

What is meant by co-ordination and balance?

Key Vocabulary	Basketball
Shooting	The act of attempting to score points by throwing a ball through the opponent's basket or hoop from above.
Dribbling	The act of continuously bouncing the ball on the floor with one hand at a time.
Passing	The act of deliberately throwing the ball to a teammate to advance the ball down the court to create scoring chances.
Teamwork	The collaborative effort of all players on and off the court to achieve a shared objective.
Scoring	The act of throwing the ball accurately through the opponents hoop to score a point.
Bounce	A technique where a player uses a bounce pass to throw the ball to another player.
Catch	The act of a player gaining possession of the ball, typically after a pass.

Steps to Success in Basketball
To move into space
To move with a ball
To Bounce, roll and carry a ball
To throw and catch a ball with others.
To move towards a goal to defend it,
To compete against others trying to score.

