



Pivoting

Pivoting is one of the most important basic basketball skills a player must master. A player can use pivots to get away from defenders, to look in a different directions, to square up to the basket, and to improve a passing or driving lane.

Once a pivot foot is established, it may not be changed. A player must visualize that their pivot foot is stuck to the ground, until they dribble or pass the ball. When a player catches the ball or stops dribbling the ball, the first foot to hit the floor is the pivot foot. Therefore, it is a good idea to have a player come to a **jump stop** on two feet, so that their pivot foot is not pre-determined. Once this occurs it is up to that player to choose a pivot foot based on the situation they are in.

FRONT PIVOT

In the front pivot a player turns forward while pivoting on one foot. That player does not lose sight of the basket and remains in a triple threat position throughout the movement.

REVERSE PIVOT

In the reverse pivot the player turns their back, away from where they were. So in essence they are actually losing distance from where they were initially. Again the player must remain in a triple threat stance so that they protect the ball.

Emphasize the following:

- Stay low
- Pivot quickly and aggressively
- Lead with elbows
- Stay in triple threat

Drills

1) Have players in several lines on the baseline in a triple threat stance. On the sound of the whistle, or on the cue from the coach, player takes two dribbles, comes to a jump stop, then front pivots all the way around until they are facing the same way they began. Player gets back into triple threat position, and waits for the cue of coach.

Have players perform front and reverse pivots

- 2) **Dribble Pivot Pass** – see section on Triple Threat
- 3) **X Lay Ups** – see section on lay ups
- 4) **Ball Spin lay ups** – see section on lay ups

Defense

The wonderful thing about defense is that any player can be a good, solid defensive player. Some kids won't be able shoot or dribble and they may feel discouraged about this, but every player on your team has the opportunity to be a contributor on the defensive end.

Defense is a choice and players must understand this; either you want to work hard and play defense or you don't. There is some technique to becoming a good defensive player, but more important than learning technique, is learning to consistently work hard.

It is important that you explain to your players that if they want to contribute to your team, they must play defense. **Everybody can play defense!**

The first aspect of defense that we must teach our players is how to get into a defensive STANCE. Players must become very familiar with this position as they will be in this position for almost the entire defensive possession.

Younger players should just be concerned with keeping their check in front of them. It is important to introduce the techniques but don't spend too much time on perfecting stance or slide techniques. With advanced players, teach the concepts and have you player practise these concepts.

Defensive Stance technique:

- Feet a little wider than two-times shoulder width
- Player on the balls of feet
- Legs are bent-flexed at knees
- Back is straight with buttocks out and chin up
- Head over mid line of body
- Arms are extended out to side
- Hands are above elbow and below shoulder
- Must be balanced
- "BUTT DOWN, HANDS UP"

When guarding the dribbler the following points should be followed

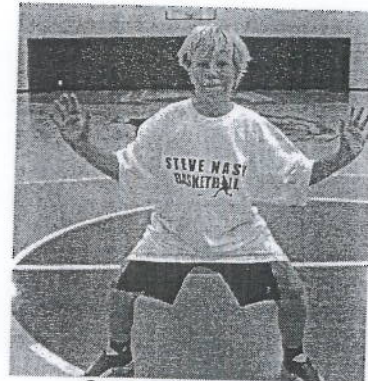
- Get low and be ready to move in any direction
- Stay at least one arm's length away from check
- Keep eyes on the mid-section of player

When guarding a player within scoring range, one hand of the defender must be up at all times to discourage a shot. Key word "HANDS"

When guarding a player without the ball the defender must do the following:

- Be between their check and the ball
- Be in a STANCE
- Point to the ball and to their man
- Be below the ball so that they can see ball and their man

Advanced - When player moves with the dribbler they must perform a slide to remain in their stance.



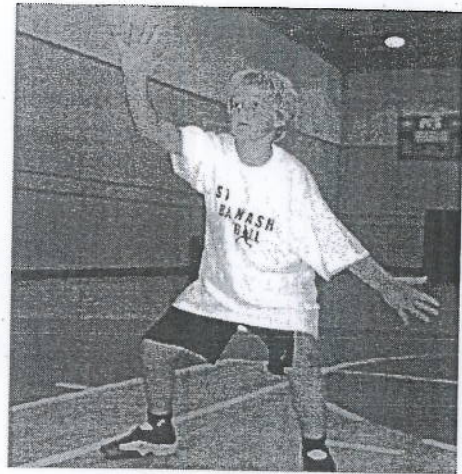
Stance, front view



Stance, side view

These are the **SLIDING GUIDELINES**:

- Point toe in direction of slide
- Push off the back leg and reach with the front leg. This is an extremely important movement. Make sure the feet do not come together or cross-maintain a wide base. "PUSH AND REACH"
- As player slides, make sure they do not bob up and down. The level of their head must remain constant. Even tell them to drag their back leg. Use analogy of being in a room with a 3 foot ceiling. If they bob up and down, they will hit their head on the ceiling.
- When a player is sliding have the lead hand up in a passing lane and the trailing hand down to discourage a cross over
- If a player wishes to change direction while guarding the ball, that player must perform a "drop step" in which the trail leg is dropped back to a 45 degree angle while the lead foot is used to push off into the new direction



Guarding a player in scoring range

To initially teach stance, scatter the players around the court and explain the technique involved in stance.

You should use verbal and visual commands as they perform the movements.

Once they understand the STANCE position, use the:

1) Military Drill to convey how hard players must work to be a good defensive player.

On your command of "stance!"; everybody slaps the floor and yells "stance". This is a good time to walk around to kids and give them a light nudge to make sure they are balanced. Keep kids in the stance for 30-60 seconds at most.

After a minute rest call out stance again. This time call "choppers". On this command, the players are to run on the spot (foot fire) remaining in their stance.

Give them a small rest.

Then call out "stance" and soon after "choppers". This time explain to them that on your hand signals, they must perform the required movement. Here are the following movements:

- If coach points left, kids hop towards the left and back again (choppers are still going)
- If coach points right, kids hop to the right and back again (choppers always going)
- If coach point up, kids jump up with a hand in the air and yell "shot"-this simulates a shot challenge
- If coach points down, kids jump on floor and back to their feet. The verbal here is "ball"

This drill encourages kids to become familiar with the concept of a defensive stance, hard work and gets them to be vocal-the louder the better.

2) Keeping the kids in this alignment you can now teach them how to slide. Follow the *sliding* guidelines as suggested above. When teaching slides, have the kids, slide 3 times slowly in one direction then 3 times slowly in the opposite direction. Go slowly at first and increase pace as they become more comfortable.

Also teach the concept of the **drop step** in this formation. Get them to slide 3 times on a 45 degree angle, drop step and slide the other way.

3) FULL COURT SLIDES

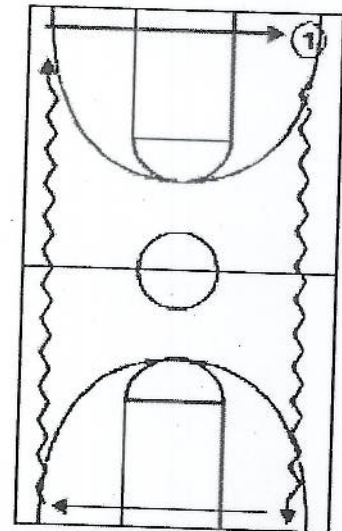
Players start in a line on a corner of the floor. They begin by performing defensive slides up the sideline. When they reach half court, they jog across the court to the other side and do slides coming back down that side line.

As they become more comfortable, get them to go progressively faster.

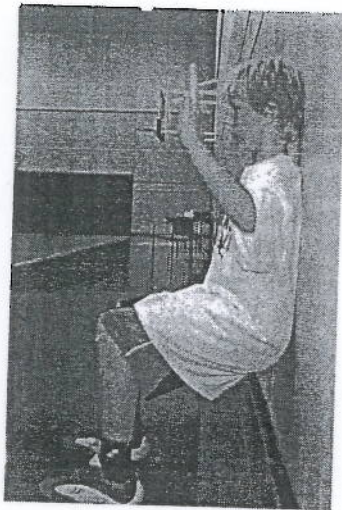
Key words "Push, reach, kick, low, quick, point toe"

4) KEY SLIDES

Have player start on one side of key. Give them 30 seconds to slide back and forth across key, as many times as possible. Make sure they keep the correct form.



Full court slides



Wall sit

5) WALL SITS

To demonstrate how low players must be in their defensive stance, have them do several sets of "wall sits". Players must find a spot against the wall, and on your command, sit against the wall with thighs parallel to the floor. Hands are at shoulder height. Hold for 30 sec.

6) ZIG ZAG DRILL

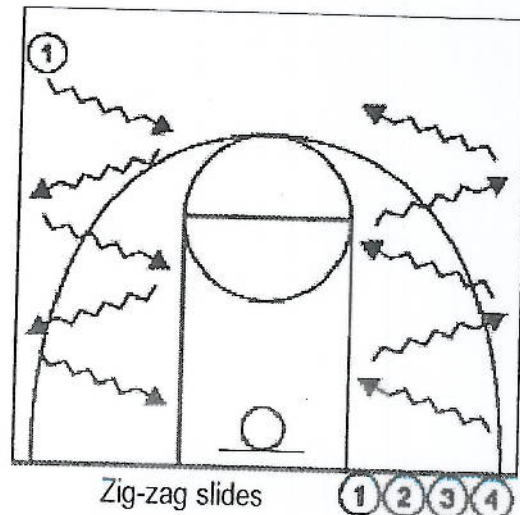
Players line up on one end of floor. Player gets into a defensive stance and performs 4 slide steps in one direction (a 45 degree angle), then drops the trail leg and performs 4 slide steps in the opposite direction. Existing lines on the court may be used as boundaries. The players continue to slide in a zig zag pattern the length of the floor.

Advanced – Encourage older players to reach as far as possible- "try to reach further with every step".

7) PARTNER ZIG ZAG DRILL – ADVANCED

Same as above except there is now an offensive player who guides the defender. As players become better at this drill, they can increase the speed and intensity at which it is performed.

When you feel that your players understand the concepts involved, they may play "live" out of this situation.



Zig-zag slides



One on One Play

Although your players are young it is a good idea to introduce one on one concepts as these skills translate directly into game situations. This is because all offensive sets sometimes end off in a one on one situation.

The first thing a player must do when they catch a basketball, as mentioned earlier, is to *square up to the basket* while remaining in a *triple threat position*. From this position a player can now make a read as to what their offensive options are, based on how the defense is playing them. A player should always try to get to the hoop in the quickest way possible taking the shortest route to the hoop.

Here are the offensive player's options:

- 1) A player's first look offensively after they are squared up to the basket, is for their own shot. Sometimes the defense may back off the offensive player, giving that player room to shoot. This is a good time for a shot if that player is comfortable with shooting from that range.
- 2) If a shot is not immediately available, the next look for an offensive player is at the defender's feet. It is always a good idea to get kids to look at the defender's feet. The foot that is closest to them (the top foot) is the foot they will be looking to attack.
- 3) If the defender is playing up close and aggressively on the offensive player then it will be easier for the offensive player to drive by the defender and go to the hoop.

Faking

Kids can be taught several fakes that can be used to confuse defenders. These fakes are used set up a player's next offensive movement. A player can not pre-determine their next move, but they must react and take what the defense gives them, as the defense is always giving them something.

JAB FAKE

A jab fake is used to try and get a reaction from the defender. A jab step is a short quick step at the defender or in the direction the offensive player intends to go. The defender's reaction, determines how the offensive player will proceed. For example if a jab step is made and there is no reaction on the defender's part, then the offensive player should continue going in that direction. If the defender goes for the fake the fake, then the offensive player must go the other direction that has now become open. If the defender retreats, giving enough room for the offensive player to shoot, then a shot is taken.

