

Instructional Fundamentals
2014/2015





Fundamentals

- 1. Warm Ups & Stretching***
- 2. Footwork: Ready stance, defensive, offensive triple threat, jump stops.***
- 3. Pivoting: Practice pivoting & protecting ball.***
- 4. Catching the ball.***
- 5. Dribbling: Control Dribble, speed dribble, crossover dribble.***
- 6. Passing: Chest pass, bounce pass, passing to the post, passing off dribble, ball fakes, overhead pass.***



Fundamentals

- 1. Shooting: Balance & Stance, Hand-arm-elbow, lifting the shot, follow through, eyes, arc, guide hand, stepping into shot, using backboard/square, layups, power lay ups, foul shooting. Layups – weak hand.***
- 2. Rebounding – Boxing out, but to gut.***
- 3. Getting Open – V Cut, backdoor cut, screens, picks, posting up.***
- 4. Defense – Man to Man, Position feet & arms, Denial defense, help side defense, closing out.***