 **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