

# CONNECTING BASIC “NATURAL FORMS OF MOVEMENT” (WALKING, RUNNING, JUMPING...) WITH BASKETBALL FUNDAMENTALS

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## Theme

### **PRACTICE GOALS:**

1. **STOPPING IN PARALLEL BASKETBALL STANCE** (from the walking from slow running, across court)
2. **DRIBBLING** (with the right hand, with left hand, forwards-backwards, right and left hand), **STOPPING, CROSS STEP AND DRIVE**
3. **LAY-UP** (left, right, lay-up when player take the ball from the hands of his teammate, lay-up after the dribble,
4. **SHOT UNDER THE BASKET**
5. **AGILITY AND COORDINATION GAMES**

## Min

## PrePractice

- Stopping in parallel basketball stance (from the walking, slow running with or without ball).
- Start & stop dribble, change rhythm and lay-up

DIAGRAM 1

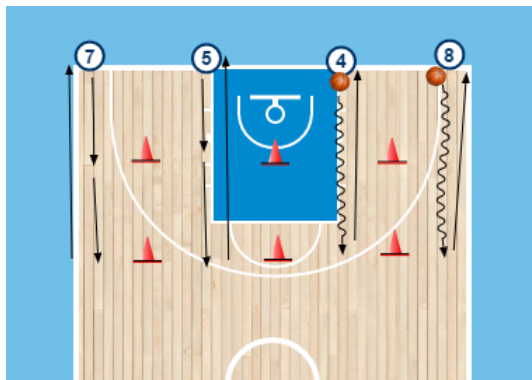
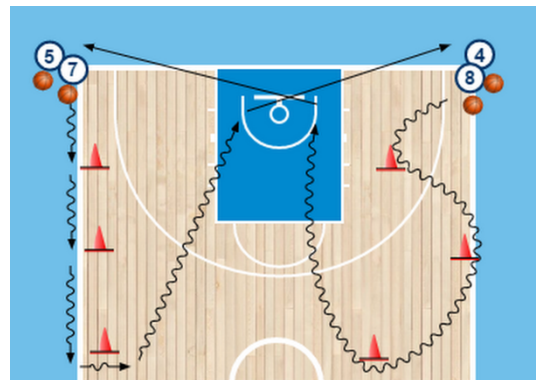


DIAGRAM 2



- Agility drills (stance, running forward, backward, lateral move, jumping...)

DIAGRAM 3

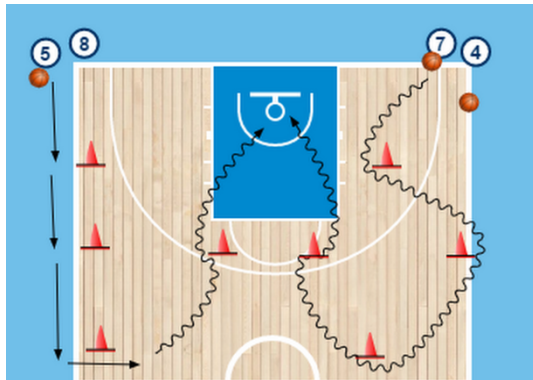
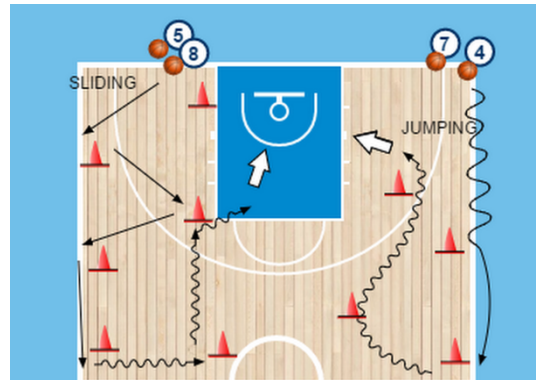


DIAGRAM 4



- Speed reaction, passing and precision drill

DIAGRAM 5

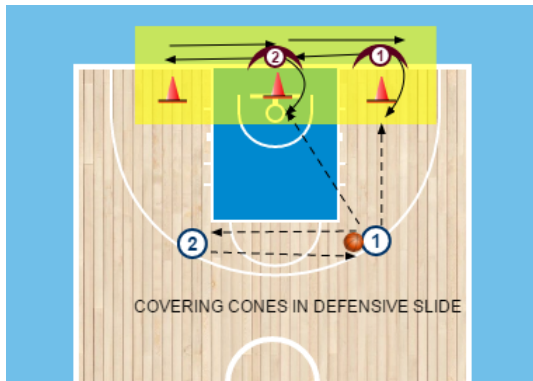
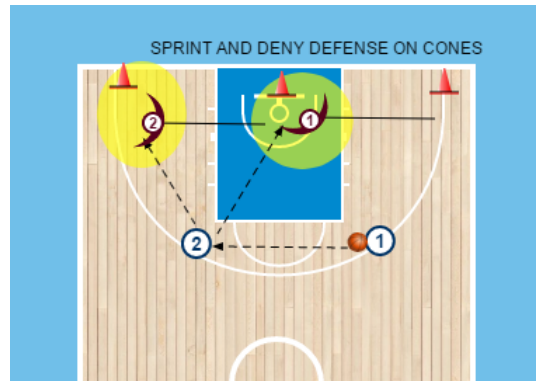


