

BCAA

Drill Book-Plus 2008



TABLE OF CONTENTS:

- Chapter A – Executive Director Introduction
- Chapter B – Doug Holden Bio
- Chapter 1 – Team Offense
- Chapter 2 – Fast Break
- Chapter 3 – Rebounding
- Chapter 4 – Offensive Skills
- Chapter 5 – Shooting
- Chapter 6 – Foul Shooting
- Chapter 7 – Press Defense
- Chapter 8 – Zone Defense
- Chapter 9 – Man to Man Defense
- Chapter 10 – Special Situation and Out of Bounds Plays
- Chapter 11 – Press Breaker Plays
- Chapter 12 – Miscellaneous

BCANY Mission Statement

The Basketball Coaches Association of New York, Inc., exists to promote the sport of basketball statewide at all levels. Further it seeks to improve the quality of coaching, foster friendship and statewide interaction among basketball coaches.

Executive Director - Dave Archer
Drill-Plus Booklet Developer - Doug Holden

CHAPTER A

Executive Director Introduction

Publishing this “Drill Book-Plus” is a major undertaking. We all owe a debt of gratitude to Coach Doug Holden, the girls basketball coach at Notre Dame Bishop Gibbons HS in Schenectady for making this idea a reality. Doug started working on this project right after last year’s clinic. In our newsletters we invited any member to submit items for the booklet. Many members of our Board of Directors submitted items to make sure we had representation from throughout the state. Doug organized all of the submitted information into a logical format. He edited, designed and put together this compilation of ideas. Doug did all of this work as a service to our coaches as he received no compensation for his efforts.

The Basketball Coaches Association of New York, Inc. is a professional and service organization. Professional development of our member coaches is an important activity of ours. We do this in a variety of ways such as our clinics and articles in our *New York Hoop Report*. We now add the publishing of a booklet of drills and other items to our offerings.

Dave Archer
Executive Director

CHAPTER B

(Doug Holden Bio)



Doug Holden

From Doug...

First and foremost I want to thank Dave Archer for giving me the opportunity to assemble this booklet – and secondly – thank all of the coaches who took the time to submit items to the content of the booklet. Please accept my apologies if I misrepresented your drills/plays in any way what-so-ever. I had to re-write many of the items I received because of the format that the booklet was being developed into, so, if a mistake or omission was made, please accept my sincere apologies.

About Doug...

Doug grew up in Cairo, NY, where he was a three sport athlete at Cairo-Durham Central High School. He was coached by Mr. Arthur “Coach” Waldron, while playing basketball and baseball for the “Mustang’s” of Cairo-Durham Central High School. He was not only a very good coach, but he also led by example. Doug said, “in my mind he defined the words “role model” and “coach”. I have always said that I would try to continue his legacy of coaching young people, no matter where I was in the world.”

Doug and his wife Laurie have been married for 24 years. Laurie runs a Home Daycare business (Miss Laurie’s Angels), and has been working as a daycare provider for over 20 years. They have two children; Matthew (23) is pursuing his Masters in HS teaching and daughter, Brittany (21) is a Senior at Green Mountain College in Poultney, VT where she desires to become an Elementary Education teacher with a Certification in Special Education. Doug’s mom (Barbara) is an X-ray and MRI technician for Hudson Hospital in Hudson NY, and his Dad (Donald) is a retired electrician for GE – Selkirk. They reside in South Cairo.

At the age of 17 Doug joined the Active Duty Air Force. Doug was stationed in Wichita, KS, Korea and Germany. After separating from the Air Force, Doug took a full-time position at the Stratton Air National Guard Base in Scotia.

Doug’s philosophy in reference to the coaching of basketball revolves around a positive, energetic, disciplined, structured and demanding atmosphere. He began his coaching career at the local YMCA and grew to love it. He has also been the JV girl’s coach at Mohonasen HS, Assistant Women’s coach at Hudson Valley C.C before accepting his current position at Notre Dame Bishop Gibbons.

BCAA

DRILL BOOK-PLUS 2008



CHAPTER 1

Team Offense

Coaches:

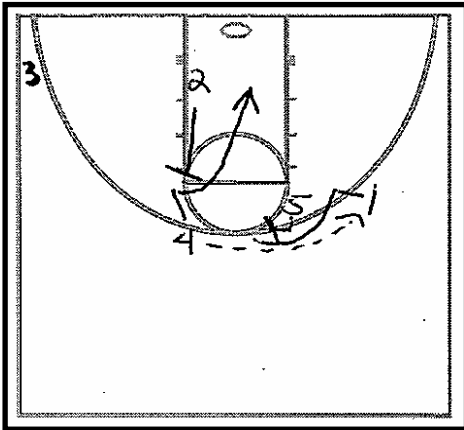
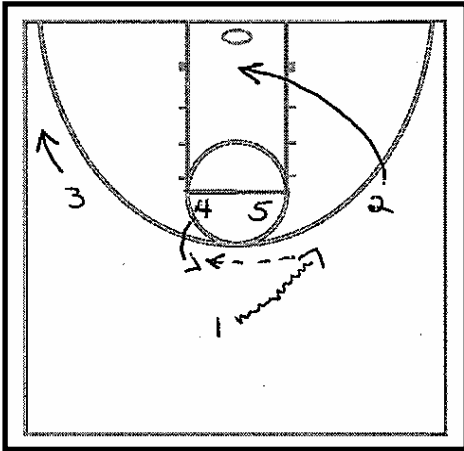
Kelly Thompson
Putnam Valley H.S.

Doug Holden
Notre Dame – Bishop Gibbons

Play Description: Baseline Inbounds – vs M2M – Quick Hitter

Play Name: “High 14”

- Off of 1-4 High Set with prime options for #1 and #4 – can also use this to get into Motion sets



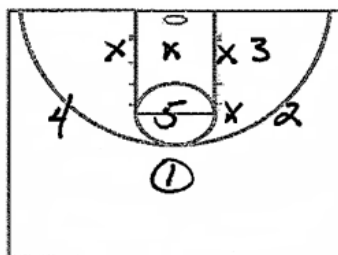
- 1 dribbles toward 5 as 4 steps out for pass from 1 – 2 cuts hard to the hoop

- 1 flares (screen) off 5 and receives return pass from 4. 2 sets a backscreen for 4 as 5 steps out and 3 looks for open space at the 3 pt line.
- 1 has the option to shoot, take defender off the dribble, pass to 4 going to basket, skip pass to 3 if their defender helps – or can reverse ball thru 5 to 2.

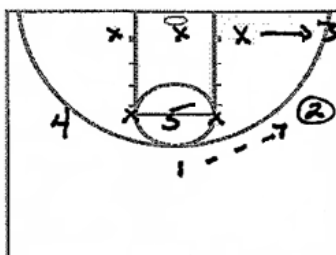
Provided by:
Kelly Thompson
Putnam Valley H.S.
Girls Varsity Coach

Play Description: Team Offense – Continuity - vs 2-1-2 / 2-3 Zone

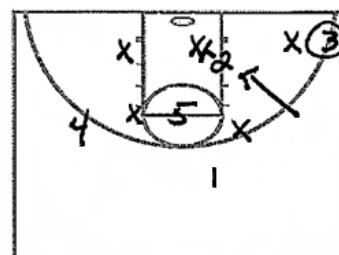
Provided by:
Douglas Holden
Notre Dame – Bishop Gibbons
Section 2



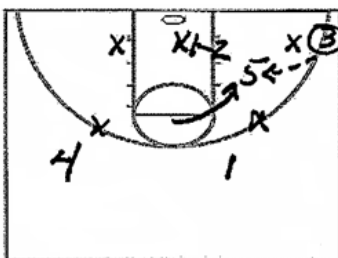
- BASIC SETUP**
- KEEP ALTERNATING SIDES
 - 3 IS BASELINE RUNNER
 - 5 IS AT FT LINE
 - 1,2,4 AT THE WINGS



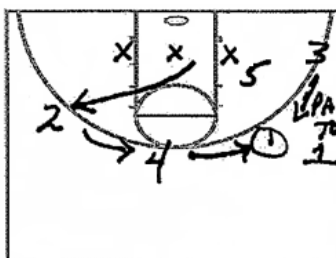
- STRONG RIGHT SIDE EXAMPLE:**
- 4 STARTS ON WEAKSIDE
 - 1 PASSES TO 2 AS 3 POPS OUT
 - 2 CAN SHOOT OR PENETRATE



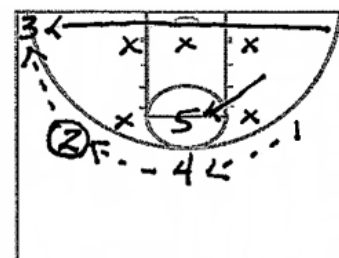
- PASSING CONTINUES**
- 2 PASSES TO 3
 - 2 IMMEDIATELY CUTS TO SCREEN MIDDLE OF ZONE - PRIMARILY TRYING TO SCREEN 5'S DEFENDER



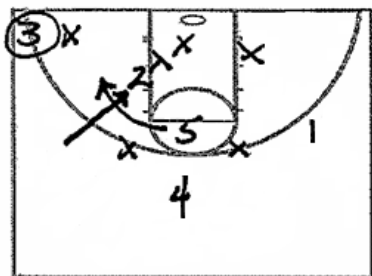
- OPTIONS**
- 3 CAN SHOOT OR PASS TO 5 FILLING GAP
 - 5 NEEDS TO LOOK TO SHOOT



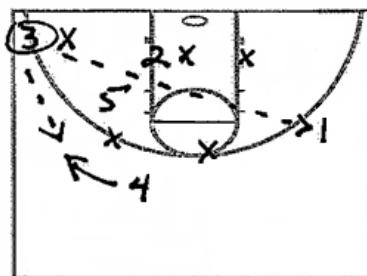
- BALL REVERSAL**
- 1 AND 4 SHIFT OVER TO FILL GAPS
 - 2 POPS OUT TO OPPOSITE WING
 - 3 PASSES TO 1 (1 CAN SHOOT)



- BALL REVERSAL CONT.**
- PASSES (1 TO 4 TO 2)
 - 3 RUNS BASELINE
 - 5 GOES TO FT LINE



- 2 CAN SHOOT OR PASS TO 3
- 2 SCREENS MIDDLE OF ZONE
- 3 CAN SHOOT OR PASS TO 5



- 3 SKIP PASS TO 1
- OTHERWISE RUN OFFENSE
- 4 AND 1 SHIFT OVER, 3 PASSES TO 4

BCAA

DRILL BOOK-PLUS 2008



CHAPTER 2

Fast Break

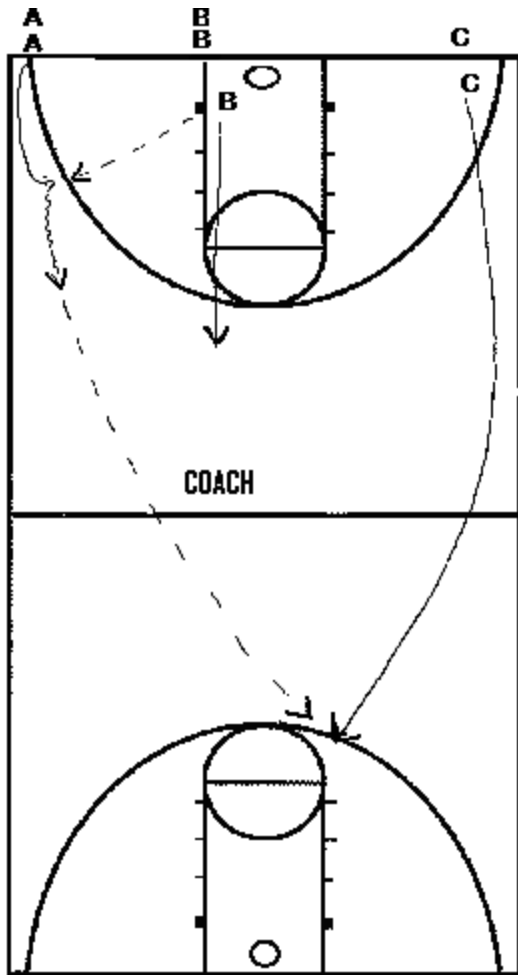
Coaches:

Ralph Smith
Putnam Valley HS

Ken Strube
Shenendehowa High School

Kevin J. Pigott
Fordham Preparatory School

Gary DeCesare
Depaul University



Drill Category: Fast Break

Drill Name: None

Description: "This drill is a good conditioning drill as well as a good passing drill that is simple, but effective."

The drill begins with 3 lines at one end of the court.

The "B" Line starts the drill with a tap off the glass – then pivots and throws an outlet pass to "A" as "C" sprints down the court. "A" takes a couple dribbles and then makes a long pass over or around the Coach to "C" for a lay-up. "B" sprints down the court to the ball out of the basket and then makes a good outlet pass to "A" who has sprinted to the foul line and then to sideline for the outlet as "C" continues to sprint down opposite side for another long pass.

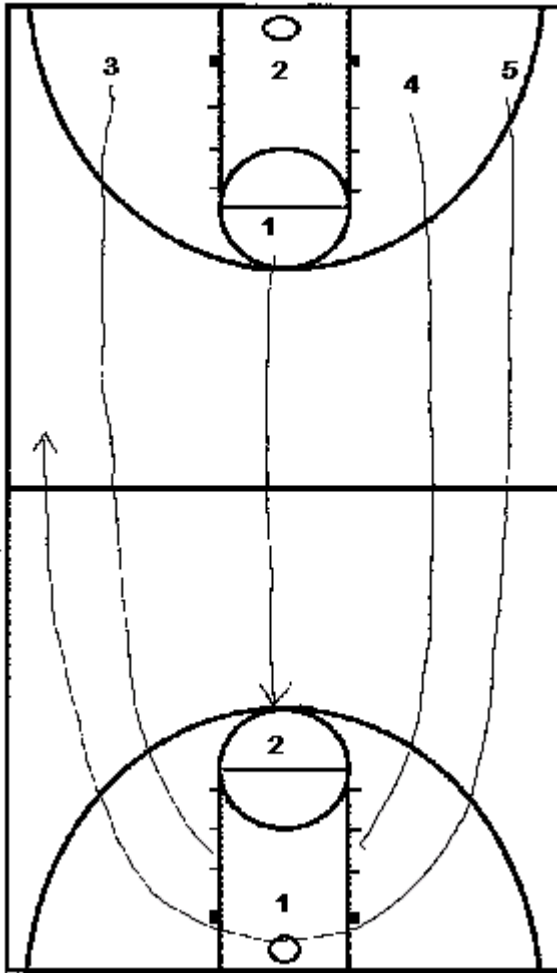
This cycle can be continued for as many trips as coach desires or can be steadily rotated to the next in line. You can put all your "Bigs" in "B" line and Point Guards in "A" line and Wings in "C" line – or mix them up. If the fundamentals of pivoting and making a good outlet pass are stressed and the timing and angles of the passes are stressed, this is a solid basic drill that can be effective at any level.

