**Tennis:**

Scoring (love, 15, 30,40,game)

Serving (same server whole game, start from right, you and partner switch, receivers do not, hit in air, diagonal, receivers have to let it bounce, call your score first)

Types of hits (groundstroke: swing low to high, goes horizontal. Lob: rainbow, on offense. Clear: rainbow, on defense. Serve: starts the game. Volley: tap over the net, high five. Smash: hit high to low, fast)

**Soccer:**

Throw ins (when the ball goes out on the side. Over the head, keep both feet on the ground)

How to start a game (kick off at half)

Positions (forwards = in the front, midfields = in the middle, defenders = in the back, goalie= protecting the goal)

Types of kicks (Penalty kick is the only one; when a defender fouls a person in the box, they will take a penalty kick)

**Tchukball and Tsegball: (see separate handout)**

Scoring & general rules

**Gaelic Football: (see separate handout)**

Steps

Toe ups

Common mistakes

Scoring

**Volleyball:**

Types of hits (bump: hands together, when the ball comes low. Set: hit above head, with fingertips)

General rules (six people on a team, rotate clockwise, three hits max per side, don’t touch the net, serve from baseline)

**Basketball:**

How to start (jump ball at half court)

General rules (cannot travel, one team goes to one basket only, no fouls etc)