



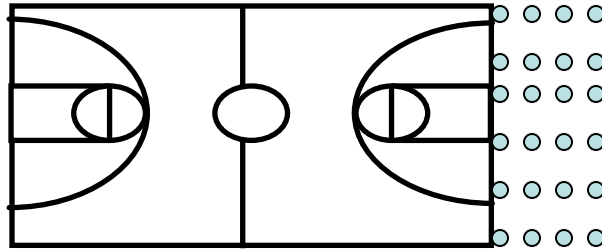
DRIBBLING



FUNDAMENTALS

Drill Setup

6 lines, 2 balls in each line



Stationary 1 Ball:

Typewriter x 10

Dribble w/ Right Hand 10x - Triple Threat Position

Dribble w/ Left Hand 10x- Triple Threat Position

Alternate Right/Left 10x

5x Passing around Right Leg

5x Passing around Left leg

5x Passing around Both Legs

5x Passing around Waist

5x Passing around Head

10x Figure 8 Passing thru Legs

10x Figure 8 Dribbling thru Legs

10 x Figure 8 Thru Leg/Behind Back

10 x Spider Drill

10 x Ricochet (Front to Back - "Rocker")

Dribble Progressions

on the move:

Right Hand (Down and Back)

Left Hand

Hesitation

Crossover

Reverse

Release of Pressure

Between Legs

Behind Back

Stationary 2 Ball:

Together

Alternate

Side to Side

Front to Back

Alternate Front to Back



PASSING



FUNDAMENTALS

Stationary Passing Drills: (Partner up across from each other)

Chest Pass

Overhead Pass

Bounce Pass

Passing Drills:

“Keep Away” - (2 players passing; 1 on defense / If defense touches the ball, the passer goes to defense; use any kind of pass)

2 Lane, 1 Ball – Full Court

3 Weave Passing - Full Court



SHOOTING FUNDAMENTALS



1) Shooting Form: *(Players practice 1st without a ball)
(Players then practice with a Ball but only shooting straight up; not at a basket)*

Feet shoulder width apart / Body square to the basket
Knees Flexed
Elbow in-line with knee / Elbow directly under the ball
Pointer finger on air-hole of basketball
Wrist cocked back
Balls on pad of fingertips
Should have a “shooting pocket” in shooting hand
Look at the basket / Eyes on target
Shoot with follow-through / Snap wrist
Ball should have back-spin

2) Shoot to Your Partner: *(Players practice shooting form with their partner just across from them; they are still not shooting at a basket)*

3) Shoot at the Basket: *(Players practice shooting at the basket; 2 lines at each basket-get as many shots as possible - Start in close)*

4) Lay-ups:

(2 Lines at each basket. Concentrate on fundamentals of shooting Layups)
If shooting a right-handed layup, then the right foot comes off the floor when shooting. If shooting a left-handed layup, then the left foot comes off the floor when shooting.

5) Free-Throw:

Should always have the same routine. Same number of dribbles.
Focus on the rim, good follow-through.

6) Footwork Progressions:

(For older players - If you progress this far)
Hop to Catch
PowerFoot
Inside Turns
Outside Turns

CONTEST CHALLENGE

MIKAN DRILL

Alternate left and right handed layups. Player must make shot before alternating sides and must use left hand – right foot on left side, right hand-left foot on the right side. Timer should count makes out loud and record the number of baskets made in 20 seconds.

(Stations 1-4 – anyway they know how).

(Stations 6-11 – must use correct hand and correct foot on each side and must make on a side before attempting on the next side).

POP-A-SHOT

Each player must choose 2 rebounders and may use 2 basketballs. Try to make as many shots possible in 20 seconds. Timer should count out loud and record number of baskets made.

Stations 1-4 – may shoot from anywhere (close to basket)

Stations 5-8 – may shoot from shortened Free Throw Line

Stations 9-11 – must shoot from Free Throw Line

AGILITY CONTEST

Each player must have a counter and those going at one time should start behind the line. Counters count out loud each time player jumps the line. Jump from side to side...Must clear line with both feet in order to count.

DEFENSIVE SLIDES CONTEST

Two players will go at a time. Face center court and begin by placing left foot on left lane line. Player must defensive slide to right, touch right lane with right foot, and touch floor with either hand. Continue left...right...left...

Each player should have a counter. Do not count if cross feet, does not touch line with foot, or does not touch floor with hand. Count out loud and record number of lines completed in 20 seconds. **39**



SKILL 1 –



DEFENSIVE REBOUNDED

Points of Emphasis:

- body slam offense first, then turn for block out
- pivot to make contact
- maintain contact by staying low and moving feet
- hands up, do not hold your player
- block out first, then go get the ball

Drills:

Consecutive Block Outs defense must block out an active offensive player and possess ball 2 or 3 times in a row

3 Weave with Block Outs offense weaves to half court; first at half court becomes defense and blocks out on the ball or away from the ball as designated by the coach



SKILL 2 –

DENIAL DEFENSE



Points of Emphasis:

- hand in passing lane
- see player and ball
- do not let your player catch
- use stiff arm to not allow offense to go backdoor
- deny ball side cut, force player backdoor
- Jump toward the ball on every pass

Progressions:

- passer at point, offense and defense on wing
- explain position of 1 pass away
- defense denies wing pass



SKILL 3 –



HOW TO CATCH / SQUARE UP

CATCHING

Points of Emphasis:

- hands should be out, ready to catch and presenting target to passer
- move toward pass when catching to prevent defense from intercepting pass

PASSING

Points of Emphasis:

- make hard, crisp passes, not soft, "loopy" passes
- passes should be thrown between receiver's shoulders and hips, and within vertical plane of the body
- follow through on all passes
- pass away from defense

SQUARING UP

Points of Emphasis:

- on catch, first reaction is to square up to the basket
- do this by “jerking” the ball through to the baseline
- do not keep ball above head or directly in front of body

