

THE KBA WAY



THE OFFICIAL HANDBOOK DEVELOPED FOR
COACHES AT A CLUB LEVEL



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BASKETBALL TERMINOLOGY

GLOSSARY OF BASKETBALL TERMS

- Assist** A pass that results in a score for your team
- Backboard** Rectangular board which the basket is suspended from
- Bank Shot** A shot where the ball is bounced off the backboard into the basket
- Back Cut** When a player makes a cut to the basket behind the defender
- Baseball Pass** Long, one handed pass
- Base Line** The end lines of a basketball court
- Basket** The goal or ring with a net hanging from it
- Block** 1) A foul which impedes the offence's movement
2) To block a shot after it leaves the shooters hand
3) The solid rectangle block painted on the edge of each side of the key for the post players to use as a marker.
- Bounce Pass** A pass where the ball is bounced on the floor to the receiver
- Box Out** When a player turns to block another from rebounding the ball
- Centre** A playing position and usually a tall player who plays close to the basket
- Centre Circle** The jump circle in the middle of the court
- Charge** A foul where the offensive player causes the contact
- Chest Pass** A two handed pass thrown from the chest
- Contest** To deny your player the ball when on defense
- Cross Over Dribble** A dribble where the ball crosses over from one hand to the other
- Cut** A quick movement by an offensive player toward the basket
- Defense** When the opposing team has possession of the ball
- Defensive Stance** A low, wide, balanced stance used when playing defense
- Dribbling** Bouncing the basketball with one hand
- Drive** A quick dribble towards the basket in an effort to score
- Double Dribble** A violation where a player dribbles the ball twice or with two hands
- Fake** A move to make your opponent react
- Fast Break** Quick offensive play from full court action
- Field Goal** A made basket during live play
- Flash Cut** When a player makes a cut towards the basket through the key area
- Forward** A playing position and usually the taller players on the team
- Free Throw** Shots awarded to a player from free throw line after a foul is called
- Free Throw Line** The line from where the free throw is taken
1) A playing position and usually the smaller players who handle the ball
2) To "guard" a player is to defend them
- Get Back** Transfer quickly from offence to defense; sprint back and locate the ball and the player you are guarding

Inbounds Pass A pass from the outside of the court to a player on court (from side or end)

Jump Ball Where two opposing players jump for the ball thrown up by the referee

Jump Shot Where a player shoots the ball with a rhythm jumping action

Jump Stop Where a player stops by landing with both feet at the same time

Key The area from the circle to the base line at either end of the court

Lay Up A short shot taken at the basket while in a movement towards it

Man to Man A defense where players each defend an opposing player

Match Up To find a player to defend in man to man

Offence 1) When your team has possession of the ball

2) Movement or structure a team may play when in possession of the ball

Officials Referees and score table are included in the games officials

Out of Bounds The area outside of the court markings

Overhead Pass A two handed pass thrown from above the head

Personal Foul Infringement of the contact rules of the game

Penetration When the ball is penetrated into the key by dribble (or pass)

Pivot A player turning with one foot remaining in one place

Point Guard A playing position and main ball handler for the team

Post An offensive player playing in a position close to the basket

Press To extend the defense to full court

Rebound To gain possession after a missed shot

Rip and Ready Stance after the ball is caught ready to pass, shoot or dribble

Screen A legal play where an offensive team mate will block the defense

Split Line An imaginary line up the middle of the court. Used as a reference when learning help defense in man on man.

Square Up When a player faces the basket on receiving the ball

Steal To gain possession while in defense by intercepting a pass or dribble

Stride Stop Where a player stops with one foot at a time

Substitution Interchange of players from the bench to the court

Technical Foul A foul called on a player or coach for unsportsmanlike like behavior

(3) Second Rule An offensive player may not stand in the key for more than 3 seconds

(3) Point Line A line on the court where successful field goals are awarded 3 points

Throw in Inbounds pass

Travel When a player with the ball moves without dribbling

Triple Threat Same as rip and ready

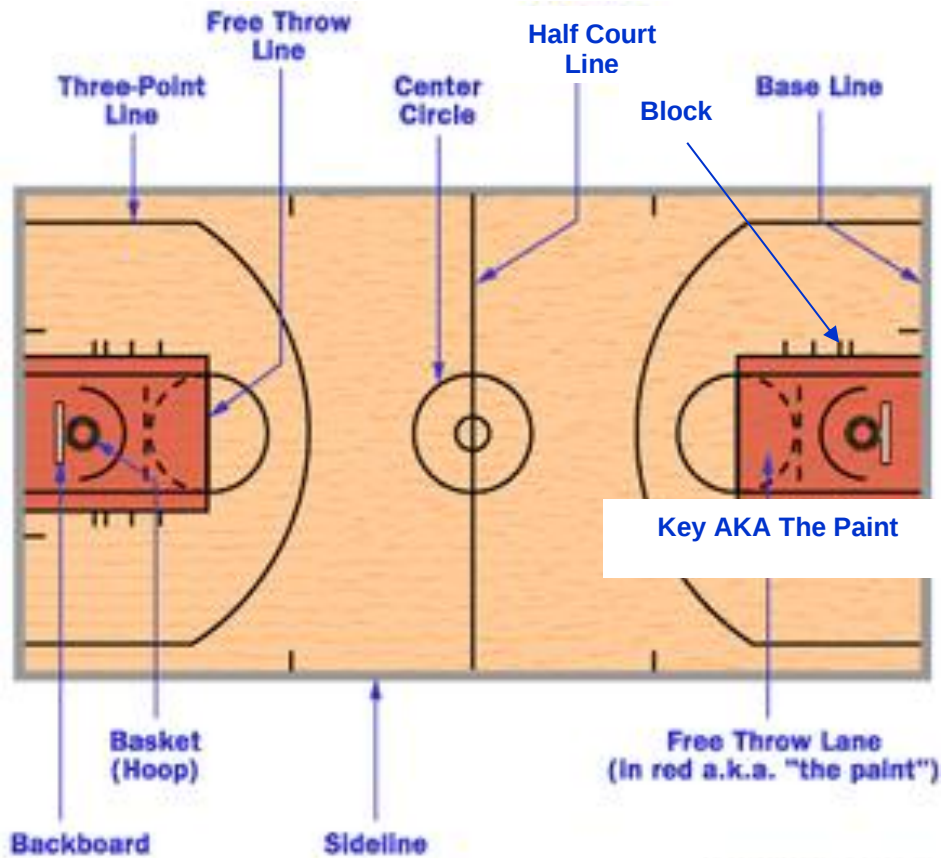
Turn Over An error by the offensive team where the defense gains possession

Violation An infringement of the rules

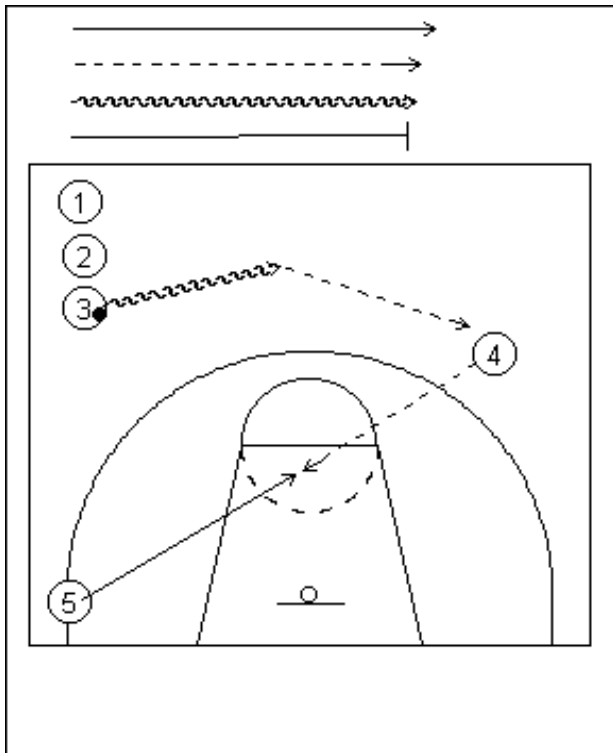
V Cut A movement of an offensive player to get open to receive the ball

Zone A type of defense where players guard an area rather than a player.

COURT MARKINGS



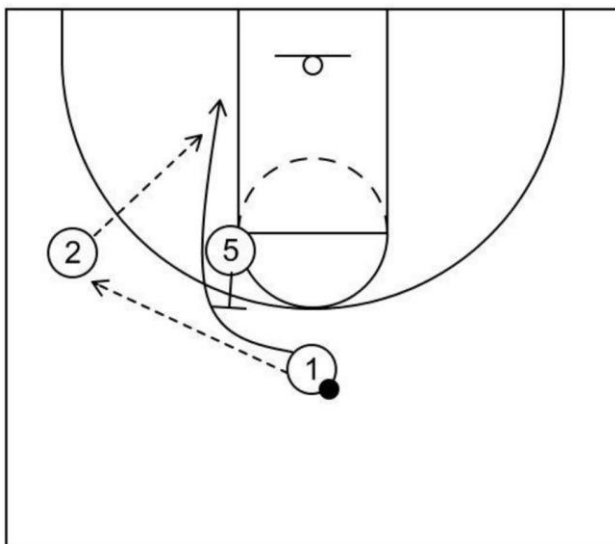
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- Indicates running/moving
- Indicates passing the ball
- Indicates dribbling the ball
- Indicates a screen is to be performed.

In this diagram it demonstrates that player 3 will dribble and then pass to player 4. Player 5 will run (cut) toward player 4 where they will receive the pass from player 4 in the middle of the key.

UCLA Screen



Example when a screen is shown in a diagram.

The UCLA screen (also known as an up screen) is derived from the UCLA offense occurs when a back screen is set by a screener (typically a post player) positioned at a high post elbow on the strong side of the court.

For this example, 1 passes the ball to 2 on the left wing and comes off the UCLA screen set by 5.

2 gives the ball back to 1 who tries to score via a quick layup.



KBA DEVELOPMENT SKILLS CHECKLIST

FUNDAMENTALS	U8	U10	U12	U14	U16
Running-Change of pace/direction	I	R	M		
Stopping-jump stops & stride stops	I	R	M		
Pivoting - forward & reverse	I	R	M		
Court terminology	I	R	M		
PASSING/ RECEIVING	U8	U10	U12	U14	U16
Catch/receiving(ten finger to ceiling)	I	R	M		
Move to ball	I	R	M		
Chest pass	I	R	M		
Bounce pass	I	R	M		
Overhead pass		I	R	M	
Baseball pass		I	R	M	
Pass fake		I	R	M	
SHOOTING	U8	U10	U12	U14	U16
Lay-up - strong hand	I	R	M		
Lay-up - weak hand		I	R	M	
Reverse lay-up		I	R	M	
Set shot		I	R	M	
Jump shot			I	R	M
Foul shot	I	R	M		
Power lay-up		I	R	M	
Catch & Shoot		I	R	M	
Dribble & shoot		I	R	M	
JUMP BALL	U8	U10	U12	U14	U16
Position(offensive&defensive)	I	R	M		
Technique	I	R	M		
Plays		I	R	M	
INDIVIDUAL DEFENSE	U8	U10	U12	U14	U16
Defensive stance	I	R	M		
Maintaining position	I	R	M		
Footwork- shuffle/drop step	I	R	M		
Use of hands	I	R	M		
Turning the dribbler/channeling dribbler		I	R	M	
Man to man - guarding the ball handler	I	R	M		
Man to man - one pass away,two or more		I	R	M	
Defensive triangles (pointing pistols)		I	R	M	
Jump to the ball		I	R	M	
Close outs		I	R	M	
Defending cutters			I	R	M
Defending screens			I	R	M
Defending post players			I	R	M
RULES	U8	U10	U12	U14	U16
Scoring	I	R/M			
Double dribble	I	R/M			
Travel	I	R/M			
Back court violations	I	R/M			
Jump ball - Start of each half	I	R/M			
Jump ball held ball	I	R/M			
Fouls - hands	I	R/M			
Fouls - blocking	I	R/M			
Fouls - on shooter	I	R/M			
Five fouls on a player	I	R/M			
Eight them fouls	I	R/M			
3 seconds in key way		I	R	M	
5 seconds guarded		I	R	M	
8 seconds in back court		I	R	M	
Jump balls - held ball	I	R	M		
Out of bounds	I	R	M		
Free throws- position and rules	I	R	M		

DIBBLING (strong and weak hands)	U8	U10	U12	U14	U16
Speed dribble	I	R	M		
Control dribble	I	R	M		
Power dribble		I	R	M	
Retreat dribble	I	R	M		
Change of pace/ hesitation dribble		I	R	M	
Cross over dribble	I	R	M		
Reverse (spin) dribble		I	R	M	
Behind back dribble		I	R	R	M
Between legs dribble			I	R	M
INDIVIDUAL OFFENSE	U8	U10	U12	U14	U16
Triple threat position	I	R	M		
Jab step- strong side drive		I	R	M	
Jab step - cross over,shoot		I	R	M	
Posting up technique & target hand			I	R	M
Post moves - drop step			I	R	M
Post moves - turn around			I	R	M
V-Cuts	I	R	M		
Flash,flare,curl cuts		I	R	M	
OUT-OF-BOUNDS PLAYS	U8	U10	U12	U14	U16
Offensive baseline		I	R	M	
Defensive baseline		I	R	M	
Offensive sideline		I	R	M	
Defensive sideline		I	R	M	
REBOUNDING	U8	U10	U12	U14	U16
Stance, positioning		I	R	M	
Protection of the ball		I	R	M	
Positioning		I	R	M	
Offensive-power lay-up			I	R	M
Defensive outlet pass/Power dribble		I	R	M	
TEAM OFFENSE	U8	U10	U12	U14	U16
Court spacing	I	R	M		
Ball movement,ball reversal		I	R	M	
Pass, cut & replace		I	R	M	
Give & Go		I	R	M	
Dribble entries		I	R	M	
Screen the ball & roll			I	R	M
Screen away			I	R	M
Skip passes			I	R	M
Back screens			I	R	M
Down screens			I	R	M
Cross screens			I	R	M
Offensive alignments		I	R	M	
Fast break		I	R	M	
Read and react offensive principles			I	R	M
Zone offense principles				I	R
TEAM DEFENSE	U8	U10	U12	U14	U16
Half court man to man	I	I	R	M	
Full court man to man		I	R	M	
Rotation principles			I	R	M
Zone press			I	R	M
Run and jump			I	I	R/M
Zone defense (2-1-2,1-2-2,1-3-1)				I	R/M
Fast break defense		I	R	M	
Trapping			I	R	M

I = Introduction

R = Reinforced

M = Mastered

FOOTWORK

At a domestic level footwork combines moving with and without the ball. Every basketball action includes footwork. The most common footwork actions that require attention at the domestic level are our catching/stopping patterns and our stance (this also links in with guarding your man).

Catching/Stopping Patterns

This footwork involved how we want the athletes to stop in a balanced stance. The most common violation at the domestic level is a travel. Sound footwork is the first step in limiting this. The two most common patterns are the **jump stop & stride stop** (check out this video for examples of both <https://youtu.be/TLgxlBrh3Zc?t=14>)

A jump stop is where an athlete comes to a balanced two-foot stop. Knees are bent, ball is gripped tightly.

A stride stop is where the player stops in a '1-2' pattern with one foot hitting the ground before the other. When this happens the first foot that touches the ground will be the **pivot foot**.

Our pivot foot is the foot that must stay attached to the ground when we have the basketball. When we lift this foot we are called for a travel. There are two main types of pivots the forward pivot & the reverse pivot (<https://youtu.be/TLgxlBrh3Zc?t=28>).

When executing the forward pivot the athlete leads with the toe/ On a reverse pivot the athlete leads with the heel.

PASSING

Much like dribbling we want athletes to be able to pass with both hands. We want domestic athletes to be able to pass to running targets and be able to make passes whilst running.

Common passes we see at the domestic level include

- Chest Pass
- Bounce Pass
- Over Head Pass
- Pivot Pass

When throwing most passes, we want to ensure the athlete is stepping through the pass.

This ensures they have enough power to throw the ball. We also encourage athletes to flick their wrists with their thumbs pointing down. Whilst this seems like a strange command, it ensures the ball is thrown in a straight line.

The **chest pass** (<https://youtu.be/TLgxlBrh3Zc?t=98>) is executed by throwing the ball on the full to a target aiming at their chest or **target hands**. When coaching young athletes we want them to get into the habit of putting their hands up where they want to catch the ball, this is called the target hand. This gives the passer a visual cue where to throw the ball.

The **bounce pass** (<https://youtu.be/TLgxlBrh3Zc?t=81>) is a pass where the ball is bounced once before it hits its target. Bounce passes require more power to execute. They are often used to get the ball passed a taller defender or when the athlete can't accurately throw a chest pass at distance.

The **over head pass** (<https://youtu.be/TLgxlBrh3Zc?t=112>) is often used to throw the ball over long distances or directly off of a rebound. On this pass the athletes hold the ball above their head with two hands before executing the pass.

The **one-handed push pass** is a more difficult one to master but is very beneficial when transitioning down the court under defensive pressure and minimises defence ability to block the pass.

The **pivot pass** (<https://youtu.be/TLgxlBrh3Zc?t=120>) is a more difficult but valuable pass at

the domestic level. This combines footwork and passing. This is often used when an athlete is crowded by a defender and doesn't have an angle to throw a pass. They must pivot to get open and create space before throwing the pass.

Another important part of passing is catching. We want the receivers of a pass to be as proactive as possible. Encourage your athletes to move towards the pass whilst the ball is in flight, this shortens the length of the pass. This gives the defence less time to intercept the ball and it places the receiver on the move in a much more difficult position to guard.

SHOOTING

At domestic we want to introduce the idea of shooting for to athletes. As athletes grow and mature their shot technique and mechanics will inevitably change.

The way they grow will alter the way they hold and release the ball.

However, we want to instil good habits for athletes when thinking about shot technique. A good way to teach shooting technique is the B.E.E.F method.

Balance

Eyes

- Feet are shoulder width apart with knees bent in a shooting stance
- Eyes identifying and aiming at the target

Elbow

- Focus on a smaller target like the back of the rim
- Hand underneath the ball and elbow in an 'L' shape
- Finish with elbow high

Follow Through

- Flick and snap wrist
- Hold your hand high

DRIBBLING/BALL HANDLING

At a domestic level we want kids to play and dribble with both of their hands. Anything a right-hand dominant athlete can do; we want them to practice on their left.

Whenever athletes perform a dribble move, we want them to change their speed and direction. When athletes are dribbling, they should be able to do the following...

- Change speed and direction
- Dribble whilst looking up
- Dribble under control
- Perform a crossover move to be able to change hands with the basketball

When dribbling we want to encourage athletes to dribble with their finger tips/pads and get the ball off their palms. This allows for more control and manipulation of the ball. Another common violation in domestic basketball is the 'carry'. This is where an athlete will have their hand at the bottom of the ball when they are dribbling. Athletes often do this because of their inability to handle the ball under pressure. When an athlete is facing defense and doesn't have the ball handling skill, they will often 'carry' the basketball to avoid conflict.

We want to introduce the idea of a **speed dribble**. A speed dribble is an action performed in the open court where the athlete dribbles the ball out in front of them to run onto it (<https://youtu.be/TLgxIBrh3Zc?t=220>).

1 ON 1 DEFENCE

1 on 1 defence or guarding your man is a wildly under taught skill at a domestic level. The ability to contain your player 1v1 is as valuable as an offensive skill. At a domestic level most offense is created from a Fastbreak or from a player dribbling by their defender on the wing. We want athletes to be able to contain their player off the dribble. Defending your man incorporates a lot of small defensive skills including...

- Closeout technique
- Defensive stance
- Defensive slides

Closeouts occur in every possession of basketball. Every time a defender approaches a player with the ball, this is a closeout (<https://youtu.be/TLgxIBrh3Zc?t=278>). Without a proper closeout athletes are open to shoot the basketball or have an easy drive to the rim. When teaching closeouts we want to encourage athletes to use 'small choppy steps' to keep their feet attached to the ground. This allows them to react quickly to any dribble penetration from the offense. We want athletes to approach the ball with knees bent in a low stance and with high hands over the basketball, this applies pressure to any shooting or passing actions.

An on ball **Defensive stance** refers to the stance an athlete is when guarding the basketball. We want our athletes to have their knees bent ready to react to what the ball handler does. After the closeout we want the athlete to stay down low in this defensive stance.

When teaching **defensive slides** a great technique to encourage is the **push slide** (<https://youtu.be/TLgxIBrh3Zc?t=284>). This technique ensures that athletes are taking a wide stance with their feet and not crossing them over. When our feet are crossed over, we are not balanced, and we are very easy to beat.



AGE APPROPRIATE EXPECTATIONS

Under 8's

The major focus of coaching this age group should be to keep the game as much fun as possible. This age is also when foundation is set for future skill development and areas of focus should be centered around:

- Developing dribbling and passing ability with either hand.
- Start to emphasise man to man defense and the importance of being a good defender. There is no stealing in U8's so the focus should be moving their feet to keep their body in front of the offensive player and keeping their hands out.
- Practice sessions should consist almost exclusively of individual skill development using fun drills where possible.
- Emphasise drills that enhance development of hand eye co-ordination.

Under 10's

All of the above points but stealing is now permitted but double teaming is not. So Most of your players will be playing basketball for the first time and it is essential that the foundation is set for skill development.

Emphasise the development of the basic skills, dribbling, passing, shooting and man to man defense.

Under 12's

Players who have been involved for several years may now be ready to move towards more advanced skills. The coach must be careful not to get too carried away with trying to implement a team offence that is confusing for the players.

Now is the time to introduce some basic principles of offensive play and to provide some more challenges defensively.

These include:

- Introducing more advanced dribbling skills like behind the back, reverse and retreat dribbles.
- Continuing to emphasise the development of the weaker hand when dribbling, passing and shooting lay ups.
- Emphasising offensive fundamentals of spacing (floor balance) and creating a passing lane between the ball and themselves. Major emphasis should still be on development of individual offensive skills. Introducing pass, cut replace concepts to assist them to learn court spacing and movement off the ball.
- Man to man defense should still be emphasised with players now ready to work on defensive triangles mainly through 2 on 2 drills where they only need to be concerned with their player or the player with the ball. As double teaming is permitted in U12's, this is a great opportunity to introduce split line and help defense concepts with 2 on 2 or 3 on 3 max. Avoid 5 on 5 at training while learning as it will be too crowded and confusing.

