



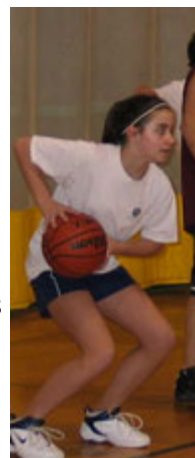
Fundamentals



Basic Fundamentals

Triple Threat

- To be a good dribbler, passer and shooter you must be in the proper position.
- Head is up and centered over your body
- Eyes looking at the basket, but you can see the entire floor
- Feet shoulder width apart, with your weight evenly distributed and your knees bent
- Strong foot slightly ahead of the other
- Hold the ball near your dominant shoulder.
- Coach can slap at the ball to make sure the player is holding on tight



Ready Position

- Both hands up ready to receive the ball
- Legs shoulder width apart
- Emphasize that you should only pass to someone if they are in the ready position.



Basic Fundamentals

Pivoting

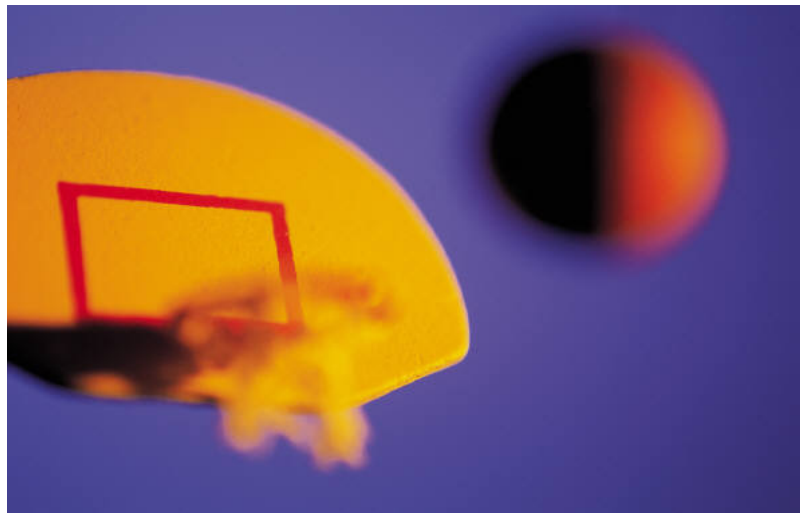
- Be ready for action. Once you pivot, you'll have a new field of vision. Keep your hands and head up and ready
- Keep your knees bent in a strong stance. Lift your heel to make a turn. The weight of your arms and elbows helps you keep your balance
- Keep your feet shoulder-width apart. A lot of times, you'll be pivoting because of some contact. Don't get frustrated by a little bump. Stay strong,
- Plant one foot and move the other from the back to the front.

Fakes

- Don't be predictable. Use your eyes and body to trick the defender
- **The Shot Fake:** When they come to guard you, raise the ball above your shoulders and eye the basket. Once they raise their shoulders and come out of their defensive stance, you can drive around them. No foot fakes when you shot fake, and keep your knees bent and shoulders down.
- **The ball (or pass) fake:** Fake a pass to one teammate, but pass to another
- **Without the ball fakes:** If you want to cut to your right for the ball, you need to first get the defender leaning left. Make him think you're going in the opposite direction that you truly want to go.



Warm-Up Drills





Warm-Up Drills (Sprints)

Sideline Sprints

- The players line up on one sideline and sprint back and forth from sideline to sideline. The goal is to be able to cross the court 14-16 times in one minute

Full Court Sprints

- This drill is similar to the sideline sprints, but the players line up on one baseline and sprint the length of the court. The goal is to run the length of the court 9-10 times in one minute

Stop and Go

- The kinds begin sprinting as hard as they can. When the coach blows the whistle, they stop and begin sprinting in the other direction. This continues for 30 seconds to one minute

Defensive Slides

- Players line up at one elbow of the free throw lane and slide back and forth from elbow to elbow for 30 seconds

