



Westacre Middle School PE Knowledge Web: Basketball

Skill Acquisition



Fundamental Movement Skills

Basketball Skills:

Chest pass

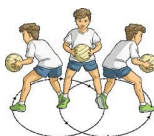
Thumbs and index fingers form a W shape, elbows low and relaxed, remaining fingers spread behind the ball to push away from the chest.

1. Ball close to chest.
2. Fingers facing forward after push. Transfer weight onto other foot. Push and flick wrists.



Pivot (turning) with the ball once you have caught it.

1. Keep one foot fixed to the ground.
2. Push and turn with the other foot.
3. Release the ball off in a different direction.



Shooting

Keep your eyes on the target and have a shoulder width stance.

Grip the ball with your fingers spread widely in your shooting hand. Non-shooting hand should be at side, balancing the ball.

Elbow in and wrist back, and then extend flicking your wrist at the end.



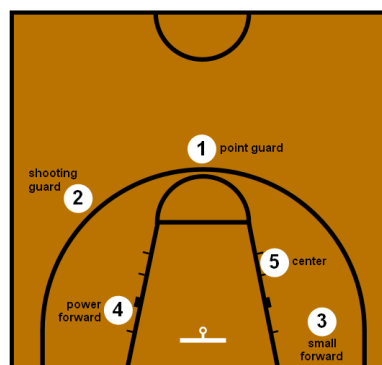
Teamwork and Leadership



Cooperation

Basketball is a team sport. Two teams of five players each try to score by shooting a ball through a hoop. The game is played on a rectangular floor called the court, and there is a hoop at each end. Each of the five players have a particular position.

Basketball Positions:



A school aged basketball squad is made up of 5 players on the court, and 5 players on the bench.

The 5 substitutes can be swapped with a player on the court an unlimited amount of times. This is one of the reasons why basketball is a fast paced game.

Performance Analysis



Technical Vocabulary

Rules for Offence

- 1) The player must bounce, or dribble, the ball with one hand while moving both feet.
- 2) Once a player has stopped dribbling they cannot start another dribble. A player who starts dribbling again is called for a double-dribbling violation.
- 3) If the offensive team loses the ball out of bounds the other team gets control of the basketball.
- 4) Once the offensive team crosses half court, they may not go back into the backcourt. This is called a backcourt violation.

Rules for Defence

The main rule for the defensive player is not to foul. A foul is described as gaining an unfair advantage through physical contact. There is some interpretation that has to be made by the referee, but, in general, the defensive player may not touch the offensive player in a way that causes the offensive player to lose the ball or miss a shot.

Offensive strategies

Make space a priority -you should try to be in areas where there is a lot of space to operate. Proper space opens up driving lanes, gives room for players to come off of screens, allows for creativity and really puts a burden on the defence.

Defensive strategies

Zone defence is where each player has a specific area of the court they are responsible to defend.

Man-to-man defence is where each player is assigned to cover a specific offensive player.

Healthy Active Lifestyle



Inspirational people

<https://www.basketballengland.co.uk/>

Great Britain have qualified for the top European tournament being the EuroBasket, four times (2009, 2011, 2013, 2017)



Exercise

Components of Fitness:

Agility – Being able to change direction quickly to get away from your opponent.

Balance – Being able to stay balanced when passing and shooting.

Speed – Being able to outwit your opponent.

Co-ordination – Passing and shooting need hand-eye co-ordination.

Reaction Time – Reacting to the whistle/opponents play.

Aerobic Endurance – Being able to play for 4 quarters.

Muscular Endurance – Being able to run from one basket to another

Year 6

Send a ball in a variety of ways

Anticipate the play and release the ball quickly and efficiently

Land and pivot to pass the ball.

Year 7

Control a basketball using both hands and protect the ball under pressure

Use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball

