

## **Framingham Youth Basketball Coaches:**

**Thank you for the time and energy you are dedicating to help in the development of the youth basketball players in town. Throughout the year, we hope to establish a partnership between the high school teams and the youth teams through winter clinics, youth basketball nights at the high school games, and our Flyers Hoop Camp in the summer. We want to be a consistent resource for your teams, so please do not hesitate to contact us with any questions. We hope the following information helps you run effective, fun practices where young players enjoy the process of developing individual skills and learning how to play team basketball, both offensively and defensively. Thank you for coming to today's clinic, and for all of the work you will put in with your players during this upcoming season.**

**Sincerely,**

**Coach Adam Cluff: [acluff24@hotmail.com](mailto:acluff24@hotmail.com)**

**Coach Deirdre King: [deirdre.savageau@gmail.com](mailto:deirdre.savageau@gmail.com)**

### **Overall Practice Structure (Per Hour)**

**Thirty Minutes Individual Offensive Skill Development**

**Ten Minutes Defense**

**Ten Minutes Team Offense**

**Ten Minutes Live Full Court**

# FRAMINGHAM YOUTH BASKETBALL COACHING POINTS OF EMPHASIS

## INDIVIDUAL SKILL DEVELOPMENT

It is essential that a significant portion of team practice time is devoted to drills focused on developing players individual offensive skills in a non-position specific way, i.e. players are *not* divided into perimeter and post or guards/forwards/centers. Coach King and Coach Cluff ask that **at least half** of your allotted practice time is dedicated to offensive skill work. The areas on which to focus are: **Ball-handling, Passing, Triple Threat, and Shooting.**

**Ball-Handling: Stationary:** All Drills Done with knees bent, on balls of feet, not hunched at waist, eyes up seeing the floor, guard hand flexed.

- Taps (Fingertips hot potato)
- Slaps (Grab ball like grabbing rebound)
- Wraps (Around two knees, two knees then one knee, figure 8, knee-waist-head-waist. With each one, work both directions)
- Dribble (Ankle, Knee, Waist, Shoulder). Go 30 Sec each height, ball on fingertips, trying to pound ball through the floor. Work both right and left dribbles.
- One hand dribble front to back. (Right and Left)
- One hand dribble right to left. (Right and Left)
- Knee to Knee Crossover
- Figure 8 between the legs (Both Directions)
- Spider Dribble (Two dribbles front, two dribbles behind)

Middle School Players Add Two Ball Stationary Drills

- Same height (ankle, knee, waist, shoulder)
- One high one low (Switch)
- Alternate dribbles
- Front to Back
- Right to Left

### **Ball-Handling On the Move**

Speed Dribble (Ball low, on fingertips, eyes up) (Right and Left)

Speed Dribble Alternate Hands

Direction Changes: Cross-over (R to L and L to R).

Inside-Out (R and L)

Hesitation (R and L)

Combinations

With all direction changes, emphasize CHANGING SPEEDS, slow to fast.

Use Mirror Drill, Square Off Dribbles, Providence Drill (Not on paper but demonstrated).

## **Passing**

**Passing and catching are two extremely important, and under-coached, skills. Most high school players are poor passers and poor catchers in terms of accuracy on the pass and efficiency on the catch. At its practice on Thursday this week, Boston College men's team did a six minute "four corner passing" drill where players just passed the ball around the perimeter and caught the ball in triple threat: no dribbles, no shots, no cuts, for six minutes. It was awesome.**

- B.C. Four Corner Passing (Four Lines around perimeter)
- Pass and Go Opposite (Two Lines facing each other, player in middle, pass and run to opposite line. Can work chest pass, bounce pass, overhead snap pass)
- Player in the Middle (Player in middle is defender, pressures ball, offense ball fakes and makes a pass to teammate, defender runs across to defend ball).
- Three player weave (Go behind your pass)
- Five player weave (Go behind your pass)
- Three player pass ahead (Full court over the top pass...two passes lay-up)

## **Triple Threat**

Stationary: Feet shoulder width apart and staggered. Ball in shooting pocket (fingers spread, wrist flexed back behind the ball, guide hand on side. Offensive Stance. Established pivot foot.

- Spin ball to self, catch and square. (All over half court)
- Spin ball to self, catch and square, jab step. (same direction, crossover rip move)
- Spin ball to self, catch and square, shot fake.
- Spin ball to self, catch and square, move to the basket (jab step, shot fake, rip move).
- Work all of the above off the catch from a passer. Emphasize preparation for the catch: feet, hands, pivot.

## **Shooting**

Spend some time doing one handed form shooting every practice. Emphasize ball on fingertips/not on palm, elbow in but not touching waist, wrist fully flexed, bend knees, follow through (elbow above eyebrow), flick wrist. No hitch—one smooth motion.

All shooting drills need to be done at game speed. Use "Shooting Sequence", "Chair Shooting", and "Arc Shooting". Add shots off one dribble (with and without shot fake) to shots off the catch. Add free throw shooting (two at a time then switch).

