

**BROWNSBURG GIRLS BASKETBALL
FALL 2014**



"If there is a secret to winning basketball, it is the mastery of fundamentals"...Adolph Rupp

1. What is expected of the junior league/travel program?

- **TEACH THE FUNDAMENTALS!**
- **PRACTICE THE FUNDAMENTALS EVERY PRACTICE!**
- **Play Man to Man Defense**
- **Offense – try to run motion as well as set plays**
- **Teach Discipline – Be on time, follow coaches instruction, play as a team**
- **Teach good sportsmanship. Be a good role model.**
- **HAVE FUN!**

2. Any time you have questions, please feel free to approach me or one of the other coaches. We are always happy to help. If you would like for us to come and assist with a practice, give us a call. Our girls are always willing to help too! If you would like to watch us practice or bring your team to watch us practice, please contact me! We love to have the younger girls in the gym. It gives them an opportunity to see, first hand, what they need to do to get better and play in high school.

3. Fundamentals that should be done every practice:

- **Ballhandling**
- **Dribbling**
- **Passing**
- **Shooting**
- **Defense**
- **Rebounding**

Passing Drills

Important things to remember when passing: Always see the defense. Step towards your receiver, to put more power behind your pass. Make eye contact with your teammate. Make crisp two handed pass motion. Always pass to the target, if the player is in motion, throw a lead pass. Thumbs should be pointing in the direction of the ball after the ball is thrown.

1. **Stationary Partner Passing**- Stand about the width of the free throw lane apart. One partner will have a ball the other will be ready to receive the pass. Older girls can use a weighted ball to do this drill.
2. A variation of this drill would be to have two balls. One girl throws a chest pass while the other girl throws a bounce pass. This requires players to focus, work on catching the ball, and teamwork.

3. **Step and Pass down the court**- Start off with a line on each side of the foul 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! Again older girls can use a weighted ball to do this drill.
4. **3 Man Weave**- Now that your girls have mastered passing with two girls add a third girl. Begin with 3 players at one end of the court. Pass and go behind (weave). Moving down the court as they do this.
5. **5 Man Weave** Begin with 5 players at one end of the court. Pass and go behind (weave) the person shooting the lay-up and the person who passed the ball to shooter immediately sprint to cover the defensive basket. The closest person to the rebound takes the ball out of the basket and passes to nearest offensive person to initiate a 3 on 2 situation. At the other end of the court play continues until the two defenders secure the ball with a rebound/steal or the offense scores.

You can do these drills with:

Chest Passes- The chest pass should go from your chest to receiver's chest. You should step into the pass with your knees bent and follow through, with the ball coming off of your fingertips and your thumbs down. This creates good backspin and makes the pass easier to catch.

Bounce Passes- The bounce pass should travel from your waist to receiver's waist. The ball should bounce about 2/3 of the way to the receiver. You should follow through as in chest pass with your thumbs down. The backspin that this creates slows the ball down when it hits the ground and makes it easier to catch.

This drill will help show that passing is a faster way to bring the ball up the court than dribbling.

6. **Pass Up the Court** -Put a player at each end line, one at each free throw line and another at mid court. Have those players relay the ball from one end line to the other and back again. To do so take EIGHT passes. Then take the FASTEST dribbler and have him try to dribble to the opposite end and back before the group of FIVE players throw EIGHT passes. The passing team ALWAYS wins (unless, of course, they drop the ball or really miss a pass).

6. **Monkey in the Middle**-Player 1 and player 2 stand the lane width apart. Player 1 has the ball. Player 3 is the defensive player, and stands between players 1 and 2. Player 3 guards player 1 and tries to deflect the pass from player 1 to player 2. Player 1 works on ball fakes and steps through the defense to make the pass. When player 2 receives the ball, player 3 hustles over to contest player 2's pass to player 1. Player 2 must wait until player 3 is on him before he attempts a pass. (count to 3) Player 3 stays in the middle and defends both passes until he gets three deflections. -Players rotate so that all three defend the passes.

7. **Star Drill**

The Star Drill is a great basketball practice drill for before games. It helps the players warm-up by getting their hands ready, their passing skills honed, and their blood pumping.

The drill requires at least 10 players. It begins with each player forming the point of a star. Each person should be facing the inside of the star (toward each other). The passing drill begins with one person (usually the Captain) passing the ball to the player opposite the ball. That passer then follows the ball and goes to that point of the star.

The player catching the ball will then pass the ball to the player to the right of the player who just passed the ball. Then the next player will follow the ball to the next spot, the ball will be passed to the right, and the drill

will keep going.

It should be crisp and force the players to hustle to the next spot in order to be ready to receive the pass.