Presented by:

Ralph Smith

Putnam Valley HS

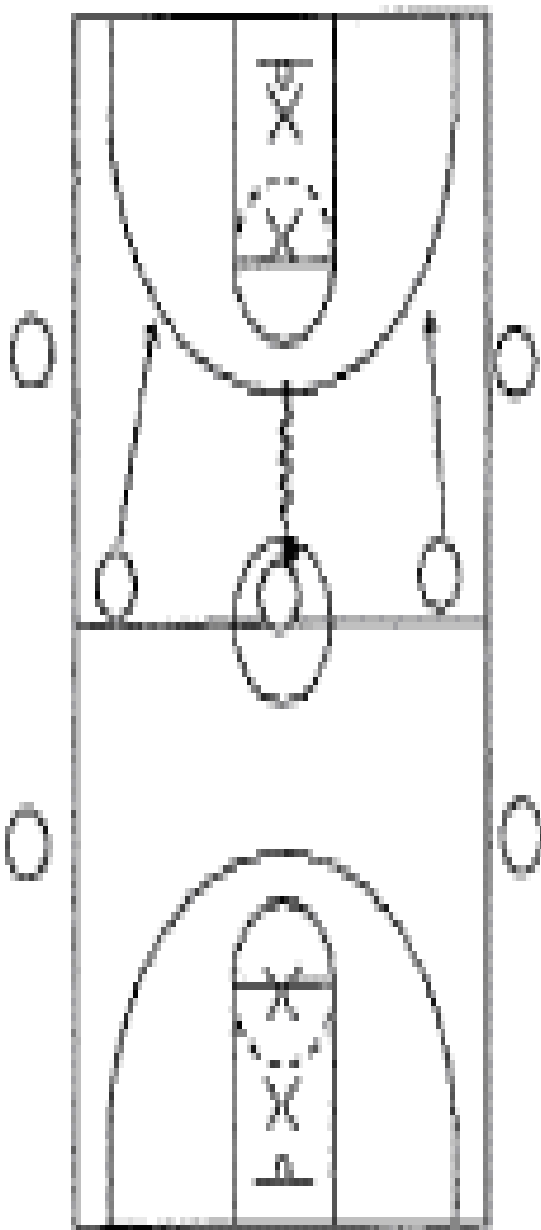
Boys Varsity Coach Section 1



Drill Category: Fast Break

Drill Name: "EASTERN"

- 2 rebounds to 1 – 3 & 4 run lanes for pass for lay-up.
- 1 now rebounds to 2 – passes to 5 for lay-up in opposite direction.
- Repeat 5-7 times – AT FULL SPEED!



Drill Category: Fast Break

Drill Name: "11 Man Fast Break Drill"

This drill develops fast break skills, both offensively and defensively. This drill encompasses all aspects of the game at game speed. Offensively it emphasizes passing, running the floor, shooting, and rebounding. Defensively, this drill emphasizes teamwork, making smart, quick decisions in a disadvantaged situation and rebounding.

1. Start with players in each of the 4 outlet positions on the floor. 2 players in each foul lane for defense, and 3 players at mid-court (w/ 1 ball).
2. The 3 players begin the drill by attacking the 2 defenders at one end of the court and trying to score. Once a shot is taken, all 5 players become rebounders. Whoever gets the rebound make an outlet pass to the nearest outlet.
3. The outlet receiving the pass dribbles to the middle of the court, the player who made the outlet pass fills the lane. These 3 players are now on offense and attack the 2 defenders at the other foul lane.
4. The 4 players who did not get the rebound go to the open positions at that end of the floor (outlets on each side of the court and 2 stay on the floor as defenders in the lane).
5. The same action continues at the other end of the court and will continue back and forth for however long you run the drill.

Presented by:

Ken Strube

Shenendehowa High School

Section 2

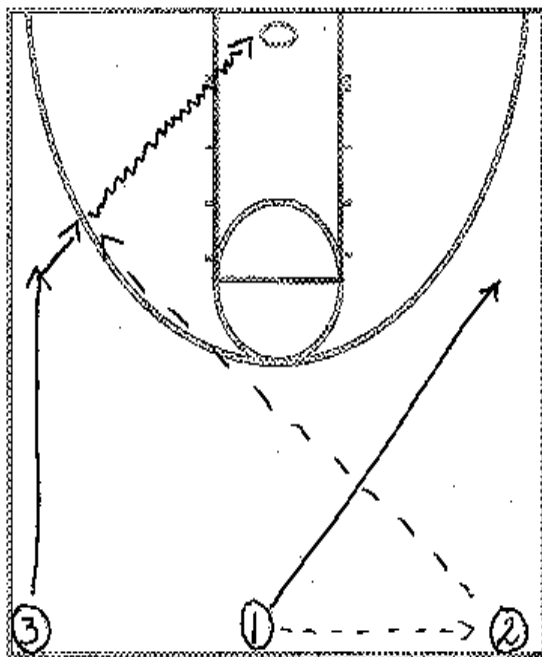


FIGURE 1

Drill Category: Fast Break

Drill Name: "Five-Star Transition Fast Break Drill"

Purpose: To develop ball movement in transition and defensive transition in both the half-court and full-court.

Drill 1: Three-on-None in the Half-Court (Figure 1)

- 1) Player 1 starts at center court with ball
- 2) Player 2 is on the right wing
- 3) Player 3 is on the left wing
- 4) Player 1 passes to Player 2 and sprints to the sideline that Player 2 caught the ball at.
- 5) Player 3 full sprints to the opposite sideline
- 6) Player 2 now passes to Player 3 for a layup shot.

Variation: If two defenders are added, limit offense to two dribbles and two passes. Start defenders on each sideline, foul-line extended.

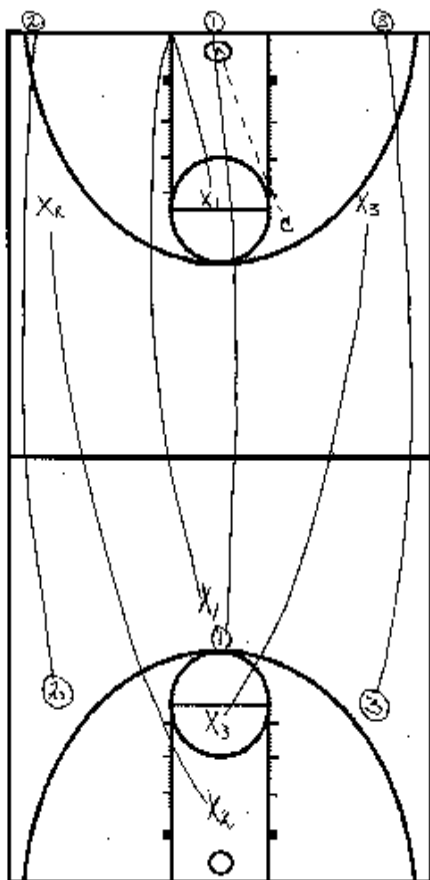


FIGURE 2

Drill 2: Three-on-Three Full Court (Figure 2)

- 1) Players 1,2,and 3 start lined up across the baseline.
- 2) X1, X2, and X3 line-up across the free-throw line extended across from the offensive players.
- 3) Coach has the ball and passes to any offensive player.
- 4) The defender of the offensive player who receives the pass must run and touch the baseline.
- 5) Players 1,2 and 3 run their fast break as the remaining two defenders get back in defensive transition.

Offensive Rules: Get a good quick shot.

- a) Get the ball to the middle
- b) Get the ball to the best ball handler
- c) Get the ball up the floor quickly
- d) Shoot quickly and rebound

Defensive Rules: Stop, Pop and Drop.

- a) First two defenders get back to paint
- b) First two defenders set up in "I" formation
- c) Top defender stop penetration
- d) Bottom defender pop to wing who receives pass from middle
- e) Top drop when wing pops
- f) Third defender must hustle and find open offensive player
- g) TALK, TALK, TALK

Scoring: You can use the following point system to emphasize your teaching points.

Offensive scoring:

- a) One point for a stop, deflection, or turnover
- b) Two points for a steal
- c) Three points for a charge
- d) One point for a blocked shot. If the defensive team gets possession they receive another point
- e) One point for an air ball
- f) One point for a Match-up. This is when a three-on-two becomes a three-onthree.

Final notes: Kids tend to love this drill. You can create your own point system. We have even developed a zone offense/defense variation of this drill. Good luck and have fun.

Presented by:

Kevin J. Pigott

Fordham Preparatory School

From: More Five-Star Basketball Drills

Reprinted with permission of the Five-Star Basketball Camp

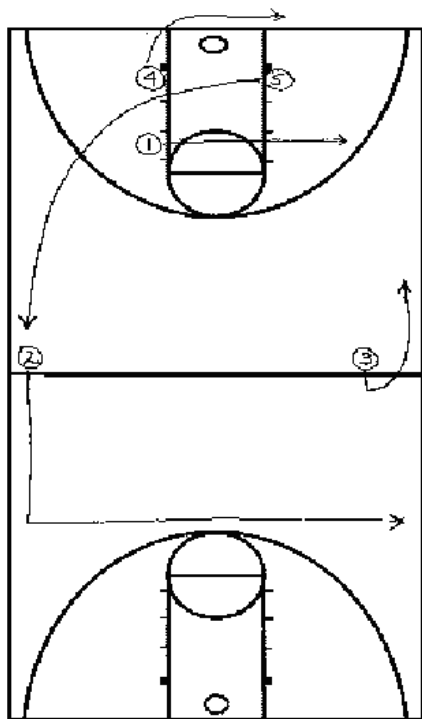


Diagram 1

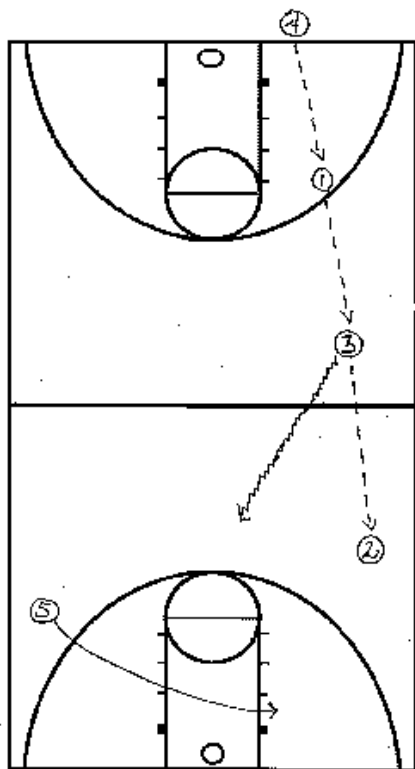


Diagram 2

Drill Category: Fast Break

Drill Name: "Ravens"

Introduction: Coach DeCesare developed and used this while his St. Raymond's Ravens were winning four CHSAA and one federation "AA" championship(s). Following the axiom that imitation is the best form of flattery, this play can frequently be observed in many CHSAA games at all levels.

Purpose: To execute an effective sideline break transition offense that has secondary options after a made or missed free throw.

Organization: Player 4 inbounds the ball on the left side as Player 1 releases across court to the left sideline for an outlet from Player 4. After made free-throw, Player 5 releases from the block, running wide along the right sideline. Player 2 makes an L-cut, and Player 3 comes back for the pass from Player 1 (diagram 1). Player 4 passes to Player 1, who hits player 3 at half-court. Players 5,3, and 2. Player 2 can pass to Player 5 posting-up (diagram 2).

Variation: If the free throw is missed, then whichever side gets the rebound, that particular sideline is where the ball is moved up the floor. Player 1 goes for the outlet on that side. Either Player 2 or Player 3 will receive the pass at half-court from Player 1. Whoever does not receive the half-court pass from Player 1 will then go to the ball-side corner for a pass.

Presented by:

Gary DeCesare

Depaul University

From: *Five-Star Basketball Coaches Playbook*

Reprinted with permission of the Five-Star Basketball Camp

BCAA

DRILL BOOK-PLUS 2008



CHAPTER 3

Rebounding

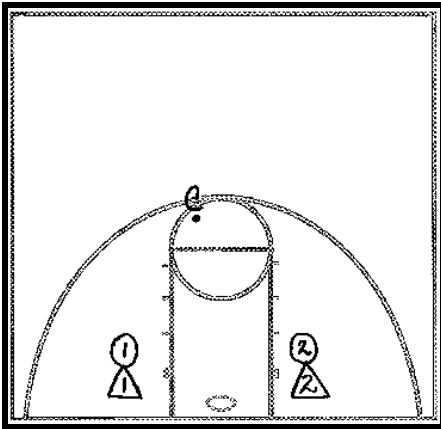
Coaches:

**Ken Strube
Shenendehowa High School**

**Bob McNally
Poly Prep**

**Ray Barile
Horace Mann School – Bronx NY**

**O.J. Lescault
Hudson Falls HS**



Drill Category: Rebounding
Drill Name: "2 on 2 Box Out"

Purpose: This drill teaches boxing out for rebounding

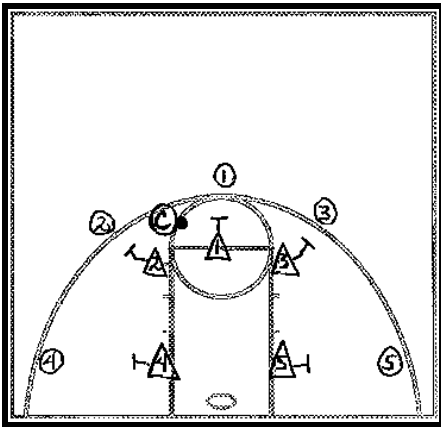
Description:

- 1) One offensive player and one defensive player on each side of the lane and a Coach/Manager just outside the foul line.
- 2) Coach/Manager shoots ball at the hoop, defenders block out the offensive players. All players try to get the rebound.
- 3) If an offensive player gets the rebound, they try to score. If the defense gets the rebound, they outlet pass to the Coach/Manager.
- 4) Switch offense and defense and repeat the drill

Presented by:

Ken Strube

Shenendehowa High School - Section 2



Drill Category: Rebounding
Drill Name: "5 on 5 Full Court Rebounding Drill"

Purpose: This drill stresses boxing out and rebounding, and running the fast break off a rebound

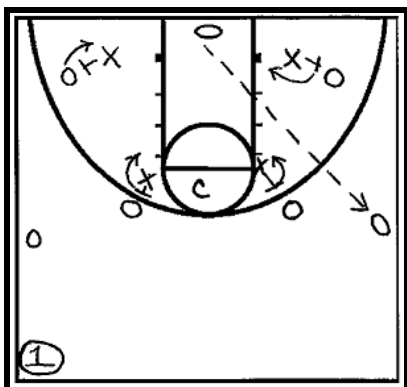
Description: This is a team drill, so select 2 groups of 5. One starts on offense, the other on defense. The offensive team should start spread out along the 3-point arc, while the defense should line up with 2 players on the block, 2 at the elbows and one at the middle of the foul line. (You can form your own variations if you'd like)

- 1) The coach/mgr will shoot from somewhere on the perimeter. Defenders must find their man to box out. The defenders must make contact before going for the ball. All offensive players (except the point guard) crash the boards and look to score if they get the rebound.
- 2) If the defense gets the rebound, they immediately look to outlet and run their fast break. If they convert the break or have no transition, then the drill is repeated at the other end of the court with the roles reversed.

