

# **The Basketball Coach's Bible, 2nd Ed**

## **Concepts by Chapter**

This material supplements the material in the book.

### **Part 1 - Fundamentals**

#### **Chapter 1 - Starting**

- 1.** Coaching is exactly the same as teaching.
- 2.** Above all basketball is a physical sport of strength, speed, and agility.
- 3.** The purpose of basketball practice is to improve the agility of each player so they can perform better.
- 4.** Effective teaching accompanied by learning works as the best motivation for any player.
- 5.** The proverbial locker room talk is more a form of abuse involving badgering and coercion than real motivation.
- 6.** Effective teaching involves dealing with the needs of each player. This is also what is best for the team.
- 7.** To improve any skill a player needs to first work on technique or the mechanics of movement.
- 8.** For ball skills, shooting in particular, technique must be maintained as well as developed.
- 9.** All lessons fall into 3 levels of learning: technique, practice, and game.
- 10.** The technique level usually works on body mechanics and almost always involves improving agility.
- 11.** The practice level of learning involves performing at a natural pace. There is no need to rush or perform quickly.
- 12.** Game level learning involves performing under great pressure, even more than that found in a game.
- 13.** Players quickly incorporate learned skills into the scheme of play, so there is no need to spend a lot of time doing this for them. Spending most of each prac-

tice on team play is a waste of time.

**14.** Individual skills teach execution whereas team skills basically show where to move on the court and coordinate movement.

**15.** There are no special skills for one position; each player needs to learn every skill and be able to play every position.

**16.** The biggest problem for teaching is having time to teach each skill; having time for players to learn.

**17.** Older players improve more quickly than novices when working on execution or basics. That is why I always say this book is most helpful to pro coaches.

**18.** Playing street ball is not as worthwhile as effective practice because street ball begets so many bad habits.

**19.** There are more basketball myths and bad ideas than sensible ones. Keep your brain on active; do not rotely follow the crowd; do what works.

**20.** Only you can make the ideas and methods in this book work for your players. Neither the book nor I can do this for you. It's a lot of work.

**21.** Some misconceptions include:

- a. Drills do the teaching
- b. Fundamentals are for little kids.
- c. Zone defenses are easier than person to person
- d. The play or plays are the key to offensive success.
- e. No pain, no gain.
- f. Practice makes perfect.
- g. Winning is the only thing.
- h. Emotion is a big part of the game.
- i. Games are great learning tools.

## **Chapter 2 - The Court**

**1.** The most important area on the court is the area close to the basket.

**2.** The court extends 4 feet behind the backboard.

**3.** In team situations like the free throw setup, players must be careful not to setup with a foot touching a line.

## **Chapter 3 - Fundamentals**

- 1.** The most important attitude is that players are worth teaching.
- 2.** Conditioning is a major part of coaching.
- 3.** Conditioning makes players better athletes.
- 4.** Individual skills involve execution; whereas team skills only involve where to go.
- 5.** Three skills that are involved in both offense and defense are pivoting, faking, and looking.
- 6.** The major part of defense is proper movement which involves jump-steps and runs in defensive position.
- 7.** The major on-ball defensive skill is forcing.
- 8.** Off-ball defensive skills include overplaying, fronting, and helping out.
- 9.** Boxing out involves blocking then keeping a player on the back.
- 10.** Offensive skills fall in 3 categories: TLC Skills, Ball Skills, and Going For Ball Skills.
- 11.** TLC Skills involve timing, looking, & communication. The most difficult of which is timing.
- 12.** The 3 major ball skills are shooting, dribbling, and passing.
- 13.** The key to the major ball skills is technique.
- 14.** Going-for-the-ball skills include cutting, catching, rebounding, as well as going for loose balls.
- 15.** Setting and using a screen are offensive skills.
- 16.** The four ways to defend a screen are: beat the screen; slide through; switch; and trap.
- 17.** The team setups that players need to know are: The Center Jump; Free Throw Setup; Inbounding the ball; and offense against a full court press.
- 18.** Teach the transition game starting from the Center Jump or Free Throw Line.

