

I. COACHING STRATEGY



Introduction

CYAA offers a basketball program based on fundamentals. An all-out effort will be made to promote individual and team skills development, equal player participation, and good sportsmanship while conducting a regular schedule of competitive games.

Core Coaching Skills

CYAA suggests that a few concepts form the foundation of your coaching effort.

- Keep your instructions simple and clear.
- Walk through drills rather than explain them.
- Teach a few things well.
- Praise what is done correctly -- instruct what the next step is to do it better.

Teaching New Skills

- Isolate the skill and explain it.
- Isolate the skill in a drill and practice it until it becomes part of “muscle memory”.
- Incorporate the skill into a scrimmage with increasing levels of offense or defense.
- Incorporate the skill into a game.

II. COACHING FUNDAMENTALS

A Fundamental Approach

Emphasize a developmental, building blocks approach based on the concept of starting at the very bottom and building up. What are basic basketball fundamentals?

Most people say:

— Shooting — Dribbling — Passing

CYAA suggests these areas of emphasis:

— Defensive Fundamentals

Building Blocks

1. Stance & Movement
2. Positioning
3. Rebounding
4. Stop the Ball
5. Help Defense

Skills

Shuffle Step, Hands Out
Shadow, Where’s The Basket?
Position, Jumping, Boxing Out
Deny Ball, Deny Lane
Collapse To Middle, Rotate

– Offensive Fundamentals

Building Blocks

1. Positioning
2. Movement
3. Dribbling
4. Passing
5. Cutting & Screening
6. Shooting

Skills

- Triple Threat, Jump Stop
Motion, Spacing, Replacing
With Purpose, Protected Position
Bounce Pass, Ball Fake
Screen, Jam/Flash/Front/Back
Balance, Spring, Quickness

Defensive Fundamentals

Every player can learn to play good defense. Good defense can build confidence in developing young players. Defense also can teach good life skills. Offensive skill is glorified by many -- defensive skill is glorified by few. A Christ-centered life is not focused on glory. Glory is not lasting.

1. Stance & Movement

- a. An athletic stance, with knees bent and weight on the balls of the feet, improves a player's quickness.
- b. Using a shuffle step can help players stay with the player they are covering. Rather than crossing one leg over the other, moving both feet in unison can improve quickness. Of course, there are times that a full out run is required.
- c. Young players either ignore their hands on defense or use them to reach in and foul. Teaching "hands up" can prevent shots and improve rebounds. Teaching "hands out" can shut down a dribble, deny a pass, and create turnovers.

Notes:

2. Positioning

- a. Man-to-Man defense is required in CYAA Basketball. Zone and trapping defenses are not allowed.
- b. Teach the "shadow" concept. Players guard their man only and learn to stay on their player like a shadow.
 - Easier concept for players to grasp.
 - Allows development of other fundamentals (triple threat, motion & replacing, etc.)
 - Naturally evolves to an understanding of zone defense
 - Proximity to offensive player is maintained
- c. Teach players to stay between the player they are guarding and the basket, with their back to the basket.
 - Improves rebound position.

- In some situations, older players may “front” the player they are guarding.
 - In situations with a significant height mismatch, “fronting” may also be appropriate.
- d. Teach players to anticipate where an offensive player is going and get there first.
- Intercept pass.
 - Take a charge (offensive foul)

Notes:

3. Rebounding

- a. Teach “Boxing Out” concept where the defensive player faces basket and backs into the offensive player after the ball is shot to create unchallenged space between defensive player and the basket.
- Increases rebounds
 - Prevents a second offensive shot

Notes:

4. Stop the Ball

- a. Teach the “Close-Out” concept where the defensive player advances on the offensive player with hands up to reduce open dribbling space.
- Minimizes offense’s point of attack.
 - Pressures offense.
 - Minimizes free shots.
- b. Teach the “Hands Out” position where arms are extended out from the sides. A common visual is to picture a gorilla with one arm up and one arm low and extended.
- Ball side hand is low to steal ball.
 - Passing side hand is high to deny pass.
- c. Teach the first player back on defense to “stop the ball” on a fast break. Defensive player forces the player with the ball to stop dribble at the free throw line forcing a pass or contested shot.

