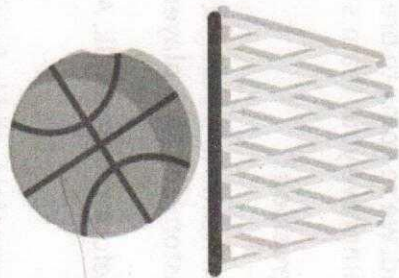


TOTAL BASKETBALL

SKILL DEVELOPMENT



Free Skill Progression Plan

eBasketballCoach.com



Welcome to eBasketballCoach.com! And thanks for downloading this free skill progression plan for coaches.

Since 2007, eBasketballCoach has helped more than a quarter of a million coaches, players, and parents take their game to the next level.

And we're excited to help you become our next success story!

In this free download, we're going to break down a simple 3-part skill progression to improve your team's shooting and scoring.

What's a Skill Progression?

Every basketball skill needs to be taught with the correct progression, and customized for a player's level of development.

You need to crawl before you can walk. And walk before you can run.

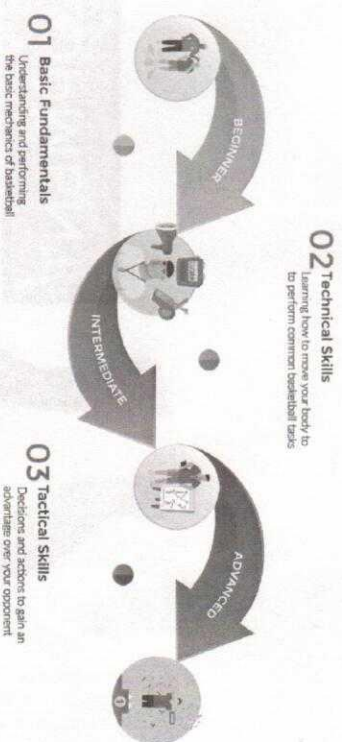
Skip the early fundamentals, and kids will develop bad habits that are almost impossible to break. Or - even worse - get overwhelmed with the complexity of a new skill and just plain quit.

Spend too much time on the easy stuff, and players will get bored, lose interest and starting goofing around.

So, you need to structure your practices in a way that keeps everyone engaged and improving.

The tried and true method for running a skill progression is breaking your practice block down into 3 stages:

1. Basic Fundamentals
2. Technical Skills
3. Tactical Skills



This free skill development plan gives you a simple example of how to use this in practice. If you'd like to see more drills like this, make sure you check out the Total Basketball Skill Development package.

Inside, you'll get instant access to 86 championship-proven drills for footwork, dribbling, passing, layups, shooting, scoring free throws, defense and rebounding.

All broken down into simple skill progressions you can take right to practice!

Click here for more info <http://ebasketballcoach.com/op/skills/>

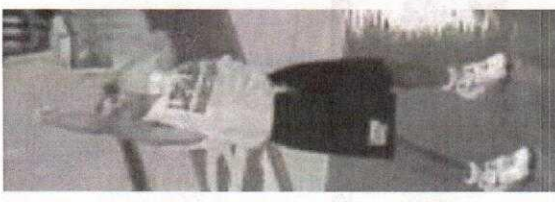
SHOOTING FUNDAMENTALS

B.E.E.F.

- **Balance:** Player should be straight with no lean, weight evenly distributed, should jump forward no more than approximately 6 inches on jump shot.
- **Elbow:** At a 90 degree angle and pointed straight toward basket.
- **Eyes:** Always look at the back of the rim and keep your eyes on the target when shooting, find the bulls-eye.
- **Follow-through:** Player should hold high (60 degrees or higher) one-second follow-through with wrist making a parachute (or reaching into cookie jar or waving goodbye to ball).

R.O.B.O.T.

- **Range:** Player should know their range and not shoot outside it.
- **Open:** Player should be open to shoot, this means no hand in the face.
- **Balance:** Player should be in balance and under control.
- **One Count Shot:** Catch and shot, no extra movement, economy of motion.
- **Team Shot:** Player should look to shoot their best shot from their best location and players should try to help them get that shot.



Form shooting with guide hand off the ball



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Basic Fundamentals GROOVE YOUR SHOT

4

Purpose:

Builds muscle strength and improves shot form.

Setup:

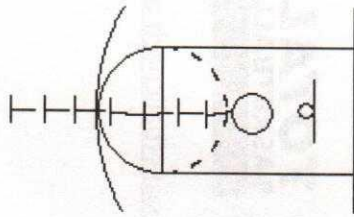
Player with basketball.

Execution:

1. Player starts out about 3 feet from rim.
2. He shoots one handed shots with exaggerated arc, trying to swish the ball with no rim contact.
3. When he makes 3 in a row at one location he takes a step back and starts again.
4. He keeps stepping back from the rim as far his range will allow.

Coaching Tips:

- Players should be holding a high, one-second follow-through on each shot. Also, remember their guide hand should be off the ball.
- Young players often try to hold the ball too high and end up pushing their elbow out. Make sure players are keeping their elbow in. If they need more power, they should bend lower and use their legs more.



In this drill, the player keeps moving back. It's a great way to extend a player's range as long as the player focuses on form – keeping his elbow in and aligned with the basket.



