

Introduction

Welcome to HoopTime Basketball. We would like to start off by thanking each of our coaches in the time and effort they will sacrifice to coach youth basketball. This coaches' manual was developed to assist you in teaching your teams in basic fundamentals of basketball in order for them to be able to run offenses and play sound defense - in order for them to be competitive in games and finally in order for them to be ready for the next level of their basketball career!

It can not be stressed enough how important the basic fundamentals of basketball are. If you do not teach a player the simple fundamental they will not be successful at the game. You can not simply start your practices off with teaching an offense or out of bounds play. You must teach the fundamentals that make up that motion offense or out of bounds play, and teach them again, and again, and again!!!! This manual will cover those fundamentals as well as motion offense, post moves, and perimeter moves.

But before we get into "on the court" coaching; it's important to think about what your philosophy and goals are for your team.

Being a great player does not make a great coach. Neither does being an average player make a poor coach. The ability to understand people, to get the most out of players and to be organized is what helps make a great coach.

Below are a list of tips to assist you in keeping in touch with your volunteer job and ways of making this a successful season for both you; your team and HoopTime Basketball.

Maintain a "Fun is the most important thing" attitude. If your kids aren't having any fun on the court, then what's the point of playing?

Praise them until you no longer have a voice left! Even the best athlete is unsure of himself at times. Pile on the praise, and keep it coming.

Stay calm. Is your blood pressure reaching new heights? Are you exasperated? Take a chill pill. When you feel your top about to blow, refer to Lesson #1 above.

Respect is a two way street. As much as you demand and deserve your players' respect, they in turn deserve yours.

Be reasonable. Having a "we can win" attitude is a wonderful thing. Your players will feed off of that and go out onto the court with great confidence and self assurance. But expecting an inexperienced team to beat a group of seasoned players might not be a very realistic expectation. Set your hopes too high, and your kids will feel your disappointment when all is said and done.

Be a good sport. Don't be a sore loser or a sore winner. Shake the hands of your opponents after each and every game, and insist your team follows suit. Don't criticize a ref's call by

screaming, yelling or acting like a child. Treat everyone - the opposing team, its coach and the officials, with courtesy and fairness.

Demonstrate leadership. Set rules for your team early on. Make sure they know what is expected of them at each and every practice, and games. Children expect the adults in their lives to set boundaries. They need to know what the rules are, so they know how to act accordingly. Yes, you will come across a "rule breaker" a time or two. There's one in every bunch. But for the most part, your team will respect you for setting and abiding by the rules.

Be there for them. You're not just their coach. During the time spent with your team, you will quickly become parent, teacher and friend. Youth coaches are called upon to do everything from tie a shoelace to wipe away a tear. Don't think your job stops and starts with the game of basketball. There will always be sprains to be iced, rides to be given, and fears to be calmed.

Set Goals For Your Team: First determine what you want your team to accomplish, and what you want them to get out of the experience. What's most important? Winning? Getting along with each other? Both?

Evaluate Your Coaching Style: Your style is often an extension of your personality. Assess your general demeanor and identify your best and worst qualities in this area. If you are too soft-spoken or hotheaded off the court, most likely, you will assume a similar persona when coaching. This is not always, true, of course, but the exercise will get you thinking about the manner in which you coach.

Remember, it's A Game: Never forget why you became a coach. Hopefully, it's because you love the sport and you enjoy working with and helping people. If that's the case, don't lose sight of your passion and enjoyment for the game. With this in mind, find ways for you and your players to have fun. That's why you're both there.

Learn to be strong but not rude. Some people mistake rudeness for strength. It's not even a good substitute. Learn to stay relaxed and friendly when dealing with others. This applies to fellow coaches, your player's parents, officials, administrators, and especially the players on your team.

Learn to be kind but not weak. We must not mistake kindness for weakness. Kindness isn't weak. Kindness is a certain type of strength. Coaches must constantly look for ways to show their players that they sincerely care about them as individuals.

Learn to be bold but not a bully. It takes boldness to win the day. To build your influence, you've got to walk in front of your group. You've got to be willing to take the first arrow, tackle the first problem, and discover the first sign of trouble. Coaches need and must be tough, but don't go over the line. Your organization (players, parents, etc.) will resent you for it.

Never pass negatives down. Your team will reflect your attitude. If you want a

positive, upbeat team, then you must portray that image. Leaders keep presenting the positives, keep pointing everyone toward the accomplishment of the group's desired goals, and keep setting the example for everyone else to follow.

It's not about you, it's about them. When you're going to communicate, always understand that you're not the star. It's not about you. It's about the kids who you're trying to teach.

Study your athletes. Great coaches know their material and their players. To know your material and not your players runs the risk of having something to give but not knowing how to do so most effectively.

Great coaches exude passion as well as purpose. The difference between a good coach and a great one isn't expertise. It comes down to passion - passion for the material and passion for teaching.

Players learn when coaches show them how much they need to learn. Most players fail to see the gap between where they are and where they need to be. Successful coaches help the players see what they need and that adds another incentive for learning.

Keep it clear and simple. The essence of teaching - and learning - is communication; and the first issue of communication is whether people understand the teacher.

Coach from the heart. The best coaching isn't formulaic, but personal. The things you can share from your own heart will mean so much more to people than anything out of an ordinary textbook.

Repeat the process. If you want your players to remember the fundamentals have them do them more than once. Repetition engrains the lessons in their minds.

Don't let them do it! That's right, make sure your players do things right in practice. Don't let players shoot from half court, shoot with faulty technique, dribble with their heads down, palm the ball while dribbling, and so on. If players can't do things correctly, don't let them do them at all. Ban shooting from more than three feet or dribbling, if you think its necessary. Remember: if your players practice improperly, then they become experts on doing things wrong (we call these bad habits).

Don't try to do it all! Focus on fundamentals. Players need to learn how to shoot, pass, dribble, pivot, and so on before they can execute plays, moves, zones, and presses. Break each skill into as many teachable parts as possible. A player will learn more involved skills in only minutes after properly executing individual ones.

You have no choice on defense. Always play and teach person-to-person defense FIRST. Zones are more difficult, because players need to know how the zone shifts in addition to the person-to-person skills.

Condition your players. Conditioning makes a difference. In the last few minutes of a game, conditioned teams make fewer mistakes and move faster than poorly conditioned teams. All conditioning should involve basketball skills.

Write down your practice plan. You can get 5-10 times more from your players if you plan. Some skills, like ball handling, dribbling, passing and footwork need to be practiced every day. Many team skills, especially plays, can be postponed. Make sure your plan keeps players involved all the time, not waiting in line for other groups to finish.

Give homework: Players can and will practice skills at home, even if a ball and court are not available. Assigning homework yields remarkable results. Here is a pivoting homework example: do 100 pivots 25 forward, 25 backward, and then repeat using the other foot. Homework assignments should follow what you do in practice, not involve new material.

Do you still want to be a volunteer coach? Do you have what it takes to train, advise, teach and sometimes referee a group of youngsters? Knowledge of the sport itself is important. But a good coach needs much more than a working knowledge of basketball. Hopefully you will find assistance in the rest of this manual to get you on your way to a successful basketball season with HoopTime Basketball!

HoopTime Mission and Philosophy

The mission of HoopTime Basketball has three separate but equally important areas of responsibility:

1. Develop well-coached highly competitive basketball teams to compete at the national level.
2. Run programs that nurture a love of the game of basketball in all kids regardless of skill level.
3. Find creative ways to fund the program

The vision of HoopTime Basketball is establishing a quality basketball program run by dedicated volunteers with a common perspective of how to teach competitive basketball to kids. Being part of the HoopTime Team is essential for all players, coaches and volunteers. We all bring something different to the table and if we blend our skills we can create an experience we can share with our kids forever.

Points of Emphasis for Coaches and Players

Along with the key components that are outlined within this manual, we want to stress several “Key Components” that should serve as points of emphasis for the coaches and the players. While they may seem overly simplistic, they are arguably some of the most misunderstood and misinterpreted rules and facets of basketball.

- Teach kids to learn the difference between a violation and a foul. Within that, we want to stress that certain actions don’t necessarily constitute a foul, despite common perception. This includes the reach, and “over the back.” While often called, they aren’t necessarily a foul unless contact is made.
- Regarding violations, there is a need to understand the basics of what constitutes a travel, carrying the ball, and even a backcourt violation.

HoopTime largely follows the NCAA Men’s Basketball Rules and Interpretations, which can be downloaded for free from the following link:

<http://www.ncaapublications.com/p-4517-2017-18-ncaa-mens-basketball-rules-and-interpretations.aspx>

As an AAU program, it’s important to understand the responsibilities that coaches may have with regards to recruiting guidelines and requirements. At the younger levels of the program this may not be relevant, but as players progress through to the middle and high school levels, then recruiting, travel, contact visits, and how those items may impact player eligibility come into play. The NCAA website, has information to assist in these situations; however coaches are encouraged to contact the HoopTime board as soon as any concerns or questions arise.

Section 1

Ball-Handling

Ball Handling Fundamentals

Learning to become a good ball-handler, and developing a feel for the ball is vitally important in becoming an excellent all-around player. If a player doesn't have good ball handling skills, the rest of the game is going to be difficult to master.

Ball handling skills can be developed at a young age. Use a ball that is the right size for the player. Young players find some of these drills a challenge, so make it fun and encourage them to keep trying! As players get older they can do a variety of drills and can switch to a "big ball" to help get better.

No matter what the age, sound fundamentals should be followed: Don't watch the ball, use the fingertips, keep head up, and use both hands and practice. Most of these drills can be done by individually either at practice or at home.

Hold The Ball Correctly

Hold the ball with your fingertips. The palms of your hands should not touch the ball. Make sure your fingers are far apart.

Ball handling Drills

Do ball handling drills at the start of nearly every practice and throughout the entire season. Players can really improve their ball handling skills by the end of the season. Very importantly, these drills can also be done at home, in the off-season, without the rest of the team. Have one of your better ball handlers lead the drill, and face the team. All the other players line up in rows facing the leader, and spread out so they don't get into each other's way. Everyone has a ball.

Do each one about 30 to 60 seconds and then move to the next one. With all of these drills, try to keep your eyes forward, without looking at the ball.

Finger Grabs: Hold the ball with the fingertips, squeezing it while rotating it back and forth from hand to hand. The ball should not touch the palms of the hands.

Pound the ball: Pound or slap the ball hard from hand to hand.

Circles: Move the ball in a circular motion around one leg, then the other leg. Then circle around the back. And then circle around the head. Then combine them and move the ball in circles around your head, then down your body, down around your knees, and then around your ankles. Then come back up again. Be sure to use your fingertips, not the palms.

Around Each Leg and Figure Eights: Put one leg forward and move the ball in a circular motion around the leg. Then do the other leg. Finally, move your legs out wide with the

ball in front of you. Move the ball around through your legs in a figure-of-eight motion. Keep your eyes forward and don't let the ball hit the floor. After 30 seconds, reverse the direction.

Tipping: Tip the ball back and forth from one hand to the next, starting with your hands straight up over your head. Then gradually move the ball down, while continuing to tip it back and forth. Go down to your chest, then your waist, knees, and ankles, and then back up again.

Drops: Put the ball between your feet and grab it with both hands. Start with the left hand behind your left leg and your right hand in front of your right leg. Drop the ball and let it bounce once. Quickly, move your left hand in front of your left leg and your right hand behind your right leg, and catch the ball as it bounces up. Drop it again and switch your hands back to the original position (left behind, right in front) and catch it. Repeat this motion continuously. For a more difficult variation, try catching the ball before it

Toss Up and Catch Behind: Here's a fun drill the players like. Toss the ball up over your head. Reverse pivot and catch the ball behind your back.

Crab Walk: Walk, bent over up the floor and put the ball between the legs, back and forth as you go. The ball is brought over the front of the thigh, then through the legs and then behind the opposite thigh and around and over the thigh.

Section 2

Passing

PASSING

There are three types of passes that are common:

1. Chest Pass
2. Bounce Pass
3. Overhead Pass

Chest Pass: The most common pass in basketball. It is a two hand pass. The ball is held with the fingers comfortably spread. The palms of the hands do not touch the ball. Basketball is a game of fingertips not palms. The thumbs point at each other facing the chest. Pass the ball crisply, pushing out with your hands. The follow through show have your thumbs pointing to the floor. Always throw a pass someone can catch. Have your teammate catch the ball at chest level.

Bounce Pass: The bounce pass is similar to the chest pass. The ball is thrown down to the floor and bounces up to the pass receiver. If the pass is thrown too hard on the floor, it will bounce too high and be a poor pass. Younger players need to practice how hard to throw the ball. Care must be taken when throwing a bounce pass so that it does not bounce too late and hit the receiver too low

Overhead Pass: The overhead pass is made similar to the chest pass, only bringing the ball over head, still with both hands, and passing to a receiver. It takes some strength to throw this pass accurately. It can also be used as a lob pass, a high arcing pass, to a receiver.

Passing - Tips of the Trade

1. Follow through! Do not be lazy with the ball.
2. Fake the chest pass and throw the bounce pass. Fake the bounce pass and make the chest pass
3. Do not be a mailman, do not stare where you are going to pass.
4. Use your fingertips and keep the palms off the ball.
5. Overhead passes need to be controlled.
6. Pass away from the defensive let your teammate catch it.
7. Pass the ball to the chest area of your teammate.
8. Take care on long passes. See the floor completely before throwing as the ball will be in the air longer and the defense can intercept the pass.

9. As you play with your teammates you will find some like to catch the ball a certain way, like up higher or to the right hand, so learn your teammates' tendencies.
10. Passing technique starts with touch and wrist movement as well as arm position. Most passes involve a flick of the wrist with little arm movement.
11. Faking is an important part of effective passing.
12. Passing as well as catching involves pivoting.
13. Use the overhead, side, and bounce pass to avoid the defense.
14. Bounce passes, which are especially effective in traffic, need to be carefully timed.
15. Baseball passes are good for long passes.
16. Communication is necessary to insure that the ball and the cutter meet at a point.
17. Realistic passing lessons need defense.

