

BASKETBALL KNOWLEDGE: Basic (Grades 1-2-3-4)

Basketball is a team sport. One team competes against an opposing team during a basketball game. A basketball game is played with 1 basketball on a basketball court with 2 goals at opposite ends. Each goal is designed with a horizontal basket with a net hanging from the bottom, which is suspended 10' in the air secured to a vertical backboard.

Each basketball team has five players on the Basketball Court who work together to score points by gaining possession of the basketball and shooting the basketball through their basket - while attempting to prevent the opposing team from scoring points in the same manner on their goal at the opposite end of the court. The basketball game concludes at the end of a designated time period.

The team with possession of the basketball at any moment is considered to be on OFFENSE.

The team without possession of the basketball at any moment is considered to be on DEFENSE.

Fairness of play is monitored by a referee during a basketball game.

Entire basketball teams generally have more than five players. Additional players watch the game from the bench and are prepared to be substituted into the game by the Coach when the referee indicates it is appropriate.

BASKETBALL KNOWLEDGE: Advanced (Grades 3-4-5-6)

A basketball court is a rectangle shape bounded by 94' sidelines and 50' baselines (or endlines). At the center is a midcourt line (or division line) which bisects the basketball court.

A free throw is an unopposed attempt to score points from a restricted area on the basketball court, known as the free throw line. The free throw line is 12' wide, bisects the free throw circle, is parallel to the baseline, and is 15' from the front of the backboard.

The Lane is a rectangle shape bounded by the baseline, the free throw line, and two 18' lane lines which are perpendicular to the baseline and each connect to the end of the free throw line.

The 3-Second Rule generally explains that a player on offense cannot have any portion of his body located inside the lane for an extended amount of time, unless this player or a teammate is making an attempt to shoot the basketball.

Basketball TRANSITION is the process of changing from OFFENSE to DEFENSE or changing from DEFENSE to OFFENSE.

BASKETBALL SKILLS TARGETS:

6TH GRADE SKILL TARGETS:

Review & Improve on prior grade skills

Understand **OFFENSIVE SPACING** (avoid playing "herd ball")

Setting a **SCREEN** (Cutter reads Curl or Pop)

Understand help side **DEFENSIVE POSITIONING**

Be able to **GET OPEN** to receive a pass against a defensive wing denial

Be able to **SUCCESSFULLY PASS** to teammates while under heavy defensive pressure

DRIBBLE full-speed during game play with eyes up

5TH GRADE SKILL TARGETS:

Review & Improve on prior grade skills

Execute off-hand **LAY-UP** with correct footwork

SQUARE up to basket on **INSIDE FOOT PIVOT** and get in **TRIPLE-THREAT POSITION**

Make contact with your man on shot: **HIT** (your man), **FIND** (the ball), **GET** (the ball)

PLAY 1V1 off the catch (able to jab step, shot fake, make move past defender)

Execute a one-handed **JUMP SHOT** with correct **FORM** (strength can be a concern)

4TH GRADE SKILL TARGETS:

Review & Improve on prior grade skills

Attempt off-hand **LAY-UP** with correct footwork

GET OPEN without basketball: step-into defender, pop-out (v-cut)

Understand **LANDMARKS** on the Basketball Court (blocks, elbows, wings, etc.)

3RD GRADE SKILLS:

Review & Improve on prior grade skills

PIVOT without traveling

Execute strong-hand **LAY-UP** correctly

Take some **DRIBBLES** with off-hand

DRIBBLE and come to **JUMP-STOP** without traveling

REBOUND with 2 hands

1ST & 2ND GRADE SKILLS:

General understanding of Basketball **RULES & OBJECTIVES**

Correct **CHEST PASS** form

Proper **DRIBBLING** technique

WARM-UP/CONDITIONING Dynamic Flexibility Exercises

1. High Knee Walk (lift knee up and pull towards chest without leaning forward)
2. High Knee Skip (easy skipping to begin to loosen up body)
3. High Knee Run (flexing hips as fast as possible – focused on warming up body temperature, rather than running)
4. Butt Kicks (flexing knees as fast as possible – trying to bring heels up to buttocks)
5. Carioca (lateral front to back steps)

