

6U Co-Rec Age Division

Offense

- Drive – A quick dribble directly to the basket.
- Pivot – A player keeps one foot in contact with a spot on the floor while moving the other foot to adjust their position or evade a defender.
- Square up – When a player's shoulders are facing the basket as they release the ball for a shot.
- Triple Threat – An offensive player position a player can use if they have not dribbled. The player stands with their knees bent, feet slightly wider than shoulder width and both hands on the basketball. The player can either shoot, dribble, or pass to a teammate.
- Bank Shot – When a player shoots the ball and it bounces off the backboard and into the hoop.
- Free Throw – A free shot given to a player after a foul or a technical foul. The player shoots from the 15- foot free throw line while the rest of the players line up along the outside of the key.
- Lay-up – A shot taken close to the hoop, usually when a player is moving toward the basket.

Defense

- Man to man – A type of defense in which a player is assigned to defend a specific opponent.
- Deny – Prevent an opponent from getting the ball by guarding them closely and staying between them and the player with the ball.
- Close out – The defender quickly slide up to and guards the ball handler or ball receiver.
- Block – A statistic that occurs when a defensive player stops an offensive player from making a shot by blocking the ball with his or her hand(s).
- Rebound – When a player from either team retrieves the ball and gains possession after a missed shot.
- Zone – A type of defense that has each player responsible for defending a specific area of the court and the opponents in that area.

Practice Plans

Week 1

1) **Passing**

- a) Have players toss ball up in the air and catch their own toss.
- b) Each player grabs a partner and works on chest pass and bounce pass

2) **Shooting**

- a) Demonstrate shooting form
- b) Shoot and Rebound – Players form a line. Have them shoot from set spots around the basket. Players get their own rebound and pass to the next player in line.

3) **Ball Handling**

- a) Stationary Dribbling – Dribble in place; Right hand and left hand
- b) Move ball around waist – If this is too hard, have players roll the ball on the ground around their feet

- 4) **Game:** “Sharks and Minnows” – Players line up on baseline. Each player has a basketball. Coach is “shark.” Players are “minnows.” Each player dribbles a ball down the court and the coach tries to steal it. Encourage players to keep their defensive arm up to protect the ball. (Diagram provided below)

Week 2

1) Ball Handling

- a) Stationary Dribbling – right hand and left hand
- b) Red light/Green light – Have players line up on the base line. Each player should have a basketball. Red light players dribble in place, Green light players dribble toward you. Encourage players to keep their defensive arm up to protect the ball.

2) Shooting

- a) Demonstrate shooting form
- b) Shoot and Rebound – Players form a line. Have them shoot from set spots around the basket. Players get their own rebound and pass to the next player in line.

3) Defense

- a) Defensive Stance – Feet shoulder width apart, knees bent, bottom down, hands up
- b) Defensive Slide – Demonstrate defensive slide

4) Game

- a) Pizza Passing – Have players stand in semi-circle around you. You're going to make a team 'pizza' while passing the ball. You will pass the ball to each player and when the player catches the ball, they get to pick a pizza topping and then pass the ball back to you.

Week 3

1) Footwork

- a) Pivot – Demonstrate how to plant one foot and pivot on the other. Have players keep their hands up and elbows out as if they are holding a basketball.
- b) Jump Stop – Have players sprint down to a designated point (baseline, free throw line, etc.) and jump stop when they get there. Demonstrate to players what a solid jump stop looks like with both feet landing at the same time, legs bent, and bottom down so they don't tip forward.

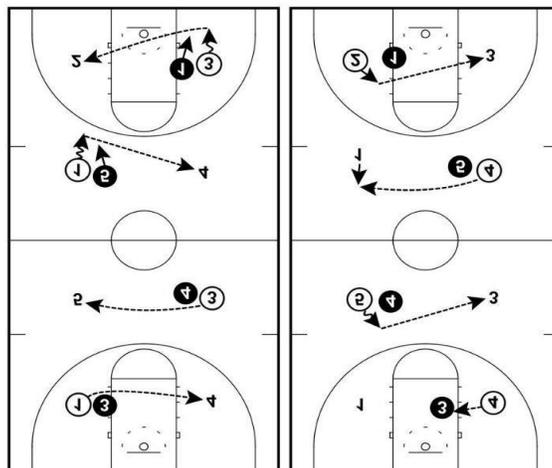
2) Ball Handling

- a) Dribble once and catch the ball
- b) Dribble around parents – Have a few parents stand in a line and the players can practice dribbling around their parents. Encourage them to keep a defensive arm up to protect the ball. Cones can be used in the place of parents if desired.

3) Passing

- a) Partner Passing - Each player grabs a partner to work on chest pass and bounce pass. Emphasis proper passing form. Work on catching and not being afraid of the ball.
- b) Dribble, Pivot, Pass Back – Line kids up on baseline. First player dribbles 3 times toward the free throw line, jump stops, pivots, and passes back to the next player in line. Repeat until everyone has gone at least twice.

- 4) **Game:** “Monkey in the Middle” – Coach can be the monkey in the middle. Or you can break the group up into teams of 3 and have them rotate being the monkey in the middle. Emphasis “*pivoting*” to pass the ball for offense. Emphasis “*hands straight up*” to not foul for defense. (Diagram provided below)



Week 4

1) Ball Handling

- a) Knee Circles – Stand with feet together. Move ball around knees, trying not to drop the ball on the ground.
- b) Rolling Figure 8 – Stand with feet shoulder width apart. Place ball on the ground and roll the ball in a figure 8 pattern around feet. If that's too easy, they can try making the figure 8 pattern while holding the ball off the ground and trying not to drop it.

2) Rebounding

- a) Demonstrate to players how to box out and grab a rebound.
- b) Box Out and Rebound – Coach shoots the ball. Player pivots to box out coach and gets the rebound.

3) Shooting

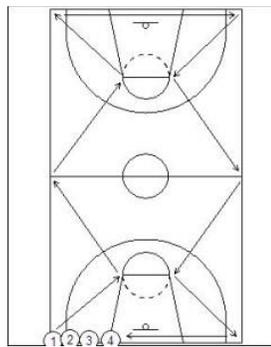
- a) Remind and demonstrate shooting form.
- b) Jump shots – Players form a line. Have players shoot from set spots around the basket and get their own rebound and pass to the next person in line.

4) Game - Scrimmage

Week 5

1) Defense

- a) Demonstrate defensive stance
- b) Zig Zag Slide – Set up cones in zig zag formation down court. Have players line up in one corner of the court at the baseline. Players will defensive slide from spot to spot.
 - i) Corner to FT line; pivot to change direction
 - ii) FT Line to half court; pivot to change direction
 - iii) Half court to FT Line; pivot to change direction
 - iv) FT Line to base line corner
- c) If drill is too difficult, have players defensive slide around court perimeter.



2) Ball Handling

- a) Stationary Dribbling – Dribble in one place. Right hand and Left hand.
- b) Zig Zag Dribbling –Set up cones in zig zag formation down court similar to Zig Zag Slide drill; players will switch dribbling hand at each new point. Encourage them to keep a defensive arm up to protect the ball.
- c) If drill is too difficult, refer back to ‘Red Light, Green Light’

3) Rebounding

- a) Remind and demonstrate how to box out.
- b) Have players line up in two lines on the base line. Coach shoots the basketball. Whichever player gets the rebound gets to shoot.

- 4) **Game: “Knockout”** – Have players line up at the free throw line. The object of the game is to score before the player in front of you scores. The second player must allow the player in front of them to shoot their first shot. If the player in front scores they give the ball to the next person and go to back of line. If the player behind to first player scores first, the player in front is eliminated.

Week 6

1) Shooting

- a) Remind and demonstrate shooting form.
- b) Jump shots – Players form a line. Have players shoot from set spots around the basket and get their own rebound and pass to the next person in line.
- c) Pass, Pass, Shoot – Group players into teams of 3 (3 offensive players w/ no defense)
 - i) Have players spread out with two toward the top of the key and one under the basket
 - ii) Player 1 passes to Player 2; Player 2 passes to Player 3 who is under the basket; Player 3 shoots
 - iii) Everyone rebounds.

2) Ball Handling

- a) Dribble around parents – Have a few parents stand in a line and the players can practice dribbling around their parents. Encourage them to keep a defensive arm up to protect the ball. Cones can be used in the place of parents if desired.
- b) Dribble Freeze Tag – Coach is “it.” Players dribble with defensive arm up. If coach tags them, they are “frozen” and must dribble in place until a teammate tags them.

3) Passing

- a) Partner Passing - Each player grabs a partner to work on chest pass and bounce pass. Emphasis proper passing form. Work on catching and not being afraid of the ball.
- b) Dribble, Pivot, Pass Back – Line kids up on baseline. First player dribbles 3 times toward the free throw line, jump stops, pivots, and passes back to the next player in line. Repeat until everyone has gone at least twice.

4) Game – Scrimmage

Week 7

1) Defense

- a) Defensive Stance – Feet shoulder width apart, knees bent, bottom down, hands up
- b) Defensive Slide – Demonstrate defensive slide

2) Ball Handling

- a) Tiny Dribbles – Sit on knees and do tiny dribbles with left and right hand.
- b) Rolling Figure 8 – Stand with feet shoulder width apart. Place ball on the ground and roll the ball in a figure 8 pattern around feet. If that's too easy, they can try making the figure 8 pattern while holding the ball off the ground and trying not to drop it.

3) Shooting

- a) Remind and demonstrate shooting form.
- b) Jump shots – Players form a line. Have players shoot from set spots around the basket and get their own rebound and pass to the next person in line.

4) Game – Scrimmage

Week 8

1) Footwork

- a) Pivots – Demonstrate how to plant one foot and pivot on the other. Have players keep their hands up and elbows out as if they are holding a basketball.
- b) Jump Stop – players sprint down to a designated point (baseline, free throw line, etc.) and jump stop when they get there. Demonstrate what a solid jump stop looks like with both feet landing at the same time, legs bent, and bottom down so they don't tip forward.

2) Ball Handling

- a) Dribble once and catch the ball
- b) Dribble around parents – Have a few parents stand in a line and the players can practice dribbling around their parents. Encourage them to keep a defensive arm up to protect the ball. Cones can be used in the place of parents if desired.

3) Passing

- a) Partner Passing - Each player grab a partner and work on chest pass and bounce pass. Emphasis proper passing form. Work on catching and not being afraid of the ball.
- b) Dribble, Pivot, Pass Back – Line kids up on baseline. First player dribbles 3 times toward the free throw line, jump stops, pivots, and passes back to the next player in line. Repeat until everyone has gone at least twice.

4) Game: “Monkey in the Middle” see previous description above

8U Boys/7-9 Girls Age Division

Terms Players Should Know

Areas of Court

- 3 Point Line – A line on the floor of the court, forming an arc at a set distance from the basket that counts for three points.
- Backboard – The rectangular piece of wood or fiberglass the rim is attached to.
- Back court – A team's defensive half of the court.
- Baseline – The boundary at the end of both sides of the court and is the out of bounds line behind each basket. Extends from sideline to sideline.
- Block (Area of Court) – The area just outside of the key in which the rectangular blocks are painted. Also referred to as the post.
- Elbow – The area of the court where the free throw line meets the side of the key or paint.
- Free Throw Line – The line in which a player shoots an uncontested shot and awarded because of a foul by an opponent. Free throws made are worth one point.
- Half Court – A dividing line that separates a playing court into equal halves.
- Lane Lines – The lines at the side of the lane extending down from the free throw line.
- Key – The painted area that makes up the free throw lane. Also referred to as the paint.
- Paint – The painted area that makes up the free throw lane. Also referred to as the key.
- Post – The area just outside of the key which the rectangular blocks are painted. Also referred to as the block.
- Sideline – The boundary lines that run along the sides of the court.
- Top of key – Area slightly beyond the free throw line.
- Wing – The area located on either side of the court, outside the lane, along an imaginary extension of the free throw line.

