

2012 PRACTICAL EXAMINATION PHYSICAL EDUCATION STUDIES

AFL Practical Examination 2012

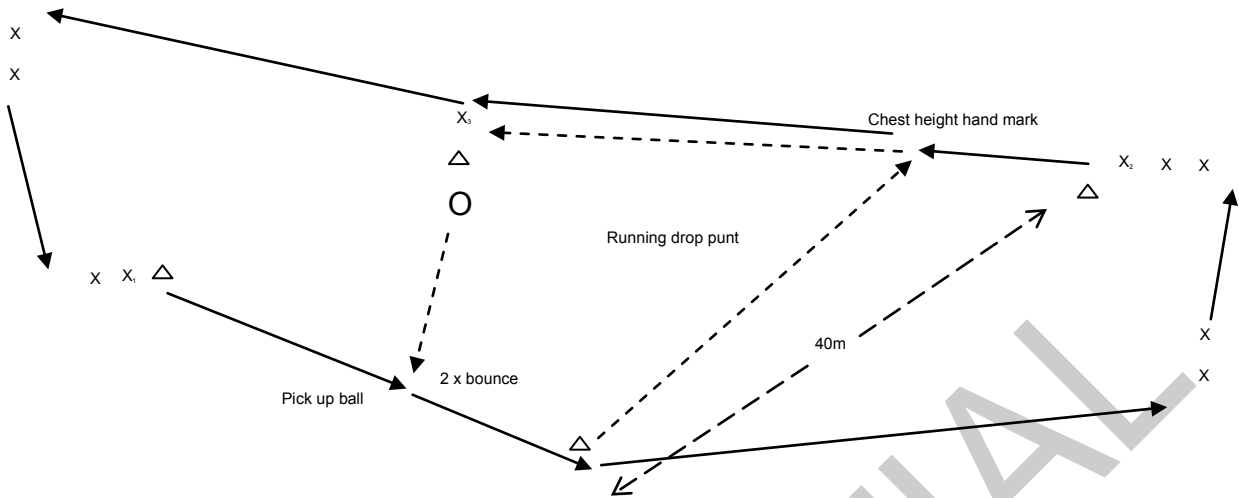
SECTION ONE – Skills Performance

1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Running Drop Punt	Chest height hand mark	Overhead mark	Handball	Kick for goal (running drop punt)

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**Drill #1:** Running drop punt; chest height hand mark



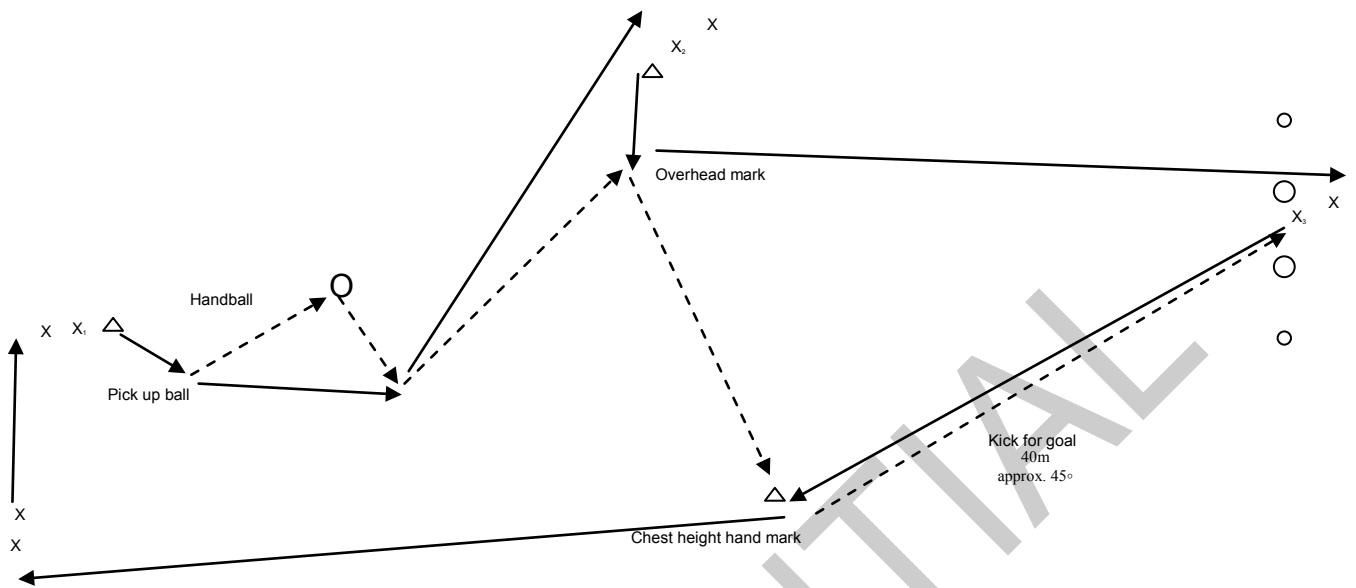
**Key**

- X = player
- O = feeder
- Δ = marker
- = player movement
- = ball movement

**Drill description**

1. Player X<sub>1</sub> runs forward to pick up the ball rolled by the feeder, bounces then uses running drop punt to pass to X<sub>2</sub>.
2. Player X<sub>2</sub> leads to receive the pass using a chest height hand mark, then kicks the ball to X<sub>3</sub>.
3. Player X<sub>3</sub> marks and gives the ball back to the feeder.
4. Players X<sub>1</sub> and X<sub>3</sub> continue and join the line waiting for next phase of drill.
5. Player X<sub>2</sub> replaces X<sub>3</sub> and waits for next pass.

**Drill #2:** Handball; overhead mark; kick for goal (running drop punt)



**Key**

- X = player
- O = feeder
- Δ = marker
- = player movement
- = ball movement

**Drill description**

1. Feeder rolls the ball flat towards X<sub>1</sub> who picks it up and handballs to the feeder, keeps running and receives a return handball from the feeder.
2. X<sub>1</sub> kicks the ball to X<sub>2</sub> who is leads and takes an overhead mark.
3. Player X<sub>2</sub> kicks to X<sub>3</sub> on a long lead out from goal.
4. Player X<sub>3</sub> turns and kicks at the goal. Kick is from 40m and approx. 45°.
5. Player X<sub>1</sub> follows the kick and join line behind X<sub>2</sub>.
6. Player X<sub>1</sub> kicks and joins line behind X<sub>3</sub>.
7. Player X<sub>3</sub> follows the kick and join line behind X<sub>1</sub>.

**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	50 metre arc
SPECIFY NUMBER OF PLAYERS	8 (can be done with 6)
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Creating and defending a scoring shot.
SPECIFY ROLES OR GOALS OF PLAYER(S)	Feeder kicks the ball to leading offence. Four players (offence) try to score a goal. Other four players defend to get the ball out of the 50 metre arc (defence).
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	Change offence and defence after 5 minutes

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## Athletics Practical Examination 2012

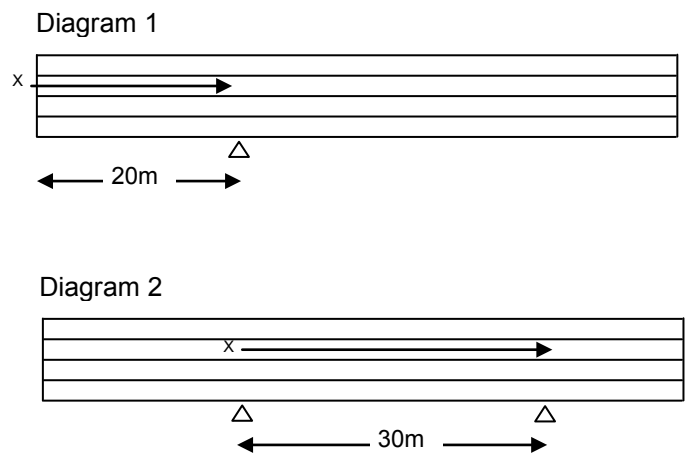
### SECTION ONE – Skills Performance

#### 1. Skills set

Skill 1 Run	Skill 2 Jump	Skill 3 Throw
100m	Triple jump	Shot put

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**Drill #1: 100m**



**Key**

- X = athlete
- Δ = marker
- = athlete movement

**Drill description**

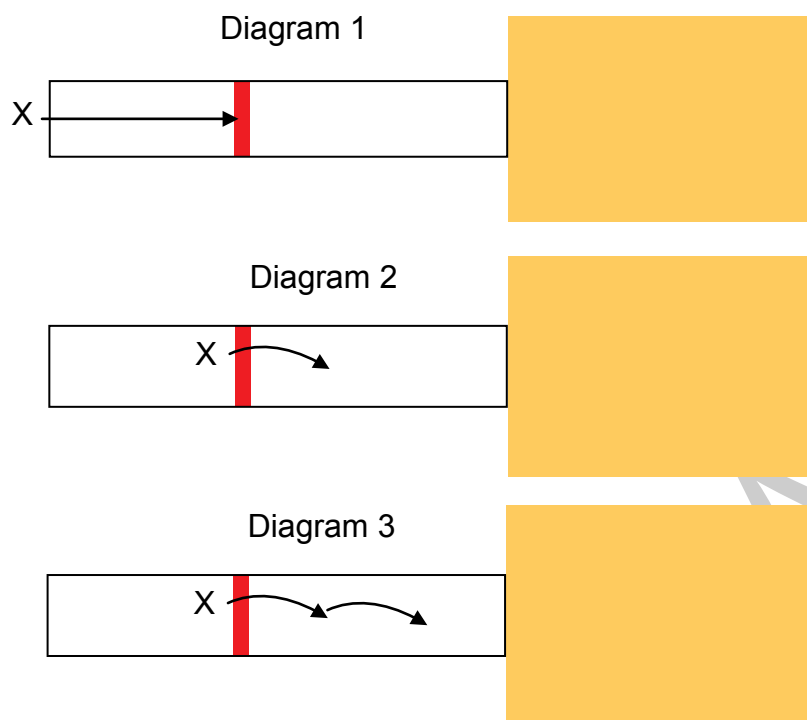
*Part 1: start*

1. Athletes set up starting blocks for commencement of 100m race
2. On examiner's commands each athlete performs a series of starts and accelerates for 20m

*Part 2 (diagram 2): run technique*

1. Athletes perform drill over 3 sets of 30m to demonstrate running technique

## Drill #2: Triple jump



### Key

- X = athlete  
△ = marker  
→ = athlete movement

### Drill description

#### *Part 1 (diagram 1): run up to board*

1. Each candidate to measure and mark an appropriate run up
2. On commands from the examiner, each candidate to perform a run up and take off into the 'hop' phase

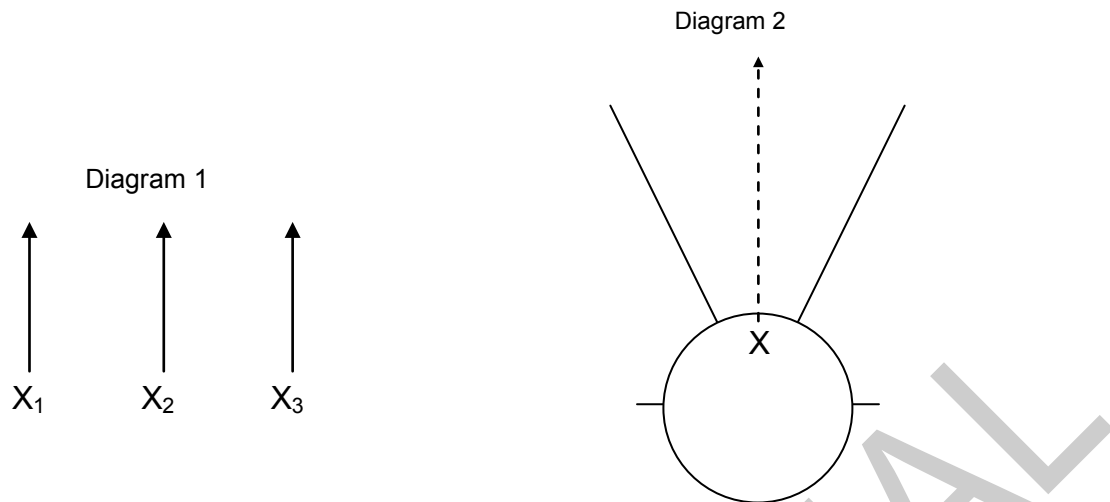
#### *Part 2 (diagram 2): run up to board and hop*

1. Each candidate to measure and mark regular run up
2. On commands from the examiner, each candidate to perform a run up and execute the hop phase of the triple jump

#### *Part 3 (diagram 3): run up to board to hop and step*

1. Each candidate to measure and mark an appropriate run up
2. On commands from the examiner, each candidate to perform a run up and execute the hop and step phases of the triple jump

### Drill #3: Shot put



#### Key

X	= athlete
△	= marker
→	= athlete movement
-->	= implement movement

#### Drill description

##### Part 1 (diagram 1): grip

1. From standing start, demonstrate correct grip and placement

##### Part 2 (diagram 2): stance

1. Each athlete stands at the top of the throwing circle
2. Throwing technique is demonstrated from a standing throw

##### Part 3 (diagram 2): technique

1. Each athlete utilises the throwing circle to demonstrate throwing technique



**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	100m track; triple jump pit; shot put circle
SPECIFY NUMBER OF PLAYERS	N/A
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Athletes are to attempt optimal performance in each of the events
SPECIFY ROLES OR GOALS OF PLAYER(S)	Each athlete will receive up to 3 attempts to achieve a best time in the 100m and maximum distance in the triple jump and shot put.
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	N/A

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## Badminton Practical Examination 2012

