

NEXT LEVEL (8 – 75 minute sessions → 10 total hours)

SKILLS THAT NEED TO BE ADDRESSED:

- **STRENGTH & CONDITIONING**
- **BALL HANDLING**
 - Strengthening Strong Hand
 - Build confidence in Weak Hand
- **SHOOTING SKILLS**
 - Develop proper form w/Strong Hand
 - Build consistency in Lay Ups
 - Start becoming comfortable w/short to mid range jump shots (with & without the backboard)
- **PASSING**
 - Chest
 - Bounce
 - Overhead
- **REBOUNDING**
 - Box Out
 - Attacking the rebound at it's Highest Point
- **BASIC OFFENSIVE PRINCIPLES (Team)**
 - Floor Spacing
 - Areas of the Court
 - Terminology
 - SCREENS
 - On Ball
 - Off Ball
 - BEGINNING PRINCIPLES OF MOTION OFFENSE
 - PICK & ROLL
 - BASIC PRESS BREAK
- **BASIC OFFENSIVE PRINCIPLES (Individual)**
 - Jab Step
 - Shot Fake (Pump Fake)
 - Pivots
 - Forward Pivot
 - Reverse Pivot
 - Cuts
- **BASIC DEFENSIVE PRINCIPLES**
 - Man-to-Man
 - On Ball
 - Help Defense
 - Zones
 - 2 – 3
 - 1 – 3 – 1
 - Full Court Press (2 – 2 – 1)

NEXT LEVEL (8 – 75 minute sessions → 10 total hours)

- Closeouts