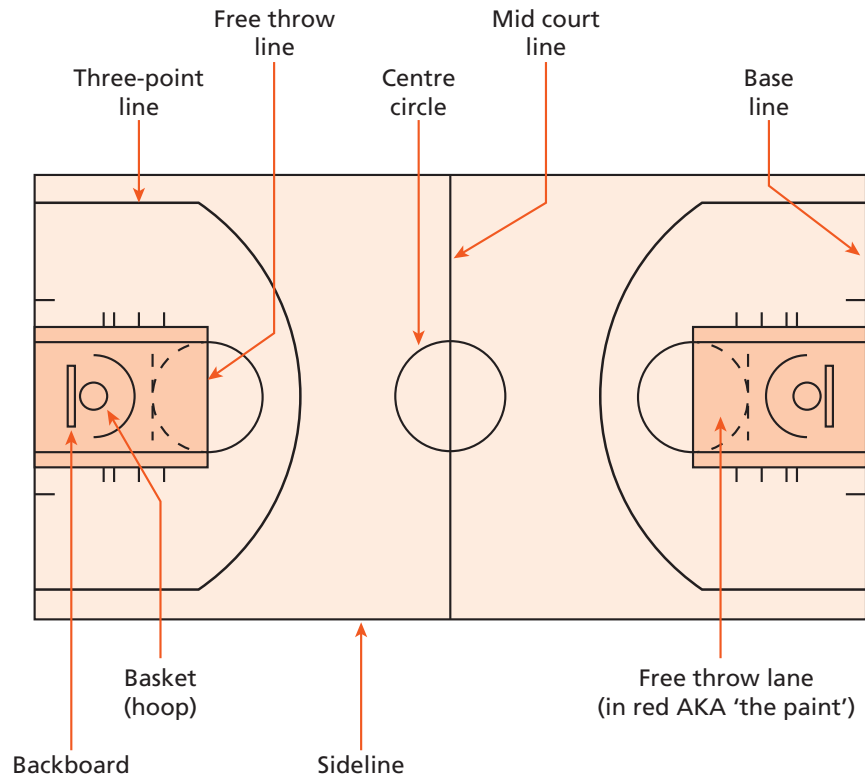


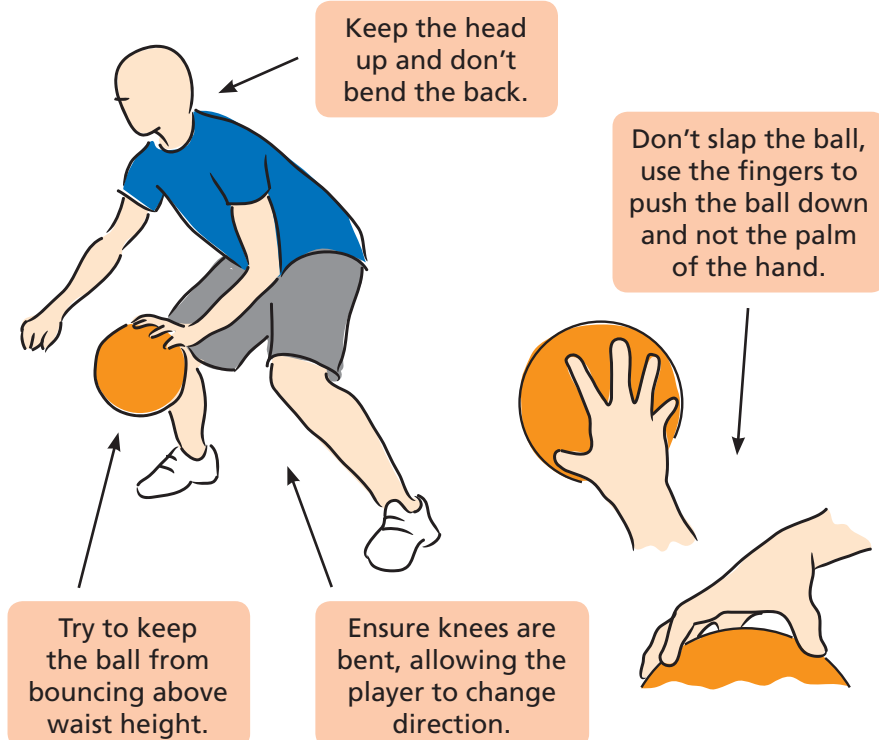
RESOURCE CARD: BASKETBALL: YEAR 6

RELATES TO: WEEK 1

WARM UP: COURT MARKINGS



MAIN LESSON: BODY POSITION



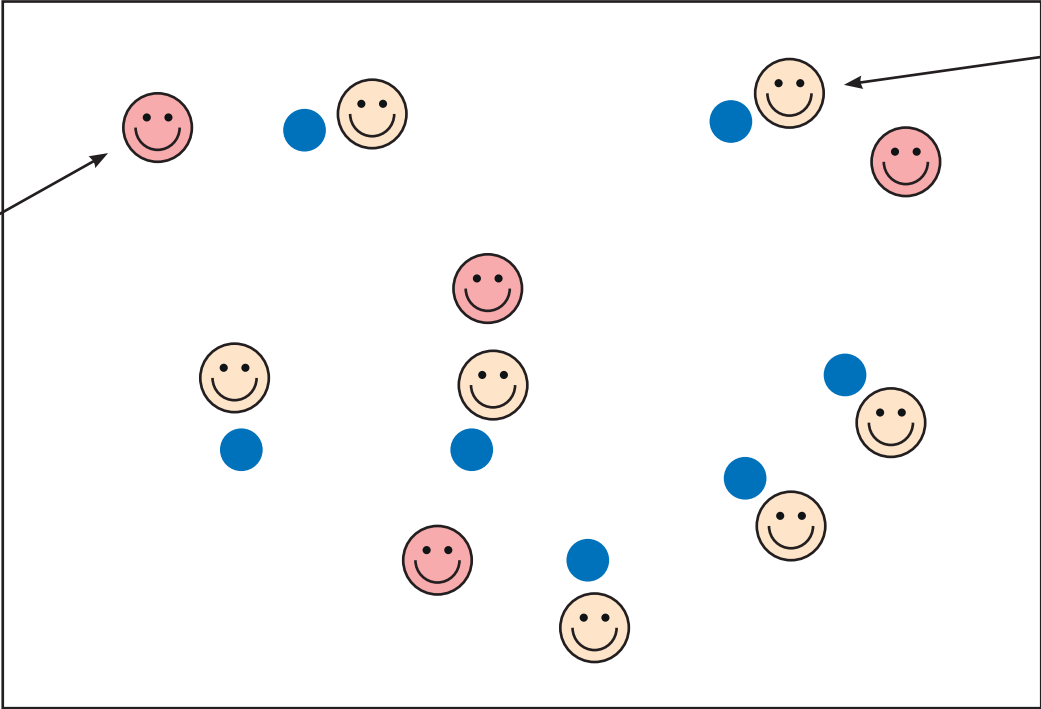
For simple basketball rules, see Resource Week 6.

RESOURCE CARD: BASKETBALL: YEAR 6

RELATES TO: WEEK 2

WARM UP: TAG

Catchers have to tag the ball carriers. Once tagged they have to stand still in a star shape. To be freed, another ball carrier has to dribble the ball through their legs.



