

# SECTION 11

INDIVIDUAL FUNDAMENTAL  
SKILLS DEVELOPMENT



11



CANADA  
BASKETBALL



# 11.0 INDIVIDUAL FUNDAMENTAL SKILLS DEVELOPMENT

Every athlete develops their skills at their own pace. Players at certain age levels will be able to perform all of the skills and drills at different levels. There will also be players that are younger who are very capable of handling the concepts that are intended for them and more, while there will be other players who will require more time on certain activities in order to grasp the concepts. It is up to you as a coach to distinguish what is enough, what is not enough, and what is too much. All of the skills, drills and methods for teaching these drills are suggestions. You may have your own way of describing a particular activity and your own methods of teaching that may work better for you.

## **11.1 – FUNDAMENTAL MOVEMENTS**

As was mentioned in an earlier section, developing an athlete's physical characteristics is critical in their overall long term development. This is a list of some fundamental movements that need to be developed:

- Athletic stance
- Proper running form – forward and backward
- Starting and stopping
- Change of direction
- Hopping
- Skipping
- Jumping
- Balance
- Pivoting
- Lunging
- Squatting
- Twisting
- Pushing
- Pulling

### **Warm up**

At the beginning of each session, during a proper warm up, is an ideal time to train and develop these fundamental movements.

The purpose of a warm up is to prepare the players to play the game by warming the body and at the same time using the muscles in all of the movement planes that the body requires. It should also be fun. Class time is limited, so don't waste time having kids run laps just to warm up. Proper warm-up should capture student interest while providing extra practice attempts.

The following are a number of fun activities that coaches can use to warm up players. It is important to understand that you would never use all of the activities at one time. Most of these activities can be done with or without a ball. It is best to do them without the ball when the players are first learning. It is also imperative to watch the players to ensure that they are properly performing the skills. Be sure to follow a brief warm-up with stretching the warm muscles, tendons, and ligaments.

These are just a few simple examples and by no means represent an exhaustive list.



### 1. Animal Walks

A fun way to do a warm up which utilizes dynamic stretching is by having the children imitate various animals. This gets them to move in different planes of the body and use different muscles. Little kids will love to add the animal noises. Make the animals move in different directions – forward, backward, left, right, turn in a circle.

Another great idea is to play **transformer**. Have the children start as one animal and transform into another. For example start as a two legged animal and transform into a four legged animal. You will find that children can be very creative. Have them come up with their own ideas.

Some Examples are:

- Horse – Gallop like a horse (skipping action)
- Dog – Walk on hands and feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise it's leg to a pretend tree.
- Deer - Bounding, hold the knee high in the air
- Scorpion – Laying face down take the right leg lift it behind your back to touch your left hand. Switch legs.
- T-Rex – Lunge walk , add some twists
- Stork – Balance on one foot, have them reach down and touch the floor with their hand.
- Kangaroo – Hopping on two feet
- Bear – Walking on the same hand and foot at the same time.
- Spider – Pretend to crawl along the wall, stay low to the floor
- Crab - With your belly facing up move on hands and feet. Work different directions
- Seal – Drag the feet, flippers, by pulling yourself along with your arms
- Frog – Squat down and explode out into a two foot jump
- Inch worm – Start with the hands on the ground and walk out to a push up position. Now walk the feet into the hands. Repeat.
- Duck walk – Walk in a crouched position. Keep the arms in like wings. With older players this is a great way to get them to move low into a shot.
- "Little Sumo" – Spread the legs wide apart. Squat with the back straight and the elbows pushing out on the knees. Keeping pressure pushing outward on the knees start moving forward with little steps.

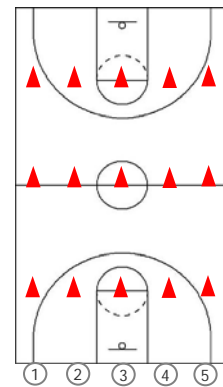
### 2. Change of speed

The purpose here is to teach the children that changing speed is one of the best ways to come under control when approaching defense.

Have them line up on the end line. Instruct them on the different speeds they can move: slow (walk), medium (jog heel toe), fast (run on toes). When they reach the pylon have them change speeds. Be careful of going fast at a wall.

Load the drill:

- Mix up the speeds.
- Come to a complete stop at the pylons; or stutter at the pylons.
- Add basketballs.
- Add defense.

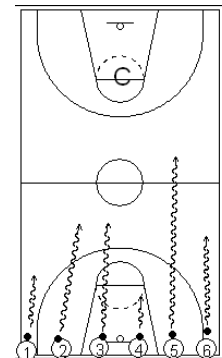


### 3. Red light green light

The players line up on the endline with a ball. One coach (or player if you are by yourself) starts with his/her back to the group at the other end. When the coach says "green light" the players move forward. When he/she calls "red light" the players must freeze. Anyone caught moving must go back to the start. Emphasize changing speed and being under control.

Load the drill:

- Make the players balance on one foot and start moving from one foot.
- Change the type of movement – transform to animal walks; stop in fun positions.





#### 4. Fugitive Tag

Players are paired up according to size and abilities, designating a partner 1 and partner 2 in each pair. Have all partner 1s (the detectives) go to the center of the gym, face the center, and cover their eyes. Partner 2s (the fugitives) “escape” by moving throughout the space with a locomotor movement you choose and trying to avoid their partners. On the command – “Detectives, find your fugitive!” – the detectives open their eyes and then must locate and tag their partner to capture them. Have partners switch roles and repeat an equal number of times. Choose different locomotor movements.

Load the drill:

- Use different locomotor movements including: walking, skipping, galloping, sliding, hopping (one foot), jumping (two feet), leaping, etc.
- Add basketballs.

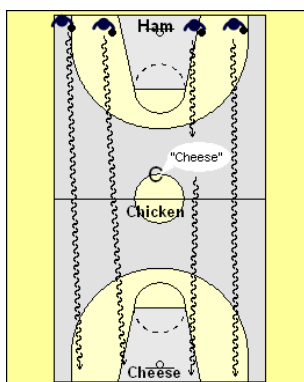
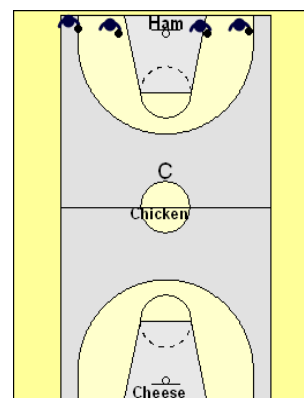
#### 5. Ham, Chicken and Cheese

Start by having the players line up on one baseline. This line is called “ham”. The center line is called “chicken” and the far baseline is called “cheese”.

When the coach calls out “cheese”, the players run as fast as they can to the far baseline.

Have the players work on different movements between the lines:

- Side shuffle
- Carioca
- Run forward/backward
- skipping, hopping, jumping



Have the players stop on the line in a different pose:

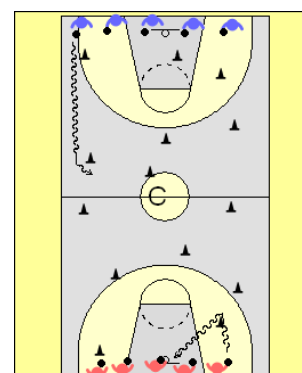
- Triple threat
- Front pivot, back pivot
- One foot balance

The coach may call out “chicken” and then as the players are part way there, call out “ham”. This works on concentration and making quick decisions. It is also beginning to help players learn signals. In basketball, we often call out play that simulates an action.

#### 6. Memory Chain

The group spreads out along the respective baselines. Each player has a ball. The first player must dribble to a pylon and perform some action – at the FUNdamental stage, start with basic movement skills (i.e. jumping jacks, one foot hops, etc); as athletes progress in skills, introduce basketball specific ball-handling skills (i.e. ball around waist, etc). The second person must get to the first pylon, repeat what the first player did, then go to a second pylon, and perform a new task. Each successive player must remember what the players in front performed.

It helps young players to pay attention to detail. In addition, it reminds them when standing on the sideline they still need to pay attention.

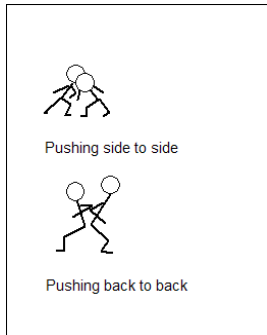




### Starting drills

It is a good idea to start drills with one of these movement patterns. It helps the athletes understand the importance of the movement and places it in its proper context. Many standard drills can be started in fun and creative ways to challenge the athletes. For example, to start 1-on-1 start with a ball tussle.

**Note:** If done properly many athletes will become very fatigued when performing these activities. They will be activating muscles that are seldom used. When the athlete's form breaks it is time to stop. This is when injuries can occur.



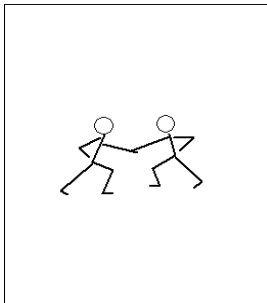
### Pushing

The athlete should be able to legally push using different parts of the body:

- a) With their side - when dribbling, defending, cutting
- b) With their front - setting screens, fronting on defense
- c) Back - sealing, boxing out
- d) Hands - many different situation
- e) Forearm

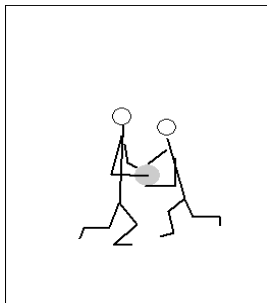
### Drill:

- a) back to back
- b) side to side
- c) front to front



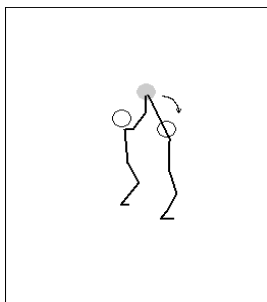
### Push-Pull

Players grasp each others forearms. On a signal they try to push and pull their partner to lose balance (move his /her feet).



### Partner Ball Tussle

Work the core - both players grab the ball and work to twist, pull and push the ball. They give resistance to each other. After going for a designated length of time, switch hand position on the ball.

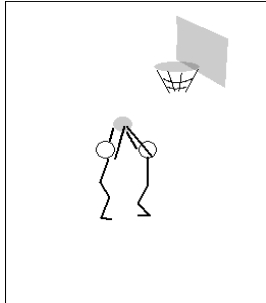


### Gain Possession

Start drills with a ball tussle. If you are playing 1-on-1 start with a rip to get possession of the ball. You can start from a high, medium or low position.

Here the player pull the ball down simulating a rebound. The other player gives guided resistance.

(\* Caution: The person behind should not pull ball hard).

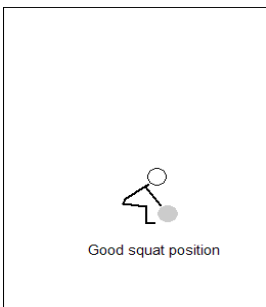


**Gaining possession into another action**

Start the drill by gaining possession. Then have the player perform a game like action.

- a) (Rip - Pass - Run)
- b) (Rip - Run - Pass)
- c) (Rip - Balance - Score - i.e. Mikan)

In this example the player rips the ball down to gain possession and then gains his/her balance and then uses a drop step move to score.

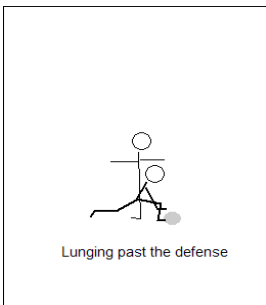


**Squatting**

Proper bending of the joints. Activate the core. Start in a good athletic stance (squat position).

**Ball shooting off the floor**

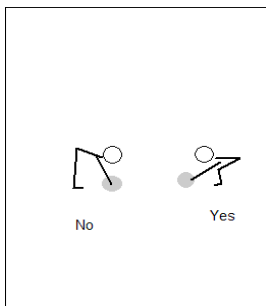
Start with a good squat. Do not lose sight of your toes when bending. The knees should be straight in line with toes. Raise the ball to the head and push.



**Lunging**

Explosive first step on offense and defense

- a) With partner lunge past the defender leading with your shoulder not your chest.
- b) Straight drive
- c) Cross over step

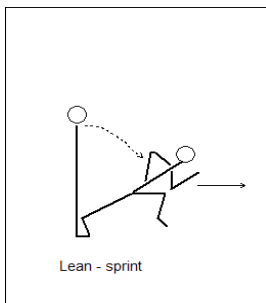


**Bending**

Athletes have to know how to bend and how to pick the ball up properly. Diving on the floor is a type of bending, taking a charge is bending

Combining bending with squatting exercises is a good idea.

Take the ball and use it like a medicine ball. Bend in all different direction. The good morning exercise is a good drill to do. Take the ball from the floor and straighten up to have the ball directly over the head.



**Gait**

Make sure the athletes use the full foot. Many do not push off their toes. Standing still; the athlete rocks from heel to toe. This also helps with balance.

Athletes need to know the difference between jogging and sprinting. You will need to work on arm action and getting up on the toes.

**Forward lean into sprint**

This is a good drill to teach acceleration. The athlete stands straight, leans forward and then sprints out as the toe hits the floor.



## **11.2 – FOOTWORK**

To be effective in basketball, players need to be able to perform a variety of offensive skills. Since footwork makes it possible for players to simultaneously execute skills and move about on the court, it is important that players learn both offensive skills and footwork.

This section will cover the following topics relating to Footwork:

- 11.2.1 - Footwork
- 11.2.2 - Ready Position/ Triple-threat position
- 11.2.3 - Starting Movement
- 11.2.4 - Running
- 11.2.5 - Stopping
- 11.2.6 - Pivoting

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### **11.2.1 - Footwork**

The prerequisites of correct footwork: quickness, balance, agility and technique. Players need:

- Quickness to deceive and beat an opponent.
- Balance to maintain body control.
- Agility to change speed and body position quickly.
- Technique to make optimal use of quickness, balance and agility.

It is recommended that players execute footwork as follows:

- Maintain a balanced position.
- Move along straight lines whenever possible.
- Change direction sharply.
- Execute combinations of footwork patterns and fakes with and without the ball.

When introducing players to the fundamentals of footwork, start without the ball – it distracts beginning players and should be introduced only once players can correctly perform fundamentals without it.

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### **11.2.2 – Ready Position/Triple Threat Position**

#### **Ready Position**

The ready position is a balance stance that provides a strong base and therefore enables players to initiate movement in any direction.

To get into a ready position, emphasize the following:

- Feet shoulder width apart, slightly staggered.
- Weight distributed evenly on balls of both feet.
- Bend ankles, knees and hips.
- Head upright and looking forward, back fairly straight.
- Arms are extended out to side in position to intercept a pass (defense); or in position to receive a pass (offense).
- Must be balanced.

#### **Triple Threat Position**

The Triple Threat Position is an extremely important stance in basketball, as all offensive movements originate from this position. This should be one of the first skills that you teach your players, as it is something they will always have to do.

Whenever players catch the ball on the court within their shooting range, they should face the hoop and get into the *triple threat stance*. This stance allows them to become a threat to attack the defense and move quickly in any direction they choose to go.





In a *triple threat stance*, the offensive player has three movements they can make. From this position, the player can: i) shoot, ii) dribble, or iii) pass.

To get into a Triple Threat position, emphasize the following:

- Feet are shoulder width apart in a stable, balanced position.
- Shooting foot ahead of non-shooting foot in heel-toe relationship.
- Weight is evenly distributed on balls of feet.
- Knees bent, butt down, back slightly flexed.
- Chin over shooting foot.
- Hold ball with dominant hand on back of ball, with finger tips on ball, fingers comfortably spread, wrist bent back.
- Elbow of shooting arm bent to 90 degrees and pointing toward the rim.
- Non-shooting hand on the side of the ball, fingers point upward.
- Ball is held near hip and tight to the body when not preparing to shoot.

#### **Triple Threat Position Drills**

*Starting from the Triple Threat Position* – On the sound of the whistle, players take two dribbles, come to a jump stop and get into a triple threat stance. Once players are still and low in their triple threat stance, blow the whistle again. Proceed in this manner up and down the floor. Players must be balanced – it is a good idea to go around and give players a small nudge to make sure they are balanced.

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#### **11.2.3 - Starting Movement**

It is important to initiate movement with quick, explosive steps. To start effectively, players should:

- Lean in intended direction of movement.
- Push off explosively with back foot, drive lead foot forward.
- Swing arms to increase acceleration.
- Take short steps initially, gradually lengthening them.

#### **Starting Movement Drills**

*Starting from the Offensive Ready Position* - Players assume the offensive ready position. On the whistle, players accelerate, taking five explosive steps, and gradually decelerate to a stationary position. The focus of this drill is on explosiveness, body lean, and arm action.

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#### **11.2.4 – Running**

Players need to be able to run forward, run backward, change pace while running, and change direction while running.

##### **Running Forward**

To run forward, the player runs on the balls of the feet, lifts knees high, and takes long strides forward. The upper body is erect and head is upright. The arms swing rhythmically back and forth, not from side to side. Players can increase their speed by pumping their arms forcefully.

##### **Running Backward**

Players run backward by pumping their arms back and forth and rocking from the ball to the heel of the foot. The backward lean cannot be too pronounced, or players will lose their balance.

#### **Running Drills**

The best drill for running forward/backward is simply running. Encourage players to concentrate on high knee lift, correct foot placement, optimal body lean when going forward, and rhythmic arm swing.





### **Change of Pace Running**

In change-of-pace running, players change their running speed to gain an advantage over an opponent. To change pace, players change either the length of their stride or the frequency with which their feet hit the ground. When changing pace, players need to act convincingly and realistically, keep their balance, and make dynamic changes.

### **Change of Direction Running**

Change-of-direction running is the basis of many offensive and defensive maneuvers. For example, players often need to change from running forward to running backward or vice versa, when coming back on defense.

It is recommended that players change direction as follows:

- Slow down, plant outside foot in the direction opposite that of the new direction.
- Flex knee of the planted leg, and drop the hips to lower the body's center of gravity.
- Push forcefully off the outside foot, and simultaneously take a short, powerful step in the new direction.

#### **Change of Direction Running Drills**

**Relay Races** – Players divide into groups of three or four, and line up at the end line. The first player in each line runs backward from the end line to center, forward from center to the opposite end line, backward from the opposite end line to center and forward from center to the original end line. The next player then begins, and the sequence is repeated.

**Whistle Drill** – In this drill, players react to a whistle. On the first single whistle, players start running from the offensive ready position. At each single whistle thereafter, players change direction. On the first double whistle, the drill ends.

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### **11.2.5 - Stopping**

There are a number of methods of stopping in basketball: the stride stop, the two-foot jump stop and the stutter stop. In all cases, players may perform the stop with or without the ball.

In the stride stop, the feet land one after another and are staggered, making the first foot to contact the floor the pivot foot. In the two-foot jump stop, both feet land simultaneously and slightly staggered, making either foot available to be the pivot foot. In both stops, the dominant foot should be slightly advanced. In a stutter stop, the feet land after a series of stuttering (rapid fire) steps to close out offensive players and limit forward momentum.

In a **Stride Stop**, emphasize the following:

- Player begins in ready position and moves forward.
- Body lowers, feet land one foot after the other, slightly staggered.
- First foot to contact floor becomes pivot foot.
- Body lowers, knees bend, arms balance.
- Body in ready position.

In a **Two-Foot Jump Stop**, emphasize the following:

- Player begins in ready position and moves forward.
- Body lowers, two feet land simultaneously, slightly staggered.
- Body lowers, knees bend, arms balance.
- Body in ready position.

In a **Stutter Stop**, emphasize the following:

- Player begins in ready position and moves forward.
- Body lowers, feet slow down through a series of stutter (rapid fire) steps.
- Body lowers, knees bend, arms balance.
- Body in ready position.



