



Dear Coaches:

Thank you for purchasing the Steve Nash MVP Basketball instructional program.

We've divided the program into two parts: individual drills and team play and practice organization. Disc One, *Individual Fundamentals*, is designed to help a young basketball player develop the fundamental skills necessary to play competitive basketball at a high school level. Disc Two, *Team Play and Practice Organization*, is designed to provide a practical approach to coaching youth basketball on all levels. The drills and strategies can be utilized by parent-coaches, recreational coaches, AAU coaches, and even high school coaches. This program will provide a coach with the framework within which he can organize his team to perform at its highest level.

As a coach, you must remember that the younger the age level, the more simple you have to keep your offense. From 8-10, the basic team fundamentals will help young players to run any offense they might have to learn at a later age. Moving without the ball in a basic pass and cut teaches young players an invaluable concept. Throwing in a pick and roll varies your offensive set, and enables players to learn how to set and receive screens and read the defense. At the younger ages, this pass, cut and pick offense can be used effectively against most man defenses. The simple GAP zone offense allows players to penetrate against the "gaps" or "openings" in any zone and pass to a teammate for an open shot.

Once players reach the 11-14 age range, they should be taught a basic man and zone offense. Some zone offensive "sets" or "looks" are recommended because they allow coaches to set up players to get an open look in certain weak spots of any zone. We have included two zones sets and options that allow you to view the weak spots of any zone. Against a man defense, the flex offense has become very popular because all five players do the same thing, and one-dimensional basketball gives way to versatility, something all college coaches look for in today's players. There is constant movement, with continuous screening and passing, and an opportunity to read the defense to use an individual move within the set framework. In addition, quick hitters can be implemented with the same initial flex set. The flex offense is designed to keep all players happy, because a shot is usually taken by the most open man.

Best of luck,

Steve Nash MVP Basketball

Disc 1 - INDIVIDUAL FUNDAMENTALS

- Ball Handling
- Shooting
- Passing
- Defense

BALL HANDLING

Stationary Maravich Drills

- Ball Slaps
- Over the Head Tap
- Spin It
- Around the Head
- Around the Waist
- Around the Knees
- Typewriter
- Machine Gun
- Around the Leg
- Figure 8
- Dribble Around Leg
- Dribble Figure 8
- Spider
- V-dribble
- Front and Back
- Side to Side
- Drop Clap
- Throw Clap

On the Move

- Figure 8
- Dribble Figure 8
- 2-ball Dribble
- Speed Dribble
- Cross Over
- Behind the Back
- Between the Legs
- Pull-back Cross Over
- Slow & Go
- Spin Dribble
- Circle

Touch & Progression

- Flick the Wrist
- L-flick Wrist
- L-flick Follow Through
- On Your Back
- Block Shooting
- Mid-lane
- Elbows
- Ready Up Shot

Competitive Shooting

- Step off
- Shot Fake Circle
- Stutter Step
- Stutter Step Blast
- 3 Spot Shooting
- 2 in a Row

PASSING

- Meet the Pass
- Fake a Pass - Make a Pass
- V-cut
- Chest Pass
- Bounce Pass
- Overhead Pass

DEFENSE

- Triangle Slides



Disc 2 - TEAM PLAY & PRACTICE ORGANIZATION

PHASE 1: Offense to Defense

- Cup in the Lane
- 3-2-1
- 5-3-2

PHASE 2: Defense

- Wave Drill
- Shell Drill
- Jump to the Ball
- Help & Recover
- 2 on 2 Screening
- 1 on 1
- 2-1-2 Zone
- 3-2 Zone
- 1-3-1 Zone

