

Triton Central
Lady Tiger Basketball
Head Coach Bryan Graham & Staff



Basketball Coaching Philosophy

My basketball coaching philosophy is based on **Togetherness**. The coaching staff and players will show great respect for one another. We will show a high degree of loyalty to all members of the basketball family. We, as coaches, will provide a good line of communication in order to develop unity. We have the responsibility to promote **Academics**, **Fundamental Skills**, and **Positive Attitude** to our players.

We must teach our players the importance of academics first. Good academic standings will prepare our student athletes for college and for the future. From past experience, we know that students who work hard in the classroom will also work hard on the basketball court. We will teach our players to make good decisions on the court as well as off the court. We will use the game of basketball as a teaching tool for many of life's lessons.

We will teach our players to play fundamentally and intelligently. We will stress with great enthusiasm the importance of playing together as a team. We will promote success through hard work, positive attitude, attention to details, and preparation. We will provide the leadership that is necessary to motivate our players to reach their maximum potential. We will expect players to play with great enthusiasm, effort, and enjoyment.

We as coaches will be flexible, but firm in our beliefs. We will be very organized in our approach, and we will evaluate everyday. We will display a sportsmanlike attitude, and we will expect the players to do the same. We will provide positive leadership, and help players to know their roles on the team. We will emphasize preparation, and promote daily improvement. We will ask questions like....."What have we done today to make ourselves better?"

In conclusion, we as coaches will make decisions that will be best for the program and the team. We will teach our players to have the following priorities:

- 1. Faith & Family**
- 2. Academics**
- 3. Basketball**
- 4. Individual Interests**

We are striving to create a Basketball Family that has **T**ogetherness, **E**nthusiasm, **P**ositive **A**ttitude, and is **M**entally Tough.....**TEAM!**

Parent/Coach Communication Plan

It is very important that there is a good line of communication between coaches and parents. Therefore coaches and parents should understand their roles in helping to provide a great experience for the athlete. As parents, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach.

Communication You Should Expect From Your Child's Coach:

1. Expectations the coach has for your child as well as the entire team.
2. Locations and times of all practices, events, and games.
3. Team requirements (practices, equipment needed, policies, etc.).

Communication Coaches Expect From Parents:

1. Notification of any schedule conflicts in advance.
2. Notification if athlete is going to miss practices excused or unexcused.
3. Concerns expressed directly to the coach.

As your child becomes involved with our basketball program, they will experience some very educational and rewarding times. There may also be some times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

Appropriate Concerns To Discuss With Coaches:

1. Concerns about your child's behavior.
2. Ways to help your child improve.
3. The treatment of your child mentally and physically.

It can be very difficult to accept if your child is not playing as much as you may hope. We are going to make decisions based on what we feel is best for the team and program. It is important for you to understand that there are certain items we do not discuss with parents.

Concerns Not Appropriate To Discuss With Coaches:

1. Playing time
2. Team strategy
3. Game strategy
4. Play calling
5. Other student-athletes

There are situations that may require a conference between the coach, parents, and student athlete. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue or concern.

If You Have A Concern To Discuss With The Coach:

1. Set up an appointment by contacting the coach.
2. Never confront a coach before or after a game or practice. These can be emotional times for all involved and this nature of contact does not promote resolutions.

Our Basketball Family consists of the Coaching Staff, the Players, and the Parents. This plan is provided in order to make the experience the best it can be for the Basketball Family.

The Feeder System Goals

1. Develop a strong foundation for the program.
2. Make transitioning of the kids an easy process.
3. Develop unity among the coaching staff.
4. Consistency in teaching basic fundamentals.
5. Use of common terminology and style of play.
6. Promote togetherness and commitment to excellence throughout the whole program.

Foundation of the Program

1. Faith & Family
2. Academics
3. Basketball
4. Individual Interests

The Top 10 Characteristics of the Athletes we want in our Program.

- An athlete that is committed to being the best they can be.
- An athlete that has a positive attitude.
- An athlete that is unselfish and willing to fill their role on the team.
- An athlete that is well disciplined on and off the court.
- An athlete that is enthusiastic about playing basketball.
- An athlete that has a competitive spirit at all times.
- An athlete that displays good sportsmanship.
- An athlete that communicates.
- An athlete that is committed to being bigger, faster, and stronger in the weight room.
- An athlete that likes to play DEFENSE!!!

Responsibilities of the Head Coach

- To meet and develop an alliance with all coaches in the system.
- To hold staff meetings to talk about terminology, techniques, and personnel.
- To provide opportunities for other coaches to be actively involved through: watching practices, coming to games, scouting opponents, assisting at summer camps, and feeling welcome at post game meetings.
- To attend games and practices of younger players.
- To provide opportunities for younger players to attend varsity games and post game meetings.
- To provide clinics, books, and videos to help prepare other coaches for practice planning, teaching of fundamental skills, and developing discipline within a team.
- To provide objectives for all levels of the program.
- To work with coaches in evaluating players throughout the program.
- To promote loyalty, togetherness, and enthusiasm within the program.

Responsibilities of the Feeder Coaches

- Teach fundamentals, terminology, and style of play provided by the head coach.
- Develop an interest in the game for our younger kids. Encourage all younger kids to play.
- Teach younger kids the importance of positive attitude and preparation. Stress the relationship between preparation and success.
- Demand sportsmanship, effort, and positive attitude from all athletes.
- Teach players that coaching is helping, and not personal criticism.
- Teach players the team concept. There is no “I” in team.
- Help athletes and parents to understand that competitive pyramid narrows as they move up in grade level. Analogy: about 4-7 athletes on average are still playing when they are seniors.
- Counsel athletes about their role on the team. Talk to athletes about how their roles may change in the future. All athletes mature at different ages.
- Communicate with the head coach about: games, practices, problems, clinics, etc.
- Promote the program. Speak supportively to parents and players about the high school. Be loyal to the program.

Promoting the Program

- Youth league players will be introduced at halftime of home JV/Varsity basketball games.
- Campers and Youth League players will be permitted free admission to certain home games when they wear their camp/league T-shirts.
- Middle School Night- 5th, 6th, 7th, and 8th grade teams honored at halftime of a home Varsity basketball game.
- Reading Program- High School players will volunteer to go to the elementary school to read to classes during study hall periods.

Fundamentals for Grades 1, 2, 3, and 4

- I. Defense
 - A. Stance
 - 1. Feet- Shoulder width apart
 - 2. Legs- Knees bent with butt down
 - 3. Back- Straight
 - 4. Eyes- Forward
 - 5. Arms and Hands- Hands out above elbows
 - B. Slides
 - 1. Left and Right- FT Lane (Side to Side) without crossing feet
 - 2. Quarter Eagles
 - 3. Zig-Zag with no offense
 - C. Team Positioning
 - 1. Between offensive player and the basket (All Man-to-Man)
 - 2. See the ball
- II. Offense
 - A. Shooting Technique
 - 1. Grip- Right or Left Handed
 - a. Thumbs form a “T”
 - 2. Set in Low Pocket
 - 3. Finish- Hand in the Cookie Jar
 - B. Lay-Ups
 - 1. Strong Hand
 - 2. Lift Elbow and Knee at the same time
 - C. Catching
 - 1. Catch with 2 hands
 - 2. Triple Threat
 - 3. Jump Stop- Pivot Right and Left Foot
 - D. Passing
 - 1. Bounce Pass
 - 2. Step to your Target with Thumbs Down
 - E. Dribbling
 - 1. Speed Dribble- Right and Left Handed
 - 2. Jump Stop to triple threat position
 - 3. Saddle Dribble
 - F. Face Ups
 - 1. 5 to 7 feet off of a toss (Jump Stop)
 - 2. 5 to 7 feet off of a dribble (Jump Stop)

Fundamentals for Grades 5 and 6

- I. Defense
 - A. Stance
 - 1. Feet- Shoulder width apart
 - 2. Legs- Knees bent with butt down
 - 3. Back- Straight
 - 4. Eyes- Forward
 - 5. Arms and Hands- Hands out above elbows
 - B. Slides
 - 1. Left and Right- FT Lane (Side to Side) without crossing feet
 - 2. Quarter Eagles
 - 3. Zig-Zag with offense
 - C. Team Positioning
 - 1. All Man-to-Man
 - 2. Ball-U-Man Principles
 - 3. Shell-Swing, Support, Forward Beat
 - D. Rebounding
 - 1. Circle Box Out Drill
 - 2. 2 on 2 Box Out Drill
- II. Offense
 - A. Shooting Technique
 - 1. Grip- Right or Left Handed
 - b. Thumbs form a “T”
 - 1. Set in Low Pocket
 - 2. Finish- Hand in the Cookie Jar
 - B. Lay-Ups
 - 1. Strong Hand and Weak Hand
 - 2. X-Lay-Up Drill, Line Drills
 - 3. Post Moves- 7, 1, and 2
 - C. Catching
 - 1. Catch with 2 hands
 - 2. Catch Inside Foot- Triple Threat
 - 3. Jump Stop- Pivot Right and Left Foot
 - 4. Reverse Pivots- Left and Right Foot
 - 5. Loose Ball Drill
 - D. Passing
 - 1. Bounce Pass
 - 2. Chest Pass
 - 3. Fake a Pass Make a Pass
 - 4. 3 Man Weave
 - 5. 3 on 2, 2 on 1
 - E. Dribbling
 - 1. Speed Dribble- Right and Left Handed
 - 2. Z Dribble- Cross Over, Between the Legs
 - 3. Saddle Dribble

F. Face Ups

1. 7 to 9 feet- Inside Foot
2. 7 to 9 feet- Cross-Over, Go-Step

G. Team Offense

1. 3 on 0
 - a. Cut
 - b. Screen Away
 - c. Pick and Roll
2. Cut Throat (3 on 3)
3. Double Down

