Basketball Coaching Manual

Life Ready Through Sport

LA84™ Foundation

LA84™ Foundation

The LA84 Foundation (formerly known as the Amateur Athletic Foundation of Los Angeles) is the private, nonprofit institution created by the Los Angeles Olympic Organizing Committee to manage Southern California's share of the surplus from the 1984 Los Angeles Olympic Games. The LA84 Foundation promotes youth sports opportunities in Southern California and a better understanding of the role sport and its impact on people's lives. Since inception, the Foundation has invested more than $164 million in youth sports programming by awarding grants to youth sports organizations, initiating sports and coaching education programs and operating the world's premier sports library.

The goal of the LA84 Foundation is to be an innovator in youth sports and coaching, and to increase opportunities for achieving athletic excellence at every level. The Foundation grants financial assistance to organizations providing youth sports opportunities, initiates and operates its own youth sports programs including Run For Fun, Summer Swim, Learn & Play Olympic Sports, and offers free coaching education workshops through the LA84 Foundation Coaching Program. This program provides men and women youth coaches with basic instruction in the philosophy and psychology of coaching young ahtletes. Information is also provided in the art of teaching, nutrition, general managerial skills necessary for coaching, and specific coaching techniques for particular sports.

For more information, call (323) 730-4600 or visit the LA84 Foundation Web site at www.LA84Foundation.org.

LA84 Foundation

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Introduction

This manual is a basic text designed for beginning coaches. It covers the fundamentals of the game. The fundamentals of basketball apply to every level of the sport. This manual, however, is intended primarily for coaches working with young athletes ages 5 to 15. While the manual focuses on skills and drills, the LA84 Foundation Coaching Education Program operates on the premise that purpose of coaching is not only to teach physical skills, but also to engender a love of sport and provide an opportunity for each athlete's long-term success.

1

Warm-Up/ Cool-Down

The purpose of this section is to provide you with the information necessary to develop good warm-up, cool-down, and stretching practices in young athletes for the sport of basketball. The goal of the LA84 Foundation is to develop skilled athletes who have lifetime sports habits. Good warm-up, cool-down, and stretching help to prevent injuries and can actually improve performace.

Frequently, the term *warm-up* is used to mean calisthenics such as jumping jacks or push-ups. Our major concern in warm-up is flexibility of isolated muscle groups. In preparation for stretching exercises, athletes will complete an easy jog or some basic skill drills (i.e., sliding, skipping, etc.). These activities facilitate elevation of the body temperature, which enables the athletes to stretch more easily. Stretching exercises that allow the length of the muscle to be increased by gradual controlled methods should be a part of all sports programs.

Equally important is the cool-down component of your practice sessions. Cool-down helps players recover from intense activity to resting levels. Moreover, a cool-down period will help reduce the risk of injury and soreness. Plan to spend a minimum of 10 minutes warming up and at least five minutes cooling down after each practice.

Drills

EASY JOGGING

Jog around the court 3–4 times or baseline to baseline, up and back, 3 times.

SPRINT

Sprint to half court, change pace to a trot and continue to the opposite baseline. Return in the same manner.

LINE DRILLS

Jog from baseline to each successive line on the court, starting with the free throw line and back again, then to the next farthest line (midcourt line) and back, the opposite free throw line and back, and lastly, the opposite baseline and back.

Variation 1: Glide or shuffle sideways in the defensive stance to each line and back.

Variation 2: Sprint forward to each line and return to baseline running backward. When reaching a line, players are required to touch the line with a hand.

FOOTFIRE DRILL

In a defensive or offensive stance, and on the command "go," players move their feet up and down as quickly as possible. Do three repetitions of 10 seconds with 10 seconds' rests between reps.

Stretches

HAMSTRING STRETCH

Position

The athlete is sitting with both legs straight in front of her. The arms are at the side of the body.

Action

The athlete then slides the sole of one foot up the inside of the extended leg. Stopping the foot at the knee joint of the extended leg and raising the arms straight, the athlete slowly bends forward from the waist.

Muscles

The athlete should "feel" the stretch in the hamstrings, in the back of the thigh.

Precautions

Keep the lower back flat. Extend from the center of the pelvis. Do not round the back just to touch the head to the knee. Do not bounce.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

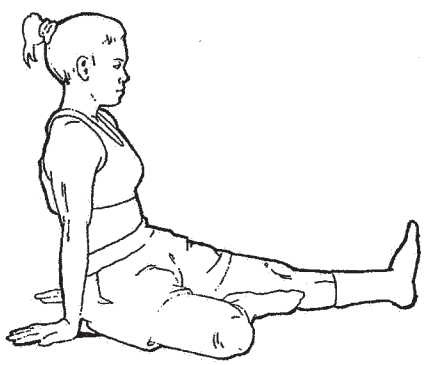

Fig. 1-1a Hamstring Stretch, Start

Fig. 1-1b Hamstring Stretch, Finish

LYING HIP STRETCH

Position

The athlete is on his back (supine). The arms are out to the sides comfortably, the legs are straight.

Action

The athlete then slides his heel up the inside of the calf on the extended leg. When the foot reaches the knee, the athlete should slowly twist the leg across his body trying to touch the floor on the other side of his extended leg with his knee.

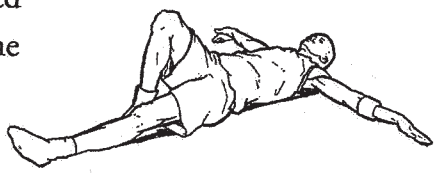

Fig. 1-2a Lying Hip Stretch, Start

Muscles

Athletes should "feel" the stretch in the lumbar muscles and in the muscles of the buttocks. These are the primary muscles being stretched with this exercise. The lats (muscles along the side of the back) and the thoracic paraspinal muscles (the muscles along the spine of the mid-back) receive a secondary stretch from this exercise.

Fig. 1-2b Lying Hip Stretch, Finish

Precautions

Keep the shoulders in contact with the floor at all times. If the range of movement is limited due to tightness in the hip and low back, the athlete may use one hand to apply gentle pressure on the leg that is crossing over the body to assist in moving the knee closer to the floor.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

GROIN STRETCH

Position

The athlete should sit with the soles of her feet touching. The knees should be comfortably bent.

Action

The athlete should reach forward and grasp her shins or ankles. Slowly draw the lower legs into the body. Once the athlete reaches a point of resistance, gentle pressure should be applied with the forearms on the inner thigh. This pressure should be a gentle downward motion.

