Article published on December 26th 2011 | Sports

Basketball is a very famous sport and is played by many people. It is one of the physical sports and also takes a lot of stamina and energy to play well. So this means you need to prepare your body in the first place to play Kentucky basketball, because you have to play it in reality not the Kentucky basketball twitter. One good way to prepare your body for this sport is to warm it up by running on a treadmill or going out for running. It is not like other sports like table tennis in which you do not have to run. If you think that you have to play it on a daily basis and need to be consistent then you really need to understand that you have to become a well rounded player. You have to make sure that you have to increase your skill level in all the different areas of basketball.

First of all you have to work on your passing skills to improve your basketball. You have to learn how to pass well and it is very important to note that you have to understand that you have to pass no matter in what position you are playing in. you need to understand all the tricks and skills of passing because it is very important to win the match and you need to understand how you have to pass in a sticky situation. Take your time properly, donâ€™t rush, do your passing practice so that you feel comfortable with your passing skills. Dp practice daily and when you are practicing it make sure that you are practicing more than one ways, as there are more than one ways to pass. Plus keep it in your mind that you use all the passing tricks and positions while playing and refine them with your practice on daily basis. The first pass with which you should start off is chest pass. It is when you threw the ball or pass the ball to the others playerâ€™s chest and make it sure that you get it to the right spot.

You need to be pair up with any other player to practice this chest pass and throw the pass back and then to another one. You need to make sure about your steps and positions in the each of the chest pass. When you have decided to chest pass and are going to pass, make sure you have to step with one of your feet only.

Article Source:
http://www.articleside.com/sports-articles/improving-your-passing-skills-in-kentucky-basketball.htm - Article Side

Kentucky - About Author:
a Cattweets.com Kentucky Wildcats on Twitter. Twitter feeds from college a Kentucky basketball twitter and football Players and coaches who attend or attended the University of Kentucky. To get tweets from your favorite player just visit http://cattweets.com/.

Article Keywords:
kentucky basketball.

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!