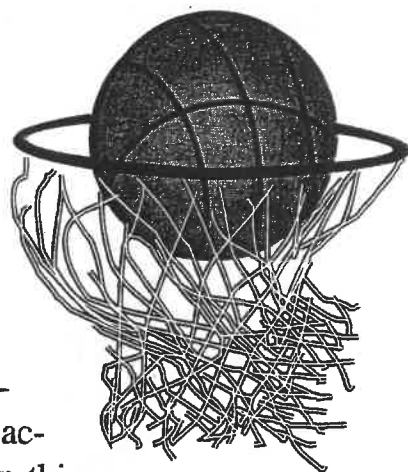
The zone and player-to-player (once called “man-to-man”) systems are two defensive techniques. The zone system uses each player as a guard, protecting a specific zone near the basket that his/her team is defending. Guarding the ball is more important than any particular player in this type of defense.

In the player-to-player (“man-to-man”) system, the opposite is true. Each player guards a player from the opposing team in order to keep the opposition from scoring.

### **OFFENSE**

The fast-break offensive style offers fast movement from one part of the court to another and a chance for scoring. It is characterized by fast, quick passes down the court and using more players on the attack than the opposition has for their defense.

Slower, more deliberate play characterizes the slow-break style. This technique calls for more thoughtful action; players maneuver carefully in order to shoot in this type of offense.



## **PLAYING TECHNIQUES**

### ***TYPES OF SHOTS***

## ONE-HAND SHOT

A shot executed with both hands holding the ball initially. The ball is then pushed into the basket with one hand.

## HOOK SHOT

The ball is thrown to the basket over one shoulder of the player who is handling the ball. The center and forwards on a team will find this shot extremely valuable.

## TWO-HANDED SHOT

A shot usually made when a player is not close to the basket. The ball is thrown with two hands. This type of shot tends to be quite accurate.

## JUMP SHOT

A shot in which the player shoots the ball into the basket at the top of the jump.

## LAY-UP

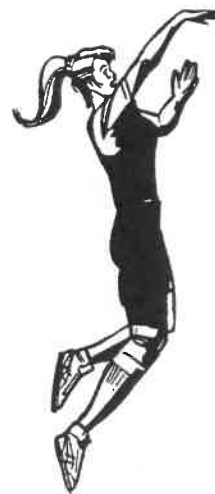
A shot in which a basket is attempted from under the net; generally considered one of the easier shots.

## TIP-IN

A shot in which the ball is tapped back into the basket as it rebounds from the backboard.

## FREE-THROW

A shot in which a player who has been fouled shoots from behind the free-throw line.



## BASIC PASSES

### TWO-HANDED CHEST PASS

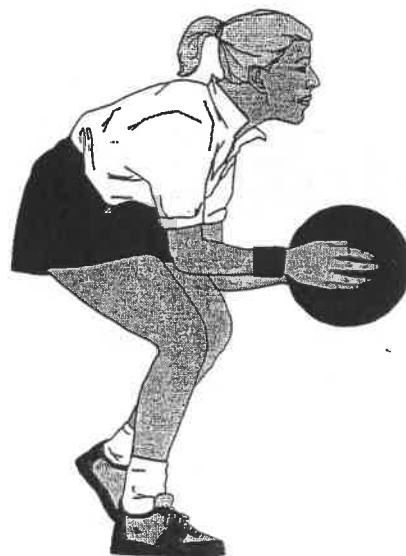
A pass used for short, fast passing of distances up to twenty feet.

### TWO-HANDED OVERHEAD PASS

A popular pass that can be used from anywhere on the court; especially good for closely-guarded players.

### ONE-HANDED OVERHEAD PASS

A pass used as a long pass from any position on the court. Like all one-hand passes, this move takes more time to perform and requires excellent control.



### BOUNCE PASS

This pass is used when two players are relatively close to each other. The ball usually bounces once before being caught by the other player.

### ONE-HAND UNDERHAND PASS

An effective move when the passer is moving at fast speeds; difficult to perform and should be used only when no alternative exists.

## EQUIPMENT AND CLOTHING

A basketball is about two and a half feet in circumference and weighs 22 ounces. Baskets are made of a metal ring with an inside diameter of 18 inches. Netting or webbing hangs from the ring. Two baskets, one at each end of the court, hang 10 feet above the floor. The standard basketball court measures about 50 feet by 94 feet.

Clothing is loose-fitting and designed for freedom of movement. Contemporary "long shorts" were made popular by superstar Michael Jordan of the Chicago Bulls. Shoes are

specially designed to withstand pounding the floor in jumps and other movements, as well as to brace the feet and ankles during violent lateral movements.

## BASKETBALL NOTES AND NEWS

The Detroit Pistons, a team of virtual no-names with defense and an unflinching willingness to play as a team as their foundation, are the 2004 NBA champions.



A Los Angeles Lakers team of four future Hall of Famers and perhaps the two best individual players in the league in Kobe Bryant and Shaquille O'Neal -- but all playing with seemingly different agendas -- never had a chance. The Pistons' 100-87 victory gave them the NBA Finals series 4 -1 and their first title since winning back-to-back crowns in 1989 and 1990.

Chauncey Billups, who had 14 points averaged 21 points and 5.2 assists, shot 50.9% from the field and made 39 of 43 free throws in the series, was named MVP. He was the first point guard to win the award since former Piston Isiah Thomas did it in 1990.

Billups may have been the series MVP, but Ben Wallace set the tone as he outplayed O'Neal head-to-head and finished with 18 points and 22 rebounds.

Practically no one gave the Pistons much of a chance against the star-studded Lakers from what was thought to be the stronger Western conference. But the Pistons, controlling the tempo in every game, became the first Eastern Conference team to win it all since the Chicago Bulls in 1998, breaking a five-year hold the Lakers and San Antonio Spurs had on the title.

Brown won his first NBA championship with the seventh team he has coached in 21 seasons and became the first coach to win an NCAA and an NBA championship. "It's about players playing the right way and showing kids that you can be a great team and be successful and it's great for our league."



Lakers coach Phil Jackson, whose contract is up, was denied what would have been a professional sports record 10th championship and afterward said this could have been his last game. "It's an extremely slim chance that I'll be back," he said. Indeed, as the 2004-2005 season opened Phil Jackson was retired in Montana. In addition, superstar Shaquille O'Neal moved from the Lakers to Miami as Kobe Bryant tried to put his legal woes behind him.

# FOOTBALL

PACKET # 13

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## INTRODUCTION

Football is a physically challenging, aggressive sport played by two teams of opposing players. Each of the two teams tries to get the ball across the opposing team's goal by running, kicking and passing the ball.

American-style football is often known as "the gridiron sport" because of the design of the field. The sport is widely popular in the United States and is gaining fan support in Canada. Although American-style tackle football, as it is called, has spread to a few other countries, it has not achieved the international reputation of such sports as baseball and basketball.

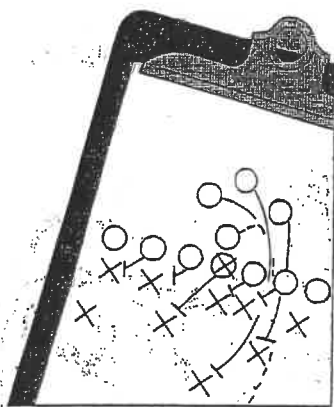


American-style football is a combination of two older sports, soccer and rugby. Soccer (still called football in England) and rugby, which developed from soccer, are both more popular in Europe and other countries than in the United States.

Unlike soccer, a game in which players are forbidden to use their hands but may use other body parts, football allows perhaps the roughest physical contact of any team sport. However, two variations on tackle football, called "touch football" and "flag football" respectively, do not involve tackling the opponent and are less physically challenging to play.

## HISTORY OF FOOTBALL

Football first became popular in the United States in the 1820s, when it was widely played in colleges and universities. Many colleges, including Yale, Harvard and Cornell, played an early version of football which incorporated many features of rugby. Football at this time had no uniform rules and regulations, and games often ended up with heaps of injured players on the field! To stop this physically violent aspect of football, Walter Camp (now remembered as “the father of American football”) in 1880 made many changes in the game. Most of these changes regulated the physical violence of the sport and many have lasted into modern times.

