

Fife Milton Basketball Coaches Clinic

Ball Handling

1. Stationary Ball Handling
2. Change of Direction (using whistle or fist)
Keys: Head and eyes up, protect the ball, exaggerate change in direction
Options: Crossover, between legs, behind back
3. Red/Yellow/Green Light
Keys: Red is stationary controlled dribble, yellow is retreat dribble, green is forward
Options: Coach can call out colors or use colored cards
4. Knock out

Passing

1. Stationary Partner Pass
Keys: hand position on ball, follow through, step into pass
Options: Chest pass, bounce pass, 1 hand push pass, overhead, two balls
2. Dribble, Pivot, Pass
Keys: Controlled dribble, good jump stops, correct pivots, step into pass w/out traveling
Options: Chest and bounce passes, left and right hand dribble, forward and reverse pivots
3. Full Court Passing
Keys: Good passes, spacing, run instead of slide
Options: Two lanes, three lanes, weave
4. I-cuts and V-cuts with partner
Keys: spacing, pass early, good jump stops and pivots
Important concept**teach kids they need to go AWAY and COME BACK if they want to get open. Move without the ball**

Shooting

1. Basic form shooting

Keys: Feet, balance, elbow under ball, one handed follow through

Options: Stationary under hoop, coach pass

2. Layups

Keys: Footwork, use glass, follow through

Options: Off dribble, coach pass, partner pass, full court w/outlet

3. Curl Shooting

Keys: easy pass, move after pass, get feet and shoulders square to hoop

Options: Layups, jumpers, off dribble

Defense

1. UCLA

Keys: stay low, don't cross feet, head on ball, drop step

Options: with and without offense, go live from half court

2. Shell Drills

Keys: On ball defense, denial (1 pass away) and help side

Options: 1 on 1 from wing with coach pass, 2 on 2, 3 on 3, 4 on 4, add shot/rebound

Important concept**teach kids when they are playing against a defender to catch the ball and square up to hoop BEFORE they do anything. Get in triple threat. Discourage the "butt" dribble**

Plays

1. Keep them simple. Try to focus on the fundamentals of pick and roll.
2. Focus 85% of your practice on fundamentals and 15% of running plays
3. Design the plays to allow all players to be involved
4. Teach one to two inbound plays