

## Ball Handling

### **Finger Grabs**

Hold the ball with the fingertips, squeezing it while rotating it back and forth from hand to hand.

### **Ball Slaps**

Hold the basketball in your right hand and transfer it to your left hand by slapping it into your left hand as firmly as possible. The ball should continue to be transferred back and forth from right to left hand. The hard slapping of the ball will build up hand and finger strength, which is very important for basketball development.

*Note: Palms do not touch the ball, only the fingertips and finger pads.*

### **Squeeze Drill**

Arms up over your head, elbows locked and squeeze the ball out of your hand back and forth.

*Strengthens your fingers, fingertips and wrist.*

### **Tap Drill**

Start out like the Squeeze drill, (Elbows locked) and tap the ball back and forth between your hands. Keep the ball moving back and forth and bring the arms down to waist and back up again.

*Strengthens your arms, shoulders, hands, and fingertips.*

### **Catching the Ball**

Throw the ball straight up and catch it with fingertips not using any part of the body. Now throw it higher and clap 3 times before you catch it.

*Keep your feet stationary.*

Toss the ball out in front and step up and catch the ball with a quick stop in triple threat. Repeat, only this time square up to a basket.

### **Holding the Ball**

Hold the ball in triple threat position. Move the ball around without moving your feet. Use rips to move the ball side to side. Next add jab steps and pivot forward and backwards.

### **Circles – Go in One Direction, Then Reverse the Direction**

**Head** - Start moving the ball around your head. Bring the ball behind your head and catch it with your other hand behind your head and bring it around head and back going faster and faster.

**Waist** – Circle around the waist.

**Legs** – Circle around the legs below your knees. *(Keep your feet together and slightly bend your knees)*

#### **Right Leg, Left Leg**

**In and Out** – Circle around legs once, drop right leg back and go through, bring leg back up and go all the way around and then same with the left leg and continue.

### **Figure 8**

### **Cradle or Single Flip**

The ball is held at knee level between the legs with one hand in front and one hand in back. Drop the ball and reverse hand positions and catch the ball before it hits the ground. Continue alternating hands.

*(Younger players may need to catch it off the bounce)*

### **Double Flip**

Hold the ball with two hands in front and then drop the ball and catch it with two hands in back before it hits the ground. *(Younger players may need to catch it off the bounce)*

## Stationary Dribbling Drills

### **Dribble High-Low**

Start by dribbling the ball in front of you so that the ball reaches waist high. Gradually bounce the ball harder and harder until you are dribbling the ball as high as your shoulders. Then gradually dribble the ball lower and lower until you are on one knee, finishing as close to the floor as possible. Pound the ball to keep it going and bring it back up to your waist. Repeat with your other hand.

### **Kills**

Dribble the ball waist high then suddenly slam down (Kill) the ball as low as you can and hold it for a few seconds and then bring it back up to waist high. Do this several times and repeat with the other hand.

### **V-Front**

Dribble the ball crossing it in front of you making a "V" with the dribble. Try to get the ball out as wide as you can.

### **Low V-Front**

Dribble the ball low back and forth in front of you making a "V" with the dribble as low as you can.

### **High V-Front**

Same as Low-V only dribble the ball as high as your shoulders each time.

### **Low "V" to high "V"**

Start with the low "V" and work up to a high "V" and back to a low "V".

### **Single Hand "V's"**

Repeat the "V" drills this time using only one hand. Switch hands and repeat.

### **Snap Side**

Dribble the ball at your side front to back using one hand. Switch sides.

### **Dribble Around the Right Leg**

First use both hands to move the ball around then use only your right hand.

### **Dribble Around the Left Leg**

First use both hands to move the ball around then use only your left hand.

### **Figure 8 Roll**

Roll the ball around your legs making a figure 8 around the legs. Repeat using only your right hand.

Repeat using only your left hand.

### **Figure 8 Dribble**

First use both hands to move the ball around making a figure 8 around the legs. Repeat using only your right hand. Repeat using only your left hand.

### **Spider Dribble**

Dribble the ball between your legs touching it in front once with each hand and touching it in back once with each hand and continue.

### **Crossover Dribble**

Dribble the ball right to left and back in place.

### **One Dribble and Crossover**

Dribble once on your side and cross the ball over to your other hand and dribble once and cross it back.

### **Two Dribble and Crossover**

Same as One Dribble Crossover only dribble twice each time before the crossover.

### **Crossover Behind the Back (Sit on it)**

Cross the ball back and forth behind your back keeping the dribble lower than your butt.

