

Customizing Bball basics

This file, "Numbered Pictures in *Bball basics*", contains 73 pictures that can be substituted for your personal pics. In addition, there are ten additional pictures that can be included in "your" book - see the last page of this file.

Process for Substitution:

1. Print out the pages in this file
2. Secure a photographer knowledgeable in the game of basketball
3. Study the pictures in this file and mimic the positioning
4. Take a few digital pictures of each position - select the ones you think are best- number the pictures to correspond to the pictures in the book. For example, Picture # 10 (Triple-threat Position).
5. After taking the pictures, email me the picture file
(bballbasics@aol.com)

The better the camera, the clearer and more defined the picture. The pictures you take can be in color (although in the book the pictures will appear in black and white) and should be a minimum of 300dpi resolution. This is not difficult to obtain since most pictures are taken in stationary positions.

Capturing the right positioning is not as easy as it sounds. It takes work but can be a lot of fun. It is suggested that an experienced coach work along side the photographer to facilitate taking accurate depictions. Also, if your program has its own T-Shirts, you can request your players and coaches to wear the shirts for the photo shoot.

Your Organization's Front Cover: In addition to substitution of pictures, the first page of the book's interior can be dedicated to your program. It can include pictures of you and your staff, a description of your program, and contact information.





**# 6: Ball to Side, Head Up,
Arm Out**



**# 7: Body Protecting
the Ball**



**# 8: Dribbling
Position**



**# 9: Triple-Threat
Position**



**# 10: Triple-Threat
Position**



11: Chest Pass



12: Ball Grip



13: Step into Pass



**# 14: Wrists Snap ...
Thumbs Down**



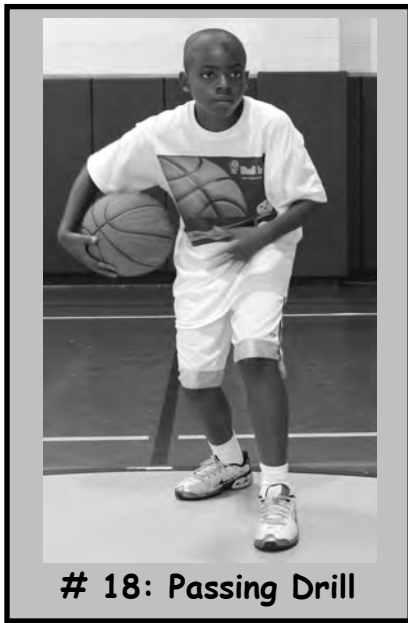
15: The Bounce Pass



**# 16: Target ... Hands
Open, Up, and Ready**



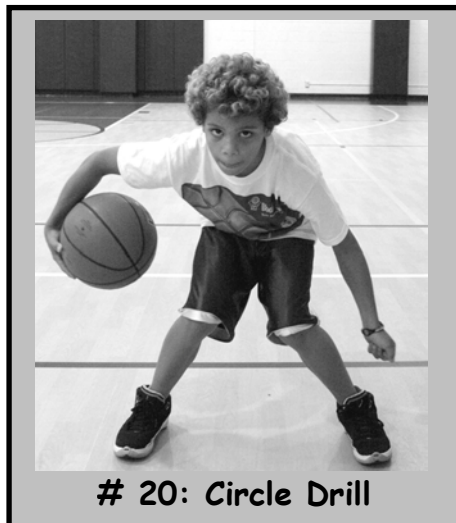
**# 17: Catch and Tuck
in Triple-Threat
Position**



