

SYB- Mini-Turks Skill Progressions

(What they should know when they leave Mini-Turks)

Ball Handling:

- L & R stationary dribble
- L & R full speed dribble
- Bounce Pass- stationary
- Jump Stop into a triple threat position

Shooting:

- Proper Shooting technique (As ready- really focus on dominant foot forward)
 - dominant foot slightly forward
 - knees bent
 - toes facing target
 - elbow under the ball
 - thumbs forming a T
 - ball on finger pads.
 - follow through
- Consistently be able to get shots above the rim on an 8 ft hoop.

Defense/Rebounding:

- Defensive Stance-hands out.
- Defensive slide- not crossing feet or hopping
- Staying between their man and the basket on the ball.
- Yell shot- hand in the face
- Box out in a one on one situation
- No Steals on the ball
- Don't rebound from under the basket

Team Play-Away from the ball:

- Spacing, Spacing, Spacing- balancing the floor
- Don't chase the ball...