Ball carriers have to avoid the catchers and free any attackers who get tagged.

Try to avoid 'double dribble': when the ball carrier touches the ball simultaneously with both hands.

KEY



Player



Catcher



Ball

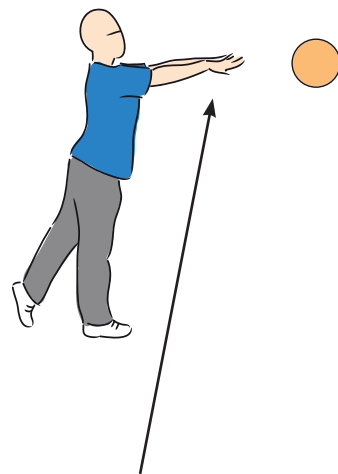
RESOURCE CARD: BASKETBALL: YEAR 6

RELATES TO: WEEK 3

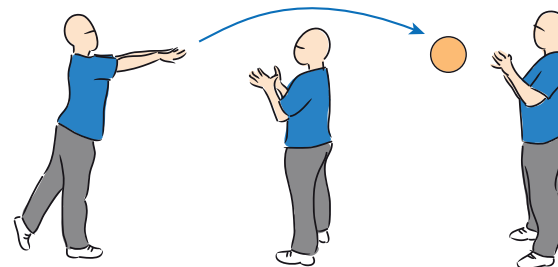
MAIN LESSON: CHEST AND BOUNCE PASS

Bend elbows and keep hands on the back of the basketball.

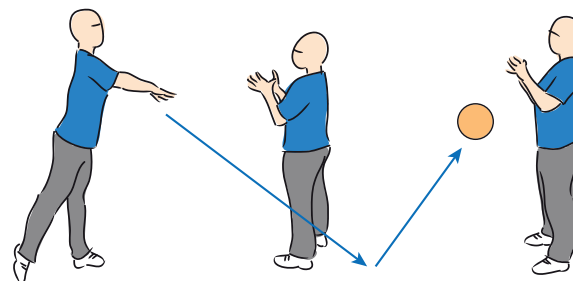
Step forward to get more power.



