



## Year 8 Basketball: Lesson 1 – Fundamentals

### Big Question

How can we demonstrate the key fundamental techniques and skills in Basketball?

### Warm Up

Here is a warmup from a conditioning coach for basketball. Have a look and see what exercises you can do

[https://www.youtube.com/watch?v= RJcshJC84k](https://www.youtube.com/watch?v=RJcshJC84k)



Fundamental techniques are really important in basketball as it means that you can use different skills to beat opponents and be effective in games.

Key fundamentals include: Passing, dribbling and shooting.

The practices below could be done at the park or in your own garden. Team up with a family or friends to complete these if you can, but remember to socially distance if you are meeting up with a friend. All you will need is some objects to use as marker cones and a ball (if you haven't got a basketball any other soft ball that will bounce reasonably well will do!)

#### **Activity 1 – Ball handling**

Here is a great ball handling exercise to try, it has been specifically designed for the Home so give it a try. If you haven't got a basketball any ball will be good to have a go with.

<https://www.youtube.com/watch?v=kW4D9iM8cDs>



#### **Activity 2 – Passing**

Try the following passes that are included in the video below. You just need a target which could be a wall or another person if they are available.

Try using both hands and the different passes on the video.

From the basic chest pass to the behind the back pass!

<https://www.youtube.com/watch?v=CHiF5menqDA>



#### **Activity 3 - Shooting**

Choose a target, this could be a brick on a wall and try and shoot to hit the target. Then challenge other friends/members of the family to beat your total or the time it takes to get 10 shots on target.

Use the checklist and video on the resource to check your shooting fundamentals

[https://www.wikihow.com/Perform-a-Set-Shot-\(in-Basketball\)](https://www.wikihow.com/Perform-a-Set-Shot-(in-Basketball))

*Up the challenge*

Set up a 1v1 game to challenge your family and friends at.



### Get inspired

If you want to challenge yourself further or enjoyed this session and just want to do more, then take a look at these home based challenges.

Be careful not to damage anything though!

<https://www.youtube.com/watch?v=XvkgSloWYnw>

