

Basic Lay-ups

Teaching lay-ups

When teaching new concepts of leg drive and follow-through while handling a basketball and trying to throw it through the basket, consider that it might be very difficult for young players to keep track of all the factors involved. You would be well advised to simplify the process by eliminating the ball at first.

Try these techniques **without a ball**.

- Line up your team in rows.
- On the command, "Set", have them stand with their left leg forward and their right leg extended straight back. Knees should be bent and hips low in an athletic posture.
- On the command, "Drive," have them step forward with their right leg, without taking their left foot off the floor, and drive their right knee in the air. The visualization phrase that I use is "Try to hit your nose with your knee."
- After driving the right knee, talk a little about the feeling they get when they drive the knee. They should feel their whole body lifting.
- Next, on the command "Drive," combine the knee lift with a jump off the left leg. It might take a few reps to co-ordinate the knee drive with the jump but it will come quickly.
- Next, give the command "Drive," and, at the appropriate time, add the command, "Shoot." Players then go into a right- handed shooting motion. Timing is important, as you want to shoot while the player is in the air. Emphasize holding the follow-through on the shot until after they return to the floor.
- Next, in cadence, call, "Set, Drive, Shoot." Explain that this, when done with proper timing, is the action involved in taking a lay-up.
- When you feel that the shooters are comfortable with the right hand, alter their stance and have them practice a left- handed lay-up motion.

Once you are comfortable with that action, go to the next step

- On the command, "Set", have them stand with their left leg forward and their right leg extended straight back. Knees should be bent and hips low in an athletic posture.
- On the command, "Step Back," players step back with their left foot so it is extended straight back and the right foot is forward.
- On the command, "Step," players step forward with their left leg. Follow the, "Step," command with, "Drive," and, "Shot," in cadence, to create the rhythm for taking an active lay-up.
- When you feel it is proper, switch to a left handed lay-up.

Once you are comfortable with that action, go to the next step

- On the command, "Set", have them stand with their left leg forward and their right leg extended straight back. Knees should be bent and hips low in an athletic posture.
- On the command, "Step Back," players step back with their left foot so it is extended straight back and the right foot is forward.
- On the command, "Step Back," players step back with their right foot so it is extended straight back and the left foot is forward.
- On the command, "Step," step forward with the right foot.
- Add the command, "Dribble." Players will then imagine they are taking one dribble with their right hand. (This is a great opportunity to teach them about the rules concerning when the ball must be dribbled in order to move their pivot foot without traveling.)
- Follow the "Dribble" command with, "Step," "Drive," "Shoot."
- When said in the proper cadence and with proper timing; "Set," "Step Back," "Step Back," "Step," "Dribble," "Step," "Drive," "Shoot," will give players a basic feeling and rhythm for taking lay-ups, with and without a dribble

After they are good at taking lay-ups without a basket, move to a basket; teach them the proper angle to approach the basket; and go through the same sequences shooting right-handed and left-handed. Once they are comfortable at the basket, give the players a ball and go through the same sequences.

Teaching Points

- You make lay-ups with your eyes.
- Shooting is about rhythm
- The power to get the ball to the basket comes from your drive leg. Try to touch your nose with our knee.
- Early in the process, success has to be defined in terms of correct form rather than made baskets.
- Focus on the process, not the results. Younger kids may have problems with balance and strength. Don't sacrifice form for made baskets

How to Quickly Improve Your Players Balance, Footwork, and Overall Basketball Skills

You might find this hard to believe, but if done properly, the *Jump Stop Drill* can make a huge difference in your players performance, both young and old.