Presented by:

Ken Strube

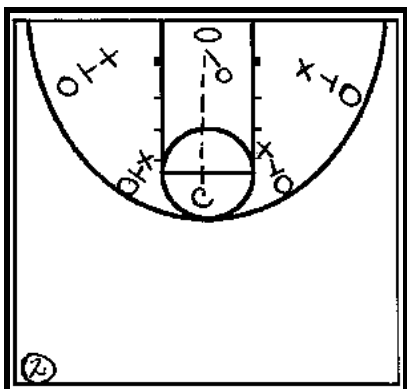
Shenendehowa High School - Section 2



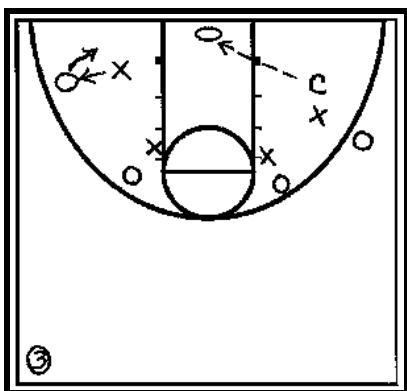
Drill Category: Rebounding
Drill Name: "Rebounding Circle"

Basic Set-up: Out of a 4 on 4 Shell Formation to start

#1) Defenders are in help-side position – coach shoots – defenders block out and rebound – throw an outlet pass

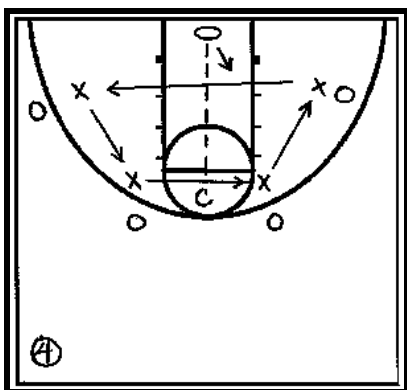


#2) Players are now guarding a player with the ball – one hand out extended in the shooters mid-section. When coach yells shot, they contest with their hand and voice – block out and jump back to the ball with high hands.



#3) In this scenario the shot comes from a different angle and help-side defenders have to hedge out.

*** post players may also be added**



#4) Defensive players slide to each player. When the coach shoots the ball, they must locate and block out before going to the glass. Players need to talk to make sure no crashing offensive player is left free.

Presented by:
Bob McNally
Poly Prep

Drill Category: Rebounding/Shooting

Drill Name: None

DIAGRAM 1: Drill starts with player A and player B foul line extended at the 3-point arc opposite each other. Player C is defending player D who is on the opposite low post box of player A.

DIAGRAM 2: Player A starts drill by taking a 3-point shot while player C blocks out player D for the rebound. If player C rebounds the ball, he chins the ball and pivots and hits player B with a two hand over head outlet pass for a spot up 3-point shot.

DIAGRAM 3: Player C replaces player A who goes to get the rebound when player B shoots. Player D now needs to locate player A and tries to block him out and rebound the basketball.

DIAGRAM 4: When player D rebounds the basketball he chins the ball, he pivots and hits player C with a two-hand overhead outlet pass for 3-point shot.

DIAGRAM 5: Player D replaces player B and player A must find player B and block him out. This drill continues like this for 6 minutes.

If the offensive player rebounds the ball, he chins the ball and pivots for outlet pass to the next shooter and he replaces opposite shooter. The same rebounder must find the offensive player opposite shot and block out once again and tried to rebound next shot. Defender must rebound shot before becoming a shooter.

If shot is made, the rebounder continues the drill as if the shot was missed.

Rebounding Points of Emphasis:

- **REALIZE THAT REBOUND WILL POBABLY GO OPPOSITE OF WHERE SHOT IS TAKEN**
- **REBOUNDER NEEDS TO FIND OFFENSIVE PLAYER FIRST MAKE CONTACT AND THE BLOCK-OUT BEFORE GOING AFTER THE BASKETBALL.**
- **WHEN REBOUNDING – PLAYERS MUST CHIN BALL WITH ELBOWS HIGH. PIVOT MUST BE TOWARDS THE SIDELINE TO DELIVER A TWO-HAND OVERHEAD OUTLET PASS.**

Shooting Points of Emphasis:

- **HAVE HANDS READY TO RECEIVE PASS**
- **STEP-IN WHEN RECEIVING THE BASKETBALL**

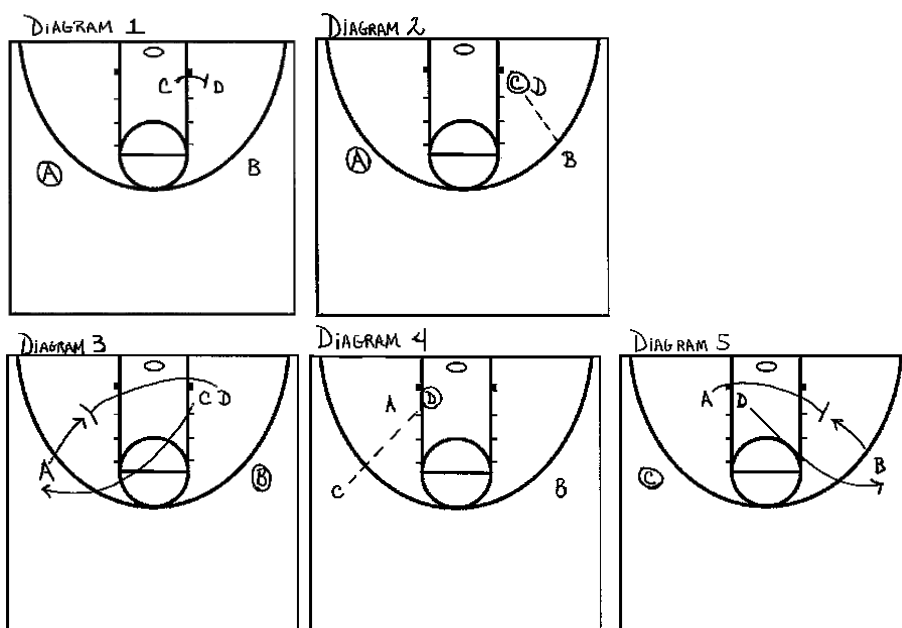
Shooting progression;

- **First two minutes spot up 3-point shots**
- **Second two minutes – shot fake – 2 dribbles to middle for 15-17 foot jump shots**
- **Last three minutes – shot fake – 2 dribbles angled toward baseline for 15 foot bank shots**
- **Shooter works on different shots, while the defender who has to rebound, can work on seeing the ball come off on different angles when blocking out.**

Presented by:

Ray Barile

Horace Mann School – Bronx NY



Drill Category: Rebounding

Drill Name: "Tiger Toughness Block Out"

Description: Three players start in the paint in a three point football stance. Their opponents must start outside the 3 point arc. When the shot goes up all three offensive players attack the glass (they must go through the defensive player), the defensive player, pivots to face the basket, gets low with elbows out to take up space. We go offense, defense, offense. (Unless the defense does not get the rebound. The offense goes off and defense stays on. The drill is intended to create toughness as opposed to technique.

Presented by:

Coach O.J. Lescault

Hudson Falls HS, Section 2

Drill Category: Rebounding

Drill Name: "Nicknamed the Animal Drill"

Description: Coach lines his team up on the baseline in height order, tallest to shortest. He calls the first 3 on to the court and tells them they must fight for an offensive rebound while doing their best to prevent the others from securing a rebound and scoring a putback. Coach tosses a ball up to the rim and the action begins. Each player is fighting for an offensive rebound and looking to score a putback. Rewards can be given for each winner of the three man games.

Encourages players to be aggressive under the boards and trying to score under pressure.

Presented by:

Coach Joe Lores

East Rockaway HS, Section 8

BCAA

DRILL BOOK-PLUS 2008



CHAPTER 4

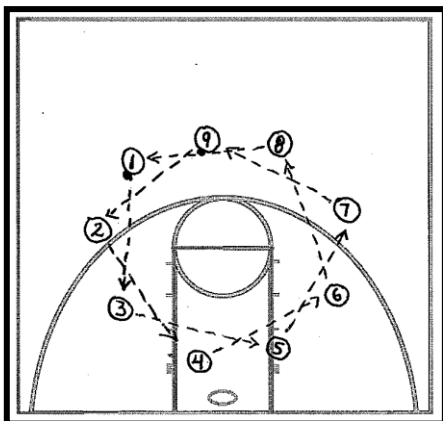
Offensive Skills

Coaches:

Ken Strube
Shenendehowa High School

O.J. Lescault
Hudson Falls HS

Joe Lores
East Rockaway HS



Drill Category: Passing
Drill Name: "Around the World"

Purpose: A simple passing drill aimed at improving catching the ball, passing accuracy and concentration

Description:

- Put an odd number of players around in a circle, for example 9
- Give a ball to 2 players and have them pass to the right, each time skipping one player. The passing sequence, for example, will be 1-3-5-7-9-2-4-6-8-1... and 9-2-4-6-8-1-3-5-7-9... depending on where you start.

Note: drill can be modified by

- Adding more balls
- Changing direction
- Change type of pass

Presented by:

Ken Strube
 Shenendehowa High School - Section 2

Drill Category: Passing
Drill Name: "Rapid Fire"

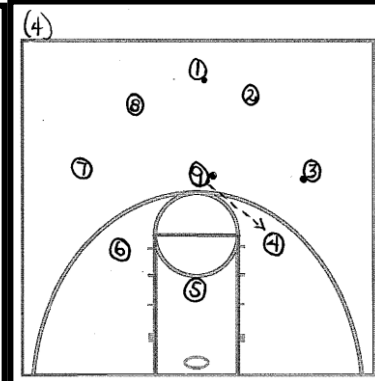
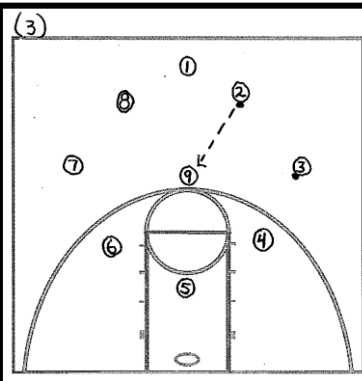
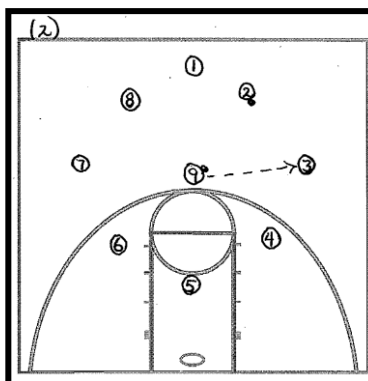
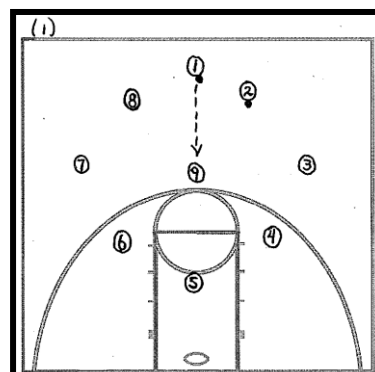
Purpose: A simple passing drill aimed at improving catching the ball, passing accuracy and concentration

Description:

Have your players form a circle around one player in the middle. Start with 2 consecutive players forming the circle each with a ball. One of the players will pass to the player in the middle. The player in the middle passes to the next "open" player on the circle as quickly as possible, while immediately receiving the second ball from the second player on the circle. The drill continues. You can start the drill going L to R (according to the middle man), the switch going R to L

Presented by:

Ken Strube
 Shenendehowa High School - Section 2



Drill Category: Passing

Drill Name: "Swing Shooting"

Description: We constantly talk about the importance of reversing the basketball and making the defense guard from help to ball side. This simple offensive drill starts with the ball (2) under the basket, pitched to wing (make sure player is stepping to the pass, top (v-cuts away and comes to ball, he swings the ball to opp. wing. this player pivots inside and takes jump shot. The shooter can also ball fake and go, rip and go, etc.

Coach O.J. Lescault

Hudson Falls HS, Section 2

Drill Category: Offensive

Drill Name: "Nicknamed the Every day eight"

Two layups one strong hand and one weak hand, using glass.

Two layups down the middle one strong hand one weak hand, no glass.

Two reverse layups under the basket using same hand L & R.

Two reverse layups in front of basket switching hands L & R.

Presented by:

Coach Joe Lores

East Rockaway HS, Section 8

BCAA

DRILL BOOK-PLUS 2008



CHAPTER 5

Shooting

Coaches:

**John Cifonelli
Bishop Grimes HS**

**Chris Russo
Monticello HS**

**Jason Semo
Liberty HS**

Drill Category: Shooting

Drill Name: “Bishop Grimes Concentration Shooting Drill”

Description:

Players work in groups of two at a basket for this drill. Player **B** starts with the ball under the basket. **B** passes the ball out to Player **A**, who is standing at the elbow area, for a jump shot. **A** takes the shot and follows it. In the meantime, **B** slides out the elbow area. **A** gets the rebound and kicks it out to **B**, then sets up in a strong post position, waiting for a return pass back. After receiving the pass, **A** executes an appropriate post move. Then **A** takes the ball out of the net and kicks out to **B**, and Player **B** repeats the drill doing as Player **A** just did. Once teams have reached a score or time (see below), then we change the shooting spots to the baseline, wing and three-point line. We also change from post moves to lay-ups, reverse lay-ups, and lane drives. We try to mix shots that our players get in game situations into this drill.

Some rules that have helped make this an effective drill for us over the years:

1. We score the drill in some way every day. Competitiveness keeps our kids working hard in this drill. This can be done in a few different ways:

- *We always have a reward for winners. A great one is to play to a certain score (20, for example) then have each pair subtract “dribble sprints” they have to do from 20 for every point they have when time is up or one team has won.*
- *Typically, jump shots count as one point and shots missed from the post count as negative two points. (No points for missed jumpers or made post shots.)*
- *Sometimes we will challenge a team to beat their time to reach a score from a previous day/week. It forces them to score better while allowing them to “raise the bar” of expectations for future practices.*

2. We will rotate partners during the course of the drill. This allows our kids get used to the tendencies of their teammates. Allowing this to happen in non-scrimmage situations has helped our kids play together in live situations.

3. We station coaches at each end of the court and praise strong moves or “call kids out” if they do not execute a move or shot at game speed. This positively reinforces good technique and helps to keep kids working hard, since they know we are watching their work habits.

4. We change the way we expect passes to be executed whenever we change shooting spots. For example, we ask for chest passes, bounce passes. Dribble passes, etc. We believe in working on multiple skills in every drill we do.

5. We place a heavy emphasis on “jumping through the ball” and chinning the ball between the elbows once it is rebounded.

We do this drill for a few different purposes. First off, we feel it puts pressure on the shooters since time, score and movement are a part of it. We also like how ball handling and spacing are naturally integrated into the drill. We will add or alter tasks in the drill based on our assessment of team needs.

Presented by:

John Cifonelli, Head Women’s Basketball Coach

Bishop Grimes High School, East Syracuse New York

Drill Category: Shooting
Drill Name: "Hurley Drill"

DESCRIPTION:

Divide your team in half and start them at the 3-pt. line/foul-line extended. Groups should be facing each other. Players 1 and 3 on the right side have a ball, players 2 and 4 on the left side have a ball.

- The first player without a ball will work as if he is being defended. He must bring his defender toward the block on his side and then curl back to the foul line like he is coming off a screen.
- The pass comes from the opposite line, after passing he will make his cut in the same manner.
- Shooter will get his own rebound dribble out and go to the opposite line.
- Progression
 - Catch and shoot from the foul line
 - Shot fake, 1 dribble, then shoot
 - Shot fake, rip through, 1 dribble then shoot
 - Shot fake and drive for a lay-up
 - Back door cut to the basket

Presented by:
Coach Jason Semo
Liberty HS Section 9

Drill Category: Shooting
Drill Name: "12-man Shooting"

DESCRIPTION:

Place players in the following locations on the court (all players in the same ½ court)

Shooters: 1 player at each baseline-3pt line.