Muscles

The athlete should "feel" the stretch in the groin (adductor) muscles.

Precautions

Excessive force will cause major soreness in the groin area, which will be slow to heal.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

Fig. 1-3 Groin Stretch

STANDING QUAD STRETCH

Position

The athlete is standing comfortably with one hand on an object to stabilize himself.

Action

The athlete then lifts one leg by bending at the knee. The hand on the same side reaches to grasp the ankle. The athlete then gently pulls the heel up to the buttocks.

Muscles

The athlete should "feel" the stretch in the quadriceps, on the front of the thigh.

Precautions

Tighten the abdominal muscles so the back does not arch. Keep the trunk upright; do not tip forward.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

Fig. 1-4a Standing Quad Stretch

Fig. 1-4b WRONG — Twisting Knee

STANDING CALF STRETCH (2 POSITIONS)

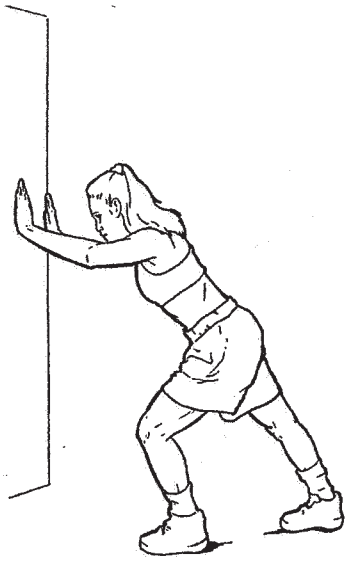

Fig. 1-5a Standing Calf Stretch, Rear Leg Straight

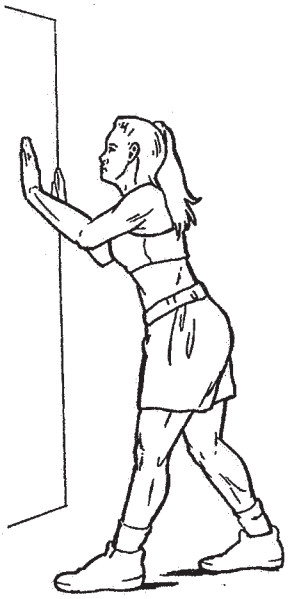

Fig. 1-5b Standing Calf Stretch, Rear Leg Bent

Position

The athlete is facing an object she can rest her hands against. The feet are approximately shoulder width apart.

Action

The athlete should step forward on one foot. The other leg should extend backward. The back leg should be kept straight. The athlete should then lean forward until she "feels" the stretch in the back of the lower leg. The second position requires that the athlete shift weight onto the back leg, causing the back leg to bend and the front leg to be straight.

Muscles

The first stretch should be "felt" in the gastrocnemius (calf). The second stretch should be "felt" in the underlying muscle, the soleus.

Precautions

Keep toes pointing straight ahead. Keep heels on the floor.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

LATERAL STRETCH

Position

The athlete is standing with his knees relaxed and his feet shoulder width apart. One arm is extended overhead with the elbow bent. The opposite arm is relaxed, and to the side.

Action

The athlete leans gently to the side with the extended arm overhead leading the movement. The athlete slowly slides the hand of the other arm down the lateral side of the thigh, toward the calf.

Muscles

The stretch should be "felt" on both sides of the trunk (latissimus dorsi, obliques).

Precautions

Do not rotate the trunk to attempt to stretch farther.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

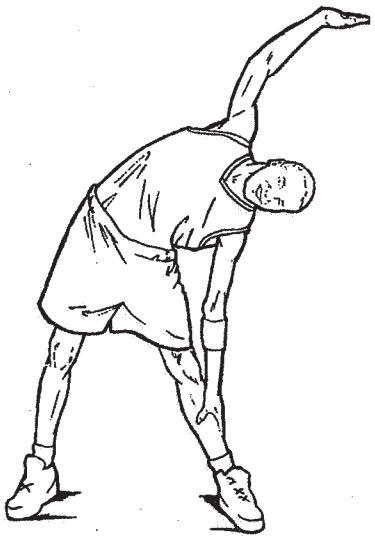

Fig. 1-6 Lateral Stretch

FRONT SHOULDER TURN AWAY

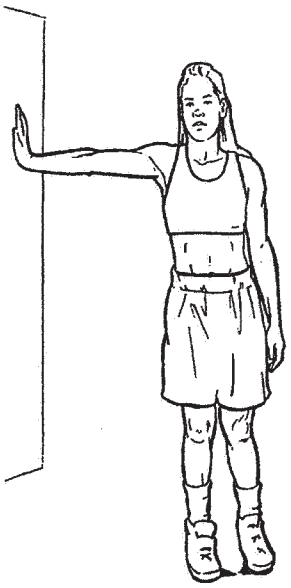

Fig. 1-7a Shoulder Turn Away, Start

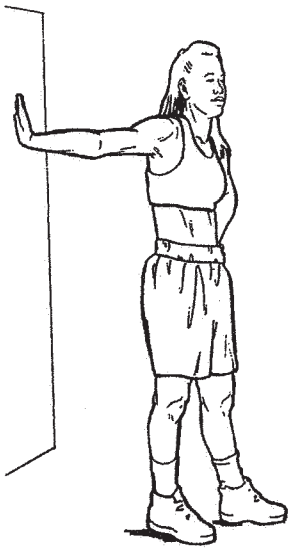

Fig. 1-7b Shoulder Turn Away, Finish

Position

The athlete is standing parallel to a wall, tree, fence, or similar support.

Action

The athlete extends her arm, level with the shoulder. Then the athlete slowly turns away from the wall, keeping her hand firmly in place on the wall.

Muscles

The stretch should be "felt" in the front of the shoulder girdle. The muscles being stretched are the anterior deltoid, the pectoralis, and, secondarily, the flexors and extensors of the wrist.

Precautions

The shoulder should be kept in alignment with the hand on the wall.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

SHOULDERS, UPPER BACK, CHEST STRETCH

Position

The athlete is standing with legs shoulder width apart.

Action

The athlete should flex the knees slightly to prevent hyperextension. The fingers should be interlaced in front of the body at shoulder height. The athlete should then hold the arms forward rounding the upper back. The athlete should then hold the arms upward, squeezing the biceps to the ears. After stretching in the first two positions, the athlete should place the arms behind the trunk, interlace the fingers and slowly raise the arms behind the back.

