



# HORNETS ACADEMY KEY WORDS

## CATCHING & SHOOTING

**HIGH & SOFT**

**SHOOTING THE BALL OFF THE BACKBOARD TO ENSURE YOUR SHOT IS HIGH & SOFT**

**HUNGRY HANDS**

**HANDS IN FRONT READY TO CATCH**

**STEP & PUSH**

**STEP INTO YOUR PASS AND PUSH THE BALL TOWARDS YOUR TARGET**

## SHOOTING TECHNIQUE

**SET**

**KNEES BENT, BALL IN THE SHOT POCKET**

**LIFT**

**LIFT THE BALL READY TO SHOOT**

**RELEASE**

**PUSH THE BALL WITH THE SHOOTING HAND**

**ELBOW**

**STRAIGHT SNAP, THE WRIST, FINGERS THROUGH THE HOOP**

## DRIBBLING

**EYES UP**

**EYES AHEAD TO SEE IN FRONT OF YOU**

**WAIST HEIGHT**

**DRIBBLE THE BALL AT WAIST HEIGHT TO KEEP THE BALL UNDER CONTROL**

**FINGERTIPS**

**DRIBBLE THE BALL WITH YOUR FINGERTIPS**



# HORNETS ACADEMY KEY WORDS

## DEFENCE

### STANCE

**KNEES BENT, BACK STRAIGHT, WEIGHT ON TOES, ARMS WIDE (ON DEFENCE)**

### F.O.F

**FEET OUTSIDE FEET IS HAVING YOUR FEET ON THE OUTSIDE OF YOUR OPPONENTS FOR BETTER MOBILITY**

### MINE

**WE YELL 'MINE' WHEN MARKING THE BALL**

### GAP

**IS THE DISTANCE BETWEEN YOU AND YOUR PLAYER. KEEP ARMS WIDTH APART TO KEEP IN FRONT**

### HEAT

**IS PUTTING PRESSURE ON THE BALL**

### WALL UP

**WHEN DEFENDING AT THE BASKET WE WALL UP STRAIGHT BODIES AND ARMS TO AVOID FOULS**

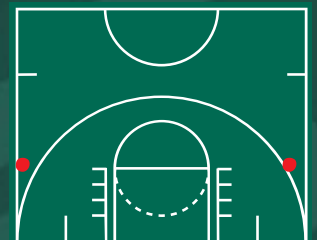
### HOME

**IS SPLIT LINE DEFENCE. WHEN THE BALL IS ON THE OPPOSITE SIDE OF THE FLOOR TO YOUR PLAYER, WE WANT TO BE 'HOME'**

## POSITION TERMS

### WING

**THE SPOT OUTSIDE THE 3 POINT LINE & FREE THROW LINE EXTENDED**



### SLOT

**THE IMAGINARY LINE FROM THE KEY TO OUTSIDE THE 3 POINT LINE**

