



Prior knowledge

- Stay with another player to try to win the ball
- Identify teammates and be able to send the ball to them
- Passing / Catching
- Dodging
- Footwork
- Intercepting
- Shooting
- Basic rules of the game

Physical skills developed in this topic

- Contest space and for the ball

Knowledge and skills covered in this topic

- Use the rules of the game to play consistently and fairly
- Collaborate with others so that games run smoothly
- Use marking and interception to improve defence
- Pass, receive and shoot with increasing control under pressure
- Recognise own and others' strengths to create tactics and suggest areas for development

Key words

Shooting: Sending the ball towards the hoop within 4 seconds of receiving it. The ball must pass through the hoop to score. The technique requires the player to be balanced, hold ball in one hand and flick and push

Held Ball: A player must pass or shoot within 4 seconds of receiving the ball

Contact: One player cannot touch another player

Obstruction: Defender must be a 1m away before putting hands up

Footwork: You cannot move your landing foot once you catch the ball.

Umpire: Person refereeing the match

Marking: Always standing near a player to stop them getting the ball

Positions: There are 5 on-court positions, each with their own special role

