

Lexington Youth Basketball Association



Coach's Handbook

Welcome

Coaching youth basketball is a rich, rewarding experience, and a lot of fun. That being said, teaching both the fundamental individual skills and team strategies can be quite challenging, particularly with young players. Hence, this coach handbook was developed. Many thanks to the LHS coaching staff for partnering with the LYBA board to pull together the drills and concepts you will find here. It is our hope that you will use this guide throughout the season to plan your practices and prepare your team for games. We recognize the time and commitment coaching requires, and we greatly appreciate your willingness to invest in our players. Welcome to the LYBA and best of luck for a great season.

The LYBA Coach Handbook is divided into the following sections

Introduction: Includes coach guidelines, gameplay rules, and overall goals for player development.

How to Plan a Practice: Planning your practice is essential to the success of your season and the overall experience of your players. A solid practice should be balanced between individual offense and defense skills, and then team offense and defense. The practice planner includes each of these key sections with the associated drills to select from. The sections are color coded to help you balance out the practice. Every practice should include form shooting at the beginning and scrimmage (often with structure or a particular focus) at the end. Each drill listed in the practice planner is described in depth in the specific sections below.

Individual Offense: Drills to promote the development of fundamental skills, including passing, footwork, dribbling, shooting, and pivoting.

Team Offense: Learning the basics of a motion offense, not set plays, is the best strategy for overall basketball development. Much of the team offense section is devoted to teaching motion offense fundamentals. In the 6th-8th grades, teams will also face a variety of zones, so zone offense is covered as well. Out of bounds plays, transition concepts and press breakers are also included.

Individual Defense: Drills to teach fundamental techniques for defense and rebounding.

Team Defense: In general, teams should primarily play man-to-man defense much of the game. (Mandatory for 5th grade) Options for full court presses are covered in this section.

Appendices: More in depth coverage of offense and defense principles and sets for your reference. www.lexhoops.com also contains some useful coaching links for drills and concepts.

INTRODUCTION

Overall Objectives

Coaching Guidelines

Middlesex League Rules

Managing the Season

Overall Objectives

Above all, we want the kids to develop a love for the game of basketball. Your team will be a success if the kids learn the key fundamentals, have fun, and want to play again next season.

Playing basketball well requires the consistent practice and execution of fundamental skills; shooting, passing, ball handling, playing defense, boxing out, etc. Individual skill development should be integrated into unselfish team play. These two concepts form the basis of coaching basketball and are essential for the development of your players and team.

LYBA players should be recognized for...

Being Great Teammates

Unselfish Play

Tough Defense

Outstanding Shooting

Strong Fundamental Skills

Aggressive Transition Offense

Great Practice Effort

Intensity and Toughness

Execution under Pressure

Good Sportsmanship

Skill	Objectives	Strategy
Shooting	<ul style="list-style-type: none"> Develop correct shooting form (Balance-Eyes-Elbow-Follow Through-BEEF) Learn to shoot off the dribble and pass Good shot selection Correctly execute lay-ups on both sides of the basket Consistently make free throws 	<ul style="list-style-type: none"> Include form shooting in every practice Praise good shot selection, help your players know and potentially expand their range Practice free throws consistently Measure Field goal percentage, free throw percentage
Passing	<ul style="list-style-type: none"> Learn to execute a bounce pass and chest pass Learn to move to make yourself available and catch a pass properly 	<ul style="list-style-type: none"> Incorporate passing drills consistently in your practice Track assists during the game Highlight assists as equally

	<ul style="list-style-type: none"> • Develop ability to see the court to make correct pass 	important as scoring
Ball Handling	<ul style="list-style-type: none"> • Dribble smoothly with both hands • Dribble quickly while maintaining control • Execute a crossover, in and out, and behind the back and other dribble moves • Develop ability to change pace while dribbling • Know when to and when not to dribble – e.g. don't try to dribble through a zone press. 	<ul style="list-style-type: none"> • Incorporate ball -handling drills consistently in your practice • Encourage your players to work on their dribbling at home • Correct players when they dribble too much or at the wrong times • Insist they use their weak hand • Measure turnovers related to ball handling
Rebounding	<ul style="list-style-type: none"> • Consistently box out man after each shot – establish contact • Aggressively seeks the ball • Makes consistent outlet pass after defensive rebound • Aggressively attacks basket after offensive rebound 	<ul style="list-style-type: none"> • Teach the fundamentals of how to box out • Consistently recognize good rebounding by your team • Track rebounds per game
Defense	<ul style="list-style-type: none"> • Develop proper defensive positioning and technique • Learn to anticipate and react to passes/ screens • Learn help side defense and team defense concepts • Develop skills to defend pick and roll, and execute traps 	<ul style="list-style-type: none"> • Emphasize the importance of defense – both individual and team defense – in every practice and game • Consistently include defensive drills in your practice • The majority of time your players should be in man -to- man defense • Track steals and the number of times you cause the other team to turn the ball over
Team Offense	<ul style="list-style-type: none"> • Learn motion offense principles • Learn to set and properly use screens • Learn proper spacing • Learn to execute V cuts and backdoor cuts • Learn to move purposefully without the ball • Learn to make the right pass and take the good shot • Consistently seek opportunities for the fast break • Develop ability to break a press 	<ul style="list-style-type: none"> • Emphasize the fundamentals of motion offense- proper spacing, the use of screens, solid passing, basket cuts, etc. • Teach a press breaker and practice frequently • Vary your scrimmages by introducing rules or scenarios

Finally, your attitude will have the biggest impact on the experience the boys have with the LYBA program this season. Be upbeat, positive, supportive, and encouraging. Seek teachable moments but find the right time to point out opportunities for improvement. On behalf of LYBA, thank you for volunteering to coach this winter.

The following objectives break down the skills by grade:

SKILL	5th Grade	6th Grade	7th Grade	8th Grade
Ball Handling (Guards and Posts)	Learn basic dribbling, R/L, eyes up, in place and moving.	Improve basic dribbling. Learn basic moves (cross over, back-up, stutter step) w/ eyes up.	Improve basic moves. Add spin, BTB, in-and-out. Eyes up.	Improve all moves. Perfect one change of direction and one change of speed move.
Passing, Catching, Pivoting	Learn 1) to pivot R/L, 2) bounce, chest, and overhead passes, 3) lead pass to moving teammate.	Improve earlier skills. Add push pass, ball fakes, step-arounds (w/ dummy D). Learn V/L cuts. Work on timing.	Improve skills under tough D pressure. Improve timing and precision of passes/cuts.	Add double teams (passer) and passing off the dribble. Improve timing and precision of passes/cuts.
Shooting	Learn proper shooting form (BEEF). 8-10 feet.	Learn rhythm shooting. 10-12 feet.	Improve rhythm shots. Learn jump shots w/ 1-2 step and jump stop.. Learn shooting off dribble. 12-15 feet.	Improve rhythm and jump shots off dribble and screens. 15-19 feet, 3 pointers.
Lay-Ups	Learn stride layup. Focus on footwork R/L, but stress dominant hand early in the year, weaker hand at end.	Improve R/L stride layups. Add R/L power layups.	Improve R/L stride/power layups with defensive pressure.	Improve all layups under tough D.
Rebounding	Learn making and keeping contact (box out).	Reinforce making/keeping contact, then going to get ball.	Learn team rebounding, i.e., to box out as a team.	Improve team rebounding. Encourage tenacious rebounding.
Individual Defense	Learn containment, mirroring,	Improve containment, mirroring,	Improve close-outs. Add defending screens	Become expert, tenacious defenders, w/

	cushion. Learn off-ball "help" positioning. Learn sliding and drop steps.	cushion, off-ball "help" positioning, sliding and drop steps. Add close-outs and work on angles.	(2 ways).	constant communication.
Individual Offense	Learn how to get open (L and V cuts). Learn spacing, not to bring your D to the ball. Footwork: layups, jump stop, pivots.	Improve L/V cuts. Add back-door cuts. Improve timing and both verbal/non-verbal signals. New footwork: reverse pivots, jab steps, up fakes.	Improve V/L/backdoor cuts. Add using a screen (Use, Refuse, Curl). New footwork: drop steps.	Learn read and react concept. Practice using screens, taking what D gives you, and reading angles. Improve all footwork.
Team Defense	Learn basic D: on-the-ball, deny, help w/ 3v3 shell drill.	Improve basic D. Add 3v3 with cuts. Learn to stay between girl and basket while watching ball, without hugging.	Learn spacing on 4v4 shell drill. Add rotations w/ UCLA cuts. Learn 3 ways to D ball screens.	Improve spacing on 4v4. Add 5v5 shell. Learn D for off-ball screens.
Team Offense	Learn movement w/out the ball.	Improve movement w/out the ball. Learn timing and "hands up" (as targets).	Improve timing. Learn setting a screen. Practice read and react (holes in D). Want the ball. Add fast break.	Improve screens both on/off the ball. Improve fast break spacing.
Talking	"ball" "deny" "help" Words of encouragement.	"cutter" "I'm back" "got ball" "shot"	"screen" Constant chatter.	Non-stop chatter on court.

Coaching Guidelines

League Philosophy

LYBA is a developmental program. Our goals are to instruct and guide players in the development of their basketball skills and to ensure that each player has a fun, educational and competitive experience.

Team Structure and Formation

Each team will have a roster of 10-13 players made up of a specific grade level of players. The league may choose to expand the number of players on a roster. The league may decide to have mixed grade levels on a B team. The standard format will be to have an "A" and "B" level team in each grade. The "A" team will be made up of those players that rate highest at the ratings. The "B" level team will be made up of the remaining players. If there are more applicants than positions available, there will be cuts. LYBA board appoints coaches after teams are formed. In "A" team formation, the appointed coaches have discretion with the lowest set of rankings—if the coaches recommend a change, a majority of the applicable board of directors (boys or girls) must approve this change. In general, the league prefers to stay with the rankings, but acknowledges the need for some coach discretion in building out a team. The league has the discretion to change the format and structure of the teams as it deems appropriate.

Playing Time

The program attempts to provide equal playing time to all players. Playing time is defined as meaningful minutes. It is not sufficient to have players participate at the end of a half or quarter when a game's outcome has been determined. It is also not adequate to use a platooning strategy. Importantly, coaches may adjust playing time based on behavior and participation at practices (exception for medical reasons).

For all 5th and 6th grade teams, 7th and 8th grade B and C teams: with the exception of adjustment based on behavior and practice participation, equal playing time is a must, except for the last 4 minutes of games.

For 7th and 8th grade A teams: Goal is equal playing time over the course of a season. No guarantees, however. As kids move towards Middle School and High School competition, the philosophy changes towards merit-based play to provide an appropriate transition. Guideline for minimum is 30% of a game.

Regular Season Games

The league will be responsible for scheduling all regular season games. The appropriate league will be selected by the league and games will be scheduled for each team.

Practice and Game Information

Information about practices and games will be confirmed and updated accordingly every Friday on www.lexhoops.com. This site can be accessed by coaches, parents, players and opposing teams. Please contact Bob Ruxin about gym usage, including notice of practice cancellation so another team can be assigned. Dave Lang, Gary O'Neil or John Plansky can be contacted concerning scheduling and officiating concerns.

Tournaments

Each team usually plays in one tournament during the season, typically at the end of the season. Depending on expenses incurred during the year, either LYBA will pay for the tournament or coaches may need an additional contribution from the players. The playing time rules apply during the tournament. After the season and the one LYBA planned tournament, coaches may decide to enter their teams in other tournaments. This is up to the coaches and falls outside of the LYBA. The same applies to additional tournaments beyond the one.

Equipment

Each team will be provided with a game ball, practice balls, a first aid kit, an ice pack, a ball bag and a scorebook. The equipment needs to be returned at the end of the season. Contact Gary O'Neil if you have any questions regarding equipment.

Uniforms

Uniforms are ordered for each player and should be available by mid-November. Contact Gary O'Neil with questions.

Game Day

At home games, the coach is responsible for paying the referees prior to the game and assigning volunteers to manage the clock and the scorebook. Some advice, pick a parent to be designated clock/scorebook for the season at the beginning of the season. Based on the anticipated home schedule, LYBA will give each coach a lump sum at the beginning of the season. Home games may change throughout the season. Please keep a record of the transactions and submit deficit/surplus at the end of the season. If only one ref is available, the payment is 1.5 times the normal fee.

At away games, a volunteer needs to do the scorebook. In 2012-2013 season, the normal fee is [\$80] for 2 refs and [\$60] for one (subject to change). We suggest taping a copy of the Middlesex League rules into your scorebook. These rules apply to home games for all teams and away games for A teams. In particular, we are asking the officials to enforce the timeout rule (3 full, 2 20-second) and no more than five minutes from last whistle of first half to start of second half. Overtime at home games will be two minutes. Double overtime and any subsequent overtime period will be one minute.

Discipline Issues (Player/Parent)

If a situation develops that involves the conduct of a parent or player that is detrimental to the kids and the league, please report it to the coach, and the coach will make a board member aware of the situation. If a player is seriously injured, the coach will notify an LYBA board member. The league will deal with situations on an individual basis, and have the right to suspend or expel players or parents with no refunds.

Technical Fouls or Equivalent (in coach's judgment)

- First technical: out for remainder of game. If technical is 5th foul or after fifth foul, sit for first half of next game.
- Second technical: remainder of game plus next game.
- Third technical: remainder of game plus next two games. Coach to notify boys or girls board. Board has discretion to suspend player for longer—depending on severity.
- Fourth technical: at least same as No. 3 with coach's discretion to (a) suspend for season or (b) take other game discipline (such as missing more than 2 games or playing very limited amount). Regardless, coach will consult boys or girls board. Board may consider in making placement decision the subsequent season.

At any time after second technical, coach may warn player that subsequent technical (or equivalent behavior even if not called for it) will be grounds for suspension. Coach has discretion to adjust playing time, including suspension, at any point based on inappropriate behavior whether or not it results in a technical.

Gym Conduct

Please arrive 30 minutes before your game so you are there before any players arrive. Coaches may need to help the custodian set-up or clean-up. Please have players pick up trash & water bottles around the gym. COACHES SHOULD NOT LEAVE GYM until all players are picked up. Please note that there is no access to Diamond gym before 8:15 a.m. for Sunday games and that no food is allowed in the gym.

CORI

CORI checks are required for all coaches. The forms & fees will be handled by LYBA.

Helpful Coaching Websites

We have found that the following websites provide good tips for practice drills, offensive and defensive sets/plays, and overall basketball knowledge.

<http://www.coachesclipboard.net/BasketballDrills.html>

<http://www.breakthroughbasketball.com/coaching/coaching.html>

<http://guidetocoachingbasketball.com/>

<http://www.online-basketball-drills.com/about/>

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Middlesex League Rules

Regulation High School Basketball (Grades 6 – 8)

1. ALL GAMES WILL BEGIN ON TIME THERE WILL BE A 5 MINUTE WARMUP PREGAME AND 3 MINUTES BETWEEN HALVES
2. 16 minute half's stop time
3. Must provide 2 patched refs for games
4. 5 TIMEOUTS PER GAME ALL FULL TIMEOUTS
5. 3'S DO COUNT AT EVERY LEVEL
6. Shoot 1 and 1 on 7th team foul
7. Shoot 2 on 10th team foul
8. 5 fouls equal disqualification
9. Must pull off the Press with a 20 point lead
10. THERE WILL BE 3 COACHES ALLOWED ON THE BENCH PLUS A SCOREKEEPER

OVERTIME PERIOD

- The First Overtime period will be a 4 minute Overtime with each team having one timeout. There is no carryover of timeouts from the regulation time.
- The Second Overtime and Subsequent Overtimes will be 2 minutes with each team having one timeout. Again no carryover of timeouts from the previous overtime.
- IF A PLAYER OR COACH IS DISQUALIFIED DUE TO FIGHTING THEN THAT PLAYER/COACH IS SUSPENDED FROM THE NEXT LEAGUE GAME.
- LYBA WILL NOT TOLERATE INAPPROPRIATE BEHAVIOR FROM PLAYERS/COACHES/SPECTATORS.
- IT IS THE RESPONSIBILITY OF THE COACH TO CONTROL HIS PLAYERS AS WELL AS THE FANS THAT ARE THERE SUPPORTING THEIR SONS and DAUGHTERS.
- IF A VISITING TEAM FORFEITS WITHOUT A MINIMUM OF 3 DAY NOTICE AND THE HOME TEAM IS UNABLE TO SECURE ANOTHER OPPONENT THEN THAT TEAM IS RESPONSIBLE FOR THE COST OF BOTH THE GYM AND THE OFFICIALS.
- THE EXCEPTION TO THE ABOVE RULE WOULD BE A WEATHER SITUATION. THE COORDINATORS WOULD NEED TO DISCUSS AND AGREE IF IT IS UNSAFE FOR TRAVEL. IF THE COORDINATORS AGREE TO HAVE THE SCHEDULED GAME THE ALL TEAMS WILL NEED TO PARTICIPATE. IF A TEAM CHOOSES NOT TO PLAY AFTER AGREED UPON THE COORDINATORS THEN THE ABOVE RULE WOULD BE APPLIED

5th Grade Rules

1. Half Court Person to Person Defense ONLY after a MADE BASKET or a DEAD BALL.
2. The DEFENSE MUST RETREAT TO HALF COURT:
 - a. A MADE BASKET IN THE FIRST 12 MINUTES OF EACH HALF.
 - b. A DEAD BALL WHERE THE OFFENSIVE TEAM HAS A THROW IN - IN THE BACK COURT.
3. Definition of a LIVE BALL:
 - a. If the offensive team is unsuccessful on a try for a basket and the ball is rebounded by the defensive team then the player and the ball is live.
 - b. If the offensive team turns the ball over and the defensive team has secured possession then both the player and the ball is live.
4. Last 4 minutes of each half team may press (Person to Person only).
5. 28.5 Basketball will be used.
6. NO ZONE DEFENSE – In either a Pressing Situation or as a Set Defense.

7. NO DOUBLE TEAMING – Player is dribbling the ball into the Front Court, the Defensive Team CAN NOT run to Double Team the BALL. If the Player is attacking the Basket then certainly the Defense would be in a HELP situation.

Managing the Season

1. Before 1st Practice: Set tone with parents in introductory emails. Key: ask parents to “release” their kids to the coaches. Make sure they understand that attitude, behavior, practice attendance, are all keys to a great season. Playing time is a critical item to most parents. They need to know the playing time guidelines upfront.
2. 1st Practice: Set tone with players. Ask them what they’d like to be their 3-5 team “hallmarks”, or “covenants”. Examples: Team Defense, Rebounding, Positive Attitude, 100% Effort, Share the Ball, Unselfish, Shot Selection, Sportsmanship, Fast Break / Up Tempo, Always Get Better, etc. Maybe have the kids vote on the top 4 or something.
3. 1st Game: Emphasize the Hallmarks before the game. Emphasize sportsmanship. Do not vary your coaching attitude / intensity from practice to game. Kids need you to be calm / consistent.
4. Style: Try to be a Confidence Builder rather than a Confidence Cutter. Deal openly with mistakes—the kids will make lots of them. Look for opportunities to praise good play. The one thing to praise always is high effort. The one thing to deal with directly is laziness or poor behavior. Better to deal with this offline—not in front of all teammates.
5. Refs: Tell the kids that there will be no complaining about referee calls. Do not complain yourself. This is a BIG DEAL! LYBA coaches take the high road. Make sure the kids know that technical fouls have major consequences (see above).
6. Post Game: Don’t talk too much about the game. Kids are usually burnt after a game and won’t process your analysis—and often, coaches’ kneejerk reactions are not productive. Jot a few notes to bring up in the next practice. A number of coaches like to do a “Best Play” round up after the game. Win or Loss, the kids gather round and talk about their favorite play of the game that wasn’t their own play. Everyone leaves on positive note.
7. Practices: Keep them moving. Break down the kids into small groups to maximize the number of touches. Kids should have a ball in their hands as much as possible. Get them into shape through drills—not through suicides (though suicides are good incentives to use in competitions!). The proverbial “10 man layup line” warm-up is pure evil. In grades 5-8, LYBA is about skill development. Most practices ought to be about 75% skills / 25% sets/frameworks.
8. Plays versus Frameworks: Kids will learn better basketball if they learn offensive frameworks where spacing and constant motion are the keys. If all they learn are specific plays—those plays are about all they’ve learned. And most plays taught at this level involve 2-3 players. What about the other 2-3? Fight the tendency to provide specific plays. Since it’s hard to “start”, there are plenty of “Starters” (wing screens the point, post screens the point, wing v-cut, post flash to free throw line, dribble entry to wing and replace, etc) to get the offense going. It’s what they do after the starter that shows their development.
9. Website/Schedule: Emphasize that the parents should always consult the website. You don’t want to be constantly sending emails. We’ve only received a few complaints about this—generally from high maintenance people. If you emphasize this early, your life will be A LOT easier throughout the season.

HOW TO PLAN A PRACTICE

Running a Solid Practice: Some Suggestions

Practice Plan Template

Running a Solid Practice: Some Suggestions

1. Emphasize Stretching First: Set the tone for the rest of their lives. The way to avoid injury and compete at a high level is to stretch before every competition/practice for 5 minutes. While they're stretching, go over the focus items for the day.
2. Early Drills: KEEP THE BALL IN THEIR HANDS. It's mainly about ball handling, dealing with pressure, and shooting at this level. Emphasizing communications is also a big deal for the texting generation. Coach's Clipboard website has lots of drills in these areas to mix things up. "Form Shooting" and "Mikan" are classic shooting drills that must be done. "3 on 2, 2 on 1", "Dream Team" and "Cincinnati" are great early practice drills.
3. Short Sets: 5 minutes maximum per drill, kids get bored fast. The first time through things take longer...use names for your drills so that you can just say the name and the team knows the drill later in the year.
4. No "Knockout": Knockout is a drill the kids love, but is hazardous to their shooting health (the way to win Knockout is to throw a line drive against the backboard, catch and hit layup). If you must allow it, make them earn it with great play/attention/focus.
5. Talk Less and Show More: The quickest way to lose your kids is to drone on. Time yourself. Have your assistant coaches time you. Are you going on for over a minute to explain something? That's a long time. Most kids are visual learners in basketball. Do walk throughs, run the first rep without defense, or with token defense. SHOW AND GO.
6. Keep a Practice Planner and Stick To It: Use the Practice Plan provided, or some other tool and stick to it. If the kids see you organized, they'll understand quickly that you mean business, and they will become more focused.
7. Scrimmage, But Don't Just Let Them Go: Some coaches don't think kids should scrimmage in practice. Of course they should. But keep it short in time, probably towards end of practice. And make points of emphasis:
 - a. Shot Selection Scrimmage – teams only score points when they take a good shot, whether or not it goes in
 - b. Defense Change Scrimmage – zone on a made shot, man-to-man on a miss
 - c. Press Scrimmage – both teams man-to-man trap press on a made shot

It's good to blow the whistle 2-3 times during a 15-20 minute scrimmage to point out adjustments.

LYBA Practice Plan

Date:

Practice #:

INDIVIDUAL OFFENSE

- Shooting Technique/Practice
 Form Shooting (Always)
 Duke Shooting
 Motion Shooting
 Ball Reversal Shooting
 Line Form Shooting (12 Minutes)
 2 Line Shooting
- Ball Handling
 1 Ball Series**
 2 Ball Series
- Other Drills
 Box Passing Drill
 Full Court Layup Drill
 Big Man Drills
 Jump Stop Drill (Pivot, Pass)
 PNR (Pick and Roll)
 4 Corner Passing
 3 Man Weave

INDIVIDUAL DEFENSE

- Rebounding
 Rodman Rebounding
 War Rebounding
 Circle Rebounding
 1-v-2 Closeout**
 2-on-2 Closeout**
 3-on-3 Shell with Coach
- Defense
 1-v-1 Zig Zags
 Mass Stance
 15 Passes
 Offensive Defensive Recovery
 PNR (Pick and Roll)

Time	Drill	Description	Special Instructions
6	1	Form Shooting - From short range. "555" 5 shots each from 5 spots (baseline left, left 45 degree, in front, right 45 degree, baseline right). No further out than 5 feet away from hoop.	BEEF: Balance, Elbow, Eyes, Follow Through. Remember, "Elbow over Eyebrows" on follow through, and hold the follow through
	2		
	3		

	4		
	5		
	6		

	7		
	8		
	9		

	10		
	11		
15	12	Scrimmage	

TEAM OFFENSE

- Motion Offense
 Pass and Front Cut (1-on-2)
 Pass and Back Door Cut (1-on-2)
 4-v-0, 6 Passes, Pass and Cut**
 4-v-0, 6 Passes, Drive and Kick**
 3-v-3 Progression**
 4-on-4, 5-on-5 Shell**
- Zone Offense (also in shell)
 Even Front: Gaps and X
 Odd Front: 4 Out
- Baseline Out-Of-Bounds (BLOB)
 Cross
 Up
 Screen the Screener
 Stack (versus Zone)
- Press Break
 Versus Man and Zone
- Transition
 Carolina (with Fullback)
 3-on-2, 2-on-1
 Bust Out Outlet
 Fullcourt Zig-Zag Passes
 Outlet Drill

TEAM DEFENSE

- Full Court Shell (Positioning)
 4-on-4, 5-on-5 Shell**
 Man Press ("55")
 Zone Press (1-2-2)
 2-3 Zone ("Even") Shell
 1-2-2 ("Casa") Shell

** Use these A LOT!!! Especially for 3-on-3
 5th, 6th grade teams are encouraged to spend 60% of time on offense. 7th will shift to 50% and 8th to 40-50%.

INDIVIDUAL OFFENSE

Shooting Technique/Practice

Dos and Don'ts

Form Shooting

Duke Shooting

Motion Shooting

Ball Reversal Shooting

Line Form Shooting (12 Minutes)

Free Throws

2 Line Shooting

Ball Handling

Dos and Don'ts

1 Ball Series

2 Ball Series

15 Passes

Other Drills

Box Passing Drill

Full Court Layup Drill

Big Man Drills

Jump Stop Drill (Pivot, Pass)

PNR (Pick and Roll)

4 Corner Passing

3 Man Weave

Shooting Technique/Practice

Dos and Don'ts

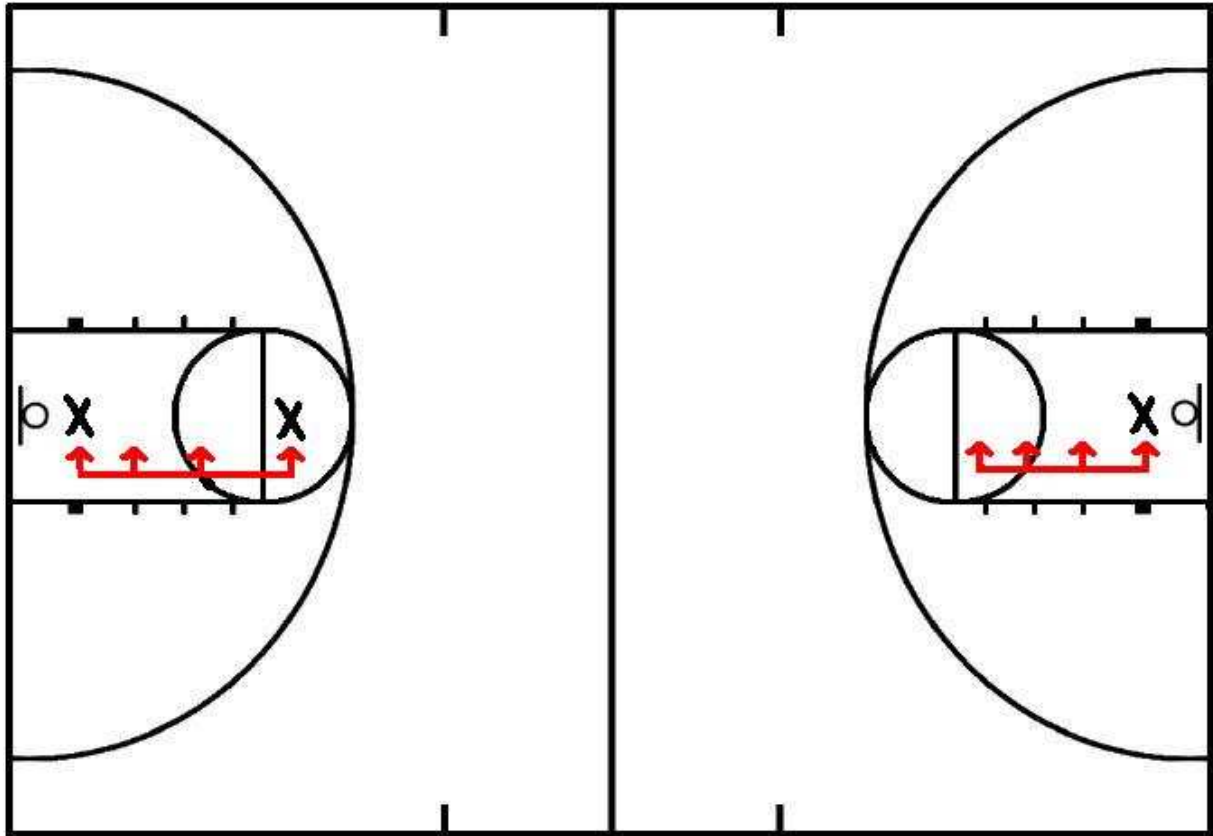
Do:

- Know your range.
- Know what a good shot is.
- When receiving a pass for a shot, step into the pass to get the shot off more quickly.
- Plant your inside foot when squaring to the basket for the shot.
- Provide passers a target as a receiver.
- Use shot fakes to get by the defense.
- Lift the elbow, follow through, reach for the peach (basket).
- Get power for the shot from your legs.
- Practice shooting as if you were in a game.

