

# East Windsor Youth Basketball

## Fundamentals and Fun An Introduction to Basketball Fundamentals

[EWSports.com](http://EWSports.com)

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## **East Windsor Youth Basketball Our Coaches, Teaching Skills, Conducting a Practice**

*The goals of East Windsor Youth Basketball are to teach players individual fundamentals, game skills, provide a positive atmosphere for all, and the value of team play with respect to all involved.*

Schedules, division overviews, announcements are all posted on EWSports.com

### **Introduction**

In teaching basketball fundamentals, a typical session should be divided into the following segments:

- Prepare – before arriving at practice prepare a plan for the day, divided into individual skills, team skills, with time parameters
- Starting Talk Time – at the start of practice discuss previous session briefly, and inform participants of areas that will be covered in the session.
- Stretching – do some stretching and follow with 1 lap around the gym with a normal run
- Individual player skills – using the station method, individual player skills are developed, including, but not limited to: dribbling, shooting, passing, defense, setting a screen, pick and role, rebounding, game rules, court layout, basketball terminology. Some station drills can be done with the entire group ( i.e. dribbling, foot-fires, slides)
- Fun drills - Use 2 fun drills each session to keep interest: Dribble Tag – everyone is in center circle with a ball, on the whistle they all dribble and the coaches try to tag the dribblers, they must stay inside the court lines, Shooting – 10 – divide players into 2 groups with a group at each hoop, player shoots foul shot (or closer). 2 points for a made shot. First team to 10 wins. Stop – Go, Passing Circle
- Team skills – a portion of the session should be dedicated applying the individual skills into a team setting by teaching team skills such as a 3-2 and 1-3-1 offense, motion offense for man-to-man defense, zone defense, man-to-man defense, where to stand when there is a jump ball and where to be when foul shots are attempted. For Beginners we will play 4 on 4 or 5 on 5 based on roster size
- Game – All practices should end in a game where all players have an opportunity to shoot the ball and where players apply the skills they have learned
- Ending talk – at the conclusion of each session, the coaches should have a group talk with the players to discuss the days accomplishments – what did we learn, what did we do well, what we need to do better.
- Remember the session should allow for Skill Stations, Team Offense, Team Defense, and Game. One hour session can be divided into: opening talk, skills/drills (30 minutes), water break, fun drills, team offense/defense (10-15 minutes), game (8 minutes), ending talk Time can vary based upon player skill level, purpose of the session. However, in the practice session, game time allotment should not exceed 10 minutes. Also, while the game is being played, the coach should stop the game to explain to all players if they are not executing properly.

### **The Instructor**

In teaching basketball fundamentals, the instructor needs to:

- Be a positive role model.
- Present yourself in a positive manner:
  - Smile
  - Dress Properly            Proper Language
  - Instruct in a positive manner - not what the player did *wrong*, - *what we need to do better*
  - Be enthusiastic – make positive comments when players are doing the drill correctly
  - Demonstrate the skill, and repeat when necessary
  - Do not correct just one player, inform everyone in your group what needs to be done better
  - Be an active member of the group – demonstrate the skill, positive comments of encouragement to all the participants

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### **Player Skill Stations**

Using the Station method, we will instruct the players and develop their skills. We have identified 10 stations that we can use. The number of instructors present will determine the number of stations to be used. For each session, at least two shooting stations should be utilized. Instructors will remain at each station with groups of players rotating to each station. Each station should last about 5-6 minutes with the Head Instructor blowing a whistle every 5-6 minutes and moving the players around. A maximum of 4 players per station is preferred thereby increasing touches

#### **Station 1 – Passing**

Types of passes – chest pass, bounce pass, baseball pass, 2-hand overhead pass

Be an active part of this station by demonstrating how to throw a chest pass and bounce pass with two hands and thumbs out as they release the ball

Player receiving the ball should always give a target chest-high with their hands

Step to pass - Step to catch. Do not step back when receiving a pass.

As a fun drill to conclude this station, players can form a circle and pass the ball around the circle, with the instructor adding additional basketballs as they go along.

Overhead baseball pass

Fake and pass

Show how to seal the defender when passing

#### **Station 2 – Dribbling**

Instructor needs to demonstrate types of dribbling

- Start by having players be on the floor on their left knee and dribbling with their right hand no higher than their knee, repeat drill with right knee/left hand
- Progress to standing up and dribbling in place with knees slightly bent, bending slightly and dribbling the ball to the side with right hand and left arm out as an arm-bar to protect
- While in the protect stance, dribble following a segment of lines on the court
- Repeat utilizing left hand
- Drill can be expanded to dribbling around cones with ball to the outside of the cone
- Demonstrate a power dribble with the ball in front and pushing forward
- Explain how power dribble may be used for dribbling on an unguarded fast-break
- Cross-over dribble
- Dribble using 2 basketballs with both hands

Fun drill, with all in the session, players all have a ball and start scattered on the court, the instructor blows the whistle and the instructor(s) try to tag the dribbling players. Players must stay on the court and when tagged, they go to the center circle and continue to dribble. Set a time limit of 2-3 minutes for this drill.

#### **Station 3 – Dribble – Pivot – Pass**

Utilizing the skills from Stations one and two, have players form a line, dribble approximately 14 feet, stop their dribble, pivot and pass the next person in line

Repeat.

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**Station 4 – Shooting in front of the basket**

The instructor is going to demonstrate the proper way to shoot a ball. Show how to hold the ball by the seams and by making a Tee with your thumbs with elbow towards the basket. Bend knees slightly, bring the ball down slightly and shoot by extending the shooting arm, snap the wrist and follow-through with index finger pointing at the hoop.

Continue to reinforce the proper way to shoot, demonstrate form over as needed.

This drill can be used by shooting at a hoop or at a target on the wall.

**Station 5 – Shooting Layups**

Using the shooting skills in Station 4, apply those skills by shooting layups.

Stage one of shooting layups will have the shooter on the right side of the basket at the block with feet together. Player takes one step forward with inside foot and pushes off with outside foot going up as the shot is being attempted. Player should focus on using the backboard and banking the ball in. Continue to reinforce form as the player shoots.

**Station 6 – Court Layout and Rules**

This station can be at an unoccupied area of the court. With the players, explain the court layout and its terminology – end line, side-line, half-court line, key, etc. Also explain and demonstrate some of the basic rules – double dribble, traveling, fouls, etc.

**Station 7 – Defense**

At this station the instructor needs to reinforce to the player that defense starts with the feet.

Drills include:

Foot-fire

Slides left, slide right;

Defensive positioning – keep body in front of the ball;

Triangle – keep between your man and the basket and know where the ball is;

Use of Hands

How to take a charge

Help defense

**Station 8 – Pick and Roll, Give and Go, V-Cut (advanced drill)**

Incorporating skills from other stations, we are going to demonstrate how to:

- set a pick to free a player
- how the ball handler can drive towards their teammate setting the pick with that person rolling to the hoop.
- With setting picks in freeing players, we need to emphasize that they need to know how to set one and not go until the pick is set
- Show how to do a give and go - pass, cut to the hoop and receive the ball back
- Show how to v-cut and receive the ball

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**Station 9 – Jump Stop, Jab Step, Up-Fake (advanced drill), Drop Step**

At this station we are going to demonstrate and have the players do a jump stop, jab step and go, up-fake and go facing the basket and as a post person how to do a drop step.

**Station 10 – Rebounding – Outlet Pass**

In a game, generally more shots are missed than made. Therefore, rebounding is a key to the success of the team. For a rebounding drill we will form a line in front of the hoop ( about in the middle of the key) with a defender in front of the shooter. The defender will allow the player to shoot the ball – turn quickly and seal the shooter from the ball and then pursue to rebound. If the shooter secures the rebound they get another shot. If the defender gets the rebound they will throw an outlet pass to their teammate on the wing. Once the two players complete this the shooter becomes the defender and the former defender goes to the side to receive the outlet pass from the defensive rebounder. Repeat.

**Filling the Lanes**

When transitioning from offense to defense, defense to offense, running the floor properly is important. Each player has a “*lane to fill*” when transitioning from the defensive end to the offensive end.

