**Basketball Skills Notes**

Name: Date:

1. **Triple Threat (Ready) Position**
	1. Hold the ball tight to the body with your shooting form (90 degree elbow & wrist flexed)
	2. Legs are bent and ready to move 🡪 Feet Shoulder width with one foot in front of the other.
	3. Called Triple threat because from this position one may pass, shoot or dribble.
2. **Passes:**
	1. Chest
		1. Both hands on the ball holding it to your chest (hence name)
		2. Step towards and extend arms to target (teammates chest) 🡪 push ball away
		3. Follow through to finish with thumbs pointing to target (create backspin)



* 1. Bounce
		1. Same as the chest pass; however, your target is now the floor about$ \frac{2}{3}$ of the way to your teammate.
		2. Your follow through (thumbs) should create backspin that will cause the ball to rise after the bounce.



1. **Shooting:**
	1. Ball rest in the pads of the shooting hand (NO Palm Touching) with your wrist back like a waiter holding a tray on her shoulder.
		1. Ball should be just in front of your face, or on the shoulder 🡪 whatever feels comfortable
		2. Opposite hand just helps balance and guide the ball to go straight 🡪 Should be barely touching
	2. Extend into your shot – start with legs (most powerful and should be used most), then arm up at about a 45 degree angle
	3. Follow through to your target by snapping/flexing your wrist as if you are reaching into a cookie jar.
		1. Ball should come off the finger tips to create backspin



1. **Lay Up** 🡪 Use your same shooting form as above:
	1. Dribble towards where the hoop and backboard are attached at a 45 degree angle from the backboard
	2. Extend as high as you can up to the basket with your shooting hand and leg, for the side of the basket you are on (left hand + leg for left side; right hand + leg for right side)
	3. Aim for the near top corner of the small rectangle painted on the backboard (top left on left side, etc.)



1. **Dribbling**:
	1. Contact with the ball is pads of hand (**NO PALM**)
	2. Keep the ball close to the body for controlled dribble 🡪 Just in front of the outside of your feet
	3. Push the ball down into the ground (slightly in front of you; in the direction you wish to go)
		1. Push further in front if there is no one there (break away), and run on to the ball