



TWO RIDGES BASKETBALL LEAGUE - PRACTICE RESOURCES



Dynamic Flexibility

LEVEL 1 MANUAL





DYNAMIC FLEXIBILITY LEVEL 1 MANUAL

Included in This Manual

- Introduction to Flexibility Training
- Benefits of Flexibility Training
- Overview of Dynamic Stretching
- Over 10 Exercises with Detailed Pictures/ Descriptions
- Intended for Beginner to Intermediate Athletes

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Introduction

In this Flexibility Training manual, you will learn the information and exercises necessary to increase the flexibility of any individual, no matter what age or fitness level. Our management team has been training athletes as well as the general populace since 1995, and we are proud to share our expertise with you! By implementing these techniques, you will be able to improve range of motion, reduce the risk of injury, and improve performance! Our research and experience has lead to the development of this manual, and we are positive that this information will be of great value to anyone hoping to achieve their fitness goals. While it is important to train hard for maximum results, it is even more vital to TRAIN SMART! Flexibility training is an often overlooked component of a proper fitness program. Our research and exercise lists will teach every client how to use the correct methods of training at the right time for the most effective results possible.

Methods of Stretching

Five of the most common forms of stretching are:

- Ballistic
- Active
- Static/ Passive
- Dynamic
- PNF

In this manual, **Ballistic** and **Active** stretching will not be covered in detail due to lack of benefit to clients. **Ballistic** stretching involves using momentum to force the body or limbs beyond their normal range of motion. This is achieved with a “bouncing” motion. This form of stretching is rarely used, as it is seen as not beneficial and can lead to injury. **Active** stretching involves holding a stretch using only the agonist muscle. For example, a hamstring stretch would be held using only the tightening of the quadricep muscle. This method of stretching is also rarely used, as it is very difficult to reach full range of motion and to hold this method of stretching for more than 10 seconds.

Benefits of Stretching

- Reduced Muscle Soreness
- Decrease Risk of Injury
- Improved Posture
- Reduced Low Back Pain
- Increased Blood and Nutrients To Tissue
- Improved Muscle Coordination



Dynamic Flexibility: Overview

Definition:

The Ability to be able to perform kinetic movements of the muscles to bring a limb/limbs through its full range of motion (ROM).

Purpose:

- Elevate Core Body Temperature
- Enhance Motor Unit Excitability
- STRETCH AND WARM UP AT THE SAME TIME!

Benefits:

- Increase Temperature of Muscles
- Increase Blood Flow and Oxygen to Muscles
- Increase Speed of Nerve Impulses
- Increase Range of Motion at Joints
- Improve Performance
- Prepares Body to Move in All Directions
- Reduce the Risk of Injury

Research:

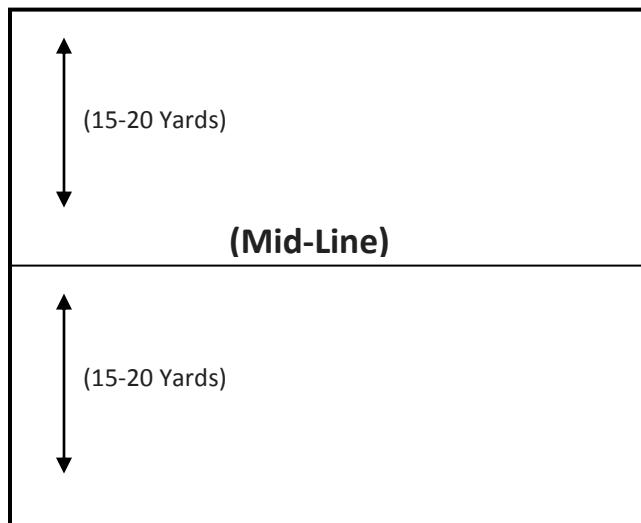
- People are Most Flexible Between 2:30 and 4:00pm
- **Recent Data** (Low Intensity Aerobic Exercise & Static Stretch vs. Dynamic Warm-up)
 - VJ ↑ by 6.5%,
 - Long Jump ↑ by 1.9%
 - Shuttle Run ↓ by 2.6%

Uses:

A dynamic flexibility routine should be used PRIOR to a workout as a warm-up for the body. After dynamic stretching, you are prepared for any movement that a workout or competition can offer.



Dynamic Flexibility: Setup



Stretches:

- Walk on Balls of Feet
- Walk on Heels
- Ankle Flips
- High Knees
- Butt Kicks
- Frankenstein Walks
- Side Shuffle/Fast Shuffle
- Carioca
- Carioca with High Knee
- Backpedal
- Sprint



Dynamic

Walk on Ball of Feet



- Walk slow on the balls of your feet
- Stay as high as possible as you walk forward
- Flip to "Walk on Heels" at mid

Dynamic

Walk on Heels



- Walk slow on your heels with toes pointed up
- Try and pull toes to shin throughout the exercise



Dynamic

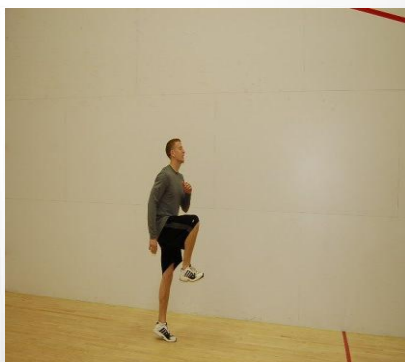
Ankle Flips



- Walk Slow
- Pull Toe to Shin and SLAM to Ground
- Stay on Toes
- Add Skip @ Mid

Dynamic

High Knees



- Walk Slow
- Pull Toe to Shin When Knee in Air
- Thigh Goes to Parallel
- Use Arms!
- Add Skip @ Mid



DYNAMIC FLEXIBILITY LEVEL 1 MANUAL

Dynamic

Butt Kicks



- Walk Slow
- Pull Toe to Shin in Air
- Stay on Toes
- Use Arms!
- Move Legs Faster @ Mid

Dynamic

Frankenstein Walks



- Walk Slow
- Pull Toe to Shin in Air
- Keep Leg Straight in Air
- Kick Only As High As You Can!
- Use Arms!
- Add Skip @ Mid



DYNAMIC FLEXIBILITY LEVEL 1 MANUAL

Dynamic

Slow Shuffle



- Shuffle Slow
- Reach With Outside Leg
- Push Off Inside Leg
- Stay on Toes
- Switch Directions @ Mid

Dynamic

Fast Shuffle



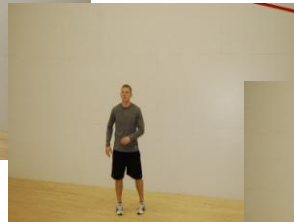
- Shuffle Fast
- Reach With Outside Leg
- Push Off Inside Leg
- Stay on Toes
- Switch Directions @ Mid



DYNAMIC FLEXIBILITY LEVEL 1 MANUAL

Dynamic

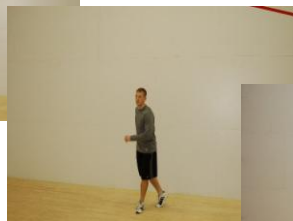
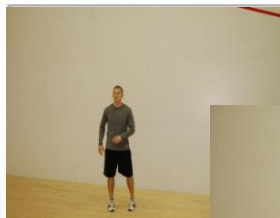
Carioca



- Slow and Controlled
- Keep Shoulders Square
- Twist at Waist and Hips
- Stay on Toes
- Switch Directions @ Mid

Dynamic

High Knee Carioca



- Same Rhythm as Carioca
- Add High Knee at Front Cross-Step
- Stay on Toes
- Switch Directions @ Mid



DYNAMIC FLEXIBILITY LEVEL 1 MANUAL

Dynamic

Backpedal



- Slow and Controlled
- Shoulders Square and Over Toes
- Use Arms!
- Stay on Toes
- Switch to Jog @ Mid
- Repeat 3X
- Each Time Moving Faster

Dynamic

Sprint



- Proper Form & Technique
- Head Up/ Shoulders Square
- Stay on Toes
- Start at 50% Speed
- Repeat 3X
- Each Time Moving Faster



Flexibility References

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- Fredrick, G.A., & Szymanski, D.J. (2001). Baseball (part I): dynamic flexibility. *Strength & Conditioning Journal*, 23(1), 21-30.
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- Archives of Physical Medicine and Rehabilitation Vol. 77 pp. 1139-1143 (1996)
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TWO RIDGES BASKETBALL LEAGUE - PRACTICE RESOURCES



Ball Handling MANUAL





T2RBL

Practice Drills Manual – Ball Handling

Included in This Manual

- *Introduction to Ball Handling*
- *Points of Emphasis for Ball Handling Drills*
- *4 Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

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Introduction

Ball Handling drills are a great starting point for any basketball player looking to improve their game. Being able to control the ball through basic and eventually advanced movements is important in developing dribbling and passing skills. Just be sure to remind your athletes to **START SLOW** and build speed through all drills as they get more comfortable. Our goal for them is to keep practicing these drills even outside of practice and keep becoming more efficient and comfortable with every exercise.

While many of these drills are simple enough to be performed at home by your players, their importance should not be underestimated. College and NBA players still perform ball handling drills to improve their ability to create open shot and pass opportunities, and your players will see a big difference in their games as well if they work hard.

Main Points/ Cues for Ball Handling Drills:

1. Spread the fingers out to allow for a wider grip on the ball which will give you more control
2. Fingers should be slightly bent to keep the palm of the hand from slapping the ball
3. Keep the head up to allow for vision in all directions



Crossover Ball Toss

Recommended Sets and Reps:

- Perform 3 sets of 30 seconds for each progression
**Can be modified based on time and skill level of athletes*

Description:

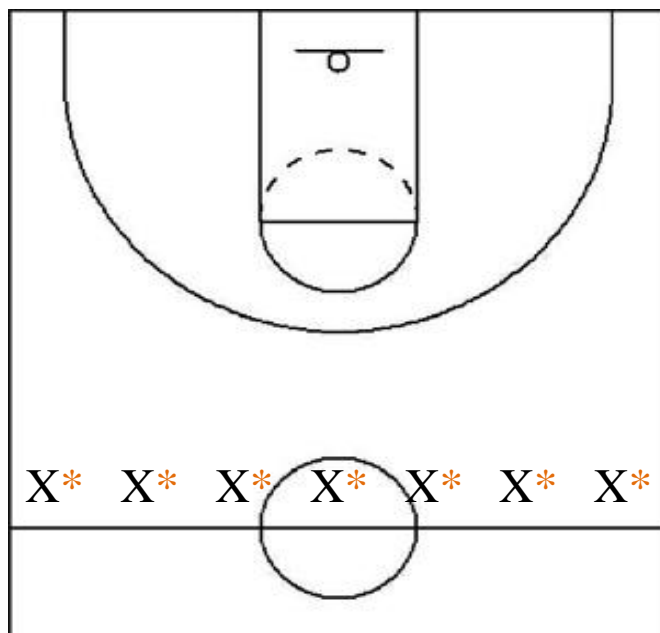
- Hold the ball in one hand and toss across the body to the other hand.
- Repeat to the opposite hand quickly as possible.

Drill Set-Up:

- Have athletes stand in a line at half-court or baseline.
- Make sure they keep proper spacing!

X = Athlete

*** = Basketball**



DYNAMIC: BALL HANDLING



PROGRESSIONS:

1. Slow Pace (Controlled)
2. Fast Pace
3. Lightning Speed Competition*
**See which player can get the most touches in 1 minute!*
4. Standing on 1 Foot
5. Add Walking

Around The Leg

Recommended Sets and Reps:

- Perform 3 sets of 30 seconds each leg
- *Can be modified based on time and skill level of athletes*

Description:

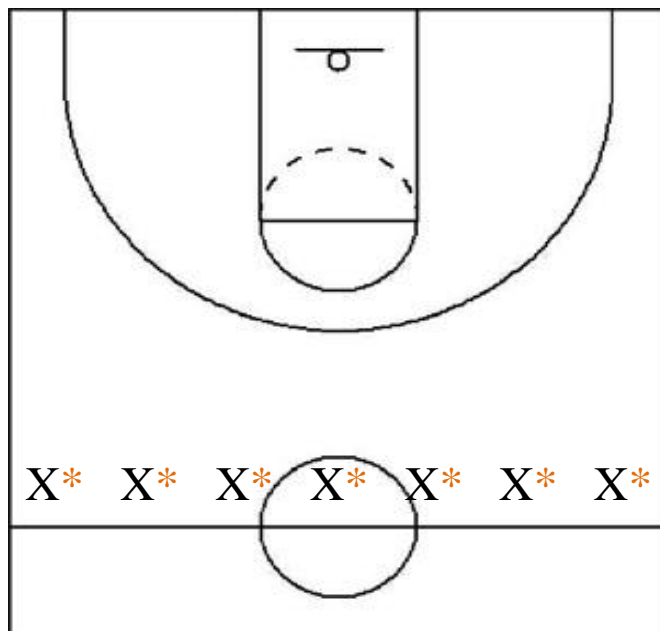
- 1). Feet should be wider than shoulder width apart.
- 2). Hold the ball in one hand.
- 3). Take the ball around one leg and hand off to the other hand.
- 4). Repeat in a circular motion around the same leg.

Drill Set-Up:

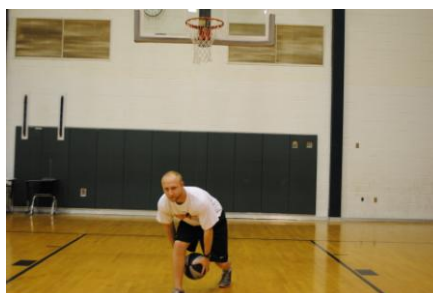
- Have athletes stand in a line at half-court or baseline.
- Make sure they keep proper spacing!

X = Athlete

*** = Basketball**



DYNAMIC: BALL HANDLING



PROGRESSIONS:

1. Slow Pace
2. Fast Pace
3. Lightning Speed Competition*
*See which player can pass the ball around their leg the most times in 1 minute!
4. Eyes Closed

Around The Waist

Recommended Sets and Reps:

- Perform 3 sets of 30 seconds each direction
- *Can be modified based on time and skill level of athletes*

Description:

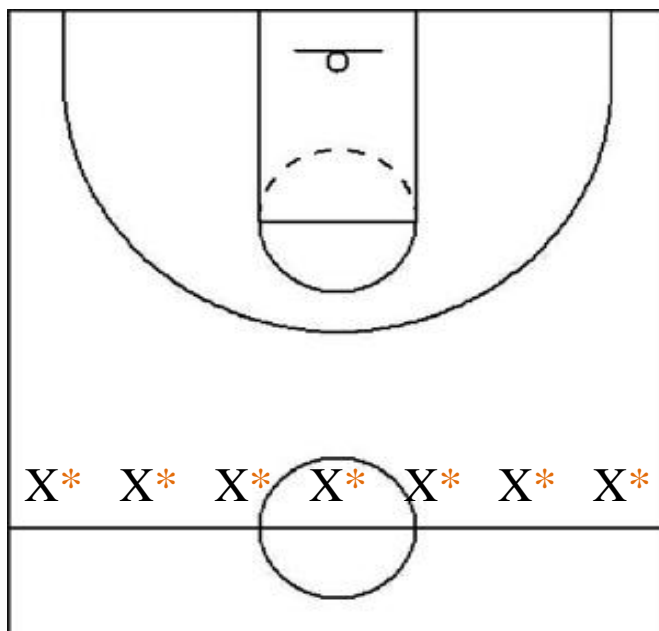
- 1). Hold the ball in one hand.
- 2). Take it around the waist and hand off to the other hand.
- 3). Repeat in a circular motion around the body as quickly as possible.

Drill Set-Up:

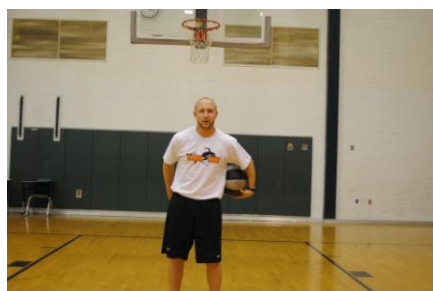
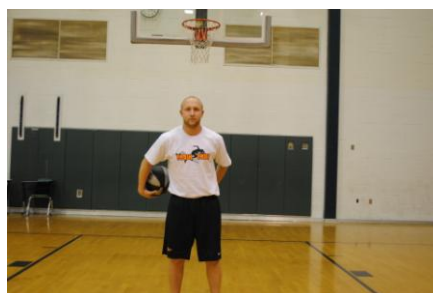
- Have athletes stand in a line at half-court or baseline.
- Make sure they keep proper spacing!

X = Athlete

*** = Basketball**



DYNAMIC: BALL HANDLING



PROGRESSIONS:

1. Slow Pace
2. Fast Pace
3. Lightning Speed Competition*
**See which player can pass the ball around their waist the most times in 1 minute!*
4. Standing on 1 Foot
5. Add Walking

Figure 8

Recommended Sets and Reps:

- Perform 3 sets of 30 seconds each direction
**Can be modified based on time and skill level of athletes*

Description:

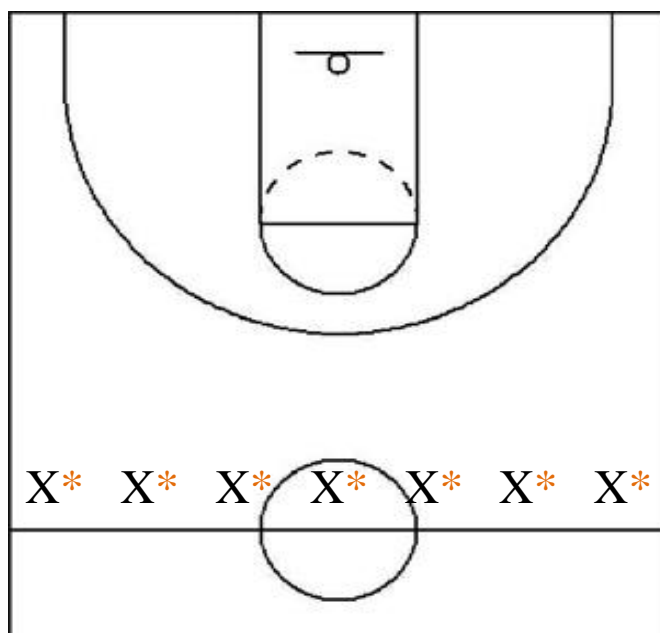
- 1). Feet should be wider than shoulder width apart.
- 2). Hold the ball in one hand.
- 3). Take the ball around one leg and hand off to the other hand.
- 4). Repeat the movement around the opposite leg to complete the figure 8 motion.

Drill Set-Up:

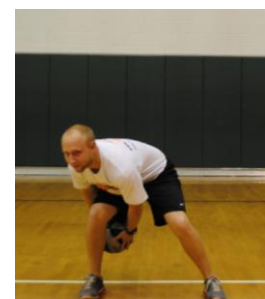
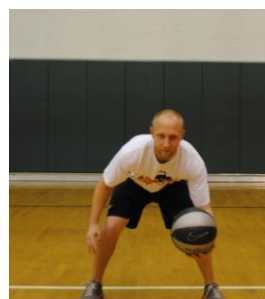
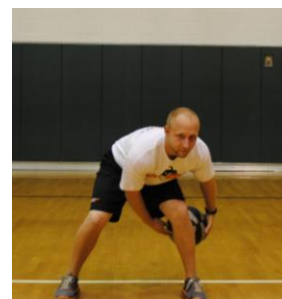
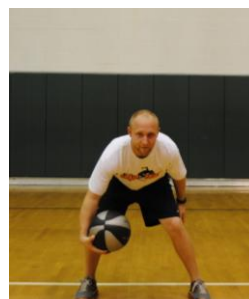
- Have athletes stand in a line at half-court or baseline.
- Make sure they keep proper spacing!

X = Athlete

*** = Basketball**



DYNAMIC: BALL HANDLING



PROGRESSIONS:

1. Slow Pace
2. Fast Pace
3. Lightning Speed Competition*
**See which player can pass the ball between legs the most times in 1 minute!*
4. Eyes Closed
5. Add Walking



TWO RIDGES BASKETBALL LEAGUE - PRACTICE RESOURCES



Dribbling MANUAL





T2RBL

Practice Drills Manual - Dribbling

Included in This Manual

- *Introduction to Dribbling*
- *Points of Emphasis for Dribbling Drills*
- *3 Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

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Introduction

As most coaches will tell you, taking care of the basketball can be the difference between winning and losing games. Having players of your team with the ability to dribble the basketball effectively can be a great asset for any basketball team.

Dribbling the ball effectively not only means controlling it with your fingertips and keeping your head up, but also includes the ability to change directions while keeping your dribble, change pace, and shield the ball from opponents. If every player on your team can develop their dribbling skills individually, they will become a greater threat on the court, allowing them to create more scoring opportunities for your team.

Key Points/ Cues:

1. Control the ball with your fingertips, leaving space between the ball and the palm of your hand while dribbling
2. Do NOT slap at the ball! Soft hands allow you to have more control
3. Keep the height of your dribble at your waist or below! Especially in traffic, keep the ball guarded from the defender and keep a lower dribble to avoid having the ball stolen
4. Keep your HEAD UP! Dribbling with your head down will lead to turnovers and the inability to see your teammates as they try to get open
5. When dribbling in a fast break situation, longer dribbles will be needed to keep the ball in front of you as you try to get down the court as quickly as possible

Once your players have developed a level of comfort with how to control their dribble and be effective moving to the basket, begin to add more advanced techniques, especially as they look to change directions or avoid defensive pressure. Examples include a step-back dribble, crossover (keeping the ball low), spin move, and a between-the-legs dribble.

