

Basketball Player Handouts

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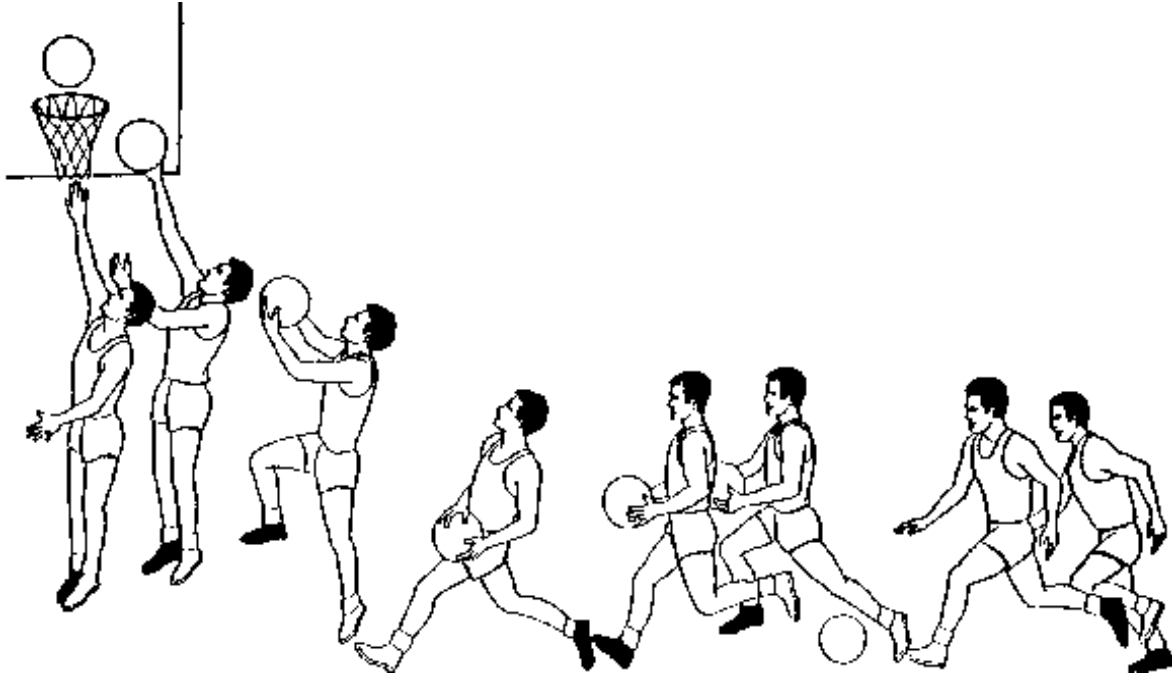
Player Handout 16 - Motion Offense Principles

Basketball Player Handout - No 1.

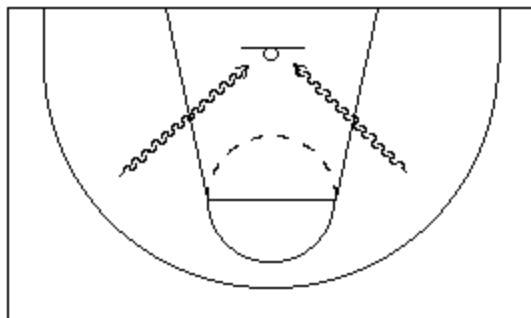
Lay-ups

The lay-up is the "basic" basketball shot that everyone should master. With practice, you should never miss a lay-up !

1. You are allowed to take two steps.
2. Always jump off the inside foot (the one closest to the centre of the court).
3. Bring the outside knee up to get extra height in the jump.
4. Jump up, not forward.
5. As you take your steps and jump, bring the ball up with two hands to the shooting position.
6. Shoot with the outside hand, using the inside arm to protect the shot.
7. At the height of the jump, shoot the ball softly off the backboard.
8. Aim for the top corner of the black square.
9. Keep your head up, and keep your eyes on the target.



The lay-up is one flowing action, not "Stop and shoot".



Ideally, approach the basket at an angle of 45 degrees

Basketball Player Handout - No 2.

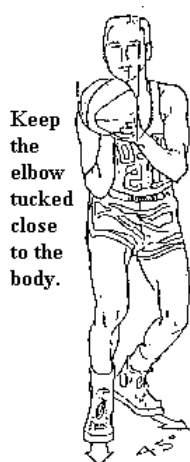
Shooting

When you are thinking about your shooting technique, remember B-E-E-F.

B - is for BALANCE, E - is for ELBOW, E - is for EYES, F - is for FOLLOW-THROUGH

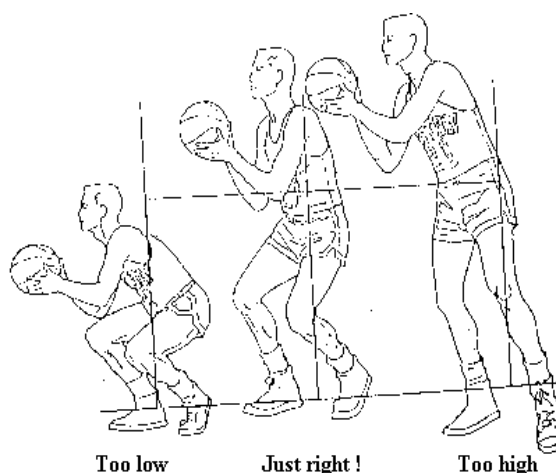
Balance

1. Make sure you are "squared-up" to the basket.
2. Make sure your feet are about shoulder width apart, the "shooting foot" (the one on the same side as your shooting arm) slightly in front.
3. Knees bent for balance (and to provide "upward thrust" when you shoot).



Elbow

1. Keep the elbow of your shooting arm close to your body - no "chicken wings".
2. During the shot the elbow should come up to your eyebrow level rather than going out in front of your body too much. This makes sure you get plenty of lift on the ball rather than pushing it out in front of you.

