

WATERTOWN



LADY
GOSLING

PROGRAM GUIDE

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Fundamental Scope and Sequence

Grade	3rd	4th	5th	6th	7th	8th
<i>Offensive Fundamentals</i>						
Catch on a hop						
Heel Stop						
Front Pivot						
Reverse Pivot						
Pivot foot planted on a drive						
"Chin" the ball on a rebound						
"Rip Pivot" (swing shoulders across)						
"1-2" footwork on the catch						
"Sweep and Step" drive footwork						
Dribble out of a trap (attack outside shoulder)						
Rebound Pivot (to the outside)						
Rebound position awareness						
Sprint middle when weakside against pressure						
Keep ball in the middle against pressure						
Attack off a ball screen						
Roll off a ball screen						
Pop/flare off a ball screen						
<i>Defensive Fundamentals</i>						
Stance and active hands						
Lateral movement (dribble contain)						
Block out for rebound						
"High-Hands" close-out						
Read the eyes of the passer						
Sprint recovery on each pass						
Help on screens						
Sprint to rebound position						
"Tip-back" steals						
Trap/Double team ball handler						
Switch screens						
Hedge ball screen						
Trap ball screen						

Shooting						
Proper form at close range						
Catch and Shoot - Stationary						
Catch and Shoot - Drift/Fade						
Catch and Shoot - Transition						
Shoot off the dribble						
Proper form at mid-range						
Catch and Shoot - Cutting/Squaring-up						
Jab and Shoot						
Step-back Shot						
Proper form at 3 point line						
Pull-up Jumper						
Finishing						
1 foot lay-up						
2 foot lay-up						
Middle lay-up						
Baseline "square-up"						
Reverse lay-up						
Wrap-around lay-up						
Inside hand finish						
Step-through move						
Step-through move off 2 feet						
2-foot "hop finish"						
Runner						
Floater						
Eurostep move						
Ball Handling						
Control dribble w/ either hand						
Dribble and heel stop						
Protect dribble + retreat dribble						
Freeze/hesitation dribble						
Crossover dribble						
Spin dribble						
Between the legs						
Behind the back						
"Full Court Crossover"						
Perform all moves w/ eyes up						
"Quick stop" and change direction						
Passing						
Chest pass						
Bounce pass						
Overhead Soccer pass						
One hand push pass						
One hand bounce pass						
Post entry lob						
Post entry step + bounce						
Bounce pass off the dribble						

Shooting Basics

Shooting Form

Rather than over-complicate the process, there are some basics that we encourage with all players while allowing some room for them to develop a shot that *works for them*.

- ✓ **Balance and Stability** – Feet in comfortable position + heels off the floor
- ✓ **Lead Hand** – Directly under the ball + fingers spread comfortably
- ✓ **Balance Hand** – Supporting on the side of the ball (avoiding “thumbing” the ball)
- ✓ **Set Position** – The ball at stomach level with shooting hand underneath the ball
- ✓ **Smooth Release** – A single motion with the ball rotating off the ring finger
- ✓ **Follow-Through** – Arm fully extended with wrist turned over (index finger pointing to the target)

Shooting Footwork

“Turning” – Rather than simply squaring the toes to the rim, we encourage a slight turn of the feet to square the *shoulder* instead. For instance, a right-handed shooter would have their feet turned to the left slightly (11 o’clock position).

“1-2 Step” – When cutting to a shot or coming off a screen, we often use a “1-2 Step” to get squared up for the shot. This footwork involves reaching with the inside foot, landing with the heel first and pivoting on that foot as the player turns to catch and shoot.

“Hopping” – A hop is most often used when the shooter is either in a stationary position or moving side to side. Whenever possible, this footwork allows the player to use either foot as a pivot foot. A very small hop just prior to catching the ball allows for very quick release, but also makes the first step into a drive much quicker. A hop also helps players “spring” into their shot much more easily.

Ball Handling Basics

Ball Handling Basics

(What we emphasize most)

- ✓ Hand on top of the ball – pushing the ball, not slapping at it.
- ✓ Staying low
- ✓ Changing pace
- ✓ Utilizing all directions, especially backwards! (Retreat or pull-back dribble)

Primary Dribble Moves

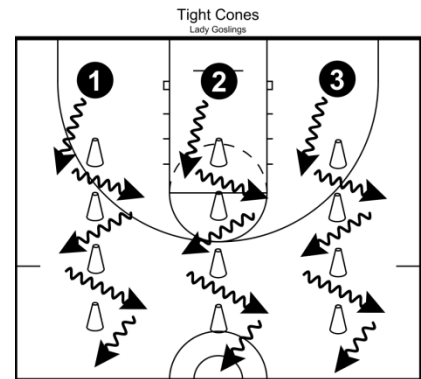
- 1) Hesitation
- 2) Crossover
- 3) Retreat
- 4) Between the Legs
- 5) Behind the Back
- 6) Spin Dribble

Although it is beneficial to have proficiency in several dribble moves, we believe the most important factors in ball handling ability are changing speed and direction.

Individual Drills

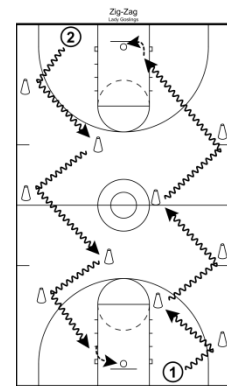
Tight Cones Drill

This is a great way to introduce various dribble moves and provide repetition. Regardless of the dribble move, the player pounds a dribble outside the cone, performs the move past the cone, and then repeats this pattern from the other hand. Anywhere from 4-12 cones can be used effectively.



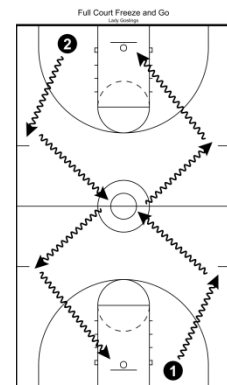
Zig-Zag Cones

To work on dribble moves while changing direction, placing cones in a zig-zag pattern can be effective. It is important to begin to teach the concept of changing speeds during this drill, as many young players will start off by going the same speed for the duration of the drill. We encourage a controlled pace with a burst of speed following the change of direction (dribble move).



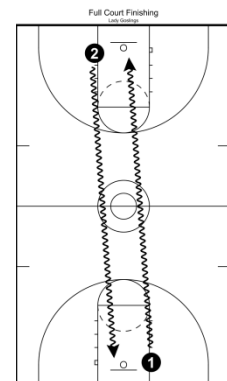
Full Court Freeze and Go

Perhaps the most important part of handling the basketball is changing speed and direction. This is a simple drill to practice “freezing” the defender and changing direction. We teach players to dig their toes into the floor, momentarily straighten their stance, and pause their dribble while keeping their hand on top of the ball. After the split second freeze, we make a quick dribble move and change direction.



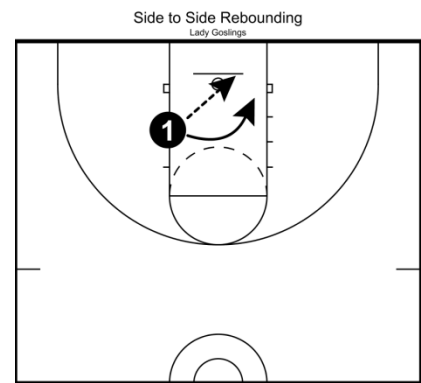
Full Court Finishing

In this simple drill, we are teaching the “full court crossover” and the ability to finish while going full speed. We emphasize pushing the ball out on each crossover to gain as much ground on each dribble as possible. A constant side to side crossover dribble will allow the player to get down the floor as fast as possible. The drill can be used for straight-on finishes, or right or left finishes.



Side to Side Rebounding

This is a simple drill to work on leaping and having active hands on a rebound. Players will be challenged to jump continuously while keeping their hands high and ready to rebound. The drill runs continuously for 30 seconds, and begins with the player standing near one block and tossing the ball off the opposite side of the rim. After each toss, the player takes a hard step and leaps for the rebound. This continues back and forth for the full 30 seconds.