### **Kill Crossover**

Same as One Dribble Crossover only use the kill (low) dribble to crossover.

### **Dribble Circles**

Similar to body circles except that the ball is dribbled. Dribble around your left leg then your right. Next, using both hands, dribble around both legs, which should be together. Next, Kneel down on one knee and dribble around your body and under your leg. Switch knees and continue. Then, while on your knees, dribble around your body, using both hands.

### **Grasshopper**

Dribble back and forth between the legs, changing leg positions (Hopping) each time the ball goes through the legs trying to stay in place.

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| <b>The Three Basic Dribbles - Dribbling Situations That Occur During Games</b> |
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### **Control Dribble**

When the Defender in good position but too far away to touch the ball. Knees bent, Chest out and back straight, similar to a sprinter coming out of the blocks in a race. You should have your head up and if you see an opening you need to be ready to explode past the defender if he lounges at you. Your feet and shoulders are square to the defender. The dribble should come up to your thigh. The key here is that you need to have the ball in a control dribble before you make most moves.

### **Power Dribble**

Defender is right on you and ready to touch the ball, deflect it or steal it. The key is to protect the ball by keeping your body between the defender and the ball. Get low and wide so the defender can't reach the ball and tip it away. This also gives you better balance in case the defender pushes you. Get your forearm up and use it as an arm bar to protect the ball. Look right over the arm bar to see the floor. Dribble the ball very low and bounce the ball behind your rear foot to keep it far away from the defender. You will move in a step slide and you must be able to move forwards and backwards.

### **Speed Dribble**

Defender is out of position and your wide open to advance the ball quickly up the court. You run at full speed. You're almost throwing the ball out in front and sprinting to go get it. Your wrist should bend back almost 90 degrees so that you can push the ball out in front of you. Since there is no one in position to take the ball from you, you can let the ball bounce very high - all the way up to your chest.

### **Reasons to Dribble**

There are 6 main reasons to dribble during a game.

1. To advance the ball up the court.
2. To create a shot for yourself or drive to the hoop.
3. To create a shot for a teammate.
4. To improve a passing lane or angle.
5. To get out of trouble.
6. To kill the clock at the end of a game.

## **How to Dribble**

Use your fingertips, not the palms of your hands, and your weight should be on the balls of your feet. Don't look at the ball. Keep your head up and eyes forward. You must learn to use either hand so when doing drills always work both hands.

## **Cupping**

Dribble the ball while trying to keep your hand on the ball as much as possible, riding it up and using the arm and wrist to force it down.

## **Straight Line Moves**

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| <b>Dribble Moves</b> |
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For your dribble moves to work you must have proper footwork. You sell the move with your feet and your feet should never stop moving. You make your move 3-4 feet in front of the defender and you go by the defender body to body. After you make your move by the defender, veer back into the defender's path to avoid getting the ball stripped from behind.

## **Crossover Right to Left**

Make your move 3-4 feet before you get to the defender with the dribble in your right hand. You want the defender to think you are going to your right. Start towards the defender and sell the move by looking to the defender's right and by stepping hard with right foot as you dribble crossover the ball to your left side. Keep your feet moving the entire time.

## **Crossover Left to Right**

Make your move 3-4 feet before you get to the defender with the dribble in your left hand. You want the defender to think you are going to your left. Start towards the defender and sell the move by looking to the defender's left and by stepping hard with left foot as you dribble crossover the ball to your right side. Keep your feet moving the entire time.

## **Fake Crossover or Inside Out to Right**

Start out like you are going to do a crossover and sell the move with your feet. You want the defender to think you are going to your left. Take a big, hard step with your left foot and start to bring the ball to your left as you take a quick step back with your right foot. Keep the ball in your right hand the entire time and explode by the defender going by him body to body. You can also use your head and shoulders to fake like you are going to do a crossover.

## **Fake Crossover or Inside Out to Left**

Start out like you are going to do a crossover and sell the move with your feet. You want the defender to think you are going to your right. Take a big, hard step with your right foot and start to bring the ball to your right as you take a quick step back with your left foot. Keep the ball in your left hand the entire time and explode by the defender going by him body to body. You can also use your head and shoulders to fake like you are going to do a crossover.

## **Inside Out Crossover Combo Right to Left**

With this move we are putting two moves together, the inside out and the crossover. You sell this move with your feet. The footwork goes Left-Right-Left. As you approach the defender you step with your left foot and perform the inside out at the same time. Then you take a big step with the right foot to make the defender think you are going to your right and finally step back with your left as you cross the ball over.

