



John Port Spencer Academy PE Department Knowledge Organiser



Activity: Basketball

Year: 9

Key Skills:

Dribbling: Head up, spread fingers and fingertips, waist height.
Chest Pass: W grip, step, chest to chest, follow through, short distance.
Bounce Pass: W grip, step, chest to chest, follow through, bounce before player, short distance.
Javelin Pass: Sideways on, elevation, shoulder to shoulder, step, follow through, arch, long distance.
Pivoting, footwork and jump stop: Landing on alternative feet- first foot to land is the static pivoting foot.
 Landing on simultaneous feet- either foot can become static pivoting foot/can be used at the end of a dribble or when receiving a pass.
 On the move- release ball before third step.
Set shot: Knees bent, dominant foot slightly in front of other, strong hand at bottom, supporting hand on side, and elbow at 90 degrees.
Lay-up: Strong hand at bottom, supporting hand on side, keep it high, right hand dribble, step right, jump left aim for top right hand corner of box, left hand dribble, step left, jump right, aim for top left corner of box.
Defending: Man to man, knees bent, back straight, head up, arms out, watch opponent's belly-button.
 Zone marking, team defence around the key, take up positions around key when possession is lost.
 On the move, arms out wide, diagonal side steps backwards, try to channel players to the side lines.
Attacking: Dribble into space, screen defenders, dribble out wide and quick inward passes, drive towards ball to receive pass losing defender, overload zone defence.
Triple Threat Position: Knees bent, hands positioned on ball so ready to shoot, head up, can dribble, pass or shoot from here.

Rules:

Played with two teams of five
 Score by shooting through a hoop.
 A side line ball is taken from the opposite team who touched it last.
 Outside of the three point arc a basket is scores 3pts and inside scores 2pts.
 Once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession.
 Personal fouls include hitting, pushing and holding.
 Fouling a shooter results in one, two or three free throws, worth 1pt each, depending on where and how they were fouled.
 Players cannot travel with the ball or double dribble.
 Players cannot hold the ball for longer than 5 seconds.
Stretch and Challenge Task:
 Watch a video of a NBL game, identify key players and their positions and write what they did well and what they could improve on. Also identify the difference between man to man marking, zone marking and on the move marking and write down the difference between them and when in a game they would be used.
Key Content and Terms to learn:
 Dribbling, passing, man to man marking, zone marking, on the move marking.