DIAGRAM 6



- Decision making drills

DIAGRAM 7

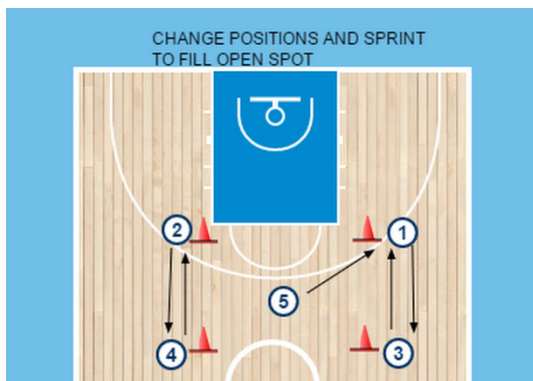


DIAGRAM 8



- Fast break introduction drills  
DIAGRAM 9

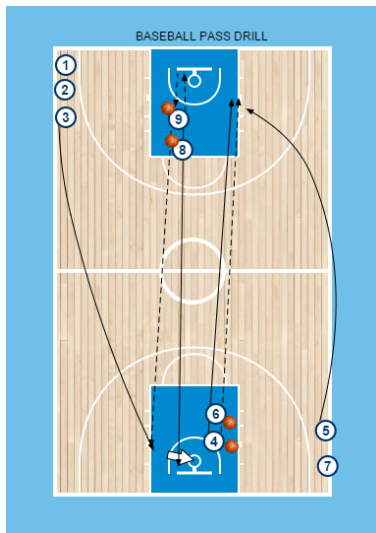
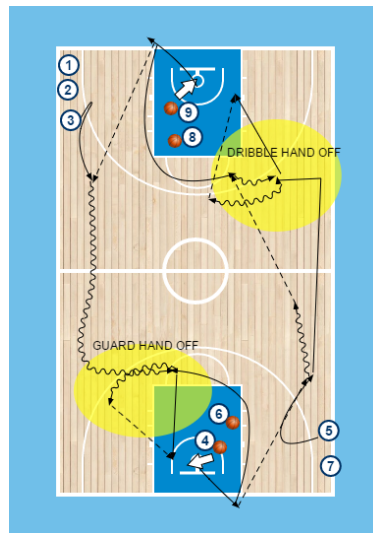


DIAGRAM 10



- 1 on 1 drills

DIAGRAM 11

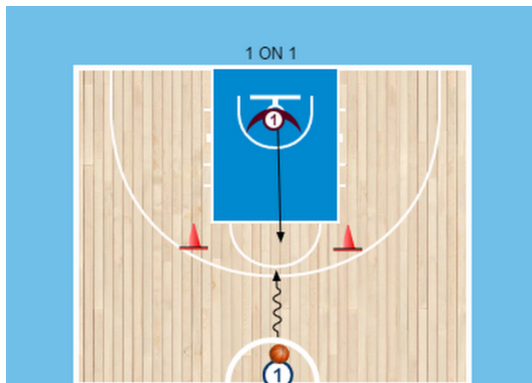
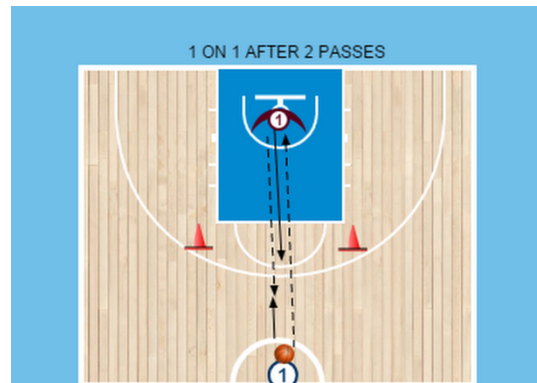


DIAGRAM 12



- 2 players fast break drills: two hands chest direct passing, filling the fast break lines  
DIAGRAM 13

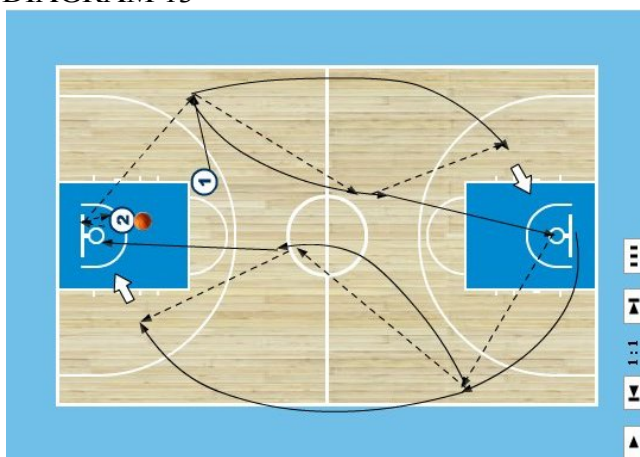
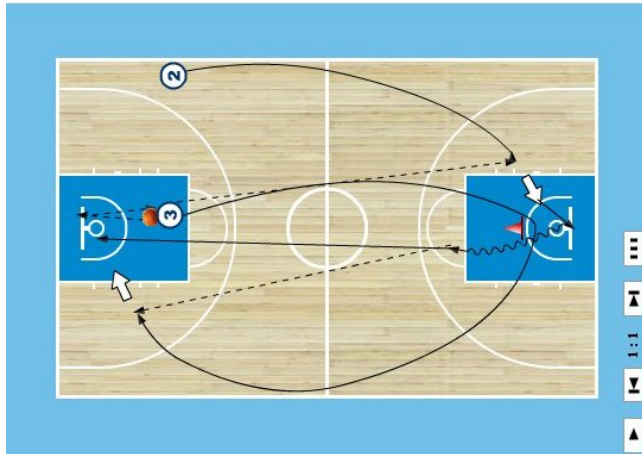


DIAGRAM 14



Min

Practice - Final part

- Fast break drill: two hands direct chest passing technique

DIAGRAM 15