### Stopping Drills

*Go-Stop Drill* – Players stop and start on a signal from the coach. Emphasize heads-up running and landing with balance and control. Keep the drill short and vary the signals to keep players alert.

### 11.2.6 - Pivoting

Pivoting is one of the most important basic basketball skills a player must master. Pivoting occurs when a player rotates his/her body position, maintaining balance with one foot in constant contact with the floor.

A player can use pivots to:

- Protect the ball from defensive player.
- Improve view of court while in possession of ball.
- Square up to the basket.
- Improve passing or driving lane.
- Beat a defensive player by pivoting around him/her.

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 the player to choose a pivot foot based on the situation.

When pivoting, emphasize the following:

- Keep the pivot foot in constant contact with floor.
- Stay low.
- Pivot quickly and aggressively.
- Lead with elbows.
- Stay in triple threat stance.

There are two types of pivots:

- **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. Again, the player must remain in a triple threat stance so that they protect the ball.

### Pivoting Drills

*Pivot Drill* – Players assume a triple-threat position, perform both front and reverse pivots to protect the ball from a defender, and return to the triple threat position facing the basket. Players must keep their knees bent throughout this drill.

*Stop and Pivot Drill* – At designated lines on the court, have each player perform a two foot or stride stop and perform either a front or reverse pivot. Have players react to a whistle at random for each stop. Have players dribble and execute footwork.



## **11.3 – PASSING AND RECEIVING**

Passing and receiving the basketball are two fundamental aspects of offensive basketball that must be worked on so children can learn to share the basketball and promote team play. The purpose of successful passing is to move the ball up the court quickly, or to move the ball into an area to improve scoring opportunities for teammates. Every successful pass requires two things: a good passer and a good receiver.

This section will cover the following topics relating to Passing and Receiving:

- 11.3.1 - Purpose of Passing
- 11.3.2 - Passing Techniques
- 11.3.3 - Receiving Techniques
- 11.3.4 - Types of Passes
- 11.3.5 - Teaching Progression
- 11.3.6 - Games Approach Notes

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### **11.3.1 - Purpose of Passing**

- Advance ball up court as quickly as possible.
- Achieve better court position.
- Improve shooting position and scoring opportunities.

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### **11.3.2 – Passing Techniques**

When teaching passing, emphasize the following:

- Always be in a triple threat position.
- Anticipate the movements of teammates and use peripheral vision to look for open receivers.
- Focus and make eye contact on receiver's target.
- Hold ball with finger tips and finger pads while keeping elbows in near body.
- Pass ball towards target by flicking the wrists, finishing with thumbs pointed down and 'pinkies' up.
- Step in the direction of the pass to give it more power.
- Follow through as ball is released.

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### **11.3.3 – Receiving Techniques**

When teaching receiving, emphasize the following:

- Show a target.
- Anticipate passes directed toward them.
- Be in a ready position with hands up in position to receive ball.
- Trace flight of ball, see ball into hands.
- Absorb the ball by catching it with your fingers and bend at the elbows.
- Get into triple threat position when ball is caught.

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### **11.3.4 - Types of Passes**

#### **Chest Pass**

The chest pass is a straight, quick pass that moves on one plane. The distance between passer and receiver should be approximately the width of the key for children. This pass is often the best method to advance the ball up the court or around the perimeter, but is generally not a good penetrating pass.

When performing a chest pass, emphasize the following:

- Start in triple threat position.
- Identify target, call name of receiver.
- Hold ball close to chest with two hands.



- Fingers point to target.
- Keep elbows close to sides.
- Step into the pass.
- Extend arms forward at chest level.
- Snap wrists.
- Follow through so palms face outward and thumbs point to the floor.
- Return to ready position.

### **Bounce Pass**

The bounce pass is similar to a chest pass except the ball hits the ground about two-thirds of the distance towards the receiver and hitting the receiver in their target hands. The bounce pass is effective when either the passer and/or receiver is being pressured. The bounce pass is the most effective pass into the post to penetrate the key.

When performing a bounce pass, emphasize the following:

- Start in triple threat position.
- Identify target, call name of receiver.
- Hold ball close to chest with two hands.
- Fingers point to target.
- Keep elbows close to sides.
- Take one step towards receiver.
- Extend arms forward at chest level.
- Snap wrists.
- Follow through so palms face outward and thumbs point to floor.
- Bounce ball 2/3 of the distance to receiver.
- Return to ready position.

### **Overhead Pass**

The overhead pass is effective during transition to cover a longer distance in advancing and out- letting the ball up the court.

When performing an overhead pass, emphasize the following:

- Start in triple threat position.
- Identify target, call name of receiver.
- Transfer and hold ball over the top of head with two hands.
- Take one step towards receiver.
- Extend arms forward over head level.
- Snap wrists.
- Follow through so palms face outward and thumbs point to floor.
- Return to ready position.

### **One Handed Push Pass**

Once players have mastered the chest pass and bounce pass, they can move to the one handed push pass. This pass is slightly quicker than the chest pass and a more natural movement to make.

When performing a one handed push pass, emphasize the following:

- From triple threat position, locate target, call name of receiver.
- Ball in front of hip of lead foot.
- Shooting hand is behind ball, non shooting hand on side of ball.
- Step forward on to front foot.
- Push ball towards target with shooting hand.
- Target is receiver's chest.
- Wrist snaps and follows through.
- Fingers and thumb point at the floor.
- Return to ready position.



### 11.3.5 - Teaching Progression

Passing drills should be practiced in this progression:

- Stationary – stressing the technique.
- Passing on the run; in motion.
- Games approach – Passing in the half court offense and transition.
- Incorporate fakes such as i) looking away; ii) faking one way and going the other way.

### 11.3.6 – Games Approach Notes

- Passes should be short and crisp to avoid steals and deflections.
- Create good passing angles with use of dribble.
- Do not telegraph passes.
- Do not pull up dribble to pass unless teammate is open to receive pass.
- Don't leave the ground when passing (penetration). This will lead to the passer being out of control and committing charges or bad passes.
- Use ball fakes to create better passing angles.
- The ball can get down court quicker with a pass than with a dribble.

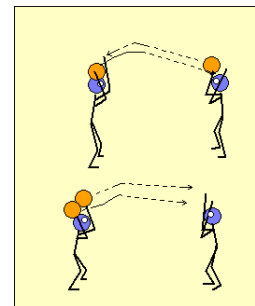
#### Passing Drills

1. Wall Passing – Have players stand two to six meters from a wall and throw chest passes at the wall; the player aims at a target at about chest height and concentrates on technique. The player begins the drill close to the wall but moves farther away as skill increases. Execute other passes: bounce pass, overhead pass, one hand push pass.

2. Partner Passing (Stationary) – Have players partner up and stand about 10-15 feet apart. Player will then execute the instructed pass, back and forth to each other. The receiver must always give a target, and the passer must always try to hit that target. Execute all passes.

• **Load #1:** Partner Passing with 2 Balls – Have each player get a ball and stand 10-15 feet apart as before. As one partner executes a bounce pass, the other throws a chest pass.

• **Load #2:** Alternate passes each time, and go faster.



3. Partner Passing on the Move (In Motion) – Players have a partner and one ball. Stand 10-15 feet apart, and get the players to slide down one side of the floor, throwing the instructed pass back and forth. To modify this drill, have the players run down the floor, progressively faster as they improve.

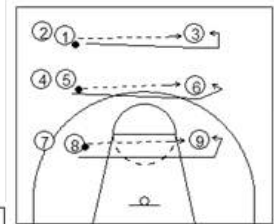
• **Load #1:** Three Man Passing on the Move – Players form three lines at one end of the court, and players in the center line have basketballs. As the first group of three begin to move down the floor in a parallel line and run straight down the court, the player in the middle line passes the ball to one of the outside lines, receive a pass back, turns and passes to the player on the other side. Player proceeds down the floor at faster and faster speeds, but always remains in their lines.

• **Load #2:** Three-Player Weave – Player form three lines at center. Players in the middle have basketballs and slap the ball as a signal for the first player in each line to start running. Players in the center pass to the left or the right and follow the pass. Players receiving a pass, catch the ball and pass to the player in the opposite outside lane who moves toward the ball. The player moving toward the ball then passes to the player who was originally in the middle, who shoots a lay-up. (A full court version of this drill can be performed by using a similar pattern and incorporating one or two extra passes.)



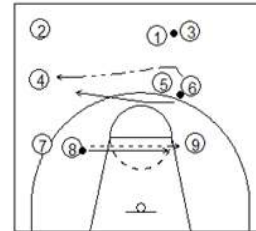
4. ***Pass and Replace*** - The players spread out in groups of three with one ball. The first player passes the ball using the designated pass. They then follow the pass to end up behind the receiver.

• Teaching Points: 1) Call names; 2) Give a target; 3) Move to receive the pass; 4) Run to the right jump stop and pivot to get back in line.



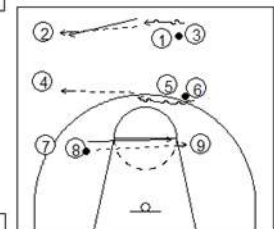
• **Load #1: *Pass and Replace with Pressure*** – The drill works the same as before only now the passer becomes a defender on the receiver. The passer is not allowed to dribble. He/she must work on fakes and pivots to create a passing lane.

\* Teaching Points: 1) Beat the feet of the defender; 2) Crisp fakes; 3) Receiver have a target.



• **Load #2: *Pass and Replace with Pressure and a Dribble*** – Same as before only now the player is allowed to take a strong dribble to beat the defender.

\* Teaching Points: 1) Pivot first before dribbling; 2) Strong protected dribble using both hands; 3) Pass off the dribble or off a stop.

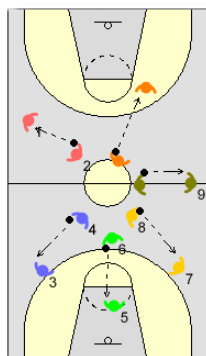


• **Load #3: *Break the Three in a Row*** - Same as before only the receiver must break the straight line of the ball, the defense and receiver. The passer wants to fake away from the direction the receiver cuts. You will need bigger space to do this drill.