Muscles

The forward position stretches the upper back muscles (rhomboids), and overhead position stretches the deltoid and teres minor. The back position stretches the anterior shoulder (deltoid and pectoralis).

Precautions

Do not arch the back. Keep the trunk upright for all positions. Keep the chin tucked, not jutting forward.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

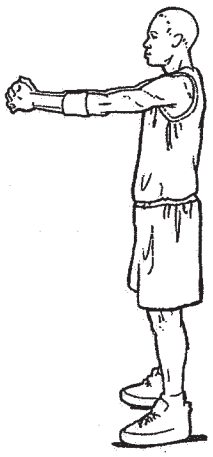

Fig. 1-8a Position 1

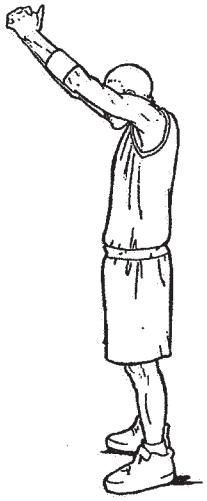

Fig. 1-8b Position 2

Fig. 1-8c Position 3

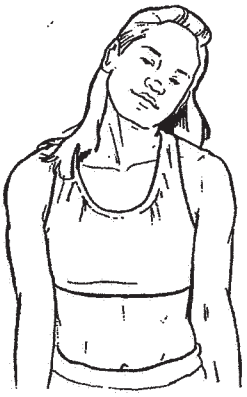

Fig. 1-9a Version 1

Fig. 1-9b Version 2

Fig. 1-9c Version 2, Rear View

SIDE NECK PULL

Position

The athlete is standing with both arms at her side or with one arm behind her back. In the second position, the elbow is bent and the arm is close to the body. The opposite hand grasps the wrist of the arm already behind the body.

Action

The athlete gently pulls on the wrist of the back arm while tilting the head to the same side. After completing this movement, she does the same motion with the other arm.

Muscles

The muscles being stretched are in the neck and posterior shoulder (cervical and trapezius).

Precautions

Do not rotate the head during the stretch.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

TRICEPS STRETCH

Position

The athlete is standing with feet shoulder width apart. One arm is extended upward from the shoulder and bent at the elbow so the hand is touching the back. The other hand is assisting the bent arm to hold its position by grasping the elbow just below the bend.

Action

The hand grasping the elbow gently pushes backward causing the hand that was touching the back to move further down the back.

Muscles

This stretch should be "felt" in the triceps at the back of the upper arm.

Precautions

Do not arch back. Keep arm in line with the ear, not forward.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

Fig. 1-10a Rear View

Fig. 1-10b Front View

WRIST STRETCHES

Position

The athlete is standing or sitting with the hands together.

Action

The thumb of one hand presses on the top of the other hand to cause flexion. Then the palm of one hand presses on the palm of the other hand, causing extension.

Muscles

The stretch should be "felt" in the extensors and flexors, on the front and back of the lower arm.

Precautions

Do not overstretch.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

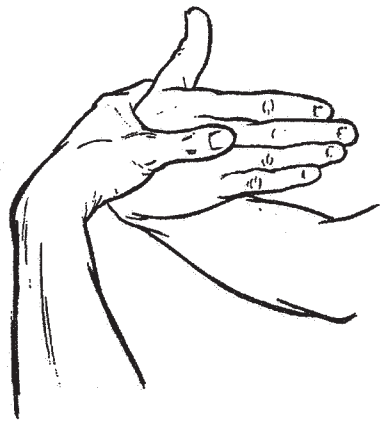

Fig. 1-11a Wrist Stretch, Rear

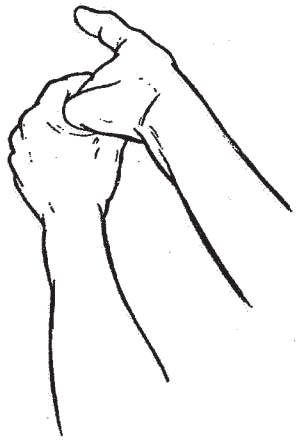

Fig. 1-11b Wrist Stretch, Front

SPINAL TWIST

Position

The athlete is seated with her legs extended in front of her. The back is straight.

Action

The athlete bends the right knee, crossing that leg over the left and placing the foot of the right leg flat on the floor next to the left knee. She then rotates the trunk to the right. The athlete should look over her right shoulder. The action should then be reversed, crossing the left leg over the right leg.

Muscles

The athlete should "feel" the stretch in the muscles along the spine. The stretch may also be "felt" in the muscles around the hip (gluteals).

Precautions

Do not overstretch. The trunk-twisting motion should be smooth.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

Fig. 1-12 Spinal Twist

STRIDE STRETCH

Position

The athlete is standing near an object for aid in balance.

Action

The athlete should take one step forward. The forward knee should form a 90 degree angle. The back leg should be extended backward. The trunk should be erect, not leaning forward or backward. The weight is then lowered slowly until the stretch is "felt."

Muscles

The muscles in the groin and the front of the thigh (quadriceps) are being stretched. There is also some secondary stretching of the hamstring muscles on the back of the forward leg.

Precautions

The knee on the forward leg should not extend out beyond the toe. Keep the trunk erect. Control the weight, shift downward.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

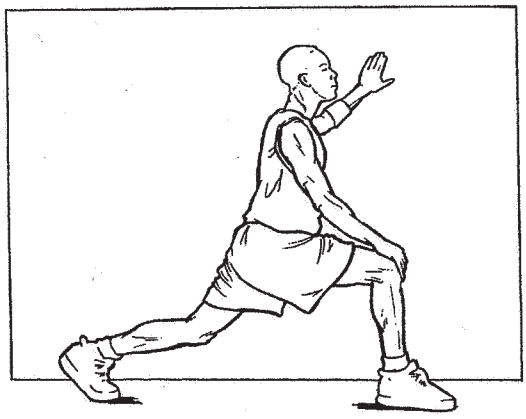

Fig. 1-13a Stride Stretch

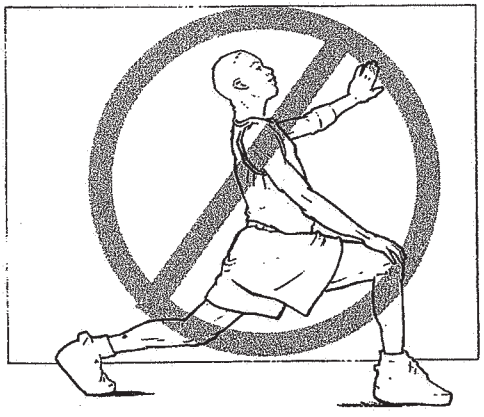

Fig. 1-13b WRONG — Leaning Back

I-T BAND (ILIOTIBIAL) STRETCH

Position

While standing, the athlete crosses one foot over the other. The arms are at the sides.

