

**A Sample of an Elementary Practice
(Approximately 75 minutes)**

Number of minutes	Basketball Activity	Possible Drills
10	Warm-up drills	Jump rope/ball handling/agilities
10	Shooting	Form/Catch and shoot/Mikan
5	Passing	2 Line fundamentals/Movement
5	Dribbling	all types left and right/2 Ball
5	Rebounding	Box out/Rip and outlet
5	Defense on Ball	Zig-zag/Hey drill/1 on 1 at foul line
5	Contesting pass	Denial/opening
5	Help side defense	4 on 4 Shell (pass/dribble/flash cuts
5	Individual offensive	Jab step/jab crossover (LH & RH)
5	Small group offense	Give and Go/Up and down screens
15	Half court scrimmages	3 on 3 and later 5 on 5

Note: This is just a quick summary of some of the things I like to do with our elementary players at basketball summer camp through our stations and other camp activities. By no means is this more than just a guide to help some of the coaches to organize your time to include the basic fundamentals in your practice schedule, while at the same time making it both informative and fun for the players. Good luck.

Palmyra Girls Basketball Program

Coaching Clinic for Elementary Grade Coaches

Sponsored by Palmyra Area Recreation and Parks Commission

(Tuesday, November 8, 2011 at PHS Gym from 7 to 8:30 P.M.)

Program outline:

- 1. Welcome and Introductions – Coach Ron Berman**
- 2. Opening comment** – since our attendance was very small last year, I was asked to cover basically the same things as we did a year ago. I made the same packet again for all coaches with the emphasis being on the teaching of the fundamentals to our younger players. I was also instructed to focus on man defense with the focus being on denial and help side concepts. Finally, I was asked to talk a little more about teaching offense to younger players. I plan to be done by 8:15 and open it up for questions that anyone would like to ask or anything you wanted to be shown in more detail. I plan to skip over a lot of the things listed below and really getting into more drills and demonstrations with our high school girl players.

A. Coaching Philosophy – 5 Points

- 1) Play hard
- 2) Enthusiasm
- 3) Pride
- 4) Positive attitude
- 5) Fun

B. Playing Philosophy – 4 Keys

- 1) Play hard
- 2) Play smart
- 3) Play together
- 4) Have fun

3. Explain purpose of the program tonight – just to help and give a **foundation** for many of you to build upon at any level from Kindergarten to Grade 6. For some of you the information you receive will be very simple, but for others hopefully it will put some good thoughts in your mind about teaching and coaching basketball. I probably have about 20 hours of teaching in your 29 page packet to try and condense into a 75 minute program but hopefully the reading material will benefit you later in some capacity.

4. Handout: Court Terminology – I believe all players should have a basic understanding of the court itself as well as many of the rules of the game.

5. Practice warm-up – might be done in hallway or off the main floor so that you don't have to use up any of your 60 minutes of court time. We almost always begin our practices with this 20 minutes of warm ups either in the hallway, the atrium or in the gym when the court is available. We put the players in a small circle and that allows us to have them together at the start of practice and this program has been a real key in getting our players ready for practice each day and we believe one of the main reasons we have been able to avoid many injuries during the past eleven years.

A. Flexibility routine – a lot of good stretches and emphasize to the players about the importance of doing them correctly to prevent injuries and missing future sporting events

B. Handout: Jump rope routine – we never miss a day during our season and I believe that this is the best five minute conditioner and strength trainer that is still out there today. Players will demonstrate a shorten version of the routine.

C. Handout: Ball handling exercises – great for hand eye coordination and also for conditioning when the players get use to them and can go hard doing them. Players will demonstrate a shorten version of the routine.

D. Four 60 Second Stations – we divide our players into 4 small groups and do each of the following for 60 seconds. As soon as the time is done, they run to the next station and get ready to start. We basically do four minutes of conditioning in a five minute period of time.

- 1) Push-ups – upper body strength
- 2) Sit-ups – core body strength for better balance
- 3) Heavy ball passing – more strength training and eye/hand focus
- 4) Agility ladder drills – foot quickness and overall coordination

Comment: Many of your players already know the jump rope and ball handling routines from summer basketball camp and also have their own jump ropes from camp. A suggestion might be to have half of the players do jump rope and the other half do ball handling drills and then switch after the five minutes since you may not have enough basketballs or jump ropes to do them together at the same time.

6. Fundamentals – most people talk about five different areas in basketball. They are shooting, passing, dribbling, rebounding, and defense. For our clinic, I am going to keep defense as a separate topic on its own and focus on the other four for a brief period of time. I am going to have each of my assistant coach's talk about one of the areas and have some demonstrations on each for about 5-7 minutes to supplement the packet.

A. Shooting – we spent a lot of money two summers ago to bring to Palmyra one of the top clinicians in the U.S., Jay Wolfe to work with our girls from grade 6 to 12. Unfortunately, many of our young players develop very bad shooting habits at a young age due to try to shoot with to big a basketball and from to far a distance. Our freshmen and shooting coach, **Ed Frazier**, will demonstrate with some of our players some **form shooting** that we like to do daily with our players when practice time permits.

- 1) **Handout: "The Art of Shooting by George Lehman"**
- 2) **Drills: Form shooting, two lines, 7-spots (age appropriate)**

B. Passing – Coach Kevin Leonard will talk to you about the **excellent handout he created called: Passing: Fundamental Five**. Again, he will use some of our high school players to demonstrate for you.

- 1) **Handout: Passing: fundamental Five**
- 2) **Handout: Passing the Basketball**
- 3) **Drills: 2-lines, 2 on 1 passing, back and forth while moving up and down the court, three man weave, etc.**

C. Dribbling – Coach Abbey Robinson will talk to you about an excellent handout created again by Coach Leonard called: **Dribbling: Fundamental Five**. Again, she will use some of our high school players to demonstrate to you.

