

SKILL PROGRESSION

It is essential that we create a platform for skill development. Below we have outlined the skill sets and teaching points we need to focus on at that particular ages. This allows us a uniform and sequential means for developing our athletes. There may be some players who are above or below the skill requirements in a given age, but that may be due to a difference in maturity, experience, repetition, etc. Over time, we hope to have every athlete in our program master the varsity skills sets. Granted there will be some disparity based on position; however, our goal is to create versatile players who can play multiple positions and adapt to situations easily. Each coach must adhere to this model and focus on developing fundamental skills. Systems of play are important; however, without the basic fundamentals our system will be flawed. For it does not matter what we run if we cannot pass, catch, shoot, handle the ball, etc. effectively.

Grades K-2 (Introductory Phase of Basketball Skills)

Practice-Skill Breakdown	Ball-Handling: 10 min. Footwork: 5 min. Passing: 10 min. Shooting: 20 min.	Scrimmage: 15 min. Team Defense: 15 min. Team Offense/Transition: 15 min.
Footwork	Teaching Points	
	<ul style="list-style-type: none"> 🍌 It starts here...footwork is everything! 🍌 Get them to play low and use their feet correctly 🍌 Be patient, teach, and make it fun! 	
	Skill Sets	Drills
Ball-Handling	Teaching Points	
	<ul style="list-style-type: none"> 🍌 Stationary dribbling including the dominant, non-dominant and alternating hands 🍌 Use the goggles or numbers to get their heads up 🍌 Change of speed, direction, and complexity as they progress 🍌 Allow them to make mistakes...they will learn through them! 	
	Skill Sets	Drills
Passing/Catching	Teaching Points	
	<ul style="list-style-type: none"> 🍌 Use stationary and non-stationary target 🍌 Increase complexity of passing/catching drills w/ more dynamic movement and speed 🍌 Use different balls to increase hand-eye coordination 🍌 Watch their feet and work on passing off pivots 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> 🍌 Bounce pass 🍌 Chest pass 	<ul style="list-style-type: none"> 🍌 1-ball pass 🍌 3-lane pass

	<ul style="list-style-type: none"> ● Overhead Pass 	<ul style="list-style-type: none"> ● Baseline pass ● LC tag ● Monkey-in-the-middle ● Shuffle pass
Shooting	Teaching Points	
	<ul style="list-style-type: none"> ● ALWAYS start w/ form shooting and shooting pocket ● Stationary lay-ups with the dominant and non-dominant hands ● Moving lay-ups with the dominant and non-dominant hands ● Set shots from no more than 10 feet ● Free throws from 6-8 feet ● Using the backboard 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Mid-range jump shot ● Free throws (6-8 ft. away) ● Lay-up ● Power drop step ● Shot fake 	<ul style="list-style-type: none"> ● Around-the-world ● 3-line shooting ● 5-spot shooting ● Chair shooting ● Form shooting ● Lightning ● Princeton lay-ups ● Progressive shooting ● Shooting pocket
Team Offense	Teaching Points	
	<ul style="list-style-type: none"> ● Spacing is offense and offense is spacing ● Emphasize patience and teamwork...share the ball! ● Let them play through their mistakes! 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Basket cut ● Cycle off the drive ● Spacing ● V-cut or L-cut 	<ul style="list-style-type: none"> ● 1:0/1:1 ● 2:0/2:2 ● 3:0/3:3 ● 4:0/4:4 ● 5:0/5:5 ● Scrimmage
Defense	Teaching Points	
	<ul style="list-style-type: none"> ● Emphasize playing defense w/ their feet...take away their hands! ● Reward players who play good defense ● Defense creates offense....sell that aspect! 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Ball pressure ● Closeout ● Contest the shot ● Defensive slide ● Flat triangle — ball-you-man concept ● Stance ● Smother dead balls ● Steer the driver 	<ul style="list-style-type: none"> ● 1:1/2:2/3:3 ● Ball shuffles ● Digs ● Full-court closeouts ● Shell ● Steer ● Zig-zag
Situations	Teaching Points	
	<ul style="list-style-type: none"> ● Get them to think the game and show an interest 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Rules of the game 	<ul style="list-style-type: none"> ● Question & answer ● Scrimmage

Grades 3-4 (Beginner Phase of Basketball Skills)

