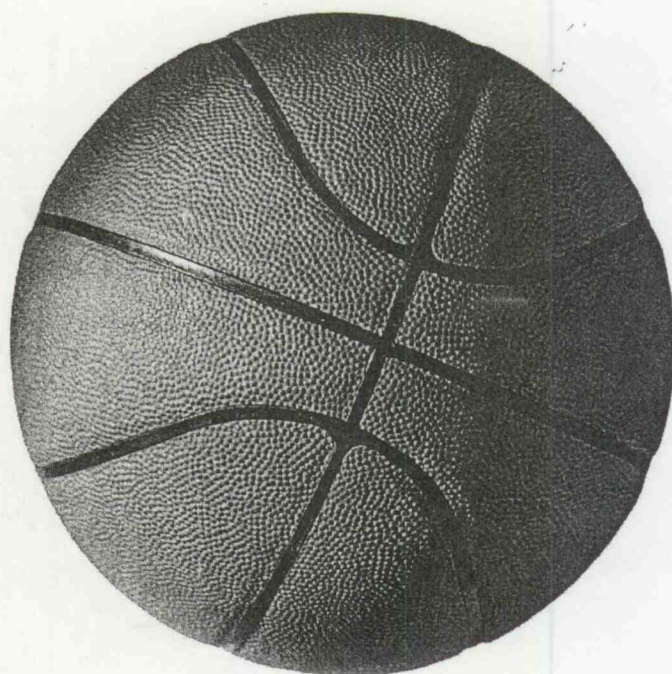


**COACH THE  
COACHES PROGRAM**



**Lexington Youth Basketball**

## Keys to a Successful Season

1. **Your Goal and Role as a Youth Coach is to Develop Players not Win Games!**
2. Gauge success by how players 1-12 have improved throughout the
3. Less focus on Plays more on Fundamentals.
4. Focus on max of 3-4 areas (Fundamentals, Problem area, Competitive).
5. Keep them moving, show and go.
6. Read the girls (move on or add challenge if bored or restless).
7. Teachable Moments – quiz players to make sure they understand why.
8. Art form – freedom.
9. Every player knows every position D and O.
10. Use us as resources!

Above all else, you are teachers of the game...comprehension is key.

---

## Common Language

2 hands high on closeouts – deflections and transition

“Angles”

Don't be a slave to the drill or play – if you see something go for it – instincts

No such thing as too much talking

Everyone needs to learn everything – no position focus – everyone's a player

Understand “Cushion”

Pass is faster than fastest girl – (coach prove it at practice)

“Read the rim”

Read and React – don't be a slave to drill/play don't think so much

“No shot, no paint”

“Active hands, Active feet”

C's contest, contain, communicate

“Quickest closest” (D scramble)

BALL is priority

Shoulders lower than D

Common sense overrules **ANYTHING**

Think **ATTACK**

Read the Rim and situation will dictate what happens

---

## Resources

**Marc Bluestein**

**[blue2533@verizon.net](mailto:blue2533@verizon.net)**

**781-962-1682**

**Adrienne Norris**

**[Adrienne.m.norris@gmail.com](mailto:Adrienne.m.norris@gmail.com)**

**262-825-7660**



# LYBA "Coach the Coach" Curriculum 2012-2013

SKILL	5 <sup>th</sup> Grade	6 <sup>th</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> Grade
Dribbling (guards & posts)	Learn basic dribbling, R/L, eyes up, in place and moving.	Improve basic dribbling. Learn basic moves (xover, 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.

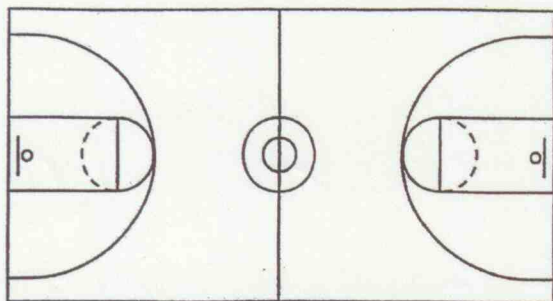
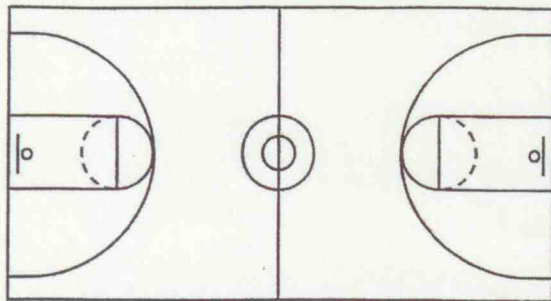
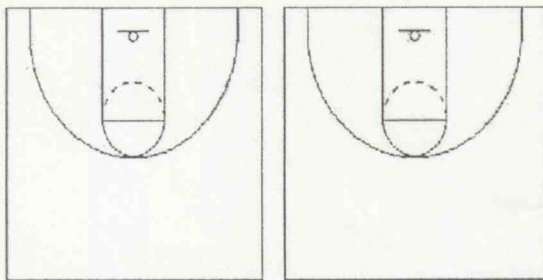
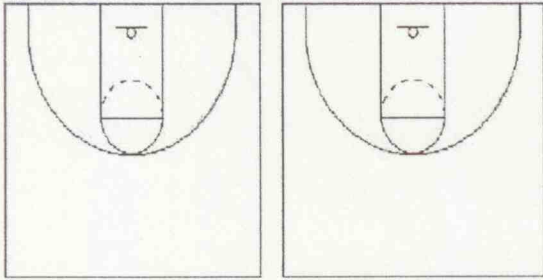


# LYBA "Coach the Coach" Curriculum 2012-2013

SKILL	5 <sup>th</sup> Grade	6 <sup>th</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> Grade
Individual Defense	Learn containment, mirroring, cushion. Learn off-ball "help" positioning. Learn sliding and drop steps.	Improve containment, mirroring, cushion, off-ball "help" positioning, sliding and drop steps. Add close-outs and work on angles.	Improve close-outs. Add defending screens (2 ways).	Become expert, tenacious defenders, w/ 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.

5<sup>th</sup> & 6<sup>th</sup> LYBA  
Practice Plan

H E E F S U



DRILLS/GAMES

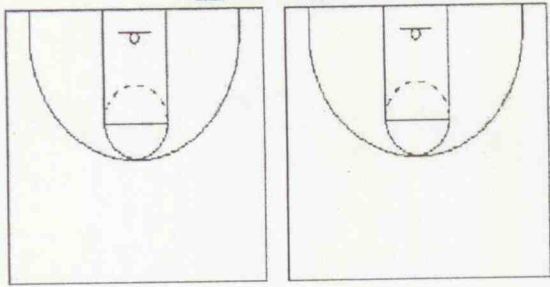
FOCUS/KEY POINTS

<p><b>Active warm up</b> Knee to chest, heel to butt, groin stretch, skips, high knees, butt kicks, shuffle, carioca, sprint</p>	
<p><b>Sprint Layups</b> 3 lines, players pass &amp; sprint forward to FT line extended then push the ball back toward original hoop simulating Fastbreak Bball</p>	<p>Must read teammates and communicate while at game speed. Good way to start practice &amp; establish a quota to fulfill or improve on daily.</p>
<p><b>Ball Handling warm Up (mirror)</b> Players dribble toward each other and perform various ball handling moves in front of one another at a designated area on the court.</p>	<p>Must appropriately read teammate and meet them at the SPOT simultaneously.</p>
<p><b>Box Passing</b> 4 corners with 2 + players in each line. Start with 1 ball in 1 direction.</p>	<p>Target hand, pivoting, talking, Shorten distance by meeting the ball. Can easily be adapted to more advanced groups (add rip thru, reverse, etc)</p>
<p><b>3-2-1 Zig zag containment</b> Traditional zig zag up to half court, then a 3-2-1 Go challenge of springing and beating player to spot</p>	<p>Players need to understand that defense is combination of slides &amp; lots of Sprinting to cut players off. Mindset= defender controls the ball handler</p>
<p><b>Rebounding (protect the baby) 3 person toughness</b> Be able to handle getting hacked and exuding confidence in space, even when trapped.</p>	<p>Body language: get players off of their back foot, they need to understand how to take hit and play BIG &amp;</p>



# 5<sup>th</sup> & 6<sup>th</sup> LYBA Practice Plan

**H** **E** **E** **F** **S** **U**



## DRILLS/GAMES

## FOCUS/KEY POINTS

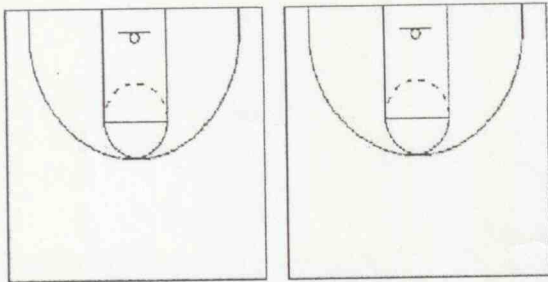
### **BEEF/ Precision Shooting/Ladder Shooting**

**BEEF:** Balance.Eyes.Elbow.Follow Through.

**Precision:** 3 players to a hoop, each with ball. Must make 3 perfect swishes to win, then switch spots.

**Ladder:** pick 3 spots and choose a # of makes. Teams must make the set # at each spot, then run to the other half of the court and make the same to win.

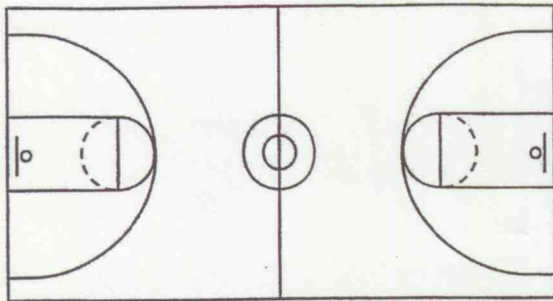
Various shooting drills & progressions. Needs to be universal throughout LYBA, MS & HS programs.



### **Triangle Fastbreak**

2 players on block, 1 player on FT line with ball. 2 v1, must run lanes and get quality attempt.

Teaching point: read the D and make her commit to you. IF that happens then your teammate is open. Defender, when running blind to ball, sprint with 2 hands up



### **Ultimate Basketball**

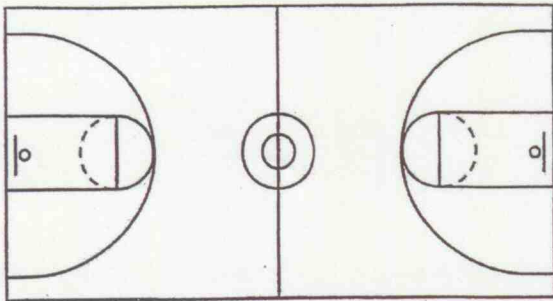
Basically the game of ultimate Frisbee, but with a bball.

No dribbling, must move without the ball and try to advance toward "endzone" via passing.

### **Texas 3v3v3, 4v4v4**

Highly competitive and fun. Will help girls remember to pick up the ball immediately after a score.

Various games that promote Pressure D, trapping, causing chaos & developing both O&D instincts. Must get into it with a lot of passion & intensity. DO EVERY DAY



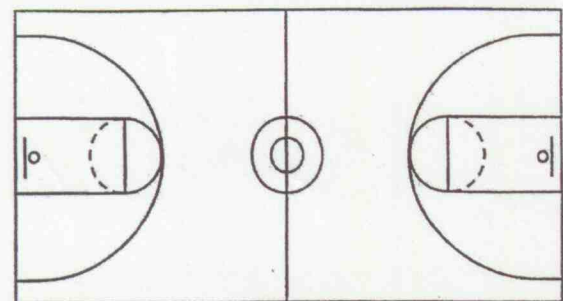
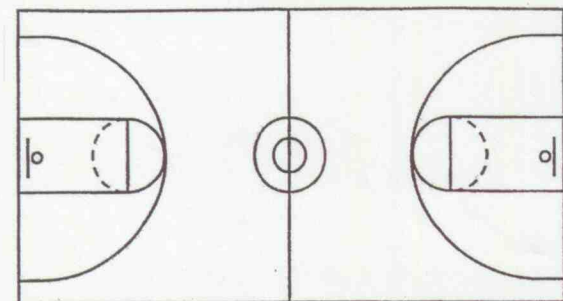
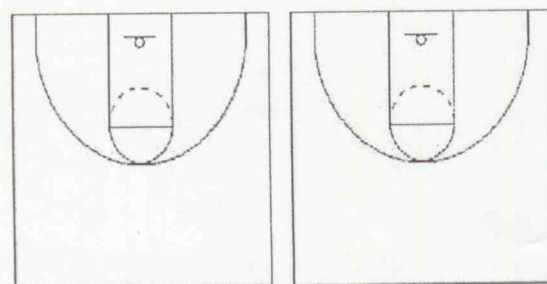
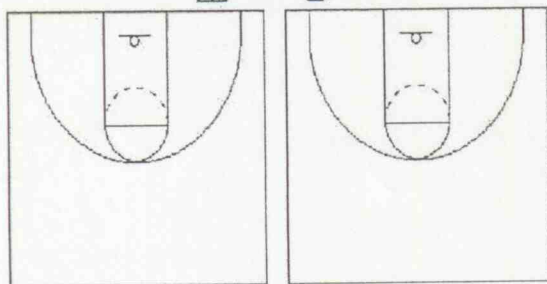
7<sup>th</sup> & 8th LYBA