Notes:

5. Help Defense

- a. Teach help side defense. When the ball is on the other side of the court, a defensive player can allow more space between themselves and the player they are guarding, shading toward the middle of the key.
 - Collapse to the middle when a teammate is “beat” by an offensive player
 - Make sure that defensive player can close the gap with the player they are guarding quickly – don’t shade too far.
 - Make sure that help defense does not become zone defense.
- b. Teach switching with older players to counter offensive screens.

Notes:

Offensive Fundamentals

Every player loves to play offense. Offense to most children is shooting. Without solid dribbling, passing, and movement there will be no open shots. Without rebounding, there will be only one shot each trip down the court.

1. Positioning

- a. Teach the “Triple Threat” position where the player, upon receiving the ball, is in a position that allows 3 options: shoot, pass or dribble.
 - Pivot - receiving passes, protecting ball, stepping to pass.
 - Head up - increases vision for passing option.
 - Face up to the basket – shooting.
 - Dribble last - makes it easier for defender to defend, eliminates passing option, can’t see open man when you put the ball down, restricts flow and slows down the game.
- b. Teach positions on the court to make instruction easier.
 - Key, baseline, block, free throw line, corner, wing.
- c. Teach the need for space between teammates.
 - Younger players tend to bunch up which makes defense easier
 - Younger players need more space to make passes and dribble
 - Younger players do not recognize “open” teammates as quickly.

Notes:

2. Movement

- a. Teach “Motion and Replacing” where each player must move after making a pass.
 - Pass left: screen and roll
 - Pass right: give and go
 - Flash high post: automatic back door
 - Swing: left and right sides

Notes:

3. Dribbling

- a. Teach “Dribbling with a Purpose”. Help players make a decision to dribble by considering advantages and disadvantages of commencing the dribble.
- b. Advantages
 - Get a better shooting position
 - Explode to the hole
 - Get out of trouble - cornered, double teamed, etc.
 - Get the ball down the court - teach it as a race!
- c. Disadvantages
 - Limits vision when you put the ball down
 - Eliminates passing option
 - Makes it easier for the defender

Notes:

4. Passing

- a. Teach bounce passing. Bounce passes are easier for young players to execute properly. Bounce passes also are more difficult to defend, allowing a greater chance of a good pass.
 - Both hands on the ball in a chest high position.
 - Step towards player you are passing to.
 - Extend arms and release ball with a thumbs down motion.
 - Aim to bounce the ball at least half way between passer and pass receiver.
 - The goal is for the receiver to catch the ball at waist height.
 - Older players should work on leading the pass by throwing the ball to the location the receiver is headed to.

- b. Teach two-handed chest pass. Chest passes are more difficult for young players due to the arm strength required to execute the pass well. Chest passes are better suited to older players.
 - Both hands on the ball in a chest high position.
 - Step towards player you are passing to.
 - Extend arms and release ball with fingers extending in direction of pass. Snap the wrists to get velocity on the ball. Chest passes must be “crisp”
 - Emphasize bounce passes over chest passes.
- c. Teach ball fake and eye fake.
 - For older and advanced players, motioning in one direction and passing in another can be effective. The motion must simulate a real pass in order to entice the defender to respond.
 - Eye fakes can also be effective for older and advanced players. Look in one direction and pass in another.
 - Both passing fakes should not be taught until bounce passing and chest passing are mastered.

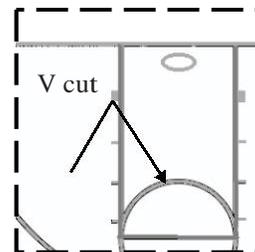
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5. Cutting & Screening

- a. Teach the concept of cutting to rid oneself of a defender. Offensive players have an advantage when they execute a proper cut because the defender may have difficulty responding to a sudden change of direction.
- b. Cuts must be precise. They must be executed at full speed and with quickness. The change of direction must be dramatic, not lazy rounding of corners.

Common cuts to teach are:

- Flash cut where an offensive player moves quickly in a straight line toward:
 - The player with the ball
 - The basket
 - The center of the key
 - The wing
- “V” cut where an offensive player moves quickly in the shape of a “V”. When the player reaches the bottom of the “V”, the player rapidly changes direction.
- Jam cut where an offensive player moves from the perimeter toward the basket in a
 - slow and casual manner, causing the defender to move toward the basket slowly too. Then offensive player changes direction quickly and bursts to an open spot on the court.