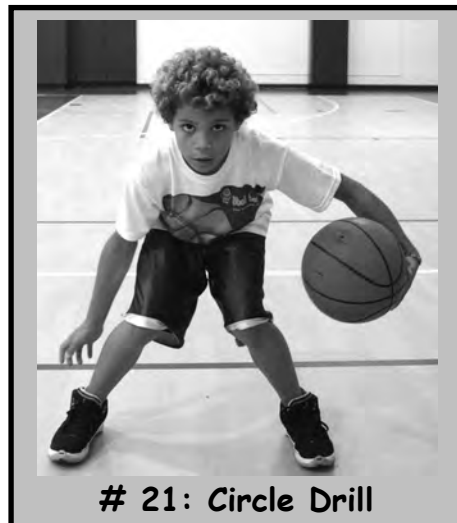
18: Passing Drill



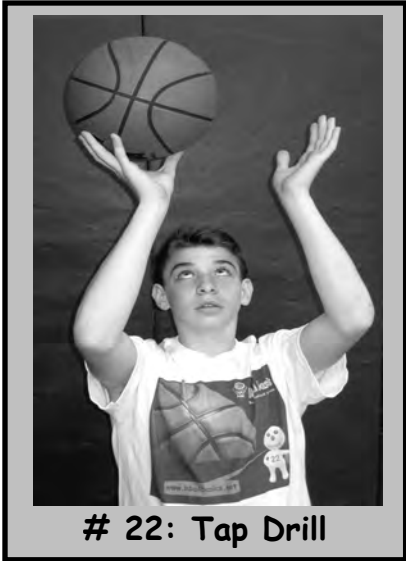
19: Passing Drill



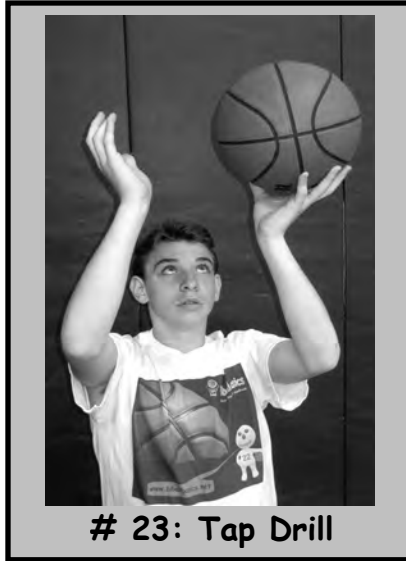
20: Circle Drill



21: Circle Drill



22: Tap Drill



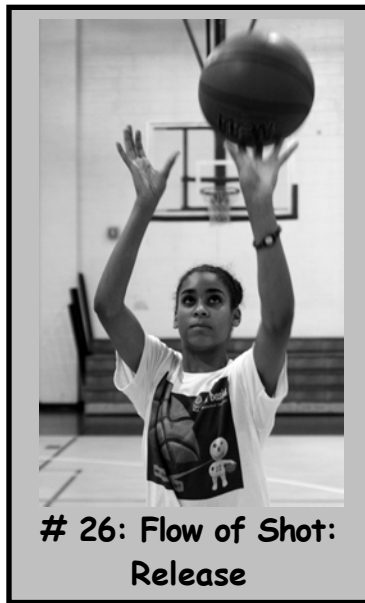
23: Tap Drill



24: "I can do it!"