Don't:

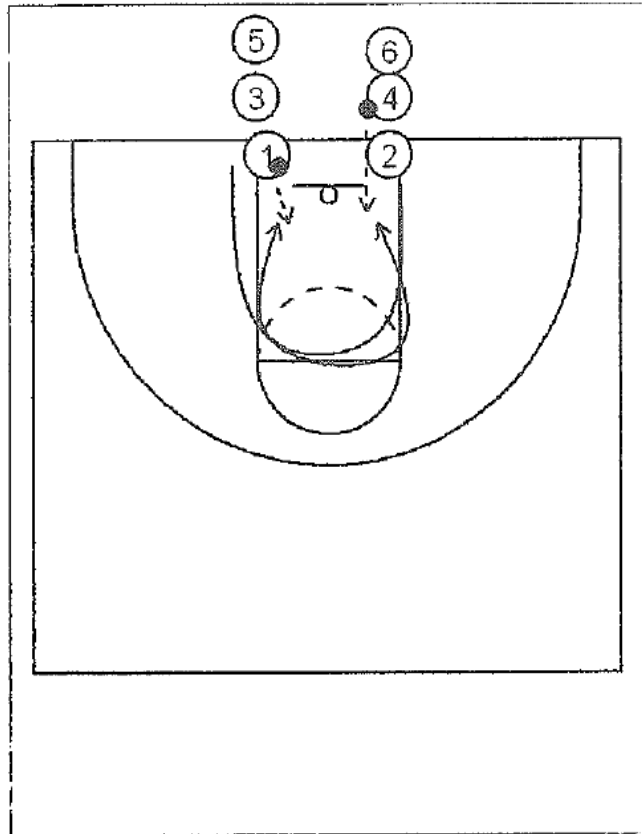
- Take giant steps. Don't pass up an open 12-footer to get a contested 8-footer.
- Leave the off hand on the ball too long because it could adversely affect the shot.
- Fade on the shot.
- Follow the flight of the ball – keep your eye on the target.
- Dip or hitch. Catch the ball, get it to the shot area, and shoot.

Shooting Technique/Practice Form Shooting



1. Start 3 feet out and BEEF (Balance, Eyes, Elbow Follow Through)
2. Make 3 "swishes" before taking 1 step back
3. End at foul line and make 8 out of 10 shots before leaving

Shooting Technique/Practice Duke Shooting

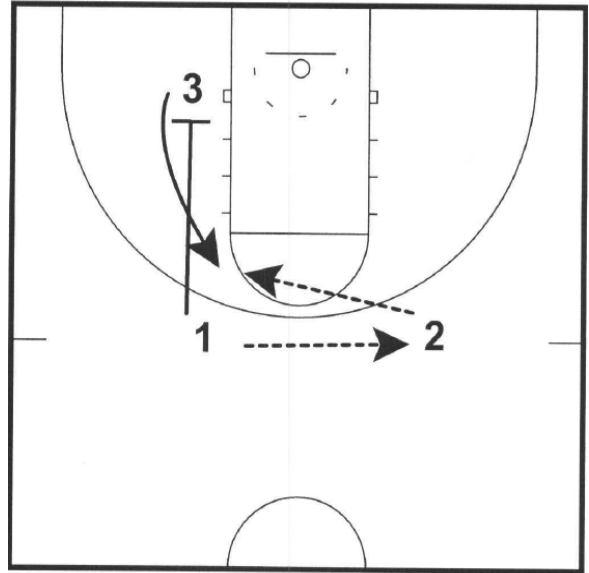
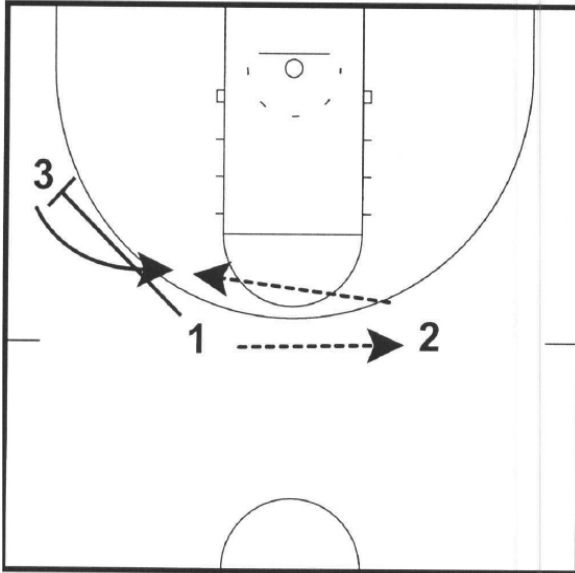


1. Players line up in two lines underneath the basket
2. Player 2 cuts around the foul line, receives the pass from Player 1 and shoots the ball
3. Player 1 runs around the foul line and receives the ball from Player 4
4. Continue until all players have shot at least 2 times on each side

Shots to Take

- Layup
- Bank Shot
- Jump Shot

Shooting Technique/Practice Motion Shooting



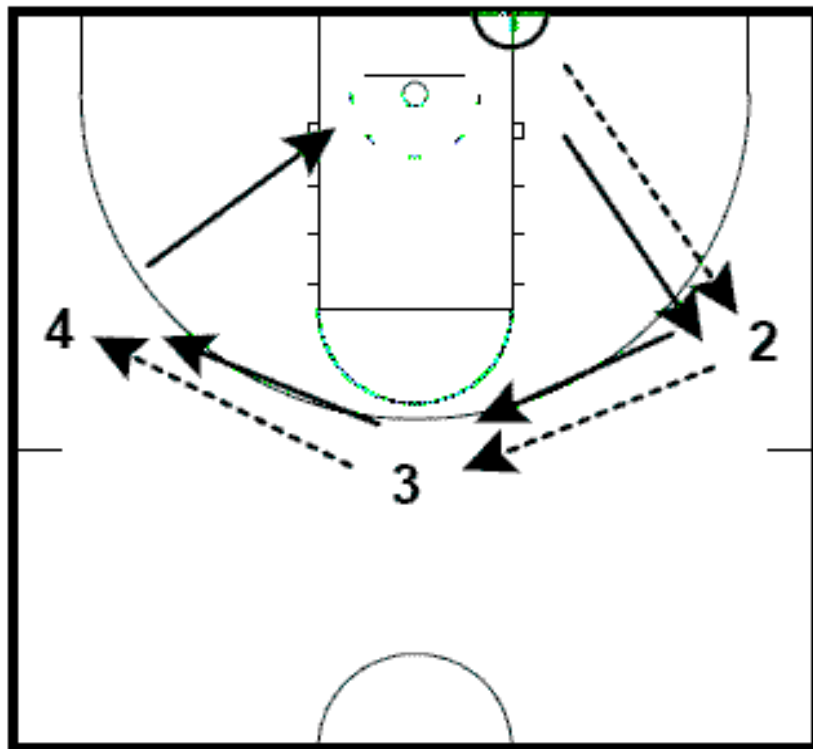
1. 3 equal lines, well back of the players.
2. Can start with 3 perimeter, will show with 2 perimeter and 1 post in Frame 2.
3. 1 passes to 2 and then screens away for 4.
4. 4 comes off screen tight, with mini-curl, and heads ready for catch.
5. Catches, rips and shoots. Gets own rebound. Clears to the side.
6. Next Group up, same action.

1. Vary to include Post.
2. This action is when the 1 passes and cuts to the hoop ("basket cut").
3. 1 will always look to screen for big if available.
4. Here, big is ready, accepts the screen, mini-curl, hands up ready to catch.
5. Catch, pivot, rip thru, shot.
6. Variations: After rip, can do 1 dribble/shot or drive to layup.

Shooting Technique/Practice

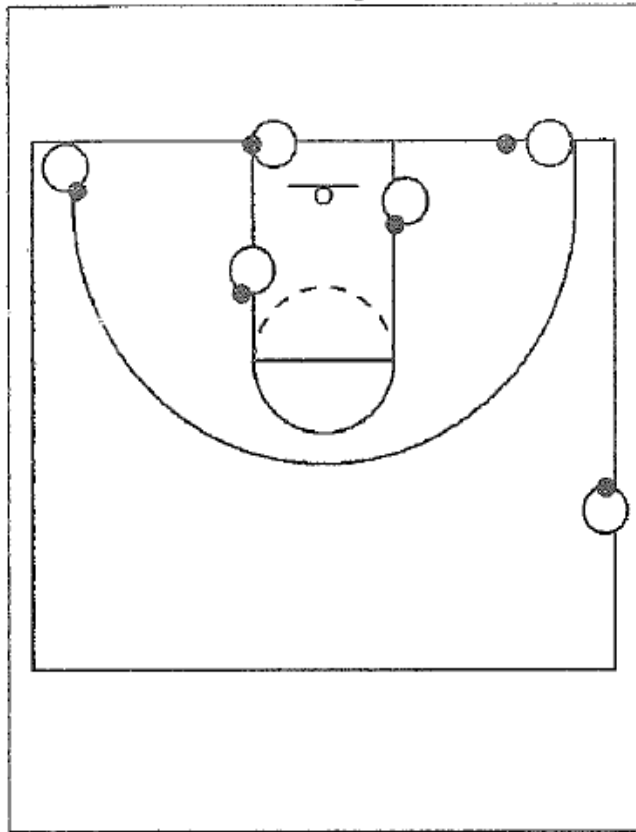
Ball Reversal Shooting

Ball Reversal Shooting
Offensive Drill



1. Ball starts with 1 under basket. Line forms behind.
2. Drill starts with pass to 2. 1 follows pass to 2's position.
3. 2 catches, pivots, great pass to 3, and follows. 3 does same with 4.
4. 4 catches, rips, reads the rim and shoots. Gets own rebound and joins end of line.
5. Can vary to have shooter do rip through, 1 dribble, shot. Rip through layups.
6. Do from both sides.

Shooting Technique/Practice Line Form Shooting (12 Minutes)

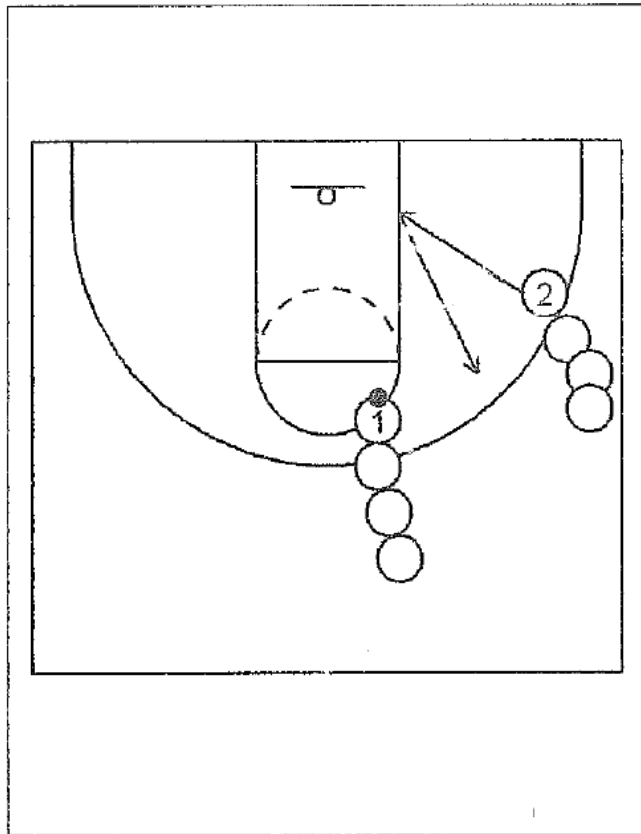


Form

- Feet should be shoulder width apart, knees bent in “basketball stance”.
- Shooting foot should be slightly in front of non-shooting foot.
- Rest ball on fingertips.
- Wrist and elbow at 90 degrees.
- Shooting wrist, elbow, knee should all be in line.

1. Players find a straight line on the floor.
2. Line shooting foot up on the line.
3. “Lock and Load” the basketball.
4. Using good shooting form, try to get the ball to land on the line.
5. Repeat for 12 minutes.

Shooting Technique/Practice 2 Line Shooting



Concept

Moving without the ball

V-Cut

- Bring defense down into key
- Plant outside foot, turn hard and cut in a "V" out to the wing
- Change speed when changing direction

Stepping into the Shot

- Step with the inside foot toward the ball
 - Catch in "triple threat" position
 - Square to the basket on inside foot
1. Form 2 lines, one at the foul line and one on the wing
 2. Wing players V-cut to the ball and shoot on the catch
 3. Players switch lines

Ball Handling Dos and Don'ts

Do:

- Make the easy pass – it doesn't have to be an assist.
- Hit the open player.
- Use pass fakes to open up passing lanes.
- Use the air pass on the break, not the bounce pass.
- Use the dribble to create better passing angles.
- Feed the post with a bounce pass.
- Step into the defender when making the pass.
- Feed the post from below the foul line extended.
- Follow through on the pass – don't let it float.
- Throw with two hands. One-handed passes are difficult to retrieve and often result in a turnover.
- Throw away from the defender.
- Look at the basket in order to see the entire floor.

Don't:

- Throw to a voice.
- Jump to pass.
- Pass to a player in trouble.
- Pass a player into trouble.
- Make a pass from the middle of the floor – pick a side.
- Overpass – especially on the break.

Ball Handling

1 Ball Series

Dribbling Drills

- Typewriter – Players dribble as low as possible (using the fingertips), alternating hands on the ball, similar to a typist at a keyboard.
- Right Knee/Left Knee – Players dribble around the body and through the legs as they kneel on one knee. Have them switch the knee they're resting on and repeat.
- Figure Eight Dribble – Players dribble the ball between and around their legs.
- Sit-Ups – Players dribble with the left or right hand while simultaneously doing sit ups.
- Figure Eight Dribble While Walking – Players dribble the ball between and around their legs as they walk.
- Butterfly/Spider Dribble – Players start with the ball centered between the legs. They quickly dribble the ball, hitting it with the right and then left hand from the front, then quickly repeating the process from the back. Have the players work front to back and back to front, repeating for quickness.

Passing Drills

- Figure Eight Passing – Two players, each with a ball, face each other 10 to 12 feet apart. They begin with the ball in the right hand, complete a figure eight between and around their legs (using both hands), end with the ball in the right hand, and throw an underhanded pass to their partner. The partner simultaneously does the same. Start and pass with the left hand during the next repetition.
- Turn and Catch – Players pair up. One is a passer and one a receiver. The receiver starts with his back to the passer. The passer calls the receiver's name and passes the ball; the receiver turns, finds the ball, and catches it.
- Behind the Back Pass – Two passers, each with a ball, face opposite directions with their sides to each other. Both players simultaneously pass behind the back to each other using the same hand.
- Target Passing – Two players, each holding a ball, simultaneously make a hip pass with the right hand to the left side of the receiver.
- Confidence Pass – This is a one-player drill. The player holds the ball above his head with both hands, brings the hands down in front of the body, and bounces the ball hard on the floor between the feet. The player then catches the ball behind the back with both hands.
- 15 Passes – Players must complete 15 passes prior to taking a shot. Coaches can limit dribbles as well to increase the challenge. Good drill to work both on team defense, passing, pivoting, and ball handling.

Ball Handling

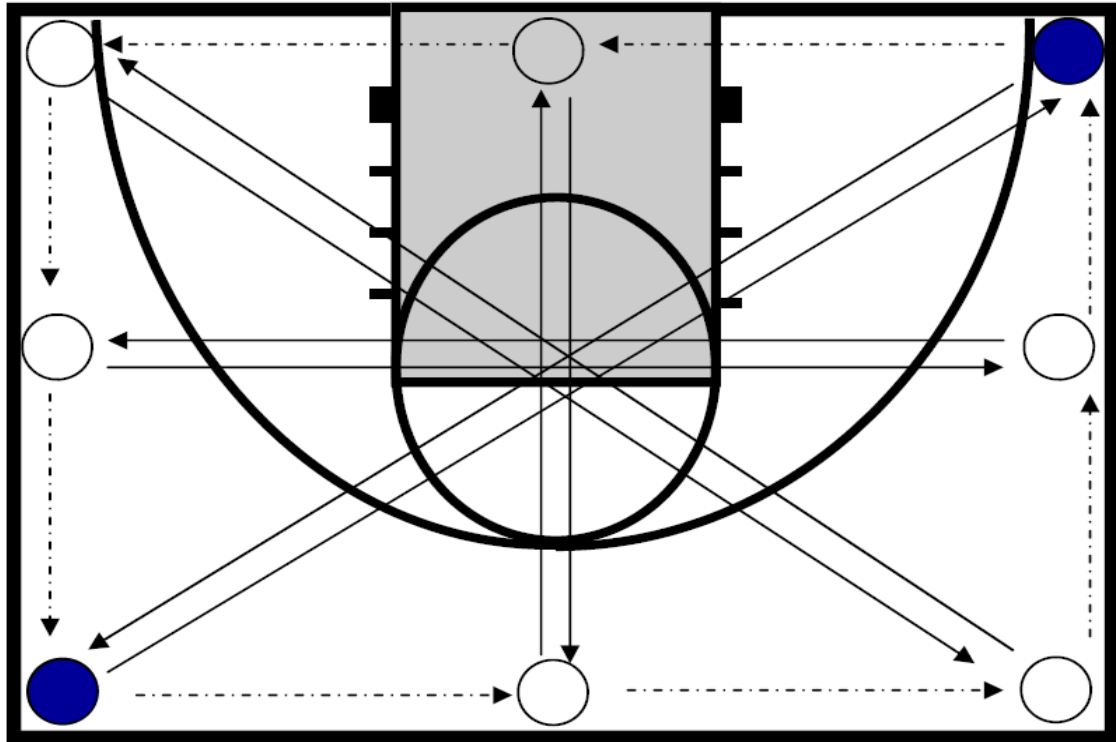
2 Ball Series

Dribbling Drills

- One Knee – Players kneel on one knee with a ball on each side (one for each hand). Players simultaneously pound each ball with the appropriate hand to start the dribble.
- High and Low – Players dribble two balls simultaneously, one high and one low.
- Rhythm – Players bounce a ball in each hand at the same time and at the same height.
- Typewriter – Players dribble a ball with each hand. They hit the ball with one finger at a time, rotating through all five fingers (like hitting a keyboard).
- Sit-Ups – Players dribble one ball in each hand while executing a sit up.

Other Drills

Box Passing Drill



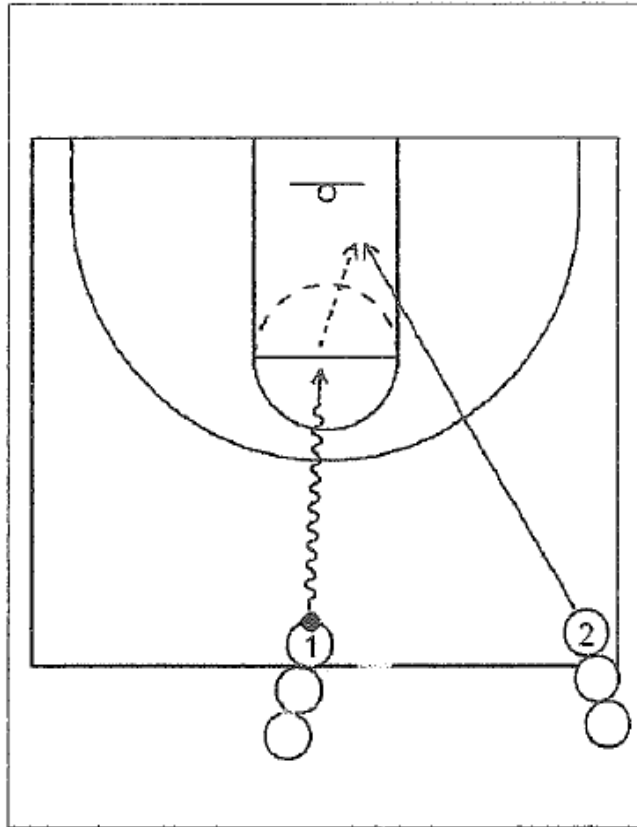
1. 8 players in the drill, balls in the corner.
2. Pass and sprint to next spot.
3. Corner to corner cuts.
4. Mid-line cuts.
5. Free throw line cuts.
6. No drops or bobbles.
7. Must arrive to spot to make next pass.
8. Name of the player you are passing it to must be called loud enough for coach/scorekeeper to hear.
9. Score this for time, number of consecutive passes completed without bobble or someone late to spot, or number of passes in a set time.

Variations

- On a whistle we reverse the direction of the pass
- Change the type of pass to be made
- Change the beginning position of the ball
- Put coaches or manager in the free throw line cut spots (they don't have to switch) and divide team in half and do on both ends.

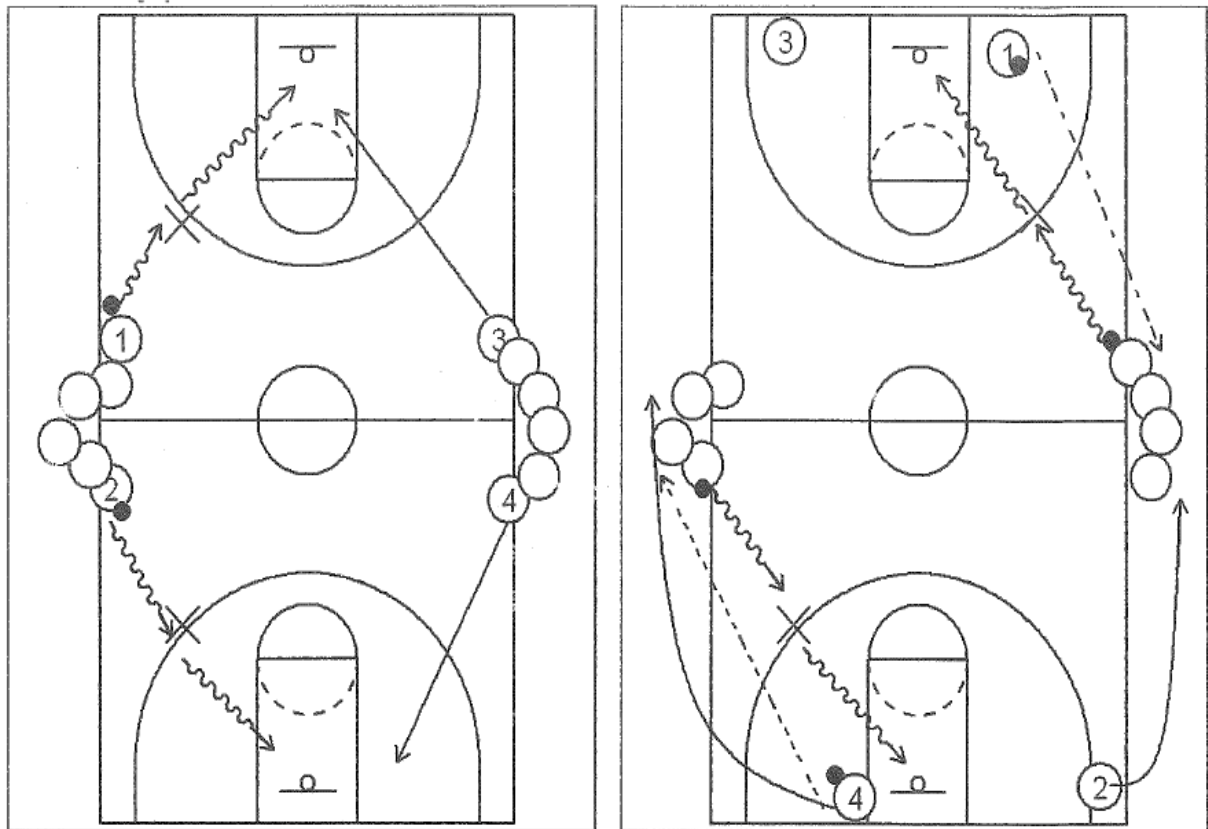
Other Drills

Full Court Layup Drill



1. Form 2 lines: one at center court, one at sideline.
2. Player 1 dribbles and jump stops at the foul line.
3. Player 2 cuts to the basket, receives a pass from player 1, shoots a layup, gets their rebound and gets into the opposite line.

Variation



1. From 4 lines: 1 on each side of half court.
2. The balls should be on the same side of the court.
3. The lines with ball dribbles to the 3 point line, execute a dribble move, and explode to the basket for a layup.
4. The opposite line runs in and rebounds the ball.
5. Rebounders should pivot to the outside and dribble to the shooting line.
6. Shooters get into the rebounding line on the other half of the court.

Other Drills

Big Man Drills

- In your groups you should have a passer; and a rebounder; use two balls.
- Always post up above the low block (not too low).
- Always show the free hand to teammate.
- Always CATCH and CHIN IT (low, in a stance—bring the ball to the chin with elbows out).
- ALWAYS PROTECT THE BALL.
- Always stay low during move. Only need to be BIG when you shoot.
- Always shoot ball over your outside shoulder, protect with arm bar, FOLLOW THROUGH.

Half Pivot and Full Pivot Moves

No defense, working on footwork. Vary where the flash comes from – block to block, or from hi post.

1. Do following moves using a half pivot, protecting the ball. Feeling where the defense is.
2. Do moves with full pivot (catch and turn, facing the basket).
3. Shoot jump hook – right and left sides.
4. Shot fake and power up for layup – right and left sides.
5. Shot fake, crossover and layup options –right and left sides (aka “Up and Under”)

Crab and Drop Step Moves

No defense, working on footwork. Vary where the flash comes from – block to block, or from hi post.

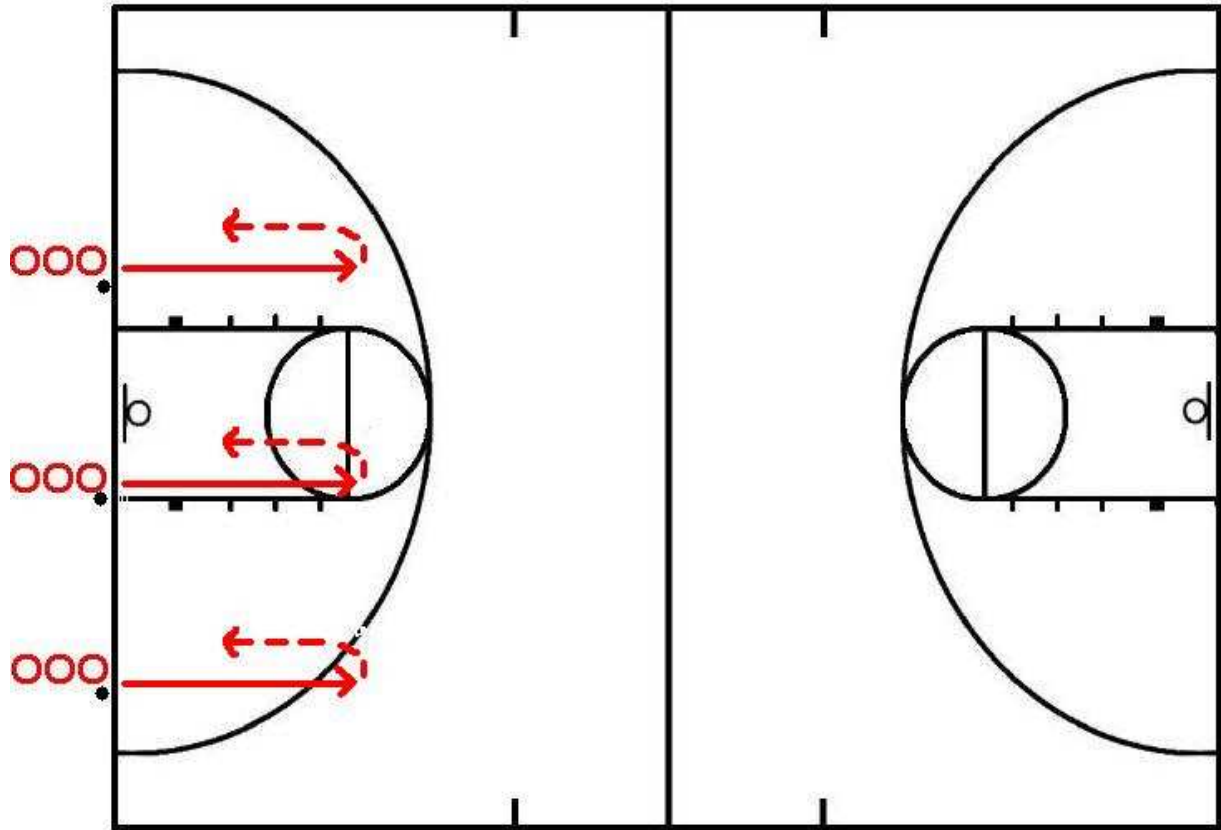
1. Crab: Stay low and back down the defender, dribbling twice. When defender creates contact, “roll” off the defender using drop step. Baby hook or layup.
2. Drop Step: Defense exaggerates guarding one side or the other. Catch and drop step—sealing the defender behind. Then exploding to shot or layup.

1-on-1 in the Post

1. Defense plays half speed; focus is footwork and quick move – vary the flash.
2. Defense then plays full speed.

Other Drills

Jump Stop Drill (Pivot, Pass)



1. Three lines on the baseline, 1 ball per line.
2. First player dribbles to the foul line extended. Jump stops and turns and passes to the next in line.
3. The player must pivot on "correct" foot.
 - a. Left foot for right handed players.
 - b. Right foot for left handed players.

Other Drills

PNR (Pick and Roll)

Executing the Pick and Roll

1. Two offensive players (one of them has the ball) communicate with one another to begin the pick and roll. This may be by calling a play, using a set signal (holding up arm), a phrase- "screen" or "use me" or simply making contact.
2. The player setting the pick (aka picker) approaches the area of the ball handler.
3. The picker reads where the ball handler's defender is guarding.
4. The picker sets up about 2 to 3 feet away from the ball handler's defender in a spot that will allow the ball handler to get to the basket or get an open outside shot.
5. The ball handler must wait until the picker has established position with feet set for at least one second before driving past the pick.
6. When driving past the pick, the ball handler should make contact with the picker, so there is no room for the defender to get through.
7. The ball handler must be sure to keep his/her dribble alive.
8. If the picker's defender does not provide help defense, the ball handler should drive right to the basket or take the open shot.
9. After setting the pick, the picker opens up (facing the direction of the person using the pick) and rolls to the basket looking for a pass. When opening up, the picker should seal off the defender to allow for an easy pass.
10. The ball handler must read the defense and determine the best option:
 - a. Drive to the basket for a layup
 - b. Take the open jump shot
 - c. Pass to the picker, who is rolling to the basket for a shot or layup
11. Tips & Warnings
 - a. As the team progresses with the pick and roll, slipping screens and flaring out for jump shots can provide additional opportunities.
 - b. Be sure to look for other teammates, as the defense will tend to pay a lot of attention to the pick and roll, which could provide opportunities for open players.

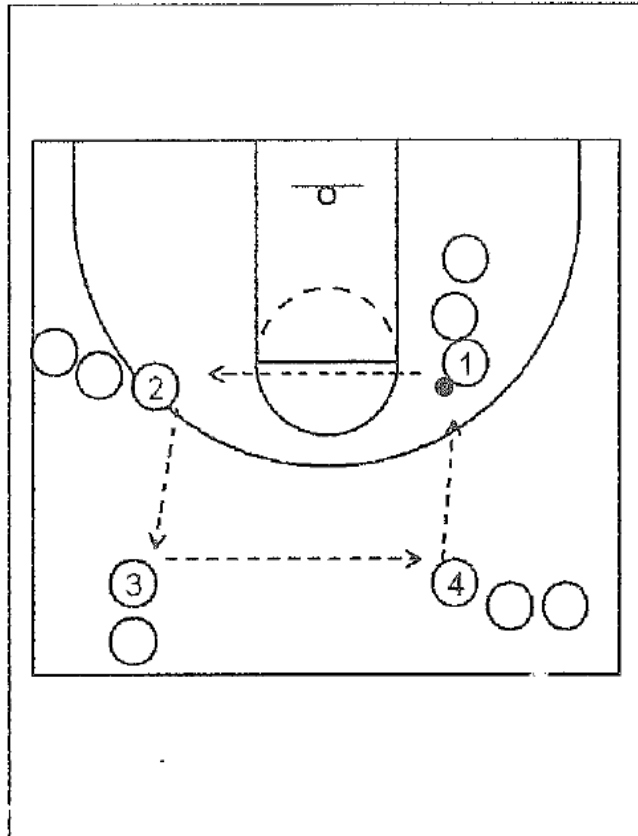
Defending the Pick and Roll

1. Try to anticipate what the players running the pick and roll want to do. Are they hoping to get an open jumper for the player with the ball or does he want to drive to the basket? Is the player setting the pick going to pop out to take an open jumper or is he going to roll hard to the basket? By understanding what aspect of the pick and roll the offense wants to take advantage of the defense can know how to best defend the pick and roll.
2. Call out the pick. The player whose man is setting the pick must call out that the pick is coming and alert his teammate to what side e.g. "pick left".
3. Provide help defense - jump the ball handler. The player with the ball must be stopped. If the defender whose man is setting the pick does not step in front of him, he can either take an open shot or drive to the basket. When a player sets a pick, the player guarding him must step in the way of the ball handler.

4. Fight through the pick. The defender who is being picked cannot simply stand there and hope his teammate is able to stop the play. He must fight over the screen and get back in position to guard the player with the ball.
5. Get back in position. As the picked player returns to guard his man, the man who set the pick will either be popping out or rolling to the basket. The defender who jumped the ball handler must return to guard the player who set the pick.
6. Switch as a last resort to defend the pick and roll. If the picked player cannot fight over the screen, he must tell his teammates and call a switch. In this situation the players will stay with the man they are now closest to.
7. Tips & Warnings
 - a. Any well executed pick will cause the defense to be temporarily out of position. In order to defend the pick and roll the defense must make sure that they get back in position as quickly as possible.
 - b. Whenever the defense switches there will likely be a size mismatch that the offense can take advantage of. To defend the pick and roll a team must use sound team defensive philosophies by being ready to help and rotate to make up for any advantage the offense has gained.

Other Drills

4 Corner Passing



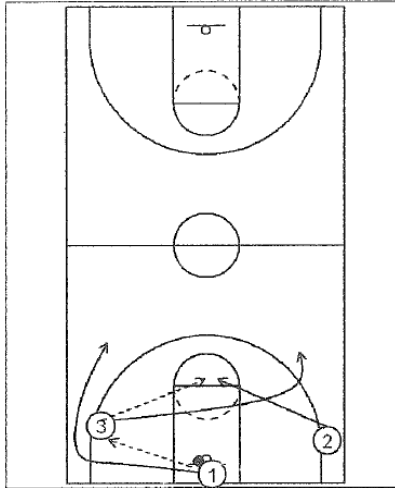
Concepts

- Go “to and through” every pass
- Catch in triple threat
- Pivot low to pass to the next line

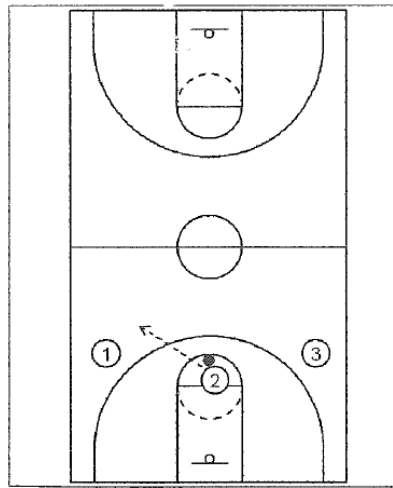
1. Arrange players in a square
2. Start with one ball
3. Player with the ball passes to line 2 and follows their pass
4. Player 2 comes to meet the ball, catches low, and pivots to line 3
5. Player 3 comes to meet the ball, catches low, and pivots to line 4
6. Continue drill until all players are showing good fundamentals, then add a second ball

Other Drills

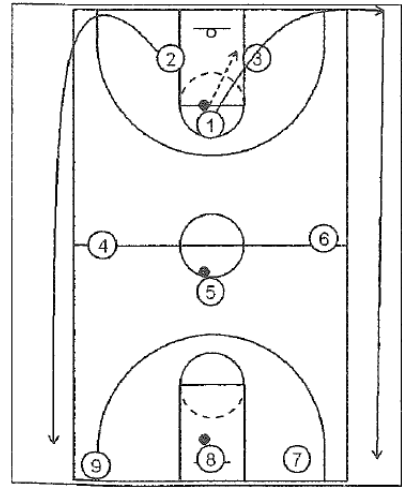
3 Man Weave



1. Player 1 passes to Player 3 and runs behind Player 3.
2. Player 3 passes the ball to Player 2 and runs behind Player 2.



1. Player 2 passes the ball to Player 1 and runs behind.
2. Continue the length of the floor with the next group starting after group 1 has passed half court.



1. The player with the ball should jump stop at the foul line and bounce pass the ball to the post for a lay up.
2. All 3 players will run off the end of the court, touch the wall and sprint around the court to the front of the line.

INDIVIDUAL DEFENSE/ REBOUNDING

Rebounding

Rodman Rebounding

War Rebounding

Circle Rebounding

1-v-2 Closeout

2-on-2 Closeout

3-on-3 Shell with Coach

Defense

1-v-1 Zig Zags

Mass Stance

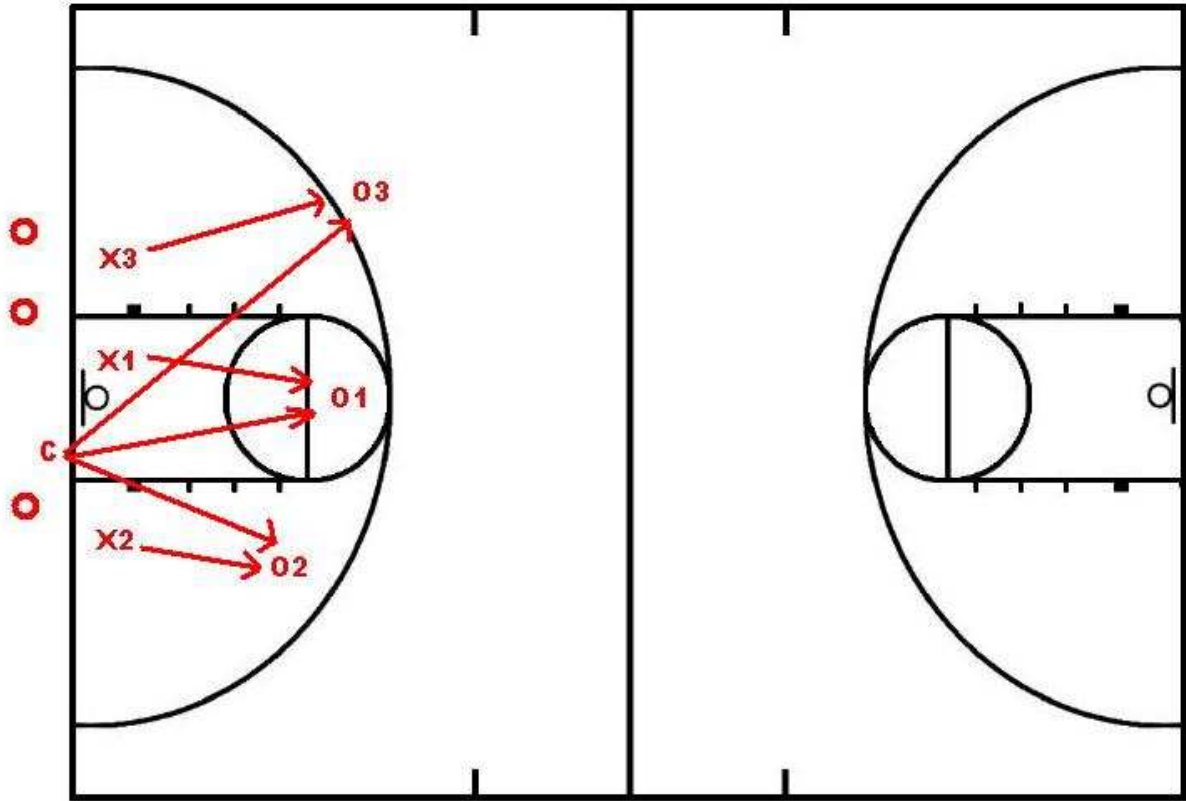
15 Passes

Offensive Defensive Recovery

PNR (Pick and Roll)

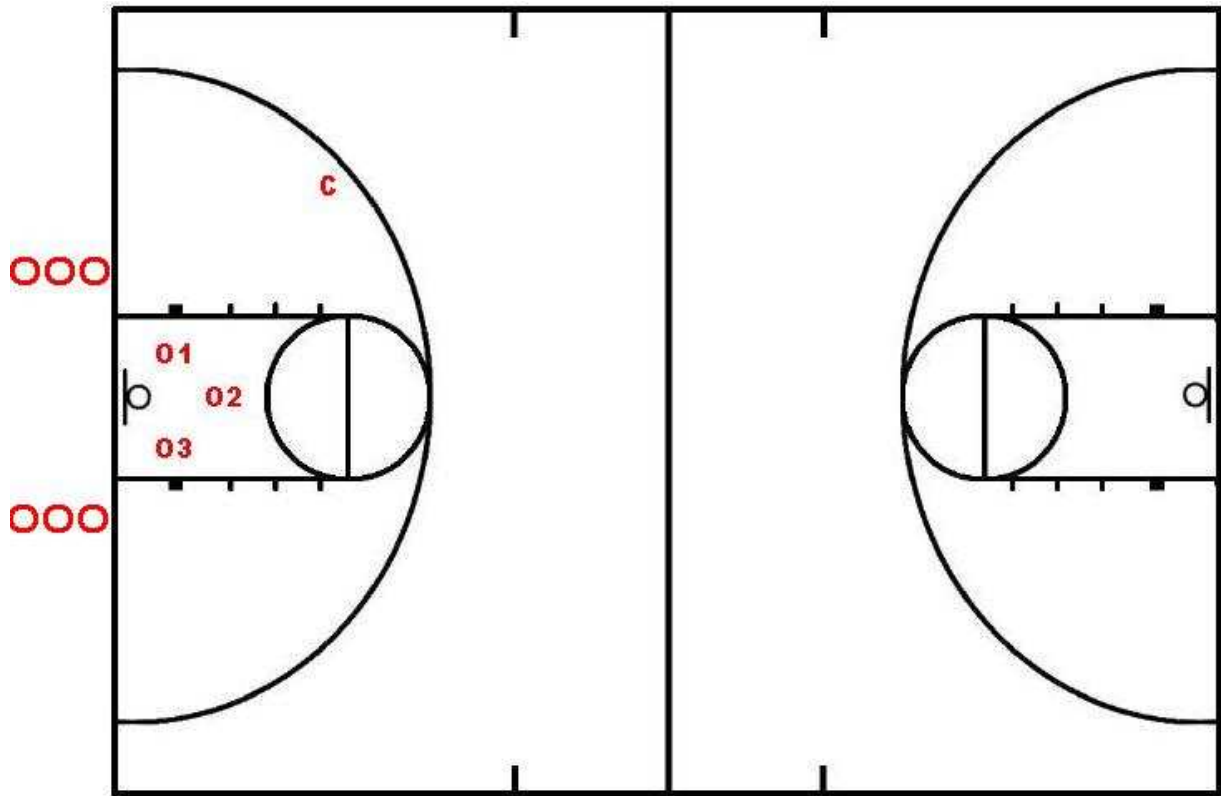
Rebounding

Rodman Rebounding



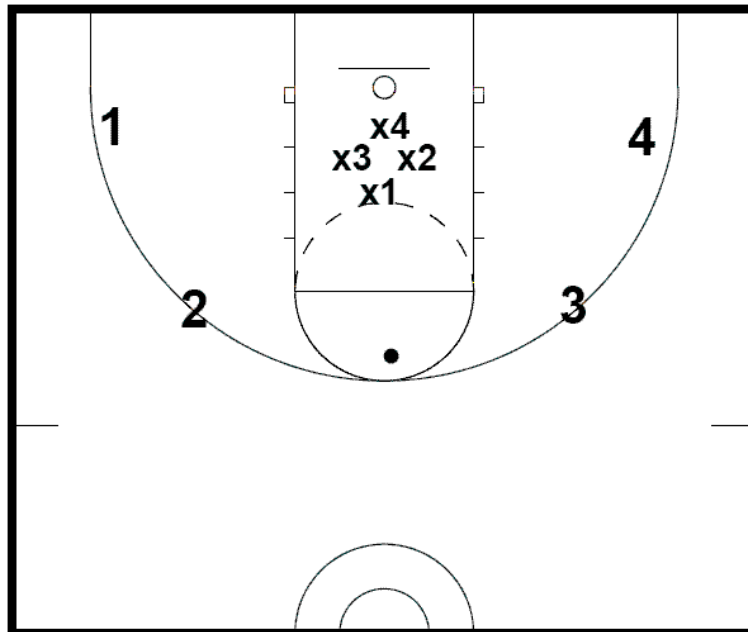
1. Coach has ball under the basket
2. Coach passes to O1, O2 or O3
3. If Coach passes to:
 - a. O1, they shoot
 - b. O2 or O3, crash offensive boards
 - c. X1, "closes" out on O1 (weight back, hand up)
 - d. X2 or X3, box out O2, O3 (make forearm contact turn, butt in gut)
4. Points:
 - a. If O scores then 1 point and stay on offense
 - b. If O gets offensive rebound then 1 point and play
 - c. If X rebounds then 1 point and X goes on offense
5. First team to 7 points, wins

Rebounding War Rebounding



1. Coach shoots the ball to miss
2. O1, O2, O3 each box out (fight) each other
3. Play until someone scores
4. After a basket, coach shoots again
5. O1, O2, O3 must score to get out
6. Keys:
 - a. Be physical
 - b. OK to be physical
 - c. Be aggressive

Rebounding Circle Rebounding

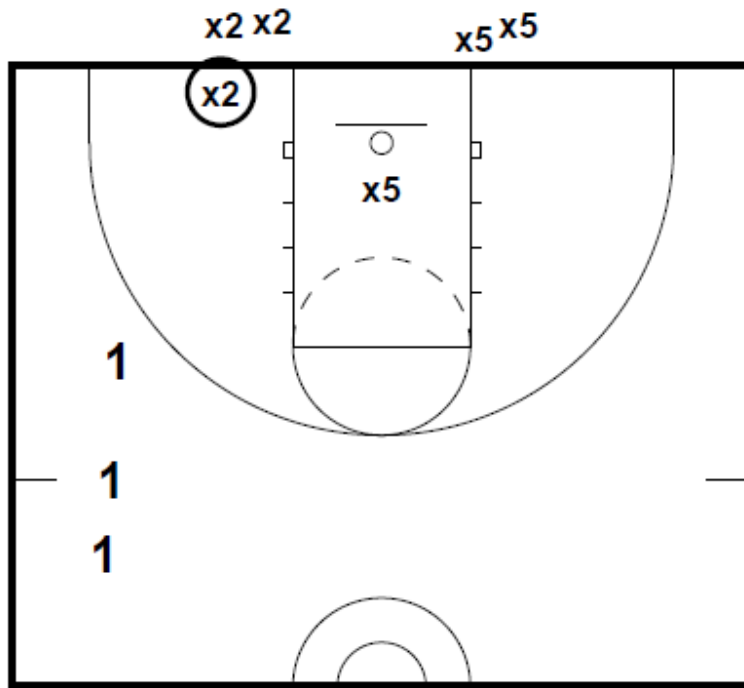


1. Defenders link arms and move in a circle.
2. On Coach shot they must TALK and BLOCK OUT.

Variations

- Change number of players going.

Rebounding 1-v-2 Closeout



1. X2 rolls ball out to 1.
2. They play 1 on 1.
3. X5 works as the help defender (initially as defender of weakside post)

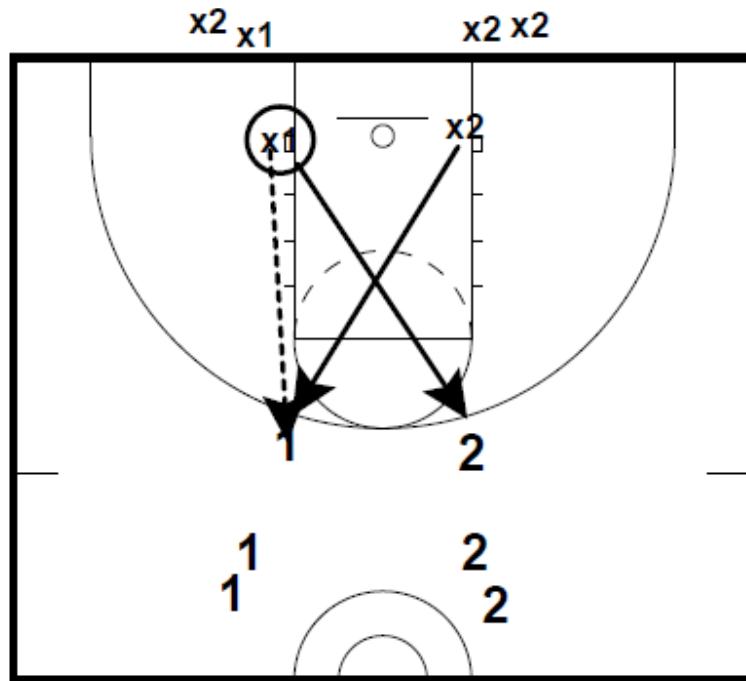
Goals

Contested 2 point shots

Variation

- Have x5 close out also to work on setting traps.
- Good trap has feet of both defenders touching, in a stance, with high hands following the ball.
- Offensive player can't try to "split" the defender by getting VERY low and going through.
- Or retreat dribble and attack one of the defender's front foot.

Rebounding 2-on-2 Closeout

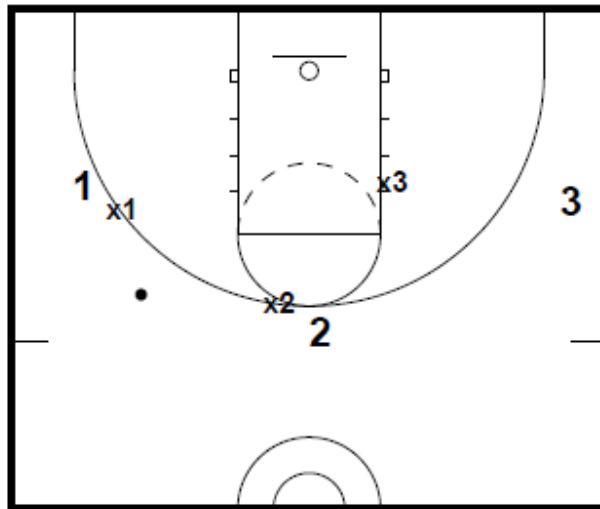


1. Rotation is after stop switch lines.
2. X1 starts with ball. Rolls ball out to 1 or 2.
3. X1 and X2 closeout diagonally from their line.
4. Once defender covering the ball taps it can play live.

Variations

- Different spots on the floor (top-wing)
- Screening Action (offensive player pass to coach and then screens)

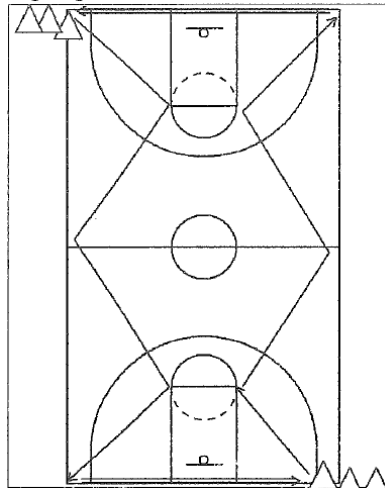
Rebounding 3-on-3 Shell with Coach



1. Coach has ball on side working on denying wing & dealing with screening action or cuts away.
2. Coach can bring ball across to other wing with dribble.
3. On pass in play live.
4. Each rep about 25 seconds.
5. Can use to defend any action in game prep.