Screeners: 1 player at each elbow

Outlet Man: 1 player at each hash mark

Passers: Remaining players in a line at the bottom of the ½ court circle. You should have at least 3 basketballs with players on that line.

Start the drill on either side then alternate. Player with the ball will dribble towards top of the key. As that is happening, the screener sets a down-screen for the shooter. The shooter will set his man up and come off the screen for a catch and shoot near the elbow. Shooter gets his own rebound and throws an outlet pass.

- Rotation: Passer becomes screener, screener becomes shooter, shooter becomes outlet man, outlet man brings the ball to the passing line and gets on the back of that line.
- Variation: start the shooters at the block, and screeners off the elbow; jump shots come from wing area. You can use the same progression from the Hurley drill.

Presented by:
Coach Jason Semo
Liberty HS Section 9

Drill Category: Shooting**Drill Name: "Cross Shooting"****DESCRIPTION:**

Divide your players into two groups and place them on the same sides of the floor - one group at foul line extended and the other on the 3pt. line in the corner. Use coaches as passers and place them opposite of each line. Players and coaches should be facing each other. Players take 3 steps towards the key then criss-cross. They receive a pass from the coach and shoot. Players get their own rebounds and pass back to the coach, then go to the opposite line.

Variations: You can include the following progression

- Shot fake, 1 dribble, then shoot
- Shot fake, rip through, 1 dribble then shoot
- Shot fake and drive for a lay-up

Presented by:

Coach Jason Semo

Liberty HS Section 9

Drill Category: Shooting**Drill Name: "6-man Shooting – Star Drill"****DESCRIPTION:**

Divide your players into two groups and put one group on each end. Place players in the following locations on the 3-pt line with the following numbers. Each player will take a shot from each spot. Players follow their passes to the next location: #1 – Under the basket with a ball; #2 – Foul line extended (right side); #3 – Foul line extended (left side); #4 – Right corner; #5 – Left corner; #6 – Top of the key

If you have more than 6 players in a group, then the extra players make a line under the basket and have a second ball.

Passing pattern:

- Shot at spot 6: 1 passes to 2, 2 to 3, 3 to 4, 4 to 5, 5 to 6
- Shot at spot 2: 1 passes to 6, 6 to 5, 5 to 4, 4 to 3, 3 to 2
- Shot at spot 3: 1 passes to 6, 6 to 4, 4 to 5, 5 to 2, 2 to 3
- Shot at spot 4: 1 passes to 6, 6 to 5, 5 to 2, 2 to 3, 3 to 4
- Shot at spot 5: 1 passes to 6, 6 to 4, 4 to 3, 3 to 2, 2 to 5

Key notes:

- Players should start in an athletic position with hands out
- Players move towards the pass as it is thrown to them.
- Variations: Use your shot fake progression; players can drive to the basket from each spot for a lay-up, or players can dribble drive and pass.

Presented by:

Coach Chris Russo

Monticello HS, Section 9

Drill Category: Shooting
Drill Name: "3-Man Shooting"

DESCRIPTION:

Divide your players into groups of three and place each group at a separate basket. This is a timed drill in 1-minute cycles (50 sec. shooting, 10 sec. rest). Players work on passing, catching, screening, and shooting. If you have groups larger than three, they will rotate in after the shot.

Shots from the corner: Player 1: under the basket with a ball, player 2: foul line extended, player 3: opposite player 2

- Player 1 passes to 2 and sets a screen for 2; player 2 attacks the lane off the screen; player 3 cuts to the corner and receives the pass from 2; player 3 shoots and gets his own rebound.

- Rotation: 1 goes to 2, 2 goes to 3, 3 goes to 1

Shots from the foul line: Player 1: under the basket with a ball, player 2: top of the key, player 3 on the wing

- Player 1 passes to player 2 and player 3 v-cuts, player 2 passes to player 3 and then screens in the lane for player 1; player 1 sets-up his man and curls off the screen for a jump shot at the foul line.

- Rotation: 1 goes to 3, 2 goes to 1, 3 goes to 2

Shots from the wing: Player 1: under the basket, player 2: elbow extended/3pt. line, player 3: foul line extended opposite player 2

- Player 1 passes to 2; player 2 shot fakes and drives the lane; player 3 moves towards the baseline and cuts back to foul line extended, player 2 passes to 3 for the jump shot.

- Rotation: 1 goes to 2, 2 goes to 3, 3 goes to 1

Variations: You can include the shot fake series and/or lay-ups from the same spots

Presented by:
Coach Chris Russo
Monticello HS, Section 9

BCAA

DRILL BOOK-PLUS 2008



CHAPTER 6

Foul Shooting

Coaches:

Coach Steve Evans
LeMoyne College

Coach John Cifonelli
Bishop Grimes HS

Coach Brad Zarges
Houghton College

Coach Chris Russo
Monticello HS

Coach Fred Ahart
Roscoe CSD

Coach Jason Semo
Liberty HS

Drill Category: Foul Shooting

Drill Name: None

Description: Start your practice with players jogging around gym. After 2 minutes, players (2 at a time) start taking foul shots. IF they make two-in-a-row, they are done. If they miss, a new player takes the shots. When the players have made two-in-a-row, they stop jogging. Normally, all the girls keep running until ALL have made two-in-a-row.

Drill Category: Free Throw Shooting (Team Competition)

Drill Name: "Win The Game"

When: Do this drill at the end of practice when players are tired.

Description: We want to simulate a game situation. Tell the kids we are pretending the game is tied at 60-60. Have your team stand around the free throw lane. Have the first player shoot one shot. If the shot is made, then your team gets 1 point and the player goes off to the sideline. If he misses the shot, the other team gets 2 points and the player stays in the rotation. Keep track of the score with each free throw. Then the next player in line does the same, and so forth. You continue the game until you win the game (all the players are off and you are ahead) or lose. If you lose, the entire team returns around the free throw lane and you repeat the game making the starting score 61-60.

Drill Category: Shooting (Individual Competition)

Drill Name: "30 Point"

Description: Start in the corner. Shoot a 3 pt. shot off a spin back toss, follow and rebound the ball and sprint back and touch the 3 point line where shot was just taken from and pivot toward the basket, take 1 hard dribble covering as much space as possible and shoot jump shot off the dribble. Follow shot and rebound. Sprint back to the original 3 pt. spot, pivot and shoot a driving lay-up on side you are facing.

- 3 Pt. shot counts 3 points – Jump shot counts 2 points – Lay-up is worth 1 point.

Do this repetition at each of the other 4 spots. Each spot has 6 possible points. 30 points are possible from those 5 spots.

Presented by:

Coach Steve Evans

LeMoyne College

Drill Category: Foul Shooting

Drill Name: "One-and-One to 20 Foul Shooting Drill"

Players shoot one-and-one. They do the following, based on the outcome:

Miss the first shot – run two "down and backs," then rotate to the next basket to shoot a one-and-one.

Make the first and miss the second shot – run one "down and back," then rotate to the next basket to shoot a one-and-one.

Make both shots – rotate to the next basket to shoot a one-and-one.

Have players continue rotating until they have made a total of 20 foul shots.

We usually leave one basket open for the kids who finish the drill more quickly. That basket is for "free shooting" until everyone finishes the drill.

The best thing about this drill is that it puts pressure on every shot.

The only drawback is that the better shooters do not shoot fatigued, since they do not do as much running between shots. We do, however, use this drill in the second half of practice.

Presented by:

John Cifonelli, Head Women's Basketball Coach

Bishop Grimes High School, East Syracuse New York

Drill Category: Foul Shooting

Drill Name: "Bishop Grimes Concentration Foul Shooting Drill"

The team stands around the free throw line. We start as if we are losing a game 45-40. We rotate around the lane, changing shooters every shot. If we make a free throw we get a point. If we miss a free throw the opponent gets a point. We play the game to 50. So, we need to make 70% (our target percentage) in order to win. If we do not win, the team runs a sprint for every point we lose by. We then restart the game. If we lose a second time we double the amount of sprints we run.

Some modifications you can make:

- Change the starting score. Modify the starting score to meet the expectations you have for your team.
- Add another point to the starting score of your opponent every time you lose. It makes the game harder the second time – putting more pressure on winning the first time around.
- Make your lowest percentage shooters shoot first. It makes those kids go to the line for the team more often during the drill.

We love this drill the day before a game. It really works in team-building.

Presented by:

John Cifonelli, Head Women's Basketball Coach

Bishop Grimes High School, East Syracuse New York

(Adapted from Phil Martelli, St. Joseph's University)

Drill Category: Foul Shooting**Drill Name: "St. Joseph's Foul Shooting Drill"**

Description: The team stands around the free throw line. We start as if we are losing a game 45-40. We rotate around the lane, changing shooters every shot. If we make a free throw we get a point. If we miss a free throw the opponent gets a point. We play the game to 50. So, we need to make 70% (our target percentage) in order to win. If we do not win, the team runs a sprint for every point we lose by. We then restart the game. If we lose a second time we double the amount of sprints we run.

Some modifications you can make:

- Change the starting score. Modify the starting score to meet the expectations you have for your team.
- Add another point to the starting score of you opponent every time you lose. It makes the game harder the second time – putting more pressure on winning the first time around.
- Make you lowest percentage shooters shoot first. It makes those kids go the line for the team more often during the drill.

We love this drill the day before a game. It really works in team-building.

Presented by:

John Cifonelli, Head Women's Basketball Coach

Bishop Grimes High School, East Syracuse New York

(Adapted from Phil Martelli, St. Joseph's University)

Drill Category: Foul Shooting**Drill Name: "Pressure Free Throws - 3 in a Row"**

DESCRIPTION: The game is played in the full court as a regulation game, using out of bounds situations, 35 second clock, etc. However, on all fouls, we take it out of bounds. The game continues as long as there are stops. Once a team scores, that team sends three different players to the free-throw line to shoot one free throw. Each free throw attempt is a live ball if missed. If the team that scored makes all three free throws, then they receive the value of the field goal they made.

If it was a made 3, they receive 3 points. If it was a 2 point field goal, they receive 2 points.

The ball is then in-bounded after the third made free throw and play resumes the other direction.

****This is also a great way to work on full court pressure after made free throws.**

The game continues until one of the teams score a designated number of points. We typically use 10 as our goal.

The drill usually lasts about 10 minutes, depending on the free throw shooting ability of the team. One other dimension we have thrown into the drill is the concept of confirming the win. In order to confirm the win, the team that reaches 10 points first must then get another score before drill ends. This allows the team that is behind to get stops to keep themselves in the game. It also puts pressure on the team that scores 10 first to learn the value of winning the last possession.

Presented by:

Brad Zarges, Head Men's Basketball Coach

Assistant Athletic Director

Houghton College (NY)

O: 585-567-9368

C: 585-808-9927

www.houghton.edu

www.houghton.edu/sports/teams/MBB/default.asp

Drill Category: Foul Shooting**Drill Name: "Three –Man Foul Shooting: Runner-Shooter-Rebounder"****DESCRIPTION:**

Players rotate between the three positions – shooter becomes rebounder, rebounder becomes runner, runner becomes shooter. Always run directly before you shoot.

Shooter: Shoots 2 foul shots.

Rebounder: Stays with shooter and rebounds

Runner: Sprints baseline to baseline and back, baseline to half-court and back.

Key Points:

- Shoot after you sprint
- Require that players run hard
- To make it competitive set a team goal for total shots made, group vs. group, or player vs. player within each group and use your own reward/punishment system.
- Each player shoots 10 foul shots total.

Presented by:

Coach Chris Russo

Monticello HS, Section 9

Drill Category: Foul Shooting**Drill Name: "Two-Man Foul Shooting"****DESCRIPTION:**

Players pair up. One player shoots and the other rebounds. Players shoot two foul shots on each turn. After a player completes his turn...

Rebounder: sprints baseline to baseline and back, baseline to half-court and back; then will shoot two foul shots.

Shooter: While their partner is sprinting, they will do the Mikan Drill or the X-Out drill. (1-dribble lay-ups from the elbow; alternating sides after each lay-up)

Key Points:

- Both players stay at the line while one player is shooting
- Always run directly before you shoot
- Require that players run hard and complete the drill correctly

Presented by:

Coach Chris Russo

Monticello HS, Section 9

Drill Category: Foul Shooting
Drill Name: "Foul-Shot Ladder"

DESCRIPTION:

This is a season long foul shot competition. Players must keep track of their makes and report them to the coach or manager.

Day 1:

- All players shoot the required number of foul shots – we shoot 25 (10, 10, 5)
- Rank players based on the number made.
- Break ties among the entire team. (If three players tie at the top with 20, then those three players would shoot against each other to break the tie and they would be ranked 1, 2, & 3 based on the tie breaker)

Day 2:

- Players shoot against each other based on their position on the ladder – 1v2, 3v4, 5v6 and so on.
- Make sure to have a winner from each pair and re-rank players according to who wins from the pair. (If 6 beats 5, then they would switch spots on the ladder).
- If you have an odd number of players, then the player on the bottom (lowest rank) gets a bye. He still should shoot, but his rank will not change.

Day 3:

- Players shoot against each other based on their position on the ladder – 2v3, 4v5, 6v7 and so on.
- If you have an even number of players, the players on top and bottom have bye on this day; if you have an odd number of players then 1 has the bye. Make sure to have a winner from each pair and re-rank.

The drill continues for the season following the day 2 then day 3 pattern.

Awards

- Champion: Player who finishes on top at the end of the season
- Consistency: Player who spent the most days on top
- Most Improved

Presented by:
Coach Fred Ahart
Roscoe CSD, Section 9

Drill Category: Foul Shooting
Drill Name: "Baseball"

DESCRIPTION:

Divide your players into two teams and set the number of innings you will play.

Players shoot one foul shot at a time and rotate among their team

- Made Basket = hit (single)
- Misses = out

Scoring

- A team must make at least 4 shots in one inning to score, as the imaginary base runners move one base at a time.
- 4 in a row grand slam and clears the bases

Presented by:
Coach Fred Ahart
Roscoe CSD, Section 9

Drill Category: Foul Shooting**Drill Name: "Win the Game"****DESCRIPTION:**

Place your entire team on the foul line and create a tie score. Each player on the team must make 1 foul shot; players rotate out if they make and you only shoot one shot at a time. The goal is to have every player make one foul shot and win the game.

Scoring

- Made basket = +1 for your team
- Missed shot = +2 for the opposing team

Presented by:**Coach Jason Semo****Liberty HS Section 9****Drill Category: Foul Shooting****Drill Name: "Heaven & Hell"****DESCRIPTION:**

Divide your players into two teams and set them up at opposite ends. Each player shoots a one-and-one.

Game Rules & Scoring

- +1 for a made basket, -1 for a missed basket (variation can included adding value to the 1st shot in the one-and-one, making it worth +2)
- The game ends when one team gets to +7 or -7
 - The first team to get to +7 wins the game. If this occurs the opposing team can continue shooting until they miss. If they get to +7 then both teams reach heaven.
 - The first team to -7 loses and is doomed to hell; coach decides the activity for that team – sprints, bleachers, push-ups, etc...

