

## BASKETBALL NOTEBOOK

Fundamental Skill Development for Defense  
Teaching Team Defense  
Individual Defense Drills  
Offensive Skill Development  
Teaching Offensive Basketball  
Free Throw Shooting  
Passing Game (4 man and 5 man)  
High Post Offense  
Early Offense  
Yo-Yo Zone Offense  
Hi-Low Zone Offense  
Flush Zone Offense  
2 Guard Front Zone Offense  
Zone Defenses(2-3 and 1-3-1)  
Weight Training for Basketball  
Toss Back Drills  
Offensive Jump  
Out of Bounds Plays  
Clinic Notes (Including Rebounding)  
Developing the Fast Break  
Station Training for Quickness and Agility  
Guard Play  
Developing the Big Man  
Fundamentals of High School Basketball  
End of the Year Meeting

## BUILDING THE HIGH SCHOOL BASKETBALL PROGRAM

### 1. Development of a Program begins with the Coach

- a. His attitude and philosophy
- b. Clinics
- c. Summer Leagues
- d. Open gym
- e. Summer camps

### 2. Where to start in building a program

- a. High School Varsity
- b. Lower classifications
- c. Junior High
- d. Elementary
- e. Youth Leagues

### 3. Supporting Groups and Individuals

- a. Administration
- b. Faculty
- c. Coaching Staff (non basketball and basketball)
- d. Students
- e. Booster Clubs
- f. Recreation Department
- g. Service Clubs

### 4. Other Ideas.....

- a. Parents and pre game dinners
- b. Daily bulletin
- c. Interest in players in all phases of school
- d. Screen P.E. classes
- e. Prizes and trophies
- f. Champ t shirts
- g. Picture board
- h. Record board
- i. Bulletin board
- j. Dress up day
- k. Basketball-a class sport on campus
- l. Locker room dress up
- m. Attend game as a group
- n. Pre-practice get together
- o. Movies as a group
- p. Recreation clinics for youth
- q. McDonalds Rewards for Games
- r. Laundry(Practice and Game)
- s. Cokes, oranges at game, during half time
- t. Parent night
- u. Hoopersterettes
- v. Advertising program-publicity

# First Person

by ROBERT SPECTOR

## AN ASPIRING HIGH SCHOOL JOCK GIVES HIS TEAM SOME UNEXPECTED SUPPORT

Sometimes, when I'm walking down a street, I hear John Condon announce my name over the Madison-Square Garden P.A. system. You see, I'm a starter for the Knicks. As Condon introduces me, I mentally break into a confident, loosey-goosey trot to midcourt to await the rest of my teammates. But actually I just continue walking down the street.

From the time I was a 6-foot 12-year-old, basketball was my obsession. I planned to grow another six inches. "Six-six" sounded just about right; tall enough for the pros but too short for the side-shows. I was the tallest kid among my friends, so I played center. Through rain, sleet and snow, my friend Billy Dubin and I played countless games of one-on-one and H-O-R-S-E in his backyard.

At home, I drove my mother crazy, dribbling an imaginary ball through the living room, faking past the coffee table and firing a jump shot through an invisible hoop while checking my form in the mirror. I went to every basketball camp I could in order to learn the nuances of jump-shooting from the likes of Jerry West, Bill Foster (now the coach of South Carolina) and my idol of that time, Seton Hall's national collegiate scoring champion, Nick (The Quick) Werkman.

But after being a starting 6-foot forward on the freshman and junior varsity teams at Perth Amboy High School in New Jersey, I discovered in my junior year that both my growth and improvement had unceremoniously ceased. All of a sudden everybody else seemed to be 6' 2", 6' 5", 6' 8". Coach Bill Buglovsky switched me to guard. Unfortunately, I was slow, an average jumper and a hesitant ballhandler. Each night during try-outs, I'd lie awake, going over the probable final roster of 15 players, evaluating my chances of making the team.

The final cut came and—whew!—I made it. I got my shiny new crimson and white uniform (No. 13, of course), posed for the team picture and awaited the start of the season.

Throughout the first 15 games, the only action I saw was standing up during

time-outs. During a game, Coach Buglovsky would gaze down the bench for a substitute, and I would get the horrible feeling that I'd become invisible.

One night I made the mistake of asking a girl from another high school to a game. Later, when she asked me why I wasn't one of the seven who played, I told her I was the *eighth* man.

My big chance finally came in the 16th game of the year when we were annihilating Union High by 40 points. The starters had long since been removed from the game, and with 37 seconds left,

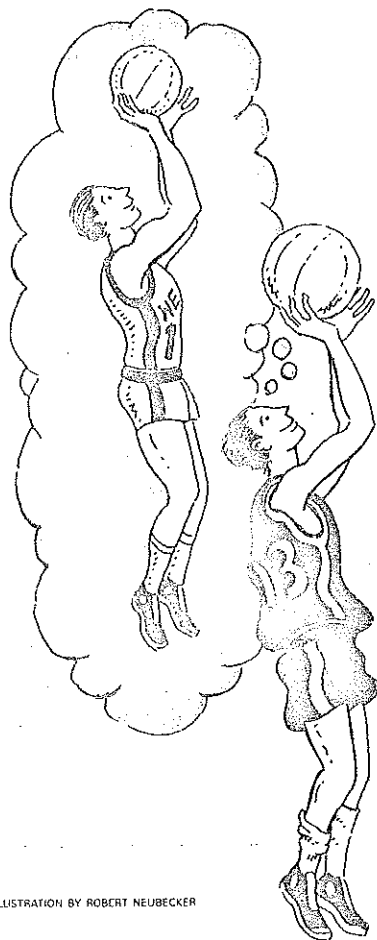


ILLUSTRATION BY ROBERT NEUBECKER

the second team had padded the lead to 98-58. I heard Coach Buglovsky call: "Spector, get in there for Reed."

On wobbly legs and with a queasy stomach, I entered a high school varsity basketball game for the first time in my life. The fans of the Perth Amboy Panthers were still hungry for more points and I was ready to oblige.

"We wanna hundred!" they screamed. "We wanna hundred!"

Suddenly the ball was in my hands. I found myself in the right corner, about 25 feet from the basket. A little out of my range, but what the hell. I threw it up in the approximate vicinity of the hoop. The ball hit the back of the rim, bounced about 20 feet in the air and out of bounds.

"Dammit," I mumbled as I ran back on defense.

"We wanna hundred!" the fans kept screaming.

With five seconds left, Carl Dudash passed me the ball. I was in the corner again, but this time at my "spot"—15 feet from the basket. I leaped straight in the air, eyed the hoop, flipped the ball toward the rim. The ball seemed to be moving so slowly that I could see the arc it described. The buzzer sounded as the ball slipped cleanly through the net.

I jumped up and down with unbridled joy, throwing a fist in the air as if I had single-handedly won the state championship. In the locker room, somebody said I was the only player he'd ever seen who led his own cheers.

The next game was the big one against Plainfield High. Before the junior varsity game, somebody told me that the coach wanted to see me in the locker room. He had seen that pressure jump shot I put in against Union, I thought to myself. Was he going to unleash me as the secret weapon against powerful Plainfield? As I walked into the locker room, I loosened up my shooting hand.

"C'mere, Robert," said Buglovsky.

"Yes, sir?"

He put his hand on my shoulder in a fatherly manner.

"What size jock you wear?"

"Medium, Coach."

"Good. Larry Larsen forgot his. You're not going to play tonight anyway, so give him yours."

I would have supported my team in any way I could, but this was ridiculous.

Playing in my jock, Larry Larsen scored 37 points to lead the team to victory. Me, I sat on the bench for the last time, wearing my crimson warmups, which only I knew covered a pair of faded jockey shorts and faded jock dreams.

That was almost 20 years ago. But, you know, just the other day I was waiting for a light to change and suddenly I heard: "Good evening, ladies and gentlemen, welcome to the magic world of Madison Square Garden. . . ."

Well, you know how it goes.

