**S3 Leadership**

**Basketball**

**Officiating unit**

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

By the end of this unit of work I will be able to:

|  |  |  |  |
| --- | --- | --- | --- |
|  | With confidence | With a little support | With support from teacher/classmate |
| **Rules of the game** |
| Recognise travelling offences |  |  |  |
| Recognise fouling  |  |  |  |
| Recognise Intentional fouling |  |  |  |
| Recognise Jump ball situation |  |  |  |
| Recognise ball out of play |  |  |  |
| **Officiating a Game** |  |  |  |
| Use appropriate hand signals for the above |  |  |  |
| Use and apply them within Conditioned games |  |  |  |
| Use and apply them within Games related practices |  |  |  |
| Use and apply them within skill related drills  |  |  |  |

**INITIAL SKILLS EVALUATION – Worksheet 1**

As best you can, make a judgement on your ability to perform the skills listed below.

Award yourself 5 Points if you can perform the skill listed below consistently with a high degree of success!

Or Award yourself 0 points if you cannot do it at all e.g. Dunk the ball – 0 points **OR** 0 points IF YOU DON’T KNOW WHAT THE SKILL IS.

**PASSING POINTS**

CHEST PASS – 2 HANDS \_\_\_\_\_\_\_\_

BOUNCE PASS – 2 HANDS \_\_\_\_\_\_\_\_

JAVLIN PASS – 1 HAND \_\_\_\_\_\_\_\_

LOB PASS – 2 or 1 HAND \_\_\_\_\_\_\_\_

**SHOOTING**

SET SHOT \_\_\_\_\_\_\_

LAY – UP RIGHT HAND \_\_\_\_\_\_\_

LAY – UP LEFT HAND \_\_\_\_\_\_\_

JUMP SHOT \_\_\_\_\_\_\_

PIVOTING \_\_\_\_\_\_\_

SCOOT STOP \_\_\_\_\_\_\_

OUTLET PASS \_\_\_\_\_\_\_

FAST BREAK \_\_\_\_\_\_\_

REBOUND \_\_\_\_\_\_\_

JUMP BALL \_\_\_\_\_\_

**Basic Basketball Rules**

**Aim of the game**

Basketball is played by two teams who score points by throwing a ball into the opposing team's basket. The team who scores the most points are the winners.

**Teams**

Each team has a squad of 12 players to choose from. Five of those players are allowed on the court at any one time, with unlimited substitutions.

**Start of the game**

The game starts with a jump ball between any two players from opposite sides. This jump ball should be thrown higher than both the players can jump – the toss should be around 3m high (height of backboard).

The official not throwing the jump ball should sprint into the lead official position following the direction of the ball after it has been tapped regardless of which team gets possession.

|  |
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| **Violations**  |
| Play stops on all rules violations with the other team gaining possession. Blow the whistle to stop play, indicate violation, point in direction of play to re-start, give ball to opposing team and point where it should be taken from.  |
|  |
| **Violations** **Ball out of bounds –** When the ball leaves the court lines either at the side line of baseline. |
| **Double Dribble** - When a player stops dribbling, holds the basketball, and then starts dribbling again **or** when a player dribbles the ball with two hands at the same time.**Traveling** - Taking more than one and a half steps without dribbling while the player has possession of the ball **or** when you stop dribbling and move or change your pivot foot.**Illegal use of foot –** When the ball is kicked by a player (foot ball)**Held ball**. Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis**Back Court** - When the team with possession of the ball travels over the midcourt line into the frontcourt and then crosses back into the backcourt.**3 second rule -** aplayer shall not remain in the opponents' restricted area (key) for more than three consecutive seconds while his team is in control of a live ball.**5 second rule –**Throw ins and free throws must be taken within 5 seconds**8 second rule –** After the attacking team gains possession they have 8 seconds to move the ball into the opponents half, otherwise they will lose possession. **24 second rule –** After the team gains possession of the ball they have 24 seconds to shoot. Possession is handed over to the other team if they fail to attempt a shot within this time.**Common Fouls** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Holding** - When a players uses their hands, arms or legs to interfere with or limit an opponent's freedom of movement.**Blocking** - When a player uses their body position to prevent their opponent from advancing down the court.Illegal use of arms – to make contact with an opposing player by using hands to hit them whilst dribbling or shooting the ball.**Charging** - Happens when an offensive player runs into a defender who has an established position.**Shooting Foul** - When a defender makes contact with an offensive player who is in the act of shooting the basketball.**BASKETBALL RULES EVALUATION PROFILE****OFFICIATING SKILLS** 1 A Double Dribble occurs when –2 A Travelling violation occurs when – 3 A Jump Ball is awarded when – 4 A Side Ball is given when – 5 An Intentional Foul is awarded when – 6 Describe any other situations where the Umpire would stop the game. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Positioning on the court of the referee**A basketball game has two officials who are responsible for refereeing the game.1. Lead official – This official is ahead of the action on the court and are leading the play towards themselves. They should be just in front of the line of play but still able to see what is happening.
2. Trail official – This official is behind the play slightly – usually closer to the half way line looking in behind the play. They should be boxing the play between themselves and the lead official – no players should be out of the vision of both officials.

