



Minnetonka Boys Basketball Association Development Overview 2012

Offense

4th Grade

- » Dribbling – head up, right/left hands
- » Shooting – layups, proper form inside 6 ft.
- » Passing – to wing, on fast break & meet the pass
- » Footwork – jump stops & pivoting
- » Crashing the Boards

5th Grade

- » Dribbling – head up, right/left hands, crossover
- » Shooting – layups, proper form inside 10 ft., FT routine
- » Passing – to wing, on fast break, under pressure
- » Footwork – getting open on wing, setting & cutting screens
- » Triple Threat Position

6th Grade

- » Dribbling – head up, crossover, change speed
- » Shooting – shot selection, proper form inside 15 ft.
- » Passing – under pressure, swinging the ball
- » Footwork – setting & cutting screens, moving w/o the ball
- » Taking Care of Ball – protect & do not bring below waist

7th Grade

- » Dribbling – crossover, change speed, using screens
- » Shooting – shot selection, proper form inside 19 ft.
- » Passing – swinging the ball, penetrate & kick, feeding post
- » Footwork – moving w/o the ball, rebounding angles & %s
- » Spacing

8th Grade

- » Dribbling – using screens, penetrate & kick
- » Shooting – shot selection, coming off screens
- » Passing – penetrate & kick, feeding post
- » Footwork – moving w/o the ball, rebounding angles & %s
- » Transition Offense & Patience

Defense

4th Grade

- » Commit to Defense
- » Pressure the Ball
- » Block Out
- » See the Ball
- » Help-Side Defenders Must Sag

5th Grade

- » Stop Dribble Penetration
- » Never Let Your Man Cross Your Face
- » Defeat the Screen
- » Deny all Penetrating Passes
- » Early Help

6th Grade

- » Pressure the Passer
- » Eliminate Vision
- » Arch the Ball to the Sideline
- » Protect the Gaps
- » No Easy Baskets

7th Grade

- » No Middle, No Middle, No Middle
- » Intelligent Close Outs
- » Must Talk
- » Anticipate on Defense
- » Pinch & Fake at Ball

8th Grade

- » Move When the Ball Moves, Every Time
- » Take the Charge
- » Hands Up on All Shots
- » Fill & Sink on Baseline
- » Always Protect Power Zone when Your Man Sets a Screen



Minnetonka Boys Basketball Association Offensive Development

Philosophies & Principles	4 th	5 th	6 th	7 th	8 th
Dribbling – head up, right & left hands	X	X	X	X	X
Shooting – layups, using backboard, proper form inside 6 ft.	X	X	X	X	X
Passing – to wing, on fast break & meet the pass	X	X	X	X	X
Footwork - jump stops & pivoting	X	X	X	X	X
Crashing the Boards	X	X	X	X	X
Dribbling – head up, right & left hands, crossover		X	X	X	X
Shooting – layups, proper form inside 10 ft. & FT routine		X	X	X	X
Passing – to wing, on fast break, under pressure		X	X	X	X
Footwork - getting open on wing, setting & cutting screens		X	X	X	X
Triple Threat Position		X	X	X	X
Dribbling – head up, crossover, change speed			X	X	X
Shooting – shot selection, proper form inside 15 ft.			X	X	X
Passing – under pressure, swinging the ball			X	X	X
Footwork – setting & cutting screens, moving w/o the ball			X	X	X
Taking Care of Ball – protect & do not bring below waist			X	X	X
Dribbling – crossover, change speed, using screens				X	X
Shooting – shot selection, proper form inside 19 ft.				X	X
Passing – swinging the ball, penetrate & kick, feeding post				X	X
Footwork – moving w/o the ball, rebounding angles & %s				X	X
Spacing				X	X
Dribbling – using screens, penetrate & kick					X
Shooting – shot selection, coming off screens					X
Passing – penetrate & kick, feed the post					X
Footwork – moving w/o the ball, rebounding angles & %s					X
Transition Offense & Patience					X



Minnetonka Boys Basketball Association Defensive Development

Philosophies & Principles	4 th	5 th	6 th	7 th	8 th
Commit to Defense	X	X	X	X	X
Pressure the Ball	X	X	X	X	X
Block Out	X	X	X	X	X
See the Ball	X	X	X	X	X
Help-Side Defenders Must Sag	X	X	X	X	X
Stop Dribble Penetration		X	X	X	X
Never Allow Your Man to Cross Your Face		X	X	X	X
Defeat the Screen		X	X	X	X
Deny All Penetrating Passes		X	X	X	X
Early Help		X	X	X	X
Pressure the Passer			X	X	X
Eliminate Vision			X	X	X
Arch the Ball to the Sideline			X	X	X
Protect the Gaps			X	X	X
No Easy Baskets			X	X	X
No Middle, No Middle, No Middle				X	X
Intelligent Close-Outs				X	X
Must Talk				X	X
Anticipate on Defense				X	X
Pinch & Fake at Ball				X	X
Move When Ball Moves – Every Time					X
Take the Charge					X
Hands Up on All Shots					X
Fill & Sink on Baseline					X
Always Protect Power Zone When Your Man Sets a Screen					X



Minnetonka Boys Basketball Association

Defensive Development Definitions

Definitions

Commit to Defense! Great defense is all about "heart" and "hustle."