Action

The athlete bends from the waist, extending the arms and trying to touch the floor. If the right leg is crossed over the left, she should try to touch the floor on the right side of her foot. The position should then be reversed with the left foot crossed over the right. The wider the stance, the greater the stretch.

Muscles

The stretch should be "felt" on the outside of the back leg. The I-T band runs from the hip to the knee.

Precautions

Do not allow the knees to hyperextend. Don't lock them.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

Fig. 1-14a I-T Band Stretch, Start

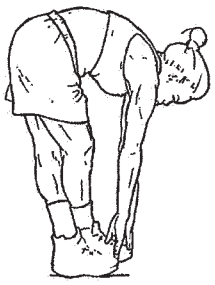

Fig. 1-14b I-T Band Stretch, Finish

BANJO HIP STRETCH

Position

The athlete is sitting with her legs straight. It is easier initially if the athlete has something to lean back on for stability.

Action

The athlete, keeping the thigh in line with the trunk, wraps one arm around the thigh, drawing it to the chest. The other hand grasps the ankle and pulls it across the body to the opposite shoulder.

Muscles

The stretch occurs in the hip and back of the upper thigh (glutes and hamstrings).

Precautions

Keep the thigh in line with the trunk. When bringing the ankle across the body, keep the lower leg parallel to the ground.

Repetition

Four repetitions on each side. Hold for a count of 10. Muscles that have recovered from an injury may require additional stretching.

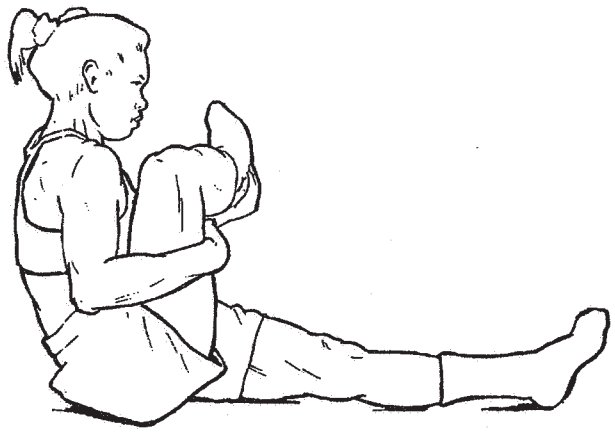

Fig. 1-15 Banjo Stretch

Stretches

CHAPTER 1

CHECK LIST FOR STRETCHING

- Allocate 10–15 minutes to stretching before and after each practice.
- Slow static stretches are best — no bouncing.
- Exhale during stretches.
- Hold each stretch for 10–15 seconds.
- Stretch both sides of the body.
- Stretch the front and back of the body.
- Pay special attention to the stretching of an injured muscle.
- Proper stretching is dependent upon continued good technique.

Remember that warm-up/cool-down is just as important in your practice schedule as the drills you use to improve skills. It is your responsibility as a coach to reinforce the need for, and the benefits of, warm-ups and cool-downs.

SUGGESTED INTENSITY LEVEL DURING PRACTICE

- Warm-up to increase heart rate — with 10–15 minutes of stretching.
- Skill drills — start with low intensity and build to peak intensity.
- Scrimmage — peak intensity.
- Skill drills or scrimmage — decrease intensity.
- Cool-downs — finish with 10–15 minutes to lower the heart rate and repeat stretches. Record heart rate.

2

Body Positioning and Footwork

Footwork

Footwork is a key component in developing both offensive and defensive skills. Good offensive footwork enables players to move off screens, to make cuts to the basket, and to fake defenders off balance.

With good defensive footwork, players can move with quickness and balance in any direction, force turnovers, and force their opponents to take low percentage shots.

Mechanics

- Feet shoulder width apart, pointing forward.
- Weight evenly distributed on balls of the feet.
- Knees slightly bent (don't bend at the waist).
- Back straight, shoulders square.
- Chin up, head in line with feet.
- Hands up, palms facing forward, elbows shoulder width in an "L" position.

Note: Whenever this manual refers to "body position," use the above guidelines.

Drill

Players line up on a horizontal line, arm's distance apart. Checking the six steps above, have the players assume correct body position. The lines serve as an aid to make sure players are squared up properly.

Jump Stop

The purpose of a jump stop is to come to a controlled stop while maintaining proper body position and balance.

Notes

- When jump stopping, the feet should not be more than 3–5 inches from the floor.
- Used in various offensive and defensive situations.

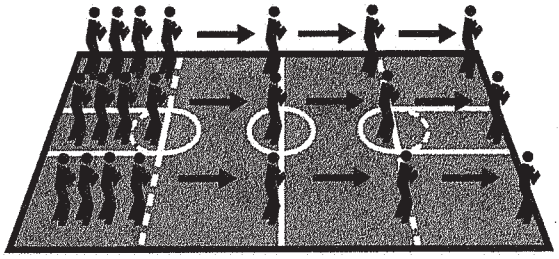

Fig. 2-1 Jump Stop

Drill

Players line up on baseline and jog forward. On the whistle, or at a specific spot, players come to a complete jump stop. Repeat.

Coaches can have players increase their running speed as proficiency increases.

Pivoting

The purpose of pivoting is to maintain position while changing direction.

Fig. 2-2 Forward Pivot

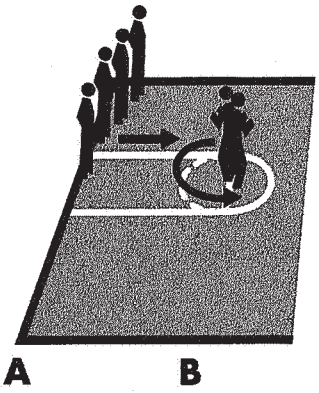

Fig. 2-3 Reverse Pivot

Mechanics

- Maintain correct body position.
- Establish a pivot foot (left or right) by putting the weight on the ball of the selected foot.
- Keep the pivot foot planted on the floor.
- The two basic pivots are forward pivot and reverse pivot.
  - Forward pivot (Fig. 2-2) — Player makes a half pivot forward (i.e., player faces north, pivots forward, and now faces south).
  - Reverse pivot (Fig. 2-3) — same as forward pivot, except instead of a half pivot forward, player makes a half reverse, or backward, pivot.