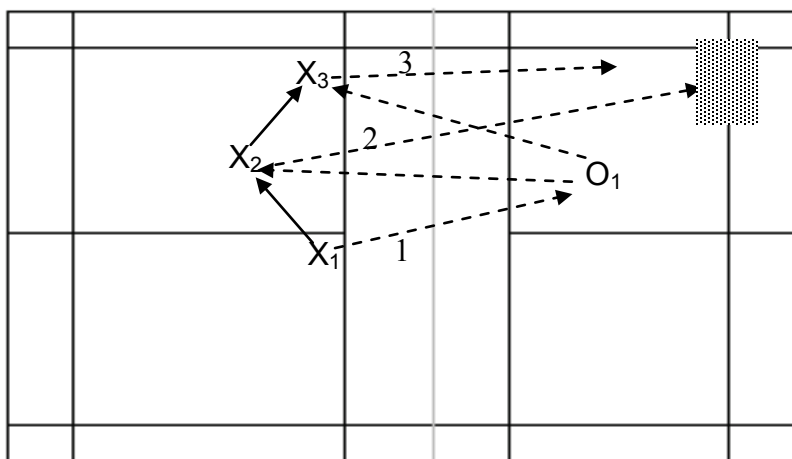
### SECTION ONE – Skills Performance

#### 1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Low serve	Underarm clear	Net attack shot	Overhead clear	Underarm net tumble

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**Drill #1:** Low serve; underarm clear; net attack shot



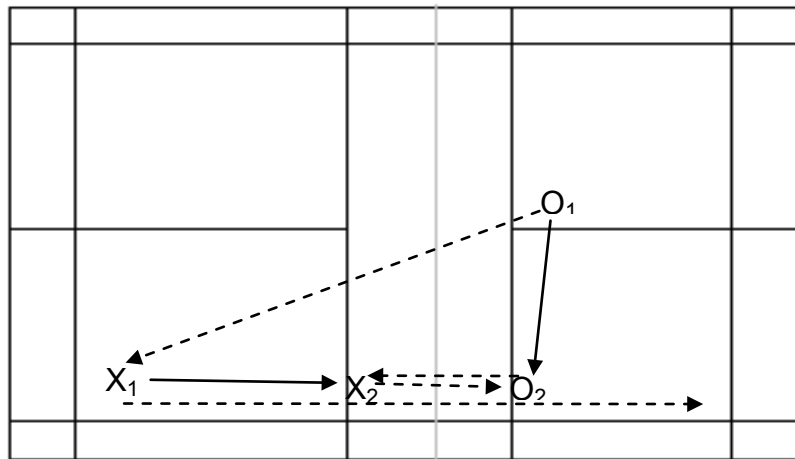
**Key**

X	= player
- - ->	= shuttle movement
->	= player movement
▨	= target area
O	= feeder

**Drill description**

1. Player at X<sub>1</sub> begins with a low serve toward feeder at O<sub>1</sub> then moves to position X<sub>2</sub>
2. Feeder plays a shot toward position X<sub>2</sub> which player returns using an underarm clear and hits toward the target area at the back of the court. Player moves to position X<sub>3</sub>
3. Feeder hits shuttle toward X<sub>3</sub> which player returns using a net attack shot to finish the rally.

**Drill #2:** Overhead clear and underarm net tumble



**Key**

X	= player
- - ->	= shuttle movement
—>	= player movement
▨	= target area
O	= feeder

**Drill description**

1. Feeder begins at position O<sub>1</sub> with a high serve toward X<sub>1</sub> then moves to position O<sub>2</sub>.
2. Player at X<sub>1</sub> uses an overhead clear to play the shuttle to the back of the court. Player then moves toward X<sub>2</sub>.
3. Feeder feeds a shuttle toward position X<sub>2</sub>.
4. Player uses a net tumble to play the shuttle toward feeder.
5. Rally continues between player and feeder using net tumbles until the rally is complete.

**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Full court
SPECIFY NUMBER OF PLAYERS	2 vs 2
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Play a ten minute game to maximise your score
SPECIFY ROLES OR GOALS OF PLAYER(S)	No special roles
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	No special rules

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## Basketball Practical Examination 2012

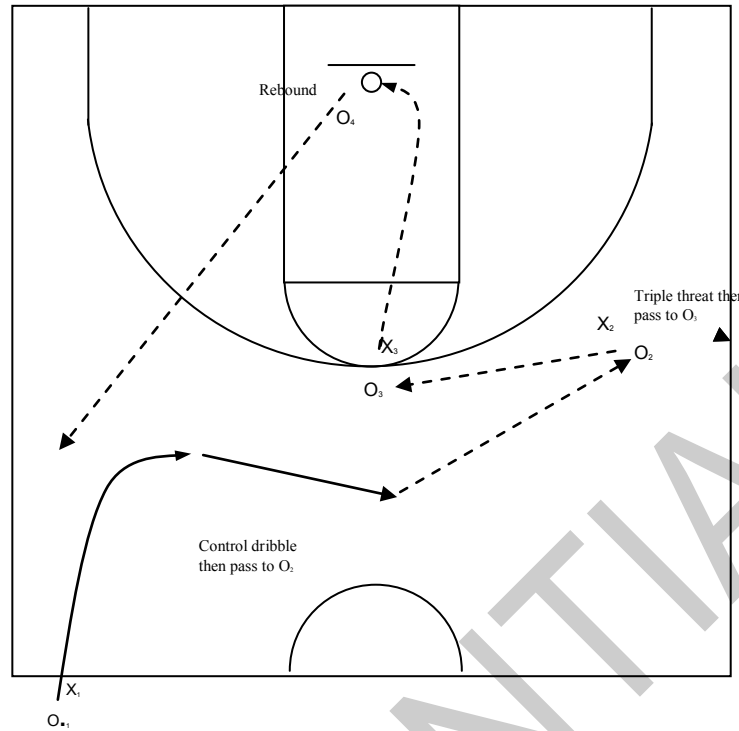
### SECTION ONE – Skills Performance

#### 1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Control dribble	Triple threat	Catch & shoot jump shot	Screening	Lay-up

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**Drill #1:** Control dribble; triple threat; catch & shoot jump shot



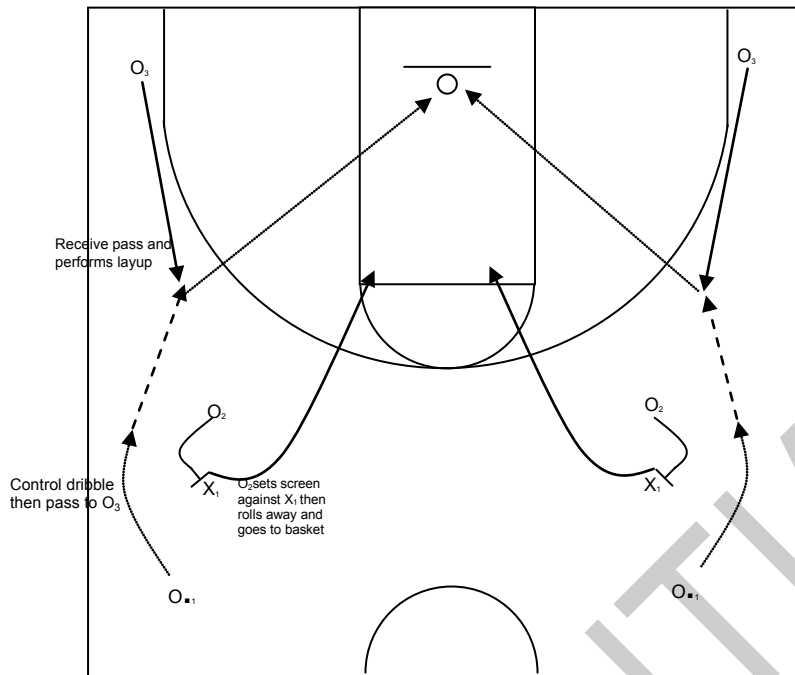
**Key**

- X = defensive player
- O = offensive player
- O• = offensive player has ball
- = ball movement
- = player movement

**Drill description**

1. O<sub>1</sub> starts behind half way guarded by X<sub>1</sub>, control dribbles to centre court, stops to triple threat position and passes to O<sub>2</sub>.
2. From triple threat position, O<sub>2</sub> passes to O<sub>3</sub>.
3. Player O<sub>3</sub> receives the pass and performs a catch and shoot jump shot with minimal pressure from X<sub>3</sub>.
4. O<sub>4</sub> rebounds and dribbles to the beginning of the drill.

## Drill #2: Screen; lay-up



### Key

- X = defensive player
- O = offensive player
- O• = offensive player with the ball
- > = ball movement
- > = player movement
- >• = player movement with the ball

### Drill description

1. O<sub>1</sub> control dribbles around X<sub>1</sub> who gets screened by O<sub>2</sub>.
2. O<sub>1</sub> passes to O<sub>3</sub> who leads from the baseline.
3. O<sub>3</sub> receives the pass and performs layup.
4. After player O<sub>2</sub> the screen, he/she will roll and head toward the basket.
5. Players rotate roles
6. Other half of the group performs the same drill on the other side.
7. Groups swap sides.



**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Half court
SPECIFY NUMBER OF PLAYERS	4 vs 4
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Create scoring opportunities in five minutes of play starting with an out of bounds pass-in from the half way line.  Defence aims to restrict offence and attempt to gain possession in order to move the ball over the half line to end the play.
SPECIFY ROLES OR GOALS OF PLAYER(S)	Maximise points for the team.  OR  Restrict offensive players.
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	Change offence and defence after 5 minutes

## Cricket Practical Examination 2012

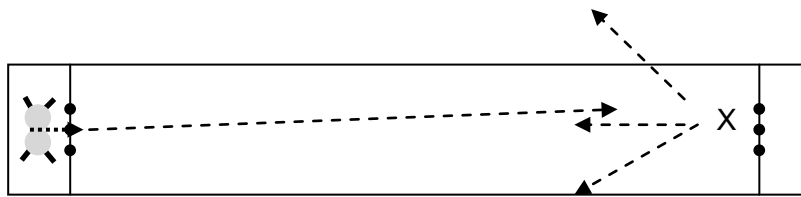
### SECTION ONE – Skills Performance

#### 1. Skills set

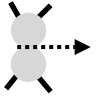
Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Front foot stroke production	Back foot offensive stroke	Bowling: pace, (swing and seam) and spin	Outfield catch	Infielding: ground fielding and overarm throw

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### Drill #1: Front-foot stroke production



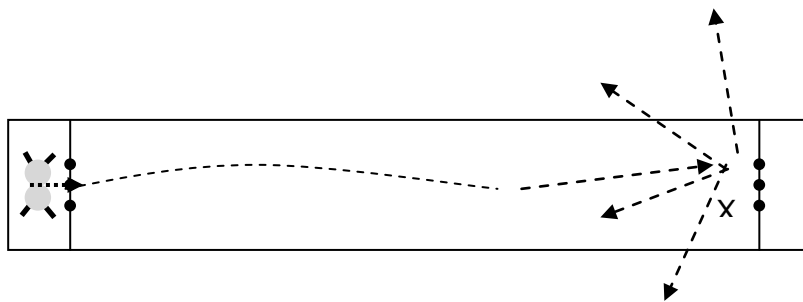
#### Key

X	= player	→	= player movement
O	= feeder		= bowling machine
△	= marker		
-----	= ball movement		

#### Drill description

1. The bowling machine is set at an appropriate speed to deliver a straight, full length ball on the line of off stump, landing 3m to 4m from stumps.
2. The batsman is to execute a front-foot stroke from the delivery.

## Drill #2: Back-foot offensive strokes



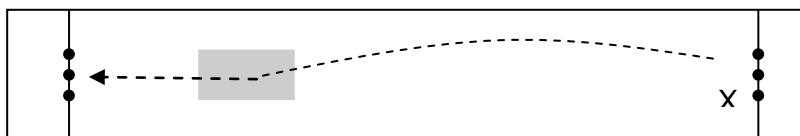
### Key

X	= player	→	= player movement
O	= feeder	⊙	= bowling machine
△	= marker		
----	= ball movement		

### Drill description

1. The bowling machine is set at an appropriate speed to bowl a straight short-pitched ball on the line of off stump, or, just outside off stump, landing 8m to 10m from stumps.
2. The batsman is to execute a back-foot offensive stroke from the delivery.

**Drill #3:** Bowling – pace (seam or swing); or spin



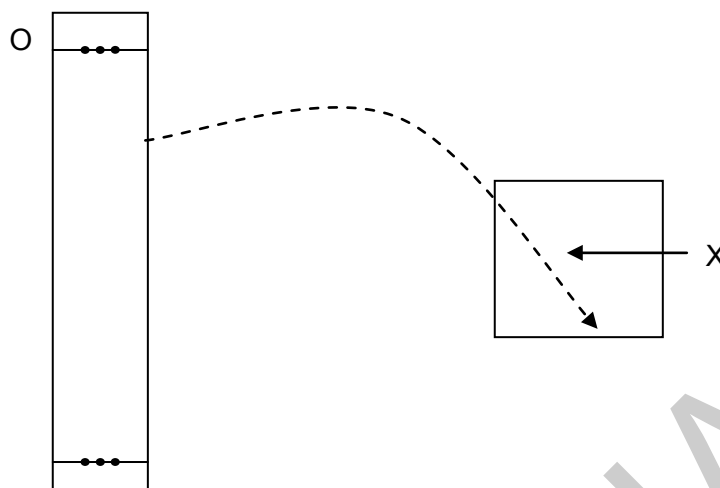
**Key**

X	= player	→	= player movement
O	= feeder		= bowling machine
△	= marker		
----	= ball movement		

**Drill description**

1. The bowler selects to bowl either pace (swing or seam) or spin.
2. The bowler measures run up.
3. Each bowler delivers the ball while aiming to swing, seam or spin the ball, land the ball in the target zone, and directed at the off stump.
4. The target zone is 2m long and 80cm wide in line with the middle stump (extending 40cm either side of the middle stump), starting 3m from the stump.