It's all about reading what the defense gives you.

SHOT FAKE

A good shot fake is very effective, but most young players are too quick with their shot fakes or have shot fakes that aren't realistic. Either they are looking at the ground, or they don't bring the ball high enough to make their fake realistic. A Good shot fake should be half of a player's shot. The player should remain low, bending the knees, and bringing the ball up at the same time while keeping their eye's on the basket.

If upon giving a shot fake the defense does not respond, that player should shoot the ball, if they are inside shooting range. If the defender does react, then the offensive player should drive to the basket or to a position closer to the basket and away from the defense.



Key to good fakes:

- Keep your fakes believable
- Always start from the same position-triple threat
- Don't give away what you are going to do with your eyes (eyes are very important)

TEACHING FAKES

Have players on the baseline in lines of two or three. Players start in triple threat position. On Coach's cue, player's execute jab step, take two dribbles and come to jump stop in triple threat again. Continue this several times up and down floor.

Then have the player's in the same alinement and have them do shot fakes. This is a good way to teach as other skills such as jump stops, and triple threat position are also being worked on.

1) PIG IN MIDDLE- SEE PASSING (see page 39)

2) BEAT THE PRO

Have players imagine that they are playing a "pro" of their choice. Playing imaginary one on one is an excellent way for player at any level to work on skills.

Players spins balls to themselves, catches ball, squares up and performs fakes into a shot. If the player makes a shot they get 1pt. Conversely, if he misses the "pro" gets 1 pt. The game is played to 5pts.

3) ONE ON ONE

Have players partner up and go to a basket. Play quick games of one on one to a score of two baskets. It is a good idea to sometimes place restrictions on their play such as: being only allowed to dribble 4 times or you have to have 2 fakes before you are allowed to shoot. Always encourage kids to rotate partners.

4) ONE ON ONE FROM DIFFERENT SPOTS

Have players start from different spots on the court. From the top of key, from the wing positions, from center court or from the other end of the floor. It is a good idea to give players some variety.

5) FULL COURT ONE ON ONE – ADVANCED

Have players start in the same alignment as in the Zig Zag drill. Players play "passive" defense as they zig zag to half court. At half court the players play live one on one until there is a score or the defense gets the rebound.

6) ONE ON ONE LADDER

Have the names of players written on small pieces of paper. Then tape these names on a wall in the shape of a pyramid. With one person up top, two people in the second row, three in the third row and so on. Players challenge each other, trying to move into the top spot. If a player beats a player above them, their names change positions.

Rebounding

The focus of rebounding for young players should be on creating a want for the basketball. As a coach you must place great value on the basketball, and on having possession of the ball. Any player, regardless of their size can be an effective rebounder, and it is important for kids to understand this. Rebounding, much like defense is a choice. A player either wants to be a good rebounder or they do not. There are some technical points that should be covered, but above all, an importance and a desire for the ball must be established.

Rebounding is so important because more rebounds equal more shots for your team, and if you get more shots you have more of a chance to win. Defensively, if your team cannot secure a rebound, the only way your team will gain possession of the ball, is after a score.

To teach the concept of rebounding, follow these concepts

- 1) The first thing to do when a shot is taken, is not to follow the ball but to *find your man*.
- 2) Next, you must go and *make contact* with your man, with either a hand or a forearm.
- 3) Now you must turn and "*Boxout*" your man: getting your elbows up, your butt down and legs flexed. Contact must be maintained with your check.
- 4) Finally, *go and get* the ball with *2 hands and 2 feet*. 2 hands secure the ball and 2 feet hit the ground in a wide, balanced stance
- 5) Come down with the ball *chinned*, and held tightly in hands with elbows out and ball below chin
- 6) 3 out of 4 shots rebound on the other side of the basket from where the shot is taken



Chinning the ball

To teach the *Boxout* use the following drills:

1) BACK TO BACK BOX OUTS

Have players stand back to back, and on the coach's cue they must get low, legs wide, butt down, elbows up and push against each other.

You use the center court line as a marker. Have each player start on either side of the line, back to back, and on coach's command, players try to push each other as far as possible.

2) CIRCLE BOX OUTS

Have players get a partner and line up around one of the three circles on the court. Have them face each other, with one person on the inside of the circle (defender) and the other on the outside (offensive player).

Place a ball in the middle of the circle. On coach's cue, the player on the outside tries to get the basketball, while the player on the inside, turns and boxes out, preventing the offensive player from getting the ball. After three seconds the "rebounder" may get the ball. Have them switch roles after a few tries.

3) BANGS

Have each player get a ball. Have them standing against the wall. On coach's cue they put the ball above their head, keeping it there, gripped tightly between their hands and bang the ball against the wall at the top of each jump. Have them jump for ten seconds and then rest. Repeat a few times.

4) WALL TAPS

Have player with ball against wall. Player must tap ball off wall ten times in a row. For each tap the player must have their feet in the air. First try the taps with two hands, then single hands. Try to get ten in a row.

5) "BIG BOARDS"

Have players in one straight line, just inside the foul line. Coach throws ball off back board, player must jump up, get ball with two hands, chin ball, land on floor with a wide 2 foot base and yell "BALL".

6) REBOUNDING TO ONE ON ONE

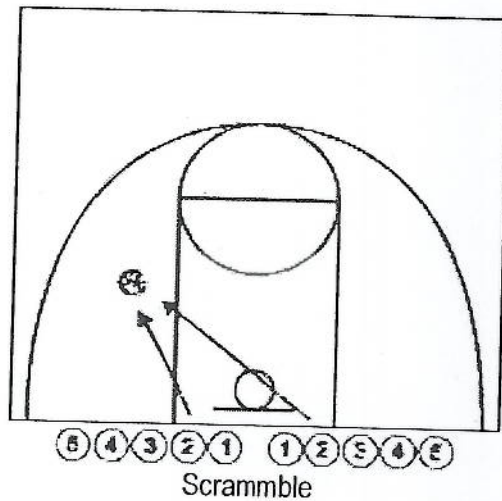
Divide players into two separate lines, from each line just inside the free throw line at the corners of the key. These two separate lines form two different teams. The player, at the front of each line are up first. Coach shoots the ball, missing on purpose so there is a rebound. The two players compete to get the rebound. The player who gets the rebound tries to score while the other player attempts to prevent the score. Only one shot is allowed. The teams compete to a score of five.

7) SCRAMBLE

Players are split into two teams and are assigned a number. On team A there will be a 1, 2, 3, 4, 5 and on team B there is a 1, 2, 3, 4. Teams are situated along the baseline, one team on either side of the split line. Coach has a ball at the top of the key. Coach throws ball into the air. Coach then calls a number or a series of numbers depending on how many players he wants to compete. If coach calls "one", both number 1's run and try and get to the ball first. Once possession is gained, the offensive player attempts to score while the other player without the ball plays defense.

If coach calls "one, two, three" all six players run out and try to get the ball. The game then becomes three on three.

Play to a score of 5pts. This drill is great for developing desire in kids, as most kids will really want to gain control of the ball so they have a chance to score.



Cutting

-Getting Open

For any offensive system to work, even on the most basic of levels, players must have a general concept of how to get away from their defender to get themselves open to receive a pass.

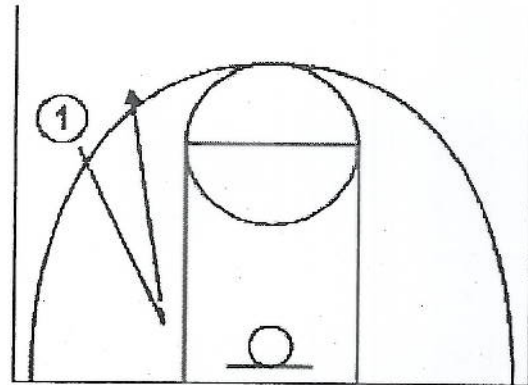
As a general rule for getting open, players should initially go away from where they want to catch the ball. For example if a player wishes to catch the ball on the wing, that player should make a quick cut towards the hoop and back out:

There are two techniques which we will cover that will enable a player to get open to receive a pass. On all cuts it is a good idea to change pace. A player may begin a cut slowly and accelerate, or may go fast to slow.

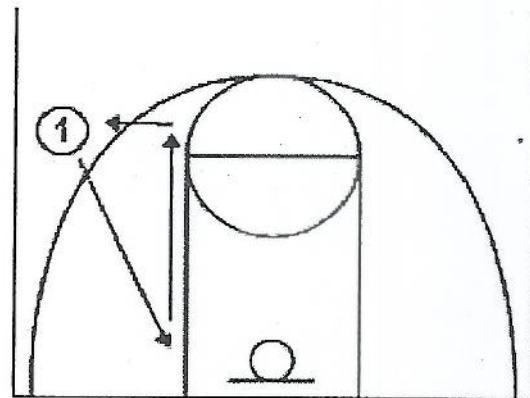
1) The V-Cut – is a quick series of two cuts that enables the offensive player to get open.

Player begins on wing and cuts back, towards the hoop. When player reaches the block, he “pops” back out to the wing, with his target hand up, looking for the pass. On the catch it is important that he squares up immediately, on the inside foot.

2) The L-Cut – The Player begins on the wing, cuts down to the basket, cuts straight up along the side of the key and he gets to the free throw line, pops perpendicularly out to the side of the court. As soon as the ball is caught the player must square up to the basket. It is a good idea to change pace on all three cutting movements.



V-Cut



L-Cut

Drills

1) HAVE PLAYERS GET INTO TWO LINES: ONE AT THE TOP OF KEY AND ONE ON WING.

The player on the wing performs a cut, catches the ball and either goes in for lay-up or takes a shot (if they are within their shooting range).

Use both the V-cut and L-cut.

2) 1 ON 1 FROM WING

Same as above except there is now a defender on the cutter who is trying to prevent him from catching the ball. The offensive player will have to be more exact with their cuts if they are to catch the ball. Have the defense begin by playing half speed and then progress to a full competitive level.

Fast Break Offense

When teaching transition offense or fast break basketball, what we are really trying to do is to get our young players, running, and passing the basketball, and making decisions at a faster pace in the full court.

To get kids running, passing and communicating try the following drills:

- 1) **Partner Passing on the Move** (see *Passing*, page 39)
- 2) **Three man passing on the Move** (see *Passing*, page 39)
- 3) **Three man Weave** (see *Passing Advanced*, page 40)

4) 2 ON 0 BUST OUT – ADVANCED

Players are divided into two lines. One line is below the basket with ball (1), the other line is at the foul line extended in the outlet position without balls (2). (2) at the foul line extended yells "OUTLET," and upon hearing this, the player underneath the basket (1) throws a pass to the outlet. (1) then follows the pass and runs in the outside lane down towards the other end of the floor. (2) catches ball with a jump stop, turns and dribbles down the middle of the floor. When (2) gets to the opposite free throw line, he jump stops and throws a pass to (1) who is running in the outside lane. This player gives a target for the passer and performs a lay up. They then switch roles and come back down the other side.

You may want to place a cone on the side lines to reinforce the concept of running wide. Players must run outside the cones.

5) 2 ON 0 FAST BREAK – ADVANCED

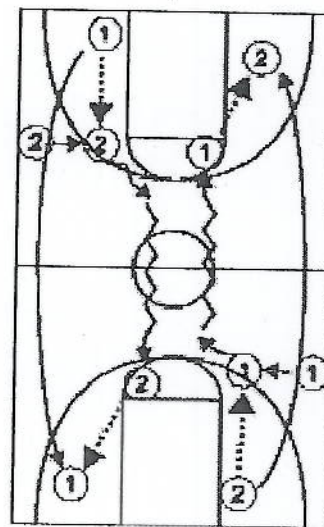
Similar to 2 on 0 Bust Out. Players are divided into 2 lines. One line is underneath the basket with balls (rebound line), the other line is "foul line extended" (outlet line). The drill begins with a "rebounder" (1) throwing the ball off the back board, jumping up and securing the ball with 2 hands. Once the ball is secured by chinning the ball, that player yells "BALL".

Upon hearing the verbal "BALL," the outlet (2) yells "OUTLET." The rebounder then passes to the outlet who is coming to meet the pass. (2) catches the ball with a jump stop, turns and dribbles with the eyes up, down the middle of the floor. Rebounder now runs in the outside lane along the side line, towards the other end of the floor.

When the outlet reaches the opposite free throw line, he jump stops and throws a pass to the rebounder who is cutting on a 45 degree angle towards the basket and giving a target hand to the passer.

Rebounder catches the ball and executes a lay-up. The players then switch roles and come back down the other side.

After lay-ups they can work on jump shots.



2 on 0 Bust Out



This drill works on the following fundamentals:

- Rebounding-2 hand, 2 feet, chinning the ball
- Pivoting
- Passing
- Jump-stops
- Dribbling
- Lay-ups
- Communicating

Try to have player not just going through the motions when they are doing this drill, as there are many areas which can be worked on

6) 3 MAN WEAVE TO 2 ON 1 – ADVANCED

Players executes the 3 man weave down the court and makes a lay up. The player who shoots the lay up, must sprint back on defense to the other end of the floor. The two remaining players who did not shoot, throw the ball in bounds and attack the defensive player in a 2 on 1 situation.

OPTIONS FOR PLAYER DRIBBLING BALL:

- 1) if the defender stops the dribbler, the dribbler should pass to the open teammate.
- 2) If the defender does not get in the path of the dribbler, the dribbler may want to go all the way to the hoop.

7) 3 ON 1 FAST BREAK

Players are in 3 lines on the baseline. There is one defender at the opposite end of the floor. Balls are in the middle line, players in the outside lanes do not have basketballs. Player in the middle bring ball up floor, with the other two players running wide. Depending on what the defender does, the offense must react. It is the job of the ball handler to make the correct decision and pass to the open player.

Offensive Concepts

When teaching young kids offense, some of the most important concepts to remember are that of patience and spacing. When players get the ball, they sometimes become panicked. When this happens, their initial instinct is to do something without thinking. It is important that they slow down, not become over anxious and take the time to make their decisions.

As for spacing, everybody usually wants to be close to the ball. If players are left to figure this concept on their own it will be 10 players within 2 feet of one basketball. This leaves little or no room for that player with the ball to do much of anything. It is important that players are instructed to space out, which will give them room to operate. It is a good idea to use the 3 pt line as a reference point. For example you may want to say to them "If you're confused or don't know what to do, space out to the 3 pt line".

There are several other "rules" that may be followed depending on the skill level of your athletes:

- After every pass a player makes, they must cut or move
- Have the offense make a certain number of passes before a shot can be taken
- Have players play 2 on 2 or 3 on 3 when learning these concepts- 5 on 5 is sometimes too chaotic
- When a player dribbles towards you, you must cut or get out of the way
- Use the cut the defense gives you
- Always have 15 foot spacing

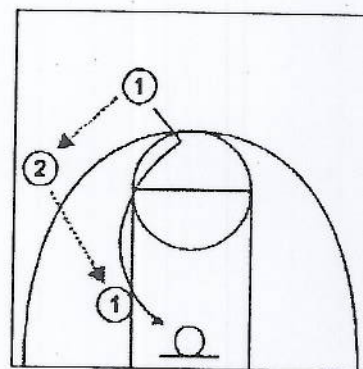
1) GIVE AND GO CUT (2 ON 0)

Have players in 2 lines, one at the top and one on the wing. The line at the top will have basketballs. The top line(1) begins by passing the ball to the wing(2). After the pass has been made, this player then runs towards the basket, gives a target hand and receives the pass back from the wing.

On the catch that player then makes a lay-up.

Can also do this drill to shoot.

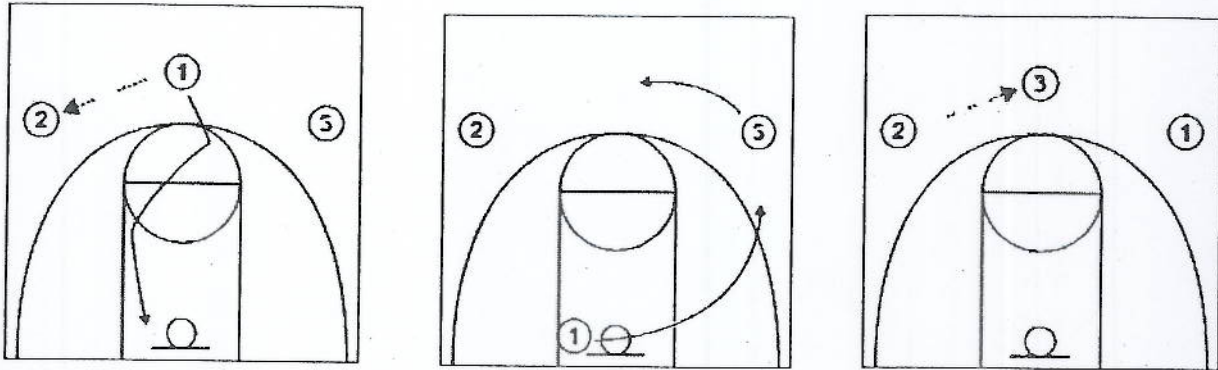
You could also start the drill with the top line being at half court. This line then must take 3 or 4 dribbles, make a pass to the wing and cut to the basket.



Give and go cut

2) 3 ON 0

Have 3 players on offense situated with one at the top and one on the two wings. We want to teach basic movement of the offense which is cut and replace. This is a very simple offense which kids will be able to grasp. The rule here is that one of the 3 spots must always be filled (the spots being one at the top(1) and one on either wing(2 and 3)). From the top, player 1 can pass to the wing (2). When a pass is made (1) must move, so this player can either cut to the basket or exchange away. If one cuts to the basket, (3) must replace him at the top. (1) then rotates out to the wing. When this happens the spots must be refilled, so players must rotate.