- 19.** For half-court offense players need patterns of movement, not plays.
- 20.** For half-court defense, person-to-person or any zone will look very similar if players play properly.
- 21.** Zone defense is more difficult than person-to-person, because players have the additional responsibility of knowing how to shift in the zone.
- 22.** Two types of full court pressure defense are person-to-person or a trapping zone.
- 23.** The keys to offense against a full court press is maintaining maximum separation between players, always looking for the long pass, and faking before each cut.

## **Chapter 4 - Practice**

- 1.** Working on individual skills is the best use of time.
- 2.** Prepare the practice ahead of time. Write it down on 3 x 5 cards.
- 3.** Require that players repeat critical drills at home for homework.
- 4.** Develop individual practice routines for each player.
- 5.** Make sure you have a ball for each player.
- 6.** Be short winded. Get players moving and doing.
- 7.** Involve each player every second in each drill.
- 8.** Maximize learning by making sure to run each drill at the appropriate level: technique, practice, or game.
- 9.** Maximize learning by learning how to overdo and underdo when appropriate.
- 10.** Work on every little movement,
- 11.** When drills involve offensive and defensive skills, only focus on one thing at a time.
- 12.** Treat games as practice all the time with younger players and most of the time with older players.

- 13.** You can practice anywhere: a room; a garage; a school yard that does not have a court, etc.
- 14.** Allowing players to perform incorrectly only teaches bad habits.
- 15.** Don't dribble or allow dribbling unless it is absolutely needed.
- 16.** Have managers count every missed short shot and layup from the beginning to the end of practice.
- 17.** If a player wants to shoot with each hand, then he/she must work on the left and right side of the basket with each hand; not right hand on right side, left on left side.
- 18.** Make sure each player learns the skills for each position.
- 19.** Only being able to use a favorite pivot foot or pivot direction limits a player's ability to perform every skill.
- 20.** It is critical that you watch where players are looking each second in practice.
- 21.** Assigning players to lead drills has many advantages. One it frees you up to walk around. Two, players have more interest.
- 22.** Get players working together in small groups.
- 23.** Make learning and improving individual skills a paramount issue.
- 24.** Managers and assistants have a variety of important responsibilities at practice and games.
- 25.** A few simple practice rules make teaching easier. Examples are: all balls down; no leaving the gym without permission.

## **Chapter 5 - Planning**

- 1.** Everybody from first graders to pros need to work on basics.
- 2.** Older, more talented players improve more quickly than younger, inexperienced players.
- 3.** The coach must constantly adjust each lesson in the

daily plan to the needs of the players.

**4.** Use the Practice Planning Guide to plan practice.

**5.** Each of the 9 slots in The Guide can involve multiple lessons.

**6.** Teach each lesson with the idea that players will repeat it on their own time.

**7.** Plan a scrimmage after 1-2 weeks of practice to force the team to focus on the need to learn various skills.

**8.** Know your long term teaching goal first: it should be to teach full court pressure offense.

**9.** Your next to last goal is to teach offensive patterns.

**10.** Your first goal is to teach the lessons in the Basic Skills sections.

**11.** As you teach skills, incorporate them into a player's IPP (Individual Practice Program). It's also okay to introduce new skills in the Individual Practice slot.

**12.** Over the first few weeks of practice fit in each team situation setup while working mainly on basics.

**13.** Of the 9 slots in The Practice Planning Guide, 7 repeat with similar lessons every day.

**14.** The Individual Practice slot can be the most productive time in practice because each player works on what they need the most.

**15.** To have a worthwhile practice, you need to learn how to teach each skill.

**16.** Games and scrimmages are a poor substitution for practice though they do have a role in the learning process.

**17.** The core critical lessons are the most basic of the most basic lessons. Work on these almost exclusively for the first several months.

