

Knowledge Organiser: PE Year 8 Basketball

Skills

Key Words	Description	Coaching Points	Useful Information
Shoulder Pass	A quick direct pass delivered from the shoulder	Opposite foot forward to throwing arm Hold the ball at head height with fingers spread behind (not under) the ball Body weight is transferred from the back foot to the front foot The hand, arm and shoulder should then thrust forwards towards the target	Use over long distances
Protective Dribbling	Bouncing the ball while protecting it from a defender	Side ways on to defender Use bar arm to protect the ball Head up	
Lay up	A layup is a shot made by leaping from below, laying the ball up near the basket , and using one hand to bounce it off the backboard and into the basket .	For right handed lay up Approach basket at 45° Pick up ball when right foot in front Step right, left Lift right arm and leg (imagine elbow and knee connected) Aim to place ball on near side top corner of small rectangle on the back board	Used when travelling down the court often in front of a defender
Zone defence	A defence in which each player is responsible for an area of the court	Defend the player/s who come in to your area	2-1-2 is a common zone formation
Setting screens	To attempt to prevent a defender from guarding a teammate by standing in the defender's way	Knees should be bent in a stance and arms inside the frame of the body. For protection, girls should cross their arms across their chest and boys across their groin area	Works best against man to man defence

Effects of exercise

Short term	Long term
Increased blood flow to muscles Blood is diverted to muscles from digestive and other systems Increased tidal volume (amount of air breathed in or out 1 one breath)	Muscles, tendons and ligaments get stronger Lower resting heart rate and quicker recovery rate Increased vital capacity (amount of air that can be forcibly expelled as soon as possible after breathing in)




Components of fitness

Component of fitness	Definition	Example of use in the game
Muscular strength	The amount of force a muscle can produce with a single maximal effort. (1 rep max)	Boxing out a player
Speed	Ability to move quickly	To get down the court quickly on a fast break
Reaction time	Ability to respond quickly to a stimulus	Jump ball at the start of a match

Defensive Stance



Rules

Infringement	Description	Hand signal
Jump ball	When two players contest the ball	
Carrying	When the dribbling player continues to dribble after allowing the ball to come to rest in one or both hands.	
Illegal screen	When a player is not completely still when setting a screen	

Lay up