PHASE 3: Defense to Offense

- Cutting Drill
- 5 on 3 Fast Break
- 3 on 3 Rebounding

PHASE 4: Offense

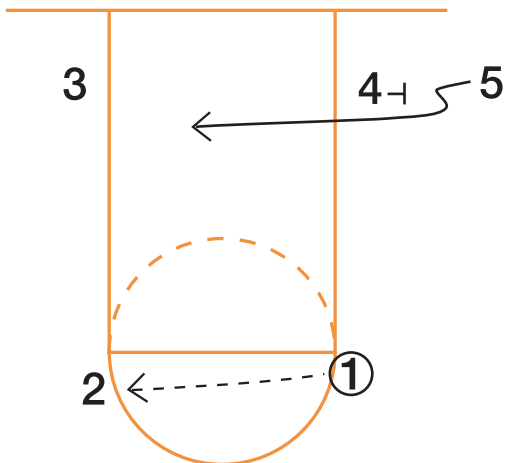
- 3 Line Meet the Pass
- Half Court Passing
- 1-2-2 Step Up vs. Man to Man
- 1-2-2 Pick Away
- 1-2-2 Pick High / Pick Low
- Gap Offense vs. Zone Defense, 3 out 2 in, 4 out 1 in
- Flex
- 3 Man Pick
- Zone Gap
- Corner
- Out of Bounds Plays



FLEX

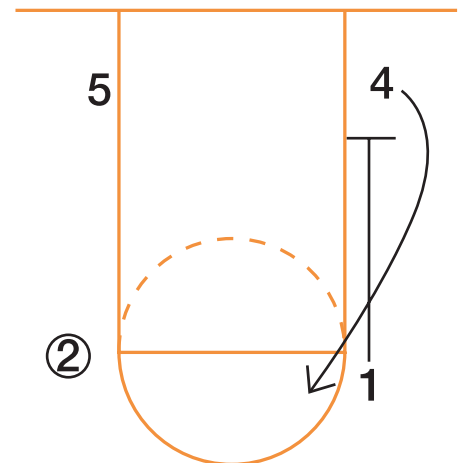
MAN OFFENSE (OLDER AGES)

(A)



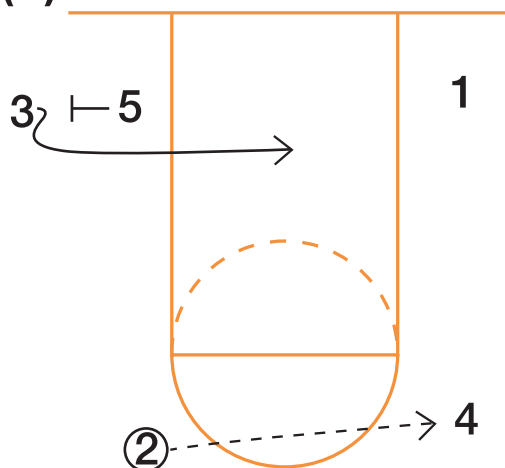
1 passes to 2, 4 crosspicks for 5
2 can pass to 5 for lay-up if open

(B)



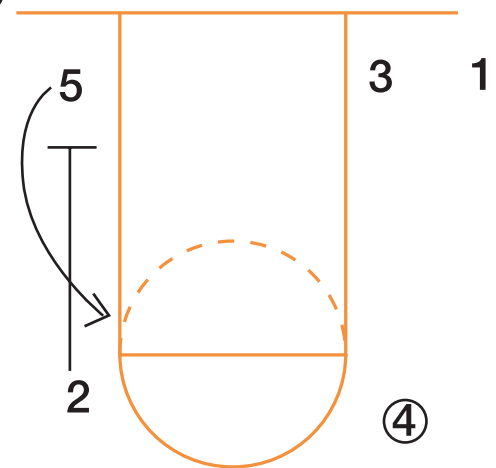
1 downpicks for 4
2 can pass to 4 coming high
or to 1 under goal

(C)