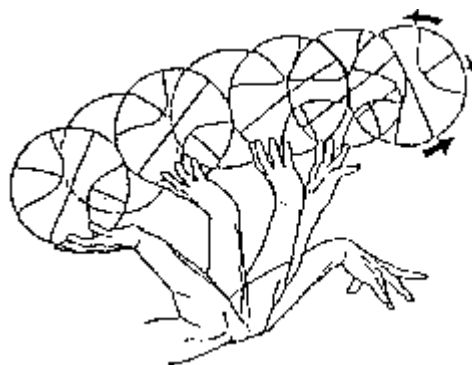


Eyes

1. Keep your eyes on the target (the basket) ! Don't watch the ball.

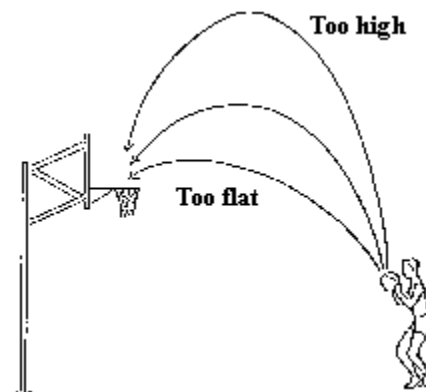
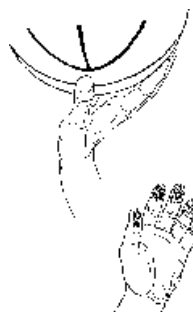
Follow-Through

1. When you are holding the ball for the shot your wrist should be "cocked".
2. Release the ball off the fingers and snap the wrist back to put some backspin on the ball.
3. Keep your arm up in the air for a second - it should be like a "gooseneck". !
4. Point your index finger at the target at the end of the shot.



Holding the Ball

1. If you are holding the ball correctly you should see a "Y" being formed by your thumb, fingers and forearm of your shooting arm.
2. You should hold the ball with the pads of the fingers and thumbs. there should be a gap between the palm of the hand and the ball.
3. The other hand only acts as a guide and is removed from the ball before the shot is released.



Angle of the Shot

1. Try and give the ball a nice arc, like the middle line in the diagram here.
2. If you throw the ball too flat it will be harder to get it into the basket.

Basketball Player Handout - No 3.

Passing

Always try for fast, crisp passes - no "lollipops".

If the receiver of your pass is guarded, always pass away from the defender.

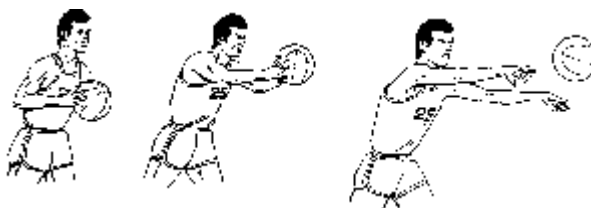
Look for the passing lanes above and either side of the defenders head.

Most importantly - "Fake a pass to make a pass".

Chest Pass

The chest pass is used only when you have a clear path to the receiver.

1. The ball is held close to the chest, keep your elbows close to your body - no "chicken wings".
2. The ball is held in both hands. Hands either side of the ball, fingers spread, thumbs behind the ball. Use the fingers and thumbs to hold the ball, don't use the palms of the hands.
3. Step towards the target and thrust the arms forward.
4. As you pass the ball snap your wrists so that the palms face outward, fingers point towards the target and the thumbs face down.
5. Ball should be aimed above waist height and below shoulder height.



Bounce Pass

The bounce pass is useful for going underneath the arms of a defender.

Execution is the same as a chest pass except the arms are thrust out and down, so that the ball hits the floor about two-thirds of the distance to the receiver.

The ball should come up to waist level for the receiver.



The Overhead Pass

The overhead pass is useful when closely guarded, especially if you are taller than your opponent.

It is also very useful for an "outlet" pass after a defensive rebound.

1. Hold the ball with both hands, using the finger pads and thumb on the outside of the ball.
2. Hold the ball above your forehead, not behind your head where it is easily stolen.
3. Step towards your target and pass the ball with a snap of the wrist and flick of the fingers.
4. After you have thrown the ball your palms should be facing out, thumbs down and fingers forward.
5. The target area is the receivers chest or shoulders, or their target hand.



Basketball Player Handout - No 3.

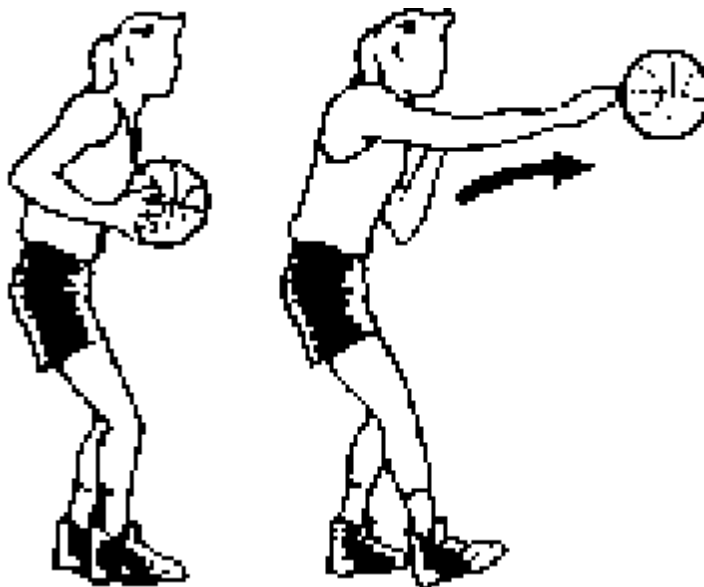
Passing

Push Pass

The push pass is perhaps the most common pass used in basketball. It is called a "push pass" because the ball is pushed outwards from the shoulder using one hand.

From the "triple threat" position the pass is made as follows;

1. The wrist and forearm are "cocked" behind the ball.
2. Step into the pass (using either foot) and push the ball forward.
3. Snap the wrist and fully extend the arm. The other hand is only used to steady the ball until it is released.
4. All players must practice and become proficient at the push pass with both hands.