WARM-UP/CONDITIONING without Basketball: Drills

1. Sideline-Sideline-Sideline: Stop&Go (Face Sideline & Face Baseline) Arms Up, with and without Basketball Overhead
2. Sideline-Sideline-Sideline: Sprint-CloseOut to half, Sprint-CloseOut to End
3. Sideline-Sideline-Sideline: Hop 2-Foot (wide forward, narrow back)
4. Sideline-Sideline-Sideline: Hop 1-Foot (wide forward, narrow back - switch halfway)
5. 17/70 (17 sidelines first set, 12 sidelines subsequent set, rest 60Seconds between, shoot free throws between)

WARM-UP/CONDITIONING with Basketball: Finishing Drills

1. Elbow Lay-Ups (2 Lane Lines Under Each Basket, Dribble Out and Back for Lay-Up with Speed) 30Seconds
2. Miken Drill (1 Shooter Each Basket, Left Side then Right Side, Shooter Rebounds Their Own) 30 Seconds
3. Square to Finish (1 Shooter Each Basket, Left Side then Right Side, Ball Replaced on Each Block or Chair) 30 Seconds

WARM-UP/CONDITIONING with Basketball: Dribbling & Passing Drills

1. Sideline Dribbling (10Times in 45Seconds, Alternate Foot Touch)
2. 8-Man Passing Square (1 Basketball, then 2 Basketballs – run across to “switch” spots)
3. 3 v 3 Fastbreak (Communicate, Stop Ball, Match-Up, Help, Push, Ball to Middle – 3 Lines at Each End)

RECEIVING & CONTROLLING: Form (Triple-Threat - Shoot, Pass, Dribble – Footwork, Pivot & Rip)

- Receive correctly every time: Eyes on Rim, Confident in Advantage over Defender, Prepared to Make Great Decision
- Convince Defender You are Threat to Shoot (First) Pass & Dribble (Second)
- Balanced (Feet - Shoulder Width & Staggered, Knees - Flexed)
- Strong (Shooting Hand Under the Ball, Off-Hand Supporting Ball)
- Protected (Ball in “Pocket” Over Thigh)
- Attacking (Shooting Foot Back, Pivot Foot Forward, Prepared to Step into Shot or Attack past Defender)

RECEIVING Drill#1: Technique (8 Minutes) Each Player with a basketball along sideline

- 1 - Man Receiving: (Players Show Correct Triple Threat Position with Basketball)
- 1 - Man Receiving: (Ideal Foot Positioning - Shooting Foot Back, Pivot Foot Forward – Step Into Shot or Attack)
- 1 - Man Receiving: (Players Show Jump-Stop to Triple Threat – Throwing Ball to Themselves)
- 1 - Man Receiving: (Players Show Jump-Stop to Triple Threat adding Pivots & Rips)

RECEIVING Drill#2: 3-Players in a Line with Basketball (8 Minutes)

- End Player Passes to Middle Player who Receives, Pivots (no Traveling!) and Passes to Player at Opposite End
- End Players Pass & Receive in good Triple Threat with Great Footwork (adding Rips and Pivots)
- Introduce Chest Pass (direct or on the bounce) – step thru for pace, bounce 60% to target, finish thumbs down
- Overhead Pass, Baseball Pass used too infrequently to practice. One-Hand passing will be next technique.

RECEIVING Drill#3: Relay (10 Minutes) 6-Players in a Line with Basketball

- End Player Passes to Middle Player who Receives, Pivots (no Traveling!) and Passes to Player at Opposite End
- Race for Speed! Full Court (no Traveling!) with 3-4 Teams - compete 6 Times Until Players rotate thru

RECEIVING Drill#4 with Dribbling & Passing (8 Minutes)

- 2-Man Teams along Sideline, 1 Ball Per Team
- 1st Teammate Dribbles 15 Feet, Jump Stop, Pivot Pass Back to 2nd Teammate, Runs Back to Sideline
- 2nd Teammate repeats process
- add Teammate Close-Out with Rips & Pivots (separate and switch)

PASSING Drill#1 (8 Minutes) Stationary Passing

- 3-Man Triangles or 4-Man Squares, begin with 1 Ball then to 2 Balls (“Chase” – not to get hurt)
- Peripheral vision to see the group, where you are receiving and where you are passing
- Get the footwork, Pivots and Rips correct
- Chest Pass in the Air, Chest Pass with a Bounce, 1-Hand Pass in the Air, 1-Hand Pass with a Bounce

PASSING Drill#2 (8 Minutes) Half-Court Baseline to Midcourt & Back

- Chest Pass in the Air, Chest Pass with a Bounce, 1-Hand Pass in the Air, 1-Hand Pass with a Bounce
- Must allow for leading the Receiver and adjust for the speed

