



## Basketball Skill Set

### K - 4th Grade Boys and Girls

#### Fundamental and Beginner Skill Sets

Skill	Description	Link
Basketball Court	Teach the out of bounds lines, half court, free throw line, paint area.	<a href="#">Areas of the Court</a>
Violations	Traveling, double dribbling, fouling.	<a href="#">Travelling</a> <a href="#">Double Dribble</a> <a href="#">Fouling</a>
Defense	Backcourt defense. Defense cannot guard an offensive player until he/she crosses half court with the ball.	
Double Team	A defensive player may not guard any other player other than his/her own. No double teaming is permitted.	
Sportsmanship	All players will show respect to coaches, officials, and spectators at all times. Players will play fairly, respect their opponents, and conduct themselves in an appropriate manner.	<a href="#">Sportsmanship 1</a> <a href="#">Sportsmanship 2</a> <a href="#">Parent/Coach Behavior</a> <a href="#">Positive Parenting</a>
Fair Play	All players shall be granted the opportunity to experience play at all positions throughout the season. Isolation of players is discouraged as the purpose of the league is to develop players.	

## Ball Handling Skill Set

Skill	Description	Link
Ball Slaps	Control the basketball in your hands	<a href="#">Ball Slaps</a>
Toss and Clap	Hand eye coordination and catching with hands not body.	<a href="#">Toss and Clap</a>
Sweeps and Rips	Moving the ball to keep away from defense	<a href="#">Sweeps and Rips</a>
Stationary Dribble	Ability to dribble and control the basketball comfortably with either hand and without looking at the ball. Perform in an athletic stance	<a href="#">Stationary Dribble</a>
Forward Dribble	Walk and jog the length of the court without losing control of the dribble.	<a href="#">Forward Dribble</a>
Speed Dribble	Run the length of the court pushing the ball out in front and using as few dribbles as possible to get from baseline to baseline	<a href="#">Speed Dribble</a>
Protect Dribble	From a wide stance, dribble the basketball just behind the back foot. Create an arm bar with the off-hand to protect the ball from the defenders. Put chin on front shoulder to see the court.	<a href="#">Protect Dribble</a>
Stop Dribble	Ability to come to a stop quickly and balanced, while maintaining control of the dribble.	<a href="#">Stop Dribble</a>
Shuffle Dribble	From a protect dribble stance, shuffle forward and backward maintaining control of the dribble.	<a href="#">Shuffle Dribble</a>
Crossover Dribble	Move the ball from one hand to the other while moving forward. The dribble should be low; below the knees.	<a href="#">Crossover Dribble</a>
Hesitation Dribble	From a speed dribble, the ability to slow down momentarily and then accelerate pushing the ball out in front to get past the defender.	<a href="#">Stop and Go</a>
Inside Out Dribble	Similar to the crossover dribble, except instead of releasing the ball to the other hand, the dribbler rotates the hand over the ball and pulls the ball back.	<a href="https://www.youtube.com/watch?v=jPldy65pvbl">https://www.youtube.com/watch?v=jPldy65pvbl</a>

More Dribbling Skills		<a href="#">Dribble Tag 1</a> <a href="#">Dribble Tag 2</a> <a href="#">Super 6 two ball dribbling</a> <a href="#">Basketball Box Tag</a> <a href="#">Foosball Tag</a> <a href="#">USA Basketball Drills</a>
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## Passing Skill Set

Skill	Description	Link
Chest Pass	Two hand pass that hits the receiver in the chest. Step in the direction of the pass and finish with thumbs pointing down.	<a href="#">Chest Pass</a>
Bounce Pass	Two hand pass that bounces once and hits the receiver near waist-level. Step in the direction of the pass and finish with thumbs pointing down.	<a href="#">Bounce Pass</a>
Overhead Pass	Two hand pass that comes from above the passer's head and hits the receiver between the chest and head. Thumbs should also point down after making the pass.	<a href="#">Overhead Pass</a>
Wrap Around Pass	Pass made from the side of the body used to pass the ball around a defender, usually to player posting up. Step away from the defender and make a quick one or two hand pass.	<a href="#">Wrap Around Pass</a>
Pass to a Moving Target	Execute all passes to a receiver that is on the move.	
More Passing Skills		<a href="#">4v4 Volleyball Passing Drill</a> <a href="#">3v3 No Dribble Keep Away</a> <a href="#">USA Basketball Passing Drills</a>

