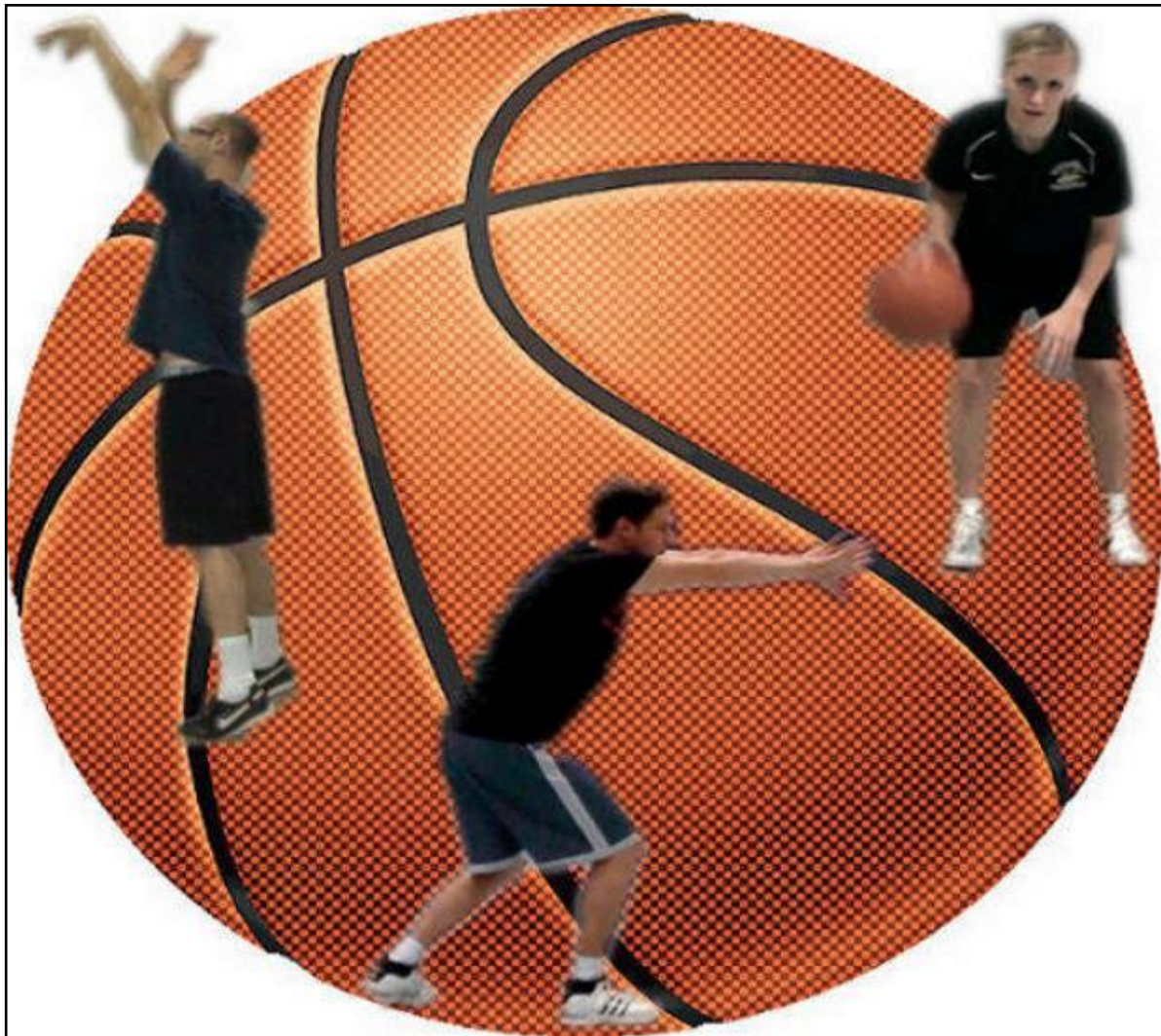


BASIC BASKETBALL SKILLS PASSING



Overview

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Basic skills of basketball

Shooting-passing-dribbling (S-P-D)

The basic skills of basketball are shooting, passing and dribbling. Learning these techniques is a requirement for a rule-consistent basketball game.

In basketball there is a basic position, the so called 'SPD position' or 'ready-position'. This basic position allows the player to shoot, pass and dribble.



