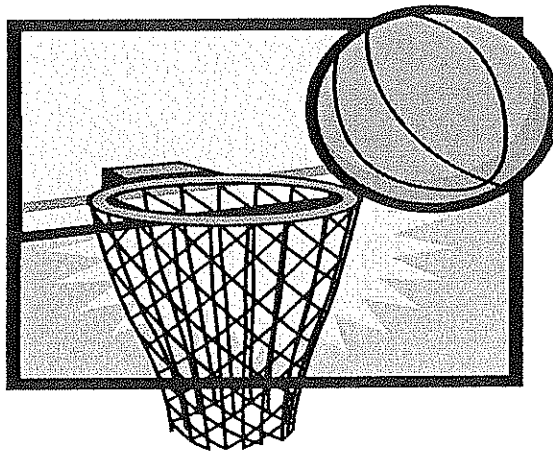


ST. JUDE
Coaches Handbook
2008-2009 Season



“We are dedicated and committed to advanced basketball skill development, player goals, and most importantly positive personal growth of each and every individual that takes part in the program”

WARM-UPS

Stretching drills: **HOLD ALL MOVEMENTS FOR 6 SECONDS**

- Hamstring – left leg out, right leg tucked back, take right hand out to left toe
- Hamstring – right leg out, left leg tucked back, take left hand out to right toe
- Groin - sitting down, put feet together and move toward you until you get a good stretch
- Shoulder stretch – take right arm, bend 45 degree angle and take left hand and grab right elbow and push gently towards your shoulder
- Shoulder stretch – take left arm, bend 45 degree angle and take right hand and grab left elbow and push gently towards your shoulder

Knee tucks - Full court

High Skip - Full Court

Backward Pedal – Full Court

Jumping Jacks

Sprint full court

BALL HANDLING DRILLS – conduct all drills with head up

- Pass ball hand to hand around waist - reverse opposite direction
- Pass ball hand to hand around knees – reverse direction
- Figure eight – stretch legs shoulder width and pass ball thru your legs
- Ball tap – elbows extended – tap ball between your fingers tips back and forth right to left – left to right
- Hand warm-up - Dribble – clap above – clap below – Catch
- Ball clap

Dribbling Drills

“Always dribble with head up”

Dribble ball on outside of your foot and control with finger tips

Speed is not important

▪ “Pound Drill”

Players in circle – looking across from teammates

Hand on top of ball, right hand push into floor and bring to shoulder height, 15 seconds, bend knees push ball to waist – 15 seconds, dribble ball real low to floor with finger tips 10 seconds, dribble ball to waist – 15 seconds, dribble ball to shoulder. Repeat with left hand

- Line players up on sideline and have them dribble right handed walk, head up to next end line and back, repeat with light jog down and back and repeat at $\frac{3}{4}$ speed. Emphasis on Head up, control the ball. Repeat left handed
- Do Full Court dribbling – relay race, split team evenly and have each player go 3 times
- Speed Dribble – teach players to push ball ahead to get down the floor quicker when they are ahead of field – ball can be dribbled higher than waist.
- Cross- over drills – “Pendulum” --- 2 dribbles / cross
- Between the legs
- Spin Move

Emphasize low and quick

Lay-ups – high & soft

- “Mikan Drill” pair each player with a partner. Use 3 baskets. Square up in close on right side, head up shoot ball high on the backboard off the right side of box. Catch ball and move feet, square and shoot on left side. Go back, and forth 30 seconds.
- “XY” player begins on right elbow, dribbles in shoots lay-up. Puts ball in left hand dribbles out to left elbow, pivots and dribbles in and shoots left handed lay-up. And then starts over for 1 minute. Push them to keep moving
- 2 sided lay-ups – split team equally with a group in both right corners. Dribble down, head up full court make right hand lay-up. Next person in line goes when player in front hits mid –court
- “Full Court Contest” – split team evenly, a group in each right corner. Blow whistle, first player in each line dribbles full court, head up and shoots lay-up. Must make shot, once they make shot, dribble on the same side they dribbled down and make left handed lay-up. Once they make shot, pass to next person who is out by wing position ready to dribble down and make right handed lay-up. Each person goes 2 times. Losing team runs.
- Lay-up Drill with Cones – emphasizing cross-over, between the legs, spin move in with lay-ups.

SHOOTING DRILLS

- **Form Shooting** – shooting hand on top of ball, fingertips not palm, elbow in, shoot off right nose / eye for right handers and vice versa for left handers
- Practice shooting form from very close in.
- Take 5 shots from right corner
- 5 bank shots off backboard from right low box
- 5 shots from middle,
- 5 bank shots off backboard from left low box
- 5 shots from left corner
- partner rebounds, practices passing back to shooter
- **Circle Shots** - split teams evenly with 2 lines underneath basket. Each line has a basketball. Place one team member out to low block in front of line and have the person pass the ball to the shooter. The passer now circle around to the top of the foul line and comes down the lane to the low box and receives pass from line 2 that passes him the ball. That passer now circles toward the other line and receives pass for shot. Back and forth. You move your shots out further as you warm up. This is also a good passing drill.
- **2 line shooting** – split team evenly with one line at the 3 pt. line left wing area, the other line will have basketballs at the 3 pt. line right wing area. Blow whistle and first person in line without ball moves to foul line area to receive pass from opposite line.. Shooter squares, shoots shot and grabs the rebound. Shooter goes to passing line and passer goes to shooters line.
- **Shooting with Cones** - place cones full court on left and right 10 ft. apart and split team in 2 lines in right corner and have them practice dribbling, cross-over, spin moves and come down taking jump shots.

