

DRIVEWAY HOOPS

An Illustrated Guide to Basketball Fundamentals
for Kids, Parents, and Coaches

©2022 Dr. Jonathan Halpert

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ISBN 979-8-9852509-0-9 (hardcover)

ISBN 979-8-9852509-2-3 (softcover)

eISBN 979-8-9852509-1-6 (ebook)

First edition 2022

Printed in the United States of America

Advize Proactive Consulting, LLC

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New Rochelle NY 10804

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Interior illustrations by Sari Kopitnikoff

Cover and book interior design by Andrea Leigh Ptak

Copyediting/Proofreading by Nancy Silk

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PREFACE

The Fundamentals of Playing with the Ball

All ideas and endeavors continually evolve. The game of basketball is no exception. In the 1940s, players weaved and took set shots, in the 1960s they picked and took jump shots, and today they hoist step-back threes off crossover dribbles. Although these new skills continue to transform the game, they remain the product of the fundamentals of how to dribble, pass, and shoot.

Player development ultimately requires athleticism as defined by agility and quickness, but it is the fundamentals that enable the less gifted player to neutralize his more skilled opponent. More importantly, it is the fundamentals that give kids, regardless of their skill level, the opportunity to compete and experience moments of triumph in front of family and friends.

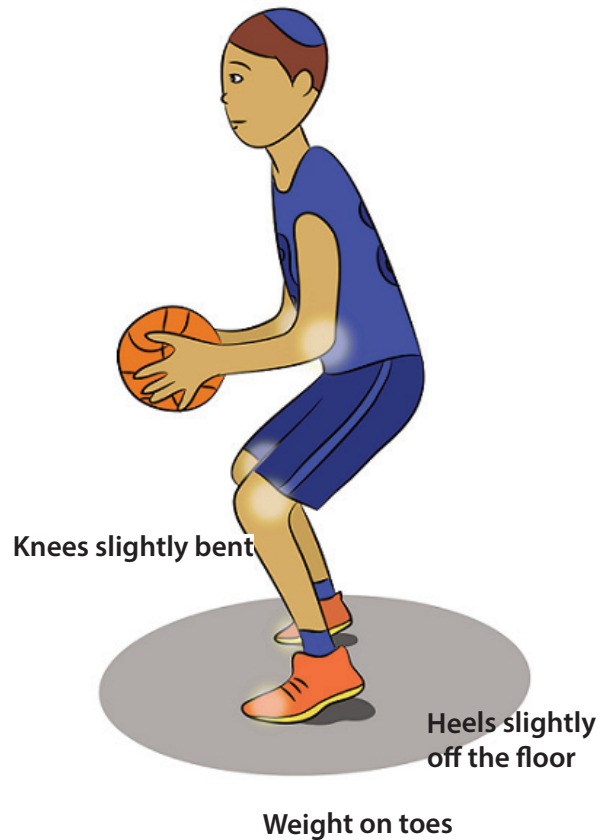
Every child needs something that fuels feelings of self-worth. That “something” can be academic awards, playing the piano, growing tomatoes, or even making a game-winning foul shot. How children feel about themselves is fundamental to their psychological well-being. Therefore, children must not only have the opportunity to hear cheers in their classrooms but also to receive high fives from friends in the schoolyard. The amount of time parents spend in their driveways teaching their children how to shoot foul shots and layups is evidence that parents recognize that sports can be that “something.”

Through the use of illustration, *Driveway Hoops* attempts to help parents and children learn the fundamentals of basketball, not to garner athletic scholarships, but to give all kids the opportunity to hear their friends and parents yell, “Good shot!”

CHAPTER 1

Body Balance

For a player to pivot, pass, or shoot, his body must be balanced and not leaning in one direction, similar to when he is learning to ride a bike. A player maintains body balance by keeping his knees partially bent, which automatically lifts his heels slightly off the floor and transfers his weight to his toes.



Pivoting and Passing to the Right

#31 steps with her left foot, protecting the ball with her body, and follows through by making a full extension of her arms and hands.

