

Figure 11.6. Three players, X2, X4, and X5, are in the help-side position. Note that on the ball side of the court there are five defensive players against two offensive players.

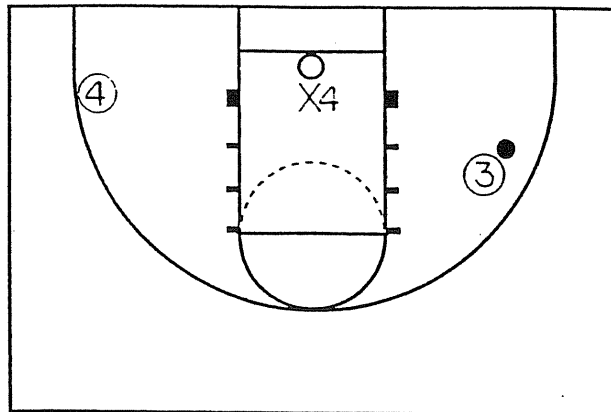


Figure 11.7. X4 is guarding O4 in the shallow-triangle position.

neath the basket entirely and is in a dominating rebounding position as well.

Help-side defenders can use this guide to position themselves on the court: the help-side defender, the player he is guarding, and the player with the ball form a shallow triangle, with the help-side defender in the paint.

Figure 11.7, for example, O3 has the ball and X4 is guarding O4, who is more than one pass away from the ball. X4 moves into the paint, forming a shallow triangle with O4 and O3.

There are two rules to determine how low (close to the basket) a defender playing shallow triangle should be. He must be able to watch both his offensive player and the ball

without turning his head from side to side. Also, he must "sink" to the level of the ball. That means he must be as low as the ball is. In other words, he must be at least as close to the baseline as the ball, without actually going under the basket.

If his player crosses over to a one-pass position, X4 can get back into an on-the-line, up-the-line position; he can also get into a ball-pressure position if his player ultimately receives the ball.

While O4 is more than one pass away from the ball, however, X4 is available to help the other defenders by getting in position close to the basket, with arms wide and held up, as shown in Figure 11.8. This posi-

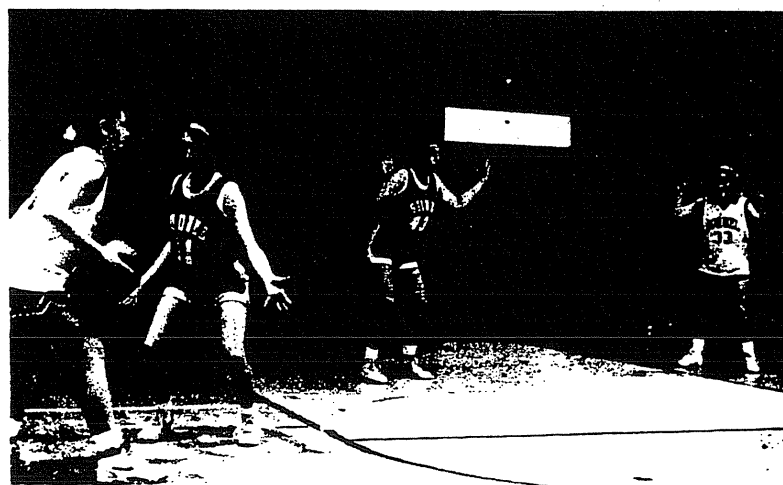


Figure 11.8. Help-side position: Number 43 is in the shallow triangle with knees bent and arms up. Note that how she should be in the on-the-line, up-the-line position because player number 33 has moved to within one pass of the ball.

tion discourages passes into the pivot area and generally discourages the ball handler from either passing the ball in or dribbling the ball to the basket.

In Figure 11.8, defensive player number 43 is in the shallow-triangle position. She can see the ball and the player she is guarding—player number 33. But 33 has moved toward the basket and is now almost at the foul lane—she has moved into a position that is one pass away from the ball. Number 43 is a step or two late in moving out of the shallow triangle into the on-the-line, up-the-line position. When 33 was three or four steps back toward the sideline, 43 was in the right defensive position; but as 33 moved closer to the basket, 43 should have moved out to intercept her.

The shallow-triangle principle applies even if the opposing player is a guard. In Figure 11.9, O2 is a guard who is more than one pass away from the ball. X2 sinks to the level of the ball, in this case almost under the basket.

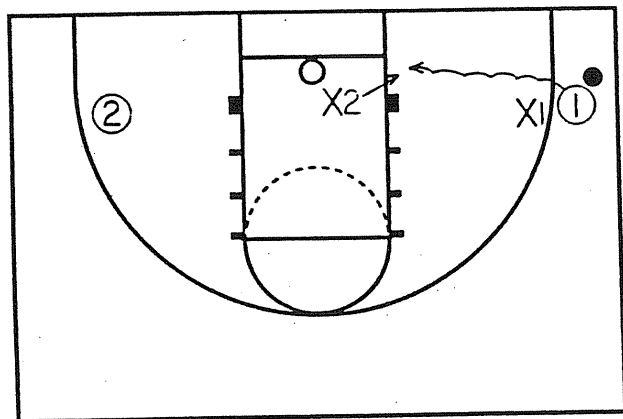


Figure 11.9. O1 drives around X1 but is stopped by X2, playing help-side defense.