Practice Plan



DRILL/GAME

FOCUS/KEY CONCEPTS

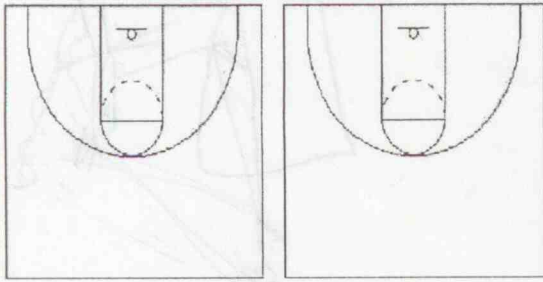


<p><b>Active warm up</b> Knee to chest, heel to butt, groin stretch, skips, high knees, butt kicks, shuffle, carioca, sprint</p>	<p>Warm up team, develop routine, reduce chance of injury</p>
<p><b>Zig Zag Pass</b> 4 girls as passers, 2 feeder lines, coach determines the finish, after 4 passes girls replace on their own.</p>	<p>Lots of repetitions, work on passing on the move, leading, talking.</p>
<p><b>Spread Layups</b> 4 perimeter spots (Spread out) with 2 feeder lines under basket. Actions= Pass, closeout, pass, cut, receive, &amp; finish. Coach controls type of cut &amp; finish.</p>	<p>Continuous feeds featuring front/face cuts &amp; rear cuts to basket. Lots of game-speed reps &amp; actions. Need to do EVERY day!!</p>
<p><a href="http://www.youtube.com/watch?v=aUWaZdih044">http://www.youtube.com/watch?v=aUWaZdih044</a></p>	
<p><b>Echo the Command</b> Coach places 3 chairs on one half of court, coach tells first player how to attack – she repeats the command and everyone echo's it.</p>	<p>Offensive move development, talking (game like situation), work on timing and different finishes.</p>
<p><b>Rebounding (Protect the baby -&gt;Baystate)</b> Girls partner up, place ball on ground. Girls go face to face – coach explains “butt in gut” and crab step shuffle to maintain contact. Girl on D boxes out and tries to keep girl on O from getting the ball. Change positions and repeat.</p>	<p>Making and maintaining contact, taking up space, going to the ball after making contact.</p>
<p><b>Tennessee shooting</b> Coach divides court into 3 lanes. Set up girls in groups of 3's in each lane...one at half court and 2 on opposite endlines. Balls on endlines. Girl at half court run towards passer (teammate on endline), teammate must time the pass, shooter must time catch and shot as well. Passer runs full court toward opposite endline to receive pass.</p>	<p>Conditioning. Lots of repetition. Mimics 4<sup>th</sup> quarter tiredness/focus. Work on timing the pass for good shot, asking for the ball, and reading your teammates.</p>

7<sup>th</sup> & 8th LYBA  
Practice Plan

Hoops U

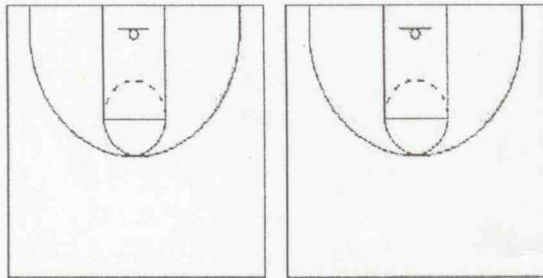
NOTES



**Protect this House! (aka continuous containment)**

Girls are assigned one of the 4 "zones" on the court to protect. Coach explains concept of containment and turning the dribbler. Girls on D will turn dribblers until they are out of their zone, then closeout on next dribbler at the beginning of their zone. D stays for 1-2min (good conditioning drill)

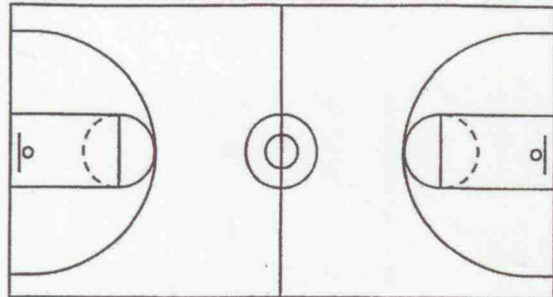
Great for conditioning, lots of repetition. Make sure girls understand concept of "turning" the player and are not just going through the motions of zig zagging.



**3v3 Shell & Beat Bump Front**  
*Shell: take away face cuts, jump toward pass, and be super*  
*BBF: physical away from ball*

No face cuts, beat player to the spot, deny/take away pass

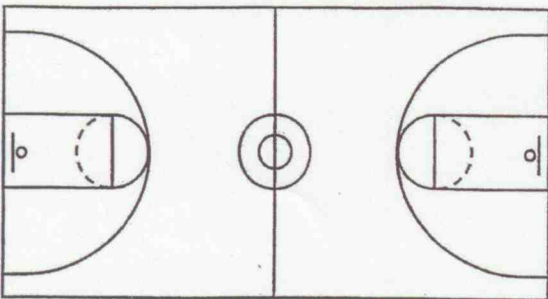
Choreographed sequence that teaches players how to beat opponents to the spot, front the post, adjust post defense based on where the ball is.



**Texas 3v3v3 or 4v4v4**

Highly competitive and fun. Will help girls remember to pick up the ball immediately after a score.

Various games that promote Pressure D, trapping, causing chaos & developing both O&D instincts. Must get into it with a lot of passion & intensity. DO EVERY DAY





# 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

2-on-1 Buildup  
3-on-2, 2-on-1  
Bust Out Outlet  
Full Court Zig-Zag Passes  
Outlet Drill

# Basic Motion Offense Principles

*(Dean Smith called this a 'Passing Offense'—if our kids understand this by the time they finish LYBA, we've served them well)*

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. Famous coach line: 'The first 5 seconds of a possession (transition) are yours. The remaining 25 seconds are mine.' So always try to score on transition if you can, but if you can't, work a solid halfcourt Passing offense.
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 IMPORANT 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. Perimeter Players - Cut hard after pass. No jog.  
Best option: Cut to Hoop ('Basket cut') after pass. 2nd best: Screen Away HARD!!!  
2 Exceptions:
  - a. Feed the Post: After pass to post, relocate for shot when defender turns head to focus on post.
  - b. Ball Reversal: If your pass starts a reversal, stay spaced. Maybe creep in a bit for rebounding if the ball reversal yields a shot.
6. Back Door Cut - Let's say you have v-cutted outside 3 point line (as you should), and you are 1 pass away. If your defender crosses the 3 point line to deny you the pass, CUT HARD BACK DOOR!!! Even if you don't get the pass, vacating the area allows the teammate with the ball to drive into open space. Open space is HUGE!
7. Count to "One One Thousand"
  - a. When you catch the ball, rip, face the basket and "read the rim" for a second to assess. 'The rim tells you what to do' (your peripheral vision shows you the open teammates/driving lanes)
  - b. If you've cut to receive the ball, and don't receive it, cut hard to hoop, screen away, or v-cut in same area to get open
8. Pass to a Moving Teammate - Passing to stationary teammate = turnover
9. 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.
10. Shot Selection: The goal is a high quality shot. High quality shot is uncontested and within the shooter's range. *A contested shot by the best player is inferior to an open shot by any old player.* Open shots also tend to have better rebounding position, so misses tend to yield more 'garbage' points.

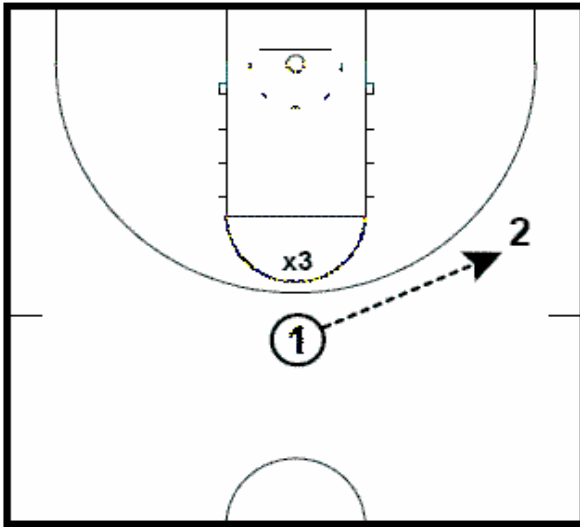


11. Inside Player(s), lots of Roles
  - a. Transition: Always 'run to rim' in transition. Look for ball. Cut away from driving teammates.
  - b. Screener--(if you can get this going, it'll be awesome):
    - i. Side Pick n Roll: On-ball screen after reversal for wing. Send wing for middle drive. Roll to basket (pick and roll).
    - ii. BACK SCREEN weak-side for wings to flash into paint (flex cut).
    - iii. High Screen to free up the point guard if he's overplayed
    - iv. Rule: when the inside player does 'off-ball' screen, he can re-screen same player to free him up on the outside, then post-up. works every time for outside shot, or post score.
  - c. Postup: When ball reversal has happened, can post up. No more than 2 seconds, then flash away
  - d. Flasher: Relieves pressure. Can flash from low to hi to help PG out. Make sure to catch, pivot and turn
  
12. 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).
  
13. Motion 'starters' - These are small things that get you into motion offense—warning, don't get caught thinking these are 'plays'. They simply get rid of the 'covered wing' problem and allow you to start.
  - a. Wing Screen - Wing (2) ball screens for Point (1). Point dribbles to wing. 5 can post up. 2 can 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.
  - e. High Post Flash - When the ball is on top, 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.
  
14. Relieving Pressure—sometimes kids get trapped/pick up their dribble in trouble, etc. Some answers:
  - a. Flash: Post (usually guarded by lazy big) can always flash open. Pivot, turn and 'read the rim'.
  - b. Ball Screen: (assuming still has dribble). SPRINT to screen for perimeter teammate in trouble.
  - 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.

# Motion Offense

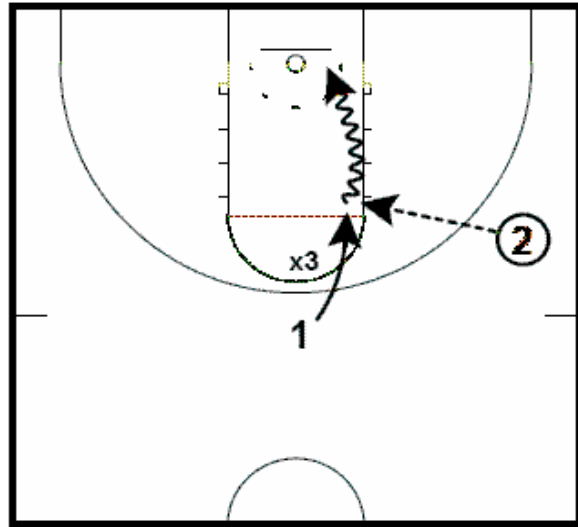
## Pass and Front Cut (1-on-2)

Pass and Front Cut  
Offensive Drill



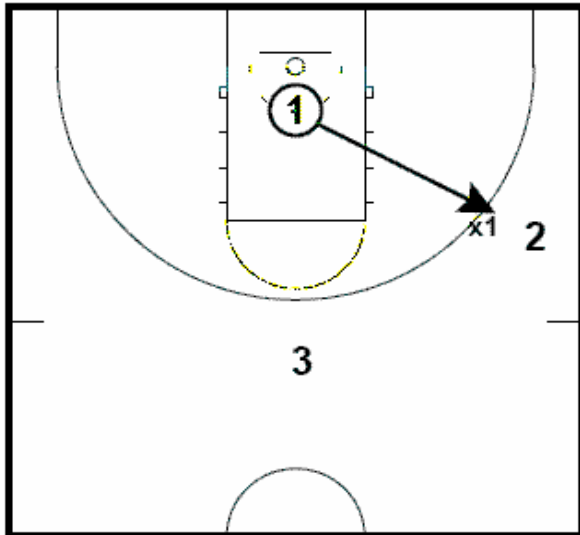
1. 1 passes one spot away to 2. Defender x3 does not move.

Pass and Front Cut  
Offensive Drill



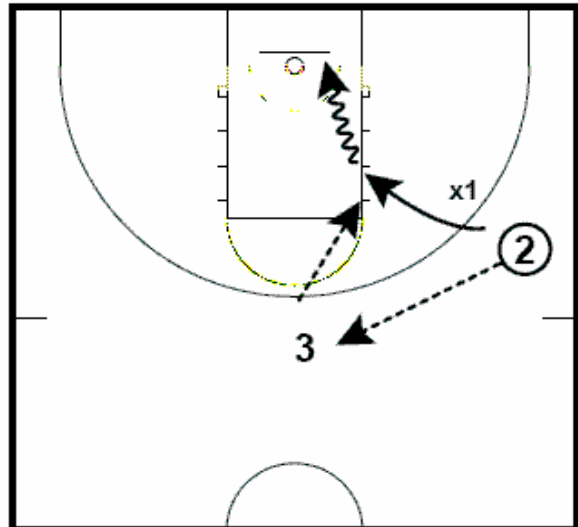
1. 1 front cuts, receives a return pass from 2, and finishes with a lay-up.