#### Drill #4: Outfield catch



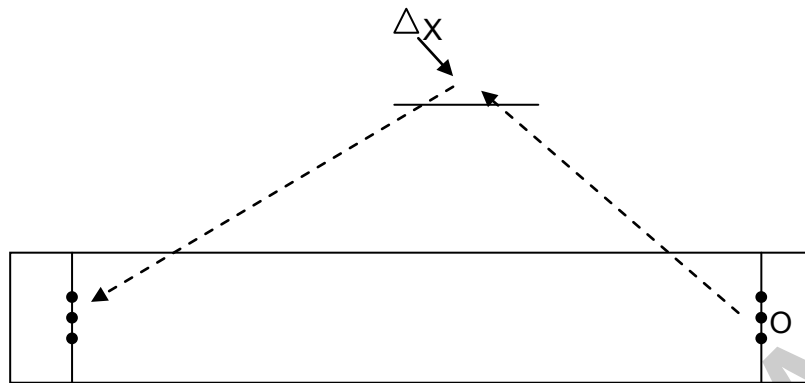
#### Key

X	= player	→	= player movement
O	= feeder	⋯→	= bowling machine
△	= marker		
----	= ball movement		

#### Drill description

1. Feeder strikes a high ball to land in 20m square, which is 50m from the batting crease.
2. The fielder starts 10m from the side of the square and must move and catch the ball after it has been struck.
3. The ball is to be caught inside the 20m square.

**Drill #5: Infielding: ground fielding and overarm throw**



**Key**

- |      |                 |    |                   |
|------|-----------------|----|-------------------|
| X    | = player        | →  | = player movement |
| O    | = feeder        | ⊙  | = bowling machine |
| △    | = marker        | ⋯→ |                   |
| ---- | = ball movement |    |                   |

**Drill description**

1. Stumps set up with a marker 30m from stumps at a position mid-pitch (cover or midwicket fielding positions).
2. Line marked 20m from stumps at striker's end.
3. Participant nominates which arm they intend to throw with.
4. Ball is struck firmly along the ground towards fielder by the feeder from the striker's end.
5. Fielder X fields the ball and throws overarm at stumps at the non-striker's end.

**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Cricket pitch
SPECIFY NUMBER OF PLAYERS	8 (can be done with 6)
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	<p>The field is set for all candidates with markers placed in the positions of: mid-off; mid-on; square leg and point.</p> <p>The bowler will nominate to the markers where he/she will place the remaining fielders and what his/her intentions are when bowling to the batters.</p> <p>Bowler places the field and bowls the ball so as to not allow the batsman to score a run.</p> <p>Batsman places the ball where he/she can score a run.</p>
SPECIFY ROLES OR GOALS OF PLAYER(S)	<p>Placement of ball to allow runs and attempted outs by fielders and bowler.</p> <p>One batsman is off the field padding up</p>
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	Normal rules apply.



## Equestrian Practical Examination 2012

### SECTION ONE – Skills Performance

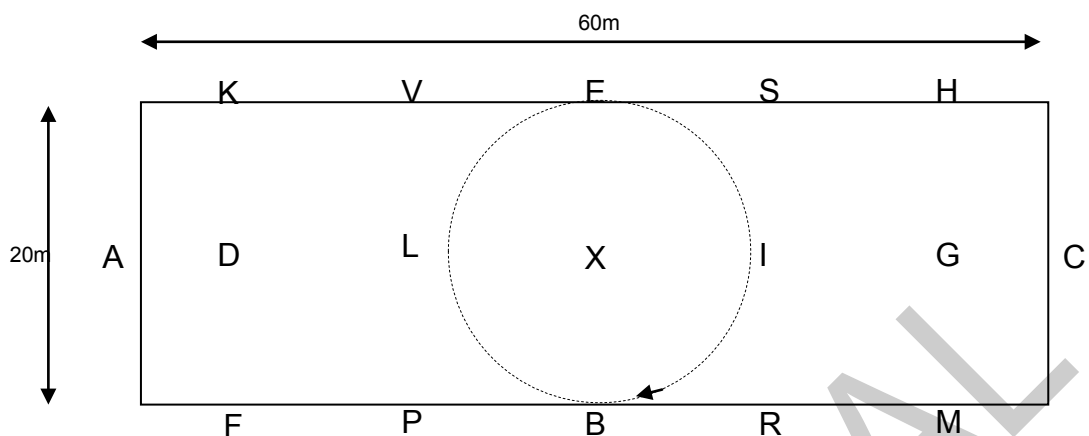
#### 1. Skills set

<b>Dressage</b>		
<b>Skill 1</b>	<b>Skill 2</b>	<b>Skill 3</b>
Circles 20m diameter in walk, trot and canter without stirrups	Leg Yielding in sitting trot	Show some moderately lengthened strides in canter including transitions on straight lines

<b>Jumping</b>		
<b>Skill 1</b>	<b>Skill 2</b>	<b>Skill 3</b>
2 and 3 Point Forward Seat in walk, trot and canter on the flat	2 and 3 Point forward seat over a grid of minimum 3 jumping efforts at trot approach	Combination of Fences 2 non jumping strides with canter approach

<b>Cross Country</b>		
<b>Skill 1</b>	<b>Skill 2</b>	<b>Skill 3</b>
Single Fence Uphill with canter approach	Single Fence Downhill with canter approach	Related Fences with canter approach up to 10 strides apart on straight or curved lines

**Drill #1: Circles 20m diameter in walk, trot and canter without stirrups**



**Key**

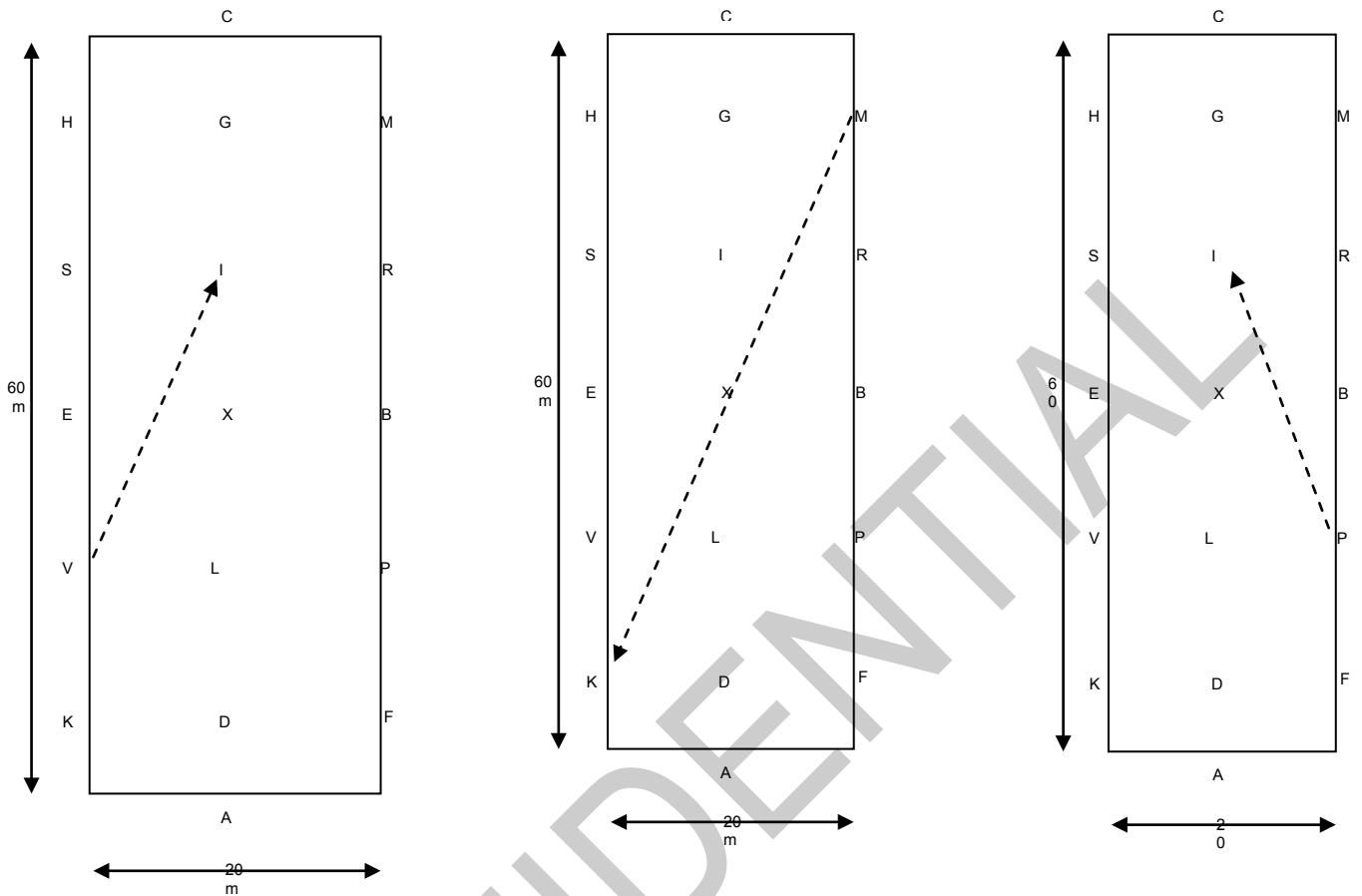
---> = rider movement

**Drill description**

Halt and remove/cross stirrup irons then proceed in medium walk on right rein

1. BE Half Circle 20m diameter medium walk
2. E Working trot sitting and circle 20m diameter
3. E Working canter right lead and circle 20m diameter
4. EB Working trot and half circle 20m diameter
5. B Medium walk

**Drill #2:** Dressage: leg yield right in sitting trot, change rein across diagonal showing some moderately lengthened strides (sitting or rising), leg yield left in sitting trot



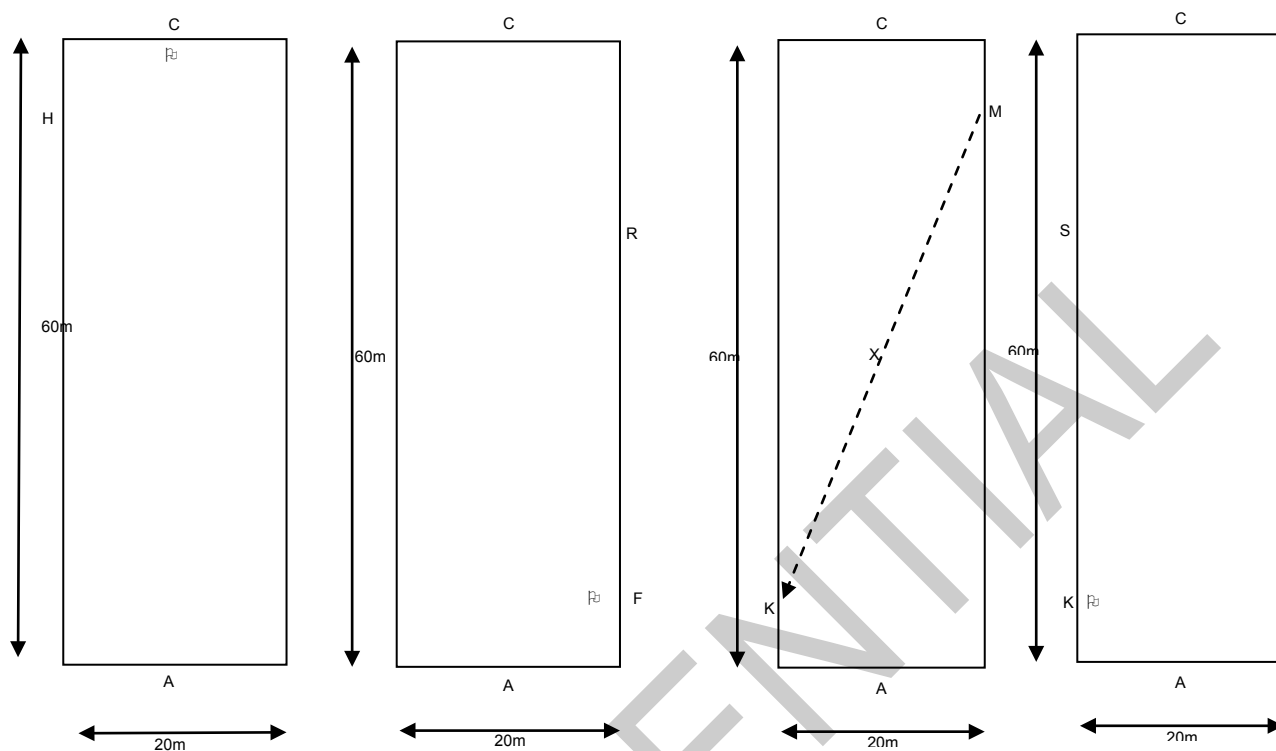
### Key

---> = rider movement

### Drill description

1. VI Leg yield right to I in working trot (sitting) then proceed straight on centre line
2. C Track right
3. MXK Lengthen stride in trot on long diagonal line (sitting or rising)
4. PI Leg yield left to I in working trot (sitting) then proceed straight on centre line to C
5. C Track right

**Drill #3:** Dressage: progressive transitions between trot and canter. Show some moderately lengthened strides in canter on a straight line



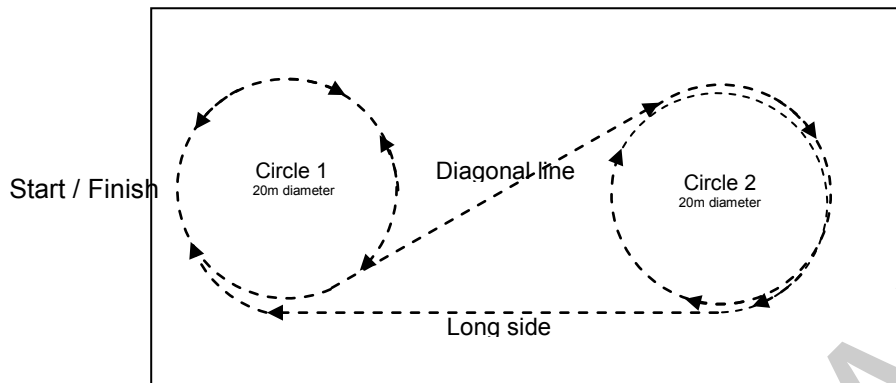
### Key

---> = rider movement

### Drill description

1. Working trot (sitting) on right rein
2. M Working canter right lead
3. RF Lengthen canter strides
4. F Transition to working canter
5. KM Change rein across diagonal
6. X Simple change through trot
7. XM Working canter left lead
8. SK Lengthen canter strides
9. K Transition to working canter

