

Eagan Basketball



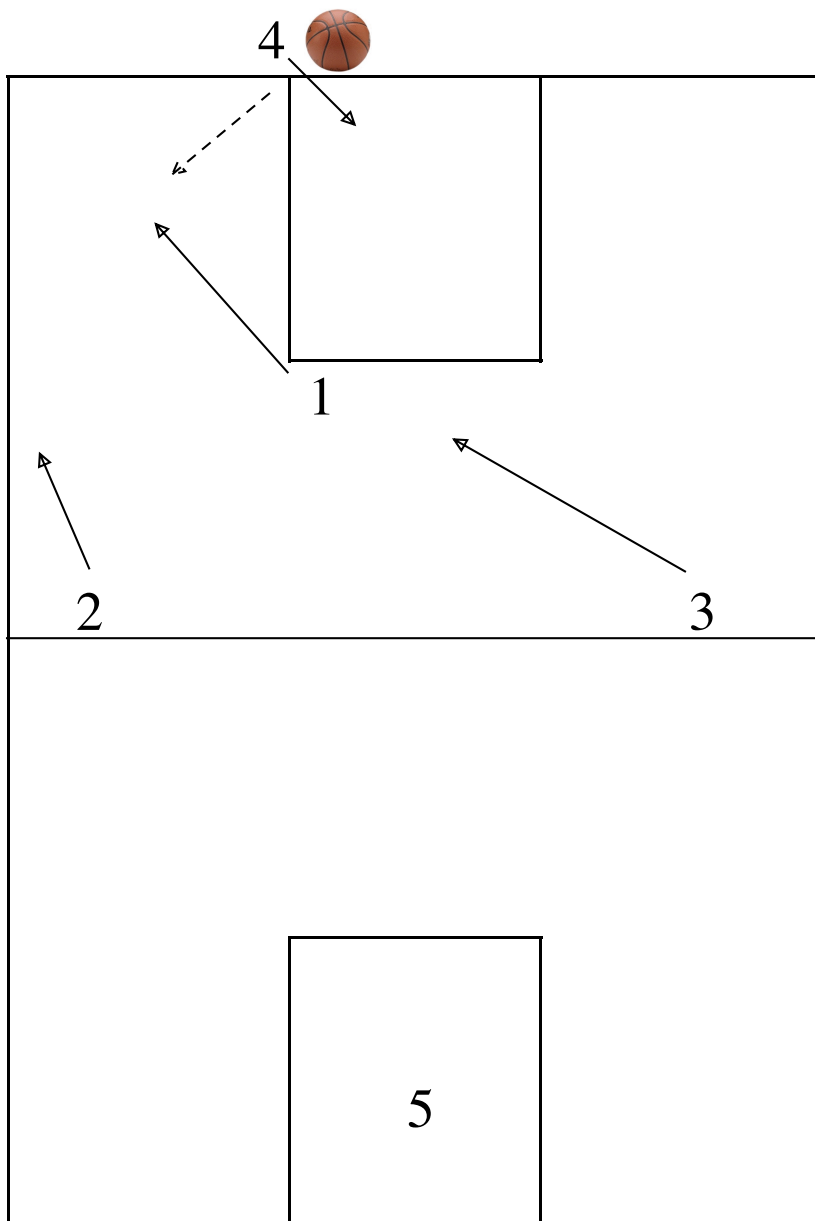
Traveling Coaches
Book



Eagan Basketball

Press Break/ Primary Break

Press Break: Point Entry

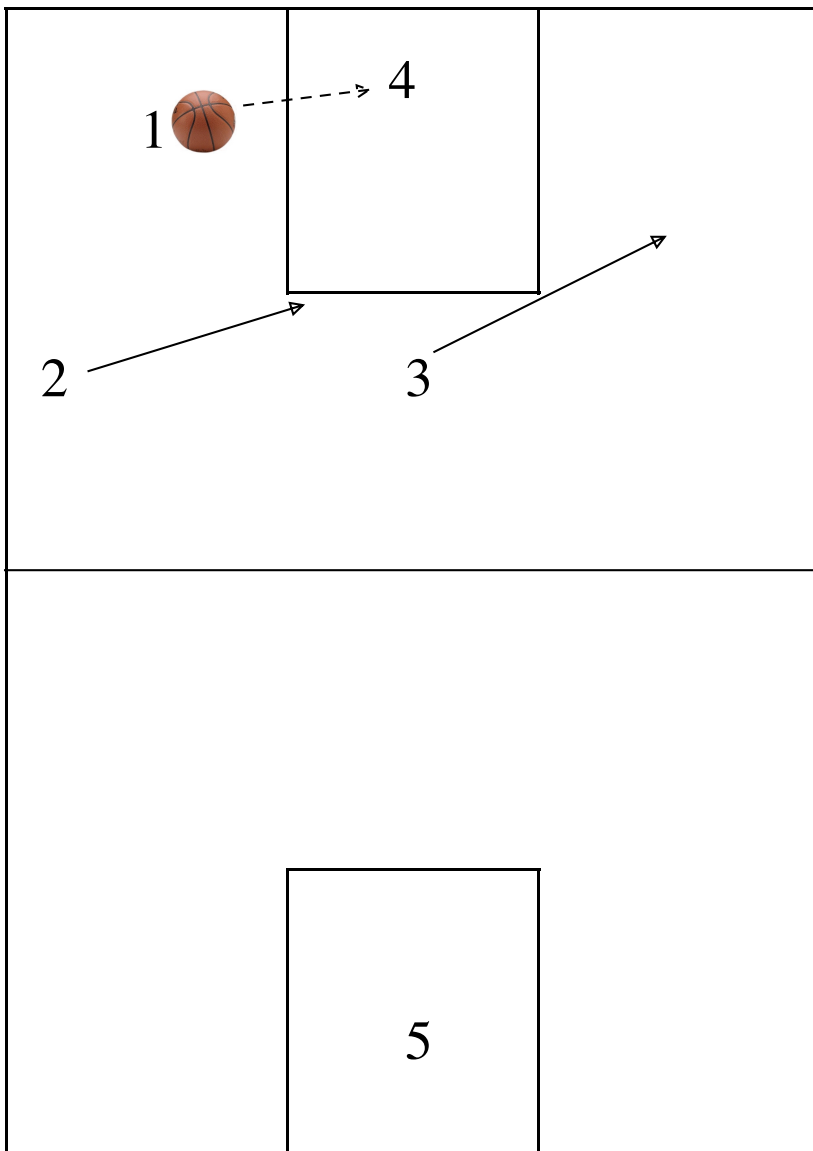


4 passes to 1 then steps in for reversal

2 is ballside coming back to the ball

3 cuts to middle

Press Break: Point--Reversal



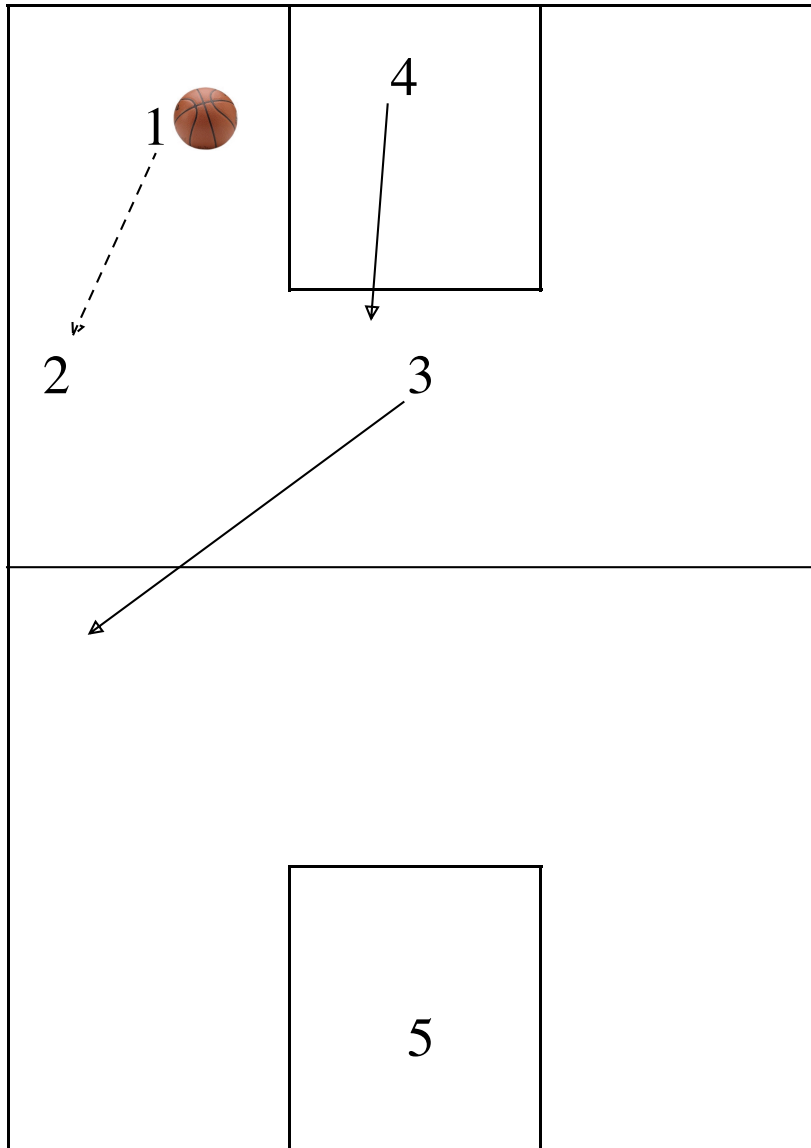
If ball is reversed to 4:

3 cuts ballside sideline back to the ball

2 cuts to middle

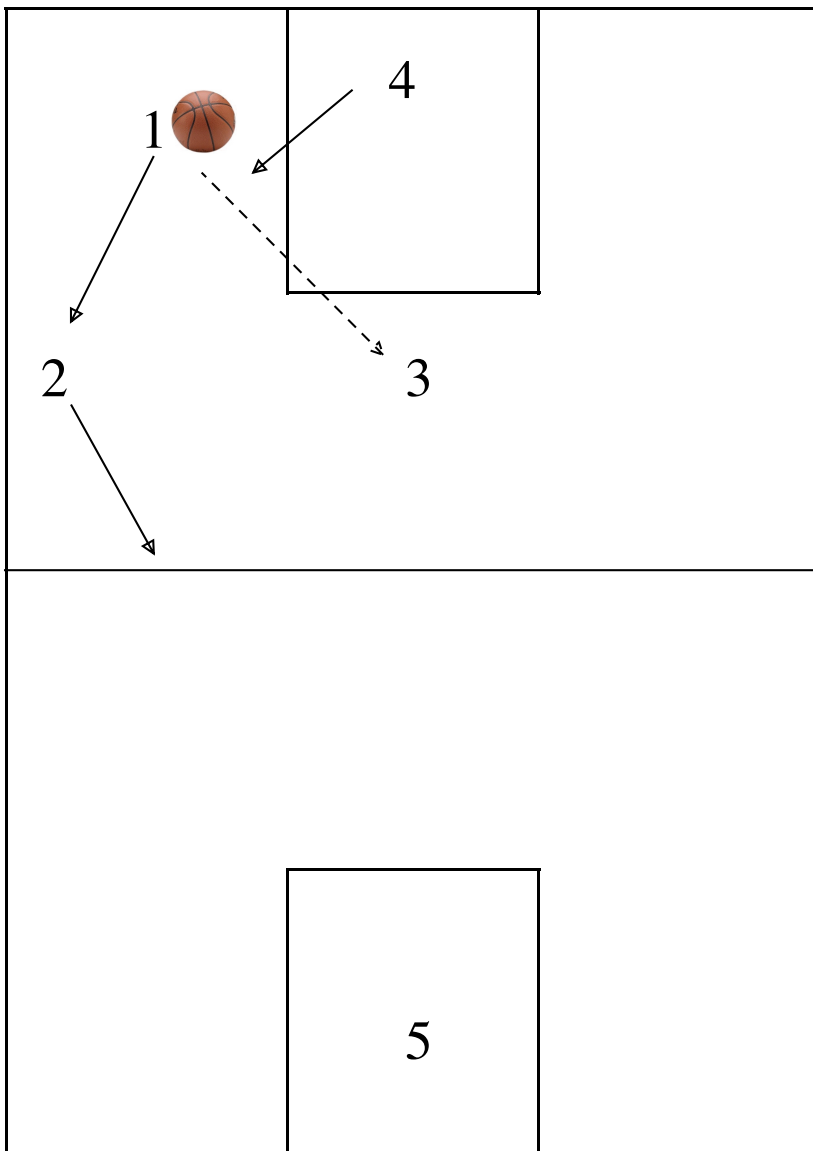
1 stays for ball reversal

Press Break: Point--Sideline Pass



If ball is passed to 2 at sideline:
3 cuts toward ballside sideline
4 replaces 3 in the middle
1 stays for ball reversal

Press Break: Point--Middle Pass



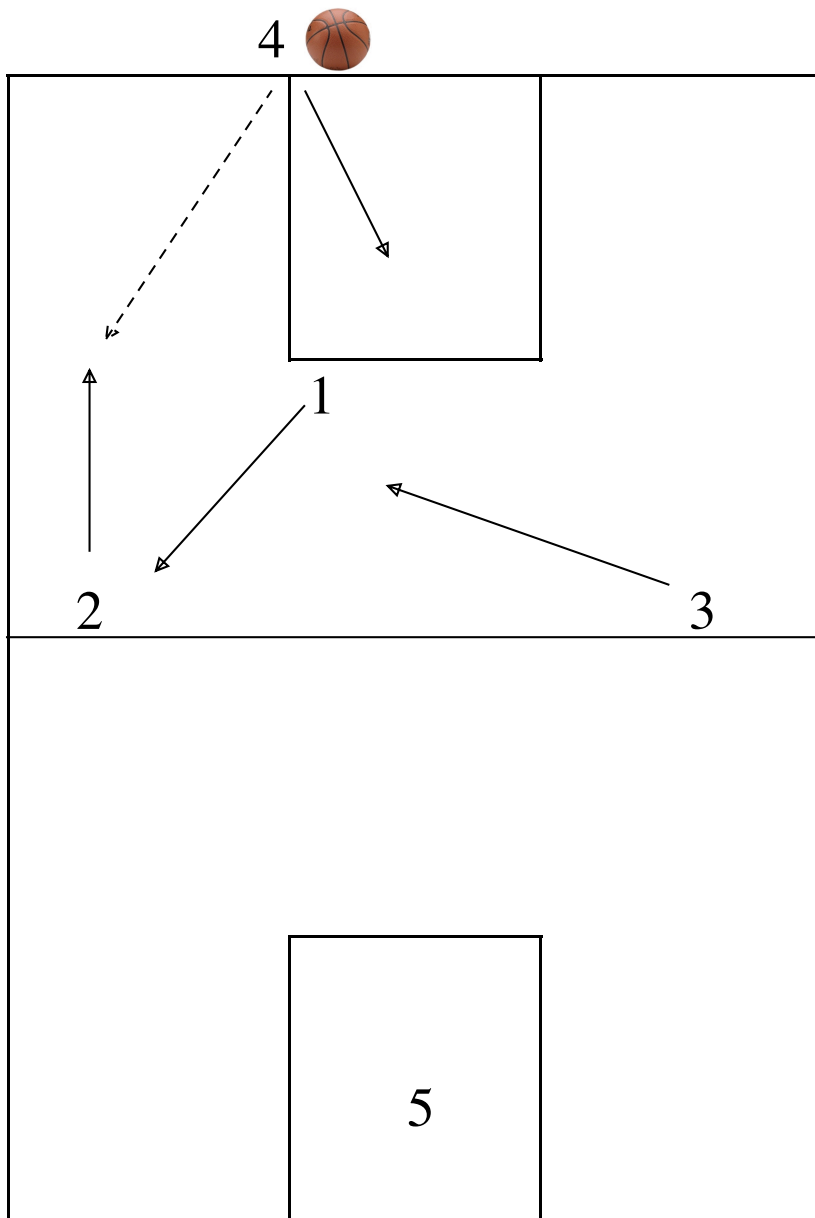
If ball is passed to 3 in the middle:

2 cuts down the floor toward the middle

1 cuts down the sideline where 2 vacated

4 cuts to sideline behind ball for reversal

Press Break: Wing Entry



4 passes to 2 and steps in for ball reversal

1 cuts through to ballside sideline

3 cuts to the middle

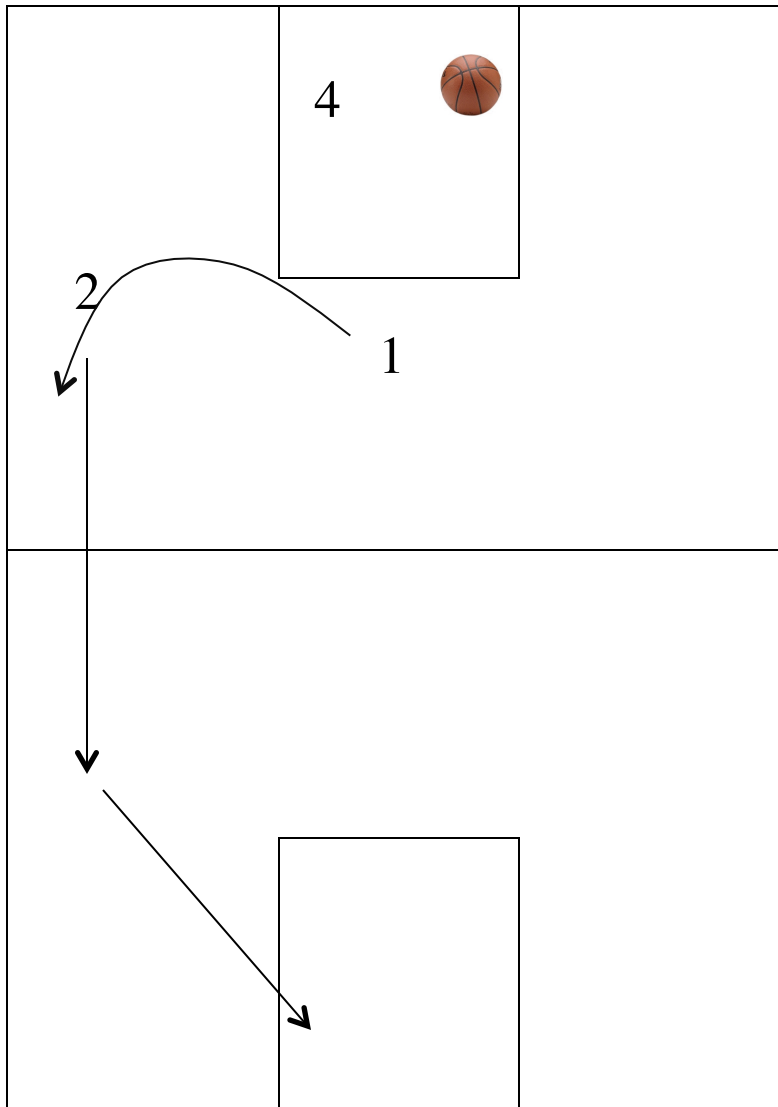
**SAME ROTATIONS ARE USED AS
POINT ENTRY**



Eagan Basketball

Secondary Breaks

Breakouts A



Coach throws ball off backboard

1, 2 & 4 Yell shot and box out (can put dummy offense in)

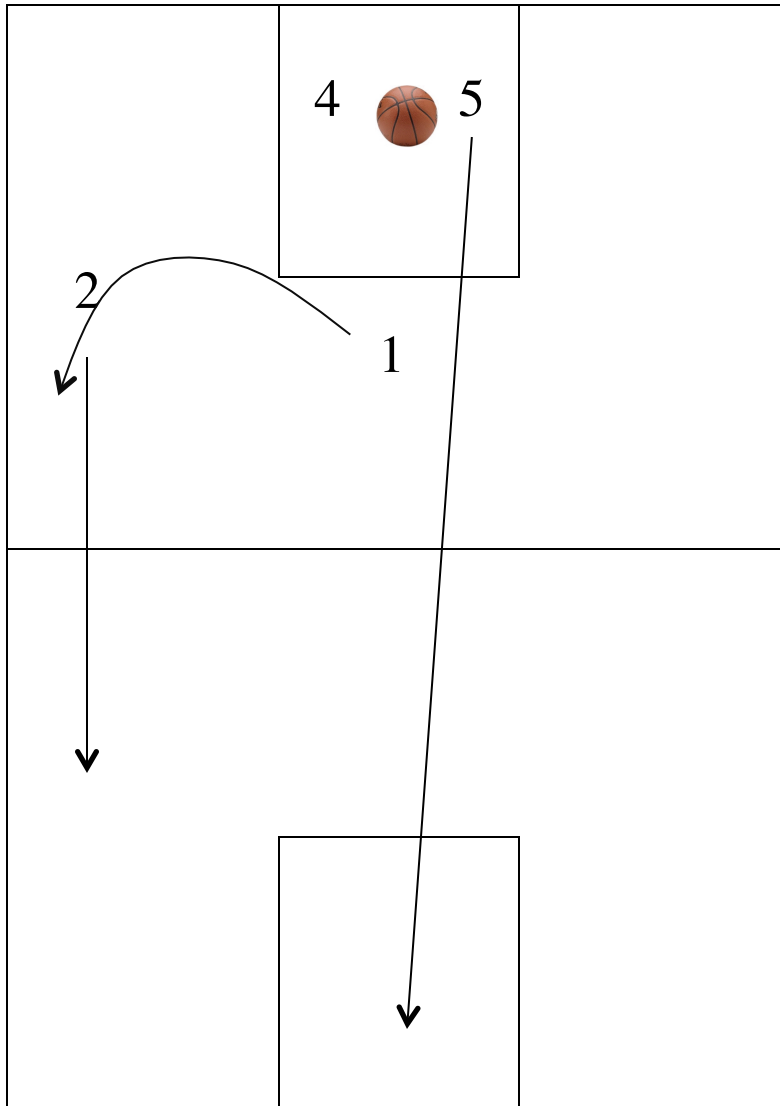
4 will rebound ball and be turning for outlet

As soon as 2 knows we will get control of the ball, he will take off down the floor

As soon as 1 knows we will get control of the ball, he will make a J cut to ball and side

4 outlets to 1, 1 throws ahead to 2, 2 scores

Breakouts B



Coach throws ball off backboard

1, 2 & 4 Yell shot and box out (can put dummy offense in)

4 will rebound ball and be turning for outlet

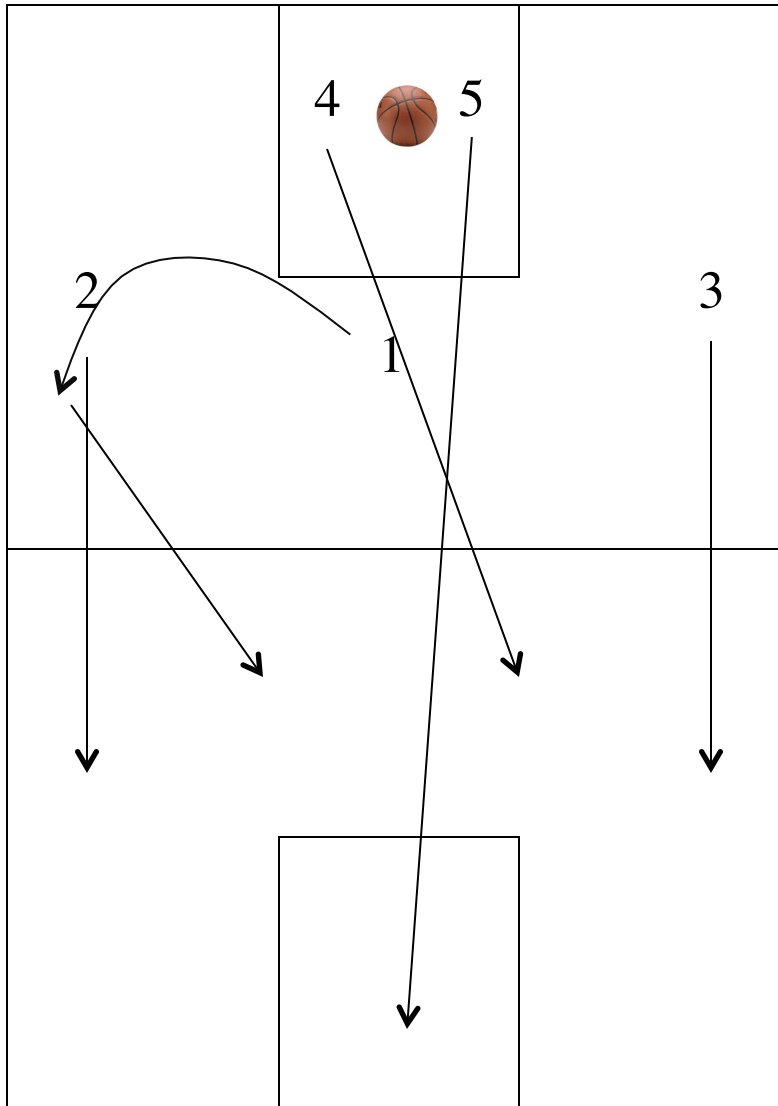
As soon as 2 knows we will get control of the ball, he will take off down the floor

As soon as 1 knows we will get control of the ball, he will make a J cut to ball and side

As soon as 5 knows we will get control of the ball, he will take off down the floor and go straight to the rim

4 outlets to 1, 1 throws ahead to 2, 2 dumps in to 5

Breakouts C- into secondary



Coach throws ball off backboard

Same as before then:

4 runs opposite lane line from 1

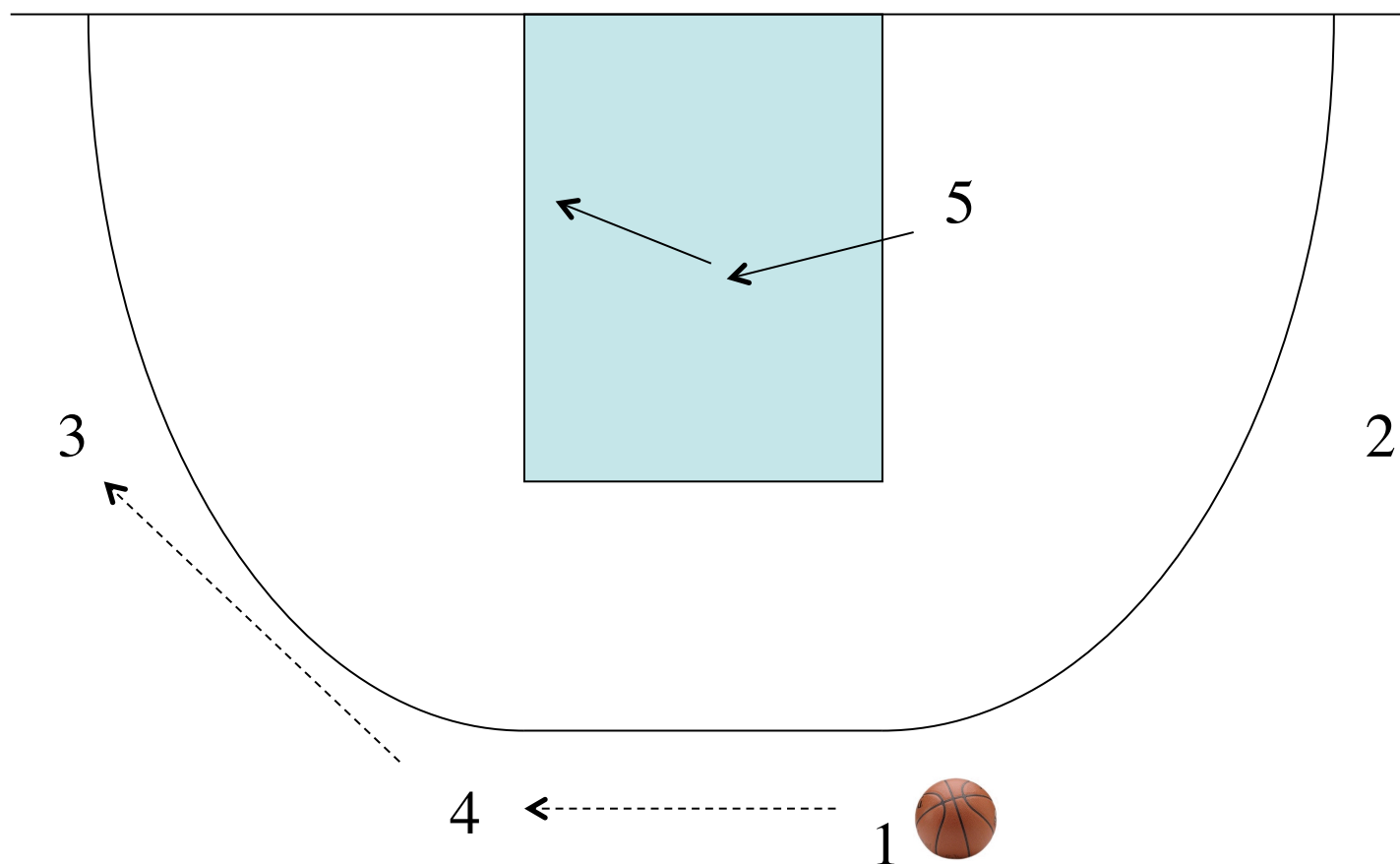
4 outlets to 1, 1 throws ahead to 2, 2
reverses to 1 (or skip pass to 4), 1 reverses
to 4, 4 reverses to 3

- always look inside

- always look to drive

This goes in to our reversal secondary

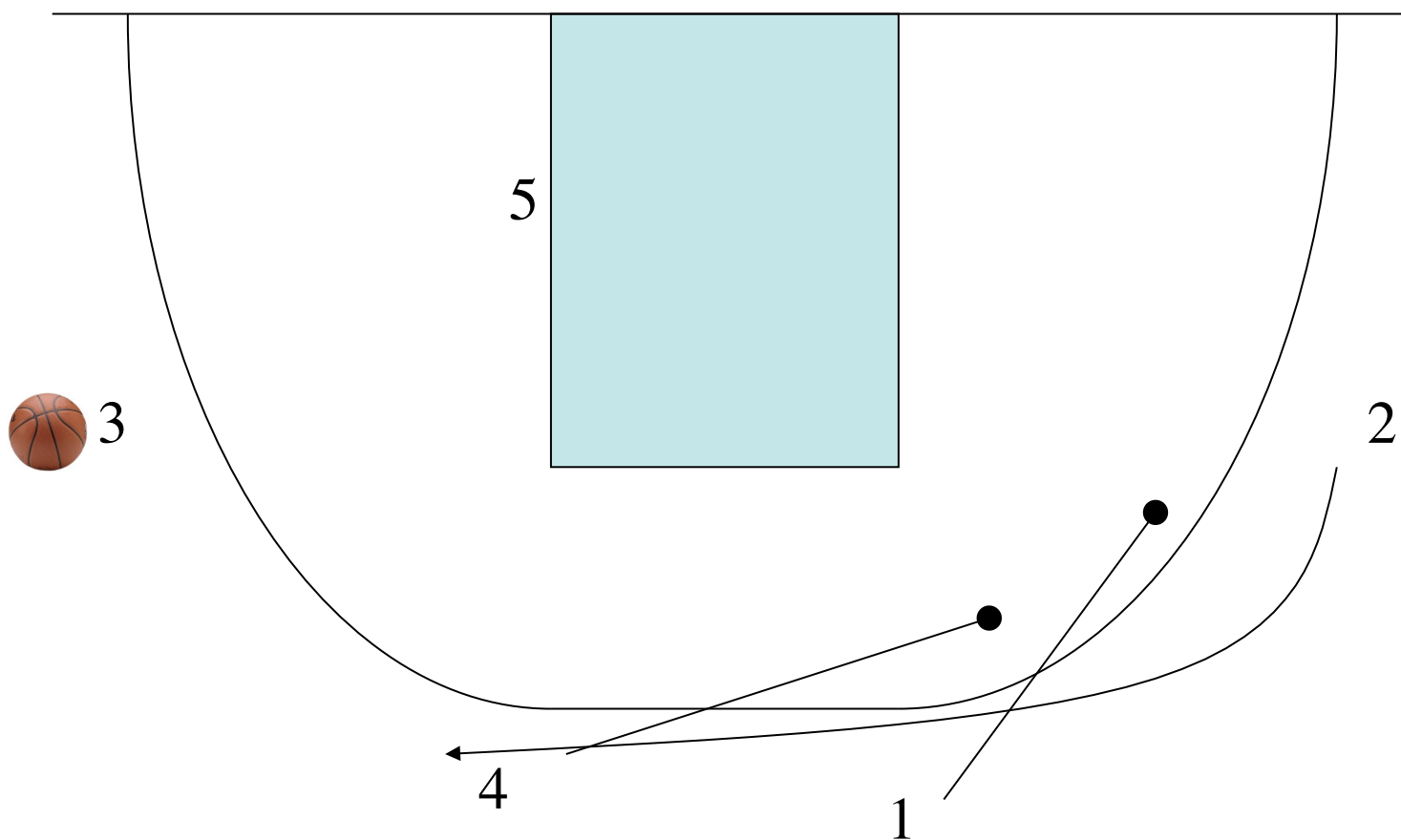
Secondary: Reversal Entry--1



1 reverses the ball to 4 (or skip pass to 3)

5 keeps post up position and follows the ball

Secondary: Reversal Entry--2

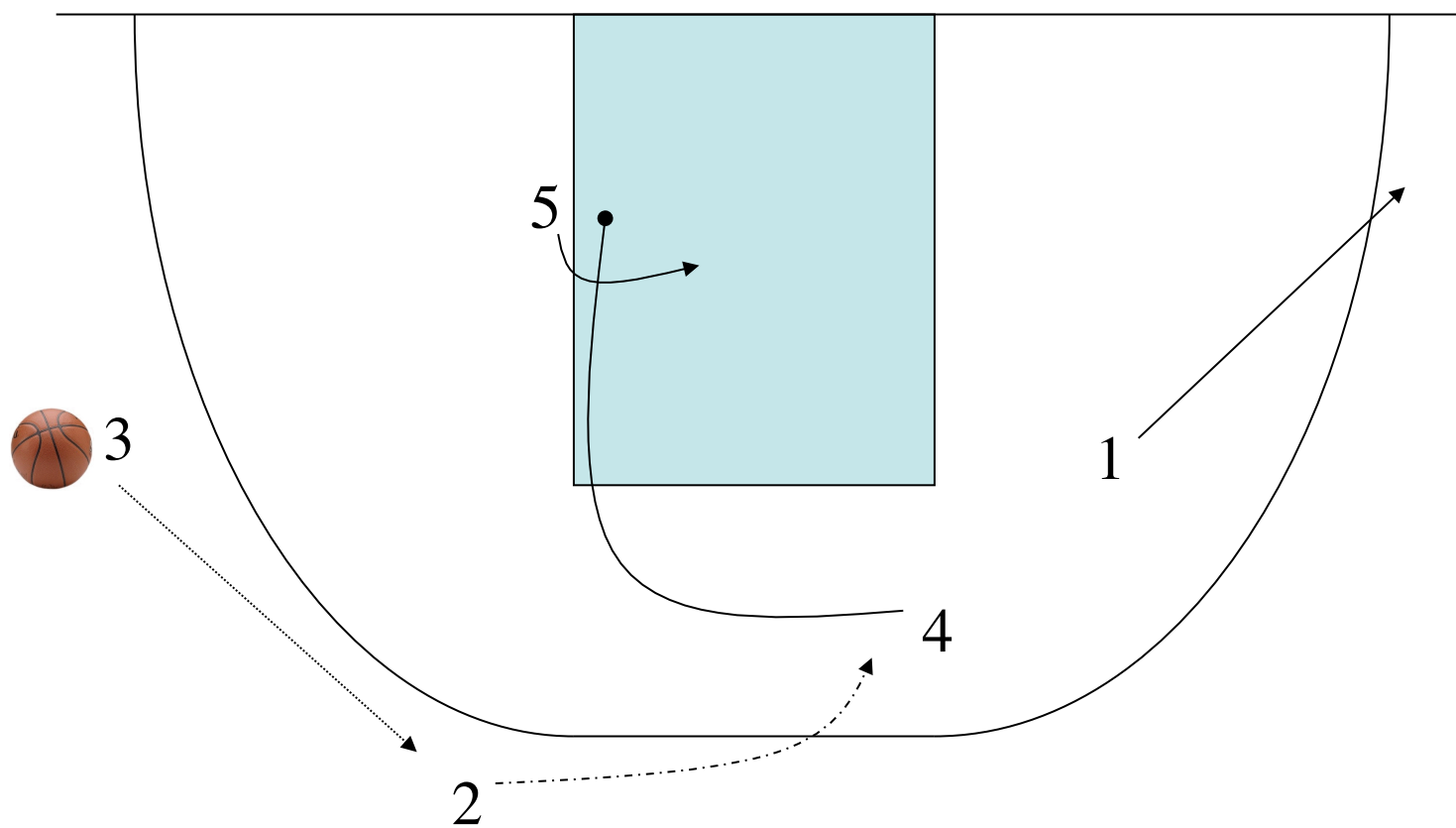


1 and 4 set stagger screen for 2

3 looks for the iso at the post or for 2 coming off stagger

4 looks to slip the screen to the basket

Secondary: Reversal Entry--3

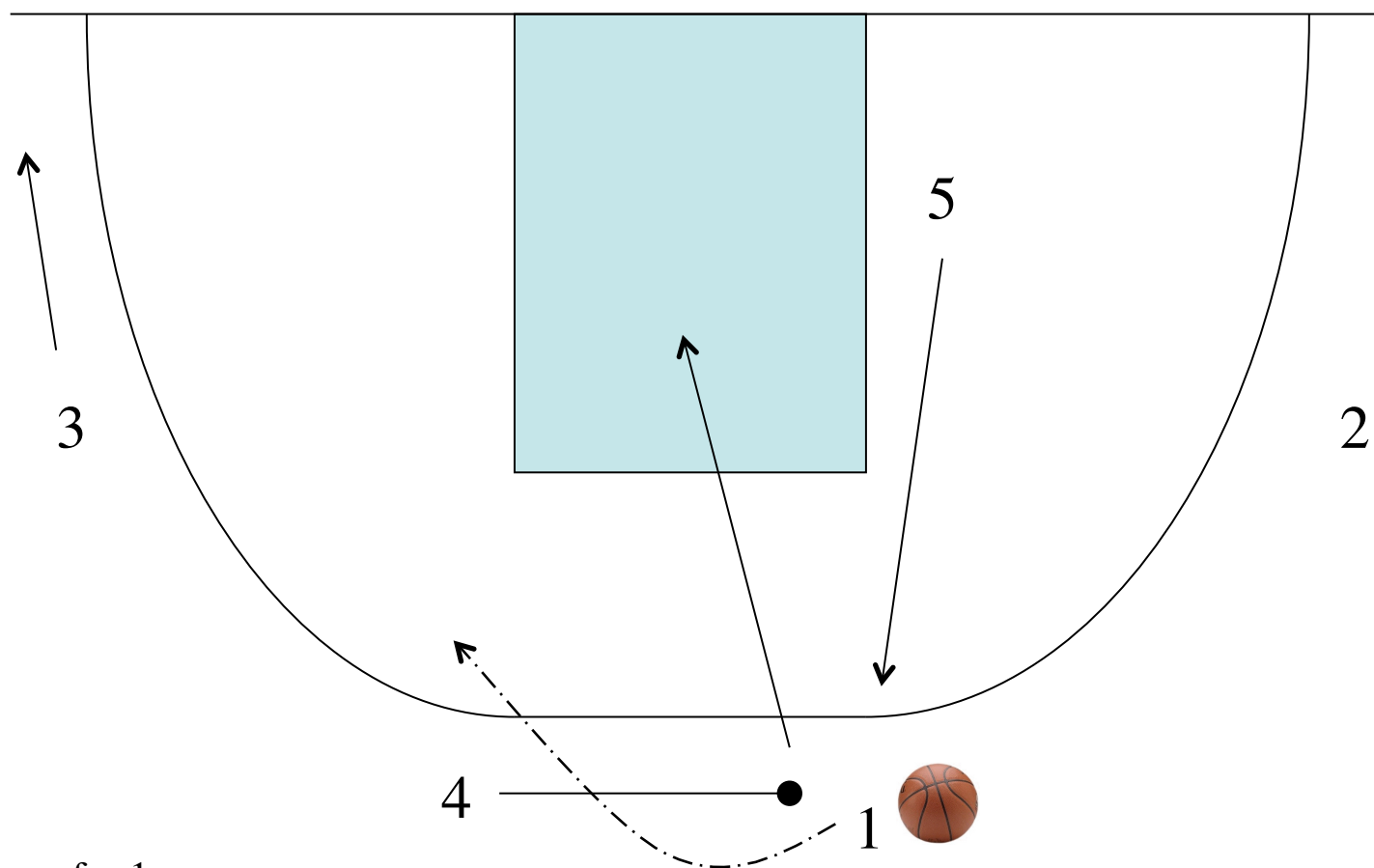


After screen, 4 flash back to ball. If don't get ball, down screen for 5

If 2 doesn't have shot, drive hard to right elbow. Score if can or look for 5 curling or 4 flashing back

