

Basketball Moves



Spinning a basketball is an easy and cool basketball trick to learn. It can make you look like superstar “hoopster”. Here are a few tips on how to become a **basketball spinmaster**.

1. Find a place where you have **lots of room** and are not likely to bug anyone or knock anything over with a bouncing basketball (a gym or somewhere outside would work well).
2. Stand up with your weight **balanced evenly** on each leg. Hold the ball so that you're elbows are bent, and you are staring at the ball. Make sure you have one hand on either side of the ball.
3. As you throw the ball up, twist your hands quickly so that your left hand ends up where your right hand started (see the picture below). You should also end up with your fingers pointing in opposite directions. **Spin the ball** a few times in the air with your hands, and let it drop. This will help you increase your **speed and steadiness** with the ball. Speed is the most important factor of a spin, so work on increasing the speed by holding the ball tighter with your hands and moving your hands suddenly and quickly.
4. After you can get a good spin on the ball, see if you can do it without letting the ball drop. Instead, put your **index finger** (the pointing finger beside your thumb) under the spinning ball. Don't worry about finding the grooves in the basketball and don't throw the ball up in the air too high. Just place your finger under **the middle** of the spinning ball, and let the **force of the spin** do the rest. Spinning a basketball on your finger is easy to learn, but it does take practice. **Be patient**, keep with it, and you'll be dazzling your friends with b-ball tricks in no time.



(Quick Snap of Wrists in a Circular Motion Produces a Spin on the Ball!)