

BASKETBALL

NTI
10-11

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.

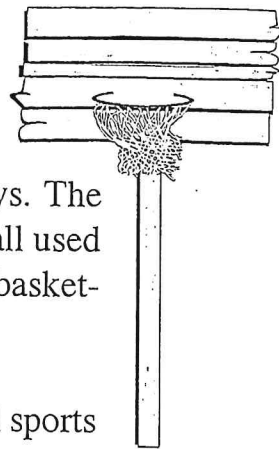
INTRODUCTION

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

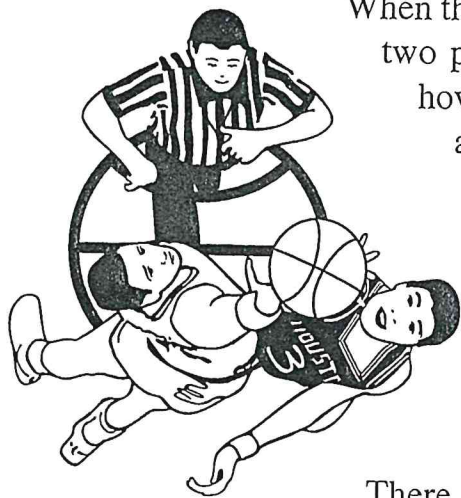
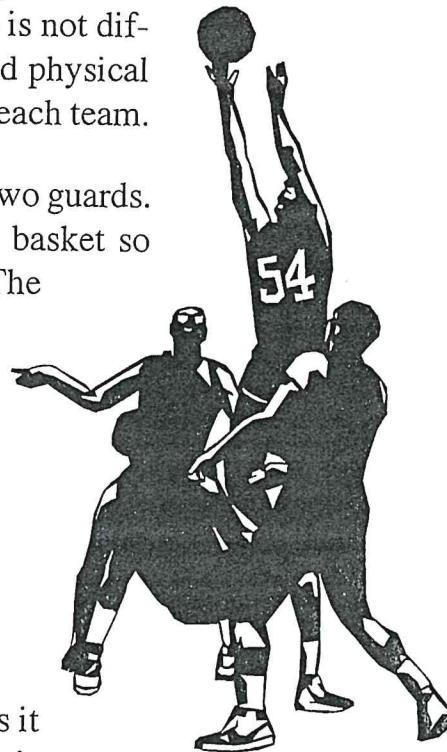
GENERAL PLAYING RULES

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

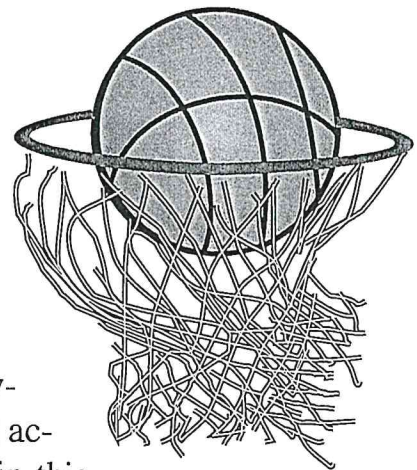
The zone and player-to-player (once called “man-to-man”) systems are two defensive techniques. The zone system uses each player as a guard, protecting a specific zone near the basket that his/her team is defending. Guarding the ball is more important than any particular player in this type of defense.

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

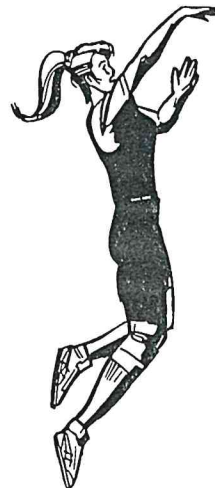
A shot in which a basket is attempted from under the net; generally considered one of the easier shots.

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

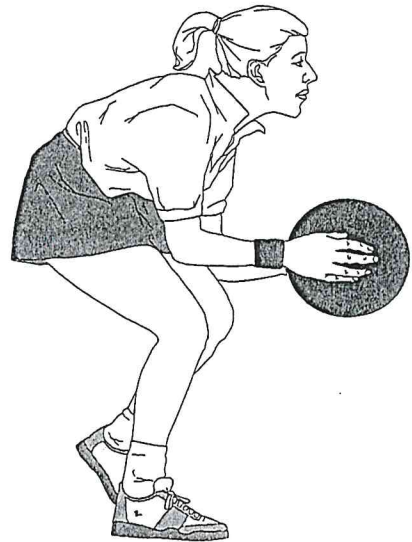
A pass used for short, fast passing of distances up to twenty feet.

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.

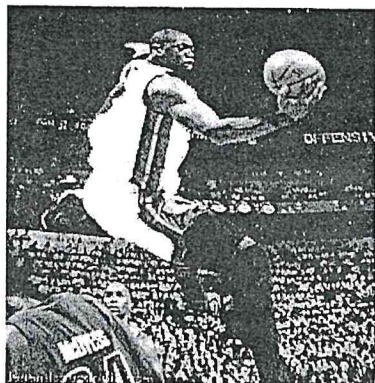
EQUIPMENT AND CLOTHING

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



In a decisive Game 6 that capped one of the most stunning turnarounds in NBA Finals history, the Heat finished off the Dallas Mavericks and showed themselves to be worthy of being crowned 2006 NBA champions by riding their young superstar, Dwyane Wade, to the first title in franchise history with a 95-92 victory.

Wade didn't quite score 40 this time, as he had twice before in this series, but he came awful close with 36 points and avoided a nightmare finish after blowing a pair of free throws with 9.1 seconds left to give the Mavericks one final chance.

But that chance ended with Jason Terry's 3-point attempt bouncing high and hard off the rim, Wade getting the rebound with a second left and no Mavericks anywhere near him. He tossed the ball high in the air and the Heat players bounded off the bench in celebration, so many years of waiting for so many of them finally having come to an end.

"I don't want to say I put the team on my back. You know, we did it together. Like Coach said, like we've all been saying, it's been 15 strong," Wade said. "They gave me the opportunity by putting the ball in my hands to prove people wrong. When I came into the series, it was, I can't shoot. I don't know where they got that from. So I proved to them I can shoot, and then after that, I proved I can play, and that's all I tried to do: prove people wrong."



Miami became just the third team in NBA Finals history to win a series after dropping the first two games, and the first to do it after losing Games 1 and 2 by double-digit margins. This series actually looked lost for the Heat with 6 minutes left in Game 3 when they trailed by 13 on their home court, but the Mavericks relaxed too soon and never got their groove back, earning the dubious distinction of becoming the first team to lose the NBA Finals in the fourth quarter of a Game.

2004 Athens Olympics Results:

Women:

Gold: United States

Silver: Australia

Bronze: Russia

Men:

Gold: Argentina

Silver: Italy

Bronze: United States

More information about the sport of basketball can be found at these websites:

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

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

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

STUDENT RESPONSE PACKET

BASKETBALL

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of basketball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

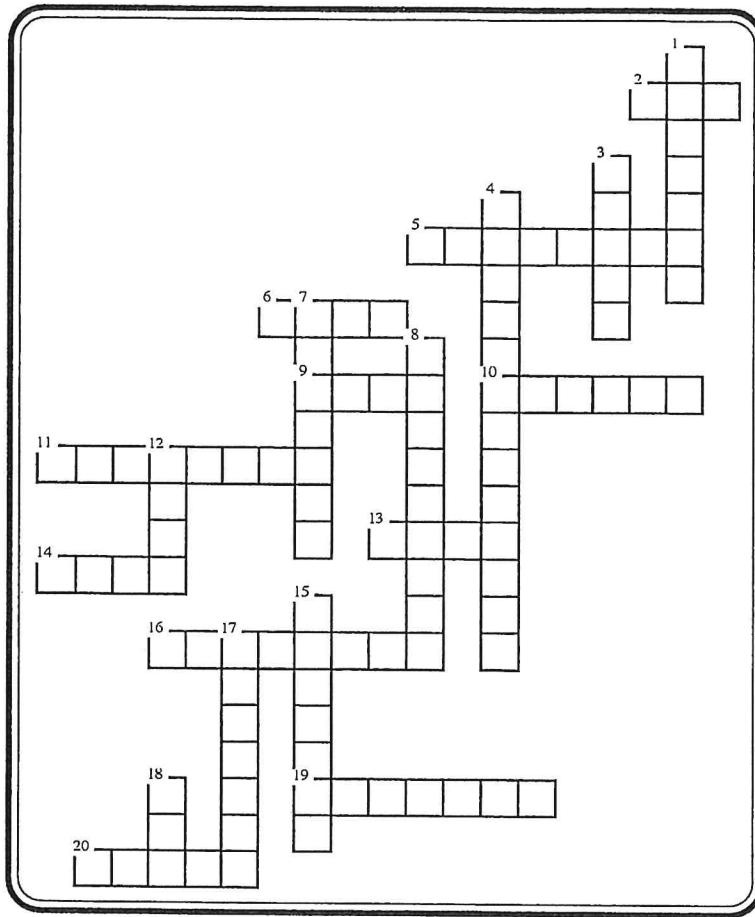
1. What are some of the physical benefits of playing basketball?

2. True or False: More people watch basketball than any other sport in the United States.

3. What is the object in any game of basketball?

4. What comprises a team in basketball? How many players and what positions?

Name: _____ Date: _____



Across:

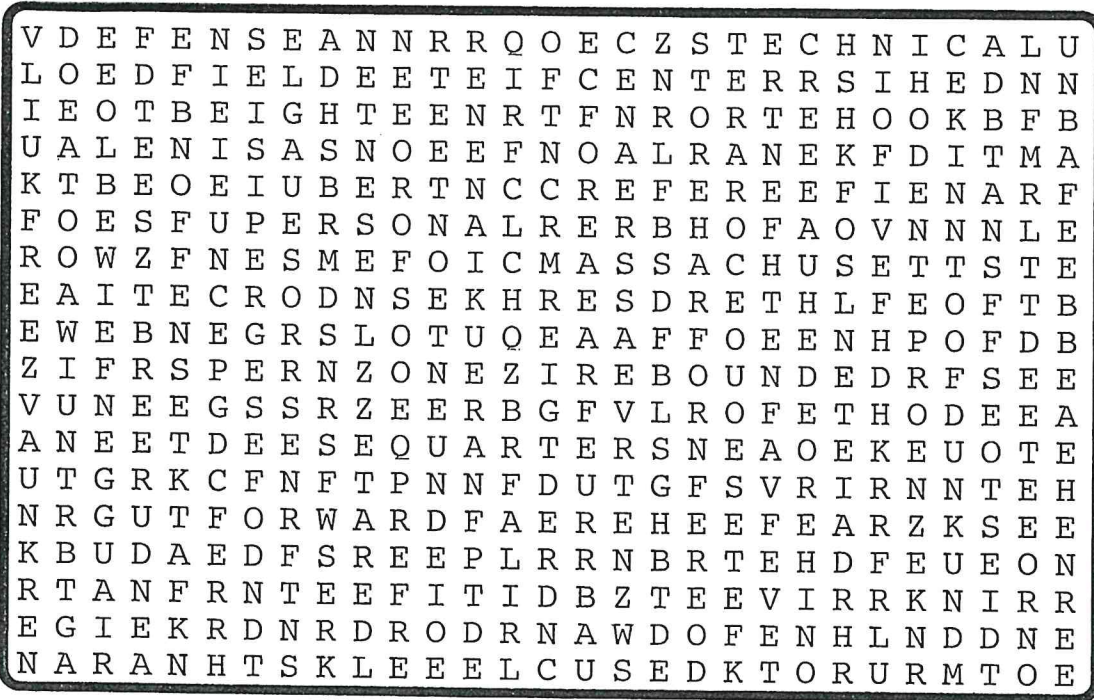
2. Height in feet of the basket above the floor
5. A professional game is made up of four of these
6. A defensive technique that uses each player to guard a specific area
9. A ____ throw is worth one point if it goes in the basket
10. One of the five players - usually the tallest
11. Inside diameter in inches of a basketball rim
13. Number of players on a basketball team
14. A player's hand is above the rim when the ball is slammed through the hoop
16. One of the two types of fouls
19. This person controls the game by calling the fouls and determining who gets the ball
20. A basketball team usually has two of these (shorter) players

Down:

1. You are on _____ when the other team has the ball
3. A ____ goal is when a player shoots the ball into the basket for two or three points
4. State in which basketball was invented
7. You are on _____ when your team has the ball
8. This type of foul can be called on a player for bad conduct
12. A type of shot where the ball is thrown over one shoulder
15. There are usually two of these players on the team - often good at rebounding
17. When one grabs the ball after a missed shot
18. Acronym for the world's largest basketball association

Name: _____ Date: _____

Physical Education 4 Word Search



Use the clues below to discover words in the above puzzle. Circle the words.

