



Oakmont Youth Basketball League

Biddy Division (1st & 2nd Grade)

Guidelines & Rules

The OYBL is going to introduce a progressive format that will teach a skill and a rule each week to the children.

The Biddy Division Coaches should follow the progressive format so when the 2nd grade player's enter into the Junior Division next year they will have a good understanding of what will be expected of them.

In the first half of your time slot (the practice) work on the skill and rule as described below. Baskets will be at 8 feet.

In the second half of your time slot (the game) emphasize the skill and rule learned in the practice. Stopping the game to help the children and make corrections so they understand the skill and the rule associated with the skill. The skill and rule should be enforced in your next practice/game from that point forward.

Week	Biddy Division	
	Skills & Drills	Rule
Week 1	Positions	What done while in the Offense or Defense positions
Week 2	Reinforce week 1	Reinforce week 1
Week 3	Dribbling	Double Dribble, Traveling, Carrying
Week 4	Reinforce week 1 & 3	Reinforce week 1 & 3
Week 5	Passing / Catching	Fouls that should not be committed
Week 6	Reinforce week 1, 3 & 5	Reinforce week 1, 3 & 5
Week 7	Shooting	Back Court
Week 8	Reinforce week 1, 3, 5, & 7	Reinforce week 1, 3, 5, & 7
Week 9	Rebounding / Boxing Out	Three seconds in the Key
Week 10	Reinforce week 1, 3, 5, 7 & 9 Officials Introduced	Reinforce week 1, 3, 5, 7 & 9 Officials Introduced
Week 11	Final Game - Awards Ceremony	Final Game - Awards Ceremony

REC COACHING "101" - THE BASICS

As a OYBL Recreational coach you will need to understand the different skills / drills that need to be taught to the players (and even if you don't know what you are doing, you need to at least look like you know what you are doing). A very important first step is to attempt to do some of the drills yourself so that you are comfortable when you start explaining them to the players. Most recreational players are just getting started also, but they are looking for your guidance. What the coach tells them "sticks" with them. If coaches do their job well, the parents will appreciate it, and the players will feel that they have learned something. Our volunteers are the most "critical" aspect in providing opportunity for youth sports development.

A REVIEW OF THE BASIC TERMINOLOGY

- Dribbling:** Bouncing the ball with the fingertips (not a slapping motion), and most importantly - players should try and always look up while dribbling the basketball.
- Passing:** There are different types of passes that players can use: Bounce pass, Chest pass, and the Overhead pass are the most used passes in recreational basketball.
- Catching the Ball:** One of the most basic skills that the younger players lack is catching the ball. Make sure your players keep their eye on the ball, look at the ball as it goes into their hands, and use both hands to firmly catch the ball.
- Shooting:** There are different types of shots in basketball: The Jump Shot, Lay-Up, 3-Point Shot, and the Free Throw. The 3-point shot is sometimes not used in recreational leagues (younger teams).
- Defense:** The team without possession of the ball. The main job of the defense is to keep the other team from scoring points.
- Offense:** The team with possession of the ball trying to score points (2-points per shot, 1 point for each free throw).
- Rebounding:** Getting the ball after a shot is taken and missed, there are offensive and defensive rebounds.
- Boxing Out:** This is a technique for getting in position against other players to secure a rebound. Should take place before a rebound to keep the other team from getting the rebound.
- Turn-Overs:** The act of a player losing the basketball. Turn-Overs can be either forced (the player lost the ball due to a defender pressuring the ball) or Un-Forced (the player lost the ball on their own made a bad pass, dribbled off their foot, etc).

A REVIEW OF THE BASIC RULES OF BASKETBALL

1. Two teams each have five players on the court at one time.
2. Each team tries to score by shooting the basketball through the hoop.
3. The basketball is 29 inches around. This size is modified for younger players and girls competition.
4. The hoop is a 18" cylinder attached to the backboard and positioned 10 feet off the ground. The height of the hoop is modified for younger players.
5. Each team tries to prevent their opponent from scoring by stealing the ball or blocking a shot.
6. The ball is moved down the court by either passing it to a teammate or dribbling it.
7. The game continues until a basket is scored or the ball goes out of bounds. In either case, the opposite team would then gain possession of the ball.

