

# Varsity Boys



# Park Boys Basketball

## Team Expectations:

1. Represent your school, team, family and self in the best manner on the the court, in the classroom, and in public.
2. Be on time to all practices, games, and other functions. Always give yourself an extra fifteen minutes.
3. Work Hard and Work Smart at all you do; school work, practice, and games.
4. Take care of your body. Eat right, get plenty of sleep, and don't do drugs, tobacco, or alcohol. **The second chemical use offense will result in automatic dismissal from the team.**
5. Treat your teammates, managers, coaches, teachers and officials with courtesy and respect.
6. Please no; ice skating, skiing, snow boarding, or tubing during the basketball season. These activities are high risk to knee, ankle or wrist injury.

***Playing basketball for Park (Cottage Grove) is a privilege, not a right.  
Protect it! Meet our expectations!***

## Things to Think About:

1. Study the game of basketball. What kinds of players and teams always seem to be successful and why?
2. Ask yourself what you want to get out of your participation this year. What are your goals? Are they realistic? Can you reach higher?
3. Ask yourself how you best fit into the team. Are you the scorer? The rebounder? The passer? The great defensive player? A combination? Identifying and clarifying your role (with help from your coach) will make it easier to see what you need to work on and why you might be playing a lot or only at certain times.
4. What has your experience as a basketball player taught you about yourself? About others? About life in general?
5. How confident are you in your abilities? How can you become more confident?

## Pointers for the Coach

- Keep proper perspective. It's a GAME!
- Keep drills short. (20 minute max)
- Avoid having players stand in long lines during practice.
- Give players positive reinforcement.
- Stress fundamentals.
- Set HIGH expectations for behavior.
- Practice discipline.
- Hustle when coaching. Coach with enthusiasm!!
- Provide immediate feedback.
- If you get on a player during practice, get to him after practice-build the player up again!!
- Be yourself.
- Have fun - the kids will follow your lead!!
- Incorporate competition in practice.
- Appropriate behavior needs to be modeled by the coach!

**Terminology in Manual:**

Post-person plays primarily in and around 3-second lane with back to basket

Perimeter-person plays on outside facing basket

Forward-person plays on perimeter(outside) facing the basket, but not responsible for ballhandling duties

Guard-person plays on perimeter facing basket and is responsible for most ballhandling duties

Elbow-spot where freethrow line meets lane lines-There are 4 elbows on the floor.

Block-or Low Post-shaded area on the lane where post players establish position.

High Post-Position on top part of lane

Time Line-half-court line where offense has to cross in less than ten seconds after they get the ball.

Baseline-endlines on the floor


**Diagram Explanation:**

Numbers are used to denote offensive players. 1 2 3 4 5

When numbers are circled they have the ball. (1)

Squiggly lines indicate dribbling. (1) 

Interrupted lines indicate pass (1) - - - -> 2

Straight line indicates a cut 1 

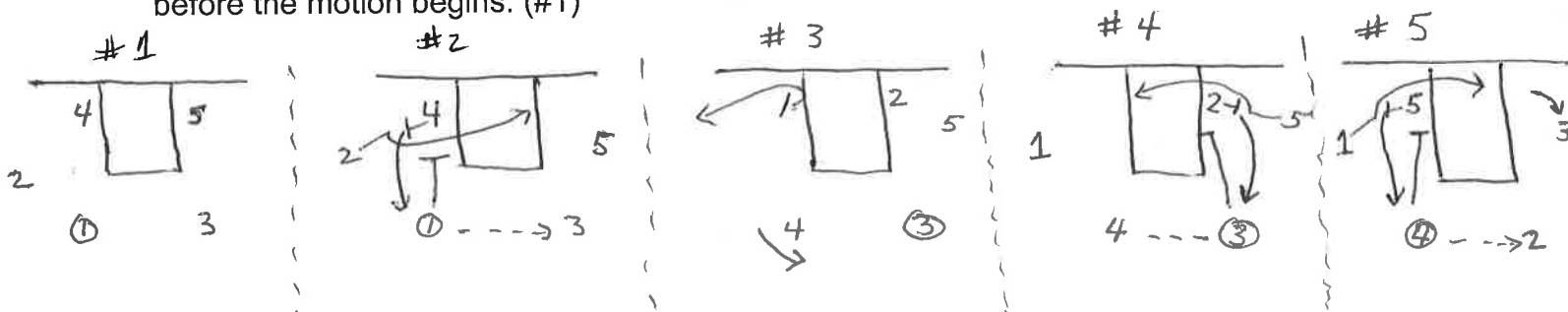
Line ending in a "T" is a screen 1 

Letters denote defensive players A B C D E

## Flex Offense Continuity

- 1 - Point Guard
- 2 - Off or Shooting Guard
- 3 - Swing Man - Small Forward
- 4 - Power Forward
- 5 - Center

The basic continuity of the flex is shown in the following diagrams (#1, #2, #3, #4 and #5). Although several different entries are workable and highly effective, only the most basic entry is diagramed and explained here. The floor is balanced, with the players filling five positions on the court. There is a basic overload on the ballside before the motion begins. (#1)



One initiates the offense by passing the ball to 3 (#2). Two uses 4's screen and cuts to the basket looking for a lay - in. One then screens down for 4 who comes up the lane and replaces 1 in his original position. Four is looking for the jump shot or ball reversal possibilities. One will pivot and step out two replace 2 (#3). If two has not received the a pass from 3 for a lay - in he sets a low screen on the other side of the floor. Three has the option to either pass to 2 cutting to the basket or to 4 looking for the jump shot. If 3 passes to 4, the offense is then initiated to the other side of the floor (#4).

The rotation is the same. Five use's 2's screen and cuts to the basket. Three then screens down for 2 with 2 coming up the lane looking for the jump shot. Three pivots and steps out. In #5, the reverse action again uses the same rotation. Four passes to 2, 1 uses 5's screen and looks for the lay in cut. Four then "cracks down" for 5, 5 comes up the lane looking for the jump shot or ball reversal. Four pivots and steps out. They will take what the defense gives them, whether it is a lay - in off the baseline cut or a seventeen foot jump shot from the "elbow" area of the lane.





## Individual Offense

### Getting Open

1. Free yourself through:
  - a. v-cut-drive defender in one direction and make quick cut in other direction
  - b. back-door cut-cut to the basket behind defender
  - c. shallow cut-cut to elbow from wing
  - d. using screens or other offensive players
2. Free your teammates through:
  - a. setting screens in a strong athletic position with both arms locked and the left hand gripping the right wrist

### Passing:

1. Always pass the ball with 2 hands, keeping your second hand on the ball until it is released.
2. Roll the ball off your fingertips, putting backspin on the ball. Your thumbs should be pointing down.
3. When throwing a bounce pass, bounce the ball just over half way between you and your teammate.
4. Chest passes should be thrown to your teammates chest.
5. Pass the ball away from the defense and always be sure to have zip on the ball.