## **Chapter 6 - The Game**

**1.** Players need to become familiar with a new gym by walking around the gym.

- 2.** Players will get stiff if they are forced to sit on a bus or plane for long periods during travel to a game.
- 3.** Make sure players get up and walk around every hour or two before a game.
- 4.** The best game warm-up drills are usually great practice drills.
- 5.** The regular layup drill is not a good warm-up nor practice drill.
- 6.** Benching players because a coach wants to win is an abusive practice.
- 7.** The rules should require that each player on a team must play a minimum number of minutes per game.
- 8.** Telling players that a game is important only psyches them out. Keep players focused on their jobs, what you want them to do.
- 9.** Great locker room talks are a myth. Talks to inspire players are not needed if you do the job in practice.
- 10.** Referees are often the most dedicated adults in the gym. Talk to them about problems.
- 11.** Teach every manager how to keep score, time and statistics and use multiple unofficial score keepers each game.
- 12.** Teach novices the most basic procedures like reporting in and out of a game and what to do during a time-out.
- 13.** Positional play is a thing of the past. Each player must learn the skills needed to play every position.
- 14.** Game strategies are very simple. On offense you want to score a layup or short shot; on defense you want to press the other team as much as possible.
- 15.** If you teach players the basics they can easily adjust to any strategy of the opponent. Without basics, teams can not adjust.

## **Chapter 7 - The Lessons**

- 1.** The major part of the book contains lessons which are divided via Section and Topic.

2. There are 23 major Sections. Each Section is divided into Topics. Each topic is composed of lessons.
3. A lesson can be one drill (or lesson) or several drills.
4. The designation 22-2-1 means Section 22 (Half-Court Offense), Topic 2 (Two Patterns), Lesson 1 (Outside Pattern).

## **Part 2 - The Lessons**

### **Section 1 - Ball Handling**

1. Proper ***touch*** allows a player to better control the ball.
2. The ***finger ends***, not the ***pads***, control the ball.
3. The ***ball skills*** include shooting, dribbling, passing, catching, rebounding, as well as going for loose balls.
4. Catching, rebounding, and going for loose balls involve both a ***grab*** and a ***turn away*** move.
5. For maximum skill improvement, a player must repeat practice drills at home.
6. Putting players in well conceived difficult practice situations make pressure game situations easy to handle.
7. Practicing one step at a time allows players to gradually improve.
8. ***Butterfingers*** are players who try to catch the ball with the hand and fingers, not the finger ends.
9. ***Overdoing it*** is a key technique that yields the maximum improvement in the least amount of time.
10. ***Looking*** properly enables a player to know the location, intent and movement of other players.

### **Section 2 - Pivoting**

1. Another word for pivot is balance.
2. ***Pivoting*** is a skill needed for just about every other basketball skill.
3. The ***pivot point*** is usually the ball of the foot.
4. A ***jab step*** involves a step in one direction with a

shift in weight.

**5.** Jab steps can be short, medium, or long for various purposes.

**6.** A **fake** is a movement slow enough so that a defender can react.

**7. Fakes** can involve the ball and/or practically every part of the body.

**8.** A **crossover step** involves a jab step to one side, then a step across the body using the same foot to the other side.

**9.** High and low pivot routines simulate a player grabbing a ball in a crowd.

### **Section 3 - Wrist Work**

**1.** Wrist work is a key part of the mechanics of shooting, dribbling, and passing.

**2.** A player flicks the wrist back in practice to increase the range of wrist movement. The wrist naturally flicks forward for the shot or pass or dribble.

**3.** All players need to work on keeping the wrists loose.

**4.** Most players, especially older men, need to work on wrist flexibility.

**5.** Poor wrist flexibility results in palming while dribbling and arming the ball while shooting.

### **Section 4 - Dribbling**

**1.** Players control the dribble with the finger ends.

**2.** Proper dribbles should involve flicks of the wrist with little forearm and arm movement.

**3.** Players who routinely palm the ball, dribble with the arms, not the wrists.

**4.** Another key to dribbling is body position: the body is twisted around in every which way.

**5.** Like all other skills, players need to learn how to twist and turn the body, become more agile, before they can dribble well.

