

## Skill Cues



### Dribbling

Knees bent, dominant arm extended, fingers wide, eyes on ball, hand behind ball. Push ball downward/forward with fingers facing down, flex wrist downward. Absorb the ball on the way up, flex hand upward. Alternate hands. Repeat.



### Shielding

Protecting the ball: Place body between the ball and the defender.



### Chest Pass

Grip ball with both hands, fingers wide, thumbs down, ball touching chest, eyes on target. Step toward target, apply force, push ball forward toward target, release, follow through by extending arms and thumbs facing down.



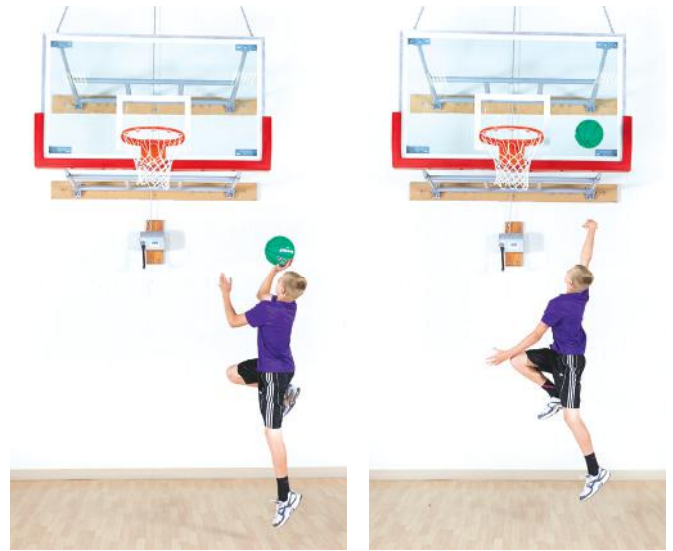
### Bounce Pass

Grip ball with both hands, fingers wide, thumbs down, eyes on target, ball touching chest. Step toward target, apply force, push ball downward to bounce on ground halfway between body and target, release, follow through by extending arms and thumbs facing down.



### Receiving

Ready position with a wide base of support, make/show target, watch/track the ball with eyes and body. Adjust body to receive the ball, pull the ball into the body.



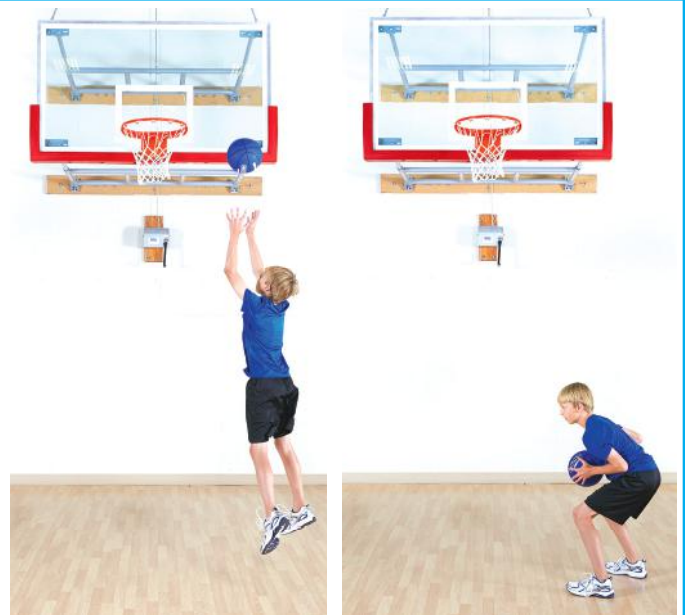
### Lay-up

From the right side of the basket, dribble the ball within 3 feet of the basket. Hold ball in right hand and extend the right arm upward, jump/leap off of the left foot, push/lay-up the ball to bank off the backboard and into the basket. Soft landing. Use opposite hand and foot shooting from left side.



### Jump Shot

Hold the ball with the dominant hand behind the ball and the non-dominant hand on the side of the ball. Eyes on the basket, bend knees, jump up with both feet, apply force by pushing forward toward the basket. Release, follow through by flexing your wrist. Soft landing.



### Rebounding

Get close to the basket, watch/track the ball with eyes and body. Jump up high with both hands upward, grab the ball with both hands, pull the ball into the body. Soft landing.