END

# Key for Diagrams

.....> pass

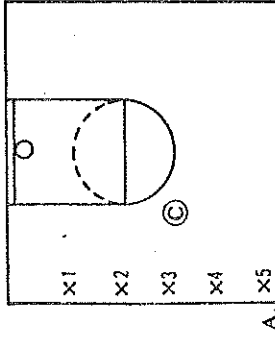
~~~~~> dribble

—————|> cut and screen

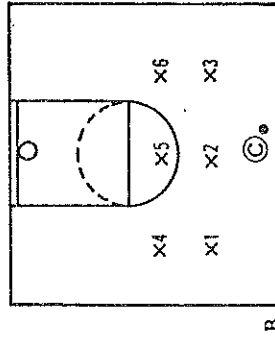
—————> direction of movement

## I. Stance Drills/Slide Drills

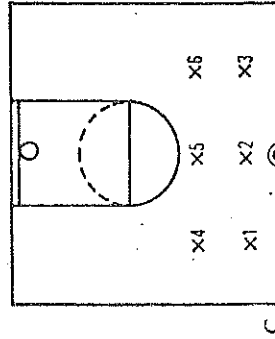
- A. Drill:** Wall Lean  
**Purpose:** to teach ready position stance  
**Format:** players line up with back to wall in defensive posture. Hold for 30-60 seconds. Progressively move away from the wall and assume the same posture isometrically.



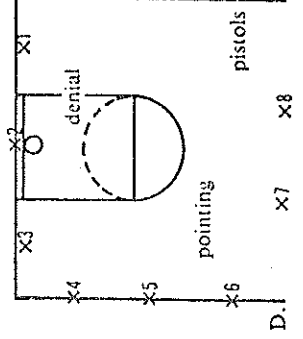
- B. Drill:** Mass Reaction  
**Purpose:** to teach the 3 basic stances; to teach 3 basic verbals; to teach quick stance transition; to recognize loose balls.  
**Format:** players face coach who holds the ball; tucked-ready position, above waist-point position, above head-stick.  
**Verbals:** ready, point, stick, nose-chest, ball.



- C. Drill:** Mass Sliding  
**Purpose:** to teach crab shuffle and explosion step.  
**Format:** players place hands to the inside of thighs and slide in stated direction. Then progress to slides from a point stance.  
**Verbals:** point toe, quick feet, heel-toe.

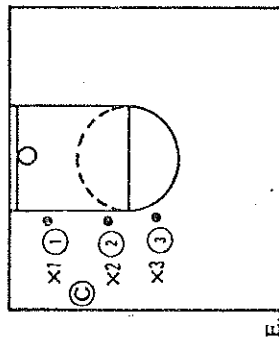


- D. Drill:** Line Sliding  
**Purpose:** to teach point stance movement, pistol movement, denial movement, closeout movement.  
**Format:** players space themselves on sidelines and baselines. Follow directions of coach. Each line may represent a different movement: i.e. baseline-point stance, left sideline-denial stance, etc.



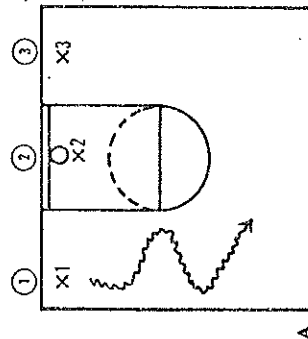
Thus the following sequence is possible:  
 1) slide-react  
 2) swing-lead  
 3) denial  
 4) pistols  
 5) triangle combinations

**E. Drill:** 1-on-1 Reaction (Stationary Offense)  
**Purpose:** to teach stance verbals and stance transition  
**Format:** pair up. Offense moves defense through the 3 stances. Defense must verbalize. Defense works for 30 seconds.

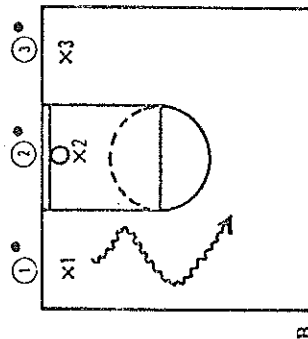


## II. On the Ball Defense

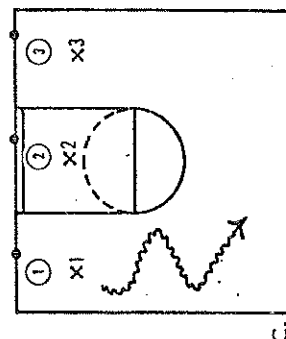
**A. Drill:** 1-on-0 Full Court (Pantomime)  
**Purpose:** to teach the 3 basic stances, with verbals, and slides.  
**Format:** on command, players begin from ready stance, 3 slides left or right in point stance, to stick stance. Then to ready and several slides in opposite direction. Using same format, work on heel-toe, swing lead.



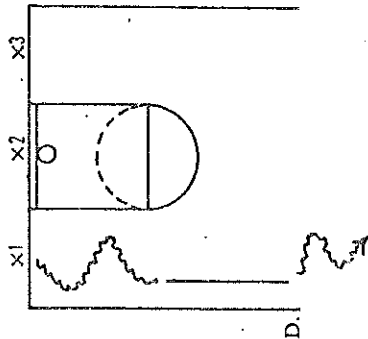
**B. Drill:** 1-on-1 Regular  
**Purpose:** same as above  
**Format:** offense now moves defense by taking 3 dribbles either direction.



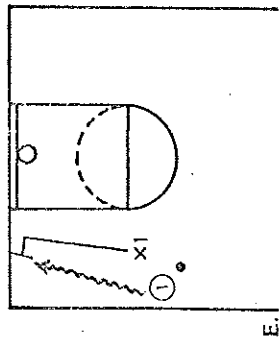
**C. Drill:** 1-on-1 Stay Down  
**Purpose:** to stress heel-toe, swing-lead reaction, and to teach the defense to guard a man during a full court dribble.  
**Format:** same as prior drill, except offense dribbles the ball three times and then changes direction. Stress staying away from dribbler when his back is facing defender.



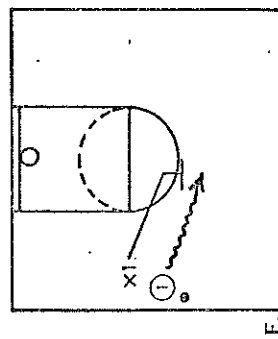
**D. Drill:** Point to Recover. 1-on-0  
**Purpose:** to stress pointing the ball and recovering after the dribbler has passed the defender.  
**Format:** point from baseline to f.t. line, turn, sprint and recover to mid court, point to free throw line, sprint to baseline.



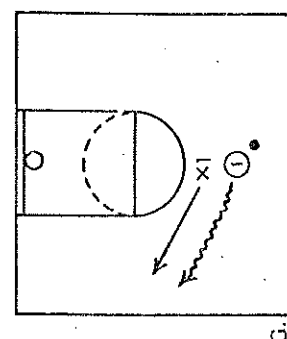
**E. Drill:** Baseline Cutoff 1-on-1  
**Purpose:** to teach heel-toe relationship to baseline and cutting off the driver.  
**Format:** defense hands ball to offense. Offense drives and defense attempts to cut off, keeping offense outside of dotted line. End in stick or block-off.  
**Verbals:** ready point, stick, shot, block-off, half-man over.

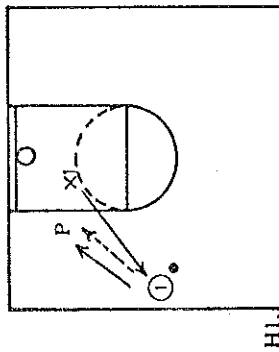


**F. Drill:** Point Push 1-on-1  
**Purpose:** to teach containment of dribble drive to key. To stress swing and lead step.  
**Format:** same as above except defense attempts to keep offense outside of line from f.t. extended to top of circle.

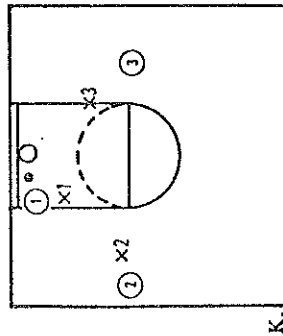


**G. Drill:** Sideline Push 1-on-1  
**Purpose:** to teach pushing ball to sideline. Also to teach taking advantage of the weak hand.  
**Format:** same as two prior drills.

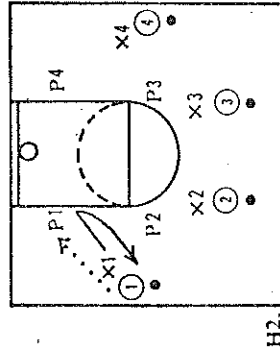




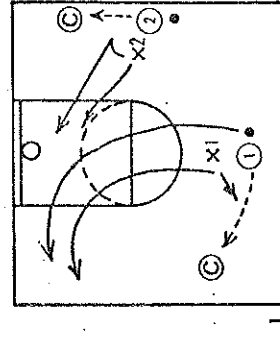
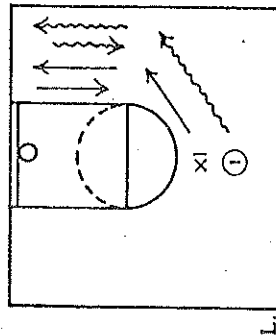
**H. Drill:** Cover Down 2-on-1 (1-thru-4 Groups)  
 1. Freethrow line extended  
 2. Baseline cutoff  
 3. Sideline push  
 4. Point push  
**Purpose:** to teach covering down to ball on a penetrating pass from every conceivable court angle.  
**Format:** ad an extra low post offensive man. Ad cover down aspect to above mentioned drills (E, F, G)  
**Verbals:** stress verbals; open and cover down.



**K. Drill:** 3-on-3 One Dribble  
**Purpose:** to teach pointing and sticking on the ball. To teach denial one pass away and to also teach switching.  
**Format:** to teach covering down to ball on a penetrating pass from every conceivable court angle.  
**Verbals:** stress verbals; open and cover down.

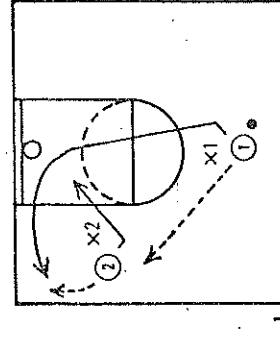
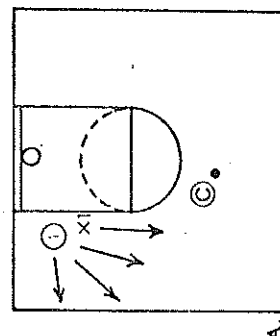


**L. Drill:** 1-on-1 Half Court Stick  
**Purpose:** to teach reacting to the stick situation from all half court situations.  
**Format:** offense starts with ball at top of circle, 30 feet from basket. Offense dribbles to either sideline and eventually to either corner. Ball is picked up every two or three dribbles forcing the defender to stick.  
**Verbals:** stick.

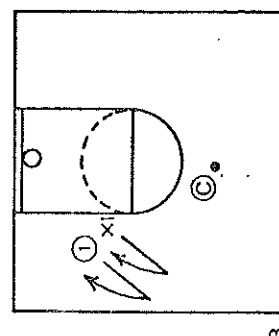


**I. Drill:** Jump to Ball 1-on-1  
 1) Guard spot  
 2) Forward spot  
**Purpose:** to teach jumping to the ball on every passing situation.  
**Format:** ball begins at f. or g. spot; offense passes to coach-jab steps and cuts to basket. Defense reacts accordingly.  
**Verbal:** jump.

**A. Drill:** Forward Denial-Guard Denial  
**Purpose:** to teach denial from the forward lead pass area.  
**Format:** offensive forward runs any desirable lead. Work on form of defensive player. Can be run from guard spot.  
**Verbals:** lead arm, brush hand, vision, ear in chest.

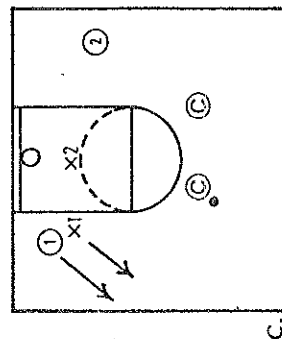


**B. Drill:** Forward-Guard Denial to Open  
**Purpose:** to teach opening to the ball after a denial situation.  
**Format:** same as prior drill but with a cut to the basket by offense and an opening to ball (reverse pivot) by defense.

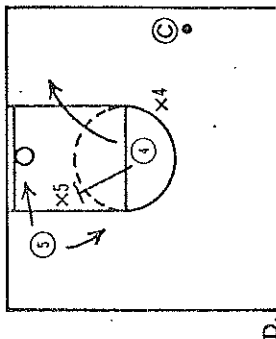


### III. Denial Defense

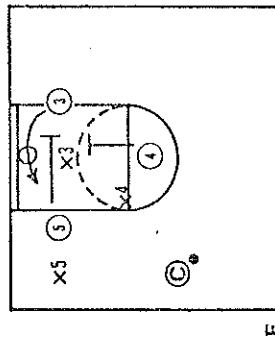
**J. Drill:** Jump to Ball 2-on-2 or 3-on-3  
**Purpose:** same as above  
**Format:** offense must pass and always cut to the basket. Play live. Require offense to cut from most frequented cutting angles.



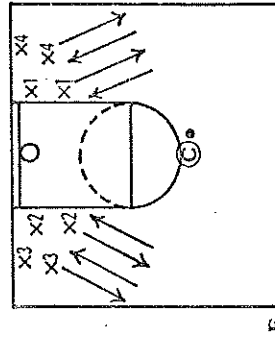
**C. Drill:** 2-on-2 Denial-Pistols  
**Purpose:** to teach denial one pass away; to also teach pistols stance on help side.  
**Format:** coach passes ball from his guard spot to guard spot. Defense adjusts accordingly. Vary offensive routes and spots.  
**Variations:** if offense receives a pass he may drive baseline, toss cross court, pass to help side flash cutter. Also deny from guard spots out front.



**D. Drill:** 2-on-2 Hi-Lo Denial  
**Purpose:** to teach key defense especially denial in the hi-lo areas.  
**Format:** offensive players must stay in key area. They may screen for each other, etc. Defense responds accordingly.



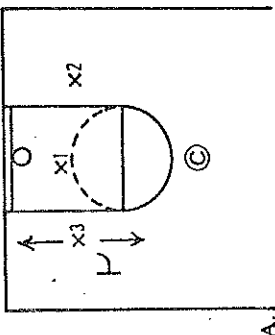
**E. Drill:** 3-on-3 Mixer  
**Purpose:** to teach key defense, switching, offensive and defensive rebounding, and second effort.  
**Format:** offensive players must operate within the key area. Offense must execute continual diagonal and lateral screens. Incorporate any additional screening situations. Stress aggressive screens and second effort in rebounding situations.



**F. Drill:** 4-on-0 Denial to Fast Break  
**Purpose:** to teach denial and opening the ball; to teach bating the ball to the floor with the lead a. n; to teach fast break organization from turnovers.  
**Format:** coach has the ball out front and directs players movements thru his verbs ("out, back, open"). Pass is made at any time, defensive player will intercept or knock pass down and break begins.  
**Verbs:** ball

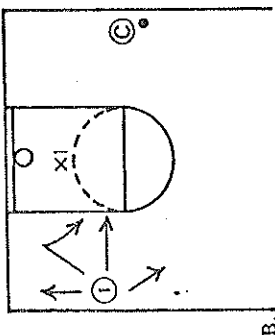
#### IV. Pistols Defense (Help Side)

**A. Drill:** Mass Pistol Reaction (2 to 3 Players for Stations)  
**Purpose:** to teach advance slides, retreat slides, denial and open, and basic pistols stance.  
**Format:** players react to coach's commands. Example: advance, retreat, deny flash, etc.

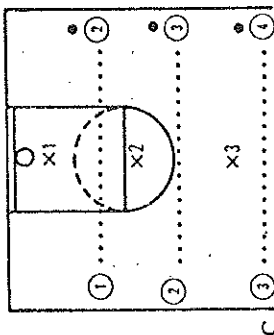


**B. Drill:** 1-on-1 Flash to Denial to Open  
 2. 1-on-1 Pistols to Closeout  
 3. 1-on-1 Pistols to Closeout to Cutoff  
 4. 1-on-1 Pistols to Block-off

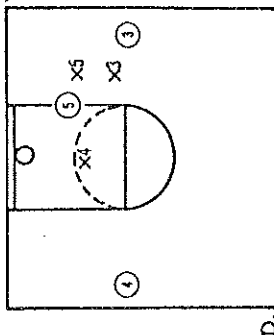
**Purpose:** to teach all responsibilities of the help side defender; flash, closeout, cutoff, block-off, flash to open.  
**Format:** defense begins in pistols stance, offense follows coach's instructions.  
**Verbals:** advance, retreat, cut-chest, open to ball, pistols.

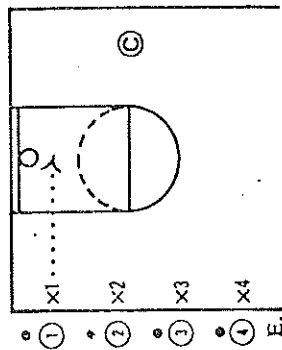


**C. Drill:** 2-on-1 Pistols  
**Purpose:** to teach defensive reaction to pistol's responsibilities; cross court pass, "help" and drawing the charge, "ready position" pressure on the ball, basic pistols adjustment, etc.  
**Format:** 3 groups of 3 per court or assign one group per basket in a station format. On a verbal command from the coach, the offense either passes the ball cross-court (closeout), dribbles directly at the defender (draw the charge), or passes to the weak side cutter breaking to the ball (denial of flash). Don't shoot the ball on this drill.

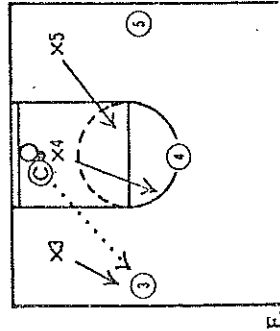


**D. Drill:** 3-on-3 Pistols-Post Drill  
**Purpose:** to teach pistols responsibility to the low post; to teach pistols responsibility to the cross-court pass; to teach low post defense. Ball begins with either wing and a low post on ball side. Ball is cross courted, lobbed to the low post. Pistols man reacts accordingly.  
**Format:** lob, help  
**Verbal:** lob, help

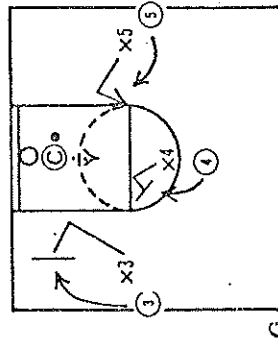




**E. Drill:** 1-on-1 Shooter Rebounding  
**Purpose:** to teach pistols rebounding after a perimeter shot.  
**Format:** partners with one man shooting to the open court. The defensive man contests, assumes a pistol blockout stance, and blocks the path of the shooter to the loose ball. After blocking off, the defender sprints to the ball.  
**Verbals:** shot, ball



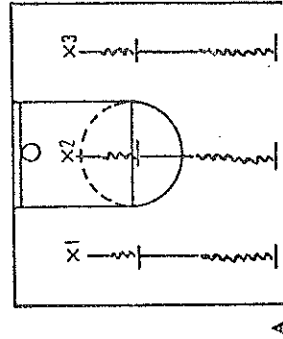
**F. Drill:** 3-on-3 Closeout Block Off  
**Purpose:** to teach the block off from the denial, closeout, and pistols stances.  
**Format:** coach tosses the ball, in an arch, to any of the three perimeter offensive players. Person receiving the ball is closed out to, and other two defenders assume positions relative to the ball. The ball is then shot and every-one blocks off.  
**Verbal:** shot



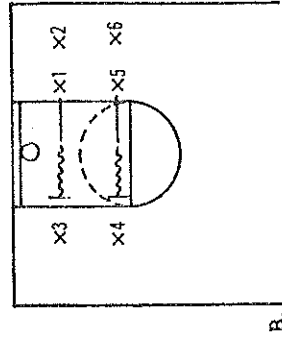
**G. Drill:** 3-on-3 No-Shot Block Off  
**Purpose:** to teach the block off and to teach release to the ball after the block off. Also, to teach reaction to the loose ball.  
**Format:** coach drops the ball in the key area and simultaneously calls out "shot." Defense blocks off offense and six players make an intense effort to get the ball after the block off.

**H. Drill:** 3-on-3  
 1) Stationary  
 2) To start full court fb  
 3) To terminate any 1/2 court sequence  
 4) To begin 3-on-3 full court offense-defense.

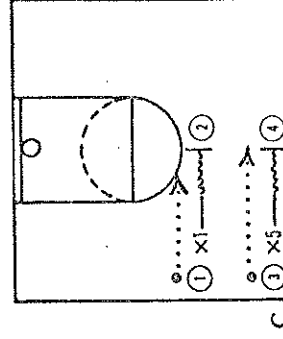
**I. Drill:** 4-on-4 or 5-on-5  
 1) Offensive-defense transition drills—begin with block-off.