Presented by:**Coach Jason Semo****Liberty HS Section 9**

BCAA

DRILL BOOK-PLUS 2008



CHAPTER 7

Press Defense

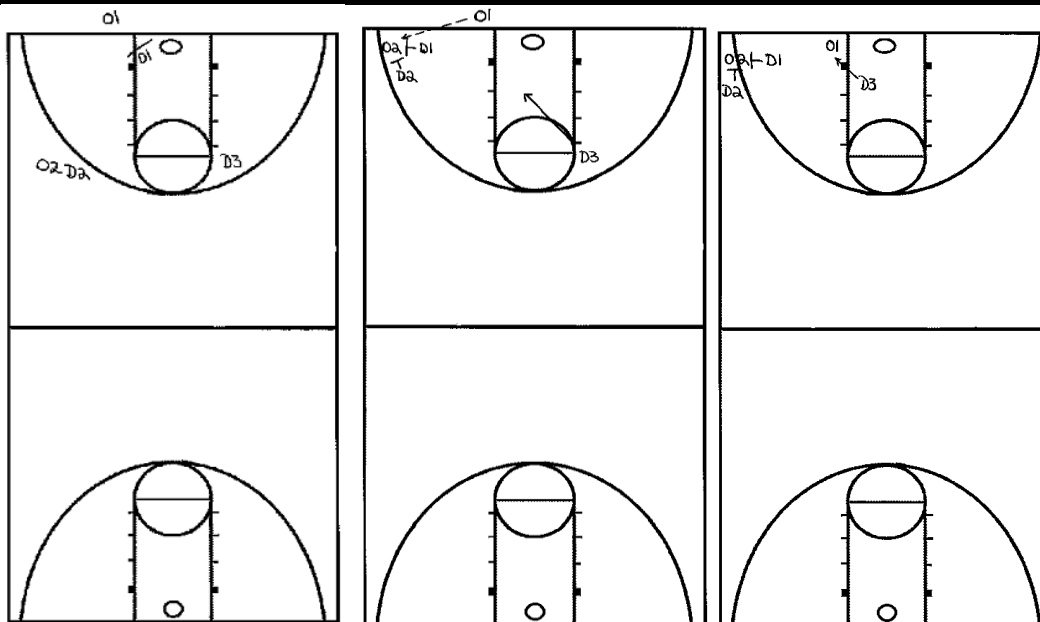
Coaches:

Andy Scott
Horseheads High School

Coach Bill Merna
Ogdensburg Free Academy

Diamond Press Drill #1
First Trap / Opposite Wing Rotation
Andy Scott...Section 4
Horseheads High School

- O1 has the basketball out of bounds
- D1 is guarding the basketball, so that O1 cannot throw to the far side of the court. He is inviting the pass to the strong corner
- D2 is inside O2 and shoulder to shoulder, walking them to the corner
- When ball is entered, work on trapping O2 in the corner with D1 and D2
- If D2 goes anywhere, it will be down the sideline
- D3 then works hard at the appropriate angle to steal the pass back to O1
- Work this drill first with proper trapping technique. We do not want O2 beating us to the middle. If they have to beat us, it will be down the sideline (see Diamond Press Drill #2)
- Then work this drill by focusing on intercepting the pass back to O2



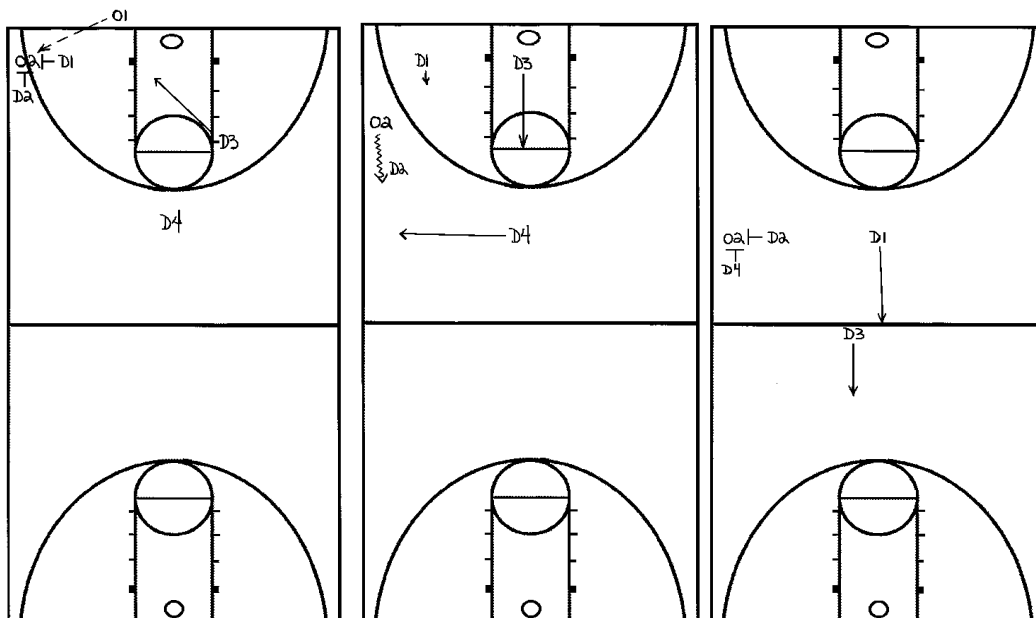
NOTES:
 D1 INVITES PASS TO
 STRONG CORNER, D2
 IS INSIDE O2.

NOTES:
 WORK ON TRAP FOR
 D1 + D2

NOTES:
 D3 WILL BE IN
 POSITION TO PICK
 OFF THE PASS BACK
 TO O1

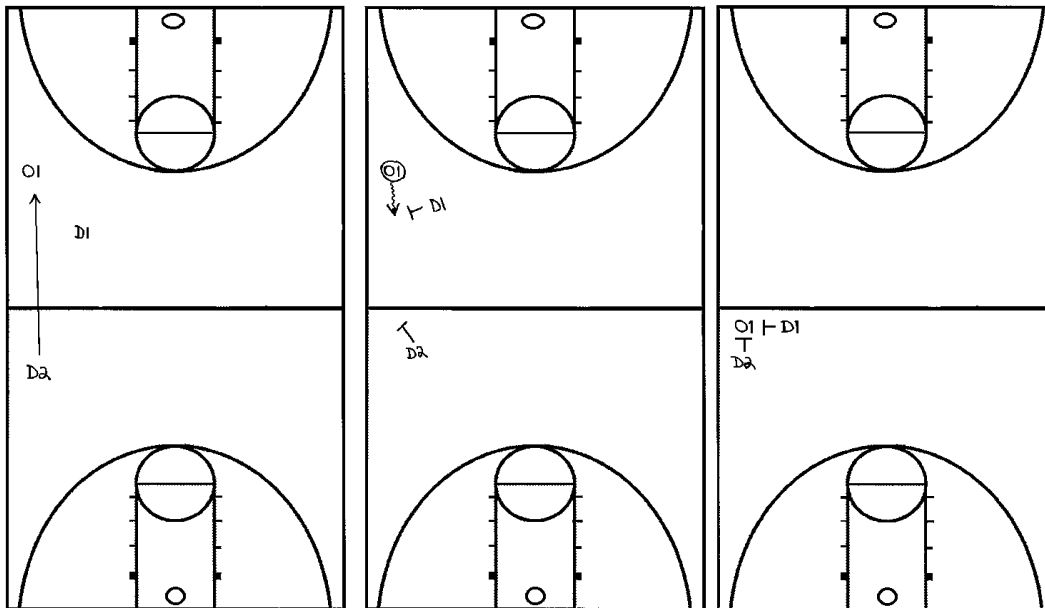
Diamond Press Drill #2
Second Trap / Middle Player Rotation
Andy Scott...Section 4
Horseheads High School

- O1 has the basketball out of bounds
- D1 is guarding the basketball, so that O1 cannot throw to the far side of the court. He is inviting the pass to the strong corner
- D2 is inside O2 and shoulder to shoulder, walking them to the corner
- When ball is entered, work on trapping O2 in the corner with D1 and D2
- If D2 goes anywhere, it will be down the sideline
- When O2 dribbles down the sideline, D2 runs shoulder to shoulder with O2 making sure he cannot get middle (make sure that D2 does not push or foul during this portion, as a trap is coming up)
- D4 angles over to trap with D2; D1 and D3 make sure they are busting it back, sprinting!!
- D4's responsibility here will be NOT to let the dribbler go to the middle, and also NOT to foul. Trap hard and make your hands BIG!!



Half Court Trap Drill
Andy Scott Section 4
Horseheads High School

- **D2 starts with the basketball**
- **D2 rolls the basketball to O1**
- **O1 tries to dribble around or through the defense**
- **D1's job is to keep O1 on the sideline, and force into D2**
- **D2's job is to angle O1 so they cannot dribble between D1 and D2**
- **Once O1 comes over ½ court, the trap is applied**
- **Make sure the hands are big, and you do not reach or grab the player. They are in a vulnerable position and will turn the ball over more often than not. Do NOT foul here!**



Drill Category: Press Defense

Drill Name: "2 Defenders vs. 1 Ballhandler"

Description:

If you have room it may be best to use the side courts in your gym.

Make groups of 3 - it works best with 12 or 15 players but you can have one group that just goes 1 on 1 if you need to.

The ball-handler gets the ball on the baseline and can use the whole side court to advance the ball to the opposite baseline. The defenders must start 6 to 8' feet off the ball-handler.

They try to contain and then trap the ball-handler. One will turn the ball-handler as he tries to go by. While the other will come from behind for the trap or steal. If the ball-handler keeps the dribble alive and goes in the opposite direction the defenders switch roles. Both are responsible to prevent the ball-handler from splitting them.

We emphasize trapping with no foul. When the 1st group finishes the next group goes. The role of ball-handler rotates till all have done that and all have had two chances to trap.

Vary the matchups day to day to add new experiences. Two post players trying to trap your point guard can really get the big guys working to move their feet and pick the correct angles. It also gets all players to work on their ball-handling skills. We remind them that this is just for drill purposes and in a game they should look to pass when doubled.

Presented by:

Coach Bill Merna

Ogdensburg Free Academy, Section 10

BCAA

DRILL BOOK-PLUS 2008



CHAPTER 8

Zone Defense

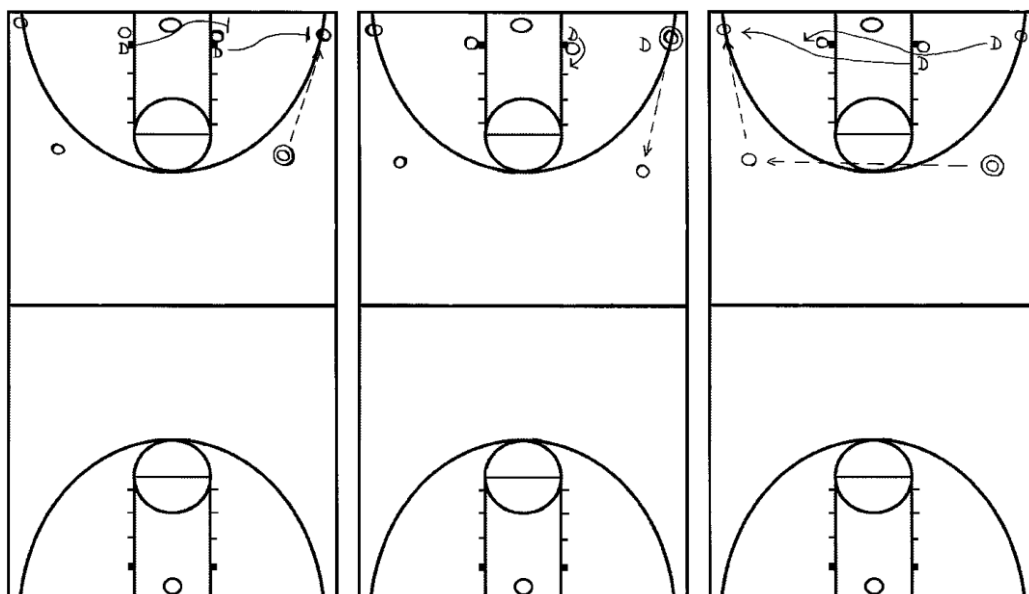
Coaches:

Coach Andy Scott
Horseheads High School

Coach Bill Merna
Ogdensburg Free Academy

Zone Rotation Drill for Post Players
1-2-2 Zone. Post Player Rotation (6 v 2)
Andy Scott Section 4
Horseheads High School

- **Place an offensive player in each corner, one up top in each quadrant, and one on each block for a total of 6**
- **The defenders will be the bottom post players in the zone, and they will also start on the blocks**
- **We will always work the following rules:**
 - **Post defenders will go over the offensive players when the ball is up top...**
 - **Post defenders will go under the offensive players when the ball is in the corner**
 - **See the diagram below. Typically we are making sure an easy pass cannot be made from a guard up top**
 - **We get a lot of steals by the opposite post going under the player on the block. Typically the corner player will lob the ball to the post, and there will be many opportunities for a deflection or steal**
 - **We work 4 rotations, and try to get the ball to the post on offense. Defense can come out when they get 3 steals**



Drill Category: Zone Defense

Drill Name: "HOLD Drill for 2-3 Zone"

Description:

- Start with 5 offensive players - point, both wings, high and low post.
- Start with 4 defenders - two guards, two forwards.

Ball is at the point - one guard must step to him - this establishes a strong [with other guard defender] and weak side. Pass to the weak side wing. The weak side forward must flash out and HOLD the wing until the guard on the point comes over to bump him back down. The off guard takes the high post. Keep the low post opposite the ball and make the forward on that side get inside position on him to prevent the pass to him and to be in box-out position.

Pass back to point, the guard on the high post steps to the point, off guard takes a step toward the high post staying ready for the pass back to his wing.

Reverse to the other wing. The forward must flash out and HOLD the wing until the guard can come over to bump him back down low. Other guard takes the high post. Low post goes away from the ball and make the weak side forward get position on him.

Playing all 5 offensive players with 4 defenders makes them work together and communicate to get the job done. Later on you can add the 5th defender.

Presented by:

Bill Merna

Ogdensburg Free Academy, Section 10

BCAA

DRILL BOOK-PLUS 2008



CHAPTER 9

Man to Man Defense

Coaches:

Kevin J. Pigott
Fordham Preparatory

Ryan Rattery
Churchville – Chili

Bill Hempfling
Westhampton Beach

Drill Category: Defense
Drill Name: "Defensive Stance"

Purpose: To work on defensive slides and transition from defense to offense.

Part 1: (Figure 1)

- 1) Line four players on side of "paint" facing down-court
- 2) Line eight more players on baseline
- 3) Rotation consists of three groups, each consisting of four players.
- 4) Player 1 passes to Player 2 and sprints to the sideline that Player 2 caught the ball at.

Part 2: (Figure 2)

- 1) Each player in first group has right foot outside paint, left foot in paint.
- 2) On coach's command of "stance", players slap the floor with palms of hands, yell "Ball" and slide to side in the paint area.

Part 3: (Figure 3)

- 1) Coach's command of "break", first group sprints to opposite baseline.
- 2) Second group replaces first group
- 3) Last player of second group yells "stance" when ready. All players get in defensive stance, slap the floor, and yell "ball".

