



The Rules

Starting the game: A game starts with a tip-off. The referee throws the ball into the air in the centre circle and two opposing players jump up and try to tap it away to gain possession.

Method of scoring: Points are scored when the ball goes through the basketball hoop. If a successful shot is taken inside of the 3 point line, then 2 points will be awarded. If a successful shot is taken from outside of the 3 point line, then 3 points will be awarded. 1 point can also be scored from each successful free throw taken.

Fouls: A foul has been committed if a player hits, pushes, holds or charges at an opponent. If a foul is made during game play, there will be a turnover taken from the side line or baseline. If a foul is made whilst a shot is being taken, then a free throw will be awarded.

Violations:

Double dribbling: A player must not dribble with 2 hands or pick up the ball after dribbling and start dribbling again.

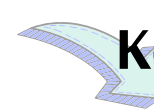
Travelling: A player can only take 2 steps after catching the ball.

Back court violation: Once an attacking player has dribbled the ball forward past the half way line, they must not take it back across whilst it is in their possession.

Time restrictions: The team in possession has 24 seconds on the shot clock, to make a shot.

If a violation is made, a turnover will occur and the ball will be given to the opposing team.

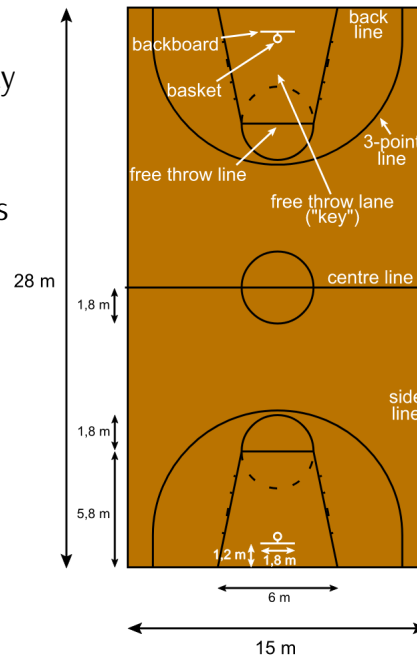
Basketball



Key Terminology



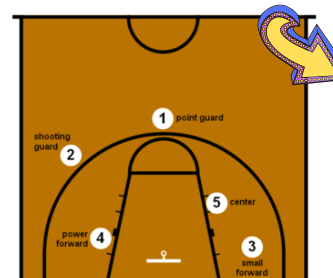
KS3



Lesson Overview

1. Dribbling
2. Passing and receiving
3. Defending
4. Shooting
5. Lay up and rebounding
6. Game play
7. Assessment

Positions



Passing - Sending the ball

Receiving - Catching the ball

Dribbling - Running whilst bouncing the ball in an attempt to beat an opponent

Man marking - Guarding a specific player to prevent them from having success on the ball

Zonal marking - Guarding a specific player to prevent your opponents from gaining success

Tackling - To dispossess an opponent of the ball

Interception - Preventing a pass between players

Attacking - Making an attempt to score by passing or driving forward with the ball

Layup - A shot taken close to the hoop whilst a player is moving

Free throw - A shot given to a player after a foul, taken from the free throw line

Rebound - Gaining possession of the ball after a shot

Turnover - When an offensive team loses possession of the ball

Travelling - Moving without dribbling the ball

Point guard (PG) - They are quick and lead their team to assists and can create opportunities for themselves.

Shooting guard (SG) - Score 3 pointers with ease, create space and are strong defenders.

Small forward (SF) - Responsible for scoring, defending and often rebounds.

Power forward (PF) - Score close to the basket and mid-range jump shots.

Centre (C) - Usually plays near the baseline or close to the basket, they gather rebounds and contest shots.