

Recap: What do we know about basketball?

Lesson 1/6

**To dribble a basketball
under control whilst
on the move and
and under pressure
from a defender**

Success Criteria

To be able to:

- **Dribble the ball under control with both hands**
- **Understand when they need to dribble, and when they need to pass – keeping possession**
- **Understand the term of 'travelling' and 'double dribble'**
- **Pivot on one foot and move into a direction where they can pass the ball**
- **Understand the rules regarding footwork faults**

Recap: To dribble a basketball under control whilst on the move and under pressure from a defender

Lesson 2/6

To pass a basketball under control using different techniques

Success Criteria

To be able to:

- **Pass the ball using the chest and bounce passes to a partner over a variety of distances**
- **Perform a range of passes in a game situation (Small-sided games, e.g. 2v2 or 3v3, etc.)**
- **Understand when to use a certain type of pass in order to keep possession**
- **Know when to pass and when to dribble**

Recap: To pass a basketball under control using different techniques

Lesson 3/6

To shoot a basketball using the 'set shot' and 'lay up shot'

Success Criteria

To be able to:

- Know how to stand and hold the ball before shooting**
- Understand what a set shot is**
- Understand the acronym of BEEF (Balance, Elbow under the ball, Eyes on the target, Follow through)**
- Start to understand what a lay-up shot is**

Recap: To shoot a basketball using the 'set shot' and 'lay up shot'

Lesson 4/6

To understand the basic rules of basketball

Success Criteria

To be able to:

- Understand the rules and know how to start and restart the game**
- Dribble the ball confidently in a game situation**
- Consistently receive and control a ball against a defender**
- Pass, dribble and shoot with control in a variety of games**

Recap: To understand the basic rules of basketball

Lesson 5/6

To play small modified games of basketball

Success Criteria

To be able to:

- **Know how to start and restart the games, and where the defending teams needs to be**
- **Identify and use tactics to help the team keep the ball and advance it forward**
- **Pass, dribble and shoot with control**

Recap: To play small modified games of basketball

Lesson 6/6

To play small-sided games and follow the rules of the game

Success Criteria

To be able to:

- Identify and use tactics to help the team keep the ball and advance it forward**
- Analyse skills and techniques to modify and improve performance**
- Understand the rules and know how to start and restart the game**
- Consistently demonstrates leadership qualities to provide strategy and tactics in game situations for teammates to succeed**