

BASKETBALL SKILL DEVELOPMENT CHECKLIST

Stance—Be an athlete!

Pivoting—4 uses of the pivot

Court Vision---Find the open man.

Getting Open—Change of pace and change of direction!

Decision Making---Keep your mind in the present.

Jump Stop- both feet need to come down at the same time.

Triple Threat Position—you can dribble, shoot, or pass from this position

Catching the Ball—Watch the ball and catch with your hands

Passing the Ball—Be fundamental, don't telegraph, pass away from the defense

Dribbling—Push the ball, head up and eyes forward!

Defensive Rebounding—Box out, turn and find the ball!

Offensive Rebounding---Hustle and desire!

Form Shooting-- Balance. Eyes on target. Elbow under ball. Finish high on follow through.

Catch and Shoot—Cutting to and sliding away from ball

Dribble and Shoot

Lay Up

Scoring in the Post

Screening Away from the Ball

Screening on the Ball

Cutting Away From the Ball—Never turn your back to the ball

Defensive Stance

On Ball Defense---\$1,000,000 Question...Can you keep the ball in front of you?

Help Side Defense

Footwork—Getting Open

Footwork—Shooting

Footwork—Shot Preparation

Footwork—Rebounding

Footwork—Offensive Moves—Win the Foot War

Footwork—Post Offense

Footwork—Post Defense

Footwork--Individual Defense

Footwork—Screening

Footwork—Using Screens

Footwork—Defending Screens—Trail outside hip