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### **Team Offense**

Offense begins with the opposition making a basket or the defense obtaining the ball as a result of gaining a rebound, stealing the ball, etc. Transitioning from defense to offense should be reflected through using an outlet pass and *pushing* the ball up the court when possible, or the rebounder giving the ball to the guard in another manner. In transitioning from defense to offense players also need to understand the concept of filling the lanes, utilizing skills developed from the stations ( pick and roll, give and go) running hard, etc. Individual offensive plays may be introduced once the players have a firm understanding of the offensive sets.

### **Examples of Basic Offense Sets:**

#### **Offense 1 1-3-1 Offense**

We will show how to set up a 1-3-1 and where each of the players may go.

#### **Offense 2 3-2 Offense**

We will show how to set up a 3-2 and where each of the players may go.

#### **Motion Offense When the Defense is Playing Man-to-Man**

Show how we start in a 3-2 offense with players implementing pass and screen away, and players screening for each other

### **Team Defense**

There are as many defensive sets as there are offensive sets. For a basic understanding of defense, we will focus on playing a 2-1-2 defense and man-to-man defense. All defenses require that players focus fully and anticipate as much as possible

#### **Defense 1: 2-1-2 Tight**

Our 2-1-2 tight defense will focus on having the defensive players keeping in close proximity to the key and not extending. This limits inside shots and allows the defense a better opportunity to rebound. Using a 2-1-2 tight also lends itself to guards breaking for the outlet pass

#### **Defense 2: 2-1-2 Extended**

Our 2-1-2 extended defense will focus on having the defensive players pressuring to exterior offense more and creates the opportunity for trapping to ball in the corners. This set still limits inside shots and allows the defense a better opportunity to rebound. Using a 2-1-2 extended also lends itself for guards to break for the outlet pass

#### **Defense 3: Man-to-Man Defense**

Our man-to-man defense will stress keeping yourself between the offensive player and the basket and knowing where the ball is at all times. To do this, using your feet first is critical along with trying to force the ball handler to go in the opposite direction they intend to go in. With team defense we will learn to realize how many passes your man is from receiving the ball, how to anticipate where the ball is going, how to deny your man from receiving the ball (on the opposite – if you are on offense how to receive the ball)

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**Practice Sessions**

Practice sessions provide the coaches the opportunity to develop the player's individual skills, obtain a better understanding of the rules of the game, understand basketball concepts and apply them into the games. The following is an example of a typical practice session that focuses on basic skills starting at 1:00 and utilizing 4 instructors and 1 director. Practice formats may vary based upon age, skill level, and practice purpose. Teams at all levels should make basic fundamental stations a part of at least 25% of their session. Solid fundamentals lead to solid game play.

Each practice session should include:

- 2 shooting stations
- 1-2 fun drills
- Short game to apply what they have learned

Prior to each session the coaches should confer and determine the stations they will run for the day and where each coach will be stationed. Coaches that may not be as experienced as some of the other coaches present can partner with the experienced coaches if possible. The Director should assign instructors to stations at each session.

1:00 - 04 – Players arrive and shoot on their own

1:05 – 1:09 – Director starts session by gathering all players to center court and discusses what they are going to do for the day, players do stretching exercises, jog 1 lap around the gym

1:10 Player divide into 4-5 groups and begin stations with stations lasting 5-6 minutes each  
At the conclusion of each 5-6 segment, the Director blows the whistle, and player groups rotate to the next station

Station times:

1:10 1:16 Fun Drill - 1:22 – 1:26 Fun Drill can be dribble tag, stop-go, Game to 10, etc

At the 1:28 mark, Director blows whistle and all players get a drink, no exceptions, nobody on the court at break time, Instructor goes with players when they get their drink and return to stations

Station times: 1:30 1:35

1:40 – 1:53 Players go to their coaches and we will work on team offense and defense and apply it in a game

Set up a 2-1-2 defense and coaches will demonstrate how to pass around the defense, set screens for shooters and rebound. Coaches will direct players where to move on defense as the ball is passed by the offense.

Set up a man-to-man defense and demonstrate how to run a motion offense against it

1:53 – 1:57 Fun Drill Divide players into 2 equal groups and do GAME TO 10 ( 2 points for a made foul shot)

1:58 Ending Talk