- Deliberate and physical manner, causing the defender to move toward the basket while seeking a better leverage point to play defense. Then offensive player changes direction quickly and bursts to an open spot on the court.
- In both cases, the defender is left “flat footed”.
- Back and Front cuts are Flash-like cuts toward the basket behind or in-front of the defender.
- c. Screens are an essential part of the game and allow offensive players to break free of defenders.
 - The player setting the screen approaches a defender and attempts to place their body in such a way so as to prevent the defender from moving freely to cover or shadow their opponent.
 - Player must firmly plant both feet shoulder width apart and brace for impact.
 - Player cannot lean or sway.
 - Player cannot move.
 - Player should put hands together below belly button. This helps players brace for impact and keeps them from using their hands to enhance the screen . Using hands can be an offensive foul.
 - The goal is for the player to physically impede the defender.
 - The player using the screen leads the defender to the screen and attempts to approach the screening player in such a way that the defender is surprised by the physical barrier.
 - Player must move close enough to screening player so defender cannot squeeze through.
 - Player can dribble around a screen.
 - Player can move without the ball to a screen in an effort to get open for a pass
 - Player can move without the ball to a screen in an effort to get open for a shot

Notes:

6. Shooting

- a. Teach the proper fundamentals of shooting. Young players lack adequate strength to properly shoot so they make up any way they can to throw the ball at the hoop. Teaching players the proper way to shoot will take patience and deliberate practice time.
- b. Shoot from the triple threat position with an athletic stance.
 - Elbow in
 - Legs act as springs
 - On balls of the feet for agility

- c. Shoot out of the “phone booth”. Go in a “real” phone booth, take the roof off, and shoot through the roof. The confined space of the phone booth causes a player to shoot upward in a compact motion, exactly how a player should shoot on the court.
- d. “Close the lid” with hand after the shot by flicking the wrist toward the basket and down. This puts spin on the ball that gives the shot a “softness” around the rim.
- e. Younger players will require two hands to shoot and it may look like a chest pass toward the basket. Older players should be taught to shoot with one hand. The other hand serves to steady and protect the ball until the shot is released.
- f. As coaches, you will not be able to affect, to a large degree, individual and team shooting. Improvement in shooting during your season will be negligible, so teach:
 - When you have a shot, you take it!
 - Pivot and shoot on rebounds.
 - Don’t shoot 3’s. Players must shoot where they can consistently make 40% of their shots.
- g. What you can do as a coach:
 - Teach them good shooting form, mostly with free throws (within their range)
 - Teach and insist that they use the back board when shooting from side angles and under the basket.
 - Teach them how to catch; pass; face up and go to the hole; and shoot off the dribble.
 - Teach them how to shoot offensive rebounds (includes inside the paint)
 - Teach them how to drop step in the low post.

Notes:

III. HOW TO PRACTICE

Coaching Style

Some coaches are very vocal, some are calm and quiet. There is no one “right” coaching style. There are wrong styles though. Your goal as a coach is to model Jesus Christ to your players, make the basketball experience fun for your players, give the kids a positive learning experience, and teach them some skills to be the best players and teammates they can be. Wins and losses don’t matter if you achieve this goal.

Discipline

Kids perform best in an environment of discipline!

- Coaches bring the rules
- Kids bring the enthusiasm and the effort

Some kids may have a difficult transition in responding to the discipline and structure you bring to practice. Remember, this may be the first time where the focus is on the team and not on themselves.

Some Simple Rules

First, establish your identity as coach. What are your players going to call you? Second, practice must be planned. Add some creativity. Be flexible, if the plan isn't working – change it. Don't try to teach too much at once. You can't teach everything before the first game!

Practice and drills need to keep moving – the more activity the happier everyone is. Keep the energy level high. This is especially true for younger players.

Keep your eyes open and get to know your team. Watch their personalities carefully and react accordingly.

