

Nick Pechie

D block

You the Expert Script

| Audio  | Video  |
|--|--|
| 1. Hi, my name is Nick Pechie (cooler music sound), and in the next 3 minutes I'm going to make you an expert on the sport of Basketball.  | Long Shot of me w/ basketball  |
| 2. Ben- "Man I hate basketball, who even invented this stupid game?"   | Ben air balling a shot   |
| 3. "Funny that you ask, because basketball was invented right here in Massachusetts by a man named James Naismith.   | Me talking   |
| 4. James Naismith was a gym teacher at Springfield College, and in 1891 he invented the game of basketball to keep his students busy during the winter.  | Picture of James Naismith at Springfield College                                   |
| 5. Basketball was originally played with a peach basket that was 10 feet off the ground and a soccer ball.   | Picture of peach basket and soccer ball  |
| 6. Basketball became an instant hit, and it quickly spread throughout the country through the YMCA. It was first introduced to high schools and colleges in 1895, and the first professional league was created in 1897. | Picture of YMCA basketball, early high school and college games, professional team |
| 7. The NBA, or National Basketball Association, was created in 1946 in New York City, and it has been thriving ever since.   | Picture of a game in NBA in 1946   |
| 8. Now the NBA includes 30 teams from across the country, and they play an 82 game season followed by a 16 team playoff.   | Map with NBA teams   |
| 9. The Boston Celtics have won the most Championships in NBA history with 17, including 8 in a row from 1959 to 1966.  | Boston Celtics teams with Bill Russell, Larry Bird, Paul Pierce                    |
| 10. Ben- Wow, who knew that the History of Basketball was so interesting? But that still doesn't help me with my lack of basketball ability.   | Medium shot of Ben talking   |
| 11. Well lucky for you, not only do I know   | Ben thumbs up  |

|   |   |
|---|---|
| about the history of basketball, I can also teach you how to play.  |   |
| 12. The first skill I'm going to teach you is dribbling. This is the most basic and essential skill in basketball and everyone needs to know how to do it with both hands.  | Medium-long shot of me talking  |
| 13. Ben- Yeah, I could probably use a little help with my dribbling.  | Ben struggling to dribble   |
| 14. The first thing you want to do when you're dribbling is make sure that you're dribbling with your fingertips, not your palms, as this will give you more control over the ball.   | Long shot of me dribbling the ball while talking, Ben dribbling with palms and then fingertips. |
| 15. Now that you've mastered dribbling, I'm going to teach you how to perform the crossover.  | Ben being a master at dribbling   |
| 16. When you do a crossover, you want to make your defender think you're going one way, and then quickly cut back the other way. A good crossover should look something like this.  | Me demonstrating how to do a crossover then breaking Ben's ankles.                              |
| 17. Once you make a move and get by your defender, you're going to need to finish at the rim. The first thing I'm going to teach you is the correct form to take a layup. You want to jump off of your inside foot, and lay it in with your outside hand. So on the right side, you would jump off your left foot and use your right hand, and on the left side, you would jump off your right foot and use your left hand. | Ben showing the correct technique to take a layup from both sides.                              |
| 18. The last thing I'm going to teach you is a more advanced way of finishing at the rim, the dunk, and this is only for the more advanced and athletic players.  | Me talking, pan to Ben trying to dunk.  |
| 19. Dunking gained much of its popularity in the late 20 <sup>th</sup> century through players like Michael Jordan, Julius Irving, and Dominique Wilkins, and now it is seen all the time in the NBA, college, high school, and in women's basketball as well.  | Clips of players dunking  |
| 20. Now I'm probably not the right person to give advice on how to dunk, so I've brought an expert with me to explain.  | Medium shot of me talking   |
| 21. "So basically, all you want to do is just elevate, and then throw it down"  | Clips of different dunks  |

22. Follow these tips, and you'll be as good as us in no time

Me and Ben making half court shots