A defender whose offensive player is more than one pass away from the ball has another responsibility. If there is no offensive player in the pivot area, the help-side player must “fill” the void created by the lack of the defender who would normally be guarding the opposing team’s center. For example, in

Figure 11.9 X2 is playing help-side defense in proper shallow-triangle position. However, if O1 dribbles around X1, there is no defender to stop O1 from dribbling all the way to the basket. X2 must fill in this position. There will be times when a player who starts on the left side of the court, as X2 did here, actually ends up on the right side of the court in a position normally filled by the center.

The final job of the defender whose offensive player is more than one pass away from the ball is weak-side rebounding. As shown in Figure 11.10, if X4 is guarding in the

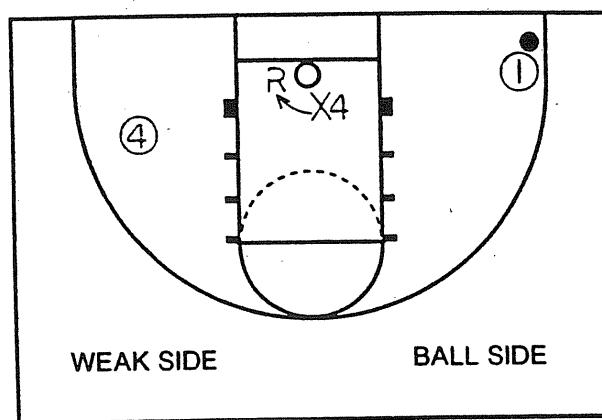


Figure 11.10. When O1 shoots, X4, playing help-side defense, must retreat to position R.

shallow triangle, in the event that O1 shoots the ball, the most likely place where the rebound will go is shown by the letter R. O4, the offensive player guarded by X4, will likely be charging to the basket to obtain that position. As soon as the ball is shot—and this must be well drilled—X4 backs up quickly to get into rebounding position R.

PIVOT-AREA DEFENSE

When an offensive player is in position to receive a pass and make a power move to the basket, the defender should dead-front the offensive player. A defensive player in a dead-front position is between the pivot player and the other offensive player with the ball (Figure 11.11).



Figure 11.11. Number 24, the defender, dead-fronts the opposing post player to deny the entry pass.

This is a very powerful position because it shuts off any chest or bounce pass into the pivot. The only way to get the ball into the pivot, then, is a lob pass over the head of the defender to the center, right in front of the basket. That pass is shut off by the presence of the help-side defenders. The center is sandwiched between two defenders, and here is no room for the lob pass to be thrown.

Needless to say, it is vital that the help-side defense arrive. The defender guarding the pivot cannot be looking around to see if help is there; he must assume that help is there and defend by dead-fronting the pivot.

COLLAPSE TO THE MIDDLE

Every once in a while—no matter how good the defense—there will be a lapse, and the ball will get into the hands of an opposing player near the basket. In that case, it is the responsibility of all five players on the team

to collapse to the offensive player who has received the ball. If that offensive player returns the ball to the outside, the defenders return to their normal position.

SCREENS

The rule for dealing with screens set by the offensive players is the same as in a man-to-man defense: never switch on screens. The defensive player retains the responsibility of guarding the same offensive player no matter where he may go on the court.

It is easier to avoid being screened out in the ball-pressure defense. Because a player in a help-side defensive position does not stand right next to the offensive player, he can move to either side of the screen to stay with the player he is guarding.

COMMUNICATION

Your defenders cannot be fully effective unless they communicate. There are a variety of situations that require defenders to talk to each other; these are discussed in Chapter 10.

DRILLS

In drilling your team, it is important to emphasize the aggressive nature of the ball-pressure defense. The players sprint back and then attack the offensive team by forcing the ball toward the sideline and by cutting off most or all of the passing opportunities. If defenders are able to do this consistently, they will not only generate a lot of turnovers but several of those turnovers should lead to uncontested baskets as they move into the passing lanes and steal the ball.

The most effective drill for learning basic positions is the shell drill, set up as shown in Figure 11.12. O5 has the ball, and the defenders get into their proper positions. If a defender is standing in the wrong position, ask either the whole team or one player to

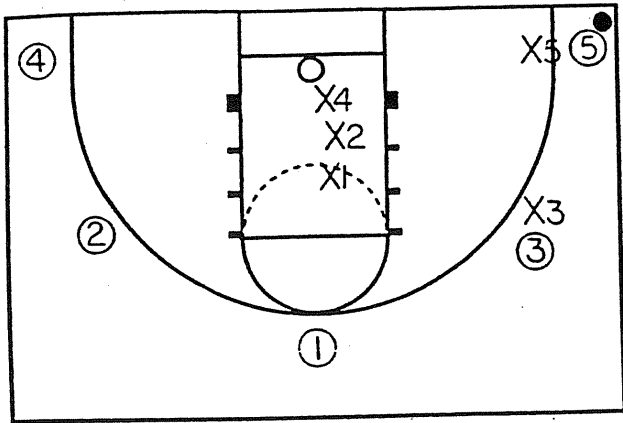


Figure 11.12. The shell drill begins: O5 has the ball; X1, X2 and X4 play help-side, X5 plays straight up, and X3 plays on the line, up the line.

