

# Dribbling

## Basketball Content Card

**Purpose:** To move the ball up the court. Dribbling is also used to maintain possession of the ball and is the most common way an offensive player moves with the ball.

### Cues

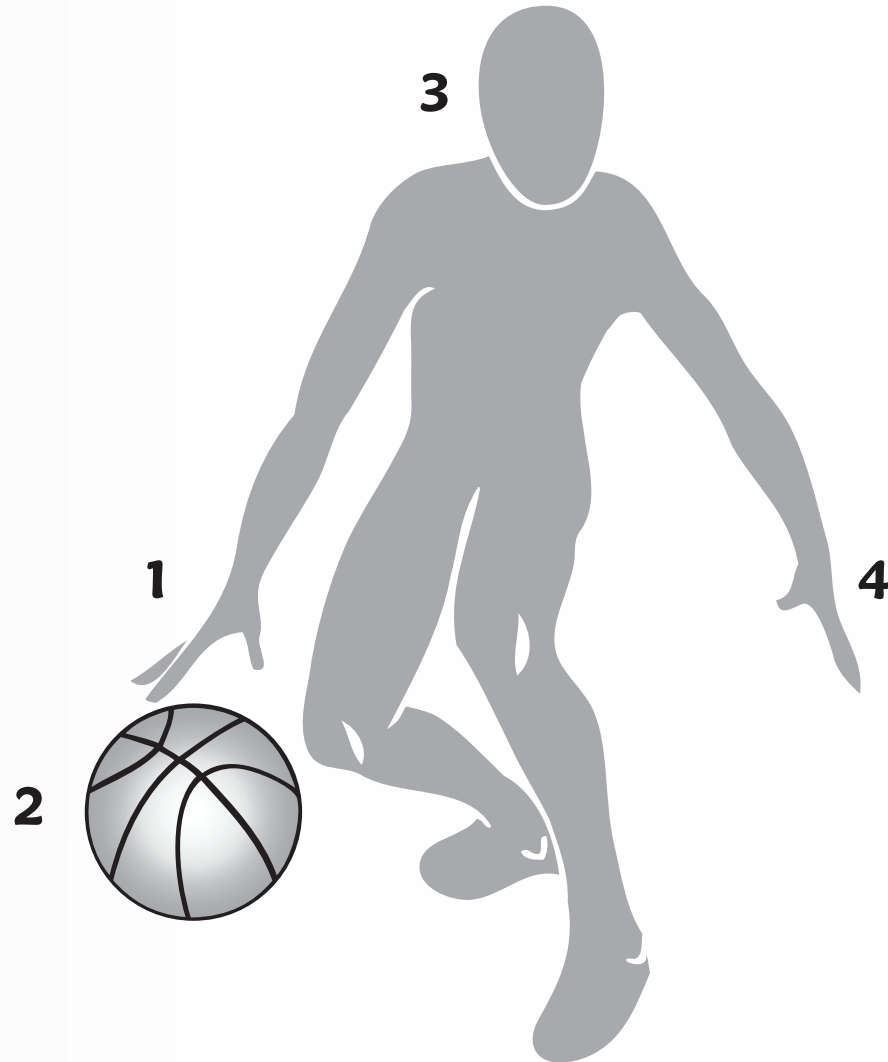
1. Gentle Push with Finger Pads
2. Keep Ball Low
3. Keep Eyes Up
4. Protect Ball

### Use To

- Maintain Possession
- Create Space to Score
- Attack the Basket

### Types

- Low Control
- High Speed
- V-Dribble/Behind Back/Between Legs



# Passing

**Purpose:** To maintain possession and move the ball quickly. Pass selection depends on the type of defense being used and distance from a teammate.

