

# Basketball Coach's Handbook



*Created by the* **MLSPEA**

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Michigan Lutheran Sports & Physical Education Association  
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**MLSPEA Mission Statement**

The MLSPEA mission is guiding, informing, and encouraging Lutheran schools in health, physical education, athletics, and related areas.

*“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.”  
Colossians 3:17*

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Thank you to all of the schools, athletic directors, and basketball coaches who helped create this handbook. Your input was essential in order to make this handbook useful.





# Introduction

The purpose of the *Basketball Coaches Handbook* is to provide a guide and resource for novice and experienced basketball coaches. This handbook is mainly intended for a 5<sup>th</sup> & 6<sup>th</sup> and/or 7<sup>th</sup> & 8<sup>th</sup> grade basketball coaches, but nearly all of the topics in this handbook apply to most levels of coaching.

## Coaching Philosophy

### Basic Coaching Suggestions

(from Valley Lutheran High School, Saginaw - Coaching Clinics & other athletic programs):

1. Before each practice or game, think about the mission of your church and school and the rest of these should fall into place.
2. Pray often with the team (and on your own). What a model this is for your players to see. No excuses. If you want your team to get better they practice. If you want to be able to pray in public, you also need to practice.
3. Coach your kids to play hard, play fair, and to give a helping hand to the other team, even in a close game.
4. Respect your team, the other team, and the referees. We may also need to inform our parents to do the same.
5. Practice: Drills and Skills vs. Scrimmage and Plays. If you are 90% skills and 10% scrimmage, I think you have a solid understanding of what kids need.
6. Get as much use out of the equipment that you have in your school. Use all the baskets and have enough basketballs for each player. The more each player is able to practice with a basketball, the better he/she will become.
7. Stay simple, basic, and minimum with the plays for your team. Teach the correct skills first, and then concentrate on the plays.
8. Have a simple written practice schedule each time you practice and let the players see this. They will look forward to working on different things.
9. Why not take the time BEFORE the game to talk with the opposing coach? What a great model this is.
10. Set yourself up to stay under control, even in the heat of the battle. Kids look up to you. Parents take their lead from you. Set the tone well before the opening whistle. Take the time to PRAY about it, if this is something you struggle with.
11. Get help from other parents, coaches, athletic directors, and so on. Your main job is to teach the game of basketball in a Christ-like manner, and you can do that through gaining more knowledge about the game.





# Purpose of an Athletic Coach

## Coaching Objectives

- Teach a God-pleasing competitive spirit -- Christian characteristics.
- Teach and model respect, values, and authority. This includes being a role model by regularly attending worship services.
- Recognize the importance of each team member.
- Recognize our own strengths and weaknesses. Know yourself and team.
- Communicates well with staff, parents, athletes, and athletic director.
- Realize that sports provide many life experiences.
- Provide students a challenge to apply advanced physical skills.
- Instill a desire to improve mentally, emotionally, spiritually, physically, and socially.
- Strive for maximum effort and develop potential of God given blessings.
- Be thankful for one's abilities to play a sport -- play to God's glory.
- Model what he/she coaches.

## Code of Ethics for Coaches

- I will treat each player, opposing coach, official, parent, and administrator with respect and dignity.
- I will do my best to learn: fundamental skills, teaching and evaluation techniques, and strategies of my sport.
- I will become thoroughly familiar with the rules of my sport.
- I will become familiar with the objectives of the youth sports program with which I am affiliated. I will strive to achieve these objectives and communicate them to my players and their parents.
- I will uphold the authority of officials who are assigned to the contests in which I coach, and I will assist them in every way to conduct fair and impartial competitive contests.
- I will learn the strengths and weaknesses of my players so that I might place them into situations where they have a maximum opportunity to achieve success.
- I will conduct my practices and games so that each player has an opportunity to improve their skill level through active participation.
- I will communicate to my players and their parents the rights and responsibilities of individuals on our team.
- I will cooperate with the athletic director in the enforcement of rules and regulations, and I will report any irregularities.
- I will protect the health and safety of my players by insisting that all of the activities under my control be conducted for his spiritual, psychological, and physiological welfare.

## A Coaching Creed

- Be a resource person able to assist the athlete to develop his/her athletic potential and self-





dependency.

- ❑ Recognize individual differences in athletes and always think of the athlete's long-term best interests.
- ❑ Aim for excellence based upon realistic goals and the athlete's growth and development.
- ❑ Lead by example. Teach and practice cooperation, self-discipline, respect for officials and opponents, and proper attitudes in language, dress, and behavior.
- ❑ Make sports challenging and fun. Skills and techniques need not be learned painfully. Be honest and consistent with athletes. They appreciate knowing where they stand.
- ❑ Be prepared to interact with league officials and parents. They too, have important roles to play in sports.
- ❑ Coaching involves training by responsible people who are flexible and willing to continually learn and develop.
- ❑ Encourage athletes to be fit all year, every year, and not just for the season.





# Responsibilities and Expectations

## Be Professional

Each coach will -

- Develop each child's zest for living his life in Christ by exploring the life experiences in athletic competition.
- Set a good Christian example at all times. Stress the importance of this aspect.
- Ensure that all/any assistants will follow and respect all rules that have been set forth for the coach, by the school, principal, and athletic director.
- Make sure you have read the sports rules for the students and are aware of them.
- Abide by the school's philosophy of athletics and athletic policies.
- Have complete charge of and control of team on and off the field or court.

## Organization

Each coach will -

- Take charge of his/her individually assigned sport to insure proper communication with the participants and their parents.
- Promote his or her sport among the students to encourage participation and skill development.
- Consult with the athletic director to insure proper coordination and communication of events.
- Give a written copy of all communication sent home to parents regarding information about the team or team player to athletic director for preview before sending out.
- Get season schedule from the athletic director and work out practice sessions for the entire season.
- Report any problems to the athletic director.
- Be directly responsible for all participants during games and practices. Students waiting for rides should wait in the properly designated area.
- Ensure that practice sessions are to begin on time.
- Organize a practice and keep to an age appropriate length.
- End all practices as scheduled unless previously arranged by the coach and athletic director.
- Ensure that all practice sessions are supervised throughout their entirety.
- Not leave until all players have been picked up from the practice session.
- Set a model of prayer with your athletes; pray at games and at practice.





# Communication

Take the time to set up team guidelines or rules and communicate them with your team and parents right away. If you want players to be at practice 5 minutes early, then let them know on the first day and let them know the consequences if they fail to abide by the rules. Also, let the team and parents know of any guidelines or rules the school has regarding athletics. If they miss a practice or game, they need to know the consequences ahead of time. If they miss a practice or game due to a detention, is it the same as missing because of sickness? Talk about these scenarios with the athletic director and communicate these policies on the first day(s) with your team. What do you expect of them each practice and game? How will you run your practices? What will happen if they do not meet your expectations? Think about these things and talk to your team about them ahead of time. Good communication from the start will likely avoid difficult situations during the season.

## Possible Items to Communicate with Players at First Practice

- What time they need to be at practice?
- What expectations do you have for them in the locker room?
- What will be the consequence if they are late for practice?
- Where do they change?
- What do they wear each practice?
- Do they bring their own water – if so where to do they keep it?
- What do they do before practice?
- What do you expect from them during each drill?
- What do you expect from them when a coach is talking?
- How do they address the coaches (Coach \_\_\_\_\_, Mrs. \_\_\_\_\_, Mr. \_\_\_\_\_, etc.)?
- What do you expect from them while watching teammates do a drill?
- What should they do if they will not be at practice (i.e. note ahead of time)?
- What will be the consequence if missing a practice (does it depend on the reason)? Missing a game?
- What responsibilities do players have before and after practice regarding getting out and putting away equipment?

## Possible Items to Communicate with Parents

- What time do players need to be at practice?
- What time should players be picked up after practice?
- How can parent contact the coach?
- What does the coach expect from the players?
- What time players need to arrive before games?
  - What do parents need to do if a player has to miss a practice or game? What is an





acceptable excuse? (Review policies with athletic director)

- How will any updates be communicated to parents (notes, phone calls, email, etc)?
- What responsibilities do the parents have? (drivers for away games, home helpers – concessions, set up, clean up etc.) Check with athletic director.

### **Possible Items to Communicate with Players before First Game**

- What do they wear on game days?
- What time do they need to arrive before a game?
- What do they need to bring to games?
- What expectations do you have for them in the locker room?
- Should they eat or drink before the game? If so, what?
- What do they do after they change?
- Where do they need to go for home games? Away games?
- Where do they put their bags during games?
- What are they expected to do before the game (set up, sit in certain area, etc.)
- What do you expect from the players who are on the bench?
  - talk about staying focused
  - not complaining about referees
  - cheering for teammates
  - listening during timeouts
- Go over how to check in during a game when substituting
- What expectations do you have for them with their uniforms?
- Where do they go after the game? Do you as coach want to talk to them after the game? If so, where?
- Do they need to help set up or take down after the game?





## Sample Letter to Parents & Players before Tryouts

from St.Luke Lutheran School, Clinton Township

Dear Parent,

Your son/daughter has expressed an interest in trying-out for one of this year's basketball teams. Each of your sons/daughters will be judged on his/her basketball skills, ability, effort, cooperation, attitude, and "coachability". Since there will be a limit to team size, it is possible that your son/daughter may not be chosen for a team. Our goal is to provide a quality experience for as many people as possible. *Please understand that previous basketball experience does not guarantee any boy that he will be chosen for this year's team.* Please discuss this matter with your son/daughter and together make a decision about him trying out.

Should your son/daughter make a team, there will be weekly practices, games, and weekend tournaments that he must attend faithfully. *Please avoid conflicts with other activities such as piano lessons, other sports teams, etc.* Consider the substantial amount of time that your son/daughter would have to devote to basketball. **Academics must be of top priority.** Please review our school policy about athletic eligibility regarding academics.

There will also be times when you, the parent, will be responsible for driving to away games, helping with the concession stand for home games, cleaning up after home games, and driving to weekend tournaments. You will be asked to sign up and help in these areas prior to the season beginning.

This year we will have (explain how many teams the school plans on having). Once again, because there will be a limit to team size, it possible that your son/daughter may not be chosen for the team. Players who make the team may not play in games or have limited playing time throughout the season and tournaments.