Violations

- 3-second violation – A penalty, which results in a turnover, where an offensive player stands inside the key or the paint area for three seconds.
- 5-second violation – When the team inbound the ball fails to pass it into play within 5 seconds.
- Carry – This penalty, which results in a turnover, occurs when a player holds the ball excessively at the apex while dribbling.
- Charge – This penalty, which results in a turnover, occurs when an offensive player with the ball runs into a stationary defensive player and knocks him or her over.
- Double Dribble – This penalty, which results in a turnover, occurs when a player dribbles the ball with both hands. It also occurs when a player dribbles, stops dribbling, and then begins to dribble again.
- Foul – A violation resulting from illegal contact with an opposing player.
- Over and back – A violation occurring when an offensive player with the ball returns to the backcourt once they have established position in the frontcourt; also referred to as “backcourt.”

- Established position in frontcourt means both feet and the ball have crossed the half court line.
- Out of Bounds – Occurs when the ball or the player with the ball goes outside of the boundary lines.
- Travel – A penalty, which results in a turnover, where an offensive players moves his or her pivot foot illegally or takes three steps without dribbling the ball.

Offense

- Air Ball – A shot at the basket that misses everything and doesn't touch the rim, backboard, or net.
- And One – When a player gets fouled while shooting the ball goes in. The player then gets one free throw.
- Assist – A statistic that occurs when a player passes the ball to someone who scores after receiving the pass. The passing player earns an assist in the stat sheet.
- Backdoor – An offensive action in which a player without the ball cuts behind a defender and toward the basket.
- Bank Shot – When a player shoots the ball and it bounces off the backboard and into the hoop.
- Cut – A quick movement to the basket.
- Drive – A quick dribble directly to the basket.
- Fast Break – An offensive action where a team attempts to advance the ball and score as quickly as possible after a steal, blocked shot, or rebound.
- Free Throw – A free shot given to player after a foul or a technical foul. The player shoots from the 15-foot free throw line while the rest of the players line up along the outside of the key.
- Lay-up – A shot taken close to the hoop, usually when a player is moving toward the basket.
- Jump stop – When a player comes to a stop landing simultaneously on both feet in a controlled stance.
- Lay-up – A shot taken close to the hoop, usually when a player is moving toward the basket.
- One and One – When a team has reached the initial foul limit, or the bonus, the next player to get fouled will receive one free throw. If the player makes the free throw, he or she shoots an additional free throw. This occurs in youth, high school, and college basketball only.
- Outlet – An offensive strategy in which a player who gathers a defensive rebound passes to a teammate in an attempt to quickly being the next possession.
- Pivot – A player keeps one foot in contact with a spot on the floor while moving the other foot to adjust their position or evade a defender.
- Post up – An offensive strategy in which a player gets the ball in the post area with his or her back to the basket.

- Screen (Pick) – An offensive strategy in which a player without the ball stands in the way of a defensive player. The offensive player must remain stationary during the process, or a moving screen will be called and the result will be an offensive foul and a turnover.
- Square Up – When a player’s shoulders are facing the basket as they release the ball for a shot.
- Swish – A made basket where the ball avoids the rim and touches nothing but the net, creating a “swish” sound.
- Triple Threat – An offensive player position a player can use if they have not dribbled. The player stands with their knees bent, feet slightly wider than shoulder width and both hands on the basketball. The player can either shoot, dribble, or pass to a teammate.
- Turnover – When the offensive team loses possession of the ball by way of an offensive foul, steal, or out-of-bounds violation.

Defense

- Block (Action) – A statistic that occurs when a defensive player stops an offensive player from making a shot by blocking the ball with his or her hand(s).
- Box out – When a shot goes up, players use this technique, which involves widening their stance and arms and using their body as a barrier to get in better rebounding position.
- Close out – The defender quickly slide up to and guards the ball handler or ball receiver.
- Deny – Prevent an opponent from getting the ball by guarding the ball handler or ball receiver.
- Man-to-Man – A defensive strategy in which each player on the defensive team guards’ one person on the opposing team.
- Press – A defensive strategy where the defenders guard the opposing team the full length of the court instead of waiting on the opposite side for the offense to come across.
- Rebound – When a player from either team retrieves the ball and gains possession after a missed shot.
- Zone Defense – A defensive strategy in which payers guard a specific zone or area of the court instead of a specific player on the opposing team.

Practice Plans

Week 1

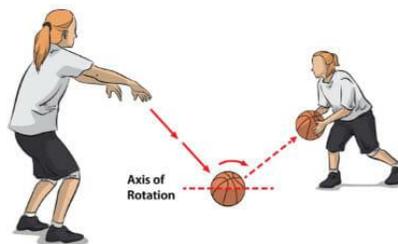
1) Ball Handling

- a) All right-hand dribble (keep it low) - Stationary Dribble
- b) All left-hand dribble (keep it low) - Stationary Dribble
- c) Crossover dribble (keep it low) - Stationary Dribble
- d) 2 ball dribble (keep it low) - Stationary Dribble
- e) 2 ball dribble (one high and one low) - Stationary Dribble
- f) All right-hand dribble - On the Run
- g) All left-hand dribble - On the Run
- h) Crossover dribble - On the Run
- i) 2 ball dribble – Walking; have the players line up on the baseline and dribble to half court and then back, using all the skills.



2) Passing

- a) Partner Passing: Pass back and forth with your partner
- b) **Bounce Pass**: push ball out from your chest, direct it towards the floor, step out with your dominant foot towards your target, have the ball bounce a little bit in front of your partner.



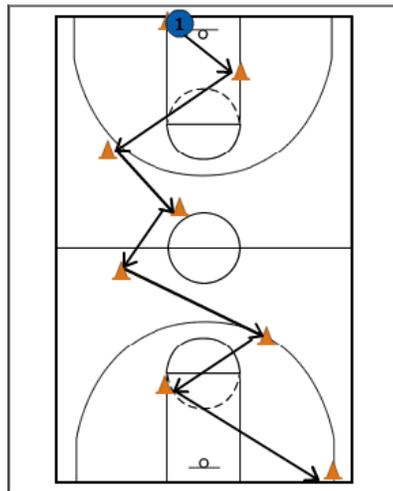
- c) **Chest Pass**: push ball out from your chest, step out with your dominant foot toward your target, follow through forward toward your partner.



- d) **Overhead Pass:** bring the ball behind your head, step out with your dominant foot toward your target, bring your hands and the ball forward to release the pass from behind your head.

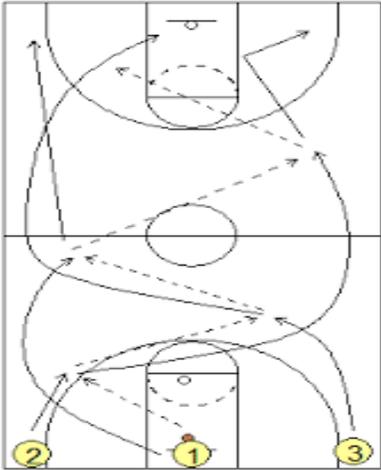


- e) **Zig-Zag Passing:** Place cones in a zig-zag formation on the court, have the players stand at each cone, balls start at the first cone, pass to each cone in the pattern and then follow your pass (bounce pass, chest pass, and overhead pass), **Progression---** having multiple balls going at once.



- f) **3 Man Weave Passing :** Make 3 lines starting at the baseline (one in the middle and then two on either side), ball starts with player 1 in the middle, player one passes to either player 2 or player 3, then runs behind them to fill their spot, then that player

passes to the third player and does the same movement, then it goes back to player 1 and continues from there all the way down the court.



Week 2

1) Shooting

a) How to Shoot a Layup

- *Right hand layup*: jump off left leg, right knee in the air, ball in your right hand, aim for middle of the square of the backboard.
- *Left hand layup*: jump off of right leg, left knee in the air, ball in your left hand, aim for the middle of the square on the backboard.

b) Layup Lines

- Two lines outside the 3-point line, out from the elbow.
- Two right hand layups and two left hand layups
- The other line will be rebounding (do not let the ball hit the floor).



c) Form Shooting (One Hand)

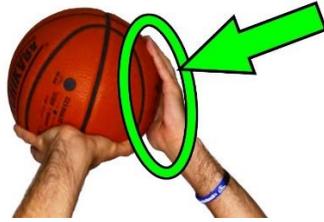
- Place ball in shooting hand
- Hold ball in your palm, rotate arm so ball is resting on your shoulder
- Keep elbow tucked inside at 90-degree angle
- Push ball off with fingertips
- Hold follow-through toward your target (reaching in cookie jar)



d) Form Shooting (Add Guide Hand)

- Same concept with the one hand, just adding in the guide hand into the shot.
- Place your guide hand (non-shooting hand) on the side of the ball

- Do not push the ball with your guide hand, it is only used to guide
- Keep the hand straight as you are shooting



e) **Form Shooting Drill**

- **Set-up:** every player needs a ball, spread out to different baskets if you can.
- **How to Play:** shoot 10 shots from the front of the basket, 10 shots from the left side, and 10 shots from the right side. **All shots with the one hand (shooting hand) first. Then Progress and do the same thing with the guide hand added.**

f) **Chair Drill**

- **Set-Up:** one line on one side of the elbow outside the 3-point line, the coach stands on other side of the elbow, place a chair on the elbow on the side with the player, player runs around the chair (as close as possible) toward the basket.
 - **Progression 1** - go toward opposite block for layup.
 - **Progression 2** - go toward middle of free throw line for jump shot. *Four layups and then four jump shots on each side.*

2) **Rebounding**

a) **How to Rebound:**

- Find the Player- as soon as the shot goes up, locate the player to box out.
- Hit the Player- put your butt in the player and ride them back
- Get the ball - go get the ball, grab the ball with two hands.

b) **1-on-0 Rebounding**

- **Setup:** Have two lines on either side of the basket inside of the paint, coach stands in the middle.
- **How to Play:** coach throws ball off the back board, one player from one side goes and grabs the ball, then the player in the other line does the same thing. Keep alternating back and forth.

c) **1-on-1 Rebounding**

- **Set-Up:** keep the same two lines in front of the basket, coach stands in the middle.
- **How to Play:** first two players in each line step up, one is the offensive player and the other is the defensive player, the defensive player boxes out the offensive player, coach throws the ball off of the backboard, two players switch roles after that play is done, then two new players step up.

d) **2-on-2 Rebounding**

- **Set-Up:** keep the same two lines, coach will be in the middle with the ball.
- **How to Play:** first two players in each line will step out, two defensive players and two offensive players, coach will shoot a normal shot trying to miss, the defensive players will box out the offensive players and go get the ball, then the two players will switch roles and do the same thing, then four new players will step out and it starts back over.