A REVIEW OF THE BASIC BASKETBALL RULES - FOULS/VIOLATIONS

1. Play stops on all rules violations. The opponent gains possession of the ball after a violation.
Some of the more common ball handling violations are:
 - Double Dribble - Player dribbles the play with 2 hands at the same time or dribbles the ball stops and then starts to dribble again.
 - Traveling - The player possessing the ball is not dribbling he must keep one foot (pivot foot) planted on the floor.
 - Carrying or Palming - Player dribbling the ball may not bring their palm under the ball when it reaches it apex of the dribble.
 - Out of Bounds - When the ball touches the floor outside the borders of the court
 - Three seconds - Staying in the paint for more than 3 seconds unless the ball has been shot.
 - Back Court - When bring the ball down court the offense stays in the back court for over 10 seconds with the basketball
 - Lane Violations - On a free throw the player crosses into the lane before the ball is shot
2. Fouls - Play stops on all fouls. A foul is committed when a player initiates illegal contact with an opposing player.
Fouls are committed by both offensive and defensive players, but more commonly by a defender.
After a foul is committed and depending on which type of foul it is, one of two things will happen:
 - a. The opposing team gains possession of the ball
 - b. The fouled player shoots free throws.
Some of the more common fouls are:
 - Blocking - Illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.
 - Charging - An offensive foul that is committed when a player pushes or runs over a defensive player.
 - Illegal Screen/Block - The player setting the screen or pick is still moving when the defender makes contact with them.
 - Over-the-Back - Jumping on the back of an opposing player who is attempting to rebound the basketball.
 - Others include - hitting, pushing, slapping, holding, tripping and reaching in.
 - Shooting Foul - When a defender makes contact with an offensive player in the act of shooting.
 - Flagrant Fouls - Violent contact with an opponent
 - Intentional Fouls - When a player makes physical contact with another player with no reasonable effort to steal the ball.
 - Technical Fouls - A player or coach can commit this type of foul. It does not involve player contact or the ball but is instead about the manners of the game.

PLAYERS POSITIONS

GUARDS - Usually the smaller, faster players, better ball handlers. They should be really good at dribbling fast, seeing the court, and passing. It is their job to bring the ball down the court and set up offensive plays.

Offensive Responsibilities - Dribbling, passing, and setting up offensive plays are a guard's main responsibilities. They also need to be able to drive to the basket and to shoot from the perimeter.

Defensive - On defense, a guard is responsible for stealing passes, contesting shots, preventing drives to the hoop, and for boxing out.

Point Guard Physical Attributes - Typically one of the shorter, quicker players on the team.

Main Skills - Dribbling, passing, outside shooting, and defense. They are usually the best dribbler and passer on the team. The play maker (quarterback)

Offensive Responsibilities - The point guard dribbles the ball down the court and then initiates the offense with a pass to a teammate. They also drive to the basket to create scoring opportunities for their teammates. Point guards also shoot from the perimeter when they are open.

Defensive Responsibilities - The point guard defends the opposing perimeter players. They should prevent them from driving to the basket, and pressure them on outside shots. The point guard is also responsible for dropping back to prevent the fast break.

Shooting Guard - Physical Attributes - Typically one of the shorter, quicker players on the team. Usually taller than the point guard in order to be able to shoot over the defender.

Main Skills - Dribbling, passing, rebounding, outside shooting, and defense. They are usually the team's best outside shooter.

Offensive Responsibilities - The shooting guard works to get open to receive a pass from a teammate for an open shot. They also drive to the basket for a shot or to create scoring opportunities for their teammates.

Defensive Responsibilities - The shooting guard defends the opposing perimeter players. They should prevent them from driving to the basket, and pressure them on outside shots. The shooting guard is also responsible for dropping back to prevent a fast break, but at times is also responsible for crashing the boards to rebound.

