

PGMBA Fundamental Basketball Skills To Teach

1. Ball Handling

- Dribbling with the right and left hand
- Stationary dribbling and on the move dribbling
- Change of pace and direction (crossovers, between the legs, behind the back)
- Dribbling under pressure
- Protecting the ball while pivoting under pressure or ripping the ball when attacking the hoop

2. Passing

- Push pass/chest pass
- Bounce pass
- Overhead pass
- Showing a target hand and catching
- Passing on the move
- Passing under pressure

3. Footwork

- Triple-threat position
- Pivoting with both feet
- Jump stop
- Stride stop
- Layup footwork (right and left side)
- Defensive slide technique

4. Shooting

- Shooting form
- Layups with right and left hand
- Spot shooting (close range)
- Catch and shoot
- Shooting off the dribble (intermediate)

5. Defence

- Defensive stance and balance
- Lateral movement
- Close-outs
- On-ball defence
- Denial and Help defence
- Rebounding technique (boxing out, positioning)

6. Team Play / Game Concepts

- Court spacing
 - Basic cutting (V-cut, L-cut, blast cut, backdoor) – change of pace and direction
 - Pass and cut movement
 - Basic screening (introduction for the gr. 6-8 division)
 - Transition offense and defense
 - Communication on the court
-

7. Basketball Knowledge and Etiquette

- Understanding basic rules of basketball
 - Acceptable amounts of contact on offence and defence
 - Court awareness
 - Sportsmanship and positive communication
 - Teamwork and leadership
-

8. Physical Development

- Coordination and agility drills
 - Balance and body control
 - Speed and endurance (age-appropriate)
 - Warm-up and cool-down routines
-