1 should space out for a 3 shot if his man helps on 2's drive

Secondary: Ball Screen Entry--1



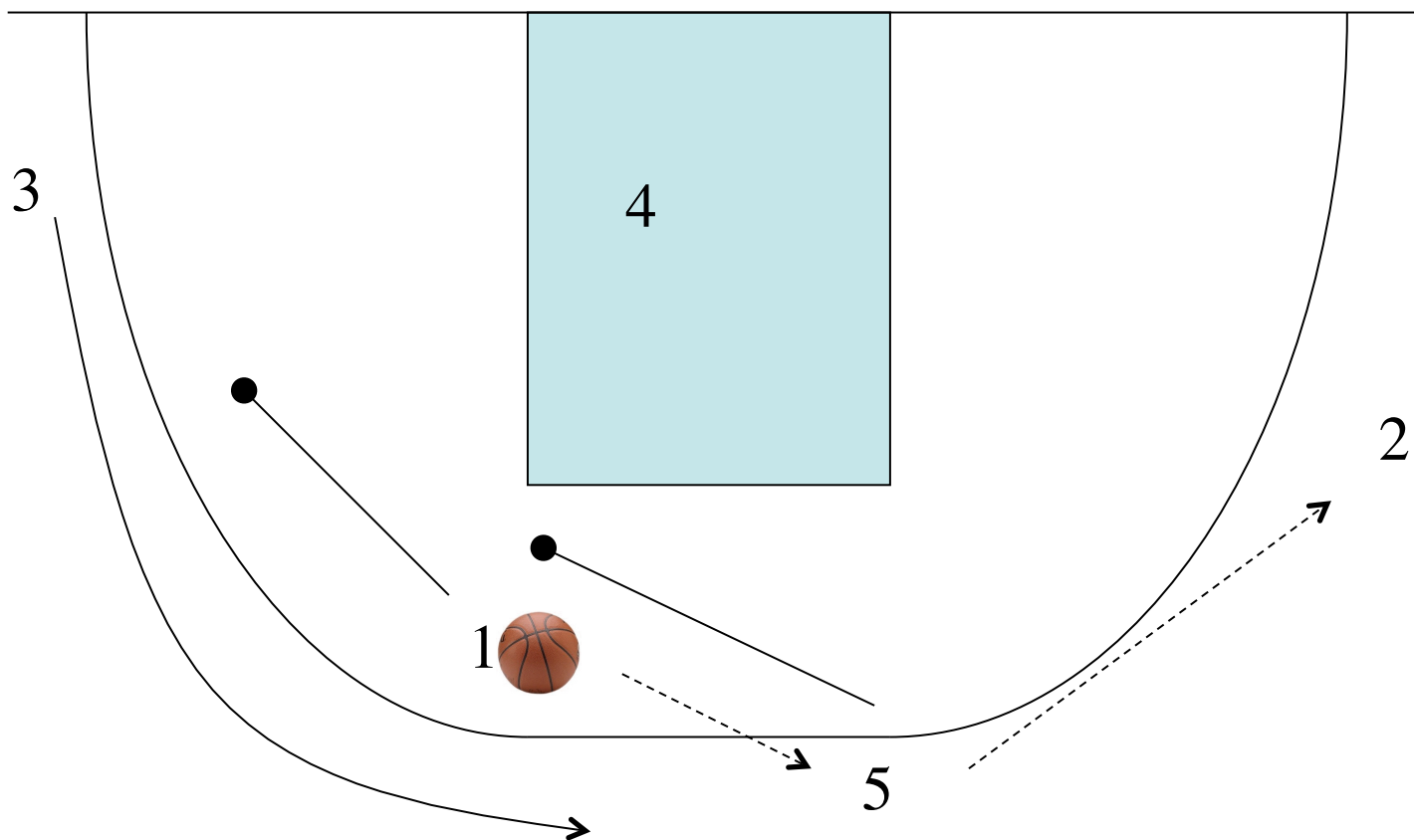
4 sets ball screen for 1

1 and 4 run the screen and roll

As 4 sets ball screen, 5 is cutting up for a reversal pass

3 spaces out for a 3

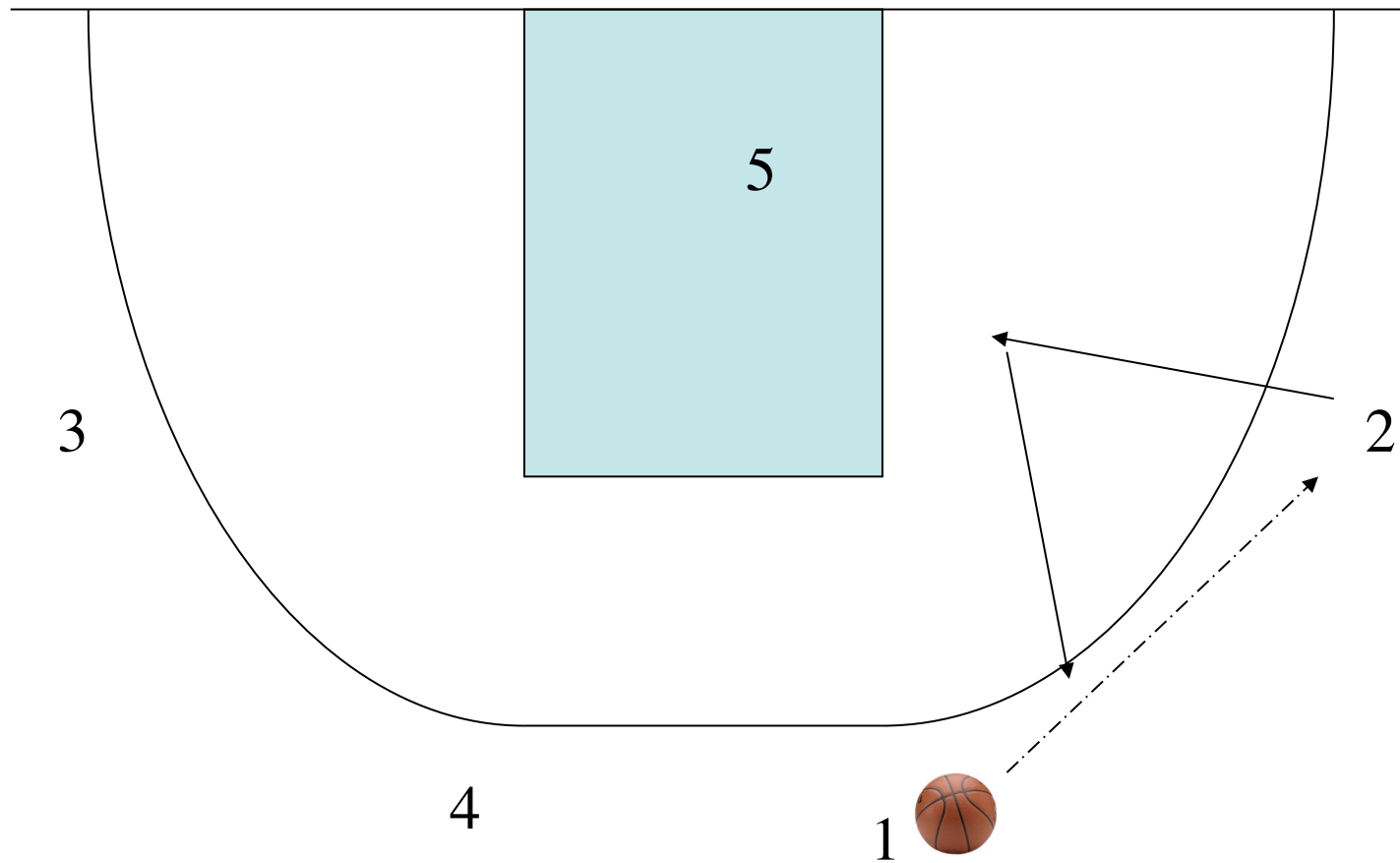
Secondary: Ball Screen Entry--2



If 1 makes a pass to 5 or 3 then it is a stagger for the opposite wing (2 or 3)

*If ball is passed to 3 then it is a stagger for 2

Secondary: Dribble Push 2--1



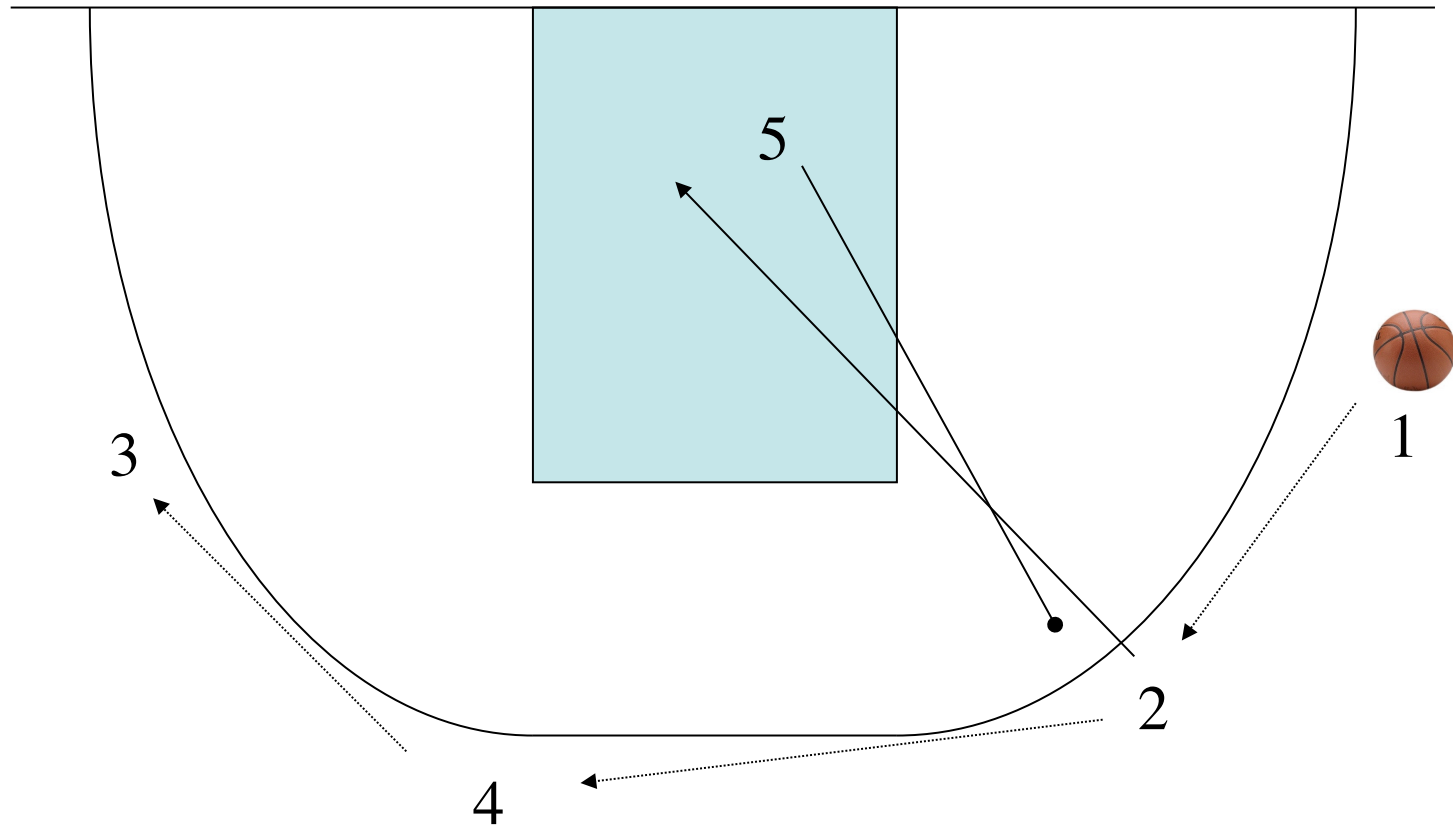
1 dribble's to the wing

5 posts up hard and demands ball

2 cuts back door, if no pass cuts up to replace 1

1 reverses the ball to 2

Secondary: Dribble Push 2--2

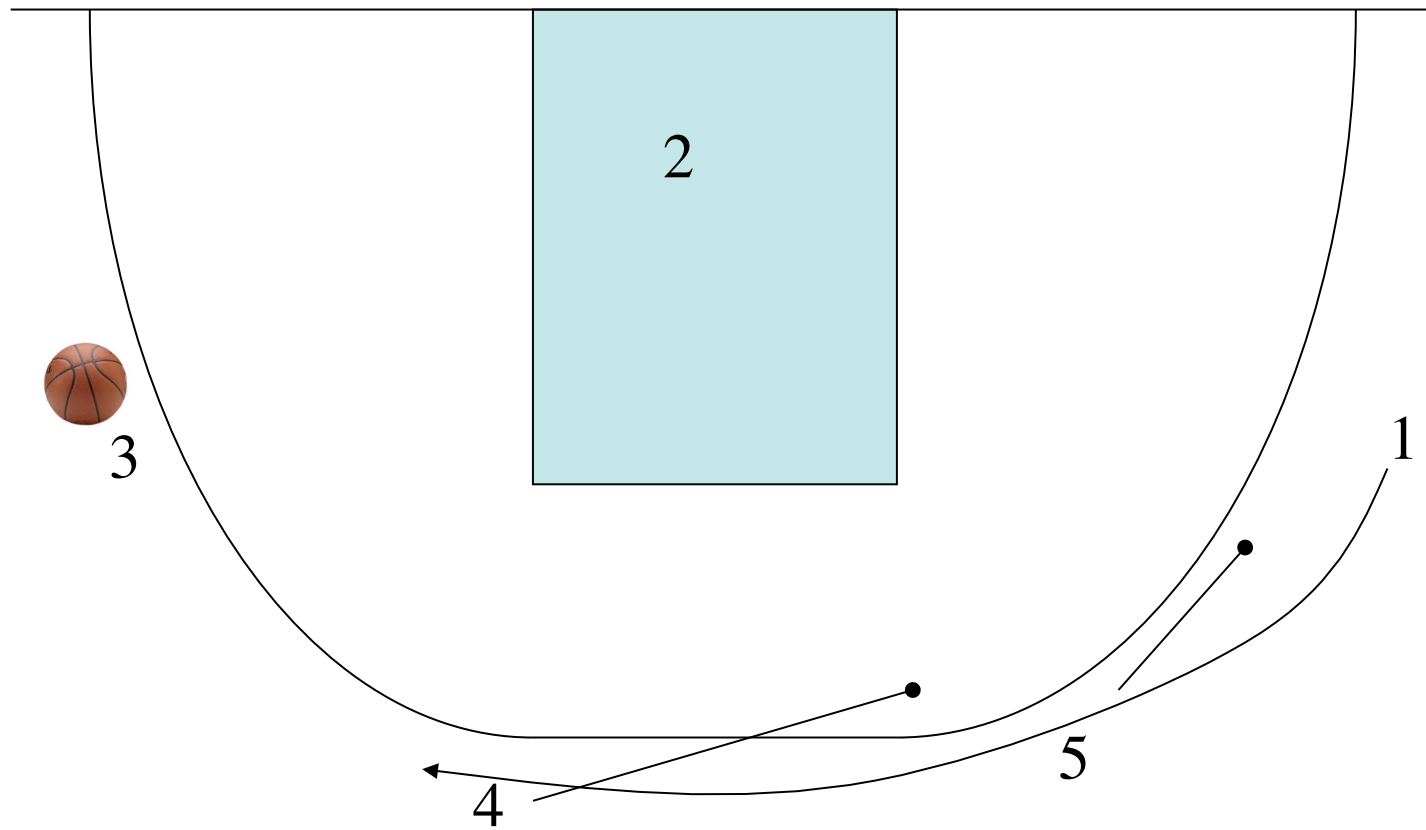


The ball gets reversed from 1-2-4-3

**On reversal look for back door by 3

5 sets back screen for 2 who cuts and then posts up

Secondary: Dribble Push 2--3



3 looks in to 2 for post up

After back screen, 5 sets screen for 1

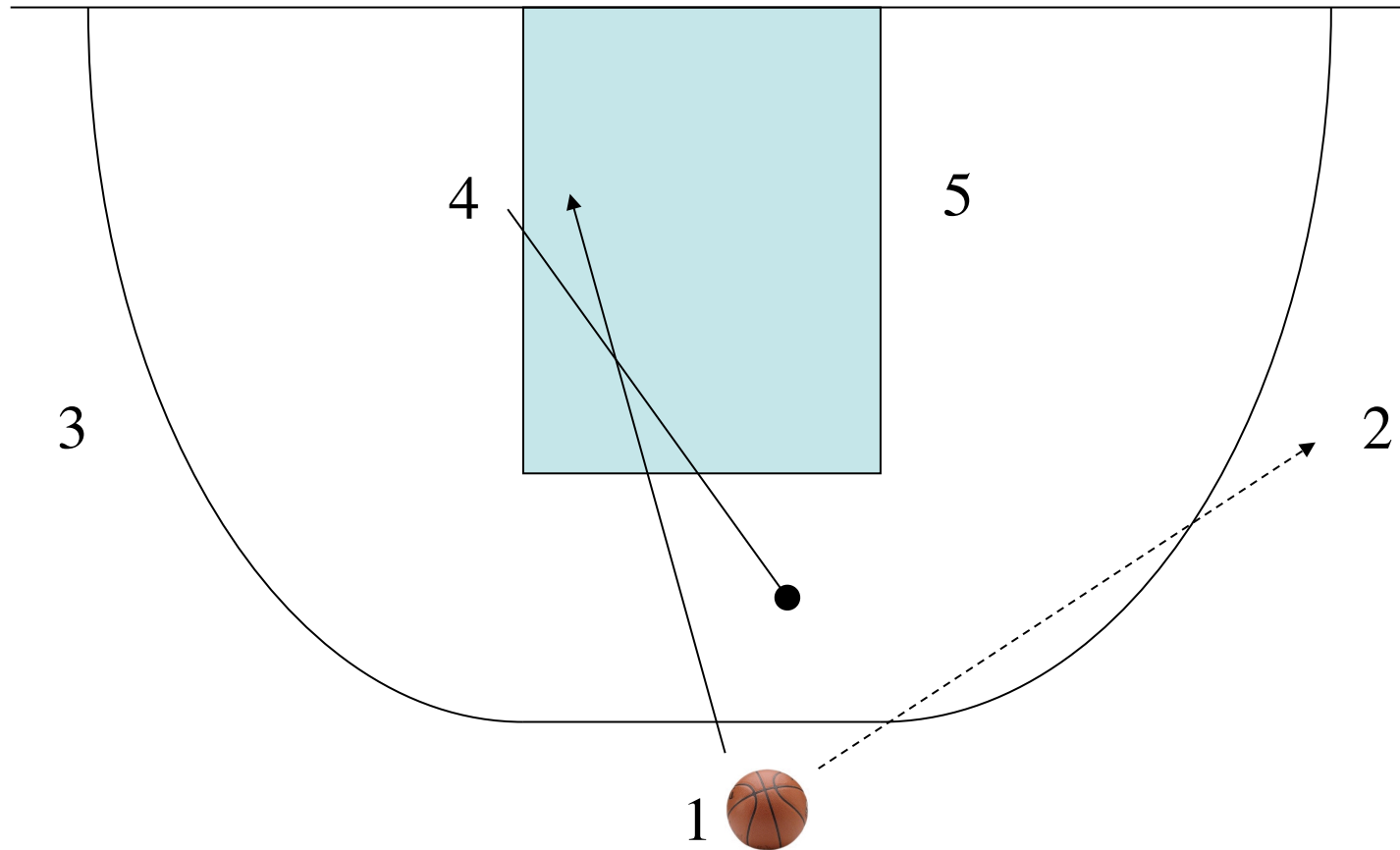
4 sets second of stagger screen for 1



Eagan Basketball

Offense Patterns

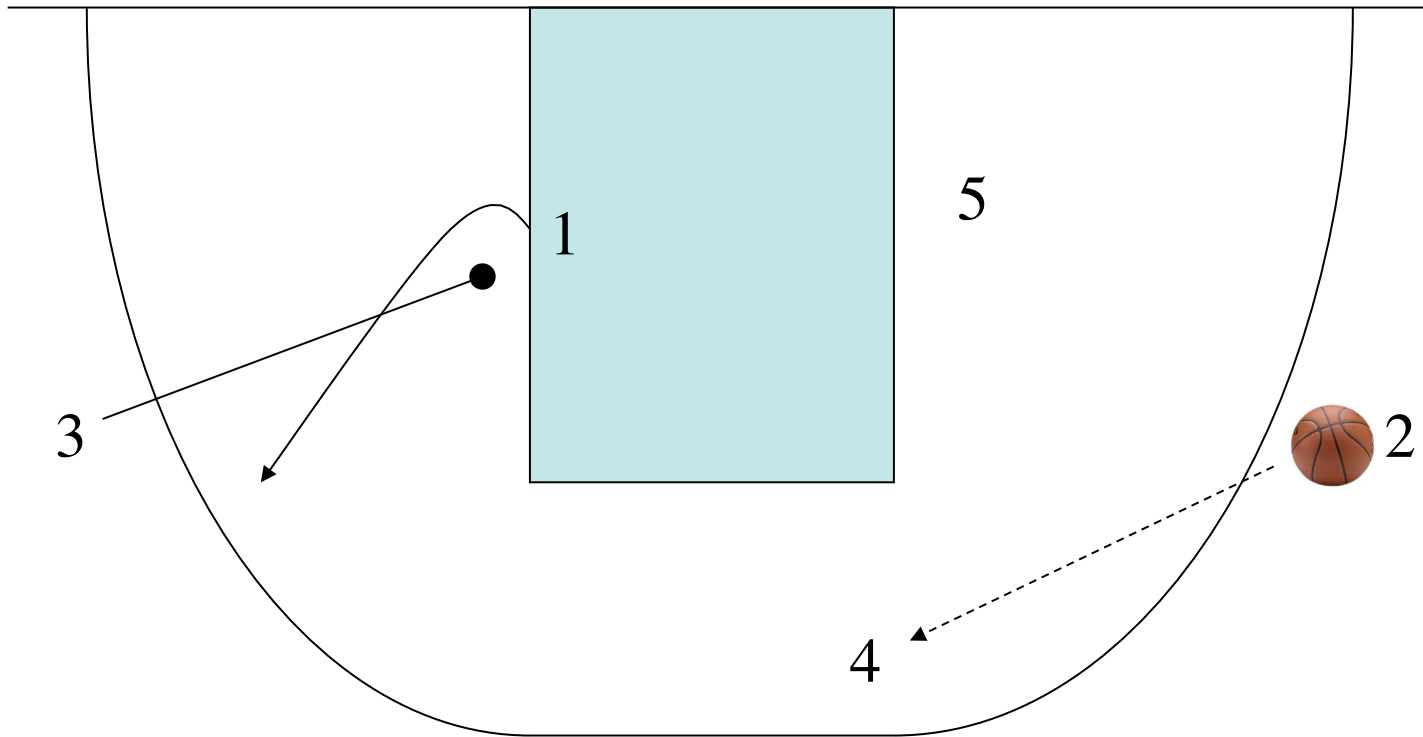
3 Out Offense: Pass Entry



1 makes wing entry to 2

2 looks for 5 isolated on the block as 4 sets backscreen for 1

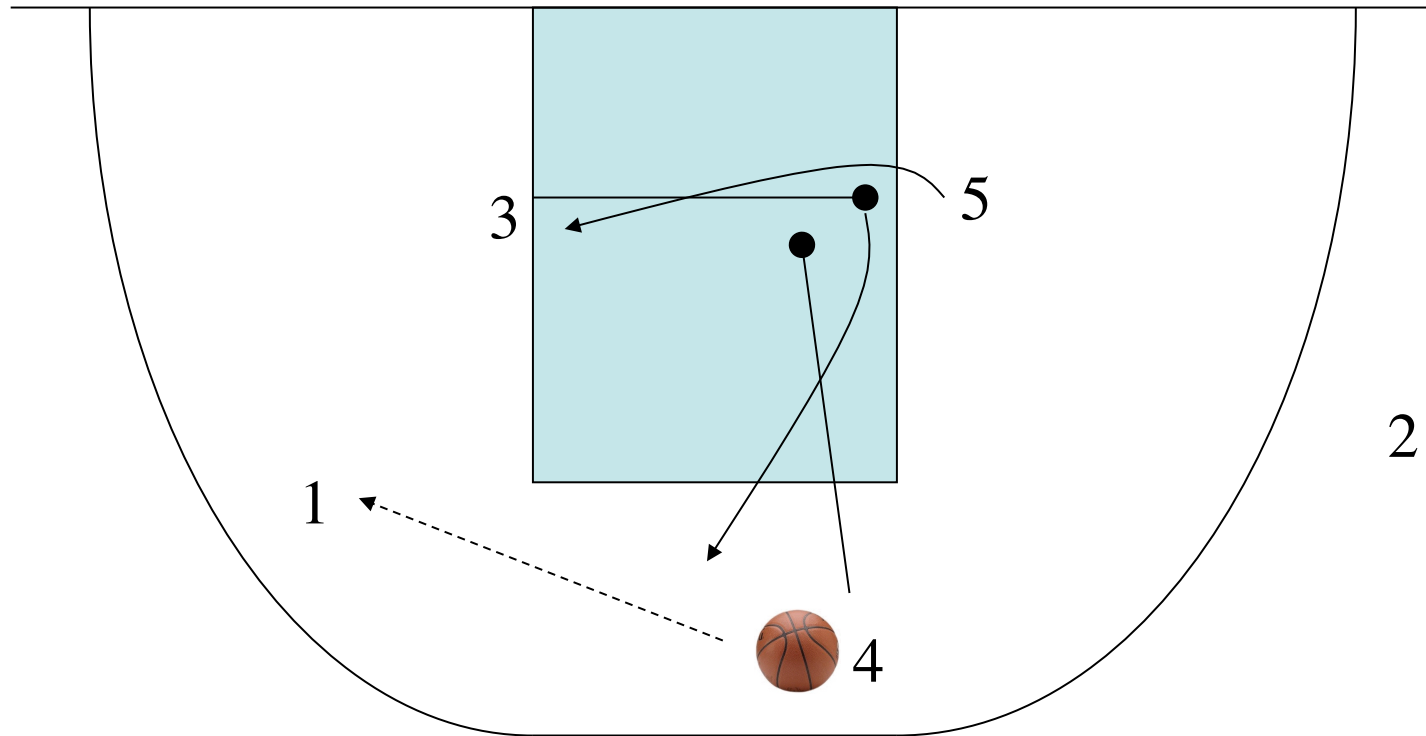
3 Out Offense: Pass--2



1 makes wing entry to 2

2 looks for 5 isolated on the block as 4 sets backscreen for 1

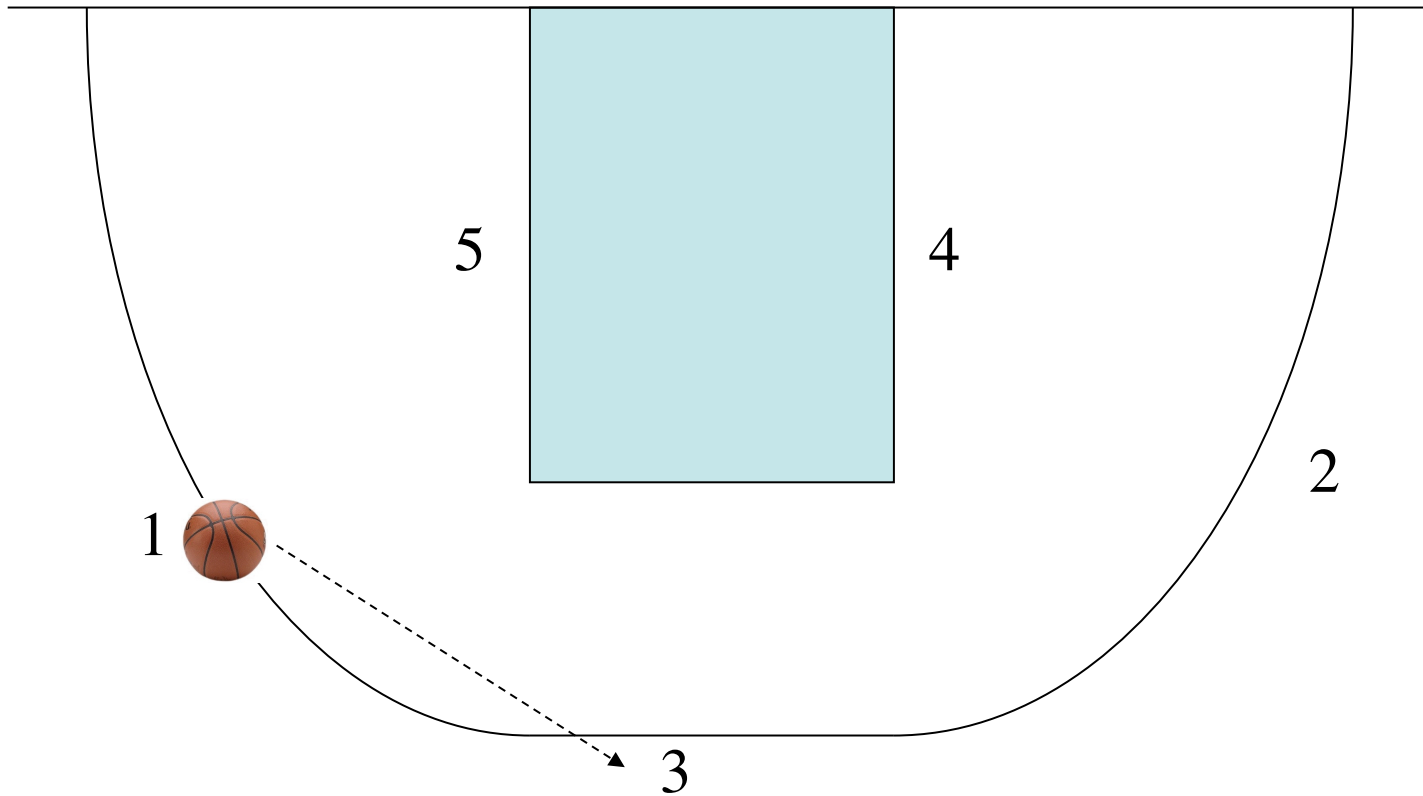
3 Out Offense: Pass--3



4 reverses ball to 1 as 3 sets a cross screen for 5

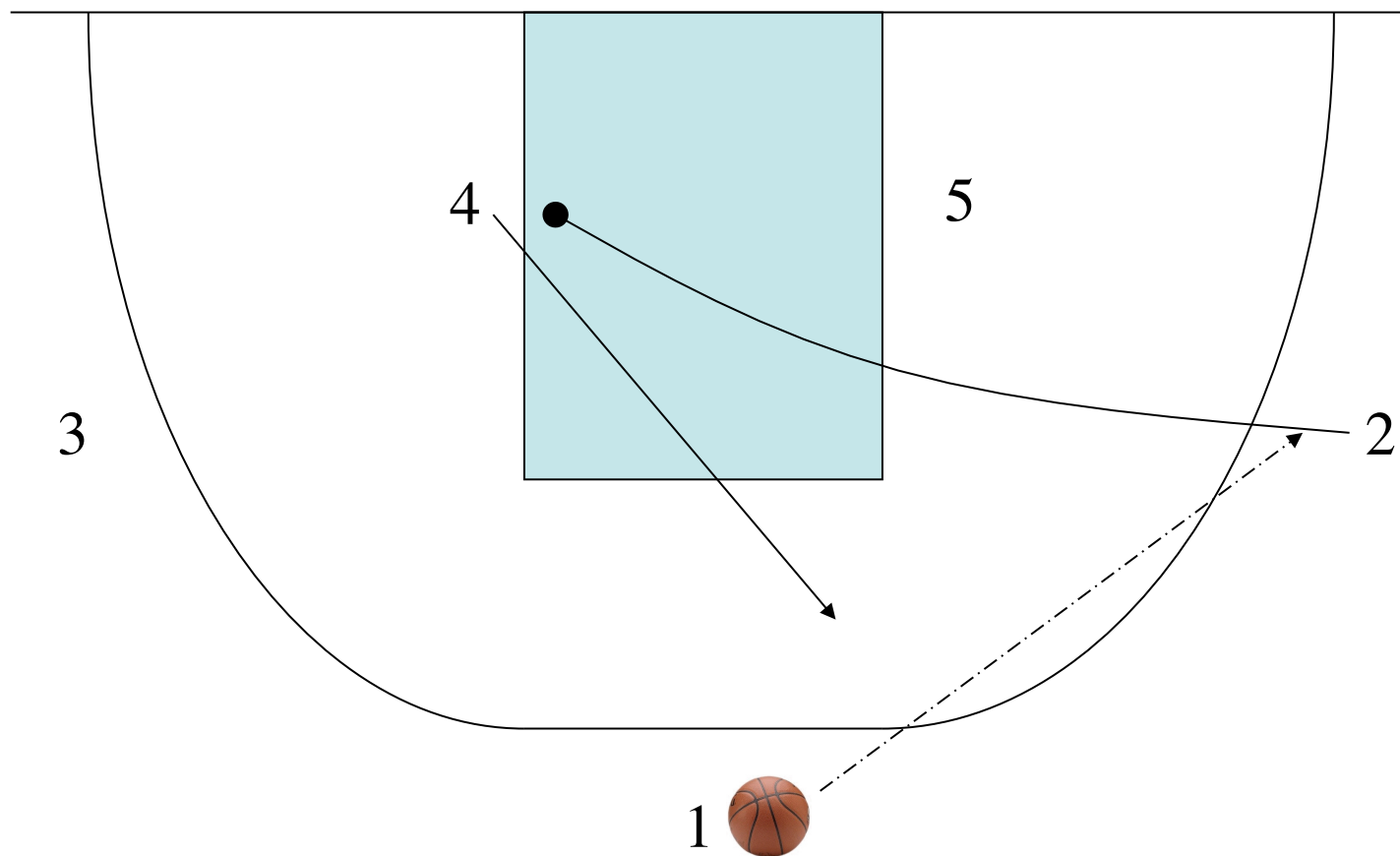
4 will set a down screen for 3 to come off of right after setting the screen for 5

