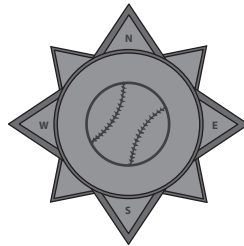


HOW TO SHOOT A BASKET

Ever played basketball? It's a whole lot of fun. If you have not, then this challenge is right up your alley.

We are going to look at some of basketballs basics, including the all-important scoring of a basket.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- Dribble (bounce the ball) while accomplishing a jog, or slow run.
- Score ten hoops.

LEVEL F

PERIOD 6

TASK 3

1. One of the most important things to know is you can't "travel" with the ball. That means no walking or running just holding the ball. You have to bounce it or pass it.
2. You bounce the ball by pushing the ball downwards at the ground, don't slap it, using your fingertips can help give you control. Practice moving around, walking, and then running, while bouncing the ball.
3. There are two main types of pass: a throw and a bounce. The standard pass is to throw the ball straight to another player. The bounce pass is used in the same way, but the ball will bounce once before the teammate catches it.
4. Now, about scoring those baskets. You'll throw the ball with your dominant hand. So if you are right handed, that's the one you will use. Your right leg should also be slightly closer to the basket.
5. Hold the ball close to your chest with your dominant hand behind the ball, bend your knees a little, and as you jump up, push the ball forward and towards the goal. Use your other hand to steady the ball and help accuracy.
6. If you can get the ball to go straight into the net, that's great. But you can always use the back board to bounce off. Now all you need to do is practice