## **Inside Out Crossover Combo Left to Right**

With this move we are putting two moves together, the inside out and the crossover. You sell this move with your feet. The footwork goes Right-Left-Right. As you approach the defender you step with your right foot and perform the inside out at the same time. Then you take a big step with the left foot to make

the defender think you are going to your left and finally step back with your right as you cross the ball over.

### **Between the Legs – Stop and Go Move**

Go hard towards the defender, stop, crouch (sit) down and split your legs, pound the ball between your legs and go by the defender body to body.

### **Hesitation Dribble or Rocker Move**

This move is most useful when approaching a defender in the open court. Use the speed dribble to the defender and then suddenly come to a stop by putting your inside foot forward and “Rocking” backward onto your outside foot. Allow the defender to relax or to close on you and explode by him. Make the hesitation or “Rocker” move by hesitating and rocking your shoulders and head back to make it look like you are stopping your dribble. But instead, as the defender relaxes or moves in on you, you make a quick forward step and speed dribble around the defender. Your hand must not get under the ball or you will get called for “Carrying the Ball”.

### **Back-up Dribble and Crossover**

This move is most useful when retreating from an aggressive defender or a trap. As you approach the defender, stop and dribble backwards (Retreat) 2-3 dribbles and then do a quick crossover dribble to get free and by the defender(s).

### **Behind the Back Dribble**

This move is most useful when the defender is very close and aggressive or is up tight and over playing you to the ball side. As you are dribbling with your right hand and the defender gets up on you, quickly do a behind the back (or between the legs) dribble to crossover the ball to your left hand and change your direction to the left to go by the defender. This is a hard move and you need to take care to protect the ball by keeping your body between the ball and the defender.

### **Spin Move**

The spin move is best used to get around a defender in the open court. Care must be taken to prevent a defender from stealing the ball from behind on your blind side as you make the spin. When making the spin, reverse pivot (spin) on your front foot and pull the ball hard and quick around your body. Don't let your hand get under the ball or you will get called for “Carrying the Ball”. Continue the dribble with the opposite hand.

### **Stutter Move**

Move quickly towards the defender and use a stutter dribble with the legs moving up and down and pounding the dribble hard and low with your body bent forward at the waist and knees bent. You are trying to get the defender confused or back on his heels in an off balanced position to go by him.

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| <b>Dribble Games</b> |
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### **Beehive**

Put all players in a defined area like all inside the three-point arc or if fewer players all inside the lane. Have all players dribble randomly using correct techniques while avoiding the other players. Coach can add commands like fast, slow, right hand only, left hand only, crossovers, low dribbles or any of the dribble moves we have worked on. Players should work on proper technique and maintaining control of the ball while dribbling.

### **Queen or King Bee**

Use the same setup as the Beehive except as players are dribbling the coach or coaches will walk around inside the grid and attempt to “sting” or tag the players. When the players are tagged they will stand in triple threat until there is only one player left (the Queen or King Bee) or until the coaches get too tired to

chase the kids anymore. After one player is the Queen or King they can be the “Stinger” for the next round.

### **Dribble War**

Use the same setup as the Beehive only players will try to knock the ball away from the other players as they keep control of their own dribble. Players will be knocked-out if they get their ball knocked away from them, dribble outside the boundary, travel or double dribble. After players are knocked out they move and sit on the baseline. When there are only a few players left move them to a smaller grid.

### **Knee Touch Tag**

Use the same setup as Dribble War only players tag the other players knee instead of knocking their ball away while keeping control of their own dribble.

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| <b>Passing</b> |
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### **Partner Passing Drills**

Line up players 10-15 feet apart facing each other.

Key points:

Passer – Snap your wrist and use a strong, crisp pass, step towards your target and follow through with hands extended aiming at the receiver.

Receiver – Show a hand target, meet the pass and catch the ball with two hands away from your body. Call for the ball.

### **Chest Pass**

Hold the ball chest high with the fingers spread comfortably. Take a step forward as you pass the ball. Push the ball forward, using the arms, and finish the release with the wrists snapping inward with the thumbs coming together. Concentrate on an accurate pass right towards your partner’s chest. (Not at the feet) Have the receiver step forward or jump towards the ball and catch the ball with both hands away from the body. (Meet the Pass)

### **Bounce Pass**

Do this the same as the chest pass only bounce the ball about 3/4 of the way towards the receiver so it bounces up about waist high. The receiver again should meet the pass and show the hand target around the waist.

