



Physical Education Virtual Learning

7th & 8th PE

Basketball

May 19, 2020



7th & 8th Physical Education Shooting Technique: May 19, 2020

Objective/Learning Target:

Shoots in goal with power in a dynamic environment as appropriate to the activity.

NASPE Standard (S1.M10.6)



Shooting a Basketball

Using the BEEF Technique



Lesson Objective

Student will be able to understand how to shoot a basketball correctly using the BEEF shooting form.



Essential Question

When shooting a basketball, what do the letters B, E, E and F stand for in the BEEF acronym?



Standards

ISD LT 1.1: I can perform selected hand/eye skills with the correct critical elements in a modified game setting.

NASPE Standard #1: The physical literate individual demonstrates competency in a variety of motor skills and movement patterns.



Warm Up---Video

Watch the following video. Pay attention to the words:
Balance, Elbow, Eyes, Follow Through.

BEEF Shooting Technique



Warm Up--- Cue Breakdown

B---Balance

E---Elbow

E---Eyes

F---Follow Through



Warm Up--- Cue Breakdown

B---Balance: Feet will be shoulder width apart, with your dominant foot slightly (1-2 inches) in front of the other foot.

E---Elbow: Your shooting elbow will be “in.” You want it to be/stay underneath of the ball.

E---Eyes: Eyes should be focused on the target.

F---Follow Through: After releasing the ball, your shooting arm should be extended, wrist “flicked” with all 5 fingers pointed to the ground.



Practice---Perform the Skill

You can use any of the following to practice with:

-Basketball

-Any type of ball that is similar to the size of a basketball (bigger or smaller)

-Nothing at all: this practice can be done without any equipment



Practice---Perform the Skill

To begin, get into an open space. Do NOT shoot at a goal or target.

BALANCE

Stand with your feet shoulder width apart, with one foot slightly in front of the other. The foot in front should be the foot on the same side of your body as the hand you are shooting with. (Right hand, right foot. Left hand, left foot).

Bend your knees and be up on your toes, so you are in an “athletic position.” Your body should be **BALANCEd**.



Practice---Perform the Skill

To begin, get into an open space. Do NOT shoot at a goal or target.

ELBOW

Pick up the basketball. Place it in your dominant hand. Keep your non dominant hand off the ball for now. Place your dominant hand under the basketball. Take your non dominant hand on the side of the ball so your THUMBS make a T. Make sure your **ELBOW** remains underneath the ball.



Practice---Perform the Skill

To begin, get into an open space. Do NOT shoot at a goal or target.

EYES

Focus your **EYES** ahead of you. Pick out a spot, line, anything on the ground.



Practice---Perform the Skill

To begin, get into an open space. Do NOT shoot at a goal or target.

FOLLOW THROUGH

Extend your dominant arm with the ball in it, keeping your non dominant hand on the side of the ball. Do not use your non dominant hand to “push the ball.” At the peak of extension, release the ball, flicking your wrist down so the ball spins backwards.

After releasing the ball, your **FOLLOW THROUGH** should have your shooting arm fully extended, wrist “flicked” with all 5 fingers pointed to the ground.



Practice---Perform the Skill

Perform each of these steps at a slow pace.
Making sure to complete the CUE WORD completely.

Balance

Elbow

Eyes

Follow Through

Repeat these steps SLOWLY, at least 10 times.



Practice---Perform the Skill

If you feel more comfortable, speed up the shooting process but do not do this at full speed yet.

Balance

Elbow

Eyes

Follow Through

Repeat these steps, at least 10 times.



Practice---Perform the Skill

If you feel more comfortable, speed up the shooting process to full speed.

Balance

Elbow

Eyes

Follow Through

Repeat these steps at full speed, at least 10 times.



Practice---Perform the Skill

If you feel ready to move on and have a basketball goal to shoot at:

-Stand between 2-4 feet away from the basket. Still repeat the same steps. Get **BALANCED**, place **ELBOW** under the ball, focus your **EYES** on the back of the rim and perform the **FOLLOW THROUGH** (think your arm/hand reaching into the basketball hoop).

Practice these steps, shooting at the basketball hoop. If you make 3 in a row, move back 2 steps.



Practice---Perform the Skill

If you do NOT feel ready to move on and/or you do NOT have a basketball goal to shoot at:

-Continue to repeat the same steps. However, pick out something on the ground. Try to get the ball to land on the spot you have picked. Still repeat the same steps. Get **BALANCED**, place **ELBOW** under the ball, focus your **EYES** on the target you have chosen and perform the **FOLLOW THROUGH**.

Practice these steps, trying to get the ball to land on the spot on the ground you have chosen.



Self Assessment

Which cue word (Balance, Elbow, Eyes, Follow Through) was the easiest for you to perform?

Which cue word (Balance, Elbow, Eyes, Follow Through) was the hardest for you to perform?



Thinking Critically

Why should you keep your elbow underneath the ball when shooting a basketball towards a target/basketball hoop?



Additional Resources

Beginners-check out this video for further technique work:

[Shooting Technique Simplified](#)

Advanced-check out this video for setting up a jump shot:

[Setting Up a Jump Shot](#)