

Basketball: Dribbling and Shooting

WORKSHEET

BEFORE WATCHING THE VIDEO

Task 1. In pairs or small groups match the ENGLISH expressions with LITHUANIAN equivalents.

1. fingertips 2. to keep the hand loose/ tight on the ball 3. hand placement 4. palm
5. forward 6. ball placement 7. to expose 8. stance
9. to keep the knees bent 10. to drop the hips 11. defence 12. below the waist
13. to be balanced 14. to lean to one side

- a) ranka ant kamuolio atpalaiduota/ įtempta b) žemiau juosmens c) rankos pozicija
d) nuleisti klubus e) stovėseną f) kamuolio pozicija
g) pirštų galai h) gynyba i) atsidengti j) pasvirti į vieną pusę k) keliai sulenkti
l) išlaikyti pusiausvyrą m) delnas n) pirmyn

1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 ___ 11 ___ 12 ___ 13 ___ 14 ___

WHILE WATCHING THE VIDEO

Task 2. Put down the three main components of dribbling and take some notes to describe them.

1st component -- _____

Notes:

.....
.....
.....

2nd component -- _____

Notes:

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.....
.....

3rd component -- _____

Notes:

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AFTER WATCHING THE VIDEO

Task 3. In groups take turns to describe the following aspects of dribbling to other group members:

- 1. The hand position on the ball*
- 2. The ball position while dribbling*
- 3. The player's stance while dribbling*
- 4. The position of the eyes*
- 5. The position of the opposite hand*

DRIBBLING PRACTICE

Task 4. In pairs or small groups practice dribbling, use the tips that you have learned from the video: while one person is dribbling, the other/others is/are giving feedback on how the dribbler is succeeding.

For example:

- You should make your hand loose,*
- You shouldn't use your palm,*
- Don't expose the ball to the defence,*
- Keep the balance*
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