

Key Skills

Dribbling:

- Travelling - Holding the ball and moving your feet
- Double Dribble - Bouncing the ball, catching it, then bouncing it again
- Ball should be bounced at waist height

Passing:

- Bounce Pass – Used to get under a defenders hand
- Chest Pass – Quickest pass and should have a flat trajectory
- Shoulder Pass - Used to pass over a defender

Shooting:

- Push through with one hand
- High elbow
- Bend knees to generate power

Lay-Up:

- Two steps with ball in hand
- High elbow
- Aim for top corner of smaller box on backboard

Defence:

- Wide stance with bent knees
- One hand to block the shot, one blocking the pass

Defensive System:

- Man Marking – Each player marks one player from the other team
- Zonal Marking – Defender stays in a 'zone' and only marks players when they come into their 'zone'.

Year 7 Basketball

Example of a Basketball Game



<https://www.youtube.com/watch?v=voqui8vRziY>

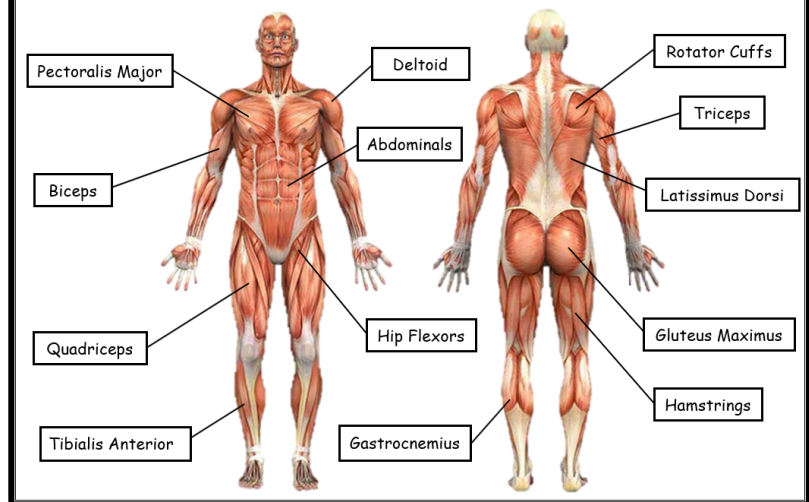
When watching the game from the QR

Code/hyperlink above, look out for the following:

- How the player who is shooting has their hands high when they start their shot.
- How the defenders set up a zone and pressure the player with the ball when they come near.

Scientific Names of Muscles

Muscles of the Body



Invasion Game Tactical Focus for Year 7: Moving into Space to Receive the Ball

This will be shown when a player on your team has the ball. You are expected to move into an area of space and not crowd around the ball. By moving into space, you allow the player more space with the ball, and you will have more space with the ball, once you receive it. This will increase the likelihood of you maintaining possession and scoring.