- 1) **Handout: Dribbling: Fundamental Five**
- 2) **Handout: Dribbling the Basketball**
- 3) **Drills: Up and down the court, follow the leader, obstacle course, etc.**
- 4) **Two balls at the same time – great to improve their weak hand**

Key coaching point: Shoot, Pass and Dribble Last

D. Rebounding – Coach Berman will talk to you about the most overlooked and least practiced fundamental and that is rebounding. We had a player, Rachel Johnson; two years ago earn almost a partial scholarship to a D-2 university mainly due to her outstanding rebounding skills.

- 1) **Handout: Rebounding the Basketball**
- 2) **Rule of 70 and 40 – 70% of all shots are missed at the opposite angle that they are taken and will rebound to 40% of the distance. For example a 3 point shot (approx. 20 feet) will rebound to eight feet at the opposite angle it was shot.**
- 3) **Drills: Form (two lines opposite), rip city and outlet, 2 on 2 box out, 3 on 3 rotate and box out, etc.**

7. Defense – the key to our success at Palmyra. We like to **Play Defense with an Attitude**. We want to have individual and team pride in our ability to stop the other team from scoring and keep us competitive in games against teams with superior size and talent. Our primary defense is Man-to-man and we play it at various places on the court. We call our **man defense, Duke and we divide the court by numbers. Ex. Duke 20, 30 and 40.** We have not played zone for the past ten years. Some years we have been able to play a full court zone press and drop back to man and sometimes a half court trap. Our teams from grade 7 on up will only play man and I believe it is the only way to build a successful program that will allow you to compete yearly in the **MPC Keystone Division and at the AAA district and state level.** *(We have had 11 straight winning seasons, three division championships, 10 district qualifying teams and 8 of those went on to qualify for the state tournament)*

Key fact: There is no shot clock in Pennsylvania high school basketball and playing of zones allows a team to really slow the tempo of the game down and that takes away from our offensive philosophy and our emphasis on conditioning for our players.

Man to man is the only defense we play at our summer camps with the elementary players and I strongly urge and recommend that you teach them to play man with your teams this year and don't worry about winning an extra game or two by playing a zone or a junk defense. **Teach them how to play man defense better and that stopping a team from scoring is not an individual concern but a team concern on defense.** We are going to briefly explain the three major parts of playing man defense and maybe show you some things to help you do it with the help of our high school demonstrators.

A. 3 Parts of Man Defense – on the Ball, Contesting and Help side

B. On the Ball – feet, head and then hands. Coaches at all levels will vary on what foot should be up and what direction you should force a player to go. We now tell our players just **don't give up any dribble penetration and try to get your head on the ball at all times on the offensive player strong side** and that means put your right defensive foot to their right offensive foot and try to make them put the ball down on the floor with their weak hand. When they do use your head and trail hand to anticipate that they will probably bring the ball back to their strong hand with some type of dribble move. Also, make sure that when they pick up the dribble you get on their strong hand side because very few players can pass well with their weak hand.

1) Drills – Shuffle your feet, Hey drill, Zig-zag defensive drill

C. Contesting any forward passes – this is when a defensive player is one pass away from the player with the ball. You must be at least one step away from the offensive player and at least one step below the line of the ball with your arm extended and your hand turned in the passing lane.

1) Drills – slide up and back, denial drill, opening to the ball

D. Help side – this is when you are two passes or more away from the ball and your main responsibility is to help your teammates by being in the middle of the floor. By being in the middle of the floor you can intercept passes or get in the way of a player who might have made a dribble penetration move. On help side you are standing tall and your focus point is the ball first and your player second.

1) Drill – Shell drill with Coach Leonard – we do this drill 10 to 30 minutes daily to teach our man defense to our players and almost all offensive patterns and movements can be taught with this single team defensive drill.

E. Two Handouts: Duke: Team Man to Man Defense and Duke Defensive Practice Session (our Shell Defensive drills)

8. Offense – we teach our players to think on the court and to learn how to play the game of basketball. We run the **Passing Game offense** and we have no set patterns for our players to follow but some rules and guidelines. This might be hard to teach at the younger levels but certainly some of the things we do and don't do could be easily adaptive to any age level like we do at our Palmyra Recreation Basketball Camp every summer for the past 31 years.

A. **Passing game – Indiana** (shoot, pass and dribble last)

B. Open or Closed formation – use an open set unless you have the biggest and best inside player that you want to get the ball into

C. *Open set – all five players are interchangeable and it teaches all players to handle the ball and not just the best player on your team which is really important to help the young or weaker players on your elementary team to develop.*

D. **Handout: Indiana** - mini four page version of our basic offense that we can use against both man and zone defenses

1) **Basic principles**

2) **Basic rules**

3) **Cuts**

4) **Screens**

E. Players demonstrate – start 5 on 0 to create movement, add defense and make them run a certain type of cut or screen, ex. only give and go or down screens, etc.

F. Call out a certain number of passes, or a type of shot, or a particular shooter, or a certain at a certain spot, etc. for teaching movement of players and the ball