### **Overhead Pass**

Mostly used after an offensive rebound for a quick outlet pass or skip passes. Use this pass carefully as it is the pass most often stolen or deflected by the defense.

When passing your thumbs are under the ball but the action is initiated by the little fingers snapping forward. Snap your wrists!

### **Lateral or Shovel Pass**

This is an underhanded pass is usually thrown off the dribble. It is a sloppy and inaccurate pass and we prefer that you don’t use it unless it is your only choice.

### **Pivot and Pass**

Passing off the pivot or jab step is very important as most times you will have a defender in front of you that you may need to make some space between you and the defender or change your passing angle to make the pass. Use a jab step or pivot and then use any of the above passes.

### **Ball Fake and Pass**

Fake a pass away from your partner then make a pass to your partner. You can also use a jab step or pivot along with the fake and then make a pass.

### **Baseball Pass**

Used to make a long distance pass when inbounding the ball or in fast break situations. It is a difficult and risky pass. The ball is in the air for a long time and is hard to hit the target with precision. Younger players are probably not strong enough to make this pass.

Throw the ball with one hand overhand not side-armed. The backspin should be parallel to the floor. If it spins perpendicular it will probably curve. Try not to lob the ball high in the air or it may get stolen by a defender or sail over your target. If possible make a strong low pass and lead the receiver.

### **Pass and Slide Drills**

Have all players' line up even with the lane lines under the basket in 2 lines. Fundamentals - Keep knees flexed, catch the ball with the fingertips, show target hands Slide - don't cross feet.

Start with the first player in each line. Player 1 passes to player 2 and both begin to slide towards the elbows making quick passes back and forth to each other. When they reach the elbows they go back to the baseline and continue 2 times. Next two players then go. First, start with the chest pass only. Then do bounce passes. You can mix it up and have one line do chest passes and the other line do bounce passes.

### **Monkey in the Middle (Keep Away)**

Form groups of 3 with the passer and receiver about 15 feet apart and put a defender in the middle.

### **Bad Pass Drill**

Player 1 stands in the low post. Player 2 has the ball and stands at the top of the key. Player 1 flashes into the lane and player 2 throws a bad pass to player 1. Player 1 catches the ball and passes it back to player 2 who immediately throws player 1 another bad pass. After the 3<sup>rd</sup> bad pass from player 1, player 2 catches the ball and turns and scores. Reverse roles.

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| <b>Shooting</b> |
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### **Right Handed Lay-up**

When dribbling toward the basket, move slightly to the right side of the hoop to create the proper angle. Dribble right-handed, plant your left (inside) foot and jump off that foot, and finally shoot with your right hand. As you raise your right hand, your right knee should also elevate. Pretend there is a string attached to your right hand and your right knee. Reverse this form if shooting from the left side.

As you approach the hoop, take a half step with your outside foot, then take a full stride with your inside foot pushing off the court. When jumping your outside knee should be bent. Go directly toward the basket, with your head up and eyes focused on the backboard. Go up strong and straight to the hoop. Don't shy away if there is a defender; just go strong to the hoop. You may get fouled and get a three point chance.

Use the backboard ("use the glass") when shooting lay-ups from either side. Aim for the top corner of the box on the backboard. Focus in on this area; don't watch the ball. Keep your head up.

### **BEEF**

Remember BEEF is a good way to learn to become a better shooter. BEEF stands for B-Balance, E-Eyes, E-Elbow and F-Follow thru.

### **Balance**

Your body must be balanced when shooting the basketball. First, your feet should be about shoulder width apart in order to give you a strong base. Secondly, your strong foot (the foot on the same side of your body as your shooting hand) should be about a half step ahead of the other. Finally, your head should be centered. This will keep you balanced throughout the shot and allow you to shoot without having to make adjustments.

## **Eyes**

When shooting any shot, your eyes must be on your target through the entire shooting process. For a jump shot, you want to focus on an exact spot on the rim. Some players see the front of the rim, some look at the back. Find what is good for you and look at that spot every time that you shoot.

## **Elbow**

Make sure your elbow is in line with the basket and not and in close to you're body not pointing away from you.

## **Follow Thru**

Hold your follow thru. In order to get proper rotation on a shot, your follow thru must be correct. The best way to do this is to make sure that after the ball is released your arm is fully extended at an approximately 45 degree angle (the elbow is above the eyes) and the hand is bent at the wrist "waving goodbye" to the ball.

