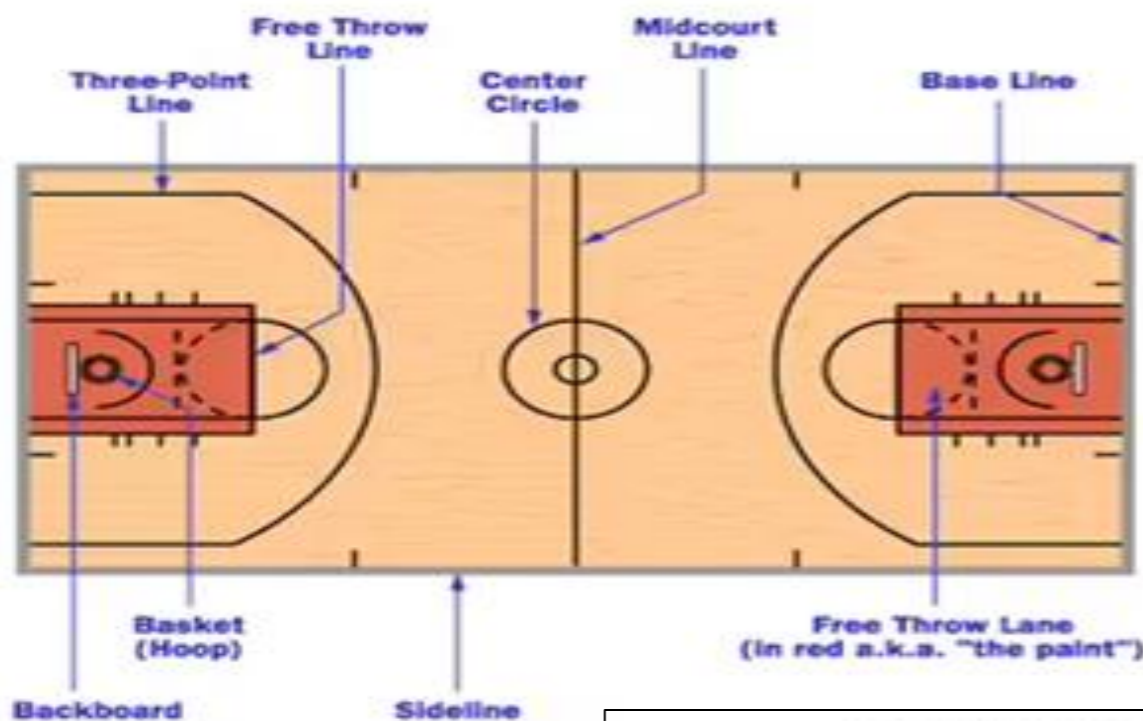




# Physical Education - Y9 Basketball Knowledge Organiser



### Timing Rules:

1. Four quarters of 12 minutes
2. **24 seconds** as a team to attempt a shot at the basket when in possession of the ball - a team loses the ball if they fail to do this
3. **8 seconds**- After the attacking team gains possession of the ball in their own half, they have eight seconds to move the ball into the opposition's half.
4. **5 seconds** - Throw-ins from the sidelines or free throws must be taken within five seconds of the re-start.
5. **3 seconds** - A player can only be in the opposition's "key" - for three seconds.

### Basketball Playing Positions:

1. Point Guard
2. Center
3. Shooting Guard
4. Small Forward
5. Power Forward

### Key Skills:

- |               |             |
|---------------|-------------|
| Chest Pass    | Stealing    |
| Bounce Pass   | Lay Up      |
| Shoulder Pass | Defending   |
| Jump Stop     | Free Throws |
| Stride Stop   | Dribbling   |

### Free throws are awarded:

- For contact on the active shooter (fouled in the act of shooting)
- After four team fouls have been committed in a period.
- "unsportsmanlike foul" in open play

### Key Rules:

**Double Dribble** - when a player ends their dribble by catching or causing the ball to come to rest in one or both hands and then dribbles it again. Play restarts with a sideline pass to the opposition.

**Travelling** - occurs when a player takes too many steps without dribbling the ball. When a player has taken more than two steps without the ball being dribbled. Play restarts with a sideline pass to the opposition.

**Backcourt violation** - once an offensive team has taken the basketball completely past midcourt and into the front court, they are no longer allowed to enter the backcourt. Play restarts with a sideline pass to the opposition.

## KEY VOCABULARY

Chest Pass, Bounce Pass, Overarm Pass, Travelling, Double Dribble, Pivoting, Backcourt Violation, Tip Off, Set Shot, Jump Shot, Lay Up, Shot Clock, Key, Stealing, Interception, Turnover