

Dribbling Technique

# CONTROL DRIBBLE

# D



1

**HEAD UP**

Looking for a pass

2

**FREE HAND**

High & ready

3

**FINGER TIPS**

Controlling the ball

4

**KNEES**

Soft & ready to run



5

**BALL**

Bounces to waist height



Scan & watch

Shooting Technique

# 'BEEF' SHOOTING



1

## BALANCE

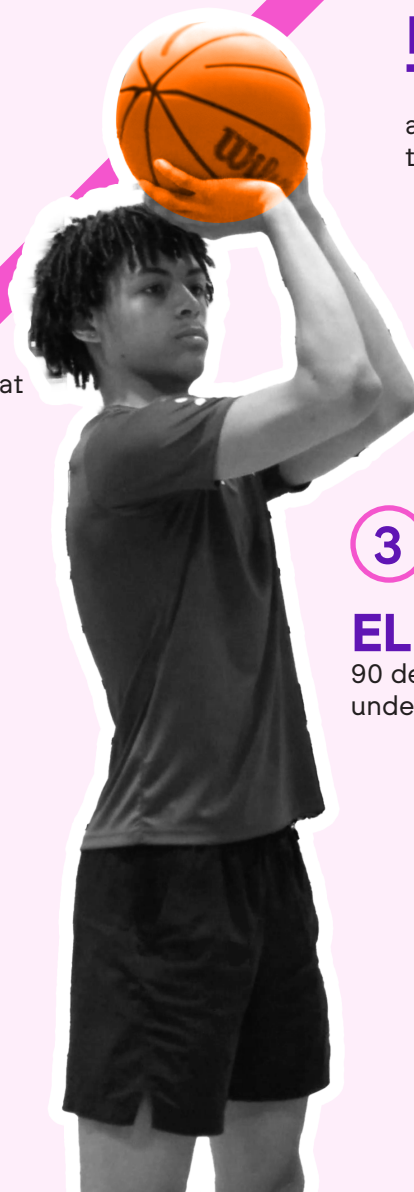
feet shoulders width apart and bend knees



2

## EYES

always looking at the basket



3

## ELBOWS

90 degree and underneath the ball



4

## FOLLOW THROUGH

arm straightens and the wrist points down

D



# TYPES OF PASSING



## **BOUNCE PASS**

The bounce pass is used to pass around a defender who is closely marking the player with the ball



## **CHEST PASS**

The chest pass allows for a direct pass from one player to another and is the fastest way of passing



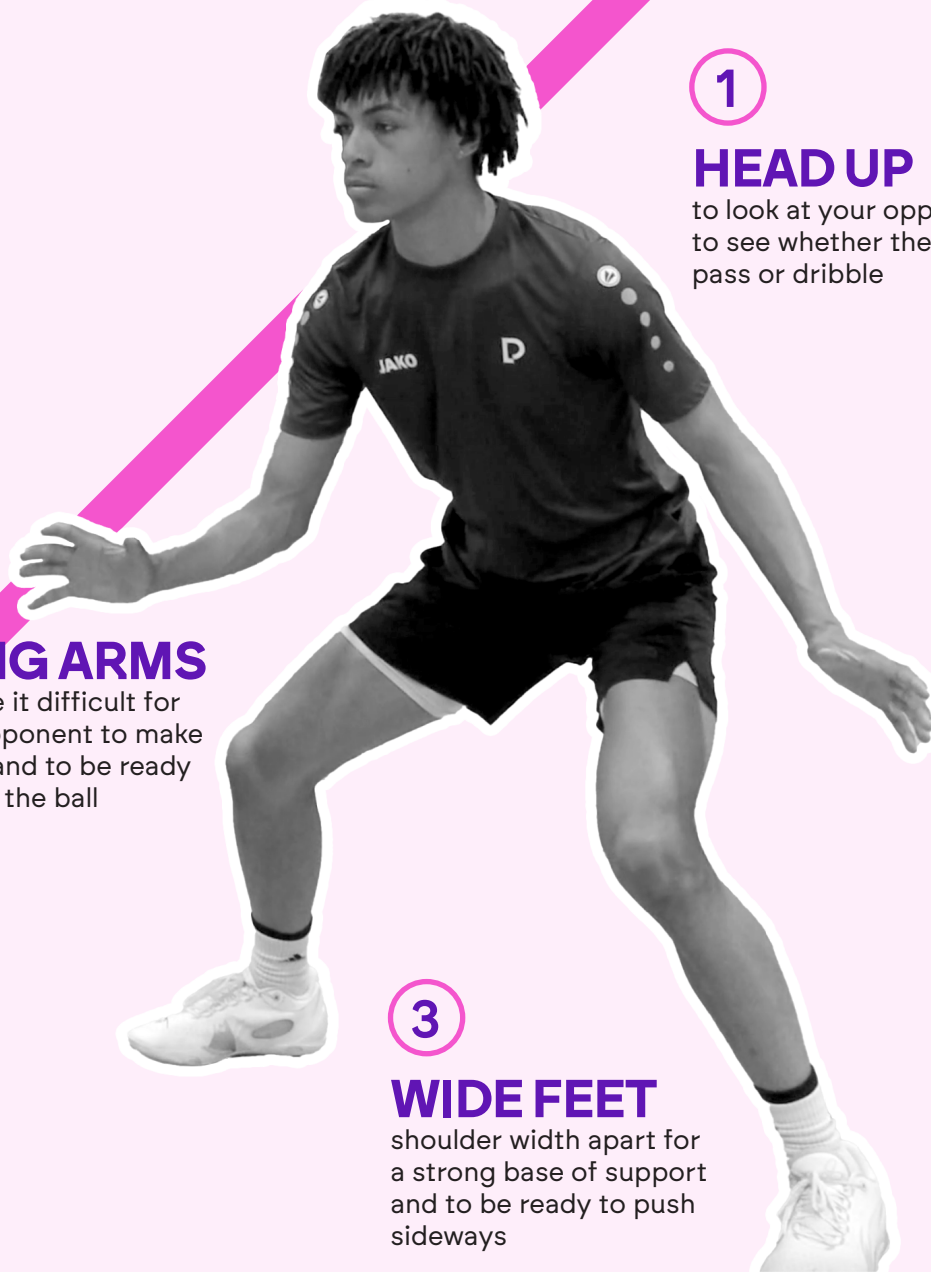
## **OVERHEAD PASS**

The overhead pass is used to pass over a defender when there is not clear path to a teammate



Guarding Technique

# BIG BIGGER BIG DEFENCE



1

## HEAD UP

to look at your opponent to see whether they will pass or dribble

2

## LONG ARMS

to make it difficult for your opponent to make a pass and to be ready to steal the ball

3

## WIDE FEET

shoulder width apart for a strong base of support and to be ready to push sideways

# KEY BASKETBALL SKILLS



## DRIBBLING

used to maintain control of the ball while moving around the court



## PASSING

allows players to move the ball quickly around the court



## SHOOTING

used throughout the game to score points



## DEFENDING

used to stay in front of opponents to prevent them from getting to the basket