Please take all these matters into account. If your son/daughter would like to tryout for basketball, please fill out the bottom portion of this note and turn it into \_\_\_\_\_ at tryouts on \_\_\_\_\_.

It is also necessary that each player do the following **before** the first tryout

- Have a completed sports physical on file with the athletic director
- Have an after school emergency contact form filled out with the school office.

Thank you for your support,

------(cut and return bottom portion and return to \_\_\_\_\_ at Tryouts on \_\_\_\_\_)-----

### Basketball Tryout Information

\_\_\_\_\_  
Player's Name

\_\_\_\_\_  
Grade

We have discussed and understand the above information regarding Boys/Girls Basketball Tryouts and season expectations.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Player Signature

\_\_\_\_\_  
Date





## **Sample Letter to Send Home with Players at the Beginning of the Season**

*from St. Lorenz Lutheran School, Frankenmuth*

### LETTER TO PLAYERS:

Participation in athletics is not a right but a privilege. To enjoy this privilege a player must comply with the rules and conditions set up by the coaches and the school. To retain a player on the squad who violates the rules and conditions would be an injustice to the other members of the team who do comply and would lead to a breakdown of morale and result in chaos.

An area of vital importance is discipline. "Discipline" is; training that develops self-control, efficiency, to enforce obedience and have proper and orderly conduct. There are two kinds of discipline: team and individual. Do not mistake discipline for sacrifice. You will make sacrifices in order to play. You will give up your free time to practice, which is hard work. Discipline is imposed on the team and individual to promote success. If you discipline yourself no one will have to. If you can't beat yourself then who do you think you can beat?

The practice of loyalty, honesty, and respect for the rights of others is necessary for the development of proper team spirit. Jealousy, envy, egotism, and selfishness are certain to prevent or destroy team spirit.

### THE CHRISTIAN ATTITUDE:

When you play on any athletic team here at (your school) you must also realize that you are playing the game to the Glory of Almighty God. Your conduct and attitude on and off the court should show your love for our Lord Jesus Christ. Your first priority in your life should be your Lord. If you play your sport well and keep your attitude in line, then you will be on your way to the kind of player which will show others what it is like to have the joy and love of Christ in your heart.

Always remember that there are many younger children here at school who look up to you players as something special. Don't let them down by doing things which are not good. Show them how to live and play by example. Give them something good to look up to. Someday they may be where you are now. Show them now, so that they have something good to look forward to!

**PLAY TO THE GLORY OF GOD! . . .** Learn to understand the meaning of this saying. We work hard in practice and during the games for the chance to give God glory through our play. It is our gift to God. Our saying thank-you for the many talents and gifts which He has given to us. Always striving for the best that is in us so that we might give God our best. What a joy to play that way!





# Equipment & Uniforms

## Equipment

- ❑ Each coach is responsible for the proper care of the sports equipment and facilities.
- ❑ A properly supplied first aid kit should always be available at all games and practices.
- ❑ Make sure all equipment and supplies are properly stored after each practice and at the end of games.

## Uniforms

- ❑ Coaches need to encourage and promote proper care for uniforms.
- ❑ Any needed equipment or uniforms should be requested through the athletic director.

## Practice Clothes

- ❑ Let your team know what they are expected to wear to practice. Talk to the athletic director about any policies regarding practice wear. Does the team wear gym uniforms or is there another option?

# Participation, Tryouts, & Team Selection

Each school or league may have unique philosophies regarding participation, tryouts, and team selection. Check with your athletic director regarding these areas.

## Participation

The athletic program is designed for students who demonstrate an emotional and mental readiness for competition, and who possess a satisfactory level of physical and academic competence.

Numbers of athletes to place on any team is an ever-present concern of coaches and parents alike. This decision takes into consideration manageable numbers for supervision and instruction, and the ability to provide quality practice and game playing time. Some sports such as basketball and volleyball lend themselves to a limited number of players.

## Tryouts & Team Selection

To arrive at manageable numbers for athletic teams, tryouts may be conducted. Team selections are made by the head coach and assistant coaches (with possible input from the athletic director), and are based on such criteria as emotional and mental readiness for competition, physical competence and skills, experience, attitude, coachability, cooperation, conditioning, attendance, and priority-setting.

Students not chosen for teams are encouraged to assume team-related roles such as, managers, scorekeepers, and statisticians.

Tryouts are held at the beginning of each season. Dates and times are announced to the students at





school and/or through the school newsletter. Any student trying out for an athletic team must complete and turn in all necessary forms prior to the tryout date. It is recommended that several people have input into the tryout process rather than to have one individual have the sole responsibility. In some circumstances the athletic director may need to help direct the coach's team selection.

## Team Selection Announcements

It is recommended to speak to the team about properly handling the excitement of making a team and the disappointment of not making a team. Another possible idea is to give each individual student athlete a personal envelope containing a note of thanks for trying out as well as the results of the tryout.

# Devotionals & Prayers

## Devotionals & Prayers

It is important as a coach to not only build physical abilities, but more importantly, a spiritual bond with your team. A web site that you can get a daily devotion at from our Lutheran Church Missouri Synod is: [www.lcms.org/](http://www.lcms.org/). Another website that has some good devotionals is: [www.themedattraction.com/devotionals/](http://www.themedattraction.com/devotionals/).

Prayer is another powerful tool to use with your team. A coach can be a great model and it also helps the team to feel comfortable with each other. Players or coaches can have prayers before, after, and during any game or practice. If a coach or player feels uncomfortable coming up with a prayer on the spot, have it written before the game or practice or even have a schedule for which player or coach has prayer or devotions at games and/or practices.

## Quotes

- ❑ "Discipline yourself so others don't have to do it for you." – John Wooden
- ❑ "Failure to prepare is preparation for failure." - John Wooden
- ❑

Inspirational quotes and Bible verses can really help to motivate sometimes. Here are some sites that have many inspirational quotes you can use:

[www.indianchild.com/sports\\_quotes\\_quotations.htm](http://www.indianchild.com/sports_quotes_quotations.htm).

[www.famous-quotes-and-quotations.com/sports-quote.html](http://www.famous-quotes-and-quotations.com/sports-quote.html)

<http://homepage.eircom.net/~odyssey/Quotes/Football/Sports.html>

# Sportsmanship





## Sportsmanship

Here is a great website that lists some very good sportsmanship articles that have been used at athletic meetings and events. This needs to be stressed as much as any basketball concept! Visit [www.mhsaa.com/services/library/lib6.html](http://www.mhsaa.com/services/library/lib6.html) for many articles on Sportsmanship.

# What your players should know

Here is a general list of skills and basketball knowledge that your players should know at each level.

## 5<sup>th</sup> & 6<sup>th</sup> Grade Level

### Skills

Each player should be able to properly -

- jump stop (to avoid traveling)
- square up and be in triple threat
- “rip” the ball when squaring up and facing defender to avoid jump balls
- shoot running lay ups with both right and left hand
- use correct shooting form on jump shot
- pass and use ball fakes and pass fakes
- box out for rebounds
- stay in defensive stance and in good position

### Basketball Knowledge

Each player should know -

- traveling and double dribble violations
- free throw situation rules
- inbound rules (5 seconds, not crossing the line etc.)
- 5 second call
- jump ball rules
- three seconds
- rules regarding picks
- man to man defense concepts
- zone defense concepts
- offensive concepts – spacing and floor balance

## 7<sup>th</sup> & 8<sup>th</sup> Grade Level

Players should know the skills and concepts in 5<sup>th</sup> & 6<sup>th</sup> grade set along with the following -

### Skills

Each player should be able to properly -

- pick and roll situations – offense and defense
- jab steps, ball fakes, shot fakes
- drive and finish left to right
- Post up moves

### Basketball Knowledge

Each player should know -

- How to run a pick and roll
- How to guard the pick and roll
- How to get open away from the ball
- How to use a screen to get open
- How to read the screen as a passer
- 





# Practices

## Practice Organization

Do you want to be able to run a practice that will enable your players to excel and be successful? All coaches want this so you need to spend a little time before each practice making a plan on what you want to do. How much should I scrimmage? What should I focus on? How do I have a practice which is organized? These are questions that most coaches have. Below is a sample of a typical practice:

- 1) **Time:** Practices should range from 1 hour to 1 hour 30 minutes. Much longer than 90 minutes is not beneficial for coaches or players.
- 2) **Scrimmage:** Do not devote a lot of time to scrimmaging especially in the beginning of the year. Maximum your practice time by doing drills.
- 3) **Prayer:** It is a good idea to open and/or close your practices and games with prayers. Here are some examples:

*Dear Heavenly Father,  
 We thank you for giving us this opportunity to come together for a practice/game. You challenge us in many ways during our lives, and we ask that you would bless us as we strive to do our best. Help us to live our lives and play this sport for the One who died for us and rose for us. Make us modest in victory and gracious in defeat. We pray in Jesus' name. Amen*

*Lord Jesus,  
 Help us this day to compete in such a way that we may honor you in our thoughts, words, and actions. Thank you for our basketball team and the times we share together learning and playing the game. Give us confidence as we continue to work hard in all we do. In your name we pray, Amen.*

- 4) **Outline:** Here is a sample practice:  
 Daily Practice Schedule (this would be for one particular practice)

<input type="checkbox"/> Prayer with the team	
<input type="checkbox"/> Warm-up (jogging and stretching)	5 minutes
<input type="checkbox"/> Shooting (close; one-hand): work specifically on form	5 minutes
<input type="checkbox"/> Dribbling (full court down & back; left & right)	3 minutes
<input type="checkbox"/> Ball Handling drills	5 minutes
<input type="checkbox"/> Around the head, waist knees	
<input type="checkbox"/> Figure 8	
<input type="checkbox"/> Spider	
<input type="checkbox"/> Isaiah Thomas Drill	7 minutes
<input type="checkbox"/> Free Throws (5)	5 minutes
<input type="checkbox"/> Drink	3 minutes
<input type="checkbox"/> 3 man weave	3 minutes
<input type="checkbox"/> 5 man weave	3 minutes
<input type="checkbox"/> Suicides	2 minutes
<input type="checkbox"/> Lay-ups (right and left side)	7 minutes
<input type="checkbox"/> Celtic Drill	5 minutes
<input type="checkbox"/> Drink	3 minutes
<input type="checkbox"/> 1-on-1 defensive slides	7 minutes