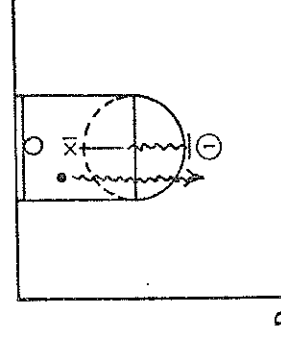
**V. Closeouts**  
**A. Drill:** 3-Line Closeouts (Full Court)  
**Purpose:** to teach closeouts, quickly and in a full court manner.  
**Format:** mand first 3 players sprint half way to foul line and slide into closeout stance. Process is repeated at midcourt, free throw line, baseline, weight-back, heel toe, both hands up, active feet.



**B. Drill:** Facing Line Closeouts (With or Without Ball)  
**Purpose:** to teach closing out to man  
**Format:** First player in line on right side uses a closeout to facing line. Then he reacts to offensive player. On whistle offensive player becomes defense and closes out to facing line.



**C. Drill:** 2-on-1 Pressure Passing-Closeout.  
**Purpose:** to teach contesting the pass with tracing hand, after a closeout. Also to teach offense to pass against pressure.  
**Format:** 2 offensive players face one defensive man. Then defense reacts on pass.



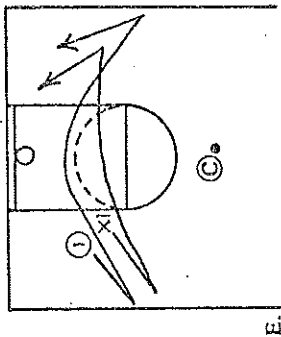
**D. Drill:** 1-on-1 Roll and Closeout (From All Angles)  
**Purpose:** to teach closeouts to every spot on floor. To teach reaction to the dribbler after a closeout.  
**Format:** defense rolls ball to offense and immediately closes out. Offense can: drive baseline, drive middle or from point, drive sideline. Then combine drills; closeout to baseline cut-off/closeout to sideline push/closeout to point push.



**E. Drill:** Combination Denial: Closeout-Cutoff, 1-on-1

**Purpose:** to teach denial, holding, closeout, cutting off baseline, in short, a combining of skills.

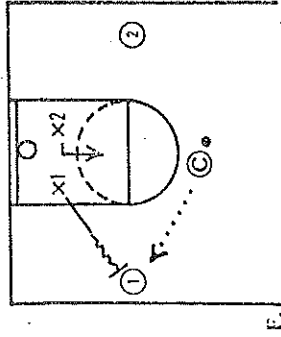
**Format:** 1-on-1 sequence beginning with denial to pistols, to a closeout, to baseline cutoff. Offense runs a lead, clears to help side, receives a cross court pass, drives baseline and defense reacts accordingly. Coach with the ball must adjust court position in relationship to the offense.



**F. Drill:** 2-on-2 Closeout

**Purpose:** to teach closeout on the ball and to teach help side. A key drill for teaching good closeouts.

**Format:** defensive players start inside key shoulder to shoulder (or in tandem) in pistols stance. Coach tosses ball to either sideline and a ball side and help side is immediately declared. Offense is told to do specific things; drive baseline, drive middle, cross-court or shoot, and defense works on ball side and help side rebounding. If offense is bottled up, ball is passed back to coach who goes either way with the pass.



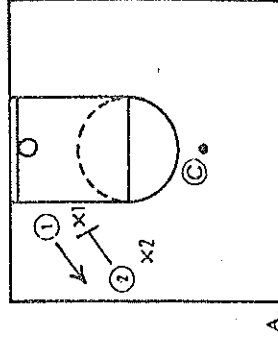
## VI. Switches/Sliding Through Drills

**A. Drill:** 2-on-2 (Any Angle) Switch  
2-on-2 Thru (Passing Game Screen)

**Purpose:** to teach the mechanics of the switch.

**Format:** establish offensive spots and make a pass. Defense reacts accordingly.

**Verbals:** screen, hedge, switch or thru.

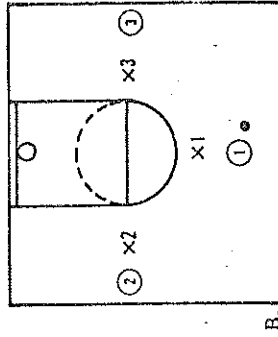


**B. Drill:** 3-on-3 Screening Sequence

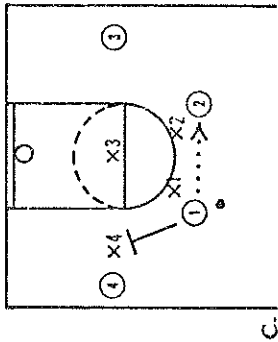
**Variations:**

- 1) Pass and screen ball
- 2) Pass and screen away
- 3) Dribble rub
- 4) Shuffle cut/screen and roll in corner.

**Purpose:** to cover daily, the most common screening situations.



**Format:** stress verbals in teaching defense to react to screens. 3 offensive and 3 defensive men. Ball starts at point and offense follows the specific instructions listed above. Vary and have ball dribbled up court.



**C. Drill:** 4-on-4 Screening

**Purpose:** same as prior drill but within 4-on-4 format.

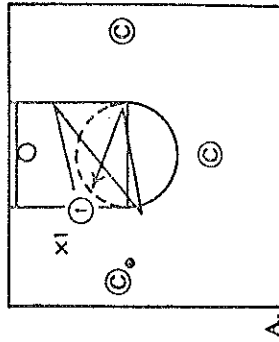
**Format:** same as prior drill but now one generally has two help side defenders. Also one can work on passing game screens.

## VII. Post Defense

**A. Drill:** 1-on-1 Position-Rebound

**Purpose:** to teach proper post movement, position and block-offs.

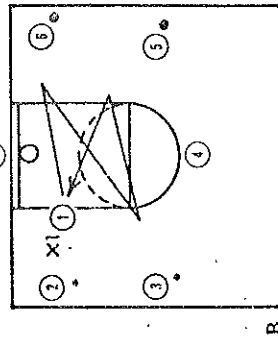
**Format:** offense points the ball at any high, medium or low posting position. Defense reacts accordingly.



**B. Drill:** 1-on-1 Thrash Drill

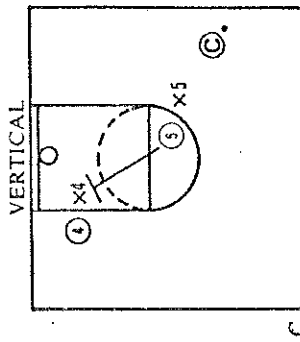
**Purpose:** to teach post movement, and position, through faster than game tempo activity.

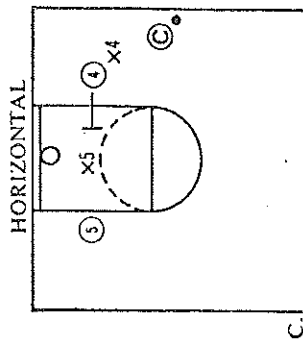
**Format:** offense can post up anywhere. Post defender must deny pass in. Offensive players at baseline and top of key retrieve balls and feed offensive passers.



**C. Drill:** 2-on-2 Hi-Lo

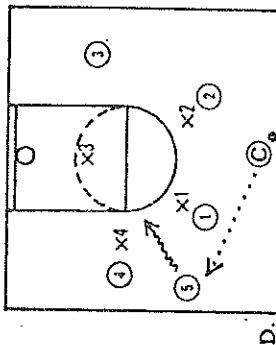
**Format:** this drill is explained in Section III, Drill D. Also run horizontal screens in this drill. Also practice lobbing situations with a low post and help side.





**D. Drill:** 5-on-4 Scramble to Recover to put extreme pressure on 4 defensive men

**Format:** coach passes to free man who immediately drives to the basket. Defensive players then react accordingly. Good drill for closeouts also.



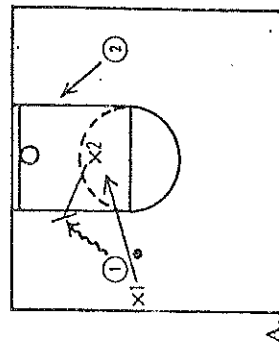
## VIII. Help Fill--Rotation Drills

**A. Drill:** 2-on-2 Help and Fill

**Purpose:** to teach the help side defender to move into the key and help out on loose man. Also designed to teach beaten man to fill in.

**Format:** ball defender plays behind offense and waits for coach's command of "go." Offensive man with ball drives and pistol man fills in.

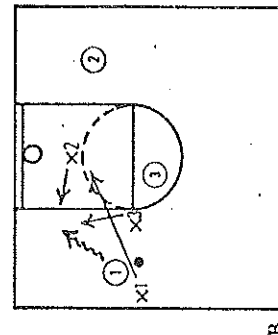
**Verbals:** help, fill.



**B. Drill:** 3-on-3 Help and Fill to Recover (Closeout)

**Purpose:** to teach help and fill principles with 3 men. Especially to emphasize high post man filling in to help side.

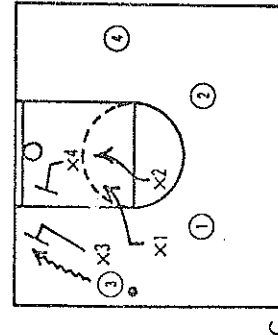
**Format:** same as above except post defender rotates to help side and beaten defender fills to the middle.



**C. Drill:** 4-on-4 Help and Fill to Recover (Closeout)

**Purpose:** same as above with the denial guard also trying to assume a helping position.

**Format:** same as prior drills, but vary the floor positions and play live until defense recovers the ball or offense scores.



## IX. Transition

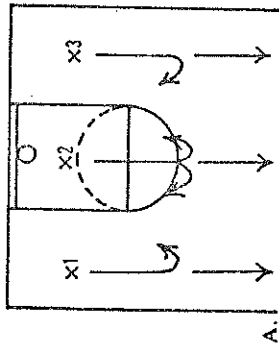
**A. Drill:** Full Court Line Sequence

- 1) Run-point (ft. line and mid-court)
- 2) Run-point-closeout-slides
- 3) Run-point-closeout-baseline cutoff.

**Purpose:** to teach basic defensive situations which arise from transition.

**Format:** players turn at f.t. line, sprint and backpeddle in from mid-court. Once they touch inside the key they do any of the above outlined skills.

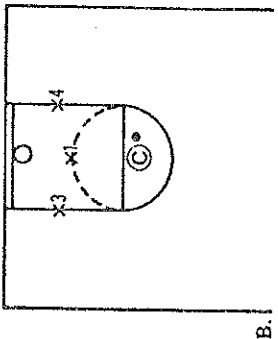
**Verbals:** point, ball



**B. Drill:** 3-Man Rebound-transition

**Purpose:** to teach contesting of the outlet pass; to teach responsibility to #1 guard of sprinting to broken line.

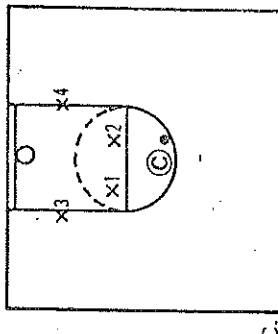
**Format:** coach (or player) shoots, ball is contested and outleted to coach. After contesting outlet, both forwards sprint back and #1 guard sprints to broken line. Then players closeout, cut baseline, etc.



**C. Drill:** 4-Man Rebound--Transition

**Purpose:** to teach defensive responsibilities during transition for guards and forwards.

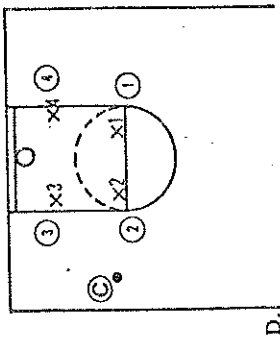
**Format:** ball is shot by coach or players. Forward contests other forward on the outlet. #1 guard sprints to broken line, #2 guard to top of circle.



**D. Drill:** 4-on-4 Block-off Transition

**Purpose:** to teach transition in a game setting. To also work on the fast break.

**Format:** coach shoots ball, defense blocks off and attempts to start the fast break. Offense tries to stop break using the above mentioned rules.



**E. Drill:** 5-on-5 Transition

**Purpose:** same as above but with five men.

**Format:** everyone jams into key and coach tosses ball to anyone. Team with ball fast breaks. Team without runs transition.

**F. Drill:** 2-vs-3 Transition

**Purpose:** to teach quick continuous transition by two people.

**Format:** 3 teams of 3 players each. 2 defensive players stay on the court until they are removed. The defense is then continuously attacked over the length of the court.

**G. Drill:** Defensive transition as part of a full court transition format.

**Example:** Made field goal fb. to half court offense to press offense to defensive transition.

## X. 4-on-4 Defense

**A. Drill:** Basic 4-on-4 Game

**Variations:**

- 1) Position-vision
- 2) Pass-cut/with interchange
- 3) Forward drive
- 4) 4-man Timing/backdoors
- 5) Post up
- 6) Down pick/post up
- 7) Passing game
- 8) Full court

**Purpose:** to teach any offensive situations that one might encounter.

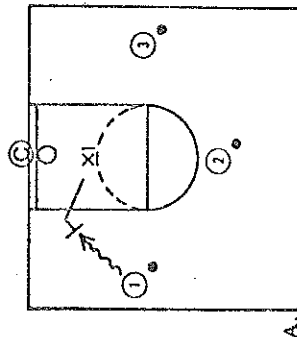
**Format:** offense follows basic rules as outlined by coach. Defense reacts accordingly. Incorporate any offensive maneuver that one may encounter.

## XI. Aggressive Drills

**A. Drill:** 3 Banger

**Purpose:** to teach proper technique in taking a charge; method of falling, etc.

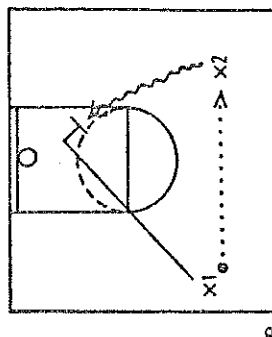
**Format:** defensive man (or coach) points at any one of three offensive drivers. He takes charge, picks himself up and immediately points at the next man he wants to drive.



**B. Drill:** Hustle Cutoff

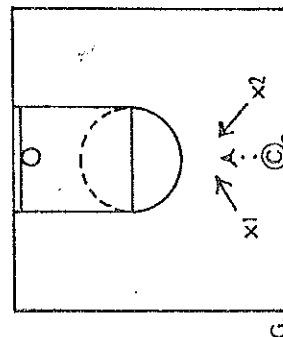
**Purpose:** to teach hustling to an angle so that one may take a charge.

**Format:** X the defensive player passes to the offense and sprints to set up for the charge. This drill should be run from different angles using proper verbal cues such as help!



**C. Drill:** Loose Ball 1-on-1

**Purpose:** to teach reaction to the loose ball and to teach quick offensive-defensive reaction/transition. coach tosses ball out; whomever gets the ball becomes offense, etc. Run from different angles and distances.



## XII. Defensive Rebounding

Note: Block off from all game angles and spots. Cover key rebounding situations (denial, key, shooter, pistols, post) until they become automatic.

### A. Drill:

#### 1-on-1 Form

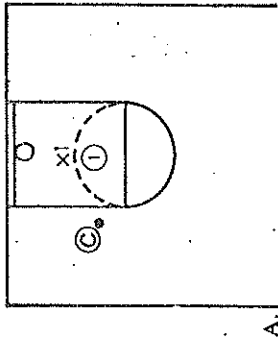
##### 1) Mass drill

##### 2) 1-on-1 in key drill

**Purpose:** to teach basic rebounding form and footwork.

**Format:** Offensive-defense match-up. Offense follows coach's cue.

Example: reverse pivot in key. One can teach denial block-off, pistols, key, etc. On 1-on-1 in key ball is shot and defense must rb. and outlet. Offense works on offensive rb. moves and also contests outlet.



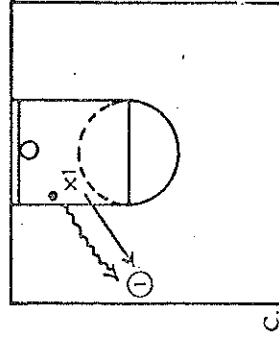
### B. Drill:

#### Any 1-on-1, 2-on-2, 3-on-3,

##### 4-on-4 Sequence

**Purpose:** to teach block-offs from all anticipated positions (denial, key, shooter, pistols, post).

**Format:** in all of the aforementioned drills incorporate a block-off. End 1-on-1 drills with a stick or a block-off from the shot.



### C. Drill:

#### Shooter Blockoff

**Purpose:** to teach blocking off shooter and to teach the closeout.

**Format:** defense rolls or passes ball to offense and closes out. Offense shoots, defense contests and then blocks off in a pistols stance. Offense shoots the ball to the other line. After being blocked out, they close out. Progressively run this drill from game-related spots.

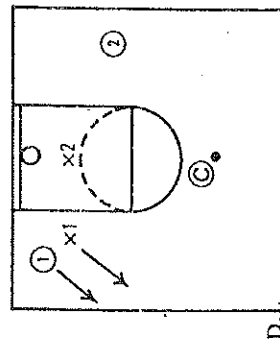
### D. Drill:

#### 2-on-2 Ball Side-help Side

**Purpose:** to teach blocking off shooter and blocking off from pistols stance.

**Format:** coach passes either way. Offensive man with ball has one dribble and then must shoot. Both men then block off.

Variations: 1) 2-on-2 hi-lo (post blockoff); 2) 2-on-2 denial block-off (to teach block-off from denial stance).



## TEACHING TEAM DEFENSIVE SITUATIONS

- A. I feel it important to develop a consistent defensive philosophy.
  - 1. The level of defense is midcourt
  - 2. Influence all action toward midcourt.
  - 3. On ball pressure 100% of the time.
  - 4. Off ball position must be helpside and suspicious.
  - 5. All leads must be pressured.