One Hand Dribble (w/ crossover)

Recommended Sets and Reps:

- 2 minute drill. Switch hands every 5 – 15 seconds depending on the ability of your players

Description:

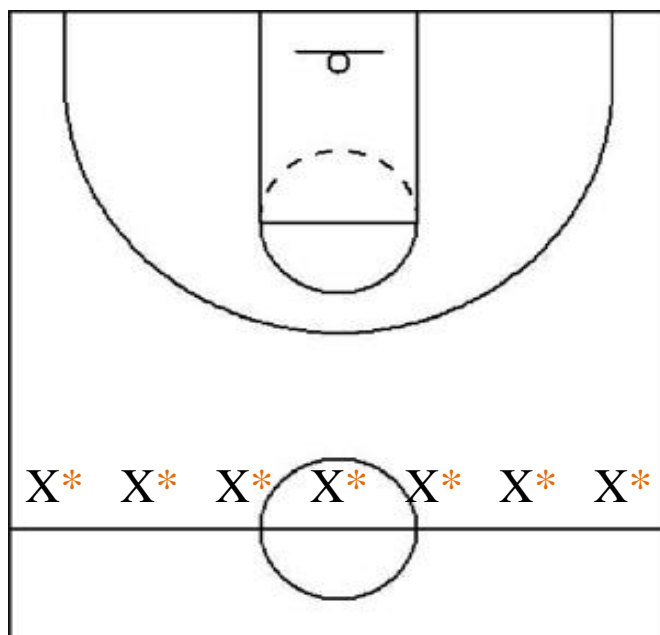
- 1). Players line up on a line with at least 5ft between each other.
- 2). Coach whistles or yells out for the players to begin dribbling with 1 hand.
- 3). After (5-15) seconds the coach yells out switch and the players crossover the ball over to the other hand and continue dribbling.
- 4). After 2 minutes the coach whistles or yells out for the players to bring the ball up and hold it close to their bodies.
- 5). Repeat the drill beginning with the opposite hand.

Drill Set-Up:

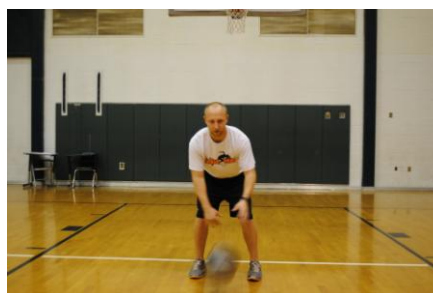
- Have athletes stand in a line at half-court or baseline
- Make sure they keep proper spacing!

X = Athlete

*** = Basketball**



DYNAMIC: DRIBBLING



PROGRESSIONS:

1. Slow Pace/ Looking at Ball
2. Fast Pace/ Looking Up
3. Low Dribble
4. Jog to a Cone and Crossover
 - a) Set up 4-5 cones in a straight line across the length of the court
 - b) Players jog to cone, break down, and crossover dribble
 - c) Continue to next cone and repeat
5. Run to a Cone and Crossover
 - a) Same as Progression #4 but at game speed!

4 Corner Dribble

Recommended Sets and Reps:

- Drill lasts for 2 minutes, and then change directions

Description:

- 1). Start all of the players in one corner of half court.
- 2). 1st player begins dribbling.
- 3). When that player gets approximately halfway to the first corner, then the next player follows.
- 4). This process repeats until all players are dribbling around the box in the same direction.
- 5). Repeat the drill for 2 minutes then stop and begin the drill in the opposite direction.

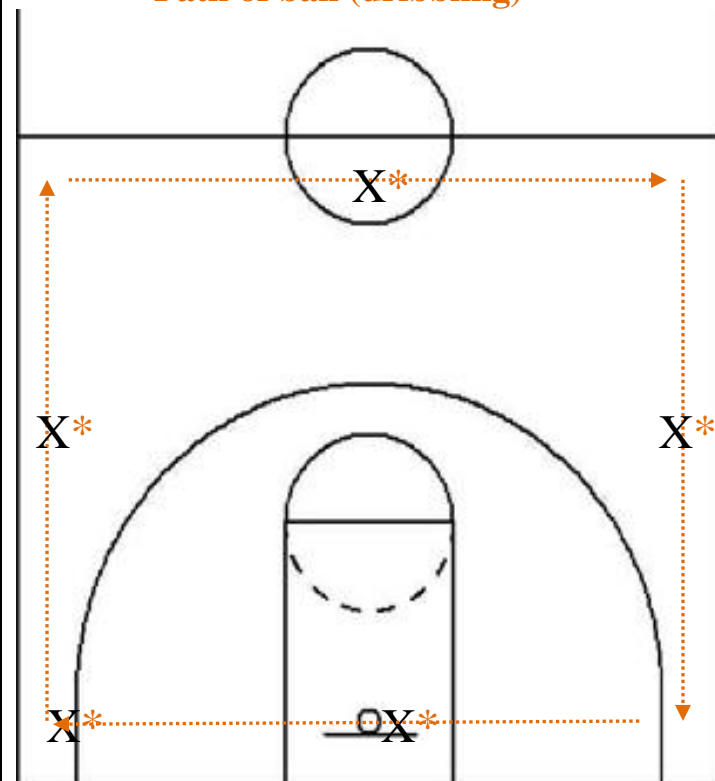
Drill Set-Up:

- All players start in one corner of the half court.
- Players continue dribbling around the court for 2 minutes and then repeat in the opposite direction.

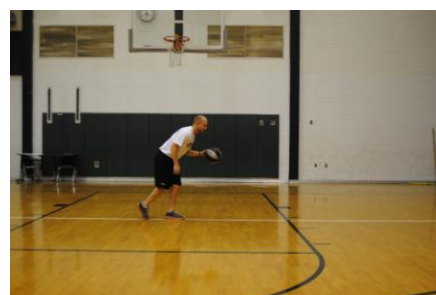
X = Athlete

*** = Basketball**

.....> = Path of ball (dribbling)



DYNAMIC: DRIBBLING



PROGRESSIONS:

1. **Slow Pace – Keep Ball in Outside Hand**
2. **Fast Pace – Keep Ball in Outside Hand**
3. **Fast Pace – Add Crossover at Corners**
*After crossover dribble, add another crossover immediately so ball is back in outside hand
4. **Fast Pace – Add Spin Move at Corners**
*After spin move, add a crossover so ball is back in outside hand
5. **Fast Pace – Add Between the Legs Dribble at Corners**
*After between the legs dribble, add a crossover immediately so ball is back in outside hand

Cone Cutting Dribble

Recommended Sets and Reps:

- 10 total repetitions through the drill

Description:

- 1). Progress from stopped position to full speed cuts.
- 2). Full speed cuts will include the following:
“crossover” and “between the legs”

Drill Set-Up:

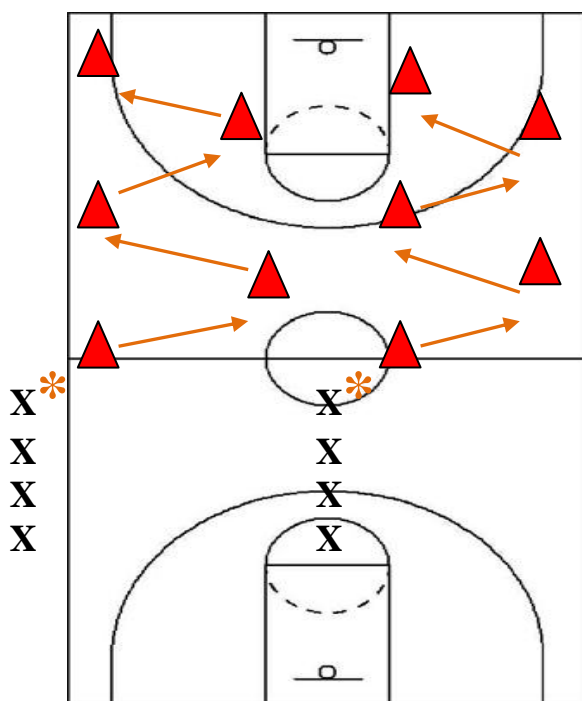
- Set up 2 sets of 5 cones in a zig-zag pattern between 5-7 yards apart
- Have athletes begin in 1 single file line and each athlete starts drill when previous athlete is half-way through the drill

X = Athlete

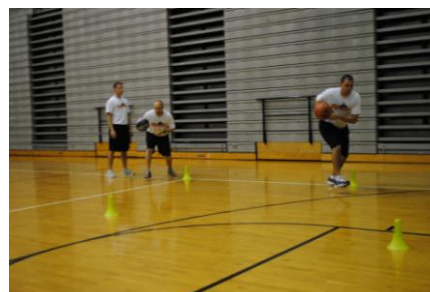
*** = Basketball**

▲ = Cone

→ = Path of the ball (dribbling)



DYNAMIC: DRIBBLING



PROGRESSIONS:

1. Jogging Pace Cuts
2. Full Speed Cuts
3. Add Between the Legs Dribble at Cones
4. Add Spin Move at Cones
5. Add a Defender



TWO RIDGES BASKETBALL LEAGUE - PRACTICE RESOURCES



Passing MANUAL





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Practice Drills Manual - Passing

Included in This Manual

- *Introduction to Passing*
- *Points of Emphasis for Passing Drills*
- *4 Drills with Detailed Pictures/ Descriptions*
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Introduction

Passing and catching are considered the most neglected fundamentals in basketball. It's important that all players develop these skills to create a successful team. Passing is the quickest way to move the basketball and should be the primary weapon of your team's offensive attack.

The very first instinct of a beginner player after catching the ball is to begin dribbling. Players need to always think either shoot or pass before they begin dribbling. The coach has the ability to change this mentality by continuing to emphasize and practice passing.

Key Points/ Cues:

1. Begin the pass with the arms bent
2. Fully extend the arms quickly and powerfully
3. Point the fingers in the direction of the target upon releasing the ball.
4. Thumbs should face down in the follow through.
5. Step into the pass to gain more power.

Chest Pass

Recommended Sets and Reps:

- Perform 3 sets of 10 passes
**Can be modified based on time and skill level of athletes*

Description:

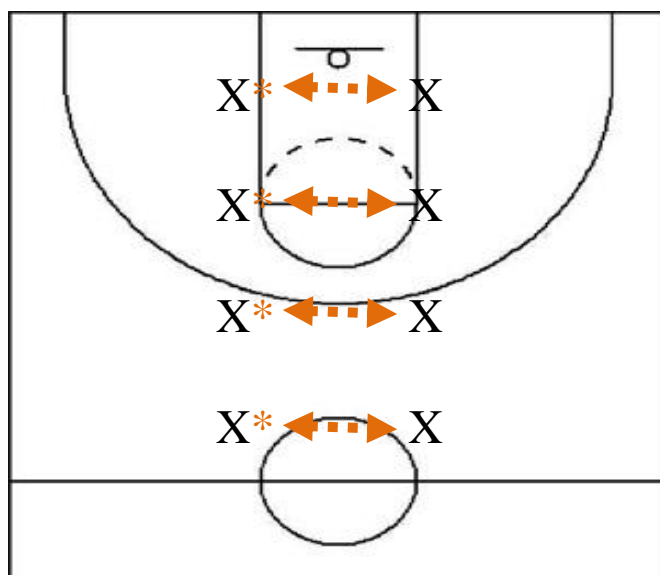
- 1). Begin the chest pass by gripping the ball with 2 hands – 1 on either side of the ball.
- 2). Ball needs to be at chest height with arms bent and thumbs facing toward the body.
- 3). Quickly extend the arms and release the ball.
- 4). Upon releasing the ball, point fingers toward the target.

Drill Set-Up:

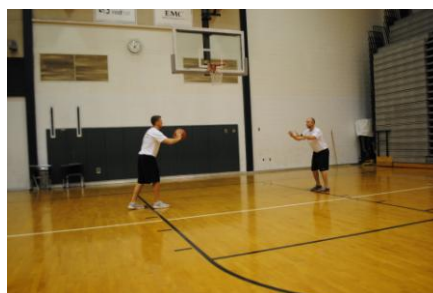
- Place 5 spots on the floor on both sides of the free throw lane.
- Partner players to face each other on opposite sides of the free throw lane.
- Have athletes back up based on age/ability
- Coach decides how fast the drill goes (blows whistle)

X = Athlete

*** = Basketball**



DYNAMIC: PASSING



PROGRESSIONS:

1. Slow Pace
2. Fast Pace
3. Lightning Speed Competition*
**See what pair can catch the most passes in 1 minute!
Work on quick catch and release.*
4. Standing on 1 Foot
5. Add Side-to-Side Shuffle

Bounce Pass

Recommended Sets and Reps:

- Perform 3 sets of 10 passes
**Can be modified based on time and skill level of athletes*

Description:

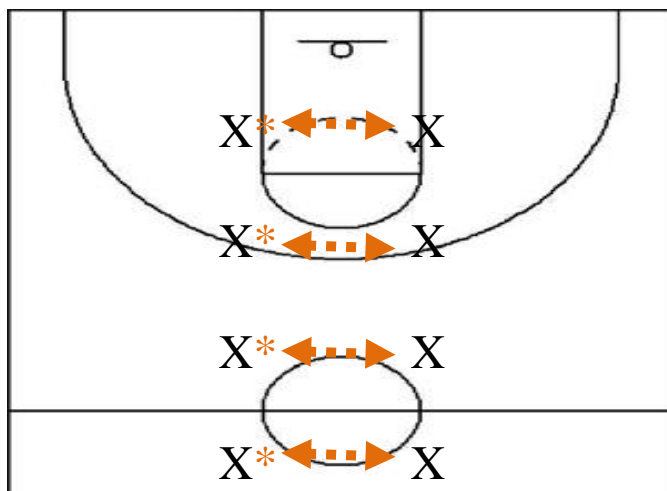
- 1). Begin bounce pass by gripping the ball with 2 hands – 1 on each side of the ball.
- 2). Ball needs to be at chest height with arms bent and thumbs facing toward the body.
- 3). Quickly extend the arms and release the ball.
- 4). Upon releasing the ball, point fingers toward the target and thumbs facing down toward the floor.
- 5). When throwing a bounce pass, the ball should hit the ground halfway between passer and partner.

Drill Set-Up:

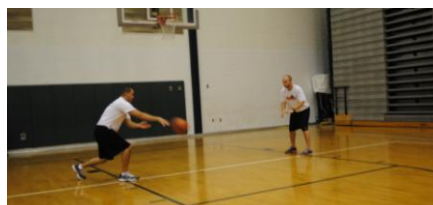
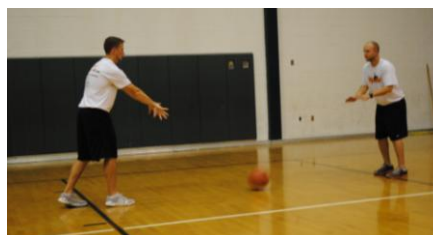
- Place 5 spots on the floor on both sides of the free throw lane.
- Partner players to face each other on opposite sides of the free throw lane.
- Have athletes back up based on age/ability.
- Coach decides how fast the drill goes (blows whistle).

X = Athlete

*** = Basketball**



DYNAMIC: PASSING



PROGRESSIONS:

1. Slow Pace
2. Fast Pace
3. Lightning Speed Competition*
**See what pair can catch the most passes in 1 minute!
Work on quick catch and release.*
4. Side Bounce Pass
5. Fake Pass High to Bounce Pass
6. Pass Around Defender

Overhead Pass

Recommended Sets and Reps:

- Perform 3 sets of 10 passes
- *Can be modified based on time and skill level of athletes*

Description:

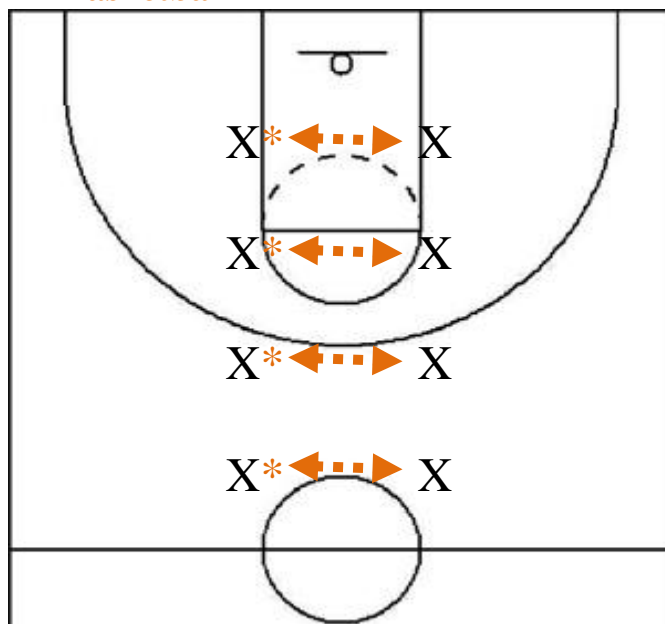
- 1). Begin bounce pass by gripping the ball with 2 hands – 1 on each side of the ball.
- 2). Bring ball toward the back of the head with thumbs facing down.
- 3). Quickly extend arms forward and release the ball.
- 4). Upon releasing the ball, point the fingers forward and thumbs toward the ground.

Drill Set-Up:

- Place 5 spots on the floor on both sides of the free throw lane.
- Partner players to face each other on opposite sides of the free throw lane.
- Have athletes back up based on age/ability.
- Coach decides how fast the drill goes (blows whistle).

X = Athlete

*** = Basketball**



DYNAMIC: PASSING



PROGRESSIONS:

1. Slow Pace
2. Fast Pace
3. Standing on 1 Foot
4. Fake Bounce Pass to Overhead
5. Long Bomb Competition
 - a) Passer starts next to basket as if they just secured a rebound.
 - b) Partner runs toward opposite basket for a layup
 - c) Passer must perform overhead pass and lead the partner for an easy layup

Passing on the Move

Recommended Sets and Reps:

- Repeat drill for 5 minutes, rotating passer every 5 passes
**Can be modified based on time and skill level of athletes*

Description:

- 1). Passers stand in one spot towards the top of the key. 2 Lines start outside of the 3 point line on each side.
- 2). 1st player in each line runs towards the hoop.
- 3). Passers then pass (coaches choice {chest/bounce pass}) to the player on their side running towards the hoop.
- 4). Player running towards to the hoop catches the ball and shoots a layup.
- 5). Player quickly rebounds and gets the ball back to the passer on their side.

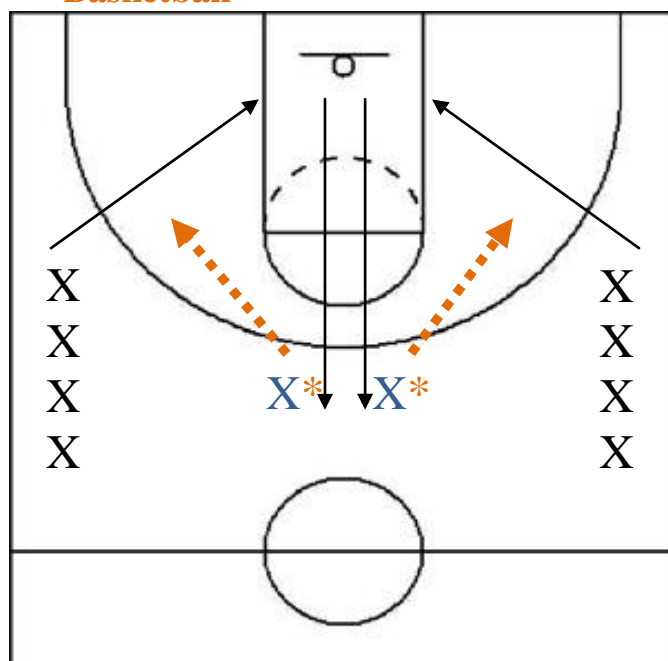
Drill Set-Up:

- Passers stand at the top of the key.
- Players receiving the ball begin drill at the 3-point line.

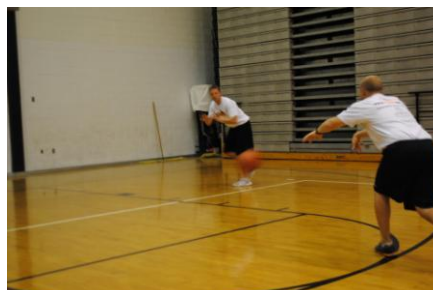
X = Passer

X = Athletes Receiving Pass

*** = Basketball**



DYNAMIC: PASSING



PROGRESSIONS:

1. Drill Moves Slowly
2. Drill Moves at Faster Pace
3. Fake and Go

- a) Passer begins by faking a pass to partner outside the 3-point line
- b) Partner jab steps toward the ball and then backdoor cuts towards rim for a pass

4. Add Defender

- a) Defender tried to disrupt pass by guarding passer
- b) Passer focuses on faking a pass and then leading the shooter for a layup



TWO RIDGES BASKETBALL LEAGUE - PRACTICE RESOURCES



Shooting MANUAL





T2RBL

Practice Drills Manual - Shooting

Included in This Manual

- *Introduction to Shooting*
- *Points of Emphasis for Shooting Drills*
- *4 Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

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Introduction

While some players seem to be born with the ability to shoot a basketball, most are not. Most great shooters have honed their skills through hours of practice.