FORWARDS Your next tallest players will most likely be your forwards. While a forward may be called upon to play under the hoop, they may also be required to operate in the wings and corner areas and are aggressive.

Offensive Responsibilities - Forwards are responsible to get free for a pass, take outside shots, drive for goals, and rebound.

Defensive Responsibilities - Responsibilities include preventing drives to the goal and rebounding.

Small Forward - Physical Attributes - Typically taller than guards and smaller than the power forward.

Main Skills - Dribbling, passing, rebounding, inside shooting, outside shooting, and defense. They are usually the most athletic and versatile player on the team.

Offensive Responsibilities - The small forward plays on the perimeter as well as in the post area. They work to get open to receive a pass from a teammate for an open shot, usually within 12 feet of the basket. They also look to drive to the basket for a shot or to create a scoring opportunity for a teammate. They are responsible for offensive rebounding.

Defensive Responsibilities - The small forward needs to defend the opposing player both on the perimeter and in the post area. They should prevent them from driving to the basket, and pressure them on outside shots, and properly defend them in the post. The small forward also needs to rebound the basketball effectively.

Power Forward - Physical Attributes - Typically the second tallest player on the team. Big, strong and aggressive.

Main Skills - Inside shooting, rebounding, and defense.

Offensive Responsibilities - The power forward plays in the post area. They work to get open and take shots anywhere inside the lane. They should have several good post moves. One of their main jobs is offensive rebounding.

Defensive Responsibilities - The power forward needs to play good post defense. They should work to deny the opposing player post position and also be ready to help their teammates on drives to the basket. The power forward also needs to rebound the basketball effectively.

CENTERS - Centers are generally your tallest players. They generally are positioned in the middle and down low near the baskets

Main Skills - shooting, rebounding, and defense.

Offensive Responsibilities - The center's goal is to get open for a pass and to shoot. They are also responsible for blocking defenders, known as picking or screening, to open other players up for driving to the basket for a goal. Centers are expected to get some offensive rebounds and put-backs.

Defensive - On defense, the center's main responsibility is to keep opponents from shooting by blocking shots and passes in the key area. They also are expected to get a lot of rebounds because they're taller.

BALL HANDLING

The main points to remember of ball handling is:

You need to control the ball. You do this by using the finger pads, or soft part of the fingers.

You need to be comfortable with the basketball. You do this by being in a good basic position, ready to move in any direction.

Ball Handling Drills

Waist circles - Players will stand with their feet together. They will move the ball quickly around their waist in a circular motion. They should work the ball in both directions.

Up the Ladder - Hold the ball out in front of you and pass it back from hand to hand using only your finger tips. Go from out in front of your waist to above your head and back. This will help you develop the finger tip control that you will need to properly handle the ball.

Ball Drop - Players will stand with their feet shoulder-width apart. They will hold the basketball between their legs by putting one hand on the ball in front of their legs and one hand on the ball behind their legs. They will then drop the ball and quickly switch the position of their hands. A simple variation would be to let the ball bounce before catching it.

Wall Taps - Players will stand about three feet from a wall. They will hold the basketball in their right hand, extended above their head. They will quickly tap the ball 10 times off the wall. They will then switch to their left hand. Players should work on controlling the ball with their finger pads, and not the palm of their hands.

DRIBBLING

The main points to remember when dribbling the basketball:

You need to control the ball. You do this by using the finger pads, or soft part of the fingers, to dribble the basketball.

You need to be comfortable with the basketball. You do this by being in a good basic position, ready to move in any direction.

You need to protect the basketball. You do this by keeping the ball away from the defender and keeping your body and non-dribbling hand between the ball and the defender.

Some important things to work on:

Keep your head up while you are dribbling so that you can see the entire court.

Keep knees bent, back straight, protection arm (or non-dribbling arm) up.

Use finger tip control with a loose wrist.

