



WEEK **9**

THREE + FOUR

GOAL

> To identify and practice the key skills involved in the game of basketball

Don't forget to click on the video icons to watch demonstrations by Emma!



INVASION: BASKETBALL

EQUIPMENT

- > Device to watch videos
- > A ball that bounces
- > Hoop/target
- > 3 targets

1 FIRST: warm up



2 hand throw + 2 hand catch X20
 2 hand throw + 1 hand catch X20
 1 hand throw + 1 hand catch X20
 Throw - touch ground - catch X10
 Throw - spin around - catch X10

2 NEXT: BALL HANDLING



Figure of 8 X20
 Body wrap X10
 Drop + catch X10
 Sit + bounce X20
 Kneel + bounce X20
 Hop + bounce X10
 Bounce-spin-catch X10
 Bounce through legs X10

3 THEN: SHOOTING



If you don't have a basketball hoop create a target. Use a laundry basketball, or choose a spot on a tree or wall.
 Shoot 30 baskets!

4 FINALLY: TARGET THROWS



Set up 3 targets
 Throw the ball underarm and hit each target X 5
 Repeat but use opposite hand
 Repeat but this time use a chest pass

GOAL REVIEW



- > I can control a ball through ball handling exercises
- > I can shoot the ball towards a target or in a hoop
- > I can throw a ball and hit a target

MPPS RACE AROUND AUSTRALIA
 Don't forget to fill out your exercise journal and email to Emma each Friday!