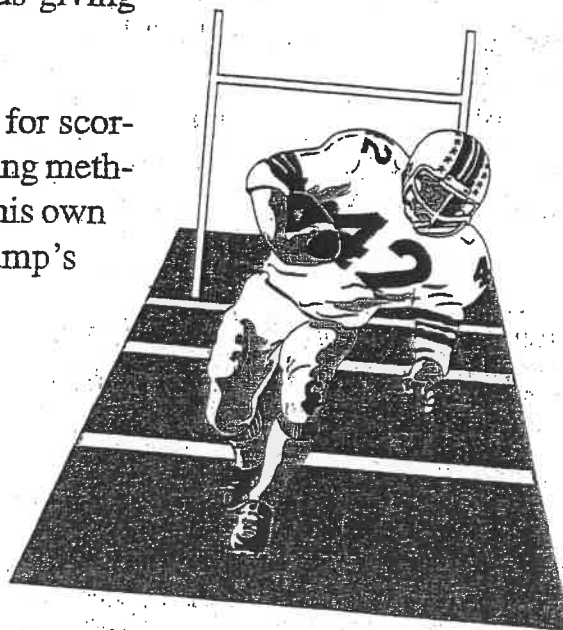


Camp refined the scrimmage (a term borrowed from rugby), a play whereby the center puts the ball into play by sending it to the quarterback. In addition, Camp introduced the role of the quarterback, now considered the most exciting position on the team. Camp also altered the number of players on a team from the traditional 15 of rugby to the 11 now used in modern football. Camp was also the person who finalized the alignment of the 11 players into 7 forwards, a quarterback, two halfbacks and a fullback.

Between 1882 and 1888, Camp made three more significant changes in the game. First, a system of downs and yardage to be gained was finalized. According to the new rules, a team has to surrender the ball if it fails to gain five yards (later increased to 10 yards) in three downs (later raised to four). This was the rule that made it necessary to mark the field with horizontal lines five yards apart, thus giving the field its traditional “gridiron” appearance.

Another rule Camp introduced was regulations for scoring—specifically, giving points to different scoring methods. For example, tackling a ball carrier behind his own goal line was worth one point. Many of Camp’s changes in this area still apply today.

Finally, Camp changed the tackling rule to its present status. In early football, tackling was permitted only from the waist up. Camp changed the rule to permit tackling as low as the knee area. Linemen, however, were required to keep their arms at their sides, and were not allowed to block with their arms as they previously had done.





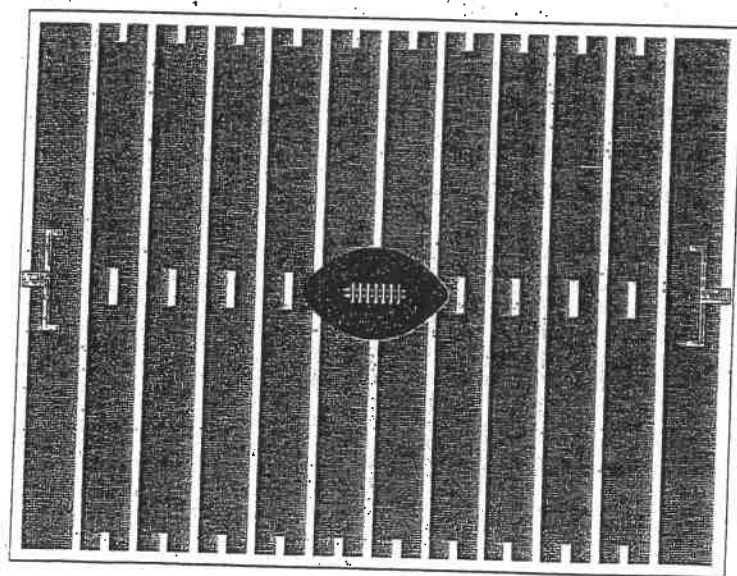
Football has grown steadily in popularity in the United States and Canada, largely because of television. Thanks to television coverage of this sport, football has grown into a major industry in North America. Television, in fact, dictates much about how the game is now played. For example, halftime, time outs and even the overall length of the game have been extended to allow for TV commercials. As a result, games on television can last up to three hours.

Television has also made superstars out of many players, giving them a chance for new careers in the media. Many football players have "retired" from the game, only to reappear on television as actors and sports commentators.

## HOW THE GAME IS PLAYED

The football field is traditionally 100 yards long from one goal line to the other and 160 feet wide. The "end zone" extends ten yards past each goal line. In professional football, the goalposts are ten yards behind the goal lines. The width between the posts is 18 feet six inches.

A coin toss determines which team has the choice of receiving the ball or starting the game with a kick-off. A kick-off occurs when the football is kicked while it is placed on a tee and sent to the opposing team. The kick-off traditionally occurs on the kicking team's 35-yard line. The receiving team is situated 10 yards from the kickoff line.

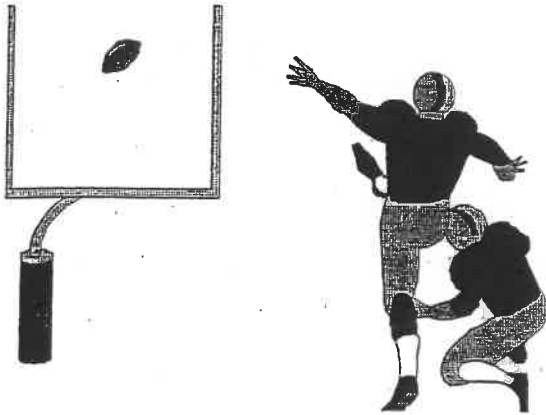


Once the ball has been kicked off, the team with the ball tries to advance down the field in order to score points. When a player carries the ball into the end zone or catches a forward pass in the end zone, he/she scores six points for a touchdown.

Meanwhile, the defensive team tries to get into a scoring position either by intercepting a pass or by picking up a fumbled ball. The team that scores a touchdown can get an extra point by

kicking the ball over the crossbar of the goalposts in a move known as a "conversion." By running instead of kicking the conversion, two additional points can be earned.

In order to make a first down, the offensive team has four downs, or plays, in which to advance the ball at least ten yards. Each time that a player makes a first down, that team gets another series of four downs in which it can gain at least ten more yards.



If a team has failed to gain 10 yards by the fourth down, it has two options to choose from. The team may opt to punt the ball to the other team, or it may attempt a field goal. A "punt" entails dropping the ball and kicking it before it touches the ground.

A football game lasts for sixty minutes broken into four 15-minute periods, or "quarters." After the second quarter, there is usually a 20-minute break.

The clock may be stopped for any of the following four reasons:

- an incomplete pass

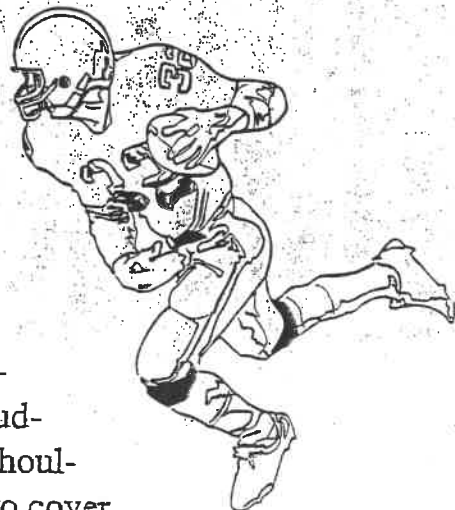
- a runner goes out of bounds

- a penalty

- after a score is made

Teams are typically penalized five, ten or fifteen yards, depending on the type of foul committed. For example, a five-yard penalty would be given for delaying the game or for crossing the line of scrimmage before the ball is passed. Ten-yard penalties are typically given for illegally holding a player on the opposing team.

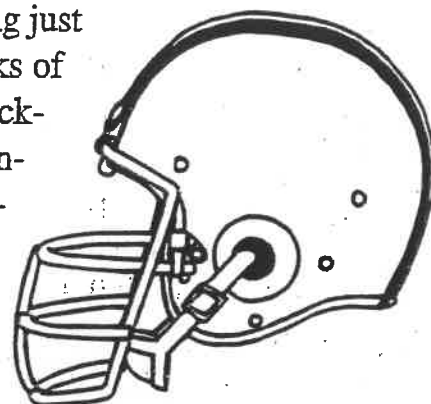
Fifteen-yard penalties are given for the most serious offenses. They include blocking from behind, butting another player with a helmet and running into/tackling the passer once the ball has been thrown.



## EQUIPMENT AND CLOTHING

Because of the rough nature of football, modern players wear a good deal of padding and protection, including helmets, face masks and pads that cover the hips, shoulders, knees and forearms. Flak jackets also are used to cover the ribs and mouthpieces protect the mouth and face. Now that artificial turf is so widely used on playing fields, special cleated shoes are also worn.

Players wear a uniform characterized by tight pants ending just below the knee. Numbers are sewn on the fronts and backs of the jerseys for identification purposes. Quarterbacks and kickers are 1-19, running backs and defensive backs, 20-49, centers and linebackers, 50-59 and linemen, 60-79. Wide receivers and tight ends are numbers 80-89 and defensive linemen/linebackers use numbers 90-99.