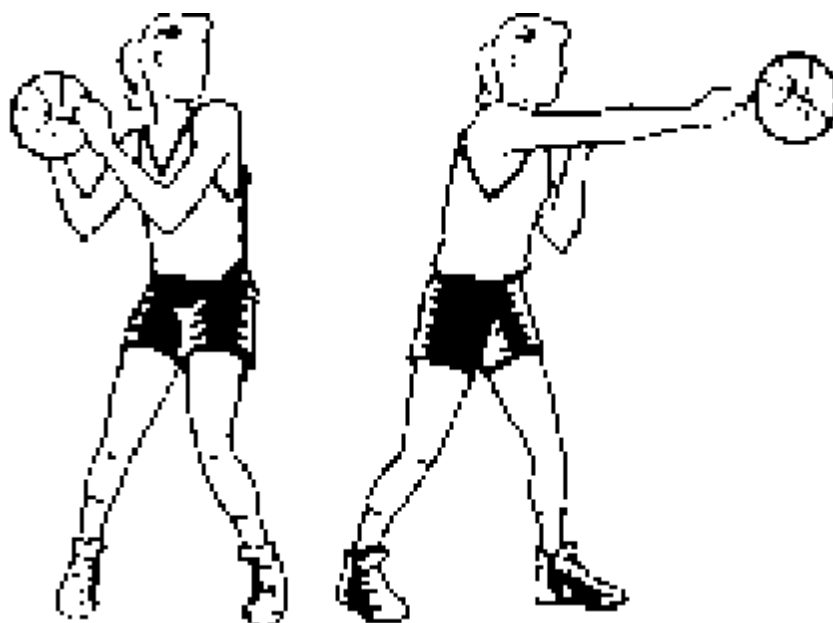
Other important points are;

- a) The push pass is a quick pass.
- b) Step into, or around your defender - remember you're the boss!
- c) The push pass can be made high (over the defenders arms if they are low) or low (under the defenders arms if they are high). It can be either a bounce pass or a direct pass.
- d) Pass to the receivers target hand.
- e) Pass away from the defender.
- f) "Fake a pass to make a pass". Use a pass fake in one direction before passing in the other. Keep both hands on the ball for the pass fake. Keep the fake short but believable.

Baseball Pass

The baseball pass is used when you want to pass longer distances.

1. Ball is up behind the ear with the passing hand behind the ball and the other hand on the front or side of the ball.
2. Step forward with the opposite foot whilst snapping the wrist and fully extending the arm.
3. Follow through with the wrist.



Basketball Player Handout - No. 4

Dribbling

The following key points always apply,

1. Don't over use the dribble - a quick pass is always a better option if you have an open team-mate further up the court.
2. Don't waste your dribble - wait for your defender to commit and drive past her. Use a big explosive step and don't dribble until you are past her.
3. Keep your head up - don't look at the ball. If you are looking at the ball you can't see where your team mates are, or where the defenders are. You must be able to see the court.
4. Keep the ball below waist height.
5. Keep your dribbling hand on top of the ball - don't "carry".
6. Don't slap at the ball.
Use your fingertips, not your palms, to push the ball to the floor, getting most of the "push" from your wrist.
7. Make sure your fingers are well spread, hand cupped.
8. Elbow should be fairly still, near your hip, with your forearm parallel to the floor.

Speed Dribble

The speed dribble is used when you are running at full speed down the court with no defender close to you.

Key points,

1. Push the ball out in front of you.
2. The less bounces over a certain distance the better.

Protection Dribble

The protection dribble is used when a defender is close.

Key points,

1. Adopt the stride stop stance - one foot in front of the other.
2. Knees bent, keep low.
3. Keep the ball slightly lower - about knee height.
4. Always dribble with the hand furthest from the defender, bounce the ball near your back foot.
5. Protect the ball with your body and your free arm.

Advanced Dribbles To Practice

1. Crossover
2. Fake crossover (inside out).
3. Behind the back.
4. Between the legs.
5. Reverse (spin) dribble.

**A "good" basketballer can dribble well with both hands.
Practice with your weak hand as much as you can.**

Don't waste your dribble - use it wisely !

Keep your head up and see the whole court.

Basketball Player Handout - No 5.

Stopping and Pivoting

Stopping

There are two basic sorts of "stop" in basketball. They are the "Jump Stop" and the "Stride Stop".

The following key points apply to both types of stop,

1. Keep your knees flexed (bent).
2. Your feet should be about shoulder width apart.
3. Keep your head above your landing point, don't lean forward or backwards.
4. Keep your hands above your waist and close to your body.

The Stride Stop

If you catch the ball in mid-air you are allowed to take two steps to stop legally.

The first foot to hit the floor, which will be your back foot after you complete the second step of your stop, is your pivot foot.



It is easier to stop "legally" using the stride stop when you are moving quickly.

The Jump Stop

If you can catch the ball in mid-air and land with both feet at the same time, without shuffling your feet, you can choose which of your feet is your pivot foot.

Remember to keep your head up, and "tail" low.



Use the jump stop to keep your pivoting options open. This is especially important when playing close to the basket in the low or mid post positions.

Pivoting

When you come to a stop, and you have the ball, you must keep one foot on the ground, in contact with the same spot on the floor.

This foot that stays in the one spot is called your "pivot foot".

You can change the direction you are facing by turning on the pivot foot and stepping around with the other foot.

This is called pivoting.

- You can pivot forwards (as shown above) or backwards (reverse pivot).
- Pivot backwards and forwards, changing direction to fool the defender.
- You should pivot on the "ball" of your pivot foot, don't try and keep the whole foot in contact with the floor.
- A pivot should be an "aggressive" fast movement. Take short steps, don't try and spin right around - you are not doing ballet!
- Try and keep the pivot "circles" smaller - it will give you much better balance.
- Try and keep the ankle and knee of the pivot foot bent at close to 90 degrees - again this will give you balance and keep you low.
- Keep the ball tucked into your chest, with your strong hand behind the ball, or move it aggressively up and down to avoid the defense.
- Protect the ball with your body and elbows, but don't use your elbows as a weapon.



Basketball Player Handout - No 6.

Basic Defensive Skills

Defense is the key to winning a basketball game.