\* Teaching Points: 1) Fakes; 2) Cut to a space where defense cannot deflect the ball.



### 5. ***Circle Passing Progression***



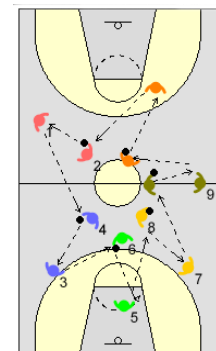
The twelve players partner up and form two big circles. The player on the inside circle has the ball. The partner on the outside circle faces in. The drill starts very simply with the players on the inside passing to the outside. It is a good way to introduce or review different passes.

• **Load #1:** Each player on the inside/outside has a ball and they must communicate when to pass the two balls at the same time.

• **Load #2:** Stationary dribble then pass when the partner shows ten fingers.

• **Load #3: *Pass around the circle*** – The player passes the ball to the next player in the opposite circle. With younger players, start with one ball and progress up to six (6) balls. Eventually, you can move to twelve (12) balls. This requires great communication and team work.

• **Load #4: *Pass and Move*** – When the inside player passes, he/she must now find a new partner to receive a pass from, who is located on the outside. Players must communicate and try to receive a pass from every outside player.







6. *Hot Potato* – This is a progressive passing relay that works very well with young children, but can quickly advanced into an excellent passing drill vs. guided defense for players of all ages.

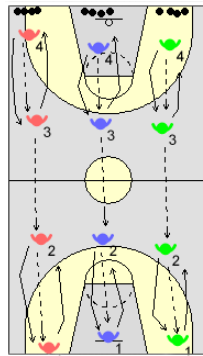
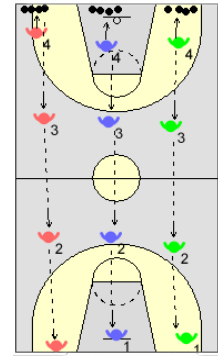
Divide the team into four (4) groups and line them up as shown in the diagram. You may find with younger players that the distance is too great and you may want two lines of six players. Each team has four (4) balls on the baseline. The object is to see how quickly the four (4) balls can be passed to the other end of the floor.

This will take communication and teamwork. The first player will often want to pick up a ball and pass it without waiting for the next player to be ready. The middle people must remember to quickly pivot and look for the next pass.

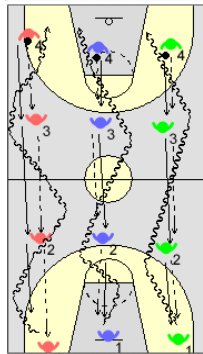
- **Load #1:** *Pass Down and Back*

- **Load #2:** *Use Different Types of Passes*

- **Load #3:** *Pass and Move* – This time after passing, #3 and #4 must trade places as do #1 and #2. This builds the concept of moving after passing. It also adds to the timing and communication.



- **Load #4:** *Pass Move Dribble Weave* – The players only need one ball per group for this activity. The ball is passed and the players follow their passes to fill the spot of the person they pass to. When the last person receives the ball, he/she dribble weaves back through the other players to the first spot. Go until the first passer returns home. To further load on this progression, make it live defense on the dribbler. The players guard the ball handler in their zone of the grid.



Hot Potato vs. Defense: Now one of the teams comes over and plays defense. The coach counts the number of times the team can advance the basketball to the other baseline. The last player must dribble the ball across the baseline and set it down. Call traveling and 5 second counts as turnovers.



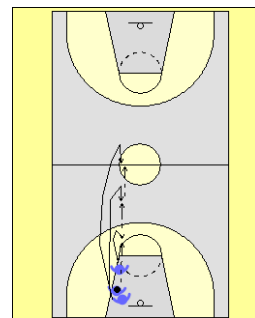


7. Crocodile Passing – The objective here is to teach passing and catching while progressing towards the Hoop. The floor is the water, which is filled with crocodiles who like to eat basketballs that hit the water.

Spread out 2-3-4 players under a hoop with one Ball. The player with ball passes to someone and moves forward to an open spot. Whomever the ball was passed to needs to concentrate and catch the ball without it hitting the floor (crocodiles are waiting). They then pass to a different person and moves forward. Keep passing until everyone catches it at least once; get close to the other basket, and then someone shoots.

As that group reaches half way up the court, get another group of 2-3-4 kids moving.

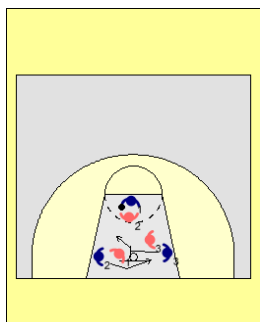
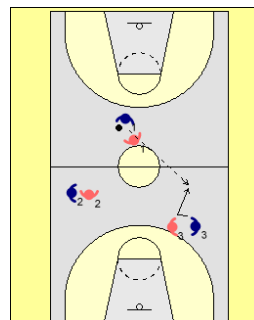
- **Load #1:** Use Different Types of Passes
- **Load #2:** Use two basketballs



8. Keep Away – ‘Keep Away’ has been used by coaches for generations. It is effective in teaching players how to pass and move without the ball. Here are some various versions of keep away.

20 passes – Divide the players into two teams. The team must complete 20 passes in a row without a fumble or turnover. If the defense knocks the ball down or the pass is incomplete, it becomes their ball.

- **Load #1:** String together dribble-pass-pass sequence. Each sequence counts as one point.
- **Load #2:** Everyone has a ball. Use another ball to pass. Works on dribbling with the head up.



Keep Away in a Small Space

Two teams of three players keep away inside the key. Players must work on passing in tight spaces. Pass opposite the defence. Make sure of pass fakes, screen and face ups.

Keep Away in Big Space

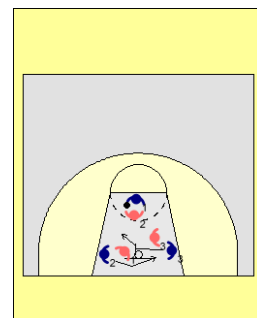
All passes must be caught in key or outside the three point line.

- **Load #1:** Only counts when you square to basket.
- **Load #2:** Catch in paint, play live.

9. Penetrate Rotate Pass Pass

How many penetrate-pass-passes can you string together? Score a point for each sequence.

This is very difficult because the player driving is not allowed to score; therefore the defense does not have to help on the drive. The dribbler does not pick up the ball until someone is open for the pass. The players without the ball must work to get open.



10. Full Court Passing Game

Full court game of basketball with no dribbles. Divide into two even teams. Explain the object of the game is to complete at least five passes in a row in order to score a point. If the ball is dropped or intercepted, the other team begins its attempt to make five passes. Emphasize on passing concepts – proper spacing, defensive position, open passing lanes, etc.



## **11.4 BALL HANDLING / BALL FAMILIARIZATION**

Becoming comfortable with how the basketball feels is a critical first step for young players. The more often they have a ball in their hands, the quicker their touch will develop. They must be able to hold and move the ball properly before they can begin to work on fine motor skills like dribbling and shooting.

When teaching ball handling/ ball familiarization drills, emphasize the following:

- Keep eyes up and off the ball.
- Players should be in a balanced position – feet shoulder width wide.
- Use your fingertips, not your palms – fingertips exert more control.
- Learn to become comfortable with the basketball using both hands.
- Encourage players to try to go faster in these drills – Encourage mistakes!

### **Ball Handling/ Ball Familiarization Drills:**

For these drills, each player should have their own ball. It is important to encourage mistakes when doing these drills, as the more mistakes one makes, the better they become. Always try to go faster and do drills at maximum speed; especially with more advanced players.

1. *Finger Tipping* – tip ball back and forth between fingers at different heights and different distances from body.
2. *Hand Slaps* – slap ball with alternate hands; make sure to pound the ball hard.
3. *Body Circles* – players circle ball by moving the ball from one hand to the other around the body. One can start by doing circles around the head, then moving down to the chest then around the waist, down to the knees and finally ending by doing circles around the ankles. To add variety to the drill, move the ball back up the body, changing the direction of the circles.
4. *Leg Circles* – in a stride stance, circle ball around one leg, then the other.
5. *Figure 8's* – Player stands with legs shoulder width apart and weaves the ball through the legs in a figure 8 fashion. Player weaves the ball in both directions and may also perform the drill while walking forward. Work on developing speed.
6. *Pretzel* – Player holds the ball between their legs with one hand in front of their legs, the other behind. Player must keep the ball in this position while changing hands on the ball – the hand in front moves to the back, and the hand in back moves to the front. Repeat. Work on speed.
7. *See Saw* – Player holds the ball behind the knees – release the ball between the legs then catch the ball with two hands in-front of the knees – release the ball again and catch it with both hands once again behind the knees. Work on developing speed.
8. *Ball Throw* – Player start with ball in front of body, toss ball in air, clap as many times as possible and catch ball behind body. Try to increase the number of claps.



## **11.5 - DRIBBLING**

Dribbling is the act of bouncing the ball against the floor with one hand while running, walking or standing. The purpose of dribbling is to enable players to move the ball at varying speeds.

This section will cover the following topics relating to Dribbling:

- 11.5.1 - Purpose of Dribbling
- 11.5.2 - Dribbling Techniques
- 11.5.3 - Types of Dribbling
- 11.5.4 - Teaching Progression
- 11.5.5 - Games Approach Notes

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### **11.5.1 - Purpose of Dribbling**

- Advance the ball into offensive end when a pass is not possible.
- Improve an opportunity for passing or shooting.
- Relieve pressure in a congested area.
- Make an offensive move to the basket.

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### **11.5.2 – Dribbling Techniques**

When teaching dribbling, emphasize the following:

- Start in triple threat position.
- Keep center of gravity low, body compact and moving together.
- Keep head up and never watch the ball; maintain court awareness.
- Push the ball down with fingertips; don't slap at ball.
- Keep dribble low; less chance of defender deflecting it.
- Protect the ball with body, outside leg and non-dribbling arm against defensive pressure or in congested areas.
- Learn to use both hands effectively.

