

A close-up photograph of a brown basketball with black lines, resting on a wooden basketball court floor. The ball is positioned on the left side of the frame, and the floor has a black line running across it. The background is dark, making the ball and floor stand out.

Basketball – Grade 3

Review and refine the Hand Dribble and Passing

Essential Questions:

- How does playing a game like Basketball improve your fitness level?
- What does control mean and how does it apply to basketball?
- How is practice related to a person's ability to control a basketball? How do you know your answer is true?

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- These are questions to think about while practicing these skills. I would love to hear your answers if you would like to email me!


Objectives:

- I will develop and refine basketball skills such as dribbling and passing
- I will throw and catch lead passes with a partner or wall working hard to rid the ball quickly after catching the ball cleanly.
- I will identify and demonstrate key basketball components when using lead passes.

Ball Handling and Dribble Cues

Click the link below and then try them out!

<https://safeYouTube.net/w/Xfh4>

When practicing the Hand Dribble, remember these helpful hints 



Ready Position



The Hand Dribble is one of the most important skills in Basketball. Dribbling is used to move the ball up and down the court and also to move away from an opponent.

Here are some helpful hints!

I hope that you take the time to practice at home with friends and family!



Ball below your waist.



Take turns with your hands!



Use your fingertips!



Eyes up!

Lead Passing:

Passing the ball into the space ahead of a moving receiver so that the ball and receiver meet at the same time.

Check out the “Grade 3 Video” for a quick review!



Chest and Bounce Pass Cues:

Chest Pass

Step towards target

Flick your wrists (palms face in then out or thumbs up then thumbs down)

Extend arms to target

Bounce Pass

Step towards target

Flick your wrists (palms face in then out or thumbs up then thumbs down)

Extend arms 2/3 way to target

How did you do? Let's review...

- Can you...
- Use your fingertips (fingerprints) when ball handling?
- Keep your eyes up more than looking at the ball?
- Step, flick, extend your arms straight when chest passing?
- Aim 2/3rds of the way towards your target when bounce passing?
- Pass the ball ahead of your receiver when lead passing?
- Have fun?

Stay Tuned...

- Next week -
- Proper Shooting Technique!
- Let me know how you're doing!