



Sports - Basketball



Basketball is one of the fastest growing sports in the world and a popular sport for both boys and girls. The sport of basketball has many great benefits. Players get a lot of exercise, they develop coordination and reaction skills, and it is a sport filled with teamwork and strategy. The Active@Home™ Basketball cards will help teach a number of the basic skills that a successful player needs to have. Have fun and get active!

Basketball

Basketball was first invented in 1891 by Dr. James Naismith. The first basket was an actual peach basket and after every shot the game would have to be stopped so that they could get the ball out of the basket! Since then the sport has grown to a worldwide sport that people of all ages love to play.

In basketball, there are two baskets at opposite ends of a court. Two teams of 5 players work together to try and score the most points to win a game. There are many different skills involved in the game of basketball, and in the following cards you will learn the basic skills that you will need to play. Learning these skills, and practicing them often, will give you what you need to succeed in PE class or in a game. For each of the skills listed, start slowly and concentrate on doing the activity correctly. After practicing the skill several times you will be able to go faster and make fewer mistakes. Remember, no athlete becomes great without a lot of practice!

Tips and Reminders:

1. Always wear proper fitting athletic shoes when practicing. Do not practice in bare feet or sandals.
2. You won't need a basket to practice these skills, but you should practice outdoors or in a large open space where you have plenty of room to shoot or dribble.
3. It's OK to make mistakes! Dropping the ball or losing control of your dribble means you are working hard. If you don't make any mistakes you should try going faster and if you make too many mistakes try slowing down.

Ball Handling - Around the Waist

In basketball it's important to be able to move the ball around and feel comfortable with the ball in your hands. The following skill builders will require you to move the ball around your body to improve your ball handling skills.



1. Stand with your feet shoulder-width apart and back straight.
2. Starting with the ball in your right hand, move the ball in front of your body and transfer it to your left hand.
3. Keep the ball rotating behind your body and transfer it to your right hand to complete the circle around your waist. The ball should stay close to your waist but not touch your body.

Challenge: Starting at a slow pace, see how many times you can do the Around the Waist in one direction getting faster every time. Switch directions and repeat the steps. At first you may need to look at the ball, but after practicing try to not look at the ball.

Harder Challenge: Instead of your waist, move the ball around your knees. For this activity, bend your knees and make sure to keep your back straight.

Ball Handling - Figure 8



- 1.** Stand with your feet wider than shoulder-width apart and lean forward, keeping your back straight.
- 2.** Starting with the ball in your left hand, move the ball between your legs. As the ball passes between your legs transfer the ball to your right hand.
- 3.** Bring the ball around the side of your right leg and pass it through your legs, transferring the ball to your left hand as it passes between your legs.

- 4.** Bring the ball around the side of your left leg and repeat the figure-8 motion you just completed.

Challenge: Starting at a slow pace, see how many times you can complete the Figure Eight in one direction getting faster every time. Switch directions and repeat the steps. At first you may need to look at the ball, but after practice try to keep your eyes off the ball.

Dribbling

Because dribbling is the only way to move with the ball in basketball, it is one of the most important skills to learn. The following activities will teach you how to dribble and show you different types of dribbling.



1. Stand with your feet shoulder-width apart and lean forward slightly, keeping your back straight.

2. With your right hand facing down, bounce the ball to the side and slightly in front of your right foot so that it bounces straight up and down. The ball should bounce higher than your knee but no higher than your waist.

3. As the ball bounces back up to your hand, move your hand up slightly just before the ball reaches your hand and then push the ball back down. Do not slap or hit the ball. Try to keep the ball on your fingers (not your palm) for better control, and always keep your hand on top of the ball.

4. Repeat with your left hand.

Challenge: Use the One-Handed Dribble to complete 20 dribbles in a row with each hand. As a beginner you will need to watch the ball, but as you practice more try to keep your eyes off the ball. As you get better and better increase the speed of your dribbles (still keeping the bounces between knee and waist height).

Harder Challenge: Once you can comfortably dribble in one spot, begin walking or running while dribbling.

Dribbling - Crossover

The crossover dribble is used when a player wants to change direction quickly.



- 1.** Stand with your feet shoulder-width apart and lean forward, keeping your head and back straight.
- 2.** With your right hand facing down, bounce the ball to the side and slightly in front of your right foot so that it bounces straight up and down.
- 3.** After one bounce, push the ball slightly to the left, so that it bounces directly in front of your body.
- 4.** Receive the ball with your left hand and bounce the ball straight up and down.

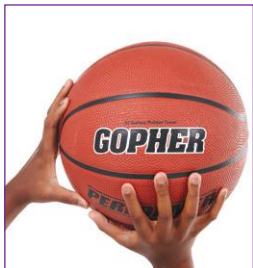
5. After one bounce, push the ball slightly to the right, so that it bounces directly in front of your body. Receive the ball with your right hand.

Challenge: Complete the Crossover Dribble 5 times with each hand. Try to eliminate the bounce between crossover dribbles so that the ball is continually going from your right to left hand. As you continue to practice, try to keep your eyes off the ball.

Harder Challenge: With the ball in your right hand, take two steps and two dribbles to the right. Then quickly change directions with two steps to the left. As you change direction use the crossover to switch the ball to your left hand. Repeat, so that you dribble in a zigzag pattern.

Shooting

Learning the correct way to shoot a basketball is the only way to develop a consistent and accurate shot. The following activities will teach you the proper way to shoot a basketball and show you activities to help practice your new shot!



1. Stand with your feet shoulder-width apart with knees bent and your back straight. For right-handed players, your right foot will be positioned slightly higher (or just in front of) your left and your toes will point toward your target (the basket).

2. Hold your shooting hand straight out in front of you with your palm facing up. Pretend you are balancing a ball on your palm. Slowly raise your palm and turn it toward the basket. Stop bending your arm when your wrist is pointing straight up.

3. Bring your other hand up and place it on the side of the pretend ball. This hand is your 'guide' hand. Its only job is to help keep the ball balanced while you shoot.

4. Bend your knees and as you begin to push up with your legs also begin to push up with your shooting arm. As your knees get straight and you rise up on your toes, you will push your fingers forward and bend your wrist toward the basket. Make sure your wrist is well above your head as you want to push the ball 'up' not 'out'. Be sure that your guide hand only balances the ball. It should not be helping to push the ball up. Practice your shot 25 times w/out a ball.

Shooting



1. Lie on your back on carpet, grass, or a soft mat with your knees bent.

2. Using the shooting instructions from the previous card, work on your shot by 'shooting' the ball from your back straight into the air (3-5 feet) and then catching it with both hands. Concentrate on your shooting arm pushing up and following through with your wrist and fingers. Accuracy is a challenge so try to get the ball to go straight up and come straight down so it's easy to catch.

3. Shoot and catch the ball 10 times. Once you are comfortable with 2 hands, take away your guide hand and balance and shoot the ball using only your shooting arm.

Alternate Challenge: Use the shooting instructions from the previous card with a ball. Standing up, with your feet about shoulder width apart, shoot the ball 5-7 feet above your head so that it lands just in front of you. Concentrate on bending your legs (your legs are where your power comes from), only using your shooting hand when pushing up, and following through with your wrist. Shoot the ball 20 times.