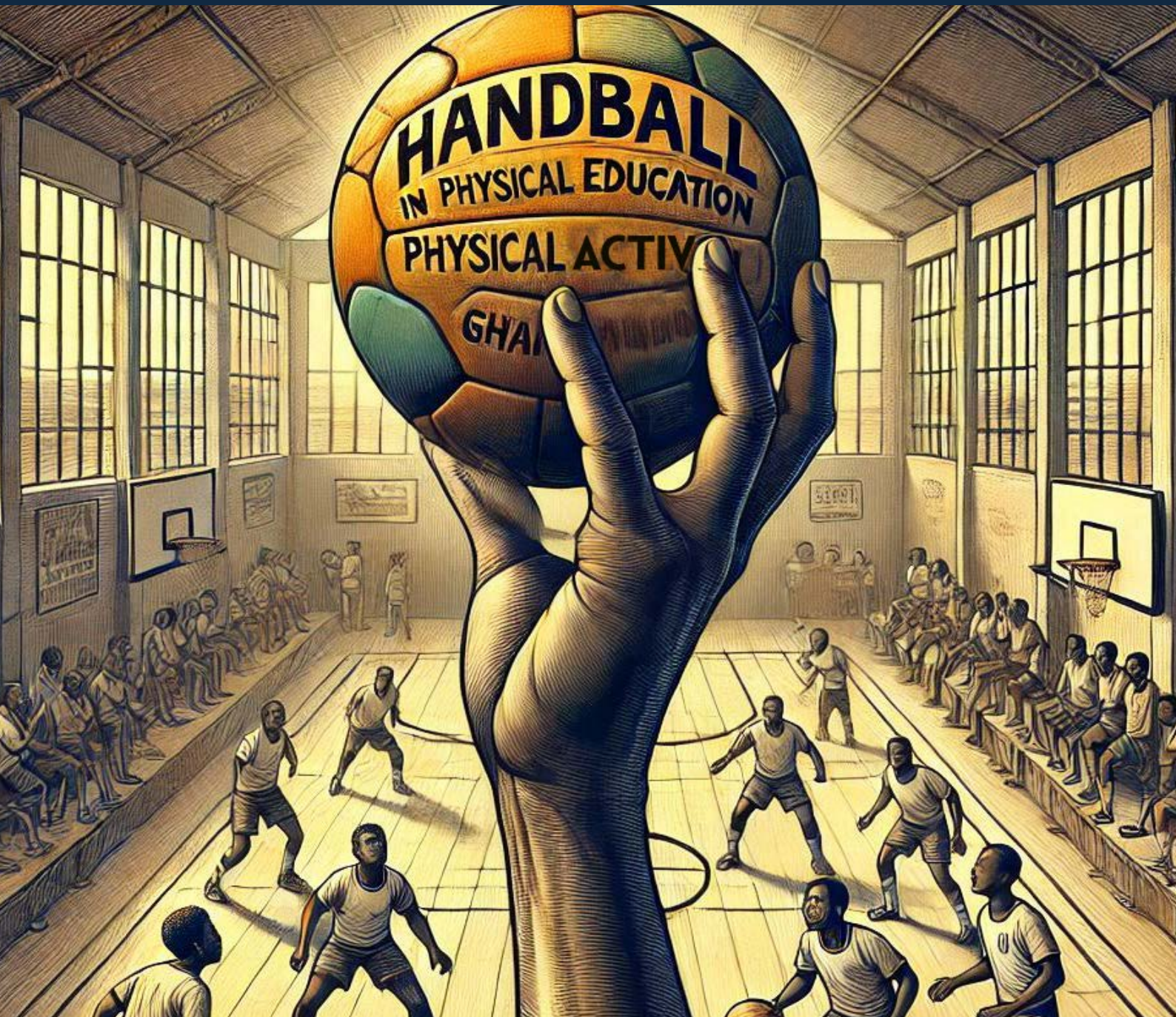


SECTION

9

**HAND GAMES
IN PHYSICAL
EDUCATION AND
HEALTH**



PHYSICAL ACTIVITY AND HEALTH

Organised Sports Participation

INTRODUCTION

In this section, we will cover dribbling and the lay-up in basketball, exploring the techniques, strategies and the mental aspects that elevate them from basic skills to powerful weapons in the game of basketball.