Part 4 (Figure 4)

- 1) Second group slides until coach yells command "break"
- 2) First group comes back on one of the sidelines as a group at half-speed
- 3) Third group waits for turn in rotation

Final Notes: Three groups are needed to run this drill. You can run this as a full court or half court drill. This is a great conditioner.

Presented by:
Kevin J. Pigott
Fordham Preparatory School

From: More Five-Star Basketball Drills
Reprinted with permission of the Five-Star Basketball Camp

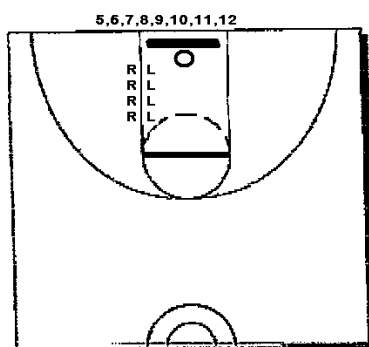


FIGURE 1

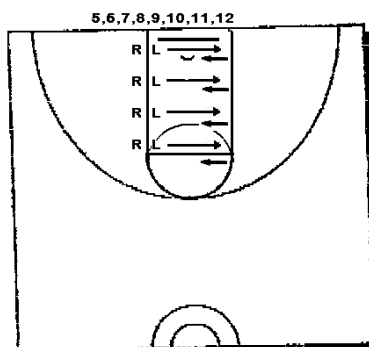


FIGURE 2

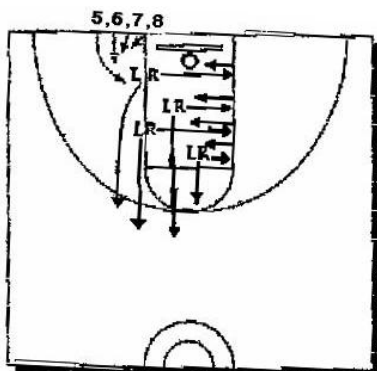


FIGURE 3

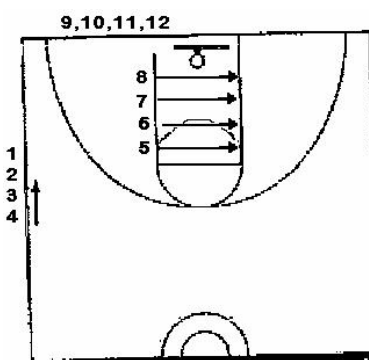
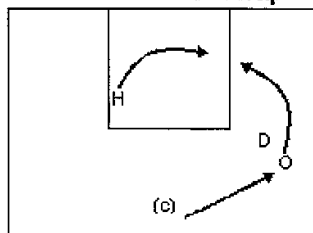


FIGURE 4

Drill Category: Defense
Drill Name: "Help Side Close Out"

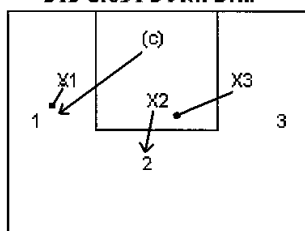
Presented by:
Ryan Rattery
Churchville – Chili
Section V Girls

1v2 Dribble Drive w/Help



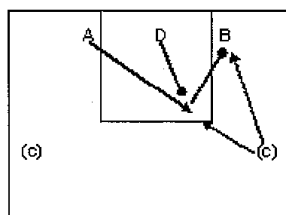
Rules:
 O – take D 1v1 to hoop
 D – play 1v1 to basket
 H – help rotates over to take charge

3v3 Close Down Drill

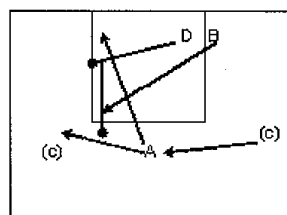


Rules
 (c) passes ball to X1
 X2 – steps up to play 2 hard
 X3 – slide in middle help-side

HELPSIDE DEFENSIVE CLOSEOUT DRILL



Rules:
 A – goes to high post area, then pop
 D – low post in block (2nd pass)
 D – deflect the A cutter, then go to B
 (c) – 1st ball elbow, 2nd ball low post



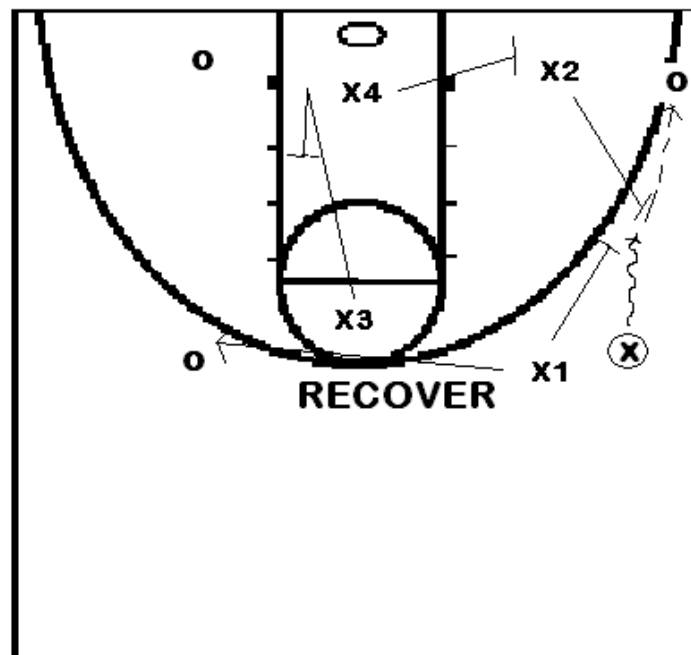
Rules
 A – reverse ball to (c), then post on block
 D – goes to high post area ballside, then pop
 D – guard A cut in post, then B on high post
 (c) – reverse pass to A, then repeat cycle

Drill Category: Man to Man Defense
Drill Name: Man to Man Shell Drill

Introduction: Most teams that play man to man defense utilize this popular drill. The drill is designed to teach solid man defense principles. We use this drill everyday in practice and we make it competitive by charting stops vs. scores and the losing groups will run extra laps or line drills.

Philosophy: We feel that it is important to keep the ball on a side thus limiting the options that the player with the ball has. When the ball is in the middle of the floor the offense has more options and can attack the basket much more effectively. By forcing the ball on a side we are giving ourselves a better chance for success defensively. (If the ball is on the right side we do not allow it to be dribbled towards the left) (If the ball is on the left side we do not allow it to be dribbled towards the right) The defender on the ball is told to "get on the shoulder" of the ball handler. Ball on right side means we want to get on the left shoulder to prevent him from going to the middle. Ball on the left side means we want to get on the right shoulder to prevent the ball from going to the middle.

Process: We do this drill playing 4 on 4. At first we go over rotation by playing "dummy defense". Every player must point to ball and man. We call this "point your guns" Man guarding the ball (X1) is on the shoulder forcing the ball sideline. Ball side defender (X2) is in help position looking to stop the ball if ball is driven down sideline. Weak side top defender (X3) sinks into middle of paint for help. Weak side back defender (X4) protects basket and cuts off baseline dribble penetration along the baseline. *If the ball is entered to a post player or dribbled into the lane we "jump the ball" with the closest defender.* Once rotations are established playing dummy defense and everyone knows where they belong then we will play with live defense. The defensive team must get three stops in a row or they keep playing and they add a sprint for every score they give up. *Once the players get the rotations down we then tell the offense they can screen for each other. The offense must always balance out the floor.* This forces the defensive team to hedge screens and constantly see the ball and man in a game-like situation.



Presented by:
Bill Hempfling Head Coach
Westhampton Beach Boy's

BCAA

DRILL BOOK-PLUS 2008



CHAPTER 10

Special Situation and Out of Bounds Plays

Coaches:

Gary DeCesare
Depaul University

Pat Mangan
Frederick Douglas Academy, PSAL

Bill Hempfling
Westhampton Beach

Ryan Raftery Head Coach
School – Churchville-Chili

Douglas Holden
Notre Dame – Bishop Gibbons

Play Description: Baseline Inbounds – vs M2M
Play Name: “Stack”

Diagram 1

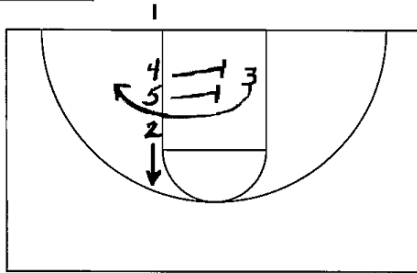


Diagram 2

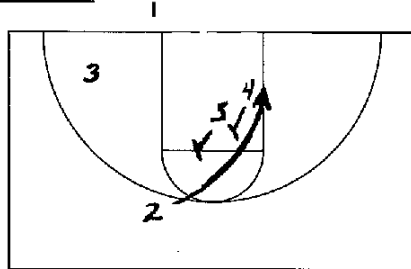


Diagram 3

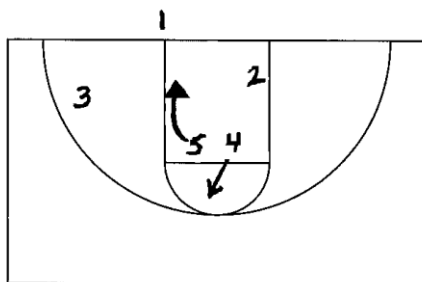


Diagram 4

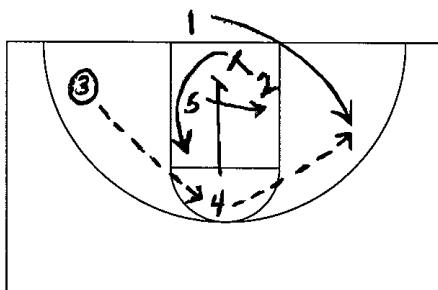


Diagram 1 – Option 1

1. PG takes the ball out (usually best passer and decision maker)
2. 3 is the shooter
3. 4 & 5 set a double screen for 3
4. 2 steps back to the 3 pt line

Diagram 2 – Option 2

1. 5 & 4 set staggered back screen for 2

Diagram 3 – Option 3

1. 5 rolls to the ball side of the basket as 4 steps out to clear the lane

Diagram 4 – Option 4

1. ball is passed to 3
2. reversed through 4
3. 2 sets a screen for one who enters the court on the weak side
4. 5 now comes across the lane and posts
5. 4 down screens for 2 coming up the lane for a shot

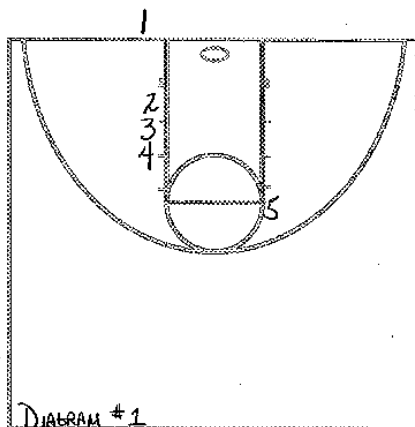
Coaching Points:

1. Patience – take what the defense gives you.
2. Run a sequence
 - a. After you get option 1 a few times, look for the next one, etc.
3. Every screener looks for the ball after they set a screen.

Presented by:

Gary DeCesare
DePaul University

From: Five-Star Basketball Coaches Playbook
Reprinted with permission of the Five-Star Basketball Camp



Play Description: Baseline Out-of-Bounds Play – (I vs M2M) / (II vs Zone)
Play Name: “Out”

Rationale: “I like to have formations that we can easily set-up and run a simple play after recognizing our opponenets defense. The “Out” play is simple and has been very effective over the years.”

Diagram 1:

Basic Formation – players should set a line at 1st marker of lane with one man “out”. That player sets up at the opposite elbow.

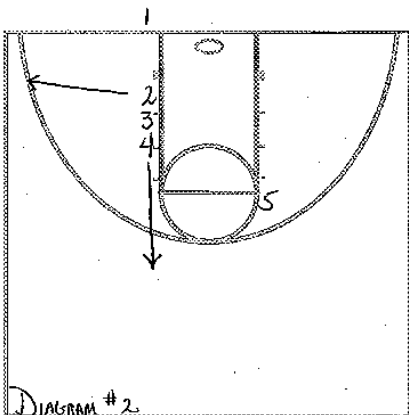


Diagram 2 (vs M2M):

- 2 your best shooter breaks to corner 3 pt line.
- 4 releases as valve

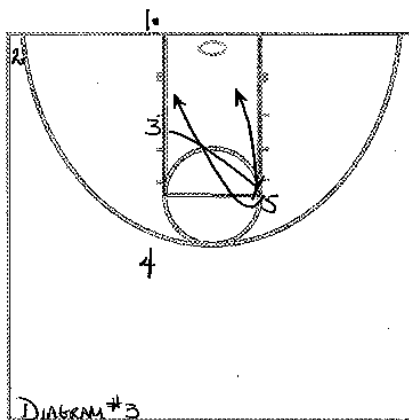


Diagram 3:

- 3 diagonal screens for 5, 5 rubs his man and cuts straight to ball
- 3 rolls back to opposite side
- 1 can hit 2 for 3 pt shot, 5 for lay-up, 3 for lay-up, 4 for safety valve

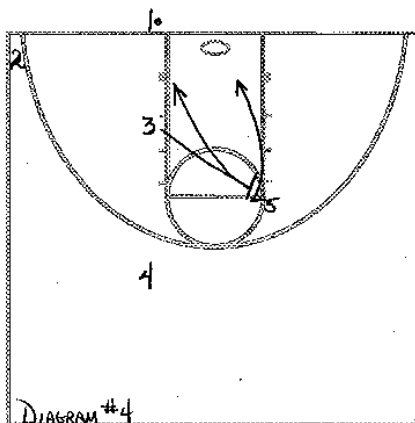
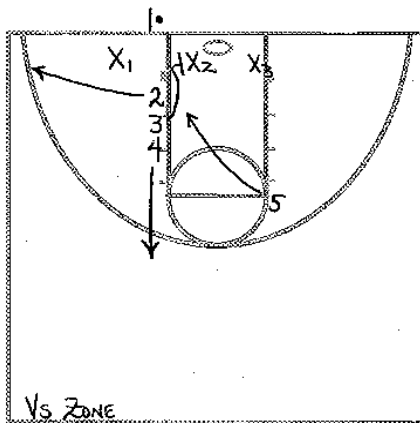


Diagram 4 (vs Overplay):

- if overplayed 5 can fake and cut “same side”
- 3 returns to his side

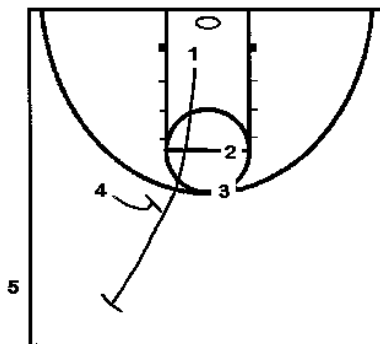


Vs Zone:

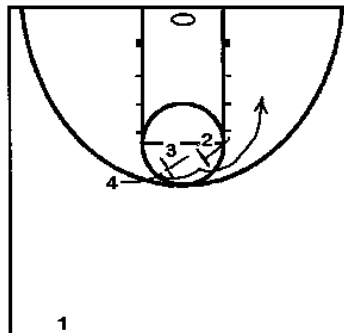
- All is the same except now 3 screens the middle defender in the zone. 1 then reads bottom wing defender in the zone. If he goes to 2, the shooter, 1 hits 5 for the lay-up. If the defender stays at home then 2 will be open for the "3 ptr".
- **Note:** Coaches should deploy their personnel any way they feel will be best.

