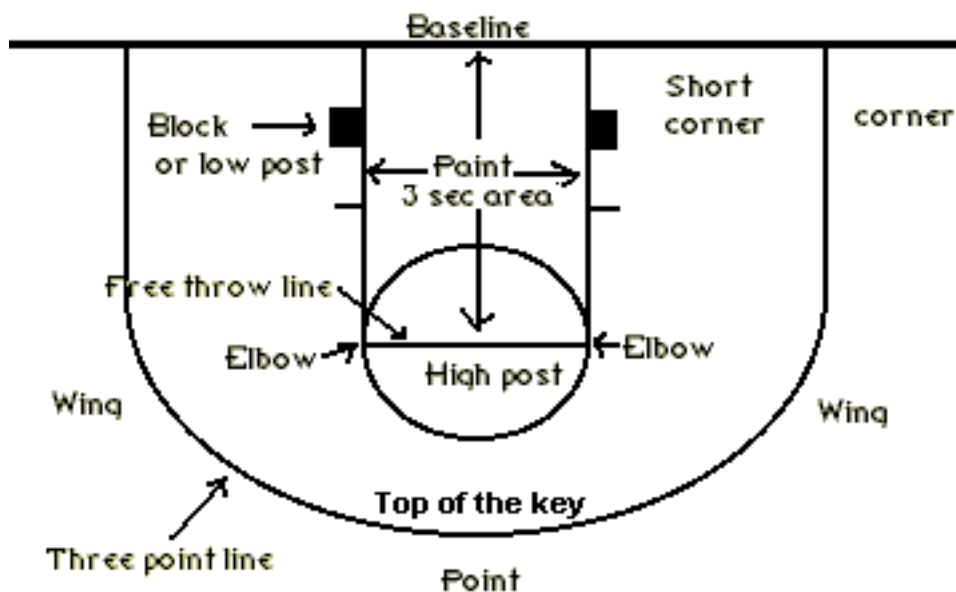


Fundamentals 101 - Don't Assume Anything

Please prioritize - Fundamentals I - IV should be taught week 1 and continued and built upon throughout the season.

- I. Explain the court to your players and use language consistency - don't assume anything. Go over the below at the first practice:



picture from <http://www.coachesclipboard.net/BasketballTerminology.html>

- II. Dribbling low and hard with pads of fingers

- A. Right handed then left handed - start with stationary dribble then walking then running then get creative.

<https://www.youtube.com/watch?v=y9co2GbNZCY>

Your players are working toward being able to do these drills, please have fun and patience! In some cases the balls are bigger than your payers legs, modify the drills in the beginning and never stop challenging your athletes!

- B. Chair Charging

- C. Jump Stop

III. Defense

- A. Defensive Stance – stay low, palms up, stay on your toes
- B. Positioning – stay between player and the basket; see the ball; know where the basket is; play 'off' when ball is far from the hoop
- C. Defensive slides – side to side/ zig zag drill
- D. Fast feet with directional changes

<https://www.breakthroughbasketball.com/drills/basketballdrills.html>

IV. Passing

- A. Partner Passing
- B. Chest, Bounce and Overhead
- C. Pivot/Pass

V. Shooting

A. Shooting Form - have kids lay on floor and shoot into the air. Shoot with good form against a wall at practice. Be mindful of the players hands. Improvement is improvement.

1. Stance
2. Motion
3. Holding the ball
4. Shooting Pocket
5. Elbow

6. Follow Through <http://www.balldontstop.com/proper-basketball-shooting-form-mechanics/>

B. Jump Shots

<https://www.youtube.com/watch?v=BkQkxJFZr2M>

Holding the ball

C. Layups - both hands - in practice please encourage players to shoot left handed when on lift of basket.

VI. Triple Threat

A. Teach proper body stance

1. Feet spacing: Make sure each player has their feet spaced far enough apart so they are in an athletic position. When players get their feet too close together they tend to get off balance easy and are much easier to defend. They also are too straight-up.

2. Bend the knees: Make sure the player is low to the ground with knees bent. Whether you shoot, pass or dribble your knees are going to need to be bent so getting in this position before you decide what you are going to do is key.

3. Head up: Always keep your head up and focused on the basket and what is going on around you.

4. Ball position: The ball must be protected correctly. This means that it should never be too low or too high. Nobody will think that you're going to shoot the ball if you are standing straight-up with straight knees and the ball over your head. You certainly won't be considered a threat.

5. Use correct pivot foot: How often do we see players who don't know which pivot foot can be used. If I'm a right handed player then I want to have my left foot as my pivot foot. That way I can drive, shoot or pass all using my dominant hand. It doesn't mean you have to dribble or drive to the right always, it means you have your feet set up correctly so that if you need to shoot the ball it will feel natural. Once the kids have that part down without the ball then throw the ball into play. Don't worry about doing anything but making sure they get the positioning right and that they understand why they are doing it. This is a fundamental they will use throughout their entire basketball career so it is key they get it right when they are younger." <http://www.hoopskills.com/teaching-triple-threat-position>

VII. Pivot - <http://www.howtocoachyouthbasketball.com/pivoting.html>

VIII. Inbound Play - teach 1 or 2 SIMPLE plays to inbound the ball

IX. Coaching - Running Basketball Drills the Right Way - Keeping it fun doesn't mean letting players develop bad habits. Fun fast paced drills can keep practice fun! See the below links for ideas on what your team needs.

<http://www.basketballforcoaches.com/improve-youth-basketball/>

<https://www.breakthroughbasketball.com/fundamentals/ballhandling.html>

<http://www.coachesclipboard.net/images/>

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As players/teams progress or at least by 4th grade, we need to teach the following:

I. Screens on and off ball

II. Box out

III. Fast Break (3 on 2 drills)

IV. Offensive Rotation