**You might feel that devoting at least half of your practice time to skillwork is at the expense of working on getting your team playing well together. That is the trade-off Coach King and Coach Cluff are asking you to make. Skill development is the single most crucial part of a player's overall success in the game of basketball, and thus to the overall success of the Framingham Basketball Program at all levels.**

## **FRAMINGHAM YOUTH BASKETBALL COACHING POINTS OF EMPHASIS: DEFENSIVE PHILOSOPHY**

Coach King and Coach Cluff are both man to man defensive coaches. We play almost exclusively man to man defense. We ask our Junior Varsity and Freshman coaches to play ONLY man to man defense, in order to prepare our players for our system. We ask, and may not be too proud to beg, youth coaches to play ONLY man to man defense. A player who only knows how to play man to man defense can learn how to play zone when he or she gets to the high school level. A player who only knows how to play zone can not learn how to play man well when he or she gets to the high school level. Please, play man to man. What follows here is irrelevant if you do not.

### **Defense is NOT about:**

**Steals**

**Blocked shots**

**Traps**

**Gambling in Passing Lanes**

**Reaching In**

### **Defense IS about:**

**Quick Feet**

**Proper sliding technique**

**Containing your man**

**Challenging shots (even if your opponent is not a great shooter!!),**

**Taking a charge**

**Helping and recovering**

**Not allowing a belly cut**

**Seeing ball and man**

**TALKING**

**Staying in a defensive stance for the whole possession**

**MAXIMUM EFFORT.**

### **Drills**

Defensive Stance: Bend knees, hands wide, palms up, don't bend at waist, fingers flexed, on toes, feet shoulder width apart (or slightly wider). Work foot fire here.

Defensive Slides: Do not cross feet, do not bring feet together, do not hop, move with short, choppy, sliding steps, TALK.

Zig-Zag: One on One Full Court Defense: DO NOT REACH.

Jump to the Ball

Deny and Contain

Help and Recover Match-up Drill

## **FRAMINGHAM YOUTH BASKETBALL COACHING POINTS OF EMPHASIS: OFFENSIVE PHILOSOPHY**

Coach King and Coach Cluff both run a motion offense. This offense prioritizes *knowing how to play* over knowing specific plays. It does not use isolation or one on one, and rarely uses ball screens. Its core principles are:

- Being able to play offense without the ball in your hands
- Maintaining spacing and floor balance
- Getting players open with cutting and screening(off ball screens rather than ball screens)
- Not over-dribbling
- The idea that the SCREENER often is the player to get open, even more than the player using the screen.
- Having players who can play facing the basket (not only on the block with back to the basket, even big)
- Always moving, NEVER STANDING.
- Playing offense as hard as you play defense, with as much effort and intensity to get your teammates open and get yourself open.

### Drills

3 Man Motion  
1 to the Basket/1 to the Ball  
2 on 2 Motion Breakdown  
Feed the Post  
Entry Pass Drill

The most important part of our offense is learning how to set and use screens properly.  
Points of emphasis.

### SCREENER

Set up screening angle.  
Tell teammate you are coming to screen for him/her.  
Screen a body (Make contact with the defensive player).  
Read the cutter and present yourself to the basket or the ball, whichever is opposite cutter

### PLAYER USING THE SCREEN

Set up your defender with a V-Cut.  
WAIT for the screen.  
Use change of speed to explode off screen.  
Go shoulder to shoulder with screener.  
Read Defender: Curl, Pop, Fade, Back Door.

# FRAMINGHAM YOUTH BASKETBALL COACHING POINTS OF EMPHASIS

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**Gambling in Passing Lanes**  
**Reaching In**

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**Proper sliding technique**  
**Containing your man**  
**Challenging shots (even if your opponent is not a great shooter!!),**  
**Taking a charge**  
**Helping and recovering**  
**Not allowing a belly cut**  
**Seeing ball and man**  
**TALKING**  
**Staying in a defensive stance for the whole possession**  
**MAXIMUM EFFORT.**

### **Drills**

Defensive Stance: Bend knees, hands wide, palms up, don't bend at waist, fingers flexed, on toes, feet shoulder width apart (or slightly wider). Work foot fire here.

Defensive Slides: Do not cross feet, do not bring feet together, do not hop, move with short, choppy, sliding steps, TALK.

Zig-Zag: One on One Full Court Defense: DO NOT REACH.

Jump to the Ball

Deny and Contain

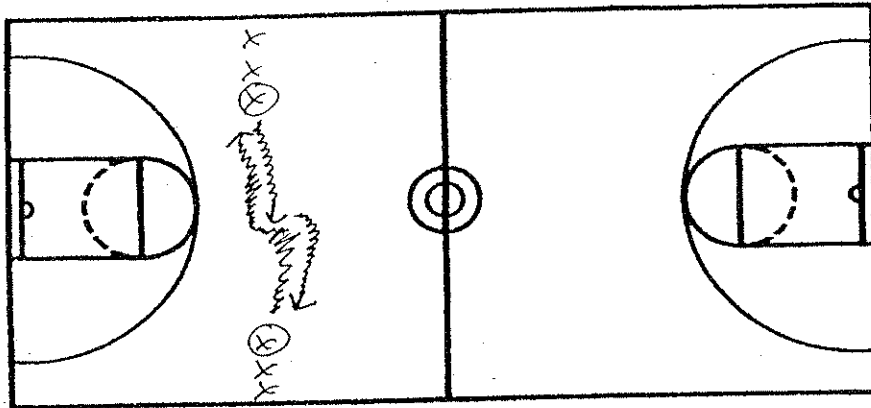
Help and Recover Match-up Drill

## BASKETBALL DRILL FORM

NAME OF DRILL: Mirror Drill

OBJECTIVES OF DRILL: 1. improve ball handling 4. \_\_\_\_\_  
2. individual offense skills 5. \_\_\_\_\_  
3. 4 primary dribbles 6. \_\_\_\_\_