### Catching:

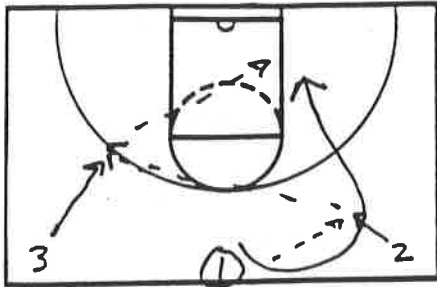
1. Always catch the ball with 2 hands.
2. Use 1 hand as a backstop.
3. Come to the ball to catch it. Don't stand and wait for the ball-The defender may slide in front of you and steal the ball.
4. Catch the ball, pivot to face the basket and look for shot.  
(or shot fake)
5. Assume a triple threat position where you can drive, pass or shoot the ball.

### Dribbling:

1. Dribble the ball on your fingertips and keep your head up so you can see the whole court.
2. When being guarded closely, dribble the ball lower and closer to your body, away from the defense.
3. When dribbling for speed in the open court put ball out in front of you. Your dribble should come up about waist high.
4. Only pick up your dribble to pass or shoot the ball.

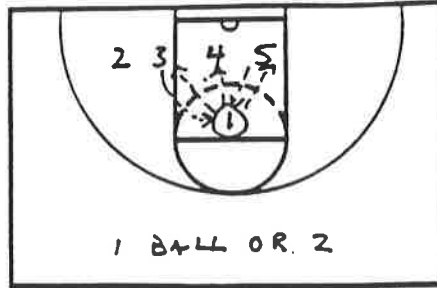
# Park Basketball

Catching, Passing, Dribbling, Getting Open



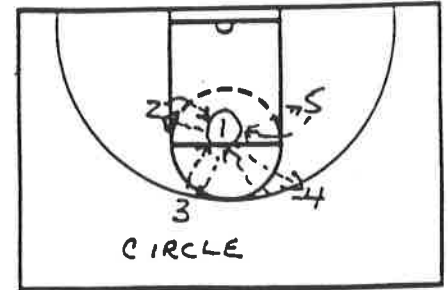
### 3 man weave

1. 3 lines at 1/2 court
2. Middle makes pass to outside and goes around
3. Outside passes to opposite side who passes to middle man cutting to basket for layup
4. Can use chest or bounce passes

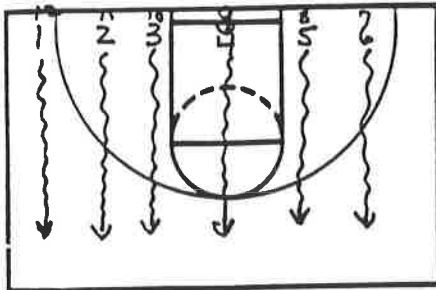


### Machine Gun Passing

1. 1 player lines up opposite other 4
2. Player passes up and down line 2 x
3. Chest and bounce pass

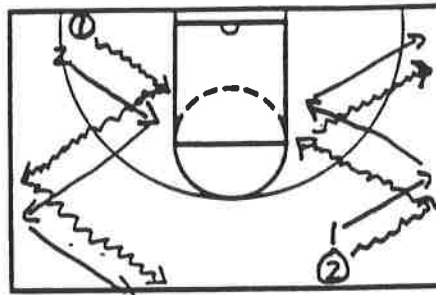


### CIRCLE



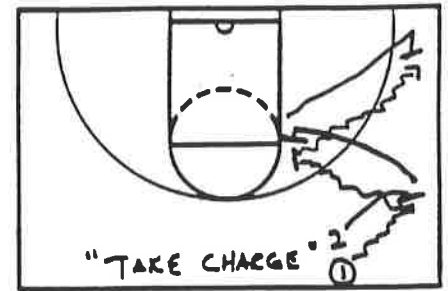
### Full-Court Dribbling

1. Partners with 1 ball
2. 1st player dribbles to other baseline(1/2 court) and back right then left-handed and hands off to partner
3. Have players change direction at each line; crossover, hesitation, spin

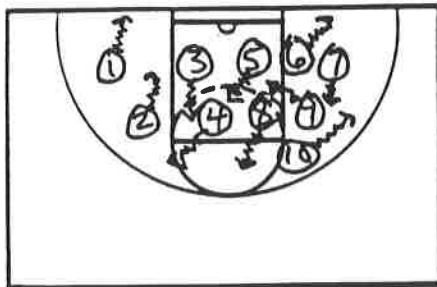


### Zig Zag

1. Partners with ball
2. Offense dribbles up one side of floor changing direction with crossover or spin dribble
3. At end of court offense to defense and d to offense



### "TAKE CHARGE"



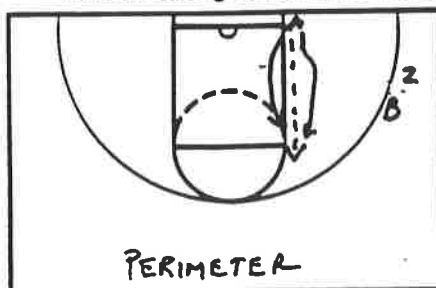
### NOTES

#### Dribble Tag

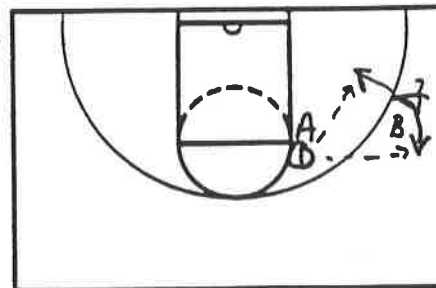
1. Each player gets a ball and stays in designated area
2. Players try to stay in by protecting their dribble from others
3. Work on strong stance and protecting dribble

#### Keep Away

1. Groups of 3- 1 ball 2 players about 10 ft apart
2. Player in middle must defend ball-try to tip away
3. Work on ball fakes and sharp passes



### PERIMETER



### POST

### NOTES

#### 4 man pick-up and pressure

1. Groups of 4 or 5
2. 1 player rolls ball out to elbow and offense picks ball up with strong stance
3. Offense has no dribble until ball is entered to teammate.
4. Player #2 works to get open for a pass from 1-5. After entry is made it can

## Shooting

1. Be sure you have control of your body and have good body balance *before* you catch the ball.
2. Catch the ball with your strong foot back and step into your shot.
3. Ball should be on your fingertips with strong hand behind the ball and opposite hand on the side to be used as a guide.
4. Your elbow should be pointing downward and the ball should be over your shoulder not in front of your face. Your eyes should be focused on the back of the rim.
5. When shooting the ball, release the ball with your strong hand, rolling the ball off your fingertips for backspin. Shoot the ball up in the air as if you are shooting out of a phone booth (This is called **arc!**) and remember to follow through.