Section 3

Foot Work

Footwork Fundamentals

Basketball is played on the fingertips and the balls of your feet. Everything you do involves correct footwork. Some players are naturally quicker than others. But a player's effective quickness can be greatly enhanced if he/she uses proper footwork. A naturally quick player who lacks good footwork skills can be beaten (or contained) by a player with sound footwork fundamentals.

Offensive Stance

You always want to be in a good "basketball position" or stance. From this position, it is easier to start and stop, change direction and pace, jump, shoot, pass, catch and dribble. You should have your weight on the balls of your feet (the front part of the foot near the toes) and the feet should be shoulder width apart with the knees flexed. The head is centered above the lower body, and your hands are about chest high with your elbows bent and your arms close to your sides. When you actually have the ball on the perimeter, use the triple threat position so you are in a position to either pass, shoot or dribble.

Pivoting

When you are stationary on the court, the rules say you can move one foot around, as long as the other foot (the "pivot foot") remains planted on the floor. This is called pivoting and all players must know how to pivot. There are two types of pivots, the forward pivot and the reverse pivot (or drop-step). Pivoting is done on the ball of the foot. You do not want to become flat-footed or have your weight back on your heels. The ball of the pivot foot must be in contact with the floor at all times and must not slide sideways. When you pivot, just actually spin around on the ball of your pivot foot. If you pick up your pivot foot, or change your pivot foot to your other foot, you will be called for a traveling violation. When starting your dribble, the ball must leave your hand before you lift your pivot foot. When shooting a jump shot, you may jump and your pivot foot may lift off the floor, but you must release the ball from your hand before you land again on the floor.

Which foot should be my pivot foot? Well, it could be either depending on the game situation. Outside, perimeter players most often will use their non-dominant foot as the pivot foot when facing the basket. For example, a right-handed player facing the basket will most often plant the left foot as the pivot foot and make a jab step with his/her right foot (see Perimeter Moves), and just the opposite would be the case for the left-handed player. Now a low-post player who has his/her back to the basket is often wise to receive the ball with both feet planted (as after a jump stop). This allows the player the option of selecting either foot for pivoting, depending on where the defender is located (for either a drop-step to baseline or a move to the lane -- see Post Moves).

You must be able to pivot forward and backward using either foot.

Pivoting drills:

1. Start with the left foot as pivot foot. Pivot forward 15 times like you are stomping on bugs as you go. As your balance improves, increase the rotation to a half turn.
2. Now backward pivot 15 times.
3. Switch pivot foot. Forward pivot 15 times.
4. Backward pivot 15 times.

Pointers:

1. You must keep your head up with eyes forward.
2. Have your knees bent a little.
3. Your pivot point must not change.
4. Your pivot foot does not slide.

How to Stop

There are two ways to stop, the one-two step landing and the jump-stop.

1. When doing the one-two step landing (after a sprint or speed dribble), one foot lands first (the back foot) and then the second foot lands. The back foot becomes the pivot foot. When stopping, let the second foot to land extend wide from the back foot for better balance.
2. When doing the jump-stop, both feet land simultaneously. The last step should be a hop and when you land, have your weight leaning backward a little to help slow your momentum. Using this stop, you are now free to use either foot as your pivot foot. There is confusion over the rules and what is legal and what constitutes a traveling violation. The following is taken from the National Federation of State High Schools web-site in regard to this rule.

The traveling rule has not changed. What has changed is the common use of the jump stop as an offensive move. Officials and coaches are having difficulty determining the difference between a legal and illegal move. The key to making this determination properly is first finding the pivot foot. Then, if the player moves a foot or the feet in any direction in excess of prescribed limits while holding the ball, a traveling violation has occurred. The limits follow:

1. A player who catches the ball with both feet on the floor may pivot, using either foot. When one foot is lifted, the other is the pivot foot.

2. A player who catches the ball while moving or dribbling may stop and establish a pivot foot as follows:

- a. If both feet are off the floor and the player lands;
 - (1) Simultaneously on both feet, either foot may be the pivot.
 - (2) On one foot followed by the other, the first foot to touch is the pivot.
 - (3) On one foot, the player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.
- b. If one foot is on the floor;
 - (1) It is the pivot when the other foot touches in a step.
 - (2) The player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.

3. After coming to a stop and establishing a pivot foot:

- a. The pivot foot may be lifted, but not returned to the floor, before the ball is released on a pass or try for goal;
- b. If the player jumps, neither foot may be returned to the floor before the ball is released on a pass or try for goal;
- c. The pivot foot may not be lifted, before the ball is released, to start a dribble.

4. After coming to a stop when neither foot can be a pivot:

- a. One or both feet may be lifted, but may not be returned to the floor, before the ball is released on a pass or try for goal;
- b. Neither foot may be lifted, before the ball is released, to start a dribble."

Changing Direction and Speed

To change direction, plant the opposite foot (the one opposite the way you want to cut), and then push off the inside part of that foot in the direction you want to go. For example, if you want to make a sudden cut to the left, plant the right foot and push off from the medial (inside) part of your right foot, changing your direction to the left. Learn to change speed from a fast run, to a slow hesitation, and then accelerate to full speed again. See the ["hesitation dribble" on this page.](#)

Jumping

Lot of players and coaches think that jumping is some skill that you are born with...either you have it or you don't. Well this is not entirely true. You can improve jumping ability considerably, otherwise our Olympic high-jumpers would never practice. Jump rope and

run sprints to build your legs and agility. Practice trying to touch the net, or backboard, or rim every day. Do it from both a running start, and standing stationary under the basket.

Practice jumping every day for 5-10 minutes.

Two-footed jump. Get under the basket and jump straight up and see how high you can get on the backboard or net. Bend at the knees and waist, weight forward a little on the balls of the feet. Lower your hands alongside the outside of your knees. Then spring upward with simultaneous force from not only the thigh muscles, but you also can get a lot of lift from springing off with your feet and ankles... pushing off the tips of your toes (you can't jump flat-footed!). At the same time your legs are working, your hands and arms are swinging up as high as possible... the upward force of the arms swinging may provide more lift, and you need to get them stretched as high as possible to get that rebound (or dunk). Do this jumping drill a number of times, until your legs get tired, and then try it again later.

One-footed jump. You can also do a jumping drill where you run in from the wing at a 45 degree angle and leap as high as you can and touch the backboard (or net). When you jump, just like doing a right-handed lay-up, you plant your left foot and go up with the right knee, pushing off the left toes. Be sure to go vertically, and not lose a lot of your elevation by going forward.

Faking and Cutting

You should learn to that just about every offensive move (and some defensive ones too), should be preceded, or "set up" by a good fake to get the defender to lean the wrong way. This is true, whether you are making an offensive jab-step, or you are coming off a screen, or even just about to make a pass. A little "mis-direction" move, like making a ball fake, shoulder or head fake, foot fake, or just an eye fake can open a lane for you to drive, cut, shoot or pass. Learn how to get open by making a front-cut, a V-cut, a back-cut, or a curl ([see Cutting and Faking](#)).

The jab step

Outside, perimeter players should learn the jab step (or drive step) as a fake to set up either the drive to the hoop, or to create spacing for the outside shot. This move is explained in detail on the [Outside, Perimeter Moves](#) page.

Foot fire and Slide drill

Have your players spread out, lined-up in two lines. Players are in a good defensive stance position. On "go", all players start the "foot fire" with rapid moving of their feet up and down on the balls of their feet. After 10 seconds, call out "slide left" and the players slide several paces to the left. Then call "go" and they resume the stationary foot fire. Have them move right, left, forward and backward using correct sliding and stance, and no crossing of the feet. Also see [Z-Drill](#).

Faking and Cutting

There are 10 players on the floor. Only one player has the ball. That means that 90% of time, you won't have the ball, and that only 10% of the time you may actually have the ball (a little less for post players, a little more for guards). So you have a limited number of opportunities to score from an individual move when you are the ball-handler. Good scorers find ways to get open for an easy pass from a teammate, and an easy shot off the pass reception. Good scorers never just stand around and watch. They are always trying to find ways to get open by coming off screens, or faking and cutting to open areas of the floor (within their shooting range). The keys are timing, cutting to open areas, setting good screens, and maintaining good spacing. In regard to cutting, there is a saying "get open, or get out!", which means that if you are not open, or don't receive the ball within a couple seconds, move out and maintain motion and spacing. Passing is easier if offensive players maintain a spacing of 12 to 15 feet apart. Don't get bunched up.

Faking

Faking is an important skill that is often overlooked and not taught. Good faking is an important key in just about every offensive basketball skill, whether it is an on-ball perimeter or post move, or throwing a pass, or cutting. A fake simply is a deception or decoy move to throw the defender off balance, or get him leaning the wrong way just long enough so the offensive player can gain a step or two on him, or so a passer can open up the passing lane.

A good passer can "look" the defender off his receiver by looking the opposite way that he intends to pass... example: look left, pass right on a fast break.

Fakes can be a simple "look away", or can be as subtle as moving your eyes opposite the way you want to pass, or cut. A fake can be a jab step to get the defender leaning, and then you move quickly in the opposite direction. You can fake with a shrug of your shoulders, or a bob of your head in the opposite direction that you plan to cut. You can use a "sleep fake", where you pretend you are winded and tired, and you bend over with your hands on your knees, like you are catching your breath... the defender relaxes too, and suddenly you make your hard, quick cut. You can use a verbal fake... yell the ball-handler's name loudly and wave your arms to get the defender (who is help-side defense sagging toward the paint) to come out on you. That may open up the lane for a clean cut by a teammate. In this case you don't actually get the ball, but you made the lane available for your teammate to cut through. Have a team agreement... if you yell "ball!" you really want the ball, if you yell a name, it's a decoy. To be a good faker, you need a little acting ability!

Cutting

There are a number of different types of cuts that can be made, in addition to making the correct moves in running a specific play or set motion offense, and in addition to setting and cutting around screens (see Setting Screens).

Here are some tips in making a good cut:

1. A key in making an effective cut is timing. Try to "time" your cut, so you arrive at the correct time to receive the pass.

2. Make a good fake and cut hard. Often I see kids make a quick fake, and then a somewhat slow cut. Do just the opposite... make a slow, sleepy fake followed by a quick cut move.

3. This is another important tip: kids often try to avoid contact with the defender and try to run away from him. In trying to get open, go right up to the defender and make contact with him, then quickly "bounce off" in the direction of your cut. He won't be able to react fast enough to your quick first step.

1. In addition to the cut moves described below, don't forget this move: slip behind the defender (who may be in "deny" and over-playing the passing lane) and move below him toward the baseline. The defender should always see the ball. Try to slip out of his field of vision, so that he loses you briefly... then you can get open.

Front cut

The front cut is a cut made with the defender behind you, on your back. This is the typical "give and go" cut (see Diagram A, FC).

Back cuts

A back cut is when you cut behind the defender. Make a fake toward the ball, then cut quickly behind the defender. Back cuts can be a "ball-side" back-cut (see Diagram A, BBC), or a "weak-side" back-cut which means on the side opposite the ball, or "back-door" (see Diagram A, WBC).

V-cut

A cut made in the shape of a "V". The first leg of the "V" can be slow. The last leg of the "V" is quick (Diagram B, VC). When making the V-cut, plant the inside foot hard, and step off quickly with your other foot in the direction of your final cut.

L-cut

A cut made in the shape of an "L", often along the lane (or "lane cut"). Diagram B, LC. The cut can be made up the lane, or down the lane (from the wing position). Use footwork similar to the V-cut.

Curl-cut

A curl is a somewhat circular cut often made around a teammate (Diagram B, CC).

Button-hook

A quick cut made with a quick stop, a pivot toward the ball, sealing the defender on your back side, and receiving the pass from your teammate (Diagram B, BH).

Jam-Down, V-Cut

First walk your defender down to the block area (Diagram C1, JDVC). Then plant the inside foot and quickly make the V-cut back out to receive the ball (Diagram C2, JDVC).

Jam-Down, Back Cut

First walk your defender down to the block area (Diagram C1, JDVC). Then plant the inside foot and quickly make the V-cut back out. But this time the defender is ready and is in front you, over-playing the pass. So now plant the outside foot, and go back-door with a quick back-cut. So that the ball-handler knows which way you are going, use a hand signal. For example, if you are going back-door, hold your inside (receiving) hand up high.

Section 4

Dribbling

Dribbling Fundamentals

As mentioned in the last section, ball-handling is one of the most fundamental skills in basketball. Without solid ball-handling skills, your players will be unable to successfully move to the next phase, dribbling.

Not only is it important to learn how to dribble well, but it is important to know when, and when not, to dribble. One player who over-dribbles can kill a team's offensive motion and momentum. To become a good dribbler and ball handler, you must practice dribbling as often as you can, using both hands.

Dribbling Tips of the Trade

1. Get a feel for the ball. Balls are made differently by ball manufacturers. Some have wide channels, some more tacky and some have a rough feel.
2. Learn to dribble the ball equally well with either hand.
3. Keep the knees bent in proper basketball position..
3. Try not to look at the ball. It is on your hand so you know where it is. Keep your head up to find an open teammate.
4. Do not dribble unless you have somewhere to go.
5. Avoid catching and dribbling right away. You take away one of the "threats".
6. Dribbling starts with proper hand and arm motion as well as body position.
7. Moving and twisting to awkward body positions are keys to dribbling.
8. You need to dribble with defensive contact, looking in all directions, even behind, to learn how to protect the ball.
9. Dribbling is never an end unto itself. One offensive objective is to pass the ball up court to the open player as fast as possible. You must dribble with your head up, constantly looking to pass. All lessons require players to keep their heads up and look while dribbling.

When should a player dribble?

1. To advance the ball up the court.
2. To drive to the hoop.
3. To get open for a shot.
4. To open up a passing lane, to have a better chance of completing a pass.
5. To get out of a trap.
6. To kill the clock at the end of a game.