## FOOTBALL NOTES AND NEWS

For many people, football—especially professional football—has replaced baseball as the “National Pastime.” Monday night football on television has become an American institution, and all across the country people gather around TV sets to watch their favorite teams perform.

Television coverage is one of the major reasons for football’s popularity: football is a dramatic sport, with lots of body contact and heavy action. Baseball, on the other hand, is less visually dramatic for some, and, as such, less exciting. Baseball and football fans will argue both sides as long as there are games.

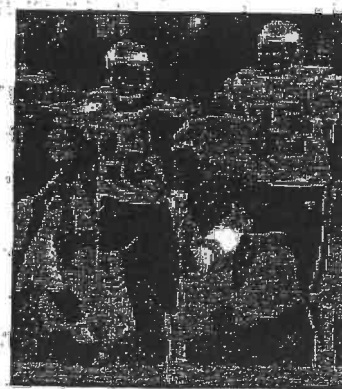
## PROFESSIONAL FOOTBALL



Emmitt Smith broke Walter Payton’s career rushing record in October of 2002. Smith a Dallas Cowboy broke the old record in the third quarter against the Seahawks. Payton’s old record was 16,726 yards as a Chicago Bear in 1984. Smith, a 13th-year veteran, pushed the record to 16,743.

In 2005, the glory rolled on for the New England Patriots. Another Super Bowl, another Lombardi Trophy, another step up to the place where only the most celebrated teams go.

This time no last-minute field goal was needed. Just a relentless fourth quarter in which the Patriots showed the poise of a champion, building a 10-point lead and then holding on for a 24-21 victory over the Philadelphia Eagles in Super Bowl XXXIX, their third title in four years.



This time, the MVP was not Brady and his immaculate quarterbacking. But instead, it was receiver Deion Branch, one of the endless line of Patriots who tormented the Eagles secondary and tied a Super Bowl record with 11 receptions for 133 yards.

The Patriots withstood 357 passing yards and three touchdown passes from Donovan Mc Nabb and nine catches by Terrell Owens to capture another Super Bowl title.

## *COLLEGE FOOTBALL*

Despite all the attention that pro football gets, there would be no NFL if there were not colleges to discover, train and develop new football players. Consequently, colleges all over the country are proving grounds for new players, some of whom dream of a pro ball career. NFL scouts are constantly on the watch for talented players.

College players operate within either of two associations: the NCAA (National Collegiate Athletic Association) and the NAIA (National Association of Intercollegiate Athletics). Season play leads to annual bowl games, in which college teams that have won their division title compete for the season championship. The winners of major bowl championships in 2004 included: Orange Bowl: University of Southern California, Sugar Bowl: Auburn University, Fiesta Bowl: Utah, and Rose Bowl: Texas.

The most coveted award for college football is the Heisman Trophy. Listed below are some recent winners:

| <u>Year</u> | <u>Name</u>    | <u>College</u> | <u>Pos.</u> | <u>NFL Team</u>    |
|-------------|----------------|----------------|-------------|--------------------|
| 2004        | Matt Leinart   | USC            | QB          | returns to college |
| 2003        | Jason White    | Oklahoma       | QB          | returns to college |
| 2002        | Carson Palmer  | USC            | QB          | Cincinnati Bengals |
| 2001        | Eric Crouch    | Nebraska       | QB          | St. Louis Rams     |
| 2000        | Chris Weinke   | Florida State  | QB          | Carolina Panthers  |
| 1999        | Ron Dayne      | Wisconsin      | RB          | New York Giants    |
| 1998        | Ricky Williams | Texas          | RB          | New Orleans Saints |

High school football is also exciting to watch or play. Few activities are more fun than rooting for your team. Many professional players start their first serious training in high school. Remember also that standouts often receive athletic scholarships for college.

You might want to visit these web sites to stay up on what's happening in the sport:

<http://www.nfl.com>

<http://www.ncaa.org>

# SOFTBALL

PACKET # 19

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

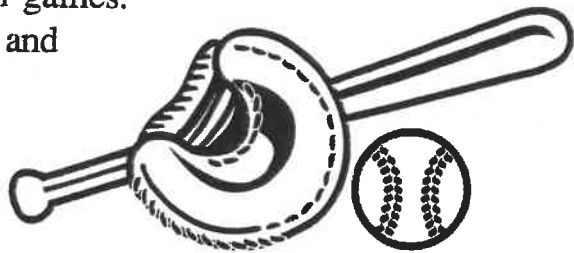
## INTRODUCTION

Softball is a very popular sport in North America. Millions of children and adults play and enjoy this game. Softball has been played in the United States and Canada since the late 1800's. An International Softball Federation was formed in 1952. This organization coordinates international competition and regular regional and world championship tournaments for men and women. In 1996 softball was added as an Olympic sport. In that same year the United States became the first gold medal winner of this new Olympic sport.

The fundamentals of softball are the same as those of baseball. Batting and fielding is similar in both games.

Softball is played on a smaller field, however, and the game is seven innings long instead of nine.

In softball, the ball is pitched underhand, whereas in baseball the pitch is overhand or sidearm. Base stealing is permitted in both games, but in softball the runner must keep in contact with the base until the pitcher throws a pitch.



There are many variations to the game of softball; some are officially recognized and others are not. In Chicago, for example, Windy City or Cabbage Ball is played with a 16-inch ball and without gloves. In Maine and Alaska, people play softball in the snow. In California, a game has developed called Over the Line: OTL players don't use gloves and they don't run bases. These variations of the game exist in many regions, however, fast-pitch and slow-pitch softball are the two dominate the games in North America.

## HISTORY OF THE GAME

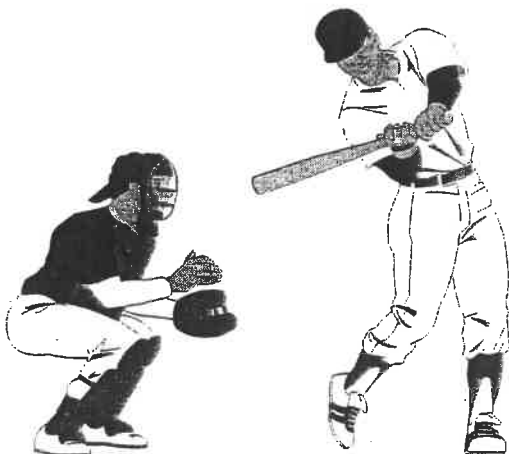
The game of softball began in Chicago, Illinois on Thanksgiving Day in 1887. Several young men at the Farragut Boat Club were waiting for a telegraph to see who won a Yale-Harvard football game. While waiting, one man threw an old boxing glove at a friend. He in turn hit it with a broom handle. Another friend, George Hancock, grabbed the glove, tied it into a sphere and said, "let's play ball!" The friends chose up sides, and the first game of softball began.

After the game, Hancock created a crude ball that was larger than a baseball. He then drew up a list of rules and decided that the game could be played in a field much smaller than a regular baseball field. He thought an area like a school gym would be just right for this new game of softball.

In 1887 several softball teams were formed in Chicago. It was not long before the game spread to other parts of the country. Hancock wrote the first set of rules in 1889. As new teams formed, they adopted new rules. One of the obvious differences between the teams was the lack of a standard bat or ball size.

Eventually, a committee of the Amateur Softball Association was formed and met in 1933 to set standard rules. Today the game of softball is played worldwide with standard sets of rules. There are still three sizes of balls in use: 12-inch, 14-inch, and 16-inch. The 12-inch ball is the most popular.

The first softball fast-pitch national tournament for both men and women was held in 1933 in Chicago. More than 350,000 people attended the three days of playoffs. In later years the national tournament was held in a variety of large cities. Today the Amateur Softball Association crowns national champions in both fast-pitch and slow-pitch, with fast-pitch dominating international competition.

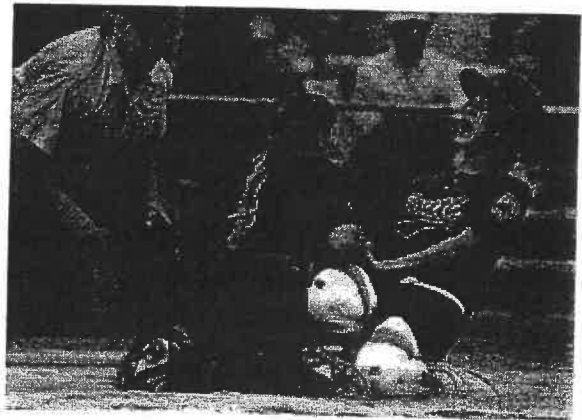


## HOW THE GAME IS PLAYED

The game starts as the batter steps into one of the batter boxes on either side of the home plate. The pitcher then tries to throw the ball through the batter's strike zone using an underhand motion. For slow pitch, the strike zone is between the shoulders and the knees. For fast pitch it is between the armpits and the knees.