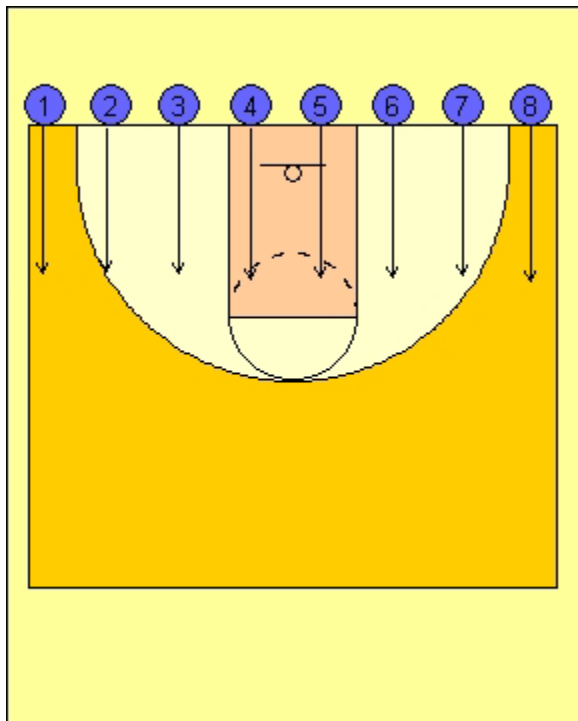
The drill will lower the number of times your players travel, improve their balance, improve their confidence, and improve their ability to pivot and create space.

Here are the drill instructions and tricks to make it work:

Jump Stop Drill

Drill Purpose

This is a very important drill that all coaches should use. It will improve your players balance, reduce travels, improve pivoting skills to create space, and improve confidence.



Instructions

1. Line your players up on the baseline. If you have more than 10 players or a small court, you'll need to divide them into two groups because they won't have enough space.
2. Have each player spread out with about 5 feet between them, so they have enough room for pivoting.
3. When you blow the whistle, all players should start running at 3/4 speed.
4. At various intervals, blow the whistle and yell out their pivot instructions. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot.

When the whistle blows, the sequence for the player consists of: jump stop (both feet should hit the floor at the same time), pause for a second, do a full 180 degree pivot, pause for a second, do a full pivot back to starting position, and stay in triple threat position until whistle blows again.

5. Watch every player to make sure they did the jump stop and pivot properly. If anyone traveled or if they're goofing off, make them start over again, back at the baseline.
6. If everyone did it correctly, blow the whistle again. All players should start running.
7. At various intervals, blow the whistle and yell out their pivot instructions. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot.
8. When all players reach the end of the court, start over again. You can blow the whistle anywhere between 1 and 5 times during their trip down the court.
9. You should run this drill so players run down the court at least 5 times.

Points of Emphasis

Continually tell your players...

- Don't travel!
- Stay low when pivoting. Keep your knees bent and butt down, in a good triple threat stance.
- Don't get out of your triple threat stance until you hear the whistle. You always want to stay low, so you can take off quicker.

Motivation / Teaching Tips

Tip #1 - The motivation aspect of this drill is simple. If they do it wrong, they all have to go back to baseline and start over again.

Tip #2 - It's important to always mix things up and keep your players guessing. You should mix up the number of times and locations that you blow the whistle. You might want to let them run all the way down without blowing the whistle once. And next time blow the whistle 5 times.

Tip #3 - Vary the speed that your players run. Start out with half speed, then progress all the way to full speed. Again, mix things up.

Tip #4 - Add a ball. Generally, you should use a ball for this drill and have them dribble while they are running. However, you might want to start without a ball, especially when first teaching younger players how to run this drill. Or if you don't happen to have enough basketball balls, they will still get benefit without it.

Tip #5 - Make sure ALL players pivot properly. Their butt should be down, knees bent, with feet shoulder width or wider. The pivot should be a full 180 degree turn, and then back again. Some players will have trouble with this at first or just do partial pivots. But keep on them to do it right. It's an important skill to master!

Tip #6 - You might want to use this as a combo warm up drill every day. For me, it worked great as the warm up at the beginning of every practice. This saved time because they worked on important skills and warmed up at the same time.

Tip #7 - You really should run this almost every day, especially if you have players at the high school level or younger. At the minimum, run the drill every other day.

Proper Basketball Shooting Technique, Fundamentals, and Form

Stationary Basketball Shooting Form and Technique

Here's a quick roadmap of the stationary shooting fundamentals:

1. **Eyes on Target**
2. Stance and Balance
3. **Shot Pocket**
4. Grip
5. **Balance Hand**
6. Delivery
7. **Upforce and Landing**
8. Follow Through
9. **Correct Shot**

EYES ON TARGET

To improve accuracy, locate the target (rim) as early as possible.

Keep your eyes on the target and do not follow the flight of the ball.

Keeping your target focus is very important!



STANCE AND BALANCE

Feet are shoulder width apart for good balance.

Feet should be in a slightly staggered stance that is consistent and comfortable for you. Your shooting foot is slightly ahead of the non-shooting foot in a comfortable position.