## Cues

1. Use Two Hands
2. Step
3. Push Out
4. Receive At Chest

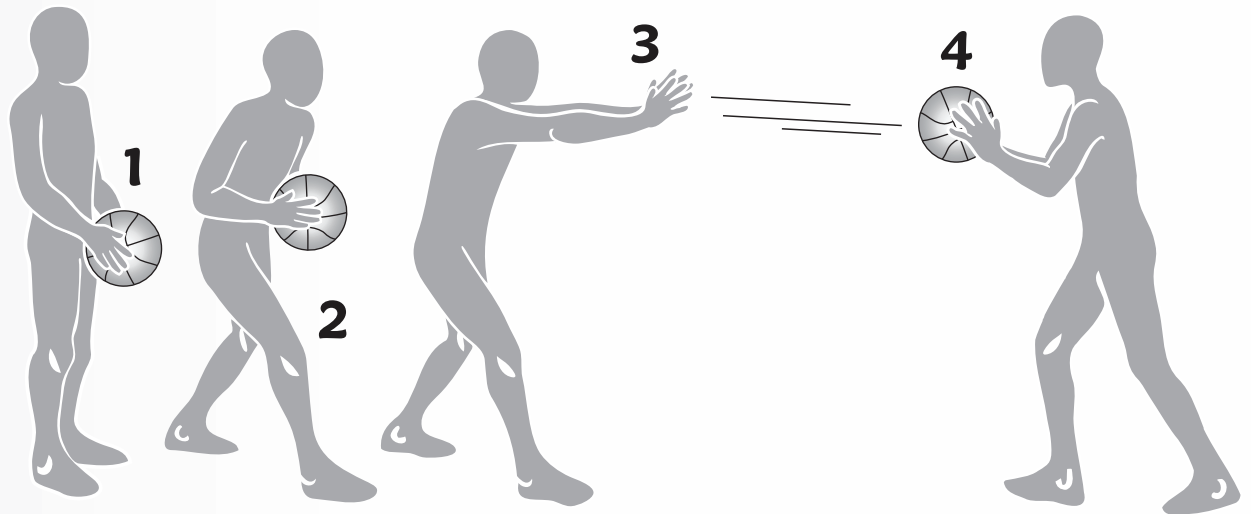
## Use To

- Maintain Possession
- Create Space to Attack
- Defend the Basket (Outlet Pass)
- Restart Play

## Types

- Chest
- Bounce
- Overhead
- Sidearm

## Basketball Content Card



# Shooting

**Purpose:** Shooting is the method for scoring. Shot selection depends on defensive pressure and distance from the basket.

