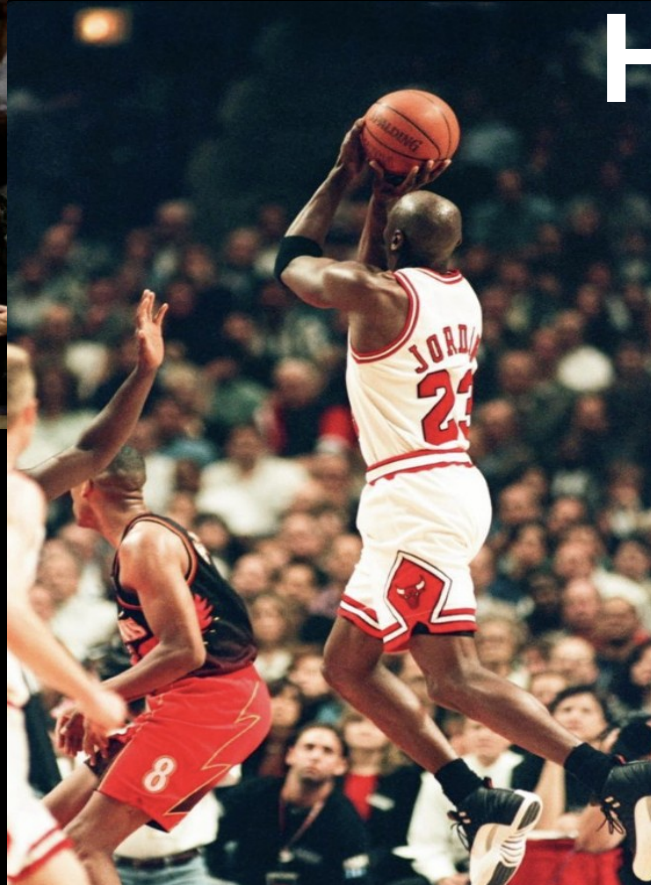




Hola, Baloncesto!

LET'S EXPLOR
BASKETBAL !

What will we explore today?

¿Qué vamos a explorar hoy?



Where is the home of basketball?

Learn about court boundaries, hoops and backboards to build basic knowledge and love for basketball.



How to become a good basketball player?

Learn skills of dribbling, shooting, and collaboration



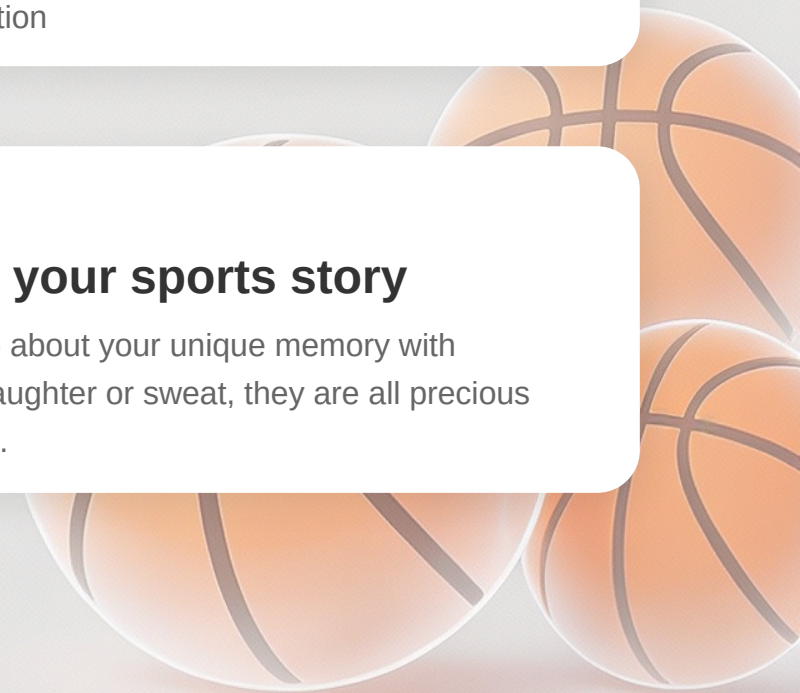
What basketball teaches me

Show you what I took from playing basketball



Share your sports story

Speak up about your unique memory with sports. Laughter or sweat, they are all precious treasures.



