

A Champion

He who works with his hands is a Laborer. He who works with his hands and his head is a Craftsman. He who works with his hands, head, and heart is an Artist. He who works with his hands, his head, his heart, and his feet and possesses integrity, is a Champion.

I DARE YOU TO BE A CHAMPION

- *To break your own record
- *To outstrip yesterday
- *To bear trials calmly
- *To whip your temper inside and out
- *To give every ounce of energy to each task
- *To do your work each day with more force and a finer finish

A CHAMPION KNOWS . . .

- *The most precious gem...TRUTH
- *The greatest sin...FEAR
- *The best town... WHERE YOU SUCCEED
- *The best day... TODAY
- *The best work...WHAT YOU LIKE
- *The best play...WORK
- *The only positive force...LOVE
- *The most dangerous man...A LIAR
- *The greatest mistake...GIVING UP
- *The secret to success...COOPERATION
- *The only perpetual thought...GOD

The only way to be successful in life is to be - **A CHAMPION!!!**

**Compliments of Nebraska Basketball - Home of the Huskers

BALLHANDLING

1. Squeeze the banana - lock arms above head. Squeeze ball out of your hand back and forth for 1-2 minutes.
2. Tap the ball - lock arms above head. Tap the ball back and forth between hands bringing ball down below waist and back above head.
3. Pendulum swing - cup ball in one hand. Slap ball into other hand going back and forth swinging ball higher and higher as you go.
4. Flip roll - flip ball over back of right hand. Roll over top of left hand and catch with left hand. Flip it back the other direction and catch with your right hand.
5. Around the world - around: head, waist, legs, in and out.
6. Ricochet - bounce ball in a V pattern from the front to the back going between legs. Catch the ball behind back. After you have mastered this, pass ball from behind to the front.
7. Bullet ricochet - same as the Ricochet but bounce ball as hard as you can.
8. Inverted ricochet - hold ball back behind head. Bend backwards and toss ball behind back and through legs. You must bend back and knees to get ball through. Catch in front.
9. Space catch - throw ball up and catch it behind you. Don't move your feet.
10. Rhythm space catch - throw ball up so you can catch it behind you. Then throw ball from behind and catch it in front. Go back and forth and develop a rhythm.
11. Other space catches:
 - a. Throw ball high and move to catch it.
 - b. Throw ball up - let it bounce - run under it - and catch it from behind.
 - c. Throw ball up - let it bounce behind you - catch from behind
 - d. Throw ball up - clap hands on thighs - go up to ten.
12. Big dipper - throw ball up - move under it - put your hands through legs and catch it between legs.
13. Pretzel - start ball between legs - right hand in front of ball and left hand behind. Switch hands as ball is suspended in the air.
14. Walking pretzel - ball will go back and forth between legs while walking.
15. Running pretzel - same as walking pretzel only do it running.
16. See saw - both hands hold ball behind knees. Throw ball through - bring hands around to front and catch ball. Go back and forth.
17. Knee clap - ball is behind knee. Drop ball and try to clap your hands in front of you before the ball hits the ground.

DRIBBLING

Dribbling Mechanics:

1. Finger pads touch the ball. Act like a suction cup.
2. Wrist will flex or snap. Dribble ball with a free wrist.
3. Feet will be at a 45 degree angle.
4. Knees will be slightly bent.
5. Upper body will be straight. Not bent over.
6. Bounce ball behind your back foot for protection from defense.

Fundamental Practice:

1. Stationary Dribbling - right and left hand
2. Square V Dribbling:
 - a. Front - back and forth switching hands.
 - b. Side - one foot forward. Arm twists front to back.
 - c. Behind - back and forth switching hands.
 - d. Between legs - one leg in front of the other.

- e. Inverted - in front with one hand. Arm twists.
- 3. Waling with the ball - ball pushed out in front of you.
- 4. Running with the ball - ball pushed out further and faster.

Types of Dribbles:

1. Stop and Pop - used when someone is behind you. Stop and get ball low.
2. Change of directions - can push ball to side using your arm or wrist.
3. Double clutch - change of direction when you bounce the ball and pop it again low to keep it away from the defense.
4. Slide and protect - keep ball away from defense. Dribble by back foot.
5. Spin dribble - ball on hip and by back foot. Keep ball low.
6. Behind the back - your follow through should almost hit yourself in the backside.
7. Between your legs - can come from behind or go through the front.

Creative Fundamentals:

1. Punching Bag - alternate hands starting ball high. Slowly move hands lower and lower until the ball is bouncing at a rapid rate of speed.
2. Circle dribble - sit down and dribble circles around yourself.
3. One legged figure eight - ball moves in and out of your legs as you are kneeling on the ground.
4. Different strokes - hammer, finger tips, individual fingers, back of hand. Be creative.
5. Laid back - lay down on the floor with elbow on the floor. Dribble the ball with your finger tips. Also go behind head, go back and forth while rolling side to side, and go behind back while sitting up.
6. Dribbling pretzel - the ball comes from behind one leg and between to the other side. Go back and forth.. Also try skipping doing this.
7. Flip Flap Jack - pretzel dribble only with one hand.
8. Scrambled Eggs - touch different parts of your body as you dribble between legs. Thighs, stomach, shoulder, head.
9. Dribble blindfolded - do it in a circle. Be creative.

