

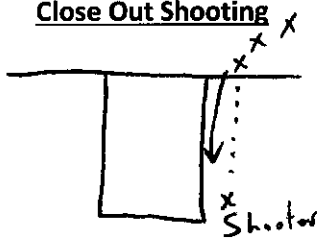
## Shooting Drills

1. Start with them lying on their back. Practice proper hand (one handed) placement on the ball.  
\*Points of emphasis\* – Finger Tips on the ball (gap by their palm and the ball); Fingers spread so they can control the ball with one hand. Elbow should be directly on their side, not pointing out.
2. Next have them using just one hand shoot the ball up above their face while lying down. The ball should only go 2 feet up and come back down almost hitting them in the nose before they catch it. \*Points of emphasis\* – Finger Tips on the ball (gap by their palm and the ball); Fingers spread so they can control the ball with one hand. Snapping their wrists so the ball has back spin
3. Next add their “guide” hand. REMEMBER it’s a guide hand, not a shooting hand. It should be on the side of the ball again with just finger tips on the ball. Again practice shooting the ball above their head.
4. Rep this every day in some form every day, so they have proper shooting form

1. Next have them go to a basket and right next to the rim shoot it one handed (dominate hand of course). Again stressing hand placement along with Balancing with their feet and using their legs to shoot the ball up there. Some girls will be very weak and struggle to get it up their but with time it will come.
2. I started out every practice with this. They had to make 10 from the front, right, and left side of the rim. After those 30 makes, they had to make 10 from the right side using the backboard also getting to use both hands (shooting hand, and guide hand now). They are in 7<sup>th</sup> and 8<sup>th</sup> grade so using the backboard from the left side they should be able to shoot left handed. Again they will struggle but as time goes they will get better and better.

**\*\*Proper shooting form is essential, and coach will be glad you spent time with the younger girls in the long run. \*\***

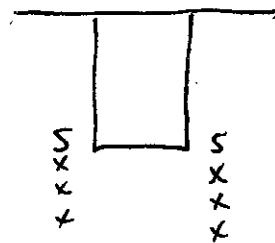
### Close Out Shooting



- Pass to shooter + run @ them.  
- Passer then goes to shooter

\*Points of emphasis\*

### Line Shooting



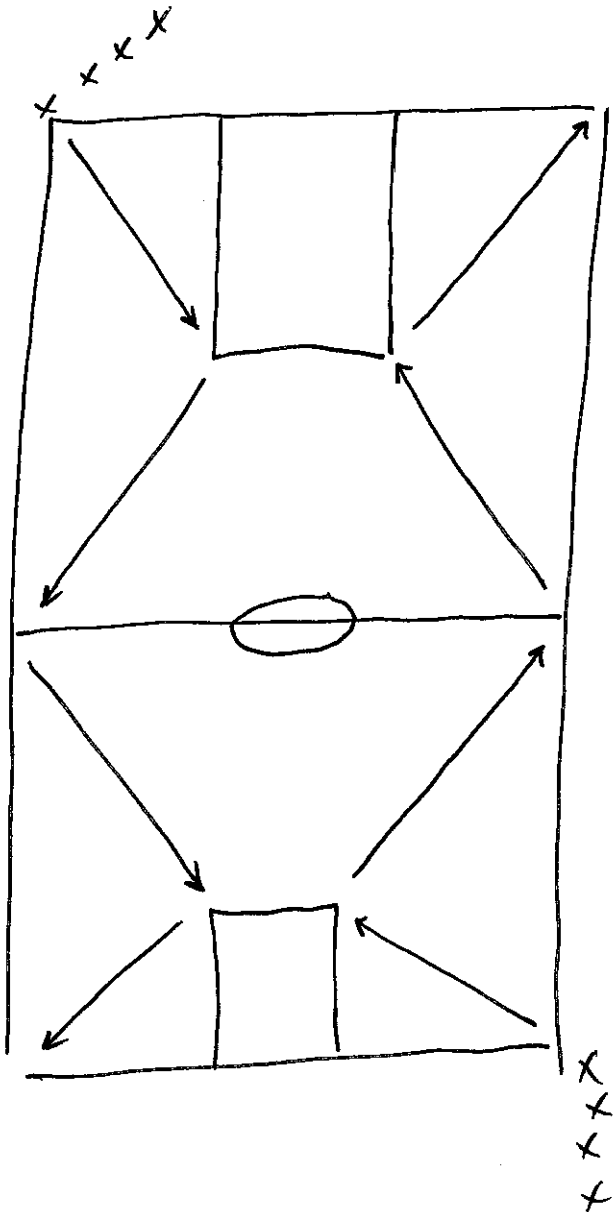
Play 1st to  
ten Makes  
Shooter gets  
rebound and  
passes to Next  
Shooter

