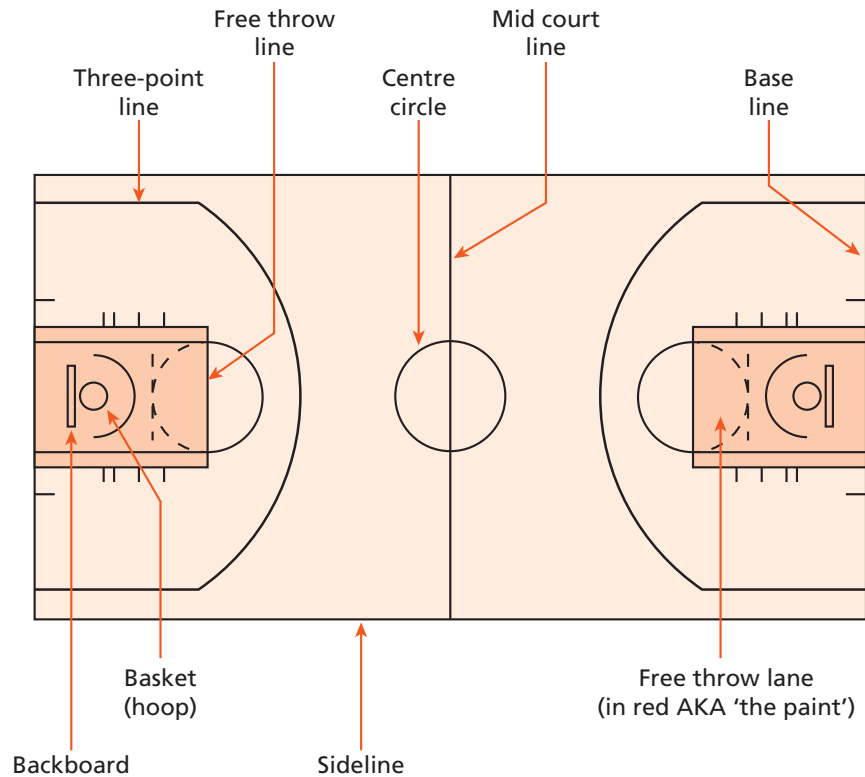


# RESOURCE CARD: BASKETBALL: YEAR 4

RELATES TO: WEEK 1

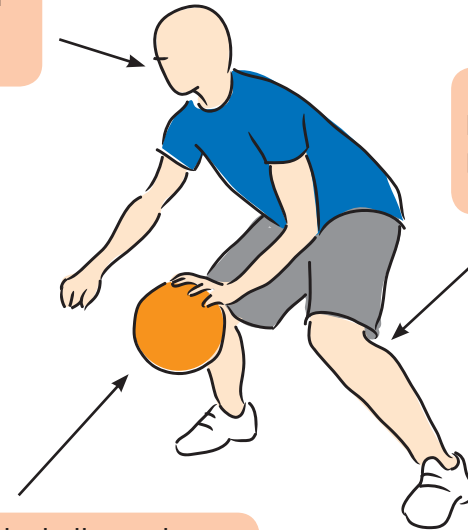
## WARM UP: COURT MARKINGS



## MAIN LESSON: BODY POSITION

Keep the head up and don't bend the back.

Ensure knees are bent, allowing the player to change direction.

