

Smaller Ballers Curriculum

Finishing

- Attacking and finishing with right and left hand
- Using the backboard
- Finishing off one foot and two feet (i.e. jump stopping)
- Layups on fastbreaks
- Finishing after passing and moving without the ball

Dribbling

- Pound dribbles with right and left hand
- Crossovers
- V-dribbles
- Combos (i.e. v-dribble to crossover, pound to crossover, etc.)
- Dribbling both high (shoulder level) and low (knee level)
- Speed dribbling on the move with right and left hand

Passing

- Chest passes
- Bounce passes
- Passing on the move

Rebounding

- Jumping as high as possible for rebounds
- Catching the ball at the highest point
- Bringing the ball to chin with elbows up
- Rebounding on both sides of the backboard
- Putbacks off of rebounds

Defense

- Getting into proper stance
- Stepping and sliding in both directions
- Avoiding crossing your feet or clicking heels together
- Staying low at all times
- Communicating on defense
- Rebounding out of a defensive stance
- Staying in front of offensive player