Fundamentals for Grades 7 and 8

- I. Defense
 - A. Stance
 - 1. Feet- Shoulder width apart
 - 2. Legs- Knees bent with butt down
 - 3. Back- Straight
 - 4. Eyes- Forward
 - 5. Arms and Hands- Hands out above elbows
 - B. Slides
 - 1. Left and Right- FT Lane (Side to Side) without crossing feet
 - 2. Quarter Eagles, Attack and Retreat
 - 3. Zig-Zag with offense
 - C. Team Positioning
 - 1. Man-to-Man
 - a. 22- Half Court M-to-M
 - b. 23-3/4 Court M-to-M
 - c. 24- Full Court M-to-M
 - 2. Press Terminology
 - a. 53- 2-2-1
 - b. 54- 1-2-1-1
 - 3. Ball-U-Man Principles
 - 4. Shell-Swing, Support, Forward Beat, Guard Cut, Clear
 - 5. H-Drill, D-Drill
 - 6. Transition Defense- 3 on 3, 4 on 4 Rush Drill
 - 7. Post Defense- Cut off Flash, High Side, Low Side
 - D. Rebounding
 - 1. Circle Box Out Drill
 - 2. 2 on 2 Box Out Drill
 - 3. 2 on 2 Helpside Blockout
- II. Offense
 - A. Shooting Technique
 - 1. Grip- Thumbs form a “T”
 - 2. Feet- 10 toes to the rim
 - 3. Set Up- High Pocket
 - 4. Finish- Hand in the Cookie Jar
 - B. Lay-Ups
 - 1. Strong Hand and Weak Hand
 - 2. X-Lay-Up Drill, Line Drills
 - 3. Wing Moves- 1-6
 - 4. Guard Moves- 1-6
 - 5. Post Moves- 1-8
 - 6. Duck-Ins- Power, Fake, Hook
 - C. Catching
 - 1. Catch with 2 hands
 - 2. Catch Inside Foot- Triple Threat

3. Jump Stop- Pivot Right and Left Foot
 4. Reverse Pivots- Left and Right Foot
 5. Loose Ball Drill
- D. Passing
1. Bounce Pass
 2. Chest Pass
 3. Baseball Pass
 4. Two hand Soccer Pass
 5. Keep Away- 2 Passers with a Defender
 6. Post Passing
 7. Stay in Lanes Series
 8. Fake a Pass make a Pass
 9. 3 Man Weave
 10. 11 Man Fast Break Drill
 11. 5 Man Weave
- E. Dribbling
1. Speed Dribble- Right and Left Handed
 2. Z Dribble- Cross Over, Between the Legs
 3. Saddle Dribble
 4. Two Ball Dribbling
- F. Face Ups
1. 15 feet- Inside Foot
 2. 15 feet- Cross-Over, Go-Step
- G. Team Offense
1. Down Screens- Chair Drill
 - a. Cut
 - b. Bump
 - c. Back Cut
 2. Back Screens
 - a. Back Cut
 - b. Curl
 - c. Bump
 3. Double Down- M-to-M Offense
 4. 2-1-2- 1 Guard Front Offense
 5. 1-3-1- 2 Guard Front Offense
 6. Primary- 2 Defenders Back
 7. Secondary- 3 or more Defenders Back
 8. Press Offense
 9. Out of Bounds Plays- Side, Under

Fundamentals for Grade 9

- I. Defense
 - A. Stance
 - 1. Feet- Shoulder width apart
 - 2. Legs- Knees bent with butt down
 - 3. Back- Straight
 - 4. Eyes- Forward
 - 5. Arms and Hands- Hands out above elbows
 - B. Slides
 - 1. Left and Right- FT Lane (Side to Side) without crossing feet
 - 2. Quarter Eagles, Attack and Retreat
 - 3. Zig-Zag with offense
 - 4. 1 on 1 Full Court
 - 5. Command Drill
 - 6. Take Charge Drill
 - C. Team Positioning
 - 1. Man-to-Man
 - a. 22- Half Court M-to-M
 - b. 23-3/4 Court M-to-M
 - c. 24- Full Court M-to-M
 - 2. Zone
 - a. 51- 2-3 Match-Up Zone
 - b. 52- 1-3-1 Zone
 - 3. Press Terminology
 - a. 53- 2-2-1
 - b. 54- 1-2-1-1
 - 4. Ball-U-Man Principles
 - 5. Shell-Swing, Support, Forward Beat, Guard Cut, Clear, Transition
 - 6. H-Drill, D-Drill
 - 7. Transition Defense- 3 on 3, 4 on 4 Rush Drill
 - 8. Post Defense- Cut off Flash, High Side, Low Side
 - D. Rebounding
 - 1. Circle Box Out Drill
 - 2. 2 on 2 Box Out Drill
 - 3. 2 on 2 Helpside Blockout
- II. Offense
 - E. Shooting Technique
 - 1. Grip- Thumbs form a "T"
 - 2. Feet- 10 toes to the rim
 - 3. Set Up- High Pocket
 - 4. Finish- Hand in the Cookie Jar
 - F. Lay-Ups
 - 1. Strong Hand and Weak Hand
 - 2. X-Lay-Up Drill, Line Drills
 - 3. Wing Moves- 1-6
 - 4. Guard Moves- 1-6

5. Post Moves- 1-8
6. Duck-Ins- Power, Fake, Hook
- G. Catching
 1. Catch with 2 hands
 2. Catch Inside Foot- Triple Threat
 3. Jump Stop- Pivot Right and Left Foot
 4. Reverse Pivots- Left and Right Foot
 5. Loose Ball Drill
 6. Don't Walk Drill
- H. Passing
 1. Bounce Pass
 2. Chest Pass
 3. Baseball Pass
 4. Two hand Soccer Pass
 5. Keep Away- 2 Passers with a Defender
 6. Post Passing
 7. Stay in Lanes Series
 8. Fake a Pass make a Pass
 9. 3 Man Weave
 10. 11 Man Fast Break Drill
 11. 5 Man Weave
- I. Dribbling
 1. Speed Dribble- Right and Left Handed
 2. Z Dribble- Cross Over, Between the Legs
 3. Saddle Dribble
 4. Two Ball Dribbling
- J. Face Ups
 1. 15 feet- Inside Foot
 2. 15 feet- Cross-Over, Go-Step
- K. Team Offense
 1. Down Screens- Chair Drill
 - a. Cut
 - b. Bump
 - c. Back Cut
 2. Back Screens
 - a. Back Cut
 - b. Curl
 - c. Bump
 3. Motion Offense- M-to-M Offense
 4. T-Offense- 1-Guard Front Offense
 5. Indiana- 2-Guard Front Offense
 6. Primary- 2 Defenders Back
 7. Secondary- 3 or more Defenders Back
 8. Press Offense
 9. Out of Bounds Plays- Side, Under

Basketball Practice Drills

Individual Offensive Drills

Ballhandling
Z-Dribble
Don't Walk
Face-Ups
Partner Shooting
Wing Moves
Post Moves
Guard Moves
Chair Drill
5 Man Jumpers
Pick-N-Roll
Hand-Offs
Post Splits
Crab Shooting
Decision Drill
3's Off of Toss
Mikan Drill
Duck-Ins
Step-Outs
Swivel Drill
2 on 2 In The Post
Hooks

Team Offensive Drills

2 on 2 Live
3 on 3 Live
4 on 4 Live
5 on 5 Live
Press Offense
Keep Away

Transition Drills

11 Man
Fast Break #2,3,4,5
3 Man/5 Man Weave
4 on 4 on 4
Loose Ball Drill

Situation Drills

Overtime
End of Quarter
Out of Bounds

Individual Defensive Drills

Zig-Zag
Command Drill
Stance-Slides
1 on 1 (Wing, Top)
Tennessee Drill
Thank You Drill
T-Slide Drill
Take Charge Drill
FT Lane Line Slides
Vandy Defense Drills

Warm-Ups

Jump Stops
3 Man Weave
Partner Shooting
Fast Break Drill #2, 3
11 Man Break
Ballhandling

Shooting Drills

55 Second Shooting
FT Shooting
3 Man/ 2 Ball Shooting
2 Ball Shooting

Team Defensive Drills

Shell(Swing, Support, FB, Guard Cut, Clear, Transition)
H-Drill
D-Drill
Contest the Flash
Circle Box Out
3 on 3/ 4 on 4 Rush
Scramble Drill
3 on 2/ 2 on 1
2 on 2 Box Out

Conditioning Drills

3 Man Weave
Full Court Lay-Ups
Stay In Lanes
Dribble Laps
Line Drills- 10, 20, 23, 30

Defensive Philosophy

My philosophy is that defense is the key ingredient in producing championship teams. I believe strongly in the following statement: "Offense sells tickets, but it is Defense that wins games." I feel that defense is something we have complete control over. All players have the ability to get into a stance and pressure the basketball. Defense requires a great deal of effort and enthusiasm. I want players on my team that will take charges, block out every possession, and play help defense. Our base defense will be man-to-man. We will also utilize some trapping strategies, full court pressure, and some match-up zone depending on the situation.

Our defense will be a ball pressure defense. We will control ball movement, forcing the offense to do things that they do not want to do. My players will understand the importance of help side defense, closing out on shooters, jumping to the ball, blocking out, and taking charges. These players will play the game with the attitude that they can not be screened. They will be expected to give 100% effort all of the time on defense.

I believe that for teams to be successful, they must accomplish the following defensive goals:

- Hold opponents to 40% or below from the field
- Hold opponents to 50 points or less per game
- Cause 18 turnovers per game
- Hold opponents to less than 5 offensive rebounds
- No one opposing player scores 20 points in a game

Lastly, defense will be the foundation of our success. Players should understand that great defense creates great offense. By creating turnovers, this allows us to run our primary break. If primary is taken away, then it will allow us to run our secondary break. When defense happens, the game becomes very exciting and fun for the players, coaches, and fans.

Defensive Terminology

<u>Call</u>	<u>Action</u>
21	Switching Man to Man
22	Man to Man Half Court
23	Man to Man Three Quarter Court
24	Man to Man Full Court
51	1-3-1 Zone
52	2-3 Zone
53	2-2-1 Three Quarter Court
54	1-2-1-1 Full Court

Hot-	Call made when dribble has been picked up.
Louie-	Guarding the dribbler to the Left.
Ralphie-	Guarding the dribbler to the Right.
Ball-	Call made when guarding the ball.
Shot-	Call made when a shot is taken.
Deny-	Call made when you are one pass away from the ball.
Blitz-	Call made when you Run and Jump.
Fist-	Trap the dribbler as he comes across half court.
Open Hand-	Trap the first pass after the ball crosses half court.
Help-	Call made when you are two passes away from the ball.
Thank You-	Technique used when guarding the player who has picked up dribble.
Front-	Call made when fronting the post.
Clear-	Call made when defending a cross screen.
Switch-	Call made when switching a screen.
Box Out-	Screen out your man.
Black-	Foul immediately.

