

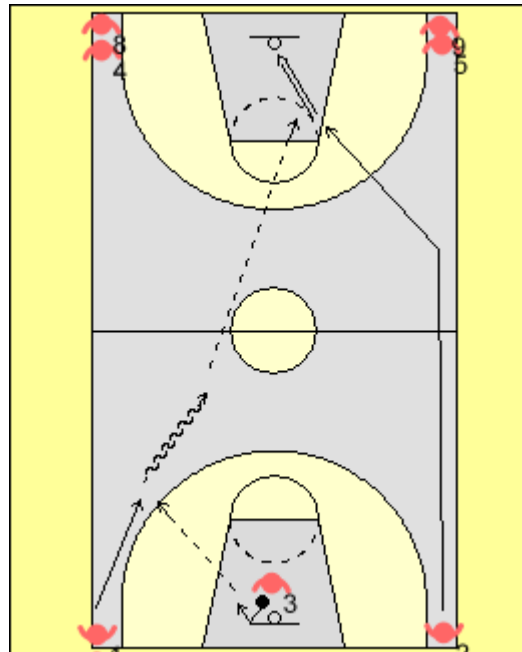
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Transition for young players



What follows is a progression that Jeff Boelhouver used with a major atom girls team (11years old). The gym was an elementary sized gym so the distance the girls were running was not that long. I was very impressed with the ability of the girls to keep their eyes up, lead each other with passes, and run for a sustained period of time. Everyone played every position.

Four corner long pass lay ups

The players start in four corners of the gym. One player tosses the ball off the backboard and passes the ball to the outlet on that side of the floor. The player must decide to pass or dribble the ball. The other corner player is sprinting to the open basket. The ball is passed and the lay up scored.

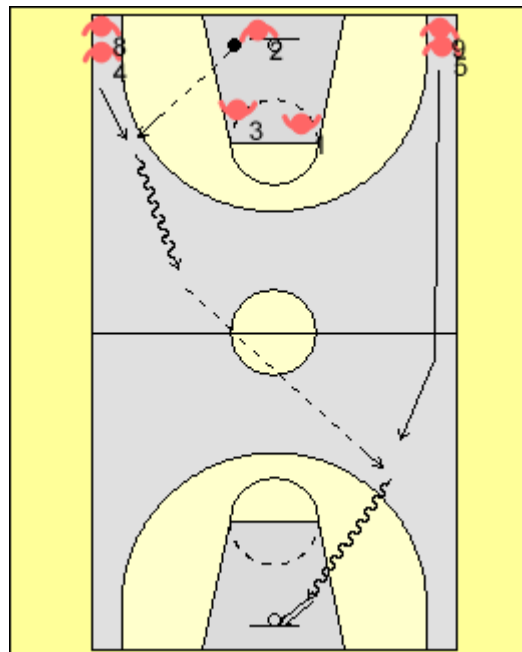


The player who scored the basket now takes the ball and starts back down the court with the two new players in the corners. The other two players had to sprint to be in the key for the rebound. They now fill the corners as subs.

Most of you will recognize that this leads nicely into Italy shooting. This is where the corner people would pass a ball to the two players who did not score before joining in as the next offensive players.

Points of emphasis

- choose a side when inbounding the ball, not directly under the basket
- communicate
- sprint the floor
- dribble to shorten the pass
- lead the player with the pass