3 Out Offense: Pass--4



When 1 reverses the ball to 3 the offense starts over

3 Out Offense: Dribble Entry

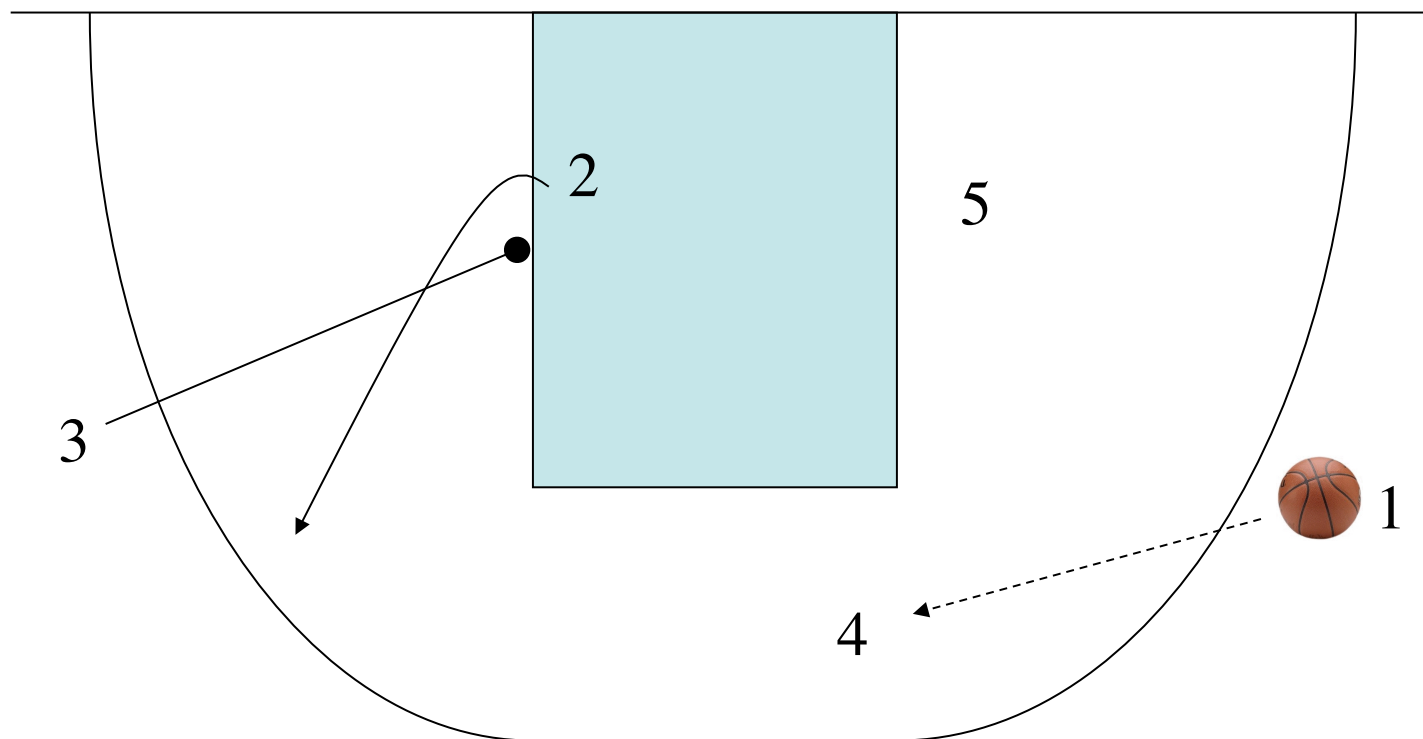


1 dribbles to wing

2 clears and sets a quick screen for 4

4 pops to point

3 Out Offense: Dribble--2

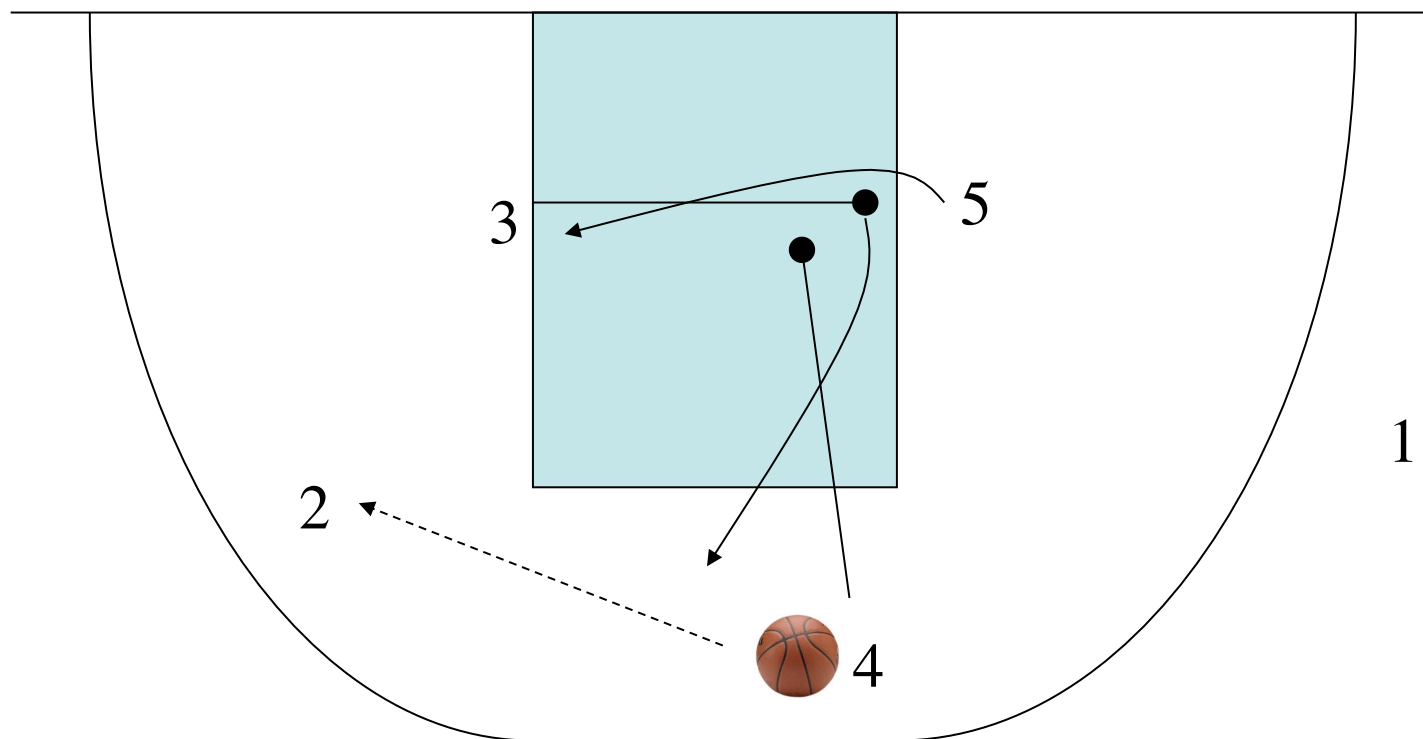


1 dribbles to wing

2 clears and sets a quick screen for 4

4 pops to point

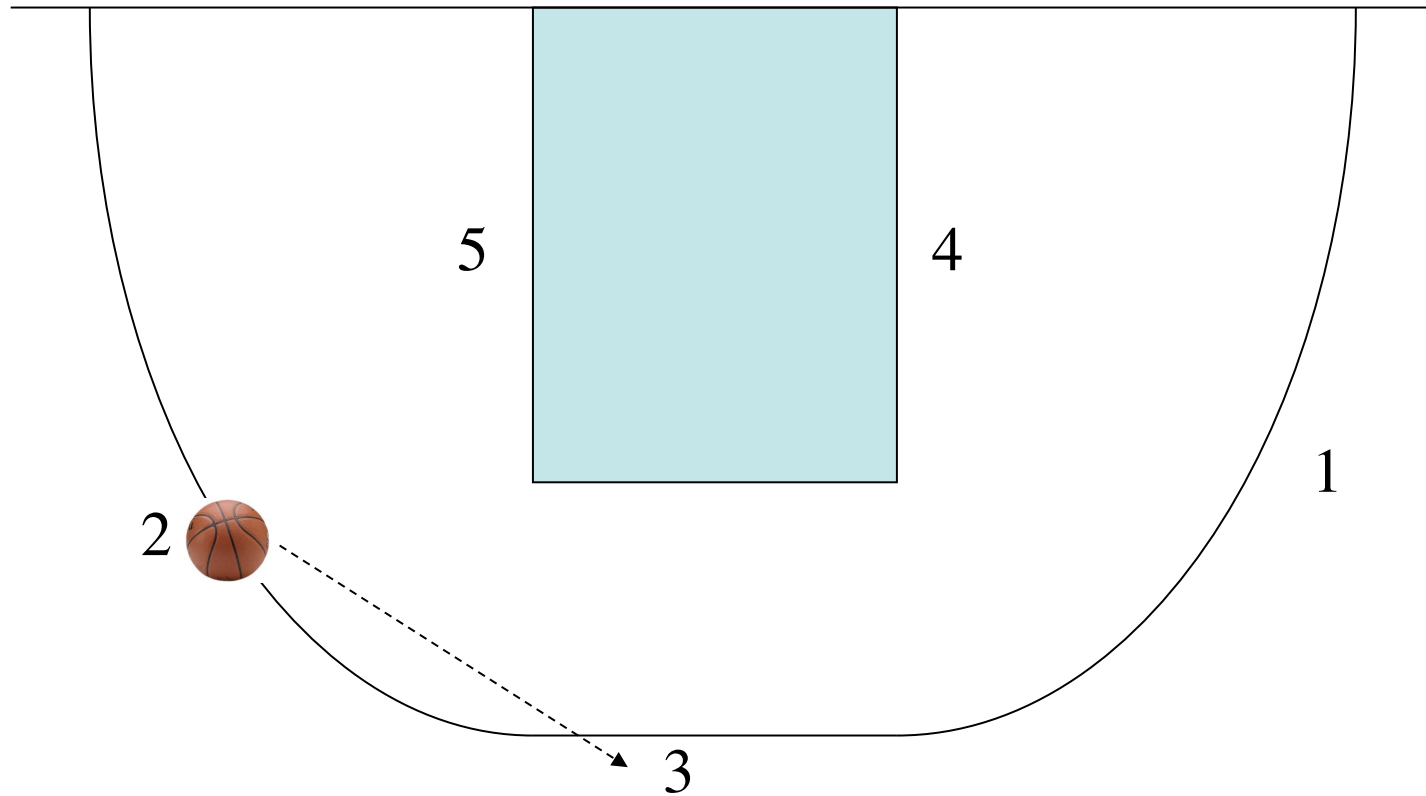
3 Out Offense: Dribble--3



4 reverses ball to 2 as 3 sets a cross screen for 5

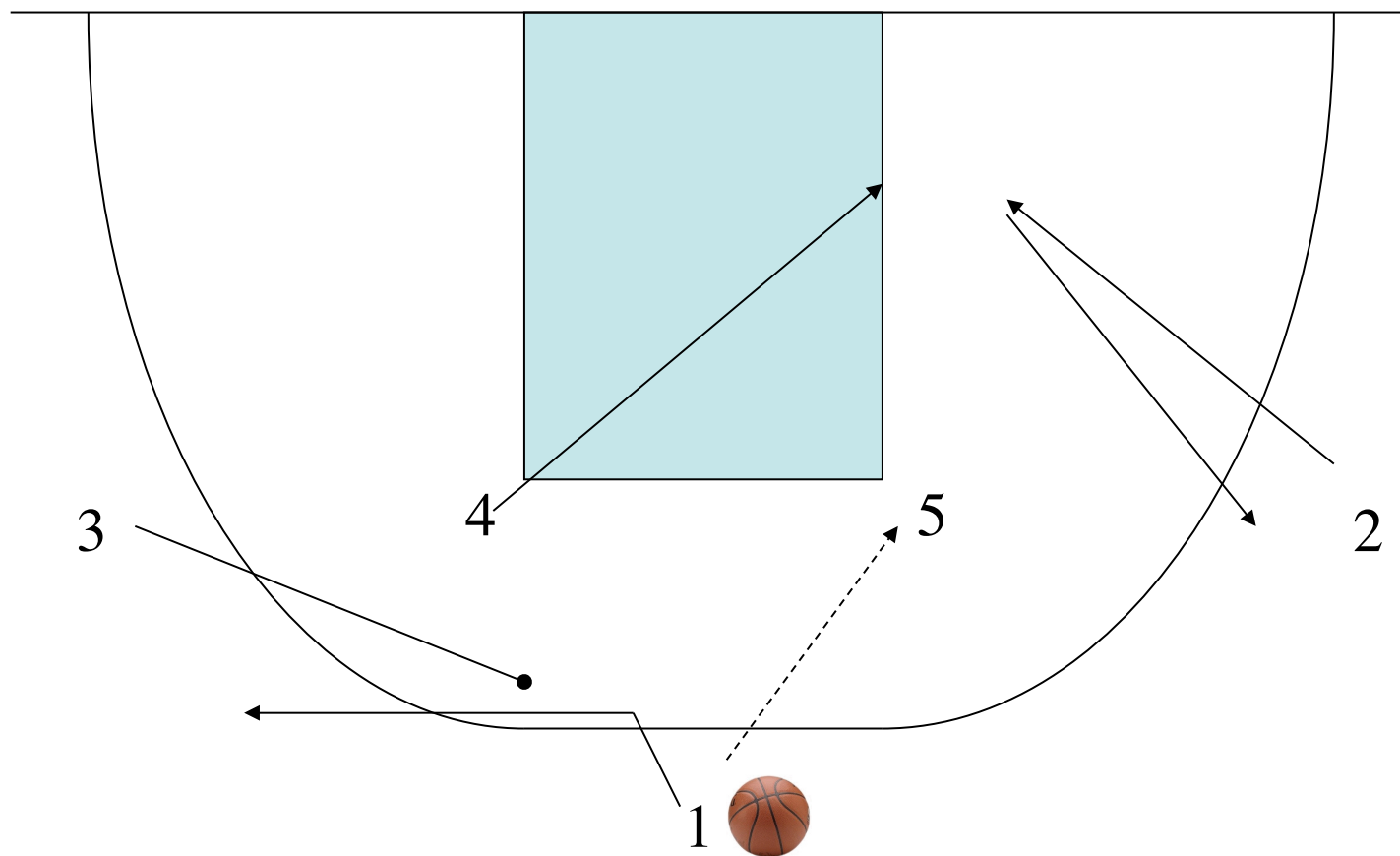
4 will set a down screen for 3 to come off of right after setting the screen for 5

3 Out Offense: Dribble--4



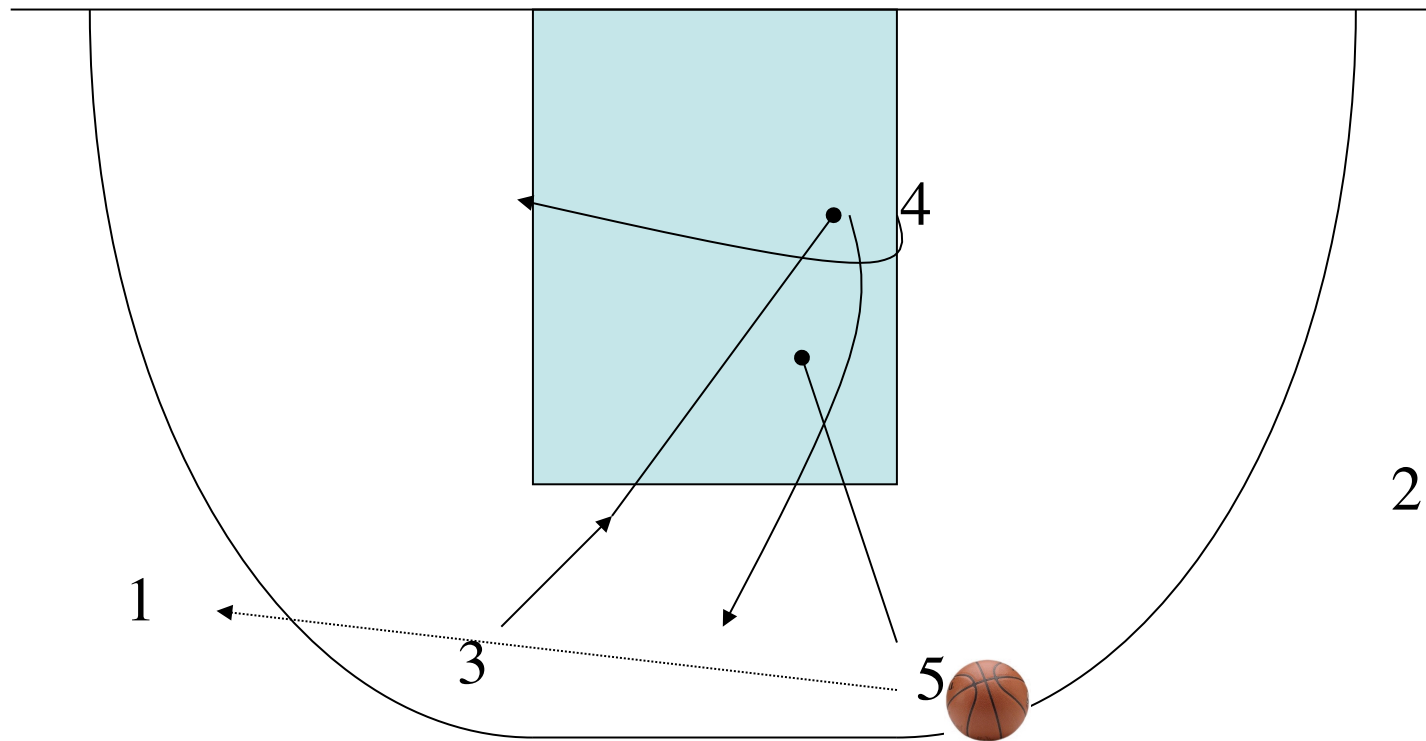
When 2 reverses the ball to 3 the offense starts over

3 Out Offense: Post Entry



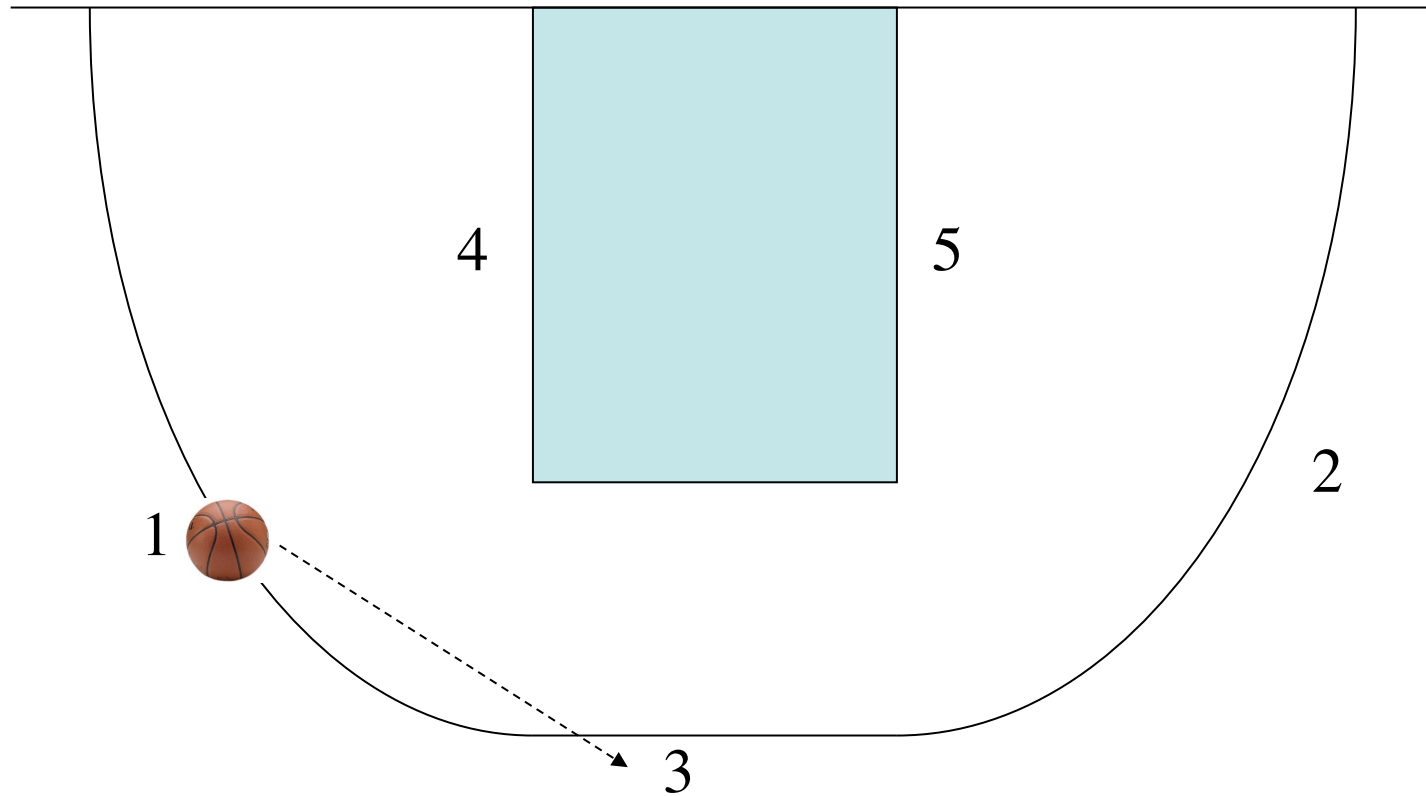
- 1 makes post entry to 5
- 2 cuts back door for the 1st option
- 4 cuts and posts up in isolation
- 3 sets fade screen for 1
- 1 basket cuts and then comes off fade screen

3 Out Offense: Post--2



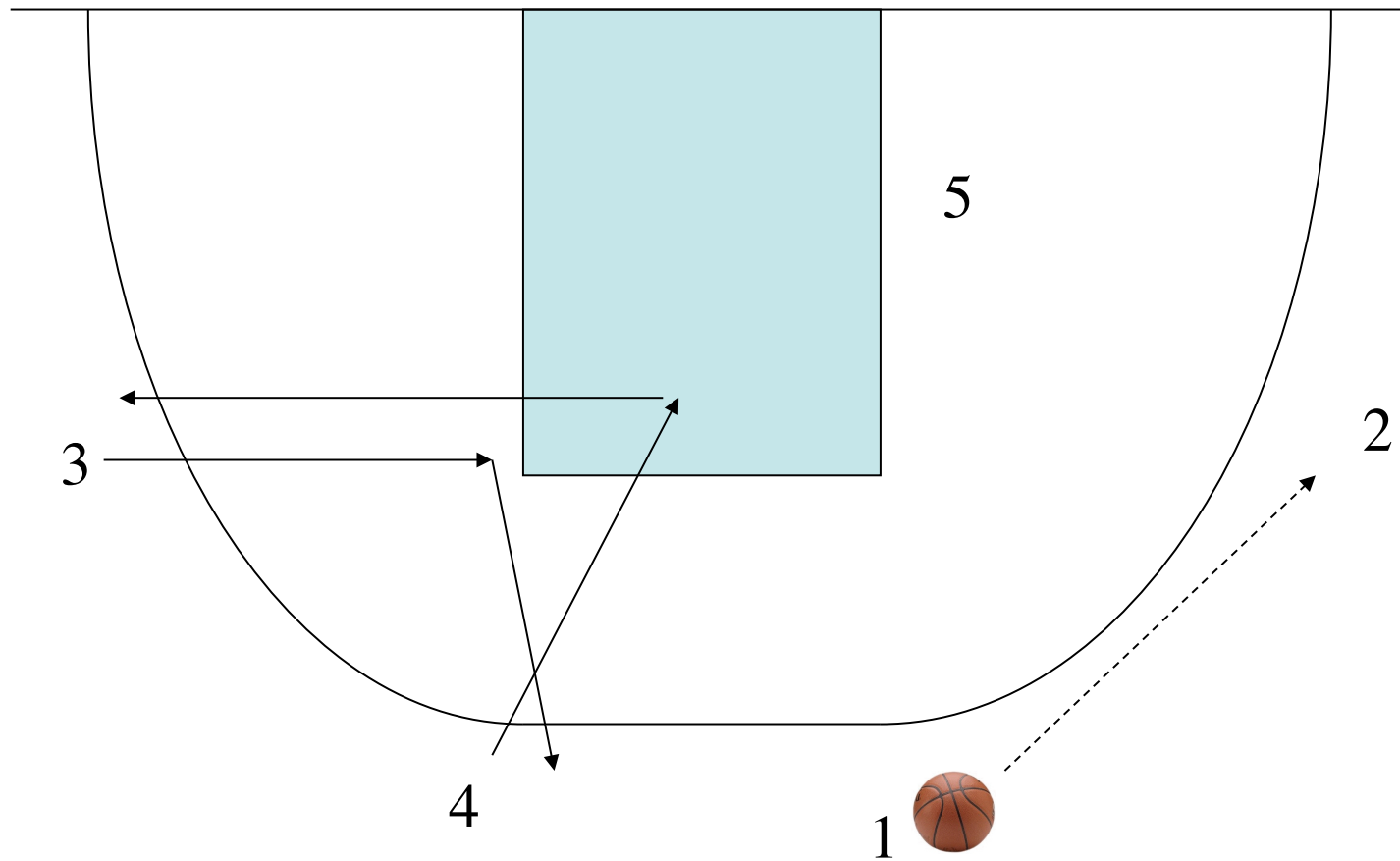
- 5 looks to 3 for slip or skips to 1
- 3 looks to slip fade screen and then screens for 4
- 4 comes off of cross screen from 3
- 5 then screens for 3 to come back up to point

3 Out Offense: Post--3



When 1 reverses the ball to 3 the offense starts over

4 Out Offense: Wing

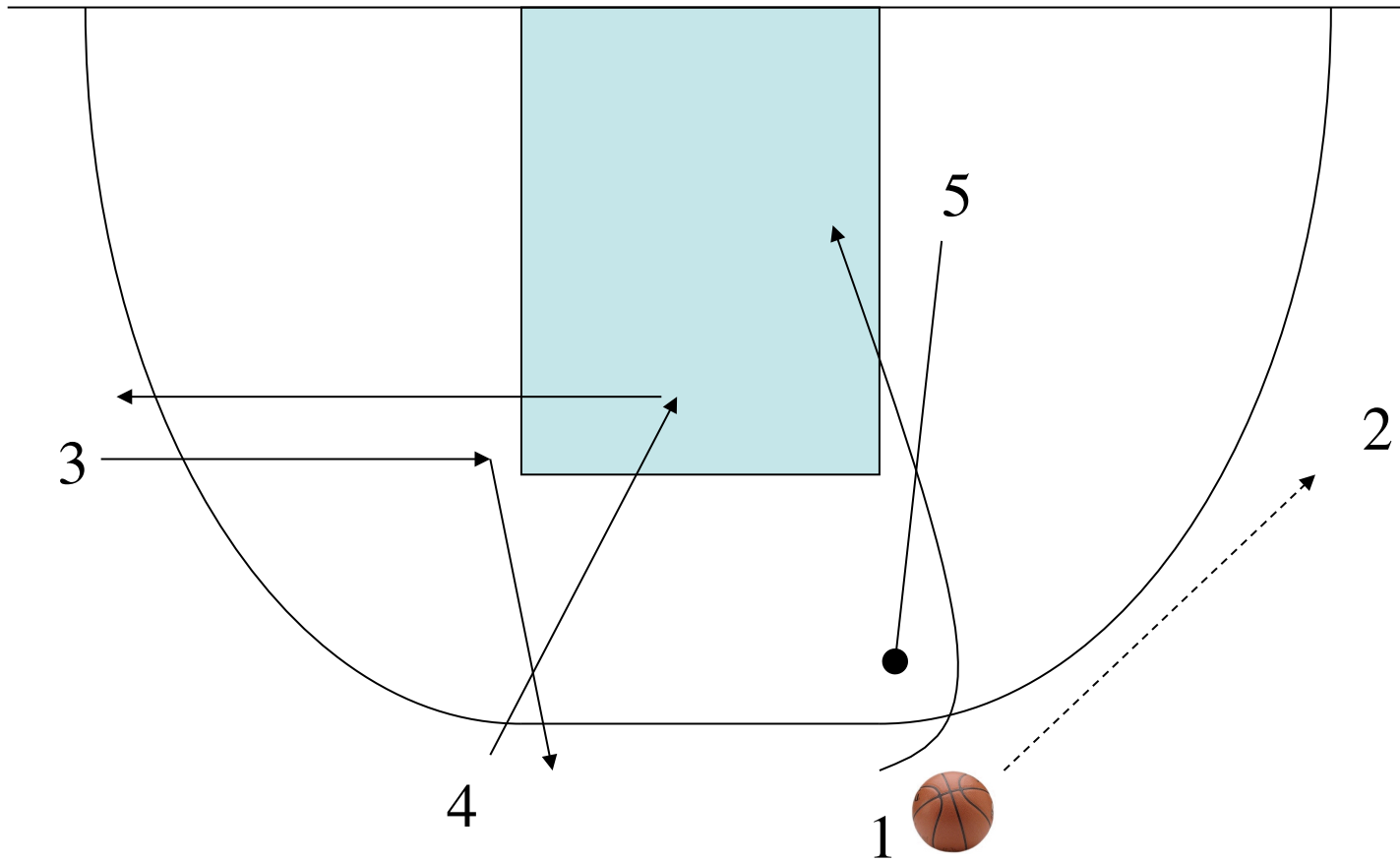


Ball is entered to a wing

Look for 5 on block

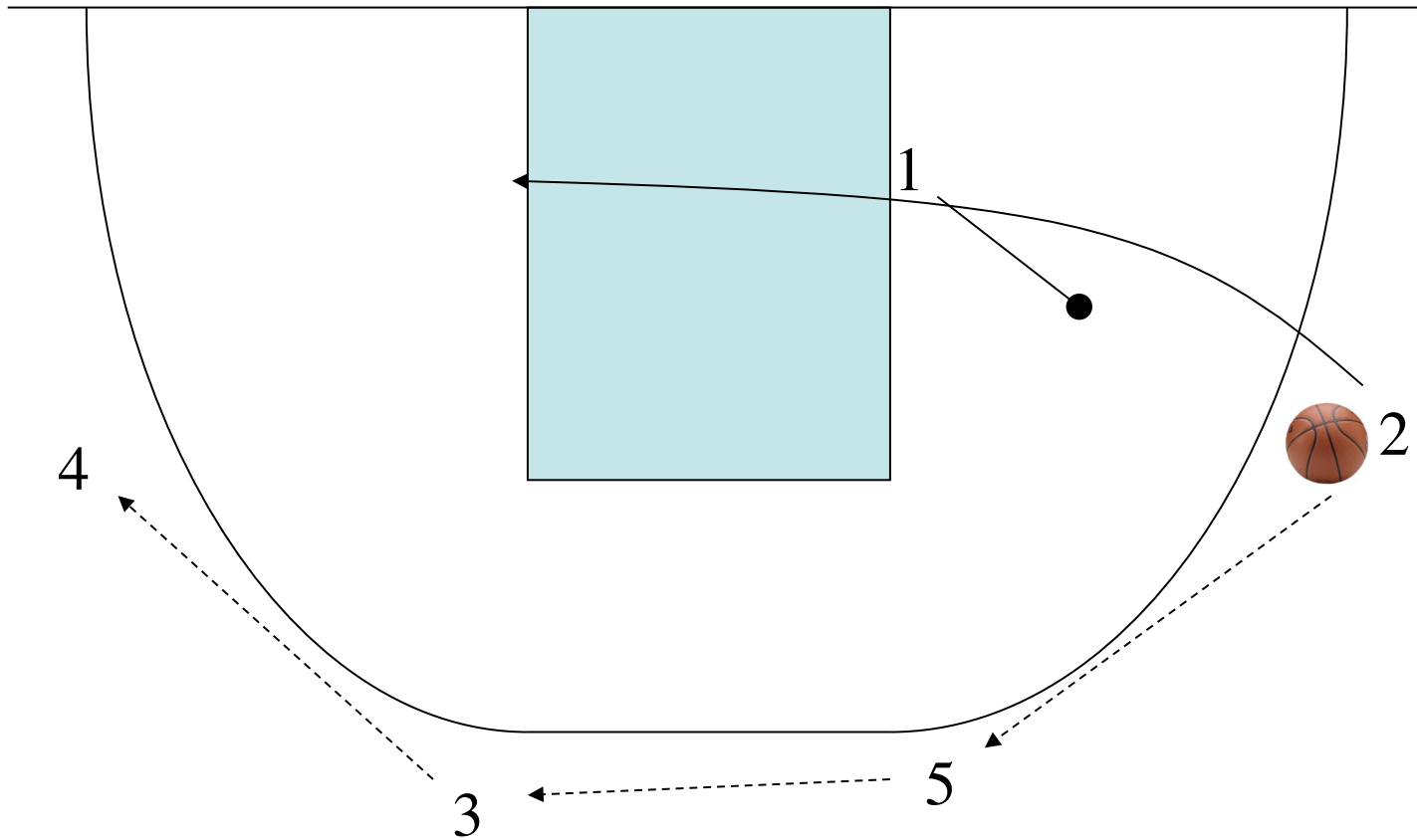
4 and 3 both basket cut and replace each other

4 Out Offense: Wing 2



If 5 does not have good position he will up screen for 1

4 Out Offense: Wing 3

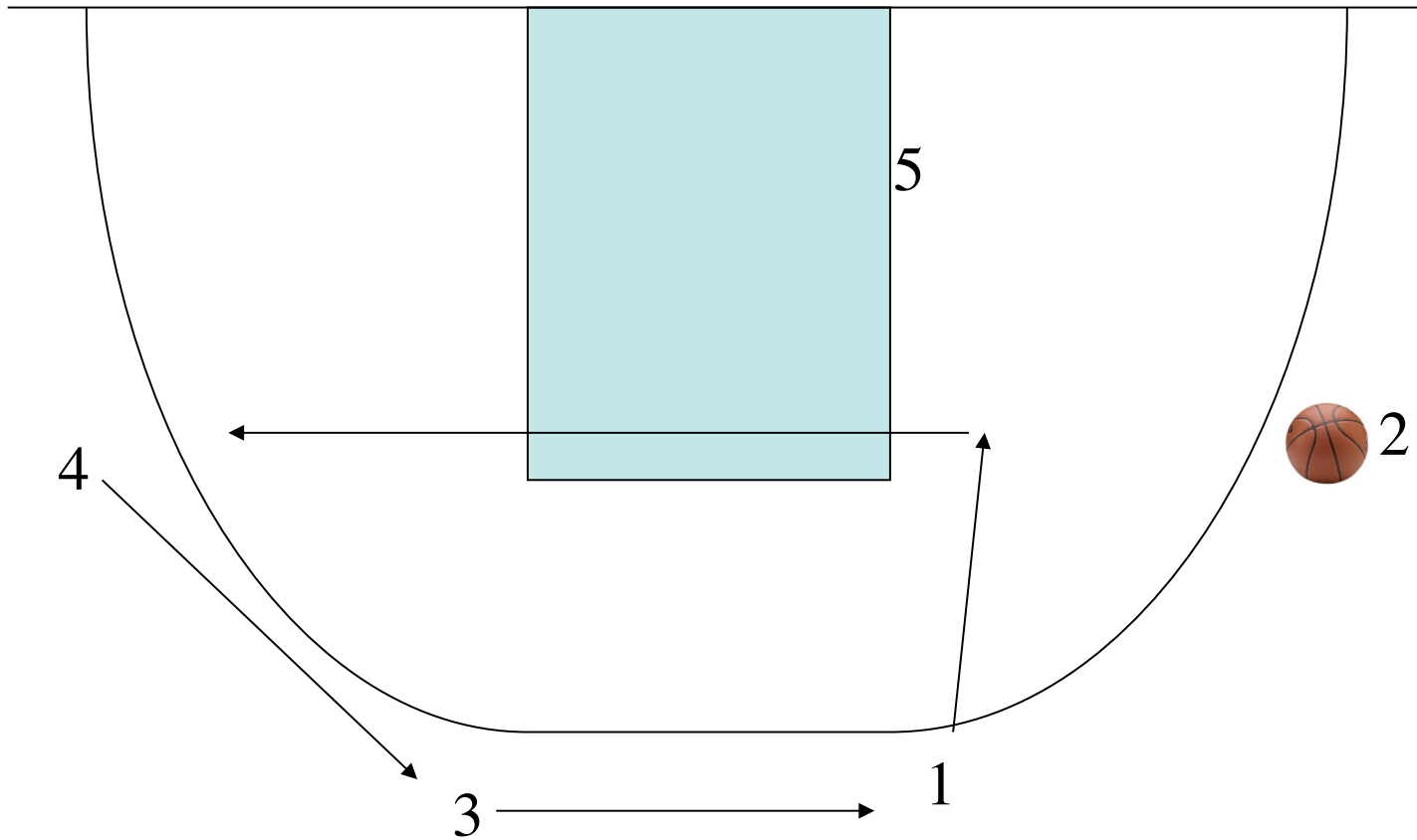


When ball gets reversed to other side of the floor:

1 sets back screen for 2

1 flashes back and then replaces 2 at the wing

4 Out Offense: Reversal Denial



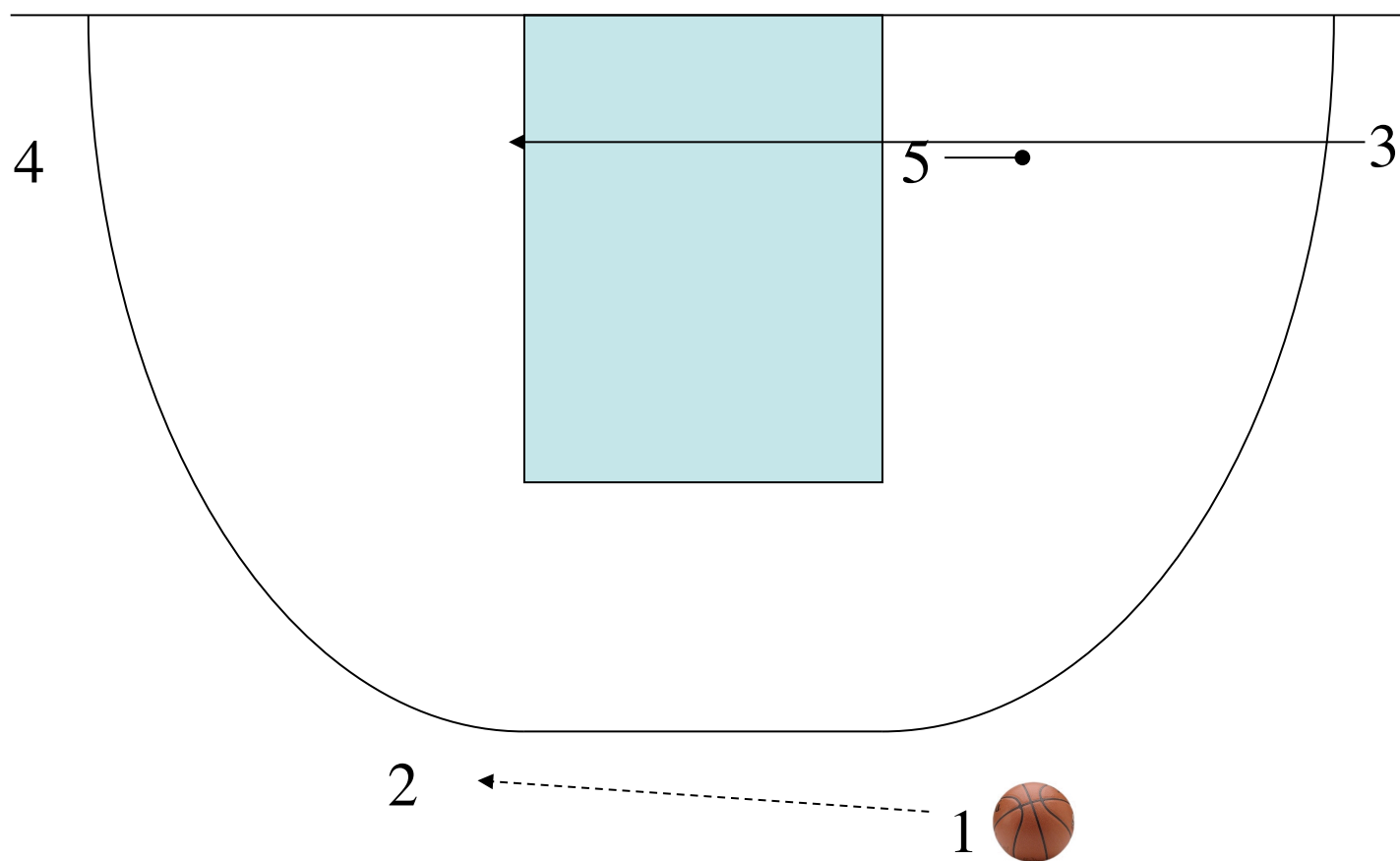
If 2 cannot reverse the ball:

1 will back cut then replace to 4 at opposite wing

3 will replace 1

4 will replace 3

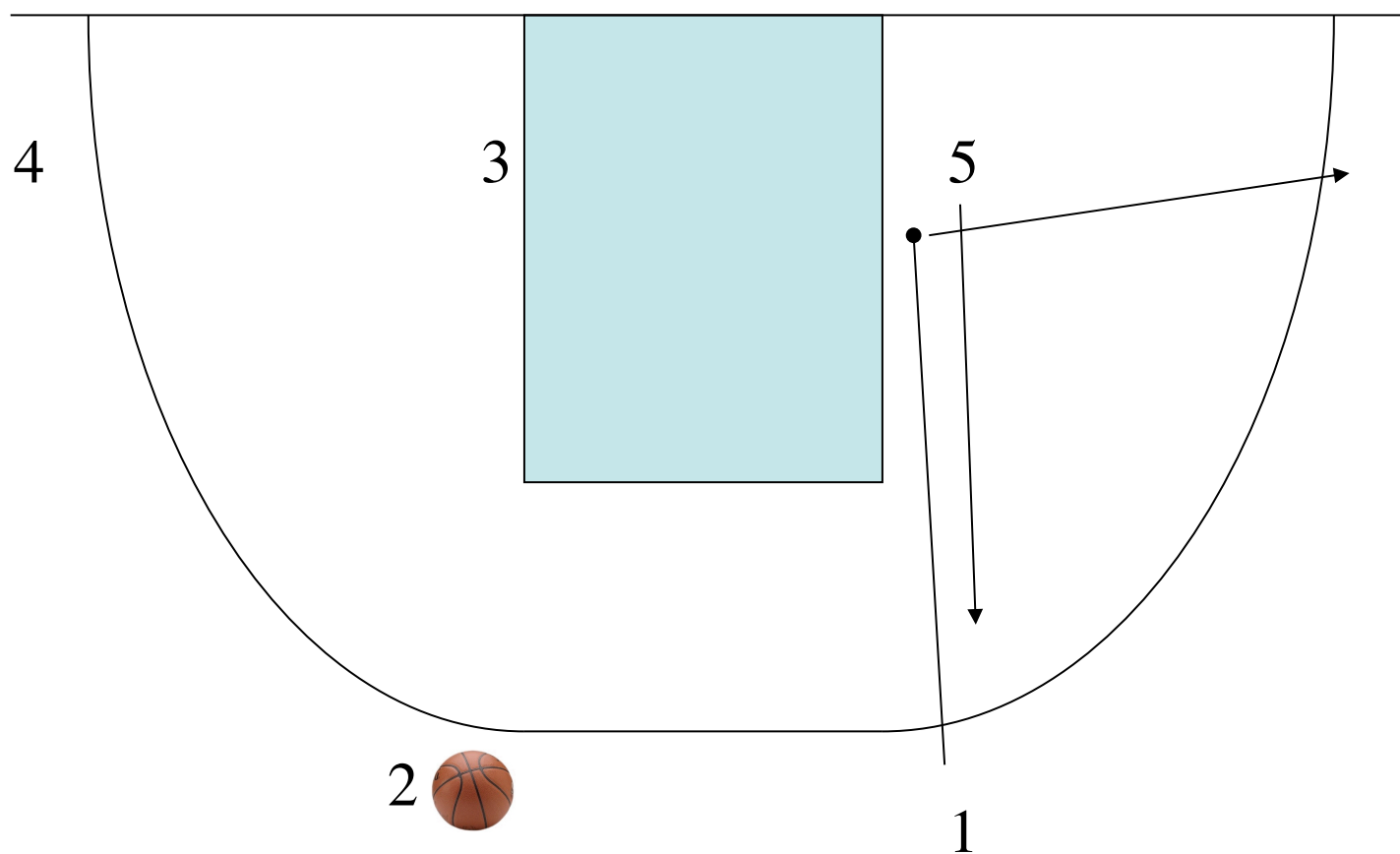
Flex Offense-1



1 passes ball to 2

5 sets back screen for 3

Flex Offense-2

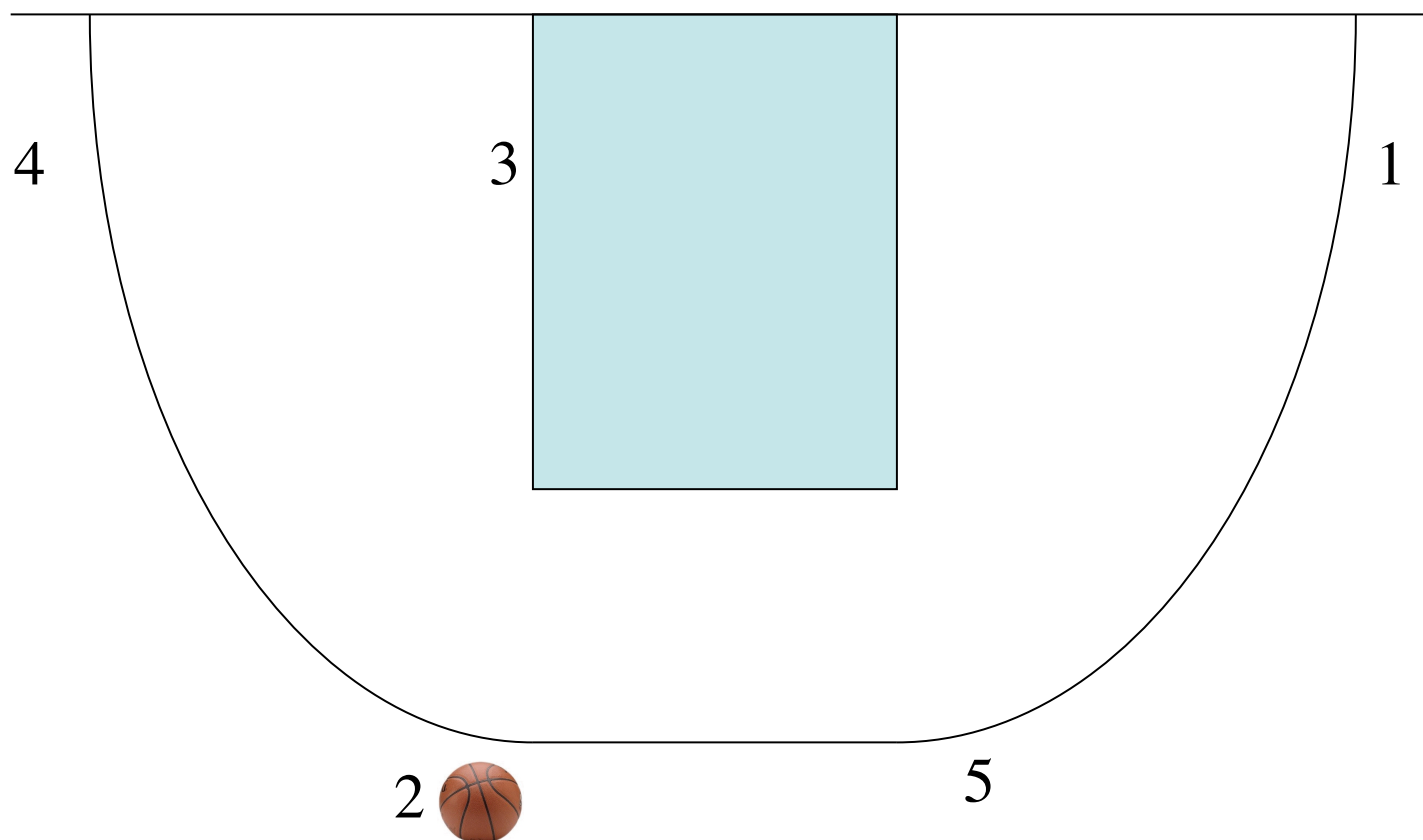


1 sets screen for 5 (who just set screen for 3)

1 clears out to corner after setting screen

2 looks to pass to 3 off of back screen or 5 off of down screen

Flex Offense-3



Now the offense starts over

2 passes to 5

3 sets back screen

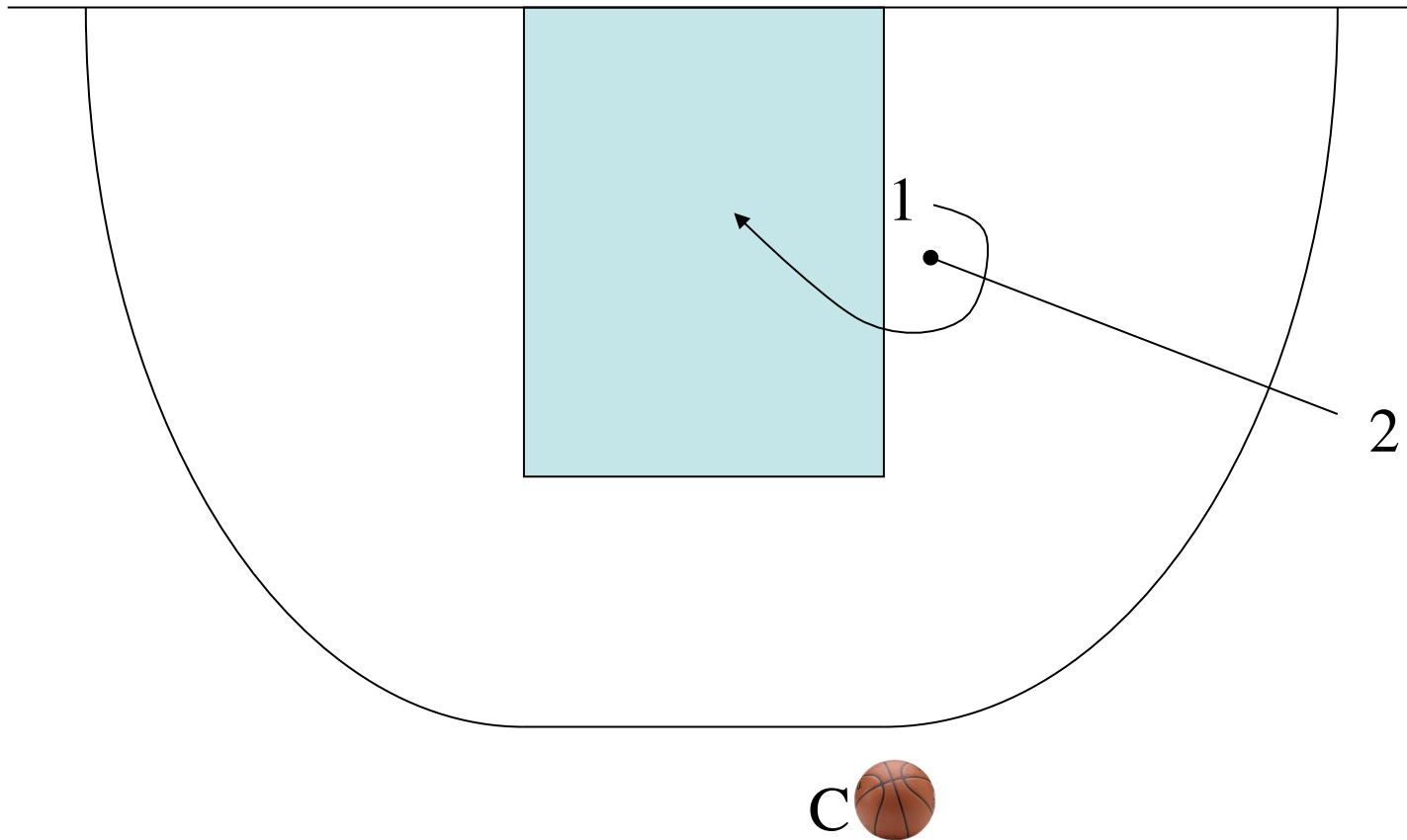
2 sets screen for 3



Eagan Basketball

Offense Concepts

Curl Cut

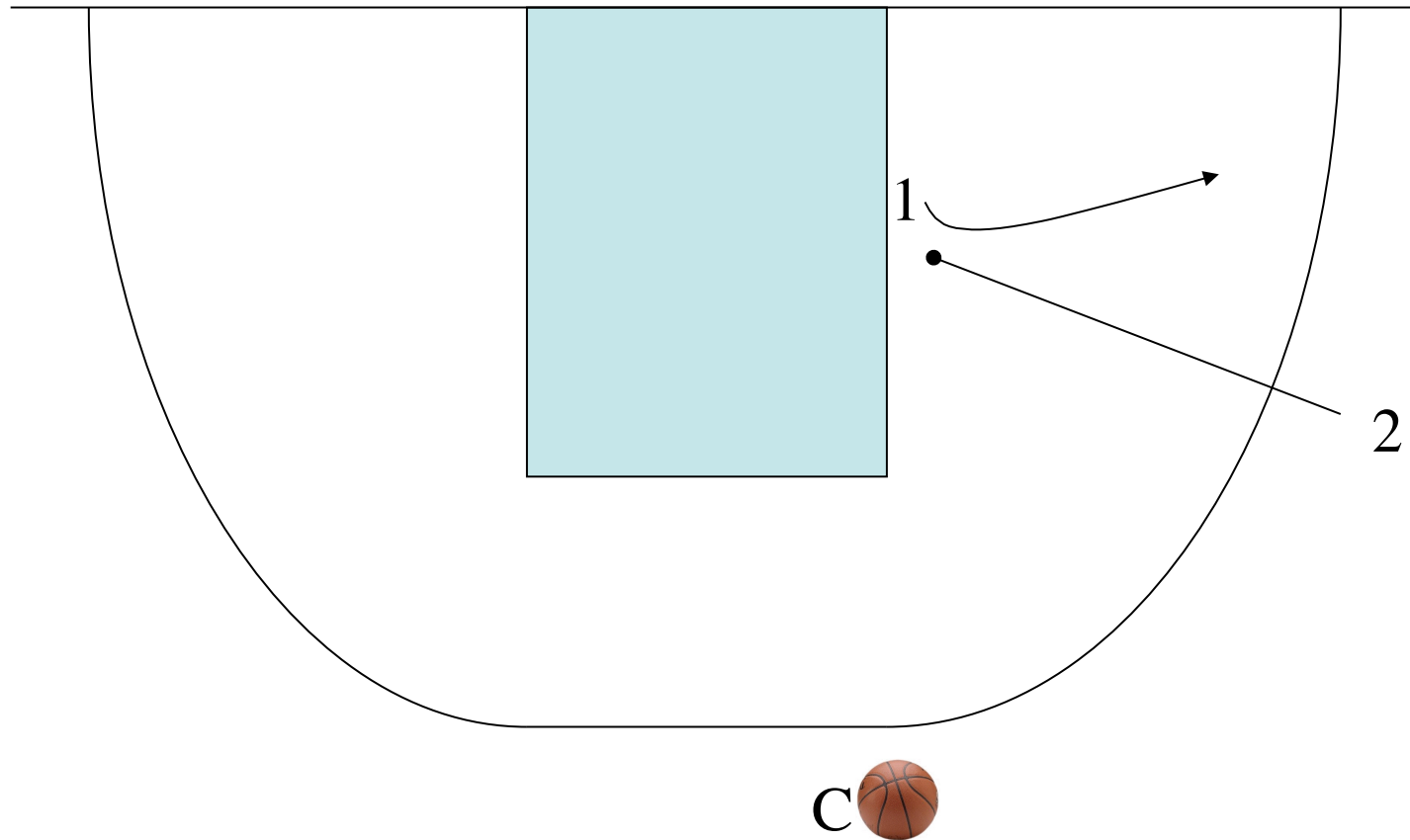


2 comes and sets a screen on 1's defender

1 takes a step away from screener and then cuts straight at screener

1 reads his defender as trailing so cuts shoulder to shoulder in a curl to basket

Fade Cut

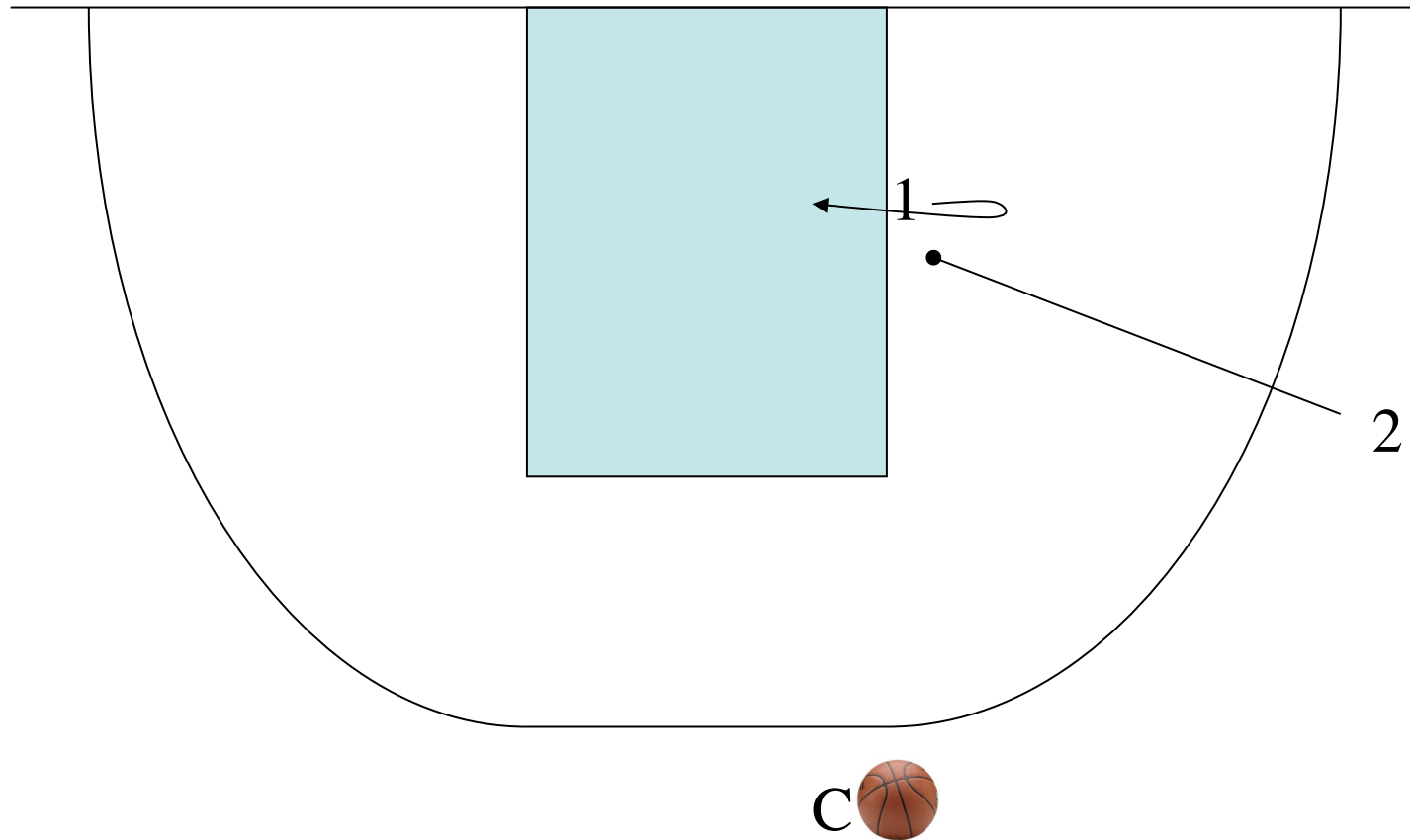


2 comes and sets a screen on 1's defender

1 takes a step away from screener and then cuts straight at screener

1 reads his defender as going over the screen so he fade cuts

Backdoor Cut

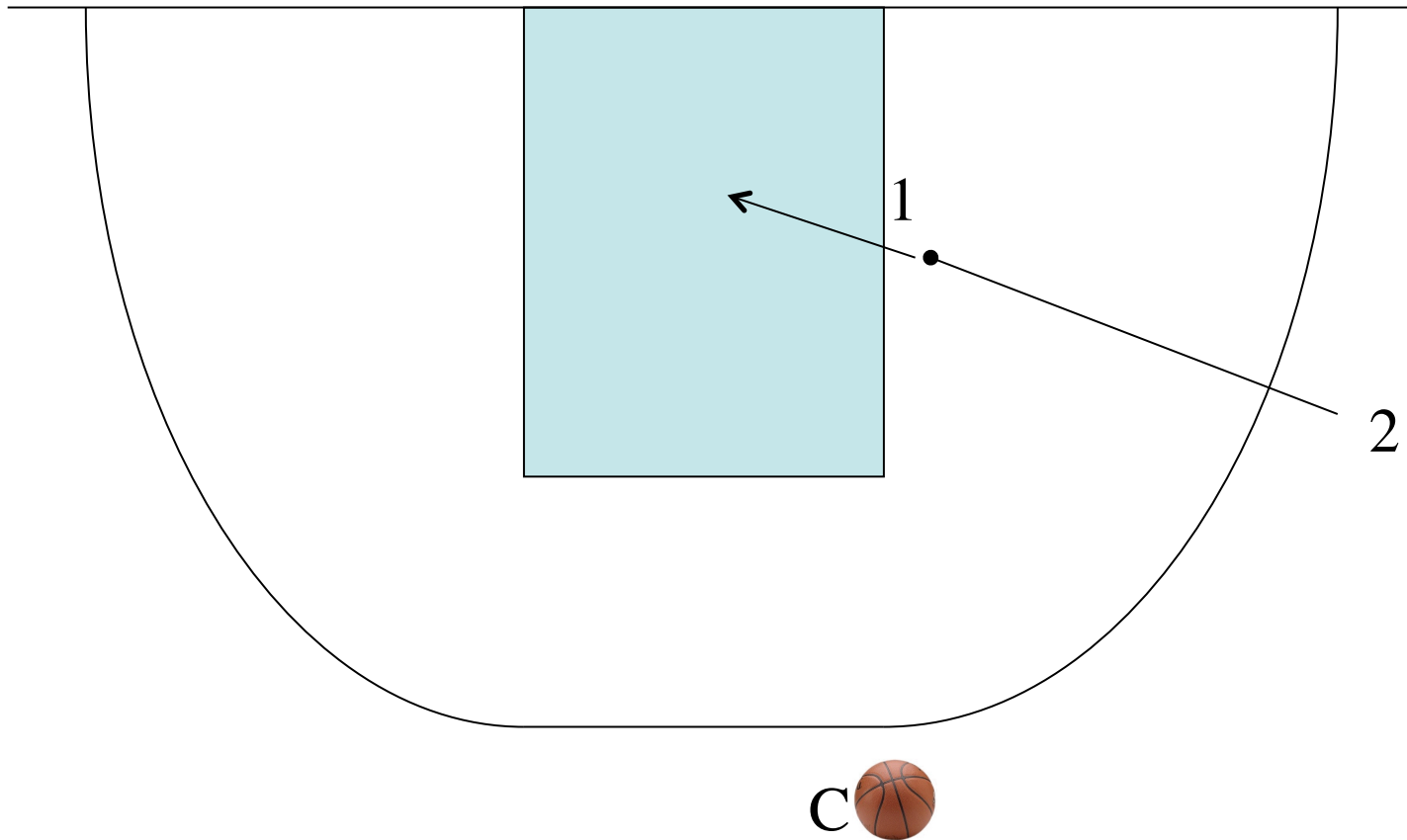


2 comes and sets a screen on 1's defender

1 takes a step away from screener and then cuts straight at screener

1 reads his defender as beating the screen so plant and backdoor cut

Slip Screen

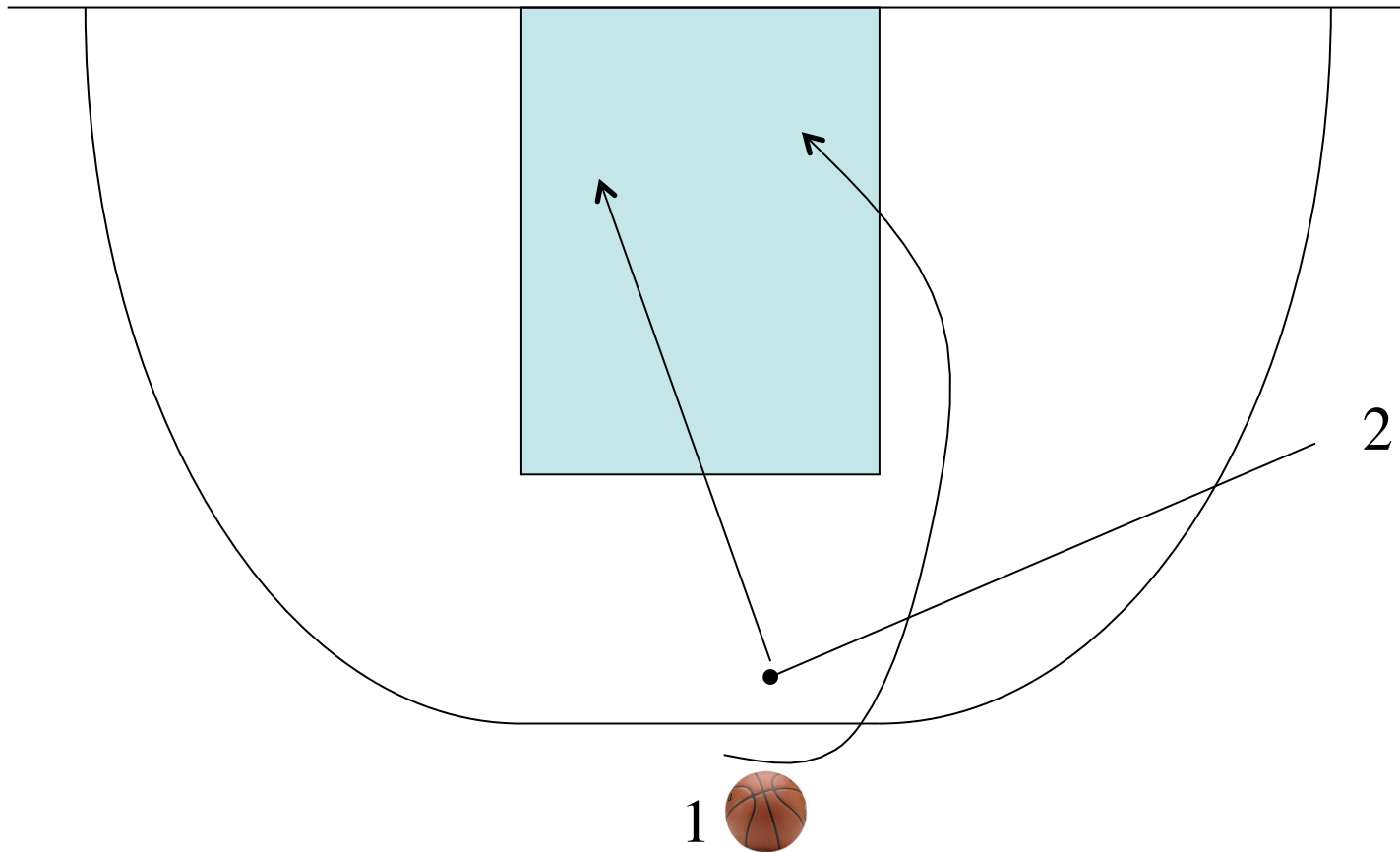


2 comes and sets a screen on 1's defender

1 takes a step away from screener and then cuts straight at screener

2 reads his defender coming off of him to help on 1's cut or sees/hears that they are switching
at this point 2 "slips" the screen by diving to basket

