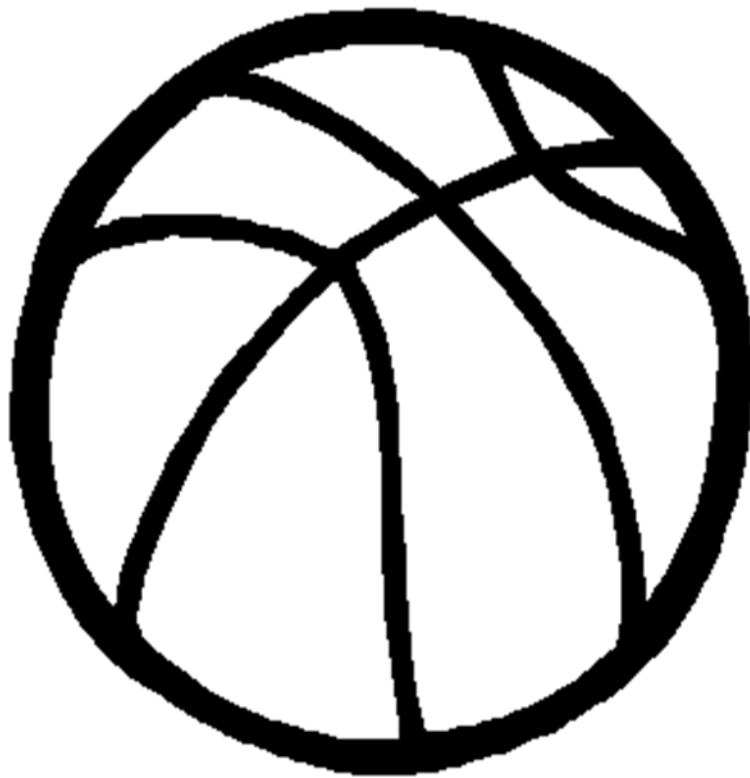


COLCHESTER YOUTH BASKETBALL



COACH'S MANUAL

Table of Contents

INTRODUCTION.....	3
League.....	4
GRADES 1/2 League Over View.....	4
GRADES 1/2 Practice Plan Samples.....	5
GRADES 3/4 League Over View	7
GRADES 5-8 League Over	8
Grades 5-8 Practice Plan.....	9
ADMINISTRATIVE.....	10
INTRODUCTION LETTER.....	10
WEATHER.....	11
END OF THE YEAR.....	11
Drills.....	12
PASSING/CATCHING.....	12
DRIBBLING.....	21
DEFENSE.....	27
REBOUNDING.....	34
SHOOTING.....	40
INDIVIDUAL MOVES.....	48
SCREENING.....	53
DEFENSE TRANSITION.....	61
SAMPLE PLAYS.....	67

INTRODUCTION

This online manual was developed as a tool to help volunteer coaches within the Colchester Youth Basketball Program. The following links will contain descriptions of a variety of basketball drills that coaches may use to teach the fundamentals of the game baskets. Drills will include ball handling, defense, rebounding, shooting, etc...

Each drill has a difficulty rating of either beginner, intermediate, or advanced. The drills rated as beginners are generally appropriate for grades 1st /2nd but could also include grades 3rd/4th. Drills rated as intermediate are generally appropriate for children in grades 4th—6th. The drills that are rated advanced are generally appropriate for players in the 7th /8th grade. These drills may be modified by a coach to meet the needs of his/her team.

Grades 1/2 LEAGUE OVERVIEW

Grades 1/2 will consist of one week day practice lasting an hour and seven games which are played Saturday morningS starting at 8:00 a.m. Practice and games should focus on the fundamentals of basketball and coaches will be allowed on the court during games.

On the following pages are sample practice plans that you may use during your hour practice. We encourage coaches to work on individual skills at each practice and as the season progresses, work on team plays. Each hour long practice should consist of a practice overview, warm-up and drills. The drills should cover different elements of basketball including shooting, dribbling, passing, defense and rules. We have found that breaking teams into small groups and rotating children through different skill stations is the most effective way to keep children involved in practice.

Many of the drills referenced in this document are described in great detail in the online links. Just find the number in parentheses () corresponding to the names of the basketball drills and look for the online link. The next several pages contain sample practice plans that are intended to serve as an example of how the coach might wish to structure the practice.

Grades 1/2

Sample Practice Plan #1

Practice Overview

6:00 – 6:05 Tell the children what they are going to do during practice.

Warm Ups

6:05 – 6:15 two warm up laps followed by stretching.

Defensive

6:15 – 6:20 Shuffle slide drill (4.2).

Drink Break

6:20 – 6:22

Drills Stations

6:22 – 6:40 Break team into small groups and then rotate through the different stations.
They should spend about six minutes at each station.

Drills:

Circle Name Passing (2.2)

Start with one ball, doing the bounce pass. Passer calls name of receiver, receiver shows the target, makes the pass. Repeat. After a while, add a 2nd ball.

Dribbling:

Stationary dribbling (3.1)

Grades 1/2

Sample Practice Plan #2

Practice Overview

6:00 – 6:05 Tell the children what they are going to do during practice.

Warm Ups

6:05 – 6:15 Two warm up laps followed by stretching.

Defensive

6:15 – 6:20 Mirror Drill (4.1)

Drink Break

6:20 – 6:22

Drills Stations

6:22 – 6:40 Break team into small groups and then rotate through the different stations.
They should spend about six minutes at each station.

Drills:

Rebounding

Butt-in-the-gut(5.1)

Dribbling

Moving Dribble/ Jump Stop/ Pass

Players with ball dribble across court, come to two-footed jump stop, make pass to the next player in line. They will go to the end of the line. Repeat in the opposite direction.

Grades 3 /4 LEAGUE OVERVIEW

Grades 3 /4 will consist one week day practice lasting an hour and seven games which are played on Saturdays. Practice and games should focus on the fundamentals of basketball. At the start of the game and second half teams will meet at the center court and have a meeting with an official. The officials will discuss fouls and other violations and give example when possible. Coaches are allowed on the court to help them teach/instruct their players. The officials will also be used as a learning tool but will call violations and fouls.

On the following pages are sample practice plans that you may use during your hour practice. We encourage coaches to work on individual skills at each practice and as the season progresses, work on team plays. Each hour long practice should consist of a practice overview, warm-up and drills. The drills should cover different elements of basketball including shooting, dribbling, passing, defense and rules. We have found that breaking teams into small groups and rotating children through different skill stations is the most effective way to keep children involved in practice.

Many of the drills referenced in this document are described in great detail later in manual. Just find the number in parentheses () corresponding to the names of the basketball drills and look for the online link. The next several pages contain sample practice plans that are intended to serve as an example of how the coach might wish to structure the practice.

Introduction (2-3 minutes). Bring the kids in for a brief meeting to explain what they will practice. Make sure they are not playing with the basketball while you are speaking. Establish yourself as the person in charge. A good way to get the children's attention is to ask them to raise their hand if they are listening.

Warm-up (3-5 minutes). Start with a light movement drill such as mirror defense or stationary ball handling drills just to get their muscles warmed up.

Individual Drills/stations (25-30 minutes). Practice individual skills such as dribbling, shooting, rebounding, defense, etc....

Team Drills (15-20 minutes). Practice team related skills such as defense, offensive plays, transitioning, scrimmaging, etc...

Fun Ending Activity (5 minutes). Always end practice with a fun positive note. Relay races, dribble-tag and shooting competitions are examples of a good ending to a practice.

GRADES 5TH - 8TH LEAGUE OVERVIEW

Teams at this level will get a weekly one-hour practice and play Saturday basketball games starting January 7th. Coaches please have you players arrive 15 minutes early to all games and practice. This will allow games to start and end on time.

It is very important for coaches to be prepared to lead an organized practice. If the coach leads, the players will follow. If the players sense that the coaches are unprepared or unsure on what to do next, the practice will become an unproductive free-for-all. Coaches should arrive to practice early and have copies of the practice plan for any parents that are willing to help. Have a quick pre-practice meeting with the volunteer parents and assign tasks and responsibilities.

The practice itself may vary in format from week to week, but in general, should be structured something like this.

Introduction (2-3 minutes). Bring the kids in for a brief meeting to explain what they will practice. Make sure they are not playing with the basketball while you are speaking. Establish yourself as the person in charge. A good way to get the children's attention is to ask them to raise their hand if they are listening.

Warm-up (3-5 minutes). Start with a light movement drill such as mirror defense or stationary ball handling drills just to get their muscles warmed up.

Individual Drills/stations (25-30 minutes). Practice individual skills such as dribbling, shooting, rebounding, defense, etc....

Team Drills (15-20 minutes). Practice team related skills such as defense, offensive plays, transitioning, scrimmaging, etc...

Fun Ending Activity (5 minutes). Always end practice with a fun positive note. Relay races, dribble-tag and shooting competitions are examples of a good ending to a practice.

GRADES 3RD – 8TH

SAMPLE PRACTICE PLAN

7:00 – 7:05 **Discussion**

Rules – Come to the center with energy and enthusiasm.

Listen to the coaches when they speak. Mistakes are OK.

Treat everyone else like you would like to be treated.

Introductions

Plan for practice- Go over the practice outline

7:05 – 7:10 **Warm-up / Stance**

Foot Fire

Quick Jumps

7:10 – 7:30 **Drills for individual**

Passing Circle

Call name out of player you will pass to.

Receiver – show hands to passer. Means they are ready to receive the pass.

Passer – Bounces pass. One step. Push hands hard through ball. The pass should hit the ground a little more than half way to the receiver.

Lay-Up

Take one step with the jumping foot, drive other knee high, and do a one footed take off. If you are doing a right handed lay-up you should be jumping off your left foot.

Air Lay-up (No Ball)

Now do it pretending to have the ball and shoot it off the board. Have one group working the left hand and one working the right.

7:30 – 7:33 **Water**

7:33 – 7:53 **Team Drills**

Position / Screen & Roll Play

Pass/ Slide Relay Race

Scrimmage

7:53 – 8:00 Wrap-up and remind team of next game or practice.

ADMINISTRATIVE

Introductory Letter

We encourage coaches to send an introductory email to all the parents before the first practice. Just a few lines explaining your objectives and what the parents should expect over the course of the season. Below is a sample:

Parents,

Welcome to the CYBL 2011-2012 season! My name is Joe Smith, and I will be the head coach of the Celtics this year and I look forward to coaching your child. I am writing to tell you a little about my approach to youth athletics and to let you know what to expect through the end of the season.

- | | |
|------------|---|
| Objectives | Equal Participation.
Promote Good Sportsmanship.
Teach the FUNdamentals.
Make it FUN. |
| Practice | Malletts Bay School, every Wednesday from 6:00-7:00.
<u>(Please Confirm night, times and locations) w/program coordinator.</u> |
| Games | 7 games with the first being on January 7 th , games will be played at Malletts Bay School. Schedules will be distributed the week of December 12 th . We are the Celtics.
<u>(please confirm dates) w/program coordinator.</u> |
| Weather | Weeknight practice- If the schools are closed or school early dismissal do to bad weather then practice is cancelled. Saturday games- I will notify you if they are cancelled via phone call or email. |
| Pictures | Will be taken prior to our game on January 14 th , Please arrive a half hour early so we can take the team picture. <u>(Please confirm dates) w/program coordinator.</u> |
| Uniforms | If you have ordered a jersey it will be given out on Wednesday, January 4 th . |

Any parents that are willing to help coach are welcome. I will have a schedule prepared for each practice and there will be meaningful work for any parent willing to help. Whether parents are on the court providing instruction or on the sideline providing support, the best approach is to offer positive words of encouragement. This will help the players out immensely.

WEATHER CANCELLATION POLICY

SCHOOLS CLOSURE: In the event that schools are closed all CYBL practice and games are cancelled.

EARLY DISSMISSAL: If schools are let out early all CYBL practice will be cancelled.

AFTERNOON ACTIVITY ARE CANCELLED: When schools cancel their afternoon activity all CYBL practice are also cancelled.

The Colchester Parks and Recreation Department will notify all coaches of any closure. The coaches are responsible in contacting their teams about any cancellation or changes to their game or practice.

GAMES OR PRACTICE WILL NOT BE MADE UP.

END OF THE YEAR

GRADES 1-4: At the end of the year there will be team parties held in the MBS Cafeteria. We will provide drinks, cookies, medals and give out team photo to everyone and individual photos if purchased. We ask that no other foods, drinks, snacks or awards are given out.

GRADES 5-8: All teams will play in a season ending tournament which could be held in surrounding towns. Once the host town completes the brackets I will forward them to all coaches. If your tournament is not held in Colchester we will give you pictures the practice before.

SURVEY: We ask that all coaches take the time to complete player evaluations as they are our main tool when forming teams the following year. There will also be a coaches survey sent via survey monkey used to evaluate the CYBL Program.

PASSING/CATCHING

2.1 Play Catch

Level: Beginner

Players should practice delivering and catching the three types of basketball passes: the chest pass, the bounce pass and the overhead pass.

Chest Pass: Have partners stand about 15 feet apart with one ball between them. Have them hold the ball at chest level with elbows out, take one step towards their partner, and “flick” the pass by quickly extending their arms and pushing their thumbs through the ball and down.

Bounce Pass: Have players start with the ball at chest level and repeat the motion of the chest pass. They should take one step towards their partner and push the ball down towards the floor, making it bounce about 2/3 of the way to their partner.

Overhead Pass: Player will need to bring both hands over their heads, similar to “throw-in” in soccer. The idea is to get the ball over the top of the defender. This type of pass is often used as an outlet pass. The player receiving the ball should give a two-handed target. Make sure they are seeing the ball all the way into their hands and bring the ball into the triple-threat position.

Teaching Points:

- Get the ball there quickly
- Catch with both hands
- Protect the ball after catching it
- Passes need to be catchable

2.2 Name Pass

Level: Beginner

Use this drill for the first few practices when everyone is trying to learn each other names.

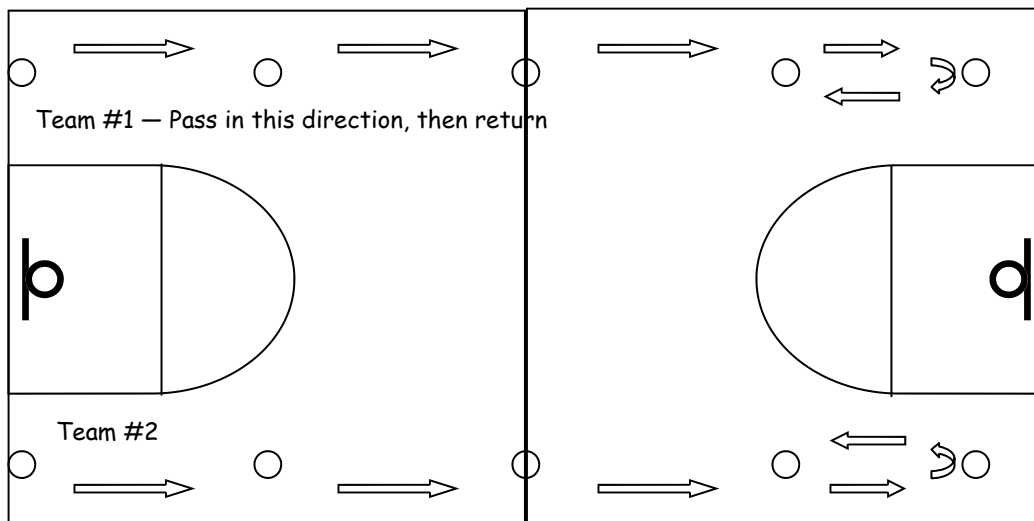
The team should form a big circle. Using only one ball to start, the player with the ball calls the name of someone they wish to pass to. The receiver must “show” their hands to the passer, meaning they are ready to catch the pass. Then the passer delivers a bounce pass. The receiver should secure the catch in their hands, and move the ball to the triple-threat position. Then, they call out another player's name and pass the ball to them once they show their hands.

After a few minutes add a second ball as long as the group can handle it.

2.3 Relay Race Passing

Level: Beginner

Form two teams and have each team set up in a circle with players about 15 feet apart. The idea is to pass the ball all the way around the circle without a drop. Once a team can pass the ball all the way around without a drop add another ball. If a team drops one of the two balls they need to start over with one ball. If they can make it around with two balls, add the third ball starting over at one ball each time a ball drops. The team that can get all three balls around without a drop is the winner.



2.4 One Hand Catch

Level: Intermediate

Have partners play catch. The receiver must put one hand behind their back. The passer should stand 15 feet away and deliver a soft bounce pass. The receiver should try to control the ball with only one hand. Try to avoid trapping the ball against the arm or body.

If players can do this, have them back up to 20 to 25 feet and have the passer put a little more speed on the pass. They can also move closer and have the passer make a chest pass (without a bounce) this way, try it with the weaker hand.

Teaching Points:

- Concentrate on the ball.
- Teach them to use the hand to catch not the body.

2.5 Bad Pass

Level: Intermediate

Have partners stand about 15 feet apart and have the passer throw a pass that is too high, too low, too far left or too far right (bad pass). The receiver must react to the pass and catch the pass with their hands. After catching the pass they should get the ball in the triple-threat position.

To increase difficulty the receiver can start with their back facing their partner. Just before throwing the ball the passer say “turn.” The receiver has to turn, locate the ball, and make the catch and get into the triple-threat position. The passer shouldn’t try and hurt the receiver with the ball.

