



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.



Head up and looking for opportunities to pass

Free hand high ready to dribble or defend the ball

Fingers and wrist used to control the ball

Ball bounces to waist height

Wide and low stance ready to change direction

Total /5

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.

Head looking up ready to shoot or pass

Steps with one foot followed by the other

Ball is held in the triple threat position in front of the chest

Stop quickly and land in a balanced position

Feet shoulder width apart with low hips



Stride Stop /5

Head looking up ready to shoot or pass

Lands on two feet at the same time

Ball is held in the triple threat position in front of the chest

Stop quickly and land in a balanced position

Feet shoulder width apart with low hips



Jump Stop /5



Technique Card: Passing Options



1 Chest pass



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



Technique Card: Screening Technique

1 Run to the defender



Run towards the defender quickly before they can react

Stand close to the defender to restrict their movement

2 Set the screen



Standing still with wide feet to set a strong screen

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

3 Run into space



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



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.

Head up to see the action of the player



Hands up ready to block or intercept the ball



Low and powerful position ready to run or jump



Wide feet ready to slide to block the attack



Strong and balanced position for control



Total

/5