- B. Recovery and Communication are the keys to sound defense.
- C. Eight situations that can happen on the defensive end of the court.
  - 1. High Post split
    - a. communication from off ball players.
    - b. Off ball players recover shoulder to shoulder one step above the post.
    - c. Pick up cutters on your side.
    - d. Drills- 2 on 2 with dummy post; 3 on 3 live.
  - 2. Blind Screen
    - a. Communication is key and is responsibility of off ball defender.
    - b. If screen used-JUMP SWITCH!
    - c. Drills- 2 on 2 guard and forward at wing spots.  
2 on 2 at guard position.
  - 3. Crossing Guards
    - a. Off ball player is communicator.
    - b. Jump Switch and stop ball.
    - c. Drills-2 on 2 from midcourt; 2 on 2 from top of key to wing spot.
  - 4. Dribble Rub
    - a. Off ball defender is communicator
    - b. Force ball away from posted player.
    - c. Off ball defender must step through and offer momentary help but never never switch.
    - d. Drills- 1-1- with dummy post; 2-2 with guard and frontline player.
  - 5. Post and Cutter
    - a. Defensive post is communicator.
    - b. Off ball recovery is one step above post.
    - c. No Switch!
    - d. Drills-1 on 1 with dummy post; 2 On 2 with everyone interchanging positions.
  - 6. Screens Off the Ball
    - a. Helpside position with vision on the ball and man.
    - b. Be suspicious and expect cut to ball.
    - c. No switch.
    - d. Drills- 1-1 with dummy post and feeder; 2-2- with dummy feeder.
  - 7. Screens on the Ball
    - a. Communication through off ball defender.
    - b. Jump switch if screen is used.
    - c. No switch if screen is not used.
    - d. Drills- 1-1 with dummy dribbler; 2-2 live.

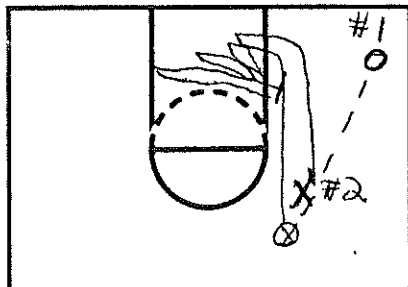
TEACHING TEAM DEFENSIVE SITUATIONS (con't.)

8. Post Rubric

- a. Defensive post is communicator.
- b. Helpside position with vision on ball and man.
- c. Recover on ball side over top post.
- d. No Switch.
- e. Drills- 1-1- with dummy post and feeder; 2-2 with dummy feeder; 3-3 (2 guards and 1 center) with dummy feeder.

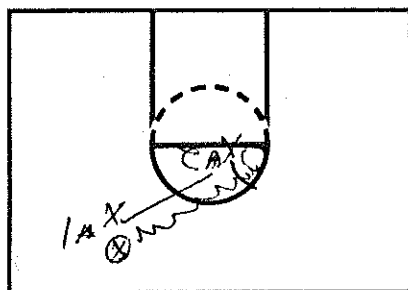
COMMUNICATION + RECOVERY + REPETITION = DEFENSE!!!

#### 1. Denial Drill



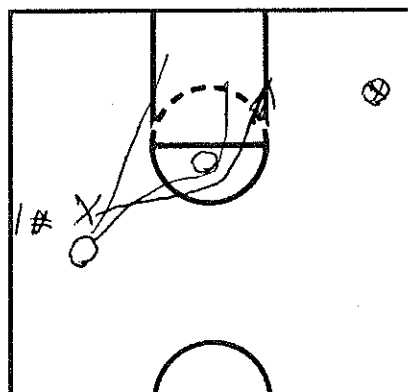
#2 pressures ball outside. Belly up to man when loses dribble. Jump to the ball when ball is passed. Front the man down to the post. Get help position and front on return to the post.

#### 2. Dribble Rub



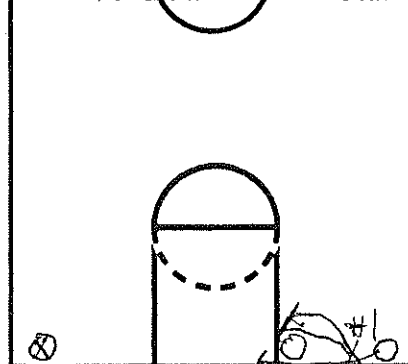
#1 gets to ballside and beats man over the post. #2 steps out on dribbler. He must cover his man if he rolls. He must stop dribbler from getting layup if he loses his man, on a screen.

#### 3. High Post Weakside Cutters



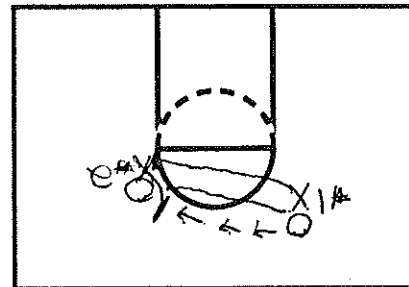
#1 goes on ball side of post and maintains ball-you-man position. Then he fronts man in the post.

#### 4. Low Post Weakside Cutters



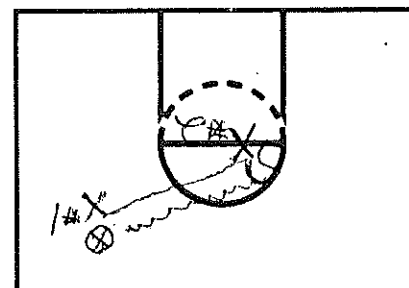
#1 Drops to bucket level on high side of post in help position. He then fronts cutter in the post.

#### 5. Guard to Guard



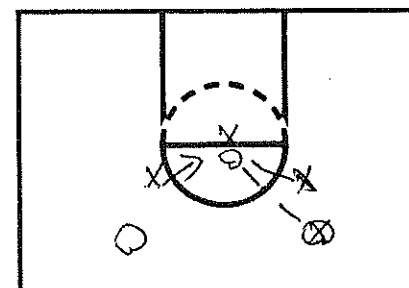
Automatic Jump Switch Try to force dribbler to pick up the ball. Cover roll off man in ball-you-man position.

#### 6. Forward to Guard



Same rules as Guard to Guard.

#### 7. High Post Split

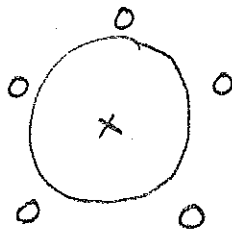


Jump to post. Take first cutter to your side or second cutter to the other side. Post defense must warn guard by calling HIGH POST!

# Ball - Handling

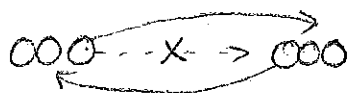
## Passing

### A. Ball in the ring



\* 6 players; 1 in center circle, 5 around him. Outside players try to pass around center man w/o ball being touched. Any touch is replaced by player who through pass. No lobs, no passes to immediate left or right.

### B. Two-Line Drill



\* Similar to above, except 2 lines are used. Alternate sides on pass.

### C. Rapid Handoff



\* 2 lines facing each other; Player A passes to player B and breaks to a point  $\frac{1}{2}$  way between the two lines. Player B passes back to A and cuts off of him, A hands to B, who fires a pass to the next player in line. Exchange lines.



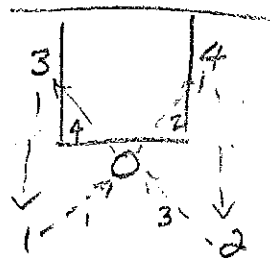
#### D. Passing to Post-Up



(2 on 2)

\* passer attempts to hit post-up man by using hook pass, get free by dribble.

#### E. Pepper the Post



\* 4 men plus 1 pivot man; 2 balls  
Player 1 passes to post who wheels and passes to 4.  
2 then passes to post who wheels and passes to 3,  
3 & 4 return passes to 1 & 2

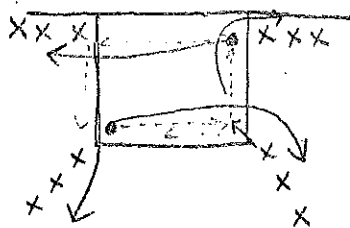
#### F. Contest the Pass



\* Player dribbles into trap situation. He must hold ball for 5 sec., then may pass out to another player.

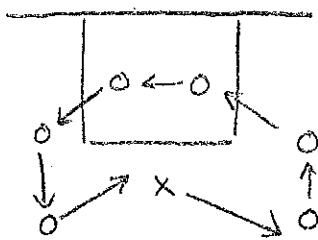
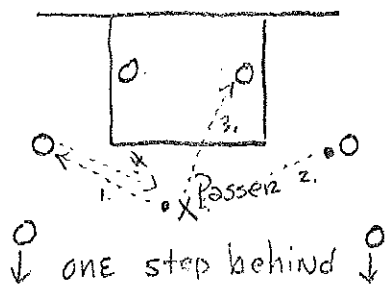
Variation: put a defensive player on receiver, make him come to the ball to receive

#### G. Pass-Return-Hand off (difficult)



\* Ball is passed to the right, then returned to original passer; original passer flips the ball up to same man he passed to, a goes to his inside. Catcher continues drill by passing to his right,

## H. Peripheral Vision Passing (2 balls)



\* Passer stands in the middle and passes randomly to any receiver on the outside. As soon as he releases, the other ball should be passed to him. Continue

addition: Coach yells "change" and all players rotate 1 position to the right, keeping the ball moving at all times.

## I. Bad Pass Drill (2 men; 1 ball)

\* All passes thrown must be poor ones. Stress the catching of passes w/ 2 hands.

## J. Hard Toss (2 men; 1 ball)

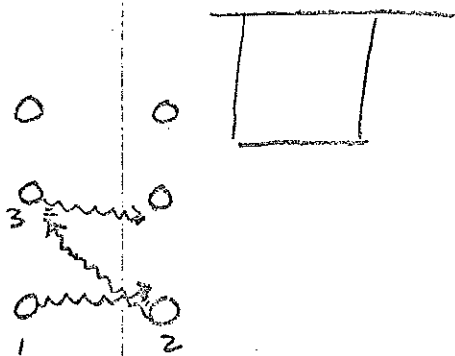
\* passer throws ball underhand hard, up & down the body

## K. Slap Ball Drill (2 men; 1 ball)

\* Passer faces catcher, Catcher's back turned. Passer slaps ball then passes. Catcher must pivot & catch pass.

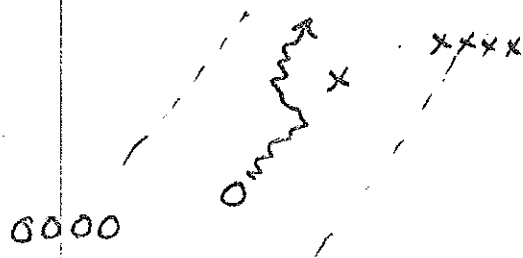
## Dribbling

### A. Dribble : Handoff



- \* 2 groups, facing each other.
- 1st dribbler low dribbles to opposite side and hands off ball to 2nd man.
- 2nd man dribbles to opposite side #3 ...ect.

### B. Evading the defense



- \* dribbler tries to dribble by defense in a limited area

### C. Wave Drill

x x x x x

c

- \* 4-5 lines; one ball each line
- Coach directs players to move in a certain way with hand signals (left, right, up, back)
- upon whistle, players dribble full speed length of court.
- addition: make them dribble 2 balls at once.

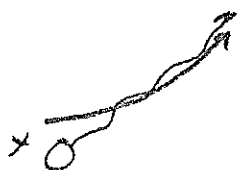
#### D. Trailer Drill



\* 2 groups; opposite ends of floor  
Player 1 starts dribbling length of court with Player 2 trailing.

$\frac{1}{3}$  of way down, Player 1 stops and side passes to Player 2, who continues down court trailed by Player 1... ect.

#### E. Chase the Dribbler



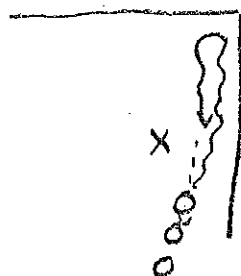
\* 2 lines; opposite ends of floor  
Player 1 starts his dribble chased by Player 2. Player 2 tries to overtake and steal the ball or disrupt the dribbler.

#### F. Loose Ball Recovery



2 lines  
\* Coach rolls ball on floor, both players chase ball to recover. Dribble length of floor as in chase drill.

#### G. Backing out of the corner



\* offense vs. Defense, offense dribbles with ball away from defense into corner. He dribbles back out closely guarded at all times.

## H. Don't Walk Drill

\* Passer fakes either a drive or pass in one direction and dribbles 2 bounces in the opposite direction & passes to other player who is working to get open.

## TEACHING OFFENSIVE BASKETBALL

In teaching offense, here are some objectives I strive for. In addition are some breakdowns of what to teach in certain areas of the offense.

1. All drills and skills should be related to your offensive philosophy.
2. Attempt to practice a combination of skills in the drills, with a lot of repetition.
3. Use small groups of two and three men as often as possible.
4. Introduce the drill and how it fits into the offense.
5. Make the drills as gamelike as possible.
6. Spend a lot of time on shot selection. I want every player to shoot 50 % from the floor. I try to help the players realize the difference in offensive skills of each player.
7. Shooting percentages and foul shooting percentages are more closely related to winning and losing than any other stat.
8. Connect offensive rebounding with as many drills as possible.
9. I place emphasis on quick movement of the ball and the players. Running in all drills.
10. Teach passing as part of drills for other skills.

### SHOOTING AND PASSING

1. Basketball position- start with the foul shot
  - a. hand position
  - b. arm position
  - c. release and follow through
  - d. have them make 25 foul shots a day
2. Jump shot and layups
  - a. fundamentals and adjustments
  - b. 3 line offense warm up
  - c. 3 line lanes- jumper, layup, rebound
  - d. 3 line fast breaks-jumper, layups, and rebound
  - e. Hey drill
  - f. 3 and 5 man weaves
  - g. competitive shooting in pairs
  - h. 3 on 2, 2 on 1
3. Offensive moves
  - a. Rucker step
  - b. 1 on 1 from 18 feet
  - c. 4 on 4 and 3 on 3 drills

## TEACHING OFFENSIVE BASKETBALL(con't)

3. Offensive moves
  - d. 1 on 1 post moves (power layup, power hook, baby hook)
  - e. 2 lines for backdoor, forward to post.

### OFFENSIVE MOVES VS. THE ZONE

1. post to post passing
2. outside 3 shooting
  - a. must have a point
  - b. move and know position of other players
3. Box and 1 passing and shooting
  - a. over the top pass
  - b. rotation

### BREAK SKILLS

1. lanes
2. 3 man break
3. 5 man from defense
4. 3 on 2, 2 on 1

### DRIBBLING

1. 3 line drill for change of hands and speed.
2. behind back
3. between legs
4. 1 on 1 full court dribble with defense
5. use both hands and protect ball from defense

### OFFENSIVE REBOUNDING

1. tip ups
2. UCLA 50
3. 2 on 2 rebounding

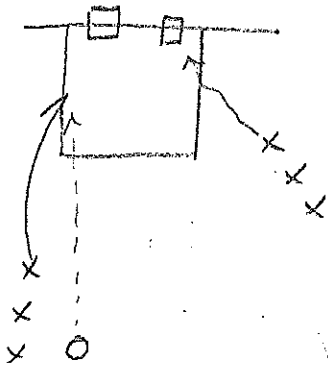
### 5 ON 5 OFFENSE

1. 10 passes before shot unless a layup
2. layups only practice
3. to break press
4. alternate zone and man to man practice daily

# Shooting Drills

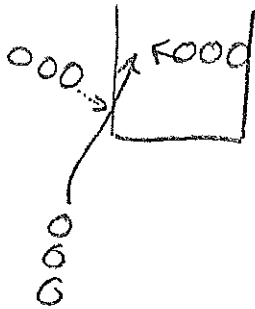
## Lay-Up Drills

### A. High Jump Drill



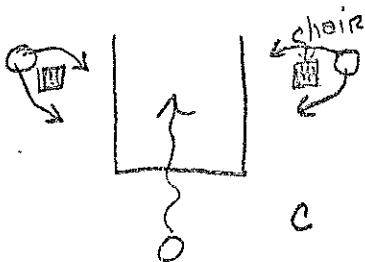
- \* players attempt a layup with a chair or pole beneath them & behind the board to prevent them from jumping forward too far. Add in full length lay-in w/pass

### B. Control Lay-up



- \* When shooting layup from a pass, offensive player protects the ball from the defense, who tries to dislodge the ball

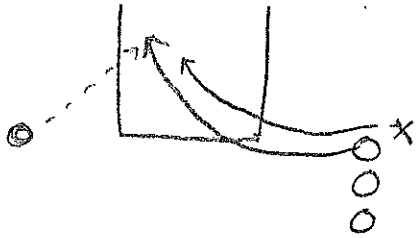
### C. Seeing Open Man



- \* Player drives the lane looking for open man veering to the hoop. Players veering can be signaled by the coach as to what side he wants to move, if any. Vary the layup angle.

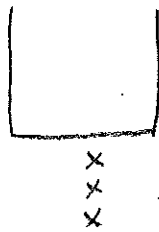


#### D. Cut off the Defense



\* Player A makes a move to basket  $\frac{1}{2}$  step ahead of defense B. A tries to cut-off the defense. B tries to get position to draw foul. Off  $\rightarrow$  Def  $\rightarrow$  Passer

#### E. Speed Layups



\* starting from F.T. line, players try to make as many layups as possible, returning to F.T. line after each shot.

## Jump Shot Drills

### A. 1-minute drill

\* 2 players, one ball. Shoot for 1 minute. Rebounded by other man. Offense should make some offensive move before receiving pass. Count # of shots made.

### B. Shots from offense

\* use offensive patterns from the game to devise shooting drills.

### C. Competition

\* devise drills where winners must shoot in a designated number of shots from a prescribed place on the floor. (Teams split up in equal groups) Losers RUN.

### D. F.T. Jump Shot

\* Shooter starts at F.T. line, and tries to make 6 shots in 20 seconds. He must retrieve his own ball & return to F.T. line each time. (5 good; 4 over)