Keep your dribble low and hard - avoid dribbling above your waist.

Try to work on dribbling with both your right and left hand.

Stay under control.

Dribbling Drills

Control Dribble - Players start by dribbling the basketball with their dominant hand. They should work on controlling the ball, keeping their head up and keeping their non-dominant hand up to shield the defender. Players should work on this drill with each hand.

Kills - Players start by dribbling the ball at waist level. They then quickly dribble the ball as low as they can for a few seconds. Players then return to a waist level dribble and repeat. Players should work on this drill with each hand.

Crossover Dribble - Players will dribble the basketball once with their right hand on their right side. They will then cross the ball over in front of their body to their left hand. They will then dribble the basketball once with their left hand on their left side followed by the crossover dribble back to their right side.

Control Dribble - Players control dribble down the court with their right hand and return with their left.

Speed Dribble - Players speed dribble down the court with their right hand and return with their left.

Crossover Dribble - Players will use the crossover while dribbling down the court and back in a zigzag pattern.

Dribble Tag - Players will maintain and control their dribble inside the three point area. At the same time, they will try to knock the ball away from the other players. A player is eliminated from the game if they: Loose their ball, double dribble, step out of the area or stop their dribble. As the group gets smaller, reduce the playing area to the foul lane.

Dribble Relays - Players will form four lines at one of the baselines, facing the coach at half court. The first person in line has the basketball. They will speed dribble to the opposite baseline and back, using their right hand down and left hand back. They will then pass the ball to their teammate for their turn. The first team to return all of their players wins the race. (A variation on this basketball dribbling drill would be to have the players dribble to the free throw line and back, then the half-court line and back, then the opposite free throw line and back, and finally the opposite baseline and back. These are great for dribbling and conditioning !)

Red Light - Green Light - Have a group of kids start at one baseline, don't bunch them too closely together.

Each child in the group has a ball. When the facilitator shouts green light the children dribble forward, blue and they dribble left, yellow they dribble right, and of course red they stop. All during this youth basketball drill the children keep dribbling. (For the younger kids just learning, tell them this is not a race. When 'red light' is said, let them pick-up their dribble. As the level of play increases, different variations could be things like walking backwards, making it a race, using opposite hands, or any errors in dribbling having the player to go back to start. You can also use a whistle; one blow signifies 'green light' and two whistles mean 'red light'.)

PASSING / CATCHING

The main points to remember when passing the basketball:

Choose the proper pass (chest, bounce, overhead, baseball, or push) based on where your teammate is on the court.

Pass the ball quickly before the defender has time to react.

Pass to a target away from the defender.

Time the pass to get to your teammate just as they are getting open.

Fake a pass before you make a pass. This will keep the defense off balance.

Fake high - pass low. Fake low - pass high. Again, keep the defense guessing and off balance.

The main points to remember when catching the basketball:

You need to be in a good basic position or stance.

You need to have both hands up.

Give a good target to your teammate, show ten fingers and call for the ball.

Be ready to catch the basketball.

Types of passes

Chest Pass - This is the most effective and efficient pass you can use. It can be used successfully from anywhere on the court. Use this pass whenever possible because it's the fastest way to advance the ball to teammates.

Place each hand on either side of the ball and spread the fingers evenly. Fully extend your arms as you push the ball out from your chest and snap your wrists outward so that the back of your hands are now facing each other. You'll get a good rotation on the ball when you snap your wrists. This makes the ball easier to handle for the receiver. Be sure the pass is thrown crisply with the ball remaining parallel with the floor. You want the pass to arrive at your receiver above the waist and below the shoulders.

Bounce Pass - This type of pass is good on the fast break, to a teammate in the post, under a defender, to a teammate making a back-door cut, on out-of-bounds plays, etc. A lot of times, players will make a shot or high-pass fake before making the bounce pass. The bounce pass is the slowest pass available.