PROCEDURE: Set up lines 20-30 feet across from each other  
- each line has a ball  
- players dribble at one another to make moves  
- 4 moves - stop & go, crossover, between legs, inside-out  
- work right & left hands  
- finish with a jump stop - pass to opp. line - go to end



TEACHING POINTS: 1. dribble no higher than knees 5. change speed - slow to fast  
2. don't lift up on stop & go 6. change direction on change of ho  
3. pull ball back slightly on 7. heads up - don't kill each other!  
4. change of hands dribbles 8. \_\_\_\_\_

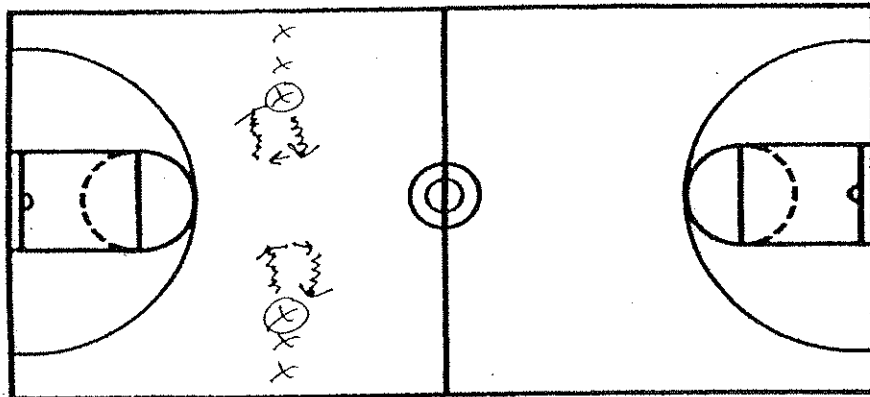


## BASKETBALL DRILL FORM

NAME OF DRILL: Square-off Dribbles

OBJECTIVES OF DRILL: 1. improve ball-handling 4. \_\_\_\_\_  
2. dribbling in pressure 5. \_\_\_\_\_  
3. press break habits 6. \_\_\_\_\_

PROCEDURE: Do this drill out of mirror drill or jab step series lines  
Player takes 2 hard dribbles, crosses over,  
then takes 2 retreat dribbles, repeats

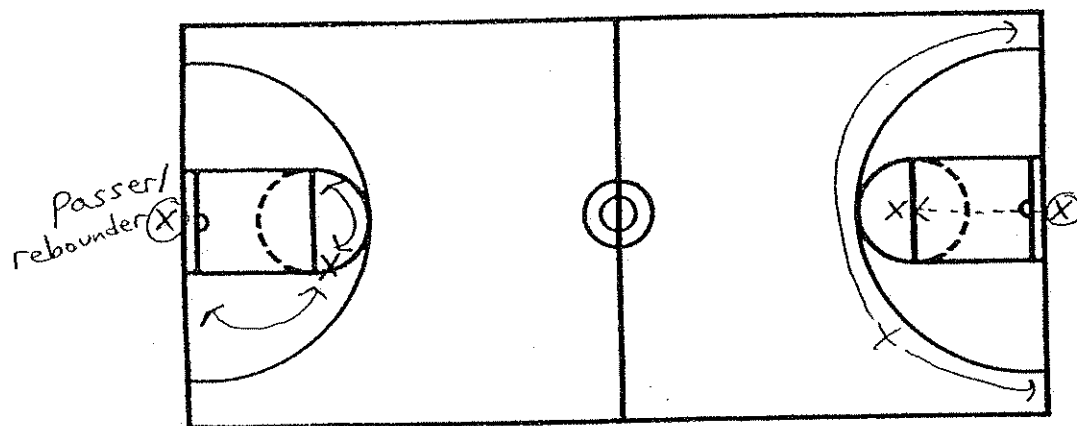


TEACHING POINTS: 1. dribble knee-high or lower 5. \_\_\_\_\_  
2. pull ball back on crossover 6. \_\_\_\_\_  
3. Keep shoulders square at all times 7. \_\_\_\_\_  
4. \_\_\_\_\_ 8. \_\_\_\_\_

NAME OF DRILL: Shooting Sequence

OBJECTIVES OF DRILL: 1. form 4. Footwork  
2. rhythm 5. quick release  
3. consistency 6. shoot off pass + dribble

PROCEDURE: Make: 5 FTs  
5 J's from FT line - step w/shooting leg  
10 J's elbow to elbow  
10 J's elbow to baseline (catch + shoot)  
10 same (ball fake - 1 dribble)  
10 3's - slide arc corner to corner

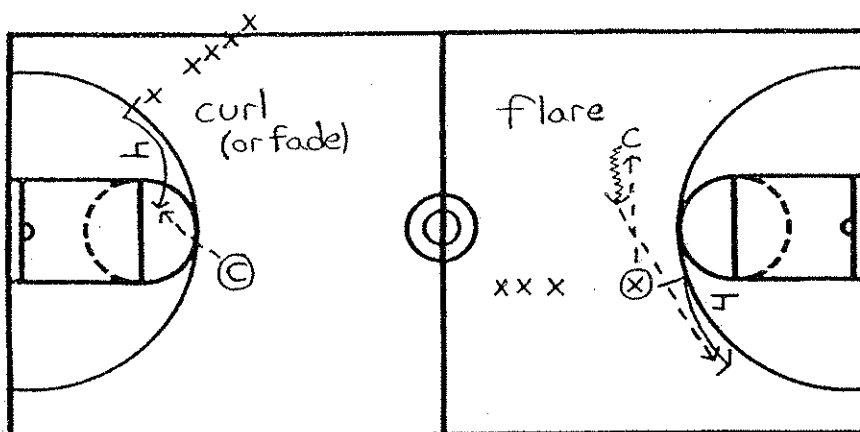


TEACHING POINTS: 1. exaggerate step from FT line 5. good ball fakes  
2. catch the ball on inside foot 6. slide arc in shooting stance  
3. arc your cuts 7. \_\_\_\_\_  
4. clear space on dribble 8. \_\_\_\_\_

