

OFFENSIVE TIPS

- 1) Fake a pass to make a pass to the low post = learn to make a bounce pass with either hand.
- 2) Always square up to the basket after receiving a pass = be in a triple threat position and see the whole court.
- 3) Don't dribble the basketball unless you are driving to the basket, improving your passing angle or getting out of trouble.
- 4) Always score with your right hand on the right side and left on the left side when shooting layups or shots from the low post area.
- 5) When driving into the lane or low post areas use your jump stop = you can then use a power move, up-and-under move or fake and power move to score.
- 6) When setting a screen for a teammate, and you hear the defense call out "switch", immediately cut to the basket.
- 7) Use the shot fake, jab-step, jab-step crossover, or any combination of these moves = read the defense and take what they give you.
- 8) On a straight drive to the basket from the 3-point line you should be able to get to the basket with one (1) dribble.
- 9) After passing the basketball DON'T STAND = cut to the basket, go and set a screen away from the ball, cut through the lane or move to an open area.
- 10) Be a great offensive rebounder = learn to go to the opposite side of the floor from where the ball is shot.

For more information on **MDB**  Programs please call... **952/346-8866**

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