

EYAA / EMS BOYS BASKETBALL FEEDER PROGRAM



Blue Devil Pride

2010-2011 OVERVIEW

NOVEMBER 2010



“Blue Devil Pride”

November 2010

Dear Coach,

On behalf of the Epping High School Boys Basketball coaching staff I'd like to take this opportunity to thank you for volunteering as a coach with the EYAA or EMS programs. I realize that being a coach is a huge time commitment and I appreciate your hard work and dedication in helping to establish a strong feeder program that our student athletes can thrive in.

Enclosed in this packet are materials that will hopefully help you throughout the season. As you will see throughout this packet, I firmly believe that the key to a successful feeder program is to provide a fun, enthusiastic environment while focusing heavily on the development of fundamentals, skills, and basic basketball concepts. By focusing more on player development as opposed to installing special defenses, presses, plays, etc. we will be building fundamentally strong athletes that will have the opportunity to have very successful High School careers.

If you need anything or have any questions throughout the season I would be more than happy to help. If you would like to have your team observe a High School practice or have the High School staff come to one of your practices please let us know. We'll be happy to help in any way we can.

Best of luck this season!

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FEEDER PROGRAM / YOUTH BASKETBALL PHILOSOPHY

The establishment of a solid feeder program is vital to the success of any high school program or individual player. Feeder programs provide players with an opportunity to learn basic basketball concepts, fundamentals, and skills while also developing a passion and love for the game. Without a solid foundation established from the second grade on, players will never be able to reach their potential at the High School level.

A successful feeder program should have three clear objectives:

1. **HAVE FUN** – The primary emphasis, especially at the younger ages, should be on getting kids excited to play the game of basketball. A successful feeder program from grades 2 through 12 should instill passion in its participants and have a high player return rate the following year.
Make sure that basketball is a positive experience for all involved.
2. **CHARACTER DEVELOPMENT** – It is never too early to instill core principles into our student athletes. Concepts of Regard & Respect, Accountability, Teamwork, and Positive Mental Attitudes should be the foundation of any team at any age. In addition, emphasizing the importance of school from a young age is vital to ensuring the creation of well rounded, responsible student athletes.
3. **PLAYER DEVELOPMENT** – A successful feeder program is not about wins and losses. While everyone likes to win, and competition is an important aspect of a feeder program, do not go after wins at the expense of player development. A few examples: sitting in a zone defense without teaching players the principles of Man to Man will not prepare the player for High School basketball; using valuable practice time to rep plays does not improve a players individual skills or their understanding of offensive concepts. Instead it simply teaches players what spot to run to on the floor.

While it may sound counter productive, by ignoring special defenses, presses, plays, etc. and focusing instead on fundamentals, skills, and basketball concepts you will be developing better, more well prepared, basketball players; once this occurs, the wins will follow. **From a basketball perspective, there is nothing more important in a feeder program than player development and the elimination of incorrect, bad habits.**



STEPS TO DEVELOPING A SUCCESSFUL FEEDER PROGRAM

Below are ways to develop a successful feeder program within the community and to ensure constant interaction between the High School and Youth programs:

- The high school staff needs to be constantly visible and present. This can be achieved by attending practices, games, speaking at the first day of tryouts for grades 6-8, etc.
- Invite 5th & 6th / 7th & 8th grade teams to attend one or two Varsity practices throughout the year so they can see how a High School practice is conducted.
- Assuming the middle school coach is ok with it, attend and run one or two 5th & 6th / 7th & 8th grade practices throughout the year
- Have a local Youth Association night once or twice a season. If players participating in the Youth Program show up to a High School game wearing their uniform shirt they and their parents get into the game for free. Teams can then be recognized at half time of the Varsity game.
- Have 3rd & 4th grade “mini games” at halftime of the Varsity game
- Hold an 8th grade High School information night in February/March to introduce the High School coaching staff, go over the summer basketball schedule, and outline expectations for involvement in the High School program. This will eliminate confusion of trying to organize players over the summer.
- Conduct a summer camp, or weekend fall clinics, for all players in grades 5-8. The High School coaching staff will be in charge of the overall camp with current Varsity players acting as camp counselors.
- Conduct fall coaches clinics for all Youth Association coaches. Review drills, concepts, and principles associated with the High School program
- Make High School coaches available to the Youth Coaches at anytime before, during, and after the season to answer questions, offer advice, or help any way possible.

KEYS TO PLAYER DEVELOPMENT DURING PRACTICE

- Be organized. Have a written practice plan every time you step into the gym. Plan practices on a weekly or season wide basis to ensure you have a goal and a timeline for player development.
- Prior to conducting drills demonstrate the correct technique you are looking for in that drill and be clear of what you expect. Use players to demonstrate and ask if there are any questions. Make sure the players understand the purpose of the drill and the fundamentals they should be focusing on.
- Walk before you can run. If players are having trouble with a concept, slow the drill down and play up from there as they become comfortable. Conduct drills in the ½ court before going full.
- Don't just go through the motions of the drill but take the time to teach and emphasize the correct fundamentals of the basketball concepts. Just because a shot went in doesn't mean it was shot correctly.
- Don't be afraid to stay on a drill longer than planned if that is what is required to get it right. It is ok to sacrifice getting through your entire practice plan to ensure that it is being done correctly.
- Don't get discouraged if you are constantly repeating yourself. Repetition is key in learning anything new. The worst thing you can do is to give in to your frustration and allow them to practice using bad habits.
- Don't spend tons of practice time on plays and fancy presses and defenses. Although these may win you a couple of games they do not make better basketball players and do not allow for player development. The majority of practice time (70%) should be used for skill development and learning how to play the game, NOT how to run a play.
- Don't sit in a zone defense if your players don't know how to play Man to Man effectively.
- Utilize all hoops and use your assistants to break the team into smaller, more manageable groups. Create stations for players to keep things moving. You can get twice as much done in a practice this way.
- In any given practice, at least 70% of the time should be dedicated to skills, fundamentals, offensive concepts (*not plays*), and defensive concepts (*i.e. man to man rules*). The remaining time should be used for plays, presses, scrimmages, etc.
- Divide the team into groups and turn drills into competitions.
- Use drills / competitions as a reward. If the team has had a great game or a great practice, let them pick their favorite game or drill to end practice with. The key is not only player development but also building enthusiasm to get kids hooked on the game.
- Don't waste valuable practice time on running sprints or other conditioning. Incorporate all conditioning into your basketball drills, or at the very least have players dribbling a ball for any sprints.



SKILLS ALL PLAYERS SHOULD KNOW ENTERING HIGH SCHOOL

Below is a list of all skills, fundamentals, and basketball concepts a player should know upon graduating from 8th grade. In order to ensure players have an opportunity at success in High School, it is vital that all players have achieved this level of skill and knowledge. This list should provide the framework for all season and practice planning; in addition, it can be used as a checklist to gauge your progress throughout the year.

- DEFENSE -

- **Man to Man Principles:** Refer to 9 Rules of Defense
 - o Defense on the Ball – *stance, footwork, defensive slides, forcing the ball wide out the middle*
 - o Deny 1st Pass
 - o Weakside Defense (*Hedging*)
 - o Defending screens
 - o Making all cutters go behind
 - o Closing Out on the perimeter
 - o TEAM Man to Man (*Rotations, help, stopping the ball and recovering*)
 - o Post Play (*front or partial deny*)
- Transition Defense – *get back & play from the paint, up. Stop the player w. the ball*
- Special Situations – *3 on 2, 2 on 1, etc.*
- Getting on the floor for loose balls
- Taking charges
- Boxing Out

- OFFENSE -

- **Footwork & Other:** *this is a constantly overlooked yet critical aspect of the game*
 - Shape Up, Triple Threat, Basketball Position (*knees bent, hands up*)
 - Pivoting, Jab Steps, Ripping & Reading
 - Stepping through when driving & passing
 - Jump Stop
 - V-cut, L-cut, fade, backdoor cut, spin
- **Shooting:**
 - Proper form & mechanics of a **Jump Shot**
 - *Shape up, square to the hoop, triple threat, knees bent, proper L for shooting pocket, guide hand on side, shooting hand spread out on ball using fingertips, extend, snap the wrist and follow through*
 - Being able to shoot with one hand from your forehead, NOT a two handed set shot from the chest
 - Free throws
 - Layup's with BOTH HANDS & PROPER FOOTWORK
- **Passing:**
 - Chest pass, bounce pass, skip pass, entry passes
 - *Two hands, step into pass, snap the ball to the target*
 - *Pass to outside hand*
 - *Fake a pass to make a pass*
 - Receiving a pass: Basketball position, step to pass, jump stop, shape up, triple threat.
- **Dribbling:**
 - Cross-over, inside-outside, hesitation, stutter step, spin, speed dribble
 - *Using both hands, head up, dribbling low (below waist/knee), protect the ball*
- **General Offensive Concepts:**
 - Knowing how to run the floor & fill lanes in transition
 - Spacing, Moving without the ball (*in transition & ½ court offense*), Getting open when away from the ball
 - Setting & Using Screens