1. One of the five players - usually the tallest
2. Acronym for the world's largest basketball association
3. A basketball team usually has two of these shorter players
4. There are usually two of these players on the team
5. One person jumps so high his hand is above the rim when he slams the ball through the hoop
6. You are on _____ when the other team has the ball
7. When one grabs the ball after a missed shot
8. A type of shot where the ball is thrown over one shoulder
9. A _____ goal is when a player shoots the ball into the basket for two or three points
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BADMINTON

NTI
12-13

PACKET # 2

INSTRUCTIONS

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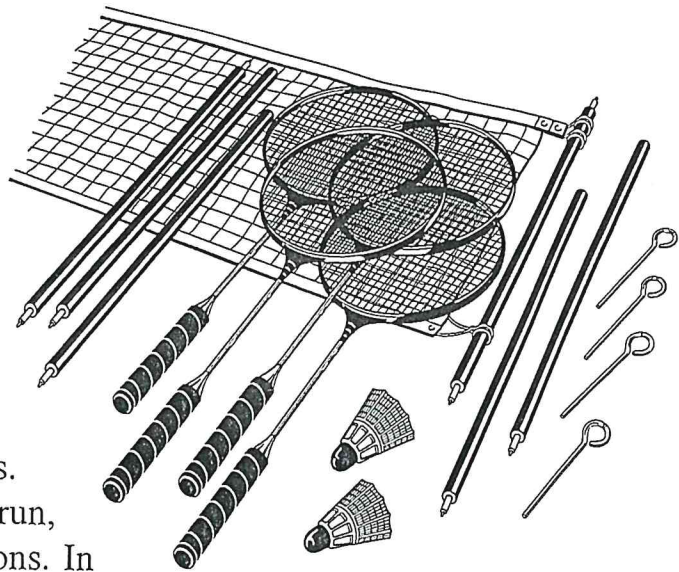
The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

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

INTRODUCTION

Badminton is a popular and physically demanding game with an interesting history. Like most sports, it requires that players be physically fit and alert. The game demands intense playing time on the court—in fact, games can last anywhere from thirty to ninety minutes.

Badminton is considered a good sport to help build and maintain overall fitness. During an average game, players jump, run, turn and twist in many different directions. In fact, a top-level amateur badminton player runs more in a badminton game than a football end does during a one-hour football game. A badminton player also uses his/her arms more than a pitcher does in the average one and one-half hour baseball game! In short, badminton is great aerobic exercise. It's a fun sport and also is a means to better physical fitness.



HISTORY OF THE GAME

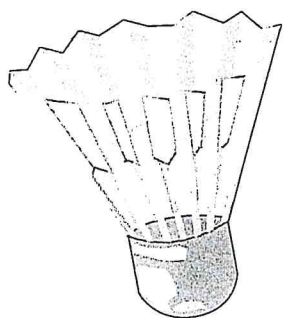
Badminton is said to have been played centuries ago in China; the earliest written records of the game date back to the twelfth century. However, the game that we know today as badminton was first played in England in 1873 by soldiers returning from military ser-

vice in India. There the game was called “poona.”

In 1903, the first international badminton competition was played in Ireland. The International Badminton Federation (IBF) was founded in 1934. The IBF claims that today, more than 155 countries participate in international badminton competitions. Badminton is not just a local or national activity. It is an Olympic sport.

HOW BADMINTON IS PLAYED

In many ways, badminton is similar to tennis. Once it is determined which player will serve first, play starts from the right service court. A “shuttlecock” or “shuttle” is used instead of a ball.



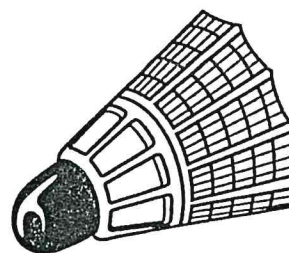
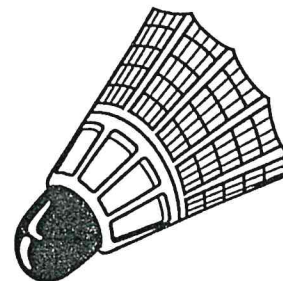
One popular form of shuttle has a cork base with sixteen feathers arranged around the edges. This type of shuttle is light in weight—only one-sixth of an ounce, although it is more expensive than the plastic version. The plastic shuttle is thought to be as effective as the feathered version, is more durable and less expensive.

When served, the shuttle has to fall into the corresponding court diagonally opposite the server. The receiving player then returns the shuttle and continues to do so until one player either fails to return the shuttle or commits a fault.

In badminton, a fault consists of a shuttle falling outside the boundaries, failing to go over the net, and/or going through the net. Striking the shuttle before it crosses the net and touching the net with the racquet or part of the body also qualify as faults.

The server is the only player who can make points. If the server wins the point, he or she continues to serve. However, the second serve then is made from the left side of the court. The serve lasts until the player fails to hit the serve into the proper court or makes a fault. When this happens, the second player serves his/her first service from the right court. The serving player alternates from the right to the left service court until the serve is lost.

The International Badminton Federation’s new scoring rule number 9.3 states that for men’s singles or doubles games if a player (or side) achieves the score 15-0, the game is



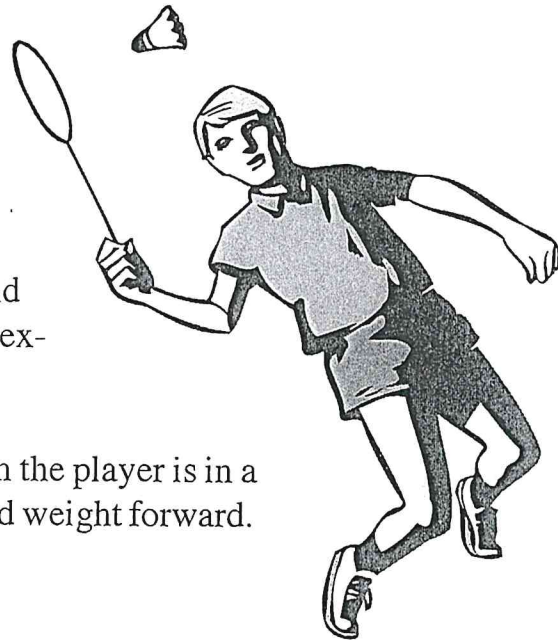
won. A match is considered the best two out of three games. The same rules that apply to singles play also apply to doubles play except for the order of serving and receiving. The IBF scoring rules for women's singles and doubles list 11 points as needed to win a game.

PLAYING TECHNIQUES

FOREHAND/BACKHAND SHOTS

Basic forehand shots are similar to throwing a ball: the hand flexes at the wrist. Basic backhand shots are best described as flicking: the hand extends at the wrist.

Both types of basic shots are best executed when the player is in a ready stance—knees bent, arms at waist level and weight forward.



SERVE

The serve is an underhand shot. The racquet head must be below the level of the server's hand while the shuttle is hit below waist level.

It is especially important to follow through the serve by continuing to keep the racquet moving upward after the shuttle is hit. If the racquet does not complete the follow-through, the shuttle may end up in an undesirable location.

SMASH SHOT

This type of shot is considered the ultimate "attacking" shot and requires a powerful arm stroke. It can be played from anywhere on the court, although it is usually played between the doubles back and the front service lines.



CLEAR

This unusual defensive stroke is employed in singles and generally used sparingly. The object is to hit the shuttle high and deep to the opponent's back court. This shot is played well behind the shuttle. The point of impact is directly above or slightly behind the head.

The arm moves straight up as racquet head and shuttle meet.

DROP

This shot is sometimes referred to as a “controlled smash” shot. It differs from the smash because it is hit with less force. The drop is considered a sure way to score a point when the opponent is out of position. To execute this shot, the player must use the same motion as with any overhand stroke except that he/she tilts the racquet head slightly to cause the shuttle to move downward.

FOREHAND DRIVE

This shot is used when the shuttle is too low to smash. The forehand drive is hit hard with the full racquet face slightly in front of the body at full arm’s length.

FOREHAND UNDERARM CLEAR

This can be a tricky shot. It is best described as hitting a high serve, only lower down. The player lunges forward with the front knee bent and the back leg slightly bent while he/she leans toward the shuttle.



BACKHAND DROP

The overhand backhand shot is performed the same way that the clear and smash are played. This shot demands both excellent timing and wrist-snap action.

EQUIPMENT AND CLOTHING

The equipment needed to play badminton is simple. Aside from the regulation court (22 feet in length by 17 feet in width) and net, badminton requires only a racquet and shuttlecock. The badminton racquet resembles a tennis racquet, although it is lighter in weight—usually between three and five ounces. Most contemporary players prefer metal racquets over wooden ones.

Men's Doubles

1. SOUTH KOREA
2. SOUTH KOREA

Women's Doubles

1. CHINA
2. CHINA

Find out more by visiting these badminton web sites on the internet:

<http://www.badminton.ca/>

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

Clothing is similar to that worn by tennis players: light polo shirts or blouses are worn to provide freedom of movement. Footwear should provide good support and an adequate grip on the surface of the court.

BADMINTON NOTES AND NEWS

The 2006 International Badminton Federation World Championships (15th tournament) were held in Madrid, Spain (September, 2006). The results:

Men's Singles

Gold- Lin Dan (China)

Silver- Chunlai Bao

Women's Singles

Gold- Xie Xingfang (China)

Silver- Ning Zhang (China)

Men's Doubles

Gold- Fu Haifeng and Cai Yun (China)

Silver- Anthony Clark and Robert Blair (England)

Women's Doubles

Gold- Gao Ling and Huang Sue (China)

Silver- Yawen Zhang and Yili Wei (China)

Mixed Doubles

Gold- Nathan Robertson and Gail Emms (England)

Silver- Anthony Clark and Domsnna Kellogg (England)

Badminton is also an Olympic sport. The top two finishers in each group at the Athens Olympic competition in 2004 are listed below.

