



Developing a Wing

CB's Coaching Education and Development

Skills Required

1.) Wing Attack

- a. Triple Threat
- b. "Quick Draw" & Shot Fake
- c. Use Both Feet: Open Step & Cross Step (Attack the Back)
- d. Reading Closeouts & Stationary Defenders
- e. Rim in 2 Dribbles or Less

2.) Finish at the Rim: EXPLOSION

- a. Two Foot Power
- b. One Foot Speed

3.) Mid-Range Game

- a. One-Two Step
- b. Step Hop
- c. Step Back

4.) Beating Help Defense

- a. Reading the Help
- b. Hesitations
- c. Passing

5.) Moves Off the Dribble

- a. Blow-By
- b. Single Moves & Pull Ups
- c. Double Moves

6.) Moving Without the Ball

- a. Getting Open (V, L, Seals)
- b. Setting & Reading Screens
- c. Reading Backdoors

7.) Catch and Shoot

- a. In & Out
- b. Perimeter Passing
- c. Coming off Screens (Pops and Fades)

8.) Defending the Wing

- a. Wing Denial
- b. Balanced Closeouts on Help or Skip
- c. Force Short Corner & Lunge to Protect Middle
- d. Post Dig

9.) Post Entry

- a. Floor Position: Angles
- b. Pass Away from Defense
- c. Fakes & Windows