

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Basketball	5/6	#5	Positional Play

Equipment

- Basketballs
- Cones
- Bibs
- Basketball Hoops

Learning Objective

- To understand the different positions in basketball
- To experience playing in different positions

Success Criteria

- I understand the different positions in basketball
- I can try different positions between each game

Key words

- Positions
- Attacking
- Defending
- Shape

Preparation Ideas/Warm Up

Tag & Shoot

Pick 2 taggers, set out the two hoops either side of the playing area with 3-5 balls. If you are tagged you must go and take a shot at the hoop, if you miss you must do one lap of the playing area, if you score you can join straight back into the game.

Skill Development

Game

Game of Basketball

Split the class into teams of 5. We are going to set up 1 or 2 basketball courts (this will depend on space and staff availability)

Firstly, go through the 5 positions in basketball:

- >Center – this is normally the tallest player on the team. They contest the tip off and are normally placed around both baskets to gather any rebounds
- >Forwards (x2) – Normally shoots close to the basket and again, are there to rebound at both ends of the court. On a basketball court, they would be positioned inside the 3 point perimeter.
- >Guards (x2) – Shoot from distance, normally the best passers on the team, who will look to pass to forwards and centres. Block passes through to opposition forwards and centres. On a basketball court, they would be positioned around the 3 point perimeter

Get the children to play games of basketball for 8-10 minute games, swapping teams to play against others and swapping roles within their team as we start a new game.

Normal basketball rules apply. 2 points awarded for every basket scored

Teaching points

- Get the children to understand that everyone should be attacking as a team and everyone should be defending as a team. We do not want to see some people staying back defending at all times or just staying forward. Everyone has to do both.
- We should protect the hoop and making sure as the defensive team, we are looking to close down any attacker who is ready to shoot by stretching our arms up and making ourselves as large as possible.
- When attacking, we can be more flexible by moving and finding spaces, we do not need to stick to one position, especially if the defending team are defending specifically. We can move and swap positions to confuse the opposition and to lose our marker. However, we need to be aware that if we do that and we lose the ball, we all need to get back and defend.
- The only position we are really interested in sticking with is that the tallest player on the team is the centre and should always be inside each of the boxes, waiting for rebounds. The rest of the positions can be alternated between during the games to either a shooting role or a passing role.

Key Questions

- Can we name the positions in basketball?
- Why is it important to stay in your position when defending?
- When attacking, how can we create more spaces?
- Which roles did we prefer and why?

National curriculum links:

- Using running, throwing & catching in isolation and combination
- Playing competitive games against others, applying basic principles for attacking and defending
- Developing control, balance and technique through playing basketball

Social and environmental skills:

- Developing team work and collaboration skills
- Developing good communication skills
- Showing creativity in coming up with tactics to use
- Showing and developing leadership skills in the session