

## CLOCKWORK

### EQUIPMENT

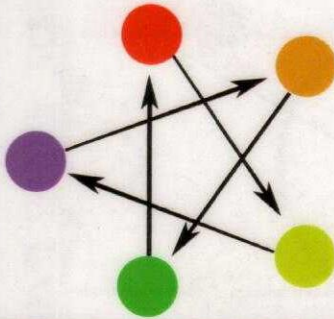
One ball to every five players

### SET UP

Have five players form a circle with one player inside the circle.

### THE ACTION

Have the players pass the ball around the circle. Have players work on pass fakes, chest passes, and bounce passes. Once they are completing and bounce passes at a high rate, add a defender to the middle of the circle. If the defender intercepts the ball they will switch positions with the player who threw the pass.



## LAY UP LINES

### EQUIPMENT

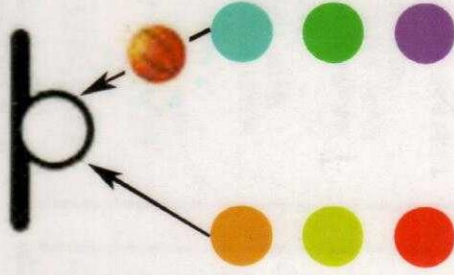
Balls for half of your team and a basket

### SET UP

Have your team split into two equal lines at the elbows. Each player on the right-side line will have a ball.

### THE ACTION

The player with the ball will drive to the basket and complete a lay up, while the other player will trail from the opposite side and get the rebound. Each player will switch lines (the rebounder will keep the ball) and the next pair will go.



## DEFENSIVE SLIDES

### EQUIPMENT

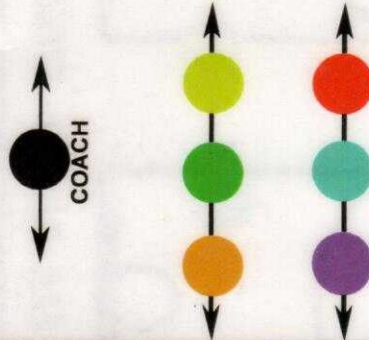
None required

### SET UP

Have players line up in rows of 3 or 4 looking at the coach

### THE ACTION

Have the players get into a proper defensive stance. When the coach points to the left, the team slides left, when they point to the right, the team slides right. If he motions forward the team slides forward, if he motions backward, the team slides backward.



## DRIBBLE TAG

### EQUIPMENT

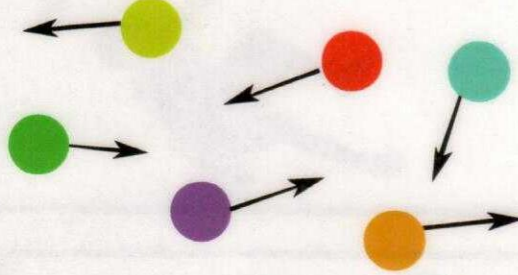
One ball per player

### SET UP

Have the players group together in an enclosed area of the court, it could be the three point area or the foul area depending on the number of players.

### THE ACTION

Players will maintain and control their dribble inside the enclosed area. At the same time, they will try to knock the ball away from the other players. A player is eliminated from the game if they: lose their ball, double dribble, step out of the area or stop their dribble. As the group gets smaller, the playing area can be reduced.



# KEY COACHING POINTS

## OFFENSIVE TRIPLE THREAT POSITION



- AFTER YOU HAVE RECEIVED THE PASS, BRING THE BALL DOWN TO YOUR HIP AND FACE THE DEFENDER
- STAND WITH YOUR FEET SHOULDER WIDTH APART, KNEES BENT, AND IN A SLIGHT CROUCH
- GRASP THE BALL WITH YOUR WEAK HAND ON THE SIDE OF THE BALL AND YOUR STRONG HAND ON TOP
- BEND BOTH ELBOWS SO THEY ARE APPROXIMATELY AT RIGHT ANGLES
- ONCE YOU ARE IN POSITION YOU CAN PASS THE BALL TO A TEAMMATE, DRIBBLE AROUND THE DEFENDER, OR SHOOT THE BALL

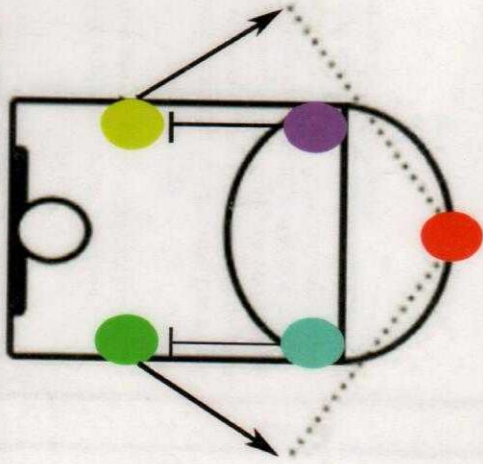
## DEFENSIVE READY POSITION



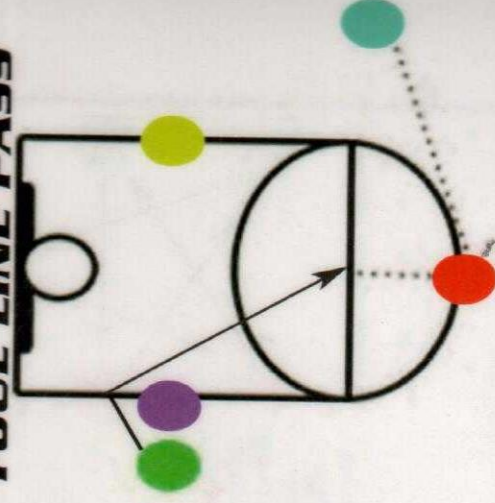
- YOUR FEET SHOULD BE SHOULDER WIDTH APART
- KNEES SLIGHTLY BENT, A LITTLE UNDER 90 DEGREES
- YOU MUST BE ON THE BALLS OF YOUR FEET
- YOUR BACK SHOULD BE STRAIGHT WITH YOUR HEAD UP AND CENTERED OVER YOUR BODY
- AND MOST IMPORTANTLY, KEEP YOUR HANDS UP AND ARMS OUT

# OFFENSIVE STRATEGIES

## SCREEN DOWN

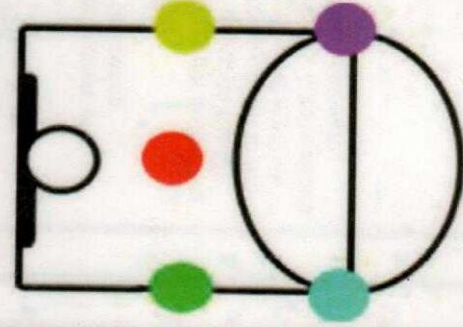


## FOUL LINE PASS

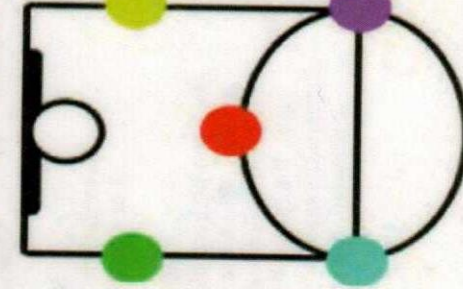


# DEFENSIVE STRATEGIES

## 2-3 ZONE



## 2-1-2 ZONE



## MAN TO MAN

