

PE – Basketball

Rules

Objective: Score as many hoops as possible in the allocated time.

Teams: Two teams of 5 players each.

Key Rules:

Ball Handling: Must dribble to move; can't hold for more than 5 seconds. Must pass after stopping with two hands; double dribble if they start dribbling again.

Court Rules: No backtracking over mid-court line during possession (back court) . Sideline ball awarded to the opposing team if the ball goes out of play.

Fouls: Fouls for hitting, holding, or pushing. Fouled shooter gets 1-3 free throws (1 point each).



Team Formation

Basketball Positions

The 5 players on court, typical consist of two guards, two forwards and a post or centre

Point Guard: Shortest player; skilled in passing and dribbling with good court vision.

Shooting Guard: Best outside shooter; creates open shots and uses screens effectively.

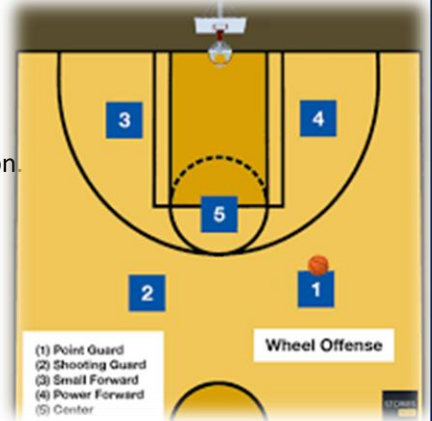
Small Forward: Versatile scorer who plays inside and outside; must be aggressive and agile.

Power Forward: Second biggest player; posts up and makes mid-range shots.

Post/Centre: Tallest player; scores near the basket, sets screens, and defends the post.

Sixth Person: First substitute; skilled and can play multiple positions.

Defensive Stopper: Focuses on defense; disrupts the opponent's leading scorer.



Basketball Skills Overview

Dribbling: Use fingertips for control; spread fingers and avoid slapping the ball.

Chest Pass: Hold the ball close to your chest; step forward and snap wrists as you push to your teammate.

Bounce Pass: Fake a move, then pass under the defender's arms. Aim to bounce the ball two-thirds of the way to your teammate.

Pivoting: Pivot on your non-moving foot to change direction; take small steps for balance.

Set Shot: Stand still with knees apart; step forward with the shooting leg, straighten legs, and flick your wrist for release.

Lay Up: Strong hand at the bottom; for right-handed players, step right and jump left (reverse for left-handed).

Triple Threat Position: Feet shoulder-width apart, knees bent, and weight forward to protect the ball.

Jump Shot: Start in a crouch; spring up, shoot with straightened arms, and focus on the basket.

Rebounding: Secure possession after a shot to create more scoring chances.



Screening occurs when an offensive player blocks a defender to help a teammate move freely. This allows the teammate to dribble, pass, drive, or shoot toward the basket without obstruction.



Shooting Technique

Key words and Vocabulary

Offense, Defence, Dribble, Double dribble, Foul, Travelling, Triple threat position, Lay up, Free throw, Backboard, Screening, Zone, Bounce pass, Pivot, Hoops, Rebound, Assist, Attack, Key, Guard, Shooting, Half court press, Full court press, Fake and drive, Fast break

