

Coaching Resources for Youth Coaches

East Basketball Association



UNDERSTANDING EBA PHILOSOPHY OF TEACHING/LEARNING

As coaches, we are attempting to find ways to help our players learn to be better basketball players. We believe that in order for skill development to transfer, we must incorporate both "blocked" practice learning conditions and also "random" practice learning conditions.

Please carefully read through our beliefs before looking through the specific resources.

VARY THE PRACTICE CONDITIONS:

Throughout this resource, you will see drills that are taught in a "Blocked" practice learning condition, while others will be taught in a "Random" practice learning condition.

WHAT IS A BLOCKED PRACTICE LEARNING CONDITION?

Blocked practice (practicing the same skill under the same conditions) leads to more rapid gains in performance but limited transfer when variability is introduced.

WHAT IS A RANDOM PRACTICE LEARNING CONDITION?

Random practice (adding variability and interleaving practice types) slows learning but improves retention and transfer.

WATCH THIS EXAMPLE OF BLOCKED VS. RANDOM:

This clip is from Basketball Immersion (a quality resource). [Blocked vs. Random Practice Models](#)

TRANSITION/EARLY OFFENSE PHILOSOPHY

Transition Offense (Article)

Nevada Transition Offense Attack (Video Clip)

- Getting the ball and pushing it up the floor.
- Get the ball out of the basket in a hurry.
- Sprinting the floor.
- Pitch the ball ahead.

Auburn "Cracking the Shell" Mentality (Video Clip)

- Develop all players' mentality to be aggressive.
- Drive the ball hard inside the 3 point line.
- Force the help defenders to help off of their man.
- Open up shot opportunities for teammates.

HALF COURT OFFENSE PHILOSOPHY RESOURCES

Find, Use, Create (Article)

- Article helps coaches understand what these terms mean.
- Use these terms with players.

Explanation of Find-Use-Create (Video Clip)

- Find the player with the best advantage to score.

Find, Use, Create (Video Clip)

- Great example of what Find-Use-Create looks like.
- If your team has an advantage, maintain it by moving the basketball.
- Find the best shot.

Defining an "Advantage" with the dribble (Video Clip)

- A Good resource to use as a teaching tool.
- Players need to know what they are looking for when they are driving the basketball.

Villanova Second Cuts (Video Clip)

- A second cut is a cut to the rim as the player with the basketball is dribbling toward the basket.
- The cut can happen during a live dribble or when the ball is dead.

Second Cuts (Video Clip)

- This clip shows different scenarios and how to coach the Second Cut.

Second Cuts (Video Clip)

- Additional teaching aspects of the Second Cut

[Spread Ball Screens \(Article\)](#)

- Spread ball screens are set by the 5 Man, in the spot position.
- We call this "Deuce".
- Article discusses how this action creates advantages.

[Spread Ball Screens \(Article\)](#)

- This article shows drills you can incorporate to teach your players the aspects of the spread ball screen.

[BYU Dribble Handoffs into Spread Ball Screens \(Video Clip\)](#)

- It is a little wrinkle into the Spread Ball Screen
- We call this action "Power".

ZONE OFFENSE RESOURCES

[Basic Zone Offense for Youth \(Video Clip\)](#)

- This is very similar to our varsity zone offense that we call "2-Game"
- Attack the zone with a two guard front, and have two playmakers flashing to the soft spot of the zone.
- You could include a baseline runner as well.

OFFENSIVE PLAYER DEVELOPMENT RESOURCES

[Mikan Drill \(Twitter Clip\)](#)

- Back to the basics. Easy drill to start out practice to get kids in the mindset of making layups.
- Work on Regular, Reverses, and Kyries.

[Contested Mikan Drill \(Twitter Clip\)](#)

- Build on the traditional Mikan Drill by adding a defender.
- Work on Regular, Reverses, and Kyries.

[Pivoting to Attack \(Video Clip\)](#)

- Great video to incorporate footwork on the catch and at the rim.
- Great tool to include in your practices.
- Includes Rip Throughs, Jump Stops, and Finishes.