**Drill #4:** Jumping: jumping position (2 and 3 point forward seat in walk, trot and canter on the flat)



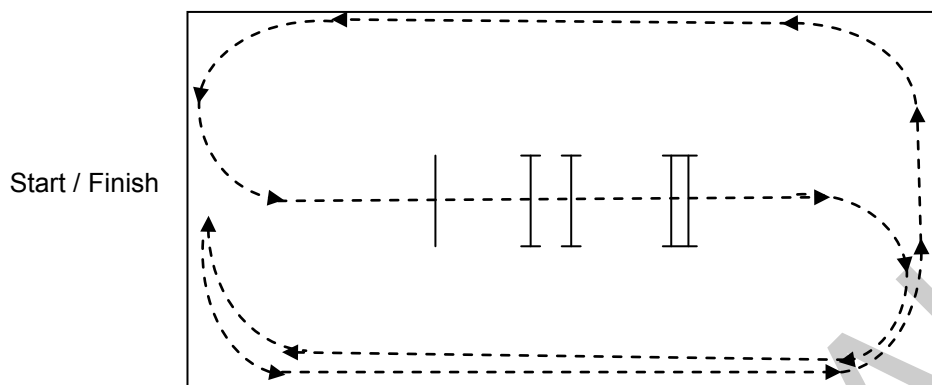
### Key

---> = rider movement

### Drill description

1. LEFT REIN CIRCLE (approximately 20m)
  - a. Walk (3 point) –  $\frac{1}{2}$  circle
  - b. Transition to trot
  - c. Trot (rise)  $\frac{1}{2}$  circle
  - d. Transition to canter
  - e. Canter (3 point) – full circle (left lead)
  - f. Leave circle in canter – turn across diagonal line
2. DIAGONAL LINE, RIGHT REIN CIRCLE (approximately 20m)
  - a. Canter – show 2 point position on diagonal line (left lead)
  - b. Transition to trot before change of canter lead to right
  - c. Canter (3 point) – full circle (right lead)
  - d. Leave circle in canter – travel down long side
3. RIGHT REIN CIRCLE (approximately 20m)
  - a. Canter – show 2 point position on long side (right lead)
  - b. Transition to trot before joining first circle
  - c. Trot (2 point) –  $\frac{1}{2}$  circle
  - d. Transition to walk
  - e. Walk (2 point) –  $\frac{1}{2}$  circle
  - f. Transition to halt

**Drill #5:** Jumping: grid (2 and 3 point forward seat over grid with minimum 3 jumping efforts with trot approach) max height: 90cms



### Key

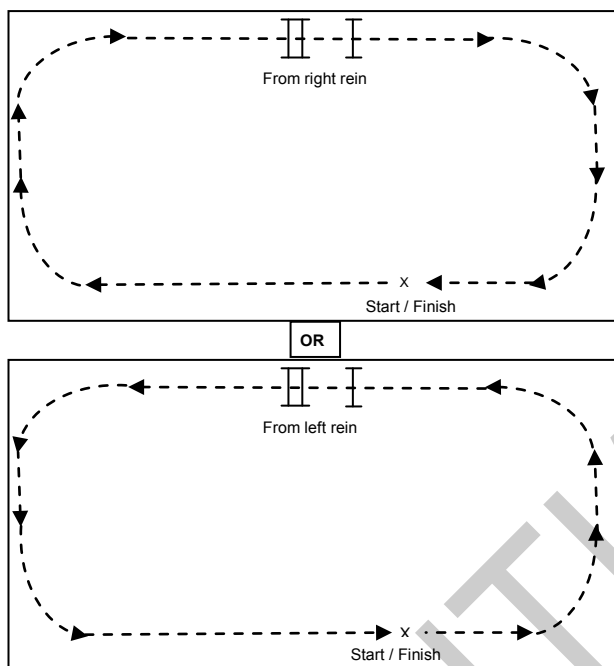
X	= rider		= Pole
- - ->	= rider movement	┌	= Vertical fence or cross rail
		└	= Spread fence

### Drill description

1. Start : left rein at Start / Finish – forward seat rising trot; continue in rising trot and/or forward seat canter around rectangular area (one lap); may include some lengthened strides in rising trot / canter on long sides
2. Turn left onto straight line of approach towards grid
3. Trot over placing pole / trot pole; continue in forward seat canter over the jumps  
 First jumping effort - cross bar then bounce stride to vertical fence then one non jumping stride to spread fence  
 After landing – continue in canter for few strides on straight line; transition to rising trot before turn
4. Turn right at short side; continue in rising trot on long side towards Start / Finish; transition to walk
5. Finish : halt at Start / Finish

NOTE: Candidate may be required to commence on right rein; substitute right for left etc

**Drill #6:** Jumping: combination of fences two non jumping strides with canter approach



**Key**

- X = rider  
- - -> = rider movement
- | = Pole  
┆ = Vertical fence or cross rail  
┆┆ = Spread fence

**Drill description**

1. RIGHT REIN

- Forward seat canter warm up
- Turn onto straight line of approach towards combination (spread followed by vertical)
- Jump combination: Part A (spread) then Part B (vertical)
  - Fences are two non-jumping strides apart (average horse's stride)
- Recovery after part B – continue in canter on straight line
- Check correct canter lead before turn to right – continue in canter
- Transitions to trot and walk
- Halt

OR

2. LEFT REIN

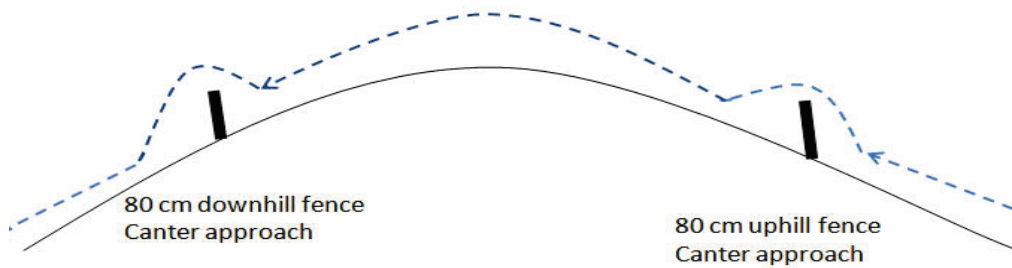
- Forward seat canter warm up
- Turn onto straight line of approach towards combination (vertical followed by spread)
- Jump combination: Part A (vertical) then Part B (spread)
  - Fences are two non-jumping strides apart (average horse's stride)
- Recovery after part B – continue in canter on straight line
- Check correct canter lead before turn to left – continue in canter
- Transitions to trot and walk

- Halt

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**Drill #7:** Cross country: single fences uphill and downhill with canter approach



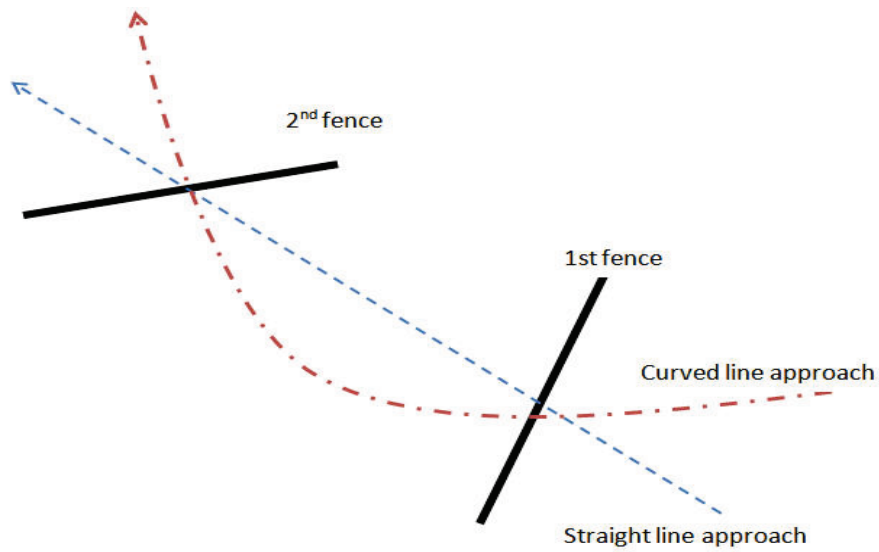
**Key**

- X = rider
- - -> = player movement
- █ = fence: 80cm Cross Country jump

**Drill description**

1. Working trot and transition to cross country canter in light balanced seat or 2 point position
2. Establish line of travel toward uphill fence
3. Maintains horses balance and rhythm on the approach
4. Jump the uphill fence in balance and control
5. Land and depart in canter and continue travelling over the hill
6. Prepares the horse for downhill fence in canter, maintaining the activity, balance and rhythm with slightly more upright position
7. Approaches and jumps the downhill fence in canter with balance and control
8. Lands and departs from the downhill fence in canter, taking up a light seat or 2 point position.
9. Transitions the horse to trot and into walk.

**Drill #8:** Cross country: related fences with canter approach up to 10 strides apart on straight or curved lines maximum height: 80cm



#### Key

- X = rider
- - -> = player movement
- █ = fence: 80cm Cross Country jump

#### Drill description

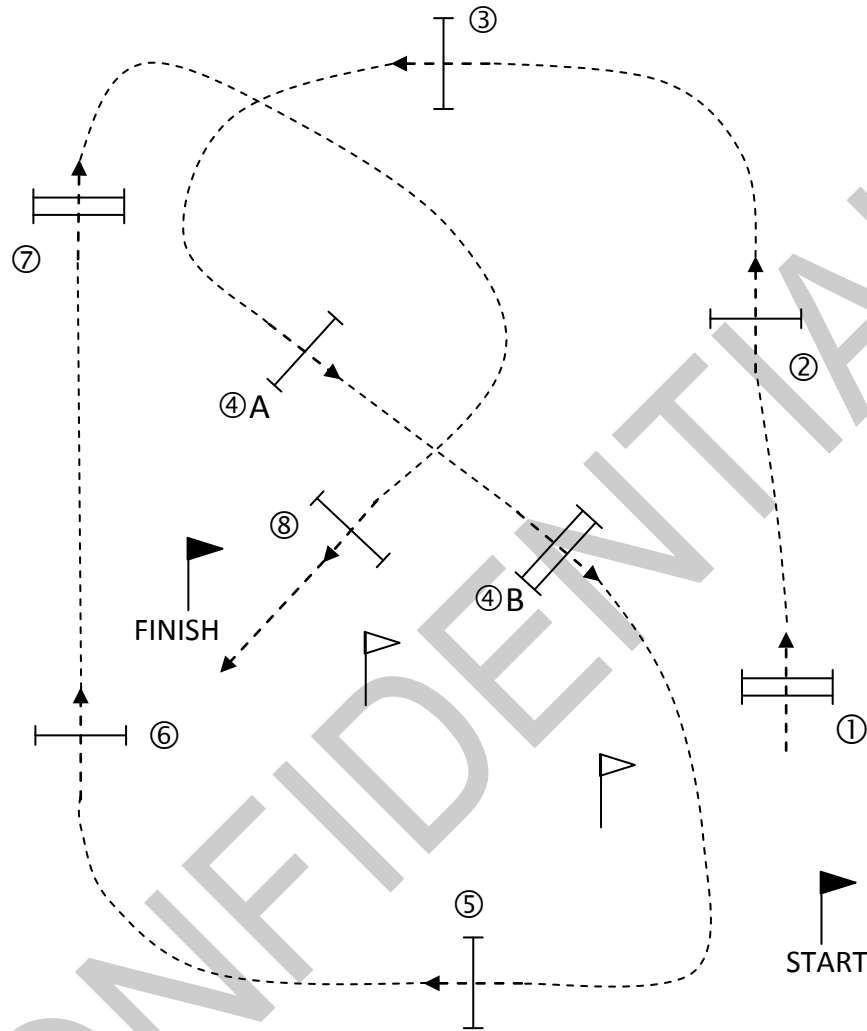
1. Working trot and transition to cross country canter in light balanced seat or 2 point position
2. Establishes a line of travel and approaches first related fence in canter
3. On landing canters between the two fences and rides a specific number of predetermined strides.
4. Jumps the second related fence also in canter.
5. Lands and departs related fences in canter.
6. Transitions the horse through trot and into the walk

## SECTION TWO – Conditioned Performance (20 marks)

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Arena appropriate to discipline
SPECIFY NUMBER OF PLAYERS	1
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	<p><u>Dressage</u>: complete 2009 edition of EA dressage test novice 2C standard of up to 7 minutes duration as published by Equestrian Australia.</p> <p><u>Jumping</u>: complete a Jumping course of least 8 fences including 1 combination. Minimum height of obstacles measured at least 80cm and a maximum height of 90cm at optimum speed of 325m per min. See appendix 1.</p> <p><u>Cross country</u>: a shortened cross country course with minimum 8 fences. Minimum height of obstacles measured at least 70cm with maximum height of 80cm at optimum speed of 450m per min. See appendix 2.</p>
SPECIFY ROLES OR GOALS OF PLAYER(S)	N / A
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	<p>As per Eventing rules.</p> <p><b>AND</b></p> <p>As per formal assessment of EA level 1 (G) Riding Certificate for each phase</p>