Ensure fingers flick the ball forward once the arms are extended. Fingers are to be pointed at the target to ensure accuracy.



CHEST PASS



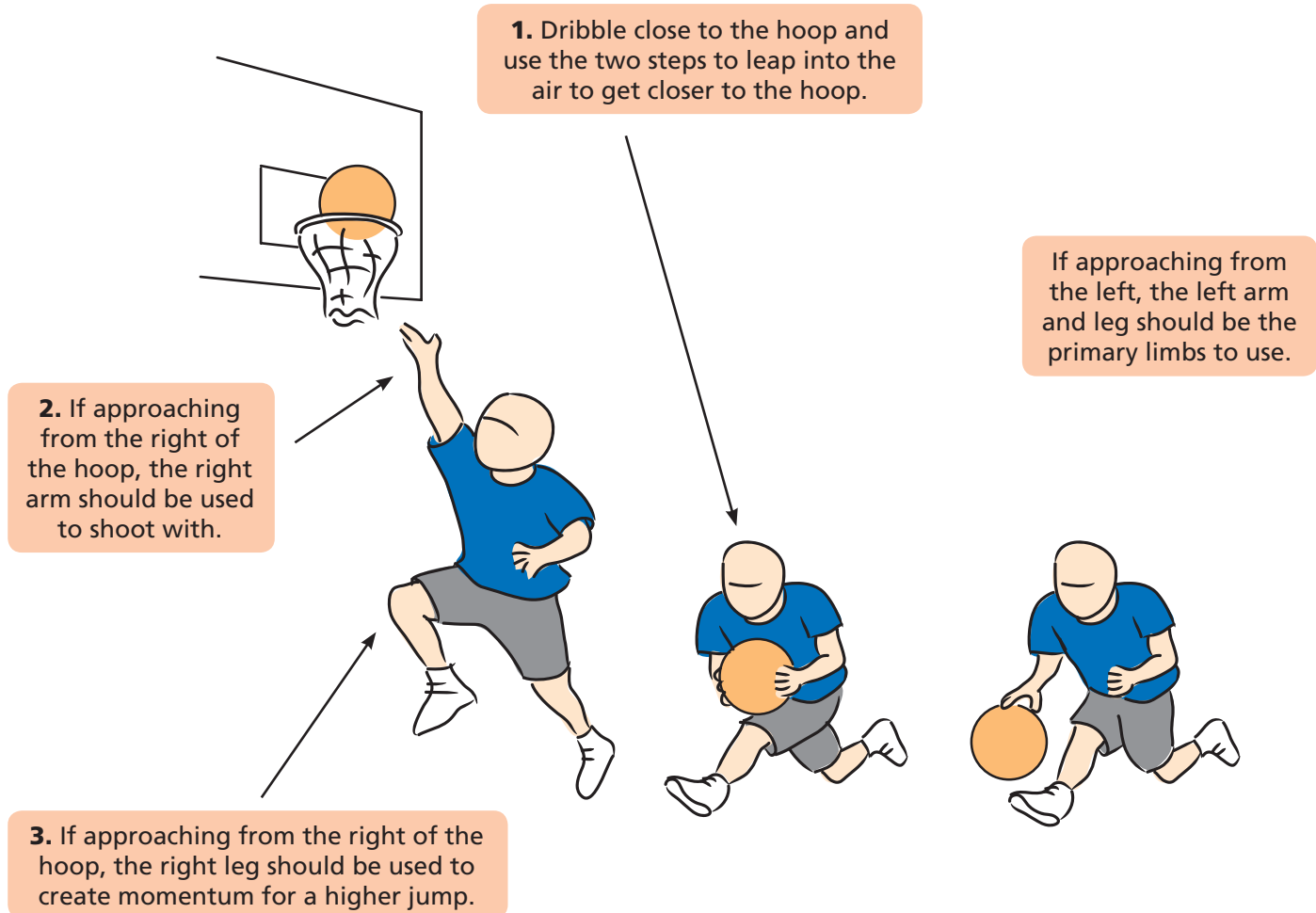
BOUNCE PASS

Place a defender in the middle and let the two attackers choose to do a bounce or chest pass. A bounce pass can be used to go under a defender's arm!