<input type="checkbox"/> 11 man break or 3-on-2/2-on-1	5 minutes
<input type="checkbox"/> 4 corner passing	3 minutes
<input type="checkbox"/> Free throws & sprints	5 minutes
<input type="checkbox"/> Drink	5 minutes
<input type="checkbox"/> Scrimmage	10 minutes

Sayings for the Day:

*"To give anything less than your best is to sacrifice your gift."*

*"Obstacles are challenges for winners and excuses for losers."*

## 75 Minute Junior High Practice Plan

### 1. **Pre-practice exercises (5 min.)**

- a. Ladder Jumps
- b. Front jump
  - Face line and jump over line front to back
- c. Side jump
  - Side to line and jump over line side to side
- d. Line jump
- e. Crazy ball
- f. Vertical jump

### 2. **Free throws (5 min)**

- a. 6 players at a basket
  - 1 shooter, 1 box out shooter
  - 2 defense rebounder, 2 offense rebounder
- b. Shoot 1 and 1 (if make get second shot)
- c. Non shooters box out and rebound each shot
- d. Rotate spots

### 3. **Dribbling fundamentals (15 min)**

- a. 2 Ball stationary – stay low, dribble low, short 15-30 second intervals
  - Dribble together (bounce at same time)
  - Alternate
  - Switch
- b. 2 ball moving – go from line to cone (about 30 ft apart), 30 second intervals
  - 2 balls the same – jump stop and reverse
  - 2 balls alternate – jump stop and reverse (will have to dribble the same at the ends)
  - 2 ball "Switch 'Em" – switch basketballs at the halfway point
- c. 1 ball moving – go from line to line (about 30 feet apart) w/ cone (chair?) half way between, down right/back left, stay low, protect ball, head up, next person in line goes when the person in front gets to cone
  - Hesitation dribble – hesitate at cone then explode to full speed
  - Slide & Go – slide to cone and then go full speed
  - Crossover
  - Inside/Out – fake in then go out using same hand (don't carry)
  - Between the legs – have to slow down to go between legs, but then explode
  - Behind the back
  - Spin move





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- d. Commandos – 30 second intervals, line to cone (about 15-20 ft apart)
  - Right hand, reverse pivot, bring it back
  - Left hand, reverse pivot, bring it back
  - Crossover on the way down, between legs on way back (still jump stop, reverse pivot, bring it back on the ends)
- 4. **Stationary ballhandling (5-10 min)** – do each exercise for 30 second intervals, head up, as fast as possible
  - a. Slap
  - b. Figure 8
  - c. Front flip
  - d. Side flip
  - e. Spider
  - f. Drop & Catch
  - g. Toss & Catch – clap at least 4 times
- 5. **Passing & catching (5-10 min)**
  - a. Fundamentals –
    - Both hands on side of ball
    - Take small momentum step
    - Use both hands equally – finish with thumbs down, palms up
    - Player catching have hand target w/ fingers spread out
  - b. Partner Passing Drill – partner 8 – 10 ft apart, no lazy passes,
    - Chest pass
    - Bounce pass
    - Overhead pass
    - 2 Ball passing ((1 chest pass – other bounce pass, rotate)
  - c. Peripheral Passing Drill – groups of 5-6, 2 basketballs
    - Player 1 stand facing a line of 4-5 other players about 8 feet from Player 1
    - Players in line quickly pass to Player 1 who passes back to next person in line
- 6. **Shooting Fundamentals (20 min)**
  - a. Square up
    - Pivot off of right and left foot
      1. Toss ball ahead, catch square up with right pivot
      2. Repeat, but square up with left pivot
    - Add Sweep
  - b. Shot Builder
    - One hand shooting next to basket
    - Hold ball with one hand, then bring up, and shoot (follow through)
    - Keeps elbow in
  - c. Wave Drill
    - Two lines underneath basket at edge of lane with shooter at elbow
    - Pass to shooter at your elbow, run by and wave (both the shot) and continue to other elbow to look for pass
    - Shooter gets own rebound and gives to person in line on the side they shot
    - Next, shot fake and drive to outside and finish w/ lay up – one dribble
  - d. Continuous Lay-ups – right & left
    - Line up outside 3 pt line on wing
    - No more than 2 dribbles, get own rebound and pass to next in line
  - e. Mikan Drill
  - f. Power Lay ups
    - Put chair or cone at 3 mark on lane
    - Start in triple threat, sweep to side, one dribble, jump stop, then power lay up
    - Next start a little close, repeat process but use 2 dribbles to go to other side of





basket

g. Beat the Pro

**7. Defensive fundamentals (10 min)**

a. Footwork – use ball

- Popcorn
- Shuffle left/right/forward/backward
- Shot – players box out
- Loose ball – coach drops, they dive to floor, get up quickly
- Draw charge – coach lower shoulder, players fall back, get up quickly

b. Shell Drill – 4 on 4

- Offense cut and replace
- Defense
  1. Always in defensive position with arm up
  2. Always see ball and man
  3. Jump to Ball
  4. 1 pass away – deny up the line
  5. 2 passes away – foot in lane for help
- Offense – add the drive
- Post – no defender
  1. Pass goes to the post – all defense touch the post
  2. Pass goes back out to perimeter for shot
  3. If make a shot – 5 push ups

**8. Rebounding fundamentals (5-10 min)**

a. Fundamentals

- Stay between man and basket
- Locate by putting arm on them then turn and block out by moving feet (be physical!!)
- Jump for rebound (spread eagle)
- Keep the ball high (ball under chin – elbows out)
- Partner box out to practice

b. 1 on 1

- 2 lines under basket, coach between w/ one ball
- Coach rolls the ball out
- Player for on line runs out to catch ball, square up, and shoot
- Player from the other line runs across lane to touch opposite side of lane, then runs to challenge shot, box out and rebound
- Add shot fake for offense, defense don't go for fake

## Drills for Basketball Practice

### Conditioning & Warm Ups

- 1) **Knee Highs** - Jog slowly bringing knees to waist height
- 2) **Butt Kicks** - Jog slowly kicking heels to rear end
- 3) **Karaoke** - Trailing foot goes in front then in back of other foot; Turn shoulders and hips
- 4) **Horse Race (Suicides) – with and without basketball**





- Right hand down, left hand back
- Or use jump stop and pivot and each spot

**5) Sprint for Points (with or without ball)**

- Group players into groups by speed (optional)
- Players run sprint, horse race, or some other run
- 1<sup>st</sup> place gets 4 points, 2<sup>nd</sup> place gets 3 points, 3<sup>rd</sup> place gets 2 points, everyone else who finishes gets 1 point
- Players run until they reach a set number of points (i.e. 20 points or 30 points)

**6) Push Ups**

- Regular or Fingertip

**7) Sit Ups**

**8) Jump Rope**

- Individual workout – 500+ per day
- Vary the types of jumps that you do after every 50 jumps
- Jump with one leg, two legs, double jumps, slow, fast, in any combination

**9) Wall Hops**

- Face Wall and jump continuously reaching with both hands as high as possible
- Jump for 30 seconds, 1 minute, 2 minutes, more!!

**10) Wall Sits**

- Use wall to support sitting position, knees at right angle, head against wall, arms at side
- Hold for 30 seconds, minute, 2 minutes, or more!!

**11) Line Jumps – Front/Back**

- Face line on the floor and jump over line front to back
- Jump for 30 seconds, 1 minute, more!!

**12) Line Jumps – Side to Side**

- Side to line and jump over line side to side
- Jump for 30 seconds, 1 minute, more!!

**13) Jerry Wests**

- Jump and spread feet out and touch toes while in the air
- Sets of 5, 10, 15, 20, or more

**14) Crazy ball – need the “Crazy Ball” – works on hand eye coordination**

- “Crazy Ball” – rubber ball with “bumps” on it so it bounces strangely
- Bounce the ball back and forth with partner and catch (about 8 feet apart)

**15) 3 Man Weave**

- Players form three lines on baseline or at halfcourt with the ball in the middle line
- Player with ball in middle line pass to player in one of the side lines and run behind player who caught the pass
- Player who caught first pass, pass to third player in group and run behind, continue up the court.
- Ball shouldn't touch the ground
- Keep hands up in catching position when catching pass
- Shoot lay up at basket (optional)





- Set goal for total baskets, consecutive baskets, number of drops, etc.

## Defensive Fundamentals

*The following are some defensive mechanics that you should work on to become a great defender:*

- butt down
- back straight
- knees bent
- on balls of feet (not resting on heels)
- shuffle & slide feet (do not cross)
- always see the ball and your man (or your zone)
- eyes focused on chest of player
- stay between your man & basket
- ENJOY playing DEFENSE!

### 1) **Footwork – coach to use ball signal, give verbal cues, or hand cues**

- Popcorn – stay low in your stance and keep your feet moving (may also do quarter turns)
- Shuffle left/right/forward/backward
- Shot – players box out
- Loose ball – coach drops, they dive to floor, get up quickly
- Draw charge – coach lower shoulder, players fall back, get up quickly

### 2) **Defense shuffle in lane – work on form and conditioning**

- Shuffle side to side in free throw lane – touch foot to side of lane
- Keep butt low, hands high
- Go for 30 seconds, 45 seconds, or more at a time
- Extra challenge – hold a folded folding chair between legs while shuffling – promote proper stance

### 3) **Full Court 1 on 1**

- Use half the court – offense works on ball handling
- Defense starts with hands behind back – work on moving feet, beating to spot
- Defense can work up to using hands, drawing charges, etc.

