



Jump Ball

Athlete Readiness

- Athlete can jump.
- Athlete can time the jump to tap the ball while in the air.
- Athlete can try to tap the ball to a teammate.

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

Coaching Tips

- There are jump balls at the beginning of the game and the start of overtime. After the beginning jump, possession of the ball alternates between teams on each jump ball (held ball) situation thereafter.
- Teach your two best jumpers (who have the best sense of timing) to be your jump-ball experts. Presently, jump balls do occur during held ball situations during the game and at the start of each half during international competition.
- Time needs to be spent with all athletes on the jump ball; however, this concept is not a high priority.
- Ask your athletes:
 1. Where does the jumper line up? (In the Circle)
 2. To whom does the jumper tap the ball? (Teammate)
 3. Where are the non-jumpers? (Outside and Around The Circle)