

Skill Activities

Two-Ball Passing

With a partner, each with a ball, pass the balls back and forth at the same time (i.e., bounce pass versus air pass) to work on eye–hand coordination.

Activity 7.13 Circuit Station Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics). Reprinted, by permission of P. Darst and T. Johnson; modified from Darst and Pangrazi 2009.



Skill Activities

Key Dribbling

Practice dribbling while moving on the lines around the key, baseline, three-point line, and so on.

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Skill Activities

Shooting

Work on shooting skills from various distances.

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Skill Activities

One-on-One

Play a short game of one-on-one with a partner.

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Skill Activities

Your Choice

Practice whatever skill you want here.

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Skill Activities

Layups

Work on various layups such as right- versus left-handed, baseline, reverse, underhand, and so on.

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Fitness Activities

Push-Ups

With your hands on a basketball, perform push-ups on the toes or knees.

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Fitness Activities

Basketball Squats

Hold a basketball in front and perform squats, going down until your legs are parallel to the floor.

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Fitness Activities

Plank

In prone position, elevate your body with only your forearms and toes touching the floor. Hold this position, keeping your body parallel to the floor.

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Fitness Activities

Overhead Jumps

Hold a basketball overhead and jump as high as possible.

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Fitness Activities

Push-Up Coffee Grinders

With your hands on a ball in push-up position, travel with your feet in a circle around the ball using an even pace.

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