Teaching Point

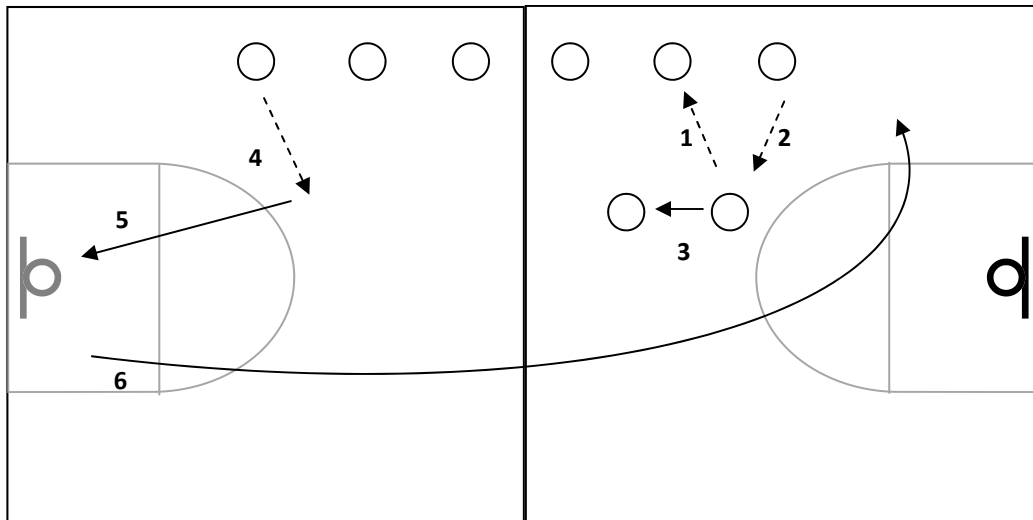
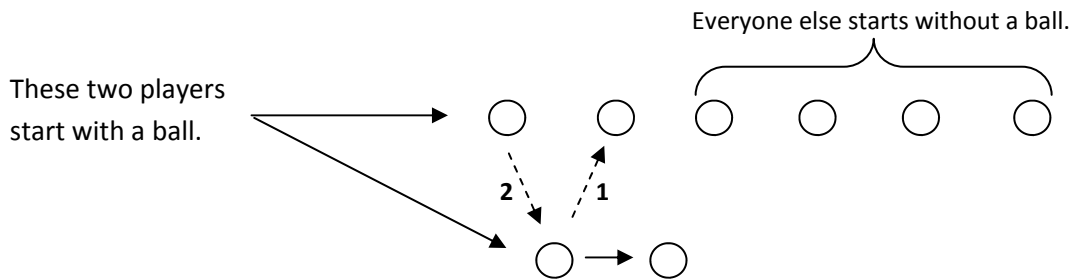
- This will teach players to adjust and react to the ball.

2.6 Rapid Fire Passing

Level: Intermediate

One player starts with the ball and shuffles in this direction (→). The shuffler passes to the first player in line without a ball (1). The player at the end of the line that started with a ball (2) passes to the shuffler. The shuffler keeps moving (3) to right and repeats the process all the way down the line passing to the next player in line without a ball.

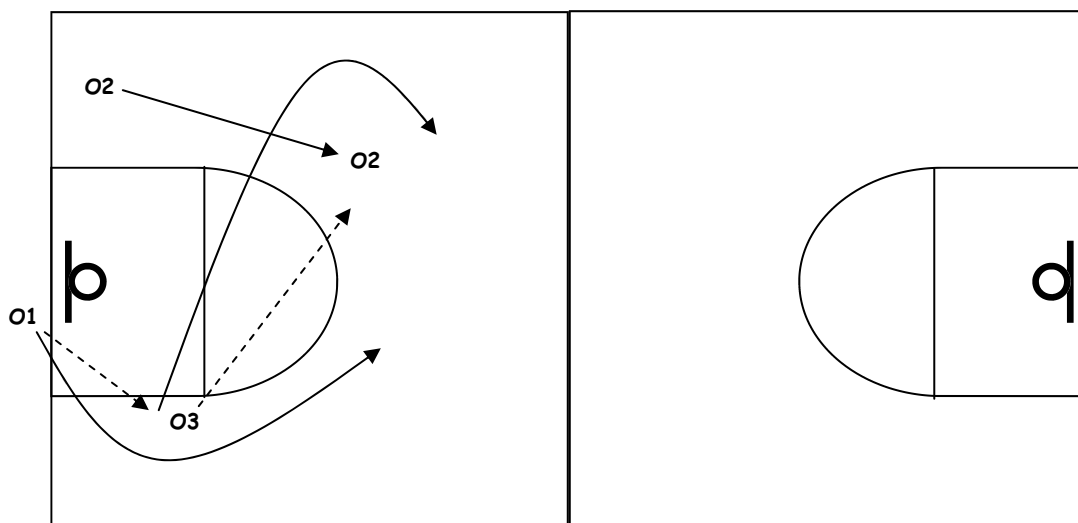
Have the player go back in the opposite direction as shown below. On the last catch (4) the player does not pass. Instead dribble to the basket and shoots a lay-up (5). They get their own rebound and dribble to the end of the line



2.7 Three-Man Weave

Level: Intermediate

Three lines starting at one end of the gym. The player in the middle starts with the ball and passes it to either player on the wings (example O1 passes to O3), then runs behind the player they passed to. All three players continue to weave the length of the court by passing and running behind that player. As they approach the basket, the closest one takes a lay-up and the other two rebound. The group will then return along the outside of the court so others can continue doing the drill.



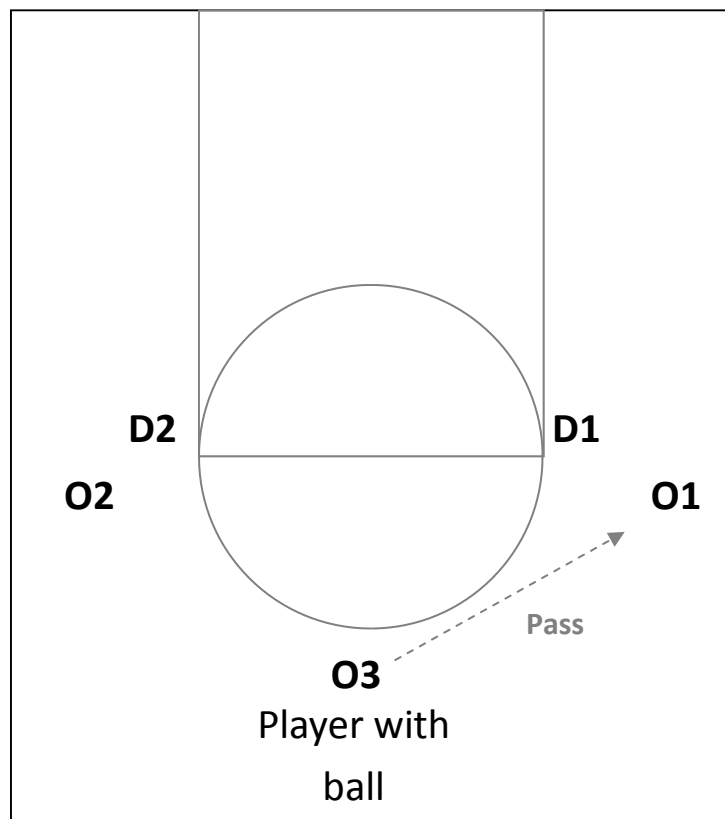
2.8 Ball Fake Game

Level: Intermediate

Have three players on offense and two players on defense. Two offensive players, O1 and O2, go on the wings. Defenders D1 and D2 cover them in the “deny” position. The coach may have to make sure the defenders don’t overplay the pass. The offense will score by completing a pass from the point to the wing, or getting the defender to lunge at a fake pass. The defense will score a point by deflecting or stealing the pass.

Teaching Point:

- This will teach players the importance of a realistic and strong fake.



2.9 No Dribble

Level: Intermediate

This team drill is great for teaching players to work without the ball to get open and use their pivot to keep the ball away from the defender.

Set up four-on-four or five-on-five with one player with the ball. They have to use their pivot to protect the ball from the defender and the other players move to get open. The defense tries to prevent the pass or to steal the ball. The offense cannot dribble the ball. If the offensive player can get close enough to the basket they are allowed to shoot.

2.10 Step-Through Bounce Pass

Level: Advanced

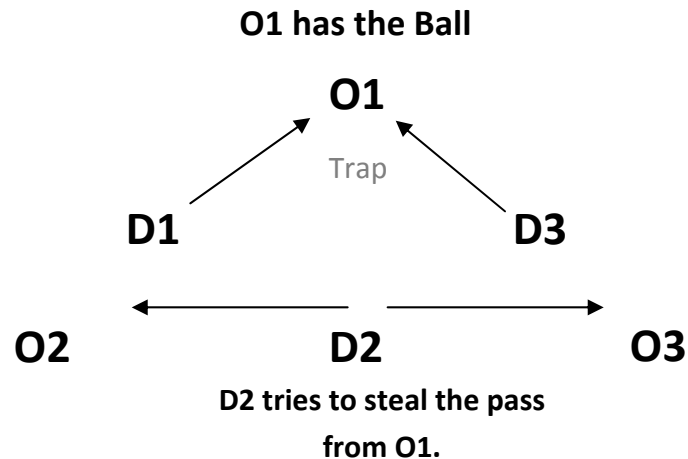
Have two players play catch, with the coach as the defender in the middle. The coach should come up to the passer, about one arm length away. The passer fakes a pass released from the “high right” in order to get the defender (coach) to raise his/her in the area, then “step-through” with his right foot by turning his back side to the defender (coach) and makes a back-handed bounce pass released from the low left. It is difficult at first, so take it slow. Then the coach plays defense on the other player and the process is reversed.

2.11 Triangle Trap

Level: Advanced

Have three players on offense and three on defense. The offensive players must remain relatively stationary but are allowed to take up to two steps either side of the marker. The defense does a lot of moving in this drill. The goal for the offense is to complete as many passes as possible and the defense will try and steal the ball.

The offensive should be lined up 15 feet apart from each other in the shape of a triangle. The defensive players start in the mid-point of each line between offensive players. The drill will begin when the coach passes to an offensive player, say O1. The two closest defenders in this case D1 and D3, must trap player O1, and try to steal the ball without fouling. O1 may not dribble. He/she may use their pivot to protect the ball. O1 tries to complete a pass to either O2 or O3. Player D2 tries to anticipate where the pass is going and attempts to steal it. For example if the pass is completed to O3. Now players D3 and D2 trap O3, and O3 tries to pass to either O1 or O2.



DRIBBLING

3.1 Stationary Dribbling

Level: Beginner

Look Away

Have each player, from a standing still position, practice dribbling the ball with their strong hand. Teach them to protect the ball from the defender with the other hand and body. Teach them to look up by holding fingers in the air and having them call out the number you are holding up. As the players improve, have them switch hands and progress to the “V” dribble.

V Dribble

Dribble in the “V” pattern with right hand only (very difficult) in order to practice fingertip control. Then with the left hand only. Repeat the “V” pattern keeping the ball at or below knee level, and increasing the tempo of the dribble.

Low Dribble

Players should practice dribbling the ball as low to the ground as possible. Have them count how many times they can dribble it in a certain amount of time. Then see if they can beat that number the next time. You could also have them do it with their weak hand.

Wall Dribble

Have the players dribble the ball against the wall at approximately eye level. Have a contest to see who can maintain the dribble this way for the longest period of time. It’s hard. Try the weak hand.

Points of Emphasis:

- Fingertip control
- Keep the head up
- Protect the ball

3.2 Knock Away

Level: Beginner

The players need to be in a confined or relatively small area (ie. half court (MBS) or three point area (CMS)). While maintaining their dribble, players move around the designated area trying to knock other players balls away. If a player loses control of their dribble, dribbles out of bounds, has their ball knocked away, or holds onto their ball, they are “out”. The game continues until there is only one player remaining and that player is declared the winner.

Another variation of this game allows players to re-enter the game. In order to get back in the game, the player has to get their ball, dribble to the basket on the opposite end of the court and make a shot.

The purpose of the game is to give players experience at anticipating the attack of the defensive player and protecting their ball.

3.3 Dribble Tag

Level : Beginners

All players should have a ball. The player should be confined to a medium sized area, such as half of the court. One player is “it” and he/she tries to tag someone else. Then, that player tries to tag another, etc...

It is important for at least one coach to participate. If a slower player becomes “it” and cannot tag a teammate, the coach should step in and allow the slower player to tag them in order to keep the game moving.

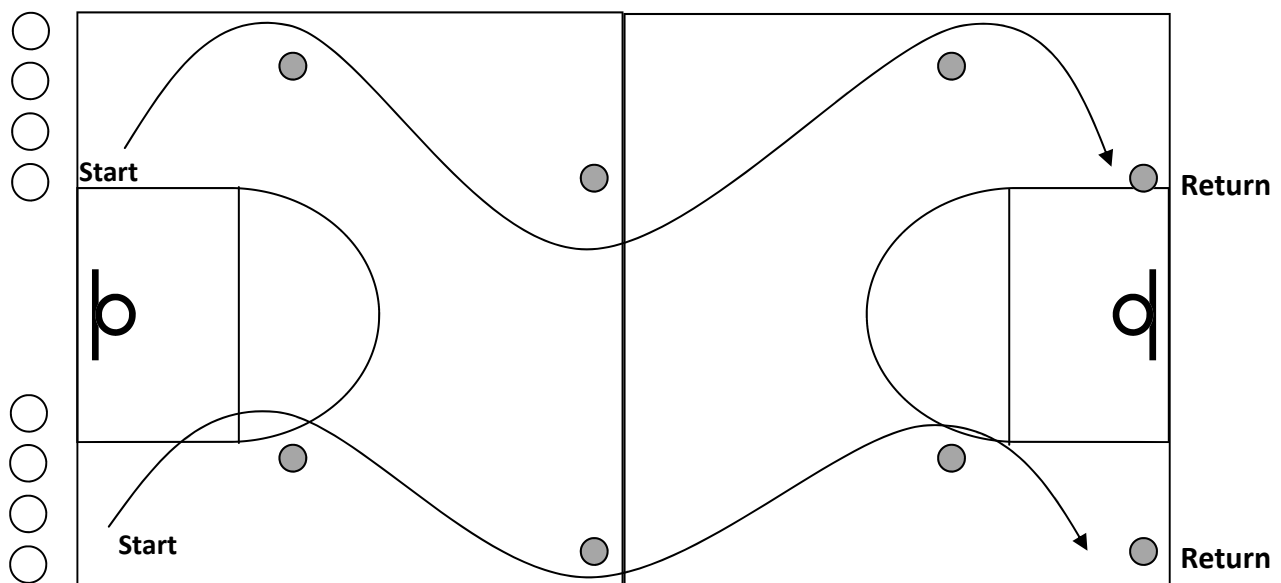
The purpose of this drill is to work on movement dribbling in an unplanned and spontaneous manner. This drill also works well as a fun practice ending activity.

3.4 Relay Race

Level: Beginner

Create two teams and have them form a single file line on the baseline. Give the first player in each line a ball. Each player will need to dribble to the baseline and back giving the ball to the next player in line. If a player loses control of their ball they will need to start over.

This relay will help teach player to move fast while dribble under control. As player improves have them dribble with their weak hand out and strong hand on the way back. You could also have them do a crossover dribble or a “V” at mid court.

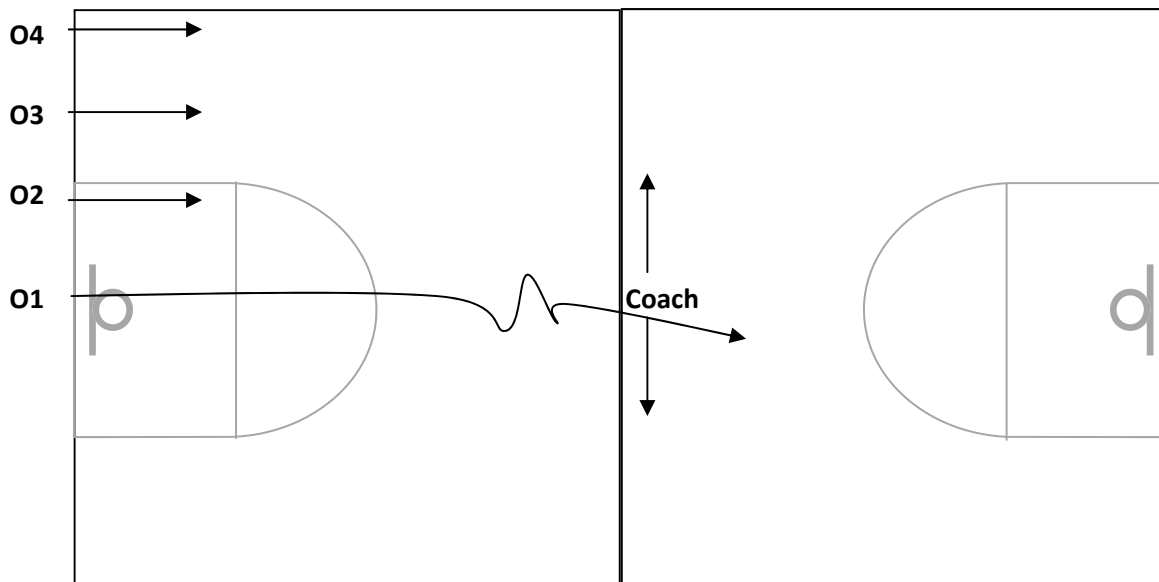


3.5 Helper Tag

Level: Intermediate

Have each player start at the baseline with a ball. The coach, or coaches, line up at mid-court. The goal for the players is to dribble past the coaches, untagged, and make it to the other baseline. The coaches are allowed to slide horizontally. Any player tagged becomes “it” and needs to help the coaches tag the remaining players as they attempt to go baseline to baseline.

The drill helps teach the players to work on their individual offensive moves (hesitation, cross-over, spin move, etc...) to pass a defender.



3.6 Quick Hands

Level: Intermediate

Each player needs a ball. Feet need to be spread wide apart. Have players hold the ball between their legs with their right hand coming from the front side of their body and the left hand reaching around the back side. When they let go of the ball have them quickly reverse their hand position (bring left hand around the front of the body and the right hand around the back side) catching the ball before it hits the ground. After a player can do it once, he should keep reversing the process.

Very Difficult!!!

A variation of this drill for beginners is to allow one bounce.

Point of emphasis:

- Improve hand speed/agility.

3.7 Pass Through

Level: Intermediate

Each Player needs a ball. Feet need to be spread wide apart. Have the players hold the ball with two hands out in front of themselves, and gently toss it down between their legs, aiming for a spot in between their heels. As the ball bounces up catch behind the back. Reverse the process. Holding the ball behind the back, bounce it between the legs and make the catch in the front of the body. Repeat the process.

Teaching Areas:

- Improve hand speed/agility.

3.8 Flag Pole

Level: Intermediate

Each player needs a ball. Have them place their feet together. Start dribbling with the right hand out in front of the body. Make a dribbling pattern around the body in a clockwise motion. Make sure they keep their feet stationary. When the ball gets as far as they can reach with their right hand have them switch to their left hand. Have them continue to circle their body a few times. Then they can switch direction and start with their left hand.

Teaching Areas:

- Hand eye control and agility.