LEPPING YOUTH BASKETBALL PLAYER DEVELOPMENT TIMELINE

- 2nd, 3rd, & 4th Grade – Introduce the Game

- **GOAL:** Have fun!!! Get kids passionate and enthusiastic about basketball. Teach them the basic concepts and provide them with the basic tools so that they will be successful at the more competitive 5th & 6th grade level. Make sure they come back the next year.
- **BASIC CONCEPTS:**
 - How to play the game, out of bounds, what the different parts of the floor are (lane, free throw line, etc.)
- **BASIC RULES:**
 - Out of bounds, fouling, traveling, double dribbling
 - Add new concepts / rules at each age level. By 5th grade they should know all major rules (*back court, 3 seconds in paint, 10 seconds to cross mid, 5 seconds to inbound, etc.*).
- **STRUCTURE:**
 - Make sure players are using the appropriate size ball and hoop height
 - Make sure they know what the positions are, but do not assign positions. Get every player to play every position.
 - Two days/week, 1 hour practice.
- **FUNDAMENTALS:**
 - Offense: Dribbling, Shooting, Passing, Rebounding
 - Defense: Protect the hoop / don't let the other team score, stay between your man and the hoop, Rebounding

- **DRILLS:**

- o Dribbling
 - Stationary and Down & Back Basic One Ball Series
 - Cone or Chair Zig Zag
- o Shooting
 - Around the world
 - 3 spot (blocks & middle) form shooting
 - Layups from the wing
- o Passing
 - 2 line passing drills
 - Down & back dribbling with partner to pass to at baseline
- o Defense & Rebounding
 - Defensive stance & slides
 - 1 v.1, 2 v. 2, 3 v. 3 to teach idea of staying between your man and the hoop and not letting them get in the paint or score.
 - Layup put back Rebound Drill – Coach shoots, player gets rebound and then outlets or puts it back up.
- o Basic Offensive Concepts
 - 2 v. 2 & 3 v. 3 – emphasize spacing, moving without the ball. Don't even focus on shooting; make it a 'keep away' type game. Once more advanced, add scoring.



- 5th & 6th Grade – Transition from “kiddie basketball” to Middle School

- **GOAL:** HAVE FUN!!! Provide players with the tools needed to go from incoming ‘kiddie ball’ elementary level basketball to outgoing Junior High Player. Introduce all major rules and basic offensive and defensive concepts needed to play 5 v. 5. While the kids should still be having fun, the game should become more competitive. Huge focus on individual player development as well as basketball IQ development through lots of 2 v. 2, 3 v.3, 4 v. 4. Strong emphasis on accountability, regard & respect, and importance of school.
- **CONCEPTS & RULES:**
 - By this age, players should know all major rules
 - All concepts essential to playing competitive 5 on 5 – *i.e. transition offense & defense, spacing & movement in a ½ court setting, defensive rotations & help, etc.*
- **STRUCTURE:**
 - 3 times per week. Two practice and one game. Practices should be 90 minutes.
 - While players will be assigned positions for games, MAKE SURE ALL PLAYERS KNOW HOW TO PLAY ALL POSITIONS.
- **FUNDAMENTALS TAUGHT:**
 - Offense:
 - Basketball position, shape up, Triple Threat, and Basic footwork (*pivoting, basic cuts, jump stops, jab steps, etc.*)
 - Dribbling – both hands, head up. Introduce cross over, hesitation, inside-outside, stutter, and speed dribble
 - Passing – *using TWO HANDS, chest, bounce, skip, and entry passes*
 - Shooting – *begin to work towards a jump shot with development of one handed set shot with proper form (snap the wrist, follow through, backspin, etc.). How to do a proper layup on both sides of the hoop (footwork and hands).*
 - Spacing, moving w/out ball, getting open away from ball, setting/using screens
 - Basic post moves and guard play
 - Running the floor, filling the lanes in transition

- o Defense: Refer to 9 Rules of Man to Man
 - Proper stance, footwork, and slides
 - Proper technique for defense on the ball
 - Proper technique for denying a pass
 - Concepts of help, rotations, TEAM man to man
 - How to defend screens
 - Boxing out and rebounding
 - Transition defense
 - By 6th grade they should have a familiarity with all 9 rules of defense

- **DRILLS:**
 - o Dribbling
 - One Ball Series – stationary and down & back / zig-zag
 - *Use this for footwork, triple threat, pivoting as well*
 - Cone or Chair Zig Zag (*add partners & passing, make it a competition*)
 - o Shooting
 - Form Shooting, Around the World, One Step
 - Layups from mid-court
 - Elbow Shooting and Memphis Shooting
 - Mikan Drill
 - o Passing & Footwork
 - Box Passing (*add give & go if more advanced*)
 - Contested entry pass drill or 2 line keep away drill
 - 3 line shooting as a passing drill (*i.e. run drill but with no shots*)
 - o Offensive Concepts
 - **LOTS** of 2 v. 2, 3 v. 3, and 4 v. 4 – emphasize spacing, moving without the ball, cuts, screens, getting open on the perimeter, two man games, attacking the hoop.
 - 1 v. 1 from the wing with coach pass in to practice getting open then attacking
 - o Transition
 - 3 on 2, 2 on 1
 - Full court layup's with an outlet
 - ½ court dribble move layup drill
 - 5-0 transition to fill lanes
 - 4 v. 4 trailer transition

- o Defense
 - Defensive stance, slides, and other commands
 - Figure 8 or T Drill
 - 1 v. 1 from the wing (*if advanced from mid-court*)
 - 1 v. 1 Deny 1st Pass
 - 2 v. 2 Deny 1st Pass
 - 2 v. 2 Pick/Switch
 - 3 v. 3, 4 v. 4, and 5 v. 5 Shell
- o Rebounding
 - Rambis Rebounding
 - 2 v. 2 Elbow Box Out
 - 4 v. 4 Box Out



5th & 6th GRADE SAMPLE PRACTICE PLAN

A standard 5th & 6th grade practice should be 90-120 minutes with the majority of time focused on individual skill development and review of basic basketball concepts. All players should be dressed to take the court 15 minutes prior to the start of practice. Dynamic or Static stretching should occur 10 minutes prior to the start of practice.

Pre-Practice:

10-0 Dynamic Stretching / Team Clap / Coaches Talk

120 Minute Practice:

0-10 Warm up – *i.e. Full Court Layup Drill w. dribble moves*

10-20 One Ball Series – **OR** – Form Shooting / Around the World / One Step

20-30 Footwork, Dribbling, Passing Drill – *i.e. Box Passing, 3 Line Shooting w. No Shots*

30-35 Defensive Warm Up – *i.e. T-Drill, Figure 8*

35-50 Defensive Rule of the Day – *i.e. 1 v. 1 @ the wing, 2 v. 2 Deny 1st pass, etc.*

50-60 Full Court Transition Drill – *i.e. 3 on 2, 2 on 1, 5-0 Transition, etc.*

60-70 Shooting Drill – *i.e. Elbow Shooting, Memphis Shooting, etc.*

70-85 Shell – 3 v. 3 or 4 v. 4 – *controlled game situations for defensive rotations & offensive spacing, screening, moving without the ball*

85-100 Team System Review – *i.e. plays, scrimmage, special defense, etc.*

100-110 Free Throws – **OR** – Team Choice fun drill as reward for hard work



- 7th & 8th Grade – Prepare for the transition to the High School Game

- **GOAL:** HAVE FUN!!! Huge emphasis on individual player development & more advanced basketball concepts. Ensuring that the players have developed the individual skills and team concepts outlined on the ‘Skills Entering High School’ document (*this is the last chance to eliminate bad habits prior to High School*). By this age, the team should be run as a mini JV team in order to prepare players for the jump to High School (*i.e. more structured & disciplined, bigger time commitment, etc.*). Emphasize the values of commitment, goals, and accountability, as well as the importance of school, to prepare them for High School.
- **CONCEPTS:**
 - Individual skill development should follow the ‘Skills Entering High School’ document. All players should be able to do the skills outlined in this document by the time they graduate 8th grade.
 - All offensive and defensive basketball concepts introduced in 5th & 6th grade should become second nature to the players (*i.e. help defense & rotations, transition offense & defense, spacing and moving without the ball, etc.*).
- **STRUCTURE:**
 - Team should be run as a mini JV team with the same structure and discipline found at the High School
 - Players should have the fundamentals and skills to be able to play every position.
 - Four days a week, 3 practices and 1 game. Practices should be 2 hours long by this point.
- **FUNDAMENTALS TAUGHT:**
 - Offense:
 - Basketball position, Shape Up, Triple Threat, and footwork (*pivoting, cuts, jump stops, jab steps, moving without the ball, receiving a pass in the proper position, rip and read, etc.*)
 - Dribbling – *both hands, head up. Cross over, hesitation, spin, inside-outside, stutter step, speed dribble.*

