

# How to Improve Your Basketball Skills

Guidelines for Players (and Parents)

## Seven Fundamental Skills

Pivoting  
Moving without the Ball  
Defense  
Rebounding  
Shooting  
Ball handling  
Passing & Catching

### Ball but no Basket

1. Dribble, dribble, dribble . . . .
  - “Tricks”:
    - Figure 8’s
    - V-dribbles
    - Around both legs
    - Use your imagination
  - Dribble Series:
    - Controlled
    - Speed
    - Cross-over
    - Between-the-legs
    - Behind the back
    - Spin
    - Hesitation
2. Against a wall
  - Dribble — left, right, and alternate
  - Passing — chest, overhead, and bounce
3. Practice shooting form — one hand “Hit the Line”

### Ball & basket

1. Lay-ups — left side and right side
2. Mikan drill
3. Self-pass & shoot
  - Baseline
  - Elbow
  - Wing
  - Back to basket (use backboard)
4. Foul shots
5. Practice one-on-one moves
  - Jab & shoot
  - Up-fake and go right
  - Up-fake and go left

### Two people, one ball but no basket

1. Play catch w/out moving
2. Play catch on the run
3. Practice one-on-one moves
  - Jab & shoot
  - Up-fake and go right
  - Up-fake and go left

### Two people with ball & basket

1. Play one-on-one
2. Feed the cutter → lay-up (both sides!)
3. Catch and shoot (Catch with knees bent)
  - Baseline
  - Elbow
  - Wing
  - Back to basket (use backboard)

### 4 or 6 people with ball & basket

1. Play two-on-two
  - Give & go
  - Pick & roll
  - Head up and use off-hand
2. Play 3-on-3
  - Pass and screen away
  - Give & go
  - Pick & roll
  - Head up and use off-hand

### GOALS

1. Skill development
2. 2 times per week for 30 minutes for 20 weeks
3. Keep charts (for example, Foul Shots)
4. Play as much as you can