## **Shot Builder**

Stand about 2 feet in front of the basket and hold the ball out in front with one hand underneath the ball. Turn the ball over keeping the elbow in, line up and shoot with follow through. Shoot 3 times and move to one side of the basket and shoot 3 times. Move to the other side of the basket and shoot 3 times. Step back a couple more feet in front of the basket and repeat.

## **Rebounding**

### **Box Out**

When you box out, you must first make contact with the player you are guarding. Locate your man, get in front of him/her, pivot facing the basket, bend over, get wide with your feet and arms out, and put your backside into the offensive player, sealing him/her away from the hoop. Be aggressive, and don't let the offensive player push you under the basket. If you get too far under the basket, a taller opponent with long arms can simply outreach you for the ball. Keep your man away from the hoop. Keep your eye on the flight of the ball and go get it.

### **Attack The Ball**

After you have boxed-out the opponent, then go aggressively after the ball. Attack the ball, jumping high with both arms extended, grab it strongly with both hands, and "rip it down". Expect some physical contact. You've got to be strong and tough inside. Once you have the ball, protect it by pivoting away from the opponents, and "chin" it, by bringing the ball under your chin with elbows out. But you must not throw an elbow or you may get called for a flagrant foul.

## **Defensive Tactics**

### **Stance and Focus**

Your weight should be on the balls of your feet (not your heels), and your feet should be about shoulder width apart. Keep your knees bent and your back straight. Keep your head up, eyes forward, arms out with your palms up and elbows bent a little. Watch the offensive player's belly-button, especially if he/she is quick and hard to stay with. The offensive player can fake you with a head fake, eye fake, arm or shoulder fake, or a jab-step, but the belly-button will always go only in the direction that he/she is going.

## **Slides**

When guarding your opponent, slide your feet sideways, using quick, short steps, and don't get your feet crossed. Don't hop. If you get beat in the open floor, don't just yell for help... turn and sprint after your opponent. Once you get in front of your man again, get back into your defensive stance.

## **Close-Out on the Ball Receiver**

Defenders must learn to "close-out" on the player with the ball. Once the offensive player receives the pass, the defender should rush toward the ball-handler in a low stance. The last several steps should be quick, choppy steps to stop your momentum (so the defender doesn't dribble around you). Your baseline line foot should be back in order to force the ball-handler toward the baseline. As you approach the ball-handler, snap your shoulders and head back to help slow yourself down.

## **Zig Zag Drill**

Start at one baseline and place cones about 10-15 feet apart in a zig zag formation down the court. Start with 2 players at the first cone with one being a defender and the other being an offensive player. The offensive player will dribble to each cone at about ¼ speed. The defender will start out in a good low defensive stance and use defensive slides to the next cone where he/she will turn the dribbler in the direction of the next cone. Continue to the last cone where the dribbler will stop and pick up the dribble. The defender will then defend closely and yell "Dead, Dead, Dead!" Note: the dribbler should dribble with the left hand when dribbling to the left and dribble with the right hand when dribbling to the right.

## **Defensive Fundamentals Drill**

Start with all players in a line (or 2 Lines) in front of the coach. When coach blows the whistle the first time all players will yell "Defense" and get into their defensive stance. When the coach blows the whistle a second time all players will start moving their feet up and down quickly staying in place (Foot Fire). With each following whistle all players will move 3 steps to the direction the coach is pointing using the slide step. On each step the players will yell, "Push". If the coach points directly at the players they will simulate taking a charge and quickly get back up and go into foot fire. When the coach simulates a shot all players will yell "Shot" and get into their box out rebounding position.

## **Offensive Tactics**

### **Triple Threat Position**

**Basic Stance** – This is the position that you should be in when you dribble, jump, pass, catch, slide to defend and prepare to shoot. Begin with feet shoulder-width apart, back relatively straight and knees flexed. Your knees and shoulders should be pointed straight ahead, not to one side or the other. Your hands should be held in front of your chest with the palms facing forward and the fingers pointed up, keeping the elbows close to the body. Your head should be slightly forward and centered over your feet. This position is not a natural one. You should practice it regularly so that when you get into a game, you don't have to think about it, just do it.

### **Jump Stop/Quick Stop**

Used when players are running or dribbling down the floor and need to come to a quick stop. On the last step players will take a short hop and land with both feet hitting the floor at the same time and when you land you should have your weight leaning backwards just a little to slow your momentum but still trying to keep the weight mostly on the balls of your feet. By using the quick stop you are now free to use either foot as your pivot foot.

