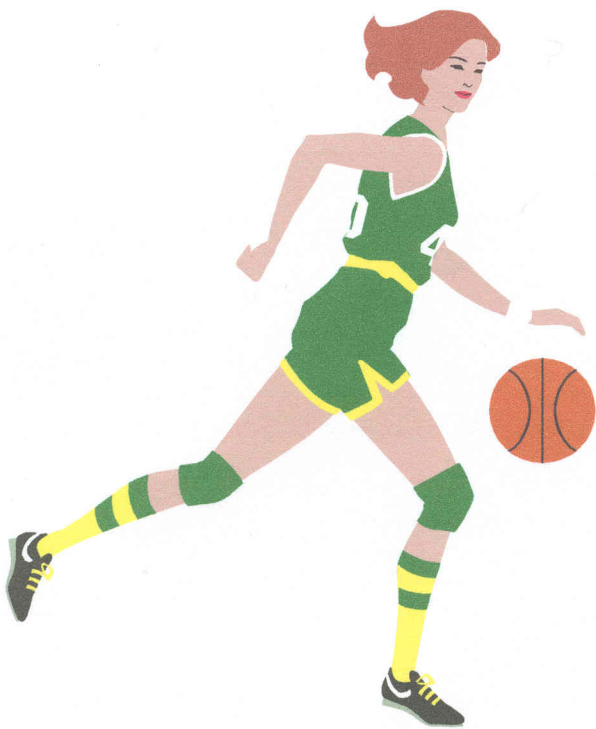


# **MASSENA BASKETBALL ASSOCIATION**



## **FUNDAMENTAL BASKETBALL LEAGUE INSTRUCTIONAL GUIDE**

## Practice 1

### 1. Hand out the balls

### 2. Handling the ball drills - Review Handling the Ball Sheet

#### ❖ Catching

- Hold the ball like a funnel
- Hold the ball with your fingers not the palms of your hand
- The funnel makes a backstop for the ball and keeps your fingers from getting jammed.

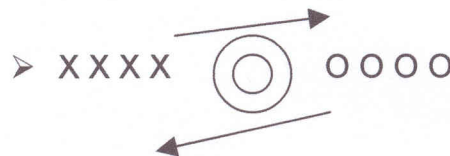
#### ❖ Ball Handling Drills

- Ball Tap (fingertips) up and down – full body
- Pounding the ball
- Circle around ankles – bend knees – both directions
- Circle around waist – both directions
- Circle around knees – both directions
- Circle around head – both directions
- Circle around the world – both directions
- Circle the ball around the right leg
- Circle the ball around the left leg
- Figure 8

### 3. Passing the ball -- Review Passing the Ball Sheet

- Form 2 Lines facing each other for this drill.
- Bounce and Chest Passes
  - Thumbs up → push → thumbs down
  - Feet together
  - Hands chest high
  - Step toward the direction you want to pass while extending your hands

### 4. Running Passing Drill - Stand at center court and pass ball through



to the next player. Then run to the left and switch lines.

### 5. Hand out schedules

### 6. Tell parents that practice ends 10 minutes before the hour

### 7. Tell parents and kids that boots stay in the hall. No wet shoes on the floor.

## Practice 2

### 1. Full review of Practice 1

- Special attention to kids that missed last week
  - Catching the ball
  - Passing the ball – Bounce and Chest Passes

### 2. Dribbling the ball

#### ❖ Review Dribbling Basics and Dribbling Motion sheets

- Start on the sideline and have the kids face the center of the court.
- Start dribbling motion --- eyes must be up
- Dribble with both hands
- Do X-overs

#### ❖ Dribbling Practice Drills

- Regular right
- Regular left
- Pound right – as low and fast as you can go
- Pound left – as low and fast as you can go
- Cross over
- Stop and Go
- Pull back and Go
- Keep away –dribbling inside circle and try to knock the others players ball away

#### ❖ Play a game of “Simon Watches”

- Players watch you and you do dribbling movements
  - Right to left
  - Forward and backward
  - On one knee
  - Put leg up; hand on head, anything to get the kids to watch you. It's a fun game and a good way to work on the basic dribbling skills.

### 3. Running

- Run on your toes; not your knees.
- Swing arms
- Head up
- Under control
- **DO NOT RUN INTO THE WALL -- Pads on walls are for hockey players, not basketball players.**
- Drills:
  - Running up and down gym
  - Run backwards up and down gym. Lean forward so you don't fall backwards.

