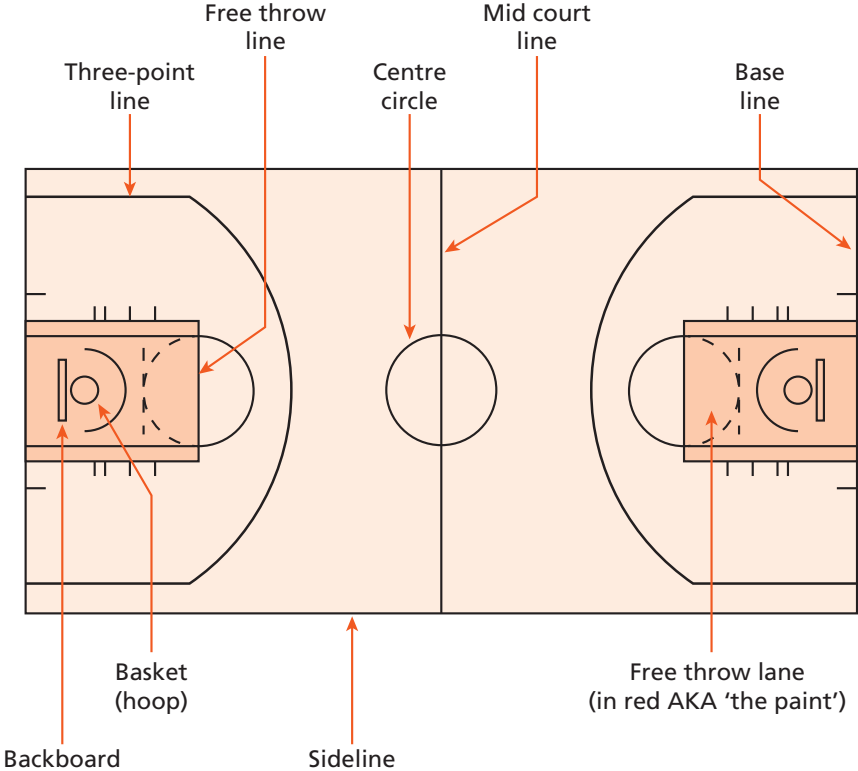


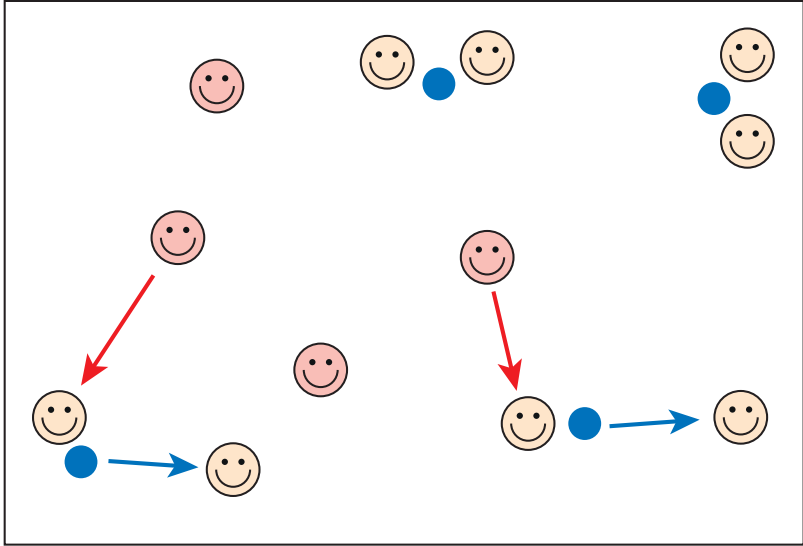
RESOURCE CARD: BASKETBALL: YEAR 3

RELATES TO: WEEK 1

MAIN LESSON: COURT MARKINGS



GAME / COMPETITION: KING OF THE RING



KEY



Player



Ball



Where the ball moves to



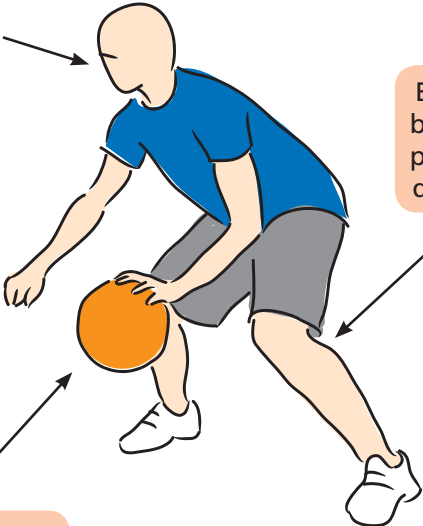
Where the player moves to

RESOURCE CARD: BASKETBALL: YEAR 3

RELATES TO: WEEK 2

MAIN LESSON: DRIBBLING TECHNIQUE

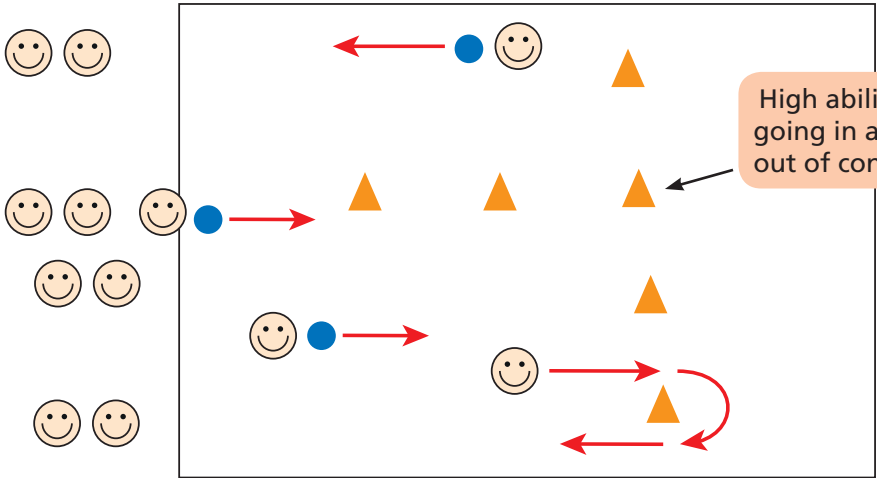
Keep the head up and don't bend the back.



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

Don't slap the ball, use the fingers to push the ball down.

GAME / COMPETITION: DRIBBLING



High ability going in and out of cones.