How to Dribble

Use your fingertips, not the palms of your hands. Basketball is played on the tips of your fingers and the balls of your feet. Use your forearm and wrist to bounce the ball. Don't look at the ball; keep your head up and eyes forward. You must learn to use either hand. So when doing drills, always work both hands.

Dribbling Drills

Speed Dribble: To move the ball quickly down the floor use the "speed dribble". Push the ball forward, ahead of you several feet. Bounce the ball at least waist high. As always, keep your head up, and visualize the whole court, so you can find the open teammate. Move as fast as you can, but never faster than you can control the ball. You must always be in control.

Control Dribble: When a defender is close guarding you, you should use the "control dribble". Keep in a somewhat crouched, bent over position. Keep your body between the ball and the defender. Keep the ball low to the floor, and close to your body. Keep your other arm straight out in front of you, as you guard against the defender. You can't push off, or grab the defender, but you can keep a "stiff-arm" to keep the defender from reaching around you. Do not stop, or give up your dribble until you can either pass or shoot. Once you stop your dribble, you are "dead in the water" the double team will close in on you soon.

Crossover Dribble: Technique - switching the ball from one side of the body to the other. Dribble the ball low, switch hands as you dribble and keep the dribble. Start in the right hand, ball on the side and step back with the left foot and switch the ball to the left hand. Remember to not look at the ball. You can use this dribble to quickly change your direction on the court. For example, you could be on the point, dribbling with your right hand to the right wing, then suddenly crossover the dribble to the left and drive up the lane. Crossover Dribble

Spin/Reverse Dribble: Technique - move toward the defender, come to a jab step at the defender. Step with the opposite leg that you have the ball. So if you have the ball in the right hand, step with left at the defender. Pivot on the left foot, stay low and turn your back on your defender, keep the dribble, step with the right foot, swing the left foot and switch the ball to the left as you keep going. Continue the dribble now in the left hand. Practice this using a chair as a defender. Remember not to cradle or palm the ball as you switch hands.

In and Out Dribble: The "in and out" dribble is a good fake move to help you get around a defender and take it to the hoop. With this move, you make one bounce in front of you as if you were going to crossover, but instead of picking the ball up with your other hand, you just roll your dribbling hand over the top of the ball, and bring it sharply back and go hard around the defender. For example, if you are dribbling right-handed, make one dribble to the left in front of you and "dip" and put your weight on your left foot. To the defender, this looks like you will crossover and go left. Instead, roll your right hand over

the top of the ball and bring it back quickly to the right, push off the left foot, and go hard around the right side of your opponent.

Hesitation Dribble ("Rocker Move"): This is another fake move to help you get around the defender in the open court. You speed dribble up to the defender, then suddenly come to a stop by putting your inside foot forward and "rocking" backward onto your outside foot. Then as the defender closes, you blow around his side, resuming the speed dribble, straight to the hoop. For example, you are speed dribbling with your right hand. As you approach the defender, you stop suddenly by putting your left foot forward, and then rocking back on the right foot. This hesitation throws the defender's timing off. Then push hard off the right foot, and speed dribble around his right side.

Technique: slow your dribble down look like you are going to relax or stop your forward movement, straighten up as if you are looking for a teammate to pass to, but still keep your dribble, then erupt with the dribble, pushing hard and fast up the floor. The ball is pushed ahead of you and you blow past the defender. It is called the Doc Rivers dribble as he was one of the best at using it.

Behind the Back Dribble, Through the Legs Dribble: You used to be considered a "hot dog" if you dribbled behind your back, or through your legs. But not any more! These moves are very useful when used correctly, in the right situations. A good use for these dribbles is in the open court, such as a guard bringing the ball down the floor against pressure from a defender. As you are dribbling right with your right hand, the defender gets position and over-plays you to the right. Quickly, you do a behind the back, or between the legs dribble to crossover to the other hand, and change your direction to the left, leaving your defender in the dust! Why not just do an easier crossover dribble? -- because the defender is right in front of you and could steal the crossover. By going behind the back, or through the legs, you can better protect the ball by keeping your body between the ball and the defender. To do the behind the back dribble, dribble the ball once behind you and pick up the dribble with the opposite hand. For example, you are dribbling with the right hand. Get your body ahead of the ball on your right side, then crossover bounce it once behind you over to the left hand. The between the legs move is similar, except with one bounce through the legs to the other hand. The Behind-The-Back Dribble

Technique: dribble with your right hand, slide your palm to the outside of the ball, push it behind and behind you, using one dribble to help it cross behind. Switch the ball to the left hand and keep the dribble. This takes practice and needs to be used in the right situations. It is a good way to beat a defender, similar to the crossover dribble.

Have your players practice each of these dribbles at each practice for 5-10 minutes. Have them line-up along the sideline, and dribble from sideline to sideline right-handed, and then back left-handed. Do each of the moves down and back twice before moving onto the next move.

Players can also work on these drills at home individually. Set up cones or folding chairs, pretending the cone (or chair) is the defender. Make your move quickly right in front of

the defender. Once you get past the cone (or chair) turn around and attack it from the opposite direction with your other hand.

Section 5

Shooting

The Basic Shots -- the Lay-up

The lay-up is the easiest shot and the first shot you should learn. It's not as easy as it looks at first, as a lot of kids have difficulty getting the correct footwork, and shooting off the correct foot. Then you must also learn to use either hand, and eventually do the reverse lay-up.

Footwork

When dribbling toward the basket, move slightly to one side of the hoop to create the proper angle. If you're on the right side, dribble right-handed, and plant your left (inside) foot and jump off that foot, and finally shoot with your right hand. As you raise your right hand, your right knee should also elevate. Pretend there is a string attached to your right hand and your right knee. Reverse this form if shooting from the left side.

As you approach the hoop, take a half step with your outside foot or the one farthest from the hoop, then take a full stride with your inside foot pushing off the court. When jumping your outside knee should be bent. Go directly toward the basket, with your head up and eyes focused on the backboard. Go up strong and straight to the hoop. Don't shy away if there is a defender, just go strong to the hoop. You may get fouled and get a three point chance.

Aim

Always use the backboard ("use the glass") when shooting lay-ups from either side. Aim for the box above the rim, slightly to your side of the center. Focus in on this area; don't watch the ball. Keep your head up.

The Push Release

Younger players who are not yet strong enough for the underhand release should use the push release. Release the ball with the back of your hands facing you. Extend your shooting arm, as you push the ball to the hoop off your fingertips. You should go up with two hands, then release the ball with your outside hand. A very young player may need to shoot the ball with two hands.

Underhand Release

As you get stronger, you should develop the underhand shot. This release results in a softer shot, and more control when you are moving at high speed. Release the ball with your palm up and arm extended. Let the ball roll off your palm and then your fingertips, and lay the ball softly off the backboard. Use two hands going up, but then release the ball with your outside hand at the top of your jump. Be strong and concentrate... "finish"!

Layup Drill

Have the players get into a line near the right side of the basket (to shoot the right-handed lay-up). Each player takes a turn. You can use more than one basket if you have enough assistants to watch each player's technique. **This drill works on correct footwork.** Have the player (with a ball) face the right side of the backboard with both feet together. Then have her take one step forward with the inside (left) foot, plant that foot and jump off of it and shoot the right-handed lay-up. When jumping, the right thigh comes up with the knee bent. Have each player work on this technique. Then try it on the run (without dribbling), and then with dribbling. Do the left side also... on this side you step forward and plant the right (inside) foot, and raise the left thigh and leg.

The Set Shot, Shooting Form

The set shot is still used for free throws and perimeter shots, or shots when the shooter is wide open. However, the shooting technique used with the set shot is the same basic technique employed by the jump shot.

Start with shots only one foot from the basket, to develop correct technique. Move farther away as you get better, but do not sacrifice correct technique. **Practice shooting from locations where you will likely shoot from in a game.**

Stance

Have your feet about shoulder width apart. If you shoot right-handed, your right foot should be slightly forward, and your weight should be on the balls of your feet (not the heels). Your shoulders and body should be square to the hoop, although some great shooters are more comfortable with the side that the ball is on turned a little toward the hoop (find out which is most comfortable for you). Your knees should be bent a little as your thigh muscles will provide power for your shot. Don't move sideways when shooting. Stay balanced.

Holding the ball

Use both hands to hold the ball, but only your shooting hand will actually propel the ball forward. Don't shoot two-handed. Your shooting hand is the "platform" and should be underneath the ball with your wrist cocked back. Your other hand helps support or balance the ball, but does not enter into the actual shooting of the ball. Your non-shooting hand should actually come off the ball just before you release the ball, so that you are shooting with one hand, just your shooting hand. Use your fingertips, not palms, to hold and release the ball.

Here is a method to learn what the correct "platform" is. Extend your shooting arm straight forward with your palm facing up and let the ball sit comfortably your hand (fingers comfortably apart). Now in one motion, bend the elbow while rotating the forearm, wrist and hand outward and upward, and under the ball so that the ball is now resting on your hand above your right shoulder with the wrist cocked back. The shoulder is the "hinge", the elbow points toward the hoop and an "L" is formed by the forearm and the arm (looking from the shooting arm side). Your elbow should be in and pointing at the basket.

Set Point

The set point is where you position the ball just prior to releasing the ball. If you are right-handed, have the ball to the right of your face, a little toward the right shoulder. Don't line the ball up in the center of your face, as this may result in your shooting elbow flying away from your body, and could actually cause your wrist to turn sideways when you release the ball, imparting a side-spin. Also, it is best that the ball is as high as your forehead, or even higher (if you are strong enough or close to the basket), in order to keep your shot from being blocked. Younger players who have less strength will have a lower set point, perhaps even below the shoulder, in order to get more power. As the youngster matures, his set point should move higher.

Upward Force

Most of the power in your shot should come from the upward force of your jump (in the jump shot), or the upward force from your thighs moving upward (in the free throw). You should not try to power up longer shots with your arm, wrist or hand muscles. Let the big muscles in the legs do the work. Release your shot on the upward force of the jump, not on the way down.

Aiming the ball

Pick out a spot to aim at; either the back of the rim, or just over the front of the rim, or the backboard (if you are shooting a bank shot). Concentrate on this spot, and don't look at the ball, or the flight of the ball.

Releasing (shooting) the ball

Use the shoulder as a "hinge". Your shooting arm extends forward toward the hoop (keep the elbow in), and then you release the ball with a snap of the wrist, with the ball rolling off your fingertips. This will impart a backspin, or "rotation" on the ball, that all good shooters have. This backspin is what makes the ball land softly on the rim, and often creates a favorable "shooter's" bounce, resulting in a score, even though the shot was not perfect. Shoot the ball high with an arch on the flight of the ball; you don't want to shoot a flat, line drive, type of shot. An arched shot has a better chance of going in, since the target (the hoop) is actually bigger and wider for a ball coming in from above, than from a line drive. Don't "push" the ball with the heel of your palm; let it come off your fingertips.

The release should be repeatable, and pretty much the same with every shot. Don't sling the ball up for more power on long shots... use the power from the up-force of your jump, or lower your set point a little or more power. Don't pull the ball back over and behind your head before releasing it, as this will result in a flat, line-drive type shot. On shorter shots, release the ball more at the top of the jump and use a higher set point (arms extended up over your head).

Follow Through

This is important in getting the proper rotation (back spin) on the ball. Your fingers should be pointing toward the hoop, and your wrist bent forward, in a "goose neck" fashion. Another analogy is if you were "reaching into the cookie jar" high on the shelf. Hold this release after your shot until the ball hits the rim. You will notice that with a proper follow-through, the palm of your hand will be facing downward toward the floor. If it is turned sideways with the back of the hand facing outward (as if you were going to shake hands with someone), then you are incorrectly twisting your wrist during the release.

The Jump Shot

The jump shot is the most common shot used today. It revolutionized the game back in the late 50's and 60's. Most games used to be very low scoring until the arrival of the jump shot. With the jump shot you don't have to be stationary and open (like with a set shot). You can score on the move, and in traffic, by jumping and extending your shot over the defender.

Be sure that you don't start shooting a jump shot until you are physically strong enough. If you start too young, you will sacrifice good technique

Gripping the Ball, Footwork

Receive the ball in the "triple threat" position, where you are ready to either shoot, pass, or drive. Young kids have difficulty shooting the jump shot because they are not strong enough yet. They will often use a two handed method. But you must develop the correct technique to be effective. **First start with shots only one foot from the basket.** Gradually extend your range out. If you get too far out, your technique will fall apart and you will develop bad habits. If your shot is suffering, try to fix it by going back to the basic one foot shot near the basic, using proper release, backspin ("rotation") etc.

Gripping the ball and the shooting motion are the same as in the set shot. The shooting hand acts as a "platform" and is under the ball. The other hand is used to balance the ball and should be on the side of the ball. Receive the ball with your knees bent and feet shoulder width apart. Use your legs to provide the power for your shot. Be sure that you are squared up to the basket, with your shoulders lined up to the hoop. It is important that you are in balance before releasing the shot. . Spring off the floor with both feet and do not drift sideways. Go straight up, or slightly forward for longer shots, and shoot the ball just before you reach the height of your jump, especially on outside shots, where you need the extra power of the upward force from the jump. On short shots in the paint, shoot from the top of your jump. When going up for the shot, the shooting arm forms an "L" with the elbow pointing toward the hoop, and the forearm vertical, with the ball up over your head.

Release

Focus in on your shooting spot, either the back of the rim, just over the front, or a section of the backboard. Concentrate on this area; don't watch the flight of the ball. When shooting, the shoulder acts as a "hinge" as you extend your arm upward. Keep the elbow in and release the ball with a snap or the wrist, letting it roll off your fingertips. Then extend your fingers and wrist in a "gooseneck" fashion, or like you were "reaching into the cookie jar" high in the cupboard (see set shot).

Becoming a Good Free Throw Shooter

First, understand how important free-throw shooting is. At least 3-4 games per year in a 20 game schedule will be determined by free-throw shooting. All close games, the ones that really count; the close tournament games and conference championship games can be won or lost on the free throw line.

