

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

### **Questions by Chapter**

Here is a set of questions that can be used to test yourself on the material. These may be suitable for a course. Some questions involve simple regurgitation of the material presented. Others involve applications of principles and others are more open ended. I do not plan on making an answer key. However, I would be glad to address one or two questions if contacted.

## **Part 1 - Fundamentals**

### **General Questions on Fundamentals**

- 1.** Give at least 3 reasons why coaches work on plays rather than teach skills needed to execute a play.
- 2.** Are college basketball players trained any better or worse than college level baseball and volleyball players? Explain your answer .
- 3.** If you have played a sport at any level, why should it be so difficult to coach?
- 4.** Where does the foundation for a building start? Can building foundations be compared to basketball fundamentals? Explain why or why not.
- 5.** What is a famous building in the world that lacks a stable foundation? Is there any hope for the building?
- 6.** What excuse can you give for a coach who refuses to teach players how to properly pivot?
- 7.** Is coaching really like other sports and other subjects? Does it have a foundation?
- 8.** Is working on fundamentals or foundations worthwhile or is it just a nice do-gooder type theoretical endeavor?
- 9.** Why are sports taught at school?
- 10.** Would players enjoy the game more if they had more skill?
- 11.** Is it really possible to teach skills? Do players either have it or not? Explain.
- 12.** Students who have basic reading and writing skills can easily learn anything. Can you compare basketball fundamentals to basic reading and writing?

## **Chapter 1 - Starting**

- 1.** How is coaching like teaching? How is coaching not like coaching? Explain.
- 2.** What do we mean when we say that “basketball is a physical game”?
- 3.** What one action by a coach can improve his/her team more than any other action?
- 4.** What do we mean when we say that a player is talented?
- 5.** What’s wrong with inspirational speeches? Can they coerce a player to play better?
- 6.** Name the basketball skills that involve agility.
- 7.** How can a teacher effectively motivate a student? What motivational methods will work with any student?
- 8.** What are the three practice levels or levels of learning?
- 9.** Why are practice or effort levels important?
- 10.** Which level is most important? Why?
- 11.** What do we mean by practice level?
- 12.** How is practice level different from technique level?
- 13.** Is game-level practice like game play?
- 14.** What are some real basic things that coaches can do to make sure players learn?
- 15.** Can skipping lessons and some basic skills save time? Explain.
- 16.** What age group benefits the most from working on fundamentals? Explain
- 17.** Name and explain 6 major basketball coaching misconceptions.
- 18.** Does forcing a small player to use a regulation size ball and basket help him/her improve faster? Explain.
- 19.** Why is street ball so problematic?
- 20.** Is it important to get players up for every game? Explain.
- 21.** What can players learn in a game that they can’t

learn in practice?

22. Why is the adage, "Practice makes perfect." a problematic statement when closely examined?

## Chapter 2 - The Court

1. What's the most important part of the court? Why?

2. How thick are the lines on the court?

3. How many feet are behind the basket?

4. Give all specs on the basket including distance from the free throw line.

5. What is the purpose of the key part of the court?

## Chapter 3 - Fundamentals

1. How would you change the Fundamentals Flow Chart on page 41? Explain why the change is needed?

2. What is the skill of *looking*?

3. Why is *pivoting* a part of each skill? What is another word for *pivoting*?

4. What is the difference between an *individual skill* and a *team skill*.

5. What are the TLC skills? Differentiate between each one.

6. What are the *ball* skills?

7. What are the *going-for-the-ball* skills?

8. Why are *body position* and *movement* so important on defense?

9. What are the only 2 ways to move on defense?

10. What is the difference between *on-ball* and *off-ball* defense?

11. Which type of defense is more important?

12. Name the basic team skills.

13. What causes *spacing* problems on offense?

14. What does it tell you about a coach when he/she complains about players not making correct decisions on the court?

15. What are 4 critical parts of teaching each ball skill?

16. What is the difference between forcing and over-

playing on defense?

**17.** What is the difference between fronting and helping out?

**18.** What's the difference between a jump step and a defensive run?

## **Chapter 4 - Practice**

**1.** Why is it of prime importance to focus on individual skills?

**2.** Where do overdoing and under-doing fit into practice?

**3.** What are some methods to get more out of each practice time?

**4.** Besides being prepared, what is the most important job during practice?

**5.** How can the coach prevent players from getting into bad habits?

**6.** What extra drills do you have to run to prevent players from getting into bad habits?

**7.** How can you make learning a cooperative effort? Would these ideas motivate players?

**8.** Why are managers and assistants so important?

## **Chapter 5 - Planning**

**1.** Do all players at all levels need the same things? Explain.

**2.** What are some things players do not need?

**3.** What are some keys to planning?

**4.** List what you think your goals should be.

**5.** What's a Core Critical Lesson?

**6.** Is the Practice Planning Guide useful? Why or why not.

**7.** Why should so much of practice be devoted to individual practice time? Why so little on team play?

## **Chapter 6 - The Game**

**1.** Why do you need to familiarize your player with a new gym?

**2.** What is a big problem concerning away game

travel? How can you prevent it?

