



Pleasanton Youth Basketball (PYB) 23/24 Handbook Grades 8-12

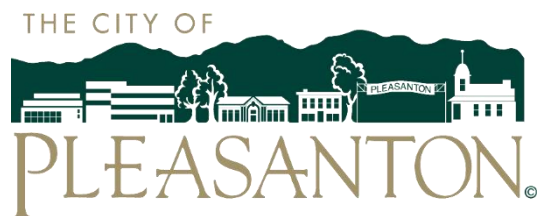


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Introduction

Welcome Pleasanton Youth Basketball (PYB) Players, Parents, and Coaches:

The City of Pleasanton is proud to offer a youth basketball league and appreciates your participation. This is more than just a sports league, provides participants with a positive introduction to basketball in a caring and fun environment. Through this league, participants will not only learn the sport of basketball, but also about themselves, sportsmanship, and being a team player.

The purpose of this handbook is to provide a comprehensive overview of PYB. PYB is a recreational league for youth in grades 1-12. The season consists of twelve (12) practices, and seven (7) games. PYB is strictly recreation based and no standings will be kept. Jerseys are provided for each participant. No awards will be given at the end of the season.

This handbook contains pertinent information for anyone looking to volunteer or serve as a volunteer coach.

Library and Recreation Department Vision, Mission, and Values

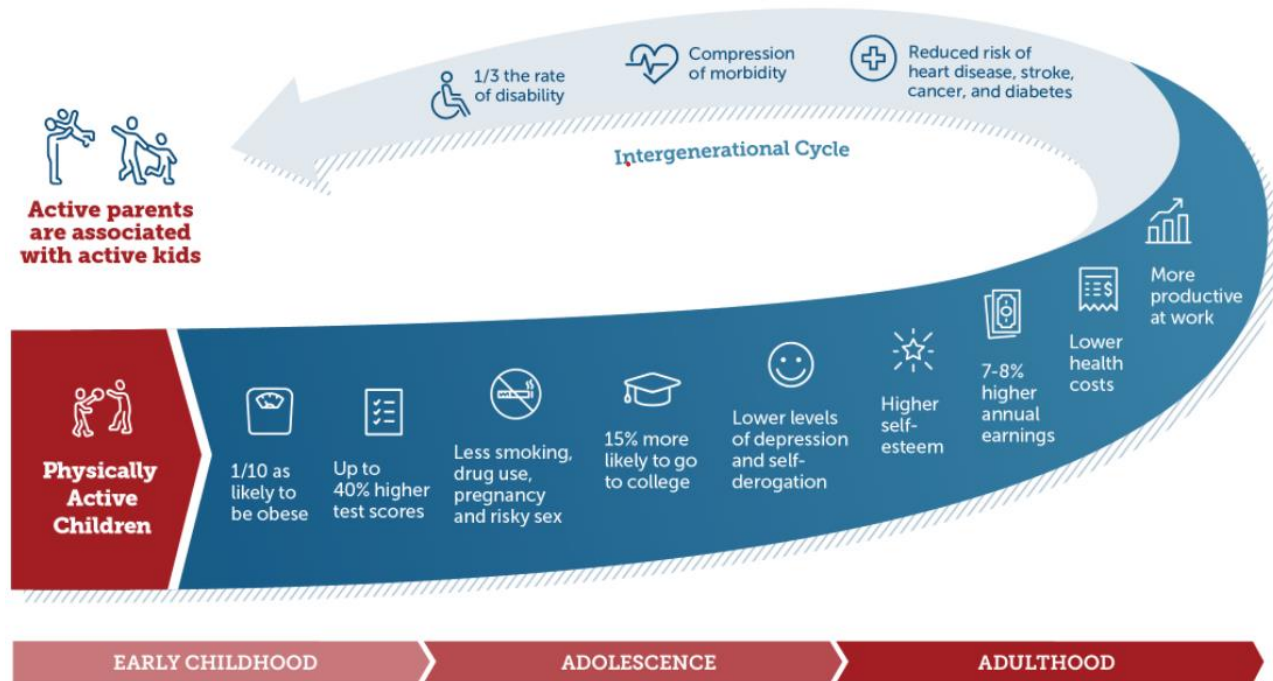
- Vision Statement: Inspiring a vibrant community
- Mission Statement: Start your journey here. Discover, Connect, Play
- Values: Integrity, Collaboration, Customer Service, Inclusiveness, Innovation

Contact Information

- Sports Office – (925) 931-3437
- Thomas Myers, Library and Recreation Coordinator, League Director, (925) 931-3441, tmyers@cityofpleasantonca.gov
- Jack Hettinger, Recreation Supervisor, (925) 931-3440, jhettinger@cityofpleasantonca.gov

ACTIVE KIDS DO BETTER IN LIFE

What Research Shows on the Lifetime Benefits



Learn more at as.pn/sportsfacts

Player Goals

- Have fun
- Work toward a goal as an individual and team
- Practice good sportsmanship
- Experience the thrill of basketball participation
- Make new friends
- Develop lifelong social skills

Coach Goals

- Have fun
- Provide a positive and safe environment for all players
- Develop players fundamentals throughout the season
- Practice good sportsmanship
- Develop two-way communication between coaches and parents

Parent Goals

- Have fun
- Provide a positive and safe environment for all players
- Positively encourage all players
- Practice good sportsmanship
- Develop two-way communication between parents and coaches

Program Goals

- Have fun
- Provide a positive and safe environment for all players, coaches, and parents.
- Practice good sportsmanship
- Assist coaches and help develop players fundamentals throughout the season
- Develop open communication between coaches, players, and parents
- Build and strengthen community participation and engagement

Volunteer Coach Overview

- The Pleasanton Library & Recreation Department would like to thank all the volunteer coaches for accepting the responsibility of coaching. Youth sports programs cannot be successful without good leadership and a solid coaching foundation
- Coaches will be building the moral fiber, mental health, and physical strength of tomorrow's leaders
- Coaches have tremendous influence on participants. The emphasis of this program is fun, basic skill development, and sportsmanship. The coach is expected to provide an atmosphere in which all participants are

treated in a fair and equitable manner. The coach must be aware of all safety issues and hazards associated with basketball and devote full effort in providing an atmosphere where participants are physically and emotionally safe

- To ensure the safety of all players, coaches must stay with their players after practices and games until all players have been picked up by their parent/guardian. Under no circumstance shall a coach leave a player unattended and/or with someone not cleared by the City to supervise youth
 - If the same parent(s) are consistently late, please let the League Director know. The League Director will talk to the parent(s) regarding the issue
- Coaches are responsible for the parents and spectators of their team. Officials may penalize a team for the behavior of its parents and spectators
- Youth athletes are at an impressionable age and the training that coaches provide will have a lasting effect on their lives
- All requirements must be completed before volunteering
- Without coaches, this program would not be possible. On behalf of the players, parents, and the City of Pleasanton, thank you!

Coach Requirements

All individuals who will be supervising youth (coaches, team assistants, team parents, etc.) must complete an application, pass a background check, and complete concussion and sudden cardiac arrest trainings prior to assuming their role.

Application

- All volunteer coaches must complete an application. Applications may be found here: [Volunteer Coach Application](#)- Click "Fill in an application" tab. You must create an account to apply

Background Check

- All coaches must complete a Department of Justice background screening, scheduled through the League Director

Coaches Trainings

- Concussion training
 - Visit: <https://www.cdc.gov/headsup/youthsports/training/index.html>.
 - Scroll down to "Launch the Training"
 - Select the "Coaches" course
 - Coaches will be prompted to create an account through CDC Train
 - After coaches create an account, they will need to take the pre-assessment and then complete the actual training
 - After the training, coaches will need to complete the quiz
- Sudden cardiac arrest training
 - Visit: <https://epsavealife.org/sca-prevention-training/>.
 - Scroll down and create an account
 - Coaches will then be prompted to watch a video, take a pre-quiz, and complete a post quiz
- Mandated reporter
 - Visit: <https://www.mandatedreporterca.com/training/volunteers>
 - Scroll down to "Start Training"
 - Select the "Sign Up" or "Sign In" Option
 - Select the "Volunteers" course and then click the "Next" button
 - Fill-in contact information

Once coaches have completed all three (3) trainings, they will be required to upload their certification to Better Impact

- Visit: <https://app.betterimpact.com/Volunteer/Main>.
- Sign into account
- Click "My Profile" on the top right of the page.
- Click "Additional Info"
- Scroll down, under the Certifications Tab you will be able to upload your training certificates
- Once you have uploaded your certificates, click save

Once coaches have completed and submitted all the aforementioned requirements, the League Director reviews and informs coaches of their status in the volunteer process. Coaches are not eligible to start until they have received clearance from the League Director.

Coaches Clinics

- The Pleasanton Library and Recreation Department will be offering a variety of free Coaching Clinics to be held in October on Saturdays. Several basketball coaches from the Tri-Valley area have generously volunteered their time to put on each of these clinics
- All coaches are highly encouraged to attend all clinics, as each clinic will have a different emphasis. They will provide coaches with the necessary tools for coaching
- Coaches will receive training on how to run an effective and efficient practice for their team
- The clinics

Codes of Conduct

- A code of conduct for coaches, players, and parents provides guidelines for the behavior of everyone participating and spectating
- The purpose of the codes of conduct is to secure a certain standard of playing, coaching, and spectating. It also protects the welfare of all individuals and gives everyone involved reference points in reacting to difficult situations
- The codes of conduct promote fair and responsible behavior by the coaches, players, spectators, and parents towards others, including City staff
- Coaches are encouraged to have all players and parents sign the applicable codes of conduct at the start of the season

Coaches Code of Conduct

As a coach of PYB players, coaches pledge to be responsible for any (parent, guardian, or guests of the team). Words and actions while coaching PYB and shall conform their behavior to the following code of conduct:

- Coaches will remember that the primary reason children participate in this program is to have fun!
- Coaches will be a positive role model for players and encourage sportsmanship by showing respect, courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice, or any other sporting event
- Coaches will not engage in any kind of unsportsmanlike conduct with any official, coach, player, parent, or staff such as booing and taunting; refusing to shake hands; verbal or physical threats; or using profanity and/or inappropriate gestures
- Coaches will not participate in, nor encourage the engagement of any behaviors which may endanger the health, safety, or well-being of any coach, parent, player, participant, City staff member, official, or any other attendee
- Coaches will ensure any coach, parent, player, participant, official or any other attendee are treated with respect regardless of race, creed, color, national origin, sex, sexual orientation, game play, or ability
- Coaches will promote the emotional and physical well-being of all the players ahead of any desire to win
- Coaches will teach the skills of the game to the best of their ability and emphasize the values of teamwork and sportsmanship
- Coaches will always respect the officials and their authority during games
- Coaches will know and adhere to the PYB rules
- Coaches will communicate with parents and inform them of all practices and games
- Coaches will respect all facilities and equipment made available for teams to practice and play games
- Coaches will uphold PYB tradition and ensure all players play an equal amount of time each game
- Coaches will remember that City staff are there to improve the overall experience and are not professional basketball officials
- Coaches will ensure that all players and coaches shake hands at the end of each game

Player Code of Conduct

As a player in the PYB League, players pledge to be responsible for their words and actions while participating in the league, and shall abide by the following code of conduct:

- Players will be a positive role model for each other and encourage sportsmanship by showing respect, courtesy, and by demonstrating positive support for all teammates, opponents, coaches, officials, and spectators at every game, practice, or any other sporting event
- Players will not engage in any kind of unsportsmanlike conduct with any official, coach, teammate, opponent, or parent such as booing and taunting; refusing to shake hands; verbal or physical threats; or using profanity and/or inappropriate gestures
- Players will not participate in, nor encourage the engagement of any behaviors which may endanger the health, safety, or well-being of any coach, parent, teammate, opponent, City staff member, official, or any other attendee
- Players will ensure any coach, parent, player, participant, official or any other attendee are treated with respect regardless of race, creed, color, national origin, sex, sexual orientation, game play, or ability
- Players will promote the emotional and physical well-being of all the teammates and opponents ahead of any desire to win
- Players will always respect the officials and their authority during games
- Players will remember that all coaches are volunteers
- Players will remember that City Staff are there to improve the overall experience and are not professional basketball officials
- Players will respect all facilities and equipment made available for teams to practice and play games
- Players will ensure to shake opponents' hands at the end of each game
- Players will have fun!