8. No Dribble Scrimmage

The No Dribble Scrimmage basketball drill is exactly what it sounds like – a drill where the players play against each other without being able to dribble the ball. This gets the players thinking about where to pass the ball instead of dribbling it. This drill is especially great for players who dribble the ball too much.

The beauty of this drill is the players quickly figure out that they better pass the ball quickly or the pass will be very difficult. This is because the defense can slack off the player with the ball since that player can't dribble the ball.

The No Dribble Scrimmage will help improve a team's ball movement and it will also encourage the players to be better, less selfish team players.

DEFENSE

Shell drill is a 4 on 4 defensive drill that focuses on defensive positioning, including denial and help-side defense. In a basic shell drill, the offense stays in the same area outside the 3 pt line with two at the top of the key and two on the baseline. Defensively, there is always a person on the ball, the defenders one pass away are in the passing lanes denying, and any defenders more than one pass away are on help-side. The offense holds the ball for 2-3 seconds and then makes a pass. While the ball is in the air the defense moves to the correct position. To advance the drill, the offense can begin to cut and move without the pass. In this case, defenders should focus on jumping to the pass and taking away cuts.

Close Out Drill:

Close outs are important when the defender is moving from help side to on the ball defense. When the ball is in the air the defender should sprint to the defender and when 2 or 3 feet away break down into a defensive stance and stutter their feet. For this drill have the defender start under the basket and the offensive person at the free throw line or at top of the key (offensive person can also be outside three-point line). The defender should start with the ball and either roll the ball or pass the ball to the offensive player. While the ball is rolling or in the air the defender should sprint to the offensive player and close out. The defender should focus on staying down and keeping the weight back, keeping their feet moving, and having a high hand to take away the shot. The drill can end with the close out or for older players it can continue with one on one to the basket.

Mirroring the Basketball:

This drill focuses specifically on defense played on the ball. The basic drill is stationary with one offensive player with the ball and one defender. The defender should be no more than an arms length away with one hand mirroring the basketball at all times. The defender should focus on staying down in their stance with their feet moving at all times and hands moving with the basketball. Younger players can stay stationary, but older players can begin the drill with a close out, work on mirroring the basketball, and then end with one one one to the basket.

First Step:

The most important part of defense when playing the ball is defending the offensive player's first step toward the basket. In this one on one drill, the offensive person should have the ball at the free throw line with the defender an arm's length away. The offensive person should take their time by jabbing at the defender and reading the defense, while the defensive player will be mirroring the basketball. When the offensive person makes their first step toward the basket, the defender should focus on pushing off the inside foot (closest to the middle of the lane) and beating the offensive player to the spot. The goal for the defender is to push the offensive player laterally and not allow straight-line penetration toward the basket. For more advanced players, this drill can be combined with the close out and mirroring the basketball drills.

Defensive Slides:

This drill focuses on defensive slides in the half-court. In half-court defense, the defender is not usually sliding more than three or four steps at a time, so this drill emphasizes covering as much ground as possible in those 3 steps. The coach can lead the drill with the players in two or three rows. The players should begin by getting in a good defensive stance and moving their feet. When the coach points left or right, players will slide in that direction 3 steps and then sprint back to their original position in their stance with feet moving. To slide, the players should focus on not crossing their feet and pushing off the inside foot covering as much ground as possible. Thirty seconds to a minute of this continuous drill is game-like and realistic. Working on sliding forward and backward is also an option.

Jump to the Pass:

Jumping to the pass refers to when the defender must move from on the ball defense to denial defense in the half-court. This is important so that the defender is in the correct position to deny the ball and also to take away any cut the offensive player may make toward the basket. For this drill there should be one offensive line at the top of the key and another line on the wing (outside three point line). The one defender in this drill starts by playing on the ball defense on the person at the top of the key. The offensive player is going to make a pass to the person on the wing. When the ball is in the air, the defender should jump in the direction of the pass and end up four or five feet away from their person, in the passing lane, denying the pass. After the offensive person makes the pass, they should cut toward the basket trying to cut in front of the defender's face. The person with the ball on the wing is looking to get the ball to cutter to for a lay up. The defender should focus on taking away the cut by keeping their body between the ball and the offensive player. For younger players the drill can end at that point.

OFFENSE

Shooting Form: Please encourage your players to use the correct shooting form. If they are not strong enough to use the correct form, please have them take a step in. We really would like to promote proper technique at a young age.

Things to remember:

1. BALANCE - footwork is key. Right handed shooters should catch L-R then shot.
2. EYES
3. ELBOW
4. FOLLOW THROUGH

Drills:

1. **Two man continuous:** One player starts with the ball under the basket. The other player spots up from any spot on the floor. The ball is passed to the shooter who catches the ball low with his knees bent and shoots a jump shot.

