

# Individual Perimeter Skills

## Squaring up to basket

### Reminders:

- Body needs to be down and ready before you catch the ball
- Feet & body need to be squared up to basket before you catch the ball
- **Your head and eyes should be up. You should be able to see the basket and your teammates.**
- When shooting, don't bring the ball any lower than where you catch it

## Shot fake

### Reminders:

- Catch the ball squared up and with your body down & ready
- **Look at the basket to help sell your shot fake!!**
- Shot fake should look like your normal shot
- **Your body needs to stay down while making the fake to prevent travel and make you more explosive**
- After making fake, bring ball directly down to opposite hip of the direction that you are going (ex. If you are going to go to the right, bring ball to your left hip. If you are going to the left, bring ball to your right hip.)
- **Sweep ball through, keeping it low and explode aggressively to the basket – 1<sup>st</sup> step needs to be past the defender and by their hip!!!!**

## Sweep Through

### Reminders:

- Catch the ball squared up and with your body down & ready
- Sweep the ball through away from where you received the pass
- **Keep the ball low and explode aggressively to the basket – 1<sup>st</sup> step needs to be past the defender and by their hip!!!!**
- The sweep through needs to be done quickly

## Double Sweep Through

### Reminders:

- Catch the ball squared up and with your body down
- Make an **aggressive** sweep away from where you received the pass, bring the ball back low and across your body and explode aggressively to the basket – **1<sup>st</sup> step needs to be past the defender and by their hip!!!!**
- You are trying to fake that you are going one direction. Once you get the defense off balance, you will pull the ball back the other way. **You have to sell your fake – be aggressive with it!!!!**

## **Jab Steps**

### **Reminders:**

- Jab step needs to be small, **aggressive**, and towards the basket!!
- You should jab right at the defenders closest foot. You should aggressively show the ball as if you are going to go in that direction.
- While making the jab step, read the defense
- If the defense goes with your jab step, cross over and explode aggressively to the basket
- If the defense does not go for your jab step, explode in the direction of your jab
- When you go to the basket, you need explode aggressively – **your 1<sup>st</sup> step need to be past the defense and right by their hip!!!!**
- If the defense backs up, shoot the ball or give a shot fake to get them lunging forward

## **Finishes**

1. **Jump stop and finish** – Go up strong, do not fade away or float under the basket, protect the ball with your body
  2. **Jump stop, shot fake & finish** – Make this realistic, pause between the shot fake and the shot; **make sure that your body stays down on the shot fake**
  3. **Jump stop, shot fake, step through & finish** – Pause after the shot fake so that you can read which way the defense went; stay low when you step by the defense, use your body to protect the ball, go up and finish; make sure that you go both directions and that you jump off from two feet
  4. **Big jump stop** – aggressively jump up and by defense, bring ball up high and aggressive, land on 2 feet with your knees bent, jump up and finish
  5. Double pump in the air
  6. Pull up for a jumper
  7. Step back jumper – make sure you step back and not to the side
  8. Step back, head fake, cross over to basket
- **Make sure you are working on all of these finishes**
  - **Do not fade away on your finishes**
  - **You should finish strong and protect the basketball with your body!!**
  - **BE CREATIVE!!**