

HFL COUGAR HOOPS



BASKETBALL DRILLS FOR ALL AGE GROUPS

1	SHOOTING	4
1.1	OVERVIEW OF A JUMP SHOT	4
1.2	TWO LINE SHOOTING (GRADES 3-6)	4
1.3	SHOOTING RACE (GRADES 3-6).....	4
1.4	CUT CATCH PIVOT SHOOT DRILL (GRADES ALL)	5
1.5	SHOOTING KNOCK OUT (GRADES ALL)	5
2	DRIBBLING & BALL HANDLING	6
2.1	OVERVIEW	6
2.2	COPY CAT DRIBBLING (GRADES ALL).....	6
2.3	BALL CIRCLES DRILL (3).....	6
2.4	QUICK HANDS DRILL (3)	7
2.5	DOUBLE DRIBBLING IN PLACE (5)	7
2.6	CONE DRILLS (GRADES ALL).....	7
2.7	CRAZY CONE DRILLS (GRADES 3-6)	8
2.8	DRIBBLE WEAVE (GRADES 3-6).....	8
2.9	TRANSFER (GRADES 3-6)	8
2.10	ODD MAN OUT (GRADES 3-6)	8
2.11	CATCH AND DRIBBLE (GRADES 3-6)	9
2.12	DRIBBLE KNOCKOUT (GRADES 3-6)	9
2.13	RED ROVER RED ROVER DRIBBLE OVER (GRADES 3-6).....	9
2.14	TRAFFIC COP (GRADES 3-6)	9
2.15	DRIBBLING ON THE MOVE (GRADES ALL)	10
2.16	DOUBLE DRIBBLING ON THE MOVE (6)	10
3	CATCHING & PASSING	11
3.1	OVERVIEW	11
3.2	PASS TO PARTNER (GRADES 3-5)	11
3.3	SWING IT (GRADES 3-5)	11
3.4	PCPP: PASS CATCH PIVOT PASS (GRADES 3-5)	12
3.5	GIVE & GO CIRCLE (GRADES 3-5).....	12
3.6	3 MAN WEAVE (GRADES ALL)	12
3.7	SHUFFLE AND PASS (GRADES ALL)	12
4	OFFENSE	13
4.1	OVERVIEW	13
4.2	GIVE AND GO (GRADES 3-6)	13
4.3	BACKDOOR (GRADES 3-6).....	13
4.4	PICK & ROLL (GRADES 3-6).....	14
4.5	SHELL GAME (GRADES ALL)	14
4.6	PICK & ROLL (GRADES 3-6).....	14
4.7	HANDLE PRESSURE (GRADES 5-8).....	15
4.8	X (SAUCE) (GRADES 3-4).....	15
4.9	NUMBER 1 (GRADES ALL)	16
4.10	GREEN (GRADES 3-4)	17
4.11	SKITTLES (GRADES 3-4)	19
4.12	EAGLE (GRADES ALL).....	20
4.13	CIRCLE EAGLE (GRADES ALL)	21
4.14	EAGLE DOWN (GRADES ALL)	22
4.15	OUT OF BOUNDS PLAY: GOLD (GRADES ALL).....	22
4.16	OUT OF BOUNDS PLAY: SILVER (GRADES ALL).....	23
4.17	OUT OF BOUNDS PLAY: SOUTH CAROLINA (GRADES 3-4)	23
4.18	VANILLA: BREAK FULL COURT M2M PRESSURE (GRADES 5-8)	24
4.19	VANILLA SHAKE: BREAK FULL COURT M2M PRESSURE (GRADES 5-8).....	24
4.20	DOUBLE SCOOP: BREAK FULL COURT M2M PRESSURE (GRADES 5-8)	25
4.21	FLEX OFFENSE	25
4.22	MOTION OFFENSE	25
4.23	ODD FRONT ZONE OFFENSE.....	25
4.24	EVEN FRONT ZONE OFFENSE	25
4.25	MAN 2 MAN PRESS BREAK	25
4.26	ZONE PRESS BREAK	25
5	DEFENSE	26

5.1	OVERVIEW	26
5.2	SHUFFLE DRILL (GRADES ALL)	26
5.3	DENY THE BALL (GRADES ALL).....	26
5.4	SHELL DRILL (GRADES ALL)	27
5.5	FAST FEET DRILL (GRADES ALL).....	27
5.6	FORCE DRILL (GRADES ALL).....	27
5.7	DROP STEP SHUFFLE DRILL (GRADES ALL).....	27
5.8	ANTICIPATION (GRADES ALL)	28
5.9	DENY CUTTER (GRADES ALL)	28
5.10	MY HOUSE (GRADES 6-8).....	29
6	LAYUPS.....	29
6.1	OVERVIEW OF LAYUP	29
6.2	HIGH FIVE DRILL (GRADES 3-4).....	29
6.3	BASE LAY UP DRILL (GRADES 3-6).....	30
6.4	LAY UP DRILL (GRADES ALL)	30
7	REBOUNDING	31
7.1	OVERVIEW	31
7.2	MY BALL (GRADES ALL).....	31
7.3	BLOCK OUT DRILL (GRADES ALL)	31
7.4	BUTT TO BUTT (GRADES 3-4)	31
8	OUTLET	31
8.1	OVERVIEW	31
9	COMBINATION.....	32
9.1	11 MAN DRILL OR 3 ON 2 DRILL (GRADES ALL).....	32
9.2	3V2 AND 2V1 DRILL (GRADES ALL).....	32
9.3	3 ON 3 ROUND ROBIN (GRADES ALL)	32
9.4	DISASTER RECOVERY (GRADES 5-8).....	32
9.5	GOPHER BALL (GRADES 3-6)	32
9.6	50 PASSES (GRADES 3-6).....	32
10	RULES OF THE GAME	33
10.1	RULES STATION (GRADES 3-5).....	33
11	QUOTES.....	33
12	COACHING TIPS.....	33
12.1	3 PLUSSES AND A WISH.....	33

1 Shooting

1.1 Overview of a Jump Shot

Start with one kid shooting without using their legs. Make sure their legs stay straight. Then have the kid shoot by using their legs and show how much farther they can shoot. This shows that the power of a shot should come from the legs.

Listed below are some key items for shooting a basic jump shot.

- Athletic stance with feet shoulder width apart and shooting foot slightly forward
- Shooting hand: Ball, hand, elbow on top of each other
- Off hand is on the side of the ball as a guide (not to help push ball)
- Eyes focus on one point depending upon the type of shot:
 - Bank shot: top of square
 - Swish: back of rim, front of the rim, or middle of the rim (Just be consistent).
- The ball should hit the rim or backboard or net on the way down
- Use legs to get power (straight up and straight down)
 - If the player jumps forward while shooting they shoot hard and flat
- Follow thru with wrist to get reverse spin
- You should flip the ball not push it
- The ball leaves from the fingers not the palm
- Teach them **BEEF**, **B**alance, **E**yes on basket, **E**lbow in tight, **F**ollow through

1.2 Two Line Shooting (grades 3-6)

Start with the kids in two lines where the first player in one line has a ball. Each line should be on each side of the basket at a 45 degree angle. Start with kids in the line with the ball at a distance they can all shoot at. Start by having the kids shooting a jump shot while focusing on form and accuracy. Insist the kids in the rebounding line make a good bounce pass back to the next kid in line without traveling or dribbling.