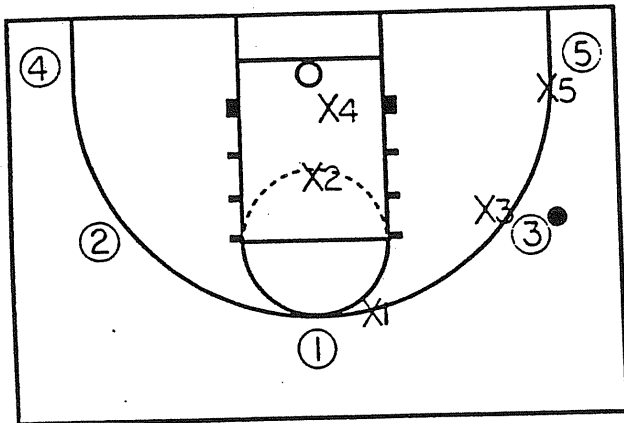


Figure 11.13. The ball moves to O3: X2 and X4 play help-side, X3 plays straight up, and X1 and X5 play on the line, up the line.

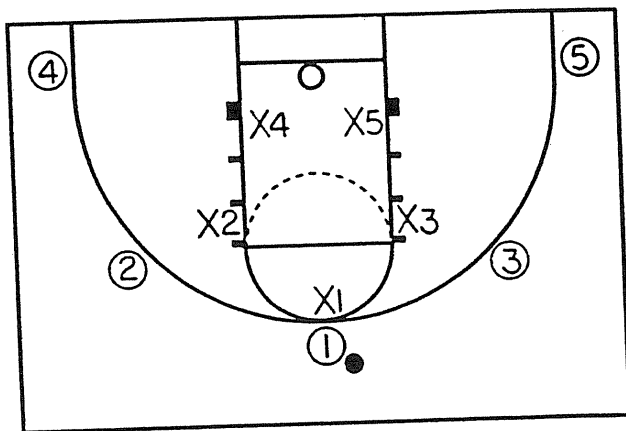


Figure 11.14. When the ball is in the middle, the ball-pressure defense is at its weakest. To protect the middle, X2 and X3 move toward the middle although their players are one pass from the ball.

tell you who is in the wrong position and what the correct position is. The ball is then passed to O3, and the players walk to their proper defensive positions (Figure 11.13). O1 is next; the proper defensive positions for that formation are shown in Figure 11.14.

When the ball has traveled completely around the circle and each defender has had an opportunity to get used to the correct position, run the drill several more times so that the players can get accustomed to the concept of the defense. This concept will be new to virtually all of your players and they are apt to feel lost for a while. Run the drill slowly at first, until the team is consistently in the correct position. Only at this point should the ball move more quickly around the perimeter.

The same drill should be repeated against a 2-1-2 offense (Figures 11.15 through 11.17). Again, each time that a defender is out of position, ask the team or one team member to state who is out of position and what the correct position should be.

Once the players have learned their general positions against a static offense, isolate each of the individual skills. All of the players should have learned basic straight-up defense so that each can guard the player with the ball appropriately. The only adjustment for ball-pressure defense when guarding the ball is an open stance to push the dribbler toward the sidelines. Next, isolate the help-and-recover situation by using a two-on-two drill as shown in Figure 11.5. In this case, X2 helps X1 force O1 to terminate the dribble and then recovers quickly to guard O2, returning to the on-the-line, up-the-line position.

The shallow triangle should be drilled with just a ball handler (O3), another offensive player (O4), and a defender (X4) (see Figure 11.7). O3 and O4 move about the court, with O4 staying on the weak side. X4 has two adjustments to make to keep proper position. He must sink to the level of the ball; that is, when O3 moves closer to the basket, X4

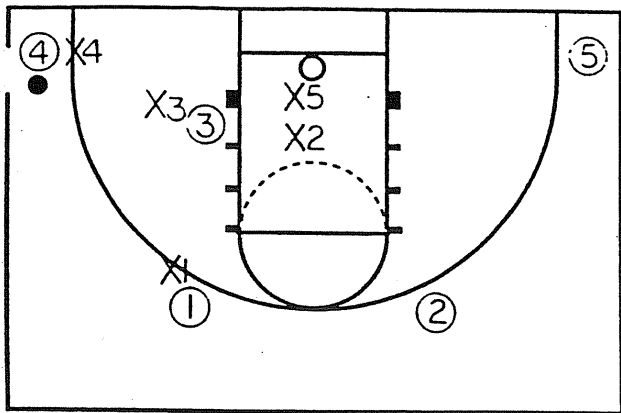


Figure 11.15. O4 has the ball: X4 plays straight up, X3 dead-fronts the post player, X1 plays on the line, up the line, and X2 and X5 play help-side.