Practice Tips

- a. Go to bathroom before practice.
- b. Be at practice early.
- c. Start and stop on time.
- d. What to wear: basketball shoes, shorts/sweats, t-shirts. No skater shoes.
- e. Make provision for water breaks. Bring water, drinking fountains may be far away and lining up for them creates delays.
- f. Each player should bring a ball.
- g. Practice demeanor: kindness, unselfishness, joyfulness, helpfulness, politeness, focus, respect for the coach.
- h. Practice pace: alternate between physically intensive drills and instruction time. Remember that physical conditioning is part of practice so build up to more and more physically intensive drills. Sometimes drills can be done at half-pace and then full-speed to limit fatigue.
- i. Do not ask questions during drills.
- j. Instruct on a skill before running through a drill.
- k. Do the drills with the players, talking through what they should be thinking. Keep the drills moving. Don't stop practice. The biggest practice stoppers are coaches. Show and monitor as they go, don't stop and talk
- l. Scrimmage. It is an important part of practice. Play full and half court with them. Set special scrimmage rules if you want to emphasize or isolate certain skills.
 - 3 passes before a shot.
 - Score on an offensive rebound, you get the ball again.
 - No shots outside the key.
 - All shots outside the key.
- m. Teach and drill some skills without the ball, then with the ball.

- n. Get them in lines for drills (3 lines work best). Same kids in front (oldest = honor, weekly captains)
- o. Keep the same spacing - straight lines
- p. Repetition leads to mastery. Kids learn by repetition and discipline!
- q. If the drill is particularly hard, allow them to go slowly, then, gradually increase their speed.
- r. Kids have no idea of the speed or intensity required. You have to tell them and show them.

IV. PRACTICE AGENDA

How to Get Started

Set your practice agenda with a master schedule. Before game weekends start, practice twice a week if you desire. You're the coach so find a time that works best for you. Once game weekends start, practices are limited to once per week by rule. CYAA sports need to blend with family, church, and school activities. Practicing at the same time and day each week usually works best.

Meet with parents and get them involved. This is **VERY IMPORTANT**. There are many opportunities to serve – team parents, scorekeepers, clock, assistants, etc. The more people contributing, the better. Don't forget all your forms and paperwork.

Devotions and Prayer

Always begin each practice with a team devotional and prayer. It doesn't have to be elaborate. Ask each of the players if they have a prayer request. Encourage each player to pray and take turns giving the devotional. Always put God first. Building more authentic followers of Christ is more important than building more skilled basketball players.

Practice Format

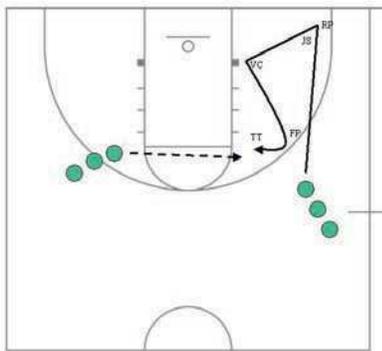
Set a practice plan for each session. What new skills do you need to teach? What skills do you need to practice? Have some parts of practice that are routine, something you do every time you practice. Let team captains lead these routines and change captains weekly.

- Stretching to prevent injury. Older players need more time – muscles are bigger.
- Line drills where players sprint to and touch an imaginary line drawn across the court at the closest free throw line and return to the baseline. They repeat the sprint immediately to the center court line and back, then the far free throw line, then the far baseline.
- Gorilla drills where players use the defensive shuffle, with hands in proper position (one high, one low and out stretched). Move left, right, forward and backward.
- Donkey jumps where players jump continuously as high as they can while bringing their heels up to their bottom.
- Three player passing.
 - Pass left, screen & roll (see practice drills below).

- Pass right, give and go (see practice drills below).
- Three player passing weave (for older players - see practice drills below).
- Passing line (see practice drills below).
- No ball: receive pass at top of key, pivot and face up, drive to hoop.
- No ball: Flash cut, “V” cut, Jam cut
- With ball: receive pass at top of key, pivot and face up, drive to hoop.
- With ball: Flash cut, “V” cut, Jam cut
- With ball: explode to hole, layup
- With ball: dribble right – reverse dribble
- With ball: dribble left – reverse dribble

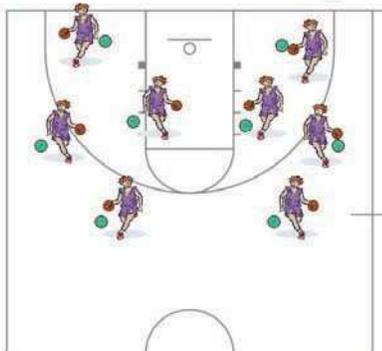
V. PRACTICE DRILLS

Pivot Footwork (all skill levels)



Player starts in line on right wing and cuts quickly toward corner, making a jump stop (JS). Player then reverse pivots (RP) and cuts to the block. Player then makes a V-cut (VC) back out to the elbow. There player makes a forward pivot (FP) and receives a pass in the triple threat position (TT). Player takes the shot, follows the shot, gets the rebound and passes to next person in the passing line. Player follows to rear of passing line. Passer goes to rear of shooting line.