Finishing Series

We have a series of 9 finishes that we teach our players (depending on their level). We most often practice from the wings and top, but it is important to change angles often to practice finishes from all perspectives. Within a practice we often will work on each finishing move for 1-2 minutes, with each player going full speed and alternating sides. The series is as follows:

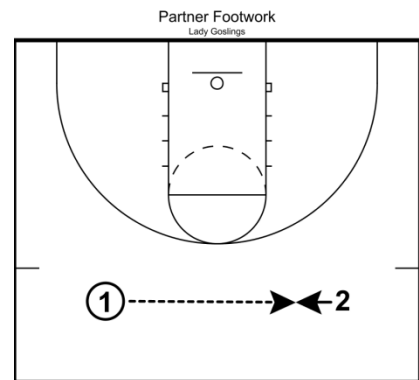
- 1) Outside Hand Lay-ups (Traditional)
- 2) Inside Hand Lay-ups
- 3) Straight Center Finish (finger roll, bank, or inside-reverse lay-up)
- 4) Baseline Drive – Jumpstop – Outside Hand Finish
- 5) Baseline Drive – Reverse Lay-up
- 6) Two-Foot Hop Finish
- 7) Step-Through Lay-ups
- 8) Inside-Out Eurostep
- 9) Outside-In Eurostep

Partner Drills

Partner Footwork

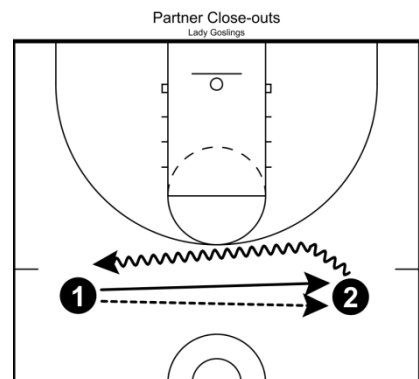
This is a very simple, but important procedure for teaching basic footwork and pivots. Our main focus is to get each player to step towards the ball while it is in flight and hop into the catch.

This simple skill is so important to limiting turnovers and keeping players playing with balance. After the hop catch, we can teach a front pivot followed by a reverse pivot before making the pass back to your partner. The front pivot involves stepping forward and making a 90-degree turn while keeping the pivot foot planted. A reverse pivot also involves a 90-degree turn but with a step backward instead. In this drill, the reverse pivot simply gets the player back to their start position. With beginning players, we encourage a front pivot in most situations so we don't lose ground on the defensive player. Finally, we add to our front pivot by teaching a "rip-pivot" where we make a hard front pivot while holding the ball under our chin and ripping the ball across the body to the outside shoulder. This pivot greatly helps in dealing with intense ball pressure.



Partner Close-outs

This is an extension of our Partner Footwork procedure. On the pass, the passer will sprint and make a hard close-out to their partner. We begin chopping our feet when we are about 5 feet away from the receiver (this depends on the player during a game situation). Our proper close-out has the knees slightly flexed in a stance with both arms fully extended with the tips of our thumbs touching. This ensures that we are contesting the shot while still having the ability to put pressure on the ball and contain the dribble. After the partner catches the pass, they make a combination of "rip-pivots" and reverse pivots as they rip the ball away from the defender across their chin and below their waist. While the offensive player is pivoting and ripping, we want the defender to be "mirroring" the ball with both hands while maintaining an athletic stance. After a few seconds, the offensive player sweeps the ball and dribbles past their partner's starting spot, heel stops, front pivots, and restarts the drill. It is important that players keep receiving each pass with a hop throughout this drill.

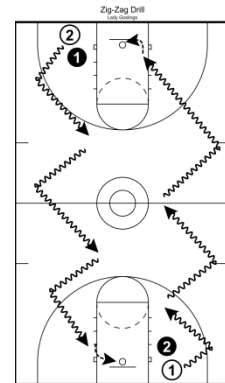


Partner Passing

For youth players to get high repetitions of a variety of passes, we simply line up across from a partner and practice each type of pass with both right and left hand focus. On a “Post Entry” pass, we teach a wide “side-step” while making a one-handed bounce pass. As before, it is important to continue to have players receive each pass on the hop (except on a post pass).

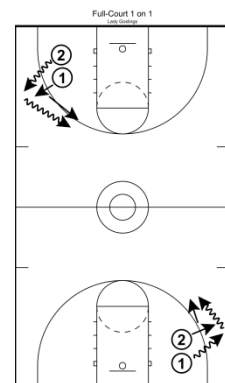
Zig-Zag Drill

This is very similar to what we practice when using the “zig-zag cones” drill, however, we use a defender to add ball pressure and work on our defensive fundamentals at the same time. Within this drill we have the defense apply pressure and practice “showing their hands, and moving their feet”, but we do not look to steal the ball. We often begin by working on a specific dribble move on every change of direction, and then we will progress to allow the offensive player to choose their own combination of moves.



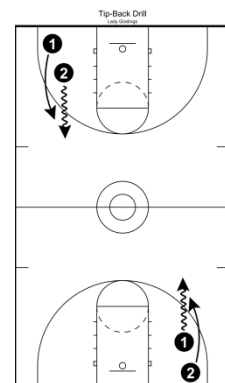
Full Court 1 on 1

Taking the Zig-Zag Drill one step further, we set the players loose and play Full Court 1 on 1. The only restriction we place on the players is a boundary from sideline to lane-line (to keep the players on their side of the floor). It is important to teach the players how to recover properly if the offensive player speeds by them. We instruct players to sprint ahead of their player for several feet before turning and resuming their ball pressure. We call this “leveling off”, and it’s important for the purpose of avoiding fouling and getting back into a proper defensive stance.



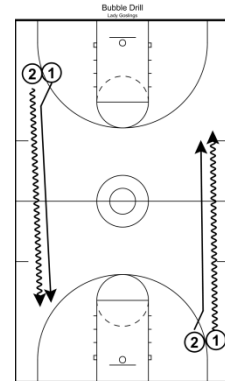
Tip-back Drill

We highly emphasize the “tip-back” steal. We attempt this steal whenever we are trailing behind a ball handler. The idea is to underhand tip the ball and pop it up in the air. We find that this is a great way to avoid a foul call and leads to open layups on the other end. In this drill, we start the offensive player about 5 feet in front of the defensive player. When the defensive player yells “Go!”, the offensive player dribbles as fast as they can down to the other end *while keeping the ball in the same hand*. The defensive player simply tries to catch up and get a “tip-back”.



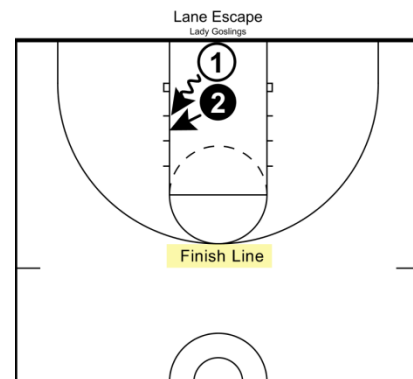
Bubble Drill

Changing speed is very important for a ball handler, and this drill helps develop that skill. The offensive player keeps the ball in one hand while the defensive player stands on the opposite side, facing the sideline. The defensive player sets their hand on the offensive player's shoulder and attempts to maintain contact while the ball handler starts, stops, retreats, and hesitates to try and get the defense "out of their bubble".



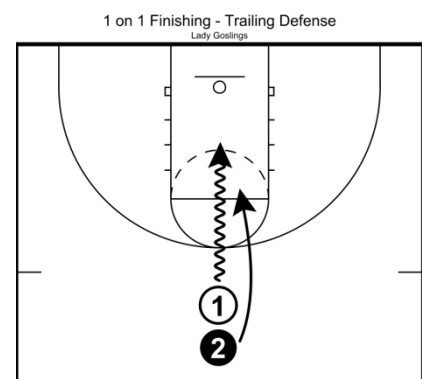
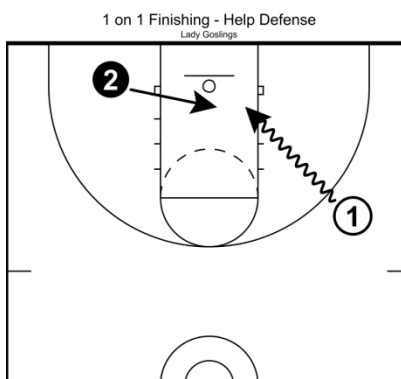
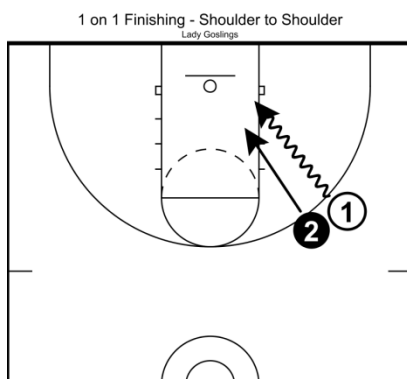
Lane Escape Drill

Within this drill, we are working on both offense and defense. Both players set up on the baseline with the offensive player facing the free throw line. The goal of the offensive player is to "escape" out of the top of the key without stepping outside the lane lines. The defensive player works to stay in a stance and "show their hands" while cutting off the offensive player and forcing a change in direction.



