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## COUNTY PERFORMANCE CENTRE (CPC)

### CORE CURRICULUM

BASIC FUNDAMENTALS	INDIVIDUAL DEFENCE	INDIVIDUAL OFFENCE	OFFENCE REACTIONS
<p><b>BODY MOVEMENT FUNDAMENTALS:</b></p> <ol style="list-style-type: none"> <li>1. Running technique</li> <li>2. Initial foot movement into running</li> <li>3. Change direction – no stutter step</li> <li>4. Change direction – with stutter step</li> <li>5. Change of pace</li> <li>6. Backwards Running</li> <li>7. Jump stop</li> <li>8. Stride stop</li> <li>9. Ready position</li> <li>10. Reverse pivot</li> <li>11. Forward pivot</li> </ol> <p><b>PASSING &amp; RECEIVING FUNDAMENTALS:</b></p> <ol style="list-style-type: none"> <li>1. Hand position</li> <li>2. Chest pass</li> <li>3. Bounce pass (L &amp; R hands)</li> <li>4. Overhead pass</li> <li>5. Baseball pass - full court (L &amp; R hands)</li> <li>6. Baseball pass - half court (L &amp; R hands)</li> <li>7. Curl pass (L &amp; R hands)</li> <li>8. Push pass (L &amp; R hands)</li> <li>9. Passing off the dribble (L &amp; R hands)</li> <li>10. Passing and catching on the run – full court</li> <li>11. Passing and catching on the run – half court</li> <li>12. Catching, ready position</li> <li>13. Catching from a lead – perimeter</li> <li>14. Catching from a lead – post</li> <li>15. Passing to the post – high (L &amp; R hands)</li> <li>16. Passing to the post – low (L &amp; R hands)</li> </ol>	<p><b>ON BALL</b></p> <p><b>POSITIONING:</b></p> <ol style="list-style-type: none"> <li>1. Ball, you, basket</li> </ol> <p><b>STANCE:</b></p> <ol style="list-style-type: none"> <li>1. Foot position – no middle</li> <li>2. Head position – mid section</li> <li>3. Hand position</li> </ol> <p><b>MOVEMENT:</b></p> <ol style="list-style-type: none"> <li>1. Lateral movement</li> <li>2. Diagonal movement</li> <li>3. Drop step</li> <li>4. Swing step</li> <li>5. Slide, run, slide</li> </ol> <p><b>OFF BALL</b></p> <p><b>CLOSING OUT FOOTWORK:</b></p> <ol style="list-style-type: none"> <li>1. Head position</li> <li>2. Foot movement pattern</li> <li>3. Hand position</li> </ol> <p><b>HELP POSITIONING:</b></p> <ol style="list-style-type: none"> <li>1. Ball, you, man (Flat Triangle)</li> <li>2. Hand Position (Pistols – Man and Ball)</li> <li>3. Jump to the ball</li> </ol> <p><b>DENIAL POSITIONING:</b></p> <ol style="list-style-type: none"> <li>1. Head position (Ear to chest)</li> <li>2. Hand position (Palm to ball in passing lane)</li> <li>3. Movement Pattern (no back door)</li> </ol> <p><b>DEFENSIVE REBOUNDING ON BALL/OFF BALL</b></p> <ol style="list-style-type: none"> <li>1. Blocking out - on ball</li> <li>2. Blocking out - off ball</li> </ol>	<p><b>DRIBBLING:</b></p> <ol style="list-style-type: none"> <li>1. Speed dribble (L &amp; R hands)</li> <li>2. Change of pace (L &amp; R hands)</li> <li>3. Hesitation dribble (L &amp; R hands)</li> <li>4. Cross over (L &amp; R hands)</li> <li>5. Onside (L &amp; R hands)</li> <li>6. Behind back (L &amp; R hands)</li> <li>7. Between legs (L &amp; R hands)</li> <li>8. Spin (L &amp; R hands)</li> <li>9. Combinations (L &amp; R hands)</li> <li>10. Control dribble (L &amp; R hands)</li> <li>11. Retreat dribble (L &amp; R hands)</li> </ol> <p><b>SHOOTING TECHNIQUE:</b></p> <ol style="list-style-type: none"> <li>1. Ready position – Ready to shoot</li> <li>2. Shooting Form – B.E.E.F. <ul style="list-style-type: none"> <li>▪ Balance, Eyes, Elbow, Follow-Thru</li> </ul> </li> <li>3. Foot position/leg position</li> <li>4. Head position – ability to squat</li> <li>5. Wrist cocked – fingers spread</li> <li>6. Elbow angle – ball to line of shoulder</li> <li>7. Start position – elbow pointing to ring</li> <li>8. Finish position – elbow level with eyebrow <ul style="list-style-type: none"> <li>– “lock and snap, hand high”</li> </ul> </li> <li>9. timing - leg extension and arm extension</li> <li>10. “Catching ball in the air”, “landing in a down stance”</li> </ol> <p><b>LAYUPS:</b></p> <ol style="list-style-type: none"> <li>1. Straight and 45 angle R &amp; L Hand</li> <li>2. Baby Hook Shots on the run R &amp; L Hand</li> <li>3. Reverse Layups R &amp; L Hand</li> <li>4. Power Layups R &amp; L Hand</li> </ol>	<p><b>ON BALL</b></p> <p><b>ONE v ONE:</b></p> <ol style="list-style-type: none"> <li>1. Rocker Step</li> <li>2. Attack the front foot</li> <li>3. Read the defence – shot or drive</li> </ol> <p><b>OFF BALL</b></p> <p><b>GETTING OPEN:</b></p> <ol style="list-style-type: none"> <li>1. V-Cut</li> <li>2. L-Cut</li> <li>3. Triple Threat</li> </ol> <p><b>TEAM:</b></p> <ol style="list-style-type: none"> <li>1. Pass – Cut – Replace</li> <li>2. Spacing</li> <li>3. Fast break - Rebound, Outlet, Fill the lanes</li> </ol> <p><b>MORE INFORMATION</b></p> <p>Lee McCarthy  <b>Performance Pathways Coordinator</b>  <b>Buckinghamshire Basketball Association</b>  Tel: 07894792963  Email: <a href="mailto:performancepathways@bucksbasketball.org.uk">performancepathways@bucksbasketball.org.uk</a>  Web: <a href="http://www.bucksbasketball.org.uk">www.bucksbasketball.org.uk</a></p>