

PUSH SHOT

PURPOSE

This develops the fundamental shooting skills of the one-hand push shot. This lesson serves as a foundation for the second lesson on shooting.

SKILL CUES

One-Hand Push Shot (foul shot)

1. Distribute weight evenly over the balls of the feet with the shooting-side leg and foot slightly forward in the stance.
2. Hold the ball about level with the shooting side shoulder .
3. Place the left hand under and to the left of the ball while the right hand is behind and slightly under the ball and the right wrist is cocked.
4. Extend the body upward and push the ball upward using the legs to produce most of the force.
5. Follow through with a gentle wrist snap in the direction of the intended flight.

ACTMTIES (30-40 MINUTES)

1. Present the one-hand push shot (foul shot), emphasizing the five skill cues. Demonstrate shooting (not at a basket) so students can concentrate on proper form. (3-5 minutes)
2. Students practice the shooting form in their own self-space. Students should shoot into the air or against a wall but not at the basket. Emphasis should be on shooting form. (3-5 minutes)
3. Group the class into partners. Have one student hold a hula hoop with one hand at a high level on either side of the body with the arm extended. The partner shoots the ball through the hula hoop from distances ranging from 10 to 15 feet. Switch roles. (3-4 minutes)
4. Assign the partner groups evenly to the six possible baskets. Have one partner in each group shoot at the basket from designated spots on the floor, varying the distance and angles of the shots. Have the other partner rebound and pass the ball back to the shooter. Switch roles after 10 shots. (7-8 minutes)
5. With the same student arrangement, require one student to dribble to a spot and shoot. Switch roles after five shots. After both students have taken five shots change the role of the partner to a passive defender who guards the shooter while backpedaling, but does not block the shot. (7-8 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 fundamentals of the one-hand push shot.