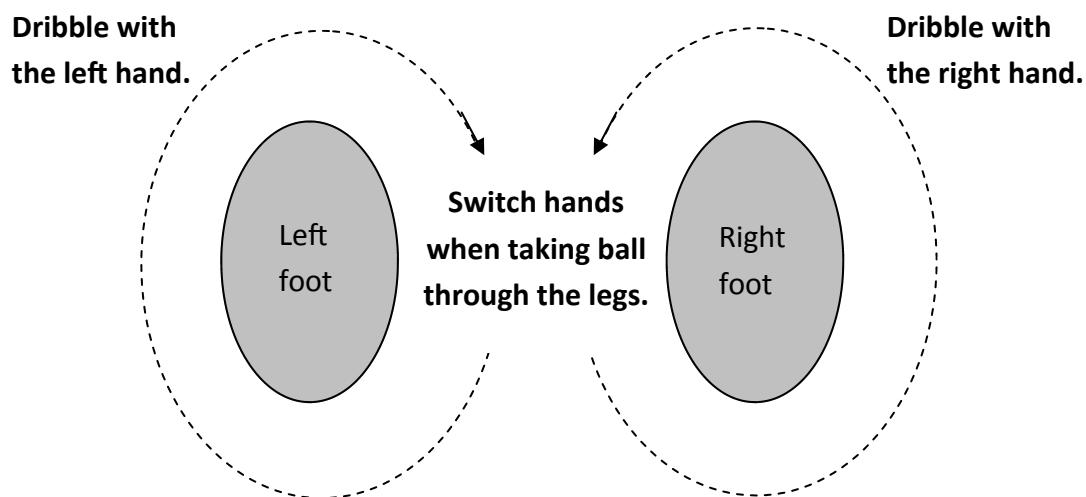
3.9 Figure Eight

Level: Advanced

Have the players spread feet a little more than shoulder length apart and keep them stationary. Players should maintain a dribble very low to the ground in a figure eight pattern around their feet. Have them switch hand as the ball passes through their legs. This is a difficult drill!

Point of emphasis

- Fingertip control



3.10 Spider Dribble

Level: Advanced

Each player will need a ball. Players should maintain a dribble with the ball between their feet (directly underneath their torso) by alternating their right and left hand, reaching to the ball from the front side and from the behind their body. Very difficult! The pattern is.....

- Right hand front
- Left hand behind
- Right hand behind
- Left hand front
- Repeat

They don't have to push the dribble very hard. They just need to tap the ball so it will bounce back up. As they improve, encourage them to increase the speed as they move to different hands.

3.11 Double Ball Dribble

Level: Advanced

Each player needs two balls. Have them start dribbling with each ball hitting the ground at the same time. They should keep the dribbling going for 25-30 seconds. Then have them try dribbling both balls close to the ground. As they progress have them try the following:

Crossover dribble

"V" dribble

Moving around while maintain control of the dribble

Switch hands by taking one ball between their legs, and switch the other in front of them.

DEFENSE

4.1 Mirror Drill

Level: Beginner

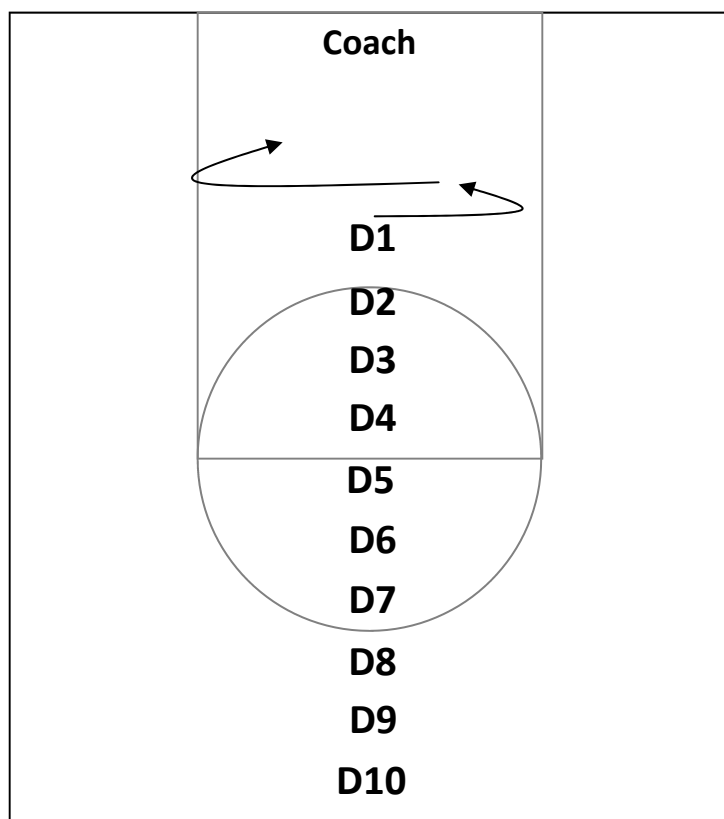
Defensive stance: Have feet shoulder width apart, bent at the knees and hips, with hands out. Have them spread out across the width of the court in two rows, with their backs to the basket they are defending and facing the coach. Dribble the ball left, right, forward and backwards. The players will need to defensively mirror the dribble. They should point their toe in the direction they are moving and slide their feet from side-to-side without crossing them.

To end the drill, grab the ball with both hands and get into the shooting position. Teach the players to “close-out” on the shooter by approaching you and raising one hand in an attempt to block your shot.

4.2 Shuffle Slide

Level: Beginner

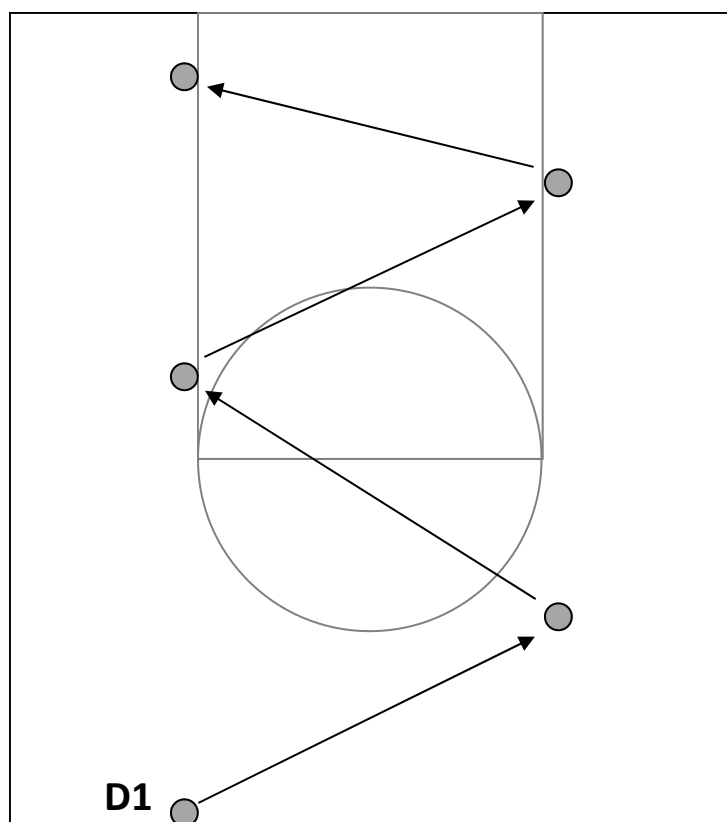
Have the team line up down the center of the court facing the coach who is standing under the basket. The drill will start on the coach’s command, by saying “defense!” the player drop into their defensive stance. On “Go” players then shuffle slide to the side of the lane, then to the other side of the lane and then back to the middle as fast as they can. Teach them to shuffle and slide without crossing their feet. Repeat the drill and have them move a little faster. This will teach players the defensive shuffle and improving their change-of-direction speed.



4.3 Zig-Zag

Level: Beginner

Player should line up at mid court. Set up cones or marker on the court that they will shuffle slide to and from as shown in the diagram below. The main thing to emphasize is the need to shuffle slide in a backward (or retreat) direction, keeping their back to the basket they are defending and facing the ball. A coach may need to dribble a ball up the court following these angles while they shuffle slide backwards in order to understand. At each cone/marker player should tap the floor and change directions. This drill will teach them how to move their feet and also the importance of staying low.

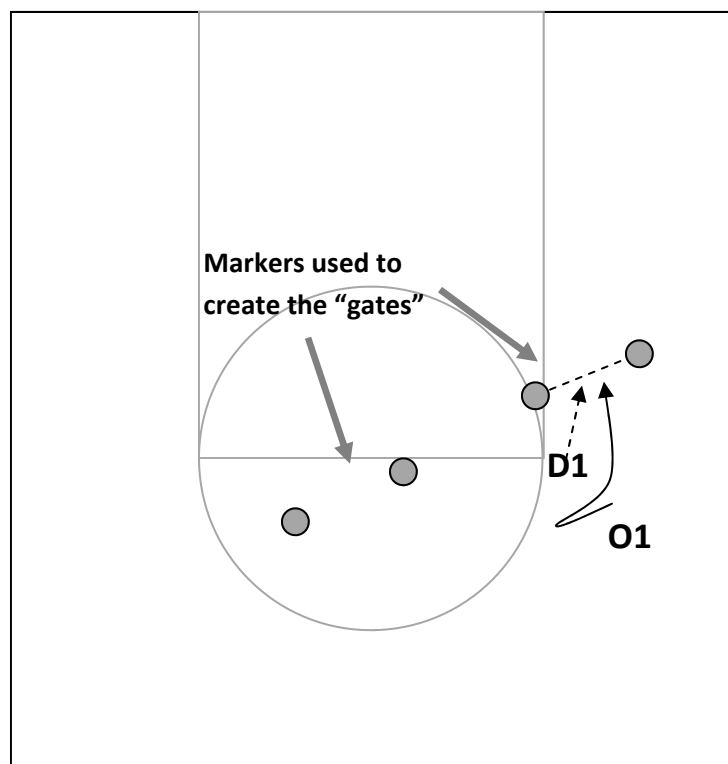


4.4 Close the Gate

Level: Beginner

Set up two “gates” with cones. This simple one-on-one drill allows the offensive player to use a rocker step, crossover, spin move, or a quick burst to get past the defender and to the hoop, and the defender will try to stop them. Have the defender start about an arm length away from the defender. The drill will start when the defender gives the ball to the offensive player. The offensive player tries to go through one of the gates en route to the basket. The offensive player can only use three dribbles.

The defensive player should move their feet, stay balanced and not foul. The defender should try and beat the offensive player to the turning point and close the gate. The defender should stay low and keep the offensive player in front of them and get a hand up when the offensive player shoots. The defender should turn and box-out the offense player after the shot is in the air.



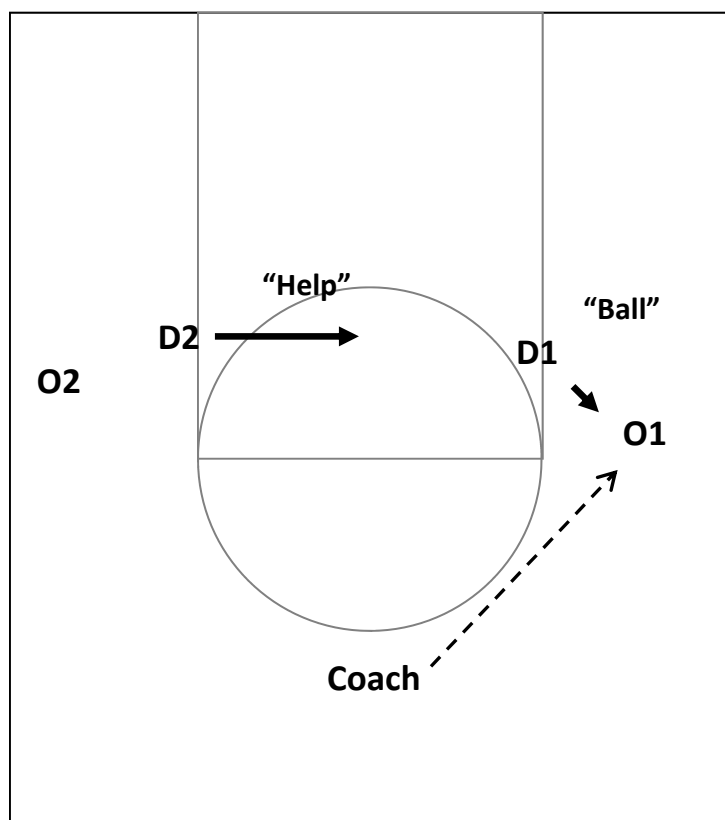
4.5 2-on-2 Help Defense

Level: Beginner

This drill will help teach the basic concepts of team defense and how defense is situational. The manner in which we play defense depends on where the ball is located on the court and where the player is that we are guarding.

The offensive players O1 and O2 start on the wings and the defensive players D1 and D2 cover them in the “deny” position. The coach passes the ball to O1 and the defensive player D1 gets right on top of O1 and yells “ball! I’ve got ball!” The defensive player (D2) slides into the lane and yells “help!”

After the defensive team gets into the correct position the ball returns to the coach. When the ball returns to the coach both players return to the deny position and say “deny.” Rotate pass from side to side a couple of times to make sure they understand. Finally, coaches put up a missed shot. Defensive players box-out and work for the rebound.



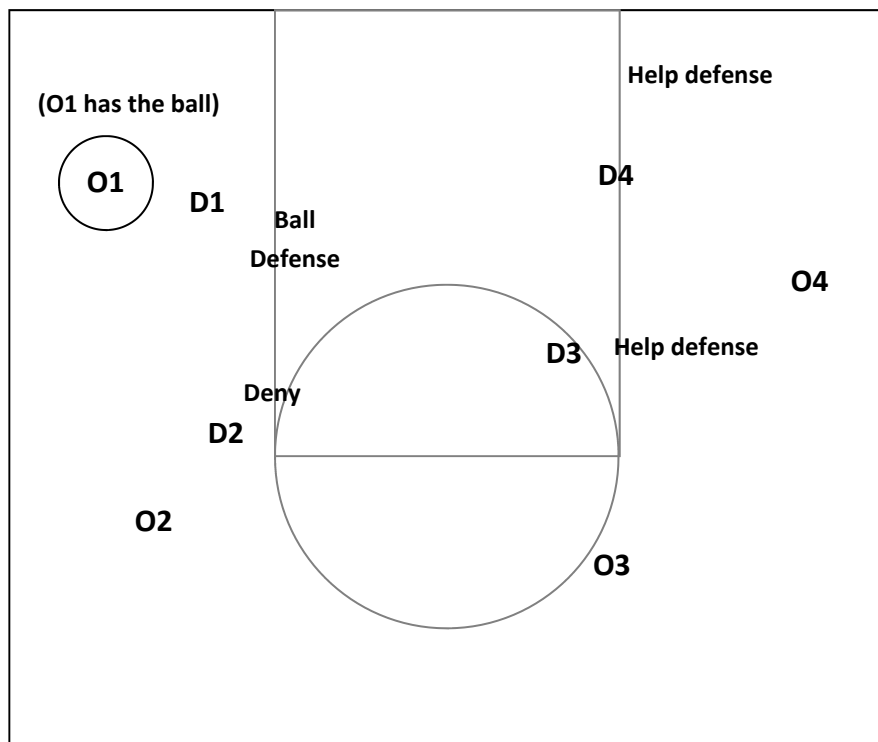
4.6 Shell Drill

Level: Intermediate

This drill will teach players team defense. The basis of this drill is to have the defense move as the ball moves. The offense remains stationary, and their role is to stay in their position as they pass the ball around the perimeter. As the ball is passed around the perimeter, each defender moves with it. This drill can be done with three, four or five players on each team.

Teaching Points:

- The player guarding the ball should yell, “I’ve got the ball,” and guard that player, pressuring the ball. The defender should stay low, and be active. In the example below, O1 has the ball, so D1 is “on the ball” defense.
- The player one pass away D2 is in the “deny” position, with a hand in the passing lane (the lane where if the ball was passed, it would be intercepted.) They stay in a low defensive position.
- Any player more than one pass away (a skip pass from corner to corner, for example) is in “help” position. In the example below D3 and D4 are in the help position. The help position defender should have one hand pointed to the player they are guarding and one hand pointed at the ball. The help defenders should play off the person they are guarding, towards where the ball is. If the “on ball” defender were to get beat, the help defender should stop the player with the ball.



4.7 Defensive Stop Game

Level: Intermediate

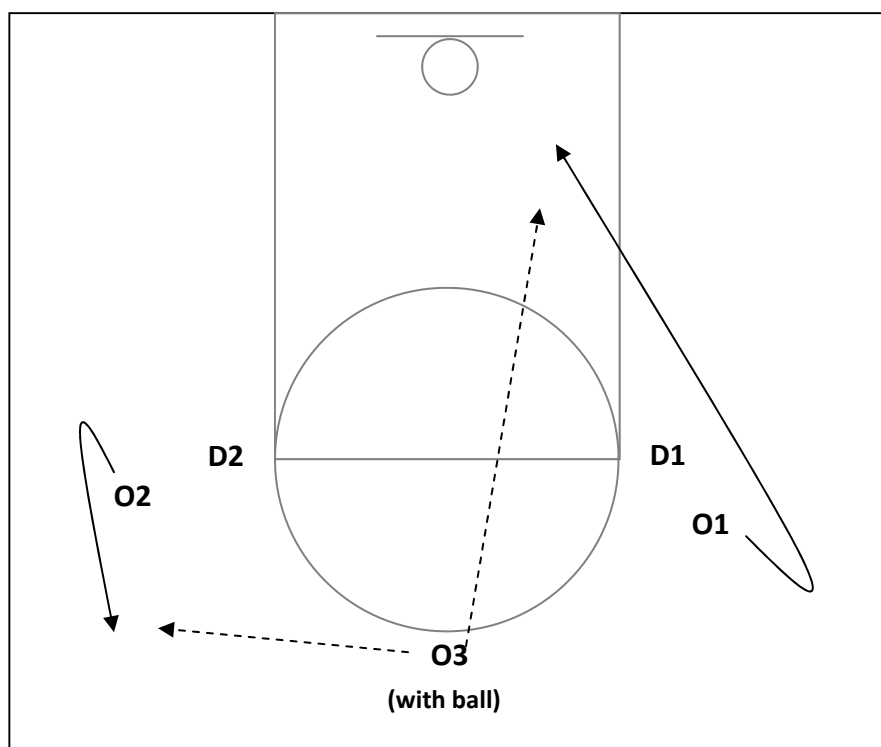
This drill has three offensive players and three defensive players that use half of the court. The only way the defense can score is by stopping the offense from scoring. Start the game by passing with a screen away-after that players can do what they wish. Emphasize to the offensive players that if a person isn't open, they need to back-cut and be aware that the defense is trying to stop them. Don't count baskets – count stops to develop pride in the defense. Defensive teams will remain on defense until a basket is scored.