Equestrian: Appendix 1

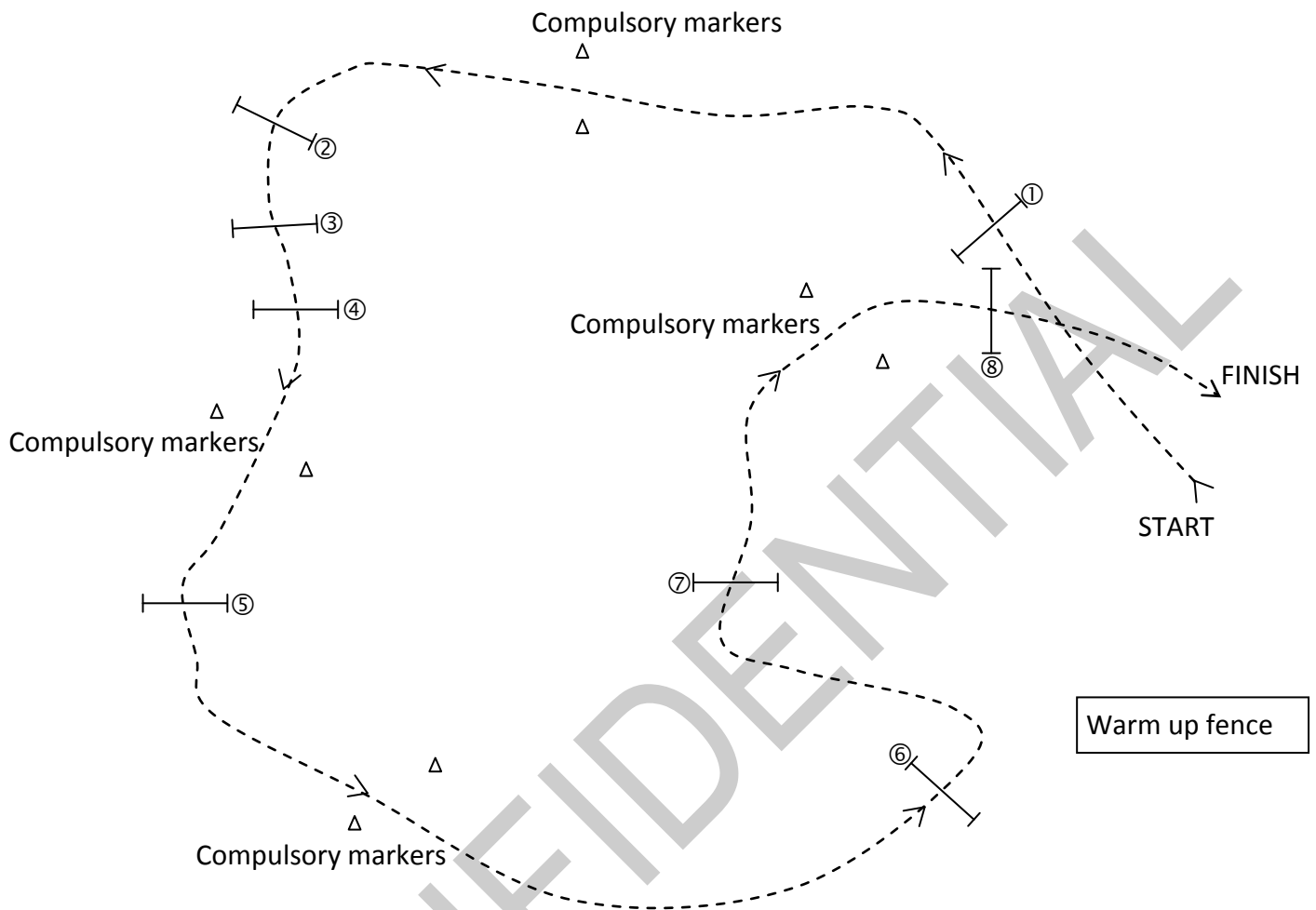
Conditioned performance: Jumping



**Speed:** 325m / minute

## Equestrian: Appendix 2

### Conditioned performance: Cross country



#### **NOTE**

There are 4 sets of compulsory markers—candidates must ride between these markers as they travel between the jumps

**Distance:** 900m

**Speed:** 450m / minute

**Optimum time:** 2 minutes

## Golf Practical Examination 2012

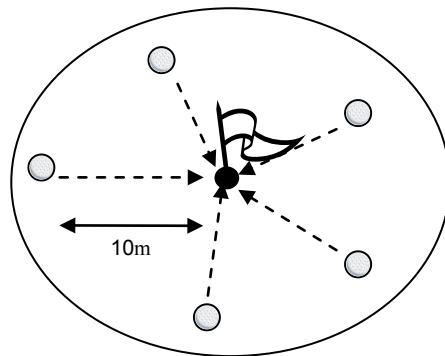
### SECTION ONE – Skills Performance

#### 1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Putt	Chip	Pitch	Tee shot	Shaped shot – draw

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## Drill #1: Putt



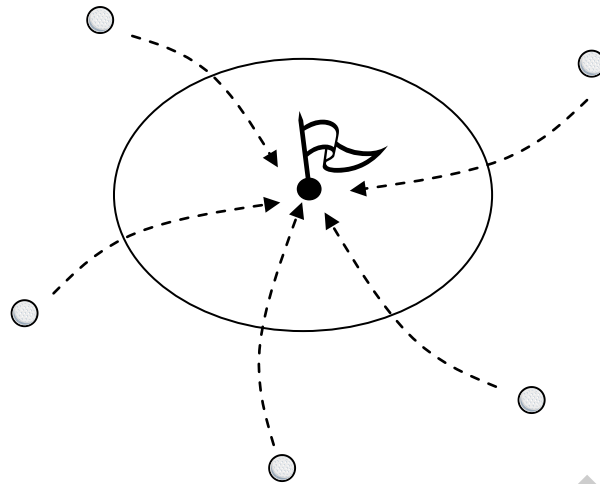
### Key

- = ball position
- △ = marker
- = ball movement

### Drill description

1. Putt from various positions.
2. Putting from 10m distance.
3. Must putt to a target 1.5m radius from the hole.

## Drill #2: Chip



### Key

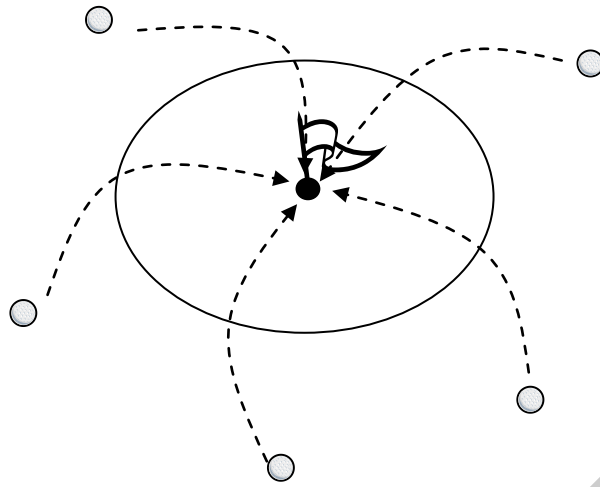
- = ball position
- △ = marker
- = ball movement

### Drill description

1. Using a 9-iron aim a chip towards the hole
2. Chipping from various positions.
3. Distance will vary from 15m to 20m
4. Must chip to a target 2.5m radius from the hole.



### Drill #3: Pitch



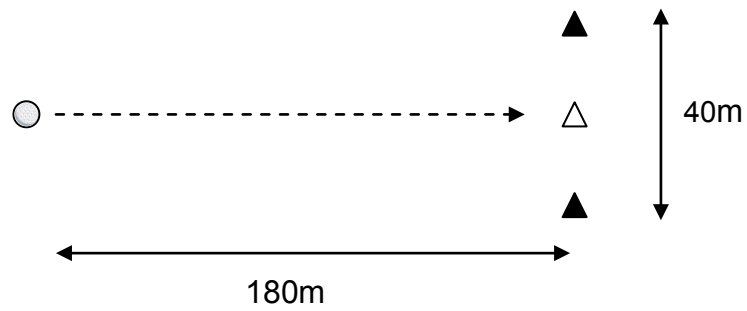
#### Key

- = ball position
- △ = marker
- = ball movement

#### Drill description

1. Pitching toward the hole from various positions.
2. Distance will vary from 40m to 60m.
3. Must pitch to a target 3.5m radius from the hole.

**Drill #4: Tee shot**



**Key**

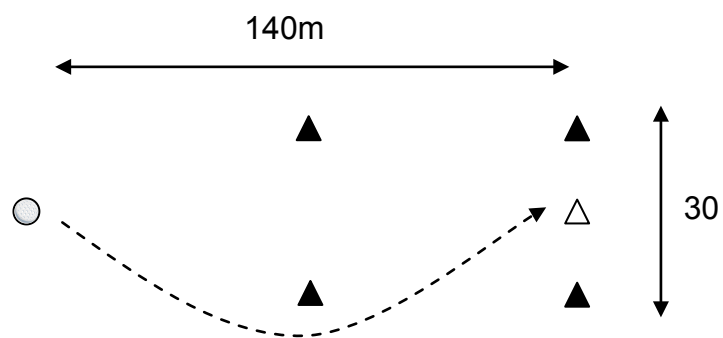
- = ball position
- △ = marker
- = ball movement

**Drill description**

1. Using a 3-wood, hit off the tee to aim at an area 20m either side of target line.
2. Ball must travel a minimum of 150m (boys) and 130m (girls).

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**Drill #5:** Shaped shot – draw (right-to-left flight path)



**Key**

- = ball position
- △ = marker
- = ball movement

**Drill description**

1. Using a 5-iron off the fairway, aim at an area 15m either side of the target line.
2. Ball must travel a minimum of 120m (boys) and 100m (girls)
3. Ball must travel with a curved flight from right to left (for right handed players).

**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Par 4 hole
SPECIFY NUMBER OF PLAYERS	8 (can be done with 6)
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Play the hole from the tee, selecting the necessary clubs as required
SPECIFY ROLES OR GOALS OF PLAYER(S)	No special role
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	No special rules

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## Hockey Practical Examination 2012

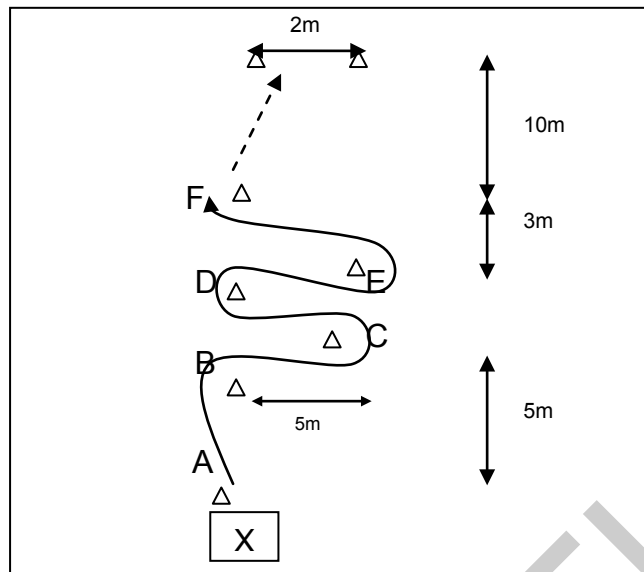
### SECTION ONE – Skills Performance

#### 1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Flat stick dribble	Drag to eliminate	Flick	Indian dribble	Jab tackle

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**Drill #1:** Flat stick dribble; drag to eliminate; flick



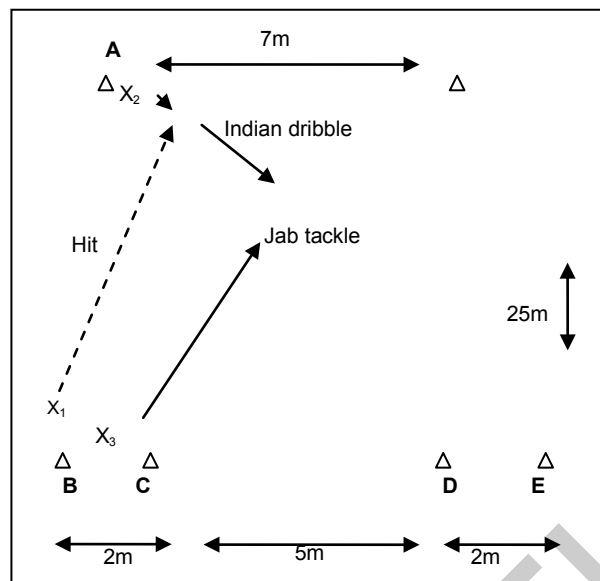
**Key**

X	= player	→	= player movement
O	= feeder	-----	= ball movement
△	= marker		

**Drill description**

1. Player starts at marker A and flat stick dribbles the ball around the marker B.
2. Player drags right to eliminate between markers B and C.
3. Player continues to drag left to eliminate between markers C and D.
4. Player continues to drag right to eliminate between markers D and E.
5. Player continues to drag left to eliminate between markers E and F.
6. When reaching marker F, player stops the ball and flicks at the goal.

## Drill #2: Indian dribble; jab tackle



### Key

X	= player	→	= player movement
O	= feeder	-----	= ball movement
△	= marker		

### Drill description (diagram 1)

1. Drill begins with player  $X_1$  who hits the ball toward player  $X_2$ .
2.  $X_2$  uses Indian dribble to move into the working area and attempt to dribble ball between either markers B and C or markers D and E.
3. As soon as ball is hit by  $X_1$ , player  $X_3$  moves into working area and attempts to dispossess  $X_2$  by using a jab tackle.

