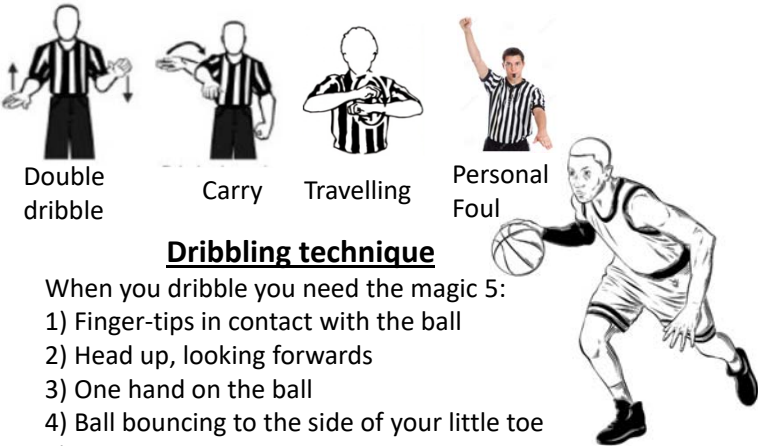


Y7 Basketball Knowledge Organiser

Rules of Basketball:

There are 5 players on a basketball team and they must obey these rules.

- Double Dribble- dribbling with both hands on the ball or picking up the dribble then dribbling again.
- Travelling- taking more than a step and a half without dribbling the ball
- Personal Foul- include any type of illegal physical contact (hitting, slapping, pushing, holding)
- Back Court- once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession.
- Carry- placing the hand under the ball then continuing to dribble.



Dribbling technique

When you dribble you need the magic 5:

- 1) Finger-tips in contact with the ball
- 2) Head up, looking forwards
- 3) One hand on the ball
- 4) Ball bouncing to the side of your little toe
- 5) Ball bouncing to waist height.

Man to Man Marking

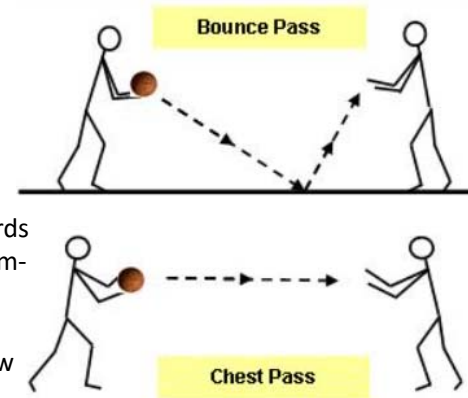
This is where a player is specifically marked by a defender. This sees constant pressure being applied to an attacker causes mistakes to occur and for each defender to have a specific player to mark giving them responsibility for one set player.

Shots in Basketball

- Set Shot- a stationary shot made without jumping.
- Jump Shot- jump whilst taking the shot to stop the defender from blocking the shot or to shoot over the defender.

Bounce Pass technique

Hold the ball at chest height, fingers pointing towards your chest, thumbs pointing downwards, elbows tucked in. Step in the direction of the pass. Push the ball from the chest in a downwards trajectory aiming for two thirds of the distance between you and the teammate with both arms finishing with the back of the hands facing each other and thumbs pointing to the floor on the follow through.



Chest Pass technique

Hold the ball at chest height, fingers pointing towards your chest, thumbs pointing downwards, elbows tucked in. Step in the direction of the pass. Push the ball from the chest with both arms finishing with the back of the hands facing each other and thumbs pointing to the floor on the follow through.

Set Shot Coaching Points

Balance



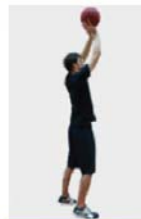
Feet shoulder width apart. Knees bent.

Elbow



90 degree angle. Hand under the ball with other supporting at the side.

Eyes



Always looking at the basket (target).

Follow through

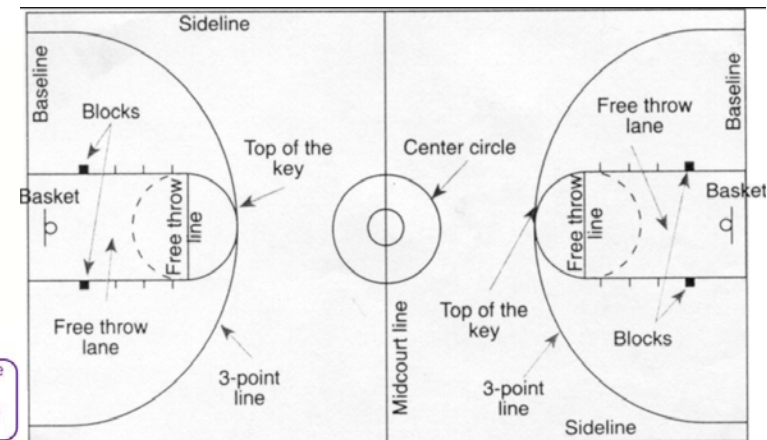


Shooting arm extends to the basket. Flick of the wrist as the ball is released.

Types of Passes

Chest	Used for a pass over a short distance
Overhead	Used to get the ball from one side of the court to the other when there are limited other passing options
Bounce	A forceful and fast pass used when space is limited by defenders

Court Markings



1. Identify the number of players on a Basketball team.	11. Can you dribble with both hands? Why?	21. Provide two advantages of man to man marking in Basketball.
2. Name the 3 types of pass used in Basketball.	12. Give an advantage of the jump shot.	22. Explain double dribble.
3. Identify the 3 types of shot used in Basketball.	13. Describe what man to man marking is.	23. Explain three coaching points of the set shot.
4. Describe double dribbling.	14. Describe when you would use an overhead pass.	24. Describe the back court rule.
5. Describe when you would use a chest pass.	15. Explain the difference between a set shot and a jump shot.	25. Explain the difference between the location of where a 2 point and 3 point shot is taken from.
6. Identify 3 points in the technique of a chest pass.	16. Where is a free throw taken from?	26. Explain the difference between the sideline and the baseline.
7. Describe a bounce pass.	17. Identify 3 parts of the magic 5 dribbling technique.	27. Explain the difference between a carry and double dribble.
8. Describe the set shot.	18. Describe what travelling is.	28. Explain why a follow through in the direction of the basket is important when shooting.
9. More than how many steps is considered travelling?	19. Describe what a carry is.	29. Draw the trajectory of a bounce pass and a chest pass.
10. Describe how to perform a jump shot.	20. Describe the difference in technique of the chest pass and bounce pass.	30. Explain when an overhead pass should be used as opposed to a chest pass.