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