Team Defense Drills

Time	Drill	Performing the drill
10 Min.	Shell Drill	Swing, Support, Forward B, Clear, Guard Cut, Transition
5 Min.	2 on 2 Rush With Help	Full Court Transition, Defender of the Ball must touch the Baseline
5 Min.	3 on 3 Rush With Help	Full Court Transition, Defender of the Ball must touch the Baseline
5 Min.	4 on 4 Rush With Help	Full Court Transition, Defender of the Ball must touch the Baseline
10 Min	4 on 4 Live	Offense can use any movement in the Shell (No Screening)
5 Min.	H-Drill	Defending a Cross Screen (Switch High, Stay Low)
2 Min.	D-Drill	Defending a Down Screen (No Switching)
2 Min.	Open Hand, Fist, Double Fist	Half Court Run and Jump Drill
5 Min.	Contest the Flash	Deny the Wing, Cut off the Flash, Yell Shot, Block Out

Individual Defense Drills

Time	Drill	Performing the drill
2 Min.	Zig-Zag	1 on 1 Zig-Zag full court (Hands behind your back)
5 Min.	Zig-Zag (Live)	Full Court Live one side of the court (Coach starts with the ball)
2 Min.	T-Slide Drill	Defensive Slides
2 Min.	Command Drill	Quicks, Slide, Attack, and Retreat, Ball, Dive
5 Min.	Tennessee Drill	1 on 1- Dribble the ball to half court. Set the ball down. Play live
3 Min.	Thank You Drill from Wing	Take away the Baseline and Middle
5 Min.	Post Defense 1 on 1	High Side, Low Side, Front
5 Min.	Help and Recover	Guard to Guard, Guard to Forward, Forward to Post
5 Min.	Take Charge Drill	2 Line Lay-ups
2 Min	FT Lane Slides	Slide Lane Line to Lane Line

Offensive Philosophy

My offensive philosophy is that our best offense is our defense. Players will use strong defense to create primary break opportunities. If we are unable to convert with primary break, then we will run a "North Carolina Style" secondary break. The emphasis is placed on getting the ball in the post in order to create scoring situations. It is my firm belief that good things will happen when the ball is entered into the post. It will result in a post move for a close basket or a pitch out for an open 3-pointer. If a scoring situation does not occur through Secondary, we will run motion offense or a variety of set offenses. This will depend on the following things:

1. Our personnel
2. The game plan
3. The opponent's defense
4. The score of the game
5. The time left in the game

I believe that all players on the team should understand their offensive strengths and weaknesses. All of our offensive sets and plays will be geared toward the strengths of our team. This means that players will need to understand their role on the team. All of our offenses will require team togetherness, communication, and unselfishness. I want players on my team to understand the importance of every possession. I also want players that will attack the offensive glass to create more scoring opportunities.

I believe that form a team to be successful they must accomplish the following offensive goals:

- Shoot 50% from the field
- Shoot 75% from the free throw line
- 20 assists per game
- 8 Offensive rebounds per game
- 10 turnovers or less per game

Lastly, I believe that offense should be kept very simple. Players should understand that great execution on offense is the result of good preparation in practice, hard cuts, solid screens, and good shot selection. All five players on the court must be basketball players. This means that they can each shoot, pass, and score. If everyone does their job, then nothing is left undone!

Offensive Terminology

Catching the Ball- Always catch the ball with two hands and meet your pass.

Teach players to catch the ball with three things:

1. Hands
2. Eyes
3. Feet

Dribbling the Ball- Dribble the ball with your pads and fingertips.

Teach Players to dribble for FOUR reasons:

1. To start the offense
2. To improve a passing angle
3. To escape trouble
4. Straight line drive to the basket

Triple Threat means that a player can do THREE things from this position:

1. Shoot
2. Pass
3. Dribble

Post Moves- Players should catch the ball straddling the second block. The ball should be tucked under the chin with elbows out...”Squeeze the Orange”. Always check the baseline first

1. Pivot on Baseline Foot and Shoot
2. Hook to the Middle no Dribble
3. Fake #1 and Shoot #2
4. Pivot on top Foot, turn Middle, and Shoot
5. Pivot to the Middle, Shot Fake, Step Through, and Score
6. Hook to the Middle with a Dribble
7. Drop Step, Dribble Baseline, Score
8. Step Middle, Drop Step, Dribble Baseline, Score

Wing Moves- These moves should be practiced by tossing the ball coming off the baseline and catching the ball at a 45 degree angle.

1. Inside Pivot and Score
2. Inside Pivot Cross-Over to the Baseline to Score
3. Inside Pivot, Go-Step to the Middle to Score
4. Reverse Pivot to Score
5. Reverse Pivot, Go-Step to the Baseline to Score
6. Reverse Pivot, Cross-Over to the Elbow to Score

Guard Moves- All moves can be done with a cross over, between the legs, or behind the back dribble at the top of the key area.

1. Dribble to the elbow, then straight line drive for a lay-up (Left and Right)
2. Dribble to the elbow, Score (Left and Right)
3. Dribble to the middle 15 feet, Score (Left and Right)
4. Dribble to the elbow, Pull Back, and go all the way to a lay-up (Left and Right)
5. Dribble to the elbow, Pull Back, and Score (Left and Right)

Line Drills- All moves are done off the toss at the elbow with a front pivot.

1. Power
2. Reverse Lay-Up
3. Hook
4. Shot
5. Cross-Over
6. Go-Step

Duck-Ins- All moves are done off the toss, catching the ball with a jump stop coming up the lane (shoulder facing half-court). Ball should be chinned just like on post moves.

1. Power
2. Fake
3. Hook (Left and Right)

Stations- Guards

Time	Drill	Performing the drill
2 Min	Ball Handling	Pon the ball Around Waist Cork Screw Rt/Lt Le ^e Figure 8 Dribble Rt/Lt Figure 8 Dron the Apple Pon-Corn
2 Min	Full Court Dribbling	Sneed Dribble Lt/Rt 2 Ball Same Time Dribble 2 Ball Alternate Dribble
5 Min	Guard Moves	Cross Over Lay-up Rt/Lt Jumper FT Line Elbow Jumper Rt/Lt Step Back Shot at Elbow Rt/Lt (12 Shots)
5 Min	Partner Shooting	2 Players per Ball-1 Min = 15 ft. Shot: lMin - Shot Fake lDribbler 3 Min Shoot 3's
8 Min	Down Screen Shooting	2 Passers. Screener Cooter- Reads Curl Straight Bunn. Back Cut
6 Min	Back Screen Shooting	2 Passers. Screener Cooter- Reads Back Cut Curl Bunn
3 Min	Secondary Shooting (2 Man)	2 Lines on the Wings- Simulating the 2 man back- screening then Crabbing for a shot
8 Min	Dribble Gauntlet	2 Teams- Defense 1-2-2-1 (Off 2nts-Score/Int-foul) (Def 2nts-Charge)
2 Min	Dribble Knockout	Dribble within the FT Lane/ Players try to knock ball out of area
6 Min	Box Drill	Zone Offense Drill0 Work on Penetrate Pitch Passing the Ball to move Defense
Stations- Post Players		
Time	Drill	Performing the drill
2 Min	Ball Handling	Pon the ball Around Waist Cork Screw Rt/Lt Le ^e Figure 8 Dribble Rt/Lt Figure 8 Dron the Apple Pon-Corn
1 Min	Timinre	15 Right/ 15 Left/ 15 Pon-Corn
2 Min	Mikan	Each player goes for 30 Seconds
2 Min	Put Backs	Each player goes for 30 Seconds
3 Min	Duck-Ins	Power Fake Hook
2 Min	Step-Outs	Reverse Pivot Baseline Jumpers 7 to 10 feet
3 Min	Flash Pivots	Front Pivot Reverse Pivot
3 Min	Secondary Shooting	5 Man Jumpers at FT line off the pass
5 Min	1 on 1 in the most	Make it take it Coach is the passer
5 Min	2 on 2 in the most	Offense- Cross Screen or Flash/ Defense-H-Drill
5 Min	2 vs 3 in the most	Offense- Flash Screen Middle/ Defense- Bottom of a 2-3 Zone
2 Min	Outlet Drill	Toss Catch Outlet
5 Min	Meal Grinder	Score twice to get out of drill
5 Min	2 Ball Pick-Up	Each player goes for 30 Seconds
5 Min	Post Moves	7 1 2 3 4 5 8
5 Min	4 Man Get Tough Drill	4 Man starts with the ball at the top of the key Passes to the wing Fills 4 like Secondary

Primary Break

We would like to run a primary break on every opportunity. We will run a primary break when the opposing team has fewer than three defenders back. We want to advance the ball with a pass as much as possible. The ball should always be pitched ahead on a steal or a loose ball. All loose balls should be picked up with 2 hands. We want players to stay wide when filling lanes. It is good to run as wide as the hash marks. The player with the ball should take the ball across the center circle and attack either elbow. The ball handler should go all the way to a lay-up if you no defender steps up. If the ball handler is stopped, then the ball should be pitched to the open player on the wing. The wing player has the following options once the ball is received:

- 1) SCORE
- 2) DRIVE MIDDLE AND FORCE TWO DEFENDERS TO GUARD THE BALL
- 3) DRIVE BASELINE TO SCORE.

Once the ball is passed to the wing, the player in the middle and the player on the opposite wing are reading the play. They will either space away on a drive middle or space behind on a drive baseline. We want to score on 2 or fewer passes.

WE MUST HAVE THE ATTITUDE THAT WE CAN RUN PRIMARY ON EVERY POSSESSION. IN ORDER TO DO THIS WE MUST PLAY DEFENSE!!