Practice-Skill Breakdown	Ball-Handling: 10 min. Exercise: 15 min (pre-practice) Passing: 5 min. Rebounding: 5 min. Shooting: 20 min.	Scrimmage: 10 min. Situations : 10 min. Team Defense: 15 min. Team Offense/Transition: 15 min.
Ball-Handling	Teaching Points	
	<ul style="list-style-type: none"> ● Get them to play low and use their feet correctly ● Drive the ball...do not just dribble ● Develop dominant, non-dominant and alternating hands ● Use the goggles or numbers to get their heads up ● Emphasize acceleration immediately upon making a move ● Allow them to make mistakes...they will learn through them! 	
	Skill Sets	Drills
<ul style="list-style-type: none"> ● Back-up ● Between-the-legs crossover ● Behind-the-back crossover ● Front crossover ● Jump stop ● Pivot - front and reverse ● Push dribble ● Stutter ● Sweep or rip ● Triple threat stance 	<ul style="list-style-type: none"> ● 1-ball commando ● 1-ball stationary series ● 2-ball commando ● 2-ball stationary series ● Back-up series ● Ball slaps ● Glide series ● Kill the grass ● Knock-away ● NC State series ● Tennis ball series 	
Passing/Catching	Teaching Points	
	<ul style="list-style-type: none"> ● Use stationary and non-stationary target ● Increase complexity of passing/catching drills w/ more dynamic movement and speed ● Use different balls to increase hand-eye coordination ● Make post passing an emphasis in each practice ● Play low off the catch...catch w/ two-feet in the air and rip 	
	Skill Sets	Drills
<ul style="list-style-type: none"> ● Bounce pass ● Chest pass ● Overhead Pass ● Push pass 	<ul style="list-style-type: none"> ● 2-ball pass ● 3-lane pass ● 3-man weave ● 4-corner pass ● China pass ● LC tag ● Monkey-in-the-middle ● Star pass 	
Rebounding	Teaching Points	
	<ul style="list-style-type: none"> ● Technique...make contact, seal, then pursue the ball ● Focus on catching and keeping the ball tight (ball high w/ wide base) ● Emphasize the importance of rebounding 	
	Skill Sets	Drills
<ul style="list-style-type: none"> ● Seal and chin ● Keep ball high 	<ul style="list-style-type: none"> ● 1:1/3:3/4:4 block out ● Tipping ● War 	
Shooting	Teaching Points	

	<ul style="list-style-type: none"> ● ALWAYS start w/ form shooting and shooting pocket ● On the perimeter be ready to shoot off the catch...catch w/ two-feet in the air and rip ● In the post focus on their feet...wide base, sit low, and athletic ● Jump shots from inside the arc...base their range on their ability ● Free throws from 8-10 feet ● Make pressure and competition elements of shooting drills 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Mid-range jump shot ● Free throws ● Jab step ● Power drop step ● Shot fake ● Sikma ● Sweep/rip ● Veer 	<ul style="list-style-type: none"> ● 3-line shooting ● 5-spot shooting ● 21 ● Chair shooting ● Form shooting ● Kentucky shooting ● Lightning ● Mikans ● Motion shooting ● Princeton lay-ups ● Progressive shooting ● Shooting pocket ● Stanford shooting ● Superman ● Watermelon
Offense	<p>Teaching Points</p> <ul style="list-style-type: none"> ● Spacing is offense and offense is spacing ● Emphasize patience and teamwork...share the ball! ● Let them play through their mistakes! ● Patience + movement = baskets ● Teach the players how to read the defense and move accordingly ● Remember it is not what you run, but how well you run it...It all starts w/ fundamentals 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Back cut ● Basket cut ● Cycle off the drive ● Spacing ● V-cut or L-cut 	<ul style="list-style-type: none"> ● 1:0/1:1 ● 2:0/2:2 ● 3:0/3:3 ● 4:0/4:4 ● 5:0/5:5 ● Scrimmage
Defense	<p>Teaching Points</p> <ul style="list-style-type: none"> ● Emphasize playing defense w/ their feet...take away their hands! ● Make communication on defense an absolute ● Defense creates offense....sell that aspect! ● Eliminate second shots...reward your best rebounder ● Let them play and be physical 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Ball pressure ● Closeout ● Contest the shot ● Defensive slide ● Flat triangle — ball-you-man concept ● Gap responsibility ● Help-side with ball above free throw extended ● Help-side with ball below free throw extended 	<ul style="list-style-type: none"> ● 1:1/2:2/3:3 ● Ball shuffles ● Digs ● Full-court closeouts ● Shell ● Steer ● Zig-zag