1.3 Shooting Race (grades 3-6)

Keep the same two lines as in the previous drill but have the first player in both lines have a ball. Now have a race to see which team can make 5 baskets first. Each kid gets one shot and then they must get their own rebound. This should teach the kids to follow their own shot. Insist the kids make a good bounce pass back to the next kid in line without traveling. Switch lines and then race again. Since the kids will be shooting at the same basket a coach should make sure that the kids shooting do not get hit with the other ball.

1.4 Cut Catch Pivot Shoot Drill (grades all)

Break the kids into two lines. The passing line will have one ball at the right wing. The shooting line will start at the left lower block. When the passer yells go, the shooter cuts to the center of the lane. The passer makes a good bounce pass. The passer should:

- Start with the ball between the chest and belly button
- Lean upper body down as you take a big step forward
 - a. Discourage kids from holding the ball at chest level or above
 - i. Kids then wip the ball out and downward with their thumbs on top.
- Push the ball forward equally with both hands.
- Snap thumbs through the bottom of the ball.
- The ball should bounce closer to the target than the thrower.

The shooter should step toward the ball to catch a pass. Catch the ball with your hands (only) out away from your body. Your fingers should be pointed out. Make a diamond with your thumbs and pointer fingers if you are catching the ball above your waist. After catching the ball the shooter should pivot to face the basket. The shooter should have good balance before starting a good jump shot. After the shot, both players go for the rebound and pass to the next player in the passing line. Then each player goes to the end of the opposite line.

1.5 Shooting Knock Out (grades all)

Start with one line of players at the foul line. The first two players should have a ball. The first player takes a foul shot and then gets her own rebound and keeps shooting from anywhere until she makes one shot. The second player shoots as soon as the first player finishes her first shot. The second player also gets her own rebound and keeps shooting from anywhere until she makes one shot. If any player makes a shot prior to the player in head of them making a shot then the prior player is out of the game. After a player makes a shot they give the ball to the next person in line.

Make the players do this game without travelling.

2 Dribbling & Ball Handling

2.1 Overview

Hold the ball to one side of either hip to allow dribbling on the outside of the corresponding foot. When dribbling, remember these pointers:

- Use your fingers (not the palm of your hand)
- Push the ball (do not slap the ball)
- You should never hear your hand strike the ball when dribbling
- *** Hand touches the ball low and raises with the ball
- Look up when dribbling
- Dribble low to prevent steals (lower the upper body)
 - a. Hands should range between the knees and waist
- Discuss Traveling and double dribble

2.2 Copy Cat Dribbling (grades all)

Spread the kids out and let them dribble in place. Emphasize all the items listed above. As the kids seem to get it ask them to do the following items.

- High Dribble with right hand
- Low Dribble with right hand
- High Dribble with left hand
- Low Dribble with left hand
- Dribble forward to backward with right hand/left hand
- Dribble left to right with right hand/left hand
- Alternate hands every dribble (repetitive crossover dribbles)
- Dribble around right foot
- Dribble around left foot
- Dribble around both feet
- Dribble figure 8s
- Crossover dribbles between legs
- Crossover dribbles behind the back

The coach can be demonstrating while the kids are dribbling. The later bullets are more advanced but can be attempted. Allow the kids to look at the ball first while they get the feel of each task. Then ask the kids to shout the number of fingers the coach has up to keep the kids head up.

2.3 Ball Circles Drill (3)

This drill can be done as part of Copy Cat Dribbling. Each player has a ball and circles it around different parts of the body, exchanging the ball from hand to hand, clockwise and then counter-clockwise. On the coaches command players will circle the head, mid-section, right leg, left leg and then figure 8 around and through the legs. Different dribbling patterns can also be performed: figure 8s, Xs between legs, and around one leg. The player should also grip the ball between the legs with one hand in front of the legs and one hand behind the legs. The player then releases the ball, switches his hands, and catches the ball. This can also be done by alternating from both hands in front of legs to both hands behind legs.

2.4 Quick Hands Drill (3)

This drill can be done as part of Copy Cat Dribbling. This drill works on grabbing loose ball and holding onto it. Bent at the knees and waist, holding the ball between the knees with one hand in front of the body and one hand behind the body, the player releases the ball and quickly reverses their hands and catches the ball between the legs before the ball hits the ground. A similar drill can be done with both hands in front of knees. Release the ball and catch it with both hands behind the knees.

2.5 Double Dribbling In Place (5)

Spread the kids out and let them dribble two balls in place. This will force the kids to use both hands equally and build a comfort level. Attempt to not look at the balls. As the kids seem to get it ask them to do the following items.

- High Dribble
- Low Dribble
- Dribble forward to backward
- Dribble left to right
- Dribble forward, backward, left, then right
- Dribble spinning in a circle

2.6 Cone Drills (grades all)

Place the kids in two lines with 5 cones in front of each line. Place the cones about 10 feet apart. We only need one ball per line to start with. Have one kid from each line (2 kids at one time) do the following items at a comfortable speed (this is not a race). While the kids are dribbling (if they can) ask the kids to pick up their heads. Have one coach stand past the cones and hold up some number of fingers. The kids then need to yell out the number as they dribble and as the number of fingers change. Each kid can get at least one chance performing the following exercise through the cones:

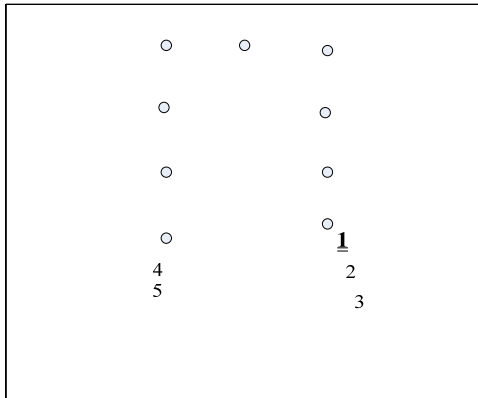
- Dribble with right hand down the right side of the cones and back the other side
- Dribble with left hand down the left side of the cones and back the other side
- Weave thru the cones and do a cross over dribble at each cone
 - Pretend the cones are defenders
 - Make the cross over swift
 - Accelerate just before each cone
 - Players stay low
 - The ball ends outside the foot that is farthest away from the cone
 - Emphasize protecting the ball from the pretend defender
 - The coach can stand on a cone and poke at the ball if players get sloppy

Then perform the same cone drills but make it a relay race. The ball must be handed to the next player in line not passed. Let the kids have fun and just go as fast as they can.

Another option to this drill is Crazy Cones described next.

2.7 Crazy Cone Drills (grades 3-6)

Each player has a ball and is in one of two lines with cones set up in 3 sided rectangle. Both lines weave the cones to the other line. The players must keep their heads up and weave thru the cones and the other players. This should not be a race to start with. Keep under control and move quickly.



2.8 Dribble Weave (grades 3-6)

Line the players up on two joining sides of a square, each with a ball. The players face and dribble across the square at the same time. The players must keep their heads up and weave thru the other players. This should not be a race to start with. Keep under control and move quickly.

2.9 Transfer (grades 3-6)

Place the kids in multiple lines/team at the baseline. We only need one ball per line to start with. Place some number (8) of objects (pinnies, paper balls...) at mid-court. This is a relay race the first player dribbles to the pinnies, picks one up, and dribbles back to their line. The player must hand the ball to the next player in line. The player must dribble the entire time (especially while picking up the object). Race using the right hand only and then race using the left hand only.

