



BASKETBALL SKILLS

Dribbling:

These are some of the most important decisions to keep in mind:

- 1) The ball is pushed ahead by the fingertips, not the palm.
- 2) Keep your head up and see what is going on in front of you.
- 3) Dribble at a height that is comfortable - but not too high (a general rule is to never dribble higher than the waistline) - and close to your body to protect the ball from being slapped away or stolen.
- 4) After a fake, push the first bounce of the ball as far as possible to get a step on your opponent.
- 5) Perfect the dribble with either hand so you can give body fakes without changing stride or fool an opponent with a change of pace. A one-handed dribbler is easy to defend!
- 6) Stop and start occasionally on the dribble to throw an opponent off balance.
- 7) Dribble with the hand farthest from the defender to protect the ball. If you are dribbling with the right hand, do not drive left unless you can switch the ball away from the defender into your other hand. Always keep your body between the defender and the ball.
- 8) Be prepared to pass quickly off the dribble. Generally speaking, the dribble is used to move the defense and set up a pass to a teammate.
- 9) To escape pressure from the defense, the dribble should be below the knees (this allows you to change direction more quickly).

Dribble with a purpose, not for show.

The less you dribble, the fewer steals or turnovers.

Don't get fancy, the secret of a good dribbler is to have complete control of the ball. A dribble is valuable, so don't waste it; look for the pass first.

Passing

NOTE: Remember to concentrate on what you are doing.

Throw crisp, quick passes.

See the pass into the receiver's hands.

Pass the ball away from the receiver's defender.

Pass to a target on the receiver.

Follow through and don't hesitate.

***Ball Fake:** Fake before passing is frequently a good idea, especially when inbounding the ball.

Body Position:

- 1) Feet spread shoulder width apart
- 2) Either foot slightly forward of the other
- 3) Knees bent
- 4) Waist bent slightly forward
- 5) Back straight
- 6) Weight balanced on balls of feet
- 7) Head up looking forward
- 8) Hands on side of ball slightly behind, fingers spread, thumbs up
- 9) Ball held firmly by pads of fingertips

Chest Pass:

- 1) Elbows are out a little from the body and bent
- 2) Step towards the direction of the pass
- 3) Fully extend elbows, quickly snap the wrists and finish the pass with thumbs down palms out
- 4) If the ball has backspin that indicates good wrist flexion and hence a quick, crisp pass
- 5) The pass leaves your chest and ends at the receiver's chest

Bounce Pass:

Used to avoid interceptions and when a receiver is running to the basket and will likely make a layup. Surprise makes the bounce pass effective.

Repeat steps 1-9 for body position and 1-3 from chest pass.

- 1) Bounce the ball close to the defender's feet in order to make them reach the maximum distance if they try to intercept the pass
- 2) The pass should bounce about 2/3 of the way between the passer and receiver
 - *A pass bounced too close to the receiver comes up fast and low making it hard to catch
 - *A pass bounced too far from the receiver loses speed and floats making it easy to intercept

Overhead Pass (used primarily to get the ball into the pivot or for an outlet):

- 1) Hold ball overhead
- 2) Arms are almost fully extended
- 3) Hands are on the sides of the ball slightly towards the back
- 4) Fingers spread pointing upwards, thumbs behind the ball
- 5) Release the ball with a quick snap of the wrists and fingers. Follow through towards the target with arms fully extended and step.
- 6) Do not pull the ball back overhead before release of the ball because you will telegraph the pass to the defender.

Moving without the ball

In a 40-minute game, a team will have about 20 minutes on offense. If each player handles the ball equally, then it leaves 16 minutes in which you could be on offense without the ball.

- 1) Move with a purpose- this places maximum pressure on the defense.
- 2) When you pass the ball, you must make one of three moves:
 - i) move toward the ball (to pick or receive pass) “pick and roll”
 - ii) move to the basket for a return pass “give and go”
 - iii) move away from the ball to pick or to clear one side out
- 3) Do not clog the middle. Clear out and keep it open for scoring opportunities unless you are setting a screen for a teammate.
- 4) **Keep Moving!** Do not stand around and allow the defense to capitalize and jam up your teammates. If you have nothing to do at least move and make your man move with you (clear out).
- 5) Never run in a straight line. Make it tough for an opponent to “read” you. Use speed changes, fakes etc. (confuse the defensive player).
- 6) If your teammate sets a pick, be prepared to run your check into it. Brush your teammate as you pass them by.
- 7) Set up your check before running them into a pick. Eg. Jab step, look away, spin off.

Reasons for moving without the ball:

- 1) To clear an area
- 2) To avoid double teaming
- 3) To set a pick
- 4) To increase chances of offensive rebounds

“A player should always be thinking of what he can do to make himself useful to the team”

SHOOTING

SET SHOT, JUMP SHOT

1. Body position:
 - facing basket
 - feet are shoulder width apart, right foot is slightly ahead of left (opposite for left-handed)
 - knees are slightly flexed

2. Arm and wrist position:
upper arm and forearm angle = 90°
elbow must be kept in, forearm vertical; elbow under or below the ball
wrist flexed until you can see a wrinkle
3. Hand and ball position:
the ball must be balanced on the shooting hand so that it doesn't touch the palm
the fingers are comfortably spread (not stretched)
the ball makes contact with the entire length of all fingers (not with the tips)
the left hand does not grip the ball, it only supports the ball on the shooting hand
4. The shot:
the shot begins by straightening the knees
when the knees are straightened, the elbow lifts the ball at the same time
the wrist then flicks under the ball to give it a backspin (very important)
5. Follow through:
the shooter should be looking at the basket, not the ball, shooting hand fingers pointing down as if taking a cookie out of the jar
the wrist is pointing at the rim

GENERAL SHOOTING TECHNIQUE:

1. Once the shot starts, the ball should move smoothly and continuously until it is released.
2. From the set position the ball should move up and towards the basket (never back). If the ball moves back the shooting action becomes a throwing action.
3. In the jump shot, the body must get into the shooting position quickly. The quicker you do this the quicker the ball will be released and the less chance the defender will have to stop the shot.
4. To get into shooting position quickly:
 - i) "slam" dribble to get the ball up closer to the head
 - ii) get both feet on the floor quickly after ending the dribble and pointed towards the basket.