G. **Drills: 3 on 3 on a side, 3 on 3 with a post on side, 3 on 3 at the top, etc.**

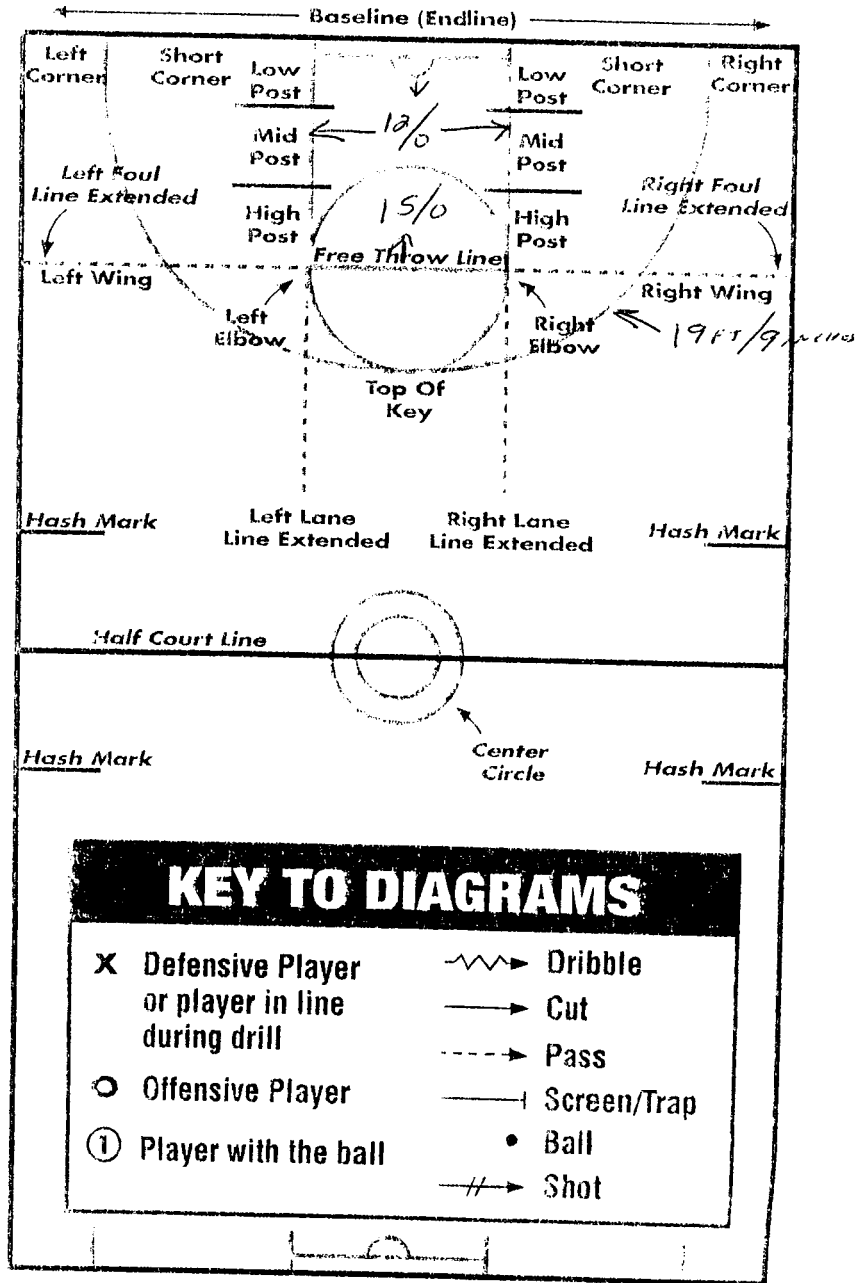
Final comment: We presently have two players at the collegiate D-2 level and two players at the D-3 level. All four are doing very well because they came from a basketball program that taught them how to play man defense and how to play offense without the ball. Those two facts are always major reasons why our players have done so well when recruited to play at the collegiate level. If you add in a strong academic background and good grades, there are a lot of athletic/academic scholarships out there for our basketball players.

9. Question and answer period (Coach Berman and staff)

10. Thank you and I hope we have helped all of you in some way. Please feel free to contact me with any questions during the season at 838-6862 or email me at 11823@msa.com. You would also be welcome to attend a practice during the season if you would like to observe some of the things we talked about tonight with our players. Just contact me and we will try to find a time and practice that might help you the most. Good luck!

COURT TERMINOLOGY & POSITIONS

- KEY DISTANCES:
1. 15'0" - FREE THROW LINE
 2. 12'0" - WIDTH OF LANE
 3. 19'9" - APPROX
20'0" - 3 POINT LINE



COACH BERMAN'S

JUMP ROPE ROUTINE (5 MINS.)

(NON-STOP-30 SECONDS EACH)

1. RUNNING-IN-PLACE
2. 2 LEGS TOGETHER
3. LEFT LEG ONLY
4. RIGHT LEG ONLY
5. SCISSORS
6. IN-OUT (STRADDLE)
7. CROSS THE FEET (X)
8. HEEL-TOE
9. CRISS-CROSS THE ARMS
10. DOUBLE JUMP

Coach Berman's

Ball-handling Routine (6 Minutes)

Instructions: Each drill is to be done continuously for approximately 30 seconds. The player must immediately go into the next drill without stopping.

Correct order:

1. Finger tip
2. Circles around the body (legs-waist-neck)
3. Figure 8 (right to left and left to right)
4. Figure 8 drop switch
5. Football hike
6. Cradle – switch hands
7. Two leg – one leg
8. Figure 8 dribble
9. Rhythm dribble
10. Spider dribble
11. V-bounce
12. Throw ball up – clap – catch the ball behind your back

Practice – Practice – Practice!!!

The Art of Shooting

By George Lehman

In teaching young players to shoot, I feel it is extremely important to keep it as simple as possible. I will keep the notes simple. 4 BASIC STEPS. 4 easy steps with constant repetition and practice that will make you a better shooter.

Balance:

The first step in good shooting is always balance. To be an outstanding shooter the legs must always be on balance. Shooting balance is one foot in front of the other. A basketball player is not on good shooting balance when his feet are parallel; a player is quicker and will shoot consistently better when one foot is in front of the other. A right handed shooter will lead with his right foot; a left hand shooter will lead with his left foot to balance. Do not lean too far forward or too far backward. The shot starts at the floor, legs as well as arms must be in the shot. You bend your legs for any needed power. You must keep a good shooting rhythm because your body is on balance, controlled by your head.

NOTE: The head controls the body balance. Shooting is a muscle memory reflex. . . the more you do it. . . the easier it becomes.

Eyes on the Target:

Every time I shoot the ball whether I make it or miss it, my eyes are on the basket. A player can shoot for the front of the rim or the back of the rim. But do not follow the flight of the ball with your eyes. This is a very bad habit. My eyes never follow the flight of the ball, so my concentration is at its highest peak at all times at the basket. Every time I shoot the ball I do the same thing. This will develop my muscle-memory reflex. I create a good fundamental habit through repetition. I am on balance and my eyes are on the basket.