Screen and Roll-1

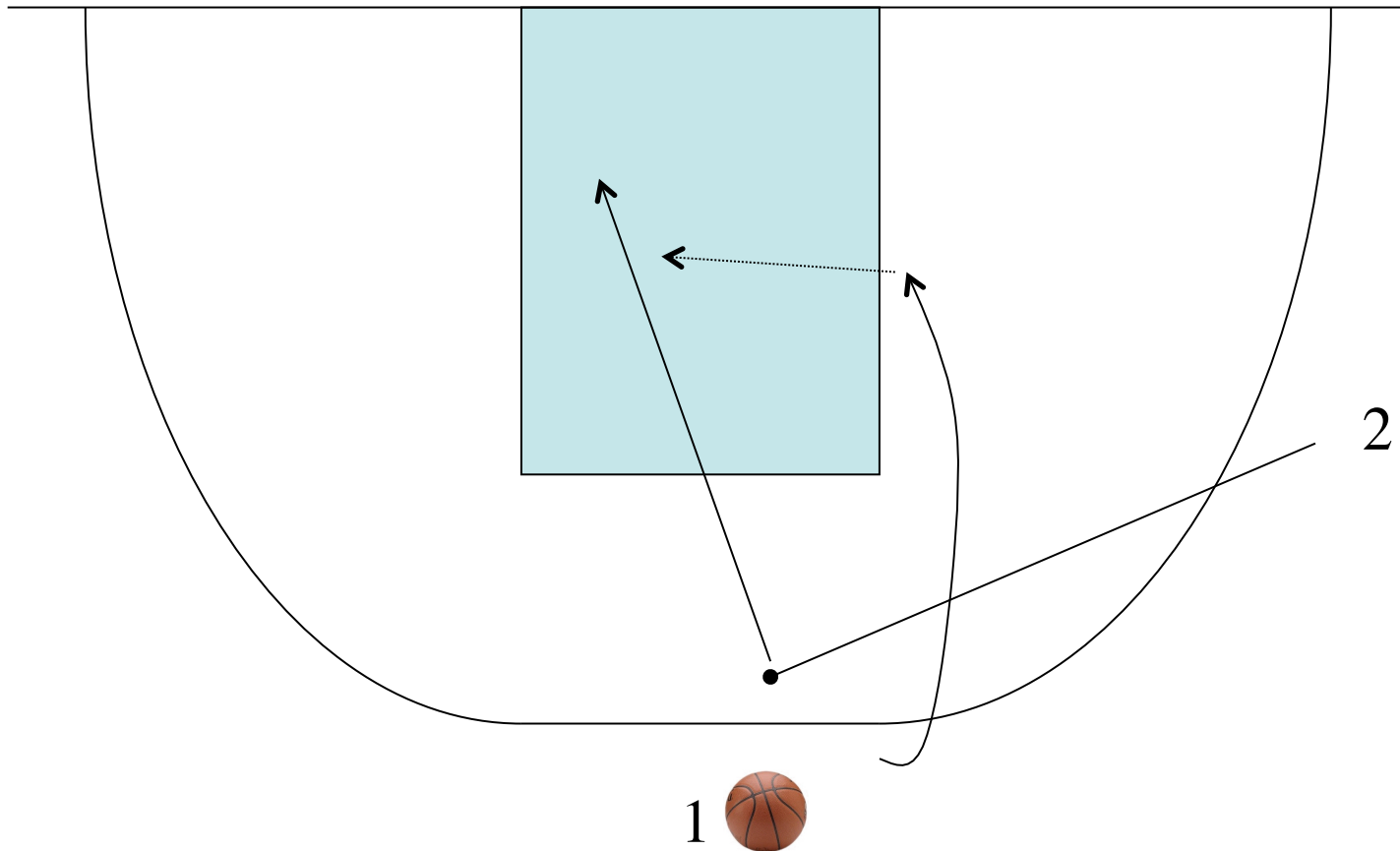


2 comes and sets a screen on 1

1 dribbles around the screen and continues to shoot a layup

2 will roll to the basket after he/she sets the screen

Screen and Roll-2

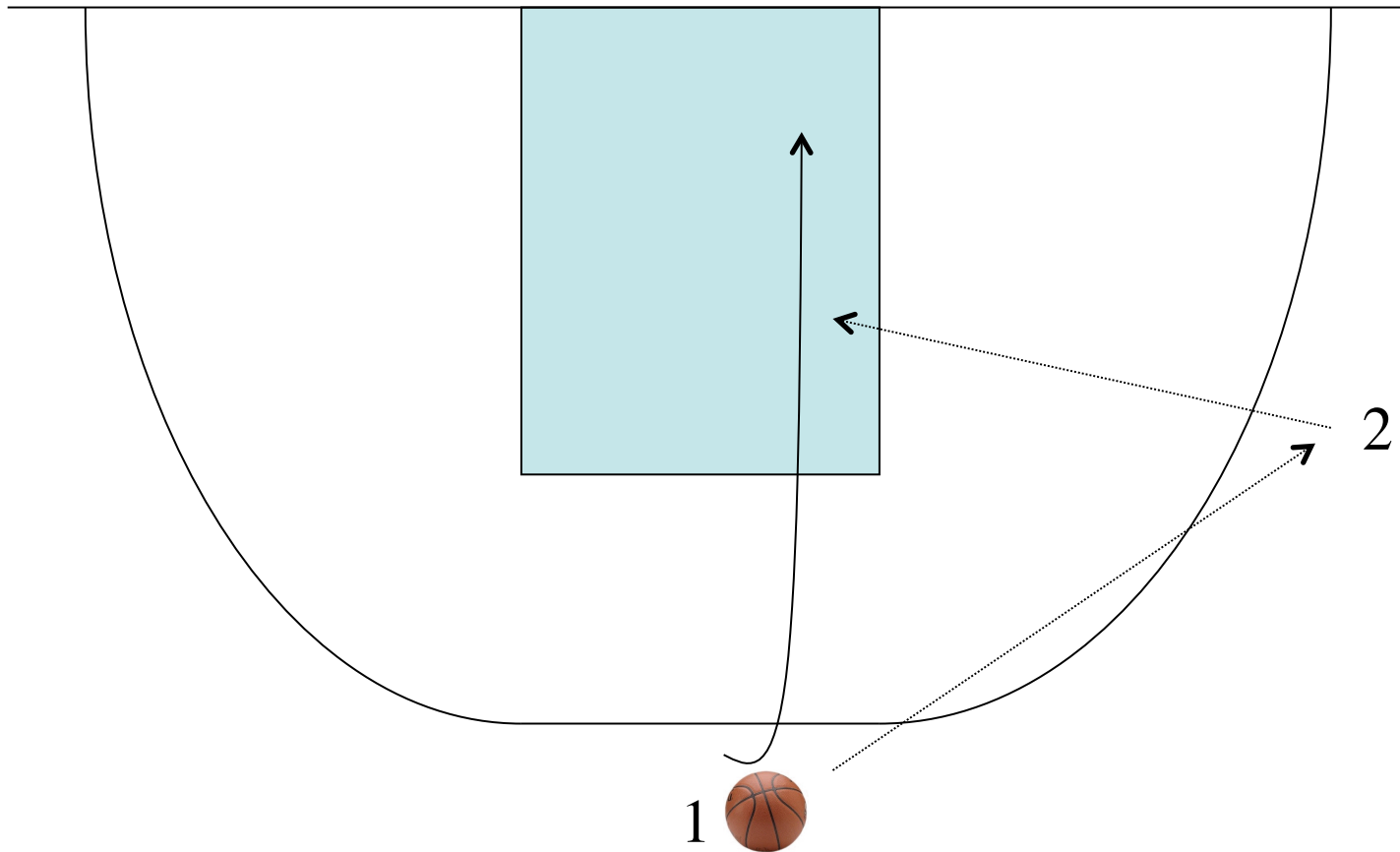


2 comes and sets a screen on 1

1 dribbles around the screen and makes a pass to 2 who is rolling to the basket

2 will shoot the layup after receiving the pass from 1

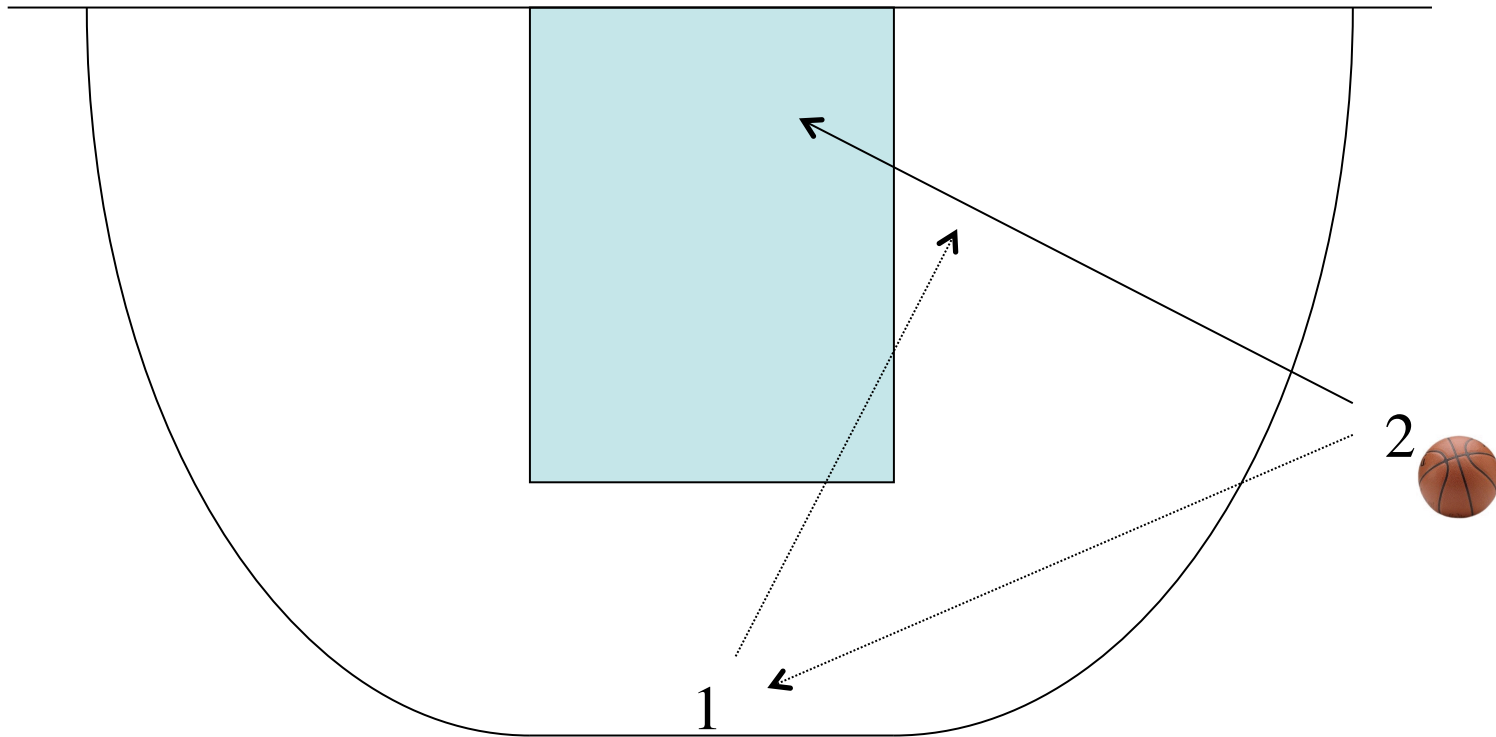
Give and Go-1



1 makes pass to 2 and immediately cuts to the basket

2 catches the ball and throws a pass back to 1 who shoots a layup

Give and Go-2



2 makes pass to 1 and immediately cuts to the basket

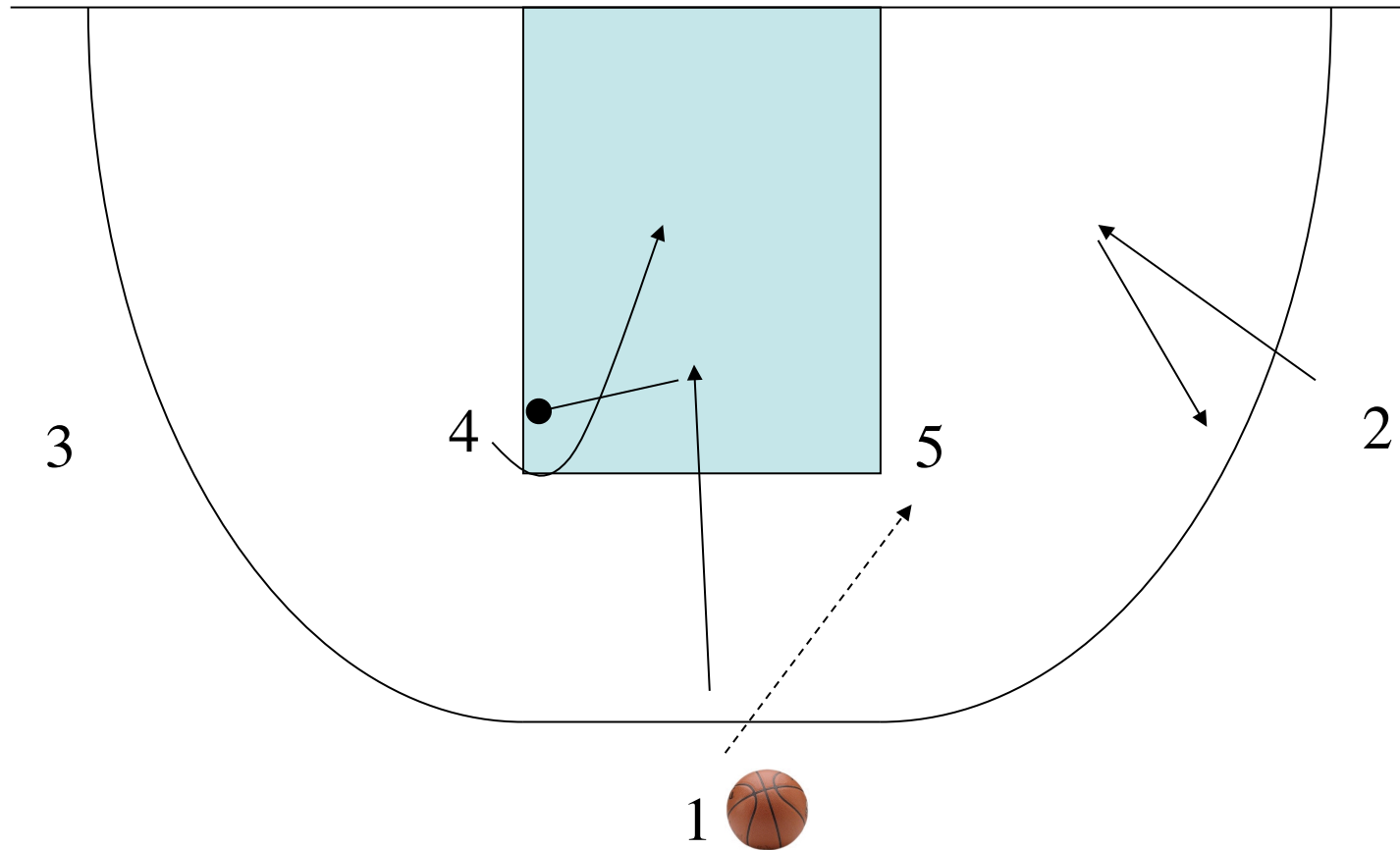
1 catches the ball and throws a pass back to 2 who shoots a layup



Eagan Basketball

Offense Sets

Fist--1



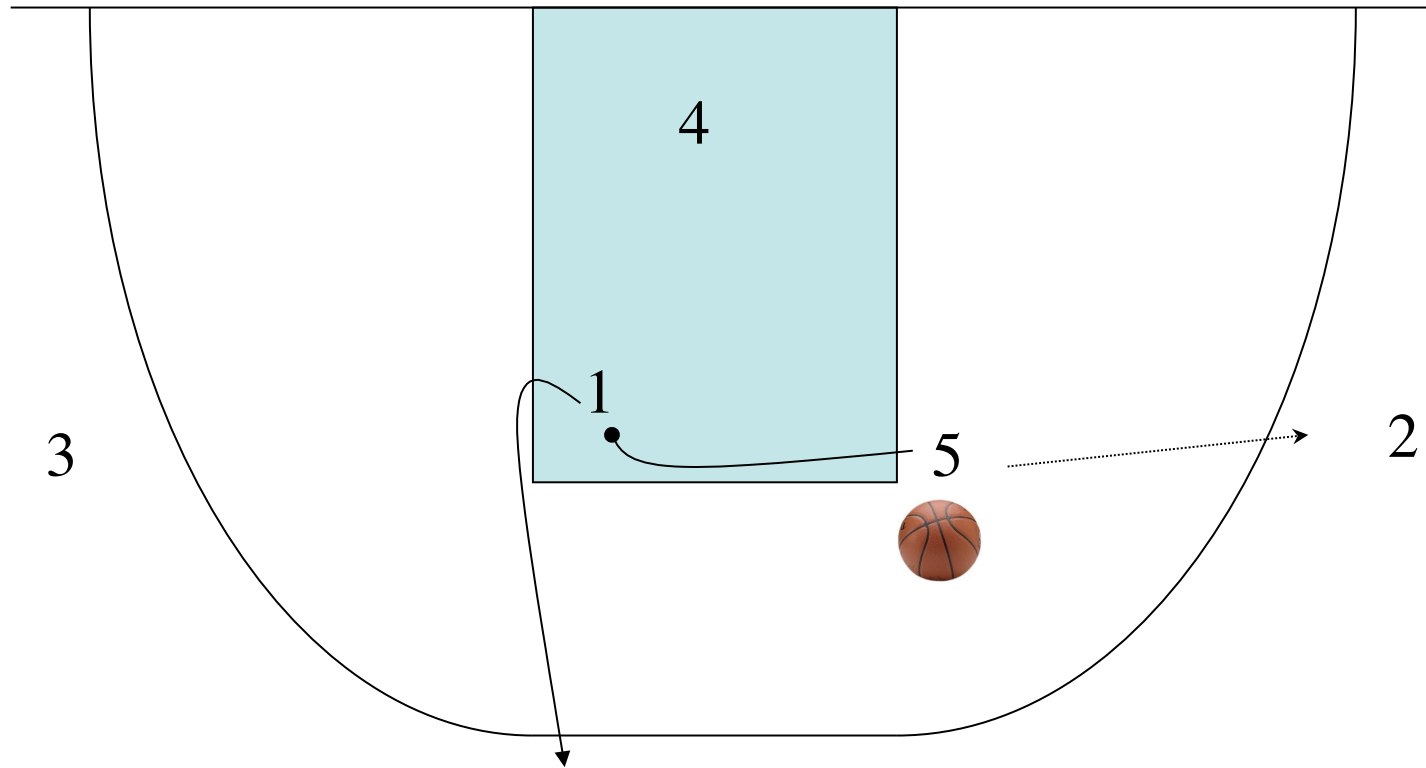
1 makes post entry to 5

2 cuts back door quick then replace if don't get ball

1 basket cuts then peels back to set a rub screen for 4

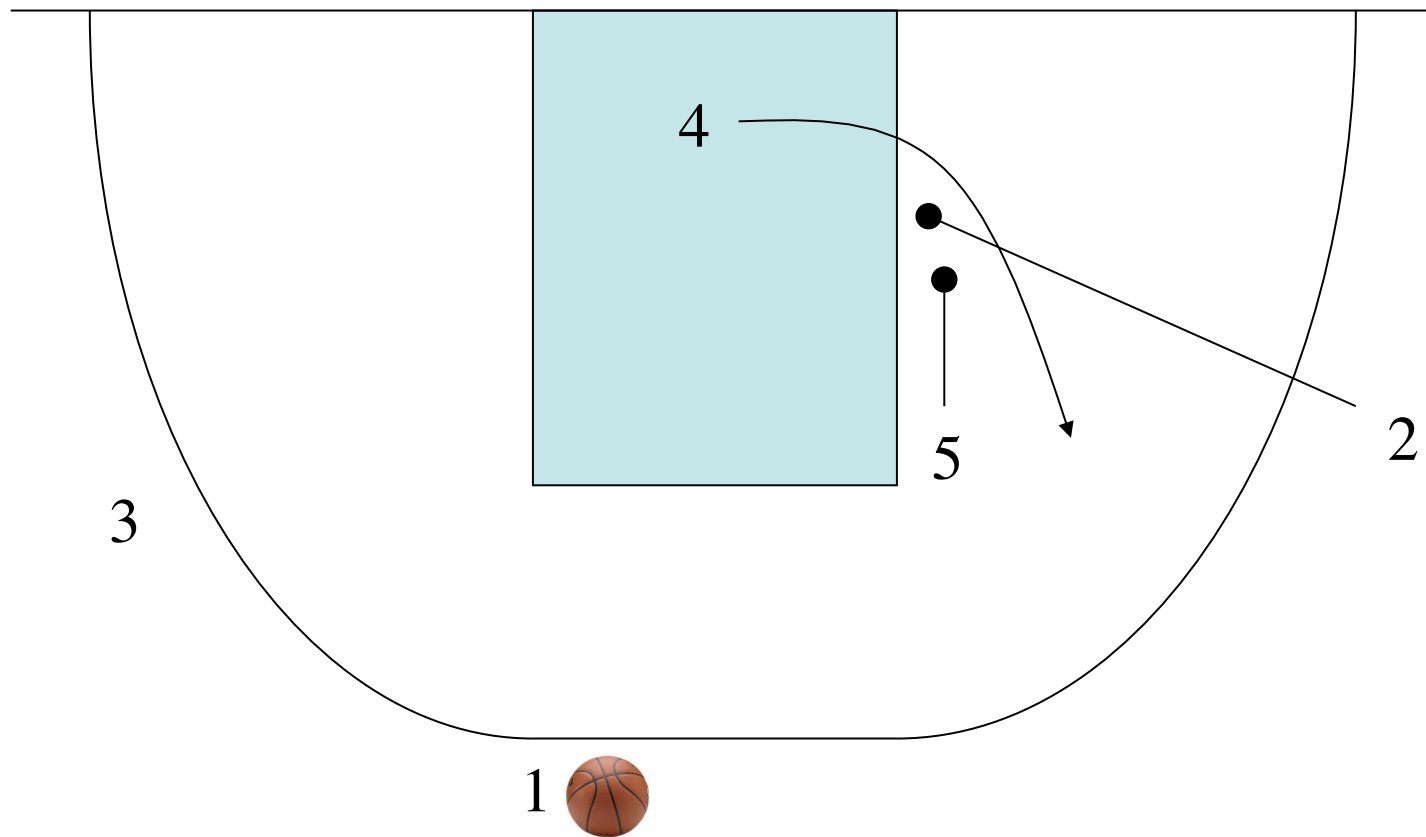
4 uses rub screen and posts up at basket

Fist--2



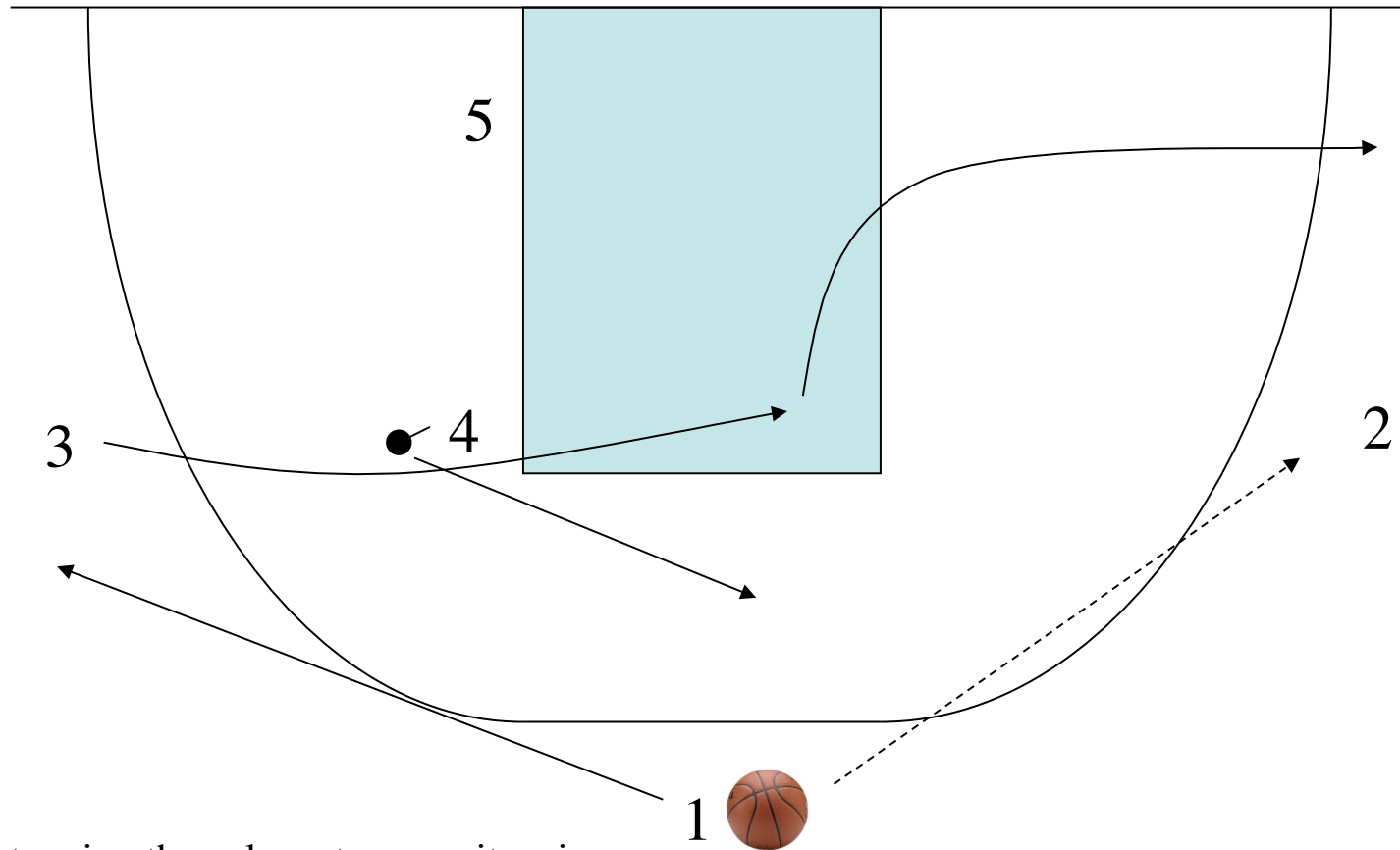
If 4 is not open coming down the lane, 5 swings the ball and sets a screen for 1
1 uses 5's screen to pop back for a shot

Fist--3



If 1 does not have a shot 2 and 5 set stagger screen for 4

Over: Pass Entry--1



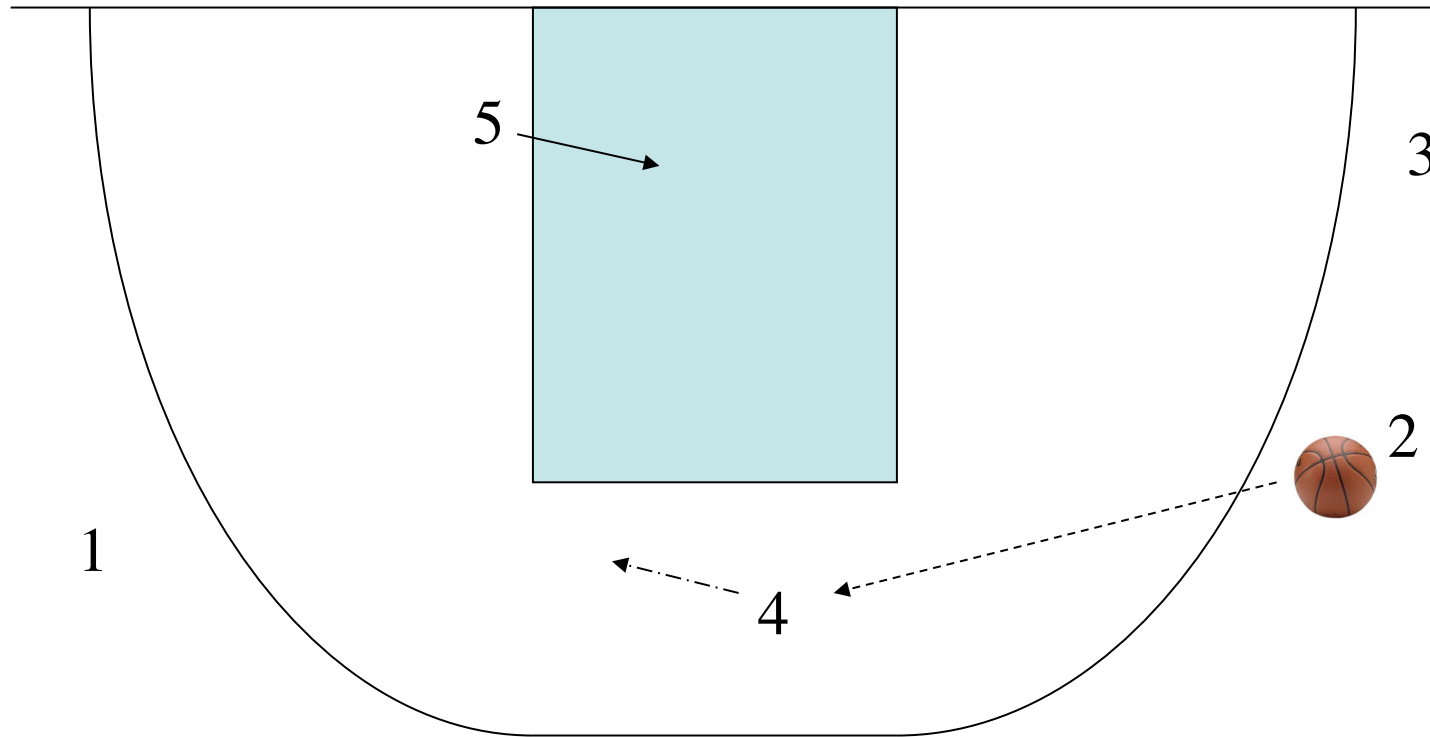
1 makes pass to wing then clears to opposite wing

4 sets cross screen for 3

3 curls and looks for ball--if he doesn't get ball he clears to ball side

After 4 sets screen he pops back toward 2

Over: Pass Entry--2

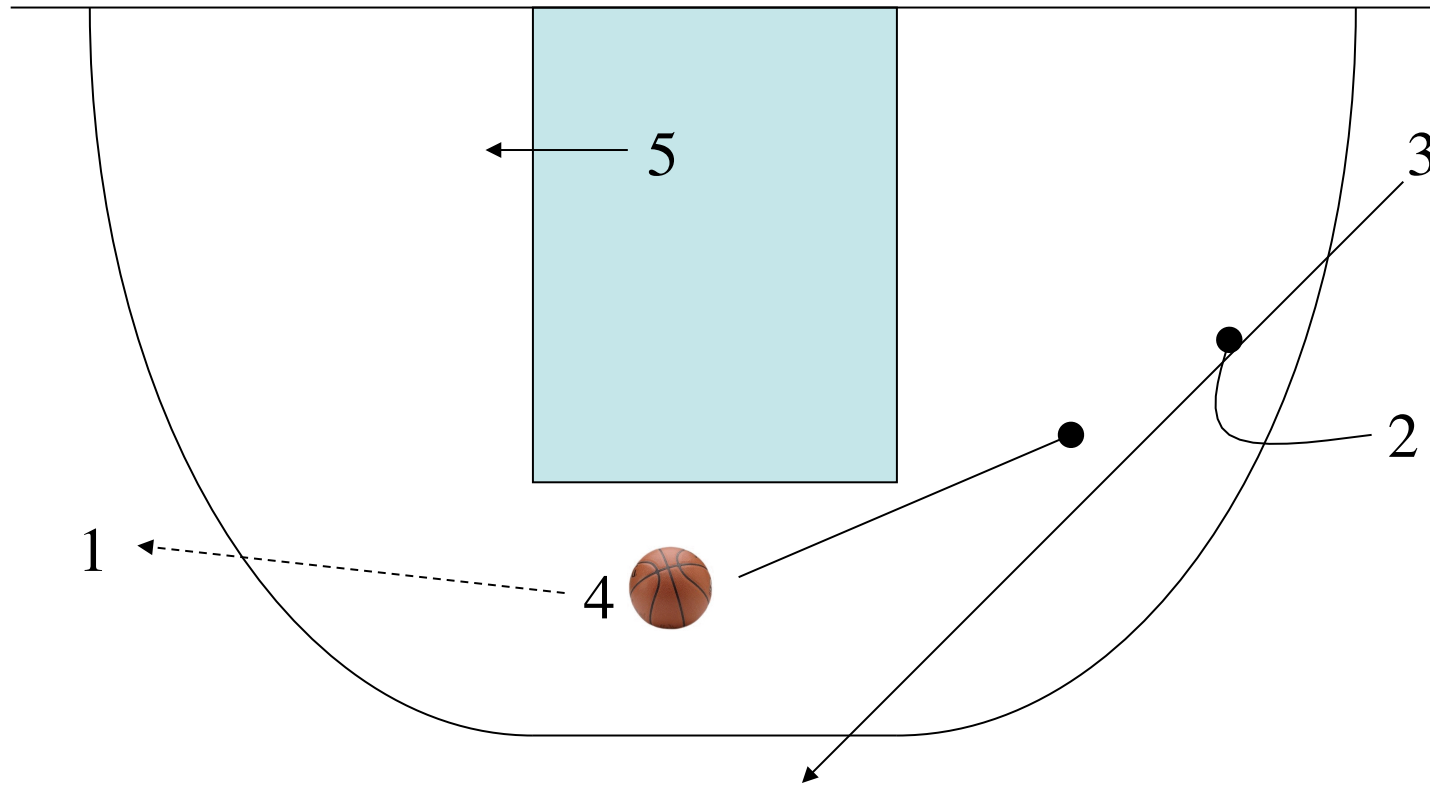


2 makes pass to 4

5 waits until ball is being passed to 4 and then posts up hard

4 takes a hard dribble to get a better angle and looks to enter to 5

Over: Pass Entry--3



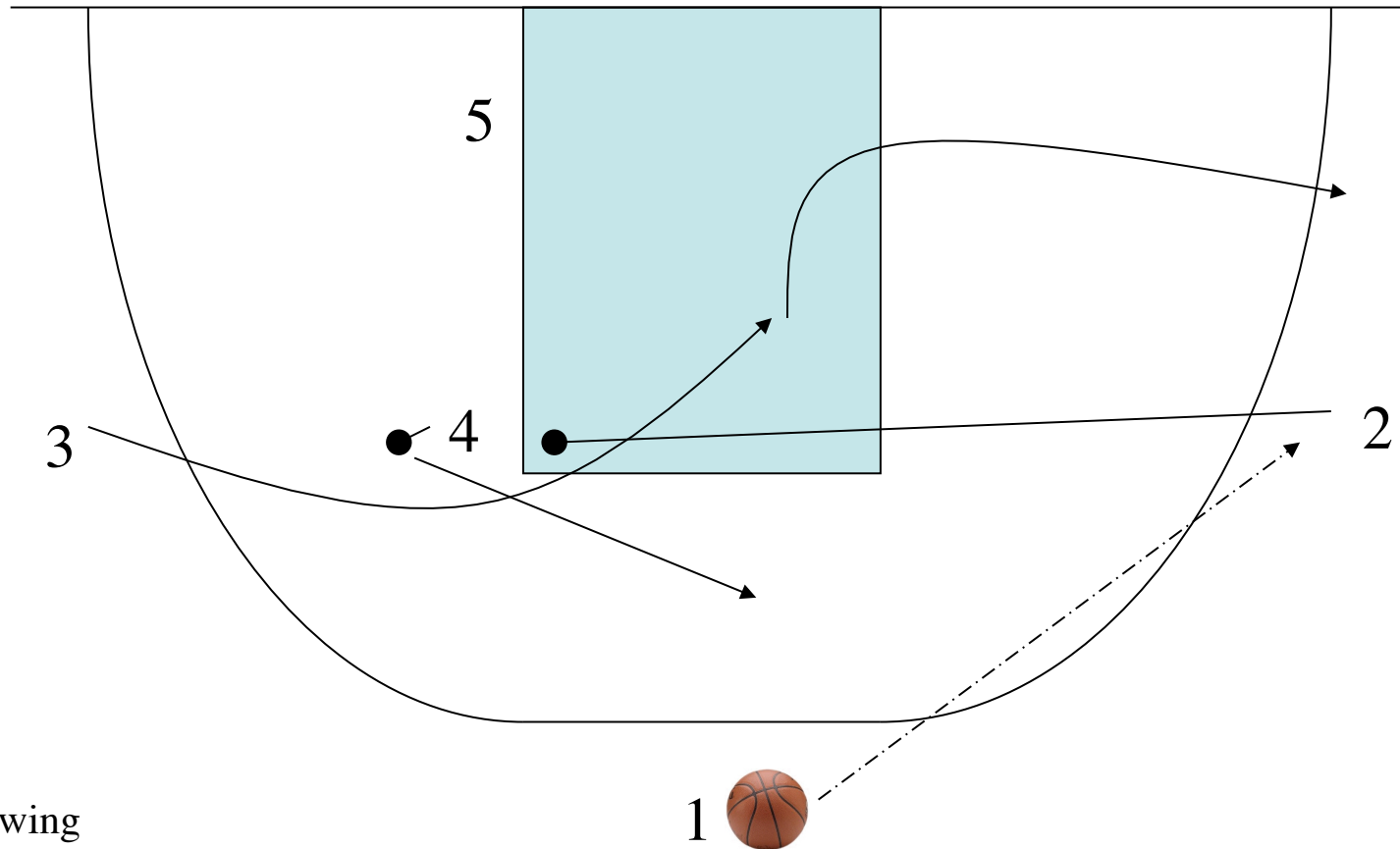
If 5 isn't open the ball is reversed to 1

2 and 4 set a stagger screen for 3

4 looks to slip the screen

Note---If 4 can't reverse the ball to 1 then 2 sets a single screen for 3

Over: Dribble Entry--1



1 dribbles to wing

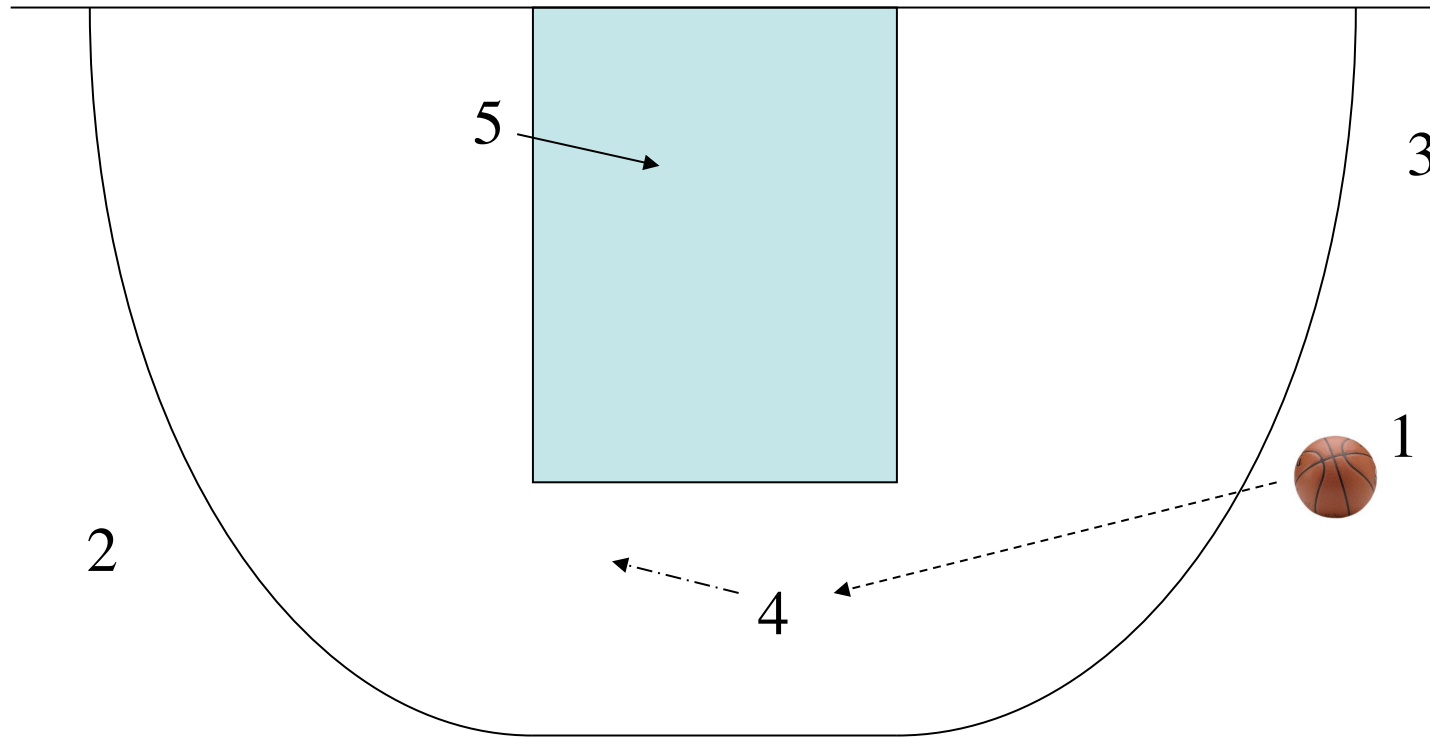
1 and 4 set cross screen for 3

3 curls and looks for ball--if he doesn't get ball he clears to ball side

After 4 sets screen he pops back toward 2

After screen 2 spaces out to open wing

Over: Dribble Entry--2

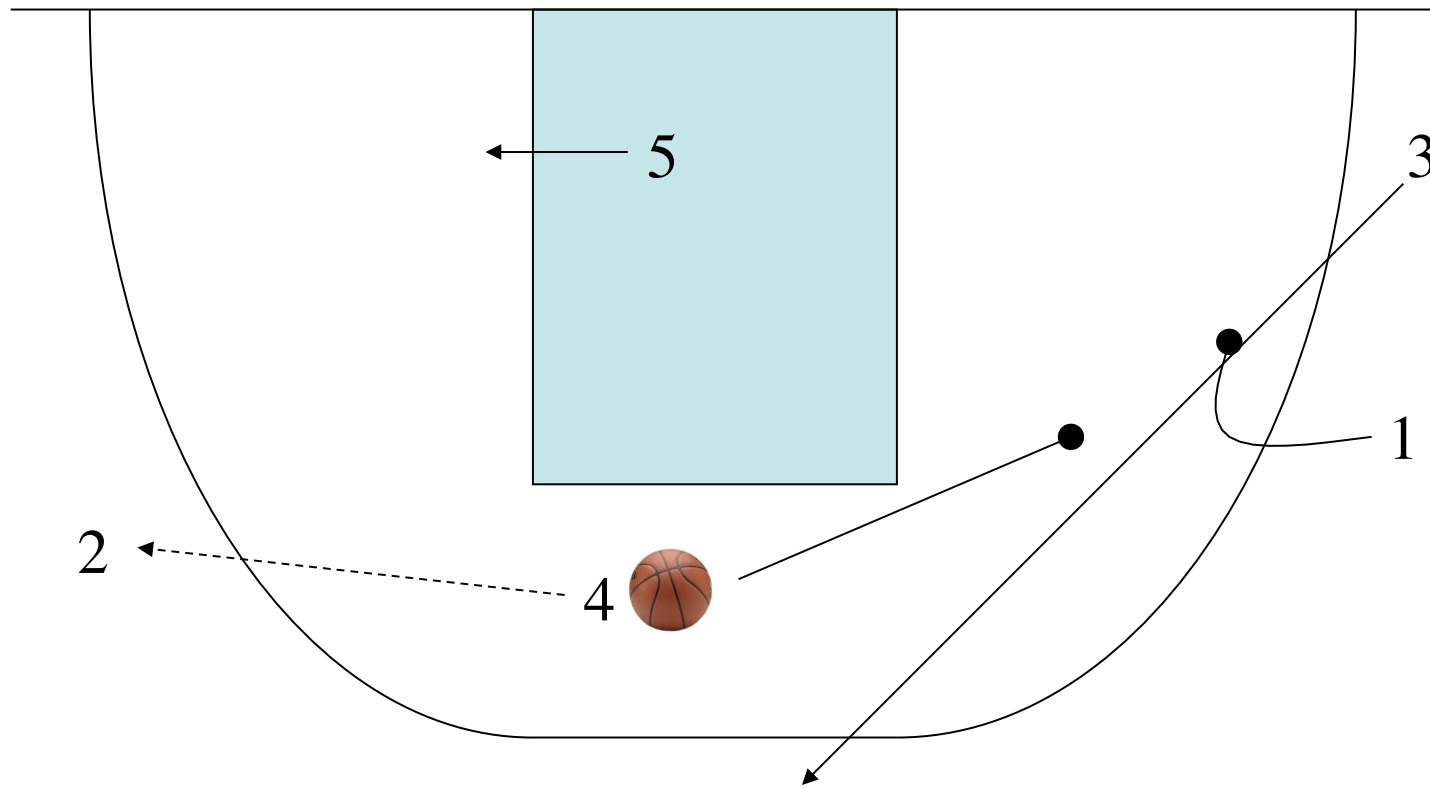


1 makes pass to 4

5 waits until ball is being passed to 4 and then posts up hard

4 takes a hard dribble to get a better angle and looks to enter to 5

Over: Dribble Entry--3



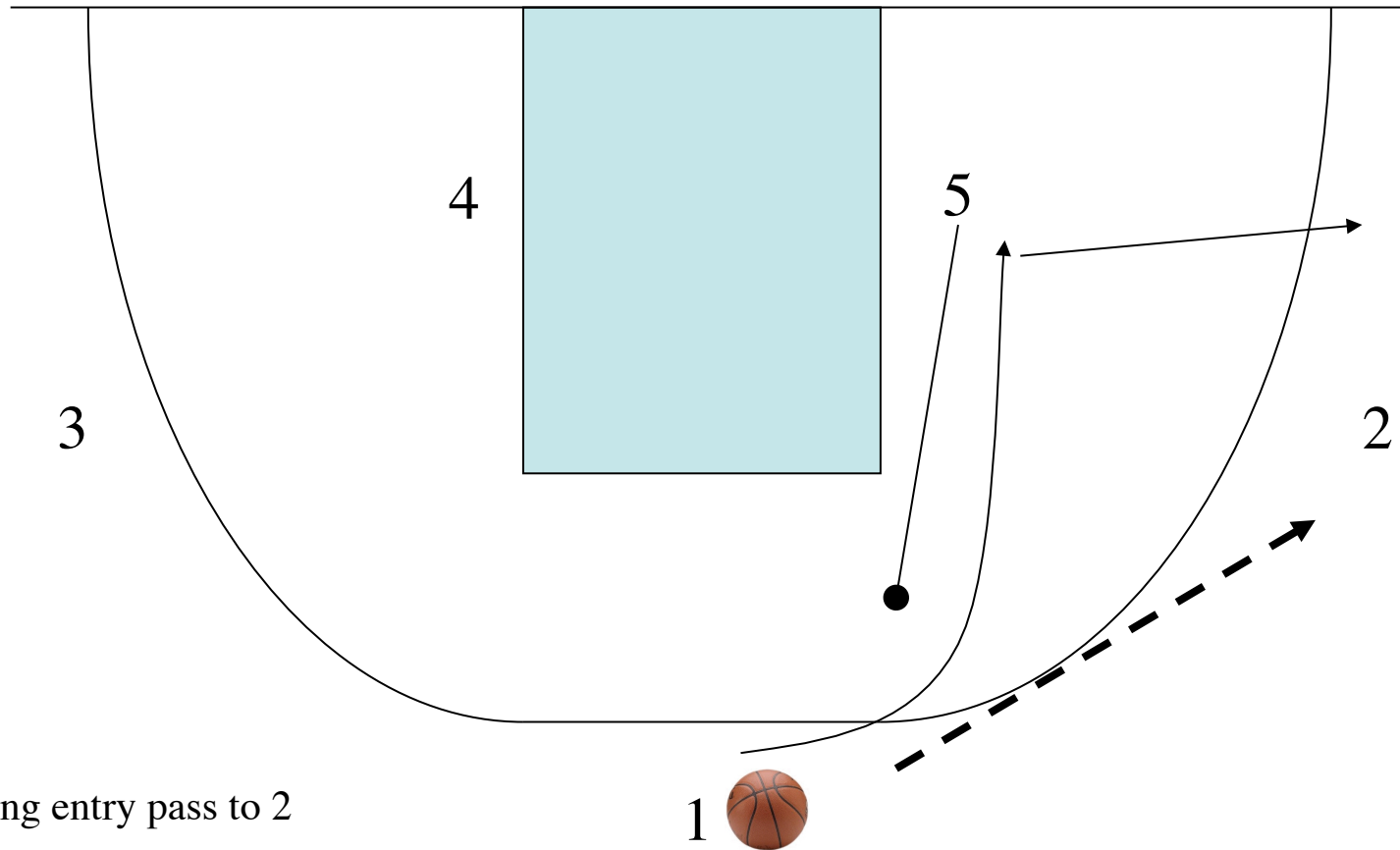
If 5 isn't open the ball is reversed to 2