Under 14's, 16's and 18's

Players who have come through your club program now have a good idea of the most basic fundamentals. The Under 14 player should now be ready to learn some even more advanced offensive and defensive techniques as long as they have a strong basic understanding from u12's. Spacing and offensive structure needs to be re-enforced constantly.

Work can now be done on basic principles of a passing game offence.

These include:

- On ball and off ball screen
- Cutting – ball side and back door.
- Movement off the ball in ½ court offence (Pass, cut and replace).

Care should be taken not to get too involved with teaching a complicated offence to these players. Simplicity is important. Players should not be put in a situation where they are trying to remember the offence. Emphasis should rather be placed on reading the defense and taking advantage of what the defense offers. Teach them how to play not to how to do a play.

Following the introduction of split line help and recover man on man defense in u12's, this should be re-enforced in u14's. Other defensive concepts that should be taught now are close outs, containing, defending screens and boxing out.

Please remember that any new player of the game needs to start at level 1 no matter how old they are and you only move onto new concepts once all players are competent in the basics.



OFFENSIVE FOOTWORK

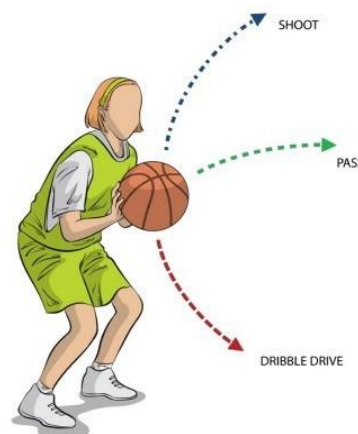


Triple Threat Position

Offensive Quick Stance

Triple Threat Position allows any player to quickly create an option to Shoot, Pass, or Dribble Drive

1. Athletic stance: head up, knees bent and back straight
2. Upper body leaning slightly forward – nose over toes
3. Feet shoulder width apart. Shooting side foot 3-6 inches in front of weak side foot. Weight is evenly distributed on both feet
4. All joints are bent - elbows, hips, knees, ankles
5. Ball held on the shooting side with both hands, between the hip and shoulder



Direct Drive

Step with your strong side foot towards the strong side, and dribble with your strong hand



Crossover Drive

Step with your strong side foot towards the weak side, and dribble with your weak hand



Front Turn (Front Pivot)

Front Turn (Forward Pivot)



FRONT TURN - LEFT PIVOT FOOT

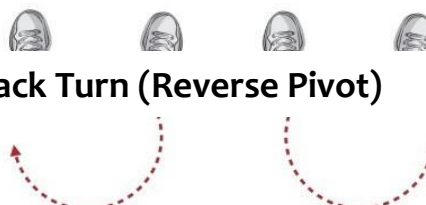
Rotate on the ball of your left foot, leading with right toes

FRONT TURN - RIGHT PIVOT FOOT

Rotate on the ball of your right foot, leading with left toes

Front Turn (Front Pivot)

Back Turn (Reverse Pivot)



REAR TURN - LEFT PIVOT FOOT

Rotate on the ball of your left foot, leading with right heel

REAR TURN - LEFT PIVOT FOOT

Rotate on the ball of your left foot, leading with right heel

Instructions

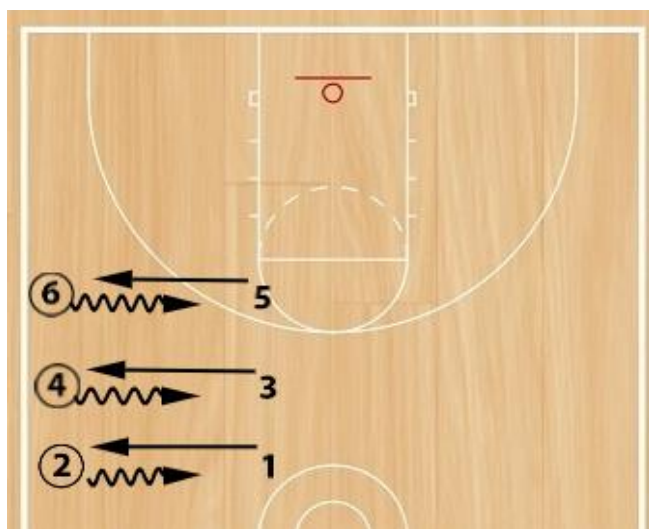
Partners line up on the sideline. First player in line has a ball. Dribble 10-20 feet, jump stop, and execute the prescribed pivot (eg: forward pivot or reverse).



After completing the pivot, pass the ball back to your partner.



Passer then cuts back to the starting position.
At the same time, the receiver dribbles 10-20 feet, jump stops, and executes the prescribed pivot. The process repeats for desired number of repetitions or duration.

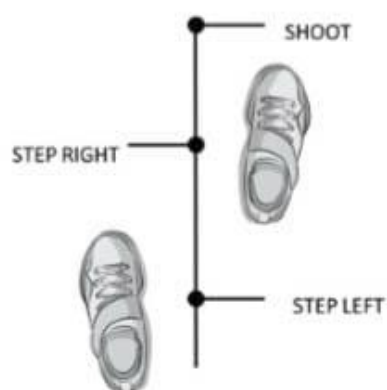


Progressions and variations:

- 1) Forward pivot
- 2) Reverse pivot using both feet
- 3) Vary the passes... bounce, chest or overhead.

Teaching Points - Start with basic pivots first (forward and reverse pivot).
With the forward and reverse pivot, have players make a full 180 degree pivot and maintain good balance. Then make the pass. - Both feet should hit the floor at same time on the jump stop. Keep knees bent (in good athletic position) on all pivots.

- Lay ups** - You should practice lots of lay ups with both hands. Your goal should be to get all players to make lay ups with their left and right hands equally well. Teach them to jump off the proper foot. They should jump off the left leg when shooting a right hand lay up. They should shoot off their right leg when shooting a left hand lay up. It will be difficult but work on it. You'll probably need to start really close to the basket, with no dribble, and take just one step to practice the footwork. Once you add the dribble, they should dribble with their left hand when shooting left hand lay ups.



Left Hand Layup Footwork



Right Hand Layup Footwork

Learn the footwork and mechanics for shooting a layup



Lay up Drills

Drill Setup Set up two lines behind the baseline.

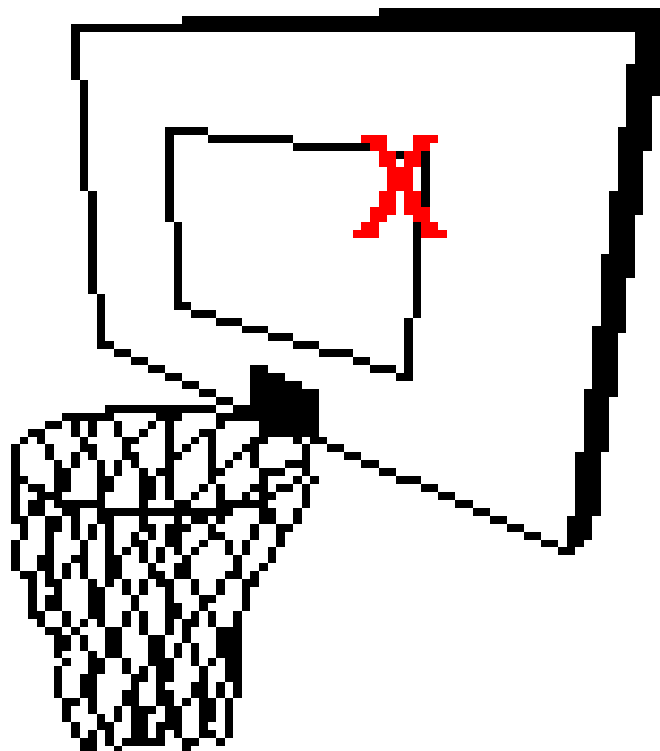
1. Start in triple threat position with no ball
2. **Right Hand Layup:** On the coaches signal, take a step with the right foot, then step with the left foot
3. Drive your right knee up and jump off the left foot, making a shooting motion with your right hand
4. Repeat until half court, then turn around and come back doing left hand layup footwork
5. **Left Hand Layup:** On the coaches signal, take a step with the left foot, then step with the right foot
6. Drive your left knee up and jump off the right foot, making a shooting motion with your left hand
7. Repeat until baseline

Coaching Tips -

Layup footwork seems simple but younger players will need some practice to get the muscle memory

Repeat the steps out loud to help players follow along – “right-left-up” means right step, left step, drive the right knee up and shoot

Where to Aim - Use the backboard when shooting lay-ups from either side. Aim for the top corner of the box on the backboard. Focus on this area, don't watch the ball. Keep your head up. Avoid layups down the center on the court.



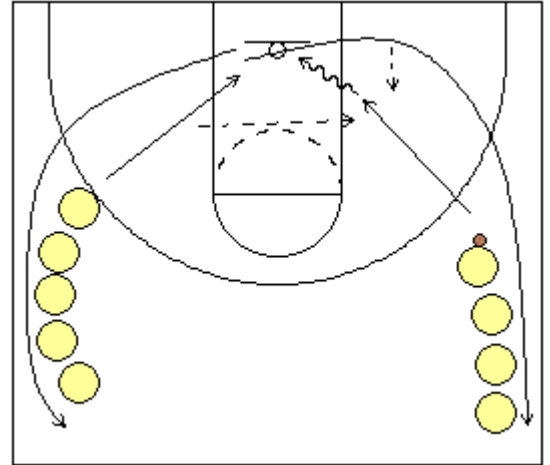
Classic 2-Line Layup Drill

LEVEL 1

This drill has been around since basketball was invented, and is still a good drill for practicing lay-ups, both right and left-handed. See the diagram. There are two lines, a "shooting" line and a "rebounding" line.

The drill starts with the first shooter dribbling in and shooting the lay-up, while the first rebounder rebounds and passes to the next shooter cutting toward the basket. The shooter goes to the rebounding line and the rebounder goes to the shooting line.

After a few minutes, switch sides so that now the left line is the shooting line (for shooting left-handed lay-ups). As an option, run the drill with two balls.



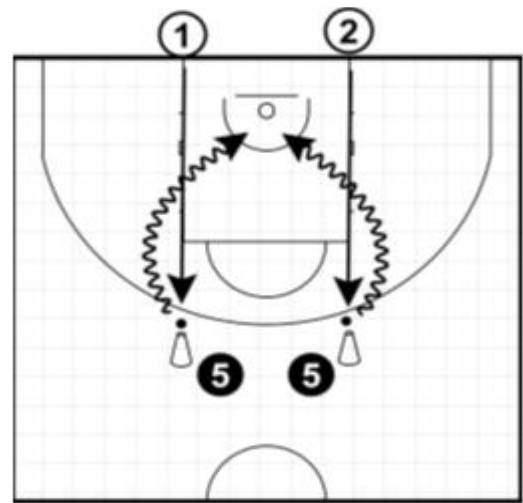
Pointers:

- Dribble with the left hand for left-handed lay-ups, and the right hand for right-handed lay-ups.
- Alternate passes from chest pass to bounce pass.
- Make sure players are using correct footwork and technique. See [Lay-up](#).
- Make sure the two lines start well outside of the arc. If the lines are too close to the basket, there is little running and the drill tends to drag. Players should run this drill at game speed.
- You can make a team competition out of it by requiring the team to make a certain number of lay-ups within two-minutes. If they fail, everyone does 5 or 10 push-ups. Making it competitive forces players to run the drill up-tempo. But make sure they don't "cheat" by allowing the lines to creep in too close.
- Add a defender. Start the ball in the rebounding line and have the player make a pass to the player in the opposite line, they then run across and play defence against the player performing the layup.

LEVEL 1

Pivot & Layup Drill

- Player start on the baseline and sprint to the cone.
- Athletes jump stop pick the ball up and pivot towards the basket.
- They make a layup and join the back of the line.
- Coaches (5) replenish the basketballs. Can instruct athletes to forward or reverse pivot.



Points of Emphasis

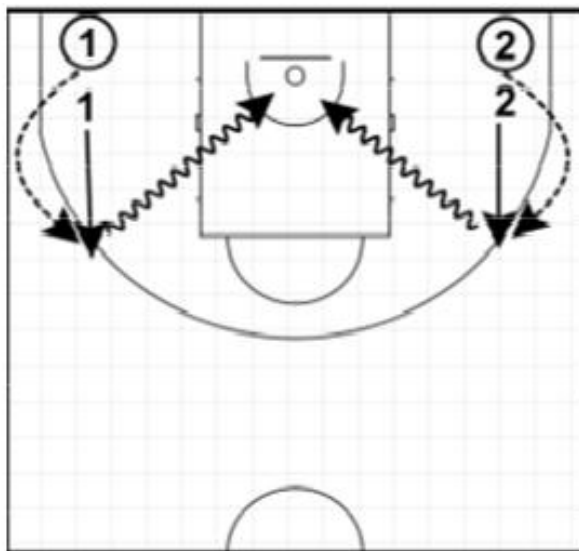
- Don't travel!
- Stay low when pivoting. Keep your knees bent and butt down, in a good triple threat stance.
- Don't get out of your triple threat stance until you hear the whistle. You always want to stay low, so you can take off quicker.
- Vary the location of the cones and the distance from the ring.
- Make sure ALL players pivot properly. Their butt should be down, knees bent, with feet shoulder width or wider. The pivot should be a full 180 degree turn. Some players will have trouble with this at first or just do partial pivots. But keep on them to do it right. It's an important skill to master!

LEVEL 2 - Introduce power layups vs stronger defense.

LEVEL 3 – Introduce underhand, reverse layups and moves to step around the defense (Euro Step).

Kick ahead, Pivot and Layup (pairs)

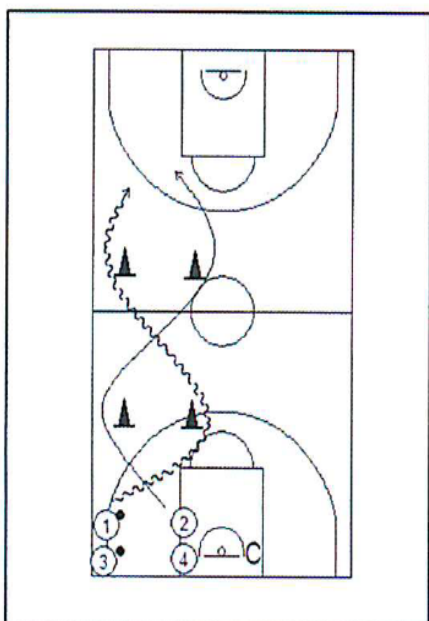
- Players start on the baseline (one with the ball and the other facing side on – feet point towards the sideline) First player turns and runs.
- Player second in line passes the ball over their head.
- On the catch, the player does 180 degree pivot in triple threat stance and then drives hard to the basket.
- Add in a jab fake and ball fake then drive.
- Introduce a defender to challenge them 1 on 1 to the basket.



Chaser Drill

This drill is great to develop players ability to make a layup under pressure. Encourage ball handler to attack the basket aggressively and the defender to

- work hard to get in front,
- attempt to stop the ball by moving feet to get body in front, not reaching with arms
- Wall up, stay in cylinder and do not go for the block.



Player 1 dribbles in a zig zag up the court

Player 2 runs in a zig zag pattern

After both players round the last cones they play 1v1



PASSING & CATCHING FUNDAMENTALS

When Passing:

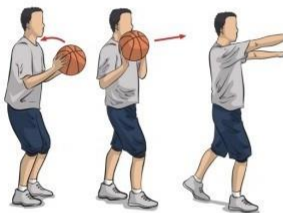
1. Always start in triple threat position
2. Step into the pass with strong side foot
3. Keep feet on the floor – Don't jump to pass
4. Make firm passes – Don't pass too hard or too soft
5. Fake a pass to make a pass

When Catching:

1. Ball in the air, feet in the air ... so that you land on your pivot foot and can go right into a direct or crossover drive
2. Catch with the fingertips – should make a "click" sound
3. Catch with your eyes, feet and hands
4. Immediately square up and go into triple threat position



Four Types of Passes



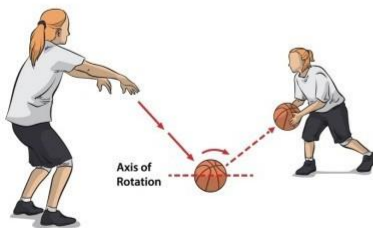
Flick Pass

1. One handed pass released from shoulder
2. Load the ball into the shoulder
3. Step forward, extend the arms, snap the wrist to release the ball using the strong side hand
4. Practice using both hands



Chest Pass

1. Two handed pass released from the chest
2. Step forward, extend the arms, snap the wrist to release the ball with both hands
3. Finish with hands facing out and thumbs down



Bounce Pass

1. One or two handed pass released from the chest that bounces once before reaching target
2. Best for post entry or under defensive pressure
3. Step forward, extend the arms, snap the wrist to release the ball with both hands
4. Ball should bounce around 2/3 of the way to target with forward spin
5. Finish with hands facing out and thumbs down



Overhead Pass

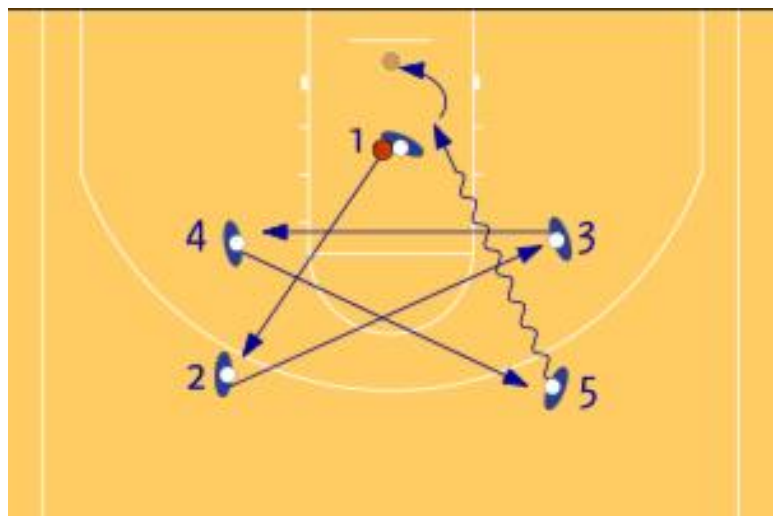
1. Two handed pass released from the chest
2. Best for long distance skip passes.
3. Start with ball raised overhead
4. Step forward, extend the arms, snap the elbows to release the ball with both hands
5. Finish with hands facing out and thumbs down

Try and add in variations to all drills with different types of passing to make the drill more challenging but also as a good opportunity to practice passing while keeping it interesting. For level 1, chest and bounce passing are the basics that need to be mastered first but passing on the run is a skill that should be introduced at this level as it is a vital part of the game but is difficult to master for someone that is learning basic fundamentals of running while dribbling etc. Some other types of passing such as over head and one handed will be discussed in level 2 and 3.

LEVEL 1

Star Passing drill

Players line up at each cone and pass in the direction shown in the diagram. Player at cone no. 5, takes off and completes a right-hand layup. Then the drill starts again. Each player moves to the cone that they just passed to. Switch direction so that the player in cone no.2 completes a left-hand layup. Encourage everyone to call out their team mates names. Great as a warm-up drill to get the energy levels up.



LEVEL 2 and 3

To make this drill more challenging,

- Move the players further away from each other.
- Add in overhead passes and one-handed push passes, right and left.
- Have players receive and pass the ball on the run without travelling.
- Have the player on the final cone catch and shoot.
- Add in an extra ball.
- Challenge the team to minimise drops. Make a target that the team needs to beat and if they drop the ball more than the target, they have a penalty.



LANE PASSING DRILL

PURPOSE:

Players work on making effective pass fakes and passes when guarded.



Defensive player closes out, offensive player makes pass to opposite line.

SETUP:

Players form four lines. One on each of the elbows, and one on each of the blocks. The left elbow line faces the right elbow line with a ball. The left block line faces the right block line with a ball. A defender is placed between each set of lines.



Players pass against a defender in this drill.

INSTRUCTIONS:

1. The defender plays soft, "dummy" defense as players in the lines pass the ball back and forth to each other.
2. Defender closes out on the ball with hands down.
3. Offensive player fakes a pass up.
4. Defender raises hands.
5. Offensive player executes a bounce pass down to the player in the opposite line.
6. Offensive player goes to the end of the line that he is already in.
7. You can change the types of passes being thrown.
8. You can also make the defensive player "live."

COACHING TIPS:

- Emphasize the importance of "fake a pass, make a pass" on every rep. The passer should try to get the defender's hands to drop low (or raise high) then step through and make an aggressive pass through the open area.
- When defensive player is "live," he should get in good defensive stance with knees bent, weight equally distributed, one hand down, one hand up with "thumb in the ear" and try to intercept the pass.

Clover Pivoting (Passing and Footwork)

The following drill works on your players' passing and receiving skills as well as teaching how to pivot properly. The four-corner pivot passing drill, pictured below, should be run at half speed to begin with, eventually getting into full speed as your players become accustomed to the positions and rotations.