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The Elbow Keeps the Basketball Straight:

This is the most important step of shooting. The elbow is directly under the ball in line with the basket. Not too close or not too far from the body. I place my elbow under the ball, the elbow will keep the ball straight to the basket. Do not allow your shooting arm to stick out to the side or be an angle. I use the dart theory to illustrate this. It's elbow straight and then I release the dart, elbow keeps the dart straight, the elbow will also keep the basketball in a straight line. When the elbow is straight, the basketball will rest in one hand easily and can still be released straight to the target. If my elbow sticks out to the side or to an angle it will be difficult to keep the ball straight along with creating the habit of bad form.

Note: A good practice method is to stand close to the basket, resting the ball in one hand while taking close shots. This will help you to develop good basic form, concentration, correct spin or rotation on the ball, and touch.

Follow Through:

Every time I shoot the ball, whether I make it or miss it, I follow through. Stick your shooting hand inside the basket. Do not snap the hand downward. All my left hand does in the shot is to help hold the ball (left hand on the side of the ball) and my shooting hand follows through every shot. I am on balance, my eyes on the target, my elbow is straight, and I follow through.

Jump Shot:

The basics of the jump shot are the same; balance, eyes on the target, elbow straight, and the follow through. Again, I repeat, I must do the same thing on every shot. It is important that you take note that my right foot is always slightly in front of my left foot. When I land after my jump shot, I am always on balance and ready to play. I don't follow my jump shot, I feel **CONFIDENT** that every shot will go in the hoop. Again, I am building a muscle-memory reflex.

Other than bad form with the elbow, fading away during the jump shot is probably the worst habit a jump shooter can create. When a jump shooter fades away he has two forces against each other; the ball going one direction and the body going the other way. The best habit is to go straight up and down. If you must move. . . move towards your target. This will help you keep a good rhythm and maintain concentration on your jump shot.

PALMYRA



LADY COUGAR BASKETBALL

PASSING: FUNDAMENTAL FIVE

1. Chest Pass: two hand pass from the chest. To be received waist high.
⊗ to feed a jump shooter, to reverse ball on perimeter, to move the ball to beat the defense
2. Bounce Pass: two hand pass from the chest, using a bounce. To be received waist high.
⊗ to feed a basket cutter, to feed the post
3. Lob Pass (Rh/Lh): One hand pass, right or left hand from the hip, off the dribble or triple threat position.
⊗ To make a quick pass, to avoid defensive pressure, to feed a jump shooter
4. Skip - Outlet Pass: Two hand over the head pass
⊗ To skip ball over the defense, to outlet pass after ripping a rebound
5. Baseball Pass: One hand pass, usually dominant hand, thrown like a baseball.
⊗ To start a fast break, or to hit a team mate wide open down the floor.

Points of Emphasis:

- ⊗ Pass on balance
- ⊗ Pass to a target
- ⊗ Step to your target
- ⊗ Use your legs
- ⊗ Point your fingers at your target
- ⊗ Zip the ball!!

Passing Do's and Don'ts:

DO...

- ⊗ make the easy pass, not always a scoring pass
- ⊗ use pass fakes to open passing lanes
- ⊗ feed the post below the foul lane
- ⊗ zip the ball, don't let it float
- ⊗ pass away from the defender
- ⊗ pass away from the defender
- ⊗ hit the open player
- ⊗ feed the post with a bounce pass
- ⊗ dribble to create a passing angle
- ⊗ step into the defender when making a pass
- ⊗ look at the basket to see the whole floor

DON'T...

- ⊗ throw to a voice
- ⊗ pass to a player in trouble
- ⊗ over pass - especially on the break
- ⊗ jump to pass
- ⊗ pass a player into trouble
- ⊗ make a perimeter pass from one side of the court to another



Passing the Basketball

Opening comment: A coach can tell a great deal about a basketball player by watching them pass the ball. He can tell whether the player has good hands, if they are a smart player, and also to determine their overall ball-handling ability. Passing is the foundation for all offensive movement on the basketball court. In my opinion, it is second only to scoring in offensive basketball. There is a tendency for players to consider passing as entirely natural. They are 100% wrong. There is a tremendous need for fundamental training in the art of passing a basketball. A player must learn all types of passes and be able to make the right type of pass in the right circumstance that it is needed. I hope the following ideas will help you to develop into a better passer. Good luck!

Things to know:

1. Don't telegraph your passes. Use split vision. A player with split or peripheral vision appears not to be looking in the direction they are throwing the basketball. However, in reality they can see their target out of the corner of their eye.
2. When passing the basketball, don't fool your teammates while you are trying to fake out your opponents.
3. Don't overpass. Too much passing can be a waste of time and also more opportunities to lose the ball for your team.
4. Use the simplest pass possible to complete the play on offense.
5. A fancy pass means you are taking unnecessary chances with the basketball.
6. Learn when certain types of passes are most valuable to use in certain game conditions. For example, a bounce pass to the low post player.
7. Signal to your teammate when you are going to pass them the ball, but also look for your receiver's target on where to pass the ball.

8. Try and pass the ball to the height at the receiver desires depending on whether they will be shooting the ball or just catching and making another pass to another player.
9. Don't use too many bounce passes because they are slower and sometimes more difficult to catch. Do use the bounce pass to the low post player and on a lay-up off of the fast break.
10. Be careful about curving the ball on a long baseball pass. It is essential that you step toward the target and follow through with your hand directly to them.
11. Never show how hard you can throw the basketball. Remember when you throw a pass you must have it caught by a teammate. However, we do want all passes to be crisp.
12. Never pass to a player's back. Always pass to a target.
13. You must always remember that passing the ball is the quickest method of advancing the basketball on the court.
14. Learn to time your passes to a moving player so that they may catch on the run and immediately put the ball in play in a positive manner for our team.
15. A vast majority of fumbled passes are the fault of the passer and not the receiver.
16. Use your physical assets. For example, a short player should keep the ball low and a taller player should keep the ball up high.
17. It is often wise to fake before you make a pass. Pass/ball faking is an excellent way to get the defense off balance.
18. Mix up your type of passes so you don't become stereotyped as a certain type of passer.
19. Adjust your style of passing to the offensive pattern and the defense that is being played against you.

