

**Year 7-9 Basketball Knowledge Organiser**

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| **Key Skills**  **Dribbling**: Touch the ball with your fingertips, not your palm. When you dribble, you want your hands to make contact with the ball so that you have good control over the ball and you don't have to use much arm strength to keep the ball bouncing. Don't slap the ball with your palm. Handle the ball with the tips of your fingers. Spread your fingers out across the surface of the ball for a wider, more balanced contact area  **Chest pass:** The ball should be held close to your chest. Your fingers should be spread comfortably around it, shielding the ball. Take a step forward as you release the ball and extend your arms sharply as you push the ball towards your team-mate. As your arms straighten, finish the pass with the wrists snapping inward. Aim to keep your thumbs together and pointing downwards. Your fingers should be pointing towards your target.  **Bounce pass**: The trick is to fake a move which draws the defender one way, then pass the ball underneath their outstretched arms. Bend your knees and extend your arm to the side of your body to give you the space and angle to make the pass. Use your fingers to push the ball downwards to your team-mate. The ball will slow after bouncing, so aim to hit the floor about two-thirds of the way to the receiver. This reduces the risk of your opponent intercepting the ball.  **Pivoting**: After stopping with the ball, pivoting allows you to change direction and look for a pass or shot. Remember not to move the foot you stopped on - that's against the rules. If you stopped on both feet at the same time you can choose which foot on which to pivot. Moving off one foot means the other one is your pivot foot. To begin the pivot, lift the heel of your turning foot and transfer your weight over it. Lift your non-pivot foot up and use it to turn your body by making short little steps to steady your balance. You can move quite a lot as long as the ball of the pivot foot remains in contact with the court and does not move.  **Set shot:** This shot is used when you are standing still and close to the basket. Taken from the free-throw line. Crouch down with your knees apart and face the basket. Your shooting hand should be behind the ball with the wrist cocked. If you are a right-hand shooter, your right leg should be just ahead of your left as your knees bend. Shooting hand facing the basket. Start by straightening your legs and transfer your weight slightly forwards towards the basket. Pump your arm upwards so it straightens and aim to lift yourself up on to your toes. Use your non-shooting hand to guide the ball and release it by flicking your wrist and fingers of your shooting hand. Aim for the ball to loop quite high and concentrate on having a smooth and continuous action.  **Lay up**: Make sure your strong hand is at the bottom and your supporting hand is at the side, keep it high. If you are right handed dribbler, step right, jump left and aim for the top right hand corner of the box on the backboard. If you are a left handed dribbler, step left, jump right, and aim for the top left hand corner box.  **Triple threat position:** After receiving the ball, adopting the triple threat position gives you a comfortable stance to make your next move. Standing with your legs spread, a shoulder width apart and your knees slightly bent will give you a solid base to catch the ball. Your weight should be pushed forward as you receive the ball. Keeping the ball up and in front of you with your elbows pointed out will help to protect it from the opposition.  **Jump shot:** This shot is useful if you are being closely marked. Both of your feet should be flat on the floor, with your body facing the basket, a low crouch will give you the momentum to make the jump. With the ball in both hands, rise up off your feet and prepare to shoot. Your shooting hand should cup the ball and point towards the basket. And your other hand can gently guide the shot from the side of the ball. As your body straightens, spring off from the ground and shoot with both arms straightening. A snap of the wrists and fingers should help with the release of the ball. As you shoot, concentrate on the basket and not the ball. Extend your arms fully.  **Rebounding:** Involves maintaining possession after a shot has been taken. The team who has the most numbers of rebounds after the game has more shot attempts and chances to score. | **Rules**  The game consists of two teams with 5 players on court for each team at one time. The aim is to score as many hoops, shooting through the hoop as you can in the time allocated.  Players cannot travel with the ball. They can move with the ball by dribbling but once they stop and hold the ball with two hands they must pass the ball. If they do not pass the ball and start dribbling again they will be pulled up for ‘double dribble’.  Players cannot hold the ball for longer than 5 seconds.  If the ball goes out of play then a side line ball is taken from the opposite team.  Once the offense (attacking team) has brought the ball across the mid-court line, they cannot go back across the line during possession.  Fouls are given for hitting, holding or pushing an opponent.  If a player fouls the shooter, then 1-3 free throws can be awarded (each worth 1 point).  **Scoring system**  **3 points** are awarded if the ball is successfully shot through the hoop from behind the 3 point line  **2 points** are awarded if the ball is successfully shot through.  **1 point** If a foul is committed they have a free attempt to shoot their ball through the hoop. A player is given a point for every successful foul shot.  **Positions**  The 5 players on court, typical consist of:   * Two guards, Two forwards and a post or centre   **Point Guard** - Usually the shortest player on the team. Must possess good passing and dribbling skills. Must have good court vision taking pride in passing and creating open shots for receivers.  **Shooting Guard** - A team’s best outside shooter. Must have the ability to create open shots within their range and not let outside pressures take them outside their range. Knows how to use teammate’s screens to get open shots.  **Small forward** - A team’s best all-purpose player who can play inside and outside. Must be aggressive and strong enough to mix it up inside, but agile enough to play outside.  **Power Forward** - A team’s second biggest and strongest player. Must be able to post up as well as make 15’ medium range shots. Interchangeable with post.  **Post/Centre** - A team’s biggest, strongest player. Mainly plays in low post area near basket. Must be able to post up and be an offensive treat inside. Must be able to set solid screens for teammates. Must be able to defend the post area. Has primary defensive rebounding responsibilities.  **Sixth Person(s)** - A team’s first sub. Must possess better skills and leadership than some of the starters. In addition, the sixth person usually can play multiple positions.  **Defensive Stopper** - Successful defensive Stoppers are a result of having solid on and off ball defensive fundamentals along with a strong attitude and relentless determination. They are highly challenged and motivated when it comes to stopping and frustrating the opponent’s leading scorer. Their job is to stop not score. | **Glossary**  Offense Defense Double dribble Foul Travelling Triple threat position Lay up Free throw backboard dribble Screening Zone  Bounce pass Pivot Hoops Rebound  Assist Attack Key Guard Shooting  **Pictures**  http://newsimg.bbc.co.uk/media/images/40726000/gif/_40726610_set_shot_4.gif    Image result for basketball  **Screening**  Screening in basketball is an attempt of an offensive player to prevent a defender from guarding his teammate. By standing beside or behind, an offensive player allows his teammate to move unhindered, dribble, pass, drive in or shoot towards the basket.  See the source imagen  **Shooting**  Preparation Release  See the source imageSee the source image  **Zone Marking**  See the source imageSee the source image  **Triple threat position**  See the source image |