



BASKETBALL @

Skills and Techniques		Key Words/Phrases	
<p>Dribbling Dribbling allows you to move up the court quickly without losing possession. Keep your head up at all times. Use one hand to bounce the ball and use your fingertips. Bounce the ball at waist height when dribbling to keep it under control. Use both hands to change direction.</p> <p>Passing Use the 3 types of passes to keep possession and create scoring opportunities. Chest pass – two hands on the ball, ball into chest, extend arms and flick wrists. Step forward when passing for more power. Bounce pass – same technique as chest, bounce the ball towards the floor so the ball lands at your partners waist. Overhead – a longer pass. Have the ball held by both hands above your head. Release ball behind your head, flick your wrists and follow through to the direction of the target.</p> <p>Shooting If your shooting is accurate you will score more points for your team. Feet shoulder width apart and facing the basket. Shooting hand on the ball with your other hand to the side of the ball for balance. Have the ball above your head when shooting, seeing both ball and basket. Extend your arms, flick your wrist when shooting, and follow through to the direction of the basket. Jump for the power.</p>	<p>Lay-ups Lay-ups are when you jump and push the ball into the basket. You should 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. Place the non-shooting hand on the side of the ball, and shooting hand on top of the ball. Before the lay-up jump ensure that the take off foot is opposite to the shooting hand (left foot/right hand). Whilst jumping, extend the shooting knee and raise the ball up. Direct the wrist and fingers straight at the basket and release the ball at the highest point. Complete the follow through with the arm up and palm facing down, and hold until the ball has reached the basket.</p> <p>Defending Good defending will prevent players from scoring and limit chances. Stay low to the floor and your toes to move quickly. Keep hands up to make it hard for the attacker. Do not make contact with the opponent, stay patient.</p>	<p>Dribbling Bounce Ball Waist Control Passing Chest Attack</p>	<p>Overhead Basket Lay-up Shooting Flick Power Jump Defend</p>
			
		<div style="display: flex; align-items: center;"> <div style="background-color: #cccccc; padding: 10px; margin-right: 10px; text-align: center;"> <p style="color: orange; font-weight: bold; font-size: 1.2em;">NO CONTACT</p> </div>  </div>	

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Rules

- Double dribble** - You cannot bounce the ball with two hands and once you have stopped dribbling and placed two hands on the ball, you cannot dribble again.
- Travelling** - You are not allowed to take more than two steps with the ball in your hand without dribbling it.
- Pivot** - You can pivot with the ball, if one foot remains still you can rotate with the ball in hand.
- Contact** - Basketball is a non-contact sport. Any contact made by the offensive and defensive team will result in a foul. Too many fouls and a free-throw will be called.
- Back Court Violation** – once a team has crossed from their defensive half into the attacking half the ball cannot go back – if so possession will be lost.
- Scoring** – 3 points for a shot scored outside the 3 point line, 2 points inside the 3 point circle and 1 point for every free throw.
- A game has 5 players playing for each team on court.
 - If the ball goes out of play or a foul is called by the referee the ball will always be taken to the side-line to be passed back in.
 - If you are fouled while shooting then free throws will be awarded - 1 free throw if the shot was successful.
 - 2 free throws if fouled inside the 3 point line and the shot missed.
 - 3 free throws if fouled while taking a 3 point shot and it missed.
 - To start the game, a player on each team will contest a high ball thrown up by the referee.
 - A team has 24 seconds to take a shot at the basket.
 - If a basket is scored the opposition will start with the ball on the baseline.

Tactics

- Fast break** – in a fast break you should get the ball quickly from one end of the court to the other. The tactic can be used when the defence is slow getting back into position. The fast break can then find the spaces left by the defence. Passes should be made quickly and in front of players to maintain speed.
- Man to man defence**- this is where players mark an opposition player each.
- Zonal marking** – this is where players get into a set position in the defensive key. Zonal marking is designed to close the gaps for the attackers to drive towards the basket.
- Full court press** – a team might use the full court to put pressure on the ball rather than retreating to their own half to defend.

Key Words/Phrases



Playing Positions