NAME OF DRILL: Chair Shooting

OBJECTIVES OF DRILL: 1. reading screens 4. form + footwork  
2. shooting off pass 5. rhythm + consistency  
3. quick release 6. \_\_\_\_\_

PROCEDURE: Coach w/ball in gd. spot - line on weak side wing  
- chair as wing screener  
- curl or fade for shot - shooter rebounds  
- flare - shooter starts w/ball in gd. spot  
- add rips to rim or shot off dribble

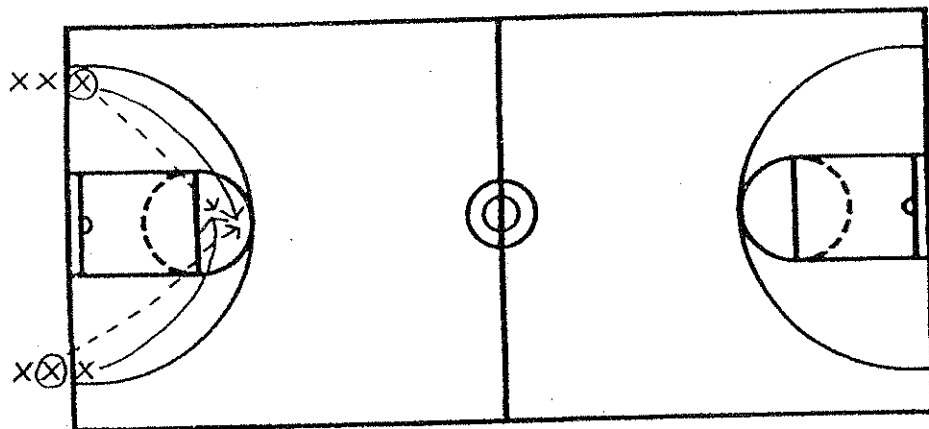


TEACHING POINTS: 1. set up D before cut 5. \_\_\_\_\_  
2. call cut - show hands 6. \_\_\_\_\_  
3. catch ball on inside foot 7. \_\_\_\_\_  
4. come tight off screens 8. \_\_\_\_\_

NAME OF DRILL: Arc Shooting

OBJECTIVES OF DRILL: 1. shooting off pass 4. \_\_\_\_\_  
2. pass to shooting pocket 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_

PROCEDURE: Line in each corner (w/ ball)  
- pass to FT line  
- shooter rebounds - takes ball to opp. line  
- passer cuts to FT line for shot  
- continuous - set time + target FGM

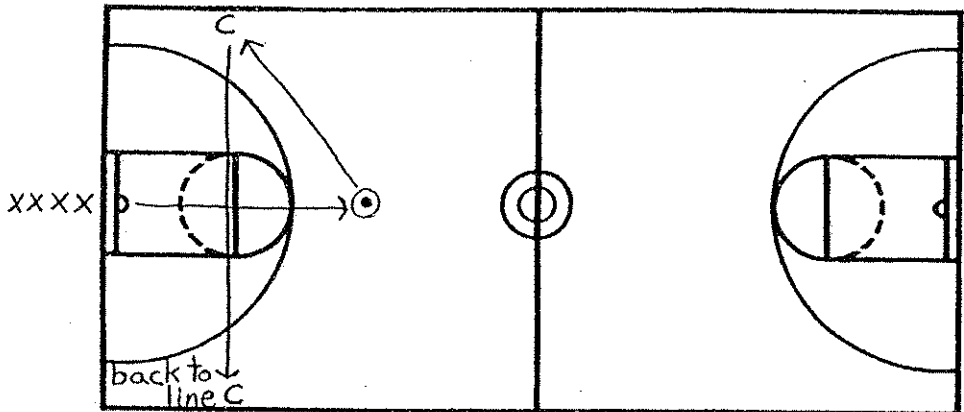


TEACHING POINTS: 1. cutter - show hands 5. \_\_\_\_\_  
2. \_\_\_\_\_ - catch ball loaded 6. \_\_\_\_\_  
3. \_\_\_\_\_ - catch on inside foot 7. \_\_\_\_\_  
4. good passes - call names 8. \_\_\_\_\_

NAME OF DRILL: Defensive Slides

OBJECTIVES OF DRILL: 1. D stance 4. \_\_\_\_\_  
2. D movement 5. \_\_\_\_\_  
3. communication on D 6. \_\_\_\_\_

PROCEDURE: Start under hoop  
- close out on ball  
- drop step - slide to coach  
- slide across to other coach  
- 2 sec. b/w players