Parent Code of Conduct

As a parent or guardian of a PYB player, parents/guardians pledge to be responsible for their guests' words and actions while attending or participating in the PYB program. Parents/guardians will abide by the following code of conduct:

- Parents/guardians will remember that the primary reason children participate in this program is to have fun!
- Parents/guardians will be a positive role model for players and encourage sportsmanship by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, or any other sporting event
- Parents/guardians will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; verbal or physical threats; or using profanity and/or inappropriate gestures
- Parents/guardians will not participate in, nor encourage the engagement of any behaviors which may endanger the health, safety, or well-being of any coach, parent, player, participant, City staff member, official, or any other attendee
- Parents/guardians will ensure any coach, parent, player, participant, official or any other attendee are treated with respect regardless of race, creed, color, national origin, sex, sexual orientation, game play, or ability
- Parents will promote the emotional and physical well-being of all the players ahead of any desire to win
- Parents will always respect the officials and their authority during games
- Parents will remember that all coaches are volunteers
- Parents will remember that City Staff are there to improve the overall experience and are not professional basketball officials
- Parents will respect all facilities and equipment made available for teams to practice and play games

Administrative Rules

League Director Authority

- All situations are not foreseeable and personal judgment will be needed
- Rules and regulations will be interpreted and enforced as deemed necessary to ensure a smooth and consistent program in keeping with the standards and intent of fair and safe recreational play
- May change or revise the league schedule if it is in the best interest of the program
- Will determine all rules and regulations and reserves the right to establish, modify or eliminate regulations at any time that are deemed necessary for the efficient operation of the league

Disciplinary Actions

- Any player, coach, or spectator guilty of an abusive verbal attack, including "trash talking" or taunting any participant, official, agency representative, or spectator will be required to leave immediately
- Any player, coach, or spectator guilty of a physical attack, lay a hand upon, push, shove, strike or kick an official, participant, coach, or spectator will be required to leave the facility immediately
- Any player, coach, or spectator guilty of leaving his or her bench area to further incite any verbal or physical confrontation between players on the court will be required to leave the facility immediately
- Any player, coach, or spectator guilty of damaging or defacing school district or City property will be required to leave the facility immediately
- Any player, coach, or spectator guilty of deliberate rough tactics during a game against the body and person of an opposing player will be immediately removed from the game and will be required to leave the facility immediately
- Any player, coach, or spectator refusing to abide by an official's decision or be guilty of verbal or forceful demonstrations of dissent towards an official's decision will be required to leave the facility immediately

Ejections

- Ejected players/coaches are required to leave City/Pleasanton Unified School District (PUSD) property (parking lot included) immediately
- Failure to comply will result in the game being forfeited and add to the initial penalty. For any ejection, the player/coach will be suspended for a minimum of one (1) game
- The game clock will continue to run until the ejected player/coach has left City/PUSD property
- Ejected player/coach are not eligible to play, coach, nor sit on the team bench until approved by the League Director
- Ejected player/coach (or their guardian) may submit their written account of their ejection to the League Director within 24 hours of the ejection. No account may be submitted after 24 hours has passed
- Coaches who are ejected are subject to removal as head/assistant coach and additional penalties for the specific violation

Appeal Process for Suspended Players/Coaches

- Should a player/coach wish to appeal their suspension, they must submit their intent to appeal by email or letter within five (5) business days of the date on the suspension letter
- A player/coach who has been suspended for two (2) weeks or less may appeal to the Recreation Supervisor by email or letter. The League Director will setup an in-person meeting with the player/coach and the Recreation Supervisor to consider the appeal. Suspended player/coach is not eligible to play while the appeal is pending
- A player/coach who has been suspended for more than two (2) weeks, but less than five (5) weeks may appeal to the Recreation Manager. The suspended player/coach must email or send a letter to the Recreation Supervisor who will be responsible for setting up an in-person meeting with the player and Recreation Manager to consider the appeal. Suspended player/coach is not eligible to play while the appeal is pending
- A player/coach who has been suspended for more than five (5) weeks may appeal the length of their suspension by email or letter to the Recreation Supervisor. The Recreation Supervisor will then set up an independent appeal board made up of managers, officials, or other parties. Suspended player/coach is not eligible to play while the appeal is pending. The decision of the appeal board is final

Forfeits

- Teams that know ahead of time that they are unable to play must call the Sports Office at (925) 931-3437 or email the League Director
- Forfeited games will not be rescheduled or refunded
- In the event of a forfeit, teams may use the court for practice. Teams must vacate the court fifteen (15) minutes prior to the next scheduled game
- Officials are not permitted to officiate unofficial games
- A game may be declared a forfeit by an official in favor of the team not at fault in cases of unsportsmanlike conduct

Special Information

- No smoking (combustion and vaping) and/or drinking alcoholic beverages is permitted in any City/PUSD facility. This includes the parking lot and any adjacent fields/buildings. Players, coaches, or spectators that are caught smoking or believed to be under the influence of drugs or alcohol will be asked to leave the premises
- Please leave the facility promptly after game(s) have concluded. This will make room for the other teams that still have to play and/or speed up the closing process of the facility
- No climbing on gym bleachers or other equipment
- Officials/City staff will always check for safety measures

PYB League Rules

What's Provided

- The league will provide a game ball, scorekeeper, officials, scoreboard, gymnasium, gym maintenance, lights, league rules, and other such equipment or materials as required for the efficient operation of the league

Team Formation / Roster Management

- Teams are formed by the League Director following player observations.
 - Player requests will not be accepted
 - Head coaches are permitted to select their child and one additional player to play on their team. Please note, both players must be registered in the same course code for the request to be honored
 - Player observation schedule may be found at: www.teamsideline.com/pleasanton
- PYB utilizes team snap for roster management and team communication

Governing Body Rules

- All City rules outlined in this handbook supersede the governing body rules
- Should a rule not be listed in this handbook, standard California Interscholastic Federation (CIF) high school rules apply

Team Roster

- Only the League Director has the authority to add/change/remove players/coaches on a team
- Each team will have approximately the same number of players
- Participants must officially register and be assigned to a team by the League Director
 - Coaches and players who do not abide by this rule may be subject to disciplinary action
- Coaches will not, at any time be guilty of utilizing a non-roster or ineligible participant; or falsify the identification or age of any participant or person on an official league roster. Such falsification, intentional or otherwise, and with or without that participant or person's knowledge, shall be just cause for disciplinary action. The infraction will be reported to the League Director.

Jerseys

- The League Director will provide coaches with a jersey for each member of their team. Once the coach issues the jersey to the player, the jersey belongs to the player and must be worn at all games

Shoes

- Athletic shoes with non-marking soles must be worn on the gym floor

Jewelry

- For the safety of all players, all jewelry must be removed before playing
 - Medical emergency bracelets, religious medallions, and any jewelry that cannot be removed must be taped down
 - If a player is found to be wearing jewelry during a game, a timeout will be charged to their team (if available), and they will have to remove/tape down the jewelry

Schedules:

- Game schedules may be found at www.teamsideline.com/pleasanton

Schedule Changes

- Games that are to be made up due to weather, power failure, or other circumstances will be re-scheduled at the conclusion of the season, or sooner if the schedule allows. Make-up games may be played on a different day and location
- If there are no officials for a game, it will be postponed and made-up according to the above rule
- Game schedules will not be adjusted to accommodate other extracurricular activities
- The League Director will do their best to accommodate schedules for teams with coaches who coach multiple PYB teams

Lineup

- Team managers are required to submit a legible line-up card listing all players (first and last name) and uniform numbers five (5) minutes prior to game time
- Line-up cards are available at the score table and online at www.teamsideline.com/pleasanton

Injury Time

- In the case of a serious injury, the official may stop the game clock

Timing

- A game consists of two (2) twenty-minute halves

- The clock stops every five (5) minutes for mandatory substitutions
- Each substitution period is fifteen (15) seconds
- A running clock format is used except for timeouts and player injuries
- Each team is allowed two (2) thirty second timeouts per half. Timeouts do not carry over from one half to the next
- There will be no overtime periods (a game can end in a tie)
- Halftime will be (3) minutes

Grades 1-2

- Game scores are not displayed. The scoreboard is used for timing purposes only
- Please note for grades 1-2, the game score is not projected, however, scores are maintained in the scorebook along with player playing time

Grades 3-12

- Stop Clock Timing will be used during the last two (2) minutes of the game unless a team is leading by more than fifteen (15) points

Court Grades 1-3 Girls/Grades 1-3 Boys

- Games are played on a smaller version of the regulation shaped court (cross-court style)

Court Grades 4-12 Girls/Grades 4-12 Boys

- Games are played on a regulation shaped court

Location of Coach Grades 1-3 Girls/Grades 1-3 Boys

- Coaches are allowed on the court briefly and only at the start of each substitution period but then must return to the sideline, in front of their designated bench (coach's box)
- Coaches will be issued a warning for the initial violation. Any violation following the warning may result in a technical foul being issued
- No "coaching from the corners" or any part of the gym/court, outside the coaches' bench. The only exception to this rule is when coaching on the second court at Thomas Hart Middle School. Coaches may be on one (1) end of the baseline, not on both

Location of Coach Grades 4 Girls / 4 Boys and Up

While games are in progress:

- Coaches are not allowed on the court
- Coaches must stay on the sideline, in front of their designated bench

Basketball Sizes and Rim Heights

- | | | | | | | | | | |
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| 29.5 | 10 Feet | | | | | | | | |

Substitutions

- The clock stops every five (5) minutes for mandatory substitutions
- Each substitution period is fifteen (15) seconds
- Players must line-up and kneel in front of score table one (1) minute prior to substitution periods
- Modification of player substitution is allowed only due to player injury or removal from game
- If substitutions have not been made within the ten (10) seconds allowed, the clock will start, and the ball will be put in play
- Illegal substitutions are penalized with a technical foul on the coach
 - Two (2) free throws will be awarded, and the opposing team will inbound the ball at mid-court

Playing Time

- Every player must play an equal amount of time. Playing time begins when the player arrives to the game
- Please refer to the PYB player substitution schedule on pages 16 and 17

Possession After Substitution Mark

- The ball will be put back into play where it was previously in play
- The team with possession of the ball immediately prior to substitution retains possession of the ball when play is resumed. A team does not have to “beat” the clock by shooting before these substitution marks
- If a shot was attempted or made at the substitution mark, the defensive team will be awarded the ball at the mid-court line when play is resumed

Key Violations

- **Grades 1-2:** Instruction will be given, and the ball will be given back to the offensive team
- **Grades 3-4:** Five (5) seconds in the key
- **Grades 5-12:** Three (3) seconds in the key