If the batter doesn't swing and the ball passes through the strike zone, the umpire will call a "strike." But if the ball pitched is outside the strike zone and the batter doesn't swing, the umpire calls the pitch a "ball." The batter can get a strike if he swings at a pitch and misses. He can also get a strike if the ball is hit into foul territory. A batter remains at the plate until she hits a ball into fair territory, takes four balls for a walk to first base, or gets three strikes for an out. If the count is already at two strikes, a foul ball will not be called a strike unless it's a "three fouls and you're out" league.

If the batter hits a fair ball, the defense can make a force-out by throwing the ball to first base before the runner gets there. The umpire will call the runner out as long as the first base player has control of the ball and a foot on the bag. If another runner is already on base, the defense will often choose to pick off the lead runner. It's important to remember that if the lead runner doesn't have to run, a fielder must tag the runner to get an out. For example, a runner on second base doesn't have to go to third if first base is empty. If the runner heads to third, the person playing third will place the ball in his glove and touch the runner with it to get the runner out. The defense can tag an offensive player who overruns second or third base.



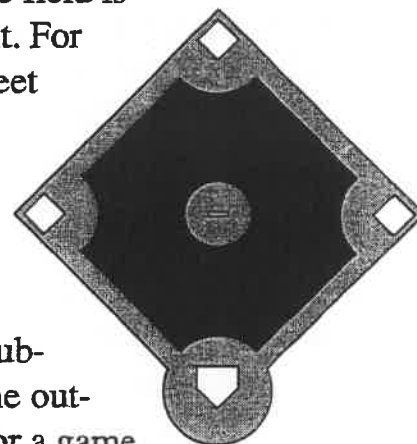
The defense can also get the batter out by catching a fair or foul ball on a fly. After a fly ball for an out, all runners on base must tag up (they must be touching their original base until the ball is caught). When a fly ball is hit deep into the outfield, a runner may tag up and then run to the next base. Since the runner doesn't have to run, he or she must be tagged out.

The offense scores a run when a person makes it all the way around the bases without being tagged or forced out. Each team bats until there are three outs. An inning is completed when both teams have batted. The visiting team bats first. This is called the top of the inning. The home team bats second, or in the bottom of the inning. Softball games last seven innings unless there is a tie or the game is rained out. The team with the most runs wins.

## THE PLAYING FIELD

Softball is played on a diamond-shaped field with bases located at each corner of the diamond. The field is divided into an infield and an outfield.

The dimensions of the field vary with the type of softball being played and the age and sex of the players. These differences ensure that the field is appropriate for the strength and skill level of the players using it. For example, in a ten-year-old boys' game the pitcher stands 35 feet from the batter. In order to hit a home run the batter must hit the ball over a fence 175 feet away.



In a men's slow pitch league, on the other hand, the pitcher throws from 65 feet away and the outfield fence is 300 feet away. Most field dimensions, including distance from the pitching rubber to home plate, length between the bases, and distance to the outfield fence, will be slightly smaller for a fast pitch game than for a game of slow pitch.

## THE VARIOUS FORMS OF SOFTBALL

Although the many games of softball have similarities, they also have some basic differences. Each type has a number of rules that regulate the style and speed of pitching.



For example, *modified pitch* eliminates two of the fastest and most difficult-to-hit pitches (the "windmill" and the "slingshot") that are used in straight fast-pitch softball. *Slow-pitch* rules require, among other things, that the ball travel within minimum and maximum limits of arc when pitched. One form of slow pitch is played with a ball that is 16 inches in diameter, which is much larger than the standard 12-inch ball.

Since slow pitch has a larger field, it uses more players than fast pitch. *Fast pitch* is played with nine people while slow pitch adds an extra player to the outfield to make ten. Slow pitch, unlike baseball or fast pitch, sets limits on the number of out-of-the-park home runs allowed per inning. Depending on the league's classification, this number can range from zero to 12. The batter will be called out for any home runs hit in excess of the limit.

## THE PITCHER

Rules for the pitcher differ for each type of softball. An obvious reason for pitching rules is to make certain that a certain speed of pitch is thrown to the batter. Another reason is to ensure that the pitcher doesn't confuse the batter and base runners with "fake" pitches.



Failure to follow the pitching rules will result in an "illegal pitch." In fast pitch, the penalty for an illegal pitch is a ball called for the batter and an extra base for any base runners. In slow pitch, a ball is called for the batter but the runners do not advance automatically.

Men's and women's fast pitch softball have rule variations that determine the stance of the pitcher. Both games require the pitcher and the catcher to be in position before the pitcher is considered ready to pitch. The catcher must stay inside the catcher's box until the ball has left the pitcher's hand. When stepping up to the pitcher's rubber, the pitcher should approach with both hands separated. The ball may be held in either the glove or the throwing hand. For men, one foot must be placed on the pitching rubber and the other may be on or behind the pitching rubber. Women must have both feet on the pitching rubber. In either case, the shoulders should be squarely facing the batter. Only at this time may the pitcher receive signals from the catcher.



When the pitcher is ready, both hands must be brought together holding the ball still in front of the body, for from one to ten seconds. The moment the pitcher takes one hand off the ball, the pitch proper has begun.

The pitcher may use any windup, but it is illegal to reverse the forward motion of the windup before the pitch is released. This will prevent the pitcher from throwing "fakes."



In men's play, the ball must be thrown with an under-handed motion with the hand below the hip. The wrist may not be further from the body than the elbow. When the pitcher takes a step forward, it must be taken at the same time as the delivery of the ball. The pitcher's other foot must remain on the pitching rubber until the forward stepping foot has touched the ground. Women start with a different ready-to-pitch stance; the pitcher may allow her pivot foot to drag forward, off the pitching rubber, before her other foot touches the ground. She must make sure that her pivot foot, in leaving the pitching rubber, remains in contact with the ground.

Unless there are base runners that may be stealing the

next base, the catcher should return the ball only to the pitcher. This eliminates wasting time and the danger that a ball could actually be called for this infraction.

The pitching in *modified pitch* softball is very similar to fast pitch, but the ball is released a little lower, since the pitchers begin with both feet on the pitching rubber. In modified ball, the pitcher may not use the windmill or sling-shot pitches.

Slow pitching regulations are a simplified version of the fast pitch regulations. To start, a pitcher must simply pause with the ball held in front of his body, keeping a foot on the pitching rubber. When pitching, the pivot foot must be kept in contact with the rubber but the other foot may step either forward, or backward during the pitch. In slow pitch softball the ball must not be delivered at excessive speed: two such offenses could result in the removal of the pitcher from the pitching position. After leaving the pitcher's hand, the ball must arc at least six feet from the ground before crossing home plate. A pitch's maximum height off the ground in slow pitch is 12 feet.



## EQUIPMENT

Bats come in a variety of lengths, weights and shapes. Usually a player has a good chance of finding a bat that meets her needs. The bat used should be an official softball bat that is clearly marked "Official Softball" by the manufacturer.

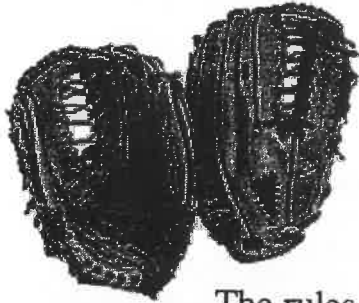
An official bat must be round and can be made from wood, metal, bamboo, plastic or laminated wood. It must not exceed 38 ounces in weight. Metal bats must be free of burrs and any rough or sharp corners. Wooden bats must be made either from one piece of hard wood or from a block of laminated wood.

An official softball bat must not be longer than 34 inches or have a diameter greater than  $29/32$  inches. All bats must have some type of safety grip of cork, tape, or composition material. A batter can be called out for using an illegal bat and ejected for using an altered bat.

The official softball measures between 11 and  $7\frac{1}{8}$  and 12 and  $\frac{1}{8}$  inches in circumference, weighs between 6 and  $\frac{1}{2}$  and 7 ounces. It has a center made of fiber kapok or of a cork-rubber mixture. The ball is covered in chrome-tanned horsehide or cowhide sewed in a seamless stitch with waxed thread. Cement applied to the underside of the covering

holds it to the ball.