1 on 1 Finishing Drills

To practice finishing with a defender, we have several 1 on 1 drills that we use. In each version, the defense isn't allowed to move from their starting spot until the offense takes their first dribble. Keep in mind that each drill should be run from both sides and at various angles.



Team Drills

“No Dribble”

We will often play half court with no dribbling allowed. This can be done 3 on 3, 4 on 4, or 5 on 5. Practicing without the dribble is a great way to work on limited turnovers, jumping to the pass, and making hard cuts.

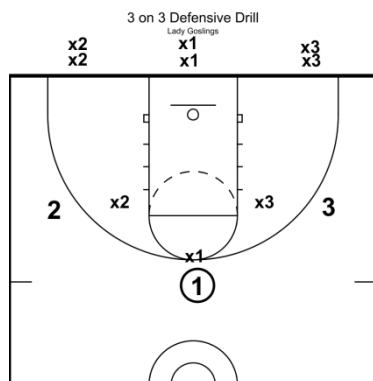
Overload Press Break

To practice playing against a press, we often place 6-8 players on defense to increase the difficulty. We heavily emphasize limiting dribbles, jumping to the pass, and sprinting to the middle from the weak-side. The extra defenders serve as “trappers” and sprint around looking to trap the ball or steal a pass.

Half-Court Overload

Placing extra players on defense can serve as good offensive practice in the half court as well. We will often place an extra defender on the point guard, or other skilled offensive player. We will also use extra players for trapping, etc. This helps teach players to focus on offense and have an awareness of where the ball is. We also like this challenge because it teaches the offense how to freelance and deal with unexpected pressure, traps, etc.

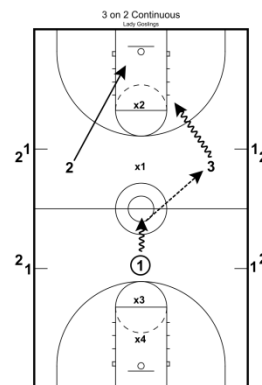
3 on 3 Defensive Drill



- ✓ Play 3 on 3 w/o any stoppage to check the ball, etc.
- ✓ Defense needs to talk (declare ball, gap, help)
- ✓ Communicate on all screens and cuts
- ✓ Defense becomes offense with a stop and rebound
- ✓ Offense stays on offense with a score (new defense comes in)
- ✓ New offense has to clear the 3 pt. line before looking to score

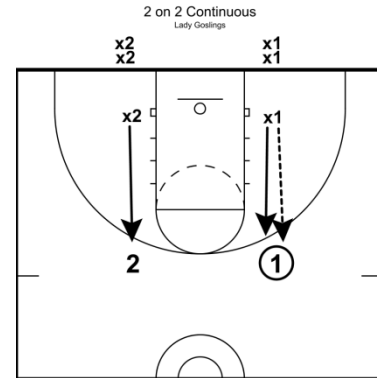
3 on 2 Continuous

This drill is fun for the players and practices transition situations. We encourage the 2 players on defense to pressure the ball and gamble to force a turnover. The drill begins with 3 players attempting to score on 2 defenders. After a shot goes up, whoever gets the rebound turns and passes to the outlet lines along the sideline. The passer, ball handler, and first player from the other sideline – head up the court in another 3 on 2. After a rebound and outlet, the two offensive players who didn't take the shot will stay in as defense.



2 on 2 Continuous

This is a great way to get your players a high number of offensive and defensive repetitions in a short amount of time. The players will also have fun! If the offense scores, they stay in the drill, if the defense gets a stop, they become the offense.



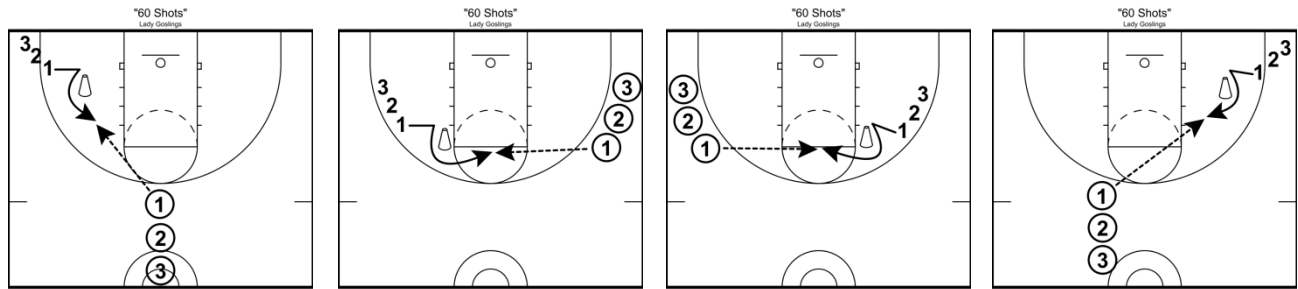
“41”

A favorite of the players! Split the team into two groups, each group uses one basket. The goal for each team is to make 10 layups on each side, 10 free throws, 10 three point shots, and 1 half-court shot. Obviously the distance of shots and quantity will have to be adjusted for youth teams. With younger kids, we usually play “21”. This version requires 5 layups on each side, 10 free throws, and 1 three pointer.

Group Shooting Drills

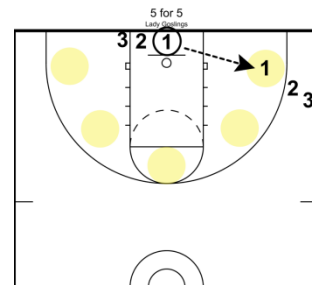
60 Shots

A great team shooting drill! Can be done as a large group, or as two competing groups. Shoot for one minute at each of the 4 spots shown below. (Total of 4 minutes – ultimate goal is 60 makes!) This drill helps with the 1-2 footwork to square up for the shot.



5 for 5

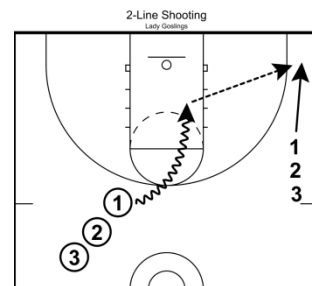
This is a high repetition shooting drill that can be run very easily. The goal for each team is to make 5 shots at each of the 5 spots on the floor.



2-Line Shooting

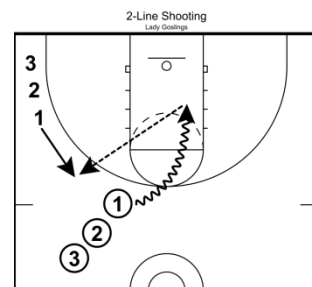
Drive and Drift

Here we are working on driving, stopping with a “heel-stop”, and making a good pass to the shooter who has drifted into the corner. This simulates the situation we may get from a catch and drive, or a ball screen.



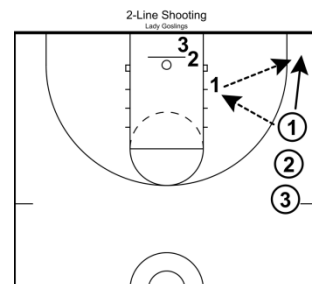
Drive and Throwback

The main focus here is working on using our “heel-stop” in the lane, pivoting, and making a good pass out to the shooter who is filling behind the drive.