Single-Line Touch Drill

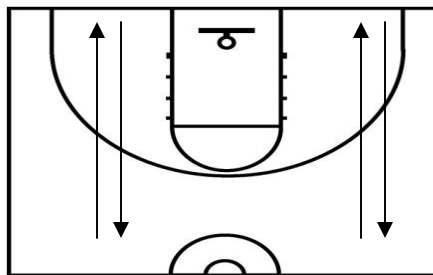
- The players start at one baseline. They run and touch the opposite baseline and return to the start, run and touch the opposite free throw line and return to the start, run and touch the 10 second line and return to the start, and run and touch the near free throw line and return to the start

Warm - Up Drills (Dribbling)

Dribble Series

Moves:

- Inside Out
- Crossover
- Stutter
- Change Hands
- Pull Back

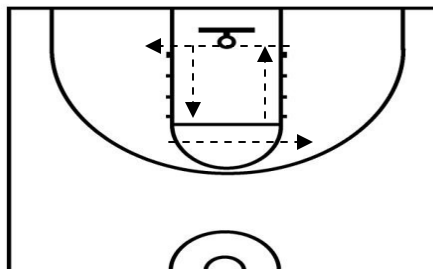


Points of Emphasis

- Head and eyes up
- Body and ball down
- Shoulder to shoulder
- Captains call out each move

Lane Passing

- Pass to right receive pass back, run past partner, catch pivot and hand off to partner, run to end of line
- Be ready for “Change” command, meaning change direction,





Warm - Up Drills (Passing)

3 Lanes Passing

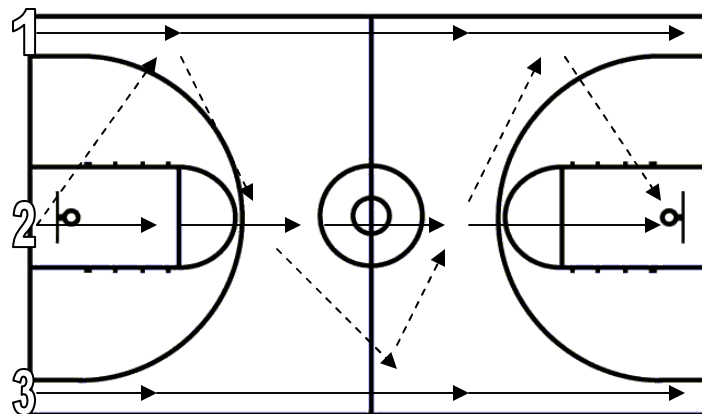
- 2 alternates passing to 1 and 3 as they fill three lanes and go up and back the court

Points of Emphasis

- Speed
- Communication
- Crisp Passes

Options

- Heavy Ball

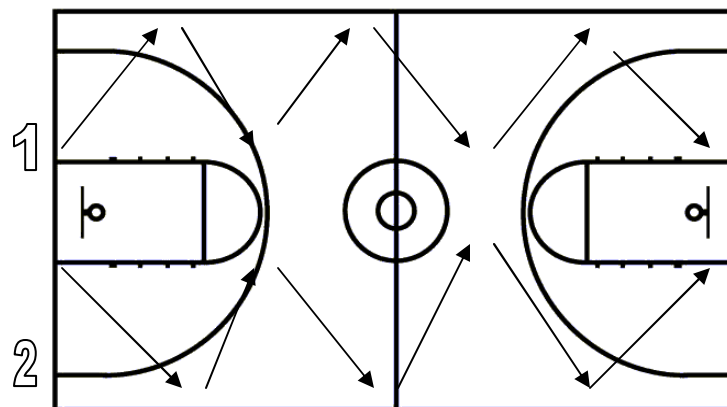




Warm-Up Drills (Dribbling)

Two Ball Dribbling

- Go full speed where you are always on the verge of losing control of the balls.
- For each move, go full court up and back twice.
 - Speed Dribble
 - Pull back Dribble
 - Zig Zag
 - Spin Dribble



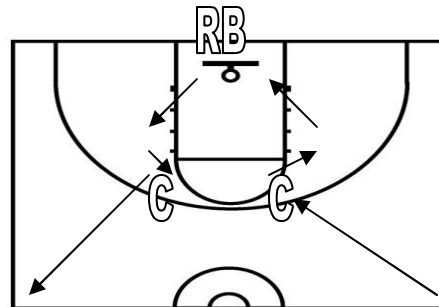


Warm-Up Drills (Dribbling)

Half Court Dribbling

•Go full speed. Start at the half court corner, speed dribble to the 3 point line, make individual move and go in for the shot. Grab the rebound and dribble out toward the opposite half court corner making another individual move at the three point line. Before approaching half court prepare for a trap with a pull-back dribble move. Turn and repeat the same with the other hand. Do each move round trip once. Start with ball in outside hand.

- Cross over lay-up
- Cross over jumper
- Stutter step lay-up
- Stutter step jumper
- Inside-out lay-up
- Inside-out jumper
- Pull back - cross over lay-up
- Pull back - cross over jumper
- Shoot 5 foul shots



1 2 3



Warm-Up (Dribbling)

Maravich Drills

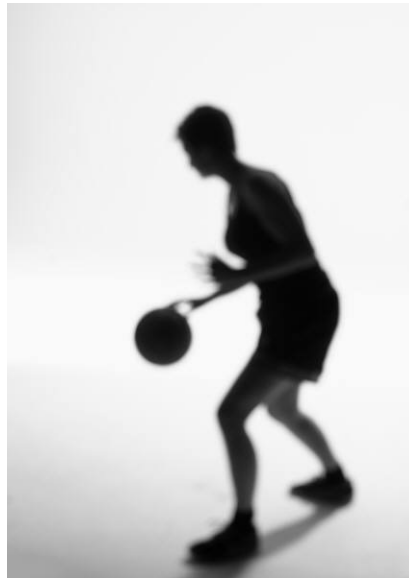
- **Ball Slaps** - Holding the ball in front of your chest, slap it hard as you move it from hand to hand
- **Pinches** - Holding the ball in your right hand, pinch it toward your left, using all five fingers. The ball will squirt from one hand to another. Go back and forth
- **Taps** - Hold the ball over your head with arms fully extended. Tap the ball back and forth between your fingertips
- **Circles** - Pass the ball around your head 10 times; then around your waist; then around each leg. Keep your head up, if you can, so you're handling the ball totally by feel.
- **Figure-Eight Passing** - Hold the ball at knee level. Keep your feet stationary and apart. Pass the ball in and out of your legs in a figure eight motion.
- **Drops** - Hold the ball in front of your legs with your left hand in front and right hand in back. Without letting the ball hit the floor, quickly switch the position of your hands. Repeat quickly.
- **One-Hand Dribbles** - using only your right hand, dribble the ball around your right foot. Then do left-hand, left foot. Remember to keep your head up and dribble with only your fingertips.



Warm-Up (Dribbling)

Maravich Drills

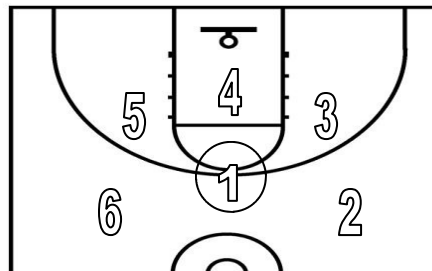
- **Figure-Eight Dribbles** - Dribble in and out of your legs in a figure-eight. Keep the dribble as low as you can.
- **Four-Point Spider Dribbles** - Stand stationary with your feet apart. Bounce the ball once in front of your legs with the left hand, once with the right hand, once reaching behind and through your legs with the left, and once in back with the right. Keep the ball low and between your legs.



Warm - Up Drills (Passing)

Machine Gun Passing

- Player 1 has a ball as does one of the players in the semi-circle. As player 1 passes the ball, he receives a pass at the same time



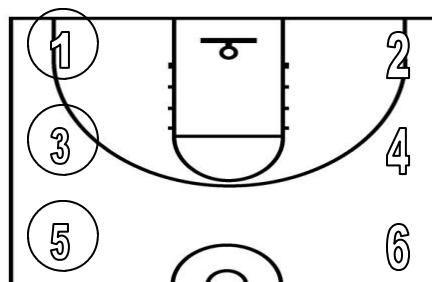
- Object is to keep both balls moving
- The players rotate clockwise after 30 seconds

Two on the Ball Passing

- This drill involves two players working on the different fundamental passes like:

- Chest Pass
- Bounce Pass
- Outlet Pass
- Baseball Pass

- We also want to add pass fakes as well.