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



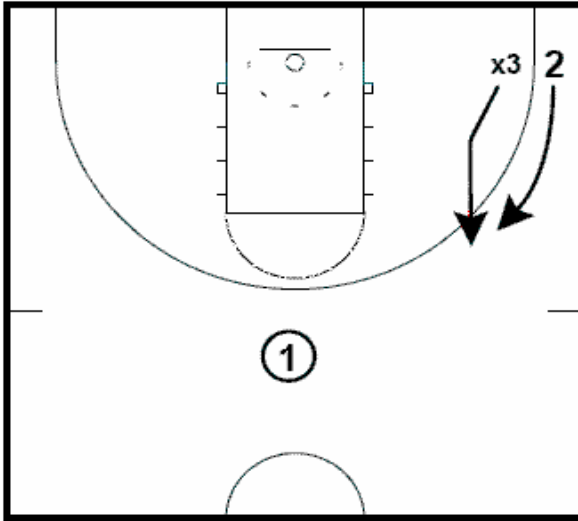
1. 2 starts the drill by passing to 3. Defender x1 does not move.
2. 2 front cuts, receives a return pass from 3, and finishes with a lay-up.



# Motion Offense

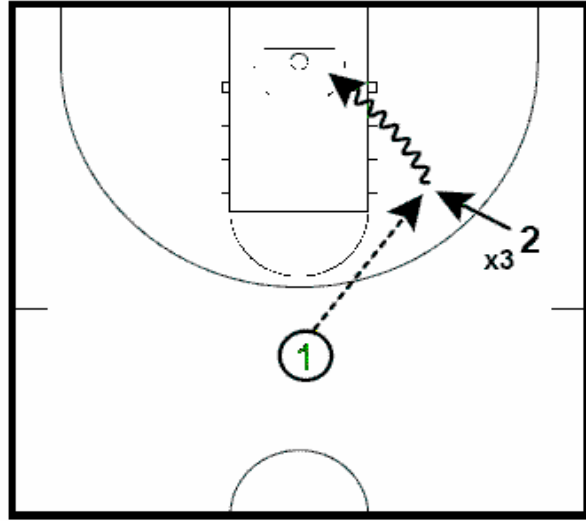
## Pass and Back Door Cut (1-on-2)

Pass and Backdoor Cut  
Offensive Drill



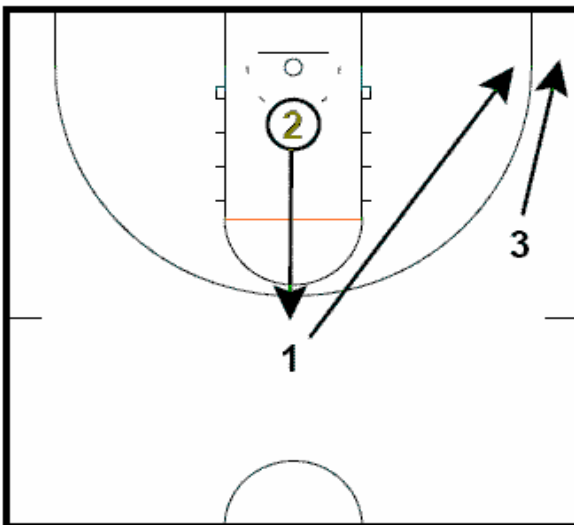
1. 2 fills the empty spot on the wing.
2. Defender x3 crosses the 3 point line to deny the pass from 1.

Pass and Backdoor Cut  
Offensive Drill



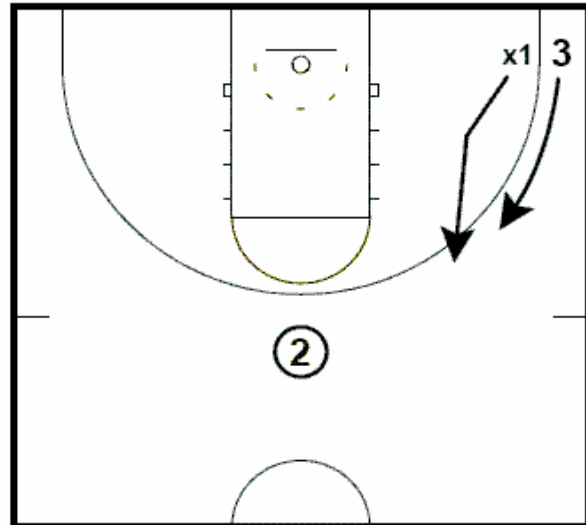
1. As soon as the defender steps over the 3 point line (but not sooner), 2 backdoor cuts.
2. 1 makes the bounce pass as close to the defender's back foot as possible.
3. 2 finishes with a lay-up.

Pass and Backdoor Cut  
Offensive Drill



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

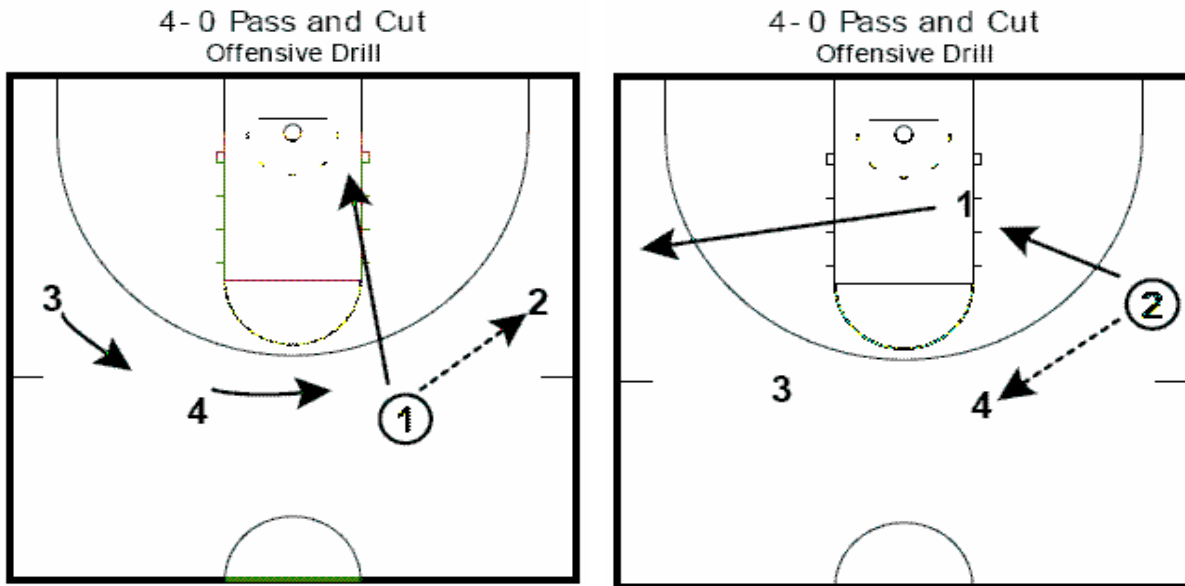
Pass and Backdoor Cut  
Offensive Drill



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

# Motion Offense

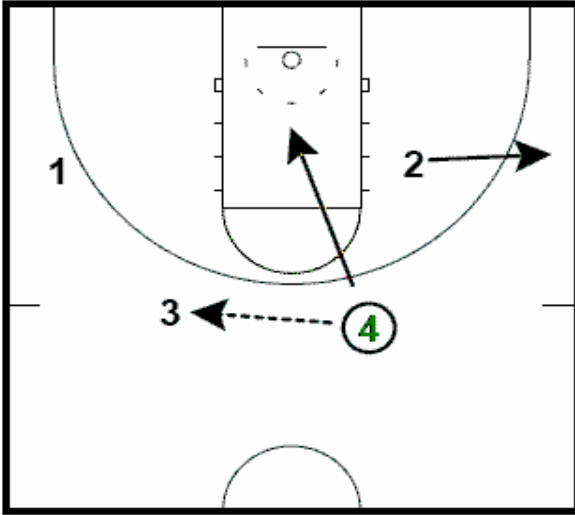
## 4-v-0, 6 Passes, Pass and Cut



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.

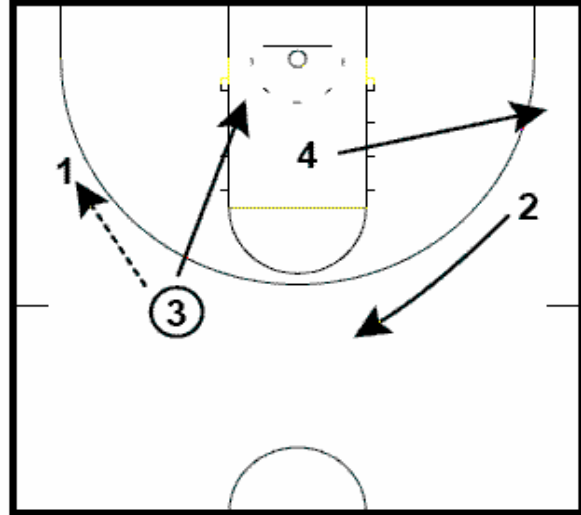


4-0 Pass and Cut  
Offensive Drill



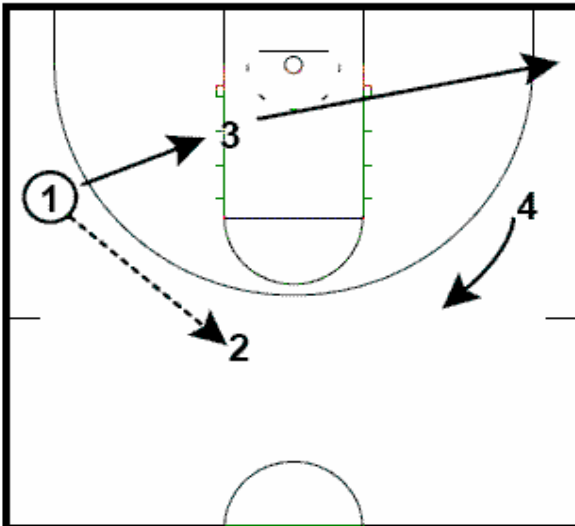
1. Ball is reversing, so after 2 reads that there's no post up, he replaces himself on new weakside.
2. 4 passes to 3 and cuts.

4-0 Pass and Cut  
Offensive Drill



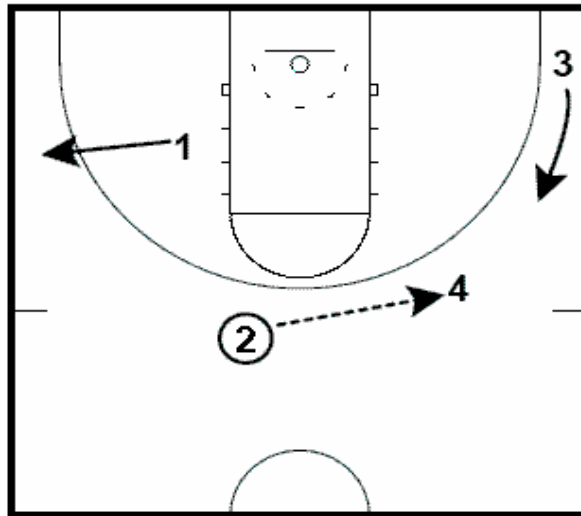
1. 3 completes the ball reversal to 1, and cuts to basket .
2. 2 rises, and 4 has cut to weak after checking under the basket that there's no post up.

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

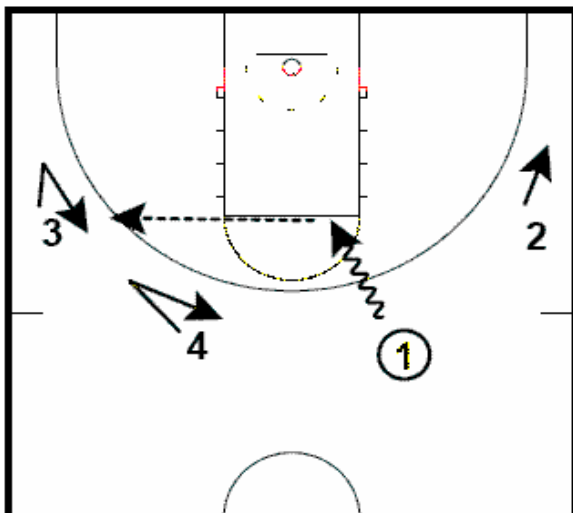


1. 2 passes to 4 and cuts. 4 shoots. 1 has cleared to weak. 3 has risen.
2. As players get used to this progression, they can choose who to pass to, then must react.

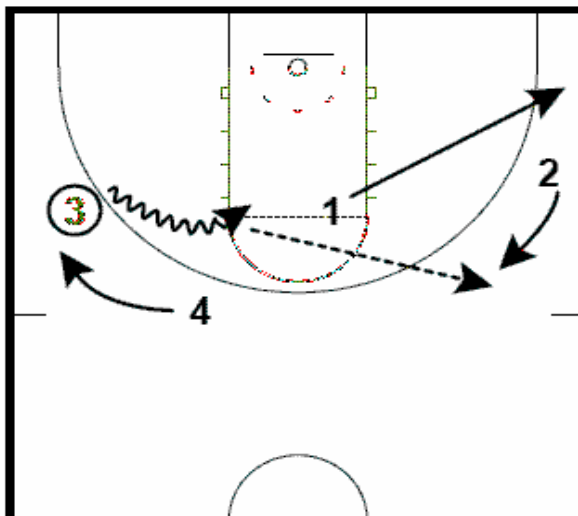
# Motion Offense

## 4-v-0, 6 Passes, Drive and Kick

4-0 Drive and Kick  
Offensive Drill

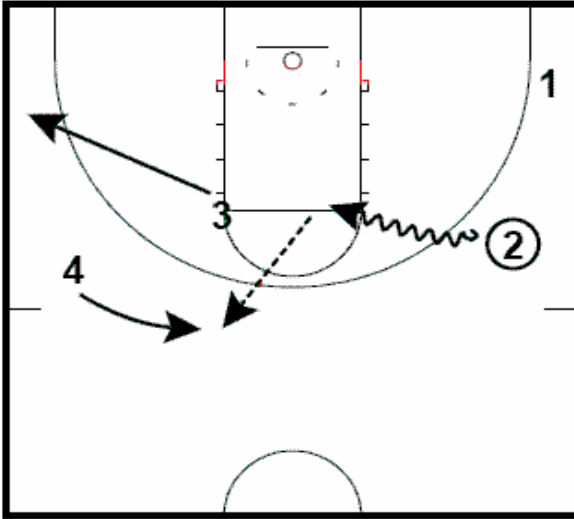


4-0 Drive and Kick  
Offensive Drill



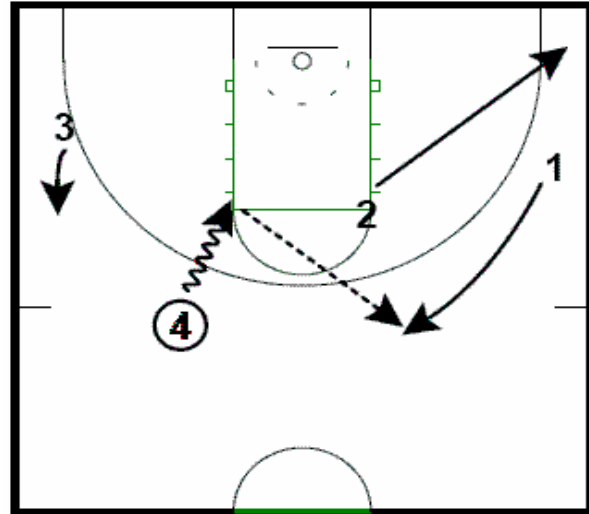
1. Goal of drill is to get players used to driving and kicking actions in motion offense. And to get used to where to position themselves off the ball.
  2. Once they master the “dance steps”, coach can allow team to pass to whomever they choose.
  3. This will be hard, but helpful in mastering motion offense principles.
  4. Coaching emphasis should be on spacing (outside the 3 point line), jump stop technique, and positioning without the ball.
  5. To start, 1 drives to elbow, jump stops, and kicks to 3. Clears weak.
  6. Everyone follows Top Drive relocation rules, which means 3 and 4 relocate and 2 heads towards corner.
1. 3 drives middle, and kicks to 2, who has risen, following the middle drive rules.
  2. 1 has cleared to corner.
  3. 4 has relocated behind the driver, per middle drive rules.

4-0 Drive and Kick  
Offensive Drill



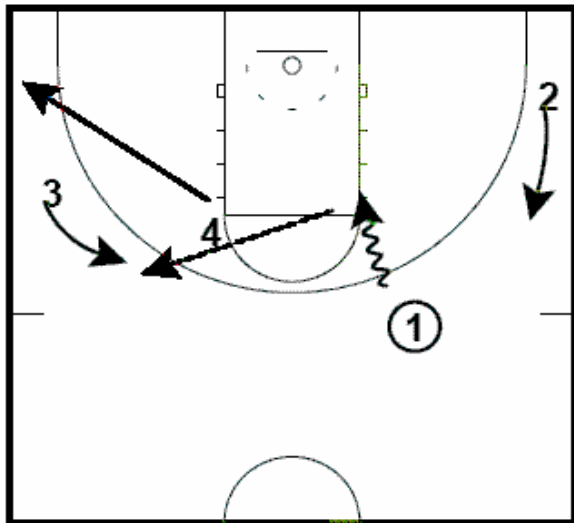
1. 2 drives middle, and kicks to 4, who has risen, per middle drive rules.
2. 3 has cut weak.
3. Everyone follows middle drive rules.

4-0 Drive and Kick  
Offensive Drill



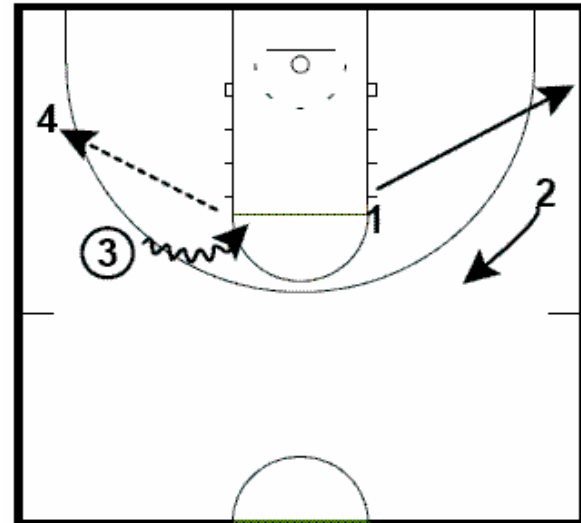
1. 4 drives from top. Passes to 1, who has risen per top drive rules.
2. 2 has cleared to weak.
3. 3 follows top drive rules.
4. At beginning of season, possibly shoot after the 4th pass.

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



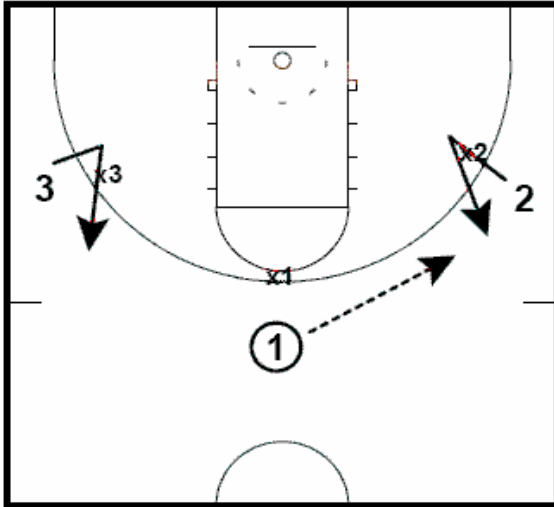
1. 3 drives and passes to his choice of 2 or 4 for 3 pointer.
2. As players get used to this drill, have them choose where to pass each time. players will have to react to what 's happening.



# Motion Offense

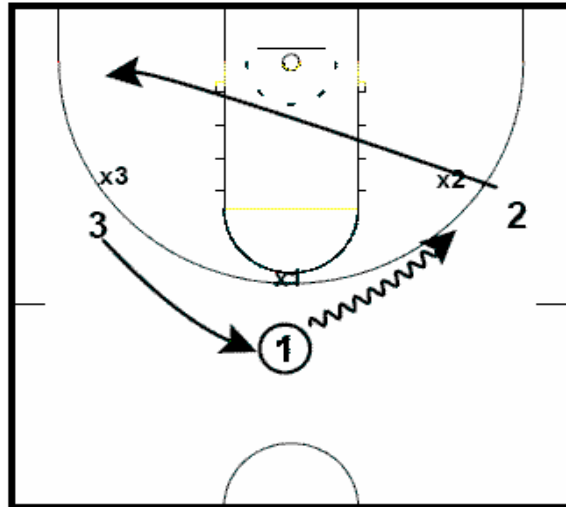
## 3-v-3 Progression

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



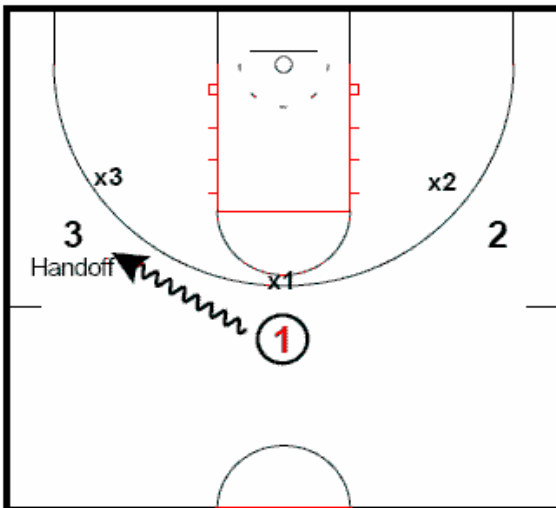
1. Start with pass and cut. Wings MUST get open to start.
2. If overplayed, back door. Footwork to get open - cut foot in front of defender.
3. Play out of it.

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



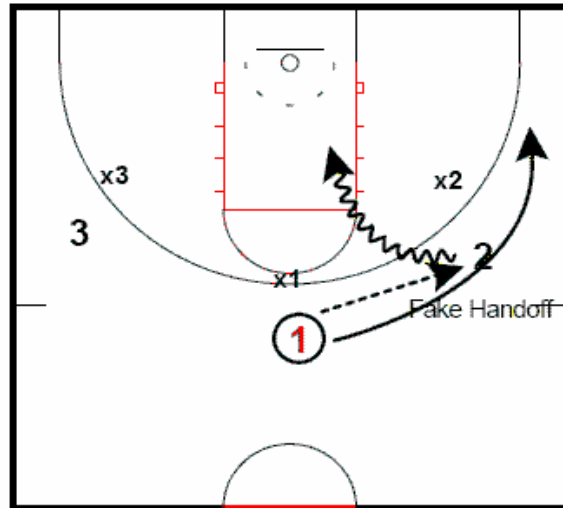
1. Start with dribble.
2. If you are dribbled at, you must clear. Here, 2 back cuts. He could also fade to corner.
3. Opposite guard fills up.
4. Play out of it.

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



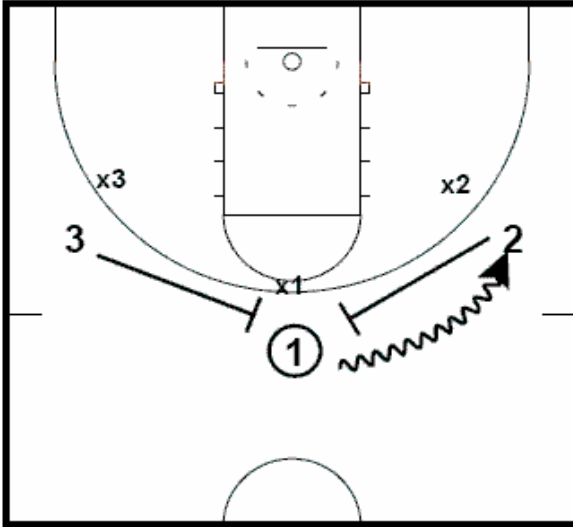
1. Start with dribble handoff.
2. Make sure the receiver of the handoff (3 here) sets up his defender, and that the initiator (1 here) pins 3's defender after handoff, then cuts to hoops or pops depending on reaction.

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



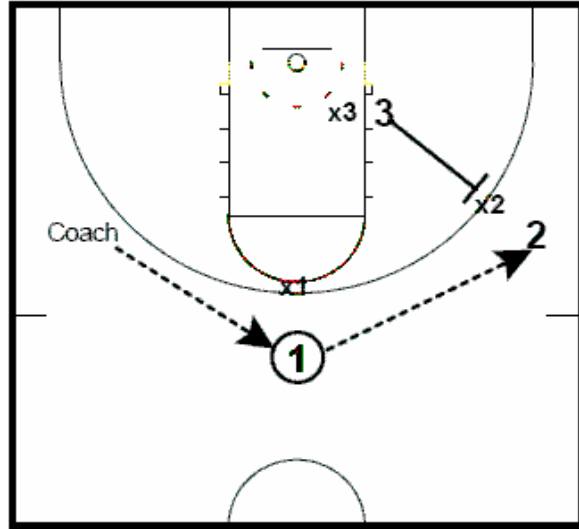
1. Start with fake handoff.
2. 1 passes to 2 and follows pass.
3. 2 fakes handoff to 1, then drives to middle.

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



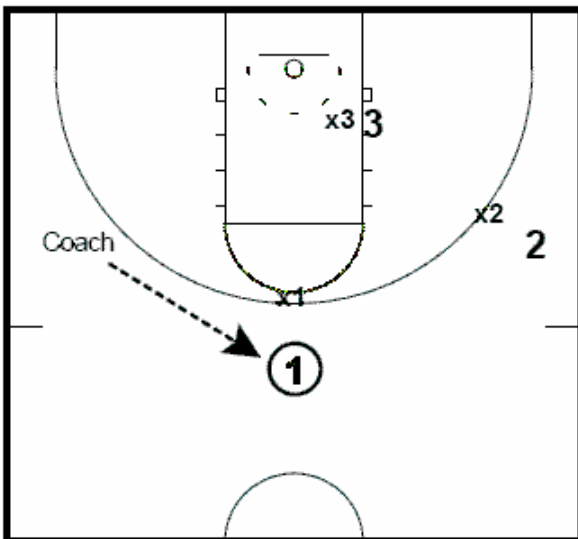
1. Start with various motion entries. Can practice all motion entries out of 3- on- 3. And better yet, out of 4- on- 4.
2. Here, Memphis is the entry (2 screen for 1, then receives flare from 3).

