



BASKETBALL ACT HIGH PERFORMANCE PROGRAM

STATIONARY SKILLS PROGRAM

1.) Ball Wraps – Standing or sitting

- Ball Slaps
- Head: head/waist/legs
- Legs: right/left; double
- Fingertip tapping hand to hand
- Pendulum
- Rhythm
- Figure 8
- Flip-Flop
- Cradle
- Ricochet

***Emphasis:** Be balanced with good stance, Eyes up and head up, Do drills as quickly as possible, Hand-eye coordination, Develop fingers and wrist strength, Push yourself to get quicker

2.) 1 Ball Dribbling – Standing or sitting

- Figure 8
- Figure 8 with one dribble (cup dribbling)
- One hand push/pull
- One hand around single leg
- Onside dribble
- Combination e.g. onside/crossover, between the legs/crossover
- Spider
- Crossover/high to low
- Behind the back cross over
- Seated crossover behind the legs, between the legs

***Emphasis:** Be balanced with a good stance, Eyes and head up, Rhythm, Fingers and wrist “feel”, Keep ball low/protect ball, Work at a game tempo

3.) 2 Ball Dribbling – Standing or sitting

- Alternate bounce
- Simultaneous bounce
- Push-pull; east-west
- Right/east and left/west
- Onside
- Cross dribble
- Figure 8
- Dribble through legs
- Dribble around legs

***Emphasis:** Be balanced with good stance, Eyes up and head up, Rhythm, Fingers and wrist “feel”, Keep ball low/protect the ball, Work at a game tempo

4.) Passing – Standing or sitting (with a partner, off toss-back or wall)

- Chest pass
- Bounce – left/right
- Push – left/right
- Overhead
- Curl – left/right
- Behind the back – left/right
- Combination e.g. 2 x right, 2 x left, 2 x curl etc.
- Off the dribble – left/right
- 2 ball passing

***Emphasis:** Be balanced in triple threat position, “Snap” wrists on all passes, Focus on target, Put some “heat” on every pass, Be a receiver – Hands ready, stance, Work at a game tempo

5.) Shooting – Standing or sitting

- Form shooting (one hand)
- Left hand/right hand lay-ups
- Reverse lay-ups
- Baby hooks – left/right
- Set shots – around the world

***Emphasis:** Balance, Eyes on target, Develop “feel” and rhythm, Hold your follow through