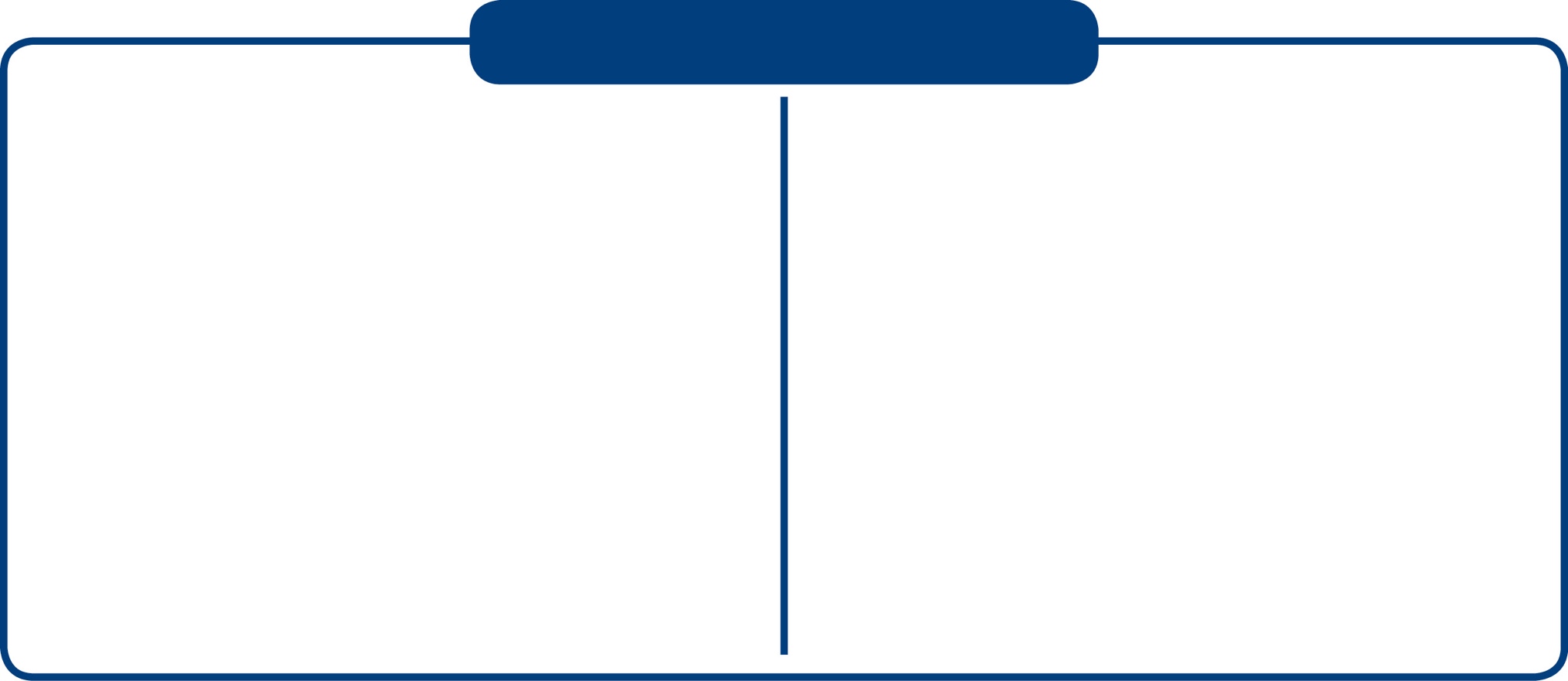
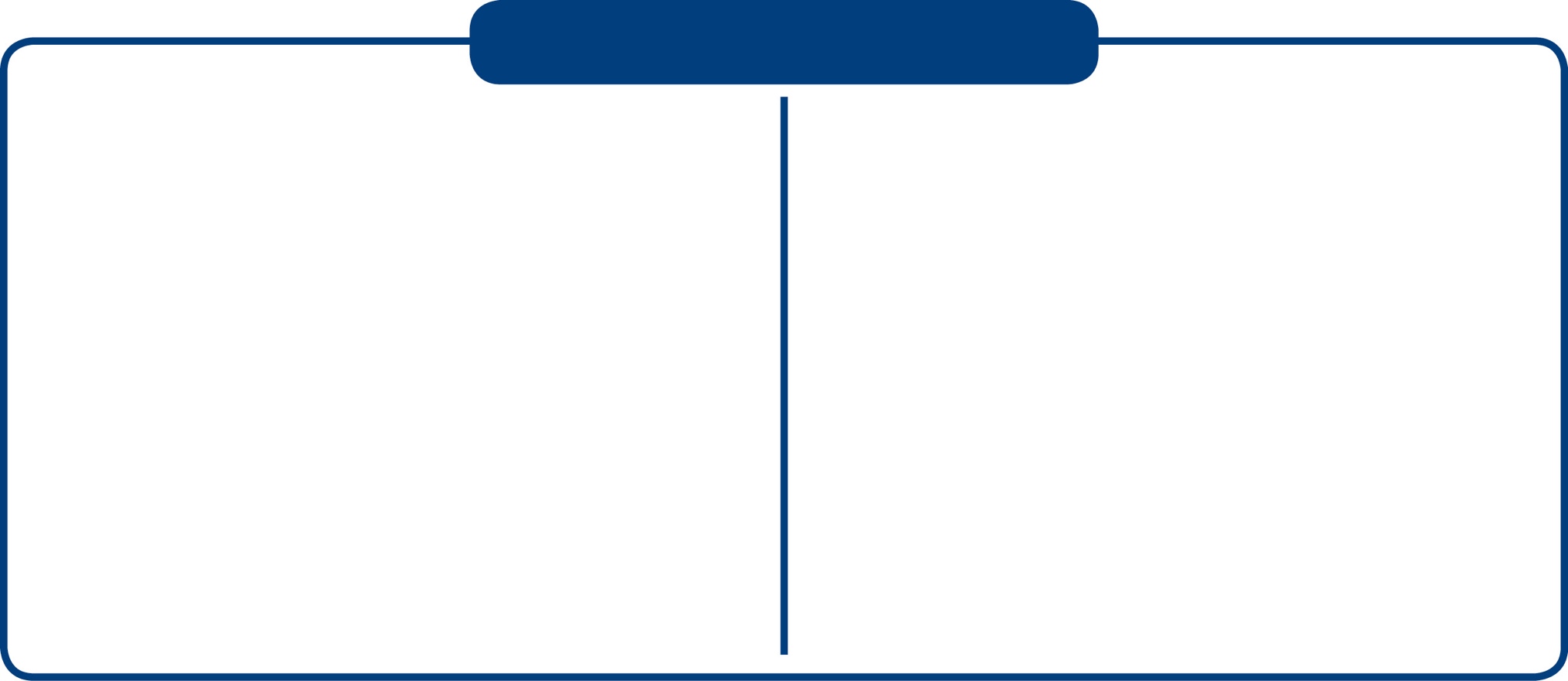