Fouls Grades 1-2

- Fouls are not recorded. Officials will instruct players on proper technique
- If an official believes a player is continuing to play too aggressive, the coach will be asked to further instruct the player on proper technique

Fouls Grade 3-12

- A player with five (5) personal fouls will be considered as having “fouled-out” and immediately replaced with an eligible player
 - If there are no eligible substitutions available, the team will continue to play with four (4) players for the remainder of the game. If there are less than four (4) eligible players, the game will be forfeited
- A player charged with a technical foul will be removed for the remainder of the current substitution period and the next
- Any player or coach with two (2) technical fouls will be removed from the game and must promptly leave the facility and may be subject to further discipline. This rule does not apply for technical fouls given for illegal substitutions
- A technical/flagrant foul will result in two (2) free throws and the ball awarded at the mid-court line. The fouled team retains possession of the ball

Free Throws Grades 1-2

- Will not shoot free throws. Instruction will be given, and the ball will be awarded to the fouled team

Free Throws Grade 3 Boys/3-4 Girls (on the release)

- Free throws shall be taken from the taped mark on the floor (30” up from the permanent free throw line)

Free Throws Grades 4-12 Boys/Grades 5-12 Girls (on the release)

- The “One and One” free throw rule is in effect starting on the seventh (7th) team foul in a half
- The “Double Bonus” free throw rule (2 free throws) is in effect on the tenth (10th) team foul in a half
- A technical/flagrant foul will result in two (2) free throws and the ball awarded at the mid-court line

Defense Grades 1-4/ & 5 Boys

- Cannot defend in the backcourt (no press). If a team is leading by fifteen (15) or more points, they also may not defend outside of their defensive 3-point line

Defense Grade 5 Girls & 6-12

- May defend in the backcourt. If a team is leading by fifteen (15) points, they cannot defend in the backcourt
- If a team leads by (20) or more points, they cannot defend outside their defensive 3-point line

All grades are permitted to play any type of defense. Any violation will be considered illegal defense

Illegal defense

- For all grades - the first illegal defense will be a warning
- After the initial warning, the following will apply:
 - **Grades 1-2:** Warning will be continued to be issued
 - **Grades 3-12:** A technical foul on the coach will be issued. Two (2) free throws and the ball will be awarded to the opposing team

Rules at a Glance

	Boys 1-2	Girls 1-2	Boys 3	Girls 3	Boys 4	Girls 4	Boys 5	Boys 6-12	Girls 5/6-12
Ball Size	27.5"	27.5"	28.5"	27.5"	28.5"	28.5"	28.5"	29.5"	28.5"
Court Size	Cross	Cross	Cross	Cross	Full	Cross	Full	Full	Full
Basket Height	8 ft.	8 ft.	9 ft.	9 ft.	10 ft.	10 ft.	10 ft.	10 ft.	10 ft.
Key Violation	No	No	5 sec.	5 sec.	5 sec.	5 sec.	3 sec.	3 sec.	3 sec.
3 Point Shot	No	No	No	No	No	No	No	Yes	Yes
Back Court Press	No	No	No	No	No	No	No	Yes	Yes
Free Throws	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes

PYB Player Substitution Schedule

6 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x	x	x	x	x		30
		2	x	x	x	x	x		x	x	35
		3	x	x	x	x		x	x	x	35
		4	x	x	x		x	x	x	x	35
		5	x	x		x	x	x	x	x	35
		6		x	x	x	x	x		x	30

7 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x	x	x		x	x	30
		2	x		x	x		x	x		25
		3	x	x	x		x	x		x	30
		4	x	x		x	x	x		x	30
		5	x	x		x	x		x	x	30
		6		x	x	x		x	x	x	30
		7		x	x		x	x	x		25

8 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x	x		x		x	25
		2	x		x	x		x	x		25
		3	x		x		x	x		x	25
		4	x	x		x	x		x		25
		5	x	x		x	x		x		25
		6		x		x		x	x	x	25
		7		x	x		x	x		x	25
		8		x	x		x		x	x	25

9 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x	x		x		x		x	25
		2	x		x	x		x		x	25
		3	x		x		x	x		x	25
		4	x		x		x		x	x	25
		5	x		x		x		x		20
		6		x	x		x		x		20
		7		x		x	x		x		20
		8		x		x		x	x		20
		9		x		x		x		x	20

10 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x		x		x		20
		2	x		x		x		x		20
		3	x		x		x		x		20
		4	x		x		x		x		20
		5	x		x		x		x		20
		6		x		x		x		x	20
		7		x		x		x		x	20
		8		x		x		x		x	20
		9		x		x		x		x	20
		10		x		x		x		x	20

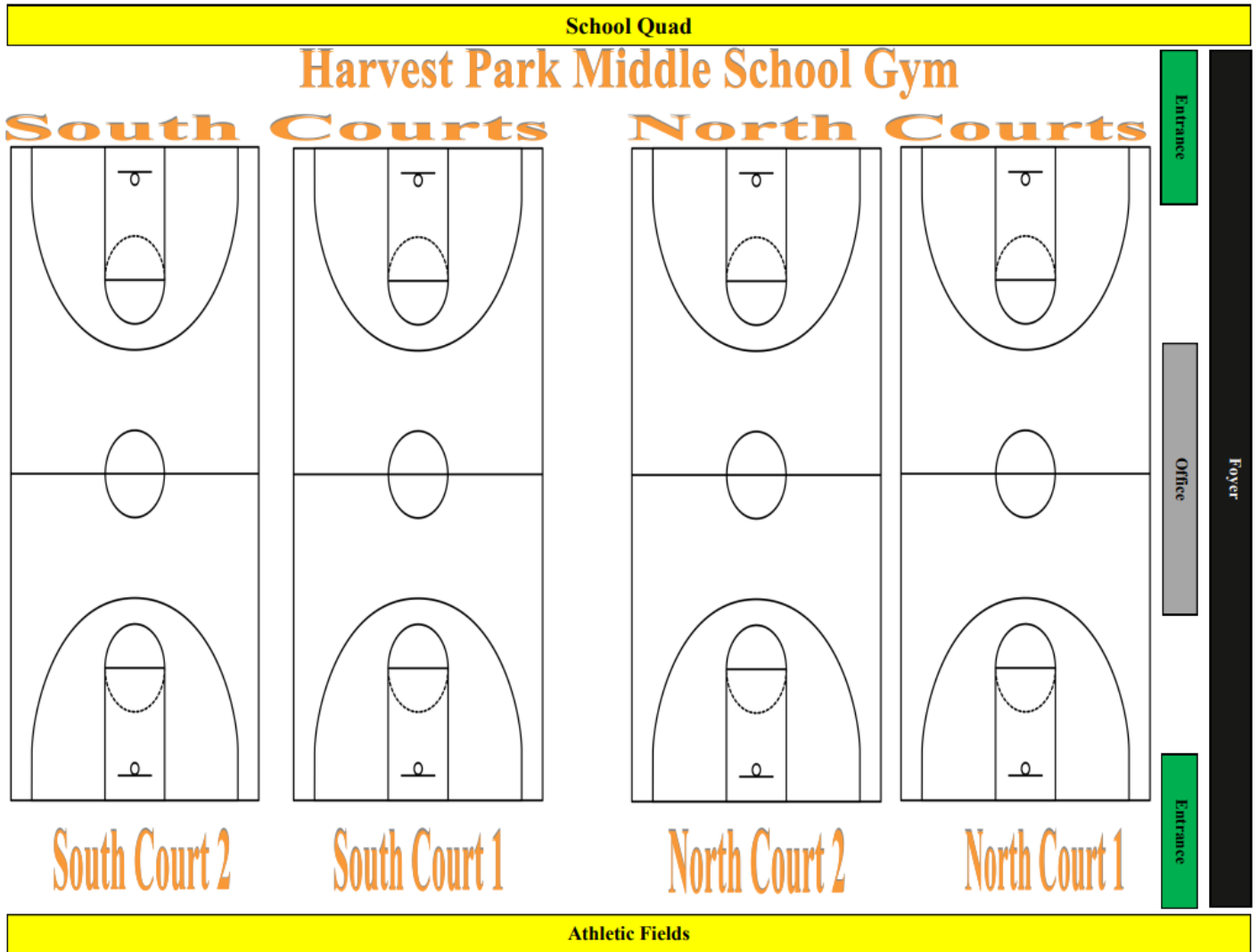
11 Players

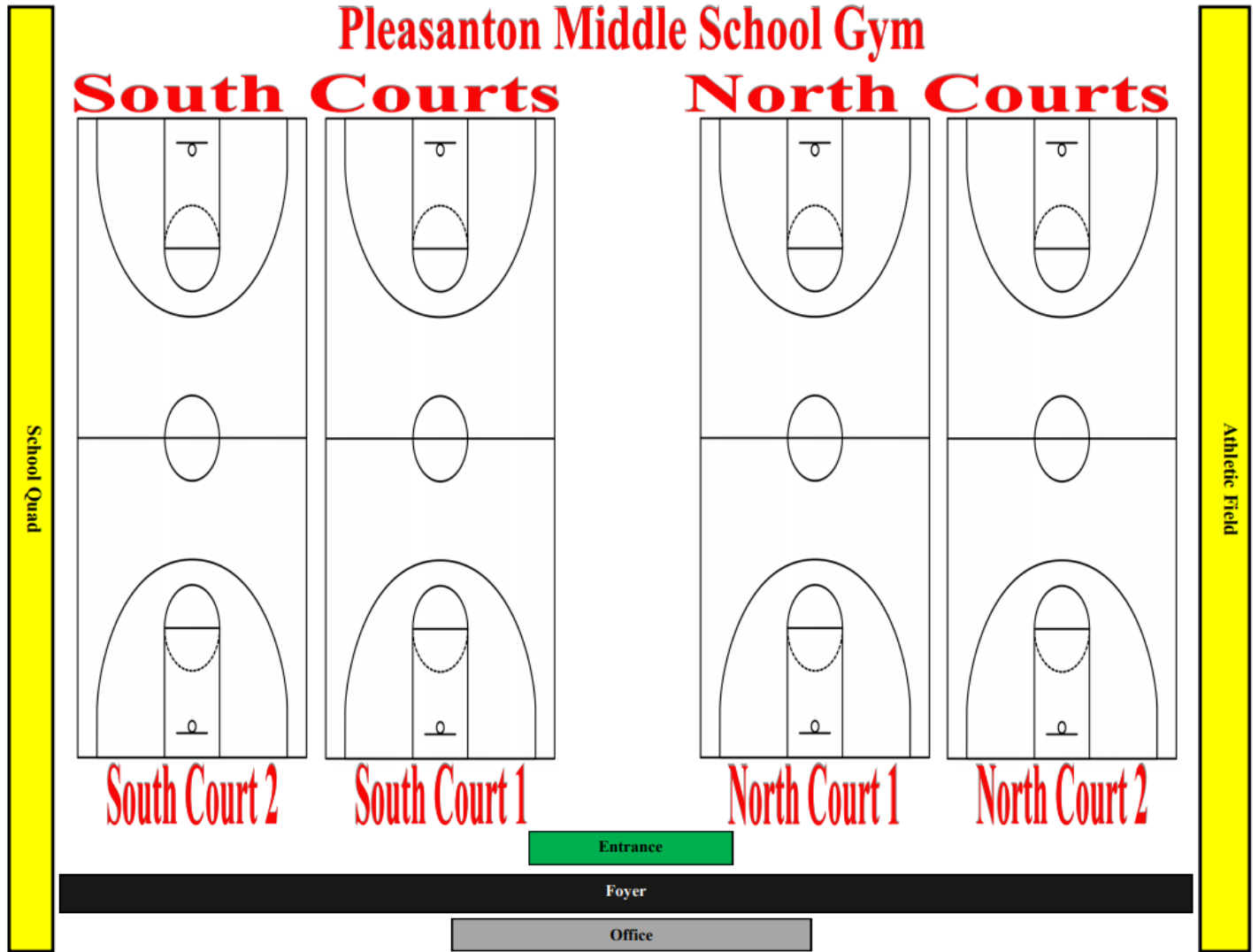
Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x		x		x		20
		2	x		x		x		x		20
		3	x		x		x			x	20
		4	x		x			x		x	20
		5	x			x		x		x	20
		6		x		x		x		x	20
		7		x		x		x		x	20
		8		x		x		x			15
		9		x		x			x		15
		10		x			x		x		15
		11			x		x		x		15

