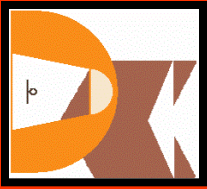


BALLHANDLING

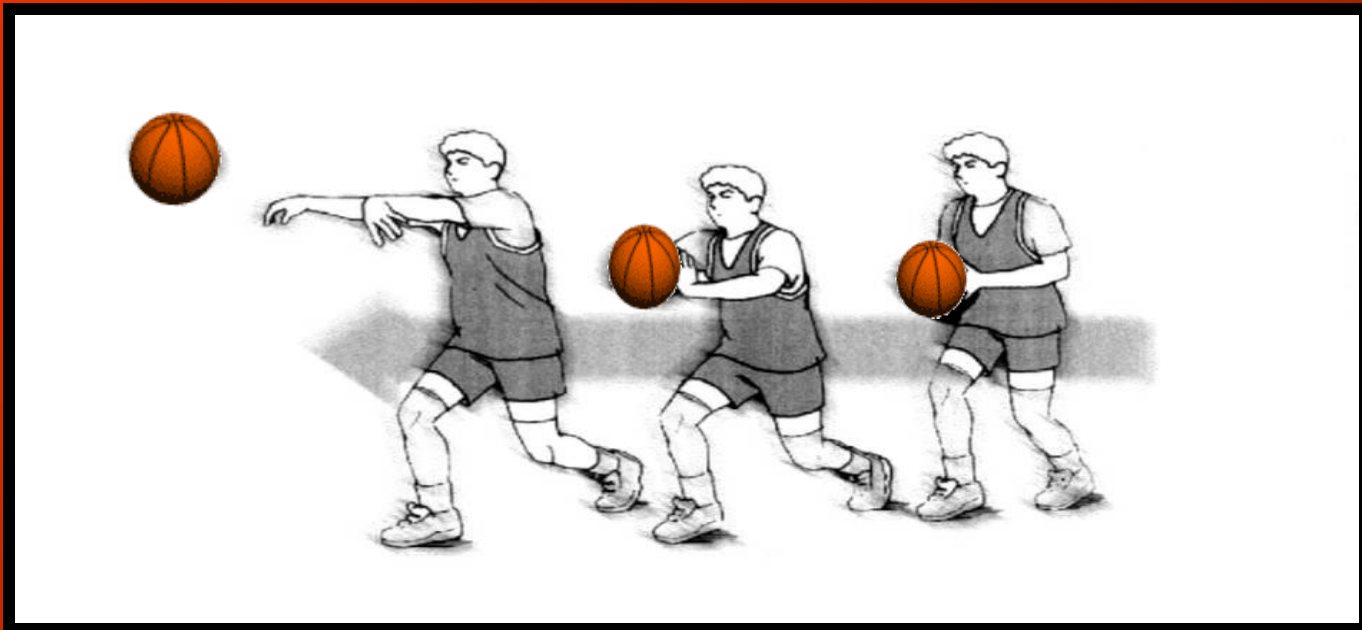


**Ballhandling
sangat penting
didalam
individual skill
seseorang jika
digunakan tepat
pada waktunya**

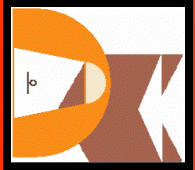


PASSING & CATCHING

- 1. Komunikasi (Mata, suara)**
- 2. Pivot**
- 3. Target**



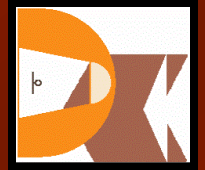
JENIS-JENIS PASSING



- 1. Chest Pass**
- 2. Bounce Pass**
- 3. Overhead Pass**
- 4. Baseball Pass**
- 5. One-Hand Push Pass**
- 6. Hand Off Pass**
- 7. Hook Pass**
- 8. Behind the Back Pass**
- 9. Under Hand Pass**



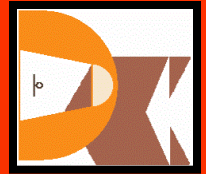
CATCHING



- 1. Menjemput bola/pivot**
- 2. Target (2 tangan & 1 tangan)**
Hand up/down
- 3. Footwork**
One-two step
Jump stop



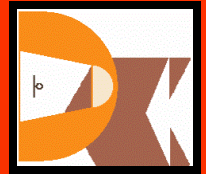
DRIBBLING



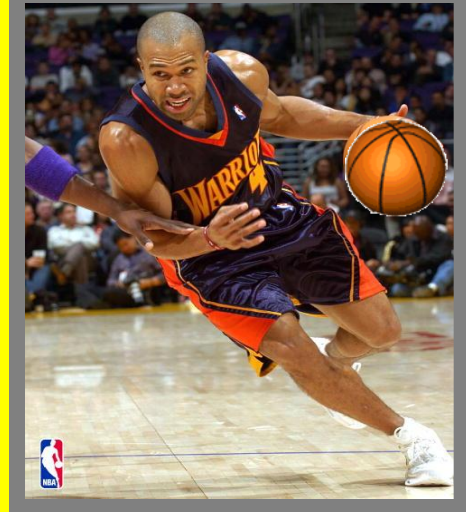
- **Kekuatan siku**
- **Pergelangan tangan**
- **Telapak tangan**
- **Jari-jari**
- **Sedikit bantuan bahu**
- **Mata tidak lihat bola (Vision)**



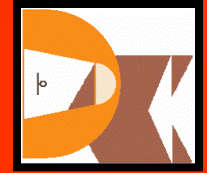
JENIS-JENIS DRIBBLING



- **Low Dribble**
- **Power Dribble**
- **Speed Dribble**
- **Change of Pace Dribble**
- **Crossover Dribble**
- **Head and Shoulders Move**
- **Head and Shoulders Crossover Move**
- **Spin Dribble**
- **Behind the Back Dribble**
- **Between the legs Dribble**



SHOOTING

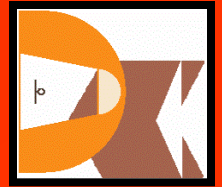


BEEF

- 1. B (Balance)**
- 2. E (Eyes)**
- 3. E (Elbow)**
- 4. F (Follow through)**



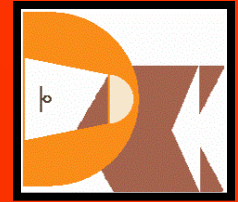
JENIS-JENIS SHOOTING



- 1. Lay Up Shot**
- 2. One-Hand Set Shot**
- 3. Jump Shot**
- 4. Free Throw**
- 5. Three Point Shot**
- 6. Hook Shot**



REBOUNDING



- 1. Lihat shooting**
- 2. Perkirakan bola tidak akan masuk**
- 3. Mencari tahu posisi lawan**
- 4. Mendekat pada lawan & blok out**
- 5. Lakukan rebound**
- 6. Pegang bola dengan mantap**
- 7. Lakukan pivot**