### 4) **Half Court Close out drill**

- Create 4 lines of 3 along the baseline, 2 on baseline and 1 at about top of the key extended
- Baseline player with the ball pass the ball to offense at top of key extended
- Then run out to close out - hands high, then low, give them a cushion
- Offense give ball fakes high then low a couple of time then pass to other player on baseline





- Rotate close out to offense, offense to baseline, person waiting on baseline become new close out

### 5) **Full Court Close out drill**

- Place 5 players along sideline and lane edge in zig zag pattern
- Other 7 players get a basketball and go to baseline
- Close out players pass to player and close out, offense ball fakes a couple of time and passes to next player
- Defense “move while the ball is in the air”, and closes out to player who received ball
- Continue until through the all players
- Rotate offense and defense

### 6) **Shell Drill – 4 on 4**

- Offense cut and replace
- Defense
  - Always in defensive position with arm up
  - Always see ball and man
  - Jump to Ball
  - 1 pass away – deny up the line
  - 2 passes away – foot in lane for help
- Offense – add the drive**
- Post – no defender**
  - Pass goes to the post – all defense touch the post
  - Pass goes back out to perimeter for shot
  - If make a shot – 5 push ups

### 7) **Elbow to baseline (1 on 1 defense)**

- Defensive player starts at the elbow on one side of the court while offensive player starts on the baseline.
- Defensive player throws a hard pass to the offensive player and then closes out and plays 1 on 1 defense. Repeat three times.
- Offensive player stays on offense if he scores 2 out of 3 times. Defensive player gets to go on offense if he stops the defensive player 2 out of 3 times (no offensive rebound, no foul, no basket)
- Can be done from various places on the court.

## **Free Throws**

### 1) **Free throw challenges**

- 1 on 1





- Shoot best of 5 or 10 – sudden death tie breaker if needed
- After first round – winners play each other and losers play each other
- Shoot until you make 3 consecutive (more for older players)

**2) 6 players at a basket**

- 1 shooter, 1 box out shooter
- 2 defense rebounder, 2 offense rebounder
- Shoot 1 and 1 (if make get second shot)
- Non shooters box out and rebound each shot
- Rotate spots

**3) Shoot Free Throw to see how many sprints team has**

**Dribbling Fundamentals**

Make sure you always keep your eyes up. Control the ball with your fingertips. Don't just concentrate on one hand, practice with both. Always start out slow and work your way to a faster pace. Always dribble with your right hand when you are going to your right and with your left and when you are going to your left.

**1) 2 Ball stationary – stay low, dribble low, short 15-30 second intervals**

- Dribble together (bounce at same time)
- Alternate
- Switch

**2) 2 ball moving – go from line to cone (about 30 ft apart), 30 second intervals**

- 2 balls the same – jump stop and reverse
- 2 balls alternate – jump stop and reverse (will have to dribble the same at the ends)
- 2 ball “Switch ‘Em” – switch basketballs at the halfway point

**3) 1 ball moving – go from line to line (about 25 - 30 feet apart) w/ cone (chair?) half way between, down right/back left, stay low, protect ball, head up, go for 20 - 30 second intervals**

- Hesitation dribble – hesitate at cone then explode to full speed
- Slide & Go – slide to cone and then go full speed
- Crossover
- Inside/Out – fake in then go out using same hand (don't carry)
- Between the legs – have to slow down to go between legs, but then explode
- Behind the back
- Spin move

**4) Commandos – 30 second intervals, line to cone (about 15-20 ft apart)**

- Right hand, reverse pivot, bring it back
  - Left hand, reverse pivot, bring it back





- Crossover on the way down, between legs on way back (still jump stop, reverse pivot, bring it back on the ends)

**5) Stationary Ballhandling (5-10 min) – do each exercise for 30 second intervals, head up, as fast as possible**

- Ball Slaps – slap the ball with alternating hands as hard as possible
- Finger Tip Toss – toss ball back and forth with fingers, keep arms straight, move above head, in front of head, and to waist
- Around the waist – take ball around waist
- Body Wrap – take the ball around head, waist, and knees
- Leg Circles – take ball around each leg (change directions)
- Leg Dribble – dribble around each leg (change directions)
- Figure 8 – both directions with and without the dribble
- Front flip – toss ball back and forth between legs with both hands in front then both hands in back
- Side flip – hold ball between legs with one hand in front and one in back of legs, switch hands without the ball touching the ground
- Spider – dribble the ball between legs using right hand in front, left hand in front, right hand in back, left hand in back, and repeat
- Drop & Catch – hold ball behind knees with both hands, drop the ball, clap hands together in front of body, and then catch the ball before it touches the ground
- Toss & Catch – toss the ball in the air, clap at least 4 times, then catch
- Rock the ball - (right & left)
- Slam ball between legs and catch behind

**6) Full Court 1 on 1**

- Use cones to separate full court into two halves
- Offense attempts to beat defense, defense keeps in front and beats them to spot
- Start with offense going 75%, defense keep hands behind back (work on moving feet)
- Then go 100%, but when offense beats they let them catch up and when defense steals they give back

**7) Knockout**

- Players each have a ball and dribble in an area and try to knock out others

**8) Relays or Sprints with ball**

- Pass ball between legs
- Dribble ball between legs each step

**9) Horse races w/ ball**

**10) Sprint for Points w/ ball (see conditioning)**





## Passing & Catching

### 1) **Fundamentals –**

- Both hands on side of ball
- Take small momentum step
- Use both hands equally – finish with thumbs down, palms up
- Player catching have hand target w/ fingers spread out

### 2) **Individual Passing Practice - Pass against wall**

- Chest pass, bounce pass, overhead pass, baseball pass (at least 20 times each)
- Vary the distances
- Pass the ball extremely hard, keep hands up in ready position to catch, get rid of it quickly

### 3) **Partner Passing Drill – partner 8 – 10 ft apart, no lazy passes**

- Chest pass
- Bounce pass
- Overhead pass
- 2 Ball passing ((1 chest pass – other bounce pass, rotate)

### 4) **Peripheral Passing Drill – groups of 5-6, 2 basketballs in group**

- Player 1 stand facing a line of 4-5 other players about 8 feet from Player 1
- Players in line quickly pass to Player 1 who passes back to next person in line

### 5) **3 Man Weave**

- every time the ball drops – 5 push ups
- Challenge - use heavy basketballs

### 6) **Post Drill**

- Stagger players (Passers) along side line and along center of court
- Player with ball start on baseline and pass first to sideline then to center without dribbling and running as fast as possible
- After last pass shoot lay up or jump shot
- Have the other half of the court set up the same way and players and continue through

### 7) **Chaos Drill**

- Position a few players under basket with basketballs
- Position a passing line on the sideline at half court, under the opposite basket, and the other sideline and half court
- Player with ball pass to sideline and sprint up the middle of court, then to spot under basket, then to other sideline then lay up or jump shot, then go to first passing line
- Passers always pass back to person and then go to end of next line

### 8) **Chaos Drill w/ 2 on 1**





- Set up two passing lines at half court along each sideline
- Set up two groups under each basket with basketballs
- Players underneath baskets pass to opposite sidelines then run with them for a 2 on 1 (one players already positioned on defense)
- Players should work on staying spread out one on each half of the court

## Shooting Fundamentals

To make yourself a great shooter, you **MUST** practice correct technique. The following acronym will help (BEEF):

- B - Balance (make sure feet are set)
- E - Elbow directly underneath ball
- E - Eyes focused on rim not ball
- F - Follow through (wrist, elbow, knees)

Remember that whenever you start shooting, always start close to the basket (this will help keep proper form). Practice shooting with only your shooting hand with proper form. Continue to shoot even when you are tired, but remember that your legs give you your power in your jump shot. Finally, practice game situations and not "lazy shooting."

*The following are drills to use when you are practicing your shooting:*

### 1) **Square up**

- Pivot off of right and left foot
  - Toss ball ahead, catch square up with right pivot
  - Repeat, but square up with left pivot
- Add Sweep

### 2) **Shot Builder – “BJ Armstrong”**

- One hand shooting next to basket
- Hold ball with one hand, then bring up, and shoot (follow through)
- Keeps elbow in

### 3) **Kentucky Shooting**

- Roll the ball out in front of you with your back to the basket
- Catch it, turn (square up) and shoot

### 4) **Wave Drill**

- Two lines underneath basket at edge of lane with shooter at elbow
- Pass to shooter at your elbow, run by and wave (both the shot) and continue to other elbow to look for pass
- Shooter gets own rebound and gives to person in line on the side they shot
- Next, shot fake and drive to outside and finish w/ lay up – one dribble

### 5) **Continuous Lay-ups – right & left**

- Line up outside 3 pt line on wing





- No more than 2 dribbles, get own rebound and pass to next in line

**6) Mikan Drill**

**7) Power Lay ups**

- Put chair or cone at 3 mark on lane
- Start in triple threat, sweep to side, one dribble, jump stop, then power lay up
- Next start a little close, repeat process but use 2 dribbles to go to other side of basket

**8) Beat the Pro**

- Groups of 3 (shooter, passer, rebounder) & 2 basketballs
- Shooter gets 2 points for make, "Pro" gets 3 points for a miss
- Player move to two different spots (no lay ups)
- First to 12 points wins

**9) Lay ups with chaser**

- Have two lines at half court, one in center (w/ 3 basketballs) and other near sideline about 8 ft past half court toward the basket.
- Player from center pass to player on side who is running to basket
- Passer then chases to "try" to block
- Passer gets rebound and gives to next player in passer line and both players go to different line
- Advanced players can go for block to add a little contact

**10) Speed Lay Ups for Points**

- Use 6 baskets and divide team into groups
- Start with square up, triple threat, shot fake
- Take different lay ups and first team to 20 or 25 wins
  - Lay Ups (right and left)
  - Reverse
  - Baseline lay ups
  - Baseline reverse lay ups

**11) Hot Shot**

- Shoot from spots on court for different points for one minute

**12) Two Spot Shooting – with partner**

- One person move from spot to spot in ready shooting position
- The other rebound and give good passes
- Add shot fakes and then dribble to left/right

**Rebounding Fundamentals**

**1) Fundamentals**





- Stay between man and basket
- Locate by putting arm on them then turn and block out (box out) by moving feet (be physical!!)
- Jump for rebound (spread eagle legs, reach with arms)
- Keep the ball high (ball under chin – elbows out)

**2) Partner box out to practice**

**3) 1 on 1**

- 2 lines under basket, coach between w/ one ball
- Coach rolls the ball out
- Player for on line runs out to catch ball, square up, and shoot
- Player from the other line runs across lane to touch opposite side of lane, then runs to challenge shot, box out and rebound
- Add shot fake for offense, defense don't go for fake