20. No matter what type of pass you make, always follow through with your hand towards the target.
21. Try to maintain good body balance when you are in the act of passing the basketball.
22. Never jump in the air to make a pass. To leave your feet to make a pass is the worst thing a passer can do. Once you leave your feet you can not come down with the ball or this a violation and an offensive turnover.
23. Try to make sure that your hands and the basketball are pretty dry. If not, the ball could easily slip out of your hands when you are throwing it or the receiver's hands when they are trying to catch it.
24. Don't throw a cross-court pass unless it is a good hard skip pass and you are certain that it will not be intercepted. Never throw a cross-court pass under our own defensive basket.
25. You must continually practice catching and passing the basketball so that doing the right pass at the right time will soon become automatic to you.



DRIBBLING: FUNDAMENTAL FIVE

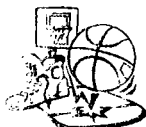
1. **Speed dribble:** head up, push the ball in front of you, waist high dribble.
 - ⊗ use when not closely guarded, quick drive to basket or on a fast break.
2. **Control Dribble:** head up, protect the ball – with hand and body between ball and defender, knee level, use finger tips.
 - ⊗ use when closely guarded, to protect the ball and control it.
3. **Cross-over dribble:** head up, keep the ball low, pull the ball back and under the defenders hands, switch hands.
 - ⊗ use it to change direction, in the open court and when closely guarded, to create a shot.
4. **Hesitation dribble:** head up, change your dribble from speed to control and back to speed again.
 - ⊗ use it to elude and deceive your defender.
5. **Behind the back dribble:** head up, pull the ball from one hand to the other, below the hips.
 - ⊗ use it to change direction as you keep your body between the ball and your defender.

Points of Emphasis:

- ⊗ Keep your head up
- ⊗ Stay under control
- ⊗ dribble with a purpose, go somewhere
- ⊗ protect the ball with your body and off hand
- ⊗ change direction
- ⊗ Stay low
- ⊗ attack the defender
- ⊗ learn to use both hands
- ⊗ change pace and speed
- ⊗ practice repeatedly

Effective use of the dribble, dribble to:

- ⊗ take the ball to the basket
- ⊗ balance the floor, use the 3 pt. line as a guide
- ⊗ improve your passing angle
- ⊗ get out of trouble





Stationary – One ball Drills (30 second each)

- ⊗ Ball slap
- ⊗ Stay under control
- ⊗ Circle, one leg – 2 leg, alternate
- ⊗ Drop, switch hands & catch
- ⊗ Rhythm dribble
- ⊗ V – bounce
- ⊗ Finger tips, arms extended, up & down
- ⊗ Circle around head, waist & knees
- ⊗ Football hike
- ⊗ Figure 8, change directions
- ⊗ Spider dribble, tap twice in front & back
- ⊗ Toss, clap hands & catch behind your back

Stationary – Two ball Drills (30 second each)

- ⊗ Together - high
- ⊗ Together - low
- ⊗ 1 High, 1 low together; switch
- ⊗ Switch hands
- ⊗ Tap 1, circle other leg
- ⊗ V dribble front
- ⊗ Alternate - high
- ⊗ Alternate - low
- ⊗ 1 High, 1 alternate; switch
- ⊗ Single leg circle
- ⊗ Figure 8 chase, change directions
- ⊗ V dribble side

Moving – Two ball Drills (30 second each)

- ⊗ Jog - together - high
- ⊗ Jog - together - low
- ⊗ Walk – machine gun
- ⊗ Jog – zig-zag
- ⊗ Jog – through the legs
- ⊗ Jog - Alternate - high
- ⊗ Jog - Alternate - low
- ⊗ Walk – fake crossover
- ⊗ Jog – crossover & change directions
- ⊗ Jog – spin dribble

KEYS TO SUCCESS:

Play Hard

Play Smart

Play Together

Have Fun



Dribbling the Basketball

Opening comment: Dribbling is your third option of what to do when you have the basketball after shooting and passing. Although it is our third option, it is essential that all good basketball players are capable of dribbling the basketball equally well with both hands. This will only be accomplished with a great deal of hard work and practice. Good luck!

1. Push or guide the basketball to the floor with your fingertips.
2. Never use the palms of your hands to dribble.
3. Never slap the basketball against the floor.
4. The flexing of the wrist will determine the height bounce of the ball.
5. Keep your head up at all times. Learn to get a feel for the ball.
6. Dribble at the lowest height that is comfortable to you. The lower you can handle the ball the more difficult it is for the defense.
7. Dribble at the speed that you can handle it well and continue to work at dribbling the ball at a greater speed.
8. Learn to use both hands equally well and develop the ability to shift the ball from one hand to the other. Always spend extra practice time developing your weaker hand.
9. Keep your hands and body in correct position and use the free hand for balance and the protection of the basketball.
10. Keep your weight forward, knees bent, and your stomach inward.
11. The type and method of dribbling should be determined by the way your defensive player is covering you.
12. You must notice whether the defensive player covering you is susceptible to offensive fakes before you put the ball down on the floor to make an offensive dribble move.

13. The first dribble bounce and step on an offensive move to the basket should be a long one that takes you past the defensive player.

14. Never take any more dribbles than what you need to get to the spot you are headed to.

15. Learn to continue to use parts of your body so as to keep the defense guessing on what move you are making. An example would be the change of pace dribble move.

16. Learn to switch hands while dribbling the basketball at all speeds. This is very valuable in helping you change direction with the ball against a defensive player.

17. You must always protect the basketball against a defensive player when you are dribbling the basketball. This is especially true when you are trying to change direction with a crossover dribble, spin move, etc.

18. Learn to stop and start quickly when dribbling the basketball.

19. Keep your head up to see open players when dribbling the basketball. Learn to stop when dribbling the basketball and make a good fundamental pass to an open teammate.

20. Finally, it is not necessary to take a dribble for each step. Try to take a few steps for every dribble by pushing the ball out in front of you.

