



***“Basketball Experience”***



***“Basketball - Curriculum”***

## ***Afterschool Instruction***

### **Basic Ball Handling**

Basic Ball Handling concentrates on the one fundamental area that will help with just about all other areas of the game. Basic Ball Handling works on developing right and left hand control, developing hand-eye coordination, etc.



***- Ball Handling -***



## ***Afterschool Instruction***

### **Shooting Skills**

Basic Shooting is designed to develop an athlete's shooting form and technique. Create muscle memory as players take shooting from the basics, work it through a step by step breakdown of a jump shot and work through the proper fundamentals of the right and left hand lay ups.



***- Shooting -***



## *Afterschool Instruction*

### Defensive Concepts

**Fundamentals of Defense is the first part of becoming the Ultimate Defender. Players will learn proper body and hand positioning, how to properly slide and use hand positioning to defend the pass and crossover, work on defensive first step, etc.**



*- Defense -*



## ***Afternoon Instruction***

### **Passing**

**Having the ability to move the ball around is a must! Passing drills are essential to the game and we will stress the importance of teamwork through passing!**



***- Passing -***