

PASSING AND CATCHING

PURPOSE

This will develop passing skills needed to play basketball. Students should get past the fundamentals and into the application of each of the passes.

SKILL CUES

Chest Pass

1. Stand with feet shoulder-width apart and knees slightly bent.
2. Hold ball with fingers, not palms. Fingers should be on the sides of the ball and the thumbs on the back of the ball.
3. Hold ball at chest level, elbows out to the sides.
4. Step forward when passing.
5. Extend arms outward and flip thumbs downward, causing backspin on the ball.
6. Focus eyes on target, trying to pass to the partner's chest.

Bounce Pass-Same as chest pass except as follows:

1. Keep elbows at the sides.
2. Focus on a point 2/3 of the way between you and your partner.
3. Extend arms toward the spot 2/3 of the way to your partner.
4. Bounce the ball up to the partner's waist.

Two-Hand Overhead Pass

1. Hold ball with both hands above the head, elbows out to the sides.
2. Extend the arms and flick the wrists, fingers pointing down.
3. Focus on a point on the partner's shoulders.
4. Release the ball at the forehead.

One-Hand Bounce Pass

1. Begin the pass between the shoulders and the waist.
2. Balance the ball with the non passing hand.
3. Place the passing hand behind and toward the top of the ball with fingers extending upward.
4. Keep the passing elbow flexed and close to the body.
5. Push down to a spot on the floor.

Shoulder or One-Arm Push Pass

1. Hold ball with both hands and the pushing hand behind the ball.
2. Bring the ball above and in front of the throwing hand shoulder.
3. Extend the arm and push away from the shoulder toward the target.
4. Just prior to release, snap the wrist.

Catching

1. Step out toward the ball when receiving it.
2. Catch ball with both hands, grasping it with the fingers.
3. Pull ball into the chest.
4. Keep eyes focused on the ball.

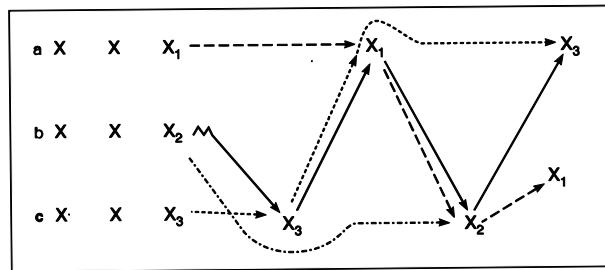
TEACHING CUE

1. Spend more class time on fundamentals if students are having difficulty performing the passes.

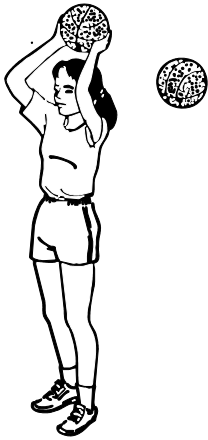
ACTIVITIES (30-40 MINUTES)

1. In partners, present the first three passes (chest pass, bounce pass, and the two-hand overhead pass) and how to catch them, emphasizing the skill cues. Demonstrate the passes as you explain them. (5-7 minutes)
2. Group students in partners 10 feet from a wall target and have them perform the three passes. Have students concentrate on form and accuracy when passing the ball. After five trials with each pass, have the other partner practice the passes. Give the observing partner a check list and they can help coach their partner as they pass. (3-5 minutes)
3. Present the remaining two passes (one-hand bounce pass and shoulder push pass), highlighting the skill cues. Demonstrate each pass. (3-4 minutes)
4. Have partners again pass to the wall target from 10 feet using the two new passes. After five trials of each pass have partners switch. (3-4 minutes)
5. Group students into threes. With students standing 15 feet apart, have two students in the group pass back and forth to each other. The third member of the group, standing anywhere within a marked area, acts as a defender and tries to intercept the passes. Have students use all passes and periodically switch roles and vary the distance between partners. (4-6 minutes)
6. Continuing in groups of threes, have group members pass to each other from 10 to 15 feet away while the receiver moves in various directions. Take turns passing and receiving. The third member serves as a defensive player, first defending the passer and then the receiver. Switch roles so each student serves as a passer, receiver, and defender. (6-7 minutes)

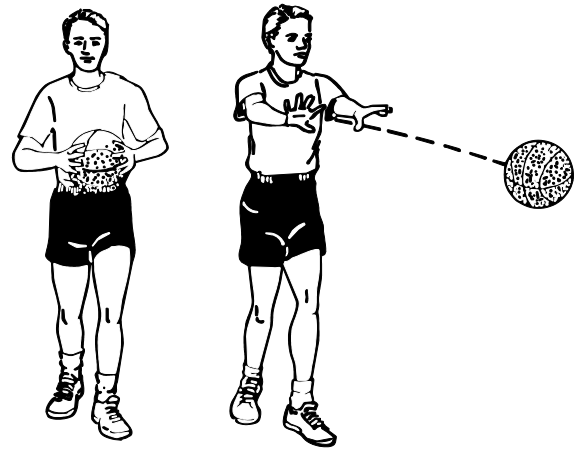
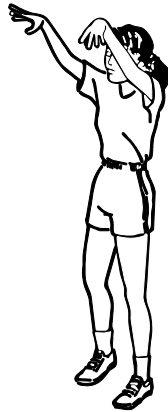
7. Demonstrate the weave, have the entire class find a space on the court to perform the three-person weave. Three students run down the court at the same time about 10 feet apart from each other. The person in the middle starts the weave by passing the ball to one partner and then following down court behind that person. The partner receiving the ball then passes it to the remaining member of the group and moves behind that person. This pattern continues all the way down the court. Require students to utilize a variety of passes as they weave down the court. (6- 7 minutes)



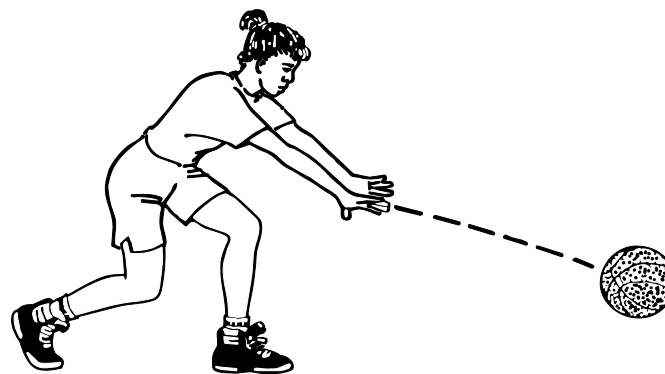
Weave drill



Two-hand overhead pass



Two-hand chest pass



Two-hand bounce pass