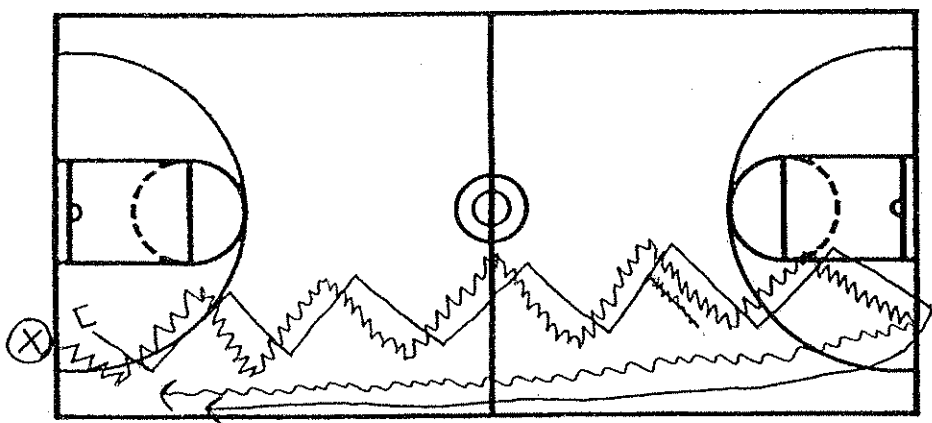


TEACHING POINTS: 1. stay in stance 5. \_\_\_\_\_  
2. don't cross feet 6. \_\_\_\_\_  
3. talk teammates through 7. \_\_\_\_\_  
4. stay focused on ball 8. \_\_\_\_\_

NAME OF DRILL: Zig-Zag

- OBJECTIVES OF DRILL:
- 1. on ball D
  - 2. ball pressure
  - 3. pursuit D
  - 4. \_\_\_\_\_
  - 5. \_\_\_\_\_
  - 6. \_\_\_\_\_

PROCEDURE: Off. 2-3 dribbles - change direction  
D - nose on ball - get outside shoulder - force change  
- return full speed - off. can't change hands  
~~\_\_\_\_\_~~  
 \_\_\_\_\_  
 \_\_\_\_\_



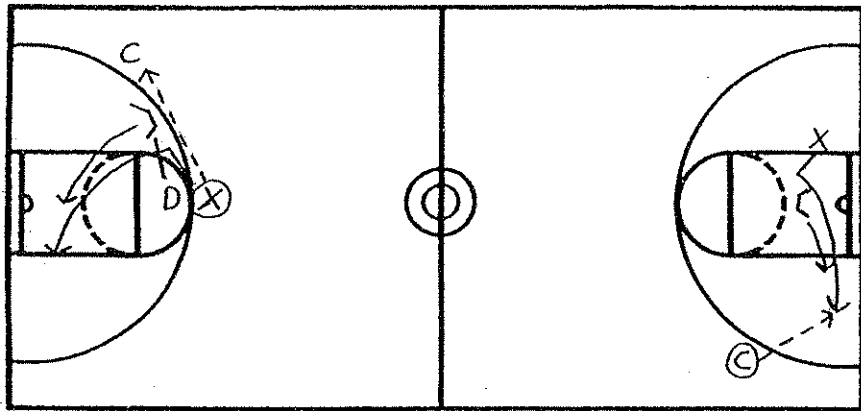
- TEACHING POINTS:
- 1. slide - don't cross feet
  - 2. dictate - don't follow
  - 3. ~~\_\_\_\_\_~~
  - 4. keep cross hand low - don't reach
  - 5. \_\_\_\_\_
  - 6. \_\_\_\_\_
  - 7. \_\_\_\_\_
  - 8. \_\_\_\_\_

BASKETBALL DRILL FORM

NAME OF DRILL: Jump to the Ball

- OBJECTIVES OF DRILL: 1. jump to the ball 4. \_\_\_\_\_  
2. deny belly cut 5. \_\_\_\_\_  
3. ball defense 6. \_\_\_\_\_

PROCEDURE: O (w/ball) + D on top-wing pass to coach  
- D jumps to the ball - denies belly cut  
- deny belly cut from weak side block  
- force catch outside lane - 1 on 1



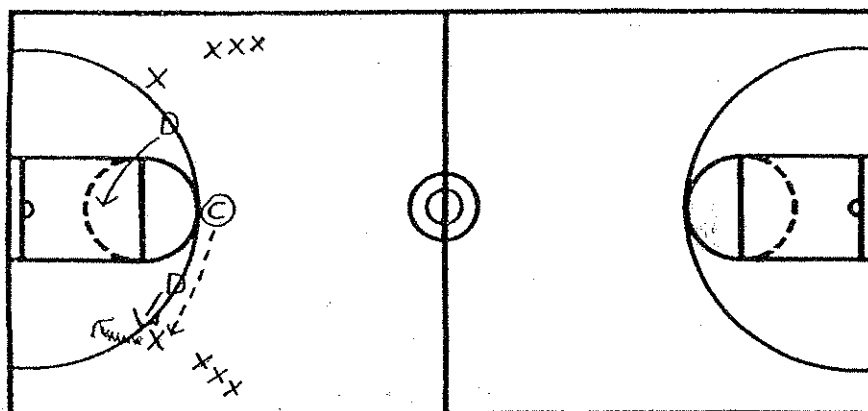
- TEACHING POINTS: 1. be aggressive on deny 5. \_\_\_\_\_  
2. force corner on dribble 6. \_\_\_\_\_  
3. basket line 7. \_\_\_\_\_  
4. ball pressure 8. \_\_\_\_\_

