

Basketball and Football

KEY RULES

Game Basics: Invasion games are designed to develop teamwork, communication, and decision-making. Players attack to score and defend to stop the other team. The key to success is working together, using space effectively, and reacting quickly to changes in play. In both Basketball and Football, the focus is on movement, support, and fair play rather than just winning.

Basketball: Played between two teams aiming to score by shooting the ball through the opponent's hoop. Players can dribble, pass, and shoot but must not move with the ball without dribbling (known as travelling). Double dribble, where the ball is dribbled, caught, and dribbled again, is also not allowed.

A point is scored when the ball goes through the hoop, and the game restarts from the sideline or baseline depending on where the ball went out. Defending is about positioning and anticipation, not contact. Players must keep their hands up to block or intercept while maintaining a safe distance. The game encourages children to think tactically – using screens, quick passes, and teamwork to create shooting opportunities. Games usually begin with a jump ball, and substitutions can be made to give everyone playing time.

Football: Played between two teams trying to score goals by kicking the ball into the opponent's net. Players can dribble, pass, and shoot but cannot use their hands or arms, except for the goalkeeper within their penalty area. The game begins with a kick-off and restarts after each goal.

When the ball leaves the field, play restarts with a throw-in, goal kick, or corner kick depending on how it went out. Fouls are given for pushing, tripping, or handball, and free kicks are awarded. Offside applies in older primary play but is often simplified for KS2 so all children can access the game. Players should aim to pass quickly, move into space, and communicate clearly with teammates. Defenders focus on positioning, intercepting, and tackling safely, while attackers practise shooting accurately and supporting one another.

Teamwork and Tactics: Both Basketball and Football rely on working together. Children learn to move off the ball, call for passes, and time their runs or dribbles effectively. Defending as a unit and attacking with control are key tactical elements. Teams are encouraged to rotate roles, giving everyone the chance to experience attacking, defending, and supporting play.

Fair Play and Safety: Players must respect opponents, coaches, and referees always. Contact or unsporting behaviour is not accepted. Suitable footwear, shin pads for football, and tied-back hair are recommended for safety. Players shake hands before and after each game and are reminded that the focus is on enjoyment, respect, and improvement rather than winning.

USEFUL LINKS

Basketball England: <https://www.basketballengland.co.uk>

Basketball Scotland: <https://www.basketballscotland.co.uk>

Basketball Wales: <https://www.basketballwales.com>

Basketball Northern Ireland: <https://www.basketballni.com>

Your School Games Basketball: <https://www.yourschoolgames.com/taking-part/our-sports/basketball>

The Football Association (FA): <https://www.thefa.com>

Scottish Football Association: <https://www.scottishfa.co.uk>

Football Association of Wales: <https://www.faw.cymru>

Irish Football Association: <https://www.irishfa.com>

Your School Games Football: <https://www.yourschoolgames.com/taking-part/our-sports/football>