	<ul style="list-style-type: none"> ● Mirror the ball ● Post defense...top-side, front, low-side ● Stance ● Smother dead balls ● Steer the driver 	
Situations	Teaching Points	
	<ul style="list-style-type: none"> ● Get them to think the game ● Keep it simple and prepare them mentally 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Blob ● Free throw ● Press break ● Slob 	<ul style="list-style-type: none"> ● 11-down ● Clock work ● Scrimmage ● Question & answer

Grades 5-6 (Intermediate Phase of Basketball Skills)

Practice-Skill Breakdown	Ball-Handling: 5 min. Exercise: 15 min (pre-practice) Individual Defense: 5 min. Passing: 5 min. Perimeter Shooting: 15 min. Post Shooting: 10 min	Rebounding: 5 min. Scrimmage: 10 min. Situations: 10 min. Team Defense: 10 min. Team Offense/Transition: 15 min.
Ball-Handling	Teaching Points	
	<ul style="list-style-type: none"> ● Get them to play low and use their feet correctly ● Drive the ball...do not just dribble ● Develop dominant, non-dominant and alternating hands ● Add more ball-handling drills against defensive pressure ● Use the goggles or numbers to get their heads up ● Make it game-like through increased pressure, fatigue, and physicality ● Emphasize acceleration immediately upon making a move 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Back-up ● Between-the-legs crossover ● Behind-the-back crossover ● Front crossover ● Jump stop ● Pivot - front and reverse ● Push dribble ● Stutter ● Sweep or rip ● Triple threat stance 	<ul style="list-style-type: none"> ● 1-ball commando ● 1-ball stationary series ● 2-ball commando ● 2-ball stationary series ● Back-up series ● Ball slaps ● Glide series ● Kill the grass ● Knock-away ● NC State series ● Tennis ball series
Passing/Catching	Teaching Points	
	<ul style="list-style-type: none"> ● Increase complexity of passing/catching drills w/ more dynamic movement and speed ● Use different balls to increase hand-eye coordination ● Make post passing an emphasis in each practice ● Play low off the catch...catch w/ two-feet in the air and rip ● Work on outletting ball off a rebound 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Bounce pass ● Chest pass 	<ul style="list-style-type: none"> ● 2-ball pass ● 3-lane pass

	<ul style="list-style-type: none"> ● Hook pass ● Overhead Pass ● Push pass 	<ul style="list-style-type: none"> ● 3-man weave ● 4-corner pass ● 5-man weave ● Baseline pass ● China pass ● LC tag ● Monkey-in-the-middle ● Star pass ● Shuffle pass ● X-post pass
Rebounding	Teaching Points	
	<ul style="list-style-type: none"> ● Technique...make contact, seal, then pursue the ball ● Focus on catching and keeping the ball tight (ball high w/ wide base) ● Increase the physicality of rebounding 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Seal and chin ● Keep ball high 	<ul style="list-style-type: none"> ● 1:1/3:3/4:4 block out ● Tipping ● War
Perimeter Shooting	Teaching Points	
	<ul style="list-style-type: none"> ● Be ready to shoot off the catch...catch w/ two-feet in the air and rip ● ALWAYS start w/ form shooting and shooting pocket ● Make pressure and competition elements of shooting drills ● Create shots through proper footwork...attack the opponent's feet ● Increase the pressure associated w/ our free throw drills ● Make pressure and competition elements of shooting drills 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Mid-range jump shot ● Free throws ● Jab step ● Reverse ● Rip pivot ● Shot fake ● Stockton ● Sweep/rip ● Veer 	<ul style="list-style-type: none"> ● 3-line shooting ● 5-spot shooting ● 21 ● Chair shooting ● Cincinnati shooting ● Form shooting ● Kentucky shooting ● Lightning ● Motion shooting ● Progressive shooting ● Shooting pocket ● Princeton lay-ups ● Stanford shooting ● Watermelon
Post Shooting	Teaching Points	
	<ul style="list-style-type: none"> ● Focus on their feet...wide base, sit low, and athletic ● ALWAYS start w/ Mikans ● Make pressure and competition elements of shooting drills ● Attack the opponent's legs ● Teach the high-low passing game 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Power drop step ● Sikma ● Up and Under 	<ul style="list-style-type: none"> ● 3-line shooting ● 5-spot shooting ● Chair shooting ● Mikans ● Motion shooting