The lead official is responsible for the end line and the side-line to his left.The trail official is responsible for the centre line and side-line to his left.The other official should not normally intervene with decisions unless his partner needs assistance. This will prevent conflicting decisions. Officials on the court must make sure they are facing the play at all times and in a position to be able to see any violations that may take place. You should be moving up and down the court with the play, not standing in one spot on the sideline.**S3 Leadership - Basketball Refereeing Hand Signals**

|  |  |  |  |
| --- | --- | --- | --- |
| **Hand Signal** | **Rule broken** | **Description of action** | **Impact on game**  |
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**BASKETBALL PEER EVALUATION – SET SHOT** |

Participant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Observer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Participant:* Practice set shot twelve times, receiving your partner's feedback after each shot..
*To the Observer:*
1.) Observe each of the 12 shots, and use the given criteria to analyze each shot.
2.) After the 12 shots have been completed, and feedback has been discussed, switch roles.

For the first 3 shots observe **“B” (Balance)**, For the next 3 **“E” (Elbow)**, The next 3 **“E” (Eyes)**, and finally the last 3 **“F” (Follow Thru)**

**1. Excellent** = No Observable Errors, correct performance of technique

**2. Good** = Few Observable Errors, Fairly correct performance of technique

**3. Needs Practice** = Many observable errors, incorrect performance of technique

|  |  |  |  |
| --- | --- | --- | --- |
| B - BALANCE | EXCELLENT | GOOD | NEEDS PRACTICE |
| Knees Bent |  |  |  |
| Shoulders Square to the Basket |  |  |  |
| Legs Shoulder Width Apart |  |  |  |
| E- ELBOW | EXCELLENT | GOOD | NEEDS PRACTICE |
| Bent at 90 degrees |  |  |  |
| Balls resting on the pads of the fingers |  |  |  |
| Elbow in line with knee and wrist |  |  |  |
| E - EYES | EXCELLENT | GOOD | NEEDS PRACTICE |
| Eyes looking at the basket |  |  |  |
| Does not look back at the ball after looking at the basket |  |  |  |
| F – FOLLOW THROUGH | EXCELLENT | GOOD | NEEDS PRACTICE |
| Extends Legs |  |  |  |
| “Hand in the Cookie Jar” |  |  |  |
| Keeps Eyes on the Basket |  |  |  |

**BASKETBALL PEER EVALUATION – LAY UP**
Participant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Observer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Participant:* Practice lay up twelve times, receiving your partner's feedback after each shot.
*To the Observer:*
1.) Observe each of the 12 shots, and use the given criteria to analyze each shot.
2.) After the 12 shots have been completed, and feedback has been discussed, switch roles.