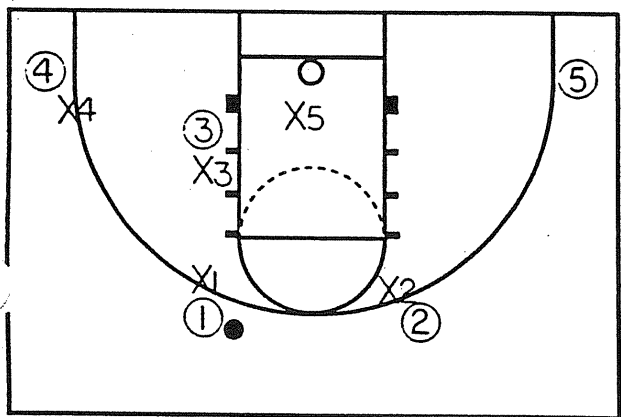


Figure 11.16. The offense has a two-guard front and O1 has the ball: X1 plays straight up, X2 and X4 play on the line, up the line, X3 dead-fronts, and X5 plays help-side.

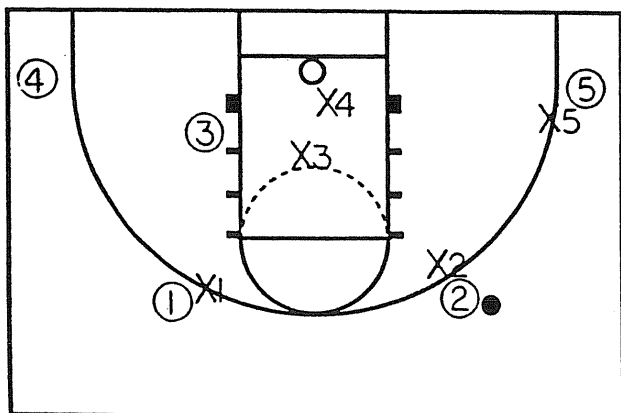


Figure 11.17. O2 has the ball: X3 and X4 play help-side, X1 and X5 play on the line, up the line, and X2 plays straight up.

must likewise get closer to the basket. Also, as O4 moves closer to the baseline, X4 must do so too, adjusting his shallow-triangle position so he can see his offensive player, O4, and the ball handler, O3.

The “fill” responsibility of the defender can be drilled by a two-on-two situation, as shown in Figure 11.9: as O1 starts to drive the baseline, X2 leaves his man and moves to help. In all of the drills above, O1 should be allowed to shoot the ball at times to be sure that X2 is getting back into proper rebounding position on the weak side.

The weak-side rebounding responsibility is drilled by isolating that situation as shown in Figure 11.10. Here, X4 is playing help-side defense and has left the defensive rebounding area temporarily. When O1 shoots the ball, X4 must scramble back quickly into rebounding position.

Drilling against screens by offensive players again involves isolating each of the typical screening situations: defenders playing in the straight-up, on-the-line, up-the-line, and help-side positions.

Finally, the individual skills are completed by having frontline players practice the dead-front position on the opposing center. That drill can be extended to bring in an additional offensive and defensive player on the weak side to practice weak-side help as well as getting into position for rebounds.

Be sure to emphasize the importance of keeping the ball out of the middle. On those occasions when the ball does get to the middle, usually near the foul line, all of the players must collapse toward the middle. This will stop a lay-up but will often leave a short open jump shot available to the offense. Players must constantly be reminded to cheat toward the middle and toward the basket when in doubt. Remind them that if they get confused and don't know what position to be in, they should head for the paint, near the basket, and then move out to the player they are guarding to get into the flow of the defense.

Now the team is ready to practice all of the skills, basically walking through various offensive maneuvers. Finally, the offense can go at full speed with the defense adjusting accordingly.

FOR MORE INFORMATION

Pressure Defense—a System, by Coach Dick

Bennett of the University of Wisconsin-Green Bay, is an excellent video that provides a more complete explanation of the defense and some scenes from both practices and games. The video is available from Championship Books and Video Productions, P.O. Box 1166, ISU Station, Ames, Iowa 50010 (515) 292-7234.

Rebounding Drills

1. Rebounding Basics

1. Have all players form a line at the elbow of the lane. The 1st person in line is the defense.
2. The 2nd player in line shoots the ball and goes for the rebound.
3. The defender makes contact with the shooter, boxes out, jumps, grabs the rebound with 2 hands, pivots, and throws an outlet pass to the coach standing in the outlet area.
4. Continue this drill several times through the line. You can vary the drill by having 2-on-2 and 3-on-3.