## Cues

1. Balance
2. Two Hands
3. Jump Up
4. Wave Goodbye to Ball

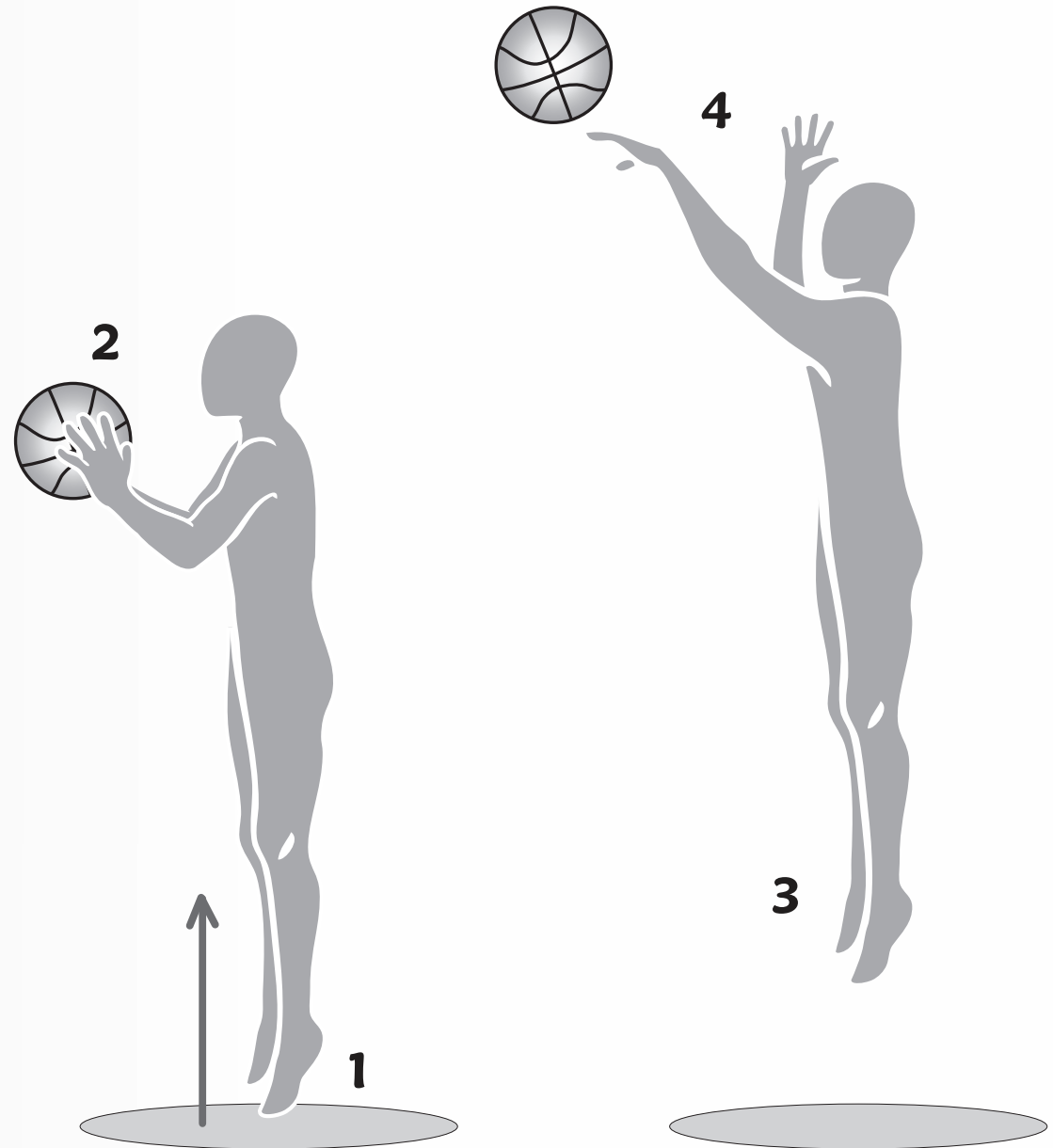
## Use To

- Attack the Basket
- Create Space to Attack

## Types

- Set
- Jump
- Lay-Up

## Basketball Content Card



# Give and Go

## Basketball Content Card

**Purpose:** The give and go is a multi-player offensive tactic that relies on passing and moving without the ball to create open scoring opportunities.

