

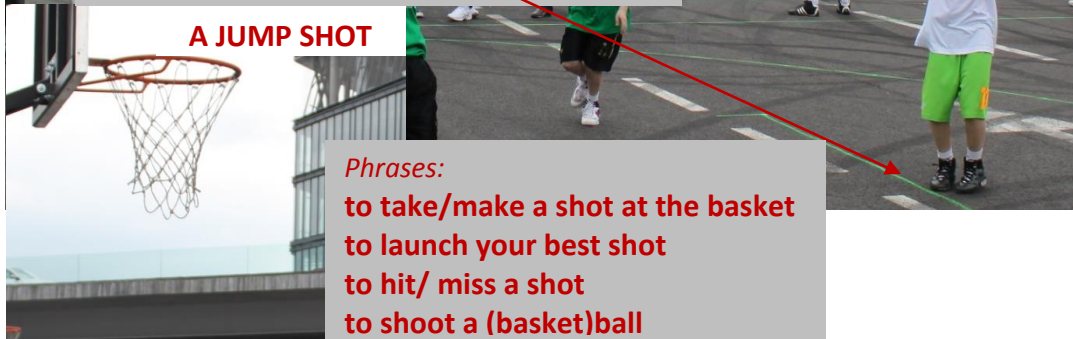
Basketball: Dribbling and Shooting



A FREE THROW

Phrases:

to be awarded a free throw after a foul
to step up to the free throw line
to not step on or over a free throw line



A JUMP SHOT

Phrases:

to take/make a shot at the basket
to launch your best shot
to hit/ miss a shot
to shoot a (basket)ball



HOW TO LAUNCH YOUR BEST SHOT

- Face the basket and point your feet into its direction. Your "shooting" foot should be slightly in front of the other. There is no perfect stance. Once you find the stance that suits you best, use it every single time. You should get so used to your stance that you don't have to think about it to let a great shot fly.
 - Bend your knees slightly so that you are in a position to jump as soon as you have the ball.
 - The ball and your shooting eye should form a straight line to the basket. Holding the ball too high or too low greatly affects the accuracy of your shot.
- Release the ball with your shooting hand aimed at the basket. Straighten your elbow and snap your wrist so that the ball arches rather than moving toward the basket in a straight line.
- Roll the ball off your fingertips toward the basket. When the shot is complete, your shooting hand will resemble the shape of a swan; your arm is arched elegantly toward the basket, with your hand loosely cocked downward and your fingers pointed toward the hoop. This is called follow through.

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Task 5. Read the text. Are there any words or expressions that you do not understand? Get in small groups and looking at the two pictures try to figure out the meaning of the unknown words. If necessary, consult the teacher.

Notes:

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Task 6. In groups of three practice shooting at the basket:

Group member 1 – try to remember the hints for taking a shot that you read in the text and give adequate instructions to **Group member 2**. For example, *face the basket, bend your knees slightly, etc.*

Group member 2 – take the ball and practice to launch your shots carefully following the instructions of **Group member 1**.

Group member 3 – follow the text and listen to the instructions of **Group member 1**, if you think he/ she says something incorrectly, make a correction. For example, You haven't said that he/she should bend the knees slightly, you have forgotten to mention the position of his/her hand, etc.

Exchange the roles and repeat the exercise again.