**4) Rebound and pass to outlet**

- 2 lines at about free throw line and one player outlet for each side
- Two coaches toss ball of glass, player jumps high, rebounds with 2 hands, chins ball, pass to outlet, then go to outlet spot

**5) 3 on 3 rebounding**

- 3 offense against 3 defense
- Offense gets 2 points for offensive rebound, offense can shoot when they get rebound or pass to coach for shot
- Defense gets 1 point for defensive rebound
- Play games to 5 points

## **Transition Offense**

**1) Continuous 3 on 2**

**2) 3 on 2/2 on 1**

## **Team Skills & Concepts**

**1) Pick and roll options**

- Offense options off of pick and roll – read the defense
  - Player with ball drive to basket after pick
  - Player with ball passes to pick who cuts (rolls) to basket (Pick and Roll)
  - Player with ball takes jump shot after pick
  - Player with ball passes to pick who spots up for jump shot (Pick and Pop)
- Defense





- Call out screen (“Pick left”, “Pick right”, “Backpick”, etc.)
- Defender on the ball fight throw screen
- “Hedge” – Defender of picker step out and stop the ball handler
- Help and recover – defenders cover for each other then get back on original man

## **2) Pick away from ball situations**

- Curl or Fade
- Back pick

## **3) Getting Open and passing to open spot**

- Offense uses V-cuts (back door) or walk into man and pop out
- Defense denies up the line and then gets in good position if they don't get steal

## **One on One Moves**

### **1) Continuous 1 on 1**

- Put groups of 3-5 at three or more baskets
- 2 players play one on one for one possession
  - if offensive player scores they move to the next basket & defense goes down a basket
  - if defensive player stops they become offense and offense stays at basket and goes to end of line
- Goal for players to progress up to top basket
  - If at top basket - keep track of number of scores
- May want to restrict number of dribbles (i.e. 3 – 5 dribbles per possession)
- If player is fouled on shot, it counts as a basket

### **2) Posting Up/Sealing – Offense & Defense**

- Offense - But down, feet spread out, get low, make body contact, give target, go to ball – work on foot work on moves
  - Drop Step
  - Square up Shot Fake then Shot
  - Up and Under
  - Baby Hook
- Defense – Half deny, Half between man and basket, knock ball away on the side (don't go over or through)
  - If you don't get steal, body up between him and basket (force offense to weak hand)





## Game Days

See athletic director for your game day responsibilities.

See "Communication" for list of items to communicate with players before first game.

### Possible Responsibilities of Coach for Home Games

- Make sure your players know where they need to change, keep their school bags and jackets, and where to report to for practice and games. Possibly help supervise set up for home game.
- Make sure all equipment is properly stored after game (i.e. basketballs, chairs, scorers table,, water bottles, etc.).
- Make sure facility is cleaned (no water bottles, Gatorades, other garbage left setting around). Have team clean up garbage or any spills made in gym, locker-room, hallway, stage, etc.
- Game days need to be organized. Talk to your team before hand so they know your expectations. See "Communication" for ideas.
- Supervise indoor facilities until your team members are clear of building.
- 

### Possible Responsibilities of Coach for Away Games

- Responsible to stay until all your team members have cleared the building and have rides home. Arrangements to return athletes home after away games are the parents' responsibility and must be made in advance.
- Cooperate with the home team athletic director and principal regarding any enforcement of rules and regulations. Any irregularities or disciplinary action taken on your own should be reported immediately to the athletic director.
- Take First Aid Kit and other needed equipment to games.

### Game Etiquette

- The coach knows he is an ambassador for Christ, and as such, conducts himself in a proper manner when dealing with athletes, referees, parents, and fans.
- The coach will treat each player, referee, opposing coach, parent, and administrator with respect and dignity.
- The coach will use the game as an avenue to minister to children, parents, and fans.
- The coach sets a good example for players and spectators.
- The coach maintains self-control at all times. The desire to win must not overcome rational behavior.
- The coach helps players appreciate opponent's good performance and encourages opponents who make mistakes.





- The coach expects good sportsmanship from his athletes and himself.
- The coach removes players using profanity or dangerous play from the game.
- The coach shows respect to his opponents; he doesn't run up scores or embarrass his opponents in any way.

## Offenses

### Offenses vs. Zone Defense

- Against 2-1-2 Zone Defense
  - High/Low Offense
  - Wheel
  - Short Corner
  -
- Against 1-2-2 Zone Defense
- Against 1-3-1 Trap Defense
  - Four Corners
  -

### Offenses vs. Man to Man Defense

- 4 High
- Triangle
- Box

### Other Offenses

- Stall

### Press Breakers

- 4 Across
- Reverse passing and cut to middle

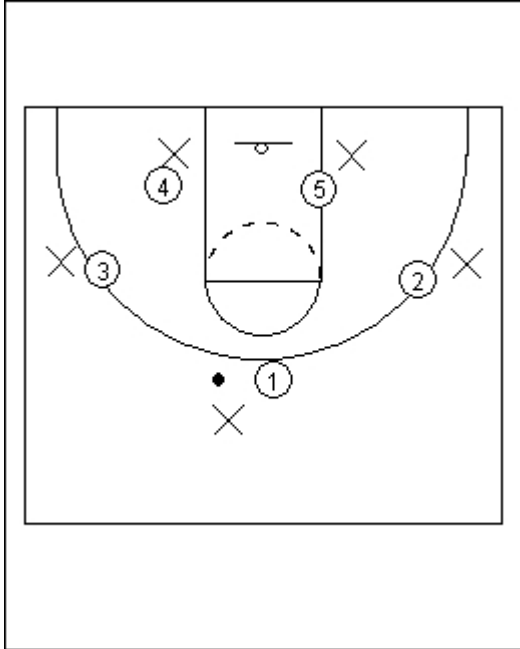




# Defenses

## Man to Man

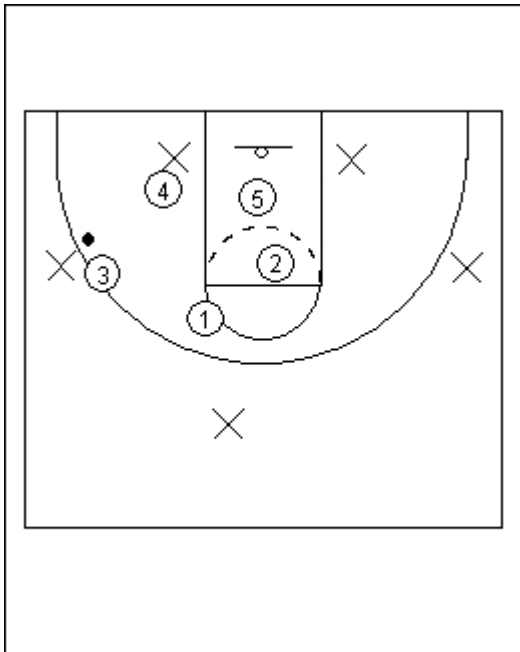
1



Man-to-Man Defense

The person guarding the ballhandler is trying to force him or her to their weak hand, usually their left. In this diagram, 1 is guarding the ballhandler. 2 and 3, who are one pass away, are denying the passes to the wings. Depending on your philosophy, 4 and 5 are either playing behind, fronting, or 3/4 guarding their people in the post. Depending on your defensive philosophy, the wing defenders are positioned so that they funnel the ball to a particular location. If you have a shotblocker, that may be the middle of the lane. If you do not have a shotblocker, you may want to force the offense to the baseline and use it as a "third defender."

2



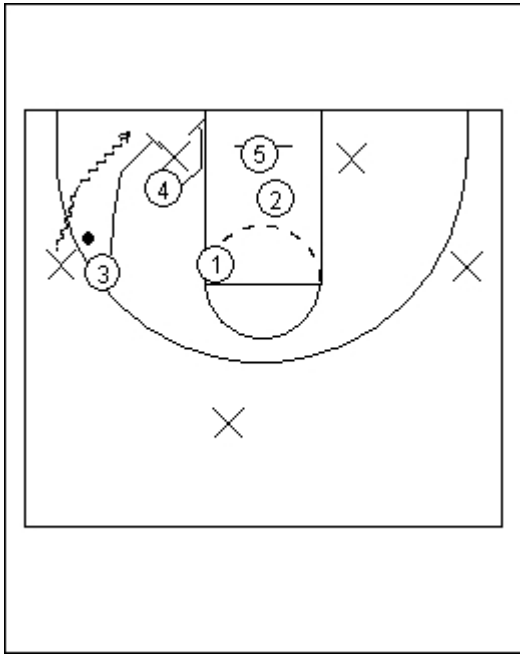
Man-to-Man Defense (cont.)

If the ball gets passed to the wing, as in this diagram, notice the rotations. 4 is still guarding their person in the post because they are one pass away. 1 is still denying their person, but 1 has dropped almost to the level of the ball. That is a general rule. If an offensive player is "above" the ball, the defender should drop near the level of the ball so that they can help on dribble penetration unless told otherwise (e.g. the person that they're guarding is a great shooter or you don't want them to touch the ball again). Notice how 2 and 5 have dropped of their people and are now in helpside position on the "help line." Their shoulders should be opened up to the opposite basket so that they can see the ball and the person that they are guarding. As their men move up and down, they will move up and down with them, but they will stay on the help line until the ball is swung.





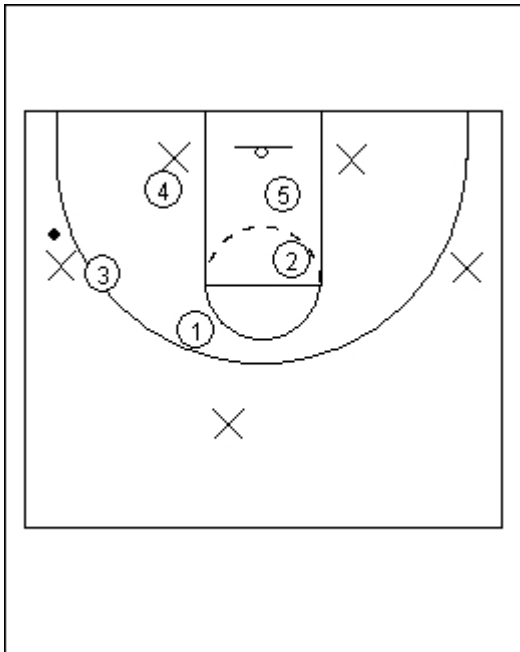
3



Man-to-Man Defense (cont.)

