

**Basketball Skills Training at Cornerstone Basketball**

At Cornerstone Basketball, we are dedicated to helping players of all skill levels grow in their understanding and mastery of the game. Our program focuses on building a strong foundation through fundamental skills while also challenging players to develop advanced techniques.

**Core Skills We Focus On:**

1. **Ball Handling:**
	* Develop confidence and control with both hands.
	* Master dribbling techniques, including crossover, behind-the-back, spin moves, and more.
2. **Shooting Mechanics:**
	* Improve shot form, accuracy, and range.
	* Focus on proper footwork, release timing, and consistency.
3. **Passing & Court Vision:**
	* Learn precision passing techniques such as bounce, chest, and overhead passes.
	* Enhance decision-making to anticipate plays and create opportunities for teammates.
4. **Defense:**
	* Teach individual and team defensive principles, including positioning, footwork, and reading the offense.
	* Emphasize hustle and intensity to disrupt opponents.
5. **Rebounding:**
	* Focus on timing, positioning, and effort to secure the ball.
	* Teach offensive and defensive rebounding techniques.
6. **Footwork & Agility:**
	* Work on balance, coordination, and explosive movement.
	* Improve pivoting, cutting, and overall quickness on the court.
7. **Game IQ:**
	* Build an understanding of offensive and defensive strategies.
	* Teach situational awareness and how to adapt during games.

**Specialized Training:**

* **Position-Specific Skills:** Tailored drills for guards, forwards, and centers.
* **Game Simulation:** Live scrimmages to apply skills in real-game scenarios.

Our experienced coaches create an encouraging, disciplined, and fun environment where players are inspired to push themselves while fostering teamwork and leadership. Whether you’re a beginner eager to learn or an advanced player preparing for competitive play, Cornerstone Basketball is here to help you reach your full potential.