

Power Skills



Great Games

Moving skillfully and thinking strategically

HOOP DREAMS

Ready

Learn The Skills

- Invite a family member or friend to join you.
- Warm-up by doing some walking type activities then some light stretching.

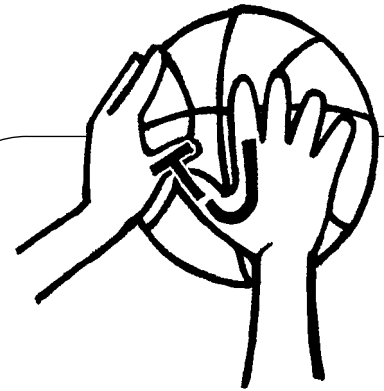


Prepare to shoot

- Make a "V" with your elbows and hold the ball at eye level. You should be able to see the basket just over the top of the ball.
- Your lower body makes a "Z".

Shoot and follow-through

- Shoot with your legs and arms in a smooth motion.
- Create a backspin by "waving goodbye" with the shooting hand.



Practise holding the ball properly:

How to hold the ball:

- One hand makes a "J".
- The other hand makes a "T".
- The "J" hand holds the weight of the ball and the "T" hand helps steady and guide the ball.

I Can...

Practise shooting with good form.

- Hold the ball properly (J and T).
- Prepare to shoot properly (V and Z).
- Follow-through properly (Wave goodbye).

Heart Leaders!

Invite a younger family member or neighbour to join you. Teach them what you know!



Power Skills



Set!

- Find a basketball hoop to play with. You only need one!
- If you don't have a hoop, make a box on the wall with chalk.



Go!

- Play the Game and have fun!
- Change positions frequently.

Turn up the heat!

You add the challenge!

Add new rules, increase the number of people playing to create some new variations on the game!

Learn the Game

- Mark off a playing area that is 8 giant steps wide and 10 giant steps back.
- Jack is the 'passing only player'. Jack always helps the person that has possession of the ball but is never allowed to score.
- For instance, when Abdul has the ball, Jack is his partner. When Monica gains possession of the ball, Abdul now becomes her partner.
- The "passing only player" helps each player make their "Hoop Dreams!"



Pass With Perfection!

Key Features of the chest pass:

- Keep your eyes on the target.
- Place hands on the sides of the ball.
- Elbows in, ball at chest height.
- Take a step forward as you pass.
- Finish the pass with palms facing out and thumbs down.

Bounce Pass

A bounce pass is the same as the chest pass except you aim the ball to the floor, 2/3 of the distance between you and your partner.



Heart Leaders!

Create a new game that uses both passing and shooting. Gather some neighbours together to practise skills. Then start a round-robin tournament. Play each game to 5 points then change groups!