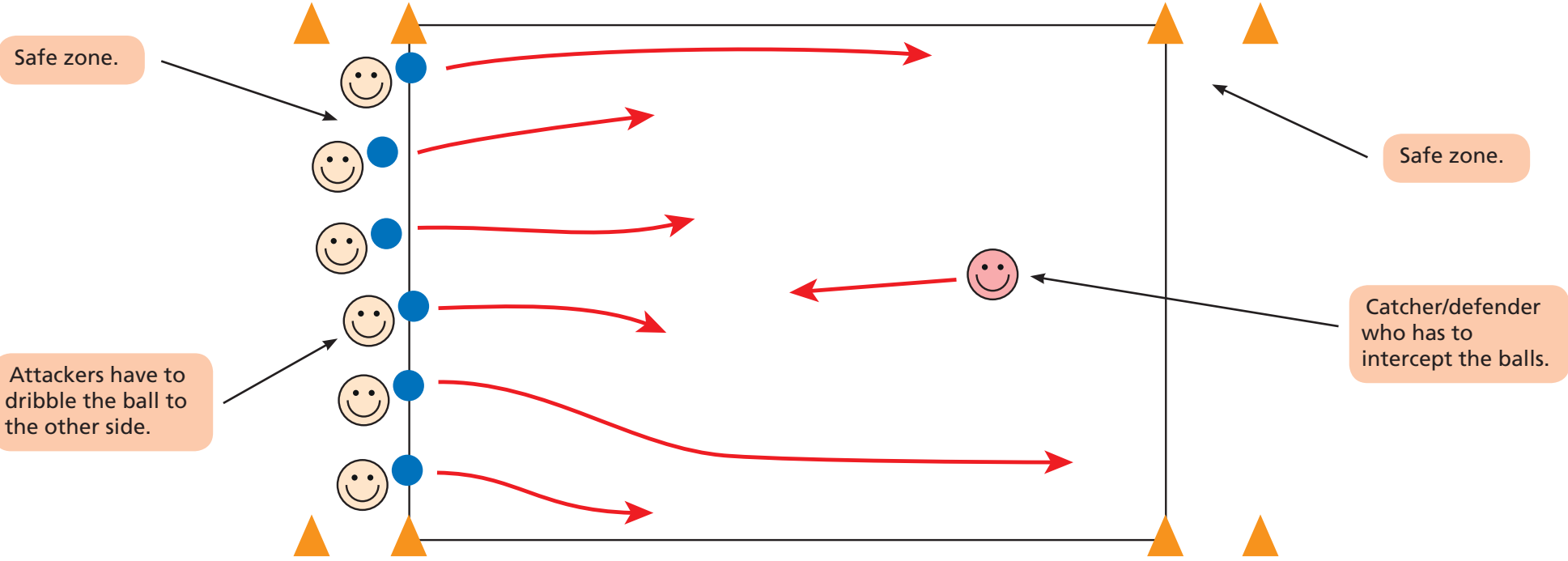


Don't slap the ball, use the fingers to push the ball down and not the palm of the hand.