If right handed – As the ball is being passed they should be stepping with their left foot, and as they catch the ball bringing their right foot to their balance point to then shoot it. Getting a controlled QUICK shot off is so important. You don't have 3 seconds to shoot in a game.

## Dribbling

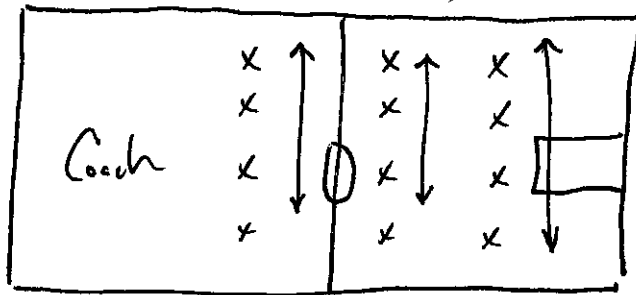
1. Standing in place practice dribbling right and left hand. \*Points of emphasis\* - Dribbling below their hip, dribbling with their fingertips, and "pounding" the ball down to the ground. You want quick hard dribbles, not lazy slow dribbles. Keep your eyes up also
2. Next move to a LOW crossover in front of them. \*Points of emphasis\* Ball cross over needs to be low (below knees) and quick, again pounding the ball down. Keep their head up

**Zig Zag Dribbling** – Dribbling with their right hand going right, and left hand going left. Pointing out you need to be able to dribble with both hands, guarding the ball with your body. Have them start with a crossing over at each turn point. Then move to reverse pivot (turning around using your back to shield the defender). Then move to behind the back, and between the legs. Now they are going to look at you weird for telling them because they may not have done it before, but they need to try. Just tell them to try it every time. Within a week they will all be amazed they can do it. Again another drill I did daily.

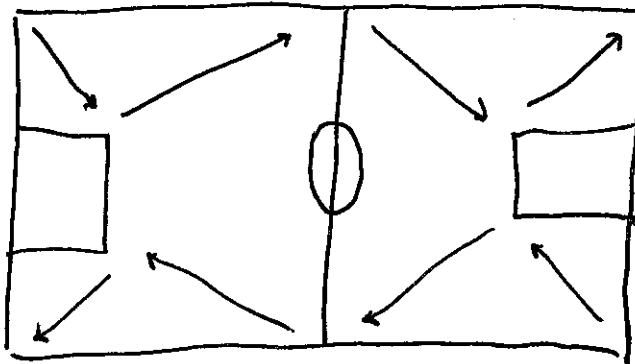


## Defensive Slides

1. Have them spread out in front of you. You will point right or left and they will have to slide in the direction you point. Have them go 2-4 slides in each direction. \*Points of Emphasis\* Butt down like you are sitting in a chair. Hands out to their side. Feet spread a little more than should be length. They should never cross their feet.



2. Using the same turn spots as you did for zig zag dribbling you are going to have them do a defensive slide. At each turn point they should drop step (plant their outside foot, and drop their inside foot to change direction) \*Points of Emphasis\* Butt down like you are sitting in a chair. Hands out to their side. Feet spread a little more than should be length. They should never cross their feet. Again another drill I did daily.



3. Incorporate the Zig Zag dribbling and Zig Zag Slides together. Partner up and one girl will dribble, and one will play defense on her. Stress there's a purpose to the drill; it's not to make another look silly. I don't even let them steal the ball and if the offense gets by the defense, the offense should stop and let the defense get set up again. Again another drill I did daily.

## Defensive Positioning

Here is a little bit on Man to Man defensive positioning. It's hard to explain by words but I will do my best.