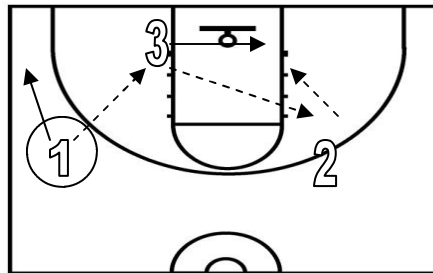




Warm - Up Drills (Passing)

Inside-out Passing

- Perimeter people concentrate on post feeding and re-locating while post man reverses ball and then searches across the lane.
- Players will rotate to all three spots





Practice Drills





Coaching Points for General Shooting

- Shot starts on the floor; feet ready first, knees bent
- Balance and quickness are a key
- Develop rhythm; get in a groove, feel the smoothness
- Follow through on each shot (one-count field goal, net free throw)
- Quickness without hurrying. Be quick preparing for the shot, but don't hurry the shot
- Vertical alignment; keep the ball in line with the elbow in. Young players need to use a two-hand pickup to get the ball up and to the shooting pocket
- Use physical and mental practice
- Take game shots at game spots at game speed.

B - Balance

E - Eyes

E - Elbow

F - Follow-Through



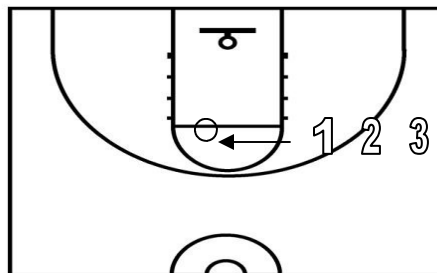
Shooting Drills

Lay-Up Drills

- Players should stand on one side of the basket and shoot lay-ups from that spot. They should raise their outside leg in the air with the thigh parallel to the floor.
- After making a designated number of lay-ups from one side of the basket shooters switch to the other side
- After a few times through, the players should step back and take 2 step lay-ups.
- Players should remember to jump vertically and use the backboard
- Continue moving farther away from the basket as necessary.

Shooting off the Dribble Drills

- Players should form a line at the wing position. Players drive to the middle using two dribbles and take a shot from the free throw line area.
- This drill can be used from any area of the court.

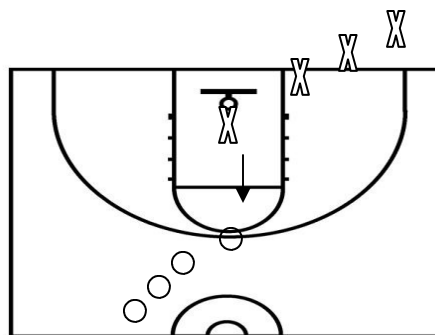




Shooting Drills

Shooting Under-Pressure Drills

- The players align as shown in the diagram below
- The defender passes out to the offensive player.
- Offensive players should use a one to two step approach to catch the ball and begin their shot.
- Defenders rush out at the offensive players and try to distract them as they shoot. The defender is not allowed to touch the ball or the shooter
- After the shot is taken, the players go to the end of the opposite line

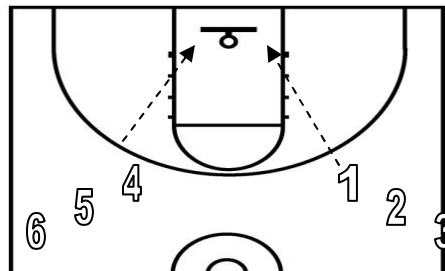




Offensive Drills

YUGO

- Shooting Drill
- 3 players on each side, 2 balls
- Shooter gets the rebound and passes to the player without the ball.



