MOKYTOJO UŽRAŠAI

Krepšinio terminų ir aktyvių frazių žodynėlis

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

Basketball: Dribbling and Shooting

UŽDUOČIŲ ATSAKYMAI

Task 1.

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

Task 2. Galimi atsakymai

1st component -- stance

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

2ndcomponent – position of the eyes

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

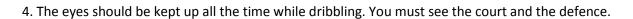
3rd component – position of the opposite hand

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.

Basketball: Dribbling and Shooting



5. You should keep the opposite hand out, so that it is ready to protect the ball.