Week 3

1) Offense

a) 4-Up Shooting Drill

- **Set-Up:** split the players into two teams, line them up on either side of the court at the top of the key, each team has one basketball.
- **How to Play:** the first player in each line has the ball and takes a shot, the next players in line will take the same shot, the first player to make a shot calls 1Up, from this point the score will continue to increase or decrease depending on shots made, when the first shot is made by team 1 the score goes to 1Up, shot is missed by player on team 2 the score remains 1Up, when the second shot on team 1 is made the score goes to 2Up, the second shot on team 2 is made the score goes back to 1Up. **The first team to reach 4Up will sit on the court, the other team still has one shot left to win the game (creates a pressure shot).**

b) 2-on-2 Closeouts

- **Set-Up:** Have two lines underneath the basket, one on each side of the basket, split the team between each line.
- **How to Play:** have two players step out to the elbow (one player on each elbow), the next two players in the lines have the ball, they will roll the ball out to the two players on the elbow and go out and play defense, the two players on the elbow are on offense, play until someone scores, then original defenders become the next offensive players and the first offensive players go to the back of the line.

2) Defense

a) Defensive Shuffle

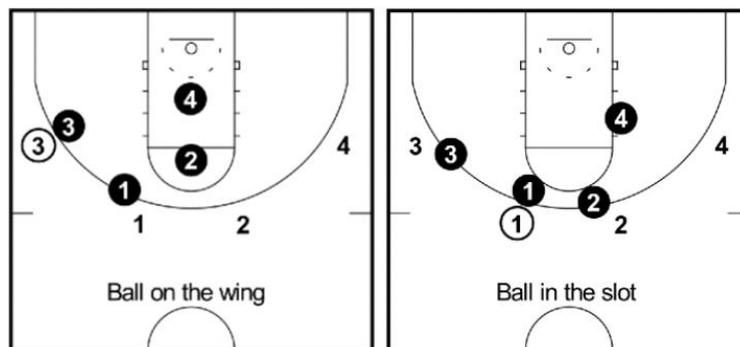
- Demonstrate defensive stance
 - Stay low, move your feet, hands out
 - Defensive stance – just like sitting in chair



- Zig Zag Slide – Set up cones in zig zag formation down court. Have players line up in one corner of the court at the baseline. Players will defensive slide from spot to spot.
 - Corner to FT line; pivot to change direction
 - FT Line to half court; pivot to change direction
 - Half court to FT Line; pivot to change direction

b) 4-on-4 Defensive Shell Drill

- **Set-Up:** The Shell Drill is run 4-on-4. Place four offensive players around the arc - one in each slot and one on each wing. The four defenders then matchup with their offensive counterparts.
- **How to Play:** The first thing that must happen when using this drill is a walk-through of the basketball at each offensive position so that all defenders know where they should be, When the basketball is on the wing, there should be one on-ball defender, one defender denying one pass away, and two defenders playing help-side defense on the split line, When the basketball is with a player in the slot, there should be one on-ball defender, two players denying one pass away, and one player in help-side defense on the split line, After walking through each position, get the offensive players to pass around the perimeter (holding for about 3 seconds) while the defense adjusts to the correct positioning, Then finally, go live, Do this by getting the offensive team to rotate the ball around the perimeter twice and then transition into a competitive 4-on-4 game with focus on defensive positioning.



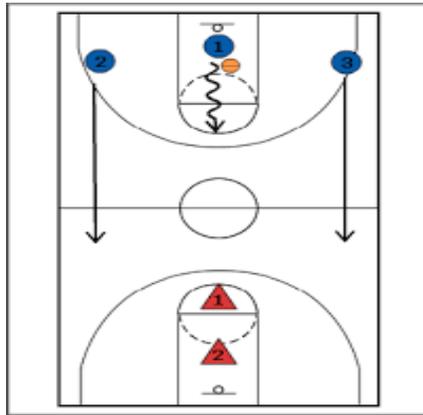
3) 3-on-3 Scrimmage

- **Set-Up:** Have the team line up on the baseline in three lines.
- **How to Play:** Six players step out on the court, 3 defensive players and 3 offensive players, play a 3-on-3 scrimmage. Once the play is dead, another six players step out and do the same.

Week 4

1) Transition

- **3 on 2—2 on 1**
 - **Set-Up:** All players line up on the baseline in three lines (one line in the middle, and two lines on either side of the middle).
 - **How to Play:** Have three players set up as you would have them set up for the 3 man weave, Have 2 players on defense down at the other end ready to attempt to defend that odd man rush, Have the 3 players go down the floor and attempt to score by various passing, The player who shoots the ball now has to run back and play defense against the two who were playing defense against the 3 on 2, The other two who were apart of the 3 on 2 who didn't shoot the b-ball are now on defense waiting for the next group of 3 to come down and so on.



2) Scrimmage

- **Set-Up:** split the team and play 5-on-5.
- **How to Play:** play normal basketball rules for a 5-on-5 game.

At the end of week 4 go back and repeat the practices again for repetition and development

10U Boys Age Division

Terms Players Should Know

Areas of Court

- 3 Point Line – A line on the floor of the court, forming an arc at a set distance from the basket that counts for three points.
- Backboard – The rectangular piece of wood or fiberglass the rim is attached to.
- Back court – A team's defensive half of the court.
- Baseline – The boundary at the end of both sides of the court and is the out of bounds line behind each basket. Extends from sideline to sideline.
- Block (Area of Court) – The area just outside of the key in which the rectangular blocks are painted. Also referred to as the post.
- Elbow – The area of the court where the free throw line meets the side of the key or paint.
- Free Throw Line – The line in which a player shoots an uncontested shot and awarded because of a foul by an opponent. Free throws made are worth one point.
- Half Court – A dividing line that separates a playing court into equal halves.
- Lane Lines – The lines at the side of the lane extending down from the free throw line.
- Key – The painted area that makes up the free throw lane. Also referred to as the paint.
- Paint – The painted area that makes up the free throw lane. Also referred to as the key.
- Post – The area just outside of the key which the rectangular blocks are painted. Also referred to as the block.
- Sideline – The boundary lines that run along the sides of the court.
- Top of key – Area slightly beyond the free throw line.
- Wing – The area located on either side of the court, outside the lane, along an imaginary extension of the free throw line.

Violations

- 3-second violation – A penalty, which results in a turnover, where an offensive player stands inside the key or the paint area for three seconds.
- 5-second violation – When the team inbound the ball fails to pass it into play within 5 seconds.
- Carry – This penalty, which results in a turnover, occurs when a player holds the ball excessively at the apex while dribbling.
- Charge – This penalty, which results in a turnover, occurs when an offensive player with the ball runs into a stationary defensive player and knocks him or her over.
- Double Dribble – This penalty, which results in a turnover, occurs when a player dribbles the ball with both hands. It also occurs when a player dribbles, stops dribbling, and then begins to dribble again.
- Foul – A violation resulting from illegal contact with an opposing player.
- Flop – When a player attempts to draw a foul on an opposing player by acting, fabricating, or over-exaggerating the extent of contact.

- Over and back – A violation occurring when an offensive player with the ball returns to the backcourt once they have established position in the frontcourt; also referred to as “backcourt.”
 - Established position in frontcourt means both feet and the ball have crossed the half court line.
- Out of Bounds – Occurs when the ball or the player with the ball goes outside of the boundary lines.
- Travel – A penalty, which results in a turnover, where an offensive player moves his or her pivot foot illegally or takes three steps without dribbling the ball.

Offense

- Air Ball – A shot at the basket that misses everything and doesn’t touch the rim, backboard, or net.
- And One – When a player gets fouled while shooting the ball goes in. The player then gets one free throw.
- Assist – A statistic that occurs when a player passes the ball to someone who scores after receiving the pass. The passing player earns an assist in the stat sheet.
- Backdoor – An offensive action in which a player without the ball cuts behind a defender and toward the basket.
- Bank Shot – When a player shoots the ball and it bounces off the backboard and into the hoop.
- Cut – A quick movement to the basket.
- Euro-Step – The player with the ball will pick up their dribble, take a step in one direction, and then quickly take a second step in a different direction before shooting or passing.
- Fast Break – An offensive action where a team attempts to advance the ball and score as quickly as possible after a steal, blocked shot, or rebound.
- Free Throw – A free shot given to player after a foul or a technical foul. The player shoots from the 15-foot free throw line while the rest of the players line up along the outside of the key.
- Jump stop – When a player comes to a stop landing simultaneously on both feet in a controlled stance.
- Lay-up – A shot taken close to the hoop, usually when a player is moving toward the basket.
- One and One – When a team has reached the initial foul limit, or the bonus, the next player to get fouled will receive one free throw. If the player makes the free throw, he or she shoots an additional free throw. This occurs in youth, high school, and college basketball only.
- Outlet – An offensive strategy in which a player who gathers a defensive rebound passes to a teammate in an attempt to quickly begin the next possession.
- Pivot – A player keeps one foot in contact with a spot on the floor while moving the other foot to adjust their position or evade a defender.

- Post up – An offensive strategy in which a player gets the ball in the post area with his or her back to the basket.
- Screen (Pick) – An offensive strategy in which a player without the ball stands in the way of a defensive player. The offensive player must remain stationary during the process, or a moving screen will be called and the result will be an offensive foul and a turnover.
- Square Up – When a player’s shoulders are facing the basket as they release the ball for a shot.
- Swish – A made basket where the ball avoids the rim and touches nothing but the net, creating a “swish” sound.
- Triple Threat – An offensive player position a player can use if they have not dribbled. The player stands with their knees bent, feet slightly wider than shoulder width and both hands on the basketball. The player can either shoot, dribble, or pass to a teammate.
- Turnover – When the offensive team loses possession of the ball by way of an offensive foul, steal, or out-of-bounds violation.

Defense

- Block (Action) – A statistic that occurs when a defensive player stops an offensive player from making a shot by blocking the ball with his or her hand(s).
- Box out – When a shot goes up, players use this technique, which involves widening their stance and arms and using their body as a barrier to get in better rebounding position.
- Close out – The defender quickly slides up to and guards the ball handler or ball receiver.
- Deny – Prevent an opponent from getting the ball by guarding the ball handler or ball receiver.
- Man-to-Man – A defensive strategy in which each player on the defensive team guards’ one person on the opposing team.
- Press – A defensive strategy where the defenders guard the opposing team the full length of the court instead of waiting on the opposite side for the offense to come across.
- Rebound – When a player from either team retrieves the ball and gains possession after a missed shot.
- Zone Defense – A defensive strategy in which players guard a specific zone or area of the court instead of a specific player on the opposing team.

Practice Plans

Week 1

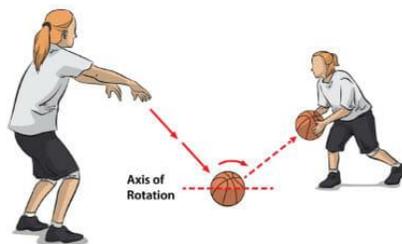
1) Ball Handling

- a) All right-hand dribble (keep it low) - Stationary Dribble
- b) All left-hand dribble (keep it low) - Stationary Dribble
- b) Crossover dribble (keep it low) - Stationary Dribble
- c) 2 ball dribble (keep it low) - Stationary Dribble
- d) 2 ball dribble (one high and one low) - Stationary Dribble
- e) All right-hand dribble - On the Run
- f) All left-hand dribble - On the Run
- g) Crossover dribble - On the Run
- h) 2 ball dribble – Walking; have the players line up on the baseline and dribble to half court and then back, using all the skills.



