

SKILL CARDS

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

SKILL CARDS

SHOOTING

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

SKILL CARDS

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

SKILL CARDS

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

SKILL CARDS

DEFENSIVE POSITION

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

SKILL CARDS

DEFENSIVE SHUFFLE

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