



Learning intentions	Success criteria
Introduction to the set shot	To be able to perform a set shot during a closed practice
Introduction to dribbling	To be able to consistently dribble the ball during a game
Introduction to lay up	To perform a lay up during practice skill section

### Skills

Set shot	<ul style="list-style-type: none"> <li>○ Bend knees</li> <li>○ Shooting hand behind the ball</li> <li>○ Shooting hand face basket</li> </ul>
Dribbling	<ul style="list-style-type: none"> <li>○ Use finger tips</li> <li>○ Hand on top of ball</li> <li>○ Keep body between defender and ball</li> </ul>
Lay up	<ul style="list-style-type: none"> <li>○ Opposite foot to hand</li> <li>○ Jump up and towards basket</li> <li>○ Push ball up to net</li> </ul>

### RULES:

No contract  
No double dribble  
No travelling  
Back court violation  
Free throw awarded in case of foul or ball exits field

### Kit

St Ivo Polo Shirt  
Black shorts  
Indoor Trainers

### STRETCH AND CHALLENGE

Students asked to analyse performance and their own decision making during games.

### LINKS TO WIDER CURRICULUM

Links to GCSE specification:  
Anaerobic exercise – exercise which does not allow for the use of oxygen  
Aerobic exercise – Use of oxygen for the duration of exercise

### KEY WORDS

Free throw – attempt at a goal awarded to a player following a foul or infringement

Lay up – shot taken near the basket usually off the back board

Three point line – the line which represents the amount of points gained if shot is taken behind it