- Passing – *TWO HANDS & STEP TO TARGET. Chest pass, bounce passes, skip pass, entry pass to post, and baseball pass. Passing to the players outside hand away from the defense. Fake a pass to make a pass.*
- Shooting – *refine the proper technique and form of a jump shot. Even if players aren't strong enough to shoot an actual jump shot, the fundamentals of their shot should still be consistent with that of a jump shot. By this age, the two handed heave from the chest should be completely eliminated.*
- Proper layup technique on both sides of the hoop (FOOTWORK AND HANDS).
- Setting and using screens
- Post moves: *Drop Step, Rebound Put Backs, Shape Up & Up Fake*
- Guard play: *getting to the rim, finishing at the rim, moves off the dribble, moves away from the ball*
- Running the floor properly, spacing in the half court, moving without the ball
- Offensive rebounding

O Defense: **Every player should know and be able to do all 9 rules of Man to Man**

- Proper stance, footwork, and slides
- Proper technique for defense on the ball
- Proper technique for denying a pass (one pass away)
- Proper technique for weak side defense – Hedging (two passes away)
- Proper technique for post defense (front or denial)
- Making cutters go behind
- Stopping the ball, offering help, and rotations
- Closing out on the perimeter
- How to defend a screen
- Loose balls and taking charges
- Boxing out and Rebounding
- Transition defense

- **DRILLS:**

- o Dribbling

- One & Two Ball Series – stationary and down & back / zig-zag
 - *Use this for footwork, triple threat, pivoting as well*
 - Cone or Chair Zig Zag (*add partners & passing, make it a competition*)
 - Zig-Zag, dribble move layup drill

- o Shooting

- Form Shooting, Around the World, One Step
 - Elbow Shooting, Memphis Shooting, Wiper Shooting, NYC Shooting, 3 Man Shooting
 - Free Throws – 1 & 1's or best of 'X' (*i.e. 20, 25, etc.*)
 - Mikan Drill

- o Passing & Footwork

- Box Passing (*regular and add give and go*)
 - Contested entry pass drill or 2 line keep away drill
 - 3 line shooting as a passing drill (*i.e. run drill but with no shots*)

- o Offensive Concepts

- **LOTS** of 2 v. 2, 3 v. 3, and 4 v. 4 (dribble & no dribble games) – emphasize spacing, moving without the ball, cuts, screens, getting open on the perimeter, two man games, attacking the hoop.
 - 1 v. 1 from the wing with coach pass in to practice getting open then attacking. Add a second line in corner for penetration and kick outs.
 - Big Man Series – *Mikan, Block to Block Drop Step, Duke Rebounding, Offensive Put Back, Establish position, receive pass, do a post move.*
 - Guard Series – *3 v. 3 around perimeter no dribble pass in, 1 v. 1 from wing, dribble move attack, 1 v. 1 reading the defense.*

- o Transition

- 3 on 2, 2 on 1 (*offensive & defensive drill*)
 - Full court layup's with an outlet
 - ½ court dribble move layup drill
 - 5-0 transition to fill lanes
 - 4 v. 4 trailer transition (*offensive & defensive drill*)

o Defense

- Defensive stance, slides, and other commands
- Figure 8, T Drill, Turn Drill
- 1 v. 1 from the wing & 1 v. 1 from mid-court
- 1 v. 1 Deny 1st Pass
- 2 v. 2 Deny 1st Pass
- 2 v. 2 Pick/Switch
- 1 v. 1 Hedging Pull Drill
- 2 v. 2 Hedging Pull Drill
- 3 v. 3 from midcourt, 3 v. 3 Close out from baseline drill
- 3 v. 3, 4 v. 4, and 5 v. 5 Shell
- NHTI Charge Pushover Drill
- See transition D drills above

o Rebounding

- Rambis Rebounding
- Animal Rebounding
- 2 v. 2 Elbow Box Out
- 4 v. 4 Box Out
- 5 v. 5 Transition Rebounding or 5 v. 5 Circle Rebounding to Transition



7th & 8th GRADE SAMPLE PRACTICE PLAN

A standard 7th & 8th grade practice should be 120 minutes with the majority of time focused on individual skill development and review of basketball concepts. All players should be dressed to take the court 15 minutes prior to the start of practice. Dynamic or Static stretching should occur 10 minutes prior to the start of practice led by the team captains or daily appointed team leaders.

Pre-Practice:

10-0 Dynamic Stretching / Team Clap / Coaches Talk

120 Minute Practice:

0-10 Warm up – *i.e. Full Court Layups & Jumpers w. an Outlet*

10-20 One Ball Series – **OR** – Form Shooting / Around the World / One Step

20-30 Footwork, Dribbling, Passing Drill – *i.e. Box Passing, 3 Line Shooting w. No Shots*

30-35 Defensive Warm Up – *i.e. T-Drill, Figure 8, NHTI Pushover*

35-50 Defensive Rule of the Day – *i.e. 1 v. 1 @ the wing, 2 v. 2 Deny 1st pass, etc.*

50-60 Full Court Transition Drill – *i.e. 3 on 2, 2 on 1, 5-0 Transition, 4 v. 4 Trailer* – **OR** –
Rebounding Drill – *i.e. Rambis Rebound, 2 v. 2 Elbow Box Out, 5 v. 5 Transition Reb.*

60-70 Shooting Drill – *i.e. Elbow Shooting, Memphis Shooting, NYC Shooting*

70-85 Shell – 3 v. 3 or 4 v. 4 – *controlled game situations for defensive rotations & offensive spacing, screening, moving without the ball*

85-100 Stations / Splits – *Big Man Series, 1 v. 1 Read the Defense, 1 v. 1 get open on perimeter*

100-115 Team System Review – *i.e. plays, scrimmage, special defense, etc.*

115-120 Free Throws – **OR** – Team Choice fun drill as reward for hard work



Blue Devil Pride

DEFENSE WINS!

1. STOP THE PLAYER WITH THE BALL
2. FORCE THE BALL WIDE OUT OF THE MIDDLE
3. DENY STRONG SIDE (1 PASS AWAY)
4. HEDGE ON WEAK SIDE (2 PASSES AWAY)
5. DENY / FRONT ALL POST PLAYERS
6. NO FACE CUTS - CUTTERS GO BEHIND
7. COMMUNICATE ON ALL SCREENS
8. SEE MAN & BALL - QUICK ROTATIONS
9. BOX OUT AND GET THE REBOUND



"Blue Devil Pride"

½ COURT MAN TO MAN DEFENSIVE PRINCIPLES

1) Defense on the ball - Stance and Slides:

Proper defensive stance:

- Feet slightly more than shoulder width apart, bent at the knees, butt down, with a straight back
- Weight should be on the balls of the feet (not flat footed or on heels).
- Arms should be up and wide mirroring the basketball.
- It is important not to be leaning too far forward or backward. The player will want to find a comfortable, balanced stance that works for him. If a coach can lightly push a player over then he is not in a balanced stance.

Defense on the Ball:

- Always force the ball handler to one direction **away** from the middle (towards either the sideline or baseline). If the ball is in the middle of the court the defensive player should force the ball handler to his weak hand.
- The defenders top foot should be outside the ball handlers and the defenders head should be on the ball.
- Force the offensive player at a slight angle (45 degrees) while not completely giving him a lane to the basket. We will always funnel the offense away from the hedge line (imaginary line splitting the court in half length wise).
- Give the ball handler approximately one arms' distance in space (if the ball handler is slow/fast, adjust accordingly)
- Always be watching the ball handlers stomach/lower chest and not the ball.
- When playing defense on the ball it is

- important not to back pedal or let the defender dictate where you go; we will always dictate where the offense goes.
- We will pick the ball up at ½ court with light pressure and extra space and then make our stand no later than the NBA 3 pt. line. If the ball handler reaches the paint you must make contact and force them out.
- When playing the ball the length of the floor the defender must pressure and “turn” the ball handler as many times as possible in the back court. Once the ball reaches mid-court refer to the previous bullet.

Slides/Footwork:

- Always stay in stance whenever, wherever playing defense
- Stay low and keep feet apart. Feet should never come together, or cross over one another, unless the defender has been beat and needs to recover.
- If the defender gets beat, they should turn, pick a point on the floor where they will recover, and sprint ahead of the ball handler so they resume their position between their man and the hoop.
- Use the lead foot (the direction you want to go in) as the pointer foot, twist it parallel to the body, point, and slide.
- Players should stay level, low, and even and should not be “galloping” up and down, bringing their heels together, or crossing their feet. Balance is and quickness is vital.
- When doing stance/slide drills it is important to emphasize the drills are for technique and not a race. It is about quickness not speed.

2) Deny First Pass (one pass away)

- Use proper stance and footwork as outlined above.
- Defensive player should be located a little less than half way between their man and the player with the basketball (slightly closer to their man).
- Body should be twisted to cut the two players in half, but facing their man, with lead hand up to bat down any passes that may come through.

Defense must be located up, in the passing lanes. Encourage and value deflections as this is a sign players' are aggressive in the passing lanes.

- Players' should pick a spot on the floor where they can see both man and the ball with their peripheral vision. Do not let them turn their heads back and forth between man and ball; if they do this they will lose sight of one and get beat.
- When the offensive players move, the defender slides accordingly.
- If the offensive player cuts back door, the defender dives down with him slowly closing the gap between offensive and defensive player. The defender should turn their head toward the hoop and put their hoop side arm out looking to deflect any bounce passes. If the offensive player cuts all the way to the lane, or continues through, the defensive player should make contact, open up to the ball, and feel his man.

3) Hedge (weak side defense, more than two passes away)

- If the defender is located two passes away they need to be positioned in the lane on the hedge line between their man and the ball.
- Footwork and stance should be the same as deny first pass with defense up in passing lane, between man and ball, facing their man. If players are not comfortable with this they can square up to have their shoulders parallel to the backboard facing the opposite end.
- Defense must pick a spot on the floor where they can see both man and ball in their peripheral vision.
- When offense moves defense slides accordingly. If offensive player goes above the foul line but remains two passes away defender stays in lane on hedge line. Weak side D (hedging) should never occur outside of paint.
- If offensive players cut across middle from weak side to strong side, defender must "knock him down" (make all cutters go behind) and then deny first pass.
- Weakside players must be aware of help situations on the ball or on lobs to the post and react accordingly.

4) Screens: 3 Types

- a. Big – Big (usually block to block): we will **switch** on these
- b. Guard – Guard or Perimeter: we will **switch** on these
- c. Big – Little (screen & roll or away from ball): we will **fight through** on these

When Switching:

- It is the responsibility of the defender guarding the screener to make the call.
- The defender on the screener follows his man all the way to the screen and gets up tight on the ball. Once the offensive player comes around the screen the two defensive players then switch or hand off.
- The person who was guarding the ball has to then “jump” his new man so he is not sealed and posted on.
- If the ball handler does not use the screen a switch will not occur.
- If a switch occurs and there is a massive mismatch (a 1 guarding a 5 or vice versa) the two defensive players need to recognize that and switch back at the first opportunity they get.
- For screens away from the ball (if a real screen isn’t set) defenders should either be denying first pass or hedging thus making most screens ineffective. In these situations the player should go over the screen (shoot the gap) and cut their man off on the other side.

When Fighting through a screen:

- It is the responsibility of the defender on the screener (typically the big man) to communicate with the defender on the ball.
- The defender guarding the screener should make contact with the screener with their inside hand and foot and then completely “show” above the screen to cut the ball handler off and prevent them from using the screen. The defender should not get too far away from his man as this will allow the ball handler to split the screen.

- Once the defender on the ball hears his teammate, he must then “jump” his man, and go over the screen cutting him off. This should be done aggressively to force the ball handler backward thus not allowing him to turn the corner off the screen. Only if the on the ball defender absolutely has to will they go under the screen. This is the lazy way out and should not be encouraged.
- As soon as the screener leaves, or rolls/pops, the defender (usually the big) follows his man and gets into the appropriate defensive position (i.e. deny, hedge, etc.).
- **NOTE:** *While this is how we will defend screens overall, specific in game adjustments will be made in the scouting report based on the opponent.*

5) Post Play

- We will always either deny or front the post. We will rarely, if ever, play straight up from behind.
- If the offensive post player is on the strong side but the ball is above the foul line the defender will be denying the ball according to the rules outlined previously.
- If the offensive player is on the strong side and the ball is below the foul line the defensive player will be in a complete front.
- If the offensive player is on the block on the weak side the defender should be on the hedge line as usual

6) Transition Defense

- In transition defense the two most important rules are: stop the player with the ball and protect the paint.
- If the offensive team has a fast break all players must sprint back to the paint and play up from there.
- The first person back must not let anyone behind him but must also stop the ball. All other players trailing in transition will get to the paint, find an open man, and guard them accordingly.

- In a 2 on 1, or similar disadvantaged situation, the defender must split the offensive players and jab at them hoping to force a mistake or slow them down until more help can return
- The goal of transition defense is to “hold down the fort” until all other defenders are back and matched up
- Communication is vital. The player who takes the ball must yell “I got ball” while all other men match up and talk accordingly
- You may end up guarding a different player than originally assigned to



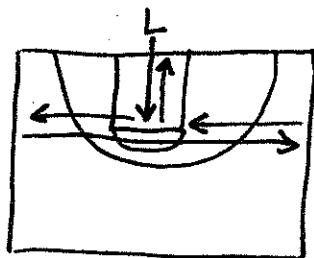
"Blue Devil Pride"

DEFENSE

Defensive Stance & Slide Drills:

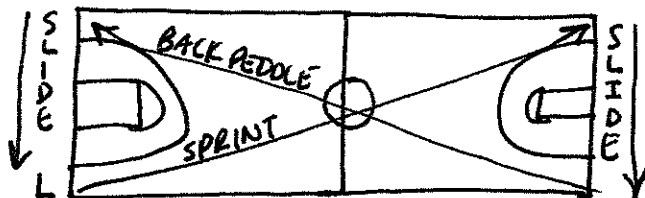
- 1) **½ Court Spread Out:** Stance, Foot Fire, Slides, loose ball, charge, rebound.
Clap twice at end as team. Coach leads group from front; other coaches walk around ensuring proper technique

- 2) **T-Drill:**

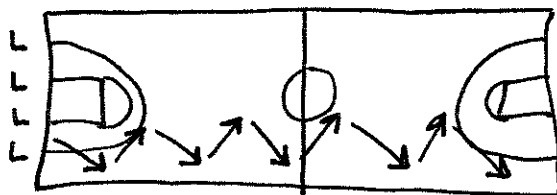


L = LINE
O = OFFENSE
X = DEFENSE

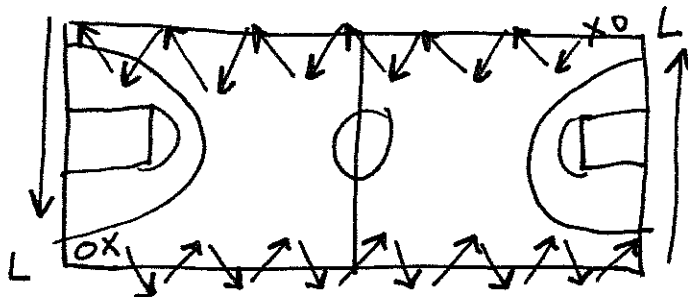
- 3) **Criss Cross Drill:**



- 4) **ZigZag Slides:**



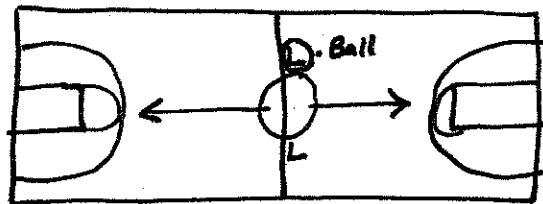
- 5) **Turn Drill:** Groups of two, one defender and one offensive player. Start in the corner of the court and move down sideline. Offensive player dribbles at half speed until the defender turns him and forces him in the opposite direction. At end of sideline switch offense and defense



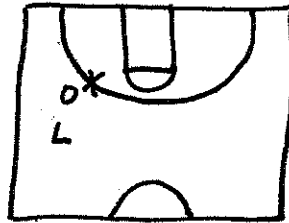
L = Line
 (L) = Line w/ ball
 C = Coach
 O = offense X = Defense

Defense on the Ball:

- 1) **1 on 1 from midcourt:** two lines, one at each side of center circle. Basketballs are in one line, defender throws ball to opposite line and then play one on one from midcourt. Have two groups go at once (use both half's of the court). Defense doesn't win until they get two good stops. Switch lines at end

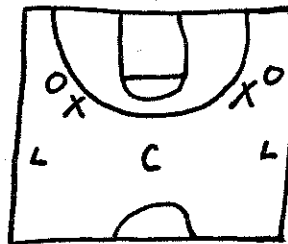


- 2) **1 on 1 from the elbow:** one line at three point line, above elbow. One on one forcing ball wide and out of the middle. Defense doesn't win until they get two good stops. Offense to defense, defense to the end of the line.