Progressions:

- begin with 2 lines facing each other in passing lines
- emphasize passing and catching-coming to meet every pass

- next, move offense to wing, V-cut and then square up-- no defense
- add defense on the square up



SKILL 4 –



SPEED LADDER / PLYOS

SPEED LADDER

Run Thrus

-every single

-every other

-skip two

Forward Shuffle

(both feet in, 1 foot out)

In's and Out's

(Both feet in, both feet out)

Bunny Hops

-every single

-every other

High Knees (Every single)

Hop Scotch (Quad Burners)

-every single

-every other

Single Leg Hops

Emphasis:

1. Always on ball of foot every single
2. Never touch any part of the ladder
3. Foot and toe point up
4. Chest Up
5. Shoulders Back
6. Fire Arms
7. Keep center of gravity
8. Body should never go up and down
9. Control Body
10. Be quick...Increase speed after get
footwork down
11. Don't pound feet. Very soft Landing!
12. Should have a very short contact with
floor.

PLYOS

Butt Kickers

Fast High Knees

High Knees for Height

Power Skips for Height

Carioca Long

Carioca Quick

Defensive Slides

Bounds

Rebounds

Single Leg Hops

Double Leg Hops



SKILL 5 –



PROGRESSIONS TO GET OPEN

MOVE

V-cut
 L-cut
 Reverse pivot
 Circle cut
 Backdoor

DEFENSE

Soft
 Tight and even
 Tight and high
 Totally denied
 Totally denied

READ

Hop to catch or powerfoot
 Meet pass, pivot on inside foot
 Meet pass, pivot on inside foot
 Square up and read defense
 Target hand behind defense and shoot

Progressions:

-begin with an offense on the wing and “dummy” defense



SKILL 6 –

ON BALL DEFENSE



Points of Emphasis:

- feet shoulder width apart, never together
- knees bent, back straight, rear end down
- hands in front, palms up
- no more than arms length away from defense
- get under ball & keep hands active
- advance with little step "Hey, hey!"

Progressions:

- begin with offense and defense at point
- explain position of defense



SKILL 7–



OFFENSIVE REBOUNDING

Points of Emphasis:

- ball will rebound at angle comparable to angle which it was shot
 - to be successful offensive rebounder, must continually keep moving and anticipating to find open spaces for rebound position
- move prior to or at moment shot is released

Two Techniques:

Step Away

offensive player takes step back away and then around opponent using foot on side of desired cut to avoid being blocked out

Spin Off

offensive player plants pivot foot in middle of defensive player's stride and executes a back pivot, spinning off back and hip of defensive player to face basket



SKILL 8–



WEAKSIDE DEFENSE

Points of Emphasis:

- help: 1 pass away; ball is being dribbled between you and on-the-ball defense, give up denial to stop dribble drive (show “help”)
- weakside: when your defensive person is more than 1 pass away from ball\
 - use peripheral vision to see both ball and player
- 2 passes away
- 3 passes away

Drills:

- start 2 on 2 and show help defense
- use line down lane to show them how far over weakside should be-must get a foot on the line on weakside
- 4 on 4, explain weakside, show what weakside is
- (2 and 3 passes away)
- walk through rotation on both 2 and 3 passes away defense
(show exactly where every defensive player "rotates")

coach restricts what offense can and cannot do in order to keep some form of order!



SKILL 9–



DEFENSIVE STANCE SHUFFLE, RUN, SHUFFLE

Points of Emphasis:

Defensive Stance:

- Sit down (hamstring parallel with floor)
- Shoulders back
- Hands active (swipe at the ball from below)
- Active feet (foot-fire)

Shuffle, Run, Shuffle

- When coach says “Defense,” campers hit the floor and yell “DEFENSE”
- Campers are in stationary foot-fire with hands swiping until hear/see command from the coach
- Coaches choices of commands are:
 - Point to right or left (campers then defensive slide that direction)
 - Yell “Run” (campers run 2 steps in direction coach pointing and then go right back to defensive slide that same direction)
 - “Charge” & Hit fist in hand (campers must take the charge and get right back up with foot-fire in stationary position)
 - “Dive & Point in Direction (campers must dive and get right back up with foot-fire in stationary position)



SKILL 10– SPACING -



SETTING & USING SCREENS

SPACING

Emphasis:

- 15 ft. spacing on offense (unless going to set a screen)
- Set screens to get teammate open

SETTING SCREENS

-Points of Emphasis:

- set screen on defensive player, not on thin air!
- stand still, let offense use you
- set widest screen possible; grab the legs of your shorts when setting screen
- do not lean when setting screen
- back of screen should face direction of intended cut
- screen should be used to bring player to ball, NOT to take player away from ball
- after setting screen, screener should roll

USING SCREENS

Points of Emphasis:

- set up defense by taking 2 steps away from ball
- set screen up slowly and change pace coming off
- cutter should wait until screener is stationary before cutting off screen
- cutter must go off of screen shoulder to shoulder and must accelerate on cut to the ball
- show target hand and look to receive ball



1 on 1



RULES & FORMAT OF PLAY

1. Designated teams start on a court. One player is defense, one offense, and the extra players line up under the basket.
2. A basket scores one point. (3 pt. Make = 2 pt). Defense goes to the end of the line.
3. Play possession. That player stays on offense.
4. Coach/official calls fouls. Foul on shot = 1 pt. / Foul on 3 pt. Attempt = 2 pt.
5. On a defensive foul, defensive player goes to the end of the line.
6. On an offensive foul, the basket does not count and results in loss of possession.
7. After a score or defensive stop, the ball is returned to the foul line as a new defensive player enters.
8. Both feet must start behind foul line.
9. Ball checked to coach on change of possession.
10. 3 dribbles only and 10 second limit to shoot. (Give way on youngest group).
11. Jump ball goes to defense. Offensive player returns to end of line.
12. An air ball, steal, violation, or out of bounds - defense ball.

