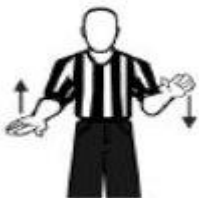




Dribbling the ball

- i. Use finger tips only.
- ii. Bounce the ball at waist height, in front or to the side of your body.
- iii. Keep your head up and eyes open!
- iv. Use your non-dribbling hand to protect or guard yourself.



The **'Double Dribble'** rule
When a player dribbles the ball, stops, then begins to dribble again.

100% sheet Year 7 Basketball

1. Bounce Pass: start with the ball close to waist height in front of your belly. Push the ball downwards to bounce 2/3rds way to recipient.

2. Chest Pass: start with the ball close to your chest with your fingers spread out ready to push it away from you. Extend your arms straight out in front of you, stepping into the pass at the same time. Finish with fingers and shoulders pointing in the direction of the recipient. Feet shoulder width apart.

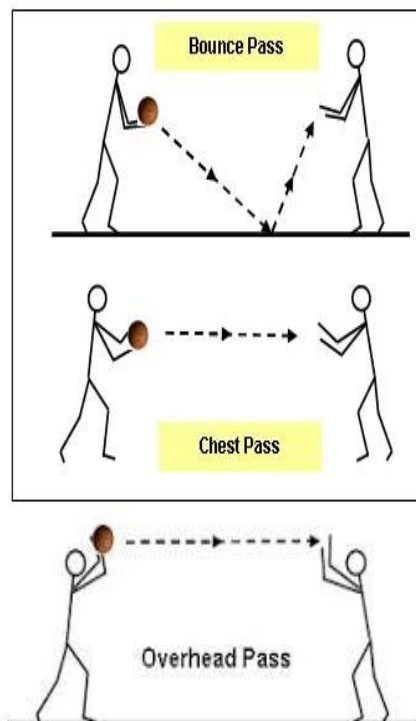
3. Overhead Pass: start with the ball behind your head with a solid grip. Pass ball over and in front of your head and send to recipient. Feet stay shoulder width apart, step in for extra power.



The **'Travelling rule'** when a player takes too many steps without dribbling the ball.



3 Types of Passes



Shooting – the Set Shot – hold the ball in one hand and use the other hand to support it at the side of the ball
Use the **'BEEF'** acronym
Bend your legs
Elbows at 45 degree angle
Eyes on the ring under the ball
Follow through-snap wrist



Defensive actions

- i. Stand basket side of the player, and at arms-length away.
- ii. Bend your knees and lean your body forward.
- iii. Keep both hands in the air ready to steal the ball, block a shot or intercept a pass.
- iv. Keep between the basket and your player and move in a step and slide action when moving.
- v. Do not cross your legs.
- vi. The lower you are the easier it is to change direction and keep up with your opponent.