[Pound, Pound Ball Handling Series \(Twitter Clip\)](#)

- We use the Pound, Pound Series a lot at the beginning of practices for our Varsity Basketball Players.

- Use a Pound, Pound dribble and then add in a combo move (Pound Pound, Double Crossover).
- This could be a quick Block Practice Drill to use at the beginning of many practices.

1v2 Ball Handling (Twitter Clip)

- Great drill to incorporate dribble moves against live defenders.
- Can have players go the length of the court or start at the half court line.
- Another variation is to have the player start in a 1 on 2 situation, and whatever happens in that possession, that player has to get back and play defense in a 2 on 1 situation. This helps teach kids about "next play mentality".

Star Passing (Twitter Clip)

- Good team drill to start practice.
- Forces players to develop focus, communication, team spirit, passing, and finishing at the rim.

Tennis Passing (Twitter Clip)

- A 1 on 1, small sided game to teach kids how to pass with one hand.
- Would be a good game to play with your players at the beginning of practice.
- Score it like a Tennis Match (Love, 15, 30, 40, etc).

Spike Ball Passing (Twitter Clip)

- A 1 on 1, small sided game to teach kids how to pass with one hand.
- Would be a good game to play with your players at the beginning of practice.
- Keep score like you would a Spike Ball Game

Lane Line Passing (Twitter Clip)

- Once the team of 4 makes 5 successful passes it turns into a 4v3 game.
- After that possession it's a 3v4 game coming back with high pressure on the ball (I like to have the team of 4 trap but it's not seen in this video)

3 v 1 Passing (Twitter Clip)

- Good drill to use at the beginning of practice.
- No Dribble allowed, defense tries to get a tip and deflection. Offense is trying to throw a clean pass.
- Work on not telegraphing the pass.

Box Passing (Video Clip)

- Good drill to use at the beginning of practice.
- A simple drill for passing and catching.
- Forces players to develop focus, communication, team spirit, passing, and finishing at the rim.

Villanova Passing (Facebook Clip)

- Drill that incorporates shot fakes, rip throughs, jump stops, pivoting, and passing.
- This drill should be a STAPLE of your practices.

Partner Ball Handling and Passing (Twitter Clip)

- Good drill to use at the beginning of practice.
- Working on both ball handling and passing in the same drill.
- Also works at being in sync with your teammate.

Offensive Drills to Teach Concepts (PDF)

- This resource provides ideas to coaches to implement in practice.

Villanova 3v0 Square-up (Video Clip)

- Simple drill to include at the beginning of practice.
- Teaches kids to catch and square on every single pass.

Villanova Shot Fakes (Video Clip)

- Great drill to incorporate at the beginning of practices
- Teach kids to slow down and show the ball on the shot fakes. Tell players to tell themselves "1 Mississippi".
- On the 4th Catch, the offensive player finishes at the rim. Encourage players to score off 2 feet.
- This drill should be a STAPLE in your practices.

Alley Drives (Twitter Clip)

- Good drill to teach footwork on the catch (1-2 step), shot fakes, rip throughs, and jump stops in the paint.
- This should be a STAPLE in your practices.

.5 Catch and Attack (Twitter Clip)

- Great drill that teaches kids to maintain the advantage by catching and attacking.

The Value of 1v1 Basketball Drills (Online Resource)

- This is a good read, with video resources regarding the value of teaching players through a 1 on 1 situation, rather than a block style of practice or 1 on 0.

1v1 Rip Through (Video Clip)

- This drill teaches the simple concept of squaring up on the catch and being "boss" with the basketball.

Iowa State Box Drill (Video Clip)

- Focuses on footwork and finishing at the rim.

Glide Dribble Two Step Finishes (Twitter Clip)

- Good drill to use at the beginning of practices.
- Create space with a glide dribble, attack dribble off of the glide.
- Use a coach (or a chair) as a secondary defender at the rim to work on their finishes. This clip shows a "two step" finish.

