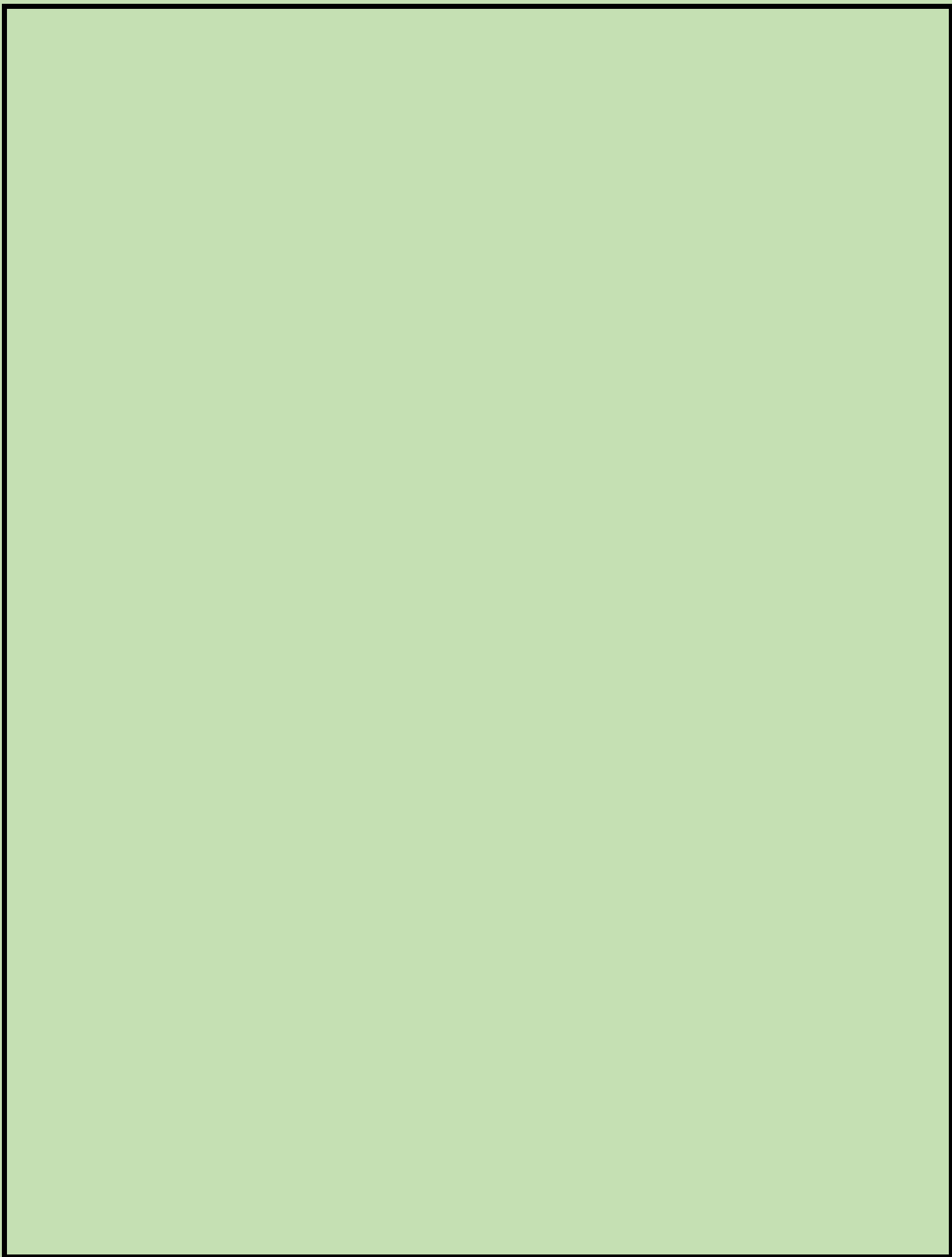


TRITON CENTRAL BOYS BASKETBALL





Fundamentals to build a foundation

OBJECTIVES for Coaches:

- A. Create a Unified Program throughout
- B. Develop a Foundation of Fundamentals
- C. Provide the Coaches a Vocabulary to coach with
- D. SET PRIORITIES and EXPECTATIONS FOR COACHING

I. Wins and losses

- a. Getting caught up in the concept of “winning is everything”
 - i. What is the goal of the league?
 - ii. Why are you coaching?
 - iii. Can you test what you are doing with:
“What is best for kids?”

b. Skill building vs. team instruction

- i. Spend the majority of your time (60 - 75%) on skill building
- ii. Keep practice moving
- iii. Be incredibly energetic
- iv. Be super positive with the teaching
 - 1. Never start a sentence with the word don't
 - 2. Always begin a time out or instruction with a positive
- v. Don't have any “down time”
- vi. Both coaches coaching

II.

III. CREATE A PLAN- every practice

- a. Repetition vs. private instruction
 - i. Get every kid a basketball – have them bring their own
 - ii. If you are doing some type of line drill – with shooting or dribbling – think repetition over correctness
- b. Drills: - 1st 3 min of practice:
 - i. Everyone with a ball
 - ii. spin out triple threats
 1. “Control the neutral zone!”
 2. check and adjust
 3. Left foot pivots for right handed player – to work on protection of the ball
 4. Power “Triple Threat Position”
- c. Next 10 min....
 - i. ½ of your kids in ball handling drills
 - ii. partner up if you do not have a ball
 - iii. Ball handling – “Most important skill in Basketball”
 1. Hand on top
 - a. Ball pushed out in front of toes on speed dribble
 - b. Ball Kept inside plane of the body in the half court “Eyes on the Rim”
 - iv. Drills – 2 ball drills are the best
 1. Pound
 2. Alternate
 3. Windshield wipers
 4. Broken
 5. High and low

6. Wrap around

7. Figure eight

d. ½ in lay-up lines – TRIPLE THREAT LEAD STEP
TAKE OFF

- i. each kid with a ball
- ii. “outside/ inside up”
- iii. Make the kids shoot with their left hand
- iv. 2 dribbles from 3 point line –Power
- v. 1 dribble from the 3 point line - running
- vi. Opposing player can practice checking out
- vii. Start in triple threat

e. 7 min - passing drills - - HANDS TO THE PASSER

- i. POST ENTRIES
 1. From the wing – Low hook “Away from the Defense”
 2. From the Top – “Straight to the face”
 3. X 0 X
- ii. 2 line
- iii. Names and fakes
- iv. Bounce chest and
- v. 2 line 2 ball passing
- vi. Chest/bounce

f. 10 min perimeter break down

- i. 2 lines - 2 coaches
- ii. catch look triple threat lead step jump stop-shot
- iii. Catch look triple threat cross step jump stop-shot

g. 5 min post break down

- i. 2 lines up top
- ii. Show shoulder drop step - advanced

- iii. Show shoulder jump hook
- h. 7 min 3 on 2 break from half court
 - i. pass quick
 - ii. sit down ball side
 - iii. catch and look
- i. rebound and outlet
 - i. passer and shooter go to defense
- j. 4 min rebound and defense
 - i. 3 on 3 checking out
 - ii. Offense screens and moves
 - iii. coach coaches the defense and pulls kids out to talk
 - iv. Other coach – shoot the ball and focuses on the cut outs
 - v. Cut the hand through the mid-section
 - vi. But in the thigh – 1 second
 - vii. Attack the ball in front
 - viii. Turn outside shoulder for the outlet
 - ix. Offense to defense to out
- k. 6-10 min of shooting
 - i. Keys: - make it competitive
 - ii. First to 10
 - iii. Call names and good passes
 - iv. Leave the 3's alone
 - v. Lock Load Shoot
 - 1. Left foot right foot
 - vi. Drills:
 - 1. 2 line shooting
 - 2. 3 man 2 ball shooting
 - 3. break shooting
 - 4. skip shooting

1. 10 – 15 min - team concepts
 - i. SPACING - 10 – 15 feet basket cut or screen
- IV. Offenses to incorporate
 - a. Patterned Motions
 - i. 3 out 2 under concept or
 - ii. 4 out 1 in
 1. Catch, look, pull, pivot,
 2. Denied – basket cut
 3. 2 second rule –standing, posting, holding, dribbling
 4. 3 dribble rule
 - b. Set plays
 - i. High Ball Screens
 - ii. Cross Screens
 - iii. Pin downs
 - iv. Stay away from Isolations at a young age
 - c. Continuity
 - i. Flex/ Swing

IV. Fundamentals to teach - Offense

1. Ball handling

a. 1 on 1 moves

i. Speed Dribble

1. Go off defender's hip
2. Finish with 2 foot power jump stop and use backboard
3. Speed dribble back out to other side
4. Do right-handed and left handed

ii. Inside out move

1. Body and ball in, then ball out- Must sell the fake
2. Finish with 2 foot power jump stop and use backboard
3. Speed dribble back to other side
4. Do right-handed and left handed

iii. Stop and go move

1. Freeze the defender with stutter step and give head fake
2. Finish with 2 foot power jump stop and use backboard
3. Speed dribble back to other side
4. Do right-handed and left handed

iv. Hesitate step to shake crossover

1. Stutter step to freeze either crossover
2. Finish on opposite side of rim against shot blocker
3. Speed dribble back to other side
4. Do right-handed and left handed

- v. Killer crossover
 - 1. Go between the legs, then crossover
 - 2. Finish with 2 foot power jump stop and use backboard
 - 3. Speed dribble back to other side
 - 4. Do right to left, left to right and other way
- vi. 1 on 1 game
 - a. 3 dribble max – 3 players play
 - b. If you rebound, pass to coach and pop out to ball
 - c. If scored upon sprint to half court and back – be ready to jump on defense
 - d. 3rd man comes in on Defense after a made hoop

2. Post play

- a. 3 “c’s” catch- chin – and check
 - i. Catch – once it leaves the guards hands you’re your responsibility
 - ii. Chin – the most powerful position you could have the ball
 - iii. Check- look and feel where the defender is
 - iv. Post moves to practice –KEEP CHIN ON THE RIM
 - 1. single leg Drop step- with and without dribble
 - a. with dribble – power move
 - b. shoulders parallel with the back board
 - c. strong hand release
 - d. ball above forehead

2. double drop with dribble
 - a. first leg back in the middle of defender
 - b. second leg dropped to the rim
 - c. dribble on the dropped foot
 - d. power position
 - e. two hands to the rim
 - f. strong side hand release (right or left)
3. Jump hook middle and baseline
 - a. Same as drop step but shoulders perpendicular to back board
 - b. Release same as a jump shot
 - c. Both hands go up to protect ball
 - d. Open shoulders after release
 - e. Keep the chin on the rim
4. up and under step through
 - a. Forward pivot
 - b. Shot fake
 - c. Step through
 - i. With dribble jump stop
 - ii. Without dribble jump stop
 - d. Lay up
5. face up – reverse pivot
 - a. 12 – 15 ft away from rim
 - b. Face basket
 - c. Shot fake or shoot jumper
 - d. 1 dribble jump stop to power
 - e. Chin stays on rim
6. pivot jump shot

- a. Forward pivot toward baseline or middle
 - b. Shoot within your “phone booth”
 - c. Release ball at top of the jump
3. ALL BALLHANDLERS - “catch, look, pull, pivot”
4. Shooting - form to teach from early ages
- a. “Lock” -- triple threat position
 - i. proper hands on the basketball
 - ii. legs bent,
 - iii. ball by the knee,
 - iv. arm protection,
 - v. right foot back,
 - vi. eyes on the rim,
 - vii. right foot, knee, elbow , index finger, right eye all in a line pointed toward the target
 - b. “Load”
 - i. forearm 90 degree angle
 - ii. wrist flat
 - iii. index finger over the eyebrow, or parallel with the shoulder,
 - iv. knees still bent,
 - v. eyes fixed on the hook of the rim
 - c. “shoot”
 - i. in one motion legs extend,
 - ii. arm extend,
 - iii. wrist “waves to the floor” with spread fingers, ball spins backward toward the target
 - iv. legs power the ball to the target
 - v. eyes stay on the hook until the ball goes through the net