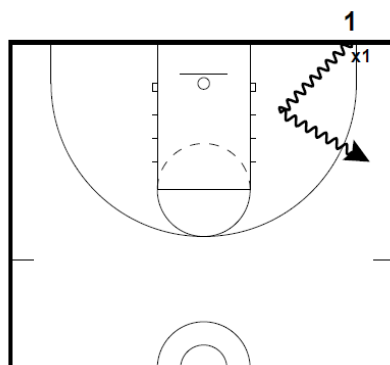
Defense

1-v-1 Zig Zags



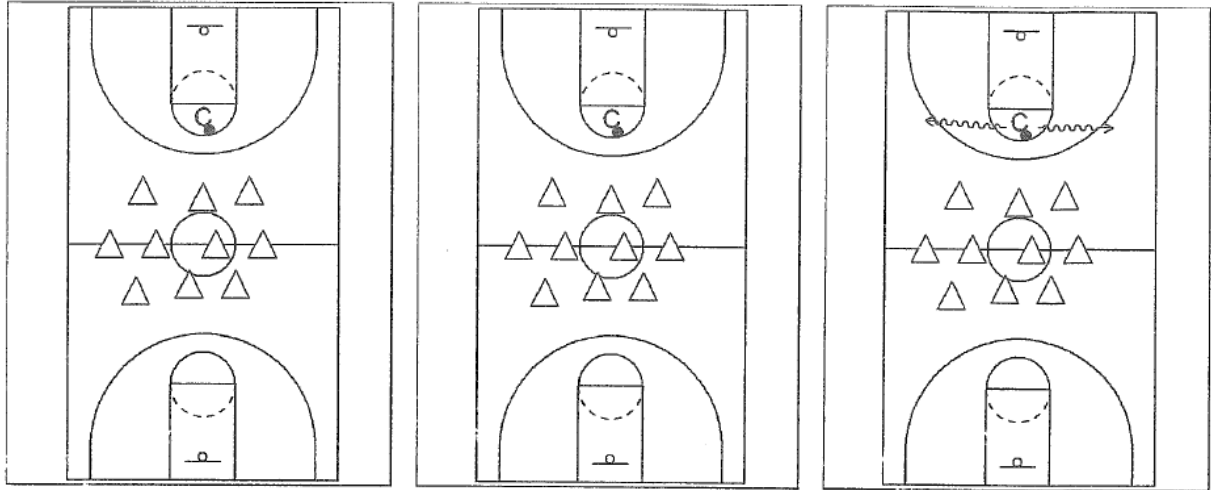
Concepts: Drop Step

- Allow players to change direction without losing sight of the ball
 - Take the outside foot and drop it at a 45 degree angle
1. Players line up at opposite baseline corners
 2. The first player slaps the floor and gets into a defensive stance
 3. Player slides to the elbow constantly talking
 4. At the elbow the player slaps the floor, yells defense, and drop steps to mid-court
 5. Player continues the length of the floor, dropstepping at $\frac{1}{2}$ court and the elbow
 6. When they reach the baseline, they sprint across and gets in the other line
 7. The second player starts once the first player has passed the elbow



1. EVERYONE GETS 2 REPS - 4 MINUTES
2. 1 on 1 zig zag play live to other baseline not to rim.
3. If offense beats defense - offense must pull back.
4. Defender must sprint back in front of ball.
5. 2 dribbles and turn.

Defense Mass Stance



Concepts: Stance and Communication

Stance

- Feet shoulder width apart balancing on the balls of their feet
- Knees bent like sitting in a chair
- Arms out wide with palms up

Communication – ALWAYS talk on defense

- “Ball” – when playing the ball
- “Deny” – 1 pass away
- “Help” – if you get beat
- “Dead” – when the opposing player picks up the ball

1. Have players spread themselves out on the court
2. Stand in front of the players with a ball
3. On the whistle all players should yell “STANCE!” and jump into defensive stance
4. Players should foot-fire while calling “ball, ball, ball”

Concepts: Defensive Slides

- Feet should stay shoulder width apart
- Focus on pushing off the back foot rather than dragging it

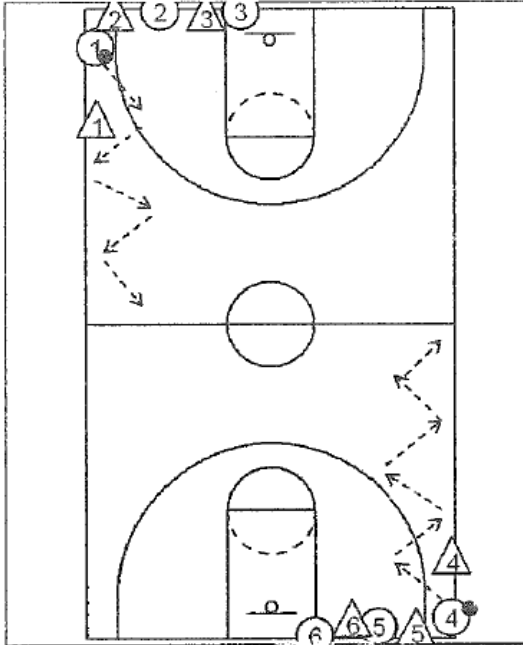
1. Instruct players that they are guarding you and should stay in front of you.
2. Dribble to the right, allow players to slide at least 3 times
3. Dribble to the left, allow players to slide at least 3 times

Defense

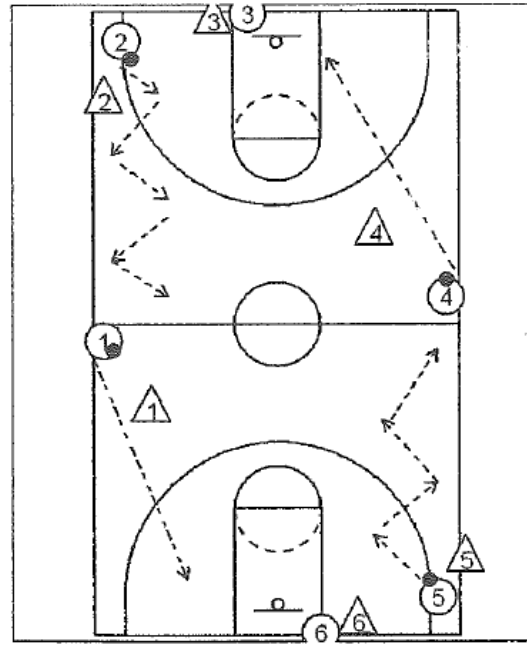
15 Passes

1. Players must complete 15 passes prior to taking a shot.
2. Coaches can limit dribbles as well to increase the challenge.
3. Good drill to work both on team defense, passing, pivoting, and ball handling.

Defense Offensive Defensive Recovery



1. Players line up on both endlines.
2. First player in line steps out on defense.
3. Second player in line has the ball.
4. The offense dribbles about 3 dribbles in each direction.
5. Defense tries to slide in front of the offense and stop their progression.



1. Once the players reach half court, the offense picks the ball up.
2. Defense mirrors the ball with their hands and calls "dead".
3. After 3 seconds, offense attempts to drive to the hoop for a layup.
4. Defense works to keep the offense outside of the key (don't give up the middle).

Defense

PNR (Pick and Roll)

Executing the Pick and Roll

1. Two offensive players (one of them has the ball) communicate with one another to begin the pick and roll. This may be by calling a play, using a set signal (holding up arm), a phrase- "screen" or "use me" or simply making contact.
2. The player setting the pick (aka picker) approaches the area of the ball handler.
3. The picker reads where the ball handler's defender is guarding.
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Defending the Pick and Roll

1. Try to anticipate what the players running the pick and roll want to do. Are they hoping to get an open jumper for the player with the ball or does he want to drive to the basket? Is the player setting the pick going to pop out to take an open jumper or is he going to roll hard to the basket? By understanding what aspect of the pick and roll the offense wants to take advantage of the defense can know how to best defend the pick and roll.
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3. Provide help defense - jump the ball handler. The player with the ball must be stopped. If the defender whose man is setting the pick does not step in front of him, he can either take an open shot or drive to the basket. When a player sets a pick, the player guarding him must step in the way of the ball handler.

4. Fight through the pick. The defender who is being picked cannot simply stand there and hope his teammate is able to stop the play. He must fight over the screen and get back in position to guard the player with the ball.
5. Get back in position. As the picked player returns to guard his man, the man who set the pick will either be popping out or rolling to the basket. The defender who jumped the ball handler must return to guard the player who set the pick.
6. Switch as a last resort to defend the pick and roll. If the picked player cannot fight over the screen, he must tell his teammates and call a switch. In this situation the players will stay with the man they are now closest to.
7. Tips & Warnings
 - a. Any well executed pick will cause the defense to be temporarily out of position. In order to defend the pick and roll the defense must make sure that they get back in position as quickly as possible.
 - b. Whenever the defense switches there will likely be a size mismatch that the offense can take advantage of. To defend the pick and roll a team must use sound team defensive philosophies by being ready to help and rotate to make up for any advantage the offense has gained.

TEAM OFFENSE

Motion Offense

Basic Motion Principles
Pass and Front Cut (1-on-2)
Pass and Back Door Cut (1-on-2)
4-v-0, 6 Passes, Pass and Cut
4-v-0, 6 Passes, Drive and Kick
3-v-3 Progression
4-on-4, 5-on-5 Shell

Zone Offense

Fundamentals
Attacking Even Front Zones
Even Front: Gaps and X
Attacking Odd Front Zones
Odd Front: 4 Out

Baseline Out of Bounds (BLOB)

Cross
Up
Screen the Screener
Stack (versus Zone)

Press Break

Simple 1-1-2-1 Press Break
Versus Man and Zone

Transition

Carolina (with Fullback)
3-on-2, 2-on-1
Bust Out Outlet
Full Court Zig-Zag Passes
Outlet Drill

Basic Motion Principles

1. Have Fun and Encourage Team Play - Everyone gets lots of touches in practice AND in games. Try all players at different positions. Don't pigeonhole 'BIGS'.
2. Motion Offense Comes Seamlessly Off Transition - If you don't score out of transition, you are in motion.
3. Spacing - MOST IMPORTANT THING. Perimeter operates OUTSIDE the 3 point line!!! Middle is meant for drives/flashes. If on weakside, KEEP SPACED, your turn is coming!!!
4. Ball Reversal - SECOND MOST IMPORTANT THING
 - a. No ball reversal: 15% chance to score (ie, likely failure)
 - b. Ball reversal: 50% plus chance to score
 - c. The more spaced the perimeter players are, the quicker they can whip the ball around to the weakside, then attack!!
5. Motion entries - These are small things that get you into motion offense.
 - a. Wing Screen - Wing (2) ball screens for Point (1). Point dribbles to wing. 5 can post up. 2 can cut to basket, and if doesn't receive ball, go weakside. 4 and 3 can replace.
 - b. Post Screen - Post (5) ball screens for 1. Wing (2) must be VERY wide to allow driving lane. 5 executes pick/roll. Meantime 4 and 3 are screening each other to get open after 1 drive.
 - c. 'Stack' Screen - 3/5 and 2/4 get in low post stack position, and 4 and 5 set screens for 2 and 3, respectively, to get to the wing. If overplayed, 2 or 3 can cheat to high post for quick hitter. You could also have the 3 and 2 'cross' each other and go to the other wing.
 - d. Low Post 'Double Screen' - Get in same stack position, but run the 3 into a double screen set by 4 and 2 on the low post—quick hitter shot in the short corner.
 - e. High Post Flash - When the ball is on top (1 or 2), 5 can flash to the high-post. If the ball is passed to 5 at the high post, 3 and 4 should be thinking about a back-cut to the hoop if they are being denied the pass. 5 passes to the back-cutter for the easy lay-up.
6. x Big flashes to hi post. Point Guard simply passes to wing. Point guard hands off to wing, etc.
7. Perimeter Players - Cut hard after pass. No jog.
Best option: Cut to Hoop. 2nd best: Screen Away HARD!!!
2 Exceptions:
 - a. Feed the Post: After pass, relocate for shot.
 - b. Ball Reversal: If your pass starts a reversal, stay spaced
8. Back Door Cut - Let's say you are spaced outside 3 point line (as you should be), and you are 1 pass away. If your defender crosses the 3 point line to deny you the pass, CUT HARD BACK DOOR!!!
9. Count to "One One Thousand"
 - c. When you catch the ball, rip and "read the
 - d. rim" for a second to assess
 - e. Cut to hoop, screen away, or v-cut in same area to get open
10. Pass to a Moving Teammate - Passing to stationary teammate = turnover
11. Drive - When ball is starting to be reversed, encourage players to keep it going. NEVER drive against the reversal (ie, don't drive back into the strong side). When ball has finally reversed, it's time to drive. When

someone drives, everyone relocates. Work on middle and baseline drives. When driving, encourage kids to get to hoop. But if they can't, teach them to jump stop and pass.

12. Inside Player(s), lots of Roles

- a. Transition: Always 'run to rim' in transition. Look for ball. Cut away from driving teammates.
- b. Screener:
 - i. Side Pick n Roll: On-ball screen after reversal for wing. Send wing for middle drive. Roll to basket (pick and roll).
 - ii. BACK SCREEN weakside for wings to flash into paint (flex cut).
 - iii. High Screen to free up the point guard if he's overplayed
- c. Poster: When ball reversal has happened, can post up. No more than 2 seconds
- d. Flasher: Relieves pressure. Can flash from low to hi to help PG out. Make sure they always catch and turns first

13. Screening - Practice proper technique: Butt is low, feet are wide, back of head is facing the direction the player is 'sending' his teammate. MUST SPRINT INTO SCREENS!!! Raised Fist = "I'm coming to screen for you." When player receives a ball screen, USE IT (ie, dribble by at speed, with at least 2 dribbles).

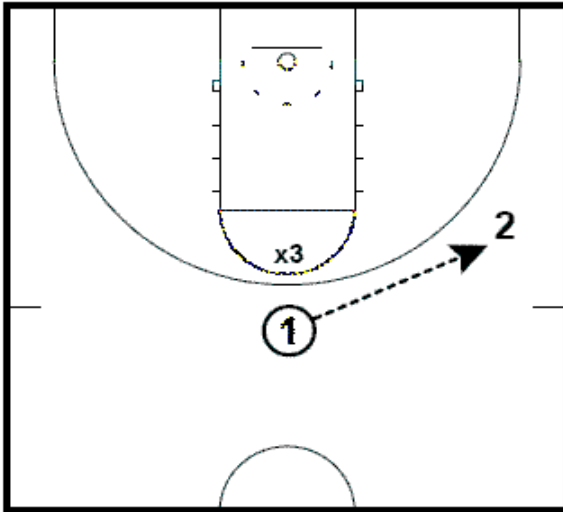
14. Relieving Pressure

- a. Flash: Post (usually guarded by lazy big) can always flash open. Then reverse ball and dive.
- b. Ball Screen: (assuming still has dribble). SPRINT to screen for perimeter teammate
- c. Handoff (more advanced): Closest guard SPRINTS to the ball. Accepts handoff and uses teammate as a screener. A handoff is a type of screen, aka, Weave Screen.
- d. Feed the Post - When ball is reversed, Big often posts up low, on block. If perimeter players are properly spread, easy to feed. Usually bounce pass. Then perimeter players can relocate in case of double team.

Motion Offense

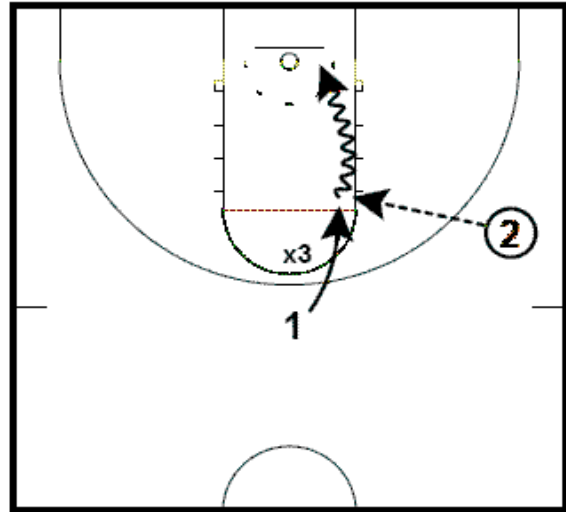
Pass and Front Cut (1-on-2)

Pass and Front Cut
Offensive Drill



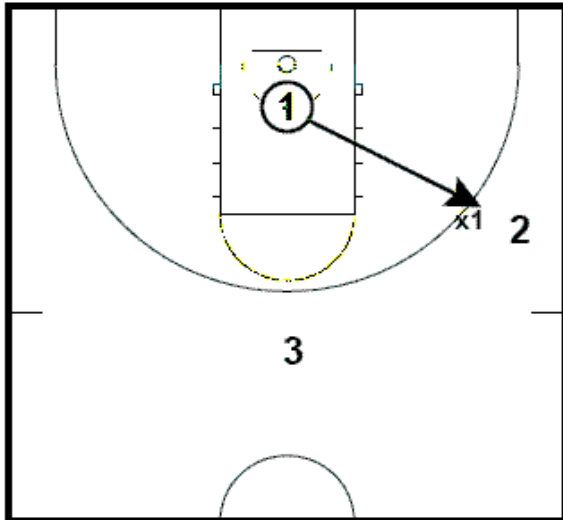
1. 1 passes one spot away to 2. Defender x3 does not move.

Pass and Front Cut
Offensive Drill



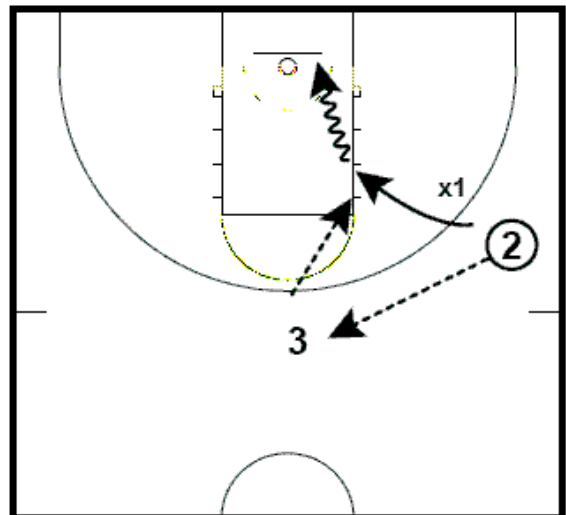
1. 1 front cuts, receives a return pass from 2, and finishes with a lay-up.

Pass and Front Cut
Offensive Drill



1. Defender x3 replaces 1 as an offensive player.
2. 1 rebounds, then takes the ball to the player who passed for the lay up (in this case, 2).
3. 1 becomes the defender.

Pass and Front Cut
Offensive Drill

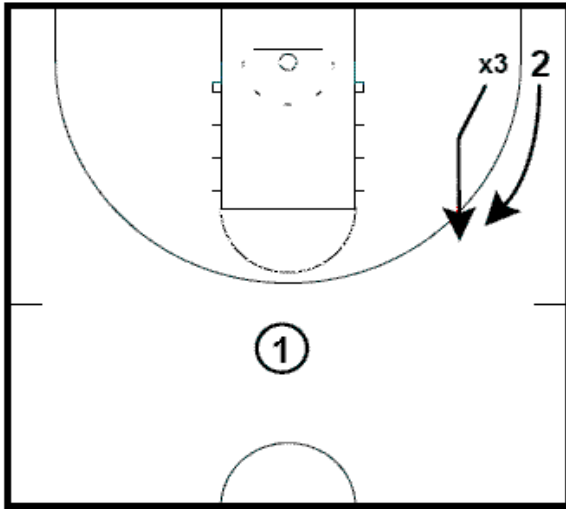


1. 2 starts the drill by passing to 3. Defender x1 does not move.
2. 2 front cuts, receives a return pass from 3, and finishes with a lay-up.

Motion Offense

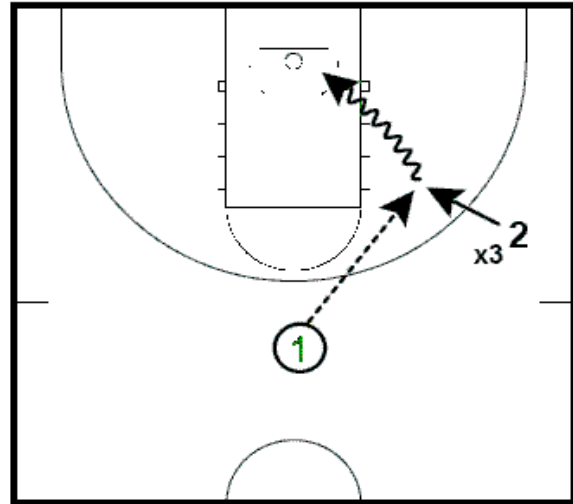
Pass and Back Door Cut (1-on-2)

Pass and Backdoor Cut
Offensive Drill



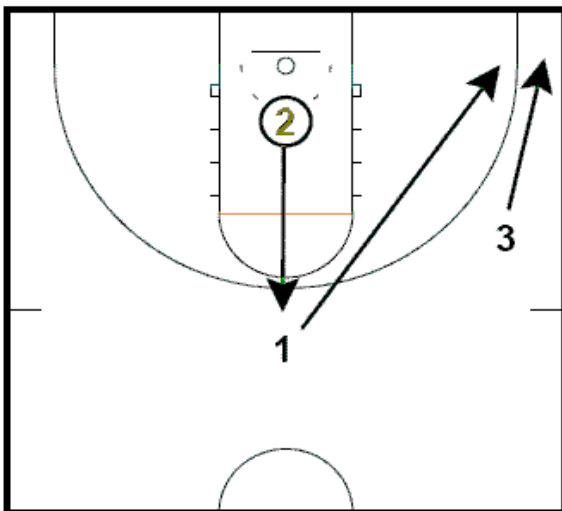
1. 2 fills the empty spot on the wing.
2. Defender x3 crosses the 3 point line to deny the pass from 1.

Pass and Backdoor Cut
Offensive Drill



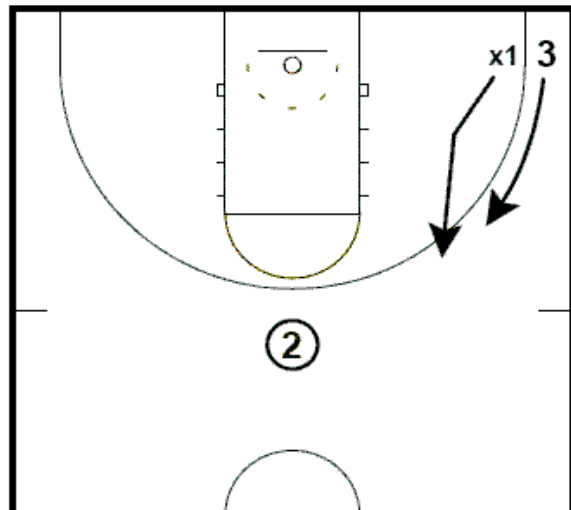
1. As soon as the defender steps over the 3 point line (but not sooner), 2 rear cuts.
2. 1 makes the bounce pass as close to the defender's back foot as possible.
3. 2 finishes with a lay-up.

Pass and Backdoor Cut
Offensive Drill



1. 2 rebounds the shot and becomes the passer.
2. 1 becomes the defender.
3. 3 becomes the cutter.

Pass and Backdoor Cut
Offensive Drill

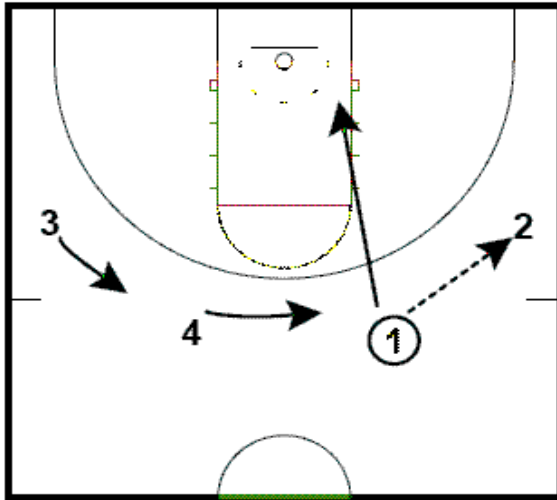


1. 3 Fills the empty spot on the wing.
2. Defender x1 crosses the read line to deny the pass from 2.

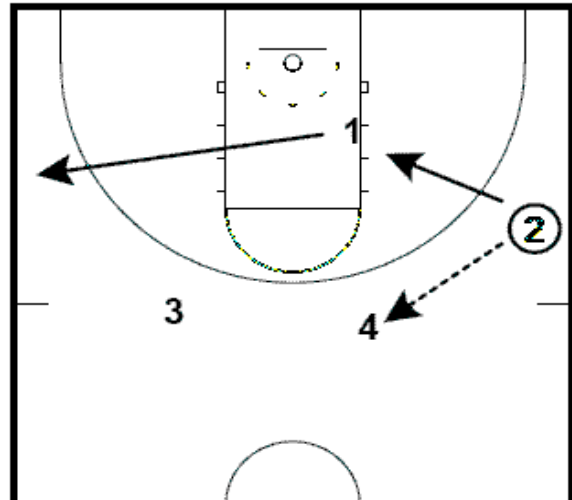
Motion Offense

4-v-0, 6 Passes, Pass and Cut

4-0 Pass and Cut
Offensive Drill

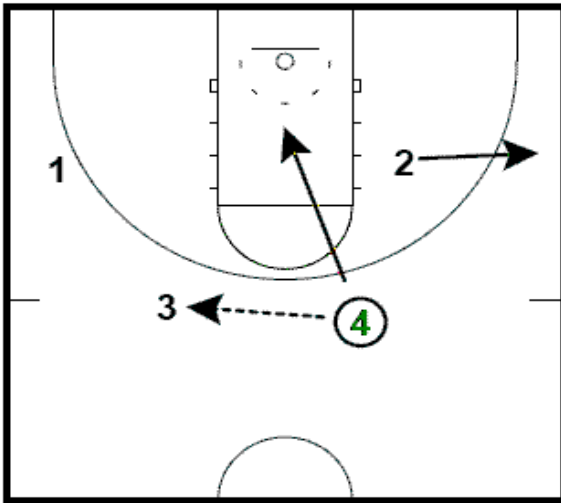


4-0 Pass and Cut
Offensive Drill



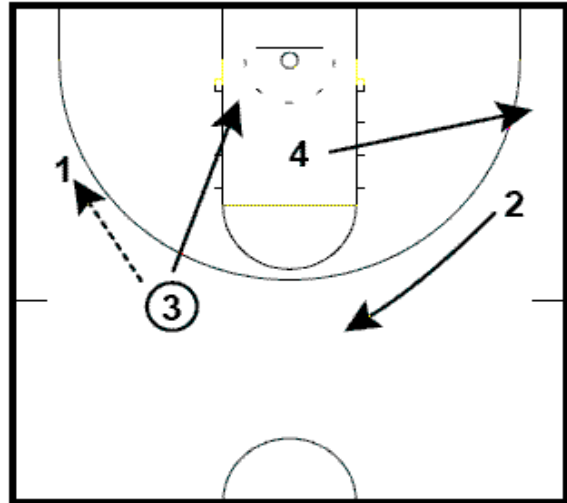
1. Perhaps most important motion offense drill besides shell. Goal of drill is to get players used to spacing, reacting, pass and cut actions in motion offense.
 2. Cutting to rim ("basket cutting") is MUCH better than screening away and to get used to where to position themselves off the ball.
 3. Once they master the "dance steps", coach can allow team to pass to whomever they choose.
 4. This will be hard, but helpful in mastering motion offense principles.
 5. Coaching emphasis should be on spacing (outside the 3 point line), catch and read the rim, hard basket cuts, and positioning without the ball.
 6. To start, 1 passes to 2 and cuts. 4 and 3 fill up.
1. 1 stops for second under the basket, and reads the situation. Could I post up?
 2. If not (and in this drill, not open) fades to weakside wing.
 3. 2 passes to 4 and cuts.

4-0 Pass and Cut
Offensive Drill



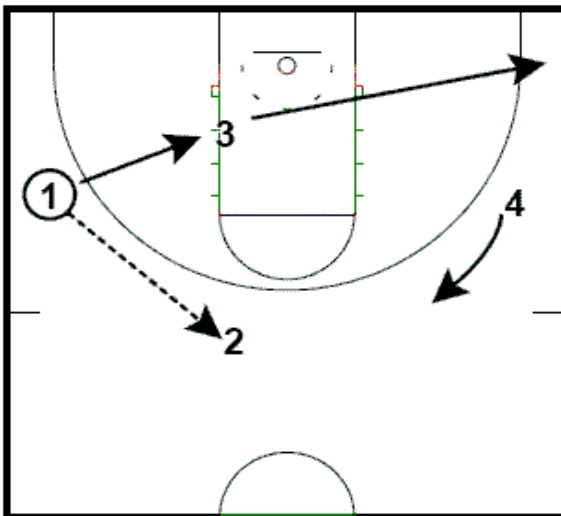
1. Ball is reversing, so after 2 reads that there's no post up, he replaces himself on new weakside.
2. 4 passes to 3 and cuts.

4-0 Pass and Cut
Offensive Drill



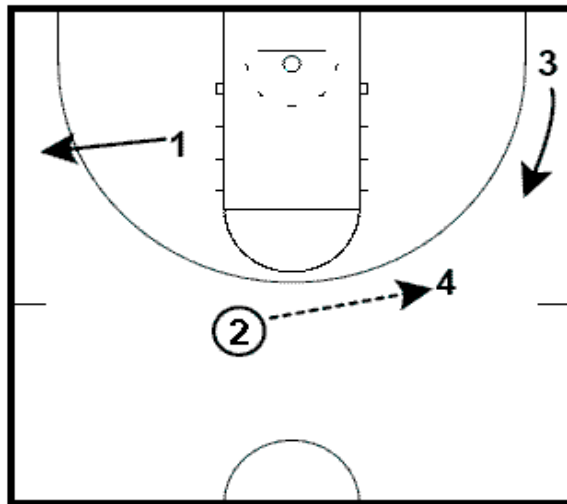
1. 3 completes the ball reversal to 1, and cuts to basket .
2. 2 rises, and 4 has cut to weak after checking under the basket that there's no post up.

4-0 Pass and Cut
Offensive Drill



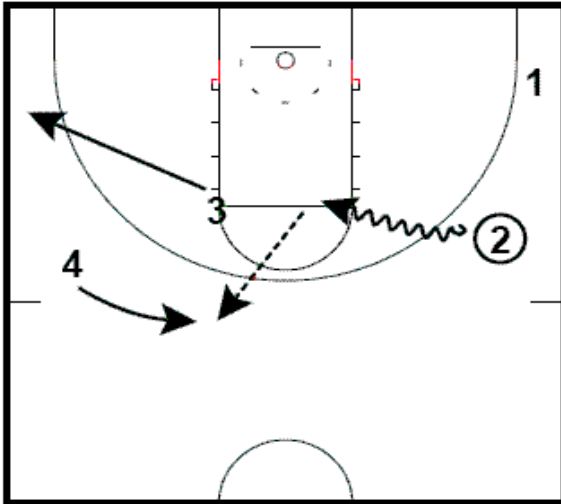
1. 1 passes to 2 and cuts.
2. 3 has cleared weakside (after checking for post up) and 4 has risen.

4-0 Pass and Cut
Offensive Drill



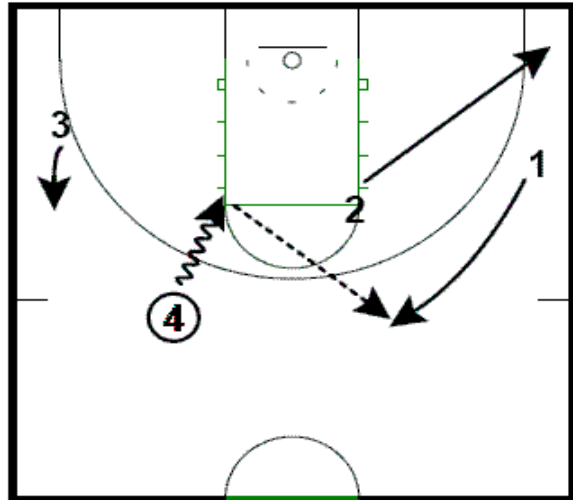
1. 2 passes to 4 and cuts. 4 shoots. 1 has cleared to weak. 3 has risen.
2. As players get used to this progression, they can choose who to pass to, then must react.

4-0 Drive and Kick
Offensive Drill



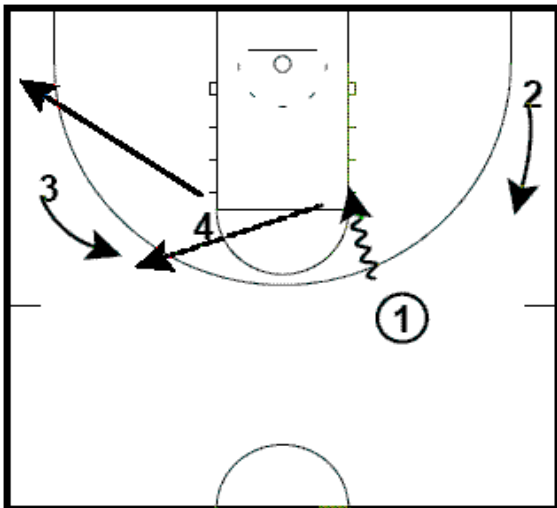
1. 2 drives middle, and kicks to 4, who has risen, per middle drive rules.
2. 3 has cut weak.
3. Everyone follows middle drive rules.

4-0 Drive and Kick
Offensive Drill



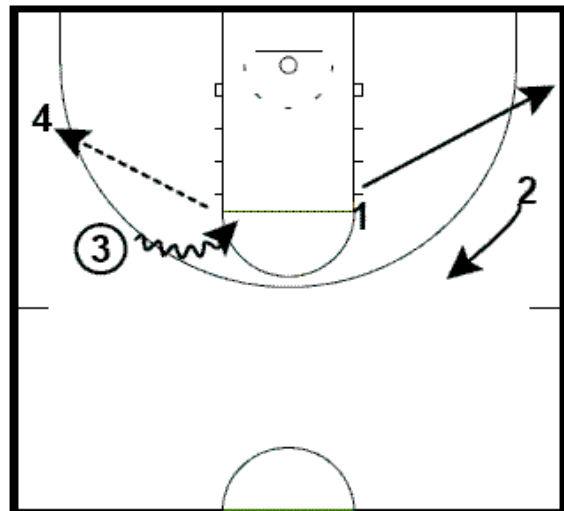
1. 4 drives from top. Passes to 1, who has risen per top drive rules.
2. 2 has cleared to weak.
3. 3 follows top drive rules.
4. At beginning of season, possibly shoot after the 4th pass.

4-0 Drive and Kick
Offensive Drill



1. 1 passes to 3, who has risen.
2. 2 rises, and 4 clears weak.

4-0 Drive and Kick
Offensive Drill

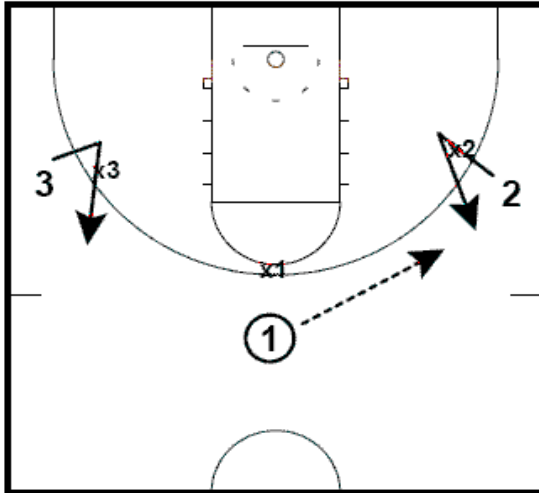


1. 3 drives and passes to his choice of 2 or 4 for 3 pointer.
2. As players get used to this drill, have them choose where to pass each time. players will have to react to what 's happening.

Motion Offense

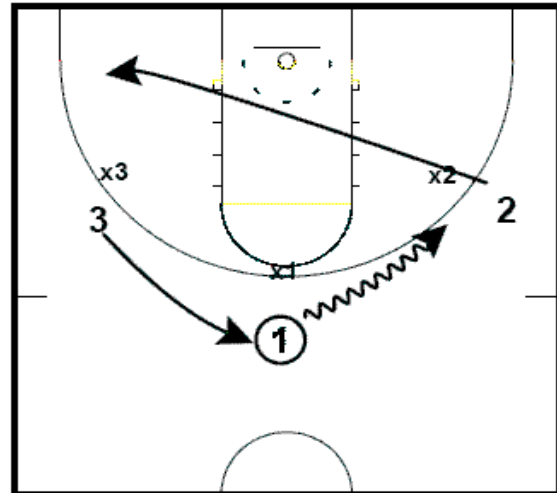
3-v-3 Progression

3- on- 3, or 4- on- 4 Progression
Offensive Drill



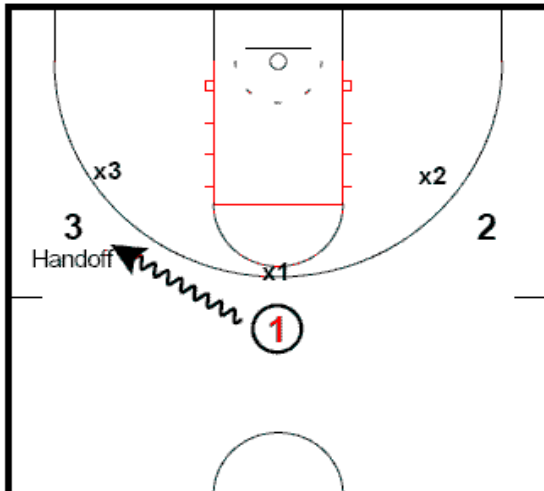
1. Start with pass and cut. Wings MUST get open to start.
2. If overplayed, back door. Footwork to get open - cut foot in front of defender.
3. Play out of it.

3- on- 3, or 4- on- 4 Progression
Offensive Drill



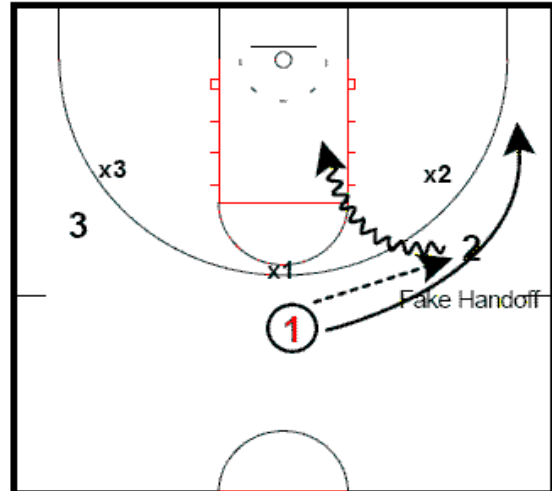
1. Start with dribble.
2. If you are dribbled at, you must clear. Here, 2 back cuts. He could also fade to corner.
3. Opposite guard fills up.
4. Play out of it.

3- on- 3, or 4- on- 4 Progression
Offensive Drill



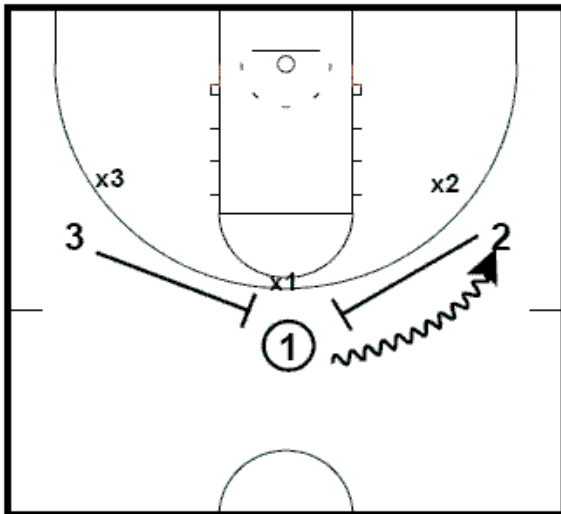
1. Start with dribble handoff.
2. Make sure the receiver of the handoff (3 here) sets up his defender, and that the initiator (1 here) pins 3's defender after handoff, then cuts to hoops or pops depending on reaction.

3- on- 3, or 4- on- 4 Progression
Offensive Drill



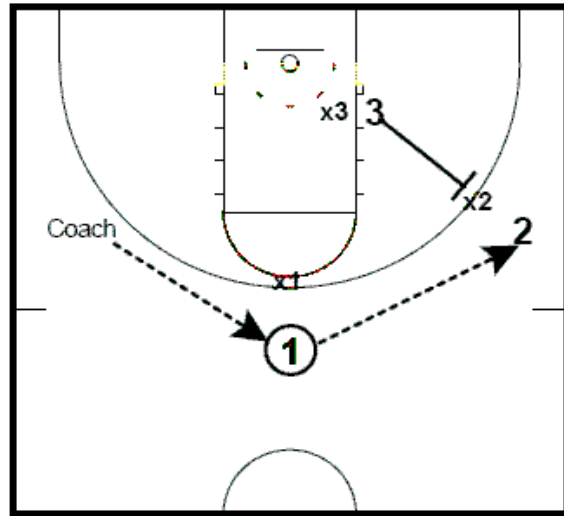
1. Start with fake handoff.
2. 1 passes to 2 and follows pass.
3. 2 fakes handoff to 1, then drives to middle.

3- on- 3, or 4- on- 4 Progression
Offensive Drill



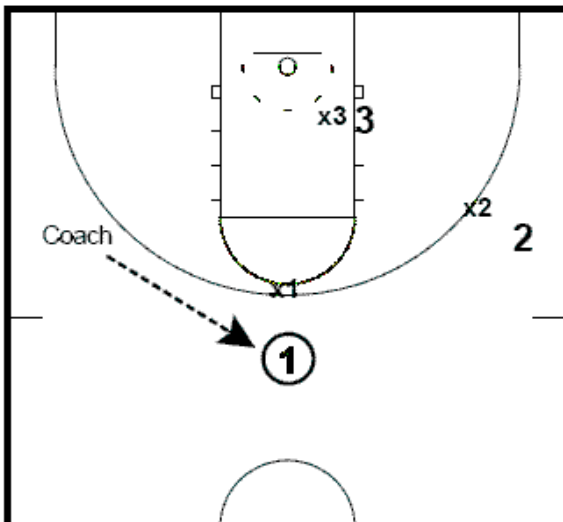
1. Start with various motion entries. Can practice all motion entries out of 3- on- 3. And better yet, out of 4- on- 4.
2. Here, Memphis is the entry (2 screen for 1, then receives flare from 3).

3- on- 3, or 4- on- 4 Progression
Offensive Drill



1. Rule: Must have PNR from big before can score.
2. Coach starts with pass to 1. 3 can PNR for 1, or 1 can pass to 2, and then PNR.
3. Play out of it.
4. Use motion techniques – must have PNR before score.

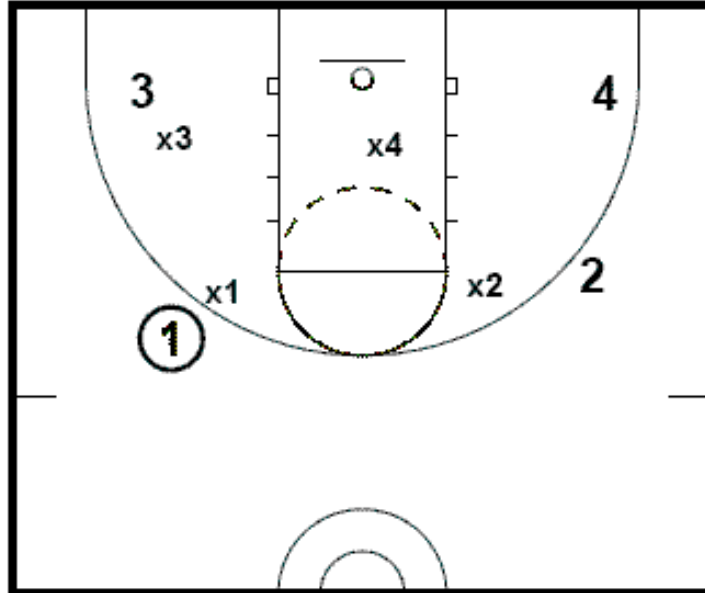
3- on- 3, or 4- on- 4 Progression
Offensive Drill



1. Rule: Must feed post before can score.
2. Coach starts with pass to 1. 1, 2, 3 work together to cause a post feed.
3. After that, play out of it.
4. Focus on low bounce pass to avoid intercept. And perimeter players relocating after post entry.

Motion Offense

4-on-4, 5-on-5 Shell



Zone Offense Fundamentals

1. Fast Break; attack before they can set the defense.
2. Attack the zone aggressively; don't play passively.
3. Take a good shot.
4. Play with patience and poise. Teams use a zone to make you shoot quickly.
5. Gap and split the zone. Make two defenders play one offensive player.
6. Keep good post timing and movement.
7. Find open areas and step up for the jumper.
8. Screen the defenders in the zone.
9. Keep good rebounding position. Hit the offensive boards.
10. Drive the zone. Use the dribble to freeze the defense, create 2 on 1 opportunities, or improve the passing angles.
11. Make the defense work by reversing the ball.
12. Make someone in the zone play you (particularly on the perimeter.)
13. Use the skip pass.
14. Look to the basket. Be offensive minded.
15. Use pass fakes and shot fakes to move the defense.
16. Dribble away from an area, and then fill the area with another player (vacuum principle.)
17. Take the defender as far as you can, stretching the defense to create gaps and help with reversal.
18. Communicate. Call a teammate's name if you want to screen.
19. Balance the floor.
20. Keep good spacing.

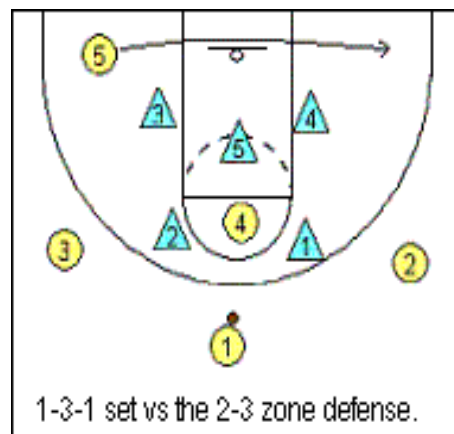
(adapted from Coaching Basketball Successfully, by Morgan Wooten)

Zone Offense

Attacking Even Front Zones

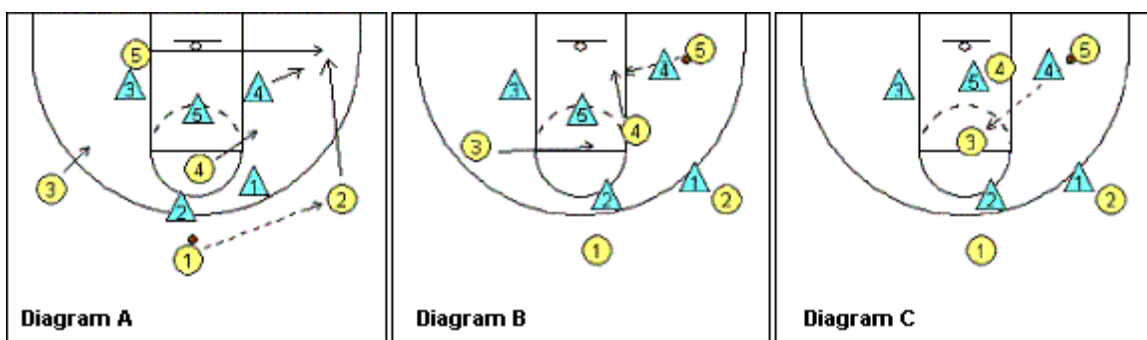
Basic Rules

- Spacing is the most important thing on the perimeter. Without it, your team will turn the ball over a lot.
- You beat the zone by quick passing and movement, and avoiding unnecessary dribbling. Dribble only to penetrate a gap, or improve a passing angle, or to get out of trouble. “Fake the pass to make the pass” against the zone. And use lots of bounce passes, since defenders’ hands will be up. No moonballs!
- Offensive rebounding is very important since the zone defenders do not have clear-cut box-out assignments, as in a man-to-man.
- Reversing the ball is VERY IMPORTANT. Most good shots will come after the ball has reversed at least once. For that reason, it might be smart to emphasize starting on the left side of the court often – plays into the right hand shooter 2 on the right side.

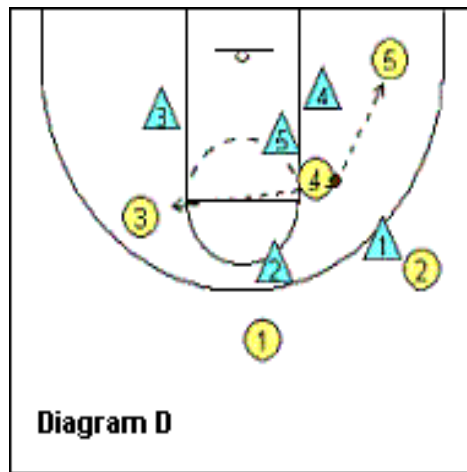


This zone offense starts with a 1-3-1 offensive set where the offense is positioned in the gaps. One tip: your high post O4 might initially be positioned along the lane, and then as the point guard brings the ball into the forecourt, O4 makes a quick flash into the high post at the free throw line. Your “runner” O5 should be a good shooter, as they will get some quick hits in the “short corner”. Make sure the wings are high and wide, so that the point-to-wing pass is not easily intercepted.

Now notice in the Diagrams A thru D below how the offense moves as the ball moves. Each move is to fill a gap in the zone where you can get open for a pass and shot. When we pass to the right wing, O4 moves to the right lane and O5 moves to the corner and O3 moves inside the 3-point arc (Diagram A). If the ball is passed to the corner, O4 cuts hard down to the low block for the bounce pass from O5 (Diagram B), and O3 moves to the free throw line area because if O4 does not get the ball, then O3 is often wide open (Diagram C).

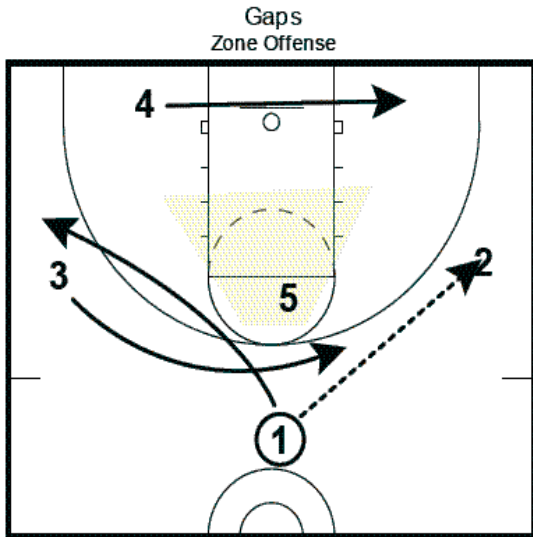


Now look at Diagram D. If the pass from the wings goes instead to O4 near the elbow, O4 can either shoot or pass to O3 for an open shot, or to O5 in the corner.

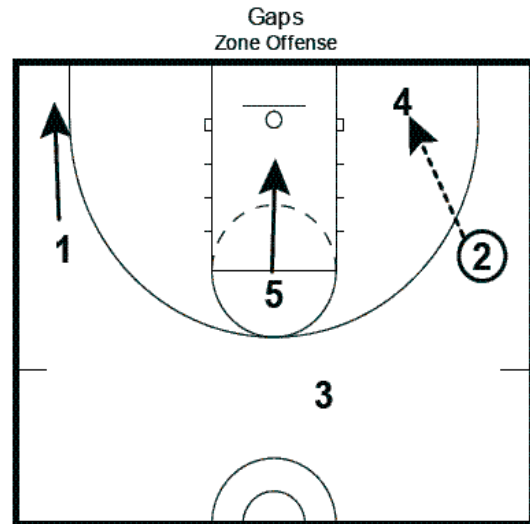


Zone Offense

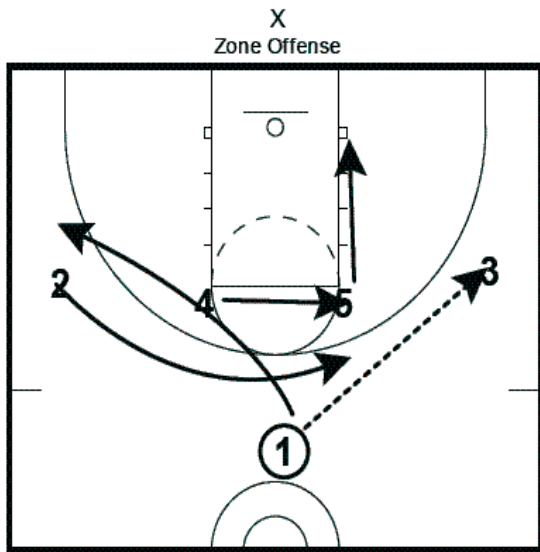
Even Front: Gaps and X



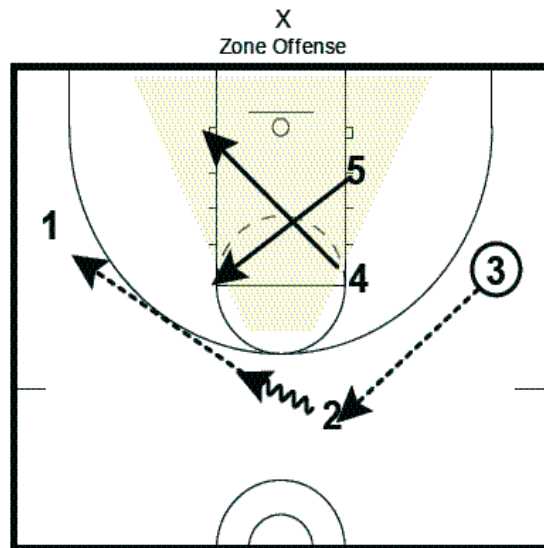
1. Coaching points against zone: Perimeter stays wide.
2. Quick ball reversal opens up "gaps".
3. Can drive into the seams (on wings). Can pass to short corner or middle after reversal. Pass inside without moving the zone is usually a turnover.
4. Patience and good shot selection is everything. "Fake the pass to make the pass" ball fakes are HUGE.
5. Here: On pass to the wing, baseline "runner" (4) always runs to short corner.
6. 1 exchanges with 3 after the entry pass.
7. 5 occupies triangle area shaded. Needs to be active, finding "gaps" in this area, not just following the ball.



1. When ball gets to short corner (the goal here), 5 dives to hoop.
2. Weak side perimeter (1 here) gets to opposite corner.
3. Emphasize to kids that all players except 1 should crash the offensive boards.
4. Another weakness of any zone is that defenders don't know who they're supposed to block out.
5. Sending 4 hard to boards is great way to get cheap bucket after a miss.



1. See Gaps for Points on how to break a zone.
2. Here: On pass to the wing.
3. High Post drops to block and weakside flashes to strongside elbow.

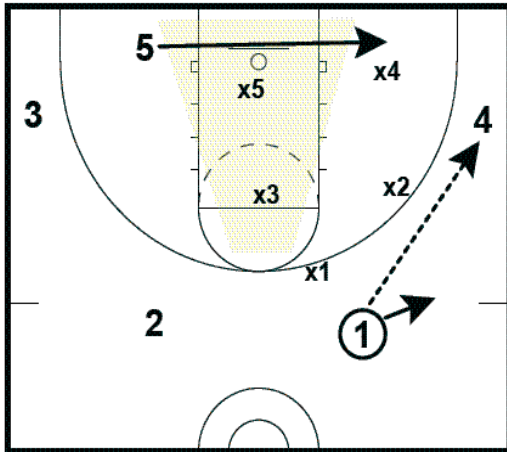


1. Post Players will form an X as the ball is reversed.
2. High goes first - dives hard to the low post and then low post flashes to the high post gap.
3. Post players live in the shaded area.
4. Perimeter live outside the 3 point line.