PASSING

A player who can make good passes to open teammates for a score is just as valuable as a player who can shoot from the outside.

Passing Fundamentals:

1. Hands should be placed over the ball like a suction cup.
2. Keep eyes on target. Receiver should give a target hand.
3. Step toward your target.
4. Ball should be kept close to body before making throw.
5. Follow through with pass. Snap wrist. Palms of hands will be out and thumbs will be down.

Types of Passes you must perfect:

1. Chest pass
2. Bounce pass
3. Overhead pass
4. Baseball pass

Other Passes to learn:

1. Lob pass to post.

2. Wrap around pass to post.
3. Push pass - right and left hand.
4. Bounce push pass - right and left hand.

Receiving the Pass:

1. Give a target hand.
2. Watch ball into hand.
3. Go and meet the ball.

TEACHING JUMP SHOT FUNDAMENTALS

1. Explanation of the Form:
 - a. Stance - square up feet - hips - shoulders
 - b. Body Balance - proper leg bend
 - c. Position of Ball in Hands - shooting pocket
 - d. Elbow - under ball
 - e. Wrist - cocked (laying down u-shape of arm)
 - f. Release - lift and follow through
 - g. Eyes (Rim concentration)
2. Demonstration of Rhythm Shooting:
 - a. Stationary form shoot
 - b. Step into form shot
 - c. Hand off the shot
 - d. Flip pass to shot
 - e. Bounce pass to shot
 - f. Dribble to shot
 - g. Square up shots from wings: step into; from hand off; from bounce pass (RF and LF)
 - h. Dribble square up shot from sides
 - i. Change of direction square up shots: flip pass to dribble back, bounce pass to dribble back, flip pass to power lay up, bounce pass to power lay up (use shot fakes)
 - j. One and two bounce pick up shots (use shot fakes)

RHYTHM SHOOTING FUNDAMENTAL SESSION

1. Form shooting (3 spots: front of basket and on baselines)
 - a. Stationary
 - b. Step in
 - c. Off hand-off
2. Circle shooting (straight on basket) from 3 spots: Point and wings
 - a. Dribble - jump stop - jump shot
 - b. Flip pass - jump stop - jump shot
 - c. Catch pass - jump stop - jump shot
3. Square up shooting (from elbows and wings)
 - a. Front pivot - square up - jump shot
 - b. Dribble - square up - jump shot
 - c. Flip pass - Square up - jump shot
 - d. Catch pass - square up - jump shot
4. Change of direction shooting

- a. Flip pass - shot fake - dribble back - square up - jump shot
 - b. Flip pass - shot fake - power dribble to basket - power lay up
 - c. Catch pass - shot fake - dribble back - square up - jump shot
 - d. Catch pass - shot fake - power dribble to basket - power lay up
5. Shooting drills
- a. UCLA
 - b. Circle shooting - 42 pt. (3 groups of 3, 3 balls)

OFFENSIVE MOVES WITH THE BALL

Points of Emphasis:

1. Must be a by-product of offense.
2. It must be quick and direct.
3. The ball must stay in the pocket area on all fakes and steps.
4. Read the defense. You must not pre-determine if you will take the ball to the basket. See how the other defensive players are playing and be ready to pull-up.
5. Always square up and face the basket.
6. 2 or 3 dribbles should be sufficient.
7. The jab step should be AT the defensive player.

Four Offensive Moves to Perfect:

1. Jab step - and drive.
2. Jab step - and jump shot.
3. Jab step - and crossover.
4. Rocker - shot fake, jab step, and jump shot.

****You must be able to shoot off the pass or dribble.****

Practice these moves at home by yourself. Use a chair or other obstacle to drive around or shoot over.

REBOUNDING

You can shoot too much.

You can pass too much.

You can dribble too much.

But you can never rebound too much!!!

Blockout techniques:

1. Front pivot - keep sight of opponent and step through to cut him off.
2. Reverse pivot - keep backside on opponent and reverse pivot keeping him away from basket.
3. Stay low and make contact with backside.
4. Hold your contact and move to keep opponent away from ball.
5. Yell shot.

Rebounding the Ball:

1. Go up small - come down big with legs spread.
2. Keep ball up - chin ball with elbows out.
3. Pivot away from defense.
4. Make good overhead pass to outlet man.

Rebounding is 10% technique and 90% desire!

DEFENSE

Defensive Stance:

1. Feet are shoulder width apart with inside foot forward.
2. Knees are bent with weight on balls of feet.
3. Stay low with back slightly bent forward.
4. Hands are out and pressure with hand in the direction ball is moving.
5. Head up focusing on offensive players' stomach.

Movement:

1. Point lead foot in the direction you want to go.
2. Push off back foot and take short choppy steps.
3. Don't bring heels together.
4. Change directions by dropping back foot to the other direction and push off of front foot. (drop step)

Defensive Objectives:

1. Containment - force ball to corner.
2. Pressure - when caught, dribbled, or held.
3. Ball-side - help-side positioning.
4. Jump to the ball.
5. Rebounding.

Three Priorities When Playing Defense:

1. The ball.
2. Your position as it relates to the ball, the basket and the man you are guarding.
3. The man you are guarding.

****Information from Syracuse Hoops Program**