The first step in improving a player's shot does not involve showing the player how to "put the ball in the basket" but rather it is showing the player the proper form to use when shooting a basketball. A great way to teach form is to line your players up facing a wall and have them repeatedly shoot at a spot. This is a great drill because it helps the players concentrate on their form instead of on making a basket. This drill also allows you and your coaching staff the opportunity to watch their technique and help them improve without chasing balls all over the gym. Make sure your players have their elbows tucked, shoulders squared, and they follow through on the release giving the ball backspin.

Key Points/ Cues:

1. Body squared up
2. Feet are shoulder width with the knees slightly bent
3. Elbows tucked in (not sticking out to the sides)
4. Follow through extend the arm and fingers of the shooting hand towards the hoop
5. Ball should have a perfect backspin if released correctly

Once your players start to understand the proper technique of shooting a basketball you can then let them begin shooting at the hoop. Slowly work into the long range shots so they don't quickly revert to their old shooting form.

Form Shooting (Laying Down)

Recommended Sets and Reps:

- Repeat drill until 50-75 repetitions completed

Description:

- 1). Lying on your back practice shooting straight up into the air.
- 2). Be sure every shot goes straight up and straight back down.
- 3). Be sure to keep a perfect back spin on the ball on every shot without allowing for any side spin.
- 4). Follow through by pointing at the ball with all fingers upon the release of each shot.

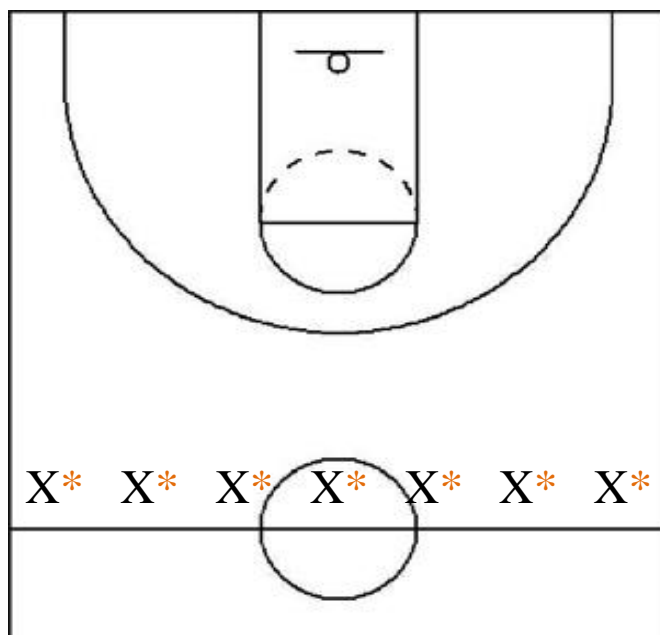
Drill Set-Up:

-Find a spot that is open enough to shoot about 8-10ft high.

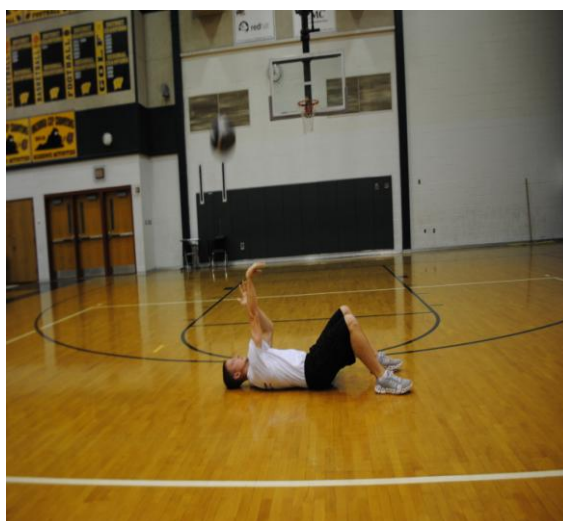
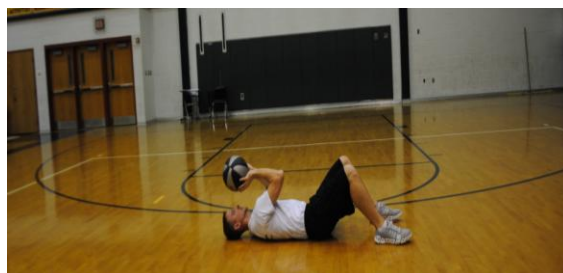
-Lay on the floor on your back with the legs bent.

X = Athlete

*** = Basketball**



DYNAMIC: SHOOTING



PROGRESSIONS:

1. Laying Down - 5 Ft. Height
2. Laying Down – 10 Ft. Height
3. Standing – No Basket
4. Against a Wall
5. Step and Shoot – No Basket
(or Wall if Available)

Form Shooting (hoop)

Recommended Sets and Reps:

- 3 total minutes of shooting at each spot

Description:

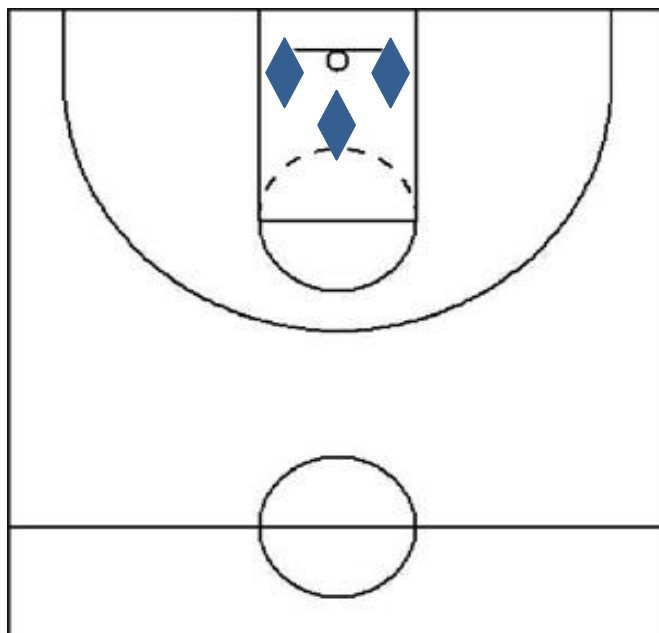
- 1). Pick 3 spots (as shown below).
- 2). Spot placement should be about 5ft from the hoop and vary in shot angle.
- 3). Place an even number of players at each spot
- 4). Players quickly rebound their own ball and pass to the next person in their line.
- 6). Repeat for 3 minutes.

Drill Set-Up:

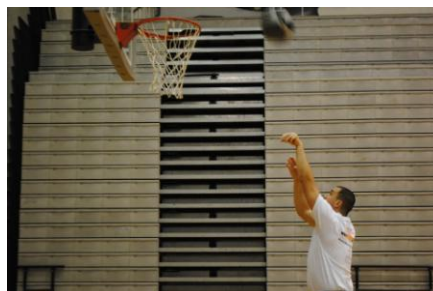
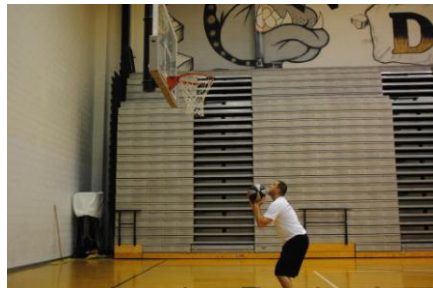
- Pick 3 spots on the floor for athletes to shoot from.
- Start off with short distances to the basket and then move spots back based on ability of the shooters.



= Proposed Shooting Spots



DYNAMIC: SHOOTING



PROGRESSIONS:

1. Short Distance
2. Further Distance
3. Step into Shot
4. Dribble, then Shoot
5. Shot Fake, then Shoot

Spot Shooting

Recommended Sets and Reps:

- For each set, perform drill for 1 minute, switching which partner shoots half-way through the drill

Description:

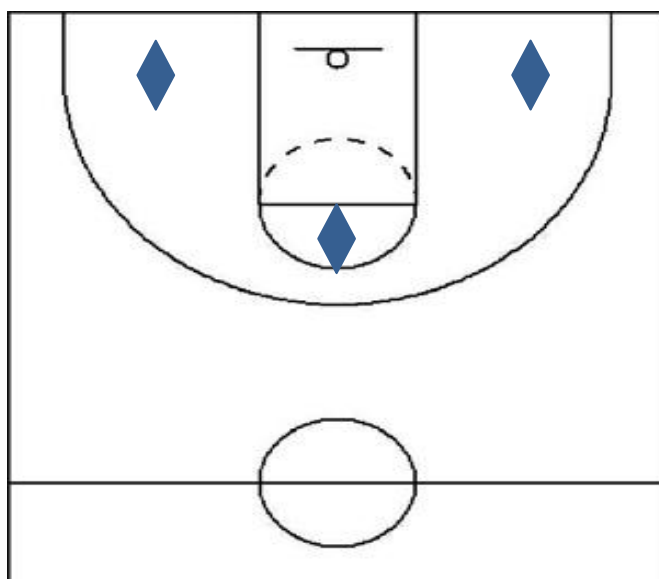
- Pick 3 spots (as shown below).
- Spot placement should vary in distance and shot angle.
- Groups players with a partner – 1 standing at a spot and another in rebounding position.
- Players shoot the ball while partner rebounds and passes back to them at the spot.
- Players continue to shoot for 30 seconds and then switch with partner.

Drill Set-Up:

- Pick 3 spots on the floor for athletes to shoot from.
- Start off with short distances to the basket and then move spots back based on ability of the shooters.



= Proposed Shooting Spots



DYNAMIC: SHOOTING



PROGRESSIONS:

1. Short Distance

2. Further Distance

3. Run into Shot

- Shooter starts 10-15 feet away from spot and runs toward spot, receiving pass at spot
- After shot, run back to starting position and then back to the spot, repeating each rep

4. 1 Dribble, then Shoot

5. Shot Fake, then Shoot

Layups

Recommended Sets and Reps:

- 5 minutes of each side of the basket

Description:

- 1). Start with 2 lines. 1 on each side of the free throw line. Line 1 is layup line. Line 2 is rebounder line.
- 2). First player in line 1 dribbles the ball to the hoop for a layup. First player in line 2 leaves at the same time so that he can rebound the ball after his partner shoots the layup.
- 3). Rebounder quickly throws the ball to the next person in Line 1. The player shooting the layup quickly gets back into Line 2.
- 4). Repeat the movement on the opposite side of the basket after 5 minutes.

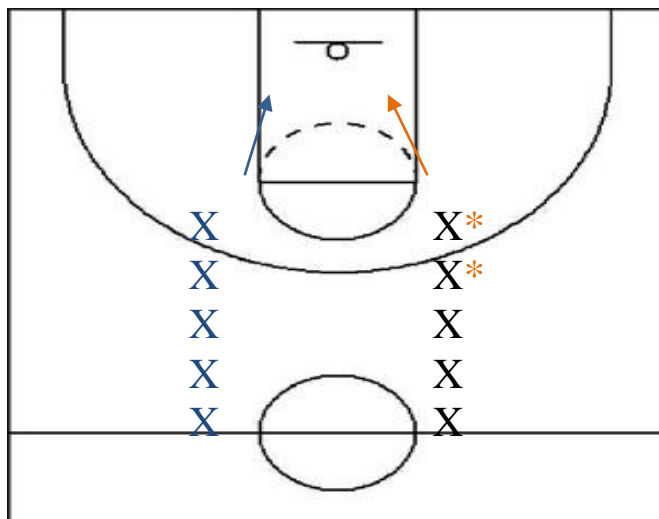
Drill Set-Up:

- Start 2 lines from either of the free throw line.
- Line 1 is layup line. Line 2 is rebounder line.

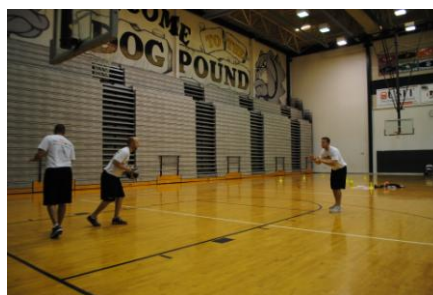
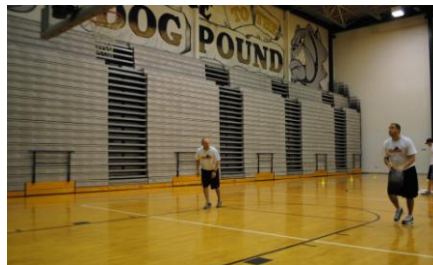
X = Athlete

*** = Basketball**

X = Rebounders



DYNAMIC: SHOOTING



PROGRESSIONS:

1. *Slow Approach / Start at Free Throw Line*
2. *Fast Approach/ Start at Half Court*
3. *Add Hesitation Dribble or Double Crossover at Cone*
 - a) *Start at half court and put a cone at the 3-point line*
 - b) *Dribbler runs to cone, performs the move (hesitation or double crossover), and then continues in for a layup*
4. *Add Pass*
 - a) *Player with ball passes to rebounder, then cuts toward basket*
 - b) *Rebounder passes back to player for layup*



TWO RIDGES BASKETBALL LEAGUE - PRACTICE RESOURCES



Rebounding MANUAL





T2RBL

Practice Drills Manual - Rebounding

Included in This Manual

- *Introduction to Rebounding*
- *Points of Emphasis for Rebounding Drills*
- *3 Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
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Introduction

Rebounding is another very important aspect needed to help your team win basketball games. Offensive rebounding gives your team extra chances to score, while frustrating the defense. On the other side of the ball, having the ability to hold opponents to 1 shot each time down the court is key to a good defense. Defensive rebounding combined with a quick outlet pass can be an effective offensive weapon, getting the transition game and fast break going, for a lay-up at the other end. Good rebounders typically have “an attitude” that every rebound is theirs and are very aggressive on the boards. You’ve got to want it more than your opponent!

Main Points/ Cues for Rebounding Drills:

1. Locate your man.
2. Locate the ball.
3. Keep your body between the ball and your opponent.
4. Try to get the ball at its highest point!
5. Quickly bring the ball into your body to protect it from your opponent.
6. Land in a strong, ready position and look for an “outlet” opportunity.

Boxing Out

Recommended Sets and Reps:

- 5 sets of 5 repetitions for each partner

Description:

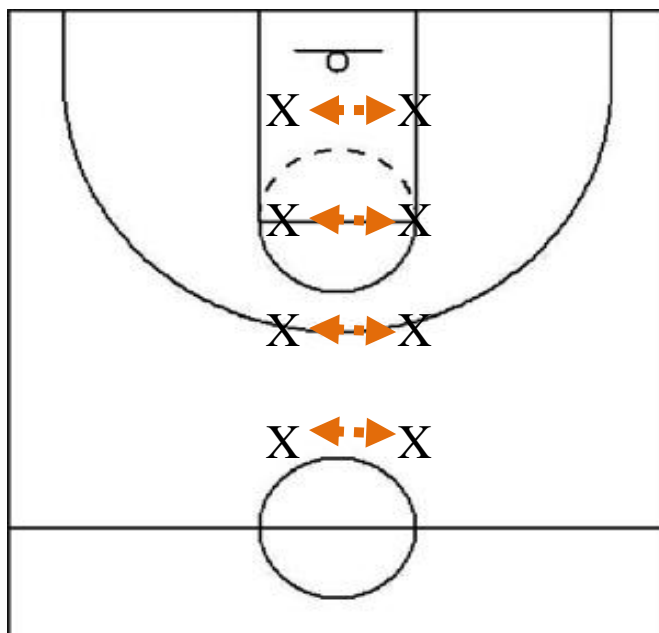
- 1). Coach yells out "shot!"
- 2). Defensive player backs into his offensive partner.
- 3). Defensive player simulates locating the basketball.
- 4). Defensive player should be in wide low stance and hold position until coaches says to get back into starting position.

Drill Set-Up:

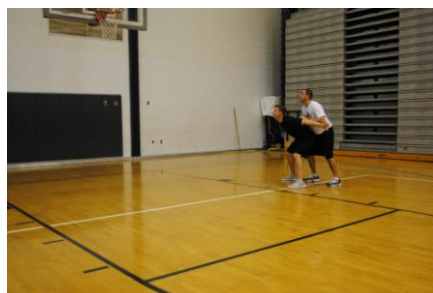
- Begin with partner standing 2-3 yards apart.
- Pick one side to be offense and another side to be defense.

X = Athlete

*** = Basketball**



DYNAMIC: REBOUNTING



PROGRESSIONS:

1. 1 Step, then Turn into Box Out
2. 10 Ft. Sprint into Box Out
3. 10 Ft. Sprint into Box Out, then Jump for Rebound
 - a) No ball needed
 - b) Once box out is held for 2-3 seconds, coach yells "Ball" and rebounder jumps and pretends to secure the rebound
4. Add Ball
 - a) Same as #3 but with ball
 - b) Third player will be needed in each group to toss the ball to rebounder

Bringing the Ball In

Recommended Sets and Reps:

- Perform 4 sets of 5 repetitions on each side, alternating each set

Description:

- 1). Coach shoots the basketball off the backboard without hitting the rim.
- 2). First player in line jumps up and tries to grab the ball at the highest point possible.
- 3). Once they have gripped the ball, they quickly bring it into their body to protect it from their opponent.
- 4). Land in a low stance and quickly get the ball back to the coach.

Drill Set-Up:

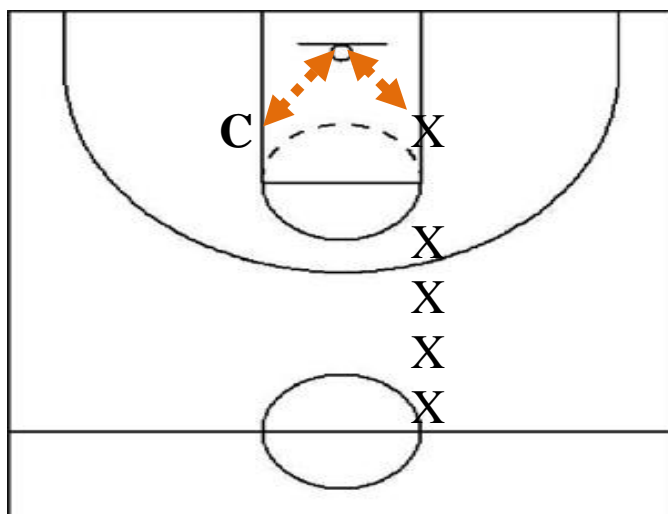
- Coach stands on 1 side of the basket.
- Players line up on the opposite side of the basket.

C = Coach

X = Athlete

*** = Basketball**

◄*► = Path of the Ball



DYNAMIC: REBOUNTING



PROGRESSIONS:

1. "Lob" to Player (No backboard)
2. Coach Toss – Use Backboard
3. Coach Toss – Add Box Out
4. Coach Toss – Box Out and Outlet Pass

Outlet Man

Recommended Sets and Reps:

- Perform 1 set of 10 reps from both side of the basket

Description:

- 1). Coach shoots the basketball off the backboard without hitting the rim.
- 2). First player in line (P1) jumps up and tries to grab the ball at the highest point possible.
- 3). Once they have gripped the ball, they quickly bring it into their body to protect it from their opponent.
- 4). Land in a low stance and quickly pivot and pass ball to the next player in line (P2 - outlet man).
- 5). Outlet man dribbles ball to the coach and then takes turn as rebounder.

Drill Set-Up:

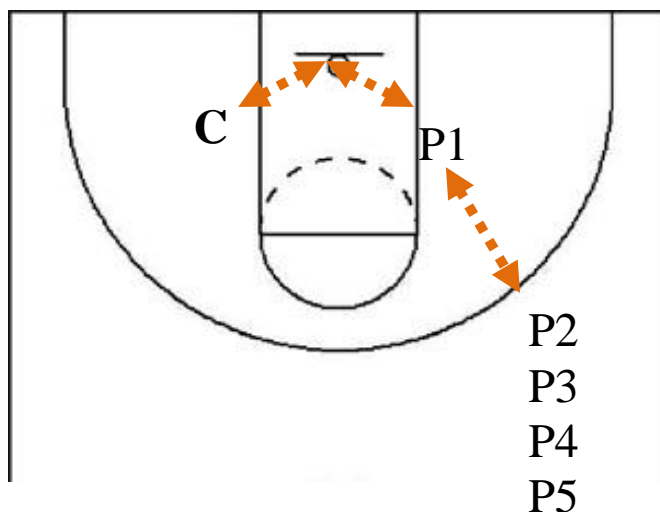
- Coach stands on 1 side of the basket.
- Players line up on the opposite side of the basket.
- Players go from outlet man to rebounder to back of the line.

C = Coach

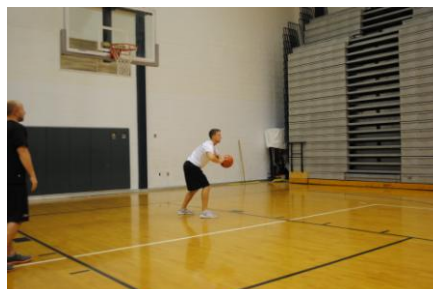
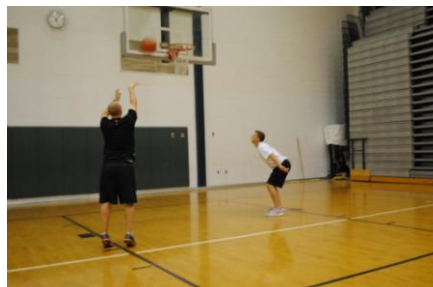
P# = Athletes

*** = Basketball**

◀ • ▶ = Path of the Ball



DYNAMIC: REBOUNDING



PROGRESSIONS:

1. "Lob" to Player (No backboard)
2. Coach Toss – Use Backboard
3. Add Opponent



TWO RIDGES BASKETBALL LEAGUE - PRACTICE RESOURCES



Offense MANUAL





T2RBL

Practice Drills Manual - Offense

Included in This Manual

- *Introduction to Offense*
- *Points of Emphasis for Offensive Drills*
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Introduction

What is an Offense?

