

Guidelines for Skills Instruction at the D & E Levels

The following guidelines have been set for the levels at which skills instruction of basic skills should begin. They are only guidelines. The coach should determine the skill level and maturity of his team as a whole when looking to introduce skill instruction of a higher level.

E Instructional (First Year)

- Tie your shoes & pay attention (Be ready to play)
- Stretching
- Catch & throw (pass)
- Basic Footwork
- Contact
- Basic ball handling (pick up the ball)
- Beginning dribbling (you have two hands)
- Basic rules (where do I go and do's and don'ts)
- Basic terminology

E Instructional (Second Year)

- Advanced Footwork (cuts)
- Dribble & stop
- Defensive concepts (man to man vs. zone)
- Rebounding
- Outlets
- Offensive movements
- Spacing (defensive and offensive)

D Instructional (First Year)

- Team concepts
- Defensive concepts (zone)
- Shooting fundamentals
- Basic layups (using both hands)
- Triple threat
- Offensive team movements (introduction of play #1)
- Screening (pick and role)
- Offensive awareness (full court - fast breaks)
- Real basketball rules (almost)

D Instructional (Third Year)

- Pressure defense
- Press break

Note: These are just guidelines as to when instruction of these skills should be started. Instruction of skills should continue at each subsequent level with increasing levels of difficulty (again determined by the coach). The drills that are listed in the next section are noted as to level of skills instructions.

Drills (Skills Instruction)

Drills have been separated into the following sections:

- Stretching - prevent injuries & enhance flexibility
 - Comments
 - Stretching should be comfortable not painful
 - Don't bounce
 - Don't hold your breath
 - Triceps stretch
 - Side stretch
 - Up and over
 - Spinal twist
 - Calf & Achilles stretch
 - Butterfly
 - Hurdlers stretch
 - Calf stretch
 - Lower leg stretch
- Terminology
 - Base line - end line
 - Side line
 - Corner
 - Point
 - Wing
 - Center
 - Guard
 - Forward
 - Backcourt
 - Half court line-mid court line
 - Frontcourt
 - Strong side
 - Mid court circle - jump circle
 - Pick & Roll
 - Reverse the ball
 - Man-to-man
 - Box out
 - Transition
 - Rim line
 - Elbow
 - Short corner
 - Free throw line.- foul line
 - Free throw line extended
 - Free throw lane - key
 - Block
 - Hash marks
 - Low post
 - High post
 - Three point line
 - Weak side
 - Top of the circle - top of the key
 - Give & Go
 - Triple threat
 - Denial
 - Zone defense
- Footwork & Balance - 10% with the ball; 100% with the feet
 - Skip
 - Heel to butt
 - Alternate hand to alternate heel
 - Bound (two foot jumps)
 - Right in front/right in back
 - 1-2 stop
 - Crazy legs (right foot on the left, left foot on the right)
 - V cuts
 - Pivots (forward & reverse)
 - Box drill
 - Foot Fire
 - Straddle the Line
 - Running – conditioning
 - Diagonal run (change direction)
 - Quarter eagle (Jump turns)
 - X in and out
 - Breakdown step (squeaky feet and stutter steps)
 - Kangaroo hop (quick jump)
 - Leapers (one foot jumps)
 - Jump stop
 - Jab step (change of directions)
 - I cuts
 - L cuts
 - Side to side jumps
 - Suicides (lines)
 - Slide to the side
 - Run & Pivot
 - Start & Stop
 - Pivot Drill

- Defense - everyone can do this
 - Comments
 - Dos and don't
 - Dos - on the ball
 - Stay low and balanced - keep hands active in the passing lane
 - Keep palms open with thumbs up
 - Focus on players hips (midsection)
 - Try and control where the dribbler is going
 - Don'ts - on the ball
 - See the ball and the player - use your peripheral vision
 - Keep your hands in the passing lane
 - See the screens, react
 - Communicate with your teammates
 - Call out screens and cuts
 - Don'ts - off the ball
 - Don't turn your head to see only the ball or the player
 - Don't lunge at passes - don't get off balance
 - Don't have you back to the top of the key
 - Don't forget to box out
 - Don't get caught too far over if you are the weakside help
 - Don't get picked off or fail to communicate
 - Zone vs. Man to man
 - Zone advantages
 - Good to stop an inside game
 - Good against a poor shooting team
 - Good against impatient teams
 - Keeps players out of foul trouble
 - Hides a weak defensive player
 - Should have good rebounding position
 - Zone disadvantages
 - Not good against a good passing team
 - Players responsible for an area not a player
 - Not good against a good shooting team
 - Inside the ball
 - Triangle drill
 - Lane slide drill
 - Quick hands, quick feet
 - Zigzag
 - Figure eight
 - Baseline Full
 - Double Team Trap
 - Deny, Corner Trap Drill
 - Slide drill
 - Denial drill
 - Defensive chaser
 - Stance (20-30 second burn)
 - The shell (2 on 2; 4 on 4)
 - Close Out & Box Out
 - Monkey in the Middle
 - Bull in the Ring Trap

- Passing & Receiving
 - Comments
 - Floor is divided into three sections - don't skip a section
 - 5 passing windows

- Target - stationary (face); in motion (hand)

- Catching - two hand or block and tuck
 - Keep knees bent
 - Give passer a target
 - Meet the pass
 - Establish a pivot foot
 - "Soft hands" - bring ball into your body