If the person that 3 is guarding drives to the baseline, 4 must get around behind their person and cut off the baseline. 5 should drop and take away any pass to the weakside block. 2 should drop a little and take away any pass to the middle. 1 drops and takes away any pass to the free throw line. If 3 and 4 believe that they can maintain a tight double-team on the ball, they may do so. If not, 4 should help and then recover to their man or 5's man as soon as 3 has cut off the baseline. Team defense and communication is essential if this is to work. Help side defenders must be there. If they are not, they break the whole defense down.

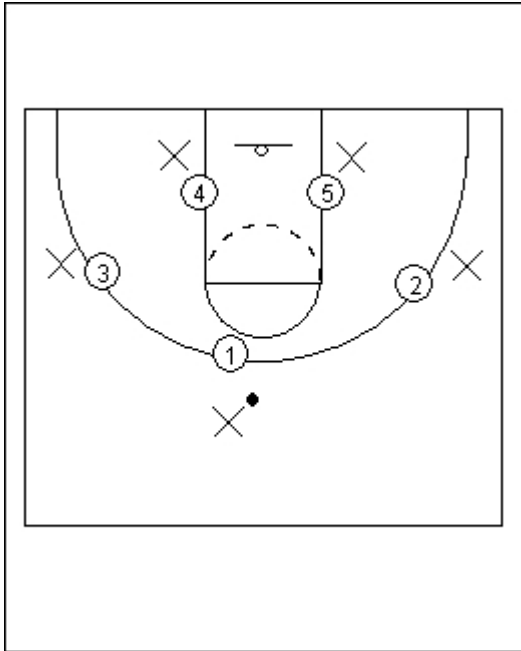
4



Man-to-Man Defense (cont.)

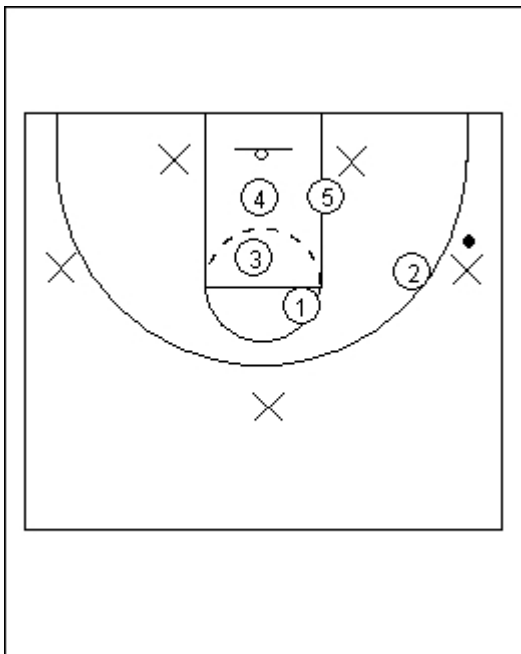
If 3's person brings the ball back out, notice how 1, 2, and 5 recover to their original help positions. 4 returns to guard their man.





Man-to-Man Defense (cont.)

If the ball is swung back to the point, 3 and 2 are back in ball denial position and 4 and 5 are back to guarding their men in the posts. It is essential that 1 try to not allow any dribble penetration to the middle of the lane.

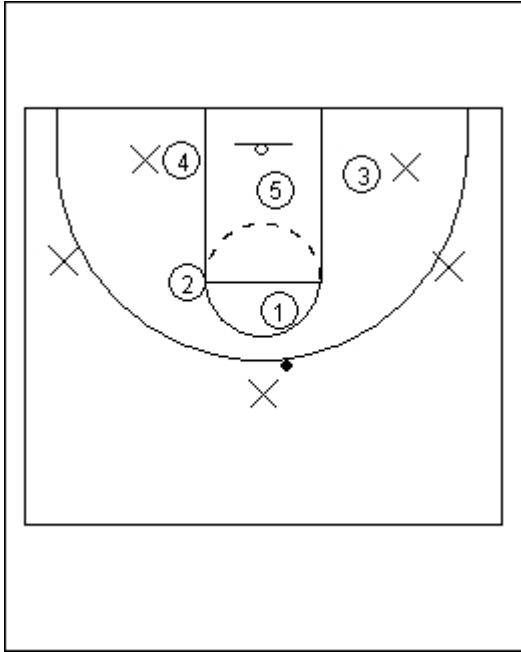


Man-to-Man Defense (cont.)

If the ball is swung to the opposite wing and 2's man catches the ball, the rotations are exactly as before only on the opposite side of the floor. 1 is denying the pass to their man, but they are almost ball level. 3 and 4 are even with their people, but they are positioned on the help line. 5 is guarding their person in the post. 2 is guarding the ballhandler.



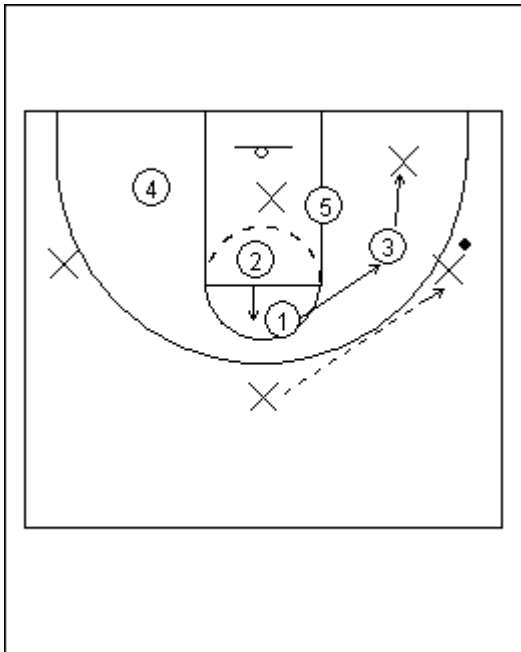
### Play Name: 2-3 Zone



1

#### 2-3 Zone Defense

This is a standard 2-3 zone defense. 1 and 2 are at the top with 3 and 4 on the wings and 5 in the middle. Notice how 1 and 2 do not strictly play on the elbows. One or the other is toward the middle of the lane so that the point guard can not penetrate down the middle of the lane. 3 and 4 are between their man and the basket. Any good zone defense is a matchup zone. This means that you guard the person in your area man to man. Communication is essential. If a person leaves your area, you must tell the person who's area that they went to that they are now there. Cutters must always be called out. Don't guard an area. Guard the person in your area. Make sure your shoulders are always opened up to the opposite basket.

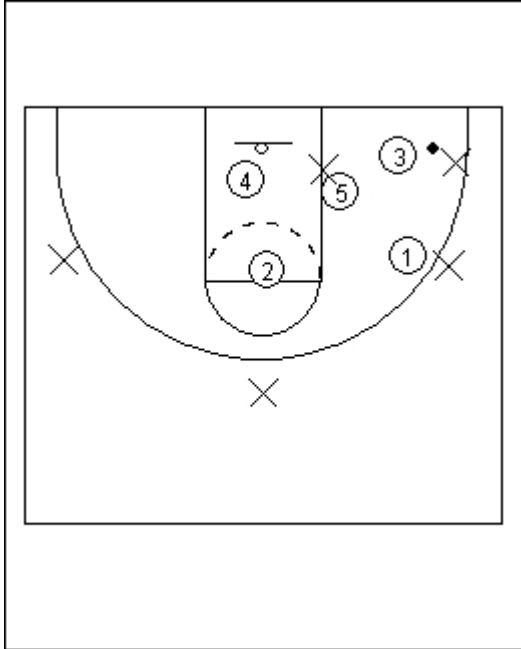


2

#### 2-3 Zone Defense (cont.)

If the ball is passed to the wing, 3 must take the ball initially until 1 gets there. Once 1 gets there, they must tell 3 to drop. 3 will then drop and take the person who is more than likely going to be in the ballside corner. Remember to "swim" to the corner (get your inside hand in the passing lane). 1 then stays on the ball. Notice how 2 now comes to the help line. 5 is guarding anyone in the ballside post and 4 is watching the weakside block. Again - communicate, communicate, communicate!!



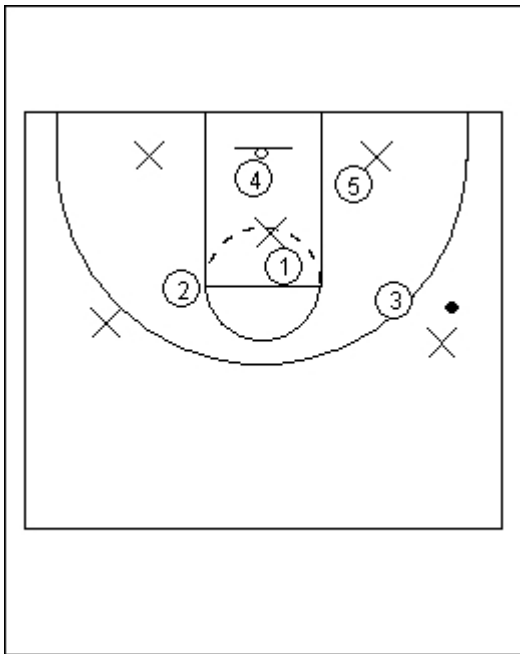


2-3 Zone Defense (cont.)

If the ball goes to the corner, 3 (who "swam" to the corner) should be on the ball. 5 is guarding the post and 1 is denying the pass back to the wing. 2 and 4 are helpside in the middle. Their shoulders should be open to the opposite basket. If the ball is reversed to the other side of the court, 2 would be denying the pass to the wing, 4 would be on the ball in the corner, and 5 would again be guarding the post. 1 and 3 would then be help side. It can't be said enough - communicate, communicate, communicate!!