The following actions violate the rules governing dribbling:

- Bouncing the ball with two hands at the same time.
- Have the pivot foot leave the floor before releasing the ball from the hand to initiate the dribble/pass/shoot.
- Letting the ball come to rest in the hand while continuing to move, known as carrying or palming the ball.
- Dribbling, stopping, and starting again in a single possession.

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### **11.5.3 - Types of Dribbling**

#### **Static/Stationary Dribble**

In the static dribble, players dribble the ball under control and in a stationary, protected position.

When performing Static Dribbling, emphasize the following:

- Start with knees flexed and feet shoulder width apart.
- Head up and eyes forward.
- Foot of non-dribbling hand forward.
- Ball dribbled with dribble hand slightly ahead of back foot.
- Push ball to floor using fingertips, not palms.
- Elbow bent, wrist follows through.
- As ball returns to hand, repeat the pushing motion.
- Protect the ball by keeping the non-dribbling shoulder, arm and leg between the ball and defensive players.



### Static Dribble Drills

1. *Static Dribble Drill* – Have player stand with feet shoulder width apart, knees flexed with back straight and chin up. Player bounces ball at waist height, ball is kept tight to body and bounced 'hard' to the floor. Use both left and right hands. Encourage players to stay low to the ground while keeping eyes off the ball.

- **Load #1:** Static Dribble at different height and direction.
- **Load #2:** Static Dribble adding figure-8 dribbling and around-the-leg dribbling.
- **Load #3:** Static Dribble using two balls at the same time.

2. *Push Pull* – Have the player bring the ball out in front of body, then back behind body with one hand. The arm and hand will be working as a lever, swing back and forth while bouncing the ball.

- **Load #1:** Push Pull at different height and direction.
- **Load #2:** Push Pull with two balls at the same time.

3. *Half Cross Over* – Using one hand at a time, have the player bring the ball from outside one knee to outside the other knee, back and forth in front of the body.

- **Load #1:** Half Cross Over with two balls at the same time.

4. *Between Legs* – Player stand with legs apart, one in front and one behind, bouncing ball through legs; switch legs.

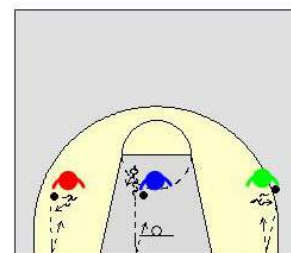
- **Load #1:** *Scissor Dribble* – Same as above except now the player switches front and back leg with every bounce.

5. *Stationary Dribble to Wall Pass* – The players work on stationary push, pull dribbles across the front of the body. After three dribbles, the player makes a one handed pass to the wall. After catching the ball, the player now uses the other hand.

Dribbles: i) Push/Pulls: ii) Front/Back

Key Points:

- Athletic stance
- Eyes Up
- Low quick dribbles



Note: You can load the drill with any stationary dribble and pass you wish the players to make.

### **Dribbling with Movement – Control Dribble, Speed Dribble**

When dribbling while moving, players push the ball ahead in the direction they are going.

When Dribbling with Movement, emphasize the following:

- Review static dribbling progression.
- In triple threat position, head up and eyes forward.
- Strong hand on top of ball with fingers as wide as possible.
- In control dribble, push ball slightly ahead; in speed dribble, push ball farther out in front the greater the speed.
- Step forward with opposite foot to meet ball and continue forward at a controlled speed.

The **control dribble** is a low, controlled, protected dribble that players use while moving at medium-slow speed. Players use this dribble to improve a passing angle, move ball away from defensive pressure in congested areas or move the ball up the court toward the basket when closely guarded.

Players use the **speed dribble** when they are running near top speed and are in an uncontested area with little defensive pressure, for example, on a fast break or breakaway.



### Dribbling with Movement Drills

1. *Partner Control Dribble Drill* – Two players dribble within an area of the floor bounded by lines, and try to steal each other's ball while maintaining their dribble.

**Load #1:** Using two balls at the same time.

**Load #2:** Using more players – *Dribble Tag*.

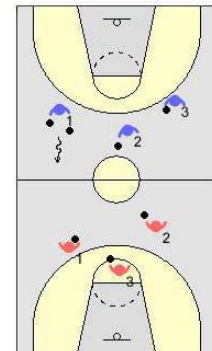
2. *Speed-Control Dribble* – Players gather at one end of the gym and divide into groups of 3 or 4; every player in every group has a ball. On a signal, the first player from each group starts a speed dribble; on the next signal, each switches to a control dribble. Players also change hands while they are dribbling and stop and start without traveling.

3. *Speed Dribble Relay Race* – Players gather at one end of the gym and divide into teams of 3 or 4. On a signal, the first player on each team speed-dribbles to the far end of the gym, returns with the speed-dribble with the other hand, and passes to the next player on the team. The winning team is first to have all its members finish dribbling.

**Load #1:** Using two balls at the same time.

4. *Dribble game* – Every player has a ball. One extra ball is the **game ball**. It helps if the ball is a little different (i.e. different color). Player must constantly be dribbling their ball. The object is to move the game ball by dribbling or passing it down the court to score. You must dribble two balls at once in order to move. If you hold the game ball and are moving, it is considered a traveling violation. When catching the ball, the player can pick up their ball to make the catch.

**Load #1:** Require the defense to dribble with their weak hands.



### **Change of Direction Dribble**

When changing direction while dribbling, players plant in one direction, change dribbling hands, then push in the opposite direction.

When performing Change of Direction Dribble, emphasize the following:

- Plant outside foot.
- Bend knees to lower centre of gravity.
- Push off outside foot.
- Step and transfer weight on to opposite foot.
- Keep the ball tight to the body.
- Bounce ball slightly ahead and towards opposite hand.
- Change pace-accelerate into change of direction.

Types of Change of Direction Dribble:

- Crossover in Front of Body
- Crossover Between the Legs
- Spin Dribble
- Behind the Back Dribble

### **11.5.4 – Teaching Progression**

Dribbling drills should be practiced in this progression:

- Static/ Stationary – Stressing the technique using both hands.
- Dribbling with Movement – Control Dribble, Speed Dribble.
- Change of Direction.
- Games Approach – Dribbling in the half court offense and transition.



### 11.5.5 – Games Approach Notes

- Have a purpose, don't over dribble, and don't forget that there are four other players on your team on the court.
- Dribble the ball up court with your off or weaker hand so that when the defense pressures you or overplays you, you can go to your strong hand.
- Show the defender different moves to keep him/her guessing.
- Don't waste your dribble.
- Don't pull up your dribble without the intention of passing or shooting; this invites overplay, denial and trapping.
- When dribbling on the fast break, push the ball in front to cover more distance.
- Understand the importance of attacking:

#### **1. Attacking space**

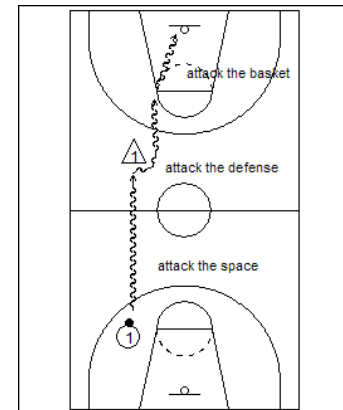
When a player with the ball has open space and no shot or passing opportunity, he or she needs to close that space quickly and under control.

#### **2. Attacking the defense**

Once the defense is engaged and no pass is open and the clock is winding down, the player may need to attack the defender. This would require a different form of dribbling than attacking space.

#### **3. Attacking the basket**

Once an open drive lane to the basket has been established the ball handler must quickly go to score before a defender can take away the drive lane.



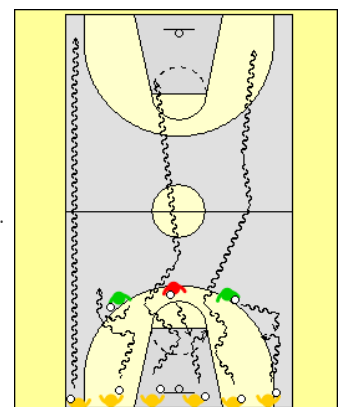
#### Dribbling Drills

1. Tennis Ball Activities – Dribble with tennis ball for a few minutes; notice how the players really have to concentrate on catching the smaller ball and then tossing down. Get a good feel for the ball; always switch hands.

- **Load #1:** Dribble basketball and toss tennis ball in one hand.
- **Load #2:** Dribble tennis ball and basketball at the same time.
- **Load #3:** Partnering up with another player, both dribbling the basketball while tossing the tennis ball back and forth to one another.

2. Run-a-way Reindeer – Have one person be Santa (he/she wears red pinnie or a Santa hat). Select two other players to be his/her elves (they wear green pinnies). The others are the reindeer and line up on the baseline. When Santa says, "Merry Christmas", the reindeer must dribble to the other side of the gym without Santa or his/her elves catching them. Once the reindeer are caught, they stand in a designated area (behind pylons, by the bleachers) and they have to do ball circles around their body (try other ball handling drills – ball taps, ball circles around legs, etc). The last person playing wins and Santa announces the winner is Rudolph! If time allows, play this twice and let Rudolph become the new Santa and select different elves to catch the reindeer.

Note: you must decide how many elves to start with. It will depend on the abilities of your players, the amount of space and how long you want the game to last.



3. Wolves and Sheep – All kids with a ball. Put 2-3 good ball handlers in centre circle. Others are evenly divided in each key area (Sheep's pen). When the coach hollers "The Wolves are away", the Sheep can come out of their pens and dribble around the gym. When the coach hollers "The Wolves are home", the wolves can dribble out of the centre circle and try and tag a Sheep, while dribbling. If they tag any sheep before they get back in either Pen, they become wolves for the next hunt.

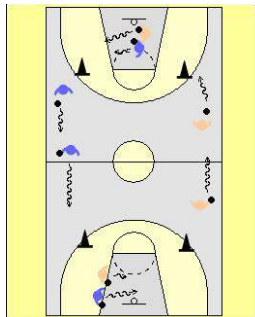




4. Rag Tag/Clothespin Tag – Pin a clothespin on each person's shirt or insert a strip of cloth in the shorts with half sticking out. For younger players, try without a ball first and have them go around and try to collect as many pins or pieces of cloth, without losing theirs, as they can in a period of time. Add basketball for the next session.  
Note: Be aware not to run it too long as there is an elimination factor. Also, use more than one group if you have a lot of kids so they have more room.