3. What are 4 important warm-up drills?

4. Is the regular layup drill important? Why?

5. What is one offensive strategy that can be used for every game?

6. What exactly do we mean by the statement, "Teach players the tools needed to react to the defense."

7. What is one defensive strategy that can be used every game.?

8. What do we mean by positional play?

9. Why is positional play a thing of the past?

## **Chapter 7 - The Lessons**

1. Explain the Section, Topic, Lesson structure of the lesson section.

2. How many Sections are in the book? How many Topics? How many Lessons?

3. What features are on each Major Section page?

4. What features are each Topic page?

5. What features are each Lesson page?

6. When on a lesson page, how can you immediately tell what a lesson is about?

7. In a diagram how can you tell a pass from a cut from a fake?

8. What can a dashed line in a diagram mean?

9. What does a fat arrow in a diagram mean?

10. What does *pass-follow* mean?

## **Part 2 - The Lessons**

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

1. What is the the first step to improve shooting?

2. Why is this first step so important?

3. What skills are involved in grabbing a rebound?

4. Why must a player do more than just physically grab a rebound?

5. What advanced skill is involved in the Pivot and

Move lesson?

- 6.** What advanced skills are involved in the Center Line lesson?
- 7.** Why do players have such a difficult time keeping equidistant in the Center Line lesson? Answer in terms of skills.
- 8.** Besides touch, what other ball handling skills are presented in this chapter?
- 9.** In the Grab High drill, why does the holder extend the arms forward, not just overhead?
- 10.** There are 2 ways to do the Move Ball drill. The drills look similar, however the skills involved are very different. What are the very different skills?
- 11.** Does it really make any difference if the hands are ready to catch the ball? And, is it just the hands that need to be ready?
- 12.** Can you think of situations where part of the hand, besides the fingerends, ever needs to touch the ball?
- 13.** What two mistakes do “butterfingers” make?
- 14.** Does a dribbler just use the fingerends to control the ball?
- 15.** Are players supposed to perform skills practiced in overdo drills the same way in a game?
- 16.** List the basic ball handling skills presented in one column, then indicate dependent, more involved skills next to each.

## **Section 2 - Pivoting**

- 1.** Name 5 major skills that depend on pivoting ability?
- 2.** Pivoting practice primarily improves what physical skill?
- 3.** Where is the pivot point?
- 4.** Where is the pivot point if a player falls to the floor?
- 5.** How is pivoting involved with shooting and defense?
- 6.** What are two other names for a jab step?
- 7.** When would a player use a long jab step?
- 8.** List 5 fakes used by a player with the ball.

9. When is a crossover step needed?
10. List 5 ways to make an overhead pass fake.
11. Why are so many other skills dependant on pivoting ability?
12. Why do players need to practice pivoting routines?
13. What primary skills are practiced, besides pivoting, in the pivot with defense drills.?

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

1. Why does wrist work improve ball skills? What are the ball skills?
2. How does wrist work improve shooting?
3. Is it easier to dribble using the arms or using the wrists?
4. A player with stiff wrists will use what part of the body, instead of the wrists, when shooting, passing, and dribbling? Why?
5. If a player has loose wrists, why should he/she practice wrist work?
6. Why should wrist work drills look realistic? What do we mean by this?
7. Why do both hands need to be close when practicing flicking side passes?

### **Section 4 - Dribbling**

1. Name four keys to dribbling?
2. Why do dribblers need to practice in awkward positions?
3. Why are most coaches unsuccessful teaching the skill of dribbling?
4. What advantage is there in practicing dribbling in the full down position?
5. Why teach players to push off defenders when protecting the ball? Isn't this a foul?
6. Why must all cues in dribbling lessons be visual, not verbal?
7. Why do the dribbling drills focus on dribbling in the side and back positions?

8. Which dribbling topic is clearly less important than the others? Why?

## **Section 5 - Continuous Motion**

1. Why are continuous motion drills considered the most important part of practice? Why not just run?

2. Can suicide or kamakazi type sprint drills be considered continuous motion drills? Why or why not?

3. Give 2 or 3 real simple continuous motion drills not mentioned in this chapter?

4. Where would you look in this book for more continuous motion?

5. For the 3 major continuous motion drills in this chapter, detail the timing skills involved?

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

1. What drill is most important for teaching the opposite handed layup?

2. What is the problem with just practicing the right-handed layup on the right side, and just the left-handed layup on the left side?