25: Flow of Shot:
Get Set



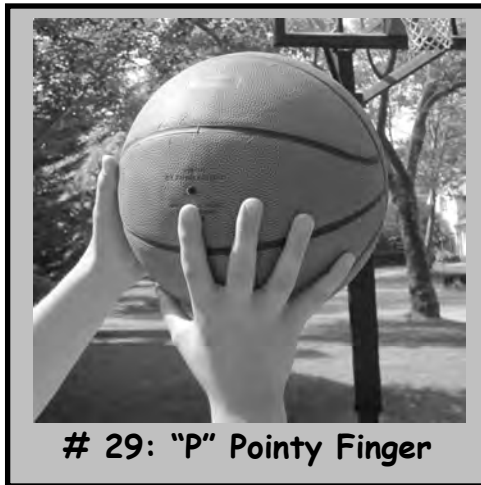
26: Flow of Shot:
Release



27: Flow of Shot:
Follow-Through



28: "B" Body
in Balance



29: "P" Pointy Finger



30: "L" Shape
Shooting-Arm Position



31: Upper Palm and Fingers Touching Ball



32: Balance Ball with Your Shooting Hand, Palm up



33: Flip Ball Up, Snap the wrist, and Catch with your Shooting Hand



34: Follow-Through



35: Eyes Focused on Basket



36 Foul Shot



37: Jump Shot Form



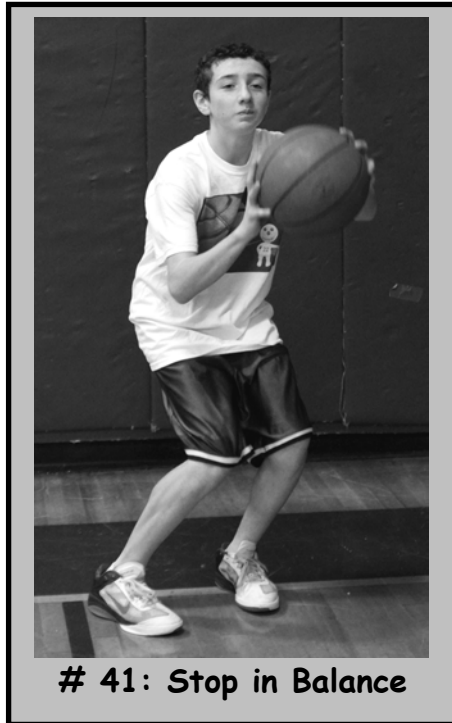
**# 38: Layup Form:
release ball softly**



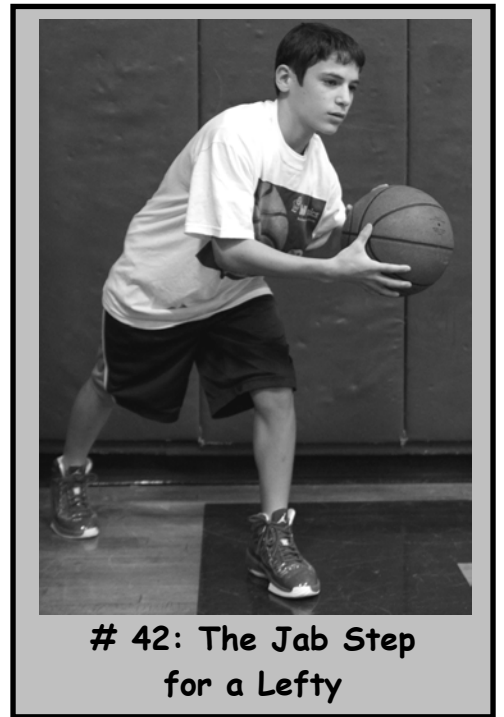
**# 39: Lefty Layup:
shoot ball off
"shooter's square"**



**# 40: Dribble and
Jump Stop**



41: Stop in Balance



**# 42: The Jab Step
for a Lefty**



43: Crossover Step and Dribble



44: Fake a Drive



45: Fake a Shot



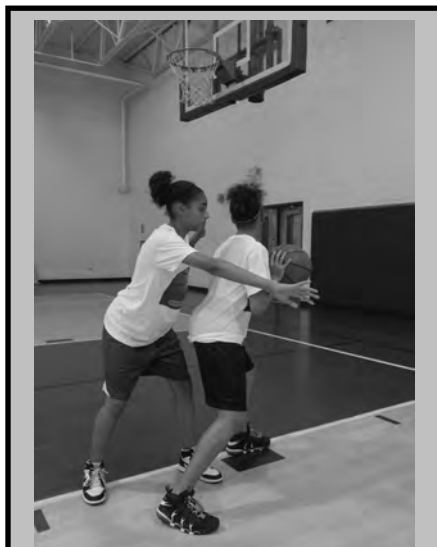
46: Pick a Pivot Foot, Let's Say the Right Foot



