
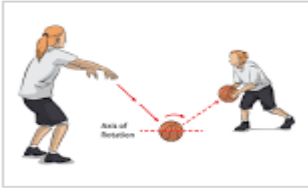



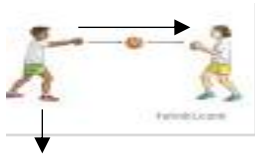


Key Moves		
<p>Chest pass</p> 	<p>Bounce pass</p> 	<p>Shoulder pass</p> 
<p>Overhead pass</p> 	<p>Dribble</p> 	<p>Pass and Move</p> 

Key Vocabulary

Warm Up

Increases temperature and increasing heart rate, which increases blood flow, and breathing rate to prepare you for exercise.

Cool Down

Decreases the heart rate and breathing rate, relaxes the muscles, and helps them to repair.

Consistency

Doing the same thing every time.

Signal

Telling someone where you are/ want to be using body language.

Keep possession

You have the ball and keep it.

Dodge

Moving out of the way.

Mark

Shadowing someone.

Intercept

Blocking and getting possession of the ball.

