



More information about the Triple Threat Basketball Program

Each practice session includes the following foundational components that become more intense and challenging throughout the season and from one age level to the next.

Athletic Training - agility, quickness and explosiveness form the foundation for sport generally and basketball in particular

Ball Handling – all players regardless of position need to be comfortable and adept at handling the basketball

Basketball Footwork – the ability to move effectively and efficiently on the basketball court is necessary to achieving greater success in the sport

The following skill sets are emphasized for development throughout the sessions.

Ambidexterity – a well-rounded player needs to be able to use either hand with equal skill to dribble, drive and shoot around the basket

Court awareness – “seeing the court” and knowing where teammates and opponents are on the court allows a player to be a better passer, a better help defender and take advantage of scoring opportunities that arise

Shooting mechanics – players need to learn good shooting fundamentals early so that shooting practice can reinforce proper muscle memory development

Finishing – the ability to score when contested requires both good techniques and the right attitude to take on the challenge presented by the defenders

Effort on both sides of the ball – while offense is often viewed as the “fun” part of basketball, the advancing player needs to realize the importance of playing with equal effort on defense

Toughness – not to be confused with meanness, the player who seeks to advance in the sport needs to develop the mental and physical toughness to compete with an against higher levels of players

Players will be held accountable for the following expectations during practice sessions and games. Being able to meet these expectations will also help players in the pursuit of their overall goals.

Effort and Attitude – this is something that will bring up and talk about in every practice or game. We believe that the effort a player gives and the attitude they have, are vital to the success they will have on and off the court.

Sportsmanship – players need to show the utmost respect to the opposing team, players, officials and fans in wins or losses. We want our players to not only play hard but demonstrate great sportsmanship.

Communication – learning to communicate effectively with teammates and coaches is an important but often overlooked attribute in a player’s development. How to receive constructive criticism from a coach, talking with a teammate in the heat of a game, or even just being able to ask questions of a coach are all part of good communication skills.

Coachability – this is something that coaches take into consideration when evaluating players. We believe that a player who wants to learn and improve, is a player who will excel both as an athlete and in life.

Leadership – over the course of each season, our coaches will talk about what it means to be a leader and how to go about acting like a leader. Players will be given opportunities to develop their leadership skills.