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



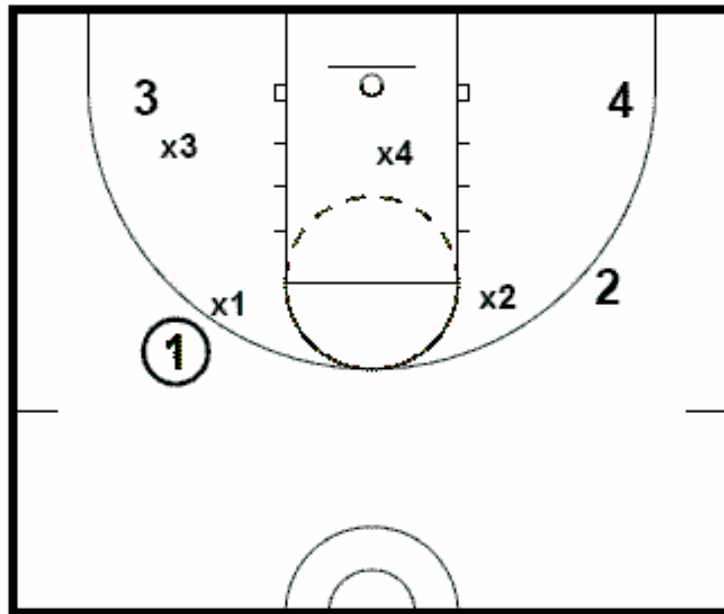
1. Rule: Must have PNR from big before can score.
2. Coach starts with pass to 1. 3 can PNR for 1, or 1 can pass to 2, and then PNR.
3. Play out of it.
4. Use motion techniques – must have PNR before score.

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.

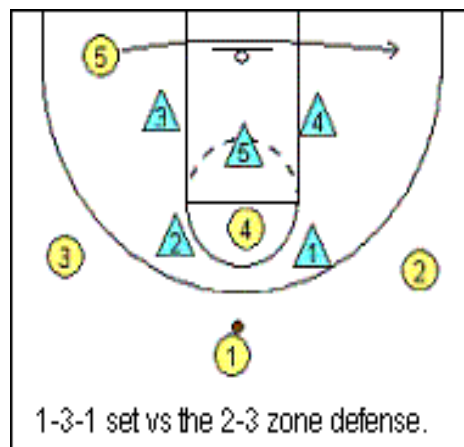
*(adapted from Coaching Basketball Successfully, by Morgan Wooten)*

# Zone Offense

## Attacking Even Front Zones

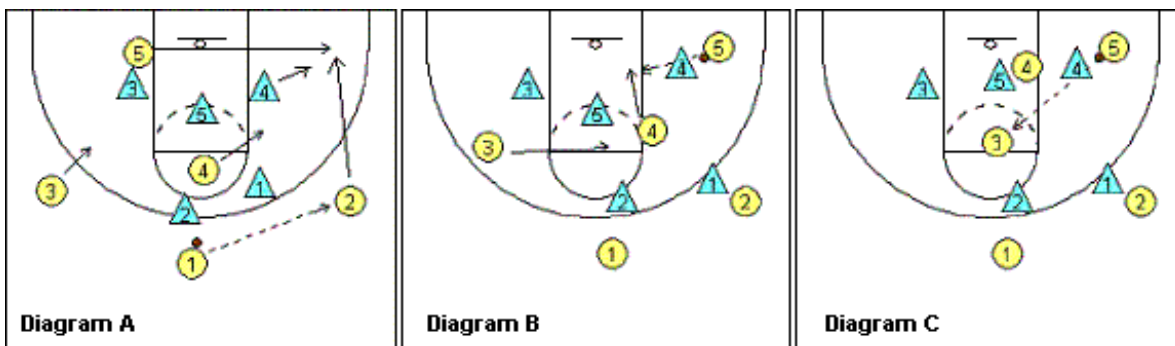
### Basic Rules

- 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.

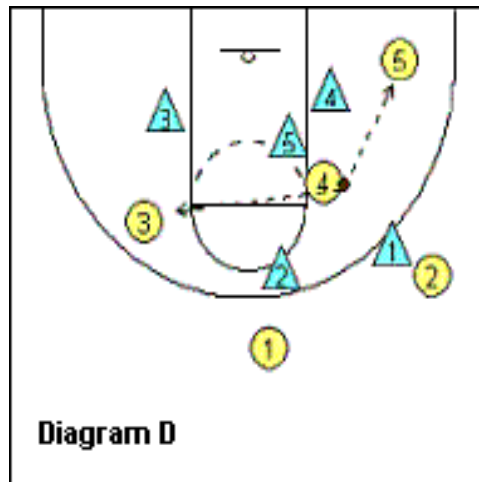


This zone offense starts with a 1-3-1 offensive set where the offense is positioned in the gaps. One tip: your high post O4 might initially be positioned along the lane, and then as the point guard brings the ball into the forecourt, O4 makes a quick flash into the high post at the free throw line. Your “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).



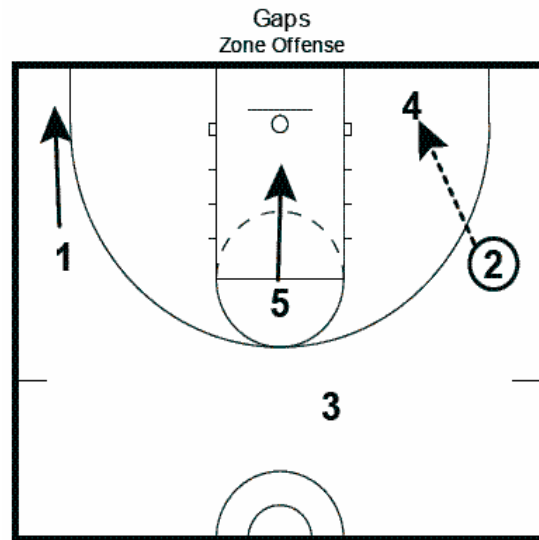
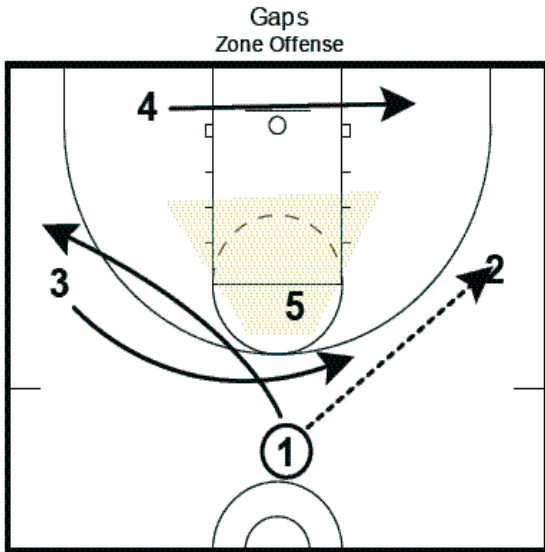
Now look at Diagram D. If the pass from the wings goes instead to O4 near the elbow, O4 can either shoot or pass to O3 for an open shot, or to O5 in the corner.





# Zone Offense

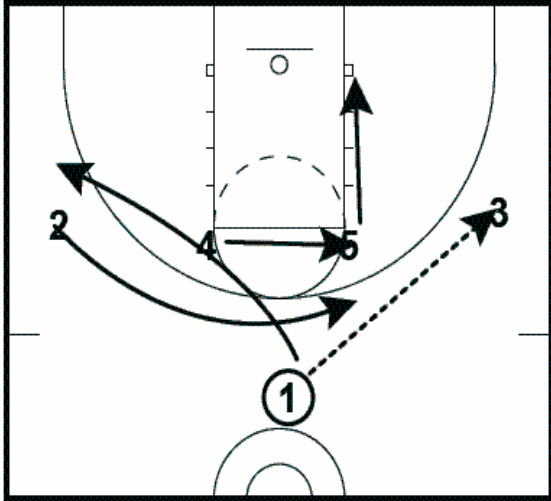
## Even Front: Gaps and X



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.

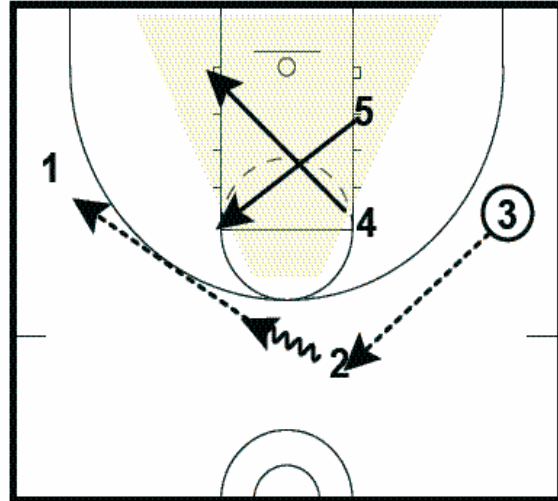
1. When ball gets to short corner (the goal here), 5 dives to hoop.
2. Weak side perimeter (1 here) gets to opposite corner.
3. Emphasize to kids that all players except 1 should crash the offensive boards.
4. Another weakness of any zone is that defenders don't know who they're supposed to block out.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

X  
Zone Offense



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.

X  
Zone Offense



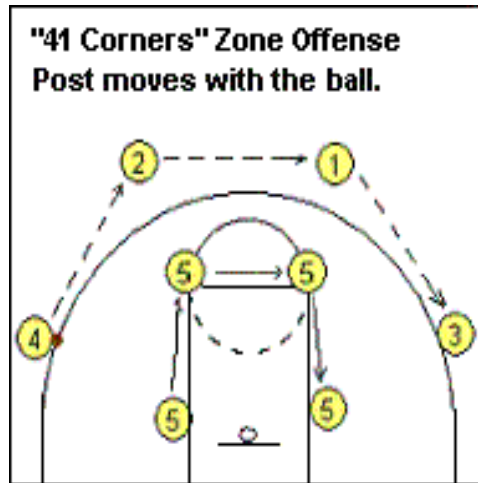
1. Post Players will form an X as the ball is reversed.
2. High goes first - dives hard to the low post and then low post flashes to the high post gap.
3. Post players live in the shaded area.
4. Perimeter live outside the 3 point line.

# Zone Offense

## Attacking Odd Front Zones

### Rule of Thumb

An odd front zone requires an even front set and vice versa. A 4 out set against an odd front is easy to teach, and with good spacing and ball movement, very effective.



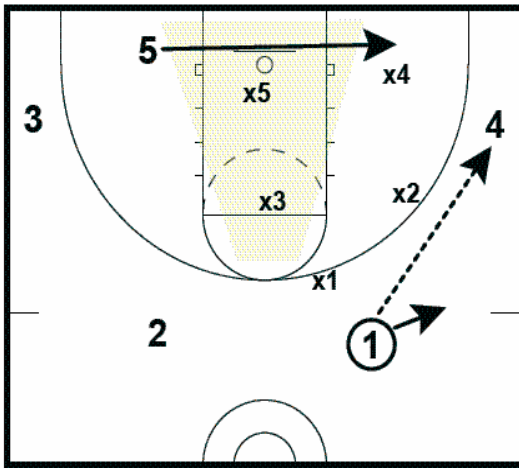
### Basic Rules

- The post player moves as the ball moves – When the ball is on top (O1 or O2), O5 should locate at high post, ball side elbow area. When the ball is on the low wing, corner (O3 or O4), then O5 should move down to the ball side low post. If the ball is passed to O5 at the high post, O3 and O4 should be thinking about a back cut to the hoop if they are being denied the pass. O5 passes to the back-cutter for the easy lay up.
- Perimeter players should keep the ball moving with quick passes, including skip passes – By reversing the ball back and forth, you should be able to stretch the zone and really make them tired chasing the ball. “Fake the pass to make the pass” against the zone. And lots of bounce passes, since their hands will be up. No moonballs! Patience is key in running this offense. Quick perimeter passing, reversing the ball from side to side, and skip passing should eventually cause the zone to become over-shifted and out of position...creating driving lanes, open shots, changes to pass into the post, etc.
- Ball reversal is key – Again, it will be touch to score on the first trip to the strong side. But things open up incredibly after one reversal.
- Against the 1-2-2 zone – O5 should be able to get open between the two defenders at the high post, free throw line area, or by cutting into the center of the paint (in the middle of the box created by the four defenders). Also, we ought to get the ball to the corners. When the low defender comes out, O5 again can dive to the ball side low block looking for the quick pass from the corner.
- Against the 1-3-1 zone – The key will be to get the ball into the corners, and attack from there. O1 and O2 can pass over the wing to get the ball into the corner. Then O3 or O4 can drive to the basket, dishing off to O5 when picked up. O5 may have an easier time getting the ball down on the low block, since there is only one down defender. This offense should create alignment problems for the 1-3-1 zone as we have O1 and O2 on either side of the top defender, and our corners O3 and O4 are set lower than their outside wing defenders want to be, which should cause problems for the wing defenders. Here too, we ought to get the ball to the corners and look to shoot or pass inside to the low post from there.