Each player normally would furnish his own shoes and glove. Metal shoe spikes may be used if the spikes are no longer than three-fourths of an inch. Rounded metal spikes, such as track or golf spikes, are not allowed.



A ball player's glove or mitt is her most important personal furnishing. A good player keeps her glove or mitt in fine condition, keeping it free from dirt. Only the catcher and the first baseman are allowed to wear a mitt. The other players wear gloves.

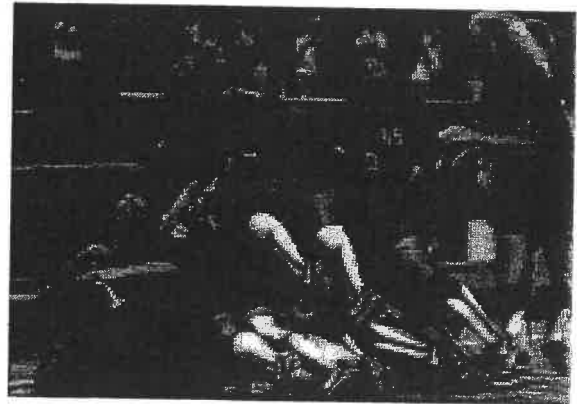
The rules require a catcher to wear a mask in fast pitch and recommend one for slow pitch. Other catching equipment includes a chest protector and shin guards. In most cases the team sponsor will furnish the catcher's equipment as well as the batting helmets. Batting helmets must be worn in fast-pitch games, not only by the batter but also by the base runners and the on-deck batter as she warms up.

Uniforms for all players must be identical in color, trim and fit. Undershirts that are exposed to view and worn by more than one team player should be of the same color. Ragged or torn sleeves on uniform shirts or undershirts are not permitted. Caps are also part of the official uniform.

## SOFTBALL NOTES AND NEWS

The Amateur Softball Association registers over 260,000 softball teams annually. Today there are also more than 73,500 Junior Olympic Youth Softball Teams.

One of the greatest victories for softball enthusiasts occurred in 1991 with the addition of women's fast pitch softball to the program of the 1996 Olympic Games in Atlanta, Georgia. In fact, the USA defeated China 3-1 to capture softball's first Olympic Gold Medal. On that July 30, day a capacity crowd of over 8,700 witnessed the USA win behind the pitching of Michele Granger of Anchorage, Alaska and Lisa Fernandez of Long Beach, California.



Dot Richardson played shortstop for the 1996 U.S. Gold Medal Team. Dot was fully

committed to this team since she was willing to put her medical training on hold for a year. By profession Dot is an orthopedic surgeon. She is no stranger to international competition after playing on three Pan Am Games teams and in three International Federation world championships.

Fifteen women represented the United States in the 2000 Olympic Games in Sydney, Australia. The U.S. rebounded from a three-game losing streak to repeat as softball gold medalists, beating Japan 2-1. At age 39, Dot Richardson saw Olympic action again. She was the oldest team member.

The American women once again raised the bar for excellence in softball by claiming their third straight gold medal with a 5-1 win over the Aussies in the 2004 Olympics at Athens. If not for the Aussies scoring a run in the sixth inning of the final game, the U.S. team would have thrown up nine zeros in nine games--a perfect Olympics. The U.S. team broke virtually every team record and set individual marks in offensive, defensive and pitching categories. "This team got it done," said pitcher Lisa Fernandez, who now has three gold medals.



The Division I Women's College World Series drew to a close on May 31, 2004 in Oklahoma City, Oklahoma, where the UCLA Bruins continued to build on their softball dynasty by taking the 2004 Championship with a 3-1 victory over California. The win marks UCLA's second consecutive national title.

There are softball leagues and organizations all over the world, including many excellent high school and college softball programs. There are, however, still many people who play the sport informally just to have some fun and get a little exercise.

# SOCCER

PACKET # 6

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## INTRODUCTION

Soccer is a fast-moving, action-packed sport. It is one of the most popular sports in the world today. Soccer, which is technically known as "association football," was in fact the forerunner of modern football. Soccer was the only football-type game in the United States until American-style football became popular in the 1870s.

Today, soccer is included in the physical education programs of many schools. In addition, many elementary and high school students play it in organized after-school programs.

Soccer demands physically fit players since the game includes running as much as three or four miles per match. The player's arms, legs, heart and lungs all get a good workout during the average soccer game.

## HISTORY OF SOCCER

In 400 B. C., the Chinese played a version of soccer, using a ball stuffed with hair. The Romans also played a version of soccer called "harpastan." Julius Caesar reportedly



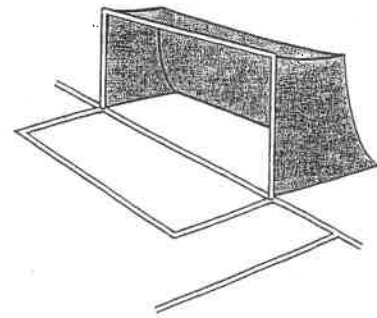
used this game as training for his armies.

Soccer was also played in various forms in England for about four hundred years before it was finally accepted as a "respectable" game.

On May 21, 1904, the Federation Internationale de Football Association (F. I. F. A.) was founded for the purpose of formulating rules and regulations to govern the game of soccer. The F. I. F. A. today is responsible for all international games, as well as the World Cup Tournament, which is held every four years.

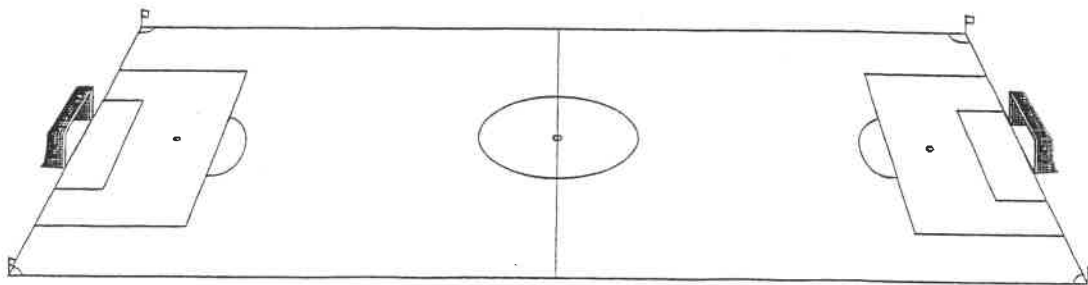
## HOW SOCCER IS PLAYED

Points are made in soccer by kicking or butting the ball into the goal net. Players are not allowed to touch or carry the ball. The goalie can use his or her hands only in the penalty area. Soccer games are comprised of two 45-minute periods with one halftime rest break. When a soccer player commits a foul, the opposing team gets a free kick. Fouls are given for such things as kicking an opponent, jumping an opponent, striking or pushing an opponent and handling the ball with the hands.



A soccer playing field is approximately 100 to 120 yards long and 55 to 75 yards wide. The goal net is 8 feet high and 24 feet wide.

A soccer team consists of eleven persons, all of whom work together to accomplish the team's goals. Each of the eleven persons has a distinct job to do, and each of these jobs must be coordinated with the other ten players' tasks.



The eleven players include:

a goalkeeper

two backs

three midfielders

three strikers

two wingers



The **goalkeeper** stays close to the net, and is the only player who is allowed to use his or her hands.

The two **backs** are located near the goal area and protect the goalkeeper.

**Midfielders** (including right, center and left) are in constant motion during the game. These players run back and forth across the field throughout the game.

**Strikers** are considered the best all-around players. They must be adept at accurate passing as well as precision shooting with both feet.

The **wingers** (right and left outside forwards) are similar to basketball guards. These players must be able to control the ball in order to score the maximum number of points.

## PLAYING TECHNIQUES

A unique aspect of the game of soccer is that the entire body, except for the arms and hands, is involved in the game. This is one major reason that soccer requires so much practice, especially for the beginning player. Even the simplest-looking moves are difficult to master. Experienced players practice constantly in order to maintain a high level of skill.

### KICKING

Kicking is a critical skill in soccer. The soccer kick does not use a



regular kicking motion, which includes the toe. Instead, a soccer kick is really an instep kick which, properly performed, can send balls soaring up to 70 miles per hour. Professional observers say that properly-executed kicks separate the skilled players from the beginners.

## *OVERHEAD KICK*

The overhead kick is used when a player wants to send the ball in the opposite direction from the one in which she/he is facing. An overhead kick can be used either on a ball in flight or on a bouncing ball. Timing and coordination are both extremely important in this move.



## *TRAPPING*

“Trapping” the ball means that a player attempts to control a ball by stopping it or changing its direction. Trapping can be performed with any part of the body except the arms. Once the ball is trapped, it can be passed to another player or advanced on the field. A player may also attempt to make a goal with a trapped ball.