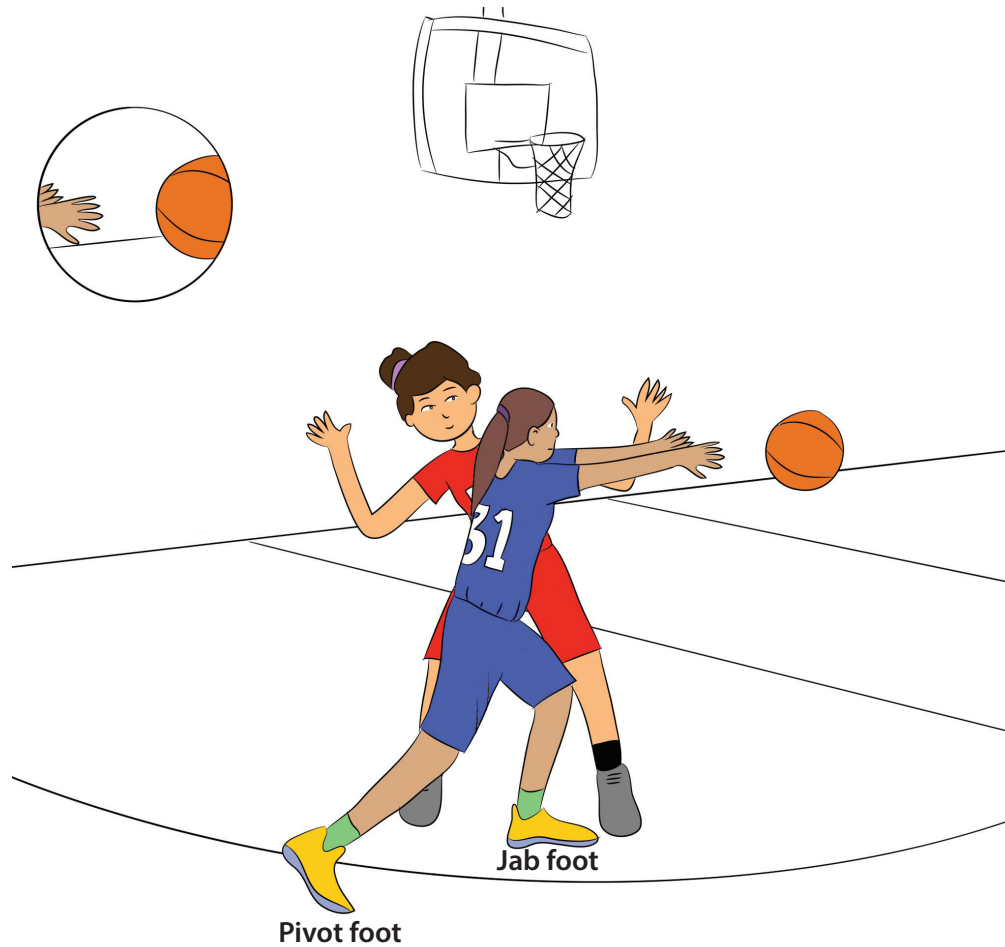


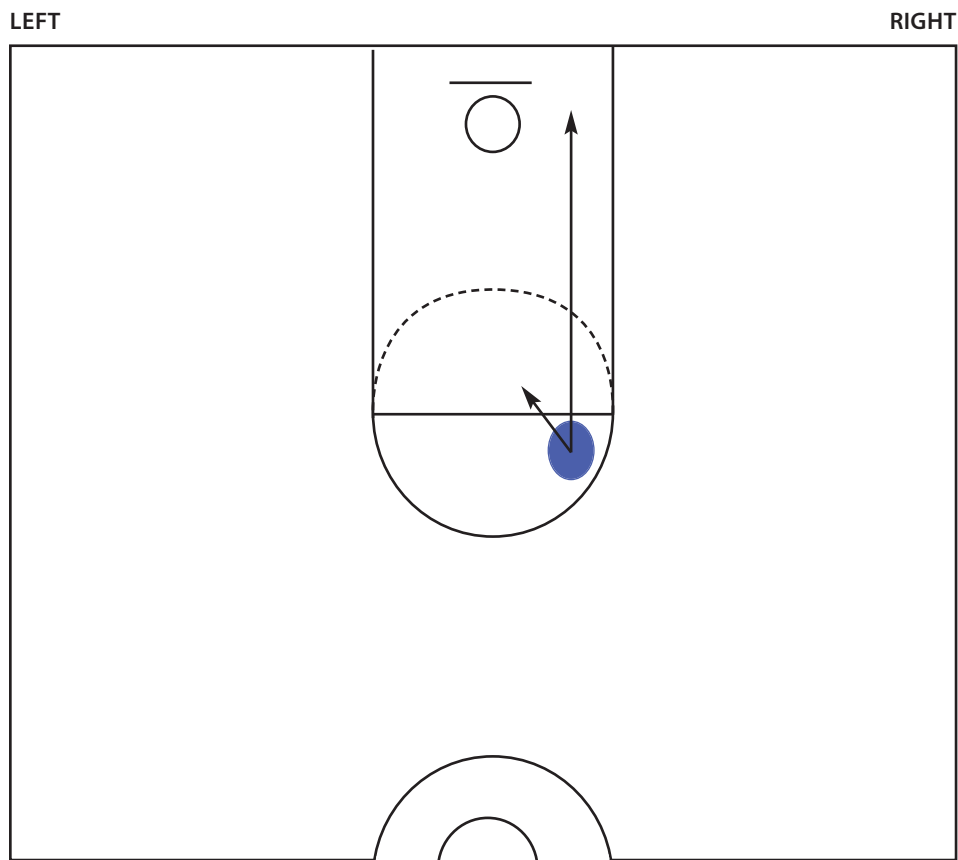
Diagram 2

On the **right** side of the court the player jab steps with his **left foot**.

Immediately after the jab step, the player steps with his **left foot** so that his left foot is pointing toward the basket and not toward the right side of the court.

As the player steps with his left foot, he simultaneously takes his dribble.

The player drives to the basket taking only one dribble and shoots the ball with his **right hand** and **right foot** raised in the air.



Full sequence of the six-step drill

