



TCYBA / Steve Nash Youth Basketball Coaches Manual

The Steve Nash Youth Basketball League was established in September 2001, as a place for young athletes to be involved in the great game of basketball. The Steve Nash Youth League was Basketball BC's youth basketball program designed to develop fundamental skills, keep kids involved and active in physical activity while learning the value and enjoyment of sport in an enjoyable and positive environment. The program became a National based program in 2005 under the guidance of Canada Basketball but was still administered locally through the various Provincial Sports Organizations across the country. In 2019 the SNYB program transitioned to a new national program named Jr. NBA which is coordinated through a partnership with NBA Canada and Canada Basketball. Although the Steve Nash program no longer exists, the resources that remain are still of great value to Youth basketball coaches and for that reason they are still part of Tri-City Youth Basketball Associations coaches' resources.

Whether you are a novice coach or have an extensive basketball coaching background, we hope you enjoy your experience working with your young athletes. The basketball community appreciates your time, commitment, and role in the development of young people. The manual you are presented with, provides coaches of all levels of experience with a wealth of information, on basketball fundamentals, teaching techniques, and coaching philosophies. The manual was created to help coaches who are involved with athletes aged 7-13 years of age.

It is important not to underestimate how extremely important you are as a figure in the lives of these kids you will be coaching. You have an opportunity to mold character and develop athletes. Even though you see your athletes one, two or three times a week, you have the opportunity to have a major impact on their outcome, mentally, socially and physically.

There are many skills involved in the game of basketball, most of which are presented here. But besides basketball specific skills, there is a large focus on athlete development. These skills include balance and agility exercises as well as running techniques that will lay a foundation of athleticism for years to come.

It is optimal if you can get together with your athletes aged 7-10, twice a week to train. Besides the two times a week you get together with your athletes, it is recommended that they participate in other sports 3 or 4 times per week. It is essential for young athletes to capture fundamental motor skills during this time while still placing most of the emphasis of your sessions on kids having fun. Sometimes too much emphasis is placed on competition and not enough on training-practicing fundamental basketball skills and running skills. An ideal situation would see a ratio of 75% training to 25% competition. Athletes who are trained accordingly will be better prepared for competitive situations in up coming games and in years to come. Consequently, athletes who focus too much on winning and competing during these years may never reach their full athletic potential as they have these athletes tend to plateau later in their careers.



In conclusion, you should feel pride in the fact that you are a vital part of a young athlete's future potential. You are in a position to help your players a great deal over the course of the season, mentally, socially, emotionally, and physically.

Basketball BC sincerely appreciates your time and effort.

Planning Practice Using Practice Time Wisely

Practice tips

- Take stock of the practice environment-gym space, pylons, balls, number of baskets, etc..
- Maximize activity time and minimize waiting time-make use of space as much as possible
- Move players quickly from drill to drill-don't give them a chance to even think about being bored
- Provide simple, clear, precise instructions-keep them brief
- Have names for all of your drills so that as players become familiar with drills they respond quickly to commands
- Constantly provide feedback on player's performance, on an individual and team level-try to give feedback immediately
- BE POSITIVE, you can never say "great job, good hustle or nice try" too many times
- Be creative with gym equipment-use what you have
- Know your limits: don't teach something you don't know. If you are unsure of something, seek help from those who know.
- Give them time to get water, but make sure they are quick
- Be over organized for practice. Make copies of the practice template, and be very detailed when filling it out. You want to make sure you have more to cover than not enough.
- It is a good idea to have mini-meetings at the beginning of practice to discuss the goals or focus of the day. This will narrow the player's focus as to what you expect from them.
- At the end of practice it is a good idea to meet again, for only 2-3 mins to review the practice and discuss what went well, and what needs improving upon. This will also add a sense of routine and structure to your workouts

Skill of the Day

- A skill of the day should be taught each practice session.
- This skill should be the emphasis of the practice session for approximately 20-25 mins-any longer and you young athletes may begin to drift
- When teaching this skill, allow yourself 4-6 mins of lecture time
- The remainder of the time should be spent breaking down the skill with your athletes and practicing the skill
- Athletes should spend little time waiting
- Each skill should be worked on using 3 to 4 different drills, so the athletes do not become bored with one particular activity
- If athletes attention is wandering do not be afraid to change the activity



- If a particular drill is working well, then stay with that drill-make a read off your athlete's level of enjoyment and concentration
- Be sure to change drills to suit the skill level of your players

Coaching Philosophy

To be a successful coach, there is no one particular style that you should have. One good coach may be very loud and vocal while another may be calm and quiet. Either way may be suitable for you, it depends of how you are comfortable coaching.

However, there is a wrong way to coach, especially when dealing with youth. As competitive as coaches sometimes are, it does not help anybody to negative or disrespectful towards players, other coaches, or officials. You must remember that you are a role model for your players, and they will mimic what they see.

Your goal is to make basketball a physically fun experience for your players. This is a time when kids should learn to work as a team, in a positive, open environment. Regardless of your coaching background, your responsibility is to create a positive learning environment in which kids can challenge each other and themselves to become better.

Kids must feel as though they can make mistakes, as this is how they learn best. Encourage them to make as many mistakes as possible. For example, when doing ball handling activities, encourage kids to lose control of the ball. When doing dribbling exercises, encourage them to lose control of the ball. This demonstrates that they are pushing themselves to become better. Without this kind of self-push, without the kids feeling as though it is OK to make mistakes, it will be difficult for them to improve.

Here are some additional suggestions:

- How you teach is just as important as what you say.
- Players don't always listen but they always watch
- Move with purpose and speak with passion
- Be excited to be there! Your enthusiasm and level of excitement will transfer down to your players
- You are their example and role model
- You must develop your own coaching personality. This means that you must be comfortable with your coaching style-don't try to be someone else
- Body language such as facial expressions, eye contact, arm and hand movements, even touch, are all very effective means of communicating
- Keep control of your practice environment. Carry a whistle, and/or use "yes" and "ears"(Coach yells "EYES" players must clap their hands, if Coach yells "EARS" players must stomp feet) This is a very effective way of maintaining and regaining their focus.
- Use key words to keep athlete's focus and to emphasize techniques. "JUMP, FLICK, SPRINT, LOW, EXPLODE, HANDS" etc..
- Be consistent with rules and how you treat each player



- A player's experience should be challenging, competitive and fun. Yes, kids are competitive and like to compete, it is OK to have a winner and a "non-winner" for drills and games
- Some coaches feel that attaching a physical exercise to losing will turn kids off exercise. If the exercise is easy and fun kids won't mind doing it. These little "consequences" are not deemed as punishment, but are a very effective method of keeping drills competitive, and hence this is how players improve

General Administration

Dealing with Parents

It is important that a meeting is held in which the parents become fully aware of team dynamics, team rules, team goals and team philosophy. Find out which parents are willing to help to drive kids around, or are willing to help out on the basketball court, regardless of their basketball experience. An enthusiastic, energetic personality is always valuable.

Other Parental responsibility may include

- Participating in fund-raising activities
- Supplying proper equipment
- Paying fees
- Supporting coach's decision
- Supporting team rules and regulations

Conflict may arise if a parent feels a particular child is not getting enough attention, or if their child is not getting enough playing time, etc. It is important that you as a coach be very up front and clear with regards to your intentions, and where you see that player.

How to Teach

There are many methods used in teaching basketball to youth. Presented here is only one way. You may wish to use a different method or one that you are more comfortable with.

The method presented here involves 3 steps:

- 1) The Presentation Phase
- 2) The Application Phase
- 3) The Feedback Phase

- 1) **The Presentation Phase** should be conducted according to your level of comfort. Some people are comfortable with simply explaining the drill while others are more comfortable explaining and demonstrating at the same time. You must decide how you are most comfortable teaching basketball.

During the presentation phase, the skill is explained and demonstrated for your athletes. When presenting a new skill, emphasize only a few key points so that your players don't become overloaded with new information. It is also a good idea to have key words so that



players associate the sound of the word with the require movement. Select short descriptive words that catch the attention of your players.

It is also important that when demonstrating skills, these demonstrations are done properly so that players can see exactly how the skill is to be performed. If you cannot demonstrate a skill correctly, have a guest demonstrator, or use one of the players to demonstrate the skill. Using videos can be a very effective means of illustrating the proper technique for a particular skill.

When you are finished your letcure, encourage questions from your players and remind them that there are no stupid questions. They must feel comfortable enough to speak up, if they do not understand something

- 2) **The Application Phase** involves the athletes actually practicing the skills you've just lectured on and should be done immediately after your lecture. If there is too much time between the Presentation phase and the Application phase, your players may not remember the specifics of the lectured skill. As the skill is being practiced it is a good idea to reinforce key points. If you have forgotten to mention certain aspects of the skill, do not be afraid to stop the drill to throw in other comments or suggestions.

When practicing a skill, use a variety of drills. If you use the same drill time after time or if you stay with the same activity, your players will become bored and uninterested in the activity. This is where you must make a read on your players. If you see their attention drifting , don't hesitate to change the activity immediately to a different one that works on the same skill. Conversely, if your athletes seem to be enjoying a particular drill, stay with that drill until it becomes unproductive. As you become more comfortable with your coaching style you will learn to recognize when something is working or not working.

- 3) **Feedback Phase** is really where coaching comes into play. As the athletes are practicing their new skill, it is very important that you provide constructive feedback. If a player is doing a particular skill incorrectly, it is essential that you correct errors so that the skill is practiced with proper technique.

In correcting athletes you will find that you must repeat yourself, over and over again. Players need to hear this though. They need to hear corrections time and time again, until the skill become natural.

Role of a Coach

As a coach you are responsible for much more than teaching basketball. You are in a position to teach life and to aid in the development of young people. You are in a position to teach character, discipline, and punctuality. You are a leader, a teacher, a organizer and a role model for your players.



Learn

One of the best ways to learn anything, let alone basketball is from our peers. In your circle of coaches there are going to be people with more basketball or teaching experience than others. It is strongly recommended that you use these individuals to better your basketball knowledge.

The best coaches at all levels of basketball are constantly learning not only from each other, but from observing other teams play, from videos, from books and from coaching clinics. Basketball BC has an excellent library of books and videos from which you can gain information. Use all the resources you can so that your athletes have a greater opportunity to reach their potential.

Goal Setting

Although your athletes are young, it is still a good idea to introduce them to the concept of goal setting, as this can serve as an important motivational technique. When discussing goal setting with your athletes have your players decide together, what their team goals should consist of. Also encourage each player to write down on a piece of paper what their immediate and long-term goals are both individually and as a team. Some children may need your assistance in setting goals. Suggest putting self-improvement first and victories second.

Try to have a number of specific, achievable goals, so that a number of successes can be experienced as it is important for athletes to feel what it feels like to be successful.

Communication

To be successful in coaching you must be able to effectively communicate with your players, parents, other coaches and officials. Good communication skills arise from you constantly making an effort to become a better communicator.

The keys to becoming an effective communicator are being able to communicate openly, positively and clearly.

Sports is an excellent environment for kids to learn to communicate with each other. This is an opportunity for somewhat shy, timid kids to come out of their shell and unleash themselves vocally! Kids are usually told "to be quiet" or "don't yell so loud". Sports is an arena where the louder they are, the more vocal they are the better. As well the more kids feel they are able to let go, the more fun they will have.

For a team to be successful they must be able to effectively communicate with each other when the coach is not present. The drills that your team performs provides a great opportunity for encouraging kids to communicate with each other. For example, in a passing drill, tell kids to call the name of the person they are passing to

Communicating openly is reliant on you being honest with your athletes. It relies on you being sensitive to their needs and responding to their needs. It relies on you listening to what they as individuals and as a group have to say in a non-judgmental fashion and making adjustments where you see them necessary.

Communicating positively especially with young athlete is extremely important. We must remember why these kids participate in sports-to have fun. Everything else should be secondary.



When correction are made and there will be many, it should be done in a very non-threatening manner. For example the *sandwich effect* “You had a great follow through on your shot, but you must use your legs more, and it was great to see your feet squared to the basket”. In this technique a negative is given between two positives.

Communicating Clearly involves getting to the point of what you are saying in a simple, precise manner. It is a good idea to speak a little louder than normal (outside voice) to get the attention of wandering ears. Be sure to make eye contact with everyone you are talking to, to keep them focused.

