K-1 Program Basic Skills to Emphasize

*Explain skill, but also show the kids*

* Ball Handling
  + Left Hand, Right Hand, Crossover, Chair Dribbling
  + Around head, waist, each knee, both knees
  + Under control dribbling when moving forward & backward
  + Introduce/Review the Triple Threat position
* Shooting
  + “Scott the dot”, Hold the ball like a waiter, beneath your chin
  + General form (B.E.E.F. Balance, Eyes on target, Elbow in, Follow Through)
  + Shoot up
* Lay-ups
  + String attached from Elbow to knee
  + High Five drill – No balls
  + Skipping
* Passing/Catching
  + Hand positioning and stepping to target
  + Bounce Pass
  + Chest Pass
  + Hands up always to catch ball
* Defense
  + Defensive stance, slide your feet (No kangaroos)
  + Between hoop and person you are guarding
  + No hands/No hugging/No reaching – Trace the ball
* Footwork/Screening
  + Jump stop – 4 cones in a square, jump at each cone
  + Pivoting – 4 cones in a square, pivot at each cone
  + Screening – Screen a cone, hand placement, positioning
  + Triple Threat Position
* Basketball Rules
  + Areas/Lines on the court (Simon says “run to the free throw line”)
  + Traveling
  + Double Dribbling
  + Fouls
  + Out of bounds, Free Throw Line, Lane, Half Court, Three pt Line
  + After a made basketball or out of bounds, inbounding
  + No pressing, defense below the volleyball service line