## Shooting Skill Set

Skill	Description	Link
Layup	Ability to complete a layup from both sides jumping off the inside foot and shooting with the outside hand. This is done off the dribble and receiving a pass where a dribble is not needed.	<a href="#">Layup Footwork</a> <a href="#">Easy Lay Up Drill</a>
Form Shooting	Starting close to the basket, maintain proper shooting mechanics. Use both one and two-hand form shooting.	<a href="#">Form Shooting</a>
Shooting Basics	Begin to learn the basic fundamentals to develop good shooting habits.	<a href="#">Beginning Shooting</a>
Bank Shot	Develop the ability to execute a bank shot and where on the court provides the best angle to shoot a bank shot.	<a href="#">Bank Shot</a>
Catch and Shoot	With the non-shooting foot forward, step in with your opposite foot while receiving the pass and flow into the shotgun maintaining good technique.	<a href="#">Catch and Shoot</a>
Shooting off the dribble	Dribble towards either side of the basket, stop, and shoot the ball	<a href="#">Shooting Off the Dribble</a>
More Shooting Skills		<a href="#">USA Basketball Shooting Drills</a> <a href="#">Steph Curry Shooting</a> <a href="#">Shot Release</a> <a href="#">Shooting Basics</a> (excellent)

## Defensive Skill Set

Skill	Description	Link
Defensive Stance	Players consistently play defense in an athletic stance and on balance.	<a href="#">Defensive Stance</a>
Defensive Movement	Side-to-Side movement improves over time thereby improving a player's ability to guard the ball.	<a href="#">Defensive Movement</a>
Ball Pressure	Develop the understanding of what it means to apply ball pressure and improves their ability to guard the ball and not get beat off the dribble.	<a href="#">Ball Pressure</a>
Jump For Rebounds	Jumping from 2 feet with 2 hands	<a href="#">Jump</a>
Communication	Players are vocal and talk to their teammates. "Ball", "Help", "Screen", "Dead" and "Shot" are some keywords that players should be able to communicate.	
More Defensive Skills		<a href="#">Mirror Defensive Drill</a> <a href="#">Kobe Bryant Lockdown D</a> <a href="#">Kentucky 1v1 Drill</a>

## Additional Offensive Skill Sets

Skill	Description	Link
Front and Back Pivot	Ability to execute both a front pivot (chest leads) and a back pivot (backside leads) using both right and left feet.	<a href="#">Pivoting Front Pivot</a>
Jump Stop	Players are able to stop on balance using both a two-foot jump stop (both feet land at the same time) and a 1-2 jump stop (back foot lands first) both off the catch and off the dribble.	<a href="#">Jump Stop</a>
Hockey Stop	2 foot stop with feet being sideways to travel and power position established.	<a href="#">Hockey Stop</a>
Square Up	Every time receiving a pass on the perimeter, players should square up to the basket, in an athletic stance, with their "eyes to the rim" (pass, drive or shot).	<a href="#">Squaring Up</a>
Get Open Cuts	Ability to execute a V-cut, L-cut and change speeds in order to get open to receive a pass.	
Give and Go	After passing the ball to a teammate, the player sets up her defender by taking 1-2 steps away from the ball and then cuts to the basket.	<a href="#">Give and Go</a>
Spacing	Players develop an understanding of the importance of proper spacing of 12-15 feet for effective offensive execution. Players do not chase the ball or crowd near the basket.	