



# Physical Literacy Through Basketball

**PHYSICAL LITERACY**

<b>Players</b>	5
<b>Start &amp; Re-Start</b>	<ul style="list-style-type: none"> <li>Jump ball where the ball is thrown up by the referee</li> <li>After a goal is scored the team who conceded re-start from behind the baseline</li> <li>As soon as the ball moves players can move</li> </ul>
<b>Scoring</b>	<ul style="list-style-type: none"> <li>1 point – For free throws taken from the marked free throw line</li> <li>2 points – A goal scored from within the arc</li> <li>3 points- A goal scored from outside the 3-point line</li> </ul>
<b>In &amp; Out of Play</b>	<ul style="list-style-type: none"> <li>The lines are out of bounds, if a player steps on the line with the ball it is out</li> <li>5 seconds are allowed to inbound the ball (also after a goal)</li> <li>Throw ins are taken from the side line or baseline (The ball can go into the back-defensive half from an inbound throw)</li> </ul>
<b>Rules</b>	
<b>Time</b>	<ul style="list-style-type: none"> <li>4 x 12 minutes (NBA), 15 minutes for half time, 2 minutes between the other quarters</li> <li>6 timeouts are allowed per team, no more than 4 in the last 1/4</li> </ul>
<b>Sport Specific Rules</b>	<ul style="list-style-type: none"> <li>Contact against defender – Move sideways and backwards but not forwards into the player.</li> <li>Contact against attacker – For charging into a player with feet already planted.</li> <li>Score within the shot clock – 24 seconds NBA.</li> <li>No travelling.</li> <li>No double dribble.</li> <li>Players are only allowed in the key for 3 seconds, defender can stay in with a player they are marking</li> <li>The 5 second rule for holding the ball.</li> <li>The backcourt rule, once over the line the ball cannot go back.</li> </ul>
<b>Sanctions and awards</b>	<ul style="list-style-type: none"> <li>The ball is turned over to the other team from the side line level</li> <li>For a free-throw non-taking player must be lined up along the side of the key alternatively (defensive players closest) or behind the 3-point line.</li> </ul>



**Fitness**



<b>Tactics</b>	
Possession	Attacking
<ul style="list-style-type: none"> <li>Team positions and formations</li> <li>The Type of Pass.</li> <li>Short passes</li> <li>Balanced play</li> <li>Patience</li> <li>Playing out from the back</li> <li>Drawing a foul</li> <li>Shielding the ball</li> <li>Switching play</li> <li>Support options</li> </ul>	<ul style="list-style-type: none"> <li>Passing into space (Javelin pass)</li> <li>Fast Breaks</li> <li>Timing Runs</li> <li>Signaling and communication</li> <li>Angling runs</li> <li>Set penalty plays</li> <li>Varying dodges</li> <li>One-Twos</li> <li>Height</li> <li>Set plays from a ball out of play</li> <li>Feeding shooters</li> <li>Attacking positions</li> <li>Formations</li> <li>Disguise</li> <li>Awareness of other teams' weaknesses</li> <li>Rule awareness</li> <li>Direct play</li> <li>Through balls</li> <li>Drawing the defender</li> <li>Using width</li> <li>Selecting appropriate set play takers</li> <li>Overloading areas</li> </ul>
Defending	
<ul style="list-style-type: none"> <li>Guard Positions</li> <li>Screening</li> <li>Counter attacking</li> <li>Man-to-man marking</li> <li>Double marking</li> <li>Zonal marking</li> <li>Jockeying to slow play</li> <li>Supporting</li> <li>Cornering</li> <li>Safety play</li> <li>Spotting patterns in attacking play</li> <li>Awareness of other teams' weaknesses</li> <li>Communication</li> <li>Pressing / high-pressure</li> <li>Recovery play</li> <li>Anticipation</li> <li>Screening</li> <li>Aggression</li> </ul>	

## Behaviours

Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs, fundamental movements	Team effort, teamwork skills, gov. recs	Effort as a leader, developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for others	Confidence to be aspirational and lead, respecting followers
3-Motivation	Intrinsic and extrinsic motivation, target setting	Team motivation, short, medium- and long-term targets	Motivation as a leader, SMART target setting
4-Communication	Verbal and non-verbal, internal dialogue	Active listening, team belonging,	Autocratic, democratic, clarity
5-Resilience	Personal resilience, growth mindset, fixed mindset	Team resilience, positivity, conflict resolution	Leadership resilience, challenging negativity, purpose
6-My Physical Literacy	Lifelong participation, current personal development, further opportunities	Lifelong participation, current social development, further opportunities	Lifelong participation, current leadership development, further opportunities

## Skills

Possession	Attacking	Defending
<ul style="list-style-type: none"> <li>Stance and footwork</li> <li>Triple threat position</li> <li>Pivot</li> <li>Chest pass</li> <li>Bounce pass</li> <li>Overhead pass</li> </ul>	<ul style="list-style-type: none"> <li>Javelin pass</li> <li>Set shot</li> <li>Jump shot</li> <li>Lay up</li> <li>Reverse lay up</li> <li>Rebounding</li> <li>Dribbling</li> </ul>	<ul style="list-style-type: none"> <li>Intercepting</li> <li>Marking</li> <li>Screening</li> </ul>