Practice Template

Suggested time for practice is 60 mins

Warm up Activity 4-6 mins

- Choose from any one of the suggested activities
- This is a good time to work on running techniques

Ball Handling Drills 6-8 mins

- It is essential that players develop a good feel for the basketball
- Ball handling drill should be done in every session
- As your get on in your season, you can ask players to lead these ball handling routines

Start up Activity 4-6 mins

- Choose from any of the suggested activities
- Athletes should be talking and getting loose
- This is a good time to have fun and to communicate

Skill of Day 25mins

- Lecture on skill topic 4-6 mins
- Specific skill drills preferably 3 or 4

Quick review 2 mins

Competing Activity 8-10mins

- Select a Competition Activity
- Players need to compete against each other to get better
- “non winners” have push ups, sit ups, etc.

Skill review 4-6 mins

- Perhaps last week’s skill



- Re-explain and do activity using familiar drills

Competing Activity 4-6 mins

- Shooting games, relays, 3 on 3 or 5 on 5

It is also a good idea to have a “quick review” in which you call the name of a activity and the players go quickly to do these drills. These drills last only 2 mins and work on a very specific skill

For example “Wall shooting, go!” Players run to a spot on the wall and very quickly review shooting technique while receiving feedback.

On the following page is a sample practice template. It is suggested that you make photo copies of this template and use it for each practice session.

Technical Basketball Skills Development Principles for Athletes aged 7-10

This is the suggested order in which skills are to be taught

- 1) Triple Threat Stance
 - teaching the athlete to become familiar with this stance
 - from this position the athlete can dribble, shoot or pass
- 2) Shooting
 - getting squared up to hoop
 - getting shot ready
 - shooting technique
- 3) Passing and Catching
 - ready position
 - passing technique
 - catching technique
 - passing on the move
- 4) Lay ups
 - foot work
 - right and left hand lay ups
- 5) Dribbling and Ball handling
 - ball familiarity



- ball control
- dexterity-right and left hands

6) Pivoting

- front and back pivoting
- 2 foot jump stop
- being tight with the ball

7) Defense

- defensive stance
- defensive slides
- on the ball defense

8) Offensive Concepts

- go to the hoop
- give and go cut
- space and movement

9) One on One play

- shot fake
- jab step
- recognizing advantages

10) Rebounding

- Boxout position
- A desire for the ball
- Valuing the basketball

11) Getting Open

- V-Cut
- L-Cut

12) Transition Offense

- Passing on the move
- Decision making
- Advantage situations

13) Sweeping the ball

- Being aggressive
- Protecting the ball



1) Footwork

- forward and backward running
- starting and stopping
- change of direction
- pivoting
- offensive ready position
- defensive ready position

2)Speed

- general speed training
- speed of reaction to different stimuli
- hopping skipping, jumping

3) Co-ordination

- wide range of general skills
- mobility
- eye feet co-ordination
- eye hand co-ordination

4) Endurance

- aerobic activities

5)Flexibility

- introduce general exercises

6) Balance

- balance is extremely important in basketball
- at this age children begin to develop balance

Mental and Social Basketball Skills For Athletes Aged 7-10 years

1)Self Confidence

- Formation of self concept
- Emphasis on self worth and personal pride

2)Leadership

- Learn to be a team player
- Encourage interaction with teammates to build personal skills
- Learn to play fair and respect all aspects competition



3) Effort and Commitment

- Encourage involvement
- Provide encouragement
- Encourage hard work
- Emphasis on giving one's best

4) Independence

- Encourage players to take responsibility

5) Attitude

- Stress enjoyment
- Stress hard work and show the enjoyment of hard work
- Develop good habits

6) Team work

- Encourage kids to work together under different circumstances
- Encourage respect for each other
- Encourage the construction of positive relationships with others

Developing an Athlete

BALANCE, SPEED, AGILITY, AND QUICKNESS

Basketball is a dynamic sport that requires great balance, speed, quickness, and agility. Some young students/athletes have the gift of athletic talent that gives them an advantage from the start of their athletic career. However, all student/athletes can improve in these areas. The key is to maximize the athletic gifts they have been given.

For parents, teachers, and coaches the concepts involved with balance, speed, agility and quickness may seem far beyond their understanding and more importantly very difficult to teach. Presented here are some key basic points that can be taught in different drills that can be fun, beneficial, and specifically adapted to basketball.

BALANCE



Balance is the ability to maintain a required position for a given period of time. In athletics and basketball balance may include single leg, and double leg balance positions in a static, non-moving environment .

Dynamic Balance includes maintaining positions when moving (running, jumping, lateral defensive movements, offensive movements, movements with the ball), and balance in basketball may also include movements against an external force.(e.g. post position, sealing, boxing out, etc.)

STATIC:

Static balance involves one leg and two leg balance with different foot positions. Each person has a different **balance threshold** based on their individual abilities and attributes (e.g. height, weight, strength, etc.) The balance threshold is where the student/athlete feels comfortable in a good postural position-head up, chest up, athletic stance. This can be with or without the basketball. To improve balance, you must put the student /athlete in different challenging positions that simulate the movements they will encounter in a game or practice. For safety, and injury prevention these simple rules should be remembered when designing drills and practices:

- a. Avoid locking of joints(especially when decelerating or stopping) which puts stress on joint structure.(Athletic, stable stance always involves bent knees)
- b. Avoid lateral knee movement during balance activities. Keep knees in line with toes and over foot.
- c. Weight should be distributed as much as possible over the entire foot for balance.
- d. Single Leg Activities-If a student/athlete gets off balance, recover by putting free leg down to minimize stress on ankle and knee joints.

STATIC DRILLS: (PROGRESSING FROM SIMPLE TO DIFFICULT)

1. DEFENSIVE AND OFFENSIVE BASKETBALL STANCE-WITH OR WITHOUT BALL
2. TWO LEG STANCE WITH FEET IN DIFFERENT POSITIONS-EG. NARROW STANCE, WIDE STANCE, LEGS CROSSED, ETC.
3. TWO LEG BALANCE ON UNEVEN SURFACES-EG. FOAM ROLLERS, BALANCE BOARDS, ETC.
4. SINGLE LEG BALANCE-RIGHT AND LEFT LEGS WITH OR WITHOUT BALL, BALL MOVING IN DIFFERENT BODY POSITIONS (EG. ABOVE HEAD, SIDE, ETC.)
5. SINGLE LEG BALANCE ON UNEVEN SURFACES-EG. FOAM ROLLERS, BALANCE BOARDS, ETC.
6. SINGLE AND DOUBLE LEG BALANCE WITH EXTERNAL FORCE (EG. PARTNER PUSH OR PULLS TRYING TO DISLODGE FROM POSITION)
7. PASSING AND CATCHING BASKETBALL OR MEDICINE BALLS WHILE IN DIFFERENT BALANCE POSITIONS (EG. NARROW STANCE, DIFFERENT FOOT POSITIONS, SINGLE LEG BALANCE POSITIONS)

DYNAMIC DRILLS-IN PLACE:

8. TWO LEG SQUATS-DIFFERENT FOOT POSITIONS
9. SINGLE LEG SQUATS



10. SQUATS-SINGLE AND DOUBLE LEG WHILE MOVING BASKETBALLS OR MEDICINE BALLS AROUND BODY OR PASSING AND CATCHING BASKETBALL OR MEDICINE BALLS.
11. SINGLE AND DOUBLE LEG SQUATS ON UNEVEN SURFACES(EG. FOAM ROLLES, BALANCE BOARDS)
12. SINGLE AND DOUBLE LEG SQUATS ON UNEVEN SURFACES WITH BALL MOVEMENTS OR PASSING AND CATCHING.

DYNAMIC DRILLS WITH MOVEMENT:

13. LUNGES-STEPPING FORWARD, SIDE, DROP STEP, OR STRAIGHT BACK-WITH OR WITHOUT BASKETBALL OR MEDICINE BALL.
14. LUNGES-SIMILAR TO #13, BUT TO BALANCE ON ONE FOOT
15. RUNNING OR DRIBBLING TO JUMP STOP-STABILIZE IN DEFENSIVE STANCE OR TRIPLE THREAT-WITH AND WITHOUT BASKETBALL OR MEDICINE BALL.
16. TWO LEG HOPS TO JUMP STOP-STABLIZE IN DEFENSIVE STANCE OR TRIPLE THREAT-WITH AND WITHOUT BASKETBALL OR MEDICINE BALL.
17. SINGLE LEG HOPS TO JUMP STOP-STABALIZE IN DEFENSIVE STANCE OR TRIPLE THREAT-WITH AND WITHOUT MEDICINE BALL.
18. DOUBLE LEG HOPS WHILE PASSING OR DRIBBLING BASKETBALL.
19. SINGLE LEG HOPS WHILE PASSING OR DRIBBLING.
20. SINGLE AND DOUBLE LEG HOPS TO JUMP STOP WITH PARTNER OR COACH PROVIDING FORCE IN ATTEMPT TO PUT STUDENT/ATHLETE OFF BALANCE

ANY OF THESE DRILLS CAN BE USED AS A WARM-UP OR WITHIN A PRACTICE SITUATION. CHOOSE 5-10 TO DO AT EACH PRACTICE, OR ADAPT SOME, OR EVEN CREATE YOUR OWN. REMEMBER KEEP STUDENT/ATHLETES IN SAFE STABLE POSITIONS.

AGILITY AND QUICKNESS

Agility is the ability to explosively brake, change direction, and accelerate again. In basketball, agility is more important than simply achieving a high velocity in running. Change of speed, while changing direction is what makes basketball a very challenging game. Agility is a natural progression from balance.

Quickness is a product of agility and speed. Student/athletes have a natural ability to be agile or quick. However, the key is to maximize the attributes with which they were born.

There are a number of methods and drills that can improve agility and quickness, both in a general athletic situation and a specific basketball situation.

EXERCISE SAMPLES-front, back, side

1. BIMOTOR DRILLS-



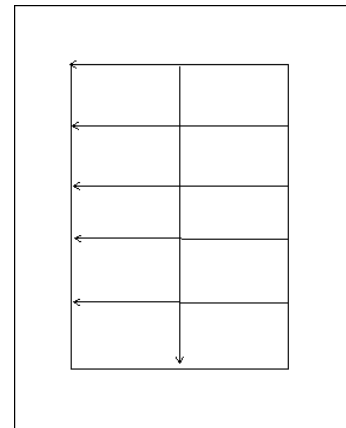
- a. Carioca-alternating step in front, step to side, step in back
- b. Power skipping with arm action
- c. Crossover skipping-front leg crosses in front of body
- d. Shuttle Run-different distances sprinting, and defensive slides
- e. T-drill-sprint 5-10 m., touch cone, defensive slides to left(5 m.) touch cone, defensive slide to right(10 m.), defensive slides to left(5 m.), backward run (5-10 m.) to start
- f. Z pattern-forward and backward running
- g. Zig-zag runs and cuts-plant outside foot, drive off, step forward with opposite foot
- h. Obstacle course-combinations of cones and hurdles

These exercises can be used individually, or in combination, as part of a warm-up or as part of the practice. Utilize basketballs by using dribbling and passing as part of the exercise. E.G. Make a basketball obstacle course.

Eg. Dribbling through cones, passing to a coach, hops over cones as part of an obstacle course.

2. Agility Ladder-Ladders(see diagram) can be purchased or made out of rope or plastic (5-1 m. spacing) An alternate to a ladder is to draw ladders on the floor/field or make use of existing lines (eg. badminton lines). The idea is to use quick feet, usually on the balls of the feet, and step in the spaces of the ladder avoiding the lines or rungs.

- a. Icky shuffle(1step out, 2 steps in)
- b. Zig zag
- c. Zig zag crossovers
- d. 180-360 degree turns
- e. Jumps, hops, and bounds
- f. Lateral movement(sideways)
- g. Stops and starts



Ladders or Lines can be used for many different footwork drills. Use separately or in combination, and also create new drills. To be sport specific use basketballs to pass, dribble, or ball handle while performing the exercises.

Eg. Icky shuffle(1 step outside of sideline, 2 steps on sideline, 1 step outside, moving the length of the court while dribbling.

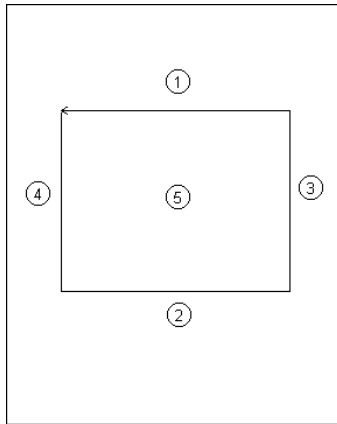
3. Level Change Agility-Although most level changes in basketball involve jumping, many of these drills create a sense of “Body Awareness”, especially in young athletes.
 - a. Stand up and go from 3,4 points, sitting, lying, sprawl, on back etc.
 - b. Tumbling drills-forward roll, backward roll, combinations, cartwheel, round-off, etc.
 - c. Running start to tumbling, tumbling sequencing.

