

Basketball - Dribbling

Keywords

Teamwork	Respect
Attack	Possession
Movement	Receive
Control	Accuracy
Speed	Shoot
Pass	Dribbling

Can you think of anymore?



One or Two Handed Dribble

1. Keep your head up - don't look at the ball.
2. Keep the ball at waist height.
3. Keep your dribbling hand on top of the ball & use fingertips.



Performance	Can bounce the ball
	Can walk while bouncing ball
	Dribble with ball from A to B
	Can dribble when supposed to
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can bounce with one hand
	Can bounce with fingertips
	Tries to use the skill in practice
	Why /when to perform a skill
Health Related Fitness	Can state what exercise is
	Describe how you feel during exercise
	Knows why exercise is good for us
	Can describe why we warm up & exercise



Handy Hints

1. Keep your knees bent.
2. Look up throughout the game when dribbling.
3. Can you use either hand to dribble?

In a game:

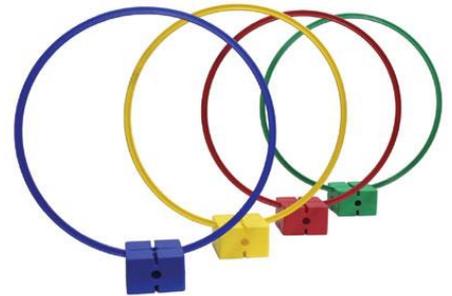
Can you use a dribble under pressure?

Basketball – Shooting

Keywords

Teamwork	Respect
Balance	Movement
Target	Power
Control	Release
Speed	Shooting
Throw	Follow Through

Can you think of anymore?

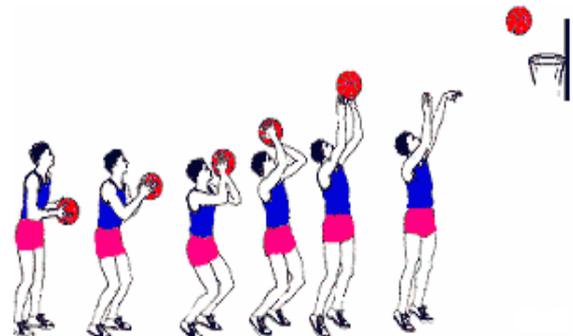


Low/High Shooting Targets

- Bend knees and elbows, push ball into target area.
- Extend the shooting arm up and wave "good-bye" to the ball (follow through).

Harder = increase height of target

Performance	Can throw the ball
	Can throw the ball at target
	Able to shoot at Basket
	Uses correct technique when shooting
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can shoot with two hand
	Understands shooting technique
	Tries to use the skill in practice
	Knows when to perform the skill
Health Related Fitness	Can describe what exercise is
	Describe how you feel during exercise.
	Understand why exercise is good for us
	Can explain why we warm up



Shooting

1. Holding the ball in 1 hand with the other supporting it on the side.
2. Bring the ball up in front of your face and push away.

Basketball – Passing

Keywords

Teamwork	Respect
Balance	Possession
Push	Receive
Control	Chest Pass
Speed	Overhead Pass
Pass	Bounce Pass

Can you think of anymore?



Performance	Can pass the ball
	Can pass the ball to partner Use a pass and can receive a pass
	Knows when to pass in a game
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can pass with two hand
	Understands passing technique
	Tries to use the skill in practice
	Understands different passing techniques
Health Related Fitness	Can state what exercise is
	Describe how you feel during exercise
	Knows why exercise is good for us
	Can describe why we warm up & exercise



The Chest Pass

1. The ball is held close to the chest; keep your elbows close to your body
2. The ball is held in both hands. Hands either side of the ball, fingers spread, thumbs behind the ball.



The Bounce Pass

1. This is the same setup as a chest pass except the ball hits the floor and bounces in to the individual's hands.
2. Judge how far away your teammate is and how much power to apply to the pass.



The Overhead Pass

1. Hold the ball with both hands, using the finger pads and thumb on the outside of the ball.
2. Hold the ball above your forehead and push the ball away from your body.