

Knowledge

Organiser

Physical Education

Year 8 Basketball

Name:

Form:



What PE kit do I need?

Black school PE shorts, blue school PE t-shirt, Non-marking trainers and white sports socks/school blue PE football socks.

Assessment Criteria

1	Avoids the ball in game situations, reluctance in possession.
2	Participates in the game with movement around the court, no impact.
3	Able to dribble, pass and catch in a game situation with some success only with dominant hand.
4	Demonstrates basic skills in game with success in most cases, good movement around court
5	Uses both hands, basic skills used very well under pressure, shooting accuracy improving.
6	Shows control when in possession of the ball, plays with head up, lay ups used effectively.
7	Clear control and influence in a game. All skills from dominant hand used successfully. Club Level.

S4	Social	Demonstrate patience and tolerance when supporting other members of the group.
T4	Thinking	Apply tactics and techniques in a variety of situations.

Big Questions

1. What is my current skill level and experience in Basketball?
2. What passes are used in attacking play?
3. How do we perform a lay up?
4. What are the main defending skills in Basketball?
5. How do we defend as a team?
6. Can we use the rules successfully when umpiring games?

Web Links:

All time NBA Plays:

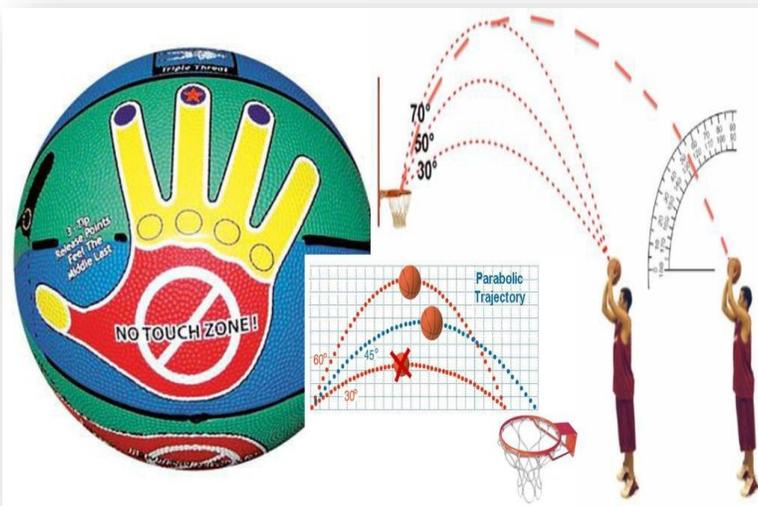
<https://www.youtube.com/watch?v=4M1e83JSjB4>

Dribling at speed:

https://www.youtube.com/watch?v=0g2Mc_WNXCM



Shooting



Teaching Points for the set/jump shot:

B—Base. Set a good steady base with both feet on the floor.

E—Eyes on the target.

E—Elbow tucked in and underneath the ball.

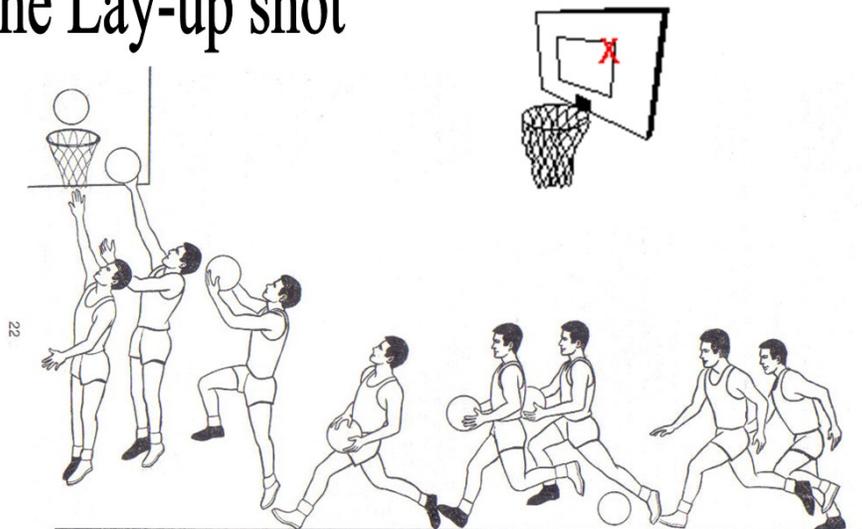
F—Follow through. Roll the ball off of your fingers and wave goodbye to the ball.

What to do

1. Take two strides. Jump up, not forward.
2. Bring the ball up with two hands to the shooting position.
3. Bring your outside knee up.
4. Shoot with the outside hand, using the inside arm to protect the shot.
5. At the height of the jump, shoot the ball softly off the backboard.
6. Aim for the top corner of the black square like a postage stamp.
7. Fingers finish pointing at target.



The Lay-up shot



Rules And Regulations

- Two teams of maximum 12 players, with a maximum of five players of each team on the court at any time. Teams can make as many substitutions as they like.
- The objective of the game is to put the ball in the opposing teams basket. The team with the most points at the end of the game wins.
- The game consists of four periods of 10 minutes. If the scores are tied, overtime periods of five minutes will be played until one team has more points than the other at the end of the 5.
- A basket from near the basket (inside the three-point arc) is worth two points.
- If A basket is scored from the far (this is beyond the three-point arc) is worth 3 points.
- A basket scored from the free-throw line is worth one point.
- The circumference of ball must not be less 749mm and no more 780mm. In a women's match it is from 724mm to 737mm.
- The ball can be passed from one player to another, it can also be dribbled by a player from one point to another. Before passing or shooting the ball the player has to make two steps without dribbling. Once the team in possession of the ball has passed the half court line with both of their feet and ball they cant go back to the other half of the court.
- When a team has the possession of the ball they have 24 seconds to attempt the shot.
- A personal foul occurs when there is a illegal contact between two opponents. If a player makes more than five personal fouls he is excluded from the game.
- If a team does 4 fouls in a period every additional foul will result in a award of two free-throws.



Basketball Word Search



ASSIST
BASKET
BLOCKING
BREAK
CLEAR OUT
DEAD BALL
DOUBLE TEAM
DRIBBLE

END LINE
FAKE
FLOOR
FRONTCOURT
GUARDS
INBOUNDS
KEYHOLE
LAYUP

OPEN
PASS
PIVOT
POSSESSION
RELEASE
ROOKIE
ROSTER
SHOOTER

SLAM DUNK
THROW-IN
TIMEOUT
TRAVELING
TURNOVER
ZONE DEFENSE

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Throughout the entire defensive possession, you should be letting your teammates know where you are and what's happening on the floor that they might not be able to see.

If all 5 players on the court are doing this everyone stays on the same page and it will prevent many defensive breakdowns.



“There has never been a great ‘silent’ defense” – Del Harris

Here are 5 of the most common phrases players should communicate on basketball defense:

1. **“Ball, ball ball”** – Used by the defender guarding the basketball.
2. **“Deny, deny, deny”** – Use by the defender one-pass away denying their opponent.
3. **“Help, help, help”** – Used by a player two passes away to let others know that they’re in position to help on a drive.
4. **“Screen right”** or **“Screen left”** – To let your teammate know there’s a screen coming and which side it will be set on.
5. **“Cutters coming through”** – If an opposition player is cutting through the lane.