Use the same grip and motion with this basketball pass as you did with the chest pass. The ball should hit the floor about two-thirds of the way to the receiver. To be more accurate, step toward that spot. You want to hit your teammate between the knees and waist. A backspin is good to use to give the receiver a longer lead. Push the thumbs through the ball to achieve the backspin. A forward spin can be used to get the ball through a narrow opening and to produce a quicker pass. You'll need to be more accurate when using a forward spin but if you can perfect it, it will add more to your game.

Overhead Pass - This is an effective basketball passing option for every player on the court. Players often use it to start a fast break, forwards will use it to hit post players or guards cutting off the post, guards use it to hit the post, centers and players receiving high passes use it to make a quick return pass or pass off. This type of pass is easy to control and helps you keep the ball away from your defender.

Position your hands on the sides of the ball with your fingers pointed up. Your thumbs should be on the back of the ball and pointing in toward one another. Bring the ball up above your head (be sure your hands go straight up, not up and back over your head). Release the ball with a quick snap of your wrists and fingers like on a chest pass. It's usually good to make a slight step forward with the foot of your strong arm side.

Push Pass - This pass is used most often to advance the ball down the floor in order to set up the offense or to get the ball through or past a close-guarding defender (usually to a cutter). The bounce pass version is good for passes to a cutter on fast breaks or reverses, many out-of-bounds plays, to a post player or to pass under a defender.

Hold ball chest high. Spread your fingers on each side with thumbs directly behind, but a bit toward the top of the ball and pointing toward one another. Keep elbows close in. The force of the ball is provided with a quick snap of your wrist, fingers and elbows. You should move forward with your body crouched a bit. Step forward with your passing-hand-side foot and push off with your non-passing-hand-side foot. You can use a direct or bounce pass. Direct pass should reach receiver between the waist and shoulders and bounce pass should hit the floor about two thirds of the way to receiver and arrive between the knees and waist

PASSING DRILLS

Wall Basketball Passing Drills - Players will stand back 10 feet from the wall to start. Players will pass the basketball against the wall, trying to hit their target with each pass. As they pass the ball, they should leave their feet on the floor. They will then catch the basketball as it bounces back to them. As they catch the ball, they should have their feet in the air and then come to a quick stop. The players will practice the following passes: Chest Pass, Bounce Pass, Overhead Pass, and Push Pass. As the players' accuracy improves, have them continually move back further from the wall.

Two Line Partner Basketball Passing Drills - Players will form two lines along the free throw lane lines. Partners will be facing each other. The players will make the following passes back and forth to each other: Chest Pass, Bounce Pass, Overhead Pass, and Push Pass. Players should practice the proper footwork when passing and catching the basketball.

Triangle Basketball Passing Drill - Players will divide into three groups. Each group will form a line 15 feet from the other groups. The three lines should form a triangle. The players will make the following passes: Chest Pass, Bounce Pass, and Overhead Pass. The first player in one of the lines will start with the basketball. They will make a chest pass to the player to their right and then sprint to the end of that line. This action will continue around the triangle in the right direction. Players should work on the bounce pass and overhead pass. This drill should be done in the right direction as well as the left direction.

Monkey In The Middle Basketball Passing Drill - Players will divide into groups of three. The groups will spread out throughout the gym. Each group will have two offensive players and one defensive player. The offensive players should face each other about 12 feet apart. The defensive player stands between the offensive players about two feet from the player with the ball. The offensive players will use the chest pass, bounce pass, and one-hand bounce pass. The offensive players cannot move more than one step to either side and cannot throw lob passes over the defenders head. The offensive players must work on good ball fakes and quick passes. Players should switch positions after 30 seconds.

Hot Hands Drill - This is a fun and easy way to teach children what traveling is and how to avoid doing it. The players will spread out in the half-court area. Players are not allowed to dribble the basketball in this game! The players will simply make passes to the other players on the court. The player who receives the pass can take two steps and then has to pass the ball to a teammate. As soon as the player receives the pass, they have to count out loud the number of steps they take. If the player takes more than two steps, they are out of the game.