RULES FOR ONE ON ONE PLAY-OFFS & CHAMPIONSHIP

1. All play-off games, except the finals, are played to 8 points. No time outs. 5 minute time limit.
2. Finals are played to 10 points. No time outs. 5 minutes time limit.
3. Ball must be cleared both feet beyond free throw line on all changes of possession. Clear all air balls, steals, or other changes of possession situations that may arise. Failure to clear is a violation resulting in change of possession. Check ball after every change of possession..
4. 3 dribbles and 10 second limit. (Give way on youngest group).
5. All shooting fouls will be 2 shots; on the fourth foul, all fouls will be shot.
6. Jump balls go to the defense.



POSITION PLAY – PERIMETER (OFFENSE)



Shooting Footwork Progressions

- Hop to Catch**
- Powerfoot**
- Add Ballfakes and Jabs**
- Reverse Spin**
- Inside Turns**
- Outside Turns**
- Stepback**

Shooting Progressions with Defense

Ballhandling



POSITION PLAY – PERIMETER (OFFENSE)



GENERAL GUIDELINES

Emphasis:

- 1) Hop to catch if possible for a shot is always the first priority.
- 2) If defense is close, toes and hips should point towards the passer.
- 3) Body should stay low.
- 4) Inside of 3-point line pivot on the inside foot , the foot closest to the defense. (Should be the left foot on the left, right foot on the right.) Add an inside turn if defense stays close on the square-up.
- 5) Outside of 3-point line, shooter may always use the same pivot foot to incorporate outside turn and inside turn.
- 6) Jerk ball through to the baseline- hard and low.
- 7) Do not put the ball over your head. Stay in triple threat.
- 8) Passer should hit a shooter on the numbers, if possible, and if hit on the numbers the shooter should hop to catch or powerfoot. If the defense will not allow the pass to be on the numbers, then the target hand should be the outside hand.

If the defense is approaching:

- 1) If the defense is standing up (over the top) taking away the shot, the offensive player should ballfake and use an explode step going the same way or use a crossover dribble for the drive.
- 2) If the defense is down and solid, the offensive player uses an explosion by squaring slow, hesitate, and explode dribble the same way. Similar to a slow jab.



POSITION PLAY – PERIMETER (OFFENSE)



This station is designed to teach players how to read their defense while they are receiving the ball and catching the ball in a position best suited to attack the defense.

- 1) Read the defense as you catch the ball after you have made a progression to get open. Below are the reads the offense should make depending upon how the defense is playing. Begin with all defense playing soft- only hop to catch and powerfoot. Next, allow defense to only be tight- only pivot, reverse spin, backdoor. Finally, have defense play either soft or tight and offense must read.

<u>DEFENSE</u>	<u>MOVE</u>	<u>TARGET HAND</u>	<u>POSITION TO RECEIVE</u>	<u>READ</u>
Soft	Hop to Catch	On numbers	Toes and hips square to basket	For shot only
Soft	Powerfoot	On numbers	Toes and hips square to basket	Shot or read approach
Tight	Pivot (Inside or and ballfake Outside Turn)	Away from defense	Toes and hips toward passer	Square up

- 2) On the catch, the offense continues to read their defense. The following are the immediate reads of the offense:

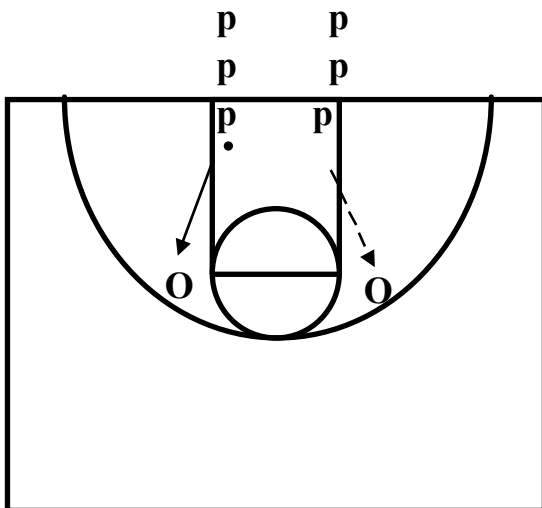
<u>DEFENSE</u>	<u>MOVE</u>	<u>READ</u>
Soft	Hop to Catch	Shot
Soft	Powerfoot	Shot Read the Approach\ballfake
Trails	Dribble	Pullup jumper
Tight	Squareup (Inside or Outside Turn)	Drive--includes same side explosive step or crossover (Uphill or Baseline s
Denied	Reverse Spin	Layup deep step for shot Deep step, rocker, shot
Denied	Backdoor	Shot



POSITION PLAY – PERIMETER (OFFENSE)

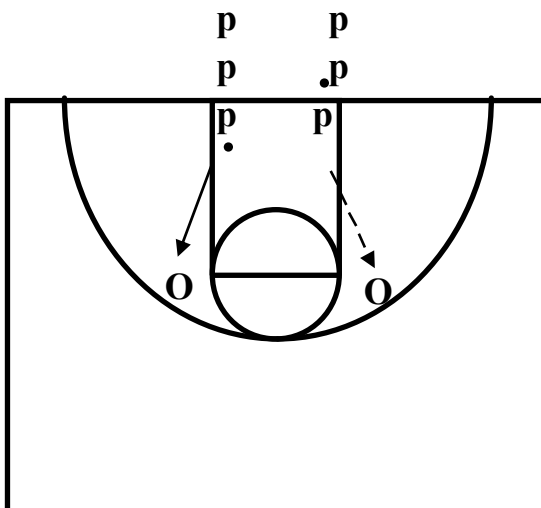


HOP TO CATCH (No Defense)