## *HEADING*

This technique is used when the ball is too high to reach with any other body part. Incredible as it sounds, statistically a high percentage of goals have been head shots!

Timing is of critical importance in head shots. The player must meet the ball rather than allowing the ball to come down to meet him or her. The power in this shot results from the body being flexed backward as the ball is hit with the flat part of the forehead.

## *PASSING*

Passing is the most critical move in soccer. It is an excellent way to advance the ball and requires highly coordinated teamwork.

While passing is somewhat similar to kicking, passing requires considerable practice to learn the exact amount of power needed to move the ball. The “push pass” (an inside-the-foot pass) is the most popular pass and can move balls up to 20 feet when properly executed.



## ***DRIBBLING***

Soccer dribbling is not the same move as basketball dribbling. However, both sports use this technique to move the ball along from one point to another.

In soccer, dribbling means touching or pushing the ball with the inside and outside portions of the foot. The object of dribbling in soccer is to move the ball approximately 10-12 inches.



## **EQUIPMENT AND CLOTHING**

In soccer, attire that allows for freedom of movement and comfort are the main clothing requirements. Professional teams usually wear shorts, a jersey top and shin pads for lower leg protection.

Soccer shoes are perhaps the player's most important piece of equipment. They are manufactured to conform to specific regulations. Most professional soccer shoes have rubber studs or rippled rubber soles in order that they can be used on all types of surfaces.

## **SOCCER NOTES AND NEWS**

In 1900, soccer became the first team sport to be added to the Olympic games. According to the 1996 Olympic Factbook (published in association with the Olympic Committee) soccer is the most popular sport in the world. At the 2004 Athens Summer Olympics, the medal winners were:

### **Men**

|                |                  |
|----------------|------------------|
| <b>GOLD:</b>   | <b>ARGENTINA</b> |
| <b>SILVER:</b> | <b>PARAGUAY</b>  |
| <b>BRONZE:</b> | <b>ITALY</b>     |

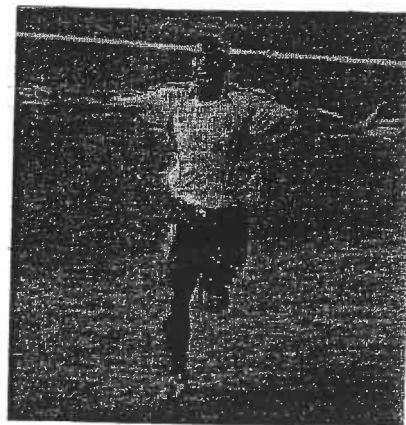
### **Women**

|                |                      |
|----------------|----------------------|
| <b>GOLD:</b>   | <b>UNITED STATES</b> |
| <b>SILVER:</b> | <b>BRAZIL</b>        |
| <b>BRONZE:</b> | <b>GERMANY</b>       |



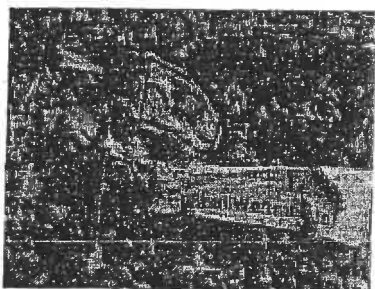
To participate in the World Cup is the dream of millions of young soccer players. The World Cup takes place every four years and is the most important soccer competition in the world.

Ronaldo, the world's greatest goal-scorer, capitalized on an error by the best goalkeeper, Oliver Kahn, then scored again to lift Brazil to an unprecedented fifth World Cup title in June of 2002, 2-0 over Germany. Ronaldo, the brilliant prodigy who battled injuries for nearly two years, recaptured all of his stardom and more with a superb tournament. He topped it off with the second goal on a wonderful passing play, becoming the first player in 32 years to get eight goals in one World Cup.



*Brazil's Ronaldo celebrates his second goal during the 2002 World Cup final between Brazil and Germany.*

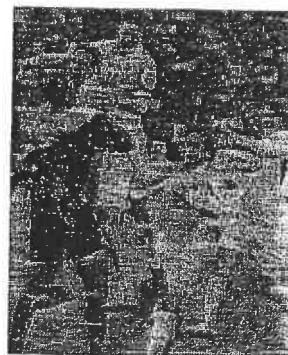
Germany won the 2003 Women's World Cup by defeating Sweden 2-1. It was Nia Kuenzer that provided Germany with its first Women's World Cup championship. Eight minutes into overtime it was Kuenzer's goal that brought Germany the victory.



Germany has had superb women's teams for years. they've won five of the last six UEFA titles, including the last three, reached the 1991 World Cup semifinals, the final in 1995 and captured the bronze medal at the Sydney Olympics three years ago. In 1999, they appeared on the verge of upsetting the US, then watched two leads disappear.

The United States lost to the Germans in the 2003 Women's World cup semifinals 1-0.

The Indiana Hoosiers successfully defended their NCAA Division I Men's Soccer Championship in December of 2004 winning their second straight title in a close game against UC Santa Barbara. The Hoosiers tied UCSB 1-1, with both teams scoreless through two overtime periods. Indiana then came out on top of a penalty kick shootout, 3-2, to reclaim the national title.



UCLA and Notre Dame played through overtime to a 1-1 tie before the Fighting Irish won the 2004 Women's College Cup in



a penalty kick shootout, 4-3. Notre Dame (24-1-1) also won the national title in 1995 and joined North Carolina as the only multiple champions.

For the first time since the NCAA began tracking participation on numbers of participants in 1982, soccer is the most popular college women's sport. The recent study showed 18,199 women in three divisions played soccer.

Find out more about what is happening in the sport of soccer by visiting these web sites:

<http://www.mlsnet.com/>

<http://www.collegesoccer.com/>



# VOLLEYBALL

PACKET # 1

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## INTRODUCTION

Volleyball is a popular sport which can be played both indoors and outdoors. It appeals to people of all ages and skill levels. It is fast-paced, with constant jumping and running, and thus provides a strenuous aerobic workout. It also requires mental alertness and quick, precise physical reactions.

Many associate volleyball with the beaches of southern California and in fact, a number of professional players get their start by playing beach volleyball. However, volleyball is popular not only on the beaches, but in virtually every country of the world. In 1964, it was officially recognized as part of the Olympic Games.

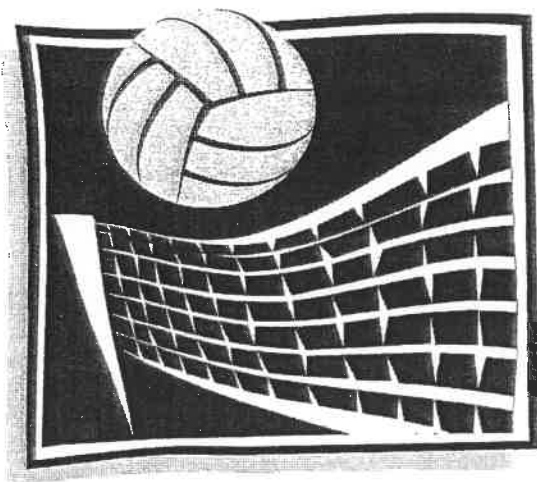


## HISTORY OF THE GAME

Volleyball originated in Massachusetts in 1895 when the director of a local YMCA used the bladder of a basketball for a ball and a tennis net as the first volleyball net. The game was regulated by the YMCA until 1928 when the United States Volleyball Association was founded.

## HOW VOLLEYBALL IS PLAYED

The name “volleyball” is not an entirely accurate description of this sport. The object of the game is hit the ball over the net in such a way that the opposing team cannot return it.



Volleyball is played on a court 30 feet wide by 60 feet long. The net is three feet high and spans the width of the playing area. The top of the net is positioned eight feet (in men's volleyball) from the floor or playing surface. The modern volleyball is about the size of a soccer ball.

The game is played by two opposing teams, with six players on each team. Once the ball is put into play, it is “volleyed” back and forth between the teammates up to three times before it is hit over the net or until it falls to the floor, is hit out

of bounds or a team commits a foul. The same player may not make a hit twice in a row. Even if the ball hits a player by accident, it counts as one of the three touches allowed per side. However, if a player blocks a spike, the block is not considered a “hit.”

The game has a total of 15 points. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores the point. Each game must be won by a two-point margin. A match consists of either three or five 15-point games. The team which wins two (in a three-game match) or three (in a five-game match) games is the winner of the match.

Volleyball requires a referee, who generally has the final word regarding points in dispute, an umpire who assists the referee, a scorekeeper, a timekeeper and linesmen. Even though there may be officials present during a game, players who commit fouls are expected to call out their own mistakes.