SHOOTING Concepts:

- Great Shooting is a SKILL which can be learned – requiring willingness and repetition of correct techniques
- When Great Shooters miss, they are usually SHORT or LONG – infrequently LEFT or RIGHT
- Because Great Shooters always shoot the ball STRAIGHT – they make many more shots than poor shooters
- If you want to shoot it “great”, you have to shoot it “straight”
- Great Shooters have several TECHNIQUES in common with one another

SHOOTING Form: (10 Minutes)

- F - pointer **FINGER** straight to basket and down to thumb (GS: index finger points to basket until ball hits rim)
- O - **OFF-HAND** falls away to wrist of shooting hand (GS: off-hand falls away to wrist of shooting hand)
- R - **RHYTHM** comes from dipping ball to thigh (GS: dip for rhythm and power)
- E - **EYES** see finger, ball and rim on release (GS: see and follow ball and rim on release)
- S - feet SWEEP forward while shoulders SWAY back (GS: feet sweep forward while should sway back)
- T - hip and shoulder are TURNED toward basket (GS: naturally have shooting side rotated toward basket)

SHOOTING Drill#1: Pure Sweat (20 Minutes): 2 Players Shooting at each Basket with Resting Players Rebounding

1. Championship: Baseline-Wing(30)/Wing-Elbow(30)/Elbow-Wing(30)/Wing-Baseline(30)=120Seconds Total
2. Corner Straight: Block-Corner(60)/Block-Corner(60)=120Seconds Total
3. Drifts: Baseline-Up(90)/Baseline-Up(90)=180Seconds Total
4. Lifts: Wing-Down(90)/Wing-Down(90)=180 Seconds Total

SHOOTING Drill#2: (20 Minutes): All Teams Shooting on Baskets Simultaneously

- 2-Man Teams with 1 Basketball per Team
- Shooter selects Spot, Shoots and Rebounds his own Shot – Passes to Teammate who is Spotting Up for Shot
- All shots from 12-15 feet with correct technique
- Competitive: First team to make 10 wins and stays, losing team leaves court to another rim

DRIBBLING Concepts (Understand the Dribble):

1. **Practice dribbling the ball hard.** The more time the ball spends in your hand, the more control you have of the basketball. The harder you dribble, the quicker the ball gets back in your hand.
2. **Practice dribbling with your head up at all times.** Look at the rim or a spot on the wall every time you practice. During games, you will always need to be dribbling with your head up in order to 1) avoid defenders and 2) find teammates to pass the ball to.
3. **Practice dribbling with a purpose.** Only dribble for a specific reason. There are 3 reasons to dribble, 1) to attack the basket for a lay-up, 2) to create an opportunity to pass to a teammate, 3) to escape or avoid a defender.
4. **Practice lengthening your dribble.** Work on dribbling opportunities to attack, to pass, to escape – that use fewer dribbles. Don't do things in 2 dribbles that you can do in 1. You separate from defenders with your dribble and beat them with your feet.
5. **Practice dribbling at the best angles.** “North & South” (directly toward the basket) is ideal path, instead of “East – West” (left to right) dribbling, which allows defenders to recover.
6. **Practice dribbling outside your comfort zone.** Experiment, imagine, practice and rehearse new dribbling moves at a pace that is faster than you are comfortable.

DRIBBLING Drill#1: Stationary (8 Minutes)

1. Stationary Pound Dribble: Over&Back (30Right/30Left)
2. Stationary Pound Dribble: BetweenLegs (30R-L/30L-R)
3. Stationary Pound Dribble: BehindBackAlternating (30R-L/30L-R)
4. Stationary Pound Dribble: BetweenLegsBehindBack (30R-L-R/30L-R-L)

DRIBBLING Drill#2: Full-Court (8 Minutes)

1. Full Court Pound Dribble: PullBackCrossOver (Down&Back)
2. Full Court Pound Dribble: BetweenLegs (Down&Back)
3. Full Court Pound Dribble: BehindBack (Down&Back)
4. Full Court Pound Dribble: BetweenLegsBehindBack (Down&Back)

DRIBBLING Drill#3: with Finishing (12 Minutes) lines under each basket – chairs for defenders

