

DATE:

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★ **Three Levels of Performance**

Accuracy - Skills are learned and can be performed accurately.  
Speed - Skills can be performed accurately at speed.  
Pressure - Skills can be performed accurately at speed under pressure.

★ **Quality + Quantity = Genius** "The legends of each sport can perform all the skills of the game accurately with speed and under pressure and have practiced more quality repetitions than their competition."

	DRIBBLING	PASSING	SCORING	DEFENSE	STRATEGY AND POSITIONING
	One Hand <input type="checkbox"/>  Both Hands <input type="checkbox"/>	Bounce Pass <input type="checkbox"/>  Chest Pass <input type="checkbox"/>	Layups <input type="checkbox"/>  Shooting Mechanics <input type="checkbox"/>	Footwork: Stance, Side Shuffle, Back Pedal <input type="checkbox"/>  Staying Between Ball Carrier and Basket <input type="checkbox"/>	Basic Lines of the Court <input type="checkbox"/>  Point Structure <input type="checkbox"/>
	Crossover <input type="checkbox"/>  Backwards/ Crossovers <input type="checkbox"/>	Overhead Pass <input type="checkbox"/>  Dynamic Pass <input type="checkbox"/>	Advanced Layups (Offhand, Reverse Power) <input type="checkbox"/>  Free Throws <input type="checkbox"/>	Rebound/ Box Out <input type="checkbox"/>  Man to Man Defense <input type="checkbox"/>	Basic Strategy <input type="checkbox"/>  Positioning <input type="checkbox"/>
	Two Basketballs <input type="checkbox"/>  Advanced Crossovers (Between the Legs, Behind the Back) <input type="checkbox"/>	Pass Fake <input type="checkbox"/>  1 Hand Pass <input type="checkbox"/>	Jump Shots at Different Angles <input type="checkbox"/>  Contested Jump Shots <input type="checkbox"/>	Steals <input type="checkbox"/>  Recovery/ Closeouts <input type="checkbox"/>	Odd Man Rush/ Fast Break <input type="checkbox"/>  Odd Man Rush Defensive Strategy <input type="checkbox"/>
	Dribbling With Pressure <input type="checkbox"/>  Posting up in the Paint <input type="checkbox"/>	Behind The Back Pass <input type="checkbox"/>  3-Man Weave <input type="checkbox"/>	Three Point Shots <input type="checkbox"/>  Contact Finish <input type="checkbox"/>	Blocks <input type="checkbox"/>  Switching/ Hedging <input type="checkbox"/>	Trapping Defense <input type="checkbox"/>  Pick and Roll/ Pick and Pop <input type="checkbox"/>
	Advanced Crossovers Two Basketballs <input type="checkbox"/>  1v1 <input type="checkbox"/>	No Look Pass <input type="checkbox"/>  5v5 Set Play <input type="checkbox"/>	Fade Away/Step Back/Floaters <input type="checkbox"/>  Isolation Scoring <input type="checkbox"/>	Shell Defense <input type="checkbox"/>  Zone Defense <input type="checkbox"/>	Motion Offense <input type="checkbox"/>  Decision Making/ Play Calls <input type="checkbox"/>

All Skills are Now on YouTube

TAC Sports Coaches take you step-by-step through each of the 50 skills listed on the progress report. Students can use the videos as reference guides to continue to increase their skills! Simply go to Youtube.com and search for TAC Sports channel! All videos are sorted under Playlists.

AWARDS OF THE WEEK



MVP



MOST IMPROVED PLAYER



MOST COACHABLE PLAYER



BEST TEAM PLAYER



MOST PASSIONATE PLAYER