



## Year 8 Basketball: Lesson 2 – Passing

### Big Question

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

### Warm Up

Strength and conditioning for basketball plyers is very important  
Watch this clip and copy some or all of the activities to complete your warm up.

<https://www.youtube.com/watch?v=AUGo931nFE0>



### Passing

Passing technique is really important in basketball. The ability to perform the basic passes reliably in a game creates scoring chances. First of all practice the basic passes, you will have done these before. See the passing sequence below to check your basic technique.



- Chest pass
- Bounce pass
- Overhead pass

The passes could be done at the park or in your own garden. All you need is a ball (if you haven't got a basketball any other soft ball that will bounce reasonably well will do!)

#### Activity 1 – More complex passes

Find a suitable target so that you can try so these are more complex types of pass!  
Watch the video clip demonstrating how to perform the different passes accurately.

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

[https://www.youtube.com/watch?v=eBXm\\_ystSvI](https://www.youtube.com/watch?v=eBXm_ystSvI)



#### Activity 2 – Passing game

Try this set of passing games to challenge you to repeat your skills in a more competitive situation.

<https://www.youtube.com/watch?v=Sc8ktctLxLQ>



### 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=ldnZjPedgpQ>