Secondary Break

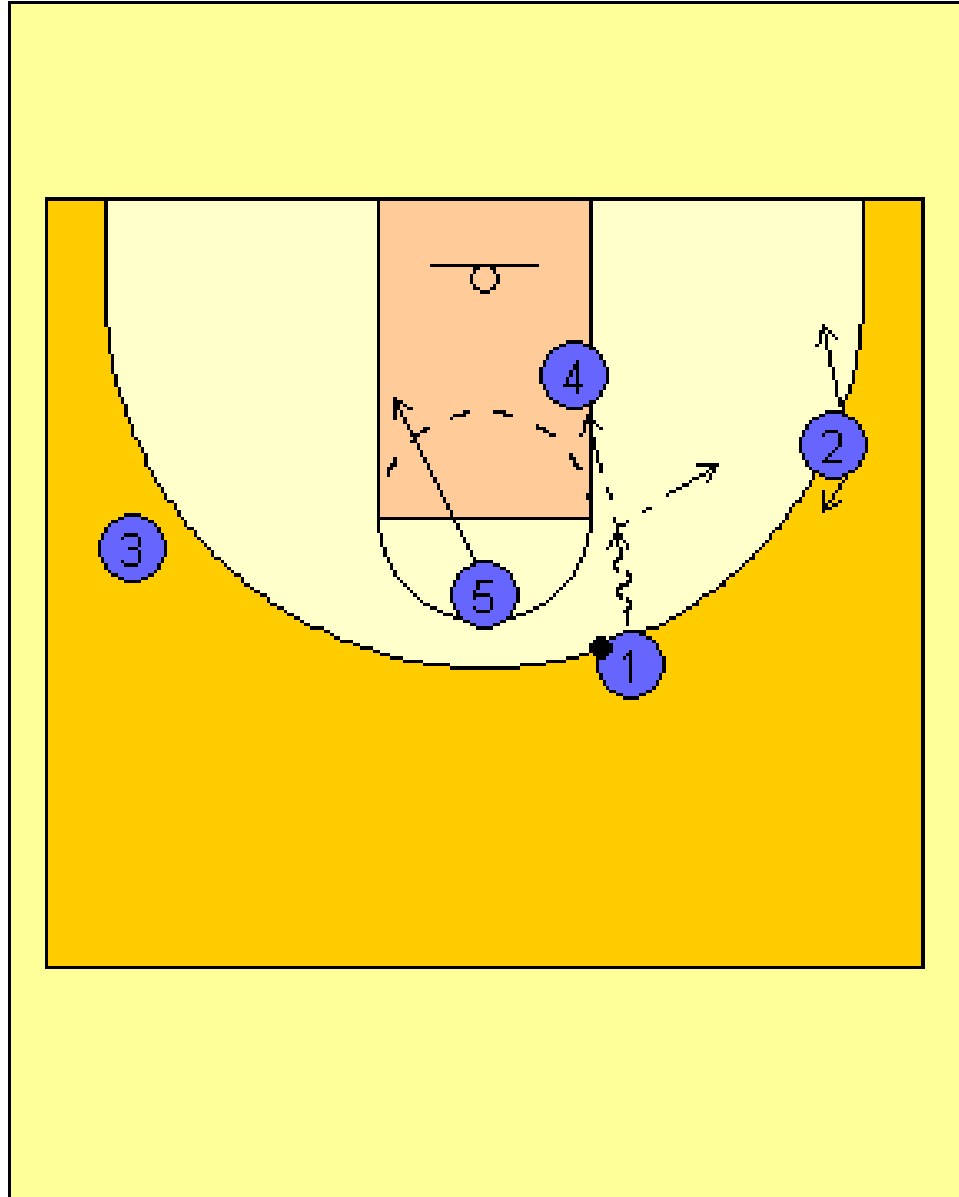
When the opposing team has 3 defenders or more back we will run a secondary break. The secondary break is a fast break offense that has 11 basic scoring options. The players are all given a number from 1 to 5.

Positions in the Break

- 1- Point Guard and Primary Outlet
- 2- Shooting Guard and Secondary Outlet
- 3- Shooting Guard and Secondary Outlet
- 4- Best Post Player
- 5- Best Perimeter Post Player

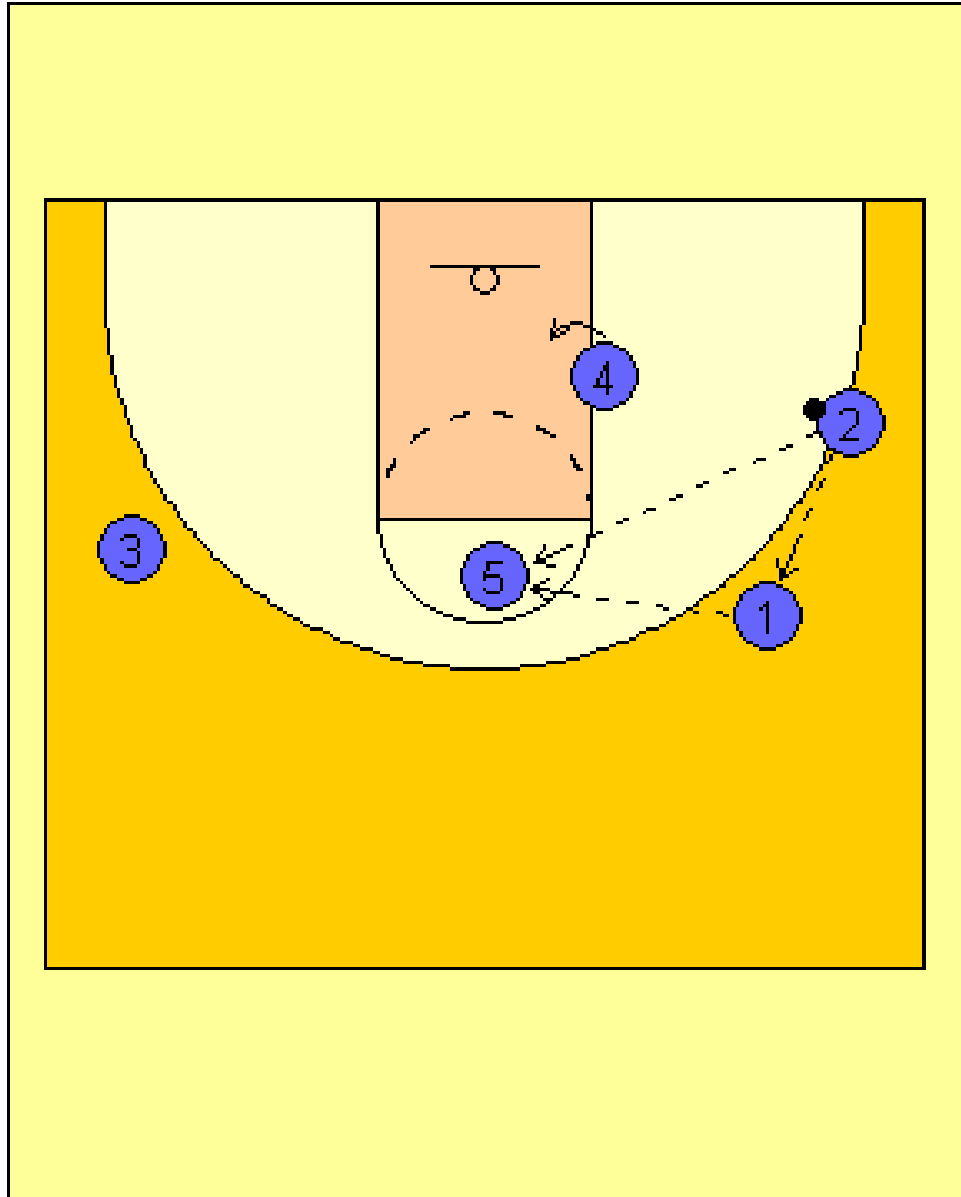
We would like for 1 to take the outlet as much as possible. However, 2 and 3 can also take the outlet. We would like for 2 and 3 to fill the wings like we do on Primary Break. We want 4 to fill the ball side low post and seal the closest defender. 5 is the trailer. 4 and 5 are interchangeable, just as 1, 2, and 3 can be. On a change of possession from Defense to Offense we want all players to be across half court in 3 seconds or less!!

Option #1: 4 from 1 or 2



- 1- Attacks the elbow, pitching to 4 if 4's defender is sealed. If not, 1 pitches the ball to 2.
- 2- Catches the ball on the wing below FT line extended and checks for 4 in the post.
- 3- Stays FT line extended or above on the opposite wing.
- 4- Seals on ball side low post.
- 5- Fills top of the key and FT line area. 5 cuts the lane when 4 catches.

Option #2: 5 For Jumper



1- Is available for reversal to 5.

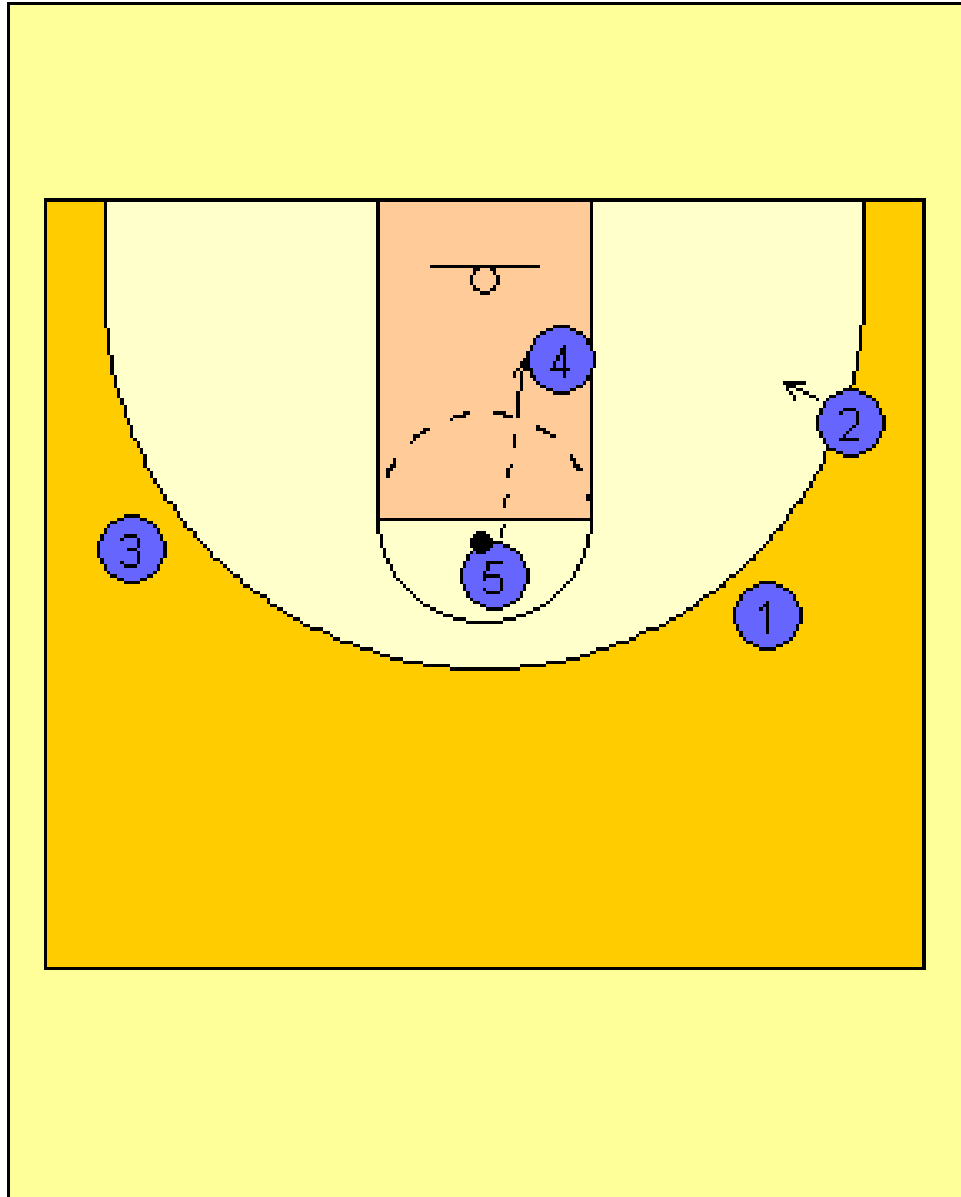
2- Pitches the ball to 1 or 5.