PASSING DRILLS

- **Basic Bounce / Chest pass** - teach step forward and push ball toward team mates with 2 hands from your chest. Practice bounce / chest passes.
- **Chest pass with partner full court** – each player has a partner, 6 feet apart with one ball, they pass ball back and forth to each other down and back full court
- **4 Corner Passing Drill** - will demonstrate at clinic
- **3 Man Weave** - assemble 3 lines underneath basket, 8- 10 ft apart with one ball in middle line. Pass to opposite wing line and passer moves behind the line she passed and vice versa down the court and back for lay-ups. There is no dribbling and try not to have ball hit floor.

DEFENSE

- Basic Defensive position - knees bent, feet apart with one foot in front of the other to move, back straight, head and eyes up. Emphasize playing low and do not cross feet. Eye contact on middle section of players tummy.
- Defensive slides with cones – demonstrate at clinic
- Defensive slides / foul line – demonstrate at clinic
- “Zig – Zag” Drill - each players has a partner and have 2 groups go full court. One player is a dribbler, his partner is a defender, with hands behind back. Dribbler is to practice dribbling with someone on him and defender to practice his defensive footwork. Defense cannot steal ball, dribbler should utilize 2 dribbles cross right, 2 dribbles cross left down the court. Switch and come back full court with defender now dribbler and dribbler now defender.

Teach them to move their feet

- Team Shell Drill - will demonstrate at clinic

EVERY PRACTICE SHOULD INCLUDE THESE 2 DRILLS

▪ **3 on 2 Down AND 2 on 1 Back**

Play full court. Put 2 players down at one end to play defense. At opposite end of court, underneath basket are 3 lines, 8-10 ft. apart. Ball is in the middle line. Blow whistle. Person in middle with ball dribbles down court with 2 wing players running down. Dribbler penetrates and hits open man for lay-up. When dribbler passes to open wing player he stay on that side by elbow to receive pass back. Emphasis of drill is to drive and maker defender commit, pass to open person, play tough defense

Once the 2 defenders, get a rebound, steal a pass they come racing down the court against the middle person who was the original dribbler. 2 players need to be wing wide and not in the middle of the court and take ball right at defender, once he commits pass to open teammate for lay-up – short jumper

- **3 versus 3** – start half court. Have a point guard and 2 wings, on the left and right. Teach wings to get open, receive ball, square up and look to pass first before putting ball on the floor to dribble. Person who passes ball cuts by receiver, looking for pass (give and go). If he does not receive ball, goes to forward position on ball side, the opposite wing now moves toward foul line to receive ball, and the passer cuts by.

You are emphasizing team ball, movement, looking before dribbling, passing the ball and making the defense move which will eventually give you an opening. All 5 defenders will not play defense for more than 10 seconds.

Man to Man Offense – “Jazz” & “Triangle”

Man to Man:

- Younger grades stress less dribble, movement and passing.
- Concentrate on these simple fundamental strategies:
- Set up: 1-2-2 point guard - wings - forwards

Simple give and go: anytime you pass to a teammate, you cut by. Player opposite ball comes toward ball - form triangle - pass and cut again.

Run 54 / Triangle:

Point # 1 passes to #2 right wing, #5 forward screens left forward #4 who cuts across lane for lay up. After setting screen, #5 comes to high post foul line. #2 can pass to #4 for lay up, or pass to #5 top of key and cuts by lay up. or #4 can come up and screen #2 for a lay-up.

Option 2: #5 has ball at top of key, he can pass ball to left wing #3 and cut by lay-up, goes screens away #4 or screens #3 wing with ball

Jazz:

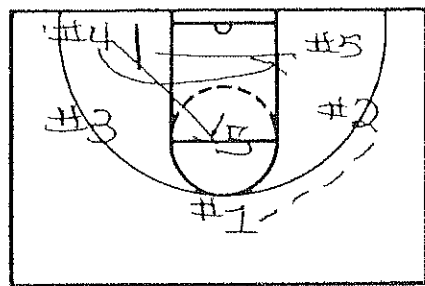
use 1-2-2 alignment

Call Jazz 5 -- #5 screens #2 wing who circles under basket and uses screen from #3 & #4 to be open on left wing, #5 comes up to right elbow and sets screen / roll for point #1 - lay-up or pass to #5 rolling to basket after setting screen.