1 and 4 set a stagger screen for 3

4 looks to slip the screen

Note---If 4 can't reverse the ball to 1 then 1 sets a single screen for 3

Swing: Pass Entry--1



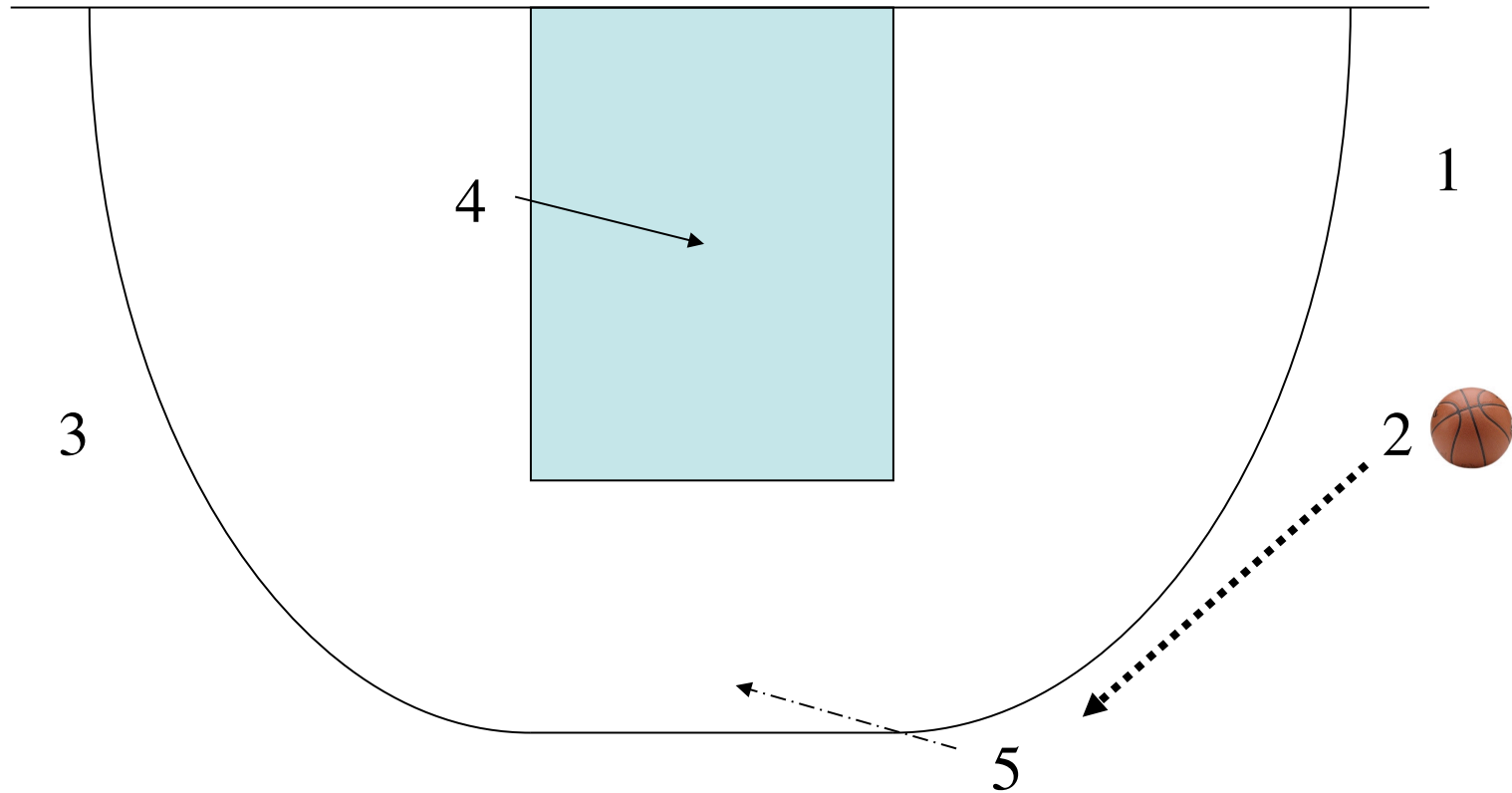
1 make wing entry pass to 2

5 sets back screen for 1

1 looks for ball then clears out ballside

After 5 sets screen he pops out for a pass

Swing: Pass Entry--2

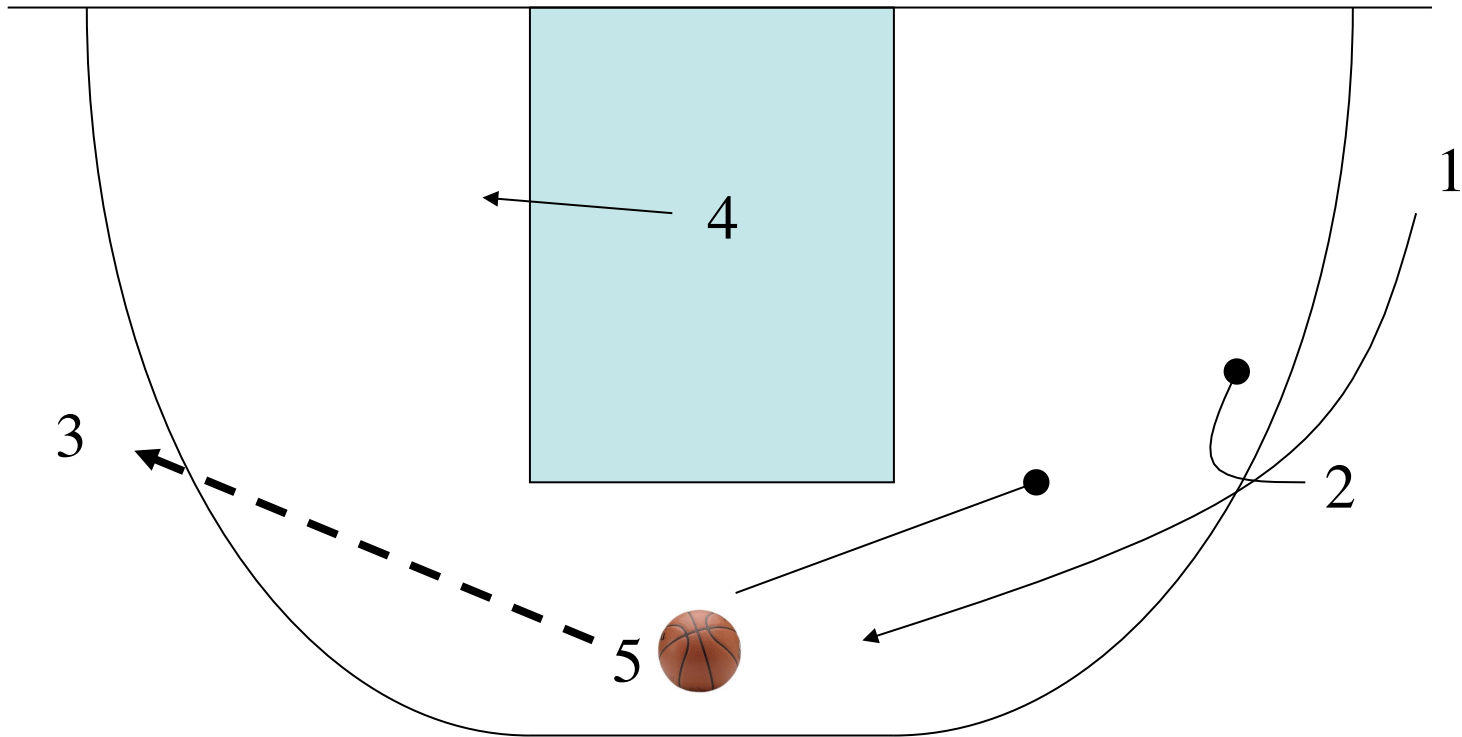


2 makes pass to 5

4 waits until ball is being passed to 5 and then posts up hard

5 take a hard dribble to get a better angle and looks to enter to 4

Swing: Pass Entry--3



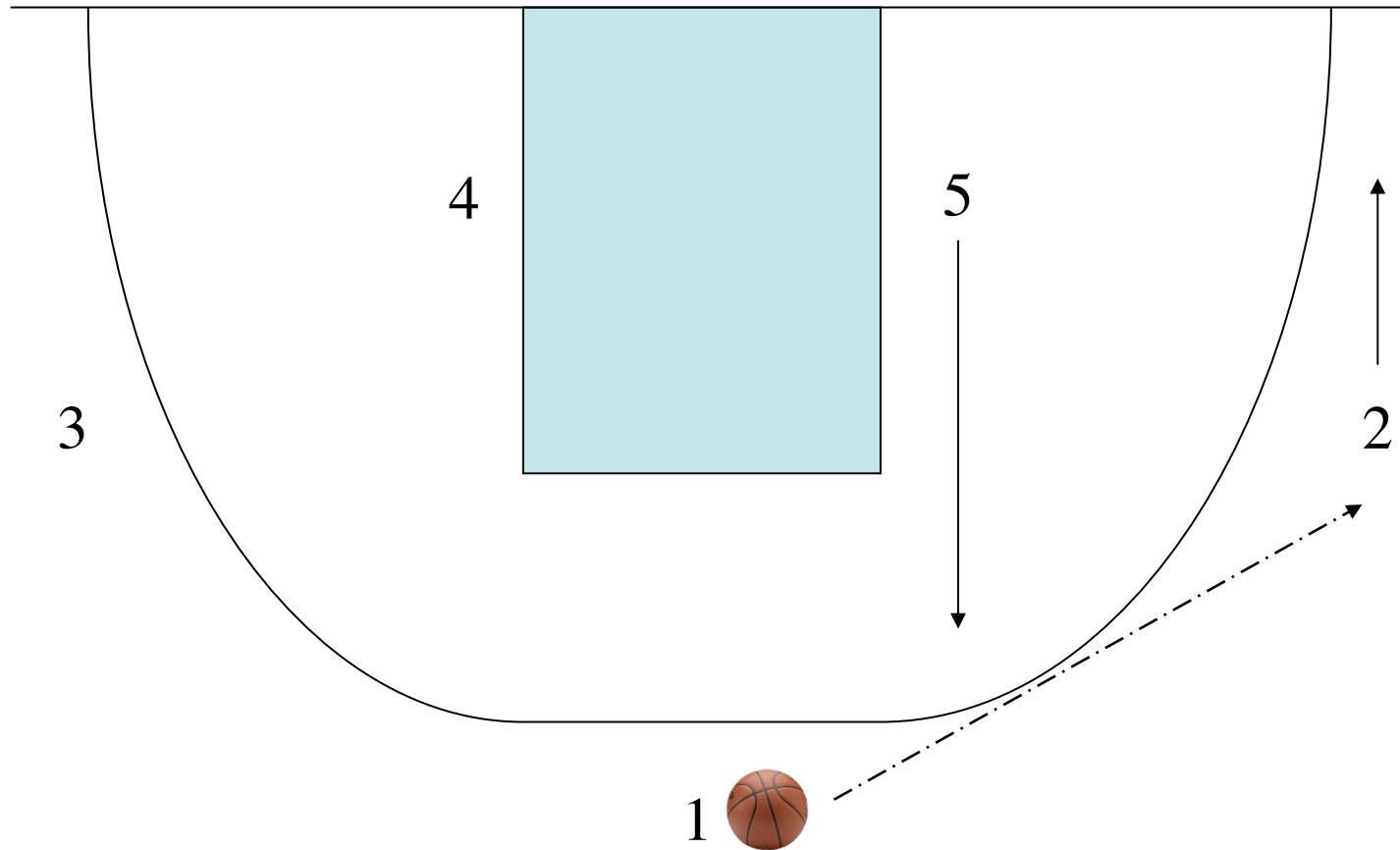
If 4 isn't open the ball is reversed to 3

2 and 5 set a stagger screen for 1

5 looks to slip the screen

Note---If 5 can't reverse the ball to 3 then 2 sets a single screen for 1

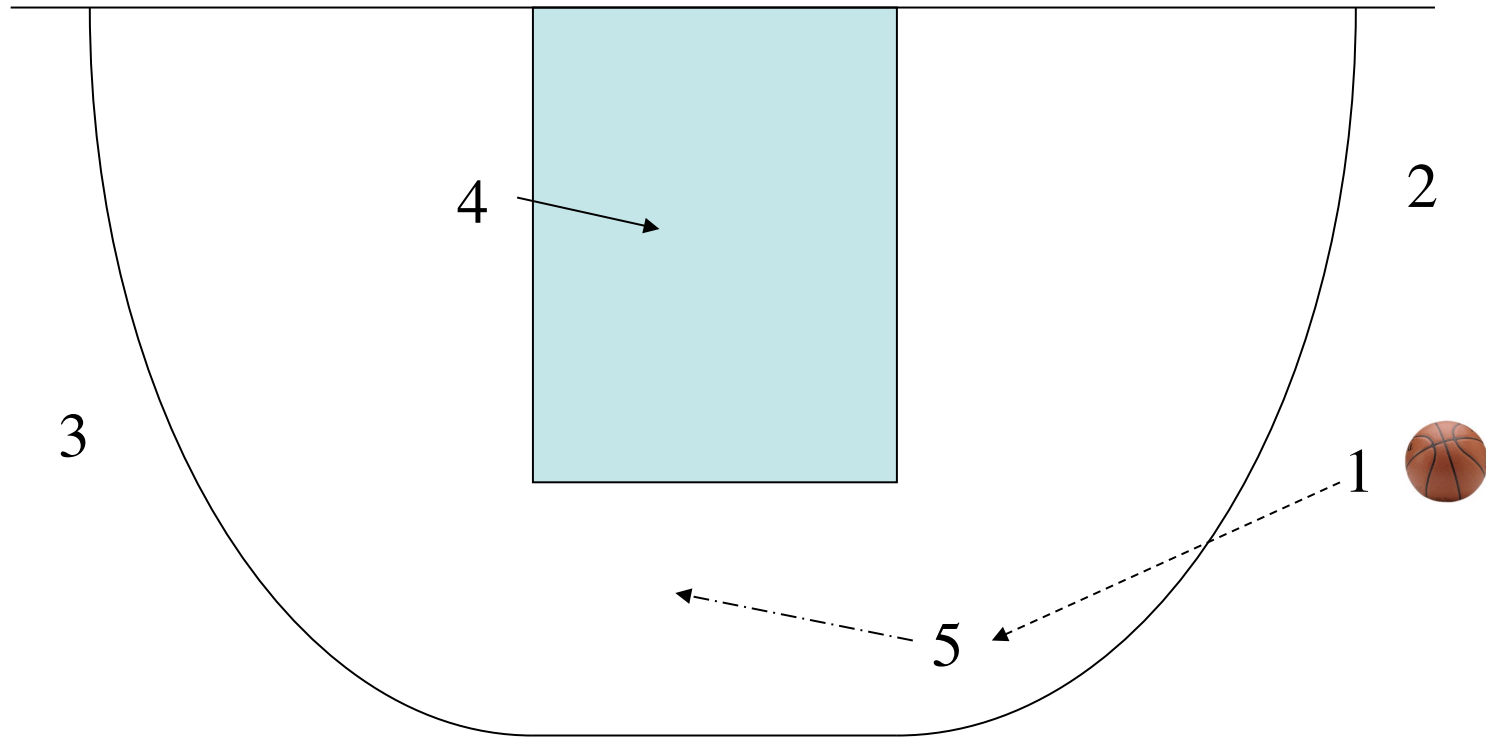
Swing: Dribble Entry--1



1 dribble pushes 2 to the corner

5 pops up

Swing: Dribble Entry--2

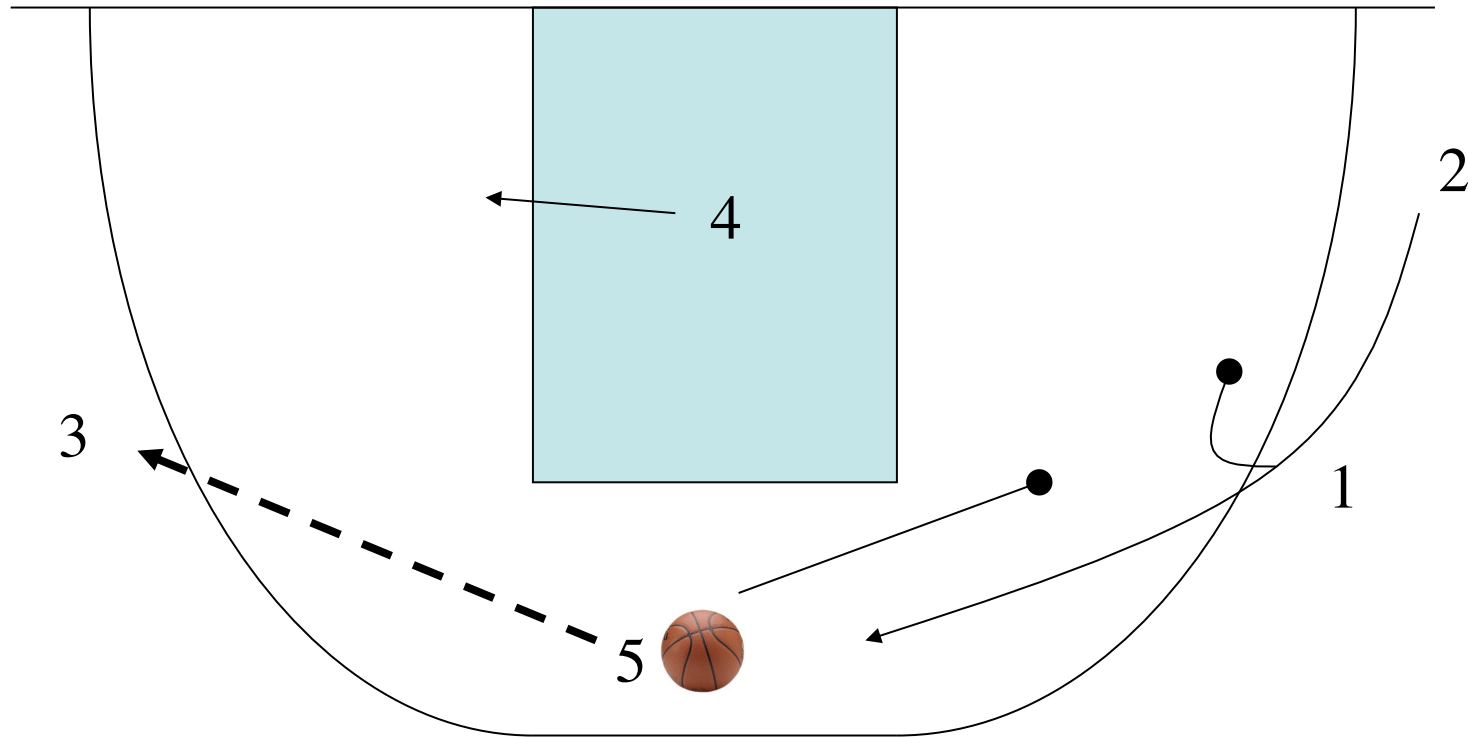


1 makes pass to 5

4 waits until ball is being passed to 5 and then posts up hard

5 take a hard dribble to get a better angle and looks to enter to 4

Swing: Dribble Entry--3



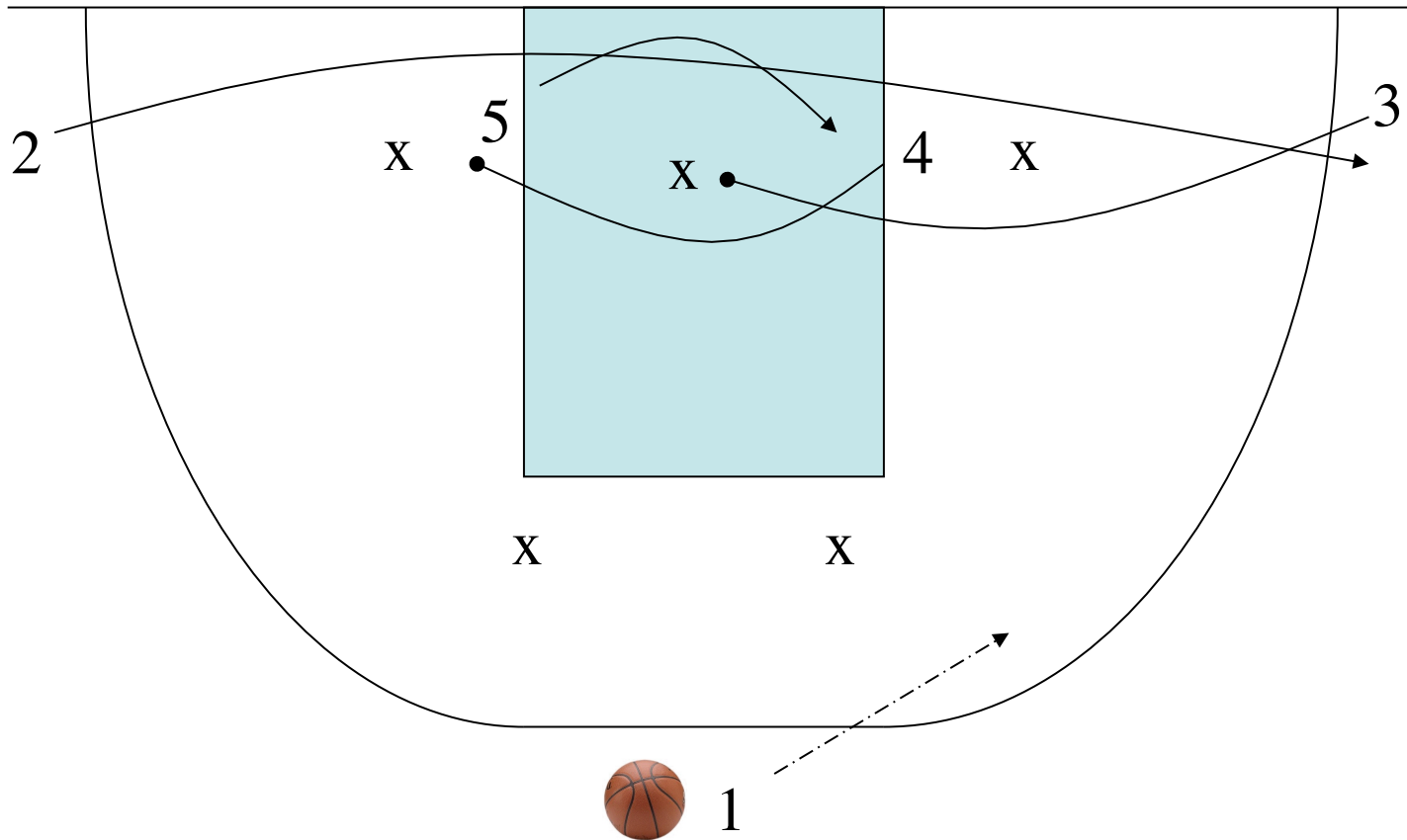
If 4 isn't open the ball is reversed to 3

1 and 5 set a stagger screen for 2

5 looks to slip the screen

Note---If 5 can't reverse the ball to 3 then 1 sets a single screen for 2

Lightning--1



1 penetrates to draw top defenders then reverses to 2

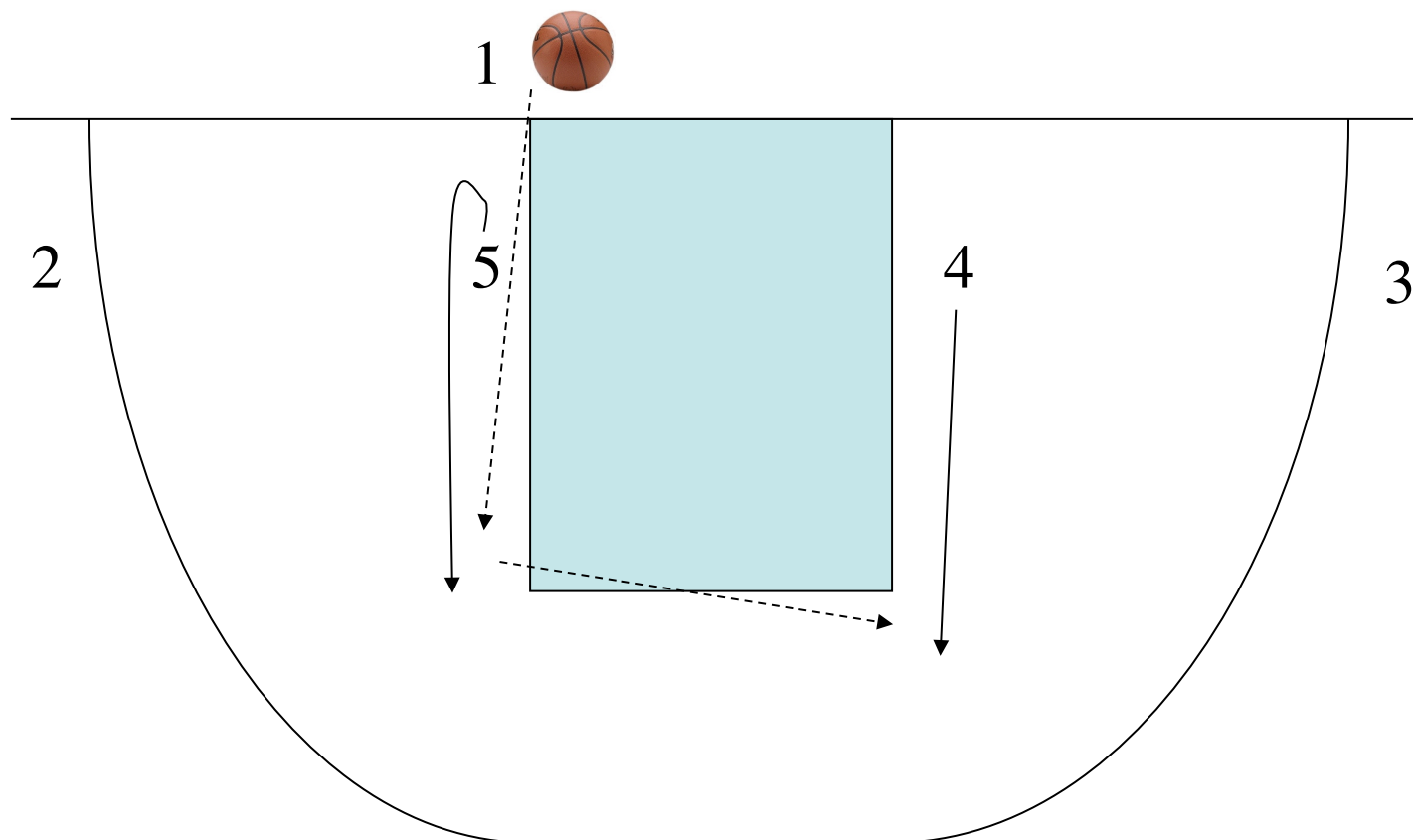
4 sets ball screen on outside of top defender