- 6.** The half-down position is a ready to run position used for defense and offense as well as dribbling practice.
- 7.** The full-down position is the best position to work on dribbling mechanics.
- 8.** Dribbling position is similar to defensive position because a player must be ready to run in any direction.
- 9.** Protecting the ball while dribbling involves keeping both arms in the same position.
- 10.** Do not give verbal directions in dribbling drills. Make players look up, keep heads up, to follow the leader.
- 11.** Dribbling is the easiest ball skill to teach and to learn.
- 12.** Players can learn how to be good dribblers without even running.
- 13.** Dribbling is the slowest way to move the ball, so players should dribble as little as possible in games and drills.
- 14.** For most drills, dribbling should be banned because players must learn to look and communicate.

## **Section 5 - Continuous Motion**

- 1.** Conditioning makes players better athletes, thus making them better players.
- 2.** Continuous motion drills involve constant running while performing many skills.
- 3.** Continuous motion drills should be the mainstay of every practice at every level.
- 4.** The most important skills practiced in continuous motion drills are TLC skills.
- 5.** Continuous motion drills aerobically condition players to run for the entire game.
- 6.** Players achieve anaerobic conditioning by sprinting in many other drills.
- 7.** Continuous motion drills reduce injuries because

players are in shape.

**8.** Many other drills not included in this section can be transformed into continuous motion drills.

**9.** Use continuous motion drills from 15-40 minutes of each practice.

**10.** The front weave drill is one of the best and the simplest TLC drills.

## **Section 6 - Layups & Layup Drills**

**1.** The *last step* of the layup is the most important step to practice.

**2.** The last step of the layup is a step up, not forward.

**3.** Players must look up when doing layup drills, not at the ground.

**4.** Practice the strong hand layup form both the right and left side of the basket.

**5.** Practice *opposite hand layups* by repeating each drill on each side of the basket.

**6.** The regular layup drill involves a host of skills that are difficult for youngsters.

**7.** The regular layup drill is the worst layup drill to use because too many players stand around waiting and younger players do not have the skills to properly perform it.

## **Section 7 - Shooting Technique**

**1.** Shooting as well as many other skills depend on a player's ability to pivot.

**2.** The 4 parts of shooting technique are: touch, wrist work, body alignment, and arm extension

**3.** Touch involves control with the finger ends.

**4.** Wrist work involves loosening up the wrists and increasing the amount of bend.

**5.** Thinking that a shot is just a flick of the wrist is fairly accurate; however the entire body is used to shoot.

**6.** To properly flick the shot players need to be able to

bend the wrist back 90 degrees.

**7.** Wrist work increases flexibility and looseness.

**8.** The arms should be involved as little as possible on the shot.

**9.** Body alignment involves squaring-up to the direction of the shot.

**10.** Extension involves releasing the ball high overhead rather than at the nose or head level.

**11.** A nose shooter is someone who starts the shot with the ball in front of the nose or forehead instead of 1-2 feet overhead.