**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Half field
SPECIFY NUMBER OF PLAYERS	4 vs 4
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Creating a scoring opportunity from a hit in from the side of the half way line.
SPECIFY ROLES OR GOALS OF PLAYER(S)	A player from X hits the ball in to his team mates. X <sub>1</sub> to X <sub>4</sub> try to score a goal. Y <sub>1</sub> to Y <sub>4</sub> defend to get the ball out over half way.
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	Change offence and defence after 5 minutes

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## Netball Practical Examination 2012

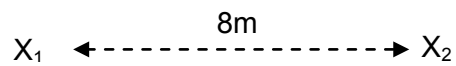
### SECTION ONE – Skills Performance

#### 1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
<b>#8</b> Shoulder pass	<b>#13</b> 3 ft (0.9m) recovery	<b>#1</b> Dodge	<b>#6</b> Outside foot land and pivot	<b>#11</b> Split and re- offer

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## Drill #1: Shoulder pass



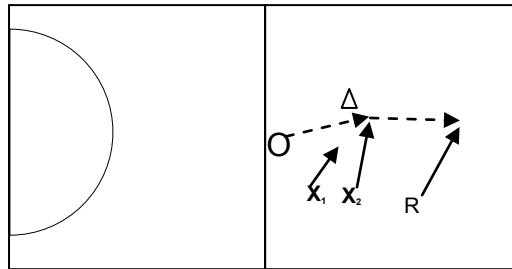
### Key

A	= attacking player
D	= defending player
R	= receiver
O	= feeder
△	= marker
----->	= ball movement
→	= player movement

### Drill description

1. X<sub>1</sub> and X<sub>2</sub> face each other, 8m apart.
2. X<sub>1</sub> to use preferred hand shoulder pass to opposite player's preferred throwing shoulder.
3. X<sub>2</sub> receives ball and uses preferred hand shoulder pass to opposite player's preferred side shoulder.
4. Players should also work non-preferred side.

## Drill #2: 3 feet (0.9m) recovery



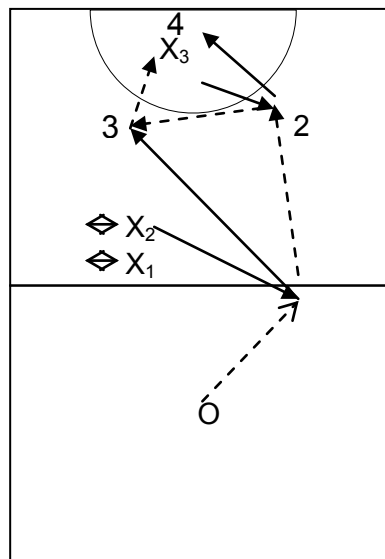
### Key

X	= player
O	= feeder
Δ	= marker
-----	= ball movement
→	= player movement

### Drill description

1. Feeder stands on the transverse line with their back to players whilst holding the ball.
2. Feeder plays ball to self, X<sub>2</sub> leads for pass, X<sub>1</sub> defends X<sub>2</sub> on lead to the ball.
3. X<sub>1</sub> to recover to 3ft, should X<sub>2</sub> receive the ball.
4. X<sub>1</sub> to defend the pass from X<sub>2</sub> to the receiver.
5. Receiver (R) to lead for pass from X<sub>2</sub>.

**Drill #3:** Shoulder pass, dodge, outside-foot land and pivot, 3 feet (0.9m) recovery



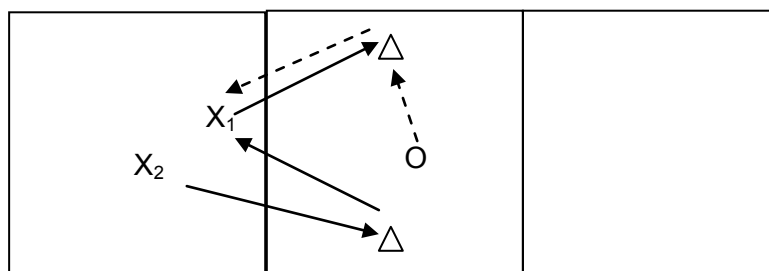
**Key**

- X = player
- O = feeder
- △ = marker
- = ball movement
- = player movement

**Drill description**

1. Set up in one third, with single file line behind the transverse line, feeder in centre circle.
2. X<sub>2</sub> dodges and drives out to receive shoulder pass from the feeder.
3. X<sub>1</sub> shadow defends X<sub>2</sub> and recovers to 3ft once X<sub>2</sub> receives the ball and puts hands over the pass.
4. X<sub>2</sub> lands on outside foot, pivots outside and shoulder passes to receiver (X<sub>3</sub>).
5. X<sub>3</sub> leads for the pass from X<sub>2</sub> (to the same side of the court as X<sub>2</sub>). X<sub>3</sub> shoulder passes to X<sub>2</sub> on drive down court.
1. X<sub>3</sub> re-offers into goal circle if shooter or onto circle if centre court and recovers pass from X<sub>2</sub>.

#### Drill# 4: Split and re-offer



#### Key

X	= player
O	= feeder
Δ	= marker
-----	= ball movement
→	= player movement

#### Drill description

1. Set up in centre third of the court, players behind transverse line and feeder at centre circle.
2. Feeder throws ball to self for timing.
3. On the catch by the feeder both players offer a lead for the ball. Feeder to pass to X<sub>1</sub>, X<sub>2</sub> re-offers on an angle, towards the ball down court.
4. Work both sides of the body.

**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Half court
SPECIFY NUMBER OF PLAYERS	4 vs 4 Offence: GS, GA, WA, C Defence: GK, GD, WD, C
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Creating a scoring shot from a centre pass
SPECIFY ROLES OR GOALS OF PLAYER(S)	No special roles
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	Normal position rules apply Change offence and defence after 5 minutes

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## Soccer Practical Examination 2012

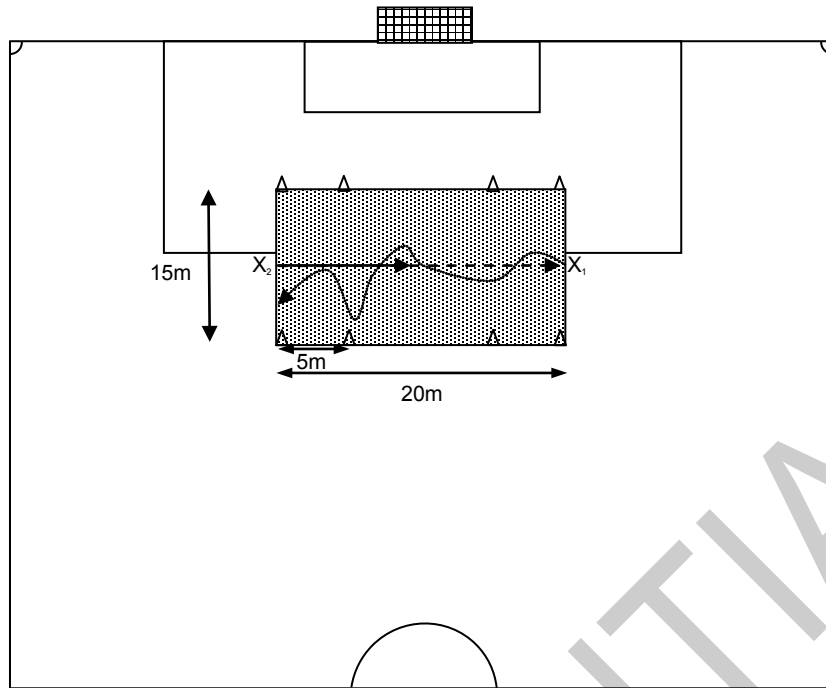
### SECTION ONE – Skills Performance

#### 1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Short pass	Control low ball	Dribble	Long lofted pass	Shoot

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**Drill #1:** Short pass; control low ball; dribble



**Key**

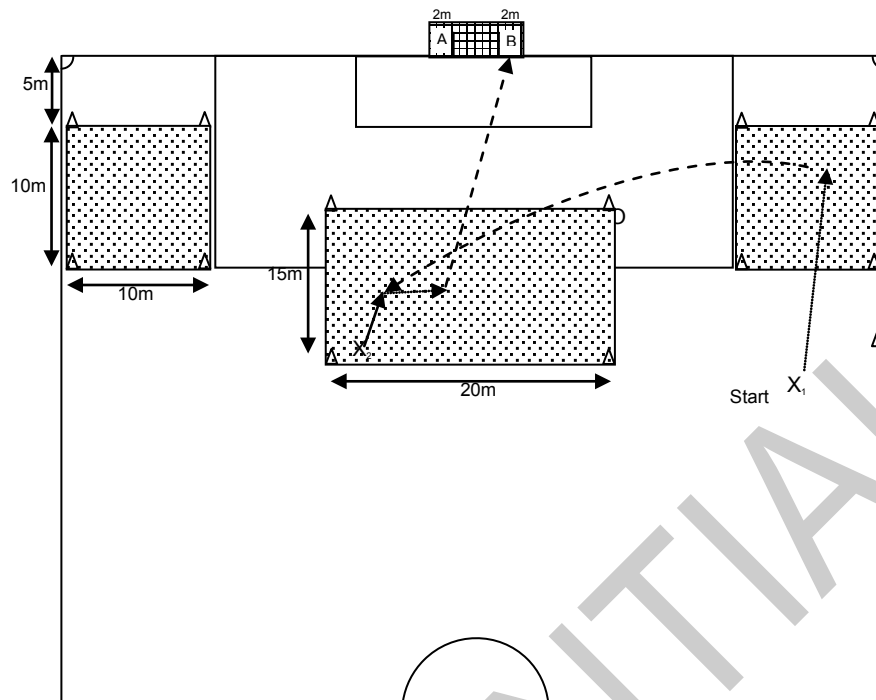
- X = player
- O = feeder
- △ = marker
- - -> = ball movement
- > = player movement
- > (with ball) = player movement with ball

**Drill description**

1. X<sub>2</sub> starts with ball and dribbles into grid area approx. 5m to complete a short pass to X<sub>1</sub>.
2. X<sub>1</sub> controls the ball and attempts to dribble to the end line opposite them with control.
3. X<sub>2</sub> will then wait until X<sub>1</sub> has taken their first touch before attempting to restrict their movement.
4. X<sub>2</sub> can only defend in the central 10m space.
5. Once X<sub>1</sub> is past the player, X<sub>2</sub> must not provide any further resistance even if they are within the defending area.
6. Should X<sub>1</sub> reach the end line, lose possession or have the ball played out of the grid, the drill is ceased and restarted with players swapping roles.



## Drill #2: Long lofted pass; shooting



### Key

- X = player
- O = feeder
- △ = marker
- - -> = ball movement
- > = player movement
- .....> = player movement with ball

### Drill description

1. Player  $X_1$  starts at the marker, player  $X_2$  within the 15m x 20m target area near the top of the penalty box.
2. Player  $X_1$  pushes the ball forward and runs with the ball into the 10m x 10m area then performs a lofted pass to target player  $X_2$
3. Player  $X_2$  controls the ball using up to three touches and shoots at goal, aiming at target areas A or B.
4. Should the lofted pass not be able to be used effectively by player  $X_2$ , the feeder will throw a lobbed ball to  $X_2$  in order for that player to execute the shot on goal.

**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Length is equivalent to two penalty boxes-width to the edges of the penalty area.
SPECIFY NUMBER OF PLAYERS	8 (can be done with 6)
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Create and defend a scoring opportunity.
SPECIFY ROLES OR GOALS OF PLAYER(S)	<p>Four players from offence attempt to score a goal against four players from defence.</p> <ul style="list-style-type: none"> <li>• Attackers will start the play outside the penalty area.</li> <li>• Defensive players must start play at the top of the penalty box.</li> <li>• Play commences with a feed from the non goal end to one of the attackers.</li> <li>• The attacker must take immediate control.</li> <li>• Defensive players cannot move until the attacker has taken their first touch.</li> <li>• Play continues until the ball is out or a shot on goal.</li> <li>• Players will be asked to set up again at this time.</li> <li>• Defence attempts to win the ball and get it over half way to feeder, the attacking side should try and regain possession.</li> </ul>
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	Change offence and defence after 5 minutes

## Softball Practical Examination 2012

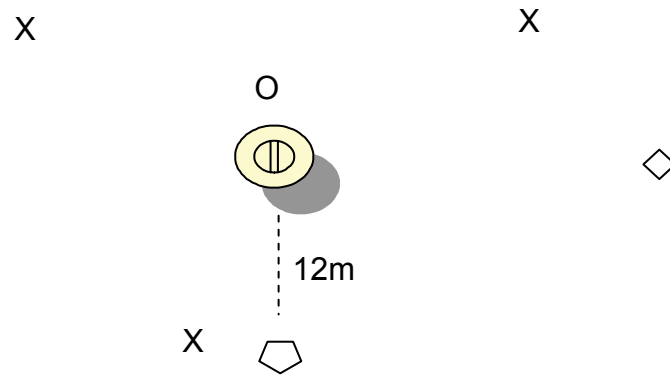
### SECTION ONE – Skills Performance

#### 1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
#1 Hit	#2 Bunt	#3 Field (ground ball)	#6 Throw	#10 Tag

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## Drill #1: Hit



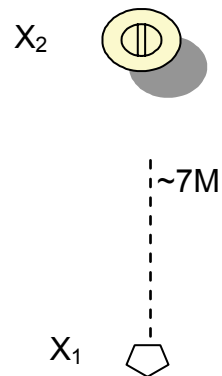
### Key

- X = player
- O = feeder
- △ = marker
- = ball movement
- = player movement

### Drill description

1. Set up a pitcher or pitching machine 12m from home plate, aimed accurately to throw strikes.
2. The batter sets up in the batter's box and begins hitting.
3. Batter hits the balls out to the rest of the group.

## Drill #2: Bunt



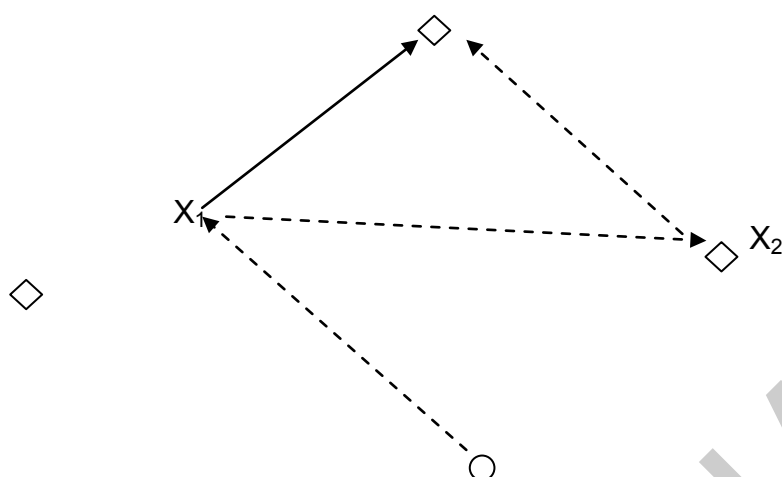
### Key

X	= player
O	= feeder
$\Delta$	= marker
----	= ball movement
$\rightarrow$	= player movement

### Drill description

1.  $X_1$  sets up in the batter's box facing the pitcher/pitching machine.
1.  $X_1$  puts down a sacrifice bunt.