2.10 Odd Man Out (grades 3-6)

Each player in this drill has a basketball and dribbles continuously. Each player starts on the baseline and dribbles to half court and back to the baseline. One less object (pinnie, paper ball...) is at the baseline than there are players. The one player without an object is out and does ball handling drills while the game continues. Each turn the coach removes one object until there is a winner. This game can be changed by having only one object to get. Then there is one winner and no losers and no one sitting out.

2.11 Catch and Dribble (grades 3-6)

Minimum of two players spaced 5-8 feet apart (depending on age level). Each player has a basketball and one has a ping pong ball. Dribbling with your good hand (proper form required) as you underhand pass the ping pong ball back and forth while dribbling. If you miss the ping pong ball dribble to get it and continue the drill. Switch to your off hand and continue drill.

A similar drill is to have a group of players (2-8) each get a ball and form a circle. One girl starts with two balls. All girls must dribble one ball the entire time. The player with two balls will pass the ball to another player. Each player must dribble and pass/catch. This drill is fun and forces the kids to dribble without watching the ball.

2.12 Dribble Knockout (grades 3-6)

While dribbling try to tap the other players ball out of bounds. Second dribble is not allowed. When your ball goes out of bounds you must do 5 push ups or run one lap, after you did that you can join the group again.

Make sure the kids keep their head up, use both arms.

The more they try to tap away other players balls (in stead of just protecting their own ball) the better dribblers they become. This game can be played as last man standing wins. Players knocked out can dribble in place while watching the competition.

2.13 Red Rover Red Rover Dribble Over (grades 3-6)

One person is in the middle while dribbling and everyone else is at one baseline. The man in the middle shouts something (it could be Red Rover Red Rover Come on Over) that causes everyone to dribble to the other baseline. The man in the middle tries to touch as many people as possible. Anyone who is touched must then help the man in the middle touch other players. The last player not caught wins. Every player is encouraged to keep dribbling the entire drill.

2.14 Traffic Cop (grades 3-6)

Have a group of kids start at one baseline, don't bunch them too closely together. Each child in the group has a ball. The coach uses hand signals to direct the kids:

- Thumbs to chest: Dribble straight forward toward other baseline
- Fingers Pointing Toward Kids: Dribble toward starting baseline
- Point to Left or Right: Dribble left or right
- Stop Signal: Kids dribble in place (Could spruce this up with Figure 8, Left Hand, Right Hand, Between Legs...)

This drill could also be done as a race (similar to Red Light Green Light) to see who can get to the other baseline first. Those losing their dribble or not catching a signal quick enough must go back to the starting baseline. All during this youth basketball drill the children keep dribbling. Give direction change signals without words so they have to keep their eyes on you. As they progress change directions more quickly and move faster.

2.15 Dribbling On the Move (grades all)

Spread the kids into 4 lines at one baseline. On the whistle the first kid in each line will dribble the full length of the court. At first let the kids go at a speed where they are comfortable and under control. Quickly pressure the kids to increase the speed and make this a race if desired. The following items are some tasks to have the kids do as they dribble the length of the court.

- Low Dribble forward right/left hand
- Dribble backward right/left hand
- Dribble while shuffling sideways right/left hand
- Dribble between legs each step
- Dribble backwards between legs each step (?)
- Dribble behind back with one setup dribble
- Dribble behind back with NO setup dribble (?)
- Spin dribble with one setup dribble (?)
- Crossover dribbles with acceleration and change of direction at the cones
- Dribbles between legs with acceleration and change of direction at the cones
- Dribbles behind back with acceleration and change of direction at the cones
- Spin dribble with one setup dribble (?)

2.16 Double Dribbling On the Move (6)

Spread the kids into 4 lines at one baseline. On the whistle the first kid in each line will dribble two balls the full length of the court. Let the kids go at a speed where they are comfortable and under control. The following items are some tasks to have the kids do as they dribble the length of the court.

- Same dribble forward
- Alternating dribble forward
- Same dribble backward
- Alternating dribble backward
- Same dribble forward in a zigzag pattern
- Alternating dribble forward in a zigzag pattern

3 Catching & Passing

3.1 Overview

The passer should:

- Start with the ball between the chest and belly button
- Lean upper body down as you take a big step forward
 - a. Discourage kids from holding the ball at chest level or above
 - i. Kids then wip the ball out and downward with their thumbs on top.
- Push the ball forward equally with both hands.
- Snap thumbs through the **bottom** of the ball.
- The ball should bounce closer to the target than the thrower.

Step toward the ball to catch a pass. Catch the ball with your hands (only) out away from your body. Your fingers should be pointed out. Make a diamond with your thumbs and pointer fingers if you are catching the ball above your waist. After catching the ball snap to the triple threat position and pivot to face the basket.

Bounce pass to a low post player from below the foul line to improve the angle of the pass. This places the defensive player in the toughest position. The post player uses his hand to define where he wants to receive the pass.

3.2 Pass to Partner (grades 3-5)

Place the kids in two lines that are about 15 feet apart. Each kid should have a partner and they can pass to each other. Switch between bounce passes and chest passes on the coaches command. Emphasize all the points listed above.

3.3 Swing It (grades 3-5)

Divide group into roughly equal teams. Ideally 3-5 kids in a team. The kids form a triangle if there are 3 kids in a group (a square if there are 4 kids...). The kids must make the desired pass around there group. Let the kids do a few practices before the race is started so the can master the catch, pivot, pass technique. When the race starts the first team to make 5 passes without a dropped pass wins. Have the passes go counter-clockwise and then clockwise in one game or in separate games. Switch from bounce passes, to chest passes. Space the kids farther apart and increase the target number as they get better. Stress the following items:

- Step towards the ball to catch it
- Catch the ball with the hands out in front of the body
- Bring the ball to the triple threat position.
- Pivot towards the target.
- Step towards the target
- Make a good pass.

Do not allow the kids to travel or dribble before passing. Any violations cause the team to reset their count to zero.

3.4 PCPP: Pass Catch Pivot Pass (grades 3-5)

3 players form a single line. One of the end players slaps the ball to cause the middle man to cut towards him. The end player passes to the middle man who catches the ball on a jump stop. The middle man pivots and passes to the other end player. Then the middle man cuts to that player to receive another pass. This continues for a certain number of passes or for so much time.

3.5 Give & Go Circle (grades 3-5)

Make a circle at mid-court with a diameter of about 4 meters. Start with one player in the middle. The first player passes to middle player, and goes after his pass. Middle player passes to next player in circle (clockwise) and moves into circle to replace the spot where the previous player came from. Ball may not touch the ground, use chest passes.

Make it a competition by demanding 100 passes from middle to outside of circle without dropping the ball. If ball hits floor, start over again, and let players count loudly. If done well, also try other passes.

3.6 3 Man Weave (grades all)

Form 3 Lines of players at one baseline facing the other baseline. The player in the middle starts with the ball. The middle player passes to one side and then runs to where he passed the ball. The player who catches the ball passes to the player to the other line. The ball should never hit the floor as the players go from one end of the gym to the other. At the end one player makes a lay up.

3.7 SHUFFLE AND PASS (grades all)

Start a line in the middle of the foul line and another line on the out-of-bounds line. Start with the ball at the foul line. Face each other then start to side step down the court giving each other a chest pass every 2 or 3 steps. Do not let the ball hit the ground!