Rebounding the Basketball

Opening comment: Rebounding is very hard and aggressive basketball, filled with plenty of body contact and action. It may be the single most important individual aspect of the game of basketball. Rebounding is the responsibility of every player on the floor, no matter what his or her physical size might be. A player who is a strong rebounder will always be a very key member of any basketball team.

Rebounding – a 3 step process

1. Speed and quickness – such things as hustle, desire and courage
2. Conditioned knowledge – learn to rebound by practice and experience, you must use your head and mind as well as your size, jumping ability, and body in rebounding the basketball.
3. 75% desire and 25% ability – “How much do you want the ball?”

There is no glory in rebounding, just victory!

Statement: The more you rebound, the more you control the basketball and the game. If you control the ball your team gets more shots at the basket; more shots should lead to more field goals, which in the final outcome should lead to a team victory.

Basic Rebounding Position and Stance:

1. Feet spaced equally apart and directly under your shoulders
2. Slight bend in the knees so you can spring to the ball
3. Elbows out and away from the body
4. Fingers pointed skyward
5. Eyes focused on the rim and then the basketball
6. Push off on your toes, don't be flat-footed

Approach for a Rebound:

1. Quick, explosive move toward the ball (go up after it)
2. Full extension of the arms
3. Rebound the ball with two hands
4. Bring the ball down in a quick, jerking motion
5. Spread eagle on your jump
6. Make a half body turn in the air and try to make eye contact with an outlet player
7. Land in good body balance
8. Keep your body between the defensive player and the ball
9. Make a good outlet pass to start the fast break
10. Save your dribble to get out of a trap situation

Defensive Rebounding – Boxing Out

Basic rule: Look for the nearest player to you and box them out.

1. Make a quick and aggressive pivot, but allow your player the first step to the hoop and then box them out
2. Always use a good wide base
3. Keep your elbows away from the body
4. Keep your offensive man on your back
5. Move your feet with short, choppy steps (feel the pressure)
6. Maintain your box out until you explode up to the rim for the ball

Blocking out the shooter:

1. Place both hands in the shooter's face to try and break their concentration
2. Yell **shot** at the shooter to try and distract them
3. Always block out the shooter, they know best where the rebound is going because they know how they shot the ball
4. Rebound the shot – yell **ball** to trigger the fast break

Outlet Pass:

1. Use the two hand overhead pass or the baseball pass to get the ball out quickly to start the fast break
2. Be certain that our player is open before you attempt an outlet pass
3. Always pass to the side of the court you rebound on
4. Always pivot to the outside to protect the basketball
5. Do not throw a crosscourt pass
6. Do not turn to the middle of the lane with the basketball unless you are planning to lead the fast break with an explosion dribble move
7. Make the outlet pass quickly to the outlet player's outside shoulder
8. Fill the lane on the fast break – you will most likely be the safety and it is crucial that you do not allow any player to get behind you for an easy basket

Offensive Rebounding:

Basic rule: Never stand still – always try to avoid being blocked out

1. Quick and explosive move to the basketball
2. Focus your eyes on the rim and the ball and go up after it
3. Get the rebound – you must really want it
4. Land with good body balance
5. Give a good head and shoulder fake before going back up
6. Make a strong and powerful move back up to score
7. Focus on the backboard and shoot it softly off the glass
8. Give second, third and fourth effort – the rebound is yours
9. Master all of the offensive rebounding techniques you can learn

Conclusion: Rebounding is not a big player's responsibility, but a part of the game that is shared by all basketball players. Rebounding has always been basketball's greatest stabilizer. A strong rebounding team is always in the game until the final whistle. Great rebounding teams have a winning attitude. Remember that there is no glory in rebounding, just victory.



Palmyra Lady Cougar Basketball

DUKE: Team Man to Man Defense

Point of Emphasis: Our man to man defense is not an individual defense. It is 5 players working together towards a common goal: stop the one person with the ball from scoring. Consequently our defense incorporates a number of principles to develop our team concept of defense. Each player must be responsible for having a clear understanding of their proper defensive positioning at all times. This positioning is dependent on the location of the ball and their man. Finally our defense has tremendous emotional and psychological opportunities. It develops great team pride because each player is working with their 4 teammates on the floor to accomplish a common goal. When the defense succeeds, it breeds confidence within the team and the individual. To accomplish these goals our team must have certain essential components.

I ESSENTIAL COMPONENTS:

- 1.) **CONDITIONING:** defense is a continuous process. The defense never rests. To play it aggressively you must be in excellent condition.
- 2.) **COURAGE:** NEVER BE AFRAID to take a charge, dive on loose balls or make a mistake.
- 3.) **INTELLIGENCE:** You must be able to understand our defense, and carry it out under game conditions. It requires concentration in order for our defense to succeed.
- 4.) **HABITS:** Sound defensive habits can only be developed through constant repetition. Repetition is the key to success.
- 5.) **ATTITUDE:** Have a positive defensive attitude. Our goal is to make our opponents do what we want them to do. To do this we must play with no fear of failure and with tremendous confidence in our teammates.

II BASIC PRINCIPLES:

- 1.) **VISION:** See the ball and your man at all times, point to both!!
- 2.) **MOVEMENT:** Move as the ball moves. Move to your proper positioning.
- 3.) **COMMUNICATION:** Talking on defense is the glue that brings and keeps us together. Know and use the specific terms we teach in our defense.
- 4.) **AGGRESSIVENESS:** The disposition to dominate, with out fouling.
- 5.) **FORCE TO THE OUTSIDE:** We dictate where we want the ball to go.
- 6.) **DENY BALL REVERSAL:** By playing the passing lanes we restrict the offensive options of our opponents.
- 7.) **DENY DRIBBLE PENETRATION:** By keeping the ball out of the middle of the floor we keep our opponents from getting quality shots.