		<ul style="list-style-type: none"> ● Superman ● Tandem shooting
Offense	Teaching Points	
	<ul style="list-style-type: none"> ● Spacing is offense and offense is spacing ● Patience + movement = baskets ● Emphasize playing w/in themselves...teamwork! ● Teach the players how to read the defense and move accordingly ● Introduce transition offense...run lanes wide and push the ball ahead ● Remember it is not what you run, but how well you run it...It all starts w/ fundamentals 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Cuts off screens <ul style="list-style-type: none"> ○ Pop cut ● Cuts without screens <ul style="list-style-type: none"> ○ V-cut or L-cut ○ Basket cut ○ Back cut ○ Loop ● Cycle off the drive ● Screens <ul style="list-style-type: none"> ○ Down screen ○ Staggered screen ● Spacing 	<ul style="list-style-type: none"> ● 1:0/1:1 ● 2:0/2:2 ● 2:1 montrose break ● 3:0/3:3 ● 4:0/4:4 ● 5:0/5:5 ● 11-man ● Gator break ● Scrimmage
Defense	Teaching Points	
	<ul style="list-style-type: none"> ● Emphasize playing defense w/ their feet...take away their hands! ● Get them to understand the concept of 5 defenders verse 3 offensive players ● Be physical...cutters, screens, and drivers ● Make communication on defense an absolute ● Reward hustle and good defense! 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Ball pressure ● Bumping/chucking ● Closeout ● Contest the shot ● Defensive slide ● Deny passing lanes ● Flat triangle — ball-you-man concept ● Gap responsibility ● Help-side with ball above free throw extended ● Help-side with ball below free throw extended ● Mirror the ball ● Post defense...top-side, front, low-side ● RJ press footwork ● Screens w/out switching ● Stance ● Smother dead balls ● Steer the driver 	<ul style="list-style-type: none"> ● 1:1 full-court ● Ball shuffles ● Digs ● Change (1/2 or full-court) ● Full-court closeouts ● Minnesota pick-n-roll ● Shell ● Steer ● Zig-zag
Situations	Teaching Points	
	<ul style="list-style-type: none"> ● Get them to think the game ● Keep it simple and prepare them mentally 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Blob ● Free throw 	<ul style="list-style-type: none"> ● 2:1 herd ● 11-down

	<ul style="list-style-type: none"> 🔴 Press break 🔴 Slob 🔴 Stall 	<ul style="list-style-type: none"> 🔴 Clock work 🔴 Gladiator 🔴 Free throw ladder 🔴 Scrimmage
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Grades 7-8 (Transition Phase of Basketball Skills)

Practice-Skill Breakdown	Ball-Handling: 10 min. Exercise: 30 min (pre-practice) Individual Defense: 5 min. Passing: 5 min. Perimeter Shooting: 20 min. Post Shooting: 15 min	Rebounding: 5 min. Scrimmage: 10 min. Situations: 15 min. Team Defense: 15 min. Team Offense/Transition: 20 min.
Ball-Handling	Teaching Points	
	<ul style="list-style-type: none"> 🔴 Drive the ball...do not just dribble 🔴 Make it game-like through increased pressure, fatigue, and physicality 🔴 Emphasize acceleration immediately upon making a move 🔴 Have an attack mentality...be aggressive! 	
	Skill Sets	Drills
<ul style="list-style-type: none"> 🔴 Back-up 🔴 Between-the-legs crossover 🔴 Behind-the-back crossover 🔴 Combo 🔴 Front crossover 🔴 Inside-Out crossover 🔴 Jump stop 🔴 Pivot - front and reverse 🔴 Push dribble 🔴 Stutter 🔴 Spin dribble 🔴 Sweep or rip 🔴 Triple threat stance 	<ul style="list-style-type: none"> 🔴 1-ball commando 🔴 1-ball stationary series 🔴 2-ball commando 🔴 2-ball stationary series 🔴 Back-up series 🔴 Ball slaps 🔴 Glide series 🔴 Kill the grass 🔴 Knock-away 🔴 Larson series 🔴 NC State series 🔴 Tennis ball series 	
Passing/Catching	Teaching Points	
	<ul style="list-style-type: none"> 🔴 Increase complexity of passing/catching drills w/ more dynamic movement and speed 🔴 Use different balls to increase hand-eye coordination 🔴 Make post passing an emphasis in each practice 🔴 Play low off the catch...catch w/ two-feet in the air and rip 	
	Skill Sets	Drills
<ul style="list-style-type: none"> 🔴 Bounce pass 🔴 Chest pass 🔴 Hook pass 🔴 Lob pass 🔴 Overhead Pass 🔴 Push pass 	<ul style="list-style-type: none"> 🔴 2-ball pass 🔴 3-lane pass 🔴 3-man weave 🔴 4-corner pass 🔴 5-man weave 🔴 Bad pass 🔴 Baseline pass 🔴 China pass 🔴 LC tag 🔴 Monkey-in-the-middle 🔴 Star pass 🔴 Shuffle pass 🔴 X-post pass 	