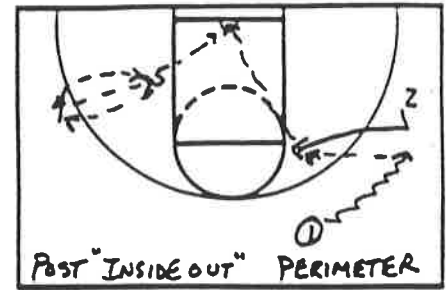
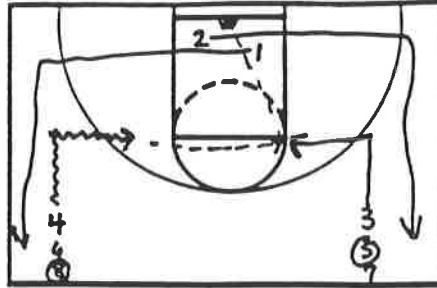
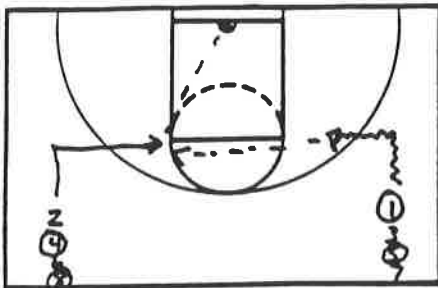
## **Drills:**

Passing, Catching, Dribbling-zig zag-full-court dribbling(with change of direction at each line), dribble tag, star passing, machine gun passing, 3 or 5 man weave,

Shooting- 2 line shooting, 2 on 0 shooting(dribbling away, cutting and coming to the ball Post-inside out shooting), partner shooting, 3 man 2 ball, shoot to 10, v-cut shooting(flare cut,v-cut, replace self, cut to basket), freethrows, 2 on 0 screening and shooting(Down, back, flare and cross-screening), 3 man weavejumpers

# Park Basketball

## Shooting Drills



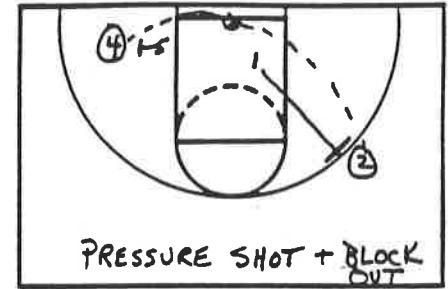
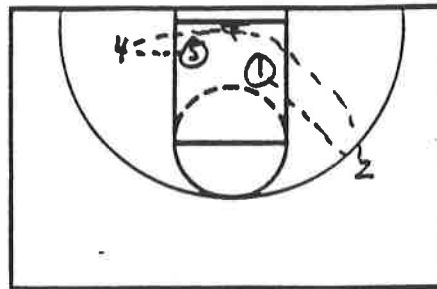
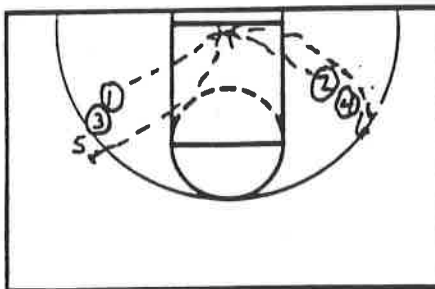
### NOTES

#### 2 line shooting

1. 2 lines with 2 basketballs in each
2. Player on left side makes v-cut to elbow for pass and jumper
3. Same is repeated on right side. Include shot fakes and drives

#### 2 on 0 Shooting

1. Partners with 1 ball
2. Player with ball dribbles away and fakes
3. Shooter fakes away and comes back to ball for shot. Include shallow cut



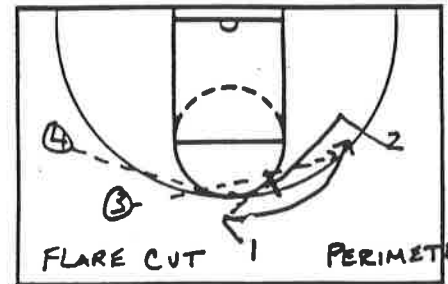
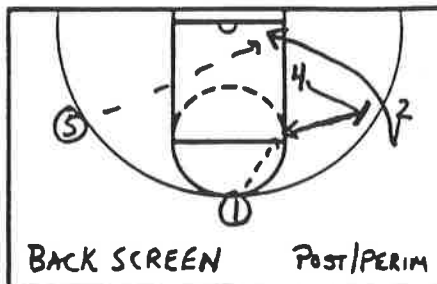
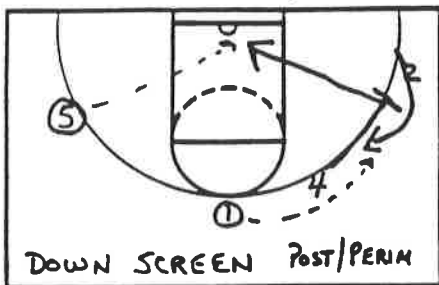
### NOTES

#### 3 man 2 ball

1. 3 players with 2 balls lined up 15 feet from basket
2. On Coach's command players start and shoot to 10 or 15 makes
3. 1st group to 15 wins

#### Partner Shooting

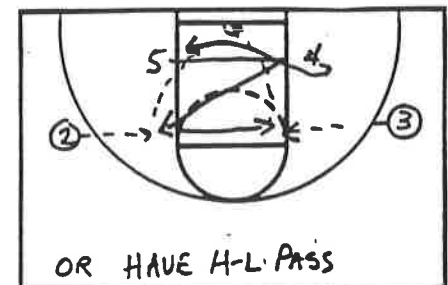
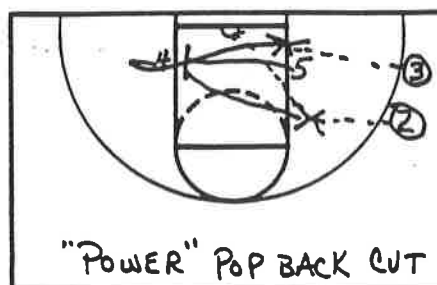
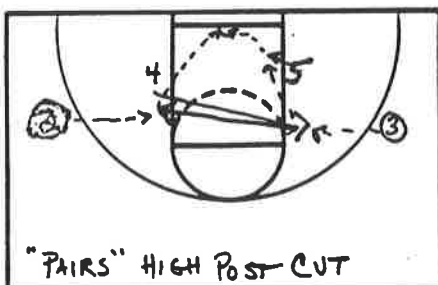
1. 2 players with 1 ball
2. 1st player shoots and rebounds
3. He passes back out and pressures shot
4. same routine is repeated



### NOTES

#### 2 on 0 Screening and Shooting-Posts and Perimeter or Perimeter

1. Groups of 4 or 5 with 2 basketballs
2. Player A with ball slaps ball and player 1 goes to set down screen for player 2
3. Player 2 comes off screen for jump shot and 1 makes basket cut and gets pass from player B
4. Mix up the screens and cuts.