## Practice 3

### 1. Repeat everything taught to date.

- Passing and catching
- Passing at the center floor drill
- Dribbling – Simon Watches game

### 2. Dribbling – More advances

- Dribbling around the gym – follow black lines
  - Opposite hand out to protect the ball
  - Try to hit the ball away as they go by you.
  - Add cones around the gym so they have to change hands.

### 3. Shooting

- Review the Shooting Hand Position Sheets Pages 1 and 2.
  - **DO NOT ALLOW A TWO-HANDED SHOT.**
- **Shooting Drills**
  - **Form**
    - Use correct hand position
    - Elbow straight ahead
    - Feet square
  - **Catch**
    - Shoot the ball directly over your head – catch it in your hands as it falls back towards you. See if you can do it without moving.
  - **Shoot off Backboard**
    - **When you're inside the Paint, use the backboard.**
    - **All shots should be taken from inside the paint.**

## **Practice 4**

### **1. Repeat Practice 3.**

### **2. Add the lead passing drill.**

- Show kids the difference between a bullet pass and a finesse (soft) pass
- Have 2 players run the length of the gym giving each other good lead passes.

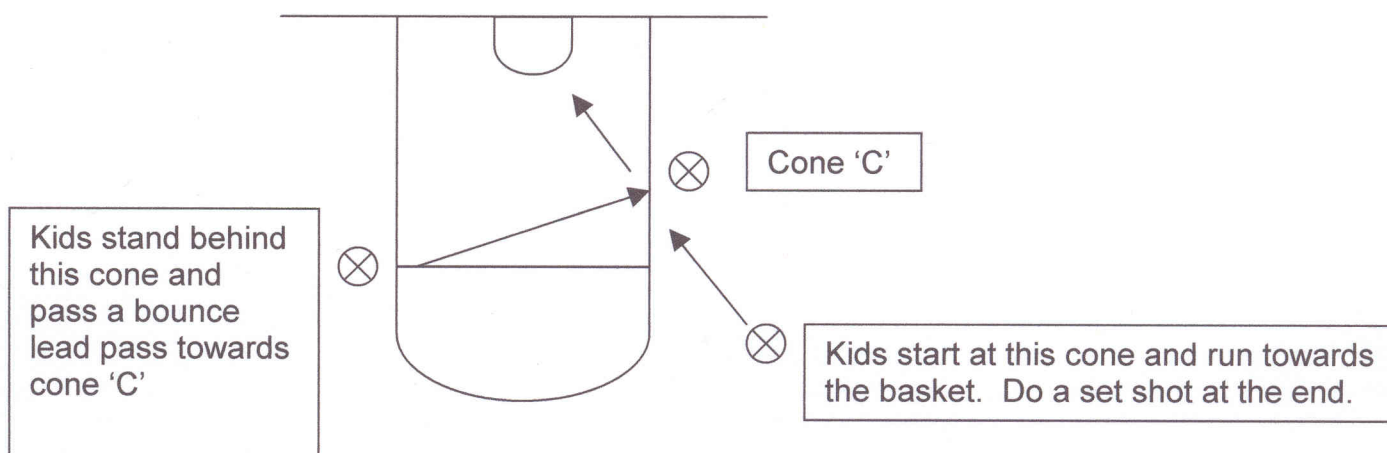
### **3. Kids love to play little competitions:**

- Lead pass competition
- Drilling competition
- Shooting competition
- **NOTE: 10 PUSH-UPS TO THE LOOSING TEAM (INCLUDING COACHES)**

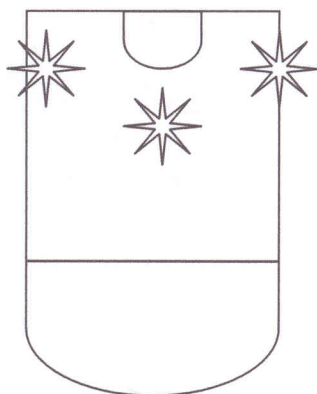


## Practice 5

1. Repeat Practice 4
2. Add the following shooting drill



### 3. Competition shooting drill:



Coach stands under the basket and gives each player 3 bounce passes. The player shoots the ball at each position and "SCOOTs" to the next position.

### 4. Competitions:

- Dribbling relay race.
- Lead pass relay race.

