

Passing:

Chest pass/Bounce pass:

- W shape with hands on the back of the ball
- Bring hands to chest.
- Step in push ball to partners chest or into floor for bounce pass

Shoulder pass:

- Start with the arm back behind the shoulder.
- Arm goes straight over the shoulder. Arm follows follow the path of the ball.

Overhead pass

- Two hand on the ball above your head.
- Take a step toward the teammate with your dominant foot.
- Step forward with the back foot, release the ball forward, and follow through.

Dribbling

- Keep your head up. Don't look at the ball.
- Bend knees for low centre of gravity
- Extend your arm and snap your wrists to send the ball into the ground.
- Use your fingers, not your palm, to control the ball.
- Bounce the ball to hip height and to the side of the body. That will give you more control over the ball make it harder for defenders to steal the ball.
- Use your body and your non-dribbling arm to shield the ball from defenders



Shooting:

BEEF:

- Balance- feet shoulder width apart, bend knees.
- Elbow- 90 degree angle and under ball
- Eyes- Always looking at the target (basket)
- Follow through- Shoot ball by straightening arm, wrist points downwards

Lay up:

- Dribble to the side of net.
- Place the non-shooting hand on the side of the ball, and shooting hand on top of the ball.
- The last step before the lay-up jump should ensure that take off foot is opposite to the shooting hand (left foot/right hand).
- 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.

Defending

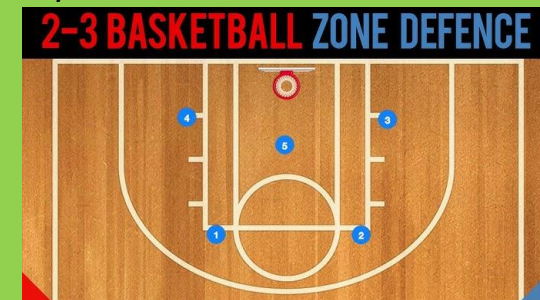
Man to Man:

- Each player marks their opposing player



Zonal:

- Each player has a zone on the court they must defence



Both defence types can be done full court or half court

- Full court = applying pressure across the entire court.
- Half Court = Drop back to your own half before applying pressure.

Rules:

- Each team can have a maximum of 5 players on the court at any one time
- The ball can only be moved by either dribbling (bouncing the ball) or passing the ball.
- Violations in basketball include travelling (taking more than one step without bouncing the ball), double dribble (picking the ball up dribbling, stopping then dribbling again with two hands)

Positions:

- **Point guard** direct play going forward and decide which moves the team should make.
- **Shooting guard** are the main shooter in the team but it is usually from long distance.
- **Small forward** is normally the tallest player, shooting is a large part of their game.
- **Centre** will look to score from close to the basket and also block shots and deal with rebounds
- **Power Forward** specialises on the rebounds and defence.

Scoring System:

→ Inside three-pt line

Any baskets not scored from the free throw line or from outside the three-point line will be worth two.

→ Outside the three-pt line

These baskets will be rewarded with 3 points, your feet have to be behind the 3 point line for it to count.

→ Free throw line

A free throw from the free-throw line is worth one point. It is an unchallenged shot at the basket. This is awarded after a technical foul, or a personal foul on a player in the act of shooting.

Tactics:

- Defending tactics- Full court and half court press
- Attacking tactics - rebounding and manipulating speed of play.



Key Words:

Chest Pass
Bounce Pass
Shoulder Pass
Intercept
Marking
Defensive Third
Centre Third
Attacking Third
Goal Circle
Net
Attacking
Defending
Centre Pass