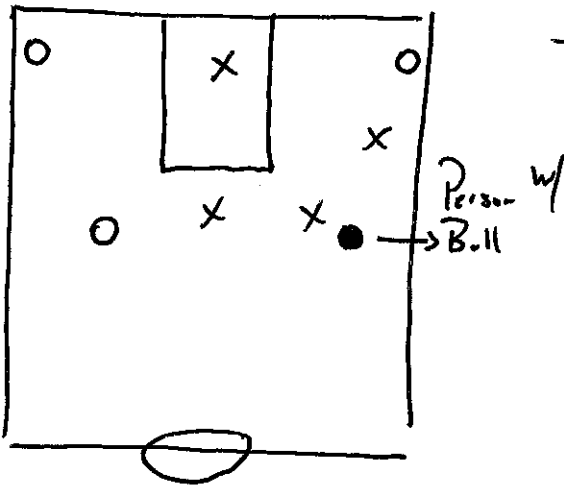
### Couple Terms I use:

"Up the Line" – When guarding someone one pass away you want the defense to be up in the passing line and try and not let them pass the ball.

"Butt to the Baseline" – While in help side positioning, if my butt is to the baseline I can see everything out in front of me. Including my player, and the ball.

Closeout – Moving from help side to guarding the person with the ball. "You are closing out to my girl."

Force Baseline – Coaches differ on this, but at MSU we were taught to force our player's baseline. It's like another defender being there they can dribble out of bounce.



- Helpside Players should always be in the middle of the court.

### Rules:

- if your person is one pass away - you are up the line.
- if your person is two passes away you are in helpside
- "TALK" - let your team know where you are at.

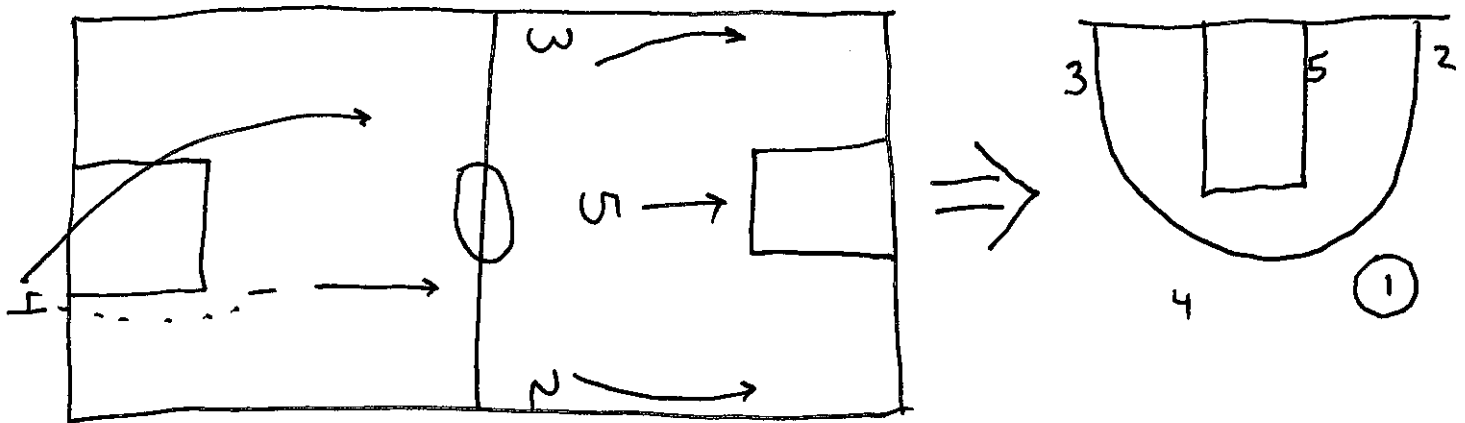
You should always be able to see the person you are guarding and the ball. Defense is a TEAM game and concept. Good defense relies more on "HELP" defense than it does in just stopping the girl you are guarding.