Instructions

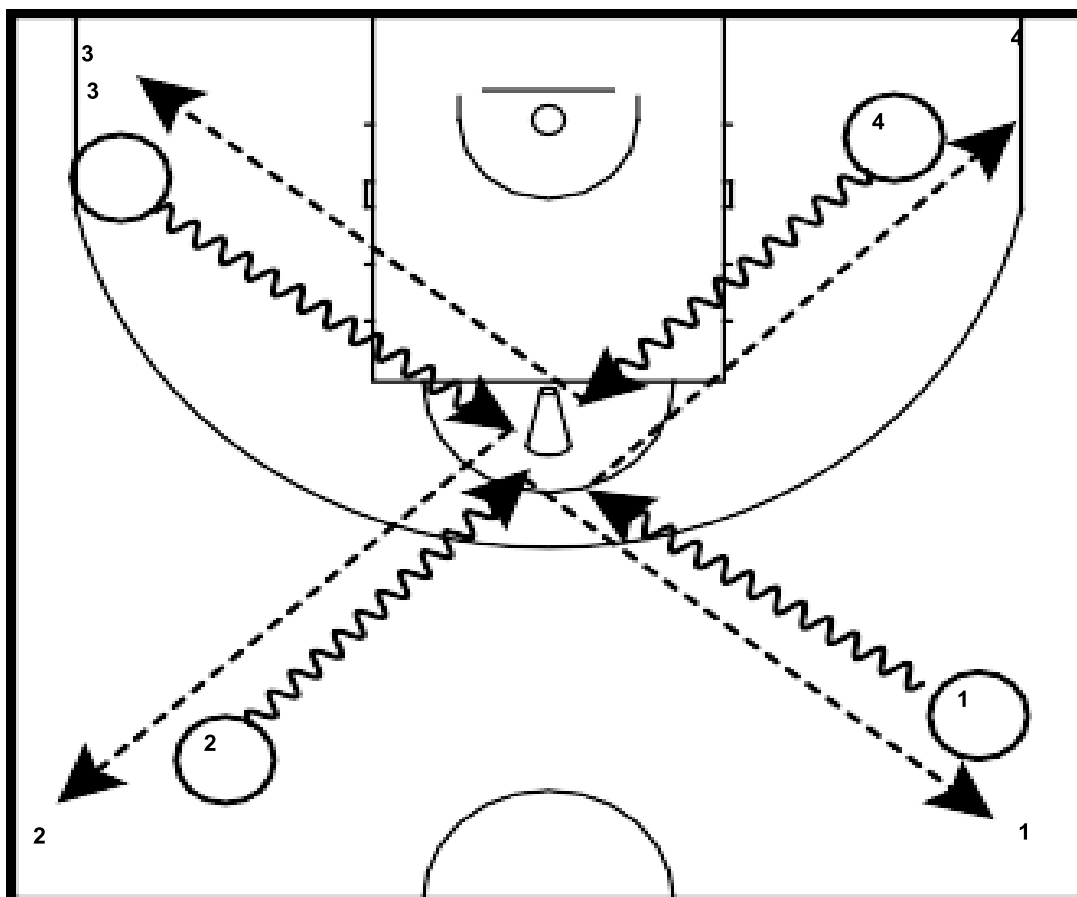
The drill begins with players lining up in four lines, two lines at the baseline and two on the sideline extended from the top of the three-point line. The players in the front of the lines will begin with a basketball (as represented by the four players with a circle around them on the right).

All four players with the ball will dribble with their right hand only to the center of the key. Perform a jump stop, ball on their hip, pivot and pass ball back to their line. Then repeat using Left hand.

Use different passing techniques as variation to the drill such as chest and bounce pass.

Pivot Progression

- Forward Pivot
- Reverse Pivot



LEVEL 2 and 3

To make it more challenging, when the players get to the key they will jump stop and pivot on their right foot and step through with their left foot and pass to the next line. So 1 will pass to 2, 2 will pass to 3, 3 will pass to 4 & 4 will pass to 1, as shown to the right. The players will be passing to the corner in a counter clockwise rotation.

After making the pass, all four players will sprint to the back of the line that they just passed to. The player receiving the basketball should step into the pass to meet the ball in a triple threat position.

To work on team communication, the players passing the ball should yell out the name of the player they are passing to and those receiving the ball should also be calling for it.

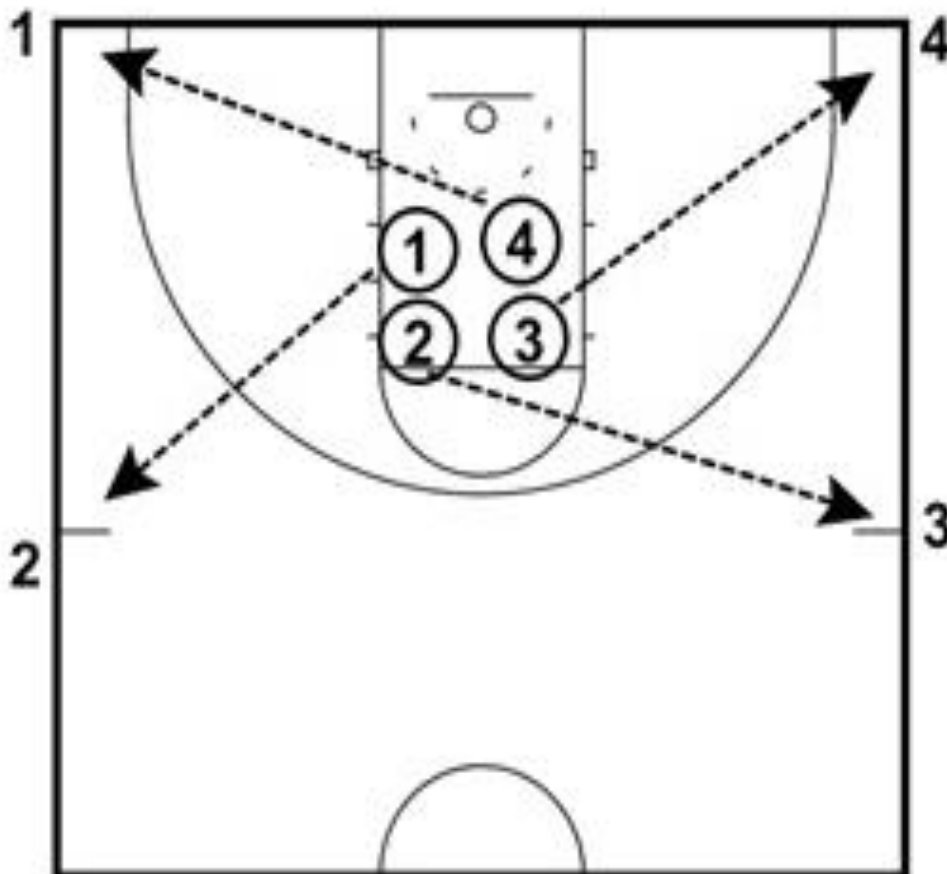
-Encourage that each line enters at the same time so that all passes and pivots are simultaneous.

- As the type of pivot changes as does the direction of the ball.

- Coach can challenge players by calling out a different pivot progression each time.

Pivot Progression

- -Right foot forward Pivot
- -Left foot forward Pivot
- -Right foot reverse pivot
- -Left foot reverse pivot





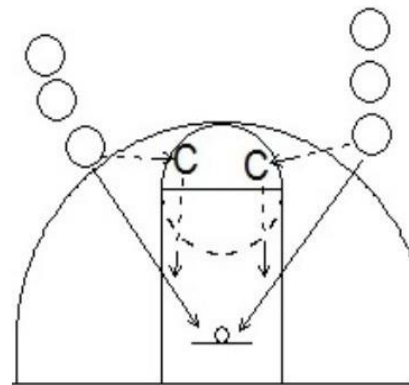
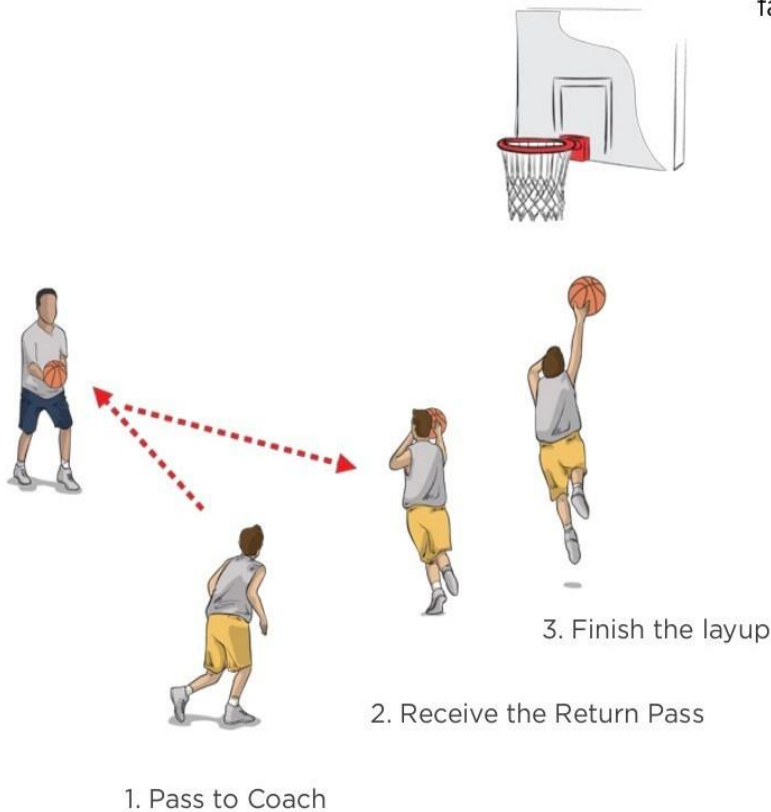
PASS, CATCH AND SHOOT DRILL

PURPOSE:

Players learn to shoot a layup after receiving a pass.

SETUP:

Players form two lines, one on each wing. Two coaches stand near the top of the key – one facing the right side line and one facing the left side line.



INSTRUCTIONS:

1. First player in line passes the ball to the coach facing that line.
2. Player cuts hard to the basket
3. Coach passes back to the player, who catches it, chins it and shoots a proper layup.
4. First player in opposite line goes and the drill continues with the action alternating from side to side.
5. Once a player shoots, he gets his rebound and goes to the opposite line.

COACHING TIPS:

- No dribbling in this drill, players should catch and shoot.
- Make a quick misdirection step before cutting to the basket – this will take the defender off balance and give you a cleaner lane to the hoop

3 Man weave

LEVEL 1

The first player in the middle line can make a chest pass to either outside line to begin the drill, and then must sprint behind the player they passed to.

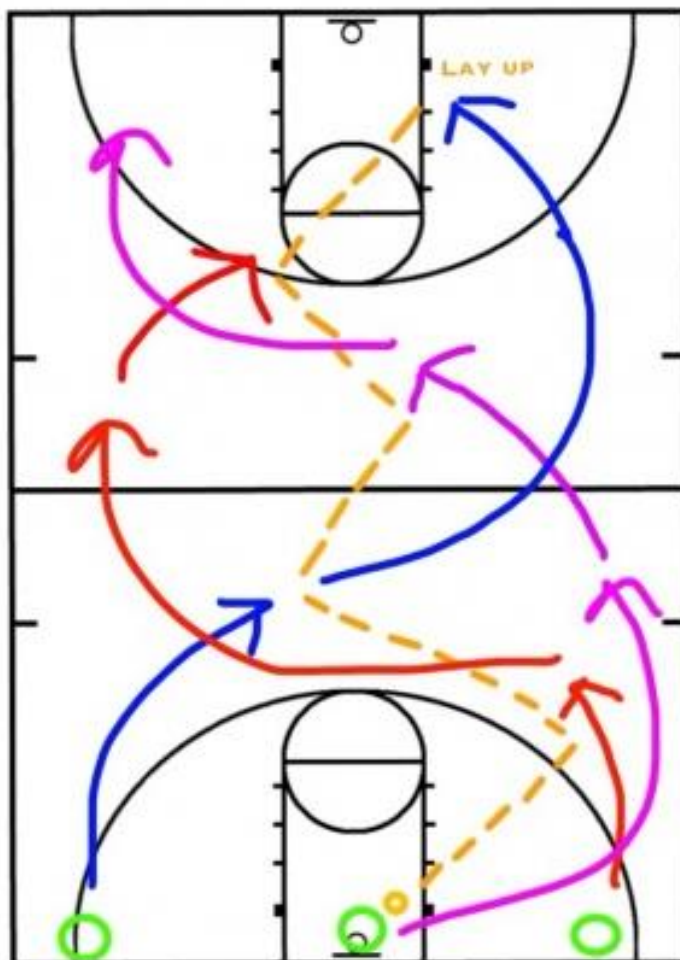
The player who caught the first pass must then make another chest pass to the third player and sprint behind him.

The group moves up the court with each pass, and this pattern repeats until the final bounce pass to the scorer, who must make a layup.

After making the layup, the same group runs the same drill back to the original baseline, finishing with another layup.

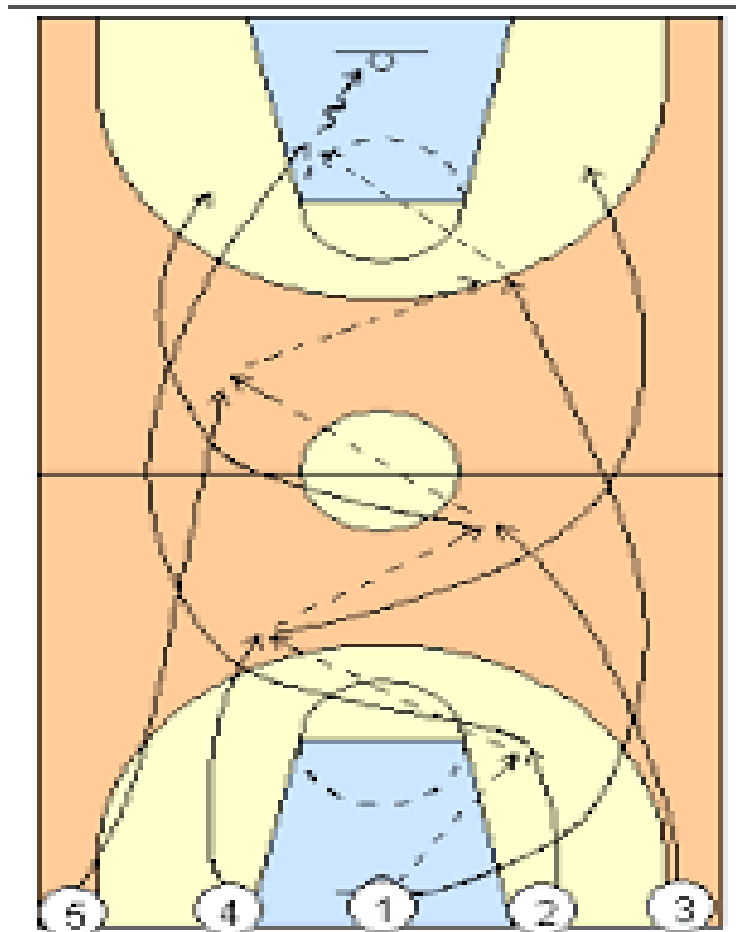
Once the group has weaved down and back, they fill in the end of each line, and the second group is "in."

- The three man weave should be a continuous drill.
- Once the second layup is made, the next group should be starting to weave down the court.
- Set a goal like "X makes in X minutes" or "less than X dropped passes" to keep everyone engaged and working together.
- Ensure players are not travelling with the ball.



LEVEL 2 & 3

- To make drill more challenging, instead of doing the weave on the way back, players can play 2 on 1 on return. The player that scores the layup going down is the defender and the other 2 players must verse them.
- Add in 2 extra lines on the baseline and make it 5 man weave and 3 on 2 on return. Defenders is the player that shot and the player that passed them the ball to shoot.





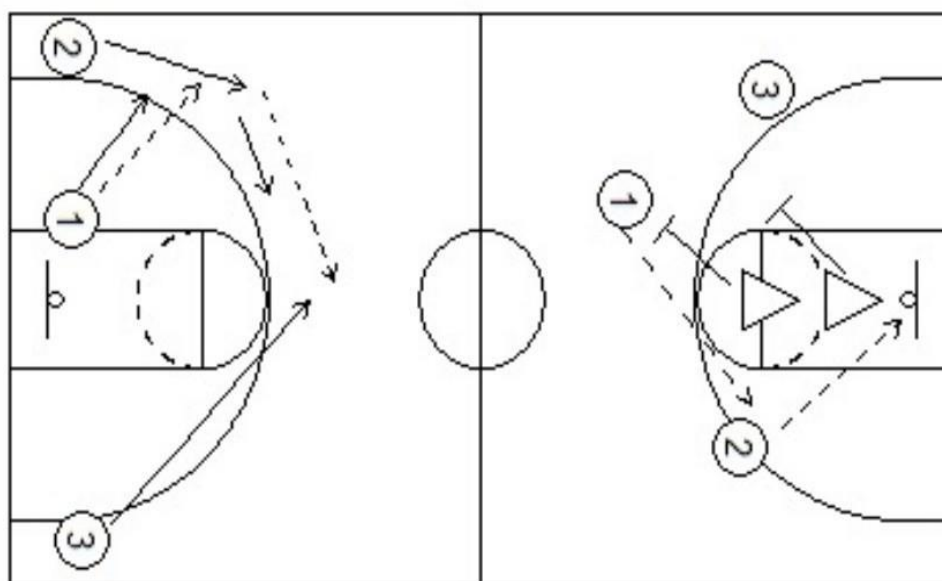
3 ON 2 TO 2 ON 1

PURPOSE:

Players learn to make the right pass in fast break situations.

SETUP:

Begin with three lines evenly spaced across the baseline, similar to a three man weave. On the opposite side of the court, place two defensive players. One standing under the basket, one at the foul line.



INSTRUCTIONS:

1. Begin in a three man weave. Once the ball reaches halfcourt, it becomes a live game of three on two. The play continues until the ball is scored, rebounded, or turned over.
2. The offensive player who last touched the ball (made shot, missed shot, or turnover) sprints back to the opposite end of the court. He is now on defense. The two other offensive players remain.
3. The two players who were originally on defense now come back up the court and attempt to score. It becomes a live game of two on one.
4. The play continues until the ball is scored, rebounded, or turned over.
5. The drill restarts with the next three offensive players in line.

COACHING TIPS:

- Players should attempt to score quickly (3 passes or less), simulating a real fast-break situation.
- Players should move the ball up the court by passing, not dribbling.
- Players should talk on defense.

Shooting form

Developing proper muscle memory and shooting form at a young age is extremely important! Bad habits are extremely hard to break when they get older. Allow the players to dip their elbows and bend their knees, which will give them more strength.

Basketball- Set Shot





HOW TO TEACH SHOOTING FORM



Locking & Loading

- ***Practice this sequence without a ball at first, then add a ball later.***

1. Place your shooting hand out in front of the body with your palm up. The ball would be resting in the palm of your hand



Starting position

2. Lock it in: grab your wrist and bring your hand up into the shooting pocket, just above your shooting shoulder



Lock it in.

3. Load it up: bend the shooting wrist back so it's parallel to the floor. The ball would sit on that pedestal, with your elbow in front of your wrist. If using a live ball, you can use the off-hand to steady the ball in place.



Load it up.

4. Shoot and follow through. Release the ball up towards the basket and follow through, forming a "parachute" with your shooting hand. Hold the finish until



Release and follow through



ONE HAND FORM SHOOTING DRILL

PURPOSE:

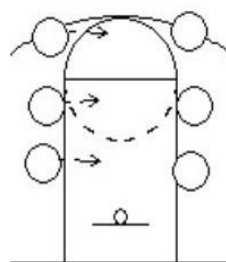
Players work on shooting form.



Load position, before release

SETUP:

Players pair up and line up across from each other on different sides of the lane. One player of each pair has a basketball.



Players line up across from each other along the lane.

INSTRUCTIONS:

1. Player with the starts by holding it out front on one hand
2. He then locks and loads into shooting position, putting the ball into the shooting pocket. The off hand stays off the ball.
3. The player then "shoots for the stars." He goes through his shooting motion and shoots a high, soft shot, letting the ball go out in front of him.
4. Player holds follow-through until ball hits the court.
5. The opposite player grabs the ball and then goes through the above steps.
6. Once they get the hang of it, each player grabs their own ball. Set up 3-5 feet from the basket and take one-handed form shots at the basket.
7. If a player makes 3 consecutive shots, he takes a step back. Repeat until the player reaches the free throw line.

COACHING TIPS:

- Younger players should be practicing this drill with a smaller size ball and lower nets appropriate for their age group
- The shot's power should be coming primarily from the legs. Players should not need to hoist it up using a chest-push or throw it from the shoulder.
- Wrist should be bent back in the load position so the ball is on a pedestal.
- Players should be extending their shooting arm up and forming a parachute on the follow-through.



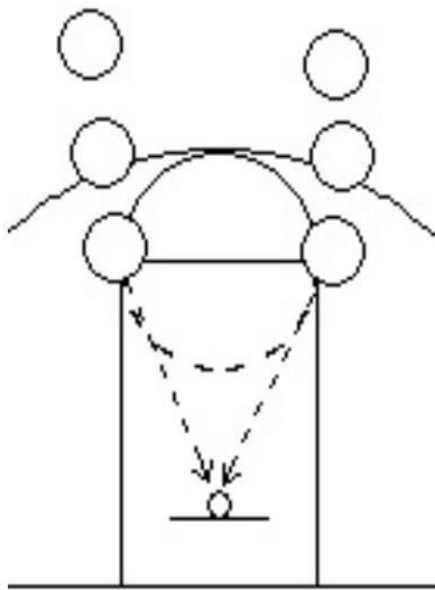
TEAM COMPETITIVE SHOOTING DRILL

PURPOSE:

Players work on shooting under pressure and compete against their teammates

SETUP:

Split your team into two groups. One lines up on the right side of the free throw line, the other on the left side. The first player in each line has a ball.



First team to make six shots wins.

INSTRUCTIONS:

1. On the coaches signal, the first player in each line shoots.
2. He immediately gets his own rebound (make or miss) and passes to the next person in line.
3. The next player shoots.
4. Repeat
5. The first team to make six baskets wins.

COACHING TIPS:

- This is a fun drill to do at the end of practice. Give a prize to the winning team, like a pack of basketball cards or a Gatorade
- Have the non-shooting players mimic the shooter while he shoots, so they can practice their form
- Players should call out the score each time their team makes a basket.
- 4 Up – In this alternate version of the drill, teams try to get 4 up on the opposing team to win.

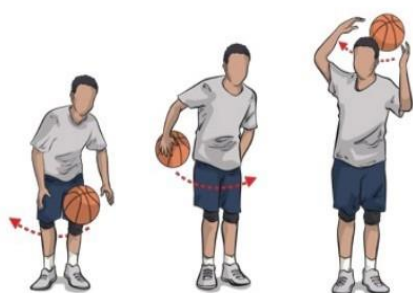
BALLHANDLING CIRCUIT

PURPOSE:

Helps players warm-up and get a better feel for handling the ball.

SETUP:

Each player has a ball and 3-5 feet of space around him.



