



Topsham Recreation Youth Basketball Coaching Clinic



November 12, 2019

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What are the basic fundamentals of basketball?

- Layups
- Dribbling & Ball Handling
- Shooting
- Foul Shooting
- Passing
- Jump Stops
- Triple threat position & pivoting
- Jab steps
- Basic Man defense/blocking out- Between their player and the basket

Make Teaching the fundamentals your number one priority!

Key points:

Hustle- 100% of the time- to and from huddles-to water breaks- onto and off court

Shooting form: B.E.E.F- Balance, Elbow, eyes, follow through- Start discussing proper form.

Make it fun as well as competitive

Communicate positively with teammates, coaches, officials, opponents etc...

3rd/4th Grade basic expectations:

- Dribbling with head up- both dominant and non-dominant hand with good ball control & protection
- Receiving a pass while moving

OFFENSE:

- Improvement in the Basic Skills of Basketball:
 - Shooting
 - Team Play
 - Dribbling
 - Passing
- o Correct spacing during a motion-type offense
- o Catching ball and Squaring-Up into a Triple Threat Position
- o Dribbling with head up
- o Dribbling with good ball control and protection – either hand
- o Passes to players when they are open
- Can pass to a moving target
- Can receive a pass while moving
- Jump Stop (preventing a travelling violation)
 - *Movement without the ball (V-cut)

***Start on Correct shooting form**

*If they don't shoot with proficient form now (and you don't correct them, now) – they will continue to use poor form for the rest of the year, and years to come. If that means they start from scratch → JUST DO IT!

Correct Lay-up technique (same knee up, good angle, correct use of the backboard)

DEFENSE:

Understands Player-to-Player Principles:

Stance -Positioning on Player with Ball "Ball-U-Man"
Box Out Technique (stand in front of player) **Rebounding**

- Can guard a player without crossing their own feet
- Secures ball tight after a rebound – elbows out
- Stays between their player and the basket when their player has the ball
- Stays between ball and player (with back to basket) when their player doesn't have the ball

*Attitude → Offense Wins Games – Defense Wins Championships!

DISCIPLINE:

- Hustle 100% of the time:
 - To and from huddles
 - To water fountain
 - Onto and off of court
- Listen when a coach is teaching/instructing
- No Showboating
- Demonstrates Respect for self, teammates, opponents, coaches and officials

5th/6th Grade basic expectations:

OFFENSE:

- Improvement in the Basic Skills of Basketball:
 - Shooting
 - Team Play
 - Dribbling
 - Passing
- How to set a screen (**away** from the ball)
- How to use a screen
- Correct spacing during a motion-type offense
- Catching ball and Squaring-Up into a Triple Threat Position
- Dribbling with head up
- Dribbling with good ball control and protection – either hand
- Passes to players when they are open
- Can pass to a moving target
- Can receive a pass while moving
- Jump Stop (preventing a travelling violation)
 - Movement without the ball (V-cut, I-cut, backdoor cut, etc.)
 - Correct shooting form (B.E.E.F.)
 - If they don't shoot with proficient form now (and you don't correct them, now) – they will continue to use poor form for the rest of the year, and years to come. If that means they start from scratch → JUST DO IT!
- Correct Lay-up technique (same knee up, good angle, correct use of the backboard, etc...)
- Be able to remember / perform basic set plays

Develop individual moves with ball:

- 1on1 skills (post and perimeter)
- Open court ball skills

DEFENSE:

Understands Player-to-Player Principles:

- Stance
- Positioning on Player with Ball
- "Ball-U-Man"
- Help Side D (1 pass away, 2+ passes away)
- Box Out Technique
- Rebounding
- Forces an offensive player to their weak hand
- Forces a player **towards** a sideline – away from baseline
- Performs a Box Out consistently during competition
- Can guard a player without crossing their own feet
- Rebounds a ball at its highest point
- Secures ball tight after a rebound – elbows out → turns outward from lane to outlet ball
- Stays between their player and the basket when their player has the ball
- Stays between ball and player (with back to basket) when their player doesn't have the ball
- Knows/Performs when to leave own player to stop ball or another player – recovers to own player
- Mirrors a dead ball (pressure without fouling)

Contests a shot attempt **without** jumping

Attitude → Offense Wins Games – Defense Wins Championships

DISCIPLINE:

Hustle 100% of the time:

To and from huddles

To water fountain

Onto and off of court

Listen when a coach is teaching/instructing

No Showboating

Respects equipment (balls, basketball, locker rooms, etc...)