Rebounding	Teaching Points	
	<ul style="list-style-type: none"> 🍌 Technique...make contact, seal, then pursue the ball 🍌 Focus on footwork and keeping the ball tight (ball high w/ wide base) 🍌 Mix toughening drills that teach physicality and intensity on the glass 🍌 Reward your best rebounders! 	
	Skill Sets	Drills
<ul style="list-style-type: none"> 🍌 Pin 🍌 Swim 🍌 Spin 	<ul style="list-style-type: none"> 🍌 1:1 block out 🍌 3:3/4:4 block out 🍌 Mchale 🍌 Taps 🍌 Tipping 🍌 War 🍌 Windex 	
Perimeter Shooting	Teaching Points	
	<ul style="list-style-type: none"> 🍌 Be ready to shoot off the catch...catch w/ two-feet in the air and rip 🍌 ALWAYS start w/ form shooting 🍌 Make pressure and competition elements of shooting drills 🍌 Create shots through proper footwork..attack the opponent's feet 🍌 Increase the pressure associated w/ our free throw drills 🍌 Develop three point shot 	
	Skill Sets	Drills
<ul style="list-style-type: none"> 🍌 3-point shot jump shot 🍌 Mid-range jump shot 🍌 Free throws 🍌 Hips across 🍌 Jab step 🍌 Power-flip 🍌 Reverse 🍌 Rip pivot 🍌 Rocker step 🍌 Shot fake 🍌 Step-back 🍌 Stockton 🍌 Sweep/rip 🍌 Veer 	<ul style="list-style-type: none"> 🍌 3-line shooting 🍌 5-spot shooting 🍌 21 🍌 Chair shooting 🍌 Cincinnati shooting 🍌 Form shooting 🍌 Kentucky shooting 🍌 Lightning 🍌 Motion shooting 🍌 Olympic shooting 🍌 Princeton lay-ups 🍌 Stanford shooting 🍌 Watermelon 	
Post Shooting	Teaching Points	
	<ul style="list-style-type: none"> 🍌 Focus on their feet...wide base, sit low, and athletic 🍌 ALWAYS start w/ Mikans 🍌 Make pressure and competition elements of shooting drills 🍌 Attack the opponent's legs 🍌 Increase the pressure associated w/ our free throw drills 	
	Skill Sets	Drills
<ul style="list-style-type: none"> 🍌 Crab 🍌 Jump hooks 🍌 Power drop step 🍌 Sikma 🍌 Up and Under 	<ul style="list-style-type: none"> 🍌 3-line shooting 🍌 5-spot shooting 🍌 21 🍌 Chair shooting 🍌 Mikans 🍌 Motion shooting 🍌 Olympic shooting 🍌 Superman 🍌 Tandem shooting 	