Play Category: Side Line Out of Bounds
Play Name: None Provided

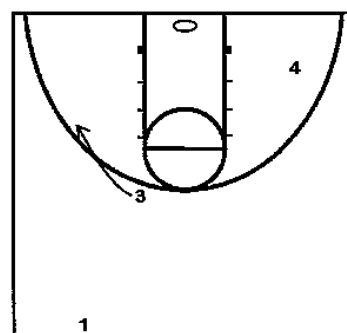
Application: Can be used with 1 second left



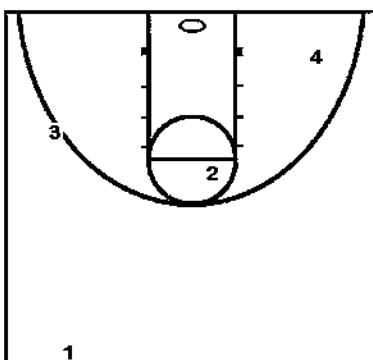
- 4 area screens for 1
- 1 only gets pass if 3,4 or 2 are not open



- 3 and 2 stagger screen for 4
- 2 lines up 4's man



- 3 slips to wing for shot
- 4 goes for alley oop or fade jump shot



Final Alignment:

- Good spacing for quick shot
- 1's move at the start is a decoy
- Very good vs teams that switch screens on last second plays because of screen the screens.

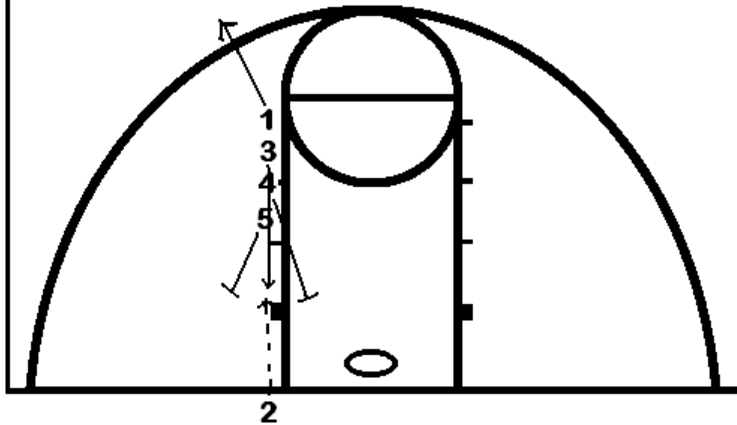
Presented by:

Pat Mangan
Frederick Douglas Academy, PSAL

This play, is as effective as it is designed. 4,5 set solid screens and turn and seal looking for pass also. 3 floats to open spot provided by screens awaiting pass from 2. Bankshot is almost always available.

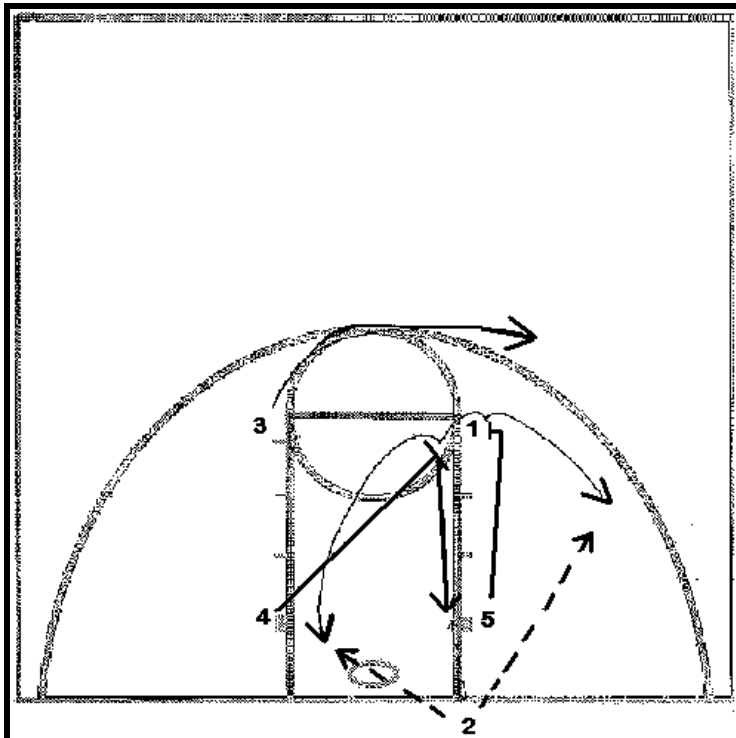
Note: 4 and will somehow communicate as to what direction the lead screener is going. (ie. tapping the hip or shoulder)

Note: This can be called by name of shooter "Line Mary" or position "Line 3, "Line 1 etc



Play Description: Baseline Out-of-Bounds Play – vs M2M / Zone
Play Name: "Line Name" / "Line #"

Provided by:
Douglas Holden
Notre Dame – Bishop Gibbons
Section 2



Play Description: Baseline Out-of-Bounds Play – vs M2M
Play Name: "Cross"

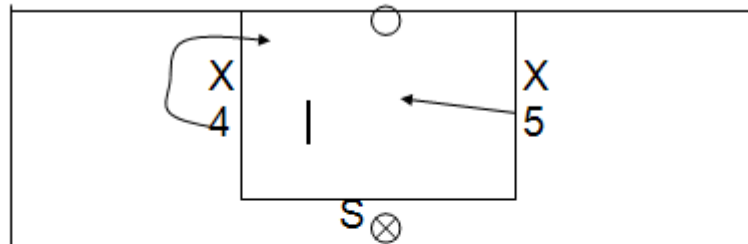
- 5 screens for 1 (butt to sideline)
- 4 screens for 5
- 5 basket cuts (first option)
- 4 basket cuts (second option)
- 1 and 3 are usually open as relief
- If passed to 1 or 3 – 2 will cut and receive back-screen from 5 for possible skip pass to Wing / Short corner

Note: The key to this play is to be patient and wait for 5 and 4.

Provided by:
Douglas Holden
Notre Dame – Bishop Gibbons
Section 2

Play Description: Free Throw Play
Play Name: "Offensive Free Throw Play"

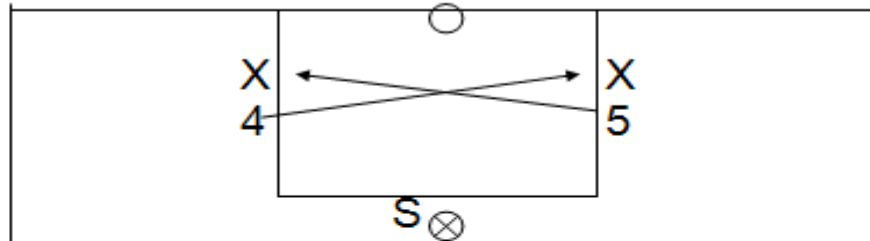
Play #1 – "1 finger between legs"



Can only be done on an OFFENSIVE free throw

- 4 – should "put 1 finger" between legs
then spin around the "D" on block
- 5 – should reply (nodding) that play is on
then dive hard to middle of the paint

Play #2 – "2 fingers between legs"



Can only be done on an OFFENSIVE free throw

- 4 – should "put 2 fingers" between legs
then dive hard to box opposite block
- 5 – should reply (nodding) that play is on
then dive hard to opposite block

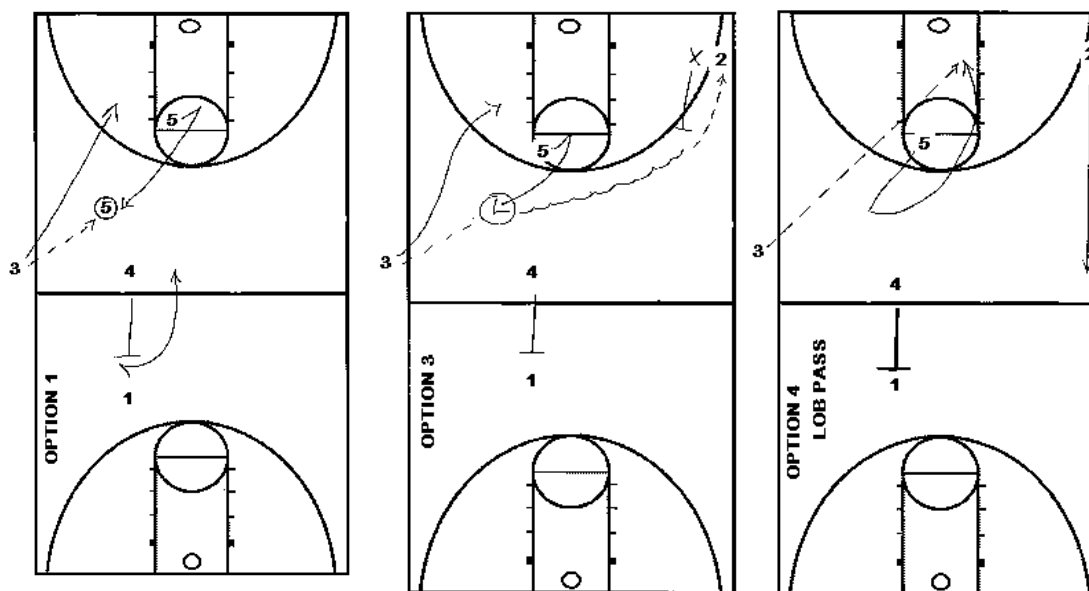
Presented by:
Ryan Raftery Head Coach
School – Churchville-Chili
Section V

Play Category: Sideline Out of Bounds

Name: None Provided

Introduction: This sideline out of bounds play is great when you need a basket with little time on the clock as it has multiple options. This play and subsequent options work especially well when playing against aggressive man to man teams. I learned this play from Coach Bernie Holowicki whom I met while working a Five Star Basketball Camp in Honsedale, PA. (Remember your primary goal is to inbound the ball!)

Positions: (3) You want your best scorer/playmaker to inbound the ball. (2) Your best outside shooter in the corner opposite the ball. (5) Your post player starts on the foul line. (4) Screener will be lined up a little behind the ball and he will screen for your point guard (1).



Process:

(Option #1)

Post player V-Cuts back to the ball and in-bounder passes it to him and makes a hard basket cut. The post player looks to give it back to the passer for a lay-up. (Give and Go)

(Option #2)

In-bounder looks to pass to post player who catches the ball and passes to (1) cutting off (4)'s back screen for a lay-up.

(Option #3)

In-bounder passes to post player who drives, draws weak side help from (3) man's defender and kicks out for a jump shot.

(Option #4)

We bring 3 man even up to half court line to keep (3)'s defender from cheating and post player V-cuts and goes to basket for lob pass over the top.

Presented by:
Bill Hempfling Head Coach
Westhampton Beach Boy's
Section V Girls

BCAA

DRILL BOOK-PLUS 2008



CHAPTER 11

Press Breaker Plays

Coaches:

Greg Mayerhofer
Floral Park Memorial HS

Pat Mangan
Frederick Douglas Academy, PSAL

Diagram 1

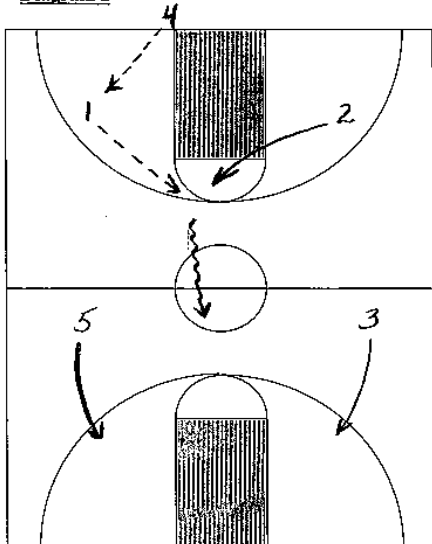
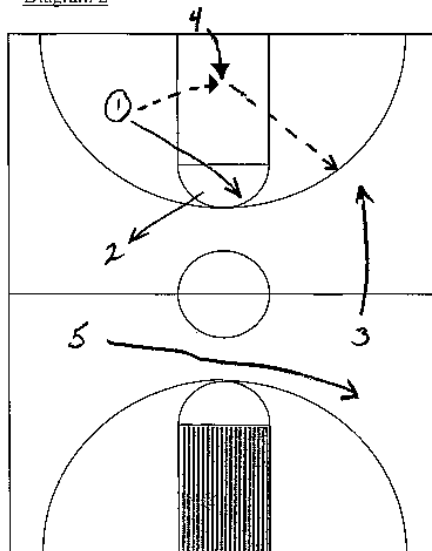


Diagram 2



Play Description: Press Break – Zone

Diagram 1

1. F (4) takes the ball out of bounds (best passer & ball handler of your forwards)
2. Start in a box set with a F & G past half court
3. Ball is passed to one Guard – the other Guard makes a diagonal cut through the middle.
4. If pass is there, guard receives the pass and attacks with 3 & 5 filling lanes.

Diagram 2

1. If pass is not there:
 1. 2 continues through
 2. 1 reverses the ball to 4
 3. 3 replaces 2
 4. 4 passes to 2
 5. 5 replaces 3
 6. 1 then cuts through
 7. 3 looks for 1 on the diagonal cut
2. 3 may also look directly up the sideline to 5

Keys:

1. Against 1-2-2 or a 1-2-1-1
 - o Cut from the guard (middle) is usually open on the reversal
2. Against 2-1-2
 - o Cuts occupy middle person – sideline pass usually open

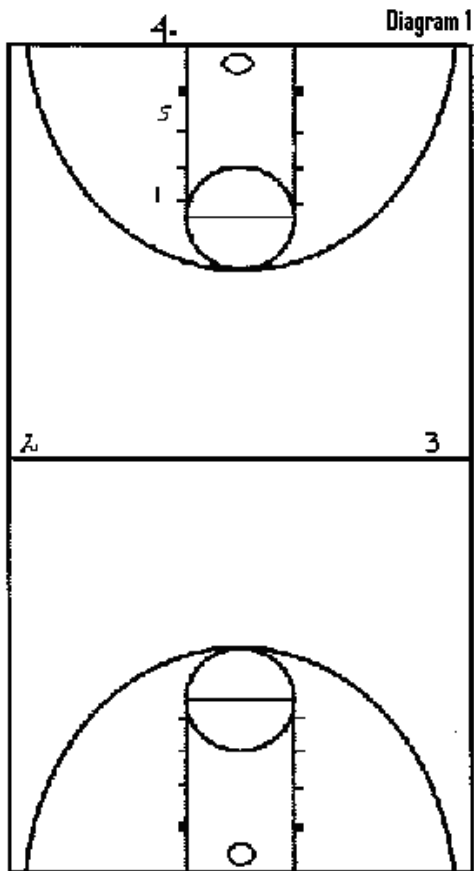
Coaching Points:

1. Be patient – take what the press gives you
 2. After the reversal, several options open up
- Players need to be quick to replace!

Presented by:

Greg Mayerhofer

Floral Park Memorial High School



Play Description: Press Break
Play Name: "Circle"

Rationale: "Our press break system has essentially remained the same over the years. However, recently a slight tweak has enhanced its success."

