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**DRIBBLING**

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| --- | --- |
| **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**

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| --- | --- |
| **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**

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| --- | --- |
| **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
 |