No matter what your philosophy is, your goal on offense is to create open opportunities to score points to help your team win the game. Your offense may primarily involve fast breaks and quick releases to beat the defense down the court. This is effective when used correctly, but it is also important to have some set plays or movements so that your players are structured and on the same page. One important component of any offense is the ability to repeat the process and keep your players moving until they find a good opportunity. Knowing when to move, pick, and dribble is an important part of this. Also, proper spacing can make any offense more effective allowing your players to make plays and create scoring chances.

Your goal should be to have at least a few set plays at your disposal. Set plays are usually just run through one time in special situations. For example, you might want to run a set play at the end of the game or when your offense is stagnant and you really need a basket. Then, if the set play doesn't work, you can flow into your primary offense.

Complete offensive player:

1. Always keep your head up and see the court.
2. Look to set picks or run through a screen whenever possible – NEVER just stand around!
3. Catch the ball in a “Triple Threat” position with the ball at your chest and body squared to the basket – you should be able to dribble, pass, or shoot from this position!
4. Dribble with a purpose – keep your head up and look for a lane to the basket or to pass to an open man.
5. Communicate with your teammates.
6. Keep proper spacing on the court to allow your offense to move and create scoring opportunities.

Pass & Pick Away

Recommended Sets and Reps:

- Perform sets of 1-2 minutes through the offense and then rotate with another group of 5.
- Repeat progressions as many times as needed.

Description:

- 1). P1 passes the ball to P2 and then runs over and sets a pick for P3
- 2). P3 runs to the top of the key.
- 3). P4 (ball side post player) runs over and sets a pick for P5.
- 4). P5 runs to ball side. P2 can throw to either P3 at the top of the key or P5 in the post.
- 5). Ball should return to the top of the key and repeat the drill in the opposite direction.

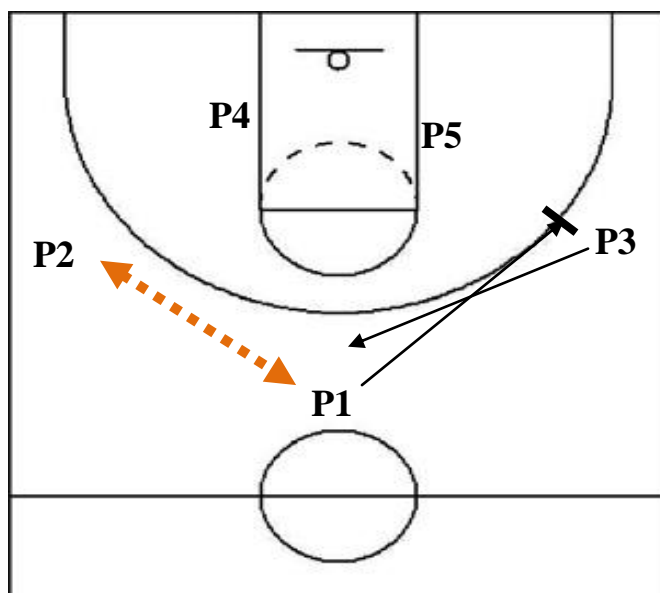
Drill Set-Up:

- Make sure players begin with proper spacing, and that screeners set their feet and do not move!
- Wing players should wait for the screen and then run around it. Leaving too early can lead to a foul or ineffective pick.

P# = Athlete

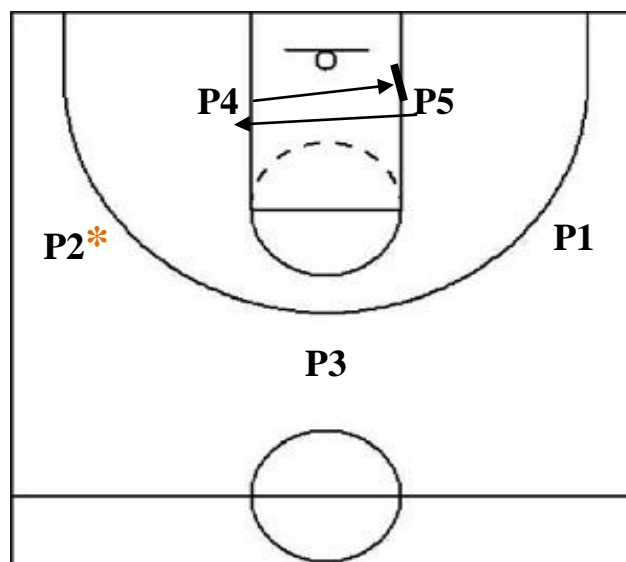
*** = Basketball**

(Steps 1 and 2)



DYNAMIC: OFFENSE

(Steps 3 and 4)



PROGRESSIONS:

1. Half Speed or Walk Through
2. Full Speed
3. Work on "Setting up Picks"

- a) As the player setting the screen approaches, the player receiving the screen should jab away from the screen to allow more space between the defender
- b) Player receiving the screen should also be sure to stay close to the player setting the screen, leaving no room for the defender to come between

4. Add a Defense

Corners Pick Down

Recommended Sets and Reps:

- Perform sets of 1-2 minutes through the offense and then rotate with another group of 5
- Repeat progressions as many times as needed.

Description:

- 1). P2 and P3 pick down for P4 and P5.
- 2). P1 can choose to pass to either P4 or P5.
- 3). If neither play is open, both P4 and P5 will pick down for P2 and P3.
- 4). If the ball gets passed to the outside players, then that player has the option to pass down, dribble, shoot, or pass back to the point guard.
- 5). If the ball goes back to point guard, repeat from the beginning

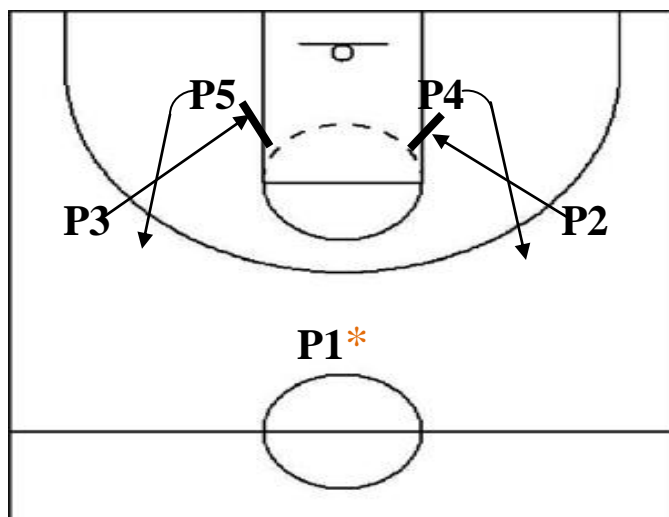
Drill Set-Up:

- Make sure players begin with proper spacing, and that screeners set their foot and do not move!
- Down players should wait for the screen and then run around it. Leaving too early can lead to a foul or ineffective pick.

P# = Athlete

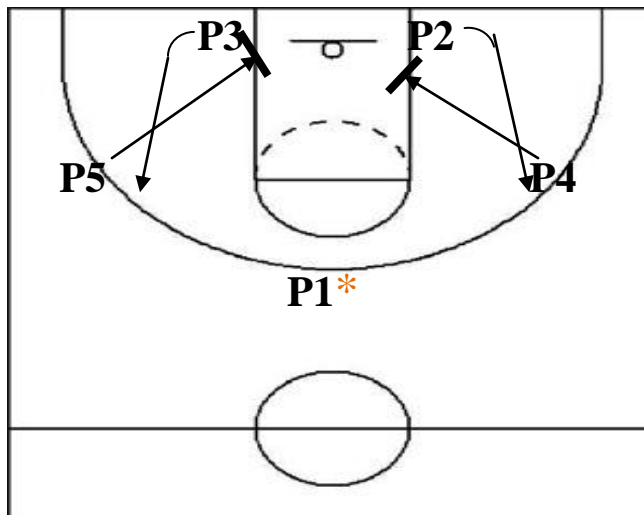
*** = Basketball**

(Steps 1 and 2)



DYNAMIC: OFFENSE

(Step 3)



PROGRESSIONS:

1. Half Speed or Walk Through
2. Full Speed
3. Work on "Setting up Picks"

- a) As the player setting the screen approaches, the player receiving the screen should jab away from the screen to allow more space between the defender
- b) Player receiving the screen should also be sure to stay close to the player setting the screen, leaving no room for the defender to come between

4. Add Defense

Ball Screen

DYNAMIC: OFFENSE

Recommended Sets and Reps:

- Perform sets of 1-2 minutes through the offense and then rotate with another group of 5
- Repeat progressions as many times as needed.

Description:

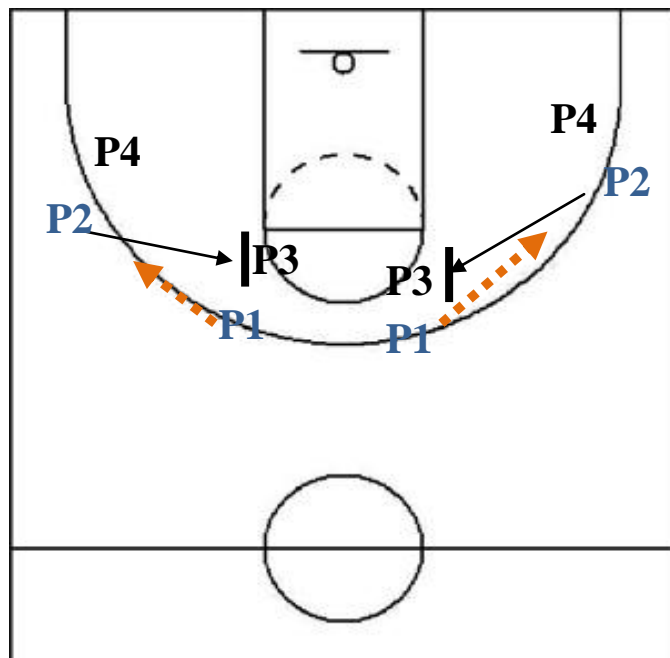
- 1). P1 has the basketball.
- 2). P2 sets a screen for P1.
- 3). P1 dribbles past the screen and can choose to dribble to the basket for a layup or pull up early and shoot a jump shot.
- 4). P1 and P2 switch positions and repeat the drill.
- 5). Once P1 and P2 have gone at each offensive position, the players switch so that P3 and P4 are on offense.

Drill Set-Up:

-Make sure players begin with proper spacing, and that P2 sets feet for the screen and is not moving!
 -P1 should wait for the screen to set and then dribble around it.
 Dribbling to the screen too early can lead to a foul or ineffective pick.

P# = Offense

P# = Defense



PROGRESSIONS:

1. Half Speed or Walk Through

2. Full Speed

3. Add "Roll" for P2

- a) Once P2 sets the screen, they should establish position and roll to the basket
- b) P1 looks to either dribble to the basket or pass to P2 rolling to the basket

4. Add to Full Offensive Set with Defense

- a) Emphasis on setting a ball screen whenever the ball is at the top of the key
- b) Make sure players keep spacing on the court to create passing and dribbling lanes



T2RBL ***Practice Drills Manual***



TWO RIDGES BASKETBALL LEAGUE - PRACTICE RESOURCES



Defense MANUAL





T2RBL

Practice Drills Manual - Defense

Included in This Manual

- *Introduction to Defense*
- *Points of Emphasis for Defensive Drills*
- *3 Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

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Introduction

Defense is hard work! Sadly enough, most players and coaches aren't willing to put in the time and effort needed to become successful on the defensive end of the court. The other reason most players and coaches aren't dedicated to improving their defensive game is that it isn't as fun as other aspects of the game.

Yes - shooting, dribbling, passing and the other aspects of offense are often more enjoyable to teach, learn and practice so that's where most players and coaches focus their time and effort. But in order to become complete and well-rounded in all aspects of the game, players and coaches must dedicate a portion of their time into learning how to play defense. Listed below are some of the major areas of importance.

Complete defensive player:

1. Quick hands and quick feet.
2. Able to jump quickly and repetitively.
3. Good instincts and ability to react quickly to the action on the court.
4. Able to make quick transitions from the offensive end of the floor to your defensive position.
5. Communicate with your teammates
6. Proper defensive stance, footwork and positioning

Cues & Key Points:

1. Bend the legs
2. Sit the butt down low
3. Stay on the balls of the feet
4. Keep the head up and chest up
5. See everything around you
6. Communicate with your teammates

Shuffling

Recommended Sets and Reps:

- Perform 5 sets of 15 seconds through the drill, alternating 2 groups of athletes to allow for rest period

Description:

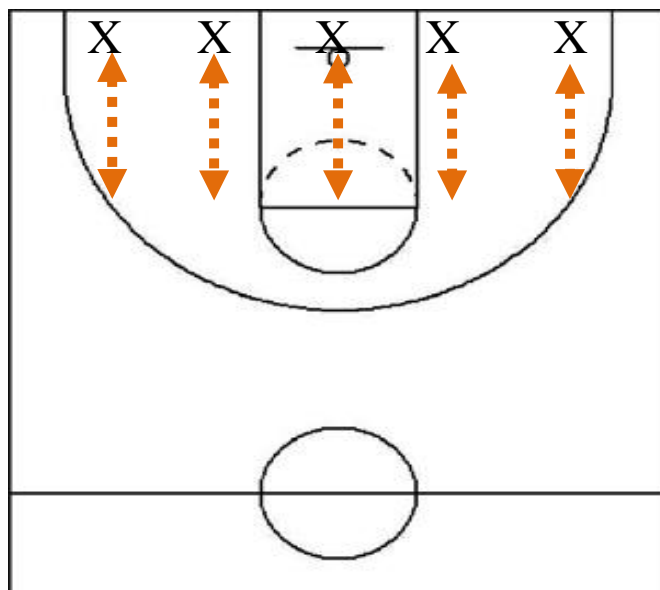
- 1). Line up half the team facing the same sideline in a defensive stance.
- 2). Coach blows whistle or yells out go to the players.
- 3). Players then shuffle to the free throw line and back to the baseline.
- 4). Repeat the drill for 15 seconds then repeat with the other half of the team.
- 5). Follow your key points.

Drill Set-Up:

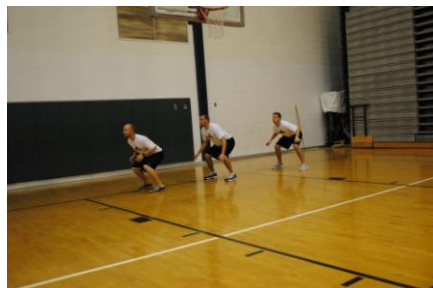
- Half of the team lines up on the baseline facing 1 sideline in a defensive stance.
- Players shuffle to the free throw line and then back to their starting position.

X = Athlete

*** = Basketball**



DYNAMIC: DEFENSE



PROGRESSIONS:

1. **Slow Shuffle (focus on form)**
2. **Full Speed Shuffle**
3. **Reaction Shuffle (Coach's Signal)**
 - a) Athletes shuffle until coach yells "Go!" or another command of coach's choice
 - b) On coach's command, athletes change directions immediately
4. **Reaction Shuffle (Partner)**
 - a) 2 Partners face each other and shuffle within the distance given
 - b) One player is the "leader" and another is the "follower" – "leader" dictates change of direction

Force to a Side

Recommended Sets and Reps:

- Perform 10 repetitions through this drill

Description:

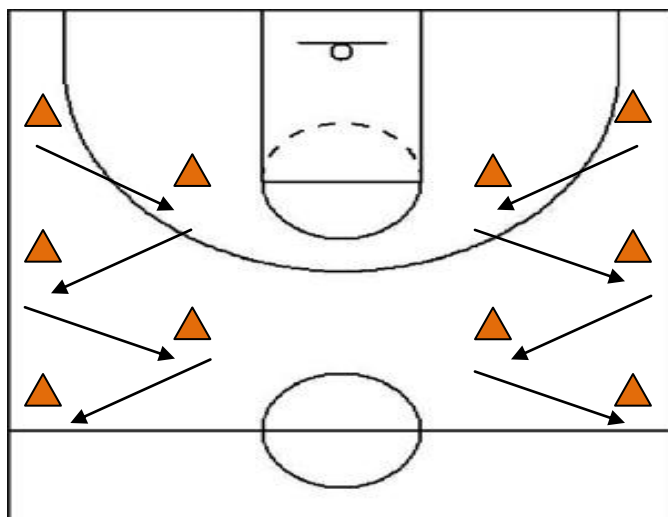
- 1). Begin with the first athlete in line at the first cone.
- 2). Moving backward at an angle, shuffle to the next cone.
- 3). Once at the next cone, make a sharp cut with the outside leg and push toward the next cone.
- 4). Once the previous player reaches the 3rd cone, the next player can begin the drill.

Drill Set-Up:

-Place 5 cones in a zig-zag pattern, each about 5-7 yards apart.

-For 10+ players, set up 2 drill stations as shown below.

→ = Path of Athlete (in shuffle)
 ▲ = Cone



DYNAMIC: DEFENSE



PROGRESSIONS:

1. **Slow Shuffle (focus on form)**
2. **Full Speed Shuffle**
3. **Add Opponent**
 *Partner runs through cones – player shuffle
4. **Reaction (Coach's Signal)**
 *No Cones – Players Shuffle back at an angle and change directions on coach's cue
5. **Reaction (Partner)**
 *No Cones – 1 Player shuffles while the other jogs/runs to try and get past defender
6. **Reaction (Partner w/ ball)**
 *Same as #5 but offensive player dribbles ball

Moving through screens

Recommended Sets and Reps:

- Perform 4 sets through each position (approx. 2 minutes)

Description:

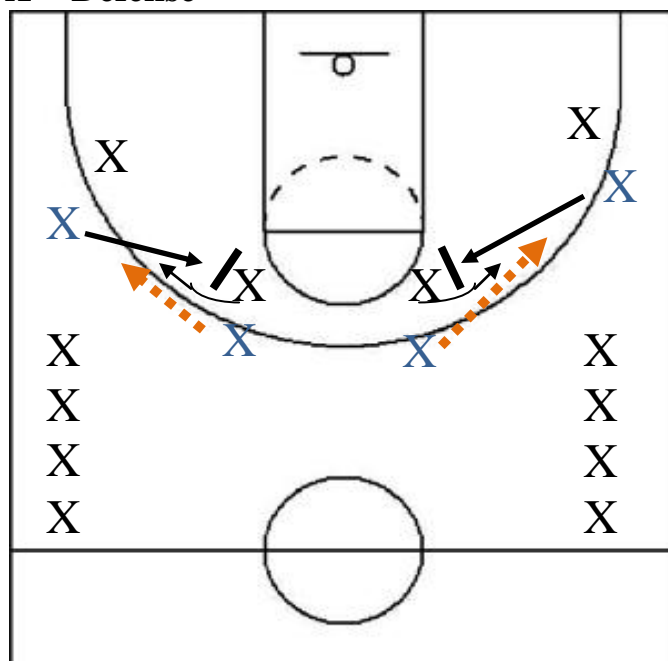
- 1). Begin with 1 ball-handler and 1 wing player on each side of the court (as shown in the diagram below) with a defender guarding each person.
- 2). Wing player runs over to set a ball screen.
- 3). Wing defender should yell "Screen!" and ball defender fights through the screen to stay with ball-handler.
- 4). Wing defender can also yell "Switch!" and players adjust to guard their new man.

Drill Set-Up:

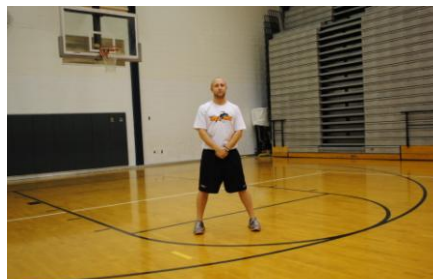
- Begin with 2 offensive and 2 defensive players on each side.
- Once offense players have performed drill from wing and ball handler position, switch players from offense to defense.
- Once all 4 players on each side have completed the drill as both offensive and defensive players, rotate with another group or add in additional players if necessary.

X = Offense

X = Defense



DYNAMIC: DEFENSE



PROGRESSIONS:

1. **Slow w/out Ball** (work through screen)
2. **Slow w/out Ball** (switch on screen)
3. **Fast w/out Ball** (work through screen)
4. **Fast w/out Ball** (switch on screen)
5. **Fast w/out Ball** (defenders' decision)
6. **Fast WITH Ball** (defenders' decision)



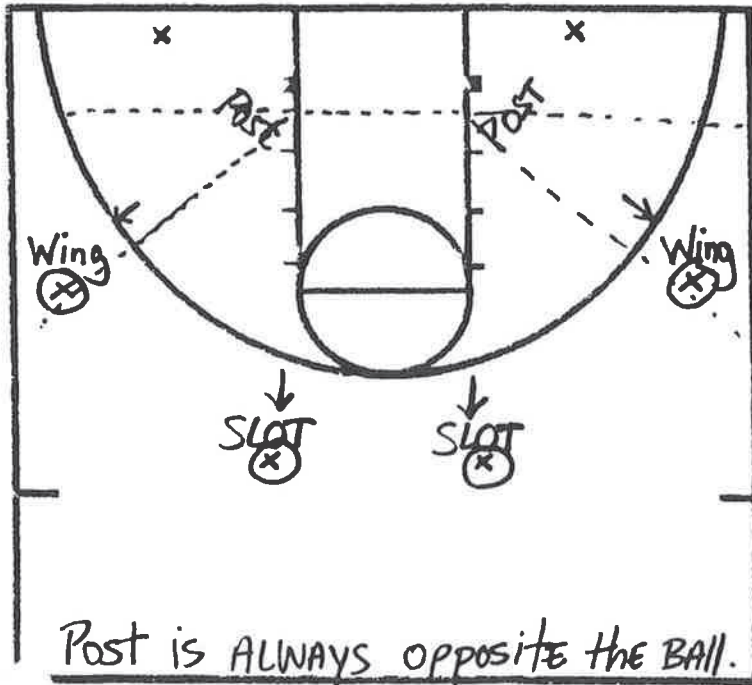
TWO RIDGES BASKETBALL LEAGUE - PRACTICE RESOURCES



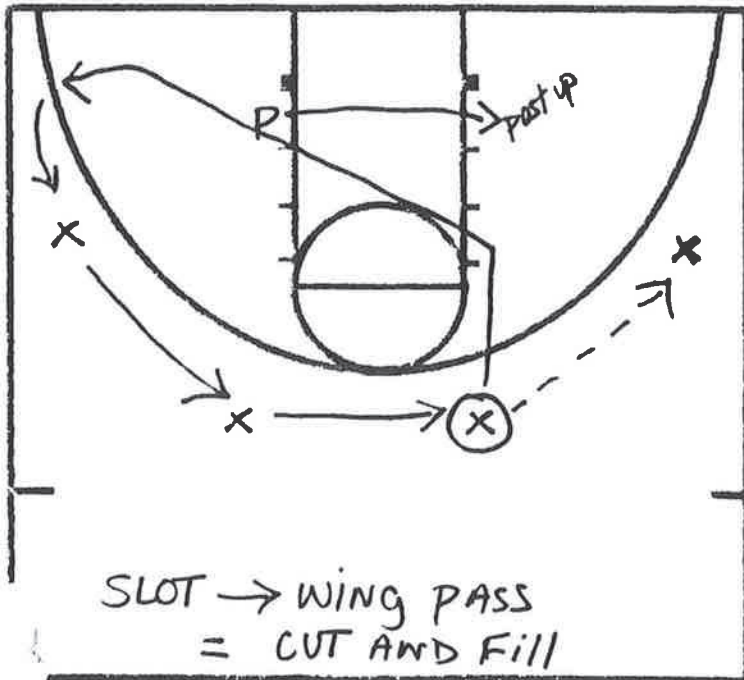
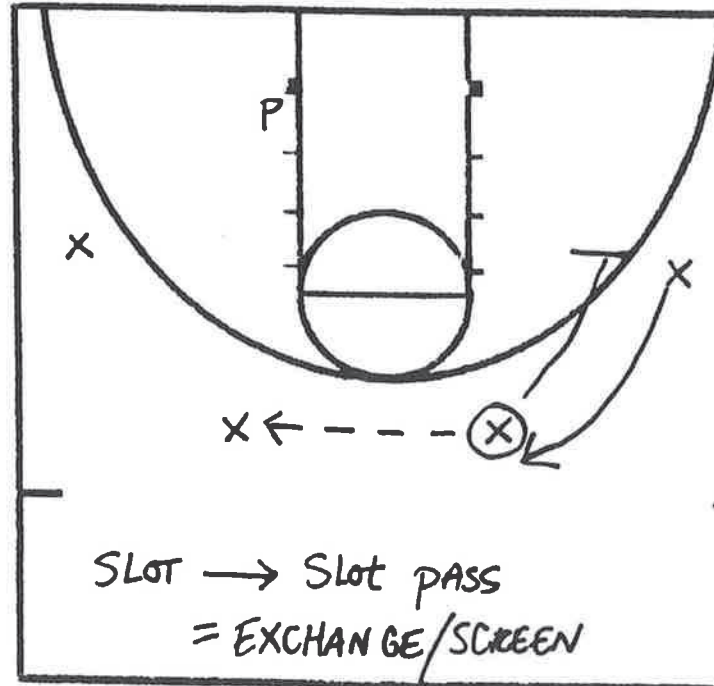
Offensive Sets MANUAL



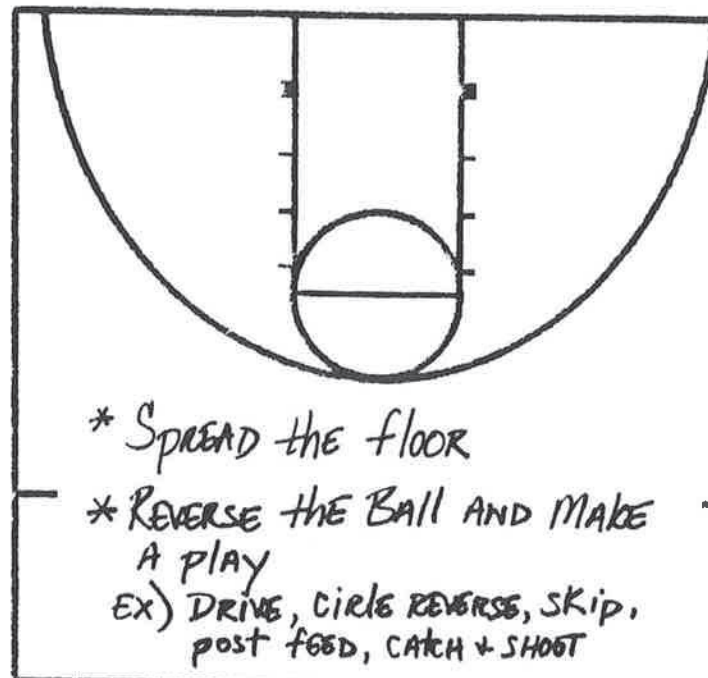
41



"SPACING is offense,
OFFENSE is SPACING"
"MOVE PEOPLE, MOVE THE BALL"

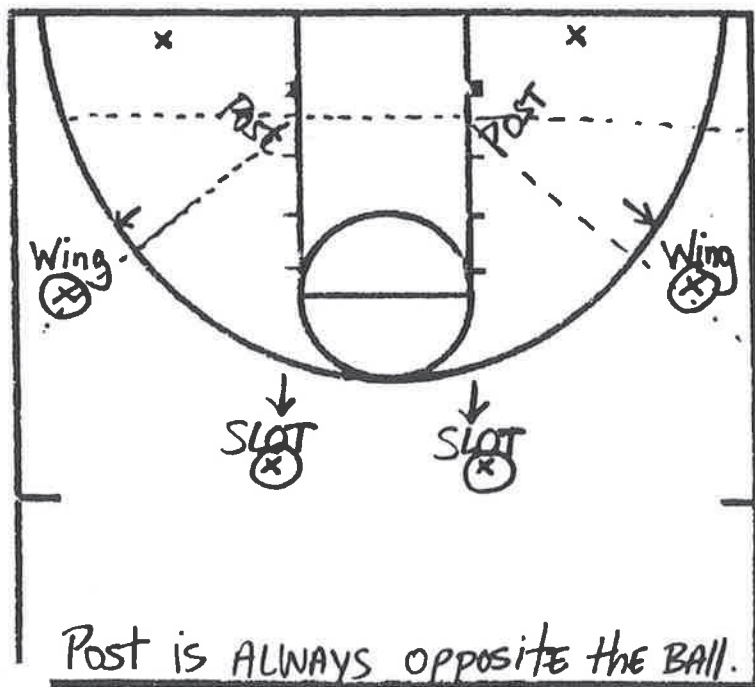


* LEAVE A spot, Fill A spot.

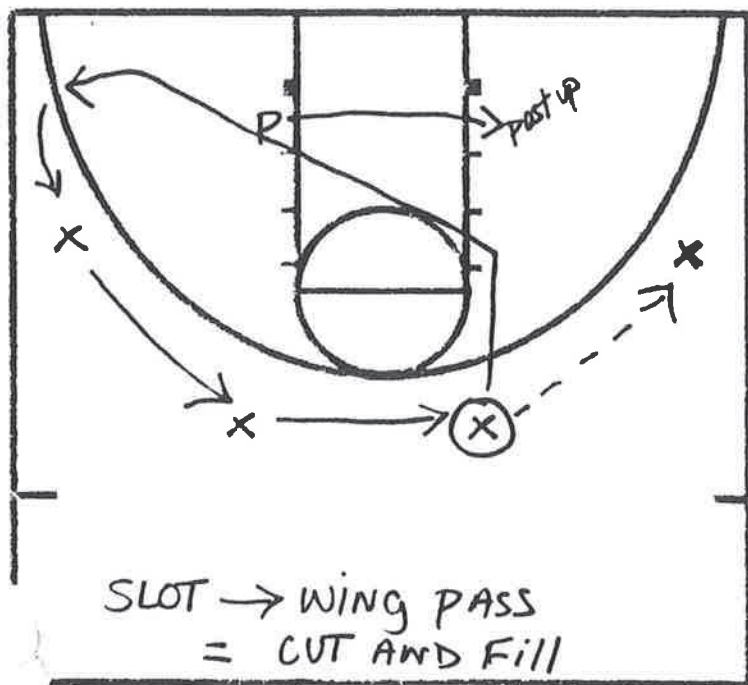
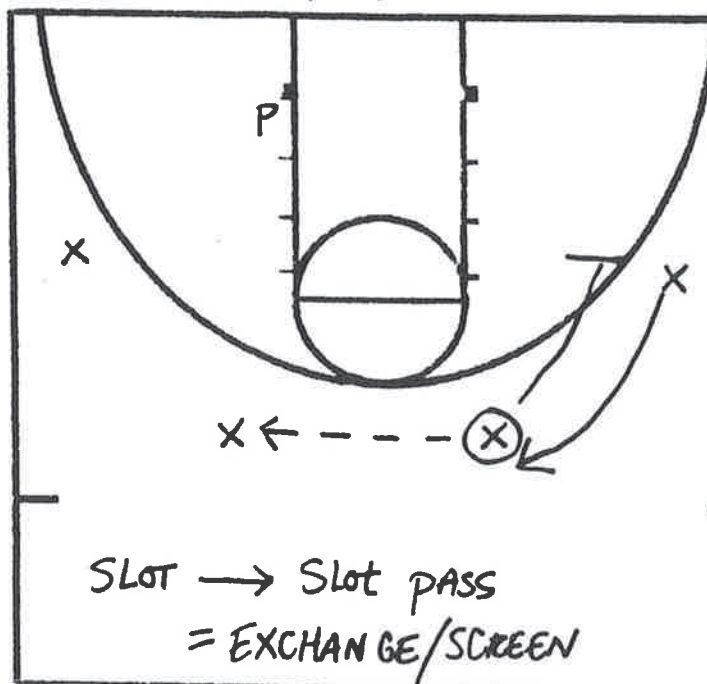


* CATCH AND think "SCORE"
- BE SMART.

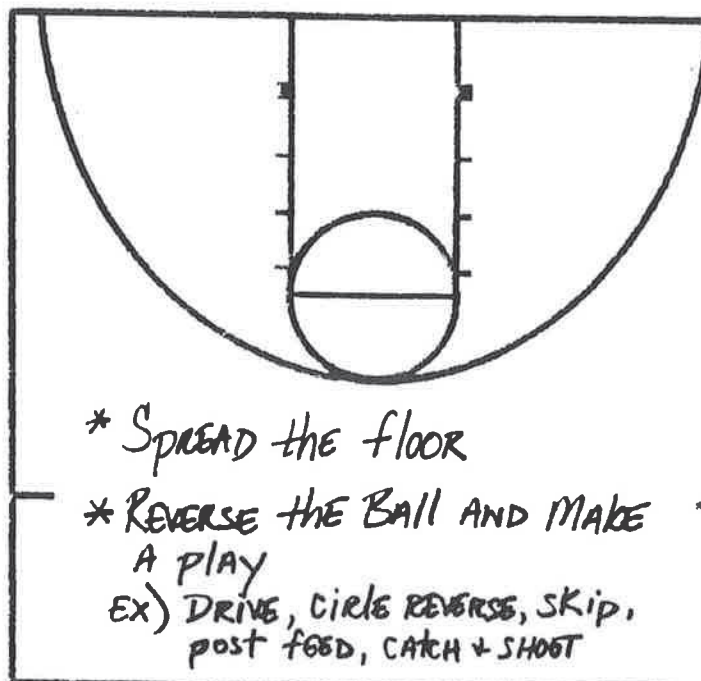
41



"SPACING is offense,
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"MOVE PEOPLE, MOVE THE BALL"



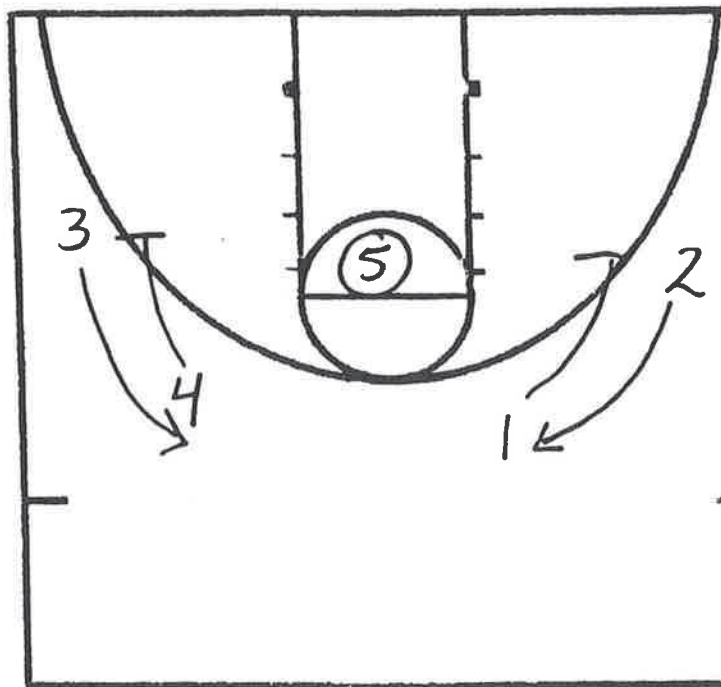
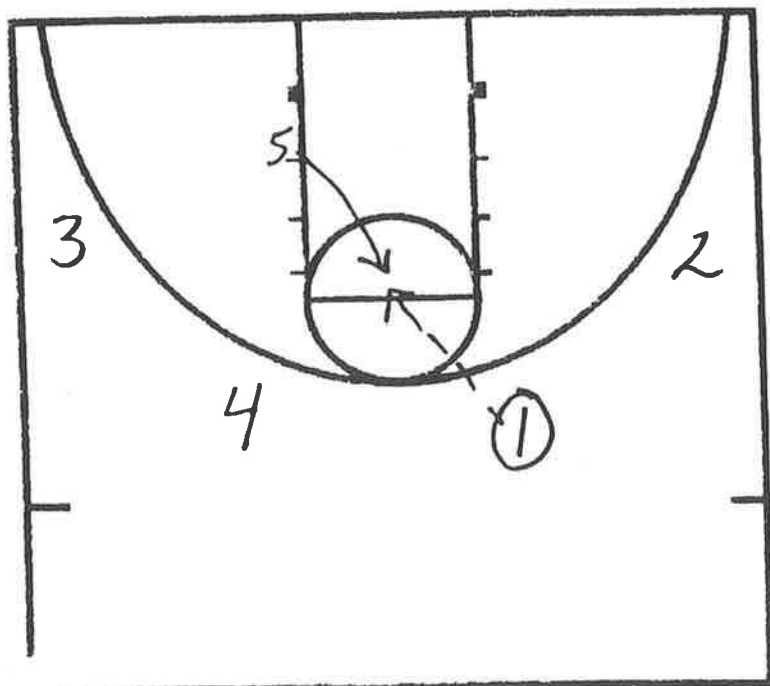
* LEAVE A spot, Fill A spot.



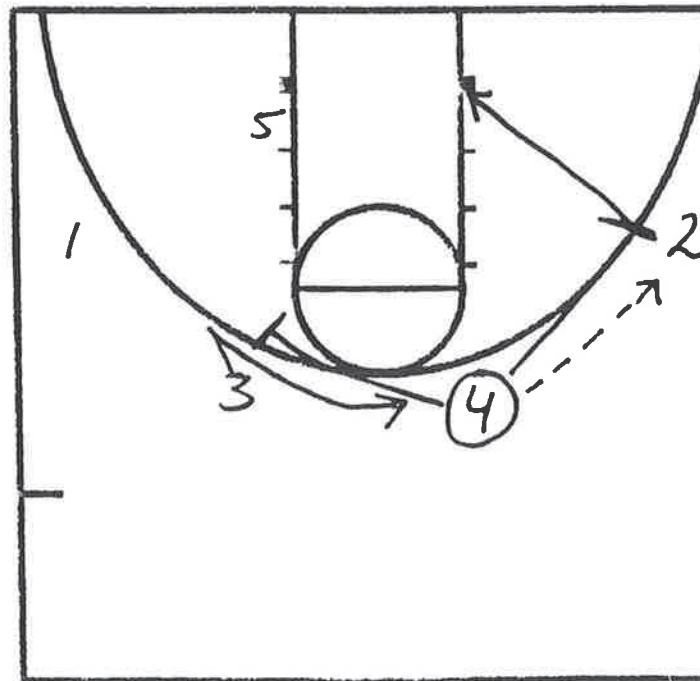
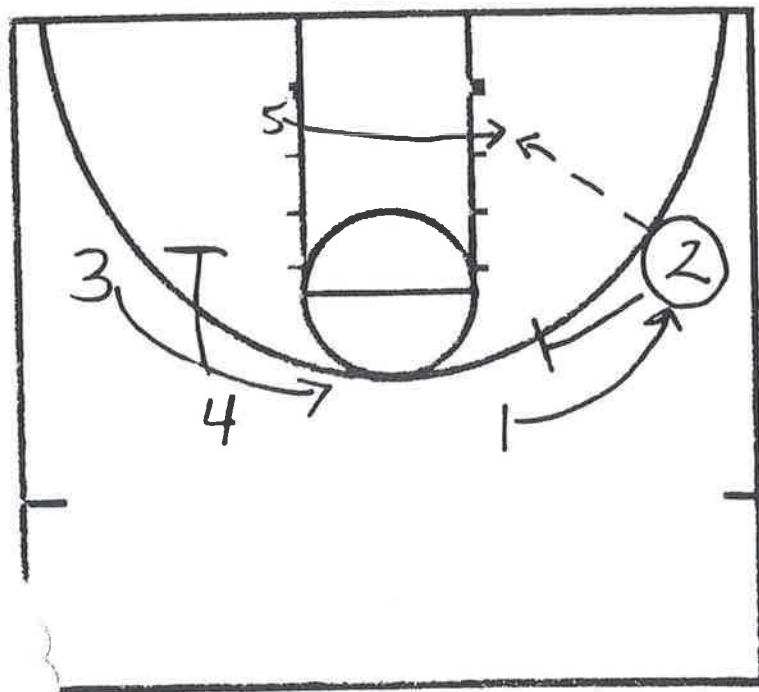
* SPREAD the floor
* REVERSE the BALL AND MAKE
A PLAY
EX) DRIVE, CIRCLE REVERSE, SKIP,
post feed, CATCH + SHOOT

* CATCH AND think "SCORE"
- BE SMART.

