

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