# Part II Basic Basketball Skills

#### Classification of Basketball skills:

Basic skills related with basketball are:

(a) Dribbling, (b) Passing, (c) Shooting, (d) Catching, (d) Rebound, and (e) Offense-Defense

## **Dribbling**

The dribble is an act by which a player repetitively bounces the ball off the floor. Dribbling can be in place as well as while moving.





High dribbling

Low dribbling



**Backward dribbling** 

- Dribbling starts with proper hand and arm motion, as well as body position
- Ask students to push the ball downwards with fingers spread, using specifically fingertips, not palms
- Dribble with your head up and continuously look around to pass effectively to a teammate
- The feet should be well spaced, one foot slightly in advance of the other, knees slightly bent and the trunk also bent forward at the waist

- Initially ask players to practice dribbling with two hands so that it keep going and later practice dribbling with dominant, nondominant hand
- Practice various types of dribbling for e.g., low, high, backward etc.
- Explain that students dribble with caution and at the same time utilizing various defensive strategies to learn how to defend the ball

# **Passing**

A play that involves one player throwing the ball to another.



**Passing** 



- Passing starts with hand and wrist movement as well as proper arm position
- Pass the ball with two hands unless condition require the use of only one hand
- See the player to whom the pass is to be made just an instant prior to making a pass
- Explain them to use a flip of the wrist with slight arm movement
- Keep most of the passes waist high or chest high
- Practice faking, catching as well as pivoting for effective pass
- Practice the overhead, side, and bounce pass to avoid the defense

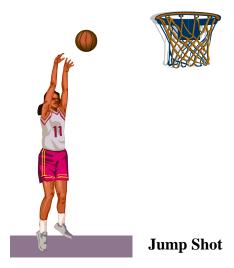
- Explain the importance of timing and how to use bounce passes, which is especially effective in traffic
- Learn accurate passing lessons with defensive strategies

## **Shooting**

The act of throwing the ball towards the basket in an attempt to score.



Right handed lay up



- Use two hands most of the times with equal force
- Shoot high enough with the ball traveling in high arc and drop into the basket
- Do not target at the rim of basket
- Learn to shoot from all angles on the floor
- Use the backboard while shooting from either side
- Do not hurry for shooting but learn to shoot under pressure

- Shoot only when you are completely ready or pass the ball
- Master the short shots first, just flipping the wrist and using the legs for lift, then bring in the guide hand
- Follow up all shots

## **Catching**

It is the act of stopping the ball and takes possession of it by a teammate. Possession of the ball is key factor in basketball game. The ball should be obtained as quickly as possible and possession is retained until a basket is scored.





Over heard catching

- Follow the basketball from the movement it leaves the hands of the passer
- Assume a ready position (i.e., bring hands forward to catch)
- Always ask players to move a little towards the ball and try to catch it in the center of the body with two hands

- Keep the fingers and thumbs well spread, palms cupped, hands parallel and palms towards each other
- Do not catch the ball against the body. Handle it at arm's length and in a favorable position for a quick pass or shot
- The receiver can also move towards the ball with both hands stretched to meet the ball
- Expect to catch the ball about chest height but make the catch whether the ball comes high, low or to either side

## Rebound

The act of gaining possession of the basketball after a missed shot. (Wikipedia, 2008)



Player ready to rebound





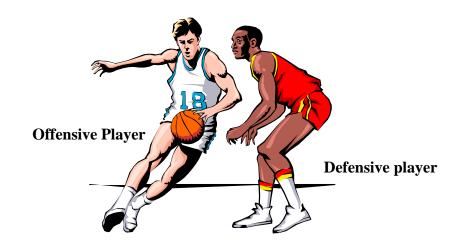
Player ready to rebound

#### Teaching points -

- Locate the opponent and get the position between player and the basket (i.e., inside position)
- Get and maintain possession of ball by moving it out or down the court
- In offensive rebounding
  - Learn to raise the hand to chest level, and at the peak of jump, tap the ball into the basket or off the backboard into the basket
  - Learn effective tipping (i.e., the tap which is made off the fingers with alight snap of wrist)
  - Learn shooting after rebounding
  - Encourage shots without dribbling
- In defensive rebounding
  - Get the inside position (i.e., ball-defender-basket)
  - Learn effective block out an opponent
  - Learn jumping for the ball; obtain complete control on landing then effective pass to teammate
  - Learn outlet, long air/baseball pass when the teammate is open at the other end of court
  - Learn to use two handed over head pass or chest pass to a teammate who is around the mid court area
  - Utilize dribbling after rebound to eliminate passing errors
  - Utilize opportunity for transition into offense

#### Offense-Defense

Offense refers to the team which has possession of ball. It also refers to the method a team uses to score the basket, as well as, a team's scoring ability. On other hand defense refers to the team without the ball whose main focus is to prevent the opponents from scoring a basket.





## Teaching points -

# • Offense

- While dribbling keep the head up, constantly looking for an opening
- Always look long first and look inside during half court play
- Never stop dribbling until you pass the ball to a teammate
- Never dribble into a trap; when you recognize a trap pass, do not dribble
- Don't dribble in place, only dribble when you are going somewhere fast
- Other players without the ball, must always be in position to get a pass
- Players without the ball must always be back, or make sure another player is in back to defend against the fast break
- On the shot go towards the basket for the rebound

#### Defense

- Learn to acquire position between the offensive player and basket
- Learn to cover the opponent player particularly in the areas of court assigned

- Maintain body balance with weight evenly distributed on both feet
- Prevent offensive players from penetrate
- Move arms in feinting and striking action towards the ball
- Be ready to block a shot, spoil a pass, stop a dribble, or meet a pivot
- Focus eyes on misdirection
- Move the feet constantly