

YBA

Ball Handling

- Around head, body, right, leg, left leg, figure 8
- Finger tips – moving the ball back and forth
- Dribbling –around body, low to ground, between the legs, behind the back, right hand, left hand

Passing

- Partner Passing
- Chest, bounce, overhead, side
- Star passing
- Shuffle passing

Shooting

- Jump Shots – Make sure to use both side of the court
- Partner shooting (one shoot other rebounds) move without the ball
- Start in close then have them work their way out
- Make sure to help them out with proper technique while shooting (elbow bent, follow through)

Dribbling

- Right hand, left hand, crossover, between the legs, behind the back, 2 ball dribbling of the same
- Half court and back

Lay ups

Make sure to use both sides of the court

- 2 line layups
- Start close – move out
- MAKE THEM USE THE BACKBOARD

Defense

- Shuffle/talk (ball-dead-shot)
- Low/slow – quick and intense
- Jump to the ball
- Hand out
- Where they should be when their person has the ball
- Where they should be when their person passes

Screen and Roll

- Where you should stand when setting a screen
- Ball handler need to wait for the screen
- Roll with hands up
- Let them play a little on each side right and left

Jump stops

- Dribble jump stop pivot
- Dribble jump stop switch hands
- Dribble jump stop shoot