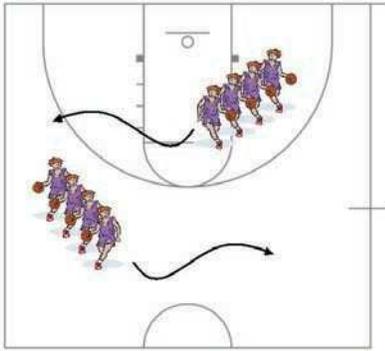
Stationary Dribbling (all skill levels)



Position players scattered around the court. Place a game spot or cone by each player to identify their space. Have players practice correct dribbling while staying at the space. This allows beginning players to dribble without worry of movement and defenders. Once skill is satisfactory, try dribbling with:

- Other hand
 - Crossover dribble
 - Around the spot
 - To another spot on the floor
- Have coach hold up hand and players yell aloud the number of fingers shown

Follow the Leader Dribbling (all skill levels)



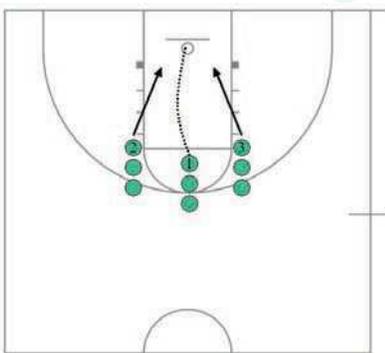
Put players in two lines. Each player in line follows the first player around the half court or designated space. On your signal, the last player in line races to the front and becomes the new leader. Repeat the action until all players have a chance to lead. Encourage leaders to change speed of dribble, direction of dribble, and hand of dribble. Good visual habits allow lines to move in open space.

Cone Drill (all skill levels)



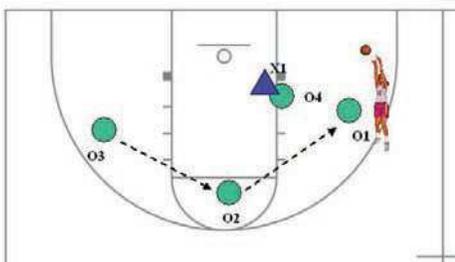
Set up cones between both baselines. Before coming to a cone "defender", player must change hands. Complete full length of the court. Once comfortable with skill level, set up two lines and have relay races.

Dog Fight (all skill levels)



Player 1 shoots from the foul line. If player misses, players 2 and 3 try to get possession and then play one-on-one until a basket is scored. The player can pass to the coach and get a pass back. No fouls, penalties, out of bounds. The player who scores goes to the free throw line. The others go to the back of line 2 or 3. If player 1 makes 3 free throws in a row, players 2 and 3 go to the back of the line.

Pass and Shoot Drill (all skill levels)



Position players O1, O2, and O3 around the perimeter. Position players O4 and X1 in the post position. Players O1, O2, and O3 pass the ball while player O4 is defended by player X1. After three passes have been made, whoever is holding the ball takes a shot. Player X1 pivots and blocks out to get the rebound. Players repeat several times and then exchange roles. This drill emphasizes proper rebounding

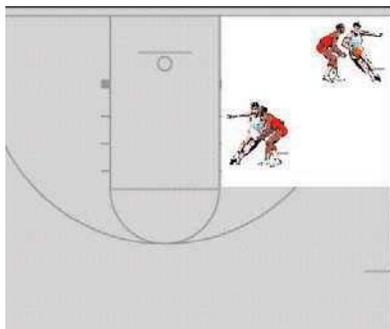
while practicing passing and shooting. Variations can include low-post passing and shooting or

pass and replace around the perimeter. Emphasize also the differing trajectory of missed shots from the perimeter. Don't let defensive rebounders get caught too low near the basket. Longer shots tend to bounce further away from the basket because of the force used to shoot.