<http://ebasketballcoach.com/op/skills/>

Technical Skills

FIELD GOAL PROGRESSION

5

Purpose:

Helps players get a feel for their shot and ingrains proper shooting mechanics.

Setup:

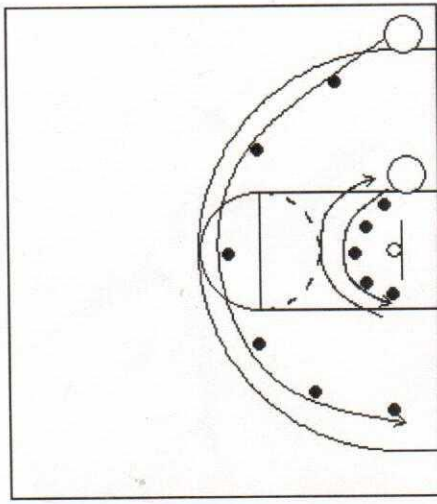
Player with basketball.

Execution:

1. Player does three slams – slamming the basketball into the palm of the other hand to wake his hands up.
2. Player takes 3 form shots – shooting the ball up into the air (not at the basket) with proper form and balance
3. Player takes Circle Shots – shooting the ball off the glass as he moves in a semi-circle around the basket at a distance of about six feet away from the rim. He goes around the basket and then shoots his way back to where he started.
4. Player shoots Pass Pickups – he spins himself a pass and shoots from the corner wing and top – both sides of the court.
5. Player next does Dribble Pickups – again he shoots corner, wing, top and works both sides of the court.

Coaching Tips:

- In the form shots, player should take his guide hand off the ball and should be striving for perfect rotation on the shot attempt.
- Players should hold a high, one-second follow-through. Players should also hop off the foot closest to the basket.
- Key with dribble pickups is to pick the ball up with the off, non-dribbling hand.



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Technical Skills

CLOSEOUT SHOOTING

6

Purpose:

Players practice shooting with a defender in their face.

Setup:

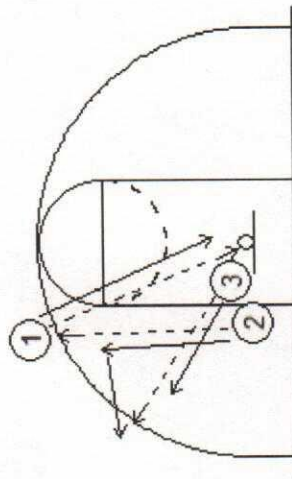
Three players, two balls.

Execution:

1. Player 2 under basket passes to Player 1 who catches and shoots.
2. Player 2 closes out against Player 1 defending the shot.
3. Player 1 goes and gets his own rebound.
4. Player 2 goes to offense catching the pass from Player 3 and shooting with Player 3 closing out.
5. Player 2 goes and gets his own rebound.
6. Player 3 goes to offense catching pass from Player 1 and shooting.
7. Drill continues like this.

Coaching Tips:

- The shooter should be in an athletic position with his hands up and eye on the ball to receive the pass. He must be able to catch and shoot without delay
- The defender should close out under control, using short choppy steps and leaning back slightly as he approaches the shooter. Do not lunge at the shooter or fly by. Be ready to stop and slide to either direction



Players alternate shooting and playing defense in this three-person drill.



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Tactical Skills

PENETRATE & PITCH FOR 3

7

Purpose:

Players learn to penetrate off the dribble, and make accurate passes to the perimeter when the defense closes off the lane

Setup:

Two players, one basketball.

Execution:

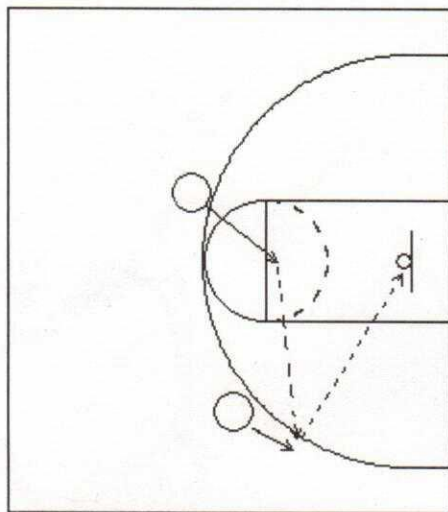
1. Ballhandler begins with the ball at the top of the key
2. He makes a dribble move to penetrate into the lane, then pitches the ball out to the shooter at the three point line
3. Players alternate penetrating and shooting.

Variations:

- To make this drill more difficult, add a defender on the ballhandler and passer
- The ballhandler will drive past his defender (who plays dummy defense). If the second defender pinches in to help, the ballhandler will pitch it out for the open shot. If the shooter's defender stays home, the ballhandler continues all the way to the basket for the layup
- You can also add an additional offensive and defensive player on the opposite side and play it as a 3 on 3 game with the same rules.

Coaching Tips

- The player guarding the ballhandler should be playing dummy defense (allowing the ballhandler to penetrate and set up the pass)
- Younger players should make a two-footed jump stop, then pivot toward the shooter before making the pass. Older players can pass on the move
- **Do not jump to pass!** It leads to bad passes and turnovers galore



This drill focuses on penetrating, pitching and shooting the three.



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