## **Practice 6**

- 1. Continue to repeat the drills from previous practices.**
  - ❖ **Especially focus on dribbling drills**
- 2. Passing drill**
  - ❖ **Focus now on taking a big step towards the target and extending their arms.**
- 3. Show them how to PIVOT**
  - Must decide what foot will be the pivot foot
  - Pretend what there is a nail through your foot
    - If a nail is in your foot, you can't drag it, you can only spin around
- 4. Show them the TRIPLE THREAT POSITION**
  - ❖ Ball moves to your hip
    - From this position you can
      - Dribble
      - Shoot
      - Pass
- 5. Shooting**
  - Have player give shooter a bounce pass
  - Shooter goes into Triple Threat Position
  - Positions hands for shooting while ball is on hip
  - Shooter shoots a one handed shoot
- 6. Add in some shooting, dribbling or running Competitions**

## Practice 7

### 1. Continue to repeat the drills from previous practices.

❖ Especially focus on dribbling drills

### 2. Bring in terms

- Key
- Paint
- Foul line
- Mid-count
- Baseline
- Sidelines
- Top of key

### 3. Boxing out

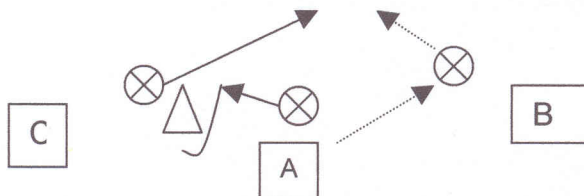
- Put players into 2 circles
- Two players come into the circle
- One player will box out the other player
- Slap ball to floor and count to 6
- If the boxing out player can keep the other player from getting the ball for 6 seconds, they win.

### 4. Setting a PICK

- Reason why you set picks:
  - To free up a player by blocking his defensive coverage
  - To set a pick on the floor and then your team mate run by it causing the defensive coverage to get "picked off"
- Set a pick by standing tall with your arm crossed in front of you (protecting your "privates")
- Player must not move. You cannot lean into a defensive player to pick him off.

### 5. 3 basic pick (screen) plays

#### ➤ Screen Away

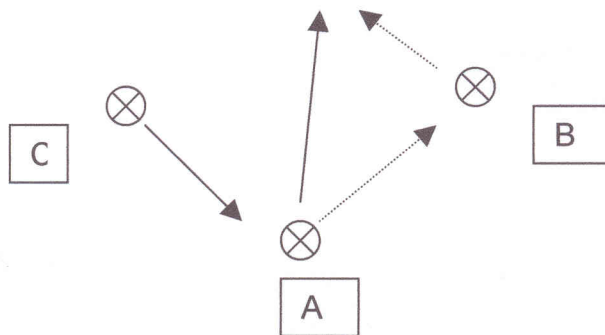


- Player "A" passes the ball to player "B", then picks for player "C", who breaks for the basket and player "B" passes the ball back to for the easy shot.



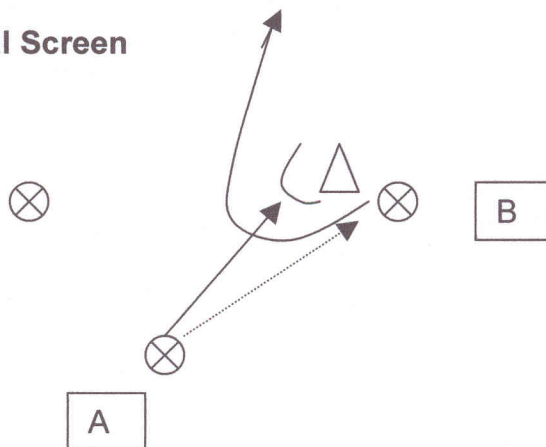
## Practice 7 cont.

### 6. Basket Cut



- Player "A" passes the ball to player "B", then breaks for the basket. Player "C" fills players "A" position at point guard. Player "B" passes the ball to Player "A"

### 7. Ball Screen



- Player "A" passes the ball to player "B" and then set a pick for him to. Player "B" Run dribbles around the screen towards the basket and shoots.

