

Knowledge Organiser: PE Year 9 Basketball

Skills

Key Words	Description	Coaching Points	Useful Information
Between leg dribble	Ball-handler bounces the ball off of the floor between his/her legs and catches it with the other hand on the opposite side of his/her body.	Start with feet shoulder width apart, bouncing the ball outside the right foot. Lead forwards with left foot. As the foot plants and the weight transfers forwards, bounce the ball under the leg and collect it with the	can allow the player an open short jumper or a clear path to the basket.
Cross over dribble	In a crossover dribble, the ball handler changes the ball from one hand to the other using a single dribble	dribble the ball in (say) the left hand makes a wide step left with a good head fake. If the defender is deceived, the player can then switch to dribbling with the right hand and surpass the defender. path to the basket.	can allow the player an open short jumper or a clear path to the basket.
Behind the back dribble	involves the ball handler bouncing the ball off of the floor behind his feet and catching it with the other hand	For right handed lay up Approach basket at 45° Pick up ball when right foot in front Step right, left Lift right arm and leg (imagine elbow and knee connected) Aim to place ball on near side top corner of small rectangle on the back board	Used when travelling down the court often in front of a defender
Jump shot	An overhead shot taken while jumping	Once the ball is picked up/received eyes go directly to target Jump straight up Release just before the top of the jump	Used to gain an extra advantage over the defender
Zone Defence	A defence in which each player is responsible for an area of the court.	Defend the player/players who come into your area Zone defenders move their position on the floor in relationship to where the ball moves.	2-1-2 is a common zone formation Zone defence is often effective in stopping dribble penetration and one-on-one moves. Players must develop their man-to-man defensive skills first.

Effects of exercise

Short term	Long term
Rise in muscle temperature Blood temperature rises The blood vessels near the skin open to allow heat to be lost	Muscles get bigger (Hypertrophy) Increased number of capillaries in muscles Increased oxygen delivered to and carbon dioxide removed from the body

Components of fitness

Component of fitness	Definition	Example of use in the game
Body composition	The percentage of body weight which is fat, muscle and bone	Players must be well conditioned in order to perform athletic moves such as jumping
Balance	The ability to maintain the body's centre of mass above the base of support.	To maintain control when taking a lay up
Flexibility	Range of movement (ROM) at a joint	To maintain essential body positions such as reach in a layup

Positions

Guard	Point guards have strong ball handling and passing skills and are typically used to run the offense. Shooting guards, as the name implies, are generally the team's best shooters
Centre	The centre (C), usually plays near the baseline, close to the basket (the "low post"). They are usually the tallest players on the floor. They are typically skilled at gathering rebounds, contesting shots and setting screens on plays.
Forward	Forwards are primarily responsible for scoring and rebounding

Rules

Infringement	Description	Hand signal
Back court violation	Once the basketball crosses the centre line and into the offensive zone, it's a violation for the offense to dribble or pass it into the backcourt	
Points scored	The referee fingers to indicate how many points have been scored (1, 2 or 3)	
3 Second violation	a player shall not remain in the opponents' key for more than three consecutive seconds while their team is in control the ball	

Zone Defence

