



Developing Point Guards

CB's Coaching Education and Development

Skills Required

1.) Open Floor Attack

- a. Speed / Control / Power
- b. Change Speeds & Change Gears
- c. 3-pt Pull Up

2.) Getting Open for Inbounds & Outlets

- a. Angles and Cuts
- b. Split & Seal
- c. Using Screens

3.) Traps

- a. Suck the Trap
- b. Get Low / Tough / Calm
- c. Attacking One / Splitting

4.) Initiating Offense

- a. Creating Space & Timing
- b. Dribble Entries
- c. Both Hand Passing

5.) Decision Making

- a. Reading Defenses
- b. Slow & Go
- c. Reading Help
- d. Proper Delivery (Kick or Dish)

6.) Half court Dribble Breakdown

- a. Blow-By
- b. Penetrate & Kick
- c. Penetrate & Dish
- d. Penetrate & Finish

7.) Pick & Roll

- a. Line of Screen (T)
- b. Read the Defense: Use the Screen?
- c. Read the Defense: Own Offense (Shot or Drive) vs. Pass

8.) Defending the Point

- a. Head on Ball
- b. Big & Wide
- c. Maximizing Pestitude