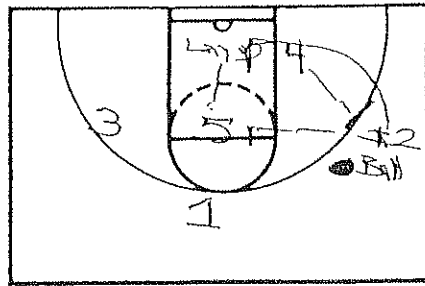
Option Jazz 1 -- point guard crosses over and goes down lane for lay up

Option Jazz 2 - #5 screens wing #2, point #1 starts to dribble toward #5 and right elbow, crosses over and dribbles left and hit wide open # 2 coming off a screen from #3 & #4.

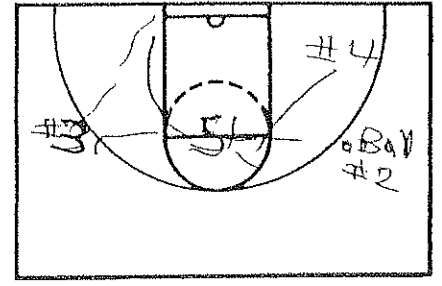
MAN-MAN OFFENSIVE SETS



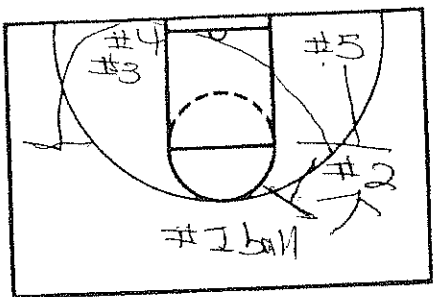
NOTES
 offense vs man
 "54"



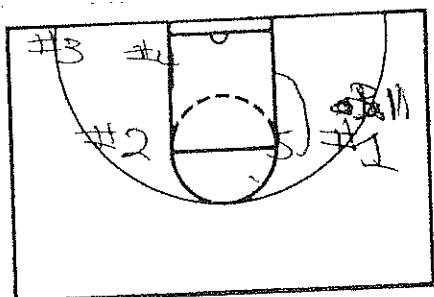
Option 1 on "54" after
 1st pass



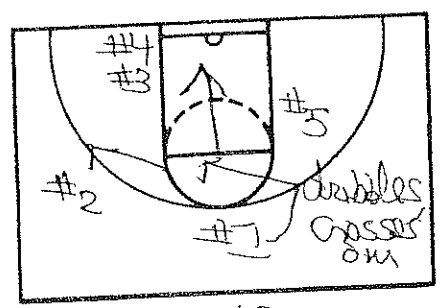
Option 2 on "54"
 2 passes, pass to 3
 cuts by for layup, 4 to top of key



NOTES
 Jazz vs man to man

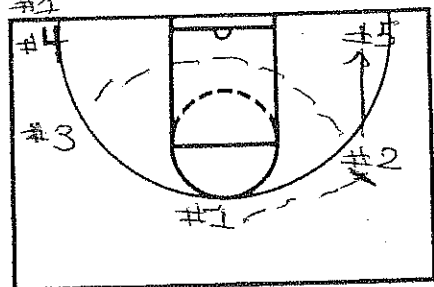


Jazz: #1 draws layup
 or passes #5 rolling
 off pick

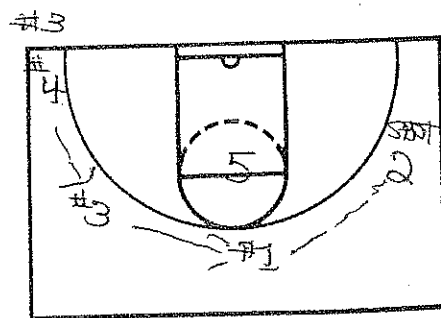
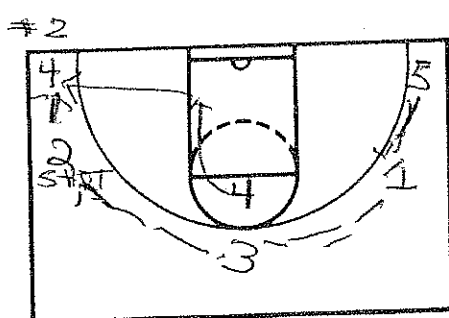


Jazz Option #2
 #1 crosses over down lane
 passes to 2 for open shot

WHEEL-VS ZONE



NOTES



Zone Offense – “Wheel”

Point #1 dribbles up to defense, passes to wing #2, #5 pops out to 3 point line and receives pass from #2, who cuts by - (look for pass lay up) #4 forward comes to top of foul line looking for pass, #1 point moves right and takes #2 wings spot, #3 moves right and takes point #1 spot. Ball is passed from #5 to #1 to #3 to #2 for jump shot or can pass to #4 who cuts for lay up - if he does not receive goes to left corner, where #2 passes and cuts by to right wing position, #5 comes to top of foul line, #3 moves left and takes #2 spot on left wing, #1 moves left and moves to point position. Ball is moved #4 to #3 to #1 to #2

Options:

Whenever wings #2 or # 3 receive pass from point guard they pass immediately to #4 or #5 cutting toward foul line for wide open shot or they can skip pass to opposite wing (pass over the top of the zone)

Instead of wings #2 or # 3 passing to forward in corner, allow defender to come up to intercept and go back door

When #4 or # 5 receives pass at 3 pt line, instead of passing back to point #1 on rotation, they dribble baseline for lay up because the defense is expecting them to pass to wing area.