**1. Excellent** = No Observable Errors, correct performance of technique

**2. Good** = Few Observable Errors, Fairly correct performance of technique

**3. Needs Practice** = Many observable errors, incorrect performance of technique

|  |  |  |  |
| --- | --- | --- | --- |
| Preparation | EXCELLENT | GOOD | NEEDS PRACTICE |
| Eyes up to look at target on approach |  |  |  |
| Dribble in with same hand as approach side e.g. if approaching from right, dribble with right hand |  |  |  |
| Catch ball in two hands |  |  |  |
| Take two steps towards basket with same foot (if approaching from right should be right foot, left foot sequence) |  |  |  |
| Action | EXCELLENT | GOOD | NEEDS PRACTICE |
| Bend knee of take-off leg and jump by extending knee |  |  |  |
| Opposite knee should come up towards chest |  |  |  |
| Extend arms towards basket aiming for ‘magic square’  |  |  |  |
| Roll hand off hand closest to basket and extend arm up to get ball as close to basket as possible |  |  |  |
| Recovery | EXCELLENT | GOOD | NEEDS PRACTICE |
| Land on two feet beside basket |  |  |  |
| Watch to see if successful moving into position for rebound  |  |  |  |

**Roles and responsibilities**

**Centre -** Centre’s are generally your tallest players. They generally are positioned near the basket.

Offensive -- The centre’s goal is to get open for a pass and to shoot. They are also responsible for blocking defenders, known as picking or screening, to open other players up for driving to the basket for a goal. Centre’s are expected to get some offensive rebounds and put-backs.

Defensive -- On defence, the centre’s main responsibility is to keep opponents from shooting by blocking shots and passes in the key area. They also are expected to get a lot of rebounds because they're taller.

**Forward (power forward, small forward)** - Your next tallest players will most likely be your forwards. While a forward may be called upon to play under the hoop, they may also be required to operate in the wings and corner areas.

Offensive -- Forwards are responsible to get free for a pass, take outside shots, drive for goals, and rebound.

Defensive -- Responsibilities include preventing drives to the goal and rebounding.

**Guard (Point Guard, Shooting Guard)** - These are potentially your shortest players and they should be really good at dribbling fast, seeing the court, and passing. It is their job to bring the ball down the court and set up offensive plays.

Offensive -- Dribbling, passing, and setting up offensive plays are a guard's main responsibilities. They also need to be able to drive to the basket and to shoot from the perimeter.

Defensive -- On defence, a guard is responsible for stealing passes, contesting shots, preventing drives to the hoop, and for boxing out.

**What Makes a Good Referee**

**Personal Qualities**

Personal qualities are a reflection of an individual’s personality traits. For example, how fair a person is, how confident a person is or how decisive a person is. Personal qualities may be different within every person.

What do you think are your top 3 personal qualities?

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do any of your own personal qualities match the top 8 personal qualities identified as essential for a good referee?

1) Confidence

2) Consistency

3) Decisiveness

4) Enjoyment/Motivation

5) Integrity

6) Judgment

7) Poise

8) Rapport

**CONFIDENCE**

Competent officials have confidence in themselves and their abilities. Confident officials

remain in control during the game. That doesn't mean that they experience no

feelings of self doubt, but they don't lose confidence in themselves just because

they make a bad call or experience setbacks.

**CONSISTENCY**

Everyone exepcts officials to be consistent. Their decisions should be

the same in identical or similar circumstances, and they should apply the rules

equally to both opponents. If an official ignores a foul one time but then calls a foul for the same behaviour later in the game, athletes and coaches become confused. This often results in anxiety, frustration, anger, and eventually negative behaviour by those who perceive they are being cheated.

**DECISIVENESS**

An official's decisions should occur simultaneously with the action observed, or

as soon as possible after the action. You can often avoid controversy by making quick and decisive rulings. The closer the decision, the more important decisiveness becomes.

**ENJOYMENT/MOTIVATION**

Top officials enjoy their job. This sense of enjoyment and fun is strongly

tied to a positive mental attitude and feelings of energy. Good officiating requires

a lot of hard work, dedication, and practice. All this leads to a high level of motivation, which is closely tied to enjoyment.

**INTEGRITY**

Integrity refers to calling a game in an unbiased, honest manner, regardless of the

reactions of players, coaches and spectators; the time remaining; the score; previous

calls; or any other potential sources of influence. The best safeguard for maintaining

your integrity is, Call them as you see them.

