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## TCYBA Coaches Clinic - Level 1

### 5 Out Motion (pass and cut...no standing still.)

This offense relies on give and go cuts. We can cut to the basket on every catch.

#### Keys to effective cuts:

- cut to the basket (North to South)
- finish you cut with your head underneath the rim
- Get out!!! Do not stand in the key!!
- Look for the ball when you cut.

### Shooting

HUGE.....your kids must be able to shoot!!!!

#### Lower Body

- always tell players to square up to basket
- have toes pointed to hoop
- feet shoulder width apart
- left foot 2-3 inches ahead of right
- knees flexed- tell them to bounce up and down on balls of their feet

#### Upper Body

- left arm is at a 90 degree angle with bicep parallel to floor
- elbow should be in, not sticking or wandering out to the side of the body
- left toe, knee, elbow and wrist should all be in a straight line (“if a meter stick was placed on your toe it would come up to hit the bottom of your elbow”)
- wrist is cocked back, so that there is a wrinkle behind the wrist
- ball rests on finger tips or pads, not on palm of hand-should have a “shooting window” or small space between the index finger and the thumb of shooting hand
- Make sure the index finger and middle finger, spilt the air valve on the ball
  
- as player shoots, right hand takes ball away, while the left hand stays put
- the whole body shoots the basketball, all joints working together-legs are an extremely important part of shooting

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## The Follow Through

- use the analogy of shooting out of the “telephone booth”-shoot up and then out
- at the end of shot, the elbow must finish above the eyes to ensure proper arc
- use analogy of “taking a cookie off the top of the fridge”
- have players hold their follow through, or flick
- ball should have backspin and should be in the air for 2 seconds before hitting the basket, regardless of where it is shot from
- “eyes on target”
- stress the importance of being confident before the shot leaves the shooter’s hand
- the entire body is involved in shooting the basketball

## Form shooting

- At a basket, on the wall. Go slowly and shoot with 1 hand.
- At a basket, while the non-shooting hand is just off the ball.
- At a basket with other hand on the side...shoot slowly.

## Wall Shooting

Perfect form against the wall.

## Partner Shooting

Always shoot at game speed during drills. Shoot from different spots, at game speed. Shoot against the clock and against each other. Always compete during shooting drills.

## Fill cut shooting

Have 2 lines on the wings and fill into the middle of the key for the shot. After the pass is made into the middle of the key, the passer then cuts for the shot.

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## Pop out Shooting

Players are arranged into one of four lines. 2 lines underneath the basket on each side of the key and 2 lines at each foul line extended. It does not matter where the players begin as they will all have turns from each spot.

After a player from a wing position passes to a shooting line, that player fills in behind that line and becomes a shooter. After a player shoots, that player goes to the passing line on the other side of the floor.

## Step Up Shooting

This is a three player shooting drill, two basketballs are required. There is a shooter on the wing, a rebounder underneath the basket and a passer at the top of the key.

The shooter assumes the shot ready position and receives a pass from the passer, but only on the command of the shooter who calls for the ball. Have the shooter take ten to fifteen shots in a row, then switch rolls until each player has had a turn shooting the ball. Switch sides.

## OFFENSE CONCEPTS

### Give and Go Cut (2 on 0)

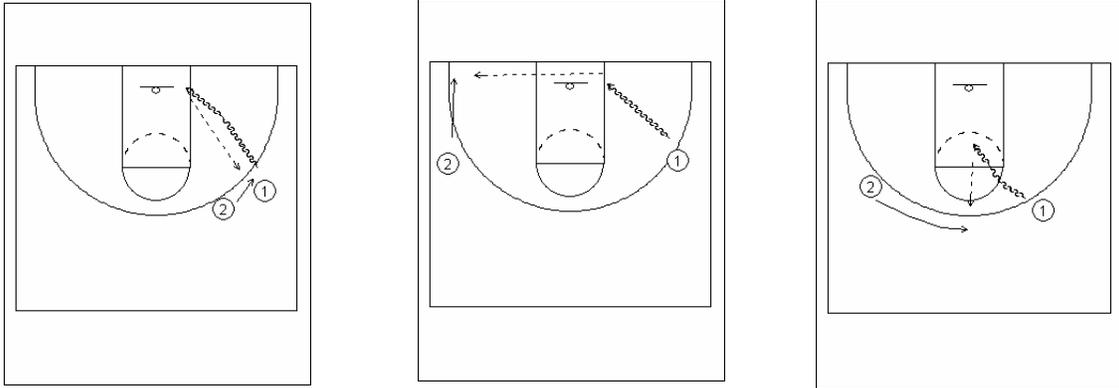
Have players in 2 lines, one at the top and one on the wing. The line at the top will have basketballs. The top line(1) begins by passing the ball to the wing(2). After the pass has been made, this player then runs towards the basket, gives a target hand and receives the pass back from the wing. Player must mis-direct on his cut.

On the catch that player then makes a lay-up.

- Do these cuts from the top of the key, from the wing and from the corner....remember to practice cuts from every space possible on the floor.
- Always make your cut to the rim(head under hoop) and then get out.

## Penetrate and Kick

The concept here is to drive the ball, draw the defense and kick or pass to an open teammate. The open teammate must move and call for the ball. Drive the ball into the key and come to a JUMPSTOP. This is a very important basketball concept...work on this...this is basketball!!!



On every penetration, there must be movement and talk.  
Good shooters are active shooters! Don't be a statue.  
Learn to read where to move to.

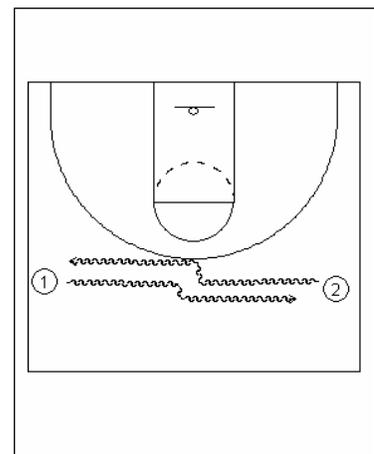
## Dribbling and Ball Handling

### 1) Moves on the Move

Players start at half court with a basketball. There are two cones(chairs) set up on the court, one at the 3pt line off to the side, near the elbow of the key. Players dribble at the cone and execute the required cross over. On the way back to center, the player executes that cross over again.

### 2) Cross-over Attack

Players partner up and are situated across from each other on opposite sides of the court.



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## Passing Drills

### Three Man Weave

Have players in three lines on the end line, with the balls in the middle line. As players move down the floor, have them pass the ball and follow their pass. Each time a pass is made, that player must cut behind the person they passed to, this will keep them proceeding in a weave formation down the floor.

### Partner passing

Have 2 players and 1 ball. Move down the court executing the following:

- bounce passes
- chest passes
- 1 dribble in between passes
- bust out passing(full court drills)
- 2 dribble in b/w passes
- 2 balls at 1 time

## Individual Moves

Teach kids at these young ages a jab fake and a shot fake.

Jab Fake - quick 6 inch fake, stay low

Shot Fake - Ball goes up and BUTT goes down,

## Basketball Stance

Teach the triple threat stance. Make sure kids always square up to the basket. The players must think score when they catch the ball.

## Last Words...

**PRACTICE THE FUNDMENTALS!!!!**

Make sure they can shoot, catch, pass, dribble and make relatively good decisions!!