Team A starts with the ball, Team B is on defense, and Team C is out-of-bounds, If Team B stops Team A, Team B remains on the floor. Team A goes out and Team C will come on as the offensive team. If Team C scores they become the defenders and Team B leaves to allow Team A to come in on offense.

4.8 3-on-2

Level: Advanced

This drill is a progression of the “Ball Fake Game” covered in section 2.7. In that drill, the offensive player needed to remain stationary. In this drill, the offensive players on the wings are allowed to either “pop-out” to accept the pass (player O2), or fake a pop-out and make a back-door cut (player O1). The defenders cover the offensive players on the wings in the deny position. A third offensive player, O3, starts with the ball at the point and if he/she cannot pass to the wing they may dribble-drive down the lane for a shot. Limit them to maximum of two dribble-drives during the course of the game. This game is played until one team has scored five points. The defense scores points for stealing the ball blocking a shot or securing a rebound, the offensive team scores on made shots and completed pass. The drill will help teach defenders to address both the ball and the player they are defending. It also rewards the offense team for working hard and being active.

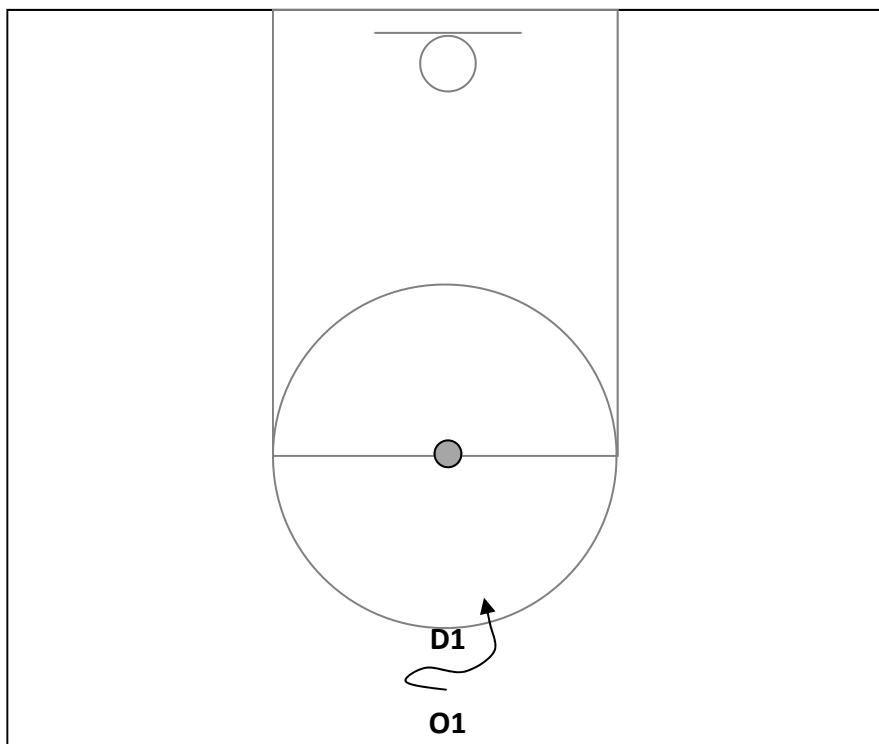


REBOUNDING

5.1 Butt-in-the-Gut

Level: Beginner

This drill will teach defensive box-out positioning for rebounding. Place the ball on the ground at the free throw line. Have the defensive player (D1) start with the basketball behind him and his heels on the circle and the offensive in front of him. When the coach yells “Go”, the defensive player turns his back to the offensive player (either front pivot or reverse pivot, which ever they prefer) and put his “butt-in-the gut” of the offensive player in order to box-out. It is important to stress that defensive players need to make contact with the offensive player. The offensive player tries to get around the defensive player and get the basketball. If the defensive player doesn’t make contact with the offensive player he/she will not know what direction they are going and will not be able to box them out. The defensive player has to try and box-out the offensive player for five seconds. If the offensive player touch the ball within the five seconds they win.

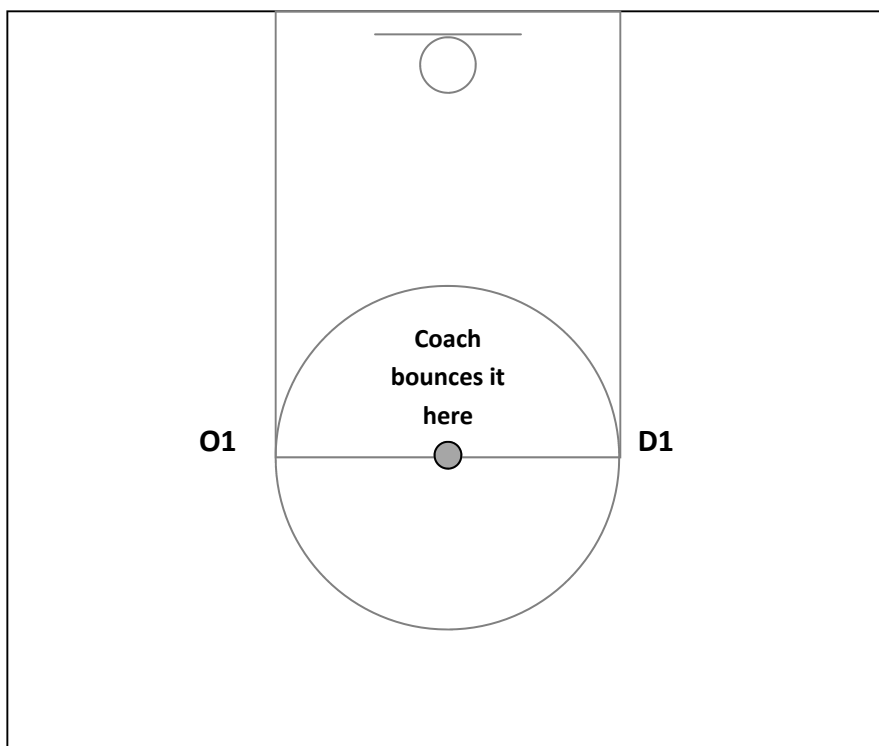


5.2 High Bounce

Level: Beginner

Have one offensive player start on one side of the circle. The coach stands in the center of the circle and bounces the ball high in the air. As soon as the ball hits the ground, the player moves into the middle of the circle, and jumps to catch the ball at its highest point using two hands. This will teach children the importance of catching a rebound with two hands and timing of rebounding.

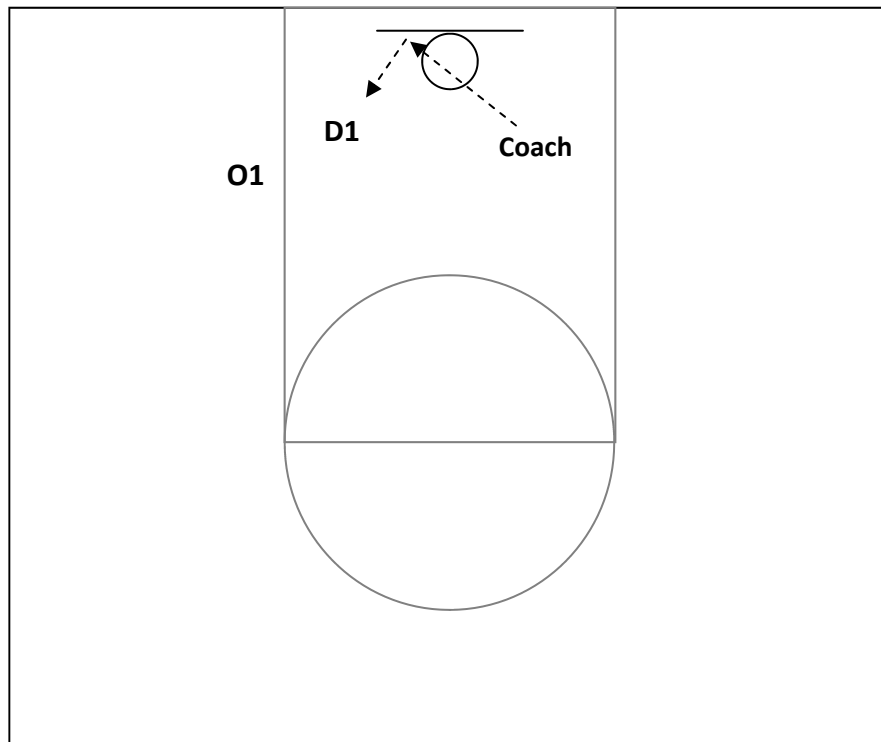
As the players improve add another player into the drill and have the players attempt to get the ball at its highest point. Players should start on each side of the coach. Once the ball is bounced, players can enter the circle and attempt to get the ball at its highest point. No boxing out.



5.3 Rebounding off the Board

Level: Beginners

Have players stand in the defensive “help” position about 4-5 feet away from the basket. The defender should be able to see both the player they are guarding and the ball (coach). The coach puts up a missed shot that goes over the rim and off the back board. When the coach starts shooting, the defensive player should turn and face the basket. The player will then time his jump so he can catch the ball at its highest point with both hands. The timing of the jump is harder than the bounced ball drill in (5.2). Emphasize getting the ball at its highest point.

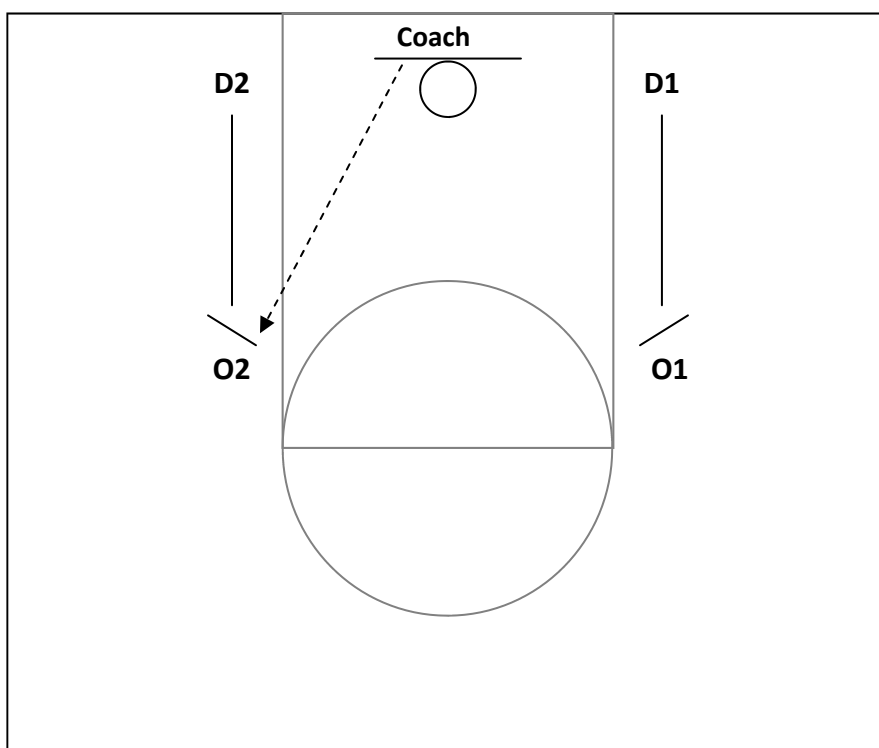


As players improve, stress the importance of making contact with the offensive player as the shooter begins their shooting motion.

5.4 Close-out/Box-out Drill

Level: Intermediate

Have offensive players (2) stand about 12 feet from the basket in a “catch-and-shoot” ready position. Once the coach passes the ball to an offensive player, the defenders must “close-out” the offensive players. The offensive player immediately takes the shot after catching the pass. The defender on the shooter tries to get a hand in their face and then boxes them out. The off-ball defender boxes-out the other offensive player. If the offense gets the rebound they try and score. If the defense get the ball the drill is over.

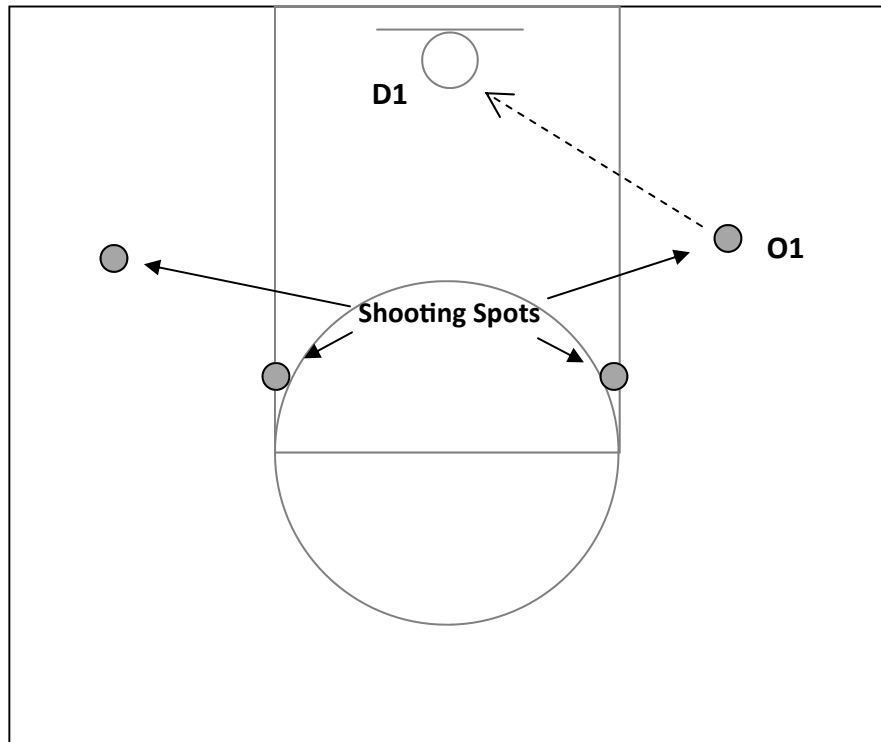


A more advanced version would allow offensive players to pump fake and dive to the basket before shooting. This will force the defender to stay under control when closing out.

5.5 Anticipate the Rebound Angle

Level: Intermediate

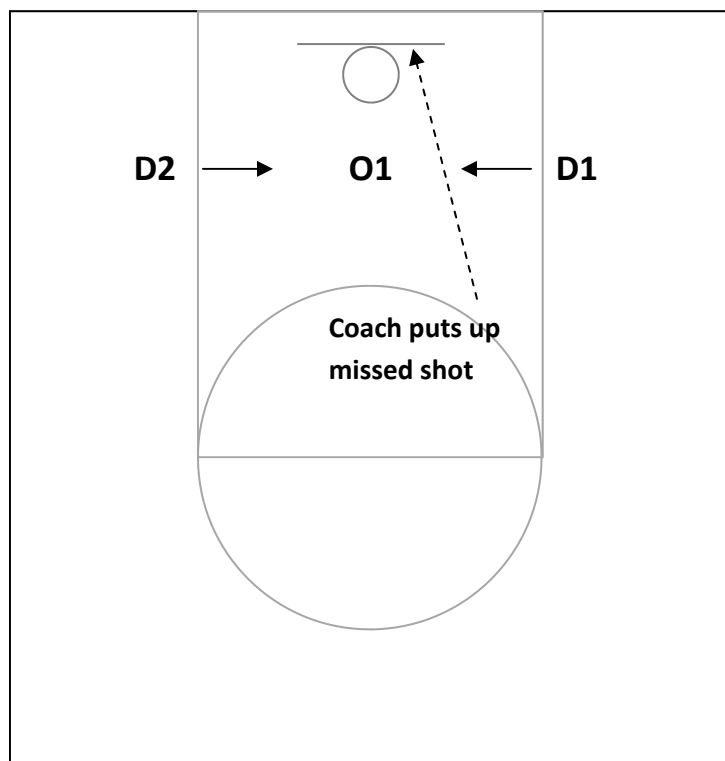
Place four cones or markers from which players will shoot at various spots on the court. The offensive (O1) takes three shots at each cone or marker. The offensive player scores one point for each shot made. Defensive player (D1) is the rebounder. They receive one point for each rebound they secure after a missed shot that doesn't hit the floor. Allow each player to shoot and rebound. The purpose of this drill is to teach the players that balls that are shot from the side will most likely end up on the opposite side.



5.6 Offensive Put-Back

Level: Intermediate

Have two defensive players stand with both feet outside of the lane. One offensive player should be in the middle of the lane. The coach will put up a missed shot that produces an easy rebound and a put back opportunity for the offensive player. The defenders try to stop the offensive player from doing a put-back shot. The defense may enter the lane when the offensive player's hands first touch the ball. The purpose of this drill is to teach offense player to quickly release the shot before the defense can react. Often young players will bring the ball down low or dribble and defense closes in before they can get a shot off.



SHOOTING

6.1 Lay-up Progression

Level: Beginner

The main focus on teaching the lay-up should be mastering the correct foot work. Players will need to learn the one-footed take-off. In games, a player that can take off from one foot increase their chance to score points. A one-footed take-off allows players to maintain their momentum while moving into their shot. Players that gather themselves for a two-footed take-off allow the defender to recover and contest the shot. It can be very hard to teach young players a one-footed take-off and could take several practices. Follow the steps below:

Practice #1

One-footed hop: Have player hop up and down on one foot. Have the right-handed player hop on their left foot and the left-handed player should jump on their right. They should drive the knee of the non-jumping leg towards their chin on each hop. Explain that this is the take-off foot for the lay-up. Players should do air lay-ups with no ball. They need to work and concentrate on the correct footwork before a ball is added in.

Have players stand about eight feet away from the basket on the right side if they are right-handed. If they are left-handed they should start from the left side. Right-handed players should take one step with their left leg. They should drive their right knee high towards their shin and leap off their left foot towards the basket. Their right hand should be in the air holding an imaginary ball they shoot off the backboard as they are in the air. Players should land on two feet after the shot has been taken.

Practice #2

Start the second practice with air lay-ups which they worked on in the first practice. Remind them what foot they will need to take-off from.

One step lay-up: They get to use a ball but are not allowed to dribble. They will start eight feet away from the basket. Have the right-handed players take one step with their left foot and drive their right knee in the air, jump off the left foot, shoot the ball and land on two feet. At this point we are still working on footwork and made shots are not the goal.

Practice #3

One step lay-up: Same drill as the second practice.