### NOTES

#### High-Low Passing and Shooting-Posts

1. Groups of 4 or 5 post players with 2 balls
2. Player makes high post cut from opposite side (or power pop back move) and receives pass.
3. He passes from high post to low post and flashes back to opposite side for a pass and

## **Common Phrases and Sayings-Offense**

*Shot selection or What is a good shot?*-squared up(under control), open, in your range(with exceptions for special situations)

*Use Me!*-pick your man off my screen *Use each other!*-Help each other get open.

*If you want to be a scorer learn how to screen!*

A *screen* is when I get in front of the person defending you. A *pick* is what you do when you run your man into my screen. Ex: Pick your man off my screen.

When *screening*, have your *back to the ball* or your *back to the basket*. That way cutters are headed to the ball or to the basket.

*Ballside screener-Helpside cutter* If you are on the ballside go find someone on the other side of the floor and screen for him. If you are on the helpside wait for the screener to come to you.

When cutting off screen, *it's better to be late than early*. If you are early you aren't able to use the screen. If slightly late you can still use the screen.

*Don't chase the ball!* -Too often there are four players chasing the ball and no one looking to set screens. Cut to the ball when you are a cutter but you should not always be cutting to the ball(chasing the ball).

*shallow cut*- make a cut to the elbow when being overplayed

*Be quick but don't hurry!*-Be as quick as you can but under control! Hurrying causes you to make mistakes.

*skip pass*-pass over the top of the defense to the other side of the floor; especially effective when trying to enter the ball into the post

*Pass and catch with 2 hands!*  
catch and face-shot fakes

*Come to the ball!* -When receiving a pass the player should step to the ball to prevent the defender from stealing it.

*Passer makes the shooter*-Shooters need to have the pass on target to get a proper shot off

## Team Offense

1. The goal of the offense to create a variety of scoring opportunities, **not to provide equal scoring opportunities for all players.**
2. Establish an inside game. Practice feeding the post each practice. Teach posts not to force shots. Lob passes in field of vision.
2. Use the 3 point line as a guide for spacing. Have perimeter players try to stay behind the line to stretch the defense
3. As much as you can, restrict the dribble in practice. This will help them become much more selective in their dribbling.

Dribble only to:

- A. go to basket
- B. improve passing angle
- C. break pressure

Pick up ball only to:

- A. pass
- B. shoot

4. Set up drills to simulate part of your offense. Break the offense into parts, practicing the cuts, screens, passes that get you baskets.
5. Always have defensive balance. Designate those players above freethrow line as balance-others crash the offensive boards.
6. Include situations in your practice. Ex: 1 minute to go, tie score, our ball
7. 4 important things to teach offensively:
  - A. spacing 15-18 ft apart
  - B. screening-helping each other get open-back to ball or basket
  - C. movement of ball and players with a purpose
  - D. Shot selection-body control-range

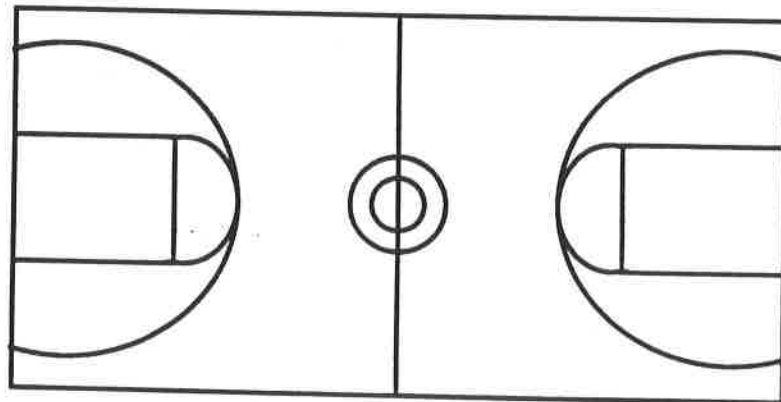
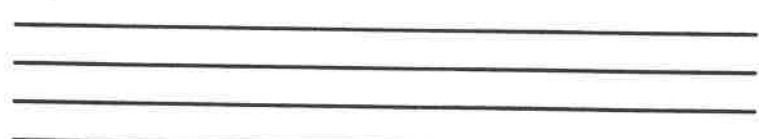
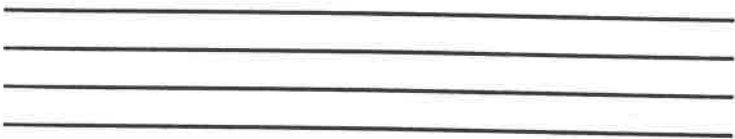
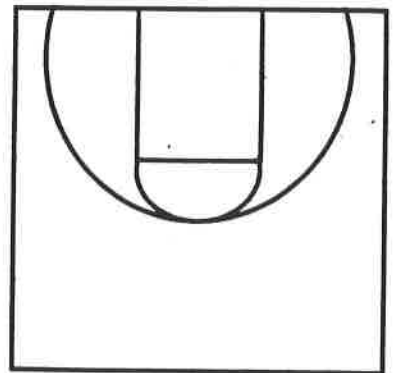
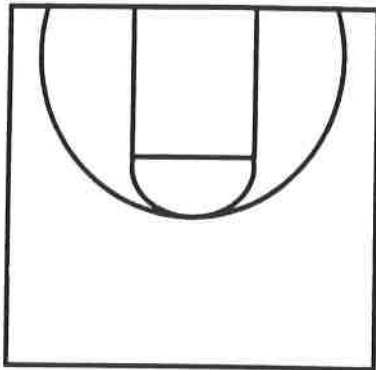
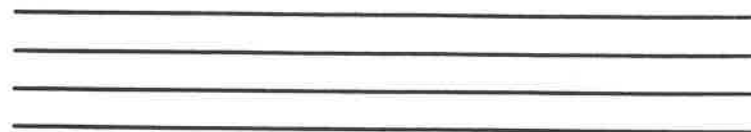
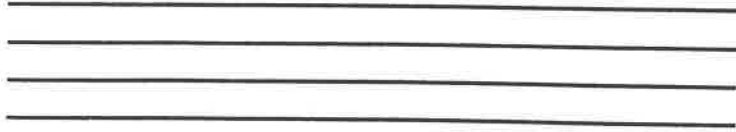
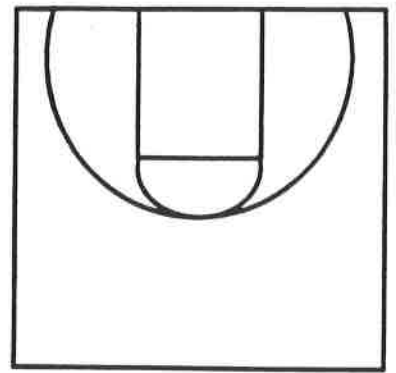
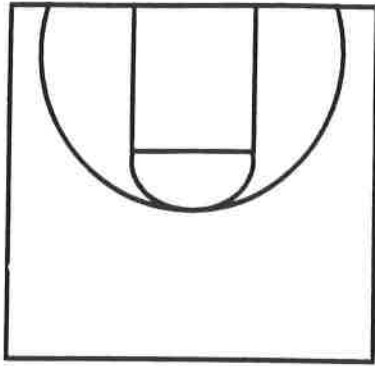
### Drills:

Getting Open, Cutting, Screening, Spacing, Ball/Player Movement, Feeding the Post-2 line shooting, 2 on 0 shooting, 2 on 0 screening and shooting, 2 on 2, 3 on 3, 4 on 4 with an outlet, 3 on 3 no dribble, 4 on 4 no dribble, 5 on 5 no dribble, 5 on 0, pair up-don't walk, keep away

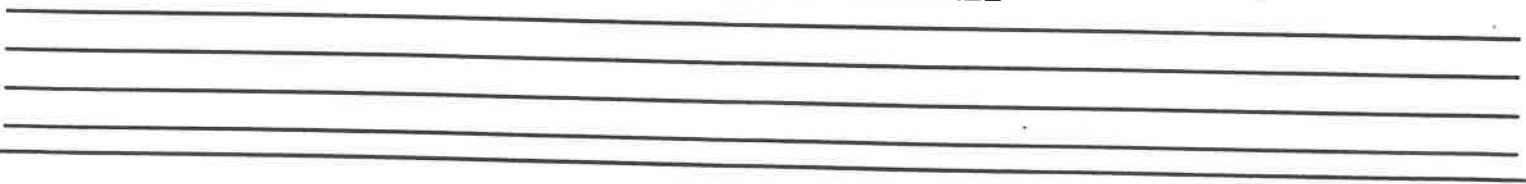
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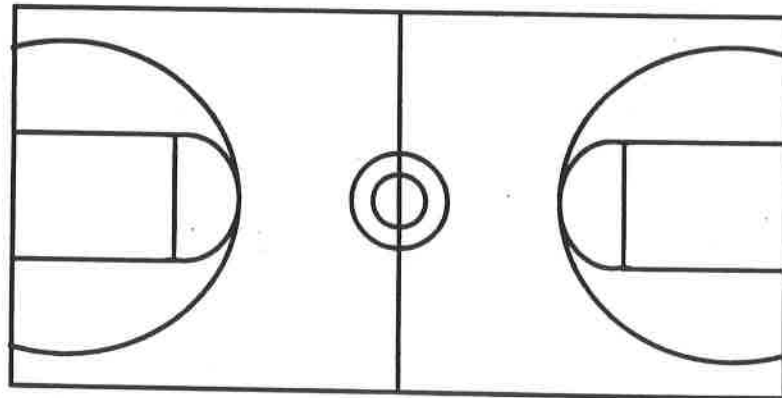
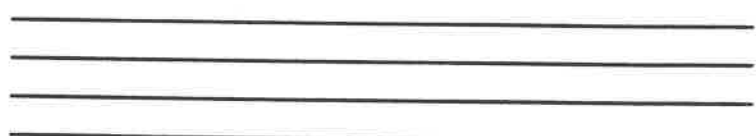
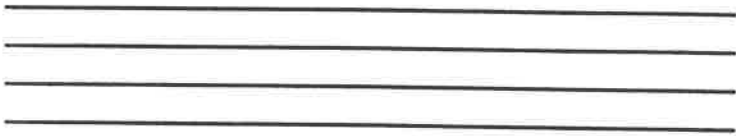
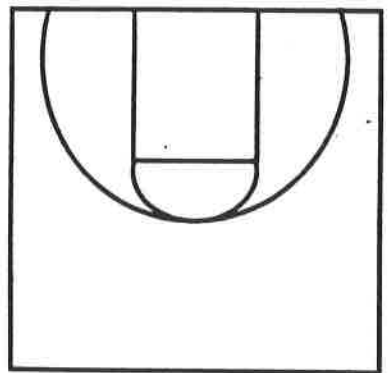
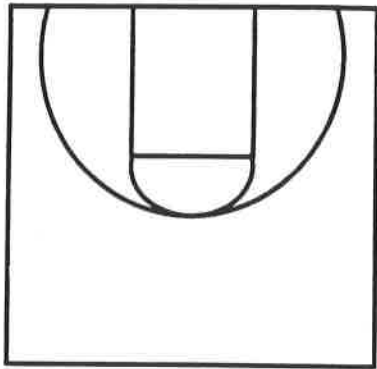
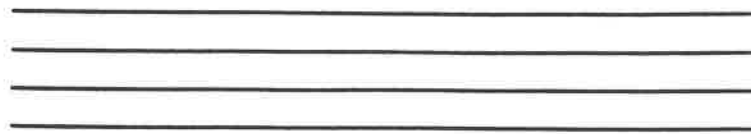
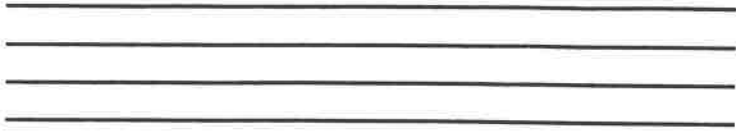
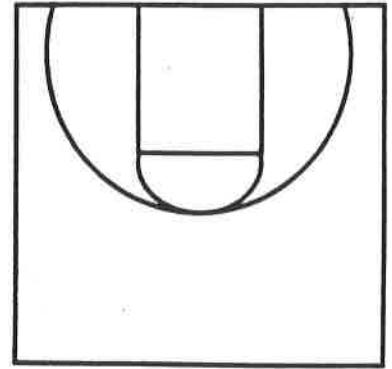
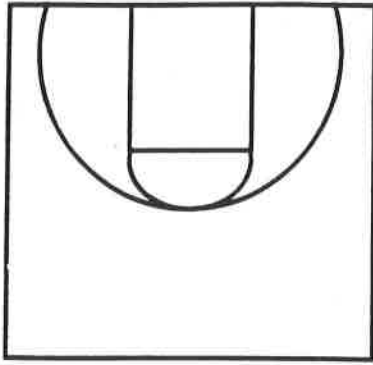
\*Always make passer use ball fakes