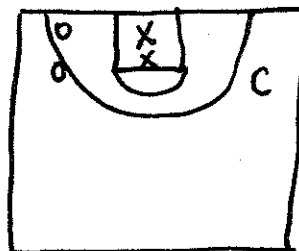
Deny First Pass:

- 1) **1 on 1 or 2 on 2 on the wings:** Coach stands at top of key with the basketball. Have a line at each wing (if 2 on 2) or only on one wing (if 1 on 1). Defensive player gets in proper position while offensive player moves without the ball on the wing. Coach tries to make pass to offensive player. Once pass goes through it is then 1 on 1 or 2 on 2 from the wing. Defense doesn't win until they get two good stops.

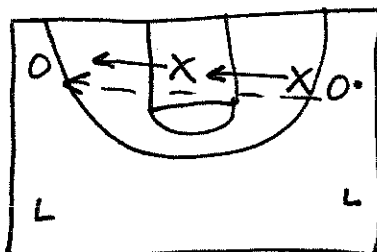


Hedge (weak side):

- 1) **1 on 1 or 2 on 2 weakside:** Coach stands on one side of wing defenders are on the hedge line and offensive players are on opposite wings. Defense works on proper positioning, seeing both man and ball, and proper rotations. Offensive players move back and forth, in and out. Coach makes passes and penetrates to hoop (not to score). Once coach passes to offensive players and yells "Play" it is then live 1 on 1 or 2 on 2. Defense doesn't win until they get two good stops.

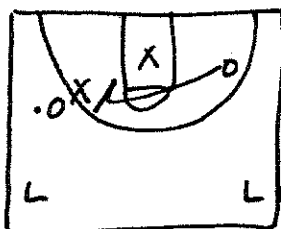


- 2) **2 on 2 Pull Drill:** Offensive player on each wing, one with a basketball. One defender is on the ball the other is on the hedge line. Drill is not live until coach yells "Play." Weak side offensive player moves back and forth, in and out. Offense passes back and forth with skip passes while defense rotates accordingly. This drill emphasizes defense on the ball, weakside defense, and closeouts. Once coach yells "Play" it is then live 2 on 2. Defense doesn't win until they get two good stops.



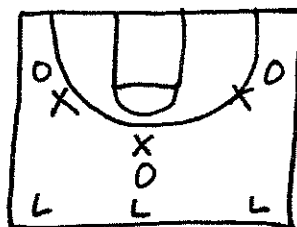
Pick / Switch:

- 1) **2 on 2 Pick / Switch:** One line at mid court with the other line at hash mark. Ball is originally positioned at top of key. Live 2 on 2 with constant screen and rolls. Defense must talk and switch or fight on all screens. This drill can also be done 3 on 3 or as part of the 2 on 2 deny first pass drill described above.



Game Situations:

- 1) **3 on 3 Shell:** three lines from midcourt or one line at midcourt and two lines at each hash mark. Emphasize cutters go behind, screens, deny, weakside, defense on the ball, close outs, and rebounding. Defense doesn't win until they get three good stops.

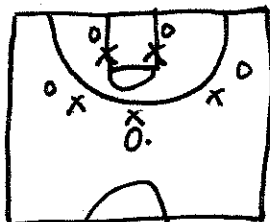


- 2) **4 on 4 or 5 on 5 Shell:** set offense in different typical situations (i.e. three out, two in or 5 out). Have offense pass ball around perimeter or across court and make defense adjust accordingly. Play is not live until coach yells "Play." Once coach yells "Play" it is live 4 on 4 or 5 on 5. Defense has to get three good stops before they can switch to offense

– OR –

Live 4 on 4 or 5 on 5 right away. Give each team the basketball for a certain amount of time and keep score. Points are given for charges, diving on the floor

and recovering loose balls, rebounds (offense & defense), baskets, turnovers (negative offensive points). Whichever team has the most points at end wins.

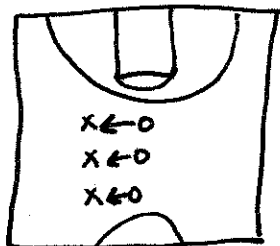


Loose Ball Drills:

- 1) **Two Line Loose Ball:** one line at each lane, baseline intersection. Coach rolls ball out in lane between two lines, two front players go after loose ball whoever recovers wins. Best two out of three before switching.

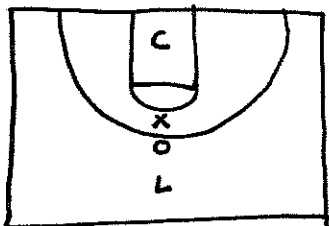


- 2) **Partner Push Over:** Get a partner, stand facing each other, arms length away and lightly push partner to the ground. This drill teaches players that it doesn't hurt when you hit the floor and the proper technique to take a charge so they won't get injured.



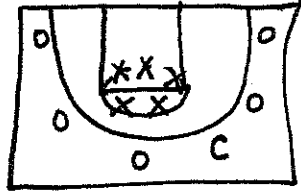
Rebounding:

- 1) **Rambus Rebounding:** Coach stands in middle of lane under basket. Players form a line at top of key. Coach holds ball above his head. Defensive player boxes out/contains offensive player for 3-5 seconds. Offensive player tries to get to ball being held by coach. The rest of the line not going counts off the 3-5 seconds aloud. Defense wins if they contain the player; offense wins if they touch the ball. Best two out of three then switch – offense to defense, defense to end of line.

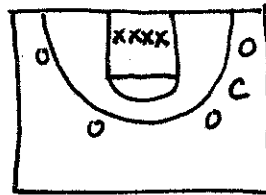


- 2) **4 on 4 or 5 on 5 Circle Rebounding:** Offense spreads out around perimeter while defense gets in a circle around the foul line. Coach stands at various positions around perimeter. When coach yells "Go" defense starts moving in a circle. Once coach shoots the defense has to scatter and find the closest man to boxout.

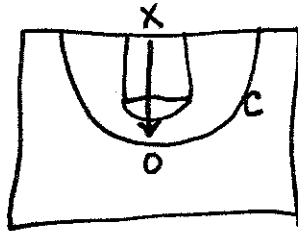
When shot goes up offense crashes the glass looking for an easy rebound. Defense has to get three in a row to win, if offense gets three in a row defense has to do pushups.



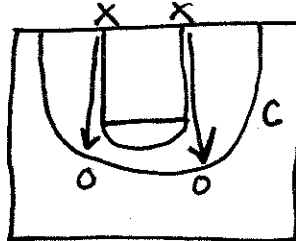
- 3) **4 on 4 or 5 on 5 Flat Rebounding:** Offense spreads out around perimeter while defense lines up from block to block across the lane. Coach stands at various positions around perimeter. When coach shoots offense crashes while defense has to find a man to boxout. Same rules apply as in Circle Rebounding.



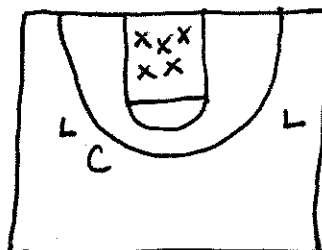
- 4) **1 on 1 Rebounding:** defense on baseline under hoop, offense at top of key, coach stands at various spots around perimeter. When coach shoots defense has to close out on offense and boxout; offense crashes the glass. Same rules apply as Circle Rebounding.



- 5) **2 on 2 Box Rebounding:** Offense at three point line above elbow, defense where lane meets the baseline, coach at various spots around perimeter. Same rules and procedures as 1 on 1 Rebounding. Can also place offensive lines on wings and corners.



- 6) **Animal Rebounding:** 4-6 players situated within the lane. Two outlet lines positioned on wings, coach stands at various spots around perimeter. When coach shoots, free for all for rebound. Person who gets the rebound then has to outlet the ball. Player does not get point until outlet pass is successfully made. When a player gets three rebounds he is out. Last person standing is the loser. Loser has to do pushups.