KEY



Player



Ball



Where the player moves to

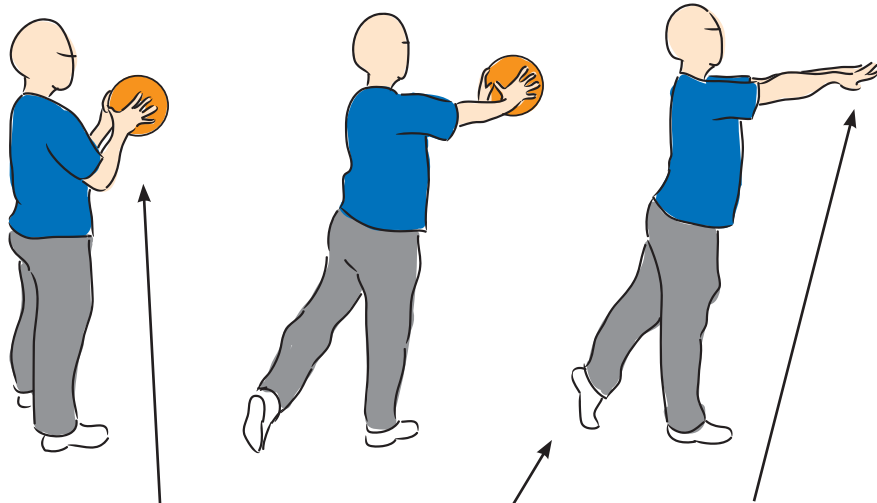


Cone

RESOURCE CARD: BASKETBALL: YEAR 3

RELATES TO: WEEK 3

MAIN LESSON: CHEST PASS

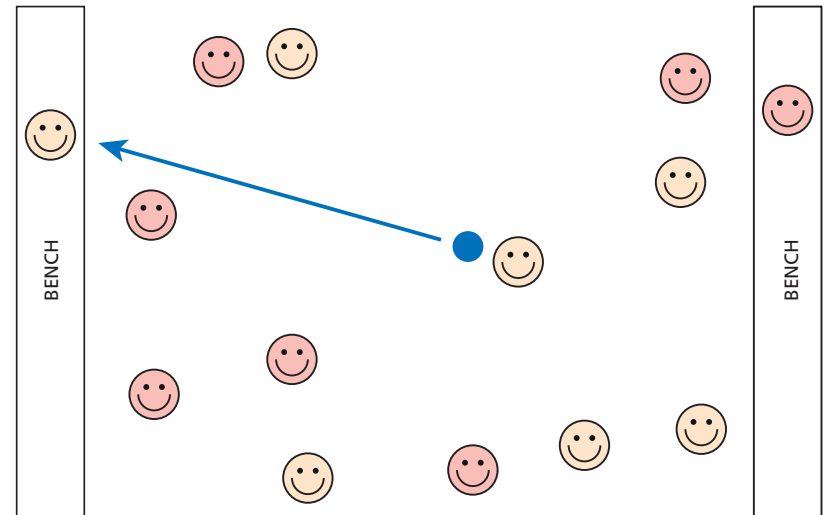


Bend elbows and keep hands on the back of the basketball.

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.

GAME / COMPETITION: BENCH BALL



The red team need to try and intercept the ball and throw it to their player on the bench to score a point.