No Hands One on One (all skill levels)

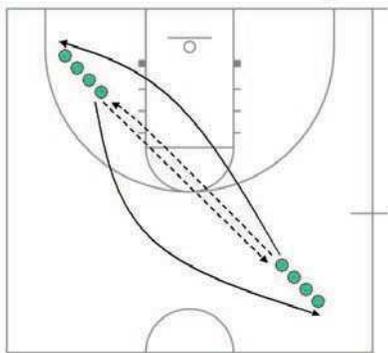
One offensive player starts at top of the key guarded by one defensive player. The offensive player tries to dribble the ball toward the basket; the defender is required to keep the offensive player out of the paint by using proper footwork. The defensive player must play with his hands behind his back. The offensive player is allowed 10 to 15 seconds to get into the paint and shoot.

Two on Two For Thirty (all skill levels)



Position four players, two offensive and two defensive, on a confined portion of the court (try the sideline to the paint below the free throw line). On your signal, the two offensive players try to keep possession of the ball for 30 seconds using dribbling, passing, and screening skills. If they retain control for 30 seconds, they get 1 point. The defensive players try to create a turnover by stealing, forcing a bad pass, or a double dribble or travel. You can even call a turnover violation if a player is stationary and under defensive pressure for 5 seconds. If they create a turnover, they get 2 points. Players can continue for 1-2 minutes and then reverse roles. Encourage defenders to communicate constantly, especially on screens. Encourage offensive players to not stop a dribble until they know what they are doing with the ball next.

Passing Line (all skill levels)



Set up two lines facing each other. The player with the ball passes it to the receiver in the other line and then runs to the end of the receiving line. The receiver passes the ball to the next person in the opposite line and then runs to the back of that line. As the player move through the lines, you can yell out bounce pass or chest pass. With younger players you can even yell out "bad pass" and the player can make a crazy pass (just make sure they know it is for fun and giggles and not for game time). With older players, an unintended bad pass can be met with a quick conditioning run or drill. With players of all ages you can set a goal of how many good passes and catches you make in a row, This can be a great warm up drill to get players moving, listening, and working on passing and catching.

Line Passing Under Pressure (all skill levels)

Position two game spots or cones on the center court line about 10 feet apart. One offensive player stands behind each spot. A third player assumes a closely guarded defensive position on the player with the ball. On your signal the player tries to bounce pass the ball to the other offensive player. If the pass is successful, the defensive player moves to aggressively defend the other offensive player (who now has the ball). If the defensive player touches the ball, the defender replaces the player who caused the turnover. Players count the number of consecutive passes made without a defensive touch.

Players can create a passing lane by using fakes, pivoting, and stretching with the nonpivot foot. Use a step over move with the nonpivot foot stepping over the pivot foot. Do not allow chest passes or throwing over the defense as this does not create space for passing.

Three on One Passing (all skill levels)



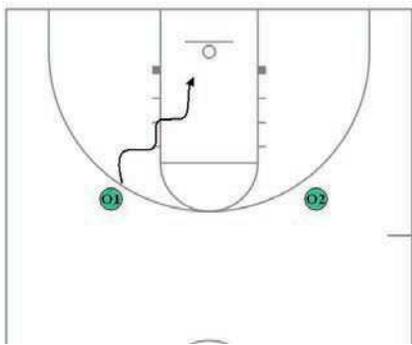
Position three offensive players around the key. Place one defender in the middle to create defensive pressure and cause a turnover. On your signal, player O2 uses a bounce pass to pass to player O3. Player O2 moves quickly to the unoccupied corner of the key. Player O1 moves quickly to the space previously occupied by player O2. Player O3 passes to player O1. Repeat the action until the defender creates a turnover or 60 seconds elapse. Change the defender and start again. Count the number of consecutive passes without a

turnover. Emphasize continuous motion (pass and replace). Also stress the importance of moving without the ball in relationship to other offensive players. For more advanced players, the second and subsequent pass can go to either player. You may want to add another defender in this case.

Lucky 7 (Older Divisions)

Position two players at each basket. Player 1 competes against a partner who does not defend. Player 1 shoots from anywhere outside the paint. Player 2 rebounds. Player 1 earns 2 points for every shot made. Player 2 earns 1 point for every shot missed. The first player to accumulate 7 points wins the game. After each game, players reverse roles. Several players may play at the same time if you have multiple baskets. Players concentrate on shooting more because they are competing. Change up the point scoring to add interest.

Partner Layup (all skill levels)

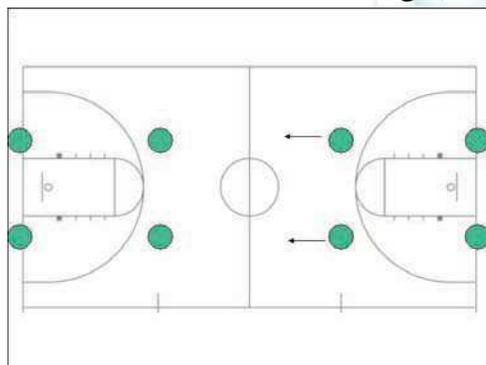


Player O1 drives to the basket, shoots a layup, and gets the rebound. Player O1 then passes to Player O2 and runs to the free throw line (or a game spot). Player O2 passes to Player O1 who drives again for a layup. Action continues for 1 minute with Player O1 keeping track of the number of baskets scored. After 1 minute, players reverse roles. Remind players to go hard to the basket like in a game situation.

Partner 30 Second Shooting (all skill levels)

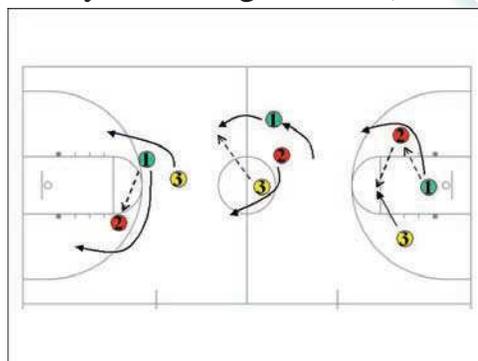
Player 1 is positioned outside the paint. Player 2 is positioned inside the paint. On your signal, Player 1 shoots the ball and follows for the rebound while Player 2 moves to outside the paint. When Player 1 gets the ball, he/she passes to Player 2 who takes a shot. This action is repeated for 1 minute. Players keep track of how many baskets are scored by the two-player team. You can have more than one partner group shooting with the team getting the most points winning. Speed makes shooting more complicated. To get more points, they need to get their shots off more quickly, just like a game situation.

2 on 2 Full Court Shooting (all skill levels)



Position half the players in pairs behind the baseline on each side of the court. One pair begins moving the ball toward the basket at the opposite end and the first pair of players from the other end come out to defend. If the offensive players score, they become defenders. The players who were the defenders go behind their baseline and wait for their next turn. Two players from that end come out to be new offensive players and move toward the basket at the opposite end. If defenders are able to take possession of the ball by getting a rebound, blocking a shot, or forcing a turnover, they immediately become offensive players and move toward the basket at the opposite end. The pair that scores 5 points first is the winner. 1 point is awarded for each basket. To add variety, place restrictions on players like no dribbling, bounce passes only, or scoring only with the screen and roll.

3 Player Passing Weave (older Divisions)



Players work in groups of 3. Player 1 passes to Player 2 and then runs **behind** Player 2. Player 2 passes to Player 3 and then runs **behind** Player 3. Player 3 passes to Player 1 and then runs **behind** Player 1. Action continues for the length of the court. When the first group hits mid-court, another group can begin from the baseline, or they could go on your signal. Variations include only bounce passes or only chest passes.

Also, you can require all players to stay in lanes along the middle and sidelines for long passes; all stay in middle for short, quick handoffs; or stay in fast break lanes and have a layup or shot taken at the end.

Screening: Pick and Roll



Player O1 and O2 have defenders on them. O1 has the ball. O2 sets a front screen for O1 (Illustration A). O1 dribbles around the screen, “brushing off” the screener. If the defense does not switch, O1 takes it in for the layup (Illustration B) and O2 will roll as a trailer for the rebound. If the defenders switch and Player X2 follows O1 to the basket, O2 (after screening the defender) should “roll” to the hoop and expect a bounce pass from O1 (Illustration C).