**12.** Teach technique separately from practice or pressure (game level) shooting.

**13.** If you notice a technique problem do not tell a player to try to correct it on the shot, just work on technique.

**14.** If a player has a technique problem, work on technique, not shooting.

**15.** When a player shoots, he/she should not be thinking of anything; they should just shoot whatever way they shoot.

**16.** About 90-100% of shooting time should be spent on technique.

**17.** Shooting from too great a distance destroys technique, so players must practice close to the basket.

**18.** Shooting close to the basket forces a player to extend on the shot.

## **Section 8 - Moves & Shots**

**1.** Moves involve pivots, jab steps, and faking.

**2.** Practicing moves improves pivoting as well as agility.

**3.** It's a good idea to include moves in both homework and IPPs.

**4.** Practice all moves slowly so the player can get the proper balance and agility.

- 5.** Practicing moves improves overall agility not only scoring ability.
- 6.** Performing moves quickly defeats the purpose: to improve balance and agility.
- 7.** Practice moves from right, center, and left of the basket, then again using the other pivot foot.
- 8.** Players who want to shoot with either hand have twice as much to practice, since each move should be repeated with each hand.
- 9.** Game situations often put a player in unusual positions, so a player should practice each move pivoting in one direction then the other, though this may seem uncomfortable.
- 10.** The old fashioned hook is a slowly released shot, often taken far from the basket.
- 11.** The jump hook is released both high and quick usually close to the basket.
- 12.** The jump hook is just a flick of the wrist.
- 13.** Hooks taken from underneath the basket are effective shots.

## **Section 9 - Practice Shooting**

- 1.** The most important step on a drive to the basket is the first step.
- 2.** The first step of a drive is a very long step that must get the driver past the defense.
- 3.** The last step of a drive is straight up for the layup, not forward.
- 4.** About 100% of missed layups with older players is because the player floated under the basket instead of going straight up.
- 5.** There are 4 basic drives that each player should practice; eight if a player wants to shoot with the opposite hand.
- 6.** Practicing driving slowly allows a player to get his/her steps together.

7. Make sure players keep their head up while driving. They can look around or at the basket, not be in reverie.
8. The Full-Court Shoot lesson is a realistic practice situation where players shoot one shot each time down court.
9. Full-Court Shoot if speeded up could be a pressure shooting drill.
10. Use the Near to Far drill to increase range without destroying technique.
11. The keys to practice shooting are: 1) start close, then move out slowly; 2) shoot only one shot, no repetitions from more than 3 feet; 3) stay close to practice technique.
12. The One-Foot Shot drill can be done at the practice or technique level.

## **Section 10 - Pressure Shooting**

1. Pressure shooting drills make game shooting easier and percentages higher.
2. Perform these drills only after players have achieved some proficiency at the technique and practice level.
3. Pressure shooting is an integral part of the shooting program if you want results.
4. A player should be able to make a short shot even if fouled.
5. Most pressure shooting drills are also helpful for the defense.

## **Section 11 - Free-Throw Shooting**

1. Free -throw technique prepares a shooter for the pressure-cooker type shooting situation by loosening up and focusing on the shot.
2. Tightness in the wrists, arms and legs particularly works against free-throw shooters.
3. The cues for this technique are: *wrists, touch, knees, breath*.
4. *Wrists* means to loosen up by shaking the wrists and

arms.

**5. *Touch*** means to touch the ball with the finger ends.

**6. *Knees*** means that a player bends the knees several times before the shot; this helps a player loosen up.

**7. *Breath*** means that a player holds his/her breath while taking the shot.

**8.** Do not practice free throws from a greater distance than individual shooting technique dictates.

**9.** Shooting from the free throw line might destroy the technique of a player not ready, so it's better to practice from shorter distances.

**10.** Practice free throws in a game-like manner by only shooting 2 shots in a row after sprinting down court several times to get out of breath..

## **Section 12 - Passing**

**1.** Passing is the most difficult ball skill to learn because it is all wrists.

**2.** Passing, like shooting and dribbling, is controlled by touch on the finger ends.

**3.** The overhead pass is the mainstay of the offense for a host of reasons while the chest pass is almost useless because it can't be used when a player is closely covered.

**4.** Passing from the overhead position is advantageous because you can readily shoot and/or fake as well as pass.

**5.** The most effective passes are thrown with arms extended overhead or to the side using only the wrists.

**6.** The key to the side pass is fully extending the arms to the side, then flicking with the wrists.

**7.** There are many ways to fake an overhead pass using the ball, the head, the eyes, and the body.

**8.** A player should be faking each second they hold the ball.

**9.** A bounce pass bounces 2/3 rds of the way to the

catcher.