Illus. 1: 'Ready-position' frontally

Characteristics of the 'ready-position'

- Feet are shoulder-width apart, toes are pointing forwards
- Knees are slightly bent
- The upper body is bent slightly forward
- The body weight is equally distributed over both legs
- The ball is held with both hands in front of the body or slightly to one side
- The elbows are bent, eyes are looking ahead

Chest pass

Passing is the intentional transfer of the ball from one player to another.



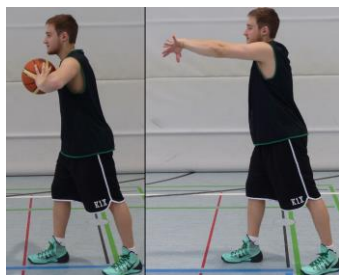
Illus. 2: Chest pass frontally

Basic position

- The ball is held in front of the abdomen or chest
- The elbows are bent and at the side of the body
- The fingers are spread and surround the ball laterally with only the fingertips touching the ball
- The thumbs point towards each other at a right angle (W-Position)

Movement

- Quickly extend the arms forward
- The last impulse comes from the tips of the fingers
- After the ball has left the hands, the backs of the hands should face towards one another (palms point outwards)
- The thumbs point straight down
- Take one step towards the receiver (body follows the ball)
- The chest pass should reach the receiver chest-high



Illus. 3: Chest pass laterally




Illus. 4: Chest pass final position

Bounce pass



Illus. 5: Bounce pass frontally

Basic position and movement

- The bounce pass is a special form of the chest pass
- The bounce pass is performed similarly to the chest pass
- The upper body is bent slightly forward
- The ball should touch the ground at two thirds of the way to reach the receiver waist-high. ▶  3-4



Illus. 6: Bounce pass



Illus. 7: Bounce pass laterally

Overhead pass




Illus. 8: Overhead pass

Basic position

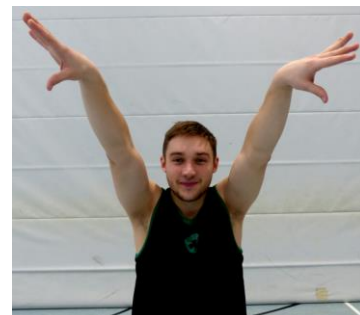
- The ball is held overhead with both hands
- The fingers surround the ball laterally and point upwards
- The thumbs are behind the ball
- The elbows are slightly bent and point forwards and to the sides

Movement

- The pass is performed by moving the hands forwards while extending the arm
- The ball leaves the hands and the fingertips give a last impulse
- The wrists turn downwards and slightly to the sides
- The overhead pass is thrown straight, not in a high curve (banana shot)
- Ideally, the overhead pass should reach the receiver at the height of the head
- The throw is primarily performed with the wrists (no excessive movement of the arms) ▶  5-6



Illus. 9: Overhead pass laterally



Illus. 10: Overhead pass frontally

Catching

Catching is the the act of receiving the thrown ball with both hands.



Illus. 11: Catching

Basic position

- The feet are shoulder-width apart, toes pointing forward
- The knees are slightly bent
- The upper body is slightly bent forward
- The body weight is equally distributed over both legs
- When catching, a step forwards or backwards can be helpful

Movement

- Catch the ball with both hands
- Extend your arms towards the ball
- Form a funnel with your hands as a target for the passing player
- Fingers and thumbs are spread wide for receiving and controlling the ball
- Thumbs point towards each other
- The fingertips touch the ball first
- The fingers surround the ball laterally and the thumbs are behind the ball to avoid a passing through of the ball
- The ball is pulled towards the body softly and the momentum is cushioned by a slight bending of the arms towards the chest
- The palms and heels of the hands do not touch the ball



Illus. 12: Catching - Hand position



Illus. 13: Catching

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Illustrations / images

Number	Creator
1, 2, 4, 5, 8, 11, 12	J. Weirich
3, 6, 10	H. Jakobs, D. Hild
7	J. Weirich, N. Hotic
9	J. Weirich, S. Schug
13	P. Kölzer

Video

Number	Creator
1, 2	S. Schug
3, 4	R. Deichsel
5, 6	N. Hotic

Creators of the article

Author	Consultant	Institution
Johannes Weirich, Rafael Deichsel, Nadja Hotic, Stefan Schug, H. Jakobs, D. Hild, P. Kölzer/ Students of Education Translation: Sebastian Stein, Philipp Hähle/ Students of Education	Minnich, Marlis	Department of Sport Sciences, University of Koblenz-Landau, Campus Koblenz