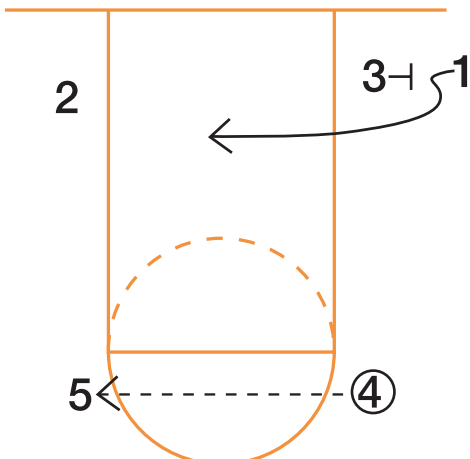
2 passes to 4, 5 crosspicks for 3
(same as plate A except from left side)

(D)



2 downpicks for 5
(same as plate B except from left side)

(E)



4 passes to 5, 3 crosspicks for 1
(this is a pattern offense that keeps repeating)

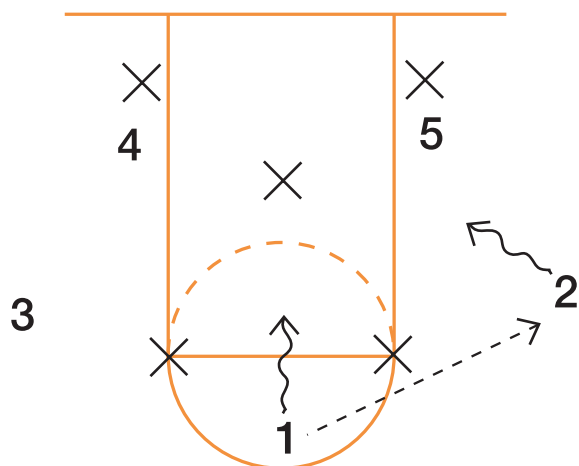
- ★ ALWAYS Guard to Guard pass followed 1st by crosspick then downpick
- ★ Pattern follows A through E then repeats



GAP ZONE

(ZONE OFFENSE YOUNGER AGES)

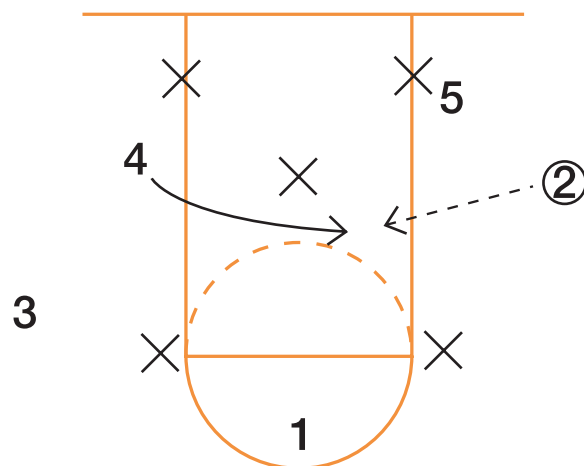
(A)



3 OUT / 2 IN OFFENSE vs. 2-1-2
EVEN FRONT DEFENSE
1 dribble drives & dishes
to open man (2)

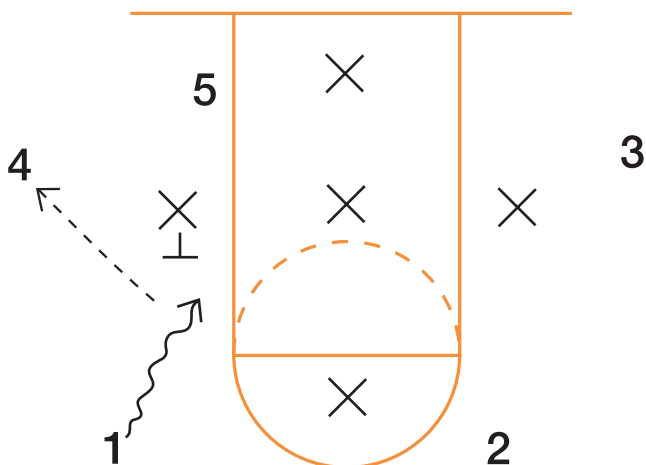
A & B vs.
2-1-2
ZONE

(B)