Glide Dribble into Tight Diamond (Twitter Clip)

- Good drill to use at the beginning of practices.
- Great space with the glide dribble, then incorporate two quick moves after the glide.
- Use a coach (or a chair) as a secondary defender at the rim to work on their finishes. This clip shows an inside hand finish (or a Stockton finish).

Forrest Larson Tight Chairs (Video Clip)

- Good drill to use in the beginning of practices.
- Focus on ball quickness and making quick moves.

Forrest Larson Turning the Corner (Video Clip)

- Good drill to use in the beginning of practices.
- Focus on veering off the defender and attacking the rim.

Avoid the Helpside Defender Finishing (Twitter Clip)

- Great drill to work on avoiding the helpside defender.
- Players can work on a variety of finishes.
- After players get their rebound, they become the next helpside defender.

Cone Handoff Drill

- Good drill to work on finishing and veering off to the rim.

Race Around the Cones (Video Clip)

- Very good Small Sided Game to include in your practices.
- Teaches kids to read defenders and attack the basket.

Transition Race Around the Cones (Twitter Clip)

- This drill simulates a 1 on 1 situation at the rim in transition.
- Coaches can specifically ask players to work on specific finishes.

Get Them on Your Back 1v1 (Twitter Clip)

- Small sided game to use when teaching veering off a defender.
- Goal is to keep the defender on your back as you dribble around the chair.
- Coaches could decide the types of finishing to work on at the rim.
- You can also build this drill up (1 on 1, 2 on 2, 3 on 3, 4 on 4)

1v1 Weakside Finishes (Twitter Clip)

- Small sided Game to use when reading a defender coming from the strong side and forces the player to use their opposite hand when finishing.

1v1 Weakhand Finishes (Twitter Clip)

- Start the offensive player on his strong side, with the defender sitting on his strong side shoulder.
- Offense will start with continuous between the legs, but once he goes to the rim, the drill is live.
- Great way to develop weak hand.

Hot Potato 1v1 (Twitter Clip)

- Small Sided Game to use to work on finishing at the rim.
- Offensive player can attack at any time he receives the "hot potato" pass.
- The random variable of "hot potato" helps kids learn how to transfer skills into games.
- You can also build this drill up (1 on 1, 2 on 2, 3 on 3, 4 on 4)

Angle 1v1 (Twitter Clip)

- Start the offensive player outside the paint with a defender on his hip.
- Teach players to start finding contact and attempt to veer off the defender.
- You can build this drill up, start it with 1 on 1 and build it to 2 on 2, 3 on 3, 4 on 4, 5 on 5.

Circle 1v1 (Twitter Clip)

- This 1 on 1 drill helps players read defenders on the catch.
- Forces offensive players to make a quick read and attempt to get past their defender.
- You can build this drill up, start it with 1 on 1 and build it to 2 on 2, 3 on 3, 4 on 4, 5 on 5.

Back to Ball 1v1 (Twitter Clip)

- Defense starts with back towards the ball, and chooses a cone to run around.
- Offense dribbles around the opposite cone.
- Teach reading defenders and finishing off two feet in the paint.
- You can build this drill up, start it with 1 on 1 and build it to 2 on 2, 3 on 3, 4 on 4, 5 on 5.

1v1 Blind (Twitter Clip)

- Similar to the drill above, but defense is at a disadvantage.
- In this drill, teach kids to finish off of two feet if they think there will be contact at the rim.
- Teach kids to veer off early if they beat their defender.

Race Around the Cones, Version 2 (Video Clip)

- Small Sided game to teach finishing
- Incorporates the "push dribble" as well

Touch Pass Finishes (Video Clip)

- Live one on one game after a push pass made by the player.
- Good drill to work on finishing with a defender.
- You can also incorporate a dribble hand-off as well (18:35 in clip)

1v1 + Helpside Finishes (Twitter Clip)

- Good small sided game to work on beating the secondary defender.
- Coaches could also be used as the helpside defender.

[1v1 Weakhand Finishes](#)

- Great way to work on defeating helpside defenders, while working on weakhand finishes.