Appendix

Gymnasium Locations

Harvest Park Middle School (4900 Valley Avenue, Pleasanton, CA 94566)

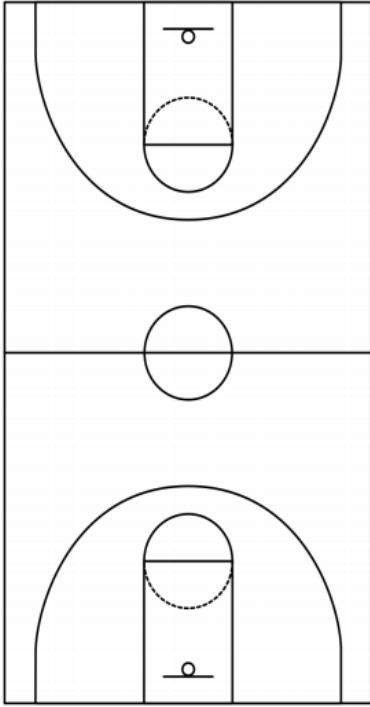




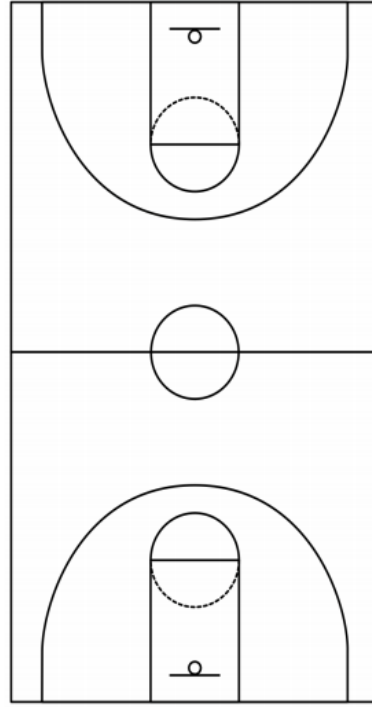
Athletic Fields

Thomas Hart Middle School

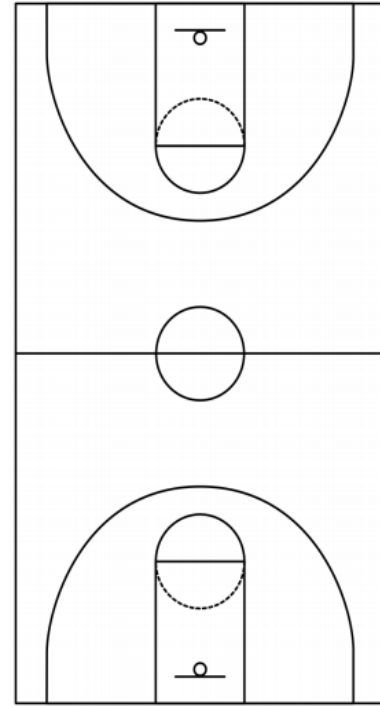
Office
Entrance
Foyer



Court 3



Court 2



Court 1

School Quad

Defense:

The team without the ball is called the defense. They try to steal the ball, contest shots, steal and deflect passes, and garner rebounds.

Offense:

The team with possession of the ball and with the goal to score. Offense can move the ball towards their goal by dribbling or passing and ultimately shooting to try to score.

Baseline:

End line beneath each basket.

Foul Line:

Free throw line.

Key or Foul Lane:

Also known as the "paint." Rectangular area from baseline to foul-line with circle at top.

Elbow:

Area of court where foul-line and side of key meet.

Crossover Dribble:

A dribble in which the ball is moved from one hand to the other while dribbler changes directions.

Pivot Foot:

Foot staying in contact with a spot on the floor while moving the other foot to adjust position of the body or to evade a defensive player.

Jump-stop:

Action of coming to complete stop where both feet land in a spot simultaneously.

Assist:

Pass that leads directly to a teammate scoring a basket.

Bank Shot:

Also called "using the glass" means a player shoots so that ball hits the backboard prior to going in.

Wing:

Area just on or outside 3-point line even with the foul-line. (foul line extended)

Block:

Rectangular block on outside of key by baseline.

Post-up:

Getting an offensive position near the basket along the key.

Drop Step:

Also called "Reverse pivot". When posting-up, taking a step backwards, towards the basket and behind the defender in order to move around him/her.

1+1:

Free throw were making the first shot earns a second shot. If the first shot is missed, the ball becomes live.

Violation:

is the most minor class of illegal action. Most violations are committed by the team with possession of the ball, when a player mishandles the ball or makes an illegal move. The typical penalty for a violation is loss of the ball to the other team.

Triple Threat position:

The position when a player facing a defender receives a pass but has not dribbled yet. The offensive player's feet are slightly wider than shoulder width and slightly on the balls of their feet, their knees flexed, with both hands on the basketball in front of them or almost resting on their thigh, presenting the defender with an opponent able to move in any direction. One foot is held as the pivot and the other slightly ahead. From this, the player can choose from three options: to shoot, to dribble (drive) past the defender or to pass it to a teammate. There are also options to get the defender out of their defensive stance by using jab steps and shot fakes.

WEEK 1

SKILL OF THE WEEK: DRIBBLING

“The point guard is there to serve others; to keep them involved and organized.” – Larry Brown

Warm-up/Stretches (5 Minutes)

Begin each practice with warm-up activities and stretching to get players loosened up and ready to go.

Ball Handling (15 Minutes)

Equipment:

One basketball per player

Drill Instructions:

Players spread out on the basketball court in 1-3 lines, facing the coach.

Players will be in a good basic offensive basketball position.

Players will dribble the basketball in place with their dominant hand for 30 seconds. After 30 seconds switch and do another rep with opposite hand for 30 seconds. (emphasize having eyes up)

Players will perform a one dribble cross while advancing forward touching half court and coming back doing the same move. They will start out taking one dribble with whatever hand. After that one dribble they will immediately perform a crossover dribble into their opposite hand.

Once they touch half court and back, the next move will be a between the legs followed with a crossover. Repeat the same movement as completed in step 5. (half court & back)

The last move for this drill will make the players combine all the moves they've worked on. This combination move is called the "Chris Paul". Players will combine each move they learned which results into one crossover, a between the legs dribble and adding a behind the back dribble at the end. With no extra dribbles in between the dribble moves.



Full Court Basketball Dribbling (15 Minutes)

Equipment:

One basketball per group

Drill Instructions:

Players will form four lines at one of the baselines, facing the coach who is at half-court.

Players will perform the following basketball dribbling drills by dribbling down the court with their right hand and back with their left hand.

Control Dribble - Players control dribble down the court with their right hand and return with their left.

Speed Dribble - Players speed dribble down the court with their right hand and return with their left.

Change-of-pace Dribble - Players dribble down the court alternating between the speed dribble and control dribble.

Players should work on controlling the basketball and keeping their head up to see the court. They can do this by focusing on the opposite basket.

1 on 2 Pressure Ball Handling Drill (20 Minutes)

Equipment:

One basketball per group

Drill Instructions:

1 Starts on the baseline with the ball. The two defenders try to trap and/or stop the ball.

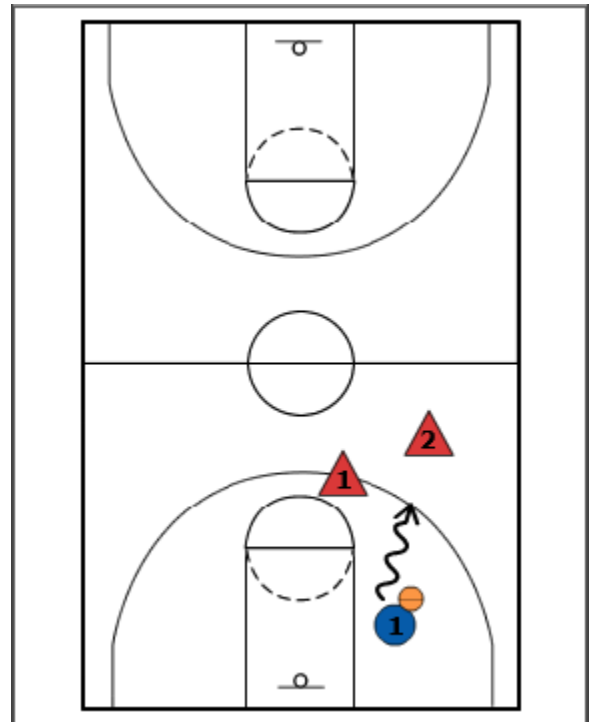
1 tries to beat the defense and score at the opposite hoop.

You can also start this drill by having one defender force the defender to the baseline and bringing the 2nd defender to trap.

You can also start at half-court, 3/4 court.

To increase difficulty, you can:

- Split the court in half.
- Restrict dribbles.
- Add a 3rd defender.



WEEK 2

SKILL OF THE WEEK: PASSING

"Teamwork doesn't come naturally. It must be taught." – Pat Summitt

Warm-up/Stretches (5 Minutes)

Begin each practice with warm-up activities and stretching to get players loosened up and ready to go.

Stationary Passing (10 Minutes)

Equipment:

One basketball per group

Drill Instructions:

Have each player get a partner, and each pair has a ball, so they can "play catch" with each other. Have the partners separate about 12 - 15 feet (comfortable passing distance) and face each other.

- Chest Pass:** Demonstrate the proper techniques with "stepping into" the pass with one foot forward. Snap the pass, with the thumbs going through the ball and extending toward the receiver.
- Bounce Pass:** The ball should hit the ground about three-quarters from the receiver and bounce right to their chest.
- Overhead Pass:** Have the partners move a little farther apart, so they are working on a longer pass. Players should snap their passes with some arc, but be sure that they are not lobbing their passes too high.



Repeat between the different types of passes.

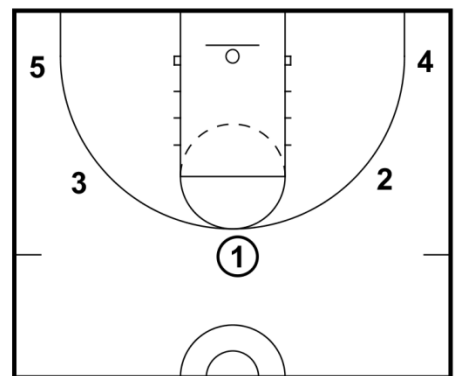
Position Passing (10 Minutes)

Equipment:

One basketball per group

Drill Instructions:

- Select one or two players to be the defenders and get the rest of your players to spread out in a small area like the three-point line.
- When the drill begins, the defenders will run around trying to steal the basketball from the offensive team. The defenders goal is to get a deflection or a steal.
- The offensive players must stay in one space and pass the ball around to each other keeping the basketball away from the defenders.
- After a minute or two, swap out the defenders.