vi. SAME RELEASE OF THE BALL EVERY TIME

- d. Work on form shooting close to the basket
- i. Three spots – right on the free throw lane
 - ii. left on the free throw lane
 - iii. then about five feet right in front of the basket

5. Shooting drills

- i. Start at half court-sprint to top of key, then each wing
 - ii. Take shot, then backpedal to half court and sprint to next spot
 - iii. Do each spot 3 times for total of 9 shots
 - iv. Focus on feet set, shoulders squared and follow through
- a. Pressure Free Throw Shooting
- i. Shoot 1 and 1 with noise/distractions
- b. Sweep through drill---mid-range
- i. Sweep ball through right for pull up jumper
 - ii. Sweep ball through left for pull up jumper
 - iii. Sweep ball and take to hoop in least amount of dribbles
 - iv. The closer you get to hoop, the closer the ball needs to be to your body!

6. Passing

- a. 2 line passing
- i. Chest - two hands
 - ii. Overhead – two hands
 - iii. Push – one hand right and left
 - iv. Post entry – from the wing “hook and low”
 - v. Bounce – 2/3rd skip

- vi. Backdoor - one hand off the defenders butt
- b. machine gun
 - i. creates opportunity to work on catching
 - ii. keeps hands in “ready Position”
 - iii. 1 man in a semi-circle with two basketball
 - iv. As he passes to his teammates the other player passes the second ball back to him

7. Rebounding – Two RULES to follow

- a. Rule 1- Do not let you offensive man get the basketball for any reason
 - i. Box in
 - 1. under the rim
 - 2. hands high
 - 3. lower body strength
 - 4. initiate contact
 - ii. Box out
 - 1. Move out of Paint
 - 2. hands high
 - 3. “Check for a sec then release and get the basketball
 - 4. Attack the ball above your forehead
 - 5. Pivot outside shoulder to throw the outlet or dribble up the floor
- b. Rule 2 – Go get the ball
 - i. If offensive man is in the paint check him out
 - ii. If offensive man is on the perimeter – make contact and go attack the ball
- c. 3 on 3 rebounding drill
 - i. Offense vs. defense

- ii. Coach shoots basketball – players go get it and outlet proper way to the coach
- iii. Next group goes

8. Screening

a. 3 cuts – tight/pop/ flare

- i. Teach players to read and react to defense before during and after the screen
- ii. After catch - catch and look and attack the basket

b. 2 on 2 down screens

c. 2 on 2 flare screens

d. 2 on 2 cross screen

e. Screener

- i. Always open to the ball
- ii. Then clear from the dribble

f. Ball screens

- i. Shoulder to shoulder
- ii. Screener keeps belly toward the ball
- iii. Rolls to front of the rim
- iv. Ball handler dribble two hard dribble past the screen and hedge and reads defense

V. Fundamentals to teach -- defense

a. Proper stance

- i. Knees over toes
- ii. Head high
- iii. Back to the paint
- iv. Hands out above knees
- v. Chest up to see the numbers
- vi. Weight on the balls of feet
- vii. STAY balanced - Balance is the ability to jump, drop, or move right or left at any time

b. Ball pressure

- i. Bent arms length away
- ii. Stay a half a body ahead of the dribble
- iii. Angle toward the has marks or the help
- iv. Never allow the ball into the paint

c. one pass away

- i. up the line and on the line denying the inside hand of the offensive player
- ii. Never allow the defensive man to cross your face
- iii. Constantly foot fake the ball
- iv. Do not show your numbers to the ball handler

d. Two passes away

- i. Lead foot forward
- ii. Middle and point
- iii. Do not show your numbers to the ball
- iv. Create a flat triangle
- v. Hands out
- vi. No one crosses your face
- vii. No free cuts
- viii. Close out with back to the paint

1. post defense

a. Ball above free throw line extended – play top side of the post player

- i. One foot behind
- ii. One foot in front
- iii. Hand in front of their face
- iv. Do not allow hip to hip contact

b. Ball below free throw line extended – play bottom side of post player

- i. One foot behind
- ii. One foot in front
- iii. Hand in front of their face
- iv. No hip to hip contact

2. 2-3 match zone principles

a. Guards

- i. Ball above free throw line extended – guards responsibility
- ii. Other guard in the high post
- iii. Guards always guarding a man – not an area

b. wings

- i. always have first skip and first down pass until “bumped” off

c. Middle

- i. Helps from short corner to short corner
- ii. Only comes up to the middle if high post man catches and faces the basket
- iii. Wings drop if high post man catches the ball

d. See previous list of drills to incorporate into practice

10 PRIORITIZED MAN TO MAN DEFENSIVE CONCEPTS:

1. No easy buckets!

- a. 1 man is **always** back unless he is in the paint
- b. The man on top of floor is back

- i. Person back always is communicating
- ii. Play Basket -- Ball
- iii. Get to the basket
- iv. Find the ball
- v. Players not have the same man every time in transition.

2. Stay in STANCE entire possession

- a. Stops breakdowns before they start
- b. Quicker movements
- c. On ball
- d. Help and recover
- e. Jamming cuts
- f. Rebounding position
- g. Mental toughness
- h. Pistols

3. Stop penetration

- a. Nothing in the paint
- b. One on one defense
- c. 1st pass away stops dribble
- d. 2nd pass away last resort

4. Help the ball defender - Quick

- a. Offense has the advantage (ball)
 - i. Stop the ball 1st
- b. Priorities
 - i. No lay-ups
 - ii. No drop steps
 - iii. No open jumpers
- c. Stunt -- foot fake
 - i. Cat and mouse game
 - ii. Bait the other team
 - iii. Constant movement

5. Help the helper – rotation

- a. Stunt -- foot fake
 - i. Cat and mouse game
 - ii. Bait the other team
- b. Constant movement
 - i. Better your position
 - ii. Jam cuts

6. Drop with the ball – sink and fill

- a. As the balls drop so you drop
- b. No lay-ups!
- c. Particular rotation

7. Contest every shot

- a. Scouting report – right or left handed
 - i. Close out hands high!
- b. Hands straight up in lane - hands by ears not eyes
- c. Stay on feet
- d. Close as possible
 - i. Bent arm away fro distance

8. Rebound

- a. 5 man boxing out and boxing in
 - i. Take the mans legs out
 - ii. Get him out of paint
 - iii. Push under the rim
 - iv. Take a foul before offensive rebound
- b. Bigs -- teach check out -
- c. Guards hit and go
 - i. Guards must rebound
- d. 5 guys must hit (chuck, or Jam)

9. Dead dribble

- a. Make the world go dark

- i. Scream to your team mates – “Dead”
 - ii. Wild hands
 - iii. Don’t reach
 - b. Deny every pass
 - i. 5 guys chest up
 - ii. Watch the eyes and deny
- 10. Be physical
 - a. No player crosses the paint
 - i. Slow down cuts
 - ii. Clog up the paint
 - b. Keep players off the block
 - c. Takes away the drop step
 - d. Easier to double and recover

Why MAN TO MAN

1. Man to man principals apply to every defense and can defend any offense
2. Creates a team concept - 5 against the ball
3. Develops pride
4. Gives nothing up
5. Contests every shot
6. Better rebounding position
7. Quicker into transition

COMMUNICATION -#1 Priority on Defense -- and toughest to get results

- a. Players should communicate on every screen –
“Through, Switch, Bump”
- b. Players should communicate when the ball is moved
- c. **PLAYERS DON'T KNOW WHAT TO SAY....** We have to teach what to say.
 - i. **All players in the program should use the same words to communicate**, create common language...use the same vocabulary
 - ii. **Examples**

1. "Switch" and name of person switching with
2. "I'm through"
3. "I've got # 54" not the name or "him"
4. "Help elbow" - in transition on the ball can know where the help is at
5. "Help baseline" - in transition on the ball can know where the help is at
6. "Screen" and name of the person being screened
7. If ball screen ... "left or Right" followed by "through" or "switch" by the guy guarding the ball handler
8. "Help" if beat off the dribble

HOW TO CREATE COMMUNICATION

- A. Every drill should have expected communication
- B. When passing the ball in drills yell the name of the player
- C. Person receiving the pass should yell the name of the name of the passer
- D. Design drills just for communication-**

DEFENSIVE DRILLS

1. 4 on 4 shell

- A. Middle and point
- B. Jam cuts
- C. Jump to the ball
- D. Communication
- E. Down screen double screen

2. 3 cut drill

- A. Jam cuts
- B. Stop drive
- C. Communication

3. 6 on 4 rotation

- A. 4. 5 on 4 plus 1
- 5. 1 on 1 from top
- 6. 1 on 1 from side
- 7. 1 on 1 in post
- 8. 1 on 1 - 2 dribbles
- 9. Team stance drills
- 1. Zig Zags
- 2. Full court 1 on 1
- 3. Full court 2 on 1
- 4. 3 on 3 drive
- 5. Deny flash
- 6. Help and recover
- 7. Deny the wing
- 8. 3 on 3 checking out
- 9. 1 on 1 checking out
- 10. Post help and recover

11. Wing help and recover

Coaching Vocabulary

1. “Jump to the ball”
2. “Middle and point”
3. “Up the line on the line”
4. “Pay the toll”
5. “Sink and fill”
6. “While the ball, airtime”
7. “Stance”
8. “Small gaps”
9. “Go get it”
10. “Jam the cut”
11. “Stay down”
12. “Turn him”
13. “Foot fake”
14. “Scratch and recover”

OFFENSIVE FUNDEMENTALS

1. TWO PRIORITES

- A. The very first priority of basketball that supersedes every other aspect in the game is making sure we get a great shot at the basket every possession.
- B. The second priority will be to **control tempo**. The speed of the game must be at a pace we want it to be.

Offensive concepts in the half court setting will vary slightly from year to year depending on size, ability quickness, and speed. Our philosophy will be to develop an offensive attack that will give us the best chance of winning sectionals. A transition break into a swing offense will be a constant every year and in every level of the program.

Different sets and patterns will be used according to the coach's assessment of what would be best for the team to succeed. There are main principles that whatever offense is ran or what tempo is maintained must be taught and demanded every year. One constant in my program through all the grade levels will be the transition break. This allows us the opportunity for easy baskets, and allows us to control the tempo of the game. The four around one offensive break will be taught in each level of our program. This will let the varsity program maintain its progression each year by building on prior knowledge along with providing a structure for the entire program to follow.

***See attached playbook for a list of patterns and sets**

I.

II. Priorities

1. Shot Selection – What is a good shot?

A. Area

1. Our offense is designed to get shots in the highest percentage area,
 - a. 0- 6 feet power area,
 - b. 6 – 18 feet mid range,1
 - c. 8 – 22 outside.

B. Player

1. Must know your 60% shooting area
2. Must prove in practice at game speed

C. Defense

1. If a hand is in your face you should not be taking a shot, unless it is a power shot

D. Triple Threat

1. Every time
2. The ball is never put over your head

2. Catch and Look

A. Look at the rim every time you catch the ball

B. Make your teammates better by knowing where they are on the floor

C. Stop turnovers before they start by attacking pressure with fundamentals

3. Fakes

A. Pass -- Fake a pass to make a pass

1. Relieves pressure
2. Moves the Defense

B. Head Fake or shot Fake

1. Relieves pressure
2. Gets our team to the free throw line