

# Technique Card: Dribbling Technique



Dribbling is a crucial skill in basketball as it allows players to maintain control of the ball while moving and evade defenders.

Good technique enables players to dribble with speed and precision, leading to better performance and scoring opportunities.



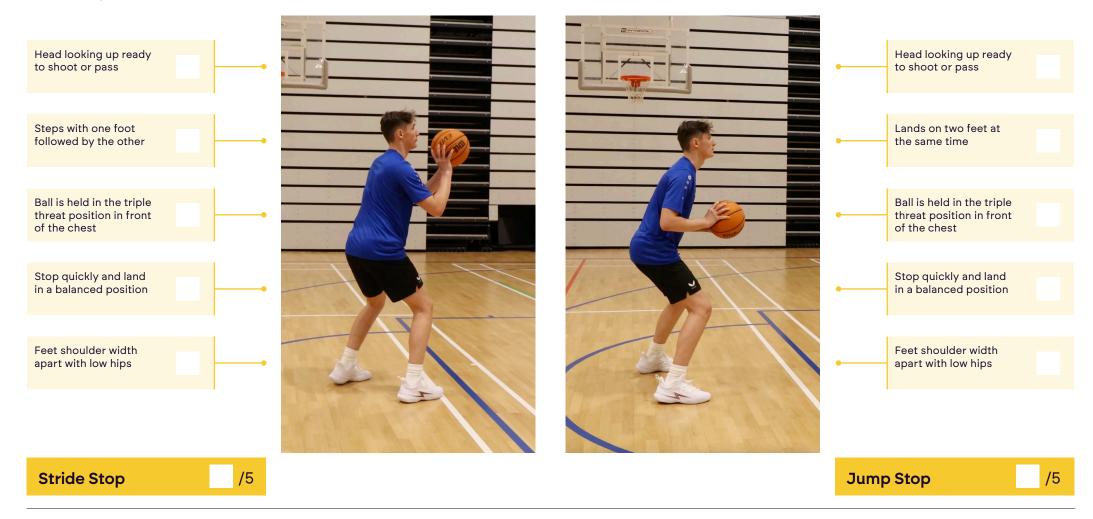
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## Technique Card: Stride Stop & Jump Stop



The jump-stop is a fundamental skill in basketball that allows players to come to a quick and controlled stop, giving them the ability to change direction and make accurate passes or shots.



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### Technique Card: Passing Options







**Technique:** Step into the pass and push from the chest with full arm and wrist extension

**Use:** For fast and efficient passes when not closely guarded by defenders

**Accuracy:** A pass directly to the receiver's chest or target hand

Total /3

2 Bounce Pass



**Technique:** Step into the pass and push downwards from the chest with full arm and wrist extension

**Use:** When closely guarded by a defender or to thread the ball into a specific spot in the key

**Accuracy:** The ball should bounce two thirds of the way to the receiver to bounce up to waist height

Total /3

3 Overhead Pass



**Technique:** Throw the ball with both hands from above your head

**Use:** When passing over defenders around the key or over long distances during fast breaks

**Accuracy:** The ball should travel directly to the receiver's target hand with no bounces

Total /3

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## Technique Card: Screening Technique



1 Run to the defender



2 Set the screen



3 Run into space



Run towards the defender quickly before they can react

Stand close to the defender to restrict their movement

Standing still with wide feet to set a strong screen

Pass by shoulder to shoulder to leave only a small gap for the defender

Run into free space to receive the ball and looks to pass or shoot

Screener rolls to the basket and looks to receive a pass

Total /6

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#### Technique Card: Defensive Stance



The defensive stance is a fundamental skill in basketball that involves positioning the body in a low, wide stance to guard against the opponent.

Good technique in the defensive stance allows players to stay balanced, react quickly to movements, and maintain a strong defensive presence, ultimately improving their overall performance on the court.



Total /5