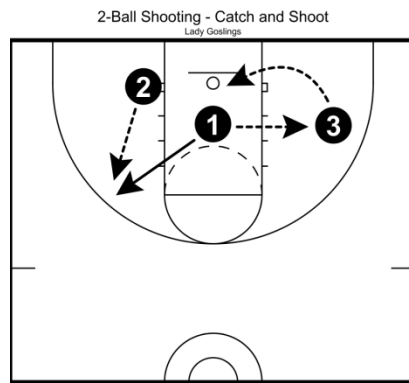
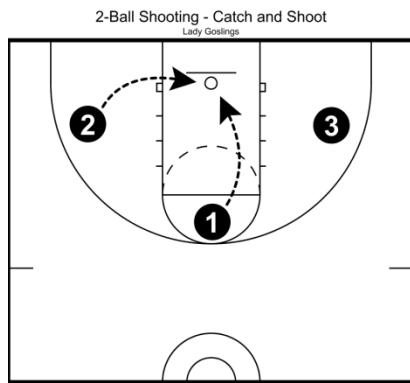
Post and Drift

We start with a post entry pass (bounce or lob), the shooter drifts to the corner, and we pass the ball back out for the shot.



2-Ball Shooting

We typically run this drill with three players and two basketballs. However, you can use more players per hoop, as long as the number of basketballs is one less than the amount of players. We usually play up to a pre-determined amount of makes, and make it a competition between teams. The players with the basketballs start the drill by shooting (one player starts), while the player without a ball gets in a stance ready to catch. Once the shots are in the air, the rebounders are turning and looking for an open teammate, then quickly relocating to a new position and waiting for a pass.



Shooting Chart Drills

We have a chart used to practice fundamental shooting skills. Each drill runs for a set amount of time and the players can record their scores – each time trying to beat their personal best. A chart is included in this book – if you would like copies or an electronic version, please contact me.

Free Throw Hustle - 30 seconds - Start at the block, dribble out to the FT line and take a jumper. Sprint in to grab the rebound and finish at the rim. Dribble back out to the FT and repeat. The jumpers are worth 2 points, the layups are worth 1. The all-time record for our program is 14 points.

Quick X - 30 seconds - Start at the elbow, dribble in and take the layup, rebound and dribble out to the other elbow, dribble in and finish with a layup. Dribble out to the original elbow, etc. A very good score is 7, the best I've ever seen was 8.

3, 2, 1 - Untimed - The girls take 3 shots from 5 spots on the floor. (Corner, Wing, Top, Wing, Corner) They start with a 3 pointer, then step in for a mid-range, then finish with a layup. They have a partner rebounding for them the entire time and passing it back to them. A perfect score is 30. The current record is 25.

Hot Shot - 1 minute - The blocks are worth 1 point each (can only make them once). Middle of the lane is worth 2 points. Free Throw line is worth 3 points. 3 point line is worth 4 points. The players can shoot from any of the spots during the minute to get the highest score possible. Players rebound for themselves in this drill. We've seen scores as high as 40.

Partner Hot Shot - Same drill, but is done with a partner and they use one ball. Partner Hot Shot not only encourages communication and teamwork, but practices “catch and shoot” skills. Players should be rebounding for themselves while their teammate gets to their shooting location with hands and feet ready to catch and shoot.

10 in 1 - 1 minute - Players run from half-court, catch and shoot a 3, then sprint back to half-court, run back and shoot a 3, etc. The rebounder passes back out to them each time. The highest score for 1 minute has been 10 makes. This could be adapted to be shorter shots for younger kids.

Elbow to Elbow - 30 seconds - Players move from elbow to elbow, catching and shooting from their partner. It's important that they touch their outside foot to the 3 point line while running to the next elbow to avoid “shuffling” into the next shot.

Corner to Corner - 30 seconds - Players move from short corner to short corner, catching and shooting from their partner.



SHOOTING CHART

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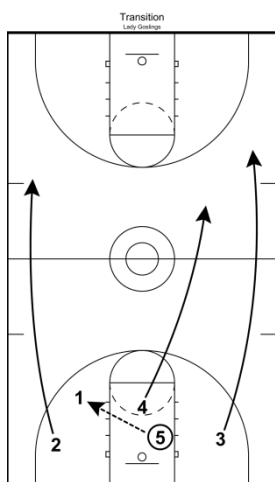
Team Offense

A simple, concept-based offense allows youth players to develop an understanding of the game, while developing a variety of skills that will serve them well regardless of the offense they are running. As a base offense, we teach simple actions and concepts, and make adjustments based on our players' abilities.

Basics of Offense

- ✓ Action after every pass (usually cut or screen)
- ✓ Fill to the "open" area on the court for spacing
- ✓ If denied, make a back-cut and fill to the open space
- ✓ If no pass options exist, dribble at your teammate
- ✓ If you're dribbled at, back-cut, receive a hand-off, or space away for a shot
- ✓ Catch every pass on the hop and square up to the basket
- ✓ Run actions based on player strengths (ex. – screens for shooters, ball screens for ball handlers, etc.)

Setting up the Floor (transition)

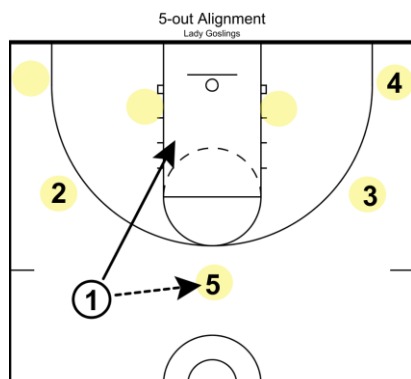


- ✓ Rebounder passes ahead to the Point Guard
- ✓ Point Guard dribbles to the wing area
- ✓ The center or "5" runs the middle of the floor to the rim (or key if they are the rebounder)
- ✓ Other 3 players fill the floor, looking for a pass ahead and layup or shot

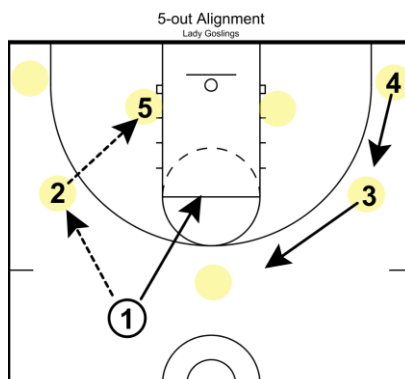
Multiple Point Guards

If there are multiple capable ball handlers on the team, and another guard gets a rebound, they can immediately bring it up the floor with the other 3 players spacing the floor while they assume the point guard position.

Initial Spacing

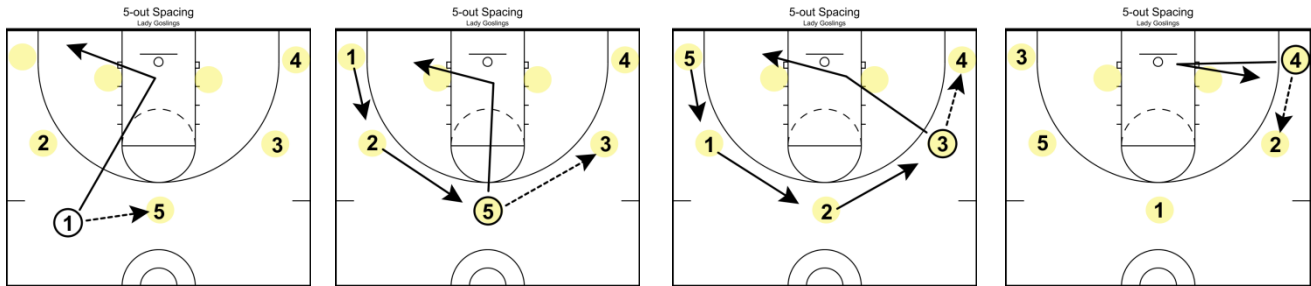


-OR-



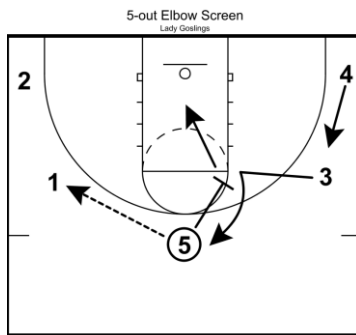
Cut and Space

The foundation of our offense is cutting and spacing the floor. Below is an example of players using a “pass and cut” and spacing to the open areas of the floor. This same concept applies when making any cut, slipping a screen, etc. Keep in mind that a post player can choose to post up after a cut rather than filling to the perimeter.