2) Passing

- a) Partner Passing: Pass back and forth with your partner
- b) **Bounce Pass**: push ball out from your chest, direct it towards the floor, step out with your dominant foot towards your target, have the ball bounce a little bit in front of your partner.



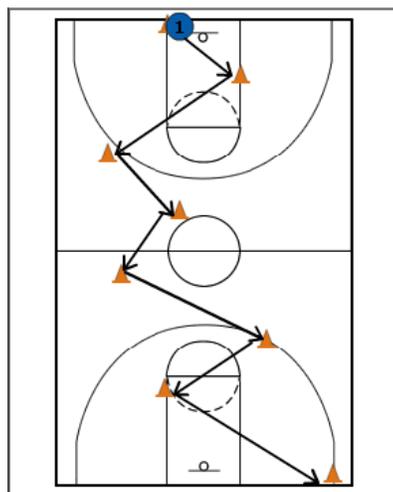
- c) **Chest Pass:** push ball out from your chest, step out with your dominant foot toward your target, follow through forward toward your partner.



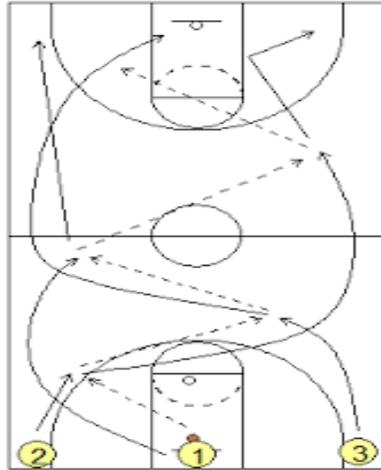
- d) **Overhead Pass:** bring the ball behind your head, step out with your dominant foot toward your target, bring your hands and the ball forward to release the pass from behind your head.



- e) **Zig-Zag Passing:** Place cones in a zig-zag formation on the court, have the players stand at each cone, balls start at the first cone, pass to each cone in the pattern and then follow your pass (bounce pass, chest pass, and overhead pass), **Progression---** having multiple balls going at once.



- f) **3 Man Weave Passing :** Make 3 lines starting at the baseline (one in the middle and then two on either side), ball starts with player 1 in the middle, player one passes to either player 2 or player 3, then runs behind them to fill their spot, then that player passes to the third player and does the same movement, then it goes back to player 1 and continues from there all the way down the court.



Week 2

1) Shooting

a) How to Shoot a Layup

- *Right hand layup*: jump off left leg, right knee in the air, ball in your right hand, aim for middle of the square of the backboard.
- *Left hand layup*: jump off of right leg, left knee in the air, ball in your left hand, aim for the middle of the square on the backboard.

b) Layup Lines

- Two lines outside the 3-point line, out from the elbow.
- Two right hand layups and two left hand layups
- The other line will be rebounding (do not let the ball hit the floor).



c) Form Shooting (One Hand)

- Place ball in shooting hand
- Hold ball in your palm, rotate arm so ball is resting on your shoulder
- Keep elbow tucked inside at 90-degree angle
- Push ball off with fingertips
- Hold follow-through toward your target (reaching in cookie jar)



d) **Form Shooting (Add Guide Hand)**

- Same concept with the one hand, just adding in the guide hand into the shot.
- Place your guide hand (non-shooting hand) on the side of the ball
- Do not push the ball with your guide hand, it is only used to guide
- Keep the hand straight as you are shooting



e) **Form Shooting Drill**

- **Set-up:** every player needs a ball, spread out to different baskets if you can.
- **How to Play:** shoot 10 shots from the front of the basket, 10 shots from the left side, and 10 shots from the right side. **All shots with the one hand (shooting hand) first. Then Progress and do the same thing with the guide hand added.**

f) **Chair Drill**

- **Set-Up:** one line on one side of the elbow outside the 3-point line, the coach stands on other side of the elbow, place a chair on the elbow on the side with the player, player runs around the chair (as close as possible) toward the basket.
 - **Progression 1** - go toward opposite block for layup.
 - **Progression 2** - go toward middle of free throw line for jump shot. *Four layups and then four jump shots on each side.*

2) **Rebounding**

a) **How to Rebound:**

- Find the Player- as soon as the shot goes up, locate the player to box out.
- Hit the Player- put your butt in the player and ride them back
- Get the ball - go get the ball, grab the ball with two hands.

b) **1-on-0 Rebounding**

- **Setup:** Have two lines on either side of the basket inside of the paint, coach stands in the middle.
- **How to Play:** coach throws ball off the back board, one player from one side goes and grabs the ball, then the player in the other line does the same thing. Keep alternating back and forth.

c) **1-on-1 Rebounding**

- **Set-Up:** keep the same two lines in front of the basket, coach stands in the middle.
- **How to Play:** first two players in each line step up, one is the offensive player and the other is the defensive player, the defensive player boxes out the offensive player, coach throws the ball off of the backboard, two players switch roles after that play is done, then two new players step up.

d) **2-on-2 Rebounding**

- **Set-Up:** keep the same two lines, coach will be in the middle with the ball.
- **How to Play:** first two players in each line will step out, two defensive players and two offensive players, coach will shoot a normal shot trying to miss, the defensive players will box out the offensive players and go get the ball, then the two players will switch roles and do the same thing, then four new players will step out and it starts back over.

Week 3

1) Offense

a) 4-Up Shooting Drill

- **Set-Up:** split the players into two teams, line them up on either side of the court at the top of the key, each team has one basketball.
- **How to Play:** the first player in each line has the ball and takes a shot, the next players in line will take the same shot, the first player to make a shot calls 1Up, from this point the score will continue to increase or decrease depending on shots made, when the first shot is made by team 1 the score goes to 1Up, shot is missed by player on team 2 the score remains 1Up, when the second shot on team 1 is made the score goes to 2Up, the second shot on team 2 is made the score goes back to 1Up. **The first team to reach 4Up will sit on the court, the other team still has one shot left to win the game (creates a pressure shot).**

b) 2-on-2 Closeouts

- **Set-Up:** Have two lines underneath the basket, one on each side of the basket, split the team between each line.
- **How to Play:** have two players step out to the elbow (one player on each elbow), the next two players in the lines have the ball, they will roll the ball out to the two players on the elbow and go out and play defense, the two players on the elbow are on offense, play until someone scores, then original defenders become the next offensive players and the first offensive players go to the back of the line.

2) Defense

a) Defensive Shuffle

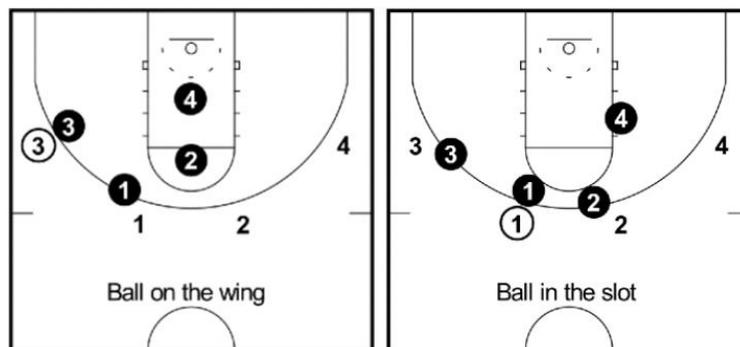
- Demonstrate defensive stance
 - Stay low, move your feet, hands out
 - Defensive stance – just like sitting in chair



- Zig Zag Slide – Set up cones in zig zag formation down court. Have players line up in one corner of the court at the baseline. Players will defensive slide from spot to spot.
 - Corner to FT line; pivot to change direction
 - FT Line to half court; pivot to change direction
 - Half court to FT Line; pivot to change direction

b) 4-on-4 Defensive Shell Drill

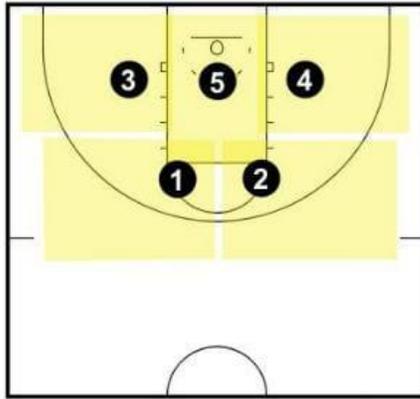
- **Set-Up:** The Shell Drill is run 4-on-4. Place four offensive players around the arc - one in each slot and one on each wing. The four defenders then matchup with their offensive counterparts.
- **How to Play:** The first thing that must happen when using this drill is a walk-through of the basketball at each offensive position so that all defenders know where they should be, When the basketball is on the wing, there should be one on-ball defender, one defender denying one pass away, and two defenders playing help-side defense on the split line, When the basketball is with a player in the slot, there should be one on-ball defender, two players denying one pass away, and one player in help-side defense on the split line, After walking through each position, get the offensive players to pass around the perimeter (holding for about 3 seconds) while the defense adjusts to the correct positioning, Then finally, go live, Do this by getting the offensive team to rotate the ball around the perimeter twice and then transition into a competitive 4-on-4 game with focus on defensive positioning.



3) 3-on-3 Scrimmage

- **Set-Up:** Have the team line up on the baseline in three lines.
- **How to Play:** Six players step out on the court, 3 defensive players and 3 offensive players, play a 3-on-3 scrimmage. Once the play is dead, another six players step out and do the same.

4) Teaching 2-3 Zone



- **Everyone must have active hands and be in stance** - always keep hands up and active to discourage passes inside and get deflections.
- **Everyone must move on the flight of the ball** – defenders move on the flight of the ball and not on the catch; be in defensive position when the offensive player receives the basketball.
- **Everyone must communicate** - critical to every defense; players must communicate screens, cutters, bumping, etc.
- **No layups** - do not allow layups against your zone. Players must not make it easy for the offensive team inside.

a) Positions of a 2-3 Zone Defense

- **Positions – Top of the Key**
 - When the ball is at the top is when we see the basic 2-3 zone defense structure. Two guards are at the top of the zone (1 and 2), two forwards a few steps out from the block (3 and 4), and the center in the middle of the key (5).



b) Positions – Ball on the Wing

- The on-ball guard (2) should be in either a neutral stance or forcing the ball towards the baseline depending on the coach's preference
- The ball-side forward (4) should be in the short corner or fronting the low post player if there is one.
- The weak-side guard (1) should be near the closest elbow if there's no player in the high post or denying the pass to the player in the post from the high side.
- The center (5) is behind to half-fronting the post player.
- The weak-side forward (3) should be a few steps up the lane preparing to pick off any skip passes the player with the ball might make.



c) Positions – Ball in the Corner

- The ball-side forward steps out and pressures the ball
- The center fronts the post.
- Ball-side guard is sagging into the lane to prevent a pass inside and to discourage the drive.
- Weak-side guard is denying the high post.
- Weak-side forward is up the lane getting ready to pick off the skip pass.



d) Positions – Ball in the High Post

- The center (5) immediately sprints up to play the ball.
- The two forwards (3 and 4) must immediately **‘pinch’ in and take the closest player on their side of the basket.** When the ball is at the high post we’re in a vulnerable position for a high-low pass for an easy layup. We must not allow this pass! But at the same time, the forwards must be prepared to sprint out to the corner to defend the three-point shot if the pass is made to there.
- The two guards (1 and 2) must close in to the ball and try and force the high-post player to pass the ball out, but be ready to sprint out and defend the wings if the pass is made to either one.

