Coaching Card Basketball

During your peer coaching you should identify your partner’s strengths and weaknesses while also suggesting improvements using the sentence starters and word bank below.

|  |
| --- |
| Sentence starters |
| You were able to –Your strengths were –You were good because –You need to – Your weaknesses were – You could improve by –  |

|  |
| --- |
| **Basketball Word Bank** |
| Grip | * Hold the ball with two hands.
* Hold the ball with your fingers spread apart
* Hold the ball with one hand on the side and one directly behind the ball.
 |
| Balance**B** | * Stand with your feet shoulder width apart.
* Stand with your feet pointing towards the basket.
* Bend your knees before the shot.
* Straighten your legs on the basket at all times.
 |
| Eyes**E** | * Keep your eyes on the basket at all times.
 |
| Elbow**E** | * Bend your elbow and position it directly under the ball.
* Straighten your arm upwards towards the basket when shooting.
* Release the ball just above head height.
 |
| Follow Through**F** | * Straighten your shooting arm and legs at the same time.
* Flick the ball with your wrist in a upwards direction towards the basket.
* Hold the follow through with your fingers pointed at the target.
 |