PLAY:

 $\frac{1}{2}$ 

FAST BREAK



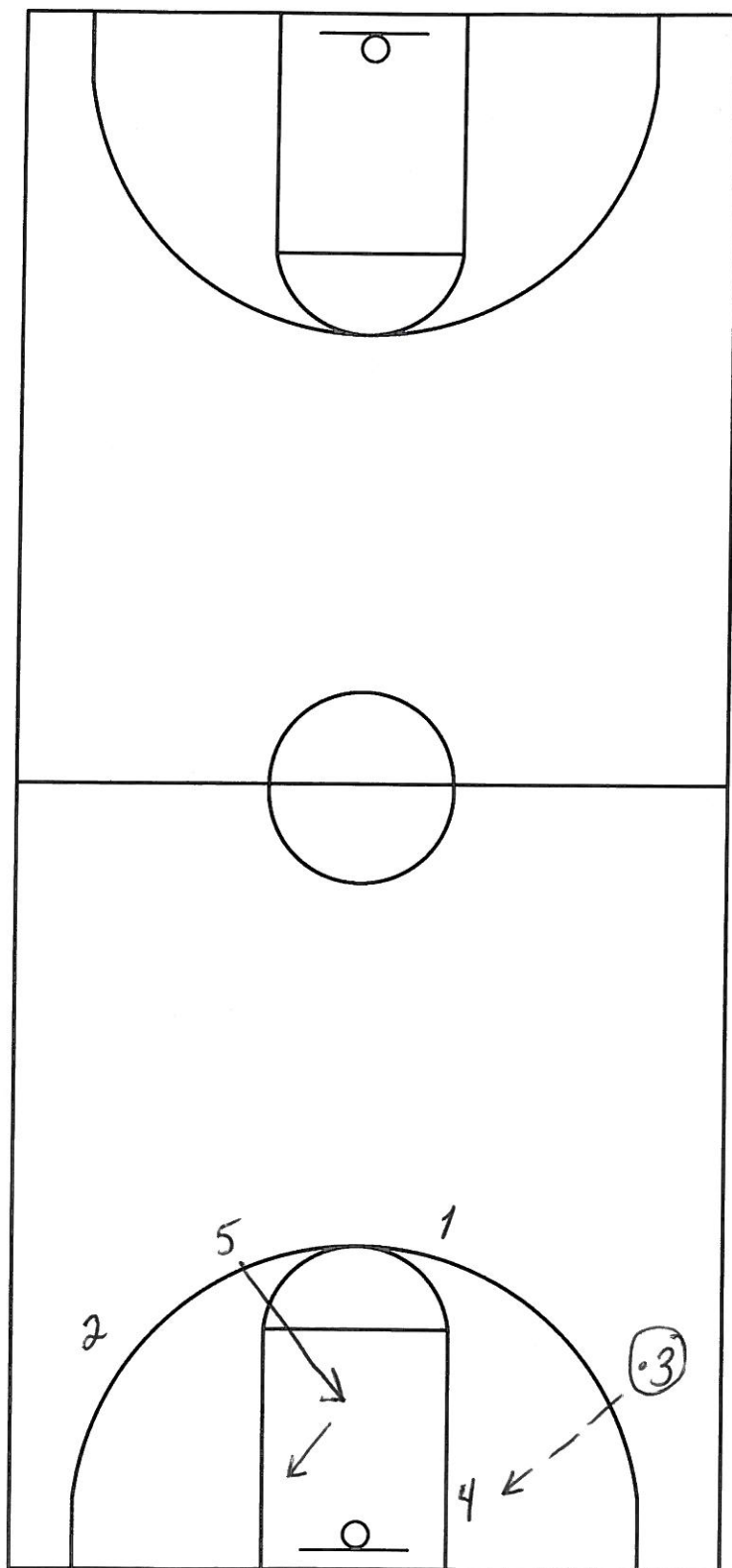
- Notes:
- ① 2 & 3 break up court to wings
 - ② 1 gets to ball side outlet
 - ③ 4 breaks down middle of court to ball side block
 - ④ 5 passes to outlet then stays back as trailer

PLAY: "TRANSITION" 2/2



TYPE: FAST BREAK

Notes:



* Typical set after 1
advances ball up sideline



"Blue Devil Pride"

OFFENSE:

Ball Handling (dribbles to teach – speed, cross over, inside out, spin, around back, between legs, hesitation/stutter step):

1) One Ball Series (no dribble):

- a. Clap
- b. Squeeze
- c. Ping Pong
- d. Head Wrap
- e. Waist Wrap
- f. Head & Waist Wrap
- g. Around both legs
- h. Around each leg
- i. Figure 8
- j. Between leg - drop & catch

* Can also add other: Spin ball in front of you, jump stop to catch it, Shape Up, Triple Threat, Pivot, Rip from hip to hip, and repeat.

2) One Ball Series (dribble - stationary):

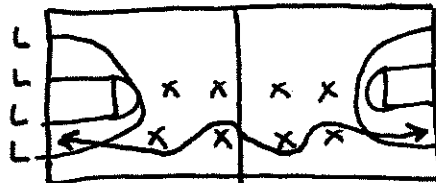
- a. Around each leg
- b. Figure 8
- c. Inside outside
- d. Cross over
- e. Behind back
- f. Back to Front

3) Down and Backs

- a. Zig Zag alternating dribbles



- b. Chair, Cone, or Trash can obstacle course alternating dribbles

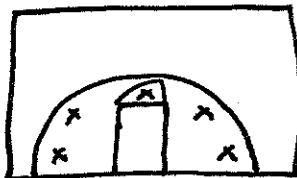


4) Center Circle Keep Away (can also be done at free throw circles):

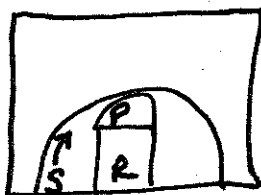
Break down into groups of 6, each player will need a ball. Spread out in center circle. When coach yells "Go," or blows the whistle, players begin dribbling. Players try to hit opponent's balls out of circle. Last man standing wins.

Shooting (Face up, Focus, Fingertips, Follow Through, and Follow the Shot):

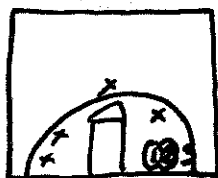
- 1) **New York Shooting Drill:** 2 people, 1 ball. Let player's move around court or establish 3-5 set locations. Player who starts with the ball shoots and then follows his shot, other player gets in position to shoot. Player 1 passes to player 2 and runs at him with his hand up. Player 2 shoots and repeats process. Go for 30-45 seconds per spot. Catch and Shoot, Rip & Read, Up Fake and Go.



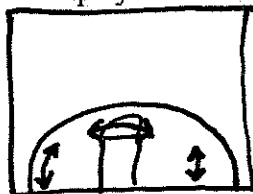
- 2) **3 Man Shooting:** 3 players (passer, shooter, rebounder), 1 ball. Passer is located at elbow, rebounder in paint w/ arms up the whole time, shooter on baseline. Shooter slaps baseline cuts to perimeter, passer passes ball, shooter shoots and then runs back down to baseline. Repeat for a set amount of time or until 7 have been made; rotate players accordingly. After all players have gone on one side, switch sides.



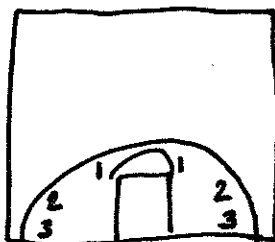
- 3) **Clipper Shooting:** Groups of 3+ with 2 balls. Shoot from corners, wings, and top of key 1:30 from each spot. Shooter shoots, follows, gets rebound, and passes to next player in line without a ball, then runs to back of line. Repeat for allotted time. Use as a team or individual competition.



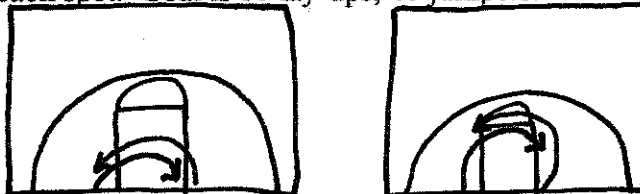
- 4) **Windshield Wiper Shooting:** Shoot from 3 locations (2 spots at each location). 2 players (a rebounder and shooter) and 1 ball. Shooter moves back and forth (like a windshield wiper) shooting from each spot. Rotate rebounder and shooter after 1 minute. Once each player has shot from each spot switch locations.



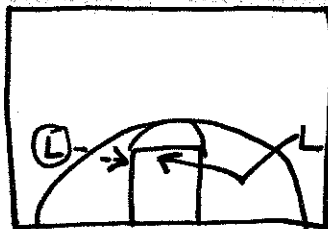
- 5) **Elbow Shooting:** 2 lines with a ball in each line. Start at elbows, then wings, then corners. Each line shoots, follows, gets the rebound, passes to the opposite line, and goes to the back of that line. Continue process for 1:30 from each spot.