Communicates positively with teammates, coaches, officials

Assists teammates up from floor

Challenges teammates to push themselves harder – in practice and in games

Demonstrates Respect for self, teammates, opponents, coaches and officials

Resources for Drills

<https://www.breakthroughbasketball.com/>

<https://www.coachesclipboard.net/CoachingYouthBasketball.html>

<http://blog.coachbase.com/coaching-kids-basketball-with-nba-coach-bob-bigelow/>

www.youtube.com

How do you make the most out of practice-?

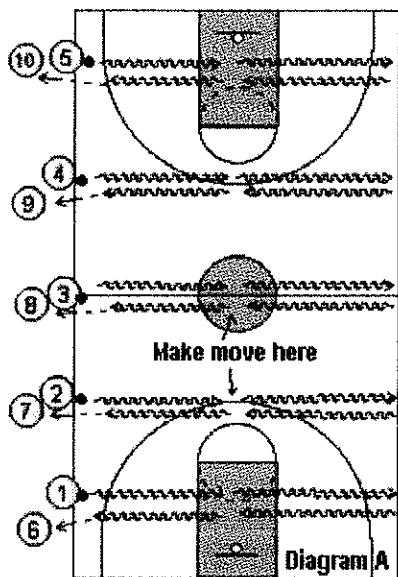
- *Small groups allow more repetitions**
- * Stations are a great idea for young athletes**
- *Enthusiasm**
- *High Energy drills with a purpose**

Sideline Moves Drill

(See Diagram A) Players pair up along the sideline, and spread out. The first player in each pair dribbles from sideline to sideline right-handed, and then back left-handed. The coach will call out which move he/she wants them to execute at the half way point going across (right-handed), and then again coming back (left-handed). The ball is then passed to the partner, who goes next. Have each player do each of the moves down and back twice before moving onto the next move.

Below are the moves you should work on. You may vary these from day to day. But have them try even the difficult moves... challenge them... even if the ball does end up rolling all over the place!

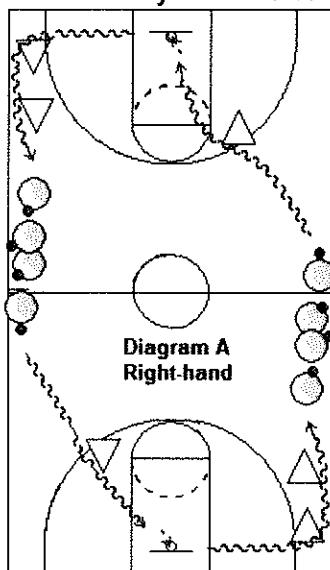
1. control dribble with change to speed dribble
2. speed dribble with change to control dribble
3. crossover dribble (show video)...
4. in and out move (fake crossover) (show video)...
5. hesitation, rocker step move (show video)...
6. pull back and crossover move
7. step out (sideways) and crossover move
8. through the legs (show video)...
9. behind the back (show video)...
10. spin move (show video)...



Full-Court Dribble-Moves Drill #1

This drill is one of our favorites. We use this full-court dribbling drill to practice specific dribbling moves. Refer to Diagram A. Use two lines, and start out using the right-handed dribble.

On each end of the floor, have an assistant or manager stand at the arc as a token, stationary defender (does not actually steal the ball or defend). You could also use chairs or cones. Each player has a ball. The first player in each line starts at the half-court sideline and dribbles up to the token defender, and then executes the dribble move that you have told the group to do



Dribble knockout or Dribble tag:

Set-up:

Every player on the team has a ball, and is restricted to a half court area. All the players must dribble the entire time.

The Drill: Start the game with one player as "it". While maintaining the dribble, each player must try to tag another player, who is then "it". Players try to avoid getting tagged and becoming "it". They must stay within the half court area and must continue dribbling. If a player leaves the area, or double-dribbles, stops dribbling, or gets tagged, then he/she is "it".

