

## Basketball Knowledge Organiser

### Key Skills:

<b>Passing</b>	Various passes can be used within the game: chest, shoulder, overhead and bounce.
<b>Catching</b>	A skill used to receive the ball, enabling the team to keep possession of the ball.
<b>Dribbling</b>	Dribbling skills enable a player to keep control of the ball, travel past a defender or to simply move the team forward up the court.
<b>Dodging</b>	A change of speed and direction in order to get free into space to receive the ball.
<b>Shooting</b>	A simple used by the Goal Shooter and Goal Attack within the game to score a goal. ( <b>BEEF</b> - <b>B</b> alance, <b>E</b> lbow, <b>E</b> yes, <b>F</b> ollow through)
<b>Defending</b>	A technique used to mark your opponent to stop them finding a space to receive the ball or for a player to intercept a pass.

### Match

- The aim of basketball is to score more points than the other team, by shooting the ball in the basket. Baskets can be worth 1, 2, or 3 points. You get points by "shooting" (throwing or dropping) the ball into the opponents' basket.
- The team with the most points at the end of the game wins.
- Each game begins with a jump ball or tip-off. The referee throws the ball into the air in the centre circle and two opposing players leap up and try to tap it away.
- An official game lasts 48 minutes and is split into four quarters of 12 minutes.



### **Key Terms**

#### **Tactical Skills**

Attack  
 Defence  
 Free space  
 Change of speed  
 Losing an opponent  
 Timing  
 Decision making

#### **Physical Fitness**

Coordination  
 Agility  
 Reaction time  
 Power  
 Stamina  
 Strength

#### **Equipment**

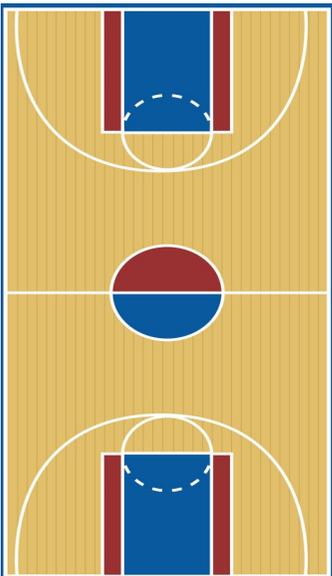
Basketball  
 Basketball hoops  
 Bibs  
 Cones

## Playing positions and their roles on the court

#1	Point Guard	Their primary <b>job</b> is to facilitate scoring opportunities for their team, or sometimes for themselves.
#2	Shooting Guard	Their main objective is to score points for their team and steal the ball on defense.
#3	Wing or Small Forward	are responsible for scoring points, defending and often as secondary or tertiary rebounders behind the power <b>forward</b> and center.
#4	Power Forward	They typically play offensively with their backs towards the basket and position themselves defensively under the basket in a zone defense or against the opposing <b>power forward</b> in man-to-man defense.
#5	Center	The centre is usually the team's tallest and strongest player and is positioned under the basket. They are involved in the offense and defense.

## What a basketball court looks

like:



## Rules:

- If you wish to defend someone, you can stand as near as you wish and may also hold your hands up to intercept a pass or use your hands to try and knock the ball while the opponent is dribbling.
- If you wish to move with the ball, you may do so while dribbling. This is when you bounce the ball while moving.
- Basketball is a contact sport therefore you can come into contact with any other player (You may not use force against the other player).
- To score a goal, the basketball must pass completely through the ring.
- If the ball is out of the court, it will be decided who was the last team to touch the ball. The other team will be given the throw in.

## Positions on the court:

