

7th Annual
Bridgewater-Raritan



Basketball Camp
Camp Notes

Week 1:

June 22 – June 26, 2015

“Advanced Training”

Monday, June 22, 2015

Coach Gene McAteer – Head Varsity Basketball Coach

Bridgewater- Raritan High School

Advanced Basketball Training Skills Camp

Get out of your comfort zone and learn from your mistakes in an atmosphere that fosters your development as a player. The BRHS varsity and JV coaches will work directly with each player. Are you trying to make a competitive team next winter?

This high intensity camp is designed to teach skills and drills assisting players to get to the next level. Video analysis will be used to augment the instruction.

June 22-26 at the B-R High School – back gym – space is limited

Advanced training for players motivated to make a travel, AAU,

Middle School, or High School team

**Age/Gender of campers: we accept boys and girls entering grades 5-9 in
September 2015**

Monday Morning Workouts

Coach Steve Kline – Bridgewater-Raritan Junior Varsity Head Coach

- Ball Handling Stationary – With all these drills players need to keep their head up to see the floor. Players should get comfortable doing the drill then in order to push yourself you need to pick up the pace. It is OKAY to make a mistake it means you are pushing yourself outside your comfort zone and that helps you become a better player
 - Hard right and left hand dribbles – ball coming about waist height
 - Hard right and left hand dribbles – ball coming about knee height
 - In and out dribble in front of the player – ball staying in the right hand and then in the left hand
 - Front to back dribble on the side of your body right and left hand – Dribble in one hand back and forth in an athletic position on the side of your body where the ball hits right on the side of your foot
 - Dribble behind the back without letting the ball become out of control or go in front of your body
 - Dribble around your right leg with your right hand and left leg with your left hand
 - Spider ball handling – the ball stays between your legs and to start you dribble it with your right and then left hand in front of your body.

As soon as you take your dribbles in front move your hands behind your back and take a dribble with your right then left hand. Continue to switch between in front of your body and behind your back

- Ball Handling on the move – Mirror Ball Handling
 - Players will go sideline to sideline doing ball handling moves. Once the first player gets to the opposite sideline the next player will go
 - Players need to do identical moves with their heads up to avoid collisions
 - First move in and out with your right hand
 - Second move in and out with your left hand
 - Third move in and out to a crossover starting with your right hand and finishing with your left hand
 - Fourth move in and out to a crossover starting with your left hand and finishing with your right hand

Coach Chris Fox – Assistant Varsity Coach Hillsborough High School

- Passing concepts and warm up
 - Always have your hands ready to catch the ball. Many players take this for granted from youth players to college and pro athletes
 - Try to pass and catch the ball with two hands, you have more control over the situation
 - Slam the ball into the floor and catch it prior to it going above your shoulders
 - Having strong hands will benefit your ability to catch the ball and make plays during a game
- Passing Drills
 - Partner Stationary Passing
 - One player will throw a chest pass as the other throws a bounce pass
 - The same player will continue to throw the same pass until the coach tells them to switch
 - This drill focuses on a player's ability to quickly recall which pass they need to throw
 - One hand catching and passing – this drill will strengthen the players left and right hand
 - The players will throw a pass and catch a pass with one hand
 - They will not use their body to trap the pass
 - 3 Line 2 Ball Passing

- One player starts in the middle the other two where the three point line meets the baseline
- The middle player and one outside player will have a ball
- The middle player passes the ball to the outside player without a ball and then quickly turns to the other player
- Upon the middle passing the ball to the outside the outside player that started with the ball will pass to the middle player
- The drill continues the length of the court and back with the players quickly passing, catching, and in the middle players case pivoting sideline to sideline
- The drill can be done with chest, bounce, or over the head passes
- 3 Line passing to a 2 on 1
 - Players will perform a three line passing drill in which they will run the length of the court passing in the same nature as the above drill with one ball
 - The two outside players must make it all the way to the baseline as the middle player must only touch the opposite foul line
 - The two outside players will then attack on a 2 on 1 against the defender
 - In the two on one it is important the outside players maintain good spacing on the court so the defender cannot guard both
 - One shot for the offense and then the next group goes

Coach Gene McAteer – Head Varsity Basketball Coach Bridgewater- Raritan High School - See the link for the first three moves. There are additional moves shown as well. <https://www.youtube.com/watch?v=s2stXKVsFHk>

- Dwyane Wade Scoring Drill
 - Cones will be set up directly on line with the basket at about five feet and ten feet from the basket, one at each spot
 - Players will start on the left wing and will attack the basket with one or two dribble to get them in between the cones
 - At the cones the player will jump stop squared towards the sideline
 - Next there is a series of scoring moves that the players will execute