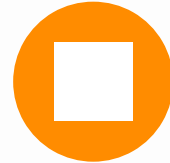
The Home of Basketball: The Basketball Court

La Casa del Baloncesto



Basket (Canasta)

There is a tall basket on each side of the court, like two big "mouths" waiting for the basketball to visit.



Center Line (Línea Central)

There is a long line in the middle of the court, like a magical "boundary line", dividing the basketball court into two identical areas.



Three-Point Line (Línea de Triple)

There is a big arc a little far from the basket. Shooting from outside the line can get valuable 3 points, the "high-score secret" on the court!

Basic Rules

Reglas Básicas



Scoring Methods/ Formas de Puntuar

2 Points

Shot inside the three-point line, get basic points.

3 Points

Shot inside the three-point line, get basic points.

1 Point

Free throw after opponent's foul, 1 point per shot.

⊘ What You Must NOT Do / Lo que NO debes hacer



Foul (Falta)

No dangerous actions like pushing, pulling or hitting. Protect your opponents.



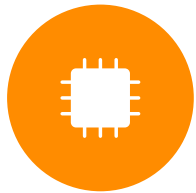
Traveling (Pase de Pasos)

Do not run with the ball! You must move while dribbling.

Heroes on the Court

Héroes en la Cancha

A basketball team has 5 players on the court. They are like 5 superheroes with different superpowers, each performing their own duties and cooperating closely.



Point Guard (Base)

The "brain" and commander of the team, responsible for organizing the offense and team coordination.



Shooting Guard (Escolta)

The "scoring machine" of the team, with great speed and accurate shooting ability.



Small Forward (Alero)

The "all-round warrior" on the court, good at scoring, passing and defending with comprehensive skills.



Power Forward (Ala-Pívot)

The "tough guy" inside, strong in body, good at grabbing rebounds and close-range scoring under the basket.



Center (Pívot)

The "giant" on the court, with absolute height advantage, responsible for guarding the basket, protecting the rim and grabbing rebounds.

Skill 1: Defense

💡 Basic Defensive Posture

Feet shoulder-width apart, knees bent, center of gravity low

Arms open, upper body slightly forward

Eyes: watch the opponent's waist (not the ball) to avoid being faked out

🎮 1v1 Defensive Rules

Press the ball: keep close to the ball-handler, limit dribble space

🟢 **Do:** Force to sideline: guide the opponent to the corner, reduce attacking area !

🔴 **Do NOT:** No reaching: use body position & footwork to defend, avoid fouls

Skill 2: Dribbling

💡 Practical Dribble Moves

Crossover Dribble:

When to use: opponent defends tightly in front

How: fake one way, quickly dribble across to the other hand, break through sideways

Inside-Out Dribble:

When to use: opponent reaches to steal

How: palm turns outward, fake pass, pull back dribble, keep control

Hesitation Dribble:

When to use: opponent moves forward to press

How: pause dribble, fake shot/break, then accelerate breakthrough

🎮 Dribble Principles in Game

Don't dribble when you can pass.

🟢 **Do: Keep head up, observe teammates & defense at all times.**

🔴 **Do NOT: Dribble into crowded areas.**

Skill 3: Passing (Pase)

Practical Passes in Games

Chest Pass

Pase de Pecho

Use when there are no obstacles between you and your aim teammate. Hold the ball in front of your chest and aim at your teammate. Push through your legs, extend your arms and flick the ball in one smooth move, just like giving your teammate a big hug.

Bounce Pass

Pase al Suelo

Use when your teammate is guarded. Pass the ball to the ground, bounce over the defender, and aim at your teammate's waist for comfortable catching.

Passing Decision Rules

1. Pass to the open player fastest
2. Pass before the defender closes in
3. Pass to the basket area first.

Skill 4: Shooting (Tiro)

Shooting is the final way to score! Remember the simple and magical formula: BEEF!

