



BASKETBALL ENGLAND

SKILLS CARDS



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SKILLS CARDS INTRODUCTION

The Skill Cards in this pack have been developed as a resource to support you in planning and delivering basketball sessions.

The Skill Cards cover the basic skills involved in basketball and will aid a player's development.



COACHING POINTERS

Decision

The players makes a choice of:
What to do
When to do it
How to do it
When to stop doing it

Follow Through

Once the action has been completed the actual follow through of the body.

Position

The player gets their body into the right position; feet, arms, legs, trunk, head, hands, eyes.
Where and how the hands are positioned on the ball.

Action

The actual action needed to do the skill.



BASKETBALL STANCE - TRIPLE THREAT

The Basketball Stance will allow a player to move quickly in any direction. If a player is in this position holding a ball they should hold it at chest height to one side of the chest – this is then known as the triple threat position. This position can then allow a player to SHOOT, PASS or DRIBBLE.





BASKETBALL STANCE

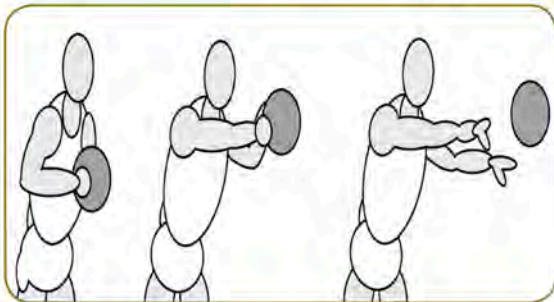
Coaching Points

- Feet approximately shoulder width apart.
- Weight evenly distributed on the balls of the feet.
- Hips slightly flexed. Back straight. Head up.
- Hands pointing up ready to catch or intercept a pass.



CHEST PASS

The Chest Pass is used over short distances and is passed direct from the chest of the passer to the chest of the receiver. Ideal for less experienced players.





CHEST PASS

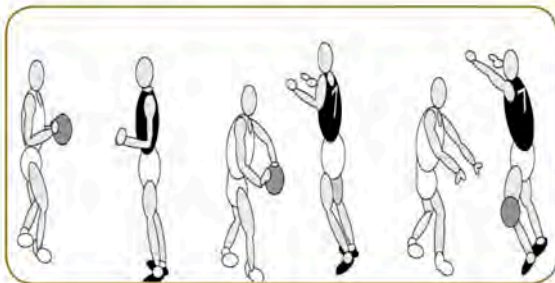
Coaching Points

- Use two hands to make the pass.
- Ball in two hands with thumbs behind the ball and fingers along the side.
- Pass using a sharp extension of the arms, wrist and fingers.
- Make the pass from in front of the chest so that it goes direct to the team mate.
- Follow through fully with arms extended and fingers pointed in the direction of the pass.



BOUNCE PASS

The Bounce Pass is effective when there is an opponent between the passer and receiver and particularly when the opponent is tall and/or has their arms up. The pass is slower and will take longer to reach a team mate.





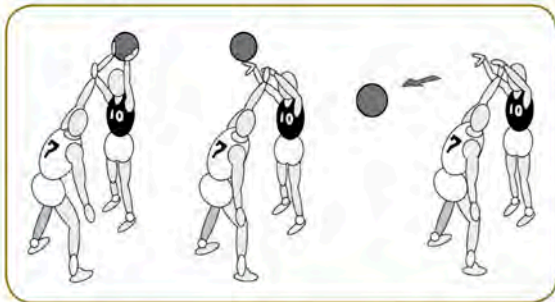
BOUNCE PASS

Coaching Points

- Use two hands to make the pass.
- Start the ball in a lower position compared to that of the chest pass.
- Ball in two hands with thumbs behind the ball and fingers along the side.
- The arms extend down on the pass. Ball bounces to the team mate along the floor.
- Follow through fully with the arms extended in the direction of the pass.
- When players are competent encourage to use as a one handed pass.