5) 3-on-3 Scrimmage

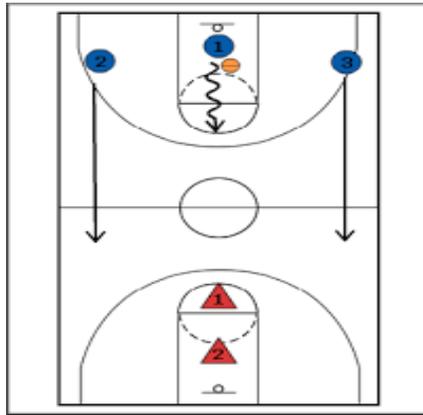
- **Set-Up:** Have the team line up on the baseline in three lines.
- **How to Play:** Six players step out on the court, 3 defensive players and 3 offensive players, play a 3-on-3 scrimmage. Once the play is dead, another six players step out and do the same.

Week 4

1) Transition

a) 3 on 2—2 on 1

- **Set-Up:** All players line up on the baseline in three lines (one line in the middle, and two lines on either side of the middle).
- **How to Play:** Have three players set up as you would have them set up for the 3 man weave, Have 2 players on defense down at the other end ready to attempt to defend that odd man rush, Have the 3 players go down the floor and attempt to score by various passing, The player who shoots the ball now has to run back and play defense against the two who were playing defense against the 3 on 2, The other two who were apart of the 3 on 2 who didn't shoot the b-ball are now on defense waiting for the next group of 3 to come down and so on.



2) Scrimmage

- **Set-Up:** split the team and play 5-on-5.
- **How to Play:** play normal basketball rules for a 5-on-5 game.

At the end of week 4 go back and repeat the practices again for repetition and development

12U Boys/13U Girls Age Divisions

Terms Players Should Know

Areas of Court

- 3 Point Line – A line on the floor of the court, forming an arc at a set distance from the basket that counts for three points.
- Backboard – The rectangular piece of wood or fiberglass the rim is attached to.
- Back court – A team's defensive half of the court.
- Baseline – The boundary at the end of both sides of the court and is the out of bounds line behind each basket. Extends from sideline to sideline.
- Block (Area of Court) – The area just outside of the key in which the rectangular blocks are painted. Also referred to as the post.
- Elbow – The area of the court where the free throw line meets the side of the key or paint.
- Free Throw Line – The line in which a player shoots an uncontested shot and awarded because of a foul by an opponent. Free throws made are worth one point.
- Half Court – A dividing line that separates a playing court into equal halves.
- Lane Lines – The lines at the side of the lane extending down from the free throw line.
- Key – The painted area that makes up the free throw lane. Also referred to as the paint.
- Paint – The painted area that makes up the free throw lane. Also referred to as the key.
- Post – The area just outside of the key which the rectangular blocks are painted. Also referred to as the block.
- Sideline – The boundary lines that run along the sides of the court.
- Top of key – Area slightly beyond the free throw line.
- Wing – The area located on either side of the court, outside the lane, along an imaginary extension of the free throw line.

Violations

- 3-second violation – A penalty, which results in a turnover, where an offensive player stands inside the key or the paint area for three seconds.
- 5-second violation – When the team inbounding the ball fails to pass it into play within 5 seconds.
- 8-Second Violation – After the basket is made by a team, the offensive team gets only 8 second to bring the ball over mid court line.
- Blocking Foul – A player tries to position his or her body in a way to prevent the opponent from getting ahead. This is mostly done by the defense team players.
- Carry – This penalty, which results in a turnover, occurs when a player holds the ball excessively at the apex while dribbling.
- Charge – This penalty, which results in a turnover, occurs when an offensive player with the ball runs into a stationary defensive player and knocks him or her over.
- Double Dribble – This penalty, which results in a turnover, occurs when a player dribbles the ball with both hands. It also occurs when a player dribbles, stops dribbling, and then begins to dribble again.

- Elbowing – When a player swings his or her elbows in a forceful, excessive manner and makes contact with the opponent.
- Foul – A violation resulting from illegal contact with an opposing player.
- Flop – When a player attempts to draw a foul on an opposing player by acting, fabricating, or over-exaggerating the extent of contact.
- Holding – Whether on defense or offense, using your hands to interfere with your opponent’s freedom of movement.
- Over and back – A violation occurring when an offensive player with the ball returns to the backcourt once they have established position in the frontcourt; also referred to as “backcourt.”
 - Established position in frontcourt means both feet and the ball have crossed the half court line.
- Out of Bounds – Occurs when the ball or the player with the ball goes outside of the boundary lines.
- Reaching In Foul – When a player tries to steal the ball from the offensive team’s player, the player extends their arm and hand out, making contact with the player who has the ball.
- Shooting Foul – When a player is fouled while in the act of shooting the ball.
- Technical Foul – Any violations and misconduct that detracts the game.
- Travel – A penalty, which results in a turnover, where an offensive player moves his or her pivot foot illegally or takes three steps without dribbling the ball.
- Unsportsmanlike – Any player or team that plays unfairly, unethically, and/or dishonorably is said to have committed the unsportsmanlike foul.

Offense

- Air Ball – A shot at the basket that misses everything and doesn’t touch the rim, backboard, or net.
- And One – When a player gets fouled while shooting the ball goes in. The player then gets one free throw.
- Assist – A statistic that occurs when a player passes the ball to someone who scores after receiving the pass. The passing player earns an assist in the stat sheet.
- Backdoor – An offensive action in which a player without the ball cuts behind a defender and toward the basket.
- Bank Shot – When a player shoots the ball and it bounces off the backboard and into the hoop.
- Cut – A quick movement to the basket.
- Euro-Step – The player with the ball will pick up their dribble, take a step in one direction, and then quickly take a second step in a different direction before shooting or passing.
- Fast Break – An offensive action where a team attempts to advance the ball and score as quickly as possible after a steal, blocked shot, or rebound.
- Finger Roll Lay-up – specialized type of basketball layup shot where the ball is rolled off the tips of the player’s fingers.

- Free Throw – A free shot given to player after a foul or a technical foul. The player shoots from the 15-foot free throw line while the rest of the players line up along the outside of the key.
- Jump stop – When a player comes to a stop landing simultaneously on both feet in a controlled stance.
- Lay-up – A shot taken close to the hoop, usually when a player is moving toward the basket.
- One and One – When a team has reached the initial foul limit, or the bonus, the next player to get fouled will receive one free throw. If the player makes the free throw, he or she shoots an additional free throw. This occurs in youth, high school, and college basketball only.
- Outlet – An offensive strategy in which a player who gathers a defensive rebound passes to a teammate in an attempt to quickly begin the next possession.
- Pivot – A player keeps one foot in contact with a spot on the floor while moving the other foot to adjust their position or evade a defender.
- Post up – An offensive strategy in which a player gets the ball in the post area with his or her back to the basket.
- Screen (Pick) – An offensive strategy in which a player without the ball stands in the way of a defensive player. The offensive player must remain stationary during the process, or a moving screen will be called and the result will be an offensive foul and a turnover.
- Square Up – When a player's shoulders are facing the basket as they release the ball for a shot.
- Swish – A made basket where the ball avoids the rim and touches nothing but the net, creating a "swish" sound.
- Triple Threat – An offensive player position a player can use if they have not dribbled. The player stands with their knees bent, feet slightly wider than shoulder width and both hands on the basketball. The player can either shoot, dribble, or pass to a teammate.
- Turnover – When the offensive team loses possession of the ball by way of an offensive foul, steal, or out-of-bounds violation.

Defense

- Block (Action) – A statistic that occurs when a defensive player stops an offensive player from making a shot by blocking the ball with his or her hand(s).
- Box out – When a shot goes up, players use this technique, which involves widening their stance and arms and using their body as a barrier to get in better rebounding position.
- Close out – The defender quickly slides up to and guards the ball handler or ball receiver.
- Deny – Prevent an opponent from getting the ball by guarding the ball handler or ball receiver.
- Man-to-Man – A defensive strategy in which each player on the defensive team guards one person on the opposing team.
- Press – A defensive strategy where the defenders guard the opposing team the full length of the court instead of waiting on the opposite side for the offense to come across.

- Rebound – When a player from either team retrieves the ball and gains possession after a missed shot.
- Zone Defense – A defensive strategy in which players guard a specific zone or area of the court instead of a specific player on the opposing team.

Practice Plans

Week 1

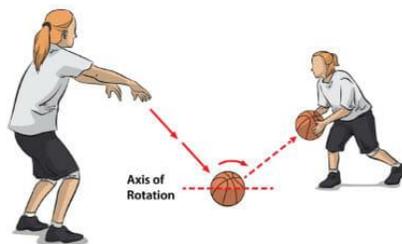
1) Ball Handling

- a) All right-hand dribble (keep it low) - Stationary Dribble
- b) All left-hand dribble (keep it low) - Stationary Dribble
- c) Crossover dribble (keep it low) - Stationary Dribble
- d) 2 ball dribble (keep it low) - Stationary Dribble
- e) 2 ball dribble (one high and one low) - Stationary Dribble
- f) All right-hand dribble - On the Run
- g) All left-hand dribble - On the Run
- h) Crossover dribble - On the Run
- i) 2 ball dribble – Walking; have the players line up on the baseline and dribble to half court and then back, using all the skills.



2) Passing

- a) Partner Passing: Pass back and forth with your partner
- b) **Bounce Pass:** push ball out from your chest, direct it towards the floor, step out with your dominant foot towards your target, have the ball bounce a little bit in front of your partner.



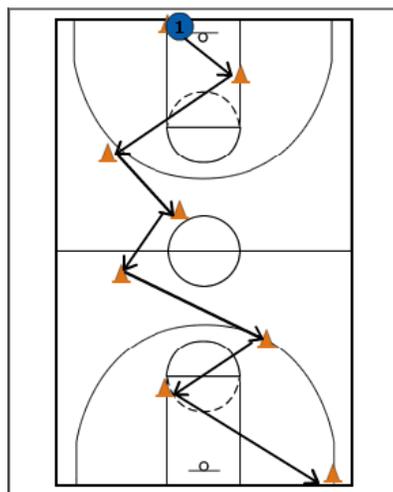
- c) **Chest Pass:** push ball out from your chest, step out with your dominant foot toward your target, follow through forward toward your partner.



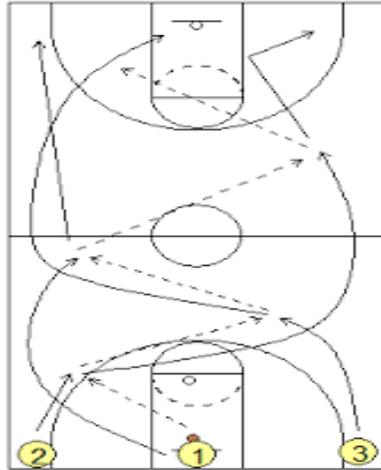
- d) **Overhead Pass:** bring the ball behind your head, step out with your dominant foot toward your target, bring your hands and the ball forward to release the pass from behind your head.