Men's Singles

1. TAUFIK HIDAYAT (INDONESIA)
2. SHON SEUNG-MO (SOUTH KOREA)

Women's Singles

1. ZHANG NING (CHINA)
2. MIA AUDINA TJIPTAWAN (NETHERLANDS)

STUDENT RESPONSE PACKET

BADMINTON

NAME _____

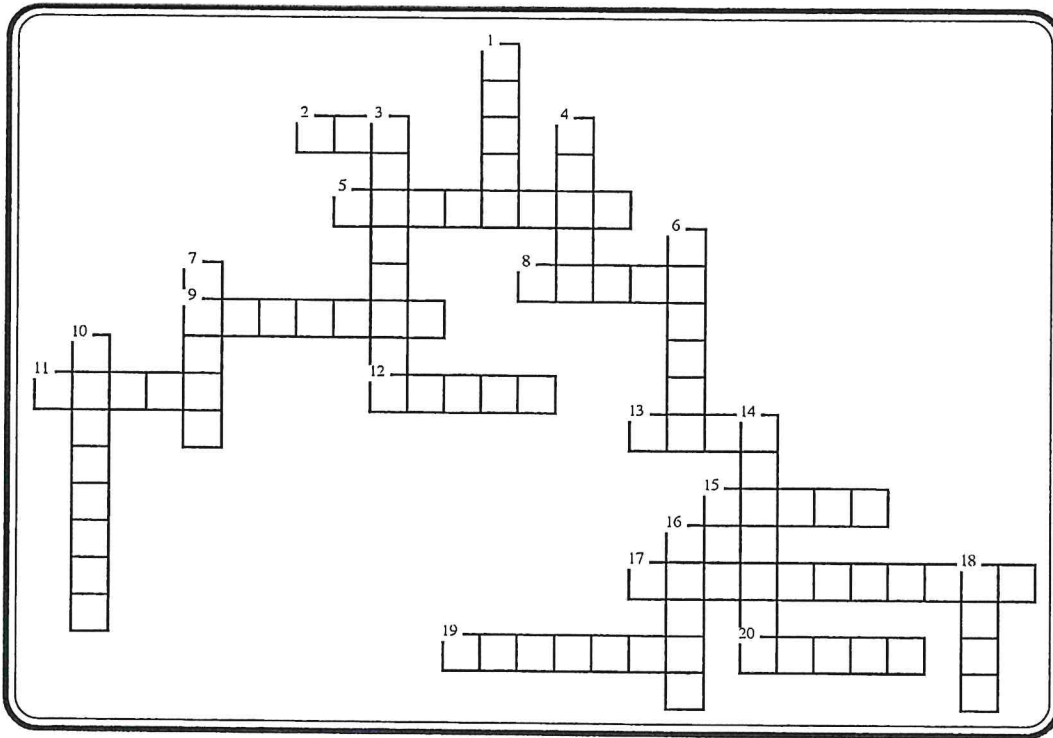
DATE _____

WHAT TO DO

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1. Why is badminton a good game to help maintain and improve physical fitness?
2. What equipment is needed to play badminton?
3. Who can make points in a badminton game?
4. How is a badminton game won?

Name: _____ Date: _____



Across:

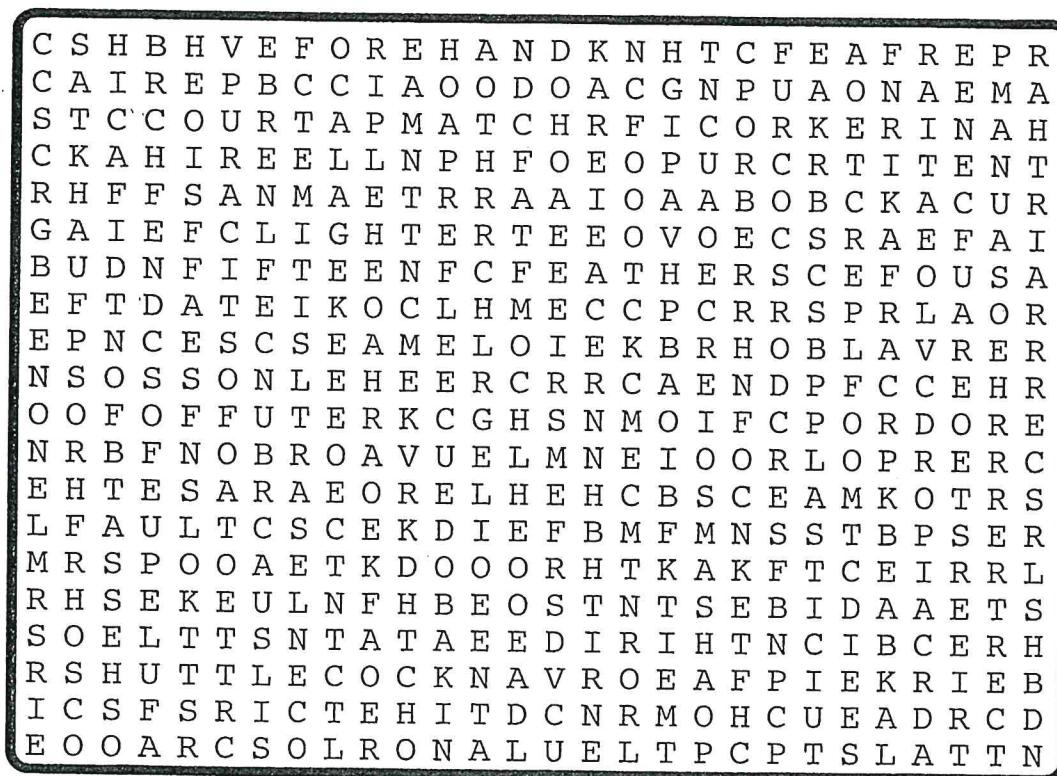
2. Acronym for badminton federation founded in 1934
5. Done with a “flicking” motion
8. This is always an underhand shot
9. A badminton racquet is _____ than a tennis racquet
11. Name of badminton played by British in India
12. The ultimate attacking shot
13. A controlled smash
15. When a shuttlecock falls out of bounds
17. What you hit in badminton
19. Number of points needed to win a game
20. This is 22 feet long and 17 feet wide

Down:

1. Best of three games
3. Vanes used to be made of them
4. A shuttlecock weighs one-sixth of one
6. The only player who can score a point
7. A rarely used high and deep defensive stroke
10. Motion similar to throwing a ball
14. Shuttlecocks are now made of this
16. Where badminton was played hundreds of years ago
18. The traditional shuttlecock base was made of this material

Name: _____

Date: _____



Use the clues below to discover words in the above puzzle. Circle the words.

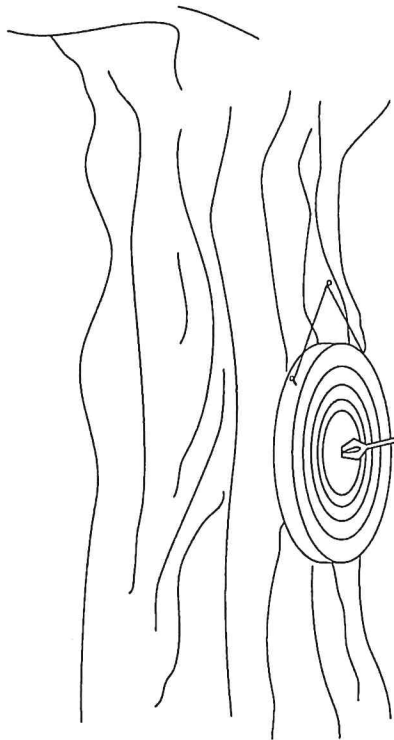
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INTRODUCTION

With the possible exception of spear or javelin throwing, archery (using a bow to shoot an arrow) is probably the oldest sport in existence. It can be traced back to prehistoric times. Archery also played a major role in military history for thousands of years.

Today people participate in archery for the sheer enjoyment of target shooting and bowhunting. It is also a relatively inexpensive sport which can be practiced both indoors and outdoors.

Bowhunting for deer, peccary (wild pig) and other small game is gaining in popularity in the United States. Bow hunters often participate in competitions with full-sized three-dimensional targets made to resemble actual game.

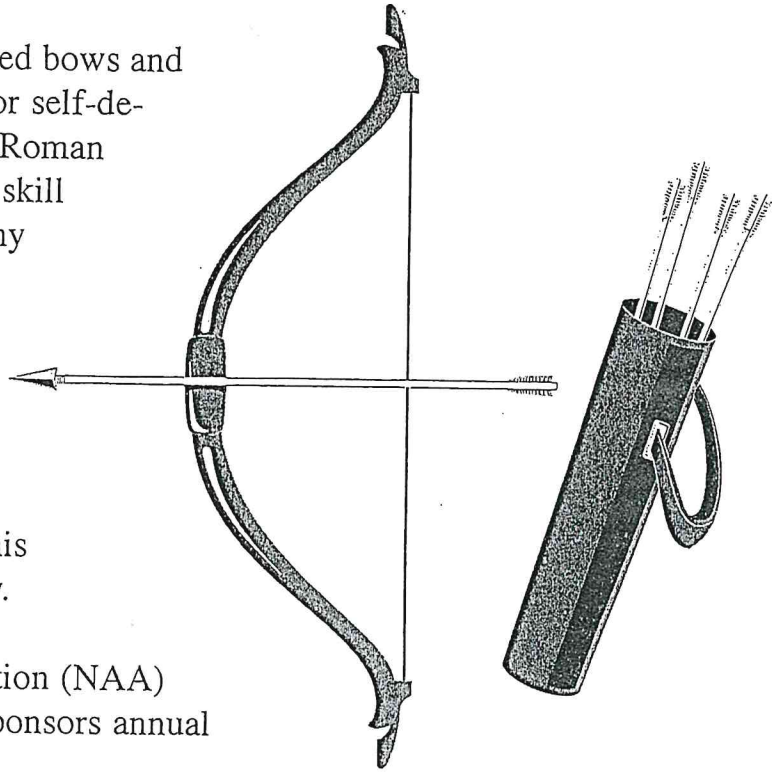
For example, the annual "Mountain Man Classic" bowhunting competition in North Georgia involves running against the clock up and down 1-1/2 to 2 miles of steep wilderness terrain, spotting and shooting at deer and turkey targets that have been placed in obscure locations. This type of archery competition is extremely strenuous and requires months of endurance conditioning in addition to skills with a bow.

HISTORY OF ARCHERY

In prehistoric times, people used bows and arrows to hunt for food and for self-defense. During the Greek and Roman civilizations, armies used the skill of trained bowmen to win many battles.

Archery achieved new status as an American sport in 1828 when an association called "The United Bowmen of Philadelphia" was formed. This group is still in existence today.

The National Archery Association (NAA) was founded in 1879. It still sponsors annual national archery competitions.



HOW ARCHERY IS DONE

The purpose of archery as a sport is to hit a target with an arrow. The highest score is made when a target designed with progressively smaller rings is hit in the center. This is the familiar "bullseye" target. Lesser scores are made as the arrow hits rings farther away from the center. Competition involves several archers, each trying to make the highest score possible in a specified number of tries.

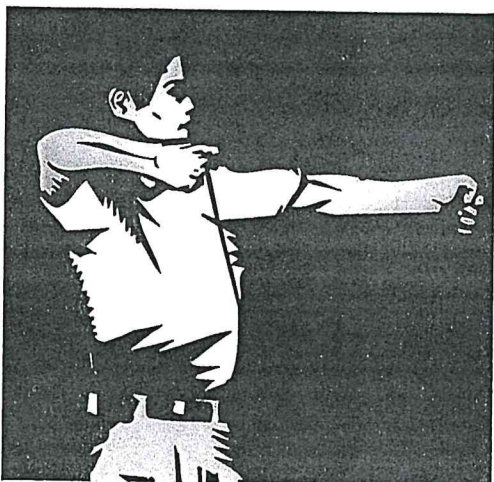
SHOOTING TECHNIQUES

There is only one basic shooting technique in archery. An analysis of this technique helps us to identify ten basic steps as listed below. If all ten steps are done correctly, the shooting will appear to be graceful and almost effortless:

1. **Assuming the stance.** The archer should feel firmly placed but not stiff or tense. He or she should stand at right angles to the target with the eyes looking directly at the target.
2. **Positioning the bow arm and grip.** The bow is not really "gripped," but is sup-

ported at arm's length from the body. The index finger or second finger is wrapped around the part of the bow that is facing the target, while the thumb is wrapped around the part of the bow that faces the archer. The shoulders are not "hunched," but are kept down and pulled to the back. The arm holding the bow is held as steady as possible without the muscles being tensed.

3. **Nocking.** The fletched or vaned end of the arrow has a small notch that fits over the bowstring. Slipping this notch over the bowstring is called "nocking."



4. **Drawing.** Drawing or pulling back on the bow string utilizes both arms and the upper body muscles. The bow arm is raised toward the target as the string arm pulls backwards. The upper arm, shoulder and upper back muscles should not be too tense, or the draw will be executed improperly. During this step, many archers find that it helps to take a deep breath and hold it.