Out of bound plays

Stack Play:

#3 takes ball out underneath basket - will clap ball to make everyone start in motion

#1 point lines up at the first block and will move to the right to receive pass for jump shot

#2 lines up behind #1 in straight line and will move to left to receive pass for jump shot

#4 lines up behind #2 and will take a step in and then turn around and screen #5 man, then move to foul line as an option

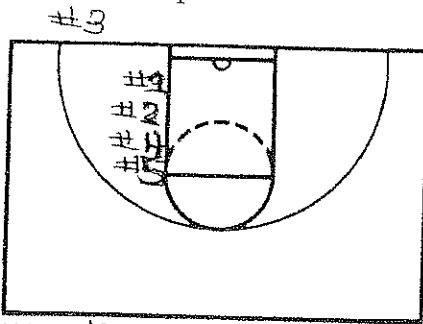
#5 comes off screen and moves down lane and receives pass from #3 for lay-up.

'BOX'

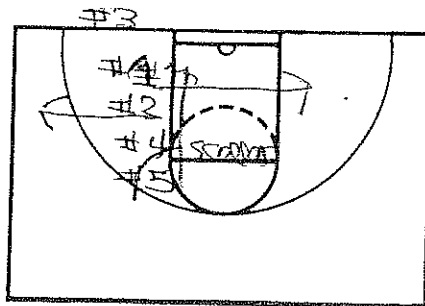
#3 takes ball out of bounds

#5 & #4 lineup on low block, #1 & #2 lineup on elbows by foul line

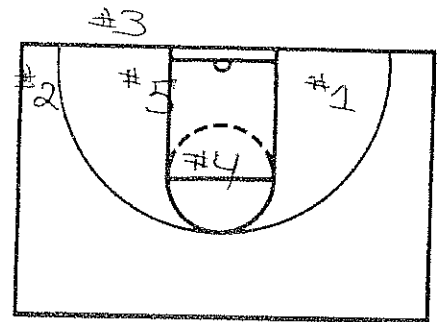
Ball side low post screens up for wing - who moves to wing for open shot, while opposite post comes up and screens him and then go to opposite low blocks.



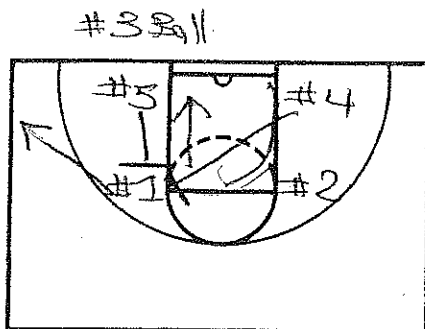
NOTES 'STACK' setup
Out of Bounds



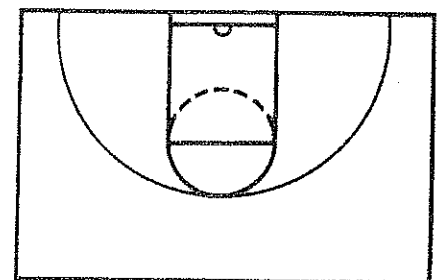
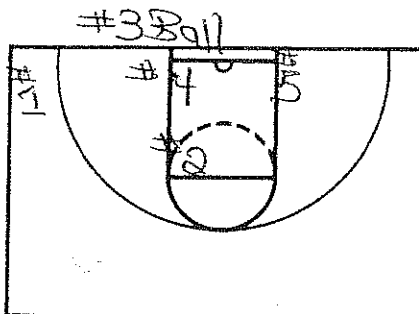
'stack' motion
Out of Bounds



Stack Out of Bounds



NOTES
Box - Out of Bounds



Press Breaker

Break Press:

#3 takes ball out

#1 & #2 line up on right / left elbows at foul line

#4 lines up 3 pt line foul line and #5 is inside half court line

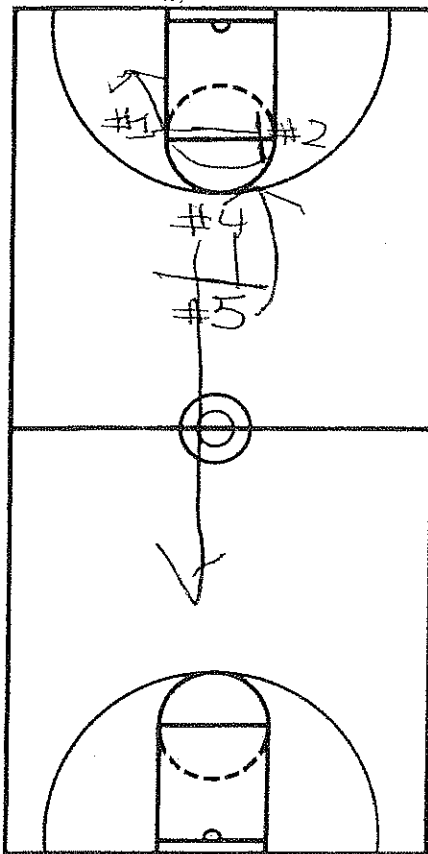
Motion, ball side wing goes and screens opposite wing who moves toward #3 to receive pass

#4, goes and screens #5 who moves to top of foul line to receive pass from #3, catches and #1 and #2 cut by on respective sides to receive pass.