Coaches want players who are willing to work hard at their defense. A good scorer who doesn't work hard on defense is less valuable than a hard-working defender who scores occasionally.

Good defense requires the following personal attributes;

- Willingness to work hard
- Concentration
- Aggressiveness
- Determination
- Alertness

You will also need to understand, and use, the following basic basketball skills;

- Correct stance
- Footwork (shuffle and drop step)
- Maintaining a good defensive position



Defensive Stance

1. Keep your feet about shoulder width apart.
2. Have one foot slightly in front of the other. Usually it should be the "inside" foot (the one that is nearest the centre of the court) that is in front. Dictate the direction the offense can take.
3. Keep your weight on the balls of your feet, don't stand flat-footed.
4. Knees bent, backside low, back straight.
5. Keep your head up.



The position of your hands depends on whether your man (the one you are defending) is within his shooting range or not.

If your man is outside his shooting range (you think he cannot score from where he is) then;

- Keep your hands at about waist height with your palms facing up or out.
- If you want to try and knock the ball away, "dig up" at the ball rather than slapping down at it.
- Pressure the passing lanes.

If your man is inside his shooting range (you think he can score) then;

- Keep one hand high (at shoulder level) to pressure the shot and to block the shooter's view of the basket.
- Keep the other hand low to guard against the dribble and pressure the passing lanes.

The Shuffle Step

When moving to cover your offensive player always use the shuffle step.

Your feet should not cross or come together as you would lose your balance and the ability to react quickly. Keeping a wide stance ensures it is harder for your man to drive past you.

Take short quick steps, keeping on the balls of your feet.



Push off the trailing foot and take a short, quick step with the lead foot in the direction you want to move.



Then slide the trailing foot to catch up. The feet should not come together. Think of the stance as going from "wide to wider".

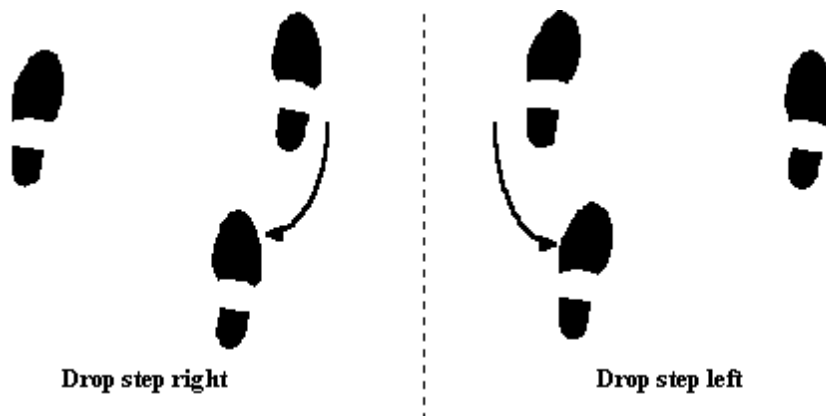
Basketball Player Handout - No 6.

Basic Defensive Skills

The Drop Step

The drop step is a reverse pivot that is used to change direction when using the defensive shuffle step.

It is important to use the drop step so that you give up a bit of ground, but maintain your position between your man and the basket. If you just continue shuffling in front of your man, he will likely get right past you, or you will foul her.



Defensive Position

The most important thing to remember is;

ALWAYS STAY BETWEEN YOUR MAN AND THE BASKET HE IS SHOOTING AT

Guarding the man with the ball

1. If he still has his dribble, stay about three feet away, keeping pressure on the ball and the shot with your hands.
2. If he has used his dribble then you can approach closer and increase the pressure.

Most players in our age group will dribble with mainly one hand (usually the right hand).

In this case you should try and overplay them to that side (move to their right a bit), to try and force them to dribble or drive using their weaker dribbling hand.

Guarding a man without the ball

Here the object is to stop the man from getting the ball.

You should still keep between your man and the basket, but take a position that allows you to put your hand and knee into the "passing lane". This is called the "deny" stance.

Make sure to play a step towards the ball ("jump to the ball") to force your man to cut behind you and not in front.

The "passing lane" is a straight line between your man and the ball.



Basketball Player Handout - No 7.

Some Defensive Thoughts

If we are to be competitive with the top teams next season, we need to put much more emphasis on our defense.

Everyone, if they put in the effort and practice can be great defensive players. Defense requires effort, determination, aggression and concentration rather than the ball skills required to be a great offensive player.

Important points to remember, to practice and to execute in games are;

1. **Position**

- You must be between the player and the basket when guarding a player with the ball.
- Play "in the passing lane" when guarding a player "one pass away" from the ball.
- Play "help defense" (towards the "split line") when guarding the player "two or more passes away" from the ball.

2. **Spacing**

- Play about an arms length away when guarding a player with the ball. If you know they are quicker than you play a bit further away, if you are quicker go a bit closer.
- Play closer and apply more pressure once they have used their dribble.

3. **Stance**

- Keep in the proper defensive stance. Feet shoulder width apart, knees bent, head up, hands ready.
- Keep "low" and "wide".
- Stay in the stance and you'll be quicker and more balanced. Stand up and you'll be beaten every time.
- Remember "nose behind toes" - if you lean forward with your head you'll be off balance and beaten easily.

4. **Ball pressure**

- Your main objective as a defender is to put pressure on the pass or shot !
- Apply as much pressure to the ball as you can !
- Trace the ball with your upper hand.
- "Dig up" - don't slap down !
- Don't foul !
- If the player has the ball well protected behind, don't reach around or give up your position and let them past you.
- No easy, uncontested shots !
- Try and block the players view of the court and basket.
- Have fast hands !
- Be like a fencer !
- Don't reach with your head !

5. **Quickness**

- Stay on the balls of your feet.
- Shuffle - glide !
- Big then bigger, then big again - don't bring your feet together !
- Keep your feet moving - pitter patter - remember the tennis player waiting for the serve.
- Stay on one level - don't move up and down - stay low. No bobbing heads !

6. **Vision**

- Keep your head up - see the whole court !
- You must be able to see the ball and your man - remember "pointing pistols".
- If in doubt, watch the ball.
- When sprinting back down the court, look over the inside shoulder, always look at the ball.