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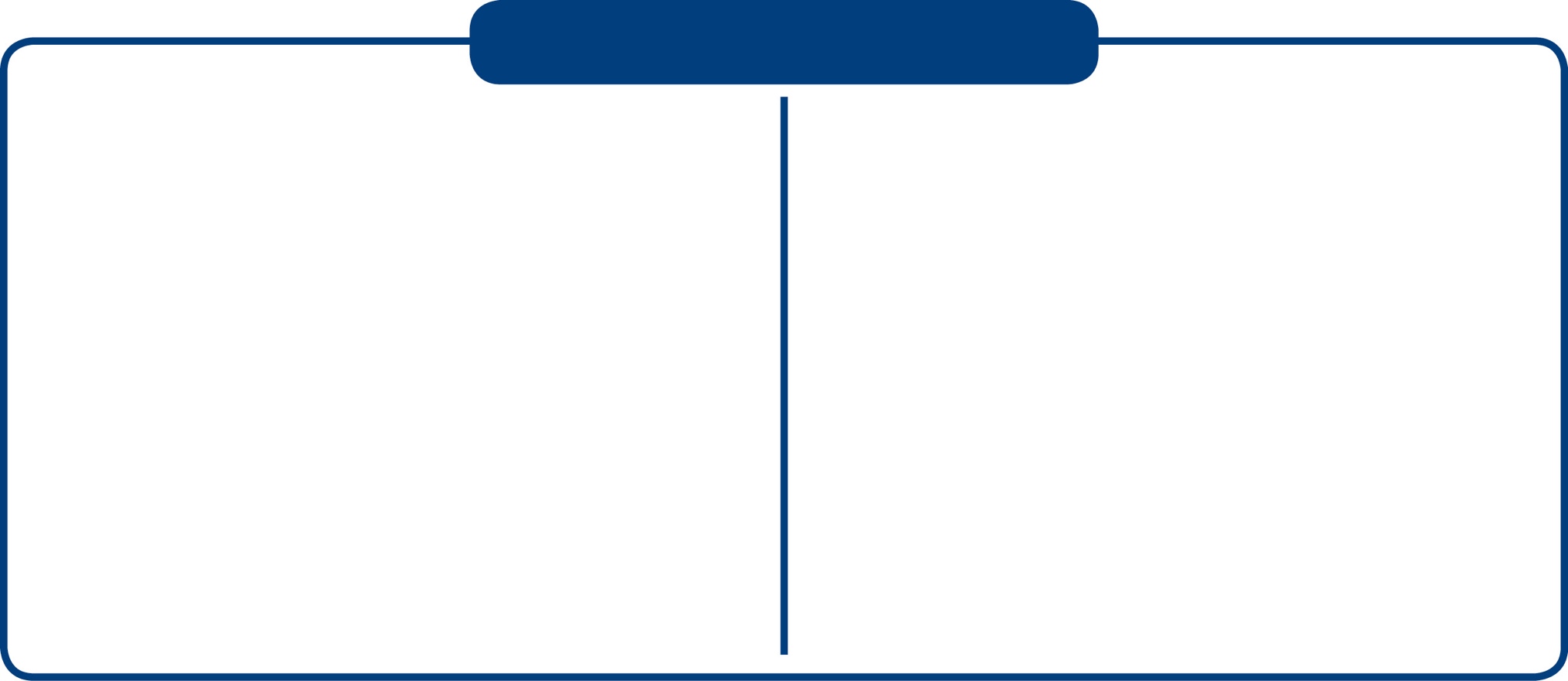
**DRIBBLING**