3) 3 ON 3

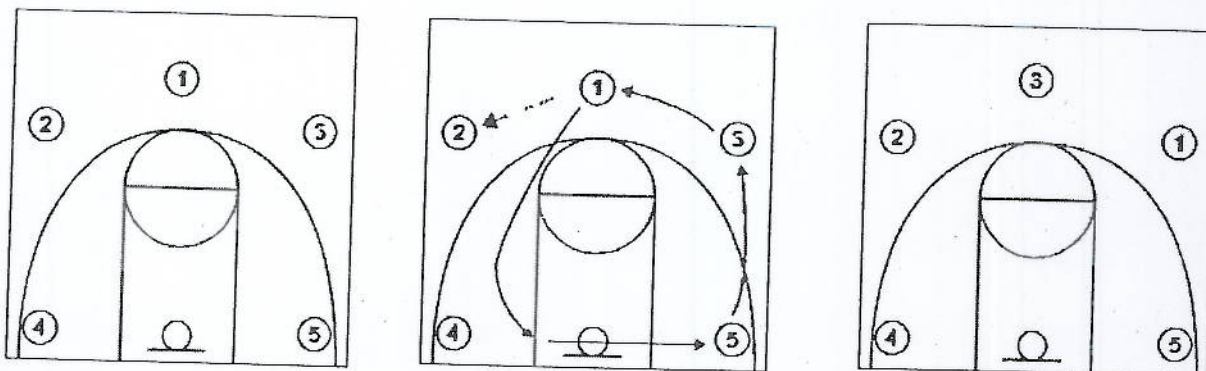
Playing 3 on 3 is good because there is less congestion, and therefore less confusion for the players. Follow the motion rules listed above. It is sometimes good to have the players make a minimum number of passes before a shot is taken. It is also a good idea to designate one player who will be the shooter as the offense will work hard to try and get that player a shot. Don't let the defense know who this is going to be.

You may also want to play without dribbling. This will force the offense to make good cuts, not stand still and use each other to score baskets.

4) 3 ON 3 NO DRIBBLE –ADVANCED

Playing 3 on 3 with *no dribble* is an excellent way to get players to play together. If players want to score, they must grasp the concepts of effective passing and cutting. Sharp, crisp cuts and precise passes produce scoring opportunities for teammates.

Play 3 on 3 in the half court and full court.



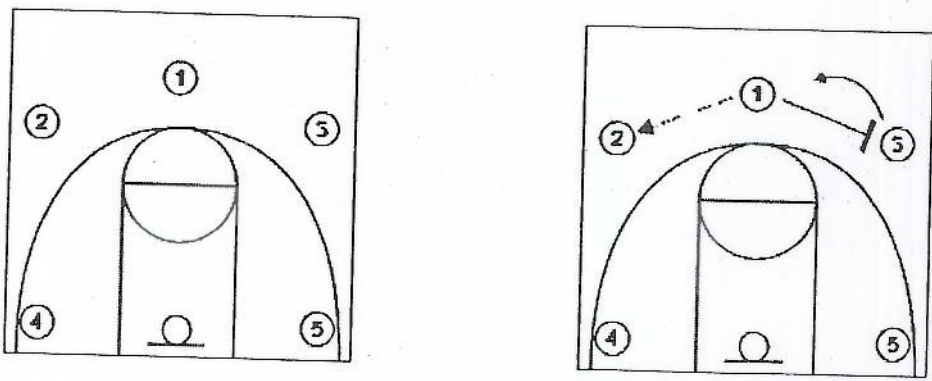
5) 5 MAN SETS
1-2-2

Do not be overly concerned with offensive sets. It is important that we allow children to be creative and to play, which means having fun. This is a simple offense to use because players are spaced and there is plenty of room for them to make their cuts, pass to open teammates and look for one on one opportunities. Instead of the 3 open spots that existed in 3 on 3, there are now 5 open spots to be filled which are labeled 1-5.

After a player makes a pass, he must make a cut to the basket, or exchange with a teammate. After this movement is made the other players must rotate to open spots.

When the pass is made from 1 to 2, 1 cuts to the basket looking for the ball. If one is open he receives a pass from 2. If not, then 1 continues through and spaces out on the opposite side. 5 and 3 will then rotate up to fill the open spots.

Using this same alignment you can teach **advanced** kids to either ball cut as above or screen away on a pass. This now gives the player one more option and should be left up to them as to when either a ball cut or screen is executed. All of the spots still must be filled by rotating. For example, if 1 passes to 2, then screens away or simply exchanges for 3 all the spots are filled if all players rotate.



Sweeping-Advanced

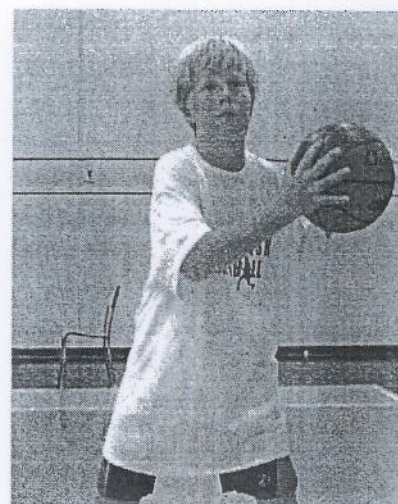
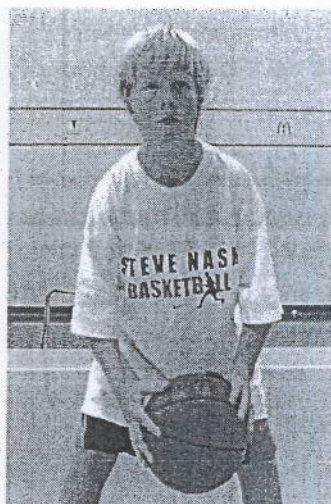
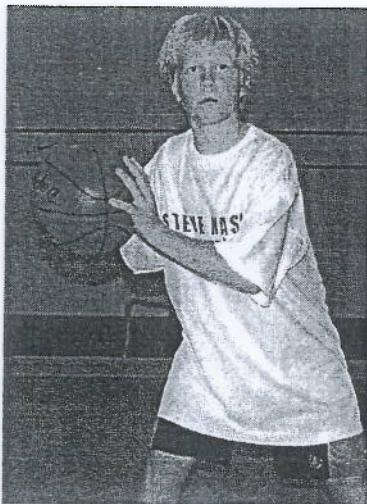
Sweeping the basketball is a concept that should be reserved for older players. Sweeping is used for a number of reasons:

- To create space for a player with the ball-this is so the player is able to see the action
- To square up to the basket aggressively
- To go by the defender in an aggressive fashion

Keys to sweeping the basketball:

- "Rip" the ball from one side of your body to the other
- start with the ball in the triple threat position, move it quickly and aggressively across your body, leading with the elbows
- keep the ball just below the knee caps and tight to the body
- When sweeping to go in a particular direction-as the ball comes over top of the leg you wish to step with, that leg must go forward so that the ball and the leg move at the same time. "Step and sweep" go together.

Key words-"Step, Sweep, Rip"



Drills

1) Have players spread out on floor and practice sweeping the ball while they are stationary. Have them take the ball from one side of their body and "rip" it to the other side of their body. Follow the correct sweeping technique on each repetition. Then have them progress to sweeping, then taking one dribble and coming to a jump stop.

2) DRIBBLE PIVOT PASS-SEE TRIPLE THREAT

This is an excellent drill to work on a number of basketball fundamentals. Incorporate the sweep in this drill as the player makes his move to drive the ball-ie. at the end of the sweep, the player goes somewhere with the ball



chapter 22 • SWEEPING



3) V-CUT TO SWEEP TO LAY-UP

Have players in two lines-one on wing and one at top of key. Player on wing performs either a V-cut or an L-cut, catches the ball, sweeps the ball and goes in for a lay-up.

Can also have player sweep to a jump shot.

Switch sides.

4)V-CUT TO SWEEP TO PRO-HOP LAY-UP-ADVANCED

Same drill as above except player comes to a jump stop at the end of the dribble before the lay-up is shot. This is called a "pro-hop" and is used because it gives it allows the player to collect themselves in a stable position before they go up for the lay-up.

Team Defense-Advanced

Team defense means that everybody on the floor is working together to prevent the other team from scoring. It is not just the player who is guarding the basketball that is responsible for stopping that player from scoring; it is all 5 defenders. These defenders work as a cohesive unit, providing support for teammates wherever needed. Nowhere else in the game of basketball is communication as important as on the defensive end.

When teaching the concept of team defense to *younger* players, the most important concept that they need to grasp is that of seeing the *ball*, regardless of its position on the floor.

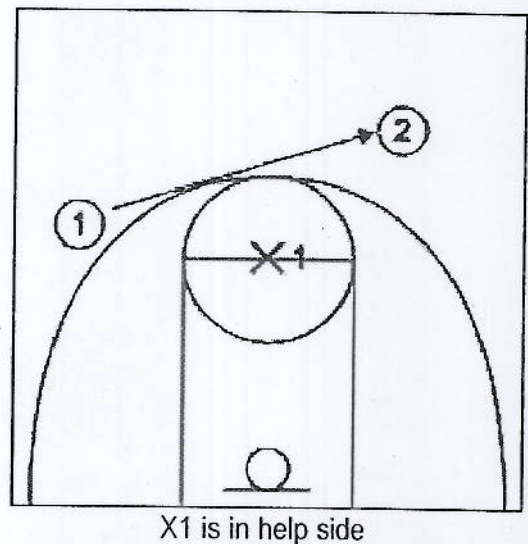
For example, if a player's check is on the side of the floor opposite to the ball, they must be able to not only see their man, but the ball as well. So that if their teammate gets beat off the dribble, the off the ball defender can be there to help.

Therefore, the "help side defender" as he is called, must be in a **Man-You-Ball relationship**. This means that the defender is between the man he is guarding and the ball. He is also able to see both. He is in a position called a **Pistol Stance**, in which he has both fingers pointing: one at his check and one at the ball. If a player is in this stance, that player will be aware of where the ball is and where his/her check is.

To see both the ball and defender's check, that defender must be below the **line of the ball**.

The line of the ball is as follows:

- If player 2 has the ball, player 1's defender is a step back of the line of the ball.
- In being a step back of the line of the ball, 1's defender is able to see what 2 is doing.
- If 2 happens to drive the ball to the basket, 1's defender may provide help to stop the dribble.



To teach this concept, have players organized into the 3 positions as above. The defender is responsible for 1, but remains one step below the line of the ball. Have the ball with 2. On coach's cue, 2 drives the ball to the basket, while 1's defender (X1) must stop the ball. If 2 can go all the way to the basket and score a lay-up, he does. If he gets stopped, the drill is completed and new players step in.

This should be all that younger players are capable of handling. At this age, concepts should be kept simple with more emphasis placed on the fundamentals than team concepts.

For older or more advanced players, other defensive concepts and commands can be introduced, but there still should not be a large emphasis on this. Most time should be spent on fundamentals.

Advanced

From this 1 on 2 configuration, we can then move to a 2 on 2 configuration to better illustrate the concepts of being in the correct positions to help teammates. In the following diagram, 1 and 2 are on offense and are being guarded by two defenders (X1 and X2). 1 has the ball, X1 is guarding the ball and must say "Ball". 2 is on the opposite wing and his man is in a help side position and is one step below the line of the ball. His verbal must be "Help!" If the ball is changed to 2 then the player guard 2 says "Ball" while X1 says "Help". If the player guarding the ball gets beat on the drive then the help side must be in position to provide help. When teaching this drill, you must maintain control of the situation by dictating when a pass or a drive occurs. When the concepts of "Ball" and "Help" have been established, we can then move on to the final defensive command—"deny".