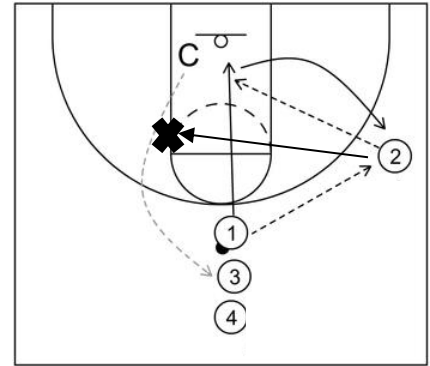
Laker Cut Drill

Equipment:

4-5 balls

Drill Instructions:

1. Two lines are formed, one on top of the key (Line A), the other on the wing (Line B)
2. Player 1 (Line A) passes to Player 2 (Line B), then cuts towards the hoop. After receiving the pass, Player 2 gives a bounce-pass back to Player 1, who then does a layup.
3. After Player 2 passes back to Player 1, they will run to the adjacent elbow, where the coach will pass the ball and Player 2 shoots the ball.
4. After completing the layup, Player 1 will give the ball to the coach and go to Line B. After Player 2 shoots, they will get their rebound and get in Line A and give the ball to the next person without a ball.



Drill Purpose:

- The purpose of this drill is to practice on making strong passes, a cutting to the hoop, as well as working on a shooting form.

Loco-Motion (20 Minutes)

Equipment:

2 basketballs per group

Drill Instructions:

Coach takes shot or throws the ball off the backboard.

3 rebounds the ball passes to 5. 3 follows his pass to the next line.

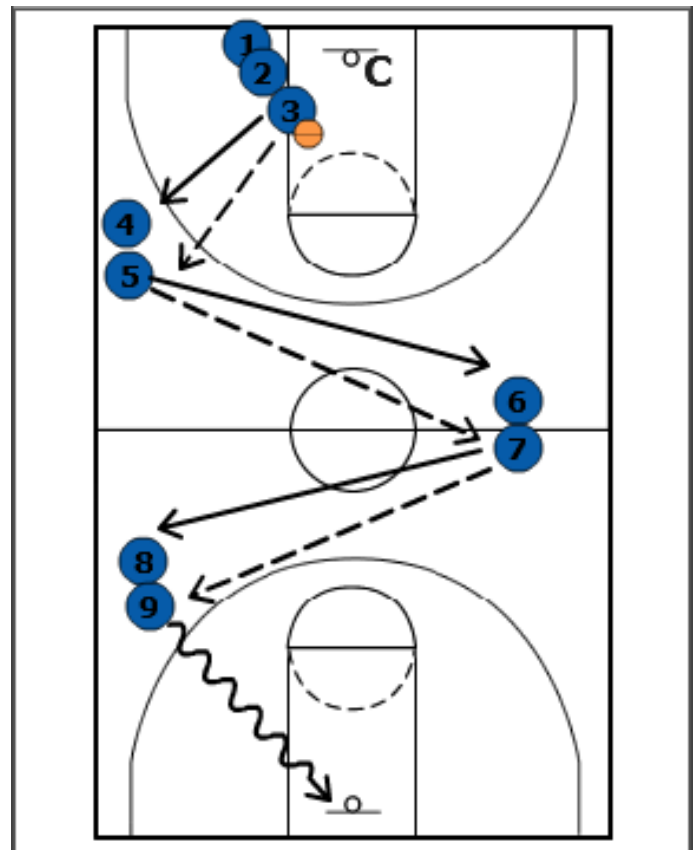
5 comes toward the ball, jump stops, pivots, passes up the court to 7 and follows the pass to the next line.

7 comes toward the ball, jump stops, pivots, passes up the court to 9 and follows the pass to the next line.

9 comes toward the ball, jump stops, pivots, and dribbles towards the hoop for the layup.

After the layup, the next group starts

9 grabs the rebound and power dribbles to the sideline then speed dribbles down court, coming to a jump stop on the sideline at the foul line extended. The player passes the ball back to the coach and returns to the rebounding line.



WEEK 3

SKILL OF THE WEEK: SHOOTING

“Shooting percentage is just as much about decision making as it is about technique.” – Jeff Van Gundy

Warm-up/Stretches (5 Minutes)

Begin each practice with warm-up activities and stretching to get players loosened up and ready to go.

Shooting Fundamentals (10 Minutes)

Player should be properly balanced, with feet shoulder width apart and a ball in his/her hands.

Keep the knees bent (use your legs to shoot).

Keep shooting hand under the ball with elbow locked (elbow should be in – never outward, away from the body), opposite hand should be to the side of the ball helping to “balance” the ball, never helping to “shoot” the ball.

Find the target (front or back of the rim – differs from coach to coach) and focus on a “consistent” target (the rim) every time.

Square Up to the basket – Which means your shoulders are “square” (parallel) to the basket (toes pointing straight at the basket).

Shoot with lots of “arc” on the ball (60 degrees is the preferred arc), try to get lots of “rotation” on the ball.

And most importantly – Follow through: Keep the shooting hand up and fully extended, keep your fingers pointed at the rim, and keep your arm up until the ball goes in the basket or misses.



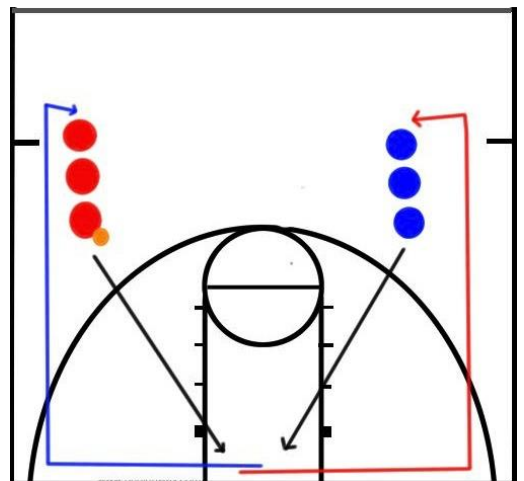
Line Lay-up Drill (10 Minutes)

Equipment:

3 basketballs

Drill Instructions:

1. Split the players into two separate lines on each side of a half-court, a shooting line and a rebounding line.
2. The drill starts with the first shooter dribbling up to the basket and doing a simple layup, the first rebounder rebounds and passes to the next shooter. The shooter goes to the rebounding line and the rebounder goes to the shooting line.
3. After a few minutes switch sides, so that the left line is now the shooting line, and players must do a left-handed layup.

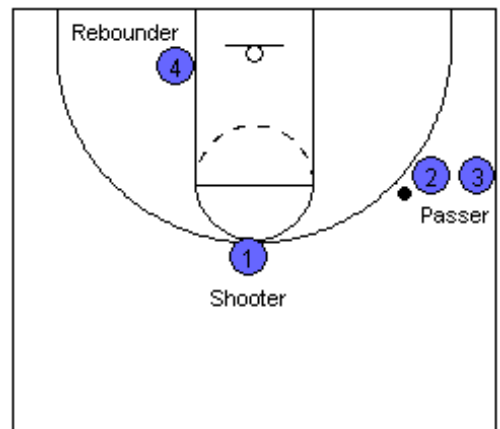


Elbow Shooting Drill (15 Minutes)

Equipment:

3 basketballs

Drill Instructions:



Ideally, have four players at a basket for this drill.

Start the drill with a player in the shooting line just above the top of the key, a rebounder positioned near the basket on the off-side of the right-side shooting elbow, and two players in the passing line at the right wing, free throw line extended and outside the three-point line. The ball will be in a passer's hands to begin with.

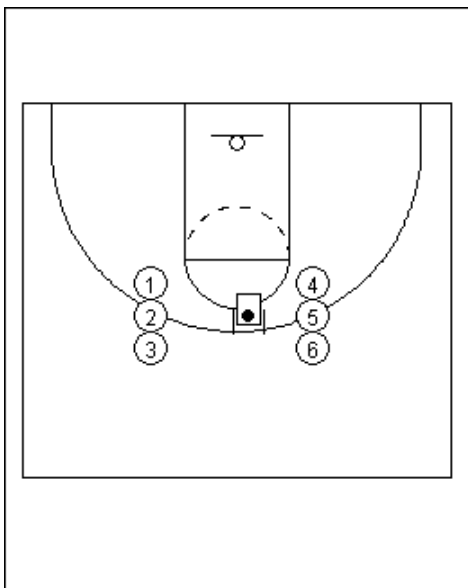
The shooter will do a jab step to the left and then cut to the right elbow.

The passer will deliver a pass so that the shooter can step right into the shot using the left foot as the pivot foot.

The rebounder throws the ball to the passing line, the initial shooter becomes the new rebounder, the initial rebounder joins the passing line, and the initial passer becomes the next shooter.

Repeat the process from the opposite elbow, adjusting the rebounder position and passing-line position. Make sure that players use the right foot for the pivot foot when shooting from the left elbow.

Continue the drill until all players have shot ten shots from both elbows.



Top 1 on 1 Shooting Drill (20 Minutes)

Equipment:

1 basketball and cones

Drill Instructions:

1. Players are in 2 lines, above the foul line, even with the lane lines.
2. Place a cone in the middle of the lane lines, above the foul line. Place a ball on the cone.

When the coach calls "Go," the first player in each line sprints and touches a spot on the baseline in the center of the lane. Players then sprint back to the cone, and first player to the ball picks it up and is on offense and other on defense.

WEEK 4

SKILL OF THE WEEK: DEFENSE

“Defense is one man guarding the ball and four others helping him.” – Mike Krzyzewski

Warm-up/Stretches (5 Minutes)

Begin each practice with warm-up activities and stretching to get players loosened up and ready to go.

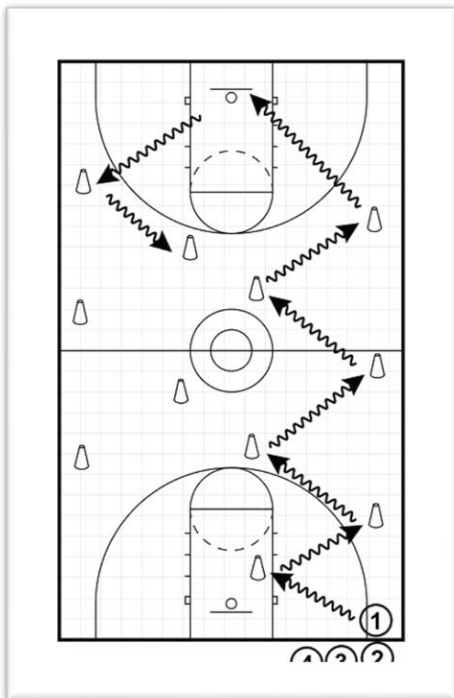
Defensive Ready Position (10 Minutes)

Introduce and demonstrate proper defensive ready position. When in a defensive ready position, emphasize the following:

- Feet shoulder width apart, slightly staggered.
- Weight distributed evenly on balls of both feet.
- Bend ankles, knees and hips.
- Head upright and looking forward, back fairly straight.
- Arms are extended out to side in position to intercept a pass.
- Hands are above elbow and below shoulder.
- Must be balanced.



Zig Zag Drill (15 Minutes)



Equipment:

Cones

Drill Instructions:

The player starts on the baseline in the corner with their back to the opposite baseline.

The player begins at an angle and begins to step-slide towards the middle of the floor.

After a few step-slides, the player will perform a drop-step and begin sliding back to the sideline.

Repeat this drill.

