

Key Fundamentals

Shooting

- Square up to the hoop
 - Both feet pointing at the hoop when you leave and when you land.
 - Young players twist as they shoot because they are not strong enough
- Feet shoulder width apart w/ shooting foot slightly forward
- Bend at the legs and power with your LEGS
 - Huge point for young players. They want to shoot with their arms
- Elbow to eye follow through snapping the wrist
 - Keep guide hand out of there! One hand will shoot, the other is there for balance.
 - Teach them to put back spin on the ball
 - Fingers should dip towards the hoop

Shooting Drills

1. **Form shooting (lots of it).** Young players are in a hurry to grow up and be deep shooters. In your shooting drills they should have to start short and make 3 in a row before they can take a step back. If they spend time in their range they will not pick up a lot of bad habits.
2. **Partner shooting:** If they have a partner rebounding, then they should start low with their shooting foot back so they can step AS they catch. This will teach them to catch the ball and be ready to shoot. *Partner who is rebounding should not let the ball touch the ground when rebounding. This teaches them to read the ball and hustle after it.
3. **Hodag 12:** 2 lines, one rebounding and the other one shooting. Shots taken: layup, reverse layup, jump stop power finish, catch and sweep for finish, catch and cross, sweep and pull up. 1 or 2 times through on each side.
4. **Alford shooting:** This is aimed more at having the players shoot while moving. Shooter has to run to a designated spot about 5 or 6 feet away and then back to his shooting spot. At his shooting spot he will receive his pass and shoot while maintaining proper form.

Ball Handling: Make sure your players know that the only way they can move with the ball is by dribbling. This will hopefully motivate them to become a fluid ball handler with both hands. It is the easiest thing to practice and doing it for 2 to 3 minutes a couple times a day will make them a much better dribbler. If they are stationary the ball should be kept close to the body and if they are speed dribbling the ball should be pushed out in front of them. All drills should start slow with an emphasis on proper form and then increased in speed and intensity to force players out of their comfort zone. Mistakes need to be made.

- A good ball handler:
 - Has eyes open scanning the court
 - Protects the ball from their defender with their body and change of speed and elevation.
 - Uses short, quick, and powerful dribbles to allow change in direction and better reaction time.
 - Pounds the ball (don't let them play patty cake)
 - Is low and explosive

Ball Handling Drills: Start slow, build a rhythm, and go until you are out of your comfort zone and making mistakes.

1. 1 Ball no dribble

- a. Around 1 leg, around 2 legs, around the body, figure 8, cherry pickers, front to back, side to sides

2. 1 Ball stationary dribble: *All dribbles are low and explosive with very little time in the "red zone"*

- a. Crossovers, between the legs, behind the back, kill and raise, push pull, inside out

3. 2 Ball stationary dribble:

- a. 2 ball same, 2 ball alternate, 2 ball kill, 1 high and 1 low, push pull, stir the pot, crossover

4. 1 Ball movement:

- a. Crossovers: Plant and explode from the defender. Don't let players go in a straight line. They should zig zag and time their crossover move with the change in direction.
- b. Speed dribble, Crossover, between the legs, behind the back, spin move, inside out, back up and go, stutter step, combo dribbles.

5. 2 Ball movement:

- a. Create ambidextrous players. Eyes are up and the ball is pounded
- b. 2 ball same speed, 2 ball alternate speed, cross over and go

Passing

- Step towards your target
- Don't pass through the defenders hands, step through
- Frozen rope passes, no lollipops
- Snap the ball and hit them in the hands

Catching

- Meet the pass, don't wait for it to come to you
- Catch with 2 hands and rip to triple threat position
- Keep your eye on the pass

Passing Drills

1. Stationary partner passing
 - a. Chest pass, bounce pass, overhead pass, wrap around
2. Machine gun passing
 - a. 4 or 5 guys in a group w/ 2 to 3 balls. Concentration is key
3. Pointer passing
 - a. Partner passing where the receiver must rip and sweep the ball and then take 2 to 3 hard dribbles while the other player reacts and moves.
4. Monkey in the cage
 - a. 3 man drill with a defender tracing the ball. Once the passer makes his pass, he follows it and becomes the next defender. Emphasize defender tracing ball and passer stepping through the defender while making fakes.
5. 3 man weave

Defense

- Player is low and explosive
- When guarding ball defender has active hands that trace the ball and keeps man in front
- Give cushion when offense is low and crowd when they are high
- Be in attack mode and don't be reactive, you make the offense react to you
- High hands on shooters
- See man and ball at all times
- When not guarding the ball be in the correct help position
- Close out with low body, choppy feet, and high hands to disrupt shooters and be reactive to the drive.

Defensive Drills

1. Mass defensive slides
 - a. Great for young players and refresher for experienced
 - b. Go short bursts where they play hard
 - c. Additional: Show shot and box, dive for ball, take charge
2. 1 on 1 closeouts
 - a. Player rolls ball out to offensive player and the ball is live
3. 1 on 1 zig zag
 - a. Build on this one: first time no hands and half speed, next hands and 75%, final is full speed
 - b. Must make the offensive player change direction by beating them to the spot
4. Shell Drill
 - a. This is the ultimate way to build team defense
 - b. Players must sprint on air time so that they beat the ball to the spot
 - c. Practice jumping cuts, and cutting off baseline

Other important skills

- Pivoting
 - Please spend time perfecting this, players should rip the ball high or sweep the ball below the knees when they pivot. The ball movement should be hip to hip to keep body protecting the ball.
 - Get them in a habit of pivoting with their non-shooting foot
- Screening
 - Screeners need to be set and at angle allowing that will provide the offense the best options
 - Players who are good screeners and open up afterwards are the new craze in the NBA
 - There should always be two actions for every screen.....one high and one low. Screener will usually make the second movement opposite of the receiver
 - Receiver must set up his defender, usually at a slower pace, by moving him into the screening area, then he will explode off of the screen
 - Receiver must make his move off the screen based on the defenders actions
- Moving without the ball and staying spaced
- Post work
 - 4 L's: Low, Large, Location, Loud
 - Meet the ball with reaching defenders
 - Emphasize footwork and winning the position battle
 - Location is above block and out of the lane
- Rules of the game

- Rebounding and boxing out
 - Teach them to read the ball not run to the rim
 - Hand, Hit, and Highest point
- Being competitive while still enjoying the game and being a good sport
 - Teach kids to compete in everything they do....drills, games, contest, etc.
 - NO excuses for losing, but learn what you need to do different
 - Never be outworked
- Finishing: Go up strong, Absorb contact then shoot, Don't miss worrying about the D
 - Different ways to finish:
 - Power Jump stop: When in traffic to keep shoulder square to defender (10 toes)
 - Avoidance Jump stop: Used to avoid a help side defender: Chin the ball and get hips around
 - Stockton: Defender is on outside of body shoot with inside hand
 - Reverse layup: Open up to court and shoulder squares off defender
 - Quick reverse: Back to court using rim to protect ball