

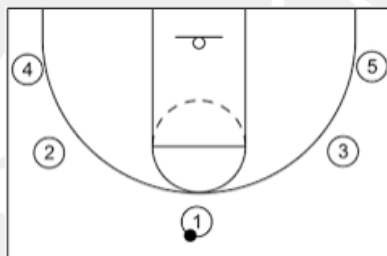
SUBJECT: Physical Education

UNIT: Basketball – Year 11



Offensive play and movement

Move into space when transitioning from defensive to attacking positions. Players should rotate to avoid being inside the key for longer than 3 seconds. Using the image below, an example would be, player 1 moving to 2, 2 moving to 3, 3 moving over to 4 etc.



Defensive strategies

There are 2 types of defending.

Zonal: Where a defender protects an area of the court and marks any attacking player that enters that zone.

Man marking: where a defensive player follows a specific player around the court. An example might be if attacking player 3 is moving to position 4, the defender will follow the attacker into that area.

Shooting under pressure

Free throws are awarded if a foul has been committed inside the D. Depending on the severity of the foul, 1 or 2 free throws are awarded. Players are required to score under pressure from the defense to the score.

The catch and shoot is a technique used to catch the defensive players out of position. The attacking player receives the ball quickly and shoots straight away while the defender is still tracking the ball.



Fast breaks and transitional play

Fast breaks are when the defending team wins the ball back.

Attacking players are required to get into attacking positions as fast as possible.



Officiating

Referees: Usually two per game; the **crew chief** has the final decision. They enforce rules, call fouls/violations, and ensure fair play.

Umpires: Assist referees in enforcing rules and making calls.

Scorekeeper: Records points and player stats.

Timer: Manages game time, timeouts, and shot clock.

Shot Clock Operator: Resets and manages the 24-second shot clock.