Zone Offense

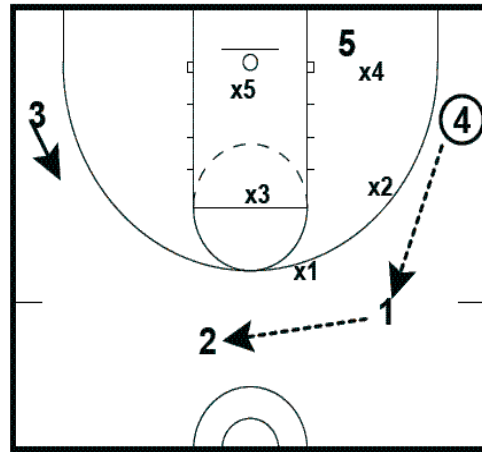
Odd Front: 4 Out

'4 Out' v Odd Front Zone
Zone Offense



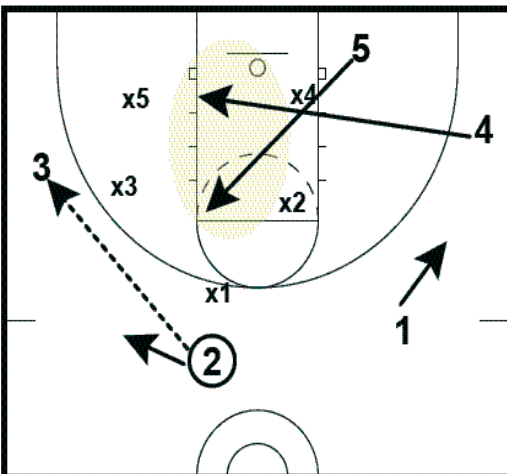
1. Idea against odd front zone, like all zones, is to get ball reversal. Then attack from the wings and corner.
2. Note 2 and 4 are switched from man set. Need ball handlers out top.
3. Perimeter players stay EXTREMELY wide.
4. Start with wing ball entry.
5. 5 plays in the shaded space, starting weak side is looking to flash the gaps.

'4 Out' v Odd Front Zone
Zone Offense



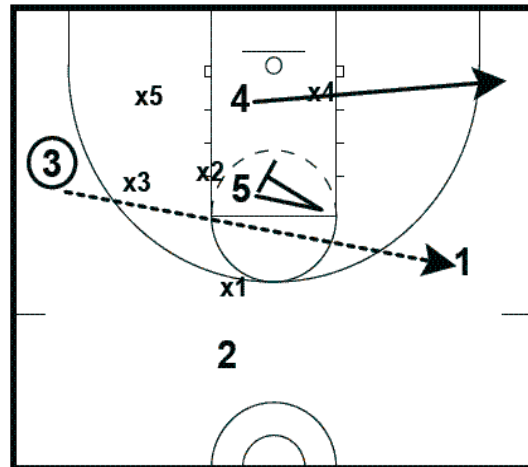
1. Against any zone, need fast ball movement. Need at least 1 ball reversal.
2. Note 1 has moved high and wide and 2 has moved high and towards center to facilitate quick ball reversal.
3. 3 stays very spaced and has risen to make skip pass and reversal easier.

'4 Out' v Odd Front Zone
Zone Offense



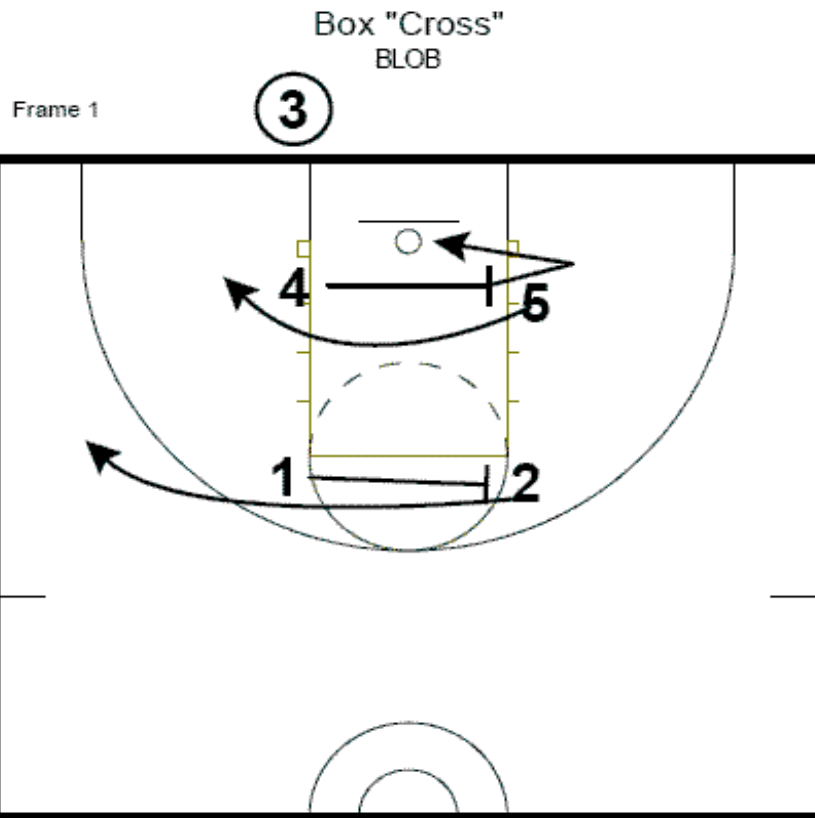
1. First ball reversal has happened and defense is getting out of position. 5 flashes high to a gap.
2. The opposite corner (4) can look to flash to a gap in the other post, in this case low post. Gap is shaded.
3. 3 looks to pass (probably a bounce pass) to 4 or 5. This is similar to X against 2-3.
4. Note perimeter players are staying wide and spaced. 1 reads that 4 has cut to post, so spaces to weak for skip pass.

'4 Out' v Odd Front Zone
Zone Offense



1. If nothing there on first reversal...reverse again!
2. In this example, 3 skip passes to 1, because x2 is occupied by 5. 4 sprints back to corner.
3. 5 decides to screen x2 to allow a drive for x1. Then opens to ball and so on....

Baseline Out of Bounds (BLOB) Cross



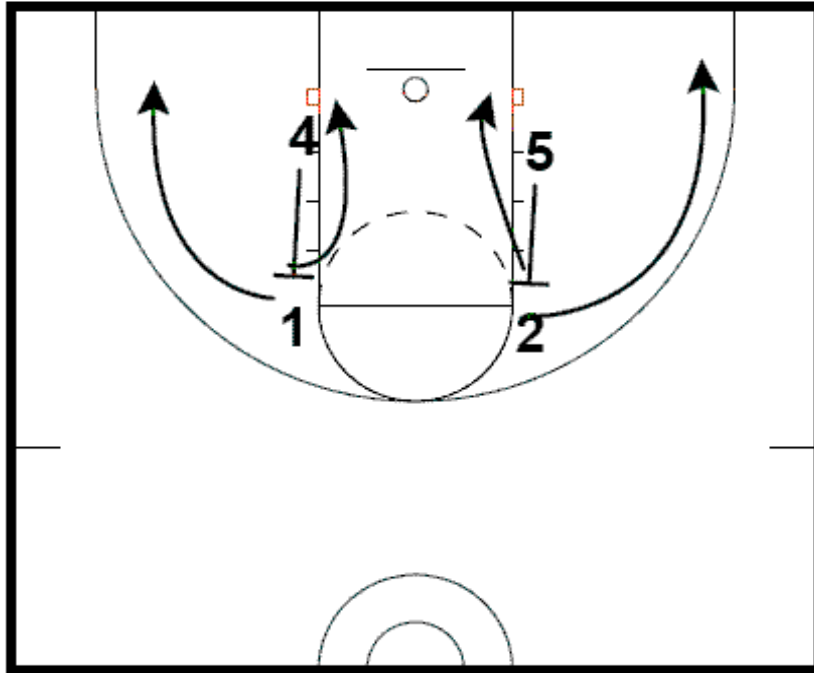
1. Players on ball side (1 and 4) side screen across.
2. Players 5 and 2 flash to the ball.

Baseline Out of Bounds (BLOB) Up

Box "Up"
BLOB

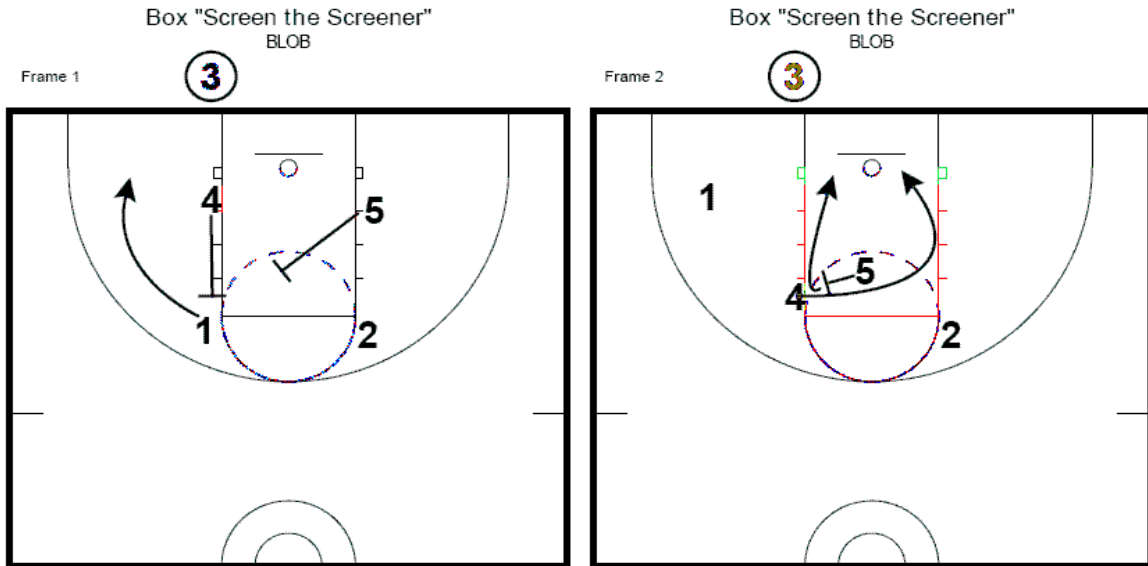
Frame 1

3



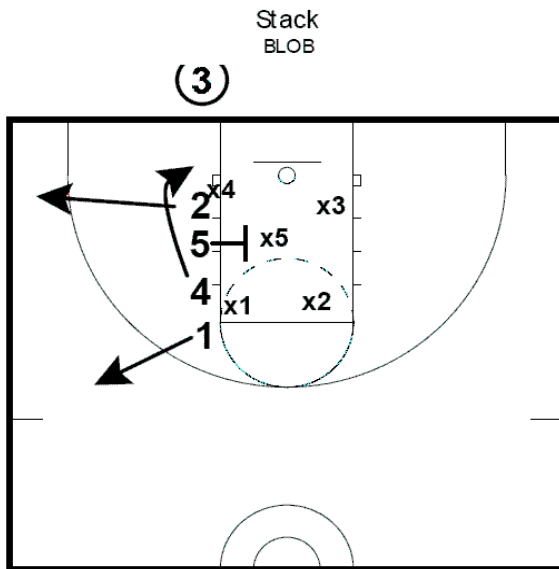
1. Baseline players screen at the elbows and then roll to the basket.

Baseline Out of Bounds (BLOB) Screen the Screener

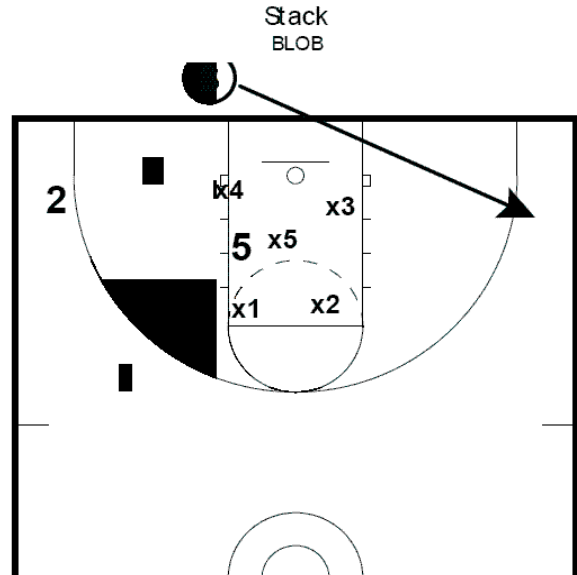


1. Player 4 screens up for Player 1.
2. Player 5 screens for Player 4 flashing to the basket.

Baseline Out of Bounds (BLOB) Stack (versus Zone)



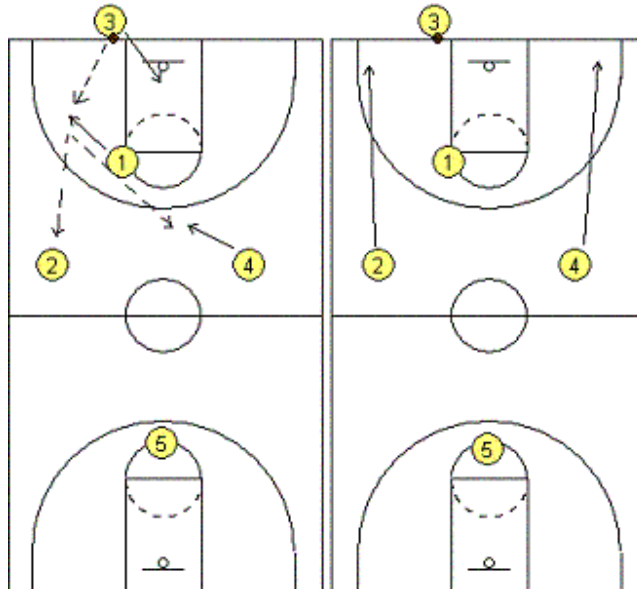
1. 2 flashes to corner, draws x4.
2. 1 is safety.
3. 5 screens x5 (middle guy in zone).
4. 4 flashes to open spot – hands high.
5. 2 or 4 will be open for shot, if not, pass to 1 safety.



1. After pass, 3 sprints weakside, we're in zone offense.

Simple 1-1-2-1 Press Break

Use this press break to attack the opponent's full-court press. This press breaker is usually very effective and is simple to teach and execute. See the diagrams below.



O3 is the in-bounder and should get the ball out of the net quickly and try to get the ball in-bounds before the defense can get their press set. Do not set up right under the basket, as the backboard may prevent you from making a long, overhead pass.

The pass should go to O1, our point guard, who should be able to make the right decision whether he/she can beat the press with the dribble, or make the pass up the sideline to O2, or in the middle to O4.

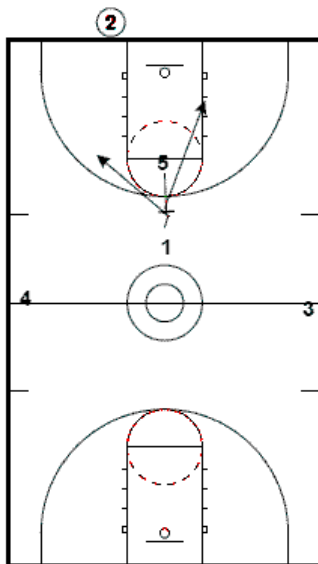
The pass back to O3 is another option, and O3 should always stay behind the ball as a safety pass backwards. O5 goes long and will eventually end up at the right low block, just like in our secondary. In fact, if the point guard can beat the press, then we should flow right into our [secondary break](#) with O2 going up the right sideline, O4 out to the left elbow-three-point line area and O3 trailing up the middle.

If the in-bounds pass goes to O1 on the opposite side (same side as O4), then O4 stays up the sideline and O2 flashes to the middle (just the opposite of the left-hand diagram above).

O2 and O4 must count to two. If after 2 seconds, they see that we are having difficulty getting the in-bounds pass into O1, then O2 and O4 cut hard, all the way to the baseline if necessary, looking for the inbounds pass (see the right-hand diagram above). Then immediately look for the pass in the middle to O1.

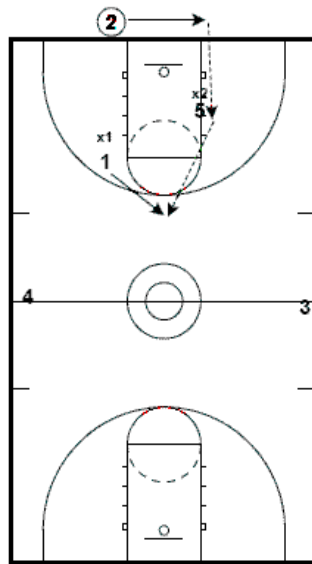
Press Break Versus Man and Zone

Pressbreak - Man
Transition



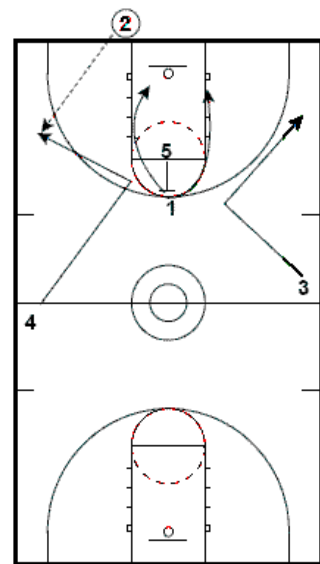
1. 5 screens for 1.
2. 1 goes to opening and 5 flashes back. 2 man inbounds.
3. 5 and 1 are looking to post up to get ball in.

Pressbreak - Man
Transition



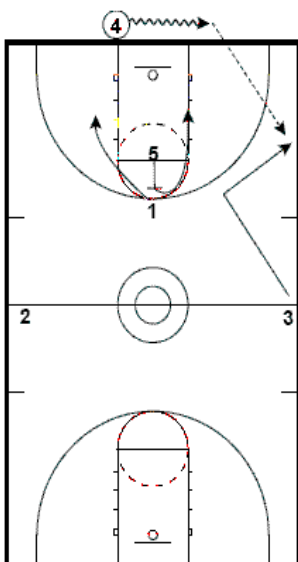
1. If 1 not open lob to 5.
2. 1 sprints middle. We look to attack the rim.

Pressbreak - Man
Transition



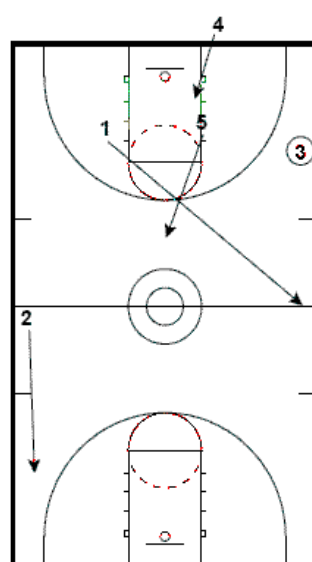
1. On 2 or 3 catch.
2. 1 sprints through the middle and up the sideline. We attack the rim.

Pressbreak - Zone
Transition



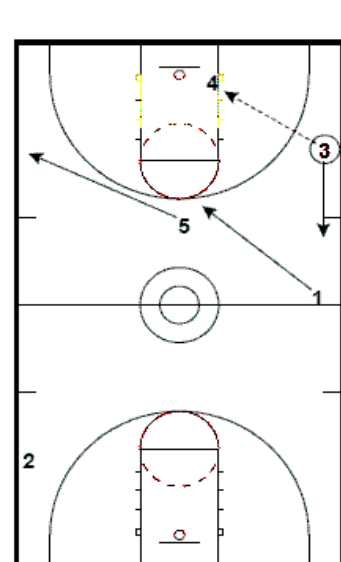
1. Versus zone want to run the baseline. 5 and 1 shape up after screen. 4 runs baseline.
2. 3 cuts to alley and pops to catch from 4.

Pressbreak - Zone
Transition



1. 1 fills across to 3 spot.
2. 5 shapes up in the middle.
3. 4 steps in ball side 2 goes long.

Pressbreak - Zone
Transition



1. On reversal back to 4, 5 sprints to sideline to receive.
2. 1 flashes to the middle.
3. 3 fills down sideline.
4. 2 stays longer on reversal side.

Transition

"Transition" refers to the process of changing from defense to offense (transition offense), or offense to defense (transition defense). Your transition offense can be a slow, walk-it-up-floor transition, an aggressive fast break transition, or something in between. Each coach has to decide which is best for his team and his personnel. Do you really want an up-tempo fast game, especially if you have a strong half-court game with good post men, or if your guards are not particularly quick, have trouble keeping the ball under control, or are inexperienced?

On the other hand, if your team is quick, with good, experienced ball handlers, an aggressive up-tempo style has advantages. LYBA generally favors an up-tempo game, as it seems to develop skills better than a slow-down.

Advantages

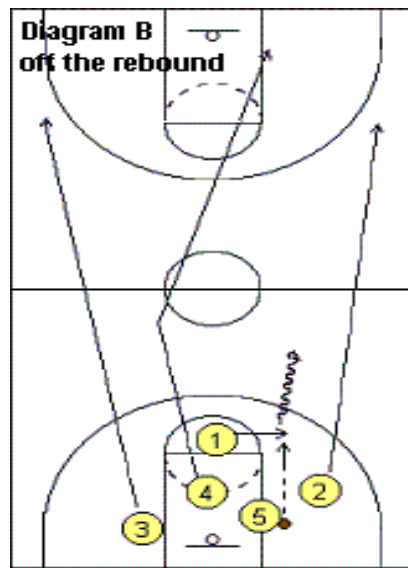
- The fast break can produce easy scores.
- Pushing the ball up the floor quickly puts pressure on the opponent, and they will be constantly worrying about getting back on defense. This thinking may cause them to be less aggressive going for their offensive rebounds, and may keep their point guard from penetrating (thinking he has to stay back to prevent the fast break).
- An aggressive team attitude on offense will often carry over to your defense and rebounding.
- An up-tempo game will favor the team that is well-conditioned. A poorly conditioned team will "run out of gas" by the fourth quarter.
- The fast-break will often break the opponent's press defense.
- A team that plays up-tempo will usually use more of its bench players, with frequent substitutions. This often creates good team harmony with many players getting playing time. An up-tempo game will favor the team with a "deep bench", with many good substitute players.
- The players and fans enjoy a well-played up-tempo game.
- Getting the ball up the floor quickly before the defense is set is a good tactic against zone defenses.

Transition Offensive Basics

- Always keep under control. You don't want your fast-breaking style to result in turnovers and missed opportunities to score. Players (particularly ball-handlers) must learn to recognize when to push the break, and when to slow down and stay under control. They must learn not to force bad passes.
- Outlet pass after rebound. When an inside player gets a defensive rebound, the rebounder should immediately look to pass to a guard to get the ball up the court. It's OK for rebounders to dribble out of double teams. Key to protect the ball and aggressively use pivot. Teach your ball-handlers that on every defensive rebound, they must move quickly into a position quickly where the rebounder can pass to them. Try to get them to locate above the free-throw-line-extended—if they try to receive a hand off, they will be hard pressed to push a fast break.
- Inbound Pass after made basket. Some coaches like to assign the same person (LHS BOYS WILL USE THE 4 or 5) to be the inbounds passer each time a basket is made, or the ball is out-of-bounds. The post players should be taught to get up the floor quickly which allows spacing and room for the guards to bring the ball up, and can also result in a long pass and lay-up if the post player beats the defense up the floor. Running the floor hard is a primary role for the 'big guy'.
- Running Lanes. There are different ways of running the transition offense, but most methods use the idea of filling three lanes coming up the floor, three primary (1-3), a "poster" (4), and a "trailer" (5—see diagram B). These can be interchangeable depending on who gets the outlet and who hits the lane first. Preferably, the point guard will take the outlet and get the ball to the center lane. This guard dribbles the ball to the free throw line, not making any unnecessary passes. The person who gets the rebound (in this case, 5) is the trailer and safety net if there's a turnover. The poster (4) needs to run a bit behind the 1 to begin with, to avoid clogging the lane in a classic 3 on 2 situations. Once it's clear that it's not a 3 on 2, the poster runs

directly to the rim--they will then naturally go to strong side post. In general, you want your big men who don't get the rebound to run the floor aggressively.

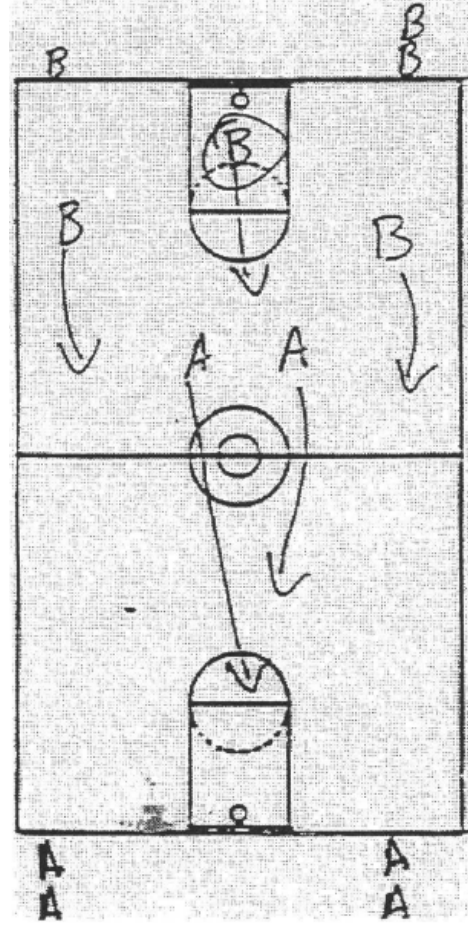
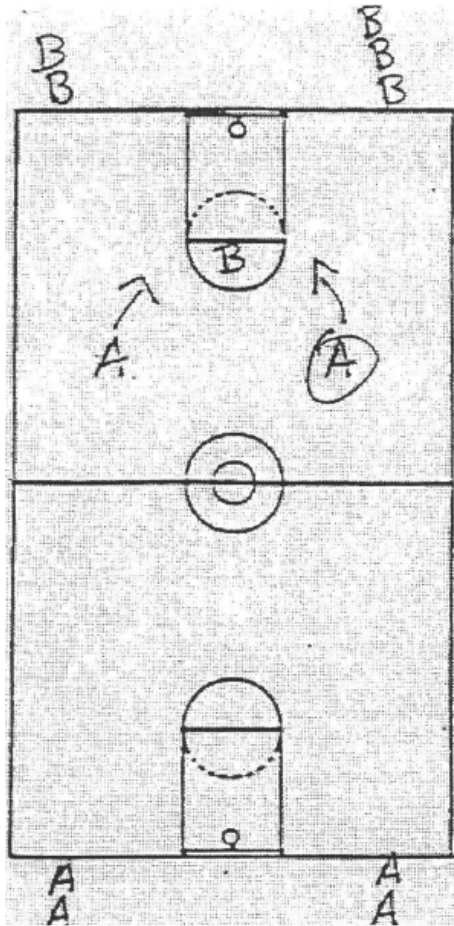
- End of Break. The two outside lanes should cut at 45 degrees to the hoop for a pass from the point, and the lay-up. If the point guard pops the free throw jumper, the wings and poster should crash the boards for the rebound. If neither happens, the wings should cross under the basket and fill the opposite corner or wing, the poster gets to the post, and the point guard should move to the right side of the free throw circle.
- Trailer. In all the commotion, likely the opposing team has forgotten about the trailer. The wing or point should look for the trailer spotting up at the weak-side elbow for a quick hitter.
- Naturally into half-court offense. If no shot develops, the floor is spread, and the team gets into its half court offense. A good way to start is to have the trailer 5 to ball screen the wing or point who has the ball, then roll to hoop.