- Passes
 - 2 hand chest - backspin and ten fingers to the face
 - Bounce pass - low release point
 - Overhead pass - elbows high
 - Baseball pass - thumb up and thumb down
 - 3 lines - one ball
 - 3 lines - two balls
 - Pass and harass
 - Pass & I cut away
 - Parallel lines (two balls
– chest & bounce pass)
 - Pass & Catch
 - Intensity passing
 - Triangle Passing
 - Two Ball Rapid Fire
 - Full Court Four Line Passing
 - Star Drill
 - Pass & Cut (Box Passing Drill)
 - Three man weave
 - Five man weave
 - Diamond Passing Drill
 - Pepper Drill
 - Pairs Passing, Find the Receiver

- Dribbling & Ballhandling
 - Comments
 - Fingertip control
 - Stay low
 - Head up
 - Use either hand
 - Protect the ball
 - Types of dribbles or dribble moves:
 - Speed dribble
 - Hesitation dribble
 - Crossover
 - Spin/reverse
 - Step-off/Back-off dribble
 - Behind the back
 - Between the legs
 - Ball slap
 - Ball around (back, ankles,
knees & head)
 - V dribble
 - Back and forth
 - Walking dribbles with stops
 - Protect the ball
 - High dribble/low dribble
 - Reverse
 - Cross over
 - Between the legs
 - Around the back
 - Ups and Downs
 - Circle Dribbles
 - Obstacle dribble
 - Chasers
 - Dribbling suicides
 - Dribble tag
 - Steal the ball

- Blindfold dribbling
 - Hesitation & Spin Drill
 - Blurr
 - Rhythm
 - Dribble-in, out, watch out
 - High dribblers
 - Two ball dribble (together and alternating)
 - Spider dribble
 - Figure eight dribble
 - Stop & cross (reverse, between the legs & around the back)
 - Kills
 - Crossovers
 - Machine gun
 - 12 second drill
 - Heads up
 - Stop & go
 - Cat & Mouse
 - Crossover
 - Full Court speed Dribble
 - Straddle Flip
 - Run Dribble Run
- Rebounding
 - Comments
 - Gather and jump off two feet
 - Get head under the ball
 - Grab the ball at the peak of the jump
 - Chin the ball
 - Assume that every shot is going to miss
 - Don't watch the flight of the ball
 - Don't get too far under the basket
 - The ball rebounds to the opposite side of the basket 75% of the time
 - Defensive rebounding is a team responsibility
 - Jump!
 - Pivot or turn (contact or daylight)
 - Superman
 - Survive and Thrive
 - Circle Box-out Drill
 - Box out
 - Close out & Box out
 - Figure Eight Tip Drill
- Shooting
 - Comments
 - Lift the ball to the basket using your legs and elbow
 - Right foot slightly forward
 - Form shooting pocket (swing arm up)
 - Lock & cock (elbow locks & wrist cocked - wrinkled)
 - Use both eyes
 - Look at three hooks and aim for the middle one
 - Off two fingers (index and middle) - shooting fork
 - Finish with elbow above the eye
 - Follow-through (cookie jar)
 - Four fingers up -four fingers down
 - Lay-ups:
 - Aim high on the board
 - Don't get too far under the basket before you shoot
 - Protect the ball
 - Go up Straight
 - Concentrate on the board
 - Keep non-shooting hand on the ball until you release
 - Use the backboard on all close shots (except from the baseline)

- Two Ball Lay-up Drill
- Golf
- Circle lay-ups
- On your back Drill
- Inside the Lane
- Mushball
- Twenty-seven
- 10-5-10-5
- Two Ball shooting
- Around the World
- Line Drill
- Intensity Lay-up
- Rapid Fire
- Knockout
- Close-out Shooting Drill
- Offense & Inbounding
 - Comments
 - Rebound, outlet, run
 - Defense creates offense
 - Look for shots off of the inbound
 - Give & go
 - Pick & roll
 - Box
 - Screen across
 - Screen back
 - Diagonal cross & screen
 - Line (Inbound)
 - Backdoor
 - Penetrate & Dish
 - Pass & screen away
 - Fastbreak and Lay-up
 - Screen to Handoff
 - Pass and screen and ball
 - Fastbreak Rebound and Outlet
- Scrimmages
 - Comments
 - Scrimmages can be used as teaching tools
 - Freeze scrimmages and note location of players
 - Notice skills taught and used during the scrimmage
- Combination drills
 - Z drill (with/without ball)
 - Four person-dribble; pivot; pass
 - 3 on 2/2 on 1
 - Break & go
 - Fast break rebound & outlet
 - Triple threat drills
 - Bull Rush
 - Hustle Drill
 - 11 Man Drill (Full court)
 - Free throw/2 on 1/1 vs. 2 to half court
 - 2 on 1 blitz
 - 3 on 2 blitz
 - Air it out
 - Fastbreak with lay-up
 - Retreat & Defeat
 - Piston Full Court Defense Drill
 - Seven Man Half Court Drill

Resources

- “Old guys” & Other Coaches
 - You know them: Dean Hedani, Mike Wong & Keith Uyeda are a couple of the “Old Guys”
 - Mitchell Lam isn’t an “Old Guy”, but he is a resource
 - There are other coaches in the organization that have been up and down the court a few times - just ask!!!

- Books
 - o Basketball for Women - Nancy Lieberman-Cline
 - o Coaching Youth Basketball (6-14 yrs.)
 - o Coaching Girls Basketball Successfully
 - o Basketball Skills & Drills
 - o WBCA’s Offensive Basketball Drills
 - o Positive Coaching

- Websites
 - o www.eteamz.com
 - o www.bbhighway.com
 - o www.hoopsking.com
 - o www.humankinetics.com
 - o www.members.nbc.com
 - o www.dtrainbasketball.com
 - o www.asep.com
 - o www.wbca.org
 - o www.yboa.org
 - o www.aausports.org
 - o www.powerbasketball.com
 - o www.coachesclipboard.net