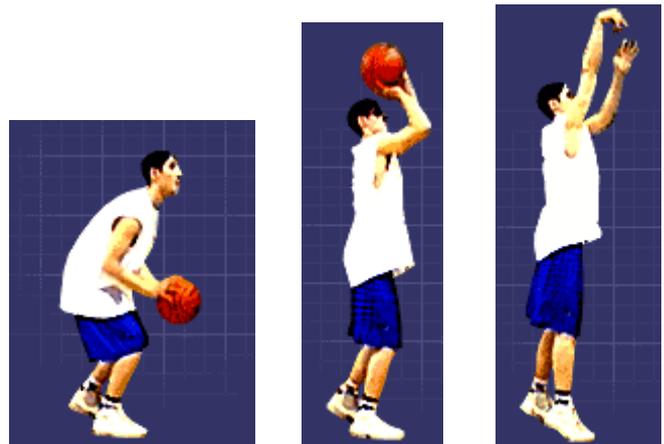


Basketball – Shooting

Keywords

| | |
|----------------|---------------|
| Attack | Accuracy |
| Balance | Movement |
| Possession | Receive |
| Control | Release Point |
| Speed | Free Throw |
| Follow Through | Set Shot |

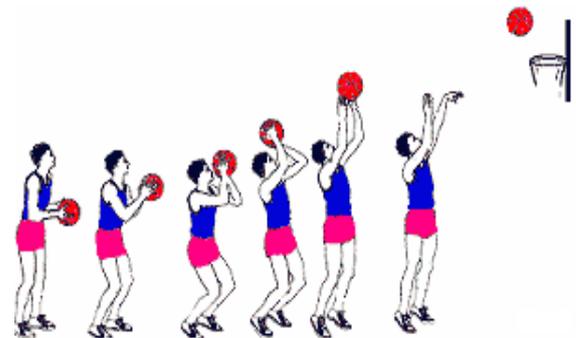
Can you think of anymore?



Coaching Points

- Square up, bend knees and elbows, bend wrist.
- Release and wave "good-bye" to the ball (have the shooting hand follow through).
- Extend the shooting arm up and out toward the basket.

| | |
|---|---|
| Making and Applying Decisions | Can you select the correct shot? |
| | Can you dribble with both hands? |
| | What tactics do you play? |
| | Can you adapt to each opponent? |
| Developing physical and mental capacity | What type of training method? |
| | How often do you train? |
| | Overcoming mental barriers |
| | The will to be successful/achieve |
| Outwitting Opponents | How can you get past opponent? |
| | Can get away from marker? |
| | Can you cross over dribble? |
| | Can you control the game? |
| Accurate Replication | Can you copy the set shot? |
| | Can you perform the layup? |
| | Can you dribble with control? |
| | Can you keep your body between ball and marker? |
| Exercising Safely & Effectively | Did you warm up effectively? |
| | How long do you hold a stretch for? |
| | Why do we need to exercise? |
| | What happens to your body during exercise? |
| Evaluating and improving | Able to compare work with others |
| | Pick out strengths/weaknesses |
| | To improve your skills and others |
| | React to the changes in a game |



Holding the Ball

1. Holding the ball correctly you should see a "Y" being formed by your thumb, fingers and forearm of your shooting arm.
2. Hold ball with the pads of the fingers and thumbs. There should be a gap between the palm of the hand and the ball.
3. The other hand only acts as a guide and is removed from the ball before the shot is released.

Basketball - Dribbling

Keywords

| | |
|----------------|------------|
| Attack | Accuracy |
| Balance | Movement |
| Possession | Receive |
| Control | Two Steps |
| Speed | Shoot |
| Double Dribble | Travelling |

Can you think of anymore?



Teaching Points:

1. Keep your head up - don't look at the ball.
2. Keep the ball at waist height.
3. Keep your dribbling hand on top of the ball - don't "carry".



| | |
|---|---|
| Making and Applying Decisions | Can you select the correct shot? |
| | Can you dribble with both hands? |
| | What tactics do you play? |
| | Can you adapt to each opponent? |
| Developing physical and mental capacity | What type of training method? |
| | How often do you train? |
| | Overcoming mental barriers |
| | The will to be successful/achieve |
| Outwitting Opponents | How can you get past opponent? |
| | Can get away from marker? |
| | Can you control the game? |
| Accurate Replication | Can you copy the set shot? |
| | Can you perform the layup? |
| | Can you dribble with control? |
| | Can you keep your body between ball and marker? |
| Exercising Safely & Effectively | Did you warm up effectively? |
| | How long do you hold a stretch for? |
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| Evaluating and improving | Able to compare work with others |
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Handy Hints

1. Don't over use the dribble - a quick pass is always a better option if you have an open team-mate further up the court.
2. Keep your head up - don't look at the ball. If your looking at the ball you can't see where your going, or where the defenders are. You must be able to see the court.
3. A "good" basketball player can dribble well with both hands. Practice with your weak

Dribbling Rules:

What is...(a) Double Dribble?

