

## Basketball: Dribbling and Shooting

### MOKYTOJO UŽRAŠAI

#### Krepšinio terminų ir aktyvių frazių žodynėlis

<b>ENGLISH</b>	<b>LITHUANIAN</b>	<b>NOTES</b>
<i>Basketball court</i>	<i>Krepšinio aikštelė</i>	
<i>Bend the knees</i>	<i>Sulenkti kelius</i>	
<i>Defence</i>	<i>Gynyba</i>	
<i>Dribble / dribbling</i>	<i>Varytis kamuolį/ varymasis Driblingas</i>	
<i>Dodge</i>	<i>Apgaulingas judesys</i>	
<i>Dunk</i>	<i>Dėjimas į krepšį</i>	
<i>Free throw</i>	<i>Baudos metimas</i>	
<i>Free throw line</i>	<i>Baudos metimo linija</i>	
<i>Foul</i>	<i>Pražanga</i>	
<i>Hit/score a shot</i>	<i>Pataikyti į krepšį</i>	
<i>Jump ball</i>	<i>Ginčo kamuolys</i>	
<i>Keep the balance</i>	<i>Laikyti pusiausvyrą</i>	
<i>LBF (Lithuanian Basketball Federation)</i>	<i>Lietuvos krepšinio federacija</i>	
<i>Miss a shot</i>	<i>Nepataikyti į krepšį</i>	
<i>NBA (National Basketball Association)</i>	<i>Nacionalinė krepšinio asociacija (JAV)</i>	
<i>Pass</i>	<i>Perdavimas</i>	
<i>Referee</i>	<i>Teisėjas</i>	
<i>Shot (jump shot)/ shooting</i>	<i>Metimas/ mėtymas</i>	
<i>Shoot the (basket)ball</i>	<i>Mesti kamuolį į krepšį</i>	
<i>Sideline</i>	<i>Šoninė linija</i>	
<i>Stance</i>	<i>Stovėseną</i>	
<i>Take/make/ launch a shot at the basket</i>	<i>Mesti kamuolį į krepšį</i>	

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### UŽDUOČIŲ ATSAKYMAI

#### Task 1.

1 g 2 a 3c 4m 5n 6f 7i 8e 9k 10d 11h 12b 13l 14j

#### Task 2. Galimi atsakymai

##### 1<sup>st</sup> component -- stance

Notes: knees bent, not leaning to the sides, keeping the shoulders and the balance.

##### 2<sup>nd</sup> component – position of the eyes

Notes: keep your eyes up, shouldn't be looking down while dribbling, see the court.

##### 3<sup>rd</sup> component – position of the opposite hand

Notes: keep it out to protect be ball from stealing

#### Task 3. Galimi atsakymai

1. When you are dribbling the ball, make sure your hand is loose on the ball. Your hand shouldn't be tight. You should feel comfortable and relaxed. We do not place the full palm on the ball; instead we use only the fingertips for control. Make sure that the fingertips are pointed forward.

2. You should keep the ball right by your side, just a little bit in front of your feet. You should keep the ball bouncing nice and low, so that it is not exposed to the defence.

3. You should keep your knees bent, keep your hips low, the lower we are, the better to protect the ball from stealing and to control it. You shouldn't lean to one side. The ball should be bouncing below your waist.

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4. The eyes should be kept up all the time while dribbling. You must see the court and the defence.
5. You should keep the opposite hand out, so that it is ready to protect the ball.