[2v2 Race Around Cones with Helpside Defender \(Twitter Clip\)](#)

- Another good drill that helps players read helpside defenders.
- Great defensive drill as well.

[1v2 Finishing Drill \(Twitter Clip\)](#)

- Small sided game to work on beating two trailing defenders.

[2v2 Decision Making Drill \(Video Clip\)](#)

- Good drill to teach offensive and defensive decisions in a game.

[Danny Manning 2v0 Ball Screens \(Video Clip\)](#)

- Good drill to work on ball screens and rolls
- Early Practice Drill

[Notre Dame Post Actions \(Video Clip\)](#)

- Teaches players to throw it into the post.
- Teaches players to move after the pass is thrown into the post.

[Kentucky Post 2v2 \(Video Clip\)](#)

- Good drill to teach post feeds.
- Tell posts to "show their numbers"
- Tell guards to throw it right to their nose.

[Gonzaga Post 2v2 \(Video Clip\)](#)

- Good drill to develop a sense of throwing inside to the post.

[Wisconsin Full Court Post Feeds \(Video Clip\)](#)

- Like the drill to include ALL of your basketball players.
- We don't teach all of these moves, but the way the drill is set-up, it could be very useful at the beginning of a practice.

SHOOTING DRILLS AND OTHER RESOURCES

[Shooting Technique Resource \(Twitter Clip\)](#)

- This is a simple Resource to use if you feel the need to fix a shot.
- Do not get too complicated. Keep things simple. Elbow up, daylight between thumb and index finger.

[Partner Shooting \(Video Clip\)](#)

- Good early practice drill.

Dribble Pick Up Drill (Twitter Clip)

- This mix drill works on ball handling and also the skill of placing your shooting hand in the right position, underneath the ball in the shooting pocket, as quickly as possible.
- Simple drill to use at the beginning of practices.

Contested Shooting (Twitter Clip)

- Good drill to use at the beginning of practice.
- Pass the ball between each player. Once the offensive player makes the shooting motion, the defender tries to block the shot.
- Good drill because this is more gamelike.
- Coaches can always change the locations of the shot.

Box Shooting (Twitter Clip)

- Another drill that incorporates shooting after being contested.
- This drill is great because it creates a more gamelike shot.

3v2 Contested Shooting (Twitter Clip)

- Great drill to use to get reps of shooting gamelike shots.
- 3 players will be on offense for a certain amount of time. You will shoot and get your own rebound. You can shoot off the dribble, catch and shoot, or finish at the rim.

4v3 Shooting (Twitter Clip)

- Use this drill to help players understand what it means to play with the advantage and find the best shot available.
- We use this drill with a stationary offense to begin with, then build it up where players can dribble attack.
- Great drill that transfers to the game.

Maryland Team Shooting (Video Clip)

- Team Shooting Drill
- Team competes to get a certain number.

Hoosier Shooting (Video Clip)

- We call this drill Hoosier Shooting.
- Simple way to get a lot of shots up at points throughout practice.

2 Minute Shooting (Video Clip)

- 2 Minutes to see how many points you can accumulate as a team
- 3 Points for a Made Three, 2 Points for a Tip-In, 1 Point for a Rebound and Score, -1 for Two Misses
- This drill works on Passing, Cutting, and Getting to the corner for a transition Three.

33 Shooting (Video Clip)

- Shoot from common areas on the floor that you shoot from in a game.
- You want to be the first team to get to a desired number. Our Varsity Team goes to 33 (hence the name of the drill).
- You can't miss two in a row as a team. If you do, you subtract 3 points (only one time).

Brush Cut Shooting (Video Clip)

- Drill incorporates Passing, Cutting, and Shots
- Drill also incorporates proper spacing when cutting specific areas.

Drive and Kick Chaos (Twitter Clip)

- Good drill to use for team shooting.
- Teach kids to communicate through the chaos.
- Also teaching dribble penetration, jump stops, and passing as well.

Drive and Drift Shooting (Twitter Clip)

- Great drill that incorporates Second Cuts and Relocation
- Allows you to work on shooting, while incorporating concepts.

