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.

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.

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.

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