Transition Offense: 11 man break, 5 man weave back 3 on 2, 5 on 4  
Transition

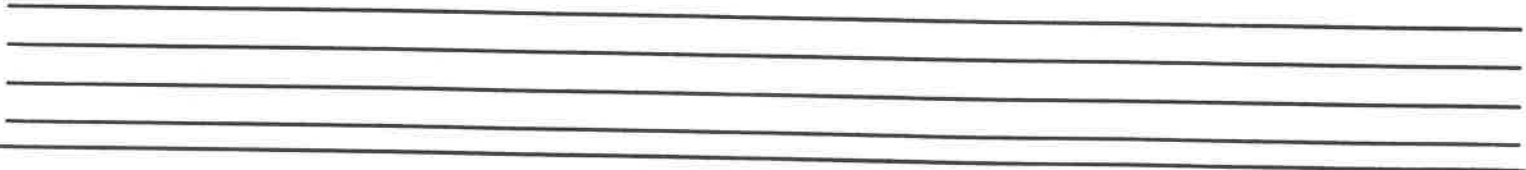


WOLFPACK BASKETBALL



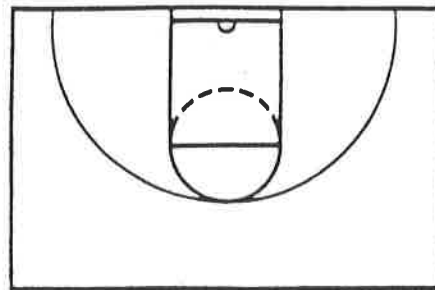
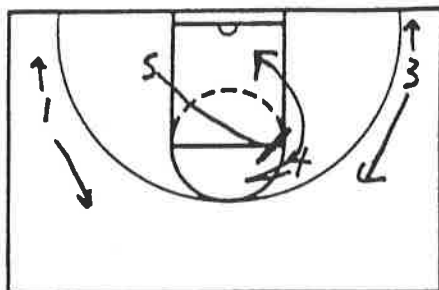
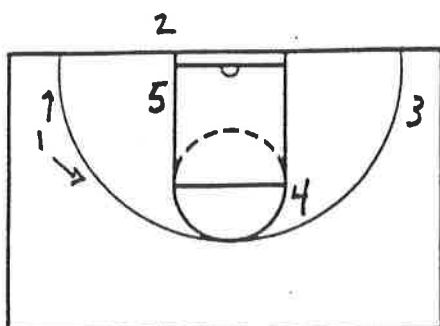


WOLFPACK BASKETBALL



## Inbounding the Ball

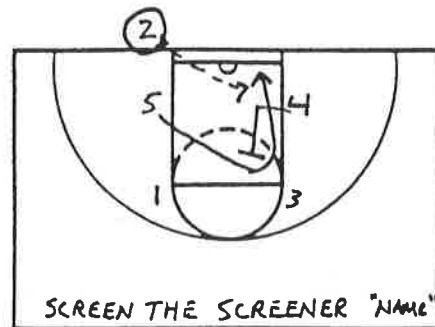
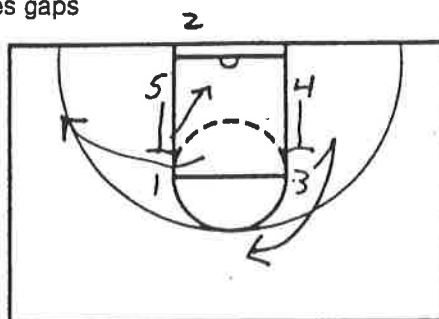
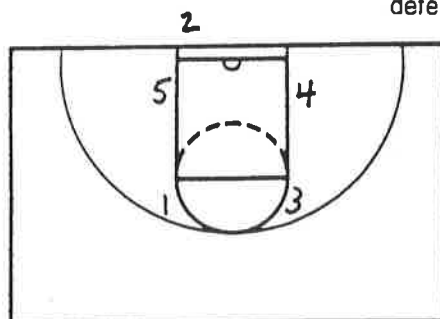
1. Have your best or second best passer inbound the ball. Be sure your inbinder sees the floor well.
2. Be sure each player knows all positions.
3. Your primary goal for each inbound play should be to inbound the ball safely.
4. The inbinder can get the pattern started by slapping the ball.
5. The inbinder should know whether he can run or not. (The only time an inbinder can run is after a made basket. Officials will call traveling on a player inbounding the ball.)



NOTES

### "Spread"

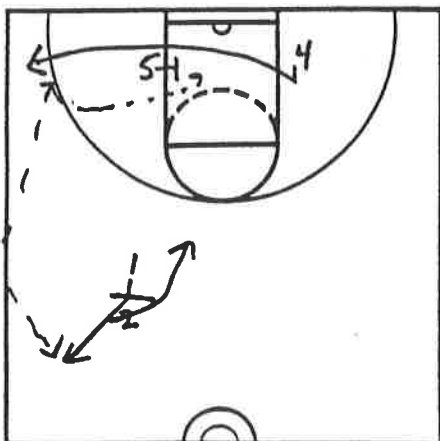
1. Players spread the floor stretching the defense
2. Player in front of ball screens for post at elbow
3. Perimeter players move away from defenders and into defenses gaps



NOTES

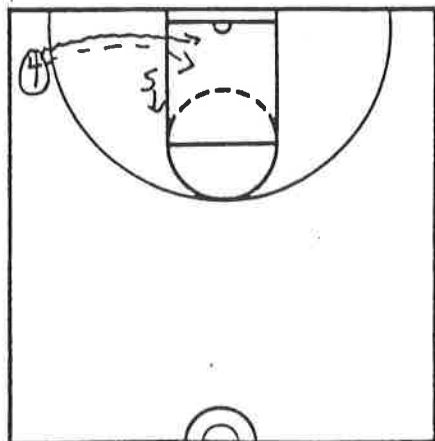
### "Box"

1. Players line up on blocks and elbows
2. Player in front of ball keys movement
3. If he screens up then opposite man does same
4. If he screens across then so do guards



