

The Rules

Starting the game: a game starts with a tip-off. The referee throws the ball into the air from the centre circle and 2 opposing players jump up and try to tap it away to gain possession.

Method of scoring: Points are scored when the ball goes through the basketball hoop. If a successful shot is taken inside the 3-point line, then 2 points will be awarded. If a successful shot is taken from beyond the 3-point line, then 3 points will be awarded. 1 point can also be awarded for each successful free throw.

Fouls: A foul has been committed if a player hits, pushes, holds or charges an opponent. If a foul is made during game play, there will be a turn over in possession and throw in from the side line or baseline. If a foul is committed whilst a shot is being taken, then a free throw is awarded.

Violations

Double Dribble: a player must not dribble with 2 hands or hold the ball after dribbling and start dribbling again.

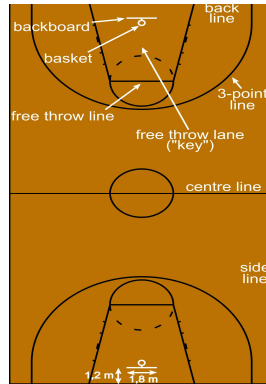
Travelling: A player can only take 2 steps after catching the ball.

Half Court Violation: Once the team in possession has taken the ball into the opposition half, the ball cannot return back over the halfway line.

Time Restrictions: The team in possession has 24 seconds on the clock, to take a shot.

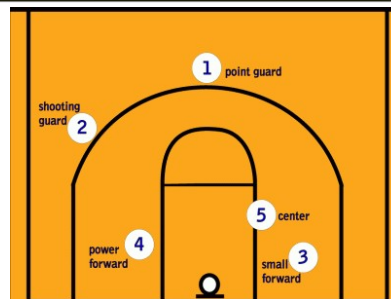
If a violation is made, a turnover in possession will occur.

BASKETBALL



Lesson Overview

1. Dribbling
2. Passing and Receiving
3. Defending
4. Shooting
5. Layup and Rebound
6. Game play
7. Assessment



Key Terminology

Passing – Sending the ball to another player

Receiving – Getting the ball from another player

Dribbling – Running whilst bouncing the ball in an attempt to beat an opponent

Man Marking – Guarding a specific player to prevent them having success on the ball

Zonal Marking – guarding a certain space to prevent your opponents from having success on the ball

Tackling – To dispossess an opponent of the ball

Interception – Preventing a pass between 2 players

Attacking – Making an attempt to score by passing or dribbling forwards with the ball

Layup – A shot taken close to the hoop whilst the player is moving

Free throw – A shot given to a player after a foul, taken from the free throw line

Rebound – Gaining possession of the ball after a shot

Turnover – when an offensive player loses possession of the ball

Travelling – Moving with the ball without dribbling

Positions

Point Guard – They are quick and lead their team assists and can create opportunities for themselves.

Shooting Guard – Score 3 pointers with ease, create space and are strong defenders.

Small Forward – Responsible for scoring, defending and often rebounds.

Power Forward – Score close to the basket and mid-range jump shots.

Centre – Usually plays near the baseline or close to the basket, they gather rebounds and contest jump shots.