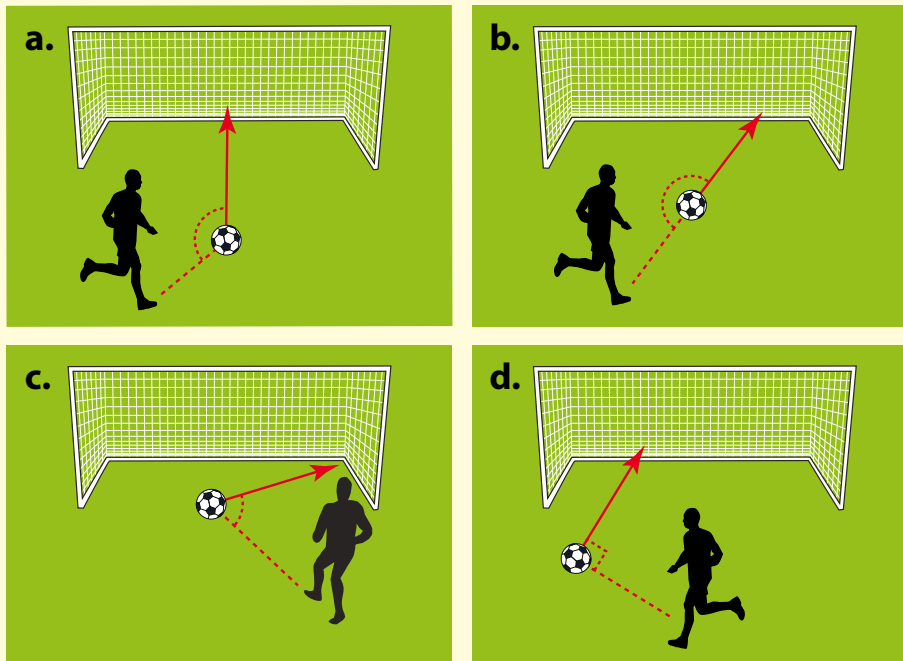


Bending the Ball

Bending or kicking the ball at an angle to hit the back of the goal is a hard skill. It takes a lot of practice. You have to move toward the ball at an angle to the goal. To get the best shot, you have to run with the ball at an angle to the goal, not straight toward it. When you shoot, your kicking foot should not face straight toward the goal. You can use the inside or the outside of your foot to kick the ball.

LET'S EXPLORE MATH

The diagrams below show angles a soccer player could use to score a goal. The dashed part of the angle shows how the player approached the ball. The solid part of the angle shows the path of the ball after it was kicked. Identify each type of angle.



Passing the Ball

A good soccer pass is called the push pass. It is a very **accurate** (AK-yuh-ruht) way of passing the ball. The angle of your ankle is very important. Keep your foot at about 90° to your lower leg. Swing your kicking leg and “push” the ball using the inside of your foot.



Making the Basket

Basketball is a game of nearly nonstop action. Two teams of 5 players move the ball around the court, mainly by **dribbling** and passing. Each team scores points by throwing the ball into the basket. The angle and speed at which the ball is thrown decides whether the ball makes the basket or misses.



Sharp Shooting

The point when a basketball shooter lets go of the ball is called the “**release** point.” It is best to have a high release point when aiming for the hoop.

A low release point means the ball will enter the basket at a low angle. A low angle is around 30° to 50° , using the hoop as the vertex. A low angle means a smaller target for the ball to go through the hoop. This reduces the chances of making a basket.