SHOOTING

The main points to remember when shooting the basketball:

Always remember BEEF - (Balance, Eyes on Target, Elbow in, Follow through) when shooting.

Square to the basket.

Don't look at the ball through-out the shot. Your focus should be on the basket.

When you receive a pass, square up to the basket in a triple threat position (position your self to either pass, shoot or drive to the basket) and look at the basket. This will help you see the whole court.

The non-shooting or support hand does not shoot the ball. It helps protect the ball and keep it stable.

Learn to shoot from any location on the court, within your range. This makes you more of a scoring threat.

Types of shots

Jump Shot - A shot in which the shooter faces the basket and releases the ball after jumping into the air.

Free throw: An uncontested shot taken from the free throw line as a result of a foul. Also called a "foul shot." A successful (made) free throw is worth 1 point.

Lay-up: A shot taken next to the basket in which the shooter extends their arm, lifts their same-side knee, and aims the ball at the upper corner of the painted square on the backboard.

3-point shot: A shot taken from outside the 3-point arc. The 3-point shot is sometimes not used in recreational leagues (younger teams).

Shooting Drills

Form Flip Drill - Hold a ball in your shooting hand only. The lower arms are perpendicular to the upper arms, and the upper arms are parallel to the floor. The wrist is cocked with the ball in the shooting hand. The ball should be slightly to the shooting hand side of the face. Flip the ball very lightly in the air and catch it with only the shooting hand when it returns. Repeat.

Basic Line Drill - Straddle a section of a painted line. Go through the shooting motion, releasing the ball and seeing where the ball lands in relation to the line you are straddling. If the ball lands on the line or close to it, your shooting motion is generally accurate.

Knockout Drill - Line entire team up in a single line at the free throw line. The first two players in line have a ball. The first player in line shoots a free throw, the second player in line shoots immediately after the first player, if the first player misses their free throw, they must rebound the missed free throw and make a shot or lay up before the first second player makes their shot, if the second player makes a shot before the first player does then the first player is out. If the first player makes their shot before the second player then the first player passes the ball to the next player in line, and goes to the back of the line. The next player in line then tries to make their shot before the second player. This continues until there is only one player left.

Flat On Yo' Back - For this basketball shooting drill, while lying flat on your back, practice shooting the ball straight up into the air above you. The objective is to extend your arm straight up and snap your wrist in the downward wave. Make sure the ball comes straight back at you. Check your non-shooting hand if the ball moves to the side.

21 - Three players are best for this basketball shooting drill. Two players are under the basket in position for rebounds. The third player starts the game at the foul line and attempts up to 3 free throws. Each shot = 1 point. If all 3 free throws are made, that player takes the ball near the top of key, drives on the other two players and tries to score however possible (lay-up, hook, field goal). The other two players defend and try to stop the shot. If the shot is made (it = 2 points), that player goes back to foul line and tries up to 3 more free throws again. If at any time (beginning of game or after a successful field goal), a free throw is missed, the ball is live and anyone can get the rebound. Whoever gets the rebound has to make a shot to earn the right to go to the foul line for the 3 free throw attempts. The first player to 21 points wins.

Horse - This game can be played with 2 or more players and is probably the most popular basketball shooting drill alive. Whoever is chosen as player A begins the game by taking a shot from anywhere on the floor. If player A is successful, then everyone else must make the same shot. Anyone who misses gets the letter "H". Player A now gets to try establishing a shot from a different area on the court and keeps this right until missing. If player A's shot had missed, player B tries from anywhere on the court. If player B makes a 15 footer, everyone else needs to make that same 15 footer or else receive the next letter in "horse". If player B misses, player C then gets to try any shot they would like to. This process keeps going until someone gets all five letters (horse). The last player standing without all 5 letters, wins. By the way, if it's your turn to "establish" a shot and you miss, you do not get penalized with a letter. You only get a letter if you miss after another player has "established" a shot. If you'd like a shorter version of this basketball shooting drill, you can always pick a shorter word.