### **One-Two Step Landing**

When players are running or dribbling down the floor you can come to a quick stop by taking a short hop on the last step with the back foot landing first and the second foot landing slightly forward. The second foot will land flat a split second after the first foot. This stop will allow you to have a little better balance when landing. The back foot will become your pivot foot.

### **Jab Step**

Outside, perimeter players should learn the jab step (or drive step) as a fake to set up either the drive to the hoop, or to create spacing for the outside shot. Use a short jab step with your non-pivot foot. Jab the foot forward quickly, hold for 1 second and judge the defender's reaction. See if the defender drops back, or stays up. If he/she stays up, see which side is vulnerable to your drive.

### **Jab Step and Shoot**

Use the jab step to create space for yourself so you can get off a shot.

### **Jab Step and Go**

Use the jab step to read the defender. Whichever foot the defender has forward is the vulnerable side and that's the side you attack. Now, we don't really want players looking at their feet, we like them to see the whole floor. So to read the defender, read his/her arm position. The arm that is up high is almost always the same side as the forward foot, so drive at the defender's higher arm. This way you can keep your head up and see the floor.

### **Jab Step and Crossover**

Use the jab step to create space for yourself so you have room to crossover and dribble by the defender.

### **Jab Step Tips**

Read the defender.

Do not rush the jab step (give it a count of one).

The jab step should not be extended too far forward as this results in your weight being forward on the jab foot.

### **Screen or Pick**

A screen or "pick" occurs when an offensive player attempts to block, or "screen", a defensive player away from the man he is guarding, thereby freeing up that offensive player for an open shot or pass. Setting good screens (or "picks") is a very important fundamental part of the game. Screens are most helpful in freeing up a teammate against a man-to-man defense, and in out-of-bounds plays.

### **Important elements in executing an effective screen.**

1. The screener must make contact with (but not foul, hold or push) the defender that he/she is trying to block. If you do not make contact, and get up tight, the defender will simply slide around you.
2. Be strong. Get your feet wide and plant your feet solidly. Do not move your feet once you have established this position or you will get called for a "moving screen" (a foul). You must be stationary and not move with the defender, and you must not push the defender away. If a defender bumps into you and you are not stationary, you will probably be called for the foul.
3. Keep your arms tucked into your chest, not only to physically protect yourself, but also so the ref can see that you are not pushing with your hands, or grabbing or holding the defender.
4. The angle, or direction, of the pick and the timing of the pick are probably the most important, and most overlooked factors in setting a screen. You must have the correct angle, or position, when you set the pick. You must anticipate the direction that your offensive teammate wants to go, and then make contact with his defender in a position so that you are directly in the way of the defender, and he/she cannot get around you. If you don't get the right angle, the defender will simply slide around you.

### **Faking**

Faking is an important skill that is often overlooked and not taught. Good faking is an important key in just about every offensive basketball skill, whether it is an on-ball perimeter or post move, or throwing a pass, or cutting. A fake simply is a deception or decoy move to throw the defender off balance, or get

him leaning the wrong way just long enough so the offensive player can gain a step or two on him, or so a passer can open up the passing lane.

A good passer can "look" the defender off his receiver by looking the opposite way that he intends to pass... example: look left; pass right on a fast break.

Fakes can be a simple "look away", or can be as subtle as moving your eyes opposite the way you want to pass, or cut. A fake can be a jab step to get the defender leaning, and then you move quickly in the opposite direction. You can fake with a shrug of your shoulders, or a bob of your head in the opposite direction that you plan to cut. You can use a "sleep fake", where you pretend you are winded and tired, and you bend over with your hands on your knees, like you are catching your breath and the defender relaxes too, and suddenly you make your hard, quick cut.

### **Cutting**

There are a number of different types of cuts that can be made, in addition to making the correct moves in running a specific play or set motion offense, and in addition to setting and cutting around screens.

#### **Here are some tips in making a good cut:**

1. A key in making an effective cut is timing. Try to "time" your cut, so you arrive at the correct time to receive the pass.
2. Make a good fake and cut hard. Often kids make a quick fake, and then a somewhat slow cut. Do just the opposite. Make a slow, sleepy fake followed by a quick cut move.
3. This is another important tip. Kids often try to avoid contact with the defender and try to run away from him. In trying to get open, go right up to the defender and make contact with him, then quickly "bounce off" in the direction of your cut. He won't be able to react fast enough to your quick first step.