

Territorial/Invasion Sports

(e.g. basketball, hockey, football, rugby)

Tactical problems		Off-the-ball movement	On-the-ball skills
Attack	Maintaining possession		Stopping Receiving the ball Protecting the ball Moving with the ball Passing
	Supporting the ball	Moving off the ball Finding space Creating space for ball	
	Advancing ball into scoring area	Attacking movement	Passing Penetrating dribble/run Beating a defender
	Scoring	Drawing defenders away Creating space for ball	Stopping Receiving Protecting 'Faking out' a defender Penetrating dribble/run Shooting or finishing Breaking an end zone
Defense	Applying pressure to the ball	Closing down Slowing down Tracking the ball Stealing the ball/tackling	
	Supporting the on-ball defender	Seeing 'player and ball' Stopping penetration Intercepting a short pass	
	Covering (help defense)	Seeing 'player and ball' Stopping penetration Maintaining help position Intercepting a long pass	

Net/Wall Sports

(e.g. volleyball, table tennis, badminton, squash, tennis)

Tactical problems		Off-the-ball movement	On-the-ball skills
Scoring	Setting up an attack (creating space in opponents' side of court)	Stance or base Footwork to approach shot Transitioning into attacking position	Serving (placement, power and spin) Accurate strokes or hits (forehand and backhand)
	Winning a point	Assuming an attacking position Stance or base Footwork to approach shot	Powerful strokes or hits Deceptive strokes or hits
Preventing scoring	Defending space	Recovering to centre or 'T' Retaining stance or base	
	Defending against an attack	Anticipation Stance or base Footwork to approach shot	Returning powerful strokes or hits Returning deceptive strokes or hits Recovery strokes or hits (e.g. lob, clear, backspin etc.)

Striking/Fielding Sports

(e.g. baseball, softball, cricket, rounders)

	Tactical problems	Movements	Skills
Scoring	Hitting – defensive Hitting – placement Hitting – power	Footwork Weight transfer	Knowing field positions Selecting grip and stance Judging ball path/speed Selecting correct stroke Executing correct stroke
	Running	+ & - acceleration Stopping/sliding Turning	Judging distances Calculating risk/reward Communicating with teammates
Preventing scoring	Bowling/pitching	Run-up/delivery stride Recovery (regaining balance)	Knowing fielding positions Selecting grip on ball Disguising delivery Delivery accuracy, speed & flight Setting-up batter Calculating risk/reward
	Short fielding	Ready stance Reaction to ball (footwork) Running Stopping/sliding/diving Crouching	Positioning Catching low/flat ball Gathering ground ball Short throw Underarm toss Backing-up
	Long fielding	Preparatory movements Reaction to ball (footwork) Running Stopping/sliding/diving	Positioning Judging ball flight Catching high ball Catching low/flat ball Long throw Cut-off throw/toss Communicating with teammates

Athletic/Gymnastic

(e.g. track and field events, gymnastics)

Principles	Specific knowledge, skills and abilities
Performing movements with precision	Knowledge of techniques used and replication of technique Knowledge of criteria and/or rules governing technique
Sequencing movements and skills	Performing movements singularly or in combination (running, jumping, throwing, twisting, turning) Linking of movements with fluency (and creativity) Understanding of body position in time, space in relation to outcome
Performing at appropriate intensity	Perform activities requiring power, speed, stamina, flexibility and balance/coordination Understanding of how the body responds to different forms of physical exercise Using correct combination of speed, power, stamina etc.
Setting and performing to targets or goals	Individual reflection and development Taking responsibility for own improvement/development

Target

(e.g. golf, archery, bowling, shooting)

Tactical problems	Specific knowledge, skills and abilities
Aiming at the target	Choosing a target Hand-eye coordination Stance/footwork Maintaining focus
Judging distance and trajectory	Calculation of distance Calculation of height and angle of release Calculating risk/reward (consideration of environmental variables)
Placement at target (execution of plan), avoiding obstacles	Timing (kinetic chain) Calculating risk/reward
Applying spin or turn	Knowing correct type and amount of spin Adjustment of stance/footwork