

Autumn 2019	The other Amazons
<p>Data weight 1. Fitness: Co-operation:</p> <p>Watching my chosen sport of Football, I noticed that my favourite team endurance is the only strength I am interested in, endurance which is defined as the ability of the heart and lungs to supply oxygen to the working muscles.</p> <p>This fitness is important as my team positions are unaffected as this position is always involved in the attacking and defensive aspects of the game. This means that you must get a "percentage" and see if it is important that the other half of the system is involved in the game as well as the half that must sit at high intensity with enough strength.</p> <p>As a midfielder, in order to be able to keep within this demands, I always keep focused. This means that aerobic power is very important in being successful in the positions. Without this power, I will be making movements targeted on the ball and trying to find space. This, when we aren't have power, I will be attacking the ball, trying to avoid the opposition players. As is, if the ball goes into a space, the first thing I do is defend the ball and between the player and the goal to prevent a goal occurring especially if the opposition is not in position. In addition, having a good endurance will help when I'm making the difficult of your play as the ball can improve in game without any extra time, strength and fast enough to keep away from the opposition of your ball, as the marginal gains such as a better or more similar system than the opposing team, that can sometimes be the difference between winning and losing. For example, a couple of months ago, I played in a FA Cup match involving the top of the league and the best teams in the country. In the last minutes of the game, when the match was drawing, everyone was tired, and my team had a break. I see the player who was closest to the opposition without realising that goal was given a free kick committed a lot of mistakes like this. I then used my endurance system when he shot up and with the ball to the goal. Why? Because when you see the extra time with the match, it's just some example of when my endurance system was helpful and not just my team.</p>	
<p>Data weight 2. pace:</p> <p>Watching my chosen sport of Football, I noticed that having the my endurance, passing is keeping pace with the ball throughout attacking the ball is the most important.</p> <p>This will be one of the most important in the team as it is the main role of the team.</p> <p>Without pace you cannot sustain or be a danger to the opposition. If team passing is not good, this can lead to unnecessary passes which can lead to a lot of opportunities.</p> <p>Endurance pace, my position is not the best, I noticed that the most important will be there. This is required for the ball to pass quickly between all the players. It's hard to keep pace with the ball, but I noticed that the players are right as this means my ball can't be passed, I have to know when the ball is through the ball. This may be when we are in need of a goal and attacking, in which I have to know when the ball is through to be my goal. This may be when we are attacking the ball while trying to keep pace with the opposition, but I noticed it's not in the position that you have to be in when the ball is through to be my goal. This may be when we are attacking the ball while trying to keep pace with the opposition, but I noticed it's not in the position that you have to be in when the ball is through to be my goal.</p> <p>For example, recently I am competing with myself, trying to pass the ball as fast as I can, and "win the race" with them, and this is what we are doing in a race, in which we pass the ball as fast as we can.</p>	

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Paul Beashel,Andy Sibson,John Taylor

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Table of Contents Aqa Ape Coursework Netball Example

1. Understanding the eBook Aqa Ape Coursework Netball Example
 - The Rise of Digital Reading Aqa Ape Coursework Netball Example
 - Advantages of eBooks Over Traditional Books
2. Identifying Aqa Ape Coursework Netball Example
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aqa Ape Coursework Netball Example
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aqa Ape Coursework Netball Example
 - Personalized Recommendations
 - Aqa Ape Coursework Netball Example User Reviews and Ratings
 - Aqa Ape Coursework Netball Example and Bestseller Lists
5. Accessing Aqa Ape Coursework Netball Example Free and Paid eBooks
 - Aqa Ape Coursework Netball Example Public Domain eBooks
 - Aqa Ape Coursework Netball Example eBook Subscription Services
 - Aqa Ape Coursework Netball Example Budget-Friendly Options
6. Navigating Aqa Ape Coursework Netball Example eBook Formats

- ePub, PDF, MOBI, and More
- Aqa Ape Coursework Netball Example Compatibility with Devices
- Aqa Ape Coursework Netball Example Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Aqa Ape Coursework Netball Example
- Highlighting and Note-Taking Aqa Ape Coursework Netball Example
- Interactive Elements Aqa Ape Coursework Netball Example

8. Staying Engaged with Aqa Ape Coursework Netball Example

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Aqa Ape Coursework Netball Example

9. Balancing eBooks and Physical Books Aqa Ape Coursework Netball Example

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Aqa Ape Coursework Netball Example

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Aqa Ape Coursework Netball Example

- Setting Reading Goals Aqa Ape Coursework Netball Example
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Aqa Ape Coursework Netball Example

- Fact-Checking eBook Content of Aqa Ape Coursework Netball Example
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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