Partner Zig Zag Drill (10 Minutes)

Equipment:

Basketball and Cones

Drill Instructions:

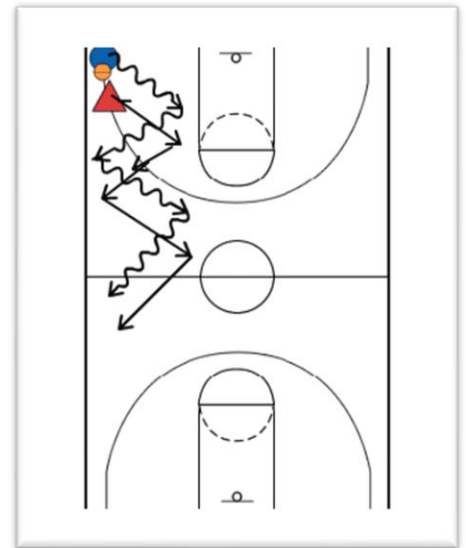
Players form pairs: one offensive and one defensive player.

The offensive player dribbles the length of the court in a zigzag pattern while the defensive player uses drop steps and defensive slides.

Defensive player should stay one arm's length away from the ball-handler. They are not allowed to steal the ball.

When players reach the baseline, reverse roles and continue the drill. As players become better at this drill, they can increase the speed and intensity at which it is performed.

Once players have been able to go through the drill one time each, repeat the same drill, but add an opportunity for players to play "live" after crossing half court. Once they cross half court the offensive player will have an opportunity to try and score on their defender.



5 vs. 4 Defensive Disadvantage Drill (20 minutes)

Equipment:

Basketball and pennies

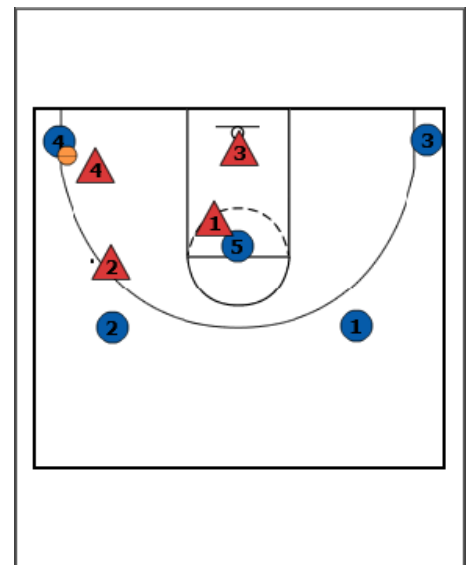
Drill Instructions:

The first pass can be made to any offensive player except number 5 in the post.

All the defensive players react to the pass by moving into help positions.

The offensive player guarding the man that has the ball close out.

Then it becomes a live game.



WEEK 5

SKILL OF THE WEEK: REBOUNTING

"I feel all great teams have two things in common: defense and rebounding. So, we stress defense and rebounding every day as the most important aspects in the game to win." – Larry Brown

Warm-up/Stretches (5 Minutes)

Begin each practice with warm-up activities and stretching to get players loosened up and ready to go.

Two Line Rebounding Drill (15 Minutes)

Equipment:

One basketball per group

Drill Instructions:

Players will form two lines at each of the main baskets. One line (offense) will be positioned past the top of the key; the other line (defense) will be positioned at the baseline.

The coach will stand at the top of the key with a basketball.

The first offensive player will start at the free-throw line and the first defender will be directly in front of them in a good defensive position.

The coach will shoot the basketball, attempting to miss it, and the offensive player will aggressively move to get past the defender for a rebound.

The defender will perform the proper footwork and technique to pivot and box out the offensive player.

If the defender gets the rebound, they should pivot and make a quick outlet pass to the coach.

If the offensive player gets the rebound, they will make an offensive move to score.

The drill is continued until the defender gains possession of the ball.



Two on Two Box Out Drill (20 Minutes)

Equipment:

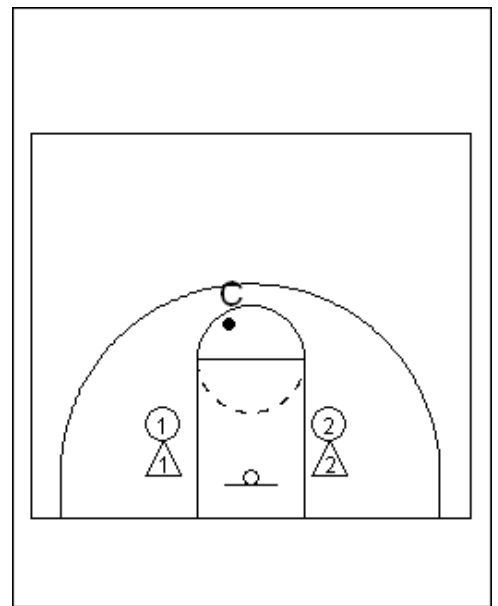
One basketball per group

Drill Instructions:

Offensive and defensive player on each side of the lane.

The coach throws up the ball, defense blocks out, offense goes after the rebound.

If the offense gets rebound, they try to score. If the defense rebounds, they pass the ball out to the coach.



Battle Rebounding Drill (20 Minutes)

Equipment:

One basketball per group

Drill Instructions:

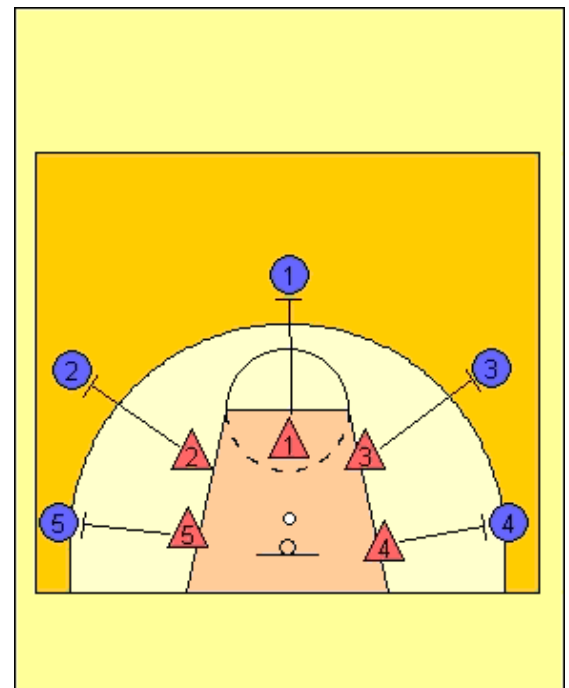
Position five offensive players just outside the three-point line as shown. Five defenders match up and assume position at the edges of the key as shown. Place a ball on the ground just in front of the hoop.

On the coach's first whistle, defensive players sprint to close out on the offensive players. The last three or four steps should be wide and choppy with the body leaning slightly back and arms raised to shoulder height.

On the coach's second whistle, all five offensive players "shoot" a jump shot (none of them will have a ball). Defenders contest the shots by shouting "shot" and by moving close to the shooters with arms fully extended straight up and keeping their feet on the ground.

As the shooters come down, the defenders turn and box out. The offensive players try to get to the ball near the hoop, and the drill remains live until one does get to the ball. The coach times this starting on the second whistle and ending when an offensive player gets to the ball.

The coach blows a third whistle to signal that the repetition is over.



WEEK 6

Skill of the week: Zone & Press Defense

Warm-up/Stretches (6 Minutes)

Begin each practice with warm-up activities and stretching to get players loosened up and ready to go.

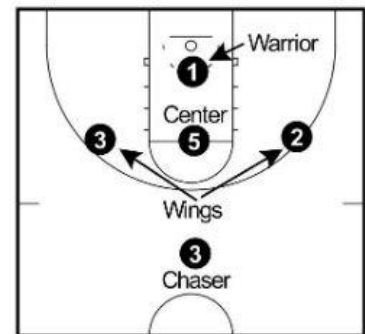
1-3-1 Half Court Zone Press (16 Minutes)

Equipment:

One (1) basketball

Drill Instructions:

1. Have 5 player setup on defense (as pictured on right); remaining players will play offense.
2. To start the drill, the offense will begin with ball at half court.
3. Offense will then dribble in any direction they choose. "Point" or "Chase" defender will attempt to force them to one of the sidelines.
4. Once player is forced to the sideline, the "Wing" defender will come up and help trap the offense.
5. When the "Wing" moves up to help, "Center" and the other "Wing" defenders shift their positioning to the ball.
6. If the offense gets past the "Point/Chase" and "Wing" defender, the "Center" will slide over to help trap the offense in the corner.



Basic Pointers:

1. Be vocal, talk to each other.
2. Get your hands up and out, to shrink the passing lanes.
3. Trap the corners.
4. No fouls... play good defense without fouling.
5. Defense should never stop moving.

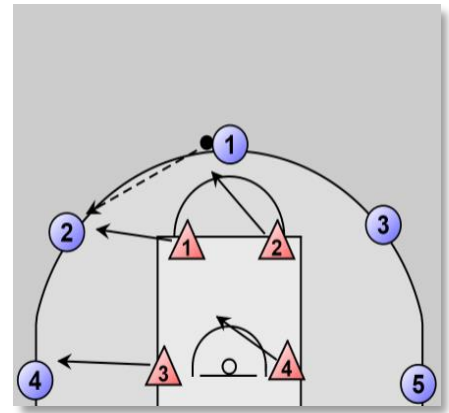
Drill Purpose:

The 1-3-1 press defense is a type of basketball defensive strategy that implements on-ball pressure, particularly in the backcourt, and traps near the sidelines, to limit or prevent offensive scoring opportunities.

Zone Defense (16 Minutes)

Basic Pointers:

1. No lay-ups. Try to keep the ball outside. Double-team the ball in the paint.
2. Be vocal, talk to each other.
3. Get your hands up and out, to shrink the passing lanes.
4. Close-out on the shooter with high hands, to pressure the shot and the pass. We are less concerned with dribble-penetration since the zone creates too much congestion inside for the dribble-drive.
5. Stay in your defensive stance.
6. No fouls... play good defense without fouling.
7. No second shots... be aggressive rebounders
8. Trap the corners.
9. Especially if you are ahead, don't gamble or get too zealous about trapping the wing and point guard positions. Keep pressure on the ball, but also protect the paint and force the outside, low-percentage shot.



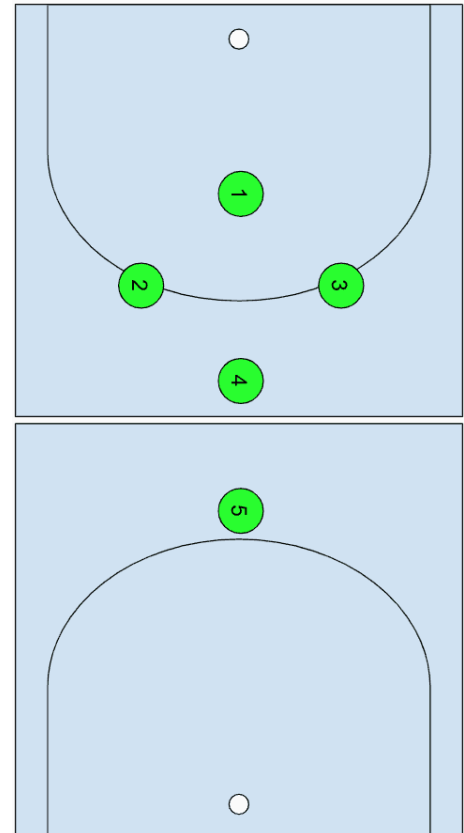
Full Court Diamond Press (16 Minutes)

Equipment:

One (1) basketball

Drill Instructions:

1. Have the defensive players set up in a 1-2-1-1 formation as shown to the right.
2. Once ball is inbounded (i.e. to the left), players 1 and 2 will converge on the ball handler and attempt to trap the offense in the corner or along the sideline.
3. Once players 1 and 2 move to trap the offense, player 3 will then slide toward the middle of the floor to take away the passing lane.
4. Player 4, lines up just above halfcourt and will try to stop the dribbler, forcing them to the sideline, if they do break through the initial trap.
5. If the initial press is broken the players on the wing (2 or 3) will slide back down to assist Player 4 with the trap along the sideline.
6. Player 5 (safety), lines up at top of the arc and their job is to stop the long passes and be great at defending in 2 on 1 situations.