# RESOURCE CARD: BASKETBALL: YEAR 4

RELATES TO: WEEK 2

## GAME / COMPETITION: DRIBBLING UNDER PRESSURE



### KEY



Player



Ball



Where the player moves to



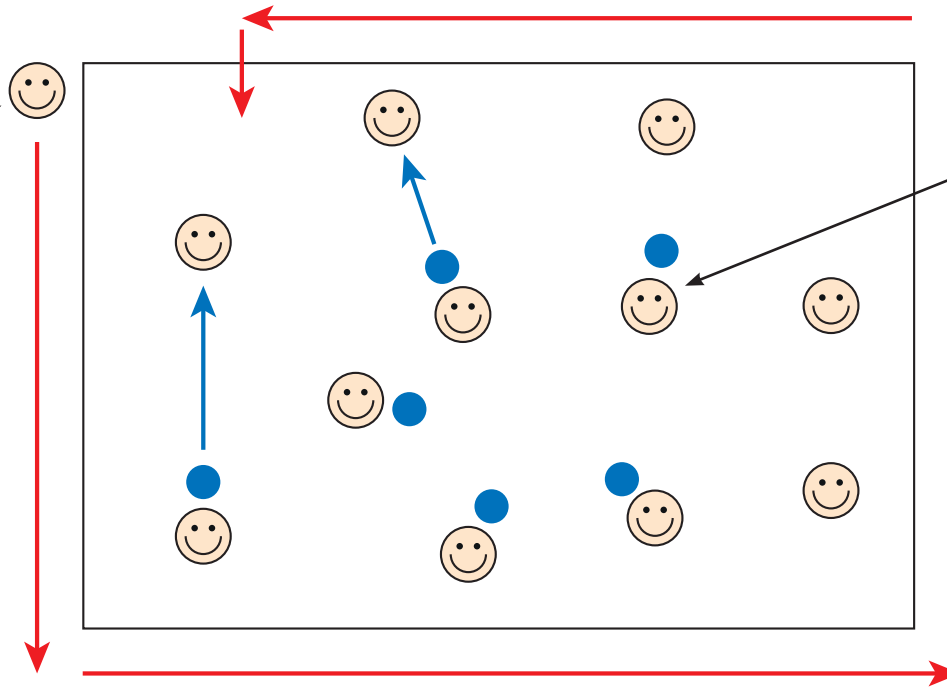
Cone

# RESOURCE CARD: BASKETBALL: YEAR 4

RELATES TO: WEEK 3

## GAME / COMPETITION: PASSING AND MOVE

Players running around the outside and then back into the middle to receive a pass.



Players with the balls in the middle try to pass to players without a ball. Once they have passed the ball they have to run around the outside of the area.

