

HAWKS AT HOME

BASKETBALL TIPS

REBOUNDING ▪ DEFENSE ▪ DRIBBLING ▪ FOOTWORK ▪ SHOOTING ▪ PASSING

REBOUNDING TIPS

- Make contact with opponent and box out
- Attack the offensive glass
- Chin the ball after the rebound
- Rebound with two hands
- Play physical and go after the basketball
- Anticipate the angle of the miss
- Contest shots and box out

DEFENSE TIPS

- Stay low & balanced
- Back straight, arms out & hands active
- See the opponent & see the ball
- Stay between the opponent & the goal
- Give multiple efforts
- Talk on defense
- Help your teammates
- Take the charge
- Dive on loose balls
- Study the opponent
- Watch your opponent's midsection

DRIBBLING TIPS

- Eyes up to see teammates and defenders
- Stay lower than your opponent
- Use your body to protect the basketball
- Change pace and change direction
- Do not waste dribbles-move the ball
- Why dribble?
Attack defense, escape pressure, improve pass
- Cover ground when making a dribble move
- Crossover below the knee
- Attack the paint off the dribble
- Use retreat dribble to avoid a trap

FOOTWORK TIPS

- Always maintain balance
- Play the game in an athletic stance
- Change pace and change direction
- Practice jumping off both legs
- Land on two feet
- Practice pivots off of both feet
- Run the floor on every possession
- Attack the defenders top foot
- Re-space after a drive and pass

SHOOTING TIPS

- Legs bent and on balance
- Shoulders square to the target
- Eyes on the goal
- Elbow under the ball (make an "L")
- Guide hand on the side of the ball (not on top)
- Ball on finger pads (no palm on the ball)
- Follow through on the shot
- Use your legs and finish forward
- Practice game shots
- In a game, take the shots you practice

PASSING TIPS

- Make eye contact with your teammate
- Use the dribble to improve passing angles
- Make the extra pass =
"one more" and "good to great"
- Fake a pass to make a pass vs pressure
- Attack the paint to collapse the defense
- Do not leave your feet to pass
- Step to receive the pass
- Show your hands to the passer
- Pass the ball side to side & inside-out
to move the defense

For more Tips, visit hawks.com/hawksathome



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