NOTES

SIDE OUT WITH OPTION  
FOR QUICK SCORE WITH  
LOW POST OR BASELINE  
DRIVE



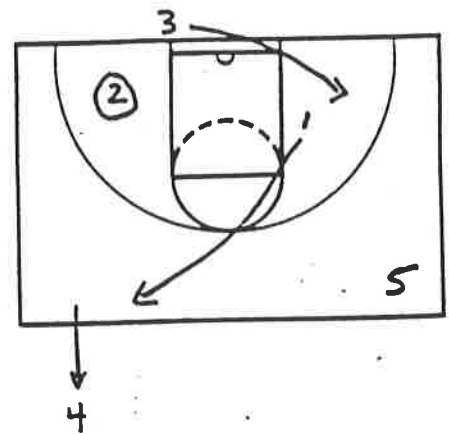
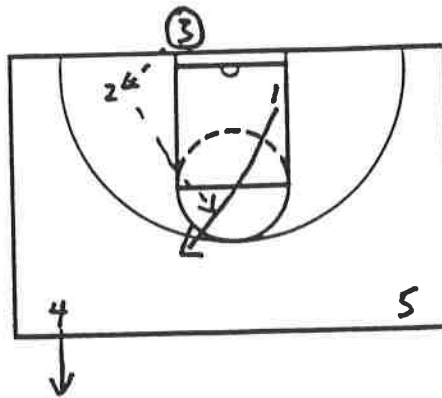
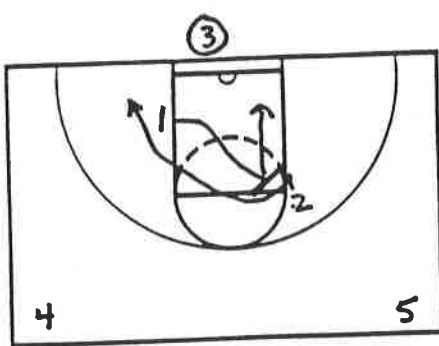
## Press Break

1. Be aggressive in breaking pressure. A team that presses alot will provide many scoring opportunities, so the offensive team should not only look to break the pressure, but should look to score. We are looking for looking for a good shot, unless the situation dictates that we need to take some time off the clock.
3. Be sure that each player knows all positions. You should designate certain roles and responsibilities according to skill and ability, yet require that all players know each position.
4. 10 seconds is plenty of time.
5. Players should understand the rules regarding inbounding the ball; when the ball must be released and when the inbounder can run the baseline.
6. Stay out of the corners. Try to keep the ball in the middle of the court.
7. You may want to look for a quick entry if your playing against a team that is very effective when they can set up. Have the person closest to the ball take the ball out of bounds and enter it quickly to a guard.
8. Work to get the ball into the hands of your best ballhandlers. Be sure that your team knows who those players are.
9. Always take the ball out of bounds on the side of the basket-NEVER underneath, and do not pass back across (underneath) the basket.
10. Be sure to have defensive balance. Teams that press also like to run. The last person down the floor should recognize that he is the defensive balance.
11. Practice breaking pressure without dribbling. It can be done with the right cuts and passes.

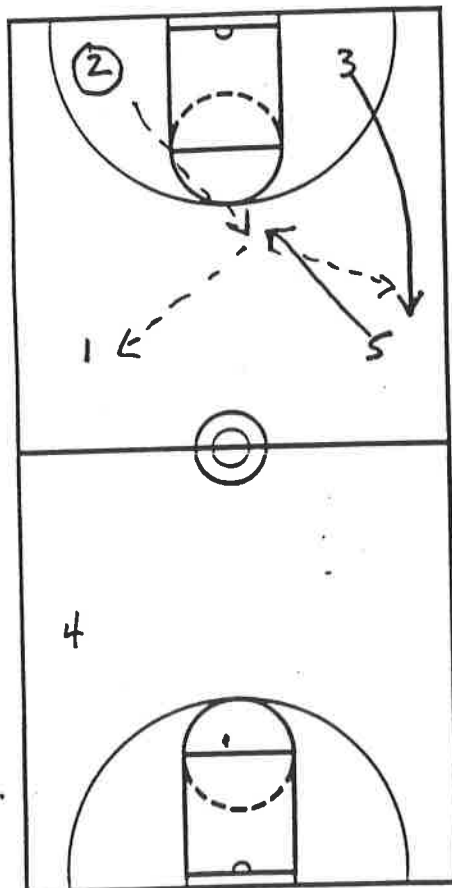
# Park Basketball

## Press Break

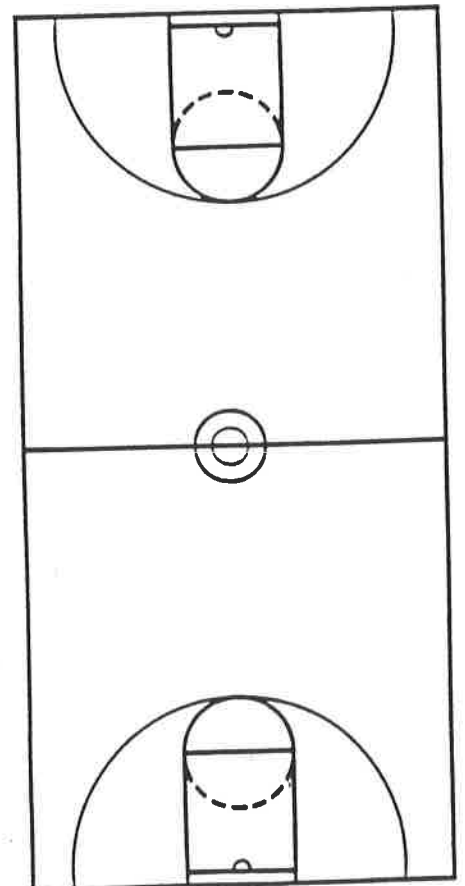
1. Put two best ball handlers on block and elbow -other ballhandler inbounding
2. Movement begins with screen from block to elbow
3. screener pops back to ball
4. cutter tries to get ball in middle of floor-NOT CORNER
5. Once ball is entered opposite guard cuts through looking for pass. If he gets it he attacks the basket
6. If guard does not get ball he continues to 1/2 court and opposite post comes to ball for pass.
7. Ball is either passed to middle or reversed and passed back to a guard.



NOTES



NOTES



## Individual Defense

### On the ball:

1. Get down in a proper stance with feet shoulder width apart and hands out to the side pressuring passing lanes. You should be able to move quickly from side to side.
2. Pressure the ballhandler within your abilities. If the player you are pressuring is much quicker than you then back off a bit. If you are quicker, then play tighter on the ball.
3. Remember your job is to *contain the ball*. You want to prevent the drive or pass into the lane and your man from getting a good shot.
4. Always remember to block out the shooter.