### 4. Add in some shooting, dribbling or running Competitions

## **Practice 8**

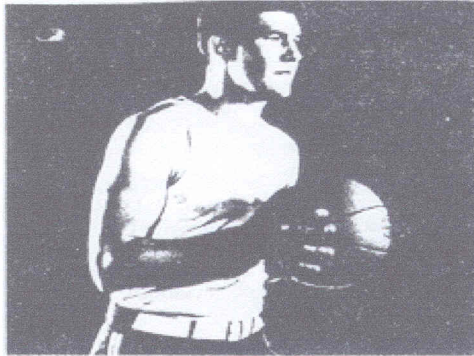
- 1. Continue to repeat the drills from previous practices.**
  - **Especially focus on dribbling drills**
- 2. Start to introduce a Lay-up**
  - Start about 2 steps from the basket
  - Hand the shooter the ball
  - Have them take a big step and shoot the ball off the backboard
  - Do this from both sides
  - ❖ Remembered
    - Hop on the inside leg
    - Shoot with the outside hand
  - If the kids cannot get this concept ask this to SKIP. The move to the basket is like skipping.
- 3. Advanced Lay-ups**
  - Move back to 3 steps
  - Start with the right foot, then left. Then shoot
  - Continue to move back once they mastered this
  - Remember to do it from both sides
- 4. Add in some shooting, dribbling or running Competitions**

## **Last Practice**

- 1. Review all concepts**
- 2. Do competitions**
- 3. Collect shirts**

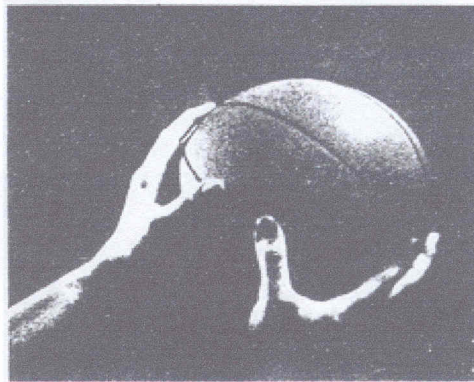
# Handling the Ball

4



Fingers and Thumbs are spread evenly around the ball

3



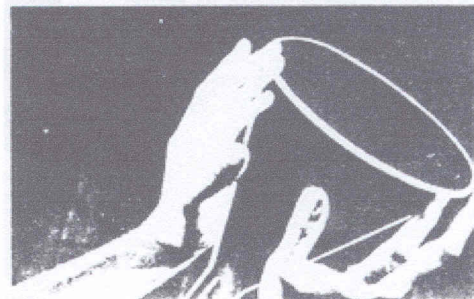
Never hold ball in the palms of your hands

2



Form a backstop -- Fingers trap the ball

1

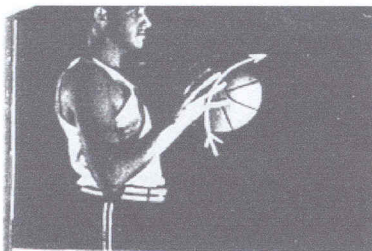


Pretend you are holding a funnel

## Passing the Ball

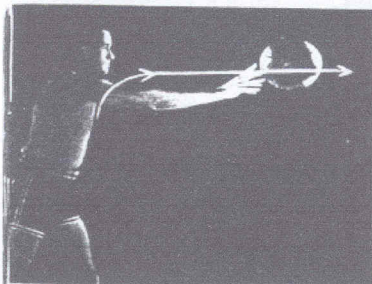
THUMBS UP ==> PUSH ==> THUMBS DOWN

1



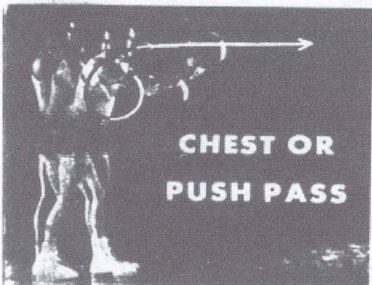
Pull the Ball back keeping your THUMBS UP.

2



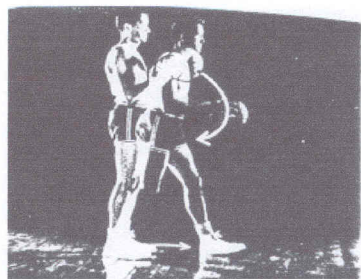
PUSH the ball forward moving your THUMBS DOWN. Do not snap or throw the ball.

3



Use a Complete Arm motion -- Reach for the person you are passing to.

4



As you start to make the pass, Step Towards the person you are passing to.