Drill Purpose:

To force the ball to be inbounded to the strong-side corner and then immediately trap the offensive player that catches the basketball using the inbounder and the closest wing player. In addition, no ball should be dribbled down the sideline nor should passes be made to the offensive player in the middle of the floor.

Recap (6 Minutes)

What was learned from today's session defense? Why it's important? What we will be going over next session?

DRILL LIST: PRIMARILY FOR GRADES 8-12

SHOOTING DRILLS

Bank Shot from Block (shooting with the backboard):

- Where they go: Two lines of players on each block.
- First player shoots bank shot then rebounds ball and passes to opposite line. After passing, player goes to end of line that they pass the ball to.
- Next player shoots from other side and drill continues, alternating lines.
- Variation: You can have your team step out and shoot from the elbow or three-point line. (Do not shoot bank shots from those two positions).
- Key Point: Aim for top corner of square on backboard.
- Make it a game: First player to make 5 shots wins.

Spot Shooting:

- Where they go: Group of 4 or more players lined up at one spot on the floor. Group has two balls.
- First player shoots and follows shot for rebound. Next player goes. After passing to next-in-line, shooters go to end of same line.
- Players keep shooting from that spot for 1 minute. Shoot from all five spots around the court. Shooting spots include both corners, both wings, and top of the key.
- Make it a game: Run drill with 2 different groups. See which group makes the most shots after the time is up that you set for them.

V-Cut Jumpers:

- Where they go: Two lines of players at a 3-point line, foul line extended area. All players have ball except first player in one line.
- Player without ball (shooter) sprints to block, then makes V-cut to foul line and receives pass from first player in the opposite line.
- Shooter follows shot, gets rebound, goes to end of opposite line. Passer then makes V-cut, becomes new shooter, receives pass from other line, and drill continues.
- Key Point: Emphasis on squaring up and pivoting into shot.
- Make it a game: Everyone shoots from both sides. Tally shots made for team.

Dribble Move Jumper:

- Where they go: Players form two lines at mid-court. Chair or cone can be placed outside of three-point line.
- Players dribble toward obstacle and make a dribble-move past it, then continue toward the basket. Take jump shot at 12-15ft. Rebound and go to opposite line.

Elbow Jump Shot:

- Where they go: two lines of players at elbow. One ball in each line.
- Players shoot jump shots. Follow shot and rebound the ball. Then pass to the opposite line and sprint to the end of that line.
- Next player shoots ball from other side and drill continues, alternating lines.
- Key point: receive pass in good shooting position, square to basket, knees bent, hands ready and fingers pointing up.
- Make it a game: See how many whole teams can make in two minutes or see which player is first to make five shots.

Jump Shots With Defense:

- Where they go: Two players work together. Player 1 has ball under basket. Player 2 stands just inside 3-point line in the short corner.
- Player 1 passes to player 2, then sprints to contest player 2's jump shot and rebounds the ball. Switch positions after doing that five times.
- Continue until each player has shot from all five spots on court.
- Key point: Shooter can use shot fake and one-dribble jump shot.
- Make it a game: see who makes the most out of five. Rotate in 2 new players and play off until one champion.

Post Moves:

- Where they go: Players form line on left side block. Coach or player on right side of court at 3-point line.
- Pass to coach/player and cut to right side block. Coach/player passes to player on block outside of lane. Player with back to basket. Players work on following post moves.
- Drop step baseline for power lay-up.
- Drop step to middle for jump shot or hook shot.
- Square-up jump shot (baseline and middle).
- Square-up shot fake (middle and baseline lay-up).
- Key point: Work both sides. Later, can add defender.

Pull-Up Jumpers:

- Where to go: Three lines of players at mid-court.
- Players dribble 12-15 feet, full up and take jump shot. Rebound own shot and rotate lines.
- Variation: older players may shoot 3-pointers.
- Key Point: Pull up on balance, square to basket, use proper shooting form.
- Make it a game: Determine several shots team must make in a given time frame. Make that number of shots to avoid running sprints.

X-out Lay Up:

- Where to go: Player starts on right elbow.
- Dribble in and shoot right-handed lay-up.
- Rebound ball, dribble to opposite elbow, touch with foot and change dribbling hands. Dribble in with left hand and shoot left-handed layup.
- Key-point: Should push off with left foot when shooting right-handed lay-up and vice versa.
- Make it a game: See how many you can make it one minute.

Spot 50 (Advanced players):

- Where they go: Player starts in one corner of the court with two minutes on the clock.
- You can shoot three pointers if you are a good shooter, but most will stay 2 steps inside the three-point line.
- Another teammate will be rebounding for you and passing you the ball.
- When the clock starts you must shoot 10 shots at all five spots on the court.
- When the time runs out you add up all your shots you made out of 50 shots (if you make it all the way around).
- Make it a game: You can turn it into a competition and have everyone participate in the drill to see who makes the most.

Foul Shooting Games:

- Where they go: Two groups of players, evenly divided, lined up along each side of foul lane. One shooter.
Choice of multiple games:
- Each player shoots 2. Team with most in wins.
- Each player shoots 1+1. Team with most in wins.
- Each player shoots 2. Both teams must combine to make X%, or all run sprints
- Players keep shooting until they miss. All players try to rebound missed shot. Get rebound= go to shooter. Players rotate rebounding positions after each miss. First to 10 points wins.

PASSING DRILLS

Two Pass Lay-In:

- Where they go: Two lines of players, Line A on right-side behind 3-point line, B directly at top of circle. Each player in Line A with ball.
- Player A passes to B, then sprints to basket and receives pass from B and shoots lay-up.
- Player B will follow pass and rebound ball. Player A goes to end of Line B. B dribbles to end of line A.
- Key Point: Work right hand, then left hand.
- Make It a Game: How many consecutive lay-ups can the team make?

Two Ball Passing Drill:

- Where they go: Player's line up with partner 12-15 feet away.
- Pass ball back and forth between partners. One player throws bounce pass, other player throws chest pass.
- Switch passes after 30 seconds.
- Key Point: Can do stationary or moving, with players sliding to mid-court and back.
- Make it a game: Two-team race down and back.

Pivot and Pass:

- Where they go: Lines of players at baseline. At least 2 players per line.
- First player in line dribbles to foul line and does jump stop (jump and land on both feet at the same time).
- Player does reverse pivot (spin away from ball), or forward pivot (spin toward the ball). Pass back to next in line, then sprint to end of the line.
- Key Point: Stay low and balanced when pivoting.
- Make it a game: Player sits down when done. First team with everyone sitting wins.

Stationary Passing Drill 1:

- Where they go: Players line up with partner 12-15 feet away (adjust with age of players). Pass ball back and forth between partners.
- Chest Pass: Pass to chest area, just below chin of partner.
- Bounce Pass: Ball should be bounced on floor, 3/4 distance to partner. Follow-through same as chest pass. Ball should come to receiver's waist.
- Key points: Hands on side of ball, thumbs behind, using fingertips. Knees bent, step towards target. After pass, palms should be facing out, thumbs down, fingers pointing towards ball. Ball should have backspin.

Stationary Passing Drill 2:

- Where they go: Players line up with partner 12-15 feet away (adjust with age of players). Pass ball back and forth between partners.
- Overhead Pass: Ball above head. Step to target. Follow-through with palms facing out, thumbs down, fingers pointing to target.
- Push Pass: One hand behind ball. One-handed pass to partner. Step to target. Both chest and bounce passes. Use both hands.
- Wrap-around Pass: Step over pivot foot and make push pass to partner
- Make it a game: Which pair gets most in 30 seconds?

Three Against One:

- Where to go: three players form triangle 10-12 feet apart. Defender in middle.
- Outside players pass to each other while the defender tries to deflect or steal the ball.
- Key Point: Use ball fakes, proper passing technique.
- Make it a game: Defender who deflects or steals the ball trades places with passer.

Man in the Middle:

- Where to go: Two lines of players 12-15 feet apart, one defender in middle. First player from line A passes to first player in line B, with defender guarding passer.
- Defender tries to intercept or deflect. Passer follows pass and sprints to guard player who received it. Defender to end of line. Pass back to line A and continue.
- Key point: Use ball fakes. Utilize pivot foot to step around defender.
- Make it a game: If pass is deflected or intercepted, all players except the defender have to sprint to mid-court and back.

Four Pass lay-up:

- Where to go: three lines. Players (A,B,C) starts at far foul line. (Younger players may start closer to basket).
- A and B make three chest passes while running down the floor.
- Player C sprints floor as if filling lane on fast break. On 4th pass, player B makes a bounce pass to C, who makes the lay-up.
- Key point: Work both left and right sides.

- Make it a game: Turnover or missed lay-up = 10 pushups for all 3 players.

Middleman:

- Where to go: Three lines of players at baseline. Player 1 and “Middleman” have ball.
- Players run down-court as Middleman passes to player 2, then receives pass from player 1. Middleman passes right back to player 1 then receives pass from player 2. Must catch and pass without traveling.
- Key Point: Younger players can use one ball with Middleman simply alternating passes to player 1 and 2.
- Make it a game: Player must throw a different type of pass than one just received (bounce, chest, overhead, etc.).

Star Passing:

- Where to go: 5 players, (A, B, C, D & E). A is under basket. Other players position themselves equidistant apart to be points of the star.
- A passes to B and then follows pass to replace B. B passes to C, C to D, D to E. E then passes next player in “A” line and then goes to end.
- Key Point: Younger players can do drill without following passes.
- Make it a game: E dribbles in to shoot lay-up. Next in line rebound and continues. Record for fastest time for all players to rotate through.

Wheel Drill:

- Where to go: Player or “wheel” in lane in front of basket, with ball. Remaining players spread behind 3-point line.
- Wheel passes to Player 1, who passes back. Then to 2, 3, etc. and back down to Player 1. Rotate new player in to be Wheel
- Key Point: Use all variety of passes.
- Make it a game: Add 2nd ball, held by Player 1. Wheel passes to Player 2 and then Player 1 passes to Wheel. Wheel then passes to Player 3, and Player 2 passes back to Wheel etc.

Full Court Lay-up:

- Where to go: Player 1 with ball on baseline. Remaining players spread in zig-zag formation down-court.
- Player 1 makes chest pass to each player while running down court. Receives final pass and shoots lay-up.
- Key Point: Players rotate back one position each. First to receive inbounds pass becomes player 1. Shooter moves to final passer.
- Make it a game: Player who misses lay-up is eliminated. Keep going until one player has not missed. Last one left wins.

