Year 9 Basketball Knowledge Organiser

Skills

- I can use a variety of skills to beat a player in a 3 v 3 game.
- I can attack the basket and perform a right and left handed lay-up in a 3 v 3 game.
- I can successfully shoot from a range of distances, using the correct technique and maintain this under pressure.
- I can box-out to prevent the opposition gaining possession from a rebound

Decision Making

- In a 3 v 3 game I select the appropriate tactic to maintain possession and progress the ball.
- I can make an appropriately timed screen which blocks a defender for a teammate.
- When observing a game I can clearly articulate when a team should use a man to man or zone defence.

Growth & Development

- I complete regular exercise to help develop the components of fitness which will benefit my basketball performance.
- I can analyse the impact of different exercises on my performance in basketball.
- I can explain what type of exercise is predominately used in basketball and how to develop this energy system.

Confidence, Passion & Leadership

- I show a willingness to improve by actively engaging in each lesson.
- I can successfully coach and analyse a small sided game to improve performance.
- I can highlight areas of strength and weakness in my own and others performance.
- I recognise how to improve in my own performance and seek out opportunities to do so, such as attending an extra-curricular or local club.

Key Terms

Box-out	Forward
Screen	Guard
Pick and roll	3 second rule
Zone defence	Offence
Man to man defence	Charging Foul

Rules

- An attacking player can only spend 3 seconds in the key.
- Once your team has progressed the ball into the front court you cannot go back into the back court.
- A charging foul is when you make contact with a player who is stood still in their personal space