Important: The pivot foot must always remain in contact with the floor.

Drill

Line up players at the baseline. Players move to free throw line and come to a jump stop. Coach designates pivot foot and type of pivot at each subsequent stop.

Note: Players should always maintain good body position and balance, proper pivoting, and good jump stops.

Triple Threat

The purpose of the triple threat position is to enable the player to pass, drive, or shoot, as well as pivot.

Mechanics

- Players should always be in the triple threat position after receiving the ball.

- The body is balanced and squared up to the basket, with the weight on balls of the feet and knees slightly bent.
- The pivot foot is established with the lead foot slightly ahead of the other foot.
- Upon receiving the ball, the player holds the ball in the middle of the chest area, elbows out, chin up, watching the entire floor.

Drill

Players line up on the baseline. One at a time, the players jog up to the free throw line and receive a pass from a player or coach standing near half court. Each player squares up to the basket and either 1) passes (Fig. 2-4a); 2) shoots (Fig. 2-4b); or 3) dribbles (Fig. 2-4c). Vary the options and locations.

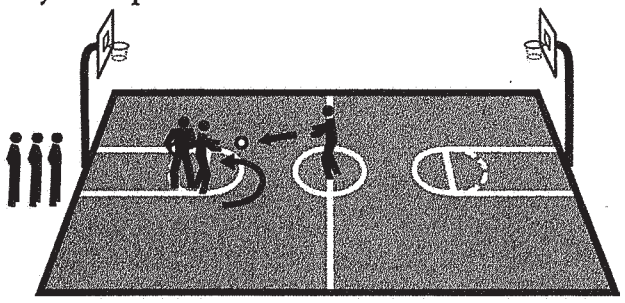

Fig. 2-4a Drill 1, Passes

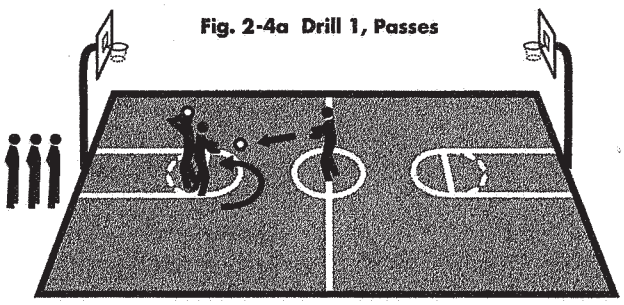

Fig. 2-4b Drill 1, Shoots

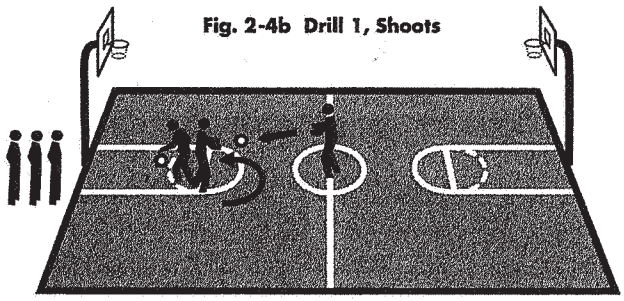

Fig. 2-4c Drill 1, Dribbles

3

Offense

Ball Handling

The purpose of teaching ball handling is to help players develop a feel for where the ball is in relation to the body. This awareness helps to determine how quickly a player can be taught the basic skills of dribbling, pivoting, catching, shooting, passing, and rebounding.

Mechanics

- Handle the ball with the pads of the fingers. (Don't put pressure from the palms of the hands on the ball.)
- Keep the fingers spread and relaxed, yet firm.

Drills

Hand-to-Hand Ball Slaps

- Grip the ball. Handle the ball with the finger pads and move it from hand to hand. Increase the speed with which the ball is moved and add more pressure to the grip as proficiency increases.

Wrap-Arounds

- Head, waist, right leg, left leg, both legs (figure eights). Variations: timed, switch direction at signals.

Ball Drops

- Hold the ball in both hands between the legs, with one hand in front of the body and the other hand behind the body. Exchange hand positions, catching the ball before it touches the ground.

Dribbling

Players should be able to dribble and control the ball with confidence and ease with each hand without having to look at it.

Functions

- Advance the ball up and down the court.
- Penetrate to the basket.
- Improve the passing angle or the shooting position.
- Protect the ball from the defensive players.

Mechanics

- **Balance** — Establish and maintain the basic body position, handle the ball with the pads of the fingers and thumb, and control the height of the dribble.
- **Vision** — Keep the head up to maintain balance and to increase peripheral vision.
- Use the controlled, or low, dribble (below the waist and to the side) to get the ball out of congested areas or to drive past defenders.
- Use the high (above the waist and out in front of the body), or speed, dribble when a player is out in front of the defense or running at, or close to, full speed.

- Use the cross-over dribble with either the control or speed dribble to change pace or direction to elude a defender or to improve an offensive position. Dribble the ball from one hand to another and continue the dribble with the second hand.
- Dribble the ball with a purpose. If a player cannot accomplish anything by dribbling the ball, he should pass it to a teammate who can do something with it.
- Use the strong hand to advance the ball as rapidly as possible, but learn to dribble with either hand.
- Stay out of corners and away from sidelines with the ball. When a player stops and "picks up" the dribble, he should pivot away from defenders and do something with the ball as quickly as possible.
- When closely guarded by a defender, dribble the ball below the waist, use the "off-hand" to guard/protect the ball from the defender and keep the body between the defender and the basketball.

Drills

Figure Eight

- Dribbling around right leg, left leg, and between both legs.
- Variation — Switch direction at signal/timed.

Dribble (Fig. 3-1)

- Line A to B, return; A to C, return; etc. Dribble down right hand, return left.

Dribbling

- Variations:
  - timed or races
  - partners
  - jump stop and reverse pivot at each change of direction
  - coach stands at the end of the line, puts up number of fingers and players call out the number of finger(s) showing.