III PRIORITIES & RULES

A. BALL SIDE: The half side of the court the ball is on at any given side.

1. **Pressure the ball:** If your man has the ball, force them to the outside. If they pick up their dribble, belly up to the player, trace the ball and yell "Dead, Dead....."
2. **Stop Penetrating Pass:** If your man is one pass away from the ball, you must have your inside hand and one foot in the passing lane.
3. **Stop Penetrating Move:** If the man you are covering is two passes away from the ball, position yourself in the middle of the lane. Remember to keep your hands up and point to both your man and the man with the ball, this will also help you see both. Be in a position to help your teammate who is covering the ball. If they are beaten off the dribble, **Help & Recover.** If dribble penetration occurs step up and in front of the dribbler, help by making them pick up their dribble and then recover to the man you are covering.
4. **Stop Ball Reversal:** We contest every pass to prevent the ball from being passed from one side of the floor to the other. We want to keep the ball on one side of the floor and we want **no** shots taken from the middle of the floor.
5. **Jump Inside to Help:** Any time your player passes to a post player, step in to the post player and swipe upwards with your hand with out losing sight of your man. This is another help and recover situation.

B. HELP SIDE: The half side of the court that is opposite the ball side. Remember your rules of one pass and two passes away.

1. **Positioning:** Be in a position to help the ball side players if they are beaten.
2. **Stop Penetrating Pass and Drives.**
3. **Stop Ball Reversal.**
4. **Deny Flash Cutters:** Players who cut to the ball from one side of the floor through the lane are called flash cutters. It is your responsibility to step up and in front of them and beat them to the spot where they want to go. Physically move them up or down the lane, but never give up position in the middle of the floor!!!

C. GENERAL RULES:

1. **Ball - You - Man:** proper positioning.
2. **See Ball - See Man:** Hands up & pointing.
3. **Ball Moves - You Move:** Never stand still!!!
4. **Jump to the Ball:** On all dribble penetration we contest **every** lay up and jump shot.

DEFENSE IS PLAYED WITH YOUR HEAD AND YOUR HEART. HAVE
PRIDE IN YOUR INDIVIDUAL AND TEAM DEFENSE!!!



Lady Cougar Camp: Duke Defensive Practice Session

6/23/08

(90 min.)

Introduction:

Pride, Determination, 5 people working together to stop 1 person with the ball.

⊗10 min. review basic concepts and principles with demo.

(base line standing under main basket)

- Points of emphasis:
 1. See ball, see girl, see both
 2. Ball moves, you move
 3. Rule of distance (the farther you are away from the ball, the farther you are away from your girl)
 4. Get in stance & stay in stance; until we get the ball
 5. Nobody **ever** crosses your face
 - Demonstrate with offensive and defensive players in Shell positions.
 - On ball footwork: foot closest to sideline is back, nose on ball, push to outside, hands ready (not reaching).
 - One pass away, off ball defense, inside hand and foot in passing lane, flat triangle.
 - On pass jump to ball and deny give and go cut (step back and up)
 - Two passes away, helpside defense, sprint to the middle of the paint, pointing to ball and your girl.

Shell Drills: (using 2 main baskets)

- Offensive players will go to their 4 shell spots, about 5 feet from the low block and elbow on each side of the floor outside the 3 pt. arc.
- As defensive adequacy is achieved, increase the quickness of the passes and defensive movements.
- Rotate; defense moves to offense, offense moves to end of the line, four new defenders step on.

⌚5 min. Swing

- Ball is reversed from side to side around the perimeter with the defense moving to their appropriate positions.
- On ball, one pass and two passes away.

⌚5 min. Help & Recover

- Ball is reversed from side to side with the defense moving to their appropriate positions.
- Offensive player with the ball may now drive and defensive players should show help & recover slides.

⌚5 min. Deny the Give and Go Cut – Sprint to Deny Ball Reversal

- Ball is reversed from side to side with the defense moving to their appropriate positions.
- Offensive player with the ball passes to a teammate and performs a give and go cut.
- defensive player steps back and up to take the cut away, not allowing the cutter to cross their face
- Offensive players rotate to fill the open spots
- With the ball on the wing, the coach shouts “reverse”, at which point the ball will be reversed quickly from ball side to help side.
- The defender who initially denied the give and go pass and ends in the bass in the two pass denial position must now sprint to the passing lane to deny the ball reversal.
- POE: Nobody ever crosses your face.

⌚5 min. Deny the Flash Cut

- Ball is reversed from side to side with the defense moving to their appropriate positions.
- Offensive player with the ball may now drive and defensive players should show help & recover slides.
- Offensive player diagonal from the player with the ball will flash to the middle until she receives the ball or is denied by the defensive player, not allowing the cutter to cross their face.
- POE: Nobody ever crosses your face.



INDIANA

(Motion offense vs. man to man defense)

I. Basic principles for executing INDIANA:

- A. Always Pass away from the defense, pass to the receivers outside shoulder. Catch and pass with your body
- B. Think before you move, see what is available.
- C. Move with a purpose, have an idea of what you want to do.
- D. Play within your abilities, do not do what you cannot do or what you are not taught to do or what you are not comfortable doing.
- E. Read the defense. Take advantage of what they are giving you.
- F. Catch and Face the offensive basket and your defensive player in the **triple threat position**.
- G. Play your man on offense, recognize what the defender is allowing you to do.
- H. Show a target when v-cutting or coming off of a screen. Keep your hands up in a ready position.
- I. Be ready to shoot, have your hands and feet in proper position to shoot at all times.
- J. Hold your screen and "shape up", seal your man and face the passer. Hold screen for 1-2 seconds.
- K. "V" cut, take 2 -3 steps towards defensive pressure and then break opposite direction to open area or off of screen.

II. Basic rules for executing INDIANA:

- A. When you pass, move, but do not follow your pass.
- B. Do not make 2 simultaneous cuts to the same area.
- C. Make use of all screening opportunities off the ball and move with a purpose.
- D. Call out the name of the man for whom you are screening.
- E. The screener should point their back in the direction they want the cutter to go.
- F. You must come off the shoulder of the screener if you are the cutter.
- G. When you receive the ball, face the basket and hold the ball for a count of two, unless you have a good scoring opportunity available right away. *Do not pass too quickly.* A general rule is "shoot, pass, dribble last."
* Note: if the defensive player is in your face, you must look to drive toward the outside away from the defensive help.