Team Goals in free throw shooting.

Middle school teams should strive for 60% from the line. Understand that this is a team skill; become a good free throw shooting team. Take a positive, aggressive attitude in shooting free throws.

How to become good free throw shooters... fundamentals, attitude and practice.

In shooting free throws, develop a ritual where you do it the same exact way every time. Position yourself on the line the same way every time. Bounce the ball the same number of times every time, and take a deep breath before shooting every time. This creates muscle and mind memory, and allows you to be successful more often. Success creates confidence, and confidence creates better, more relaxed shooting.

Fundamentals:

1. Line up with your right toes just to the left of center so that your right arm and ball are lined up with the basket. Place the left foot back just a little. Shoulders should be square to the basket.
2. Put your weight forward on your toes, but keep your back straight... don't lean forward. Keeping your back straight will keep you from stepping over the line. Bend a little at the knees. Your legs will provide the power.
3. Focus on the basket... don't look at the ball
4. Shoot with your right hand (right-handed players), and just use the left hand to help balance the ball. Release the ball from your fingertips to get good backspin (rotation) on the ball.
5. Take the deep breath, and shoot. Use your legs for power and come up on your toes as you release the ball. If your back is straight, you won't cross the line or lunge forward. If you need more power, it's OK to jump a little on your release.
6. Follow-through...

Keep looking at the basket and hold your shooting hand in the "gooseneck", follow-through position until the ball goes through the net.

Section 6

Screens

Screens (Picks)

A screen or "pick" occurs when an offensive player attempts to block, or "screen", a defensive player away from the man he/she is guarding, thereby freeing up that offensive player for an open shot or pass.

Setting good screens (or "picks") is a very important fundamental part of the game. It is often assumed that players will know how to do this, but like any other important fundamental, it must be taught correctly. Screens are most helpful in freeing up a teammate against a man-to-man defense, and in out-of-bounds plays. Setting good picks are basic to most offensive plays. The "pick and roll" is still one of the simplest plays, but when done correctly, one of the most difficult to defend.

Important elements in executing an effective screen.

1. The screener must make contact with (but not foul, hold or push) the defender that he/she is trying to block. If you do not make contact, and get up tight, the defender will simply slide around you.
2. Be strong. Get your feet wide and plant your feet solidly. Do not move your feet once you have established this position or you will get called for a "moving screen" (a foul). You must be stationary and cannot move with the defender, trying to push him/her away. If a defender bumps into you and you are not stationary, you will probably be called for the foul.
3. Keep your arms tucked into your chest, not only to physically protect yourself, but also so the ref can see that you are not pushing with your hands, or grabbing at the defender, or holding him/her with your arm.
4. The angle, or direction, of the pick and the timing of the pick are probably the most important, and most overlooked factors in setting a screen. You must have the correct angle, or position, when you set the pick. You must anticipate the direction that your offensive teammate wants to go, and then make contact with his defender in a position so that you are directly in the way of the defender, and he/she cannot get around you. If you don't get the right angle, he/she will simply slide around you.
5. After the teammate cuts around the screen, the screener "seals" off the other defender and "rolls" (cuts) toward the hoop. If the defense switches men on the screen, usually the "roller" will be open for the pass.
6. The timing of the offensive player receiving the pick. The player receiving the pick must be patient and wait for the screen from his/her teammate to arrive. Often, you will see a player make his cut just before the pick is "set", and the defender easily gets around it (because it never had a chance to be set). You must wait for the pick to be set, and then cut hard around it.

7. The offensive player receiving the screen must cut hard, and close to the teammate setting the screen. You must "rub off" your teammate's screen... that is, brush against him/her as you go by. If you don't brush close to the screen, the defender will slip through the screen.

8. Remember, there are two options on the pick and roll play... pass either to the cutter, or if the defense switches, pass to the "roller".

Types of Screens

1. Front screen

The screener is facing the defender that he/she is setting the screen on, often used in the open court.

2. Back screen

The screener sets the screen on the defender's "blind" side, or back side. Usually the screener is facing away from the basket.

3. Down screen

The screener sets the screen usually down low for a player near the block, and is usually facing the basket with his back to the ball. When completing the "roll" move, he/she pivots facing the ball.

Diagram E.

On-ball, front screen:

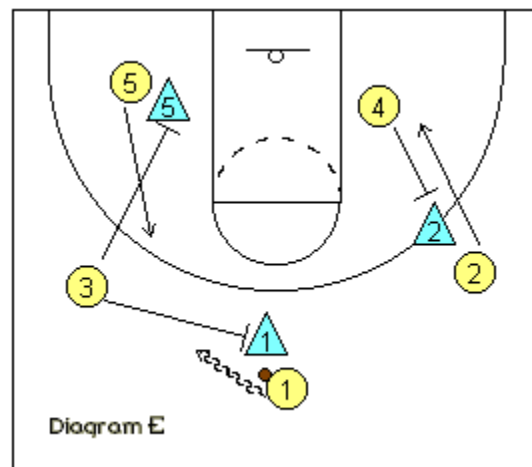
#3 sets pick for #1, the ball-handler.

Back-screen:

#4 sets back-screen for #2, who goes back-door to the hoop.

Down-screen:

#3 sets down-screen for #5, who cuts outside for the pass from #1.



Section 7

Rebounding

Rebounding

Rebounding is one of the most important aspects of winning basketball games. Offensive rebounding gives your team extra chances, and free throw opportunities, and frustrates the defense. Defensive rebounding is a key part of good defense in general, limiting the offense to just one shot. A good thought is "one shot and out". Defensive rebounding combined with a quick outlet pass can be an effective offensive weapon, getting the transition game and fast break going, for a lay-up at the other end. All good rebounders "have an attitude" that every rebound is theirs and are very aggressive on the boards. You've got to want it! Coaches love good rebounders and will reward them with more playing time. You may not be the best shooter or ball handler, but if you are a strong rebounder and defender, you will get to play. Good rebounders are important "role players".

Defensive Rebounding

The first important aspect of rebounding is getting inside position and "boxing out". The player who gets the inside position usually gets the rebound. The opponent may "reach over" and commit a foul. These "over the back" fouls can be very costly late in a game when teams are in the bonus free throw situation.

Another key is always knowing where the ball is, so as soon as you see the shot being taken you get the inside position, and box out. It helps if teammates communicate and yell "shot!" when the shot goes up.

There are three parts to a defensive rebound.

- (1). Box Out
- (2). Attack the ball
- (3). The outlet pass

Box Out!"

All players must learn this skill, as much as any other skill in the game. Even the perimeter players (guards) must box out. Oftentimes, the missed three-point shot will result in a long rebound that our guards should get if they box-out properly. Also, we don't want the opponent's guards slipping inside for the inside rebound and put-back.

When you box out, you must first make contact with the player you are guarding. Locate your man, get in front of him/her, pivot facing the basket, bend over, get wide with your feet and arms out, and put your backside into the offensive player, sealing him/her away from the hoop. Be aggressive, and don't let the offensive player push you under the basket. If you get too far under the basket, a taller opponent with long arms can simply outreach you for the ball. Keep your man away from the hoop. Keep your eye on the ball flight, and go get it!

Attack The Ball!

After you have sealed (boxed-out) the opponent, then go aggressively after the ball. Attack the ball, jumping high with both arms extended, grab it strongly with both

hands, and "rip it down". Expect some physical contact. You've got to be strong and tough inside. Once you have the ball, protect it by pivoting away from the opponents, and "chin" it, by bringing the ball under your chin with elbows out. But you must not throw an elbow... a sure foul, often flagrant.

The Outlet Pass

Once you have the ball, think "fast break". Get a quick accurate outlet pass to a teammate to get the transition game going. If you hold onto the ball too long, the opponents may tie you up, and depending on the possession arrow, all your hard work is for nothing. So immediately pivot away from the defenders toward the sideline and find a teammate to pass to. Pivot on your outside foot. Wheel around and make a strong, sharp two-handed overhead outlet pass to your teammate on the wing. Only dribble if you have to, if you are in trouble and need to create some spacing to get the pass off. Pass as soon as you can safely hit your teammate. But don't make a bad forced pass, and lose possession. I hate it when one of my players makes a good box-out, gets the rebound, but then simply throws the ball away with a bad pass... all the good, hard work ruined by a bad pass. And those kind of turnovers can kill you, as the opponent may get a quick shot or lay-up after the steal. [See video clip.](#)

Team Rebounding Concept

With each shot, try to establish a triangle of players boxing out around the basket. Have one player of each side of the hoop and one in front, so that you have a triangle of players boxing out around the hoop. Don't get too far under the basket, where a taller player can simply reach over your head for the rebound...box them away from the basket. Another tip... realize that about 70% of missed shots from the corner go long to the opposite side of the hoop. So make sure you have a weakside rebounder when the corner shot goes up.

Offensive Rebounding

Offensive rebounding should be a very important part of your team offense in general. Nothing frustrates the opponent more, than their playing good aggressive defense, and you get one, two, or three offensive rebounds for more shots at the hoop, until you finally score. The keys are you've got to be aggressive and want the offensive rebound, and you must be quick on your feet and try to get inside position on the defender. This is a good way to pick up extra easy baskets. Some people call 'em "trash" baskets... I call 'em hard-working, smart, demoralizing baskets... "back breakers".

Getting Position:

The defender should already be between you and the hoop and trying to box you out. Make a fake one way, and quickly move your feet and slip around him/her on the other side. Once you are inside, now you box out. Always know where the ball is and just assume that every shot will be missed. If the shot is coming from the corner, remember that most misses will go long on the opposite side, so be ready if you are on the weakside.

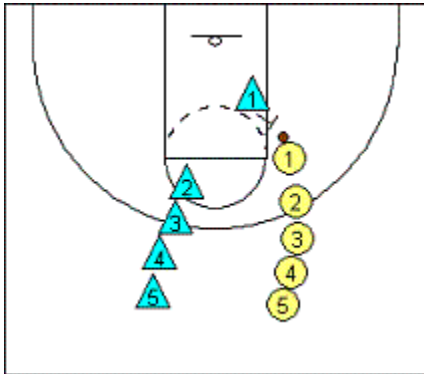
Once you get the ball, be strong and power it right back up to the hoop, usually off the glass. There is a good chance you will get fouled, and a good chance for an "old

fashioned" three pointer... a put back with a free throw. Expect contact, be strong, and try to finish the shot. Work hard the entire game and make your opponent work. You can actually wear the opponent down by the end of the game. When your team is behind, the two key elements in catching up and winning are playing great defense and rebounding. If you can stop the opponent from scoring, you give your offense a chance to catch up. Many championship games are decided by this tough inside play... not the outside jumpers. It's not always pretty under the hoop, but all good coaches know how important this aspect of the game really is. You will hear TV commentators talk about "points in the paint" as a key in many games. Most of them are retired, very successful coaches, and they know by experience how important.

Here's a good rebounding, box-out drill, as well as a shooting drill.

Setup:

Make two lines... the shooting line on the wing, and the defense, box-out line at the free-throw line.



Drill:

Give the ball to the wing player. Have the first player in the defensive line move over to defend the wing player. Have the wing take a good shot (defense should let him/her shoot the shot). Then as soon as the shot is released, the defender turns and boxes the shooter out and gets the rebound (even if the shot is made). The shooter tries to get the rebound (but no second shots are allowed as this is mainly a box-out drill).

If the offensive player gets the rebound, the defender has to run a lap. They get the message soon about the importance of boxing out.

As an added feature, I also want to stress the importance of making good passes. So I want to see a good pass from the rebounder back out to the next player in the shooting line. If the rebounder makes a bad pass out, he/she runs a lap!

Rebounding 2 Man Drill

This rebounding drill stresses the basics of boxing out, being aggressive, and making the outlet pass, and "finishing" on the offensive glass.

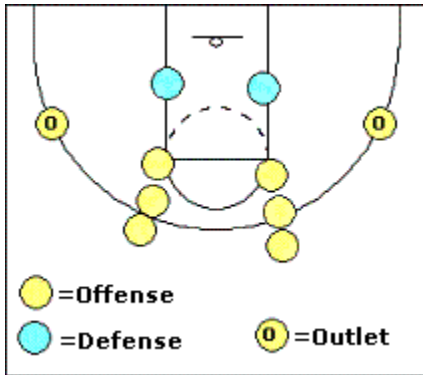
Setup: See the diagram.

Create two rows, one on each side of the free throw lane with the players facing the basket. The first two players step forward and position themselves down by the blocks and face the next player in line, as they will be the two defenders. The next players in each line will be the two offensive players. Have a player in each corner for the outlet

pass. The coach, or manager, stands at the free throw line and shoots the ball for the rebounders. For better balance, put your post players in one line, and perimeter players in the other line, so they will be playing against a player of the similar size and position.

The Drill:

The coach shoots the ball. The defenders work on boxing out and getting the rebound. Once they get the rebound, they make the outlet pass and the next group takes over. The two defenders then rotate to the outlet positions, and the outlet players go to the back of the offensive lines. The offensive players should be aggressive and try to get inside and get the offensive rebound. If they do, they should power it back up to the hoop. The pairs play until either the offense scores or the defense rebounds and outlet passes. Then you rotate to the next group. The offensive players are now the defenders.



Make sure all players hustle and are aggressive. Make sure they are using good rebounding technique... with proper boxing out, attacking the ball, and good outlet passing of defense, and similar techniques on offense, with the addition of powering the ball back up to the hoop.

For incentive... if the defenders fail to secure the rebound, both players run a lap. If the offense scores, they have "immunity" for when they go on defense. If, when they are on defense, they successfully get the rebound, they keep their "immunity" for the next time. If they fail to get the rebound, they lose the immunity, but don't have to run that lap.

One Man Option:

You can also run this drill with just one line, one defender and one outlet receiver.