OFFENSIVE COMPETITIVE/SMALL SIDED GAMES

3v2 Continuous (Video Clip)

- Good drill to use to encourage transition offense.
- Keep score and play for a time amount
- You can also do this drill as a 4 on 3 Drill

4v3 Continuous (Video Clip)

- This is another version of 4 on 3 Continuous
- Great drill to continually find the advantage offensively, and also for the defense to rotate at a disadvantage.

1v1, 1v2, 2v2 Around the Cones (Twitter Clip)

- Great drill to work on finishing at the rim.
- Also includes decision making.

2v1/2v2 Attack the Closeout (Twitter Clip)

- Great drill when teaching to attack a Closeout and create space on the drive.
- We want kids to score the ball if there is a shoulder past the defender, but if not, teach players to create space, make the next pass, and maintain advantage.

1v1/2v2 Touch the Cones Closeouts (Twitter Clip)

- Great Drill for reading defenders, decision making, and attacking closeouts.
- Also great for developing a catch to shoot mentality.
- Create space on dribble drives or fill on the dribble away.
- Defense works on Peel Switch (needs to be better in this segment).

3v2 Find the Advantage (Twitter Clip)

- A Defensive drill as much as an offensive drill.
- Good drill to find the advantage and the defense to rotate to the next open man.
- Shooting drill

2v2/3v3/4v4 Find-Use-Create (Twitter Clip)

- Offense starts drill with advantage with a trailing defender around the cone.
- Focus on using/maintaining the advantage.
- Defense is trying to kill the advantage using a peel switch. The goal is to “put out the fire” & get back to Man on Man

Florida 2v1 Continuous Half Court (Video Clip)

- Great drill for young kids
- Can get a lot of kids involved, on only one side of the floor.

Davidson 2v1 (Twitter Clip)

- Good drill that incorporates full court passing.
- Basically, make 3 passes in the version of a 3 man weave, then play 2 on 1.
- You will need at least 9 players to make the drill flow.
- This is the middle school clip of the drill
(<https://twitter.com/CoachKyleJust/status/1459313489701396484>)

3v3 Scramble (Twitter Clip)

- This drill works on both defensive and offensive concepts.
- Offensively, there is passing, spacing, attacking a closeout, and playing with an advantage.
- Defensively, you are trying to “put out the first fire” and playing with a disadvantage.

3v3 Baseline Closeouts (Twitter Clip)

- This drill works on both defensive and offensive concepts.
- Offensively, there is passing, spacing, attacking a closeout, and playing with an advantage.
- Defensively, you are trying to “put out the first fire” and playing with a disadvantage.

4v4 Find-Use-Create Continuous (Twitter Clip)

- This drill is a build-up of 2v2/3v3/4v4 Find-Use-Create
- A very chaotic drill that allows students to sift through some of these chaotic times.
- Goal is to maintain the advantage offensively, while the defense tries to kill it.

5v0 to 5v4 (Twitter Clip)

- A different way to work on both your offensive execution (5 on 0) and then work on your transition offense and working with advantages (5 on 4).

- If you have an offensive set, have them execute the set in a 5 on 0 Manner. Then, after the set is executed, the shooter will get his rebound and step off of the floor.
- 5 offensive players will be positioned on the baseline and will attack the defense in a 5 on 4 manner.

3v1 Transition (Video Clip)

- A more game-like transition drill
- This is not a passing drill, this is a scoring as fast as you can drill
- Forces offense to make decisions

DEFENSIVE PHILOSOPHY, DRILLS, AND OTHER RESOURCES

Seven Good Defensive Drills (Video Clip)

- Very good resource for coaches.
- 1 on 1 Closeouts
- 1 on 1 Full Court
- 1 on1 Full Court to 3 on 3
- Shell Drill
- Different Shell Drill Layers

Xavier Closeout and Jump to the Ball

- Good drill that incorporates many of our defensive concepts.

