

# SUBJECT: P.E

## UNIT: Year 9 Basketball



### Key Skills –

**Dribbling** - Bounce the ball by pushing down with your fingers (Clean palms, dirty fingers). Bounce the ball to around waist height and have a slight bend in your knees.

**Chest Pass** - Using a W grip on the ball with your fingers spread, hold the ball in the centre of your chest with your elbows tucked in by your side. When throwing, extend your arms forward and push with your fingers to generate power on the pass.

**Bounce Pass** - Using the same grip as the chest pass, throw the ball towards the ground so that it is around halfway in between yourself and your team mate.

**Shooting** - B -Balance (Feet shoulder width apart with a slight bend in your knees)

E -Eyes (Keep your eyes on the target to keep your focus on scoring)

E -Elbow (Lower arm vertical, forming a 90 degree elbow angle directly under the ball)

F -Follow through (Flick wrists forward sending the ball to net at around 60 degrees)

**Defending** - Maintain a bend in your knees so that you can change direction quickly. Stretch out your arms to try and tip the ball away from your opponent (Do not make contact with the player as this will result in a foul for the other team).

**Lay-ups** - Dribble to the side of net, when a few metres away from the basket, hold the ball with both hands on the shooting hands side of the body. The last step before the lay-up jump should ensure that take off foot is opposite to the shooting hand (left foot/right hand).

### Rules-

5 players per team.

Score more than your opponent to win.

No contact is to be made with opposing players.

2 points for shot scored, 3 points if the shot was taken from outside the 3 point line.

No double dribble (dribble, pick up the ball, dribble again).

No travelling (players must always bounce the ball when they are moving)

### Tactics-

**Half court defence** - Defending team rushes back into defensive formation around their own 3 point line to try and limit scoring opportunities from range.

**Man to man marking** - Each person from the defending team will choose a player on the other team that they will stay with throughout the defensive possession.

**Creating space** - Attacking teams may use the width of the court to spread out their team, creating space for more effective scoring opportunities.

### Component of Fitness-

**Agility**- Changing direction at speed when dribbling.

**Power**- Adjust power of throws/shots based on distance.

**Speed**- Running up and down the court quickly.

**Aerobic Endurance**- Ensuring that you can continue to play for the full length of time.