3- Stays FT line extended or above on the opposite wing.

4- Keeps seal and turns toward the middle of the floor when 5 catches.

5- Catches the ball at 15' and scores

Option #3: 5 to 4



1- Is available for reversal from 5.

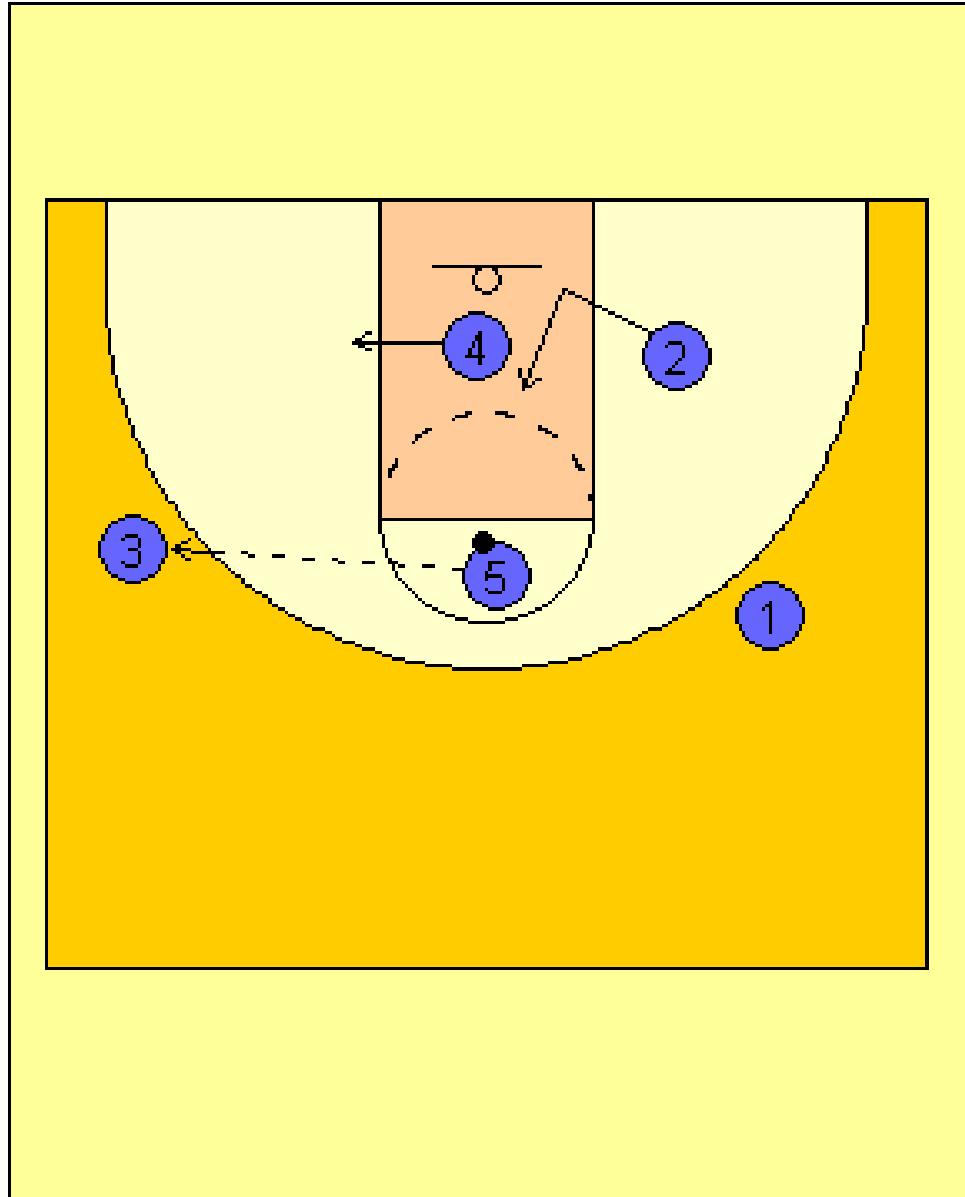
2- Steps the defender to the middle of the court.

3- Stays FT line extended or above on the opposite wing.

4- Keeps seal and turns toward the middle or the floor, catches the ball from 5, and scores.

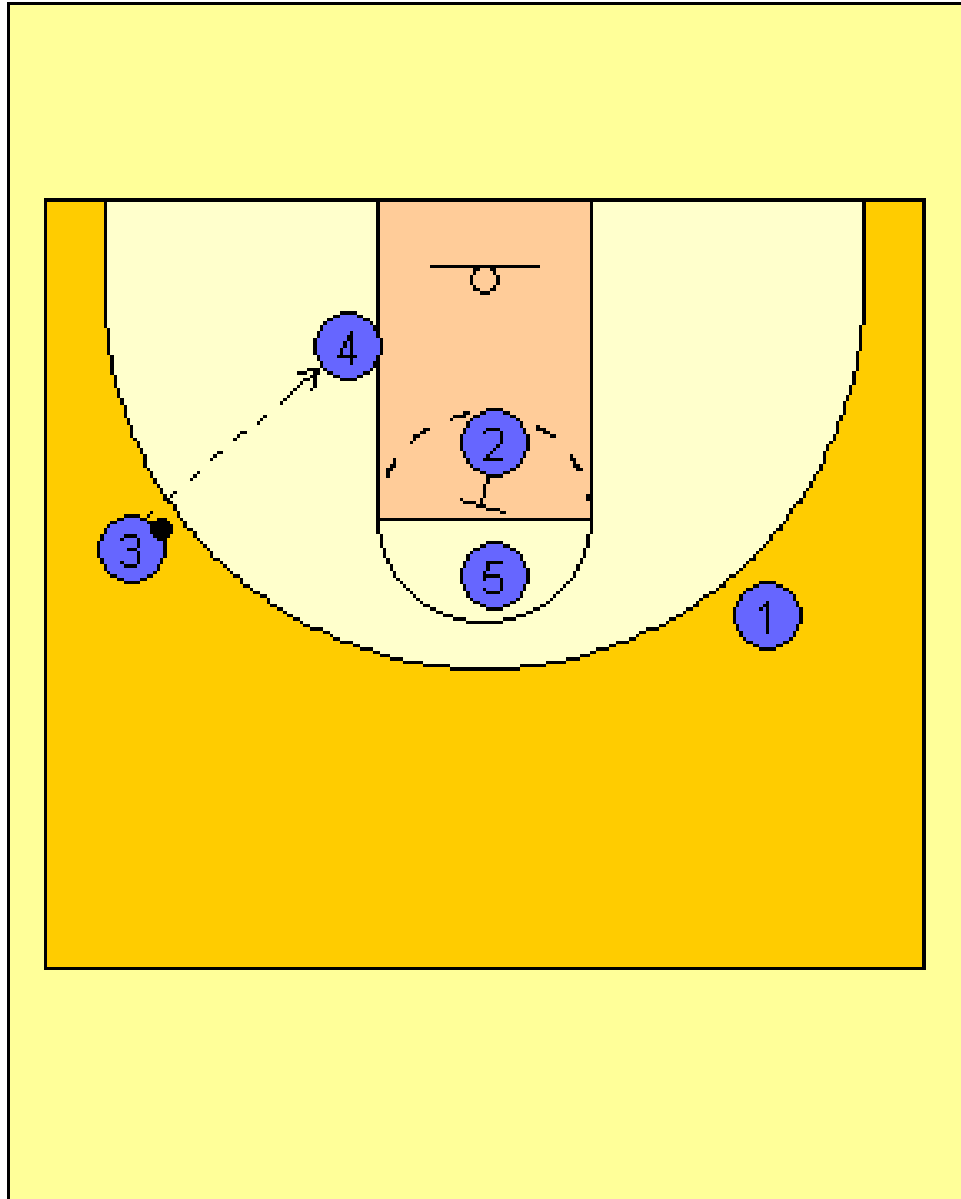
5- Pitches the ball to 4.

Option #4: 5 to 3



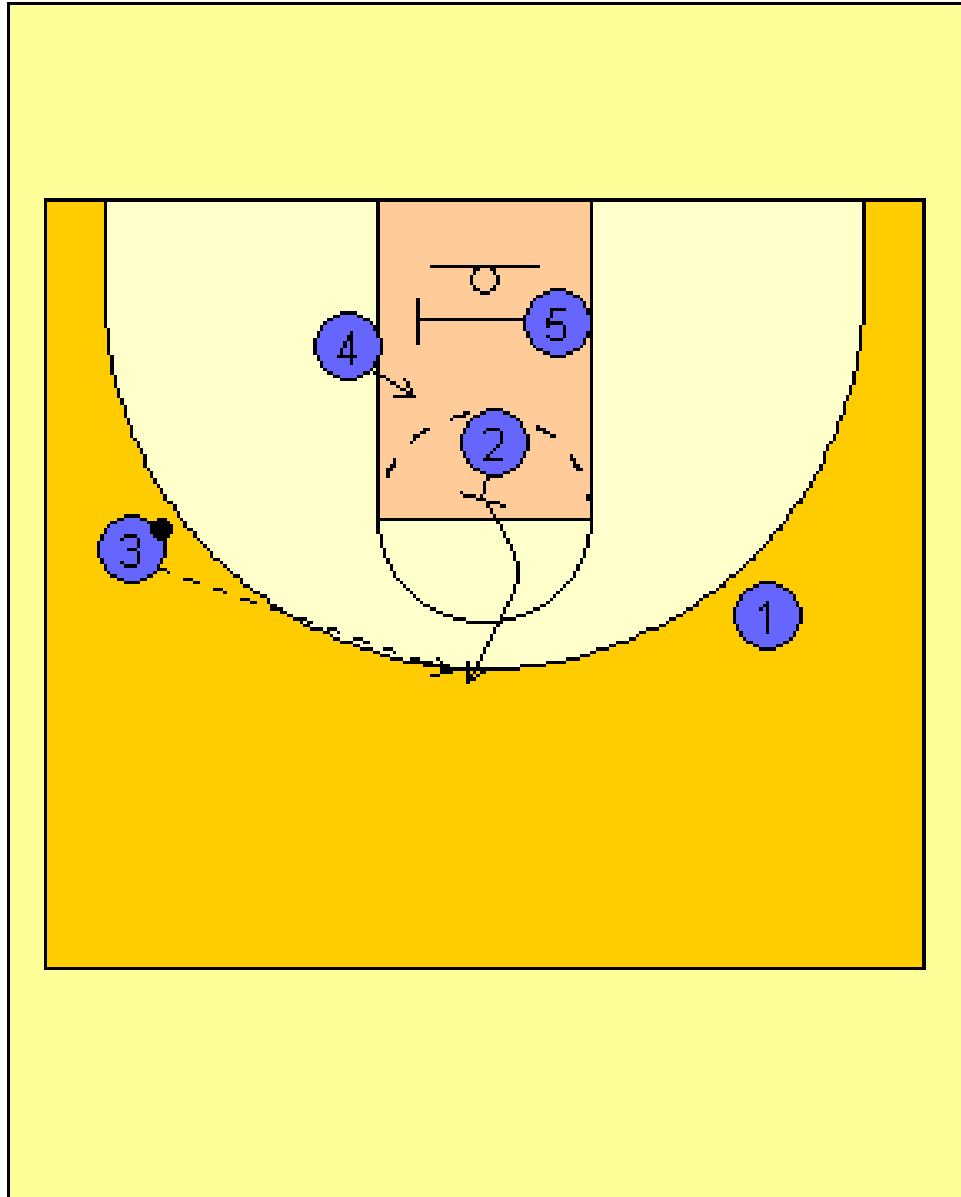
- 1- Is available for reversal from 5.
- 2- Puts head in the rim to get a good angle to screen for 5.
- 3- Catches the ball from 5 and scores.
- 4- Goes across the lane to seal ball side.
- 5- Pitches the ball to 3.