Screening: Pass and Screen Away

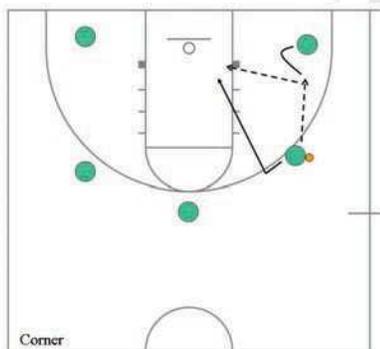


Create 3 lines out along the 3 point line, simulating a point guard and both wing positions. Have an assistant be the token defender on the left wing. Player 1 starts by passing to the right wing (Player 3). He/She then “screens away” for the left wing, setting a pick on the defender. Player 2 cuts around the screen and gets a pass from the right wing. He/she takes it to the hoop. The screener (Player 1) should “roll” off the pick after the “cutter” (Player 2) comes around. Have the players rotate right wing, to point, to left wing, and start the action over.

Make sure the screeners make contact and make sure they have the correct angle. Make sure the “cutter” waits for the screen to develop and then “brushes off” the screener. Make sure the pivot on the roll is toward the cutter, not away.

Make sure passes are sharp and players hustle. Once the team is making good screens you can “go live”. Break into groups of three and put a defender on every offensive player. Tell the defense to allow the first pass from Player 1 to Player 3 and after that, to play tough defense. You can now teach your defenders how to fight through the screen, slide behind the screen, or switch on defense. You can also start with a pass to the left wing and screen right, or let the guard (Player 1) go either way.

Give and Go



The Give and Go is the fundamental basketball play. Sometimes called a pass and cut, it can be employed in any offense and anywhere on the offensive court. The player passes to a teammate and cuts to the basket, attempting to break free from his/her defender. He/she expects a return pass. If the defender moves with the first pass or turns his/her head, the cut to the hoop should be quick and straight. If the defender doesn't respond, a fake, change of direction, or change of pace may be needed. When they see the play started, other offensive players must decoy their defenders away from the basket area and the passing lane. The cutter can raise his/her hand if he/she is free to receive a pass. The best pass is a bounce pass but a chest pass works too. Shown at the left are 3 variations using the high post, wing, and corner positions for the pass.

Scissors Cut

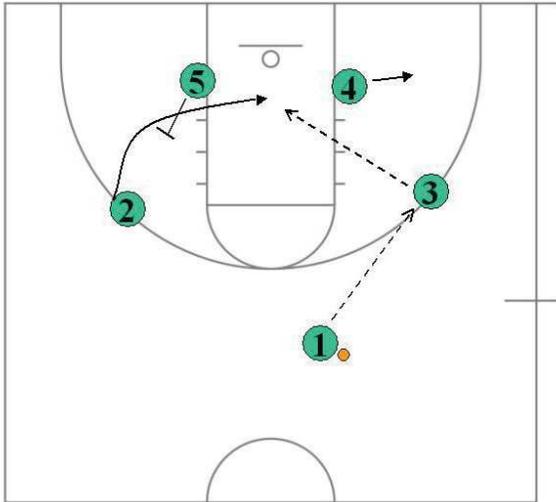


The high post player (Player 5) moves to the free throw line. The ball is passed in to him/her by Player 1. Player 5 pivots to face the basket, holding the ball securely (it crowded in the key). Player 1 hesitates slightly, makes a fake left and then cuts closely off of Player 5. Player 2 cuts behind in the opposite direction, timing the cut so his/her defender is impeded in the crossing of the "scissors". The player who passes the ball to Player 5 always makes the first cut.

An alternative is to have Player 1 move through his/her part of the scissors but remain close to Player 5. Player 2 starts the scissor cut but pulls up before completing the scissors, allowing Player 5 and Player 1 to create a double screen. Player 2

receives a pass from Player 5 and takes the jump shot. With this alternative, Player 5 does not pivot toward the basket or pivots and then pivots back. This works best when the defense recognizes the cut and “jumps” to cut off the action, causing the defender on Player 2 to be susceptible to the screen.

Cut Through Offense



This is a simple offense that uses good screening to get players open for shots in the key. Player 1 passes the ball to Player 3 on the wing. As the pass is made, Player 5 steps out to set a screen for Player 2 on the other wing. Player 4 away from the block. Player 2 cuts to the basket, “brushing off” the screen set by Player 5. Player 3 passes to Player 2 as he/she comes open in the key.

This play can be run from either side (just reverse the action) and can be run over and over. If Player 3 cannot get a good passing lane to the key, he/she can pass back to Player 1 who starts the action on the other side. Player 5 rotates to the wing and Player 2 assumes the low post position originally held by Player 5.