|  |  |
| --- | --- |
| **Critical Elements**   * Knees Bent, Fingers Spread Wide * Eyes Up (See the Court) * Push the Ball Down with Finger Pads * Give with the Ball Up to Your Waist * Push Down Again with Finger Pads * Non-Dribbling Hand Protects the Ball | **Coaching Words**   * Knees Bent, Eyes Up * Finger Pad Push * Give to Your Waist * Protect the Ball |

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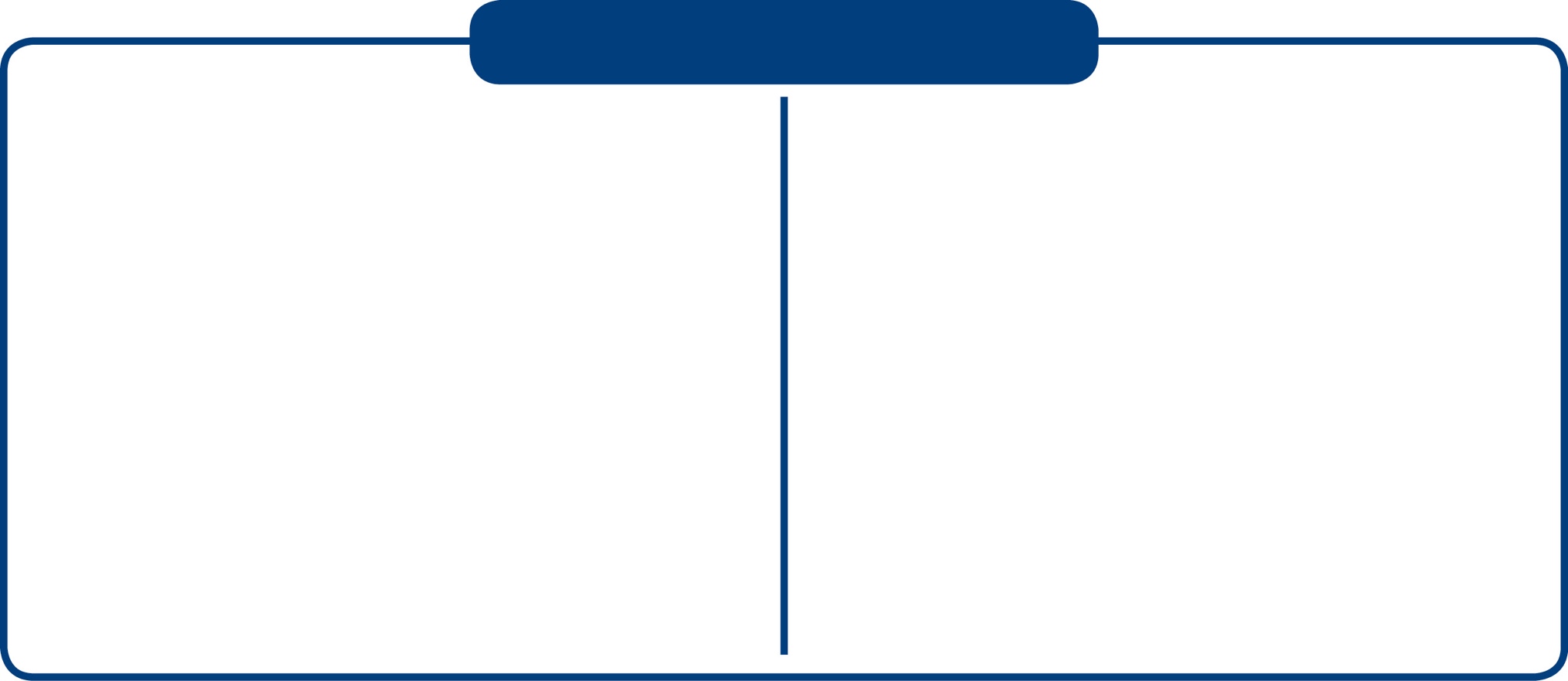
**Shooting**

