

## Yorkville Basketball Curriculum

May 26, 2007

Objective: To teach basketball fundamentals while instilling a spirit of good sportsmanship and fair, hard play. To do this in a manner that is enjoyable for the children.

### Weekly Areas of “Focus”

1. Hustle
2. Triple Threat
3. Ball Handling
4. Defense
5. Box outs, Rebounding, Outlet Pass
6. Shooting
7. Post Moves
8. Moving without the Ball
9. Screens
10. Playoffs

### Warm-up

1. Rotating Free Throws – While participants arrive for session
2. Jog around gym (twice)
3. Stretches
  - Right over left to unison count of ten; left over right to unison count of ten
  - Bend to right, bend to left, bend center. Hold each to count of ten
  - Touch Toes. Count of ten.
4. Calisthenics
  - Knee Highs length of gym and back
  - Butt Kicks “
  - Sky Reach Skip (rebounding) “
5. Running
  - Defensive Stance to Half Court, then jog to baseline
  - Back Pedal to Half Court, then jog to baseline
  - Suicides – start at baseline, touch foul line, half court, far court foul line, baseline and back. Sprint entire way
  - Seventeens. (Timed) Sprint 17X across court/back
6. Other
  - Push ups: 10x
  - Sit ups: 20x
  - Jump Rope 20x

### Week1: Hustle

1. Point A to Point B: Set tone to listening throughout season. If player doesn't hustle, everyone runs.
2. Spacing: Start with 1-2-2
  - a. Point
  - b. Wings (extended foul line)
  - c. Post Players
3. Paired players run parallel up and down court passing to one another. Change bounce pass to chest pass and back. Receiving player must make target. One player makes layup.

### Week 2: Triple Threat

1. Two Steps into Pass (First step opposite of dominant hand)
2. Position ball off dominant hip, elbows out
3. Jab step, ball fake

### Week 3: Ball Handling

1. Guard Hand Up
2. Crossover
3. Between legs
4. Spin

#### Exercises:

- Slap ball all over. Move ball around head waist, knees.
- Figure 8s:
  - Ball passed through legs hand to hand, not dribbled
  - Then dribble (low) in figure 8 through legs
  - Then dribble in figure eights and walk forward
- Dribble hand to hand (crossover) front, then crossover behind back (2x each). Stationary.
- Group lines up on baseline. Set up three sets of three cones the length of the court. Or, if available use players (passive or active defenders) instead of cones. Three players run at one time
  - Power Dribble Right, left arm up to ward off defender. Power Dribble left, right arm up.
  - Dribble to Cone, retreat (Arm up), crossover low, pick up speed
  - Walk up court dribbling ball through and around legs. Run same exercise
  - Spin around cone. Both left and right. Dribbling w hand away from defender

### Week 4: Defense

Defensive Stance: back straight. Low. One hand up, ball side hand down, prepare to slide on balls of feet, watching chest of opponent.

- In position, slap floor
- Foot fires: front (whistle) to left (whistle), to right
- Defensive Slides: Slide across baseline, diagonal slide to half court, slide across half court, diagonal to far baseline, slide across baseline. Reverse.
- Pairs (offensive player, defender). Between line of key. and sideline. Defender picks up offensive player, who must employ crossover, spin or retreat and go to get past defender. Defender learns to use baseline. No steals.
- Close Outs: pairs roll ball to player, sprint up and play defense “stutter step” as you reach offensive player.
- Guard with head over the ball, one hand up, one out.
- Practice game. 1-2-2 offense. Man to man: Employ “on ball defense”, “one pass away defense” and “two passes away / help defense”

#### Kinds of Defense

- On the ball – head to head defense on player w the ball
- Deny defense – on player one pass away. Hand in position to deny pass
- Help Defense – When ball is on other side of court, i.e. two passes away, move in to help on player w ball/deny pass.

Exercise: Run between key and left (or right) baseline. Coach rolls ball to half court. Offensive player starts at basket baseline and runs to ball, defender follows immediately. Offense attempts to dribble past defender. Defense and ball handling tactics are practiced. Works best when laps for “loser” are employed.

#### Week 5: Box outs, Rebounding, Outlet Pass

##### Box out for rebound:

- Bent forearm
- Quick turn
- Wide stance, arms extended
- Strong jump, land elbows out, ready position

##### Drills:

1. Pair in twos, one offense, one defense. One “cone” per pair. After whistle blows offensive player has 5 seconds to touch cone, defensive player must box him out.
2. Two lines, paired offensive and defensive players. They try to box each other out after coach shoots the ball. If offensive gets rebound he takes shot, if defense gets rebound he throws outlet to coach. Defense yells “shot” as ball goes up and “outlet” as he throws outlet pass.

3. Box out shooter. Outside defender on blocks blocks shooter's path to basket.
4. Hands up for target.

## Week 6: Shooting

### Fingertip Control

#### Rotation

#### Follow through

- "Square up" for shot. Poise, don't rush
- "Shooter's Pocket": Elbow at 90 degree angle
- Dominant hand center (fingertips on seams); other hand on side (fingertips)
- Aim at net
- Roll off center and index fingers for rotation
- "Shooter's Track" : Follow through straight forward on shooter's track

#### Step into pass from teammate

- Two steps starting with dominant foot before ball arrives
- Hands in target in shooter's stance (dominant hand up, other to side) ready to receive pass
- Third step after ball is caught, then take jump/set shot or into triple threat position if shot unavailable

### Exercises

1. "Passer" passes to "shooter" who is ready to catch in shooter's stance. Shooter takes shot. Shooter gets rebound and becomes passer.
2. Variation: Shooter takes three shots before roles are switched: one at left of free throw line, one at top of key (or foul line for younger players), and a third at right of foul line
3. "Passer" at top of key and two teammates positioned extended foul line. One defender on player on left wing. "Passer" passes to right wing, then runs to set pick on left wing defender. Left wing offense steps into pass from right wing. Takes shot. Many variations including lay-up drill.

## Week 7: Post Moves

- Every player can post a defensive man.
- A good post move begins with a good angle

### Drop Step

- Position outside key between low blocks. Know your “court geography”.
- Set target for passer in direction you intend to go. This is determined by where you feel the defense. Use non target hand as “ward off” hand
- Catch pass, fake in opposite direction (look, head or shoulder fake), step low toward basket. Use backboard on shot if possible.

### Catch and Face

- Same “court geography”
- Target
- Catch, keep ball at shoulder height
- Pivot to face into triple threat. Elbows out
- Fake (see below), one dribble, shot. Keep ball high.

### “Academy Award”: Fakes

- Jab step
- Ball fake
- Shot Fake

## Week 8: Moving without the Ball

- Never stand around and watch the action
- Move on both offense and defense
- **V Cut** – Run directly at defender then back out to receive pass.
- **Back door** – Take your defender high, then spin back toward basket.
- **Screen** – Next week
- “Rebound” – “Outlet”

Exercise: Form two straight lines: one “rebound line” near basket, the other, the “outlet” line at extended foul line. Coach throws up shot. Rebounder yells “rebound” (LOUD!), outlet player (guard) yells “outlet” (LOUDER!). Outlet player dribbles to opposite basket foul line (jump stop) and passes to rebound player on either left or right wing. Then outlet player at foul line becomes rebounder and the drill starts again.

## Week 9: Screens

- Plant your feet
- Slightly out of peripheral view of defender
- Arms by your side
- TIMING is Key

### Different screens or “picks”

- On the ball screen – teammate sets screen on defender of ball handler
- Cross screen – pass to one teammate and set screen on defender of another teammate to free him up for pass / cut to basket.
- Back screen – Post player screens wing player from the back.
- Down screen - Wing player screens post player’s man. Post goes high for shot or cuts to basket

Exercise: Ball side post screen away – requires good timing and employs a couple of screens. Point guard passes to either left or right wing. Strong side post player runs across and sets pick on weak side post defender. Weak side post player cuts in direction of foul line for pass from wing.