Level Change Agility Drills can be used as a fun way to teach body awareness. Incorporate basketballs in the drills by adding dribbling, passing, and even shooting at various stages of the drill.

Eg. From on back, stand up pass to coach, sprint length of court, front roll, receive pass for lay-up.



4. Positional Agility- Body position and being agile both with the feet and the hands is important in basketball. The use of tools such as reaction balls(irregularly shaped rubber balls) create an environment where student/athletes must react to external forces.
 - a. Reaction ball drills- 21(similar to baseball-one bounce worth 1, two bounces worth 2 etc.- played in partners or teams), drop and get under (partners), roll and box out(partners), bouncing ball off walls react by catching with one hand. Substitute tennis balls or other balls if reaction balls are not available.
 - b. Mirror Drills(follow or mirror partner's movements- defensive stance, sprinting, etc.
 - c. Hexagon and other figures- dot drills-footwork drills that follow different patterns of dots on floor-Dots can be painted or put on with removable tape. Here are several examples.

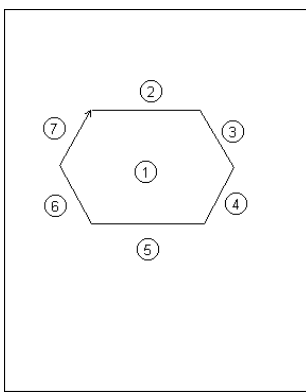


The Square Drill - Start with both feet on the 5. On coaches cue, player jumps with both feet to the required number. Can also go one foot at a time. Must go as quickly as possible.

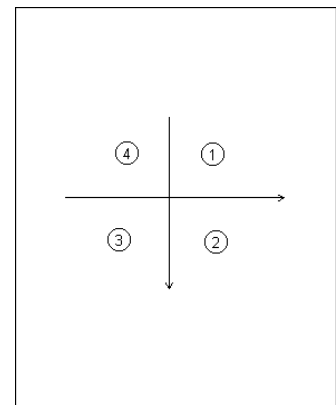
Suggested patterns:5-1-2-1-3-1-4-1-or 5-1-3-2-4.

The Cross Hop Jump on both, or on one foot. Go as quickly as possible. Suggested pattern 4-1-2-3-2-1-4 or 1-3-2-4-3-1-4-2.

The Hexagonal Bounce Start with player on 1. Jump with two feet or one foot at a time. Go as quickly as possible. On coaches cue, jump outside line, then to the required number.
Suggested patterns 1-2-1-3-1-4-1-5-1-6-1-7-1 then go 1-2-5-1-7-1-4-1-3-1-6-1.



Be creative with these patterns.





Positional Agility can be incorporated in a number of drills. Be basketball specific and use basketballs in dribbling, and passing as part of these drills

Eg. Defensive footwork-With a partner, mirror their movements using defensive stance and slides for 10-20 sec. Each partner takes a turn as the leader.

GAMES-Games such as dodge ball, towel tag, frozen tag, basketball dribble tag, etc. are great fun ways to improve agility without the student/athlete realizing it. These can be used as a fun warm-up before games or practice.

SPEED

Running speed is also an important concept in basketball. Acceleration, deceleration and change of direction are all included in speed, and of course in a basketball game you have the added problem of using a basketball to pass, dribble, or shoot.

PAL paradigm-This applies to the Posture, Arm action, and Leg action in running. The basic teaching points in proper running form are:

Posture-head down when accelerating, triple extension(ankle, knee, hip)

Arm Action-open angle at elbow-increases as arm moves back and decreases as move forward, hand open

Leg Action-the shin angle with ground is positive, the centre of gravity-becomes more vertical as the athlete reaches top speed. High knee lift and heel to buttock (almost touching) spacing is important.

RUNNING DRILLS:

a. HULA HOOPS- balance starts into hoops-hoops are progressively farther apart on the floor.

-change of direction accelerations-hoops in different patterns(zig-zags) on floor

b. Rope pulling drills (pull runner forward-towing), or running down hill-increases stride length

c. Resistive running drills (hold runner back), or running up hill or stairs-increases stride frequency

d. Sand running-for balance, and strength increases

e. High Knees Running

f. Butt Kicks Running



- h. Seated Arm Action-relaxed arm action without crossing the mid-line of the body.
- i. Knee hug and go
- j. Alternate leg bounding into a run
- k. Jump and run
- l. Scramble out-different balance positions into a run-eg. balance on one arm and one leg into run.

Incorporate basketballs into drills by dribbling, passing, and shooting where appropriate.

BASKETBALL SPECIFIC DRILLS:

- a. Catch ball in athletic position-get into triple extension(falling forward) to dribble
- b. Lean on Ball on Floor-pick up ball and pass and accelerate
- c. Balance starts on one leg-either running or dribbling
- d. Accelerate, decelerate, re-accelerate-add basketball dribbles, passing

Perfect running form does not necessarily coincide with basketball principles. As you add dribbling, passing, and shooting a basketball, changes in form are necessary. Also, keeping the head up to see the floor on offence or the offensive team on defense causes changes in running form. Running form errors such as little knee lift, heel to butt space being too large, and poor arm action (crossing the mid-line of the body) are typical of tall athletes that lack strength. Use of some of these drills in warm-up or practice can enhance form and therefore increase speed. Eg. High Knees one length of the floor, Butt Kicks one length of the floor, Seated Arm Action as a warm-up before lay-ups.

BASKETBALL DYNAMIC GYM WORKOUT

This is an example of a warm-up that utilizes many of the concepts of balance, quickness and agility, and speed discussed previously. Another excellent form of warm up is Jumping Rope. Kids of all ages can do this and it is great for developing foot speed and coordination.

DYNAMIC WARM-UP-one length of the floor

1. Ankle Flips.
2. High Knees.
3. Butt Kicks
4. Backwards Jog.
5. Backwards Lunge.
6. Carioca
7. Right Facing Lateral Shuffle-defensive stance.
8. Left Facing Lateral Shuffle-defensive stance.

STATIC FULL BODY STRETCH-(Can include PNF)

DYNAMIC ACTIVATION WORKOUT



DAY 1

1. SINGLE LEG SQUATS-BOTH LEGS-8-10
2. SINGLE LEG REACHES-BOTH LEGS-5
FRONT, SIDE, AND BEHIND
3. LUNGES TO 1 LEG BALANCE-BOTH LEGS
POSITIONS-FRONT, SUMU, BACK-5-10
4. SINGLE LEG ARM REACHES-FRONT, SIDE,
BACK-BOTH LEGS-5-10
5. SINGLE LEG DRIBBLE AROUND LEG
-BOTH LEGS-5-10
6. SINGLE LEG CROSS-OVER DRIBBLE
-BOTH LEGS- 5-10
7. DRIBBLE-TWO LEG JUMP STOP TO
STATIONARY BALANCE-10
8. DRIBBLE-PRO HOP TO STATIONARY
BALANCE-10
9. DRIBBLE-HIGH KNEES SKIP-10-20M
10. DRIBBLE-BUTT KICKS-10-20M.

DAY 2

1. SINGLE LEG SQUATS-BOTH LEGS-8-10
2. SINGLE LEG SQUATS-BOTH LEGS
WITH BALL(BBALL/MED BALL)-PNF-
ACROSS BODY-8-10
3. TWO LEG HOPS WITH BALL(BBALL/MED)
-10
4. 1 LEG HOPS-BOTH LEGS WITH BALL
-10
5. ALTERNATE LEG BOUNDS WITH BALL
-10
6. DRIBBLE TO PRO-HOP BOUNDS-BOTH
TAKE OFF LEGS-5
7. LINE DRIBBLE-ONE STEP OUTSIDE,
TWO STEPS ON LINE.-10M.
8. LINE DRIBBLE-LATERAL-TWO STEPS
FRONT OF LINE, TWO STEPS BEHIND-10M
9. CARIOCA-10-20 M.
10. CHEST PASS TO ACCELERATION-20 M.

*SINGLE LEG SQUATS-PROGRESS TO TOUCHING FREE KNEE TO GROUND, USE WALL, BLEACHERS TO STABILIZE FOR BEGINNERS

*ALL MOVEMENTS-LEG ALIGNMENT-KNEE OVER SECOND TOE, NO INWARD OR OUTWARD DEVIATION OF KNEE

*SINGLE LEG WORK-BALANCE THRESHOLD-AS LOW AS COMFORTABLE, WORK TO THIGH PARALLEL POSITION.

*PERFORM 1-2 CIRCUITS, 2-3 MIN. REST BETWEEN CIRCUITS
(TIME 5- 10 MINUTES-1:1.5 WORK TO REST RATIO)

DYNAMIC WARM-UP, STATIC STRETCH, AND DYNAMIC ACTIVATION WORKOUT ARE A GREAT WAY TO PREPARE FOR GAMES OR PRACTICE.

Here are five additional points to keep in mind when teaching kids the fundamentals of balance:

- Center of gravity over base of support
- Center of gravity on the same horizontal plane as they move
- Arm and head movement to a minimum to not pull the body out of balance
- Always be in a good position to react and move at any time
- Practice with balance in your fundamentals



Start up Activities

This should be a drill that awakens the athlete physically and mentally. These activities also create an upbeat, energetic environment which is a great way to begin your practice session.

1)Dribble knock out- all athletes have basketballs and are dribbling at the same time. They are all competing against each other, trying to knock each other's ball out of bounds while keeping control of their own ball. A player is eliminated from the game if one of the following occurs: if the ball gets knocked away, if they stop dribbling, if they step out of bounds or if they dribble with two hands.

To keep the attention of eliminated players, have them stand around the boundaries and give them the opportunity to get back in the game if they reach in from out of bounds and knock another player's ball away.

Emphasize the following

- Dribble with head up, eyes up
- Keep the ball low and tight to body
- Protect ball with opposite arm

2)Passing Tag- This is a great drill for teaching kids to have their hands up, and for communicating. Start with the players scattered on the floor. 2 players begin the game as it, and they have the ball. If they tag a player either with the ball or with a hand, then that player become a "tagger"-now there are 3 taggers. Players with the ball cannot run but must pivot, and pass the ball quickly, to catch all players. When "taggers" do not have the ball, they are free to move about, with in the boundaries.

Emphasize the following:

- Players must always have their hands up, ready to catch the ball if they are "taggers"
- Making sure players use their pivot feet with out traveling
- Make sure players are passing cutting and moving the ball quickly
- Have players call each other names when they pass or call for the ball

3)British Bulldog- all players line up on baseline with basketballs. One player is designated the bull dog, and stands at center court. On his/her command, all players attempt to dribble from one baseline to the other without their ball getting knocked away. If their ball gets knocked away, they become a bull dog after rolling their ball off to the side. Continue until all players have been caught.

Emphasize the following

- Dribbling with head up, eyes up

4)Football Basketball-players are scattered throughout the basketball court, anywhere they'd like to be. 5 on 5 or 6 on 6 depending on how many players are in attendance. Players must move the



basketball, with the pass only from one baseline to the other. If successful, one point is given and possession is given to the other team. The game is played to a score of seven.

Emphasize the following

- Hands up, ready for the pass
- Call names when passing to a teammate
- Have all players call out the score LOUD when a point is scored

5) Dribble tag-all players have basketballs, one player is “it”. That player must attempt to tag another player while dribbling the ball, then that player is now “it”. All players must continually dribble the ball.

Emphasize keep head up while dribbling

6) Follow the leader-Coach begins dribbling the ball with all players in a line behind. Coach makes a specific move (cross over move, etc.) and players must do the same. If a coach does a lay up, players must do the same.

Go until each player has a turn leading the group.

Skills

It is important to note that not all players at certain age level will be able to perform all skill and drills. There will also be player that are younger who are very capable of handling the concepts that are intended for them and more. It is in your hands to distinguish what is enough, what is not enough and what is too much. All of the skills, drills and methods for teaching these drills are suggestions. You may have your own way of describing a particular activity and your own methods teaching may work better for you. If this is the case then go with what you know best.

Some of the drills and modifications to the drills are marked OLD. These drills are suggested for the more skilled, advance players under your guidance.