B

Balance

Feet shoulder-width apart, knees naturally bent, upper body upright, stand steadily on the ground.

E

Eyes

Focus your sight, stare at the front or center of the basket, do not shift your eyes when releasing the ball.

E

Elbow

Keep your shooting elbow inward and aligned with the basket, form a stable "L" shape between your arm and body.

F

Follow-through

After releasing the ball, press your wrist downward and point your fingers at the basket, just like blowing a gentle kiss to the basket.



What Basketball Teaches Me: Never Give Up

El Baloncesto me Enseña: Nunca Rendirse



Practice Again and Again After Failures

When our grade held the inter-class basketball competition, I competed for a starting spot on our class team. At first, none of my classmates believed in me. They thought my dribbling was stiff and my shots were inaccurate. I made up my mind to train hard, and eventually won my classmates over with my steadily improving on-court performances.

Transformation Brought by Persistence

My days and nights of hard work finally paid off. I scored my first goal in the tournament. Through teamwork, our class advanced all the way to the final. Though we lost to our opponent in the championship game, I had already achieved my personal goal.

What's Your Sports Story?

¿Cuál es tu historia deportiva?

Basketball has brought me a lot of happiness and growth. Now I really want to hear your stories, whether it's sweating on the court or persisting in training.



What's your favorite sport?

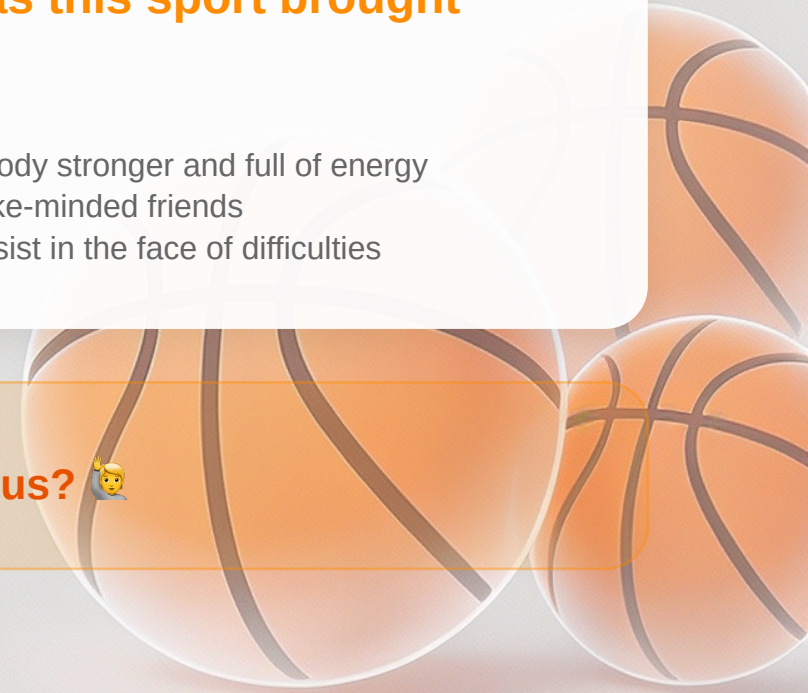
Football running on the green field? Swimming in the pool? Or energetic dancing?



What has this sport brought you?

Examples:
make your body stronger and full of energy
Make new like-minded friends
Learn to persist in the face of difficulties

👤 Who wants to share your unique sports story with us? 👤



Let's Move and Make Life More Exciting!

¡Muévete, haz la vida más emocionante!



Energetic & Healthy

Thank you for sharing! Whether basketball or other sports, they can make us healthier and happier.



Love & Persistence

Hope today's sharing ignites your passion, fall in love with basketball or love your favorite sport more, and feel growth in sweat.



Enjoy Growth

Remember, the most important thing is not winning or losing, but enjoying pure fun in sports, making like-minded friends, and finally becoming a better you!





Gracias!

Thank You for Listening!

Vamos! Cheers for kids who love