47: Right Pivot Foot Turns, Left Foot Turns Body



48: Pivot Fake Right



49: Seal the Defense



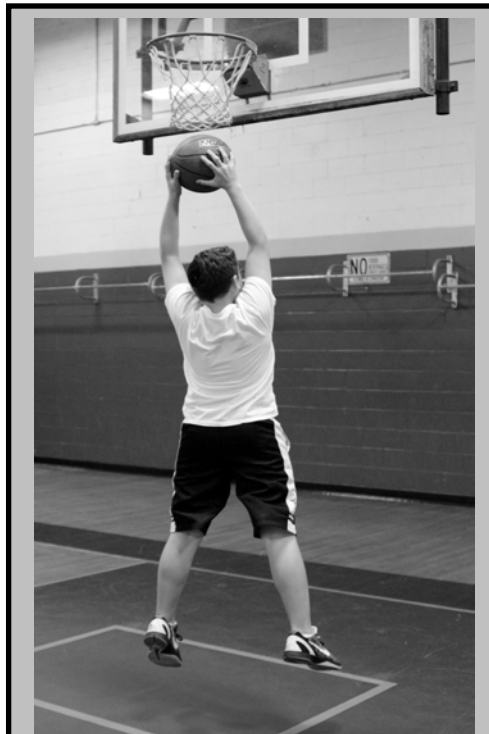
50: Slide Step



51: Go Up Strong!



52: Boxing Out



53: Two-Handed Rebound



54: One-on-One Defense



55: Tough Defense



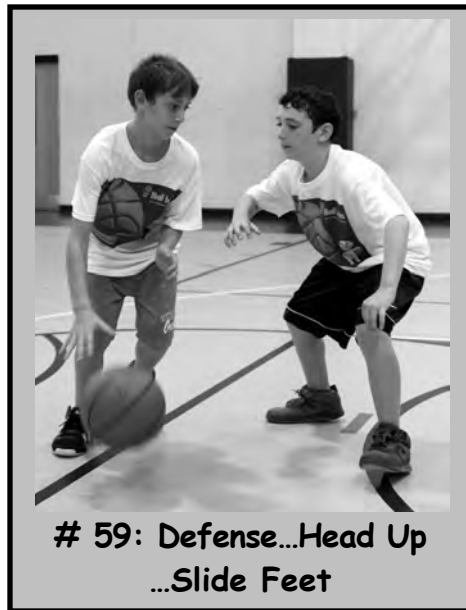
56: Know Whom You Are Defending



57: Deny the Ball Outside



58: Deny the Ball Down Low



**# 59: Defense...Head Up
...Slide Feet**



60: Don't Leave Your Feet to Block Shot



61: Your Left Side...is Her Right Side



62: Pick for Cut without Ball



63: Pick for Cut with Ball



64: Pick for Drive



65: Use Pick and Drive



66: Screener "Rolls" to Basket



67: Pass and Set Pick Away



68: Pick Is Set Away from Ball



69: Cut to Basket Using Pick



70: Keep your Eyes on the Man You Are Guarding (Who Does Not Have the Ball), and the Man with the Ball



71: Man-to-Man Defense




72: The 2-1-2 Zone




73: Zone Shifts to Ball

In addition to the 73 numbered pictures, you can add 10 additional pictures of kids who were not part of the photo shoot. These pictures are simple “head” shots and are part of the “Kids Endorsement” page placed at the beginning of **Bball basics**.



What Kids Say about **Bball basics**



- **Bball basics** is fun and easy to read. I practiced the drills and got a lot better.
- The boys in my class could not believe it—after practicing the shooting drills, I made more foul shots than they did!
- I kinda knew how to play basketball already, but **Bball basics** raised my game to a new level.
- I made my eighth-grade team with the help of **Bball basics**.
- The pictures in the book are of kids just like me—not actors or pro stars—I liked that!
- Stretching before a game gets me ready to play. The stretching pictures in **Bball basics** helped a lot.
- My brother and I read **Bball basics** together. It was good to have someone to practice with.
- **HOOPS** is so cute. He was fun and made the game easier to learn.
- My friend and I are on the same team. We taught our teammates the **Bball basics** way of shooting—and we all got better.
- I feel real good about myself—I practiced the **Bball basics** dribbling drills and could now dribble well with both hands.
- I can't believe that my picture is in a real book! I'm so happy that my coach customized **Bball basics** for my team.
- I can sure dribble all over ... thanks to **Bball basics**.

