



Welwyn St Mary's Primary School Believe and Achieve



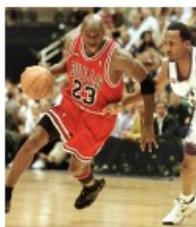
Basketball

Key Knowledge

Learn these key facts—key points in red

Dribbling

Dribbling is done with **one hand** at a time and can be either hand. A lot of the time this will be your dominant hand however there will be situations where you need to use the other. For example, dribbling around an opponent or protecting the ball, you will want to **keep the ball on the outside of the defender**. Try and look up when dribbling and not down at the ball.



Passing

Passing in basketball uses a lot of the same skills as netball. **Chest, bounce and overhead** are the three main types of passes used in a game. Passing allows the ball to be moved around the court quickly and accurately. By doing this it can set up easy 2 point scoring opportunities for your team.

Shooting

Possibly the **most important skill to master**, in order to score points you need to shoot the basketball through the hoop. Shooting can be done from anywhere on the court, 2 points for inside the 3 point line and 3 points for outside. Free-throws vary in points.



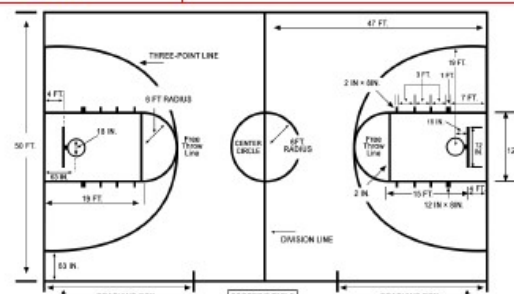
Double Dribble

In basketball, an illegal or double dribble occurs when a **player ends their dribble by catching or causing the ball to come to rest in one or both hands and then dribbles it again with one hand or when a player touches it twice before the ball hits the ground**. The dribble also ends when the dribbler palms/carries the ball by allowing it to come to rest in one or both hands. This is a palming/ carrying the ball violation if the player continues with another dribble.

Key Vocabulary

Understand these key words

Word	Definition
Shoot	Throwing the ball towards the hoop with the intention to score
Dribble	Moving with the ball, while at the same time bouncing the ball
Pass	Sending the ball towards another team mate
Rebound	When an attempted shot is unsuccessful, gaining possession from the missed shot off the backboard or hoop
Free-throw	A non-opposed shot from the free-throw line
Double Dribble	An illegal dribble, common for young players
Travel	An illegal move which occurs when a player takes more than 2 steps without bouncing the ball when in possession of the ball
Backboard/Hoop	What you are aiming for when shooting.
Court	The playing area for basketball



Basketball Court Diagram
Dimensions in accordance with NCAA standards

Basketball Focus

Kobe Bryant



American Professional who played his entire 20 pro seasons with the LA Lakers. 18 time All Star

Lebron James



Regarded as one of the greatest ever, compared to the great Michael Jordan

NBA



National Basketball Association, considered the premier pro basketball league in the world. It is comprised of 30 teams (29 USA, 1 Canadian)

Local



In England, the top-tier is the BBL. Locally Worthing Thunder played in the BBL between 2008-2011 and now play in the EBL. Thunder play their home games at Worthing Leisure Centre