Eagan Basketball

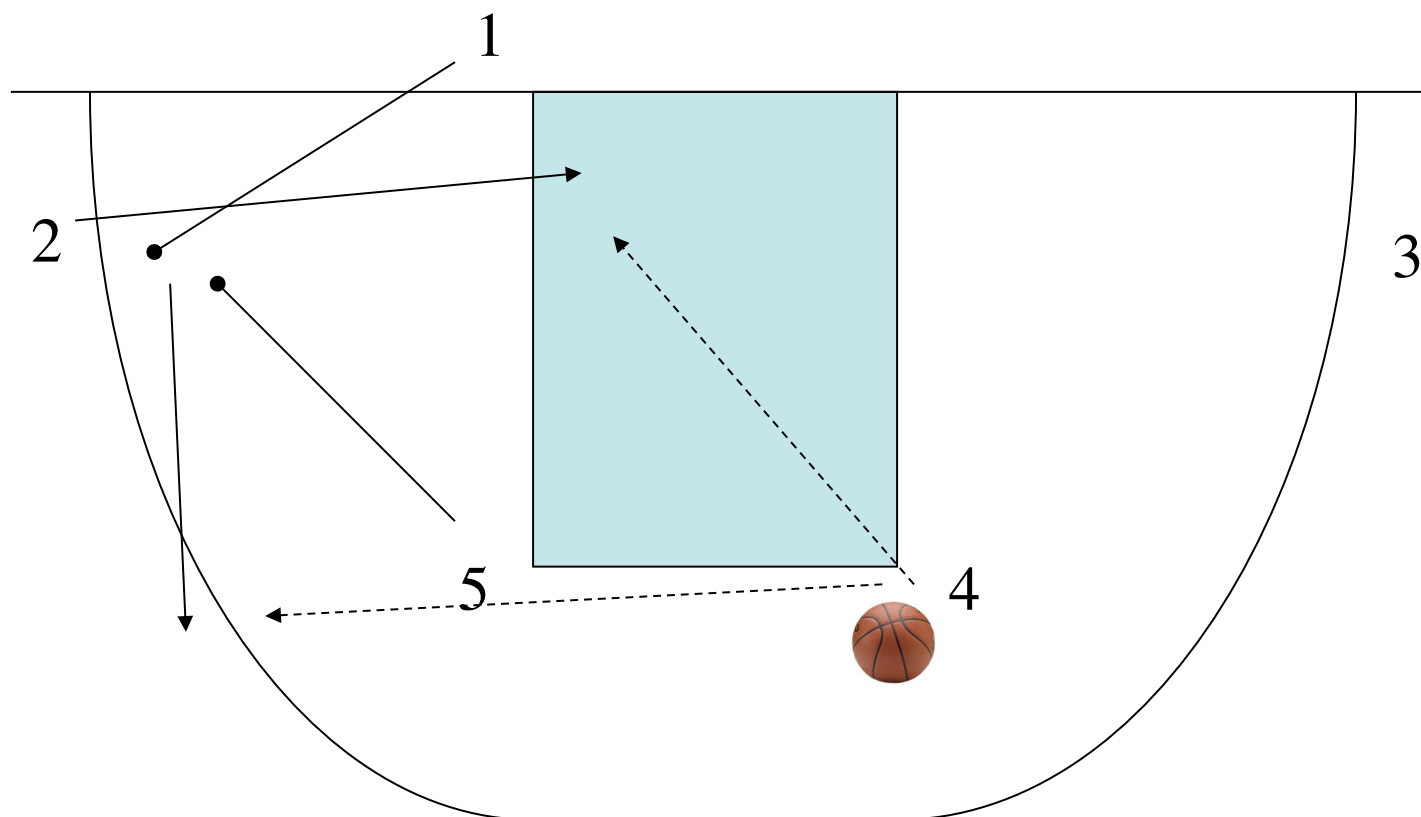
Baseline Out of Bound Plays

BOB: 4 Low--1



5 looks to post up first
5 then cuts back for pass from 1
5 reverses ball to 4

BOB: 4 Low--2

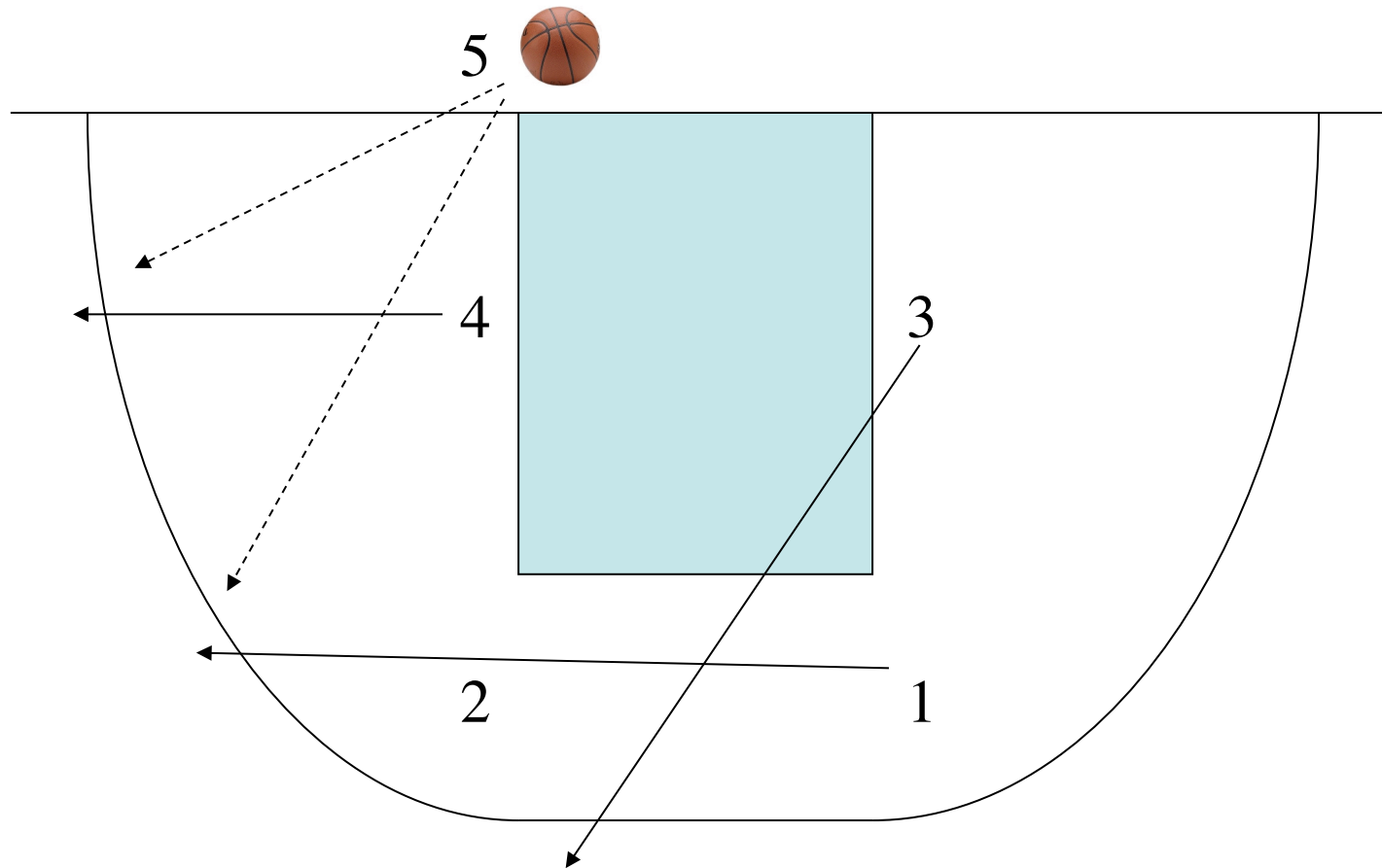


1 sets back screen for 2

5 sets screen for 1

4 can pass to 2 or 1

BOB: Big--1

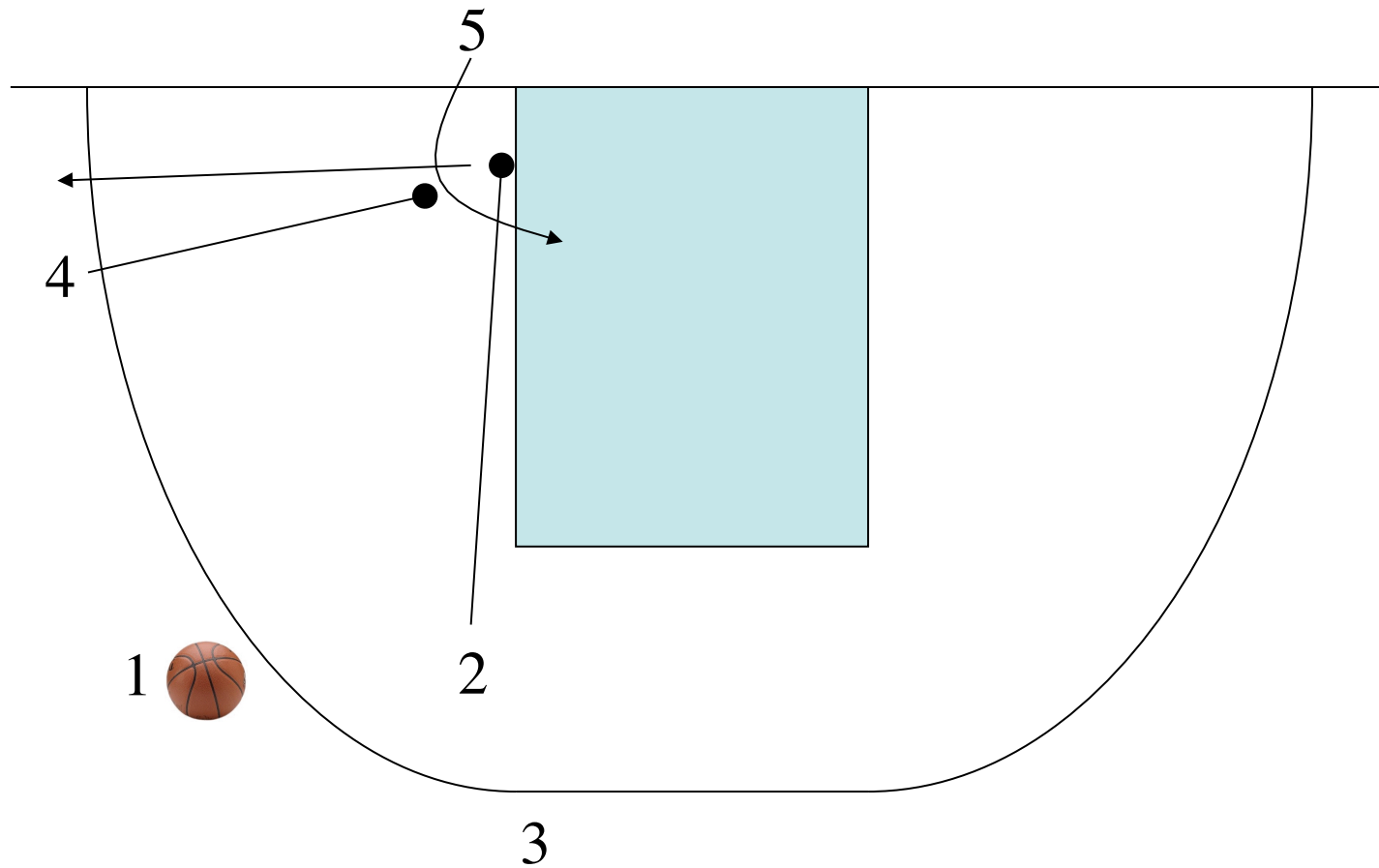


First choice is to lob ball to 4 if 4's defender not paying attention

5 passes to 4 or 1

3 comes back as safety valve

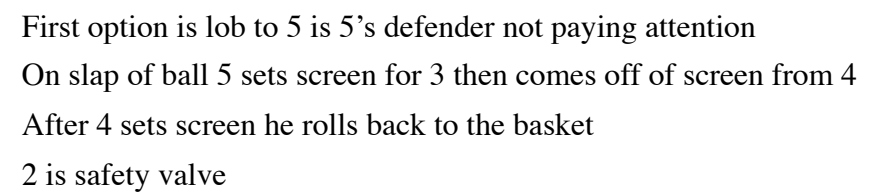
BOB: Big--2



5 uses screen from 2 to post up

4 sets screen for 2

1 

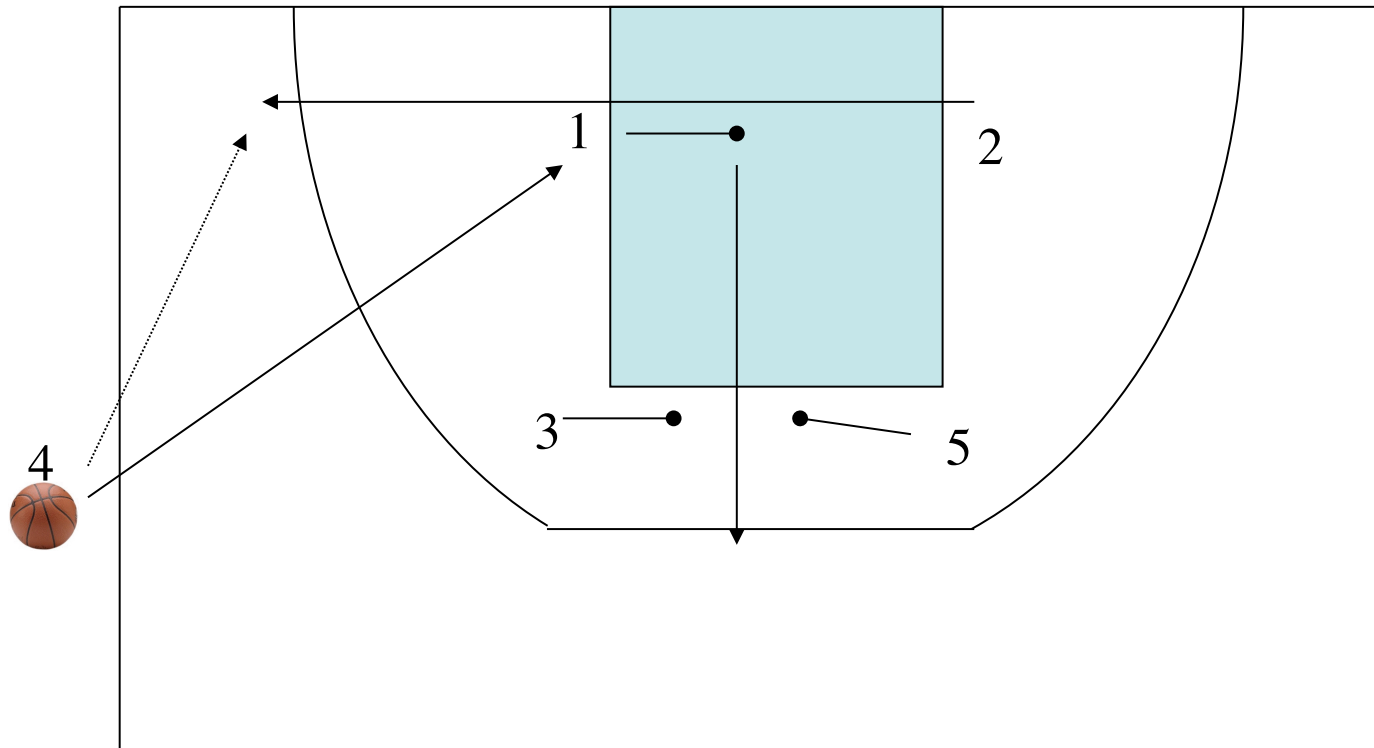




Eagan Basketball

Sideline Out of Bound Plays

SOB: America--1

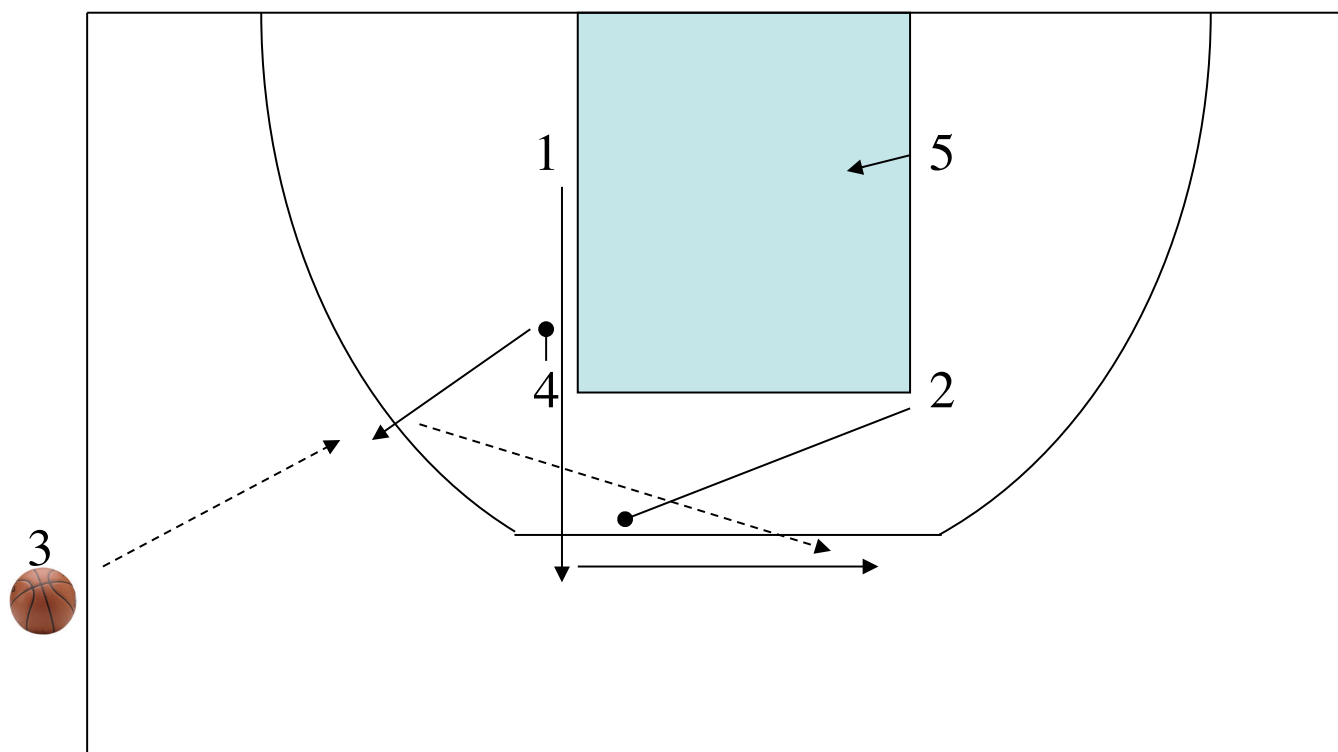


1 Sets screen for 2 then comes off of double screen by 3 and 5

4 sprints to post up at block

If 2 catches he looks in to 4 posting up or to 1 for a 3 point shot

SOB: Box 2--1



4 sets quick screen for 1 then flashes back to the ball

3 passes to 4

As the ball is being passed to 4, 2 sets fade screen for 1

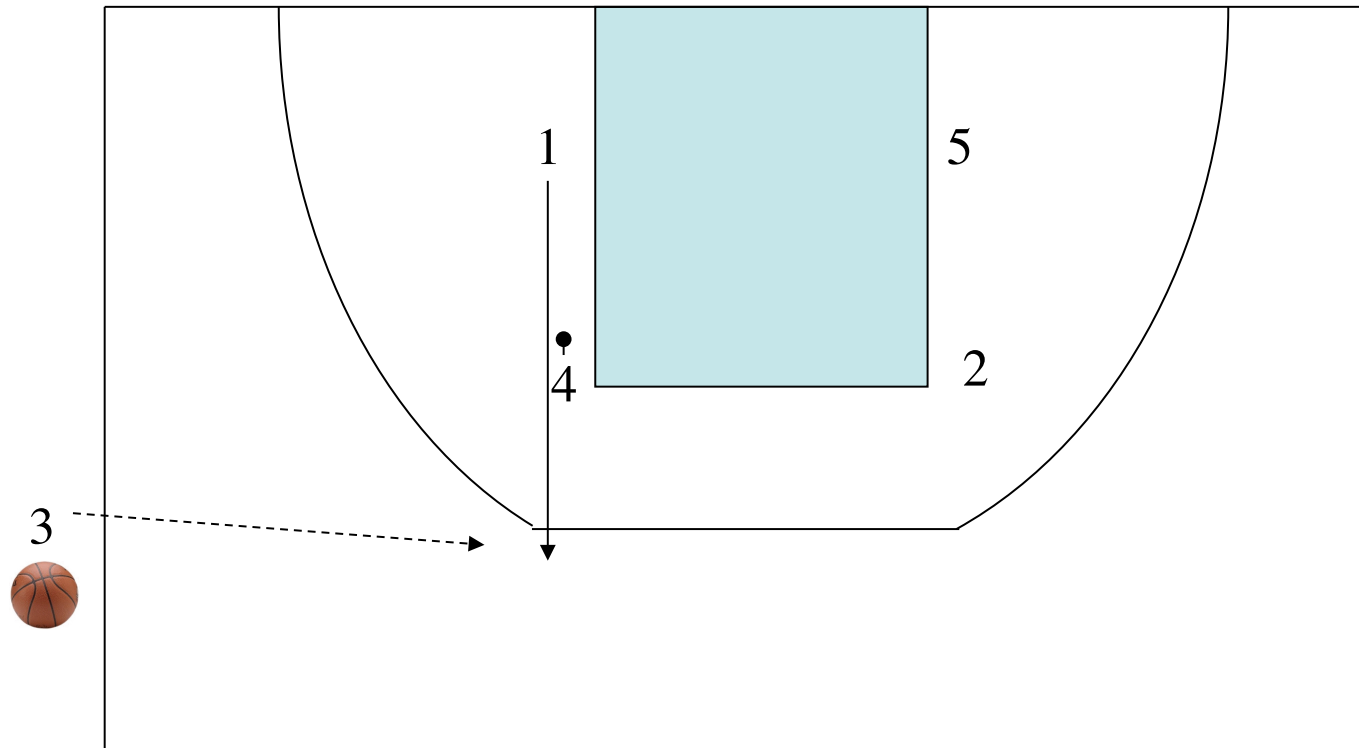
4 looks to pass to 1

2 looks to slip the screen

5 posts up

If 1 does not have a shot he looks to drive or to 5 posting up

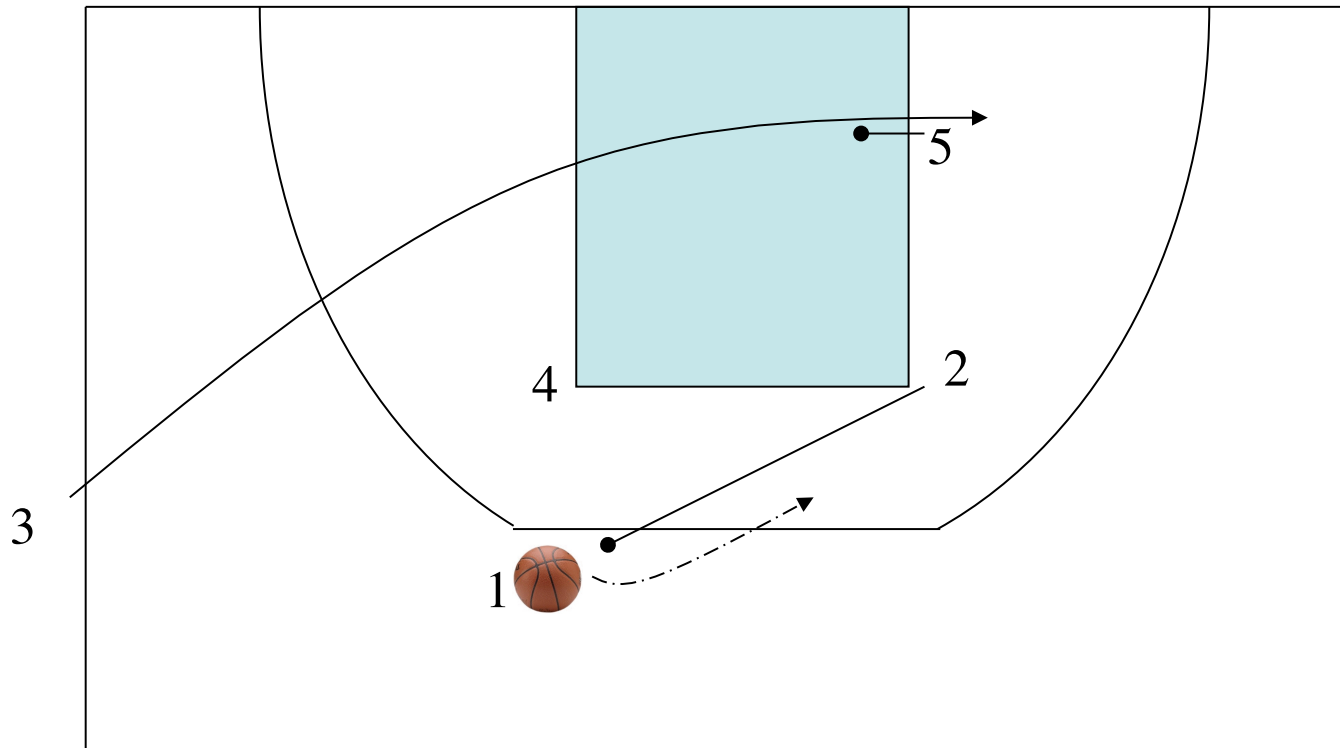
SOB: Box 3--1



4 sets screen for 1

3 passes to 1

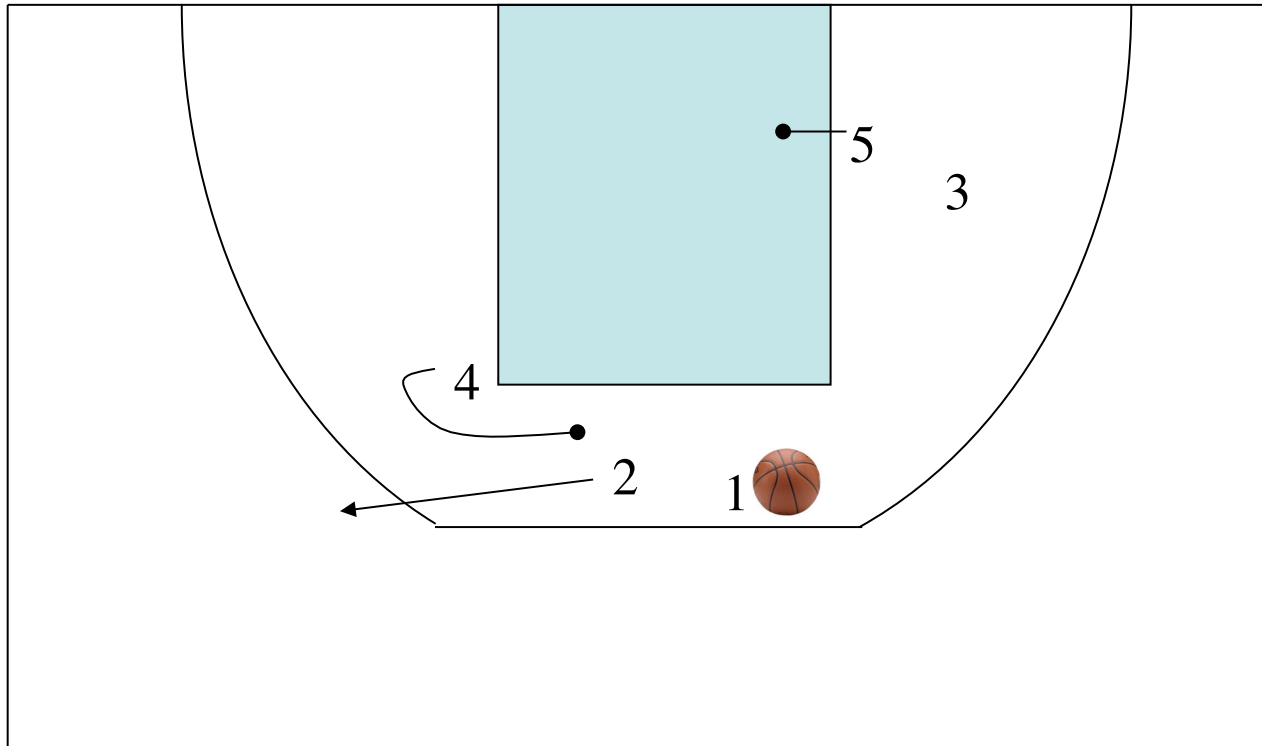
SOB: Box 3--2



2 sets ball screen for 1

3 cuts baseline and cuts off of 5's screen

SOB: Box 3--3



4 sets fade screen for 2 (who had just set the ball screen)

1 looks to 3 or to 2 for a three

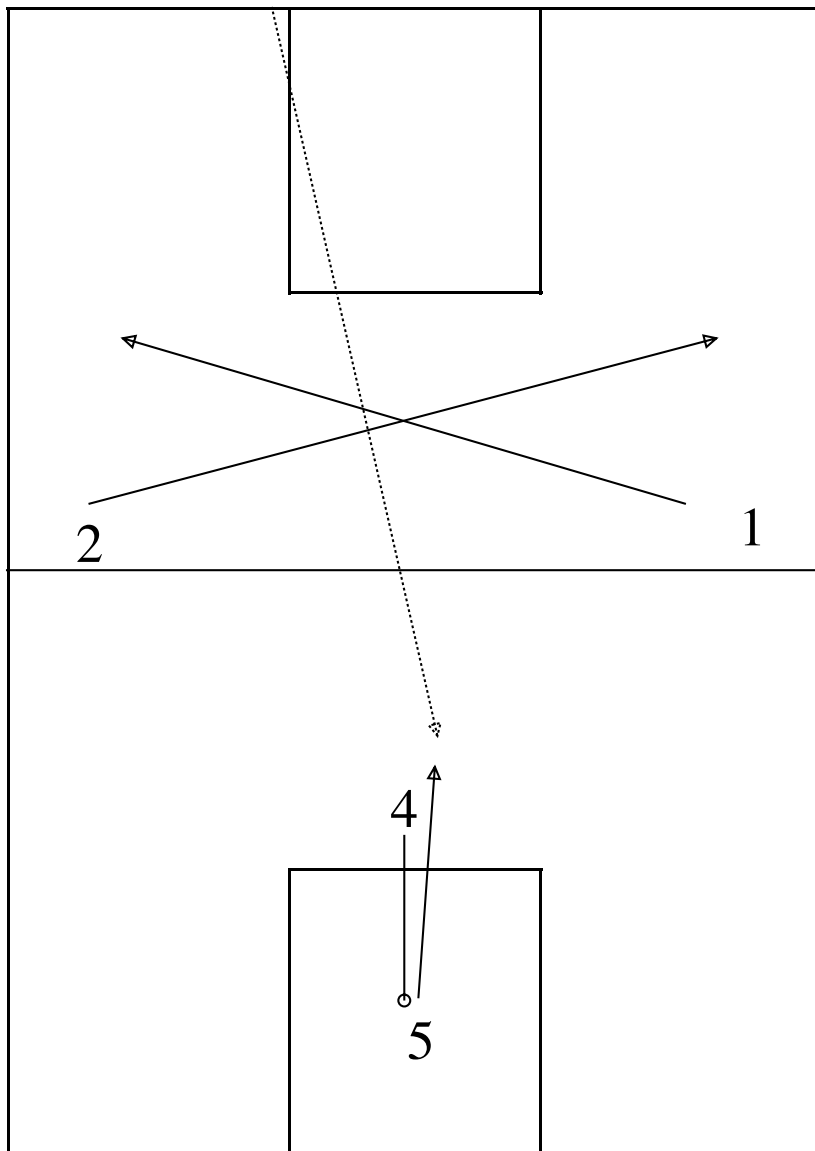


Eagan Basketball

End of Game Out of Bound Plays

Touchdown: Endline

3 



1 and 2 diagonal cut until the ball is in the air

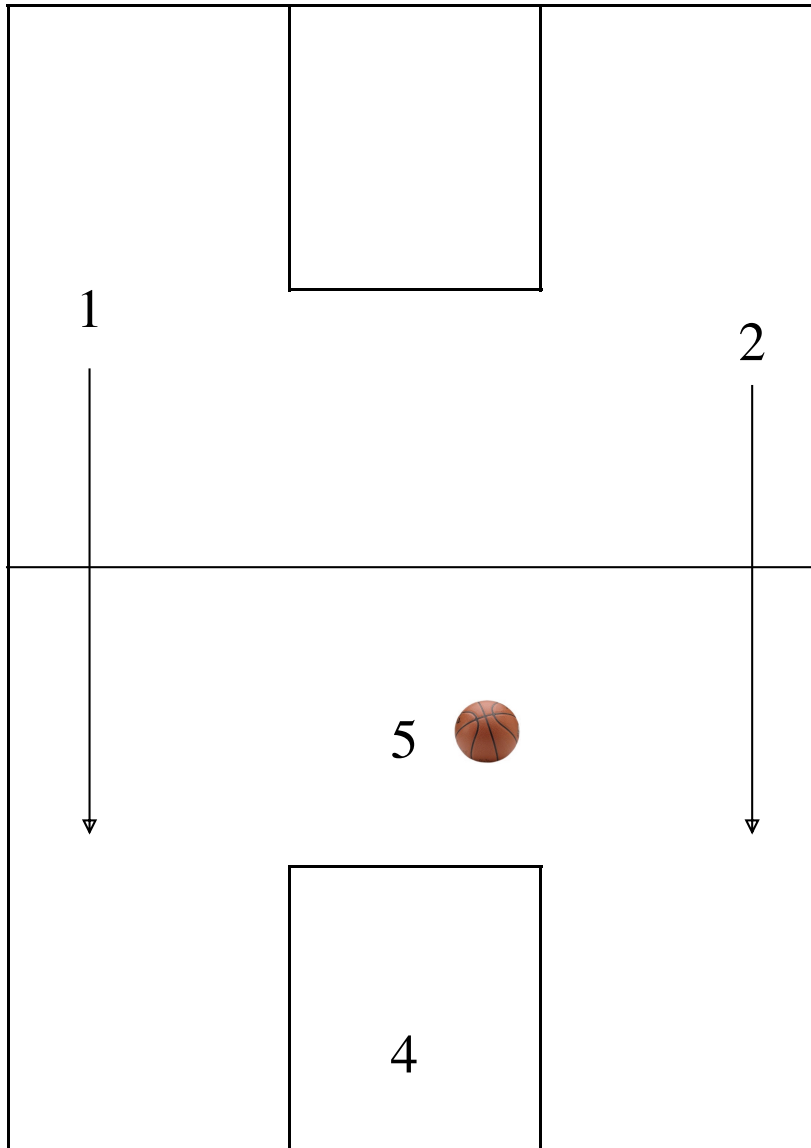
4 sets down screen for 5

3 throws ball to top of the key

5 must jump and catch the ball

Touchdown: Endline

3

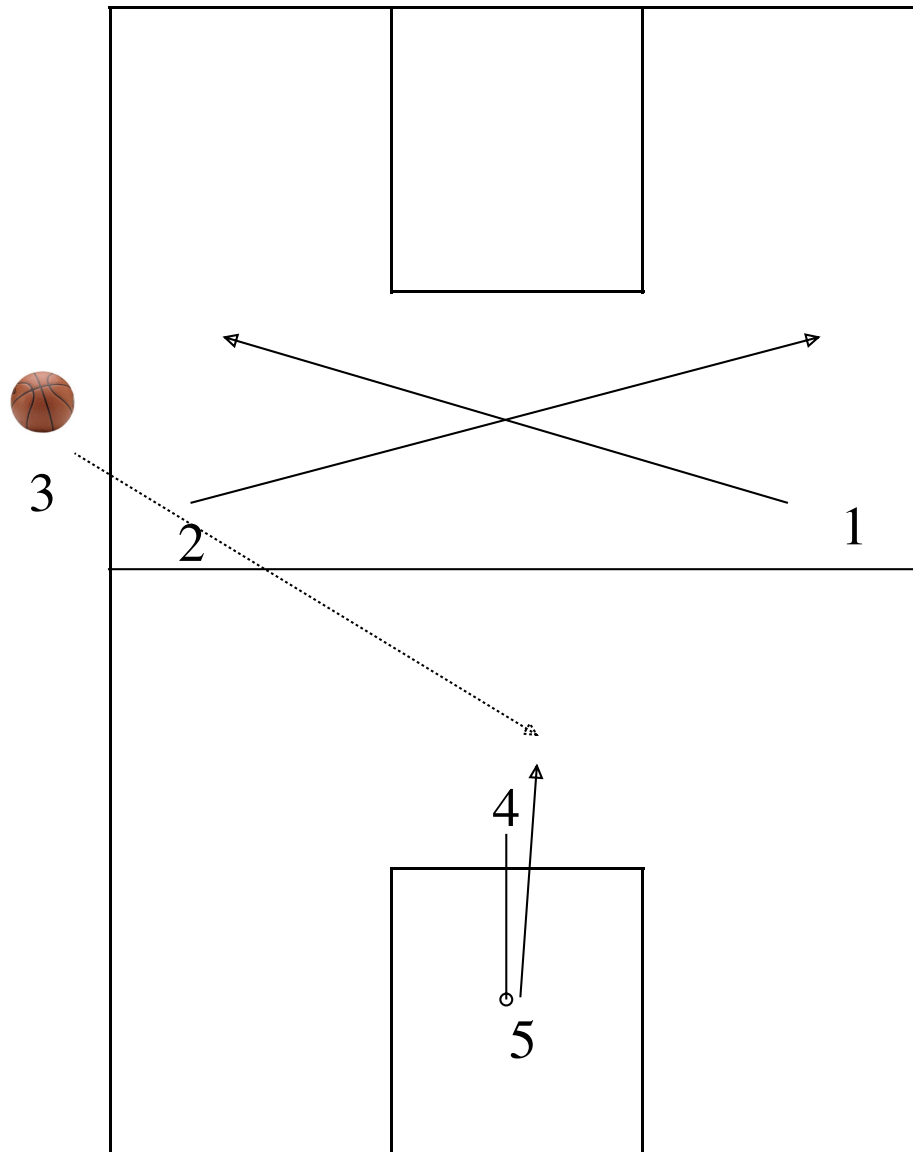


When ball is in air, 1 and 2 cut hard down the court

5 catches ball and looks to 1 or 2 for a shot

If 1 and 2 are covered 5 takes shot

Touchdown: Sideline



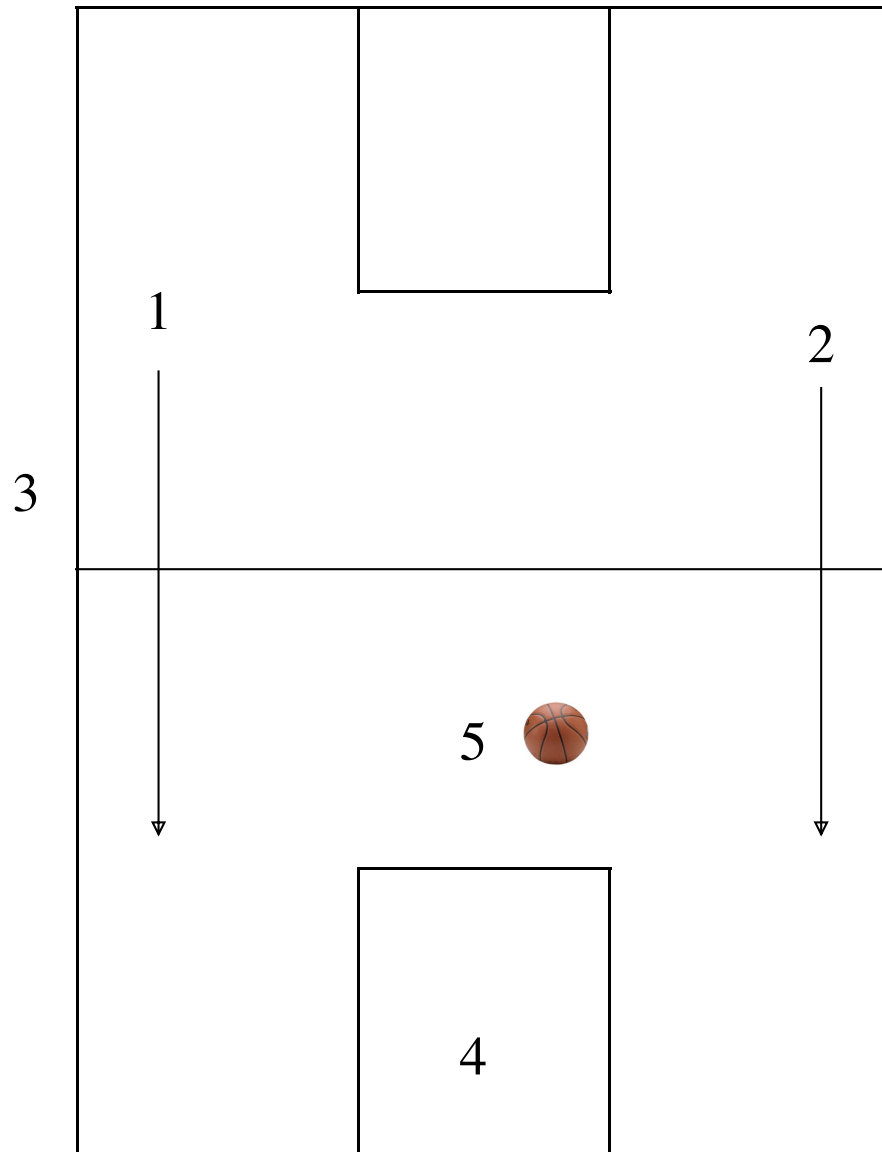
1 and 2 diagonal cut until the ball is in the air

4 sets down screen for 5

3 throws ball to top of the key

5 must jump and catch the ball

Touchdown: Sideline



When ball is in air, 1 and 2 cut hard down the court

5 catches ball and looks to 1 or 2 for a shot

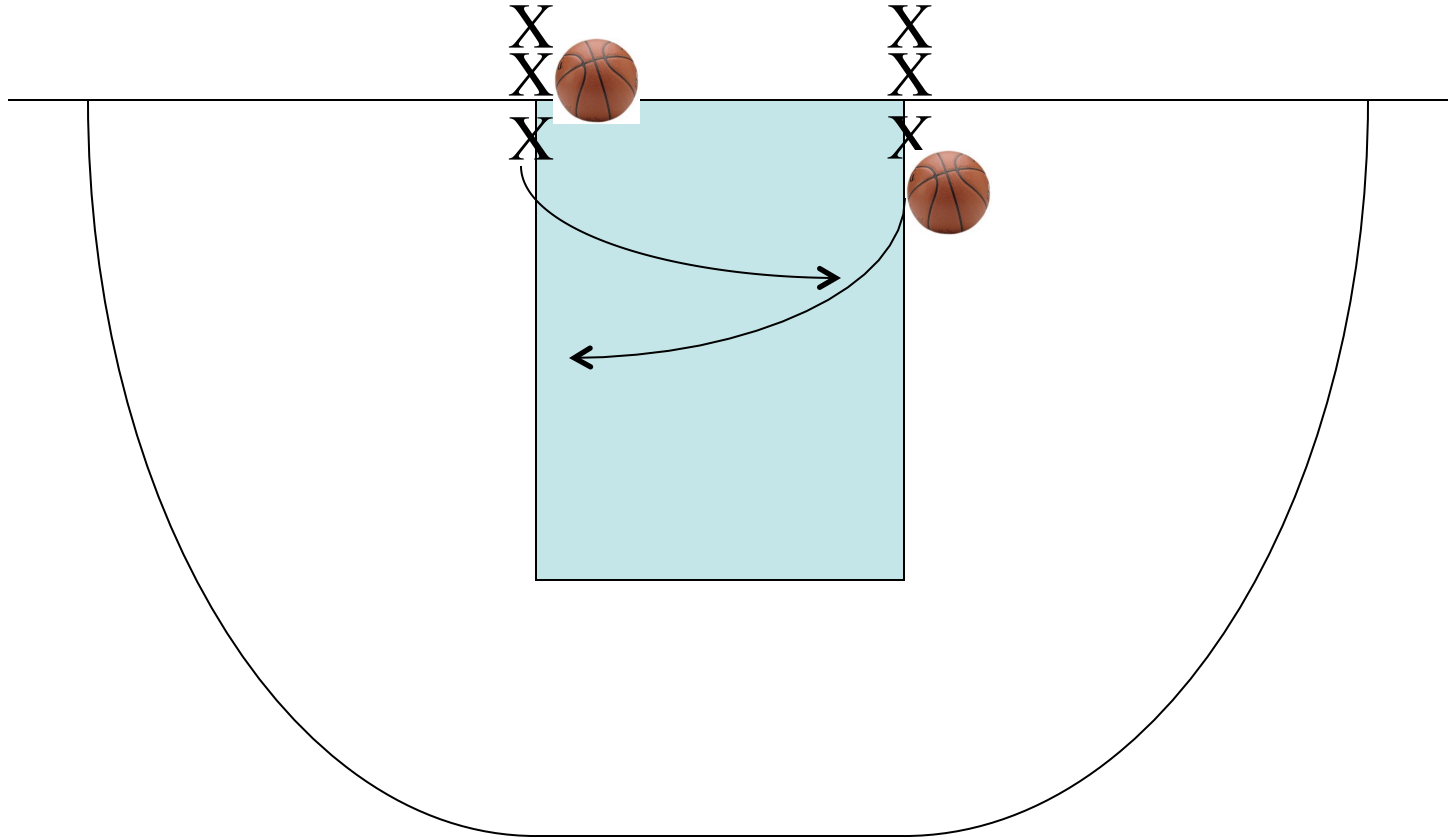
If 1 and 2 are covered 5 takes shot



Eagan Basketball

Shooting Drills

Firehouse Shooting Drill



Pass to player then cut behind for your shot

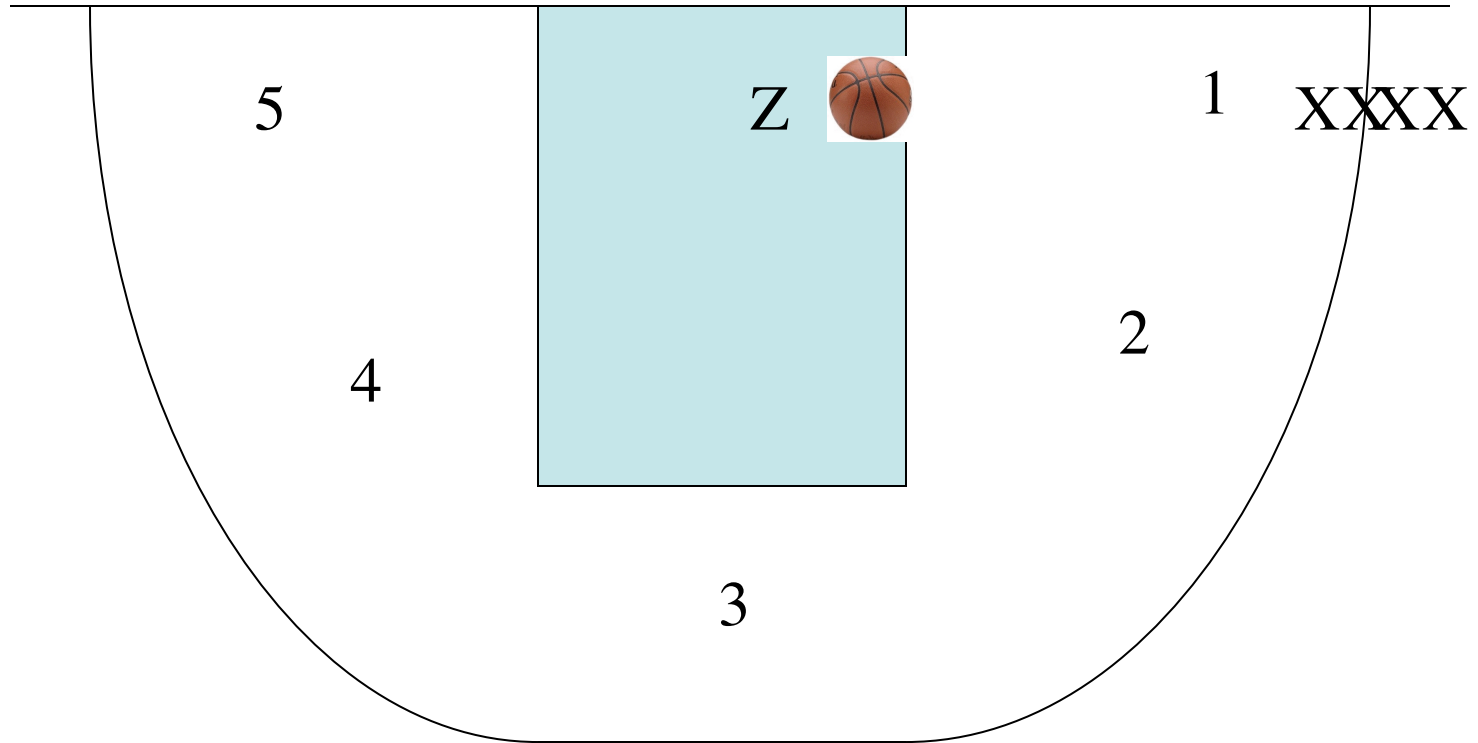
Layups

Block shots (power off two feet)