4 Offense

4.1 Overview

The following are general offensive items to remember when playing basketball:

- Always face the basket after receiving a pass and before dribbling
- Person closest to the ball picks away from the ball
- Person farthest from the ball cut towards the ball
- Person cutting needs to time the cut so they are open when the man with the ball is in a position to pass
- Know your shooting range and take a good shot when you get it
- When dribbling or passing try to get the ball closer to the basket

4.2 Give and Go (grades 3-6)

Start this drill with 2 offensive players and 2 defenders. One line with a ball starts at the point. One line starts at the low block and pops to the wing. The ball is passed to the wing and then the passer cuts to the basket. Have the defenders move at half speed to begin with. The coaches can be defenders to have the correct level of pressure. Emphasize that the first player cuts as soon as they pass the ball. Cut behind the defender if the defender drifts too far towards where the ball is passed. If the defender stays put then cut in front of the defender.

4.3 Backdoor (grades 3-6)

Start this drill with 1 passer (at the point) and 1 offensive player and 1 defender at the lower block. Have the defender move at half speed to begin with. The coaches can be defenders to have the correct level of pressure. Have the defender over commit to denying the pass as the lower block player pops to the wing. Have the lower block player start to pop to the wing and then cut hard back door. As the players get better at this drill have the defenders (coaches) switch things up. One time the defender denies the pass so the cutter should go backdoor. Another time the defender could allow the pass so the cutter should proceed to get the pass at the wing. This makes the passer and the cutter read the defense in order to determine the correct play.

4.4 Pick & Roll (grades 3-6)

Start this drill with 2 offensive players and 2 defenders. Have the defenders move at half speed to begin with. The coaches can be defenders to have the correct level of pressure. One offensive player starts at the point dribbling the ball. The other offensive player comes to point and sets a pick on one side of the defender. The dribbler dribbles his man into the pick and proceeds towards the basket. As soon as the dribbler goes by the picker, the picker should role to the basket. The picker should pivot so that he always sees the basketball. The defender of the picker needs to determine if he will switch to guard the dribbler or stay with the picker. The offensive players need to read the defense and allow the open man to shoot. The following things should be emphasized when setting a pick:

- Picker gets set between defensive player and where offense wants to go
- Picker position: Hands protect groin or chest, feet shoulder width apart
- Picker does not move after getting set
- Dribbler fakes other way
- Dribbler brushes shoulder with picker
- Dribbler must make at least two dribbles past pick to force defense to make a decision

4.5 Shell Game (grades all)

Have a game of 3 on 3 or 2 on 2. The rest of the kids (and coaches) spread out on the 3 point line. The offensive team can pass to anyone on the perimeter. The perimeter players can not dribble but can pass to anyone (perimeter or offense). To emphasize movement without the ball prohibit the offense from dribbling. This will force the offense to get the ball in a scoring position. If you allow the offense to dribble you put more pressure on the defense.

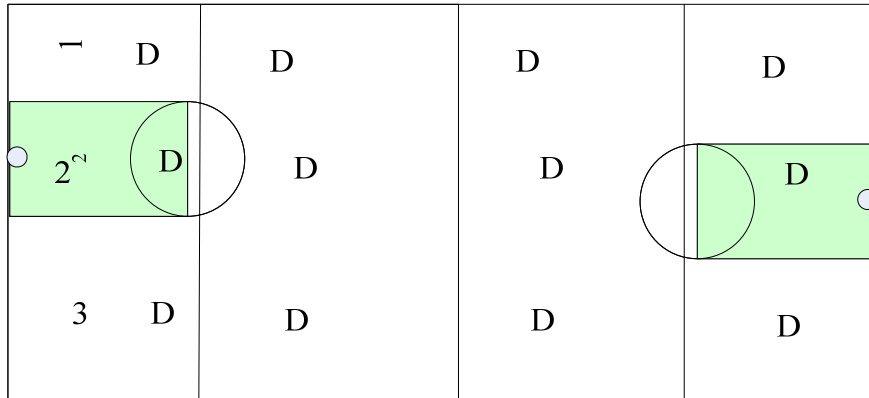
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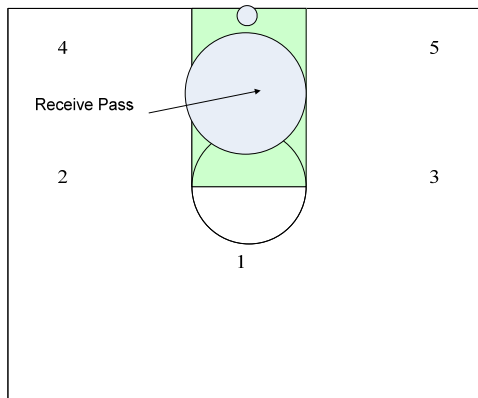
4.7 Handle Pressure (grades 5-8)

This drill is used to force the offense to bring the ball up against extreme pressure. Each defensive player must stay within her section. The offense will bring the ball from one end of the court to the other to end up going 3v3. But at each new stage a defensive team is applying pressure. At the lines the pressure is doubled.



4.8 X (Sauce) (grades 3-4)

This offense is set up to just get the kids started with picking away and cutting to the middle to receive a pass. 1 starts by calling Sauce 3. 1 can call anyone of the other player's name and the offense name. Then that player (3 in this example) cut to the middle to receive a pass if open. If 3 does not receive the pass then she will continue across to set a pick for a player on the other side. It does not matter which player (so lets say 4). Then 4 cuts to the middle, to receive a pass. If 4 does not receive the pass then 4 will continue across to set a pick for 5. The play just continues until a pass is made to the middle and a shot is expected.

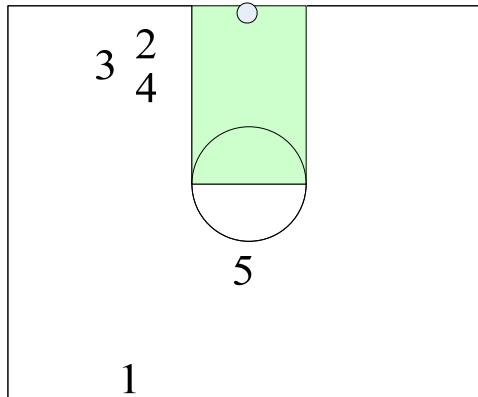


4.9 Number 1 (grades all)

Point guard yells “Number 1 to X and Y is coming thru“. Assume Number 1 to 5 and 3 is coming thru”

1 starts on the left side before half court

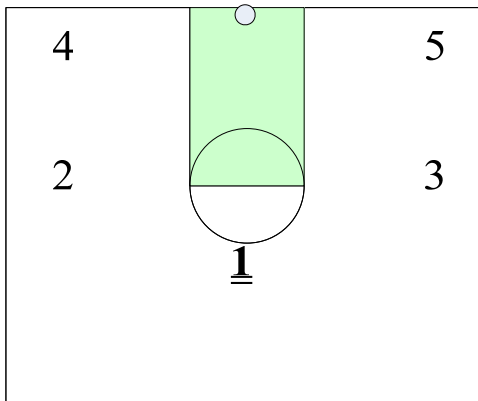
- 5 just gets stationary ready to set a pick
- 1 fakes left and goes to the right to drive her defender into the pick by 5
- 5 rolls to the basket
- 3 uses the double pick of 2 and 4 after 1 gets past 5



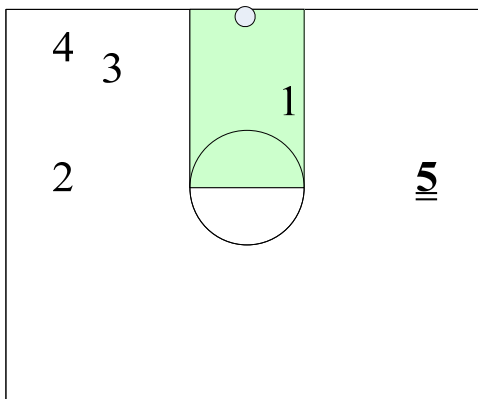
4.10 Green (grades 3-4)

This offense starts by 1 calling “Green 3” or 2. 1 calls the name of the player that will set the two picks involved. At any point there is always the option of a cutter going back door if the defense is over playing. At any point the person with the ball can decide to drive to the basket with the ball. So when 1 calls “Green 3”

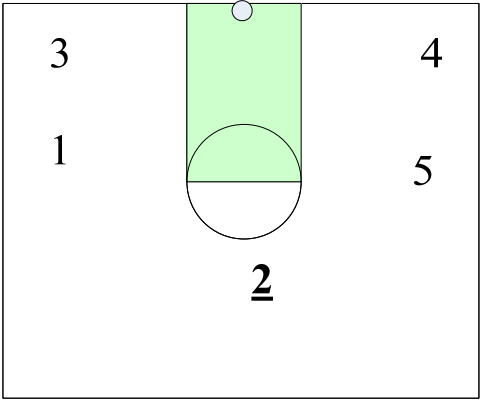
- 3 goes down to set a pick for 5
- 5 cuts to the wing
- 1 passes to 5



- 3 goes across the lane to set a pick for 2 or 4 (lets say 4)
- 1 cuts to the basket for a Give N Go
- If 1 does not get the ball then 1 continues away from the ball (around to where 2 is)

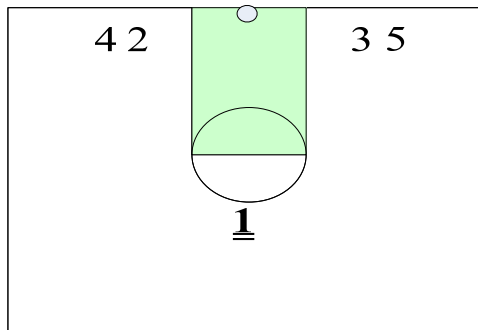


- 4 cuts to the middle after the pick from 3
- If 4 does not get the ball she goes to set a pick for 5
- 5 can dribble penetrate or pass to the top of the key to 2
- 2 cuts to the top of the key to receive a pass and start the offense again
- 4 goes to the lower right to start the offense

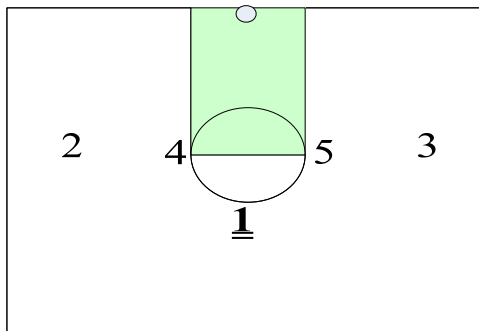


4.11 Skittles (grades 3-4)

This offense starts by 1 calling “Skittles”.



- 2 & 3 cut to the wings
- 4 & 5 cuts to the elbow



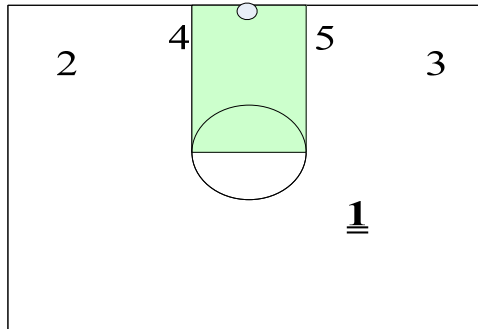
- 1 passes to whom ever is open (lets say 3)
 - 1 uses 5 as a pick and does a Give & Go
 - 5 runs to the left elbow to set a pick for 4 (after 1 passes)
 - 4 rolls to the basket
 - 2 pops to the top of the key
 - 3 passes to 2
 - 2 restarts the office
- 1 passes to whom ever is open (lets say 5)
 - 3 goes back door
 - 1 uses 4 as a pick and does a Give & Go
 - 2 pops to the top of the key
 - 5 passes to 2
 - 2 restarts the office

4.12 Eagle (grades all)

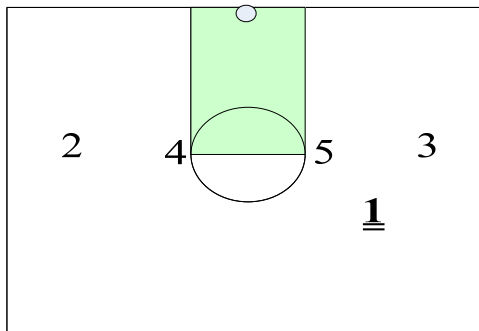
2-5 setup as shown below when “Eagle” is called.

1 can either start on the right or left side.

Motion starts when “Go” is called.



- 2 & 3 switch positions OR cut to low post and then back to the wings
- 4 & 5 cuts to the elbow after wings get past them



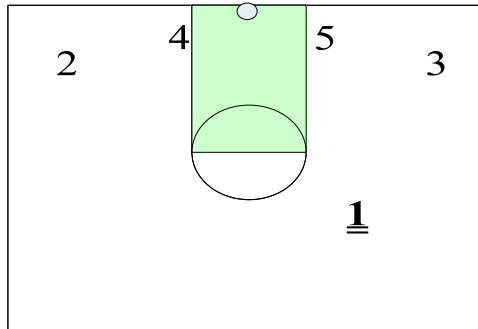
- 1 passes to whom ever is open (lets say 3)
 - 1 runs straight to basket and does a Give & Go (1 ends up where 2 is at left wing)
 - 5 runs to the left elbow to set a pick for 4 as soon as she sees 3 is getting the ball
 - 4 rolls to the basket
 - 2 pops to the top of the key
 - 3 passes to 2
 - 2 restarts the office
- Lets say 1 passed to 5
 - 3 goes back door and ends up at left wing
 - 1 shift to the right wing
 - 2 pops to the top of the key
 - 5 passes to 2
 - 2 restarts the office

4.13 Circle Eagle (grades all)

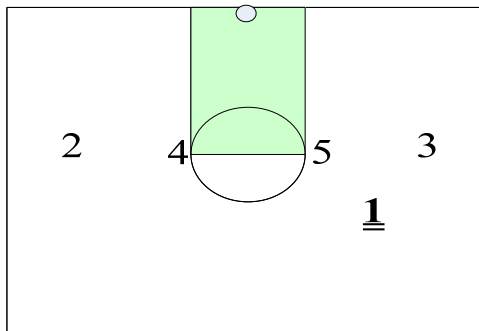
2-5 setup as shown below when “Eagle” is called.

1 can either start on the right or left side.

Motion starts when “Go” is called.



- 2 & 3 switch positions OR cut to low post and then back to the wings
- 4 & 5 cuts to the elbow after wings get past them



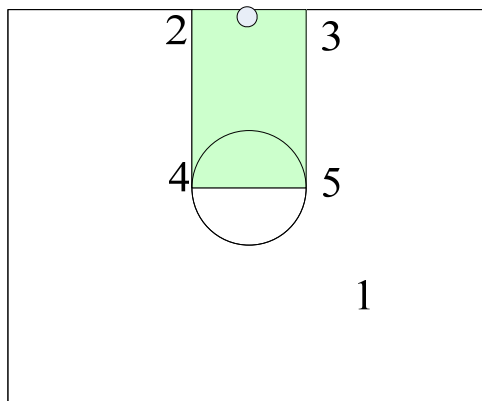
- 1 dribbles to wing as that wing sets a pick if the right side then 3 picks for 1
 - 3 can roll to basket and then go to left wing in which case 2 goes to point
 - if 3 does not roll then 3 will just go to point position
 - 5 runs to the left elbow to set a pick for 4 as soon as she sees 3 is getting the ball
 - 4 rolls to the basket

4.14 Eagle Down (grades all)

2-5 setup as shown below when “Eagle” is called.
Motion starts when “Go” is called.