Change of Direction Dribble (Cross-Over Dribble) (Fig. 3-2)

- Start in a triple threat position, dribbling at an angle with the right hand.
- Plant the right foot, push off hard with the body now moving to the left.
- At same time with low dribble, push the ball in front of the body from the right hand to the left hand.
- Continue to move down court in a sharp zig-zag pattern.

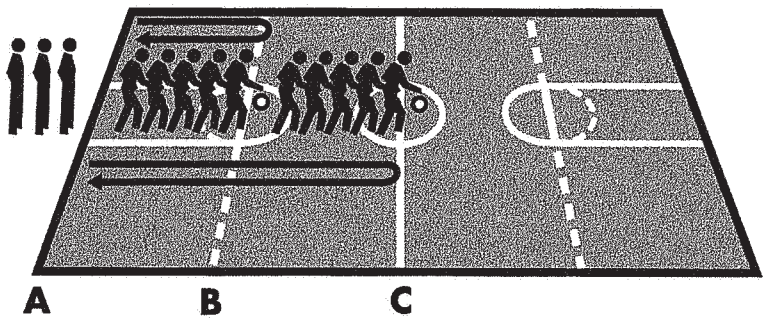

Fig. 3-1 Dribbling

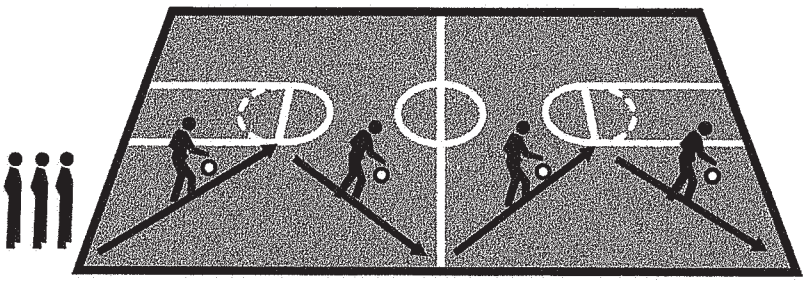

Fig. 3-2 Change of Direction Dribbling

Passing and Catching

Two of the most important offensive skills that players must learn are passing and catching. The goal of any offensive action is to get a good shot at the basket every time the team has possession of the ball. This demands good passing and catching. Below are three important points concerning passing and catching:

- Pass the ball with quickness and accuracy so it gets to the target. Passes must be made with a firm motion — but not thrown too hard, nor too soft.
- The target for straight passes is above the waist and below the shoulders. When a pass is received there, the receiver is in a "Triple Threat" position, where he can: 1) shoot the ball; 2) pass the ball; or 3) advance the ball with a dribble.
- Use deception and timing when passing the ball. Learn the importance of faking the defender, and avoid telegraphing passes. Make it difficult for a defender to anticipate the pass. Head and shoulder fakes can be just as effective as ball fakes.

Passing and Catching

CHAPTER 3

Mechanics

- **Grip** — Hold the sides of the ball where the seams intersect, with the thumbs on the back half and the pads of the fingers (not fingertips or palms) on the outside of the ball. The elbows should be comfortably drawn in close to the sides of the body.
- **Footwork** — Step forward, shifting body weight in the direction of the pass.
- **Follow through** — The backs of the hands should be facing each other, with the thumbs pointed downward and the arms fully extended when the pass is completed.

Types of Passes

- **Chest Pass** — Rotate thumbs down and out as the arms are extended and the ball is released by pushing it with the thumbs. The target should be the receiver's chest.
- **Bounce Pass** — Use the same mechanics as with the chest pass except that the ball should be bounced between the passer and receiver. Pass the ball so it stays below the waist. The target should be the receiver's mid-thigh or hip.
- **Overhead Pass** — Keep the ball above the head, not behind the head. Snap the wrists quickly — with the thumbs pointing down. Make the pass a clothesline straight pass (no lobs). The target should be the receiver's hands held above his head.

Drills

Shuttle (may be used with all passes. Fig. 3-3a–c)

- Move in direction ball is passed.

Chaser

- O defends against passes between X1 and X2. A touch of the ball or a bad pass results in the exchange of position by defender and passer.

Receiving Tips

- Work to get open.
- Try to meet the ball with the wrists and fingers relaxed. Don't fight the ball.
- Keep your eyes on the ball until it is firmly in your possession.
- Catch the ball first before attempting your next move.

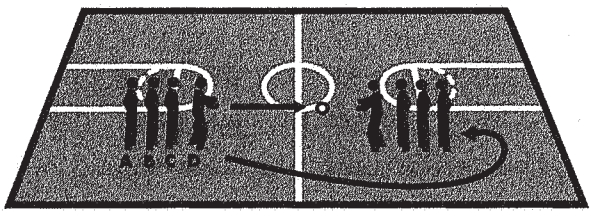

Fig. 3-3a Shuttle Drill

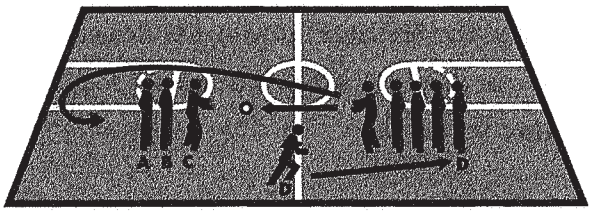

Fig. 3-3b Shuttle Drill

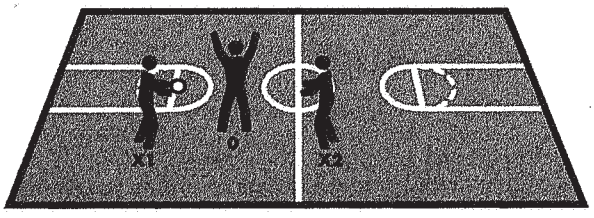

Fig. 3-3c Shuttle/Chaser Drill

Shooting 3

CHAPTER

Shooting the Basketball

No matter how well players do everything else, if they cannot "put the ball in the basket," they are not going to be complete players. The proper execution of each of the basic mechanics of shooting is critical to becoming a consistent shooter. (Using a lower basket and smaller ball will help younger players to execute the basics successfully.)

