

ELITE INSTRUCTIONAL (8 – 90 minute sessions → 12 total hours)

SKILLS THAT NEED TO BE ADDRESSED:

- **STRENGTH, CONDITIONING, AGILITY**
- **BALL HANDLING**
 - Strengthening Weak Hand
 - Crossover moves
 - Through the legs
 - Behind the Back
 - Escape Dribble
 - In & Out Dribble
- **SHOOTING SKILLS**
 - Build proper form w/Both Hands
 - Lay Ups w/Both Hands
 - Aggressive under contact w/Strong Hand
 - Short range w/both hands (with & without Backboard)
 - Long range
- **PASSING**
 - One-handed Chest (Strong & Weak Hand)
 - One-handed Bounce (Strong & Weak Hand)
 - Baseball Pass
 - Behind the back pass (Chest & Bounce)
- **HUSTLE**
 - Rebounding
 - 50/50 Balls
- **OFFENSE**
 - Floor Spacing
 - Fast Break
 - Press Break
 - Half Court Schemes
 - Motion
 - 1 – 3 – 1
 - Pick & Roll
 - Pick & Pop
- **BASIC DEFENSIVE PRINCIPLES**
 - Full Court Man-to-Man
 - Full Court Press/Trap
 - Half Court Trap/Zone
 - Help Defense
- **SCRIMMAGES**