Around the World - This basketball shooting drill is a fun game. Players shoot from 5 designated spots on the floor: right corner, right wing, top of the circle, left wing and left corner. You must make your shot before you can move on. If you miss, you have two options. You can stay and try again or wait for your next turn. If, however, you take the shot right away and miss, you have to go back to the starting point. The winner is the one who can make it to the opposite corner and then all the way back to the starting corner - "Around the World". Variation - This version of the game uses seven basketball shooting drill spots: just to right of basket on the lane, midway up to foul line, corner of foul line, middle of foul line, opposite corner of foul line, midway down opposite side of lane and then just to left of basket on the lane.

REBOUNDING / BOXING OUT

The main points to remember when rebounding the basketball:

- Getting good position is the key to good rebounding.

- Players should anticipate where the missed shot will rebound to.

- The ball is more likely to rebound to the opposite side from where the shot was taken.

- When boxing out your opponent, keep a low base with the knees bent and hands up.

- When you've established a good box out position, go toward the basket for the rebound.

- After getting the rebound hold the ball at chest height with elbows out. This is called chinning the ball.

- The outlet pass should be made as quickly as possible after a defensive rebound.

- After getting an offensive rebound in close to the basket, players should go up strong for a shot or lay-up.

REBOUNDING / BOXING OUT con't

After getting an offensive rebound further away from the basket, players can shoot if they're open, pass to an open teammate, or re-set the offense.

When your opponent shoots the ball, watch how they follow their shot. They are often the best judge of where the rebound will go.

Boxing out your opponent may result in you or a teammate rebounding the basketball. It is important to box out as a team.

You should box out with the desire to stop your opponent from getting the ball.

Rebounding Drills

Grab Ball Rebounding Drill - Players will divide into pairs and spread out on the basketball court. One player (rebounder) will start with the basketball. The other player (defender) will be positioned directly in front of the rebounder. The rebounder will hold the basketball overhead with a firm grip. The defender will grab at the basketball attempting to steal it away from the rebounder. The rebounder will pull the ball away, pivot away from the defender, and keep the ball overhead simulating an overhead pass. Players will grab five rebounds each and then switch positions.

Wall Rebounding Drill - Players will stand 10 feet away from and facing a wall. They will toss the ball up against the wall so that it bounces back above their head. Players will perform a quick jump, reach up and grab the ball, chin the basketball, and land on two feet in a stable position. Option - When the players become comfortable with rebounding the ball they can work on the following skills: 1. Pivot left or right and simulate making an outlet pass to start the fast break. 2. Work on an offensive scoring move using the wall as their target or basket. Note - This rebounding drill can also be performed using the backboards, instead of a wall.

Circle Rebounding Drill - Players will divide into groups of six or more and position themselves around one of the jump ball circles. The players should pair up with teammates that are the same size and preferably the same position. One partner will be the offensive player and the other will be the defensive player. The offensive players in the group will stand on the outside of the circle, while the defensive players will stand on the inside of the circle. The offensive and defensive players should face each other. The basketball is placed in the center of the circle. When the coach blows the whistle, the offensive player makes a move to get past the defender and to the ball. The defensive player should use the proper footwork to pivot and box out the offensive player. The defender should continue to box out for five seconds. The players then switch positions.

HE double hockey sticks - 2 coaches and 2 players get under the basket. The rest of the players get in 2 lines on the baseline. 1 player from the line goes out and shoots a shot. If they makes it they shoot again. If they miss another person goes out and shoots. Meanwhile the 2 coaches and the 2 players are fighting for the rebounds. You can do anything that you can do in a game. If you (or the other person out there) doesn't get the rebound, you go again. You keep doing this until that group gets out. Whenever they get out the next two people come out. You do this drill until the coach says stop.

Booty Sumo - Players line up around the mid-court circle. 2 players enter the circle, back to back in a good defensive stance. When the whistle blows, players push back with their legs and try and get the other player out of the circle. They continue until 1 is pushed out, or coach blows the whistle. Have players outside the circle catch and player who may fall.