45 15 footer

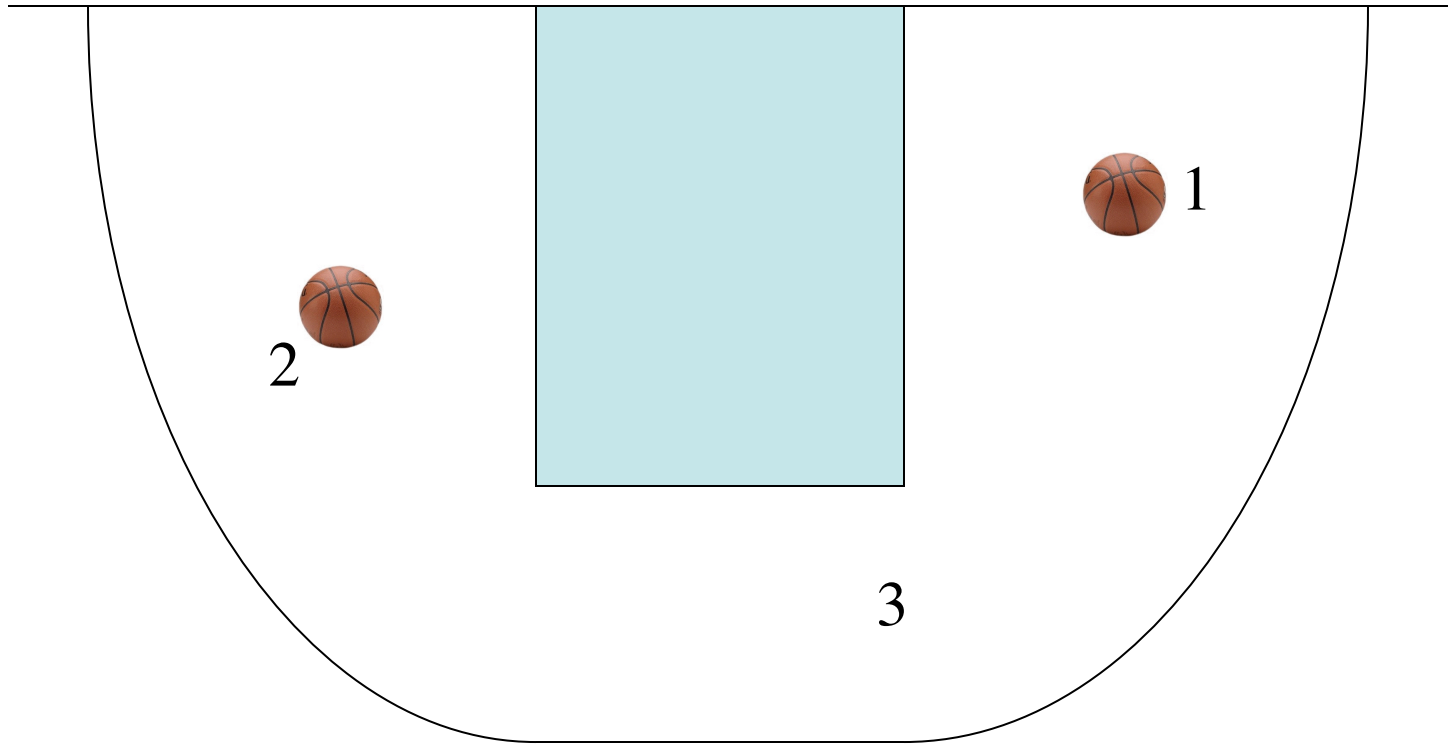
Elbows

Zone Shooting Drill



Z throws ball to first X in line and then runs at him to put a hand in his face
X shoots and gets his own rebound, then repeats what Z did
After you shoot from spot 1, you will move to 2, 3, 4 & 5
After going around you can move back as far as you want

3 Man, 2 Ball Shooting Drill



1 takes a shot and rebounds his own ball

2 also shoots and rebounds his own ball

3 is waiting for the first person to get his own rebound

After you have shot and gotten your rebound you will pass to the person who does not have a ball...and then you will run to a spot and receive the next pass for a shot



Eagan Basketball

Defense Concepts and Drills

Defensive Numbering System

10's = Zone Defenses

20's = Man to Man Defenses

30's = Frontside Jumps on the Dribble

40's = Backside Jumps on the Dribble

50's = Jumps on the Pass

60's = Junk Defenses

Pickup points:

x1 = 1/4 Court

x2 = 1/2 Court

x3 = 3/4 Court

x4 = Full Court



TRANSITION DEFENSE CONCEPTS

First man back = Basket

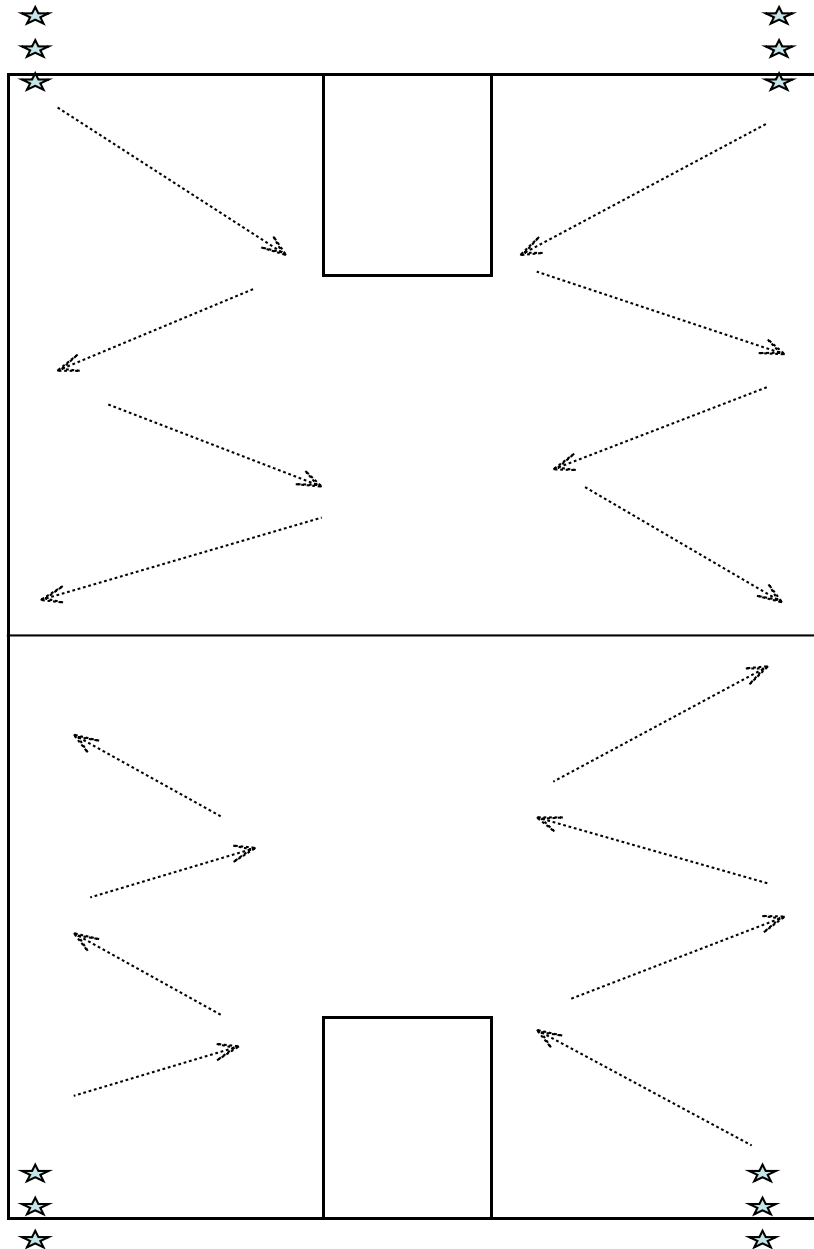
- Do not leave basket until all teammates are matched up
- Your job is to force the longest shot possible
- Jab at the ball and drop back to the basket

Second man back = Get to half court and pick up ball

- Chase the ball wherever it goes until all teammates are matched up
- Your job is to slow the ball long enough to allow teammates to catch up and get matched up
- Force the ball to go east/west not north/south

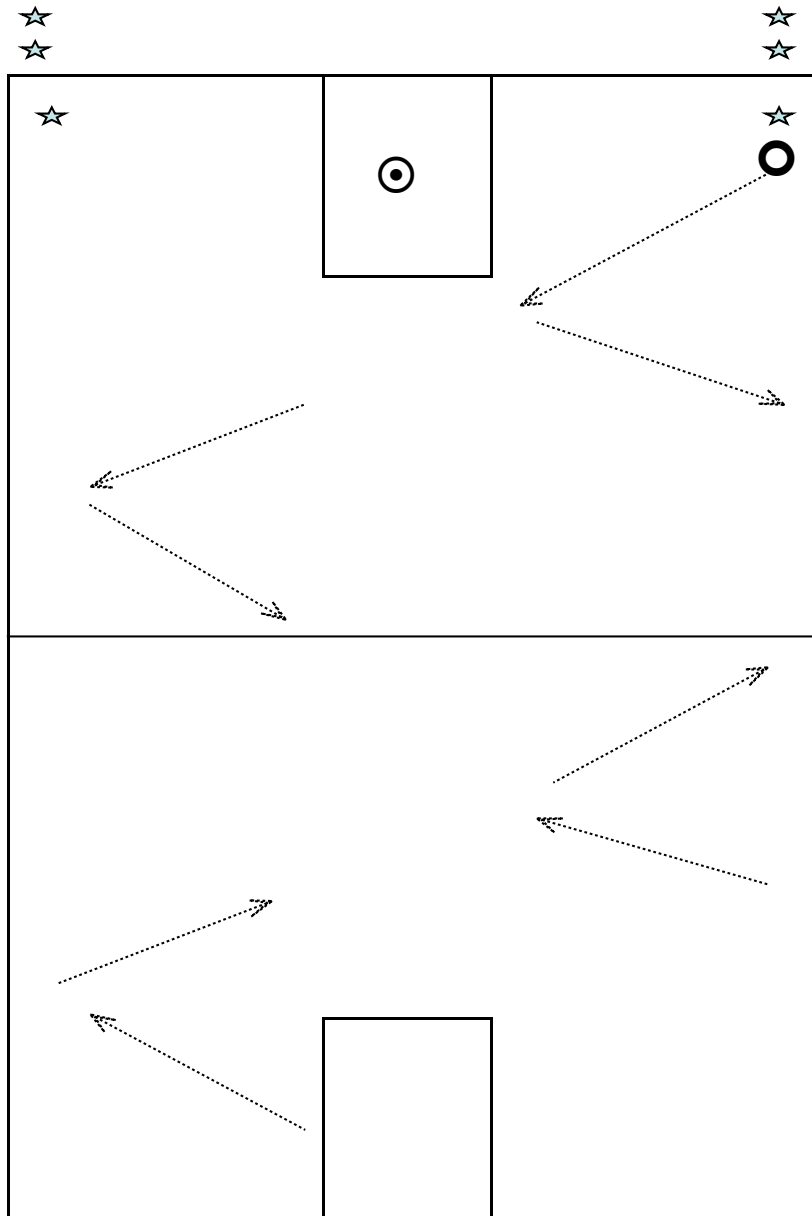


Defense Zig Zags



- Split athletes into 4 groups and line up on the baseline
- First person in line will be the defender, Second person in line will be the offender
- The offensive player will jog from cone to cone without a basketball
- The defender must stay between the offender and the opposite baseline
- First without a ball
- Second use a ball to dribble

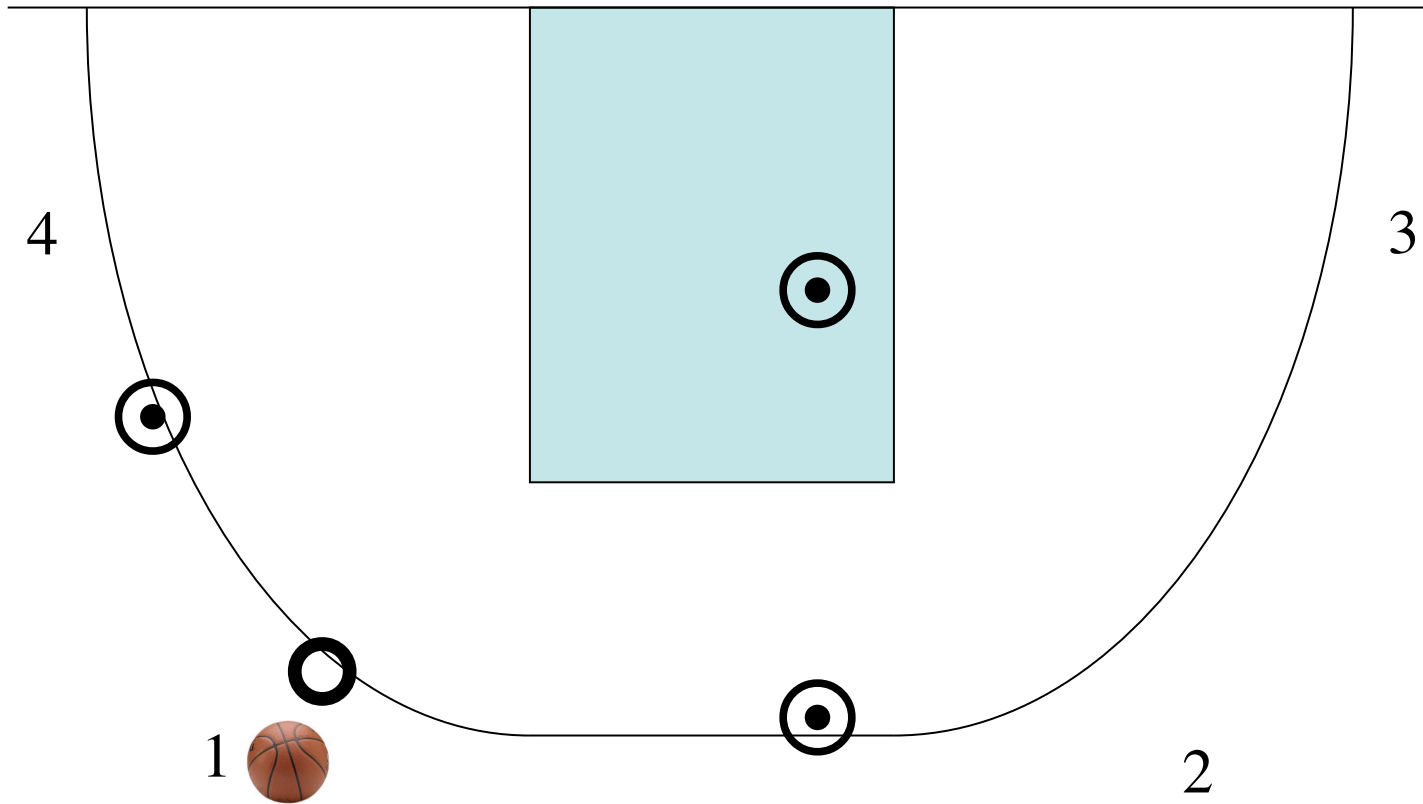
Defense- 2 on 2 Zig Zags



- Offense is at 75% to start
- Defensive concepts- Help side:
 - One ball for 2 offensive players
 - Offensive players slowly move up the floor
 - When defending the ball you do the same as you did in 1 on 1 zig zag
 - The defender guarding the off ball player must be in help side positioning
 - This defender should be jabbing at the ball and recovering— never standing still

○ = On ball defender
⊙ = Help defender

Defense Shell Drill

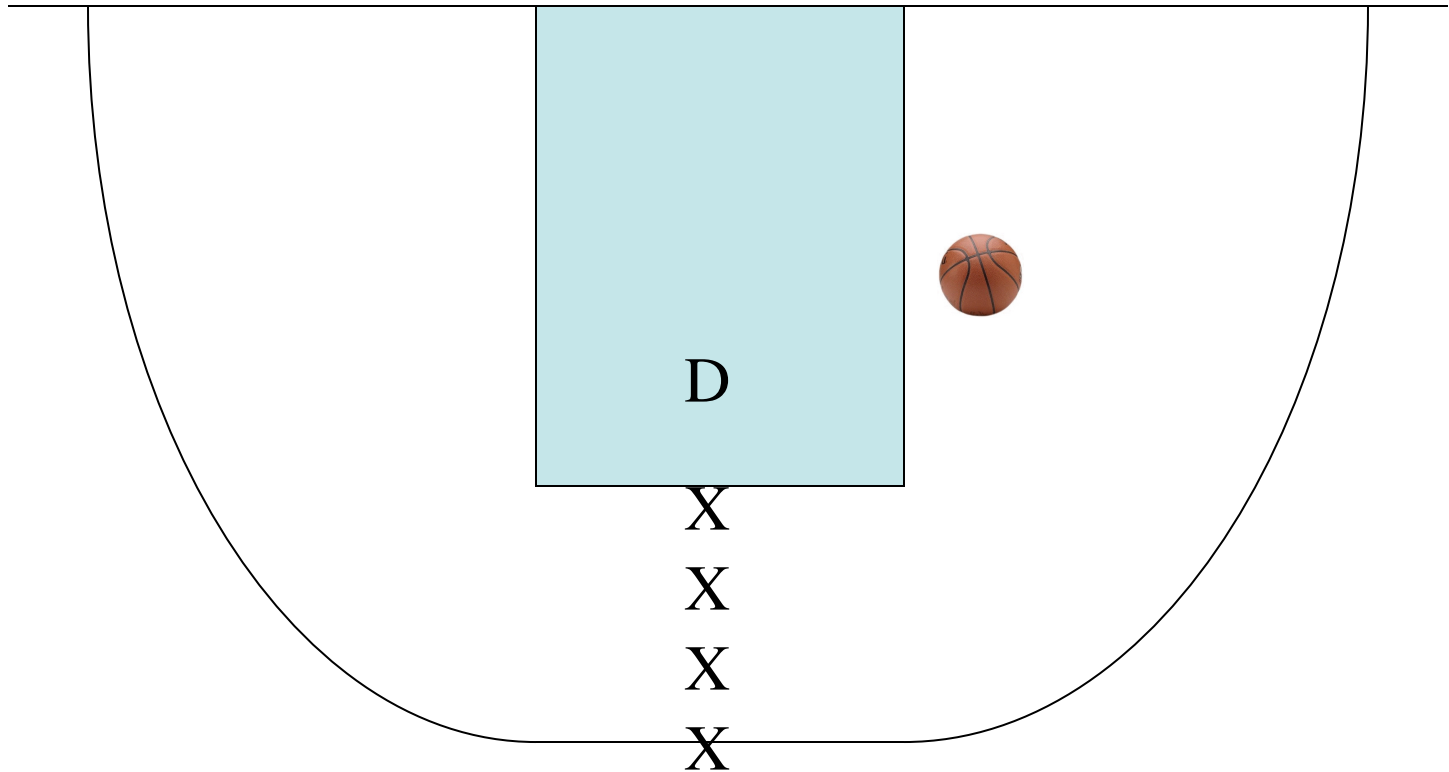


On Ball= Ball Pressure

1 Pass Away= On line, Up line- Jab and Recover

2 Pass Away= 2 Feet in the Lane- Help the Helper

1 on 1 Box Outs

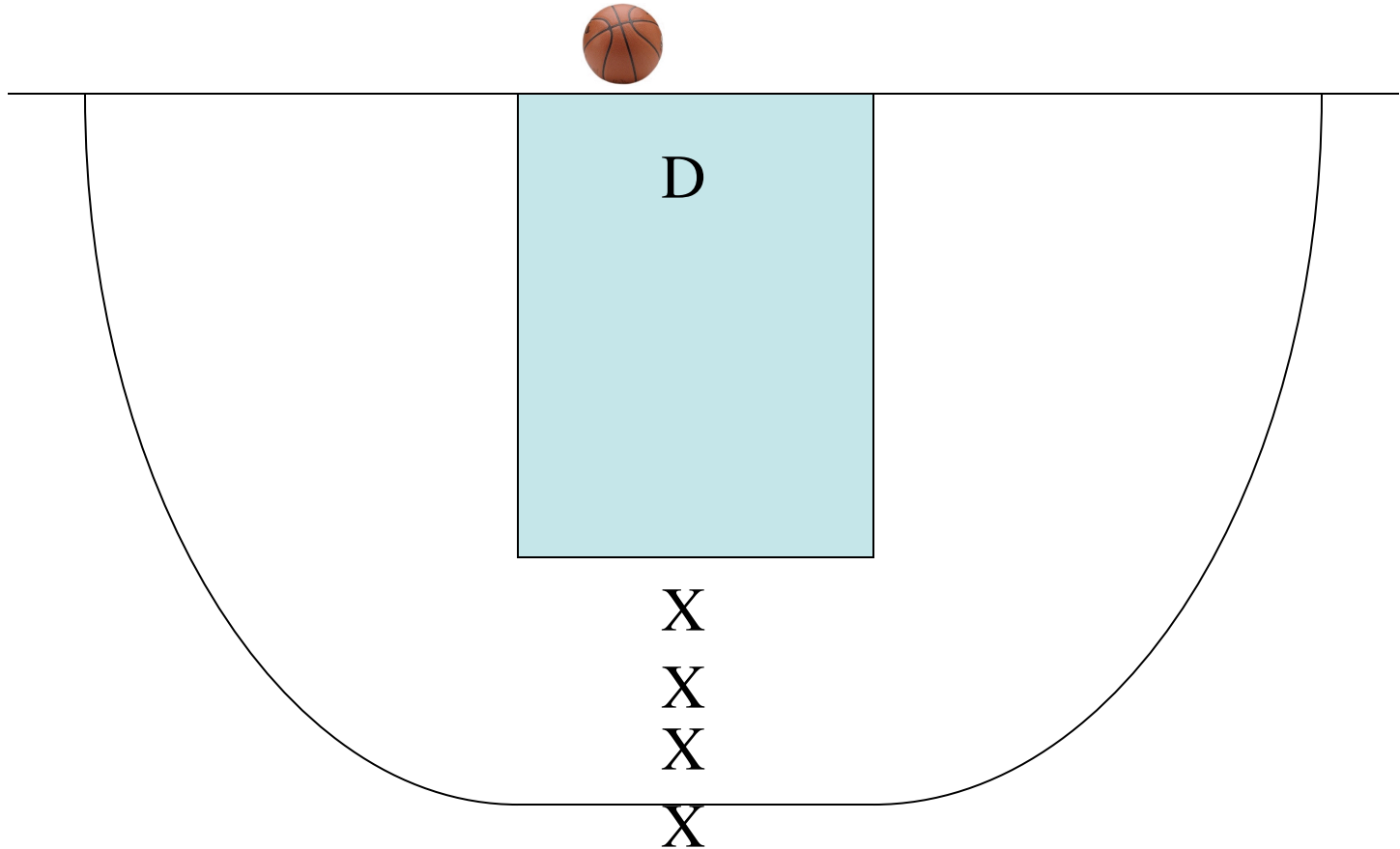


Coach shoots ball

D must box out and have ball bounce before he can grab it

Play whether it is a make or miss..no out of bounds

1 on 1 Closeouts



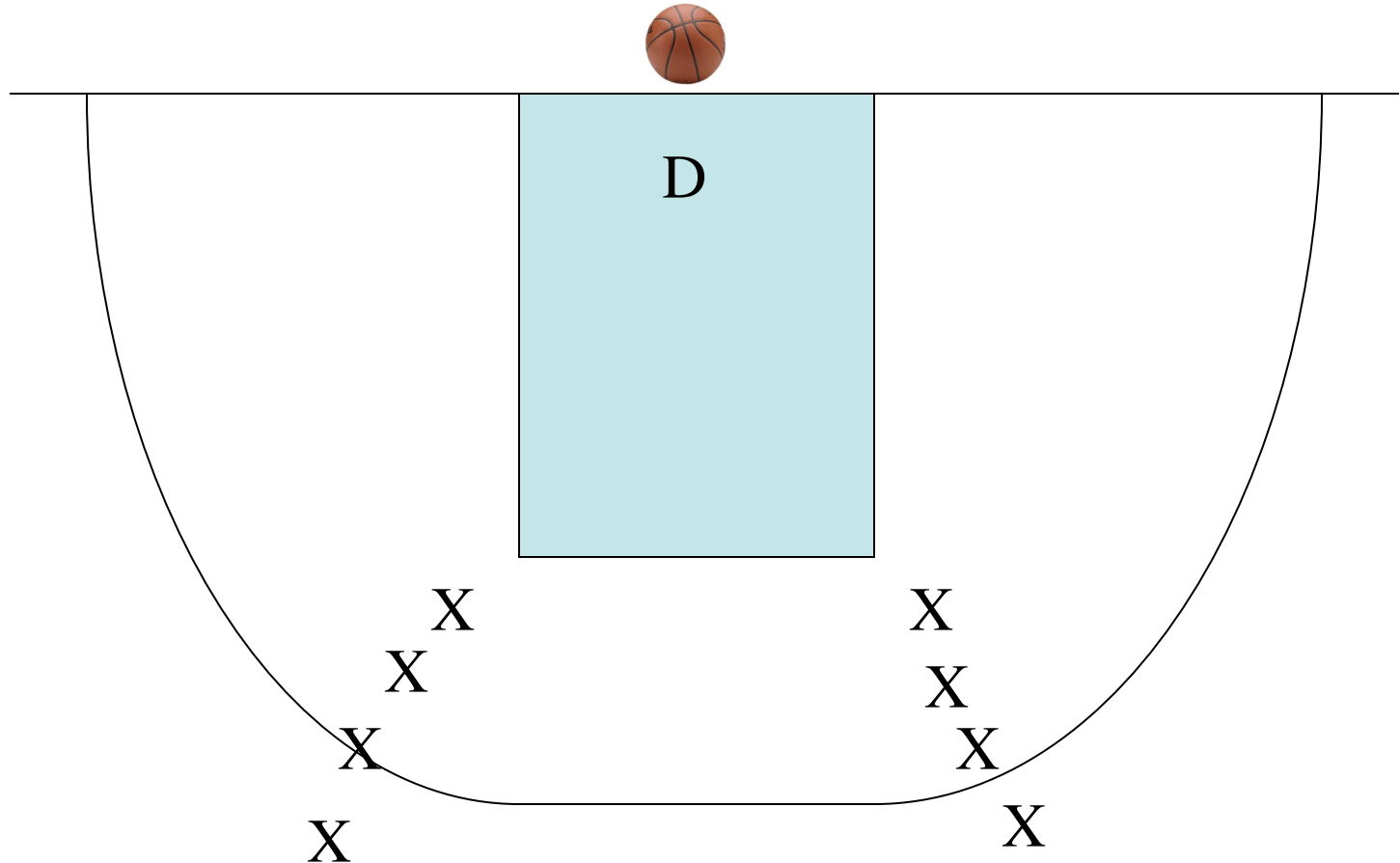
Coach stands behind D with D facing offensive players

Coach will throw ball to X

D must closeout and get hand up on shot and stop drive

Once shot is taken, D must box out

2 on 2 Closeouts & Boxouts



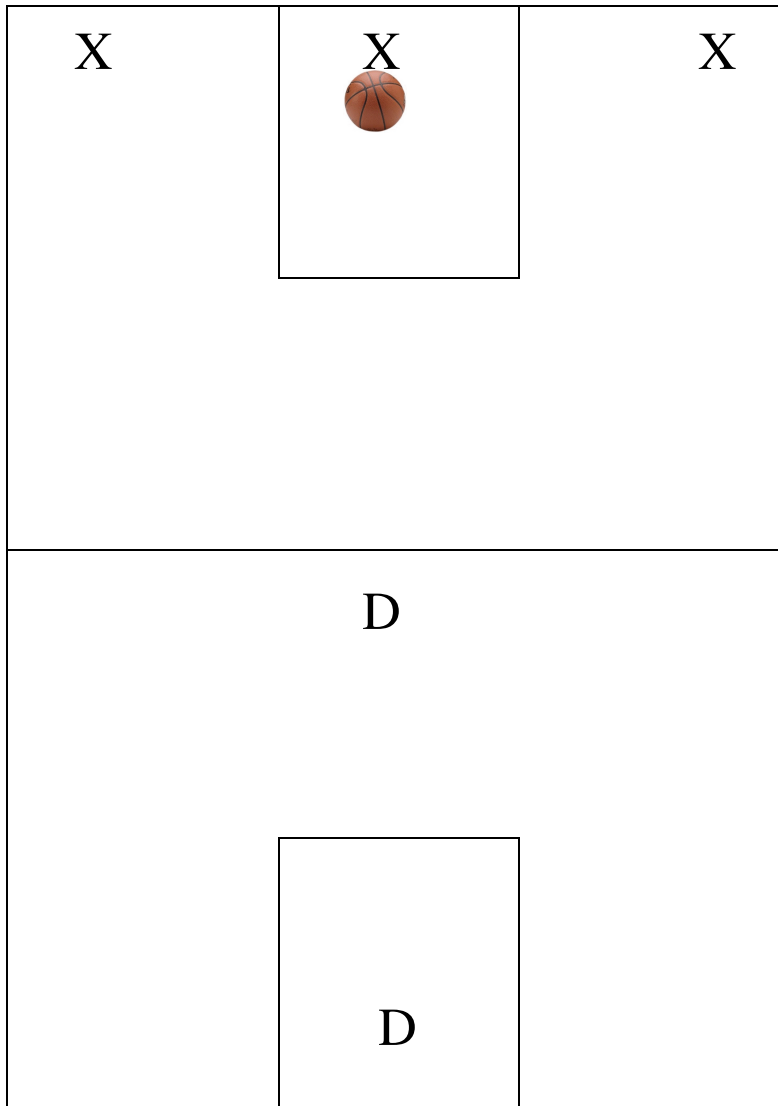
Coach stands behind D with D facing offensive players

Coach will roll ball to either side of players

D must closeout and get hand up on shot and stop drive

Once shot is taken, D must box out

3 on 2, 2 on 1



3 on 2 down

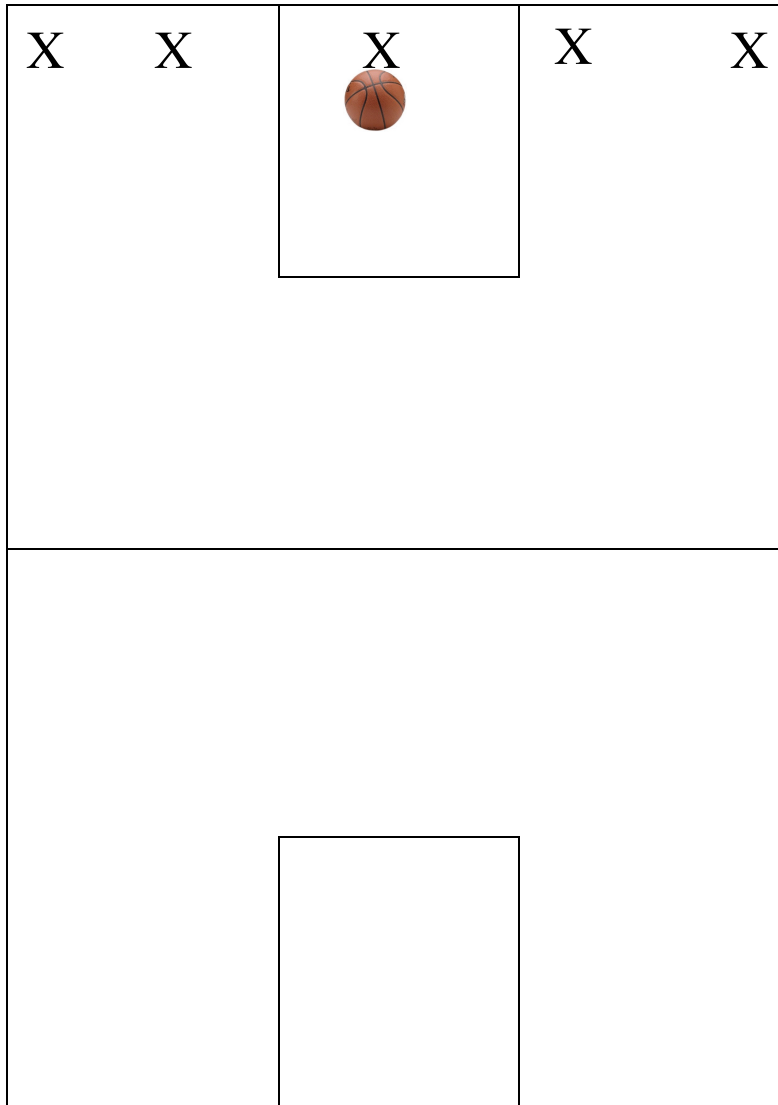
Play until make or D rebound

The player who came down in the middle will be the one player back on D, the wings stay at that end as defenders

The two defenders bring the ball back against the one D in a 2 on 1 situation

Defense work on transition defense

5 man weave back 3 on 2



5 man weave down

The player who shot AND the player who made the pass to the shooter will sprint back on defense

First man back is basket, second goes to half court and takes the ball

The other 3 players will get the ball and take it the other way for a 3 on 2

Defense work on transition defense



Eagan Basketball

“Do It Right” Workout

DO IT RIGHT WORKOUT

Ball on left wing – left foot is pivot foot

[illegible]

Ball on right wing – right foot is pivot foot

[illegible]

Ball at top of key – left foot is pivot foot

[illegible]

Ball at top of key – right foot is pivot foot

[illegible]

Post moves – both sides of the lane

[illegible]

Ball on left wing – right pivot “L” cut

[illegible]

Ball on right wing – left pivot after “L” cut

[illegible]

SAMPLE PRACTICE PLAN

90 MINUTE PRACTICE

- 10 Warm up/Stretch/Walk-Through
- 5 Ball Handling
- 5 Dribbling Drills
- 5 Passing Drills
- 5 Rebounding Drills
- 5 Shooting Fundamentals/Drills
- 5 Post Moves/Guard Moves
- 5 Defensive Breakdown
- 15 Team Defense
- 10 Offensive Concepts
- 15 Team Offense
- 5 Pressure Free Throws

Ball Handling Stationary:

No dribble:

- Around legs (both ways)
- Around right leg (both ways)
- Around left leg (both ways)
- Around waist (both ways)
- Around head, then waist, then legs, then back up to waist etc.

With dribble:

- Around legs (both ways)
- Around right leg (both ways)
- Around left leg (both ways)
- Figure eight
- Through legs