

Basketball



Basketball is a team sport with **two teams**. There are **five players** on each team on a rectangular court with the primary objective being to shoot a basket into the opposition team's hoop, whilst stopping the other team shooting through your own hoop. **A field goal is worth two points, unless made from behind the three-point line, when it is worth three.** After a foul, timed play stops and the player fouled or designated to shoot a technical foul is given one, two or three one-point free throws. The team with the most points at the end of the game wins, but if regulation play expires with the score tied, an additional period of play (overtime) is mandated.

Key Stage 1 - In this stage of development, the focus will be based on facilitating the progression of the **Fundamental Movement skills of our participants whilst integrating with sports specific skills**. Our emphasis will be placed on providing fun activities that evolve around themes which the children can relate to such as superheroes, cars, and animals etc. The games are aimed at developing critical skills for the children such as **agility, balance, and coordination and focusing on providing them with the ball as much as possible**. There will be minimal use of game based activities at this age due to the ability of the group.

Key Stage 2 - In this stage, the focus is placed on **sport specific skills** with some underlying emphasis still placed on fundamental movement skills. The activities should be engaging, and we aim to allow the participants to transfer their **basketball skills into game related scenarios and competition-based activities**. **Ball manipulation and ball mastery skills** will be important to ensure that the kids are learning how to travel with the ball correctly and also that they are learning the rules of the game. During the games, the children should think about using **skills, strategies and tactics** to outwit the opposition, entering their opponents territory with the ball and looking to get into a good scoring position (e.g.basket!).

General information

Our company always provides a high quality of coaching no matter what sport we provide, and we always encourage and allow children to strive for excellence and inspire them to achieve greatness. However, our main priority is to provide the children with the opportunity to get involved under any circumstance. Inclusion, diversity, and equality are essential in all our lessons, and we strive to equip each child with the appropriate knowledge and skill set to complete and learn to use in and most importantly out of our sessions in everyday life.