**10.** The back bounce pass is made with the back to the passing direction.

**11.** The baseball pass is an effective long pass especially useful against presses.

## **Section 13 - Catch Cut**

**1.** Catching running full speed is a not so simple skill that even most college players have not mastered.

**2.** One main cause of team offensive breakdown is the lack of ability to cut and catch.

**3.** There is much agility involved in catching.

**4.** Individual catch-one-two drills are the key to learning how to catch a ball.

**5.** Catch- one-two means that a player catches the ball in the air, then takes two steps to stop.

**6.** The first stop-step is on the pivot foot; players need to practice with each foot as pivot.

**7.** Flashing, another way to catch a pass, is a jump to the ball, the ball being caught before landing.

**8.** Landing simultaneously on both feet when flashing, allows a player to use either foot as pivot.

**9.** Flashing is often used close to the basket.

**10.** Always step in front of the opponent before going for a loose ball.

## **Section 14 - TLC Skills**

**1.** TLC skills make or break your offense.

**2.** Faking, cutting, catching, and passing are integral to learning TLC skills.

**3.** Faking is one of the least understood parts of the game. Players need to be faking just about every second on the court whether on offense or defense.

**4.** All fakes need to be done slow enough so the defense can react. Fast fakes defeat the purpose of the fake: to make the defense react.

- 5.** Off-ball offensive players must always fake before a cut.
- 6.** Off-ball offensive players must keep defenders from helping out by constantly faking and also moving behind the defense.
- 7.** The pass response fake involves a passer faking to a cutter who responds by jumping for the ball, before cutting in another direction.
- 8.** Timing a pass correctly means that the ball and catcher meet at a point.
- 9.** A flash is usually a jump into the lane near the basket for the ball.
- 10.** A well-timed pass hits the flasher before he/she lands.
- 11.** Communication involves reading each others movements, sometimes overtly, sometimes not.
- 12.** Looking is a key component of communication and timing.
- 13.** Failure to look all around all the time is one of the biggest failures of offensive players.

## **Section 15 - Rebound Box Out**

- 1.** Rebounding is a teachable skill that does not necessarily depend on jumping ability and height.
- 2.** The first ball skill involved in rebounding is ripping the ball away.
- 3.** The most important part of rebounding is watching shot arcs like a hawk, then predicting where the ball will rebound.
- 4.** Moving with the hands and body ready to catch the ball is another key to rebounding.
- 5.** The last step in rebounding is to step in front of any opponent, in essence boxing them out.
- 6.** The skill of boxing out is used both on offense and defense.
- 7.** Defensive boxing out depends on stopping the

charge of the offense to the basket.

**8.** The first step in boxing out is called blocking.

**9.** The second step involves pivoting around keeping the offense on the back.

**10.** The last step involves keeping the offense on the back of the defender.

## **Section 16 - Screening**

**1.** Screening is only needed when the defense is tough.

**2.** Screening is most important in the pro and top level college game and is of little importance with players in 9th grade and below.

**3.** A player sets a screen facing the opposite direction of use.

**4.** A screen must not move or lean towards the defense.

**5.** Near the screen, the screen user takes several inward steps to make sure the screen is in the defender's path.

**6.** The cutter should rub shoulders with the screen when passing.

**7.** There are at least 4 ways to defend the screen. All depend on the defense on the screen yelling "Screen left or right".

**8.** The simplest way to defend the screen is for the defense to beat (get to the screen first) the offense to the screen.