3-Man Rebounding, PowerUp Drill

This drill stresses boxing out and rebounding, as well as low post offensive power moves. This is a good drill for your inside post players. Have three players under the basket. The coach or a manager shoots the ball up. All three players work for position and go for the rebound. The player who gets the rebound powers the ball back to the hoop while the other two are on defense and try to stop him.

No dribbling is permitted except for a one-bounce dribble adjust. The offensive player should be thinking three-point play (the old fashioned three pointer), the basket and a foul. This drill not only stresses rebounding fundamentals and aggressiveness, but also power offensive moves, as well as "in the paint" defense and shot blocking.

Here's another option:

Allow the two defenders to "bump" the offensive player's body (not the arms or shooting hand) when going up for the shot. This of course makes it very difficult to score, but helps teach your post players how to "finish" even when there is contact on the shot... again it's the old-fashioned three-point play.

Circle Box-Out Drill

This drill has players work on their boxing out technique.

Setup:

Have 10 (or 12) players get into position around the free throw circle. You can really use any number of players as long as they have room to maneuver. The players should pair up with a partner. Have guards go against guards, post players against post players. Have five defensive players spread around the circle, and their offensive partners outside the circle. They should be facing each other.

The Drill:

The coach puts the ball in the center of the circle, gets out of the way, and blows the whistle. The offensive players try to get inside and get the ball. The defenders should immediately pivot, put their backsides into the offensive players and keep them outside away from the ball. They should continue boxing out for a count of 5. Then switch offense and defense.

Make sure defenders are using correct boxing out technique (see Rebounding), and do not hold the offensive players. You can keep score and the losers run. Any holding fouls, give a point to the offensive team. This puts pressure on each player to do his part in keeping his man out.

Being tall and able to jump is an advantage in rebounding. But being tall does not make you a rebounding maniac! Quickness, strength, proper technique, desire and aggressiveness are better qualities to have to be a great rebounder.

Some players have a knack about rebounding. They just seem to come up with the boards. They put themselves in the right place. A shot taken from the right baseline will have a good chance of bouncing off to the left baseline.

You do not need to follow the flight of the ball. Just know where the shot was taken on the floor. Once the shot is taken it will find its way to the basket. If was shot from straight on, chance are it will bounce off to the middle. Play the angles and you will find the ball. Good rebounders expect every shot to miss and are ready.

What makes a good rebounder?

1. Desire
2. Aggressiveness
3. Positioning

4. Anticipation

All work together. Desire to go after the ball, to mix it up; aggressiveness to get inside, to follow the ball; positioning to block out the opponent and be in the proper place; and anticipation to know where the ball might go.

Desire: That ball is mine - that is the attitude a good rebounder needs. Mental toughness is important. Wanting to get the ball, making the extra effort to jump two or three times to get the ball. Grabbing it and putting back a shot for two and drawing the foul is the reward.

Aggressiveness: Just like desire, the ability to take the extra effort to get the ball, dive on the floor, block someone out are all part of the whole package.

Positioning: Being in the right place and blocking out your opponent is what positioning is all about. If you are under the basket too far, the only rebounds you will get are two point ones. Getting to the right place takes instinct and experience.

Anticipation: Knowing where the ball might go is being able to anticipate where to get the rebound

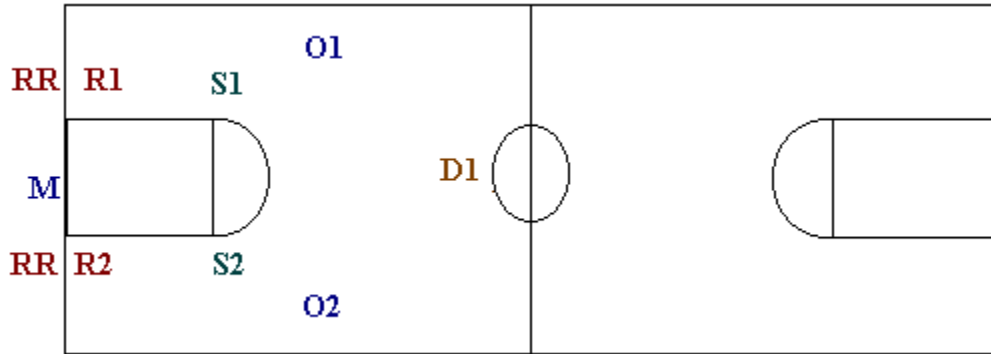
The Rebound-Outlet-Break Drill

Objective

The objectives of the R-O-B Drill include both offensive and defensive skills during the transition phase of going from one side to the other, as in offense to defense and vice versa.

Set-up

To set up the drill you will need 2 re-bouncers(R1 & R2), 2 shooters(S1& S2), 2 outlets(O1 & O2), 1 defender(D1), and the entry passer(M).



To Begin

R1 and R2 start on the blocks facing S1 and S2. M will pass to S1 or S2 - we will go with S1 to explain the drill.(diagram 2)

When S1 catches the ball:

- R1 must call "ball" and cover S1 immediately.
- R2 must cover S2 and deny pass.
- S1 catches the ball and shoots immediately.*
- R1 must contest shot, yell "shot", and screen S1.
- R2 hears "shot" and screens S2.

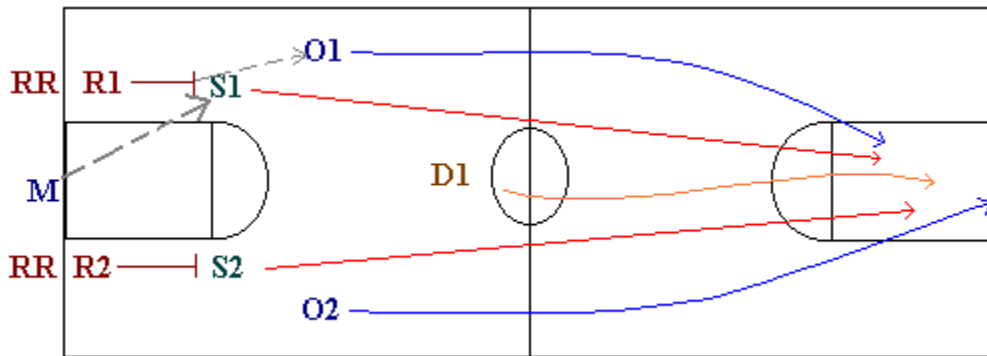
*alternative is to allow one pass to S2 to work on pass denial and R2's communication - "ball", "shot", etc.

When shot occurs:

- R1 and R2 are to screen out shooters until ball hits floor.
- R1 and R2 hold screens whether shot is made or not.
- S1 and S2 battle to get offensive rebounds.

If R1 gets rebound:

- O1 calls for "outlet" while moving up the floor.
- O2 breaks for basket.
- S1 must pressure pass, then retreats on 'D' after throw.
- S2 must hustle back to stop O2.
- D1 drops back to stop 2-on-1 break.
- O1 and O2 try to score on D1 before help arrives(S1& S2).



Drill Rotation:

- R1 and R2 become S1 and S2.
- S1 and S2 become O1 and O2.
- If O1 shoots ball, he becomes D1.*
- D1 and O2 go to R1 and R2 lines.
- *Shooter becomes defender*

Variables:

- If S1 or S2 get the rebound, then R1 and R2 must run two walls.*
- Anyone who makes a turnover must run two walls.
- If O1 forces turnover passing to O2, he runs two walls and O2 goes to D1.
- *S1 and S2 remain as shooters*

What we are trying to accomplish:

1. Transition

A. We want to instill in the defense to become the offense immediately by finding the outlet, pushing the ball up the floor as quickly as possible and gaining the advantage - ex. 2 on 1 break. We must do this before the opponents can get back and 'help out' on defense at the other end of the floor.

B. We want the offensive players to battle for offensive rebounds, put pressure on the opposing passer, and still get back on defense as quickly as possible.

2. Rebounding

A. The objective here on defense is to teach proper blocking-out techniques and sustaining the screen as long as possible.

B. On offense we try to instill a more aggressive attitude toward the non-shooter in going after offensive rebounds and the shooter to follow his shot.

3. Communication

A. The re-bouncers are to communicate where the "ball" is when their man has the ball, and to tell everyone that a "shot" has gone up, which will tell teammates

it is time to block out.(This can be enhanced by allowing S1 and S2 to pass the ball before shooting.)

B. We also want re-bouncers to get in the habit of getting the ball to an "outlet" as quickly as possible.

As with most drills, there are many variations that you can use to meet the needs of your players. We found this drill to be successful for players who needed work on communication, pushing the ball up the floor, and especially in getting good position and blocking out on the defensive end of the boards.

Section 9

Perimeter Moves

Outside (Perimeter) One-On-One Moves

These are some basic moves the outside player should learn.

Know how to jump stop off the speed dribble, and how to receive the pass with a jump stop.

When you receive the ball, be ready to shoot, pass, or drive.

Receive the ball within your shooting range... if you are too far out, the defender can back off of you, since you are not a threat to score from that position.

Triple threat position

1. Catch the ball and get squared up to the basket so you can see the basket, the defender and any open teammates.
2. Have your hands positioned on the ball in the shooting position, so you are ready to shoot.
3. Keep your weight back on your pivot foot (often the left foot for a right-handed player).

Learn to read the defense... use a short jab step, or drive step, with your non-pivot foot. Jab the foot forward quickly, hold for 1 second and judge the defender's reaction. See if she drops back, or stays up. If she stays up, see which side is vulnerable to your drive.

A few tips on the jab step...

1. Read the defender... whichever foot the defender has forward is his vulnerable side and that's the side you make your drive to the hoop. Now, we don't really want players looking at their feet... we like them to see the whole floor. So to read the defender, read his arm position... the arm that is up high is almost always the same side as his forward foot. So drive at the defender's higher arm... this way you can keep your head up and see the floor.
2. Do not rush the jab step (give it a count of one).
3. The jab step should not be too long where the player then has his weight forward on the jab foot.

Which foot becomes the pivot foot and which is used for the jab step?

The answer often lies in how you receive the pass. There are two techniques in receiving the perimeter pass, depending on the amount of space the receiver has created between himself and his defender. Depending on how this pass is received will determine which foot is your pivot foot and which foot you jab step with.

1. Situation #1. Plenty of space between receiver and the defender.

Catch the ball in a position to shoot, squared up to the hoop. As you meet the pass, you are turning your body to face the hoop. You want to receive this pass with your shooting hand, and as the pass arrives, you "jump behind it", catch it and land with both feet squared up to the hoop. In this situation, use your inside foot now as your pivot foot, and jab step with the outside foot.

2. Situation #2. Tightly guarded with the defender up close on the receiver.

The receiver should move toward the ball and catch it with both hands extended, and land on the inside foot (closest to the basket and defender) and establish that foot as the pivot foot. This way, you can protect the ball with the body. Now here's where many average players go wrong... many will immediately start to dribble here, instead of making the aggressive front pivot and face the defender. After making the front pivot (while protecting the ball), now you make the jab step with the opposite foot (the inside foot), and if the defender is up close on you, you can often take it to the hoop around him.

Three basic outside moves:

1. Drive step, jump shot.

In triple threat position, make a drive step (jab step) and read the defense. If the defender drops off, bring your jab step foot back, toes even with your other foot, and pop the jump shot.

2. Drive step, straight drive.

In triple threat position, make a drive step (jab step) and read the defense. If the defender does not drop back, read her arms-feet (see above tips). If her left foot is forward, take a long quick dribble to the right by extending your jab step forward. Go in a quick straight line off her left shoulder to the hoop. The most common mistake players make is going too wide around the defender to avoid contact. This just gives the defender time to react. Go right off the defender's shoulder and don't be afraid to make a little contact.

3. Drive step, cross-over drive.

In triple threat position, make a drive step (jab step) and read the defense. If the defender does not drop back, read her arms-feet (see above tips). If her right foot is forward, swing the ball low and cross to the left. Quickly cross your right foot over to the left (do not first return your jab step back). Drive in a straight line, hard off her right shoulder.

Drive and dish...

When you drive to the hoop, read the defense. Take the lay-up, or easy short jumper, if you are open. But a good, helping defense will pick you up as you drive. As another

defender comes up to defend you, find the open teammate that she left behind, and dish the ball to her for an easy assist. Remember, a penetrating guard who is willing to make the extra pass to an open teammate under the basket is one of the most difficult situations for any defense to stop.

Here are additional things to work on, to become the complete outside, perimeter player.

Work on your footwork!

Work on your outside shooting, especially "catch and shoot" drills.

Work on your dribbling and ball-handling for 15-20 minutes each day. Challenge yourself with even the more difficult drills; don't just do the easy ones. You want to make some mistakes, otherwise the drill is too easy. Twenty minutes every day using both right and left hands, and you will definitely be a better ball-handler and dribbler in just a few months.

Learn how to set screens, pick 'n roll correctly and how to backcut.

Outside, Perimeter Players

Do each of these moves five times:

First, from the right side of the court: make sure your left foot is the pivot foot, and you jab step with your right foot.

1. Jab step- drive - lay-up.
2. Jab step - crossover - lay-up.
3. Jab step - pull back - jump shot.
4. Jab step - drive - jump shot.
5. Jab step - crossover - jump shot.

Then, repeat all five moves from the left side of the court. Make sure your right foot is the pivot foot, and you jab step with your left foot. Shoot all lay-ups from this side, left-handed.

Section 10

Post Moves

Post Moves

These are some basic moves the inside player should learn.

Get Position

Before you can make a move on the low post, you have to be able to get the ball first. You want to post-up, or receive the ball, along the free throw lane, between the center hash marks. You do not want to post up in the lane, or you may get the three-second call.

Get strong, feet wide apart, butt out, back straight. Seal the defender off. If he/she is over-playing you from one side, keep that arm and elbow firm to ward them off, while extending the opposite arm and hand to make a good target for the passer. When the pass comes, move toward it, to meet it. After receiving the ball, keep it up at forehead level with elbows out, to protect it. Do not actually throw an elbow, just keep them out to ward off the defender.

