The progression of a basketball player has many steps along the way to becoming a competitive participant. There are a myriad of different aspects that go into becoming a good basketball player. If you are brand new to basketball, then you need to start with the basic fundamentals of the sport. One of the first things that a new player of the sport should start practicing is stationary dribbling. Dribbling is one of the biggest aspects of the game as you need to dribble if you want to even move on the court when the ball is in your hands. The first step to developing this skill is to dribble in a single place - dribbling with the dominant hand first and then the non-dominant hand. After getting the hang of that, then you can start trying to dribble while jogging or walking and then, eventually running.

The next aspect of basketball is shooting. The first thing you want to do is something called layups. Layups are full speed shots when you are right next to the rim. Layups are the most efficient shot in basketball so these are a must. Next, you want to do something called form shooting. This is taking jump shots from about two feet away. You have to be able to shoot close before you can shoot further. After making that shot consistently, take some steps back and just practice at different spots. Eventually, you will make your way to the three-point line. One last thing to practice when it comes to shooting is free throws. Free throws are very important so it is good to always practice shots from the foul line. Repetition with all these things will eventually lead to a good jump shot being formed.

These two skills will allow you to have a decent skillset to play relatively competitive. However, it takes many reps and consistency to get to a high level so practice, practice, practice. To keep improving your skills, you need to play games with other people. Game experience teaches you a lot of things that you can’t really pick up on your own. Playing games will be where you can incorporate the skills you have been practicing. One other thing that helps you with your game is watching film. Watching other people play at a high level naturally increases your basketball IQ and gives you more options of things to practice. Practicing and playing games will help develop the skills needed to play basketball.