## SKILLS AND TECHNIQUES

### *THE READY POSITION AND JUMP*



One of the basic positions in volleyball is called the “ready position.” The knees are slightly bent with hands at waist level and elbows near the body to allow the player to concentrate on the ball. Players should learn this position so that time is not wasted

when the ball is hit. Jumping is always done near the net. Players should practice jumping so that they do not touch the net, or bump into or injure other players. They should also remember always to jump parallel to the net.

## *THE SERVE: OVERHAND AND UNDERHAND*

Serving is a crucial skill for the volleyball player to learn. The cardinal rules of serving are simple: do not step on a boundary line, and get the ball over the net.

**The overhand serve** is the most popular and effective serve. It is similar to a tennis serve. The ball is thrown into the air so that it rises a few feet above the server's head. As the ball comes down, the right arm (if you are right-handed) is raised up and back while the elbow comes forward. The arm is then extended at the elbow and the server hits the ball with the heel of the hand.

**The underhand serve** is a good serve for beginners to use. It is simply another way of getting the ball over the net. The ball is held in one hand and hit by the heel of the other hand. The underhand serve is generally not as effective as the overhand serve.



## *THE PASS OR SET*



The pass is a difficult move for many beginning players. This skill looks easier than it actually is when performed. Once the ball is served, the player who will pass the ball gets into position under the ball with knees bent, hands up and fingers cupped. All the fingers and the two thumbs contact the ball, but the ball does not touch the palm of the hand.

When the ball is in the air over the serving side's court, it may be passed up to three times before it is returned over the net. One player cannot pass the ball twice in a row.

Note that overhead passes are not used when the returning ball is a “spike.”

## *THE SPIKE*

The spike is one of the most difficult plays in volleyball: a player has to run, jump and hit the ball to a specific spot on the other side of the net. However, it is the best offensive move in volleyball, and it should be learned.

Generally, a spiked ball is hit with an open hand. However, unless a player is quite experienced, spiking a ball can sometimes result in the ball going out of bounds or into the net. Remember that practice in timing, jumping and hitting are required to spike correctly. A spiked ball, hit properly, can move up to a hundred miles an hour.



## *THE FOREARM BOUNCE PASS-BUMP*

The bump is used for receiving serves and spike balls. This shot is easy to execute because the ball simply bounces or bumps off the clasped hands, wrists or forearms.

The purpose of this shot is to bounce the ball into the air so that a teammate can get under it to make a set-up (a move usually used to direct the ball to the spiker).

## *ONE-HAND BOUNCE PASS-DIG*

This is a recovery shot, and is used if the ball received is low and off to the side of a player. If you cannot make a bump pass, use a dig or save pass instead. In this move, the hands are cupped. They are then placed under the ball just before it hits the floor.

## *THE BLOCK*

This move is used chiefly as a defensive position to stop spiked balls. As with spiking, timing is important in blocking.

A player must anticipate an opponent's spike and position him or herself accordingly. The blocker then jumps just after the spiker has jumped. The blocker's arms should be extended upward with fingers spread wide apart. This allows the ball to bounce off the



heels of the blocker's hands and land on the opposite side of the net.



This is the only move in volleyball that allows the player's hands to go over the top of the net.

## EQUIPMENT AND CLOTHING

Standard clothing for playing volleyball is comfortable sports-wear which allows for free movement. Gym shoes are a must since most gyms do not allow anyone on the floor in regular shoes. When played on the beach, attire ranges from gym clothes to swimsuits. Many play barefoot in the sand.

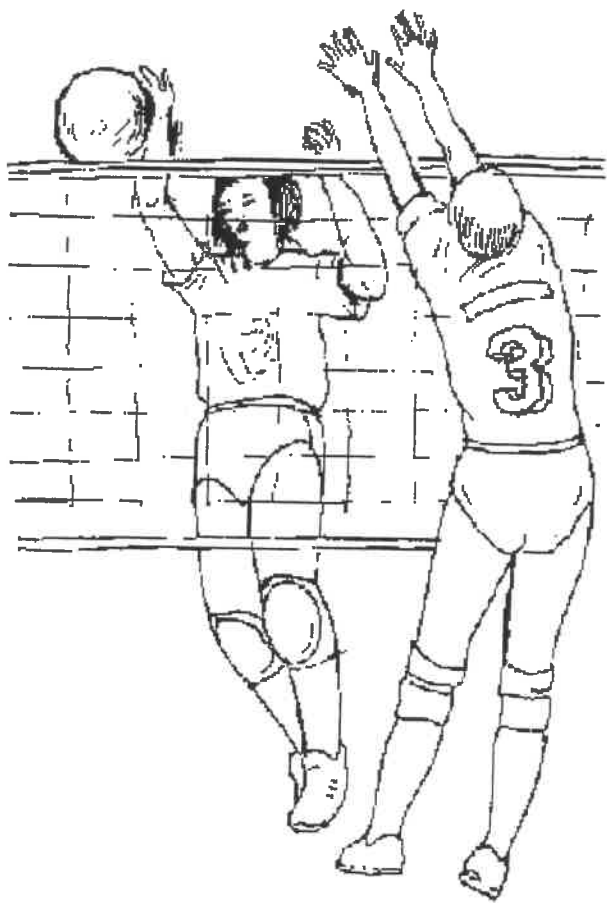
## VOLLEYBALL NOTES AND NEWS

The Cougars of Brigham Young University became the 2004 NCAA Men's volleyball National Champions, as they rallied from a low-scoring first game to defeat Long Beach State 15-30, 30-18, 20-30, 32-30 and 19-17 in Honolulu, Hawaii. Jonathan Alleman nailed four kills to lead BYU in the fifth game.

The University of Southern California Women of Troy won the Division I Women's volleyball Championship for a second consecutive year, as they defeated the University of Florida 3-1. USC finished their season with 35 wins and no losses and have won 47 consecutive matches.

Volleyball is also an Olympic sport. At the 2004 Olympics, both women and men had 12 teams in competition.

Medalists in the 2004 Athens Olympic Indoor and Beach Volleyball competition are listed on the next page.



## **Indoor Competition:**

### **Men's:**

GOLD - BRAZIL  
SILVER - ITALY  
BRONZE - RUSSIA

### **Women's:**

GOLD - CHINA  
SILVER - RUSSIA  
BRONZE - CUBA

## **Beach Competition:**

### **Men's:**

GOLD - BRAZIL  
SILVER - SPAIN  
BRONZE - SWITZERLAND

### **Women's:**

GOLD - UNITED STATES  
SILVER - BRAZIL  
BRONZE - UNITED STATES



In addition to these national and international contests, local volleyball competitions are held in most states. Check your local schools and volleyball associations for coverage.

You can also find out more by visiting these volleyball web sites on the internet:

<http://www.ncaachampionships.com/>  
<http://www.volleyball.org>

# FLOOR HOCKEY

PACKET # 32

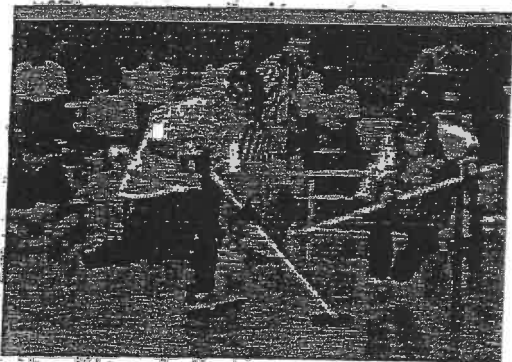
## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity and relates to its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport of physical activity.

## INTRODUCTION



Floor hockey is sometimes compared to ice hockey without the ice skates, but there are many differences in the rules. Floor hockey is a fast and energetic sport where much of the playing time takes place near the goals.

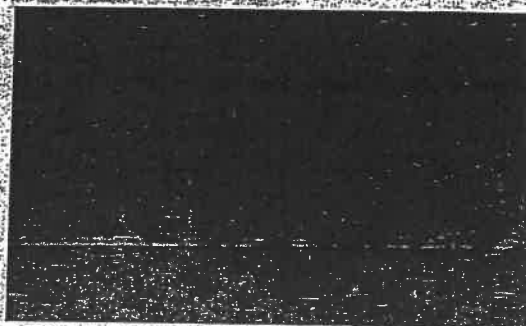
Playing floor hockey helps to develop eye-hand coordination, balance, agility, and physical fitness. It also requires teamwork.

The objective of the game is to score goals by hitting a hard rubber disc, the puck, into one of the nets placed at opposite ends of the floor. The players control the puck using a long stick with a curved blade at one end.

