



Year 8 Basketball: Lesson 1 – Shooting

Big Question

How can we demonstrate the techniques and skills of shooting in Basketball?

Warm Up

1. Complete your own short warm up including a pulse raiser and stretches.
2. Watch this youtube clip and copy some or all of the activities to complete your warm up.

<https://www.youtube.com/watch?v=KzEF-E80W0A>



Passing

Shooting technique is really important in basketball as it means that you can use different shots to score consistently and with accuracy.

Why is the layup more effective as a method of shooting important and how does it make a difference in a game?

Watch the video clip demonstrating how to perform a lay-up accurately.

https://www.youtube.com/watch?v=q4lqeXob_gg

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 – House/tree layup.

Find a suitable target, which doesn't need to be a hoop, that you can try some lay-ups. This could be a brick on a wall or a branch of a tree. How many times can you pass/dribble and then lay-up and hit the target?

If you haven't got a partner you could use a wall to pass against.

Up the challenge

Can you shift hands while you dribble to the target, can you do a reverse or left-handed lay-up?

Activity 2 – 1 v 1 – lay-up

Find someone to act as a passive defender. (if there is no-one available put an obstacle down to mark the place a defender would be). A passive defender should not get the ball but just act as an obstacle.

The defender passes you the ball, then you try and beat them to get to the target and do a lay-up and score? See how many successful attacks you can do out of 10.

Up the challenge

Allow the defender to be fully active to try and stop you. Then maybe you can add players to make the game 2v2?

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!

<https://www.youtube.com/watch?v=vTmkzr1elvl>

<https://www.youtube.com/watch?v=r3JmgNL3HYM>