Whether you are a beginner seeking to understand the fundamentals or an experienced player looking to refine your game, this exploration of dribbling and the lay-up will equip you with the knowledge and tools to enhance your performance and appreciation of the game. Join us as we dribble and lay-up our way through the evolution of these essential skill, uncovering the secrets that can lead to success on the court.

At the end of this section, you will be able to

- Identify the types of basic skills in basketball and apply them in the game of basketball (dribbling in basketball)
- Identify the types of basic skills in basketball and apply them in the game of basketball (lay up in basketball)

Key Ideas

- **Dribbling** in basketball is the skill of bouncing the ball on the floor while moving around the court.
- **Types of dribbling:** Players can use different types of dribbles, such speed dribble, crossover dribble, between-the-legs, dribble, retreat dribble, low dribble and protective dribble.
- **Importance of dribbling:** Effective dribbling can create space, facilitate passing and lead to scoring opportunities it's essential for guards and players who handle the ball frequently.
- **Lay-up:** The lay-up in basketball is a fundamental shot made close to the basket, typically executed while moving towards the hoop. The player approaches the basket, takes a few steps, and uses one hand to lay the ball gently off the backboard or directly into the hoop.
- **How to perform the lay-up:** Executing the lay-up in basketball involves combination of footwork, timing and shooting technique.

Click on the link below to watch introduction to basketball.

<https://youtu.be/wYjp2zoqQrs?t=179>

DRIBBLING IN BASKETBALL

Basketball

Basketball is a team sport where two teams, consisting of five players each, compete to score points by shooting a ball through a raised hoop or basket located at each end of a rectangular court. The game is played with specific rules and features fast-paced action, requiring a combination of athletic skills, strategy and teamwork.

In basketball, the main objective is to score more points than the opposing team. Players can score by shooting the ball into the opponent's basket from different positions on the court with varying point values for each shot. A field goal (a regular basket) typically scores two points, while shots taken from beyond a designated line (the three-point line) earn three points. Free throws awarded for certain fouls are worth one point each.

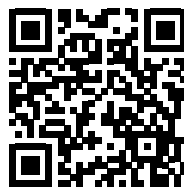
Basketball is played professionally in leagues around the world, with the National Basketball Association (NBA) in the United States being one of the most prominent. It is also a popular sport at the collegiate and amateur levels, as well as in international competitions such as the Olympic Games and the FIBA World Cup.

The sport requires players to have a mix of skills, including shooting, dribbling, passing, rebounding and defence. It also emphasises teamwork, communication and strategy, as teams develop plays and formations to outwit their opponents. A standard match consists of four quarters of 12 minutes and the team that scores the most points wins.

Dribbling

Click on the link below to watch dribbling in basketball

<https://youtu.be/BnvGa0I8bMc?t=32>



Dribbling is the heartbeat of basketball, it's a skill that not only showcases individual talent but also enables a player to navigate the dynamic landscape of the game. Dribbling involves the controlled bouncing of the ball, allowing players to move fluidly across the court while maintaining possession, evading defenders and creating scoring opportunities. This fundamental technique is not merely a means of transportation; it is an art form that combines agility, coordination, and strategic thinking.



Fig. 9.1: Exhibiting the Dribbling Skill

Basic Dribbling Skills/Steps

i. Bouncing: Bouncing is the fundamental skill of controlling the ball with one hand while moving. The hand is used to repeatedly tap or push the ball onto the floor, keeping it in motion while navigating the court or moving.

