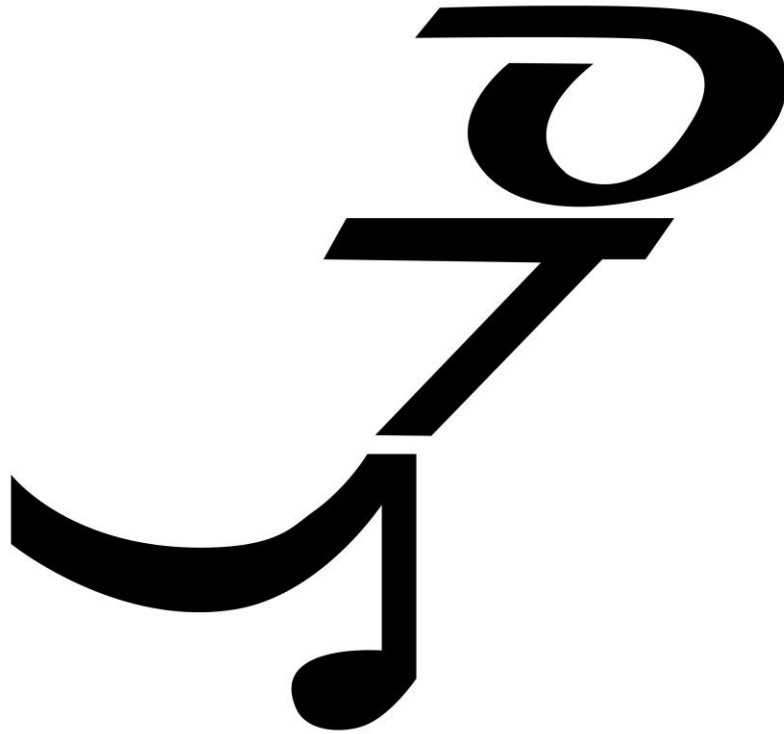


Overtime Athletics



BASKETBALL **Fundamentals Booklet**

1. Dribbling

- Right and Left Hand
- Dribble Protect
- Cross-over
- Retreat
- Changing Speeds/Hesitation

Technique and Teaching Points:

- *Eyes/Head up when dribbling
- *Using your finger tips
- *Keeping the ball at your waist

2. Passing

- Chest and Bounce
- Lob
- Skip/Swing
- Outlet
- Curl/Entrée

Technique and Teaching Points:

- *Thumbs Up/Thumps Down
- *Fake a pass, make a pass
- *Nothing lazy (No Lollipops and Rainbows)
- *Generating power by releasing the ball from your chest

3. Shooting

- Layups
- Jump Shots
- Foul Shots

Technique and Teaching Points:

*Layups – Explode through the block

*Layups – High and Soft

*Layups – Right and Left Hand

*Jump Shots – Feet as wide as shoulders

*Jump Shots – Elbow in

*Jump Shots – Snap the wrist at the top of the shot

*Foul Shots – Same routine every time

*Foul Shots – Wide base, bend your knees, use your legs for power

*Foul Shots – Never take your eyes off the target

4. Rebounding

- Low Post
- Foul Shots
- From the Wing (Guard Strategy)

Technique and Teaching Points:

*Stance and Position – For Low Post, Foul Shots, Wing

- Arms and Hands outstretched and ready
- Be wide, be balanced
- Feet and ‘stance’ shoulder with, *or more*, apart
- Knees bent

*Locating Man First – Head on a swivel

*Locating Ball Second – Clearing out space

*Making Contact

*Meeting ball in the air, getting your feet under your arms/hands

*Securing ball with two hands

*Keeping Ball High

*Pivot

5. Defense

- Man to Man
- Zone (Match Up Zone)
- Full Court Press
- Half Court Defense
- Traps
- Guard Play Defense
- Post Play Defense

Technique and Teaching Points:

- *Talking
- *Stance
- *Sliding Feet
- *Hands Up
- *Head on a swivel
- *Help
- *Be between man and basket
- *Turning ball handler away from middle
- *On ball shut down defense
- *Deny defense/one pass away
- *Opposite side sag defense