Ball Wraps

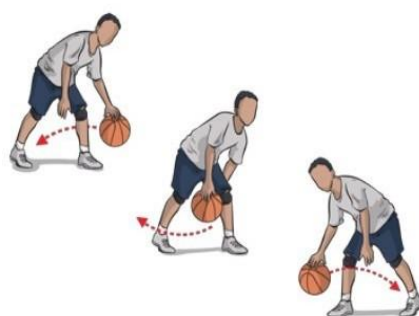


Figure 8



Lying on Your Back

INSTRUCTIONS:

1. Coach takes the players through a series of ballhandling drills
2. **Ball Wraps** – players move ball around the head. Then around the waist. Then around both legs. Then around each individual leg. Repeat each variation for 30 seconds, then repeat going in the opposite direction.
3. **Figure 8** – pass the ball around one leg, through the legs, then around the other leg, forming a figure 8 pattern. Repeat for 30-60 seconds, then reverse direction.
4. **Figure 8 Dribble** – repeat the figure 8 pattern, this time dribbling the ball around and through your legs. . Repeat for 30-60 seconds, then reverse direction
5. **Lying on Your Back** – Start by sitting down while dribbling the ball beside your hip. Slowly lie down until your back is flat on the floor, keeping the dribble going. Repeat for 30 seconds, sit back up, transfer the ball to the other hand and repeat

COACHING TIPS:

Ways to make this drill harder:

- Close your eyes
- Wear mittens or garden gloves
- Use a slightly deflated or worn out basketball



BALLHANDLING FUNDAMENTALS

1. Always have your head up. See the position of your teammates. See the hoop and where you are on the court. See the position of the defense.
2. Keep your knees bent and back straight. Bad posture forces your head down and causes you to lose vision.
3. Be ball quick. Dribble with your fingertips. Dribbling with palms causes you to lose control of the ball.

FOUR TYPES OF DRIBBLES



Control Dribble



A stationary or slow moving dribble move, with the shoulders and hips square to the basket and the ball low to the ground.



Power Dribble



A stationary or slow moving dribble move, with the shoulders and hips perpendicular to the basket and the ball low to the ground.



Speed Dribble



A fast-moving dribble move done at a full run. Typically used during fast breaks.



Crossover Dribble



Using a dribble to transfer the ball from one hand to the other, directly in front of the body, through the legs, or behind the back.



2 BALL DRIBBLING DRILL

PURPOSE:

Improves dribbling skills.

SETUP:

Players line up on the court in front of the coach. Each player has two balls



INSTRUCTIONS:

1. Coach calls out dribbles from the two ball sequence:
2. **Low Rhythm:** dribble both balls simultaneously to knee height
3. **Low Alternating:** dribble both balls one at a time, to knee height
4. **High Rhythm:** dribble both balls simultaneously to chest height
5. **High Alternating:** dribble both balls one at a time, to chest height
6. **One High, One Low:** dribble one to knee height and the other to chest height
7. Players perform those dribbles as called.
8. Coach critiques form and offers tips.
9. Coach can then have players walk to half court and back executing the 2 ball dribbles he calls out.

COACHING TIPS:

- On low dribbles, ball should stay below the knees, back should be straight, head up.
- On high dribbles, ball should go to chest height. Hands should always stay on top of the balls.



3 UP & 2 BACK DRILL

PURPOSE:

Helps players learn to react to and get around defensive pressure.

SETUP:

Players line up along the baseline with a basketball.



Start



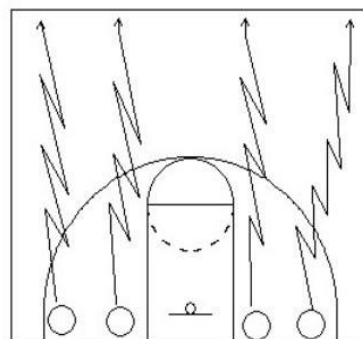
3 Dribbles
Forward



2 Dribbles
Back



Crossover
and Repeat



INSTRUCTIONS:

1. Coach says, "Go."
2. Take three speed dribbles forward then stop,
3. Pull back into two backward power dribbles
4. Stop, crossover to the opposite hand, then take three speed dribbles forward.
5. Pull back into two backward power dribbles, then crossover and repeat
6. Repeat this pattern the full length of the floor

COACHING TIPS:

- This is not a race. The focus should be on accelerating and decelerating while maintaining control of the ball
- Practice a variety of crossover moves: in front, through the legs and behind the back



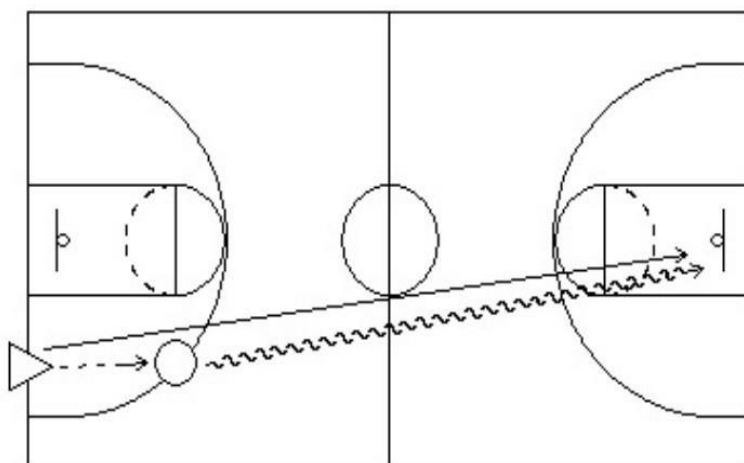
DRIBBLE CHASE DRILL

PURPOSE:

Players learn to handle the ball and shoot a layup with speed and under pressure from a defender.

SETUP:

Player with ball lines up at the baseline. Second player lines up at the free throw line facing the baseline.



Offensive player uses a speed dribble to go full court for the layup with a defender trying to catch him

INSTRUCTIONS:

1. Player at the baseline throws the ball to the player at the free throw line.
2. Player at free throw line catches the ball, turns to face the opposite basket, then uses a speed dribble to go down the court and shoot a layup.
3. Player at baseline chases the player with the ball and tries to catch him and knock the ball away.
4. Players switch positions and come back.

COACHING TIPS:

- You can also run this drill using a half court, starting one player at half court and one at the hash mark
- Start the drill shooting right-hand layups then switch to the left side so players have to dribble with left hand and shoot with left hand.
- When going to the left side you may want to give the offensive players a bigger lead such as having them set up at top of the key or a farther distance.



DEFENSIVE FOOTWORK



Defensive Stance

1. Athletic stance: head up, butt down, knees bent and back straight
2. Feet slightly wider than shoulder width apart
3. Weight evenly spread on both feet
4. Arms spread to the sides with palms facing up.
5. Hands mirror the position of the ball
6. Eyes focused on the offensive player's waist or chest (not the ball - too easily faked)



Defensive Slides



PUSH OFF FOOT

LEAD FOOT



LEAD FOOT

PUSH OFF FOOT



ON BALL DEFENSE



Defensive Balance

1. Weight is balanced on feet, which are shoulder-width apart.
2. Hands are in a position of quickness, palms up.
3. When offensive player drives to basket, hands go up to shoulder-level height.



Good defensive balance.



Hands go up when offensive player drives.



Defensive Influence

1. If defender closes out with inside foot up, he can influence offensive player to drive toward the outside of the court – this is called “fanning.”
2. If defender closes out with outside foot up, he can influence offensive player to drive toward the center of the court – this is called “funneling.”
3. A third way to influence the ballhandler is for defender to position himself so that offensive player must use weak hand to drive (ie. Force a right-handed player left)



Funneling to the middle



Fanning to the outside



ON BALL DEFENSE



Hands & Spacing

1. When the ballhandler has the ball above his head – defender can close the spacing and try to force the player to keep the ball up where he is very limited in what he can do (pass or shoot).
2. When ballhandler brings the ball down – defender widens the spacing to prepare to defend the drive.
3. Distance of cushion should be based on the quickness of the defender vs the ballhandler – allow quicker ballhandlers more space so you have more time to react and recover



Defending closely when offensive player holds the ball up – playing the shot/pass



Defending with more space when the offensive player holds the ball down – playing the drive



Lead Step

1. If defensive player is getting consistently beaten on drives it often can be traced to an incorrect lead step.
2. When the ballhandler puts the ball on the floor, step with the lead foot in the direction he is going. Push hard off the back foot and slide it to catch up
3. Bring the hands up to shoulder level while sliding
4. If you are completely beaten, turn and run to catch up (especially in the open court)



1. Lead step with the right foot and push off with the left



2. Catch up step with the left

LEVEL 1



60 SECOND PEPPER

PURPOSE:

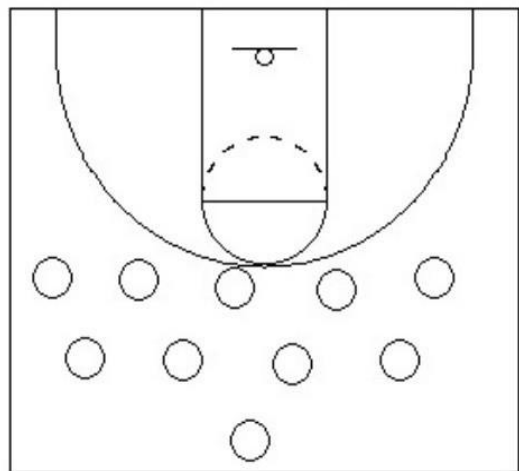
Players work on defensive footwork and conditioning



Staying in a defensive stance, rapidly step up and down in place

SETUP:

Players spread out across the court. The coach or player leader stands facing his team, demonstrating each drill as they move through the circuit.



Players spread out across the court and follow instructions from the drill leader (player or coach)

INSTRUCTIONS:

1. Drill leader yells "Stance!" and players drop down into a good defensive posture.
2. Drill leader yells "Pepper!". Players rapidly step up and down in place, running on the spot while maintaining their defensive stance.
3. Periodically, drill leader yells each of the following commands "Left": players rotate 90 degrees to the left, then back to the front, continuing with Pepper.
4. "Right!": players rotate 90 degrees to the right, then back to the front, continuing with Pepper.
5. "Shot!": players pretend to block a shot, jumping in the air with hands outstretched, then continuing with Pepper.
6. "Ball!": players drop to the ground on their stomachs, as though retrieving a loose ball, then stand back up, continuing with Pepper.
7. Continue for 60 seconds. Rest, then repeat for two more sets.

COACHING TIPS:

- Players should maintain proper defensive stance fundamentals throughout the drill: knees bent, arms spread, palms up, back straight and head up.



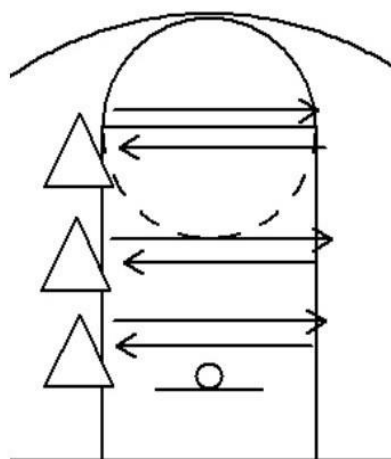
30 SECOND LANE SLIDES

PURPOSE:

Players work on proper defensive slide technique and defensive conditioning

SETUP:

Player line up on the right side of the foul lane, and assume a good defensive stance.



INSTRUCTIONS:

1. On the coaches signal, the players begin sliding back and forth from one side of the lane to the other
2. Continue for 30 seconds, maintaining proper defensive slide technique

COACHING TIPS:

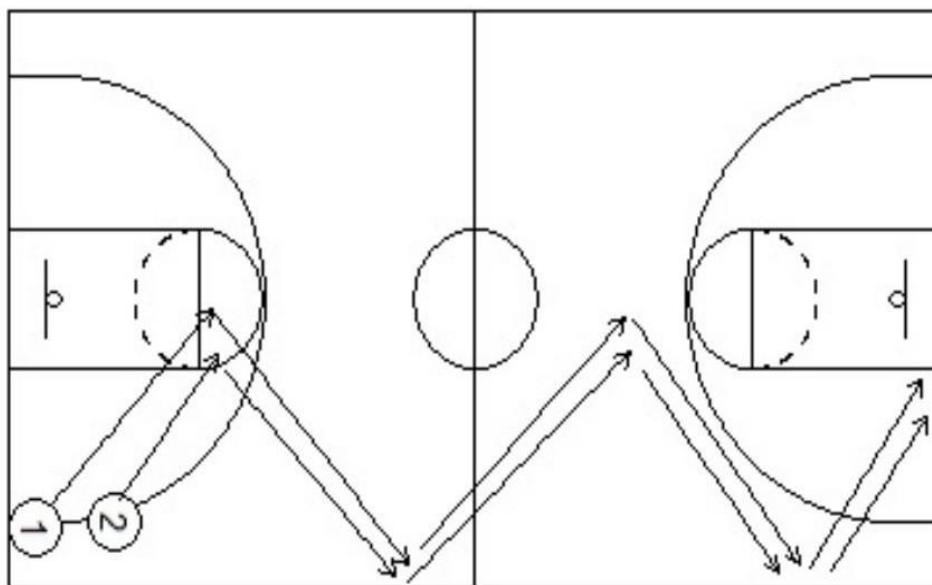
- Count the number of slides a player makes during the allotted time and track improvement throughout the season
- For an increased challenge, you can use elastic tubing around the player's ankles to provide even more resistance

PURPOSE:

Players work on ballhandling, offensive and defensive footwork

SETUP:

Players pair up with someone of similar size and speed. Player 1 is a dribbler and Player 2 is a defender. The court is divided invisibly down the middle and Player 1 is not allowed to dribble across the invisible line.



INSTRUCTIONS:

1. Player 1 dribbles the length of the court in a zigzag pattern. At the sideline or invisible half court line, he changes direction with a reverse dribble, behind the back dribble, crossover dribble, or through the legs dribble.
2. Player 2, in his defensive stance, slides with the dribbler to the opposite end of the floor.

COACHING TIPS:

- Ballhandler dribbles with his left hand as he travels left, right hand as he travels right. He protects the ball with his off-hand, planting hard off the outside foot as he switches direction.
- Defender stays in the proper defensive position: knees bent, head up, butt down, arms out to the side with palms up.



CLOSING OUT BONUS



Close Out

1. A close out is the act of running up and guarding an offensive player who has just received the ball
2. This usually occurs when defender is in help position. The ball goes to the man he is supposed to cover.
3. He must close out fast and with the right foot. Goal is to get close enough not to give up an uncontested shot but also stay far enough away to stop a drive.
4. A good closeout can also be heard and not just seen – should be “squeaky.”
5. Closeout position should be based on where ball is (up or down).
6. Defender should use short choppy steps when close to the offensive player.
7. When offensive player kills dribble, defender can trace the ball with both hands to make it hard on offensive player to pass or shoot.



1. Run to the offensive player



2. Slow down with short, choppy steps as you approach. Hand is up to contest the shot player



3. Get down into a good defensive



Defending a Shooter

- Staying in your defensive stance, raise the lead hand directly in front of the ball or the shooter's eyes
- Make the shooter “shoot over the wall”
- Contest the shooter so he doesn't have an unobstructed view of the basket.
- Force the shooter to adjust or change his shot – “move the shot pocket” so it's out of his comfort zone
- Do not leave your feet, swipe or swap at the ball. NEVER foul a jumpshooter!



Contesting a Jump Shot



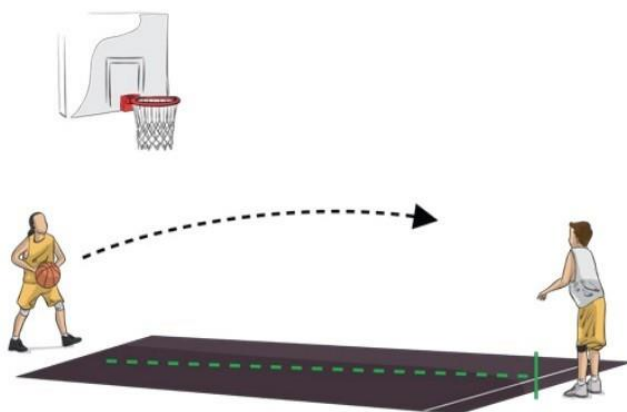
CLOSE OUT SHOOTING DRILL

PURPOSE:

Players work on shooting while under defensive pressure.

SETUP:

Split your team into groups of four. One shooter stands at the free throw line. Three defenders stand under the basket. The first defender has the ball



Defender passes to shooter and closes out



INSTRUCTIONS:

1. First defender passes to the shooter, then runs out to the free throw line to close out
2. The shooter catches and shoots under pressure
3. The defender gets the rebound and goes to the back of the defender line
4. The second defender passes to the shooter and closes out
5. Repeat, with the same player shooting, for 60 seconds. Then rotate one of the defenders to the shooter spot

COACHING TIPS:

- The close out should be fast, but under control and balanced, chopping the feet as you approach the shooter
- The defender should get his hands up to bother the shot but avoid jumping or lunging
- Players should be throwing "bullet passes" not "rainbow passes."



BOXING OUT



Boxing Out The Shooter

1. When the shot goes up, the defender's FIRST responsibility is to find his man and block him out.
2. Block out first, then find and retrieve the ball
3. To block out the shooter - contest the shot, then make a rear turn (reverse pivot) and make contact with the shooter butt-first
4. The player guarding the shooter should also call out "shot" to alert teammates that they need to block out, too.



Boxing Out From Help Position or in a Zone

- You should always be positioned on defense so you see both the ball and your man
- When shot goes up, find your man and run out to him just like a close out.
- Step your pivot foot between his legs, raise your lead arm and rear turn (reverse pivot) into him to make contact butt-first
- Influence him to the outside, away from the middle
- If your man releases down court, find another nearby player to block out.
- If playing against a great rebounder, you can use a Face Block Out, which is like fronting the post, to keep him from getting to the ball. Defender faces the rebounder and his sole responsibility is to keep his man from getting the rebound. He doesn't worry about the ball.



Rebounding Tips to Remember

ASSUME every shot is going to miss.

ANTICIPATE where the missed ball is going to bounce after it hits off the rim or backboard.

SEEK the ball and step in that direction.

POSITION yourself between the ricocheting ball and ANY player who may be standing in that same area on the court.

JUMP to meet the ball at the highest point in the air.

SECURE the ball with your elbows out and above your head or against your chin.

TURN towards a sideline and look up court.

OUTLET to a team mate to start a fast break.



SUMO DRILL

PURPOSE:

Players work on getting low and wide and creating rebounding space with their bodies.

SETUP:

Pair off your players with someone of similar size and skill. Player 1 and Player 2 stand, back to back, in the center of the court. The tip-off circle or foul line circle is the "ring" for this drill.



Players try to push each other outside of the "ring" using their backsides

INSTRUCTIONS:

1. Coach blows the whistle.
2. Player 1 and Player 2 drop down into box out stance. They use their rear ends to attempt to push the other player outside of the ring.
3. The drill continues until one player has been pushed out, similar to a Sumo contest

COACHING TIPS:

- To box out, players should get low and wide, similar to a defensive stance.
- Players should keep their arms up and out. They should not use them to hook around the other player.
- Players should use their legs to dig in and push the other player out. The player who gets the lowest usually wins.
- This can be a fun drill for the entire team to participate in. Try having a single elimination tournament and give a prize to the best "Sumo"

Man on Man Defense

Man on man defense is mandatory for all age groups up to U16's when zones are then permitted. The reason for this is that the zone defense (particularly with young players) tends to:

- limit opportunities to drive to the basket (as there are 2 or 3 defenders in position at the keyway);
- limit opportunities to pass to players cutting into the key (as there are 2 or 3 defenders in the keyway, young players often struggle to “see” the pass or to make the pass);
- force players to shoot from outside before they have developed the strength and technique to do so.

By having teams play “man to man” defense provides greater opportunity for offensive players as there will often be less defenders in position directly near the basket.

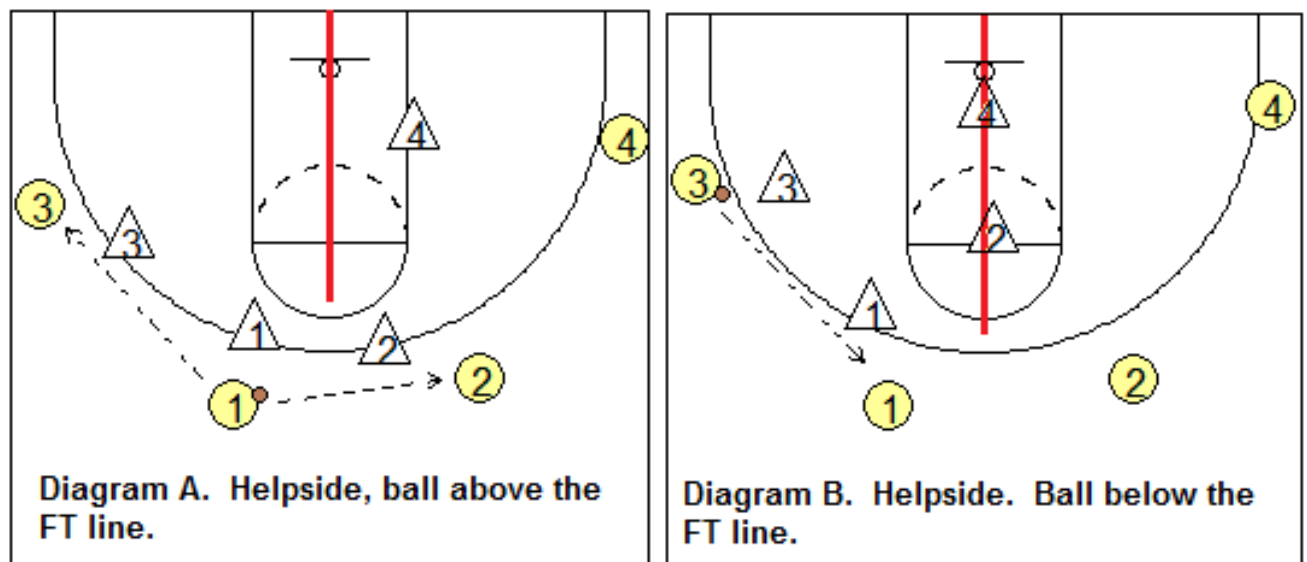
The following drill is the arguably most important drill in basketball and should be introduced at level 2 and mastered by level 3.

