

The document has two sections that you may choose one or both to do. (if you choose to do both please submit it separately)

-> If you would like credit include your full name at the top

1. Basic of your sport (Rules, regulations, structure etc)
2. Sports Teaching Template, teach specific skills, tips etc.

Basics of Sports

1. Title of Sport

- Example: "Introduction to Volleyball" or "Soccer Basics for Beginners"

2. Overview of the Sport (2-3 sentences)

- Brief description of the sport, its purpose, and appeal.
- Example: "Volleyball is a team sport where players work together to send the ball over the net and prevent it from touching their side. It's known for building teamwork, coordination, and quick reflexes."

3. Objective of the Sport

- Explain the main goal of the game in simple terms.
- Example: "In soccer, the goal is to score by getting the ball into the opposing team's net using feet and body control, without using hands."

4. Basic Rules

- List the fundamental rules in a simplified format.
- Example:
 1. **Team Size:** Typically 11 players per team for soccer; can be modified for smaller groups.
 2. **Game Duration:** Two halves of 45 minutes.
 3. **Key Rules:** No hands allowed, except for the goalie; a goal is scored when the ball fully crosses the goal line.

5. Field Layout & Key Positions

- Briefly describe the layout and important areas of the field or court (include a simple diagram if possible).
- List key positions and their roles (e.g., "Goalkeeper: Prevents goals by guarding the net").

6. Essential Skills to Practice

- Identify 2-3 core skills with brief descriptions and beginner-level instructions.
- Example:
 - **Passing:** Aim to kick the ball accurately to a teammate.
 - **Dribbling:** Use small touches to keep control of the ball while moving.
 - **Shooting:** Strike the ball with power toward the goal.

7. Common Terms or Phrases

- List a few terms players should know to understand the game.
- Example:
 - **Offside:** A rule violation when a player is too close to the opponent's goal without the ball.
 - **Assist:** A pass that directly leads to a goal.

8. Beginner Practice Drills

- Outline 1-2 basic drills that reinforce essential skills, with easy-to-follow steps.
- Example:
 - **Passing Circle:** Players stand in a circle and pass the ball to each other, aiming for accuracy and control.
 - **Goal Kick Practice:** Players take turns shooting at the goal from different distances.

9. Fun Game to Try

- Describe a simplified version of the game or a related activity that teaches strategy in a fun way.
- Example: "5-a-Side Soccer" – A small version of soccer with 5 players per team, perfect for smaller spaces and beginner-level play.

10. Tips for Coaches or Helpers

- Key points for instructors to focus on, like teamwork, sportsmanship, and basic technique.
- Example: "Encourage players to communicate and support each other during the game."

11. Reflection Questions

- Questions for players to reflect on their understanding and experience.
- Example: "What was your favorite part of learning this sport?" or "Which skill do you feel you improved the most?"

Sport Teaching Template

1. Title of Lesson/Guide

- Example: "Basketball Basics for Beginners" or "Building Stamina in Soccer"

2. Introduction (1-2 sentences)

- Brief overview of what the lesson covers and the main objective.
- Example: "Learn the basics of dribbling, shooting, and teamwork in basketball, focusing on skills that can be practiced in any environment."

3. Equipment Needed (if any)

- List any low-cost or DIY equipment.
- Example: "Basketball or any similar-sized ball; chalk for marking boundaries."

4. Step-by-Step Instructions and How to develop skills

- Break down each skill or drill into simple, numbered steps.
- Each step should include:
 - **Name of the Skill/Exercise** (e.g., "Dribbling Basics")
 - **Objective**: Purpose of the exercise (e.g., "To improve hand-eye coordination")
 - **Instructions**: Simple, easy-to-follow steps.
 - **Modification Options**: Suggestions for those with limited space or equipment.

5. Key Points for Coaches/Parents/Children

- Tips on what to look for or correct, especially with young learners.
- Example: "Encourage eye contact with teammates and keeping knees slightly bent for balance."

6. Practice Drills & Games

- Include 1-2 fun, beginner-friendly drills or games that reinforce the lesson.
- Describe how to set up the drill, the rules, and how to play.
- Example: "Around-the-World Shooting Game: Players stand in a circle and pass the ball around as quickly as possible."

7. Encouragement & Motivation Tips

- Include 1-2 lines to keep learners motivated.
- Example: “Remind players that improvement takes time and every practice is progress!”

8. Reflection Questions / The best tips you have learnt

- 1-2 questions for students to reflect on what they learned or enjoyed.
- Example: “What was the most challenging part, and how did you overcome it?”

9. Additional Resources or Videos (optional)

- Link to any helpful free resources or videos that further explain the sport.