### Cues

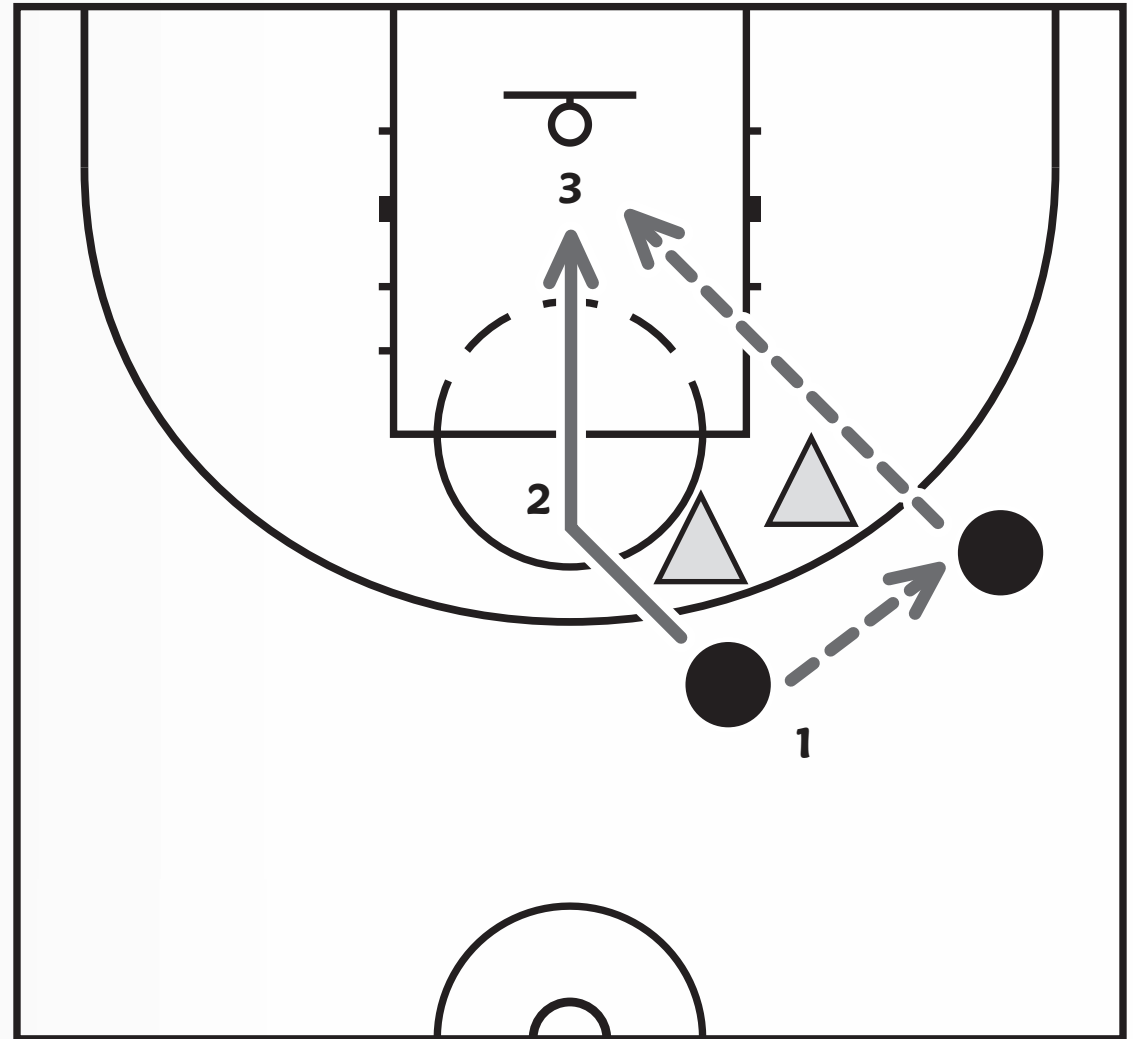
1. Dish
2. Dash
3. Shoot & Follow

### Use To

- Use Space in Attack
- Create Space to Attack

### Types

- High/low post
- Finish w/ lay-up
- Finish w/ jump shot



# Pick and Roll

## Basketball Content Card

**Purpose:** The pick and roll is a multi-player offensive tactic that relies on a screen-cut-pass sequence to create open scoring opportunities.