2. Superman

1. Player stands on the right lane midpoint.
2. Player tosses the ball high off the backboard slightly to the left of the basket.
3. Player takes one step into the lane and catches the ball outside the lane on the left side as he faces the basket. He must make a power jump in order to propel himself to the other side of the lane.

3. Offensive Rebounding Versus Pressure

1. Player #1 has the ball and stands on the foul line to the right of the basket. Player #2 stands directly behind player #1.
2. Player #1 throws the ball underhanded off the right side of the backboard.
3. Player #1 explodes to the ball and rebounds with two hands above his head. He then comes down, keeping the ball at shoulder level or above.
4. Player #2 stays directly behind player #1 during the rebounding sequence.
6. Player #1 now pump fakes (violent head and shoulder fake) and powers up for a lay-up.
7. Player #2 must put pressure on player #1 while player #1 attempts to score. Player #2 may do this by bumping or pushing player #1.
8. Each player attempts ten shots from both the right and left sides of the court.

4. Power Up

1. Player #1 has the ball and stands in the lane on the right side. Player #2 stands out of bounds on the right side.
2. Player #1 tosses the ball high off the backboard.
3. Player #2 steps on the floor as soon as the ball hits the board.
4. Player #1 rebounds the ball with two hands above his head.
5. Player #1 must try to score over player #2 by using ball fake or pivot moves. He may take a maximum of one dribble.
6. Play continues until player #1 scores or until player #2 stops him. At this point, the players exchange positions, and play continues until a player scores three baskets.

5. Tips Rebounding

1. Player #1 has the ball and stands at the right side of the foul line. Player #2 stands off to the right of player #1. It is assumed that player #1 cannot come down with a two-handed rebound.
2. Player #1 throws the ball underhanded off the backboard.
3. Player #1 tips the ball to a spot where he can retrieve it.
4. Player #1 retrieves the tip rebound with two hands extended above his head and quickly turns to the outlet side.
5. Player #1 throws an outlet pass (a two handed over-the-head pass) to player #2 who receives the ball.
6. Player #1 sprints to the outlet area while player #2 dribbles to the foul line.
7. Player #1 and player #2 exchange roles and repeat the drill. Each player should rebound ten times, change sides of the floor, and repeat the drill.

6. Taps

1. Player stands on the right side of the basket.
2. Player throws the ball at the backboard.
3. With his right hand player taps the ball off the lower part of the backboard, concentrating on quick jumps.
4. The player taps the ball 10 times, tapping the ball into the basket on the 10th tap.
5. Repeat the drill from the left side of the basket, using his left hand.
6. Younger players can be allowed to catch the ball and land on their feet before they throw it back up.

Ball Handling & Dribbling Drills - 10 minutes

15 - 20 minutes a day spent on ball handling drills will help anyone improve their ability to handle the ball. The drills should be performed short and hard. Players should strive for increased quickness and intensity to match the level of game play. The more these are practiced, the smoother the performers will become. For added practice, have the players constantly dribbling as they wait in line for drills or incorporate dribbling as part of other drills, for example lay-ups. Emphasize the use of the weak hand in a 2:1 ratio. Encourage players to practice on their own time at home.

1. Slap Ball - emphasize grabbing hard on rebounds

1. Player holds the ball in left hand and slaps the ball hard with right hand.
2. Player holds the ball in right hand and slaps the ball hard with left hand.
3. Player releases the ball slaps the ball hard with both hands.

2. Body Circles

1. Player quickly moves the ball clockwise around the neck, waist, both ankles, right ankle, and left ankle. Player should slap the ball hard.
2. Repeat moving the ball counterclockwise.

3. Magic

1. Player bends over with feet apart and holds the ball with both hands behind the back.
2. Player flips the ball forward through the legs and catches the ball in front.
3. Repeat going backwards.

4. Isiah

1. Player bends over with feet apart and holds the ball with between the legs.
2. Player quickly switches the position of the hands without the ball touching the ground.
3. Player should slap the ball hard has the hands change position.

5. Machine Gun

1. Player sits on the floor with legs spread apart.
2. Player hits the ball, alternating between right and left hands and dribbles the ball between the legs as low and as fast as possible.

6. Scissors

1. Player stands and moves his legs in a scissors-like fashion, keeping his back straight and not bending over.
2. When his right leg is forward, the player dribbles the ball behind it and between his legs to his left hand.
3. When his left leg is forward, the player dribbles the ball behind it and between his legs to his right hand.
4. Player repeats this sequence.
5. Repeat these steps moving up the floor in a zigzag pattern pretending someone is guarding him. Keep the head up and make sure to bring the ball behind the legs so that if he drops the ball, he will not trip over it.
6. Combine with "Pivot/Spin", "Behind the Back", and "Crossover" to add more complexity to the sequence.
7. Add a defender as the player becomes more proficient with the dribble.