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| --- | --- |
| **Critical Elements**   * Balance the Ball Up on Shooting Hand Platter * Elbow Directly Under the Ball, Aligned with Front Knee * Eyes on the Back of the Rim * Follow Through with Wrist Snap High and Away | **Coaching Words (BEEF)**   * Balance on the Platter * Elbow Under the Ball * Eyes on Target * Follow-Through Snap |

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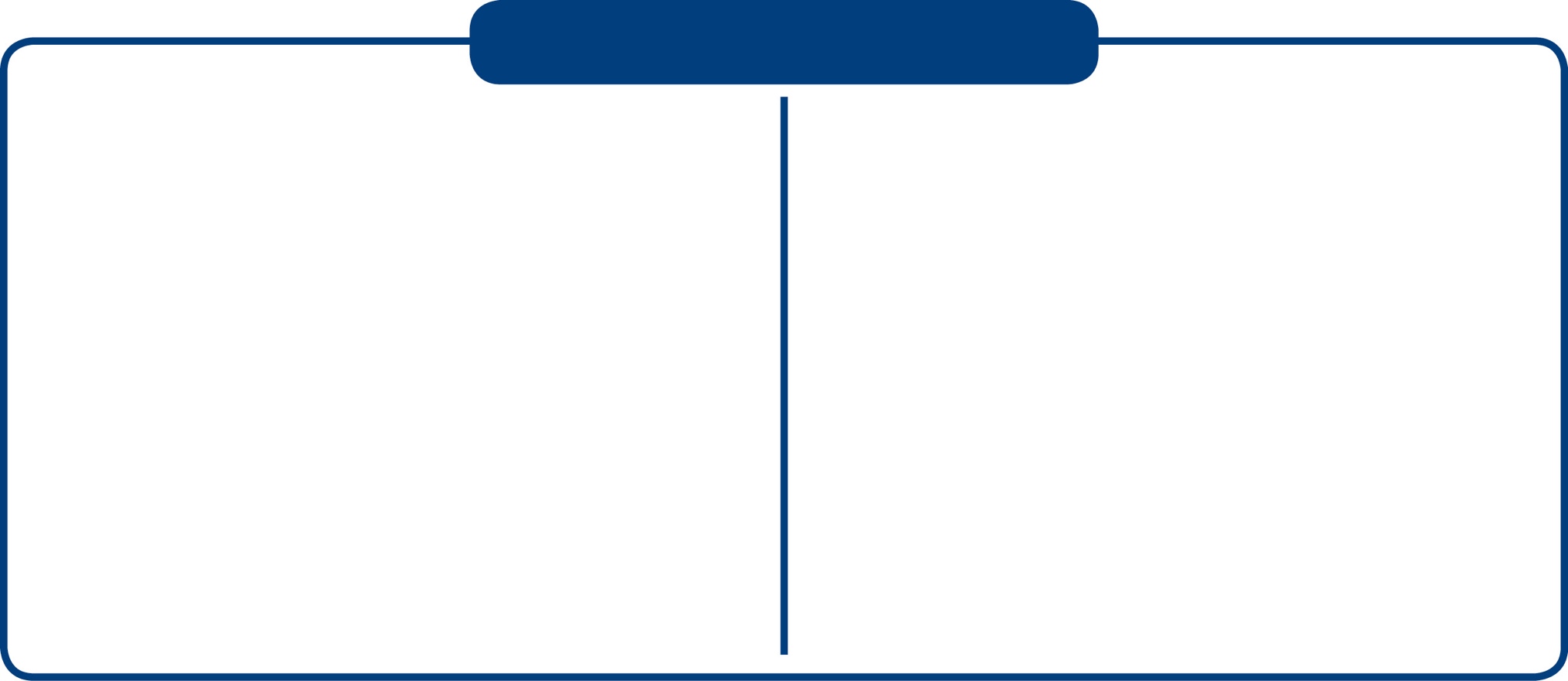
**Chest Pass**

|  |  |
| --- | --- |
| **Critical Elements**   * Two Hands on the Ball (East & West) * Step Toward Your Target * Extend Arms Straight Out * Rotate Palms Outward (Chest Height) * Push the Ball to Your Target * Extend to Follow Through (Palms Out) | **Coaching Words**   * Two Hand East & West * Step to Target * Extend Out * Rotate Palms Chest Height * Push to Target * Follow Through Palms Out |

