

# EPGBA Coach Player Development Handbook

*(Last updated December 2020)*



## Fundamentals:

1. **Basketball stance:** Knees bent, head up, chest up; Players should not be standing straight up on offense and defense.
2. **Ball handling:** Left and right hand. Emphasize the weak hand once comfortable with the strong hand. (Point of emphasis--although the player may not ever do some of these moves in a game these drills will make them better ball handlers in pressure situations. These should be done every single practice.)

### Drills:

- A. Pound dribbles--pound the ball hard below knees in basketball stance
  - B. One ball stationary crossover dribble using both hands
  - C. One ball stationary crossover dribble using only one hand at a time (push/pull)
  - D. One ball stationary between the legs. One leg at a time. Progress to figure eight dribble between the legs
  - E. One ball stationary between the legs, switch leg with a jump each dribble
  - F. One ball stationary behind the back
  - G. One ball full court dribbling-- crossovers, behind back, push/pull, between the legs/reverse dribble
  - H. Two ball stationary pound dribbles--low (below knees) and high (shoulder height)
  - I. Two ball stationary crossover dribbles
  - J. H and I above but moving up and down the court while doing
  - K. Cone work--set up 3-4 cones. Players use one ball and coach says what dribble move to do in front of each cone. Do right and left hand
  - L. Zig zag dribble--start with token defense and then move to tougher defense
3. **Jump Stop/Triple threat/pivot:** (Every single level should be doing this; it is not too basic for any player)

Jump stop--too many players when they drive to the basket try to pass off the dribble or the jump and create turnovers. We need to rep players dribbling into the lane, jump stopping, pivot and make an on target pass.

Triple Threat with right pivot foot/left as pivot foot. Review all the pivots, right front, right reverse, left front and left reverse (<https://www.youtube.com/watch?v=S9eWP-Qg7Jg>)

Also work on ripping the ball and teach all rips – necklace, seat belt, and shoelaces

### Drills:

- A. Have the player throw the ball up ahead for themselves, catch in triple threat and then call out a pivot move. Exp. do right reverses with rips.
  - B. For strength in ripping is to have players in pairs and practice ripping from one another
4. **Jab Steps:**  
In conjunction with the above, teach jab steps. Video: <https://www.youtube.com/watch?v=WM90iRaOZ3w>  
Rep right and left. Shot fake, jab step, then can drive or shoot.
  5. **Shot Form: (every single practice work on this)**  
Two basic elements--footwork and upper body
    - A. Upper body--use one hand initially. If right handed shooter, have right elbow parallel to the ground in straight line to the basket (don't flare the elbow); right hand with palm facing up with ball resting on fingertips (not all the way into the cup of the palm). Practice releasing the ball and holding the follow through until the ball goes thru the basket. Work on the rotation of the ball on the players' shots.
    - B. Lower body--feet pointing to basket hip width distance apart; bend knees and go up on toes for the shot, eventually jump. Make sure the players do not lower the ball while using their legs--keep the ball up
    - C. Progress to adding the guide hand
    - D. Next progression is footwork--teach one, two step and shoot. Video: <https://www.youtube.com/watch?v=lzm5lpoOGbM>
  6. **Layups/Finishing:** Rep every practice with special focus on weak side. Starting in fourth grade every player should be able, by the end of the season, to consistently make a layup from her strong and weak side. Thus fifth grade and beyond it should become routine. By 7th to 8th grade players should be able to consistently make: reverse layups on both sides, opposite hand layups.

**Drills:**

- A. Mikan drill--one ball at first. Do regular layups and then reverse. Move to players being able to do Mikan drill with two balls. Video: <https://www.youtube.com/watch?v=Q1LiWkc8-Ls>
- B. Finishing drills--players execute two dribble moves going around the lane and then finish at the basket. Set up cones and have your players dribble from half-court to a cone, execute a move such as double crossover, same thing at next cone and then have the players execute different finishes such as reverse layups, opposite hand, etc.

7. **Cutting: V cuts, L cuts, backdoor and curls.** Emphasize cutting hard and cutting sharp. Moving without the basketball is one of the hardest things for players to learn.

**Drills:**

- A. Teach each cut and then drill by having player pass to coach, execute cut and get ball back from the coach.
- B. Playing 2-on-1 or 3-on-2 is one of the best ways to learn.

8. **Passing:** (This should be done every practice – program wide) Start with teaching/repping [bounce](#), [chest](#), [overhead passes](#). Do with a partner an appropriate distance apart. STEP into every pass. Move to receiving a pass, pass or shot fake before passing back to partner.

**Drills:**

- A. Next progression is to have the players stay in pairs but turn 45 degrees away from each other and work on rip, pivot and then pass. NO More passing across the body passes.
- B. Then rep dribble, jump stop, pivot and pass as mentioned above in 3A.
- C. Progress to pickle it the middle--emphasize ball fakes, rips, on target passing.
- D. 3-person and 5-person weave starting in 4th grade.
- E. Weighted balls starting in 5th or at least 6th grade for all passing drills. Good one is put 4 players in a square with one weighted ball. Players pass around the square by catching, ripping, pivoting and stepping toward the player she is passing to--combines many fundamentals
- F. Perfect passing--excellent drill that can be used in 4th grade on. And Celtic passing drill.