The ability to play correct and effective man on man defense is very difficult as all players need to understand the ‘help’ and ‘recover’ concepts or it may fail. It takes a lot of communication between the players on the court toward each other at all times for it to work effectively.

The Shell drill is one drill that should be done at every training even for just 10 min from Level 2 upwards. 3 on 3 is a great way to introduce the shell drill as there are less players to worry about and less congestion. Once the players understand the concepts, run the drill 4 on 4 as seen in the diagrams below.

The red line is what is called the ‘split line’ and is an imaginary line that runs through the middle of the court.

As you can see in the diagram





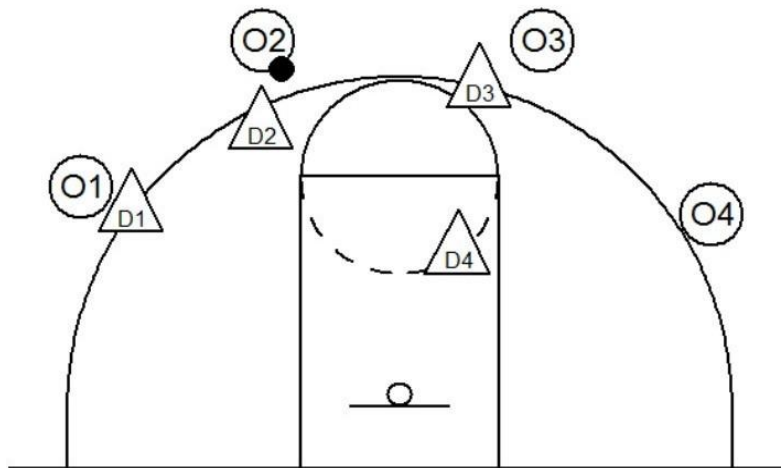
4 VS 4 SHELL DRILL

PURPOSE:

Players work on proper defensive positioning when playing man to man.

SETUP:

Four offensive players stand around the perimeter (O1-O4). Four defensive players match up with them (D1-D4). The ball starts on the wing.



With the ball at O2, D2 is playing on-ball defense, O1 and O3 is one pass away in Deny, O4 is two passes away in Help

INSTRUCTIONS:

1. After each pass, Coach demonstrates where the defenders should stand and what their responsibilities are
2. The defensive rotations are as follows:
 - Guarding the ball – Hands up, close pressure on the defender
 - One pass away – Deny position, preventing your player from catching a pass
 - Two passes away – Help position, up in the passing lane 1/3 of the distance toward the player with the ball
 - Three passes away – Help position, up in the passing lane 1/2 of the distance toward the player with the ball.

COACHING TIPS:

- Defense should sag back far enough toward the basket so that they can see the ball and their man without turning their head.
- Defenders should use their peripheral vision to see the court. They should avoid swinging their head back and forth.
- Defenders should always point to the ball and their man.
- Players should yell out to their teammates to let them know what defensive rotation they are in (i.e. "Deny" or "Help.")
- After your team masters the positioning, you can run this as a live drill, allowing the offense three dribbles max



DEFENDING THE POST

1. All players, regardless of size, must be prepared fundamentally to defend post ups.
2. There are four methods for defending the post
3. **Directly behind:** allows your man to catch the ball cleanly and choose which direction to go. Not recommended against strong post players
4. **Three quarters baseline side:** overplays to the baseline and forces the pass to come on the high side. Recommended if you are forcing the post player middle and have help in that direction
5. **Three quarter high side:** overplays the high side and forces the pass to come on the baseline side. Recommended if you are forcing the post player baseline and have help in that direction.
6. **Full front:** Completely denies the pass from reaching the post player. Recommended against very strong post players. Requires help against the high lob pass.
7. More contact is permitted in the post versus the perimeter. Defenders can usually use an arm-bar to maintain position (but cannot push using the hands). Get low, use the strength of your legs and the arm-bar to keep the defender out of the paint.
8. Don't allow him to back you down underneath the basket.
9. Contest the shot by going straight up with both hands and not fouling



Defender behind.



Three-quarters baseline side.



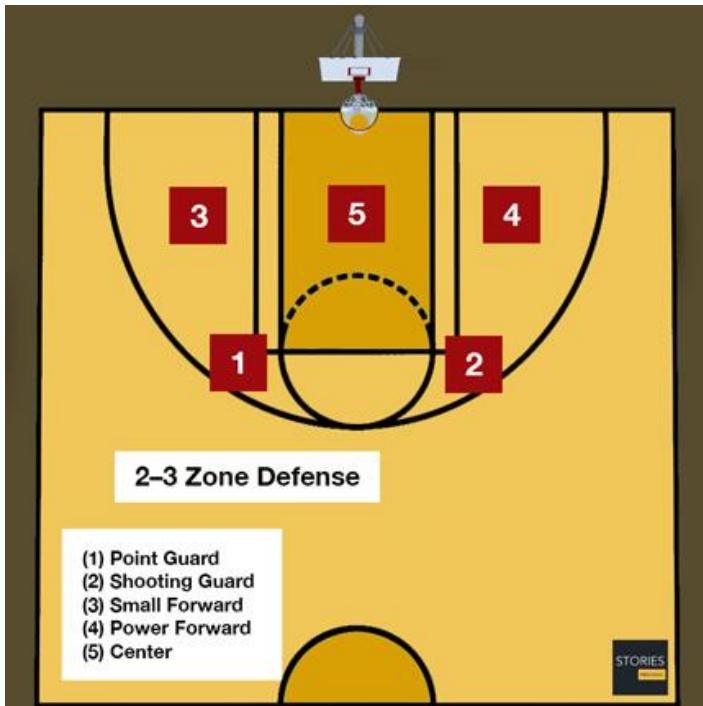
Three-quarters high side.



Fronting the post.

TYPES OF OTHER DEFENSIVE SET UPS

2-3 Zone



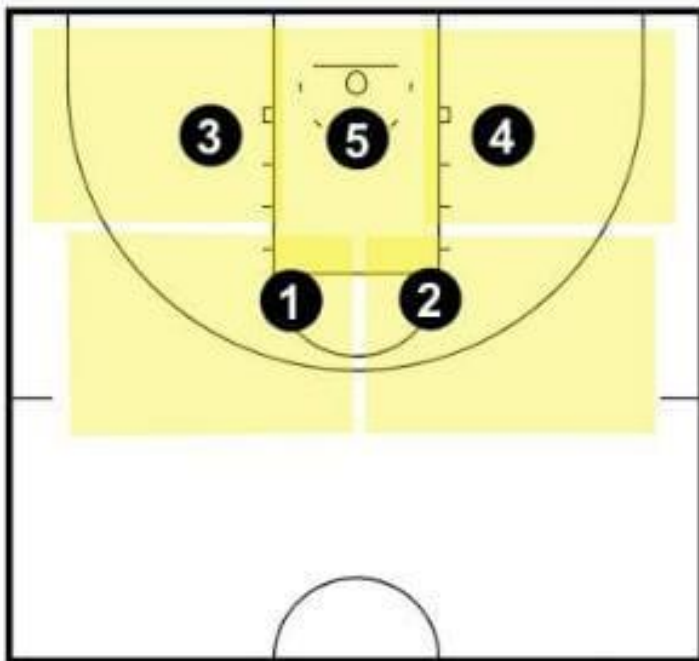
This type of zone setup is the most commonly used zone setup in basketball.

It is permitted in KBA from u16's and above. It has its benefits but should not be the only type of defense taught and used in juniors.

A 2-3 zone is effective when the team you are playing against is big and they are scoring a lot of points in the paint.

It is not ideal or effective when the opposition is scoring mostly from the perimeter.

As you can see, each player defends a zone rather than a player. So whenever the ball enters into a player's zone it is their responsibility, but once it is moved or passed out of their zone, it becomes their teammate's responsibility.



3-2 Zone

This zone setup is useful if you are playing teams that are scoring more from the perimeter/3 point line than inside the key. Ideally the 4 and 5 players avoid leaving the block/paint area to prevent easy baskets under the ring. The 1, 2 and 3 players are the workers and must work together to get out to each player along the 3 point line.



LEVEL 1



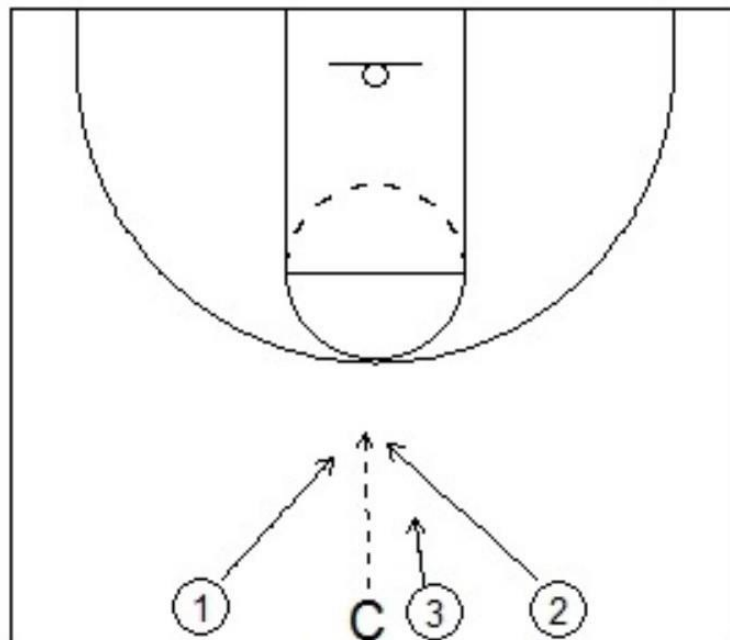
1 ON 1 WITH TRAILER

PURPOSE:

Teaches players to chase hard after a loose ball and gain control for an offensive chance.

SETUP:

You will start with three lines at half court and the coach will be standing at center court with the balls.



INSTRUCTIONS:

1. Players in line one and two will be waiting for the coach to roll the ball.
2. When the coach releases the ball, both players sprint after it.
3. When one player reaches the ball and gains control, the other player assumes a defensive position.
4. Once a side has gained possession, a player from line 3 enters the fray as the trailing player. The player that has gained control of the ball can use the trailer to help them score a basket.

COACHING TIPS:

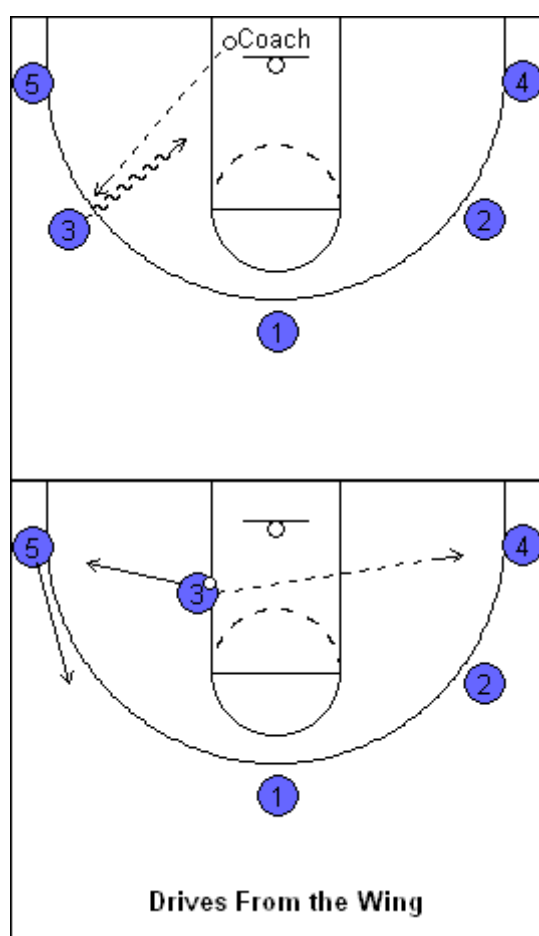
- The offense must make at least one pass before scoring. This is a good chance to practice the different passing techniques in a live situation
- Shot attempts must be made within 5 seconds of gaining control. Otherwise, defenders will already be back and the opportunity lost.
- Watch for quick recovery and thinking skills on the part of the offense and watch for solid defensive skills for the defender.

The single most important thing to teach at **Level 1** is **spacing** on offense. Players typically want to all run at the ball at the same time and crowd the ball making passing and dribbling very hard. Spacing must be emphasised at all times.

'See the Court' Drill

This drill is multi-dimensional. It has two main purposes. First, it teaches drivers to see passing options and second, it teaches players to spread out for good spacing. It also provides practice in catching ready to shoot. The drill also requires some players to move on every pass, instilling a good basic habit.

Instructions



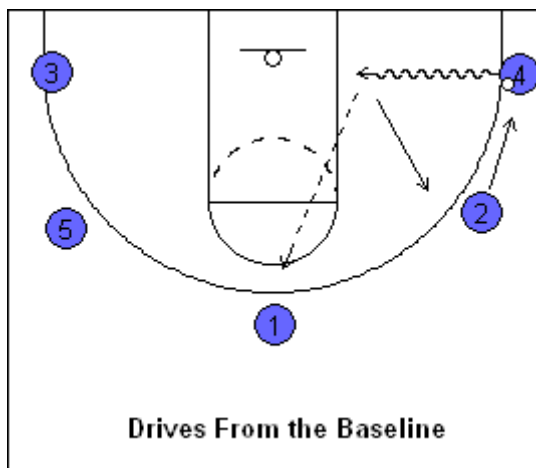
1. Position five players spaced out evenly around the three-point line. A coach with a ball stands near the baseline on one side of the backboard.

The drill begins with the coach passing to any of the players on the three-point line. Whoever catches it immediately drives toward the hoop as if for a lay-in.

2. The driver then passes to any of the players on the three-point line.

In this example, the baseline player on the same side of the ball (Player 5) fills the vacated spot on the wing. The passer fills the empty spot on the baseline.

Rule: The player who passes the ball needs to fill a vacated spot along the perimeter. He needs to be 10 to 12 feet away from the person closest to them. This helps the players understand the spacing concept.



3. Next, the player who caught the ball (Player 4) drives to the basket.

The driver then passes the ball to another player on the perimeter.

In this example, the wing player on the same side of the ball (Player 2) fills the vacated spot on the baseline. The passer (Player 4) fills the spot on the wing.

4. This action continues until the coach yells "Shot" to signal the driver to continue in for a lay-in instead of passing.

If two players go the same area, you should stop the drill and point out to the players that they are bunching together. Explain to them that they need to communicate to each other who is going to fill the spot. Make sure that they understand when they get close together, it makes it much easier for the defense to guard them. If they're standing right next to each other, it only takes one defender to guard both of them.

On every catch, the players need to jump to the ball and catch in a triple threat position.

By jumping to the ball, it teaches them to beat the defender to the ball. By getting in a triple threat position as quick as possible, it teaches them to be ready to shoot or drive if they see an opportunity to dribble penetrate. As a result, you have less turnovers from fewer stolen passes and more points from being ready to attack.

Progressions:

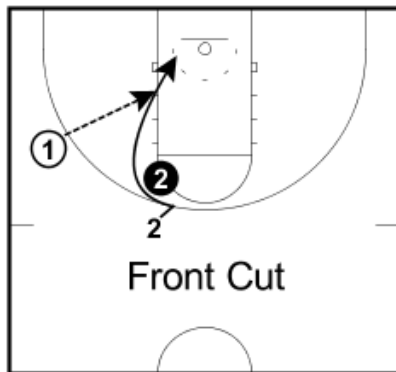
- Pass until the coach yells, "shot."
- Alternate hands on every other drive. First time, drive to the right with the right hand. Second time, drive left with the left hand or vice-versa.
- Tell the players to pass the ball a certain number of times and take a shot. This progression would be continuous WITHOUT the coach yelling, "shot." For example, pass the ball 3 times, and take a shot. If you want to ensure that everybody takes a shot, you could say that each player needs to take a shot before one player takes a second shot.
- Coach sets a time parameter as well. For example, see how many lay ups they can make in 2 minutes. They can shoot a lay up after 4 passes. Each player has to take a shot before any player can take their second shot. Each player must take their second shot before any player takes their third shot and so on.
- Instead of shooting lay ups, shoot jump shots.

Points of Emphasis:

- Players at the three-point arc need to be at least ten feet away from other players.
- Catch the ball in triple threat.
- Jump to the ball.
- Be ready to move.
- The fast-break prevent spot at the top of the key should never remain vacant.
- Praise players for making passes that show great court vision.
- Encourage players to make crisp, accurate passes.

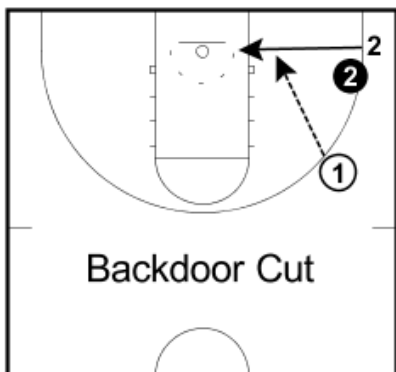
LEVEL 2: Type of Cuts commonly used in basketball

Front/Basket Cut



The **front cut** involves getting on the ball-side of your opponent. Usually this is executed by performing a jab step or a small cut behind the defense to get them to move back. Once they do, you cut in front of them closest to the ball.

Backdoor Cut



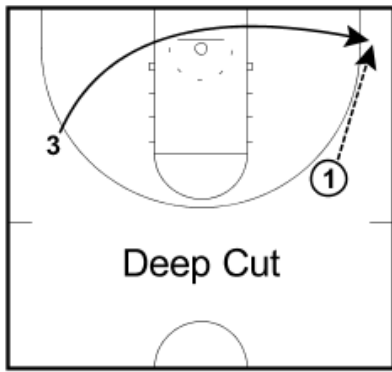
The **backdoor cut** is used when the defender is over-playing in the passing lane denying the pass. Depending on your offence, this will leave a big hole to cut into between. If you are being denied the pass you will be able to backdoor cut.

The biggest problem with backdoor cuts is that it requires great passing skills by the person with the ball to result in an easy lay-up. This is why it is not a common pass in youth basketball. The lack of passing skills results in many turnovers. For the backdoor cut to be most effective your players must set their defender up and have a quick change-of-direction and explode towards the basket.

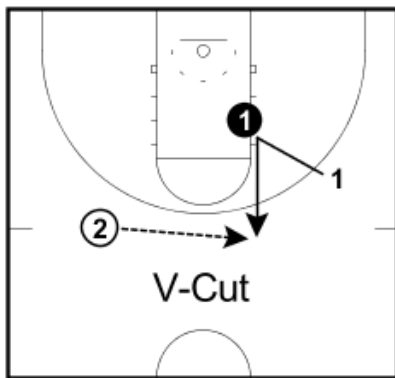
A deep/baseline cut involves the player on one side of the floor to cut baseline behind everyone and to the other side.

This cut is used a lot against zone defenses because often the defense doesn't see the player cutting if they're pre-occupied with the ball and other players.

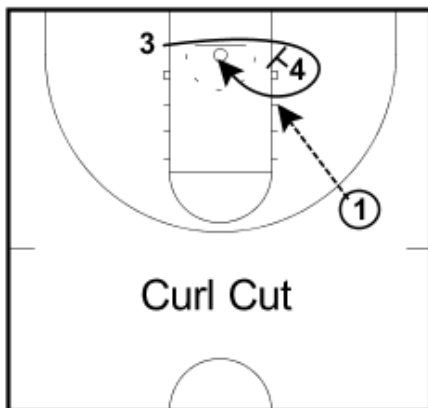
Deep/Baseline Cut



V-Cut



Curl Cut

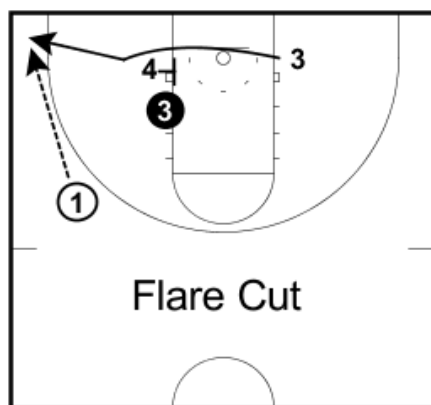


The **curl cut** is executing a curl around a screen. This cut relies on the offensive player reading his defender. If the defense follows around the screen, then a curl cut is the best option to receive an open lay-up. But if the defense cheats on the screen and goes over it, then the best cut would be the next one on the list, the flare cut.

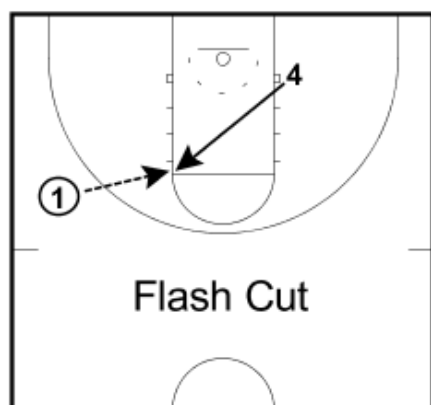
Flare Cut

The curl cut and **flare cut** go hand-in-hand. When the defender cheats on a curl and tries to cut it off, players should flare out to the corner.