The mixture of endurance, power and precision make floor hockey a popular game in schools.

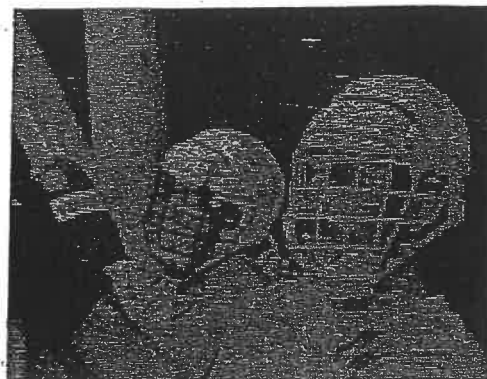
## HISTORY

Some believe that floor hockey evolved from ice hockey while others think the game's ancestor is field hockey. Regardless of its origin, floor hockey is a popular game played by both males and females.



Floor hockey gained its popularity in Europe during the late 1970s. In the early 1980s national associations were founded in many countries. These formal organizations created the structure that enabled the young sport to grow faster.

The first organized United States floor hockey tournament was held in 1976 in Michigan. Since this time floor hockey has gained in popularity. Many schools (junior high schools, high schools, colleges and universities) have embraced the game.

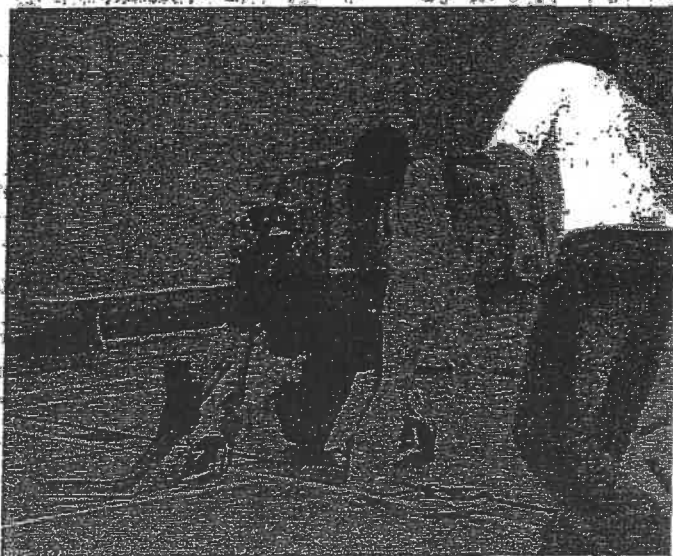


## HOW FLOOR HOCKEY IS PLAYED

Floor hockey is a non-contact sport. Rules of the game vary according to the age and ability of the players and the facility available. The following represents how the game is played on a regulation size basketball court.

Play is started when the referee places or drops a puck for a face-off at the center of the playing area, by the referee, starts play. One player from each team lines up at the center for the face-off. Sticks are placed in a straight line not less than 10 cm from the puck. At the face-off, players from each team must be on their own side of the face-off spot.

Each team has defensive and offensive players. The main responsibilities of the offense are to maintain possession of the puck and to score goals. The main responsibilities of the defense are to prevent the opponents from scoring, regain possession of the puck, move the puck away from the goal they are defending and move it back to their offense.



Each team consists of 6 players. Positions in a typical floor hockey game are the same as those in ice hockey. The offense consists of three forwards - a center (C), a left wing (LW) and a right wing (RW). The defense includes two defensemen (D) and a goalie (G).

The defense cannot go past the center line into offensive areas. It is their responsibility to keep the puck out of their defensive half of the floor.

backhand. Usually the forehand is more accurate and more powerful than the backhand.

In ice hockey there are several types of passes and shots but, for safety reasons, in floor hockey only the push pass and the wrist shot is used. Both of these require that the puck be in contact with the blade of the stick from the beginning of the pass or shot until the puck is released, as opposed to slapping or swinging at the puck. Receiving a pass is done with a soft touch, "giving" with the stick as the puck meets the blade.

Stick handling involves controlling the puck with the blade of the stick while in motion. This is most effective when using both sides of the stick.

Although body checking (using the body to move an opponent off the puck or out of the play) is not allowed in floor hockey, stick checking is a very effective defensive tactic. The techniques include the poke check and the sweep check. To perform either of these, the defender holds the end of his/her stick with one hand while focusing on the body of the opponent, who is stick-handling the puck. When the opponent puts the ball out in front of him/her, the defender uses his/her stick to poke or sweep the puck away from the opponent.



## EQUIPMENT

Plastic sticks and pucks make up the game equipment. Players may wear kneepads and the goalie must wear a goal tender's mask. The goalie may use a baseball glove or a street hockey trapper.

## NEWS & NOTES

The International Floorball Federation was founded in 1986 in Sweden. Founding nations were Sweden, Finland and Switzerland. In 1994 the first European championship for men took place in Zurich. The following year the first European championship for women was organized. The first world championship for men took place in 1996 in Sweden. In 1997 the first world championship for women was organized. Since then, the world championships for men and women take place in alternating years. There are 27 member countries in the International Floorball Federation.

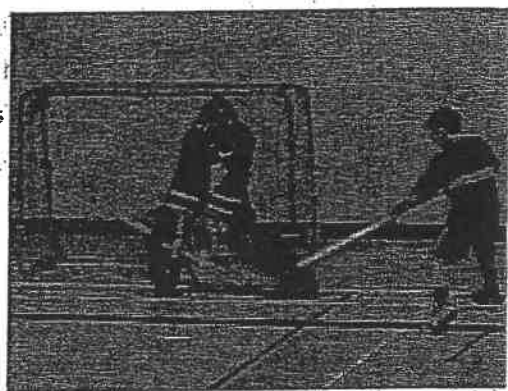
Forwards work offensively and cannot go past the center line into their defensive area. The Goalkeeper has the most difficult job on a hockey floor team. The goalie uses his hands, feet or stick to stop shots from going in the net. Goaltending requires alertness, quickness and courage.

A floor hockey game consists of three twenty minute periods (straight time) with a two minute rest between periods.

Rules for floor hockey differ from ice hockey rules in several ways for safety reasons. In floor hockey, no physical contact is allowed. Sticks cannot be carried above the waist or used above the knees when playing the ball. Only wrist shots and push passes are allowed. No swinging or slapping at the puck is permitted and the puck cannot be lifted above knee level.

Floor hockey has many rules in common with ice hockey. No slashing, tripping or hooking an opponent with the stick is allowed. Like ice hockey, a goal cannot be scored by intentionally directing the puck into the net with a foot, hand or any other part of the body.

Penalties are called for various types of infractions. They include: slashing, holding, roughing, body checking, disputing a referee's call, unsportsmanlike behavior, high sticking (a raised stick-tip of blade or more above waist), freezing the puck, catching the puck with a hand, having too many players on the floor and hitting a goalie's glove with the stick--if the goalie has his/her glove on the puck.



No more than two players can be penalized at one time per team (two players off the floor). Penalties include:

1. Two minutes for minor infractions.
2. Five minutes for major infractions.

## SKILLS & PLAYING TECHNIQUES

Skills required to play floor hockey include passing, receiving passes, shooting, stick handling, defensive skills and goaltending. Players are allowed to use both sides of the blade of the stick. The front side is called the forehand and the back side is called the

Floor hockey is popular in junior and senior high schools. It is played as an activity in physical education classes and as an intramural sport. It is also played by college and university men and women as an intramural activity.

The National Intramural-Recreational Sports Association rules are most commonly used to govern floor hockey play as an intramural sport. This association is a non-profit professional organization that is comprised of over 2,000 universities, colleges, military installations, YMCA's, YWCA's, health clubs, recreation and park departments and other institutions. NIRSA provides access to educational resource materials as well as a professional network through sponsored national, regional and state conferences.

The National Intramural-Recreational Sports Association is a non-profit professional organization comprised of men and women dedicated to the establishment and development of quality recreational sports programs. You can visit their web site at:

<http://www.nirsa.org>

Floor hockey is the only team sport in the Special Olympics Winter Games. Floor Hockey was first introduced as a Special Olympic Sport at the 1970 Special Olympics World Winter Games. This sport will be contested at the 2005 Special Olympics World Winter Games in Nagano, Japan. Today 17,690 athletes from 71 Special Olympics Programs compete in floor hockey. The official web site for information about this program is at:

[http://www.specialolympics.org/Special+Olympics+Public+Website/English/Compete/Sports\\_Offered/Floor+Hockey.htm](http://www.specialolympics.org/Special+Olympics+Public+Website/English/Compete/Sports_Offered/Floor+Hockey.htm)

