

BALL HANDLING/OFFENSIVE SKILLS TEACHING POINTS



Triple Threat

- Athletic Stance: feet wider than shoulders, knees bent, hips down, chest up
- Ball is just above the thigh and in tight
- Shooting hand behind the ball, "U" position



Offensive Square/Pivot Foot

- Keep the ball protected and away from the defender
- Maintain the pivot foot like the toe is nailed to the ground
- Move the ball from point to point quickly avoiding the "bubble" in front of the defender.
- Use ball fakes
- Look for opportunities to attack

Red Light

- The defender is overplaying and too close



Yellow Light

- The defender is in good position



Green Light

- The defender is allowing space or there is no defender



Advancing the Ball up the Floor

- Push the ball out in front
- Hand on top
- Ball around the hip

Attacking the basket (w/ defenders near)

- Keep the ball low and away from defenders
- Athletic body position
- Opposite arm up to protect the ball
- Slightly leaned forward to promote acceleration

Adjusting for passing angle or shooting position

- Keep the ball low and away from defenders
- Athletic body position
- Balanced and prepared to pass, shoot, or ball fake