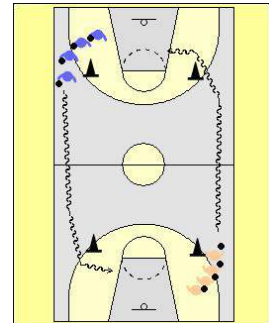
5. Nemo – Nemo needs to stay in the safe place (the reef) and so does the player. A coach stand in each key and is the seaweed. Their feet are planted but they can wave their arms. One player stays in the jump circle at center court and is a crab. The "reef" is the area of the floor defined as a continuous line joining the outermost edge of both keys right up the floor. Players must dribble only in the reef but still get by the seaweed and the crab (the crab may move his/her feet) and take a shot at the other end. If they step out of the reef, the other players (sharks) are able to take the ball. When the player is done, he/she becomes a shark, working his/her way back up the floor.

6. Roller Derby – Place four pylons in a rectangle to form a track. You decide the size of the race track. Be sure to give enough room for more than one player to safely dribble around the pylons and have a safe distance from the walls. Place the players on two teams – it is best to have them wear different colors for ease of identification. Each player has a ball. On the signal to start, everyone on both teams start to dribble around the track in the pre-determined direction. The object is to pass players of the opposing team.



When the player is passed, there are a number of things that can happen. It depends on the purpose of the drill:

- The passed player is eliminated – this usually eliminates the player who needs to work on the skill the most. It is recommended that you have the child go work on some skill when eliminated.
- The players who do the passing are eliminated. This encourages and rewards the players for going fast. You could have them go shoot foul shots. It means those who need the conditioning or skill work stay in longer.

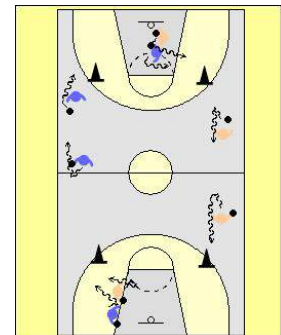


Other variations:

Call Change – in this version, the coach calls change or blows a whistle. The players who were at the end and at a disadvantage now have the advantage if he/she can quickly change direction.

Reduce the size of the track – If you are eliminating players, you may want to keep reducing the size of the track. This means it will be easier to eliminate players as the numbers dwindle.

Have four teams – make the track a square. Have a team start at each corner.



7. Clone Dribbling – Partners begin with a control dribble facing each other cross-court. On coach's signal, they advance toward the center of the court with a power or speed dribble. When they arrive, they resume control dribble, execute a change-of-direction skill (such as a crossover, reverse pivot, behind the back, or the like), and proceed to the opposite side from which they started. Once players arrive at the opposite sideline, they go back to a control dribble. On the next signal, they return using the left hand.

Possible down-and-back rotation combinations include the following:

- Power, reverse pivot, speed
- Power, crossover, speed
- Speed, behind the back, speed





## **11.6 – SHOOTING**

Shooting is a key basketball skill that is learned through repetition of proper techniques. Not all players become great shooters, but with good technique and plenty of practice, any player can develop into a good shooter.

When teaching shooting, it is important to be aware of individual differences amongst players. Not all players have the strength or coordination necessary to use the same technique, but two players can use slightly different styles and still adhere to the basic principles of shooting. Habits form early in young players – it is essential that proper technique is ingrained in athletes at an early age. The concept here is for young shooters to learn the basic shooting principles and positive action necessary to allow them to develop their shooting ability and become better shooters as they mature.

This section will cover the following topics relating to Shooting:

- 11.6.1 - Basic Principles
- 11.6.2 - Shooting Techniques
- 11.6.3 - Teaching Progression
- 11.6.4 - Games Approach Notes

### **11.6.1 – Basic Principles**

Shooting is a fine motor skill and players must practice a great deal in order to become good shooters. Fortunately, most players enjoy shooting and gladly practice it on their own. However, practicing can be much more productive if players incorporate the following basic principles:

- Aim at the hoop – have a “quiet eye” on the target.
- Select an appropriate angle of release where the elbow finishes at around forehead level.
- Use all joints that can be used – knees, elbows, and wrist.
- Incorporate hip extension to add power.
- Start from a balanced position – triple threat position.
- Practice. Practice. Practice.
- Take psychological factors into account – concentration, shot selection, and confidence.

It is important for coaches to judge the following factors during the stages of an athlete’s shooting progression:

- Ball Size
- Basket Height
- Distance of shot.

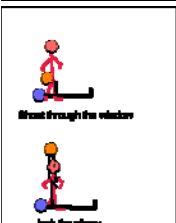
Using the wrong ball size, basket height and/or shooting distance can dramatically effect the player’s shooting form, compromising finesse for power. Coaches must understand the size and strength of their athletes.

### **11.6.2 – Shooting Techniques**



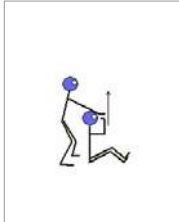
#### **Shooting Grip**

Hold the ball in the hand with the palm up. Quickly move the ball back and forth from side to side. If the ball is not held on the finger pads the player will lose control. This is excellent for younger players who often grip the ball incorrectly. It can not be emphasized enough the number of players who start with a poor grip. So many other problems are magnified by this basic mistake.



#### **Release**

The release is the key to good shooting. To develop a consistent release, the shooter lies on his/her back and shoots the ball up in the air with one hand. The player needs to lock the elbow and wave goodbye to the ball. The ball should return to the same hand. It is important to note that the ball should come off the middle and index finger last. This will ensure the ball stays on line providing these fingers point at the middle of the basket at the finish.



Another way to work on the consistency of a player's release is to have the player seated on the ground with the shooting arm forming the perfect 90 ° angle. It is like they are holding a tray. The coach stands behind the player and gives downward resistance. The player must push up and slightly out. At the very end, the coach releases the hand and the player snap the wrist like elastic. Have them close the eyes to focus on the feeling.

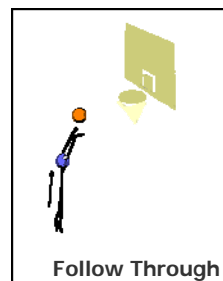
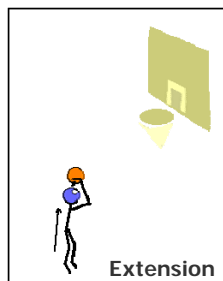
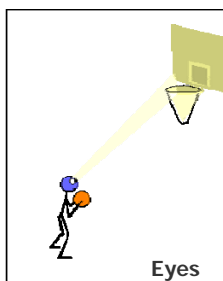
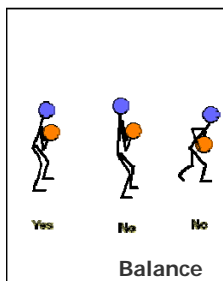
To become a good shooter, it is important to continue to work on the consistency of a player's release.

### Form Shooting using "B-E-E-E-F" techniques

Form shooting is done at a slow pace concentrating on achieving the perfect form. The movements are exaggerated for emphasis. You can also break it down further by concentrating on a specific body part i.e. wrist, foot, elbow. The following "B-E-E-E-F" technique will help break down proper shooting form by emphasizing Balance, Eyes, Elbow, Extension, Follow Through.

#### Introducing "B-E-E-E-F" techniques

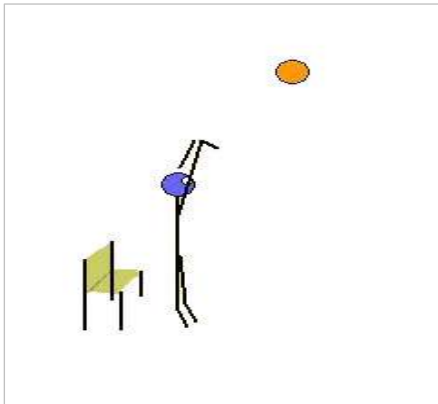
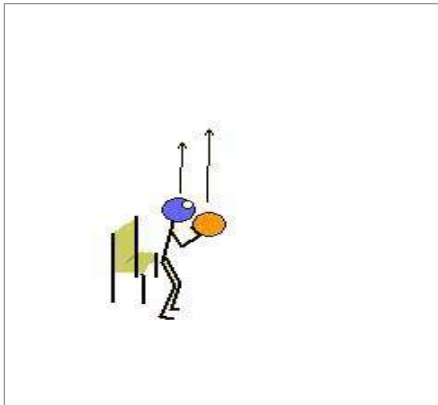
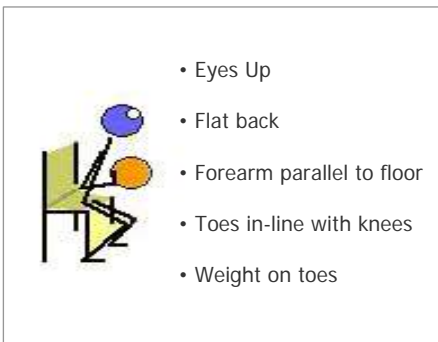
- **Balance** - Player squares up to basket with toes pointed to hoop; feet shoulder width apart with knees flexed. (*Note: When players are bending their knees, it is important to make sure their buttocks are down and back; bending knees with back straight and buttocks directly under torso is incorrect.*)
- **Eyes** – Eyes should be focused on target (basket); never leaving target during shot.
- **Elbow/ Hand placement** – Extend shooting hand directly in front of you and then bend it 90 degrees (making an "L") upward at the elbow; cup your shooting hand so that the ball fits in it with the guide hand guiding the ball in position. As the ball is raised up to the release point, guide hand fingers are pointed to the ceiling.
- **Extension** – Feet push off floor, knees straighten, hips raise, elbow lifts to shoulder height; Pushing ball up and out and releasing shot through fingertips getting rotation on the ball.
- **Follow through** – Release the ball off the fingers and push fingers through the ball while bringing the wrist through, to put some backspin on the ball. Follow through with the palm facing down; directing the ball into the basket.