After screening #5, #4 sprints down court to receive pass from #1 or #2.

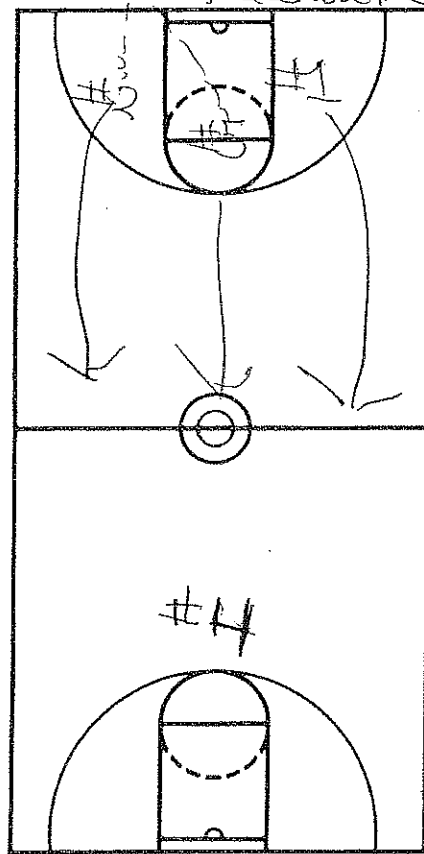
JUST DO IT

Press Break
#3 ball



NOTES

#3 Press Back



Foul Shot Drill –

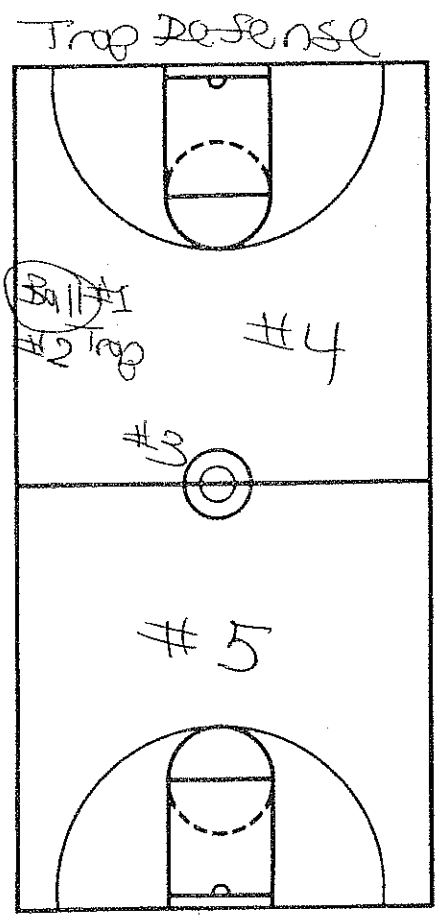
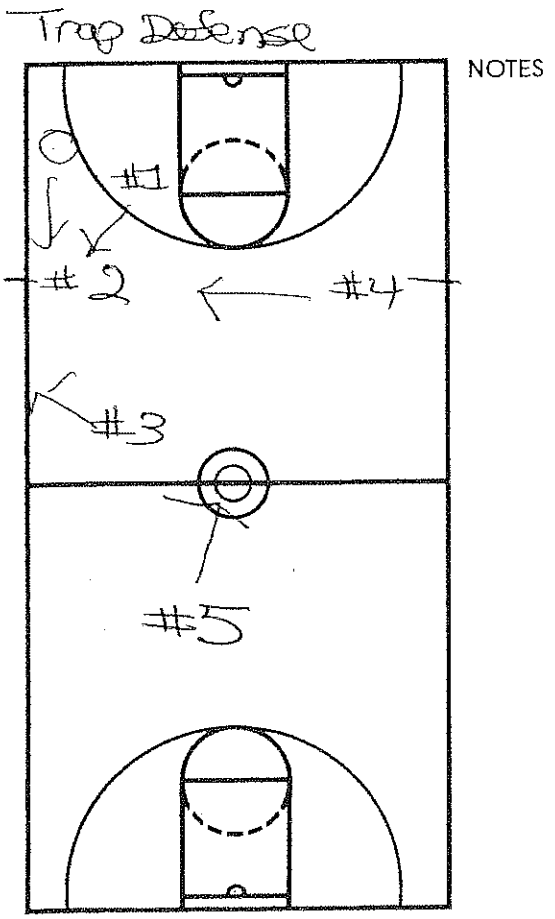
After completing several drills where you are running, have players go to all 3 baskets and give them 2:30 seconds to make 1 of 3 or 2 of 3 foul shots. They will shoot their allotted shots and then teammate goes and keep repeating until goal is met. Always have rebounder for the shooter. See how many people can complete the goal, they earn to get a water break. Do 2-3 times during practice.