- H. If a screener's back is to you, hold the ball to see what develops. *PATIENCE* Do not reverse the ball while a screen is taking place.
- I. On the perimeter, players should be 15'-18' apart. *Proper spacing.*
- J. The ball should not go to the baseline corner unless a direct scoring opportunity is available.
- K. If there is a post player on ball side who has a scoring opportunity, do not move into that area.
- L. Do not take your defensive player into the lane unless you have a scoring opportunity.
- M. Do not cut across the lane when the ball is on the opposite side unless you have a defensive player on your back and you "sit down" at the basket and call for the ball. If you do not get the ball, go back where you came from.
- N. You can dribble only to:
 1. bring the ball up the court;
 2. improve your passing angle;
 3. take the ball to the basket;
 4. balance the floor;
 5. get out of trouble.
- O. Make maximum use of the "V" cut to get open with or without the screen. You must cut as hard as you can and always expect the ball to be thrown to you.
- P. Always see the ball and know where the ball is at all times.
- Q. Driving Rules:
 1. Drive outside (away from the defensive help) from the wing (foul line extended and down).
 2. If you flash cut into the lane, catch and pull the ball across from high to low and attack back to the area you vacated..

III. 7 Cuts In the Motion Offense

4 Cuts After Passing the Ball:

* Never pass the ball and stand still; always pass and move with a purpose.

- A. Pass and cut to the basket (give and go cut, get the defensive player on your back).
- B. Pass and screen away for any player.
- C. Pass and V-cut off of a teammates screen.
- D. Pass to the low post and relocate, opposite from the way your defender turns their head.

3 Cuts Without the Ball:

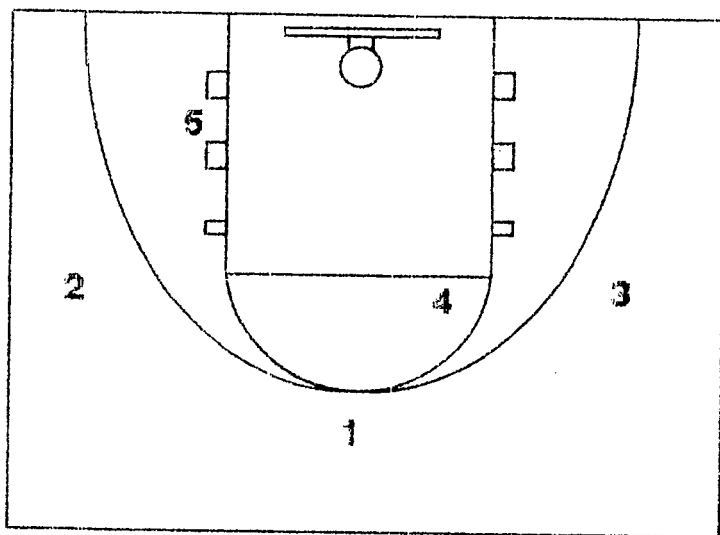
* Never stand in one area for more than 1 - 2 seconds.

- A. V-cut to get open.
- B. V-cut to set a screen.
- C. V-cut off of a screen.

IV. 3 Screens/Picks In the Motion Offense

- A. Down screen: Screener will have their back to the basketball. A good screen to use when the ball is above the foul line extended.
- B. Up screen: Screener will have their back to the basket. A good screen to use when the ball is below the foul line extended.
- G. Cross screen: Screener will have their back to a sideline. A good screen to use when the ball has been passed to an offensive player on the wing.

V. Closed Set for Indiana (3 out and 2 in)



(Players positions are designated by numbers.)

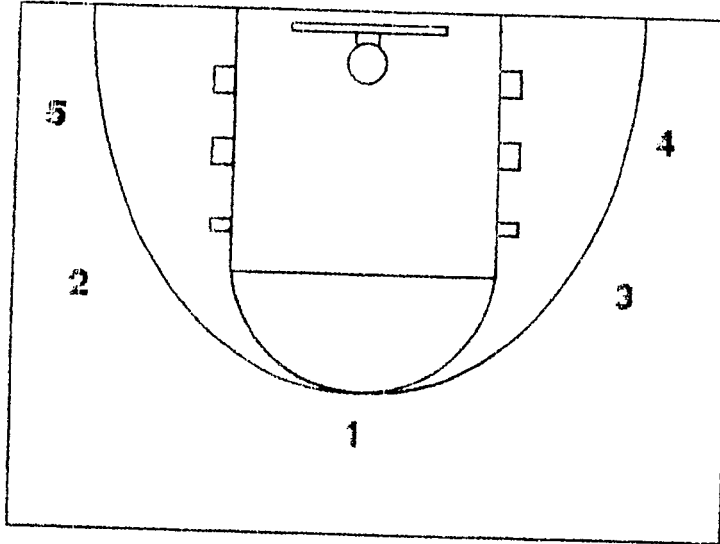
Perimeter Players:

- 1 Position - Point Guard, handles the ball most of the time.
- 2 Position - Shooting Guard, a good shooter who helps handle the basketball.
- 3 Position - Small Forward, must be adept at rebounding, shooting and dribbling the ball.

Post Players (high ~ low):

- 4 Position - Power Forward, must be strong rebounder and low post scorer.
- 5 Position - Center, strong rebounder and screener with adequate low post moves.

VI. Open Set for INDIANA (5 out)



Open Set Players:

All five players are interchangeable. This puts tremendous pressure on the defense to play areas that they are not used to having to cover. This gives our inside players a tremendous advantage and also allow our perimeter players to create scoring opportunities for themselves, due to the fact that bigger defensive players have to cover away from the basket.

Final Comment:

The number one offensive advantage of the open middle is the opportunity to get offensive rebounds. Taller defensive players are not used to boxing out 15 feet from the basket. This will allow you to "slash" to the boards. The second advantage is that we know when and where a scoring opportunity is taking place. *Example;* A clear out on the wing for a drive. By recognizing the situation, that knowledge should help you get rebounding position.