OVERHEAD PASS

This is a direct pass made from a high position and is useful for a tall player passing over a smaller or close marking opponent.





OVERHEAD PASS

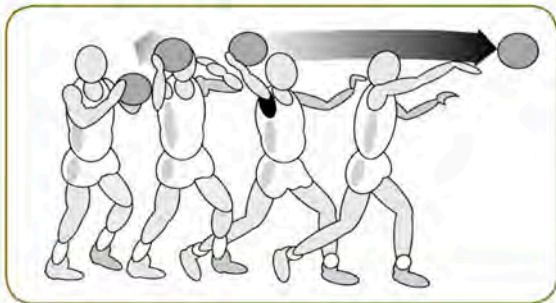
Coaching Points

- Start with ball in two hands above head height.
- Use a vigorous snap of the wrist and fingers to propel the ball forwards.
- Fingers point in direction of pass.



JAVELIN PASS

The Javelin Pass is normally used to make a long pass down the court.





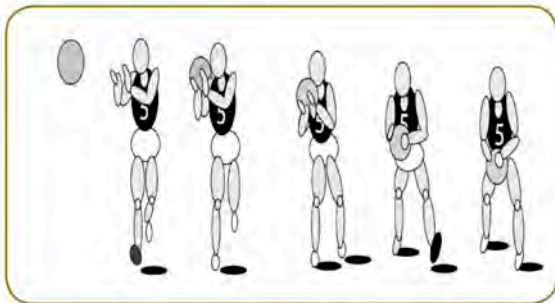
JAVELIN PASS

Coaching Points

- The ball is brought into position behind the ear, elbow is bent.
- Starting stance, the body is turned side on with shoulder pointing in the direction of the pass.
- Pass with one hand behind the ball, supporting hand on the ball for as long as possible.
- As the pass is made weight is shifted forward onto the front foot.
- The pass finishes with a quick snap of the wrist and fingers.
- Fingers point in direction of pass.

JUMP STOP

In this type of stop a player lands on both feet simultaneously. As a consequence they can choose which foot to use as their pivot foot.





JUMP STOP

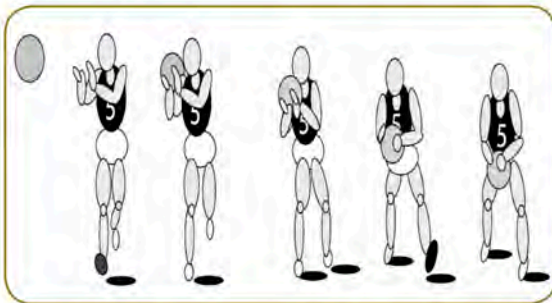
Coaching Points

- Players land on two feet simultaneously.
- Important to bend knees to cushion the landing.
- Feet should be shoulder width apart.
- Remain in balance knees slightly bent (triple threat position).



STRIDE STOP

The stride stop is also referred to as the 1-2 count stop. In this type of stop a player uses one step to come to stop.





STRIDE STOP

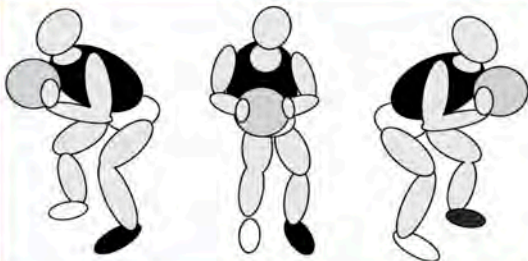
Coaching Points

- Having caught the ball with both feet off the ground to player lands on one foot, which becomes the pivot foot.
- The trailing foot strides forward of the pivot foot and secures the balance on landing.
- The action should be a natural running action into the stop.
- Players should be taught not to favour a particular 1-2 sequence, ie left - right or right - left, they should practice both.



PIVOTING

Pivoting enables a player to improve their position on the court to receive, shoot, pass or dribble the ball without violating the rules.