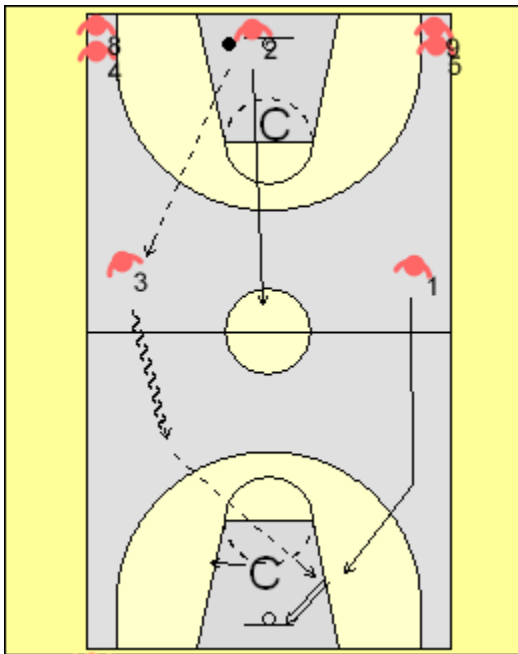
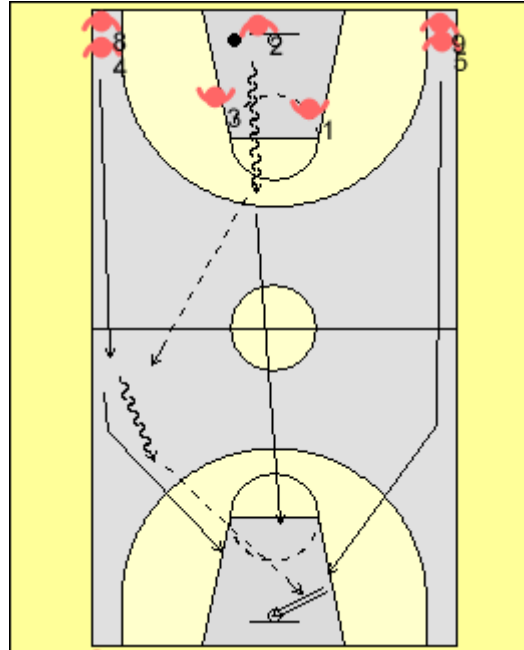


Breakout dribbles

Now we add the breakout dribble. If the lay up is missed the player who rebounds, drop pivots to see the whole floor. He /she dribble up the middle of the floor. When one of the wing players is ahead of the ball it is passed. If the opposite wing is ahead of the ball it is also passed. Everyone must sprint to be in the key on the shot. It is important that the players waiting in the corners anticipate the rebound or the made basket.

Load the drill

- ❑ Add a coach as a guided defender on the rebounder. The player must decide to make the outlet pass or breakout dribble.
- ❑ Add guided defenders on the outlets

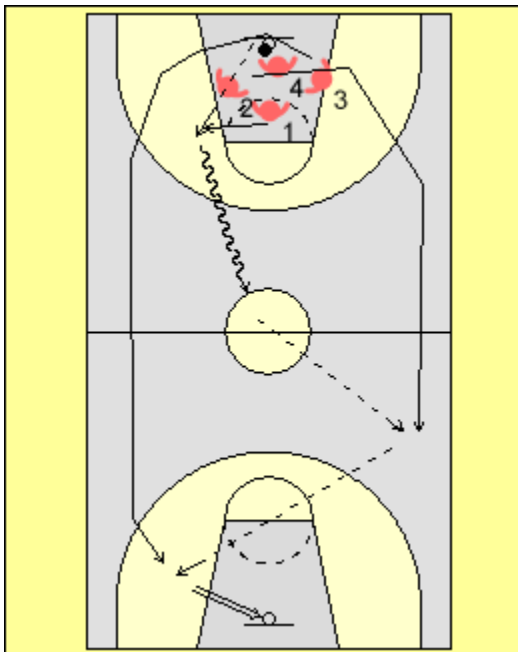
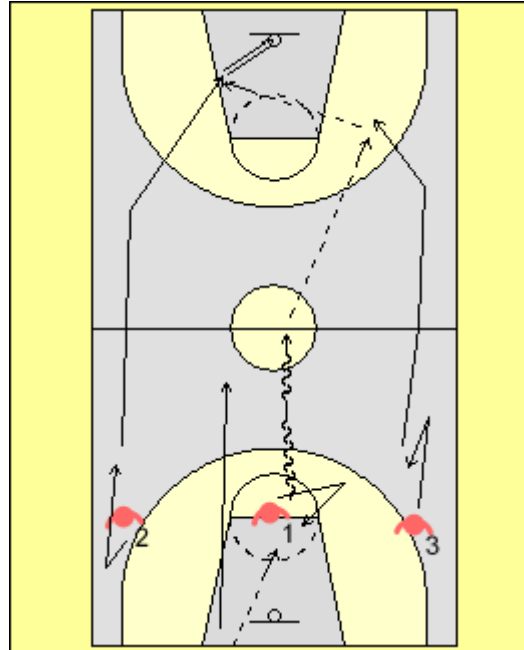


2 on 1

We now add a coach at each end as a guided defender. The players must keep their eyes up and read if the basket is open. Eventually allow the players to play defense.

4 on 0

Four players set up as in the diagram. The three players in the lanes use misdirection cuts to get open. The inbounder passes the ball to the player in the centre lane. The outside lanes run the floor. When someone is ahead of you pass the ball. All four players must get into the key for the rebound.