Trap Press

Utilize a 1-2-1-1 alignment - see diagram for set-up and positioning

Principles:

- Always allow defense to catch ball - try to make them catch on right or left and not in middle.
- Once defender catches, #1 immediately gets all over ball and pushes to right wing #2 or left wing #4 to set 2 person trap. Never let defender have side line
- Whatever side ball goes to, the opposite wing drifts toward middle looking for interception
- #3 defender is at mid court looking for pass interception or to stop dribbler if wings and point guards are beaten
- #5 defends goal at opposite end

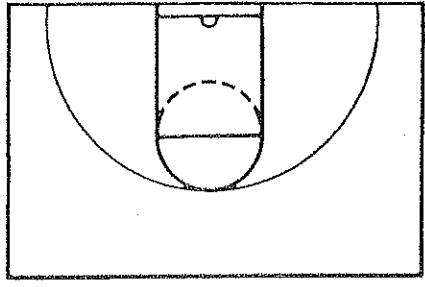
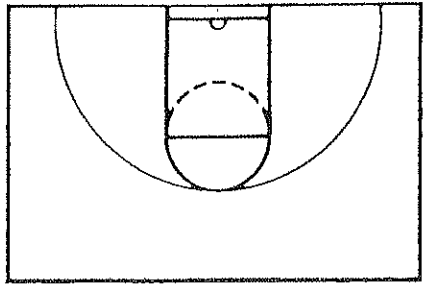
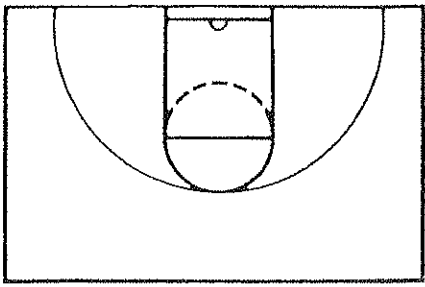




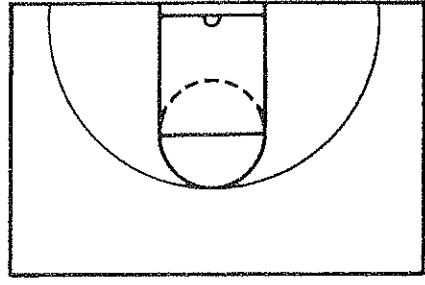
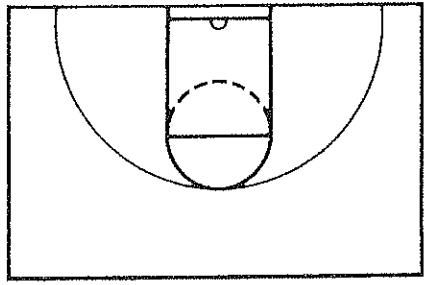
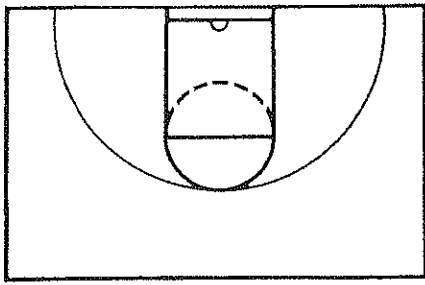
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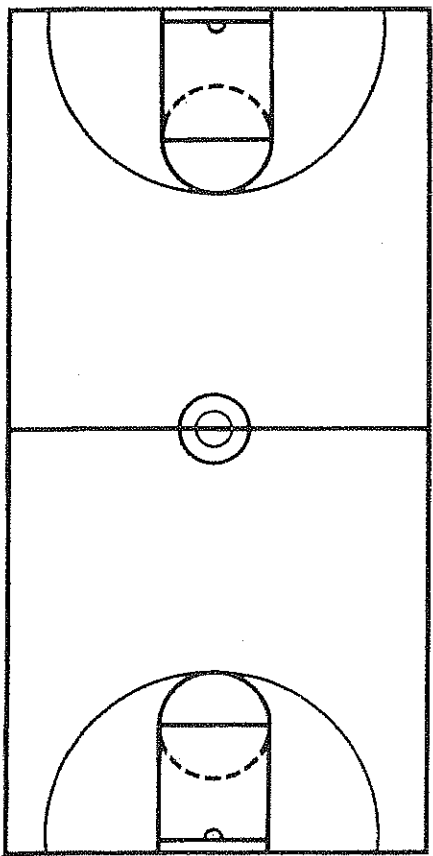