How to bounce:

- Maintain a relaxed grip on the ball.
- Spread out fingers for better control.
- Use a combination of wrist and finger movements to guide the bouncing of the ball.
- Bend the elbows up and down to support the relaxed wrist and the fingers, ensuring coordination from the shoulder to the fingers.
- The ball should make contact with the floor at an angle that allows it to return to the hand smoothly, enabling the player to maintain possession and advance towards the basket or pass to teammates.

Effective bouncing requires coordination, timing and awareness of the surrounding of players in a game situation. Mastering this skill is essential for ball control, creating scoring opportunities and executing offensive strategies in basketball.

i. Pacing: Pacing refers to movement with the ball and the ability to control the speed and tempo of the dribbling. Pacing is done by bouncing and adding walking or running. Knowing how to pace helps to dribble quickly to advance the ball or create scoring opportunities. It also helps to determine when to slow down to maintain possession, charge on the defence or execute a shot.

- ii. **Ball control:** Ball control in basketball refers to a player's ability to handle and manipulate the ball effectively using their hands or body. It involves maintaining possession of the ball while pacing and bouncing, shooting, passing or receiving passes. Good ball control enables players to protect the ball from opponents, execute moves and manoeuvres with precision, and make accurate passes and shots.
- iii. **Eyes up:** This refers to learning to keep your eyes up and away from the ball while dribbling to scan the court and be aware of teammates and opponents.



Fig. 9.2: Basic Dribbling Skills

Types of Dribbling

- i. **Speed dribble:** Dribbling at a fast pace while maintaining control of the ball. Click on the links below to watch speed dribbling .



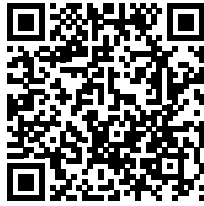
<https://youtu.be/hc2MpdDXdtY?t=104>



Fig. 9.3: Speed dribble

- ii. **Crossover dribble:** Changing the ball from one hand to the other while dribbling to change direction and avoid defenders.

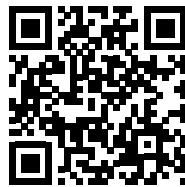
Click on the link below to watch cross dribbling.



https://youtu.be/BSxa28H3uz0?list=PLmPIogZWH3R4-zzK6k3ZpL-Sz-IL_m9yV&t=54

- iii. **Between-the-legs dribble:** Dribbling the ball between the legs to change direction or create space from defenders.

Click on the link below to watch on between-the-legs dribble



https://youtu.be/KIBJzEn_QG8?t=54



Fig. 9.4: *Between-the-legs dribble*

- iv. **Retreat dribble:** Dribbling backwards to create space from a defender or reset the offence.

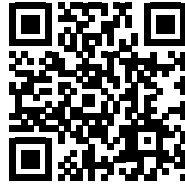
Click on the link below to watch on retreat dribble



https://youtu.be/LY31S_8yyOA?list=PLmPIogZWH3R4-zzK6k3ZpL-Sz-IL_m9yV&t=18

- v. **Low dribble:** Keeping the dribble close to the ground to make it harder for defenders to steal the ball.

Click on the link below to watch on low dribble



<https://youtu.be/UnRkIE9VON4?t=45>

- vi. **Protective dribble:** Using the body and off-arm to shield the ball from defenders while dribbling, such as keeping the non-dribbling arm extended.



Fig. 9.5: Protective Dribbling Skills

The Importance of Dribbling in Basketball

- i. *Ball control:* Dribbling allows players to maintain control of the ball while moving around the court, enabling them to navigate through defenders and avoid turnovers.
- ii. *Creation of chances:* Dribbling enables players to create scoring opportunities. It opens space for teammates and creates shooting opportunities. It's a fundamental skill for initiating offensive plays and breaking down defensive formations.
- iii. *Versatility:* Players who are proficient at dribbling with both their left and right hands are more creative on the court as they can attack from different angles and directions, making it harder to tackle them.
- iv. *Transition offence:* Dribbling is essential for fast break situations, allowing players to quickly advance the ball and capitalise on scoring opportunities.
- v. *Reduction of pressure:* When faced with defensive pressure, dribbling provides a means for players to relieve pressure, create separation from defenders and attack.
- vi. *Easy ball movement:* Dribbling is often used in combination with passing to

facilitate ball movement and player motion while on the attack, leading to better spacing and scoring opportunities.