This drill will help develop ball handling, and to avoid getting tagged, players must keep their heads up. If you have a large group with some good ball handlers, and some not so good, you can put the better dribblers on one end, and the other group on the other end, so the same kids don't get picked on all the time. You can vary this drill by making them use the opposite (weak) hand only

Passing Drill #1 - One-Ball Rapid Fire Passing Drill

Have your players line up facing a solid wall, about two feet from the wall (or a toss-back rebounding device).

Each player begins rapid fire passing against the wall, moving back about two feet with each pass until 10 feet away (5th pass). Then he/she starts moving closer to wall by two feet with each pass, until 10 passes are completed. Repeat this 10-pass cycle until each player has made a total 20 passes.

Passing Drill #2 - Two-Ball Rapid Fire Passing Drill

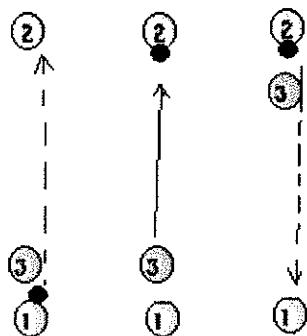
Use groups of four or five players. There is one passer about 6 feet away from and facing a line of receivers (the rest of the group). The passer has a ball and so does one of the receivers.

On "Go", the passer passes quickly to any receiver, and the receiver who already has a ball passes simultaneously back to the passer. The passes keep going back and forth to any receiver who does not have the ball. Do as many chest passes as you can in 60 seconds and then rotate.

Pointers:

Use good passing technique while keeping your eyes focused forward and not directly at the receiver. Have your hands up and ready to receive the pass. Use your peripheral vision to see the incoming pass.

Diagram A



Passing Drill #4 - "Monkey in the Middle"

Form groups of three. Each group has a ball. Line up the passers about 15 feet apart (comfortable passing distance). The third man in each group is the "monkey in the middle" and tries to steal or deflect the ball, while the two outside players try to pass to each other.

No dribbling is allowed, except for a one-bounce sideways dribble to open a passing lane. No easy lob passes over the defender are permitted. Passers should be in triple-threat position and work on pivoting and ball fakes to clear the passing lane. For example, the passer can fake an overhead pass to get the defender to raise his hands, then make a bounce pass, or "curl" bounce-pass.

Rotation: There's a couple ways of doing this. One easy way is to simply change the middle man every minute, when you blow the whistle. Each person takes a turn in the middle. Or, whenever the defender deflects the ball, the passer now becomes the "monkey in the middle". If no deflections in 30 seconds, switch defenders.

Simple Right and Left Handed-Layups

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

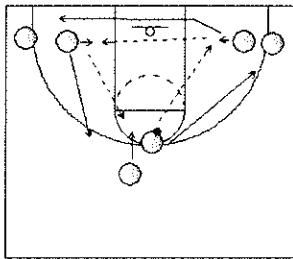
Footwork

When dribbling toward the basket, move slightly to one side of the hoop to create the proper angle. If you're on the right side, dribble right-handed, and plant your left (inside) foot and jump off that foot, and finally shoot with your right hand.

As you raise your right hand, your right knee should also elevate. Pretend there is a string attached to your right hand and your right knee. Reverse this form if shooting from the left side.

Passing Drill #5 - Triangle Passing Drill

Try this "triangle" passing drill for some variety. This drill can be done well by younger players who are not yet adept at full-court drills, such as the weave drill.



You can use both baskets and divide the squad into two groups. At each basket, create three passing lines about 12 to 15 feet apart. One line is at the top of the key, another in the right short corner area, and a third in the left short corner area. As an option, you can use cones or marks on the floor, so that the lines don't "creep" inward.

To run the drill, start with the ball at the top of key (point) and either pass to right or left (can go either direction). The players start behind the cones, step out to receive the pass and pass to the next station in same direction.

After the players make their pass, they sprint to the next line in the same direction as the ball, following their pass - no walking. After a few sequences, change direction and

also alternate between chest passes, bounce passes, and overhead passing.

