

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 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)**

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**