Basketball Player Handout - No 7.

Some Defensive Thoughts

7. **Attitude**

- Controlled aggression !
- You must want to play defense ! You must want the ball !
- Say to yourself - "She is not going to get that shot away !", "She is not going to drive past me !"
- Be nasty, mean and greedy - it's your ball - not theirs !
- When chasing a player, run for a spot on the court he wants to get to and get there first !

8. **Transition**

- Sprint ! Get back down the court before they do !
- Get in front of the ball !

9. **Give ground**

- Give up ground using the drop step rather than letting the player get past you !

10. **Guard the Key**

- We must not let players get the ball in our defensive key ! Don't even let them in the defensive key !
- Under no circumstances is an opposition player to be in the key unguarded.
- Under no circumstances pass back across the defensive key when there are opposition players near.

11. **Communication**

- Shout (loudly!) to let your team-mates know what is happening - it can also upset the other teams concentration.
- Shout "BALL" when your player (the one you are guarding) has the ball.
- Shout "DEAD" when they pick up their dribble.
- Shout "SHOT" when a shot is taken.
- Shout "SWITCH" when you go to guard someone else's man to let them know to take yours.

12. **Force the Opposition to the Sideline / Baseline / Corner**

- Always force the opposition ball handler to the sideline / corner !
- Keep them out of the middle of the court.

13. **Own the Backboards - Rebound, Rebound, Rebound !**

- The team that gets most rebounds, nearly always wins !
- "Block out" - make contact.
- "Hands near ears !"
- Watch the ball - anticipate where it is going to go !
- Jump high - jump stop !
- 75% of rebounds bounce the opposite side from where the shot was taken !
- Grab the ball like you really want it !
- Once you've got it protect it - pull it in, elbows wide !
- After an offensive rebound - power the shot straight back up - power lay-up is the only shot I don't mind you using two hands.
- After a defensive rebound - look for an outlet pass to the wing or dribble the ball out.

14. **Shot Blocking**

- Don't bring the arm / hand down or forward.
- Keep the arm upright - no fouls this way !
- Don't jump unless the ball has left the shooters hand - beware of shot fakes.

Basketball Player Handout - No 8.

Rebounding

A good rebounder is a very valuable player.

They get the ball back for the team at the defensive end, and get opportunities for extra shots at the offensive end.

Although there are some techniques and skills to learn, rebounding is mainly about effort and determination.

1. Be in the right position.

Be between your man and the basket.

Try and anticipate where the missed shot is going to go !

2. Box out your opponent.

In defense, after the shot goes up, pivot "into" your man, make contact with your "behind".

Stay low (knees bent - "sitting position") for balance and strength.

Stay wide (legs and arms) so you are harder to get past.

Keep your arms up, hands up at about ear level, palms facing the basket.

3. Watch the shot (ball) and anticipate where it is going to go.

4. Move to the ball and jump up high !

5. Catch the ball with two hands above your head. Don't wait for it to come down to you !

6. Land with a two-foot jump stop !

Then you can choose your pivot foot.

Defensive Rebounds

Bring the ball into the body and protect it.

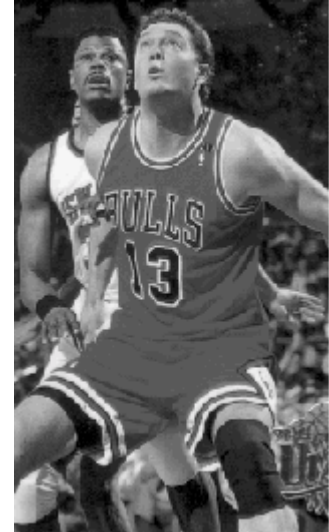
Look for an "outlet" pass to the closest wing, or a strong dribble and then a pass.

The rebound is the first stage of our fast break - get going !

Offensive Rebounds

Be strong and go straight back up for the shot.

Remember the "pump fake" - get the defender up in the air.



Luc Longley "boxes out" Patrick Ewing.

Basketball Player Handout - No. 9

Triple Threat and Individual Offensive Moves

The Triple Threat Position

You should develop the habit of always going straight into the "triple threat" position when you get the basketball.



The triple threat position is,

1. Facing the basket
2. Feet about shoulder width apart.
3. Knees bent, keep your "behind" low.
4. Stay on the balls of your feet, don't stand flat-footed.
5. Keep your head up - looking around the court.
6. Holding the ball in the "ready" position, if closely guarded protect it on your back hip.

From the triple threat position you can,

1. dribble (drive to the basket)
2. pass
3. shoot

Remember to always "square up" to face the basket.

Individual Offensive Moves

These moves are all used to beat the defender. They all start with you in the "triple threat" position. Remember this means you can dribble, pass or shoot.

These moves begin with a short "jab" step toward the defender, or a shot fake, to make him react in some way.

The following important points apply to all of these individual offensive moves.

1. Don't automatically bounce the ball as soon as you get it. Save your dribble.
2. Always adopt the triple-threat position - remember to "square up" and face the basket.
3. Keep low, knees bent, butt low.
4. Make the jab step short and quick - keep your weight on your pivot foot - this will help you stay balanced.
5. Make your shot fakes believable they must look like the start of your normal shooting action.
6. Don't make the shot fake and following action too quick - give the defender time to react.
7. Make the drive step quick and long. You have to get past the defender with this first long step.
8. Drive close to the defender, straight at the basket, no "banana cuts".
9. Attack the lead foot and hand of the defender.
10. "Read" the defense - see what they do before you decide your move.
11. You must start the dribble before your pivot foot leaves the floor.

Strong Side Drive

If your defender doesn't react quickly to the jab step, make a strong side drive.

1. Make sure the drive step is long and try and get your head and shoulders past the defender.
2. Protect the ball by keeping it on your "strong" side, protecting it with your body.
3. Keep the defender on your back by moving across in front of her.

Crossover Drive

If the defender reacts to your jab step by moving to that side, go past him on your pivot-foot side using a crossover drive.