**JUDGEMENT**

Good judgment begins with a thorough and complete understanding of the rules and

regulations. Sound judgment gained through experience will allow you to meet the demands of a variety of situations. The official who continues to study the rules and applies officiating experiences toward personal improvement will likely become competent.

**POISE**

An official must remain calm and poised, regardless of what is happening. Although you cannot necessarily control the emotions of others, you are expected to be in control of your emotions no matter what the circumstances.

**RAPPPORT**

Rapport is the quality of relating effectively to others. Officials must try to establish good rapport with both coaches and players. As an official, you are not trying to win a popularity contest, but you are not trying to make enemies either. Officials can improve rapport skills by treating players and coaches with courtesy and respect. You should expect the same treatment in return.

**Feedback**

Feedback can be delivered in different ways and at different times throughout training and matches. You may receive the feedback during your training or match, or at the end. No matter what, you should receive feedback as close to the end of your match or training as possible so you can relate the feedback to your performance.

**Internal** (or **kinaesthetic**)

This feedback is what you feel during or after you have performed or practised the skill. Your feelings provide you with information about your [performance](http://www.bbc.co.uk/bitesize/standard/pe/skills/ways_of_developing_skills/revision/6/) and can be very valuable in helping you to [analyse](http://www.bbc.co.uk/bitesize/standard/pe/skills/ways_of_developing_skills/revision/6/) it. For example you might say "I felt that I sliced across the ball in my golf swing and the ball veered off the left."

**External Feedback**

There are many different examples of external feedback

**Verbal -** given by a teacher/observer after watching your performance. Telling you points to improve and points you have done well. An example of this would be, "My coach told me I had to straighten my legs during my cartwheel."

**Written -** given by your teacher/observer and is available for you to look at, normally an observation sheet. An example of this would be, "my partner had ticked a box to identify that I was not standing side on when performing an overhead clear."

**Visual -** watch model performance or video and watch your own performance to see strengths and weaknesses. An example of this would be, "I was videoed when performing my gymnastics routine so I could watch it back to identify weaknesses."

**Knowledge of results -** scores and results or where the ball/shuttle goes. An example of this would be, "I saw that my badminton long serve was landing in the middle of my opponents court enabling my opponent to play an attacking shot."

Name 2 different types of feedback you have received throughout this course and how they helped to develop you as a player or a referee?

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**Offence Tactic - Fast Break**

The fast break occurs when a team attempts to move the ball up court and into scoring position as quickly as possible via the dribble or the pass so that the defence is outnumbered and does not have time to set up. You can gain possession of the ball by a turnover, rebound, blocked shot, or an attempted shot.



|  |
| --- |
| Legend - - - - Pass dribble Player pathway |

The fast break can be broken down into three stages: Beginning, Execution and Finish.

**Beginning**

Good defence is the best means for starting the fast break. A team must first gain possession through aggressive defence: rebounding, blocking shots, steals, and interceptions.

**Execution**

Success is determined by the speed of the break away. The fastest players should therefore be positioned closest to the opponent‟s basket when defending (the top of the key). These players should use their judgement to anticipate when will be gained and move early to “fill the lanes‟.

A quick **outlet pass** should be made to a player (normally the point guard) who has taken up a position in either one of the wide lanes. The outlet pass should avoid the traffic in the key (don‟t pass across the key). Outlet pass to the side on which the ball has been rebounded.

**Finish**

The finish will depend on the overload situation created by the fast break. 2v1 and 3v2 situations are most common and often result in a high percentage shot e.g. lay up. Support players should stay wide and available and look to cut to the basket from around the 3-point line. Care should be taken not to congest the area, as this will make the defenders job easier.

|  |  |
| --- | --- |
| Position | Responsibility |
| Centre  | The centre is responsible for rebounding and playing the outlet pass to the guard. |
| Guard  | The guard decides if the fast break option is on and signals the start of the fast break by shouting e.g. “ball”. He receives the outlet pass and drives down the centre of the court towards the opposition basket. |
| Forward | The forwards have to anticipate the fast break happening and be fast on their feet to fill the outside lanes. They then have to drive towards the key to finish the move with a high percentage shot for example a lay up. |

**Defecive tactics – Man-to-**

**man marking**

**Full court Press**

In a man-to-man full-court press, each player will match up with their defensive player after a basket is scored. It’s important for each player to guard the nearest person.