1 can either start on the right or left side.

- 4 picks for 2 and 5 picks for 3
- 2 and 3 pop to the wing positions
- 4 and 5 pop back to the elbow positions

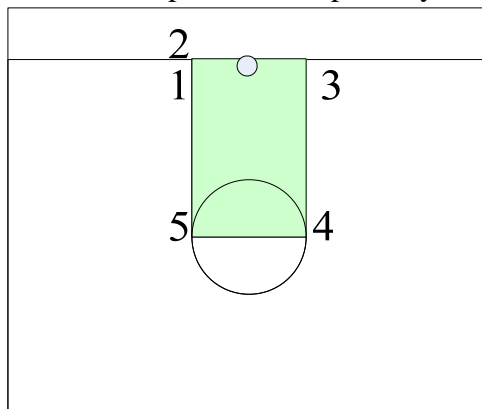


From this point the offense is identical to Eagle.

4.15 Out Of Bounds Play: Gold (grades all)

Out of bounds play used when we take the ball out under our offensive basket. 2 calls “Box Gold”

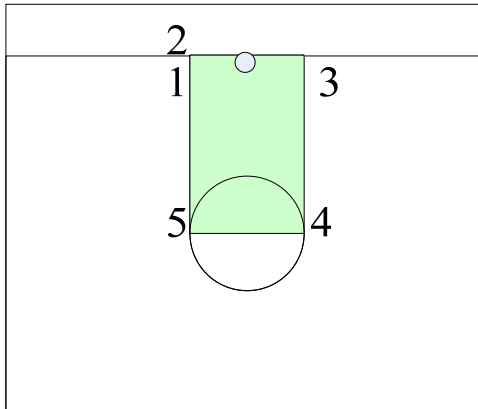
- 1 picks for 5
- 5 cuts to the wide left baseline
- 3 picks for 1
- 1 cuts to basket (and is always open)
- 3 Cuts towards 2 to receive pass and shoot
- 4 drops back to top of key for safety pass



4.16 Out Of Bounds Play: Silver (grades all)

Out of bounds play used when we take the ball out under our offensive basket. 2 calls “Box Gold”

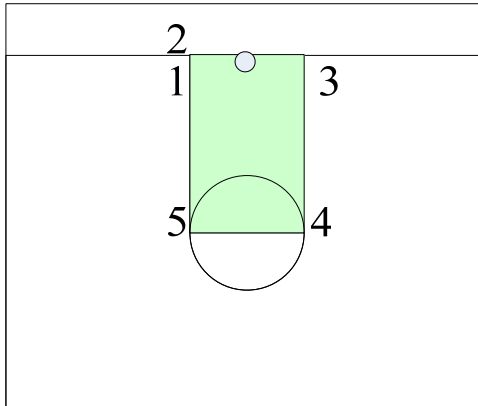
- 5 picks for 4
- 4 cuts to the wide left baseline
- 1 picks for 5
- 5 cuts to left side of basket (and is always open)
- 1 Cuts to right side of basket (and is open if they cheat towards 5)
- 3 drops back to top of key for safety pass



4.17 Out Of Bounds Play: South Carolina (grades 3-4)

Out of bounds play used when we take the ball out under our offensive basket. 2 calls “South Carolina”

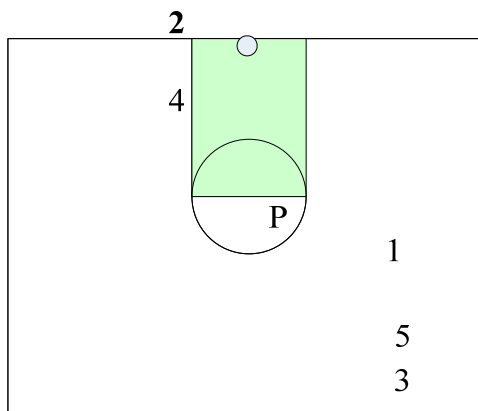
- 1 picks for 5
- 3 picks for 4
- 5 and 4 cut toward the ball / basket
- 1 cuts to the left wing
- 3 drops back to top of key for safety pass



4.18 Vanilla: Break Full court M2M pressure (grades 5-8)

Out of bounds play used when we take the ball out under our defensive basket. 2 calls “Vanilla”

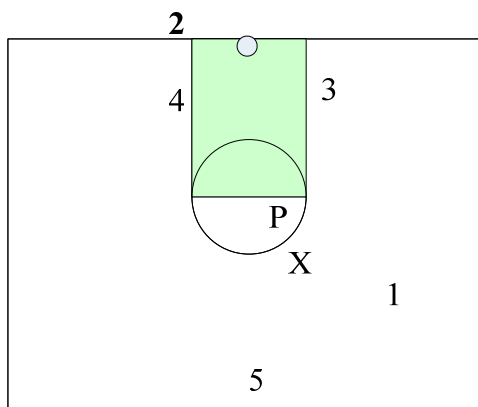
- 2 takes ball out of bounds
- 4 sets a pick at the P for 1 and then pops back toward ball as second option
- 1 cuts either side of pick to get inbounds pass
 - if defender goes baseline side of pick then 1 can get the ball farther up court
 - if 1 doesn't get pass then 4 and 3 cut to ball in series
- 1 forces ball up the court
- 5 cuts to basket
- 3 Cuts towards mid court
- If 1 does not pass to 3, 3 then immediately fills the left lane
- 4 is trailer in the left lane



4.19 Vanilla Shake: Break Full court M2M pressure (grades 5-8)

Out of bounds play used when we take the ball out under our defensive basket. 2 calls “Vanilla Shake”

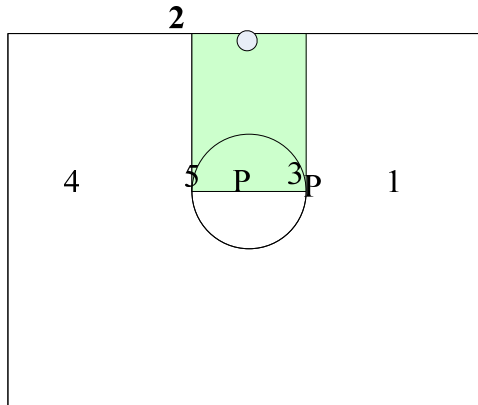
- 2 takes ball out of bounds
- 4 and 3 sets a pick at the P for 1
- 1 cuts either side of pick to get inbounds pass
 - if defender goes baseline side of pick then 1 breaks deep for a baseball pass
 - if defender goes far side of pick 1 cuts low
- 5 goes to X to set a pick for 4
- 4 breaks to offensive basket as soon as 1 gets past
- 3 cuts towards defensive basket after 1 gets past



4.20 Double Scoop: Break Full court M2M pressure (grades 5-8)

Out of bounds play used when we take the ball out under our defensive basket. 2 calls “Double Scoop”