**9.** A second way is for the defense on the cutter to slide through between the screen and the defender on the screen.

**10.** A third way is for defensive players to switch coverage usually on the call of the defense on the cutter.

**11.** A fourth way is to trap both the cutter and screen, making it difficult for them to move.

## **Section 17 - Defense Basics**

**1.** Think of defensive movement as a 2 yard race against the offense, the offense initiates the start.

2. After conditioning, another key to defense is footwork.
3. Defensive footwork must be precise because any misstep, if only for an instant, gives the offense the advantage.
4. Proper foot movement allows a defender to stay with and impede the movement of the offense.
5. Defensive position is a ready-to-run or move position. Players must be in the defensive position every second on defense, not just after their coverage gets the ball.
6. The two types of defensive footwork are jump-steps and running in defensive position.
7. A jump-step allows a player to quickly adjust defensive position while always being ready to run. In contrast, when sliding the feet, the feet are always either too far apart or too close to run.
8. The Move Feet Drills get players into the habit of jump-stepping instead of sliding or reaching with the arms.
9. Forcing is the primary technique used to cover the player with the ball.
10. Never let the offense choose where they want to go, force them to go to where you want.
11. The forcing position is the defensive position with the body turned half way or 45 degrees from directly facing the coverage.
12. One forcing rule is that you always force the dribbler to the opposite hand or to a close sideline.
13. Another forcing rule is that you always force corner players to the center and center players to the corner.

## **Section 18 - Off-Ball Defense**

1. **Off-ball defense** is just as important if not more important than on-ball defense.
2. Off-ball defense relies on the skill of overplaying.

- 3.** Overplaying involves keeping in touch with individual coverage as well as watching the ball at all times.
- 4.** To better see the court and help-out, off-ball defenders on the weak-side open up to (turn towards) the ball.
- 5.** Strong-side play means play close to the ball; weak-side play means play away from the ball.
- 6.** Play defense close on the strong side; slough off to help out on the weak side.
- 7.** Helping out is when the defense moves away from the offense towards the ball or center of the court.
- 8.** Helping out is critical for an effective defense because 1-on-1 the offense has the advantage.
- 9.** The further an offensive player is from the ball, the more a defensive player can slough off to help out.
- 10.** The step-around defensive move is a 2-step move used to change defensive sides when the offense is posted up in or near the lane.
- 11.** The defense on a post player should always stay at least one foot away. Staying real close allows the offense to easily box out the defense.
- 12.** Defending the cutter is one of the most difficult defensive skills.
- 13.** Offensive players prevent their coverage from watching the entire court by continuously faking cuts and moving behind the defender.
- 14.** Defenders on the weak side low-post must always keep the coverage boxed out.

## **Section 19 - Defensive Situations**

- 1.** One hand of the defender on the shooter blocks the shot, the other blocks the vision.
- 2.** Blocking a shot involves allowing the shooter to shoot the ball into the hand, rather than slamming the ball back in the shooter's face.
- 3.** The goal of defending the shot is to throw the shot or shooter off, not necessarily blocking it.

- 4.** Always force a driver away from the lane to the corner; in the corner force to the center.
- 5.** The lone defender on a 2-on-1 fast break always covers the dribbler, forcing the pass.
- 6.** A player catching up to another dribbling in for a layup must run at least 3 steps ahead before stepping in front and playing defense.
- 7.** A trap is when 2 defensive players prevent the dribbler from dribbling downcourt; the trap defense forces the offense to pass.
- 8.** Start the trap after a player starts dribbling.

## **Section 20 - Team Situations**

- 1.** For all team setups make sure feet are not on the lines.
- 2.** Spend little time on the center jump because they occur so infrequently.
- 3.** Use a defensive center jump setup, so you will not be burned.
- 4.** Make sure players know how to pick up **1-on-1** defensive coverage at the center jump.
- 5.** On a center jump, jump players must go straight up, not down then up.
- 6.** The free throw line setup is a great place to teach transition.
- 7.** Defensive players on the line must box out by banging into any adjacent offensive player on the line including the shooter.
- 8.** The box or line inbound setups are easy to learn and can be readily varied.
- 9.** The key to inbound is faking and cutting as well as the TLC skills.
- 10.** Vary an inbound setup by changing the cutting directions, starting positions, or even the timing of cuts.
- 11.** On inbound defense, protect the basket area or basket side of the court allowing the pass to go out-

side, away from the basket..