Points of Emphasis

- Feet and Hands Ready
- Good crisp passes

Options

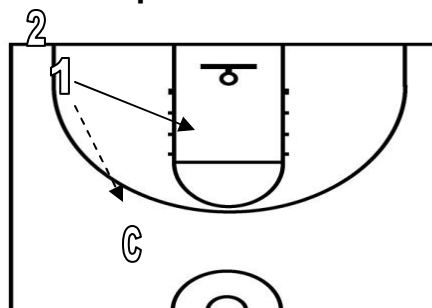
- Shoot from anywhere that needs practicing
- Shoot for time
- Shoot for number



Offensive Drills

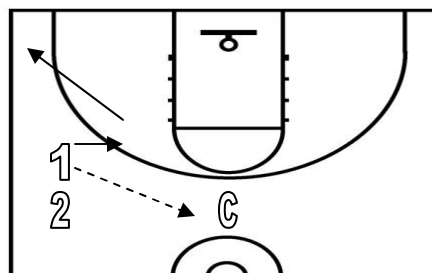
Tight Curl for Lay-up or Pull-up

- Player passes to coach
- Player simulates being chased by defense and make a tight curl
- Coach passes to player for pull-up jump shot or power lay-up
- Next Player follows
- Each player shoots five shots



“Bump” Off Back Screen, Fade to Corner

- Player passes to coach
- Player simulates coming off a back screen but “bumps” off his teammate and fades to corner
- Coach throws and overhead pass to his inside shoulder
- Player shoots jump shot, rebounds shot and hustles back to original position
- Next player follows.
- Each player shoots 5 shots and records them





Defensive Drills

1 on 1 Contest

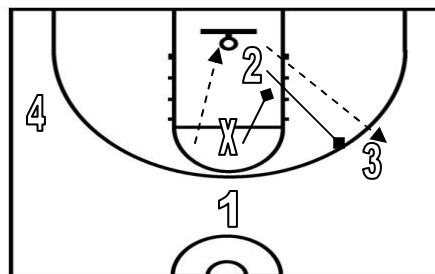
- Defender follows his pass to player underneath the basket.
- As the player under the basket fakes passing high and low to both of his teammates, the defender must trace the ball in order to cause deflections.
- On the coaches command the player passes to either one of the players out at the three point line.
- The defender must hustle out to the perimeter and properly close out on the offensive player.

Points of Emphasis

- Keeping the ball out of the middle
- Forcing the dribbler to the short corner then cutting him off
- Proper close-out footwork
- Leave feet only when shooter does

Options

- 1st time, offense must catch and shoot
- 2nd time, offense has one or two dribble limit





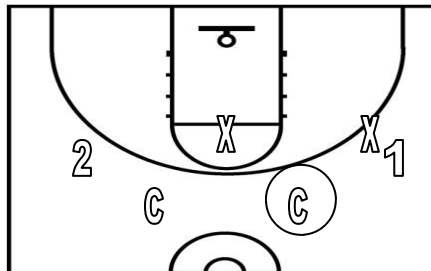
Defensive Drills

Double Contest

- Coach hits wing whenever he can
- Defender one pass away s two steps away from his man in a deny position
- Weak side defender is in the middle of the floor in an open stance help position seeing both.
- Coach can drive it to work on stopping splits.
- Coach passes to defender in middle of the floor who passes right back to the coach. This is done to make sure the defender sees the ball and is in proper help position.
- Ends with box out - rebound - outlet.

Points of Emphasis

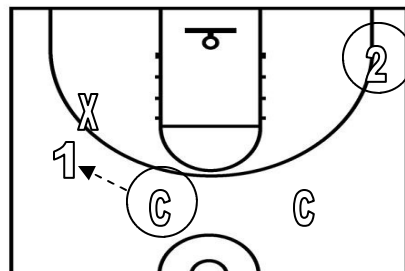
- Communication
- Defensive Positioning



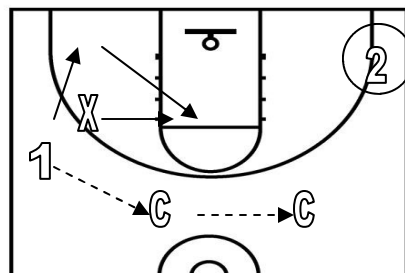
Defensive Drills

Flash Help Recover

- Coach hits the wing, the defender must stop him 1 on 1



- Once stopped, offense reverses the ball to the coach.
- Defender jumps to the ball
- Offense v-cuts for flash, defender must bat down the flash feed.