Mechanics

Coaches should teach players to develop their own shooting style. As they begin to perfect their form, they should be encouraged to shoot the ball quickly to avoid defenders, improve accuracy, and increase their shooting range. There are nine essential elements involved in developing effective shooters, and they are:

- **Body Position** — Before shooting, the player's weight should be evenly distributed on both feet. The head, shoulders, and feet should be "squared-up" and facing the basket.
- **Vision** — Focus the eyes on a target when shooting the ball. The specific target is not important. What is important is that players do the same thing "all-the-time-every-time." By executing consistent, repetitive actions, players refine their shooting form.
- **Shooting Position** — When ready to shoot the ball, keep it in front of the body and above the shoulders. The elbow, wrist, and ball should be in a straight line to the basket. The hand, cocked wrist, forearm, and upper arm should form a sideways letter "U."
- The **shot movement** starts from the balls of the feet and the knees. Before the shot is taken, the legs should be bent slightly at the knees, and on the release the legs should be straightened to add an extra push to the shot. Doing this correctly will allow players to increase the range of their shots.

- **Follow Through** — When a shot is taken, the player should release the ball with a flick of the wrist on the shooting hand. The last contact with the ball should be made with the first and second fingers of the shooting hand. The shooter should follow through with the wrist forming a "goose neck" when finishing the shot. The ball should be released *up* and toward the basket, and not *out* and toward it. The purpose of the flick of the wrist and the follow through motion is to cause the ball to rotate with reverse action as it moves toward the basket.
- The shooter should maintain **good body balance** after the shot is released and be ready to move to a position to rebound the shot if it is missed, or to transition to defense if the ball goes in the basket.
- **Use the backboard** when shooting under or close to the basket. There should be very little spin on the ball, and it should make contact with the backboard above the rim. This is especially true with lay-ups. A lay-up is made with a "strong-aggressive" move to the basket. The ball should hit the backboard softly and go through the basket without touching the rim.
- When teaching players to shoot lay-ups, have them **shoot with the proper hand**. All lay-ups taken from the left side of the basket should be taken with the left hand, and all lay-ups taken from the right side of the basket should be made with the right hand. The sooner a player is able to master shooting a proper lay-up with the correct hand, the sooner he will become a more effective shooter.
- Coaches should encourage players to shoot the ball **whenever they have a good shot**. It is recommended that coaches be as demonstrative as possible when they encourage players to shoot. When a coach

does this successfully, a mental attitude is established in the players that says, "I can shoot and I can score any time I get a chance!" No matter how good a defensive player is, he cannot shut down a great offensive shooter. Teach your players to shoot the ball accurately, and often!

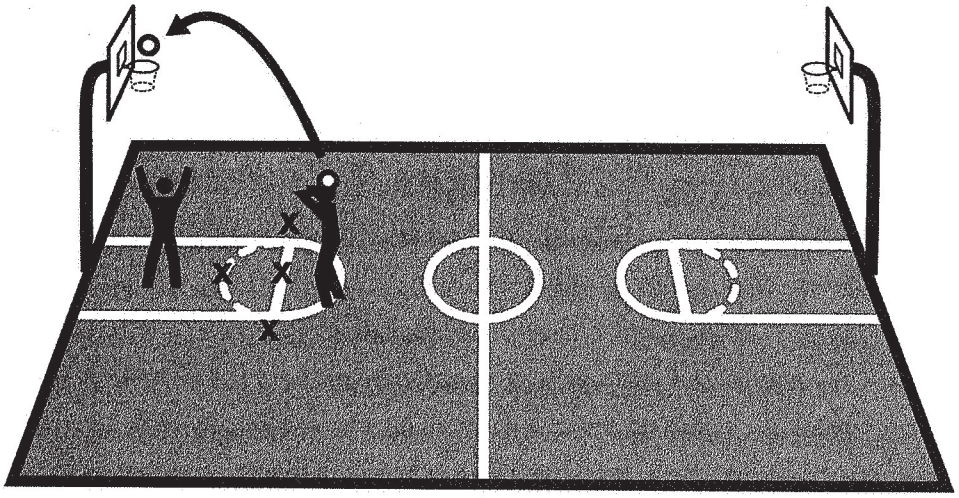

Fig. 3-4 Spot Shooting

Drills

Use speed in drills only after basic fundamentals are repeated consistently.

Spot Shooting (with partner rebounding) (Fig. 3-4)

- Mark spots on court within their shooting range.
- Record number of baskets made.
- Determine which spots require the backboard.
- Variation: When players are skilled, time and record the number of baskets made.

7-Up (2 players and 1 ball)

- Determine the shooting spot and whether or not to use the backboard. Player shoots and gets own rebound. Player then passes ball to teammate, who shoots from the same spot. First team to make seven baskets shouts "7-Up!" and wins.

LAY-UPS

Lay-ups are to be used when the shooter has a clear path to the basket.

Mechanics

- Step with inside foot.
- Outside knee comes up with outside hand extending toward the backboard.

Rebounding (Offensive & Defensive)

A team that shoots the ball well will usually make about 50% of their shots. Every time a shot is missed, there is an opportunity to get a rebound. The rebound is a chance for the team that missed the shot to regain control of the ball and take another shot, or a chance for the other team to control the ball and transition to their own offense. As a general rule, the team that controls the ball controls the game, and the team that controls the game is usually the team that wins the game. One of the best ways to control the game is to make sure that your players get every rebound.

Mechanics

The mechanical skills of offensive and defensive rebounding are similar, but there are some subtle differences. Important skills for both offensive and defensive rebounding are:

- Attitude — Effective rebounding is about *attitude.* Coaches should teach players that they have to develop an attitude that says they "want the ball" and they will not accept anything less than complete ownership of all missed shots.

Rebounding

CHAPTER 3

- **Body Position** — The basic rebounding position is to "be big": Extend arms, raise hands above the shoulders with fingers pointed upward, and project elbows out and away from the body. This allows players to take control of their space on the floor.
- Players should get into the basic rebounding position whenever they are near the offensive or defensive basket, and they should block the path to the basket of opposing players as soon as a shot is taken.
- Players should assume that every shot will be missed, and they must get into position to rebound the ball before the opposition does.
- On defense, when an opposing player attempts a shot, players should make sure they know where the shooter is, then "Turn and face the basket," block the shooter's path to the basket, and then "Go get the ball!"
- Players should jump high when going after a rebound and take control of the ball with "both hands" — with authority. Once they have control of a defensive rebound, they should look quickly for a teammate and make a pass to get the ball into the offensive end of the court as fast as possible. If it is an offensive rebound, the player should put the ball into the basket immediately.