## Getting into our Offense and Basic Motion Concepts

To get into our offensive system we have set lanes on how we run the court. Using the number system that most coaches do:

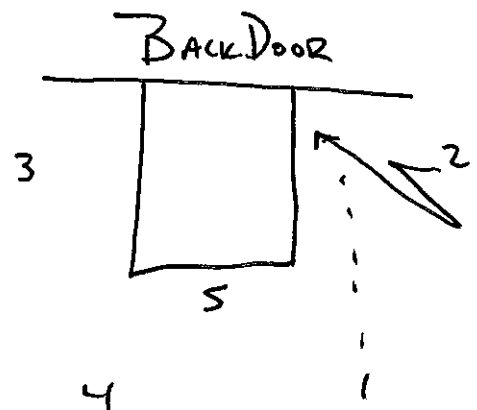
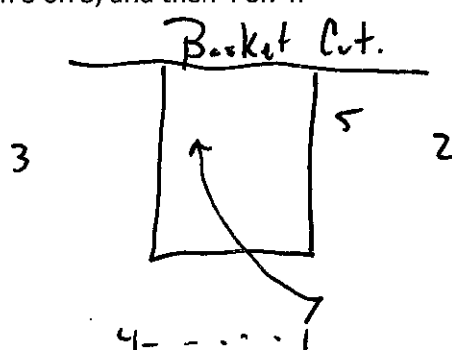
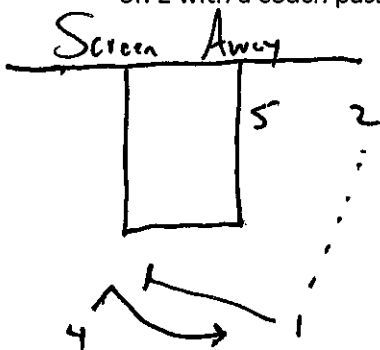
- 1) Point Guard
- 2) Shooting Guard (best shooter)
- 3) Shooting Guard
- 4) Forward
- 5) Post or Forward

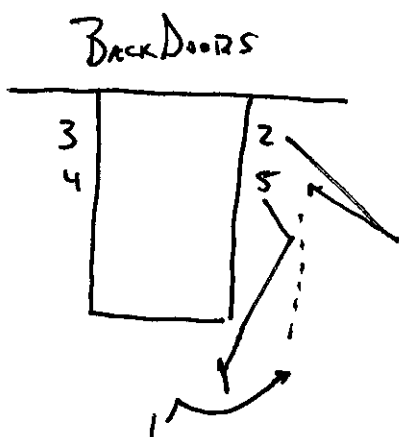
The 4 will always take the ball out of bounce on makes. The 2 runs the right lane, the 3 then runs the left lane, and the 5 runs down the middle to the ball side block. Obviously the 1 stays to receive the inbound pass from the 4.