9. **Screening--on ball and off:**

- A. Teach basic screening principles--off ball--show screener where and how to stand. Get wide so as to set biggest screen. Teach other offensive player to set up to come off the screen. Teach to rub shoulders. Usually kids go too fast on ball or off ball screens and never learn how to read the defender. Starting in 4th grade just teach how to set and use a screen. As they get older teach them how to read the defense on a screen.
- B. On Ball screens, Ball Handler--same basic concepts but teach a crab dribble to the ball handler. Using the crab dribble she will put her defender into the ball screen. Screener don't move. Shoulder to shoulder. 4th grade--basic concepts are enough. 5th grade on, show the different ways to attack a ball screen: defender goes over the screen then attack the basket; defender goes under you may step back and shoot; if the post defender hedges then teach the skate back dribble before attacking or how to split the defenders; lastly, rejecting a ball screen.
- C. Ball Screens, Screen Setter--teach how to set a good wide screen, wait for ball handler to use, and then teach how to roll and pop.

10. **Offensive rebounding:** Two techniques: swim move/spin move. Having a blocking pad is really beneficial for teaching and repping rebounding skills.

**Drills:**

- A. Coach has the pad, players learn how to attack with the swim move and spin move
- B. 3-on-3 rebounding. One point for defensive rebound; two for offensive rebound, alternate who has inside position.

11. **Transition/Decision making:** The best way to hone the players' decision making skills is in transition drills where offense has a person advantage

**Drills:**

- C. 3-on-2 to 2-on-1
- D. Teach point guards how to J cut for the inbound pass or outlet so that they get the ball while moving; teach guards to go wide (like sideline-wide); first post down the floor rim runs (run straight to the rim)

while other post/forward runs to the high post (3-point arc). Teach point guards to get the ball up to their wings early so that they can then attack the basket or hit the rim runner.

- E. Teach the concepts in B above by going 5-on-0
- F. Touch the line drill: 5 offensive players lined up on baseline. 5 defenders across from them on the ft line extended such that each defender is facing the player she will guard. Throw the ball to one of the offensive players and those 5 transition down the court. The defender whose player was thrown the ball must touch the baseline before getting back on defense. The other 4 defenders therefore have to talk and scramble until their 5th defender gets back. Offense should score before that 5th defender gets back. Good defensive drill but also excellent transition offense drill.
- G. 5-person weave to 3-on-2--5 players weave down the floor for a layup. The player who takes the layup and the player who passed her the ball are defense going back down the floor while the other 3 are on offense

12. **Defense** (Teach and emphasize communication on defense) Defensive sliding--butt down, arms out, feet do not come to touch on the slide; also do not bounce up and down when sliding. Basic Man to Man defense – teach players how to cut off the player they are guarding when she drives

**Drills:**

- A. Closeouts--hands high, chop feet to keep player in front.
- B. Full court zig zag dribble with a defender is a basic but great drill to work on guarding the ball. Do this drill for the defender; thus if the offensive player beats the defender then said player stops and let's defender get back in front of her.
- C. Off the Ball Defense--Teach deny one pass away; in help otherwise. Teach how to jump to the ball on the pass--all players should move on the flight of the ball instead of after it has been passed. We are teaching to help from weak side and not strong side. We really need to work this part of the game--when ball is on one side of the court the defenders who are guarding someone on weak side have to be midline. The best way to teach all of this is with the basic 4 on 4 shell drill. Start with offense just passing the ball around and making the defenders move on the flight of the ball in to the proper positions. Then add some basic cuts by offense; and finally, have them do all the above plus the dribble drive.
- D. Pick and Roll Defense--player who is guarding the offensive picker must first communicate the pick and then hedge hard to slow the ball handler. For any ball screen that is at the 3-point line or below the on ball defender must fight over the screen. DO NOT SWITCH ball screens. The hedge should never hurt you as you will have other defenders in help position.

13. **Rebounding**--all about desire and position, not height or weight. Teach players to “hit, box, and get”; A defender needs to make initial contact with the player she is boxing out with her arm (do not turn and try to find someone with your butt). Once you hit then you turn and box. Thereafter you go get the ball, keep it high for the outlet pass. DO not bring ball down on rebounds

14. **Basic EP offenses:**

4-out 1-in motion. One post on blocks ghosting on drives. 4 outside players--2 slots, 2 wings. Basic cuts depending on whether the pass is slot to wing or slot to slot. Add basic draft drives, double away, lifts, drifts.

For help or questions with practices, drills or game situations please contact one of our Coaching Directors, Coach Lo or Coach Anna and they will assist you with whatever you and your team need.

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