NAME OF DRILL: Deny and Contain

- OBJECTIVES OF DRILL:
1. D-ball/1 pass away 4. \_\_\_\_\_
  2. D positioning 5. \_\_\_\_\_
  3. \_\_\_\_\_ 6. \_\_\_\_\_

PROCEDURE: Coach w/ ball on top - O + D on wings

- deny passing lanes
- play 2 on 2 on wing pass
- rotate O to D to line



- TEACHING POINTS:
1. on line/up line 5. ball pressure
  2. force dribble to corner 6. \_\_\_\_\_
  3. weak side D-basket/ball lines 7. \_\_\_\_\_
  4. V cut to get open 8. \_\_\_\_\_

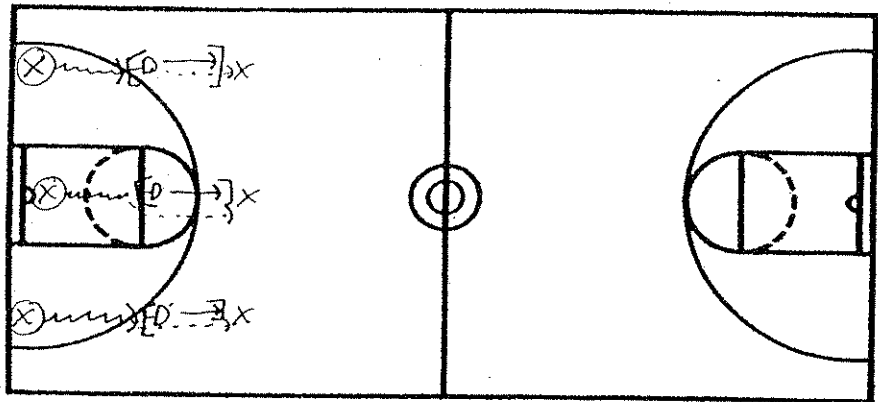


**WELLESLEY RAIDERS**  
**BASKETBALL DRILL FORM**

NAME OF DRILL: Help + Recover

OBJECTIVES OF DRILL: 1. def. positioning & movement 4. \_\_\_\_\_  
2. stopping the ball 5. \_\_\_\_\_  
3. close outs 6. \_\_\_\_\_

PROCEDURE: 3 players in a line, 12-15 foot spacing - middle on D  
covering man w/o ball (simulates on the line, up the line)  
Player with ball drives hard at D, makes pass on stop  
D must stop ball, then close out on own man



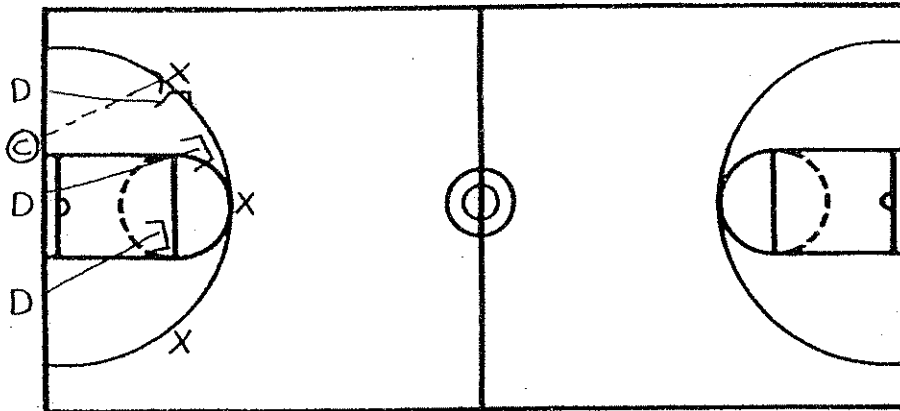
TEACHING POINTS: 1. ball must be physically stopped 5. \_\_\_\_\_  
2. don't loft pass 6. \_\_\_\_\_  
3. close out under control 7. \_\_\_\_\_  
4. - break down & chop step 8. \_\_\_\_\_

BASKETBALL DRILL FORM

NAME OF DRILL: Matchup Drill

OBJECTIVES OF DRILL: 1. close outs 4. D on different off.  
2. D positioning 5. \_\_\_\_\_  
3. on + off ball D 6. \_\_\_\_\_

PROCEDURE: 3 on 3 - D on baseline/off. along 3 pt. line  
-off. - 1 shoots/1 drives/1 does both  
- coach initiates w/ pass  
- play to hoop/TO/D rebound

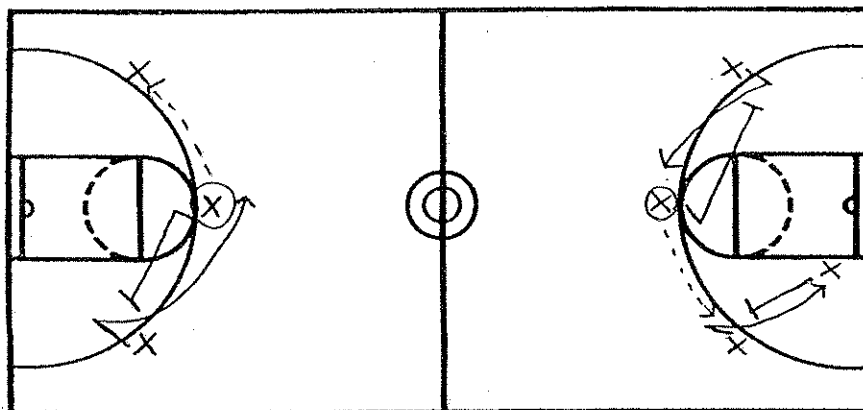


TEACHING POINTS: 1. close out under control 5. help side-basket line  
2. communicate on D 6. challenge shooter  
3. force dribble to corner 7. box out  
4. one pass away - on line/up line 8. \_\_\_\_\_