Point your feet in the general direction of the basket, but not necessarily directly at it. We prefer an open stance, but you can also use the closed (squared) stance if that's more comfortable for you. With an open stance, your feet point towards one side of the basket. For example, a right handed shooter will point his or her feet just to the left of the rim for a more natural position and shooting motion.



Once you develop a comfortable stance, line up your feet the exact same way on every shot. Whatever stance you use, consistency is critical.

Flex/bend your knees on every shot.

SHOT POCKET

As you catch the ball, move it quickly into the shot pocket.

Line everything up so the ball and your shooting eye form a straight line to the basket. This is VERY important.

Position the ball several inches above your waist.

Grip the ball properly and be ready to shoot.

Position the ball in your shot pocket the SAME way every time you catch it.



GRIP

Place the air hole between the middle and index fingers.

Line up your fingertip pads parallel to the long seams of the ball, so you can monitor the back spin.

Leave space between the ball and the middle of your palm. You should be able to insert a pencil between the ball and your palm area.

Spread your fingers far enough apart to comfortably balance the ball in one hand.

The ball should sit on your finger pads.



BALANCE HAND

Your non-shooting hand should be on the side of the ball.

Your balance hand should not add force or spin to the shot.



Your non-shooting hand should not move on delivery and should ALWAYS come off the ball FIRST.



DELIVERY

The ball should start motion directly upwards from the shot pocket.

Your elbow should be positioned comfortably under the ball.

The ball stays in front of you and should not go behind your head.



Uncoil your body with your legs, core, and arm power all coordinated.

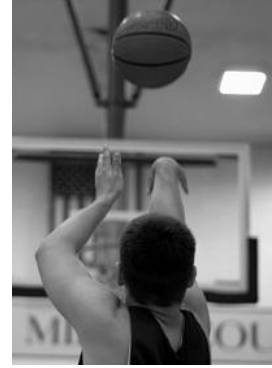
Your elbow and wrist should extend in a straight line to the basket.



Your shooting hand should extend in a straight line to the rim.

Hand position on delivery is very important. The ball should come off the hand with perfect symmetrical backspin.

As shown in the picture to the right, your guide hand stays to the side and does not influence the flight of the ball.



UPFORCE AND LANDING

Release the ball on the way up, just before the top of your jump.

Use your legs to generate upforce.

You should land in the same spot that you jumped, which shows that you have good balance on your shot.



FOLLOW-THROUGH

Your wrists should be floppy (relaxed).

Fingers should be pointed at the target (rim).

Finish high. You should see your fingers at the top square of the back board.

Hold your follow through position until the ball hits the rim.



Basketball Passing Fundamentals, Drills, & Tips

TYPES OF PASSES

There are essentially two types of passes:

- Air Pass - The pass travels between players without hitting the floor.
- Bounce Passes - The pass is thrown to the floor so that it bounces to the intended receiver

Basic Variations:

- Chest Pass
- Bounce Pass
- Overhead Pass

TEACHING POINTS

When teaching passing, points of emphasis should be:

A good pass is a pass a teammate can catch

When passing, step toward your receiver.

When catching, step toward the pass

Like shooting, the ball should have a backspin to it. This is accomplished by following through on every pass

Basic Passes

CHEST PASS

The chest pass is named so because the pass originates from the chest. It is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When the pass is thrown, the fingers are rotated behind the ball and the thumbs are turned down. The resulting follow through has the back of the hands facing one another with the thumbs straight down. The ball should have a nice backspin.

When throwing a chest pass, the players should strive to throw it to the receiver's chest level. Passes that go low to high or high to low are difficult to catch.



BOUNCE PASS

The bounce pass is thrown with the same motion however it is aimed at the floor. It should be thrown far enough out that the ball bounces waist high to the receiver. Some say try to throw it 3/4 of the way to the receiver, and that may be a good reference point to start, but each player has to experiment how far to throw it so it bounces to the receiver properly. Putting a proper and consistent backspin on the pass will make the distance easier to judge.

OVERHEAD PASS

The overhead pass is often used as an outlet pass. Bring the ball directly above your forehead with both hands on the side of the ball and follow through. Aim for the teammate's chin. Some coaches advise not bring the ball behind your head, because it can get stolen and it takes a split-second longer to throw the pass.