41 CONT.

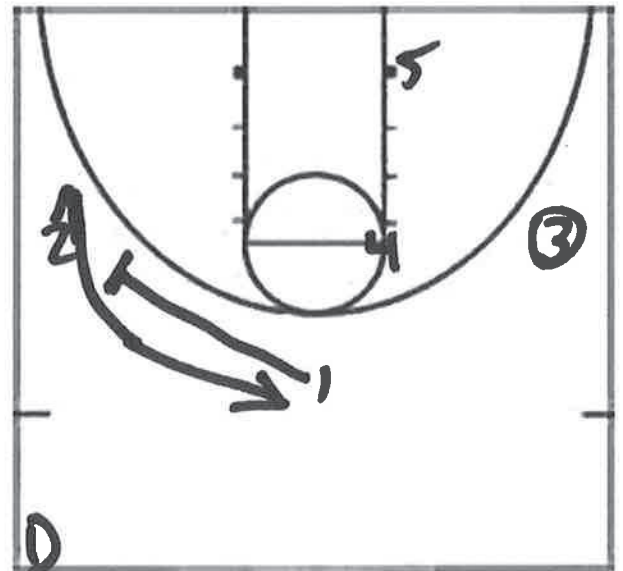
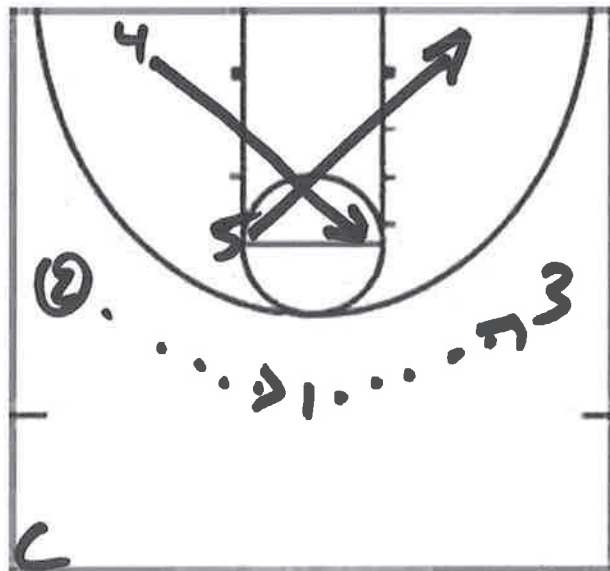
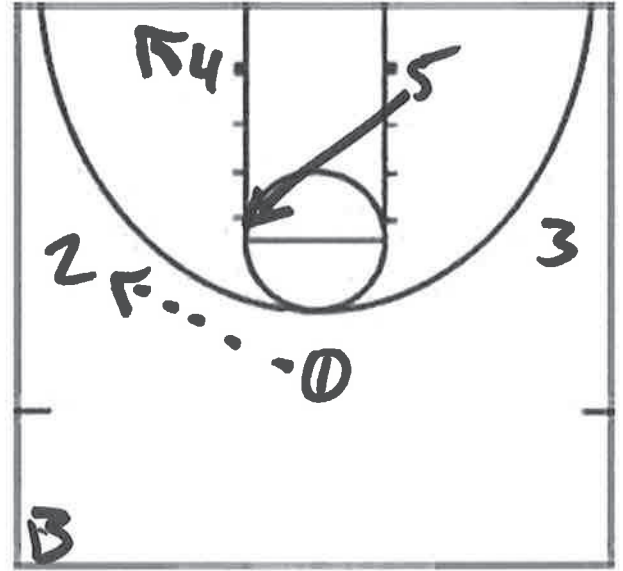
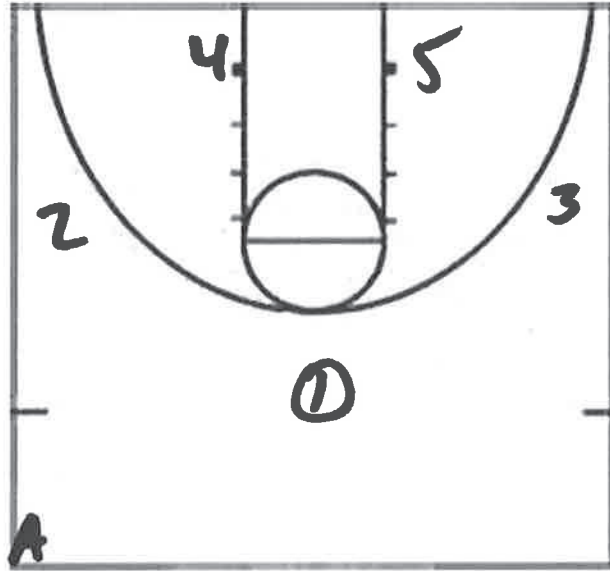


* ANYTIME THERE IS A PASS INTO THE POST.
THE 4 OUT MUST EXCHANGE / SCREEN

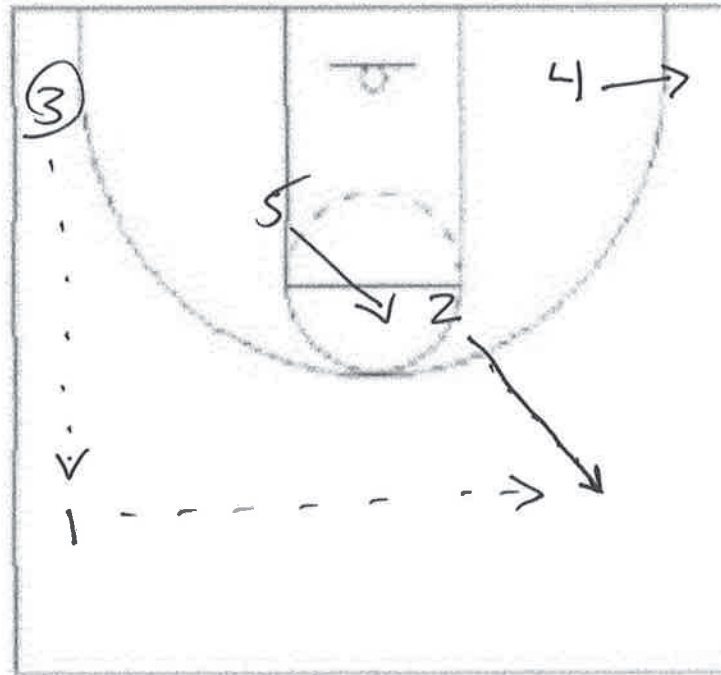
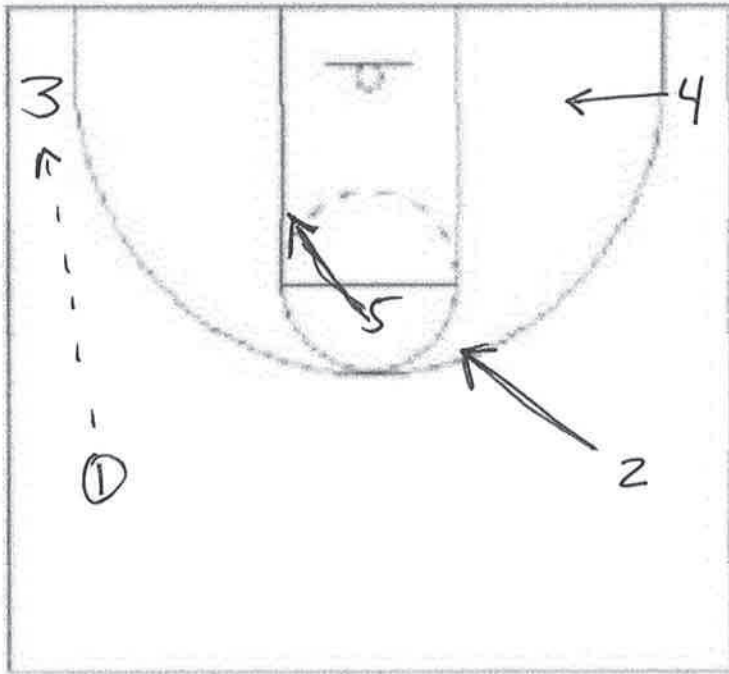


* WHEN DEF. DOES NOT COME OUT O
#4 HE MUST PASS AND SET A "NAKE

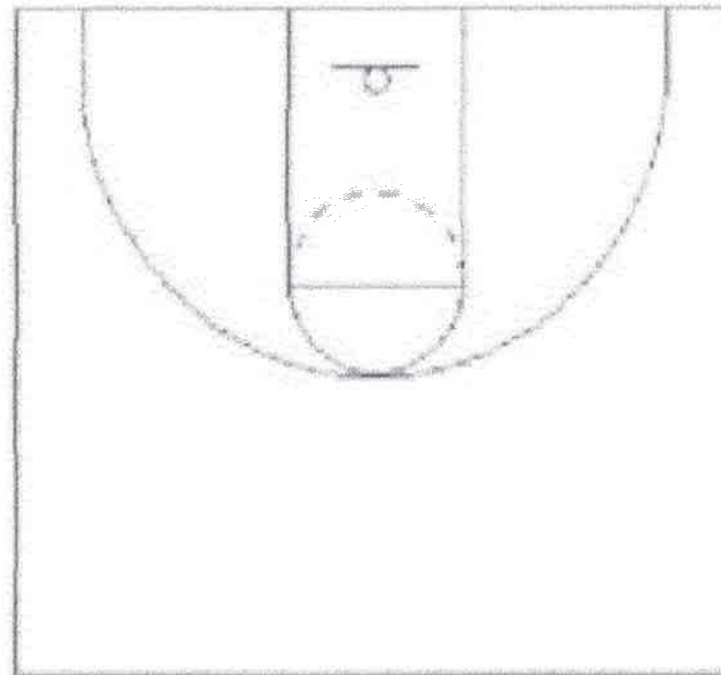
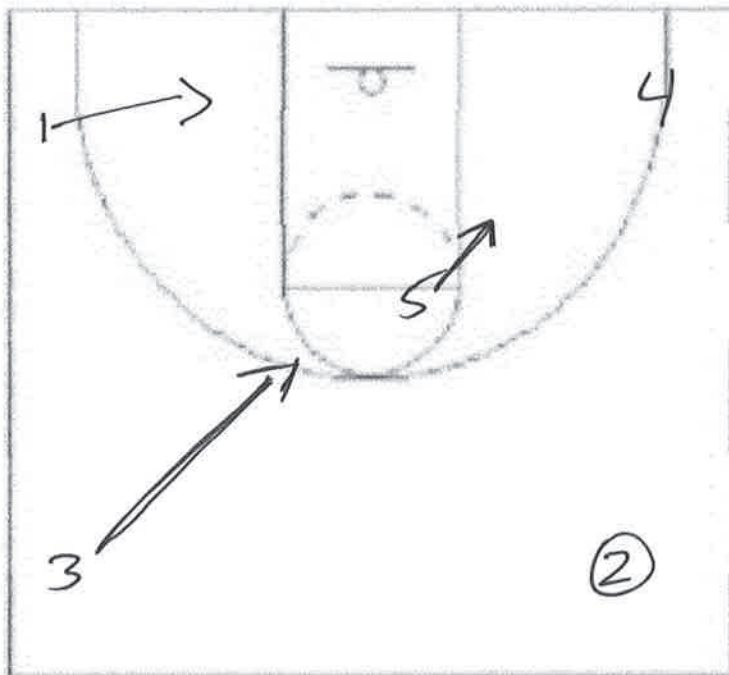
"GAPS" vs. 2-3 Zone



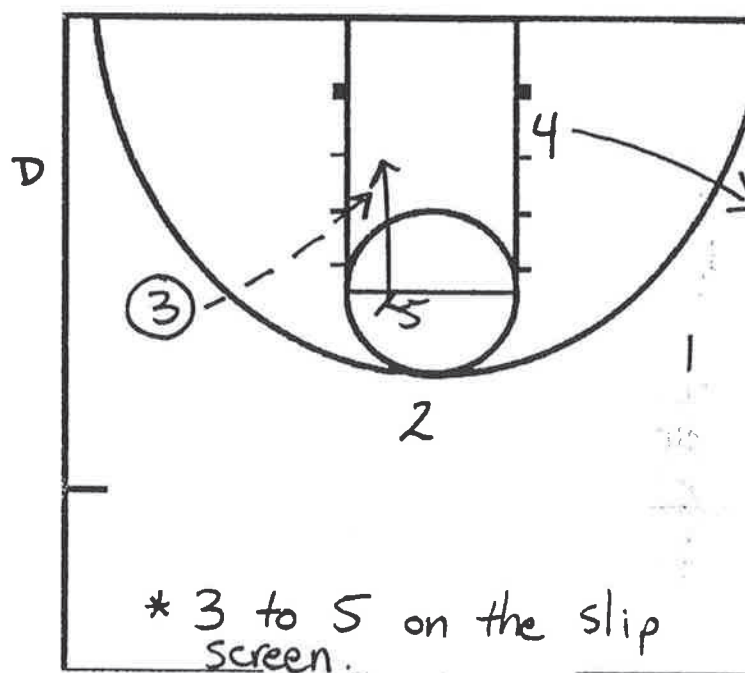
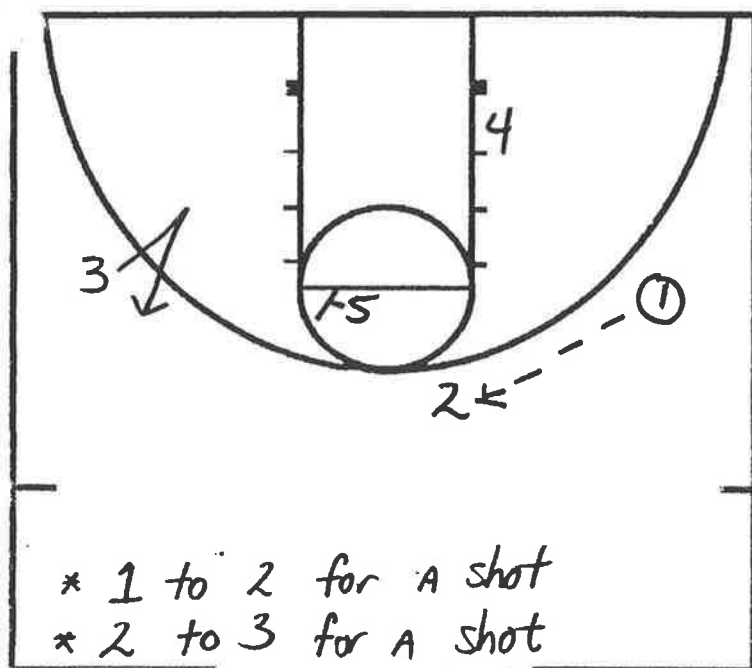
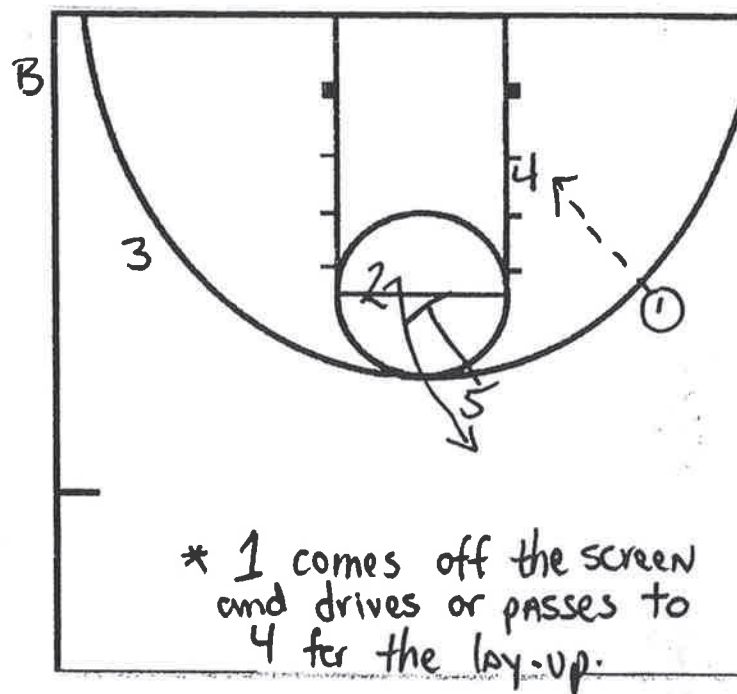
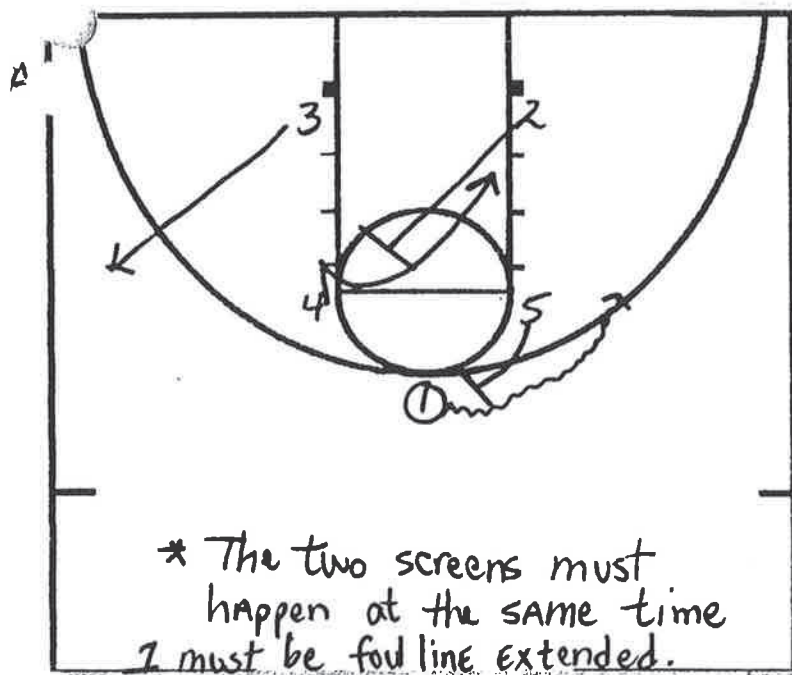
"Domino" vs ODD FRONT



EXCHANGE ON GUARD TO GUARD PASS

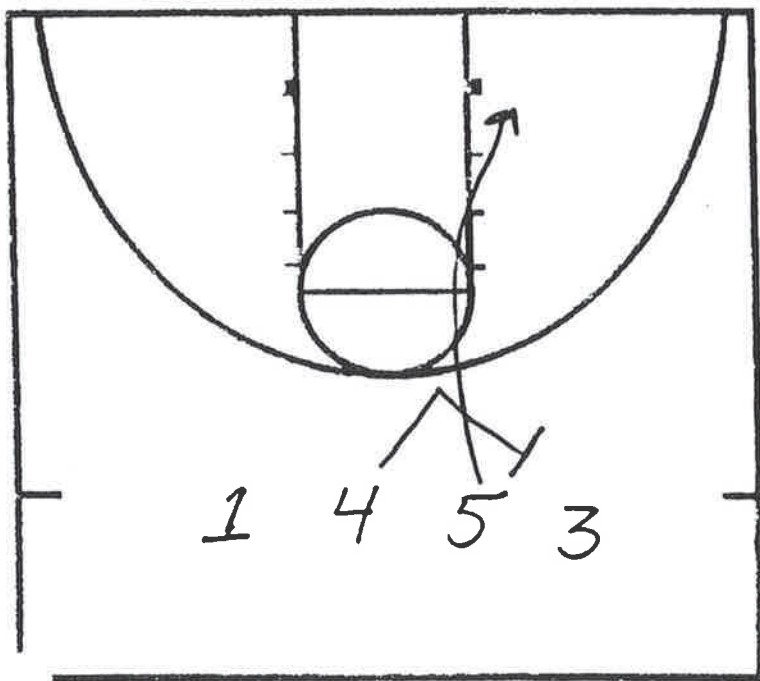


QH #42

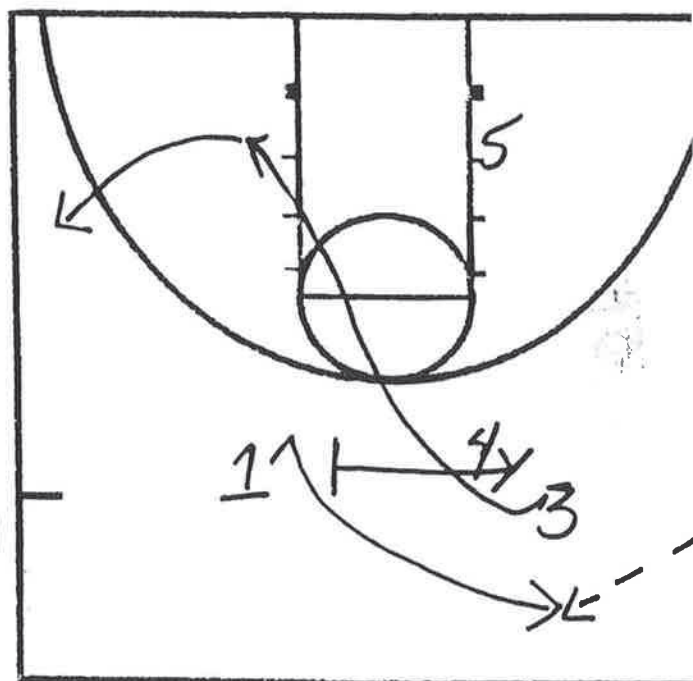


* Back to 41

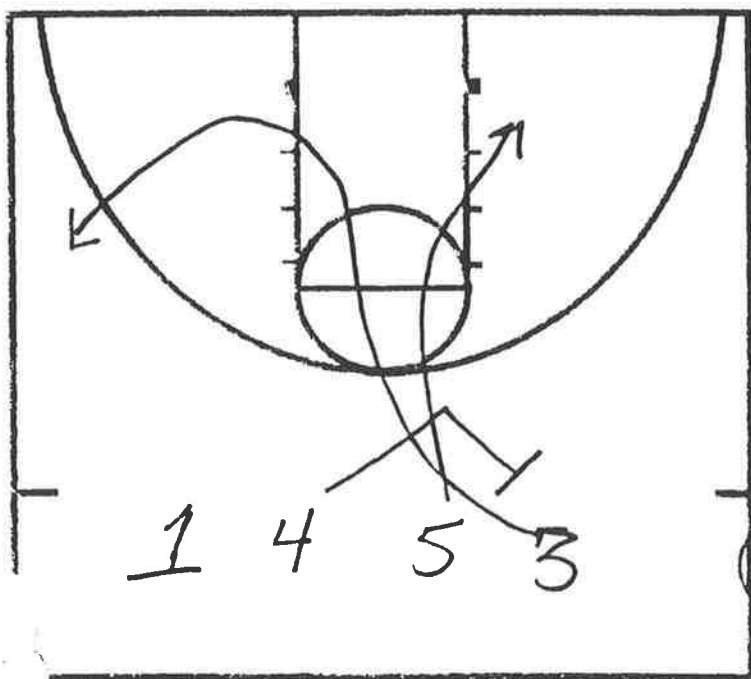
Side: "LINE"