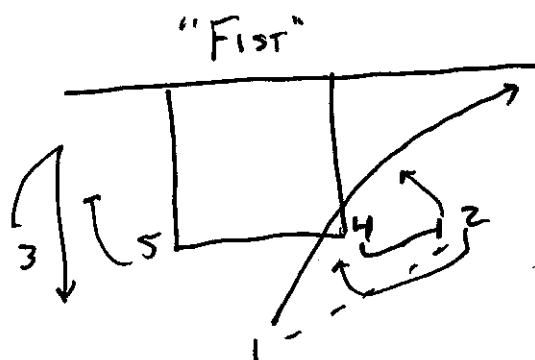
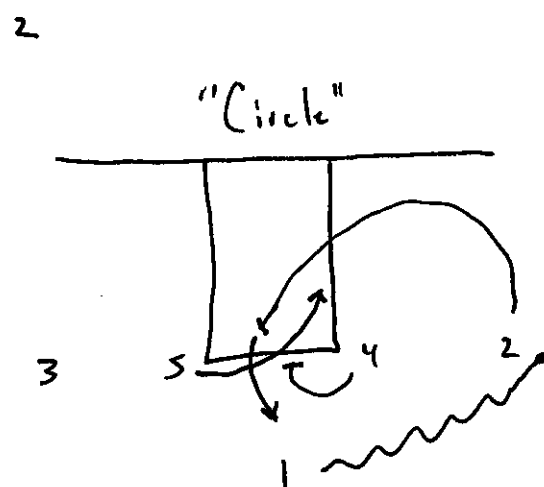
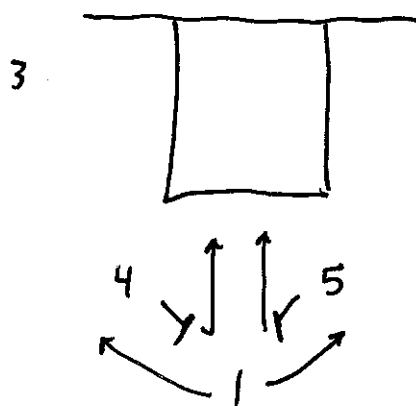
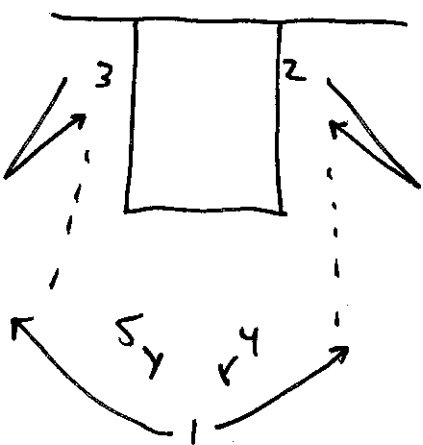
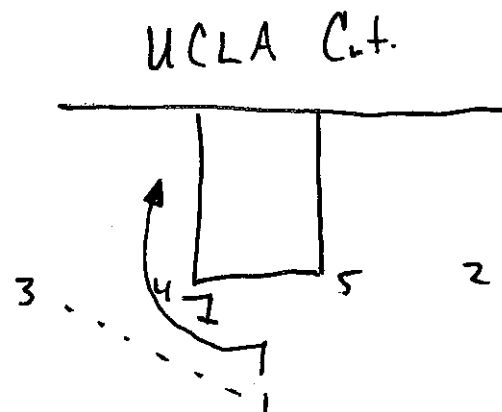
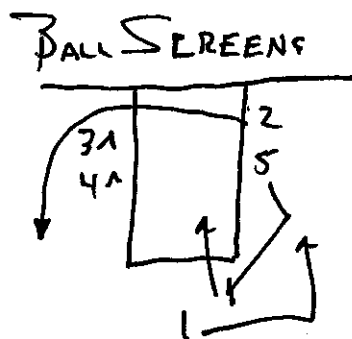
When running a 4 out 1 in motion offense I really stress three things: 1) Backdoor, 2) Basket Cut and 3) Screen Away. Letting them just play a "motion" type of offense teaches them how to move and get open. In my mind teaching kids a patterned offense doesn't teach them how to play and other teams catch on to a pattern and start cheating it. If you don't have a quality post we can talk about a 5 out motion offense also which is really the same thing.

Again I would start really simple for the first week and not even have a defense and start 3 on 0, then to 4 on 0 and then to 5 on 0. Getting the movement and timing down is difficult. Then next week look at 2 on 2 with a coach passing, then 3 on 3, and then 4 on 4.





