



Key Skills:

Year 7 Basketball

SMSC and British Values

- Understanding the need for rules and regulations
- Ensuring fair play at all times



Skill	Description
Dribbling	Dribbling is a fundamental skill in which a player uses one hand to continuously bounce the ball on the court. Dribbling helps you control the ball, advance it toward the hoop, and create distance between you and your defender.
Bounce Pass	A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.
Chest Pass	A chest pass is a very fast and flat pass which enables a team to move quickly up a court in a precise and accurate fashion.
Overhead Pass	The overhead pass is a fundamental technique used to move the ball quickly and efficiently between players. It is a common passing method employed to transfer the ball over defenders and cover longer distances on the court
Shooting	Shooting in basketball is a critical skill that involves accurately throwing the ball into the goal to score points for your team. We follow the 'BEEF' technique. B alance- feet shoulder width apart, E yes looking at the post, E lbow at 90 degrees and F lick of the wrist. Students in Year 7 will learn the set shot.
Offensive Strategies	Two basic tactics can be distinguished in basketball: The "fast break" and the play-centred game. In a fast break the offense attempts to move the ball forward as quickly as possible so that the defense is out of position and outnumbered. The focus here is on speed and quick passes.
Defending Strategies	The defence either pressures the offense across the whole court or only half of it. This should help defensive players deflect or steal, as well as tire out the opponent and increase forced errors. In Year 7 students will focus on Man-Man marking.
Small Sided Games	In small sided games students will be split into teams of 3 or 4 and use 1/3 of the sports hall with the two basketball hoops. Students will follow the rules and regulations of basketball without getting into a more complicated bigger sized game.

Example of a Basketball Game



Scan me

When watching the game look out for the following:

- How players use different passes to fool defenders
- How players use the BEEF technique in the set shot

Components of fitness used in Basketball:

- Speed
- Agility
- Aerobic Fitness
- Power

Transferable Skills

- Sending and Receiving
- Spatial Awareness
- Marking and defending
- Change of direction
- Change of pace
- Shooting

Tactics and Rules

• Each team can have a maximum of 5 players on the court at any one time. Substitutions can be made as many times as they wish within the game.

• The ball can only be moved by either dribbling (bouncing the ball) or passing the ball. Once a player puts two hands on the ball (not including catching the ball) they cannot then dribble or move with the ball and the ball must be passed or shot.

• After the ball goes into a team's half and they win possession back the ball must then make it back over the half way line within 10 seconds. If the ball fails to do so then a foul will be called and the ball will be turned over.

• Each team has 24 seconds to at least shot at the basket. A shot constitutes either going in the basket or hitting the rim of the basket. If after the shot is taken and the ball fails to go in the basket then the shot clock is restarted for another 24 seconds.