Option #5: 3 to 4



- 1- Stays FT line extended or above on the opposite wing.
- 2- Back screens for 5.
- 3- Passes the ball to 4 in the post.
- 4- Seals on ball side then catches the ball and uses a post move to score.
- 5- Steps to the ball and rubs off the back screen by 2.

Option #7: 2 Step Out



1- Stays FT line extended or above on the opposite wing.

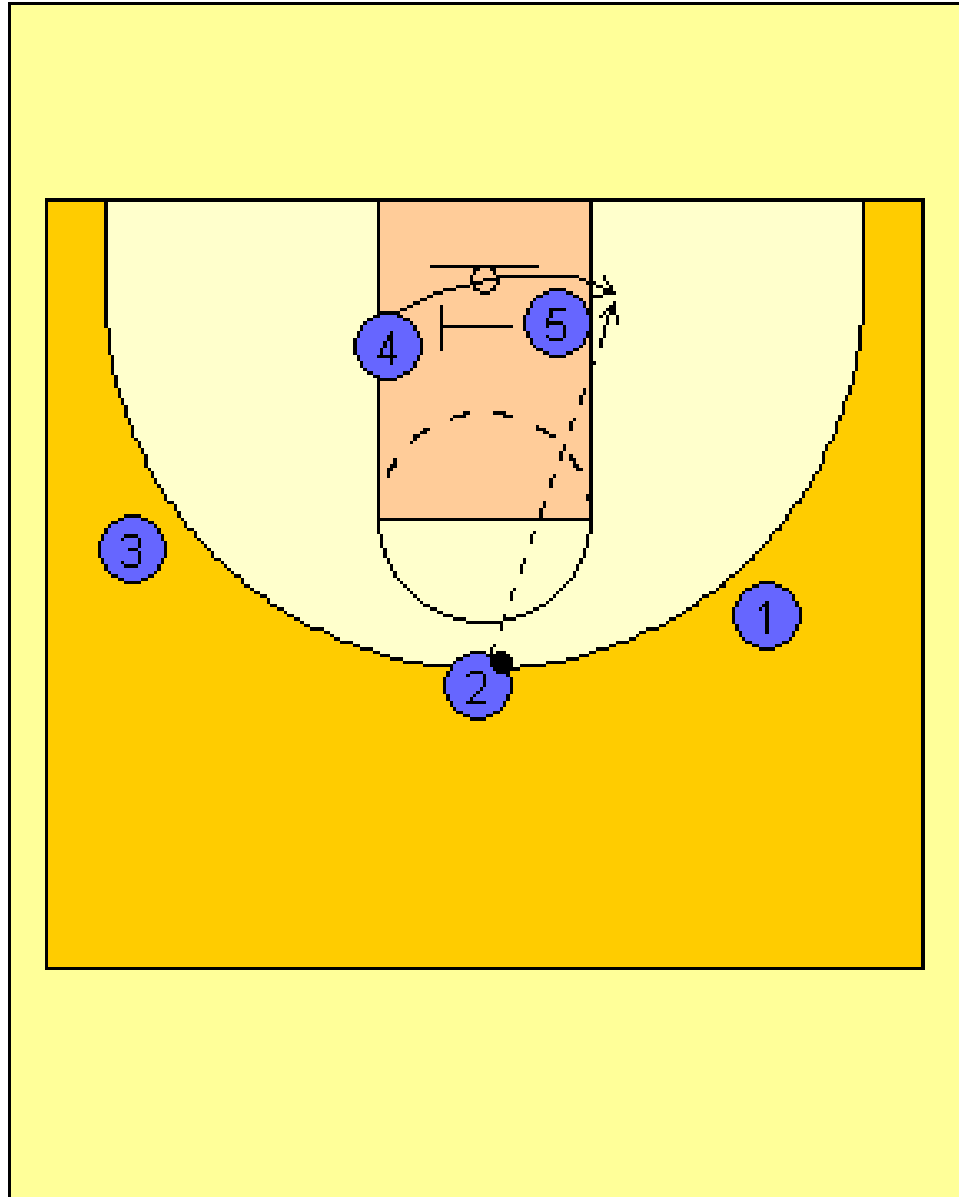
2- Crabs to the top of the key, catches, and scores.

3- Passes the ball to 2.

4- Ducks in to catch the ball.

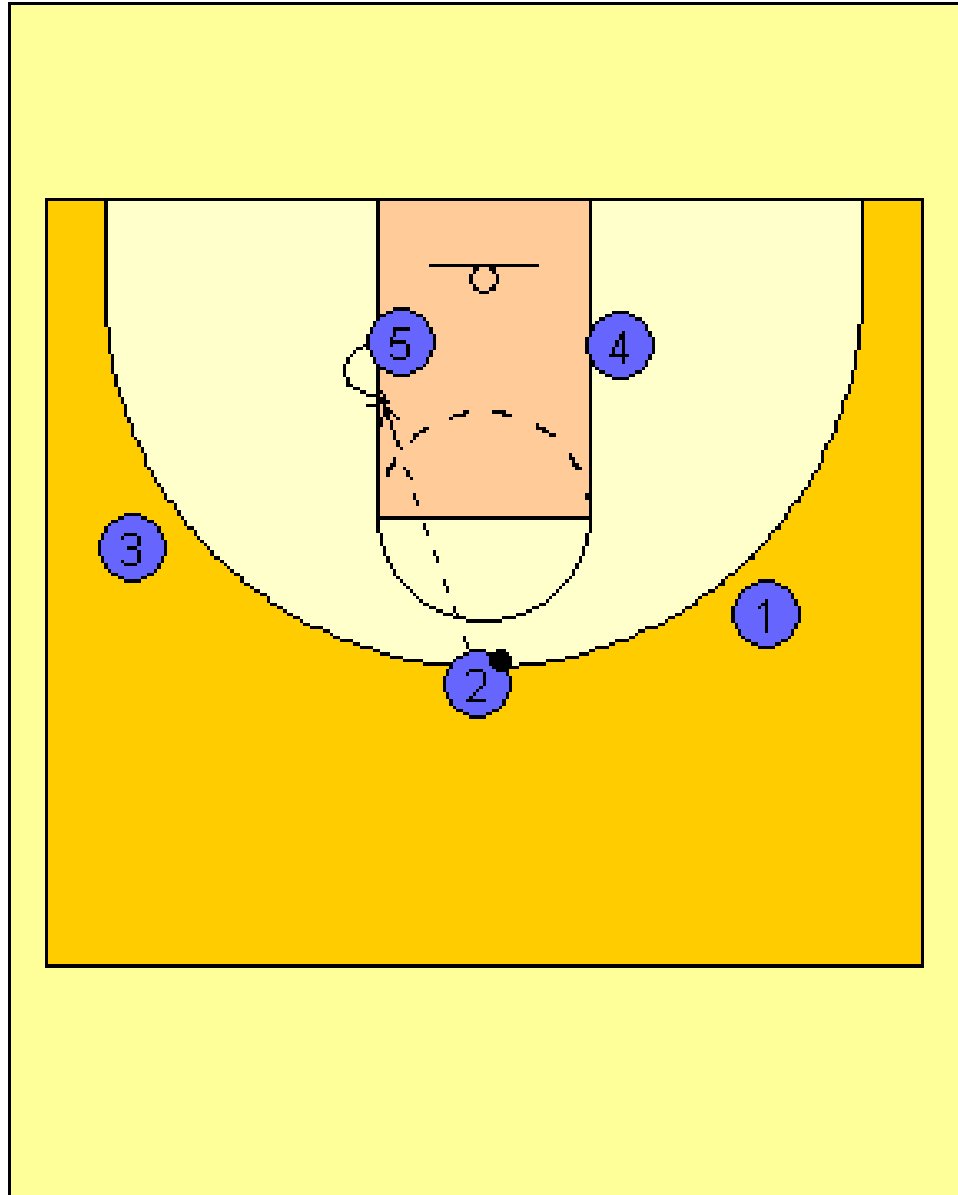
5- Screens for 4.

