

Y11 into Y12 Summer P.E Work – EPIP

Please work through the following booklet completing each step in detail as you go.

All examples in red are for handball

1. List as many skills as possible for your first chosen sport (minimum 15): **Jump pass, bounce pass, hip shot, standing tackle**
2. List as many tactics as possible for your first chosen sport (minimum 10): **6-1 defence, 5-2 defence, use of wing player, fast breaks**
3. List and define all 11 components of fitness and explain how they would apply to your first chosen sport: **Speed is the time taken to cover a certain distance. This is important in handball so players can get up and down the court as quick as possible as well as moving other body parts quickly. It is vital for wingers as they can use it effectively in fast breaks.**
4. For each of your skills (all 15), break down the technique points and give a perfect role model: **Handball tackling, this is a very important skill in defence and a perfect model would be Nicola Karabatic. The defender would need to copy the movements off the attacker and know what hand he will have the ball in. As the attacker moves the defender will mirror his movements to ensure both feet match up and they are both chest on. The defender will extend the arm mirroring that which the attacker has the ball in. They will then flex their arm to make contact with the ball carrying arm and bring this down to the attacker's side so they cannot release the ball. The opposite arm will reach around the defender to stop any further movement. This position would be held until the sound of the referee's whistle.**
5. For each of these skills come up with a valid and reliable test that would provide you with information as to the successfulness of a performer's skill. **To test for a player's accuracy of hip shots I would allow them to take 30 hip shots from 12m. I would record on a sheet of paper where each shot ended up, how many were scored/not scored and then feedback to the performer.**
6. For each of these skills you will suggest 10 practices (or as many as you can) as to how they would improve, they must be progressive and go from isolated practices to conditioned practices to competitive situations. **In order to improve handball jump pass you would need to do the following:**
 - **Video the performer and watch back against the perfect model (each session is 15 minutes long)**
 - **Walk through the skill to ensure you have correct technique**
 - **Complete 50 static passes against a wall (with a target)**
 - **Complete 50 static passes with another player**
 - **Complete 50 passes with a jump**
 - **Complete 50 passes with steps and a jump**
 - **Complete 50 passes with steps and a jump to a moving target**
 - **Complete 50 passes with steps and a jump to a moving target with a passive defender**
 - **Complete 50 passes with steps and a jump to a moving target with an active defender**
 - **2v1 with extra points for an effective jump pass**
 - **3v2 with extra points for an effective jump pass**

- 5v4 with extra points for an effective jump pass
- 3v3 with extra points for an effective jump pass
- 5v5 with extra points for an effective jump pass
- Play a full game and video/record how many accurate

7. List as many benefits in the following areas of participation in your sport and also how/why:

Muscular System: increased hypertrophy of key muscles including gastrocnemius, rectos femoris, rectus abdominis and bicep femoris

Skeletal System: increased bone density due to the high impact nature of sport. This will lead to a decrease in osteoporosis

Respiratory System: increase in stroke volume and tidal volume and more efficient uptake of oxygen

Cardiovascular System: increased hypertrophy of the left ventricle leading to more blood being pumped out of the heart and to the working muscles

Mental Benefits: helps to relieve stress and tension by focussing on performance

Social Benefits: as handball is a team sport it helps build up relationships with others as well as developing teamwork and leadership skills