3. Is the no-step layup only good for little kids?

4. What are the benefits of using 3 lines in a layup drill? What are some problems?

5. What are some problems using the regular layup drill?

6. Why do young players have so many problems with the regular layup drill?

7. Which layup drills in this section could be continuous motion drills?

8. What do we mean by pass-follow?

9. What is the *up* part of the layup?

10. What is floating underneath? What are some things a coach can do to prevent floating?

## **Section 7 - Shooting Technique**

1. Name the four components of shooting technique.

2. What is a nose shooter? How do you work with a nose shooter?

3. Why spend so much time on shooting technique when players need to practice real game shooting?
4. What is technique-du-jour?
5. Can you permanently improve shooting by practicing 100 shots per day from a particular spot?
6. What is the difference between practicing from 1 foot and 5 feet?
7. Why do some players have more difficulty shooting from one foot than from 5 feet?
8. What is the big advantage of fully extending on a shot?
9. What is the single most crucial part of shooting technique?
10. What is the easiest part of shooting technique to learn?
11. Should a player practice shooting technique drills with each hand? Explain.
12. What important shooting technique drills can be practiced without a court and ball? Without a court?

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

1. What is a jab step? A jab fake?
2. What is a short jab step used for? What is a very long jab step used for?
3. What is the difference between a jab fake and a pivot fake?
4. How do you teach the jump shot?
5. What makes a jump shot more difficult to make?
6. What is the difference between the regular hook and the jump hook?
7. When is the jump hook most useful?
8. Why do you need to teach a step hook with the hook?
9. What is the big advantage of shooting a hook with either hand?
10. Why is it critical to practice shots from the right, center, and left and also with each pivot foot?

**11.** If a pivot is involved with a shot explain how many moves need to be practiced?

**12.** Explain what is meant by the underneath hook shot.

## **Section 9 - Practice Shooting**

**1.** Is it easier to drive to the basket from a dribble or from a pivot?

**2.** What are the 4 basic drives?

**3.** If a player wants to practice driving with either hand, how many different types of drives must be practiced?

**4.** How do you avoid technique-du-jour?

**5.** What are some sensible ways to practice 3 point shots?

**6.** How can you tell when a shooter is out of his/her range?

**7.** Players should practice driving to the basket as quickly as possible. Explain why this is true or false.

**8.** How are the first and the last step of a drive different?

**9.** How can you tell when a player floats to the basket?

## **Section 10 - Pressure Shooting**

**1.** What is the purpose of pressure shooting?

**2.** Will pressure shooting practice help someone with severe technique problems?

**3.** Why not practice pressure shooting from a greater distance?

**4.** List four great defensive drills in this section and one problematic defensive drill.

**5.** List 3 things that the defense on the shooter must do so that the offense gets worthwhile practice.

**6.** Should you be concerned with shooting technique in these pressure shooting drills?

**7.** Which pressure shooting drills are great defensive drills as well?

**8.** Should you focus on both pressure shooting and defense in these drills?

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

1. Why are free throws different than regular game shots?
2. What 2 big mistakes reduce college and pro free throw shooting percentage?
3. What is a big practice mistake that often makes players shoot worse from the free throw line?
4. What are the 4 cues for free throw shooting?
5. Why are these cues important?
6. What free throw practice dilemma do coaches run into with young and small players?
7. Why shoot only 2 free throws at a time?

## **Section 12 - Passing**

1. Why is it important to pass with the wrists?
2. What is so problematic about chest passes?
3. A player controls the pass with the what?
4. Why are side passes so difficult?
5. What's a back pass? When would you use it?
6. How close to the catcher does a bounce pass bounce?
7. When is the baseball pass most important?
8. What is an effective method to teach players to throw a long baseball pass?
9. What is the main type of pass used in a half-court offense?
10. What type of passes are best used on the periphery of an half-court offense?
11. What passes are best used for inside passes? Explain.

## **Section 13 - Catch Cut**

1. Why do even college players have trouble with the skill of catching?
2. What does catch-one-two mean?
3. Is it important for players to be able to catch off either pivot foot? Explain.

4. How is a flash different from a regular catch?
5. When is a flash most used?
6. What do we mean by pass follow in a drill?
7. Why do many good passes in a game get stolen by the defense?

## **Section 14 - TLC Skills**

1. What does TLC stand for?
2. Explain how the three TLC skills are related?
3. Which TLC skills comes first in use, second, third?
4. By far, what is the most difficult TLC skill to master?
5. Before each cut in a game and in practice what must each player do?
6. Name 4 fakes used before cutting.
7. What is a pass response fake?
8. What are some ways players communicate with each other?

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

1. What is the most difficult part of rebounding?
2. Is great jumping ability needed for rebounding? Explain.
3. What is the rebound ready position? How is it different from defensive position?
4. What is the key to boxing out?
5. Is it easier for the offense or defense to box out? Explain.
6. What are the 2 steps in boxing out?