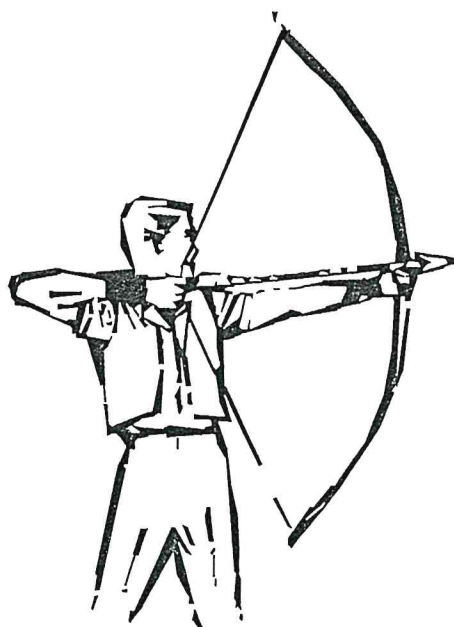
5. **Anchoring.** It is critical that the string be pulled back to a proper anchor point. This is the point at which the bowstring arm has reached full flexion or bending at the elbow. The position varies according to the particular individual's skeletal and muscular lever system. As little as 1/8 inch in anchoring can affect shooting accuracy.

6. **Relaxing.** Archers need to take time to assure that only the muscles involved in supporting the bow and drawing the bowstring are tense. Overall performance improves when archers pay attention to this point.
7. **Aiming.** The sight-shooting method is a popular way of shooting at targets. A mechanical device is attached to the bow and can be both horizontally and vertically adjusted. The "sight" is fastened to the back of the bow slightly above the arrow rest. The archer should close the left eye or right eye (depending on whether the archer is right- or left-handed) and look at the "sight" pin. Then he/she should align it with the center (gold circle) of the target, also allowing for distance and wind (if any).
8. **Concentrating.** As with all sports, the ability to concentrate in archery often makes the difference between excellence and average performance. The archer should put everything else out of his/her mind and concentrate on the target.

9. **Releasing.** Smoothly release the string, holding the string fingers steady and relaxed without any snap or jerk to the hand. The arrow is now sent on its way.
10. **Follow-through.** Hold your stance for a few seconds after release.

EQUIPMENT AND CLOTHING

A first and major step in learning archery is identifying and understanding the equipment. A potential bowman will choose either a straight bow or a recurved bow (a bow in which the tips curve back to form an arc). The length of the bow depends on the individual needs of the purchaser, including his/her age, weight and height. Some hunting bows have complex compound curves, with equally complex systems of pulleys and bowstrings.

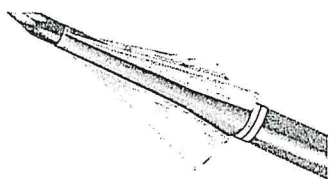


Bows range in length from 48 to 70 inches. Longer bows are used for target shooting and shorter bows for hunting. Most hunting bows weigh more than target bows, which usually range in weight from 10 to 50 pounds.

It is always best to buy a bow that is light enough to be handled comfortably. The “weight” of the bow does not refer to how much it would weigh if put on a set of scales. Instead, “weight” in archery refers to the amount of weight in pounds you would have to attach to the bowstring to bend a stationary bow a specific amount. This is often called the “draw weight.” Thus a 70-pound bow does not weigh 70 pounds. Instead, it requires 70 pounds of pulling force to bend the bow a certain amount.

Bowstrings are made of synthetic materials such as Nylon or Dacron. Archers often wax their bowstrings as protection against the elements.

Arrows are carried in an arrow holder called a “quiver,” or, in the case of hunting bows, are often attached to a rack on the bow itself. The arrow is composed as follows:



A point or “pile,” which varies from a simple sharp point to broadhead, quintuple-sectioned steeple-shaped heads.

A shaft and a “shaftment,” or rear of the arrow.



A “nock” or notch at the end of the arrow that fits over the bowstring.

Feathers, vanes or “fletches” at the nock end of the arrow, which help the arrow to fly in a straight line toward a target.

Some archers use a leather arm guard worn on the inside forearm of the hand that supports the bow. A leather tab or a shooting glove is often worn to protect the fingers that draw back the bowstring.

Archers should always wear comfortable, uncluttered, form-fitting clothes. Jewelry, large buttons, scarves and big pockets will only get in the way of the bow and arrow.

SAFETY TIPS

Although it involves the use of one of the oldest types of weapons, archery is not necessarily a dangerous sport. However, as with any physical activity, it is up to the individual to keep the sport as safe as possible by observing certain rules, especially the following four:

Novice (beginning) archers should always be supervised. Don’t try to get started in archery without prior instruction or supervision.

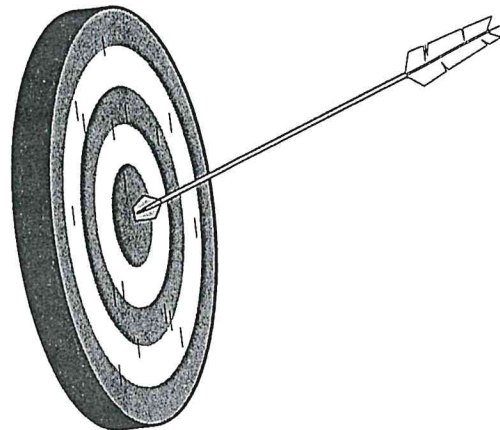
An arrow ready to be released should be pointed only at the target, never at persons, animals or objects.

Arrows should not be shot straight up into the air. When that happens, they usually come straight back down. This can be very dangerous!

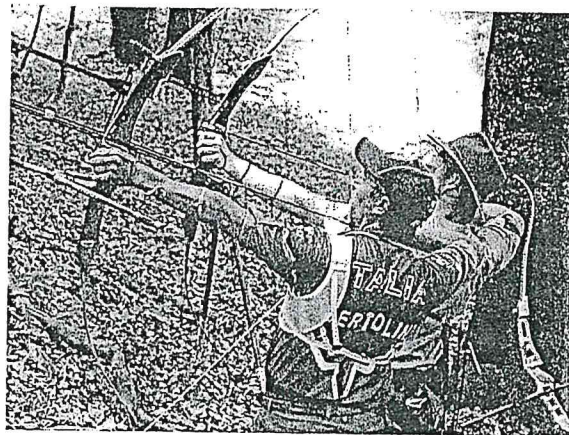
Never take chances in archery. It’s better to be safe than sorry.

NOTES AND NEWS

In addition to being a form of recreation, archery is an Olympic sport. Olympic archery competition has strict equipment rules. For example, Olympic bows are recurved, and can



propel arrows up to 150 miles per hour. The draw weight averages 50 pounds for men and 34 pounds for women. Most arrows are made of either aluminum or carbon graphite.



20th WORLD FIELD ARCHERY CHAMPIONSHIPS: Gothenburg, Spain, 2006

<u>Event</u>	<u>Winners</u>	<u>Country</u>
Women's Compound Bow	Silke Hoettecke	Germany
Men's Compound Bow	M. Lundin	Sweden
Women's Recursive Bow	Dolores Cekada	Slovenia
Men's Recursive Bow	Michele Fragilli	Italy

Gold Medalists in the 2004 Olympic archery competition in Athens were as follows:

Men's Singles	Marco Galiazzo, Italy
Men's Archery Team	South Korea
Women's Singles	Park Sung-hyun, South Korea
Women's Archery Team	South Korea

Keep current with this exciting sport. Although it is an ancient sport, archery continues to grow in popularity. Visit these websites to learn more:

- <http://usarchery.myicontrol.com/>
- <http://www.archerynetwork.com/>
- <http://fw.ky.gov/archflyer.asp>

5. Describe the ten steps in shooting a bow and arrow.

6. True or False: A good archer keeps his/her body and arm tense and rigid at all times.

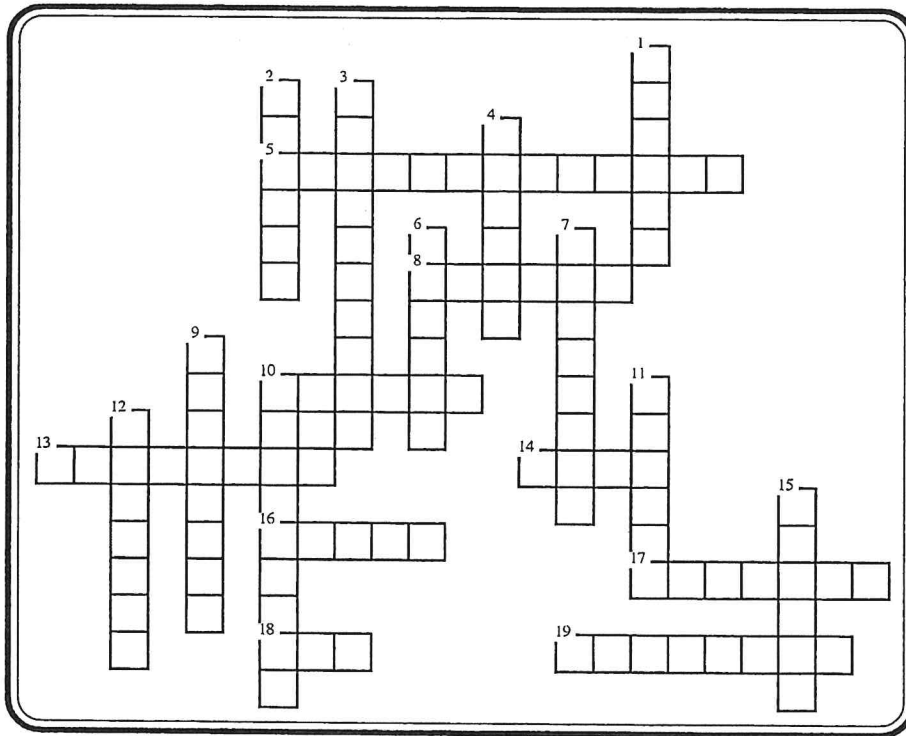
7. What do beginning archers need to do before they begin to practice archery?

8. Should you ever shoot an arrow straight up into the air? Explain.

9. Why is concentration so important in archery?

10. What does “follow-through” mean in archery and why is it important?

Name: _____ Date: _____



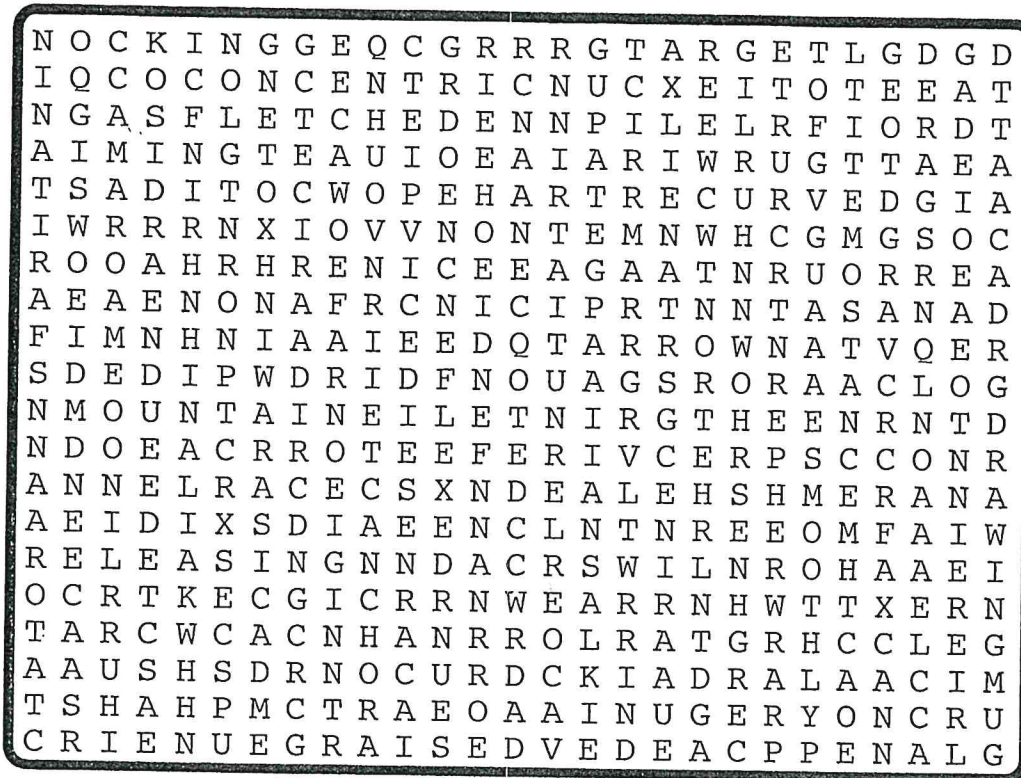
Across:

- 5. Putting everything out of your mind but the target
- 8. The point at which the bowstring is pulled back fully
- 10. When drawing, the bow arm is _____ toward the target
- 13. This is how one should release the bowstring
- 14. Another name for an arrow point
- 16. This is shot by the bow
- 17. This word describes pulling back on the bowstring
- 18. Acronym for the archery association founded in 1828
- 19. Type of bow that is often used for hunting

Down:

- 1. A sight-shooting method
- 2. The thumb supporting the bow faces this
- 3. Arrangement for rings in an archery target
- 4. Standing at right angles to the target
- 6. The fingers supporting the bow face this
- 7. The annual _____ man competition is for bowhunters
- 9. The end of the arrow with the nock
- 10. Letting go of the bowstring
- 11. When anchoring, the arm is fully _____ at the elbow
- 12. Placing the arrow against the bowstring
- 15. Arrow holder

Name: _____ Date: _____



Use the clues below to discover words in the above puzzle. Circle the words.

