

**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**
- **Bend their knees slightly and keep the ball moving at waist height**
- **Understand the term of 'travelling' and 'double dribble'**

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

**Lesson 2/6**

# **To work on the footwork needed in basketball**

## **Success Criteria**

---

**To be able to:**

- **Pivot on one foot and move into a direction where they can pass the ball**
- **Understand the rules regarding footwork faults**

**Recap: To work on the footwork needed in basketball**

**Lesson 3/6**

# **To pass accurately** **using the chest pass**

## **Success Criteria**

---

**To be able to:**

- **Chest pass the ball to a partner over a variety of distances**
- **Cushion the ball into their chest when catching**

**Recap: To pass accurately using the chest pass**

**Lesson 4/6**

# **To pass a basketball under control using different techniques**

## **Success Criteria**

---

**To be able to:**

- **Pass the ball using the chest and bounce passes**
- **Understand when to use a certain type of pass to keep possession**
- **Know when to pass and when to dribble**

**Recap: To pass a basketball under control using different techniques**

**Lesson 5/6**

# **To shoot a basketball** **using the 'set shot'**

## **Success Criteria**

---

**To be able to:**

- **Know how to stand and hold then 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)**

**Recap: To shoot a basketball using the set shot**

**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**
- **Understand the rules and know how to start and restart the game**
- **Pass, dribble and shoot with control in a variety of games**