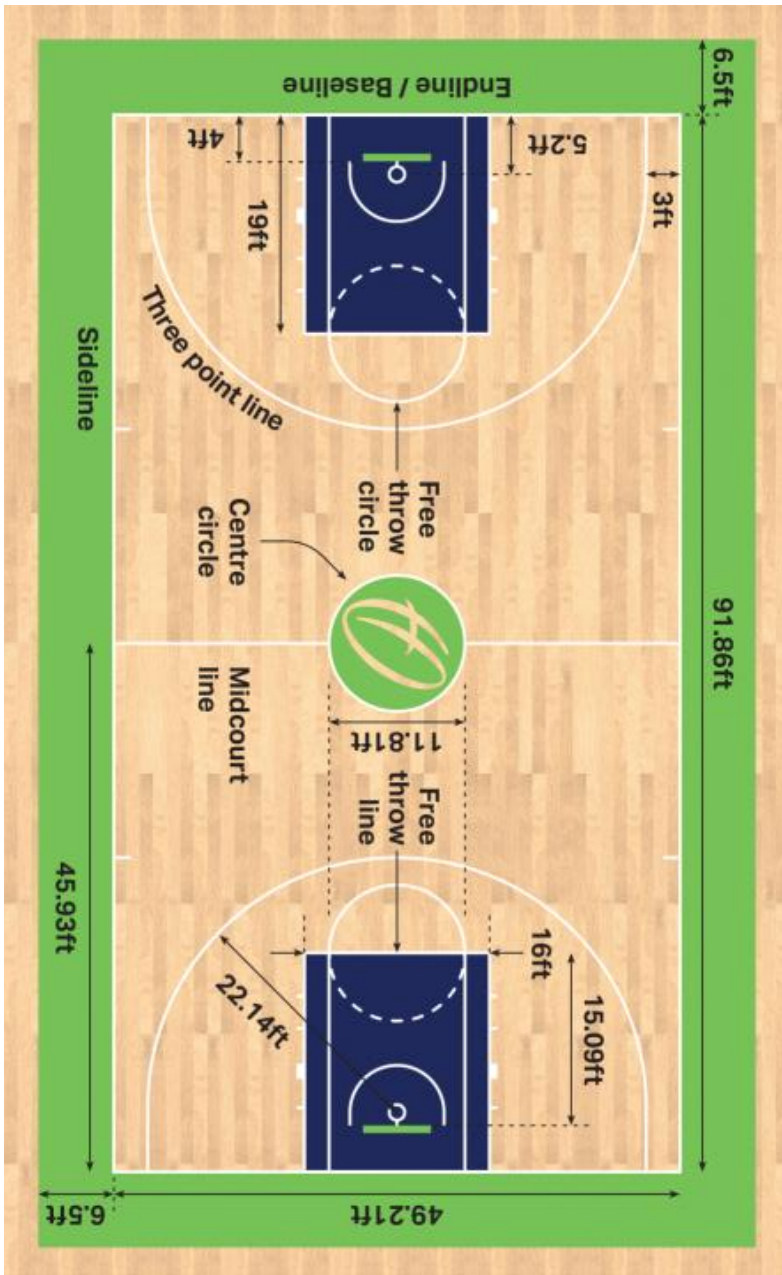
• The team trying to score a basket is called the offence whilst the team trying to prevent them from scoring is called the defence. The defence must do all they can to stop the offence from scoring by either blocking a shot or preventing a shot from being fired.

• After each successful basket the ball is then turned over to the opposition

• Fouls committed throughout the game will be accumulated and then when reached a certain number will be eventually be awarded as a free throw. A free throw involves one player from the offensive team (the player fouled) to take a shot unopposed from the free throw line. Depending on where the foul was committed will depend on the number free throws a player gets.

• 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), goaltending (a defensive player interferes with the ball travelling downwards towards the basket) and back court violation (once the ball passes the half way line the offensive team cannot take the ball back over the half way line).

Basketball Court

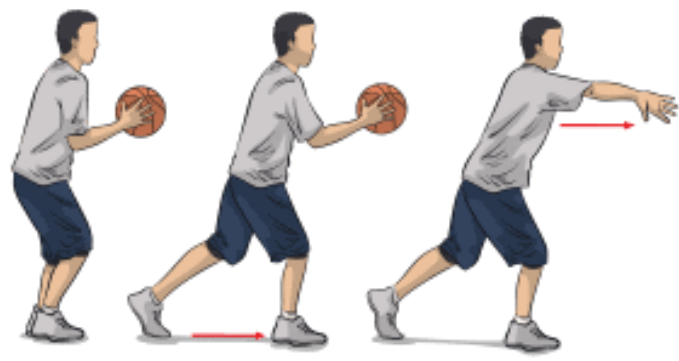


Dribbling The Basic Dribbling rules

1. The dribble begins when you catch the ball (two hands)
2. You are only allowed to run bouncing the ball (one hand only)
3. Once you stop and touch the ball with both hands again this is the end of the dribble. You now have two options, PASS or

In a Game
The dribble is used in a game to move the ball up court at speed when there is no option to pass.

Passing



Shooting

BEEF

B → BALANCE:
FEET SHOULDER WIDTH
APART & BEND KNEES



E → ELBOW:
90° (RIGHT ANGLE) AND
UNDERNEATH BALL



E → EYES:
ALWAYS LOOKING AT THE
BASKET (TARGET)

F → FOLLOW THROUGH:
ARM STRAIGHTENS AND WRIST
POINTS DOWNWARDS

Wider experiences and opportunities

- All pupils are encouraged to watch Basketball games and other live games on TV
- All pupils have the opportunity to attend Basketball club
- Pupils may be invited to represent the school team at matches
- Basketball England can recommend local Basketball clubs for you to join.