## **Section 16 - Screening**

1. What is the optimum direction to set a screen? Why?
2. The feet of a screen must not move. Comment on this.
3. How does a cutter set up the defense for a screen?
4. Can the elbows of a screen be extended outward? Explain
5. Is there an optimum way to defend the screen?
6. What does each way of the defending the screen

have in common?

**7.** What does beating the screen mean? When would the defense try to do this?

**8.** On a slide through, what is the job of the defender on the screen?

**9.** Who decides to switch coverage in a screening situation?

**10.** What forms the trap on a switch trap?

**11.** Should you teach screening to younger players? Explain.

## **Section 17 - Defense Basics**

**1.** Why is defensive movement important?

**2.** What are the two ways to move on defense?

**3.** Why is defensive sliding problematic?

**4.** Describe defensive body position?

**5.** On defense does it make a difference how far feet are apart when stationary or the length of the stride when running? Explain.

**6.** Explain how each would effect defense: a long running stride; a bent back; straight knees.

**7.** Beside movement what is needed for good defense?

**8.** The Move Feet Drills, for the most part, all work on what type of movement?

**9.** In general what is defensive forcing?

**10.** When do players use the forcing technique?

**11.** Why use 3 yards rather than 1 or 5 as a distance for most forcing drills?

**12.** Learning defensive movement is like learning what kind of steps?

**13.** If players have a problem moving their feet on defense, what are they more likely to do?

**14.** Are the arms important in defensive position? Explain the optimal arm position.

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

**1.** What is the main technique used to cover off-ball players?

2. Where must all off-ball players look?
3. Why is overplaying so difficult?
4. How does an overplayer stay with the offense?
5. Describe the overplay position.
6. Why do you want to stay at least a foot away when overplaying a post player?
7. What is the two-step move for post defenders? Is the two step move needed? Why not use 3 or 4 or 5 steps?
8. What is the point of the No-See Defense?
9. What is the strong side of the court? Is it really a side?
10. What is the weak side of the court?
11. How do weak-side players play differently than strong-side players?(2 ways)
12. What special technique must weak side low-post defenders use?
13. What are the similarities between on-ball and off-ball play?
14. What does slough off mean?
15. Explain what *opening up to the ball* on defense means?

## **Section 19 - Defensive Situations**

1. Describe the position of the arms of a defender on the shooter?
2. What are the general rules for forcing on a driver?
3. On a two on one brake, what should the one do?
4. What does 'catchup' mean when an offensive player is driving in for a layup?
5. What does trapping mean?
6. How do you trap a dribbler?
7. Why is it important to dribble as little as possible on offense?
8. Why do you want to ban dribbling in most practice drills?
9. What is fronting?
10. In what situation is fronting most effective?

## **Section 20 - Team Situations**

1. Give two reasons why you want to use a defensive type center jump.
2. What are 3 tips for the center jump jumper?
3. How many times can the jumper tap the ball?
4. What does the word transition mean?
5. Name 3 transition situations.
6. What does taking the shooter mean on the free throw line?
7. Inside players on the line always do what first?
8. When can players in the free throw setup move?
9. Can an inbounder move the pivot foot or walk?
10. What are the 4 cut directions for players in the box or any other inbounding situation?
11. What are several ways to defend the inbound pass?
12. Should the defense on the inbounder stand right in front? Explain.
13. What is the most difficult part of inbound play?
14. What must each cutter do before cutting?

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

1. On what does the success of a person-to-person defense depend?
2. What does helping out mean?
3. Name 5 zones.
4. What does the designation mean?
5. Give 3 different ways to play any zone.
6. Why are zones more difficult to play (properly) than person-to-person?
7. Explain why zones and person-to-person defenses often look alike?
8. Is there helping out in a zone?
9. What is the boxing out responsibility in a zone?

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

1. How do the three simple plays differ?

2. What is the main reason for practicing these plays?
3. What advantages are there in performing these plays with 3 players instead of 5?
4. Name 3 important skills or 3 big mistakes that players will make while running the transition part of the plays?
5. Why are offensive patterns more beneficial to run than plays?
6. Why advantages are there in using 5 players rather than 3?
7. Why is it more beneficial for players to run plays and patterns slowly?
8. What is the all-around pattern?
9. Give 10 ways to modify the basic all-around pattern.
10. Why is it problematic to run a defense against any play or pattern?
11. What is the objective for the offense? What must players do to achieve this objective?

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

1. What are 3 keys for offensive players against a full court press?
2. What must defenders do to make a trap most effective?
3. What must defenders do during a press to prevent the offense from an easy score?
4. What is the purpose of a half-court or full-court press?