(b) Travelling?

Basketball – Passing

Keywords

| | |
|------------|---------------|
| Attack | Accuracy |
| Balance | Movement |
| Possession | Receive |
| Control | Rhythm |
| Speed | Overhead Pass |
| Chest Pass | Bounce Pass |

Can you think of anymore?



The Chest Pass

1. The ball is held close to the chest; keep your elbows close to your body - no "chicken wings".
2. The ball is held in both hands. Hands either side of the ball, fingers spread, thumbs behind the ball. Use the fingers and thumbs to hold the



The Bounce Pass

1. Execution is the same as a chest pass except the arms are thrust out and down, so that the ball hits the floor about two-thirds of the distance to the receiver.
2. The ball should come up to waist level for the receiver.



The Overhead Pass

1. Hold the ball with both hands, using the finger pads and thumb on the outside of the ball.
2. Hold the ball above your forehead, not behind your head where it is easily stolen.

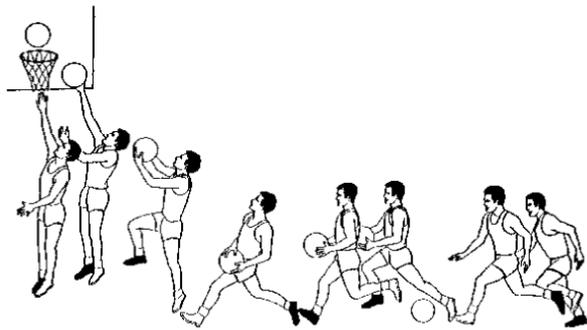
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| Developing physical and mental capacity | What type of training method? |
| | How often do you train? |
| | Overcoming mental barriers |
| | The will to be successful/achieve |
| Outwitting Opponents | How can you get past opponent? |
| | Can get away from marker? |
| | Can you cross over dribble? |
| | Can you control the game? |
| Accurate Replication | Can you copy the set shot? |
| | Can you perform the layup? |
| | Can you dribble with control? |
| | Can you keep your body between ball and marker? |
| Exercising Safely & Effectively | Did you warm up effectively? |
| | How long do you hold a stretch for? |
| | Why do we need to exercise? |
| | What happens to your body during exercise? |
| Evaluating and improving | Able to compare work with others |
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| | To improve your skills and others |
| | React to the changes in a game |

Basketball – Lay-Up

Keywords

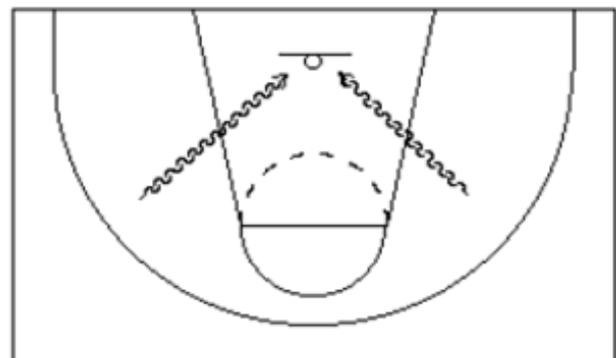
| | |
|------------|---------------|
| Attack | Accuracy |
| Balance | Movement |
| Possession | Receive |
| Control | Two Steps |
| Speed | Shoot |
| Backboard | Triple Threat |

Can you think of anymore?



1. You are allowed to take two steps. Jump up, not forward.
2. As you take your steps and jump, bring the ball up with two hands to the shooting position.
3. Shoot with the outside hand, using the inside arm to protect the shot.
4. At the height of the jump, shoot the ball softly off the backboard.

The Lay-Up is one flowing movement, not 'Stop & shoot'



Ideally, approach the basket at an angle of 45 degrees



| | |
|---|---|
| Making and Applying Decisions | Can you select the correct shot? |
| | Can you dribble with both hands? |
| | What tactics do you play? |
| | Can you adapt to each opponent? |
| Developing physical and mental capacity | What type of training method? |
| | How often do you train? |
| | Overcoming mental barriers |
| | The will to be successful/achieve |
| Outwitting Opponents | How can you get past opponent? |
| | Can get away from marker? |
| | Can you cross over dribble? |
| | Can you control the game? |
| Accurate Replication | Can you copy the set shot? |
| | Can you perform the layup? |
| | Can you dribble with control? |
| | Can you keep your body between ball and marker? |
| Exercising Safely & Effectively | Did you warm up effectively? |
| | How long do you hold a stretch for? |
| | Why do we need to exercise? |
| | What happens to your body during exercise? |
| Evaluating and improving | Able to compare work with others |
| | Pick out strengths/weaknesses |
| | To improve your skills and others |
| | React to the changes in a game |