## Some Easy Offensive Plays

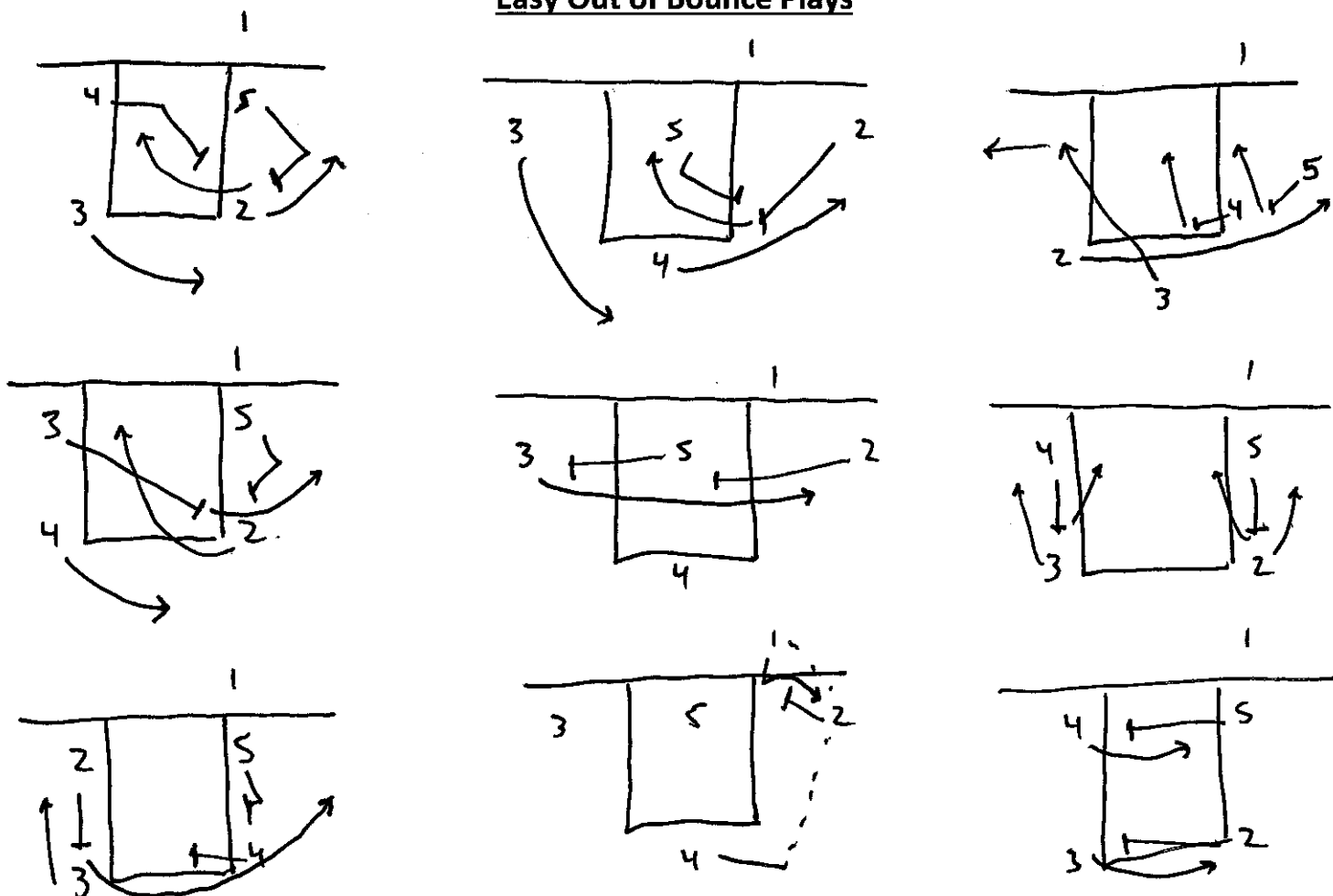


I have always tried to have 2 or 3 plays that look the same, but are different. Eventually girls playing defense will catch on to them if you set up a certain way every time you call out "#2."

I even went to having by plays called by the first or last number. So if I am calling play #3 I would say 32 – and the first number is my play call; or any color is the same play

# Screen Screenor

## Easy Out of Bounce Plays



I have always tried to have 2 or 3 plays that look the same (meaning you lineup the same way), but are different. Eventually girls playing defense will catch on to them if you set up a certain way every time you call out "#2."

Again I just stress you keep it very simple. You may not win a lot, but if you focus on fundamentals it will pay off in the long run. It's never matter what their Junior High record is. It's about the banners they put up in the HS gym at the end of their time.

Couple other things that I ask as a head coach:

- 1) Don't play any zone defense. Teaching Man to Man principles at this age is essential. When I first started coaching I was all about Man to Man at the varsity level. We have now gotten really good at Zones and Trapping defenses but you have to have Man to Man principles when doing these so I ask that our JH teams only play Man to Man. IF you wanted to switch it up in a late game situation and play a possession or two obviously that's okay also.
- 2) Keep it stupid simple! When I coached JH I rarely full court scrimmage and if we did it was for 5 minutes max. I would and still do starting really simple and break it down. When teaching anything I'll start 2 on 2 and move to 3 on 3. Then the next day it's 3 on 3 on to 4 on 4. By the end of the week or four days later we would get to 5 on 5 half court.
- 3) Please do the Zig/Zag dribbling and Defense Slides every day! Karlie had it ingrained in them that when they all were there and ready to start practice that's what they did first and then would meet and talk.
- 4) If you have questions please ask and if you need demonstration our older girls love to teach and help out.