	Teaching Points	
	<ul style="list-style-type: none"> ● Emphasize patience, movement, screening angles, and spacing ● Teach the players how to read the defense and move accordingly ● Make transition a factor...get them pushing the ball and running the floor ● Run motion, but utilize the screens and cuts that fit your personnel 	
Offense	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Cuts off screens <ul style="list-style-type: none"> ○ Curl cut ○ Flare cut ○ Pop cut ● Cuts without screens <ul style="list-style-type: none"> ○ Back cut ○ Basket cut ○ Flash cut ○ Inside cut ○ Post cut ○ V-cut or L-cut ● Cycle off the drive ● Screens <ul style="list-style-type: none"> ○ Back screen ○ Ball screen ○ Down screen ○ Staggered screen ● Spacing 	<ul style="list-style-type: none"> ● 1:0/1:1 ● 2:0/2:2 ● 2:1 montrose break ● 3:0/3:3 ● 4:0/4:4 ● 4;4 Nebraska break ● 4:4 UCLA ● 5:0/5:5 ● 11-man ● Gator break ● Illini break ● Scrimmage
Defense	Teaching Points	
	<ul style="list-style-type: none"> ● Emphasize playing defense w/ their feet...take away their hands! ● Create an attitude that the defense dictates ● Make communication on defense an absolute ● Eliminate second shots...reward your best rebounder ● Let them play and be physical 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Ball pressure ● Bumping/chucking ● Closeout ● Contest the shot ● Defensive slide footwork ● Deny passing lanes ● Flat triangle — ball-you-man concept ● Gap responsibility ● Help-side with ball above free throw extended ● Help-side with ball below free throw extended ● Mirror the ball ● Post defense...top-side, front, low-side ● RJ press footwork ● Screens w/out switching ● Stance ● Smother dead balls ● Steer the driver ● Trapping 	<ul style="list-style-type: none"> ● 1:1 full-court ● 3:3 ball-side ● 3:3 flex ● 4:4 no paint ● 4:4 with drivers ● 5:4 with open post ● Ball shuffles ● Digs ● Change (1/2 or full-court) ● Full-court closeouts ● Minnesota pick-n-roll ● Shell ● Steer ● Zig-zag

Situations	Teaching Points	
	<ul style="list-style-type: none"> ● Get them to think the game ● Make practice situations tougher than game 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● 3-point play ● Blob ● Free throw ● Last second shot ● Press break ● Slob ● Stall ● Traps 	<ul style="list-style-type: none"> ● 2:1 herd ● 11-down ● Clock work ● Gladiator ● Free throw ladder ● Scrimmage

Grades 9-12 (Varsity Phase of Basketball Skills)

Practice-Skill Breakdown	Ball-Handling: 5 min. Exercise: 30 min (pre-practice) Individual Defense: 5 min. Passing: 5 min. Perimeter Shooting: 15 min. Post Shooting: 15 min	Rebounding: 5 min. Scrimmage: 15 min. Situations: 15 min. Team Defense: 15 min. Team Offense/Transition: 20 min. Toughening/Competition: 5 min.
Ball-Handling	Teaching Points	
	<ul style="list-style-type: none"> ● Drive the ball...do not just dribble ● Make it game-like through increased pressure, fatigue, and physicality ● Emphasize acceleration immediately upon making a move ● Have an attack mentality...be aggressive! 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Back-up ● Between-the-legs crossover ● Behind-the-back crossover ● Combo ● Front crossover ● Inside-Out crossover ● Jump stop ● Pivot - front and reverse ● Push dribble ● Stutter ● Spin dribble ● Sweep or rip ● Triple threat stance 	<ul style="list-style-type: none"> ● 1-ball commando ● 1-ball stationary series ● 2-ball commando ● 2-ball stationary series ● Back-up series ● Ball slaps ● Glide series ● Kill the grass ● Knock-away ● Larson series ● NC State series ● Tennis ball series
Passing/Catching	Teaching Points	
	<ul style="list-style-type: none"> ● Increase complexity of passing/catching drills w/ more dynamic movement and speed ● Use different balls to increase hand-eye coordination ● Make post passing an emphasis in each practice ● Play low off the catch...catch w/ two-feet in the air and rip 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Bounce pass ● Chest pass ● Hook pass ● Lob pass ● Overhead Pass 	<ul style="list-style-type: none"> ● 2-ball pass ● 3-lane pass ● 3-man weave ● 4-corner pass ● 5-man weave

