

Spearfish Junior League Basketball

Definitions to discuss with athletes:

Teamwork: Cooperative effort by the members of a group or team to achieve a common goal.

Sportsmanship: Conduct and attitude considered as befitting participants in sports, especially fair play, courtesy, striving spirit, and grace in losing.

Work Ethic: is a set of values based on the moral virtues of hard work and diligence.

Basketball position: Every player should have a wide base with knees bent and back straight while also being on the balls of their feet. This is an explosive position compared to having knees straight.

Triple-threat: The player is in basketball position with the ball held firmly between chin and shoulder so they are able to pass, shoot, or dribble.

Footwork: Have players in lines on the baseline.

1. **V-cuts:** Blow your whistle and have the first group jog approximately three steps forward to the right and then plant their outside foot, then they explode and take three steps to the left and plant their outside foot and explode again. Continue with this until they reach the other baseline.

2. **Jump-stops:** Blow your whistle and the athletes are to jog forward. When the whistle is blown again, players jump-stop with their but low and hands up while being on the balls of their feet. Continue this with about four whistles until they reach the other baseline. If an athlete falls forward during the whistle, they are too stiff with legs straight.

3. **Jump-stops w/pivot:** Blow your whistle and the athletes are to jog forward, when the whistle is blown again, they jump-stop. On the second whistle they pivot(athlete should be facing the original baseline) and then pivot back.

Dribbling Keys: 1. Keep your head up. 2. Use the hand farthest from the defender to dribble with 3. Don't pick the dribble up unless you have a pass or shot available 4. Don't dribble into trouble.

-Control the ball with your fingers and pads of your hands, not the palms. Keep your non-dribbling hand up for protection.

1. **Basic:** Start players in lines on the baseline with first players holding a ball. Coach blows the whistle and player goes forward in a jog while dribble forward with their right hand. The ball is to be pushed forward with their finger tips while being below the waste. The coach can be under the basket and hold fingers up for players to yell to insure eyes are up and not on the ball. Players will then come back using their left hand.

2. Jump-stop w/arm guard: Coach blows the whistle and players dribble forward in a jog with the ball in their right hand. On the whistle players jump-stop sideways(so right hand is back). Their feet should be wide w/knees bent and back straight. The left arm is used as an arm guard while the ball is being dribbled below their right knee. On the second whistle players move forward. Once all players have made it to the baseline, come back with the left hand.

3. Jump-stop w/cross-over: Coach blows the whistle and player dribbles forward in a jog with the ball in their right hand. On the whistle, players' jump-stop sideways(so right hand is back). Their feet should be wide w/knees bent and back straight. The left arm is used as an arm guard while the ball is being dribbled below their right knee. On the second whistle, players pivot their front leg back so it is parallel with their back leg and then they crossover the ball from ankle to ankle.

Shooting:

Form shooting at blocks:

1. Balance: Feet a little farther away than shoulder width with strong foot an inch ahead.
2. Shooting pocket: If you are right-handed it is under your right eye(left-handed under left eye).
3. Hands: Shooting hand should be wide with the ball on pads of fingers(not in the palm). Weak hand is strictly used as a guide and is directly on the side of the ball.
4. Knees: This is where you get your power. Knees should be bent.
5. Follow-through: Be in shooting position using 1-4. When coach says to shoot, go through your window and follow through with your hand in the cookie jar while having their elbow extended.

Lay-ups: Similar to a shot. On right side players dribbles from the junction with their head up. They then kick their right knee up to their chin while using their left hand as a guide hand and still following through with their right. Shoot it soft, the backboard is an egg shell, don't break it.

Passing: Have players partner up while being about 10 ft. apart.

Flip passes: Players are in triple threat position. They give a short deliberate fake down to the right and then step with their right foot and flip with their right hand. This is similar to shooting the ball since they are using the left hand as a guide hand and following through with their right hand. Do the same to the left.

Bounce flip passes: Players are in triple threat position. They give a short deliberate fake up to the right and then step with their right foot while using their left hand as a guide and following through with their right hand. The ball should bounce about 2/3 of the way to their partner

Overhead passes: Have the partners move a little farther apart, so that they are working on a longer pass. Players should snap the ball from the top of their head(not behind) while extending their elbows and snapping thumbs down. Their pass should have some arc, but be sure that they are not lobbing their passes too high. The arc should be just enough to get over the extended hands of a defender, but not so high that the pass "floats." Step with a lead foot with each pass.

Individual Defense:

Have feet positioned a little wider than shoulder width with weight balanced on the balls of your feet. Keep your knees bent with your butt low. Hands should be wide in front of you with palms up. Move side-to-side (laterally), without crossing your legs. Do not let your feet touch as you move.

Team Defense:

Shell Defense: Two offensive players in the corner and two on top above the junction. Have four defensive players match up. Offensive players are to pass only on coaches instruction. The defensive player guarding the ball should be squared up. If a player is guarding the ball one pass away, they should be between the ball and their player while being one step back. This will plug the passing lane. If the defensive player's opponent is two passes away, they should have one foot in the paint while being able to see both the ball and their person without turning their head. If the defensive player's opponent is three passes away, they should be directly under the basket while again being able to see their person and the ball.

Coach Says: Same as Simon Says - Use basketball position, shooting positions, shot, defensive position, slide right(two slides), slide left(two slides). You can also add more.

Ball handling drills:

Ball Slaps: Move the ball from the left hand and slap it into right hand. Repeat.

Single leg circles: Circle the ball around one leg ten times while being in basketball position. Reverse the direction.

Mummy wraps: Stand straight, feet together. Move the ball around your head one time, then your waist, knees, and finally your ankles. Repeat while moving upwards.

Figure Eight: Legs should be a little farther than shoulder width apart while being in basketball position. Transfer the ball from one hand to the other in a figure 8 pattern around the knees about ten times. Reverse direction.

Between the knees flip: Both hands are in front holding the ball between knees. Toss the ball back and switch hands to the back of the legs holding on to the basketball.