Iowa State 3v3 No Paint (Video Clip)

- Teaches players to keep the ball in front of them.
- Teaches help defenders to focus on stopping the ball before it enters the paint.

Peel Switching Informational Video (Twitter Clip)

- A good resource to view what peel switching looks like

Find-Use-Create/Peel Switching (Video Clip)

- This drill can be used to teach offensive "advantages", but this drill is great for reading situations that may involve a peel switch.
- If you are trying to develop the peel switch mentality, this drill should be a STAPLE.

Matt Woodley Packline Breakdown Drills

- There is no commentary
- Provides you with some ideas of what to include in your practice plans.
- Many fundamentals within the packline.

Full Court Run and Jump Pressure

- Great resource (but long)
- Will provide you of many drills and concepts of 55.

2v2 Jump the Middle Run and Jump (Video)

- Good resource to teach the Peel Switch or Jump Switch.
- Offensive players can only dribble going middle on the catch.

Jim Boone 4v4 Change (Video Clip)

- This is a staple at the Varsity Level.
- Competitive Drill that incorporates defensive philosophy.

Matt Woodley How to guard a Side Ball Screen (Video Clip)

- We guard all side ball screens with a "Hard Hedge".
- This resource provides great teaching in regard to guarding this action.
- This should probably be taught quite often in an upper level youth basketball practice.

Matt Woodley Packline "Ice" Ball Screens

- "Icing" a ball screen is an alternative way to guard a ball screen.
- Not recommended for young players. Potentially 8th Graders.

Virginia Middle Ball Screens Flat Hedge (Video Clip)

- This gives great examples with how teams should Flat Hedge any middle or "spread" ball screen.
- This clip shows how aggressive both the hedger and the guy guarding the ball should be.

Wayne State Baseline Rotation Drill (Video Clip)

- Drill for upper levels.
- This is a drill to teach players about how to deal with getting beat on the baseline.

Utah 2v2 Rebounding (Video Clip)

- We call this "NBA Rebounding". This stands for NO BABIES ALLOWED.
- Competitive Drill that incorporates blocking out (Hit Find Get Mentality)

Wyoming Charges (Video Clip)

- Good resource to help your kids take charges.

SCRIMMAGE/ 5 on 5 GAMES:

76-76 (Description Below)

Tons of gamelike opportunities to work through

- Put 95-95 on the clock
- Play as normal
- When a team gets to 100, start the clock at 2:00
- Play as situations arise
- Coach can put any restrictions they like
 - PG fouled out
 - double bonus
 - timeouts/no timeouts

12 Second Shot Clock (Description Below)

This drill conditions your players to play fast, make quick decisions, and hunt a great shot IMMEDIATELY in a possession

- Have a coach who is barking out the countdown from 12
- Players must get a shot off before the 12 second clock runs out

Stop-Score-Stop (Description Below)

- Can be played in the full court or half court
- The goal is to get a string of stop/score/stop
- When a team gets a stop, they get the ball and attempt to score
- Whoever is the first to 3 (or most strings in a time limit) wins the drill

Possessions (Description Below)

- Pick a concept (man offense, motion, zone offense, quick hitters, etc.) to work on offensively
- Each team gets 5 possessions
- Whoever scores the most points after 5 possessions wins the drill
- You can go 5 possessions in a row or alternate

OTHER HELPFUL RESOURCES:

[Habit of Movement Warm-Up \(Twitter Clip\)](#)

- Great way to begin a practice.
- Work on developing great habits by incorporating footwork, pivoting, sprinting, etc.

[Keys to a Great Practice \(Podcast\)](#)

- Discusses the importance of repetitions and short lines in practice.
- Keeping things competitive.

Villanova "Breaker" Zone Set (Video Clip)

- Simple Zone set to get into a zone offense.

Bob Knight: 30 Passes

- Good drill to incorporate being "boss" with the ball, taking care of the basketball, and dealing with pressure.

What is a Small Sided Game and FAQ's (Video Clip)

- This is a good resource to describe what a Small Sided Game is and what its not.
- Small sided games aren't about perfection.