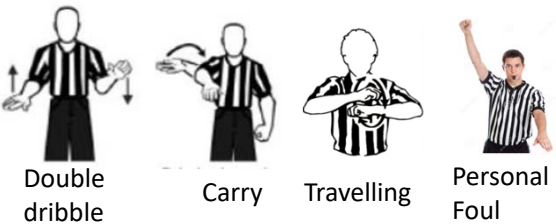


Y9 Basketball Knowledge Organiser

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.



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.
- Lay-up- dribbling to attack the basket to jump release the ball at the backboard to score



Zonal Marking

Zonal marking is where the area of the key is marked to reduce space in the key making shooting more difficult. This reduces space for a lay-up and makes attackers have to shoot from further away from the basket.



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.



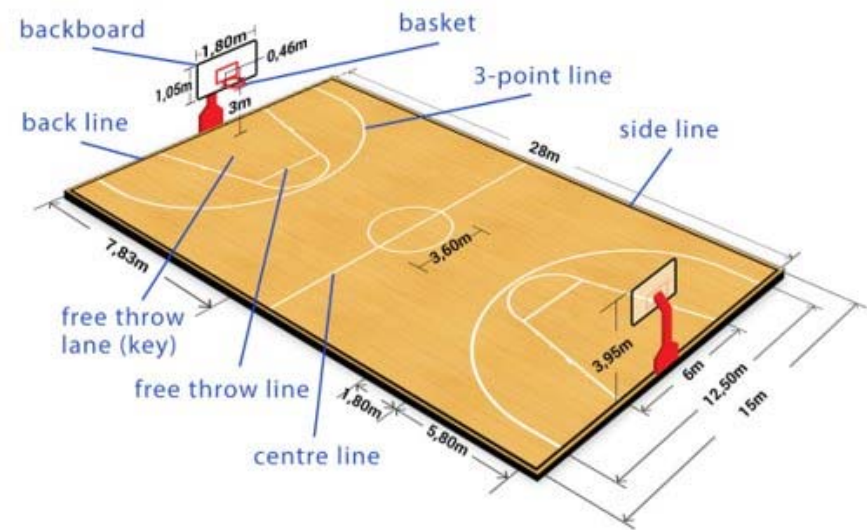
Types of Passes

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

Tactics in Basketball

Fast break- this is where the offense gain possession of the ball and attack as quickly as possible to cause an attacking overload. This sees the number of attackers outnumber the defenders seeing more players being free to pass to.

Rebounding- having a player that is always in the key once a shot is taken that is ready to challenge for the ball if the shot is missed.



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. Identify the two defensive strategies/tactics.	23. Explain the technique of a lay-up 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 tactic "fast break."
6. Identify the two attacking strategies/tactics used in Basketball.	16. Where is a free throw taken from?	26. Draw the 2-1-2 zonal marking formation.
7. Describe a bounce pass.	17. Identify 3 parts of the magic 5 dribbling technique.	27. Explain the difference between a chest and bounce pass.
8. Describe the set shot.	18. Describe what travelling is.	28. Provide an advantage of zonal marking.
9. More than how many steps is considered travelling?	19. Describe what a carry is.	29. Draw the 1-3-1 zonal marking formation.
10. Describe how to perform a jump shot.	20. Describe what zonal marking is.	30. Explain when an overhead pass should be used as opposed to a chest pass.