# Zone Offense

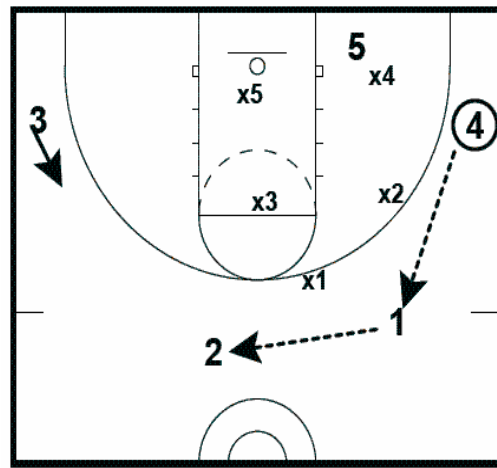
## Odd Front: 4 Out

'4 Out' v Odd Front Zone  
Zone Offense



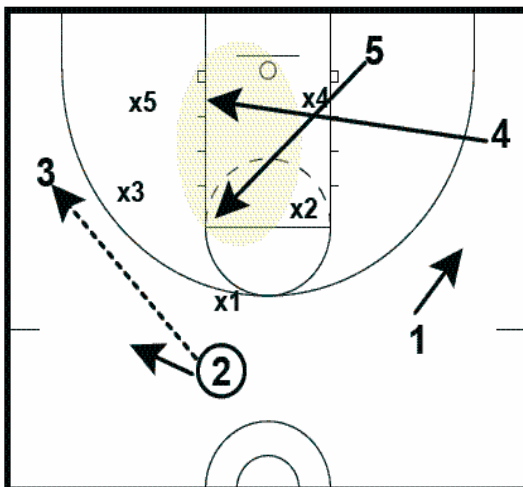
1. Idea against odd front zone, like all zones, is to get ball reversal. Then attack from the wings and corner.
2. Note 2 and 4 are switched from man set. Need ball handlers out top.
3. Perimeter players stay EXTREMELY wide.
4. Start with wing ball entry.
5. 5 plays in the shaded space, starting weak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

'4 Out' v Odd Front Zone  
Zone Offense



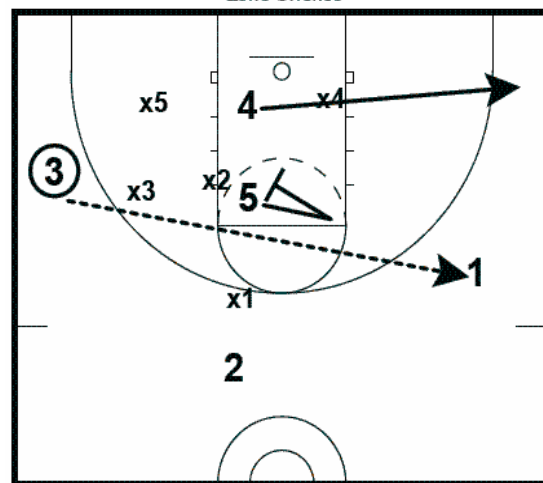
1. Against any zone, need fast ball movement. Need at least 1 ball reversal.
2. Note 1 has moved high and wide and 2 has moved high and towards center to facilitate quick ball reversal.
3. 3 stays very spaced and has risen to make skip pass and reversal easier.

'4 Out' v Odd Front Zone  
Zone Offense



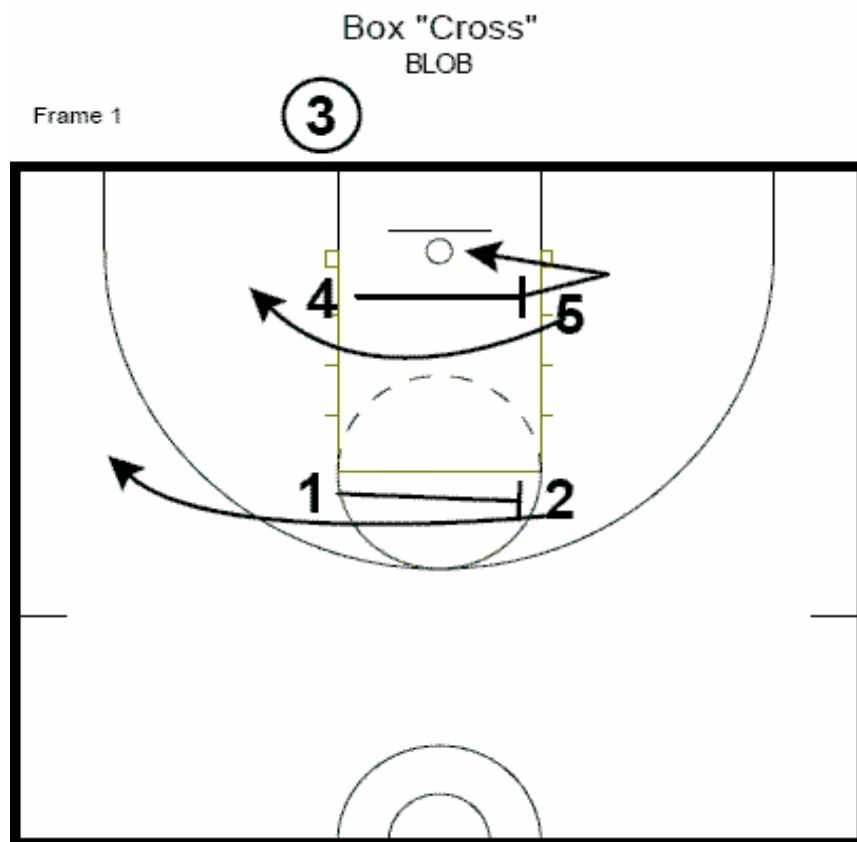
1. First ball reversal has happened and defense is getting out of position. 5 flashes high to a gap.
2. The opposite corner (4) can look to flash to a gap in the other post, in this case low post. Gap is shaded.
3. 3 looks to pass (probably a bounce pass) to 4 or 5. This is similar to X against 2-3.
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....

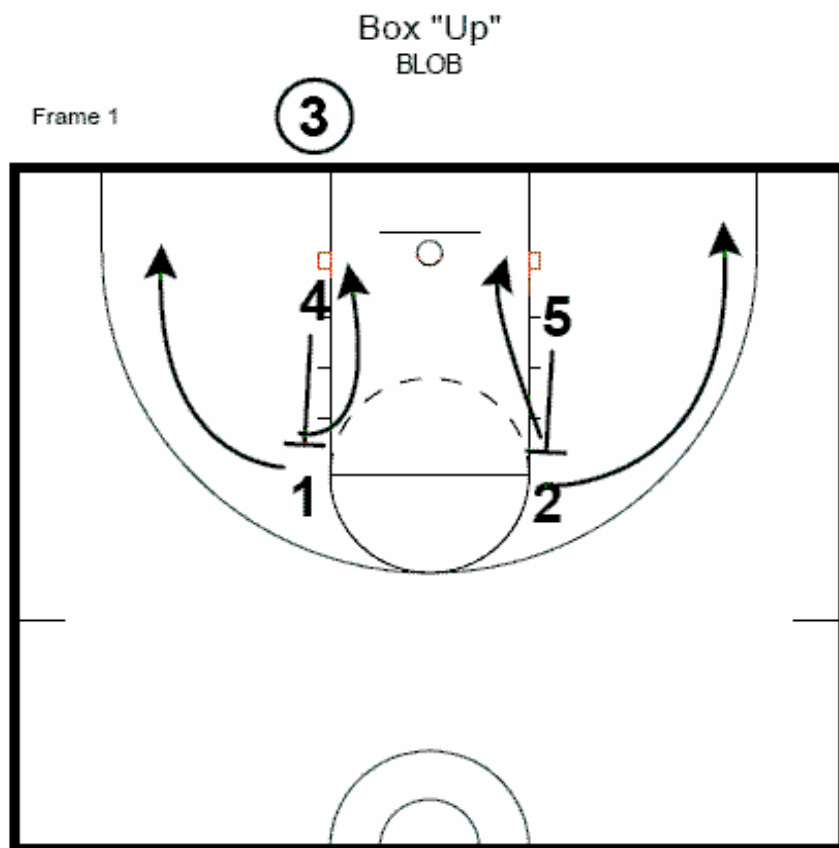
# Baseline Out of Bounds (BLOB) Cross



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

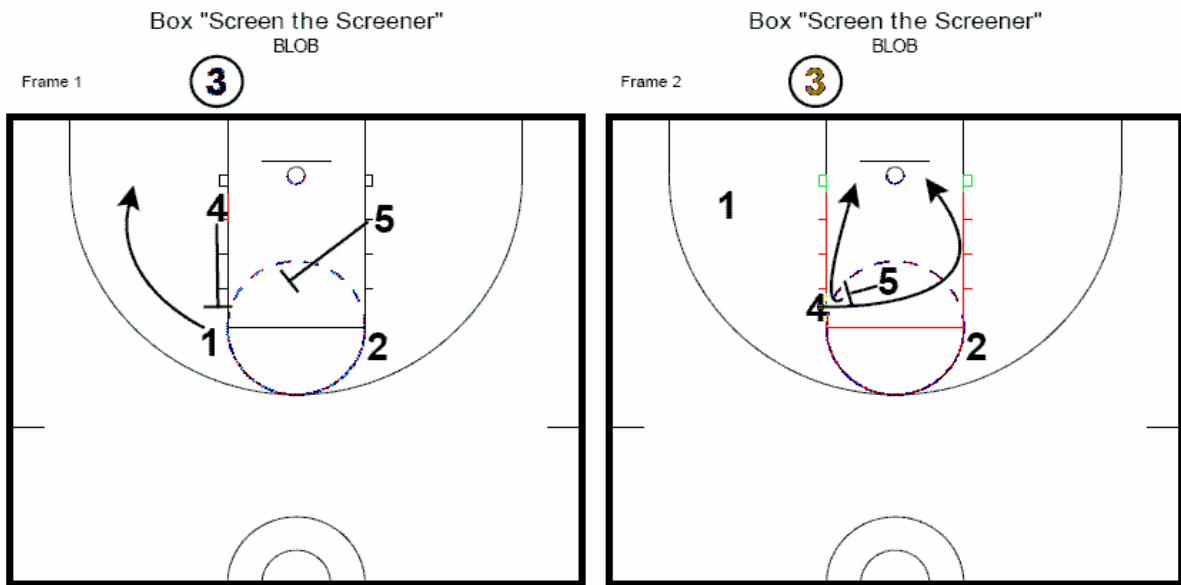


# Baseline Out of Bounds (BLOB) Up



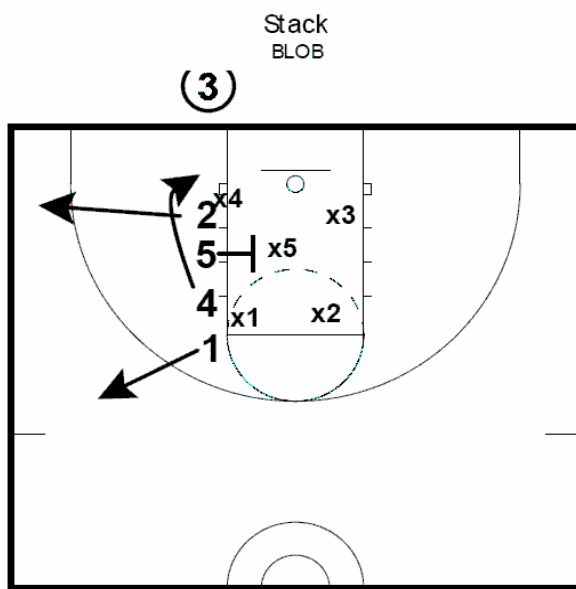
1. Baseline players screen at the elbows and then roll to the basket.