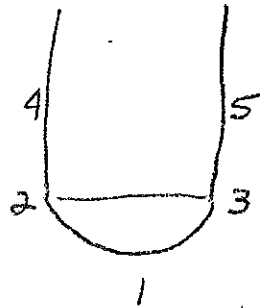
## Match-Up Zone

### - Concepts:

- 1) You never guard a man, but have a responsibility to his position on the court.
- 2) When on a man, give him the attention that he warrants  
(ex.: good outside shooter - play tighter; good driver - play loosely)
3. Keep your responsibility near "home"

### Alignment

1-2-2 set "home"



- #1 - one foot above top of circle
- #2/3 - one foot outside lane
- #4/5 - above 1st block; straddling key line

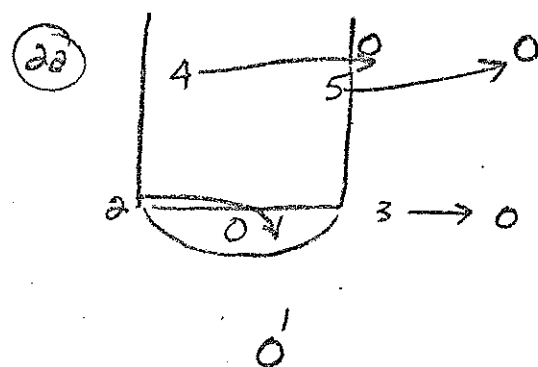
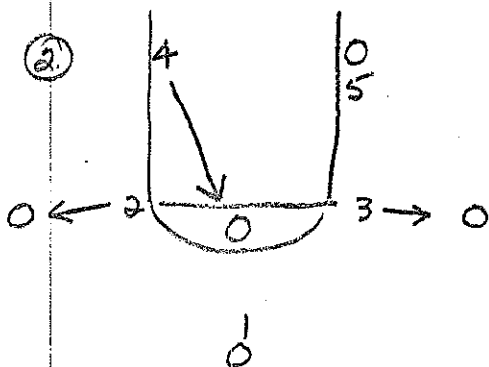
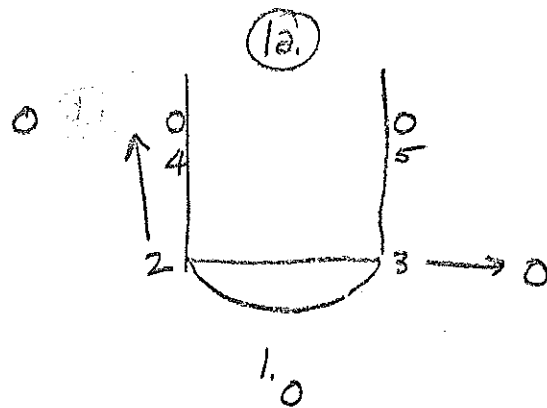
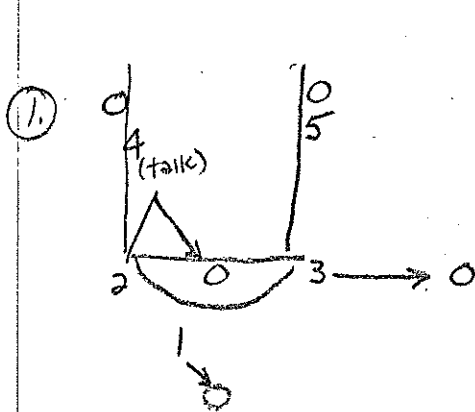
### Rules

- #1 - Everyone reacts to his movement  
Tries to force movement to his left  
Takes 1st man to his left (usually point guard)
- #2 - Jam the middle (hand in passing lane)  
Takes 1st man on 1's right (wing man usually)
- #3 - Jam the middle (hand in passing lane)  
Takes 1st man on 1's left

Note: If no man exists to left or right of 1, 2/3 must back off and listen to 4/5 for proper coverage. (see Diagram 1-1a)

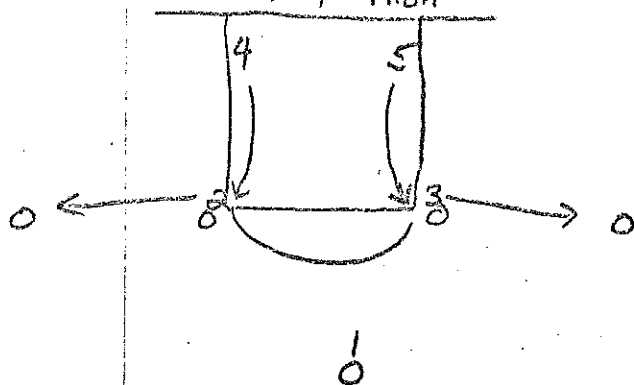
- #4 - Takes low post on your side
- #5 - Takes low post on your side

Note: If no low post on your side, take high post; If no high post exists, retreat and look to switch responsibility with 4 (2a.)

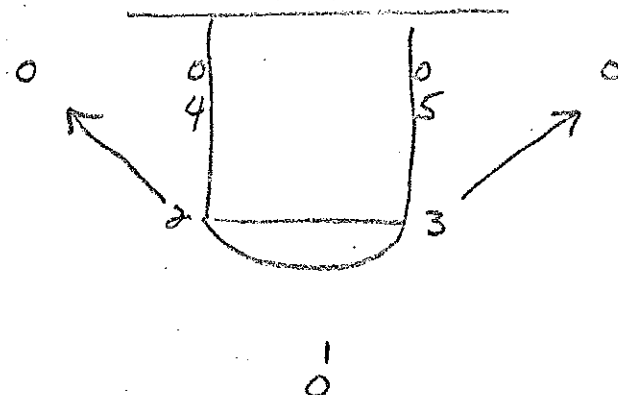


# Other Situations

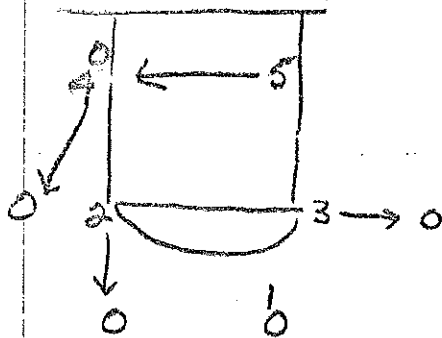
1-4 high



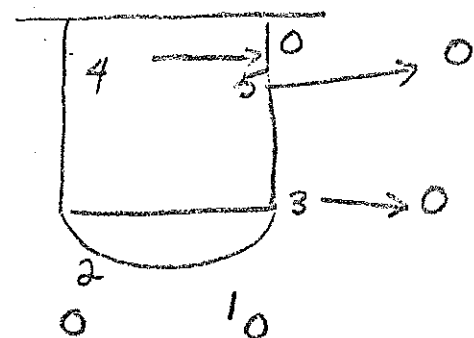
1-4 low

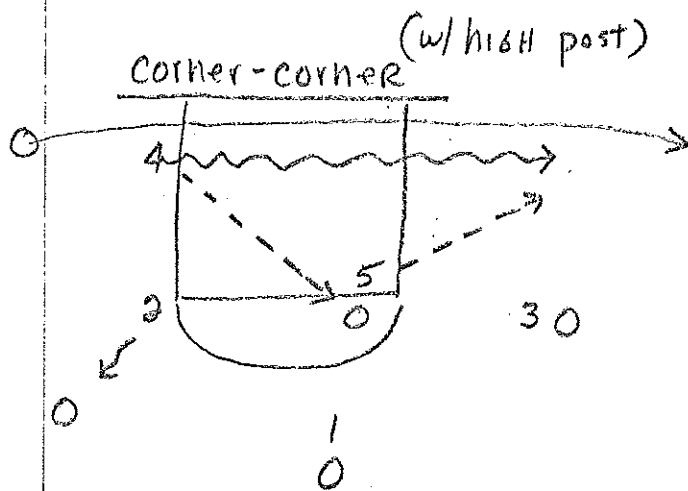


overload (you must TALK)



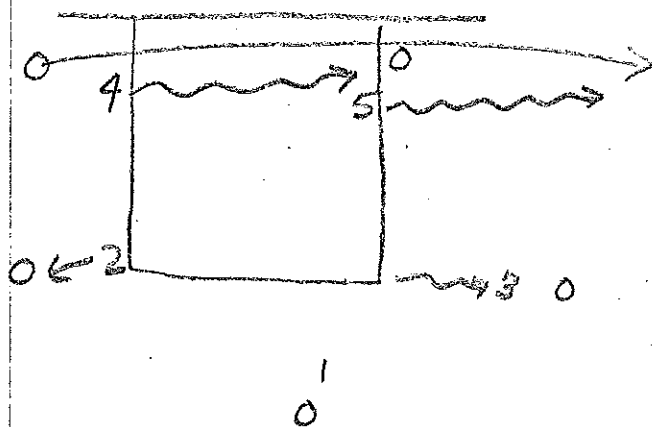
(2-guard front)



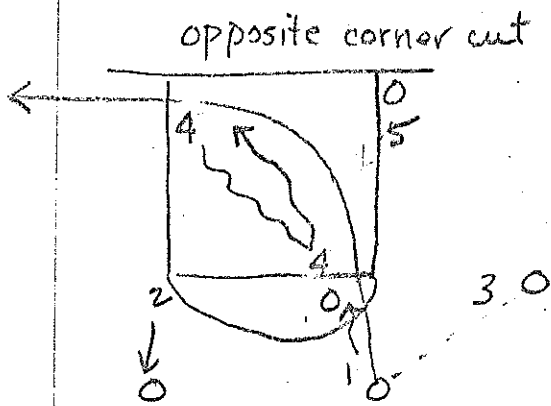


4 has no one to release to, stays with him until a release can be found  
 Variation: automatic "call" switch w/ 4 & 5. (see dotted line)

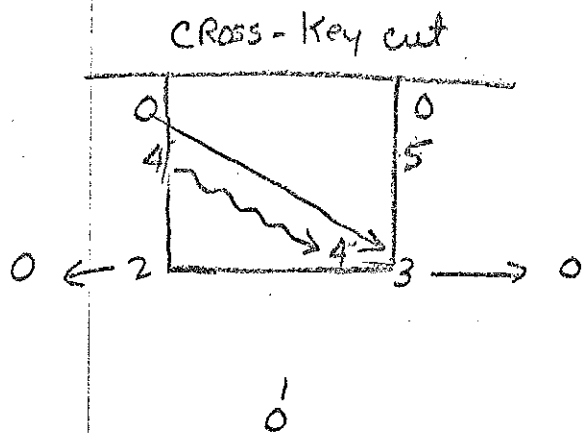
Corner-corner (w/ low post)



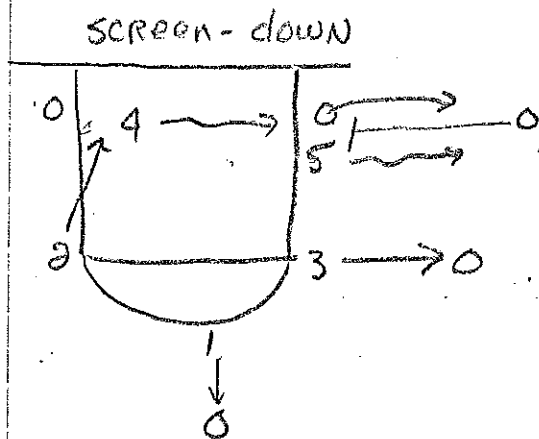
4 automatic switch w/ 5, all others match-up,



4 comes to high post to cover his responsibility. As the guard cuts, 1 follows and releases him to 4, who now assumes his responsibility. 1 has high post



4 stays with man the complete way, since he cannot release him to another player. All others in the same match-up set.



4 moves over to cover low area. 5 covers corner, 4 & 5 automatic switch upon screen.

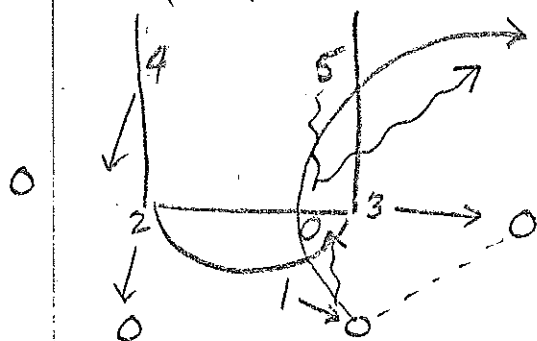
# CUTTING

## Rules

- 1.) You must stay with your responsibility until you can turn him over to another teammate. Play cutla m-m. <sup>(until switch)</sup>
- 2.) stay as close to "home" as possible and still cover your responsibility.
- 3.) automatic switch all coverages on a cut, call - "CROSS"
- 4.) The defensive player stays with his man on a drive allowing no penetration. all others remain matched-up.
- 5.) step in front of cutters whenever possible; draw the charge

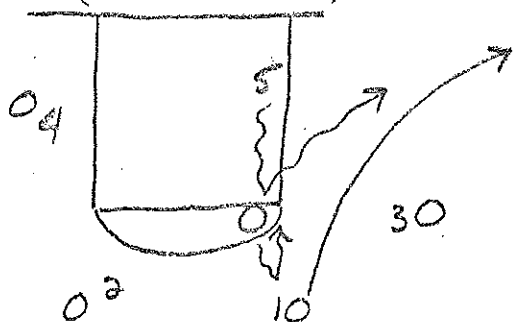
examples:

(deep cut)



5 would normally take high post. When the cut occurs, 1 stays with his man until he can release him to 5 who has the high post. 1 then has the high post, 5 has the corner

(shallow cut)



Same coverage as above





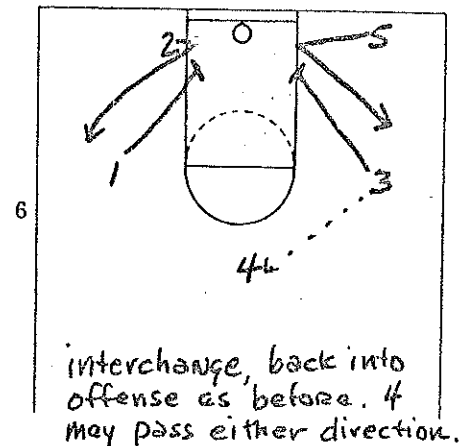
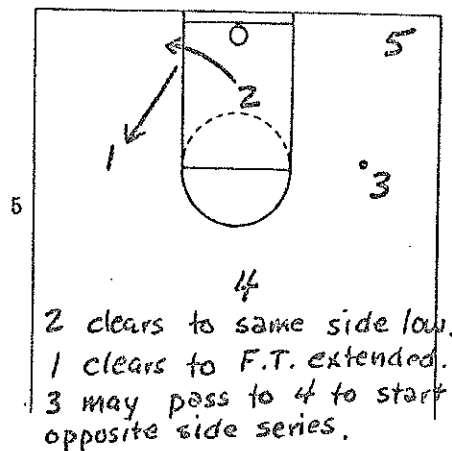
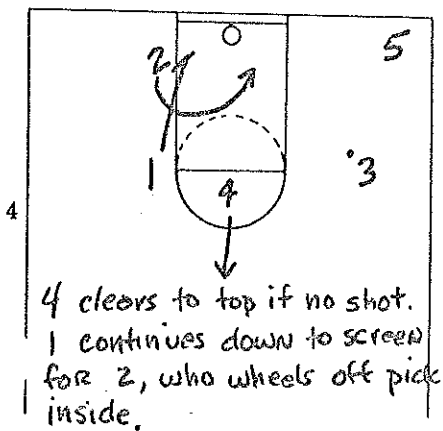
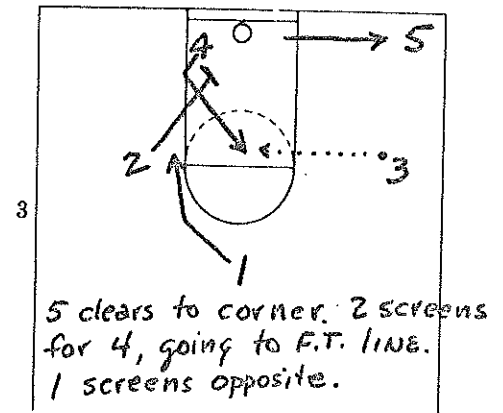
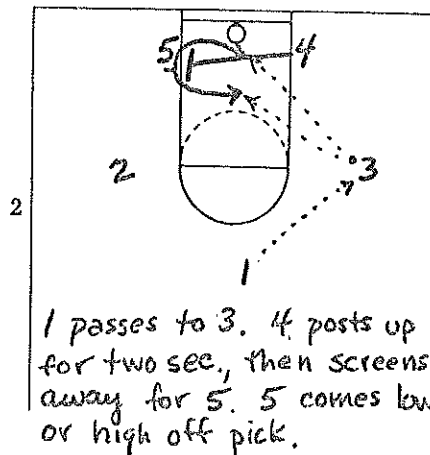
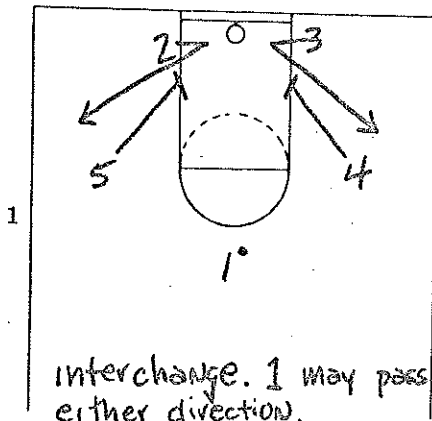
# BASKETBALL SCOUT PAD

## Man-Man Passing Game

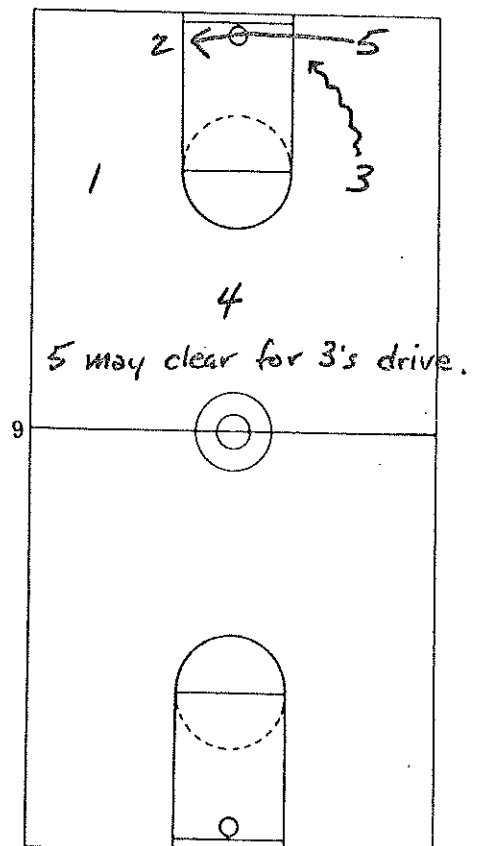
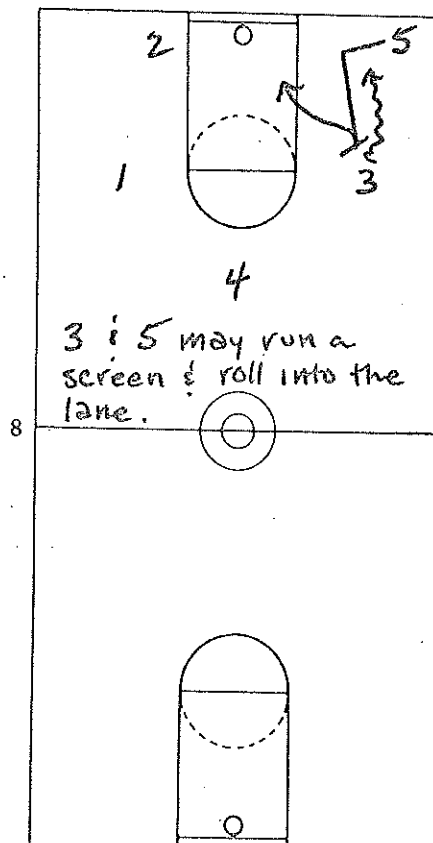
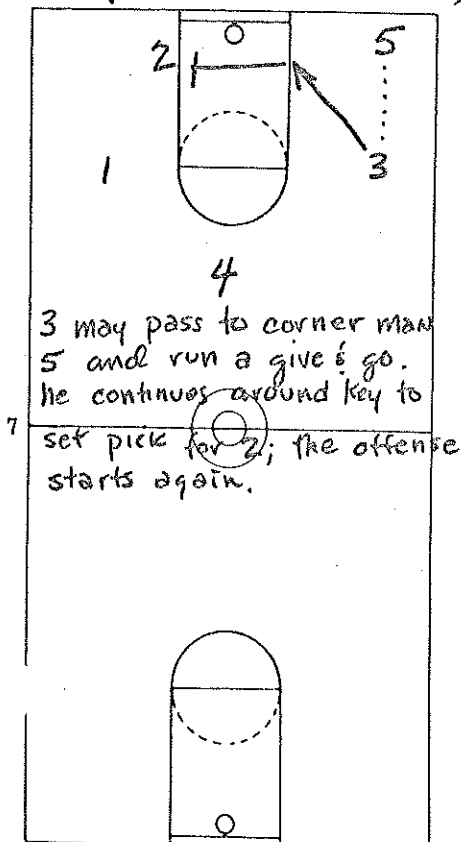
DATE \_\_\_\_\_

### "The Wheel"

PLACE \_\_\_\_\_



### Variations (see #5-6)





# BASKETBALL SCOUT PAD

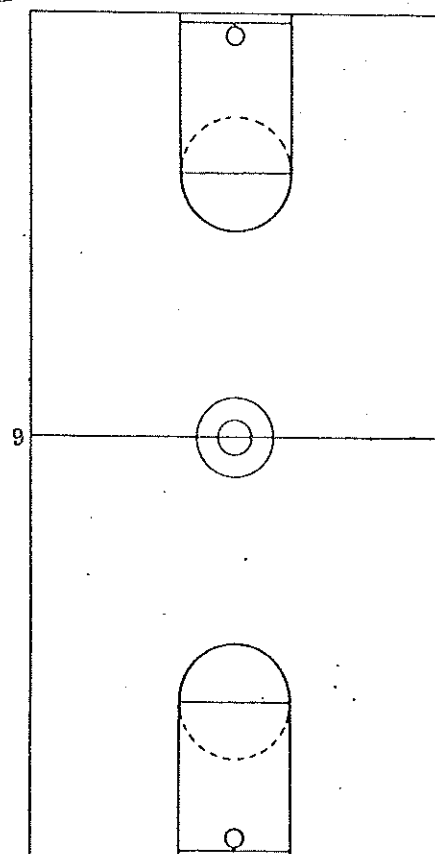
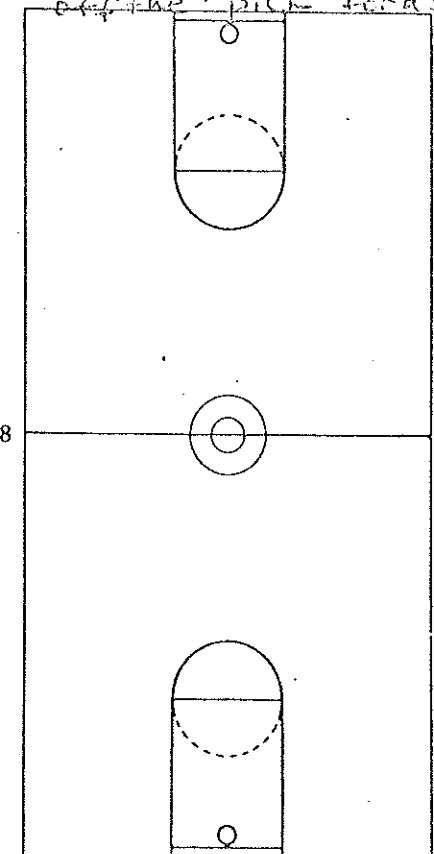
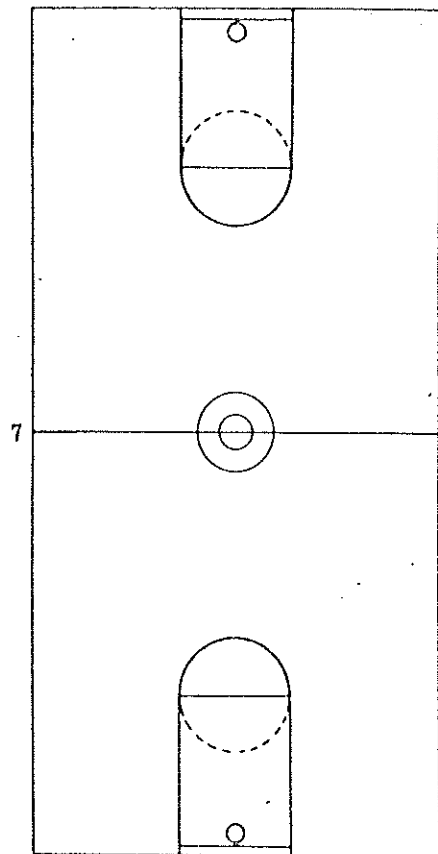
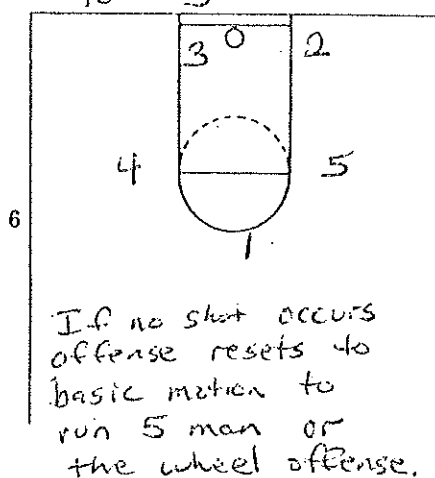
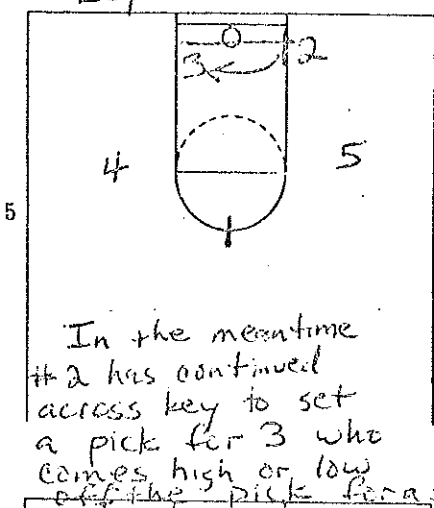
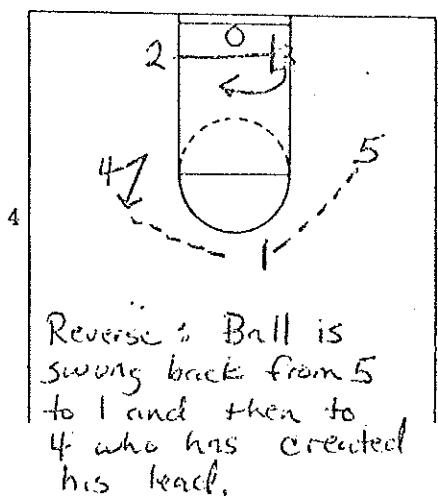
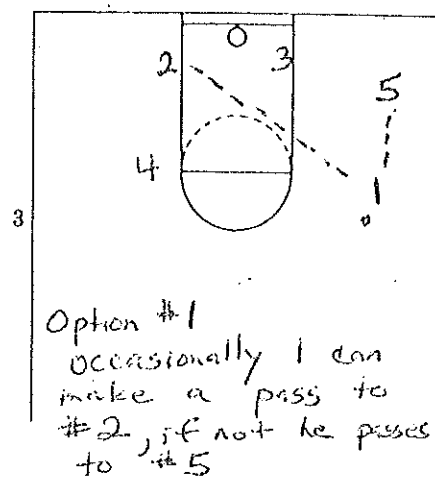
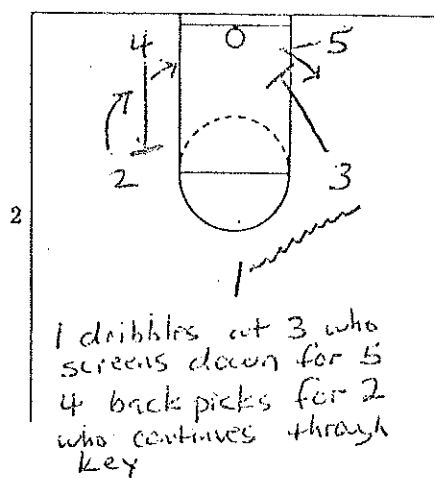
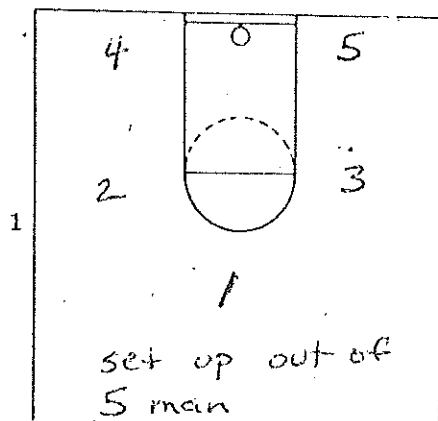
5 Man

VS.

#1

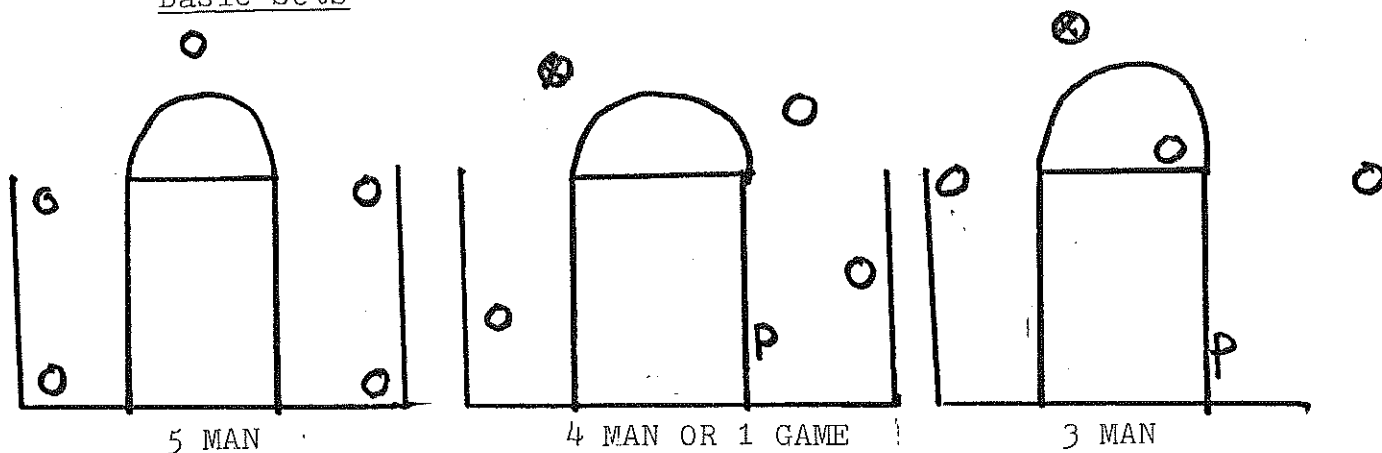
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## PASSING GAME(con't)

### Basic Sets



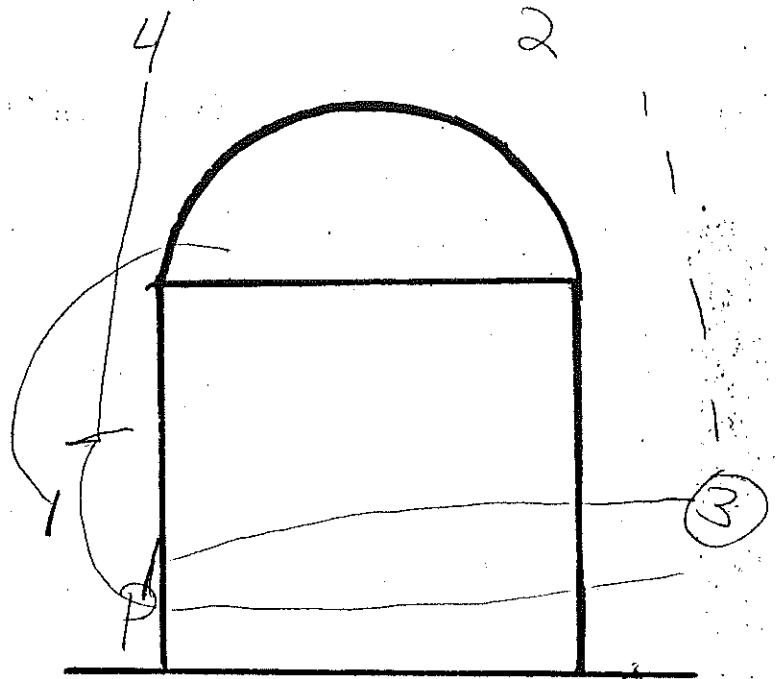
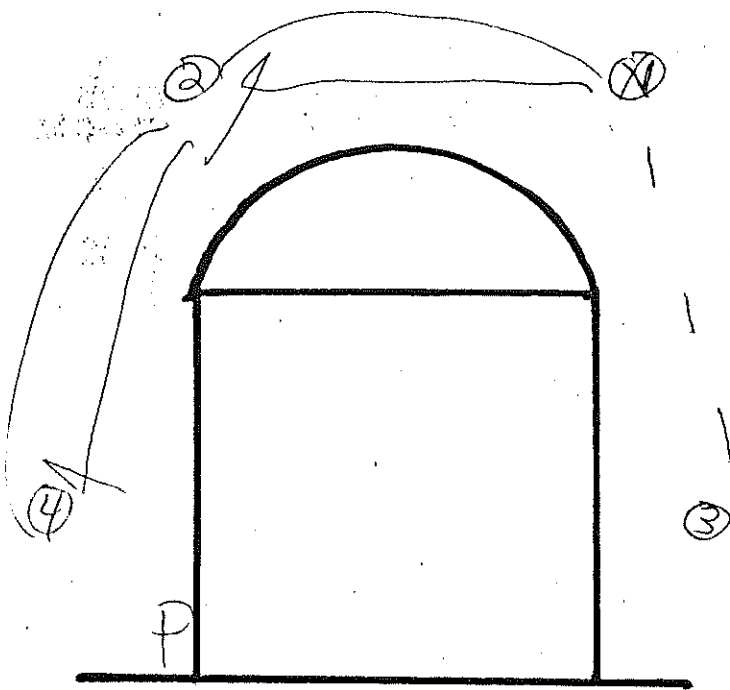
### Teaching Drills

1. 1 on 1
  - a. Outside- Rockerfake, cross over.
  - b. Inside-Power to middle and baseline, turn around jumpers, power hook, and cross over.
2. Offense warm up- 3 lines
  - a. Call out basic cuts- give and go, screen away, cut over cut, under, jab step.
  - b. Teach receiving, passing and offensive rebounding.
3. 3 on 3 half court using rules-5 passes or layup.
4. 4 On 4 half court, using rules - 5 passes or layup.
5. 3 on 3 weakside offense.
6. 3 on 3 ballside offense.
7. Post to post passing.
8. 2 on 2 in the post.
9. 5 on 5 , 5 passes or a layup.

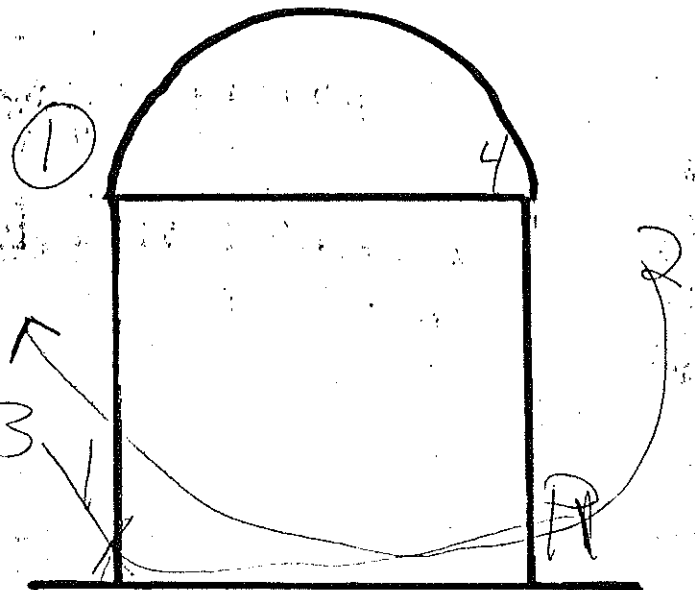
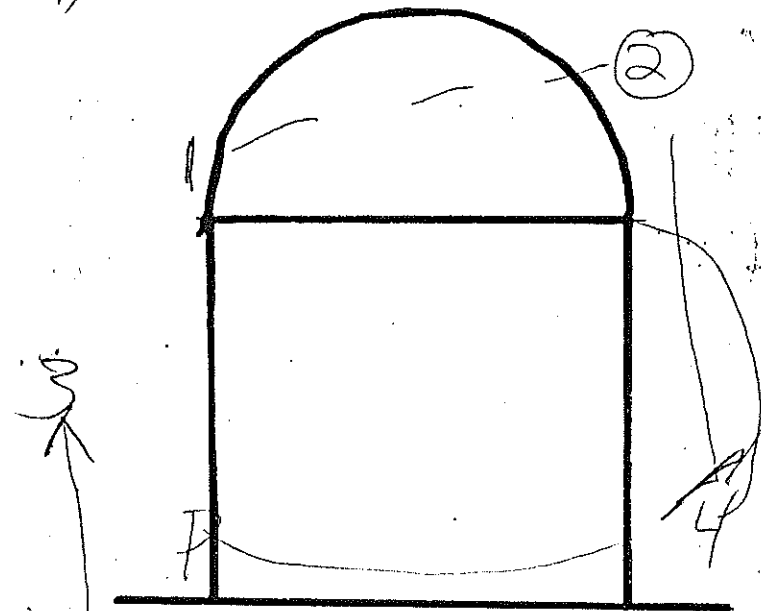
### Adjusting the passing game to your material

1. Using the outstanding post player- 3 and 4 man game.
2. Using the post player who cannot play outside and lacks scoring moves inside- 4 man game.
3. Posting guards and forwards- 5 man and 4 man game.
4. Controlling the quick shooters.
5. Using the good outside shooter.

# 4 man Passing Game with Low Post



- 1) Post stay low and opposite the ball
- 2) Pass down / screen away
- 3) Screen to baseline
- 4) Pass up from baseline; screen across and down

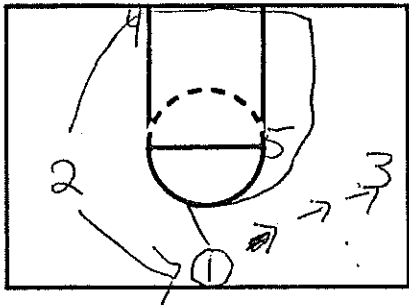


- 5) Guard to Guard; screen down
- 6) Post Rotates
- 7) 3 Screens all across key

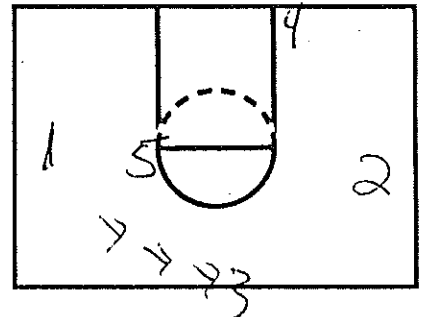
# HIGH POST OFFENSE

## options

- 3 hit 1 for layup
- 3 drives
- 3 hits high post

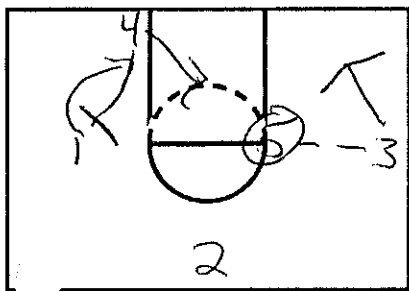


## Reset

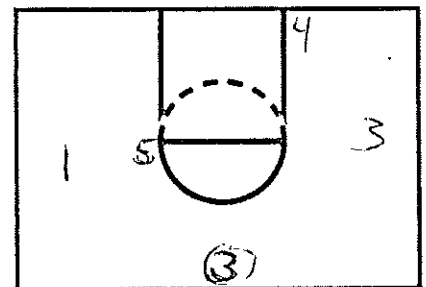


## options on Pass to High

- 3 back cuts
- 4 back screen for 1
- 4 flashes for pass
- 5 Takes jumper
- 5 Passes out

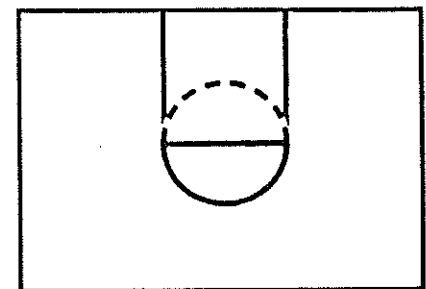
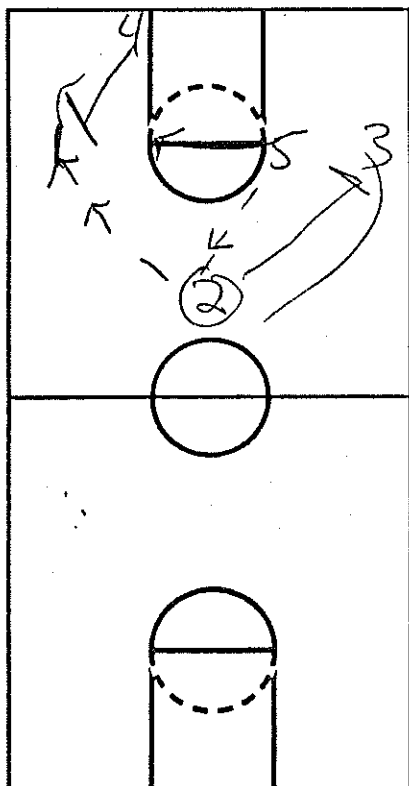


## Balanced



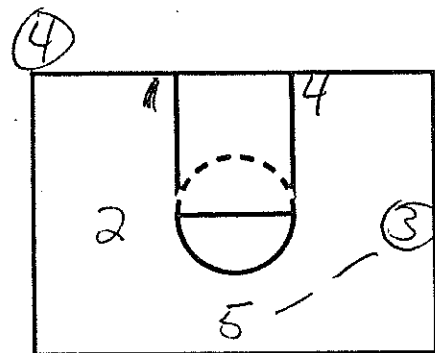
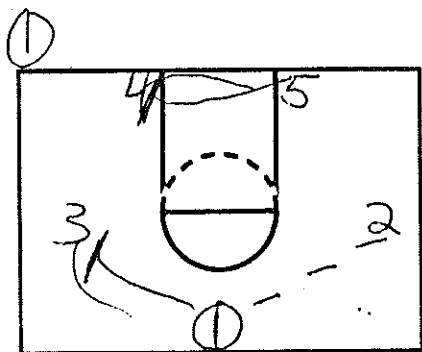
## Option on weakside

- 4 and 1 screen/Roll
- 1 hits 4 posting up
- 5 comes across for pass
- If 5 comes across, 4 goes low opposite

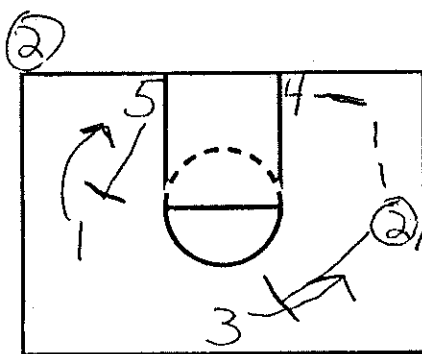


## 5 MAN PASSING GAME

4 should be best post player.

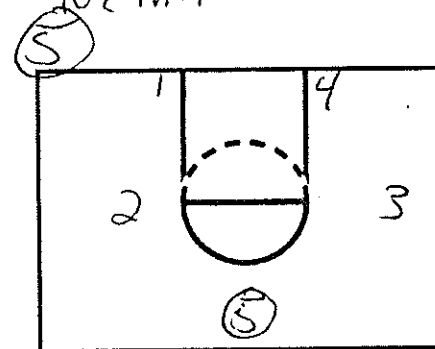


### Options

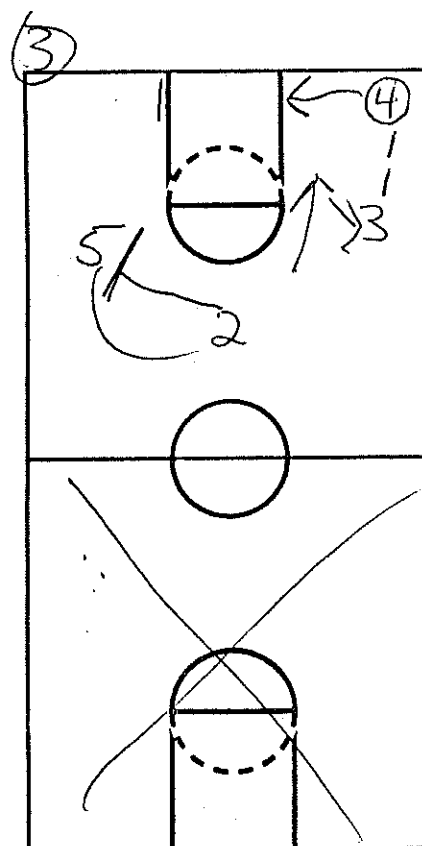


- ② - look for 4 on back cut for layup.
- ② - hit 3 and Reset
- ② - Screen and Roll w/4
- ② - Pass to 4 in baseline

Reset and ready for initiation.



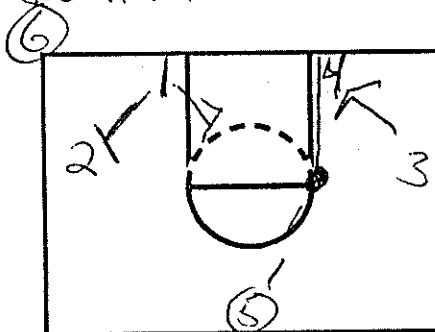
### Options



- ④ hits 1 on backcut
- ④ hits 3 on cut to hoop
- ④ passes to 3 and reset

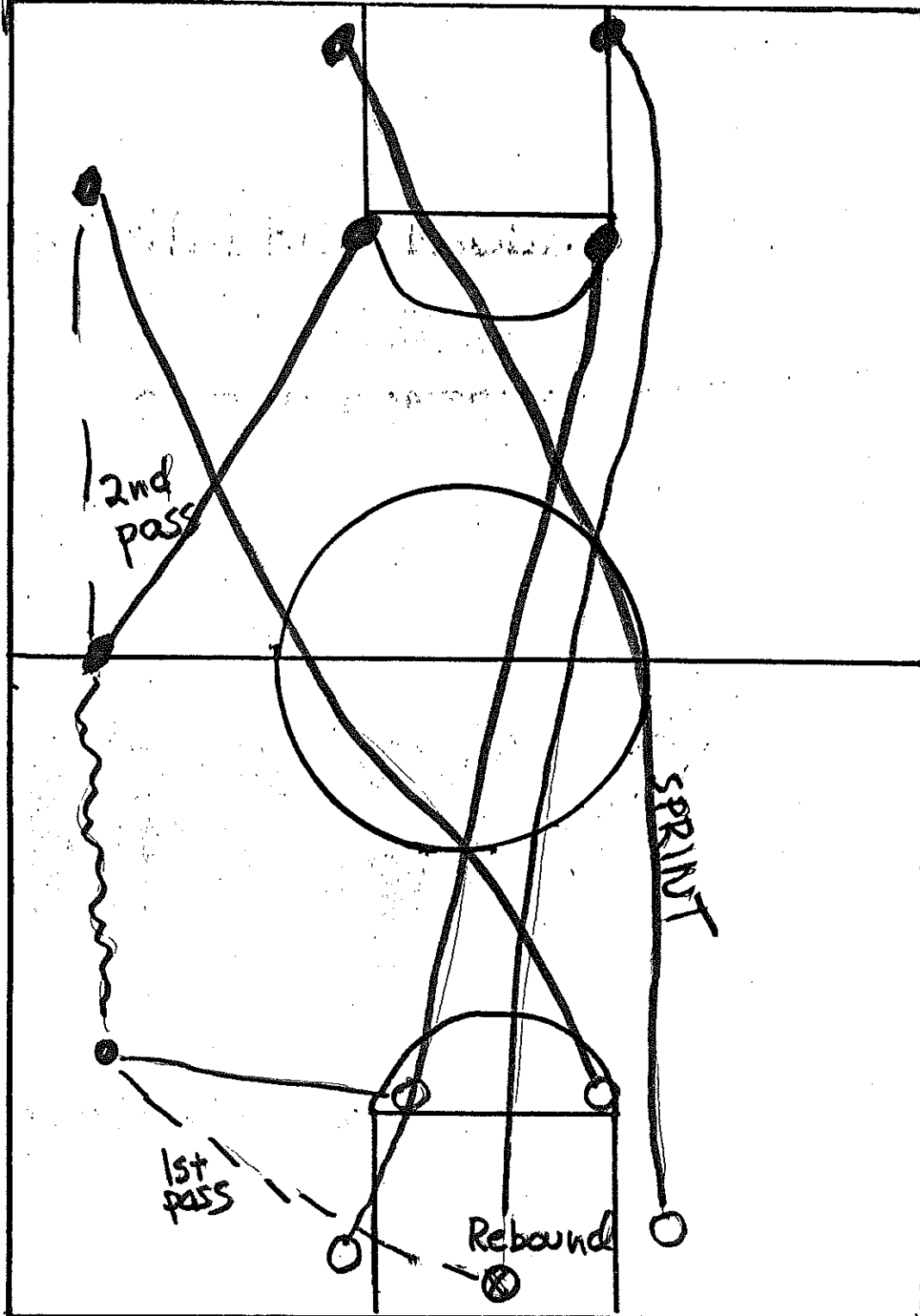
### Options

- 1 flash
- 3 backdoor
- 1 screen for 3 on backcut



# EARLY OFFENSE

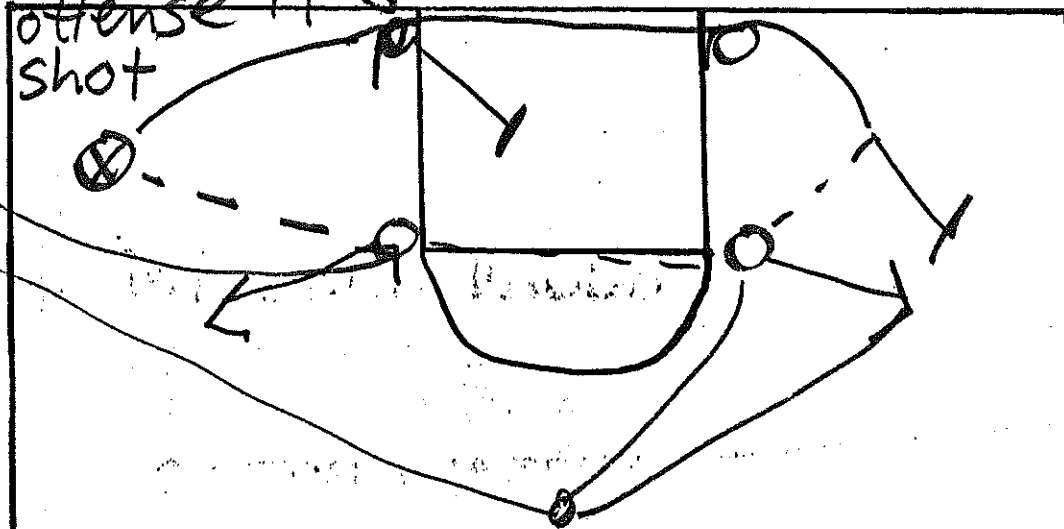
1. Guard on ball side gets outlet.
2. Other guard gets 2nd pass.
3. Man who outleted fills opposite low
4. Opposite forward fill ball side low



5. Guard who makes 2nd pass fill hi ball side
6. Middle forward fills opposite high side.

## EARLY OFFENSE (cont)

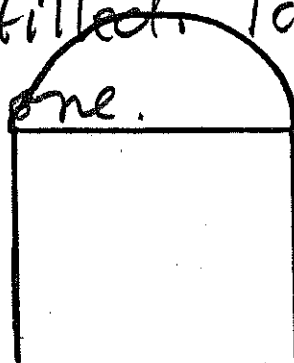
- ① Swing after passing to hi post
- ② Flash after screening
- ③ Swing the ball if no shot
- ④ Set offense if no shot



- 5) Many option (can be run) in early stages.

- 6) at least swing the ball 1 time
- 7) set screens!!

- 8) In coming down, make sure all positions are filled. Take the first open one.







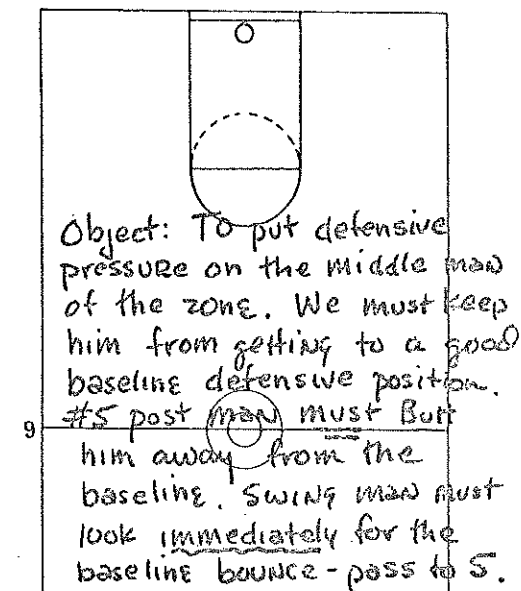
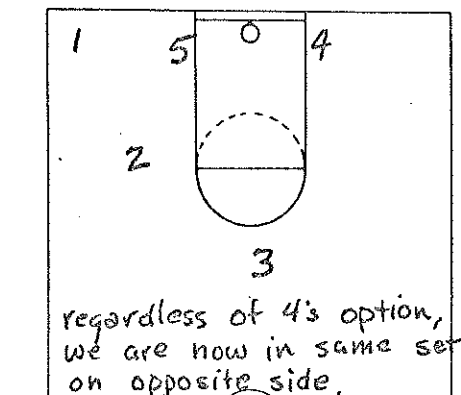
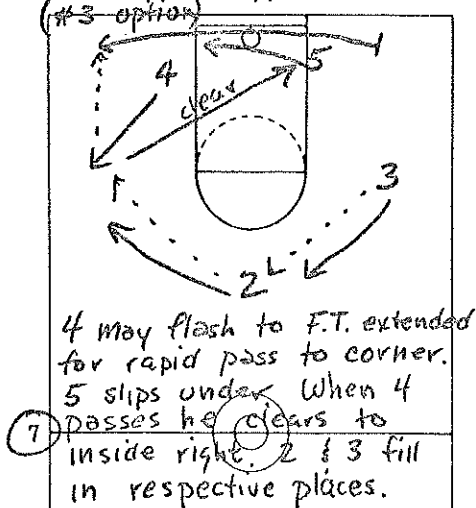
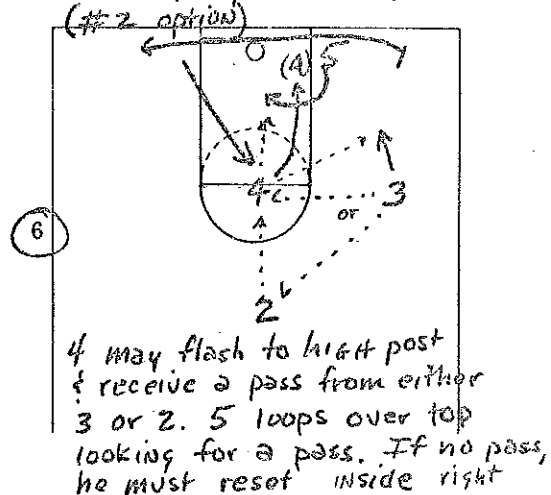
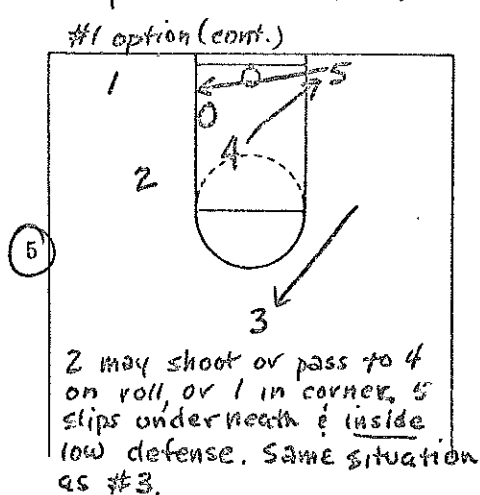
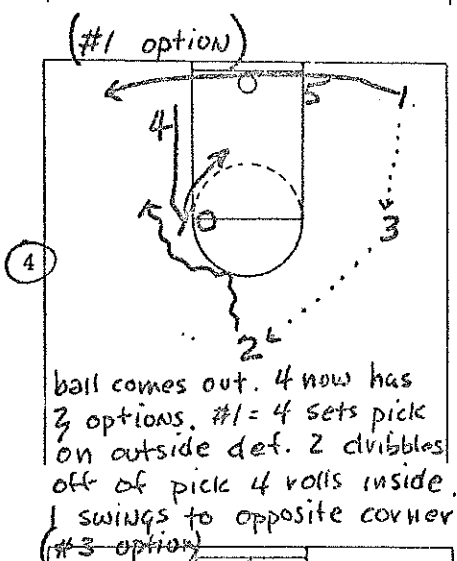
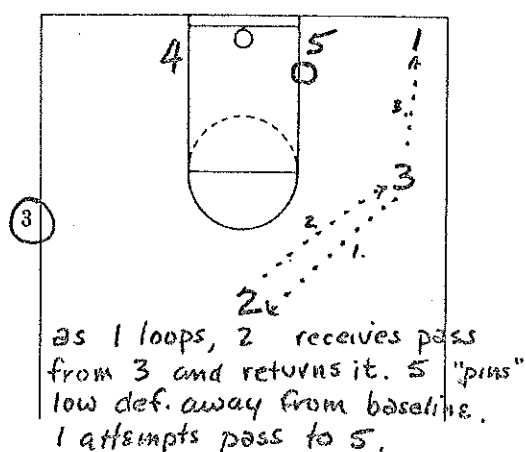
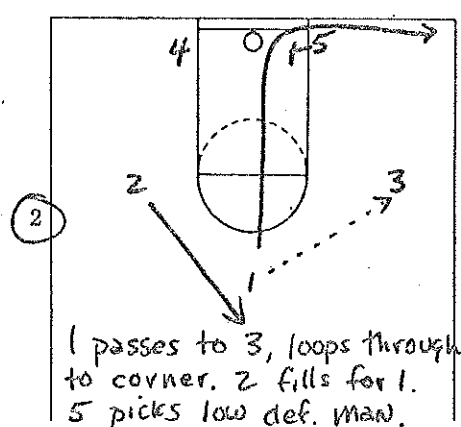
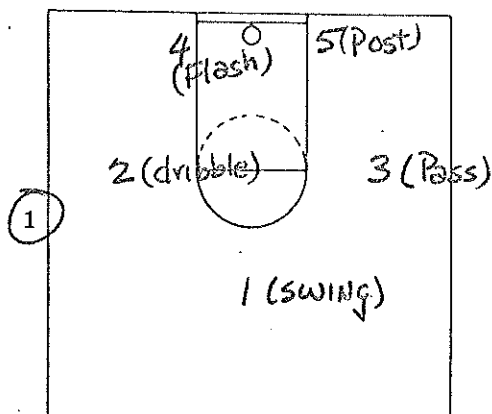
# BASKETBALL SCOUT PAD

## Zone Offense

"Sacramento"

DATE \_\_\_\_\_

PLACE \_\_\_\_\_



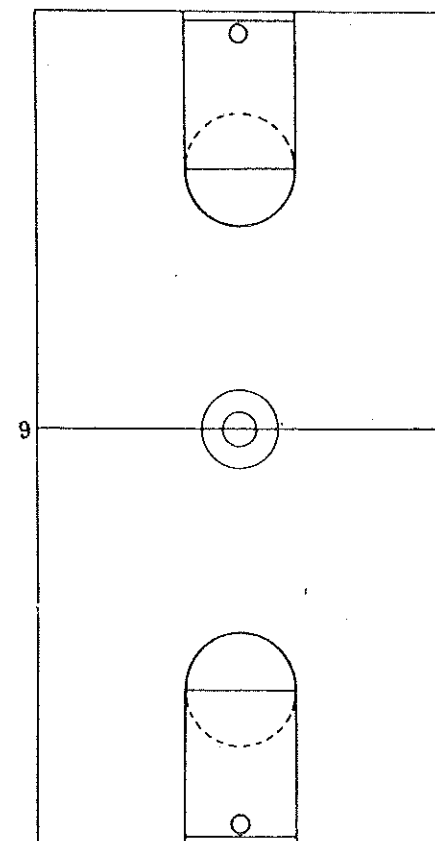
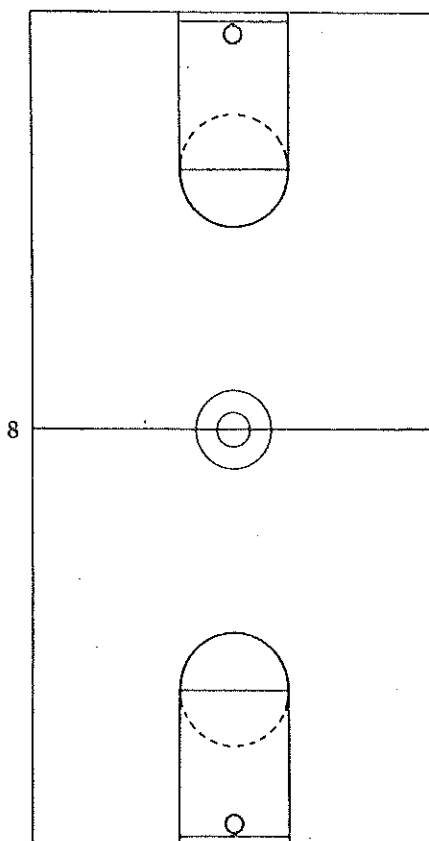
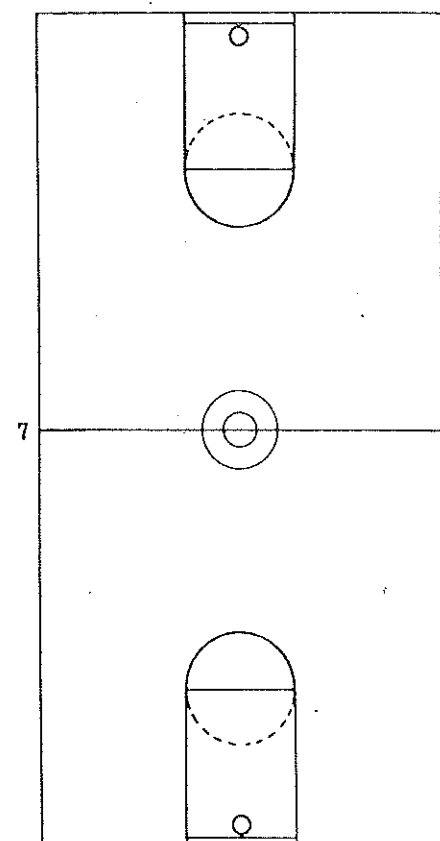
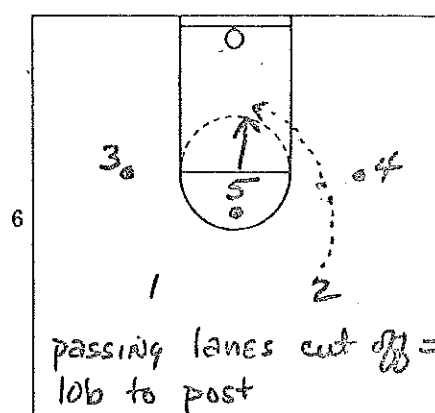
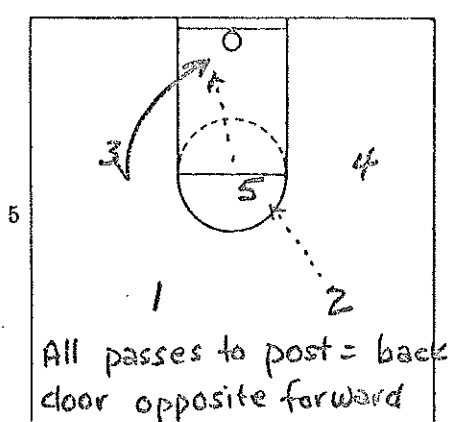
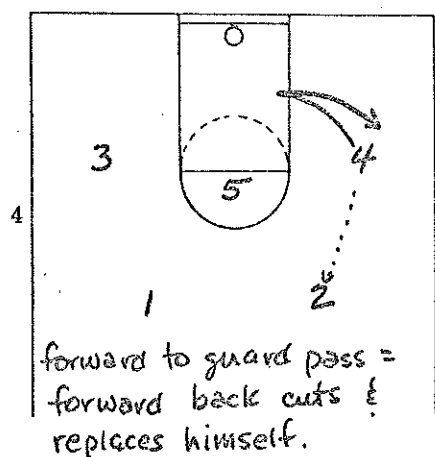
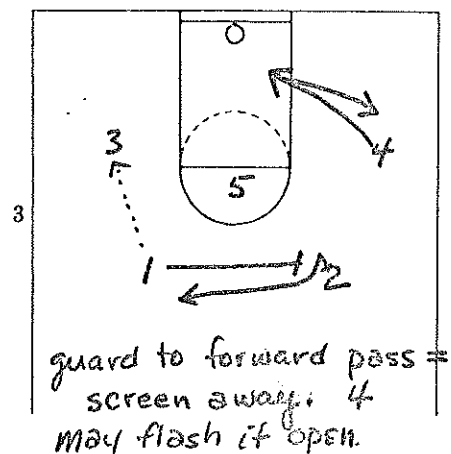
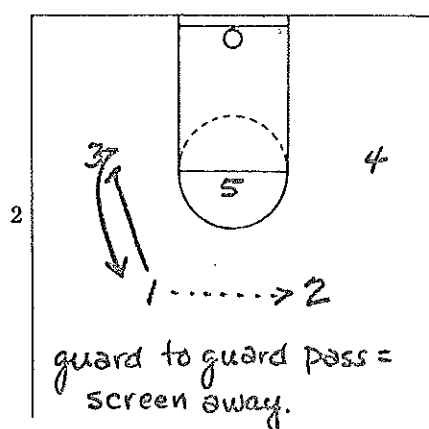
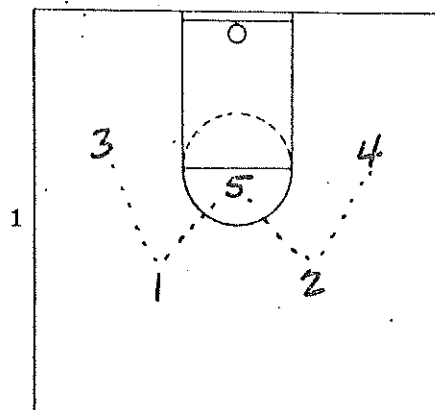


# BASKETBALL SCOUT PAD

## "W" Delay Game

DATE \_\_\_\_\_

PLACE \_\_\_\_\_



# YO-YO ZONE OFFENSE

### RULES

The point guard always follows his wing pass by cutting and filling opposite.  
Never hold ball longer than 3 seconds.

### OPTIONS

3 can hit 4 or 5  
3 can reverse ball

### OPTIONS

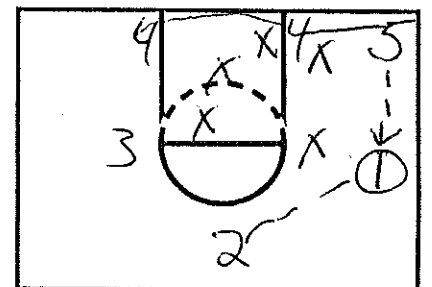
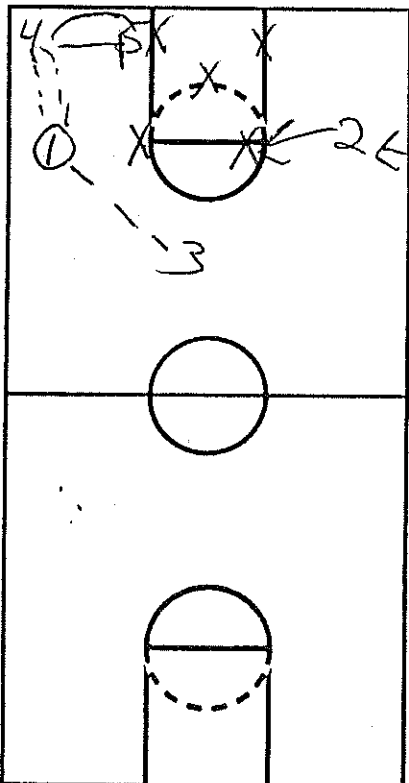
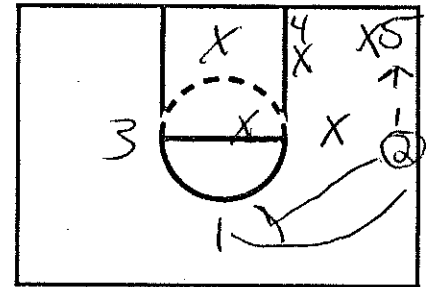
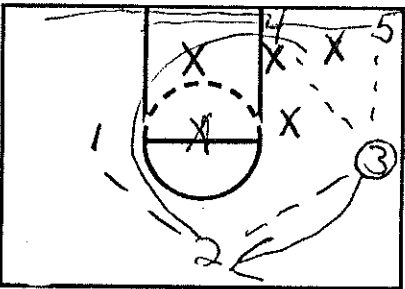
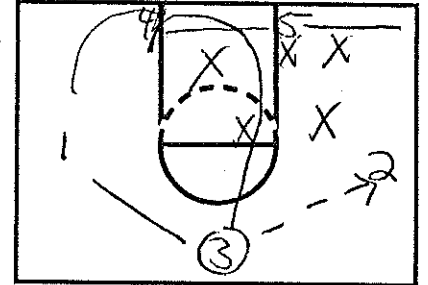
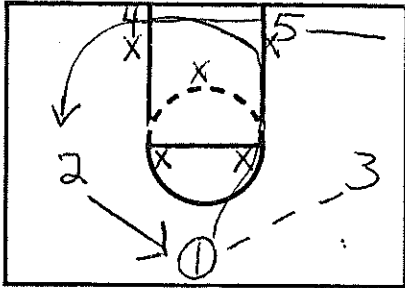
If 1 hits 4, when 4 returns, 4 and 5 exchange  
1 can look in gaps for 2  
1 can reverse ball

### RULES

always reverse the ball once before taking a shot.

The weakside wing should be ready to rebound.

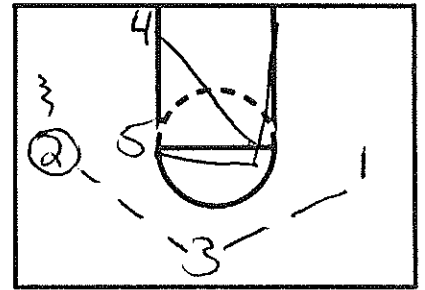
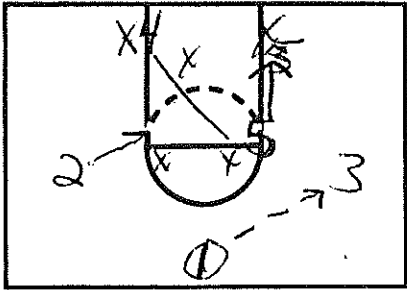
If wings passes down, he exchanges with guard.



# HI-LOW POST ZONE OFFENSE

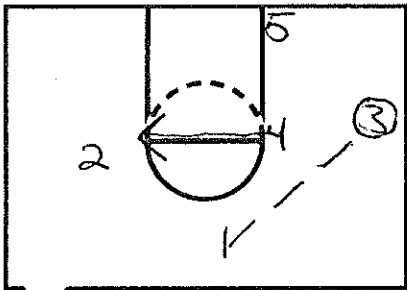
## RULES

Post players must time their cuts.



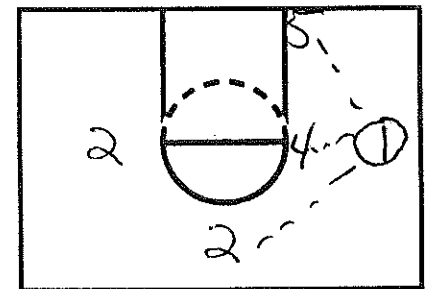
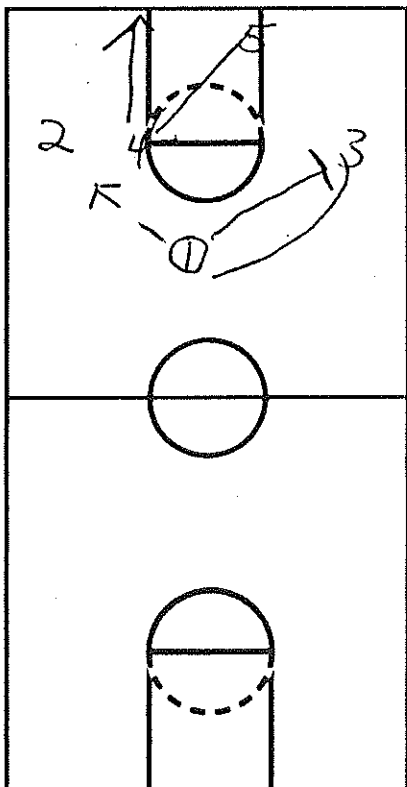
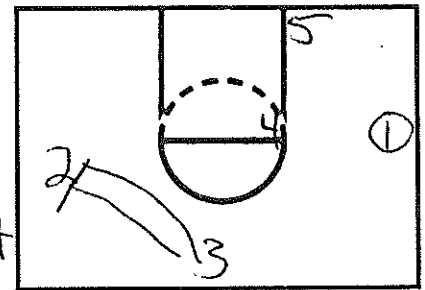
## OPTIONS

3 looks for 4/5 Posting  
3 shoots, or reverses ball

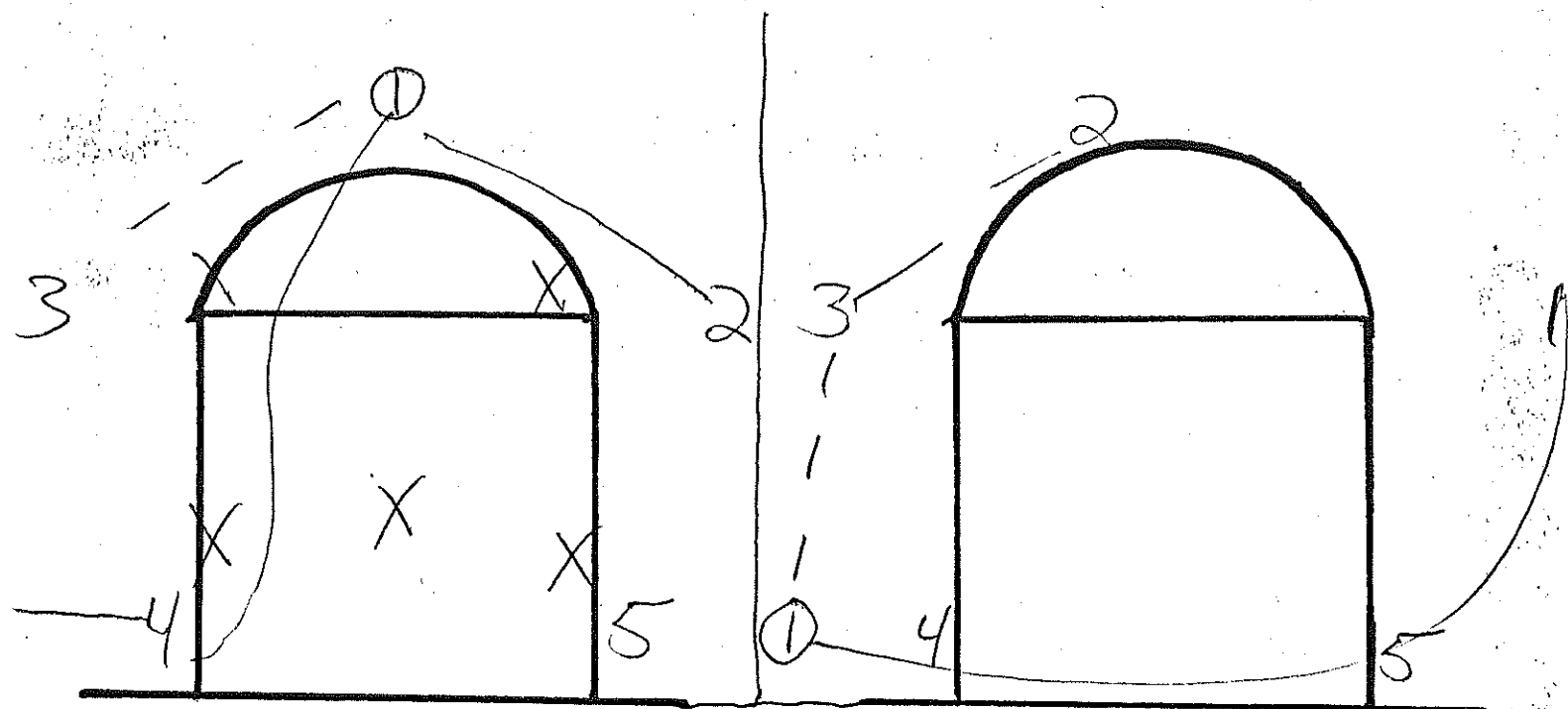


## RULES

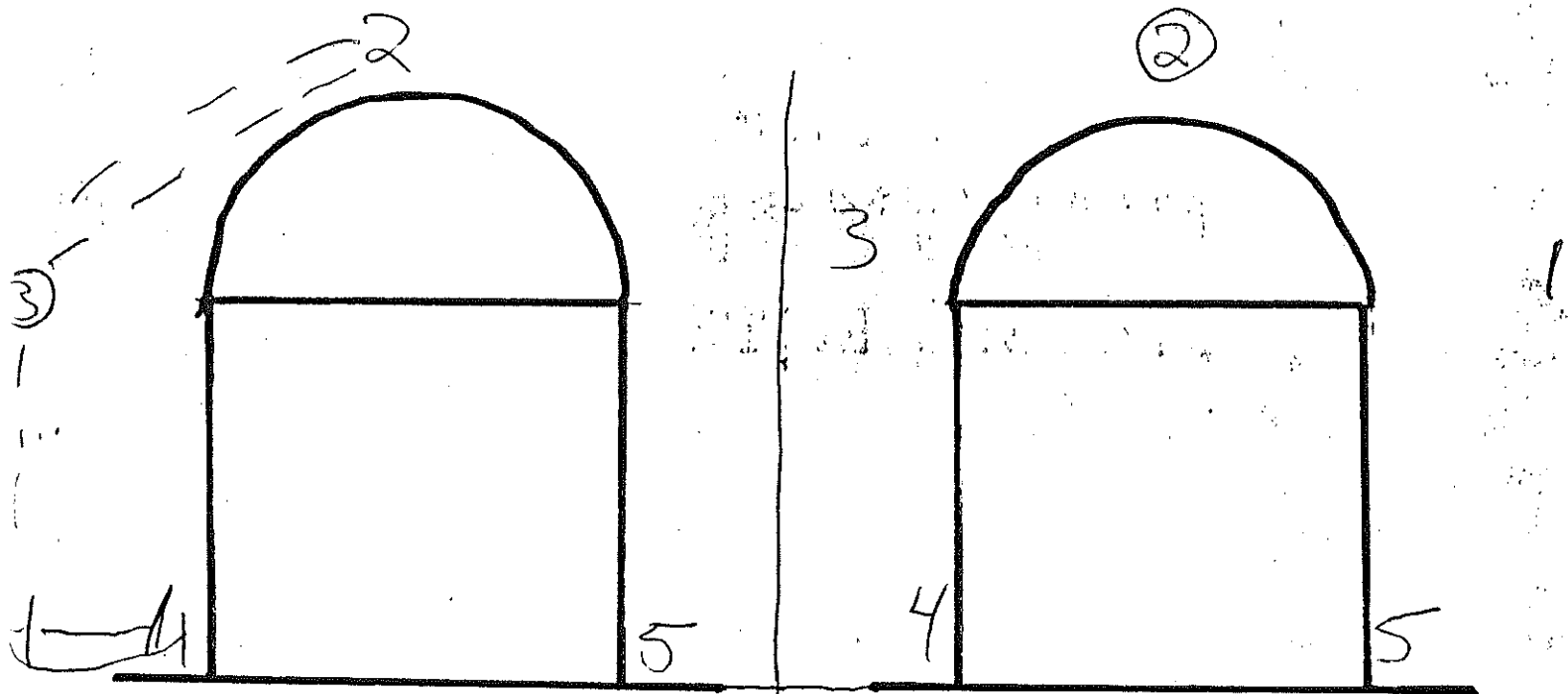
This is a simple offense designed to get movement in the post.  
Quick reversing movement of the ball is the key.



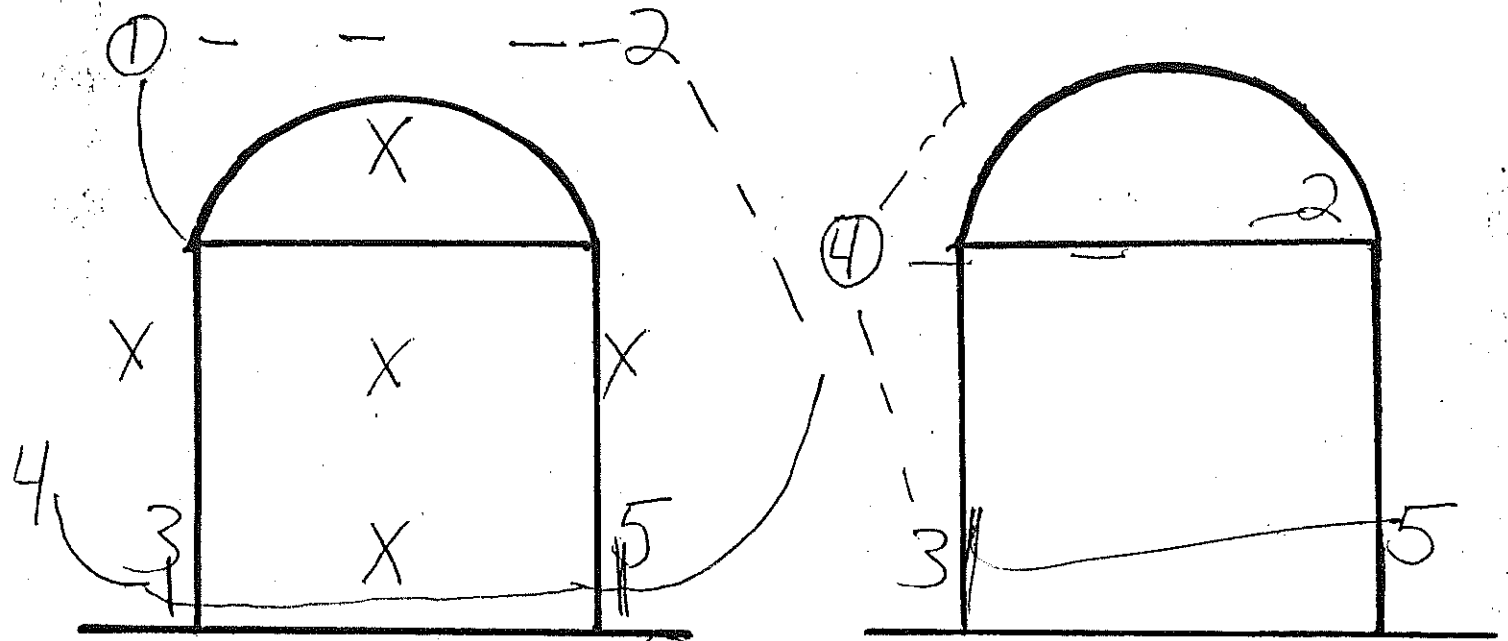
# FLUSH ZONE OFFENSE



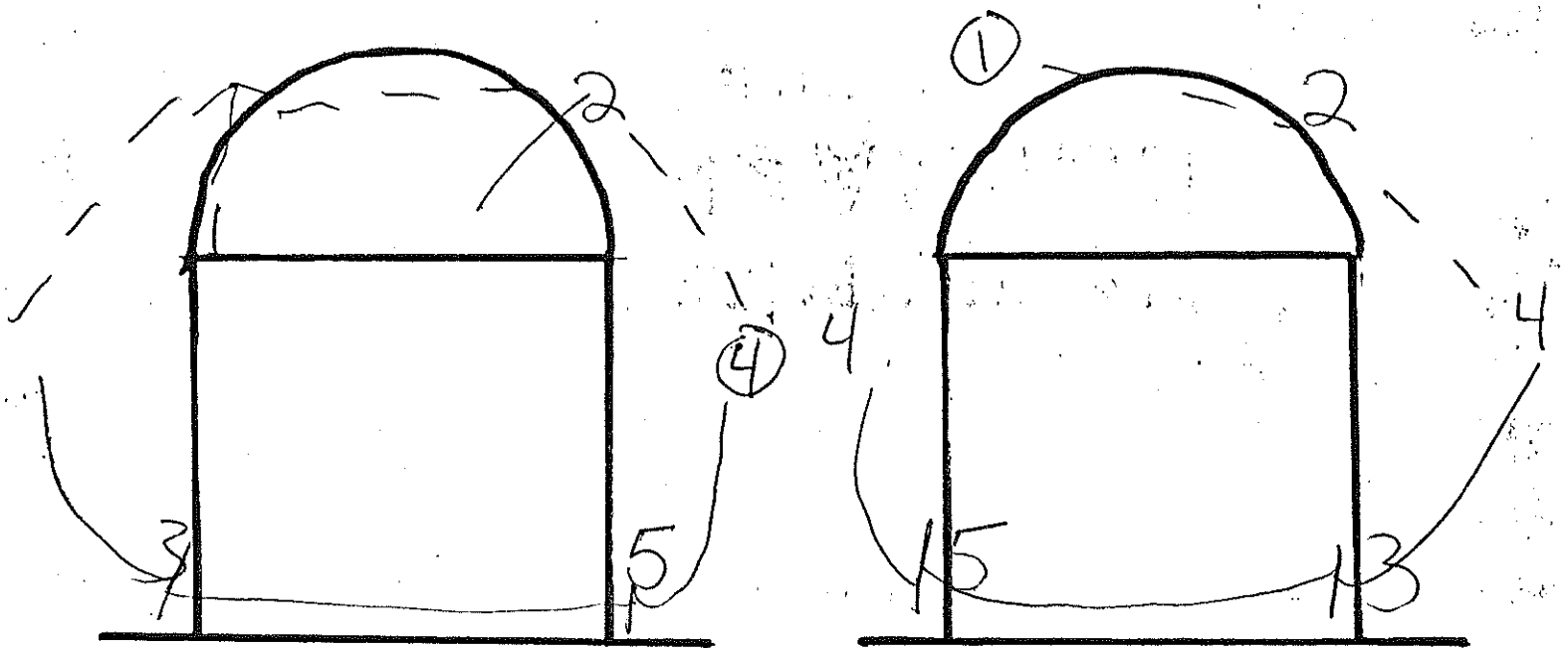
The pt. guard instead of going through, posts up and waits for 4 to screen. 1 can hit jumper or pass in or back to 3



# 2 Guard Front Zone Offense (Piggyback)



The baseline runner (4) must use the screens by the post men. The offside guard finds seams in weakside (1). The Post men can screen for each other.



This easy offense can be used against a 3-1 Defense. 4 should be your best baseline shooter.

# Rebounding Drills

## Blocking Out

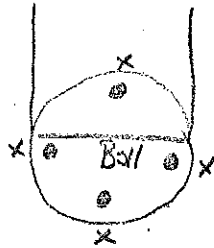
A. 5 Times Drill



(coach shoots ball to miss)

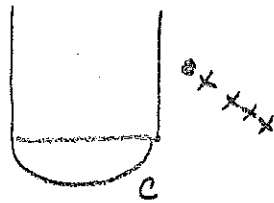
\* block out offensive team  
5 times in succession;  
motion of offensive players  
is as shown

B. Guard The Ball



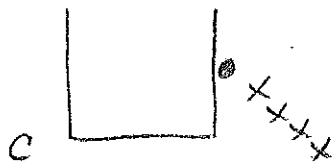
\* defense inside, offense  
outside; Offense tries  
to touch ball within  
3 sec.; defense blocks out

C. Holding Drill



\* coach shoots ball; defense  
blocks out until ball  
hits floor. Ball must be  
retrieved on 1st bounce

D. 1-1 Blockout



\* coach shoots to miss, defensive  
player spins & blocks out  
offensive player

## Blocking Out (cont)

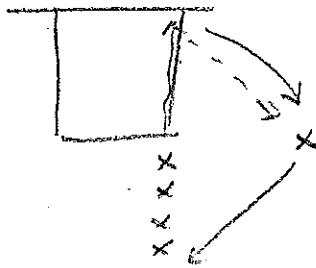
E. F.T. Rebounding

\*practice blocking off on F.T.



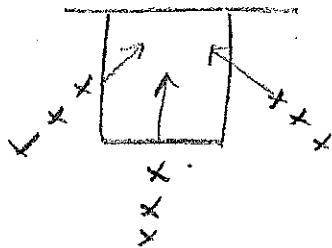
## Regular Rebounding

### A. Outlet Drill



- \* player throws ball underhanded out to glass, rebounds ball, & outlets to side. Additions: 1. contest rebound 2. contest outlet 3. dribble clear

### B. Competitive Rebounding \* player <sup>(or coach)</sup> shoots to miss and all three must rebound.



Rule: all 3 must be in area of ball

### C. F.T. Rebounding (offensive)

- \* practice stepping in, and reversal moves on F.T.

### D. War on the Boards

- \* 4 man drill. Coach shoots to miss, 4 men rebound & continue to play until ball is made in hoop.