RESOURCE CARD: BASKETBALL: YEAR 6

RELATES TO: WEEK 4

MAIN LESSON: LAY UP (SEE SET SHOT IN YEAR 5 WEEK 4 RESOURCES)



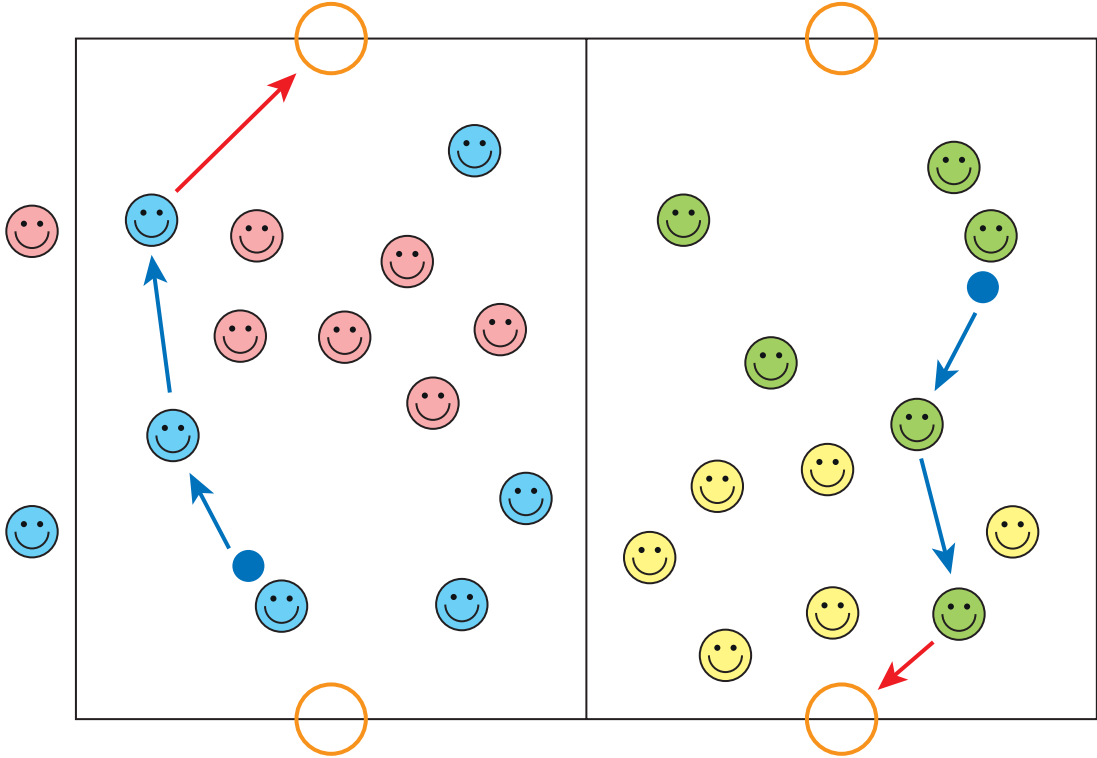
RESOURCE CARD: BASKETBALL: YEAR 6

RELATES TO: WEEK 5

MAIN LESSON: MINI GAME

Four teams are put into different bibs. Hoops can be used on the floor if needed.

The blue team tries to pass, dribble or shoot the ball into the net or hoop.



Substitutes can be used as team managers, coaches or referees.

KEY



Where the player moves to



Where the ball moves to



Hoop/Basket



RESOURCE CARD: **BASKETBALL**: YEAR 6

RELATES TO: **WEEK 6**

MAIN LESSON / GAME / COMPETITION: SIMPLE RULES OF BASKETBALL

- 1.** Teams are assigned a basket at which to shoot for the first half, and they switch ends at half-time.
- 2.** The game begins with a jump ball at centre court between one player from each team. Other players line up in alternating fashion around the centre circle. Once the ball is touched by either player, the game begins.
- 3.** The team in possession of the ball takes the ball towards their basket to score against their opponent who is on the defending team.
- 4. Dribbling** – advancing the ball up the court by bouncing it with one hand. Hands can be alternated.
- 5. Double Dribble** – When a dribbler touches the ball with both hands at the same time or when the dribbler picks up the ball and then starts dribbling again.
- 6. Shooting** – putting the ball through the hoop.
- 7. Rebounding** – gaining possession of the ball from a missed shot that bounces off the backboard or rim.
- 8. Travelling** – A violation caused by moving the feet in any direction without properly dribbling the ball. It results in a turnover, the ball is given to the opposing team. While holding the ball, a player has to establish a pivot foot which has to remain on the floor at all times until they pass, shoot, or dribble. While holding the ball, their knee cannot touch the floor and if they fall, they must get rid of the ball before attempting to get up.