- 2 takes ball out of bounds
- 5 and 3 set picks at the Ps with their backs to the ball
- 1 cuts in between the two picks
- 4 breaks deep for a baseball pass
- if 1 gets the ball look for a break up the sidelines



4.21 Flex Offense

http://www.kudda.com/clinic/Teaching_the_Flex_Offense

4.22 Motion Offense

http://www.kudda.com/clinic/Running_the_Motion_Offense

4.23 Odd Front Zone Offense

http://video.kudda.com/clinic/Attacking_an_Odd_front_zone/Offense_against_an_odd_zone__3

4.24 Even Front Zone Offense

http://video.kudda.com/clinic/Basketball_How_to_attack_an_Even_Zone_in_Kuddamati_on/Principles_of_attacking_an_even_zone_3

4.25 Man 2 Man Press Break

http://video.kudda.com/clinic/Press_Break_Against_a_Man_to_Man_Press/Press_Break_vs_Man-to-Man_K

4.26 Zone Press Break

http://video.kudda.com/clinic/Beating_the_Zone_Full_Court_Press/Press_Break_vs_Zone_2_K

5 Defense

5.1 Overview

The following are fundamental items to remember when playing defense:

- Get into a **balanced** athletic stance
 - Feet wider than shoulders
 - But Down, But Down, But Down
 - Hands out and low
 - Palms pointing up or in
- Stay between man and basket
- But points to basket
- Play defense with your feet not your hands
- When defending man with ball poke at the ball (do not slap)
- When defending man one pass away stay 1 step away
- When defending man 2 passes away stay half way between ball and man, 1 step back
- Always see the ball and your man (or touch your man)
- Use the baseline and sidelines
- Force ball to sideline or corner by changing the line of the offensive player

Defense is all about making the offensive person's job as difficult as possible.

5.2 Shuffle Drill (grades all)

This drill emphasizes a good defensive stance and shuffling while staying low. The kids need to spread out on the floor and all face the coach. The coach can start by pointing in the direction that he wants the kids to shuffle. If the coach points left or right then the kids shuffle in that direction. Emphasize that the kids stay low and in a good athletic stance. The kids should not cross their feet. If the coach points straight at the kids then they should back peddle straight back. The coach can then point to the back left of the kids. This would cause the kids to perform a drop step with their right foot and shuffle away from the coach at a 45 degree angle. The coach can point directly away from the kids that will cause the kids to run towards them. Work on the shuffle more than the back peddling and the running forward. Kids will get tired quickly when performing this drill. Some kids will not have the coordination to get low and shuffle so just let them do what they can do.

5.3 Deny The Ball (grades all)

This drill requires a passer, a defender and an offensive player. Have the defender try to deny the inside pass. If the pass is completed, the defender should attempt to defend against the offensive player's post moves. Give the offense one point if the pass is caught and one point if they make a basket. Give the defense two points if they deny the pass.

5.4 Shell Drill (grades all)

This drill teaches team defensive techniques. Five players/coaches assume offensive positions at guards, wing and corner positions. Five players assume defensive positions based on the following:

1. If your man has the ball play the ball - push to sidelines, no penetration.
2. If your man is one pass away - play one step to ball and just off line.
3. If your man is two passes away - play halfway from ball to man and one step back

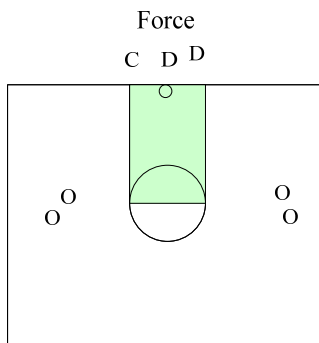
On ball movement all defensive players move to the correct position. On receiving the pass the offense must always catch and face. When learning this drill have the offense hold the ball for two-second count before passing. The defense must move while the ball is in the air. This will help them avoid being picked.

5.5 Fast Feet Drill (grades all)

This drill works on defensive positioning. Start players in defensive stance (hold for a few seconds). On go players must move their feet as fast as they can. When coach points in a direction, players quickly move to face that direction and then quickly face back to the center, keeping their feet moving the entire time.

5.6 Force Drill (grades all)

This drill works on the ability of the defensive player to force a player in a direction. We usually want to force a player to their weak hand but sometimes we will force a player to the sidelines or to the opposite side from a good post player. Start players in three lines and the coach has the ball at the baseline. The coach will role the ball to one of the offensive players who will drive to the basket to score. The coach will yell: "Force Left", "Force Right", "Force Baseline", or "Force Middle". The defensive player will play defense on the player with the ball and force the player to the direction that the coach yells.



5.7 Drop Step Shuffle Drill (grades all)

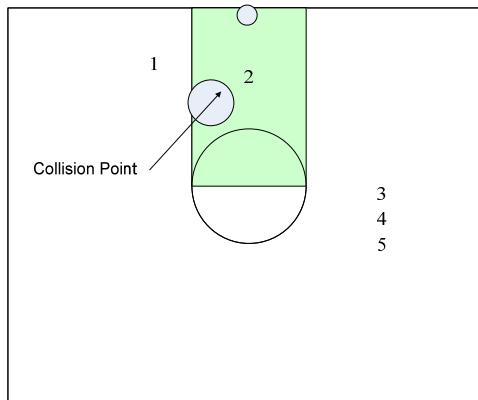
Match up players in pairs. One person has a ball and the other will play defense. Have the player with the ball zig-zag up the court. Each time the player with the ball changes directions and hands, make sure that they keep their body between the ball and the defender. The defender should make a drop when the offensive player changes direction. The offensive player should not change direction until the defensive players makes them change. This means the defensive player must continually get to the outside of the offensive player. The defensive player should not use their hands in this drill.

5.8 Anticipation (grades all)

This drill will help players develop skills for anticipating the pass, while playing defense off the ball. This drill requires 4 players and one ball. Setup one offensive player on the right block, one offensive player on the left block, one offensive player at the top of the key with the ball and one defensive player three steps ahead of the two offensive players on the block in the middle of the key. The defender should stand in the defensive "ready position" (Defensive stance) with hands ready and focusing on the person with the ball. The offensive player with the ball throws the ball to the person on the left block. The defender must anticipate the throw and step into the passing lane and catch the ball before it reaches the offensive player. Once the defender catches the ball, the player will pass it back to the point player who will then try to make a pass to the right block. Again, the defender should read the pass, step into the passing lane and catch the ball before it reaches the offensive player. At first you can let the defender know which block the pass is going to be made to. Once the defender becomes more experienced at reading the pass, the pass should be made to either block without letting the defender know where the pass is going. Make sure the defender is stepping into the passing lane and not running at the offensive player. Rotate players through so that each has an opportunity to pass, receive and play defense.

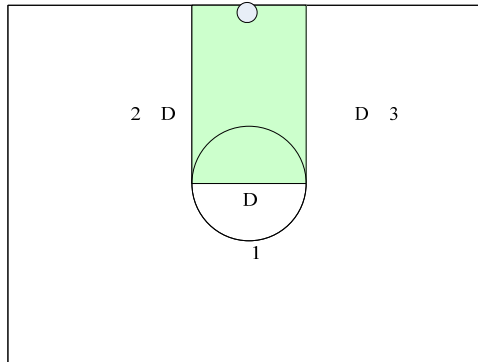
5.9 Deny Cutter (grades all)

This drill starts with three lines. 1 tries to cut to receive a pass in the lane. 2 is defending 1. 2 must beat 1 to a spot and intentionally collide with 1. 2 uses his chest to divert 1 out of the lane or at least farther away from the basket. 3 passes the ball to 1. 1 attempts to score once receiving the ball. Each player rotates to the next line when complete.