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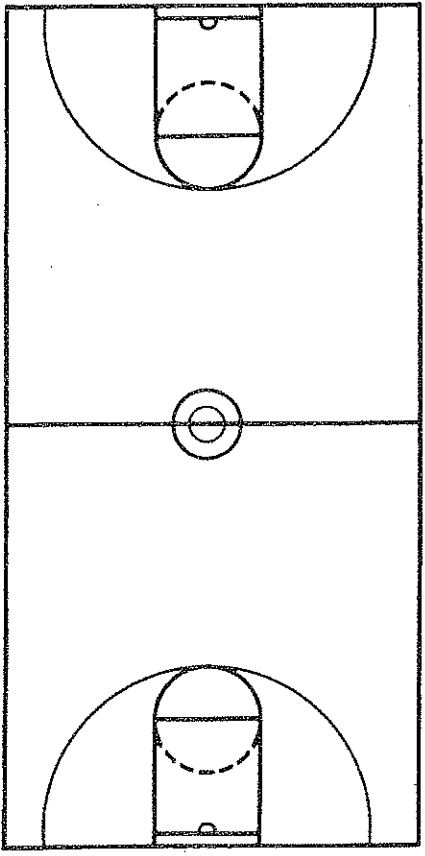


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JUST DO IT



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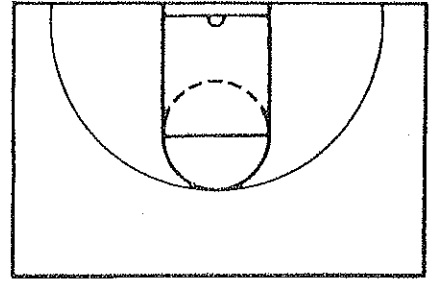
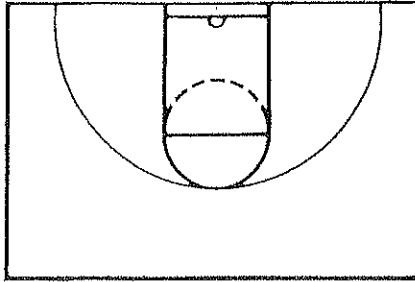
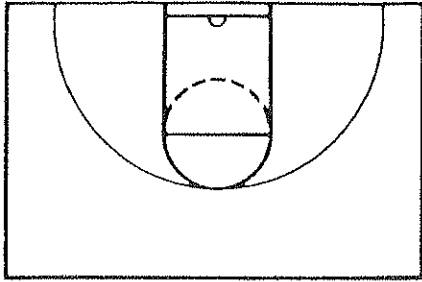




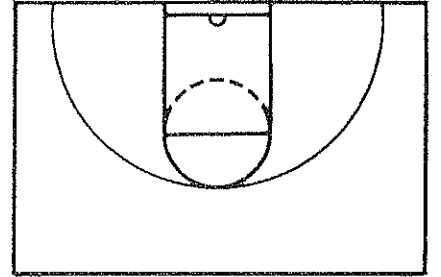
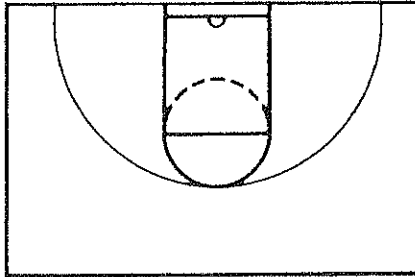
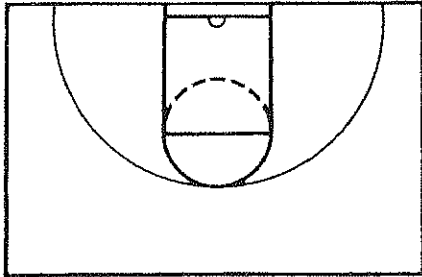
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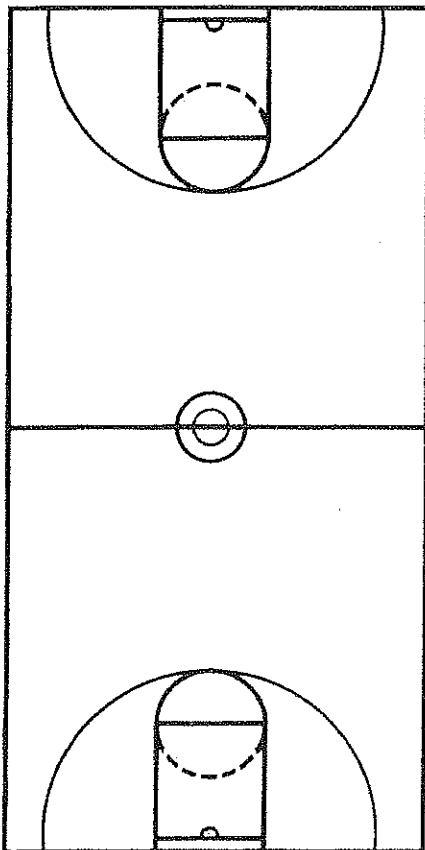