5

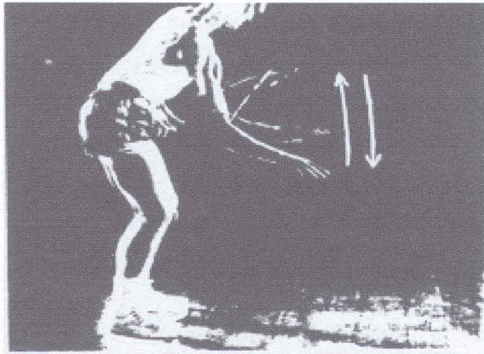


Legs are Bend Slightly



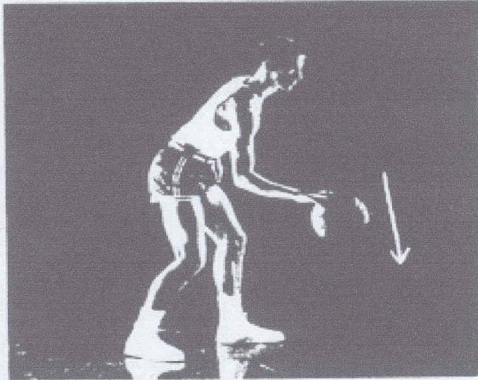
# Dribbling Basics

1



Dribbling is an easy RELAXED up and down motion

2



Start bouncing the ball on the floor.

Don't SLAP at the ball.

Just PUSH it Down with your hand  
(Hand should follow the ball).

3



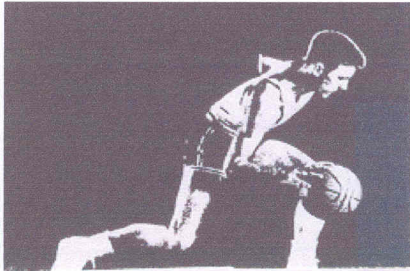
Let the ball RIDE back up with your hand

and PUSH it back down again

Always keep your eyes up. Never look down at the ball. Use your magic vision (Peripheral Vision)

# Dribbling Motion

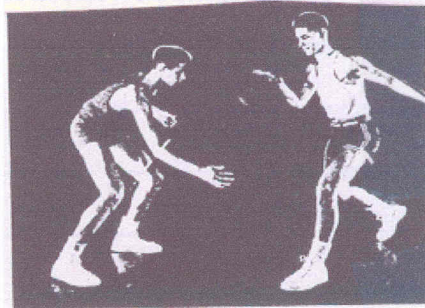
1



Keep your BODY low

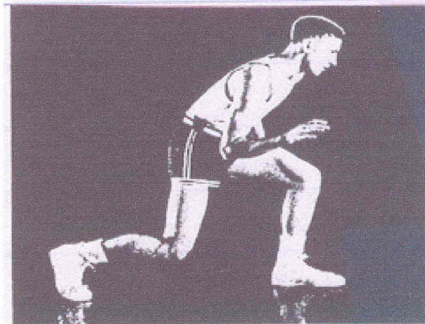
Your HANDS should be close to your KNEES

2



DON'T dribble HIGH. This leaves the ball unprotected

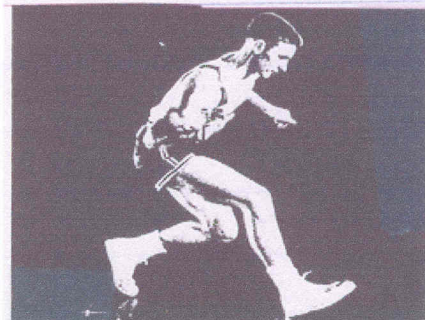
3



TO protect the ball better, Keep LOW.