### Form Shooting using Chair Shooting Techniques

Using a chair to teach shooting is one of the best ways to help developing players learn to generate power from the legs. If done properly, the athlete must push hard with the legs to get up out of the chair.



Starting position:

The athlete starts by lightly sitting in the chair. Their butt is on the edge of the chair, as if they were just about to stand up.

The **eyes** are up looking at their target. You can start by shooting at the wall or at the basket.

The player has a **flat back**. The upper body is leaning forward and flat. Emphasis on a slight body lean – no roundness in the upper or lower back.

The **forearm is parallel** to the floor with the wrist set. Ensure the athlete is properly gripping the ball.

The **toes are in line with the knees**. This puts the athlete in a squat position so that he/she can push straight up to the ceiling. The knees should be shoulder width apart and facing straight ahead.

Their **weight is on their toes**. This ensures that the first movement is up.

First Movement:

Watch the athlete from the side. You should see them explode upward in a straight line from the chair. They must **JUMP!** The ball should be moving from a position where they are looking over the top to a position where they will look under the ball at release. It is a full body movement.

Finish:

The body should form a straight line. Many athletes do not use their gluteus maximus (butt) when jumping. You will see a slight bend still between the stomach and the legs. To jump up, you need to tighten the butt.

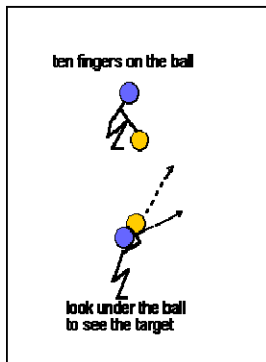
The athlete should go straight up and come straight down in front of the chair. Hold the follow through.



### 11.6.3 – Teaching Progressions

Shooting drills should be practiced in this progression:

- Learn the proper grip.
- Form shooting.
- Shooting from a pass.
- Shooting off the dribble.



#### Frog Shooting

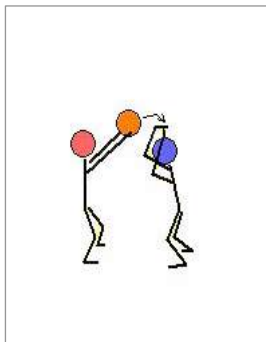
In the early stages of teaching shooting progression, it is important to teach young players emphasis on the use of the legs.

Perform a squat while picking up the ball from the ground. Place ten fingers on the ball gripping the ball only using the pads of the fingers. Raise the ball to the forehead at the same time pushing with your legs. The player should be able to look under the ball to see the target at release. This is to teach the proper activation of the shooting muscles.

*(Note: this should happen in a continuous motion. The children may sight the target by looking over the ball, but at the release you should encourage them to be looking under the ball. Power comes from the legs, finesse from the upper body.)*

#### **Key Emphasis:**

- Feet - should be shoulder width apart; ten toes pointed to the rim; weight on the ball of the feet.
- Knees - should be flexed; a slight rhythmic bounce with the legs.
- Arms – shooting elbow should be in, not sticking or wandering to the side of the body; shooting arm is at a 90 degree angle.
- Hand – wrist is cocked back with the ball resting on the pads or finger tips; non-shooting hand is placed on the side of the ball guiding the shot.
- Head – Eyes on target the entire time.
- **Follow Through** – It is important for kids at a young age to establish a proper follow through. Emphasize the push motion shooting up and then out. At the end of the shot, the elbow must finish above the eyes to ensure proper arc. Have players hold their follow through after releasing the shot.



#### Release Position

The shooter starts in a loaded position with the hands ready to receive the ball. It is crucial that the player be looking under the ball and have two eyes on the target. Once the ball is in place, the player pushes up through the body, locking the elbow and holding the good follow through position.

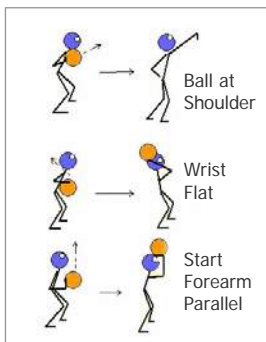
#### **Key Emphasis:**

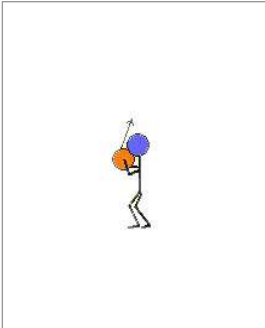
The key emphasis here is the final release position. It is important to note that due to the physical capabilities of younger players, they will tend to start at a lower position in order to place more emphasis on the legs to generate more power for their shot. As coaches, it is important to encourage them to shoot at a manner that will allow them to continue their progression while improving their shooting ability.

When starting with the ball tight at the shoulder, the player's first action must be a movement forward. Inevitably it leads to a shot put action. That leaves them twisted at end of the shot.

If the player starts with the wrist not set, usually because they have the ball on the hip, somewhere in the shot, the player must sling the ball back to set the wrist. This often happens above the shoulder and leads to a two piece action. Since the forward action will be from the elbow, the shoulder gets eliminated from the shot.

The best position is to start with the forearm parallel to the floor and the wrist set. By starting parallel, the player can pivot at the shoulder and lift the elbow while maintaining 90 ° angle with the elbow and wrist. This is a one piece action with no pause.



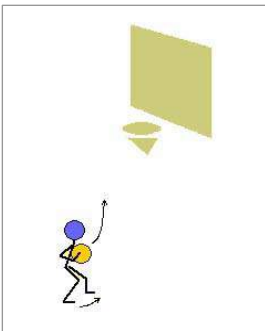


### Triple Threat to the Release Point

The player must now learn to take the ball from the triple threat position to the high release point in one piece action. This movement should be smooth and involves the coordination of the entire body. Many younger players will start to straighten their lower body before the ball is raised to the high release point. This means they have no power left for the shot. They will have to go back down or take a big step forward to generate power.

#### **Key Emphasis:**

Again, at the younger age group, focus on the push motion shooting up and out. As players continue to develop their strength, emphasize more on elevating the release point.



### Step to Shoot

As the player steps into the shot, he/she must load the legs. Too many players raise their hips. Therefore, when the second foot hits the ground, they need another way to produce power. It is usually a dropping of the shoulder to shoot put the ball or by continuing to jump forward.

As the second foot hits, the player should be looking under the ball with both legs loaded so he/she can push up through the ball with one continuous motion.

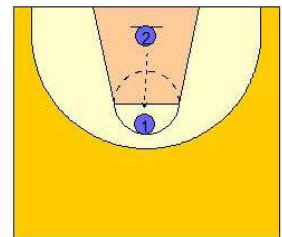
### Shooting From a Pass

It is important to work on different concepts in shooting from a pass.

- Rhythm - the player works on a gradual movement working to "feel" his shot. Repetitions.
- Quick release - more game like; increasing the number of shots in a certain amount of time.
- Moving into a spot - the player must move into a spot with good footwork, shoot, then move to a new spot.
- The pass angle - not all passes will come from the direction of the basket. Have the passer move to a more "game like" pass.
- Shots off the dribble - start in one spot, fake and move to another spot to shoot.
- Contested shots - have the passer chase out and apply pressure.
- Competitive - shooting games with other pairs to concentrate on making baskets.

#### **Key Emphasis:**

- Have the hips down and the hands high waiting for the pass.
- Quickly return to the ready position.
- Always work on good form and consistency.
- Get behind the ball.
- Shoot immediately on the catch without pivoting or bobbing.
- The passer hits the player on the move, don't let the shooter be standing still.

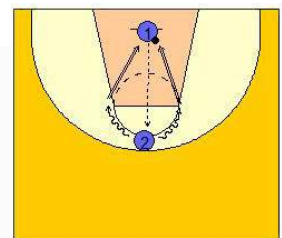


### Shooting off the Dribble

Player catches the pass, shot fakes and dribbles into a new spot to shoot.

#### **Keys Emphasis:**

- Make your shot fake look like a shot.
- Go shoulder to shoulder past the defender.
- Pound the last dribble to pick it up (for momentum).
- Ball to hand when dribbling with non-shooting hand.
- Hand to ball when dribbling with the shooting hand.
- Consistency with the feet, inside pivot, jump stop, or permanent pivot.







### 11.6.4 – Games Approach Notes

- Always shoot within your range or spot on the floor.
- Don't force your shots; be patient.
- Square up to the basket; shoulders facing the basket when shooting.
- When shooting the ball on the catch, pivot with inside foot and square up to basket.
- Use self-imagery; visualize or picture yourself making the shot.
- Be confident when shooting; tell yourself that "I will make the shot".
- Practice! Practice! And Practice shooting more! It will become second nature for players in the game.

#### **Shooting Drills**

1. *Wall Shooting* – Have players line their forearms on wall so biceps are parallel with floor. Make sure toes are pointed straight at wall and all technical points are followed very closely. Player then steps back from wall, keeping arm at 90 degrees angle. Player then places ball on shooting hand and using the entire body, shoots ball up against wall, finishing on toes and holding follow through. Important that players do not shoot the ball too high on the wall as this will lead to incorrect form.

2. *Imaginary Shooting* – Have players partner up with one basketball between them. Players stand 10-15 feet apart. Players work on perfect shooting form as they shoot the ball back and forth to each other. After each shot, it is important that the player holds their follow through.

3. *Form Shooting* – Players stand 2 to 5 feet away from basket and shoot perfect shots into basket. Emphasize on perfect form shooting and taking their time to take the shot. After each shot, players must finish on their toes and hold their follow through. Try to get them to make a perfect swish, no rim or back board. First have them use one hand then add the balance hand to the side of the ball.

4. *Range Finder* – Player starts close to the basket working for 5 baskets. Once this is completed player backs up to a new spot. The purpose is to find shooting range from different angles and different spots on the floor. The player will know when he/she is out of his range when he/she loses his form and cannot make five shots in ten attempts.