- Begin with passers under the basket with a ball
- The shooters should be at the elbows ready to receive the ball
- Shooters have toes, hips and shoulders square to the basket with target hands ready to catch
- As the pass is coming, shooter hops to the ball landing with both feet at same time, ready to go up for immediate shot
- Shooter follows own shot, passer becomes next shooter
- Shooter, after rebounding, goes to the opposite passing line
- Hop to catch is best used when defense is soft
- It is the quickest way to get a shot off
- Emphasize the hop to catch (knees bent, ready to go into shot immediately)

POWERFOOT (No Defense)



- Begin with passers under the basket with a ball
- The shooters should be at the elbows ready to receive the ball
- Shooters have toes, hips and shoulders square to the basket with target hands ready to catch
- Shooter has powerfoot (either right or left foot) back
- As pass is approaching, shooter is stepping in with powerfoot to shoot immediately on catch
- Powerfoot is best used with defense is soft or defense is approaching
- Shooter, after rebounding, goes to the opposite passing line



POSITION PLAY – PERIMETER (OFFENSE)



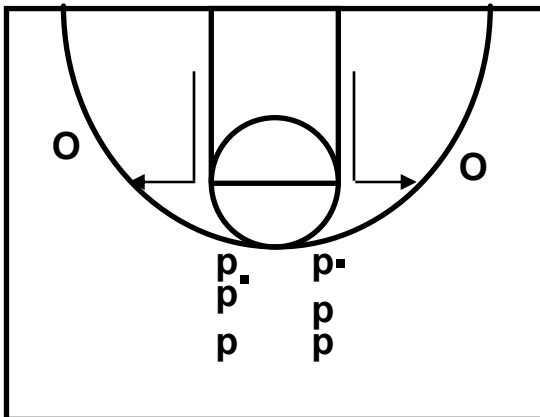
DRILL # 3- POWERFOOT TO BALLFAKE (No Defense)

- Have same alignment for drill
- Add ballfake to powerfoot
- On the catch, the shooter ballfakes (like its a shot) and then dribbles hard same side or crossover
- Ballfakes are most effective when defense is approaching

DRILL # 4- POWERFOOT TO JAB (No Defense)

- Have same alignment for drill
- Add jab to powerfoot
- On the catch, the shooter jabs at defense and then dribbles hard same side or crossover
- Jabs are most effective when defense has become solid or is approaching

DRILL # 5- PIVOTS (No Defense)



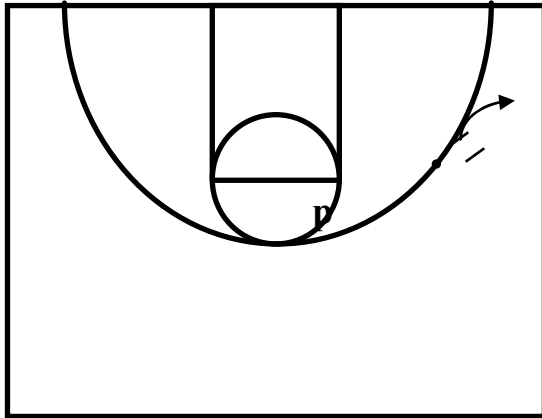
- Move passers to the top and put shooters on the wings
- Have shooters do an L-cut to get open and then must face the passer with target hand away from defense
- Toes, hips and shoulders should all face the passer giving a target to catch
- On the catch, the offense will either inside or outside pivot squaring up hard to basket
- Pivots are used when the defense is tight, first concern must be to catch the ball and then square up
- After square up, offense can take 1 or 2 dribbles either direction for a shot



POSITION PLAY – PERIMETER (OFFENSE)



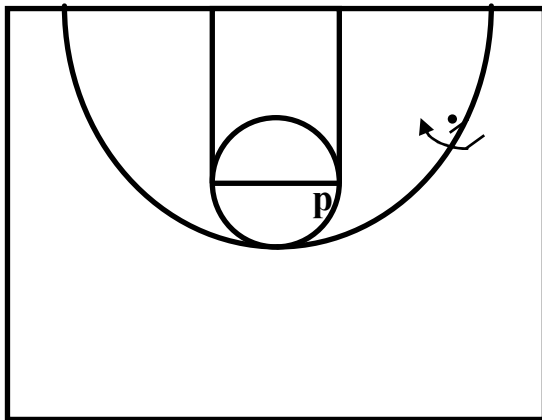
Inside Turn



-INSIDE TURN

-On the catch, the foot farthest from the basket (outside foot) is the pivot foot and the pivot is to the inside, creating space between the offense and defense

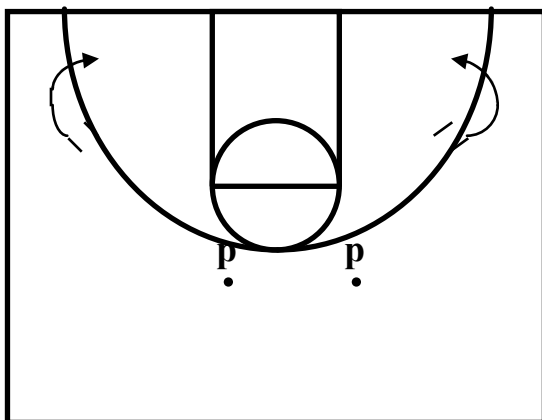
Outside Turn



-OUTSIDE TURN

-On the catch, the foot closest to the basket (inside foot) is the pivot foot and the outside turn is made

REVERSE SPIN (No Defense)



- Defense is playing tight and high
- Offense has toes and hips facing passer with a target hand extended to the outside beyond the defense
- On the catch, offense does a reverse spin on the inside foot so that the defense is left behind them
- Reverse spin to a layup or jump shot
- Reverse spin to a ballfake to dribble same side or crossover