1. Rip the ball through low to the other side of your body as you make the crossover step across your body.
2. Dribble with your "off" hand to keep your body between the defender and the ball.

Jab Step Into Jump Shot

If the defender reacts to your jab step by moving backwards, and her hands are down, take the shot if you are in range and have room.

1. It is important to keep the jab step short to retain your balance for the shot.
2. Make a good high jump shot to ensure the defender doesn't reject the shot.

Basketball Player Handout - No 10.

Side Drills

There will be some times during practice when not all players are involved in a particular on-court activity. During these times, you should not just stand around and do nothing. Use the following ball-handling, stationary dribbling and jump-rope activities to keep you busy and improve your skills and fitness. All of these drills are designed so that you can still watch what is happening on the court.

Ball Handling Drills

With all of these drills - KEEP YOUR HEAD UP - DON'T LOOK DOWN AT THE BALL !



Body Wraps

Wrap the ball around your head from hand to hand.
Move down your body and wrap the ball around your waist.
Move down again and wrap the ball around your ankles.



Single leg wraps

Stand with your legs apart and wrap the ball around one of your legs from hand to hand.
Do 10 in one direction, then 10 in the other, then change legs.



Figure-8 wraps

Stand with your legs apart and wrap the ball around both of your legs from hand to hand in a figure 8 pattern.
Do 10 in one direction, then 10 in the other.



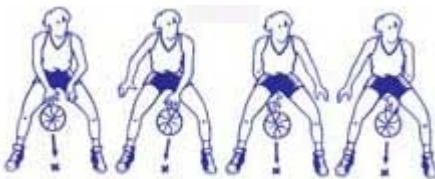
Blurr - with a bounce

Stand with your legs apart and hold the ball with one hand in front and one hand behind your body. Letting the ball bounce only once, change hands, the front to the back, and the back to the front.



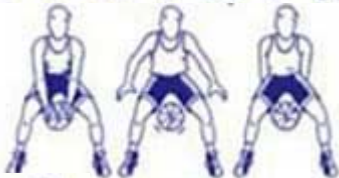
Blurr - with no bounce

Same as above but don't let the ball bounce.



Spider Drill

Dribble the ball twice in front of your body, once with each hand, then dribble the ball twice with the hands behind the body, again once with each hand. Then return to the front for the same again.



Straddle Flip

Hold the ball with both hands in front of the body. Release the ball and catch it before it bounces with both hands behind the body. Repeat coming back to the front.



Finger Tipping

Tip the ball continuously, and rapidly, between the fingertips of both hands. Move the position of the ball from above your head to out in front of your body and back again as you tip the ball.

Basketball Player Handout - No 10.

Side Drills

Dribbling Drills

REMEMBER - KEEP YOUR HEAD UP AND PRACTICE MORE WITH YOUR WEAK HAND !

1. V-dribbles (crossover) in front of your body - from hand to hand - keep the ball low.
2. V-dribbles (front to back) either side of your body - in the stride stop stance.
3. V-dribbles in front of your body - one hand only.

For 2 & 3 above, remember the hand & wrist must change position each dribble (from one side of the ball to the other).

4. Change position drill.
Protection dribble right hand for 5-10 dribbles, then swap to left hand for 5-10 dribbles - repeat.
5. Dribble round your body.
6. Figure 8 dribble between the legs.
7. Between the legs dribble.
8. Behind the back dribble.

Jump Rope Drills

Jump rope (skipping) is great for conditioning and developing foot quickness.

Try sets of 20 of each of the following,

1. Two foot jumping.
2. Single foot jumping (hopping).
3. Alternate feet jumping.

Or, just use your imagination !

Line Jumping Drills

Use the lines of the basketball court (or any lines - draw one with chalk if you need to) to do the various drills below. These will develop your foot quickness as well.

Try sets of 20 of each of the following.

1. Standing side on to the line, jump with both feet, back and forth across the line.
2. Standing side on to the line, jump with single foot (hop), back and forth across the line (use right then left foot).
3. Standing front on to the line, jump with both feet, back and forth across the line.
4. Standing front on to the line, jump with single foot (hop), back and forth across the line (use right then left foot).

Make up any combination of the above, or again, just use your imagination.

Basketball Player Handout - No 11.

Player Positions

A basketball team is usually made up of the following player positions. These positions are given names and numbers.

1. Point Guard

The Point Guard is usually one of the smaller players in the team. She is usually the best ball handler on the team. She must be an excellent passer of the ball. Although the point guard is usually not depended upon to be a big scorer, she should be a good shooter in order to force the defense to come out and cover her.

It is usually the point guard who brings the ball down the court and sets up the offense.

2. Shooting Guard

The shooting guard is usually the bigger of the two guards. She must also be a good passer and receiver and is usually the second best ball handler.

She should also be a good outside shooter.

3. Small Forward

The small forward will probably be bigger than the two guards, possibly not as quick and maybe not as good a ball-handler. She must be a good passer and receiver of the ball and should also be a good offensive rebounder.

Should also be a good outside shooter.

4. Power Forward

The power forward will be one of the biggest and strongest players on the team. The power forward is a physical player, providing strength and power close to the basket.

The power forward should be an excellent offensive and defensive rebounder. The power forward should be a strong shooter close to the basket. She should also be a strong receiver and passer.

