



Basketball Knowledge Organiser



Year 7

Dribbling – Close control



1. Hand **spread** over the ball
2. Fingers **wide apart**
3. Use fingers pads **NOT palm**
4. Bounce at **waist height**
5. **Bend** knees
6. Keep **body between** ball and opponent

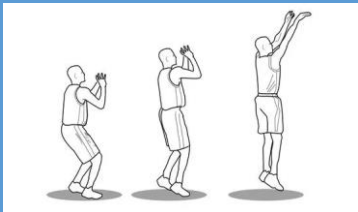
Shooting – The Set Shot

A.



Strongest hand provides **POWER**
Weaker hand provides **DIRECTION**

B.



Additional power comes from the **LEGS**

Passing - Chest Pass



1. Hands **behind** ball
2. Fingers **spread**

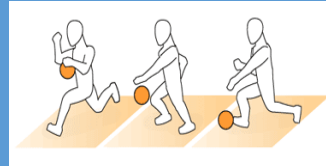
Year 8

Dribbling – Development – Using both hands



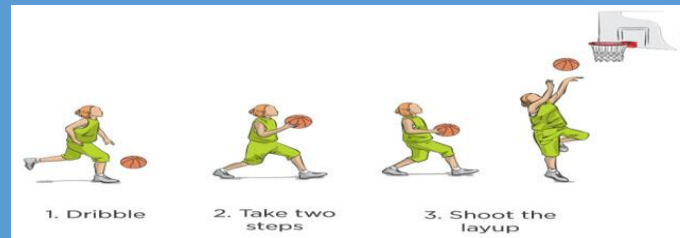
1. Use **both** hands
2. **Bend** knees
3. Pass **through** legs
4. Change **direction**

Dribbling - at speed



1. Ball out **in front**
2. Ball bounced **higher**
3. Use **both** hands

Shooting – Lay-up Shot

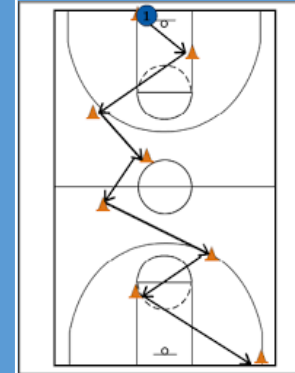


Passing – Bounce pass



Year 9

Dribbling – Changing direction



Zig-zag up the court **using both hands** to dribble



Using learning from Yr8
– Using **both hands** to change direction

Shooting – Lay-up using weaker hand



Development from Yr8

1. Dribble on **weaker** side
2. Use **weaker** hand (if possible)
3. Take off from **LEFT** foot
4. Layup to **TOP LEFT** of backboard