NAME OF DRILL: 3 man Motion

OBJECTIVES OF DRILL: 1. Moving w/o the ball 4. \_\_\_\_\_  
2. Using screens 5. \_\_\_\_\_  
3. spacing 6. \_\_\_\_\_

PROCEDURE: Pass + screen away - continuous  
- can be run w/o ball / with or without D  
- top or side triangle  
- add weakside wing

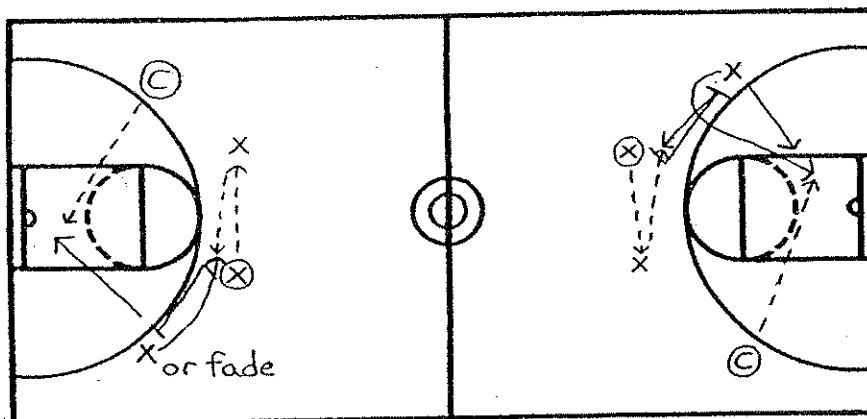


TEACHING POINTS: 1. V cut to get open 5. screener calls name  
2. screener + cutter cut to 6. \_\_\_\_\_  
3. set up screen 7. \_\_\_\_\_  
4. catch ball on inside foot 8. \_\_\_\_\_

NAME OF DRILL: 1 to the basket/1 to the ball

OBJECTIVES OF DRILL: 1. reading screens 4. \_\_\_\_\_  
2. spacing 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_

PROCEDURE: 4 perimeter spots - 2 balls  
- gd. to gd pass - wing screen  
- space or fade cut - screener dives  
- curl or back cut - screener pops  
- both receive ball



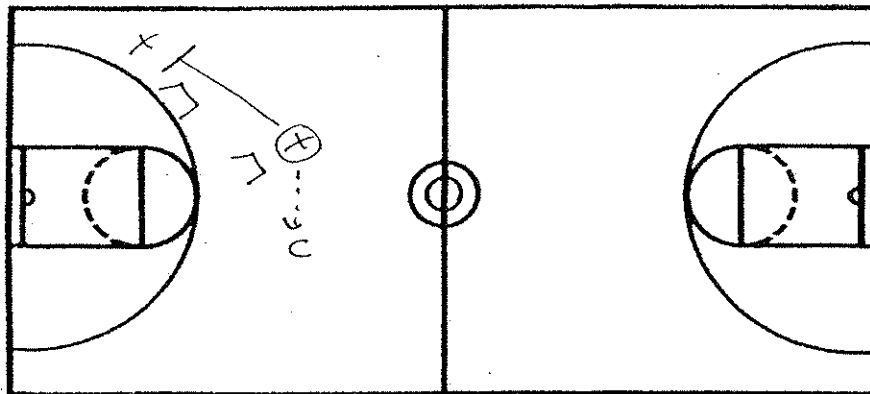
TEACHING POINTS: 1. set up screen - call name 5. \_\_\_\_\_  
2. hold screen - read, don't slip 6. \_\_\_\_\_  
3. show hands 7. \_\_\_\_\_  
4. \_\_\_\_\_ 8. \_\_\_\_\_

BASKETBALL DRILL FORM

NAME OF DRILL: 2 on 2 Motion Breakdown

OBJECTIVES OF DRILL: 1. spacing + movement 4. improve motion offense  
2. screening + using screens 5. \_\_\_\_\_  
3. reading the floor 6. \_\_\_\_\_

PROCEDURE: 2 on 2 guard + wing with coach at other guard  
Guard passes to coach and sets wing screen  
or wing sets flare screen  
- curl, fade, back cut or space cut on wing screen  
- on space cut, pass back + re-start drill  
Play to score, D rebound, or TO  
- Coach is pressure release - re-set on pass  
1 to the basket / 1 to the ball rules apply



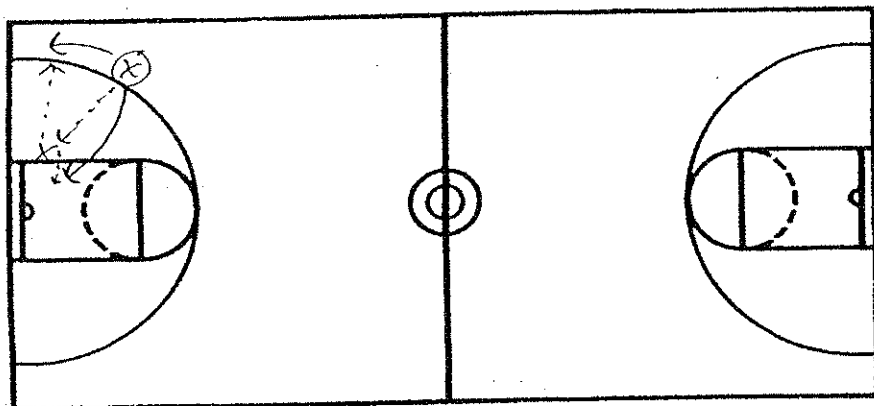
TEACHING POINTS: 1. communicate on O + D 5. stay low, show hands coming  
2. go away to set up screens 6. \_\_\_\_\_ off screens  
3. screeener shouldn't drift 7. \_\_\_\_\_  
4. - cut to basket or ball 8. \_\_\_\_\_

