

# 10 Critical Skills Kids Need to Know By the Time They Get to High School

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*When trying out for high school teams, players should possess proficiency in these ten critical skill areas that have been developed in previous basketball programs:*

## 1. UTILIZE BOTH HANDS

- a. Dribble with both hands.
- b. Shoot with both hands under the basket.
- c. Pass effectively with two hands.
- d. Know the basic fundamentals of passing, dribbling and ball handling.

## 2. FINISH ALL PLAY ON DEFENSE – REBOUND!

- a. Understand the defensive job is not completed until the rebound is secured.
- b. Use proper boxing out technique.

## 3. SHOOTING

- a. Work continuously on shooting form.
- b. Shoot with legs, elbow and reach. Develop a consistent shooting pocket.

## 4. TOUGHNESS WITH THE BALL

- a. Catch the ball in triple threat position.
- b. Handle the ball in traffic.
- c. Handle pressure without turning the ball over.

## 5. BALL PRESSURE

- a. Apply touch pressure when defending a player with the ball without getting beat to the basket.
- b. Low, wide stance with active hands and feet.

## 6. FINISH ALL SHOTS

- a. End all offensive drills with a basket.

## 7. SHOT SELECTION

- a. Understand what a good shot is for the player and what a good shot is in different game situations.

## 8. PASSING AND CATCHING

- a. Players need to be able to pass and catch the ball while moving up and down the court at full speed.

## 9. POST AND PERIMETER PLAY

- a. 2 Basic Post Moves
  - i. Drop step baseline with a counter to the middle.
  - ii. Catch/square with jump shot or drive.
- b. 3 Basic Perimeter Moves: 1) Jab and go. 2) Jab and crossover. 3) Lift and go.

## 10. OFFENSE

- a. Play motion offense to work on passing, catching, screening and moving without the basketball.