### Drill #3: Field (ground ball), throw, tag



#### Key

X	= player
O	= feeder
△	= marker
-----	= ball movement
→	= player movement

#### Drill description

1.  $X_1$  starts at the short-stop position,  $X_2$  at first base, the feeder hitting and  $X_3$  catching for the feeder.
2. The feeder hits a ground ball to the short stop  $X_1$ .
3.  $X_1$  fields the ball, and throws to  $X_2$  positioned at first base, then runs to second base.
4.  $X_2$  at first base receives the ball and throws it to second base.
5.  $X_1$  at second base receives the ball and applies a tag on the ground in front of second base.
6.  $X_1$  throws the ball back into  $X_3$ .
7. Players switch positions when finished.

**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Full softball diamond
SPECIFY NUMBER OF PLAYERS	12 with two rooms combining for section 2
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Creating a base-running opportunity by hitting a ball pitched by a feeder.
SPECIFY ROLES OR GOALS OF PLAYER(S)	4 batters move to outfield, 4 outfielders move to infield, 4 infielders move to batters.
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	4 players in outfield instead of 3

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## Squash Practical Examination 2012

### SECTION ONE – Skills Performance

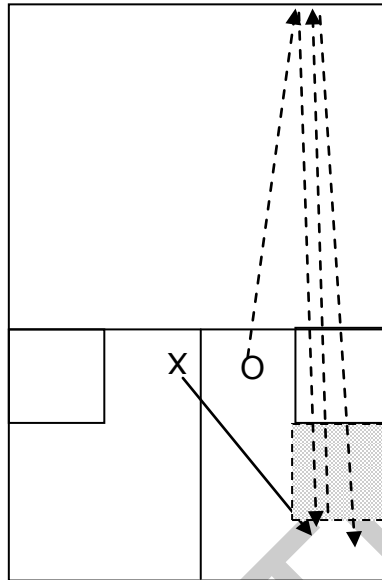
#### 1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Forehand straight drive	Backhand cross court drive	Boast	Lob serve	Backhand volley drive

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## Drill #1: Forehand straight drive

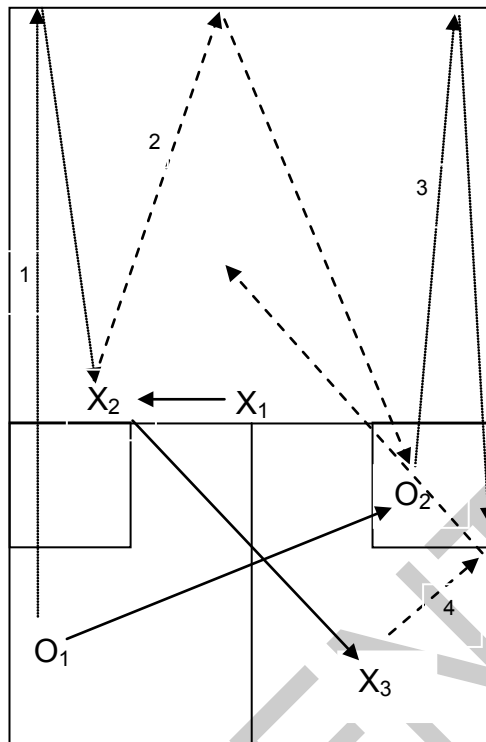


Key	X	= player	----->	= ball movement for Player X
	O	= feeder	----->	= player movement

### Drill description

1. Player begins near the T
2. Feeder feeds the ball down the wall to the player's forehand aiming to land the ball behind the service box.
3. Player moves toward the back corner of the court and hits a forehand drive deep, then return to the T.
4. Rally is continuous.

**Drill #2:** Backhand cross court drive; boast



**Key**

X = player

O = feeder

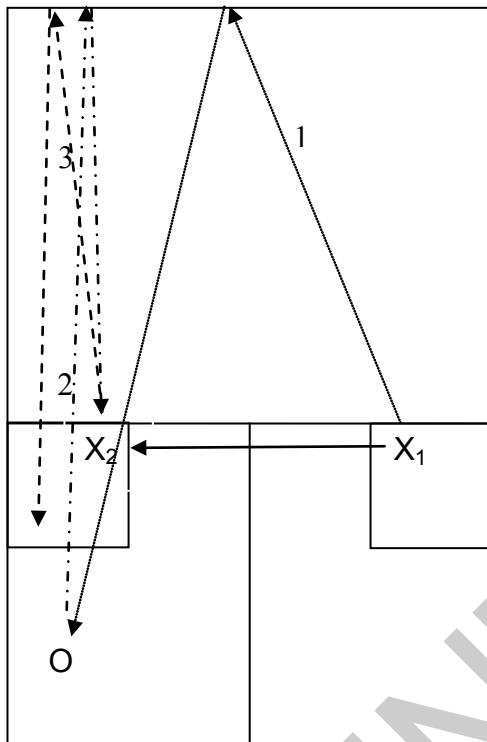
= ball movement

= player movement

**Drill description**

1. Feeder begins the drill at position  $O_1$  by hitting the ball down the left wall to land mid court. Feeder then moves to position  $O_2$ .
2. Player at position  $X_1$  near the T moves across the front court plays a backhand cross court drive aiming to land the ball behind the right hand service box. Player then moves to position  $X_3$ .
3. Feeder from position  $O_2$  plays the ball down the wall to land close to the back corner.
4. From position  $X_3$  near the back right corner, player plays a boast toward the front left corner to finish the rally.


**Drill #3: Lob serve; backhand volley drive**



**Key**

X = player

O = feeder

 = ball movement

 = player movement

**Drill description**

1. Player from position  $X_1$  plays a lob serve from the right hand service box to the feeder. Player then moves to position  $X_2$ .
2. Feeder from position  $O_1$  hits down the wall to land in the service area.
3. From position  $X_2$  player plays a backhand volley drive down the wall the left back corner to the feeder to finish the rally

**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Full court
SPECIFY NUMBER OF PLAYERS	1
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Player plays against a feeder for five minutes Feeder gives the player an opportunity to play a wide range of shots by not hitting winners.
SPECIFY ROLES OR GOALS OF PLAYER(S)	Player plays a game keeping score for five minutes
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	No special rules apply

CONFIDENTIAL

## Swimming Practical Examination 2012

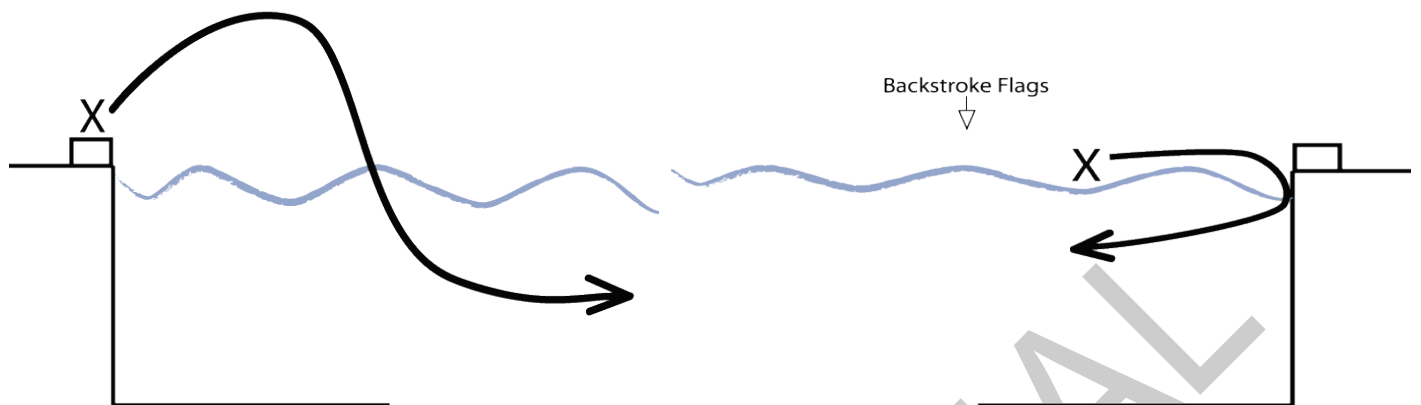
### SECTION ONE – Skills Performance

#### 1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Track start	Freestyle technique	Freestyle turn	Breast stroke technique	Backstroke turn

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## Drill #1: Track start; freestyle technique; freestyle turn



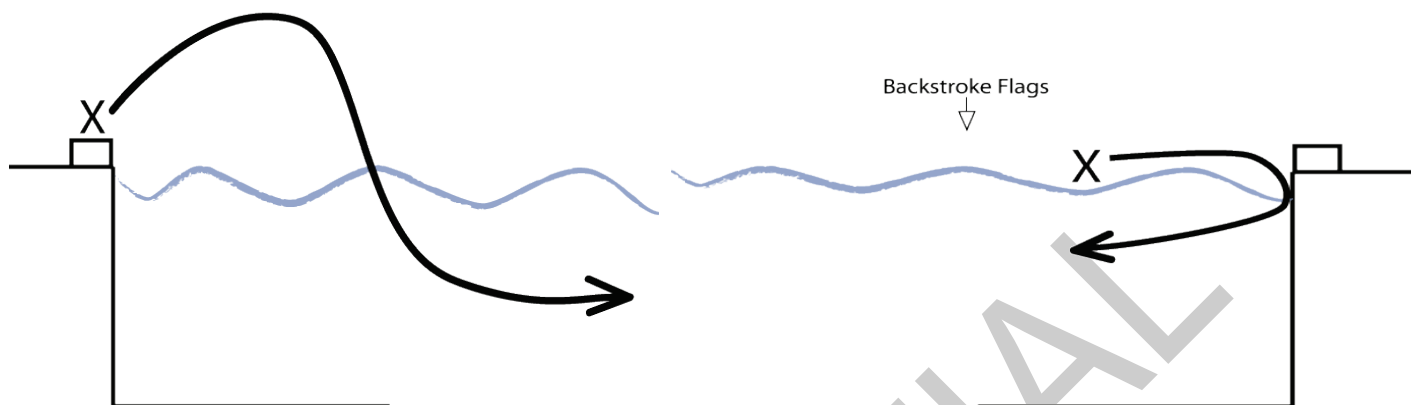
### Key

X = swimmer  
→ = swimmer movement

### Drill description

1. Following the starter's commands, the swimmer performs a track start
2. The swimmer continues to complete 50m in freestyle
3. At the end of the lap the swimmer performs a freestyle turn and continues to swim approximately 10m

## Drill #2: Breaststroke technique



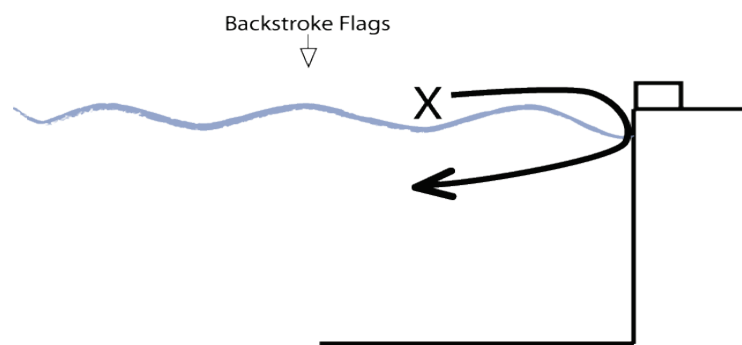
### Key

X = swimmer  
→ = swimmer movement

### Drill description

1. Following the starter's commands, the swimmer performs a track start
2. The swimmer continues to complete 50m in breast stroke

### Drill #3: Backstroke turn



**Key**

X = swimmer  
→ = swimmer movement

#### Drill description

1. Beginning approximately 15 – 20m from the end of the lane, the swimmer approaches the wall using backstroke technique
2. The swimmer then performs a backstroke turn and continues to swim approximately 10m

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**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	One lane of a swimming pool
SPECIFY NUMBER OF PLAYERS	1 person per lane
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Broken 100m (2x50m on 60 secs)
SPECIFY ROLES OR GOALS OF PLAYER(S)	No special roles
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	Freestyle using gendered WA state swimming qualifying standards.