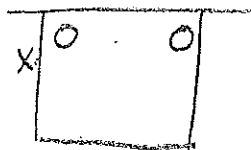
## Regular Rebounding (cont)

### E. Toss - Across



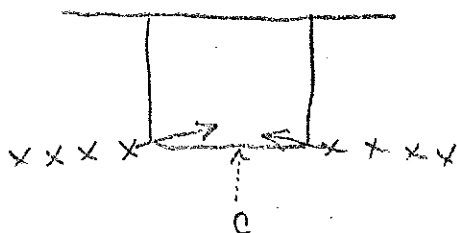
\* player starts on left side lane, tosses ball on back-board across the lane; catches ball outside <sup>pt.</sup> lane  
10 Reps

### F. Rebound Agility Drill



\* 3 man; 2 balls; player starts at left side of key w/ ball on ground. Player picks up ball and shoots it, then crosses over to rt. side repeating the movement. Other players retrieve ball & place back on floor.  
10 Reps

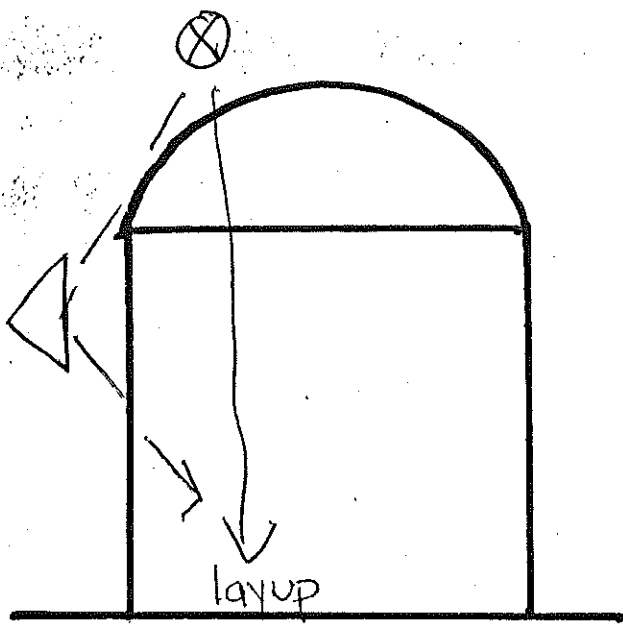
### G. Competition Rebounding



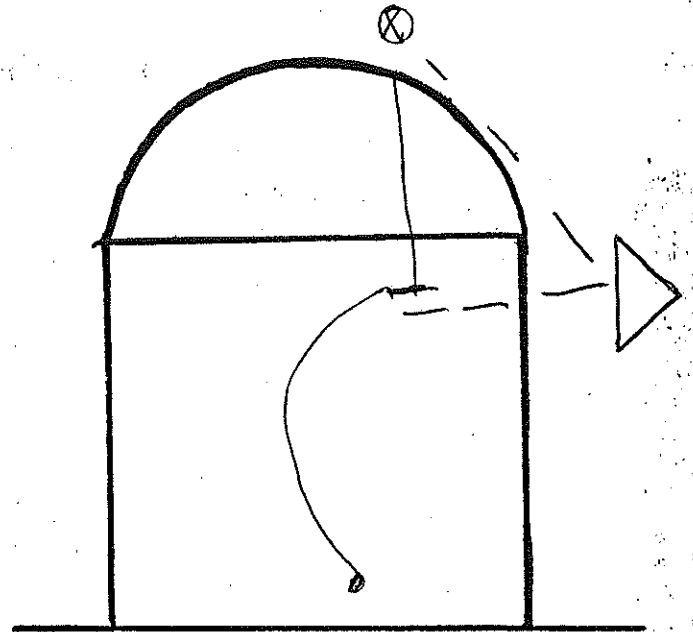
\* 2 lines facing each other. coach throws up ball between players, and both go up for the ball.

addition: 3rd & 4th player

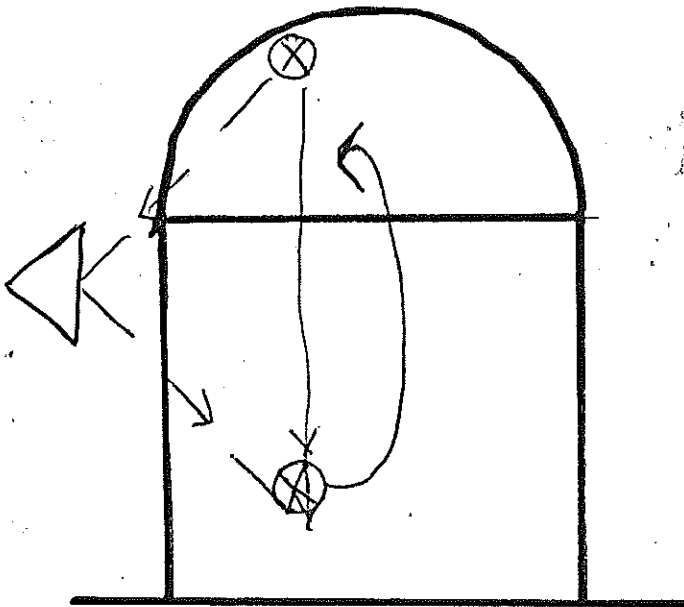
# TOSS BACK DRILLS



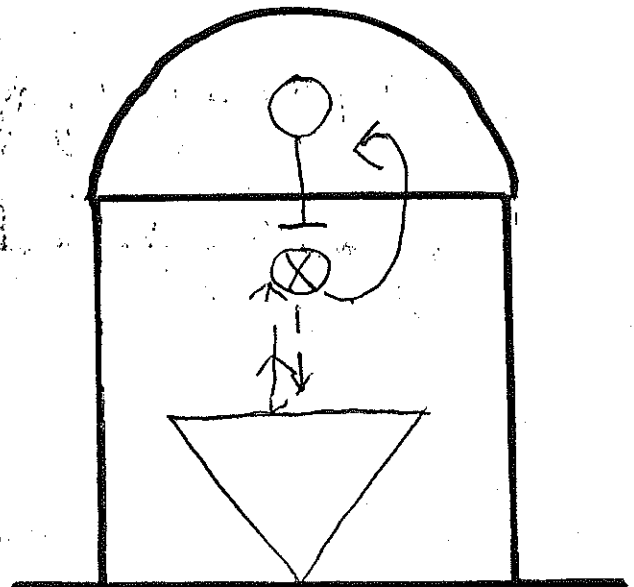
1. Intensity lay ups



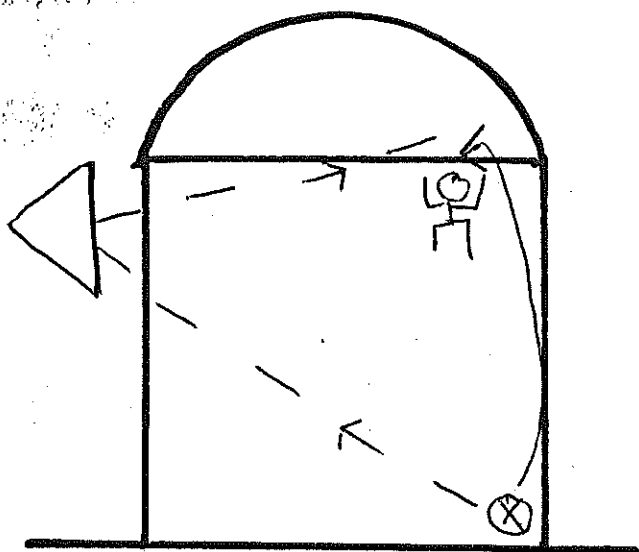
2. Spot shooting-balance, jump stop.



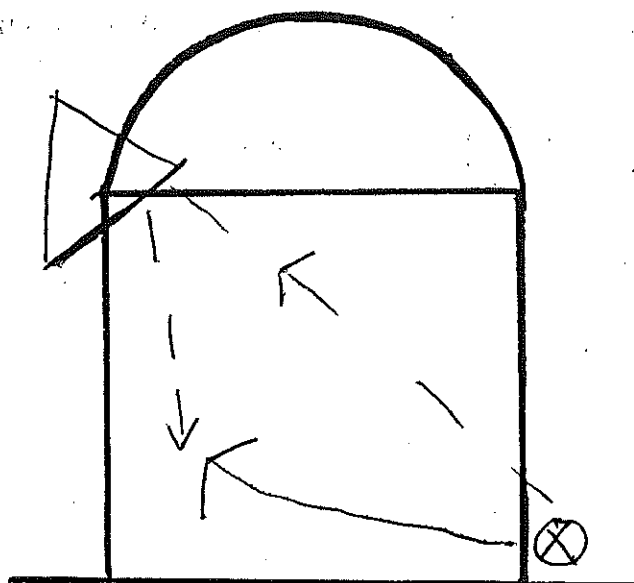
3. Defensive slide- touch lines, defensive stance, chest pass



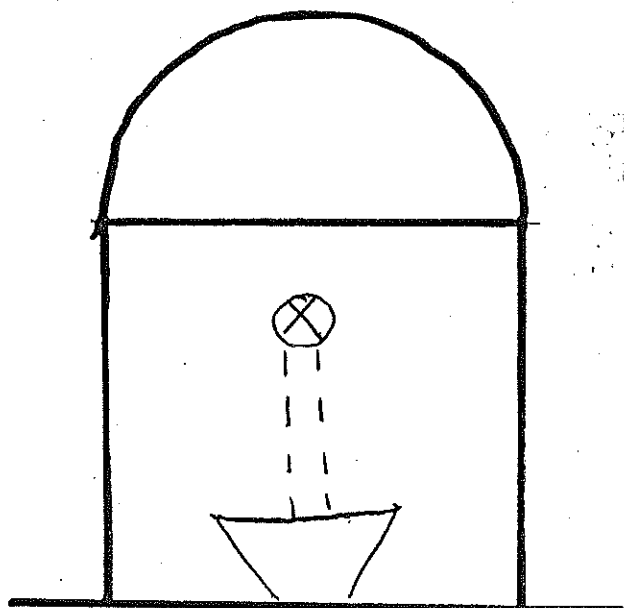
4. Rotation ball handling



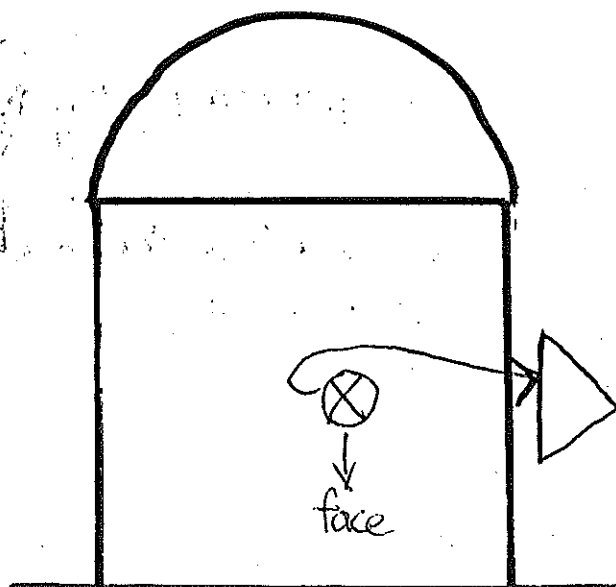
5. Reacting around screen  
have players stand arms up



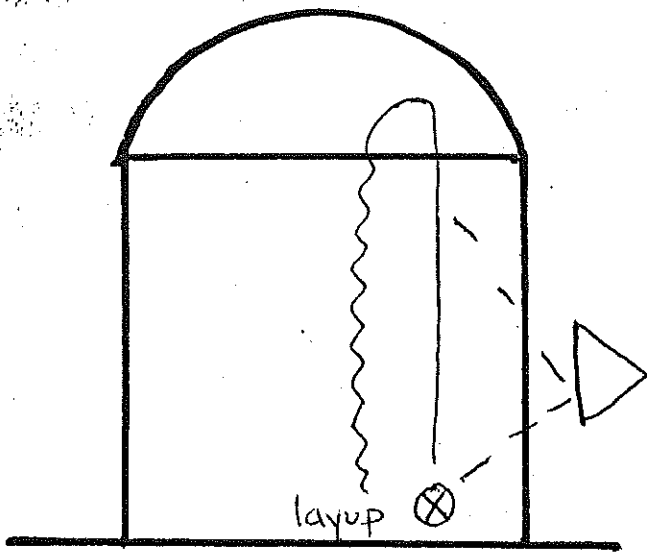
6. Post moves-both ways(baby hook)



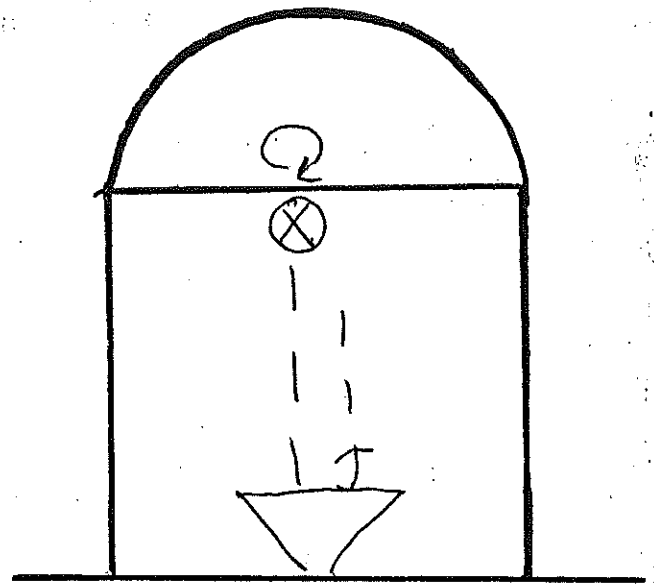
7. Overhead power pass-fast as  
possible



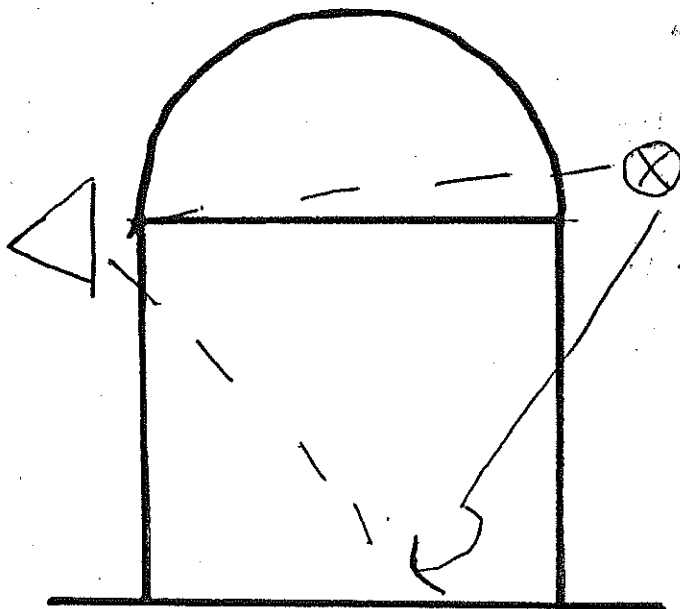
8. Behind back



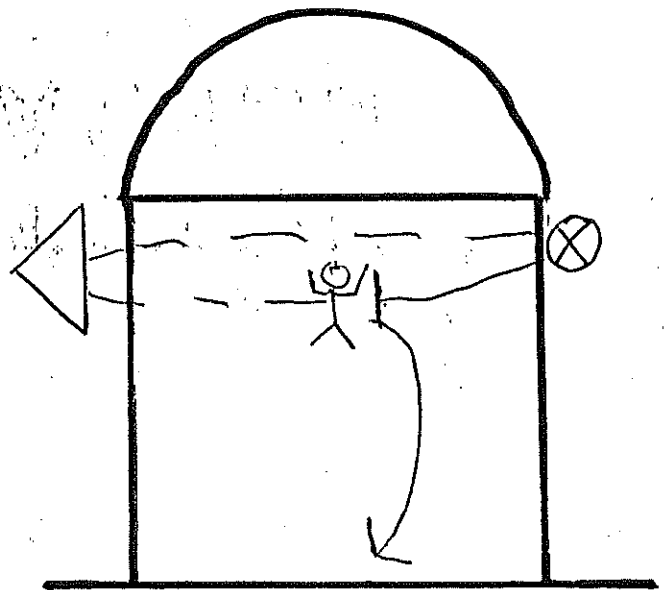
9. Outlet and layup toss off board, outlet, layup.



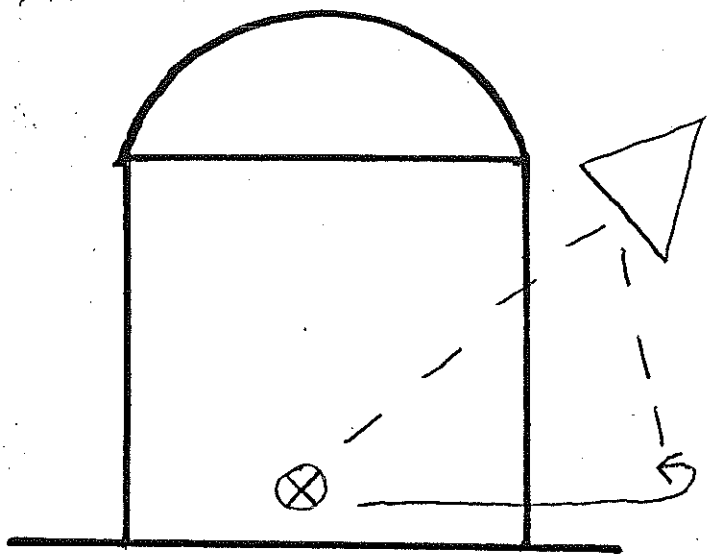
10. "360" agility



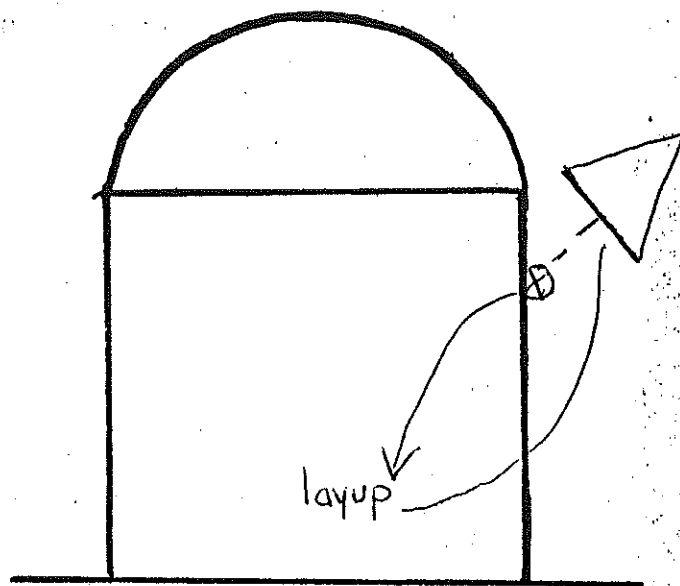
11. Tipping/timing



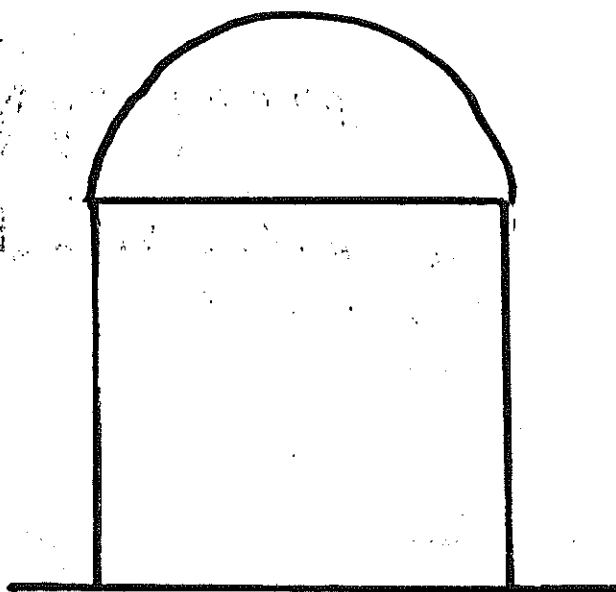
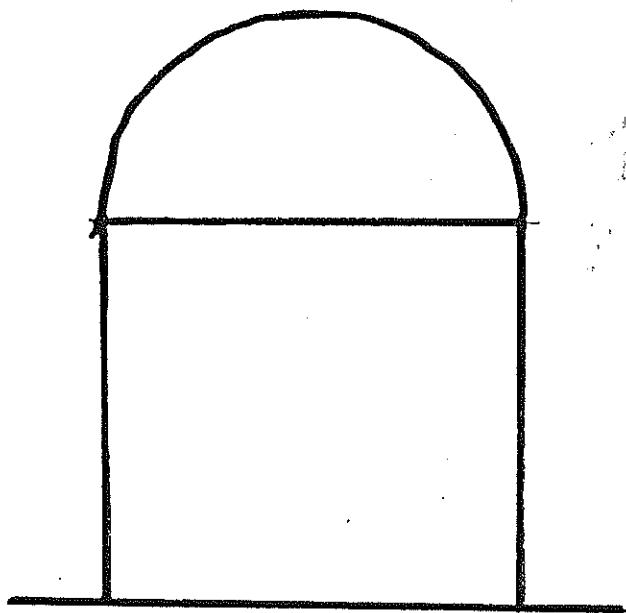
12. Shooting over defense



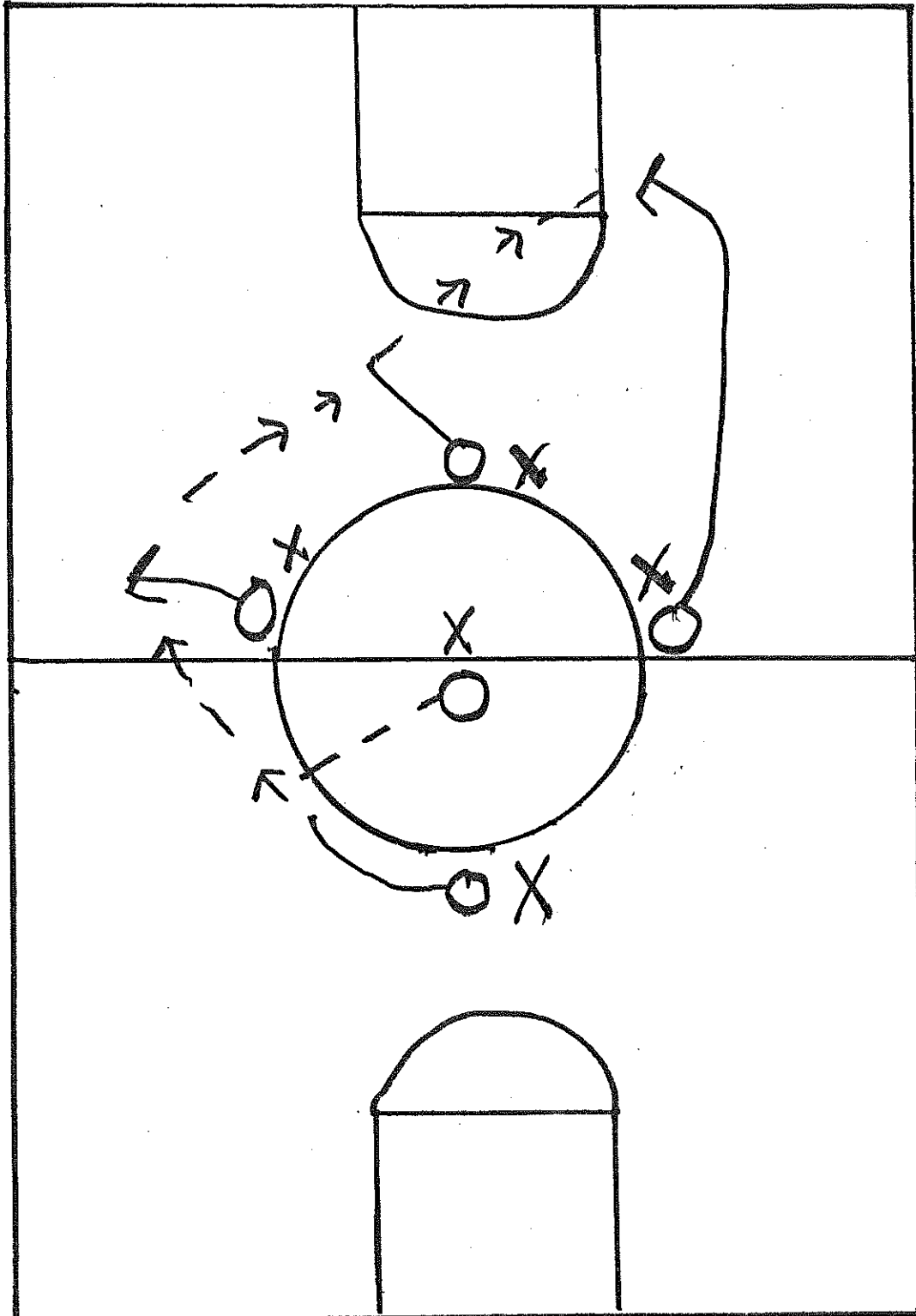
13. Baseline jumper



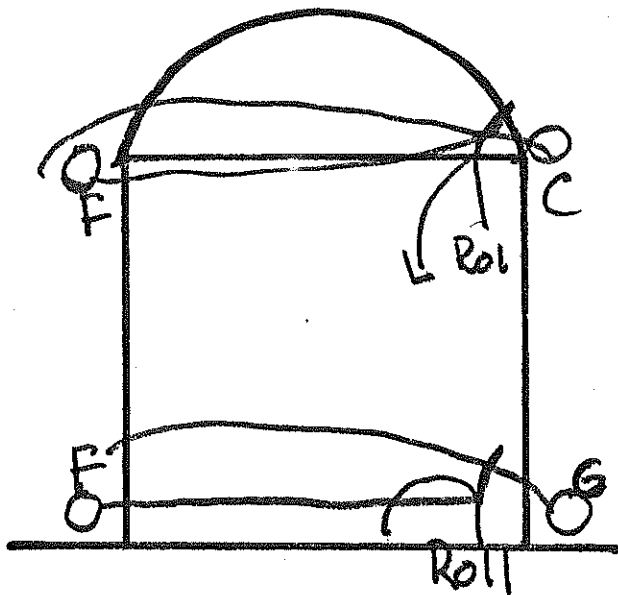
14. Overhead passes



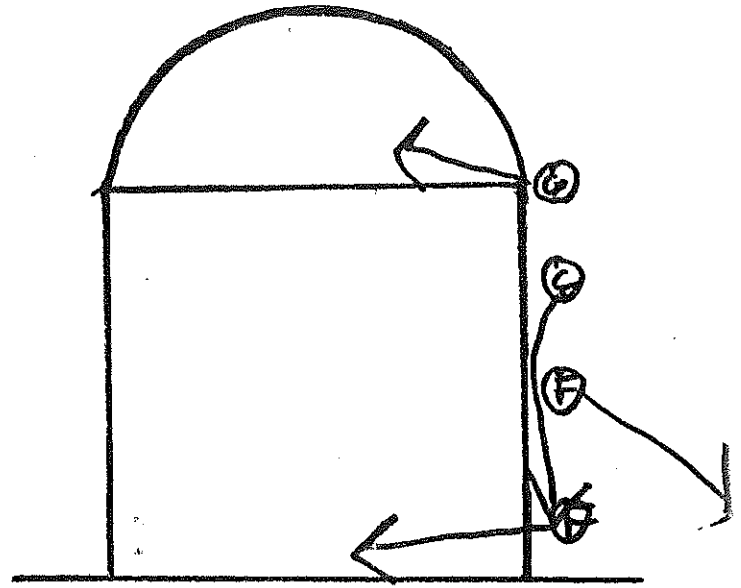
# OFFENSIVE JUMP PLAY



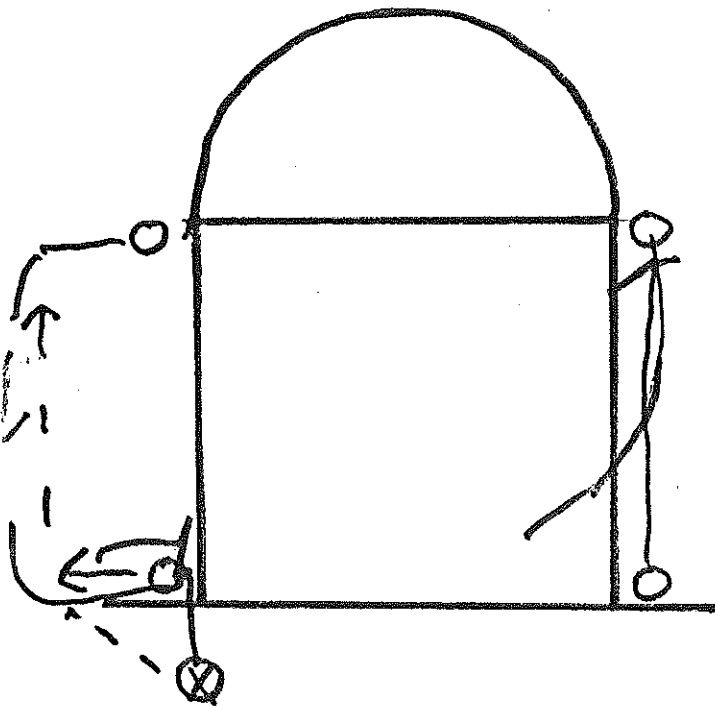
# Man-Man Out of Bounds Plays



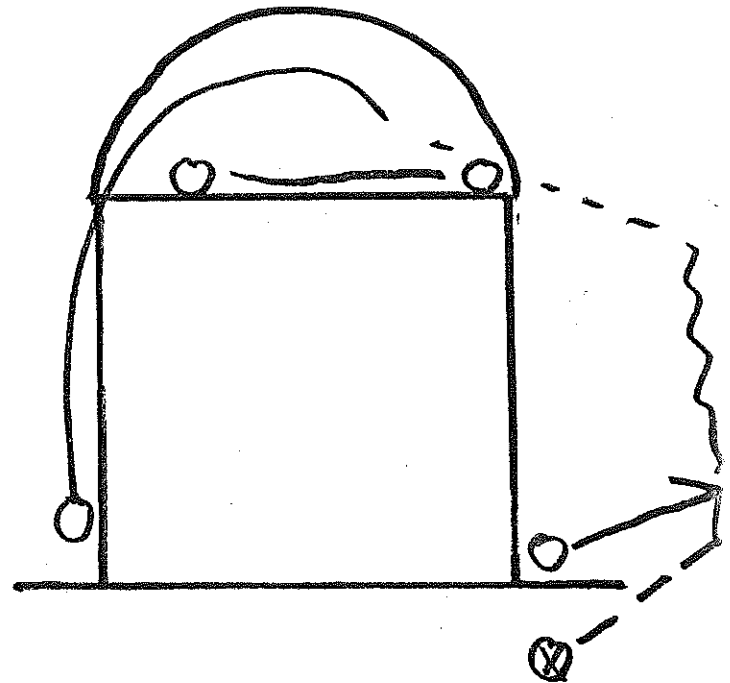
⊗ G Look for low roll man 1st.



Look for lob to center the to corner jumper



Guard who throws ball steps in & waits for screen for Jumper.

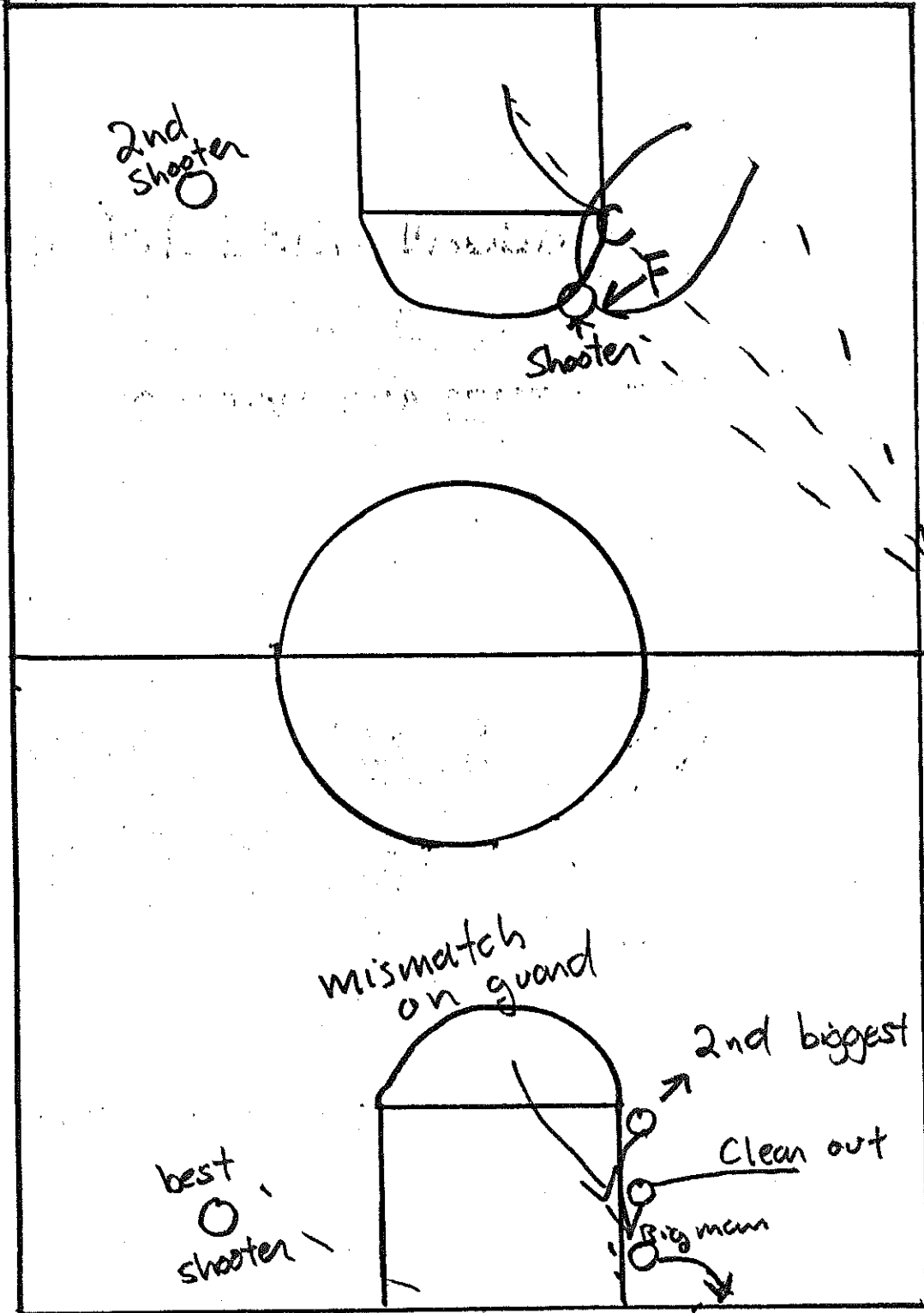


Double Screen



Out of Bounds Plays with 1-2-3  
Seconds remaining.

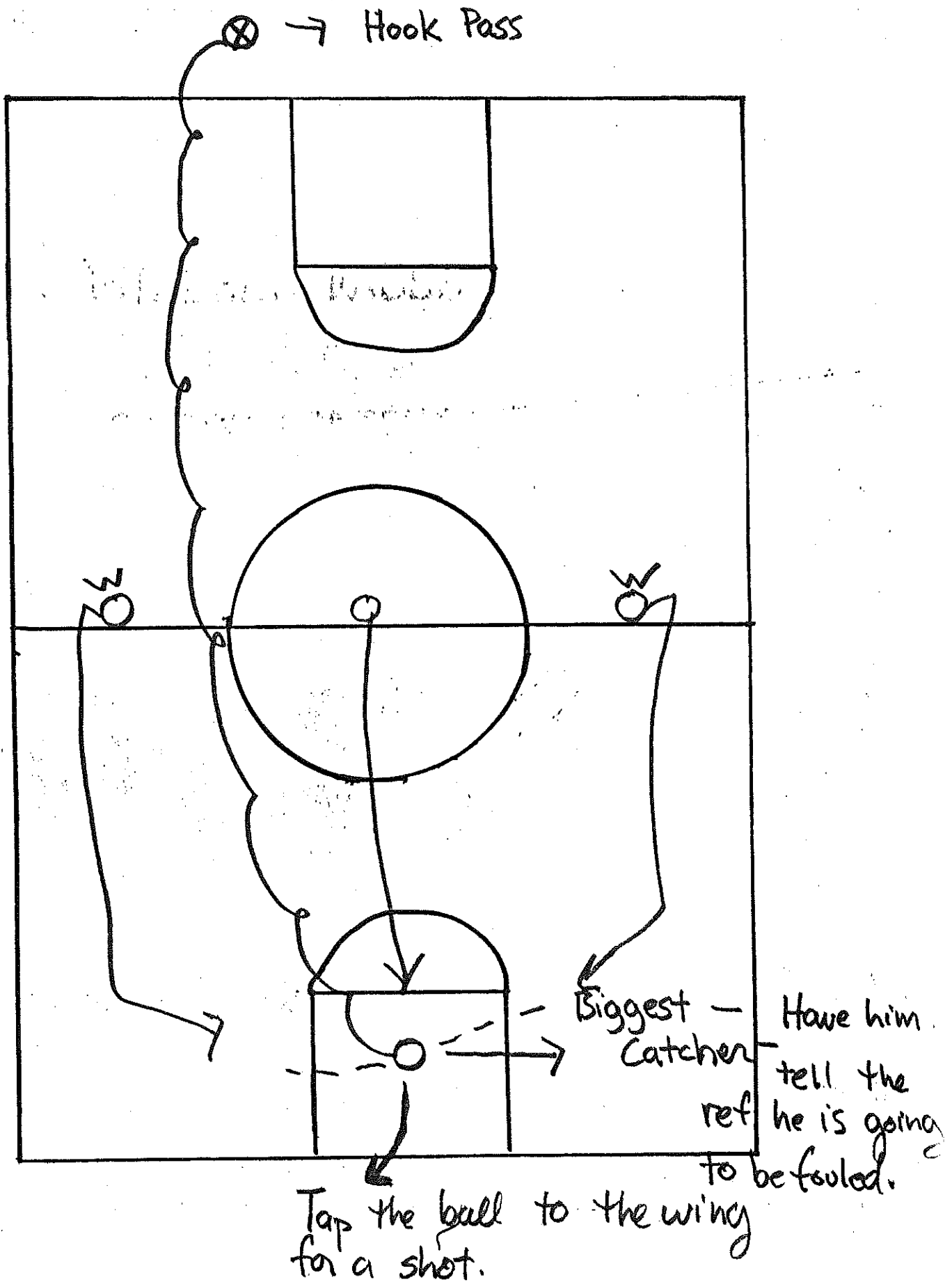
## Side lines



1. Look for corner.
2. Look for Lob.
3. Look hi-post

Out of bounds - 1-2-3  
left.

# "HOME RUN" 1-2-3 Sec.



QUICKNESS, AGILITY AND BALL HANDLING SKILLS-FRANK ARNOLD, B.Y.U.

FIRST SET- 15 stations- 30 seconds each- 10 seconds between.

Free throws following drills. Intensity is the key factor in their success.

STATION #

1. Free Throws

2. Rebound and pass out-toss off board, outlet pass, catch return and repeat.

3. Power Pass-6 ft. away ,use chest pass as hard as you can.

4. Figure 8 hook shot drill.

5. Lateral Toss- defensive slide using toss back. Have them hit two indicated lines.

6. Toss and Shoot- get return form T.B., square up and shoot, get rebound.

7. Rotate in with 6.

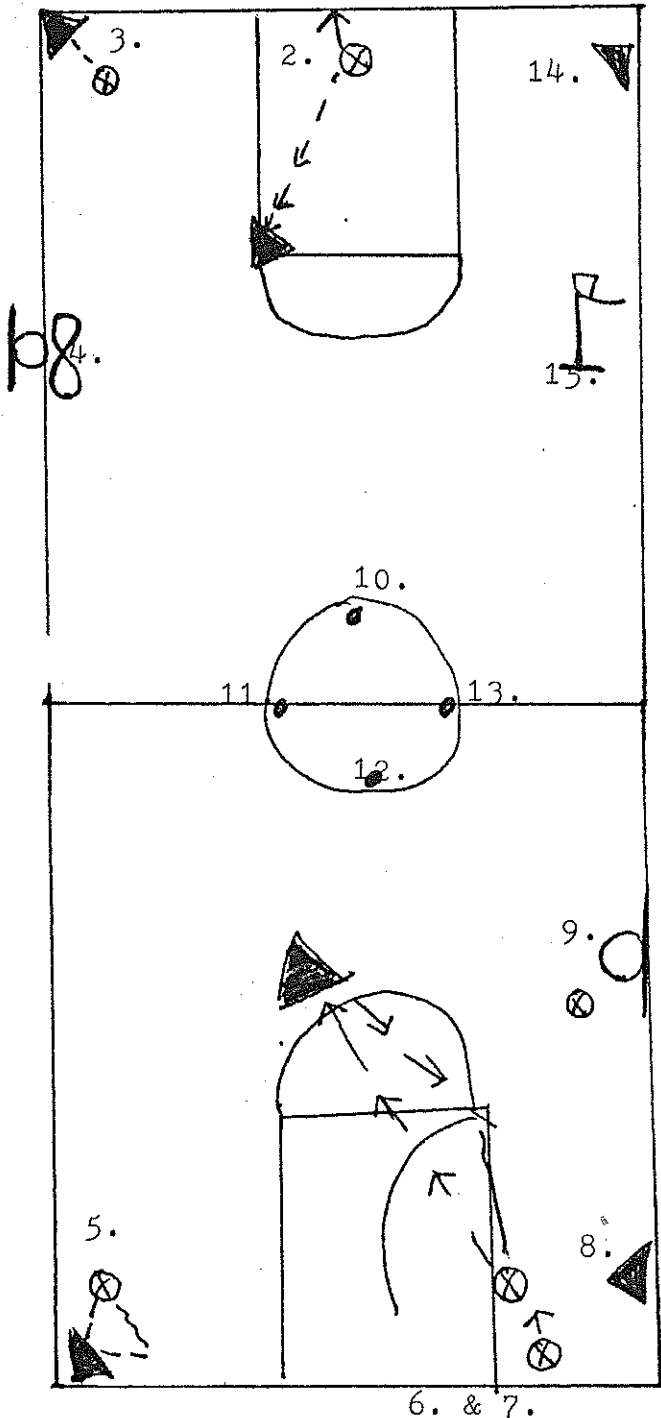
8. Pass off angle, dribble 1 time then pass off dribble using T.B.

9. Touchn' Stuff- Ball on follr, pick it up, stuff or layup, get ball from net, turnaround and touch ball on ground and without traveling, repeat.

10-13. Maravich Drills- 4 different ones at each station.

14. Push Pass from hip area, standing still.

15. Rebounder

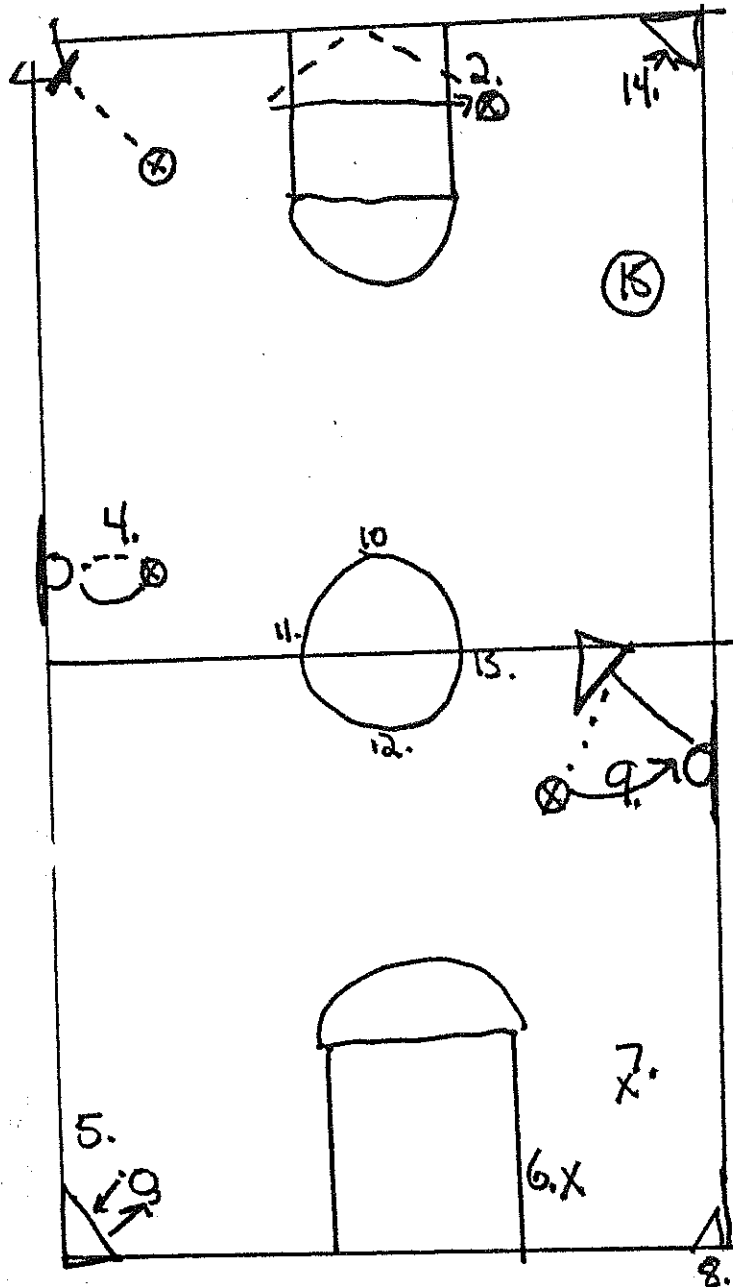


USE A MANAGER IF NO TOSS BACK ARE AVAILABLE

## SECOND SET

1.

### 1. Free Throws



2. Superman-off glass at an angle landing outside of key.

3. Overhead Pass -6 ft. away overhead.

4. Drive and Stuff-With back to hoop,pivot drive and stuff, then take ball back to F. T. line and repeat. 1 dribble only.

5. Catch, Dribble, Pass- using T.B. Use 1 hand only switching hands.

6. Post position-Defense on man. Inside return.

7. Receive return pass, hit target, faks make good pass, defense collapse while 7 goes behind him.

8. Rebounding Pass-12 hand, turn to side, step-pass-alternate shoulders.

9. Elevate T.B.- toss and tip in bucket Timing. Angle the T.B.

10-13. Maravich Drills, 4 different ones.

14. Behind back pass using T.B.

15. Rebounder.

# THIRD SET

01.

1. 10 rt. hand tips, 10 left handtips.

2. 2 passes to angle, catch ball in threat position.

3. pass, catch, layup. Rotate to 2

4.

5. } UCLA 50s.  
6. }

7.

8. } Foot Fire- catch pass and move

9. Toss on board, find 10 as outlet

10. Outlet man, roam around

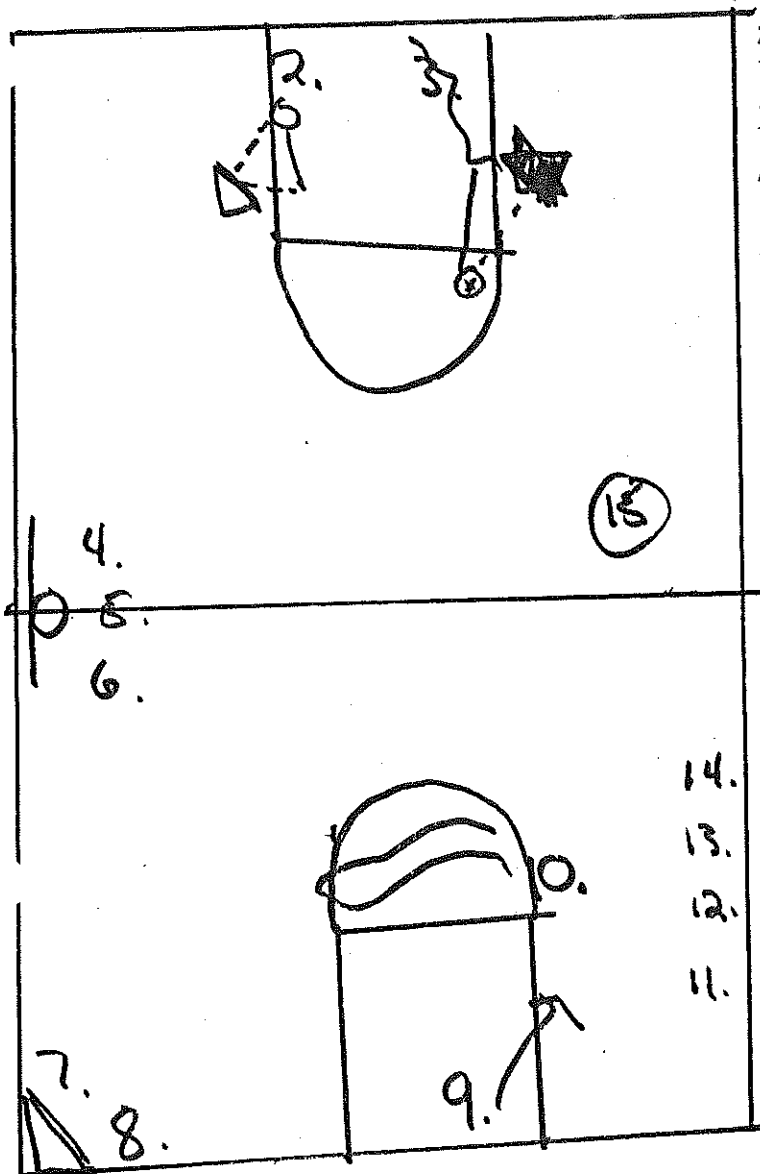
11. Patter step

12. Hi-low dribble -2 waist hi  
2 low  
stop, pivot repeat

13. Roll ball, pickup and pivot

14. Figure 8 1 bounce (Mar. Drill)

15 Power Rebound Drill Pull



BOB DRUCKER-ST. IGNATIUS HIGH SCHOOL

THE FUNDAMENTALS OF H.S. BASKETBALL

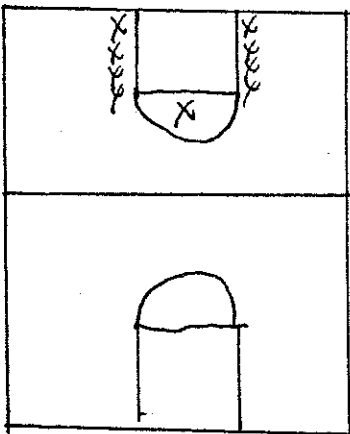
SUMMER LEAGUES-Be careful not to string it out too long. No later than mid July.

FIRST MEETING AFTER FIRST CUTS- Try to keep 7 seniors. Make a player coach agreement to co-exist with coach. Put responsibility on kids; towards school, staff and team. Have team be diplomatic (Hi to underclassmen). Let them know that 7 can't play. Confrontations come around when starting lineups announced. Get them into roles as soon as possible. Confrontations and happen around Christmas, mid-league. You must confront team toward end of season. You must be the motivator!! Be prepared to have the will to win. Coach must be motivator to confront kids.

PRE-SEASON PRACTICES-Start slow to avoid injuries. Build up. Don't get into high intensity level until dec.-Jan. This avoids peaks and valleys. Develop defenses early toward leagues offenses.

GAME COACHING- 1. Coach-Don't spectate! 2. Be simple but flexible. 3. Try to adjust to officials. Dave Gavitt Rule- practice, but try not to make an issue out of free throws.

PREUSRE FREE THROW DRILL



Each player shoots twice-Bet for running. 70% must be made. Make it-norun;miss-run. Watch who are the last in line for pressure, also who runs to line first. If it doesn't look like they'll make it, renegotiate the last 2 or 3 players for additional lines also their not off the hook. Put pressure on them, any past 10 in a row goes in bank for future use.

"Coaching is when you don't have them"

Break down defense after X-mas.

## GAIL GOODRICH-GUARD PLAY

### OFFENSE

1. Moving without the ball-- Keep the game simple bu using off ball movement. Make players know their role. Be looking for ball. Fake away when setting up defense before going to the spot you want. Always be on balls of your feet, ready to cut. Make jab steps. Time your move to get the ball at the right time. Read the defense. Give players option to counter the overplay. Read the defensive positioning. Keep players confidence level up. Encourage them to keep working.
2. Entering into the offense-- Try to keep dribble alive. Be aware of your options, High post, Forwardor Guard. Co-ordinate your moves. Pass away from defense.
3. Shooting the Jump shot--Start to prepare before receiving the ball. Most important thing is balance!! Head up feet shoulders width apart joints bent shoulders square to hoop. Quickness is key to shooting when guarded either 1)closely or 2)by a bigger man. When shooting off the dribble; stop with the inside foot facing the hoop,swing other foot around to get square with hoop. Mirrior shooting!! Competitive games. PRACTICE-RYTHMN-CONCENTRA
4. Penetration by Guards--Has to be some type of threat from the outside. Jab fake to get the defense off balance. 3-4- inches. Quick step;then explosion into long step. Take direct path to hoop. Think of going all the way unless defense reacts to you. Protect the ball- keep it away from the defense.Shobt either hand good. Shoot it by a big players ear!!! Keep the ball to the board quickly. On your takeoff, lean into the defender. Make contact, try to draw foul. YOU INITIATE THE CONTACT!!

## DEVELOPING THE FAST BREAK--RALPH MILLER--OREGON ST.

A good shot is 17 feet when open. Develop methods of teaching this. The Pass is the chief weapon for offensive attack. It forces the defense to change floor position. The pass should travel only through open air lanes. An example is a airport during the busy hour. Use the bounce pass only on the backdoor. The receiver is responsible for creating the open lane. The breaking weave; 2 players followed by 2 trailers is the situation that you want. 80% of possessions come from a rebound ar oppenent scoring. 5-10 % come from a steal and 10% come a dead ball.

If a steal occurs from the F.T. line to  $\frac{1}{2}$  ct, a 2 lane pattern develops. If it occurs from baseline to  $\frac{1}{2}$  ct. a three man' pattern develops. On an unsuccessful break, rotation then occurs.

### SKILL EXECUTION FOR OFFENSE--

1. Body position- foot and hand action to maintain balance
2. Passing and catching- utilize the jump stop, because you can change your foot position. It also improves your shooting %. The jump stop provides for "1" count open, because you got the ball. Make your running/passing/ catching drills wide open. Teach players to run har, catch and shoot right away. You already should have had them running hard. Teach them to shoot a layup at full speed.

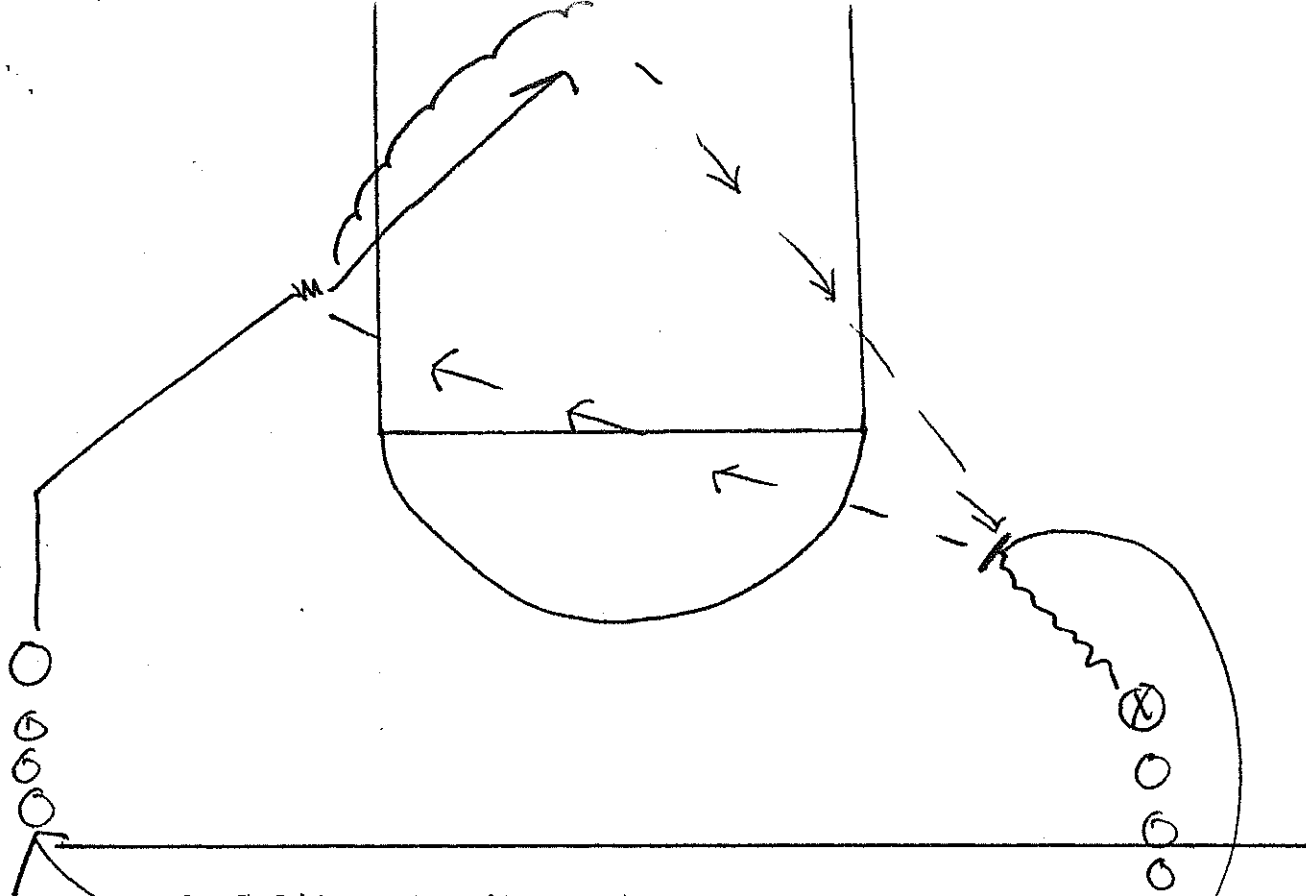
Use the PRESENT-PRACTICE-REVIEW-TEST method of teaeking .

6 Drills for execution of offense to defense transition.

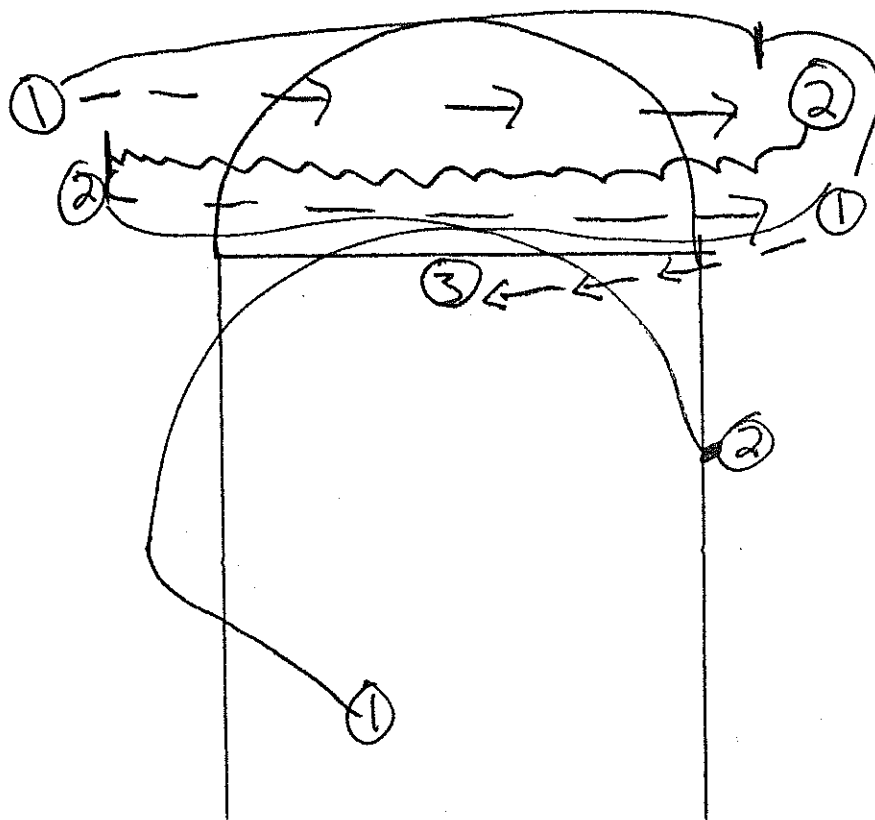
Teach the basic elements in drills with competition. This incorporates automatic response.

1. Gutter Drill- cutter gives a 2 hand target. Passer dribbles hard into a J.S. and passes. Then he fills to shooting line. Shooter gets his rebound.





2. Split post drill -- 1 passes to 2 then runs and jump stops to the place which 2 leaves. When 2 gets ball he dribbles to 1 vacated. Then he ~~pivots and fires a pass to 1~~. 1 then hits the post and they split the post. The post can-1) hit 1 for a layup; 2) hit 2 for a jumper; or 3) hit either cutter for a jumper and play defense on him.

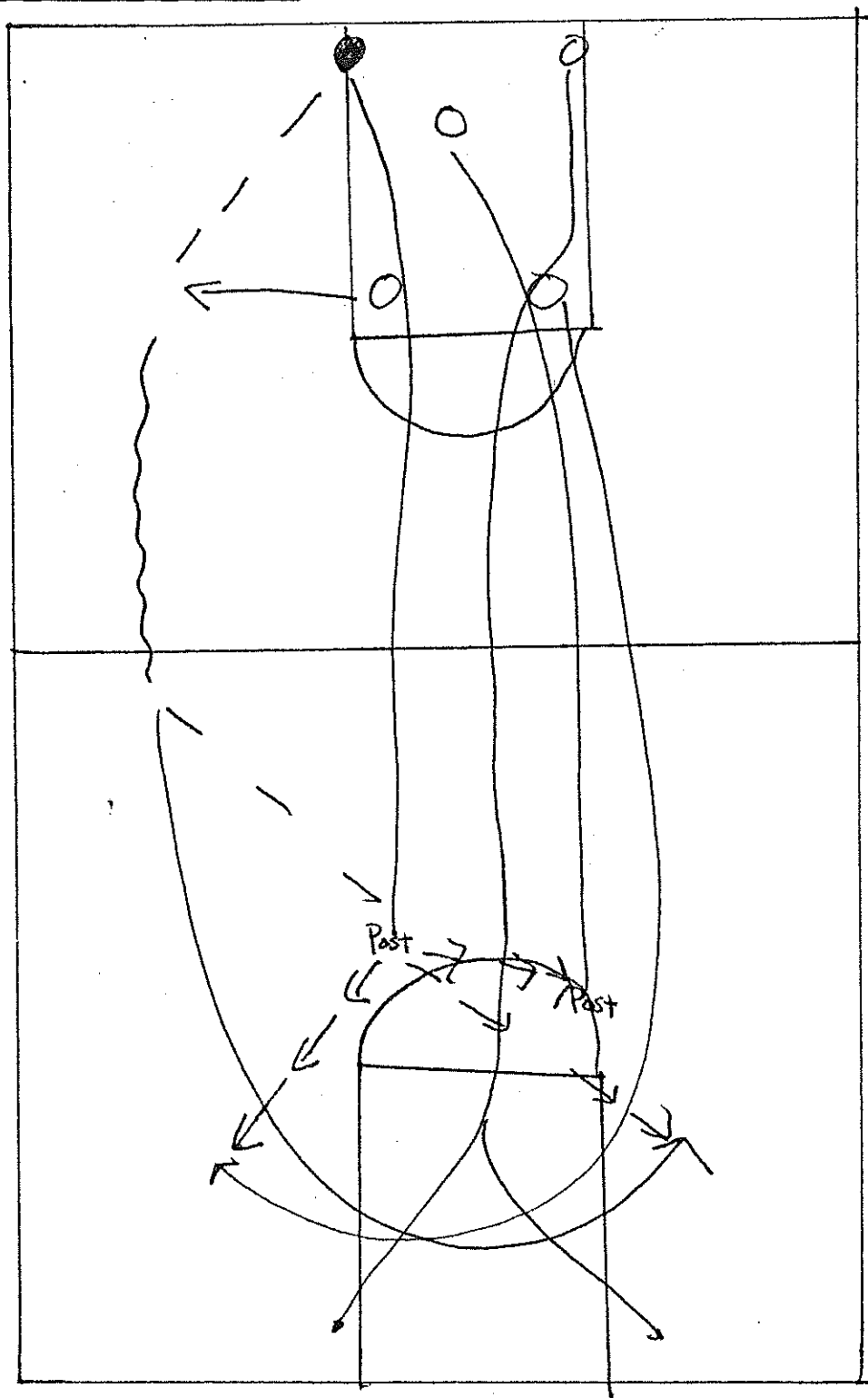


#3



5. BREAD AND BUTTER- 3 on 3 full ct.- No pass accross mid court.  
Make them dribble across mid-ct. Regular game rules.
6. 4 on 4 full ct. - same as #5. Use 3 on 3, 4 on 4 as 50% of drill time.

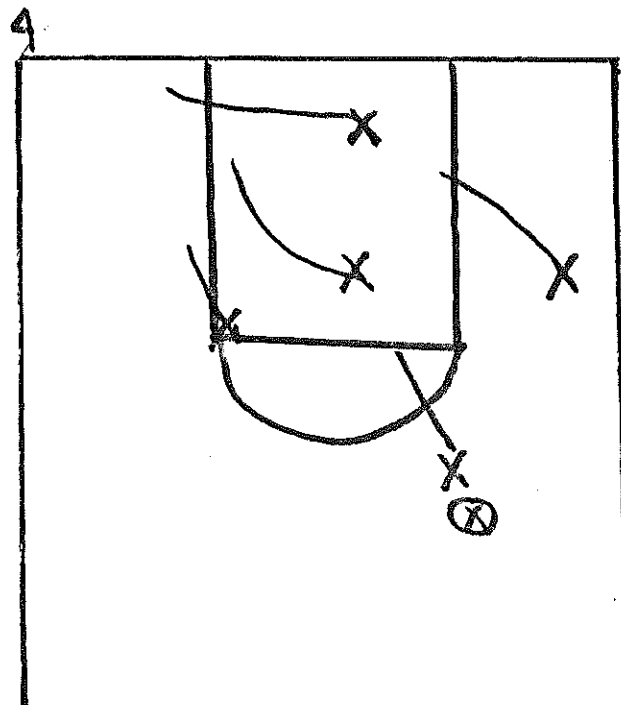
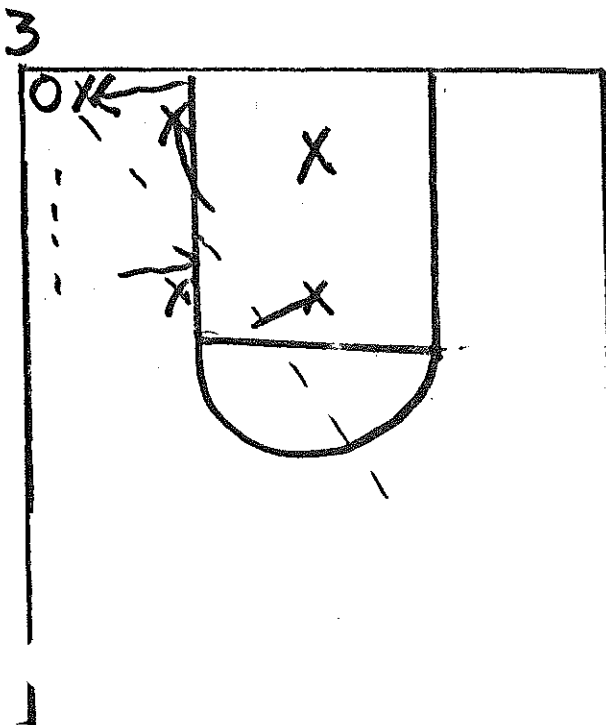
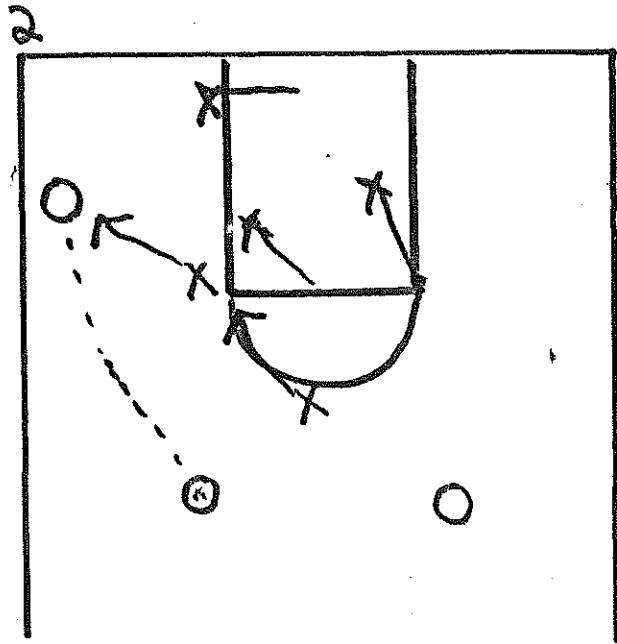
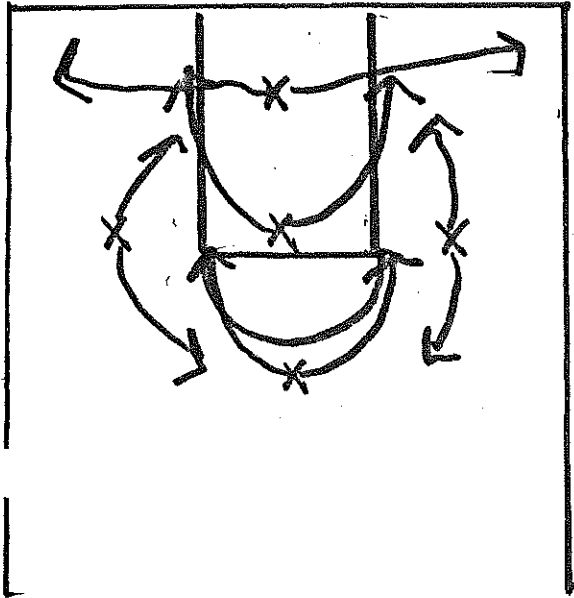
PATTERN FOR FAST BREAK



## 1-3-1 ZONE DEFENSE

### Rules

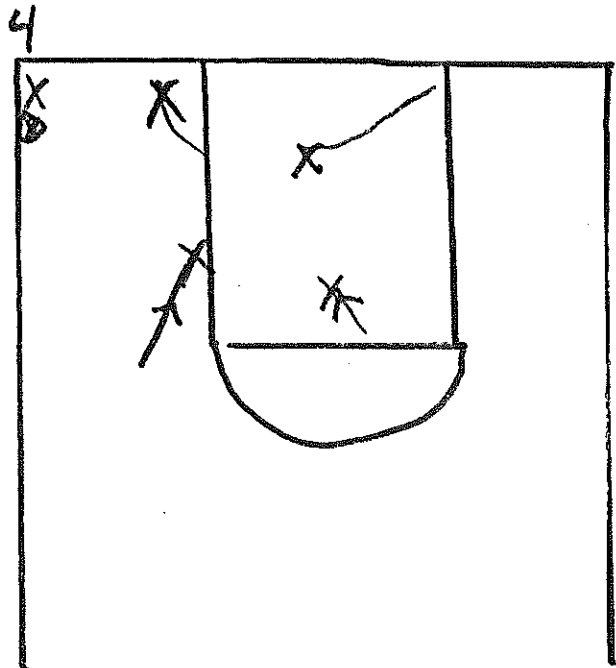
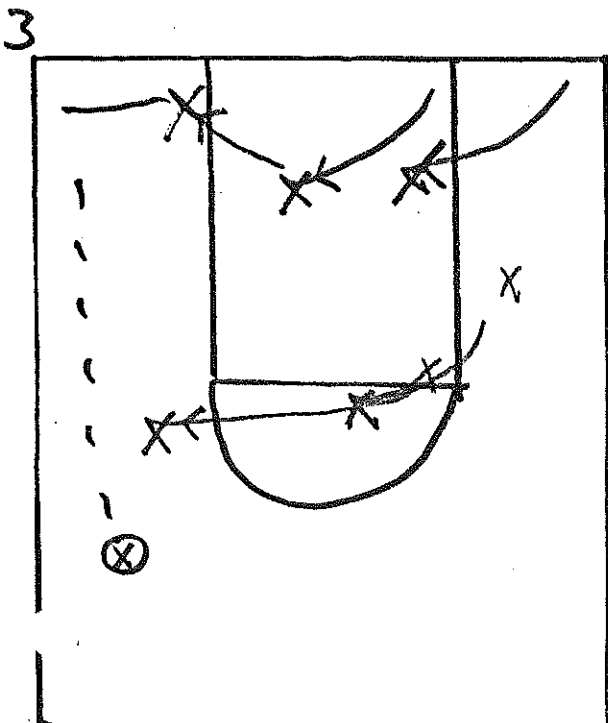
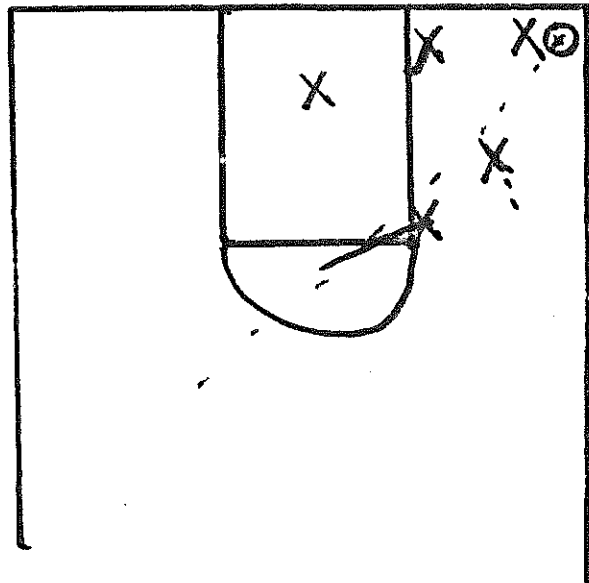
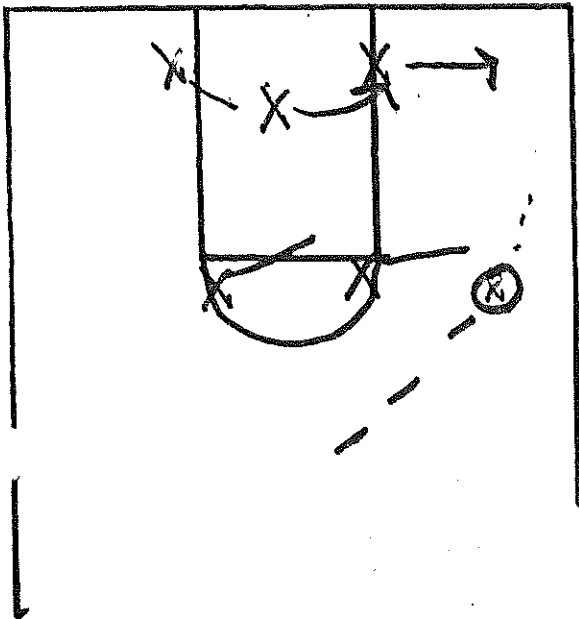
1. The middle man must be your quickest forward. He is responsible for the middle as well as the low post, depending on ball position.
2. The baseline runner should be your quickest big guard. He is responsible for the baseline. Have him cheat to the ball side. Anticipate.
3. The top guard will force the ball to the wing, then cover up the high post.
4. Once the ball is in the corner, the ballside forward should cover the high post and the top guard covers the cross court pass.
5. The weakside forward should be aware of the low post flash.
6. This defense is designed to put pressure on the entry pass.



## 2-3 ZONE DEFENSE

### Rules

1. Force the ball to enter to the wing, avoid entering the high post.
2. The bottom forwards must cover the baseline.
3. The center must cover the low post, usually fronting.
4. The weakside forward must be aware of the lob and play weakside help.