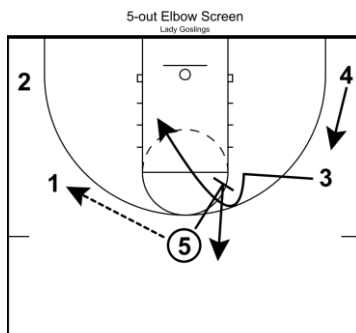
Pass and Screen Away – Elbow Screen

After cutting and spacing are learned, adding screens can be effective. There are 3 common ways to use a screen. We teach the pop, curl, and back-cut.



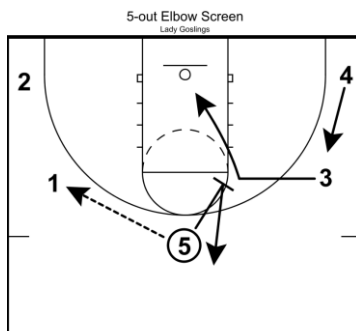
Pop

When the defense drops underneath the screen, popping out provides an open shot opportunity.



Curl

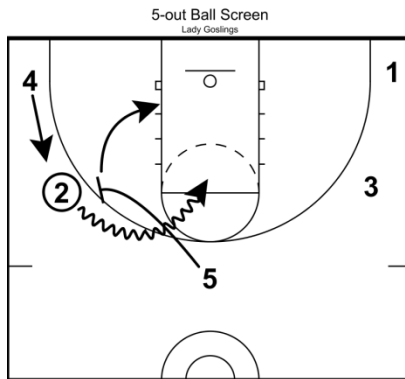
When the defense trails behind the offensive player, a curl to the basket can get an open layup.



Back-cut

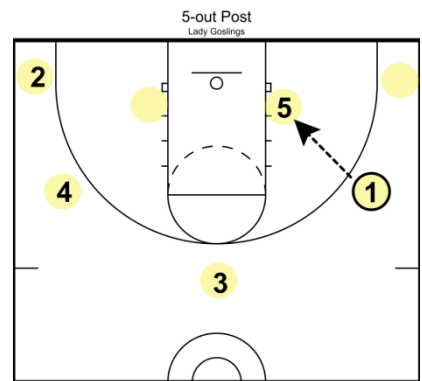
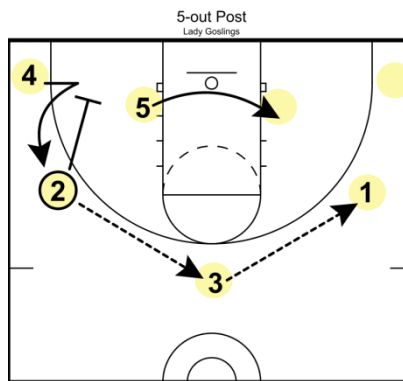
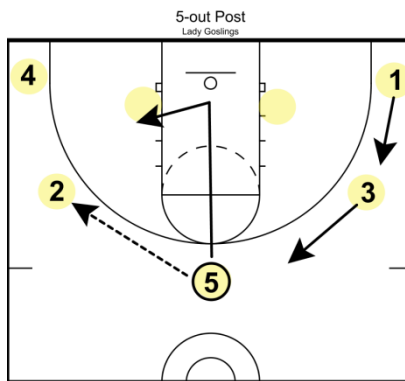
When the defense is pressing heavily, a backdoor cut can relieve the pressure and lead to an open layup.

Pass and Ball Screen

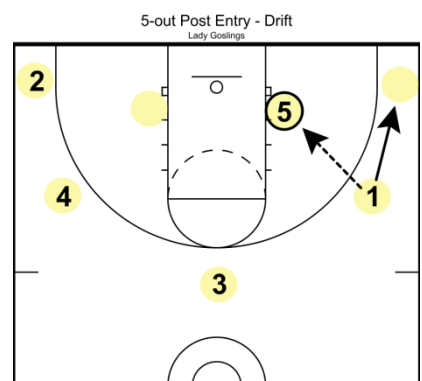
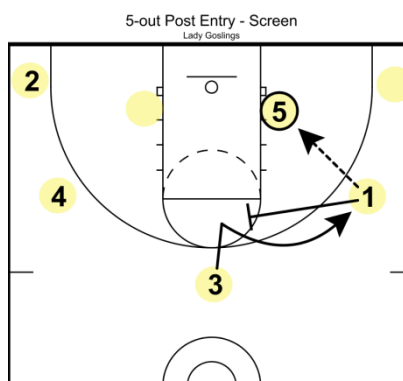
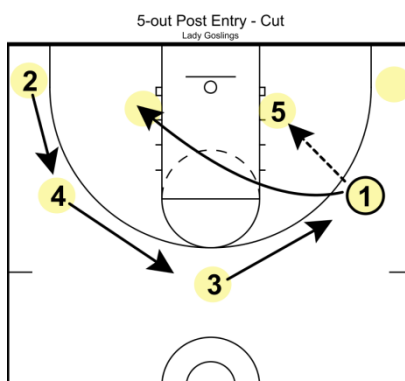


- ✓ Screener – screen the bottom half of the defender to force them over the top of the screen
- ✓ Screener – turn and roll to the rim looking for a pass inside
- ✓ Ball Handler – attack hard, looking for a layup, a pass to the roller, or an open perimeter player

Pass and Post



Post Entry Options



Dealing with Pressure and Limiting Turnovers

Keys for Players

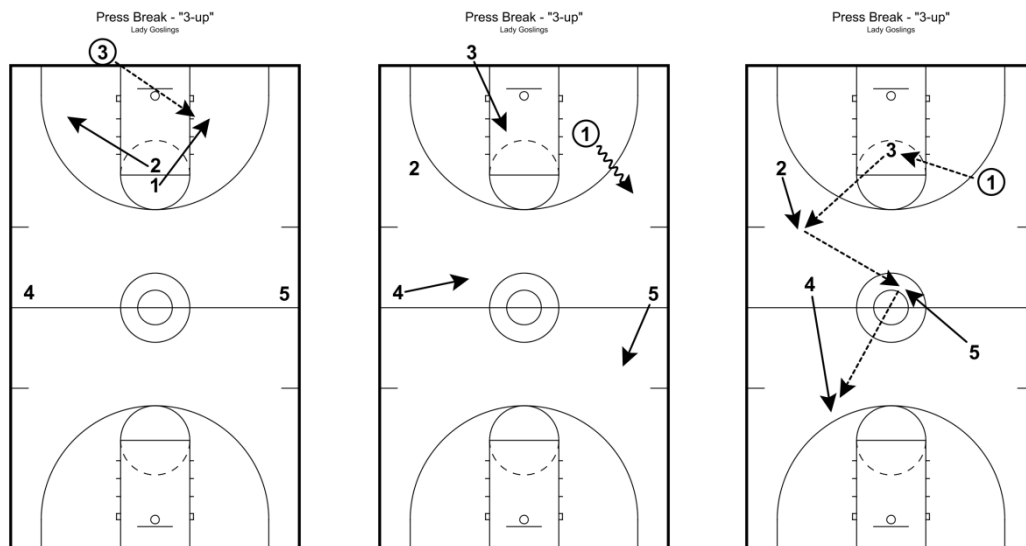
- ✓ Use Front and Rip Pivots, rather than reverse pivots
- ✓ Run through a pass to receive it ("meet the pass")
- ✓ Catch all passes with a small heel stop (avoids travels)
- ✓ Use retreat dribbles to escape traps and ball pressure
- ✓ If trapped – get low and "blast" through the defender's outside shoulder with a hard dribble
- ✓ Finish all dribbles with a "heel stop" to avoid traveling

Keys for Teams

- ✓ Use the "Side-Middle-Side" concept
- ✓ Flash to the ball and give a high hands target for the passer
- ✓ Move the ball quickly (change sides of the floor often)
- ✓ "Center" the ball with the pass or dribble and avoid deep corners of the floor

Example of "Side-Middle-Side" Concept

(Simple "3-up" Press Break shown)

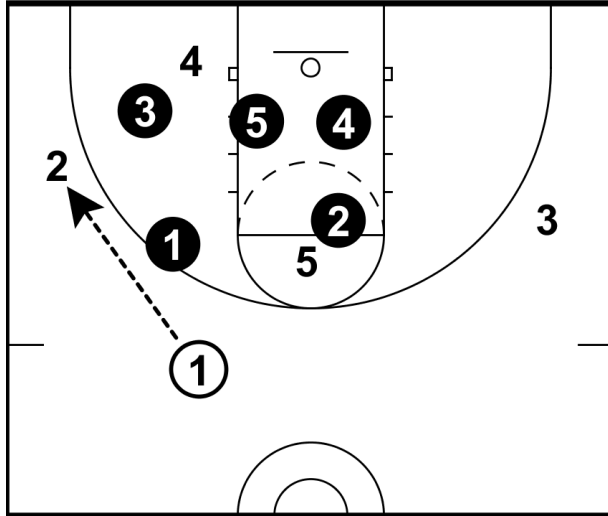


Zone Offense

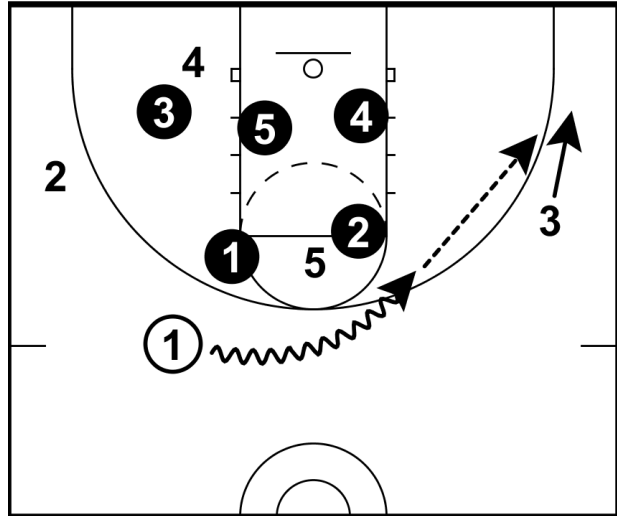
The following are two options that work well against a variety of zones. The High Post Zone Offense works well against even-front zones such as a 2-3. The 4-High Zone Offense works best against odd-front zones such as a 3-2 or 1-3-1.