1. The point at which the bowstring is pulled back fully
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19. This word describes pulling back on the bowstring
20. Arrow holder

BOWLING

NTI

16-17

PACKET # 5

INSTRUCTIONS

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

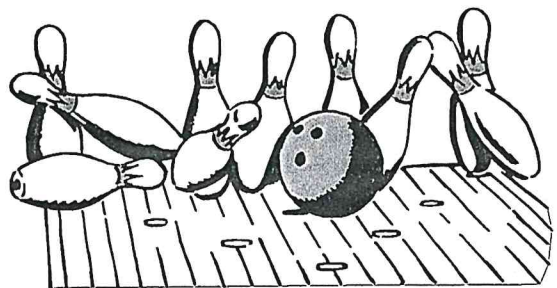
The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

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

INTRODUCTION

Persons of every age and level of skill can enjoy bowling. Even persons with physical disabilities can bowl by using various kinds of adaptors made specifically for them.

Bowling is truly a democratic sport—one that almost everyone can learn to play and enjoy. It's a good way to socialize, exercise and compete all at the same time!



HISTORY OF THE GAME

The history of bowling can be traced back at least seven thousand years. The ancient Egyptians enjoyed a version of the game, as indicated by bowling balls and pins found buried in an Egyptian child's grave.

By the 1840s, bowling had become popular in America. The first indoor bowling lanes were built in New York. Abraham Lincoln was among the many famous Americans who enjoyed bowling.

The American Bowling Conference (ABC) was founded



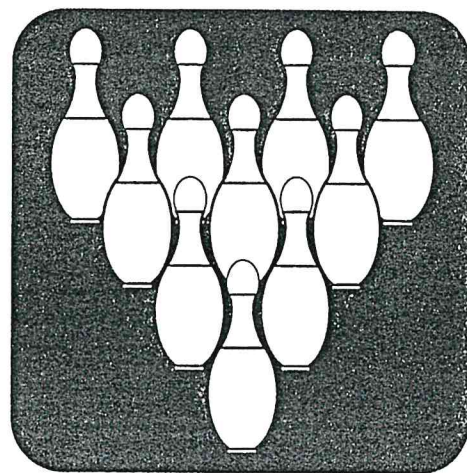
for men in 1895. A women's organization, the WIBA, was founded in 1916. The two organizations now work together to develop and enforce the rules of the game. The combined membership of the ABC and WIBC was approximately ten million people in 1992. That's almost 4% of the entire population of America, and it doesn't even count all those everyday bowlers who don't belong to a conference, but who bowl occasionally just for the fun of it.

HOW BOWLING IS DONE

THE BOWLING ALLEY

Bowling is done in a bowling "alley," or "lane," as it is sometimes called, which is 62 feet 10 inches long and about 41 inches wide. The area where the bowler stands is called the "approach area," and is 15 feet in length.

The foul line separates the approach area from the alley. Nine-inch-wide gutters run along both sides of the alley. At the other end of the alley, ten bowling pins stand, arranged in a triangular formation as shown on the right.



The object is to knock down as many pins as you can each time you send the ball down the alley. The more often you knock all of them down each time you bowl, the higher your score will be. Each pin that is knocked down counts as one point.

Each game is divided into ten "frames," during which each player has a chance to knock down the pins. If you knock down all the pins during each frame, you will score 30 points per frame and 300 points for the game.

For a novice bowler, a score of 120 or so is considered good. A score between 160 and 180 is good for a regular bowler, while professionals average more than 200 points in a single game.

In each frame, the bowler gets two chances unless the first try is a strike (knocking all the pins down at one time). The scores are all marked on a score sheet using symbols as follows:

X This stands for a **strike**, which means that all the pins have been knocked

down in one turn.

- / This stands for a **spare**, which means that all pins have been knocked down in two turns. A bowler is awarded 10 points plus a bonus of the score on the next roll. If a spare is made on the final frame, one extra roll is permitted.
- O The zero is used to show a **split** ball, which occurs when the headpin is down and the remaining pins have another pin down immediately ahead of or between them. Remember that a split leaves pins that are not close together standing and it is therefore harder to knock them down in one try.
- F This mark means a **foul**, which happens when a player goes beyond the foul line. A hand or arm, however, may extend over the foul line with no penalty. When a foul occurs, no score is recorded for that shot.

PLAYING TECHNIQUES

BASIC BOWLING MOVES

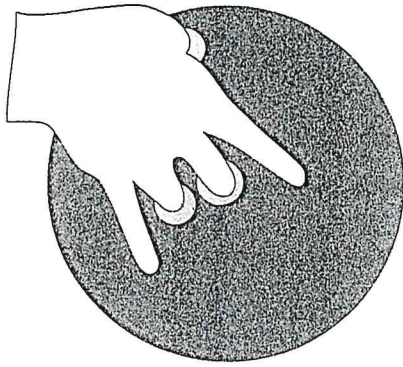
FOUR-STEP DELIVERY

The bowling pins may be approached in many different ways, but the most basic is called the “four-step delivery.” Here is a summary of each step:

STEP ONE: If the bowler is right-handed, he or she should make the following seven movements:

1. Bend forward
2. Move the right foot forward about 12 inches.
3. Hold the ball forward and to the right.
4. Allow the left hand to leave the ball.
5. Keep the right wrist firm.
6. Keep shoulders parallel to the target.





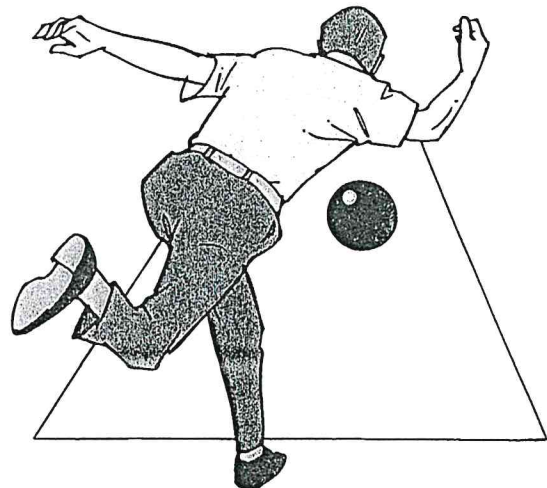
7. Focus the eyes on the target.

STEP TWO: This step focuses on the left foot and right arm. Keep the right arm as close as possible to the body as the ball is swung backwards.

STEP THREE: The ball now reaches the peak of the backswing (about shoulder height). Keep the movements smooth and deliberate and don't rush.

STEP FOUR: This step involves twelve movements:

1. Push forward off the right foot.
2. Slide on the front of the left foot.
3. Bend the left knee.
4. Bend at the waist and lean forward.
5. Let the ball swing forward under its own momentum.
6. Keep the right wrist and arm straight.
7. Keep the thumb positioned at "11 o'clock" ("1 o'clock" for left-handed persons).
8. The left knee continues to bend as the left foot slides to a stop.
9. The slide is completed a few inches from the foul line.
10. The left foot is pointed straight ahead.
11. The ball is released across the foul line.



12. The left arm and right foot extend for balance.

FOLLOW-THROUGH

When the ball is released, the thumb comes out first, followed by the other fingers.

At this point, the arm is in a forward position and should continue to rise up to shoulder level. Some bowling instructors don't emphasize the follow-through, claiming instead that it occurs naturally if the ball is thrown correctly. Other instructors feel that follow-through is an important if neglected part of bowling. Try both to see which one works better for you.



FOUR BASIC SHOTS

The four basic shots indicate the way in which the ball rolls down the alley. These four shots are the:

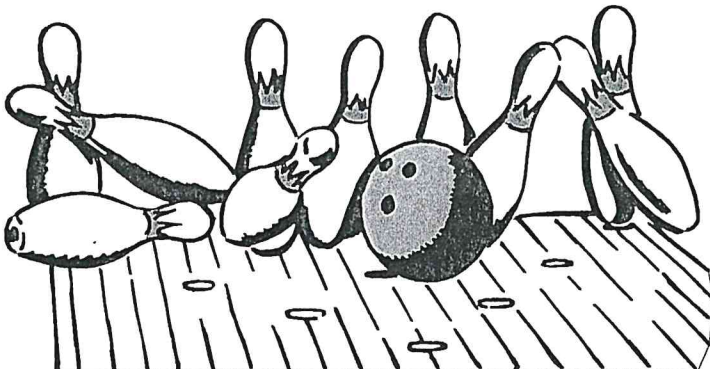
straight ball

hook ball

curve ball

backup ball

The **straight shot** is exactly what its name implies except that it is rolled down the alley slightly off center in order to hit the first pin at an advantageous angle.



The **hook shot** consistently beats other shots in producing strikes. The hook, if thrown properly, will start a chain reaction among the pins. The hooking motion of the ball's trajectory results from the way in which the middle and ring fingers are released as the ball is thrown onto the alley.

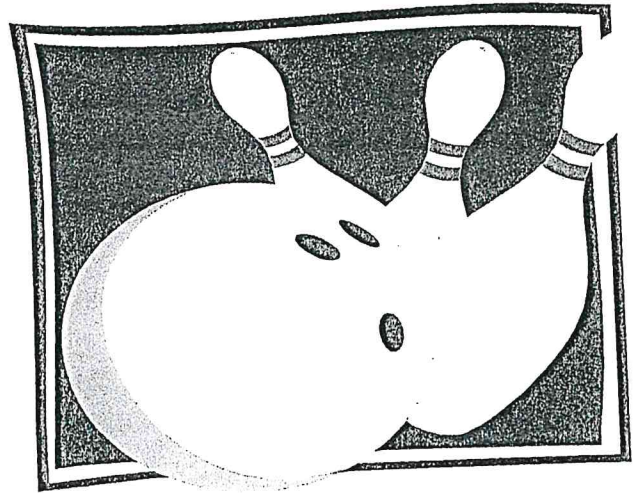
The **curve ball** is difficult to control.

It is actually an exaggerated version of the hook shot, but because of the side path, there is more room for error in this shot.

The **backup shot** is seldom used. It works from left to right, the exact opposite of the other three shots. Most professional players advise against using this type of shot.

EQUIPMENT AND CLOTHING

The two essential pieces of equipment needed in bowling are a bowling ball and a pair of bowling shoes. Clothing can be any comfortable, loose-fitting sportswear that allows room for free movement.