5. Once the ball is in the corner the ball side guard should drop to prevent a pass to the high post. Fig. 2
6. The key to this defense is defending the low post and the corners. The forwards must close out hard on the corner and the center should always be fronting the post in some fashion.
7. The guards must pinch the ball to the wings to prevent a 3 on 3 situation if the high post receives the ball.



## OFFENSIVE SKILLS DEVELOPMENT

Developing offensive skills for players takes a great amount of time on their own at home. I feel it is my responsibility to present them with the basic moves and shots to help them gain a good variety of offensive skills. Following are the basic skills I teach my players.

1. Passing- Since the offense depends on the pass so much, I feel that this skill is of great importance. I teach the push pass, the chest pass and the bounce pass(only when feeding the post or feeding a backdoor cut).
2. Catching the pass- Nothing can be more frustrating for a player than to have an assist blown by a player missing the pass. I teach my players to catch the ball with their eyes.
3. Jump Shot- Although this is the shot that players practice the most, correct technique must be taught. I teach the basic points of a jump shot( elbow in, balance, shooting at the top of your jump, ball out in front, landing in the same place as your takeoff) rather than trying to alter a players shot completely.
4. Layup- I teach the layup at full speed. In my drills we shoot a lot of layups, so the players get enough time to practice them. The main point I stress is to use the backboard.
5. Hook shot- This shot shouldn't be taught to everyone. Only the post players work on this shot. To be effective when at a height disadvantage in the pivot, I feel this can be a great weapon. It must be taught from sides of the key. A jump and baby hook are eaiser to learn than a sky hook, so they are stressed.
6. Moving without the ball- This is a tough skill to teach. However with a few basic rules, it can be achieved. I teach my players to be in constant motion, keep your head up, look for a screen, set up your man and learn to jab step.
7. Using the screen- When rubbing off a screen, always look for the inside shoulder of the screen. Rub off the man as closely as you can. Come off the screen looking for the ball.
8. Give and ge- This is a direct cut to the basket after releasing the ball. Set your man up with a misdirection fake, then cut directly to the hoop, calling for the ball with 1 hand up.
9. Screen and Roll- This is a very effective skill because most players don't know how to defend it. I teach it from the forward position. The most important factor in a good screen and roll is that that the man who is screening know which direction to roll after setting the screen.

## OFFENSIVE SKILL DEVELOPMENT(con't)

10. Backdoor- This is the most beautiful play in basketball. I teach the use of a bounce pass because it is tougher to intercept. Timing is the crucial factor here. I teach it from the high post and the wing positions primarily.

11. Flash- This is a move done by low post position. I teach them to flash into the key when the opposite high post has the ball. The use of the rear can be a real asset here. Again, timing and positioning are the important factors in flashing.

12. Posting up- I teach the post by using the arm nearset the defense to be put right into his arm pit. With the elbow into the defender it gives you leverage. By slightly sticking your rear into the defender, it gives you more operating room. With the off hand I teach the players to call for the ball. With these few tips guards, as well as front line players can post up their defenders.

13. Driving to the hoop- I teach the drive by having the players set up their man with a misdirection fake. Always use your outside hand to dribble when driving to the basket. I teach them to never dribble into the defense. You should always keep your head up while driving to avoid being double teamed.

14. Jump stop- This is a simple but important skill. It teaches the players to have balance. It is the basis for the jump shot, the screen, the post up and the pick up dribble on a fast break.

## THE PASSING GAME

The passing or motion offense is used today in place of the more traditional pattern offense. It offers more variety in movement, ball rotation and shot selection. The basic idea is to have all the players be in constant motion but keep within a specific set of rules. There are different set ups for the passing game, all of which will be shown. Following are the phases I go through in teaching the passing game.

### Criteria for selecting an offense

1. Teachable: Passing game can be taught in a relatively short amount of time.
2. Movement--Player and ball: Passing game when run correctly requires quick player and ball movement.
3. Continuity: By following a few simple rules, there is no need to reset when running the passing game. It is also an easy offense to go to at the end of the break. It is easy to replace cutters.
4. Variety of Cuts: Most offenses involve a small number of cuts and basic motion. Passing game offers a very high number of different cuts and motion.
5. Boards and defensive balance: Their responsibilities can be covered as well out of the passing game as any offense.
6. Affect of time, score, and tempo: Passing game adjusts well to a control tempo, delay, or a quick running style of play.
7. Adjustable to material: By altering the set and adjusting the rules passing game can be adjusted to the abilities of a variety of players.

### Rules

1. Never stand after you make a pass.
2. The dribbler chases.
3. The man with the ball has 2 seconds to do something.
4. Screen away all the way to the baseline.
5. Only one man in the post at a time.
6. Screeners set the pick on the defensive player's inside shoulder.
7. Players accepting screen should set up defender by stepping him to the baseline or to the high side of the screen depending on the cut he is attempting.
8. Use dribble only to go toward the basket.
9. Cut to side of defensive player on all low post passes.
10. Outside receivers face the basket and fake baseline as you receive the ball.
11. Reverse the ball at every opportunity.

### Basic Cuts

1. Pass and screen away.
2. Give and go..
3. Pass and jab step to the basket.
4. Pass and screen away and roll away.
5. Cutting over.
6. Back cutting.



## FREE THROW SHOOTING

Adapted from Virgil Sweet

I have found that the technique and teaching methods of Coach Virgil Sweet have been the most consistent in conforming to my philosophy on shooting free throws. Following are the 20 steps taken to insure the maximum in free throw shooting percentages. I feel the best time to shoot free throws is after a strenuous drill or at the end of practice. In addition to Coach Sweet's 20 steps I have included a few tips of my own at the conclusion of this section.

### TWENTY STEPS IN FREE THROW SHOOTING

1. Develop a ritual-Have the players develop a ritual. But remind them to be consistent with the ritual they choose. Some bounce the ball a certain number of times, others have a breathing pattern.
2. Controlled Tension- Since it is so difficult for an athlete to relax during a game, especially during a free throw, we can incorporate the controlled tension concept. Try to get the players to control the tension throughout his body and still get the maximum amount of mental concentration.
3. Consistent placement of feet- Stand the same distance from the line every time you shoot. Free throw is a game of inches.
4. Free hand on side of the ball- The placement of the hand is important because it can alter the flight of the ball. By putting the thumb on the intersection of the seams on the end of the ball, the player is permitted a choice of 2 places in which to put his thumb.
5. Second finger points toward air valve- Have the second finger point to the air valve. This places the hand in the center of the ball.
6. Equal spread of fingers- The four fingers of the shooting hand should have equal spread to provide a true back spin on the ball.
7. Thumb and forefingers at a 45 degree angle- The only part of the ball that doesn't touch the ball is a small area in V at the base of the palm. Make sure that players get enough hand on the ball to ensure more control.
8. Wrist hyperextended- Have the wrist cocked before you release the ball. But don't flex the wrist too early or added motion will be thrust on your shot. Wave good-bye to the ball on its way to the basket.
9. Elbow up- The elbow should be raised in front of the body, then bring the elbow down and in during the process of the shot. The elbow and wrist of the shooting arm should lie in a sagittal plane.
10. Sight over the index finger- Have the players sight over the index finger every time. This reminds them to concentrate on every shot.

## FREE THROW SHOOTING(con't)

11. Look at near edge- The term near edge refers to the front of the rim. Have players concentrate on the front of the rim.
12. Weight on front foot- This eliminates any unnecessary movement during shot. Shifting of weight causes chance for error.
13. Flex knee of the front leg- This provides power for your shot when you are tired. It also will help your shot get the arch needed to get a true chance at going in. This is one of the most important steps in shooting.
14. Flex the hips- Although not a natural position, it is essential to a good follow through. It prevents falling away from the basket at the end of your shot.
15. Two seconds pause- A 2 second pause between the preparation of the shot and the actual execution of the shot help to relax the body before shooting the shot.
16. Extend the joints of the legs, hips and arms- Be careful when first teaching this as players will tend to fall forward at first. This motion gets them in ready position for the release of the ball.
17. Flex the wrist- Again the waving good-bye of the ball will insure this action.
18. Propel the ball with 3 fingers- The force resulting from the extension of the body joints and wrist flexion is transferred to the 3 fingers (first 3 ) of the shooting hand. The remaining 2 help to balance the ball.
19. Arm follows arch of follow through- To insure a proper follow through of arm, the shooter should follow the arch of the ball as it is released.
20. Drop the ball over the front edge of the rim- The shooter should feel that he is reaching out as far as the body can and merely drooping the ball in the hoop.

### ADDITIONAL TIPS

Try for 78% on the year Never have 2 bad shooters together in practice No talking Make 2 in a row Step off the line Catch the ball in front of the shoulder in which you shoot Hands in a T Dip knees Use charts on F.T. during practice

WEIGHT TRAINING AS APPLIED TO BASKETBALL  
Taken from Dr. James Patterson, Stanford Univ.

Weight training is used for the prevention of injuries.

1. To have total fitness.
2. Builds skill and conditioning.
3. Must have supervision and use the proper technique. Pair up the kids
4. Pair them up on basis of expected results.
5. Work to maximum intensity to the point of muscle fatigue.
6. Myths-understand what weight training will and won't do.
  - a. Muscle bound- lifting through full range of motion will increase flexibility. Doesn't make you muscle bound. The average man doesn't have the hormonal make up.
  - b. Gain weight supplements- Don't overdue the proteins. This doesn't do anything but improve the quality of your urine.
  - c. Effects of women- They have more to gain. They have a greater capacity for improvement.