KEY



Player



Ball

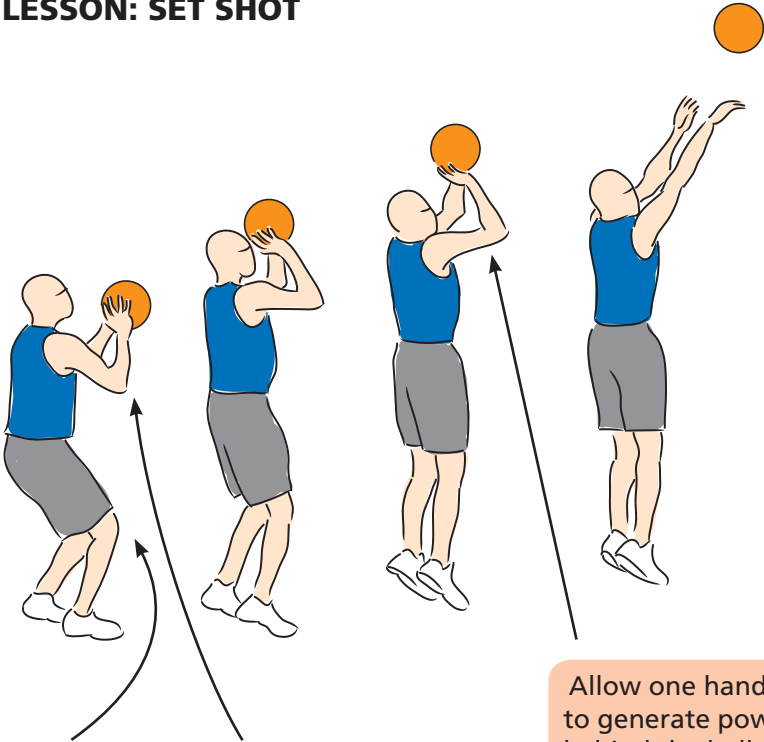


Where the ball moves to

RESOURCE CARD: BASKETBALL: YEAR 3

RELATES TO: WEEK 4

MAIN LESSON: SET SHOT

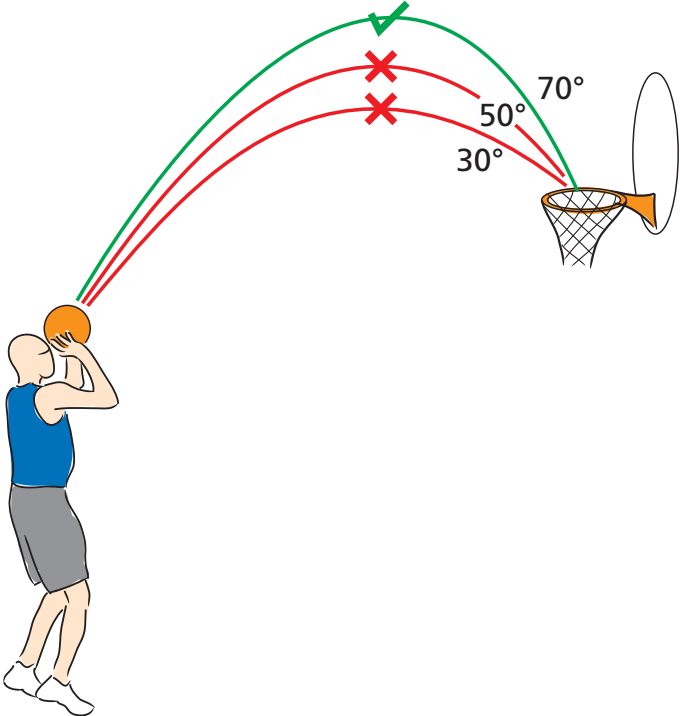


Bend knees to generate power.

Bend elbows to generate power.

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

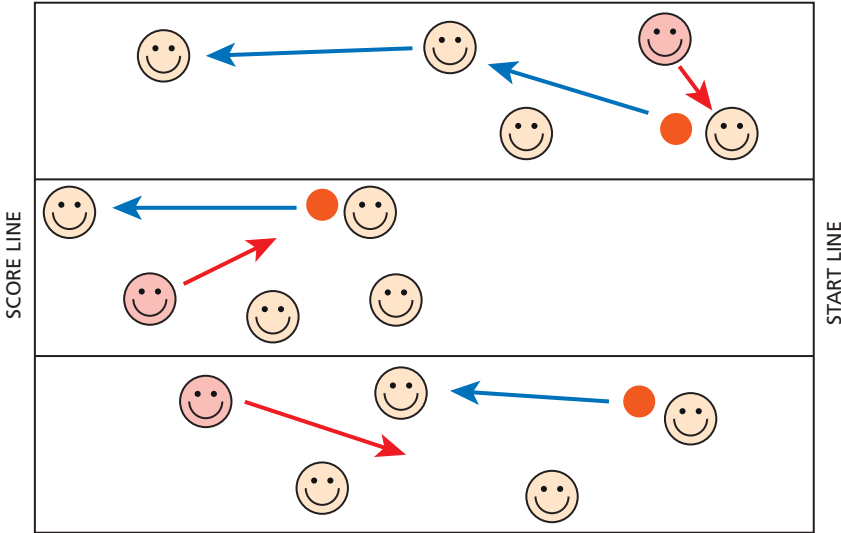
GAME / COMPETITION: SHOOTING