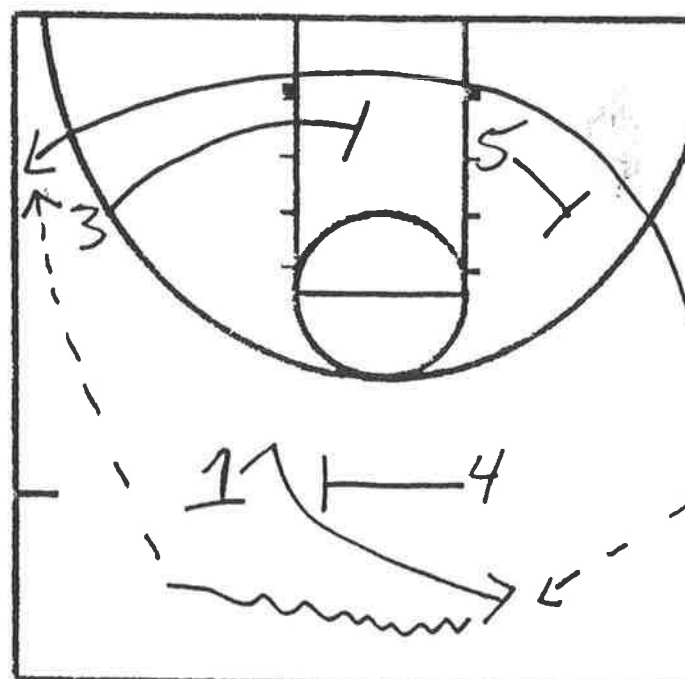
②



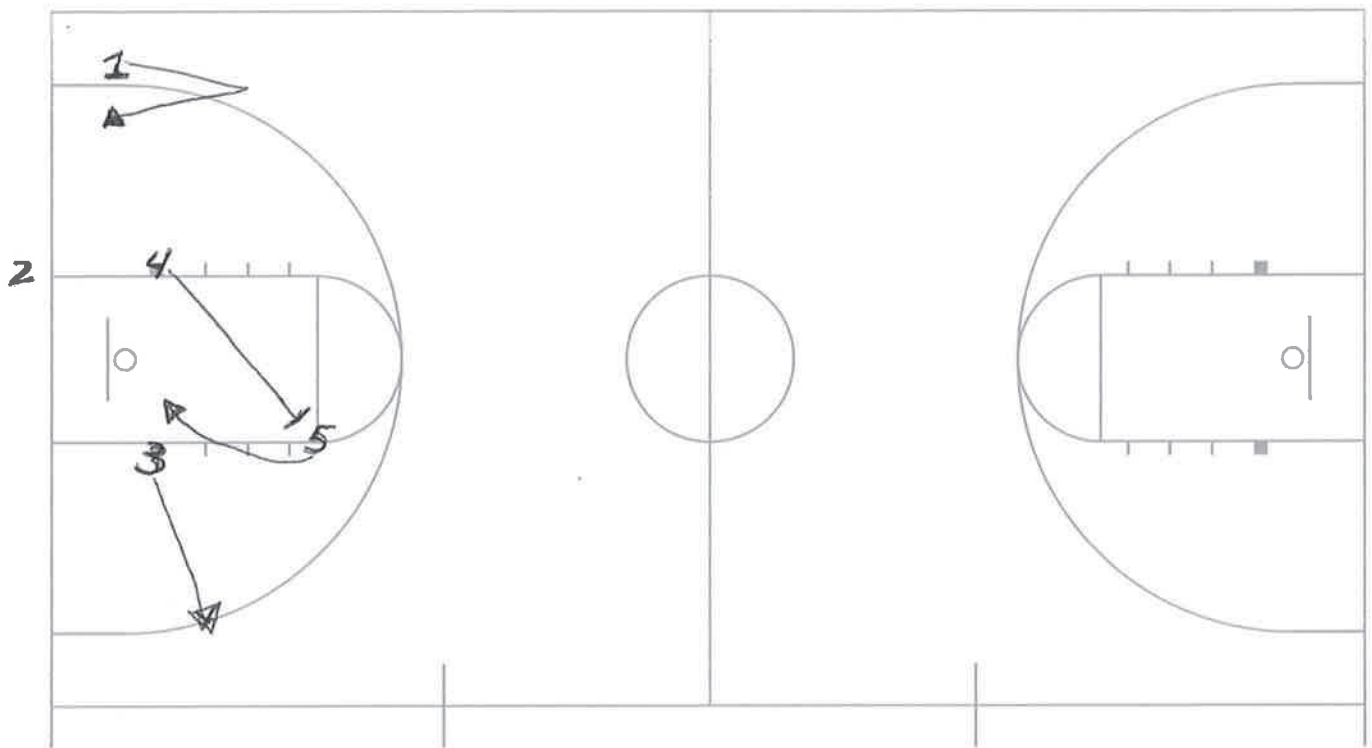
LINE for a "3"



②



"2" Out of Bounds

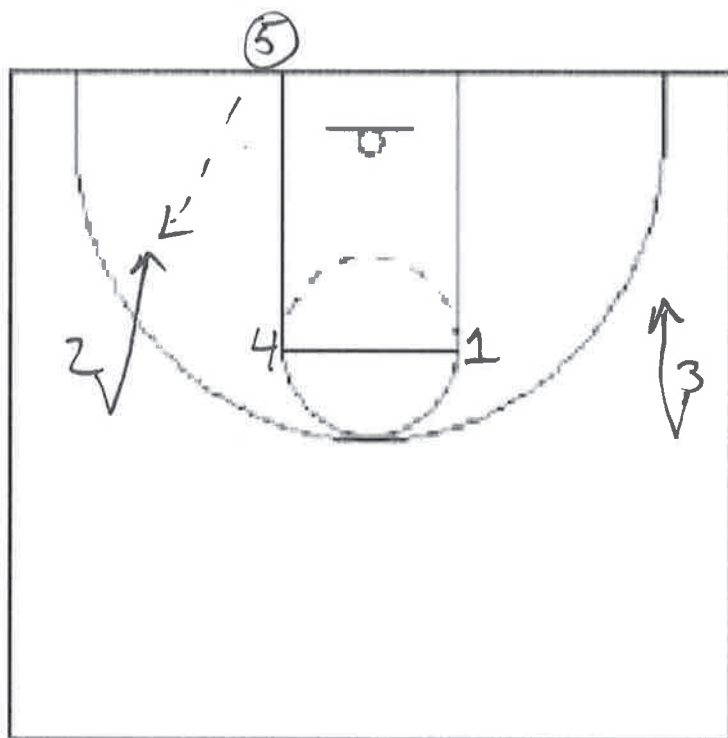


4 sets High Screen for 5

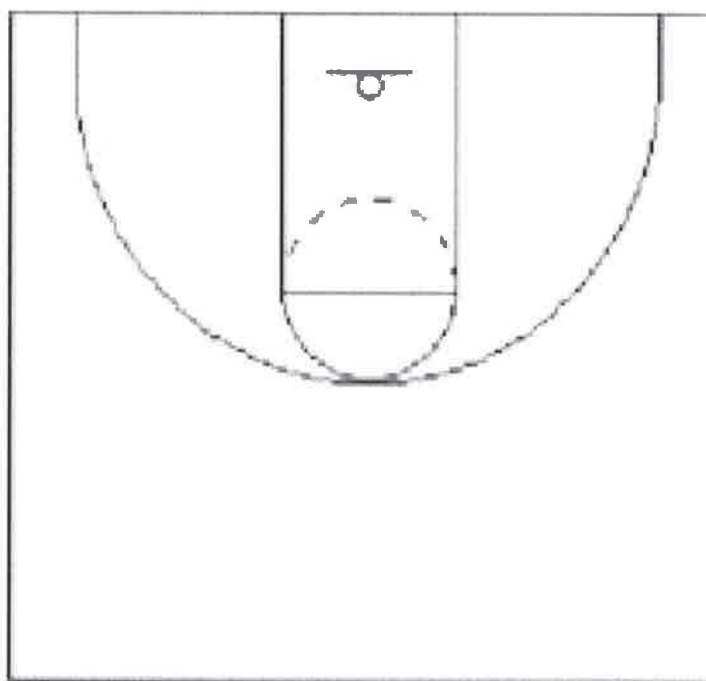
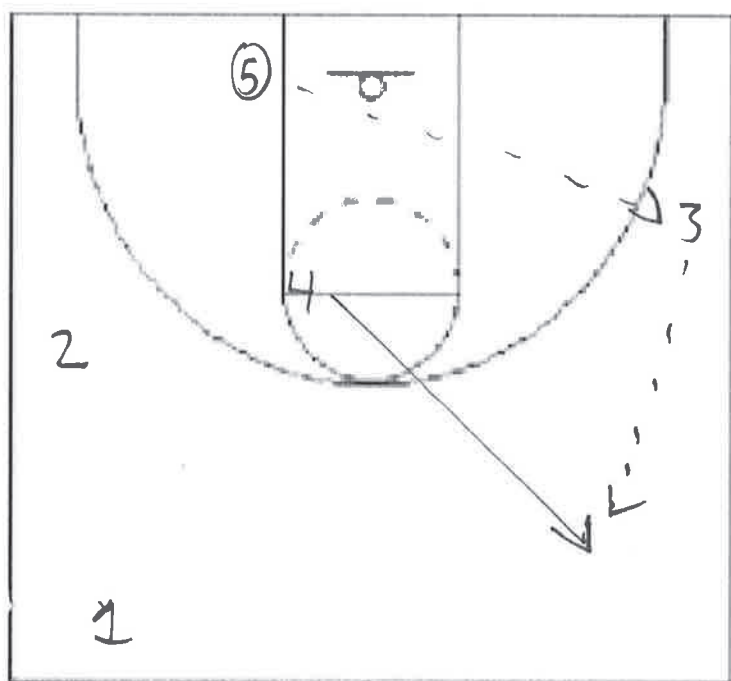
3 Becomes Safety

1 Runs Comeback to BALL

"Yellow" Press Break



ON REVERS





TWO RIDGES BASKETBALL LEAGUE - PRACTICE RESOURCES



Defensive Sets MANUAL



Introduction

Man-to-man defense has each defender assigned to defend a certain offensive player... his or her "man". Sounds simple enough, but great man-to-man defense is much more than that.

Defenders two-passes away from the ball drop off their man into "helpside" defense. So away from the ball, the man-to-man defense looks and acts a lot like a zone defense, while you have a defender pressuring the ball at all times.

Man-to-man defense has the advantage of maintaining pressure on the ball at all times.

This defense may be susceptible to guard dribble-penetration, but this can be avoided by your on-ball defenders learning to become good defenders, your adjacent wing defenders learning to "hedge" in the seams, and by having good helpside defense.

Man-to-Man Defense - Defensive Stance and Focus

Your weight should be on the balls of your feet (not your heels), and your feet should be about shoulder width apart. Keep your knees bent and your back straight. Keep your head up, eyes forward, arms out with your palms up and elbows bent a little. Watch the offensive player's belly-button, especially if he/she is quick and hard to stay with. The offensive player can fake you with a head fake, eye fake, arm or shoulder fake, or a jab-step, but the belly-button will always go only in the direction that he/she is going.

Man-to-Man Defense - Defensive Slides

When guarding your opponent, slide your feet sideways, using quick, short steps, and don't get your feet crossed. Don't hop. If you get beat in the open floor, don't just yell for help... turn and sprint after your opponent. Once you get in front of your man again, get back into your defensive stance.

Man-to-Man Defense - Close-out on the ball

Defenders must learn to "close-out" on the player with the ball. Once the offensive player receives the pass, the defender should rush toward the ball-handler in a low stance. The last several steps should be quick, choppy steps to stop your momentum (so the defender doesn't dribble around you). Your baseline line foot should be back in order to force the ball-handler toward the baseline. As you approach the ball-handler, snap your shoulders and head back to help slow yourself down. Although not shown in the video clip, we now teach our defenders to close-out with the inside hand high, in order to contest the outside shot, and the outside hand low.

Man-to-Man Defense - On the Ball Defense (MUST TEACH)

Over-guard toward the offensive player's strong side. If your man is right-handed, over-guard that side and make him/her go left. If your opponent is on the right wing, drop your left foot back a little toward the baseline and overplay a little toward the offensive player's right side, as this will give you time to react to a move to his/her right. Try to force offensive player to the baseline. Once at the baseline, set the trap, and do not allow any further penetration along the baseline.

Keep the palm of your lead hand facing up. Try to get at the ball from below, not by slapping down it, which results in a foul. Your other hand should be in the passing lane. Slide with your opponent, and try to get him/her to stop the dribble, and then close in and apply pressure.

Don't "reach-in". This causes you to lose your balance and defensive stance, and you become easy for the offensive player to get around. Reaching in also results in fouls and free throws for the opponent. Don't get into the bad habit of reaching-in and taking a swipe at the ball as the offensive player dribbles around you. Instead move your feet, hustle, stay with your man, and prevent him/her from getting to the basket by maintaining good on-ball defensive stance. If you get beat, sprint after the offensive player and beat him/her to a spot where you can once again resume your defensive stance.

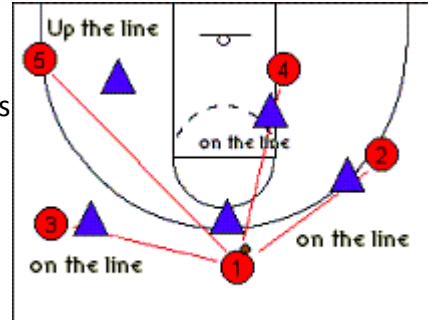


Man-to-Man Defense - Denial

Clog the passing lane and prevent the player you are guarding from getting the ball, that is, "deny" him/her the ball. When guarding an offensive player who is one pass away from the ball, you should be in denial. Denying your man the ball, keeps him/her from scoring. Play the passing lane and stay between the player you're guarding and the ball. Place your foot and hand nearest the ball slightly forward, and turn the palm of your hand toward the ball, so that you can reject any incoming passes. Be in a position to see both your player and the ball. If the ball-handler stops the dribble, you have a "dead ball situation" and everyone should in close on their man, in "full-denial".



In "full-denial", the defensive players should be "on the line". To explain this concept, imagine a line extending from the ball to the person you are guarding. In full-denial, you should position yourself so that you are on this line, body toward your man, but with head and eyes turned toward the ball, and your ball-side hand up in the passing lane.



Full denial. Red lines (passing lanes).

If your man is a long distance, or two passes away from the ball-handler, you can play a little "up the line", that is a little ways from the imaginary line towards the hoop.

The distance, or spacing, up the line depends upon the speed and quickness of the defender and the distance his/her man is from the ball. On a long pass, the defender should still be able to move toward the line and intercept the pass. If instead the defender initially played "on the line", his/her man could make a back-cut and get open. Playing a little "up the line" prevents the back-cut, and still allows for the interception.

Man-to-Man Defense - Help and Recover.

Diagrams E and F below teach how to give help and recover on the perimeter. Rather than play a "full-denial", defenders one pass away play a little up the line and step or two toward the ball in order to help stop dribble penetration. Here O1 tries to dribble-penetrate. The X2 defender gives help and O1 is prevented from penetrating, and has to dish back out to O2 (Diagram F). The X2 defender then has to rotate quickly out to on-ball defense on O2, and the X1 and X4 defenders are now in deny, a little up the line and a step or two toward the ball, while the X3 defender moves into help-side (Diagram F).

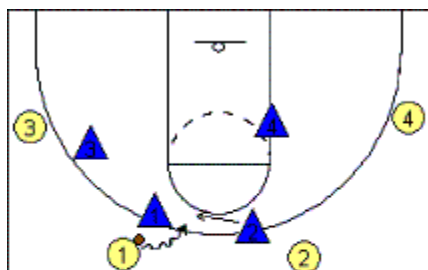


Diagram E. Help and recover. 1 dribble-penetrates and 2 gives help to prevent penetration.

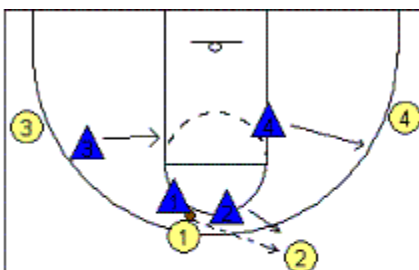
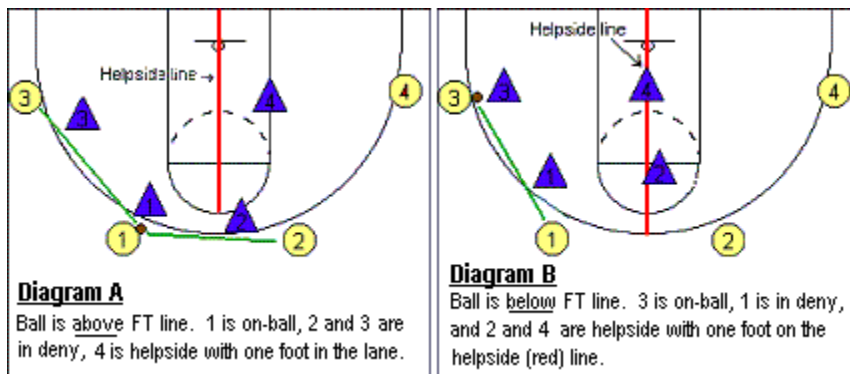


Diagram F. Help and recover. 1 is stopped and passes out to 2. 2 defender "recovers" to on-ball defense.

Man-to-Man Defense - Helpside Defense

When your opponent is two or more passes from the ball, you should be in "help-side" position. This will allow you to be in position to help your teammates against the ball penetrating the paint. This involves dropping off your man some (but without losing sight of him/her), and sagging toward the ball-side. In the diagrams below, see the imaginary red "help-side line" which goes through the middle of the lane. Many coaches teach that if the ball is above the free-throw line, the help-side defender should have one foot in the lane (Diagram A). If the ball is below the free-throw line, one foot should be touching or staggering the help-side line. Stay between the ball and your man. Be ready to help defend against another player driving or cutting to the hoop, and "help" your teammate who may have gotten beat. Once the ball comes back to within one pass from your player, you get back into deny position. If the ball is skip-passed to your player, you quickly close-out and play "on-ball". See diagrams below.



Remember, good defense is "team defense". Man to man defense is a team defense just as much as zone defenses. Here is a good quote: "The best man defense looks like a zone and the best zone defense looks like a man."

Man-to-Man Defense - Defending the Low Post

There are three positions the defender can assume when defending the low post player.

Playing behind the offensive post player.

Here the defender plays directly behind the offensive player. This may be advantageous if your post defender is much taller than the offensive player, and has a good chance of altering or blocking the post player's shot. But do not let the offensive player back you down under the basket. Use your legs (use a strong stance with knees bent) and your lower body strength to keep the offensive player out... but do not put your hands on the post player's back as you may get called for a pushing foul.

Full-fronting the low post player.

Here the defender moves directly in front of the offensive post player, between him/her and the ball, and denies the pass. The wing defender should put pressure on the ball in order to make the pass to the low post, or the lob pass, more difficult. Fronting may backfire if the offensive player is taller and can easily seal for inside position and get the high lob pass. Another disadvantage is the defender is out of position for the rebound, and the post player may be able to score just by sealing for inside position and receiving the inside pass, or by getting the rebound and put-back.

Three-quarter (or one-half) front the low post player.

This is probably the best method. Instead of directly fronting the low post player, the defender "straddles" him/her with one foot in front and one in back, standing sideways to the offensive player with one hand in the passing lane. If the ball is below the free-throw line extended (in the corner-wing area), the defender should play on the baseline side of the post player, making contact with the post player's inside (baseline) shoulder, and with the left arm and hand out in the passing lane. If the ball is passed out on top (above the free-throw line extended), the defender should slide chest to chest with the post player and move to the post player's high-side (or lane-side) shoulder, again with a hand up at all times in the passing lane.

Man-to-Man Defense - Trapping (setting the double-team)

In trapping, one defender should first stop the dribbler, often along the sideline or baseline, or in one of the "trapping zones" (see below). Trapping zones are those areas where the offensive player definitely does not want to get caught losing his dribble. It's like getting caught in a corner.

Once the ball is stopped, the second defender sprints over and double-teams the ball carrier. They obscure the ball-handler's view, and get into the passing lane. Their knees are adjacent to each other to prevent the ball-handler from "splitting" the trap. The position of their hands should be at the same height as the ball. If the offensive player holds the ball high to "throw over the top", the hands should be high. If the ball is low, the hands should be low to prevent the bounce pass. Do not reach in! "Reaching-in" changes a good situation into a bad one (now the player goes to the free throw line). Instead, the trapping players should deny the player from getting the pass off and get the 5-second call, or force her to make a bad pass, which is intercepted by one of your teammates.

The yellow zones catch the player in the corner.

The red zones are excellent trapping zones, since the offensive player cannot retreat across the 10 second line.

The blue zones are good trapping zones because the offense has to worry about the 10-second count.

Full-Court Man-to-Man Pressure Defense

[Full-court "pressure" defense](#) is simple man-to-man defense extended over the full-court. This defense is excellent for youth teams who must learn to play man-to-man defense, and it is easy to teach, requiring less practice time than other press defenses. Players use and learn the same basic concepts of man-to-man defense (on-ball, deny and help-side defense, just extended to the full-court). There is little risk, or gambling, with this defense. I believe this press would probably be less effective at higher levels where good ball-handlers and dribblers could break it down.

2-3 Zone Defense (MUST TEACH)

The 2-3 zone defense is the most common zone defense that we see. It has the advantage of protecting the inside, the "paint", and keeps your "big" inside. Its weakness is that it can be beaten by good outside shooting, with open areas on the wings, point and high post. Read ["Zone Defense"](#) for detailed tips on playing zone defense, and [Zone Rebounding](#) for tips on rebounding out of the zone.

