



LEARNING JOURNEY

Basketball

F - A - C - T

This half term you will start off by recapping key fundamental skills looked at previously to activate the learning for the advanced skills.

You will then look at the tactics behind attacking. Focussing on the intricacies of your specific playing position and how you can best support in breaking down the opposition. This will build on previous learning of 5 out and boxing out. This will support you in effective game play when attacking.

The later end of the topic looks at defensive principals and provides opportunity for you to develop awareness through competitive situations to become a more fluid and impactful player on both ends of the court.

VOCABULARY

Trajectory, condition, transition, eliminate, resilience, cohesion

WE ARE HERE

Basketball

Passing
Trajectory

Dribbling
Eliminate

Dribble
shooting
Eliminate

Post moves
Opposed

Shooting
Opposed

Lay ups
Resilience

What is the why behind your
lesson today?

Individual
defence
Opposed

Team defence
Condition

Transition
offence
Transition

Offensive princi
ples
Cohesion

Officiating and
assessment
Condition