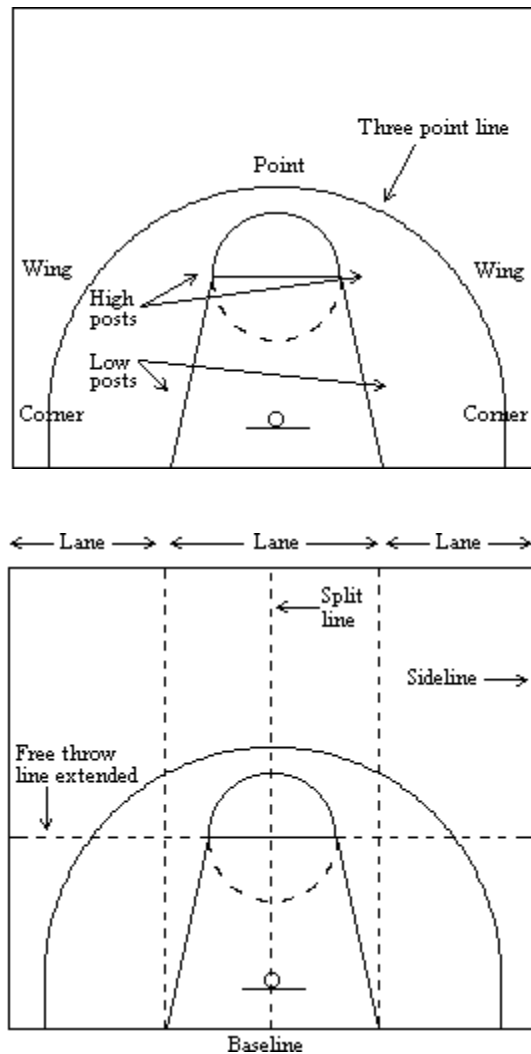
5. Centre

The centre will usually be the biggest player on the team. Like the power forward they play close to the basket and must be a strong offensive and defensive rebounder.

As the centre often draws a lot of fouls, she should be a good free throw shooter.

Basketball Player Handout - No. 12 Court Terminology

The following diagrams illustrate court positions and terminology.



The "split line" is an imaginary line down the centre of the court, from basket to basket.

The "free throw line extended" is an imaginary line that extends the free throw line out to the sidelines.

The "elbows" are the points where the sides of the key join the free throw line.

The sides of the court (either side of the split line) are referred to as;

- the "ball side" or "strong side" - the side where the ball is,
- the "help side" or "weak side" - the opposite side to where the ball is.

We should also think of the court as being divided into three "lanes" and make sure that we always have players running down the court in each of them when we fast break, rather than running down too closely together.

Basketball Player Handout - No. 13

Fast Break Responsibilities

1. **Good defense starts fast breaks.**

A defensive steal, or defensive rebound are ideal ways to begin our fast break. If we all play aggressive defense, pressure the passing lanes, block out our opposition players we will get more fast break opportunities.

2. **React quickly.**

Once we get the ball back, either from a rebound, steal or opposition basket we need to react quickly. Step out of bounds to take the ball quickly. Get to a position to receive the inbound or outlet pass quickly.

3. **Fill the lanes.**

We must have the left, middle and right lanes filled with a player sprinting down the court. We need to communicate what we are doing (e.g. "I'm left, I'm right etc.). Usually we want the ball coming down the middle of the court.

4. **Run hard and wide.**

Sprint down the court hard every time. Stay wide to spread the defense.

5. **Slow down enough to get your body under control as you approach the basket.**

As you approach the free throw line extended, slow down enough to get your body under control and cut towards the basket.

6. **Always pass ahead to the open man.**

If there is a team member open in front of you, always pass them the ball - never dribble if a man is open ahead of you.

7. **If you do dribble - use it effectively.**

If you do decide to dribble - go somewhere. Don't waste dribbles and slow down the break. In the open court use the speed dribble - push it out in front and run hard.

8. **Always see the ball.**

As you set up for the outlet pass use the "knife" position (back to the sideline) so you can see the entire court. As you sprint down the court look over your inside shoulder to see the ball and your teammates.

9. **Passing line - driving lane.**

Read the defender and make a decision. If there is no defender on the line between you and the basket drive hard to the hoop. If there is no defender on the passing lane between you and a man closer to the basket pass ahead.

10. **Make the intelligent pass.**

Fake a pass to make a pass.

Read the defenders hands - if they are high, pass low, if they are low, pass high.

11. **Who does what ?**

As we are playing man-to-man defense we can not always be sure who will be at what position when the turnover that starts the fast break occurs. This means that you need to use your intelligence to decide your role, and communicate to your teammates. Most often the guards and one forward will be the lane-fillers, while the posts will be the defensive trailers.

The man closest to the basket should be the one who takes the ball out of bounds after an opposition score. This will often be a post player.

Both guards, or a guard and a forward (if a guard has the rebound, steal, or inbound pass) should try to get open on the ballside elbow and ballside sideline (free-throw line extended).

Basketball Player Handout - No 14.

Team Defensive Rules and Goals

Team Defensive Signals

We will play only man-to-man defense, we will not play or teach a zone defense. We believe that a solid understanding of man-to-man individual skills and team principles is vital to the development of our players.

We vary the pressure we place on teams up the court by determining where our first defensive point of attack is, or where we pick up our defensive assignments.

The diagram to the left shows the four different positions and how we signal to the team what we want to do.

For example if the coach calls, "22" or "Blue" the team would pick up just behind the half-court line.

We will also have different variations of some of the defenses to allow for some slight modifications to them.

These are,

Safe (e.g. 24-Safe)

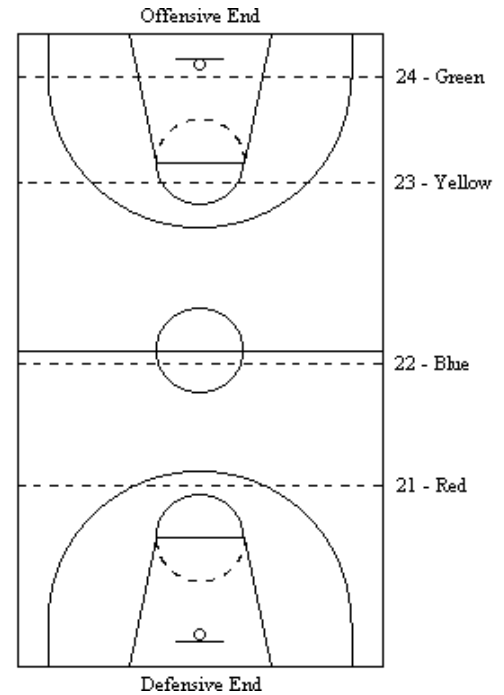
With the Safe versions of our man-to-man defense we have a nominated safety player dropping back. In this case we will not place a man on the inbounder for the offensive team, or we might nominate a member of our opposition who we do not pick up early in the offense.

