

-- Chest pass --

1)



Begin in the ready position.

2)



Step with the lead foot towards the target.

3)



Each hand should be on the outside of the ball.

4)



Push the ball out from the chest.

5)



Tuck your elbows directly behind the ball.

6)



Follow-through with thumbs down and fingers towards the target.



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Notes:

It is important to use backspin on this pass because it makes the ball easier to catch.

-- crossover Dribble --

1)



Start with the basic dribble.

2)



Cross it over in front of the body.

3)



Push the ball at a backward angle.

4)



Switch the lead foot and body position.

5)



Accelerate away in intended direction.



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Notes:

The player should exercise the principles of the basic dribble (low dribble, ball protection) at all points applicable during the crossover.

-- defensive slides --

1)



Start in a defensive stance.

2)



Point the toes of the lead leg in the direction of movement.

3)



Step two feet in the intended direction.

4)



Slide the other foot in the same direction.

5)



Take short and quick steps.

6)



Maintain weight on the balls of the feet.

7)



The feet should never cross.



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Notes:

The basic defensive stance consists of the feet shoulder width apart, feet forward, legs bent, seat down, back straight and the hands up.

-- drop step --

1)



Execute a jump stop above the block.

2)



Receive the pass.

3)



Foot furthest from the basket is used as the pivot foot.

4)



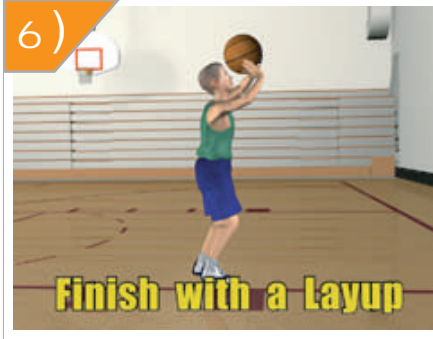
Other foot drops towards the basket.

5)



Take one dribble and turn square to the basket.

6)



Finish going up strong and high towards the basket for a lay-up.



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Notes:



-- fast break --



1) The rebounder passes to the outlet player.



2) The outlet player moves the ball up the middle of the court.



3) The wings fill the lanes staying as wide as possible.



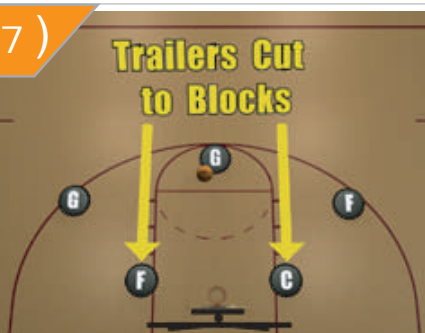
4) The dribbler sprints up the court and stops at the free throw line.



5) The ball is passed off to either lane.



6) The last two players down the court are the trailers.



7) The trailers cut down to the blocks on either side.



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Notes:

It's important to stay spread out to create passing lanes and maximize the speed the ball travels down the court.

-- free throws --

1)



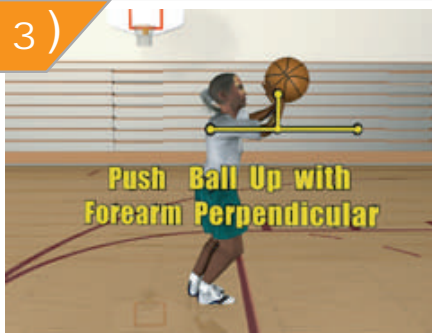
Place strong side foot slightly ahead of the other.

2)



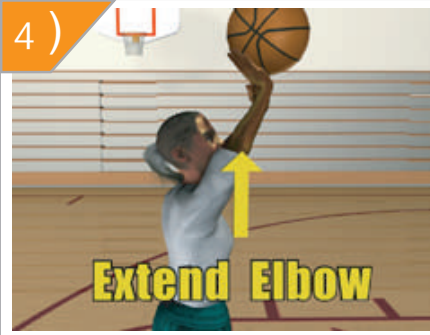
Bend the knees.

3)



Push the ball up from the forearm and with the wrist cocked.

4)



Extend the legs and elbow upwards.

5)



Push the fingers up and through the ball and follow through aggressively.



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Notes:

Establish a routine, which may include dribbling a set number of times, checking shooting mechanics, visualizing the shot, and taking deep breaths.

-- give & go --

1)



One player passes the ball to another.

2)



Fake away from the ball or hesitate in place.

3)



Cut hard to the basket.

4)



Give a target for the passer.

5)



Passer delivers a bounce or overhead pass.

6)



Catch the pass under control and look for a shot.



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Notes:



-- jumpshot --

1)



Control the ball on the pads of the fingertips of each hand.

2)



Place shooting hand behind the ball and the non-shooting hand along the side.

3)



Focus on the target (rim/backboard).

4)



Body should be in direct alignment to the basket.

5)



Push the ball up from the forearm and with the wrist cocked.

6)



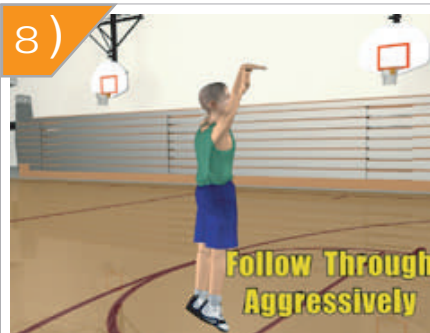
Non-shooting hand maintains its support throughout the shot.

7)



Extend the legs and elbow upwards.

8)



Push the fingers up and through the ball and follow through aggressively.



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Notes:

-- jumpst ops --

1)



Start in ready position

2)



Run 2 steps forward.

3)



Jump off of the second step and land with both feet at the same time.

4)



Land with the body balanced and under control.



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Notes:

Players can practice this skill by running 5-6 steps and using a whistle to signal the time for a jump stop

-- Lay-ups --

1)



Start this shot by dribbling to the basket.

2)



Jump up toward the basket.

3)



Jump off of the leg opposite your shooting hand.

4)



Non-shooting hand should protect the ball.

5)



Push the ball up from the forearm and with the wrist cocked.

6)



Point the index finger to the corner of the square.

7)



Release the ball by following through and snapping the wrist.



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Notes:

-- pick & roll --

1)

Set A Screen



Set a screen for the ball handler.

2)

Wait For Screen



Wait until the screen is set before driving.

3)

Dribble By the Pick



Dribble by the screen looking to shoot or to drive.

4)

Create Space



Go at least 2 dribbles beyond the screener.

5)

Screener Rolls Toward Basket



The screener opens up to the ball and rolls to the basket.

6)



The dribbler then throws a bounce or overhead pass.

7)



Catch the pass under control and look for a shot.

NCAA



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Notes:



-- pivots --

1)



Start in the ready position.

2)



Focus on protecting the basketball.

3)



The pivot foot should remain stationary.

4)



Rotate the body around the planted pivot foot.

5)



The knees should stay bent.

6)



Focus on keeping your head up while pivoting.



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Notes: