

Plays and Drills

Out to the Gym

Defense

“Good offense wins games. Great defense wins championships. Believe it!”

- **2-3 ZONE**

- MAKE THE OTHER TEAM SHOOT OUTSIDE SHOTS
- PACK THE PAINT

- **MAN 2 MAN**

- MAN TO MAN DEFENSE HAS THE ADVANTAGE OF MAINTAINING PRESSURE ON THE BALL AT ALL TIMES. THIS DEFENSE WORKS BEST IF YOU HAVE A FAST OR MORE ATHLETIC TEAM
 - EVERY PLAYER HAS TO LEARN HOW TO PLAY GOOD ON-BALL DEFENSE, HOW TO MOVE THE FEET, ETC.

Defensive Drills

- **DEFENSIVE STANCE**

- ARMS OUT, PALMS UP, BACK STRAIGHT, FEET SHOULDER WIDTH APART, KNEES BENT – PROGRESSIVELY STAY DOWN LONGER

- **SHELL DRILL**

- 4 ON 4 RULES

- BALL 1 PASS AWAY COVER YOUR MAN, BALL 2 PASSES AWAY, HAVE 1 FOOT IN THE LANE, BALL 3 PASSES AWAY OR ON WEAK SIDE HAVE BOTH FEET IN LANE
- SWIVEL HEAD TO SEE MAN AND BALL, NEVER LOSE SIGHT OF MAN EXCEPT TO PREVENT A LAY-UP. SHADE MAN TO BASELINE.
- DRIBBLE, HELP, RECOVER DRILL, 1 HARD DRIBBLE, PICK UP BALL AND LET NEXT DEFENDER GIVE HELP THEN RECOVER

- PASS CORNER AND GO THROUGH, DEFENDER MAKE MAN CUTTING GO BEHIND WITH WEAK SIDE HELP WAITING TO GIVE HELP CORNER MAN STAYS STATIONARY AS THE OTHER 3 MEN ROTATE TOWARD HIS CORNER

Defensive Drills

- **REBOUNDING**

- HAVE PLAYERS WORK TO GET AROUND THE COACH IN LAY -UP LINE TO RETRIEVE REBOUND. USE OF A PAD WOULD HELP. PLAYERS NEED TO LEARN TO RESIST THE BOX OUT

- **BASELINE BOX OUT DRILL**

- TWO LINES ON BASELINE NEAR BLOCKS, ONE PLAYER PASSES TO ONE OF 2 MEN AT FT LINE, GO

OUT TO DEFEND AS SHOT IS TAKEN AND BOTH MEN BOX OUT MEN AT ELBOW. ROTATE.

- **UCLA DRILL (2 PLAYER DRILL)**

- HAVE 2 COACHES SWING BALL FROM ONE WING TO THE OTHER WITH 2 DEFENDERS MOVING FROM ON BALL DEFENSE TO OFF THE BALL 2 PASSES AWAY ONE FOOT IN LANE DEFENSE

Defensive Drills

- **FULL COURT ZIG-ZAG** – PARTNER UP, ONE PLAYER ON OFFENSE, ONE ON DEFENSE. THE OFFENSIVE PLAYER WILL DRIBBLE AT AN ANGEL GOING BACK AND FORTH – SIDE LINE TO FREE THROW LINE WORKING THE DEFENDER BACK AND FORTH. THE DEFENDER SHOULD WORK ON BEATING THE BALL TO EACH SIDE FORCING HIM TO CHANGE DIRECTIONS. ONCE YOU GET TO HALF COURT IT IS LIVE 1 ON 1 TO THE OTHER BASKET

- **LANE SLIDES** – HAVE 4 OR 5 OF YOUR KIDS LINE UP IN THE MIDDLE OF THE PAINT, WHEN YOU BLOW YOUR WHISTLE THEY WILL DEFENSIVE SLIDE FROM LINE TO LINE TOUCHING EACH ONE WITH THEIR HAND. THIS IS A TIMED DRILL. MAKE SURE THEY STAY LOW, DON'T CROSS THEIR FEET, AND KEEP LOOKING UP THE FLOOR RATHER THAN DOWN AT THE GROUND.

Defensive Drills

- **MACHINE GUN** – AT THE BLOW OF YOUR WHISTLE, EACH PLAYER WILL CHOP THEIR FEET AS FAST AS THEY CAN STAYING IN PLACE, BLOW YOUR WHISTLE AND POINT LEFT OR RIGHT AND THEY WILL TURN FOR A STEP AND THEN TURN BACK WHILE CONTINUOUSLY CHOPPING THEIR FEET. IF YOU PUSH BACK, HAVE THEM FALL BACKWARDS LIKE

TAKING A CHARGE AND THEN HOP RIGHT BACK UP
CHOPPING THEIR FEET.

- **TIPPING DRILL** - THROW BALL OFF BACKBOARD, JUMP IN AIR AND TIP IT IN OR JUST TRY TO CATCH BALL ON OTHER SIDE WITH 1 HAND OR TRY TO CATCH BALL ON SAME SIDE WITH 2 HANDS

Quick Hands

- **SLAPS** – POUND OR SLAP THE BALL HARD FROM HAND TO HAND
- **TIPPING** – TIP THE BALL BACK AND FORTH FROM ONE HAND TO THE NEXT GOING UP AND DOWN KEEPING YOUR ELBOWS STRAIGHT
- **CIRCLES** – PUT YOUR FEET TOGETHER AND MAKE CIRCLES AROUND BOTH LEGS, THEN CIRCLES AROUND THE WAIST AND THEN AROUND THE HEAD

- **DROPS** – PUT THE BALL BETWEEN YOUR LEGS AND GRAB IT WITH BOTH HANDS IN FRONT AND THEN CATCHING IT BEHIND. “FRONT TO BACK” AND “SIDE TO SIDE.”
- **TOSS UP** – THROW BALL UP AND CATCH BEHIND YOUR BACK (HAND/EYE COORDINATION)
- **CRAB WALK** – WALK BENT OVER UP THE FLOOR AND PUT THE BALL BETWEEN YOUR LEGS WEAVING THE BALL BACK AND FORTH WITH EACH STEP.
- **ROLLING FIGURE 8** – PLACE THE BALL ON THE FLOOR, LEGS SHOULDER WIDTH APART, THEN ROLL BACK AND FORTH AROUND EACH LEG ONLY USING YOUR FINGER TIPS

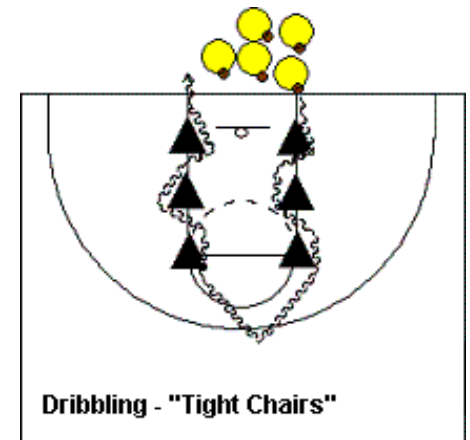
Ball Handling

- **FIGURE 8** – LEGS SHOULDER WIDTH APART; KEEP BALL LOW WITH QUICK DRIBBLES WEAVING BACK AND FORTH, ABOVE AND BELOW YOUR LEGS

- **ONE LEG** – DRIBBLE AROUND ONE FOOT WITH ONE HAND, THEN REVERSE DIRECTION. SWITCH HANDS AND FEET.
- **FRONT BACK** – CROUCH OVER WITH ONE FOOT BACK PROTECTING THE BALL AND DRIBBLE FRONT AND BACK. IT IS A PUSH AND PULL MOTION
- **SIDE TO SIDE** – CROUCH OVER, FEET EVEN AND DRIBBLE BALL SIDE TO SIDE
- **FEET TOGETHER** – STAND WITH FEET TOGETHER, DRIBBLE AROUND FEET WITH HEAD LOOKING UP. REVERSE DIRECTION OF THE BALL.
- **SPIDER (DIFFICULT)** – LEGS ARE SHOULDER WIDTH APART, BALL IS IN BETWEEN THEM. DRIBBLE TWICE IN FRONT AND THEN TWICE BEHIND YOUR LEGS. THE BALL SHOULD STAY RIGHT IN THE MIDDLE WHILE YOUR HANDS ARE MOVING QUICKLY TO KEEP IT ALIVE.

Ball Handling

- **TIGHT CHAIRS** – SET UP 6 CHAIRS WITH THE SIDE THEY ARE STARTING ON. HAVE THEIR SEATS FACING THE END LINE WHILE THE OTHER ROW OF CHAIRS FACES THE HALF COURT LINE. THIS IS SO THE DRIBBLER CAN HIT THE SEAT OF THE CHAIR WITH HIS OFF HAND AS HE/SHE MAKES A DRIBBLE MOVE
 - HAVE THEM DO CROSSEVERS, BEHIND THE BACK, SPEED DRIBBLES, ETC. WHILE WEAVING THROUGH THE CHAIRS
- **HALF COURT DRIBBLE** – HAVE THEM DRIBBLE WITH A BALL IN EACH HAND TOGETHER, ALTERNATE, AND CROSSOVER GOING DOWN AND BACK.
- **DRIBBLE TAG** – HAVE YOUR KIDS CROWD INSIDE THE THREE POINT LINE OR THE JUMP CIRCLE AT HALF COURT. THEY WILL ALL HAVE THEIR OWN BALL. THE POINT IS TO KNOCK THE



OTHER KIDS BALL OUT OF THE CIRCLE WHILE CONTINUOUSLY DRIBBLING. EMPHASIZE PROTECTING THE BALL WITH THEIR OFF HAND, STAYING LOW, AND BEING IN CONTROL OF YOUR BALL.

Form Shooting

B – BALANCE

- TO BE A GOOD SHOOTER YOU MUST MAINTAIN GOOD BALANCE
- YOU SHOULD SQUARE YOUR SHOULDERS TO THE TARGET
- WHEN SHOOTING A JUMP SHOT, YOU SHOULD JUMP UP AND COME DOWN IN THE SAME GENERAL AREA
- YOU SHOULD NEVER FADE AWAY – IF ANYTHING LAND FORWARD GOING TO THE BASKET

E – ELBOW

- KEEP YOUR ELBOWS IN, CLOSE TO YOUR BODY
- POINT YOUR ELBOWS TOWARD THE TARGET
- YOUR ELBOWS SHOULD BE BENT AT A 45° ANGLE

E – EYE CONTACT

- KEEP YOUR EYE ON THE TARGET. DON'T FOLLOW THE FLIGHT OF THE BASKETBALL

- SHOOT THE BASKETBALL RIGHT OVER THE FRONT OF THE RIM
BECAUSE IT

IS DIFFICULT TO SEE THE BACK OF THE RIM, ESPECIALLY WHEN YOU
ARE

SHOOTING FROM THE CORNERS

- WHEN YOU ARE AT A 45° ANGLE USE THE BACKBOARD. WHEN USING
THE

BACKBOARD TRY TO SHOOT THE BALL OFF THE CORNER OF THE
PAINTED

SQUARE. THIS IS HELPFUL ON THE MOVE. THE BACKBOARD SLOWS THE
SHOT DOWN AND INCREASES THE CHANCES OF SUCCESS

F – FOLLOW THROUGH (THE MOST IMPORTANT PART OF THE SHOT!)

B.E.E.F. Shooting

FOLLOW THROUGH (CONT.)

- EVEN IF YOUR OTHER TECHNIQUES ARE NOT PERFECT, WITH A GOOD FOLLOW THROUGH YOU CAN STILL MAKE A HIGH % OF ATTEMPTED SHOTS
- LINE THE BALL UP ACROSS THE SEAMS, WITH FINGERS SPREAD APART
- THE BASKETBALL SHOULD BE ON THE PAD OF YOUR SHOOTING HAND. THERE SHOULD BE AN OPENING BETWEEN THE PALM OF YOUR HAND AND THE BASKETBALL
- INDEX FINGER SHOULD BE NEAR THE CENTER OF THE BALL
- THE OFF-HAND IS USED FOR A GUIDE TO HOLD THE BALL STEADY
- SHOOT THE BALL WITH BACKSPIN ROTATION WITH THE INDEX FINGER BEING THE LAST PART OF THE HAND TO TOUCH THE BALL

- **SHOOT WITH A GOOD ARCH. THIS WILL MAKE THE BASKET BIGGER AND GIVE YOU A GREATER MARGIN FOR ERROR AND INCREASE YOUR CHANCES OF MAKING SHOTS**
- **CONFIDENCE IS A BIG PART OF SHOOTING. WHEN PRACTICING, START CLOSE TO THE BASKET AND WORK YOUR WAY OUT. THIS WILL HELP BUILD CONFIDENCE.**

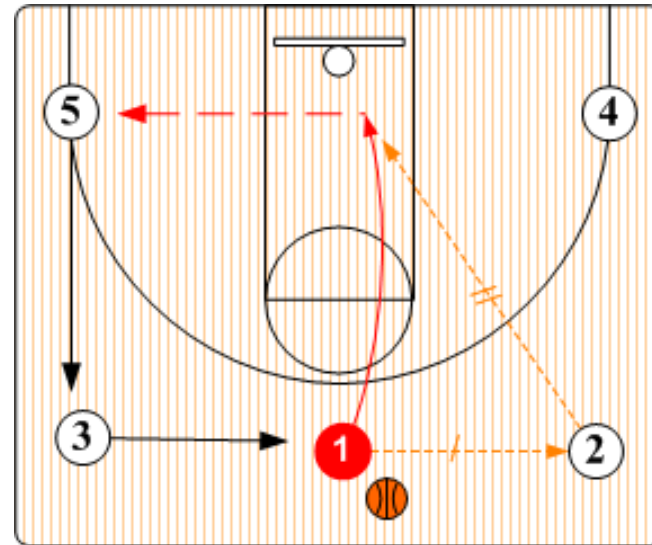
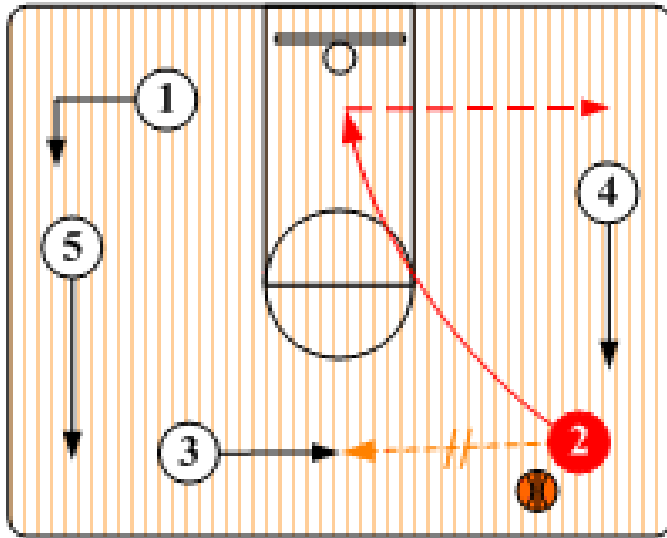
WITH PROPER TECHNIQUE AND A DAILY ROUTINE ANYONE CAN BE A GREAT SHOOTER

Shooting Drills

- **PARTNER SHOOTING – 2 KIDS PAIR UP, ONE WILL SHOOT A SHOT, GET THEIR REBOUND AND KICK OUT TO THEIR PARTNER WHO IS SPOTTED UP AROUND THE COURT, THEY WILL CLOSE OUT PUTTING A HAND UP AND THE PARTNER WILL SHOOT OVER THEM. HE GETS HIS REBOUNDS, KICKS TO THE SPOTTED UP PARTNER AND CLOSES OUT ON HIM**
 - **USE A PUMP FAKE 1 DRIBBLE PULL UP**

- **PUMP FAKE OR JAB STEP, GO SHOULDER TO SHOULDER IN FOR A LAY UP**
- **2 LINE SHOOTING – THIS IS WHERE THE KIDS NEED TO WORK ON PLANTING THEIR INSIDE FOOT AND GET THEIR SHOT OFF QUICKLY! YOU HAVE ONE PASSING LINE AND ONE SHOOTING LINE.**
- **3 MAN 2 BALL – 3 PLAYERS TO A BASKET, YOU WILL HAVE A REBOUNDER, A PASSER, AND A SHOOTER. THE SHOOTER WILL SPOT UP ON A WING, SHOOT, SPRINT TO THE OTHER WING, RECEIVE A PASS AND SHOOT. THEY WILL CONTINUE TO DO THIS BACK AND FORTH.**

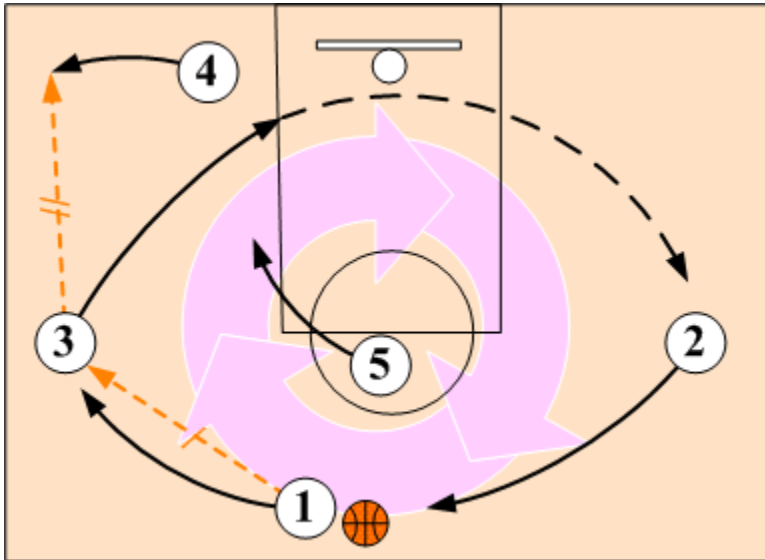
Spread Offense



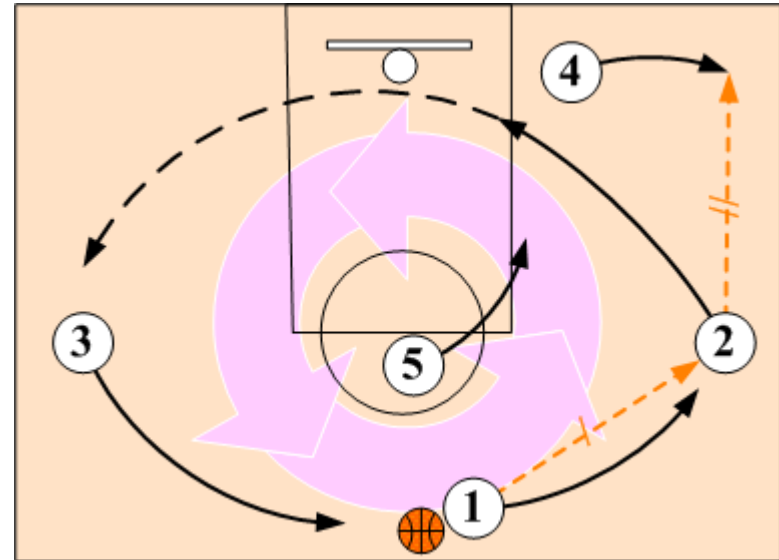
- A GOOD OFFENSE FOR SMALLER TEAMS WITH ALL FIVE PLAYERS BEING ABLE TO HANDLE AND PASS THE BALL WELL
- KEEPS THE COURT SPREAD
- PLAYERS MUST BE ABLE TO READ THE DEFENSE AND MAKE CUTS ACCORDINGLY

Clock Set

ENTER ON THE LEFT SIDE



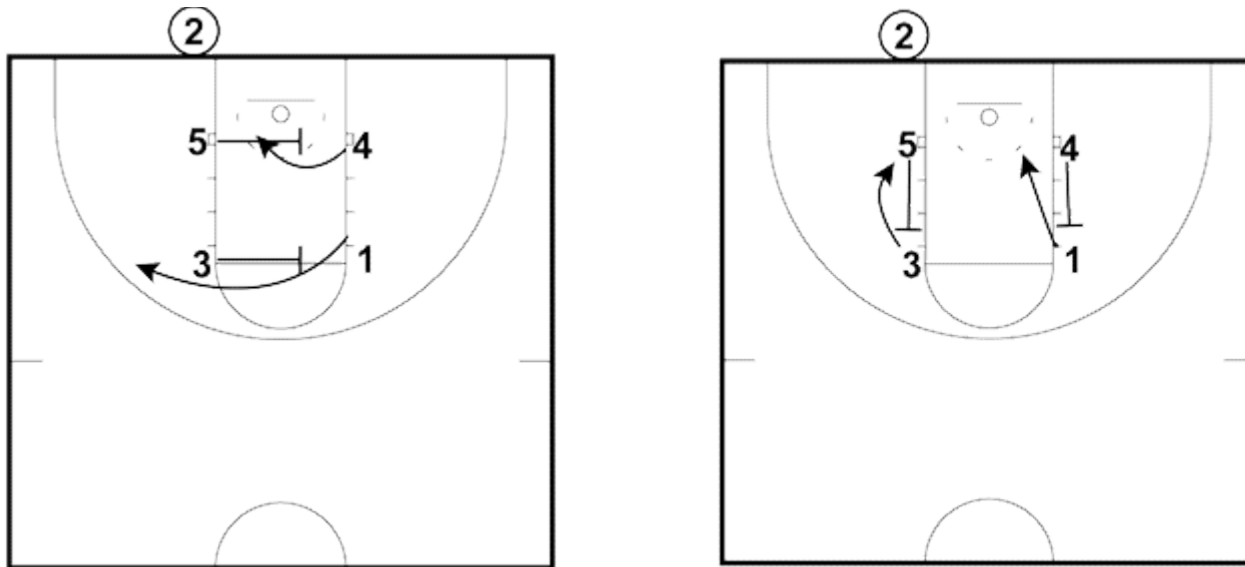
ENTER ON THE RIGHT SIDE



- THIS IS A BASIC 1-3-1 FREE LANCE PASSING ATTACK
- THE OUTSIDE PLAYERS ROTATE IN A CLOCKWISE AND COUNTER-CLOCKWISE ROTATION
- VERY EFFECTIVE WHEN PLAYERS ARE ABLE TO READ THE DEFENSE

Out of Bounds

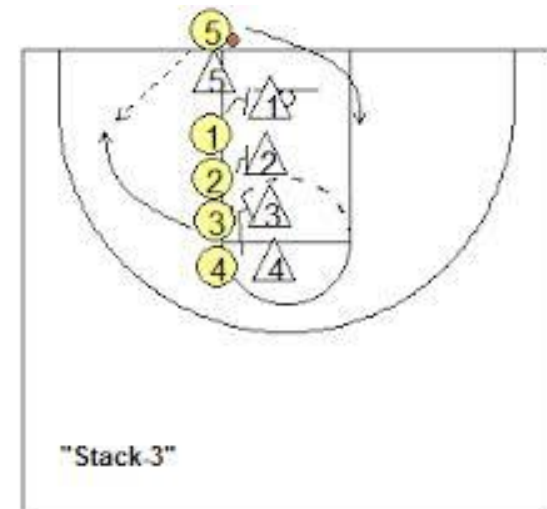
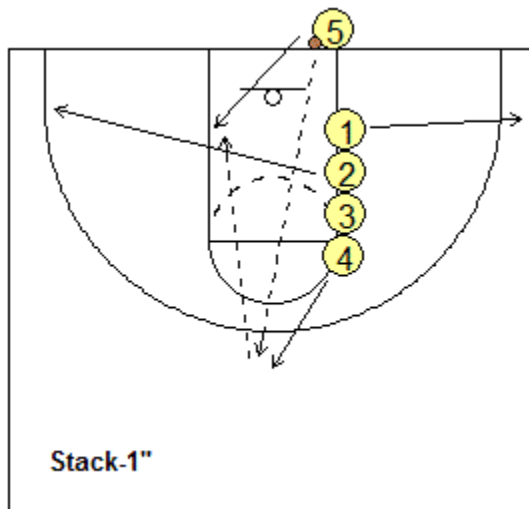
Box Set



- **DESIGNED PRIMARILY FOR QUICK HITTING BASELINE SCREEN AND ROLL**
- **THIS IS A FAIRLY SIMPLY PLAY DEPENDING ON EXECUTION. MUST HAVE SOLID SCREENS**

Out of Bounds

Stack Set



- BRING THE DEFENSE IN, OPENING THE OUTSIDE FOR AN EASY JUMPER
- OPTIONS: IN BOUNDER COMING OFF A DOUBLE SCREEN; ONE OF THE SCREENS SLIPPING TO THE BASKET; THE 2 GUARD GOING BACK DOOR