7. Blaster

1. Player bends over with feet apart and holds the ball with both hands behind the back.
2. Player bounces the ball forward through the legs and catches the ball in front.
3. Repeat going backwards

8. Figure Eight

1. Player brings ball around legs in a figure-eight fashion, slapping the ball hard as he changes hands.

9. Push Pull

1. With the right hand, player dribbles the ball at his side from front to back, pushing the ball.
2. Repeat with left hand.
3. Player executes the same drill from side to side between the legs.
4. Repeat with left hand.

10. Crossover

1. Player dribbles the ball in front, from right hand to left hand, keeping the ball below the knees.
2. Keep the head and eyes up and don't let the ball bounce higher than the waist.
3. Repeat these steps moving up the floor in a zigzag pattern pretending someone is guarding him, making sure that the ball passes over the foot on the dribble. To protect the ball, the player should dribble it at his side.
4. Combine with "Pivot/Spin", "Behind the Back", and "Scissors" to add more complexity to the sequence.
5. Add a defender as the player becomes more proficient with the dribble.

11. Butterfly

1. Player bends over with feet apart and taps ball, in front and back, alternating between right and left hands and dribbles the ball between the legs as low and as fast as possible.

12. Figure Eight Dribble

1. Player dribbles the in a figure eight, alternating hands and leaning from right to left. Player should give the ball a hard quick tap from behind when changing hands. The hand that is not dribbling should be between the player's legs ready to make the switch as soon as possible.
2. Player repeats the drill as he moves forward, dribbling a figure eight behind his legs as he walks. He starts at the outside of his right foot and dribbles behind it, then steps with his left foot and dribbles behind it, continuing up the court.

13. Body Control Dribble

1. Player starts in the triple threat position and dribbles forward three bounces. He stays in his stance with knees bent and his feet parallel to each other and stops. He catches the ball on the final dribble and stays in the triple threat position.
2. Player dribbles backward three bounces. He stays in his stance with knees bent and his feet parallel to each other and stops. He catches the ball on the final dribble and stays in the triple threat position.
3. Player shuffles to the left as he dribbles three times with his right hand. He stays in his stance with knees bent and his feet parallel to each other and stops. He catches the ball on the final dribble and stays in the triple threat position.
4. Player shuffles to the right as he dribbles three times with his left hand. He stays in his stance with knees bent and his feet parallel to each other and stops. He catches the ball on the final dribble and stays in the triple threat position.
5. When dribbling forward and backward, the player should alternate using his right and left hands.

14. 2 Balls

1. Dribble with a ball in each hand, at the same time, down the court in a zigzag pattern.
2. Dribble with a ball in each hand, alternating the dribbles, down the court in a zigzag pattern.

15. Pivot / Spin

1. Player dribbles with right hand down the court in a zigzag pattern, plants left foot and pivots on left foot, turning so that his back is to the defender.
2. Player should palm the ball with the right hand and bring it around the front of his body as he spins, until the left hand picks up the dribble once the spin is complete.
3. Player executes the same movement with the left hand.
4. Continue alternating down the court.
5. Combine with "Behind the Back", "Crossover", and "Scissors" to add more complexity to the sequence.
6. Add a defender as the player becomes more proficient with the dribble.

16. Behind the Back

1. Player starts with the ball in his right hand. Player palms the ball and swings his arm behind his back forcing the ball to bounce at his left side.
2. When done properly the right wrist will hit the opposite hip.
3. Execute the same sequence with the left hand.
4. Player repeats the drill as he moves down the court in a zigzag pattern.
5. Combine with "Pivot/Spin", "Crossover", and "Scissors" to add more complexity to the sequence.
6. Add a defender as the player becomes more proficient with the dribble.

17. Thirty-Five-Second Weak Hand

1. Player stands to the left of the basket looking down court.
2. Player dribbles up the court with his left hand (or weak hand).
3. When he reaches the 3-point line, he cuts to the basket and makes a left-handed lay-up.
4. He rebounds his own shot and dribbles down to the other basket and makes a left-handed lay-up.
5. The player tries to make 6 lay-ups in 35 seconds.
6. The player should pound the ball into his hands. He should not push the ball way out in front and try to catch up to it. The player should always keep his head up.

18. Full Court Dribbling and Shooting - uses the hesitation dribble

1. Player stands on the baseline on the left side of the court.
2. Player speed dribbles 3 -4 dribbles and hesitates, keeping the dribble going.
3. Player continues this pattern until he reaches the 3-point line on the front court.
4. Player now V cuts with the dribble and goes straight in to the basket for a lay-up.
5. Player repeats these steps going the other way on the court.
6. Player can substitute a jump shot from different positions on the court for the lay-up.

Ball Handling & Dribbling Competitions / Games

1. Bumper Tag

1. All players have a ball and start out within the 3-point area.
2. Players try to knock the other player's ball out of the circle without losing their dribble.
3. Continue to make the circle smaller as players are knocked out. From the 3-point area move to the lane and then to the small circle at the top of the lane.
4. To add complexity, have players only dribble with their weak hand.