Contain (e.g. 21-Contain)

With the Contain versions of our man-to-man defense we choose not to deny the guard to guard pass instead we allow this pass and the defensive guard off the ball helps to stop penetration.

Team Defensive Principles

1. Ball pressure is paramount. We must place extreme pressure on the ball to make passing and dribble penetration difficult for our opponent.
2. In defensive transition we must always be behind the line of the ball. If we are not behind the ball we are not in a position to play defense.
3. In all of our defensive options (see above), the player nearest the ball at the point of turnover or score must take the ballhandler. We must try to turn them, as many times as possible, in the backcourt to slow the progress of the ball and give us time to get back.
4. Once the ball crosses the half-court line our intention is then to channel the ball towards the sideline and corner.
5. On the ball we must deny penetration into the key, especially down the middle.
6. One pass away, we deny the pass (exception is guard in Contain, see above).
7. Two passes away, we should be one step off the passing lane, with two feet in key, pointing pistols (see man and ball).
8. Three passes away, we should be one step off the passing lane, on the split line, pointing pistols.
9. On penetration, the help must come from the weakside. Ball side defender who is one pass away can hedge and recover.
10. When defending the low post, we side front - on the high side when the ball is high - on the low side when the ball is low. Use correct footwork to step across in front of the offensive post as ball is moved high-low or low-high.
11. Jump to the ball - as the pass is made, not after it is made ("fly with the ball").
12. Communicate, Communicate, Communicate!



Basketball Player Handout - No. 15

Screening

Screening is used to allow one of your team-mates to get "open" away from their defender.

By "setting" a screen, you block the path of the defender so that they cannot follow your team-mate as they cut off your screen.

The player who is setting the screen should remember the following key points,

1. Keep your feet shoulder width apart, bend your knees and take up a strong balanced position.
2. Hold your arms strongly across your chest to protect yourself.
3. Expect contact - the idea is for the defender to run into you !
4. Make sure your body is positioned "square" to the direction you are trying to screen.
5. Make sure the defender is in the middle of your body. Remember the "T".
6. Remember to call your team-mate so she knows you are screening. Remember the raised "fist".
7. You must not push the defender.
8. You must remain stationary, and in your "cylinder".
9. Once the "cutter" has gone, "roll" to the basket.

The player who is going to "cut" off the screen should remember the following;

1. Don't cut too soon. You must wait for the screener to have set the screen properly and to be stationary.
2. Fake in the opposite direction that you are going to cut to put the defender off balance.
3. Cut close to the screener ! Brush shoulders with them. If you leave a gap the defender may get through it !
4. "Read" the defense and make your move accordingly.

A screen can be set for your team-mate with the ball (screening the ball) or for a team-mate without the ball (screening away).

The Down Screen

A down screen is when the screener moves down towards the offensive baseline to screen a defensive player closer to the baseline. When setting a down screen remember the following principles,

- The screener should always be inside (closer to the centre of the court) the cutter.
- Screener has their back to the ball

This way the screener should have a cut to the basket and a cut to the ball.

What the cutter does depends upon the reaction (and ability) of the defender.

1. If the screener does a good job and the defender is run right into the screen, the cutter should make a tight cut, close to the screener, into the lane looking for a pass.
2. If the defender gets between the screener and the cutter (fights over the top of the screen), the cutter can go back door looking for the pass. The screener should turn (face the basket) to block the defender.
3. If the defender chooses to go behind the screener, the cutter pops out for an easy pass (and possibly a 3-point shot). Again the screener can turn to block the defender.

The Back Screen

A back screen is when the screener moves up away from the offensive baseline to screen a defensive player further away from the baseline.

When setting a back screen, the screener is usually outside the field of vision of the defender and therefore must give the defender at least one step of room. Otherwise any contact could be called as a foul on the screener.

When setting a back screen, remember the following principles,

- The screener should have their back to the basket.
- Screener must watch the cutter as well as the defender to determine their next move which is often a "roll" to the basket.

Again the cutter must read the defense. The options are a tight front cut or to go back door (depending upon the reaction of the defender).

Basketball Player Handout - No. 15

Screening

The Cross Screen

The cross screen is when one offensive player sets a screen moving across the court (roughly parallel to the baseline).

The cross screen is often used when a team has two big men playing "inside". If unable to get open, the ball-side big man can screen across for the weak-side big man.

Once again, depending upon the reaction of his defender, the weak-side big man can cut baseline to the opposite low post, or high side to the opposite high post.

The Screen and Roll

Often, the role of the screener is seen as less important (or less glamorous) than the shooter or ball-handler.

When you set a screen, often the defenders will concentrate on your team-mate cutting off your screen.

This is when you should roll to the basket, looking for the pass and often an easy basket. It is often the screener who gets open and gets the easy lay-up.

When rolling to the basket remember to always "see the ball" and to present a target.

Read your team-mate cutting, and the reaction of the defense, often a quick "pop-out" or flare after the screen can result in an easy shot.

Getting a Switch

Setting a screen can often result in a "switch" of defenders. This can lead to an offensive advantage (big man versus small man, quick guard versus slow big man).

Basketball Player Handout - No 16.

Motion Offense Principles

1. Proper spacing is critical. If we are too far apart passes are easier to pick off. If we are too close together we allow defenders to cheat - we allow them to defend the pass and still be in a position to stop the drive.
2. Pass and move. Don't stand still. It is too easy to guard someone who is standing still.
3. Recognise space and move into it.
4. We always want the point position filled.
5. Read the defense - take what they give to you.
6. Don't overuse the dribble - only dribble to drive / penetrate the key, improve your passing angle or avoid a 3 second call.
7. In the post, if you want the ball have your hand up and yell for the ball. If you are going to relocate or go set a screen, drop your hand and stop yelling, one second before you move.
8. On the perimeter, catch and face into the triple threat position every time. You are not a threat on the perimeter with your back to the basket.
9. Make your changes of direction explosive - fool the defender.
10. In the post, use little movements and use your body position and leverage. Remember the slash arm technique and get your foot across and in front of the defender. Use leverage to seal the defender once you have established a good position.
11. Communicate, Communicate, Communicate!