Running air lay-up: No Ball. Have the kids get in a line about 20 feet from the basket. Have them take turns running to the basket pretending they are dribbling the ball, take-off of one foot shooting an imaginary lay-up, then landing on two feet. Young players have the tendency to jump out rather than up, and shoot the ball low as a result.

Practice #4

Running air lay-up. Same drill describe in the third practice.

Have players line up 20 feet away from the basket with a ball. Have players dribble to the hoop, jump off one foot and shoot the lay-up. Don't worry about making shots. The main thing is continue to focus on the one-footed take-off. With regular practice shots will begin to go in.

Not every child will have the one-footed take-off mastered at the end of the fourth practice. As the season progresses, it is important to keep working on the lay-up. The children that have success should be encouraged to increase speed and incorporate some individual moves including cross-overs and hesitation.

6.2 Full Court Lay-Up

Level: Intermediate

A player should start at one baseline; dribble as fast as they can and then shoot a lay-up. This drill address a number of topics: ball handling, shooting and offensive transition. It does this this by having players dribble with speed but under control and then gather control into the lay-up. This will help learn how to finish a fast break.

To increase the difficulty, have a defender chase the dribbler. The defender can leave once the dribbler gets 10 feet away. By adding a defender this will create a game-like environment.

6.3 Set Shot – Shooting Stroke

Level: Beginner

The first thing is to teach players that on set-shots you take-off from two feet, unlike the lay-up. The set-shot is used when there is not a clear path to the basket, or our momentum has been stopped. The coach will need to differentiate the techniques used in a set-shot compared to the lay-up as well as the situation it used.

Each player should have a ball, but we're not shooting at a basket. The idea is to practice the correct form by shooting the ball straight up in the air to a point about 12 feet above the ground. Have the players try to get a perfectly straight backwards rotation along the ball's seams.

Teaching Points:

- Bend at the knees and waist.
- Power hand is the shooting hand and should be behind and underneath the ball.
- The weak hand should be the guide hand and placed on the side of the ball.
- Shooting arm should start parallel to the ground from armpit to the elbow.
- When taking the shot, extend shooting arm straight out and up to the basket.
- Flop the wrist over the top at the release.
- The ball should leave the index (pointer) finger last.

Young players will try and shoot in a manner similar to the chest pass. Often, they will point both elbows out to the side, and flick the ball with two hands rather than developing a shooting stroke with the power hand underneath the ball. Teach them to make a shelf by keeping the shoulder-to-elbow portion of their arm parallel to the ground at the start of the shot. "No Chicken wings."

Picture of someone shooting

6.4 Lightning

Level: Beginner

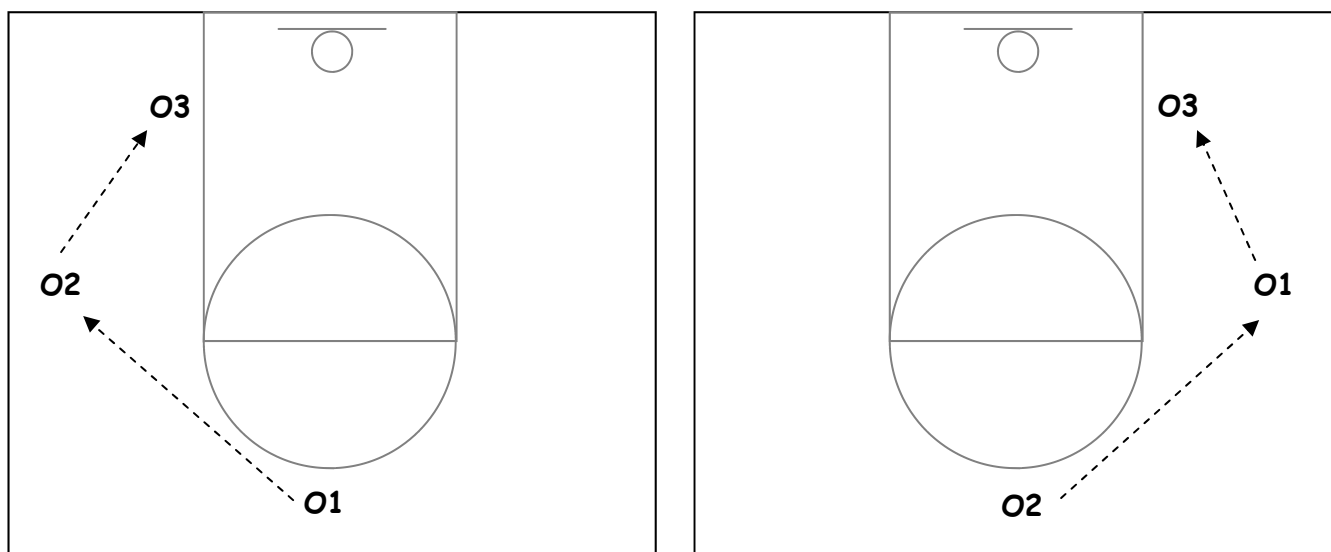
This shooting game starts when a player takes a long shot (from about the free-throw line), and if they miss, they get their own rebound and continue shooting from anywhere on the court they wish until they make a shot. Each round two players are paired off in a mini shooting competition. Let's say Player 1 and 2 are paired off. Player 1 takes their long shot first, and let's say they miss. Player 2 takes their long shot and she also misses. The two players get their own rebound and each continue to shoot until one player makes a shot. If Player 2 makes their shot first, then Player 1 is out of the competition. Only the player shooting first can be knocked out of the competition. Let's say that Player 1 was the first to make a shot. She remains in the competition and goes to the end of the line. Then Player 2 takes their long shot followed by Player 3. And so on.

6.5 Three Player Shooting Drill

Level: Intermediate

Have Player O1 start at the point with a ball, Player O2 should start on the left wing, and player O3 on the left block or low post. O1 will pass to the wing, O2 passes to O3 who catches, turns and shoots. The player O1 runs to the wing on the right side of the court, and O2 runs to the point. O3 gets their rebound, throws an overhead outlet pass to the point (O2). Player O2 passes to the right wing (O1), who makes the entry pass to right side low post. The post player catches and shoots, and the process continues. The shooter should take four shots from each side, and then each player could take turns as the shooter.

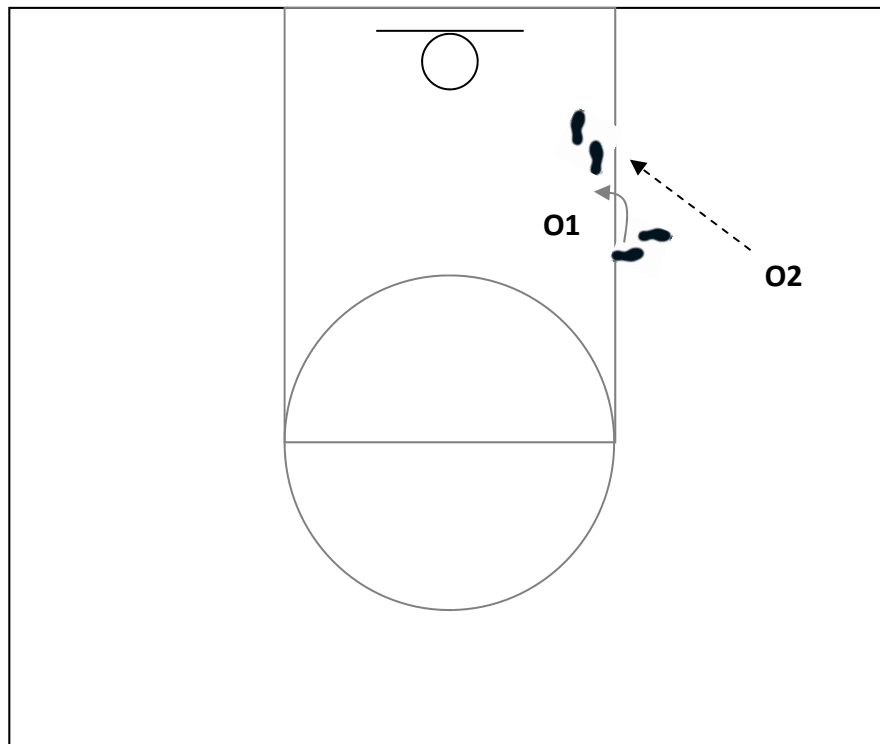
This drill can be modified to take the shot as any spot on the court. The main thing is that it keeps three players active, moving, and working on passing, catching and shooting.



6.6 Drop Step

Level: Advanced

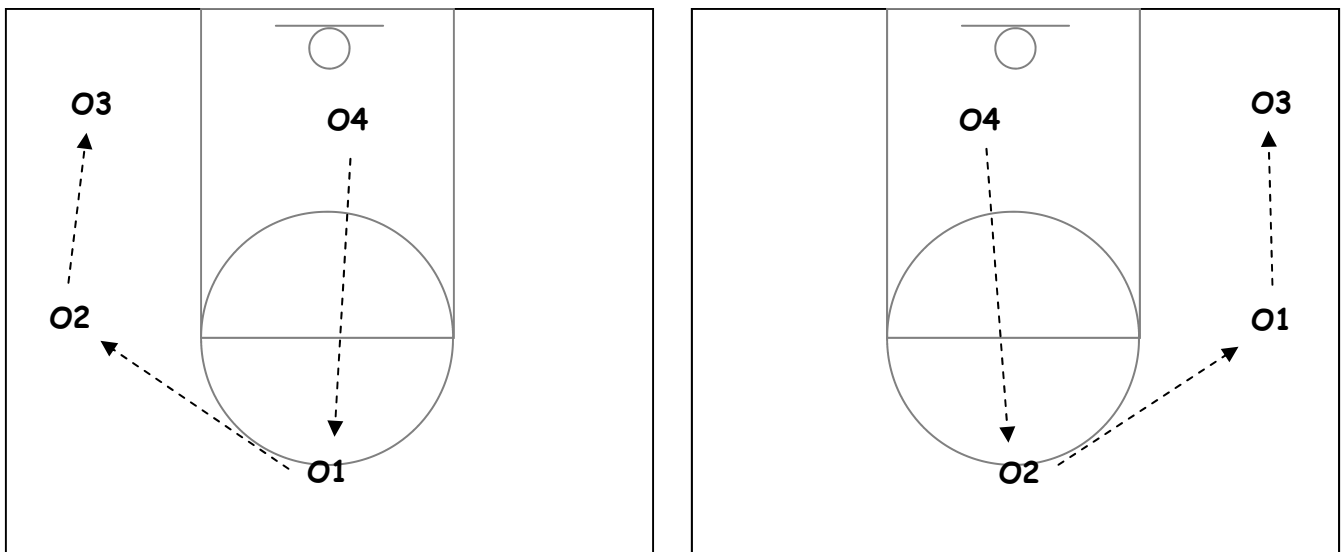
Have an offensive player, O1, establish position in the low post or the block with their back facing the basket. Offensive player 2 (O2), will make the entry pass to the post. The post player, O1, should get his baseline side foot in the air moving towards the basket while the pass is in the air. Their baseline side foot should land at the same time the ball touches their hands. Then, they can square to the basket by taking a step with the other foot. This will create a seal of the defender on his back and gives him a clean look at the basket. Shoot it off the backboard. Practice it on both sides of the basket.



6.7 Four Player Shooting Drill

Level: Advanced

Offensive Player 4 (O4) starts by grabbing an imaginary rebound then makes an overhead outlet pass to O1 at the point. O1 passes to O2 positioned on the wing, who then passes to O3 who shoots. Immediately after shooting, O3 runs to the opposite corner and gets ready to shoot again, O1 rotates from the point to the vacant wing area, O2 rotates to the point. O4 rebounds and make an overhead pass to O2 at the point. O2 passes to O1, on the wing, O1 then passes to O3 for the shot. Each player should spend four rotations at each of the spots during the drill. Make sure that they pass and catch with two hands. Remind players to “step into” their passes. This will help the ball get there much faster. No one should need to dribble the ball in this drill.



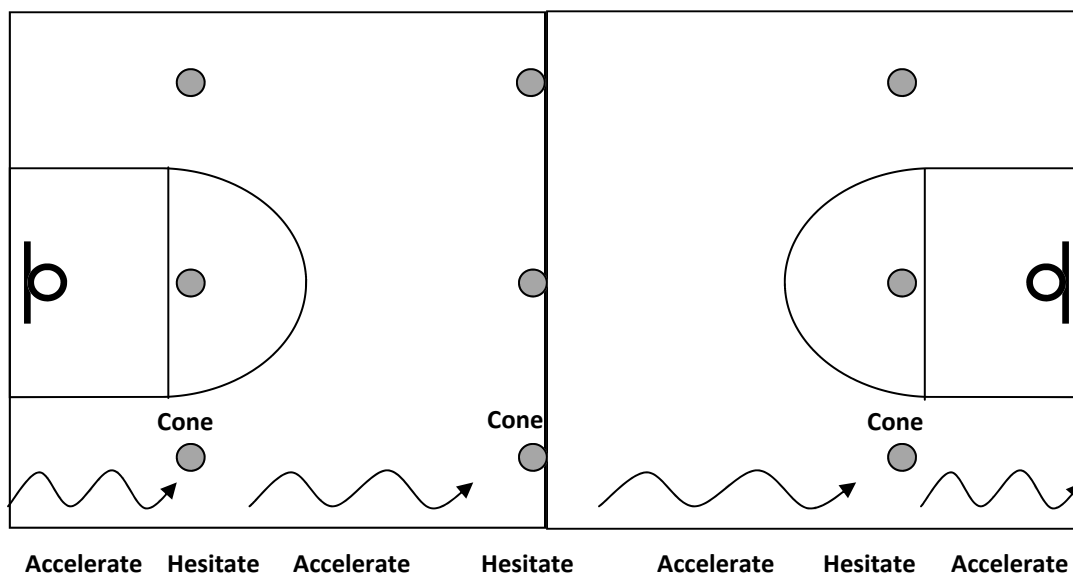
INDIVIDUAL MOVES

7.1 Hesitation Move

Level: Beginner

The hesitation move or the stop-and-go is an offensive skill used to help the dribbler get past the defender.

Have players form three lines along the baseline. Each player will need to have a basketball. If you have cones, set them up at the free-throw lines and at mid-court. If not, have a parent volunteer stand as a defender (parents should remain stationary). On the coaches go, the first three players dribble at an accelerated pace to the first cone/parent. They come almost to a stop while keeping their dribble going, then accelerate to the next cone/parent and so on.



7.2 Show-n-Go

Level: Beginner

This move starts from a stand still position while the player still has a dribble they can use. The player should be facing the basket and fake the shot. Once the defender reacts to the fake shot the player use his dribble to get by the defender. The goal is to get the defender to jump in the air trying to block the shot and allowing the offensive player to get by.

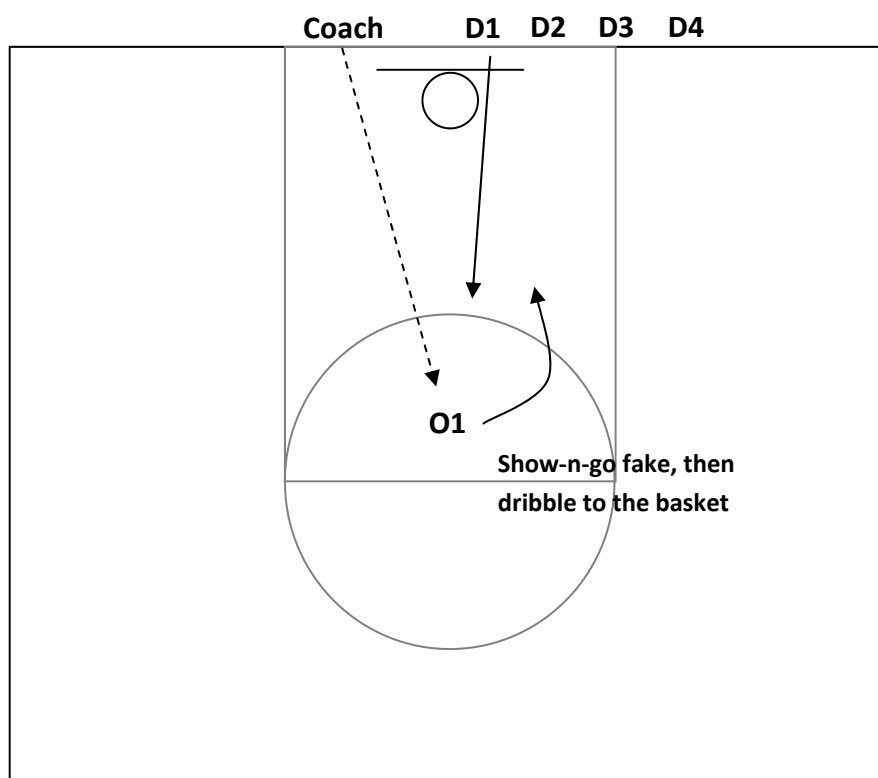
Teaching points

- Good hard fake.
- Make sure the player doesn't drag their pivot foot.

You can make this into a game by having one shooter line up at the free throw line. The defender starts from the baseline. When the coaches hands the ball to the shooter the defender (D1) can attack. The shooter scores a point by either getting the defender off their feet or making a shot or both. The defender scores a point by blocking the shot. Have different defenders try to stop the offensive player and then swap out the offensive player.

Teaching Point

- Hard shot fake.
- Dribble with the hand that's away from the defender.