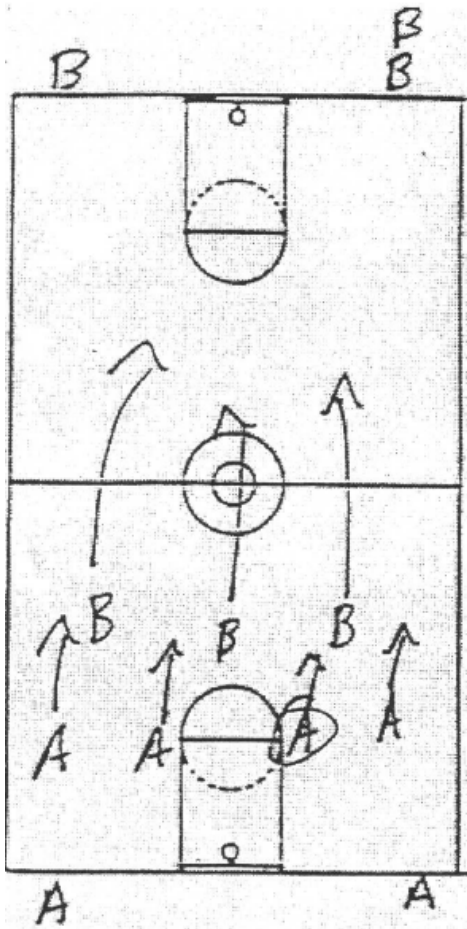
In summary, a successful fast break depends on:

- Getting the defensive rebound.
- A good, quick outlet pass.
- Filling the lanes.
- Maintaining control. "Be quick, but never hurry."
- Recognition. Don't force the break or pass if it is not there.

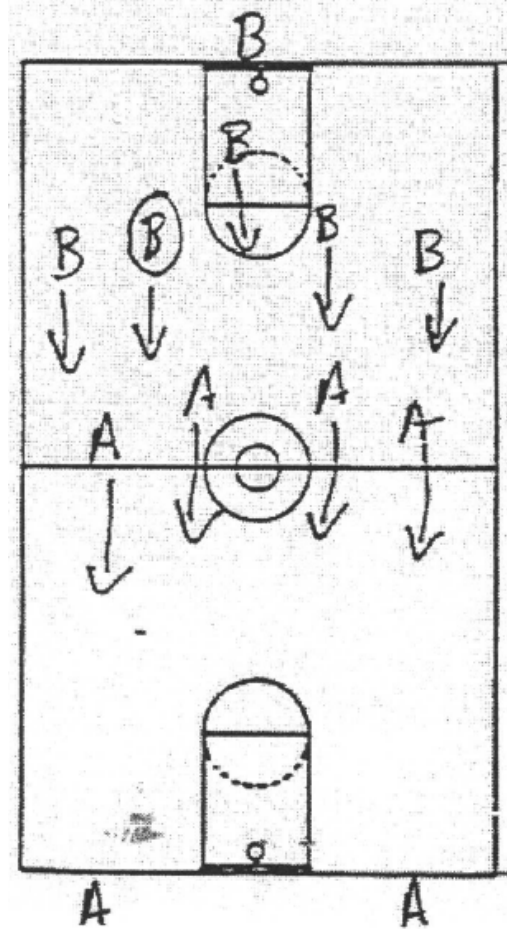
Transition Carolina (with Fullback)



1. Divide players into two teams of at least 5 players at opposite ends of the court.
 2. Team A starts out with the ball at halfcourt and one B player.
 3. Play until Team A scores or until team B gets the ball.
 4. Once Team B has possession, two players join and attack 3-on-2. (If Team A scores, take the ball out and attack. If there is a defensive rebound by Team B, fill lanes and go).
 5. Play continues until Team B attacks 5-on-4.
 6. Once 5-on-4 is complete, restart drill with no Team B and attacking first 2-on-1.
 7. Emphasis for the offense – make quick decisions and finding the open man. Should get an open shot.
 8. Emphasis for the defense – stop the ball first, communicating which man they are picking up, leave man furthest from the ball open. Improves help skills.
1. Team B adds 2 players from under the basket and attacks players from Team A that just had the ball (3-on-2).

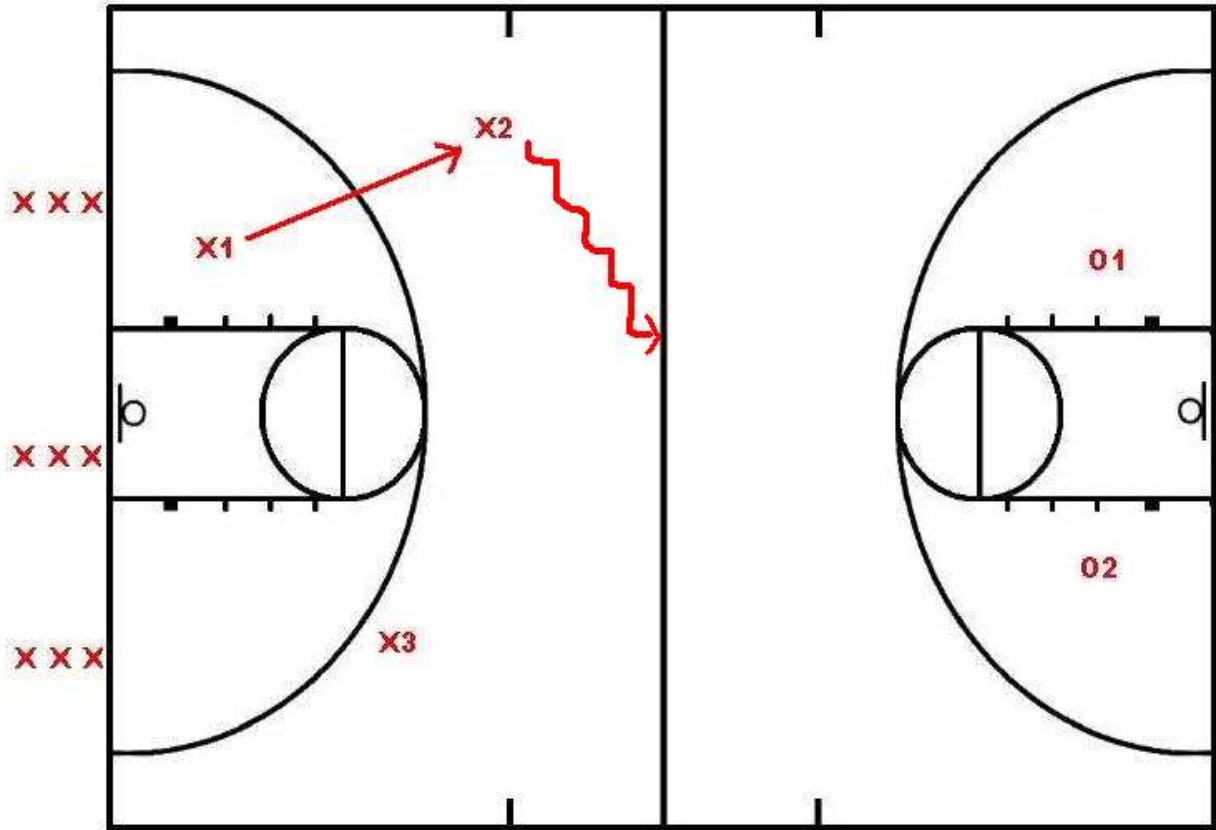


1. Team A adds 2 players from under the basket and attacks the 3 players from Team B that just had the ball (4-on-5).



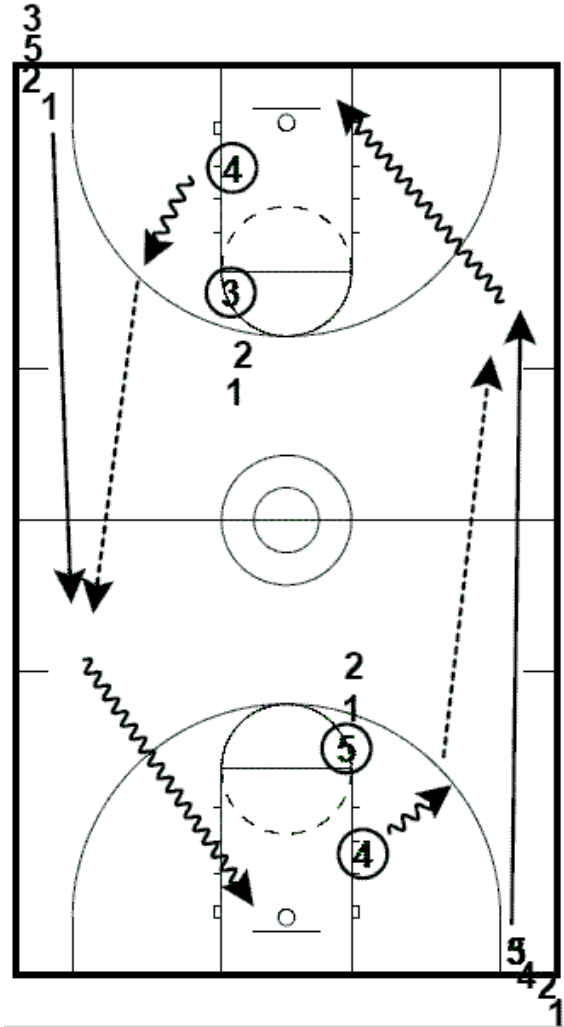
1. Team B adds 2 players from under the basket and attacks the 4 players from Team A that just had the ball (5-on-4).

Transition 3-on-2, 2-on-1



1. X1 puts ball off the backboard, grabs the rebound and outlet passes to X2, team fast breaks (3-v-2 defenders).
2. Player that takes last shot runs back on defense against O1 and O2, coming back in the opposite direction.

Transition Bust Out Outlet



1. Full Court transition from both sides.
2. Start with rebounding line (4,3,2,1 at top here) throwing ball to self against boards.
3. Jump with 2 hands to rebound, pivot, and 1 or 2 quick "bust out" dribbles to escape a trap that often happens after defensive rebound.
4. Meantime, outlet is running down the court (1 here).
5. Pitch up for a layup.

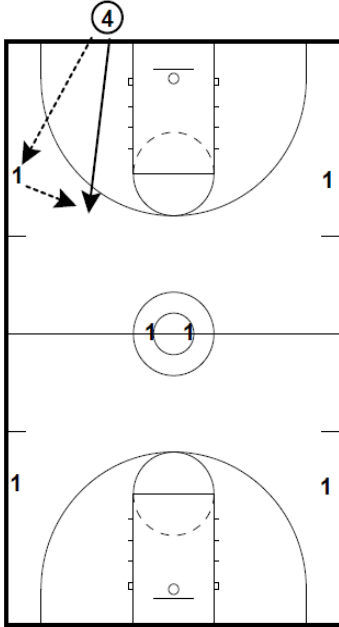
Variations

- Right side, left side.
- See how many layups, short shots in 2 minutes.
- Have the outlet passes run to the wing and accept the pass back, etc.

Transition

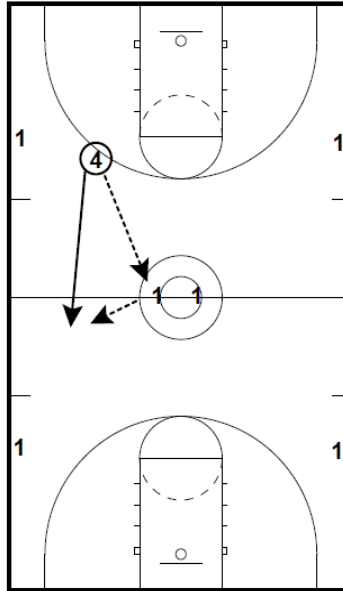
Full Court Zig-Zag Passes

FullCourt Zig-Zag Passing
Defensive Drills



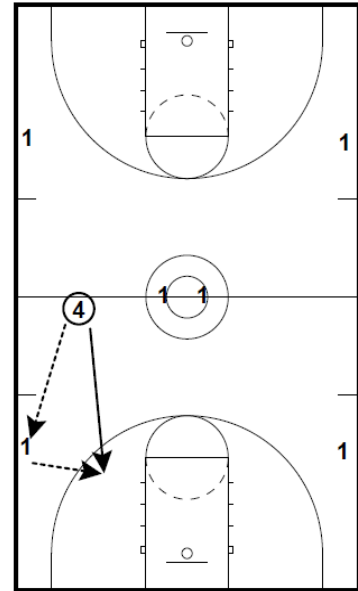
1. This drill teaches great passing, great cutting, pass/cut with head up, and avoiding traveling while on the move.
2. 2 lines at either end, with 3 players in middle in given location.
3. 4 (at top) starts by passing to wing, which mimics an outlet or inbound pass.
4. Then cuts between and receives pass back. Stop, pivot and get ready to pass to middle.

FullCourt Zig-Zag Passing
Defensive Drills



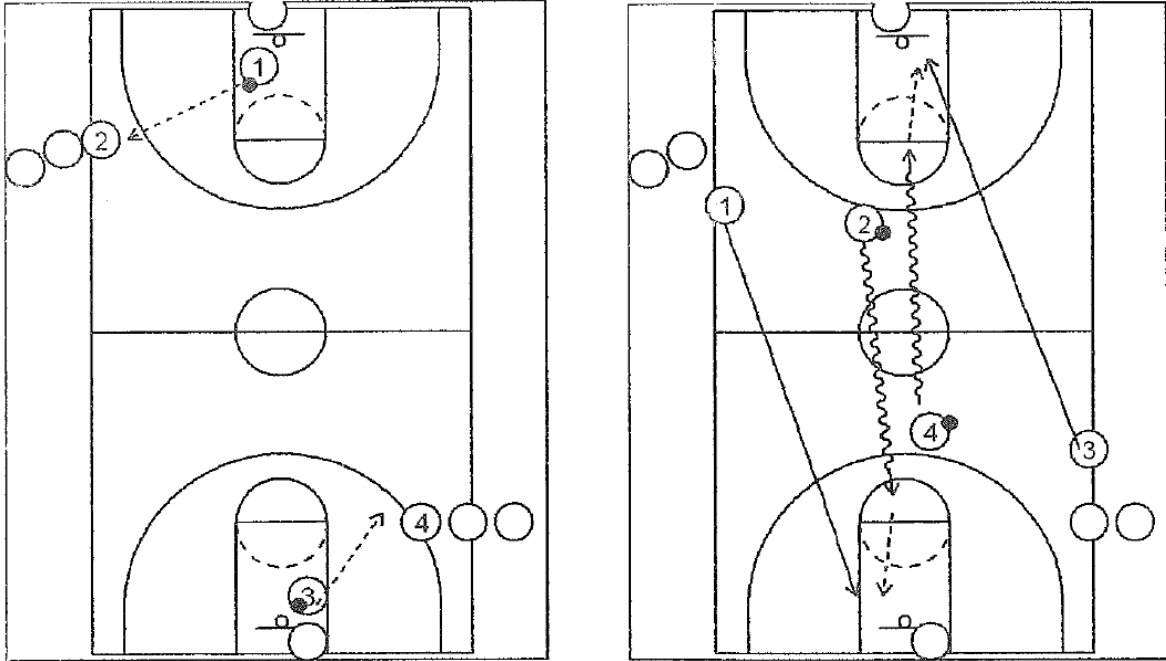
1. Pass to middle.
2. Cut again, receive pass back.
3. Catch, stop, pivot and get ready to pass.

FullCourt Zig-Zag Passing
Defensive Drills



1. Pass to final player.
2. Receive pass back, and layup, shot, pivot post move, etc.
3. Then join other line.

Transition Outlet Drill



1. Player 1 throws the ball off the backboard, yells "ball" and pivots to the outside
2. Player 2 calls "outlet" and goes to and through the pass (players should catch the ball with their back to the baseline)
3. Player 2 pushes the ball to the middle of the court
4. Player 1 runs out wide behind Player 2
5. Player 2 jump stops at the foul line and bounce passes the ball to the post
6. Player 1 shoots a layup, gets their rebound and gets into the opposite line

TEAM DEFENSE

Full Court Shell (Positioning)

4-on-4, 5-on-5 Shell

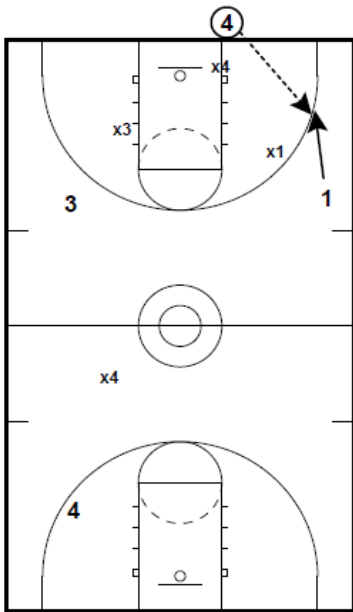
Man Press ("55")

Zone Press (1-2-2)

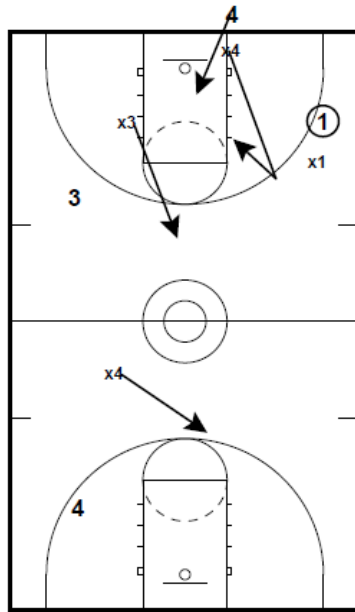
2-3 Zone ("Even") Shell

1-2-2 ("Casa") Shell

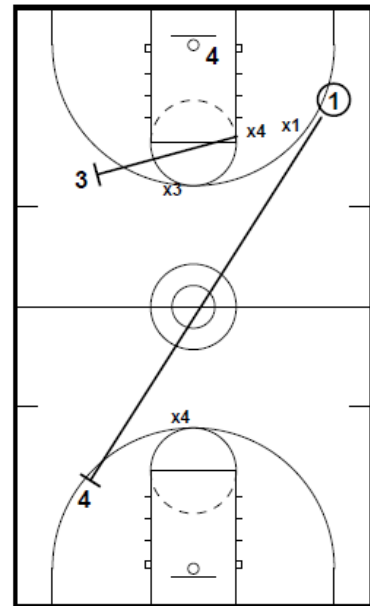
Full Court Shell (Positioning)



1. This drill teaches defensive positioning in the context of a full court man press.
2. Can do 5 on 5. Here we show 4 on 4.
3. Start with 4 taking ball out of bounds and players matched up.
4. When off the ball, be up the line, but step off. V is for victory.

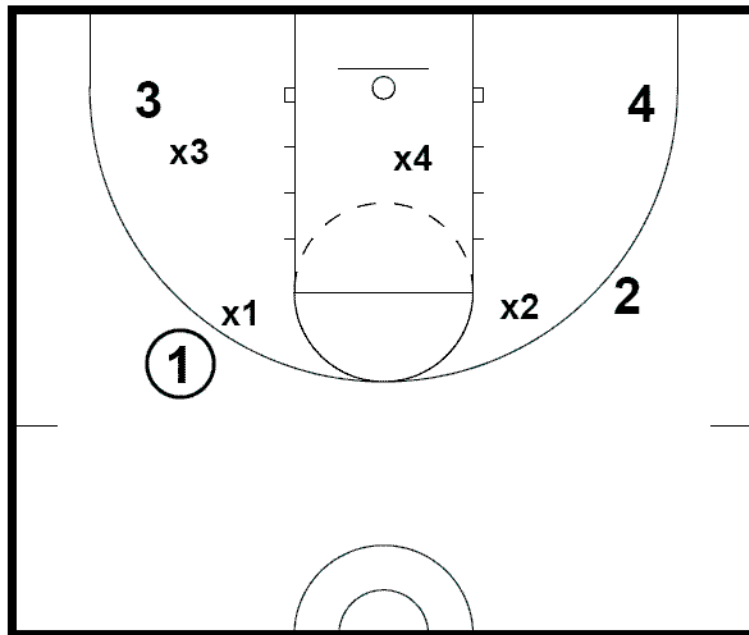


1. When ball goes by you must sprint 2 steps past ball and be in a V between ball and your man.
2. Note that x3 and x4 have moved back behind the ball (1).
3. Other defenders must move and defend like in full court press (x4 and x1).



1. Have the offensive players pass the ball and dribble the ball up the court.
2. Stop play when kids get out of position.
3. Focus on 1) being 2 steps behind the ball, and 2) always seeing the man and the ball by forming a V, 3) being just off the imaginary line between the ball and the man, so that if a pass occurred, you could deflect it.
4. Here, we've drawn lines from ball to 3 and 4, and x3 and x4 are just off those lines.

4-on-4, 5-on-5 Shell



Working On

- Drive middle
- Drive baseline
- Backcut from top
- Backcut from wing
- Ball screen
- Post Flash
- Dribble Handoff
- Basketcut

Man Press ("55")

For the full-court press, LYBA suggests playing full-court man-to-man "pressure defense". This is a good full-court defense for younger players to play because it's effective, easy to teach with little practice time, and it reinforces basic concepts of man-to-man defense like on-ball, deny and help-side.

The defender "on-ball" defends the ball-handler tightly using good, quick footwork, and tries to force to the sideline. To force to the sideline, the defender guarding the inbounds passer should slide a little toward the middle of the floor with arms out-stretched, so as to deny the pass to the middle and force it to the corner. The defenders who are on the ball-side, play "denial" and stay in the passing lanes between the ball and their man. The other defenders, who are opposite the ball-side, play "help-side", and help protect the basket against the easy lay-up. All defenders must see the ball at all times. They should try to be in position to see both the ball and their man.

If the ball breaks through the perimeter, or gets up the floor ahead of any defender, all defenders except the "on-ball" defender, must sprint back to the paint to prevent the lay-up. The "on-ball" defender tries to stay with the ball and force to the sideline.

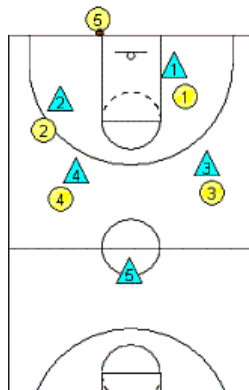
There are two ways of starting the pressure in transition. First, after a made basket or ball out-of-bounds, have each defender get on his/her assigned man. Second, after a rebound, steal, or turnover in transition, have each defender just pick up the closest man, rather than trying to run and find their pre-assigned man. Any mismatches that occur are usually outweighed by getting the pressure started immediately, and stopping the fast-break. If the offense advances into half-court, players can "switch" at opportune moments when they are back in half-court. Trapping is encouraged. If the offensive man bringing the ball up is caught along the sideline, or in one of the trapping areas (basically every corner of the court, and at the corners in front of, and behind the half-court line), a second defender can run over to his blind-side and trap, hoping to create a turnover. The other defenders then should be ready to intercept.

This full-court man defense will require the defenders to switch when they are screened. These switches must be called out loudly and happen immediately, so that the ball does not get by them. Again, any mismatches can be switched back later in the half-court if necessary.

41 "Deny"

You can use this man-to-man press at end of half or game, or when you have more than 8-10 points to make up in a short period. Here, all players deny the inbounds pass. You are going for the 5-second count, or an interception of a poorly made pass from the in-bounder. With this press, the defender whose assigned person is the in-bounder gets back to at least half-court or beyond as the "safety" against the long pass and lay-up.

The other four defenders immediately locate their man and deny the pass from the in-bounder by playing the passing lanes and staying between their man and the ball. These four defenders should not worry about the long pass over their heads, as the "safety" is back to stop that. You may want to assign your slowest player to be the safety, to increase the chances of a steal in the backcourt.



Zone Press (1-2-2)

The 1-2-1-1 zone press pressures the in-bounds passer, and attempts to trap the first pass receiver. We can run:

- Red-5 (Full court)
- Red-3 (4 man is at free throw line)
- Red-2 (4 man is just over ½ court)

With HARD and SOFT, always try to deny a center in-bounds pass... force (allow) the pass to the corner. O4 overplays the inbounder toward the middle to help deny the center pass.

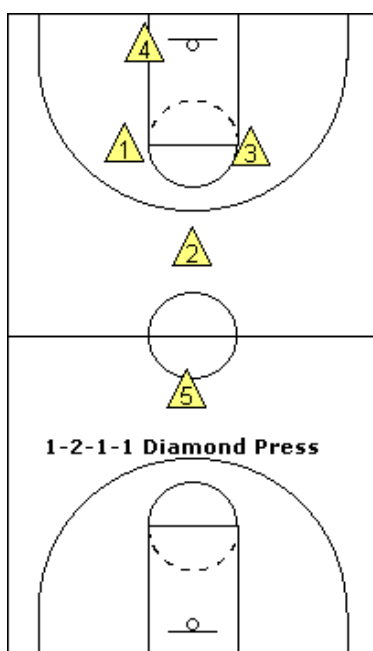
To trap the offensive player in the corner, or along the sideline, the first defender (X1) moves over quickly to stop the ball and seals off the sideline so the offensive player cannot dribble up the sideline. The other defenders must play in the gaps between the passing lanes, and try to deny or intercept the pass.

Hard

X4 and X1 (or X3) immediately trap the first pass.

Soft

X4 and X1 (or X3) wait until the first pass receiver puts the ball on the floor and starts the dribble, and then quickly close in and trap. In this situation, you are waiting for the pass receiver to first commit with the dribble. Once you set the trap, he has lost the option to dribble.



Basic Principles

1. Always have one player back in prevent - GOAL TENDER mode to prevent the easy lay-up.
2. Sprint back to the paint - LOOK TO BACK TIP when you are beaten.
3. When trapping, or trying to stop the dribbler, don't reach in! Rather, you must move your feet to get into position and deny the sideline.
4. Trapping

- a. In trapping, one defender should first stop the dribbler, often along the sideline or baseline, or in one of the "trapping zones" (see below). Trapping zones are those areas where the offensive player definitely does not want to get caught losing the dribble. It's like getting caught in a corner.
- b. Once the ball is stopped, the second defender sprints over and double-teams the ball. They cut off the ball-handler's view, and get into the passing lane. The position of their hands should be at the same height as the ball. If the offensive player holds the ball high to "throw over the top", the hands should be high. If the ball is low, the hands should be low to prevent the bounce pass.

MIRROR THE BALL Do not reach in! This only transforms a good situation into a bad one (now the player goes to the free throw line). Instead, the defenders should deny the offensive player from getting the pass off and get the 5-second call, or try to tip the pass, or force them to make a bad pass, which is intercepted by one of your teammates.

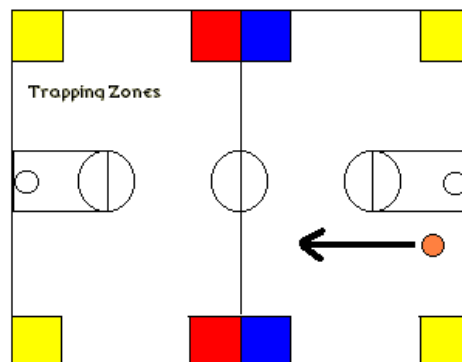
5. Gapping (Zone Press)

- a. The other defenders who are not actively trapping, try to get into the gaps between the ball-handler and his teammates. They play the passing lanes and deny and intercept passes from the trapped player.
- b. If the opponent is successful in running a fast-break, your GOAL TENDER may have a 2-on-1, or 3-on-1 situation, being the only defender back. In this situation, the GOAL TENDER should be taught to first prevent the lay-up. If the opponent chooses to shoot the outside jumper, give it to them, as it is a lower percentage shot than the lay-up, you avoid getting a foul, and you may get the rebound, or delay the offense long enough for your teammates to arrive on defense. Often I see players make the mistake of coming up away from the basket and challenging the ball, only to get beaten by an easy pass to another player under the basket for a lay-up. Again, the defender must stay back and "gap" the offensive players, that is, try to straddle and cut off the passing lanes to the easy lay-up.

