



## THE ACADEMY – CORNERSTONE OF THE CYDC PROGRAM

<p style="text-align: center;"><b><u>Attack Offense Technique</u></b></p> <ul style="list-style-type: none"> <li>• Passing technique (chest, bounce, full court, outlet, post)</li> <li>• Superior ball handling / jab step moves</li> <li>• CYDC shooting technique / form shooting</li> <li>• Jump shot / curl &amp; shoot / dribble and shoot</li> <li>• Layups / power layup form</li> <li>• Offensive zone penetration</li> <li>• Offensive rebounding</li> </ul>	<p style="text-align: center;"><b><u>Individual Defensive Technique</u></b></p> <ul style="list-style-type: none"> <li>• Footwork / positional 1-on-1 aggressive defense / defensive stance</li> <li>• Ball defense / stealing</li> <li>• Pass denial technique / fronting opponent / behind opponent</li> <li>• Rebounding / box out / timing and anticipation</li> <li>• Containment technique</li> <li>• Close-out technique</li> </ul>
<p style="text-align: center;"><b><u>Team Defensive Technique</u></b></p> <ul style="list-style-type: none"> <li>• Ball Pressure / full court press / half court press</li> <li>• Denial defense / help defense / post defense</li> <li>• Defending the passing lane</li> <li>• Defensive communication</li> </ul>	<p style="text-align: center;"><b><u>Mental Conditioning / Mental Process Technique</u></b></p> <ul style="list-style-type: none"> <li>• Who is weak, who is mentally tough</li> <li>• What it takes to play at the next level / goal setting</li> <li>• Introducing the John Wooden philosophy</li> </ul>

W W W . C Y D C B A S K E T B A L L . C O M

**TEAM** TOGETHER EVERYONE ACHIEVES MORE