

## BRITISH BASKETBALL BASIC SKILLS MASTER CHECKLIST

### BODY MOVEMENT FUNDAMENTALS

- 1 Running technique
- 2 Initial foot movement into running
- 3 Jump stop
- 4 Stride stop
- 5 Change of pace
- 6 Change direction – Plant foot
- 7 Change direction – with stutter step
- 8 Forward pivot
- 9 Reverse pivot
- 10 Backwards running
- 11 Ready position general stance
- 12 Triple threat stance
- 13 Defensive stance
- 14 Skip step –same knee same arm

### PASSING FUNDAMENTALS

- 1 Hand position- (grip) for pass
- 2 Catching, and passing out of ready position
- 3 Chest pass
- 4 Bounce pass (L & R hands)
- 5 Overhead pass
- 6 Baseball pass – full court (L & R hands)
- 7 Passing off the dribble (L & R hands)
- 8 Push pass (L & R hands)
- 9 Passing and catching on the run – full court
- 10 Passing away from the defender
- 11 Passing to the post – high (L & R hands)
- 12 Passing to the post – low (L & R hands)
- 13 Weighting a pass for advantage to the receiver

### RECEIVING

- 1 Catch two hands-don't slap onto court for control
- 2 Target hand-outside hand
- 3 Slash arm lead –stride stop
- 4 Man ahead lead (fast break) catch
- 5 Catching from a lead with back to basket (eg post/flash post)
- 6 Slash arm-Seal and hold for catch

### STANCE

- 1 Beginners Ready position
- 2 Triple threat/defence

### DRIBBLING

- 1 Speed dribble (L & R hands)
- 2 Control dribble (L & R hands) & arm bar
- 3 Change of pace (L & R hands)
- 4 Hesitation dribble (L & R hands)
- 5 Onside (L & R hands) (in and out dribble)
- 6 Retreat dribble (L & R hands)
- 7 Cross over (L & R hands)
- 8 Behind back (L & R hands)
- 9 Between legs (L & R hands)
- 10 Spin (L & R hands)
- 11 Conditioned drill pressure
- 12 Combinations-2 dribble moves to beat a man
- 13 Moves on the move-At speed

### SHOOTING TECHNIQUE

- 1 Triple threat start
- 2 Hands in correct position strong hand under the ball/fingers spread/Wrist cocked
- 3 Feet and knees facing target \_the bend for power
- 4 Start position – Line of shot ,foot, elbow and shoulder
- 5 Elbow wrist angle
- 6 Timing – leg extension and arm extension
- 7 Finish position – elbow level with eyebrow  
“Lift , lock and snap”
- 8 Leave hand high reach into basket
- 9 Free throws – form from dotted line
- 10 Free throws- form and swish with made basket
- 11 “Catch the ball in the air” as in catch to shoot practice
- 12 Combinations – shooting off pass and dribble (see individual offence)

### LAYUPS & Finishing

- 1 Straight “finger roll” over the front of rim
- 2 45 Angle R & L “overhand” off backboard
- 3 Baby Hook Shots on the run R & L hand
- 4 Reverse Layups R & L hand
- 5 Power Layups R & L hand

### ONE on ONE

- 1 Full court
- 2 Half court

### INDIVIDUAL DEFENCE

#### ON BALL

#### POSITIONING

- 1 Ball, you, basket in stance

#### STANCE

- 1 Foot position Low wide defensive stance facing the opponent
- 2 Head position-straight back
- 3 Hand position- dig hand /lane hand/active hands
- 4 High Foot High hand for contesting shots

#### MOVEMENT

- 1 Lateral movement-power step
- 2 Slides/steps -Diagonal
- 3 Drop step/step back technique
- 4 Advance step- inside foot= lead foot
- 5 Power step (Slide), run, slide

#### OFF BALL

#### CLOSING OUT FOOTWORK

- 1 Running to close out
- 2 Foot movement pattern and stop
- 3 Close out –stop – power step/step back v drive
- 4 Carry inside hand v shot
- 5 Stance and containment/pressure

#### POSITIONING

- 1 Ball, you, man (flat triangle)
- 2 Vision /Hand position (Pistols) and line of the pass
- 3 Jump to the ball/line of the ball
- 4 Move as the ball moves/ball side/help side
- 5 Open stance to help
- 6 Pass Denial – Closed stance-in/off line of pass

#### CONTAINMENT DEFENSIVE FOOTWORK

- 1 Hand pressure position v dig/pass/dead
- 2 Movement Pattern – correct foot first
- 3 Spacing one and half arms length/two steps off

#### DEFENSIVE REBOUNDING ON BALL/OFF BALL

- 1 Blocking out – on ball
- 2 Blocking out – off ball