

Category of Activity: Invasion Games

Name of Activity: Basketball

Basketball is a fast, free-flowing, high-scoring invasion game. The rules allow all players to move freely around the court and occupy any position on the court. All players have an equal opportunity to score goals. The way in which the game is re-started after a point is scored or a rule infringement makes it a fast game with few breaks in play. Dribbling allows players the opportunity to create advantageous scoring opportunities.

At competency level students should learn and practice the basic skills of dribbling, sending, receiving and shooting. They should play simple games using one to one marking, learning how to keep possession by dribbling effectively and moving the ball accurately and speedily between players. As they progress skills should become more consistent and efficient and players should be introduced to set play situations and different strategies of play.

At proficiency level students should be able to attain high degree of proficiency at most individual skills and should understand the more complex strategies and systems of play demanded by the game such as zone marking, man to man or press defence.

Rules of the Game

Basketball is played by teams of 5 players. It usually has a high target, or basket, in which goals are scored.

- Semi body contact game.
- No running while holding the ball.
- A player may dribble the ball to move from one position to another but only one dribble (continuous actions) is allowed.
- Any player can get the ball if it is in play and all players can occupy any part of the playing area.
- Any player may shoot from any part of the court.

History of Basketball

Basketball was invented in December 1891 by Jaims Naismith at Springfield College in Springfield, Massachusetts people wanted a game that could be played indoors and in a relatively small space. While trying to make lessons more appealing one of the teaching staff introduced various recreational games that included Football, American Football and Lacrosse but each game was difficult to play in the small space of the gymnasium. So the staff members decided to take different aspects of each of the games and combine them to produce a new game. The main features of the original game were: It was played indoors, with a ball that was easy to handle and difficult to conceal, no tackling was allowed. Players were not permitted to run with the ball. The target was placed above head height to make shooting a skillful action. The ball may be thrown in any direction with one or both hands. The ball may be batted in any direction with one or both hands (never with the fist). The ball must be held in or between the hands; the arms or body must not be used for holding it. The time shall be two 15-minute halves, with five minutes' rest in between.

Facts about Basketball

- The first game of Basketball was played in December 1891.
- The Basketball Federation of India was formed in 1950. Its first World Championship was played in 1950.
- The Indian national basketball team is known as the Young Cagers.
- The first Indian National Championship for men was conducted in 1934 in New Delhi. The Basketball Federation of India (BFI), which controls the game in India was formed in 1950.

Basic Requirements/ Equipment

- Any suitable indoor or outdoor space that can accommodate the group.
- A range of different size balls that bounce.
- Target(s) for shooting at or into to score points. Wherever possible these targets should be elevated and above head height.
- Bands or bibs that can be worn by different teams.

Use STEP to modify basketball activities so that all students are included. Try these modifications or devise your own.

- Space**
- Increase or decrease the space between the sender and the receiver; for example, if players are closer together it improves the accuracy of the pass; if they are farther apart, it provides more reaction time.
 - Increase the playing space to encourage more movement; reduce the size of the space to encourage the development of passing skills.

- Task**
- Passing & receiving**
- Some young people find it easier to catch (receive) a larger ball, but throw (send) a smaller ball; therefore, in some cases, it may be necessary for these individuals to practice the skills of sending and receiving separately until their competency has improved (see also 'Equipment').

- Dribbling**
- Begin with static dribbling before introducing movement.
 - Some students who have mobility or coordination impairments can move a short distance carrying the ball, bounce from a static position, and then continue moving.
 - Wheelchair users can dribble according to wheelchair basketball rules; two pushes with the ball on the lap allowed then the player must bounce, pass or shoot the ball.

- Scoring**
- Use targets placed at different heights: chalked onto walls, basketball rings or use buckets or hoops. Increase the size of the target to make it easier. Increase the distance from a target to make it more difficult.

- Equipment**
- Provide students with a range of balls that bounce; players can initially practise with the size of ball they find they can control best.
 - A brightly-coloured ball may help the participation of students who have vision impairment.

- People**
- Team numbers can be varied; for example, in order to balance a game, it may be best to play 4 v 2, where four players who are developing their skills play against two more competent players.
 - Have one or more unmarked players per side who are always ready to receive a pass.
 - Some players might act as 'link' players, carrying the ball between attacking and defensive zones.
 - End Line / Ball game.
 - Instead of targets, each team can have a Catcher; the team scores a point if they can successfully pass the ball to the catcher.