7.3 Rocker Step

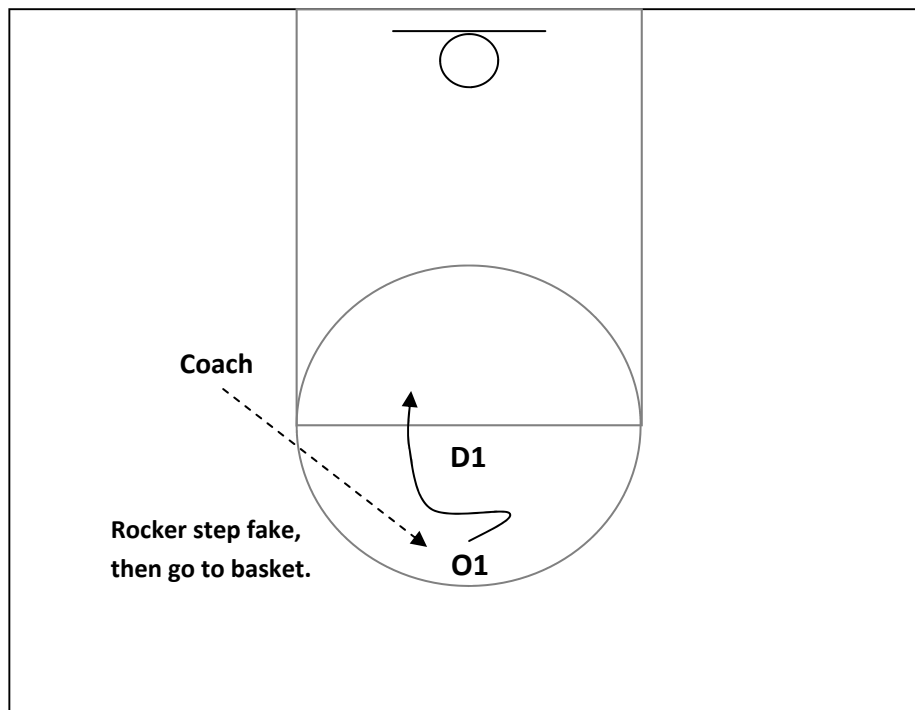
Level: Intermediate

Players will need to start standing still facing the basket with the dribble option still in-tact. Players take a hard jab step in one direction while keeping their pivot foot. The idea is to get the defender leaning in one direction and dribble in the other. They should use a head, shoulder and ball fake while taking their jab step and then quickly step over with same foot in the other direction and dribble past the defender.

Teach Points:

- Good hard ball and jab step.
- Make sure keep their pivot foot.
- Make sure they dribble with the hand away from the defender.

Coach will start the drill by passing the ball to the offensive player. The offensive player scores by getting around the defender or making a shot. The defender scores by stealing the ball without fouling the offensive player. This can also be turned into a game: see rules of show-and-go (7.2)



7.4 Cross-Over Dribble

Level: Intermediate

A cross-over dribble is a move in which the dribbler tries to get past their defender, while keeping their shoulders square to the basket. As the name implies, they cross the dribble from one hand to the other directly in the front of the defender. If this is not done well then the defender will be able to steal the ball.

Have players dribble forward with the ball in the right hand towards a cone, or a coach/volunteer. Have them fake a move to the right and cross the dribble over to the left hand and go by the coach on the left side. They should keep dribbling with their left hand as they pass the defender and proceed to the next defender. Then they have to cross-over from their left to right hand at the next coach or cone.

Teaching Point:

- Cross the dribble over low and hard.

7.5 Spin Move

Level: Intermediate

A spin move or reverse pivot is an individual ball handling move designed to help the dribbler get by the defender while protecting the ball.

The dribbler proceeds across the court while dribbling the ball in their strong hand, protecting it from the defender with an “arm bar.” As the dribbler approaches the defender or cone they should set-up the spin move with fake to the right, to get the defender leaning in that direction. They plant their left foot and pivot on it, turning their back to the defender and spinning around them in a reverse pivot direction. The dribble will change hands during the spin and comes out of it with the ball in their left hand and the right arm forms an “arm bar.”

Players should get in a line on the baseline and at each cone or coach they should do a spin move and proceed to the next cone. It doesn't matter which hand they start with because on subsequent moves they will need to switch hands.

Most young players' development with this drill will proceed in the follow succession:

- They will have trouble with the concept of turning their back to the defender. It needs to be demonstrated several times, slowly.
- After they master the idea of turning their back to the defender, they tend to struggle with keeping the ball low while dribbling.
- Finally, they will need to work on executing the movement with a spin and more speed.

7.6 Inside-Out Dribble

Level: Advanced

The inside-out dribble is a complement to the cross-over dribble. The inside-out dribble is set-up by faking the cross-over dribble and keeping the ball in the same hand they started with.

Players dribble the ball forward with the ball in their right hand towards a cone or defender (coach). Have them put their hand on the side of the basketball as if they were about to do a cross it over to the left. Have them fake the crossover by taking a jab –step to the left with their left foot and giving a head and shoulder fake in that direction. Then they slide the right hand over the top of the ball to its opposite side and push the ball “inside-out” with the right hand towards the right and accelerate past the defender.

Teaching Point:

- Have them work with both hands and on both sides of the court.

7.7 Half-Spin Move

Level: Advanced

The half-spin is a complement move to the spin move. When using the half-spin, the ball handler fakes a spin move but keeps the ball in the same hand he/she started with and goes by the defender.

Players should dribble forward with the ball in their right hand towards a cone, or coach/volunteer. Have them plant their left foot and pivot on it, turning their back to the defender as if to spin around them. Then, with their back to the defender, the ball handler stops and reverses their spin direction keeping the ball in the right hand and accelerating past the defender.

SCREENING

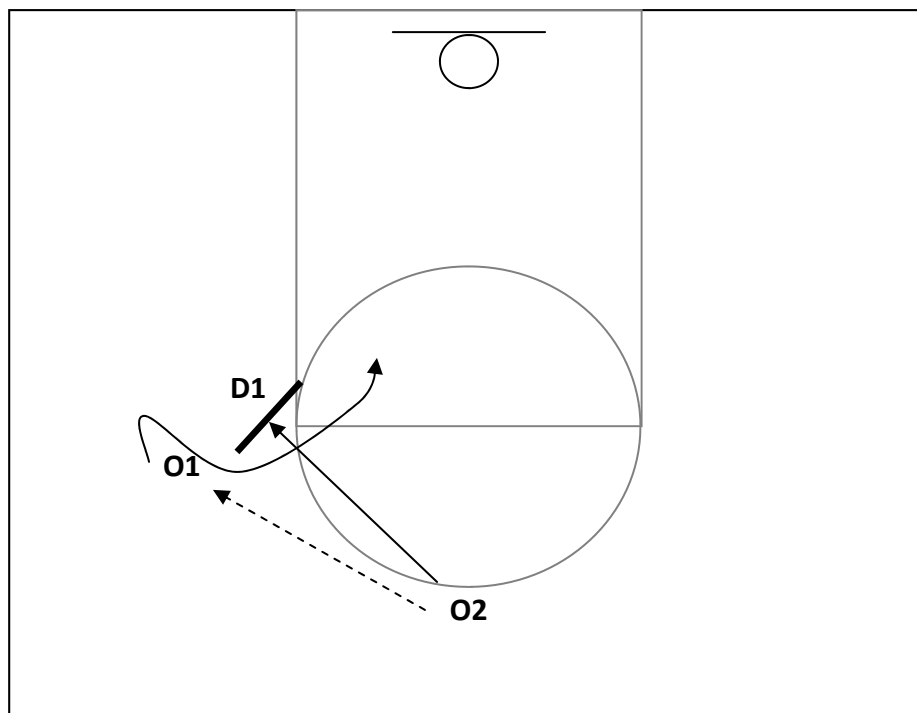
8.1 Screening

Level: Beginner

When teaching the concept of screens, coaches will need to stress the importance of close contact as they come off the screen. Passing the screener “shoulder-to-shoulder,” the teammates protect themselves from defenders coming to block a pass or steal the ball. It’s the cutter job to make the shoulder “kiss.” When coming around the screen the cutter should always set-up the screen by first taking a jab-step away from the screen. Then they should peel around the screen.

The screener should set the screen where the defender is rather than leaving room. The screener should jump into the screen with a two-footed stop, keep feet wide, shoulders square and hands in their lap. Young players will try and reach their hands out to grab the defender or continue moving their feet. Make sure that you emphasize the importance of the screener staying set and not leaning into the defender.

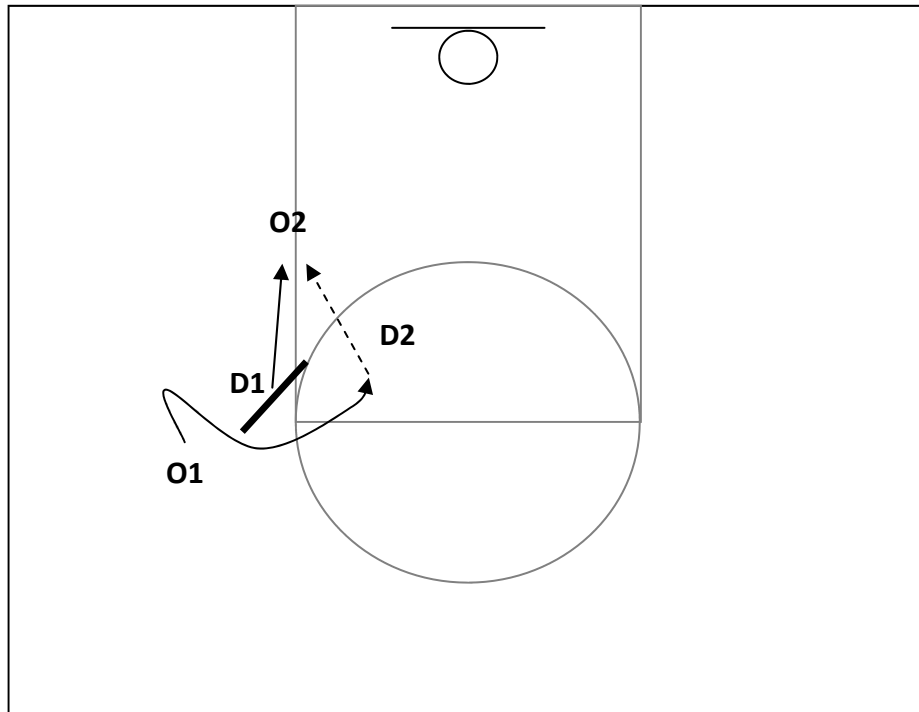
Offensive Player (O2) starts with the ball and they pass to O1. Player O2 jumps into a screen on D1, and says “Use me.” Player O1 jab steps away and then peels around the screen shoulder-to-shoulder and proceeds to the basket for a lay-up.



8.2 Screen and Roll

Level: Beginner

This drill is the same as 8.1, except we introduced another defender, D2. The drawing below starts after O2 has passed to O1 and set the screen. After O1 use the screen, teach O2 (the screener) to take a big drop step towards the basket and “belly-up” to the ball. This will effectively seal D1 on their back. For this drill, have D2 “switch” and cover the ball when O1 comes around the screen. O1 will no longer have an easy drive to the basket. O1 will need to make a bounce-pass to O2 “rolling” to the basket. The diagram below depicts the situation after O2 rolls to the basket.



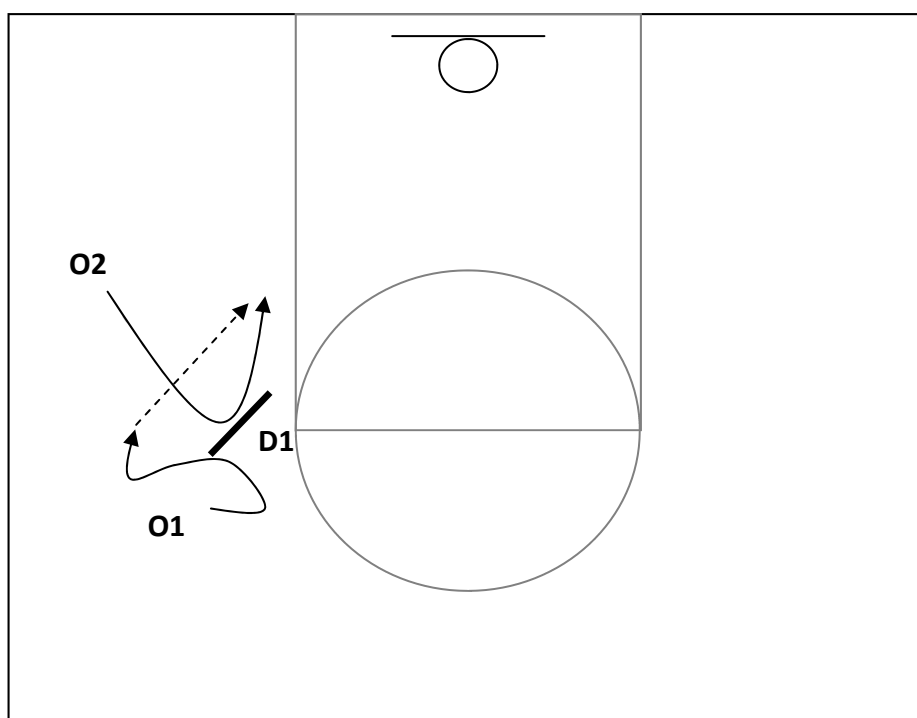
8.3 Slip Screen

Level: Intermediate

A slip screen is a fake screen that is used when the defense team switches on screens. The idea is to trick the defense into getting caught with two players covering O1 and leaving O2 open.

O1 will start with the ball and D1 will cover them. O2 sets a “slip screen” on D1 by coming right up next to D1 as to set a screen, hesitating momentarily, then bursting towards the basket. O1 begins to go around the “screen” then pick up their dribble and make either a bounce pass or an overhead pass to O2.

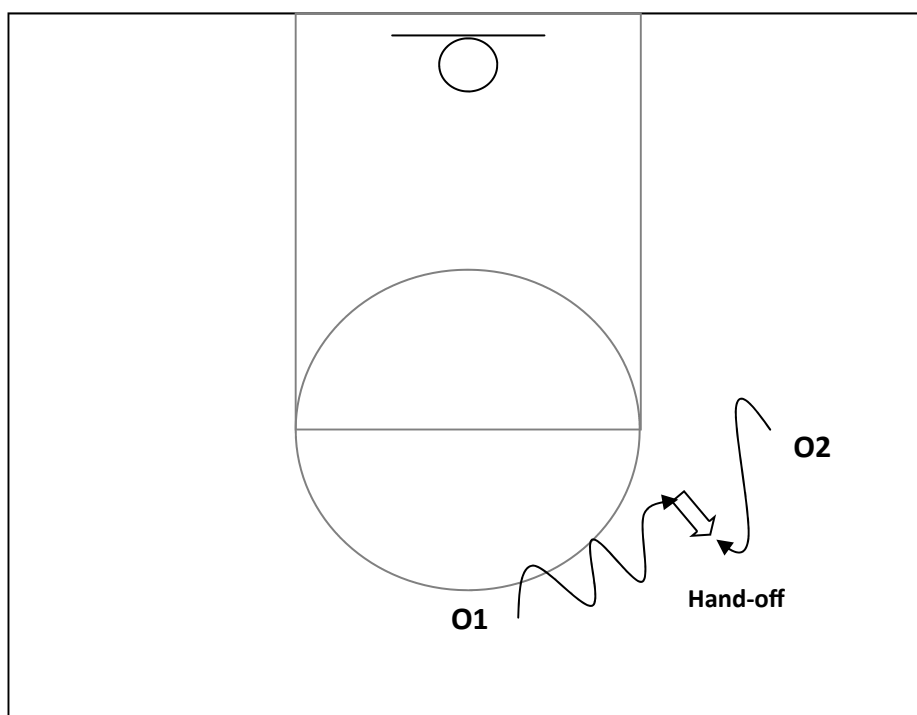
The slip screen will work if O2’s defender is getting ready to switch her defensive responsibility and cover O1.



8.4 Screen to Handoff

Level: Beginner

This drill will teach players to use the person with the ball as a screener. Divide the players into two lines, with one at the point O1 and one at the wing O2. Player O1 dribbles at Player O2. Player O2 comes right to player O1, shoulder to shoulder, and player O1 can just hand the ball off. Player O2 continues around O1 to the basket for a lay-up. O1 should jump in the path of the defender.

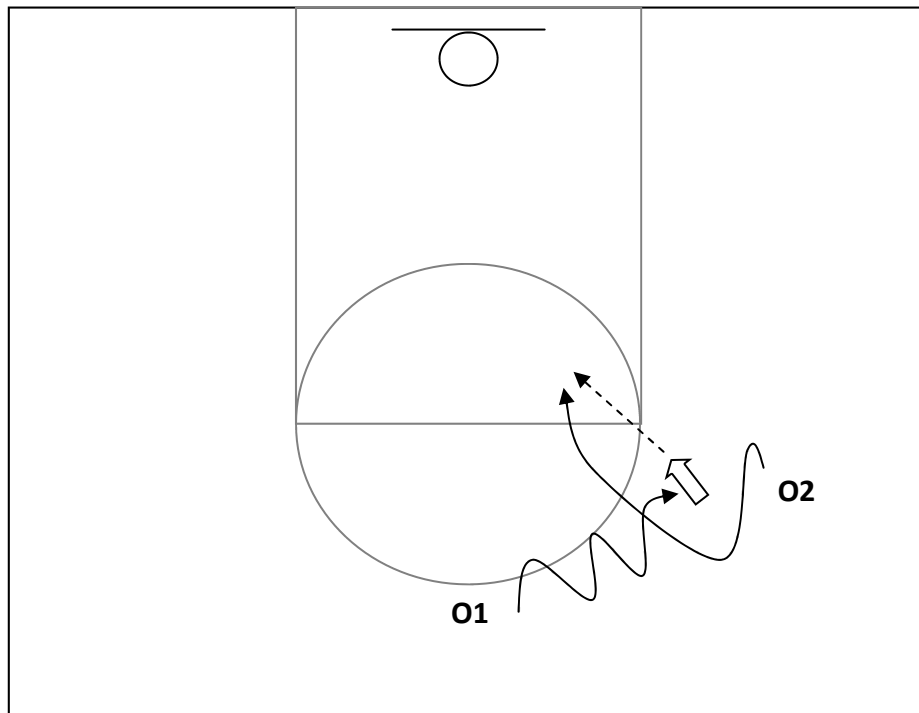


8.5 Run Around

Level: Intermediate

This is an extension of the “Screen-to-Handoff” drill listed on the previous page.