Weight, span and pitch must all be considered in selecting a bowling ball. “Span” is the distance between the thumb hole and the finger holes. “Pitch” is the angle at which the finger holes are drilled. With regards to weight, the rule of thumb is to select the heaviest ball that can be handled with ease. Choosing a ball that is too heavy and becoming fatigued from using it defeats the purpose of the game.

A good pro shop can help a beginning bowler decide where holes should be drilled in the ball to insure a comfortable fit.

The choice of bowling shoes depends upon which hand the bowler uses to roll the ball. For example, if the bowler is right-handed, the left shoe needs to allow sliding while the right shoe provides the necessary traction. The opposite is true for left-handed bowlers.

BOWLING NOTES AND NEWS

Bowling is one of the most popular pastimes in North America. Friends, families and other ordinary folks meet at local lanes to bowl a few frames. Kids and grownups alike enjoy the game. Because recreational bowling doesn’t require long hours of conditioning for strength or endurance, everybody gets a chance to bowl, both young and old.

On the competitive circuit, it’s a different story. Concentration, practice, and the development of natural skills all go into making a championship bowler. While everybody knows somebody who bowls, few people know the champions.

Bowling has its own professional circuit, just like other sports.



The PBA Tour currently has four major championship events: the USBC Masters (known as the ABC Masters prior to 2005), the BPAA U.S. Open, the PBA World Championship, and the PBA Tournament of Champions. In the 2005-2006 season, the PBA held twenty-one tournaments. Tommy Jones was named the 2006 Chris Schenkel PBA Player of the Year Award winner.

Jones of Simpsonville, S.C. won a Tour-high four titles for the second consecutive season, becoming the first bowler to win as many as eight titles over two seasons since Parker Bohn III in 1998 and '99. One of Jones' four titles was his first career Major, which came in the 63rd U.S. Open in February, 2006.

In his fifth season on Tour, Jones led all bowlers in earnings with \$301,700, the third-highest single-season total of all-time.

In, 2005, the PBA signed a historic three year sponsorship deal with Denny's, which made the American restaurant chain the PBA Tour's first title sponsor. The 2006-2007 season, begins at the end of September 2006 and runs through April 2007.

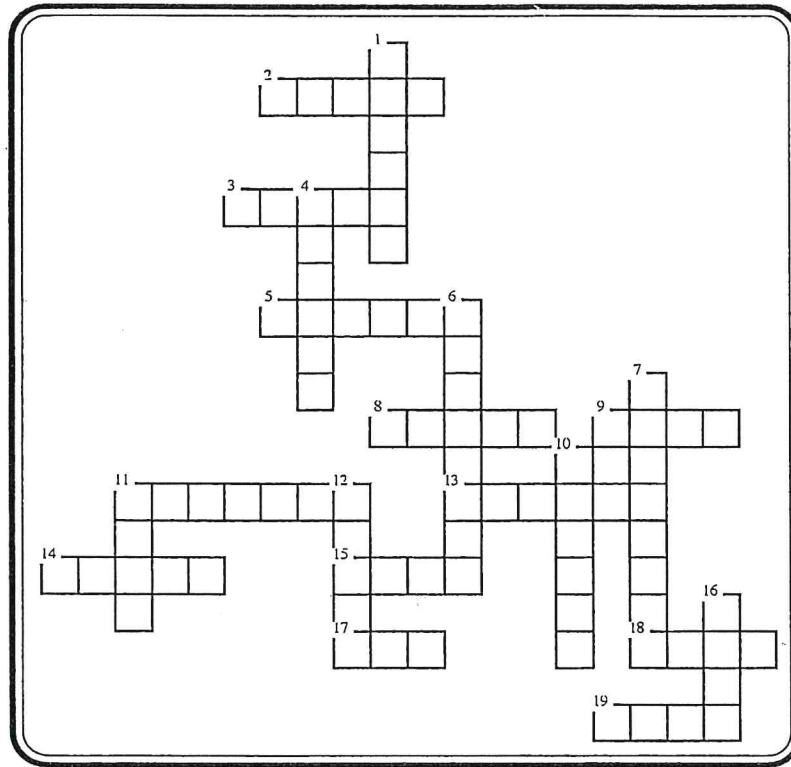


Keep current with the circuit of competition for this popular sport. It is exciting to watch professional bowlers roll up top scores on television. It is also interesting to keep track of how professional as well as college bowlers are doing at a variety of web sites:

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

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

Name: _____ Date: _____



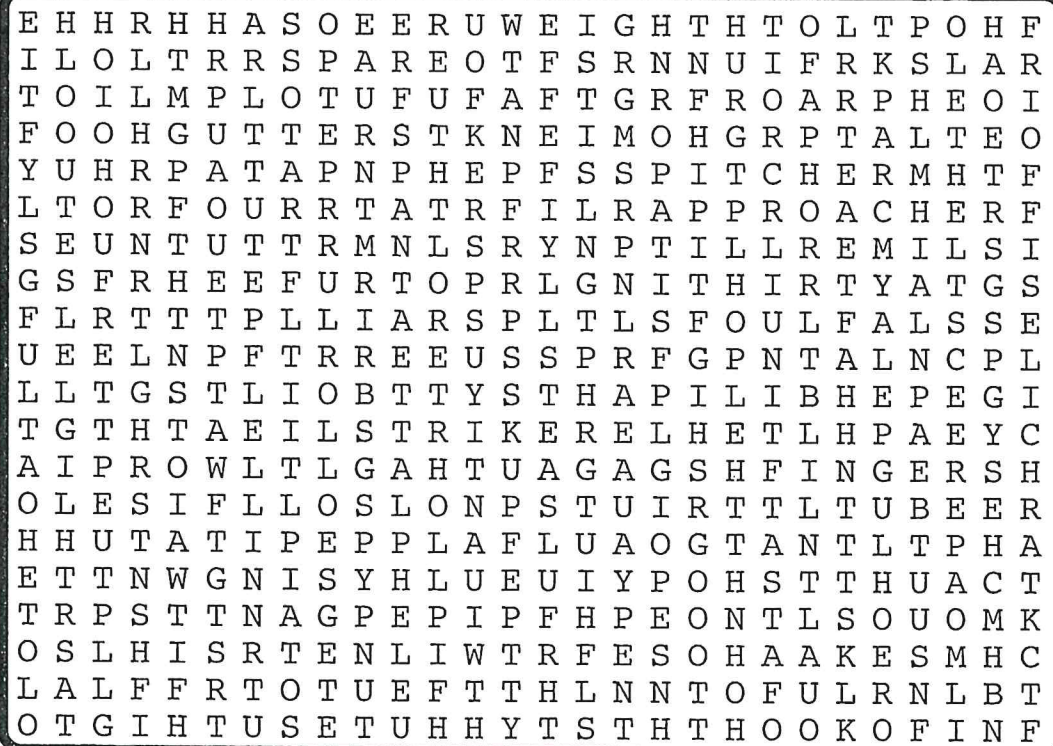
Across:

2. Where bowling is done
3. Angle which finger holes are drilled
5. Games are made of ten of these
8. The term used to describe knocking down all the pins in two turns
9. Distance on the ball between the thumb and finger holes
11. They come out last when the ball is released
13. When the ball rolls off of the alley it ends up here
14. What comes out first when the ball is released
15. This foot slides for right-handed bowlers
17. Number of pins in bowling
18. One of the types of shots in bowling
19. When a player goes over the line on the floor while bowling

Down:

1. How heavy a bowling ball is can be referred to as its _____
4. Points for knocking down all pins in one frame
6. This bowling shot does not curve
7. Area where bowler stands
10. The term used for knocking down all the pins in one turn
11. The number of basic shots in bowling
12. This term is used to describe the situation when the head pin is down and other pins are still up
16. One does this to the bowling ball to knock down the pins

Name: _____ Date: _____



Use the clues below to discover words in the above puzzle. Circle the words.

- Angle at which the finger holes are drilled
- When the ball goes off of the alley it ends up here
- They come out last when the ball is released
- This bowling shot does not curve
- Points for knocking down all pins in one frame
- Games are made of ten of these
- This term is used to describe the situation when the head pin is down and other pins are still up
- When the player goes beyond the foul line
- Number of pins in bowling
- What comes out first when the ball is released
- One does this to the bowling ball to knock down the pins
- Distance on the ball between the thumb and finger holes
- Area where bowler stands
- The number of basic shots in bowling
- The term used to describe knocking down all the pins in two turns
- The term used for knocking down all the pins in one turn
- This foot slides for right-handed bowlers
- Where bowling is done
- The _____ of the bowling ball is how heavy it is
- One of the types of shots in bowling

TENNIS

NTI
18-19

PACKET # 3

INSTRUCTIONS

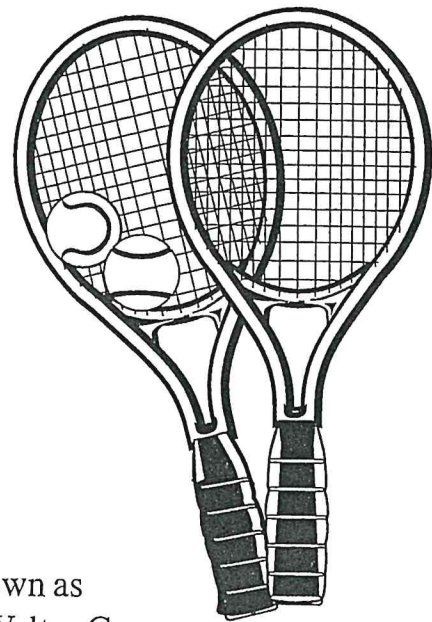
This Learning Packet has two parts: (1) text to read and (2) questions to answer.

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

Tennis is among the most popular sports in the United States. It is played by amateurs and professionals, children and adults, women and men. It can be played for sheer enjoyment or in fiercely competitive tournaments, such as the famous Davis Cup, Wightman Cup and the Wimbledon tournament. Like badminton, it requires agility, speed and almost continuous motion on the part of the player. It is often recommended as a good means of aerobic exercise.



HISTORY OF TENNIS

The game that we know as “tennis” today (officially known as “lawn tennis”) was created by a British citizen, Major Walter C. Wingfield, who introduced the game to Britain in 1873. The following year saw the introduction of the already-popular game to America.

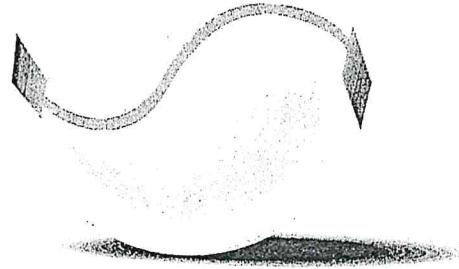
However, the real history of tennis apparently goes back far beyond Major Wingfield’s day. A version of tennis was played in ancient Greece and in France in the 1400s.

The first tennis tournament was played at Wimbledon in England in 1877. While Wimbledon is still considered the most famous and prestigious tennis tournament in the

world, the Davis Cup and Wightman Cup tournaments are also important annual events.

HOW THE GAME IS PLAYED

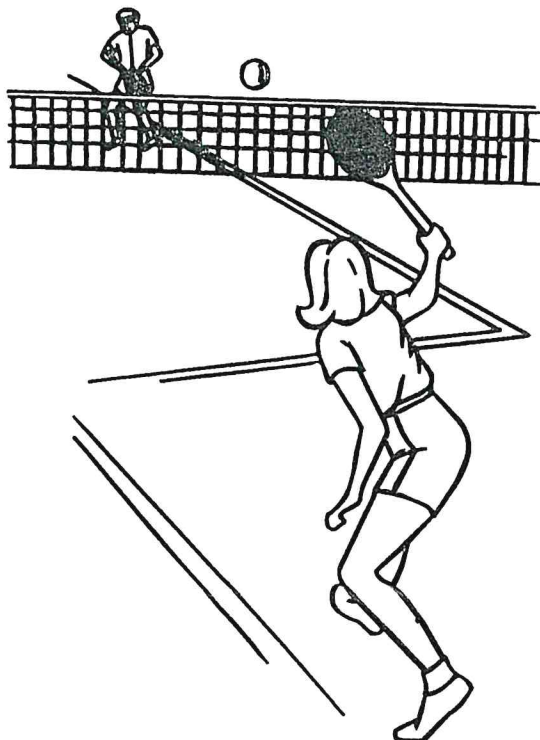
A tennis game always starts with the serve. The server stands behind the base line on the right side of the court. The ball is tossed into the air and hit diagonally across the net into the opponent's court. The opponent then has to hit the ball after the first bounce, and return it back across the net to the server.