He gets his own rebound while the passer now spots up to shoot. After a pass is made get a hand in the shooter's face and go game speed. **Keys: hustle to get the rebound and make a good pass, keep track of makes (set a goal and go against other teammates), shoot within your range.**

2. **SPOT SHOOTING:**

You should have teams of 4 or 5 players each. Divide them at the baskets. Line up at the low post, facing the basket. There are 4 shooting spots, low post right, elbow right, elbow left, low post left. Each team has to make 10 shots/10 lay ups from each spot. Loser gets push-ups, winner encourages the loser.

3. **Time Shooting:** We do 30-60 sec. time shooting everyday at each of the spots listed below. (One person shoots the entire 30/60 seconds). There is always a rebounder under the basket that quickly rebounds the ball (without letting it hit the ground) and gives the shooter a good pass for the shot. These are the different spots we shoot from:

- Mikan drill – one continuous motion – layups, not jump shots
- Block to Block – always using the back board
- Elbow to Elbow
- Elbow to baseline – on both sides
- Three point shots
- We end with 10 freethrows.

4. **THREE SPOT GAME**

Make two groups with the same amount of players and place them about three feet outside the lane near the baseline. The first player shoots, grabs his own rebound, dribbles down the court and makes a lay-up, dribbles back to the freethrow-line closest to the point he started out from and finishes the drill with a freethrow. He gives the ball to the next player. The other group does exactly the same.

5. **Figure 8 Layups**

This is a timed layup drill – either 30-60 seconds depending on conditioning level. The shooter starts at the freethrow line and dribbles around the elbow and finishes with a regular or power layup at the basket. The shooter rebounds the ball and dribbles around the opposite elbow and finishes with a layup. After everyone has done layup figure 8 for 30/60 seconds, the second time through is a short jump shot instead of layup. Keep track of makes.

6. **Fire and Ice** – We do this drill the night before every game. Players will line up at the elbow – a line on each side. They will have to make 10 per line to move on to the next spot. Elbow, wing, baseline, layups then 3's. The shooter will follow their shot and pass the ball back to the next person in line. Each line can have 2-3 balls depending on the number of players in the line.

7. **Lay ups** - You should practice lots of lay ups with both hands. Your goal should be to get all players to make lay ups with their left and right hands equally well!! Teach them to jump off the proper foot. They should jump off the left leg when shooting a right hand lay up. They should shoot off their right leg when shooting a left hand lay up. It will be difficult but work on it. You may need to practice the footwork without the ball, 1-2 up across the court. Once you add the dribble, they should dribble with their left hand when shooting left hand lay ups. And vice versa.

8. **Footwork** - Teach triple threat positioning, pivoting on their left and right foot without traveling, jump stops, and to square to the basket as soon as they catch the ball in a triple threat position. You should spend a lot of time on footwork!

- Play plenty of 2 on 2 and 3 on 3 games to teach concepts (no dribble keep away). It gets the players more experience and allows them enough space to operate and use the new skills they have learned.
- Try to limit the use of structured or patterned offenses. Your main concern should be to have them move & not stand still.

MOTION OFFENSE

A **motion offense** is a free form offense that has no pre-planned cuts or passes. A motion offense gives players a choice of what to do depending on what the player sees the defense do. Pass and screen, pass and cut, curl, inside-out, flare and cut -- this is the language of the motion offense.

The key to motion offenses is constant movement. Not just one player moving, but all players and the ball moving. Not just moving but moving with a purpose. Motion offenses are simple to run and fun to play.

Why Motion?

- Motion offense allows you to spend significantly more time teaching players fundamentals and skills. When you implement and teach this offense to your team, you actually teach them fundamentals at the exact same time.

Gives your players a chance to learn "how to play". In the motion they will learn how to adapt and adjust. When you only use structured offenses, players become robotic.

REBOUNDING: Rebounding an important part of the game. If you can rebound, you can win!

- Put a body on someone and block them out! Make sure you communicate (yell shot). Stay low when blocking out. Use proper form when blocking out -- find your defender then back pivot into them. Always keep your elbows out after securing the rebound. Make a good outlet pass to the coach.

1. **2 on 2 blackout:** Two lines, either at the elbow or closer if you are just learning to block out. Offensive and Defensive player on each elbow. Coach in the middle of the two lines, shoots the ball (try to miss☺). Defense tries to turn, step into player and then gets after the ball. If the offense gets the ball they play until D rebounds or O scores. Can add in outlet and layup once they get the hang of it.

2. **Triangle Blockout:** O and D on blocks and on elbow (form a triangle). The coach has the ball and bounces it. On each bounce, D moves to guard a different O player. Coach shoots, D blocks out O. If O gets the ball, they get two for each offensive rebound and 1 if they score. If D gets the rebound, D gets 1 point. We play to time or to points. Loser runs.