

# *Elite Performance Athletics Basketball*

## *Drills & Skill Techniques*



**Poise** – **Dribbling** – Right & Left Hand & Switching Hands – Cones – Person – 30 Minutes

▶ **Passing** – 2 Hands & Off the Dribble Passing – 30 Minutes

▶ **Shooting** – Lay-ups’ on the move & **One Dribble – No Dribbling** – Off the Pass **Pick & Rolling** off the Screens’ – 30 Minutes

▶ **Dribbling** – While being Guarding – Taking your (**Man**) off the Dribble – 30 Minutes

**Defensive Drills** – **Man Defense** & **Zone Defense** Concept – 30 Minutes

**Offensive Skills** – Pick & Rolling off the Screens’ Lay-ups’ or Pass – Pick & Pop (Shooting Jumpers) off the Screen – 30 Minutes

▶ **Shooting** – “Good” & “Bad” Shots – 30 Minutes

**Rebounds** & Boxing Out Locating People – Techniques – 30 Minutes

**Foot Work** – Down Low – Off the Dribble – 30 Minutes

▶ **Confidence** – Free Throws & Free Throw Techniques – **Difference**  
Winning & Losing – **Pressure** – 30 Minutes

▶ **Performing** – Under Pressure & Making the Correct Pass

**Self-Confidence, Mental Strength, Discussion**