As 2 dribble drives, 4 can
GAP into open spot
and look for open shot

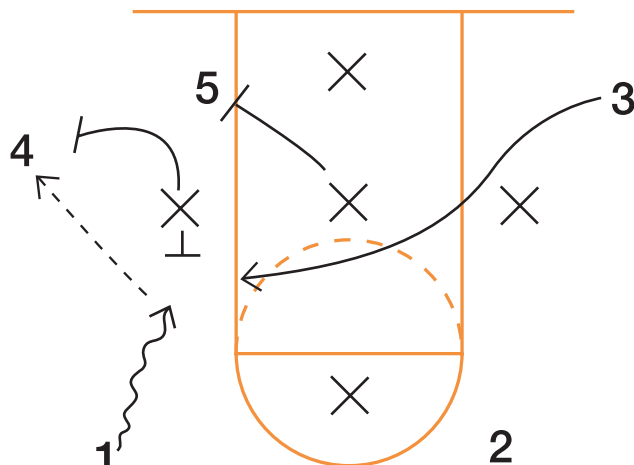
(C)



4 OUT / 1 IN OFFENSE vs. 1-3-1
ODD FRONT DEFENSE
1 dribble drives & dishes
to open man (4) for shot

C & D vs.
1-3-1
ZONE

(D)



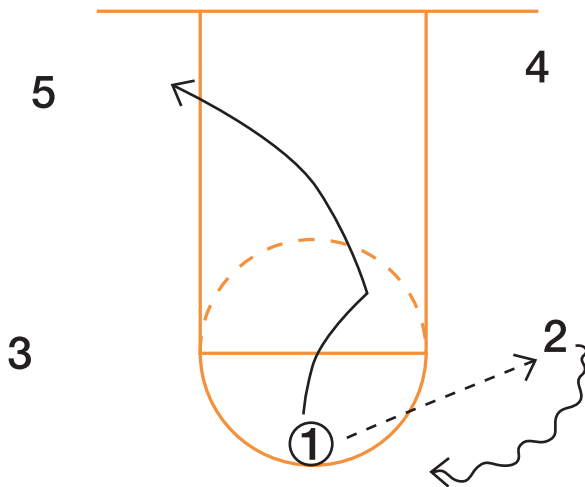
Same as plate C except
defense helps & 3 can
GAP into open spot



PASS, CUT, PICK

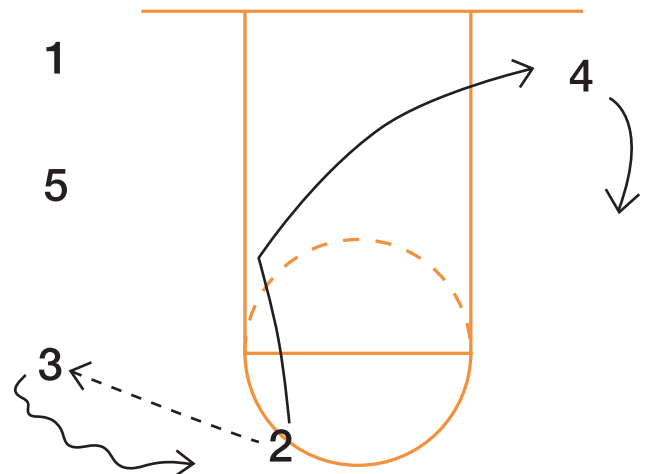
MAN OFFENSE (YOUNGER AGES)

(A)



