



FUNDAMENTALS OF BASKETBALL

The following list is a *basic* list of skills and activities that must be *mastered* to perform well on a basketball team. *Mastery* is the key word. If you have not mastered these skills, you do not have the *basics* of basketball, yet. These principles may overlap.

- I. **Practice** is a necessary part of any learning. Come to practices regularly and **practice on your own.**
- II. **The Mental Game:**
 - A. **Focus** your attention on your role and execution.
 - B. **Focus** on the team and the coach, especially in huddles.
 - C. Always have **Self discipline**
 - D. **Court sense**
 - E. Assert **aggressiveness.**
 - F. **Control** your anger.
 - G. Do not **argue** about calls.
 - H. Do not **trash talk.**
 - I. **Do not criticize** fellow players. Give them support.
 - J. **Overcome** bad habits.
 - K. **Never give up.**
- III. **Communication:** Between players and with coaches.
- IV. **Footwork:**
 - A. Stay on the balls of your feet.
 - B. Run and sprint with anticipation.
 - C. Back pedal
 - D. Shuffle - do not cross feet.
 - E. Pivot
 - F. Chop, stutter, and skittle
- V. **Dribble:**
 - A. Right and left hand.
 - B. Crossover
 - C. Reverse pivot.
 - D. **Keep your head up.**
- VI. **Shooting**
 - A. Lay-up: left and right
 - B. Free-throw
 - C. Jump-shots
- VII. **Passing & Catching:**
 - A. Chest pass
 - B. Bounce pass
 - C. Overhead pass
 - D. Hook pass
 - E. Outlet pass
 - F. Catch the ball with both hands. **Go to ball.**
- VIII. **Rebounding:**
 - A. Establish position.
 - B. Catch with both hands aggressively and pull ball down.
 - C. Box out.
- IX. **Defense:**
 - A. Establish position
 - B. Play defense with your feet, not your hands.
 - C. Man defense
 - D. Zone Defense
 - E. Don't reach or jump.
 - F. Keep hands up.
 - G. Keep knees bent. Don't stand up if ball is still being dribbled.