The primary difference between offensive and defensive rebounding is that on the offensive end of the court, the rebounder is usually facing the basket, with a defender between him and the basket. When this happens, the offensive rebounder has to work around the defender with good body movement and effective positioning.

Teaching a team to be an effective rebounding squad is accomplished by instilling an aggressive attitude in the minds of every player on the team. They have to want the ball more than the opposition. It is all about attitude!

Defense

Defensive Principles

- Successful defense relies on determination, dedication, and sound fundamentals.
- Correct positioning enables players to play better defensively, instead of relying solely on natural ability.
- Defense is a constant battle for position. Whether you are on the ball, one to two passes away, or guarding someone in the post.
- Help-side defense is important in the total man-to-man defensive scheme. (See Jump in the Direction: Player-You-Ball).
- Always have a hand in the passing lane (pressure) and the backside of your forearm in the offensive player's chest as you deny the ball or cuts to the basket. Assume the same position when you front the player in the high or low post.
- Defensive team should communicate their positions and their need for help to one another on the court.

Basic Skills

DENIAL

One Pass Away

- Hand and foot closest to ball are in the passing lane. Palm out/thumb down.

Two Passes Away

- Drop and open up with one foot in the lane and form a triangle (Player-You-Ball).

Three Passes Away

- Drop back with both feet in the lane, again forming a triangle (Player-You-Ball).

ON THE BALL DEFENSE

- Basic body position.
- Arm's distance from the ball and in line with the basket.

JUMP IN THE DIRECTION

- Whenever a pass is made on the court, you are to jump in the direction of the pass whether you are on the ball or one to two passes away. This will accomplish the following:
  - It prevents a backdoor or over-the-top cut (give-up-and-go) to the basket.
  - It puts the players not guarding the ball in position to assist teammates.
- When guarding the ball, the players should jump two steps toward the ball and one step to the side to prevent the backdoor cut.

- Player-You-Ball — When jumping in the direction of the pass from any position on the court, players must have vision of the person they are guarding and the ball. (A triangle is formed by pointing in the direction of the player and the ball.)
- Players must keep their back to the basket at all times while pointing to the player and the ball. This will ensure vision of the court and proper position to deny a cut into the lane.

Types of Defenses and Strategies

MAN-TO-MAN

- Switching — A technique used in a man-to-man defensive scheme that allows a player to change ("switch") the player he is guarding, in an effort to guard the player closest to him.
- Trapping — A technique used in a man-to-man defensive scheme that requires a player to leave the player he is guarding and "trap" or "double-team" the player with the ball.

ZONE DEFENSES

1-3-1 Zone Defense

1-One player at the top of the key near the 3-point line. This player's job is to "chase" the ball out on the "top."

3-Three players across, the middle just below the free throw line. The two players on the wings will trap to the wings. The player in the middle and the players on the wings will discourage moves to the basket and provide rebound support.

1- One player under the basket (usually the tallest player).
This player is the last line of defense and also provides defensive rebound support.

2-1-2 Zone Defense

2-Two players on the wings, parallel to the free throw line. These players discourage moves to the basket and encourage outside shooting (lower percentage shots).

1-One man in the middle, just below the free throw line to discourage moves to the basket and provide defensive rebound support.

2-Two players just in front of the basket (on the low boxes).
These players are the last line of defense and also provide rebound support.

2-3 Zone Defense

2-Two players on the wings parallel to the free throw line.
These players will challenge outside shots and discourage moves to the basket.

3-Three players across, the middle just below the free throw line.
The two players on the wings will trap to the wings. The player in the middle and the players on the wings will discourage moves to the basket and provide rebound support.

DEFENSE SUMMARY

Playing solid defense can be very rewarding for the individual and the team.

Man-to-Man defenses are typically used when there is a perceived advantage for the defensive team. They are designed to create confusion and force the offensive team into mistakes that lead to baskets for the defense. Man-to-man defense can also be physically demanding and therefore may require the involvement of more players.

Disadvantages: Physically demanding. Promotes individual play.

Zone defenses are designed to discourage moves to the basket and minimize point-producing "inside play." These types of defenses encourage the "outside shot," which is a lower percentage shot.

There are other advantages to zone defenses, such as conserving player energy and providing defensive help for the players who are not strong man-to-man defensive players.

Disadvantages: Vulnerability to good outside shooting. Promotes "sit back and wait" mentality.

Teach players to play clean, aggressive defense. Defense is a critical part of the game in which every player can participate!

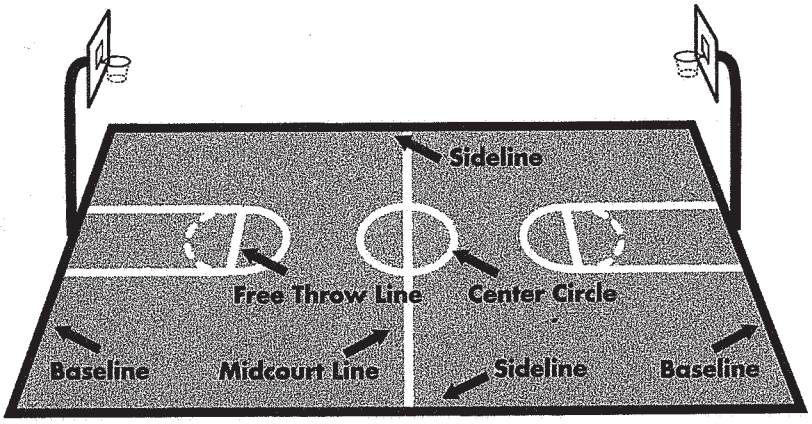

Fig. 4-1 Court Diagram

Practice Plan 4

CHAPTER

Practice Plan (based on a 60-minute practice session)

Warm-Up (5 minutes)

- Easy jogging combined with stretching. Incorporate footwork drills.

Review Skills (15 minutes)

- See basic skill drills.

New Skills (15 minutes)

Game Situations (15 minutes)

- Offense vs. defense in full-court situation.

Cool-Down (10 minutes)

- Free throws
- Stretching
- General announcements

Helpful Hint: If you have limited court time, try doing your warm-up and/or cool-down somewhere other than the court. Write down practice plan prior to the session.

Court Diagram (Fig. 4-1)

- Baseline
- Free Throw Line
- Sideline
- Center Circle
- Midcourt line
- Sideline
- Baseline