The idea is to immediately attack the ball, and close out on each offensive player. Defenders must quickly apply pressure, using quick footwork and active hands.

The defenders have two goals during a man-to-man full-court press:

* Steer the ball toward the sideline.
* Force an errant pass or turnover.

There are many reasons teams will incorporate a full-court press into their defensive play, including:

* Speed up the game tempo
* Compete against tougher competition
* Come from behind late in games
* Increase defensive intensity
* Wear out the opposition
* Take advantage of inexperienced guards

 **Half court press**

Half-court presses start at, or just beyond, the half-court line. A defensive player will pick up an offensive player to mark once they cross into the attacking half of the court. These presses are less of a gamble, since all five defenders are back in the half-court. Usually these defenses try to trap the ball as it comes across half-court, in the half-court corner on either side, while the other defenders look to intercept a poor pass made out of the trap. These presses are usually easier to teach and conditioning is less of an issue.

Starting your defence at (or just beyond) the half-court line can

* confuse the offense
* result in turnovers
* steals and lay-ups in transition
* disrupt the normal flow of the offense, and make if difficult for them to "get into" their offense.

**Defensive tactics – Zone Defence**

In Zone defence each defender is responsible for guarding an area of the floor, or "zone". Any offensive player that comes into that area must be marked. Zone defenders move their position on the floor in relationship to where the ball moves.

Advantages of Zone Defence

A zone defence can help level the playing field when:

* a defence is matched up against a strong, quick offence, where they might otherwise not be able to defend on man-to-man.
* a zone defence forces the offense to shoot from outside the key, where shots are less accurate.
* allows the defence to control the pace of the play by slowing things down a bit.
* gives the defence a chance to switch things up between zone and man defence

Disadvantages of Zone Defence

* The offense can hold onto the ball for longer, eating up important time for the defence.
* Zone is not a good defence to use the majority of the time, and should be utilized no more than 20% of the time.
* Rebounding is more difficult on zone and more confusing, allowing the offense to slip inside and get the offensive rebound.

**2-3 zone defence** **1-2-2 zone defence**

The 1-2-2 zone has the advantages of being able to pressure the ball and can be effective against a good outside shooting team. The major weaknesses are the high post area (1/2). It can be attacked from the corners also.

2-3 zone defense is the most common zone It has the advantage of protecting the inside, the "key". It's weakness is that it can be beaten by good outside shooting, with open areas on the wings, point and high post.

**Basketball tournament**

It is now your turn to organise and officiate a basketball tournament.

You must consider:

* Teams – how many teams will you have, what is the makeup of these teams.
* Round robin – every team will play each other – you decide how many times.
* Will you have a Final and Semi-Final?
* Officiating – who will officiate each game (2 referees per game, 1 x score keeper, 1 x time keeper). Make sure you rotate so every person has a go at each role.
* What length of time is each game going to be played for? This will depend on how many periods you have to run your tournament.
* How are you going to award points – will it be total points for each game, will you choose to use 3 points for a win, 2 points for a draw and 1 point if you lose by ½ e.g. 22-11?

Some of the sheets below may be of use to you or you can make your own.

**Score sheet and order of play**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Red | Blue | Green | Yellow |
| Red |   |  |  |  |
| Blue |  |  |  |  |
| Green |  |  |  |  |
| Yellow |  |  |  |  |

Red v Blue Green v Yellow Red v Yellow Green v Blue Yellow v Blue Green v Red

**Score Sheet**

**Team 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Referees \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Team 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Team 1**

**Fouls**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Half (1st or 2nd)** | **Foul 1** | **Foul 2** | **Foul 3** | **Foul 4** | **Foul 5** |
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**Team 2**

**Fouls**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Half (1st or 2nd)** | **Foul 1** | **Foul 2** | **Foul 3** | **Foul 4** | **Foul 5** |
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Score Team 1

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| 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40  |

Score Team 2

|  |
| --- |
| 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 |