

THE FUNDAMENTALS OF BASKETBALL TO BE
TAUGHT TO THE ELEMENTARY CHILD

by

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INTRODUCTION

Basketball is a growing sport among children under the age of thirteen. In school sponsored programs basketball is the number one participation sport with children ages kindergarten through eighth grade. More schools offer interschool basketball programs than any other sport, which makes it the most popular. It is felt that young athletes should not be subjected to the stress and strain of interscholastic competition. However, an intramural program should be more than a participation program. At this young age it is imperative that the young athletes be taught the basic fundamentals of basketball. No athlete can reach his full potential unless he has a good background of fundamentals. If there were a secret in successful basketball, then that secret would be drilling on fundamentals. It is unfortunate that many coaches never realize this.¹

Purpose of the Study

The purpose of this study was to set up guide lines for teaching basketball fundamentals to elementary students. It is hoped that this study will aid the volunteer coach who lacks the knowledge to teach these vital fundamentals.

¹Adolf Rupp, Championship Basketball (New York: Prentice-Hall, Inc., 1948), p. 23.

Method of Study

The information for this study was gathered from books and periodicals found in the Kansas State University Library, the physical education library at Kansas State University, and the author's personal library.

Other information was acquired through the author's personal experience, as a participant in both high school and junior college, and later as a coach of a team in the Manhattan Jaycees basketball program.

DISCUSSION

Offense

Passing

Two hand chest pass. This pass is possibly the most used pass in basketball. The chest pass is a quick accurate pass used over a distance of fifteen to twenty feet. In order to execute the chest pass correctly one must develop the fingers, wrists, and forearms. In executing the two hand chest pass the ball is held on both sides of the ball about waist high. On release the ball is propelled by the extension of the forearm and the outward snap of the wrists and fingers. The ball should leave the hands with a slight back spin. The arms should follow through with the palms of the hands out and thumbs pointing in a downward direction. The target area should be a chest high plane away from the defense. The feet should not be moved while practicing the chest pass. This pass is quick and can be thrown with the feet in any position as long as the player has good body balance. Younger players may need to take one step forward with the left foot when throwing a longer pass. This should be eliminated as soon as the athlete develops greater strength.

There are many drills that can be used to develop the chest pass. One passing drill which is good when time is a factor is two men to a ball, facing each other and passing the ball back and forth. This drill allows every boy on the squad to execute the pass more times in a given time period. Since the author will refer to this drill later in this paper, it will be referred to as the two man passing drill. This drill