vii. *Individual creativity*: Dribbling allows players to showcase their creativity and style on the court, as they can incorporate various dribble moves and fakes to deceive opponents and create scoring chances.

viii. *Fundamental skill development*: Mastering dribbling lays the foundation for developing other essential basketball skills such as shooting, passing and finishing at the rim.

Activity 9.1

With a partner, discuss the importance of dribbling in basketball. Note three reasons why dribbling is important below:

Activity 9.2

Stationary Dribbling

- Stand at one spot and practice dribbling the ball against the floor.
- Focus on using one hand and varying the speed of the dribble, keeping the ball in a controlled manner.
- Switch hands and repeat.
- Try alternate between both hands.
- Keep your eyes up and try not look at the ball to improve coordination.

How difficult or easy was this exercise for you?

Write two things you can do to improve on your skill of stationary dribbling.

Activity 9.3

Dribble Lanes

- In a group, set up five cones each five feet apart.
- Dribble the ball back and forth between the cones.
- Try changing hands between each cone.
- Try varying your speed, can you jog or run with the ball?
- Is the ball always under control?

Top tip: If you are having trouble controlling the ball or find yourself needing to look at the ball, slow down, focus on perfecting your skills with your dominant hand first. Once this is mastered you can move on to switching hands and varying your speed etc.

Activity 9.4

Change of direction and control

The following are some moves you can try to help you change direction or gain further control when dribbling a basketball. In your group, try the following, remember to ask your teacher to demonstrate if you are unsure of what to do:

- a. Standing still, can you dribble the ball between your legs? Give it a try, don't worry if you can't do this first time, it's not easy! Once you can do this standing still, try and add in some movement.
- b. Try changing direction by crossing the ball in front of your body. Try going around a cone or one of your group members.
- c. Let's try and vary the height of the bounce of the ball when dribbling. Can you dribble close to the ground? Can you bounce the ball higher?

How difficult or easy was this exercise for you?

Activity 9.5

Now that you have practiced dribbling in basketball, take time to reflect on the advantages dribbling provides for players in basketball. Use the space below to note five advantages a player can gain by mastering their dribbling skills.

- 1.
- 2.
- 3.
- 4.
- 5.

Remember to cool down following Activities 9.2-9.5.

Now we have mastered dribbling, let's take a look at another fundamental skill in basketball, the lay-up.

Click on the link below to watch lay-up in basketball.



<https://youtu.be/3noGvqHdoRE?t=109>

LAY-UP IN BASKETBALL

The lay-up in basketball is a shot where a player drives towards the basket and attempts to score by gently laying the ball into the hoop with the aid of the backboard. It is one of the most basic and commonly used shots in the game. It is executed close to the basket, often when a player has a clear path to the hoop or when they manage to skilfully navigate around defenders. The lay-up is considered a high rate shot when executed properly, since it minimises the distance between the shooter and the basket, increasing the likelihood of scoring. The motion and the one-handed reach towards the basket distinguish it from a jump shot.



Fig. 9.6: Demonstration of a Lay-up

How to Perform the Lay-up

Executing the lay-up in basketball involves combination of footwork, timing and shooting technique. Below is a step-by-step guide on how to perform a basic lay-up:

- i. Start with the ball:** Begin by holding the basketball with both hands at chest level. Keep eyes on the basket.
- ii. Approach the basket:** Position yourself to face the basket and take one or two steps towards it.
- iii. Choose your footwork:**
 - For a right-handed lay-up, approach the basket and plant the left foot. Take off with the right foot (leading leg, in front) while lifting the ball with the right hand.
 - For a left-handed lay-up, approach and plant the right foot. Take off with left foot (leading leg, in front) while lifting the ball with the left hand.
- iv. Lift and extend:** As a step is taken towards the basket, begin to lift the ball with the shooting hand while extending the non-shooting arm outward for balance and to protect the ball from defenders.

