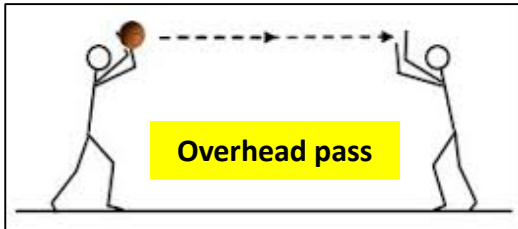
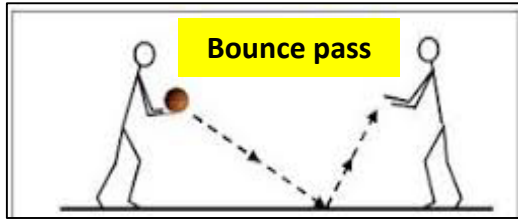
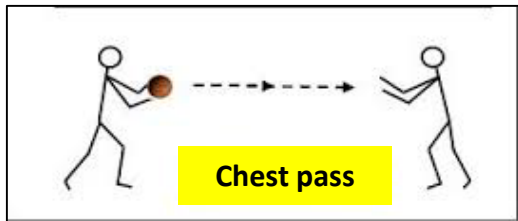


## Yr 7 Basketball – Knowledge Organiser



### Scoring System

- **3 points** - are awarded if the ball is successfully shot through the hoop from behind the three-point line.
- **2 points** - are awarded if the ball is successfully shot through
- **1 point** – If a foul is committed. They have a free attempt to shoot their ball through the hoop.



### Key Skills

**Dribbling** - Head up/spread fingers and fingertips bounce the ball/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

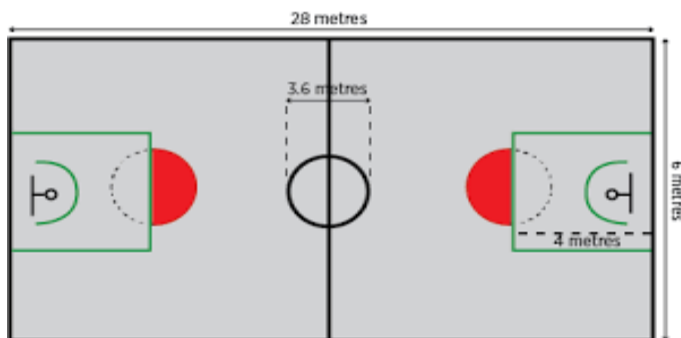
**Set Shot** - Knees bent/dominant foot slightly in front of other/strong hand at bottom/supporting hand on side/elbow at 90 degrees

**Lay up**- Strong hand at bottom/supporting hand on side/keep it high/ Right hand dribble, step right, jump left, aim for top right corner of box/left hand dribble, step left, jump right, aim for top left corner of box

**Pivoting/Jump Shot**- Landing on alternate 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.

### Netball Keywords

- |             |                  |
|-------------|------------------|
| • Attack    | • Set shot       |
| • Defence   | • Lay-up         |
| • Passing   | • Pivoting       |
| • Receiving | • Travelling     |
| • Dribbling | • Double dribble |



### Main Rules

1. The games consists of 2 teams with 5 players on court.
2. Aim to score as many hoops, shooting through the hoop, as you can in the time allocated.
3. Players cannot travel with the ball or perform a double dribble
4. Players cannot hold the ball for longer than 5 seconds
5. If ball goes out of play then a side line ball is taken from the opposite team.
6. Once the offense (attacking team) has brought the ball across the mid-court line, they cannot go back across the line during possession.
7. Fouls are given for hitting, holding or pushing an opponent.
8. If a player fouls the shooter, then 1-3 free throws can be awarded (each 1 point).