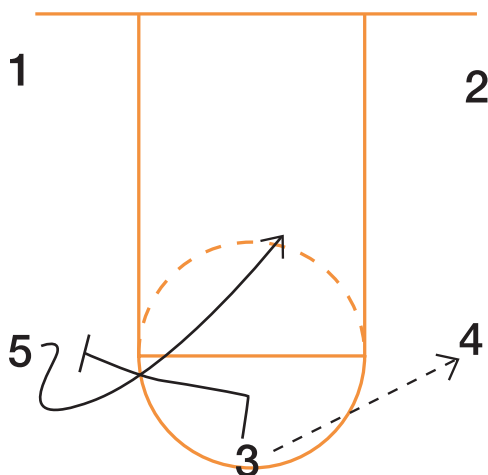
1 passes & cuts away
2 dribbles middle

(B)



2 passes to 3 & cuts away

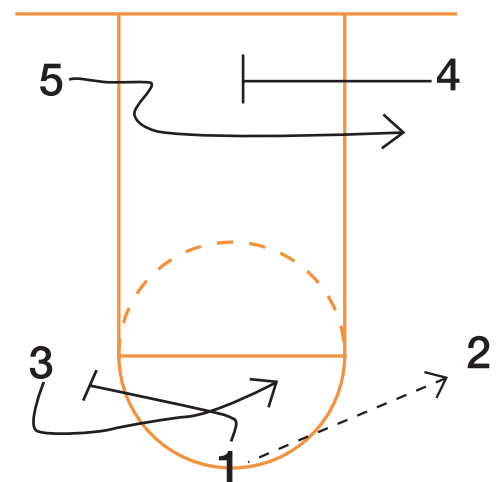
(C)



(C) is just
point guard
picking for
off guard

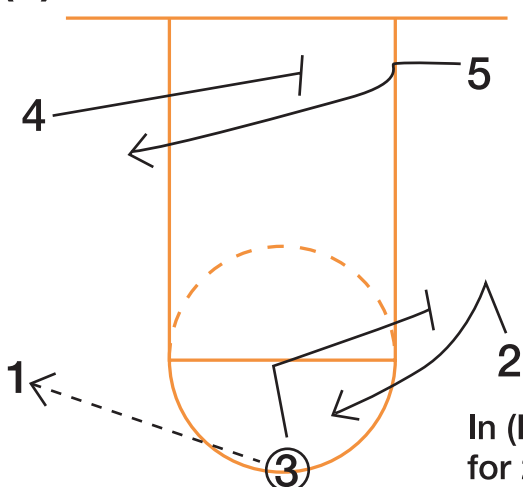
2nd time } 3 passes & picks away

(D)



1 passes to 2 & picks away on 3.
4 picks away on 5.
2 can pass high to 3 or low to 5
coming off either pick.

(E)



In (E) 3 can pass to 1 & pick away
for 2 and 4 can pick away for 5.
This offense just keeps going.





Typical One-Hour Youth Basketball Practice Session

Name of Drill / Event	Phase	Length	Time Left in Practice
Maravich Drills	Fundamental	6:00	54:00
Triangle Slides	Fundamental	1:00	53:00
Half-Court Passing	Fundamental	2:00	51:00
Cup in Lane	Phase 1	1:00	50:00
5-3-2	Phase 1	3:00	47:00
Wave Drill	Phase 2	1:00	46:00
4 on 4 Shell Drill	Phase 2	5:00	41:00
Help & Recover	Phase 2	3:00	38:00
Cutting Lanes	Phase 3	1:00	37:00
3 on 3 Circle Rebounding	Phase 3	4:00	33:00
5 on 3 Fast Break	Phase 3	4:00	29:00
Flex Offense vs. Man – live (or any man to man offense)	Phase 4	13:00	16:00
Gap Zone vs. Odd (1-3-1) or even (2-1-2) zones	Phase 4	13:00	03:00

Notes to Coaches:

- Spend the last three minutes of your practice with a fun, upbeat competitive shooting drill.
- You will not have enough time to practice every drill demonstrated in this DVD each practice so rotate the drills as the season progresses working on the ones that most benefit your team.