Diagram 1: Basic Set-up

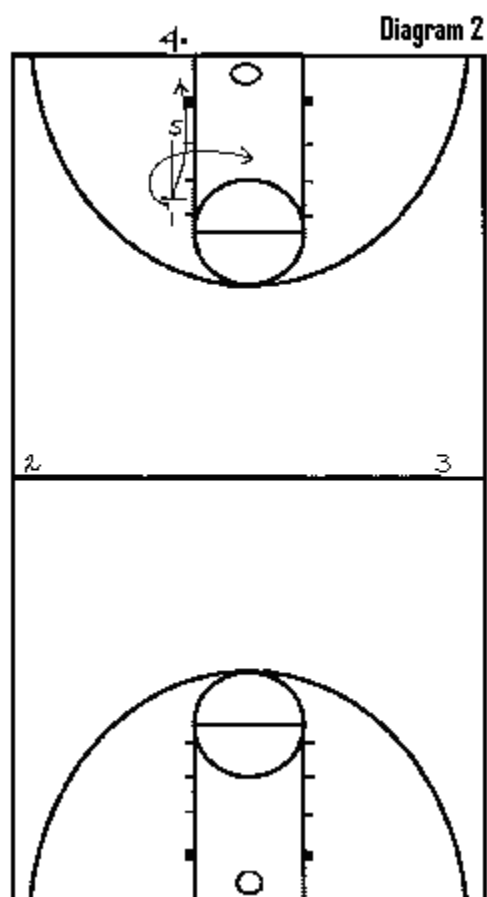


Diagram 2:

- 5 screens up for 1. 1 "circles" around 5 to stay out of trap areas.
- If 4 can hit 1 we are "off and running"
- 5 rolls back to ball
- Sometimes we hit 5 then 1

Diagram 3

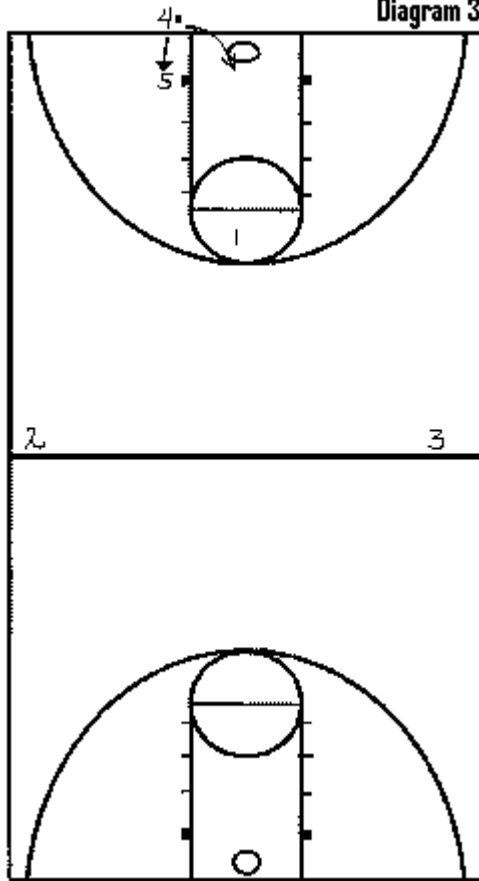


Diagram 3:

- if 5 can't hit 1, then our regular press break begins. 1 is middle man with rule "once in the middle, always in the middle".
- 4 and 5 are tandem partners. If one has the ball, the other is behind the ball in middle third of court (between the lines)
- 2 and 3 are also tandem partners. If the ball is on your side you "make your self available". If it is on the opposite side you stretch the floor (the deepest man on the floor) (see diagram 4)

Diagram 4

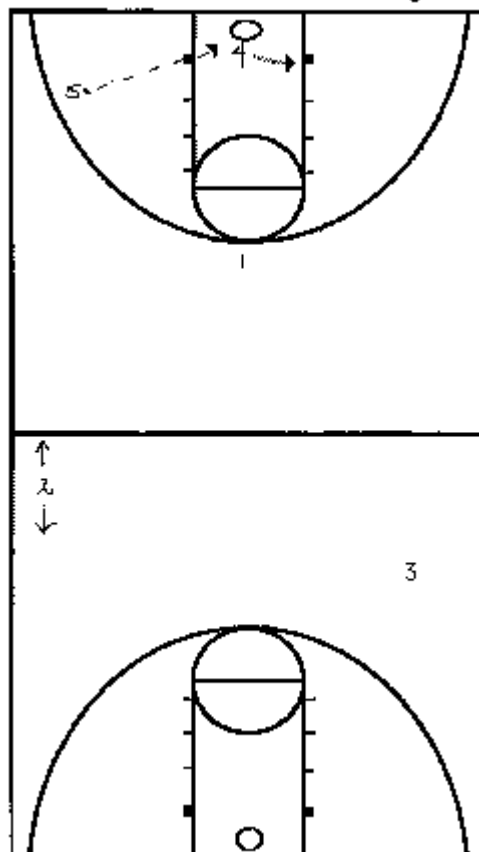
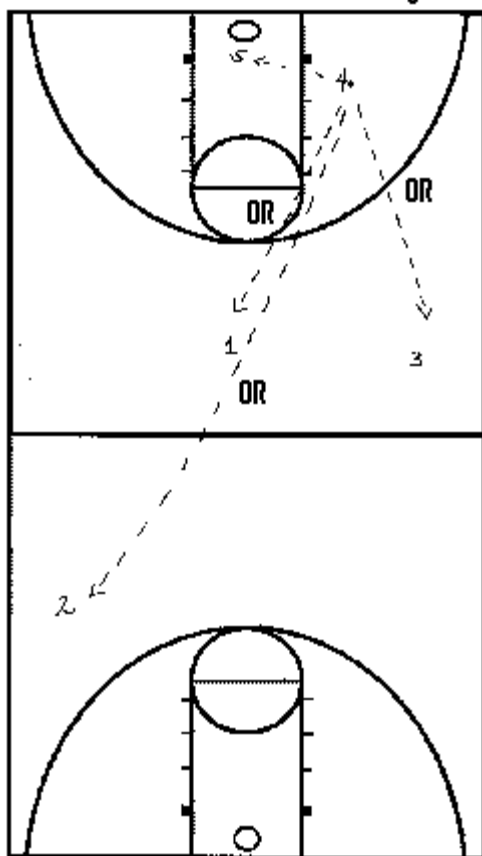


Diagram 4:

- If the ball is reversed: 4 takes 2 hard dribbles out of the middle to move the middle defender in the press. 5 follows behind (tandem). Now 3 makes himself available and 2 stretches (see diagram 5)

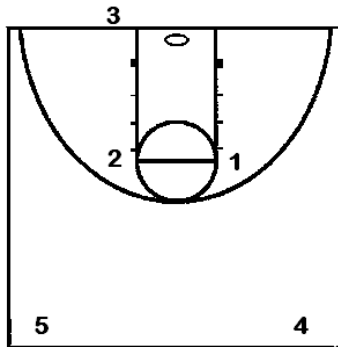
Diagram 5



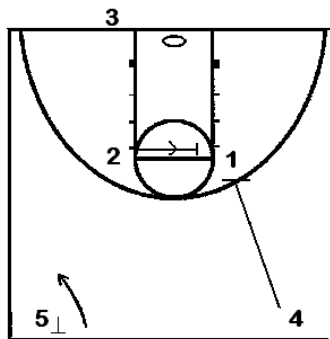
“This press break has been good for us. Coaches should put their players in whatever spots they feel are best. We do, as time goes on, add some simple wrinkles to this basic attack.”

Play Category: Press Breaker
Play Name: None Provided

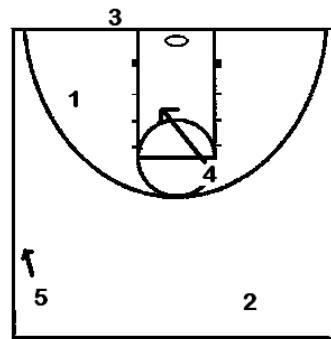
Application: Used vs M-2-M Pressure Defense



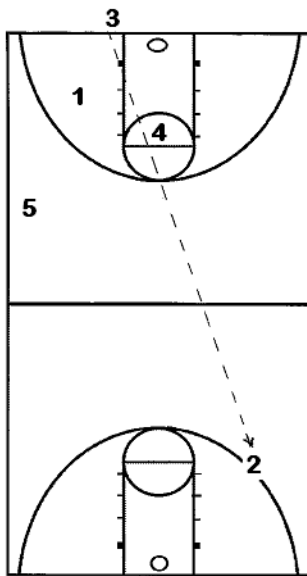
- 3 is inbounder – can throw a “touchdown pass”
- 2 is best receiver



- On Break of Ball
- 2 cross screens for 1 and 4 screens for 2 (screen the screener)
- 5 Basket cuts and then Ball cuts



- 1 comes to ball
- 2 is going long on opposite side of court
- 5 flashes down
- 4 flashes middle



- 3 throws “touchdown pass” to 2 on diagonal

Presented by:
Pat Mangan
Frederick Douglas Academy, PSAL

BCAA

DRILL BOOK-PLUS 2008



CHAPTER 12

Miscellaneous

Helpful/Informational Websites

BCANY (Basketball Coaches Association of New York)

<http://bcany0.tripod.com/>

Perfect Practice

<http://www.perfectpractice.net/>

NYS Section 1 Athletics:

<http://www.swboces.org/Athletics.cfm>

NYS Section 2 Athletics:

<http://www.section2athletics.org/drupal/>

Section 2 Girls Basketball:

<http://www.queensburyschool.org/schools/hs/teacher/mcwhorter/mac.htm>

NYS Section 3 Athletics:

<http://www.section3online.com/>

NYS Section 4 Athletics:

<http://www.stacshowcase.com/confinfo.php> :

(Please note that Section IV sports, including JV and Varsity football, are not featured on this site. For more information about Section IV sports, please consult your school's web site. See above)

NYS Section 5 Athletics:

<http://www.sectionv.org/>

NYS Section 6 Athletics:

<http://www.section6.wnyric.org/>

NYS Section 7 Athletics:

I could not locate this website for the life of me!! Sorry!!

NYS Section 8 Athletics:

<http://www.nassauboces.org/athletics/>

NYS Section 9 Athletics:

<http://www.sectionixathletics.org/>

NYS Section 10 Athletics:

I could not locate this website for the life of me!! Sorry!!

NYS Section 11 Athletics:

<http://www.sectionxi.org/>

National Association of Basketball Coaches:

<http://nabc.cstv.com/>

National Federation of State High School Associations:

<http://www.nfhs.org/web/2006/08/basketball.aspx>

The Basketball Highway:

<http://bbhighway.com/content/welcome-basketball-highway>

Michael Wells Basketball Coaching Information Web Page:

<http://members.aol.com/coachmjw/pp22.htm>

Coach Jackson's Pages:

<http://www.coach-jackson.com/>

FIBA Website:

<http://www.fiba.com/>

Jes-Basketball (Plays and Drills in Motion):

<http://www.jes-basketball.com/>

Hoop Tactics with Bob Kloppenburg and Ernie Woods:

<http://www.cybersportsusa.com/hooptactics/hooptactics.asp>

Coaches Notebook:

<http://www.akcoach.com/>

Sports Injury Clinic:

<http://www.sportsinjuryclinic.net/>

Motivational

“Our Deepest Fear”

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?

Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure about you.

We are all meant to shine, as children do. We were born to manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.

Marianne Williamson

“Too many people overvalue what they are not and undervalue what they are.”

-- ***Malcolm Forbes (1919-1990)***

American Publisher

"No one can make you feel inferior without your consent."

--***Eleanor Roosevelt***

Courage to start and willingness to keep everlasting at it are the requisites for success.

-- ***Alonzo Newton Benn***

Pain is temporary, pride is forever.

-- ***Anonymous***

Maturity is achieved when a person postpones immediate pleasures for long-term values.

--***Joshua L. Liebman***

The nobler sort of man emphasizes the good qualities in others, and does not accentuate the bad. The inferior does the reverse.

--***Confucius (551-479 BC) Chinese Philosopher***

A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself. What a man can be, he must be.

-- ***Abraham Maslow (1908-1970) American Psychologist***

“WHAT WILL MATTER”

Ready or not, some day it will all come to an end.
There will be no more sunrises, no minutes, hours or days.
All the things you collected, whether treasured or forgotten, will pass to someone else.
Your wealth, fame and temporal power will shrivel to irrelevance.
It will not matter what you owned or what you were owed.
Your grudges, resentments, frustrations and jealousies will finally disappear.
So too, your hopes, ambitions, plans and to-do lists will expire.
The wins and losses that once seemed so important will fade away.
It won't matter where you came from or what side of the tracks you lived on at the end.
It won't matter whether you were beautiful or brilliant.
Even your gender and skin color will be irrelevant.
So what will matter? How will the value of your days be measured?
What will matter is not what you bought but what you built,
not what you got but what you gave.
What will matter is not your success but your significance.
What will matter is not what you learned but what you taught.
What will matter is every act of integrity, compassion, courage or sacrifice that enriched,
empowered or encouraged others to emulate your example.
What will matter is not your competence but your character.
What will matter is not how many people you knew,
but how many will feel a lasting loss when you're gone.
What will matter is not your memories but the memories of those who loved you.
What will matter is how long you will be remembered, by whom and for what.
Living a life that matters doesn't happen by accident.
It's not a matter of circumstance but of choice.
Choose to live a life that matters.

- Michael Josephson

“It's Not Easy”

Let's be honest. Ethics is not for wimps. It's not easy being a good person.
It's not easy to be honest when it might be costly, to play fair when others cheat or to
keep inconvenient promises.
It's not easy to stand up for our beliefs and still respect differing viewpoints.
It's not easy to control powerful impulses, to be accountable for our attitudes and actions,
to tackle unpleasant tasks or to sacrifice the now for later.
It's not easy to bear criticism and learn from it without getting angry, to take advice or to
admit error.
It's not easy to really feel genuine remorse and apologize sincerely, or to accept an
apology graciously and truly forgive.
It's not easy to stop feeling like a victim, to resist cynicism and to make the best of every
situation.
It's not easy to be consistently kind, to think of others first, to judge generously,
to give the benefit of the doubt.
It's not easy to be grateful or to give without concern for reward or gratitude.
It's not easy to fail and still keep trying, to learn from failure, to risk failing again, to start
over, to lose with grace or to be glad for the success of another.
It's not easy to avoid excuses and rationalizations or to resist temptations.
No, being a person of character is not easy.
That's why it's such a lofty goal and an admirable achievement.

- Michael Josephson

CHANCE OF A LIFETIME

Every child in America dreams of becoming someone famous or just doing something special that sets you apart from the rest of the world. It is impossible not to dream. Every time we go to sleep at night or just daydream in class, we enter another world where no goal or achievement is impossible. Most of us wake up, but a select few dream on, they realize that their dream has come true.

Thirteen people share the same dream, with each person striving to make that dream come true, but knowing that with one mishap or twist of fate you can be rudely awakened never to dream that dream again. But with determination and hard work we can dream on, until truly we become one of the select few on this earth. We have a chance of a lifetime, and I believe that we can do it. Not by might or power, but by faith.

AND I DO BELIEVE.

-- *JUNIOR BRADDY*

Bill Hopkins
Boys' Basketball Coach
Corning East High School