



# Basketball

## Year 3/4



### Passing

Moving the ball around the court by throwing it to your team-mates

There are many different passing variations to get your students to practice you can get your students:

#### (Chest passing)

1. Hold the ball with **2 hands** in front of your chest
  - stick your elbows out to the side like 'chicken wings'
2. Step forward and **push** the ball to your target
  - once you have let go, **point** your fingers to where you are passing to

#### (Bounce passing) - similar to a chest pass

- Bounce the ball on the **ground** to your teammate (can be 1 or 2 handed)

#### (Push passing)

1. Hold the ball to the side of you
  - have 1 hand behind the ball (power hand), and the other hand on the side of the ball as a guide
2. Step and **push** the ball with your **power hand** to your target

#### (Overhead throw)

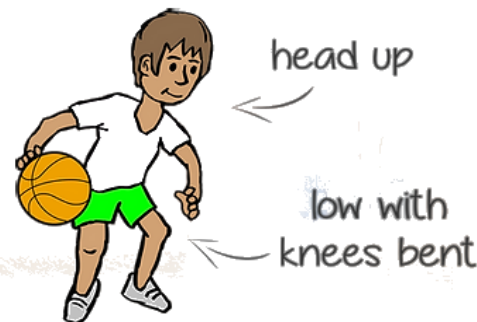
- Hold the ball **above your head** and throw it with 2 hands



### Dribbling

Bouncing the ball with 1 hand as you move forward and around the court

1. Use your **fingertips** to bounce the ball
  2. Stay **low** by bending your knees as you move
  3. Try to keep your **head up** as much as you can
  4. Keep your hand above/on top of the ball while bouncing it
  5. Use your body to shield/protect the ball when defenders are trying to steal it from you
- You are not allowed to bounce the ball, catch it, then bounce again
  - You must bounce the ball within every 1 and a half steps



### Cross-overs

Bouncing the ball across your body from one hand to the other

1. Bounce the ball **across** your body from left...to right...to left in a 'v' motion of the ball
2. Move/rock your body as the ball moves side to side, staying low with your head up





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Getting the ball into the hoop from further away

Shooting correctly can get too technical, especially for a teacher who doesn't play! It's best for the

- › Lower grade (K-3) focus: **Pushing the ball high** into the air, using **both** their legs and arms to get the power.
- › High grade (3-6) focus: Use **1 hand** as a power hand to help push the ball high and straight ahead into the net

1. Face the net with your feet shoulder width apart, holding the ball with your strong hand under it, and support the ball with your other hand on the side
2. Lift the ball up in front of your head, making an L-shape with your elbow/strong arm
3. Use your whole body to push the ball, straighten out your elbow and release the ball off your wrist to get backspin with the ball
4. (tips)
5. Hold the ball with spread fingers, and snap your wrist as you release the ball to get backspin
6. You can aim to shoot the ball off the backboard and into the basket
7. Try to shoot in a high arc towards the basket



## Basketball Rules

### During the game:

Players are not allowed to:

Push  
Hit  
Hold

If the above fouls are committed on an attacker when they are shooting, the attacker receives two free throws if the shot does not go in. One free throw if the shot does go in.

**Charging** – you are not allowed to run through the defence. If this happens the ball is given to the defending team.

**Blocking** – contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

**Walking/Traveling.** Taking more than 'a step and a half' without dribbling the ball is traveling

**Double dribble** – dribbling the ball, stopping and then starting to dribble again

**Time restrictions** – you only have 5 seconds to pass the ball when you are being defended/hassled. A player can only be in the opposition's restricted area - or the "key" - for three seconds.

### Scoring

Two points for a goal inside the three-point semi-circle, and three points for goals scored from outside. Free throws: taken from the free-throw line and awarded after a foul, are worth one point.