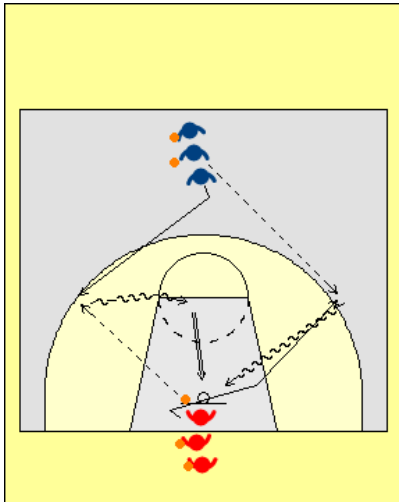


Phase C – Live Defence

Have the players compete against a live defender. Again, it is best to let the player stay on offence for three or four repetitions in a row. This gives them a chance to use different moves and learn from them. If they have no shot they should learn to pass back to the coach rather than practice taking bad shots.

Phase D – Use in a Game-Like Situation

Start a two-on-two, three-on-three or four-on-four situation with this cut and read. Once the play starts the player must learn to play one-on-one within the team. They can shoot or transfer on the one-second advantage to someone else.



Alternate Wing Entry, Flare

Phase A – On Air

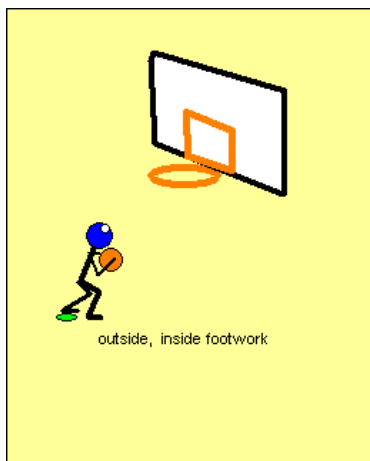
Form two lines with every player with a ball except one player in the top line. The first player can choose to go in either direction and make a flare cut to the attack spot. The timing of the pass must be perfect. Catch the ball with a jump stop so the next step is a crossover step in either direction. The player anticipates the defence by visualizing the action of the defence. The player goes either middle or baseline. On the middle drive, the jump shot is taken. Baseline, the outside/inside power layup is used. After passing, the player at the bottom cuts out to the attack spot looking to receive a clean pass from the next player at the top. Catch the ball to start with a crossover in either direction. Players alternate.

Phase B – Guide

The coach can give the offensive players reads on the catch.

LAYUPS

LAYUP FORM – Phase A



One, Two Power Layup

This layup is very important skill for players to learn who are driving into traffic. The footwork is the same as the regular lay-up starting with the outside foot followed quickly by the inside foot. The only difference is that the player does not continue to drive the outside foot up; they take off on both feet.



Pivot Away

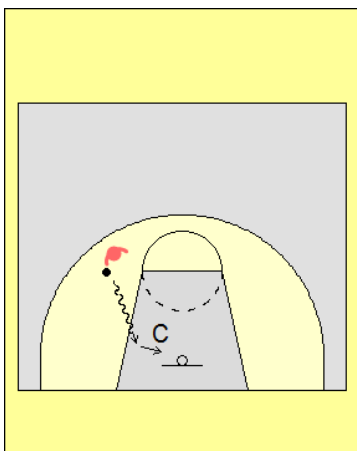
If trouble occurs, the player can use the outside foot to pivot away. As they become more adept they can also develop a little baby-hook from this position.



Step Through

If the defence moves up, the player can step through by continuing to pivot. Throughout the whole process the player stays strong and on balance.

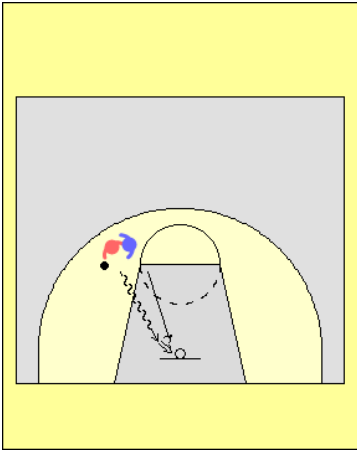
It is important to add in different phases of teaching.