10 Keys to a Great Basketball Defensive Stance

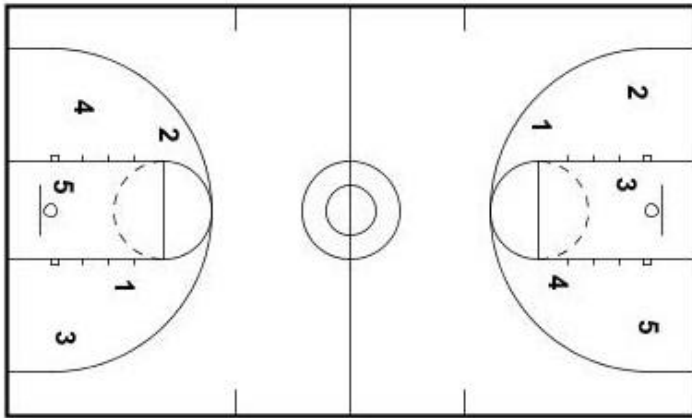
Here are 10 Keys to a Great Defensive Stance:

1. Fronts of the Feet - A little more than half of your weight should be distributed to the fronts or balls of your feet. Heel should still be in contact with the ground.
2. Stable Base & Feet Straight Ahead - Your feet should be pointing straight ahead. This creates an angle that allows you to provide more force against the ground. Your feet should also be slightly wider than shoulder width apart.
3. Hips Back & Knees Bent - Butt should be behind the heels and your knees should be pointing forward.
4. Knees Inside of Feet - This helps create alignment with your lower body which enables you to explode more efficiently in any direction.
5. Butt Down - Staying in a stable position with your butt down enables you to stay balanced and engage the glutes which is the most powerful muscle in the lower body.
6. Shoulders Over Knees - Your shoulders should be over your knees with your chest out and back straight. You don't want to be leaning too far forward or backwards.
7. If you have a tendency to lean forward too much - bring your hands above your head as this will bring your torso more upright.
8. If you have a tendency to be too upright with your butt tucked under and knees stick too far forward, keep your hands straight in front of you as this will force you to push your butt back into a better position.
9. Hands up - Depending on the tactic (Hands out or hands up to defend shot/dribble).
10. Eyes focused on the player's waist or chest.

Basketball Games

Dribble Tag

Purpose: To practice ball-handling, controlling, and protecting the basketball on the dribble. Also helps to develop vision, reaction and confidence while dribbling.



Drill: Place half the team inside the three-point area at one end of the court and half at the other end. Each player has a basketball.

The objective of Dribble Tag is to continue dribbling while you knock the other players' basketball away from them and outside of the three-point area. If a player recovers his basketball and controls it before it goes out of the area, he is still in the game.

Coaching Points:

- Players should keep their heads up and protect the basketball with their body to avoid losing it.
- Once their basketball is outside of the 3-point line, they are eliminated.
- Game continues until only one player remains at each end. They will meet in the center circle for the championship battle.
- When you get down to 3 players, make them stay inside the painted lane area.
- Though contact is inevitable, blatant fouling or pushing when knocking a ball out will force that player to be eliminated.

Simon Says Dribble Practice

Purpose: To practice ball-handling, controlling, and protecting the basketball on the dribble. Also helps to develop vision, reaction and confidence while dribbling.

Drill: Space the team apart on the practice floor (all players should have a basketball). Start with simple commands (ie. Simon says dribble with your left hand, dribble with one foot.) All the player should do as asked. Change the request and leave out 'Simon Says', the players that continue the action are out. Continue until you have a winner.

Coaching Points:

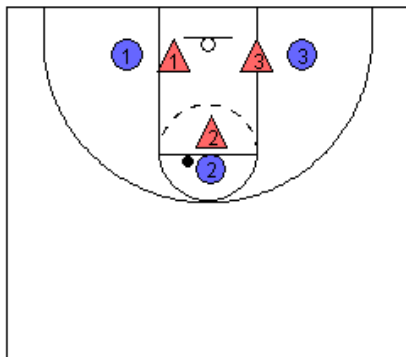
- Players should keep their heads up, follow instruction and perform the requested activity.
- Ensure that players are PROPERLY performing activities.
- Encourage fun and strive for good form.