- e) **Zig-Zag Passing:** Place cones in a zig-zag formation on the court, have the players stand at each cone, balls start at the first cone, pass to each cone in the pattern and then follow your pass (bounce pass, chest pass, and overhead pass), **Progression---** having multiple balls going at once.



- f) **3 Man Weave Passing** : Make 3 lines starting at the baseline (one in the middle and then two on either side), ball starts with player 1 in the middle, player one passes to either player 2 or player 3, then runs behind them to fill their spot, then that player passes to the third player and does the same movement, then it goes back to player 1 and continues from there all the way down the court.



Week 2

1) Shooting

a) How to Shoot a Layup

- *Right hand layup*: jump off left leg, right knee in the air, ball in your right hand, aim for middle of the square of the backboard.
- *Left hand layup*: jump off of right leg, left knee in the air, ball in your left hand, aim for the middle of the square on the backboard.

b) Layup Lines

- Two lines outside the 3-point line, out from the elbow.
- Two right hand layups and two left hand layups
- The other line will be rebounding (do not let the ball hit the floor).



c) Form Shooting (One Hand)

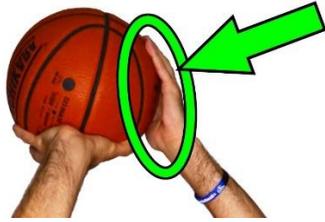
- Place ball in shooting hand
- Hold ball in your palm, rotate arm so ball is resting on your shoulder
- Keep elbow tucked inside at 90-degree angle
- Push ball off with fingertips
- Hold follow-through toward your target (reaching in cookie jar)



d) Form Shooting (Add Guide Hand)

- Same concept with the one hand, just adding in the guide hand into the shot.
- Place your guide hand (non-shooting hand) on the side of the ball

- Do not push the ball with your guide hand, it is only used to guide
- Keep the hand straight as you are shooting



e) **Form Shooting Drill**

- **Set-up:** every player needs a ball, spread out to different baskets if you can.
- **How to Play:** shoot 10 shots from the front of the basket, 10 shots from the left side, and 10 shots from the right side. **All shots with the one hand (shooting hand) first. Then Progress and do the same thing with the guide hand added.**

f) **Chair Drill**

- **Set-Up:** one line on one side of the elbow outside the 3-point line, the coach stands on other side of the elbow, place a chair on the elbow on the side with the player, player runs around the chair (as close as possible) toward the basket.
- **Progression 1** - go toward opposite block for layup.
- **Progression 2** - go toward middle of free throw line for jump shot. *Four layups and then four jump shots on each side.*

2) **Rebounding**

a) **How to Rebound:**

- Find the Player- as soon as the shot goes up, locate the player to box out.
- Hit the Player- put your butt in the player and ride them back
- Get the ball - go get the ball, grab the ball with two hands.

b) **1-on-0 Rebounding**

- **Setup:** Have two lines on either side of the basket inside of the paint, coach stands in the middle.
- **How to Play:** coach throws ball off the back board, one player from one side goes and grabs the ball, then the player in the other line does the same thing. Keep alternating back and forth.

c) **1-on-1 Rebounding**

- **Set-Up:** keep the same two lines in front of the basket, coach stands in the middle.
- **How to Play:** first two players in each line step up, one is the offensive player and the other is the defensive player, the defensive player boxes out the offensive player, coach throws the ball off of the backboard, two players switch roles after that play is done, then two new players step up.

d) **2-on-2 Rebounding**

- **Set-Up:** keep the same two lines, coach will be in the middle with the ball.
- **How to Play:** first two players in each line will step out, two defensive players and two offensive players, coach will shoot a normal shot trying to miss, the defensive players will box out the offensive players and go get the ball, then the two players will switch roles and do the same thing, then four new players will step out and it starts back over.

Week 3

1) Offense

a) 4-Up Shooting Drill

- **Set-Up:** split the players into two teams, line them up on either side of the court at the top of the key, each team has one basketball.
- **How to Play:** the first player in each line has the ball and takes a shot, the next players in line will take the same shot, the first player to make a shot calls 1Up, from this point the score will continue to increase or decrease depending on shots made, when the first shot is made by team 1 the score goes to 1Up, shot is missed by player on team 2 the score remains 1Up, when the second shot on team 1 is made the score goes to 2Up, the second shot on team 2 is made the score goes back to 1Up. **The first team to reach 4Up will sit on the court, the other team still has one shot left to win the game (creates a pressure shot).**

b) 2-on-2 Closeouts

- **Set-Up:** Have two lines underneath the basket, one on each side of the basket, split the team between each line.
- **How to Play:** have two players step out to the elbow (one player on each elbow), the next two players in the lines have the ball, they will roll the ball out to the two players on the elbow and go out and play defense, the two players on the elbow are on offense, play until someone scores, then original defenders become the next offensive players and the first offensive players go to the back of the line.

2) Defense

a) Defensive Shuffle

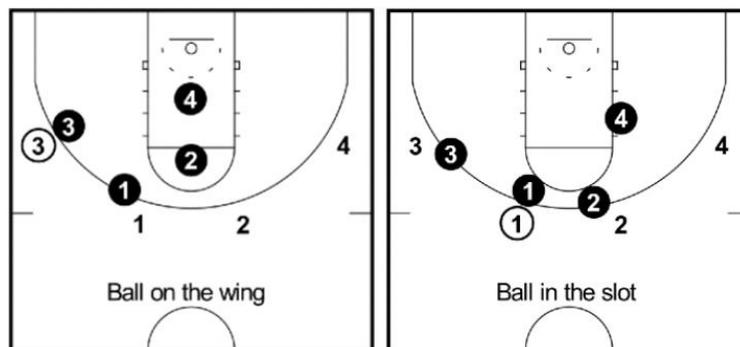
- Demonstrate defensive stance
 - Stay low, move your feet, hands out
 - Defensive stance – just like sitting in chair



- Zig Zag Slide – Set up cones in zig zag formation down court. Have players line up in one corner of the court at the baseline. Players will defensive slide from spot to spot.
 - Corner to FT line; pivot to change direction
 - FT Line to half court; pivot to change direction
 - Half court to FT Line; pivot to change direction

b) **4-on-4 Defensive Shell Drill**

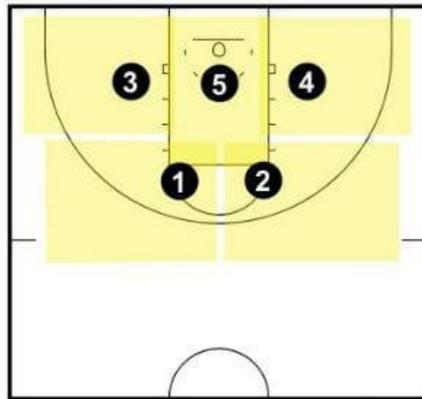
- **Set-Up:** The Shell Drill is run 4-on-4. Place four offensive players around the arc - one in each slot and one on each wing. The four defenders then matchup with their offensive counterparts.
- **How to Play:** The first thing that must happen when using this drill is a walk-through of the basketball at each offensive position so that all defenders know where they should be, When the basketball is on the wing, there should be one on-ball defender, one defender denying one pass away, and two defenders playing help-side defense on the split line, When the basketball is with a player in the slot, there should be one on-ball defender, two players denying one pass away, and one player in help-side defense on the split line, After walking through each position, get the offensive players to pass around the perimeter (holding for about 3 seconds) while the defense adjusts to the correct positioning, Then finally, go live, Do this by getting the offensive team to rotate the ball around the perimeter twice and then transition into a competitive 4-on-4 game with focus on defensive positioning.



3) **3-on-3 Scrimmage**

- **Set-Up:** Have the team line up on the baseline in three lines.
- **How to Play:** Six players step out on the court, 3 defensive players and 3 offensive players, play a 3-on-3 scrimmage. Once the play is dead, another six players step out and do the same.

4) Teaching 2-3 Zone



- **Everyone must have active hands and be in stance** - always keep hands up and active to discourage passes inside and get deflections.
- **Everyone must move on the flight of the ball** – defenders move on the flight of the ball and not on the catch; be in defensive position when the offensive player receives the basketball.
- **Everyone must communicate** - critical to every defense; players must communicate screens, cutters, bumping, etc.
- **No layups** - do not allow layups against your zone. Players must not make it easy for the offensive team inside.

a) Positions of a 2-3 Zone Defense

- **Positions – Top of the Key**
 - When the ball is at the top is when we see the basic 2-3 zone defense structure. Two guards are at the top of the zone (1 and 2), two forwards a few steps out from the block (3 and 4), and the center in the middle of the key (5).



b) Positions – Ball on the Wing

- The on-ball guard (2) should be in either a neutral stance or forcing the ball towards the baseline depending on the coach's preference
- The ball-side forward (4) should be in the short corner or fronting the low post player if there is one.
- The weak-side guard (1) should be near the closest elbow if there's no player in the high post or denying the pass to the player in the post from the high side.
- The center (5) is behind to half-fronting the post player.
- The weak-side forward (3) should be a few steps up the lane preparing to pick off any skip passes the player with the ball might make.



c) Positions – Ball in the Corner

- The ball-side forward steps out and pressures the ball
- The center fronts the post.
- Ball-side guard is sagging into the lane to prevent a pass inside and to discourage the drive.
- Weak-side guard is denying the high post.
- Weak-side forward is up the lane getting ready to pick off the skip pass.



d) Positions – Ball in the High Post

- The center (5) immediately sprints up to play the ball.
- The two forwards (3 and 4) must immediately **‘pinch’ in and take the closest player on their side of the basket.** When the ball is at the high post we’re in a vulnerable position for a high-low pass for an easy layup. We must not allow this pass! But at the same time, the forwards must be prepared to sprint out to the corner to defend the three-point shot if the pass is made to there.
- The two guards (1 and 2) must close in to the ball and try and force the high-post player to pass the ball out, but be ready to sprint out and defend the wings if the pass is made to either one.

5) 3-on-3 Scrimmage

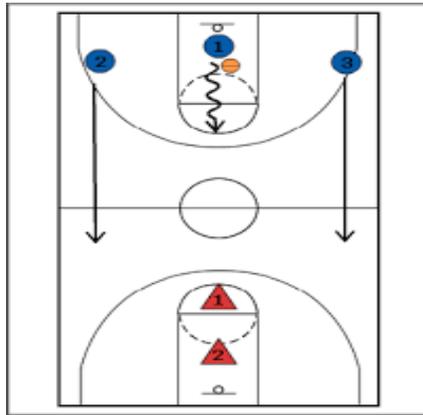
- **Set-Up:** Have the team line up on the baseline in three lines.
- **How to Play:** Six players step out on the court, 3 defensive players and 3 offensive players, play a 3-on-3 scrimmage. Once the play is dead, another six players step out and do the same.

