

Fundamental Skills Checklist

Dribbling

- *Posture* – Knees should be slightly bent, back is straight, and feet should be shoulder length apart.
- *Fingertips* – Dribble with your fingertips, and avoid using the pads or palms of your hands. Push ball down by spreading the fingers and flexing the wrist. Ball should not go any higher than players waist.
- *Head* – Head should be up at all times, and eyes should be focused on what is happening on the court.
- *Guard Arm* – Use non-dribbling arm to protect the dribble from the defender.
- *Hands* – Learn to dribble under control with both right and left hands.

Passing

- *Grip* – Both hands should be on the sides with the thumbs directly behind the ball. Ball and arms should be by your chest.
- *Step* – Take a step towards the target.
- *Follow Through* – Fingers should rotate behind the ball and the thumbs are turned down. Follow through has the back of the hands facing one another with thumbs straight down.

Catching

- *Target* – Give the passer and target by putting an arm up or out to the side.
- *Step* – Move to meet the pass and step toward the ball.
- *Eyes* – Watch the ball come into your hands.
- *Hands* – Have palms facing the passer and thumbs together.

Shooting

- *BEEF* – *Balance, Elbow, Eyes, Follow Through*
 - *Balance* – Feet shoulder width apart, weight on the forefoot, shoulders, hips and feet square to the basket, base firm. Bend knees to get power for the shot.
 - *Elbow* – Elbow under the ball and pointed towards the basketball. The arm should be tucked in and form the shape of an “L”.
 - *Eyes* – Eyes should be up and on the target, and concentrated on the basket. Visualize where you want the shot to go.
 - *Follow Through* – Ball is on fingertips, follow through or flip wrist towards basket. Follow your shot upon the release. Ball should arch upward instead of shooting it straight at the hoop.

Rebounding

- *Anticipation* – Anticipate where the ball will come off of the rim, and how fast/slow the ball will travel.
- *Box Out* – Find man, and place yourself between your opponent and the basket. Keep your rear in contact with the opponent’s body.

- *Highest Point* – Jump up and grab the ball with two hands at the balls highest point.
- *Control* – Keep ball at chin level with your elbows out. Pivot, pass, or dribble to make room.

Defense

- *Strong Base* – Feet shoulder length apart.
- *Knees* – Slightly bent to help with movement, with butt down.
- *Hands* – Hands and arms should be out to place pressure on players ability to shoot, pass, or drive.
- *Feet* – Shuffle feet. Do not cross feet.
- *Ready Position* – Stay between the opponent and basket at all time.
- *Head* – Ensure head is on a swivel. Should see ball, and your player at all times.