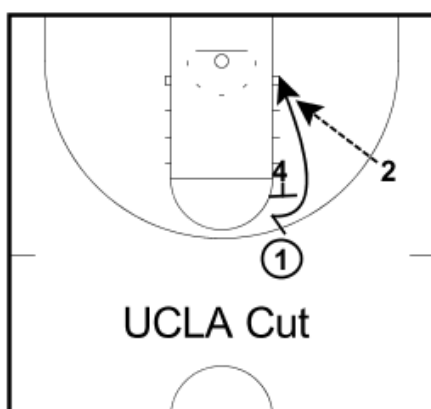
A **flash cut** is a quick, explosive cut made by a player to the ball. Commonly used by the post player to the high



Flash Cut



UCLA Cut

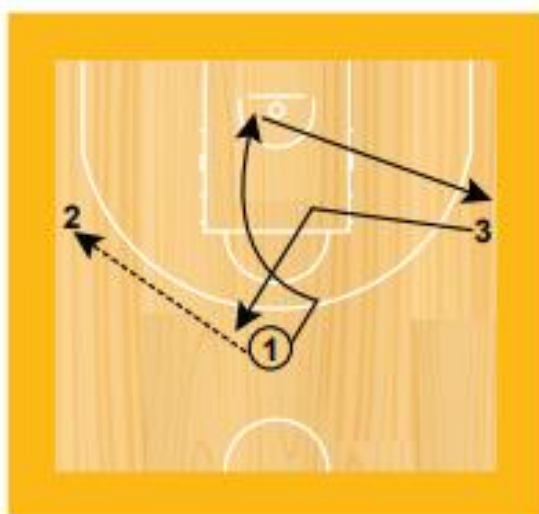


DEVELOP UNDERSTANDING OF "SPACE" AND "MOVEMENT"

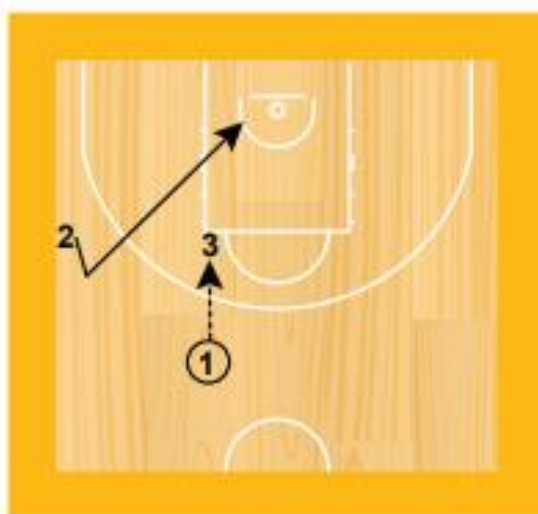
As shown in the examples earlier, 3x3 provides an excellent opportunity for players to learn, and practice, basic principles of motion offence such as:

- pass and cut;
- pass, cut and replace;
- "flash cut" to the ball;
- "back cuts" when overplayed by the defence.

PASS, CUT & REPLACE



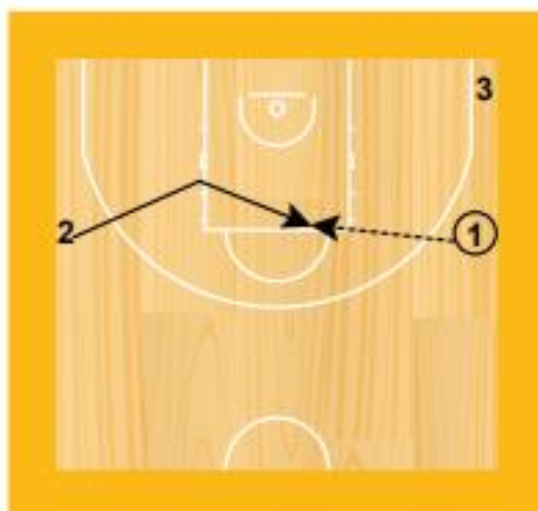
BACK DOOR CUT



BACK DOOR CUT



FLASH CUT





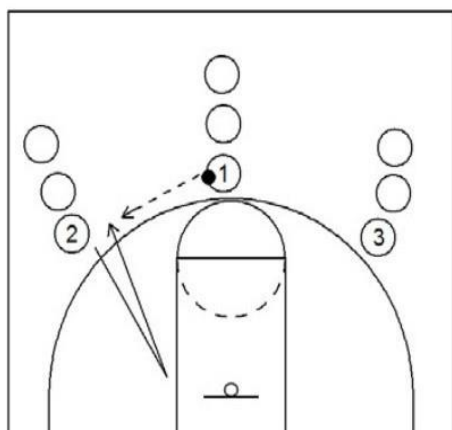
TEAM OFFENSE LAYUPS – GIVE AND GO PASS, CUT AND REPLACE

PURPOSE:

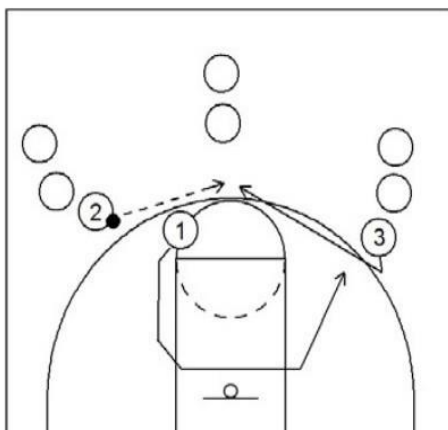
Puts ballhandling and shooting into a team offense so that you can get layups for scoring opportunities.

SETUP:

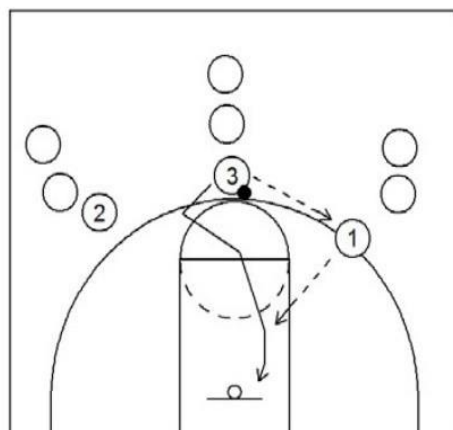
Three lines spaced 15 to 18 feet apart. One line is at top of key, the other two lines are on the wings.



Player 2 V-Cuts and receives the pass



Player 1 Give and Go cuts. Player 3 receives the pass from Player 2



Player 3 passes to Player 1, Give and Go cuts, and receives the pass back for a layup

INSTRUCTIONS:

1. Player 2 makes a V-Cut to get open and Player 1 passes her the ball
2. Player 1 immediately makes a Give and Go cut, running through the left side of the lane (not receiving the ball) and coming out to the opposite wing
3. At the same time, Player 3 cuts to the top of the key to replace Player 1
4. Player 2 passes to Player 3
5. Player 3 passes to Player 1, then makes a Give and Go cut along the right side of the lane
6. Player 1 passes to Player 3 for the layup
7. All three players crash the boards for the rebound and continue shooting until the shot is made
8. Players then go to the back of a different line.

COACHING TIPS:

- Use change of speed and change of direction for a great V-Cut
- Make a small misdirection step before the Give and Go cut
- Once players are comfortable running this drill, switch and run it to the opposite side with the first pass going from 1 to 3.



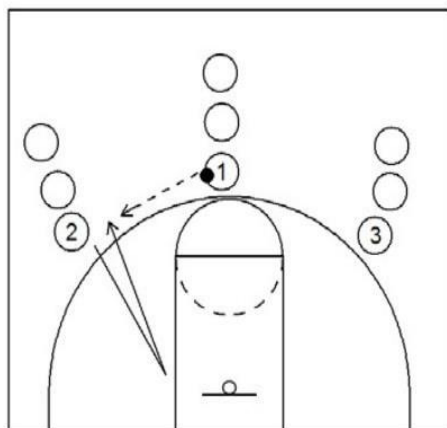
TEAM OFFENSE LAYUPS – BACKDOOR

PURPOSE:

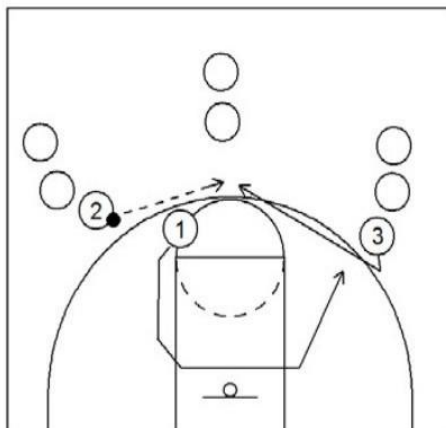
Players learn to score off of a back door move.

SETUP:

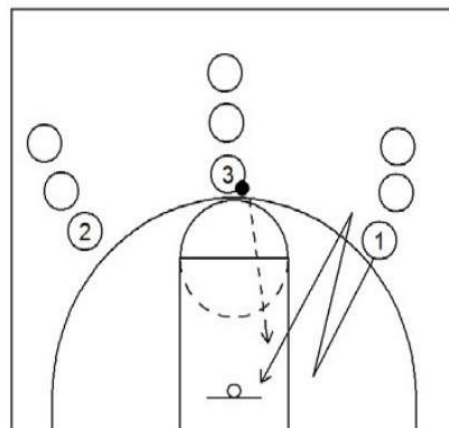
Three lines spaced 15 to 18 feet apart. One line is at top of key, the other two lines are on the wings.



Player 2 V-Cuts and receives the pass



Player 1 Give and Go cuts.
Player 3 receives the pass from Player 2



Player 1 goes Backdoor for the layup

INSTRUCTIONS:

1. Player 2 makes a V-Cut to get open and Player 1 passes her the ball
2. Player 1 immediately makes a Give and Go cut, running through the left side of the lane (not receiving the ball) and coming out to the opposite wing
3. At the same time, Player 3 cuts to the top of the key to replace Player 1
4. Player 2 passes to Player 3
5. Player 1 makes a V-Cut, then immediately goes into a Backdoor Cut.
6. Player 3 passes to Player 1 for the layup
7. All three players crash the boards for the rebound and continue shooting until the shot is made. Players then go to the back of a different line.

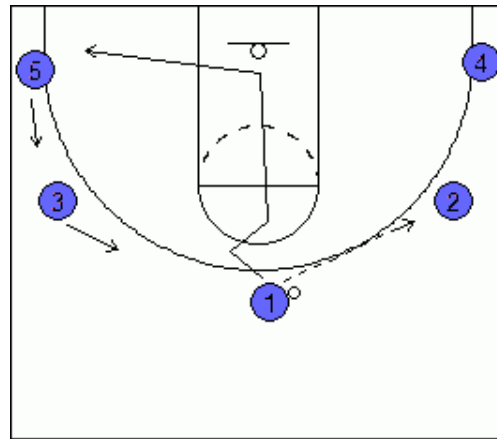
COACHING TIPS:

- Once players are comfortable running this drill, switch and run it to the opposite side with the first passing going from 1 to 3.
- When drill finishes with a left hand layup, the player should be shooting with their left hand.
- Watch the spacing during this drill, players may have a tendency to squeeze in together – lines should remain 15 to 18 feet apart.

5 Out Pass, Cut and Replace Offense vs Man on Man Defense

This drill is useful to teach players about space, movement and court awareness in offence. It creates a lot of opportunities for one on one drives to the basket but also great space for players to cut into. Players should be reminded to go in for rebounds if there is an outside shot particularly the player that shot the ball (follow your shot) as with no players playing in the key, the defense will rebound the ball very easily and uncontested. This is not a set offence, this just runs through different offensive options and how to work around them,

Rules



Rule 1 - Cut Only When You Pass the Ball **OR**
- When the Player with the Ball is Looking at You.

Rule 2 - Pass then **front cut**. After the front cut is made, fill the open spot along the baseline. 1 Cuts and fills the opposite baseline spot that has been opened up by 3 and 5 moving toward the ball.

Rule 3 - If the player in front of you cuts, replace him.
3 replaces 1. 5 replaces 3.

Rule 4 - The ball should only be dribbling to improve floor balance, shorten or improve a passing lane or to beat your player.

Rule 5 - Avoid passing to the corner & keep the ball above the free throw line extended as to prevent ball getting caught in a trap in the corners.
If you're coaching a youth team, I'd also be hesitant towards placing this rule. With youth teams, you want to allow more freedom.

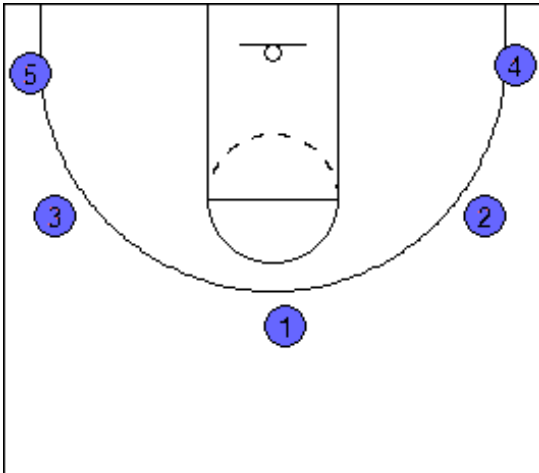
Teaching Points To Better Execute The Offense:

These are some things that you will want to teach your players along the way. Be careful on teaching these points all at once. Otherwise, it can overwhelm them.

- Passer must watch the cutter all the way though. This helps with timing for the next player filling the vacant spot.
- When replacing the cutter, wait until the player with the ball is about done looking at the cutter. This will help with timing and setting up the defender for a back cut or straight cut.
- Back cut when the defender is near 3-point line. Some coaches like to say on the 3-point line, 1 step from the 3-point line, or 1 foot from the 3-point line. It's up to you to decide what works best for you.
- Always have the ball in triple threat and be ready to dribble penetrate. This offense can sometimes lull the defense to sleep which gives the ball handler opportunities to attack the basket.

Example of the multiple options from 5 Out Offense

Remember, to execute this offense all you need to know are the 5 rules above. Those rules explain what to do in virtually every situation. With that said, there are little teaching points that make this offense more effective. Below you'll find a sample sequence to help you see how everything fits together. As you go through the sequence, you'll notice that the 5 rules are always followed.

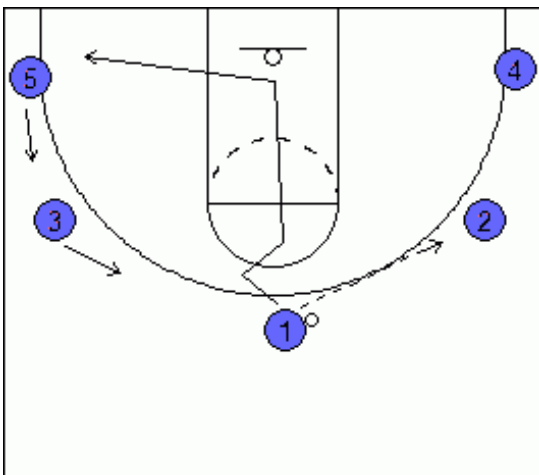


5 Out Set.

Very important to keep spacing for dribble penetration and cutters.

2 & 3 should be near the free throw line extended.

4 & 5 should be in the corners.

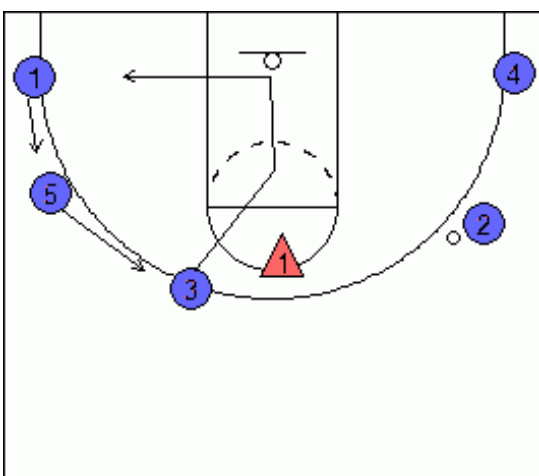


1 passes the ball to 2 on the wing.

After the pass, 1 basket cuts straight to the rim. Then, fills the spot in the opposite corner.

3 fills the spot on the top of the key.

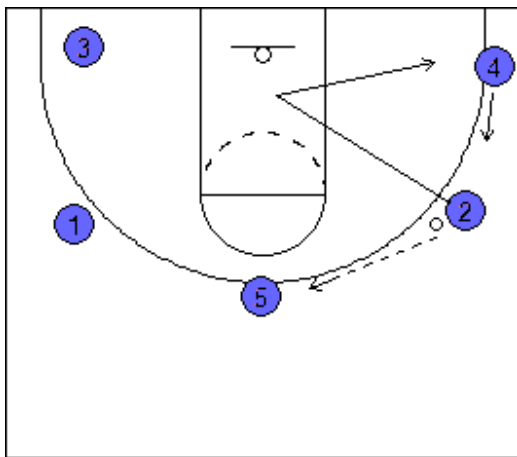
5 fills the wing.



The defender guarding 3 pressures the pass and steps to the 3-point line.

3 backdoor cuts. 2 looks to pass the ball if 3 is open.

3 fills the open spot along the baseline.



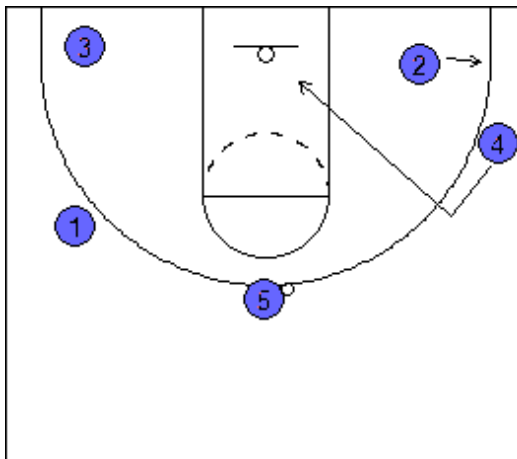
5 fills the top of the key.

1 fills the wing.

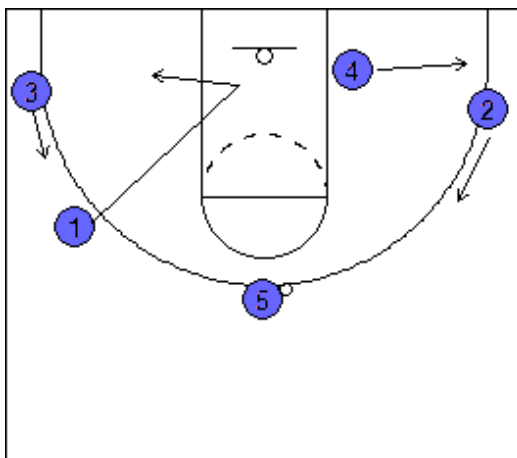
2 passes the ball to 5.

2 basket/front cuts and replaces open spot along baseline.

4 fills the spot opened up by 2.



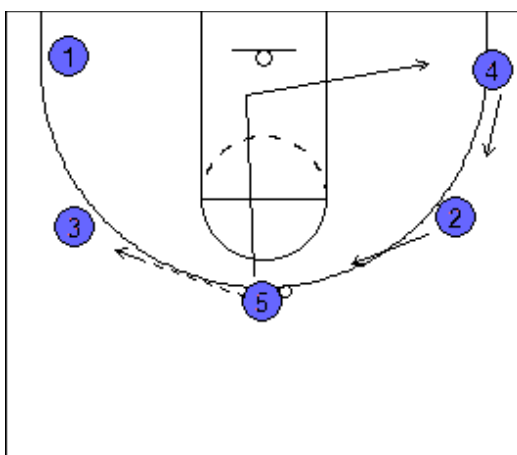
The pass is not open, so 4 back cuts.



After 4 cleared the lane, 5 looks to the opposite wing at 1.

1 basket cuts

3 replaces.

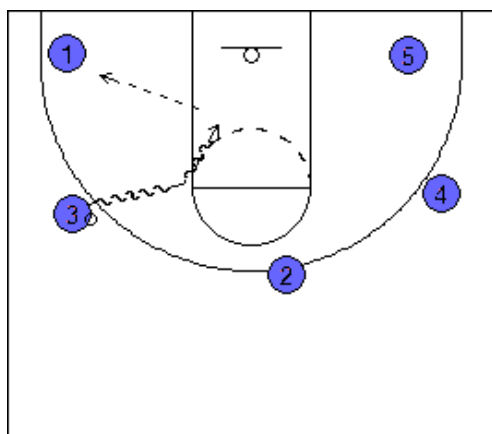


5 passes to 3.

5 basket cuts.

2 & 4 fill the open spots.

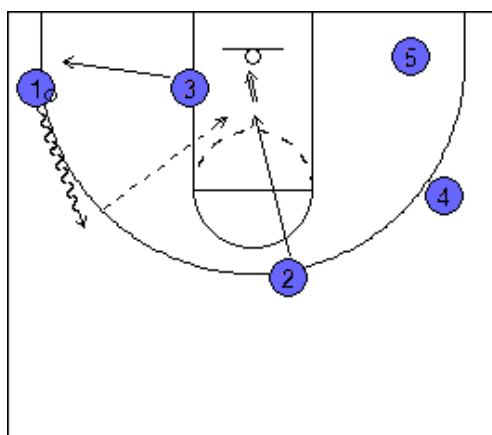
Remember, 2 & 4 should not replace as soon as 5 basket cuts. They want to pause until 5 has almost reached the basket to ensure proper timing.



5 clears the lane.

3 dribble penetrates.

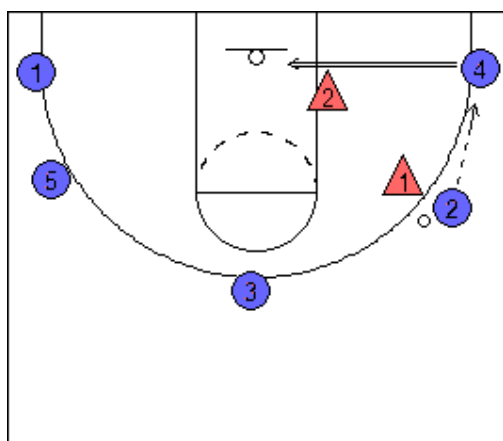
Penetration is cut off. 3 kicks it out to 1 in the corner.



1 dribbles towards the wing to create floor balance.

As 1 dribbles to the wing, 2 back cuts.

1 passes to 2 for a lay up.



Pass To Corner

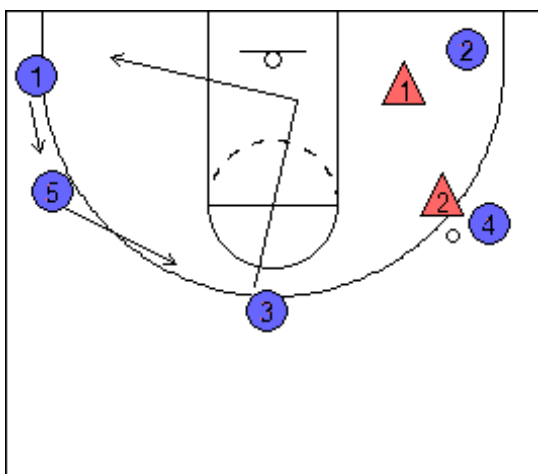
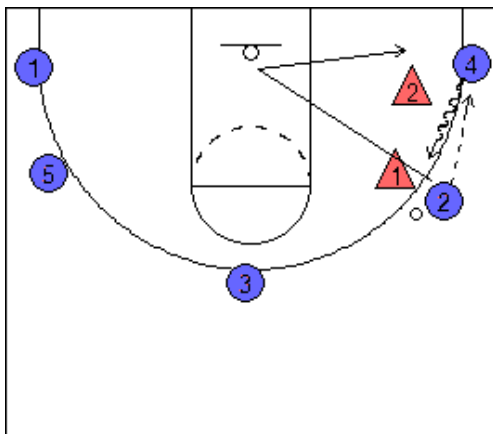
Defender packs down near the lane in the corner to help on penetration and basket cuts.

