

The Skills:

“Guys don’t rise to the occasion; they sink to the level of their habits.”

*Shooting is the most important skill in basketball

Fantastic 5-Pivot, pass, shoot, dribble and guard your man

Young age guys focus on ball handling, finishing and footwork

Points of emphasis as guys progress-footwork, positioning, how to use their body, dribble with head up, shooting, moving without the ball, spacing, finishing.

Want players who can:

- handle the ball
- finish with both hands
- defend their man
- shoot off pass and dribble
- pass off the dribble
- always play hard
- embody PIRATE intangibles

*We want to do fundamental things quicker and more efficiently and that takes time.

Questions to consider:

Skills:

Can you: finish off both feet? Pass and dribble with both hands? Can you contain penetration? Can you handle pressure and get to your spot?

Intangibles:

Can you handle losing? Are you coachable? Do you care more about winning or your stats? Are you a guy that others want to play with? Lose with? How is your verbal and non verbal communication?

Basketball IQ:

Understanding of spacing, where you and others need to be. How are you developing your decision making? What is your ability to make fast decisions with and without the ball?

Do you understand spacing?

Do you know how to create, maintain and prevent an advantage

Do you know the difference between bad, average, good and great shots? How might that change based on development? Personnel?

Ball handling considerations: ball placement, ball and body working together. Connection of ball and body together.

Shooting considerations: It is the most important skill in basketball. Push through shoulder, dynamic form shooting. Situational, technique/form and volume=great shooters. Great shooters have a short term memory and play with confidence.

So, as a result, have kids who can handle and shoot, want to attack, play and train hard, and have a strong desire for competition.

Youth Introductory Level

Ages 3-9

Shooting

- shooting U
- follow through
- feet placement

Footwork

- Pivoting (front and reverse)
- Jump stop
- layups
- jump shots

Passing

- chest pass
- bounce pass
- talk

Dribbling

- Dribble with both hands, eyes up
- Dribble low, dribble high
- Stationary dribbling

Crossover

Rebounding

- being aggressive

Defense

- 1 on 1 defense

*Learn to talk, basketball language

Introduction to team concepts/principles

Group skill competitions

Focus on 3 on 3 over 5 on 5

Make it fun!

Players should understand basketball:

is fun

is about being a part of a team

basics of shooting, passing, and dribbling

1 we should teach the game with movement

2 we should teach the game before we teach plays

3 we should teach offense based on catch and shoot or catch and go rather than triple threat

Fundamentals will give you enough variability to be an athlete and not a robot.

Fun is the emphasis, basic skills

Drills

War

Angled 1 on 1

Partner passing

Jump Stop Passing

Give and go with coach

Ball tag

Mass rebounding

Youth Foundational Level

Ages 8-13

70:30 training to competition ratio

3 on 3 and 5 on 5

Moving without the ball

-setting and reading screens

-ball and away cuts

-back door cuts

-give and go

-v cuts

-setting man up

Ball fakes

-shot, head and pass fake

Passing

-both hands

Footwork

-jab step

-ripping through

- pivots

-jump stop with power move

Rebounding

-boxing out

-close outs

Defense

-helpside defense

Post Play

-getting position

-sealing defender

-giving a target

- drop step
- up and under
- jump hook
- face up and go

Get the ball in kids hands, reps, foundational blocks with competition

Drills

Passing

- 4 corner passing
- 4 corner jump stop passing
- Nash one handed rapid passing
- Kill spot passing

Defense

- Shell drill
- Diamond Drill

Movement

- Drive and kick
- 3 on 0
- 2 cone continuous pass and cut series
- Drive and drift

Shooting

- around the horn
- partner shooting
- Around the cone with trailing defender to shoot off dribble
- Elbow shooting

Dribbling

- 2 ball
- dribble relay

Competition/Miscellaneous

- Cut throat 3 on 3 or 4 on 4
- Dematha/Fiba 1 on 1
- Continuous 3 on 2
- Full Court Piston, Pitch and Fire
- War
- 1 on 1, 2on 2, 4 on 4 progression
- Shell series
- 3 man series-ucla cuts, flex cuts, stagger screen series
- 4 on 3 context

Players should be able to:

- pass, shoot and finish off of a jump stop
- pass, shoot and finish while moving

Understand the basic principles of man to man defense

Pass and cut, pass and screen away

Shoot off the dribble and pass efficiently

Own their space with pivoting

Utilize a pass and shot fake appropriately

Utilize change of speed and direction

Advanced Level

Ages 12-17

60:40 training to competition ratio

More emphasis on understanding and applying the team concepts, principles cohesively

Players are thinking the game, anticipating and knowing what they're going to do before they catch the ball

More adept at reading screens, setting guys up

Teach players to make quick decisions, the game is not played statically - anticipate shot, move or pass before you catch to turn small advantage to big advantage

Get kids thinking the game, moving well without ball.