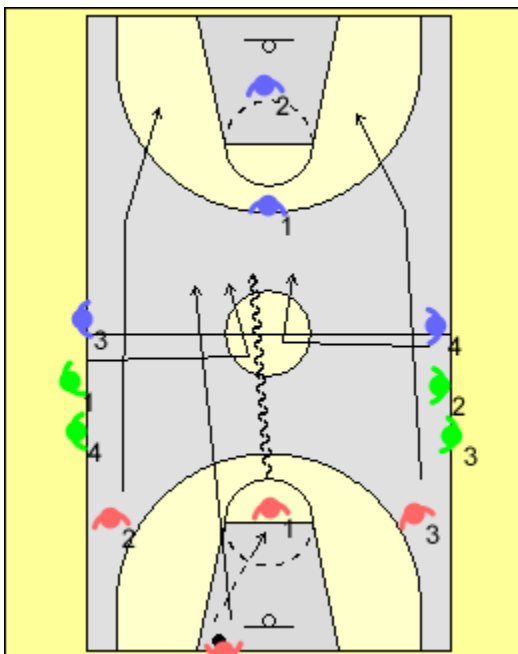
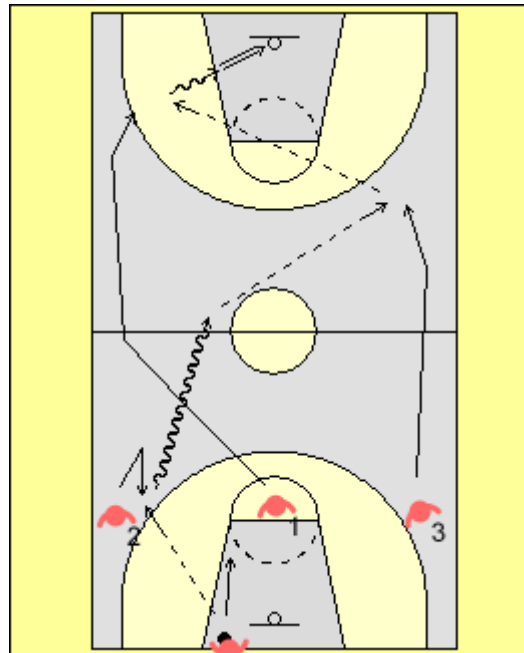
The player who inbounded the ball must rebound the ball before it hits the floor. The two wing players cross and run in the other direction. The outlet gets the ball and the drill starts back in the other direction.

If the pass goes into the side, the middle player must fill the outside lane. The ball is dribbled to the middle and passed ahead as the player appears.

Note: It is very important at younger ages to let all players play every position.

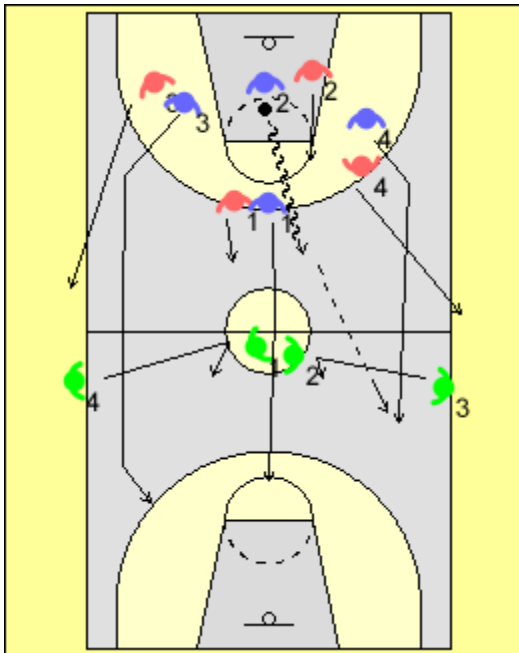
Load

- Add guided defenders who just defend the inbounds pass
- Add defense



4 on 4 on 4

The drill starts the same as 4 on 0. Two defenders for the blue team are back on defense. When the ball crosses half the other two blue defenders must run in from half through the centre circle before playing defense. This gives red team a brief time to attack 4 on 2.



When the ball crossed half, two of the green player went to the centre circle. The other two were at half ready to run in. When the blue team gets the ball they now attack green 4 on 2. When the ball crosses half the other two green players join in. The red team has two players go to the centre circle and the other two to half court on the sideline.

This is a continuous drill. Coach on the fly and let the players play through mistakes. Stop them for rest and debrief key learning's.

Load

The team that was just on offense can press until half. This works on getting the ball over half court in 8 seconds.

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