5.10 My House (grades 6-8)

This drill starts with 3 defensive lines and 3 offensive lines. 1, 2 and 3 try to get the ball into the paint. The defense tries to redirect all offensive penetration using their body. Emphasize foot work, body contact, re-directing the offensive momentum, off ball positioning, and help defense. Start with allowing the offense to move without dribbling. The offense can pass or drive at any time. No shooting.



6 Layups

6.1 Overview of Layup

Listed below are some key items for shooting a right handed layup.

- Jump off of the left foot
- Imagine elbow of shooting hand is tied to the knee on the same side
- Force right knee up as right hand pushes ball up
- Ensure the right knee is in front of body (not dragging behind)
- Off hand is on the side of the ball as a guide (not to help push ball)
- Eyes focus on top of square
- Use legs to get power

6.2 High Five Drill (grades 3-4)

Have the kids get in one line facing the coach. One kid at a time can walk or run toward the coach's outstretched hand. The idea is to have the player jump as if he were shooting a layup and give the coach a high five. The coach can raise his hand higher to get the kids to jump higher. Emphasize the items above so the kids get the idea of jumping off of the correct leg and getting the correct hand raised. This drill should be done to both sides. The speed of the players can be increased as they get the form down.

6.3 Base Lay Up Drill (grades 3-6)

Start with the kids in one line where the first player in the line has a ball. The line should be on one side of the basket at a 45 degree angle. Kids should start about 5 feet away from the basket. When they get the ball they should take one step and shoot the layup. Without dribbling the kids can focus on the foot work of the layup. Let the coaches rebound so the kids can focus better and the drill can move along faster. As the kids get better allow them to move farther away from the basket and dribble as they approach the basket. Do not be in a hurry to start dribbling. When the dribble is added the kids have a tendency to look at the ball and not the basket. Therefore they end up shooting at the wrong distance from the basket (often under the basket). The kids also rush the shot because it takes too much focus to transition from dribbling to the shooting position. Allow this drill to proceed slowly.

6.4 Lay Up Drill (grades all)

Start with the kids in two lines where the first player in one line has a ball. Each line should be on each side of the basket at a 45 degree angle. Kids in the shooting line should start about 15 feet away from the basket. When they get the ball they should dribble to the basket and shoot the layup. Insist the kids in the rebounding line make a good bounce pass back to the next kid in line without traveling or dribbling. Change the angle of the layup line after players establish good form.

7 Rebounding

7.1 Overview

Being in a good defensive position is a good start to rebounding. The rebounder (defensive player) should:

- **First find** their man as soon as the shot is released (or before if you can)
- Find the man to box out with eyes and/or hand
- Pivot butt into the other player
- Use hands to know where the other player is moving
- Drive the other player away from the basket
- Stay low
- Look for the ball after making contact with the other player
- **Keep contact** until the ball comes off the rim

Remember no one can jump while someone else is sitting on their thighs. Anyone who jumps will bend their knees first.

7.2 My Ball (grades all)

Place a ball on the floor with one player closer to the ball than the other. The closer player attempts to prevent the other player from touching the ball within 10 seconds. Start with closer player in a good defensive position.

7.3 Block Out Drill (grades all)

Start with 3 players on offense against 3 players on defense. Start with the coach shooting which will start the rebounding drill. This allows the defense to easily find their man to box out. Later try allowing the offense to move and making the defense guard their man. The 3 offensive kids can not shoot but they can cut, pass, and dribble. The coach can then shoot when he wants to. This makes the defense find their man in a real game situation which is much more difficult. If the defender can stay in a good defensive position (between their man and the basket) they will be able to box out (maybe). NOTE: Start this so offense does Not MOVE.

7.4 Butt To Butt (grades 3-4)

Create a 10 x 10 circle. Put two players back to back, butt to butt inside the circle. On the whistle each player tries to back the other player out of the circle.

8 Outlet

8.1 Overview

The outlet starts when we get a defensive rebound. The rebounder turns to find the outlet (usually a guard). We would like to get the outlet pass between the wing and the elbow. The outlet player should be coming towards the ball when then catch the outlet.

9 Combination

9.1 11 Man Drill or 3 on 2 Drill (grades all)

Start with 3 players on offense against 2 players on defense. Stress that offense stays in their lanes and the two wings get down into the blocks. The defense should be stacked one in front of the other. The front defender takes the center man with the ball until he passes. The back defender sprints toward the man who receives the pass. The front defender drops quickly into the center of the lane. There are 4 outlet lines containing all excess players. These lines form at the out of bounds line extended from the foul line.

9.2 3v2 and 2v1 Drill (grades all)

Start with 3 players on offense against 2 players on defense. The last offensive player to touch the ball before the defense gets the ball will be the one player to come back on defense. The two players that started on defense transition to offense.

9.3 3 ON 3 Round Robin (grades all)

Have 3 teams of 3 players. Two teams play at one basket while the other team waits to play defense at the other basket. If the defense gets the ball they go to the other court as the offense. If the offense makes a basket then they get to go to the other court as the offense. This last part can be switched to help a team compete. This can be increased to 4 on 4 or 5 on 5.

9.4 Disaster Recovery (grades 5-8)

Good drill for teaching defensive communication, recovery and closeout. Divide your players into two teams of three players. Line up defensive players underneath the basket with their backs to the floor - one player in the middle and one on each lower block. Line up three offensive players just inside the three point line. One player at the top of the key, and one player on each side of the key even with the free throw line facing the basket. The defense keeps their backs to the floor so they can't see where the offense is positioned. The coach stands out of bounds and makes a pass to one of the offensive players, who once they catch the pass, play to score. As soon as the pass is made the defenders turn and closeout the offensive players. The possession continues until the offense scores or the defense gains possession of the ball. New offensive players rotate in and the offensive team becomes the defense.

9.5 Gopher Ball (grades 3-6)

Good drill for teaching quick reactions and mental transitions. Have 2 teams with 2 players on each team lie on their backs on the foul line. The coach then drops the ball some place. At the sound of the ball all four players go for the ball. The team that gets the ball is on offense and the other team is on defense. Play until a basket is made or the defense gains possession of the ball.

9.6 50 Passes (grades 3-6)

Great drill for working on passing, moving without the ball and defense. This is a half court drill. Split team into even groups. Players are not allowed to dribble the ball. Each team must complete fifty passes to win the game. Possession changes whenever a violation occurs - dribbling, steal, out of bounds (regardless who it goes out on). When a team regains possession they continue their count from where they left off.

10 Rules of the Game

10.1 Rules Station (grades 3-5)

Sit kids down for a water break and discuss some of the basic rules of the game

- Violations: Out of Bounds, Traveling (Pivot Foot), Carry, Double Dribble, Half court, 3 Seconds
- Fouls: Reaching, Blocking, Charge, Over the Back
- Shooting Fouls
- Get back on defense after rebound or made shot
- After a made shot the defense becomes the offense and takes the ball out under the basket
- Go for rebound after every shot
- Get back on defense after rebound or made shot

11 Quotes

- The most important ingredient in winning is eliminating the reasons why you lose.
- The will to prepare to win is more important than the will to win.
- Play as the refs will let you play
- The strength of the Team is each individual member... the strength of each Member is the team.

12 Coaching Tips

12.1 3 Plusses and a Wish

Use this technique as much as possible. Before you critique give 3 compliments and then phrase your critique in a sentence the starts with "I wish ..."