High Post Zone Offense

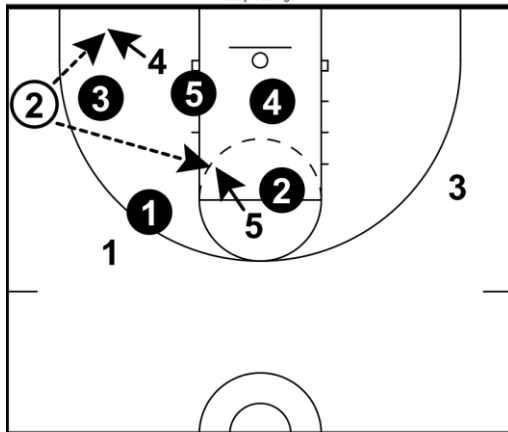
High Post Zone Offense
Lady Goslings



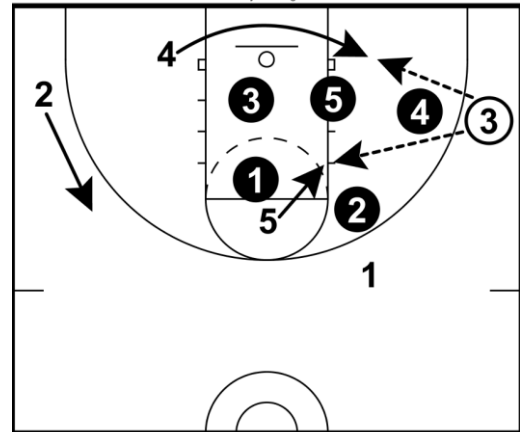
High Post Zone Offense
Lady Goslings



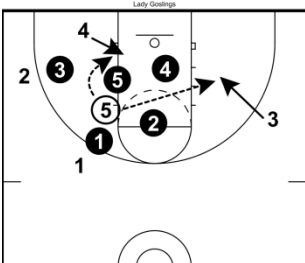
High Post Zone Offense
Lady Goslings



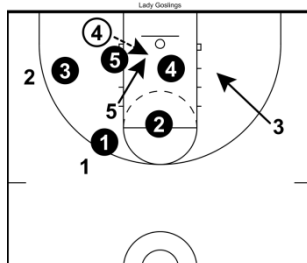
High Post Zone Offense
Lady Goslings



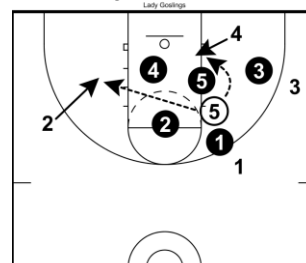
3-2 Zone Offense
Lady Goslings



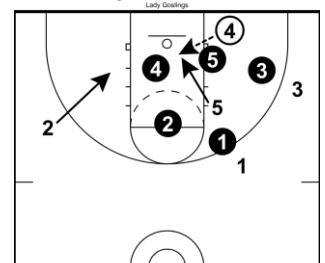
3-2 Zone Offense
Lady Goslings



High Post Zone Offense
Lady Goslings

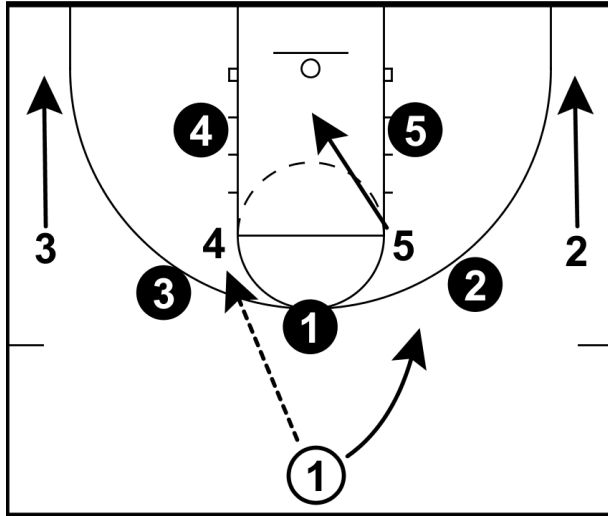


High Post Zone Offense
Lady Goslings

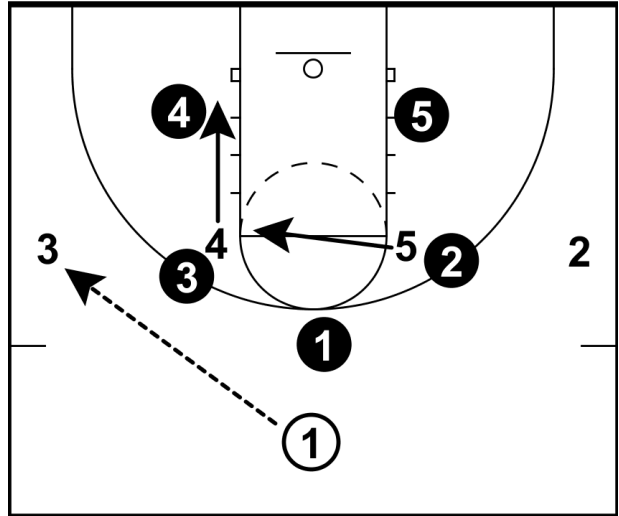


4-High Zone Offense

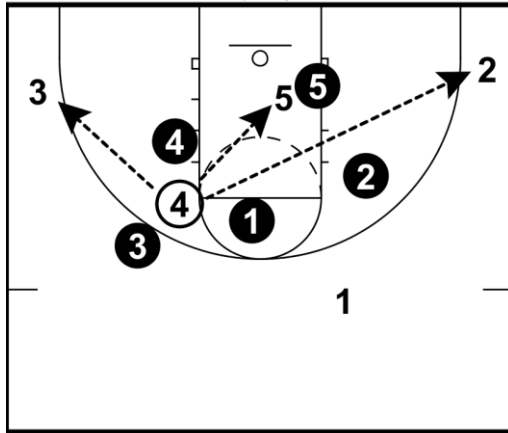
4-High Zone Offense
Lady Goslings



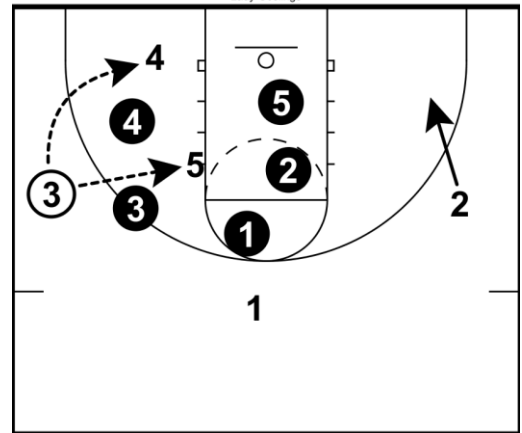
4-High Zone Offense
Lady Goslings



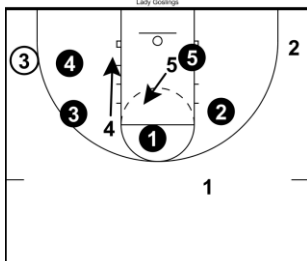
4-High Zone Offense
Lady Goslings



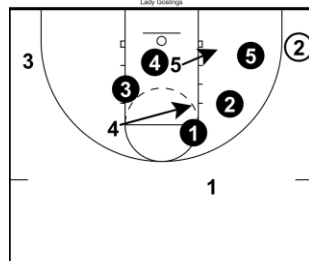
4-High Zone Offense
Lady Goslings



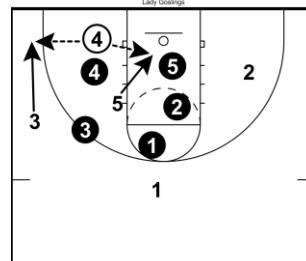
4-High Zone Offense
Lady Goslings



4-High Zone Offense
Lady Goslings



4-High Zone Offense
Lady Goslings



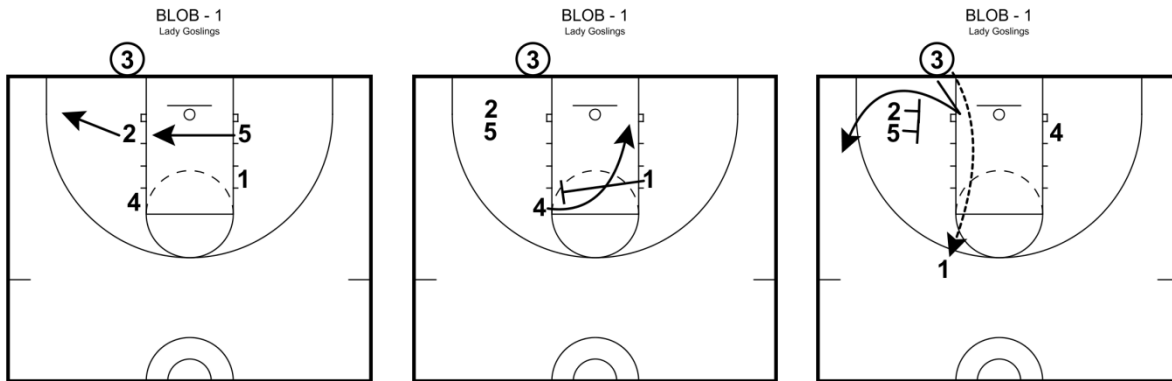
4-High Zone Offense
Lady Goslings



Out of Bounds Plays

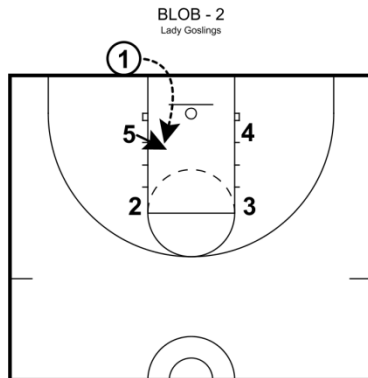
Baseline "1"

This is a great out of bounds play to run against a man defense. It is very important that the screener (weakside elbow) makes sure to start a couple feet below the elbow to achieve a good screening angle.



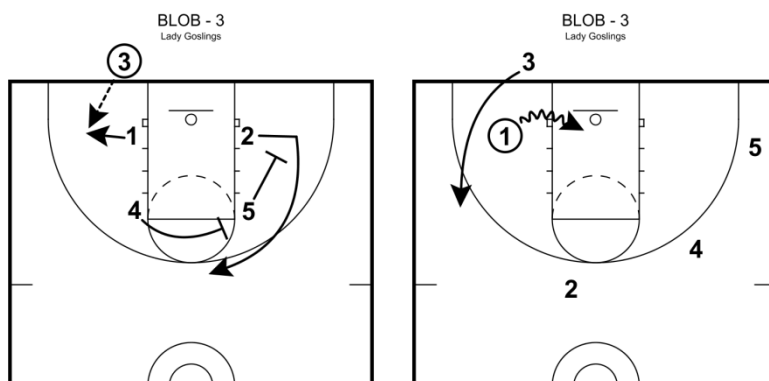
Baseline "2"

This is a simple counter to our first out of bounds play. Rather than run any screens or movement, the inbounder simply throws a lob pass near the rim for the player on the ball side block. This is usually a play we call when we see a mismatch or the defender playing with their back to the ball.

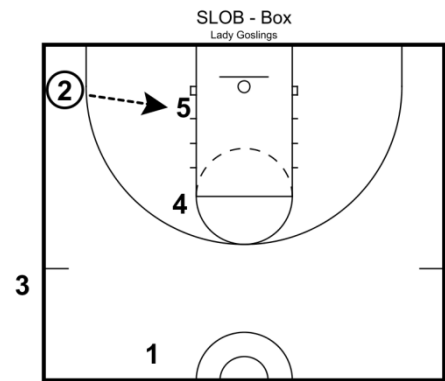
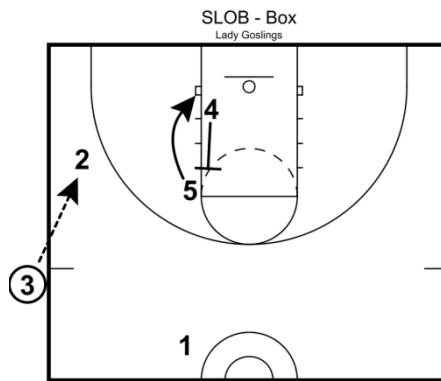
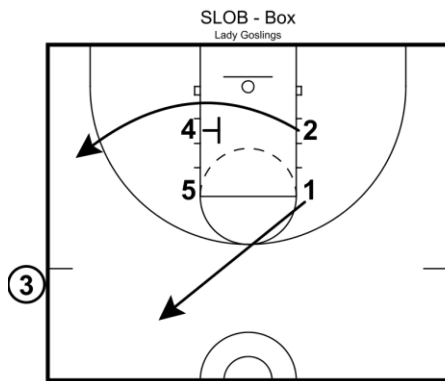


Baseline "3"

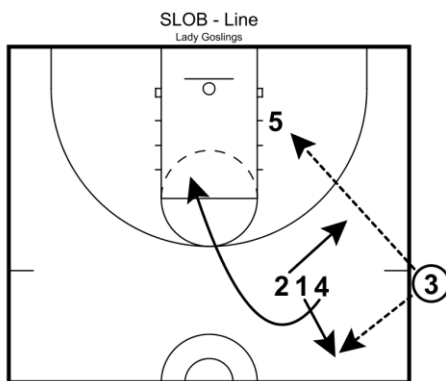
This is a simple play to get a quick drive for the player on the ballside block. The inbounder throws a pass to the outside hand, then sprints inbounds for a fake handoff.