### KEY



Player



Ball



Where the player moves to

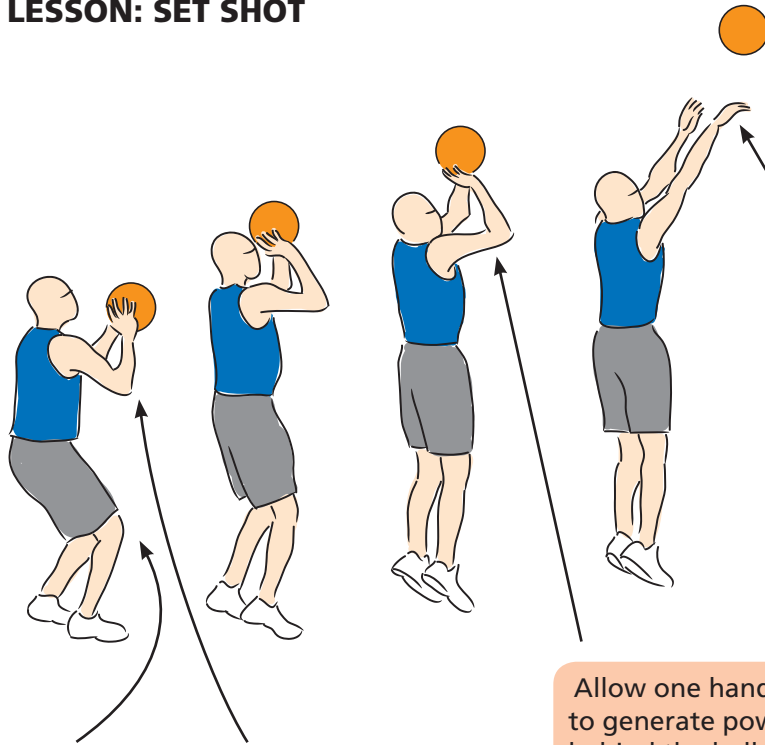


Where the ball moves to

# RESOURCE CARD: BASKETBALL: YEAR 4

RELATES TO: WEEK 4

## MAIN LESSON: SET SHOT

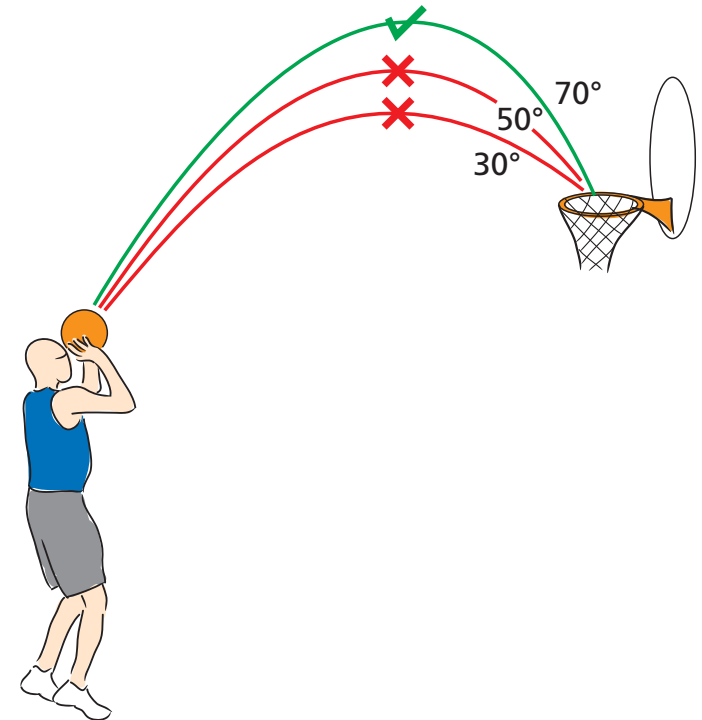


Bend knees to generate power.

Bend elbows to generate power.

Allow one hand to generate power behind the ball and one to guide the ball from the side.

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

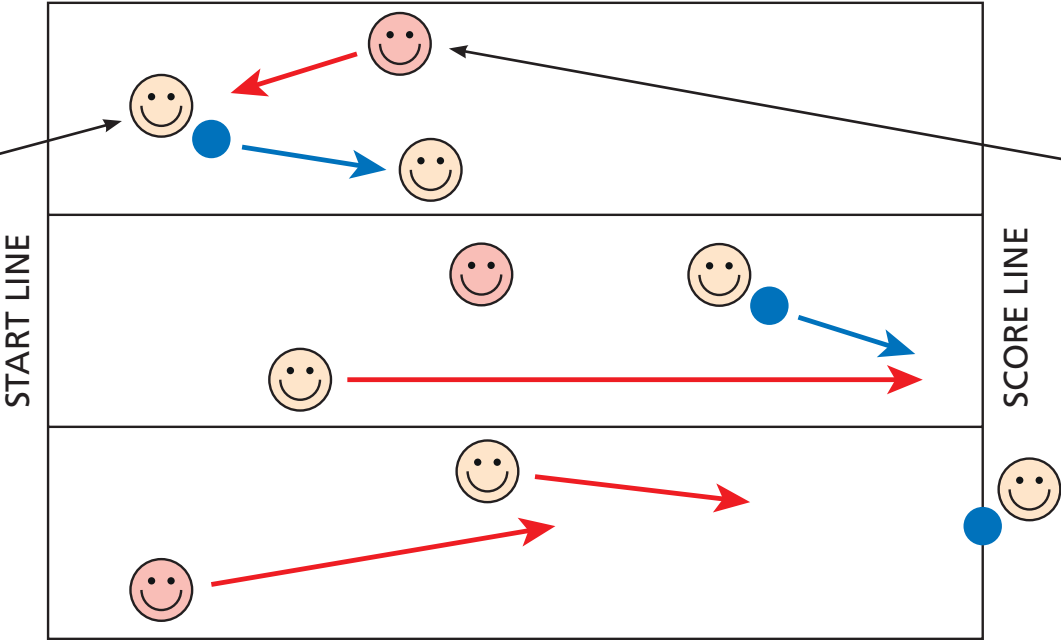


# RESOURCE CARD: BASKETBALL: YEAR 4

RELATES TO: WEEK 5

## MAIN LESSON: 2 V 1

Attacking players dribble or pass the ball down to the score line.



Defending players try to intercept the ball and stop the attackers.

### KEY



Player



Ball



Where the player moves to



Where the ball moves to

# RESOURCE CARD: **BASKETBALL**: YEAR 4

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.