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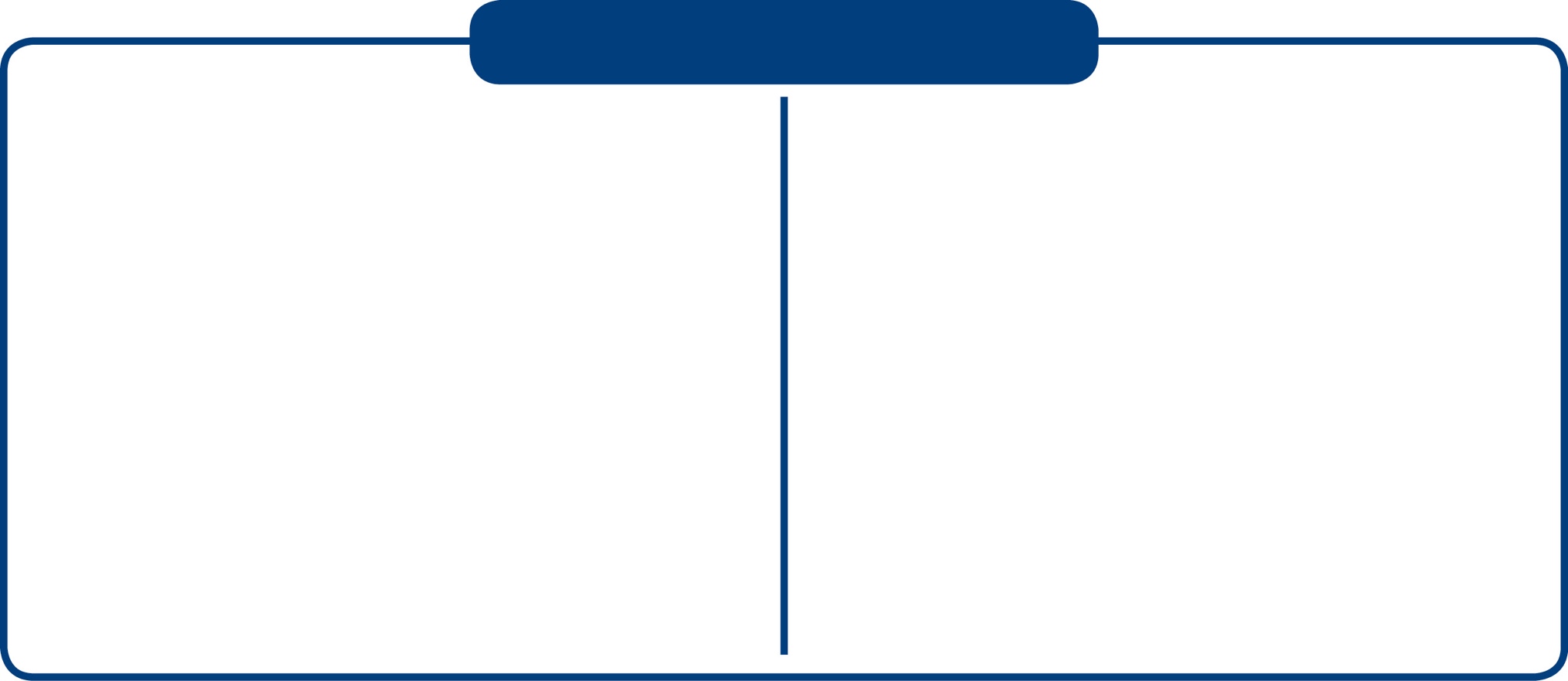
**Bounce Pass**

|  |  |
| --- | --- |
| **Critical Elements**   * Two Hands on the Ball (East & West) * Step Toward Your Target * Extend Arms Out and Down at an Angle * Rotate Palms Outward (Out Front to the Floor) * Push the Ball to the Floor, 2/3 The Way to Your Target * Extend to Follow Through (Palms Out) | **Coaching Words**   * Two Hand East & West * Step to Target * Extend Out, Angled Down * Rotate Palms Out and Down * Push to 2/3 to Target * Follow Through Palms Out |

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**Defensive Position**

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| --- | --- |
| **Critical Elements**   * Feet Shoulder-Width Balanced and Ready * Balls of Feet, Balanced and Ready * Knees Bent, Balanced and Ready * Arms and Hands Out with Palms to the Offense * Back Straight * Eyes on Waist | **Coaching Words**   * Wide Base, Knees Bent * Feet Balanced and Ready * Active Hands * Back Straight * Eyes on Waist |

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**Defensive Shuffle**

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| --- | --- |
| **Critical Elements**   * Good Defensive Position * Lead Foot Step * Push and Shuffle with Trail Leg * Fast, Explosive Feet | **Coaching Words**   * Defensive Position * Shuffle Step Then Explode * Fast Feet, Active Hands |