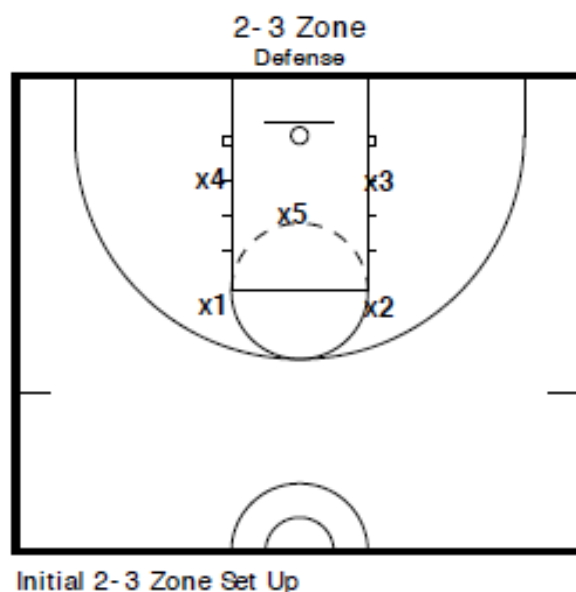
The yellow zones catch the player in the corner.

The red zones are excellent trapping zones, since the offensive player cannot retreat across the 10 second line.

The blue zones are good trapping zones because the offense has to worry about the 10-second count.



2-3 Zone (“Even”): Shell



The 2-3 zone defense has the advantage of protecting the inside, the "paint", and keeps our "big" inside. Its weakness is that it can be beaten by good outside shooting, with open areas on the wings, point and high post. We must be active in those areas.

We will use the 2-3 zone to force the offense to shoot from outside, while keeping the paint protected and our key rebounders inside it will shut down dribble-penetration and the inside post play. However we will also use the 2-3 zone as a more aggressive, trapping style of defense, creating turnovers and steals. We can aggressively trap the corners, wings, and occasionally the point guard.

Our Keys to Playing “EVEN”

- Communication – Ball and Cutters – Constant Talking
- HANDS – Hands must be up and active at all times
- Aggressive – You must be aggressive and intelligent with your ball pressure
- KNOW WHERE SHOOTERS ARE – Shade them as necessary
- PROTECT THE PAINT
- FINISH THE POSSESSION – HIT and Go Get the Basketball
- A Key Point - When the ball moves into the corner and the X4 defender moves out to cover the ball, it is imperative that the X5 defender slides over immediately into the low block vacated by X4. If X5 does not get there in time, the offense may get an easy pass into the low block, and a lay-up.

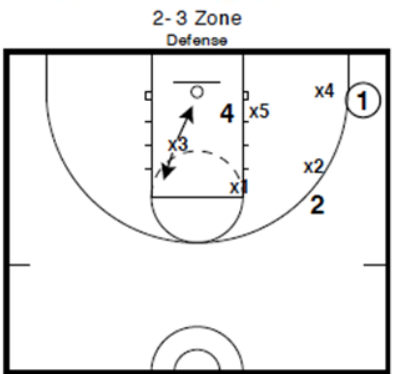
Players sometimes think playing a 2-3 zone defense is easier than man defense, but in fact, to play good zone defense, you may have to work much harder to be effective.

Basic Areas of Coverage in "Even"



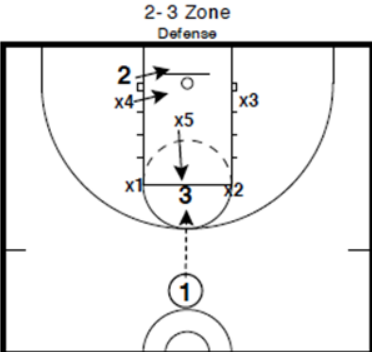
Coverage with ball on the wing

Ball on the Wing - The outside (top) defender on the ball-side will cover the wing. The exception is on the skip pass from wing to the opposite wing, where the low outside defender will initially run out and defend until the top defender can get there "BUMP"... then the low defender will drop back down low.



Ball in the Corner
- If 2 is a shooter can deny back

Ball in the Corner, or Short Corner - The outside low defender on the ball-side will cover the corner and short-corner. It's imperative that the middle X5 defender quickly drop to the ball-side block area to prevent an inside pass to the post. Here, X2 denies the pass back to the wing (if it is a shooter) while X1 covers the ball-side elbow (high post). Depending on the offense's strengths, we may instead have X2 sag inside the paint to help prevent dribble-penetration.



Defending High Post

Pass into the High Post - Have our X5 defender come up to defend this (like a 2-1-2 zone now). But watch out for the underneath cutter in the paint. Your X3 and X4 defenders close down into the paint when X5 moves high.

Defending the Point - Defending the point is always problematic. If we know that a guard is their best shooter, then opposite top to defend the point at first and allow defender on that side to sag toward their good shooter. At first we may decide to defend the point loosely, but if their PG starts hitting some shots, you've got to get pressure there. Never let their point split the X1 and X2 defenders and dribble penetrate the middle. X1 and X2 really have to move quickly and work hard, and work together in order to cover the point and both wings, and give help in the high-post.



Ball Reversal From Wing or Skip Pass

Covering the Skip Pass/Ball Reversal from Wing - Covering the skip pass from wing to wing, has been discussed (diagram F). A skip pass from wing to opposite corner would be covered by the ball-side low outside defender.



Skip Pass from Corner
4 initial covers till x1 recovers

Covering the Skip Pass from the Corner - A skip pass from the corner to the opposite wing is covered by the opposite low outside defender (X3) who has back-side responsibility. As the ball is passed from the right corner to the left wing, X3 covers the receiver until X1 can rotate over (BUMP), and then X3 will drop back down low. If the skip goes from the corner to the point, X1 should cover this (diagram F).

1-2-2 (“Casa”) Shell

This press is run to slow down the opposition and to force non-ball handlers to make decisions. It is designed to take the offense out of their basic offense and take time off the shot clock.

Players have the option of trapping if they feel:

- Top
 - Player who has length and is a good athlete
 - Starts at the foul line or top of key (can back up as necessary)
 - Don’t overextend!
 - Must funnel play to sideline - Body position is key, ball handler can’t be allowed to dribble to middle
 - Hands up and active. We want the other team to throw lob passes over you, not strong passes.
 - If ball is passed over the top guys head, he must sprint AHEAD of the ball, not at the ball.
- Don’t double until ½ court (let them come to you)
- Ball side denies sideline, weak side denies middle
- One pass away must take away sideline (back guys)
- Always allow ball reversal to trailer. Key is to prevent ball reversal and attack off the dribble.

Black - Hard

Looking to trap and being aggressive in getting ball handler into trap.

APPENDICES

3 Out, 2 In Motion Offense Versus Man-to Man Defense

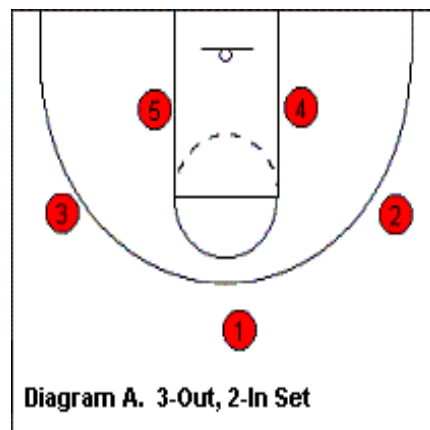
4 Out, 1 In Motion Offense Versus Man-to-Man Defense

Standard 2-3 Half Court Zone Defense

3 Out, 2 In Motion Offense Versus Man-to Man Defense

A motion offense is a flexible offense that utilizes player movement, correct floor spacing, passing and cutting, ball reversal and setting screens. Rather than running set plays (which can also be run in the motion offense), players move within a basic set of rules. This allows for greater flexibility than just running set plays. Once the basic concepts are learned, starters or plays can be incorporated.

The 3-out, 2-in set features three perimeter players and two post players. This set provides good balance between the perimeter game and strong inside post play, with good offensive rebounding presence. Teams that are not blessed with true post players (and are more guard-oriented) would benefit by using the 4-out, 1-in motion offense.



Always try to have your point guard O1 bring the ball up the floor and start the offense. Make sure that whoever is at the O1 position when the shot is taken, stays back to prevent the opponent's fast break. The O3, O4, O5 positions go for the offensive rebound. O2 should either go for the offensive rebound or get back—your choice.

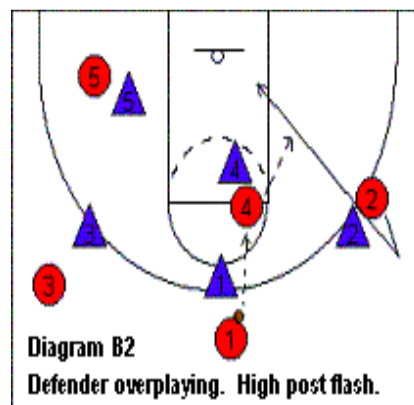
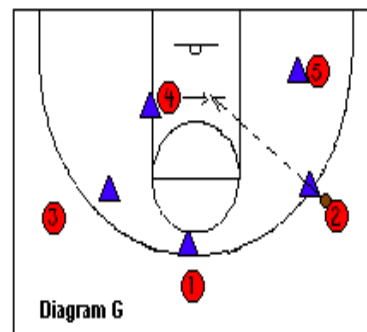
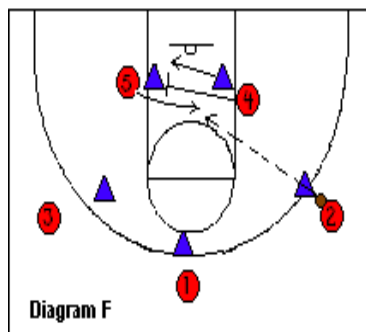
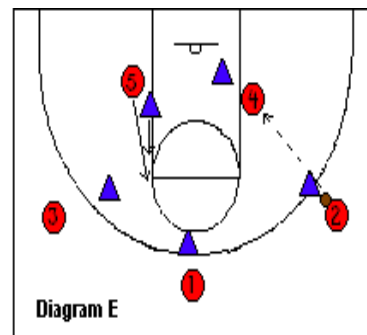
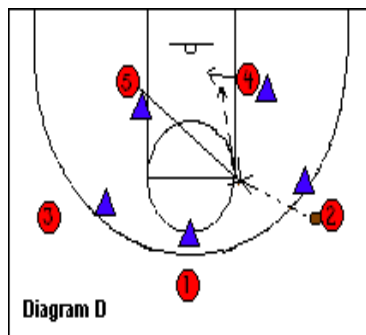
Basic Rules

1. Spacing - This is THE MOST IMPORTANT thing for 5th – 8th grade hoops. Players should try to stay 12 to 15 feet apart. Avoid bunching up, which can result in double-teams, steals, interceptions, and turnovers.
2. Triple Threat Position and Patience - Perimeter players should always receive the ball in triple threat position, where the player has the options of shooting, driving to the hoop, or passing. In triple threat position, outside players should (1) look into the post, (2) read the defense and look for the opportunity for a shot, shot fake, or a dribble-move. Do not allow your players, after receiving a pass on the perimeter, to immediately put the ball on the floor, bounce it once, and then lose the dribble.
3. Players may dribble:
 - a. To attack the basket with a drive
 - b. Improve or open the passing lane.
 - c. To get out of trouble and avoid the 5-second count.
 - d. To exchange positions with another player. For example, if you want the ball to go to the wing, and the defense is denying the pass, the point guard can simply dribble to the wing, and the wing player can exchange and go to the point.

- e. To run a weave-screen play (advanced teams)
4. Player Movement
 - a. Players must not stand still. They must move with a purpose. Maximum count of “one one thousand’ in one place, then it’s time to screen away, cut to the basket, or v-cut.
 - b. The post players can screen for each other and move up and down the lane to the low blocks, elbows, and top of the free throw line.
 - c. The perimeter players can occupy the three positions shown in diagram A, and also move to the corners. They may make front or backdoor cuts to the hoop, and V-cuts to replace themselves. They screen for each other and run pick and roll moves. They must move after making a pass!!! “Pass and Cut”
 5. After Passing - The WORST thing for a motion offense is for the point guard to stay in place after passing to the wing or post. THIS must be a major point of emphasis. Also, emphasize to players that a pass to a moving player is correct—a pass to a stationary player is not good—more chance to be intercepted. Four things you can do after making a pass:
 - a. Screen away. Early in the season, it is a good idea to emphasize this—it promotes spacing.
 - b. Cut to the basket (example: give and go, or back-cut). Once your team has gotten the basics, you should emphasize Pass-and-Cut, Pass-and-Cut all the time. The cutter leaves behind him a WIDE OPEN DRIVING LANE, or a place for the next wing to flash into.
 - c. V-cut and pop back outside for the return pass and outside shot. To be discouraged initially, as it tends to stagnate the offense.
 - d. If you pass to the post, you must still move or relocate to an open position on the floor.
 - e. Screen for the ball – this should be last option
 6. Perimeter Players-Rules Without the Ball - Always emphasize that movement without the ball is KEY to this offense.
 - a. If you have an under-play (defense sagging off), pop out to spread the defense.
 - b. If you have an overplay (being denied), backcut.
 - c. If someone is dribbling at you, back-cut.
 - d. Fill the open spot when a teammate cuts inside.
 - e. When someone dribble-penetrates, relocate for an open shot.
 - f. The most important rule is to keep moving.
 7. Get the Ball into the Low Post - In any motion offense, you want to get the ball into the low post. A wing entry is usually the easiest way. You can also get there by passing to a post on the free throw line, and the high-post can then pass to the low post. It’s REALLY hard to enter the ball into the low post from the top. At all times we must "see the defense" and not pass into the defense.
 8. Ball Reversal is Key - In any motion offense, moving the ball from side to side opens driving and passing lanes. You should emphasize trying to get at least one ball reversal every time you get into a half court set.
 9. Post Players – Must Work Together
 - a. Low Post 101: Keep things simple. If the player gets the ball on the low post and is single-teamed, they should do a post move and score. Period. Catch, Turn, Assess, Pump Fake, Power Dribble & Step Through, Finish strong. We will use the phrase “Catch, Chin, Check”. Catch the ball; Chin the Ball; check the defender over your inside shoulder. Devote a lot of time in practice for everyone to develop post moves. Even guards. Important, when that player receives the ball, the other post player should flash up to the weak-side elbow. If this post player stays low, his defender gets a ‘free’ double team. Not good. See Diagram E.
 - b. Low Post Double Teamed: If the low post player is double teamed after receiving the ball, teammate whose man went to double team should relocate and call for the ball. Typically,

this is the ball-side wing, or the other low post player. Going "inside-out" is a GREAT way to get wide open outside shots.

- c. If the ball-side post is being fronted: the opposite post can flash to the ball-side elbow for the pass. Meanwhile the low post player seals the defender on his back, and the post at the elbow passes inside to the low post for the lay-up. See Diagram D.
- d. If the ball-side post defender is $\frac{1}{2}$, $\frac{3}{4}$, or full front defending: the ball-side post can set a screen for the weak-side post, who comes to the ball for the pass and lay-up (Diagram F). Note that if the low post defenders switch on this screen, then the low post cutter should move out to the ball-side short corner (or high-post), and the screener should seal off his defender and come back to the ball for the lay-up. (see Diagram G). Very important to emphasize to the screener—most teams DO switch on this. Screening away can be your best chance to score!
- e. Read the defensive over-play (deny) on the wing. Flash to the high post to receive the ball and then pass to the wing going backdoor (see Diagram B2).

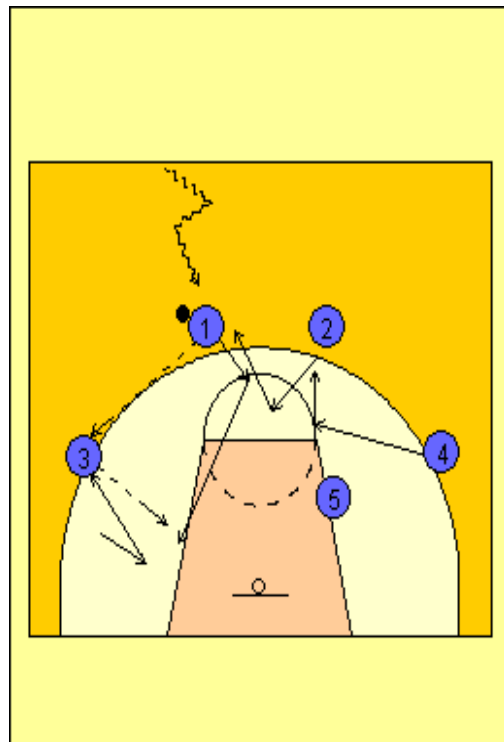


4 Out, 1 In Motion Offense Versus Man-to-Man Defense

This motion offense uses four perimeter players and one post player, and is a good offense to use when your team has good outside players and only a few post players. Generally, LYBA suggests running the 4-out motion offense against man-to-man defenses. However, you can use the 4-out, 1-in set as a zone offense, particularly against even fronts (2-3 zone, 2-1-2 zone).

You can also use the 4-out offense to post up any of your players inside, if you feel there is a defensive mismatch. For example, if a defensive player has four fouls, have your player that he is guarding set up as the inside post player. Then get the ball inside to him/her and attack the defender for the easy basket (since the defender is in foul trouble and will play "soft"), or force the fifth foul. You can change the inside player by just calling something like "4-Out to John", where John is now the inside player.

Youth teams should start out with just the basic 4-out motion offense, learning the motion rules and "how to play". You can add a few simple plays. Here's a basic set:



With "4-Out", the post player (5) can move as the ball moves, using the low blocks, anywhere up and down the lanes, paint area, elbows and high post... basically anywhere he/she can get open for a pass inside. Important to start on weak side, opposite the 1 entry. Emphasize to the post-player that he/she should NOT ALWAYS follow the ball. Often it's good to stay weak side in order to allow driving lanes to develop or to back screen a perimeter player into the post. Or to ball screen a perimeter player for a pick/roll.

When the ball is on the low wing, corner (3 or 4), then 5 should post up.

Basic Rules (See 3-2 Motion Offense Rules above)

Spacing is a MUST for perimeter players. Triple Threat key. No wasted dribbles! After passing, must have movement: 'Pass and Cut, Pass and Screen Away'. Count to 'one one thousand' and then move. Ball reversal is perhaps more important than 3-2. Getting ball to low post is key.

The major difference: the lane is more open than in the 3-2, so there is more emphasis on driving the ball. On ball screens work very well, therefore (example, when the low post comes out and screens for the wing). Dribble-penetration, attacking the seams, is often possible when the post player is located on the opposite (weakside) low block. If you have good shooters, you can go "inside-out" where a guard dribble-penetrates a seam and then kicks the pass outside (usually to the corner) to a wide open perimeter player for the shot. For this reason, you may want to locate your best shooter in the right corner.

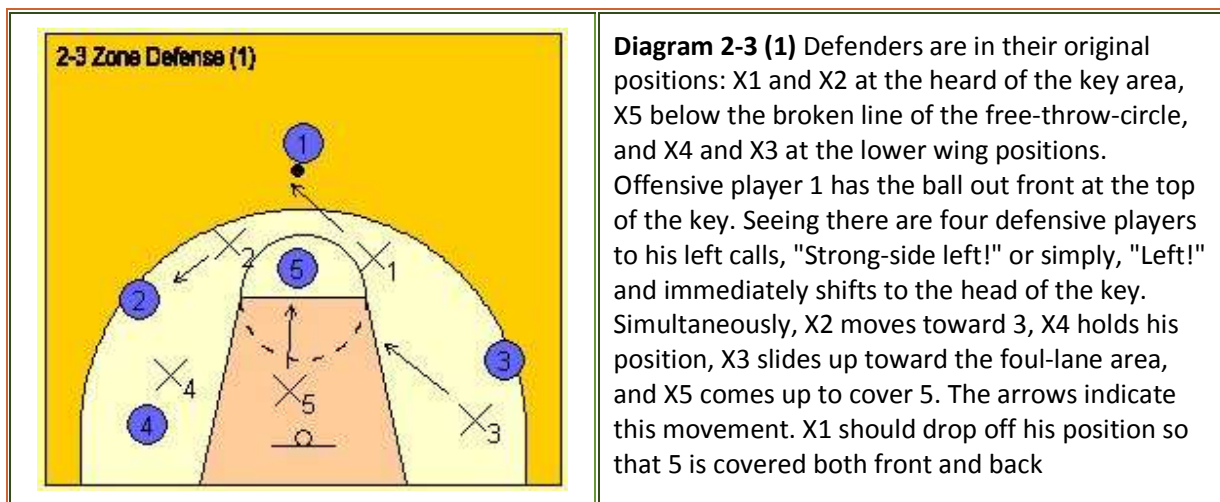
Standard 2-3 Half Court Zone Defense

The two-three aggressive zone with traps (LYBA does not promote 'passive' zones) requires determination, intelligent anticipation, and vigorous execution of the necessary slides. Players must be active and animated. Everyone must hold their arms high, ready and probing, closing the passing lanes. They must vocalize with one another using commands and warnings.

Those in the back line must direct the front-line players to the strong side of the offensive formation to prevent a high-post player from getting the ball. In this type of zone, the high post player must be doubled from front and back.

The two men in front have great freedom to pressure the ball. They can move out toward the center and influence the ball handler to the right or left side so that the initial pass will be into a sideline area, allowing for double-team or trapping in these areas.

When a trap is sprung in a corner, the far defensive player must anticipate a pass by observing the arm and head movements of the player caught in the trap with the ball. The back-line players must constantly be aware that this defense starts from the basket out and never allows anyone in the low post area to be left alone.



2-3 Zone Defense (2)

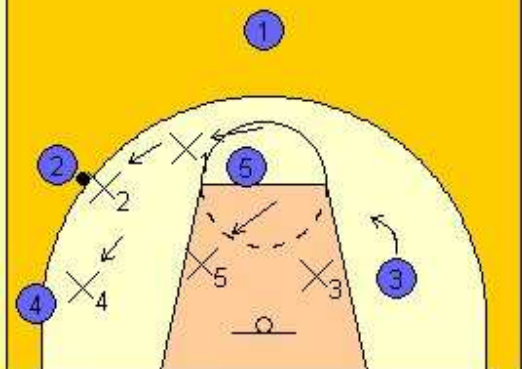


Diagram 2-3 (2) Player 1 has passed the ball to 2. The arrows moving into the defensive positions indicate the slides as the zone shifts while the ball is in the air to the position of the ball. X1 moves from the top of the key to front the high post 5 on the ball side. X5 moves from the foul lane to the medium-post area. X4 drops back as 4 drops back. X2 moves toward 2 to challenge the ball. X3 plays an intercepting angle on 3. Should 5 slide to a medium or low post position, X5 fronts him. X4 is positioned to help X2 at the ball position or to play 4 should he receive a pass.

2-3 Zone Defense (3)

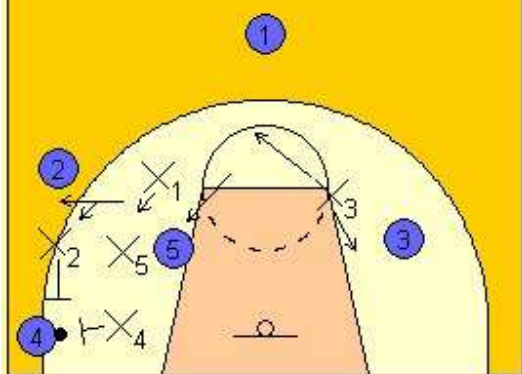


Diagram 2-3 (3) Offensive player 2 has passed to 3. 3's corner position is a good trapping area. On 3's reception, X4 the baseline trapper, and X2 the side trapper springs the trap having moved while the ball was in the air. At that same time X1 leaves the free-throw circle area and denies any pass back to 2. X5 fronts 5 in the post area. X3 is the interceptor and should anticipate 4's pass-out direction by observing his eye and arm movement. X3 has a good intercepting angle if he can anticipate a pass from 4 to 1, but if he misinterprets, a pass to 3 will result in an easy basket. The trap will be effective if the trappers do not slap or grab at the ball and everybody coordinate their movement.

2-3 Zone Defense (4)

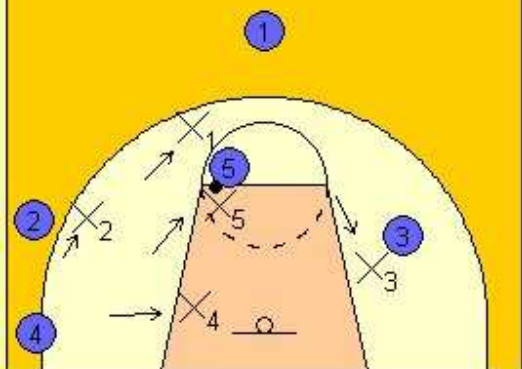


Diagram 2-3 (4) Offensive player 4 has made an outlet pass to 5, who moved from the medium to high post. X1 pressures the ball, moving from the position he had on 2 in the previous diagram to a high position on 5. X5 slides up the foul lane to a low, aggressive defensive position on 5. X4 must drop toward the foul lane to protect against movement in this area by 5 if he can get around X5. X2 and X3 must be alert. X2 has moved from the double-team on 4 to a position inside of 2. X3 must be aware of the weak-side under-the-basket possibilities of player 3.

2-3 Zone Defense (5)

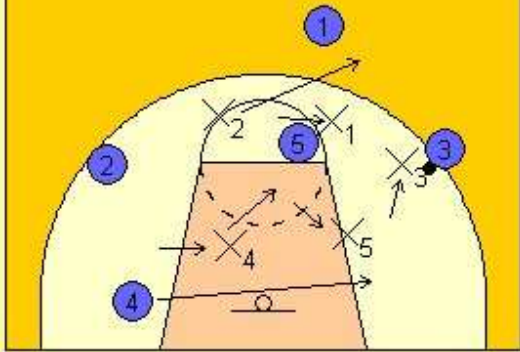


Diagram 2-3 (5) Offensive player 5 passes the ball to his teammate 3 on the weak-side of the court. X3 closes-out cautiously on 3. While the ball is in the air X5 moves from the high-post to a low protective position on the ball-side of the court continuing to front 5. X5 must be conscious of the open low-post area. X4 alerts X5 that 4 has moved to the opposite low-post position. X2 moves high toward the ball side of the floor. X4, moving protectively into the low center of the foul lane, must be aware of the possibility of 2 cutting behind him to the basket or splitting the zone defenders by moving into the middle area to post as a medium pivot on the strong side.

2-3 Zone Defense (6)

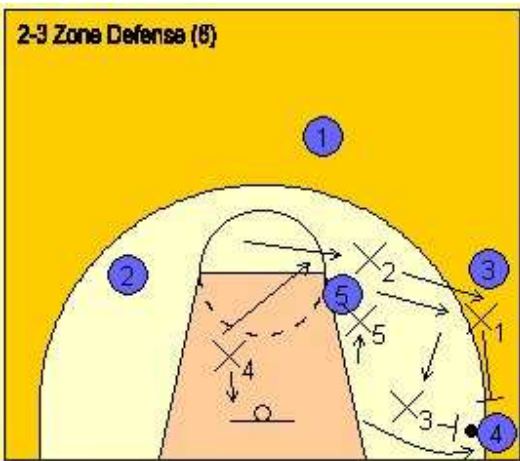


Diagram 2-3 (6) Offensive player 3 has passed to 4, who has moved from the low-post to the corner. Normally, 4 would receive this pass moving toward the sideline with his back to the basket and would have to pivot to make a move toward the basket. His corner position offers the defense a good trapping area. X3 moves with the pass to the baseline trap position. His first responsibility is to prevent a baseline drive and second is to apply the baseline low-trap. X1 moves off the high pivot quickly to assume the sideline high-trap position. X2 moves to cut-off the passing lane back out to 3. X5 delays his move until X3 reaches the baseline position then moves up on 5, fronting him in this post position, cutting off a passing lane. X4, at the weak-side foul lane, anticipates a long lob pass out to 1 by observing 3's eye and arm movement and moves to make the interception; however, since he is the last line of defense, X4 must be ready to drop back if X3 does not contain 3. X5 moves up to front 5.