



Key coaching points

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| Key Rules | <ul style="list-style-type: none"> To start the game, there will be a jump ball in the centre of the court. The person who catches the ball begins play immediately. This can also be called a tip off If you wish to defend someone, you can stand as near as you wish and may also hold your hands up to intercept a pass or use your hands to try and knock the ball while the opponent is dribbling. You cannot move while holding the ball. You are only allowed one step once you have caught the ball. If you land on one foot while receiving a pass, this foot will be your landing foot and cannot move. You will use your other foot to rotate, balance. If you land on both feet, you can pick which one will be your landing foot. If you take more than one step, the umpire will blow the whistle and the other team will be given a throw in from the nearest sideline. You must only dribble with one hand, not two. If you wish to move with the ball, you may do so while dribbling. This is when you bounce the ball while moving. You may only dribble once. This means, if you dribble then stop and hold the ball in two hands then you must pass the ball rather than dribble again. |
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Positions

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| Centre | The centre is the tallest player on each team, playing near the basket. On offense, the centre tries to score on close shots and rebound. But on defence, the centre tries to block opponents' shots and rebound their misses. |
| Power Forward | The power forward does many of the things a centre does, playing near the basket while rebounding and defending taller players. But power forwards also take longer shots than centres. |
| Small Forward | The small forward plays against small and large players. They roam all over on the court. Small forwards can score from long shots and close ones. |
| Point Guard | The point guard runs the offense and usually is the team's best dribbler and passer. The point guard defends the opponent's point guard and tries to steal the ball |
| Shooting Guard | The shooting guard is usually the team's best shooter. The shooting guard can make shots from long distance and also is a good dribbler |

Key Skills

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| Shooting | <ul style="list-style-type: none"> Feet shoulder-width apart facing the target Eyes looking at a point above the ring Push the ball upwards using wrist and fingers. |
| Pivot – turning with the ball once you have stopped dribbling. | <ul style="list-style-type: none"> Keep one foot fixed to the ground Push and turn with the other foot. Release the ball off in a different direction. |
| Chest pass | <ul style="list-style-type: none"> Hold ball in two hands, fingers and thumbs spread Step forward onto left foot in the direction of the throw. Push the ball away from body sharply |
| Bounce pass | <ul style="list-style-type: none"> The ball is brought in close to chest. Fingers should point towards the floor. Release the ball into the ground Aim the ball 2/3rds the distance between you and partner. The ball should bounce into her hands. |
| Overhead pass | <ul style="list-style-type: none"> Bend your arms and keep your elbows close to your body. Lift the ball over your head. Step forward and release the ball. The flight of the ball should be high. |