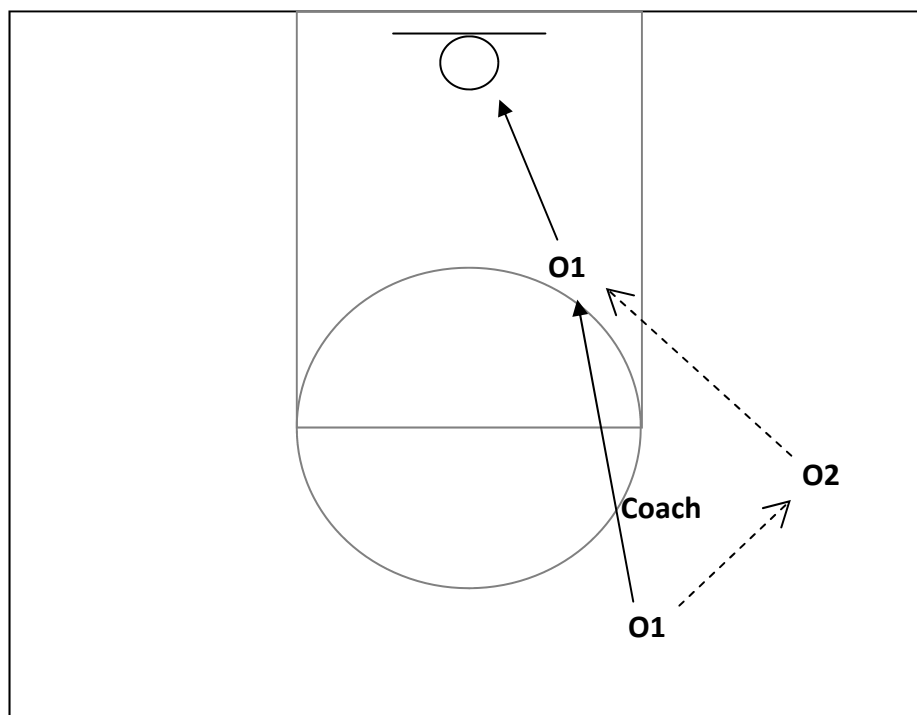
Create two equal lines, with one at the point (O1) and one at the wing (O2). O1 dribbles towards O2. Player O2 comes up to player O1, shoulder to shoulder. This time, Player O1 cannot hand off because a defender has managed to get between the two offensive players preventing the hand-off. Player O2 should go around player O1 and then cut to the basket to receive either an overhead pass or a bounce pass. Going to the basket this way it called a “run around.”



8.6 Give-n-Go

Level: Intermediate

Divide players into two lines, with O1 at the point and O2 on the wing. O1 passes the ball to O2, who is on the right wing. A coach/volunteer can simulate the defender covering O1. This defender guarding O1 will typically take a peek at where the ball went on the first pass. Immediately after making the pass to the wing, O1 should use the moment on when the defender is peeking to cut behind the defender to the basket. Player O2 returns the pass to O1 who goes to the basket for a lay-up. O2 rebounds the ball, dribbles all the way out to the top of the circle and goes to end of the shooting line. After shooting O1, now goes to the end of the line receiving the ball. The next player in each line will run the Give-n-Go. Players should run this drill from both sides of the floor.



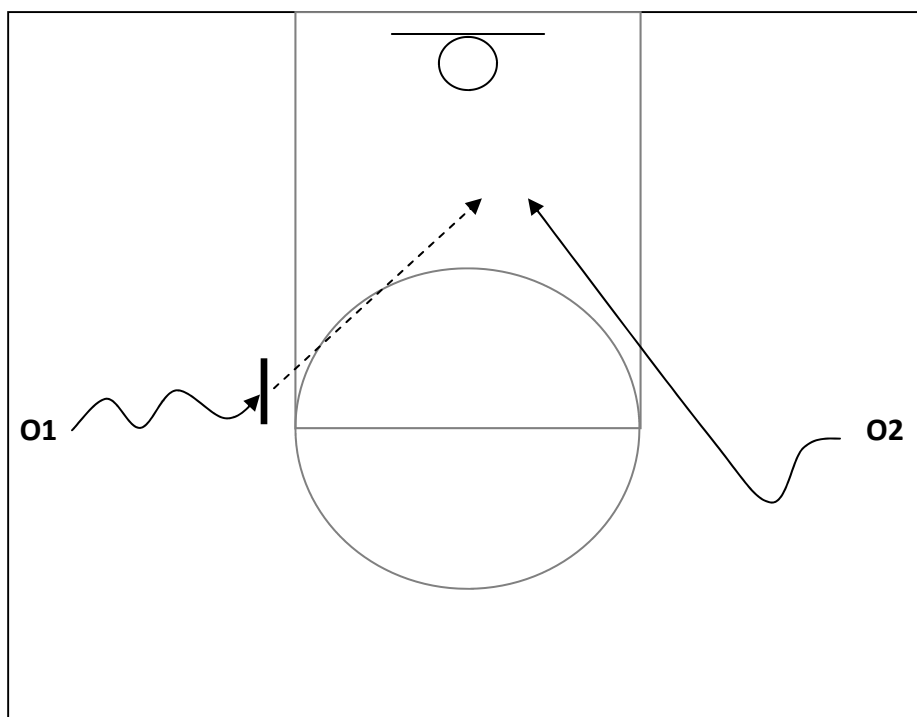
8.7 Back Door Cut

Level: Intermediate

This drill is used to teach the V-cut, which is one of the most strategic moves in basketball. Have one group of players start on the sideline extended from the free-throw line with a basketball (O1). Have the other group of players, each without a basketball, starting on the opposite sideline (O2).

O2 will move towards the middle of the court and then execute a back-door cut. O2 will make a jab-step towards the middle of the court, faking in that direction with their head and shoulder then cut in the opposite direction towards the basket.

O1 will dribble towards O2. O1 will come to a two-footed stop securing the ball in both hands. When the cutter fakes away, the passer should also give a pump fake. O1 will pass the ball to O2 using a bounce pass as they are cutting to the basket. The cutter/shooter should get their own rebound and go into the line with the other players with a ball. The passer should also go to the opposite line.

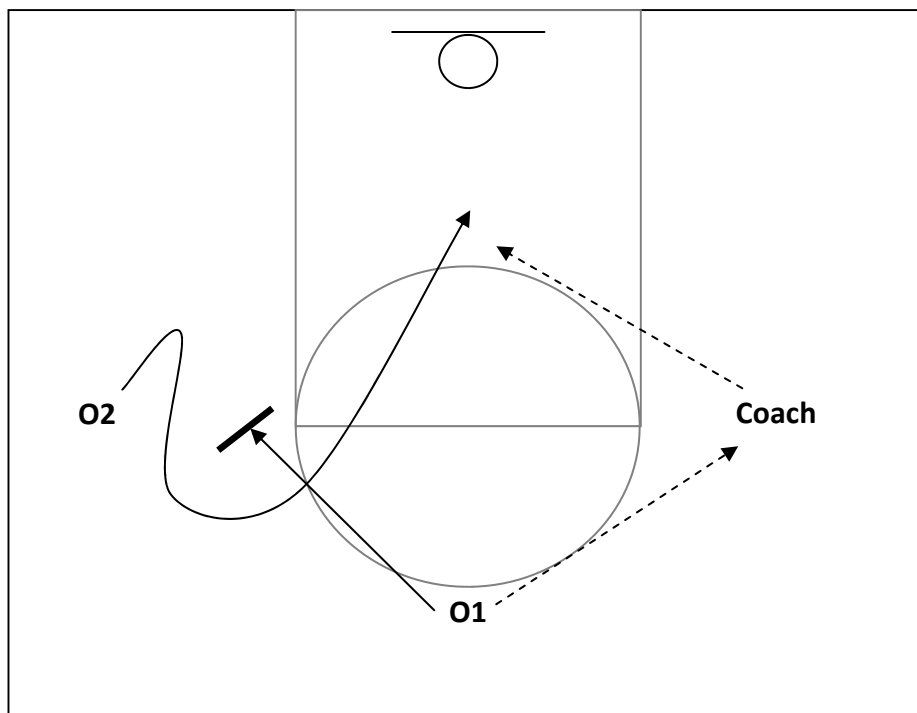


8.8 Pass and Screen Away

Level: Advanced

This drill is designed to free a teammate without the ball so they are open to receive a pass. Divide the team into two lines, with one at the point (O1) and one on the wing (O2). The coach will be on the opposite wing. O1 will start the drill by passing the ball to the coach, who is on the right wing. After passing the ball O1 goes and set a screen on the player that is guarding O2, pretending a defender is present. O1 will jump into position with both feet so they are not moving. O2 will be moving at the same time as O1 and peels around the screener should-to-shoulder and cuts towards the basket looking for a pass from the coach.

The screener should call the name of the player they are screening for: “use me Jimmy!” so the player knows they have the opportunity to use an “off-ball” screen to cut towards the basket.



DEFENSE

9.1 “Ball Down” Drill

Level: Beginner

This drill will help players learn how to get back in proper defensive position. Have five players stand on the baseline as the defensive players. Have the other group of players run an offensive play. Let them get most of the way through the play, and then yell “ball down.” The player with the ball places it on the ground and all five offensive players must sprint back to the opposite end of the court and transition to defense. As the coach says “ball down” this serves as the starting point for the five “defenders” on the baseline to go after the ball and try to beat the other team to the opposite end of the court and try to score a basket. Have each group take a few turns on offense and defense.

Once your team understands the drill, bring the defense onto the court. Have the defense for this drill on to mirror the offense by moving their feet, but not trying to steal the ball with their hands.

Teaching Points:

- This will teach the defensive players to sprint back after a turnover or a rebound. You will need to teach the children to sprint back.
- Stop the ball. Young players will run back but they tend to focus on the player they are assigned to guard and they forget about the ball. They need to be taught that stopping the ball is the most important thing.

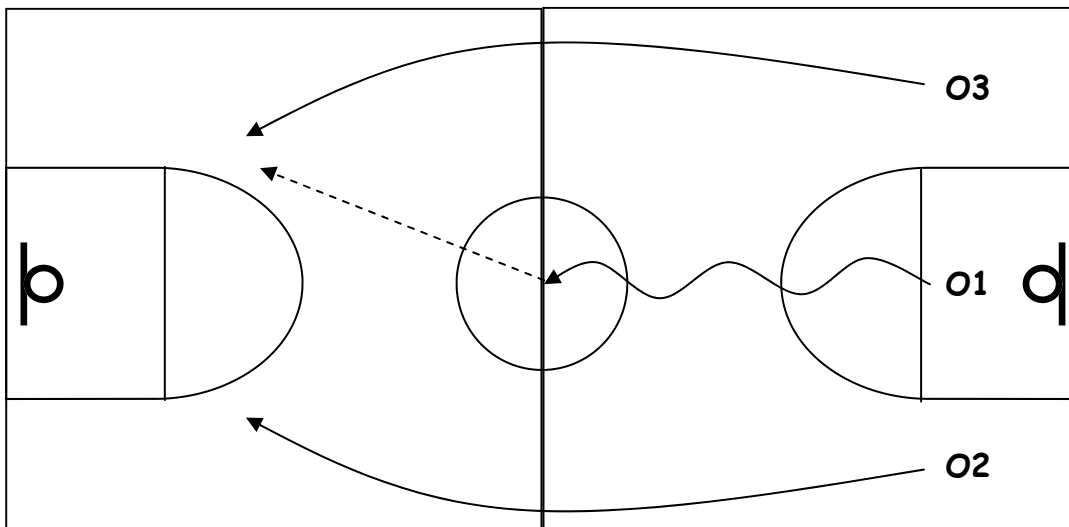
9.2 Three on None

Level: Beginners

Three players begin on one end of the court. The coach puts up a missed shot and the player who gets the ball dribbles the ball up the middle of the court. The other players get out ahead of the dribbler attacking from the outside/wings. As the players without the basketball cross mid-court they look back and raise their hand preparing for the pass but continue towards the basket. When the dribbler reaches mid-court they should pass to one of the players on the outside/wing and that player should continue into a lay-up. Have the player on the outside/wings keep in their lanes so they can attack the basket from both sides. When finished, players should return along the outside of the court so the next group can go.

Teaching Point:

- This drill will help teach players about offensive transition. This will also teach them to look ahead for an open teammate when dribbling in transition it will take some time for players to master.



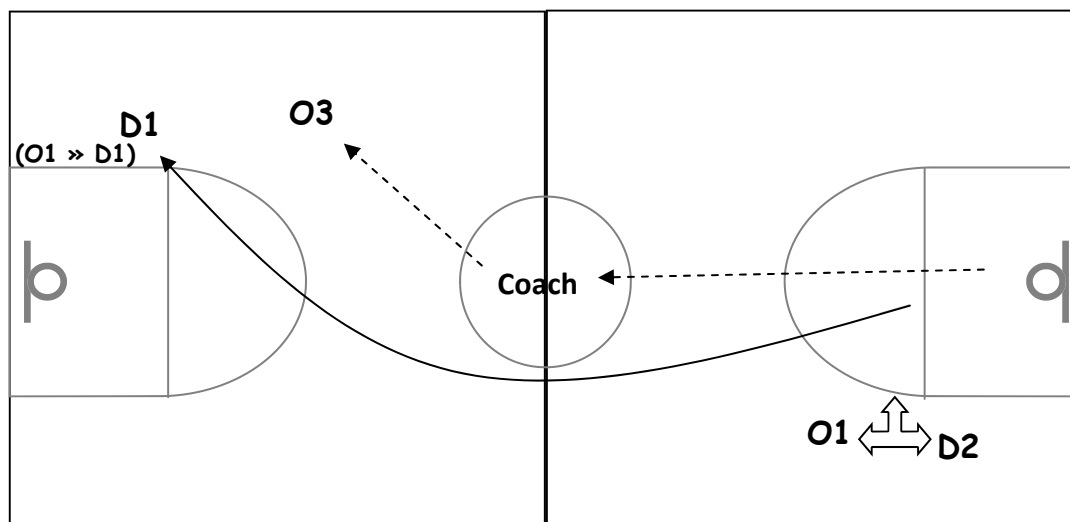
9.3 One-on-One-on-One Transition Game

Level: Intermediate

Three players are on the court during this drill. Player #1 starts on offense working against player #2 on defense. Player 3 starts on the other end of the court.

After Player #1 scores or Player #2 steals the ball or rebounds the ball, the pass goes immediately to the coach/volunteer at mid-court. Player #1 must transition to defense by running to the other end of the court as fast as they can and guard player #3. The coach will try to get the pass to player #3 for the fast break before player #1 gets back.

Then reverse the process. Player #3 tries to score against Player #1. After scoring, turnover or a rebound, the pass goes immediately to the coach at mid-court. Player #3 must transition to the other end of the court to defend against Player #2.



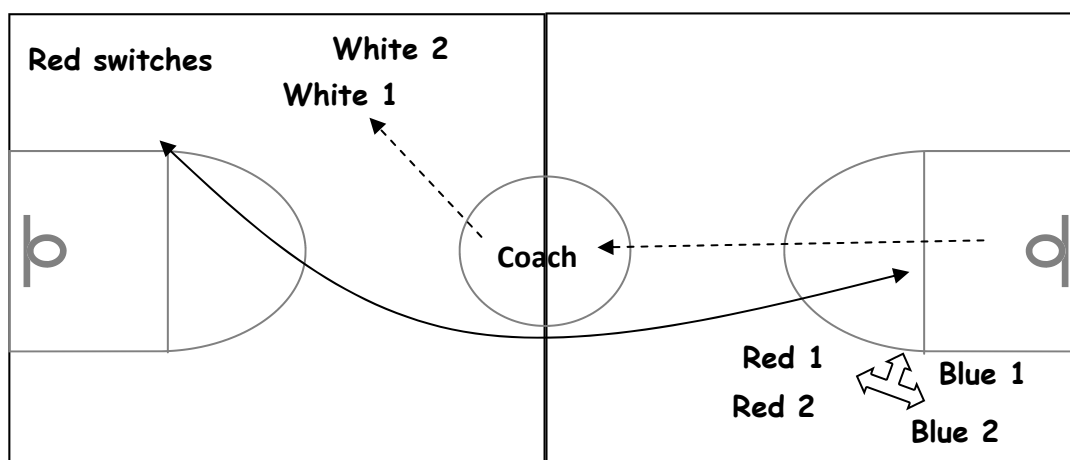
9.4 Two-on-Two-on-Two

Level: Intermediate

This is the same drill as the 1-on-1-on-1 transition, except now we are playing 2-on-2-on-2. There will be six players on the court at any one time. This game can be confusing, so it is important to give the kids enough instructions while it is in progress. It also helps if the children have different color shirts.

Have one team (Red) start on offense against (Blue). If (Red) scores, or (Blue) rebounds the ball, they pass to the coach immediately who is standing at mid-court. The coach will then try to pass the ball to (White) who will become the offensive team: (Red) must transition to defense to prevent (White) from getting an easy basket.

Then the process can be reversed after (White) scores or (Red) get the ball.



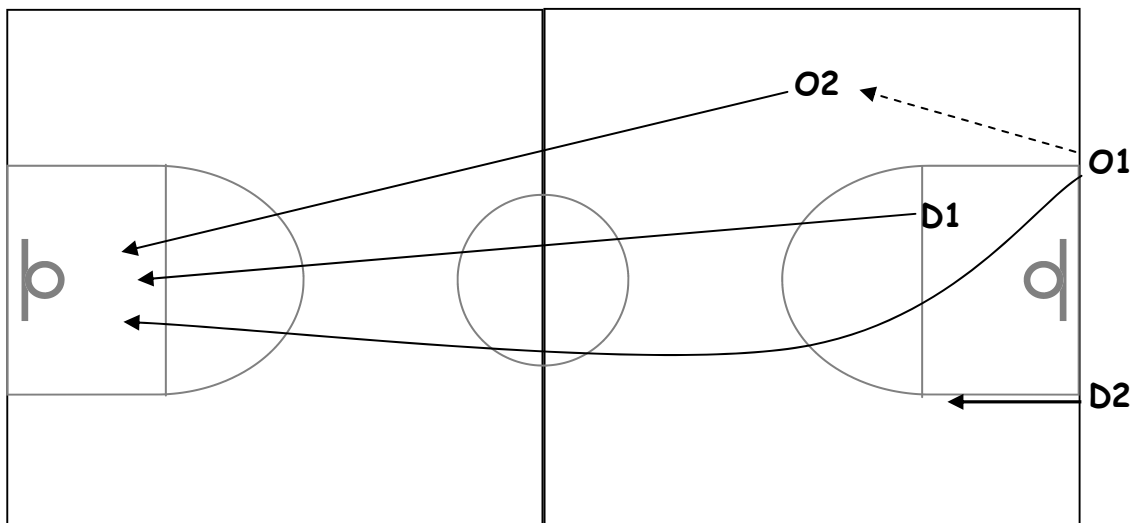
9.5 Two-on-Two Fast Break Games

Level: Intermediate

This game is designed to give the offense a slight advantage in trying to execute a fast break. O1 starts at the baseline with the ball and O2 starts at the wing. D1 starts at the bottom of the arc and D2 starts on the baseline.

This drill starts when O1 passes to O2. O2 should dribble the ball towards the basket and either take a lay-up or pass the ball, if covered, to O1. The two offensive players should attack on opposite sides of the basket. The goal is to make it hard for one defender to guard the two offensive players. It also helps during rebounding if the players are attacking for opposite sides.