CONFIDENTIAL

## Tennis Practical Examination 2012

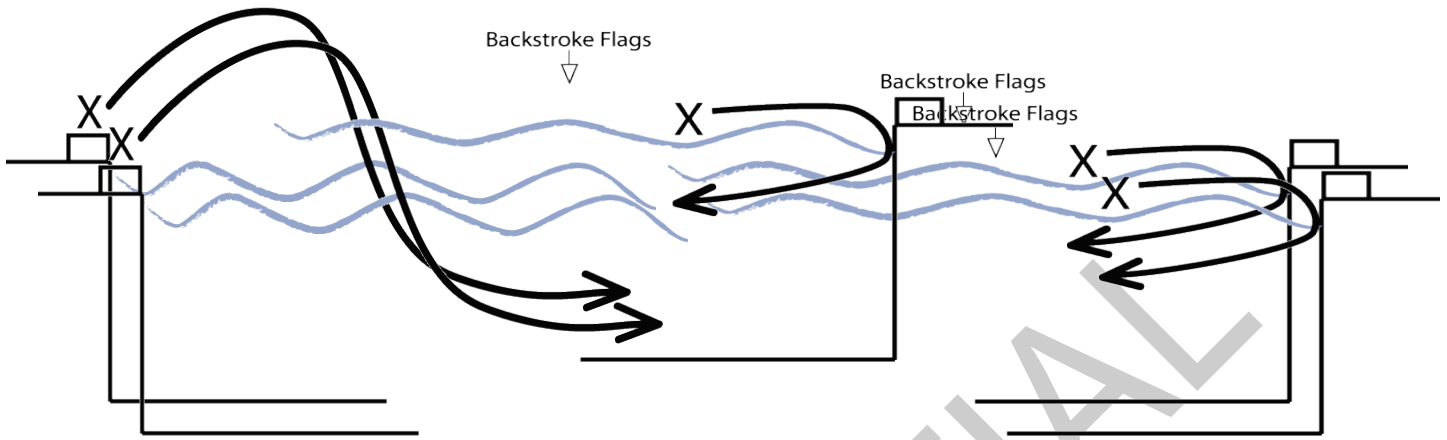
### SECTION ONE – Skills Performance

#### 1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Flat serve	D/H backhand ground stroke	Forehand topspin lob	Overhead	Backhand slice

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**Drill #1:** First serve flat; D/H backhand ground stroke; forehand topspin lob; overhead



**Key**

- |   |          |       |                   |
|---|----------|-------|-------------------|
| X | = player | →     | = player movement |
| O | = feeder | ----- | = ball movement   |
|   | = marker | □     | = target area     |

**Drill description**

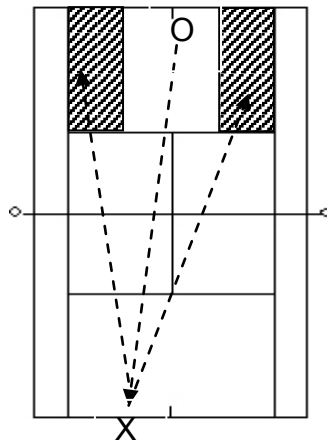
Part 1

3. Player X<sub>1</sub> hits a flat first serve to (down the T).
4. Feeder hits a ball to the backhand side
5. Player X<sub>1</sub> returns the ball using a double handed backhand groundstroke down the line, then comes into the net
6. Feeder hits a high ball toward player X<sub>1</sub>.
7. Player X<sub>1</sub> comes in and hits an overhead cross court.

Part 2

6. Feeder hits a serve down the T towards the backhand of player X<sub>1</sub>.
7. Feeder hits a ball to the backhand side
8. Player X<sub>1</sub> returns the ball using a double handed backhand groundstroke down the line.
9. Feeder hits the ball down the line toward the forehand of player X<sub>1</sub>.
10. Player X<sub>1</sub> moves across and plays a topspin lob.

## Drill #2: Backhand slice



### Key

X	= player	→	= player movement
O	= feeder	-----	= ball movement
△	= marker	▨	= target area

### Drill description

5. Feeder plays shot deep toward  $X_1$
6. Player  $X_1$  hits a backhand slice both down the line and cross court

**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Full court
SPECIFY NUMBER OF PLAYERS	2 vs 2
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Play a doubles match as normal
SPECIFY ROLES OR GOALS OF PLAYER(S)	Winners (4) move to the top 2 courts and losers (4) move to the bottom 2 courts after 5 minutes
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	One fault serving rule applies

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## Touch Practical Examination 2012

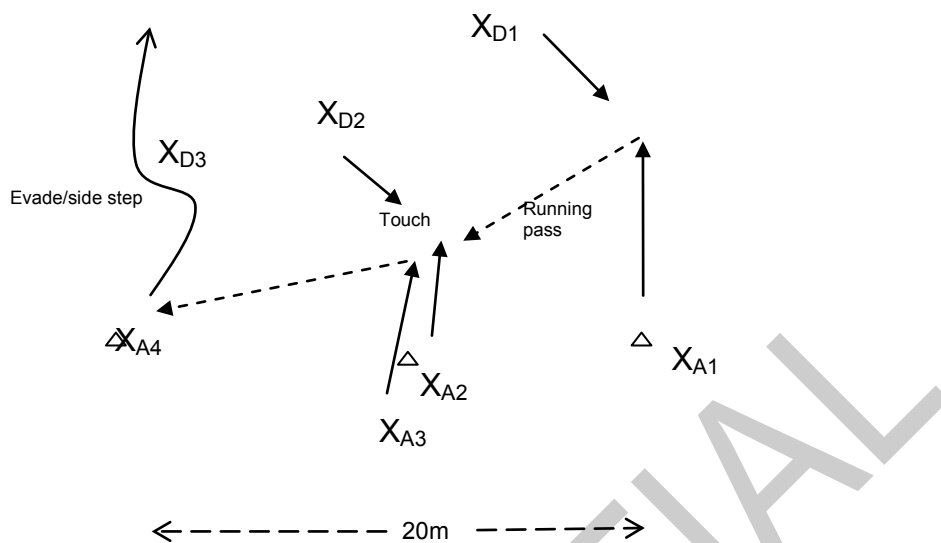
### SECTION ONE – Skills Performance

#### 1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Running pass	Effecting a touch – defender	Evading side step	Effecting a touch -attacker	Half pass (pop)

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**Drill #1:** Running pass; effecting a touch –defender; evading side step



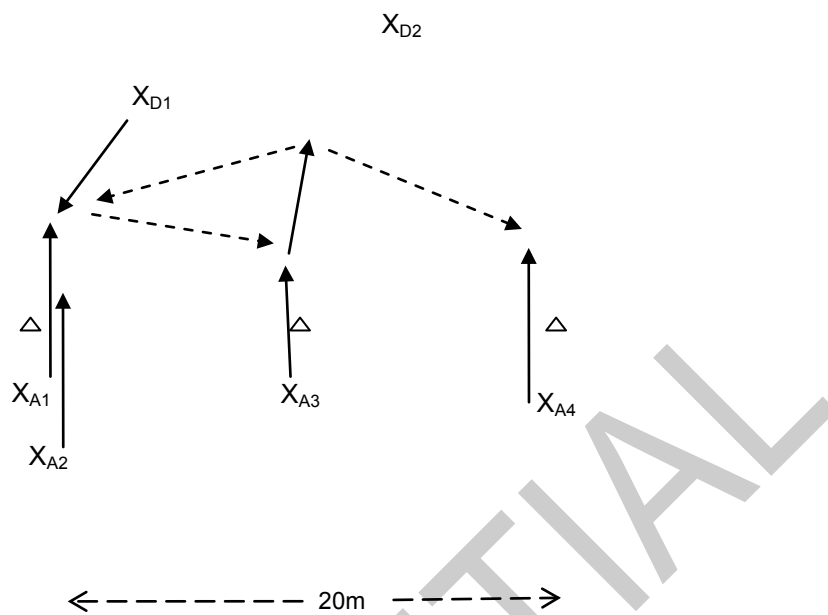
**Key**

$X_A$	= attacking player	$X_D$	= defensive player
O	= feeder	→	= player movement
△	= marker	----	= ball movement

**Drill description**

1. Player  $X_{A1}$  runs forward and performs running pass to  $X_{A2}$
2. Player  $X_{A2}$  runs forward with the ball and draws defensive player  $X_{D2}$  and performs an attacking touch.
3. Player  $X_{A3}$  follows and picks up roll ball.
4. Player  $X_{A3}$  uses a half pass pop to pass to  $X_{A4}$ .
5. Player  $X_{A4}$  uses an evading side step to go around  $X_{D3}$  who applies passive pressure.

**Drill #2:** Effecting a touch – attacker; half pass (pop)



**Key**

- |        |          |       |                   |
|--------|----------|-------|-------------------|
| X      | = player | →     | = player movement |
| O      | = feeder | ----- | = ball movement   |
| \Delta | = marker |       |                   |

**Drill description**

1.  $X_{A1}$  starts with the ball, runs forward and effects a touch on defender  $X_{D1}$
2.  $X_{A2}$  picks up the roll ball and passes to  $X_{A3}$  using a half pass pop
3.  $X_{A3}$  accelerates runs forward with the ball, draws either defender and passes to  $X_{A4}$  or  $X_{A1}$  who has continued to support



**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	40m x 50m
SPECIFY NUMBER OF PLAYERS	4 vs 4
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Play a ten minute game from a roll ball in the centre to start
SPECIFY ROLES OR GOALS OF PLAYER(S)	No special roles
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	Normal Touch rules apply

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## Volleyball Practical Examination 2012

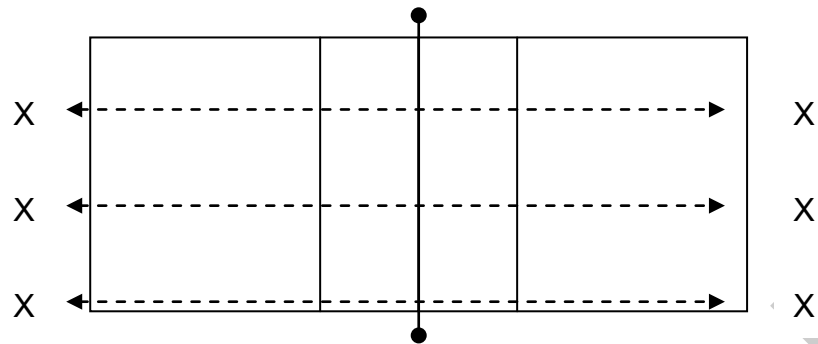
### SECTION ONE – Skills Performance

#### 1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
#1 Overhead float serve	#7 Front Set	#5 Spike	#8 Block	#9 Forearm pass: serve reception

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## Drill #1: Overhead float serve



### Key

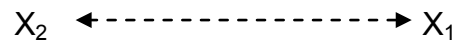
X = player  
O = feeder  
△ = marker

→ = player movement  
----- = ball movement  
● = net poles

### Drill description

1. Players are to serve to a partner demonstrating serving technique.
2. Players on opposite side roll the ball back to the servers.

## Drill #2: Front set



### Key

X = player  
O = feeder  
△ = marker

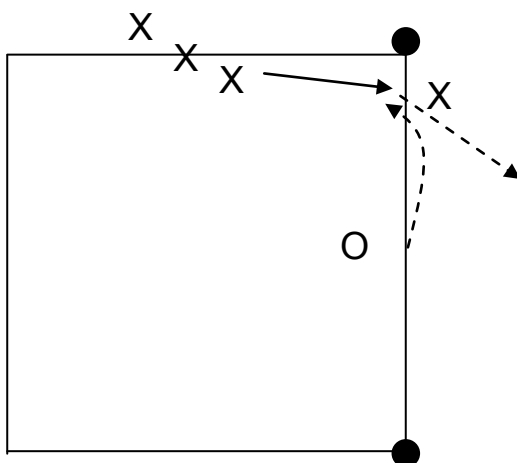
→ = player movement  
----- = ball movement  
● = net poles

### Drill description

1.  $X_1$  front sets the ball to  $X_2$ .
2.  $X_2$  front sets the ball back to  $X_1$ .

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### Drill #3: Spike, block



#### Key

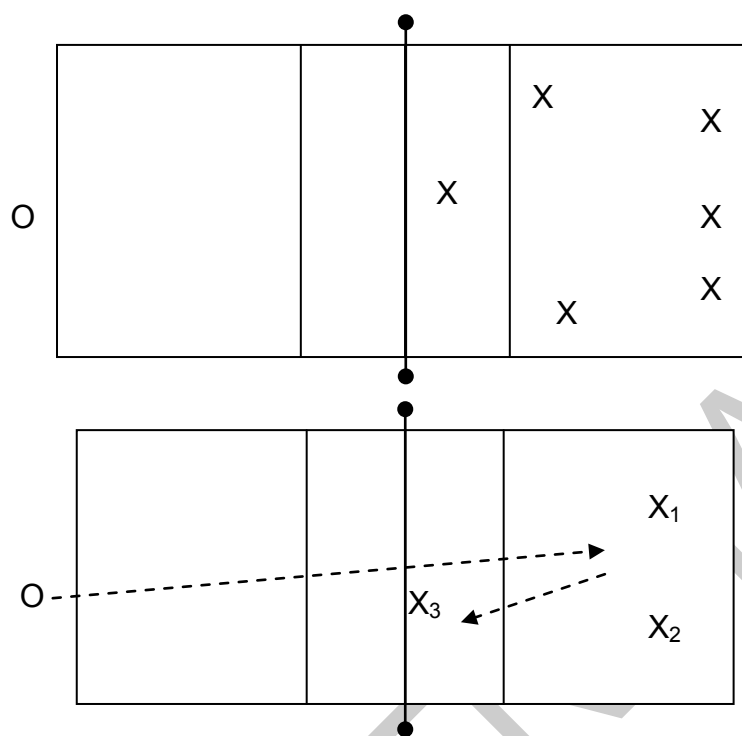
X = player  
O = feeder  
△ = marker

→ = player movement  
----- = ball movement  
• = net poles

#### Drill description

1. Feeder stands in position 3 and throws a ball up that resembles a high outside set.
2. Players are lined up outside the court ready to spike the ball from position 4.
3. Player on opposite side of the net attempting to block
4. Player spikes the ball, retrieves it and gives it to the next person requiring a ball, and then returns to the end of the line.
5. Drill may be performed from position 2 for left handed players.

#### Drill #4: Forearm pass: serve reception



#### Key

- X = player
- O = feeder
- △ = marker
- = player movement
- = ball movement
- = net poles

#### Drill description

1. Feeder serves the ball into the area where there are three passers.
2. Players forearm pass the ball to the setter.
3. Setter sets the ball to position 4 where the player (X<sub>1</sub>) can attempt to spike the ball back over the net.

**SECTION TWO – Conditioned Performance (20 marks)**

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Full court
SPECIFY NUMBER OF PLAYERS	6 vs 6 (2 examination rooms combine for this drill)
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Create the most effective attack from opportunities in a game situation
SPECIFY ROLES OR GOALS OF PLAYER(S)	Two rotation points off/on court.
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	No special rules apply

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