Phase B – Coach Guides

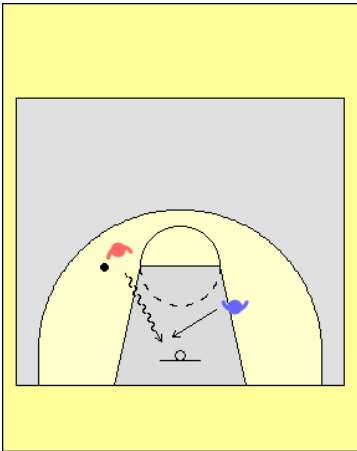
When the player drives the coach gives the player different reads:

- If the coach is not present, do a normal speed layup
- If contact may occur use the one, two power
- If the coach is ready to block, pivot away
- If the coach moves up, use the up and under



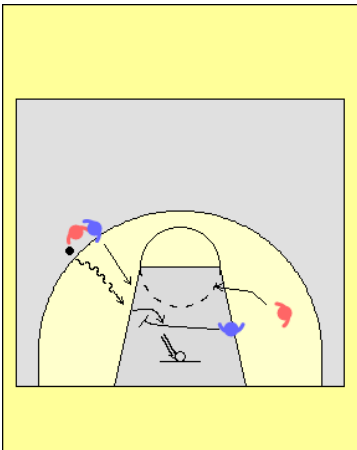
Phase C – Versus Live Defence

Here the defender gives the player with the ball a slight one-second advantage. This is live once the ball is put on the floor.



Phase C – Versus Live Help Defence

Here the offensive player drives to the basket and must read the help defender.

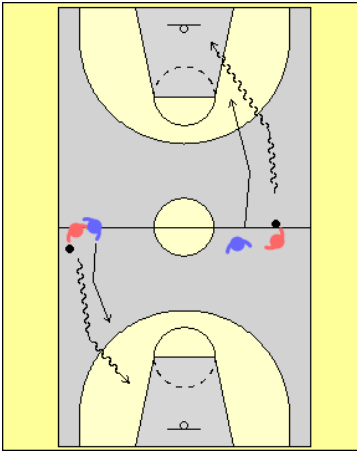


Phase D – Compete two-on-two

Next, the two drills are combined. When the offensive player beats the defender they must read the help.

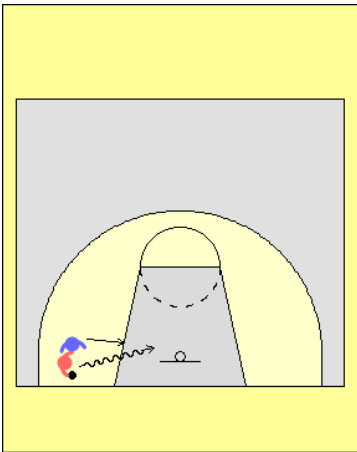
Players at this stage of development must be able to do a number of different layups. The coach should use the same phases of teaching as demonstrated for the one, two power layup. It is better to take one layup through the four phases than to teach a number of different layups on air and expect the athlete to be able to use them in a game. Too often, players can do a left-hand layup with no defence on them in a warm-up situation, but once the defence is involved the player will not use the left hand. This is why it is important to take the player through the four teaching phases.

Here are the layups that the players should master at this stage:



Speed Layup

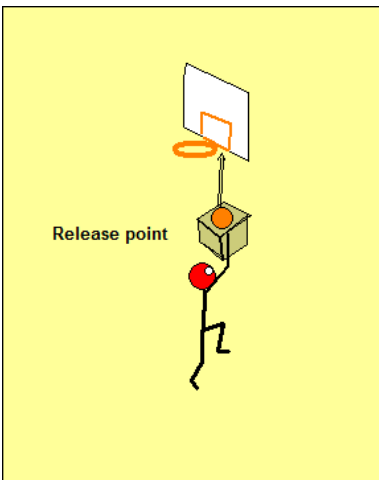
When the player has an open basket and needs to accelerate to the basket. Very often the player will slow down when doing this layup and allow the defender to catch up. The player should try to KOB (keep on back) the defender with their dribble. The player should stretch ensure that the defender cannot come over the top.