If the player in the corner is a slasher or scorer, you can pass him the ball and allow him to shoot or attack.

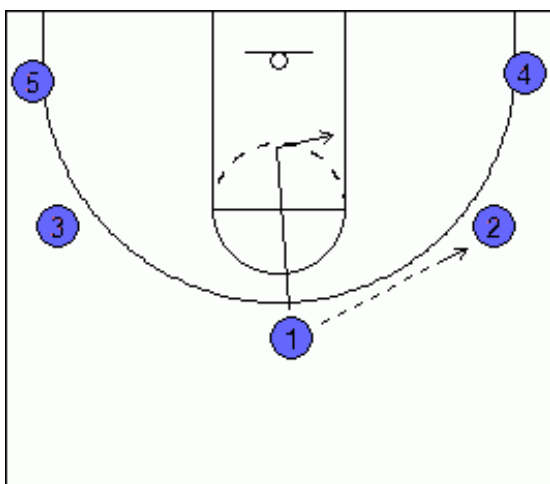
Prevent 5 second call

2 passes the ball to the corner, If 4 is unable to pass out of the corner and cannot attack the basket, to avoid the 5 second call, 2 can front cut.

Then 4 can dribble to replace 2.



If 4 is looking up toward 3, 3 can front cut to the basket, if the pass cannot be made, 4 will pass to 5 then the offensive set up starts again.



What To Do With A Good Post Player

If you have a good post player, you can give them permission to sit in the post for 2 seconds to try to get position.

1 passes to 2. 1 basket cuts.

1 cuts over to the post area to hold the position for 2 seconds.

3 hesitates to fill the spot until the post starts to clear. If 3 leaves too early, it can throw off the timing.

1-3-1 Offense vs 2-3 Zone Defense

BLUE vs 2-3 zone:

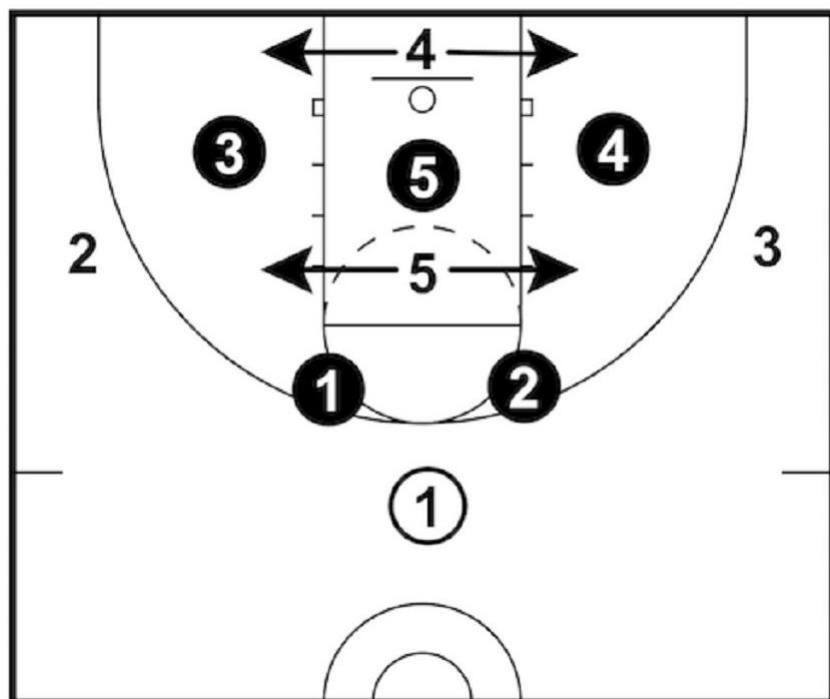
This offense starts in a 1-3-1 setup.

As you can see on the diagram below, the middle three players aren't set up across the free-throw line extended as most 1-3-1 offenses are...

Instead, the middle three players are in a straight line half-way between the free-throw line and the low block.

"The reasons for this subtle change?"

We'll talk about that soon. But it's very important.



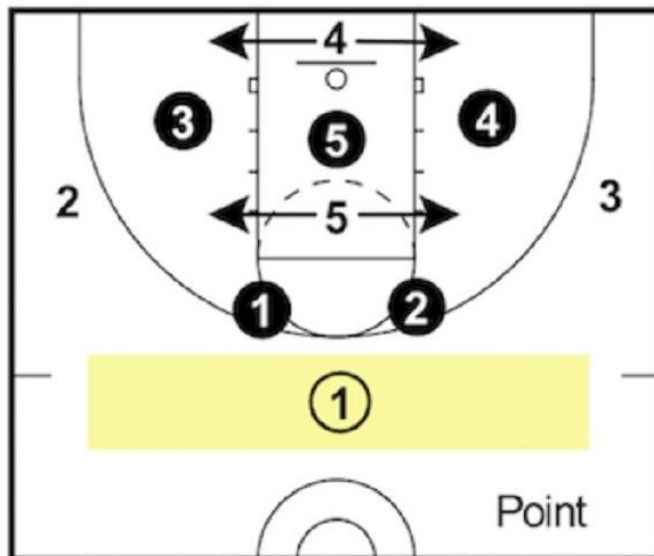
Player Roles and Responsibilities:

Let's take a quick overview look at what each position is required to do during this offense.

Point:

The 'point' is the player tasked with setting up the play, deciding which side of the floor to initially attack from, and helping to move the ball around the perimeter.

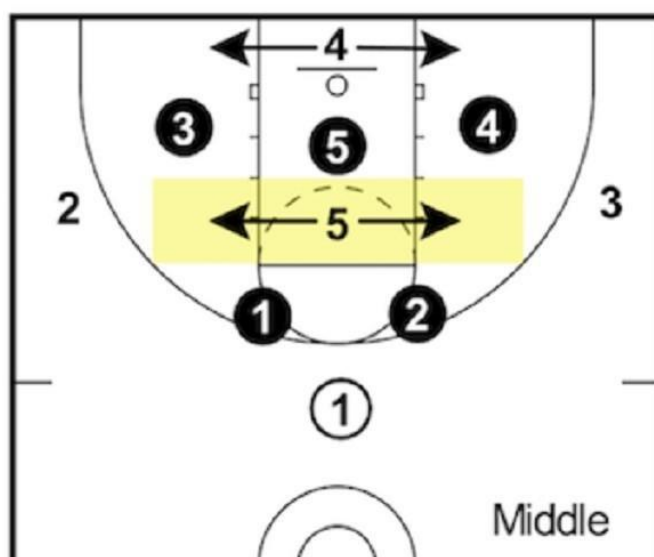
This player doesn't have much of an attacking responsibility in this offense as most of the action happens on the wings and inside, but they will get their opportunities.



Middle:

The 'middle' player has several responsibilities on offense and is heavily involved with scoring, passing, and reading the defense.

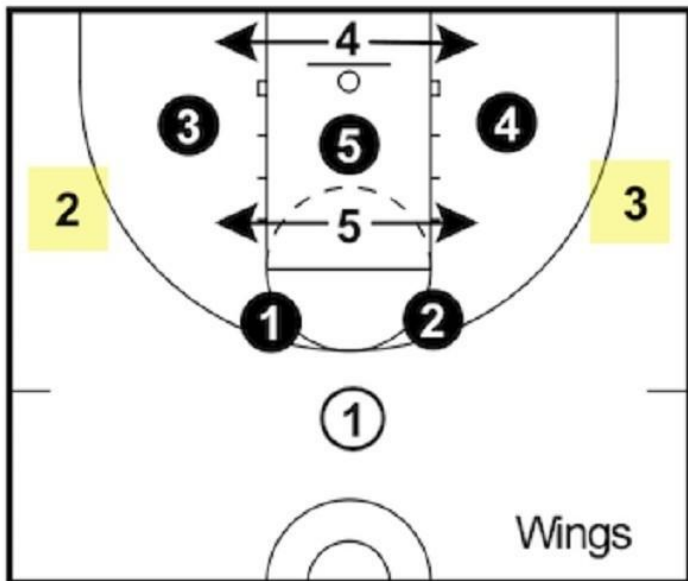
They will mainly patrol the high area of the key but will be asked to occasionally step out and screen for the players on the wings.



Wings:

The 'wings' are in charge of getting the basketball inside and also attacking the paint with dribble penetration from the perimeter when the time is right.

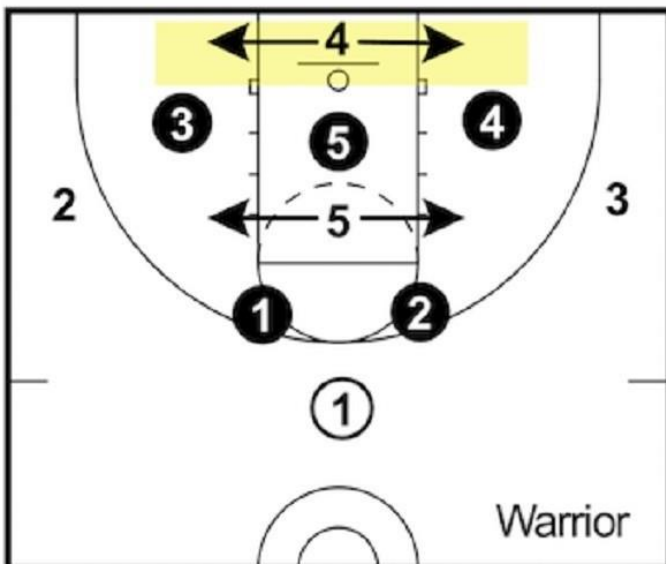
The players you put at these positions have big decision making responsibilities during this 1-3-1 offense and will be asked to attack often.



Warrior:

The 'warrior' is required to patrol the baseline between the short corners.

Despite their limited movement, the warrior must have a high IQ as they're heavily involved in passing and the spacing of the offense.



The Goal of this Offense

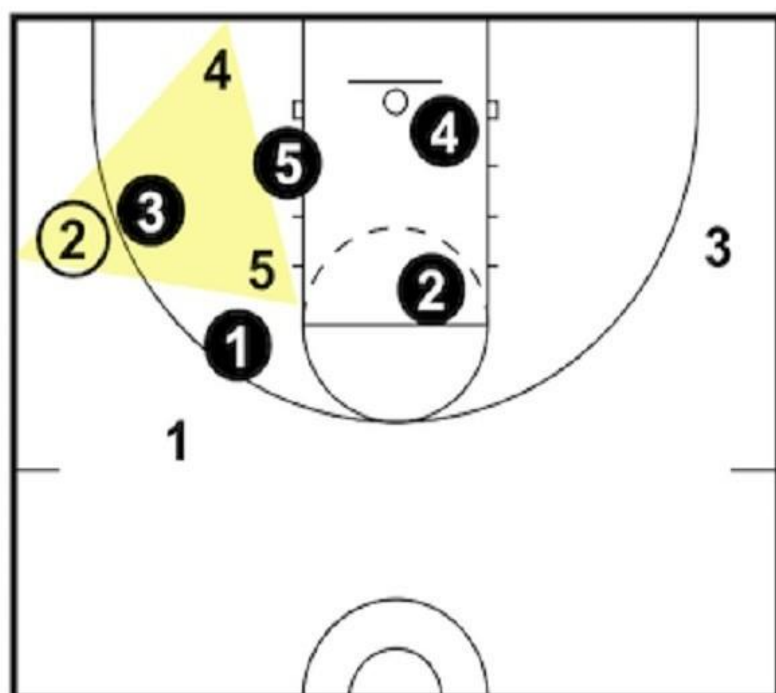
Before we get into exactly how to run the full offense, it's important for coaches to understand the simple advantage we're trying to achieve with this 1-3-1 offense.

And that's to create a triangle on the wing.

For this offense to work, you need to force the low defender of the zone to guard the basketball on the wing. This is the reason why the players on the wing start closer to the corner.

This will allow you to split the middle defender with your two post players which is a very advantageous position for the offensive team to be in.

Here's a diagram:



Sure, there are ways for the defense to stop this triangle...

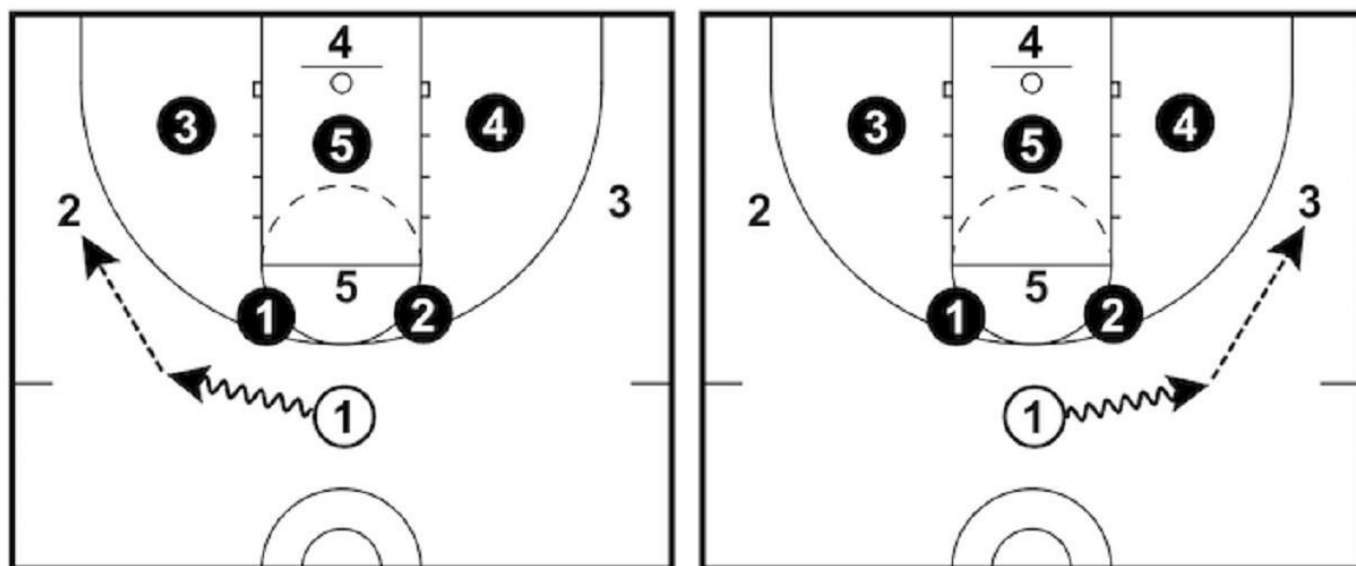
For example, x1 can drop down to guard the wing, or x2 can guard (5) while x5 guards (4).

But the defense using these methods will open up other opportunities that the offensive team can take advantage of.

How to Run Blue:

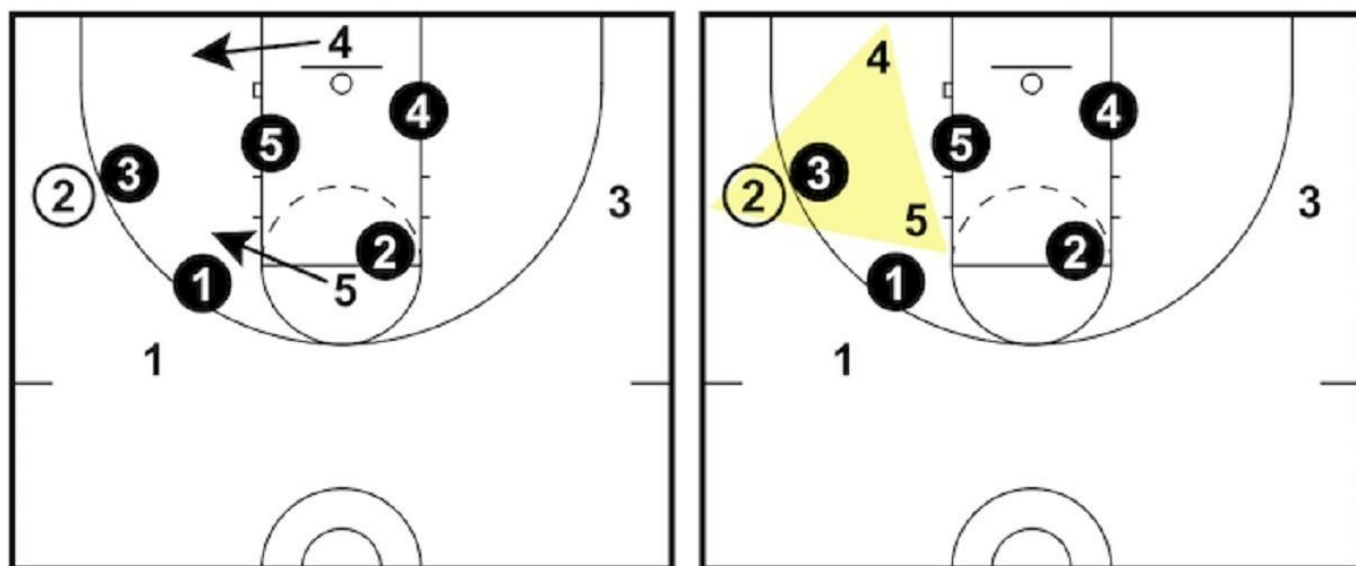
The point (1) starts the offense by getting the basketball to either (2) or (3) on the wings.

This will require them to dribble to either side to create the angle for a pass.



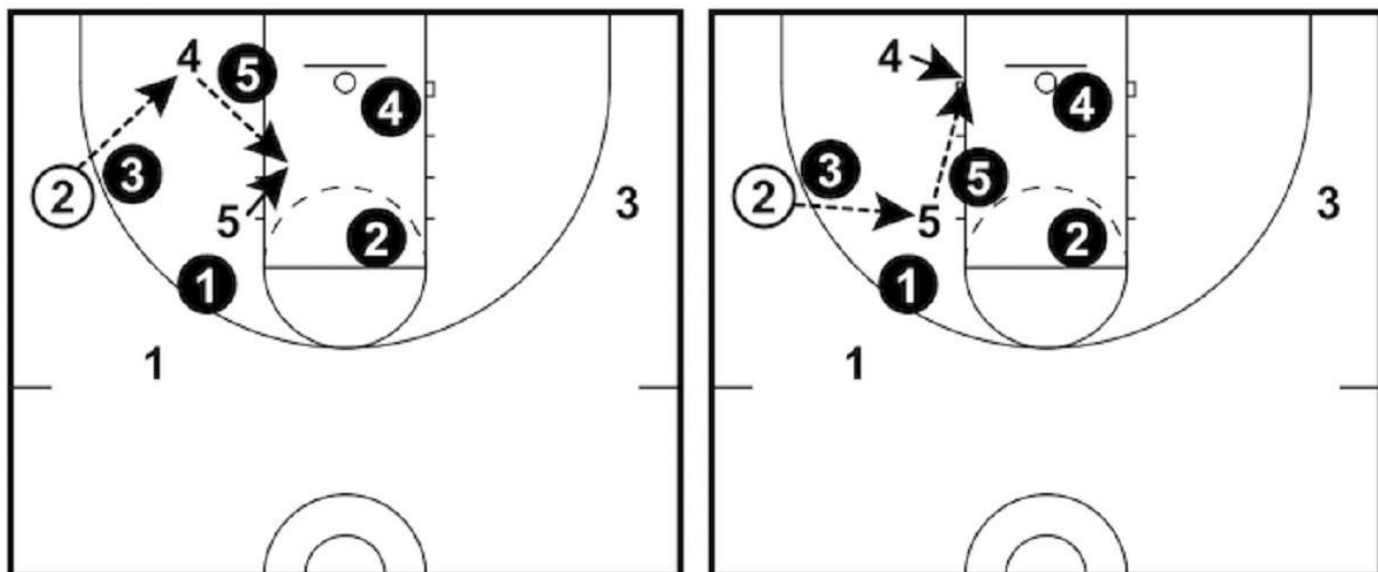
Once the basketball is on the low wing, (5) steps towards the basketball into the mid-post area just outside the key and (4) moves to the short corner.

This creates the triangle options the offensive is looking to take advantage of.



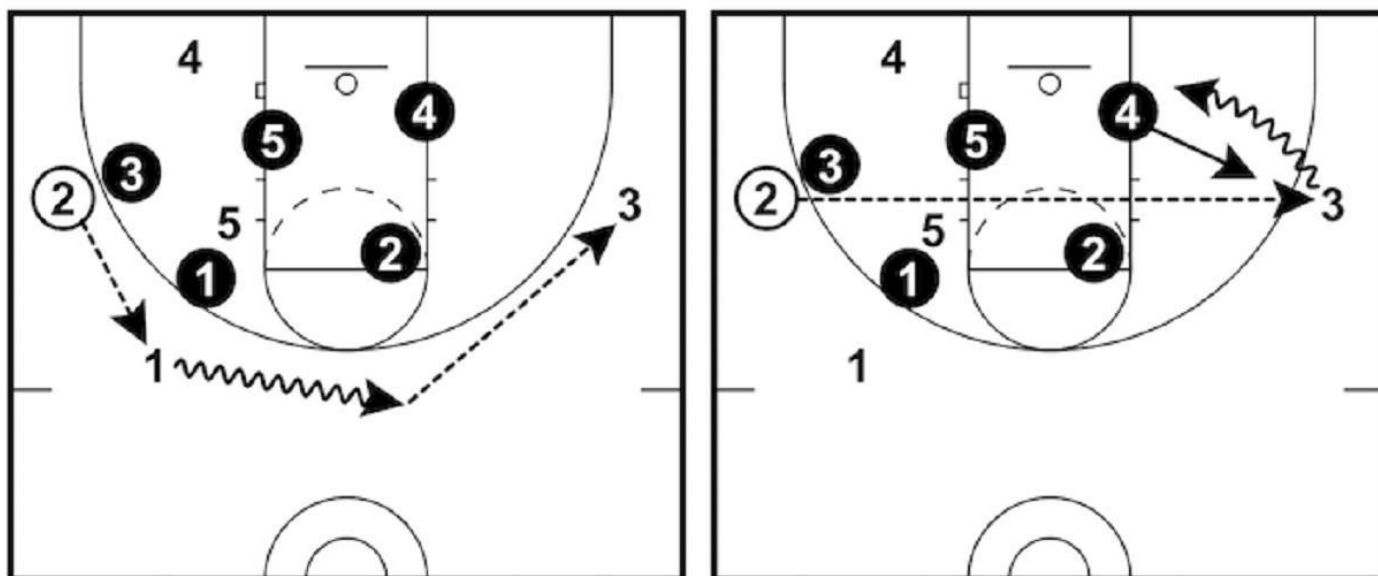
The player on the wing now looks to pass the basketball to either (4) or (5).