### Cues

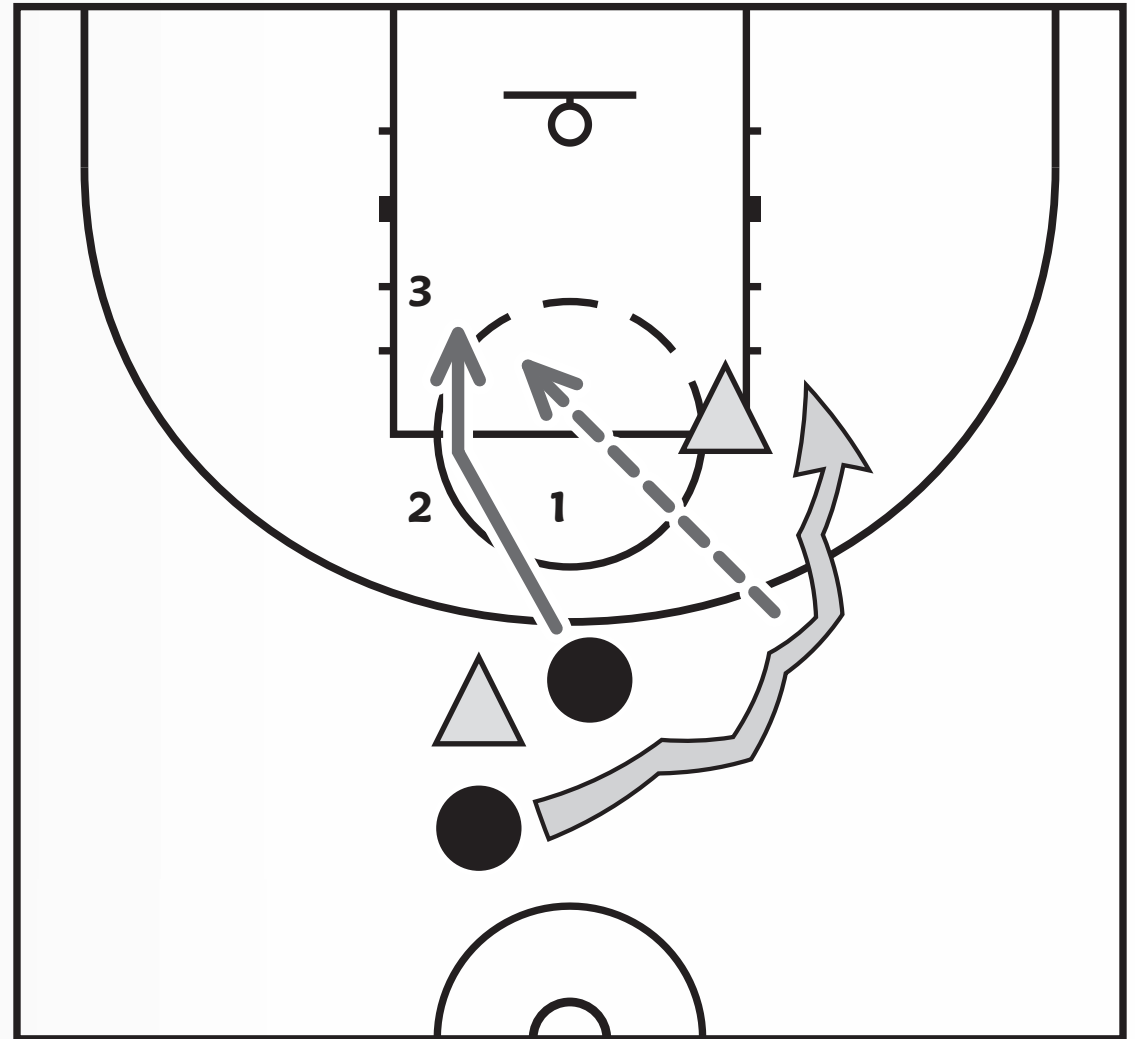
1. Pick
2. Roll
3. Shoot & Follow

### Use To

- Use Space in Attack
- Create Space to Attack

### Diagram Key

- Circle = Offense
- Triangle = Defense
- Dotted Line = Pass
- Solid Line = Movement
- Zig-Zag = Dribbler



# Defense - P-2-P & Zone

## Basketball Content Card

**Purpose:** To defend against scoring and create turnovers. The type of defense selected depends on player attributes and opponents characteristics.

### Cues

Player-2-Player / Zone

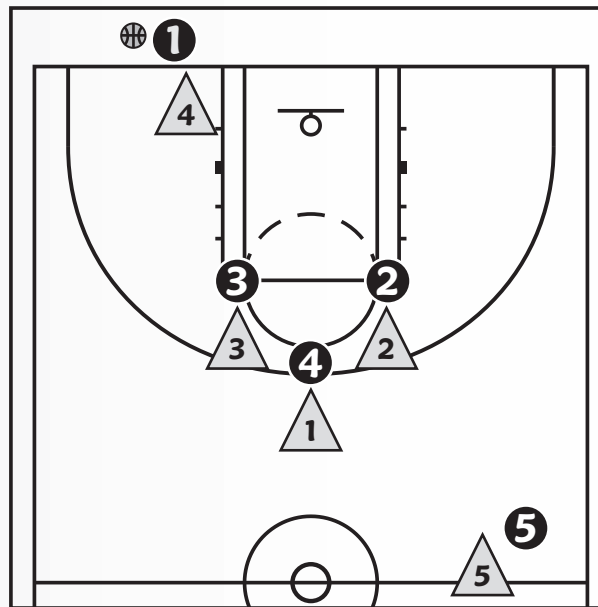
1. Match-up / Know Your Zone
2. Shadow / Protect Your Zone
3. Box-out-let
4. Communicate

### Use To

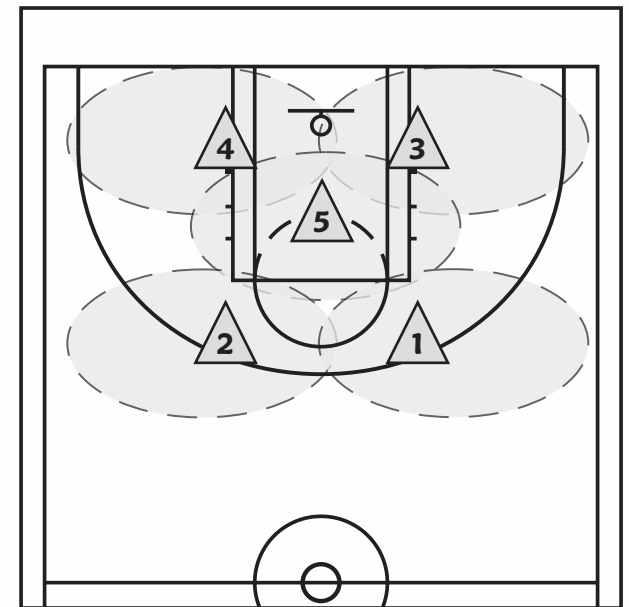
- Defend Space
- Defend the Basket
- Win the Ball

### Types

- Player-2-Player
- Zone: 2-1-2 & 1-3-1
- Match-up Zone



**Player-2-Player Defense**



**Zone Defense**

# Officials' Signals

## Basketball Content Card

**Purpose:** To manage contest and communicate rule related information. Signals are the “sign language” of the game.

### Cues

1. Know the Rules/Signals
2. See the Play
3. Be Active
4. Whistle then Signal

### Use To

- Manage the Game
- Communicate Violations
- Maintain Game Pace

### Types & Tips

- Types: Referee, Baseline Referee
- Be Respectful
- Be Decisive
- Be Composed