Week 4

1) Transition

- **3 on 2—2 on 1**

- **Set-Up:** All players line up on the baseline in three lines (one line in the middle, and two lines on either side of the middle).
- **How to Play:** Have three players set up as you would have them set up for the 3 man weave, Have 2 players on defense down at the other end ready to attempt to defend that odd man rush, Have the 3 players go down the floor and attempt to score by various passing, The player who shoots the ball now has to run back and play defense against the two who were playing defense against the 3 on 2, The other two who were apart of the 3 on 2 who didn't shoot the b-ball are now on defense waiting for the next group of 3 to come down and so on.



2) Scrimmage

- **Set-Up:** split the team and play 5-on-5.
- **How to Play:** play normal basketball rules for a 5-on-5 game.

At the end of week 4 go back and repeat the practices again for repetition and development

15U Boys Age Division

Terms Players Should Know

Areas of Court

- 3 Point Line – A line on the floor of the court, forming an arc at a set distance from the basket that counts for three points.
- Backboard – The rectangular piece of wood or fiberglass the rim is attached to.
- Back court – A team's defensive half of the court.
- Baseline – The boundary at the end of both sides of the court and is the out of bounds line behind each basket. Extends from sideline to sideline.
- Block (Area of Court) – The area just outside of the key in which the rectangular blocks are painted. Also referred to as the post.
- Elbow – The area of the court where the free throw line meets the side of the key or paint.
- Free Throw Line – The line in which a player shoots an uncontested shot and awarded because of a foul by an opponent. Free throws made are worth one point.
- Half Court – A dividing line that separates a playing court into equal halves.
- Lane Lines – The lines at the side of the lane extending down from the free throw line.
- Key – The painted area that makes up the free throw lane. Also referred to as the paint.
- Paint – The painted area that makes up the free throw lane. Also referred to as the key.
- Post – The area just outside of the key which the rectangular blocks are painted. Also referred to as the block.
- Sideline – The boundary lines that run along the sides of the court.
- Top of key – Area slightly beyond the free throw line.
- Wing – The area located on either side of the court, outside the lane, along an imaginary extension of the free throw line.

Violations

- 3-second violation – A penalty, which results in a turnover, where an offensive player stands inside the key or the paint area for three seconds.
- 5-second violation – When the team inbounding the ball fails to pass it into play within 5 seconds.
- 8-Second Violation – After the basket is made by a team, the offensive team gets only 8 second to bring the ball over mid court line.
- Blocking Foul – A player tries to position his or her body in a way to prevent the opponent from getting ahead. This is mostly done by the defense team players.
- Carry – This penalty, which results in a turnover, occurs when a player holds the ball excessively at the apex while dribbling.
- Charge – This penalty, which results in a turnover, occurs when an offensive player with the ball runs into a stationary defensive player and knocks him or her over.
- Double Dribble – This penalty, which results in a turnover, occurs when a player dribbles the ball with both hands. It also occurs when a player dribbles, stops dribbling, and then begins to dribble again.

- Elbowing – When a player swings his or her elbows in a forceful, excessive manner and makes contact with the opponent.
- Flagrant Foul – A serious contact foul where a player tries to unnecessarily and intentionally make contact during the game. Usually the penalty for flagrant foul is that the other team gets 2 free throws and the possession of the basketball out-of-bounds. The player who committed the flagrant foul is automatically disqualified from the game.
- Foul – A violation resulting from illegal contact with an opposing player.
- Flop – When a player attempts to draw a foul on an opposing player by acting, fabricating, or over-exaggerating the extent of contact.
- Goaltending – When a defensive player illegally interferes with a shot on the rim or on a downward path to the hoop. Usually the penalty violation results in the shot by the offensive team being assumed in and they receive a basket.
- Hand Check – When a defensive player occasionally or continuously uses their hand(s) on the opponent player who has the ball.
- Holding – Whether on defense or offense, using your hands to interfere with your opponent’s freedom of movement.
- Illegal Screen – A player who is setting the screen still moves the defense team’s player makes contact with him or her.
- Over and back – A violation occurring when an offensive player with the ball returns to the backcourt once they have established position in the frontcourt; also referred to as “backcourt.”
 - Established position in frontcourt means both feet and the ball have crossed the half court line.
- Out of Bounds – Occurs when the ball or the player with the ball goes outside of the boundary lines.
- Reaching In Foul – When a player tries to steal the ball from the offensive team’s player, the player extends their arm and hand out, making contact with the player who has the ball.
- Shooting Foul – When a player is fouled while in the act of shooting the ball.
- Technical Foul – Any violations and misconduct that detracts the game.
- Travel – A penalty, which results in a turnover, where an offensive player moves his or her pivot foot illegally or takes three steps without dribbling the ball.
- Unsportsmanlike – Any player or team that plays unfairly, unethically, and/or dishonorably is said to have committed the unsportsmanlike foul.

Offense

- Air Ball – A shot at the basket that misses everything and doesn’t touch the rim, backboard, or net.
- And One – When a player gets fouled while shooting the ball goes in. The player then gets one free throw.
- Assist – A statistic that occurs when a player passes the ball to someone who scores after receiving the pass. The passing player earns an assist in the stat sheet.

- Backdoor – An offensive action in which a player without the ball cuts behind a defender and toward the basket.
- Bank Shot – When a player shoots the ball and it bounces off the backboard and into the hoop.
- Cut – A quick movement to the basket.
- Euro-Step – The player with the ball will pick up their dribble, take a step in one direction, and then quickly take a second step in a different direction before shooting or passing.
- Fast Break – An offensive action where a team attempts to advance the ball and score as quickly as possible after a steal, blocked shot, or rebound.
- Finger Roll Lay-up – specialized type of basketball layup shot where the ball is rolled off the tips of the player’s fingers.
- Free Throw – A free shot given to player after a foul or a technical foul. The player shoots from the 15-foot free throw line while the rest of the players line up along the outside of the key.
- Inside Hand Lay-up – A shot taken close to the hoop moving toward the basket with the hand closest to the basket.
- Jump stop – When a player comes to a stop landing simultaneously on both feet in a controlled stance. Jump Stop Lay-up – When a player comes to a stop landing simultaneously on both feet in a controlled stance then shooting a lay-up.
- Lay-up – A shot taken close to the hoop, usually when a player is moving toward the basket.
- One and One – When a team has reached the initial foul limit, or the bonus, the next player to get fouled will receive one free throw. If the player makes the free throw, he or she shoots an additional free throw. This occurs in youth, high school, and college basketball only.
- Outlet – An offensive strategy in which a player who gathers a defensive rebound passes to a teammate in an attempt to quickly being the next possession.
- Pivot – A player keeps one foot in contact with a spot on the floor while moving the other foot to adjust their position or evade a defender.
- Post up – An offensive strategy in which a player gets the ball in the post area with his or her back to the basket.
- Reverse Lay-up – A close-up shot in which the player stands near one side of the rim, but shoots the ball underhand towards the opposite side of the rim, often using their less dominant hand.
- Screen (Pick) – An offensive strategy in which a player without the ball stands in the way of a defensive player. The offensive player must remain stationary during the process, or a moving screen will be called and the result will be an offensive foul and a turnover.
- Square Up – When a player’s shoulders are facing the basket as they release the ball for a shot.
- Swish – A made basket where the ball avoids the rim and touches nothing but the net, creating a “swish” sound.

- Triple Threat – An offensive player position a player can use if they have not dribbled. The player stands with their knees bent, feet slightly wider than shoulder width and both hands on the basketball. The player can either shoot, dribble, or pass to a teammate.
- Turnover – When the offensive team loses possession of the ball by way of an offensive foul, steal, or out-of-bounds violation.

Defense

- Block (Action) – A statistic that occurs when a defensive player stops an offensive player from making a shot by blocking the ball with his or her hand(s).
- Box out – When a shot goes up, players use this technique, which involves widening their stance and arms and using their body as a barrier to get in better rebounding position.
- Close out – The defender quickly slides up to and guards the ball handler or ball receiver.
- Deny – Prevent an opponent from getting the ball by guarding the ball handler or ball receiver.
- Man-to-Man – A defensive strategy in which each player on the defensive team guards one person on the opposing team.
- Press – A defensive strategy where the defenders guard the opposing team the full length of the court instead of waiting on the opposite side for the offense to come across.
- Rebound – When a player from either team retrieves the ball and gains possession after a missed shot.
- Zone Defense – A defensive strategy in which players guard a specific zone or area of the court instead of a specific player on the opposing team.

Practice Plans

Week 1

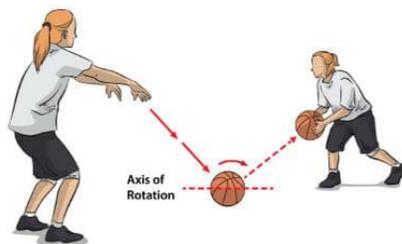
1) Ball Handling

- a) All right-hand dribble (keep it low) - Stationary Dribble
- b) All left-hand dribble (keep it low) - Stationary Dribble
- c) Crossover dribble (keep it low) - Stationary Dribble
- d) 2 ball dribble (keep it low) - Stationary Dribble
- e) 2 ball dribble (one high and one low) - Stationary Dribble
- f) All right-hand dribble - On the Run
- g) All left-hand dribble - On the Run
- h) Crossover dribble - On the Run
- i) 2 ball dribble – Walking; have the players line up on the baseline and dribble to half court and then back, using all the skills.



2) Passing

- a) Partner Passing: Pass back and forth with your partner
- b) **Bounce Pass:** push ball out from your chest, direct it towards the floor, step out with your dominant foot towards your target, have the ball bounce a little bit in front of your partner.



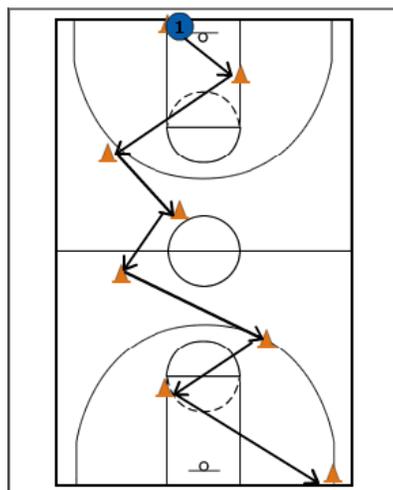
- c) **Chest Pass:** push ball out from your chest, step out with your dominant foot toward your target, follow through forward toward your partner.



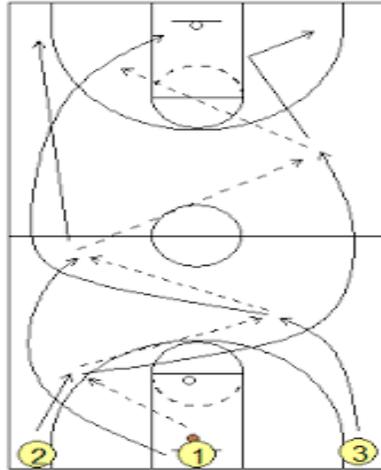
- d) **Overhead Pass:** bring the ball behind your head, step out with your dominant foot toward your target, bring your hands and the ball forward to release the pass from behind your head.



- e) **Zig-Zag Passing:** Place cones in a zig-zag formation on the court, have the players stand at each cone, balls start at the first cone, pass to each cone in the pattern and then follow your pass (bounce pass, chest pass, and overhead pass), **Progression---** having multiple balls going at once.