Links to continuous and comprehensive assessment frame work for classes IX and X

- An appreciation and understanding of the physical fitness requirements of games playing
- An involvement in sports/physical education programmes
- Team work
- A knowledge of different games and rules of the games
- Skills of agility, balance and coordination
- Motivation and commitment to take part in the game
- Ability to lead others as a team captain, coach or referee
- An awareness of rules of safety
- An evidence of being self disciplined

- Life Skills**
- Listen actively
 - Takes criticism positively
 - Communicate using appropriate words, intonations and body language
 - Identifies one's own strengths and weaknesses





Purpose of the activity

To cooperate with others to use individual and team skills and strategies to invade the space of the opposition to score points and win the game.

Outcome of the activities

The outcome of participating in these activities will be:

- team spirit
- cooperation
- communication
- a focus on winning

Skills

Dribbling

One-handed bounce at waist level. Bounce the ball at the side, with pumping action of the arm. Avoid looking at the ball when dribbling. Keep the body balanced and use the fingers when dribbling.

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Passing

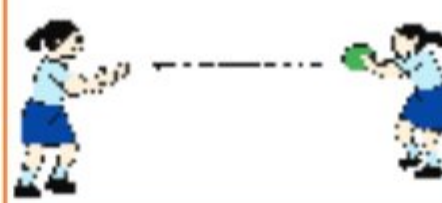
The bounce pass:

- Hold the ball with both hands in front of chest.
- Throw the ball so that it bounces 2/3rds of the distance to the receiver.



The chest pass:

- Hold the ball with fingers only. Palm should not touch the ball.
- Step forward and push the ball from both hands at chest height.
- Finish with arms extended in front of body.



The overhead pass:

- Hold the ball with both hands above and just behind the head.
- Use the wrists to push the ball forwards using minimal back movement to pass the ball.
- Follow through, bring the opposite leg forward in order to add momentum to the pass.



Here are some practices

Dribbling

Practice dribbling individually:

- while stationary, while moving in open and confined spaces, forwards, backwards and swerving around obstacles and/or other players.



Passing and Receiving a ball

In pairs and/or threes pass and receive a ball using chest, overhead and bounce passes, while stationary, while moving from one end of a playing area to another, combining dribbling and passing.

In small groups in a circle formation use chest and bounce passes to pass the ball to any member of the circle, pass and follow the ball, pass the ball to a player in the middle of the circle.

Scoring

Teach students how to score points by hitting at, or into baskets or other targets.

Begin close to the basket or target, and after every time a goal is scored take a step back. After every miss move closer to the basket or target.



Try some of these mini games and activities

2 v 1 games

Two attacking players pass and receive the ball as many times as they can before the ball is intercepted by the middle player. Count the number of successful passes until the middle player successfully intercepts the ball. Change roles.

3 v 3 games

a) Play in available playing area. Teams should wear bands or bibs so they can identify their team mates. A team scores one point if it can pass the ball 5 times continuously without the other team getting the ball.

The game of Basketball: 5 v 5 games

Condition the games to reinforce skill learning

- a) A player who wins the ball must try to take it past at least two opponents before passing or scoring.
- b) Pass using only specified passes e.g. overhead passes. Dribble using a specific hand only- left or right.
- c) As a team make 5 passes before the ball can be dribbled or a shot can be taken.

Mini Games:

“Dribbling Races”. Divide players into groups of 4 or 5 and give each player their own ball. They simply relay race from point A to point B, stressing speed and control.

Now make up your own games and have some fun

Decide a playing area. Mark it out in some way. How many players will be in each team? What rules will you have? How will you start the game? How long will you play for? How will you make sure that everyone is involved in the game?

Assessment

Knowledge (4)	<ul style="list-style-type: none"> • History of the game • Rules • Facts
Skills (6)	<ul style="list-style-type: none"> • Dribbling • Passing and receiving • Shooting • Dodging/marketing
Application of skills (10)	<ul style="list-style-type: none"> • Use of dribbling to dodge and move • Ability to pass and receive accurately on the move • Ability to make space and use space • Ability to mark and defend

Links to NCERT syllabus

Theme: Health and physical fitness and orientation to sports skills

Links to other subjects

Maths : Concept of fractions and rational numbers: 'n' = number of chances given to a player to score a goal; 'x' = number of times a player scores a goal; 'y' = number of misses.

Language: Use of verbs: in relay races students take it in turns to dribble a ball and shoot at a target. Having been successful the student picks a verb from container and must say the participle of the verb before dribbling the ball back to the next player in the team.



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To cooperate with others to use individual and team skills and strategies to invade the space of the opposition to score points and win the game.