Passing - 5 minutes

Passing drills help players 1) to be able to catch hard passes, 2) to deliver the ball quickly, and 3) to develop both wrist strength and eye-hand coordination.

Emphasize the following techniques:

- 1) Passers should throw the ball hard and at their partner's hands, not feet or head.
- 2) Passers should step forward during the pass and have rotation on the ball making sure the receiver catches the ball with the lines horizontal.
- 3) Receivers should have their hands out ready to catch the pass and step forward to catch the pass (come to the ball).
- 4) When passing on the run, passers should lead their receivers with the pass.
- 5) Teach players, when passing in the game, to pass to teammates that have both feet facing them and they can clearly see their uniform number. If these conditions don't exist, don't pass.

1. 3 Pass Sequence

1. Divide players into pairs, with each pair standing on the lane lines opposite each other.
2. Players should alternate passing to each other 1) chest pass, 2) bounce pass, 3) overhead pass.
3. Have the players form two lines on the baseline where the lane lines meet.
4. Execute the same 3 passes while running up the court, making sure they lead their partner with the pass.

2. 3 Man Weave

1. Have the players line up in three lines on the baseline. Give the ball to the player in the middle.
2. The player in the middle passes to the player on his right and then follows the pass making sure he runs behind the player.
3. The player who catches the ball passes to the player on the left and follows his pass, running behind the player he just passed it to.
4. Continue this weave down the court and make a lay-up at the end. Start the next group when the 1st group reaches half court.

3. V-Cut

1. Divide players into pairs and stand approx. 2-3 feet apart facing each other.
2. The player without the ball will take a few steps to his right, plant his right foot and push off with his left, v-cutting back to his start position opposite his partner.
3. His partner will pass him the ball and he will pass back.
4. The player executes the same move to his left, v-cutting back and receiving the ball.
5. Continue this drill for 1 minute, then switch positions.

4. Rapid Fire

1. Divide players into groups of 3, standing in a V formation approx. 2-3 feet apart facing each other.
2. The players on the "wings" of the V each have a ball. They take turns throwing it to the person without the ball as rapidly as they can.
3. Continue this drill for 30 seconds, then switch positions.

5. Peripheral

1. Divide players into groups of 5, standing with 4 players on a line next to each other and one person facing them, approx. 2-3 feet apart.
2. Both the 1st player in the row and the player facing the row have a ball.
3. The player facing the row throws his ball to the 2nd person in the row and the 1st person in the row passes to the player facing the row.
4. The passes are returned. Continue the sequence passing to the next people in the row.
5. Continue this drill for 30 seconds, then switch positions so that everyone is the person facing the row.

6. 4 Square

1. Divide players into 4 lines. 1st line is the baseline extended on the right, 2nd line is the baseline extended on the left, 3rd line is the top of the key extended on the right, and 4th line is the top of the key extended on the left. The lines look like a box and should be far enough apart to have your players throw a pass. The distance should be adjusted depending on the age of the players.
2. The 1st player in the lines in opposite corners should have a ball.
3. Each player will throw to the player in the line to their right. The player will return the pass. The player will again throw the pass to the player to their right and then they will follow their pass to stand behind the line they just threw to.

4. The player who now has the ball will execute the same passes with the line on their right.
5. Continue the sequence, moving quickly and passing in control.

7. 5 position

1. Put the 1st player at the baseline extended on the right, the 2nd player at the baseline extended on the left, the 3rd player at the top of the key extended on the right, the 4th player at the top of the key extended on the left. The 5th player has the ball and stands on the baseline under the basket. The lines should be far enough apart to have your players throw a pass. The distance should be adjusted depending on the age of the players.
2. Player #5 passes the ball to player #3 and follows the pass to take #3's position.
3. Player #3 passes to player #2 and follows the pass to take #2's position.
4. Player #2 passes to player #1 and follows the pass to take #1's position.
5. Player #4 breaks to the basket and receives a bounce pass from player #1 who follows their pass to take #4's position.
6. Player #4 grabs their rebound and passes to the next person in line who starts the sequence over. Repeat several times.

8. Rapid-Fire Wall

1. Player stands about 2 feet from a wall. Player throws hard chest passes at a wall and continues in a rapid-fire fashion.
2. As he throws the ball, the player should back up gradually until he stand ten feet from the wall.
3. The player should continue throwing the ball as he moves back toward the wall.
4. Begin with 25 passes and work up to 50 passes. Vary the drill by throwing overhead and baseball passes.

9. Celtic Drill

1. Player #1 has the ball and stands on the baseline to the left of the basket. Player #2 stands in the outlet area (top of key extended to the left).
2. Player #1 passes the ball to player #2.
3. Player #2 drives wide the full length of the court for a lay-up.
4. Player #1, after passing the ball, sprints to the foul line of the opposite basket, turns around, head back down the court, and looks for a long pass from player #2.
5. After shooting the lay-up, player #2 gets his own rebound, takes one dribble, and throws a long pass to player #1 who is going toward the basket.
6. Player #2 sprints to rebound player #1's lay-up before it hits the floor.