  - d. Spot reducing- Eating less than you burn up. This is the only way to lose weight.
  - e. Weight control- That muscle turns into fat is ridiculous.
7. Program Organization
  - a. Exercise the full range of motion.
  - b. Exercise the antagonistic muscle groups.
  - c. Emphasize the negative part of the lift.
  - d. Dpn't drop after a lift. Do both halves of the lift.
8. Seven variables
  1. What excercises should be performed? Entire body.
  2. In what order? The largest to smallest.
  3. How many reps? Sets? Weight? Lift up for 2 seconds. Ease down at 4 seconds. This eliminates momemteum in lifting. 1 set of 8-12 reps. to get good fatigue. Have spotter help only on the negative part of the lift.
  4. How much recovery time? 15-45 seconds. 20-25 for workout.
  5. How much recovery time between workouts? 2-3 days no more than 96 hours. 1 or 2 workouts a week.

## WEIGHT TRAINING AS APPLIED TO BASKETBALL (con't.)

### Variables

6. They are there to build strength, not demonstrate it.
7. Have them be the best they can.

### Excercises

Negative excercises only. After strength of positive fatigues. Start in negative position and let them down. Push ups and chin ups, 10 reps.

Buddy excercises- pullstrings up 4 seconds with resistance.

Groin-On side 4 seconds up and down with leg with resistance.

Ankles- Take ankle through 4 planes with resistance. planter flex-invers-evert-dorsiflex.

Vertical jump-4' by'8' plywood. Half way attach a seat belt to strap player in. Take feet up high as possible. On go knees locked-force knees down with resistance. Uses butt and lower baqk. 1 min. 3 times a week.

Stick excercises. 3 foot stick. Lay down, hold the stick and bench press with resistance, or military press.

## FUNDAMENTAL SKILL DEVELOPMENT FOR DEFENSE

In order to play successful team defense, the teaching of skills to your individual players should be the beginning point. Since players usually don't practice defense on their own as they do offense, it is important to spend time on these fundamentals. In addition, if a player doesn't have great offensive gifts but is still a pretty good athlete he can be taught to play good, solid defense.

The following are what I feel the necessary skills for good defensive basketball.

1. Body Positioning- Since the majority of high school players aren't blessed with great quickness, the proper body positioning must be taught to insure the maximum range of movement by the player. Basically, the position I teach is what is known as the "athletic stance". The knees are flexed, back straight, arms to the side bent at the elbows with the palms up. The weight should be distributed to the balls of your feet. One foot should be slightly ahead of the other.

2. Shuffle or Defensive Slide- This fundamental is one which should be practiced every day in some form. The purpose is to get the players used to the idea and feeling of sliding all 4 directions while in proper position. I believe in short, choppy steps as opposed to gliding and letting the feet come together. This doesn't allow a player to get caught inbetween strides by a change of direction move from the offense. The head and palms should always be up. When changing directions say from right to left, the right foot should be used as a base to push off in changing directions. The feet should never cross. I begin by having the players line up facing me and following my directions, forward, backward, right or left. The reason for this skill is to get the quickest reaction to a offensive move. Being straight up will slow you down, so the defensive slide will insure the maximum quickness from point to point by the players.

3. Fighting over Screens- This is an important skill to learn because it will keep players from being mismatched on a switch. The most important factor in fighting over or behind a screen in communication from your teammates. You have to know what and where movement is happening. I have players first feel for the screen with their hand to the screen direction ("screen right") the player would feel with his right hand. The by pulling the top leg over and around the screen the hips come through and pull your other half through. Going behind a screen is easier, but can be dangerous if the offense decides to use the screen as a shield to shoot or receive a pass.

4. Switch- This skill should be used only as a last resort to a pick or screen. The communication must be there. Both players involved must know of the switch. A verbal "switch" tells both players of the movement so no one is confused.

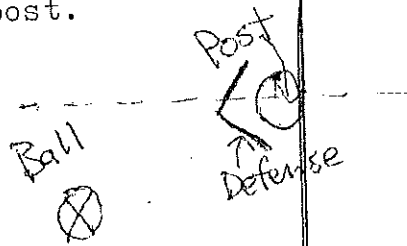
5. Trap and Ball Trace- When trapping a offensive player, I try to get the players to use either the sideline or baseline as a third defender. The 2 players executing the trap should be as close together as possible to prevent a player from lowering his head and breaking the trap. When the man with the ball has picked up his dribble, the defenders trace the ball with both their hands together in the form of a fan.

6. Playing passing lanes- By playing the passing lanes , 2 things can be accomplished. First we can get the offense to start further out than they would like. Second we take away the easy guard to forward pass and make the offensive players work to get open. The technique I teach is to put your hand nearest to the passer in a direct line with the player you are defending, while dropping your back foot to the basket.

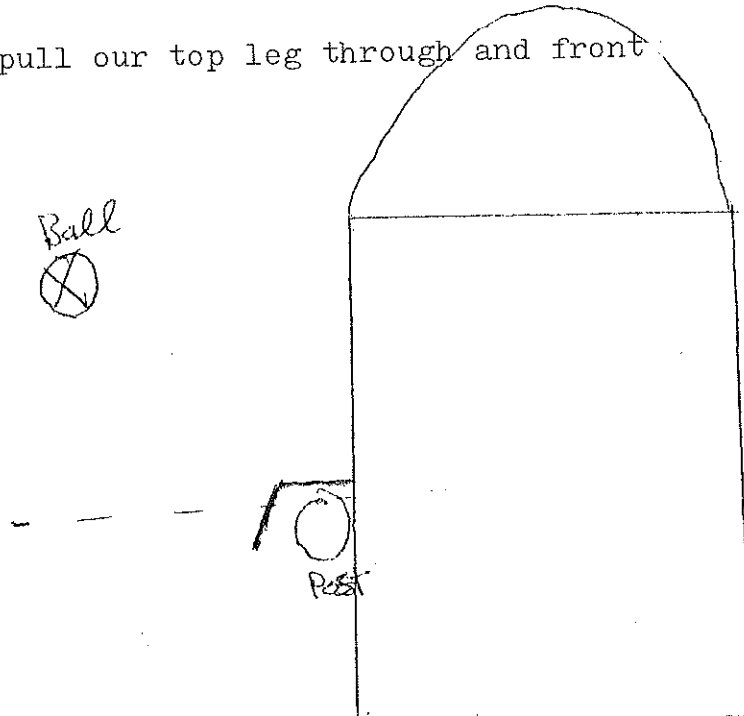
7. Denying the Wing Pass- I teach the same technique here as I do for playing the passing lanes.

8. Fronting the Post- I believe in fronting the low to medium post in some way, either side or complete front. By playing the post, the defense is in a complete disadvantage. The side on which you front depends on where the ball is and where in the lane the post has set up. I teach my players to use the location of the ball as the key. If the ball goes below the post, we front baseline.

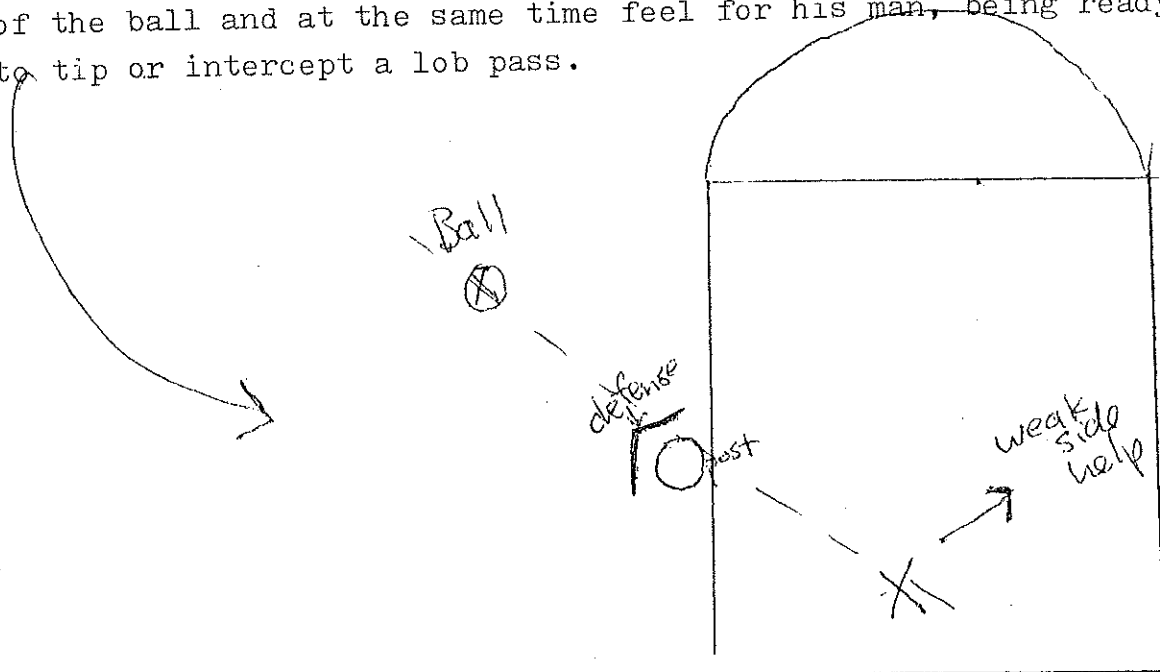
Fronting from the baseline side, because the ball is below the post.



When the moves up we pull our top leg through and front from the top side.



When fronting the post completely the first objective is to have weakside help. The post defender should be aware of the ball and at the same time feel for his man, being ready to tip or intercept a lob pass.



9. Defending a Good Shooter- The best defense on a good shooter is not to let him receive the ball in a position where he can shoot it. However once they receive the ball in the position in which they want here are some good practices to help contain him.

1. Know which direction the shooter likes to move in order to get his shot off.
2. Don't ever leave your feet until after the shooter has.
3. Be in good fundamental defensive position.
4. Don't try to block his shot.
5. Put a hand up and yell "Hey" on every shot.

10. Defending the Dribble- In defending the dribble, the most important factor is keeping good body position in relation to the man you are guarding and the basket. Always try to keep inbetween the two. I teach my players to always know which hand is the strong hand and how to make them adjust. We encourage overplaying slightly the strong hand. The defensive slide skill is used against the dribble more than in any other situation. I teach keeping the palms up, to flick at the ball with an upward motion if the opportunity for a steal comes about. Don't encourage reaching, this will only get you into foul trouble and out of position. The middle of the defenders body should always be square to the dribblers shoulders.

Once these basic fundamentals have been established, then the concept of team defense can be presented. Once again the most important factor in team defense is communication. The good defensive teams talk and call for help, they don't just expect it. A quiet team on the floor usually results in a quiet team in the locker room after the game.



## PRESSURE MAN TO MAN DEFENSE

### A. Philosophy

1. Employ the use of verbal cues in teaching
  2. Play as hard as you can for as long as you can
  3. Use the same terminology for all of your zone defenses
  4. Use defense as a foundation for your philosophy
  5. Emphasize defensive transition
  6. Always pressure the ball
  7. Always deny the ball one pass away
  8. Always give help-side support
  9. Each defender is responsible for not only his man, but every one elses man also
  10. Prevent any easy shot by teamwork and helping out.
- .....

### B. On the Ball Defense

#### 1. Stance

##### a. Ready Position: Cue: "Ready"

-Heel and Toe position

-Up and Back hands

-Nose in chest position (nose of defense even w/ chest of offense)

-Tracing - follow ball w/ hands

##### b. Point Position: Cue: "Point"

-Nose in chest

-Half man over - toward baseline

-Inside hand traces ball (palm up)

- Outside hand poised by the ear (deflect pass)

-Force dribbler to pick up the ball

##### c. Stick Position: Cue: "Stick"

-skin tight, no foul

-trace ball with both hands, ready to jump

## 2. Slides

- patter step -(rapid foot movement)
- explode and push off
- step/slide lead foot moves first, followed by back foot
- knee separation

## 3. Slides/Swing & Lead

- change of direction slide
- pivot on the back foot/swing lead foot back
- rhythm/elbow pulls body through
- stay heel toe
- stay half man over

## 4. Additional on the Ball skills

- jumping to the ball
- cover down - ball goes to low post from outside

## C. Denial (one pass away from the ball)

### 1. Stance

- ear in chest - ear even w/chest
- lead arm/full extension/palm facing the ball
- brush hand/closed fist - fist should brush against defense
- weight on the back leg
- hips facing the offensive man
- rapid open-up/when loss of vision with man occurs/when you sense you are beaten

### 2. Slides

- Advance & Retreat step - same step that is used in fencing.
- basically heel and toe
- explode on all slides
- knee separation
- open only when beaten
- correct starting position is the key

D. Help Side/Pistols (2 or more passes away from the ball)

1. Stance

- ear in chest
- assume a pointing position with the fingers, one at the ball, one at the man
- keep both in frontal view, 1-3 steps off the line of the ball
- open up a quarter turn toward the ball

2. Slides

- advance/retreat
- flash denial across key to ball
- never allow cuts behind the pistols man

SEE DRILLS SHEET FOR PRACTICE WORK

## END OF THE YEAR MEETING

I. Get addresses and phone numbers of players. Also get the names of the camps they are attending.

### II. Coaches Role-

1. They are teachers, the approach is the same as a classroo.
2. Tell them your philosophy, for example your offense, defense, and teamwork phiosophy.
3. Coaches are technique teachers. Stress fundamentals.
4. Coaches are the decision makers.
5. "Rule says 5 only" situation. Let them know how many you will play.
6. Coaches are your leaders from the sideline.
7. Coaches are counselor, on and off the court.

### III. Players Committment-

1. Camp- try to attend. Work out financial arrangements.
2. Summer League.
3. Team promptness to players and coach.
4. To himself. Must have self confidence. Must play every spare minute.
5. Must committ to the program or be dropped.

### IV. Players Voting of Rules and Regulation for Next Year

1. Being up to 10 min. late to practice.
2. Being over 10 min. late to practice.
3. Being over  $\frac{1}{2}$  hr. late to practice.
4. Being over than the 5 min. grace period for game bus.
5. Disrespect for the coaches.
6. Technical in a game.
7. Enexcused absence from practice.
8. Excused practice.