Baseline

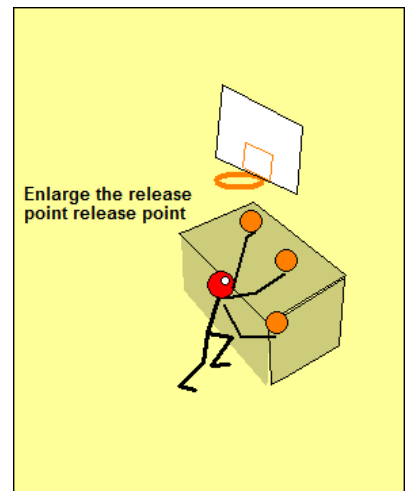
The player uses the right foot and the left hand on the right side and the left foot, right hand on the left side. As the shot is released the player should end up facing the backboard.

Players can also use the one, two power when driving baseline.



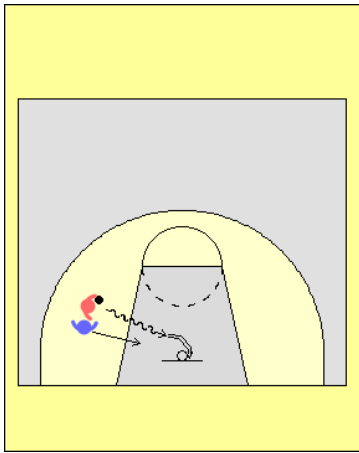
At this stage, players need to learn to enlarge the release point of their layups. Too many players release the ball at the same spot every time. This is fine when no defence is present. As the player begin to face taller help defence it becomes very easy for a shot blocker to time a block since all they have to do is block the release point, not the ball.

The eyes must be up to see the defender.



The player must learn to:

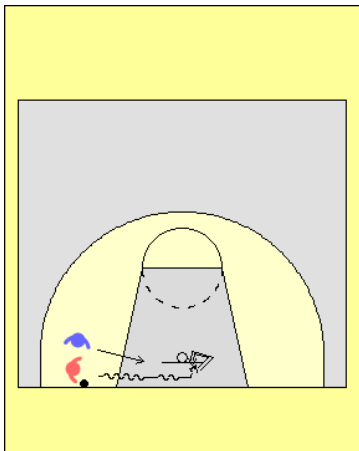
- Stretch and reach when the defender is behind
- Hook the ball when the defender is to the inside
- Extend up and over a smaller defender who is reaching in low



Baby Hook

This layup is used when driving to the middle. The player should use the basket to protect the ball. The player needs to drop the inside shoulder when shooting this shot.

Players can also use the one, two power when going middle.



Reverse Layup

When driving baseline sometimes the basket will open up on the far side if they beat the help defender. The player needs to step on the other side of the midline to ensure that they can find the backboard. The player can open to the basket or close the body. Each has its advantages.

Note: There are many other layups that the players can learn. It is important to take them through the progressions. Be sure that the player can do them on the right and left side. Eyes must be up at all times. Many bad layups should have been pull up shots or passes for assists.

SHOOTING

Points of Emphasis

- Hands preparation
- Teach in three phases (one, two and three)
- Alignment (elbow – knee – foot)
- Arm extension (until the ball touches the ring)
- Put the hand inside the ring (check shot form)
- When to use a jump stop versus one, two stop or inside pivot

Hands Preparation – Building the arm of the shooter

Hand and Arm Preparation is Key

- A. Walk and show shooting hand: keep arms along the side of the body; raise the shooting forearm by bending the elbow to 90 degrees. Dorsi-flex the shooting hand so that the palm faces forward.