If possible, it is recommend that younger players, use smaller basketballs as their hands will not be strong or large enough to handle larger basketballs. It is also recommended that hoops be lowered, so players can work on correct shooting form. When shooting on high hoops, the shooting form of a younger player will change to compensate for the height. Are goal is to create good, fundamental habits that will carry over in years to come.

Triple Threat Position

The triple threat position or the shape up stance as it is commonly called is an extremely important stance in basketball as all offensive movements originate from this position. This should be one of the first skills that you teach your players as it is something they will always have to do.



Where ever players catch the ball on the court they assume the triple threat stance. Even if they are 90 feet away from the basket they must get into this stance as it allows them to move quickly in any direction they choose to go.

In a triple threat stance the offensive player has three movements they can make. From this position the player can shoot, dribble or pass. The stance is described as follows for a right handed player:

- Feet are shoulder width apart in a stable, balanced position
- For a right handed player, have the right foot about 4 inches ahead of left foot
- Legs must be slightly bent (we always want players to get low)
- When players get low make sure they are not bending their back
- Back straight, butt sticking out and head up
- Hold ball with dominate hand on back of ball, with index finger of air valve of ball
- Shooting wrist is cocked
- Opposite hand is on the side of ball
- The ball is held in finger tips and pads only-no palm on ball
- Ball is held to the side of the body, just over the top of the right knee, and tight to the body

Drills

1)Have players start on baseline in triple threat stance. Walk around to see that each player has a proper stance. On sound of whistle, players take 2 dribbles, come to a *jump stop* and get into a triple threat stance. Once players are still and low in their triple threat stance, blow the whistle again. Proceed in this manner up and down the floor.

Emphasis should be placed on the following

- Staying low
- Keeping the ball tight
- Big jump stop
- Players must be balance-it is a good idea to go around and give players a small nudge to make sure they are balanced

2)Dribble Pivot Pass - **Quick review**

This is an excellent drill that works on a variety of different skills. Have the players partner up with one basketball between the two. Players begin with one standing in front of the other. The player in front has the basketball in a triple threat stance. On the player's own time, he/she dribble 2 times out, comes to a jump stop, pivots and throws a pass back to their partner. As the player who



threw the pass jogs back to the starting position, the player who receives the ball gets into a triple threat stance and proceeds with the drill

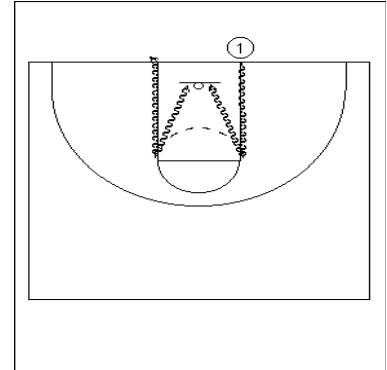
Emphasis should be placed on the following:

- staying low
- coming to a good, solid jump stop
- having a quick pivot
- throwing a hard, quick pass back to the partner
- key words are “**low, tight, power, extend, balance**”

As players improve at this drill, have them go faster, and harder.

3) Triple Threat Lay ups

Each player has their own ball. Players line up on baseline underneath basket, with ball in triple threat position. Player dribbles to foul line, comes to a jump stop, pivots to face the basket, and resumes triple threat stance. Player then dribbles towards basket and makes lay up.



4) “SHAPE UP”

Through out the course of your sessions together, a good way to reinforce the concept of “shaping up” to the basket, is to randomly shout out “SHAPE UP”. This command can be shouted at any time throughout your practices. Your players will begin to learn that they must get into a triple threat stance on the sound of these words, whether they have a basketball or not.

Shooting

Shooting is one of the most important skills in basketball and is one that must be that must be introduced correctly at a young age. Habits form early in players, so it is essential that proper technique is ingrained in athletes at an early age.

This is a skill that all players can and should master by repeating the same movement. The technical aspect of shooting is important, but equally important is the number times this movement is repeated, as shooting is a fine motor skill. The more times a player practices this movement, the more natural it will become and the more confident that shooter will be. Good shooters typically practice the shooting motion everyday. In your practice sessions it is recommended that you schedule in time for shooting in every practice.

It is important to emphasize the following when teaching shooting. These points are for a right handed player.

Lower Body

- always tell players to square up to basket
- have toes pointed to hoop
- feet shoulder width apart



- right foot 4 inches ahead of left
- knees flexed-tell them to bounce on balls of their feet

Upper Body

- right 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
- right 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, not on palm of hand-should have a “shooting window”
- left hand is place on side of ball so that thumbs form a “T” (not touching)
- 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

The Follow Through

- use the analogy of shooting out of “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
- ball should be in the air for 2 seconds, regardless of where it is shot from-the is the proper arc
- stress the importance of being confident before the shot leaves the shooter’s hand
- the entire body is involved in shooting the basketball

When first introducing shooting, have kids sit on the floor and wave bye, flicking their wrist in the air. Do this continuously so kids begin to understand the main action of shooting.

Drills

1)Wall Shooting **Quick review**

Have players align their forearms on wall. Make sure toes are pointed straight at wall and all technical points are followed very closely. Player then steps back from wall, keeping arm at 90 degree angle. Player then places ball on shooting hand, and using entire body, shoots ball up against wall, finishing on toes and holding follow through. Important that players do not shoot the ball too high as this will ruin their form.

Emphasis the following

- going slowly-we want them to be perfect here
- line up forearm for each shot
- key words **“flick, elbow over eyes, legs, fingers”**



2)Form Shooting **Quick review**

Players stand 2 to 5 feet away from basket and shoot perfect shots into hoop. Try to get them to use perfect form, and stress to them to take their time, there is no rush. After each shot, players must finish on their toes and hold their follow through. Try to get them to make a perfect swish, no rim of back board, just straight through the basket.

First have them use one hand, then add the balance hand to the side of the ball.

This is a very effective drill for a number of reasons. Firstly it is important for players to understand correct shooting form, and secondly it is important for the athlete to actually see the ball go through the basket as this will improve their confidence.

Emphasize the following:

- go slowly and be perfect
- don't get too far away from the basket
- key words "**flick, extend, legs, swish**"

3)Floor Shooting **Quick review**

Players lay on floor and shoot ball up into the air, having perfect follow through. This is an excellent way to work on "shooting touch".

Now have the players partner up. One player is on floor with ball while the other player is standing over top. Player standing places hand out and over player lying on ground. Player lying on ground then shoots ball, attempting to gently graze the bottom of partner's hand. Player standing should lower and raise hand so that player shooting must adjust their shot to the height of the hand.

Emphasize the following:

- good rotation on the ball
- hold follow through
- ball on finger tips

4)No Iron Shots

Pick a spot on the floor within shooting range and have a player make 3 perfect swishes in a row. If the ball goes in but hits any part of the rim or back board the shot does not count. The shot must only hit the mesh. This is a great drill for improving accuracy and concentration.

5)Partner Shooting

Players partner up with one basketball between the two of them. One player shoots while the other spots up. Player who shoots ball, chases after their own rebound and throws a pass to partner who is spotted up anywhere within shooting range.

Player who is receiving pass for shot, must get into a *shot ready* position, so that they are prepared to shoot the ball before it gets to them.

To get shot ready, the player must be squared to basket, toes pointed at hoop and have their hands up, ready to catch the ball in a *shooting pocket* position. This allows the player to catch and release much faster than having the player not ready to shoot.



Have the five or six groups of players at different baskets if possible and play until one group hits ten shots. After each make, players must count out their score loudly. This will also get players tackling and communication with each other.

Have players take shots from different areas on floor. Ex. Baseline, top of key.

Try to get as many shots up in the shortest amount of time possible.

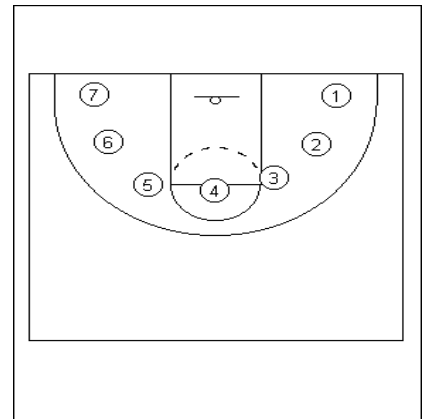
Old-Have players slide around floor while spotting up so that they always catch the ball on the move. In a game, players will have to shoot from a moving position.

Emphasize the following:

- low in a shot ready position
- hands up
- have them call for the pass by either calling "ball" or the passer's name
- stay close to the basket with in shooting range
- be LOUD
- make this competitive

6) Around the World

Player shoots from 7 spots on the floor and can only move to next spot after previous shot is made. If a shot is missed, the player has an option of trying the shot again or waiting until after his partner's turn. If the player elects to try the shot again and hits, he then moves to the next spot. If he tries the shot again and misses, he goes back to the start of the sequence. The drill is continued until one of the two players makes his way around the world, hence hitting a shot from each spot.



7) Buckets

This is a two-player drill, each player needs a ball. The game is played to a set score of 11. It begins with a player shooting from the designated spot. If the shot is made, then one point is in the bucket. Then player 2 shoots. If that shot is made, then there are two points in the bucket. If player one misses on the next shot, then he is given a score of two and the bucket is reset to zero. The first player to get to a score of 11 is the "non-winner".

8) 4 Up

This drill requires two players and two basketballs. This drill begins players shooting from opposite sides of the key, at the same time, with in their shooting range. Regardless of a make or miss, they alternate side. The object is to get 4 more makes than the opponent. Since players are shooting at the same time, the amount they are up of down will be constantly fluctuating, so it is crucial that players are verbal and loud, as the score of the game changes. When one player gets 4 more makes than their opponent the game is done.

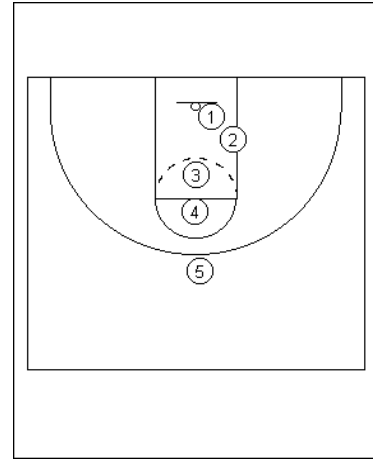
9) Range Finder



Player stands 2 feet away from hoop and makes 3 baskets in a row. After 3 consecutive makes, player moves back 3 more feet. After 3 more makes player moves back again until the player can no longer move back any further. Practice perfect form.

10) Hot Shot

Player has 1 min to get as many points as possible from different spots on floor. There are 5 different spots that are worth 1pt, 2pts, 3pts, 4pts, and 5pts. If a player attempts a shot from each spot on the floor, that player receives an additional 5 point bonus.



11) Pop out Shooting

Players are arranged into one of four lines. It does not matter where the players begin as they will all have turns from each spot. After a player passes to a shooting line, that player fills in behind that line and becomes a shooter. After player shoots, that player goes to the passing line on other side of the floor.

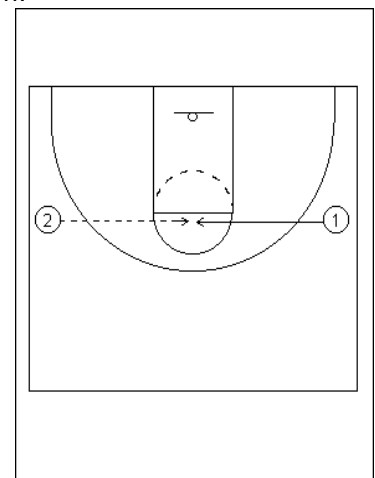
12) Step Up Shooting

This is a three-player shooting drill, two basketballs are required. There is a shooter who is on the wing, a rebounder who is underneath the basket and a passer who is 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 10-15 shots in a row, then switch rolls until each player has had a turn shooting the ball. Switch sides.

Old-have players get low, have their hands in a shooting pocket, with a wide base before they catch the ball. On the catch player step up and in to their shot in one motion.

13) Fill Cut to Shot

Players are divided into 2 lines. Each line is foul line extended, with one line having balls the other without. Line without the balls cuts towards the middle and receives a pass from the passing lines. Upon catching the pass, the shooter must square to the basket and shoot the ball. The passer and the shooter then switch lines.



Old-On the catch, player's feet must hit the ground in a one-two fashion, so that the inside foot hits the ground first. Shooter must stay low and have hands up.

14) Pull up Jump Shots

Once a player has the ball, he may decide that he want to get closer to the basket. To do this he will take a dribble or two towards the hoop. At the conclusion of the dribble, it is important that the player comes to a one-two stop as opposed to a jump stop. Each foot hits the floor separately in a



quick continuum. This one-two stop is more effective than the jump stop as players will be able to go quickly into their shot and be more balanced at the conclusion of their dribble.

To work on this, have player randomly scattered around gym. Player is in triple threat stance take one dribble and comes to a “one-two” stop.

Then have player at hoop, spin ball out to themselves, pivot, take one dribble into a pull up jump shot.

Old-After this technique becomes familiar, have the players do the shooting drills described above with everything going into a one-two stop.

Passing and Catching

Passing and Catching the basketball are two fundamental aspects of offensive basketball that must be mastered, for any sort of team atmosphere to be created. The purpose of successful passing is to move the ball up the court, or to move the ball into an area to improve scoring opportunities for teammates. Every successful pass requires two things—a good passer and a good receiver. Here are some basic rules for passing and catching the basketball.

Points of Emphasis for Passing:

- always step into a pass to give it more power—shift with your hips or waist forward
- make sure head is over feet when making a pass
- put the pass on a line (no lob passes)
- wrists are bent and flexed as in shooting, follow through with your wrists—you must make sure the wrists flick
- keep elbows in near body
- “POP” a pass, “FIRE” a pass
- make eye contact when passing the ball and call name of receiver
- make sure the receiver is looking at the passer
- hold ball with finger tips and finger pads, not the palm

Points of Emphasis for Catching:

- catch the ball with 6 things—2 eyes watching the ball comes in your hands, 2 hands out reached giving a target, 2 feet that are in the air as the pass arrives
- see the ball come into your hands
- always have hands up, ready to catch the ball with thumbs pointed back towards eyes
- always run through the ball when catching a pass (going to the pass shortens passing distance and lessens the chance of a turnover)
- upon the catch into the hands, collapse the arms to absorb the force of the arriving ball—no stiff arms
- always catch the ball with a *jump stop* when near the basketball as the player now has a choice of pivot feet, and is in a much more balanced, stable position



- immediately bring the ball to the triple threat position upon the catch

Types of Passes

1)Chest Pass

Have the player place their hands on the back and slightly to the side of the ball in the shape of a “W”, while gripping the ball with only the fingers, no palm, while the thumbs point back toward the eyes. Have the elbow in and the arms flexed. As the player proceeds to pass the ball, the elbows extend and the wrists flick in a motion similar to that of shooting, finishing with the thumbs pointing down and the “pinkies” up.

The player should also step into the pass to give it more force.

Emphasize the following:

- stepping into the pass
- hands in shape of “W”
- “fire” a pass
- hold follow through

2)Bounce Pass

Is the same as the chest pass except the ball hits the ground about $\frac{1}{2}$ to $\frac{2}{3}$ the distance towards the receiver.

3)Over Head Pass

Hands on the back of the ball in the “W” again, as player goes to pass the ball, be careful not to bring the ball behind the head but just over the head. Step into pass and flick wrists forward so fingers and thumbs finish pointing to the floor

4)One Handed Push Pass

From a triple threat position this pass is made. Step into pass and extend arm fully, following through with arm and wrist. Fingers finish pointing down. Use right hand and left hand.

Drills

1)Partner Passing

Have players partner up and stand about 10-15 feet apart. Player will then execute the instructed pass, back and forth to each other. The receiver must always give a target, and the passer must always try to hit that target. Execute all passes.

2)Partner Passing with 2 balls

To make partner passing more difficult, have each player get a ball and stand 10-15 feet apart as before. As one partner executes a bounce pass, the other throws a chest pass. To make this more difficult, have them alternate passes each time, and go faster.

3)Partner Passing on the Move



Players have a partner and one ball. Stand 10-15 feet apart and get the players to slide down one side of the floor, throwing the instructed pass back and forth.

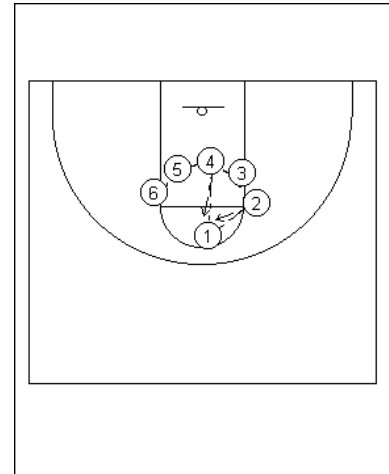
To modify this drill have players run down the floor, progressively faster as they improve.

4) 3 Man Passing on the Move

Have kids in 3 lines on baseline. Balls in the middle line. As kids begin to move down the floor the player in the middle line passes the ball to one of the outside lines, receives a pass back, turns and passes to the player on the other side. Player proceeds to move down the floor at faster and faster speeds, but always remain in their lines, unlike the 3 man weave in which players are always changing lines. This drill is a progression drill for the 3 man weave.

5) Star Passing

Have 6 or 7 players align themselves in a semi-circle around one central players (perhaps it will be the coach when explaining this drill). Two balls are needed. As the center player throws a pass to one of the 6 or 7, he will receive another pass from a different player. So each time a pass is thrown the other ball is received. Try to get them to go faster.



Emphasize the following:

- hands up
- call names-passer and receiver
- quick passes

6) Pig in Middle

Have players stand on one of the 3 circles on the court (center, or the two foul line areas). Have 6 or 7 on the circle and one in the middle-who is the "PIG". The "PIG" tries to touch a pass as player move the ball around the circle. If the ball is touched by the "PIG", the passer is now in the middle. Insert other rules as the players get better such as; if you drop a pass you are the "PIG", if your foot comes off the circle line you are the "PIG" or if you pass to the person beside you, you are the "PIG".

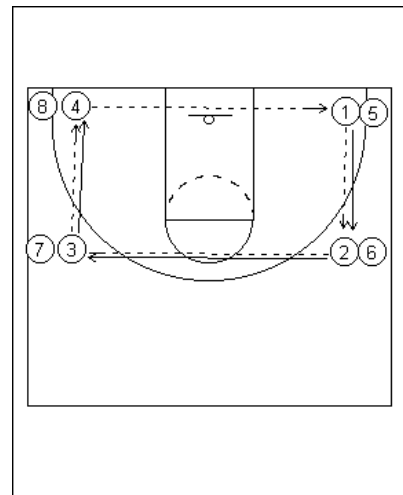
This is a good time to incorporate pass fakes as well. "Fake a pass to make a pass"

7) 4 Corner Passing

Have players in each corner of the key-four lines, two or three per line. Have two balls and instruct players to pass the ball to the right and follow their pass. After the pass players then fill to the back of that line. Get them progressively going faster. Call names.

Old-Players must "fire" a pass, no lazy passes.

8) Dribble Pivot Pass-see setcion on triple threat





When a player dribbles unproductively, they are dribbling without a purpose. Whether it is because they are nervous or are unsure of what to do, players at all levels tend to dribble too much. This slows the pace of the game and may cause teammates to become disinterested. This is why we say that a player must dribble with purpose.

Conversely if a player uses his dribble productively, that player can create scoring opportunities for themselves or teammates, advance the ball to the offensive end, or move the ball out of a congested area.

When Dribbling, emphasis should be place on:

- keeping the chin and eyes up and off the ball-**BAL**
- dribbling with one hand at a time
- keep center of gravity low, body compact and moving together-**BAL**
- learn to use both hands effectively
- dribbling hand remains on top of ball
- protect the ball with the opposite arm and body
- dribble the ball with the fingers-not palm
- dribble at waist height-no higher

Drills

For these drills, each player should have their own ball. It is important to encourage mistakes when doing these drills, as the more mistakes one makes, the better they become. Always try to go faster and do drills at MAXIMUM speed-especially with older players.

Stationary Series

1)Stationary Bounce

Have player stand with feet shoulder width apart, knees flex with back straight and chin up. Player bounces ball at waist height, ball is kept tight to body, and bounce “hard” to the floor. Use both hands. Encourage them to stay low, pound ball fast.

Then have players bring the ball down low to the ground so that the ball is being dribbled only a few inches off the ground. Both hands.

2)Machine Gun Bounce

Player dribbles ball a few inches off the ground, alternating hands as quickly as possible.

3) Cross overs

Player bounces ball in front and across body, outside knee to the other outside knee as fast as possible.

4)Tiny dribble around both legs. Dribble the ball only a few inches off the ground and encourage them to go as fast as possible, going around legs-both left and right, then in a figure 8 pattern around legs.



5) Push Pull

Have player bring the ball out in front of body then back behind body with one hand. The arm and hand will be working as a lever, swing back and forth while bouncing the ball.

6) Half Cross Over

Using one hand at a time, have the player bring the ball from outside one knee to outside the other knee, back and forth in front of the body.

7) Spider Dribble

This drill works by bouncing the ball twice in front, then twice behind. The object is to move the hands as quickly as possible.

8) Between legs

Player stands with legs apart, one in front and one behind, bouncing ball through legs, then switches legs

9) Scissors Dribble

Same as above except now the player switches front and back leg with every bounce

10) Control the Bounce

Player throws ball high into air. The instant the ball hits the floor, the player attempts to control the ball by dribbling low to the ground. Therefore, their reaction time must be very close to the time the ball hits the floor.

11) 2 Ball Dribble

Player dribbles 2 balls simultaneously, first at waist height, then low to ground then high at the level of their head. Could also work on "Push Pull" with 2 balls.

On the Move Series

For this series, players should be organized on the baseline in lines. Every few bounces, or at the 2 foul lines and the center court line, players execute the instructed move. It may be a good idea to have cones set up or markers on the floor which indicate where players are to perform these movements.

Here are the **Cross-Over Keys**:

- Stay low
- Keep the ball tight to the body
- Change direction
- Change pace-accelerate into change of direction

12) Cross-over in front of body



Player dribbles towards marker, at marker throws the ball across, in front of the body to opposite hand. Again it is important to keep the ball tight to the body.

13) Between the Legs

When player reaches marker, the ball is to be dribbled through legs as legs are planted, one in front and one behind. Always follow the cross over keys!

14) Spin Dribble

Player dribbles towards marker, at marker the player plants the opposite foot from which they are dribbling and spins toward that direction.

15) Behind the Back

Player dribble towards marker, at marker, the player throws the ball behind their back, while changing direction. Having the player slap their opposite buttocks cheek, is a good way to teach this motion.

16) In and Out Move

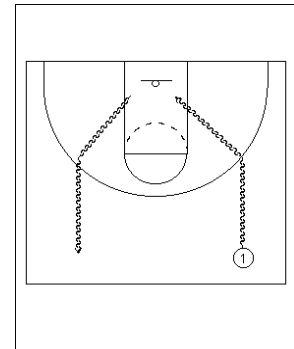
This is actually not a change of direction move but is very effective if practiced properly. Player dribbles at marker, at marker the player brings the ball half way across the body and back without changing direction. This is a fake change of direction movement.

17) Combination Moves

At marker the player now makes 2 cross-over moves, back to back. This is called their secondary movement and is executed when the initial movement is taken away.

18) Moves on the move

Players start at half court with a basketball. There are 2 cones 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. One the way back to center, the player executes that cross over again.



Dribbling Games

18) Dribble knock out-see Start up Activities

19) Dribble Tag-see Start up Activities

20) Follow the leader-see warm up activities

21) Relays are a good place to work on these skills as well. Organize your players into 3 or 4 lines on the baseline. Have them dribble out to a marker, make a cross-over move and dribble back. There are many variations for relays, and these relay drill are an excellent place to work on other skills as well. Be creative and keep relay competitive!

Ball Handling



Getting young player familiar with the basketball is extremely important as they must develop a feel for the ball. The more time they have a ball in their hands, the better. Whether they are at home with a ball in their hands or in your practices, players are able to develop their touch with more amount of time the ball is spent in their hands.

When doing these drills, emphasis should be placed on the following:

- Keeping eyes up and off the ball
- Players should be in a balanced position-feet shoulder width wide
- Players should always be trying to go faster in these drills
- Encourage mistakes!

Drills

1)Finger Tipping-tip ball back and forth between fingers. Have arms straight, bent, bring the ball above head, and down by ankles

2)Finger Pinches-ball on fingertips, have players pinch their fingers as ball hits them

3)Hand Slaps-slap hands on ball making a loud sound, make sure they pound the ball hard

4)Body Circles- players move ball around their body, head, ankles, waist, both directions

5)Leg Circles-in a stride stance, circle ball around one leg, then the other

6) Figure 8's-move ball in a figure 8 fashion, in and out of legs

7)Pretzel-hold ball with two hands in front, legs in a stride stance, flick ball through legs and catch behind legs, try to go as fast as possible. Kids are allowed one bounce before catch if they need it

8)See Saw-start with ball in front of body and "slam" ball through legs and catch behind body

9)Ball throw-start with ball in front of body, toss ball in air, clap as many times as possible and catch ball behind body. Try to increase the number of claps.