## BASKETBALL DRILL FORM

NAME OF DRILL: Feed the Post

OBJECTIVES OF DRILL: 1. entry passes 4. post passing  
2. movement & spacing 5. \_\_\_\_\_  
3. reading the D 6. \_\_\_\_\_

PROCEDURE: Low post & wing w/ ball  
- entry pass - then basket cut or relocate  
on the perimeter  
D must double down hard

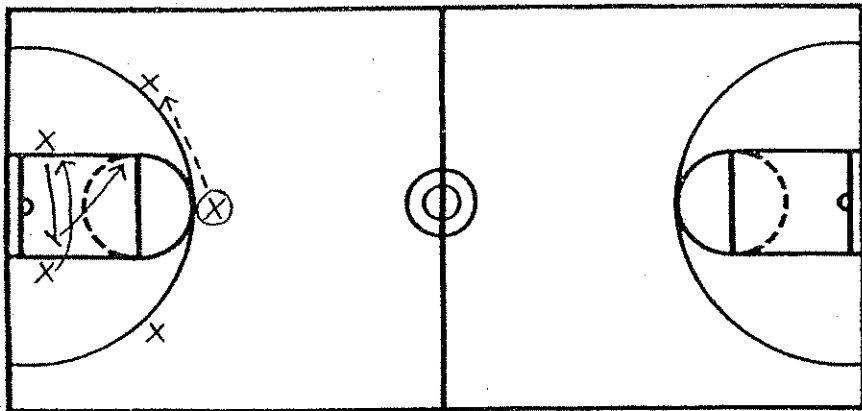


TEACHING POINTS: 1. get to open passing lane, not 5. bounce/drop pass on drive  
2. just open space 6. \_\_\_\_\_  
3. slide on perimeter relocation 7. \_\_\_\_\_  
4. catch the ball loaded 8. \_\_\_\_\_

NAME OF DRILL: Entry Pass

OBJECTIVES OF DRILL: 1. entry passing angles 4. reading D  
2. when & how to pass 5. reacting to double down  
3. establishing post pos. 6. post D

PROCEDURE: Point - 2 wings - 2 posts (can start w/ 1 post)  
- pt. to wing pass  
- post cross screen - screener can flash high  
- post - score or relocation pass  
- on wing - no D / 1/2 D / full D

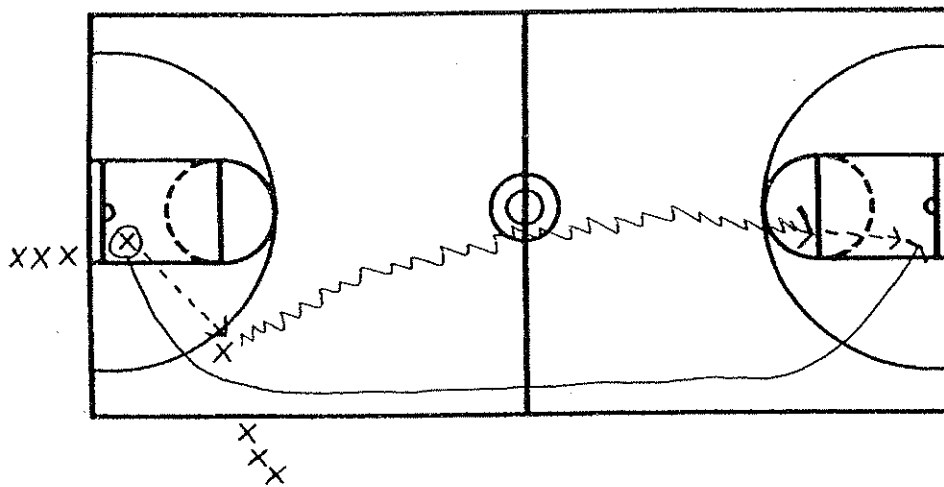


TEACHING POINTS: 1. wings V cut to get open 5. passer - move to open passing lan  
2. angle screen on top 6. relocation pass on double down  
3. post open if no. shows 7. ball reversal  
4. hold flash for 1 sec. 8. post D - hedge & talk  
9. wing D - ball pressure

NAME OF DRILL: 2 man Break

OBJECTIVES OF DRILL: 1. running the floor 4. \_\_\_\_\_  
2. open floor offense 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_

PROCEDURE: Post rebounds - outlet pass  
Wing dribbles middle to opp. FT line  
Post runs sideline - bounce pass - lay up  
Return - change positions



TEACHING POINTS: 1. call "ball" + "outlet" 5. \_\_\_\_\_  
2. run floor hard + wide 6. \_\_\_\_\_  
3. jump stop - bounce pass 7. \_\_\_\_\_  
4. shade to elbow 8. \_\_\_\_\_