Pressure the Ball! We want to apply maximum pressure on the ball without getting beat off the dribble. Our defender guarding the ball should

be within touching distance of their offensive man, low in his stance with his hands and arms up near his mid-section, and ready to play defense with his feet... Here we want to apply maximum *pressure on the ball without lunging, reaching, or fouling.*

Block Out! Make and maintain contact on all block-outs. Be aggressive and lay the "lumber" to your opponent when blocking-out. Blocking-out is every day, every drill, all the time.

See the Ball! *Stay alert and keep vision. Know where the ball is at all times.* All five of our players have the responsibility to stop the ball and to protect the power zone.

Help-Side Defenders Must Sag. We want our help-side defenders two passes away to have at least one foot in the power zone when the ball is above the free throw line. When the ball is below the free throw line, we want our help-side defenders to have both their feet in the power zone... Help-side defenders must be in a position that allows them to see both the ball and their man.

Stop Dribble Penetration. We must apply intelligent pressure on the ball (give a cushion if needed) without allowing dribble penetration into the power zone... If you are getting beat off the dribble, turn and run to re-establish position.

Never Allow Your Man to Cross Your Face. Always try to jam the cutter and force him behind you. You must always stay between your man and the ball.

Defeat the Screen. We must stay alert and be hard to screen. We want to fight through screens and keep on moving.

Deny All Penetrating Passes. We want to play "ball-you-man" defense inside the 3-point line. Our individual defensive position off the ball is "*one step off the line, and two steps to the ball.*"

Early Help! We must always give quick help. You can never help too early to protect the power zone.

Pressure the Passer... Do not allow the offense to make uncontested passes. We want to harass the passer as much as possible and get deflections.

Eliminate Vision... Belly-up and mirror the ball with your hands high when the dribbler picks up his dribble, and then go for the deflection.

Arc the Ball to the Sideline. Always force the dribbler outside towards the sideline. We want to keep the ball out of the middle 1/3 of the floor.

Protect the Gaps. We must always give quick help on the inside gaps. We teach our players to play "We Basketball" (protecting the gaps), not "Me Basketball" (only worried about your man).

No Easy Baskets... *Sprint back on defense* and pick the ball early. Everyone else is on the line up the line *protecting the power zone and communicating to their teammates who they are going to guard by talking and pointing at their man.*

No Middle, No Middle, No Middle! Always keep your inside foot high and work hard at denying dribble penetration back to the middle of the court.

Intelligent Close-Outs... When closing out, we must sprint under control, get our hands up, stay low and wide, and *begin chopping our feet when we are two-steps away from the ball.* Make your basketball shoes squeak.

Must Talk. A great defense is a talking defense. We must have passionate talk on defense - "I'm on the ball," "I've got him, you got him," "Ball," "You're OK," "You've got help," "keep it to a side, you've got help," "do your work early," "don't let your man cross your face," "screen," "block out."

Anticipate on Defense. We want to look to intercept all lob passes and lazy bounce passes. We only go for the steal if we can catch the ball with two hands.

Pinch and Fake at Ball. The closest defender from the ball must help seal the gaps by sliding his feet into the gap (pinch) and faking at the ball with his inside hand... We do not want our defender to trap, but to stay in a position to where he can recover back to his man.

Move When Ball Moves - Every Time. We want all five defenders to move as one on the airtime of the ball.

Take the Charge! After planting your feet, stay low and wide in your stance with your hands up. Keep your weight on your heels, and when you're hit, fall backwards and make a loud noise. Try to land on your butt with your chin tight to your chest.

Hands Up on All Shots! When the ball goes up, the hands go up. Hands are by the ears, fingers to the sky... We must not give any rhythm shots. We want to *challenge (alter or change) every shot.*

Fill and Sink on Baseline. When the ball is dribble penetrated along the baseline, our closest help-side defender must step out (fill) and look to take the charge outside of the power zone. Our remaining help defenders must relocate to the ball line (sink) and protect the power zone.

Always Protect Power Zone When Your Man Sets a Screen. The defender guarding the screener always opens up and protects the power zone (no pass or dribble penetration).