10)Under Ball Run-throw ball into air and try to run back and forth underneath ball as it bounces. Try to increase the number of times you can run underneath.

Lay Ups

The lay up is shot from close to the basket and is a shot that should be worked on daily.



Teaching progression into lay ups

The first thing we want to work on is the foot work of our players. When initially working on footwork, do not use basketballs.

1)Giant Skips

Have players perform giant skips going down towards one end of the floor.. Emphasis that on the last step they must try to jump as high as possible.

2) High Five Lay Ups

Have players from a line just inside the foul line. The coach stands a few feet in front of your players with your right hand in the air. Player takes two steps, and slaps coach a high five. When on the right-hand side of the floor, players should step, right-left-jump and slap the high five with the right hand.

Use opposite foot work for other side

3) Lay Ups with ball

Once players have the foot work down, a ball can now be added the equation. Have the players stand about 8-10 feet away from basket, take their two steps (no dribble) and shoot the ball off the back board, aiming for the square on the back board.

Points Of Emphasis:

- Keep the ball on the outside of the body “keep ball tight”
- Start all progressions from a triple threat position
- Key words for right handed lay ups “RIGHT, LEFT, UP”

When players are comfortable with this, a dribble can be added. Remember to emphasis that players are only allowed two steps without dribbling.

Drills

It is important to note that some of these drills will work on many areas of basketball at the same time. Just because one specific skill is being practiced, does not mean that other may be done sloppy.

1)Two Line Lay Ups

Have players divided into two lines, one on each side of basket at about the 3pt line. Start with the balls on the right-hand side, have player dribble in for lay up. As the lay up is shot a player from the other line (the rebounding line) is collecting the rebound and passing the ball to the next person in the lay up line. Players then switch lines.

2) X-Lay Ups



Player starts on edge of key underneath basket in a triple threat stance. Player dribbles out to the free throw line and performs a jump stop. Player then pivots, still in a triple threat stance, and dribbles in for a lay up. Then goes to the left side. Player should perform 10 lay up sin total.

A Variation of this drill would be to have the player dribble out to free throw line, spin dribble and go in for a lay up (no jump or pivot is performed). Do 10.

3)Ball Spin Lay ups

Have player spin ball to themselves, catch with a jump stop, pivot to face the basket and go in for a lay up.

4) Move on Move

Start players at half court with basketballs. A pylon will be set up at the 3 pt line of each side. Player dribbles towards pylon and executes the instructed cross over move and goes in for lay up. Player then executes the same move on the other pylon going back the other way. As player improves, encourage them to faster and harder.

Pivoting

Pivoting is one of the most important basic basketball skills a player must master. A player would use pivots to get away from defenders, to look in a different direction, to square up to the basket, and to improve a passing or driving lane.

Once a pivot foot is established, it may not be changed. A player must visualize that their pivot foot is stuck to the ground, until they drill or pass the ball. When a player catches the ball or stops dribbling the ball, the first foot to hit the floor is the pivot foot. Therefore, it is a good idea to have a player come to a jump stop on two feet, so that their pivot foot is not pre-determined. Once this occurs it is up to that player to choose a pivot foot based on the situation they are in.

Front Pivot

In the front pivot. a player turns forward while pivoting on one foot. That player does not lose sight of the basket and remains in a triple threat position throughout the movement.

Reverse Pivot

In the reverse pivot the player turns back away from where they were. So, in essence they are actually losing distance from where they were initially. Again, the player must remain in a triple threat stance so that they protect the ball.

Emphasize the following:

- Stay low
- Pivot quickly and aggressively
- Lead with elbows
- Stay triple threat



Drills

1) Have players in several lines on the baseline in a triple threat stance. On sound of whistle, or on cue of coach, player take two dribbles, come to a jump stop, then front pivot all the way around until they are facing the same way they began. Player gets back into triple threat position and waits for the cue of coach.

Have players perform front and reverse pivots

2) Dribble Pivot Pass-see section on Triple threat

3) X Lay Ups-see section on lay ups

4) Ball Spin lay ups-see section on lay ups

Defense

The wonderful thing about defense is that any player can be a good, solid defensive player. Defense is a choice; either you want to work hard and play defense or you don't. There is some technique to becoming a good defensive player, but more important than learning technique, is learning to consistently work hard.

It is important that you explain to your players that if they want to contribute to your team, they must play defense. Everybody can play defense!

The first aspect of defense that we must teach our players is how to get into a defensive STANCE. Players must become very familiar with this position as they will be in this position when for almost the entire defensive possession.

Defensive Stance technique:

- Feet twice as wide as shoulder width
- Player on the balls of feet
- Legs are bent-flexed at knees
- Back is straight with buttock out and chin up
- Head over mid line of body
- Arms are extended out to side
- Hands are above elbow and below shoulder
- Must be balanced
- "BUTT DOWN, HANDS UP"

When guarding the dribbler the following points should be followed

- Get low and be ready to move in any direction
- Stay at least one arm's length away from check
- Keep eyes on the mid section of player



When guarding a player with in scoring range, one hand of the defender must be up at all times to discourage a shot.

When guarding a player without the ball the defender must do the following:

- Be between their check and the ball
- Be in a STANCE
- Point to the ball and to their man
- See ball and man

When player moves with the dribbler they must perform a slide to remain in their stance. The flowing must be followed when *sliding* while in a stance:

- Point toe in direction of slide
- Push off the back leg and reach with the front leg. This is an extremely important movement. Make sure the feet do not come together or cross-maintain a wide base. "PUSH AND REACH"
- As player slides, make sure they do not bob up and down. The level of their head must remain constant. Even tell them to drag their back leg. Use analogy of being in a room with a 3 foot ceiling. If they bob up and down, they will hit there head on the ceiling.
- When a player is sliding have the lead hand up in a passing lane and the trailing hand down to discourage a cross over
- If a player wishes to change direction while guarding the ball, that player must perform a "**drop step**" in which the trail leg is dropped back to a 45 degree angle while the lead foot is used to push off into the new direction

To initially teach stance, Scatter the players around the court and explain the technique involved in stance. You should use verbal and visual commands as they perform the movements.

Once they understand the STANCE position, use the **1) Military Drill** to convey how hard players must work to be a good defensive player.

On your command of "stance!", everybody slaps the floor and yells "stance". This is a good time to walk around to kids and give them a light nudge to make sure they are balanced. Keep kids in the stance for 30-60 seconds at most.

After a minute rest call out stance again. This time call "choppers". On this command, the players are to run on the spot (foot fire) remaining in their stance.

Give them a small rest.

Then call out "stance" and soon after "choppers". This time explain to them that on your hand signals, they must perform a certain movement. Here are the following movements:

- If coach points left, kids hop towards the left and back again (choppers are still going)
- If coach points right, kids hop to the right and back again (choppers always going)



- If coach point up, kids jump up with a hand in the air and yell “shot”-this simulates a shot challenge
- If coach points down, kids jump on floor and back to their feet. The verbal here is “ball”

This drill encourages kids to become familiar with the concept of a defensive stance, hard work and gets them to be vocal-the louder the better.

2) Keeping the kids in this alignment you can now teach them how to slide. Follow *the sliding* guidelines as suggested above. When teaching slides, have the kids, slide 3 times slowly in one direction then 3 times slowly in the opposite direction. Go slowly at first and increase pace as they become more comfortable.

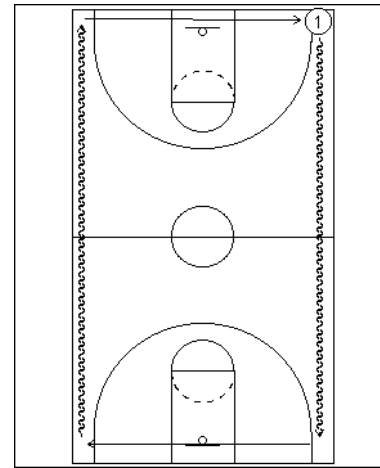
Also teach the concept of the **drop step** in this formation. Get them to slide 3 times on a 45-degree angle, drop step and slide the other way.

3) Full Court Slides

Players start in a line on a corner of the floor. They begin by performing defensive slides up the sideline. When they reach half court, they jog across half to the other side and do slides coming back down that sideline.

As they become more comfortable, get them to go progressively faster.

Key words “Push, reach, kick, low, quick, point toe”



4) Key Slides

Have player start on one side of key. Give them 30 seconds to slide back and forth across key, as many times as possible. Make sure they keep the correct form.

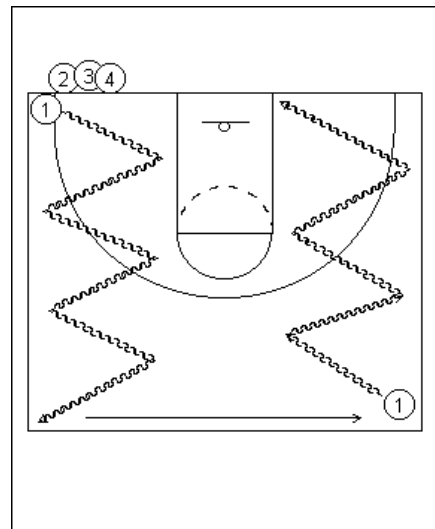
5) Wall Sits

To demonstrate how low players must be in their defensive stance, have them do several sets of “wall sits”. Players must find a spot against the wall, and on your command, sit against the wall with thighs parallel to the floor. Hands are at shoulder height. Hold for 30 sec.

6) Zig Zag Drill

Players line up on one end of floor. Player gets into a defensive stance and performs 4 slide steps in one direction (a 45 degree angle), drops the trail leg and performs 4 slide steps in the opposite direction. Existing lines on the court may be used as boundaries. Player continues to slide in a zig zag pattern the length of the floor.

Old-Encourage older players to reach as far as possible- “try to reach further with every step”.





7) Partner Zig Zag Drill

Same as above except there is now an offensive player who guides the defender. As players become better at this drill, they can increase the speed and intensity at which it is performed. When you feel that your players understand the concepts involved, they may play live of this situation.

One on One Play

Although your players are young it is a good idea to introduce one on one concepts at an early age as these skills translate directly into game situations. This is because all offensive sets eventually end of in a one-on-one situation.

The first thing a player must do when they catch a basketball, as mentioned earlier, is square up to the basket while remaining in a triple threat position. From this position a player can now make a read as to what their offensive options are, based on how the defense is playing them. A player should always try to get to the hoop in the quickest way possible taking the shortest route to the hoop.

Here are the offensive player's options:

1) A player's first look offensively after they are squared up to the basket, is for their own shot. Sometimes the defense may attack off the offensive player. This is a good time for a shot if that player is comfortable with shooting from that range.

2) If a shot is not immediately available, the next look for an offensive player is at the defender's feet. It is always a good idea to get kids to look at the defender's feet. The foot that is closet to them (the top foot) is the foot they will be looking to attack.

3) If the defender is playing up close and aggressively on the offensive player then it will be easier for the offensive player to drive by the defender and go to the hoop.

Faking

Kids can be taught several fakes that can be used to confuse defenders. These fakes are used set up a player next offensive movement. A player can not pre-determine their next move, but they must react and take what the defense gives them as the defense is always giving them something.

Jab Fake

A jab fake is used to try and get a reaction from the defender. Upon the defender's reaction is how the offensively player will proceed. For example if a jab step is made and there is no reaction on the defender's part then the offensive player should continue going in that direction. If the defender buys the fake, then the offensive player must go the other direction as that is now open. It's all about reading what the defense gives you.



Shot Fake

A good shot fake is very effective, but most young players are too quick with their shot fakes or have shot fakes that aren't realistic. Either they are looking at the ground, or they don't bring the ball high enough to make their fake realistic. A Good shot fake should be half of a player's shot. The player should remain low, bending the knees, and bringing the ball up at the same time while keeping their eye's on the basket.

If upon giving a shot fake the defense does not respond, that player should shoot the ball, if they are inside shooting range. If the defender does react, then the offensive player should drive to the basket or to a position closer to the basket and away from the defense.