When receiving the pass, it is advantageous to meet the ball with a jump stop. When you jump stop, you have the option of either foot becoming your pivot foot, so you can make a move either way, to the lane or to the baseline. With a one-two foot landing, you have already established your pivot foot and your options are more limited (see Footwork Fundamentals).

Two things to try if you can't get open:

1. Move away off the low post a few steps, then quickly come right back.
2. If the defender stays in front of you, move her up to the high post at the elbow. Then give the passer a hand signal, and quickly cut back-door for the lob pass to the hoop.

Low post moves

1. Drop step to baseline.

After receiving the ball, feel where the defender is. If they are on the lane, or high side, give a fake toward the lane. Then extend your inside (baseline) foot backward, pivot on it quickly to the baseline and to the hoop. Keep your body between the defender and the ball, and extend your arms forward toward the hoop.

2. Drop step to lane (jump hook).

After receiving the ball, feel where the defender is. If he/she is on your baseline side, fake to the baseline, and drop your lane-side foot backward. Pivot quickly on that foot, and jump hook and shoot with the hand opposite the defender.

3. Turn and face defender and jab step.

After receiving the ball, feel where the defender is. If he/she is directly behind you, that is, not toward either the lane or the baseline, but right behind you, do this. Pivot and face

the defender, while protecting the ball. Give a quick jab step fake, and see what their reaction is. If they drop back, just shoot up the baby jumper, often off the glass. This is a good high-percentage shot.

If they do not back off the jab step, quickly drive around them.

4. Up and under move

After pivoting and facing the defender, fake a shot to get them to leave their feet. Once he/she has straightened up, or jumped, you can beat them. Quickly duck under them on a straight line to the hoop.

5. Flash to the elbow or free throw line

Cut up to the free throw line (get out of the lane to avoid a 3-second call). Receive the ball, pivot and face the defender. You can now either fake a shot, and drive around the defender to the hoop, or jab step and fake the drive, and shoot the easy shot from the free throw line area. This move is especially useful if the player guarding you is much taller, and not as quick. You go high post to get him away from the basket. Once they are away from the hoop, you use your quickness and drive around him.

6. Back door lob

If the defender is in front of you, take him up to the free throw line. While he is still fronting you, seal him off, give the guard with the ball a signal, and cut back door to the hoop, receiving the lob pass from your teammate.

These moves are not easy at first. They require a lot of practice; first to perfect the moves themselves; and then to learn by experience which move to use in which situation.

Playing the High Post.

When the high-post player has the ball, he/she is in excellent position to make a pass to the opposite side (reverse the ball) or to a back-door cutter. Also, he/she can find a teammate spotted up for a three-pointer on the wing or in the corner. So being a good passer and finding the open teammate is important here.

The high post player should look to score also. At the foul line and elbows, have him/her pivot and face the hoop, looking to take the open shot, or looking for the pass to a baseline cutter. If the defender is up close in their face, have them fake the shot and use his quickness to explode around him and take it to the hoop.

Low Post Offensive Drills

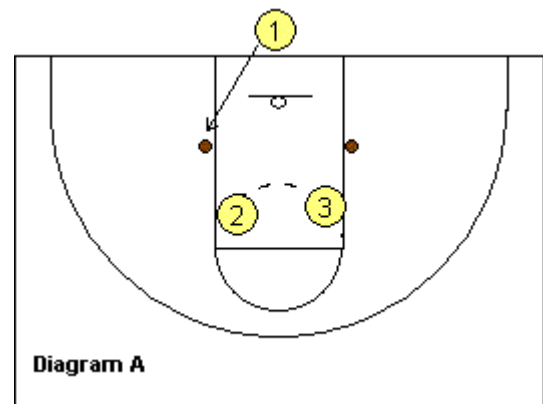
Mikan Drill

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

Roll and Retrieve, Power Lay-up Drill

In this drill, the player has the ball at the right elbow and rolls it on the floor toward the right low block. He/she runs after the ball, retrieves it, squares up to the basket, makes a pump fake, and makes the power lay-up, or bank-shot off the glass. Make ten shots on one side and then repeat the drill on the left side.

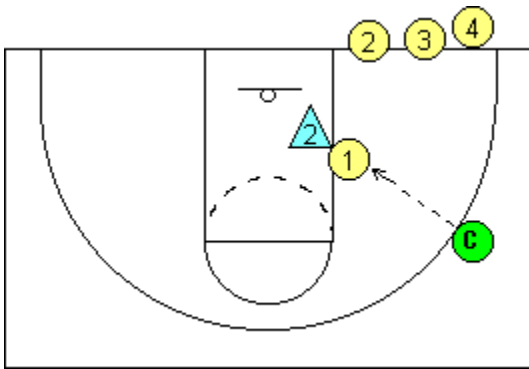
Player #1 starts under the basket. He/she sprints out, jump stops, and retrieves the ball lying on the left block. He/she makes a head-shoulder fake toward the lane, and then executes the drop step move by extending the outside (right) leg toward the baseline and pivoting. He/she makes a one-bounce power-dribble adjustment and powers the ball up off the glass using the left hand. He/she then sprints back under the basket, V-cuts out to the right block, jump stops, retrieves the ball on the right block and does the baseline drop-step move on the right block. He/she continues back and forth from block to block for one to two minutes. Players #2 and #3 rebound and place the ball on the blocks for player #1. After one or two minutes, the players rotate and #2 now does the moves.



Low Post Power Drill

Your post players must learn how to "finish" and score against a defender. See the diagram.

#1 posts up on the low block. #2 plays defense. The coach or manager makes the pass into the low post player, #1. #1 executes the drop step to the baseline move (see "Post Moves") and tries to score against the defender. Initially, have your defender allow the drop step move, but contest the shot. #1 now becomes the defender and the #2 defender goes to the end of the line. The next person in line becomes the offensive player.



Variations.

Next have your players rotate through each of the following moves:

1. drop step to the lane and jump hook.
2. turn and shoot move
3. up and under move.

Eventually, go "live" with the offensive player permitted to do any of the moves, and the defender playing all out defense.

Then move to the opposite low block and work that side of the basket.

Inside, Post-Up Players

Do each of these moves five times:

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

Section 11

Defense

Basic Defense

Defensive Footwork

Defense is played mainly with the feet. You must move your feet quickly to stay in front of the offensive player. You must use a correct defensive stance. You must know how to slide (sideways, forward and backward). You must know when to turn and sprint. You must know how to "close-out" on the offensive man and play good "on-ball" defense.

Defensive Stance

Your weight should be on the balls of your feet (not your heels), and have your feet about shoulder width apart. Keep your knees bent and your back straight. Keep your head up, eyes forward, arms out with your palms up and elbows bent a little. Watch your opponent's belly-button. Your opponent can fake you with the eyes, a head bob, shoulder fake, a jab step, but the belly button is only going the way he/she is.

Defensive Slides

When guarding your opponent, slide your feet sideways, using quick, short steps, and don't get your feet crossed. Don't hop. Don't "reach-in" and swipe at the ball, as this will cause you to lose your balance, allowing the defender to get around you. In addition, you may get the "reach-in" foul. If you get beaten in the open floor, don't just yell for help... turn and sprint after your opponent. Once you get in front of him/her again, get back into your defensive stance.

Good offense wins games... great defense wins championships. Believe it! When your offense is struggling, good defense can keep you in the game until your shots start falling. How are you going to catch up the second half if you are down 12 at the half? By playing great defense. Simply scoring more baskets won't do it if you allow the other team to score also. You must keep the opponent from scoring by playing good defense and rebounding, to allow your offense a chance to get back into the game.

Everyone on the team must play good defense, because one weak link will cause the entire defense to fail, and a good offense will eventually find out who the weak defensive player is. Playing good defense involves hustle, inspiration and perspiration (sweat!). You gotta want to play good defense. Defensive skills are fairly easy to learn, unlike some offensive skills, and everyone can learn to become a good defender. If you are a poor, non-aggressive defender, you will hurt your team.

Important elements in playing good "D"

Stance and Focus

Your weight should be on the balls of your feet (not your heels), and have your feet about shoulder width apart. Keep your knees bent and your back straight. Keep your head up,

eyes forward, arms out with your palms up and elbows bent a little. Watch your opponent's belly-button. Your opponent can fake you with his/her eyes, head bob, shoulders, a jab step, but his/her belly button is only going the way she is.

Slides

When guarding your opponent, slide your feet sideways, using quick, short steps, and don't get your feet crossed. Don't hop. If you get beat in the open floor, don't just yell for help... turn and sprint after your opponent. Once you get in front of his/her again, get back into your defensive stance.

Close-out on the ball receiver

Defenders must learn to "close-out" on the player with the ball. Once the offensive player receives the pass, the defender should rush toward the ball-handler in a low stance. The last several steps should be quick, choppy steps to stop your momentum (so the defender doesn't dribble around you). Your baseline line foot should be back in order to force the ball-handler toward the baseline. As you approach the ball-handler, snap your shoulders and head back to help slow yourself down.

On the Ball

Over-guard toward the offensive player's strong side. If she is right-handed, she will probably want to go to his/her right, so over-guard that side and make his/her go left.

Denial

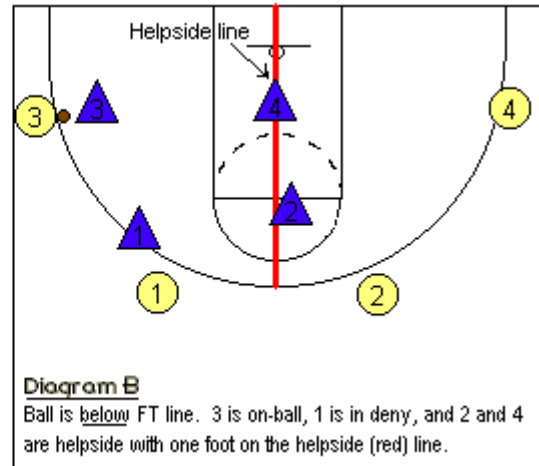
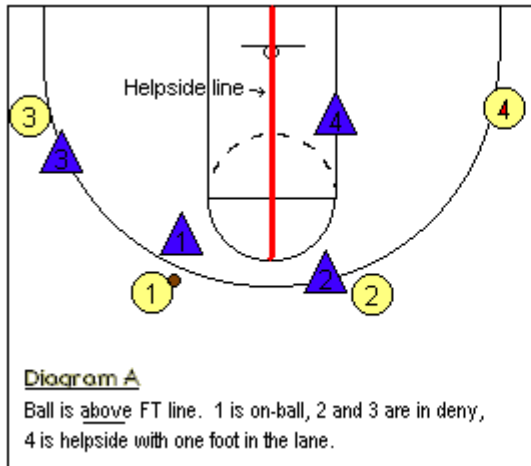
Clog the passing lane and prevent the player you are guarding from getting the ball, that is, "deny" his/her the ball. When guarding an offensive player who is one pass removed from the ball, you should be in denial. Place your foot and hand nearest the ball slightly forward, and turn the palm of your hand toward the ball, so that you can reject any incoming passes. Be in a position to see both your player and the ball. If the ball-handler picks up his/her dribble, you have a "dead situation" and everyone should in close on their player, in "full-denial".

Help-side

When your opponent is two or more passes from the ball, you should be in "help-side" position. This will allow you to be in position to help your teammates against the ball penetrating the paint. This involves dropping off your man some (but without losing sight of her), and sagging toward the ball-side.

Many coaches teach that if the ball is above the free-throw line, the help-side defender should have one foot in the lane (Diagram A). If the ball is below the free-throw line, one

foot should be touching or staggering the help-side line. Stay between the ball and your man. Be ready to help defend against another player driving or cutting to the hoop, and "help" your teammate who may have gotten beat. Once the ball comes back to within one pass from your player, you get back into denial with him/her. If the ball is skip-passed to your player, you quickly get back up on his/her (close-out), and play "on-ball".



Remember, good defense is "team defense". Man to man defense is a team defense just as much as zone defenses.

“The best man defense looks like a zone and the best zone defense looks like a man”

The Principles of Defense

1. Defensive body position enables you to move quickly in any direction. The feet are slightly greater than shoulder-width apart. The knees are bent, while the back is straight. Put your weight on the balls of your feet. Tap dance by moving your feet one-two inches off the ground as quickly as possible. The hands are ready to catch the ball.

2. In defensive position, there are two ways to move: one is just a full out sprint; the other is a jump-step or hop. The jump-step is used to play tight defense. Both movements must be practiced in defensive position. All other defensive principles depend on getting your movements together.

3. You need to practice staying with the offensive player. Practice maintaining a distance of from 3 yards to as little as one foot from the offense.

4. Always force the offense to one side or the other whether or not they have the ball. You need to be aware of which way, right or left, the offense likes or wants to move, and then prevent them from doing it. Forcing involves setting up at about a 45 degree angle to the offense, one foot to the side. This positioning makes it easier for the defense to go around you one way and more difficult to go the other way.

Practice forcing two ways: one, practice forcing and staying with the offense as they bring the ball downcourt; two, practice forcing from each position around the basket: corners, sides, and straight away.

5. Defense is most important around the basket. This is priority number one. Prevent low post players from moving where they want to go. Cover a player jumping or cutting into the lane.

6. Boxing out is just not a defensive skill. Use it on offense as well. If you properly play defense around the basket, it is easy to box out.

7. Defending the pick can be tricky. It requires lots of communication and experience.

8. Proper strong-and-weak side defense is the key to effective team defense. Weak-side defenders (defenders far away from the ball, maybe on the other side of the court) must help out on the ball. Helping out involves watching carefully and moving to prevent offensive movement especially in the lane.

9. Hustle is a big part of defense. You must catch up to an offensive player who gets by you or pick up uncovered players going to the basket.