### Off the Ball:

1. Your focus on defense has to be ~~on~~ on the ball. Your job is to help your teammate if he gets beat and prevent a basket.
2. Always know where your man is and where the ball is.
3. When your teammate gets beat, help him by getting between the ball and the basket.

### Rebounding

1. When a shot is taken, pivot and put your body on your opponent to keep him off the boards.
2. Keep your hands up so you don't get called for holding.
3. Once you have your man blocked out, locate the ball and go get it.
4. Always rebound the ball with 2 hands.
5. 70% of the time the ball comes off the opposite side of the basket from which it is shot.

### **Drills:**

Rebounding-circle block out, 1 on 1, help and recover, #'d rebounding

Ball pressure and baseline shade-1 on 1, zig zag, 4 man pick up and pressure

Denial and Helpside-, 2 on 2, 3 on 3, 4 on 4 shell, 1 on 1 positioning, help and recover

## **Common Phrases and Sayings-Defense**

*Pressure within your limitations*-If a player is quicker, back off slightly and pressure more with the hands. If you are quicker, you can guard the player more closely.

*Pressure the shot*-always get a hand up on the shooter and yell, "shot."

*Talk on defense*-Effective team defense requires players talking to each other.

*Rotate*-When a player is beat off the dribble or a pass is made into the post and a player moves to help other defenders need to rotate to protect the basket and defend opponents in scoring position.

*See the ball*-Used to remind players to constantly be aware of the ball and its movement.

*Cover Down*-Perimeter players helping "down" on the opponents post players.

*Close out*-approaching a defender with the ball

*Recover Low and Short*-When recovering to a player after helping the defender should be in an athletic position(low) to prevent the drive and should not overrun or run past the defender (short).

*Help Position*-A defender being in a position to help a teammate and stop the ball

*Denial Position*-Closed Stance-arm in passing lane preventing pass to man being guarded.

*Defensive Faking*-Faking on defense is extremely effective. One can freeze a ballhandler by faking. Encourage this as much as possible.

*Give him a lane*-Help your teammate who is being screened by stepping back to give him an opportunity to get around the screen.

### **Practice · Planning**

1. The key to any successful basketball team is the work ethic that is established through daily practice. We have limited time and space so we need to make the best of it.
2. Practices should be a combination of working on individual skills and working on team skills.
3. Having your practice plan written out beforehand makes it easier to accomplish what you want to accomplish in the limited time you have. As you see your team and players develop you will see certain needs. Set up your practice plan to help improve on individual and team weaknesses.
4. Try not to spend too much time on 1 thing. Ex. 25 minutes on freethrows. Because of attention spans and limited time, its probably better to spend 10-12 minutes and come back to it.
5. Don't ever expect anything less than COMPLETE ATTENTION, COMPLETE HUSTLE, AND COMPLETE ATTENDANCE!
6. Make drills competitive as much as possible as it increases the quality of performance and be sure that all drills you use are relevant.

The empty sheet is designed to help you organize your practices keeping in mind what you need to work on daily.

Wolfpack Boys Basketball—00-01 Date:

Practice Plan #

Offense	Defense	Other

Time	Drill	Emphasis

Comments

**Base Offense**

**Base Defense**

**Press**

**Press Break**

**Inbounds under**

**Side Inbounds**

**Situations**

## Fundamental Drills

## Notes

- 1.) **Stationary Dribble-**  
**(Trotter)**
  
- 2.) **Speed Dribble-**
  
- 3.) **Partner Passing-**  
**-Chest**  
  
**-Bounce**  
  
**-Outlet**
  
- 4.) **Shuffle Pass-**
  
- 5.) **Machine Gun Passing-**
  
- 6.) **Form Shooting-**
  
- 7.) **Lay Ups-**
  
- 8.) **Shooting Drills-**
  
- 9.) **Defensive Drills-**

## Park Boys' Basketball Points of Emphasis Checklist

S	A	W	
			<b>Ball Handling</b>
			- head/eyes up
			- use off hand
			- cross over dribble
			- behind back dribble
			- between legs dribble
			- spin dribble
			<b>Pivots</b>
			- right front
			- right reverse
			- left front
			- left reverse
			- rip through with arm
			- jump stop / control / land soft
			<b>Passing</b>
			- chest pass
			- bounce pass
			- elbows out
			- both hands equally
			- follow through w/ thumbs down
			- step to pass
			- bounce 2/3 away from you to target
			<b>Screening</b>
			- arms down
			- head hunt on man to screen
			- widest part of you to narrowest of his
			- hold screening position
			- roll and open to ball
			- shape up
			<b>Running Off Screen</b>
			- set up man
			- shoulder to shoulder
			- wait for screen
			<b>Cuts</b>
			- basket cut
			- curl cut
			- replace yourself
			- up cut
			- fade / flair cut
			<b>Fakes</b>
			- shot fake
			- pass fake
			- drive fake
			<b>Shooting</b>
			- elevate ball
			- guide hand in proper position
			- ball on pads of fingers not palm
			- elbow-knee-toe alignment
			- step to balance position
			- feet in balance position
			- square to basket
			- backwards ball rotation
			- high arc on flight of ball
			- keep eye on target
			- follow through
			- follow your shot

S	A	W	
			<b>Ball Defense</b>
			- proper stance
			- identify "BALL"
			- lead hand down off hand up
			- control dribbler
			- slide to cut off dribble
			- yell "SHOT"
			- hand up to contest shot
			- forearm contact
			- block out shooter
			<b>One Pass Away</b>
			- see the ball
			- see your man
			- shuffle to pass (jump to ball)
			- deny pass
			- keep ball you man position
			<b>Help Side Defense</b>
			- see the ball
			- see your man
			- two feet in lane - 2 pass away
			- help on drive
			- take charge
			- block weak side cutter / flash
			<b>Defending Ball Screen</b>
			- call out pick
			- 90 degree hard hedge
			- stop dribbler progress
			- step over top when screened
			- recover to man
			<b>Posting Up</b>
			- post up intermediate block
			- wide base ready to receive ball
			- elbows shoulder height
			- seal the defender
			- keep feet moving
			<b>Post Defense</b>
			- work to front position
			- inside position on shot
			<b>Rebounding</b>
			- identify / find man
			- establish position
			- aggressive to ball
			- chin the ball
			<b>Offensive Transition</b>
			- run court wide
			- communicate
			- under control
			<b>Defensive Transition</b>
			- see the ball
			- sprint back to lane
			- stop the ball early
			- find man

Coach's Signature \_\_\_\_\_  
 KEY = S - Strength    A - Average    W - Weakness