

SUBJECT: P.E

UNIT: Year 10 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 - (Lay up) Outside foot step - Big step onto your foot closest to the side of the court.

Inside foot step - Big step onto your foot closest to the centre of the court.

High jump - Jump using inside foot up towards the basket with arm extended upwards.

Flick their wrist - Flick with the wrist to drop the ball against the backboard and into the hoop.

Defending - Different defensive techniques to use as a team (zone and player to player defence).

Organisation within a small sided game to demonstrate the use of these different defensive techniques. How to communicate effectively to use and implement these systems successfully.

How players can impact the game solely as a defensive player and using opportunities to gain possession of the ball as ways to also speed up attacking transition (rebounds).

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-

Zone defence - Players are given an area to defend, which ever opponent enters their zone is who they are defending. Once that opponent leaves their zone they are passed on to another player to defend.

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.

Basketball court

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.