Defensive Goals

1. Hustle! Sprint back on defense and make a stand on every possession. Gambling, reaching, lunging, over-committing, and fouling is false hustle.
2. Fatigue our opponent. Wear your opponent down mentally and physically - when the legs go, the heart and the head follow quickly behind.
3. Maximum ball pressure. Do not allow your opponent to see the court and pass the ball when and where they wish. Attack and create doubt and confusion.
4. Protect the "Power Zone." We must not allow dribble or pass penetration into the paint.
5. Contest every shot. Close out intelligently and get a hand up on every shot.
6. Block out & Rebound. You must block out and rebound on every shot. Do not give up second and third shots.
7. Commit to defense! Great defense is all about "heart" and "hustle."
8. Talk on defense. A great defense is a talking defense. We must have passionate talk on defense - "I'm on the ball," "I've got him, you got him," "Ball," "You're OK," "You've got help," "keep it to a side, you've got help," "do your work early," "don't let your man cross your face," "screen," "block out," "pressure the ball, Chris."
9. See the ball! *Stay alert and keep vision. Know where the ball is at all times.* All five of our players have the responsibility to stop the ball and to protect the power zone.
10. No easy baskets. *Sprint back on defense and pick the ball up at the 28-foot line. Everyone else is inside the 3-point line protecting the power zone and communicating to their teammates who they are going to guard by talking and pointing at their man.*
11. Deny all penetrating passes. Play "ball-you-man" defense inside the 3-point line. individual defensive position off the ball is *"one step off the line, and two steps to the ball."*
12. Never allow your man to cross your face. Always try to jam the cutter and force him behind you. You must always stay between your man and the ball.
13. Anticipate on defense. Look to intercept all lob passes and lazy bounce passes. Only go for the steal if we can catch the ball with two hands.
14. Defeat the screen. Stay alert and be hard to screen. Fight through screens and keep on moving.
15. Switch on hard screens. The open shot is what gets you beat, not the mismatch. The only screen that we will never switch is ball-screens.

16. Every time the ball moves, you move. All five defenders move as one on the airtime of the ball.

17. Know who and where the shooters are. These are the only players we overplay. To stop the great scorer, we must deny him the ball as much as possible.

18. Dead front the low post. Dead front all low post players when the ball is on the wing. Dead fronting is the easiest way to keep the ball out of the power zone, and it makes it easier to give quick help in stopping baseline drives.

19. Look to take the charge! After planting your feet, stay low and wide in your stance with your hands up. Keep your weight on your heels, and when you're hit, fall backwards and make a loud noise.

20. Trap the low post. When the ball goes into the low post, trap from the top.

21. Dive on the floor after all loose balls. These are the guys that win championships.

22. Block out! Make and maintain contact on all block-outs. Be aggressive and lay the "lumber" to your opponent when blocking-out. Blocking-out is every day, every drill, all the time.

23. Rebound - no second and third shots!

Types of Defense

All good players must learn how to play good man-to-man defense. There are many times that a good zone defense can really shut down a team. It often depends on what the other team's strengths and weaknesses are. So you must learn both.

Man-to-Man

With this defense, each player is assigned to guarding a particular player on the other team. Each player must try his/her best to stop their opponent. Although it sounds individual, man-to-man is really a team defense.

You must learn what "help-side" means. Simply, when the ball is on the opposite side of the floor from you (and the person you are guarding), you can drop off your man a little and "sag" toward the middle to help cut off passing lanes. Once the ball comes around to your side, you get back up tight on your man.

"Move your feet!" You'll hear coaches yell this all the time...because it is one of the most important aspects of playing good defense. You must have the desire and the quickness to move your feet in order to stay with your man, to get into proper position to take a charge, to move quickly to the boards to box out for a rebound, etc. You must not just "reach-in" and take a swipe at the ball as the player dribbles by you (usually a foul)...you must move your feet, hustle and stay with her, and prevent him/her from getting to the basket by getting yourself into proper position. We'll work on this.

Man to Man Ball Defense Skills

Your goal is to stay in front of the ball handler and in her/his discomfort zone. To do this effectively, you need to be as maneuverable as possible. There are no perfect specifications for foot or hand placement or body weight distribution, but common sense, the options available to the ball handler, and the principle of maneuverability suggest the following:

Feet

Keep them wide enough to influence the direction of the ball handler, set up your body as a barrier to the basket, and reduce the ball handler's options. If your feet are too far apart, you lose quickness and maneuverability. If your feet are too close together, you may be too upright and vulnerable to a low, blow-by dribble, or a variety of fakes. Good, basic foot position is normally just a bit more than shoulder width apart. This position will allow you to slide your feet quickly and efficiently in any direction without getting tangled up by crossing your feet.

Hands

Your hands should be in a position to counter whatever options the ball handler has and to help you maintain body control and balance. If the ball handler has just received the ball, not yet dribbled, and is in shooting range, you may need to have one hand up to challenge a shot or pass (the hand of your front foot), with the other hand down (the hand

of your back foot) to challenge and influence the dribble. If the ball handler is dribbling, you'll want to keep your hands low to bother the dribbler and to maintain control. If the ball handler has exhausted her/his dribble, you'll be able to use both hands as you close in tighter and challenge the remaining options (pass, shot) without reaching or fouling.

Staying Low

Staying low on the ball is crucial. By staying low, you never give the ball handler the advantage in maneuverability. How low should you go? As low as necessary to win that battle, whether it is keeping your head at least as low as the ball handler's head, or keeping your head focused on the ball handler's midsection. Stay low!

Things to Avoid

Reaching, slapping, lunging, jumping, giving up on a play when the ball handler beats you....all of these things equal bad defense on the ball and will take you out of the ball handler's discomfort zone, or out of the play entirely.

Man-to-Man Defense Tips

1. Most of the time, you should keep between your man and basket (but sometimes players 4 and 5, under the basket, may need to "front" a strong post-up player).
2. Guards get into a low position with your weight evenly balanced, and on the balls of your feet, nearer your toes. Don't be flat-footed. Keep your weight off your heels. The key to good defense is you must move your feet and stay between the player and the hoop. Do not reach in a take a quick swipe with your hand.
3. Guards out front play back off your man a couple steps. This space will give you time to react to your player. If your opponent is a good 3-point shooter, then you must play him/her tighter. If you know they are not a good outside shooter, play back a couple steps and keep him/her outside.
4. Know your opponent! Know their strengths and weaknesses.
5. Watch their eyes when they passing...often they'll tell you right where they're going to throw it!
6. Watch their belly-button if they are quick and hard to stay with. They can fake you with his/her head, eyes, arms, shoulders, legs, and feet, but his/her belly-button will always go only in the direction that they are going.
7. When they shoot, everybody "box-out" your man, rebound.
8. Hustle! Hustle! Hustle! You gotta love playing tough, hard defense. Your good defense will win many games for you, especially those games when your offense is "off".

Zone Defense

Zone defense is different from man-to-man defense in that, instead of guarding a particular player, each zone defender is responsible for guarding an area of the floor, or "zone", and any offensive player that comes into that area. Zone defenders move their position on the floor in relationship to where the ball moves.

Zone defense is usually effective in stopping dribble penetration and one-on-one moves, and for this reason

Advantages of zone defense

1. Not all teams have quick, good man-to-man defenders. Or the offense may have a couple of outstanding players too quick to defend individually. Playing a zone can help against mis-matches such as these. You may have a tall, strong, but not particularly quick team. A zone can look intimidating with all your big guys stacked up inside with their hands up.
2. In using a press, you can protect the paint area and force the opponent to shoot from outside. An example would be using the 2-1-2 or 2-3 zone which places a lot of defense in the paint and invites the offense to shoot from outside. This is a good way to see if the other team can shoot from outside. Not all teams can shoot the outside shot consistently. Even good shooting teams have off nights, especially under tournament pressure.
3. Your team may be in foul trouble, especially your big man. You can help protect him with a zone.
4. You can slow the game and control the tempo somewhat with a zone.
5. Although players must hustle regardless of the type of defense that is being played, sometimes when your team is fatigued, playing zone for a few minutes may help them catch their breath.
6. By changing defenses from man-to-man to various zones, you can keep the offense off-balance and confused.
7. If you use the full-court or half-court press, after the press is broken, it is easy to slip back into a half-court zone defense

Disadvantages of zone defense

1. If your team is behind, you won't get enough pressure on the ball, and the offense can eat up a lot of time by holding the ball for a good shot. You must go man-to-man in this situation.
2. If the opponent is having a good shooting night, your zone is beaten, and you must consider going to the man-to-man to get pressure on the ball out on the perimeter.

3. There are not always clear-cut rebounding box-out assignments and sometimes the offensive player will slip inside for the offensive rebound and lay-up.
4. If you play zone most of the time, and rarely play man-to-man, your players may become complacent on defense and may lose their man-to-man skills. I would practice man-to-man 80-90% of the time, and zone the remaining 10-20%.

Basic pointers for all zone defenses

1. Try to keep the ball outside. Double-team the ball in the paint.
2. Be vocal, talk to each other.
3. Move, adjust your position relative to the movement of the ball.
4. Get your hands up and out, to shrink the passing lanes.
5. When the offense dribble penetrates, quickly close the gap.
6. Get to know your opponent and adjust. Over-protect against the best shooters, or the "hot" shooter, and sag off the guy who never shoots.
7. Trap the corners.
8. Especially if you are ahead, don't gamble or get too zealous about trapping the wing and point guard positions. Keep pressure on the ball, but also protect the paint and force the outside, low-percentage shot.

Defense Shell Drill

This drill focuses on the basic concepts of "on-ball", "deny", and "help-side".

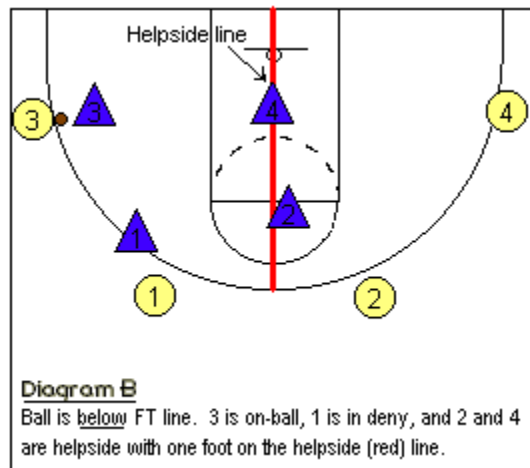
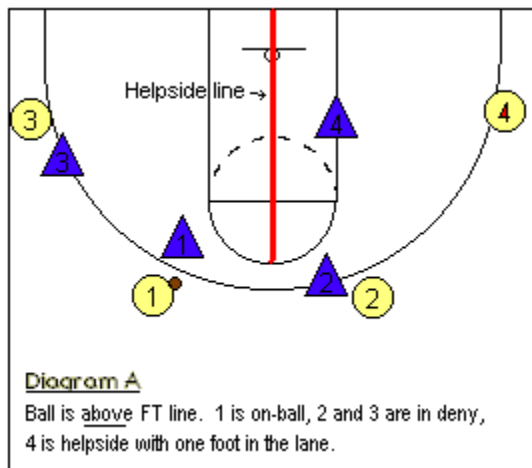
Set-up:

Use a half court setup with a total of eight players. Four offensive players are positioned around the three point arc. Start with two wings and two players in the corners. Match-up four defensive players with each of the offensive players. You could also use five on each team with a point guard, two wings and two corners. Additional players can sub in and out at your discretion.

The Drill:

The offensive players are stationary, no cuts or dribbling. This is a defensive drill and the offensive players simply pass the ball sharply around the arc. Make sure they make good passes (use this as a passing drill also), make sure they receive the ball in "triple threat" position, and have them make some "skip" passes too. The defensive players are not to steal or intercept the ball, since this is drill designed to emphasize proper positioning on the floor. The defensive players must work on proper relationships in positioning with the offensive player they are guarding. If the defender's man has the ball, she should be applying "on-ball" pressure. If his/her player is one pass away, she should be in "denial". If she is two passes away, she should be in "help-side". If the ball is above the free-throw line (Diagram A), the helpside defender should have one foot in the lane. If the ball is below the free throw line (Diagram B), the helpside defenders should be straddling the "helpside line". For more of an explanation, see [Basic Defense](#).

Once you feel your team has an understanding of these basic relationships, and all players have been on offense and defense, you can let them play half court all out with cutting, screens, shooting, etc. Watch the defenders carefully for proper defensive positioning. Blow your whistle when you need to make points with the players... somebody messed up, or somebody did something really well.



Defense Man-to-Man Positioning Drill

Use this drill to help teach the man-to-man concepts of on-ball defense, deny and help-side. Also see the Shell Drill.

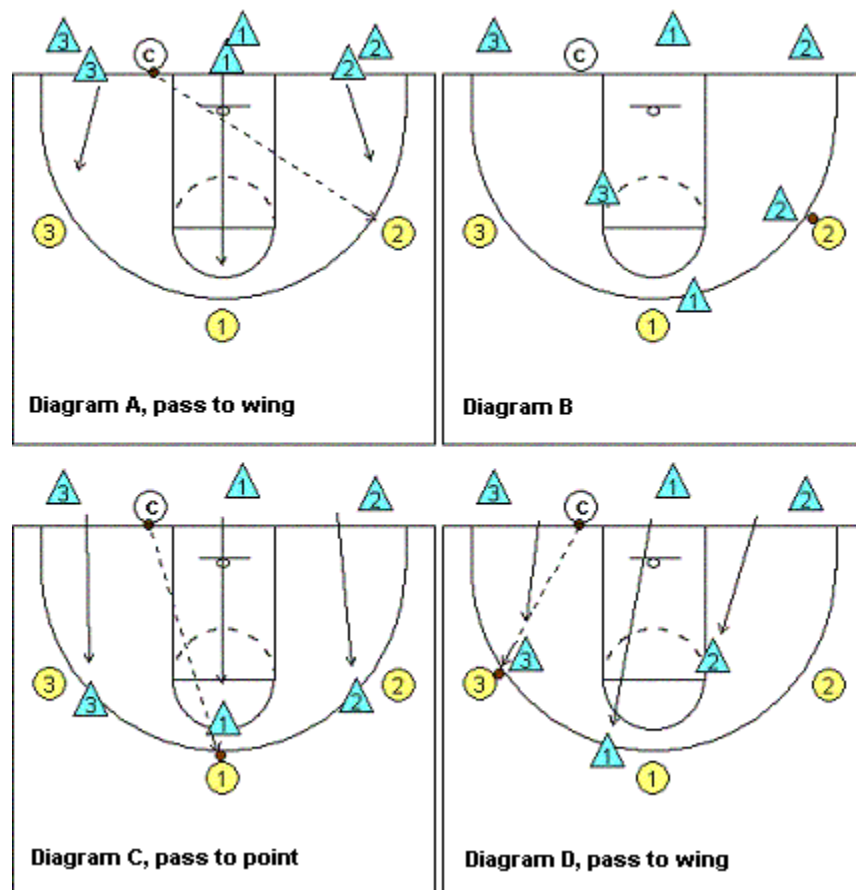
Setup:

See the diagrams below. Three offensive players are set up on the perimeter as in Diagram A. Defenders start from the three lines at the end-line.