Option #8: Cutter on the Block to Block Screen



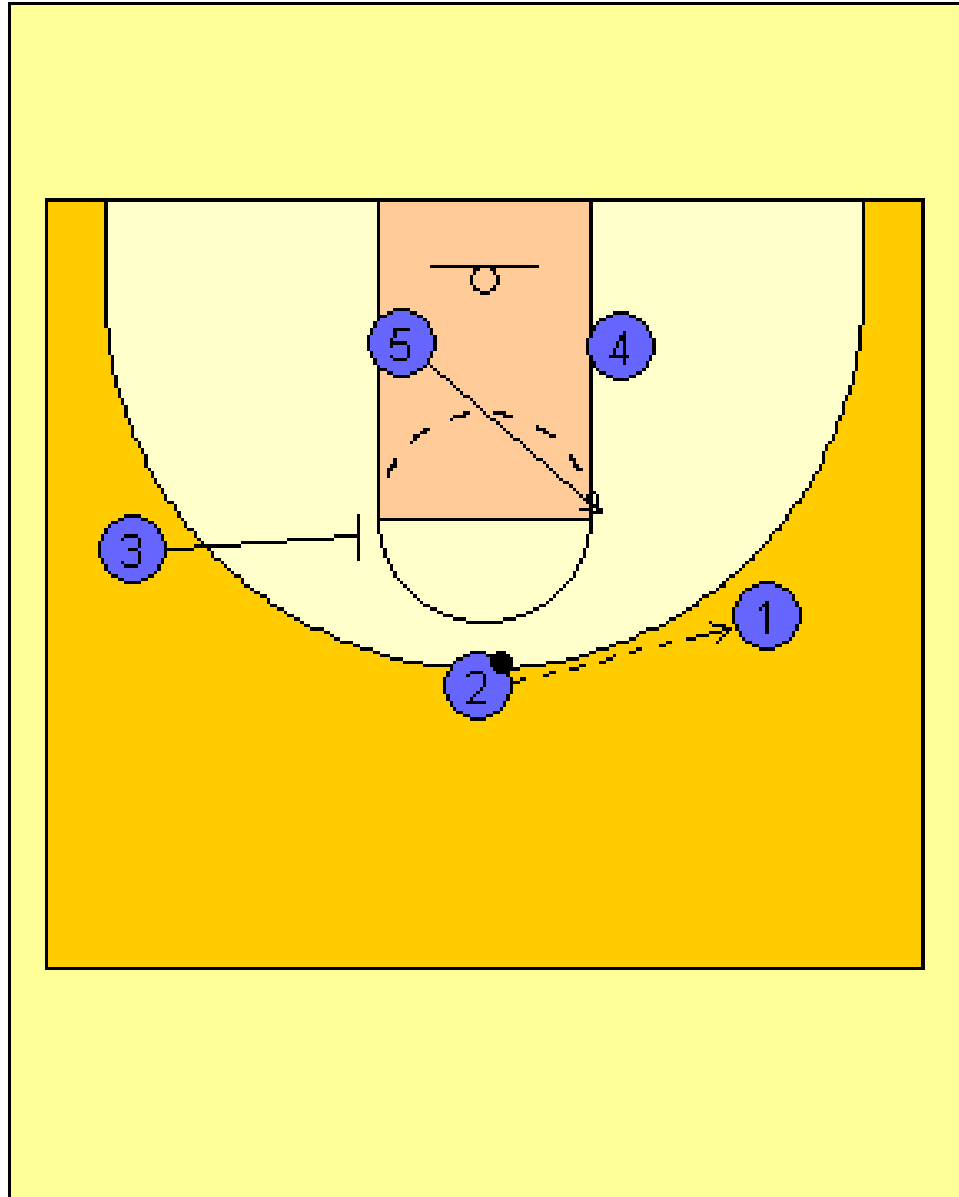
- 1- Stays FT line extended or above on the opposite wing.
- 2- Passes the ball to 4 off of the screen from 5.
- 3- Keeps floor spacing of 15' from 2.
- 4- Rubs off low-side of the screen from 5.
- 5- Screens for 4 and ducks in hard.

Option #9: Screener Seals



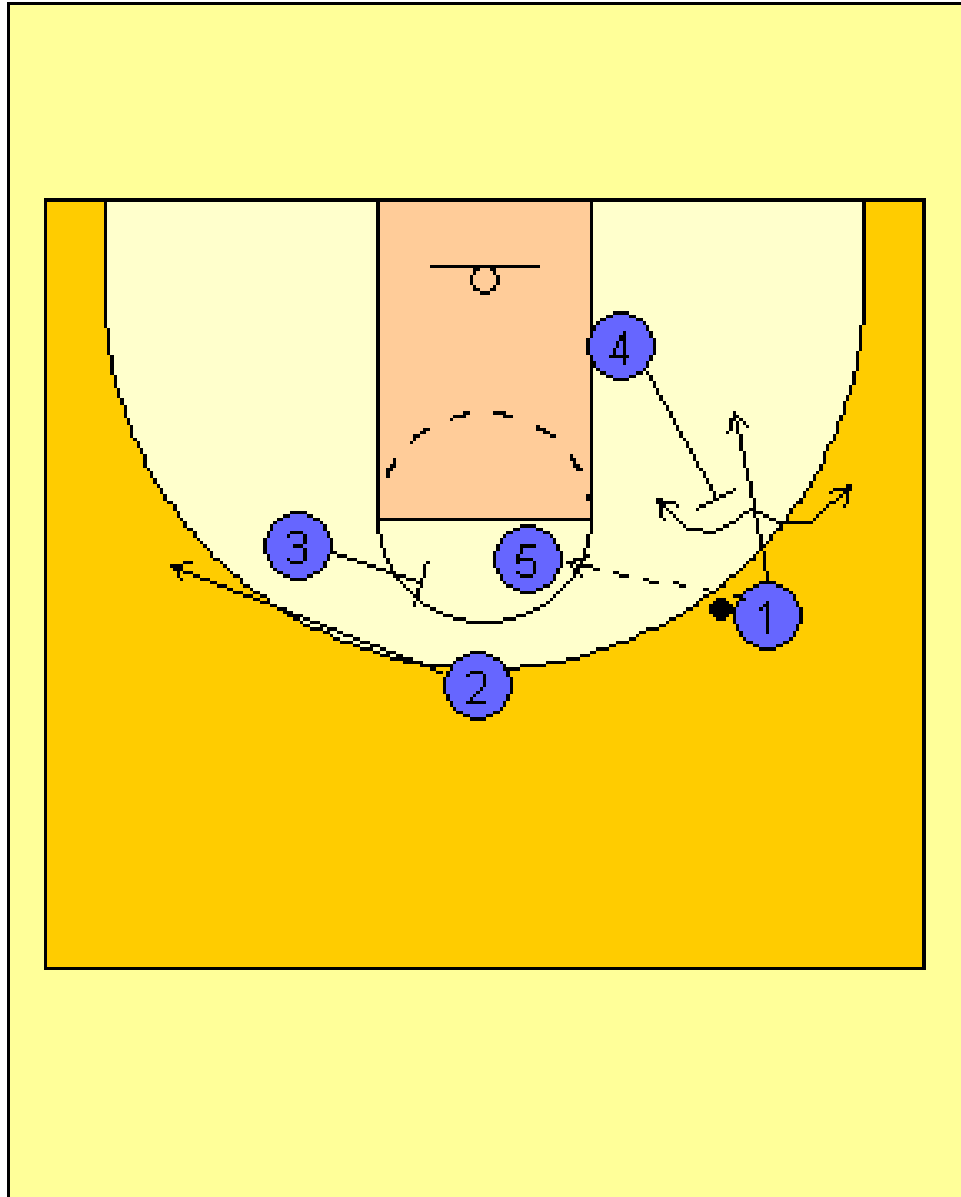
- 1- Stays FT line extended or above on the opposite wing.
- 2- Passes the ball to 5 ducking in after setting the screen.
- 3- Keeps floor spacing of 15' from 2.
- 4- Rubs low-side off of the screen from 5.
- 5- Ducks in hard, catches, and scores.

Option #10: 2 to 1



- 1- Catches the ball FT line extended or above and looks to score or hit 5 flashing to the high post.
- 2- Passes the ball to 1.
- 3- Flare screens for 2.
- 4- Seals on the ball side low post.
- 5- Flashes to the high post.

Option #11: 5 to High Post into Motion



1- Hits 5 in the high post. Receives a back screen from 4.

2- Flares off of a screen from 3.

3- Flare screens for 2, then steps through to catch and score.

4- Back screens for 1.

5- Catches, reverse pivots, and scores. If this is not available, 5 looks opposite to 2 then looks back strong side.

Perimeter Player Workout

Warm Up
Stretch/ 200 Jump Ropes
Figure 8 Ball Handling
Full Court Dribbling
10 Free Throws

Hit 2 Guard Moves Each (1,2,3,4,5)
20 Made Shots
10 Free Throws

X-Lay-Up Drill
20 Made Shots
10 Free Throws

Line Drills (Power, Fake, Hook, Reverse, Shot)
20 Made Shots
10 Free Throws

Hit 3 Wing Moves Each (1,2,3)
18 Made Shots
10 Free Throws

Hit 3 Wing Moves Each (4,5,6)
18 Made Shots
10 Free Throws

Hit 20 Face-Ups 15-18' Both Sides of the Court
20 Made Shots
10 Free Throws

Hit 20 3's off the Toss Below the FT Line
20 Made Shots
10 Free Throws

Hit 20 3's off the Toss Above the FT Line
20 Made Shots
10 Free Throws

35 Drill
10 Free Throws

Post Player Workout

Warm Up
Stretch/200 Jump Ropes
Figure 8 Ball Handling
Full Court Dribbling
10 Free Throws

Hit 20 Mikan, Hit 20 Put-Backs
40 Made Shots
10 Free Throws

Hit 3 Post Moves Each Left Side (1,2,3,4,5,6,7)
21 Made Shots
10 Free Throws

Hit 3 Post Moves Each Right Side (1,2,3,4,5,6,7)
21 Made Shots
10 Free Throws

Hit 3 Duck-Ins Each Both Sides (Power, Fake, Hook)
18 Made Shots
10 Free Throws

Hit 10 Face-Ups at 15', Tossing the Ball from Both Sides
20 Made Shots
10 Free Throws

Hit 10 Flash Pivots Inside Foot at 12-15', Tossing Ball from Both Sides
20 Made Shots
10 Free Throws

Hit 10 Flash Pivots Reverse Pivot at 12-15', Tossing Ball from Both Sides
20 Made Shots
10 Free Throws

Hit 10 Hooks to the Middle, Both Sides
20 Made Shots
10 Free Throws

Hit 10 Hooks to the Baseline, Both Sides
20 Made Shots
10 Free Throws

Partner 3 Point Workout

Warm Up

Stretch/ 200 Jump Ropes

Figure 8 Ball Handling

Full Court Dribbling

10 Free Throws

10's From the Right Corner

10 Free Throws

10's From the Right Wing

10 Free Throws

10's From the Top of the Key

10 Free Throws

10's From the Left Wing

10 Free Throws

10's From the Left Corner

10 Free Throws

6's From the Right (Corner, Wing, Top of the Key)

18 Made Shots

10 Free Throws

6's From the Left (Corner, Wing, Top of the Key)

18 Made Shots

10 Free Throws

Around the World 5 Minutes- 5 Shots Each Spot

Goal: Hit 45

10 Free Throws

3's for 5 Minutes off the Toss

10 Free Throws

Ball Handling Drills

Pop the Ball
Ball Around the Waist
Ball Around the Knees
Ball Around the Head
Corkscrew (Head, Waist, Knees)
Ball Around Right Leg
Ball Around Left Leg
Figure Eight
Dribble Around Right Leg
Dribble Around Left Leg
Dribble Figure Eight
Drop the Apple One Bounce
Drop the Apple No Bounce
Football Hike
Popcorn Drill
Rhythm Drill

Dribbling Drills

Speed Dribble Right Hand
Speed Dribble Left Hand
Crossover Dribble Right to Left
Crossover Dribble Left to Right
Stutter Step Dribble Right Hand
Stutter Step Dribble Left Hand
Between the Legs Dribble Right to Left
Between the Legs Dribble Left to Right
Behind the Back Dribble Right to Left
Behind the Back Dribble Left to Right
Two Ball Saddle Dribble
Two Ball Alternating Dribble

Guard Moves

When practicing guard moves, players should execute at game speed in order to improve. All moves can be done with a cross over, between the legs, or behind the back dribble at the top of the key area.