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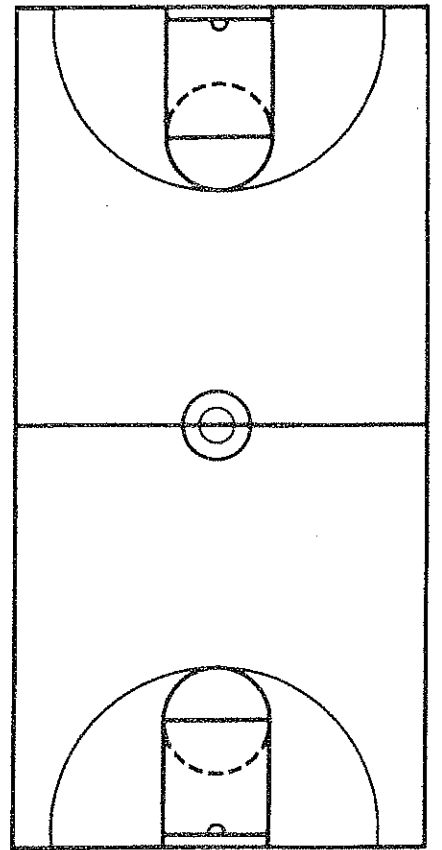


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JUST DO IT



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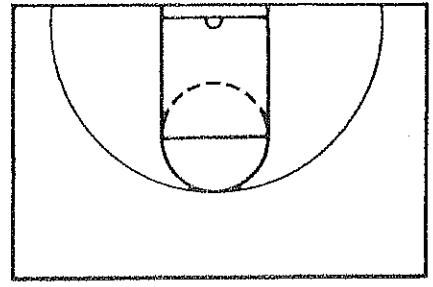
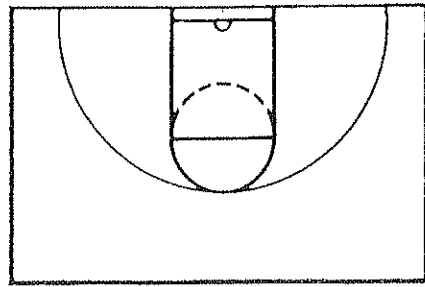
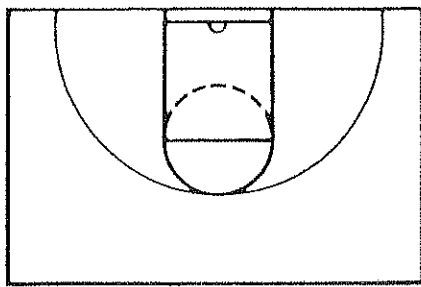




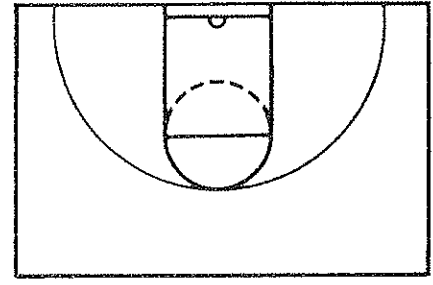
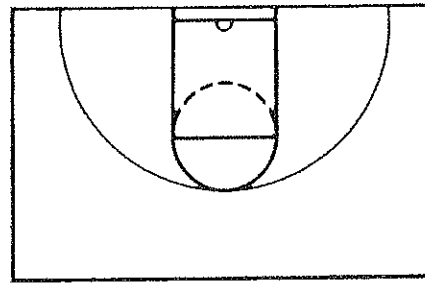
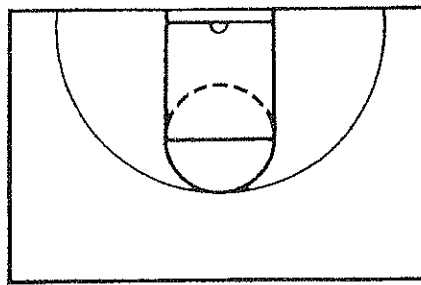
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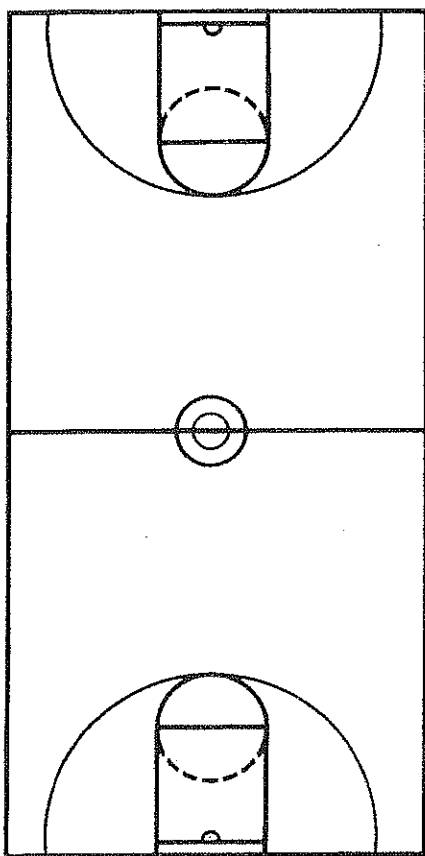


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JUST DO IT



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