Drill:

The coach ("C") passes to one of the three offensive players who stay put. There is no scoring, passing, attacking in this drill. This drill simply emphasizes how the defenders should position themselves in a man-to-man defense. In Diagram A, the coach passed to #2, so the #2 defender makes a good close-out and plays "on-ball" defense. The #1 defender sprints out into a "deny" position (one pass away from the ball). The #3 defender sprints out to "help-side" defense, dropping down into the lane (two passes away from the ball). The coach makes any corrections in the players alignment, and then the ball is passed back to the coach for the next three defenders in line. The current defenders become offense and the offensive players go to the back of the defensive lines.

Note in Diagram C, the pass goes to the point, and the #1 defender sprints out and make a good "close-out", while the two wing defenders sprint out into "deny" defense. Diagram D is the same as Diagram A, only to the opposite wing.



Section 8

General Offensive Tips

General Offense Rules

1. Play smart! Understand and know what the coach is looking for.
2. Play unselfishly. Always pass to the open man and don't force shots.
3. Protect the basketball. Handle the ball with sureness. Avoid turnovers.
4. Make the safe and easy pass. Don't force passes. Every pass does not have to lead to a score.
5. Pass away from the defense. Always know where the defense is, and pass away from it. Use two-handed grip as a passer.
6. Play under control. Don't have your mind made up about what you want to do. Read the numbers and take what the defense gives you in an organized and controlled matter.
7. Be patient. Don't play fast! A good rule to remember is to hurry, but don't rush. It's not how fast you go, it's what you do.
8. Don't force shots! Pass the ball when you are well defended.
9. Dribble with your head up and see the court.
10. Dribble north and south. Attack the gaps in the defense. No wasted dribbles.
11. Maintain proper spacing of 15 to 18 feet. Spacing is offense and offense is spacing. Keep the offense high and wide. Perimeter players should stay above the NBA three point line, except of course when executing cuts or screening opportunities.
12. Try to make three passes before attempting a shot, other than a lay-up opportunity.
13. Catch-and-face (square up!). Anytime that we receive the basketball, we face the basket in the triple threat position.
14. Use a jump-stop in the post area. Keep the ball under chin, with elbows out.
15. Get fouled! To win the big games, you must get to the free throw line, and then you must make them.
16. Communicate on all screens. Raise your weak hand to let the cutter know you're coming to screen for him. As you set the screen, call out your teammate's name.
17. Set tough, hard screens. Set your screen on the defender's numbers (headhunt). The screener should remain in a stationary position for a two count.

18. Always receive the screen late - Wait! Wait! Wait! Wait for the screener to jump stop and say your name before you begin your v-cut to get open.

19. Read the defense. Think before you move. Try to take advantage of what the defense gives you. Our cutter and screener must concentrate on their defender and not watch the ball. Cutters should always make their cuts away from their defender and "move with a purpose."

20. Move to be a great receiver! As a pass receiver, you must always step to the ball, show a hand-target, and call for the ball.

21. Backdoor cut when overplayed. When your defender has a foot and hand in the passing lane to deny you from catching the ball, change direction and cut behind the defender toward the basket with your lead hand up.

22. Fake a pass, to make a pass.

23. Use a shot fake before you dribble.

24. Acknowledge (credit) the unselfish pass that leads to score. "Point to him/her," the assist guy. Let the fans know who made the play.

25. Crash the offensive boards. Players #3, #4, and #5 must crash the boards on every shot while players #1 and #2 sprint back to stop the fast break.

26. Rebound the offense. We want our shooter to always follow his shot with his hands up. Our other players (#3, #4, and #5) are responsible for weak-side rebounds. Most rebounds (75%) are grabbed on the weak-side of the basket.

Basic Offensive Tips

1. Become a good dribbler and ball-handler. Dribbling and ball handling are the foundation skills for almost any offensive move with the ball. Practice dribbling drills and moves for 15 minutes every day.
2. Be a good passer. Bad passing and turnovers will destroy a team faster than anything! Make good, short, quick, crisp passes...they're hard to intercept. Avoid long cross-court passes, unless your teammate is wide open. Learn to use your peripheral vision and avoid throwing the ball to your opponent. Make a good pass that your teammate can easily catch. A really good passer can pass to a teammate without looking directly at her. Avoid telegraphing your passes (more in practice). Learn how to make good bounce passes. Learn when not to pass and avoid passing into a crowd.
3. Develop good footwork. If you don't have good fundamentals with footwork, it will be pretty difficult to get the ball to make plays!
4. Learn the "triple-threat" position, the proper stance so you will have the option of being able to shoot, pass or dribble.
5. Practice, practice, practice shooting. Work with your shooting form, the "platform", "L", "hinge" and "gooseneck" so that you learn to shoot with your fingertips and get backspin on your shot ("rotation"). You may not be strong enough yet to do this, but most good shooters eventually learn this. To perfect your shooting technique, practice shots within just a few feet of the basket, every day. Then practice lay-ups, free throws, 2-pointers, even 3-pointers, and eventually learn to shoot a jump shot. Don't be afraid to take a good shot. Look for a chance to shoot. But don't force bad shots.
6. Court awareness. Always know where the ball is, don't turn your back on the ball. "Survey" the court. Look for the open teammate with your peripheral vision. Look to the "weak side" of the floor for an easy "back-door" pass and lay-up. Learn to "cut" and find an open area on the floor, where your teammate can pass to you for an easy shot.
7. Except for the point guard, go hard for the offensive rebound. Many easy baskets are scored on second and third chances, if you can get the rebound. The point guard, 1, should stay back out on top to prevent the other team's fast break (if they get the rebound). If 1 drives to the basket for a shot, 2 (or 3) should stay back. Also, get in the good habit of following your own shot after you shoot. Many times, if your shot is too short or too hard, it will come off the rim right back toward you. Expect this when you shoot, and go get it! You may get a second chance to make that basket. Three of the five players should always go hard for the offensive rebound, one is half-rebounding and half-preventive mode, and one is always back to prevent the opponent's fast break.
8. Get the ball down the floor quickly, fast break whenever possible and beat the defense down the court. But play under control at all times. Don't try to go faster than you are able!--you'll lose the ball or make a bad pass. It's difficult even for high school kids to learn

how to play with quickness and speed, while still staying under control. Remember: "You must be quick...but never hurry."

9. Avoid too much dribbling as this just allows the defense time to reset. Quick passing and cutting is the secret. But never give up your dribble without being able to pass or shoot the ball. John Wooden, a retired famous coach from UCLA, told his players, "You should always end your dribble with either a pass or a shot." Don't stop your dribble until you can do either. Learn how to jump stop at the end of your speed dribble.

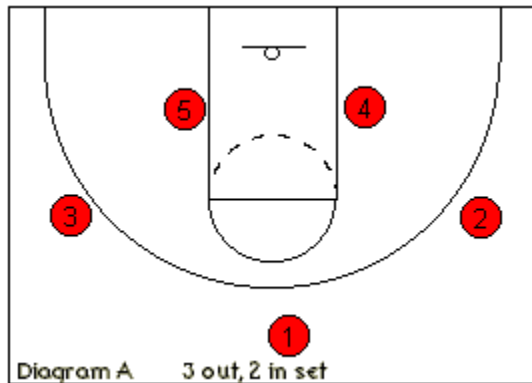
10. Post players (4 and 5) must learn two basic post-up moves, the drop-step, and the jump hook. After learning these basic moves, you can develop other variations of these moves.

11. Move without the ball. Don't stand still. Set picks, make cuts through the paint, or "back-door". Be ready to rebound.

Basic Concepts of Motion Offense

A motion offense is a flexible offense that utilizes player movement, correct floor spacing, passing and cutting, and setting screens. Rather than running set plays (which can also be run in the motion offense), players move within a basic set of rules. This allows for greater flexibility than just running set plays, and will usually be effective against any kind of defense, whether man-to-man, zone or "junk" defenses. Players can move freely to open areas on the court. Once the basic concepts are learned, special patterns or plays can be designed by the coach to take advantage of his team's offensive strengths.

Motion offense can be run with almost any set: 3 out-2 in, 1-3-1, 1-2-2, 1-4, 4out-1in, etc. For purposes of this discussion, we will use the 3 out, 2 in set which uses 3 perimeter players and 2 post players (see diagram A).



If you have a very talented team with five players who can play any position, then your players can interchange or rotate into any of the five positions. If you have two dominant post players, or excellent perimeter players, then you will want to rotate a little differently. In the later case, have the two posts rotate with each other and the three perimeter players rotate in the three outside positions. Always try to have your point guard bring the ball up the floor and start the offense. Make sure that whoever is at the #1 position when the shot is taken, stays back to prevent the opponent's fast break. The 3, 4, 5

Basic rules:

Spacing

Players should try to stay 12 to 15 feet apart. Avoid bunching up, which can result in double- teams, steals, interceptions, and turnovers.

Triple threat position and patience.

Perimeter players should always receive the ball in triple threat position, where the player has the options of shooting, driving to the hoop, or passing. Perimeter players should be patient and hold the ball for a count of two to allow the screens and cuts to develop. If he passes too soon, the cutters don't have time to execute their cuts. The exception is when the defense is coming to trap, then pass immediately.

Do not allow your players, after receiving a pass on the perimeter, to immediately put the ball on the floor, bounce it once, and then lose the dribble. The player actually loses the

options of shooting and driving to the hoop, and passing may be more difficult when the defender closes in, and the other defenders go into deny mode.

Players may dribble only:

1. To attack the basket with a drive.
2. Improve or open the passing lane.
3. Penetrate gaps in a zone defense.
4. To get out of trouble and avoid the 5-second count.
5. To exchange positions with another player. For example, if you want the ball to go to the wing, and the defense is denying the pass, the point guard can simply dribble to the wing, and the wing player can exchange and go to the point.

Player Movement

Players must not stand still. They must move with a purpose.

1. The post players can screen for each other and move up and down the lane to the low blocks, elbows, and top of the free throw line.
2. The perimeter players can occupy the three positions shown in diagram A, and also move to the corners. They may make front or backdoor cuts to the hoop, and V-cuts to replace themselves (see Cutting and Faking). They screen for each other and run pick and roll moves (see Setting Screens). They must move after making a pass.

Passing

We want to try to get the ball into the low post. A wing entry is usually the easiest way. You can also get there by passing to a post on the free throw line, and he in turn can pass to the low post. Don't pass to someone standing still. These passes are more likely to be intercepted.

After passing, players must do one of these:

1. Cut to the hoop for the return pass ("give and go" play).
2. Screen away. Example: after the point guard passes to the right wing (2), he sets a screen for the left wing (3).
3. Follow his pass and set a screen for the ball-handler (and then roll off the screen).
4. V-cut and replace himself.
5. After a cross-court "skip" pass (example from #3 to #2), slide out of the defender's (who should be in "help" mode) line of vision and go backdoor to the hoop.

Read the defense

Situations for Perimeter players:

1. You have the ball and the defender is overplaying you up tight: give him a fake and explode around him straight to the hoop. Don't go wide around him as this just gives him time to recover. Make contact with his shoulder and get him on your backside. If help defense closes in, dish to the low post where the help came from.
2. You have the ball and the defender is sagging off you: hit the outside shot.
3. You have the ball and the defender is playing good defense on you: pass to a teammate and then execute one of the five options above (what to do after passing).
4. You are one pass away and the defense is denying the pass to you: Make a fake outside, and then cut hard backdoor. The low post on that side should learn to read this situation also and clear out to the opposite side, to make spacing for the backdoor cut.

See Diagram B.

5. You are one pass away and the defender is sagging off you: make a V-cut inside and come back out for the perimeter pass. See Diagram C.
6. You are one pass away, and the defender is playing good defense and you can't get free: Set a screen either for the ball-handler or the low post.



Situations for post players:

1. Read the defensive overplay (deny) on the wing. Flash to the high post to receive the ball and then pass to the wing going backdoor (see Diagram B2 above).
2. You get the ball one on one against the defense: Make a low post move and try to score or get fouled.
3. You get the ball and are double-teamed: Pass the ball back outside, often to where the double team came from. Going "inside-out" is a good way to get wide open three-point shots.

Post players working together:

1. If the ball-side post is being fronted: the opposite post flashes to the ball-side elbow for the pass. Meanwhile the low post player seals the defender on his back, and the post at the elbow passes inside to the low post for the lay-up. See Diagram D.
2. If the ball-side post defender is playing behind him: The wing should pass to the low post, and the opposite post player should clear out to the weak-side elbow. See Diagram E.
3. If the ball-side post defender is 3/4 defending him with a hand in front: the ball-side post should set a screen for the weak-side post, who comes to the ball for the pass and lay-up (Diagram F). Note that if the low post defenders switch on this screen, then the low post cutter should move out to the ball-side short corner, and the screener should seal off his defender and come back to the ball for the lay-up.

Once your team learns and executes these concepts, you can devise your own patterns and special plays to take advantage of your best scorers and the defense's weaknesses.