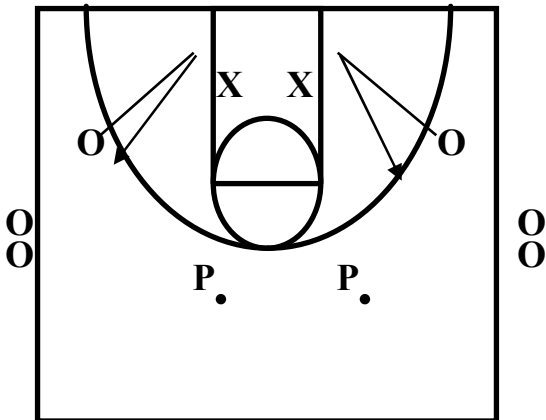


POSITION PLAY – PERIMETER (OFFENSE)



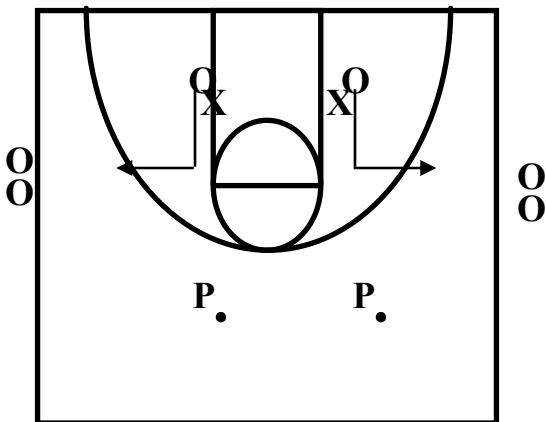
SHOOTING PROGRESSIONS WITH DEFENSE

V-Cut to HOP TO CATCH, POWERFOOT



- Begin with offense and defense on each wing
- Offense does a V-cut to get open on the wing
 - A V-cut is done when defense is soft
 - Take two steps away from where the ball will be caught (towards the lane)
 - Change speed quickly and return to ball direction quickly (to catch on wing)
- Defense plays soft (at least 6 feet off)
- Initially, offense must hop to catch for immediate shot
- Next progression, have offense catch with a powerfoot for shot or ball fake and drive
- Start defense as dummy defense initially but move quickly to full offense, full defense
- Offense goes to defense, defense goes to opposite line

L-Cut to a Pivot



- Begin with offense and defense on each wing
- Offense does a V-cut to get open on the wing but defense is tight, cannot catch off V-cut
- Offense must do an L-Cut to get open on wing
 - An L-cut is done when the defense is tight
 - Begin at block, take several hard steps up lane and get foot above defense's foot
 - Then plant hard and break out to wing to catch
- Defense plays tight (as close to offense as possible)
- Offense catches with toes facing passer, does a pivot (inside or outside) and drives to basket
 - An inside turn, the outside foot is the pivot foot
 - An outside turn, the inside foot is the pivot foot
- Emphasize a good hard square up
- Offense goes to defense, defense goes to opposite line



POSITION PLAY – POSTS (OFFENSE/DEFENSE)



Body Position in the Post

Ball Position in the Post

Footwork in the Post

Powerslide

Drop Step

Outside Turn

Inside Turn

Upstep

Add Ballfake

Contact Shuffle Drill

Post Pins

Post Defense



POSITION PLAY –



BODY POSITION IN THE POST

EMPHASIS OF BASIC POSITION:

Begin at medium post straddling the first hash mark. Contact shuffle to maintain contact with the defense.

Keep the defense behind the post up by:

- a) stepping down with the same side foot closest to the defense
- b) step over the top of the defense foot (consistent with the step over in the perimeter L-cut footwork)

The key of the basic position is to get the rear end of post on the quad of the defense. When this position is maintained, the post rides the defense.

1. Begin in the medium post straddling the first line.
2. Bend your knees. Your feet should be spread shoulder width apart making your body wide.
3. Be in balance. Keep your head in the middle of your body.
4. Feet and toes pointed to the passer. The passer should be able to read your number.
5. Place your rear on the defender's quadriceps - no matter the size difference - this makes you more powerful. Keep your rear superglued to the quad of the defender.
6. Have target hand or hands up, palms to the passer, calling for the ball - fingers spread as wide as possible. Especially if the defense is behind. When the defense is behind, lock your arms out straight forward to the ball making a triangle with the fingers and thumb.
7. Make eye contact with the passer, yell the name of the passer, or point for the passer. Demand the ball. Tell them where you want the ball.
8. When the defense moves to a side denial position, don't turn your body sideways: instead place your leg closest to the defense over the top of their leg - straddle their leg - and keep your feet pointed to the passer. (This step is similar to a thrust step over a screen). Contact shuffle up the lane. Step the defense down with the same side leg if the defense's leg is too high above you preventing the post pass.
9. Place your elbow (an extension of your arm bar) in the defender's sternum and/or use your arm bar to hook over the defender's lead arm locking it into your side and still show your open hand to the passer or the official. Keep the defense on your side with the arm lock and show the passer where to pass the ball. This is called a lock down.
10. Make and maintain contact with the defender at all times- never lose touch.
11. Use short, choppy glide steps to maintain contact. CONTACT SHUFFLES!
12. Jump stop at the passer to catch the ball (hop to catch). Both toes should point to the passer on the catch. An exception would be an early pass which initiates a drop step while the ball is in the air.



POSITION PLAY – BALL POSITION IN THE POST



MEDIUM POST

I. BALL SIDE

A. BALL ON THE WING

Defense low--don't pass. Post should fight to step down or thrust step to get defense behind.

Defense front--while facing the baseline show the hitchhike thumb motion to the point and spin in for a pin. Go away and come back to post up.

Defense high--push defense higher and release to catch the ball.

Emphasis of basic post position.

Contact shuffles should be used at all times to keep the defense behind the post. Other footwork used by the posts includes the stepdown and the thrust step which is stepping over the top of the defender's foot.