- f) **3 Man Weave Passing :** Make 3 lines starting at the baseline (one in the middle and then two on either side), ball starts with player 1 in the middle, player one passes to either player 2 or player 3, then runs behind them to fill their spot, then that player passes to the third player and does the same movement, then it goes back to player 1 and continues from there all the way down the court.



Week 2

1) Shooting

a) How to Shoot a Layup

- *Right hand layup*: jump off left leg, right knee in the air, ball in your right hand, aim for middle of the square of the backboard.
- *Left hand layup*: jump off of right leg, left knee in the air, ball in your left hand, aim for the middle of the square on the backboard.

b) Layup Lines

- Two lines outside the 3-point line, out from the elbow.
- Two right hand layups and two left hand layups
- The other line will be rebounding (do not let the ball hit the floor).



c) Form Shooting (One Hand)

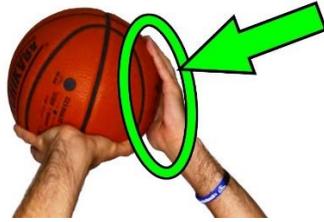
- Place ball in shooting hand
- Hold ball in your palm, rotate arm so ball is resting on your shoulder
- Keep elbow tucked inside at 90-degree angle
- Push ball off with fingertips
- Hold follow-through toward your target (reaching in cookie jar)



d) Form Shooting (Add Guide Hand)

- Same concept with the one hand, just adding in the guide hand into the shot.
- Place your guide hand (non-shooting hand) on the side of the ball

- Do not push the ball with your guide hand, it is only used to guide
- Keep the hand straight as you are shooting



e) **Form Shooting Drill**

- **Set-up:** every player needs a ball, spread out to different baskets if you can.
- **How to Play:** shoot 10 shots from the front of the basket, 10 shots from the left side, and 10 shots from the right side. **All shots with the one hand (shooting hand) first. Then Progress and do the same thing with the guide hand added.**

f) **Chair Drill**

- **Set-Up:** one line on one side of the elbow outside the 3-point line, the coach stands on other side of the elbow, place a chair on the elbow on the side with the player, player runs around the chair (as close as possible) toward the basket.
- **Progression 1** - go toward opposite block for layup.
- **Progression 2** - go toward middle of free throw line for jump shot. *Four layups and then four jump shots on each side.*

2) **Rebounding**

a) **How to Rebound:**

- Find the Player- as soon as the shot goes up, locate the player to box out.
- Hit the Player- put your butt in the player and ride them back
- Get the ball - go get the ball, grab the ball with two hands.

b) **1-on-0 Rebounding**

- **Setup:** Have two lines on either side of the basket inside of the paint, coach stands in the middle.
- **How to Play:** coach throws ball off the back board, one player from one side goes and grabs the ball, then the player in the other line does the same thing. Keep alternating back and forth.

c) **1-on-1 Rebounding**

- **Set-Up:** keep the same two lines in front of the basket, coach stands in the middle.
- **How to Play:** first two players in each line step up, one is the offensive player and the other is the defensive player, the defensive player boxes out the offensive player, coach throws the ball off of the backboard, two players switch roles after that play is done, then two new players step up.

d) **2-on-2 Rebounding**

- **Set-Up:** keep the same two lines, coach will be in the middle with the ball.
- **How to Play:** first two players in each line will step out, two defensive players and two offensive players, coach will shoot a normal shot trying to miss, the defensive players will box out the offensive players and go get the ball, then the two players will switch roles and do the same thing, then four new players will step out and it starts back over.

Week 3

1) Offense

a) 4-Up Shooting Drill

- **Set-Up:** split the players into two teams, line them up on either side of the court at the top of the key, each team has one basketball.
- **How to Play:** the first player in each line has the ball and takes a shot, the next players in line will take the same shot, the first player to make a shot calls 1Up, from this point the score will continue to increase or decrease depending on shots made, when the first shot is made by team 1 the score goes to 1Up, shot is missed by player on team 2 the score remains 1Up, when the second shot on team 1 is made the score goes to 2Up, the second shot on team 2 is made the score goes back to 1Up. **The first team to reach 4Up will sit on the court, the other team still has one shot left to win the game (creates a pressure shot).**

b) 2-on-2 Closeouts

- **Set-Up:** Have two lines underneath the basket, one on each side of the basket, split the team between each line.
- **How to Play:** have two players step out to the elbow (one player on each elbow), the next two players in the lines have the ball, they will roll the ball out to the two players on the elbow and go out and play defense, the two players on the elbow are on offense, play until someone scores, then original defenders become the next offensive players and the first offensive players go to the back of the line.

2) Defense

a) Defensive Shuffle

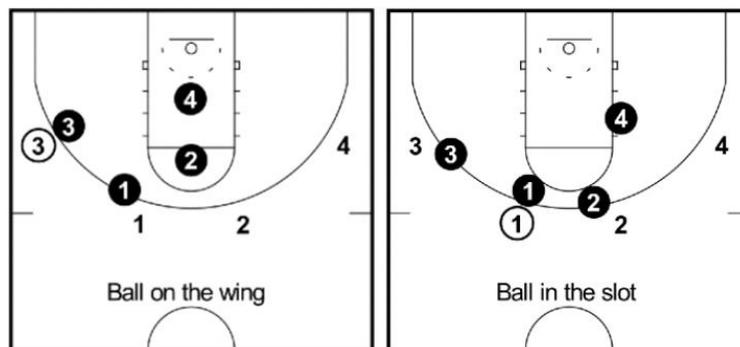
- Demonstrate defensive stance
 - Stay low, move your feet, hands out
 - Defensive stance – just like sitting in chair



- Zig Zag Slide – Set up cones in zig zag formation down court. Have players line up in one corner of the court at the baseline. Players will defensive slide from spot to spot.
 - Corner to FT line; pivot to change direction
 - FT Line to half court; pivot to change direction
 - Half court to FT Line; pivot to change direction

b) **4-on-4 Defensive Shell Drill**

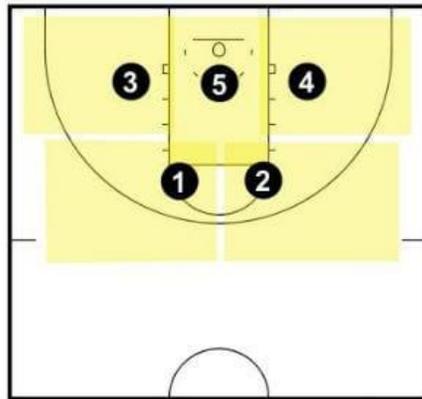
- **Set-Up:** The Shell Drill is run 4-on-4. Place four offensive players around the arc - one in each slot and one on each wing. The four defenders then matchup with their offensive counterparts.
- **How to Play:** The first thing that must happen when using this drill is a walk-through of the basketball at each offensive position so that all defenders know where they should be, When the basketball is on the wing, there should be one on-ball defender, one defender denying one pass away, and two defenders playing help-side defense on the split line, When the basketball is with a player in the slot, there should be one on-ball defender, two players denying one pass away, and one player in help-side defense on the split line, After walking through each position, get the offensive players to pass around the perimeter (holding for about 3 seconds) while the defense adjusts to the correct positioning, Then finally, go live, Do this by getting the offensive team to rotate the ball around the perimeter twice and then transition into a competitive 4-on-4 game with focus on defensive positioning.



3) **3-on-3 Scrimmage**

- **Set-Up:** Have the team line up on the baseline in three lines.
- **How to Play:** Six players step out on the court, 3 defensive players and 3 offensive players, play a 3-on-3 scrimmage. Once the play is dead, another six players step out and do the same.

4) Teaching 2-3 Zone



- **Everyone must have active hands and be in stance** - always keep hands up and active to discourage passes inside and get deflections.
- **Everyone must move on the flight of the ball** – defenders move on the flight of the ball and not on the catch; be in defensive position when the offensive player receives the basketball.
- **Everyone must communicate** - critical to every defense; players must communicate screens, cutters, bumping, etc.
- **No layups** - do not allow layups against your zone. Players must not make it easy for the offensive team inside.

a. Positions of a 2-3 Zone Defense

■ Positions – Top of the Key

- When the ball is at the top is when we see the basic 2-3 zone defense structure. Two guards are at the top of the zone (1 and 2), two forwards a few steps out from the block (3 and 4), and the center in the middle of the key (5).



b. Positions – Ball on the Wing

- The on-ball guard (2) should be in either a neutral stance or forcing the ball towards the baseline depending on the coach's preference
- The ball-side forward (4) should be in the short corner or fronting the low post player if there is one.
- The weak-side guard (1) should be near the closest elbow if there's no player in the high post or denying the pass to the player in the post from the high side.
- The center (5) is behind to half-fronting the post player.
- The weak-side forward (3) should be a few steps up the lane preparing to pick off any skip passes the player with the ball might make.



c. Positions – Ball in the Corner

- The ball-side forward steps out and pressures the ball
- The center fronts the post.
- Ball-side guard is sagging into the lane to prevent a pass inside and to discourage the drive.
- Weak-side guard is denying the high post.
- Weak-side forward is up the lane getting ready to pick off the skip pass.



d. Positions – Ball in the High Post

- The center (5) immediately sprints up to play the ball.
- The two forwards (3 and 4) must immediately **‘pinch’ in and take the closest player on their side of the basket.** When the ball is at the high post we’re in a vulnerable position for a high-low pass for an easy layup. We must not allow this pass! But at the same time, the forwards must be prepared to sprint out to the corner to defend the three-point shot if the pass is made to there.
- The two guards (1 and 2) must close in to the ball and try and force the high-post player to pass the ball out, but be ready to sprint out and defend the wings if the pass is made to either one.

5) 3-on-3 Scrimmage

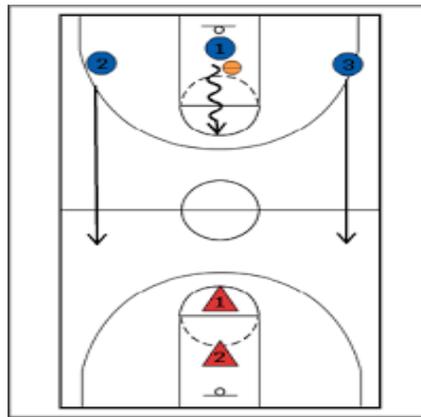
- **Set-Up:** Have the team line up on the baseline in three lines.
- **How to Play:** Six players step out on the court, 3 defensive players and 3 offensive players, play a 3-on-3 scrimmage. Once the play is dead, another six players step out and do the same.

Week 4

1) Transition

- **3 on 2—2 on 1**

- **Set-Up:** All players line up on the baseline in three lines (one line in the middle, and two lines on either side of the middle).
- **How to Play:** Have three players set up as you would have them set up for the 3 man weave, Have 2 players on defense down at the other end ready to attempt to defend that odd man rush, Have the 3 players go down the floor and attempt to score by various passing, The player who shoots the ball now has to run back and play defense against the two who were playing defense against the 3 on 2, The other two who were apart of the 3 on 2 who didn't shoot the b-ball are now on defense waiting for the next group of 3 to come down and so on.



2) Scrimmage

- **Set-Up:** split the team and play 5-on-5.
- **How to Play:** play normal basketball rules for a 5-on-5 game.

At the end of week 4 go back and repeat the practices again for repetition and development