TEACHING THE DENY STANCE

The purpose of the denial stance is to not allow the defender's check to catch the ball

When denying the ball on the right hand side of the floor, the defender must have his back to the ball, yet his head must be rotated in such a way that he can see the ball and his check. His right hand is out in the passing lane, discouraging the pass to the wing. His feet are shoulder width apart, and he is "one the line-up the line" see diagram.

To practice the denial stance have players line up on the baseline and on coach's cue, they will slide up to the free throw line and back to baseline, using perfect denial stance sliding technique. Go back and forth several times, or until technique is adequate.

Now have two players on wing. Defender 1 is denying the ball from the offensive player, who is going half speed to start, from the wing down to the block. 1 continues to deny the ball 3 times up and down. The defender's verbal is now "denial".

To progress in this drill, have the offensive player increase the speed at which they make their cut and this in turn will force the defender to go faster and work harder.

2 ON 2

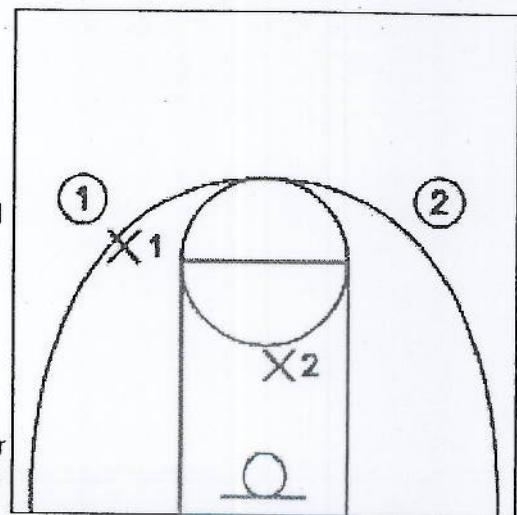
Have 2 players on each wing, 1 on offense and 1 on defense. We can work on all 3 defensive stances in this drill. These stances are "help", "ball", and "deny". The ball begins with the coach at the top of the key.

Rule #1 - if a player is 1 pass away from catching the ball, that player must be denied. If the coach is at the top of the key in the middle of the floor, both defenders must yell "deny, deny, deny".

The coach can then dribble the ball to one side of the floor. The defender on this side will then be in a denial stance and yell "deny" while the defender on the other side of the floor will be in a help stance and yell "help".

Rule #2 - if the defender is guarding a check who is two passes away, he must be in a help side stance.

The coach has the option of dribbling back over to the other side, so that players must change their stance again, or coach can throw the ball to one of the offensive players and they can play 2 on 2.



EMPHASIS SHOULD BE PLACED ON THE FOLLOWING:

- Getting into the proper stance-help, ball, denial
- Talking loud all the time. This is great for kids as it forces them to talk. Talking is important for two reasons.
 1. So they talk to each other to let each know where each other are and what they are doing.
 2. So that they talk to themselves-if players are talking out loud they are usually concentrating.
- Correct denial stance. Correct help stance-Pistols.

3 ON 3

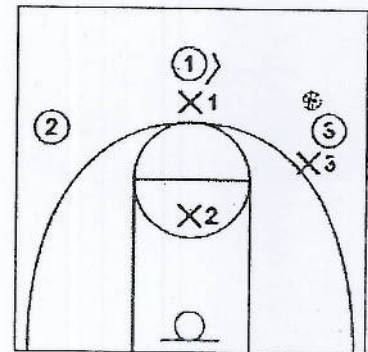
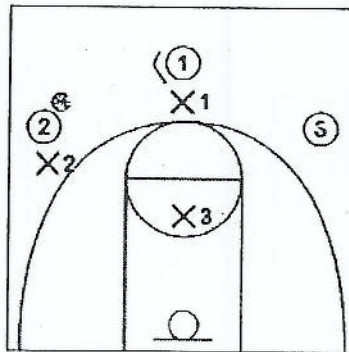
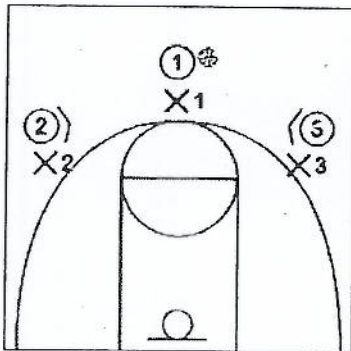
Once players are familiar with all 3 stances (help, deny, and ball), you can then put them into a 3 on 3 situation where they will be able to move quickly from stance to stance.

To begin, have players in the following positions-3 on offense on the perimeter and 3 on defense.

The following rules apply:

- Players may only pass the ball on the coach's cue
- Players must talk the entire time, calling out the stance they are in
- 3 things a player can say-"Ball";"Help";"Deny"
- every time a pass is made all players must rotate to new, correct position
- Remember rule #1 and #2

To simulate a situation where help side may come into play, have the defender guarding 2, slap the floor on coach's cue of "go". This will force the help side defender X3, to provide help, making the situation game like.



4 ON 4 SHELL

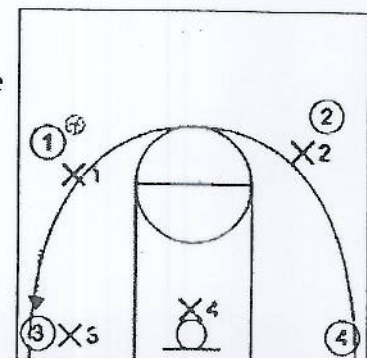
Organize players as follows:

Again, the above rules apply. Players must constantly be talking.

Coach should control the ball movement only allowing players to pass after the defense is set. Before each pass is made, players must be aware of their stance (Ball, Help, or Deny)

After 6 passes, players are allowed to shoot the ball.

Again, it is important to note that concepts are not as important to the child's basketball development as athleticism and fundamental skills are.





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