B. POINT TO WING PASS (Assume the point to post pass is denied high side).

Face in with toes toward the lane. Look at the defense and spin in (uphill) to pin the defense on your rear.

C. WING TO POINT PASS (Post should point to the point guard position to communicate a pass for a post pin).

Defense will probably be low side so stay and pin.

II. AWAY FROM THE BALL

- **Weakside cut** if you see the back of the defender's head.
- **V-cut high** to take the defense higher if the defender is high, and **V-cut low** if defender is low.
- If defense is high--**pin**.
- If defense stays low and denies, **swim move** to get open. If swim move is denied, **spin off**.
- If defense stays high, **circle move** and **pin**. If the defense continues to deny after or during the circle move, counter with a **spin off**.

HIGH POST

Make a straight cut to the basketball. After receiving the ball:

Outside turn for a shot or inside turn.

Use a reverse spin if overplayed. Use for a layup.

Deep step for a shot.

If defense takes away the shot, do a rocker move for a shot or a dribble drive.

Backdoor if denied.

If a weakside cut to the ball is not possible for possession of the ball, then:

Duck-in : inside, outside, swim, swim -- when defense is high

Flash : swim, swim - when defense is even

Note: (Make sure and be in a position at midpost where shoulders are forward, lean over, bend over and grab shorts).



POSITION PLAY – FOOTWORK IN THE POST



Use a power dribble for post moves. A power dribble should not be above the knees.

<u>FOOTWORK</u>	<u>DEFENSE</u>	<u>READ</u>
Powerslide	high side	early pass no dribble
Powerslide	high side	late pass with dribble
Powerslide	high side	add ballfake
Drop step	low side	early pass with baby hook
Drop step	low side	late pass with jump hook
Outside turn	soft\trails	shot
Inside turn	unknown	for immediate shot
Inside turn	unknown	emphasize deep step for shot. Sweep with pivot foot to clear the defense.
Inside turn	unknown	counter with rocker step and drive
Upstep	hard	late pass no dribble layup
Upstep	hard	late pass dribble

ADD ballfake

COUNTERS

Powerslide--defense recovers use step back. Defense recovers, use dropstep.

Drop step--step back

- powerslide
- turn and face and crossover
- stepback and rocker

DEFINITIONS:

Early pass--offensive post initiates drop pivot before the pass has been caught. Usually this is used when the offensive post has tremendous pin and an advantage on the defense.

Late pass--offensive post must hop toward the passer for a jumpstop to catch the ball.

NOTES:

An **outside turn** on the right side is done with the left foot as the pivot foot. On the left side an outside turn is done with the right foot as the pivot foot.

An **inside turn** on the right side is done with the right foot as the pivot foot. On the left side an inside turn is done with the left foot as the pivot foot.



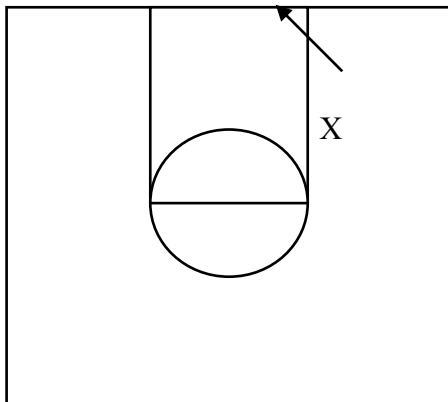
POSITION PLAY – OFFENSIVE POST MOVES



NOTES FOR ALL POST MOVES:

1. Should always hop to catch
2. Should catch with belly and toes pointed toward passer
3. Should look baseline before moving either foot
4. Can perform the moves off an Late Pass or an Early Pass
 - Late Pass - Catch with both feet square to passer
Power Dribble necessary
 - Early Pass - Begin Powerslide as the ball is coming to you
Power Dribble not necessary
5. Ballfake - Should ballfake at anytime to draw the foul

POWERSLIDE



Defense plays **High Side:** POWERSLIDE

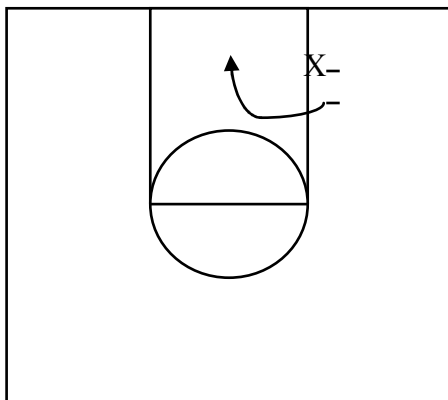
Mechanics of Powerslide:

Catch ball with toes and chest pointed toward the passer
Lead with Foot closest to baseline
Power slide to the basket using a Power Dribble
Shoulders should be parallel to the backboard

Teaching Progression of the Powerslide:

Hop to catch... Look Baseline... Powerslide...
Powerdribble... Feet together... Shoot

DROP STEP



Defense plays **LO Side:** DROP STEP

Mechanics of Drop Step:

Catch ball with toes and chest pointed toward the passer
Lead with Foot farthest from baseline
Drop step to the basket hooking the defense behind rear
Can shoot a regular jumper, hook shot, or baby hook

Teaching Progression of the Drop Step:

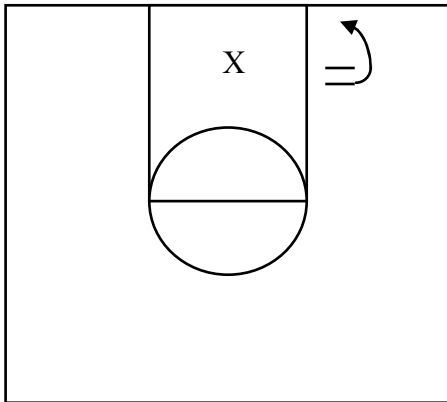
Hop to catch... Look Baseline... Drop Step...
Powerdribble... Feet together... Shoot
(If shooting a hook shot, feet don't need to come together before shooting)