When this happens, x5 will be forced to guard the ball which will allow the other player to dive towards the rim looking to receive the pass for a layup.



If the wing is unable to make the pass to one of the post players, they have two options:

- Pass the basketball back out to (1) who can dribble across and reverse the ball.
- Skip pass to (3) which will force a long closeout resulting in a driving opportunity.

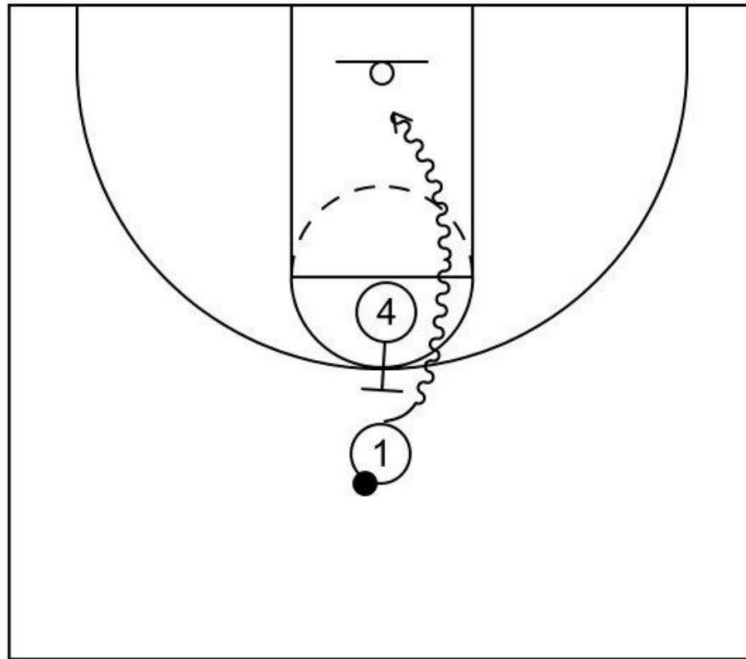


If an immediate drive by (3) against the closing out defender isn't available, (4) and (5) will slide across to the opposite side of the key to create the triangle options again.

Types of screens commonly used in basketball

Examples of On Ball Screen

High Screen

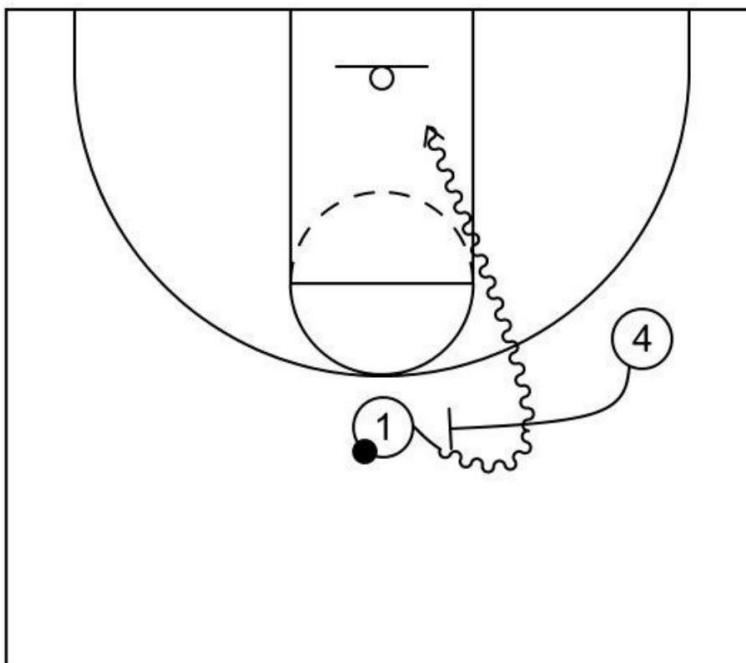


The high screen (also known as the mid-screen or flat screen) is a type of screen set at the top of the key.

It can be thought of as an on ball back screen.

In the diagram example, 5 steps out of the high post to set the high screen for 1 who then takes the screen and dribble drives to the basket for the layup.

Side Screen

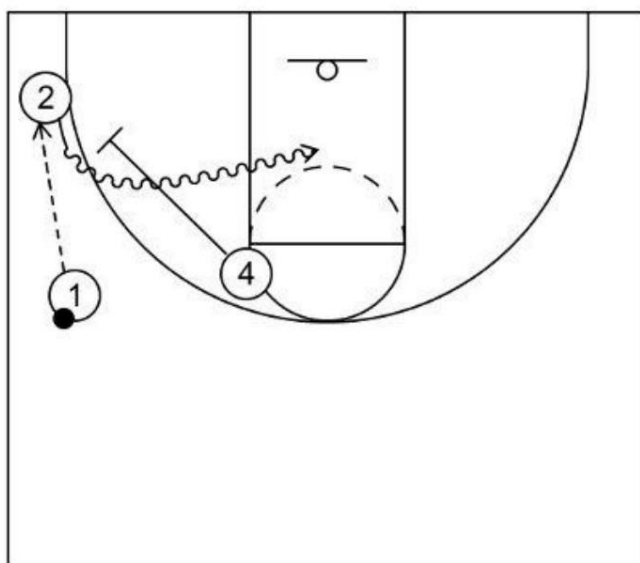


The side screen happens when the screener sets the ball screen facing a side of the court.

This particular screen is one of the most common screens in basketball from youth all the way up to the NBA.

In this simple example, 1 takes the side screen of 4 and dribbles to the basket for the layup.

Corner Screen



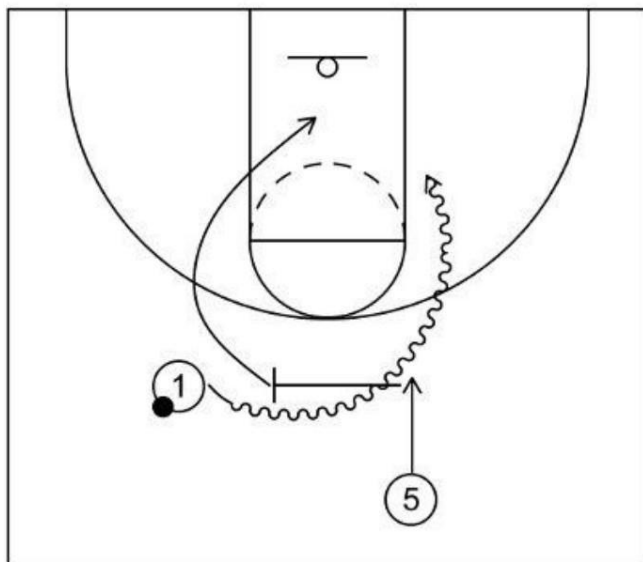
A corner screen occurs when the ball is passed to the corner and the player with the ball receives a ball screen.

For this example, 1 passes to 2 in the corner.

After that pass is made, 4 comes from the strong side high post to set the on ball screen for 2 who comes off the screen and attacks the basket.

Pick/Screen and Roll

Drag Screen



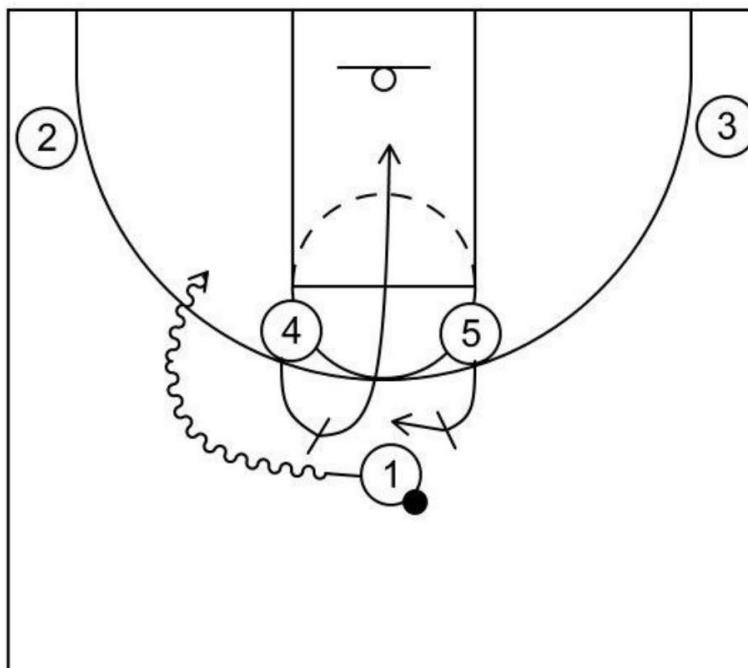
This screen usually happens during [transition offense](#) where the point guard is ahead of the trailer which is typically the 5.

In this example, 1 receives a drag screen from 5 and dribbles towards the right side of the lane.

5 also rolls to the basket and 1 has the options of attacking the basket, shooting the open shot, or passing to 5 for the layup.

Also works when the 5 is at the high post and comes up to screen 1, then rolls to the basket.

Horns Screen



The Horns screen comes from the [Horns Offense](#) and utilizes two screeners lined up on top of each respective elbow near the three point line.

The ball handler (in this case, that would be 1) has the option to go to the left or to the right.

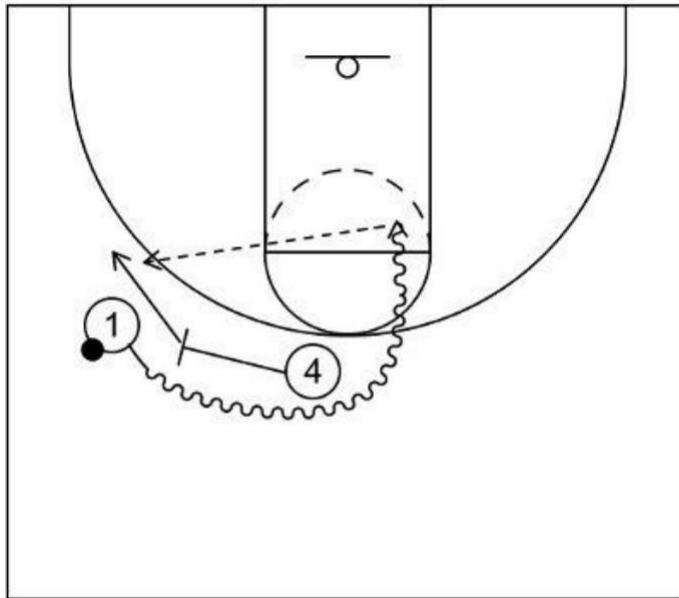
After this decision is made, several things can happen depending on the defense and the team's philosophy.

For this example, 1 takes the screen of 4 and dribbles towards the basket from the left wing area.

From this point, 4 rolls to the basket while 5 pops out to the top of the key.

1 has several options : shoot the open mid range shot, pass to 4 for the layup, or kick the ball out to the open shooter (for this example, that would be 2).

Pick and Pop



Pick and Pop is executed when a screen is set and the screener goes to a certain spot on the perimeter.

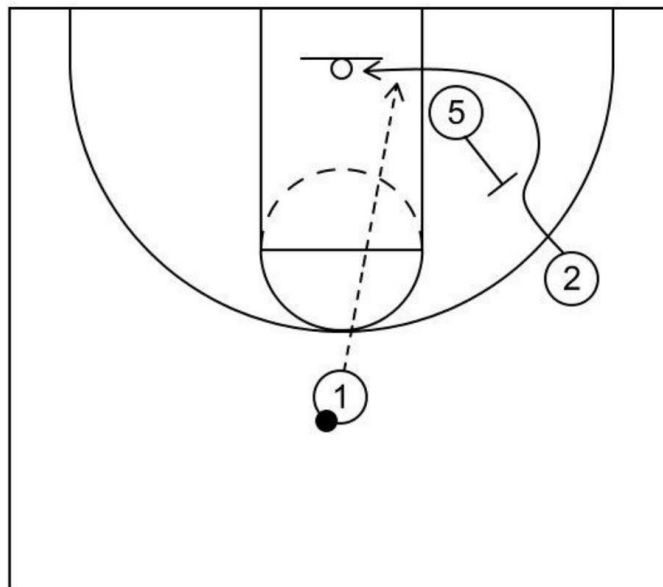
For this example, 1 dribbles around the screen set by 4.

After setting the screen, 4 pops out to the wing area on the left side of the floor.

1 kicks the ball out to 4 who can take the open shot.

Examples of Off the Ball Screen

Back Screen



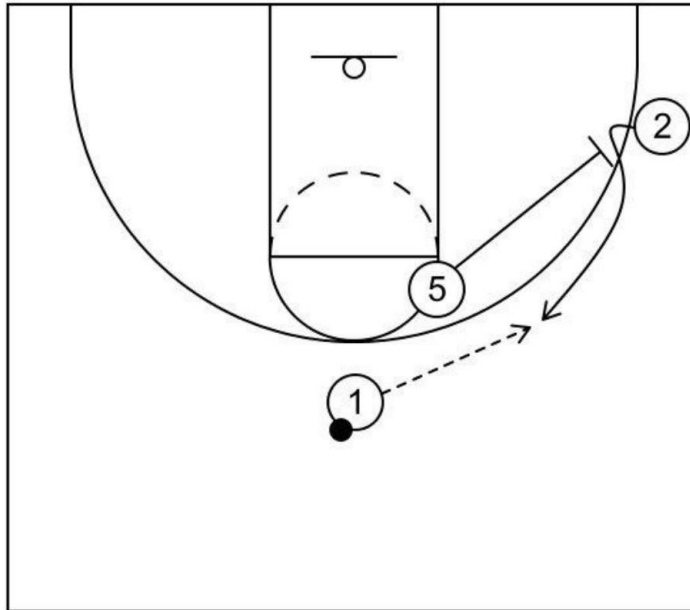
The back screen (also known as a blind screen) happens when the screener sets a screen behind the defender.

This type of screen is great to use against aggressive defenders in order to create potential backdoor situations.

For this example, 2 comes off the back screen of 5 and cuts to the basket going behind the screener.

1 passes the ball inside to 2 for the layup.

Corner Pin Down Screen



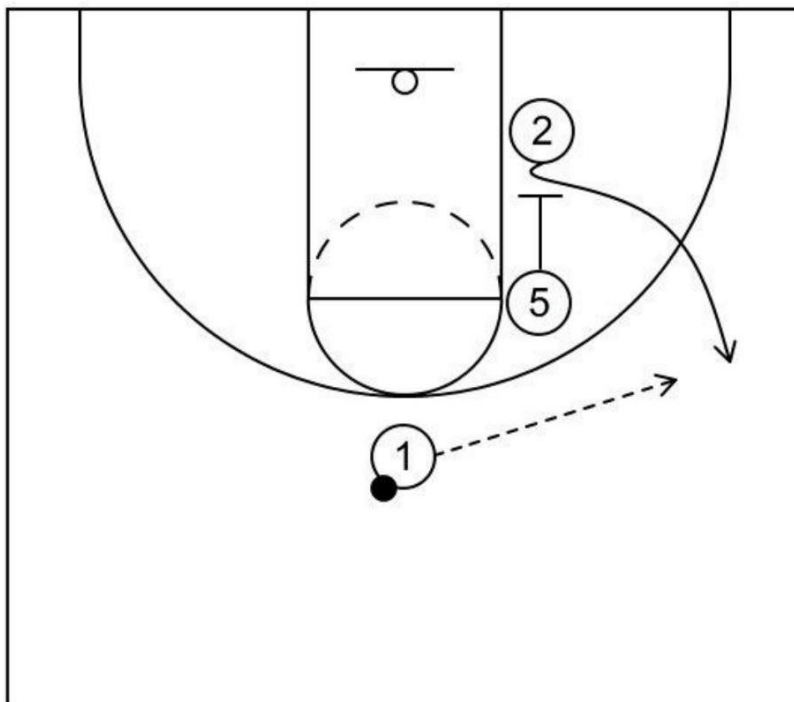
The corner pin down is a type of down screen usually set by one of the post players for a teammate set up in one of the corners.

This is also called a wide pin down screen.

For this example, 5 sets the corner pin down screen for 2 who comes off the screen towards the right wing area.

1 passes the ball to 2 who can take the open jump shot.

Down Screen



The down screen is set in the direction of the baseline.

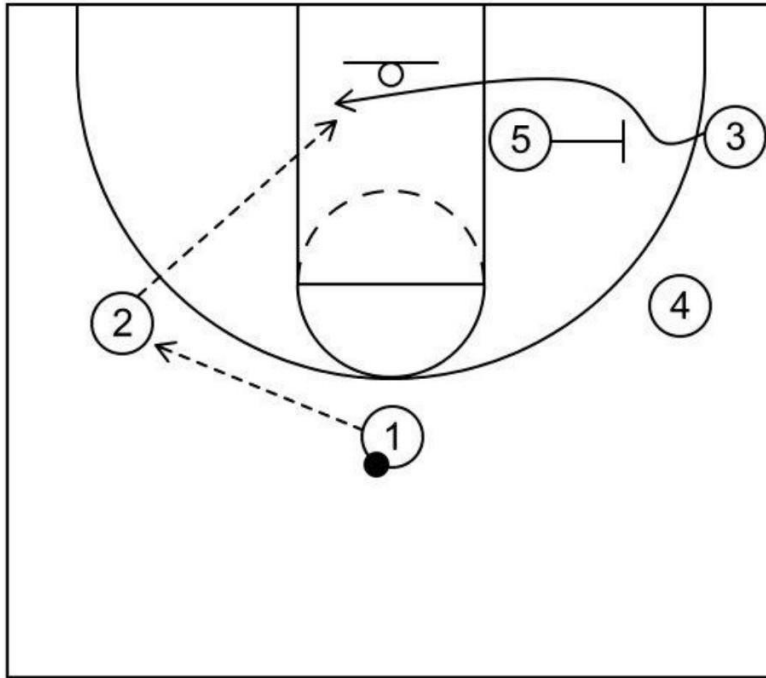
The screener goes down towards the screen receiver to set the screen.

This type of screen is good to use to create scoring opportunities for shooters.

For this example, 5 sets a down screen (also known as a pin down screen) near the lane for 2 who takes it and pops out to the right wing area.

2 receives the pass from 1 and can take the open jump shot.

Flex Screen



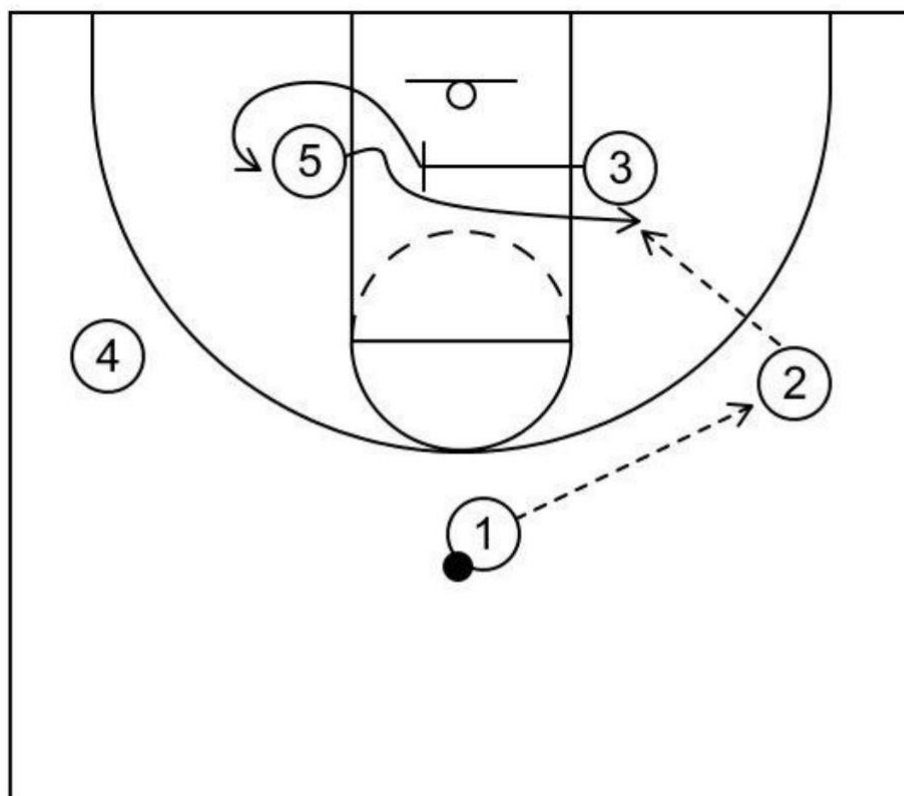
The flex screen is a back screen that is set near the low post and across the baseline by the screener.

This type of screen is a staple of the [Flex offense](#) and can be used to create quick hitting layups.

For this example, 2 receives a ball reversal pass from 1 while 3 comes off a flex screen set by 5 towards the basket.

2 swiftly passes the ball inside to 3 for the quick layup. Additionally, the flex offense can be used as a [continuity pattern](#).

Cross Screen



The cross screen is a type of screen typically set in the lane for one of the post players.

However, it can also be set across the free throw line near the high post area.

This screen is great to use as a little to big screen situation to create mismatches.

For this example, 1 passes to 2 and as that occurs, 3 sets a cross screen for 5.

Next, 5 takes the screen and cuts to the ball side post block to receive the pass from 2.

Additionally, after setting the screen 3 fills the empty left post block but can also flatten out to the weak side corner as well.

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