A "fault" is committed when the server hits the net with the ball or when the ball is hit outside the service court. The second time a server tries to serve and fails, "a double fault" occurs. The opponent automatically gains a point after a double fault.

Faults can also occur when the server touches the base line or any other part of the court with his/her feet while serving.

A "let ball" is a serve that touches the net but lands in the correct place. This type of ball does not count; the server must serve again.



A ball that touches the net during play is called a "net ball." Net balls are legal and must be played.

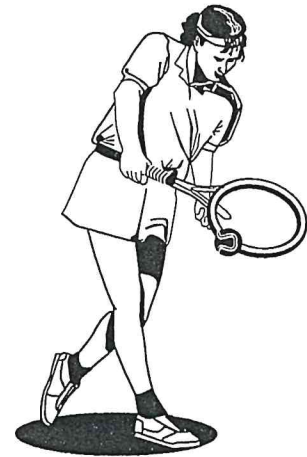
Once the first point is made, the server then serves from behind the left base line. The server continues until the opponent wins the serve or until a fault occurs.

The first point in a tennis game is 15, the second is 30 and the third is 40. The final score (or fourth point) is the GAME POINT.

A player must score four points in order to win a game. In a tie game, both sides or players may score three points, or 40-40 (a 'DEUCE'). If a player or side wins two more points after a deuce, the game is won.

BACKHAND DRIVE

This move is the other main stroke used to return a ball after one bounce. In the backhand drive, the ball goes to the opposite side of the racquet hand. The player moves the arm across the body and, as with the forehand drive, maintains a firm wrist and elbow. Again, contact with the ball is made in front of the player's body.



VOLLEY

The famous Martina Navratilova once offered this advice about the volley: "Keep it short and simple." The player's knees should be bent and legs slightly apart while the weight of the body is forward. The elbows should be turned in toward the body as the body pivots and the shoulder turns toward the ball.

The power of the volley comes not from the swing, but from a firm wrist, good timing and the ability to keep one's body weight forward.

LOB

The lob features a short backswing, an open racquet face and an upward motion. The follow-through on this shot is shorter than on other shots. The goal of the lob is to hit the ball over the opponent's head in order to drive him/her back in the court.

SLICE

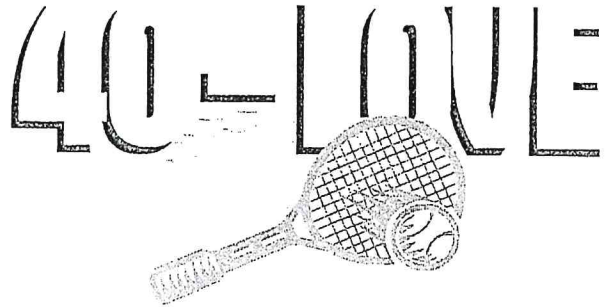


The forehand and backhand slices are used to make the ball spin and bounce crookedly. In the forehand slice, the player's shoulders should turn as the racquet is brought back above the level of the ball. The racquet head is tilted upward at this point, while the player's weight is kept forward. Ideally, the follow-through on this shot is kept short.

In the backhand slice, the player turns as the racquet is brought back above the level of the ball. The wrist is kept stiff as contact with the ball occurs in front of the player's body.

The “AD” or ADVANTAGE is the first point scored after the deuce. When both players score a point after a deuce, the game returns to 40-40 again.

The score “LOVE” means zero. If a game has the score 30-love, it means the score is 30 to zero. Nobody knows why the term “love” is used in tennis, but it is generally believed to have originated from the French word “l’ouve,” which means “egg.” An egg is round like a circle, hence its association with a zero.



A SET means that one side or player has won six games. The winner of the set must win by two games. A MATCH means that two out of three sets have been won.

PLAYING TECHNIQUES

THE SERVE



There are four types of serves in tennis: the flat serve, the slice serve, the kick serve and the American twist. While the slice is the most common and effective serve, all four types of serves demand a controlled toss and good follow-through.

To execute the serve properly, the player raises the racquet back to a point where it reaches over his or her right shoulder. The player’s elbow is kept straight in the air. The proper stance is straight, not bent at the waist. The ball is then tossed up into the air. As the ball comes down, the server moves forward and strikes the ball with the racquet, driving it over the net toward the other player or players.

FOREHAND DRIVE

This move is one of the two main strokes used for returning the ball after one bounce. When the ball approaches the player’s racquet-hand side, the forehand drive is used—basically, as a way of blocking the ball. The wrist maintains a firm position and keeps the racquet face open. All contact with the ball should take place in front of the player’s body.

EQUIPMENT AND CLOTHING

Tennis is usually played in loose-fitting shorts for men or short skirts for women. Athletic shoes are needed to brace the feet and ankles during violent maneuvers. Light polo shirts or blouses are worn to provide freedom of movement.

TENNIS NOTES AND NEWS



Amelie Mauresmo defeated Justine Henin-Hardenne (2-6, 6-3, 6-4) to win the Wimbledon championship in 2006. The victory was especially sweet because Mauresmo's last grand slam victory came in January 2006 when Henin-Hardenne withdrew because of stomach cramps. This time she can revel in the glory of a hard-earned victory.

Mauresmo made a terrible start, dropping the first set in 31 minutes, but then it was Henin-Hardenne's turn to falter.

Mauresmo took the final into a decider and despite several nerve-racking moments, held on for an emotional win.

The Frenchwoman, so often accused of choking on the big occasion, dropped to her knees and burst into tears as the reality of her victory sank in.

"I definitely wanted this win today and I don't want anybody to talk about my nerves anymore," she joked in an on-court interview. "This trophy is so special in the world of tennis and it feels great."

Roger Federer wrapped up his fourth consecutive Wimbledon title in 2006 by subduing Spain's Rafael Nadal 6-0, 7-6, 6-7, 6-3.

It looked as though the world number one would run away with an eighth grand slam title after rampaging through the first set in 24 minutes before double French Open champion Nadal recovered to make the Swiss maestro sweat on a breezy Centre Court.



Federer dropped a set for the first time at this year's tournament as the 20-year-old Nadal refused to surrender, but in the end he had enough grasscourt craft to become only the

third man to win four straight titles here in the professional era.

“It’s fantastic, I never thought it was possible but I made it,” Federer, clad in his cream blazer, said in his acceptance speech after an enthralling two hour 50 minute contest. “It was awfully tight and I was getting awfully nervous in the end.”

Athens 2004 Olympic Results:

Men’s Singles:

Gold: Nicolas Massu, Chile
Silver: Mardy Fish, United States
Bronze: Fernando Gonzalez, Chile

Women’s Singles:

Gold: Justine Henin Hardenne, Belgium
Silver: Amelie Mauresmo, France
Bronze: Alicia Molik, Australia

Men’s Doubles:

Gold: Fernando Gonzalez and Nicolas Massu, Chile
Silver: Nicolas Kiefer and Rainer Schuettler, Germany
Bronze: Mario Ancic and Ivan Ljubicic, Croatia

Women’s Doubles:

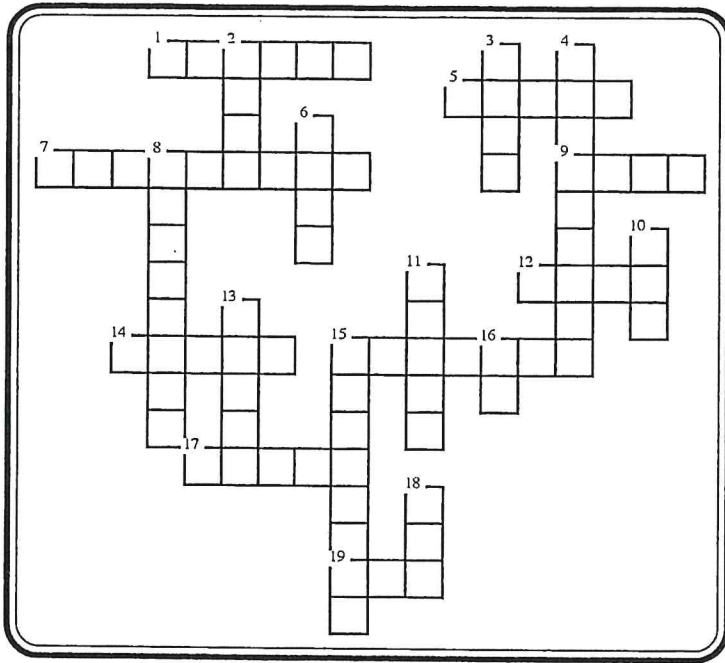
Gold: Li Ting and Sun Tian Tian, China
Silver: Conchita Martinez and Virginia Ruano Pascual, Spain
Bronze: Paola Suarez and Patricia Tarabini

Keep current with the sport of tennis by visiting these tennis websites:

<http://www.atptour.com/>
<http://www.ncaasports.com/>
<http://www.tennisserver.com/>
<http://www.tennis.com>

5. Name the four types of serves in tennis.
6. What is the tennis volley and how is it executed?
7. What does the score "love" mean in tennis?
8. What does "a set" in tennis mean?
9. What is the first point in a tennis score?
10. What comprises "a match" in tennis?

Name: _____ Date: _____



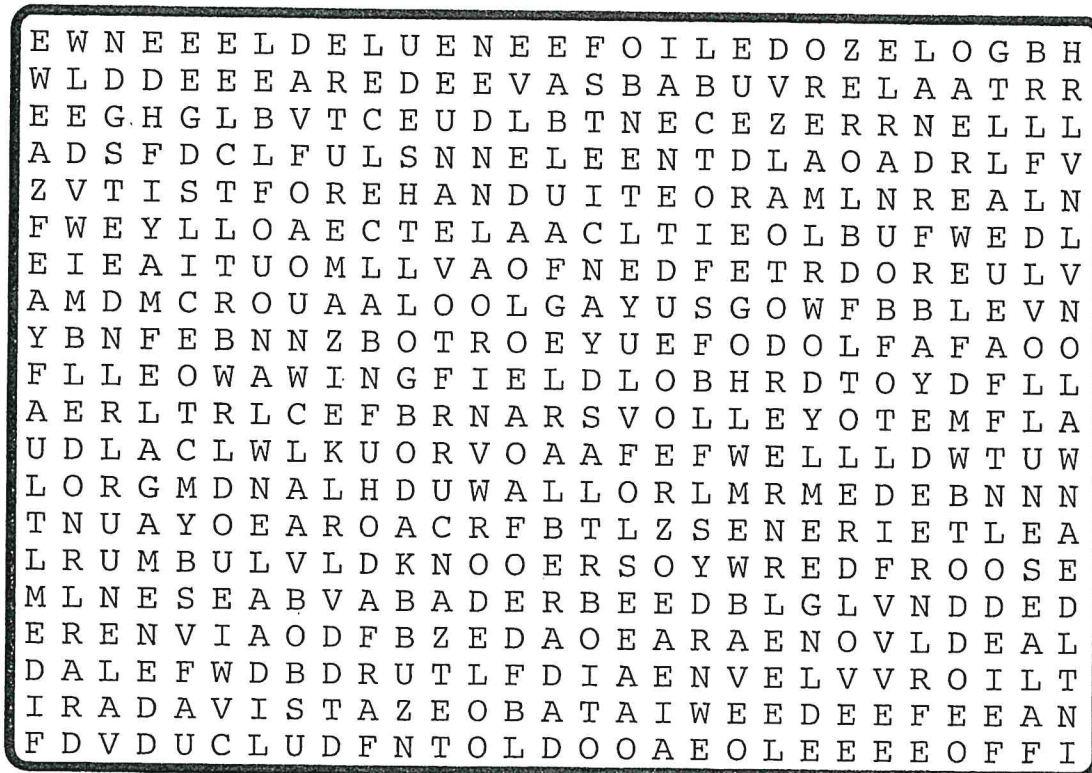
Across:

1. Martina says keep it short and simple
5. A popular tennis tournament
7. Most famous tennis tournament
9. One must win at least six of these to win the set
12. Love in tennis means this for a score
14. When the server hits the net with the ball
15. The direction of the player's weight when hitting a slice
17. A score of 40-40
19. It is in the middle of the court and the ball must be hit over it

Down:

2. Comes from the French word for "egg"
3. Tennis was originally played on this
4. This major introduced tennis to England in 1873
6. There are this many types of serves in tennis
8. One type of drive
10. Short backswing and upward motion
11. A tennis game starts with one of these
13. Makes the ball bounce and spin
15. Another type of drive
16. The first point scored after deuce
18. The server hits the net with the ball and the ball lands in the right place

Name: _____ Date: _____



Use the clues below to discover words in the above puzzle. Circle the words.

