

Skill: Shooting Demo or Drills

Beginner Right or Left (strong-hand) Layup

1 step 2 step 1 dribble

<https://www.youtube.com/watch?v=Tm7N2HU4noQ>

Layup

Ability to complete a layup from both sides jumping off the inside foot and shooting with the outside hand. This is done off the dribble and after receiving a pass.

<https://www.youtube.com/watch?v=BwR1DPCVsP8>

Power Layup

Dribble to the basket, execute a two-foot jump with the shoulders parallel to the backboard and feet pointed to the baseline. Power the ball up off the board.

<https://www.youtube.com/watch?v=qkHBMmMIEr8>

Form Shooting (“straight”) *3-6ft range

Starting close to the basket, maintain proper shooting mechanics. Use both one and two- hand form shooting. Arc (elbow extends 60 degrees from shooting pocket) Rotation (ball rolls off finger pads(index-middle) Accuracy (elbow in-index/middle finish “up & over the rim” Off-hand “karate”

<https://www.youtube.com/watch?v=MxO-5-bJmOM> <https://www.youtube.com/watch?v=jTp4ijpLivs>

Bank Shot

Develop the ability to execute a bank shot and where on the court provides the best angle to shoot a bank shot.

<https://www.youtube.com/watch?v=TackHHEhRTM>

1-2 Step Catch and Shoot (moving)

The foot of the first step should land as the ball is caught. Bring the other foot into position squaring up to the basket while moving the basketball into shooting position.

<https://www.youtube.com/watch?v=4PRQjKCX3-w>

<https://www.youtube.com/watch?v=rKjTXq3FUfs>

Jump shot/ Shooting off the Dribble

Shot fake or dribble moves to shooting off the dribble

<https://www.youtube.com/watch?v=CDysYxvWtMs>

<https://www.youtube.com/watch?v=yZb8OAXnl24>

<https://www.youtube.com/watch?v=V9lsb83eII4>

<https://www.youtube.com/watch?v=PIrTNkdb8ZA>

Free Throws

Develop a routine (2 dribbles shoot)

<https://www.youtube.com/watch?v=Hrjl91zw7mQ>

Basic Post Moves (Back to basket or Face up)

Drop Step baseline or middle; Reverse pivot(spin) for drive, shot or shot fake/drive(up/under)

<https://www.youtube.com/watch?v=9ZYyvCcephs>

<https://www.youtube.com/watch?v=UGnV7UMQHMc>

<https://www.youtube.com/watch?v=bfmADWVQp3o>

Mikan Drill

<https://www.youtube.com/watch?v=CmFOj0nhUN8>

3pt range

Develop form at the 17ft range first, then move out to the 3pt arc.

*Work on 3pt range shooting last in your shooting workout. USE PROPER FORM.

Skill: Dribbling Demo or Drills

Control Dribble

Ability to dribble and control the basketball comfortably with either hand and without looking at the ball.

https://www.youtube.com/watch?v=ndL8oQ7F9_0

<https://www.youtube.com/watch?v=5ugL51IPUyc>

<https://www.youtube.com/watch?v=iiQv-m6EKwY>

<https://www.youtube.com/watch?v=X9tEMTYVdeg>

Crossover Dribble

Swing or 2 pound snap ball back & forth in front

See Control dribble video above

V dribble

Move ball back & forth in front of one leg with one hand or on one side

See Control dribble video above

Speed

Run the length of the court, pushing the ball out in front and using as few dribbles as possible to get from baseline to baseline.

<https://www.youtube.com/watch?v=5dL5FRzqTP4>

Shuffle

From a protect dribble stance, shuffle forward and backward, maintaining control of the dribble.

<https://www.youtube.com/watch?v=5ugL51IPUyc>

Crossover

Move the ball from one hand to the other while moving straight ahead and coming to a jump- stop to change direction. The dribble should be low, below the knees.

<https://www.youtube.com/watch?v=AK6S9-rWp-U>

Spin

Plant the foot opposite the hand dribbling and then reverse pivot, taking a large step with the other foot and bringing the ball around the body.

<https://www.youtube.com/watch?v=skK0uGQemLE>

Back-up Crossover

Pull ball (shuffle) back 2 hard dribbles, then crossover past defender.

<https://www.youtube.com/watch?v=8MUEN3rqwt8>

Between the legs

Ability to change direction while executing a crossover dribble between the legs.

<https://www.youtube.com/watch?v=zIxM7CUFBcw>

<https://www.youtube.com/watch?v=8MUEN3rqwt8>

Behind the back

Use a jump-stop off a speed dribble and put the ball behind the back, then move in that direction. Also, wrap the ball around the back while on the run.

<https://www.youtube.com/watch?v=8MUEN3rqwt8>