 **Basketball Emphasis** 

* Ball Handling (under control)
	+ Left Hand, Right Hand, Crossover
	+ Around Head, Waist, Each Knee, Both Knees
	+ Forward & Backward Dribbling, walking and running
	+ Triple Threat position (Explain the why)
* Shooting
	+ General form (square to the basket, Hand behind the ball)
	+ Shoot up (Shoot over the coaches outstretched hands)
	+ Lay-ups (High fives drill, Skipping, Elbow/Knee String)
* Passing/Catching
	+ Bounce Pass (Thumbs down, step towards)
	+ Chest Pass (Thumbs down, step toward)
	+ Catching (Hands out, eye contact, relax, less movement)
* Defense
	+ Defensive stance, slide your feet, hands up
	+ Between hoop and person you are guarding
	+ No hands, No reaching, No hugging – Trace the ball
	+ Talk (“I’ve got #5”, “Ball”, “Shot”, “Help”)
* Basketball Rules
	+ Traveling
	+ Double Dribbling
	+ Fouls
	+ Out of bounds, Free Throw Line, Lane, Half Court & Three Point Lines
	+ Out of bounds or made basket – Inbounding the ball
	+ No pressing, hustle back on defense and call out who you are guarding