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2. Another type of drive
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SOCCER

NTI
20-21

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

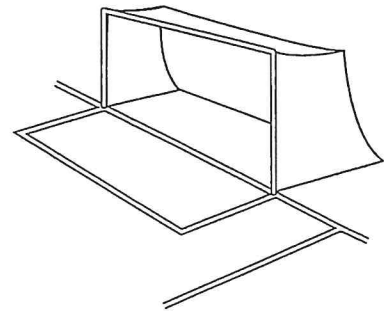
used this game as training for his armies.

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.

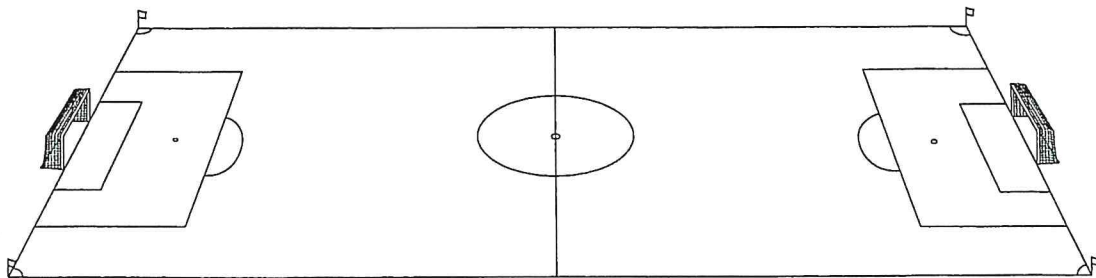
HOW SOCCER IS PLAYED

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

GOLD:	ARGENTINA
SILVER:	PARAGUAY
BRONZE:	ITALY

Women

GOLD:	UNITED STATES
SILVER:	BRAZIL
BRONZE:	GERMANY



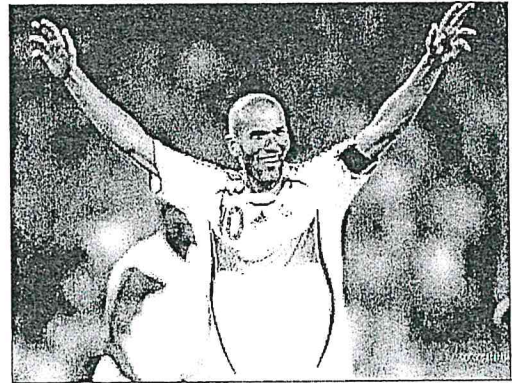
To participate in the World Cup is the dream of millions of young soccer players. The World Cup takes place every four years and is the most important soccer competition in the world.

In 2006, Italy won a penalty shootout 5-3 to lift the World Cup for the fourth time after French captain Zinedine Zidane was sensationally sent off near the end of the final that was tied 1-1 after extra time.

The French captain was shown the red card in the final match of his career for inexplicably headbutting Italian, Marco Materazzi.

Zidane had scored a seventh minute penalty to put France ahead in the final game with Materazzi equalizing 12 minutes later.

With the shock of Zidane's moment of madness still hanging over the Olympic stadium in Berlin, the greatest prize in world football went down to the lottery of spot kicks.



Italy kept their nerve the best with five immaculate penalties, the fifth and crucial strike from the boot of Fabio Grosso.



David Trezeguet's missed effort for France which hit the underside of the crossbar ultimately proved the difference, the only player from either side to miss.

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.

1999 and 2003 Women's World Cup were both celebrated in the United States; in 2003 China was supposed to host it but it was moved because of SARS. As compensation, China retained its automatic qualification to the 2003 tournament as host nation, and received the 2007 tournament.



Marc Burch's deflected free kick gave Maryland a 1-0 win over New Mexico in the 2005 Men's NCAA Championship championship game, ending three years of frustration in which the Terrapins lost in the semifinals.

Maryland (19-4-2) broke through in the 30th minute when a foul on New Mexico's David Gualdarama about 25 yards out gave the Terrapins a free kick. Burch fired a low, hard shot around the wall New Mexico set up. The ball nicked the foot of a Lobos defender, catching New Mexico goalkeeper Mike Graczyk leaning to his left and unable to get back to his right.

Maryland, won its first national soccer title since 1968, when it shared the title with Michigan State after the final ended tied 2-2 after two overtimes.

2005 was New Mexico's first appearance in a men's soccer final. The school's only national championship in a team sport was for skiing in 2004.



Christine Sinclair scored two goals and Portland beat UCLA 4-0 in the 2005 NCAA women's soccer national championship game. Angie Woznuk added a goal and an assist for the Pilots (24-0-2), who won their second title in three years.

For 2005, Portland became the only team other than North Carolina to finish an unbeaten season with a championship. The Tar Heels have won 10 of their 17 championships following undefeated seasons.

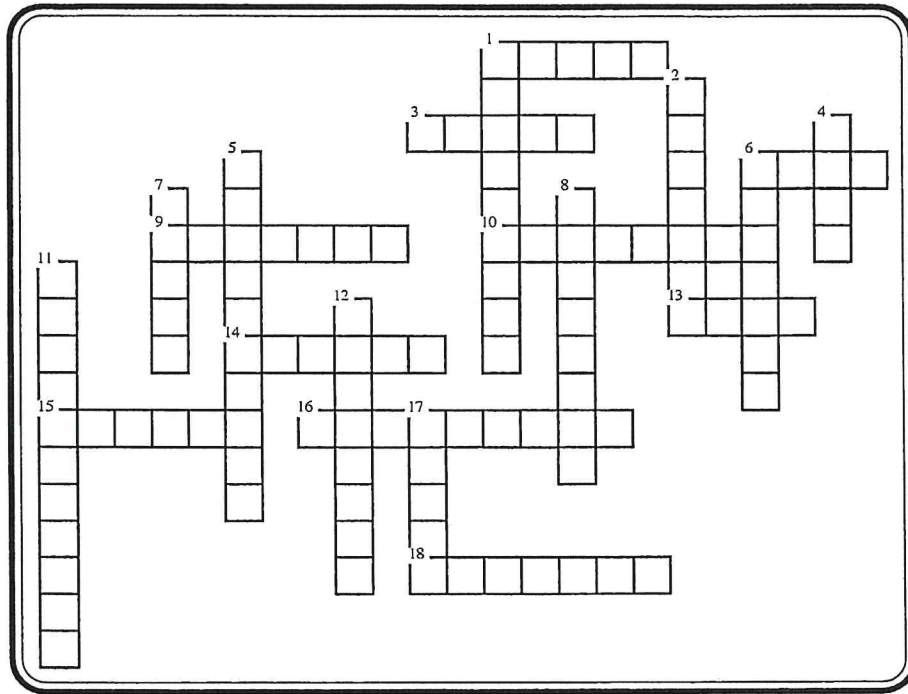
Sinclair, a member of the Canadian national team, set an NCAA single-season record with her first-half goals, giving her 39. Entering the game, Sinclair was tied SMU's Lisa Cole, who had 37 goals in 1987.

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

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

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

Name: _____ Date: _____



Across:

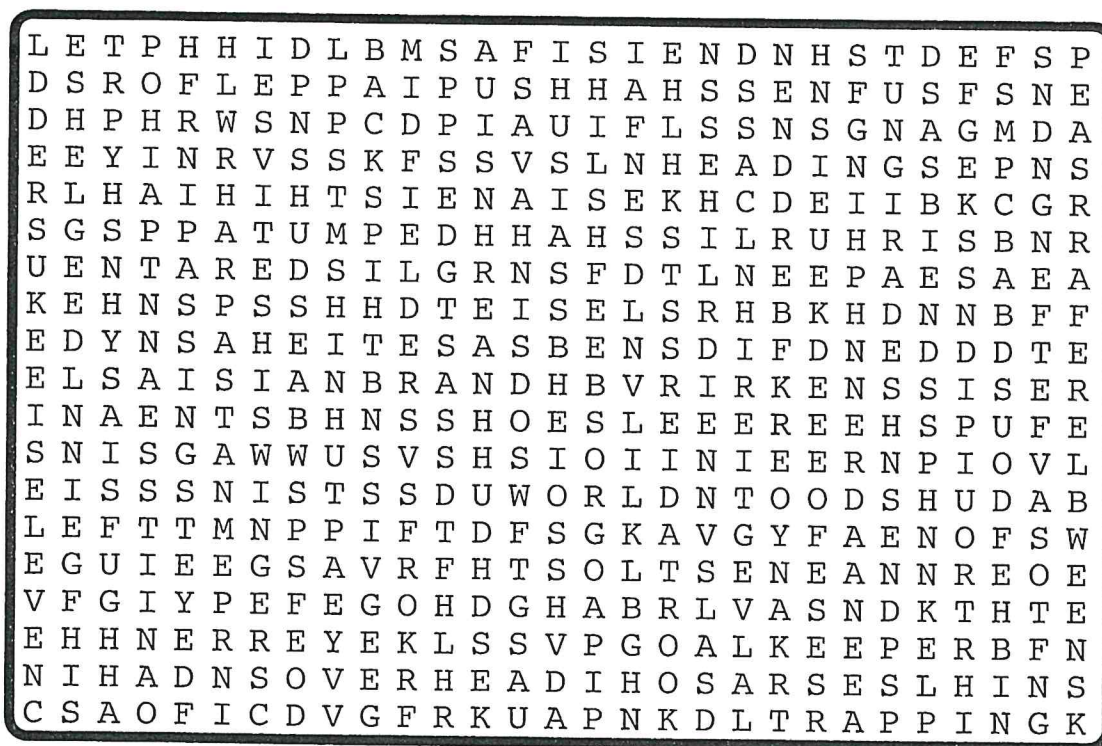
1. Soccer players should not use this part of the body
3. International soccer competition takes place at the _____ cup
6. Most popular type of pass in soccer
9. The player does this to make contact with a ball that is too high to reach with a foot
10. Some consider these to be the best all-around players
13. Pads for leg protection
14. The number of players on a soccer team
15. One should use this part of the body when kicking the ball
16. Moving the ball 10 - 12 inches per bounce and keeping control of it while moving
18. Possible miles-per-hour speed of a kicked soccer ball

Down:

1. Roman name for soccer
2. The players in this position are similar to guards in basketball
4. Acronym for the US Pro soccer organization
5. This is a player who can use his or her hands and stays near the net
6. Precision kicking - the most critical move in soccer
7. They often have cleats and some consider them to be the most important soccer equipment
8. Controlling the ball by stopping or changing its direction
11. They are in constant motion during the game
12. Type of kick that sends the ball in the opposite direction
17. These players help protect the goal-keeper

Name: _____ Date: _____

Physical Education 6 Word Search



Use the clues below to discover words in the above puzzle. Circle the words.

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