1. Dribble to the elbow, then a straight line drive for a lay-up (Left and Right)
2. Dribble to the elbow, Score (Left and Right)
3. Dribble to the middle 15 ft, Score (Left and Right)
4. Dribble to the elbow, Pull Back and Go all the way to a lay-up (Left and Right)
5. Dribble to the elbow, Pull Back and Score (Left and Right)

Post Moves

When practicing post moves, players should always catch the ball straddling the second block. The ball should be tucked under the chin with elbows out. Always check baseline first.

1. Pivot on Baseline Foot and Shoot the Ball
2. Hook to the Middle no Dribble
3. Fake #1 and Shoot #2
4. Pivot on Top Foot and Turn to the Middle and Shoot
5. Pivot to the Middle, Shot Fake, Step Through Jumping of Two Feet to Score
6. Hook to the Middle with a Dribble
7. Drop Step, Dribble Baseline, Score
8. Step Middle, Drop Step Dribble Baseline, Score

Wing Moves

Wing moves should be practiced by tossing the ball coming off of the baseline and catching the ball at a 45 degree angle. Inside Pivot is used for moves 1-3 (when reading a straight cut off of a screen). Reverse Pivot is used for moves 4-6 (when reading a bump or flare).

1. Inside Pivot, Score using the Glass
2. Inside Pivot, Cross-Over to the Baseline, Score
3. Inside Pivot, Go-Step to the elbow, Score
4. Reverse Pivot, Score Using the Glass
5. Reverse Pivot, Go-Step to the Baseline, Score
6. Reverse Pivot, Cross-Over Step to the Elbow, Score

Stretching

10 Jumping Jacks
Right Foot Over Left Foot (10 Seconds)
Left Foot Over Right Foot (10 Seconds)
Feet Together (10 Seconds)
Right Arm Across Your Chest (10 Seconds)
Left Arm Across Your Chest (10 Seconds)
Right Arm Behind Your Neck (10 Seconds)
Left Arm Behind Your Neck (10 Seconds)
Arm Circles Forward-Small to Large (10 Seconds)
Arm Circles Backwards- Small to Large (10 Seconds)
10 Fingertip Push-ups
Seated Feet Together (10 Seconds)
Seated Feet Apart Right Foot (10 Seconds)
Seated Feet Apart Left Foot (10 Seconds)
Butterflies (10 Seconds)
Hurdlers Right Leg Out (10 Seconds)
Hurdlers Left Leg Out (10 Seconds)
Pretzel Right Leg Over (10 Seconds)
Pretzel Left Leg Over (10 Seconds)
Right Knee to Chest (10 Seconds)
Left Knee to Chest (10 Seconds)
Plows (10 Seconds)
Leg Splits to the Right (10 Seconds)
Leg Splits to the Right on Your Knee (10 Seconds)
Leg Splits to the Right over Your Toes (10 Seconds)
Leg Splits to the Left (10 Seconds)
Leg Splits to the Left on Your Knee (10 Seconds)
Leg Splits to the Left over Your Toes (10 Seconds)
Squats (10 Seconds)
10 Jumping Jacks

Warm-Up

(Hop the Line)
Both Feet Front and Back (10 Jumps)
Right Foot (10 Jumps)
Left Foot (10 Jumps)
Both Feet Side to Side (10 Jumps)
Right Foot (10 Jumps)
Left Foot (10 Jumps)
Knees to Chest (10 Jumps)
Squat Jumps (10 Jumps)

Speed Improvement Drills

Lines (Eight Hops) - Both Feet, Right Foot, Left Foot, Both Feet 2 On Each Side, Right Foot 2 On Each Side, Left Foot 2 On Each Side

Stairs

Hit 2 Right Foot
Hit 2 Left Foot
Hit 1
Skip 1
Skip 2
Shuffle Left
Shuffle Right
Carioca Left
Carioca Right
Right Over
Left Over
Hopping on Both Feet
Right Foot
Left Foot
Both Feet Skip 1
Both Feet Skip 2
As Many As You Can

Jump Rope

Both Feet 10 Seconds
Right Foot 10 Seconds
Left Foot 10 Seconds
Bicycle 10 Seconds
Double Jumps 10 Seconds
Both Feet 10 Seconds-25 Jumps
Both Feet 15 Seconds- 40 Jumps
Both Feet 20 Seconds- 50 Jumps
Both Feet Side to Side 10 Seconds
Both Feet Front to Back 10 Seconds

Dots (All Drills 10 Seconds)

Figure 8 Both Feet Right Dot
Figure 8 Both Feet Left Dot
Both Feet Triangle Right Dot
Both Feet Triangle Left Dot
Both Feet Diamond Right
Both Feet Diamond Left
Right Foot- All Drills
Left Foot- All Drills
Hop Scotch
Hop Scotch and Spin

Form Running

Fast Feet (3 Times)
Regular High Knees
High Knee Cross-Over
Glute Kicks
High Knee Glute Kicks
High Knee Kick Outs
Shuffle Right
Shuffle Left
Long Carioca Right
Long Carioca Left
Fast Feet Carioca Right
Fast Feet Carioca Left
Backwards Run
Starts to Free Throw Line
Starts to Half Court
Starts Three Quarter Court
Starts Full Court

Rope Maze

Hit Every Hole
Hit Every Other Hole
High Knee Cross-Over
Shuffle Right
Shuffle Left
Lateral In and Out
Hopping Every Hole
Hopping Every Other Hole
Buckeyes (Up 2 Back 1)
Lateral Buckeyes

Ladders

Hit 2 Right Foot
Hit 2 Left Foot
Hit 1
Shuffle Right
Shuffle Left
Carioca Right
Carioca Left
In and Out
Hop Both Feet
Hop Right Foot
Hop Left Foot

Strength Standards for Core Lifts

Body Type				
	Up to 5'8"	5'9"-5'11"	6'0"-6'2"	6'3" and Up
Light Build	Below 130 lbs	Below 140 lbs	Below 155 lbs	Below 169 lbs
Medium Build	130 lbs- 179 lbs	140 lbs- 199 lbs	155 lbs- 219 lbs	170 lbs- 239 lbs
Heavy Build	More than 180 lbs	More than 200 lbs	More than 220 lbs	More than 240 lbs

Squat				
	Freshman Light-Med-Heavy	Sophomore Light-Med-Heavy	Junior Light-Med-Heavy	Senior Light-Med-Heavy
Good	200-225-250	220-240-265	240-260-280	260-280-300
Great	250-275-300	275-295-315	300-315-330	325-335-350
All State	275-315-350	300-335-365	325-355-380	350-375-400
All American	300-350-400	330-380-430	360-410-460	390-445-500

Bench				
	Freshman Light-Med-Heavy	Sophomore Light-Med-Heavy	Junior Light-Med-Heavy	Senior Light-Med-Heavy
Good	125-155-185	135-165-190	150-175-195	160-180-200
Great	150-185-220	160-195-230	175-210-240	195-225-250
All State	175-220-260	190-230-270	210-250-285	225-265-300
All American	200-250-300	220-270-315	240-285-330	260-305-350

Clean				
	Freshman Light-Med-Heavy	Sophomore Light-Med-Heavy	Junior Light-Med-Heavy	Senior Light-Med-Heavy
Good	110-135-160	120-145-165	135-155-170	145-160-175
Great	125-155-185	135-165-195	150-180-205	160-190-215
All State	150-175-205	165-195-220	180-210-235	195-225-250
All American	160-200-240	175-215-260	195-240-280	215-260-300



WIN WITH BFS

Benefits of the BFS System

1. Develops competitive spirit through physical drills
2. Provides excellent physical conditioning
3. Develops a working attitude
4. Teaches discipline that will positively affect their daily living and academics
5. Builds teamwork
6. Develops personalities
7. Increases confidence
8. Creates a sense of belonging to a group
9. Improves communication, which in turn improves trust
10. Teaches responsibility, which in turn improves caring for others and equipment
11. Allows them to see how hard others are working to reach objectives
12. Teaches respect
13. Develops enthusiasm individually and as a group
14. Teaches athletes to dream to achieve
15. Teaches the value of commitment
16. Helps them to be organized (dress, equipment, and so on)
17. Develops good decision-making skills
18. Teaches promptness
19. Promotes participation in middle school and high school sports
20. Permits an easy transition from grade school to middle school to high school

SHOOTING THE BASKETBALL

GRIP

1. Shooting hand against the seams
2. Shooting hand- index finger on the valve
3. Guide hand-side of the ball thumbs form T
4. Pads and fingertips touching the ball
5. Shooting V or Peep Hole
6. Wrist Cocked or Wrinkles

DRILLS- Tap Drill

(Catch and find the seams)

FOOTWORK

1. Feet- shoulder width apart
2. Shooting foot slightly forward
3. 10 Toes to the basket

DRILLS- Face Ups

Crab Drill

Don't Walk Drill

2 Dribble Score

BODY POSITION

1. Knees bent
2. Butt down
3. Back straight
4. Eyes on the target (Front of the Rim, Square)
5. Shoulders square (Ropes)

DRILLS- Jump Stops

Face Ups

SET-UP

1. Elbow over your toes
2. Shooting U (Elbow should not form a V)
3. Shooting hand wrist cocked
4. Guide hand- fingers to the sky
5. Ball in the Shooting Pocket (Noting in front of your face)
Younger Kids- Low Pocket- waist level
Older Kids- High Pocket- head level

DRILLS- Bleacher Drill

Face Ups

U-Drill

FINISH

1. Lift the ball straight up
2. Shooting hand
 - Thumb through the nose
 - Index finger through the eyebrow
 - Feel the steel
 - Hand in the Cookie Jar
3. Guide Hand
 - Fingers to the sky
4. Shooting arm locked out
5. Keep you hands up until the ball hits the floor
6. Land in the Sand- Go straight up and straight down

DRILLS- Perfect Shot Drill

Free Throws
Face Ups

MENTAL APPROACH

1. Visualize yourself having success
2. Do the same thing over and over again...ROUTINE!
3. See the ball going through the basket
4. Watch other great scorers
5. Have the confidence to step to the Free Throw Line and hit the shot with your eyes closed.

DRILLS- Mentally watch yourself hit 25 shots in a row

Perfect Shot Drill