Outcome of the activities

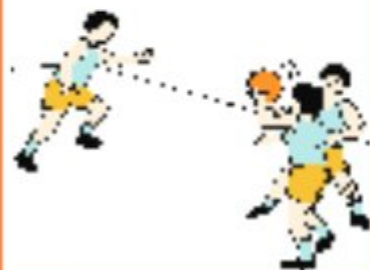
The outcome of participating in these activities will be:

- team spirit
- cooperation
- communication
- focus on winning

Skills

Passing the ball

- Check team mate is ready to receive
- Keep the ball under control and be ready to pass
- Look at receiver without making it obvious to the opposition
- Pass in front of the receiver and to the target made by the receiver
- Use short, quick passes (3.5 - 4 metres) as much as possible in a direct line between passer and receiver



Receiving the ball

- Move to receive the ball
- Signal readiness for the ball using a clear signal to the passer with one or both hands
- Prior to moving check team mate is ready to pass
- Get free by moving towards the ball, away from the ball and then going towards the ball (feinting)
- Keep possession while dodging an opponent protecting the ball by keeping body between the ball and opponent.



Dribbling

Passing a player

- Control the ball by spreading the fingers around it
- Keep the hand on top of the ball to ensure it rebounds accurately back to the hand
- The head should be up and the player should be aware of both opponents and team mates
- The player should protect the ball by keeping his/her body between ball and opponent



Scoring

Lay up shots

Technique (for right handed shot)

- At the end of the dribble, hold the ball with both hands
- Look at the target
- Ground the right foot and continue forward by stepping onto the left foot
- Jump from the left foot upwards towards the basket
- As the jump is made, take the ball up in front of the body and turn it so that the shooting hand is behind the ball
- Release the ball with the shooting arm and hand at full stretch
- Place the ball softly against the backboard so that it drops into the basket



Jump shots

- Ball position should be in front and above the head.
- Take a jump from both feet & try to stay in air.
- After reaching maximum height, throw the ball towards basket.



Here are some practices

Passing and Receiving

Bull in the Ring

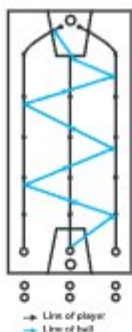
Six or seven players stand in a circle with one/two defender in the middle of the circle. Players on the outside of the circle try to pass the ball across the circle so that the defender cannot intercept the pass. A player who makes a pass that is intercepted changes places with the defender in the middle of the circle. Condition the game so that players must pass using:



- chest pass, hook pass, one handed side pass etc
- pass using a different pass to the one received

Passing and moving

Play in three's with one ball. Pass the ball from player 1, to 2, to 3 while travelling from one end of a playing area to another. Once at the far end one player dribbles in for a lay-up shot or attempt at a target. Change the position of the players each time.



Play using:

- different passes

- both hands to dribble

Increase the difficulty of the game by adding defending players who try to intercept the ball as it is moved down the playing area.

Shooting

Practice lay up shooting from the left and right side of the basket

Shoot for goal

Play in teams of 10

Make a single file of players facing the basket. Give the ball to the player at the front of the line. Player shoots using a lay up shot, runs in for own rebound and passes out to the next player in the line.

Jump Shots

Practice jump shots from different positions on the court and from the free throw line.

Combine dribbling with jump shots without and with opposition.

Set up shooting competitions against other teams. First team to score 10, 20 points wins the game. Use lay up shots and jump shots.

Set up challenges that involved dribbling, sending and receiving and shooting using a large playing area. Which is the first team to score 10, 20 points?

Now make up your own games and have some fun

Decide a playing area. Mark it out in some way. How many players will be in each team? What rules will you have? How will you start the game? How long will your game last? How will you make sure that everyone is involved in the game? Who will referee your game, time it and keep score?

Assessment

Knowledge (4)	<ul style="list-style-type: none"> • History of the game • Rules • Facts
Skills (6)	<ul style="list-style-type: none"> • Dribbling • Sending and receiving • Shooting • Dodging/marking
Application of skills (10)	<ul style="list-style-type: none"> • Use of dribbling to dodge and move • Ability to make space and use space • Ability to pass and receive accurately and on the move • Ability to mark and defend

Links to NCERT syllabus

Theme: Orientation to sports skills, proficiency in sports and motor skills

Links to other subjects

Science : Experiences of this activity may be used to teach the Law of Reflection and Types of Bonding by using the processes and skills in passing, catching and dribbling (rebounding) the ball

Maths : Drawing comparisons, students will collect the scores (data) of both teams. The data will be used to compare the performances of two teams by drawing frequency polygons. Measures of central tendency (i.e. median, mean, mode) can also be calculated from the data.

The game of Basketball

- Condition the game to reinforce skill learning. For example pass without losing the ball. The team in possession must make 6 successful passes before attacking the basket.
- Teach different systems of play: 'man to man' marking, 'zone' marking, 'half court press', explaining when and how they are used.
- Set up knock out or league competitions that allow teams to play together often and get to understand each other's strengths and weaknesses.
- Teach students how to officiate and keep score. Begin by looking for and penalising just one or two obvious infringements in practice tasks and small sided games. For example, double dribble, shifting.