



Fundamentals of Basketball

- Practice Makes Perfect 😊

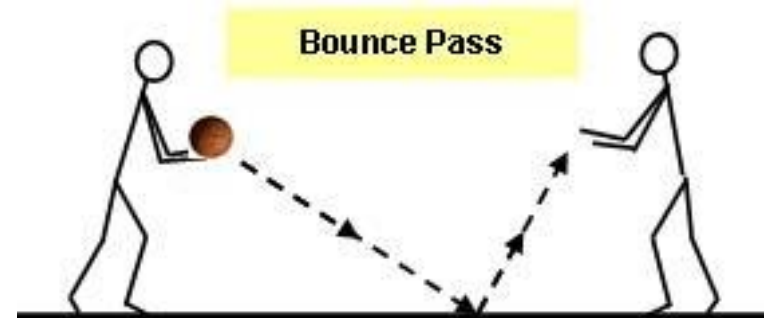
Outline

- Passing
- Dribbling
- Shooting
- Lay Ups
- Screens
- Rebounding
- Defensive Stance



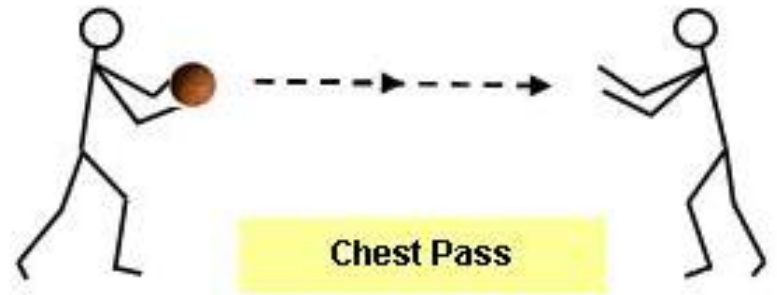
Bounce Pass

- Funnel Hand Position
- Thumbs Up → Push → Thumbs Down
- Step Towards Target
- Back Spin
 - **Slows Ball Down**
- 2/3 Distance Bounce



Chest Pass

- Funnel Hand Position
- Thumbs Up → Push → Thumbs Down
- Step Towards Target
- Reach for Target



Over Head Pass

- Skip Pass
 - Little Arc
- Snap to Post
 - Follow Through



Dribbling

- Don't SLAP the ball
- Relax
 - **Knees Bent**
- Peripheral Vision
- Keep Ball and Body Low
- Don't Dribble in Front
- Opposite Arm Out to Protect



Shooting

- Don't Push with 2 Hands!
- Backspin
- BEEF
 - Balance
 - Eyes
 - Elbow
 - Follow Through



Triple Threat

- Ball at Hip
- Pivot
- Why Triple Threat?
 - Pass
 - Dribble
 - Shoot



Lay Ups

- Right Hand and Knee on Right Side
- Left Hand and Knee on Left Side
- Top Corner of Glass
- 1 1/2 Steps
- Go Up Strong



Screens

- Setting a Pick
 - Plant Feet
 - Cross Arms or Protect
 - Roll Off Like Door Hinge
- Going Off a Pick
 - Set up Defender
 - Skim Shoulders with Teammate
 - Change Speeds



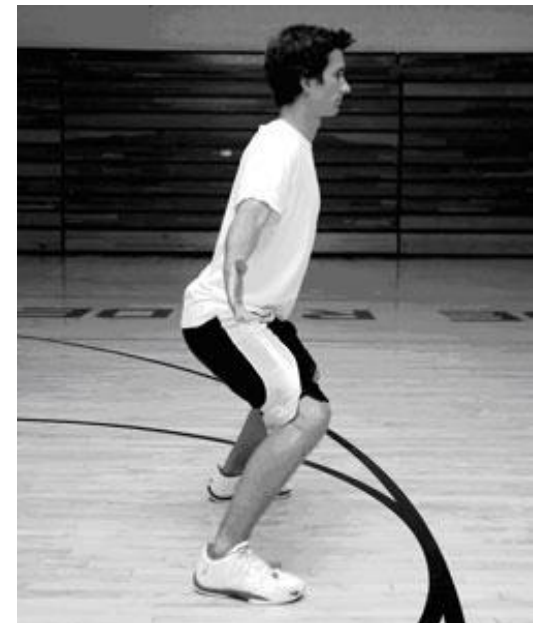
Rebounding

- Box Out
- Highest Point
- Elbows Out



Defensive Stance

- Balance!!
- Weight on Balls of Feet
- Wide Stance
- Bent Knees
 - **Not Past Toes**
- Butt Down and Behind Heels
- Shoulders Over Knees
- Back Slightly Arched
- Hands Out or Up
 - **Don't Reach!**
- Eyes Focused on Waist
- Slide, Don't Cross your Feet



Hard work
pays off!!

