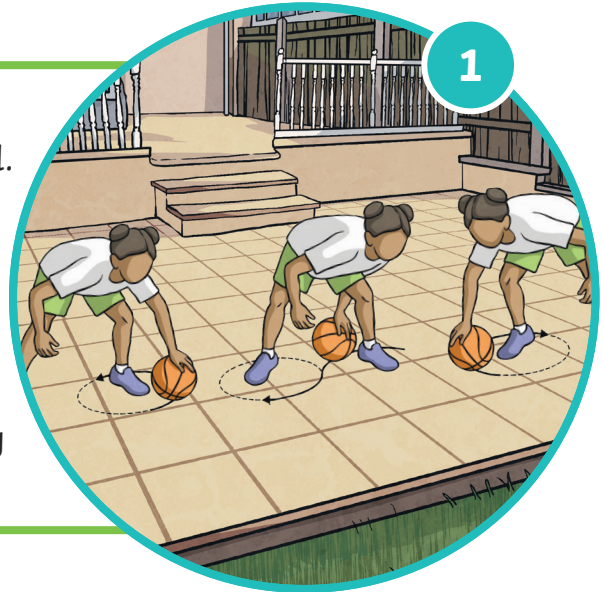


# Basketball Activities

## Ball Familiarisation

Spend time familiarising yourself with the ball. Can you move the ball around one foot on the floor in circles and then the other? Can you move the ball around both feet on the floor in a figure of eight using both hands? Try rotating it around your ankles, waist and head.

Use a basketball, if you have one, although any large ball will do!



2

## Dribbling Skills

Practise your ball-bouncing technique.

1. Contact the ball with your finger pads, not the palm of your hand. This will give you better control.
2. Bend and straighten from your wrist and elbow as you bounce the ball.
3. Push, don't slap the ball downwards at about hip-height.
4. Your hips and knees should be slightly flexed (bent).
5. Try not to look at the ball – keep your head up and be aware of what's going on around you.

Can you bounce the ball out in front of you and to the side? Practise moving in different directions while dribbling the ball. Practise dribbling with your dominant and non-dominant hand.

3



### Passing Skills

With a partner, practise the technique for the chest pass – one of the most common passes used in basketball and the most accurate way to move the ball around the court.

1. Hold the ball at chest-height with your fingers spread out behind the ball.
2. Keep your elbows out in front of you and relaxed.
3. Stand facing where you want the ball to go with your knees slightly bent.
4. Step forward with your dominant foot as you begin to straighten your arms.
5. Push the ball away from your body at chest-height by powerfully extending the arms forwards and flicking the wrists.
6. Follow through with the arms, wrists, hands and fingers in the direction of the throw.

How many passes can you make in one minute?

4



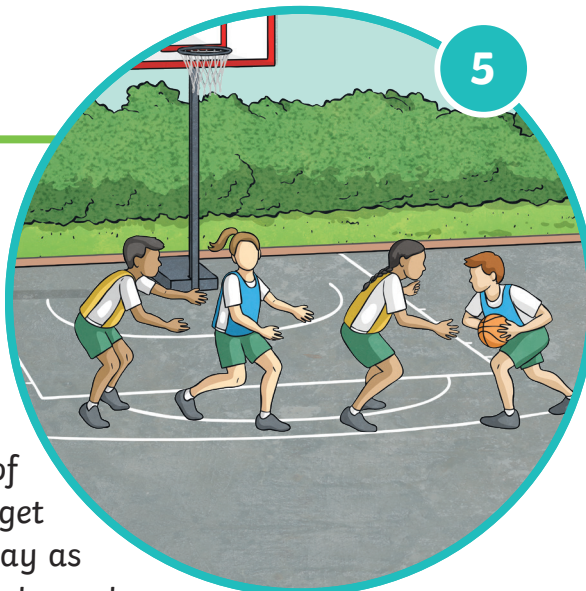
### Pivoting Skills

Pivoting involves keeping one foot on the floor, as an anchor, while the other foot moves in a circular pathway, allowing you to change direction.

1. Keep one foot anchored to the ground and rotate on it using the ball (front part) of the foot.
2. Move or step with the other foot as much as you like to change direction.

Practise pivoting with both your left and your right foot, moving forwards and backwards.

5



### Marking Skills

Marking is one of the main jobs when a team is defending. Man-to-man marking involves each player from the defending team being allocated one opposition player and staying close to them to try and prevent them from receiving the ball.

With a friend or family member, have a game of 'You Can't Catch Me!' where the attacker tries to get free from the defender and the defender tries to stay as close to them as possible. Make sure you take it in turns to be the defender and the attacker.

### Getting Free

A quick change of speed or direction can be used by an attacker to get free to receive a pass when being closely marked by a defender.

Have a game of tag with friends and/or members of your family. Focus on dodging the tagger by changing your direction or speed. This can be done as follows:

- Have a low body position (knees bent).
- Plant one foot and use the powerful muscles in your leg to push off with the outside of your foot in a sideways direction.

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