Key to good fakes:

- Keep your fakes believable
- Always start from the same position-triple threat
- Don't give away what you are going to do with your eyes (eyes are very important)

Teaching Fakes

Have players on baseline in lines of 2 or 3. Players start in triple threat position. On Coach's cue, player's execute jab step, take 2 dribbles and come to jump stop in triple threat again. Continue this several times up and down floor.

Then have the players in the same alinement and have them do shot fakes. This is a good way to teach as other skills such as jump stops, and triple threat position are also being worked on.

1) Pig in middle- see Passing

2) Beat the Pro

Have players imagine they are playing a "pro" of their choice. Playing imaginary one on one is an excellent way for player at any level to work on skills.

Player spins ball to themselves, catch's ball, squares up and performs fakes into a shot. If player makes a shot he gets 1pt. Conversely, if he misses the "pro" gets 1 pt. The game is played to 5pts.

3)One on One

Have players partner up and go to a basket. Play quick games of 1 on 1 to a score of 2 baskets. It is a good idea to sometimes place restrictions on their play such as being only allowed to dribble 4 times or you have to have 2 fakes before you are allowed to shoot. Always encourage kids to rotate partners.

4)One on One from different spots

Have players start from different spots on court. From the top of key, from the wing positions, from center court or from the other end of the floor. It is a good idea to give players some variety.

5)One on One Ladder

Have the names of players written on small pieces of paper. Then tape these names on a wall in the shape of a pyramid. With 1 person up top, 2 people in the second row, 3 in the third row and



so on. Players challenge each other, trying to move into the top spot. If a player beats a player above them, they're names change positions.

Rebounding

The focus of rebounding for young player should be on creating a want for the basketball. As a coach you must place great value on the basketball, on having possession of the ball. Any player, regardless of their size can be an effective rebounder, and it is important for kids to understand this. Rebounding, much like defense is a choice. A player either wants to be a good rebounder or they do not. There are some technical points that should be covered but above all, an importance and a desire for the ball must be established.

Rebounding is so important because more rebounds equal more shots for your team, and if you get more shots you have more of a chance to win. Defensively, if your team cannot secure a rebound, the only way your team will gain possession of the ball, is after a score.

To teach the concept of rebounding, follow these concepts

- 1) The first thing to do when a shot is taken, is not to follow the ball but to find your man.
- 2) Next, you must go and make contact with your man, with either a hand or a forearm.
- 3) Now you must turn and "Boxout" getting your elbows up, your butt down and legs flexed. Contact must be maintained with your check.
- 4) Finally, go and get the ball with 2 hands and 2 feet. 2 hands secure the ball and 2 feet hit the ground in a wide, balanced stance
- 5) Come down with the ball "chinned"-ball held tightly in hands with elbows out and ball below chin
- 6) 3 out of 4 shots rebound on the other side of the basket from where the shot is taken

To teach the Box out use the following drills:

1)Back-to-Back Box Outs

Have players stand back-to-back, and on the coach's cue they must get low, legs wide, butt down, elbows up and push against each other.

You use the center court line as a marker. Have each player start on either side of the line, back-to-back, and on coach's command, players try to push each other as far as possible.

2)Circle Box Outs

Have players get a partner and line up around one of the three circles on the court. Have them face each other, with one person on the inside of the circle (defender) and the other on the outside (offensive player).

Place a ball in the middle of the circle. On coach's cue, the player on the outside tries to get the basketball, while the player on the inside, turns and boxes out, preventing the offensive player from getting the ball. After the 3 seconds the "rebounder" may get the ball. Have them switch roles after a few tries.



3) Bangs

Have each player get a ball. Have them standing against the wall. On coach's cue they put the ball above their head, keeping it there, gripped tightly between their hands and bang the ball against the wall at the top of each jump. Have them jump for 10 seconds and then rest. Repeat a few times.

4) Wall Taps

Have the player with ball against the wall. Player must tap ball off wall ten times in a row. For each tap the player must have their feet in the air. First try the taps with 2 hands, then single hands. Try to get 10 in a row.

5) Big Boards

Have players in one straight line, just inside the foul line. Coach throws ball off back board, player must jump up, get ball with two hands, chin ball, land on floor with a wide 2 foot base and yell "BALL".

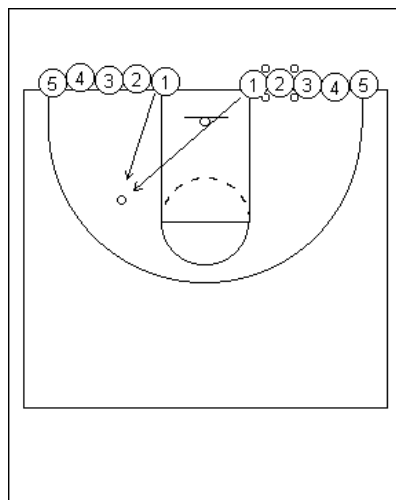
6) Rebounding to One on One

Divide players into two separate lines, place each line just inside the free throw line at the elbows of the key. These two separate lines are two different teams. The player at the front of each line are up first. Coach shoots the ball, missing on purpose so there is a rebound. The 2 players compete to get the rebound. The player who gets the rebound tries to score while the other player attempts to prevent the score. Only one shot is allowed. The teams compete to a score of 5.

7) Scramble

Players are split into 2 teams and are assigned a number. On team A there will be a 1, 2, 3, 4, 5 and on team B there is a 1, 2, 3, 4. Teams are situated along the baseline, one team on either side of the split line. Coach has a ball at the top of the key. Coach throws ball into the air. Coach then calls a number or a series of numbers depending on how many players he wants to compete. If coach calls "1", both number 1's run and try and get to the ball first. Once possession is gained, the offensive player attempts to score while the other player without the ball plays defense.

If coach calls "one , two, three" all six player run out and try to get the ball. The game then becomes 3 on 3. Play to a score of 5pts. This drill is great for developing desire in kids, as most kids will really want to gain control of the ball so they have a chance to score.



Cutting-Getting Open



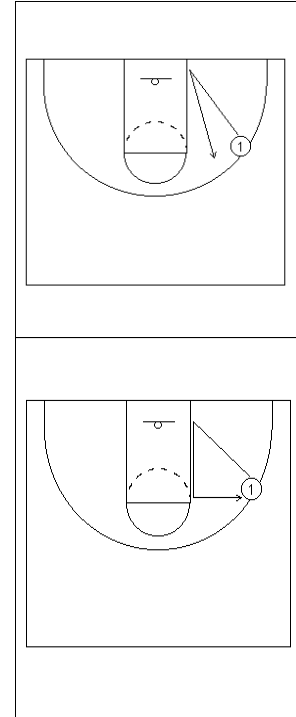
For any offensive system to work, even on the most basic of levels, players must have a general concept of how to get away from their defender to get themselves open to receive a pass. As a general rule for getting open, a player should initially go away from where they want to catch the ball. For example, if a player wishes to catch the ball on the wing, that player should make a quick cut towards the hoop and back out.

There are two techniques which we will cover that will enable a player to get open to receive a pass. On all cuts it is a good idea to change pace. A player may begin a cut slowly and accelerate or may go fast to slow.

1) The V-Cut is a quick series of 2 cuts that enables the offensive player to get open.

Player begins on wing and cuts back, towards the hoop. When player reaches the block, he “pops” back out to the wing, with his target hand up, looking for the pass. On the catch it is important that he squares up immediately.

2) The L-Cut 3 cuts. The Player begins on the wing, cuts down to the basket, cuts straight up along the side of the key and he gets to the free throw line, pops perpendicularly out to the side of the court. As soon as the ball is caught the player must square up to the basket. It is a good idea to change pace on all 3 cutting movements.



Drills

1) Have players get into 2 lines—one at the top of key and one on wing. The player on the wing performs a cut, catches the ball and either goes in for lay-up or takes a shot. Use both the V-cut and L-cut.

2) 1 on 1 From Wing

Same as above except there is now a defender on the cutter who is trying to prevent him from catching the ball. The offensive player will have to be more exact with their cuts if they are to catch the ball. Have the defense begin by playing half speed and then progress to a full competitive level.

Transition Offense

When teaching transition offense or fast break basketball, what we are really trying to do is to get our young players, running, passing the basketball and making decisions at a faster pace, in the full court.

To get kids running, passing and communicating try the flowing drills:



1) Partner Passing on the move-see section on Passing

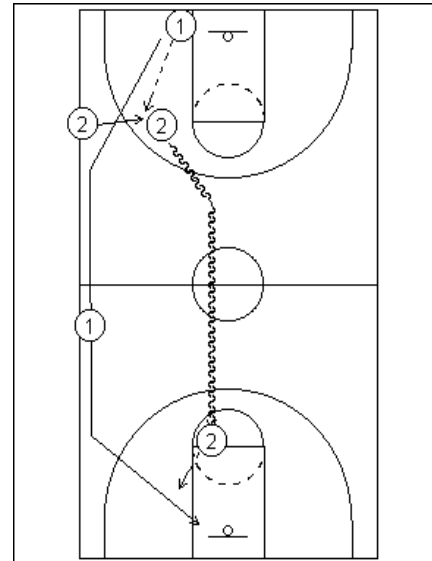
2) 3 man passing on the move-see section of Passing

3) 3 man weave-see section on Passing

4) 2 on 0 Bust Out

Players are divided into 2 lines. One line is below the basket with ball (1), the other line is at the foul line extended in the outlet position without balls(2). (2) at the foul line extended yells "OUTLET", and upon hearing this, the player underneath the basket(1) throws a pass to the outlet. (1) then follows the pass and runs in the outside lane down towards the other end of the floor. (2) catches ball with a jump stop, turns and dribbles down the middle of the floor. When (2) gets to the opposite free throw line, he jump stops and throws a pass to (1) who is running in the outside lane. This player gives a target for the passer and performs a lay up. They then switch roles and come back down the other side.

You may want to place a cone on the side lines to reinforce the concept of running wide. Players must run outside the cones.



5) 2 on 0 Fast Break

Similar to 2 on 0 Bust Out. Players are divided into 2 lines. One line is underneath the basket with balls (rebound line), the other line is "foul line extended" (outlet line). The drill begins with a "rebounder" (1) throwing the ball off the back board, jumping up and securing the ball with 2 hands. Once the ball is secured by chinning the ball, that player yells "BALL".

Upon hearing the verbal "BALL", the outlet (2) yells "OUTLET". The rebounder then passes to the outlet who is coming to meet the pass.

(2) catches the ball with a jump stop, turns and dribbles with the eyes up, down the middle of the floor.

Rebounder now runs in the outside lane along the side line, towards the other end of the floor.

When the outlet reaches the opposite free throw line, he jump stops and throws a pass to the rebounder who is cutting on a 45 degree angle towards the basket and giving a target hand to the passer.

Rebounder catches the ball and executes a lay-up. The players then switch roles and come back down the other side.

After lay-ups then work on jump shots.

This drill works on the following fundamentals:

- Rebounding-2 hand, 2 feet, chinning the ball
- Pivoting



- Passing
- Jump-stops
- Dribbling
- Lay-ups
- Communicating

Try to have player not just going through the motions when doing this drill as there are many areas which can be worked on

6) 3 man weave to 2 on 1

Player execute the 3 man weave down the court and make a lay up. The player who shoots the lay up, must sprint back on defense to the other end of the floor. The two remaining players who did not shoot, throw the ball in bounds and attack the defensive player in a 2 on 1 situation.

Options for player dribbling ball:

- 1) if the defender stops the dribbler, the dribbler should pass to the open teammate.
- 2) If the defender does not get in the path of the dribbler, the dribbler may want to go all the way to the hoop.

7) 3 on 1 Fast Break

Players are in 3 lines on the baseline. There is one defender at the opposite end of the floor. Balls are in the middle line, players in the outside lanes do not have basketballs. Player in the middle bring ball up floor, with the other two players running wide. Depending on what the defender does, the offense must react. It is the job of the ball handler to make the correct decision and pass to the open player.

Offensive Concepts

When teaching young kids offense some of the most important concepts to remember are that of patience and spacing. When players get the ball, they sometimes become panicked. When this happens, they're initial instinct is to do something without thinking about what they are doing. It is important that they slow down, do not become over anxious and take time to make their decisions. As for spacing, everybody usually wants to be close to the ball. If players are left to figure this concept on their own it will be 10 players within 2 feet of one basketball. This leaves little or no room for that player with the ball to do much of anything. It is important that players are instructed to space out, which will give them room to operate. It is a good idea to use the 3 pt line as a reference point. For example you may want to say to them "If your confused or don't know what to do, space out to the 3 pt line".

There are several other "rules" that may be followed depending on the skill level of your athletes:

- After every pass a player makes, they must cut or move
- Have the offense make a certain number of passes before a shot can be taken



- Have players player 2 on 2 or 3 on 3 when learning these concepts - 5 on 5 is sometimes too chaotic.
- When a player dribble towards you, you must cut or get out of the way
- Use the cut the defense gives you
- Always have 15 foot spacing

1) 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 begins by passing the ball to the wing. 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. On the catch that player then makes a lay-up.

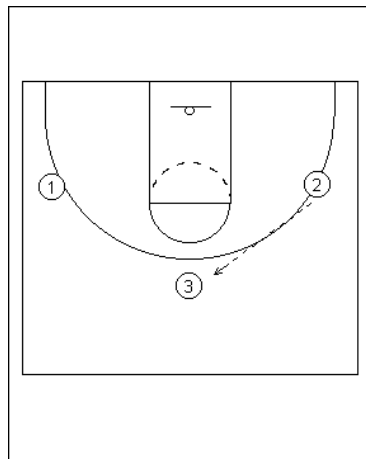
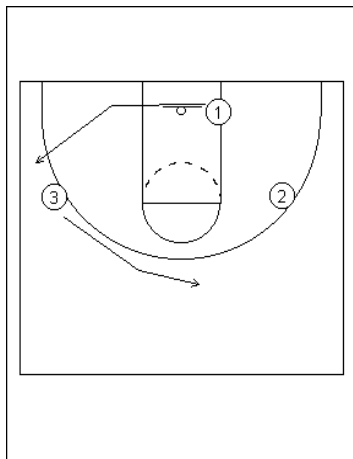
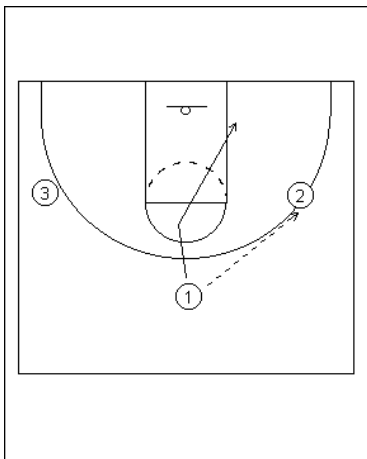
Can also do this drill to shot.

You could also start the drill with the top line being at half court. This line then must take 3 or 4 dribbles, make a pass to the wing and cut to the basket.

2) 3 on 0

Have 3 players on offense situated with one the top and on the two wings. We want to teach basic movement of the offense which is cut and replace. This is a very simple offense which kids will be able to grasp. The rule here is that one of the 3 spots must always be filled (the spots being one at the top(1) and one on either wing(2 and 3)).

From the top, player 1 can pass to the wing (2). When a pass is made 1 must move, so this player can either cut to the basket or exchange away. If one cuts to the basket, 3 must replace him at the top. 1 then rotates out to the wing. When this happens, the spots must be refilled, so players must rotate.



3) 3 on 3

Playing 3 on 3 is good because there is less congestion and therefore less confusion for the players. Follow the motion rules listed above. It is sometimes good to have the players make a minimum number of passes before a shot is taken. It is also a good idea to designate one player



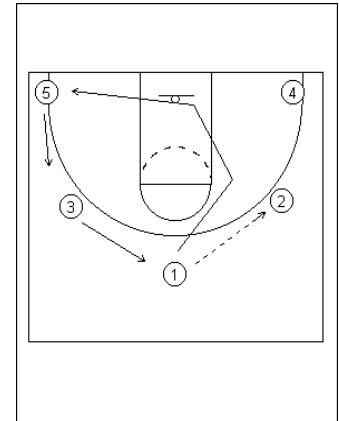
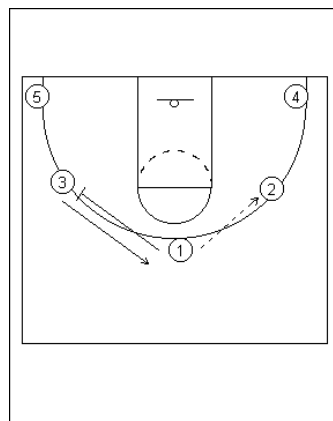
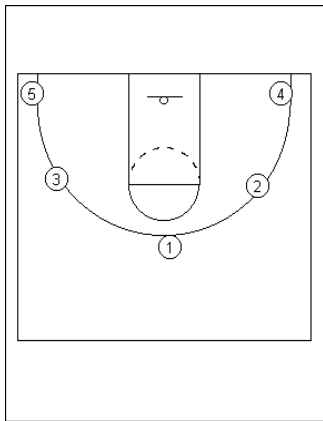
who will be the shooter as the offense will work hard to try and get that player a shot. Don't let the defense know who this is going to be

It is also a good idea to sometimes play without dribbling. This will force the offense to make good cuts, not stand still and use each other to score baskets.

4) 5 man sets

1-2-2 Open Post Set

This is a simple offense to use because players are spaced and there is plenty of room for them make their cuts, pass to open teammates and look for one on one opportunities. Instead of the 3 open spots that existed in 3 on 3 there are now 5 open spots to be filled which are labeled 1-5.



After a player makes a pass, he must make a cut to the basket, or exchange with a teammate. After this movement is made, the other players must rotate to open spots. When the pass is made from 1 to 2, 1 cuts to the basket looking for the ball. If one is open he receives a pass from 2. If not, then 1 continues through and spaces out on the opposite side. 5 and 3 will then rotate up to fill the open spots.

Using this same alignment, you can teach **older** kids to either ball cut as above or screen away on a pass. This now gives the player one more option and should be left up to them as to when either a ball cut or screen is executed. All of the spots still must be filled by rotating. For example, if 1 passes to 2, then screens away or simply exchanges for 3 all the spots are filled if all players rotate.

Sweeping-Old

Sweeping the basketball is a concept that should be reserve for older players. Sweeping is used for a number of reasons:



- To create space for a player with the ball-this is so that player is able to see the action
- To square up to the basket aggressively
- To go by the defender in an aggressive fashion

Keys to sweeping the basketball:

- “Rip” the ball from one side of your body to the other
- start with the ball in the triple threat position, move it quickly and aggressively across your body, leading with the elbows
- keep the ball just below the knee caps
- When sweeping to go in a particular direction, as the ball comes over top of the leg you wish to step with, that leg goes forward so that the ball and the leg move at the same time. “Step and sweep” go together.

Drills

1)Have players spread out on floor and practice sweeping the ball while they are stationary. Have them take the ball from one side of their body and “rip” it to the other side of their body. Follow the correct sweeping technique on each repetition.

Then have them progress to sweeping, then taking one dribble and coming to a jump stop.

2)Dribble Pivot Pass-see Triple threat

This is an excellent drill to work on a number of basketball fundamentals. Incorporate the sweep in this drill as the player makes his move to drive the ball-i.e.at the end of the sweep, the player drives the ball

3)V-Cut to Sweep to Lay-up

Have player in two lines-one on wing and one at top of key. Player on wing performs either a V-cut or an L-cut, catches the ball, sweeps the ball and goes in for a lay-up.

Can also have player sweep to a jump shot.

Switch sides.

4)V-Cut to Sweep to Pro-Hop Lay-up

Same drill as above except player comes to a jump stop at the end of the dribble before the lay-up is shot. This is called a “pro-hop” and is used because it gives it allows the player to collect themselves in a stable position before they go up for the lay-up.

Team Defense

Team defense means that everybody on the floor is working together to prevent the other team from scoring. It is not just the player who is guarding the basketball that is responsible for stopping that player from scoring-it is all 5 defenders. These defenders work as a cohesive unit, providing



support for teammates wherever needed. No where else in the game of basketball is communication as important as on the defensive end.

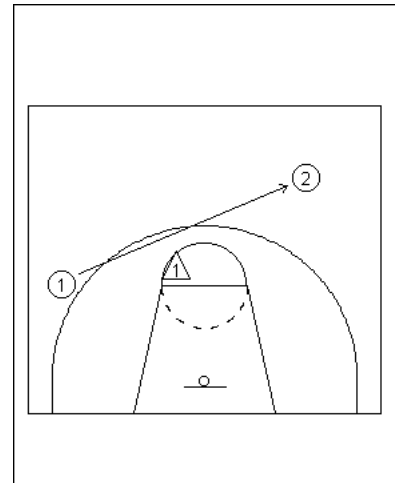
When teaching the concept of team defense to younger players, the most important concept that they need to grasp is that of seeing the ball, where ever it is on the floor. For example, if their check is on the side of the floor opposite to the ball, they must be able to not only see their man, but the ball as well. So that if their teammate gets beat off the dribble, the off the ball defender can be there to help.

Therefore the “help side defender” as he is called must be in a Man-You-Ball relationship. This means that the defender is between the man he is guarding and the ball. He is also able to see both. He is in a position called a Pistol Stance, in which he has both fingers pointing- one at his check and one at the ball. If a player is in this stance, he will be aware of where his ball and check are.

To see both the ball and defender’s check, that defender must be below the line of the ball.

The line of the ball is as follows:

- If player 2 has the ball, player 1’s defender is a step back of the line of the ball.
- In being a step back of the line of the ball, 1’s defender is able to see what 2 is doing.
- If 2 happens to drive the ball to the basket, 1’s defender may provide help to stop the dribble.



To teach this concept, have players organized into the 3 positions as above. The defender is responsible for 1, but remains one step below the line of the ball. Have the ball with two. On coach’s cue, 2 drives the ball to the basket, while 1’s defender must stop the ball. If 2 can go all the way to the basket and score a lay-up, he does. If he gets stopped, the drill is completed and new players step in.

This should be all that younger players are capable of handling. At this age, concepts should be kept quite simple with more emphasis placed on fundamentals than team concepts. For older or more advanced players, other defensive concepts and commands can be introduced.

From this 1 on 2 configuration, we can then move to a 2 on 2 configuration to better illustrate the concepts of being in the correct positions to help teammates. In the following diagram, 1 and 2 are on offense and are being guarded by two defenders. 1 has the ball, that defender the guarding the ball and must say “Ball”. 2 is on the opposite wing and his man is in a help side position since, one step below the line of the ball. His verbal must be “Help!” If the ball is changed to 2 then the player guard 2 says “Ball” while the player guarding 1 says “Help”. If the player guarding the ball gets beat on the drive then the help side must be in position to provide help. When teaching this drill, you must maintain control of the situation by dictating when a pass or a drive occurs. When the



concepts of “Ball” and “Help” have been established, we can then move on to the final defensive command-“deny”.

Teaching the Deny Stance.

The purpose of the denial stance is to not allow the defender’s check to catch the ball.

When denying the ball on the right-hand side of the floor, the defender must have his back to the ball, yet his head must be rotated in such a way that he can see the ball and his check. His right hand is out in the passing lane, discouraging the pass to the wing. His feet are shoulder width apart, and he is “one the line-up the line” see diagram.

To practice the denial stance have players line up on the baseline and on coach’s cue, they will slide up to the free throw line and back to baseline, using perfect denial stance sliding technique. Go back and forth several times, or until technique is adequate.

Now have two players on wing. See diagram. Defender 1 is denying the ball from the offensive player, who is going half speed to start, from the wing down to the block. 1 continues to deny the ball 3 times up and down. The defender’s verbal is now “denial”.

To progress in this drill, have the offensive player increase the speed at which they make their cut and this in turn will force the defender to go faster and work harder.

2 on 2- Have 2 players on each wing, 1 on offense and 1 on defense. We can work on all 3 defensive stances in this drill. These stances are “help”, “ball”, and “deny”. The ball begins with the coach at the top of the key.

Rule #1-if a player is 1 pass away from catching the ball, that player must be denied. If the coach is at the top of the key in the middle of the floor, both defenders must yell “deny, deny, deny”.

The coach can then dribble the ball to one side of the floor. The defender on this side will then be in a denial stance and yell “deny” while the defender on the other side of the floor will be in a help stance and yell “help”.

Rule #2-if the defender is guarding a check who is two passes away, he must be in a help side stance.

The coach has the option of dribbling back over to the other side, so that players must change their stance again, or coach can throw the ball to one of the offensive players and they can play 2 on 2.

Emphasis should be place on the following:

- Getting into the proper stance-help, ball, denial
- Talking loud all the time. This is great for kids as it forces them to talk. Talking is important for two reasons. 1. So that they talk to each other to let each know where each other are and what they are doing. 2. So that they talk to themselves-if players are talking out loud they are usually concentrating.
- Correct denial stance. Correct help stance-Pistols.