1. Attack for Lay-Up, FULL COURT – as few dribbles as possible
2. Attack Chair, back-up (turn sideways) with 2 power dribbles – PullBackCrossOver for Lay-Up
3. Attack Chair, square-up, BetweenLegs for Lay-Up
4. Attack Chair, square-up, BehindBack for Lay-Up
5. Attack Chair, square-up, BetweenLegsBehindBack for Lay-Up

DRIBBLING Drill#4: with Finishing (8 Minutes) 2 lines in each corner near each corner

- Defender line on baseline, Dribbler line up sideline for advantage
- Dribbler Attacks basket at opposite end to Finish with fewest dribbles possible
- Defender attempts to contest lay-up without fouling

DRIBBLING Drill#5: with Receiving & Finishing (12 Minutes): 1- line on block under every basket

- Player Passes to himself at Elbow, Jump Stop, Right Reverse Pivot and 1-Dribble Finish to Basket
- Player Passes to himself at Elbow, Jump Stop, Right Reverse Pivot, Rip Across and 1-Dribble Finish to Basket
- Player Passes to himself at Elbow, Jump Stop, Left Reverse Pivot and 1-Dribble Finish to Basket
- Player Passes to himself at Elbow, Jump Stop, Left Reverse Pivot, Rip Across and 1-Dribble Finish to Basket
- Player Passes to himself at Elbow, Jump Stop, Right Forward Pivot and 1-Dribble Finish to Basket
- Player Passes to himself at Elbow, Jump Stop, Left Forward Pivot and 1-Dribble Finish to Basket
- Competitive: First Line to Finish 15 Baskets (consider detailing Pivots and Rips) is Winner

DEFENSIVE Concept: STOP THE BALL

1. HIT your man (establish contact with your defender)
2. FIND the ball (always have eye contact on ball – never turn your head/never turn your back to the ball)
3. GET the ball (once you have CONTACTED your man and have LOCATED the ball – BEAT YOUR MAN TO THE BALL)

DEFENSIVE Drills: (10 Minutes)

1. Sideline-Sideline-Sideline: Slide&RollBasketball (2 forward, 1 back)
2. Slingshots: Sprint/Sprint/Sprint, Sprint/Slide/Sprint, Slide/Sprint/Slide, Slide/Slide/Slide
3. Zig Zag (No Dribbler - Technique/With Dribbler - Technique/With Dribbler – Pressure/With Dribbler – Steal)
4. 1v1 Baseline Touch (Pair-Up Players, 1Wing Offense, 1Wing Defense, Coach Triggers Ball – See & Deny)
5. 2v2 Baseline Help (2Wing Offense, 1Line 2Defenders Under Basket – Coach Triggers Ball – See & Deny, Help)
6. 5v5 Shell Drill (First Explanation of Team, Numbering, Spacing – “Ball”, “Deny”, “Help”)

LAY-UP Drill#1: Technique (8 Minutes) Players along Sideline then Baskets

1. Each Player has a Basketball along Sideline– no dribbling involved
2. Begin with Player in Triple-Threat Position (Shooting Foot back) and describe this position as “Set”
3. Player steps forward (with Shooting Foot) on command “Drive” (pivot foot may or may not leave ground this first time)
4. Discuss feeling of “Drive” (visual trying to hit their nose with their knee)
5. Player steps forward again (with Shooting Foot) on command “Drive” – trying to jump off the pivot foot
6. Discuss feeling of “Drive” (should feel like their entire body is lifting) – have Player repeat this “Drive” several times more
7. Player steps forward again (with Shooting Foot) on command “Drive” and “Shoot” when Player is at top of jump
8. Repeat “Set” “Drive” “Shoot” several times on strong side - explain this is action involved finishing a Lay-Up
9. Switch to weak side
10. Return to “Set” position– this time have Player “Step Back” with Pivot Foot (now Shooting Foot is forward)Z
11. Cadence becomes: “Step” (instead of “Set”) “Drive” “Shoot”
12. Return to “Set” position– have Player “Step Back” with Pivot Foot and “Step Back” with “Shooting Foot” (discuss dribbling rules)
13. Cadence becomes: “Dribble” “Step” “Drive” “Shoot”
14. Repeat this at Baskets

TEAM Drills: Spacing (15 Minutes)

1. See-the-Court: (5 Spots Around Perimeter, Coach Triggers Ball, Player Drives – Teach & Add Rules for Games)
2. 5v5 Shell Drill (First Explanation of Team, Numbering, Spacing – “Ball”, “Deny”, “Help”)