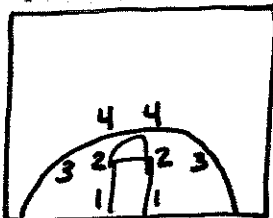
- 6) **Connecticut Shooting:** 2 lines, 1 at each lane, baseline intersection. 2 balls, 1 in each line. Use drill for lay-ups and midrange jumpers. Player 1 curls to opposite block, receives pass, and lays it in. Player 2 curls to opposite block, receives pass, and lays it in. Get your own rebound, pass to line received from, and go to back of that line. 2:00 each spot. Goal is 60 lay-ups, 40 jumpers.



- 7) **2 Line Shooting:** 2 lines (1 on each wing). 2 balls all in one line. Player without ball cuts to opposite elbow, receives pass, shoots, follows, and passes to end of line. Player who passed runs to end of opposite line. Incorporate v-cuts, fades, L cuts, Rip and Read, One Dribble. Shoot from wings and corners. 1:30 at each spot.

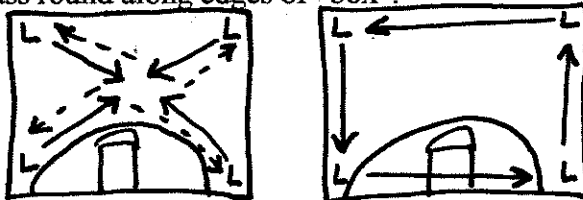


- 8) **Memphis Shooting:** Similar concept to Elbow Shooting except the spots you shoot from are: blocks, elbows, elbow extended inside three point line, top of key off each elbow at three point line.

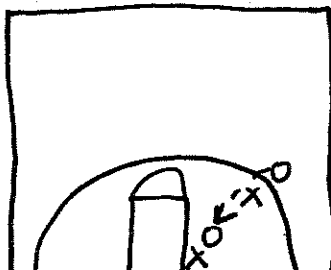


Passing:

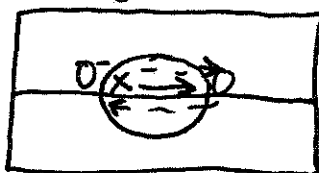
- 1) **Box Passing:** 4 lines, 1 in each corner of the half court. 1 ball in each line. Each player dribbles to middle of half court, jump stops, pivots to the right or left, and makes a pass to the next player in line. When that player receives the pass he repeats the same process. Incorporate different types of passes. Also can incorporate lay-ups if only using 3 balls. Can also be done without dribbles to middle. Pass round along edges of "box".



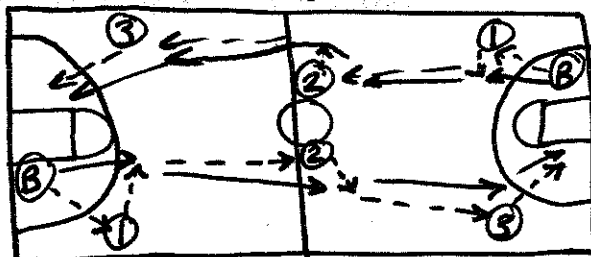
- 2) **Entry Pass Drill:** Place a post player on the block with a defender. Place a line on the wing a few feet behind the three point line. Wing defender closely guards passer. Passer can only use one dribble to make an entry pass to the post. Offense to Defense, Defense to the end of the line.



- 3) **Contested Passing:** 2 lines, one at each center circle, midcourt line intersection. 1 ball. Defender closely guards passer, passer tries to pass the ball to other line. Defender isn't out until he gets a steal. Similar concept as "keep away."

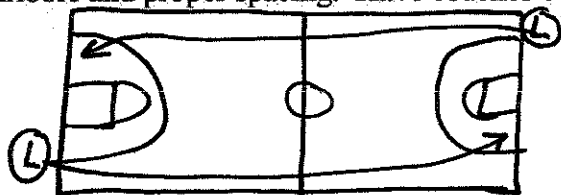


- 4) **St. A's Drill:** 6 lines, 2 balls. One player with a ball at each hoop. Pass and receive pass back from 3 lines, finish with a lay-up, then go to end of next line. Passers go to next line after passing. Passer who makes the bounce pass for the lay-up gets rebound and continues process.

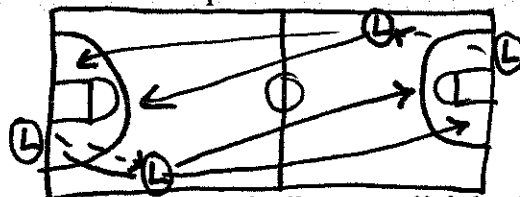


Lay-ups

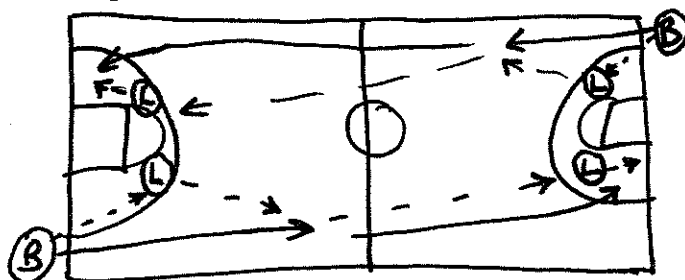
- 1) **Full Court Lay-ups:** Two lines, one at each end of court. 4 Balls. Work on speed dribble and proper spacing. Have coaches contest lay-ups.



- 2) **Full Court Lay-ups w/ Outlet:** Four lines, one where lane meets baseline and one at outlet (same thing on other end of court). Line under hoop gets rebound and passes to outlet. Outlet attacks free throw line and jump stops. Rebounder fills lane wide and receives pass back from outlet man for lay-up.



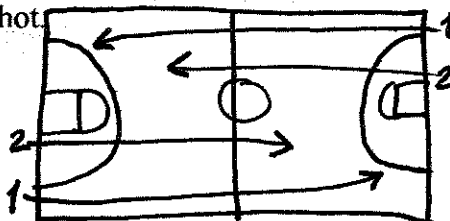
- 3) **4 Line Lay-up:** 1 player at each elbow, or slightly above. Two other lines, 1 in a corner and the other on the diagonal opposite corner. Corner lines have basketballs. Player with ball passes to elbow, gets it back, and passes to next elbow. Non-Stop for 2 minutes then switch elbow players out.



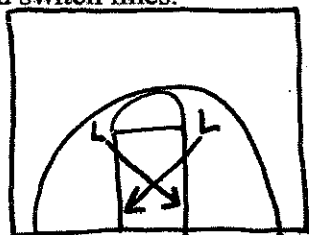
- 4) **Lead Pass Lay-up:** 2 lines, 1 in a corner and the other on the diagonal opposite corner. 2 Coaches, 1 at each elbow near players lines. Players pass ball to coach and take off down court, coach throws a lead pass for player to run onto, player receives pass and makes lay-up, get rebound and pass to last player in next line.



- 5) **Contested Full Court Lay-up:** 1 line where lane meets baseline and another line where three point line meets baseline (this line has the balls). Same setup on opposite end of court. Coach blows whistle once, player with ball breaks for full court lay-up on second whistle next player takes off trying to catch other player and contest shot.

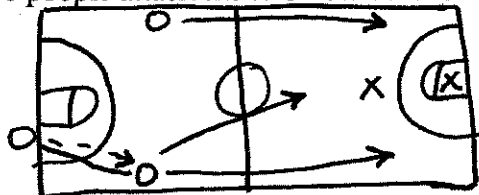


- 6) **X Lay-ups (1/2 Court):** 1 line at each elbow. 1 or 2 balls in each line. Left elbow uses one dribble diagonal across lane for right handed lay-up. Right elbow does same thing at same time for left handed lay-up. Get your rebound, pass to next person in line, and switch lines.



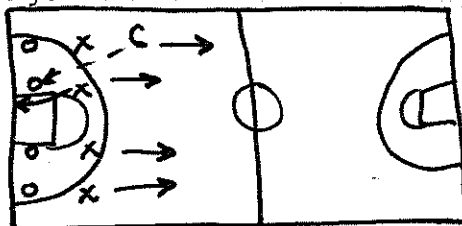
Transition

- 1) **3 on 2, 2 on 1:** 1 line under hoop, and 1 line at each outlet. Start off with two defenders at opposite end of court. 3 on 2 going down, 2 on 1 going back. The last person to touch the ball on the 3 on 2 is the defender for the 2 on 1. After 2 on 1 next three people attack the two new defenders who stayed behind.

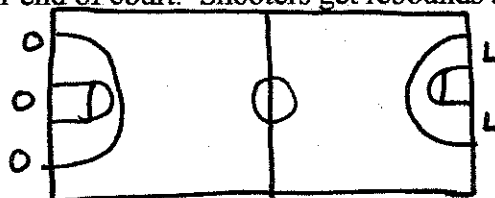


- 2) **5-0 → 3 on 2...**: 5 lines along baseline. 5 man weave going down, 3 on 2 coming back, 2 on 1 going down, 1 on 1 coming back, and then full court lay-up going down. Last player, or two players, who touch the ball are always back on defense.