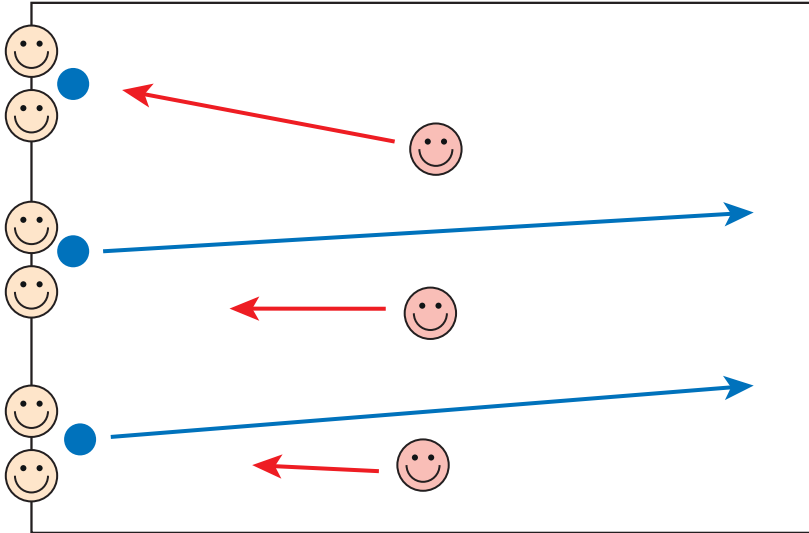
RESOURCE CARD: BASKETBALL: YEAR 3

RELATES TO: WEEK 5

MAIN LESSON: FOUR V ONE



GAME / COMPETITION: BULLDOG



KEY



Player



Ball



Where the player moves to



Where the ball moves to

RESOURCE CARD: **BASKETBALL**: YEAR 3

RELATES TO: **WEEK 6**

MAIN LESSON & GAME/COMPETITION: AGILITY AND RACES

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.