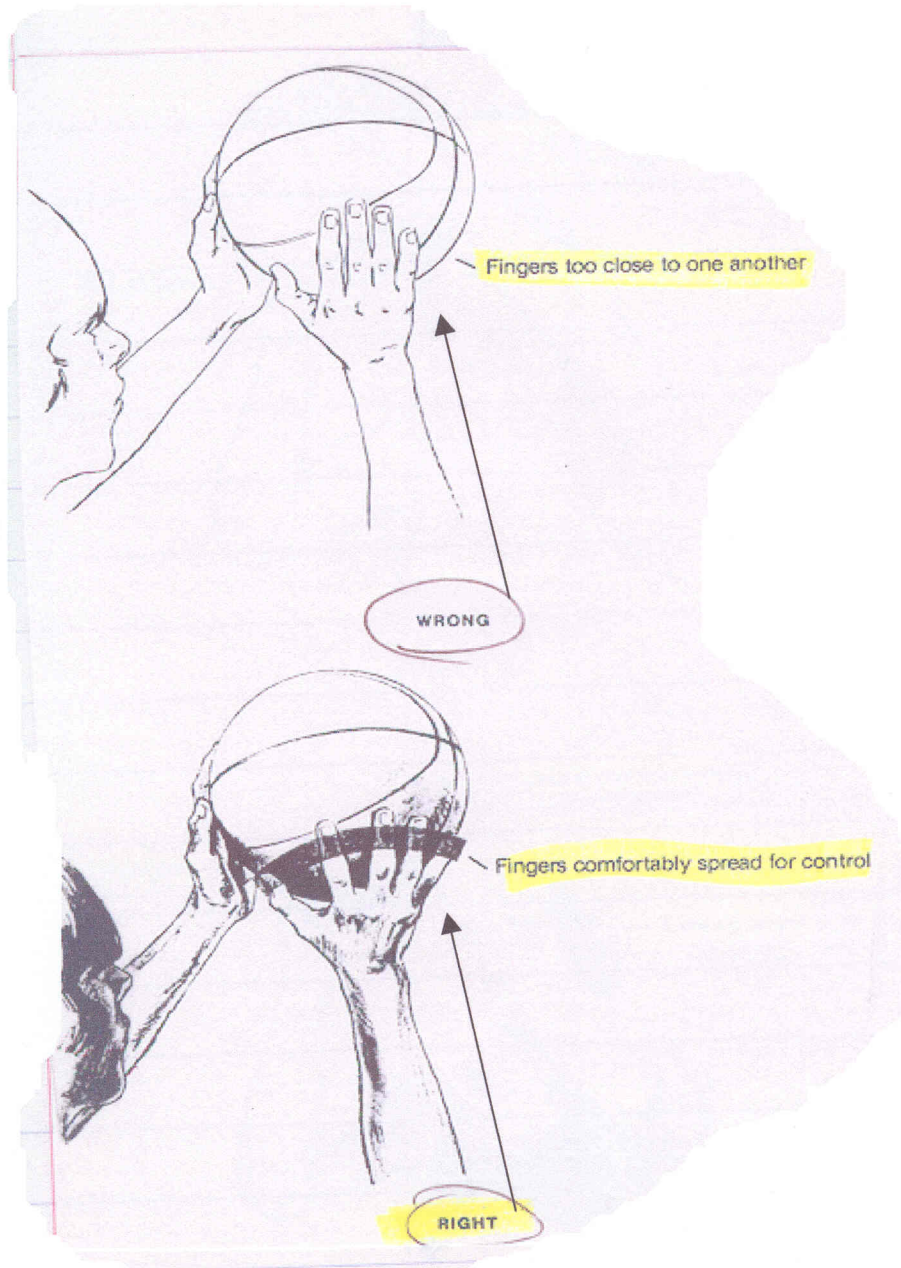
Eyes should be FORWARD, not looking at the ball.

4



A good practice drill is to move without the ball. Keep your body low to the ground.

