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COUNTY PERFORMANCE CENTRE (CPC)

CORE CURRICULUM

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