	<ul style="list-style-type: none"> ● Princeton pass ● Push pass 	<ul style="list-style-type: none"> ● Bad pass ● Baseline pass ● China pass ● LC tag ● Monkey-in-the-middle ● Star pass ● Shuffle pass ● X-post pass
Rebounding	Teaching Points	
	<ul style="list-style-type: none"> ● Technique...make contact, seal, then pursue the ball ● Focus on footwork and keeping the ball tight (ball high w/ wide base) ● Mix toughening drills that teach physicality and intensity on the glass ● Reward your best rebounders! 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Pin ● Swim ● Spin 	<ul style="list-style-type: none"> ● 1:1 block out ● 3:3/4:4 block out ● Mchale ● Taps ● Tipping ● War ● Windex
Perimeter Shooting	Teaching Points	
	<ul style="list-style-type: none"> ● Be ready to shoot off the catch...catch w/ two-feet in the air and rip ● ALWAYS start w/ form shooting ● Make pressure and competition elements of shooting drills ● Create shots through proper footwork..attack the opponent's feet ● Increase the pressure associated w/ our free throw drills ● Develop three point shot 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● 3-point shot jump shot ● Mid-range jump shot ● Free throws ● Hips across ● Jab step ● Power-flip ● Reverse ● Rip pivot ● Rocker step ● Shot fake ● Step-back ● Stockton ● Sweep/rip ● Veer 	<ul style="list-style-type: none"> ● 3-line shooting ● 5-spot shooting ● 21 ● Chair shooting ● Cincinnati shooting ● Form shooting ● Kentucky shooting ● Lightning ● Motion shooting ● Olympic shooting ● Princeton lay-ups ● Stanford shooting ● Watermelon
Post Shooting	Teaching Points	
	<ul style="list-style-type: none"> ● Focus on their feet...wide base, sit low, and athletic ● ALWAYS start w/ Mikans ● Make pressure and competition elements of shooting drills ● Attack the opponent's legs ● Increase the pressure associated w/ our free throw drills 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Crab ● Front crab 	<ul style="list-style-type: none"> ● 3-line shooting ● 5-spot shooting

	<ul style="list-style-type: none"> ● Jump hooks ● Kiki ● Power drop step ● Sikma ● Up and Under 	<ul style="list-style-type: none"> ● 21 ● Chair shooting ● Mikans ● Motion shooting ● Olympic shooting ● Superman ● Tandem shooting
Offense	Teaching Points	
	<ul style="list-style-type: none"> ● Emphasize patience, movement, screening angles, and spacing ● Teach the players how to read the defense and move accordingly ● Remember it is not what you run, but how well you run it...It all starts w/ fundamentals 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Cuts off screens <ul style="list-style-type: none"> ○ Back cut ○ Curl cut ○ Flare cut ○ Pop cut ● Cuts without screens <ul style="list-style-type: none"> ○ Back cut ○ Basket cut ○ Flash cut ○ Inside cut ○ Loop ○ Post cut ○ V-cut or L-cut ● Cycle off the drive ● Screens <ul style="list-style-type: none"> ○ Back screen ○ Ball screen ○ Cross screen ○ Down screen ○ Flare screen ○ Slip screen ○ Staggered screen ○ UCLA Screen ● Spacing 	<ul style="list-style-type: none"> ● 1:0/1:1 ● 2:0/2:2 ● 2:1 montrose break ● 3:0/3:3 ● 4:0/4:4 ● 4:4 Nebraska break ● 4:4 UCLA ● 5:0/5:5 ● 11-man ● Gator break ● Illini break ● Scrimmage
Defense	Teaching Points	
	<ul style="list-style-type: none"> ● Emphasize playing defense w/ their feet...take away their hands! ● Create an attitude that the defense dictates ● Make communication on defense an absolute ● Defense creates offense....sell that aspect! ● Eliminate second shots...reward your best rebounder ● Let them play and be physical 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● Ball pressure ● Bumping/chucking ● Closeout ● Contest the shot ● Defensive slide footwork ● Deny passing lanes ● Flat triangle — ball-you-man concept ● Gap responsibility 	<ul style="list-style-type: none"> ● 1:1 full-court ● 3:3 ball-side ● 3:3 flex ● 4:4 no paint ● 4:4 with drivers ● 5:4 with open post ● Ball shuffles ● Digs

	<ul style="list-style-type: none"> ● Help-side with ball above free throw extended ● Help-side with ball below free throw extended ● Mirror the ball ● Post defense...top-side, front, low-side ● RJ press footwork ● Screens w/out switching ● Stance ● Smother dead balls ● Steer the driver ● Switching ● Trapping 	<ul style="list-style-type: none"> ● Change (1/2 or full-court) ● Full-court closeouts ● Minnesota pick-n-roll ● Press disadvantage ● Shell ● Steer ● Zig-zag
Situations	Teaching Points	
	<ul style="list-style-type: none"> ● Get them to think the game ● Make practice situations tougher than game! 	
	Skill Sets	Drills
	<ul style="list-style-type: none"> ● 3-point play ● Blob ● Free throw ● Last second shot ● Press break ● Slob ● Stall ● Traps 	<ul style="list-style-type: none"> ● 2:1 herd ● 11-down ● Clock work ● Gator ● Gladiator ● Free throw ladder ● Scrimmage