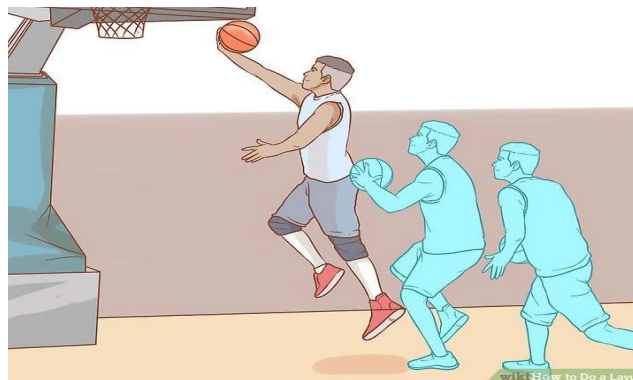


Fig. 9.7: Approach, Footwork and Lift and Extend (For a right-hand shot)

- v. Guide the ball with one hand:** Lift the ball with the shooting hand, using the non-shooting hand for balance or to shield the ball from defenders.



Fig. 9.8: Guiding/Guarding the Ball, Using Non-Shooting Arm for Balance and Defence

- vi. **Shoot the lay-up:** Once the basket is reached, use a soft touch to guide the ball towards the backboard or directly into the basket. The ideal target on the backboard is the square above the hoop's rim.
- vii. **Follow through:** After releasing the ball, maintain balance and be prepared to recover quickly for any next action.



Fig. 9.9: Shooting and the Follow-through

- viii. **Land safely:** Have a double landing by ensuring your two feet touch the ground almost at the same time. As you come down, ensure a safe landing with your knees slightly bent to absorb the impact.

Note: Practise the effective use of the backboard to improve accuracy.

The Importance of the Lay-up in Basketball

- i. **High-scoring efficiency:** Lay-ups have a high probability of success due to their proximity to the basket, making them one of the most efficient scoring methods.
- ii. **Key to fast breaks:** Lay-ups are primary way to score quickly by creating fast breaks.
- iii. **Versatility:** Lay-ups help players to quickly adjust to various situations, whether to drive through defence traffic, tearing away from a defender or finishing a fast break.
- iv. **Provides a foundation for complex skills:** Lay-ups are foundational to basketball. They provide the building blocks for learning more advanced offensive techniques.
- v. **Develops coordination and balance:** Learning to execute lay-ups helps to develop good footwork, body control and coordination, leading to overall skill development.
- vi. **Draws fouls:** Lay-ups often occur in close quarters with defenders, creating opportunities to draw fouls and earn free throws.
- vii. **Opens up the defence:** An effective lay-up forces the defence to collapse, creating more opportunities for outside shooters and cutters.
- viii. **Confidence booster:** Successful lay-ups build player's confidence, especially during fast breaks or clutch situations.

- ix. **Rapid transition:** Lay-ups are integral when moving quickly from defence to offence, allowing teams to quickly convert defence into attack to score easy points.

Activity 9.6

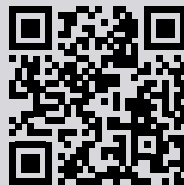
Variation 1: Wall Lay-ups with one step

- Find a wall and mark a spot about 8-10 feet away from the wall.
- Stand at the marked spot and dribble towards the wall.
- Jump off from one foot to simulate the lay-up.
- Aim to touch the wall with the ball while simulating the lay-up motion.

Focus: Work on foot placement and jumping technique.

Variation 2: Wall lay-ups with two steps

Click on the link below to watch the two step lay-up in basketball.



