**ABSTRACT**

*Managing academics and extracurricular activities is one of the roles of students in 21st Century Education. This study determined how high school students manage both school and basketball, exploring the positive and challenging aspects and revealing that, despite difficulties, engaging in basketball contributes to their academic and overall well-being. The goal of this study is to give students an overview of how and why basketball is offered as an extracurricular activity in schools. It identified the benefits, challenges, and coping strategies of student basketball players. In this study, descriptive qualitative research design was used and purposive sampling was utilized to select the seven participants. The data was gathered through semi-structured face-to-face intеrviеws and was analyzed through thematic analysis. The findings revealed three major themes regarding from the participants’ narratives: (1) LAY-UP: Shoot the merit, this first major theme includes 5 sub themes namely; Enhance well being, Uplifts Confidence, Improves time management, Impacts on academic discipline, Refine social skills. (2) FOUL: Screen your trouble, this second major theme includes 4 sub themes namely; Time conflict, Impact on academic performance, Imbalance, Effect on their psychological well-being. (3) DEFENSE: Dunk your struggles, this third major theme includes 4 sub themes namely; Time management, Prioritization, Support System, Stress Reduction. Despite facing challenges, the study revealed that participants skillfully manage both academic responsibilities and basketball activities. Through effective coping strategies, they not only derive benefits in academic discipline but also experience overall improvements in their well-being from engaging in the sport. The study highlights balancing academics and basketball for high school players, suggesting effective time management and supportive environments. Furthermore, it encourages future researchers to conduct a qualitative study that links extracurricular activities to academic success.*

**Keywords:** *extracurricular, basketball, academics, coping strategies, challenges, descriptive*