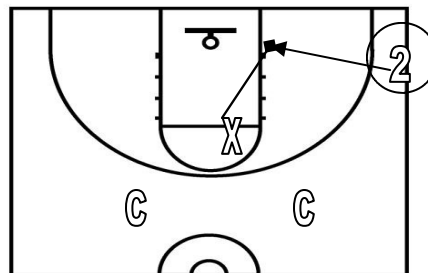




Defensive Drills

Flash Help Recover continued

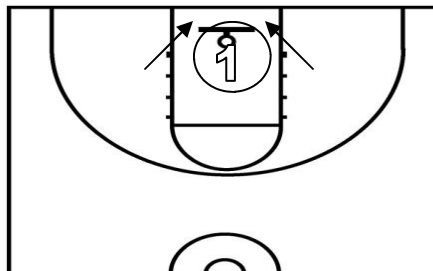
- Wing player (who has the ball) drives
- Defender must get over outside the lane to take the Charge.



Low Post Agility Drills

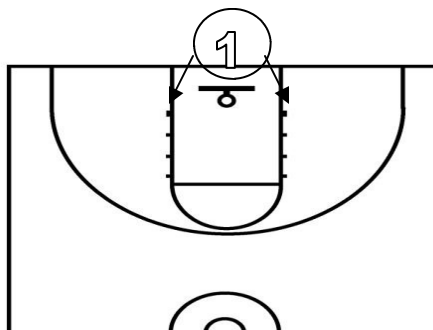
Mikan Drill

- Must make 16 lay-ups in one minute, then increase the number made
- Emphasis
 - Ball above head
 - See the back of your hand
 - Ball does not hit the floor
 - “PHD” - Proper hand development



Reverse Mikan Drill

- Must make 12 lay-ups in 30 seconds then increase the number made
- Emphasis
 - Player faces court and spins ball off the glass
 - “PHD” - Proper hand development

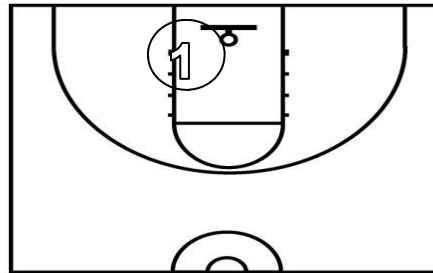




Low Post Agility Drills

Tap Drill

- 20 Taps on the backboard or wall with right and left hand each





Rebounding Drills

1 on 1 Block Out

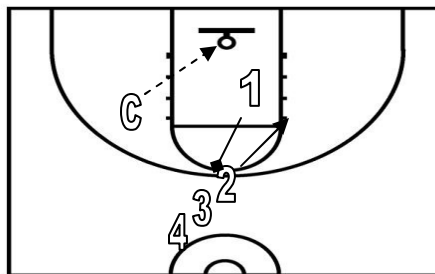
- Coach shoots the ball
- Defender must make contact with the offensive player with front pivot and then go get the ball
- Offensive player must go to glass hard

Points of Emphasis

- No fouls
- No lines
- Ball is live until defense gains possession (offensive player can re-score over and over)

Options

- Player must go up against everyone in line
- Player must get 3 in a row





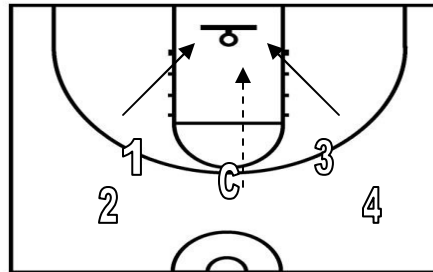
Rebounding Drills

Offensive Rebounding

- Coach stands at foul line and shoots the ball
- The two players at the front of the lines attack the glass when the coach releases the ball
- The player who gains possession of the ball is the offensive player and tries to score
- The other player becomes the defender

Points of Emphasis

- No Fouls
- No lines
- Ball is live until defense gains possession (offensive player can re-score over and over)





MJCCA - Basketball

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