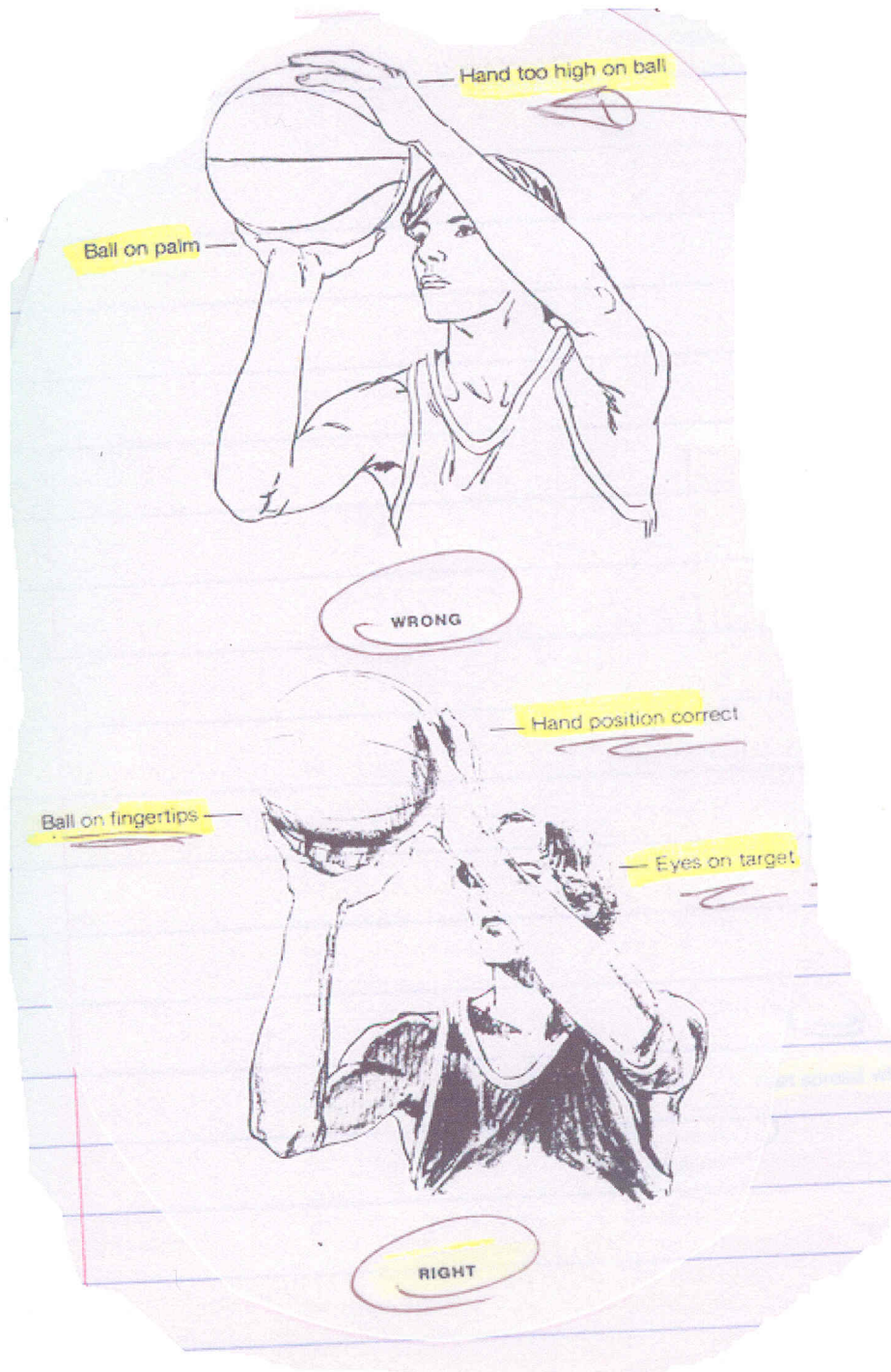
# Shooting Hand Position page 1





# Shooting Hand Position

Page 2



## **Stationary Drills:**

- Finger tip drills (control over the head)
- Leg Circle
- Knee Circle
- Waist Circle
- Head Circle
- Dribble around each leg
- Dribble Figure Eight
- Pound Dribble
- Push – Pull Dribble
- Cross Over Dribble (Left – Right)

## **Dribbling:**

- Full Court Right Hand
- Full Court Left Hand
- Full Court Cross over @ Half Court (Keep the dribble on the respective hand Left-right)
- Full Court Spin @ Half Court

**Passing Skills Drill:** Target with hands, step towards the pass, and absorb the pass in the hands.

- Chest Pass, with a partner.
- Bounce Pass
- Full Court Chest Pass
- Full Court Bounce Pass
- Circle Pass, (pass & follow your pass).

## **Shooting Drills:**

- Lay-ups, Right handed
- Lay-ups Left Handed
- Perimeter step-in shot, (1-2 Shot, or left-right shot).
- Blocks 21, with teams. (2 points for a made shot followed by 1 point for the lay-up. Shot again if you make both.)
- Full Court lay-ups. (Ball at the end of the line, roll between feet, dribble down & shot the lay-up. Dribble to the other end & shoot the lay-up. Dribble to the end of the line, roll ball through legs & next person goes. After the last persons completes, roll the ball between the legs & sit down.)
- Knock-out

## **Defense:**

- Go over the basics, hand position, see the ball, see your man, lose when the ball is two passes away, etc. (Also, if you lose your go to the basket to find them. Stand in front of the basket, locate them & then re-engage the player.)
- Full Court “W” drill
- Full Court dribble with a defense player on the ball.