# Baseline Out of Bounds (BLOB) Screen the Screener

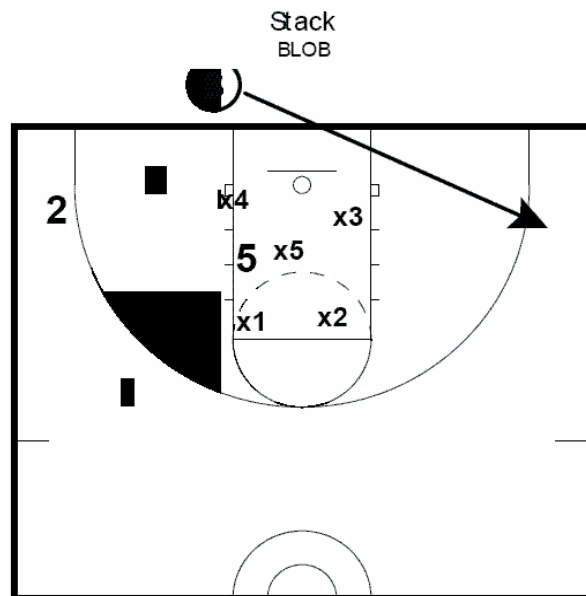


1. Player 4 screens up for Player 1.
2. Player 5 screens for Player 4 flashing to the basket.

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



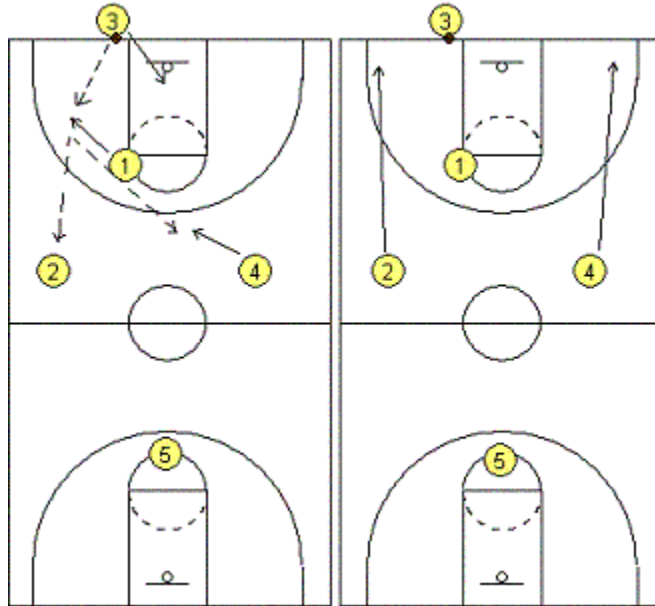
1. 2 flashes to corner, draws x4.
2. 1 is safety.
3. 5 screens x5 (middle guy in zone).
4. 4 flashes to open spot – hands high.
5. 2 or 4 will be open for shot, if not, pass to 1 safety.



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.

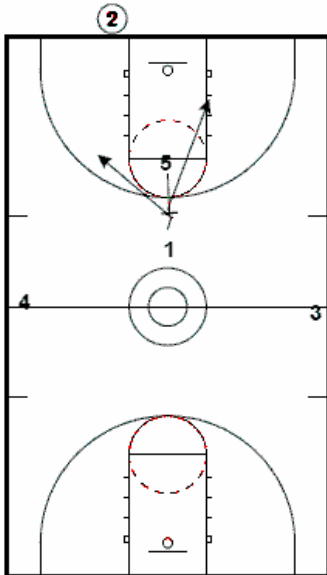
If the in-bounds pass goes to O1 on the opposite side (same side as O4), then O4 stays up the sideline and O2 flashes to the middle (just the opposite of the left-hand diagram above).

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

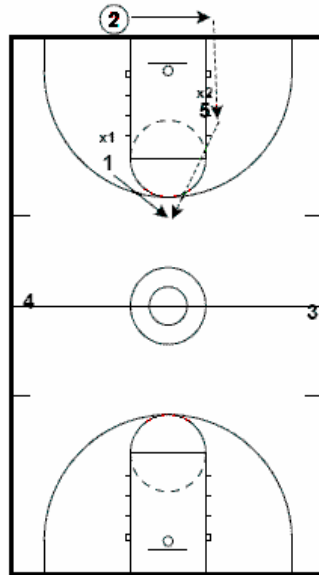
## Versus Man and Zone

Pressbreak - Man Transition



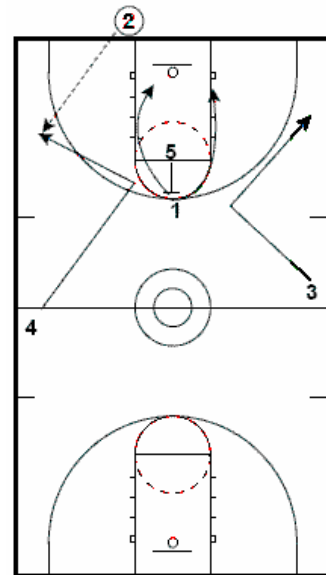
1. 5 screens for 1.
2. 1 goes to opening and 5 flashes back. 2 man inbounds.
3. 5 and 1 are looking to post up to get ball in.

Pressbreak - Man Transition



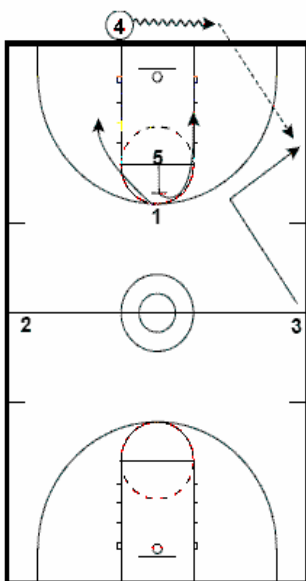
1. If 1 not open lob to 5.
2. 1 sprints middle. We look to attack the rim.

Pressbreak - Man Transition



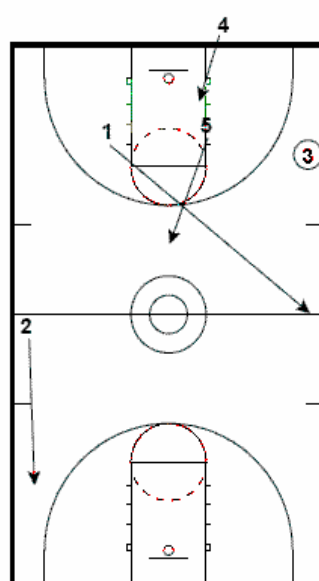
1. On 2 or 3 catch.
2. 1 sprints through the middle and up the sideline. We attack the rim.

Pressbreak - Zone Transition



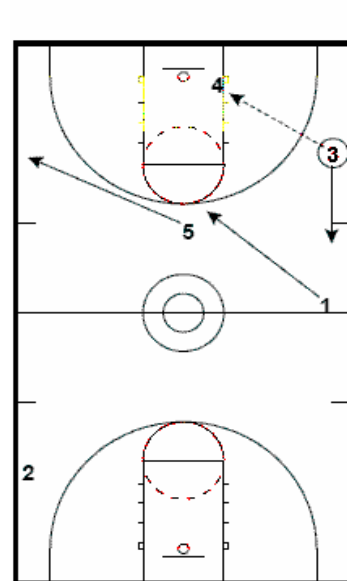
1. Versus zone want to run the baseline. 5 and 1 shape up after screen. 4 runs baseline.
2. 3 cuts to alley and pops to catch from 4.

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

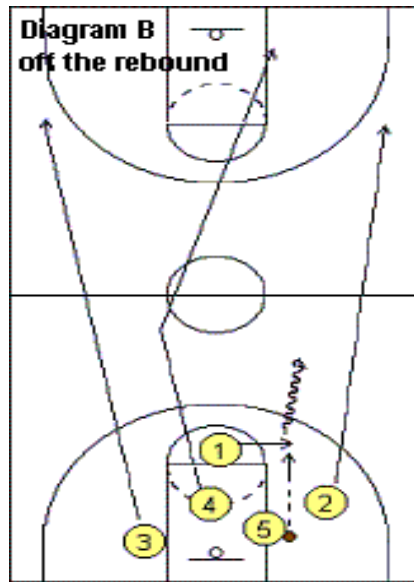
"Transition" refers to the process of changing from defense to offense (transition offense), or offense to defense (transition defense). LYBA generally favors an up-tempo game, as it seems to develop skills better than a slow-down. Getting back quickly on defense is wildly important for success. 'Sprint Back' is often a team Covenant.

## 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 may cause them to be less aggressive going for their offensive rebounds.
- 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.
- The fast-break will often break the opponent's press defense. .
- Getting the ball up the floor quickly before the defense is set is a good tactic against zone defenses.

## Transition Offensive Basics

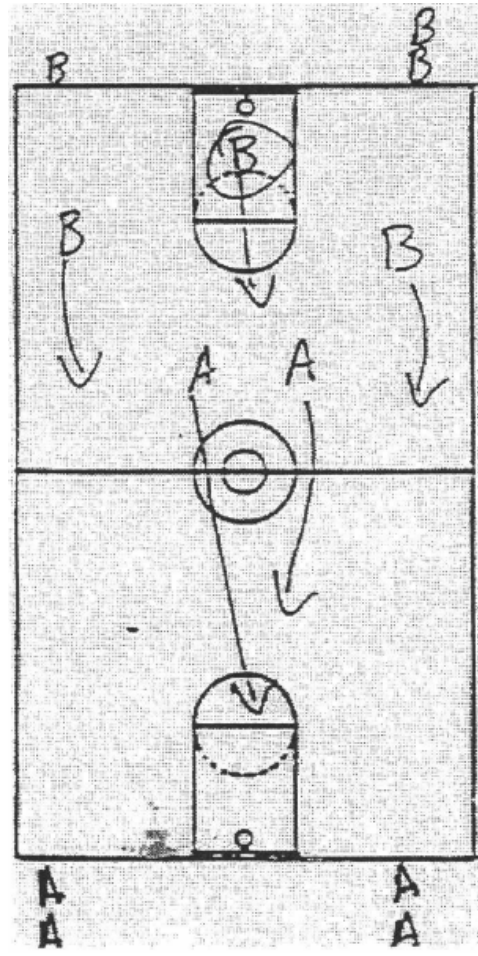
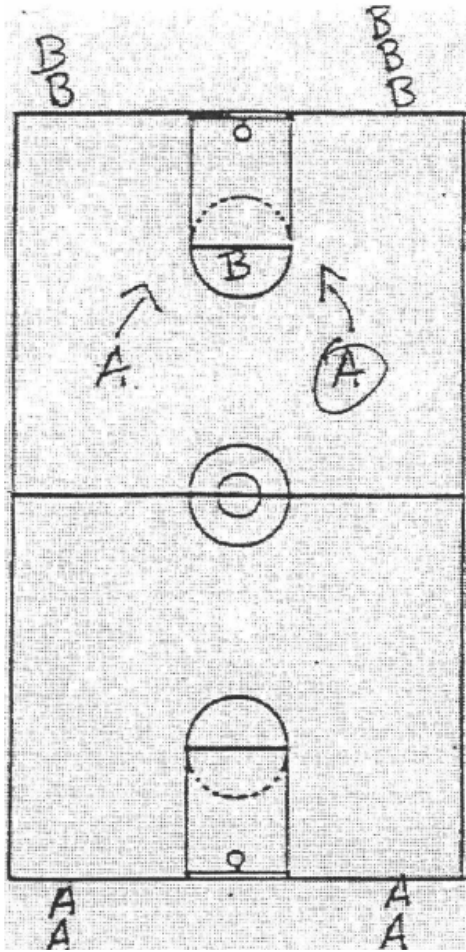
- Always keep under control. You don't want your fast-breaking style to result in turnovers and missed opportunities to score. Players (particularly ball-handlers) must learn to recognize when to push the break, and when to slow down and stay under control. They must learn not to force bad passes.
- 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 'escape' 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 (often 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. The person who gets the rebound (in this case, 5) is the trailer and safety net if there's a turnover. The wings run WIDE—really, truly WIDE. Spacing matters a ton here. The poster (4) sprints as fast as he can to the rim. He will then naturally go to the strong side post. If he runs hard and is open, guards should always 'reward' this effort with a pass.
- 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. Important: in this case, taking LESS time to shoot is key. You want to get the quality shot off while you have an advantage. Usually no more than 2 passes before the quality shot.
- 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 quality shot develops, the floor is spread, and the team gets into motion offense.



In summary, a successful fast break depends on:

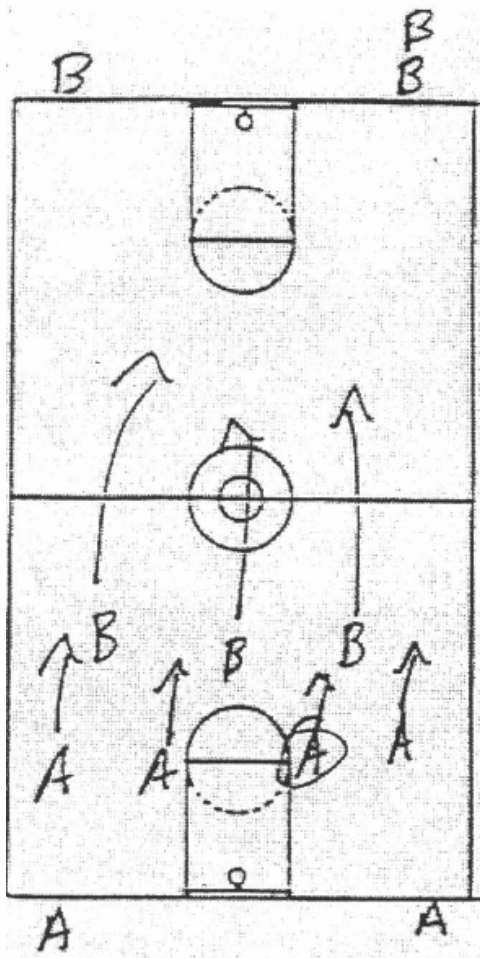
- Getting the defensive rebound.
- A good, quick outlet pass.
- Filling the lanes.
- Maintaining control. "Be quick, but never hurry."
- Recognition. Don't force the break or pass if it is not there.

