

BALL-HANDLING SKILLS

PURPOSE

Ball-handling skills are the precursor to specific basketball skills. After this lesson they should be practiced in every lesson as part of the warm-up activities.

SKILL CUES

Pops-Slap at the ball to keep it bouncing low to the ground, alternating hands.

1. Use your full hand to slap the ball.
2. Keep the ball under control.
3. Keep the ball bouncing.

Fingertips-Sit on the floor straight-legged, dribbling the ball with your fingertips. Lift your legs and dribble the ball beneath them. Alternate dribbling hands.

1. Keep the ball close to the side of the body.
2. Keep your head up.
3. Spread your fingers wide.
4. Use only the tips of your fingers to bounce the ball.

Funnel-Pass the ball quickly back and forth between the hands, starting at the head level and going down the body to the chest, waist, knees, and ankles.

1. Keep your head up.
2. Pass the ball from hand to hand.
3. Start with head high and move down to various levels.
4. Use only your fingertips to touch the ball.

Body Circles-Circle the ball around various parts of your body, passing from hand to hand as you go. Start at your head and go to your chest, waist, knee, and ankle levels.

1. Keep your head up.
2. Keep your body still.
3. Keep the ball under control.

Figure Eights-Move the ball from hand to hand through the legs in a figure-eight motion.

1. Feet should be shoulder-width apart.
2. Keep the ball close to your legs.
3. Keep two hands on the ball when it's going through your legs.
4. Keep one hand on the ball when it's going around your legs.

Pretzels-Hold the ball between your legs, with one hand in front and the other in back of the ball. Quickly switch hands, catching the ball before it hits the floor.

1. Keep your eyes on the ball.
2. Switch hands quickly.
3. Keep the ball between your legs.

Windmill-From behind, bounce the ball with one hand between your legs and catch it in front of your body with the other hand. With your front hand, circle the ball around to the back of your body and repeat the sequence.

1. Make good bounces.
2. Keep your head up.
3. Make good circles around your body. -

ACTIVITIES (30-40 MINUTES)

1. Present the seven ball-handling skills listed under Skill Cues, emphasizing the major skill cues. Scatter students, each with a ball in their own self-space. Demonstrate two skills at a time and allow students to practice. (9-12 minutes)
2. In self-space, students practice all of the skills. Provide 3 or 4 minutes for each activity. (21-28 minutes)

CLOSURE (3-5 MINUTES)

Review and discuss with students the content of the lesson. Use the following ideas to reinforce learning, check understanding, and give feedback.

1. Discuss the importance of ball-handling skills in a game.
2. Identify two students to perform selected skills. Discuss their performance with the class.