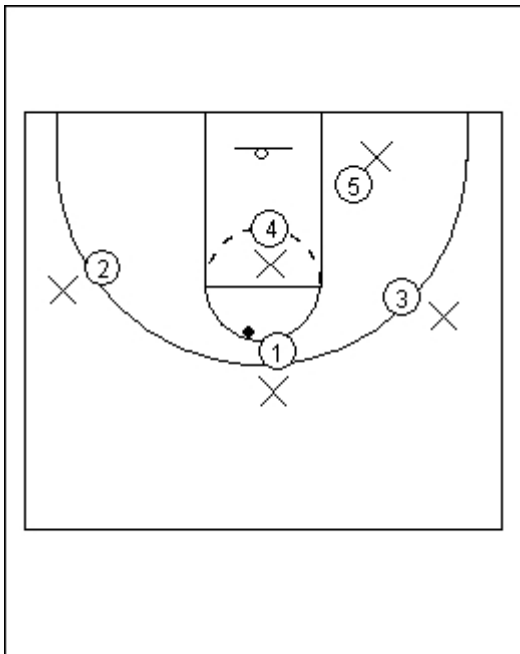
### Play Name: 1-2-2 Defense



1

#### 1-2-2 Defense

This is a standard 1-2-2 or 3-2 zone defense. Notice that 3 is not giving up dribble penetration to the middle. 1 has dropped ball level and is taking away any pass to the middle of the lane. As a general rule, if the ball is on either wing, 1 is guarding the high post. 2 has dropped ball level and is in helpside position as is 4. 5 is guarding their person in the post.

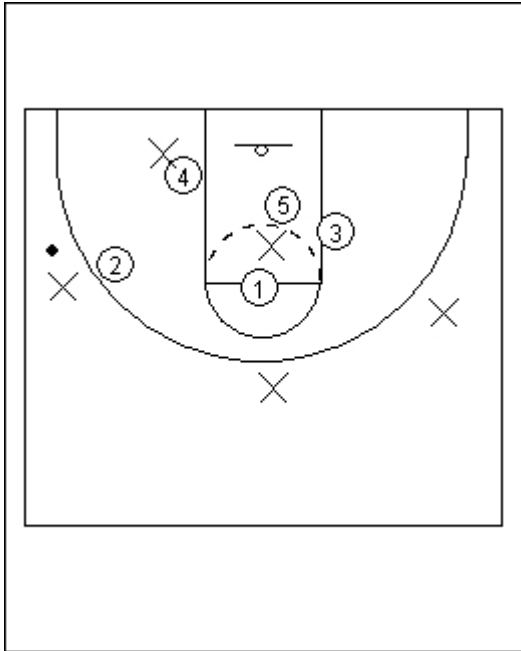


2

#### 1-2-2 Defense (cont.)

If the ball gets swung to the top of the key, 1 must leave the middle person and take the ball. When this happens, it is 4's responsibility to take the middle. If there is an offensive player on 4's side of the baseline, however, then 5 should take the middle offensive player. 2 is out on the wing denying the ball and 5 is guarding their person in the post. 3 continues to deny their person on the wing.



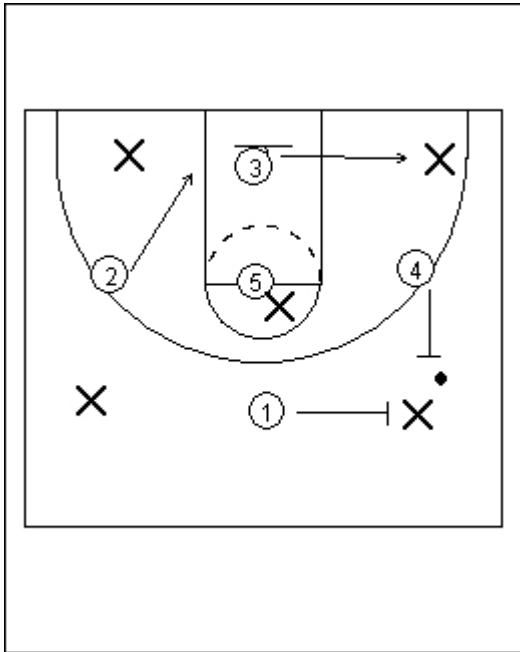


1-2-2 Defense (cont.)

If the ball gets swung to the opposite wing, 4 must follow their man to the ballside block. This means 1 must drop and take away middle, at least initially. Once 5 can get there and take away the middle, 5 should tell 1 to recover back to the person at the point. Notice how 3 has dropped off of their man a little bit so that they are ball level. If the ball gets kicked out to the weak side wing, they should be able to recover, if not pick it off. Shoulders should be parallel to the opposite backboard. As always on defense - communicate, communicate, communicate!!



### Play Name: 1-3-1 Defense

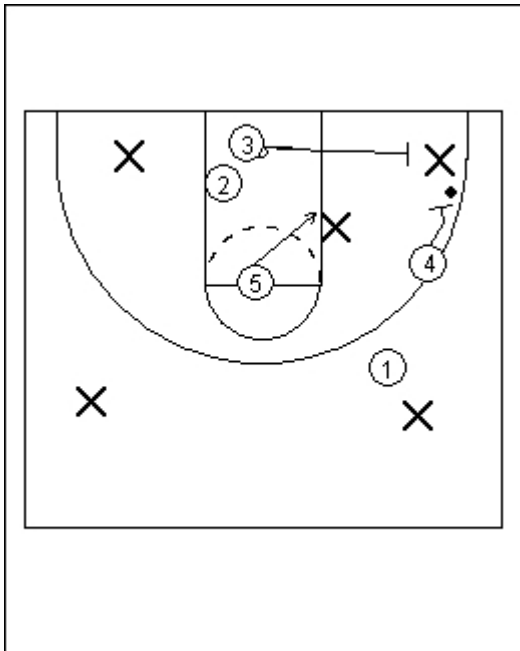


1

#### 1-3-1 Defense

This is a standard 1-3-1 zone defense. Out of this defense, a team will oftentimes look to trap the ball on the wings if it's available. However, the goal of this defense is usually to force the ball to the corners of the floor and trap there. In this diagram, notice that 1 is the player who initiates the trap by roaming above the three-point line. If the ball can be trapped on the wing, 4 can jump up and trap. If they do, 3 is always running baseline taking away any passes to the corner, if possible. If they don't get the pass, they are immediately trapping the ball in the corner with the ballside wing (in this case 4). 5 takes care of the high post when the ball is on the wing, but they will probably drop down to the block if their mark drops down to the block when the ball goes to the corner. Notice that the opposite wing player (in this case 2) always drops to the block when the ball is on the opposite wing. Their responsibility is any backdoor cuts. Be sure shoulders are always opened up to the opposite basket.

2



#### 1-3-1 Defense (cont.)

Here, the ball is in the corner. Notice how 3 and 4 have set a tight trap in the corner. 1 takes away the reversal pass to the top while 5 guards any cutters from the top of the key to the ballside block. 2 has dropped to the opposite block to take away anything backdoor and anticipate the skip pass back to the opposite wing.

If the ball is on the opposite side of the floor, everybody's job stays the same, except for the 2 and 4. 2 will now be the trapper and 4 will drop down to the opposite block for helpside defense. As a general rule, most zone defenses become a 2-3 zone when the ball is in the corner.





## **Presses**

- Man to Man - Full Court
- 2-2-1 Zone
- 1-2-1-1 Zone
- 1-1-2-1 Zone

# **Inbound Plays & Special Plays**

See “Resources” (websites, books, videos, athletic director, etc.) for ideas for plays.

## **Baseline Inbound Plays (under your own basket)**

- Against Zone Defense
- Against Man to Man Defense

## **Sideline Inbound Plays**

- Against Zone Defense
- Against Man to Man Defense

## **Jump Ball Plays**

- Score off the jump ball

## **Free Throw Box Out Assignments**

- Understand responsibilities on free throws

## **Plays at the End of Quarter, Half, or Game**

- Full Court Plays
- Half Court Plays
- Under your own basket plays





# End of Season Evaluation & Surveys

## Examples of Handouts to give to players at the end of the season

### Speed & Strength

*Basketball is an athletic game. When you become stronger, quicker, and faster, your game will improve.*

- Jump Rope (one foot, two foot, alternate, double jumps)
- Push Ups (great upper body strength)
- Sit Ups (helps power, quickness, and jumping)
- Stretching (improves agility and jumping)
- Lift weights – not too intense
- Run to get in shape

### Handle the Pressure & One on One Moves

*Good players can handle strong, in-your-face, defensive pressure.*

- Square up to the basket and rip the ball through in front of the defender every time you get the ball
- Shot fakes, ball fakes, and jab steps to keep defender off balance
- Drive to basket left and right (get head and shoulders past the defender)
- Look to pass and cut to get open
- Drive strong to the basket – 1 or 2 dribbles maximum (expect bumps and contact)

### Dribbling and Ball Handling

*If you can dribble the ball against pressure, a coach will always find a spot for you on the court.*

- Protect the ball when you dribble (dribble in your “back pocket”, arm out to protect ball)
- Keep your eyes up looking for open man at all times (don't pick up your dribble until just before pass)
- Be able to dribble to right and left equally

### Shooting

*"You can't score if you don't shoot." (Hoosiers) Teams need shooters to be successful. With practice, you can all become good shooters.*

- Square up perfectly, Keep your elbow in, and follow through. (Shoot with one hand with the other hand only helping hold the ball)
- Keep your lower body still (except for the jump and land) – Don't turn and twist!
- Make sure you're jumping straight up and down. Work on a quick release.