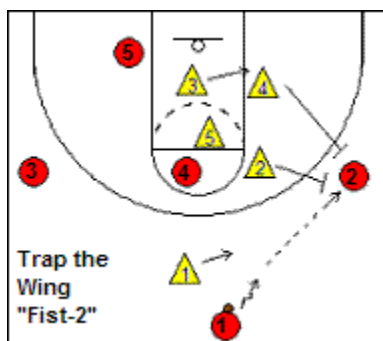
Oftentimes, we think of the 2-3 zone as a defense that less-athletic teams can use to force the offense to shoot from outside, while keeping the paint protected and your key rebounders inside. It is true that less athletic teams may have more success with this defense as it tends to shut down dribble-penetration and the inside post game. It usually requires the offense to be more patient in getting a good shot, and thus it gives you a way to help control tempo. On the other hand, if you have good, quick athletes, the 2-3 zone can also be a more aggressive, trapping style of defense, creating turnovers and steals... but you must have quick athletic players to employ this type of defense. You can aggressively trap the corners, wings, and occasionally the point guard. Below are situations, with and without trapping. Study the diagrams below to understand the how the zone shifts, or moves.

A critical point

When the ball moves into the corner and the X4 defender moves out to cover the ball, it is imperative that the X5 defender slides over immediately into the low block vacated by X4. If X5 does not get there in time, the offense may get an easy pass into the low block, and a lay-up.

Ball on the wing.

See Diagram B. The outside (top) defender on the ball-side will cover the wing. The exception is on the skip pass from wing to the opposite wing, where the low outside defender will initially run out and defend until the top defender can get there... then the low defender will drop back down low. This is also the case on a very quick ball-reversal (diagram F).

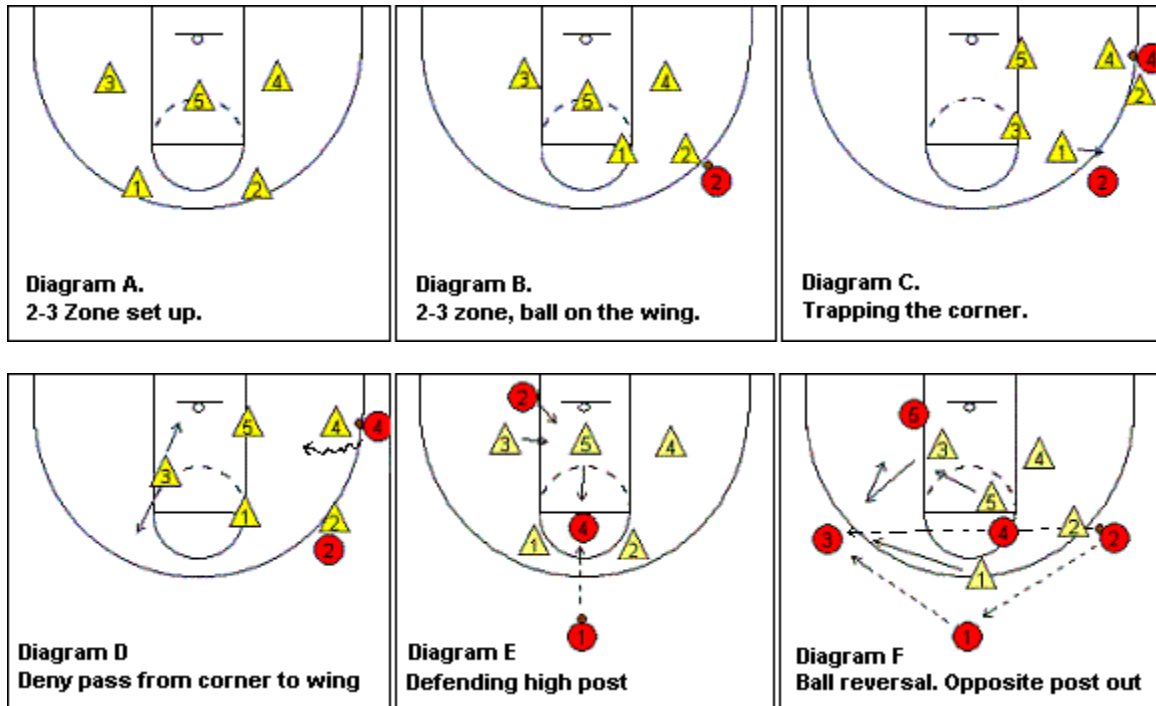


Trapping the Wing - "Fist-2" or "Fist-3"

If you have quick athletes, you can try this defensive stunt. See the diagram to the left. X1 will pick the O1 up high and try to force O1 to dribble to the side of the defensive call... "Fist-2" to the right, "Fist-3" to the left. We start the opposite low defender X3 in the middle almost under the basket, so he/she can quickly rotate to the right block. X4 can start "cheating up" toward the wing. X2 lets the pass go to O2. Then X2 and X4 quickly close-out on O2 and double-team. X1 denies the pass back to O1, X5 denies the high post pass, and X3 denies the pass to the block.

It's "one trap and out". If the offense breaks the trap or passes out successfully, we just drop back into our usual 2-3

zone.



Ball in the corner, or short-corner.

See Diagram D. The outside low defender on the ball-side will cover the corner and short-corner. It's imperative that the middle X5 defender quickly drop to the ball-side block area to prevent an inside pass there. Here, X2 denies the pass back to the wing (their best shooter) while X1 covers the ball-side elbow (high post). Depending on the offense's strengths, we may instead have X2 sag inside the paint to help prevent O4 from dribble-penetrating (arrow).

See diagram C. The corner is a trapping opportunity if you have the quickness to do it. In addition to the outside low defender (X4) coming out, the top ball-side defender (X2) will sprint down and trap the corner. X1 will deny the pass back to the wing and X3 covers the elbow (high post). The long skip pass to the opposite wing is covered by quick reversal with X3 sprinting over and X1 dropping to the high post (diagram G)

Pass into the high post.

See Diagram E. Have your X5 defender come up to defend this (like a 2-1-2 zone now). But watch out for the underneath cutter in the paint. Your X3 and X4 defenders may have to cheat into the paint when X5 moves high.

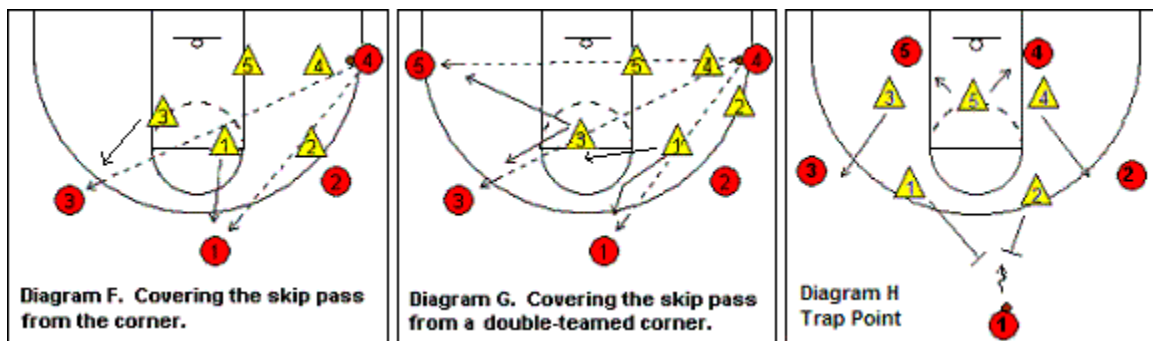
Defending the point.

Defending the point is always problematic. If you know that their O2 guard is their best shooter, then have X1 defend the point at first and allow X2 to sag toward their good shooter. And just the opposite applies if O3 is their best shooter. At first you may decide to defend the point loosely, but if their O1 starts hitting some shots, you've got to get pressure there. Never let

their point split the X1 and X2 defenders and dribble penetrate the middle. X1 and X2 really have to move quickly and work hard, and work together in order to cover the point and both wings, and give help in the high-post.

Trapping the Point

Diagram H below shows an aggressive "surprise" trap on the point guard. X1 and X2 run out and trap O1 as soon as O1 brings the ball across half-court. X3 and X4 run out and deny (or intercept) the pass to the wing. This is a gamble, and you may get an interception or a turnover, especially if the offensive set is a 3-out, 2-in (no high post). But this is not something you would do all the time, as it is obvious from the diagram that you could get burned by a quick pass from O1 to the high-post (free-throw line). You might make this a defensive call, like "Red" or "Hot".



Covering the Skip Pass

Covering the skip pass from wing to wing, has been discussed above (diagram F). A skip pass from wing to opposite corner would be covered by the ball-side low outside defender.

Covering the skip pass from the corner to the opposite wing depends upon whether or not you have double-teamed the corner as in Diagram C. In the usual single-coverage (Diagram D), a skip pass from the corner to the opposite wing is covered by the opposite low outside defender (X3) who has back-side responsibility. Sometimes, a quick athletic X3 can anticipate the skip pass, jump out and intercept it and go for a lay-up. For example, in diagram F, as the ball is passed from the right corner to the left wing, X3 covers the receiver until X1 can rotate over, and then X3 will drop back down low. If the skip goes from the corner to the point, X1 should cover this (diagram F).

If you have double-teamed the corner (Diagram C), a long effective skip pass is less likely, but in this case would be covered as follows (see Diagram G):

1. Pass from right corner to left corner or wing... cover this with X3 defender.
2. Pass from right corner to point... cover the receiver with X1.

Players sometimes think playing a 2-3 zone defense is easier than man defense, but in fact, to play good zone defense, you may have to work much harder to be effective.



T2RBL HOMEWORK MANUAL

Included in This Manual

- *Introduction to the Importance of Homework Drills*
- *Points of Emphasis*
- *Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

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Introduction

THE IMPORTANCE OF HOMEWORK: "Practice makes perfect"

Consistently working on basic drills such as ball handling, dribbling and form shooting will quickly produce positive results. Repeating a basic drill over and over again creates muscle memory. Muscle memory will allow the body to perform the movement without consciously thinking about it. Basketball players that don't have to think about every movement/drill they perform will be more efficient players and better able to think about game situations on the court. Also, by allowing athletes to work on these drills on their own time, it opens more time for coach's to focus on the more complex components to the game of basketball. Listed below are some of the key points for each homework drill.

Ball Handling:

- *Spread the fingers out to allow for a wider grip on the ball which will give you more control
- *Fingers should be slightly bent to keep the palm of the hand from slapping the ball
- *Try to keep the head up to allow for vision in all directions

Dribbling:

- *Control the ball with your fingertips
- *Don't slap the ball
- *Soft hands will give you more control
- *Try to keep the height of the dribble below your waist
- *Try to keep the head up

Passing:

- *Begin the pass with the arms bent
- *Fully extend the arms quickly and powerfully
- *Point the fingers in the direction of the target upon releasing the ball
- *Thumbs should face down in the follow through
- *Step into the pass to gain more power

Shooting:

- *Keep the body squared up to the target
- *Elbows tucked in
- *Follow through and extend the arm and fingers of the shooting hand towards the target
- *Ball should have a perfect backspin if released correctly (no side spin)

Crossover Ball Toss

DYNAMIC: BALL HANDLING

Recommended Sets/ Reps:

- Perform 3 sets of 60 seconds or 50 reps

Description:

- 1). Hold the ball in one hand and toss across the body to the other hand.
- 2). Repeat to the opposite hand quickly as possible.

Modifications:

Beginner: Slow Pace

Advanced: Fast Pace/ On 1 Leg/ Eyes Closed



HOMWORK TRACKER:

Date: _____ Sets/ Reps Completed: _____

Notes: _____

Parent Signature: _____ Date: _____

Date: _____ Sets/ Reps Completed: _____

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Date: _____ Sets/ Reps Completed: _____

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Parent Signature: _____ Date: _____

Around the Leg

DYNAMIC: BALL HANDLING

Recommended Sets/ Reps:

- Perform 3 sets of 30 seconds each leg or 25 reps

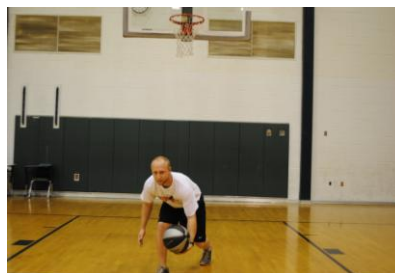
Description:

- 1). Feet should be wider than shoulder width apart.
- 2). Hold the ball in one hand.
- 3). Take the ball around one leg and hand off to the other hand.
- 4). Repeat in a circular motion around the same leg.

Modifications:

Beginner: Slow Pace

Advanced: Fast Pace/ Eyes Closed



HOMEWORK TRACKER:

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Parent Signature: _____ Date: _____

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Parent Signature: _____ Date: _____

Around the Waist

Recommended Sets/ Reps:

- Perform 3 sets of 30 seconds each direction or 25 reps

Description:

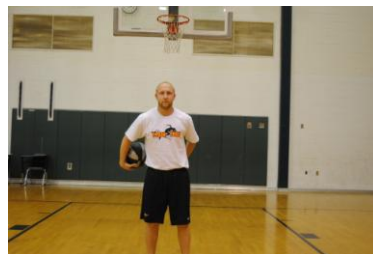
- 1). Hold the ball in one hand.
- 2). Take it around the waist and hand off to the other hand.
- 3). Repeat in a circular motion around the body as quickly as possible.

Modifications:

Beginner: *Slow Pace*

Advanced: *Fast Pace/ On 1 Leg/ Eyes Closed*

DYNAMIC: BALL HANDLING



HOMework TRACKER:

Date: _____ Sets/ Reps Completed: _____

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Figure 8

Recommended Sets/ Reps:

- Perform 3 sets of 30 seconds each direction or 25 reps

Description:

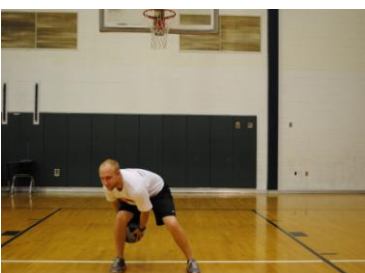
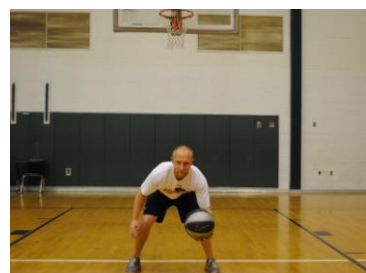
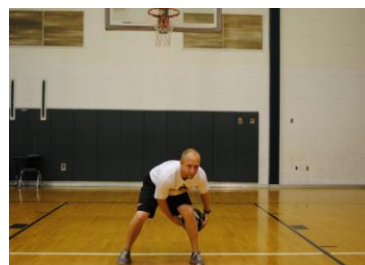
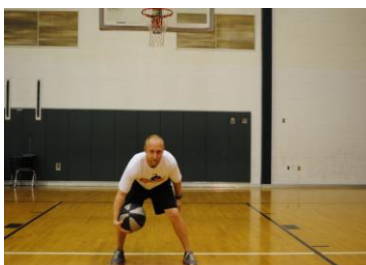
- 1). Feet should be wider than shoulder width apart.
- 2). Hold the ball in one hand.
- 3). Take the ball around one leg and hand off to the other hand.
- 4). Repeat the movement around the opposite leg to complete the figure 8 motion.

Modifications:

Beginner: Slow

Advanced: Fast/ Eyes Closed

DYNAMIC: BALL HANDLING



HOMEWORK TRACKER:

Date: _____ Sets/ Reps Completed: _____

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Parent Signature: _____ Date: _____

One Hand Dribble (w/ crossover)

Recommended Sets/ Reps:

- Perform 3 sets of 100 dribbles, switching hands with a crossover every 10 dribbles

Description:

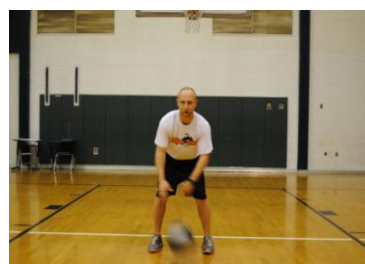
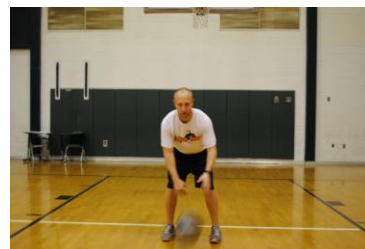
- 1). Begin dribbling with 1 hand, keeping the ball low and head up if possible.
- 2). After 10 dribbles, crossover and keep dribbling with the other hand and then repeat every 10 dribbles from then on.

Modifications:

Beginner: Slow/ Looking at Ball

Advanced: Fast/ Looking Up/ Low Dribble

DYNAMIC: DRIBBLING



HOMEWORK TRACKER:

Date: _____ Sets/ Reps Completed: _____

Notes: _____

Parent Signature: _____ Date: _____

Date: _____ Sets/ Reps Completed: _____

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Parent Signature: _____ Date: _____

Date: _____ Sets/ Reps Completed: _____

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Parent Signature: _____ Date: _____

Form Shooting (Laying Down)

Recommended Sets/ Reps:

- Perform 3 sets of 50-75 repetitions

Description:

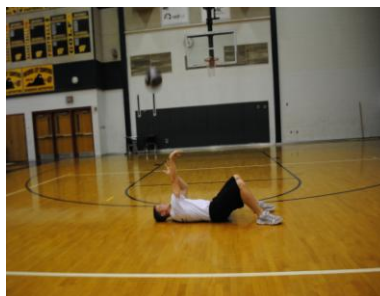
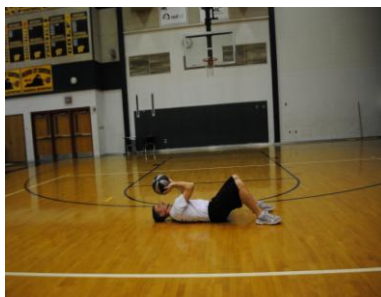
- 1). Lying on your back practice shooting straight up into the air.
- 2). Be sure every shot goes straight up and straight back down.
- 3). Be sure to keep a perfect back spin on the ball on every shot without allowing for any side spin.
- 4). Follow through by pointing at the ball with all fingers upon the release of each shot.

Modifications:

Beginner: Shoot to 5 ft. height

Advanced: Shoot to 10 ft. height or more

DYNAMIC: SHOOTING



HOMework TRACKER:

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Parent Signature: _____ Date: _____

Date: _____ Sets/ Reps Completed: _____

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Parent Signature: _____ Date: _____

Chest Pass

Recommended Sets/ Reps:

- Perform 3 sets of 10 passes

Description:

- 1). Begin the chest pass by gripping the ball with 2 hands – 1 on either side of the ball.
- 2). Ball needs to be at chest height with arms bent and thumbs facing toward the body.
- 3). Quickly extend the arms and release the ball.
- 4). Upon releasing the ball, point fingers toward the target.

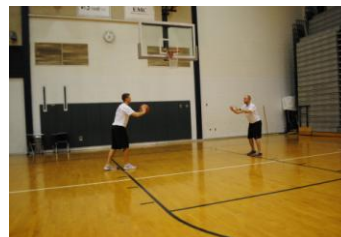
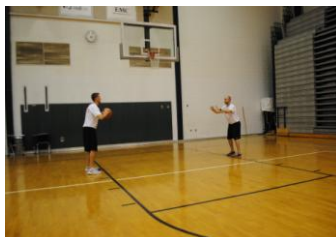
Drill can be done with a partner or by throwing against a wall

Modifications:

Beginner: Slow Pace

Advanced: Fast/ 1 Foot

DYNAMIC: PASSING



HOMEWORK TRACKER:

Date: _____ Sets/ Reps Completed: _____

Notes: _____

Parent Signature: _____ Date: _____

Date: _____ Sets/ Reps Completed: _____

Notes: _____

Parent Signature: _____ Date: _____

Date: _____ Sets/ Reps Completed: _____

Notes: _____

Parent Signature: _____ Date: _____

Bounce Pass

Recommended Sets/ Reps:

- Perform 3 sets of 10 passes

Description:

- 1). Begin bounce pass by gripping the ball with 2 hands – 1 on each side of the ball.
- 2). Ball needs to be at chest height with arms bent and thumbs facing toward the body.
- 3). Quickly extend the arms and release the ball.
- 4). Upon releasing the ball, point fingers toward the target and thumbs facing down toward floor.
- 5). When throwing a bounce pass, ball should hit the ground halfway between passer and partner.

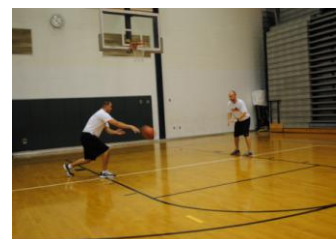
Drill can be done with a partner or by throwing against a wall

Modifications:

Beginner: Slow Pace

Advanced: Fast/ Side Bounce Pass (see right)

DYNAMIC: PASSING



HOMework TRACKER:

Date: _____ Sets/ Reps Completed: _____

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Date: _____ Sets/ Reps Completed: _____

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Parent Signature: _____ Date: _____

Overhead Pass

Recommended Sets/ Reps:

- Perform 3 sets of 10 passes

Description:

- 1). Begin overhead pass by gripping the ball with 2 hands – 1 on each side of the ball.
- 2). Bring ball toward the back of the head with thumbs facing down.
- 3). Quickly extend arms forward and release the ball.
- 4). Upon releasing the ball, point the fingers forward and thumbs toward the ground.

Drill can be done with a partner or by throwing against a wall

Modifications:

Beginner: Slow Pace

Advanced: Fast/ 1 Foot



HOMework TRACKER:

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