

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