Three Player Weave:

- Where to go: Three lines (A, B, C). First player in Line B starts with ball.
- Players advance ball as B passes to A and runs behind player A. A passes to C and runs behind player C. C passes to B and runs behind player B. B again to A and so forth, continuing down- court. No dribbling or traveling.
 - Object is to have final pass in sequence result in easy lay-up. (May dribble once before shooting)
- Key Point: Learn when to take lay-up or when to make one more pass.
- Make it a game: Move from line A to B to C. Earn 1 point for each lay-up and 1 point for each assist. Tally points after 10 minutes.

DRIBBLING DRILLS

Down and Back:

- Where they go: Three lines of players. One ball each line.
- Players dribble full or half court, down and back, as quickly as they can.
- Must use opposite hand coming back.
- Key Point: Keep ball waist-high, eyes up, not looking at ball.
- Make it a game: Relay race between teams.

Crossover Dribble Drill:

- Where they go: One ball for each player.
- In stationary position, player dribbles ball back and forth from hand to hand in front of body, below knees for 30 seconds.

- Option: Have player step one foot forward and do same drill between legs.
- Key Point: Good stance, knees bent, head up.
- Make it a game: Players count how many dribbles they can get in 15 seconds.

Behind the Back Drill:

- Where to go: Players in equal lines. One ball at the front of each line.
- Player dribbles ball back and forth behind back alternating from right to left hand.
- Key point: Younger players who find drill too difficult should do it with the ball in front of them, then gradually try to work to back.
- Make it a game: Players all line up at baseline. Begin moving forward on whistle. On next whistle, stop moving, but maintain dribble. Move forward again on whistle and so on. Lose ball-go back to start. First to mid-court wins.

Between The Legs:

- Where to go: Players in equal lines. One ball at the front of each line.
- Player dribbles ball around right leg 30 seconds in each direction. Repeat with left leg, then figure-eight.
- Key point: Keep ball below the knees at all times.
- Make it a game: Coach commands “right leg,” “left leg,” “reverse” or “figure-eight.” See who can maintain dribble the longest.

Dribble Weave:

- Where they go: Players with ball at corner of baseline and sideline. Four cones, chairs or balls spaced down sideline.
- Players must dribble-weave through obstacles to mid-court, then dribble to basket for lay-up.
- Key point: Keep ball in outside hand and use crossover dribble to change hands.
- Make it a game- Two teams’ race; Must make lay-up and pass to teammate going next.

Escape Drill:

- Where to go: Player with ball at baseline. Two defenders at foul line elbows.
- Dribbler tries to dribble past defenders and get past mid-court line.
- Defenders try to steal or tip the ball without fouling.
- Key point: Success depends on being able to move past with ball and keep it low to ground when defenders are nearby.
- Make it a game: Make it to mid-court, stay in against two new defenders.

Fingertip Control Drill:

- Where they go: Player places ball on floor in front of feet.
- Keeping legs and arms straight, player goes down and flips ball from hand to hand, using only fingertips.
- Keep ball off floor over toes for 15 seconds, then move up to waist level for 15 seconds, then move about head.
- Key point: Maintain good form with arms and knees locked.
- Make it a game: Coach calls out “feet,” “waist,” or “head” in random sequence. See who stays alive longest without dropping ball.

Protect the Ball and Dribble Knockout:

- Where to go: Each player, with ball, within half-court boundary.
- Players try to knock ball loose from other players while maintaining their own dribble.
- Key point: Success depends on ability to dribble with both hands.
- Make it a game: Lose ball and sit down. Last one in wins.

Machine Gun Dribble:

- Where they go: One ball for each player.
- In stationary position, player dribbles ball waist-high as hard and fast as possible for 30 seconds. Repeat with opposite hand.
- Do same with ball below knee level. Then 2 balls at the same time.
- Key Point: Control with fingertips and pads of hand. Do not slap at the ball.

Two Ball Slide:

- Where they go: Player starts at baseline, just outside of key, with two balls.
- Dribble both balls forward to just above free-throw line. Then dribble while sliding to opposite side of the free-throw line.
- Dribble backwards to end of line, then while sliding back to start.
- Make it a game: See who completes circuit fastest.

Wrap Around Drill:

- Where they go: Players in equal lines. One ball at front of each line.
- Player takes ball and wraps it around right leg 10 times in each direction. Repeat with left leg, then both legs (with feet together), and then waist.
- Key point: Around legs, ball should stay below the knees. Player should be in good stance with knees bent and head up. Do not look at the ball.
- Make it a game: Fastest to complete entire sequence without dropping the ball is the winner.

Zig-Zag Drill:

- Where they go: Players with ball at corner of baseline and sideline.
- Player dribbles to elbow, makes crossover dribble, then dribbles to corner with other hand. Waits for rest of players to follow-suit.
- Dribble back to elbow and then corner, this time switching hands by dribbling between legs.
- Key point: Can also use behind-the-back dribble (advanced).
- Make it a game: Relay race between teams to mid-court and back using both dribble moves.

Wake Up Drill:

- Where they go: Players in equal lines. One ball at front of each line.
- First players in each line step out. On whistle, pound ball from hand to hand. End of line after 30 seconds. Two reps each player.
- If enough balls available, eliminate lines and have each player with a ball.
- Key point: Use fingertips and pads of hand. Do not use palms.
- Make it a game: Players count how many touches they can get in 30 seconds.

DEFENSIVE DRILLS

Close Out and Contain:

- Where they go: Defender starts at baseline under the basket. Offensive player on top of key, behind 3-point line.
- Defender rolls ball to offensive player and sprints out to “close out” and guard. First time through, offense stays stationary. Next time through, offense dribbles twice to left or right.
- Key point: Defender should have inside foot and hand nearest opponent so as to force him away from basket, to sideline or baseline.
- Make it a game: After completing stationary and 2 dribble sequence, offensive player can try to score. Made basket=Offensive player wins. Rebound=Defender wins.

Stance and Slide:

- Where they go: Line players up at lane-line (outside of key), facing mid-court. Right foot touching the lane-line.
- On whistle, player gets in defensive stance.
- Next whistle, players slide to other side of lane and touch line with left foot. Continue back and forth for 30 seconds.
- Key point: Lead foot should be pointing in direction player is sliding.
- Make it a game: coach blows whistle and points left or right to vary direction of players.

Slide to Side:

- Where to go: Two teams lined up in corners. One team on offense, each with ball.
- On whistle, offensive player dribbles to each cone. Defensive player slides in good stance, staying a half step in front of dribbler.
- At each cone, offensive player uses change of direction dribble (crossover, between legs, etc.).
- Key point: Defensive player should be at arm’s length from dribbler.

- Make it a game: Upon reaching final cone, offensive player dribbles on breakaway to basket. Defender tries to stop lay-up. Offense and defense then switch.

Slide and React:

- Where they go: Player or players start in middle of key in good defensive stance.
- Coach points to one corner of the key. Player slides to that corner and then back to the middle.
- Before returning to the middle, coach points to another corner. Work 30 seconds, rotate in new player.
- Key Point: Can be done with multiple players spread over court.
- Make it a game: Coach points behind, over shoulder, players race to mid court.

Slide and Attack:

- Where they go: Two Players 15 feet apart at mid-court, each with ball. Defender on each player.
- Offensive player dribble at game speed to respective sidelines. Defender slides, staying half-step ahead of offense.
- At sideline, offensive player picks up dribble. Defender jams in closely and mirrors ball with hands.
- Key Point: Work mid-court to sideline, then sideline to baseline. Players should go twice from all 4 spots.
- Make it a game: When going to baseline, if offensive player can get around defender on baseline side, defender must do 10 push-ups.

Race to Defend:

- Where they go: Two lines behind baseline. One team is offensive, other is defense. Cone for each team is setup behind the 3-point line.
- Offensive player dribbles around their cone and towards the basket. Defender sprints around their cone and gets in defensive position to guard.
- Key point: Defenders should learn to anticipate a spot to setup, so they have time to react and not commit a foul.
- Make it a game: If player with ball scores both players go to end of the same line. If the defensive player gets a stop, they switch lines.

Defensive Boards:

- Where they go: Offensive player away from basket. Defender nearer to basket. Coach shooting from foul line. Both go for rebound after shot.
- Key point 1: Defender should step towards basket to see which way opponent plans to cut. Pivot into offensive player, knees bent, hands up, using rear-end, back and shoulders to block player from going to ball.
- Key point 2: Defenders should make contact, then release and go to ball. Drill can be done with 1 on 1, up to 5 on 5.
- Make it a game: Defense gets one point for each rebound, loses point for each offensive rebound. Switch offense to defense after each shot. Play to 5.

Deny The Ball:

- Where they go: Coach or player at top of 3-point line. Offensive player starts on wing, guarded by defender.
- Defender has near hand and foot in passing lane between coach and offensive player, denying pass. Offensive player cuts to basket and back, trying to get open should step towards basket to see which way opponent plans to cut. Pivot into offensive player, knees bent, hands up, using rear-end, back and shoulders to block player from going to ball.
- Key point: Defender stays in stance, arm's length away.
- Make it a game: If offensive player catches pass, 5 seconds to shoot. Player battle for rebound. Offensive player scores= moves to defense against new opponent. Defender gets rebound = stays in at defense with new opponent. See who stays at defense most consecutive.

Slide and Talk:

- Where they go: Players lined up under basket. Cones or markers at points shown on diagram.
- First player sprints to Spot #1. When 5-6Feet away, break down into defensive stance and touch #1. Player slides in defensive position to #2, then #3 then goes to end of line.
- When 1st player reaches foul line, next goes, and so on with all players.
- Key point 1: Players must talk while sprinting past foul line to avoid contact with teammates sliding from #2 to #3.

- Make it a game: Coach says, "Reverse," players go from #1 to #3 to #2.

Deny to Help Slide:

- Where they go: Two passers behind 3-point arc, one on right, other on left. One offensive player on each wing, with a defender.
- Passers move ball back and forth. When ball is on left side, defender responsible for left wing tries to deny pass in. Other defender slides over near middle of lane (help slide). Passers move ball to right side, right defender denies pass and other defender slides to help side.
- Key point: Passers move ball back and forth several times.
- Make it a game: Finally, ball is passed in and players go 2 on 2 until made basket or defensive rebound.

Post Defense:

- Where they go: Offensive player and defender in lane, in front of basket. Three passers at top of key and on wings.
- Offensive player cuts from block to block trying to get open. Passers move ball around perimeter trying to pass it in.
- Defender stays between man and ball with near hand and foot in passing lane, denying the pass.
- Key point: Defenders should be body-to-body with offensive player (above).
- Make it a game: If pass completed, offensive player tries to score. Both go for rebound. Score=defender stays in. Deny pass or get rebound, new defender comes in.

Catch- Up Drill:

- Where they go: Three offensive players at baseline, each with defender 15 feet away. Coach in middle with ball.
- Coach passes to any offensive player. Offense then advances ball up floor as fast as possible, trying to score. Defense must get back, stop ball, and match up with offense. After basket or defensive stop, 3 new offensive players step to baseline, last trio of offense becomes defense.
- Key point: Defenders should sprint back and, after crossing mid-court, turn and backpedal while pointing toward their man and communicating with each other.
- Make it a game: Defensive player matched up with player who catches ball from coach must sprint to baseline, then catch up.

OFFENSIVE STRATEGY

Offensive Sets:

- Against a 2-3 Zone: <https://www.youtube.com/watch?v=OaGia4WnyR8>
- Against a Man to Man: <https://www.youtube.com/watch?v=vuK0itHOcyg>
- Press Break vs. Zone Press: https://www.youtube.com/watch?v=Mop_LqM3t6Y
- Press Break vs. Man to Man: <https://www.youtube.com/watch?v=e7UoDqfpziw>