

Basketball



I am going to learn how to play basketball!

Print and cut pages in half to make a social skills book. When possible, take photos of your player modeling the correct behavior/skill so that they can see themselves modeling the expected skill (self modeling).

Basketball is a game where I bounce a ball on the floor with my hand.



When you bounce a basketball it is called **dribbling** the ball.

(Model bouncing of the ball and have player practice bouncing the ball)



I am going to play basketball on a basketball court that has nets on it.

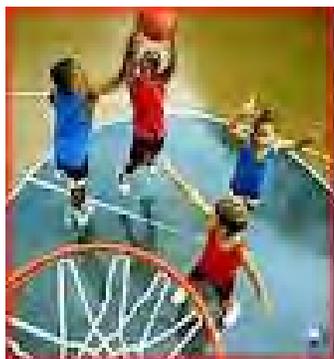
The nets are called “**hoops**”.

Have player point to the hoop in the picture to check for understanding.



When I get close to a hoop, I try to throw my ball high up in the air to try to get it in the hoop! If the ball goes into the hoop, I get a point!

I get to be on a basketball team with other children who are also learning how to play basketball.



My team has a **coach** who is a person who will help me learn. My coach's name is _____



Tape a photo of the player's actual coach if needed.

When my coach talks to me, I need to turn my body so that I can see the coach's face.

Pretend you are the coach and move around the room and teacher your player to turn towards you as you talk to the player so that s/he can see and listen to you.

To learn how to dribble or bounce the ball, I may have to stand in a line with other children and take turns bouncing the ball.



Sometimes I have to wait until it is my turn so that other children can learn too!



Practice "good distance" with your player using friends or family members so that the player knows that a good distance is a distance where they do not touch another player when lining up.

Sometimes someone may touch when I am on the court. This is called a **tag**.



Practice tagging at home.

This means I have done a good job and that I need to stop bouncing the ball and give the person who tagged me a soft high five.



Practice a "soft" high five and passing the ball after the high five.

After I give the person a high five, I need to give the person the ball so that the person can learn too!

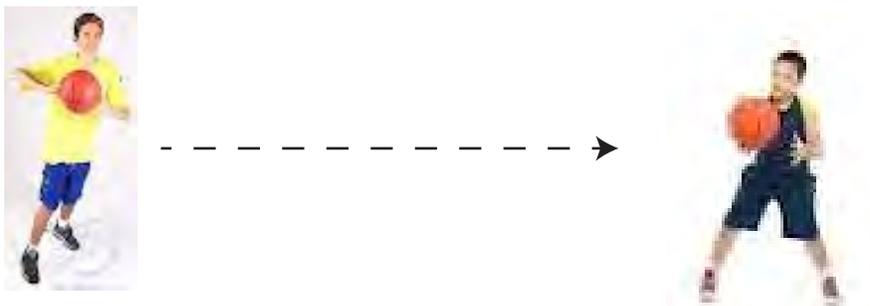
When I play basketball, sometimes I need to bounce or gently throw the ball to another player on my team. This is called a **pass**.



When I pass the ball to another person, I want to do it gently so that they can catch it!

Practice passing the ball so that the player learns what passing is and how hard to throw it.

Passing the ball to another person is important because it gives another child a chance to play with the basketball. Passing is good sharing!



Sometimes someone will try to pass the ball to me. When this happens, I should try to catch the ball and then dribble the ball towards the net (or hoop).

Sometimes my coach may ask me to sit in a circle.



When I sit down, I need to do 3 things:

___ keep my hands to myself,

___ stay in my spot

___ and watch the coach without talking



If I use good manners, other children can learn too!



My basketball practice list that my family and friends can do at home with me!

- ___ Practice bouncing a ball so that I can dribble the ball
- ___ Practice passing a ball when someone says "Pass"
- ___ Practice throwing a ball gently so that someone else can catch it
- ___ Practice bouncing a ball on the ground towards someone so that they can catch it
- ___ When someone tags me, I high five them and give the ball to them
- ___ I sit down when someone says "sit in a circle."
- ___ When I sit down, I keep my hands in my lap and stay in my spot.
- ___ When the coach talks to me, I stop what I'm doing and look at my coach's face
- ___
- ___
- ___
- ___
- ___
- ___