<https://youtu.be/Tm7N2HU4noQ?t=61>

- Repeat the above variation, but this time use the two steps rhythm (right-left for right-handed and left-right for left-handed)

Activity 9.7

With a friend on in a group.

- Set up seven cones with a distance of 2 meters apart leading to the basket.
- Try to navigate through the cones while dribbling.
- Then execute the lay-up. Focus on releasing the ball to hit the square on the backboard. (Top tip: If you are using a wall, create the square on top of the rim using chalk or a marker).

Focus: Agility and lay-up proficiency.

Activity 9.8

Partner Lay-up drills.

- Pair up and stand about 10 feet from the basket.
- Let your partner pass the ball to you, then dribble in for the lay-up.
- After shooting, switch roles.
- Provide feedback on each other's performance.

Feedback on Performance

What areas can I focus on to improve my lay-up technique?

Activity 9.9

Your teacher is going to set up a mini-game that focuses on both dribbling and the lay-up. Listen closely to the rules of the game. Good luck!

Remember to cool down following Activities 9.6-9.9.

Review Questions

1. How does a player's ability to dribble effectively impact their overall performance on the court?
2. What are the key components of proper dribbling technique that players should focus on improving?
3. How can a player use dribbling skills to create scoring opportunities for themselves and their teammates?
4. Analyse the following scenario in dribbling in basketball and provide your answers to the following questions.
 - a. You are being tightly defended by an opponent while dribbling the ball near the half-court line. How do you protect the ball and maintain control in this situation?
 - b. During a fast break, you have a defender sprinting back to intercept your dribble. How would you use your dribbling skills to navigate past the defender and finish at the rim?
 - c. Your coach has called a play that requires you to dribble through a series of screens to get open for a jump shot. How would you use your dribbling skills to execute the play successfully?
5. In a one-on-one situation, you are matched up against a defender known for their aggressive ball-stealing ability. How would you use your dribbling skills to protect the ball and create scoring opportunities against this opponent?
6. How does the lay-up in basketball contribute to a team's success in a game?
7. In what situation in the game of basketball is should a lay-up be used?
8. Arrange the following in order when performing a lay-up. (Follow through, Ball position, Take-off, Land safely, Foot work, Approach the basket, Release the ball, Focus on the target).
9. Analyse the following scenarios in basketball related to the lay-up and provide your answers to the following questions:
 - a. During a fast break, you receive a pass near the basket. The defender is closing in from the side. What type of lay-up should you attempt, and why?
 - b. You're driving to the basket for a lay-up when a defender makes contact with you mid-air. What should you focus on during the shot?
 - c. You're on defence, and your opponent is about to attempt a lay-up. What are some strategies you can use to prevent them from scoring?
10. In a practice session, your coach asks you to work on different types of lay-ups. What are three variations you could focus on, and when might you use each?