Ball screens

Slipping screens

Dribble hand off

Motion offense

Movement off dribble penetration

Understand spacing

Understand roles

Understand these actions:: *Ball screen

- DHO

- "Get"

- Dribble at back door

- Ghost screen

- Pin downs & flares

- Floppy

- Chin

Shooting: Kazan form shooting series

-Partner shooting: Moving away and toward basket off dribble and catch

Reactive moves: Double and single

Drills:

Dribbling

-Super 6

-Maravich

Rebounding

-Serbian Closeouts

Shooting

- Partner 5 person string shooting drill
- Partner shooting with a close out

Open Court Finishing

- Extension layup
- Layup
- Reverse
- Inside out
- Cross over

Perfect square

- In and out
- Between legs
- Pull back
- Spin

Players should be able to:

Pass, dribble and finish with both hands

Play off both feet

Understand spacing, how read and react to screens

Communicate well

Understand positioning, helpside and on ball defense

Coordinate pivoting, shot and pass fakes efficiently

Offense:

Pass and screen away

- pass and cut to basket
- screen and roll
- post screen across
- flash to the ball
- spacing
- movement
- quick passes
- keep it simple

Defense

On Ball:

- defensive stance
- force dribbler to outside
- arm out with trailing hand down to prevent crossover

Off ball:

- form triangle between you, your man and ball
- hand and foot nearest ball is in passing lane
- see man and see ball

-weakside teammate keeps foot in paint

Help and recover

-slide up towards ball-maintain triangle

-if teammate gets beat-slide help until tamates recovers and then you get back

-back side rotation to help the helper

Team Concepts

Offense: Pace, poise, and penetration

Offensive Principles:

4 Principles

Disorganized the defense

Offense is spacing and the spacing is offense

An offensive player is most open when first receiving pass

The dribble is not an end

- ball finds hot hand
- Don't let the ball stick

Creating the advantage and exploiting the advantage

Offensive goal is to exploit small advantage to create a big advantage

Can't have poor spacing, holding the ball, and wasted dribbles

It's not the offensive system that makes the offense great

-its the understanding of details and nuances of the offensive system rom both coaches and players

-do the players and coaches appreciate the nuances of what we run?

Playing fast doesn't mean having great athletes it means having guys who have the ability to make fast decisions

-decisions made before they catch the ball

-Fast decision makers, 1 second to make a decision with the ball!

-Don't be a robot

-Perception

-Decision

-Execution

-Are we challenging our guys to make decisions in competitive environments?

Ultimately great players make the offense work who understand reads, cuts, spacing and make good decisions with and without the basketball.

-are our players instinctive and making good reads?

-do they have the skills required to compete at a high level?

*We will always be limited by the ability of our players. Year round skill development has to be the foundation of any successful program. Make better players not better plays
We don't have the luxury of guys forfeiting their skills throughout the season
Push the edge with player development
*All 5 guys who can dribble, shoot and finish, who have good footwork

On offense we need:

- 1) Spacing
- 2) Ball movement
- 3) Player Movement/ The ability to know how to get open.

What drills and offensive system will encourage these?

3 best ways to score efficiently and what we must defend

- 1) Lay ups
- 2) Free throws
- 3) Uncontested 3s

6 point offensive checklist

- 1) Transition
- 2) Spacing
- 3) In built ball reversal
- 4) Opportunity for dribble penetration
- 5) Opportunity for shooters
- 6) Opportunity for post player

Defensive principles:

Stay between ball and man

Work like a glove, all fingers working together

Force ball

Questions to consider:

How do we want to play?

-style and points of emphasis

What is good offense for us? This needs to be extremely clear to you and your players

-Why are we going to run it?

Within offense are we setting up individual guys for success, wins on each possession?

What are our non-negotiables?

-What will every practice include?

How will we puncture the middle and disorganize the defense?

-Dribble penetration, cuts, screens, post touch?

How do we create space?

What are great shots for us?

-for the individual players and team
Where do we go when the ball is driven?
-how do you get to your spot?
Are our players' minds free to make plays?
Is our offense peaking at the end of the year?

Drills:

* need to be logical, habitual and progressive

Questions to consider: Do they fit? Does it translate to a game or just make you feel good that it was done well?

Are we teaching concepts within how we want to play? Are our drills multifaceted? For example, is every dribbling drill a footwork drill?

Offseason: players have freedom to pick what they want to do and get better at while consulting coach

What's holding you back? Barriers?

Be great at what you're good at!

Identify what specific players need to work on most.

Youth Basketball Practice Plan:

[https://www.breakthroughbasketball.com/coaching/youth-planning-success.html?utm_medium=email&utm_source=Newsletter&utm_campaign=Newsletter-12-3-21-Practice/PearsonsLaw\(JJ1A,JJ1B\)&utm_campaignid=1406165585&utm_customerid=974972](https://www.breakthroughbasketball.com/coaching/youth-planning-success.html?utm_medium=email&utm_source=Newsletter&utm_campaign=Newsletter-12-3-21-Practice/PearsonsLaw(JJ1A,JJ1B)&utm_campaignid=1406165585&utm_customerid=974972)

Youth Basketball Suggestions:

<https://www.breakthroughbasketball.com/haefner/what-we-did-with-our-4th-grade-youth-basketball-team-offense-defense-skills-and-more/>

5 out motion offense

<https://www.basketballforcoaches.com/5-out-motion-offense/>

3 things offense needs

We need spacing, ball movement and know how to get open (screens and cutting):
Spacing, how to create and maintain an advantage and what is a good about

<https://www.breakthroughbasketball.com/offense/3-every-youth.html>