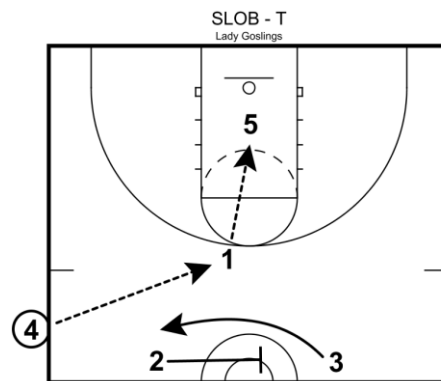
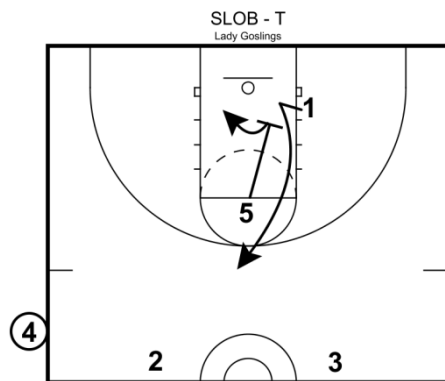
Sideline "Box"



Sideline "Line"



Sideline "T"



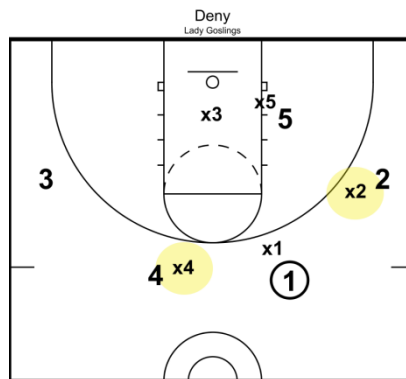
Defensive Basics

Ball Pressure

It is important to keep constant ball pressure throughout a defensive possession. This doesn't necessarily mean that we are pressing or picking up the offensive player near half-court. Ball pressure simply means that we are forcing the offensive player into a decision and contesting all passes.

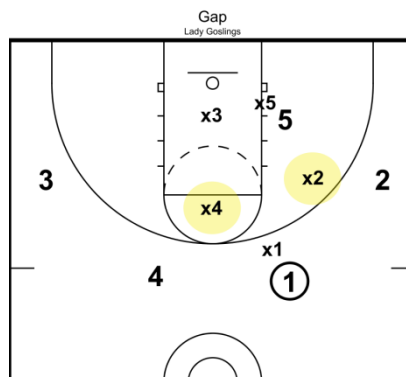
Deny

Most situations call for "deny" defense. This means the girls who are one-player away will get into the passing lane and deny the pass. The danger here is that we have very little gap control and are susceptible to dribble penetration into the lane. However, this keeps teams out of rhythm and makes it difficult for them to run offense.



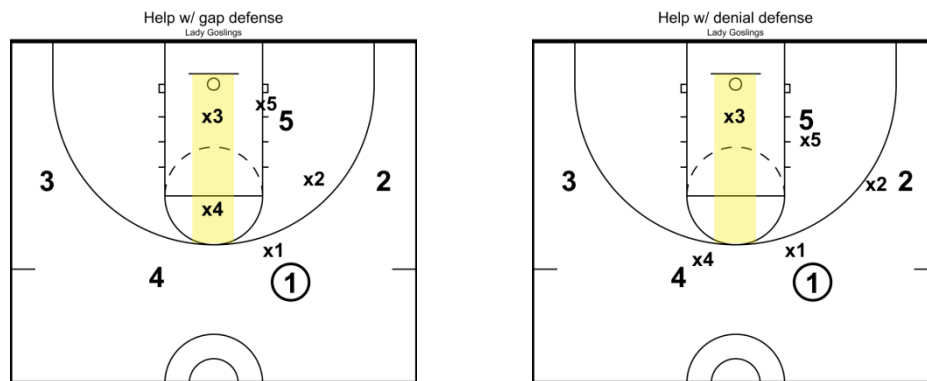
Gap

In situations where we need to better protect the basket, we will play "gap control" defense. This means that girls that are one-player away from the ball will sink into the "gap" where the ball handler will attempt to drive. This leaves the pass available, however, we protect against dribble penetration.



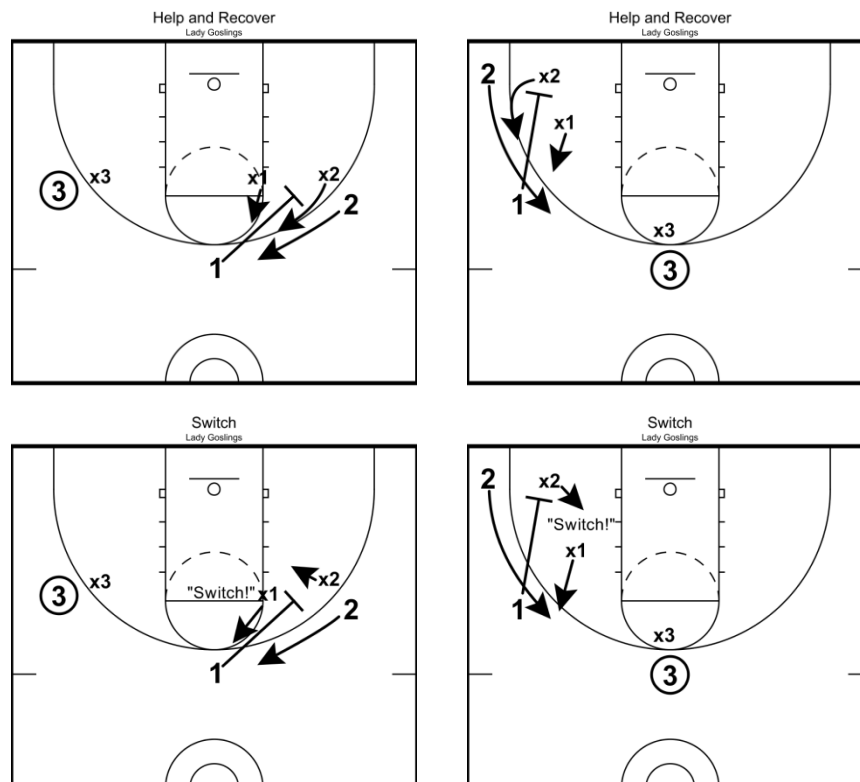
Help Position

Girls who are not one-player away from the ball are considered to be in help position. We believe in “flooding” the ball side and getting positioned beyond the “help line” (an imaginary line running down the middle of the floor).



Communication – “Help and Recover” or “Switching”

Depending on the opponent and our own players, defending screens using “help and recover” or “switching” can both be beneficial. In “help and recover” the screener’s defender will momentarily jump towards the receiver, but quickly recover back once the screened defender can get over or through the screen. The weak-side defenders in the lane will help if the screener seals or rolls to the basket. In “switching” defense, we will have the defenders change places – the screener’s defender will pick up the receiver, while the screened defender will switch onto the screener. Once again, the weak-side help defenders will be counted on to cover any seal or roll to the rim.



Sample Practice Plan

The following is an example of a balanced practice that will allow for developing both individual and team concepts.

(90 minute practice)

Warm-up – 5 minutes

Fundamental Drills – 20 minutes

- ✓ Combination of individual and partner drills
- ✓ Balance of shooting, ball handling, passing, and defensive skills

Team Drills/Shooting Drills – 15 minutes

5 on 0 Offense – 10 minutes

- ✓ Split into groups of 5, teams running the floor rather than starting stationary
- ✓ Basic Cutting, Screening, and Spacing
- ✓ Additional actions and/or set plays
- ✓ Baseline and Sideline Out of Bounds Plays

Press Break/Pressure Offense – 10 minutes

- ✓ Add defenders to increase difficulty (5 on 6, 5 on 7)
- ✓ Limit dribbling to increase difficulty
- ✓ Work on playing with balance, strong footwork, on target passes
- ✓ Can be setup as a press break or half court setting

3 on 3 Defensive Drill – 10 minutes

- ✓ Emphasize communication, help defense, and rebounding
- ✓ Optionally – Focus on defending specific actions (down screen, ball screen, etc.)

Gameplay – 20 minutes

- ✓ Play in short 2-5 minute segments
- ✓ Can use a 5 on 6 or 5 on 7 format to increase difficulty
- ✓ Practice special situations within the 5 on 5 session
- ✓ Timeout strategy, free throw strategy, and end of game situations can be taught here
- ✓ Re-teach players when they are subbed out