As the drill starts, D1 should sprint back to the defensive end, to the bottom of the arc and defend the basket. D2 cannot leave the baseline until the first offensive player cross mid-court. This will allow the offensive to have a 2-on-1 advantage as long as they attack quickly. If the offense waits too long, then D2 will be back on defense. Have the players return along the outside of the court so you can continue with the drill.



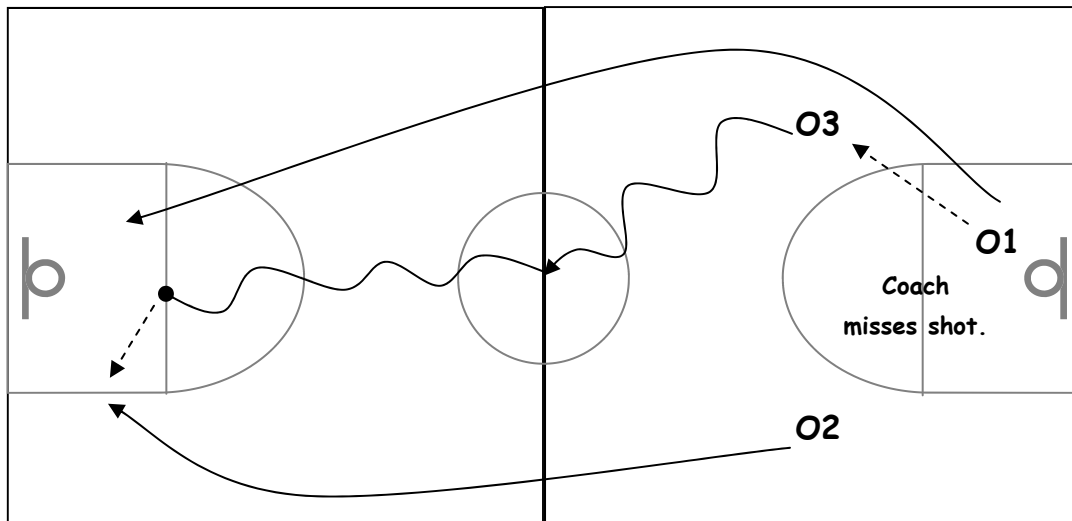
9.6 Three Player Flyer

Level: Advanced

Three players will begin on one end of the court. The coach misses a shot and O1 boxes out the coach, gets the rebound and makes an overhead outlet pass to the side of the rebound. The rebounder, O1, fills the fast break lane vacated by the dribbler. The player that received the pass dribbles O2 or O3 to the middle then to the opposite free throw line and comes to a two footed jump stop. They make a bounce pass to either player going toward the basket, who catches it in stride for a lay-up. Have them return along the outside of the court.

Teaching Point:

- The purpose of this drill is to work on spreading the court and offensive transition off the rebound with an outlet pass.



SAMPLE PLAYS

10.1 Screen & Roll

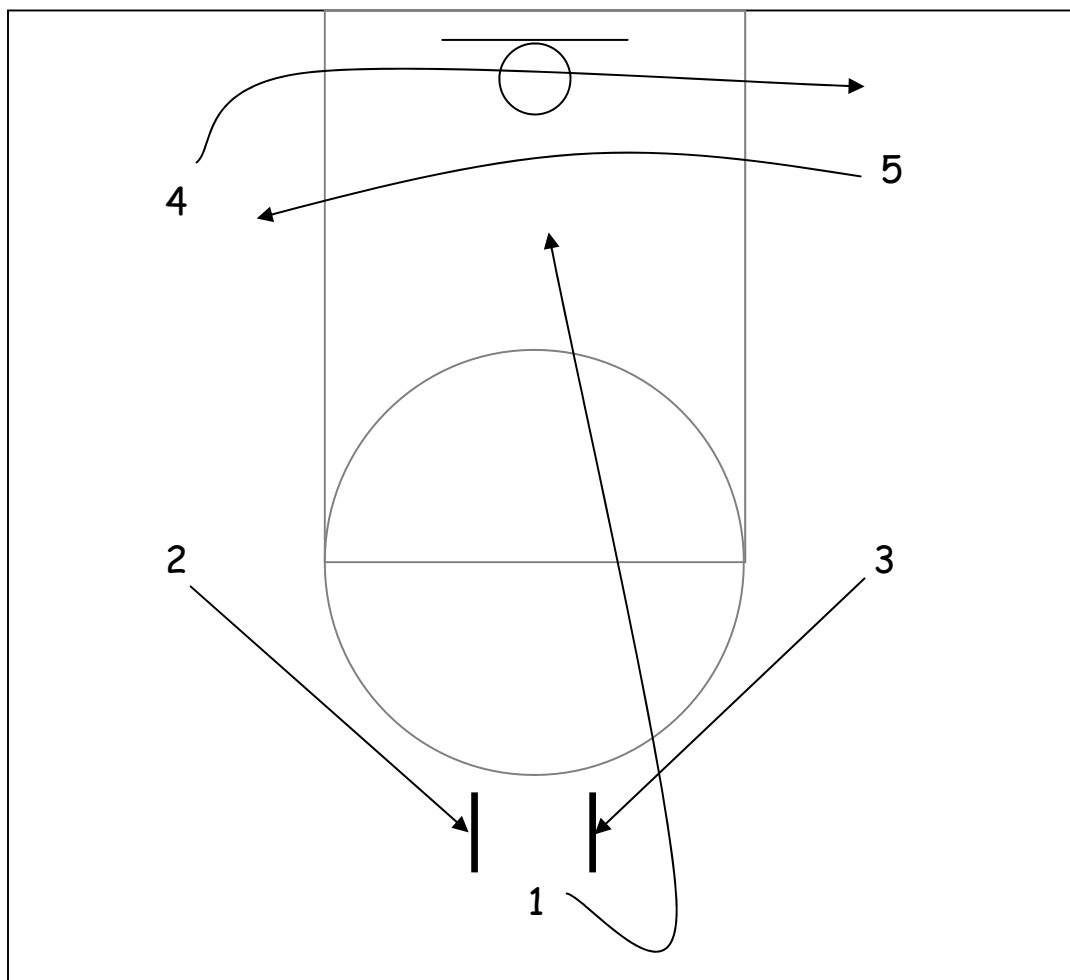
Level: Beginner

Steps:

- 1 Calls the play
- 2 and 3 set double high screens.
- 4 and 5 cross and prepare for a pass.
- 1 dribbles around either screener shoulder-to-shoulder and goes to the hoop.

Play Options:

- If Player 1 is stopped by the defense in the lane, they look to pass to players 4 or 5 if they are open.
- Player 2 and 3 should roll to the basket and look for a pass.



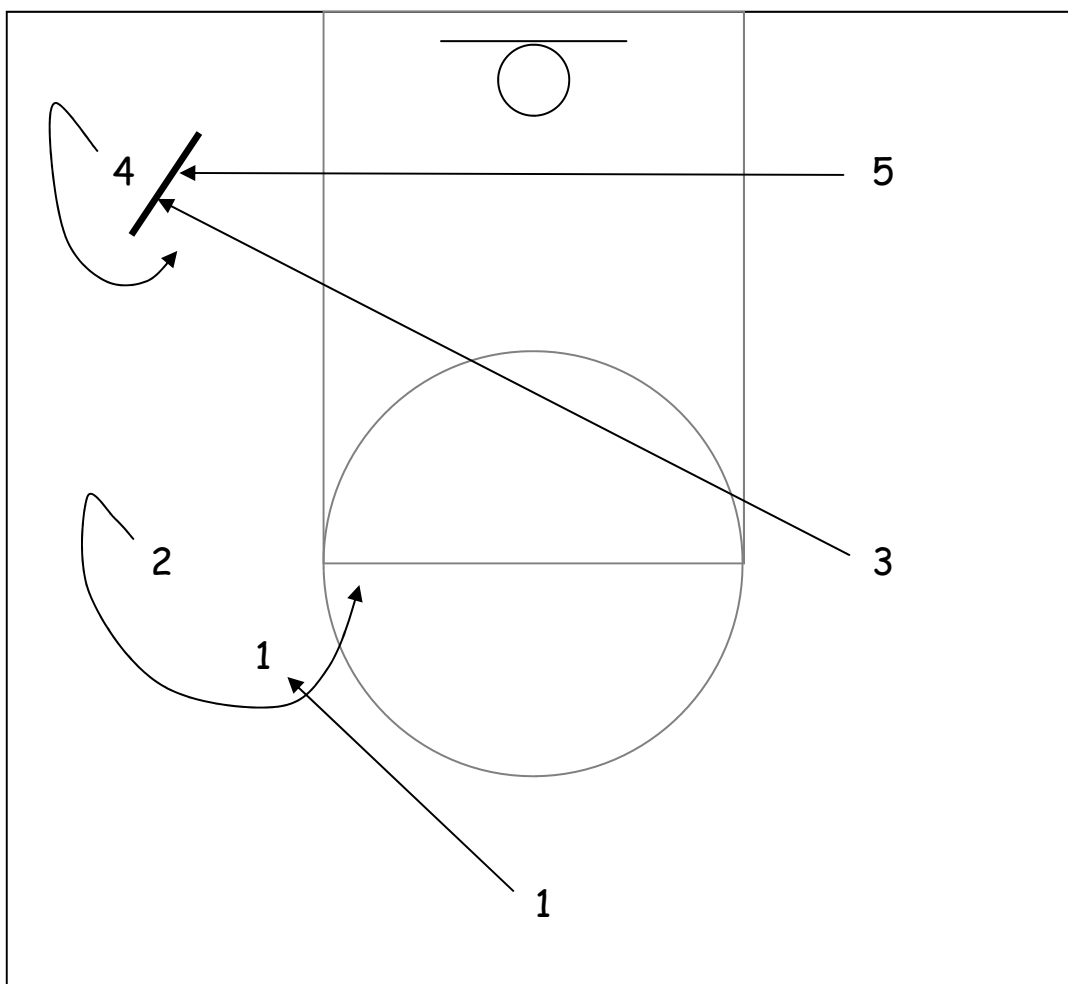
10.2 Screen to Handoff

Steps:

- 1 calls the play
- 3 and 5 will set a double screen away for 4
- 1 and 2 execute a screen to hand-off.
- 2 takes the ball to the basket.

Play Options:

- 1 does not handoff to 2. They keep the ball, pivot towards the basket and passes to 4 or 2.
- 2 must continue to run through.



10.3 Give-n-Go

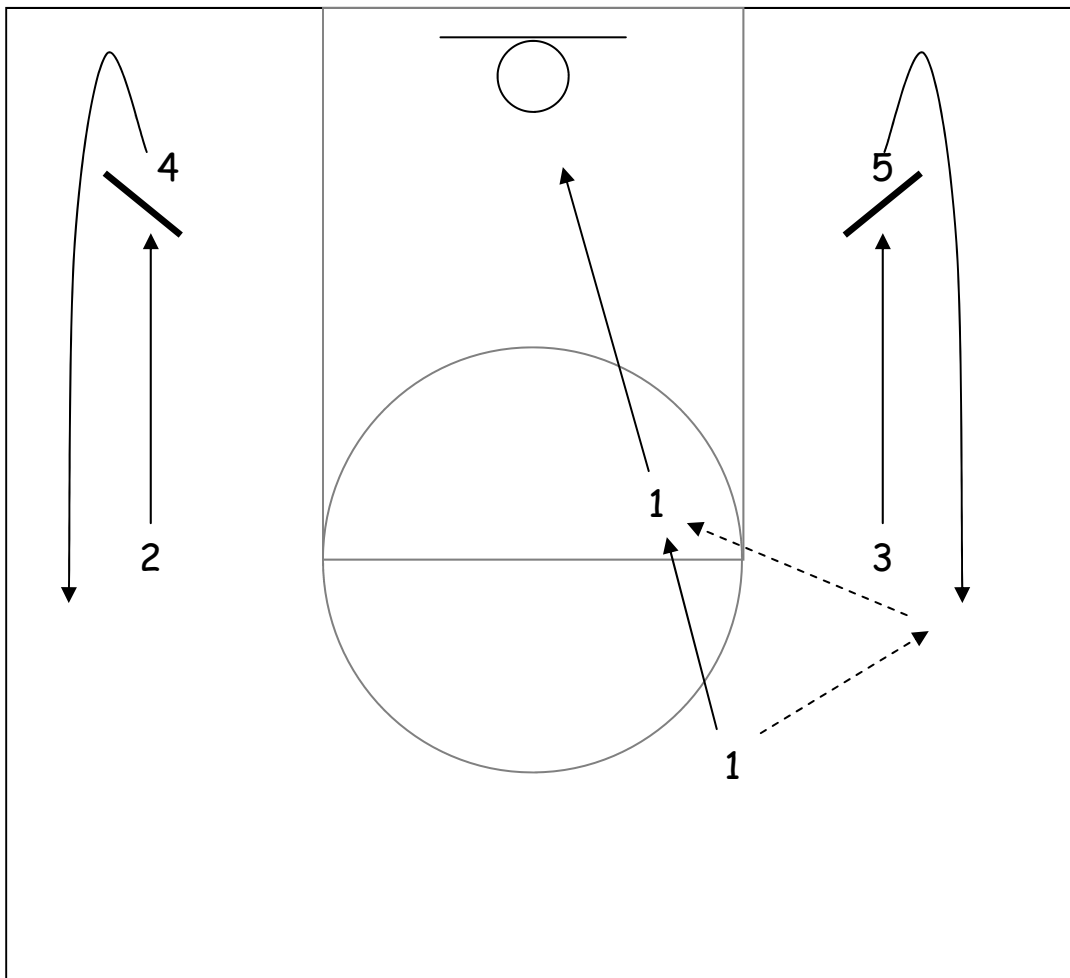
Level: Intermediate

Steps:

- 1 calls play and “cheats” to the side they are going to pass to.
- 2 and 3 set screens for 4 and 5.
- 4 and 5 peel around the screen shoulder-to-shoulder and run to the wing.
- 1 passes to 5 while they are still on the move. Make sure 1 leads them with the pass.
- 1 breaks down the middle.
- 5 passes right back to 1
- 1 takes the pass in for a lay-up

Play Options

This play can run to either side



10.4 Back Door Cut

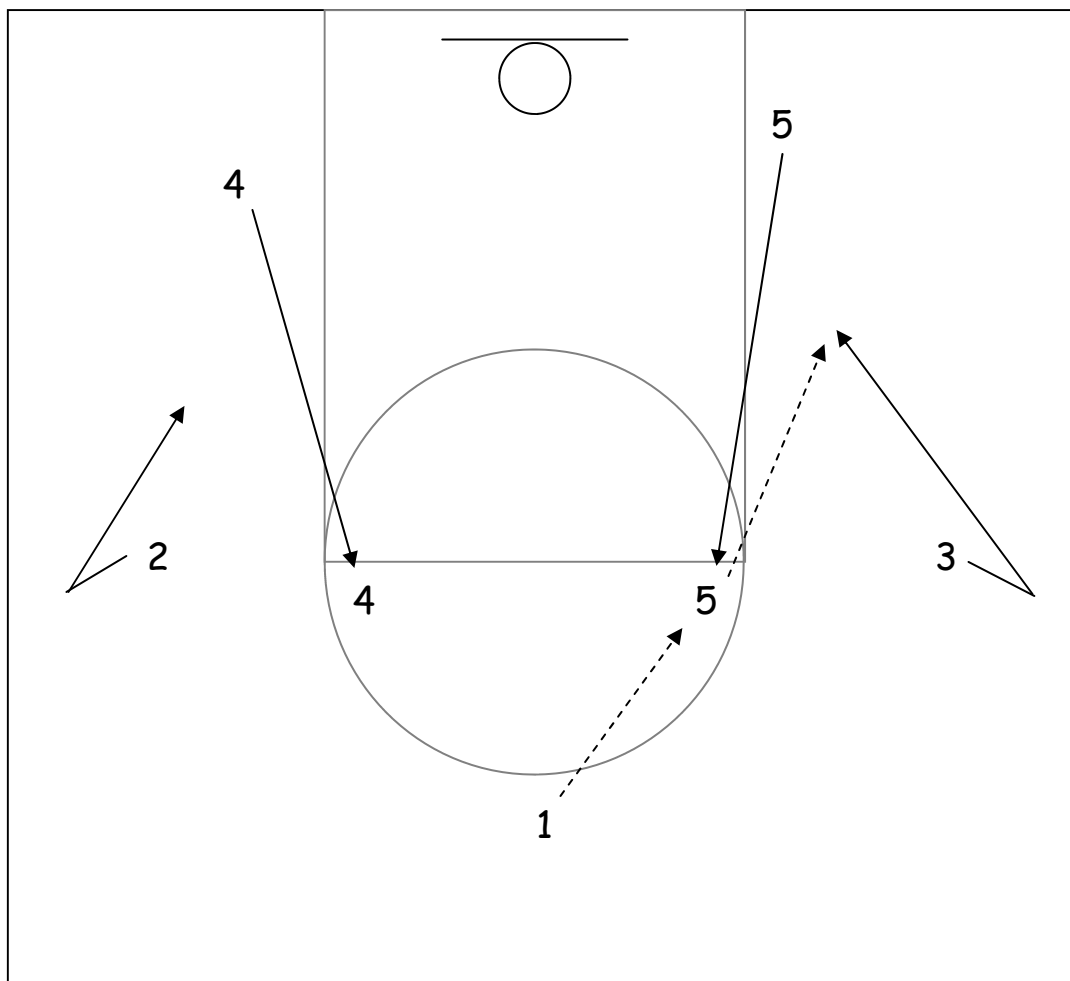
Level: Advanced

Steps:

- 1 calls the play
- 4 and 5 break to the high post.
- 1 passes to 5 while they are still moving. Make sure you lead them with the pass.
- 2 and 3 fake away, then cut to the basket.
- 5 catches, pivots and passes to 3 for the lay-up.

Player Options:

- 1 passes to 4 if 5 is covered.
- 4 pass to 2 cutting to the basket.



10.5 In-Bound Play

Level: Beginner

Steps:

Everyone starts right next to the lane. One slaps the ball and calls “break”

4 goes to the corner.

3 goes to the wing.

5 screens for 2

2 fakes away then cuts around the screen shoulder-to-shoulder down the lane.

5 turns and comes down the left side of the lane.

1 passes to the open player.

Play Options

This play can be run as a sideline play as well.

Don't try to “reverse” the play.

