

TOP 12 - In-House Skills to Learn

- 1) Form Shooting: (Shooting Hand behind the ball, Guide hand on the side)
- 2) Dribbling: When going right (use Right Hand), When going left (use Left Hand)
- 3) Passing: Thumbs Down, Palms Away
- 4) Defensive Stance: Butt Down, Chest Up, Head Up, Arms Out
- 5) Defensive Slide: Step and Slide, Point your toe in the direction you are going
- 6) Screening: Teach how to set a screen - Big Wide Strong Base, Stay Still (Off Ball Screen and Ball Screen)
- 7) Cutting: Basket Cut and Give and Go
- 8) Defense: Ball and Man: Stay between the ball and the basket
- 9) Rebounding: GO GET THE BALL! :)
- 10) Lay-Ups: Power Lay-Up: Off Two Feet
- 11) Jump Stop and Pivot: Big and Wide and Powerful
- 12) Rules: Traveling, Double Dribble, Throwing the ball in after out of bounds