PIVOTING

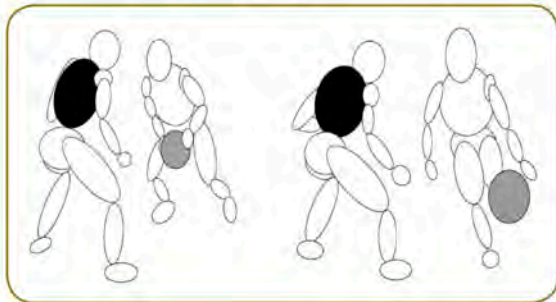
Coaching Points

- The pivot foot is the one that remains in contact with the floor while the player moves in a new direction.
- Bend knees.
- Feet shoulder width apart.
- Forward pivot – stride leg is ahead of pivot foot.
- Rear pivot – stride leg is behind the pivot foot.



DRIBBLING

Dribbling is used to advance the ball up the court, to a position closer to the basket, to evade an opponent or to create a better passing angle.





DRIBBLING

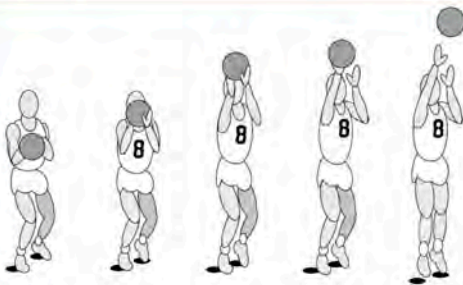
Coaching Points

- Spread fingers comfortably 'over the top of the ball'.
- Touch ball with the 'pads' of the fingers.
- Push ball firmly down to the floor using hand, wrist and arm to control the height of the ball.
- Do not slap the ball.
- Keep hand on top of the ball to ensure it rebounds accurately to the hand.
- Keep head up and be aware of team mates and opponents.
- Practice with both hands and changing speed and direction.



SET SHOT

This type of shot is used for longer range attempts and for free throws. The shot uses a continuous action throughout.





SET SHOT

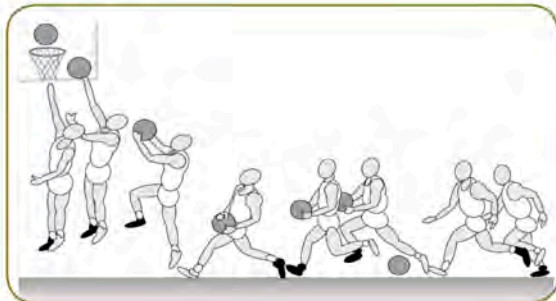
Coaching Points

- Stand facing target.
- Feet shoulder width apart.
- Knees slightly bent.
- Eyes on target throughout the action.
- Hold the ball in front of chest, in dominant hand at the the side of the body in line with shoulder.
- Place shooting hand slightly under ball, fingers pointing up. Keep elbow under the wrist.
- Support ball with non-shooting hand. Initiate action by straightening the legs.
- Drive up through the body, lifting the elbow and shooting arm upwards.
- Finish with a strong wrist and finger snap.
- Fingers should be pointing to basket with index and or middle fingers moving through the middle of the ball to create back spin and a soft release.



LAY UP SHOT (RIGHT-HANDED)

This type of shot is used by a player who runs towards the basket and receives a pass or by a player who gathers the ball at the end of a dribble and shoots from a running jump.





LAY UP SHOT (RIGHT-HANDED)

Coaching Points

- Run, jump up towards target and reach up to score.
- Look up at target.
- Ground the right foot; stride through with slightly longer step with left.
- Jump from left foot towards the basket.
- Take the ball up in front of the body so that the dominant (right) hand is behind the ball.
- Use the right hand top corner of the smaller square as the target.
- Release ball with shooting arm at full stretch against backboard so that it drops into the basket.
- Reverse above for left-handed shot.
- Fingers should be pointing to basket with index and or middle fingers moving through the middle of the ball to create back spin and a soft release.



Written and Edited by Brian Aldred and Emma Wagstaff.

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