

Basketball Skills — Passing, Catching, Dribbling, Shooting



LESSON FOCUS

SHAPE Standards:

1, 2

DPE Outcomes:

- I can make a bounce pass to a partner demonstrating three of four cues.
- I can make a chest pass to a wall demonstrating three of four cues.
- I can dribble and move with my favorite hand in open space.

Equipment:

- One junior basketball or playground ball per student
- 8 hoops or individual mats
- Pinnies

Instructions

Skills

Practice the following skills:

1. Chest (or Two-Hand) Pass

For the chest, or two-hand, pass, one foot is ahead of the other, with the knees flexed slightly. The ball is released at chest level, with the fingers spread on each side of the ball. The elbows remain close to the body, and the ball is released by extending the arms and snapping the wrists as one foot moves toward the receiver.

2. Catching

Receiving the ball is a most important fundamental skill. Many turnovers involve failure to handle a pass properly. The receiver should move toward the pass with the fingers spread and relaxed, reaching for the ball with elbows bent and wrists relaxed. The hands should give as the ball comes in.

3. Dribbling

Dribbling is used to advance the ball, break for a basket, or maneuver out of a difficult situation. The dribbler's knees and trunk should be slightly flexed, with hands and eyes forward. The fingertips propel the ball with the hand cupped and relaxed. There is little arm motion. Younger children tend to slap at the ball rather than push it. The dribbling hand should be alternated, and practice in changing hands is essential.

4. Shooting — One-Hand (set) Push Shot

The one-hand push shot is used as a set shot for young children. The ball is held at shoulder-eye level in the supporting hand with the shooting hand slightly below center and behind the ball. As the shot begins, the supporting (non-shooting) hand remains in contact as long as possible. The shooting hand then takes over with fingertip control, and the ball rolls off the center three fingers. The hand and wrist follow through, finishing in a flexed position. Vision is focused on the hoop during the shot. Proper technique should be emphasized rather than accuracy.

Drills

Passing and Catching Drills

1. Slide Circle Drill

In the slide circle drill, a circle of 4-6 players slides around a person in the center. The center person passes to and receives from the sliding players. After the ball has gone around the circle twice, another player takes the center position.

2. Circle-Star Drill

With only 5 players, a circle-star drill is particularly effective. Players pass to every other player, and the path of the ball forms a star. The star drill works well as a relay. Any odd number of players will cause the ball to go to all participants, assuring that all receive equal practice.

Dribbling Drills

3. Random Dribbling

Each child has a ball. Dribbling is done in place, varied by using left and right hands. Develop a sequence of body positions (i.e., standing, kneeling, lying on the side, on two feet and one hand). Encourage players to develop a sequence by dribbling a certain number of times in each selected position. Dribble with each hand.

4. One-Hand Control Drill

Begin with the right hand holding the ball. Make a half circle around the right leg to the back. Bounce the ball between the legs (back to front) and catch it with the right hand and move it around the body again. After continuing for a short time, switch to the left hand.

Shooting Drills**5. Basic Shooting Drill**

In one simple shooting drill, players form files of no more than 4 people, and take turns shooting a long and a short shot or some other prescribed series of shots.

6. Set-Shot Drill

In the set-shot drill, players are scattered around a basket in a semicircle, with a leader in charge. Players should be close enough to the basket so that they can shoot accurately. The leader passes to each in turn to take a shot. The leader chases the ball after the shot. A bit of competition can be injected by allowing a successful shooter to take one step back for the next shot, or a player can shoot until he misses.

Teaching Hints

Instructional cues help students focus on proper performance of passing.

1. Fingers spread with thumbs behind the ball.
2. Elbows out; extend through the ball.
3. Step forward, extend arms, and rotate hands slightly inward.
4. Throw at chest level to the receiver.
5. For bounce passes, bounce the ball past the halfway point nearer the receiver.

Instructional cues for catching include the following:

1. Move into the path of the ball.
2. Reach and give with the ball (absorb the force of the ball by reaching and bringing the ball to the chest).

Instructional cues for dribbling include the following:

1. Push the ball to the floor. Don't slap it.
2. Push the ball forward when moving.
3. Eyes forward and head up.

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Shooting instructional cues focus on proper form:

1. Keep the shooting elbow near the body.
2. Bend the knees and use the legs.
3. Release the ball off the fingertips.

Baskets should be lowered to 8 or 9 ft, depending on the size of the youngsters. Lowered baskets help students shoot with proper form.

Shooting is not a throw. If students have to throw the ball at the basket, it is too high.

Practice the skills in an individual manner as much as possible. The best alternative is a ball for every student to shoot and dribble.

Reduce taking turns as much as possible when practicing skills.

Use junior basketballs or smaller for third and fourth grade students. It is difficult for students to learn skills with regulation size balls.

They are too heavy and too large in diameter for youngsters.