Shooting Drills & Games - 10 minutes

It's never too early to emphasize proper shooting form. Beef - Balance, Elbow under ball, Eye on the basket, and Follow Through. When correcting shots, correct one bad habit at a time. Explain that just because the ball goes in with bad form doesn't make it correct. Also, explain that when correcting bad habits, their shot will usually get worse before it gets better. Don't encourage young players to shoot from the 3-point line, since most lack the strength to make the shot without change their shooting form. Do encourage them to practice shooting. Shooting is the only way they will get better.

Shooting Form & Footwork

1. Basic Form Shooting

1. Player stands directly in front of basket.
2. With the proper Beef form and bending the knees, player shoots the ball with one hand. This forces the correct one handed shot. Leave the follow through until the ball hits the rim.
3. Shoot 10 shots from the same place before the player slowly moves out from the basket.
4. Once the player is shooting with consistent form they can add the guide hand.

2. Lay-ups

1. Player should start in a position on the court where he can comfortably dribble 2 dribbles from the free throw line before shooting the lay-up.
2. Younger players should initially start close enough with no dribble, then 1 dribble, then 2 dribbles.
3. Have players shoot with one hand, the knee on the same side as the ball goes up with the shot. Players should always use the backboard.
4. Work on weak hand with a 2:1 ratio.

3. Pass & Shoot

1. Player #1 has the ball and stands under the basket and player #2 stands at the elbow. Move in with younger players.
2. Player #2 runs to the opposite elbow, plants his inside foot, pivots, and gets into the triple threat position to catch the ball. Player #1 throws a bounce or chest pass to player #2 just as player #2 pivots.
3. Player #2 catches the ball, squares to the basket and shoots.
4. Player #1 rebounds the ball while player #2 runs to the opposite elbow, plants his inside foot, pivots, and gets into the triple threat position to catch the ball. Player #1 throws a bounce or chest pass to player #2 just as player #2 pivots
5. Drill continues until player #2 shoots 10 shots from each elbow. Switch positions.
6. This drill can be expanded to run from baseline to baseline following the arch of the 3-point line, but within the line (2 pt shot).
7. This drill can be done off the dribble with only one player who dribbles to the position and then rebounds his own shot.

4. V Cut with Chair

1. Player #1 stands at the top of the key. Player #2, with the ball, stands on the baseline under the basket. Position a chair midway up the lane line.
2. Player #1 V cuts, rolls around the chair, player #2 passes player #1 the ball and player #1 shoots the lay-up.
3. Start in the same position but this time Player #1 V cuts, moves off the chair, player #2 passes player #1 the ball and player #1 shoots (watch the footwork).
4. Start in the same position but this time Player #1 V cuts, moves off the chair, player #2 passes player #1 the ball, player #1 gives a violent ball fake and shoots.
5. Start in the same position but this time Player #1 V cuts, moves off the chair, player #2 passes player #1 the ball, player #1 gives a violent ball fake and drives to the basket. Can add jab-step to sequence.
6. Repeat several times on both sides of the lane.

5. Full Court Crossover

1. Player speed dribbles down the court.
2. At the 3-point line, he executes a cross-over dribble and drives to the basket for a lay-up.
3. Continue this drill with both left and right hands.
4. For variation, change the lay-up to a jump shot.

6. Full Court Jump Stop

1. Player speed dribbles down the court.
2. At the 3-point line, he Jump stops and shoots.
3. Continue this drill with both left and right hands.

7. MHS Put Backs

1. Position 1 ball on the lowest hash mark of the lane and another ball on the opposite hash mark.
2. Separate the players into two groups and line each group up behind one of the balls.
3. The first player in the line picks up the ball and with two hand and two feet shoots the short shot.
4. The player
5. At the 3-point line, he Jump stops and shoots.

Continue this drill with both left and right hands

- 2 balls on floor. Pick up ball on floor, 2 -hand 2 feet shoot, rebound, put ball back on floor, slide to other ball, shoot, rebound, put ball on floor

8. The Jim Paxson Move

1. Player #1 and player #2 stand to the left of the key. Player #1 is the offensive player and player #2 acts as the defender. Player #1 has the ball.
2. Player #1 drives down the lane with player #2 on his side.
3. Player #1 slows down at the last second as he gets close to the basket.
4. Player #1 lets player #2 get slightly ahead of him.
5. Player #1 comes to a jump stop and then pivots off his foot closest to the foul line (the right) as his feet hit the ground.
6. Player #1 turns and takes a baby hook shot as he comes toward the middle of the lane.

9. V Cut

1. Player stands at a position on the court and puts the ball on the floor.
2. Player steps back and makes a V cut to the ball.
3. Player picks up the ball, makes an offensive move, and takes a shot.
4. Player gets his own rebound and repeats the steps from different positions on the court.