



## Stillness Juniors Knowledge Organiser - Basketball

### Key Vocabulary

|                |   |
|----------------|---|
| Shoot          | Throwing the ball towards the hoop with the intention to score  |
| Backward Hoop  | What you are aiming for when shooting.  |
| Dribble        | Moving with the ball, while at the same time bouncing the ball.   |
| Double Dribble | An illegal dribble, common for young players  |
| Pass           | Sending the ball towards another team mate  |
| Free Flow      | A non-opposed shot from the free-throw line   |
| Rebound        | When an attempted shot is unsuccessful, gaining possession from the missed shot off the backboard or hoop                   |
| Travel         | An illegal move which occurs when a player takes more than 2 steps without bouncing the ball when in possession of the ball |

### Basketball

Basketball is an invasion game played between two teams.

Invasion games focus on:

- teamwork;
- keeping possession;
- attacking and defending.



**Dribbling:** Dribbling is with one hand at a time and can be either hand (mostly your dominant hand). When dribbling you want to keep the ball on the outside of the defender. When dribbling try to look up.

**Shooting:** This is the most important skill to master. To score points you need to score the basketball into the hoop. Shooting can be done from anywhere in the court; 2 for inside the 3 point line and 3 points for outside. Free throws vary in points.

**Passing:** The skills here are similar to netball. **Chest, bounce** and **overhead** are the **three main passes**. Passing allows the ball to move around the court quickly, accurately and allows for easy 2 point scoring.

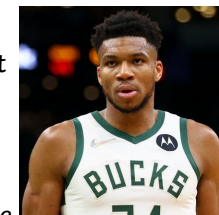
**Double Dribble:** This is caused by catching or causing the ball to come to rest in one or both hands and then dribbling it again with one hand or when a player touches it twice before the ball hits the ground.

### Lebron James



Regarded as one of the best basketball player of all times. He was the youngest player to be drafted by the NBA at the age of 18.

### Giannis Antetokounmpo



He is regarded as the best player of 2022-23 at the young age of 28. His speed, size, strength and skills have earned him the nickname Greek Freak.



## Stillness Juniors Knowledge Organiser - Football