Defense

1. Body position is the most important aspect of defense (between your man and the basket in a proper defensive stance: feet shoulder width apart, head up, eyes at the numbers on the balls of your feet, hands at the ready for a possible steal or block).
2. Never sacrifice your defensive body position for a steal except on coach's orders. (Not behind the back steals)

3. When attempting to steal, you must be balanced, so that if it is unsuccessful, you can recover defensively and not give up a lay-up (only steal in the direction of the dribble). If a defensive man beats you, turn and quickly reestablish a new defensive body position.
4. Overplay an obviously right or left-handed player. If he beats you with his wrong hand, you must then play him honest. (Remember this for offense as well)
5. Never cross your feet, a good ballplayer will be making the lay-up before you recover your body position.
6. Switch only when you can't fight through a pick. The man being picked off must drop back quickly to prevent the pick and roll.
7. The closer your check comes to the basket, the smaller the distance between you and your check.
8. When your check shoots, jump up with your arm extended straight up (shooting over an outstretched arm is very difficult).
9. Never leave your feet until the shooter has left his feet.
10. If your check does not have the ball, maintain a defensive position, so that you can see your check and the ball at the same time (peripheral vision).
11. Never be lazy and watch the ball because your check will sneak up behind you for a return pass.
12. Sliding through (fighting through).
 - a) defensive men must help each other by calling out the picks "pick left", "pick right";
 - b) the man picked must fight behind the pick if there is no room in front of the pick;
 - c) help your teammate through the pick (there is no foul for pushing your own man).
13. On ball: Your man has the ball. You are between them and the basket.

One Pass away: Inside hand and foot forward. Hand in passing lane.

Two Pass away: Inside the key. Point so that you see your man and the ball.

Rebounding

1. Body position:
 - feet slightly wider than shoulder width
 - back straight
 - eyes looking at the rim
 - knees bent - hips down
 - elbows out
2. Time your jump so you reach the ball at the maximum height of your jump. Extend your arms as high as possible.
3. Grab the ball with two hands and tuck it under your chin.
4. Do not wave the ball in front of you or over your head.
5. Stay high and look for the outlet pass.

OFFENSIVE REBOUNDING

1. Anticipate the shot and try to get into rebounding position before your check does.
2. Place your body in the ready position for rebounding between your check and the basket if possible. Don't allow yourself to be blocked out.
3. If blocked out, don't jump into the defender to get the rebound, try to jump straight up and tap the ball back to yourself or go around him.

"If there is a brick wall in front of you, it is better to go around than through." Red Holtzman

4. Don't give up on a loose ball. The team with the most determination will usually come up with the ball.

GENERAL REMARKS ON REBOUNDING

Take as much room as possible when rebounding.

"Position is the most important consideration. Boxing out is the secret." Red Holtzman

Basketball - Basic Offence

A) STAGES IN PLAYING OFFENCE

1. Gain possession of the ball
i.e. rebound, steal OR inbound the ball
2. Bring the ball into the offensive zone
 - may develop into a scoring attempt (fast break)
3. Enter into offensive choices
 - how do I get the ball?
 - what do I do when I get the ball? (4 choices) - *See below #2

B) ORGANIZING OFFENSIVE MOVEMENT

Underlying premises:

- offensive players will always see the ball, and attempt to make eye contact with the player holding the ball
- players holding the ball will face the basket in a triple threat position
- players will attempt to catch the ball within their shooting range (a threat to the defence)

1. How do I get the ball?
 - a) cut to the ball
 - b) cut to the basket
 - c) combination cuts
i.e.: backdoor cut

2. What do I do when I get the ball?
Exercise basic choices in priority order:
IMMEDIATELY face the basket
1st Choice: pass the ball to a teammate who is under the basket
2nd Choice: take the ball to the basket (drop step or drive by)
3rd Choice: shoot the ball
4th Choice: pass and **MOVE**.

3. How do I help a ball handler in trouble?
 - make myself visible by moving into an open space toward the ball.

Individual Skills

These basic skills should be taught as a foundation for team offence.

1. Protecting the ball
2. Pivots, front and reverse
3. Movements
 - acceleration
 - change of direction
 - change of pace and direction (V cut)
4. Catching the ball with a: 2 foot stop, 1-2 stop.
5. Drop Step
6. Triple threat position
7. Triple threat and drive by
8. Basic shooting
 - strong hand lay up
 - set shot
9. 3 ways to get open and receive a pass on the wing.

Basketball - Team Offence

BASIC AWARENESS TO DEVELOP IN PLAYERS

1. Teach players why they are doing things, not just what to do.
2. Emphasize court balance, movement and eye contact.
3. Teach players to be in control.
4. Instill judgement in players - i.e., was the cutter really open?
5. Develop in each player an overview of the total offence.
6. In attacking a defence:
 - a) teach players what to look for in applying individual moves and how to recognize that it has worked.
 - b) react to definite stimuli, i.e., why did you throw the pass?
 - c) attack specific weaknesses - have definite purpose.

NOTE: In evaluating specific plays, ask players to identify what they were reacting to, looking for, etc...

PLAYERS - TRAIN YOUR ADULT!

To ask the following questions in this order:

1. Did you have fun?
2. Did you learn something?
3. Did you play your best?
4. Did the team play well?