# Basketball

## Improvement & Evaluation

Player: \_\_\_\_\_ Date \_\_\_\_\_

1 – Needs Improvement    2 – Fair    3 – Average    4 – Good    5 – Excellent

### Offense - Dribbling Skills

- \_\_\_\_\_ Dribbles with purpose
- \_\_\_\_\_ Goes to left and right
- \_\_\_\_\_ Protects the ball while dribbling
- \_\_\_\_\_ Sees the floor to pass while dribbling
- \_\_\_\_\_ Handles pressure
- \_\_\_\_\_ Drive to the Basket

### Offense – Shooting & Scoring

- \_\_\_\_\_ Square Up & Shot Fakes
- \_\_\_\_\_ Shooting Technique
- \_\_\_\_\_ Catch and Shoot
- \_\_\_\_\_ Shoot off the dribble
- \_\_\_\_\_ Drive to the basket (left & right)
- \_\_\_\_\_ Ability to finish (left & right)
- \_\_\_\_\_ Post Up moves
- \_\_\_\_\_ Lay Up Form (right & left)
- \_\_\_\_\_ Free Throws

### Offense – Passing

- \_\_\_\_\_ Passing Technique
- \_\_\_\_\_ Vision (seeing the court)
- \_\_\_\_\_ Court Sense
- \_\_\_\_\_ Turnovers
- \_\_\_\_\_ Catching the ball
- \_\_\_\_\_ Play maker (sets up teammates to score)
- \_\_\_\_\_ Pass Fakes, Ball Fakes

### Offense - Team Skills

- \_\_\_\_\_ Rebounding
- \_\_\_\_\_ Movement Without ball (getting open)
- \_\_\_\_\_ Sets Screens/Picks
- \_\_\_\_\_ Understands the game
- \_\_\_\_\_ Understands plays

### Defense – Individual Skills

- \_\_\_\_\_ Defensive Technique
- \_\_\_\_\_ On the ball
- \_\_\_\_\_ Off the ball
- \_\_\_\_\_ Close Out
- \_\_\_\_\_ Box out & Rebound

### Defense – Team Skills

- \_\_\_\_\_ Help defense
- \_\_\_\_\_ Anticipation
- \_\_\_\_\_ Understand team defense (where to be)

### Individual Strength

- \_\_\_\_\_ Positive Attitude
- \_\_\_\_\_ Hustle
- \_\_\_\_\_ Listening to Detail
- \_\_\_\_\_ Aggressiveness
- \_\_\_\_\_ Sportsmanship
- \_\_\_\_\_ Teamwork
- \_\_\_\_\_ Jumping ability
- \_\_\_\_\_ Strength
- \_\_\_\_\_ Speed
- \_\_\_\_\_ Quickness

**Write down your goals for improvement for the off season**





# How to Practice in the Offseason

Taken from the website [www.coachesclipboard.net/Practicing.html](http://www.coachesclipboard.net/Practicing.html)  
(See website for more ideas, handouts, and video demonstrations)

Some players practice all summer and never get any better, while others improve dramatically. Why? It has to do with practicing correctly, or what you really need to practice to improve. All players need to work on –

- 1) ball handling skills
- 2) shooting
- 3) work under the backboard
- 4) offensive moves
- 5) free throw shooting
- 6) finger tipping and jumping drills

Practice at home, four or five days a week. Just playing in a summer league won't do a lot to help your fundamentals.

## Ball Handling

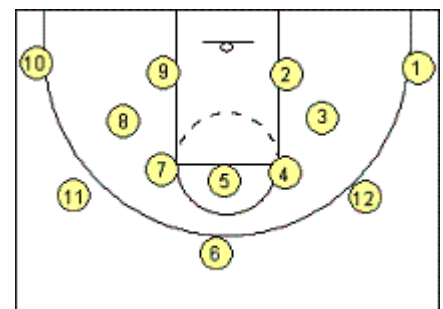
Spend 10 minutes doing our standard ball-handling drills and dribbling drills. See Ball handling, Stationary Dribbling Drills, and Sideline Dribbling Drills handouts. See the video clips.

## Under the Backboard (Mikan Drill)

This old drill is still one of the very best for developing a touch or feel for the ball coming off the backboard. Do this drill under the basket before your shooting practice. Become familiar with how the ball comes off the backboard, and at different angles. Start by standing right under the basket. Step on the left foot and do a baby hook lay-up on the right side, using the backboard. Catch the rebound and step on the right foot and do the baby hook lay-up on the left side using your left hand. No dribbling is allowed. Repeat this continuously alternating right and left sides for a couple minutes. This will help you with your lay-ups, both right and left-handed, and give you a better feel for the backboard.

## Spot Shooting

See the diagram showing the more common places to shoot on the court. Spend time taking a certain number of shots from each of these spots. Always follow and rebound any missed shots with a lay-up. Start with the shorter shots, working on good one-handed technique with your shoulders square, your elbow in, proper wrist cock and fingertip release and with a nice follow through, getting back-spin (rotation). Extend your range out to the 3-point range.





## Offensive Moves

If you are an outside player, work on the outside moves. Inside, post players work on the inside, post-up moves. All around players do them all!

### Outside, Perimeter Players

Do each of these moves five times:

First, from the right side of the court: right-handed players make sure your left foot is the pivot foot, and you jab step with your right foot, and just the opposite for lefties.

1. Jab step- drive - lay-up.
2. Jab step - crossover - lay-up.
3. Jab step - pull back - jump shot.
4. Jab step - drive - jump shot.
5. Jab step - crossover - jump shot.
6. Shot fake - one dribble - jump shot (both right and left).

Then, repeat all six moves from the left side of the court. Shoot all lay-ups from this side, left-handed.

### Inside, Post Players

Do each of these moves five times:

1. Drop step to baseline, right side.
2. Drop step to lane, jump hook, right side.
3. Pivot, face defender, jab step, baby jumper, right side
4. Pivot, face defender, fake shot, up and under move, right side.
5. Drop step to baseline, left side.
6. Drop step to lane, jump hook, left side.
7. Pivot, face defender, jab step, baby jumper, left side
8. Pivot, face defender, fake shot, up and under move, left side.
9. Elbow shooting drill

### Free Throw Shooting

See website for free throw shooting handout for fundamentals, attitude, and a practice routine. Shoot 25 free throws. Keep a record of your shooting percentage.

### Tipping Drill

Stand under the basket on the right side and throw the ball up on the backboard. Jump as high as you can, and tip the ball with your right hand fingertips 10 times. Try to tip the last one in the basket. Repeat this on the left side, using your left hand. This will help improve your fingertip control and play under the basket, as well as improving your leaping ability.

### Conditioning

You must be in excellent physical condition to play the game well. Shooting skills, concentration, and basic fundamentals deteriorate when you are tired. In the off season, don't forget conditioning. Run a couple miles 3 or 4 days a week. Do some wind sprints, or 100 yard dashes. Jumping rope is also good for developing quick feet, as well as for conditioning. Be ready when the first day of practice arrives!





## Individual Drills

Taken from the website [www.powerbasketball.com/drills.html](http://www.powerbasketball.com/drills.html)  
(See website for more ideas, handouts, and video demonstrations)

### Mikan Drill

Named after the first real big man in the NBA, George Mikan. Start on the right side of the basket, while standing within layup range, go off of two feet and shoot a right handed layup. As the ball comes down, keep your arms up, take two steps to the left side of the basket and repeat the same motion only shooting a left handed layup. Grab the rebound, take two steps right, keep your arms up, and shoot a right handed layup. Repeat this rhythm drill for a total of 10 rotations.

### Beat the Pro

Imagine playing 1 on 1 with your favorite player. You are trying to beat them to 21 points. You must take "game" shots. You must picture someone playing defense against you. For every shot you make, you get a point and for every shot you miss, your imaginary player gets 2 points. When you get to 20, you take one last "buzzer beater" shot and you must make that to win. See if you can Beat the Pro.

### Shoot the Shot

Remember that old shooting game, "Around the World". Now, try adding a percentage to the game. Also, add two more spots, one at each "elbow". You will be shooting 5 shots from each spot. Along with the original five spots, (1) right-side baseline at the short corner, (2) 15 footer half way up and out from the baseline and free throw line, [you must use the backboard on this shot] (3) free throw, (4) #2 on the opposite side, (5) #1 on the left side and the additional shots at the elbow gives a total 35 shots. You have to make 3 out of 5 to move to the next spot or start all over. As you progress, make it 4 out of 5. Also, add 7 more shots. All off the dribble from each spot. This drill will make a shooter out of you.

Remember; always stay under the 3 point line! Ball slaps and squeeze

### Superman Drill

This drill uses the same motion as the Mikan Drill only it is extended to the outside edge of the "painted area" (more commonly known as "the lane"). Start somewhere between the lowest block and the next block toward the free throw line. The difference in the drill is you are not trying to make a shot. Throw the ball off the backboard above the rim at an angle. You want to get grab the "rebound" from the opposite side of the lane without letting the ball touch the ground. Younger players will want to take more than the ideal maximum of 3 steps to get to the other side. This is also a "rhythm" drill. Keep your arms and hands up. This a tough drill used for rebounding and footwork. Keep the rotations to no more than 10. Remember, stay outside the lane!

### Figure 8's - with dribble

Spread legs dribble the ball in a figure eight motion around and between the legs. Do this with a lot of dribbles and then with as few as possible. Stay low!

### Figure 8's - without dribble

Hand the ball from hand to hand as you go around and through legs.





### **Quick hands**

With legs spread, hold the ball between legs with one hand in front and one hand reaching behind you, drop the ball and switch hands catching the ball before it hits the ground. Repeat as quickly as possible. You can also do this with both hands in front then catch it with both hands behind.

### **Tom-Tom dribble**

Spread legs, dribble ball with right hand passing it to the left hand, dribble ball with left hand between legs and to the right hand, dribble ball with right hand now behind you to the left hand that should also be behind you, then dribble the ball back to the right hand now in front of the body, repeat.

### **Drum dribble**

Either standing or on one knee have players dribble ball changing hands with each touch. Start with a steady dribble then work down to super fast low dribbles then have them dribble with one finger on each hand and with their balled up fist.





# Websites, Videos, Books, & Resources

## Websites

- [www.coachesclipboard.net/](http://www.coachesclipboard.net/)
- [www.betterbasketball.com/](http://www.betterbasketball.com/)
- [www.guidetocoachingbasketball.com/](http://www.guidetocoachingbasketball.com/)
- [www.powerbasketball.com/drills.html](http://www.powerbasketball.com/drills.html)

## Videos

- Jerry Petitgoue Middle School & Junior High Basketball Videos
- Better Basketball
- 

## Books

- "Wooden" by John Wooden
- 





# Sample Notes, Forms, & Handouts

