



Jump Ball

Teaching the Jump Ball

1. Demonstrate and review the jump.
2. Hold the ball above the athlete's head and ask the athlete to tap it to a teammate.
3. Toss the ball above athlete's head and ask the athlete to tap it to a teammate.
4. Take the position at a jump ball circle and repeat skill.
5. Have the team line up around the center circle and next to an opponent.
6. Repeat the skill.
7. Remember, one player from each team stands at the top of the key protecting their basket.

Key Words

- Jump and Tap
- Tap To a Teammate