ELITE
BASKETBALL TRAINING CARDS
SKILL CARDS

INCLUDED:

DEFENSIVE STANCE
1-3-1 ZONE
2-3 ZONE
1-2-2 ZONE
2-1-2 ZONE
3-2 ZONE
MAN-TO-MAN
DRIBBLING
SHOOTING
PASSING
TRIPLE THREAT
BOXING OUT
LAY-UPS
COURT MAP
DRY ERASE COURT
Defensive Stance

**Hands up and active**
Your weight on the balls of your feet.

**Eyes on hips of offensive player**

**Back straight**

**Knees bent**

**Feet wide**

**Defensive TIPS:**

- Be between your man and the basket
- Slide your feet side to side, don’t shuffle or cross them
- Always be able to see your man and the ball
- One foot and/or hand in passing lane at all times
- If you are two passes away you are in the key for help defense
- When closing out come out fast, under control, hands straight up, and your feet should never leave the floor.
- When recovering on defense don’t chase offensive player beat them to the spot with your hands straight up and never leave your feet.

**Types of Defenses**
1-3-1 ZONE

Strength:
Allows for trapping and pressure at the top of key.

Weakness:
Coverage is weak in the corners and middle.
**Strength:**
Allows you to stop dribble-penetration and protect against passes to block.

**Weakness:**
Weak on coverage of wings.
1-2-2
ZONE

Strength:
Provides good protection of the paint and stops dribble penetration.

Weakness:
Coverage is weak in the middle and corners.
2-1-2 ZONE

Strength:
Allows for good protection of the paint and stops dribble-penetration.

Weakness:
Leaves outside shooters open.
3-2 ZONE

**Strength:**
Allow you to pressure the ball on the outside arc and for some trapping.

**Weakness:**
Leaves the high post, middle of the paint, and corners open.
**Man-To-Man**

**Strength:**
Potential to have good coverage everywhere.

**Weakness:**
If someone can’t guard their man then the defense will fall apart.
Dribbling

Dribble below your waist.

Eyes looking up.

Off-hand protects the ball.

In athletic position.

Dribble with fingertips.
SHOOTING

Elbow in, forming an "L"

Find your release point

The ball should come off the tips of your fingers for proper backspin.

The ball should be released at top of jump.

Feet shoulder width apart.

Shoulders square to basket.

Right hand under the ball.

Follow through.

Knees bent.

Eyes on target.

For guidance, let hand on side of ball release point.

Elbow in, forming an "L"

Knees bent.

Pointing at basket, slightly staggered.
Teaching Points

- Catch the ball in the shooting pocket, while in an athletic position.
- Power for your shot comes from your legs.
- Distance and direction comes from your wrist.
- Holding your follow through helps with muscle memory.
- Have a consistent release point that is comfortable for you.
- The act of shooting from beginning to end should be one fluid motion.
PASSING

Eyes focused on target.

Ball starts at chest level.

Both thumbs behind the ball.

Push the ball out toward the target.

Palm’s out at finish with thumbs down.
TRIPLE THREAT

Triple threat is an athletic position in which you are a threat to pass, dribble, or shoot. Too many times when youth players catch the basketball, the first thing they do is put it on the floor and dribble. This takes away the Triple Threat. The first thing all players should do when they receive the basketball is SQUARE to the basket and establish TRIPLE THREAT POSTION.

- Ball held at the hip with two hands, touching the top of the thigh.
- Knees bent.
- Strongest/Dominant foot out in front.
- Feet wide.
- Upper body leaning forward, nose over toes.
- Back straight, head up, eyes on basket.
You box out when you hear someone yell shot or see the ball leave offensive players hands for a shot, turn around while putting your forearm into your defensive assignment. Your arms should be out to your sides, to make it hard for the offensive player to get around you. You should be low, using your butt and legs to push the offensive player away from the rebound.

Arms up and out.

Push opponent back.

Get low.
With a right-handed lay-up the right knee comes up.

Off hand is used to protect the ball.

Eyes on the basket.

Teaching Points

• After you pick up your dribble; you only get two steps.
• Make sure you have a good angle to the basket.
• The ball should bounce lightly off the back board.

Come off of the left foot.
COURT MAP

Half Court

Top of the Key

3-Point Line

Free Throw Line (Foul Line)

Key

Block/Post

Basket

Baseline

Sideline