POSITION PLAY – OFFENSIVE POST MOVES



OUTSIDE TURN



Defense plays **Soft** : _____ OUTSIDE TURN

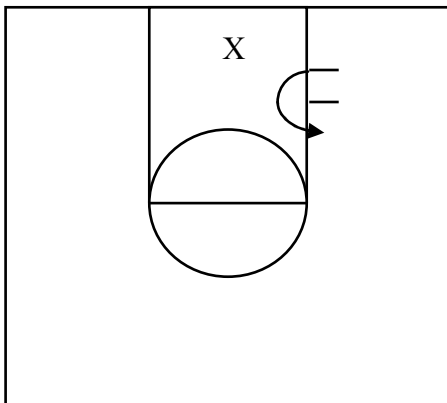
Mechanics of Outside Turn:

- Catch ball with toes and chest pointed toward the passer
- Pivot foot is foot closest to baseline
- Turn to the outside
- Shoulders square to the basket, shoot

Teaching Progression of the Outside Turn:

Hop to catch... Look Baseline... Outside Turn... Shoot

INSIDE TURN



Defense plays **Unknown** : _____ INSIDE TURN

Mechanics of Inside Turn:

- Catch ball with toes and chest pointed toward the passer
- Pivot foot is foot farthest from baseline
- Turn to the inside (butt should go first)
- Shoulders square to the basket, shoot

Teaching Progression of the Inside Turn:

Hop to catch... Look Baseline... Inside Turn... Shoot

*This is a great move to add a jab or ballfake to a dribble drive.

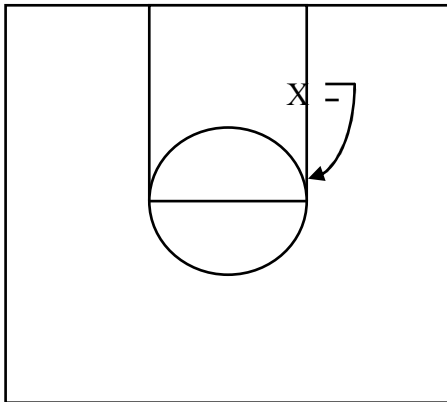


POSITION PLAY – OFFENSIVE POST MOVES



UPSTEP

Defense plays **Tight Behind** : UP-STEP



Mechanics of Up-Step:

Catch ball with toes and chest pointed toward the passer
Top foot is pivot foot (foot farthest from baseline)
Pivot to outside on top foot to fake the defense up the lane

When defense flows with fake, step through to the basket
keeping pivot foot down

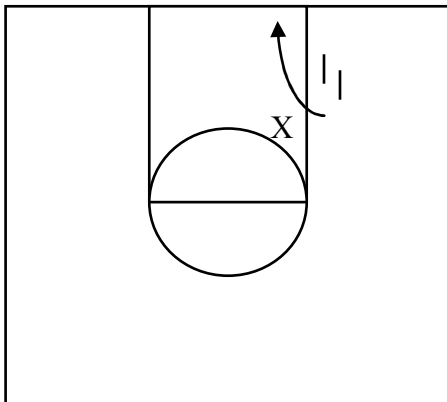
Powerdribble to the hole

*This should be a very powerful move

Lead with Foot closest to baseline

Power slide to the basket using a Power Dribble

Shoulders should be parallel to the backboard



Teaching Progression of the Up-Step:

Hop to catch... Look Baseline... Upstep... Power-step

Powerdribble... Feet together... Shoot



POSITION PLAY – CONTACT SHUFFLE DRILLS



CONTACT SHUFFLE - DRILL #1

Defense begins behind and offense gets body in basic position.

EMPHASIS:

- medium post straddle hash
- bend knees--feet and body wide
- balance
- feet and toes toward passer
- passer should be able to read numbers
- rear on quads and keep it superglued there
- palms to the passer and arms locked when defense is totally behind
- demand the ball with eyes, mouth, and pointing
- elbow in defender's sternum (arm bar)
- contact shuffles to keep contact

- * Can use a passer or have player spin ball to self
- * **ADD** early pass and late pass; defense starts behind but moves to a high or low position
just progress to powerslide and dropstep; Add a v-cut with a jump stop from the weakside
- * **Add** counters later
- * **Add** yellow pad, getting beat, good for ball fakes

CONTACT SHUFFLE - DRILL #2

Defense begins low side and offense attempts to get the defense behind them since no pass will be thrown from the wing to a post who is low sided.

Begin at basic position

EMPHASIS:

- body position
- lock down of defenders arm
- thrust step over defenders foot
- contact shuffles
- target
- step down with same side leg
- don't pass unless defense is behind

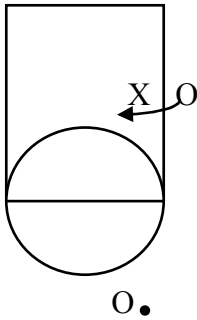
- * Defense should only play on catch straight for an outside turn or back away so offense cannot feel D for an inside turn
- * **Add** defense on high side to push up lane
all progressions including upstep
weakside to get open progressions
v-cut, swim, reverse, circle
make sure and have early and late passes
- * **Add** defense in front for the hitchhike move



POSITION PLAY – POST PINS



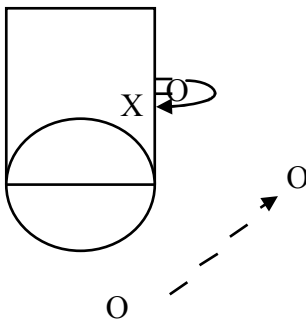
Ball at the Point (Defense Even)



Ball is at the Point and the Defense is Even:

THRUST STEP in front of defense. Keep defense on butt until receive pass from Point.

