

Basketball Unit Review

Task: Students will play a modified 3 v 3 basketball game (on 1 basket) game for 10 minutes. Games will be self-officiated with teams selected by the teacher. Students will be assessed on their ability to apply skills, strategies, rules and conventions, and to participate safely demonstrating appropriate personal and social behavior. Students will be given an opportunity to warm up prior to the assessment.

Game Rules:

- First possession at the beginning of the game is decided by the players.
- A check of the ball is performed at the start of the game.
- violations and fouls are rewarded by possession. (foul shots will not be taken)
- Restarts after a violation, foul, or score, a defensive player at the foul line will have the ball. When the defensive team is ready, the player will say “play” and give the ball to an offensive player who is standing at the top of the foul line.
- The ball must be taken back beyond the foul line after each change of possession.
- Possession change and restart will occur after each score.

Officiating - Game will be self-officiated. Disagreements on calls will be settled by the players.

Scoring

- Each basket is scored as 1 point.
- All players are required to keep track of the score and state the score if asked by the teacher.
- Players are required to state the score prior to restarting play after each basket is scored.

Skills and Concepts

Foul Shot: Also known as a free throw, a defense free shot awarded to a player who was fouled while attempting a shot. (In PE, Rules are different there are NO foul shots taken for the assessment)

Jump Shot: A close range shot during game play where you come to a stop before shooting.

Triple Threat: A position where the knees are bent in an athletic stance, ball is on the hip and shoulders are forward protecting the ball.

Screen: When a member of your own team plants their feet and obstructs the defender from guarding you, more specifically from trailing you as you carry the ball.

Zone vs Man: In zone defense you guard an area; in man to man defense you guard a person.

Pivot foot: You use your pivot foot to move while holding the basketball and not dribbling. One foot must be anchored to the ground and cannot move, the other can move in any direction. Either foot can be established as the pivot foot- but once it is established you cannot change it.

Drive: To carry the ball through the defense or towards the basket with power and intent.

Underspin: Letting the tips of your fingers be last to touch the ball as it leaves your hands imparts underspin.

Score system and Regulations:

Foul: A breach of the rules involving contact with another player

Violation: An infraction of the rules of play.

Charge: A defender has planted their feet and secured position and an offender carries the ball directly into them

Block: A foul resulting from collision in which the player without the ball did not establish position.

Double Dribble: Dribbling the ball, picking it up in 2 hands and then dribbling again.

Three Point shot: Any shot taken outside the 3 point arc

Two Point Shot: Shots within the 3 point arc

One Point Shot: Foul Shot

Travel: To move more than one step with the basketball without dribbling.

Carry: Putting your hand under the ball while dribbling, a form of traveling.

Physiology and Mechanics:

Shooting Form: balance, elbow under the ball, eyes on target, full extension up.

Dribbling Form: Low athletic stance, contact with the pads on the fingers, use yo-yo action to keep ball at hip height.

Defensive Position: Stay low, palms up and slide.

Reading the Defense:

- a. Crowding – pull the ball low and drive
- b. Too much space – take the shot/pass
- c. Quality defense – head/ball fake and drive/pass