**2019 SEMESTER 1 PRACTICAL EXAMINATION**

Structure of the practical performance examination

|  |  |  |
| --- | --- | --- |
| Sections and criteria | Marks available | Percentage of total exam |
| Individual skills  Skill1  Skill 2  Skill 3  Skill 4  Skill 5 | 6  6  6  6  6 | 15 |
| Conditioned performance | 20 | 15 |
|  | Total | 30 |

**Instructions to candidates**

1. You are required to wear clothing and personal playing and safety equipment that is

approved for competition by the sport’s governing body.

2. Clothing must not identify you, your school, club or achievements, and it is requested that

you wear black, navy or white shirts for the examination.

3. You are required to report to a supervisor to register for the practical examination

30 minutes before your scheduled examination time.

4. Once your attendance has been recorded you will be given a coloured, numbered bib to

wear for the examination and directed to a supervised warm up area.

5. Just prior to the scheduled examination time you will be escorted from the warm up area

to the examination area.

**SECTION ONE – Skills Performance**

1. **Skills set**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Skill 1** | **Skill 2** | **Skill 3** | **Skill 4** | **SKILL 5** |
| Half pass (long ball) | Scoop | Effect the touch attacker (dump/rollball) | Effecting a touch defender | Scoring a touch down |

**Skill 1**

Half pass (long ball)



|  |  |  |
| --- | --- | --- |
| **Key** | X = player | **→** = player movement |
|  | O = feeder | ----- = ball movement |
|  | = marker |  |

**Drill description**

1. Players work in pairs in rollball and acting half positions.
2. Rollball is performed, then ball is passed to the next pair off the ground from acting half position.
3. Process is repeated and ball is passed around the square.
4. Players stay in pairs but swap positions.
5. Reverse direction to test the other passing side.

**Skill 2**

Scoop; effect the touch – attacker (dump/roll ball)

X1

5m

X2

D

scoop

scoop

|  |  |  |
| --- | --- | --- |
| **Key** | X = player | **→** = player movement |
|  | O = feeder | ----- = ball movement |
|  | = marker |  |

**Drill description**

1. X1 runs from the first marker, picks up the ball at the second marker (scoop), passes to X2 whoeffects the touch on a stationary defender and performs rollball at the third marker then runs through.
2. Repeat the process at the next two markers.
3. After turning at the last marker, repeat the same process using the non preferred hand.
4. Upon completion X1 and X2 swam positions and repeat.

**Skill 3**

Effecting a touch – attacker (dump/roll ball), effecting touch – defender, scoring a touchdown

X3

X3

X2

X2

X1

X2

X1

|  |  |  |
| --- | --- | --- |
| **Key** | X = player | **→** = player movement |
|  | O = feeder | ----- = ball movement |
|  | = marker |  |

**Drill description**

1. X2 runs with the ball and positions body to one side of defender (X3).
2. Defender runs toward attacker (X2), decelerating, and remaining balanced to effect the touch.
3. X2 and X3 effect the touch, X2 then performs a rollball for X1 then splits.
4. X3 retreats backwards 5m.
5. X1 passes off the ground to X2 who attempts to score a touchdown.
6. X3 attempts to effect a touch on X2 to stop the touchdown from being scored.

**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 problems to overcome | Play a 20min mini game |
| Specify roles for players | No special rules |
| Specify options, rules or restrictions | Normal Touch rules apply |