5. *Partner Shooting* – The players partner up with one basketball between the two of them. One player shoots while the other spots up. They player who shoots ball, follows the shot, retrieves the rebound and passes to partner who is spotted up anywhere within shooting range.

Player who is receiving pass for shot must get into the shot ready position, so they are prepared to shoot the ball before they receive it. To get shot ready, the player must be squared to the basket, toes pointed at the basket and have their hands up, ready to catch the ball in a shooting pocket position. This allows the player to catch and release much faster than having the player not ready to shoot.

Have the 5 or 6 groups of players at different baskets if possible and play until one group hits ten shots. After each make, players must count out their score loudly. This will also get players talking and communicating with each other. Have players take shots from different areas on floor. i.e. Baseline, top of key, elbows, etc.

Emphasize the following:

- Get low in a shot ready position.
- Hands up ready to catch the ball.
- Have them calling for the pass.
- Stay close to the basket within shooting range.
- Be LOUD.

6. *4 UP* – This drill requires two players and two basketballs. This drill begins with players shooting from opposite sides of the key, at the same time, within their shooting range. Regardless of a make or miss, they get their own rebound and alternate sides. This object is to get 4 more makes than the opponent. With younger players, you may only wish to play games to 2 points. Since players are shooting at the same time, the amount they are up or down will be constantly fluctuating, so it is crucial that players are verbal and loud, as the score of the game changes. When one player gets 4 more makes than their opponent, the game is finished.



7. Pop Out Shooting – Players are arranged into one of four lines. Two lines underneath the basket on each side of the key and two lines at each foul line extended. It does not matter where the players begin as they will all have turns from each spot. After a player from underneath the basket passes to a shooting line in the wing position, that player fills in behind that line and becomes a shooter. After a player shoots, that player goes to the passing line on the other side of the floor.

8. Step Up Shooting – This is a three player shooting drill, two basketballs are required. There is a shooter on the wing, a rebounder underneath the basket and a passer at the top of the key. The shooter assumes the shot ready position and receives a pass from the passer, but only on the command of the shooter who calls for the ball. Have the shooter take 10 to 15 shots in a row, then switch roles until each player has had a turn shooting the ball. Switch sides.

Have players get low, hands in a shooting pocket, with a wide base before they catch the ball. On the catch, player brings the back leg forward and steps up into their shot in one motion.

9. Fill Cut to Shot – Players are divided into 2 lines. Each line is foul line extended, with one line having balls and the other without. The line without the balls cuts towards the middle and receive a pass from the passing lines. Upon catching the pass, the shooter must square to the basket and shoot the ball. The passer and the shooter then switch lines.

On the catch, player's feet must hit the ground in a one-two (stride) fashion, so that the inside foot hits the ground first. Shooter must stay low, and have hands up.

10. Pull Up Jump Shots – Once a player has the ball, they may decide that they want to get closer to the basket. To do this, they will take a dribble or two towards the basket. At the conclusion of the dribble, it is important that the player comes to a one-two stop as opposed to a jump-stop. Each foot hits the floor separately in a quick continuum. This one-two stop is more effective than the jump stop as players will be able to go quickly into their shot, and be more balanced at the conclusion of their dribble.

To work on this, have players randomly scattered around gym. The player is in triple threat stance, takes one dribble and comes to a one-two stop.

Then have a player at the hoop, spin a ball out to themselves, pivot, and then take one dribble into a pull up jump shot.

11. Pressure Shooting Drill – Players form pairs in different shooting areas. The rebounder passes the ball to the shooter, moves forward, and puts a hand up to force the shooter to sight "through" and "over" the defender's hand while shooting. The defender does not try to block the shot. Shooters get the rebound and pass to their partner, who is now the shooter.

## 11.7 - LAY-UPS

The lay-up is a shot that is taken close to the basket. Lay-ups should be worked on from both the right and left hand sides. The lay-up is taken on the move, usually off the dribble or a pass. The name is derived from the action of shooting – that is, laying the ball off the backboard.

This section will cover the following topics relating to Lay-Ups:

11.7.1 - Lay-up Techniques

11.7.2 - Teaching Progression





### **11.7.1 – Lay-Up Techniques**

When teaching lay-ups, emphasize the following:

- By using the right hand on the right side and the left hand on the left side, players can use their body to protect the ball from the defender.
- To attain maximum height on the jump, players should jump off the foot on the side opposite the shooting hand.
- Players should convert forward movement into upward momentum by leaning back slightly, dropping the hips, and shortening the last two or three strides.
- To set up the take off foot, players usually take stutter steps during the last few dribbles or just before receiving a pass.
- Players should concentrate on learning to pick up the ball with both hands.

### **11.7.2 – Teaching Progression**

It is recommended that you use the following teaching progression to teach the lay-up off the dribble:

- Wall shooting
- The One-Step Lay-up
- The Two-Step Lay-up
- The Three-Step Lay-up
- The One Dribble Lay-up
- The Complete Lay-up off the dribble

#### **Wall Shooting**

Players should have a basic level of proficiency with the one-handed set shot before starting to learn the lay-up – especially when learning with their weak hand. Players can develop proficiency with the weak hand by shooting one-handed set shots against a wall.

#### **The One-Step Lay-up**

The player starts from just in front of the basket in the following stance:

- The feet are parallel and shoulder width apart.
- The knees are bent.
- The player is holding the ball; the shooting hand is behind the ball, and the off hand is on the side of the ball.
- The player concentrates on a point on the backboard.

The player then takes a step with the inside foot (for example, the left foot on the right side) and shoots a lay-up. Emphasize the following points:

- Step with the correct foot.
- Simultaneously jump and drive the opposite knee upward.
- Shoot with the correct hand using the correct arm motion.

#### **The Two-Step Lay-up**

To shoot a two-step lay-up, players back up one full step from the starting position for the one-step lay-up, and assume the triple threat position. They then take two steps and jump off the correct foot for shooting a lay-up. Emphasize the teaching points for the one-step lay-up and the following:

- To prepare for the jump, make the second step shorter than the first.
- Keep the ball in front – do not move it from side to side.

#### **The Three-Step Lay-up**

To shoot three-step lay-up, players position themselves three running steps from the basket (choosing a reference mark on the floor often ensures consistency). They then assume the starting position for the two-step lay-up and shoot a lay-up using three steps and no dribble. Shooting in this way is actually traveling, but it helps develop a running rhythm.



### **The One-Dribble Lay-up**

This part of the teaching progression is identical to the three-step lay-up except that the player adds a dribble that coincides with the first step. The key points of this sequence are as follows:

- Dribble the ball with the outside hand (i.e. the left hand when doing a left-handed lay-up).
- The ball and the first step should hit the floor at the same time.
- Pick up the ball by letting it bounce up into the dribbling hand. Trap the ball with the off hand, thus forming a good shooting grip with the hands.

### **The Complete Lay-up off the dribble**

To perform the lay-up off the dribble, players need to be able to take stutter steps – to make it possible to arrive on the correct foot for shooting. Concentrate on jumping off the correct foot using the following progression:

- Dribble on the spot; then shoot a one-dribble lay-up.
- Start at about half-court, and dribble toward the basket at half to three-quarter speed to shoot a lay-up.

#### **Lay-Up Drills**

1. *Two Line Lay-ups* – Players form two lines, one on each side of the basket at about the 3pt line. Start with the balls on the right hand side, have the players dribble in for lay-ups. As the lay-up is shot, a player from the other line rebounds and passes the ball to the next person in the lay-up line. Players then switch lines. Perform lay-ups from both sides.
2. *Ball Toss Lay-ups* – Have players toss the balls to themselves, catch with a jump stop. The player then pivots, still in a triple-threat stance facing the basket, and dribbles in for a lay-up.
3. *Moves on Move* – Start players at half court with balls. A pylon will be set up at the 3pt line of each side. Player dribbles towards pylon and executes the instructed cross over move and goes in for lay-up. Player then executes the same move on the other pylon going back the other way. As players improve, encourage them to go faster and harder.

## **11.8 - REBOUNDING**

The focus of rebounding for young players should be on creating a desire for the basketball. As a coach, you must place great emphasis on the importance of having possession of the ball. Any player, regardless of their size can be an effective rebounder, and it is important for young players to understand this. Rebounding, much like defense, is a choice. A player either wants to be a good rebounder or they do not.

Unlike scoring, rebounding involves all five players on the floor. Every player is a potential rebounder on each missed shot. Thus to out-rebound the other team, each player must neutralize the player he or she is guarding, every time on the floor. There are some technical points that should be covered, but above all, an importance and a desire for the ball must be established.

### **11.8.1 – Rebounding Techniques**

When teaching rebounding, emphasize the following:

- The first thing to do when a shot is taken is not to follow the ball, but to find your check. Rebounding begins when the shot is released, not after it hits the rim.
- Next, you must go and make contact with your check. If you can't make contact with your check, cut him/her off from going to the basket.
- Now you must turn and "Boxout" your check – getting your elbows up, arms up and out, your butt down and legs flexed. Contact must be maintained with your check.
- Finally, go and get the ball with 2 hands and 2 feet – 2 hands to secure the ball and 2 feet to land on the ground in a wide, balanced stance.
- If you can't rebound the ball, at least get a piece of the ball to "keep it alive".
- Come down with the ball chinned, and held tightly in hands with elbows out and ball below chin.
- Successful rebounding is simply a matter of desire, aggressiveness, awareness and consistency.



### Rebounding Drills

1. *Bench Rebounding* – One player stands on a bench and holds a ball in the air. Another player jumps up, grabs the ball, and returns to the floor using proper rebounding techniques. Players may also perform this drill in pairs – one player tosses the ball against the backboard, and the other rebounds.

2. *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. Use the center court as a marker. Have each player start on either side of the line, back to back and try to push each other out as far as possible.

3. *Circle Box-Outs* – Have players partner up 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. Have them switch roles after a few tries.

4. *Bangs (Wall Taps)* – 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 high, 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.

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, form each line just inside the free throw line at the corners of the key. These two separate lines form two different teams. The players at the front of each line are up first. Coach shoots the ball and misses 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 plays defense. Only one shot is allowed. The teams compete to a score of five. One point for making a basket.