3 on 3 No-Dribble Keep Away

Purpose of the Drill

This drill provides a fun way to teach kids to move without the ball to get open for a pass and provides a context for developing an understanding of effective spacing. For the passer, it provides practice in pivoting and protecting the ball from a defender. Obviously, it helps kids overcome dribble mania and to see the court.

Instructions



1. The team on offense keeps the ball for two minutes, which is one round. Depending on the age range, you might consider finding a fun piece of music that lasts about two minutes to make the drill more engaging.

2. The team with the ball gets one point every time they complete a pass to a teammate.
3. There has to be a pass every five seconds. If the team does not pass within the five seconds, they lose a point and the counting starts over. They can get negative points, but this isn't likely (In fact, if this is happening, you should stop the drill and teach the prerequisite cutting skills more thoroughly). The coach will count each five second sequence out loud.
4. A steal taking more than five seconds to pass, dribbling, or a pass that goes out of bounds erases a point, but the 'offense' gets the ball back for the remainder of the round.
5. After one round, the offense and defense change roles and you play round two.
6. Play for two or three complete cycles and provide the kids with positive rewards for their total completed passes. For instance, you could give kids some skittles or the like.
7. Feel free to adjust the time parameters to suit the age and abilities of your kids.

Points of Emphasis:

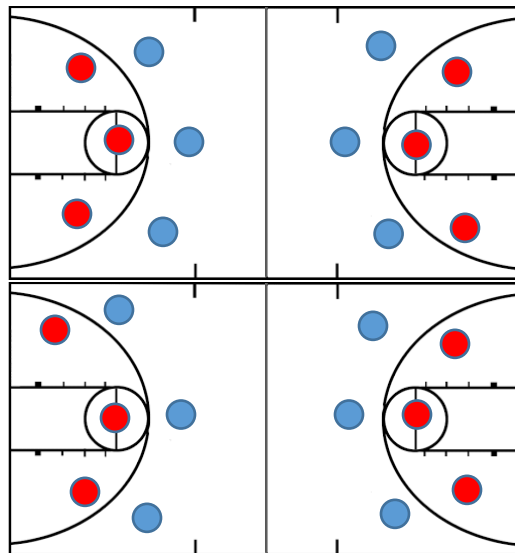
- Teach kids simple pivoting principles before turning them loose in this drill.
- Teach kids how to v-cut and backdoor cut.
- As the skill level of the kids advance, introduce screens away from the ball to free cutters.
- Provide defenders with the basics of defending the passing lanes effectively. This is a foundational drill for denial defensive techniques.

Basic Scrimmage Concepts

THE BENEFITS OF 3-ON-3 BASKETBALL AS A TEACHING TOOL

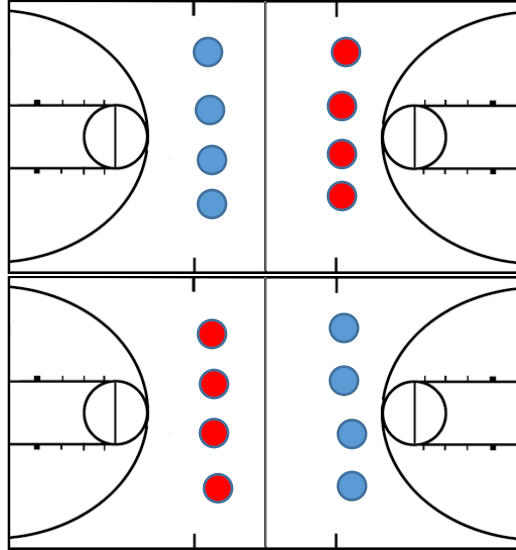
- Simplifies the game.
- More focused teaching opportunities.
- Creates more space.
- More decision-making opportunities.
- Create more visible options.
- More repetitions of offensive and defensive situations.
- Easier to learn and play different positions.
- Increased engagement and activity.

basketballimmersion.com



For groups that have less participants, a 4 on 4 scrimmage may be better suited, and we will rely on coach's discretion as to which application works best.

The below diagram show the suggested 4 on 4 scrimmage and how it looks in our facilities.



Points of Emphasis:

- **All participants have equal playing time.**
-
- Technique building.
- Teach kids the basic defense and offense positioning.
- Scoring does NOT matter, process should be corrected not results.
- Provide defenders with the basics of defending the passing lanes effectively.