DEFENSE

The main points to remember when on defense:

Players should be in a good defensive stance.

Players must constantly think when playing defense. They should always follow the action on the court.

Players should always stay between the ball handler and the basket. They should maintain the position of "ball-defender-basket."

Players should always put pressure on the player with the ball. This makes it more difficult for them to dribble, pass or shoot.

Players should always try to take away their opponent's strength. For example, if they like to dribble to the right - force them to dribble to their left.

Players should avoid bad fouls. They should play hard, but try not to foul.

Basketball Defense - On The Ball

The main points to remember when playing defense on the ball:

Players should always keep their hands and feet active. They should keep pressure on the dribbler.

Players should stay within an arm's length from the dribbler.

Players should jab at the basketball with their lead hand. They should slap up at the ball, trying to knock it away from the dribbler. They should avoid slapping down at the ball, as this often results in a foul.

Players should swarm over the ball handler after they pick up their dribble. This makes it difficult for them to make a pass or shot.

Players can also sag off of the ball handler after they pick up their dribble. The defender can now help out their teammates by denying a pass to the other offensive players.

Players should move toward the ball after their opponent makes a pass. This is known as "jumping to the ball." This puts the defender in a better position to defend against a cut to the basket, screen, or return pass.

Basketball Defense - Off The Ball

The main points to remember when playing defense on an opponent without the ball:

Players should always stay between their opponent and the basket. They maintain the position of "man-defender-basket."

Players who are one pass away from the basketball should be in a denial position. They should keep their hand in the passing lane and deny their opponent the basketball.

Players who are two or more passes away from the basketball will be in a help position. Their stance will be open so that they can see both their opponent and the ball handler.

Players should be ready to box out and rebound on any shots.

Players must always remember that team defense consists of five defenders guarding the basketball. All five defenders are responsible for preventing the other team from scoring. They are all responsible for defending the basketball.

Types of Defenses

Zone Defense: Players guard areas rather than the person with the ball (easy to learn).

Man to Man Defense: Players guard other players "1 on 1," and stay with that player while the other team has the ball (more difficult to learn and teach at the younger ages).

Pressing: This is when the team plays full court defense, trying to steal the ball anywhere and everywhere on the court (hard to learn, but the players love to press).

Defensive Drills

Stance Drill - Players will form four even lines and spread out on the court facing the coach who will be positioned on the sideline. Players will be in the basic defensive position/stance and will be prepared to move according to the following actions by the coach.

Loose Ball Drill - Form 2 line under the basket on each side of the backboard. The Coach gets in the middle with the ball and rolls (bounces) the ball anywhere in the half-court. 2 Players should go after the ball and anything goes. The player who controls the ball comes back to the basket and the player without the ball immediately becomes the defense trying to stop the player with the ball from scoring.

OFFENSE

The main points to remember when on defense:

Players should put the team first. The team's success is the main priority, not individual accomplishments.

Players should be patient when running the team offense. They should learn to work the ball around and look for the best shot possible.

Players should maintain proper floor spacing. They should stay spread out and pass the ball around for a good shot. This spacing makes it harder for the defense to help out, creates better passing and scoring opportunities, and enables the offense to run more smoothly.

Players should always know where the ball is.

Players should be in a good triple threat position facing the basket. This will allow them to either dribble, pass or shoot. Post players will often play with their back to the basket before making an offensive scoring move.

Players should keep their dribble alive until they are ready to pass or shoot the basketball.

Players should cut behind the defense, not in front of them.

Types of Offenses

Zone Offense: Typically run against a Zone defense. Lots of passing, need lots of patience.

Motion Offense: This offense is used against "Man-to-Man" defense (fairly hard to learn).

Press Breaking: Used when the other team is "pressing" full court and are trying to steal the ball anywhere and everywhere on the court.

Inbounds Plays: When the ball goes out of bounds these are plays set up to get the ball in safely and to attempt to get an easy basket.