This drill goes quickly and keeps them moving, providing a lot of touches in a short amount of time.

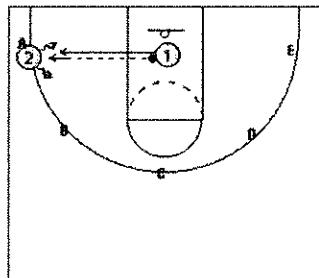
Pointers:

Make sure correct passing techniques are used, that the players "step out" to meet the pass, and that the players receive the ball and place it in triple threat position.

Shooting Drill #1, Catch and Shoot.

Player #1 makes a good chest pass to player #2. #1 follows the pass and closes-out on #2, but does not try to block the shot or simply fly by the shooter. #2 takes the shot (no dribbling) and follows it for the rebound. Now player #2 passes back out to player #1 (who is at position A) and closes-out on #1, who is now the shooter.

After both players have shot from position A, they move next to position B, and on around the circle and then back around again (E->D->C->B->A). If you are coaching younger players, have them move in closer so that correct shooting form is not compromised.



*Continuous shooting drill or “tree shooting” - Underneath basket- A great way to warm up.

* 3 person weave drill into layup and shots underneath the basket.

Important elements in executing an effective screen.

1. The screener must make contact with (but not foul, hold or push) the defender that he/she is trying to block. If you do not make contact, and get up tight, the defender will simply slide around you.
2. Be strong. Get your feet wide and plant your feet solidly. Do not move your feet once you have established this position or you will get called for a "moving screen" (a foul). You must be stationary and not move with the defender, and you must not push the defender away. If a defender bumps into you and you are not stationary, you will probably be called for the foul.
3. Keep your arms tucked into your chest, not only to physically protect yourself, but also so the ref can see that you are not pushing with your hands, or grabbing or holding the defender.
4. The angle, or direction, of the pick and the timing of the pick are probably the most important, and most overlooked factors in setting a screen. You must have the correct angle, or position, when you set the pick.

You must anticipate the direction that your offensive teammate wants to go, and then make contact with his defender in a position so that you are directly in the way of the defender, and he/she cannot get around you. If you don't get the right angle, the defender will simply slide around you. Perhaps this is best demonstrated in the diagram.

In Diagram A, the screener does not make contact, and the defender slips behind. In Diagram B, the pick is too high (a common mistake), and the defender slides behind the pick and stays with his/her man. In Diagram C, the pick is too low, and the defender can fight over the screen. Diagram D shows a good pick, followed by screener "rolling" to the hoop.

Common Screening Errors

○ = Offensive teammate ● = defender ● = screener

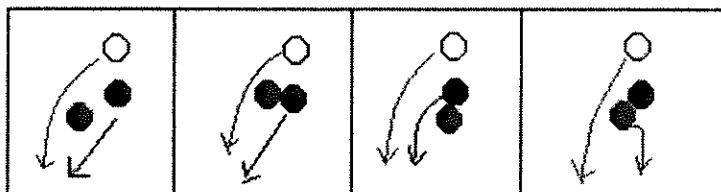


Diagram A
"Too wide"
Diagram B
"Too high"
Diagram C
"Too low"
Diagram D
Perfect pick & roll

5. After your teammate cuts around the screen, the screener "seals" off the screened defender and "rolls" (cuts) toward the hoop. If the defense switches the screen, often the "roller" will be open for the pass.
6. The timing of the offensive player receiving the pick. The player receiving the pick must be patient and wait for the screen from his teammate to arrive. Often, I will see a player make his cut just before the pick is "set", and the defender easily gets around it (because it never had a chance to be set). You must wait for the pick to be set, and then cut hard around it. Very importantly, this player also must "set up the screen" by making a step toward the hoop first, and then cut back over the screen.
7. The offensive player receiving the screen must cut hard, and close to the teammate setting the screen. You must "rub off" your teammate's screen... that is, brush against him as you go by. If you don't brush close to the screen, the defender can slip through the screen.
8. Remember, there are two options on the pick and roll play... pass either to the cutter, or if the defense switches, pass to the "roller".

