

Key Skills

Dribbling:

- Travelling - Holding the ball and moving your feet
- Double Dribble - Bouncing the ball, catching it, then bouncing it again
- Use fingertips to help maintain control

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
- Ball must have a high trajectory to increase likelihood of scoring

Lay-Up:

- Two steps with ball in hand
- High elbow
- Aim for top corner of smaller box on backboard
- Keep hands high when ball is released

Defence:

- Wide stance with bent knees
- One hand to block the shot, one hand to stop 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'.
- Box and 1 – Zone defence with one pressuring the ball

Year 8 Basketball

Example of a Basketball Game



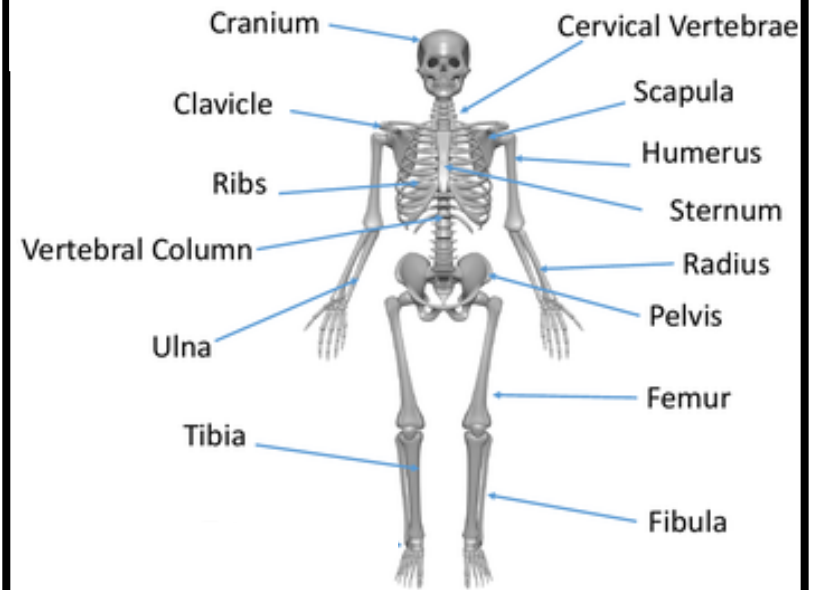
<https://www.youtube.com/watch?v=voqui8vRziY>

When watching the game from the QR

Code/hyperlink above, look out for the following:

- How frequently players perform a chest pass compared with a bounce and shoulder pass.
- How attacking players move around when they do not have the ball.

Scientific Names of Bones



Invasion Game Tactical Focus for Year 8: Effectively Marking a Player in Defence

This will be shown when your team does not have possession of the ball. You will be expected to mark a player from the opposition team. You should follow them and stay close to them, so that their teammates are discouraged to pass them the ball, as they will be concerned of losing possession through an interception or tackle. This will vary however, depending if you are doing man marking or zonal marking