

Knowledge Organiser | Basketball



Overview



- Basketball is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball through the defender's hoop, while preventing the opposing team from shooting through their own hoop.
- A basket is worth two points, unless made from behind the three-point line, when it is worth three. After a foul, timed play stops and the player fouled or designated to shoot a technical foul is given one, two or three one-point free throws.

Rules

Fouls- If any foul is committed, the non-offending team should take a throw in from the side line.

Fouls Include:

- Deliberately kicking the ball or striking it with a fist.
- Knocking the ball out of the court.
- Dribbling with two hands on the ball at once or letting the ball come to rest then continuing to dribble (Double Dribble).
- Running with the ball (Travelling).

- Each team can have a maximum of 5 players on the court at any one time.
- The ball can only be moved by either dribbling (bouncing the ball) or passing the ball.
- Once a player puts two hands on the ball (not including catching the ball) they cannot then dribble or move with the ball and the ball must be passed or shot.

Further Support

- English Basketball - <https://www.basketballengland.co.uk>
- Access Sport - <https://www.accesssport.org.uk/basketball>
- Great British Basketball - <https://gb.basketball>
- British Wheelchair Basketball - <https://britishwheelchairbasketball.co.uk>

Skills

Skill	Definition	Information
Dribbling	Is a fundamental skill in which a player uses one hand to continuously bounce the ball on the court	<ul style="list-style-type: none"> • Dribbling helps you control the ball, advance it toward the hoop, and create distance between you and <u>your defender</u>. In basketball parlance, dribbling is known as ball handling, and a player advancing the ball by dribbling is known as a ball handler.
Shooting	Throwing the basketball toward the hoop.	<ul style="list-style-type: none"> • Keep your eyes on the target and do not follow the flight of the ball. • Feet are shoulder width apart for good balance. • Flex/bend your knees on every shot. • Your non-shooting hand should be on the side of the ball.
Passing	The deliberate attempt to move a live ball between two teammates	<ul style="list-style-type: none"> • It is thrown by gripping the ball on the sides with the thumbs directly behind the ball. The fingers are rotated behind the ball and the thumbs are turned down. The resulting follow through has the back of the hands facing one another with the thumbs straight down.
Rebounding	The ball that bounces back after an unsuccessful basket attempt.	<ul style="list-style-type: none"> • Get your hips low, make a wide base (preferably wider than your opponents), and make contact. Stick out your forearm to make contact with the opposing player. Anticipate where the ball will land
Defending	Is a foundational component within the game of basketball and its main objective is to prevent an opponent from scoring points	<ul style="list-style-type: none"> • Developing fast hands to make steals off the dribble or an intimidating presence around the rim to deter a driving opponents
Foot Movement	The precise movements players make with their feet	<ul style="list-style-type: none"> • It's foundational to every aspect of the game, from shooting and dribbling to defense and positioning. Proper footwork ensures efficiency, balance, and effectiveness in a player's actions on the court.

Vocabulary

- Basket
- Shoot
- Pass
- Chest Pass
- Bounce Pass
- Dribble
- Pivot
- Double Dribble
- Travelling
- Attack
- Defend
- Foul
- Lay-Up
- Rebound
- Free Throw
- Dunk

Did you know?

Basketball was first invented by Springfield College instructor and graduate student James Naismith in 1891. Naismith was tasked by the college's superintendent of physical education with coming up with a new type of indoor physical activity to help kids stay active during the New England winters while also avoiding injury, and the result was basketball.