

Core Skills for Basketball - Part I

Movement Skills:

- Triple threat stance
- Jump stop
- Stride stop
- Front pivot
- Rear pivot
- Start step (direct drive or crossover step)
- v-cut
- Standing still
- Change of pace

Ball Handling Skills:

- Basic dribble
- Push/pull dribble
- Changeover dribble (crossover with one hand)
- High/low dribble
- Control dribble
- Power dribble
- Speed dribble
- Back dribble
- Pullback Crossover Dribble
- Pullback and Go Dribble

Shooting Skills ALL Players Must Master:

- Lay-ups
- Free throws

Individual Defensive Skills

- On the ball pressure
- Push step
- Swing step
- Sprint to head on the ball
- Closing out
- Contesting the shot
- Turning the ball
- Taking a charge
- Blocking out
- Giving help