Point to Wing (Defense High)

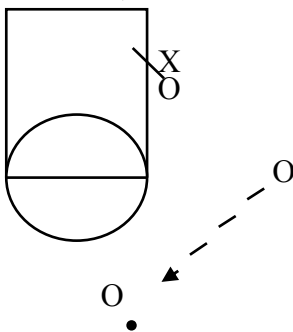


Point to Wing Pass when the Defense is High:

Start facing into the lane. (Both feet perpendicular to the lane line.)

On the pass to the wing, **SPIN UPHILL**. Seal and Pin the Defense High. Once the defense is High Side, push them up the lane higher.

Wing to Point (Defense Lo)

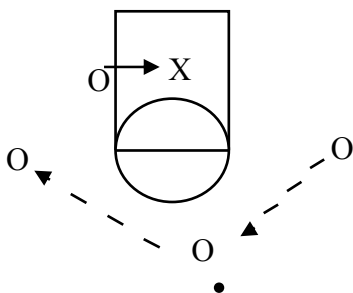


Wing to Point Pass when the Defense is Lo:

STEP, SEAL and PIN.

Keep Defense pinned behind until receive pass from point.

Wing to Point (Defense High) or on a Skip Pass



Wing to Point Pass when the Defense is High (will also work on a Skip Pass):

HITCH-HIKE MOVE! Pivot foot is the foot closest to the defense. Spin and seal the defense off on your butt.

Keep Defense pinned behind until receive pass.



POSITION PLAY – POST DEFENSE



Drill #1 - Medium Post Defense

Drill #2 - High Post Defense

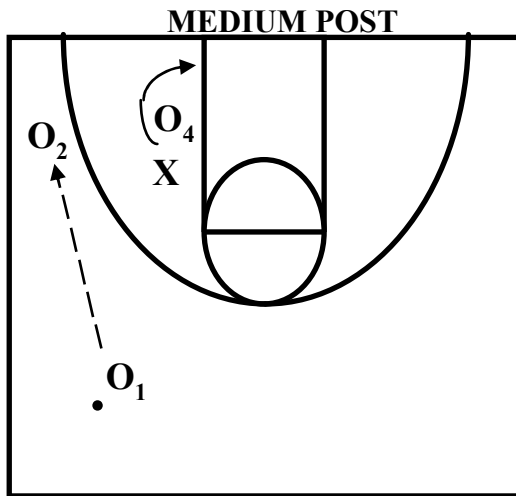
Drill #3 - 3 Passers, One Ball



POSITION PLAY – POST DEFENSE



DRILL # 1 - MEDIUM POST DEFENSE



When ball is at O1, above the freethrow line, Defense plays high side of Offense. Hand and foot in the passing lane.

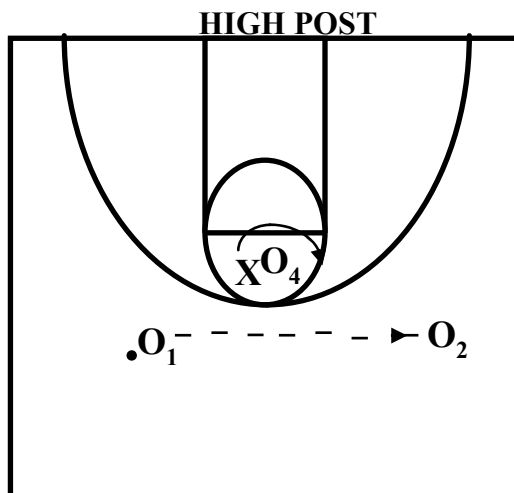
When O1 passes to O2, Defense 2-steps in front of Offensive post to the low side. Defense throws inside arm through to go in front of Offense. Defense should **NEVER** turn back to the ball!

If the ball is below free throw line extended, Defense plays on baseline side (low side of Offensive post).
If the ball is above free throw line extended, Defense plays on high side of Offensive post.

Defense always goes in front of the Offense. The only exception is with good judgment on a pass from the wing back to the point.

Defense **NEVER** goes behind Offense on a down pass (a pass from the point to the wing).

DRILL # 2 - HI POST DEFENSE



Side pressure with hand and foot in passing lane when ball at O1.

One foot should be high side of Offense, one foot should be low side of Offense.

On the pass, Defense should shuffle around Offense and should be in position on the opposite side before O2 catches the ball.

Again one foot should be high side of Offense, one should be low; hand and foot in the passing lane.



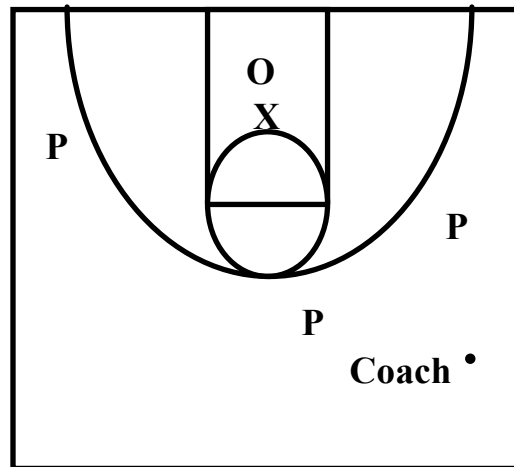
POSITION PLAY – POST DEFENSE



DRILL # 3 - 3 PASSERS, ONE BALL

If you have completed medium post defense-point to wing and wing to point drill, low post defense drill, and high post defense drill, you may advance to the following drill.

ADVANCED POST DEFENSE WITH 3 PASSERS AND 1 BALL:



Use 3 passers on the perimeter positioned as follows:

- one passer off-set at top of the key,
- one passer on the wing above the free throw line,
- and one below the free throw line.

A coach starts with the initial pass to 1 of the 3 passers.

The defense starts in front with the offense behind centered in the middle of the lane.

On entry pass by the coach, play live.

Rotate offense to defense and defense out with the passer going to offense.