

تم تحميل هذا الملف من موقع المناهج الإماراتية



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It is important to understand how to perform skills and techniques for you to develop your performance. Demonstrating your understanding of these skills can help you to become a professional performer or even coach of the sport.

All sports need
bodies and

Activity

Identify an

y 4

Key points for each skill:

S1 Passing

- bounce
- chest
- over head

S2 dribbling

- double dribble
- crossing
- focusing and dribbling

S3 Shooting

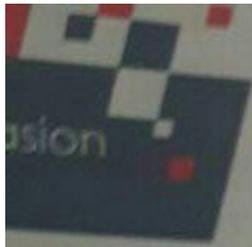
- Wrist
- Focusing
- Jumping

See elite extension task E2

DO YOU
KNOW?

All Emirati athletes will excel in their chosen sports due to their understanding of the skills, techniques and tactics used. They will work hard to excel in different playing and





Knowledge of court invasion games

ing in sport will challenge you to use techniques and skills, some of which may transfer from one sport to another. Each skill and technique will require a specific component of fitness to perform them. Handball, basketball and netball techniques will make you experience the use of different muscles and actions.



What are you studying: basketball

Name your sport: Basketball

Activity 1

the sport you are studying in this unit?

a sport that requires passing, dribbling, shooting
 basketball the consist passing /dribbling
 and scoring /shooting

Attacking tactics

To overcome your opponent, you need different attacking options to be successful. Decision making is important in sport and can be the difference between success and failure.

Activity 8

Describe 2 attacking tactics you have used in basketball or handball:

1. Attack from the behind zone

2. Put the best ball handler
in the middle

DID YOU KNOW?

The different techniques in invasion games use a variety of muscles. Players will use a combination of upper body and lower body movements for success.



Activity 6

Identify and explain 3 components of fitness used in basketball or handball:

1: body composition

is the amount of fat, muscle, bone, cartilage etc that makes up our bodies.

2: quickness speed

is the rate of motion (how fast) you move your body part from one point to another
 $speed = \frac{distance}{time}$

flexibility

is the capacity of a joint to move through its full range of motion and reflect the ability of muscles connective tissue to stretch.

See elite extension task E3

opponents creating chances and scoring points.

Activity 10

Describe 2 defensive tactics used in basketball or handball:

1. Cause the offensive player to miss their shoots creating an opportunity for a rebound
2. Disturbing the offensive play such as away that turn over or cause

See elite extension task E4



Activity 9

Evaluate the success of your tactics. Explain your answer.

with using the right attacking tactics it becomes possible the plan for a successful game

Defending tactics

reduce space and time for opponents. The best defensive tactics limit

Activity 11

Evaluate the success of your tactics

The more the
and forces
side the
and

Activity 3

From the 3 components of fitness chosen in Activity 6, justify which is the most important?

Speed and agility in basketball requires constant changes of direction



Elite Extension Tasks

Activity E1

Choose one of the skills from activity 2. How can you change the technique to make it more difficult to attack or defend?

Passing to throw an off the throw off the dribble
begin by dribble the ball with one hand
moving forward on the basketball

Activity E2

...ion for a chosen skill in basketball or handball below.

From the 3 components of the

speed and
change

Acti

Dra

Court Invasion Games

Explain why this is effective:

most early offense defenced and quick
wide lane releases is beard passes
it called: early offense

Activity 3.6

How would you develop your areas for

practices more
Quality keep
-Disciple

Activity 13

Officiate a game in basketball or handball.



Activity 14

Evaluate 2 officiating decisions you made:

Decision 1: *play as 1 team*

Decision 2: *Follow the main rules while practicing*

See elite extension task E5