

BASKETBALL BASIC SKILLS

Dribble
Passing
Shooting

Following this introduction are series of questions you can use to teach the skills for Basketball.

Heading each skill set of questions is an **Action Task**. An Action Task is used to introduce the skill without demonstrating it. One of the ideas behind guided discovery is to allow the student to figure out the most effective way of doing the skill. If you demonstrate the skill first, you place an image of how the child may expect to do the skill they are going to do. If they cannot duplicate your example, the student may see this as failure. If after giving the children the action task, they do not demonstrate a likeness of the skill, you can try saying it another way, or pick a child out to demonstrate.

These questions should be used in the second part of your lesson, after your warm Up, to teach the skill. Once you are satisfied with the class' performance of the skill taught, you can have them practice the new skill. This can be done through a drill or a game, either traditional or creative. That would begin the part three of your lesson.

Remember, each question should be asked to the entire class, and then allow the class to work on the question before answering the question. During the time the students are working on the question the teacher should walk around and work with students individually. After a few minutes, stop the class and allow a few students to answer. Be sure you get mostly correct answers. If you don't, then you must find a way to reword the question so the students can work on it again. Be sure most of the students have the concept from the question before you move on to the next question.

DRIBBLE

[AT] After you get your ball, find an own space and begin throwing your ball down to the ground, when it bounces back up, push it down using one hand or the other. Try not to use both hands at the same time.

Does anyone know what this is called in the game of basketball? Dribbling. This time as you dribble, travel around room space.

Guided discovery questions:

1. While you are dribbling and traveling, what do your eyes look at? (Around the room space and at the ball.

Alternate question:

As you are dribbling and traveling, only look at the ball. Can you see where you are going?

This time only look where you are going and not at the ball. Can you tell where the ball is?

This time sometimes look at where you are going and also take some looks at the ball. Which of these three ways worked the best to see where you were going and be able to keep track of the ball.

2. If you want to travel comfortably, and you want to keep control of the basketball, how high should you let the ball bounce before you push it back down again? (About waist high)

Alternate question:

As you travel and dribble, bounce the ball really low. This time bounce the ball very high.

The third time bounce the ball about waist high.

Which way was easiest to control the ball, and still be able to travel around the room comfortably?

3. What part of the hand works best to control the ball as you dribble? (Choices from: Finger pads, palm, and fingertips, back of the hand) (The finger pads)

Alternate question:

When you dribble the ball try using only the very tips of your fingers.

This time use only the palm (show an exaggerated example of this)

Try using the back of your hand

This time use the pads of your fingers which way controls the ball best?

4. Where, in relation to your body, should the ball hit the ground as you dribble? Remember, you don't want anyone to be able to steal the ball as you dribble. (Toward the front, off to the side)

Alternate: This time as you dribble, bounce the ball behind you! Then try some dribbling with the ball directly in front of you. Last, try dribbling so that the ball is off to one side but out in front. Which way was easier to control and protect.

PASSING

THROWING TO A WALL, TARGET OR PERSON

[AT] After you get a ball, find an own space across from a target. Throw the ball at the target.
Guided discovery questions. (Alternate questions are provided within the lessons of this book)

1. Where do your eyes look as you throw the ball at the target? (At the target)
2. What do your arms swing toward as you throw the ball to the target? (Toward the target) Describe the difference between the strong side of the body and the weak side of the body.
3. What direction can the weak leg step to help get your throw to the target? (Toward the target)
4. As you release the ball, what should your palms be facing (the target)?

CHEST PASS

[AT] Use both hands together to throw the ball to the target and release the ball chest height.
Guided discovery questions

1. To get the best grip, and control of the ball, how should your hands and fingers hold the ball? (Thumbs behind, and fingers spread around the sides.)
2. As you let go of the ball, what can your wrists do to give you more power? (Twists or flick your palms outward)

BOUNCE PASS

[AT] Use both hands together to throw the ball to the target so that it bounces on the floor and then continues to the target be sure to release the ball chest height.

1. If you want the ball to bounce up to your partner's waist/chest, where on the ground do you have to bounce the ball? (About 5 feet in front of your partner)

SHOOTING

Guided discovery questions:

(Use the questions from passing sequences as a review and lead up. The skills are identical.)

1. What part of the hoop or basket can you use a target?
The front of the hoop, aim over top. (In relation to where the person is standing) The back of the hoop, aim to drop in front. (same as above)
The back board, aim for the box on the board (same as above)