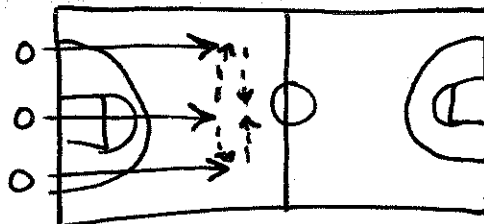
- 3) **4 v. 4 w. trailer:** 4 offensive players along block, 4 defenders along foul line. Coach rolls ball to one of the offensive players, that man's defender has to run down to the baseline and catch up to the play. As soon as offensive player receives ball everyone breaks down the court. Switch offense and defense and come back.



- 4) **3 man weave w/ shooters:** 3 lines along baseline with one ball in middle line. 2 people at opposite end of the court each with a ball. 3 man weave going down, person who makes lay-up gets rebound and heads back down court. Other two players involved in the 3 man weave receive passes and shoot. Passers head back down to other end of court. Shooters get rebounds and stay at that end of court.



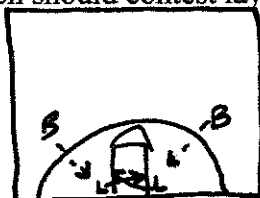
- 5) **3 man pass → 2 on 1:** 3 lines along baseline, 1 ball in the middle line. Players pass back and forth to each other as they shuffle down court. When coach blows whistle players come back in a 2 on 1.



Post Play:

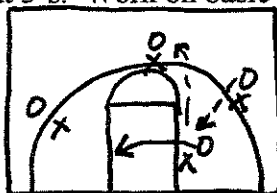
- 1) **Mikan Drill:** 1 player, 1 ball. Back and forth rapid right hand, left hand lay-up. Coach can contest shots or push player from behind with blocking pads.

- 2) **2 line lane:** 1 line at each lane, baseline intersection. Coach or guards on wings. Big man cuts to diagonal block and receives pass, chooses a post move and goes up strong. Coach should contest lay-ups or put defenders on post players.



- 3) **Wing Entry:** Same as entry pass drill described in passing section

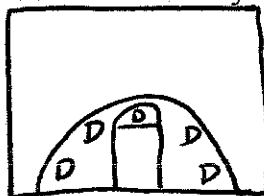
- 4) **2 in 4 out:** 2-4 players around perimeter, 2 players in lane (1 defender and 1 offensive player). Quick in and outs, entry passes for post moves, skip passes and rotations, kick out 3's. Work on basic fundamentals of post play.



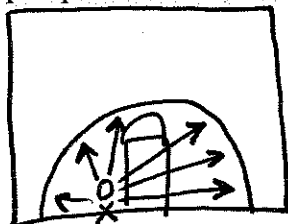
- 5) **1 on 1 feel the "D":** 1 on 1 on the low block. Defense picks a side (hi or low). Coach makes entry pass, offensive player feels the "D" and makes a move. Similar to 2 Line Lane drill.
- 6) **Offense Put Back:** 1 player in paint, coach throws ball off glass or rim. Player goes up strong for rebound, comes down, and puts it back up. Coach stands in front or behind with blocking pad to contest shot.

Breaking Down "D":

- 1) **1 on 1 vs. chair, cone, trash can, etc.:** Set up a "defender" at 3-5 different spots around perimeter. Work on stationary moves, dribble drives, and dribble pull ups.

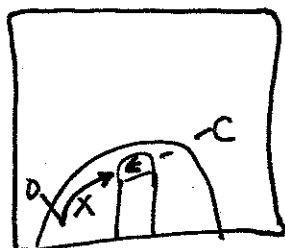


- 2) **1 on 1 Spin:** 1 line along baseline. Offensive player in the front, defender behind. Offensive player spins ball out and chases, defender follows. When offense catch's ball they shape up and read the "D." If "D" is soft pull up, if "D" is tight drive.



- 3) **2 on 2 Pick and Roll, or Pick and Pop**

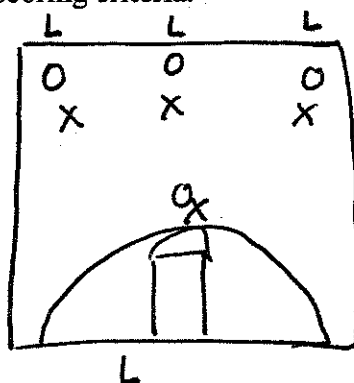
- 4) **Chair Curl / Cuts:** Position "defenders" at different spots around perimeter. Have players practice using different cuts or fades off defender. When they come off a screen coach will hit them with a pass for shot or lay-up. Can also add another offensive player to practice setting screens on the "defender" and seal back or roll.



Game Situations:

1) 3 on 3 on 3, 4 on 4 on 4, or 5 on 5 on 5

2) **4 on 4, 3 midcourt, 1 high post:** 3 lines along midcourt, 1 line on baseline. 3 on 3 from midcourt with a defender and offensive player at high post. Offense can not shoot until entry pass has been made to high post. Don't allow dribbling at first. Once players get concept of spacing, screening, and moving without the ball add dribbling in but only after high post entry pass has been made. Coach can also add various scoring criteria.





Blue Devil Pride

COACHING PHILOSOPHY

I will develop a program that is built on the values of regard, respect, discipline, hardwork, and positive mental attitudes. I firmly believe that a coach is someone who teaches these values with the goal of maximizing their students' potential both on the basketball court and in life. I will coach in a manner reflective of this belief while at the same time motivating my players to make themselves, and their teammates, better every day by setting goals, working hard to achieve those goals, and being accountable for the results. As a coach and a teacher of the game, I hold myself to these same standards.

GOALS

I firmly believe that the establishment of goals is vital to the success of any program or team. As a result all players and coaches will be expected to create a list of individual and team goals at the beginning of the season. Players will create two copies of these goals; one to hang in their lockers and one to hand in to the Head Coach. The Head Coach will then create five team goals based on what the players have outlined and post these goals on the locker room wall. By establishing these goals team members will be constantly reminded of what we are trying to accomplish. In addition the goals will create a sense of motivation throughout the season and accountability and accomplishment at the end of the season. Individual and team goals will be revisited periodically throughout the season to ensure progress is being made in achieving them.

ACADEMICS

Successful participation in athletics can only exist if there is successful participation in the classroom. The coaching staff will do everything in its power to help each individual become a reliable and responsible contributor in Epping High School classrooms.

Methods we will use to provide an atmosphere for academic success:

- We will encourage communication when players have tests and/or big projects so that we can practice around this accordingly.
- We must help students plan ahead to realize when long trips are coming so they can adjust their study schedules accordingly while also keeping their teachers informed.
- Our players will meet with the coaches regularly for discussion on how their academics are going. They will be able to give us direct input on how we, as a staff, can help maximize their academic potential.
- Progress reports, requiring all teachers' signatures, will be handed out two to three times per quarter in order for the coaching staff to actively monitor the classroom performance of all our athletes.
- We will always remember the term "Student-Athlete," not "Athlete-Student."

Boys Basketball Progress Report

Ranking: 5 - Excellent 4 - Good 3 - Average 2 - Below Average 1 - Poor

Class 1: _____ **Effort:** _____
Teacher: _____ **Attitude:** _____
Signature: _____ **Approximate Grade:** _____
Comments: _____

Class 2: _____ **Effort:** _____
Teacher: _____ **Attitude:** _____
Signature: _____ **Approximate Grade:** _____
Comments: _____

Class 3: _____ **Effort:** _____
Teacher: _____ **Attitude:** _____
Signature: _____ **Approximate Grade:** _____
Comments: _____

Class 4: _____ **Effort:** _____
Teacher: _____ **Attitude:** _____
Signature: _____ **Approximate Grade:** _____
Comments: _____

Class 5: _____ **Effort:** _____
Teacher: _____ **Attitude:** _____
Signature: _____ **Approximate Grade:** _____
Comments: _____

Ranking: 5 - Excellent 4 - Good 3 - Average 2 - Below Average 1 - Poor

Class 6: _____ **Effort:** _____
Teacher: _____ **Attitude:** _____
Signature: _____ **Approximate Grade:** _____
Comments: _____

Class 7: _____ **Effort:** _____
Teacher: _____ **Attitude:** _____
Signature: _____ **Approximate Grade:** _____
Comments: _____

Class 8: _____ **Effort:** _____
Teacher: _____ **Attitude:** _____
Signature: _____ **Approximate Grade:** _____
Comments: _____

Student Signature

Parent/Guardian Signature