

# SKILLS

## Organization

- CIRCLE
- Players LOCK-IN
  - eyes
  - hands
  - ball
  - feet
- Two-Clap, Repeat Command

## Leadership

- “A” Players are ENERGY-GIVERS (encourage/remind, physical contact)
- “A” Players stand out for their HUSTLE (“A” players attack)
- “A” Players COMMUNICATE

## Ball Handling

- right hand
- left hand
- 2 balls at the same time
- crossover
- through the legs
- behind the back

## Footwork

- Power Position
- Jump Stops (triple wide in power position)
- Pivot
- Duck, Rip, Step

## Passing

- Twist Pass
- Chest Pass
- Overhead Pass
- Bounce Pass

## Shooting/Finishing

- Outside-Inside 2 foot finish
- Lay-Up
- Proper Shooting Form, Anchor Footwork

## **Offense**

- SPACING
- Attack Space
- PEEK to the basket (face-up)
- Pass, cut
- Duck, Rip, Step
- Screen & Roll
- Screen Away

## **Defense**

- defensive stance
- on the ball defensive position
- help defensive position
- deny defensive position (older ages)

## **You are what you emphasize:**

*Can I coach you up?*

**Failure to:**

**--be powerful**

**--peek**

**--trash dribble**

**--maybe pass**

**--attack space**