Extended Reading

1. Here are some helpful links with information on dribbling in basketball:
 - a. Basketball Dribbling and Dribble Moves (with Video), Coach's Clipboard](<https://www.coachesclipboard.net/Dribbling.html>)
 - b. Dribble up Smart Basketball.(<https://dribbleup.com/products/smart-basketball?srsltid=AfmBOorKZtW5XJ-H4rU32QD8ljL4mtXANK2nOjSNzMH6sLp>)
 - c. How to Dribble a Basketball - NBA.com: Jr. NBA](<https://jr.nba.com/how-to-dribble-a-basketball/>)
 - d. How to improve your weak-hand dribbling in basketball (1v0) | by Coach Kamil | Medium.(<https://medium.com/@kamilski81/how-to-improve-your-weak-hand-dribbling-in-1v0-590d04ff84fe>)
 - e. Dribbleup | Smart Basketball(<https://dribbleup.com/products/smart-basketball>)
 - f. The Ultimate Guide to Mastering The Art of Ball Handling \[A Complete Science-Backed Dribbling Program\ by Ben Killen @beniskillen Medium(<https://medium.com/@beniskillen/the-ultimate-guide-to-mastering-the-art-of-ball-handling-a-complete-science-backed-dribbling-8d4e0fcb0cbb>)
2. Here are some helpful links with more information on the lay-up in basketball:
 - i. <https://www.sportsdefinitions.com/basketball/what-is-a-layup-in-basketball/>
 - ii. <https://hezination.com/basketball-layup-types/>
 - iii. <https://hoopstudent.com/basketball-dribbling-basics/>
 - iv. <https://www.hooperboost.com/the-pure-guide-to-scoring-inside-layups-in-basketball/>
 - v. <https://www.hooperboost.com/the-pure-guide-to-scoring-inside-layups-in-basketball/>
 - vi. <https://fieldinsider.com/layups-in-basketball-instruction-guide/>
 - vii. <https://www.basketballforcoaches.com/how-to-do-a-layup/>
 - viii. <https://basketballuniverse.io/layup-basketball/>
 - ix. Basketball Lay-ups and Finishing Moves, Coach's Clipboard (<https://www.coachesclipboard.net/Layup.html>)
 - x. Basketball: Lay up techniques & exercises(https://www.owayo.com/magazine/basketball-layup-us.htm?srsltid=AfmBOooE1aH4TkN8LcjQX8bGIw3vDz8ZXIN_t-bx1RITU GTuxuZn_M-)
 - xi. Layup – Wikipedia (<https://en.wikipedia.org/wiki/Layup>)

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4. Hoop Student. (2024). <https://hoopstudent.com/basketball-dribbling-basics/>
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7. TribLive(2020).<https://triblive.com/sports/mark-madden-nba-players-should-continue-to-dribble-but-not-shut-up>
8. WikiHow(2024).<https://www.wikihow.com/Do-a-Layup#/Image:Do-a-Lay-Up-Step-6Version-6.jpg>

GLOSSARY

Agility	The ability move the ball with skill and control around the court.
Ball stealing:	The act of taking possession of the ball from an opponent in sports, particularly basketball. It reflects good defensive skills and awareness.
Block	A defensive move where a player legally deflects or stops an opponent's shot attempt, preventing the ball from reaching the basket.
Combination:	The act of joining or merging two or more skills in a sequence.
Complex	Consisting of many different and connected parts; intricate or complicated in nature
Coordination:	The ability to use different parts of the body together smoothly and efficiently.
Emphasising	To give special importance or prominence to something. For example emphasising the skill of dribbling.
Essential skills:	Core competencies that are critical for success in a given field or activity.
Evolution:	The gradual development of something, especially from a simple to a more complex form.
Execute	Completed or carried out a skill, task or plan. For example, execute a lay-up in basketball.
Fast break	A basketball play in which a team quickly moves down the court in an attempt to score before the opposing defence can set up. It emphasises speed and quick decision-making.
Foul	An illegal action or violation of the rules, typically involving unfair physical contact with an opponent, which results in a penalty.

Fundamental	It refers to something that is essential, basic or foundation
Navigate	To plan and direct the course of a game.
Reduction of pressure	It can refer to strategies that alleviate stress on players or teams, allowing for better performance.
Proficiency	A high degree of competence or skill in a particular area. It indicates an individual's ability to perform tasks effectively and efficiently, often as a result of education or experience.
Proximity	The state of being near or close to something in terms of distance. For example, your proximity to a defender.
Pace	The speed at which something happens or is done.
Screens	In basketball, a screen is a legal obstruction set by an offensive player to block a defender, allowing a teammate to get open for a shot or pass.
Shot clock	A timer that limits the amount of time a team has to attempt a shot, ensuring continuous play and encouraging offensive action within a set period.
Techniques	The manner in which technical details are treated or basic physical movements are performed in the execution of a skill.
Versatile	Capable of doing many things competently; having a range of skills or uses.
Versatility	Being able adjust to various situations.

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