

Year 6 – basketball	Knowledge	Vocabulary
	<p><u>Year 3 Knowledge</u> Know that basketball is an invasion game (same as netball, football, hockey and rugby).</p> <p>The purpose of an invasion game is to invade your opposition’s area and score more points than they do.</p> <p>The team with the ball are the attackers and the team without the ball are the defenders.</p> <p>Know how to dribble a basketball</p> <ul style="list-style-type: none"> • extend your arms and use your wrist to send the ball into the floor • use your fingers (not your palm) to control the ball • use just one hand to dribble the ball • do not bounce the ball too high – keeping it around waist/stomach high will make it easier to control and harder for defenders to steal • keep your head up to be see where teammates or defenders are <p>Know where and why we dribble</p> <ul style="list-style-type: none"> • we dribble into the opposition team’s area in an attempt score a basket • we dribble to get our team into a scoring position <p>Know how to perform a chest pass</p> <ul style="list-style-type: none"> • hold ball at chest height • hands in a W behind the ball • elbows tucked in • feet shoulder width apart • step forward with weak foot for extra power • fingers follow through and point towards target. <p>Know the correct catching technique</p> <ul style="list-style-type: none"> • keep your eyes on the ball • fingers widely spread to allow for a better grip • bring ball into chest for control <p>Know the <u>triple threat</u> concept to help decision making</p> <ul style="list-style-type: none"> • Can I shoot? If not, can I pass? If not, can I dribble? <p>Know the correct shooting technique</p> <ul style="list-style-type: none"> • keep your eye on the target • feet shoulder width apart and slightly staggered with one forward and one back • point feet at the target • dominant hand under the ball with palm facing upwards (fingers touching the ball, not the palm) • non-dominant hand to the side of the ball to balance it 	<p><u>Session 2</u> Double dribble Travelling</p> <p><u>Session 3</u> Forced error</p> <p><u>Session 4</u> Counter-attack</p>



- non-shooting (balancing hand) should leave the ball first
- The ball needs to leave the hands going upwards, not straight forward



Know when a teammate is shooting, the others should be ready to catch the ball if it does not go into the basket (rebound)

Year 4 Knowledge

Know the correct bounce pass technique

- hold ball at chest height
- hands in a W behind the ball
- elbows tucked in
- feet shoulder width apart
- step forward with weak foot for extra power
- push the ball towards the ground
- ball must bounce $\frac{3}{4}$ of the way between passer and receiver.

Know when to perform a chest pass or a bounce pass

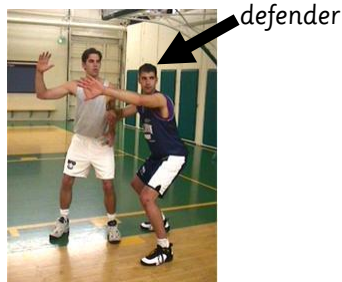
- chest pass should be used when you have a clear view of your teammate
- bounce pass can be used when there is a defender in between the person with the ball and their teammate – it will go low and under their arms

Know why possession has been lost when attacking and refer to the skill points when explaining why

- lost control of the ball dribbling
- inaccurate pass
- dropped catch
- having a pass intercepted by the defender

Know what marking is as a defender

- Marking a member of the opposing team is standing close to them with your body open so you can see them and the ball
- Maintain an open body position so you can see the player and the ball
- Be as close as you can to the attacker without making contact



Year 5 Knowledge

Know what man-to-man marking is

- Man-to-man every defender takes the responsibility to mark a specific attacker

Know the technique for defending a player with the ball

- bend your knees to make it easier for you to change direction quickly
- have your arms free by your side – have them positioned out wide to try and block a pass
- stay an arm's length away from the ball carrier
- do not lunge for the basketball (it is a foul if you make contact with the attacker)



Know different tactics for defending

- Drop back – defending team immediately drops back and defends their half of the court
- Press – pressure the attackers immediately and mark high up the court

Year 6 Knowledge

Know how to officiate a game

- Double dribble – dribbling with both hands at the same time or continuing to dribble after the ball has been held in both hands.
- Travelling – moving both feet with the ball in your hands (not dribbling)
- When a basket is scored – the team who conceded starts from the line behind their basket.

Understand how counter attack after gaining possession of the ball

- Use quick passing to move the ball down the court
- Use a shoulder pass to find a teammate in space
- Dribble quickly down court before the defenders can get back into position

Year 6 – Basketball – Sum 1

Vocabulary List

Forced error – an error caused by the defending team e.g. a shot from a poor position or a pass that is intercepted

Counter-attack – a fast and direct attack that occurs from a moment of transition

Travel - moving both feet with the ball in your hands (not dribbling)

Double dribble - dribbling with both hands at the same time or continuing to dribble after the ball has been held in both hands