**12.** The defender on the inbounder under the basket sets up 1-2 feet toward the basket preventing an inside pass.

**13.** When a ref officially hands the ball to the inbounder, the inbounder can not walk or run, and must have a pivot foot.

**14.** It's usually a good strategy to use the best tall passer as inbounder and the best tall defender for defense on the inbounder.

## **Section 21 - Half-Court Defense**

**1.** Play person to person defense so players get the most defensive practice.

**2.** One of the keys to half-court defense is helping out.

**3.** Team defense depends on individual defensive skills as well as helping out.

**4.** Strong side is the ball side or the court area near the ball; weak side is away from the ball.

**5.** Strong-side defenders stay close to their coverage.

**6.** Weak-side defenders both slough off and open up to (face) the ball in order to help out.

**7.** As the ball moves, strong and weak side areas are constantly changing.

**8.** Zones are more complicated than 1-on-1 defense because players must know 1-on-1 play as well as the zone shift.

**9.** A zone designation such as 2-1-2 only gives the setup when the ball is in the center of the court.

**10.** Most zones and even 1-on-1 look quite similar when the ball is on the side or corner positions. This should be true because a team always want defensive players in optimum position.

**11.** A zone defense can be played many ways: in tight, out far, trapping, and so on.

## **Section 22 - Half-Court Offense**

- 1.** The purpose of a half-court offense is to beat the defense, not to run a particular play.
- 2.** The goal of your offense is a layup or short shot.
- 3.** Players need individual skills before working on a half-court offense. Teaching individual offensive skills while teaching plays is mostly a waste of time.
- 4.** Individual skills take all season to teach; team skills take days.
- 5.** A team does not need offensive plays; a team needs patterns from which players execute individual skills.
- 6.** Plays are just part of an offensive pattern.
- 7.** Offensive patterns are stages or platforms from which players execute individuals skills.
- 8.** An outside passer or passer on the periphery has 3 directions to pass: inside, to one side (or the other), or to the corner. The three plays gives practice to each situation respectively.
- 9.** The all-around offense has zillions of options.
- 10.** The most important skill in half-court offense is looking.
- 11.** Each passer must look everywhere all the time.
- 12.** Adding a transition to each play gets players into good habits; standing around running half-court plays encourages players to do likewise in a game.
- 13.** Running plays with 3 rather than 5 players allows each player to be more involved and learn faster.
- 14.** There is no reason to run any play quickly because the goal or purpose involves improving TLC skills, not making the play run smoothly or look good.
- 15.** The player with the ball must be faking passes all the time; players without the ball must fake cuts (or sleep fake) all the time.
- 16.** Players without the ball must fake away before cutting to the ball or open space.

**17.** After a pass, the passer fakes before a cut.

**18.** On the shot, all players either go for the rebound or back on defense.

**19.** Once players can quickly make one type of transition, they will make every transition quickly.

## **Section 23 - Full-Court Pressure**

**1.** Reaching the lessons on *full court* offensive and defense is the goal of each coach.

**2.** To beat a press, especially a full court trapping press, don't dribble; pass the ball downcourt.

**3.** When pressed, passers must look long first and work for a layup.

**4.** On a press each offensive player without the ball continually fakes away then moves to the ball or open space.

**5.** To make game presses easy to handle, use more opponents in practice on either the offense and/or defense.

**6.** The objective of a defensive press is to force the offense to make a mistake, not necessarily steal the ball.

**7.** Presses are often more effective if a team varies the type and duration.

**8.** The key to a trapping press is getting back. If you can't get back fast enough, you should not trap press.

**9.** Start a full-court trap only after the offense takes a dribble.

**10.** A team needs to know how to switch from zone to person to person on the run.

**11.** Pressing as a teaching strategy, not a strategy to win, is a great way to give the defense more practice.