# Transition 2-on-1 Buildup

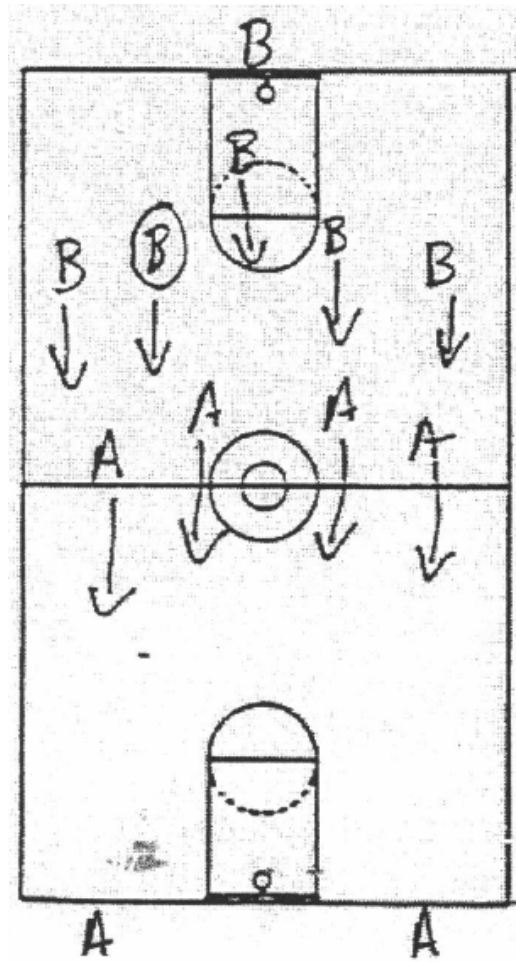


1. Divide players into two teams of at least 5 players at opposite ends of the court.
2. Team A starts out with the ball at halfcourt and one B player.
3. Play until Team A scores or until team B gets the ball.
4. Once Team B has possession, two players join and attack 3-on-2. (If Team A scores, take 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).

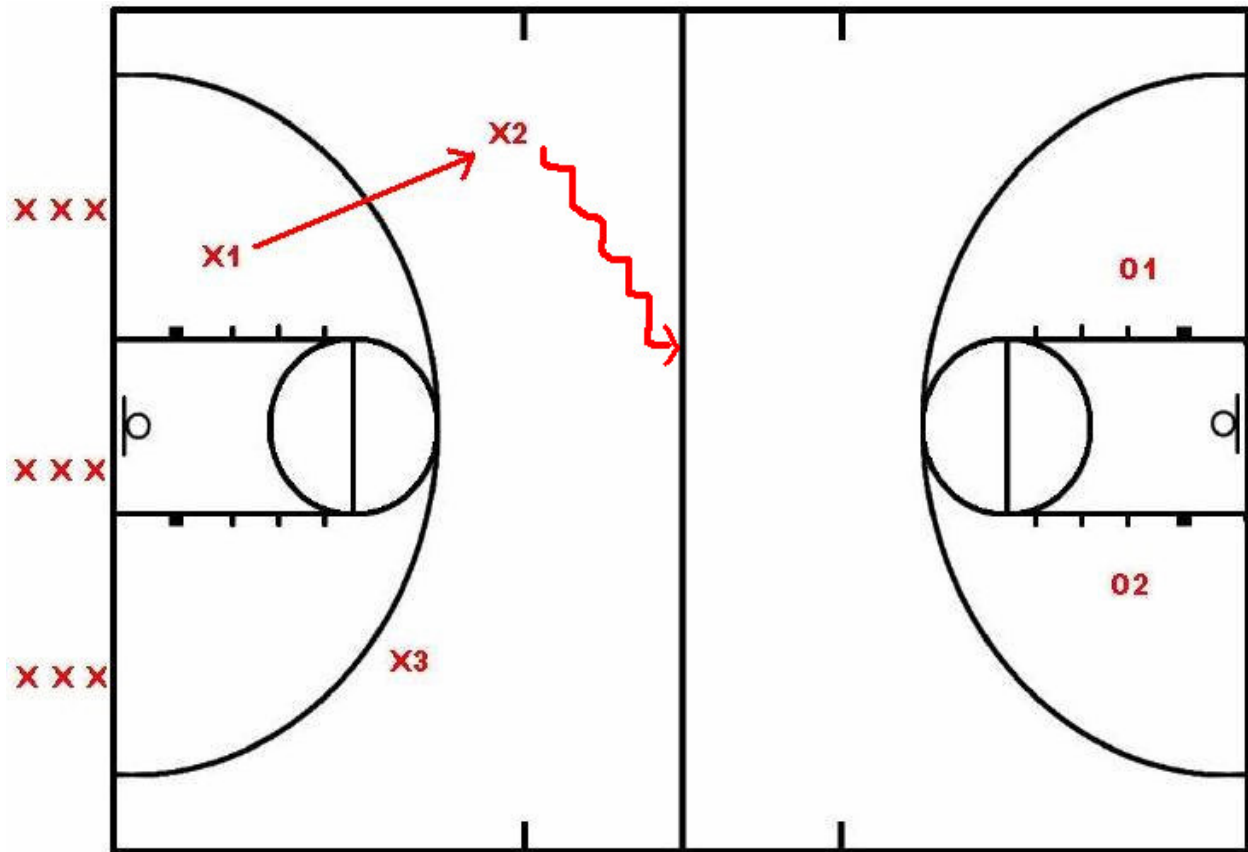


1. Team A adds 2 players from under the basket and attacks the 3 players from Team B that just had the ball (4-on-5).



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).

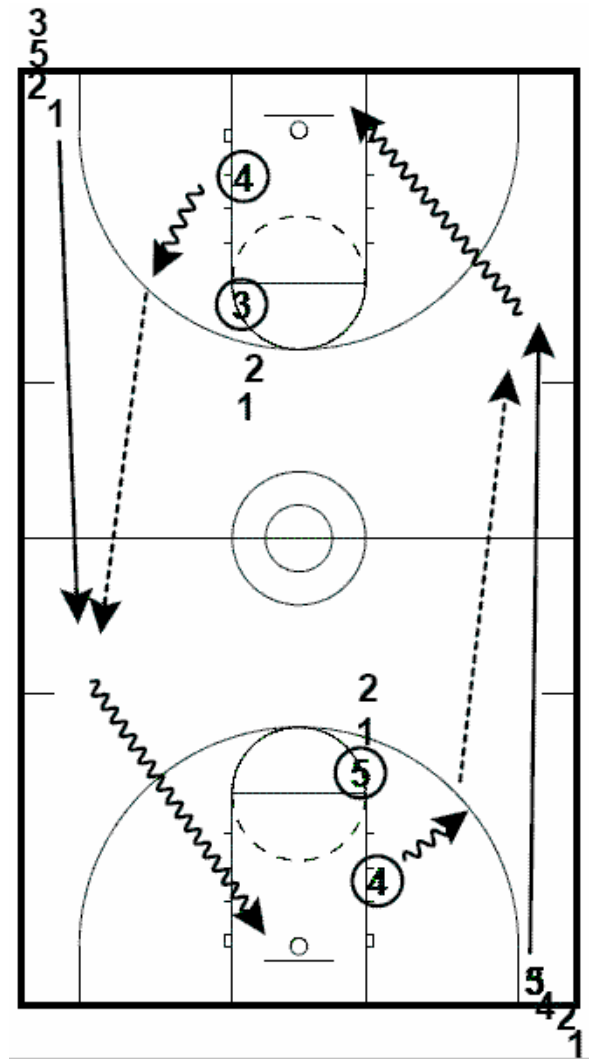
## Transition 3-on-2, 2-on-1



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.

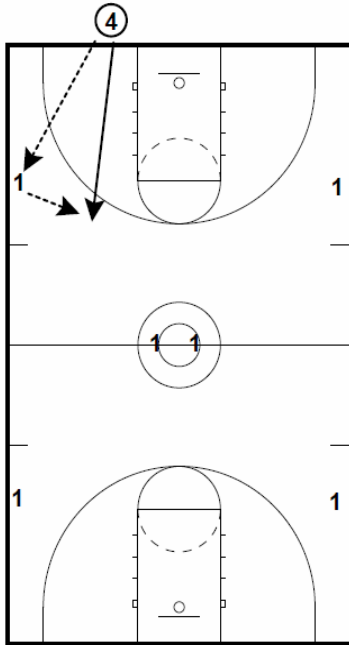
## Variations

- 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

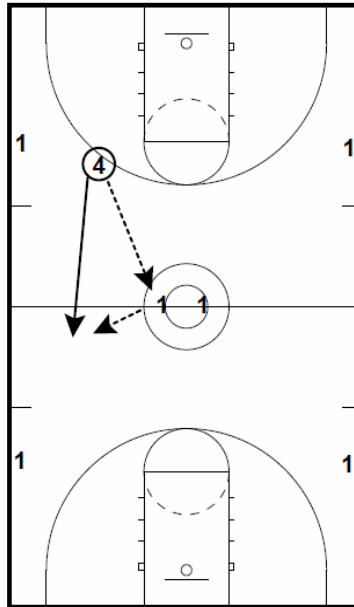
## Full Court Zig-Zag Passes

Full Court Zig-Zag Passing  
Defensive Drills



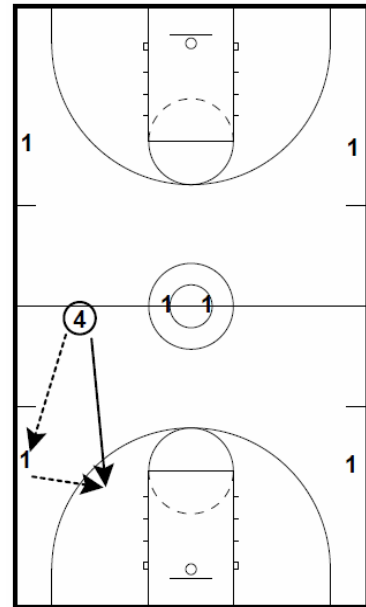
1. This drill teaches great passing, great cutting, pass/cut with head up, and avoiding traveling while on the move.
2. 2 lines at either end, with 3 players in middle in given location.
3. 4 (at top) starts by passing to wing, which mimics an outlet or inbound pass.
4. Then cuts between and receives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

Full Court Zig-Zag Passing  
Defensive Drills



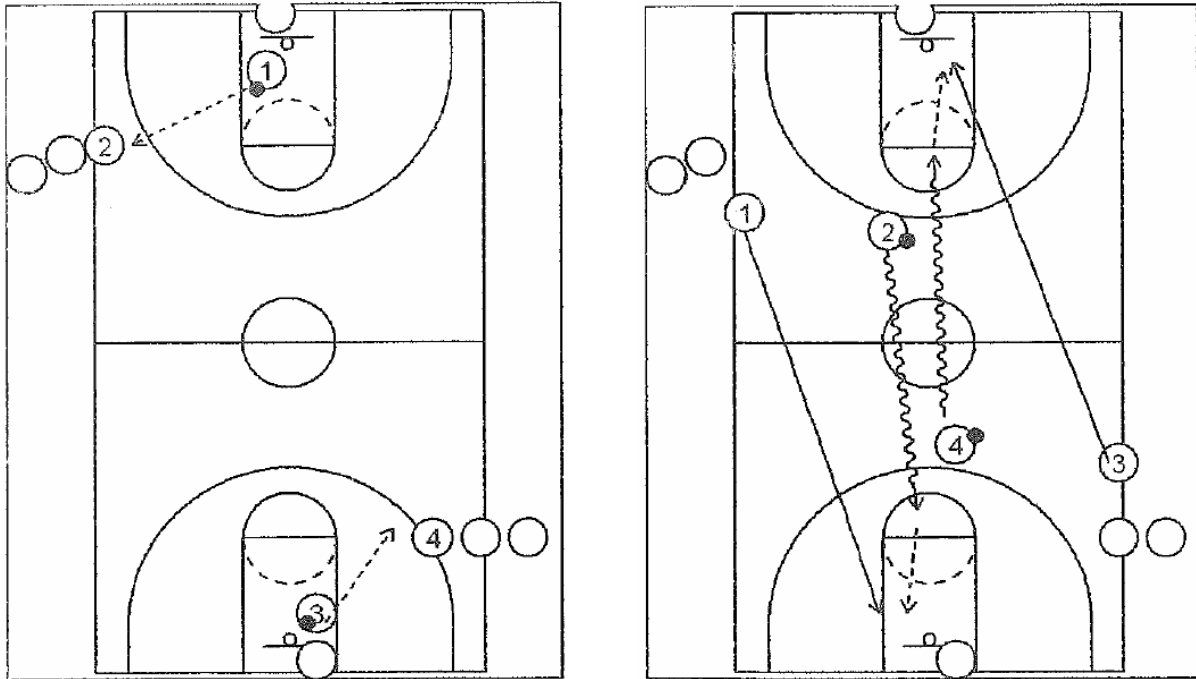
1. Pass to middle.
2. Cut again, receive pass back.
3. Catch, stop, pivot and get ready to pass.

Full Court 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