- Move one is a baby hook with their right hand, use your body to protect your shot, if you miss follow your shot and make the lay-up
- Second move is a jump stop and shot fake, use your whole body to sell the shot, bend your knees like you are going up, use your head and shoulders to sell it. Then go up for a baby hook, if you miss follow your shot and make the lay-up
- Third move of the morning was to attack then plant your left foot and reverse spin. Your right foot should drop to the basket allowing you to put your body between the defender and the ball. Drop the right foot while you take your last dribble so you do not travel. Once your right foot is established as your pivot foot finish the spin towards the basket bringing your left foot forward to finish at the rim with a left handed lay-up
- In the afternoon we repeated the first three moves from attacking from the right side and finishing the first two moves with our left hand and the third move with our right hand
- See the link below for the first three moves. There are additional moves shown. <https://www.youtube.com/watch?v=s2stXKVsfHk>

Monday Afternoon Workouts

Coach Steve Kline – Bridgewater-Raritan Junior Varsity Head Coach

- Ball Handling Stationary (cont.)
 - Figure 8 Ball Handling
 - Players will dribble around their right leg with their right hand and then pass off the dribble to their left hand to go around their left leg and continue to do back and forth
 - Passing around the ankles, waist, head and then snake up and down
 - It is ok to make a mistake, it just means you are pushing yourself
 - Pass between the legs from front to back with two hands passing and catching
 - Spread legs about shoulder width and pass the ball between your legs from front to back catching it with two hands behind your back and then bring it back to the front and go again
- Ball Handling on the Move (cont.)– Mirror Ball Handling
 - Behind the back – sit down on the behind the back dribble do not simply wrap it around your back
 - Behind the back to between the legs

Coach Chris Fox – Assistant Varsity Coach Hillsborough High School

- Figure 8 Passing Drill
 - Perform a figure eight with the ball starting in your right hand and passing it between your legs to your left hand, then going around your left leg pass it back to your right hand, once in your right hand go around your right leg then performing a underhanded right hand chest pass
 - The drill should be done with a left hand chest pass as well, the only difference is the player will start with the ball in their left hand instead of their right hand
 - Do the same drill with a bounce pass instead of a chest pass
 - To make it competitive, partners can go until both balls end up with one partner, or you can race against another team
- 4 Corner Passing Drill
 - Two players will start in the four corners of the half court
 - The first player in each line will have a ball
 - They all will attack the foul line area at the same time
 - After two dribbles they should be in the half moon area by the foul line, they will all jump stop
 - When they jump stop they will use their left foot as their pivot foot and pass to the corner to their right
 - After the pass they will follow their pass to the same line
 - The player receiving the pass will attack the same area and jump stop
 - The drill continues the same way for a certain amount of time
 - The players will then do the same drill passing to the left
 - This time the pivot foot will be the right foot and they will step with their left foot
 - The drill can also be done with bounce passes, no look passes, and over the head passes
 - To see the drill visit the link below.
 - <https://www.youtube.com/watch?v=SZ076IuKYvw>

Tuesday, June 23, 2015

Tuesday Morning Workouts

Coach Steve Kline – Bridgewater-Raritan Junior Varsity Head Coach

- 2 Ball Stationary Ball Handling
 - Drills are done with partners for 30 seconds each and then switch
 - Athletic stance knees bent and back straight with your feet shoulder width apart and keep your head up
 - Dribble two balls waist height hard and fast having them come up at the same time
 - Dribble two balls waist height hard and fast having them come up at alternating times, so one ball up one ball down
 - Left hand waist high dribble and right hand knee height dribble
 - Right hand waist height dribble and left hand knee height
 - Both balls in and out dribble, both balls go to the right at the same time and to the left at the same time
 - Front to back with the balls on the side of the body with both balls going forward and backwards at the same time
 - Cross over and behind the back, this is by far the hardest of the group, one ball will be going behind the players back as the other crosses over in front of them
- Competitive Dribble Knockout
 - Coaches designate an area in which players must stay i.e. Half court, three point line and in, the lane, or the half circle on the top of the lane
 - Players must protect their dribble while trying to knock out other players basketballs
 - Players must maintain control of their dribble, they cannot just leave their ball bouncing while chasing another
 - Any dribble that stops or double dribble also results in a player being removed
 - The fewer players in the game the smaller the area
 - This is a fun and competitive game that continues to work on the dribble moves being emphasized in the ball handling workouts

Coach Chris Fox – Assistant Varsity Coach Hillsborough High School

- Partner Passing Drills
 - Scoop pass – the players will pass with one hand and catch with one hand throwing a low scoop pass to their partner attempting to have it land in their palm about knee height

- Dribble Catch and Pass – One player will throw a two handed chest pass to their partner. The partner will catch the pass with one hand and immediately dribble the ball. Upon the ball coming back up they will immediately pass it back with that one hand. They will do this drill with their right and left hand
- Dribble Catch, Crossover and Pass – Starts the same as the previous drill but after the dribble catch, the player will perform a crossover dribble and pass with the opposite hand they caught it with
- 3 Man Weave without the finish
 - The drill starts with three lines on both baselines, one directly in the center of the court, and the other two on the wings
 - Players passing the ball to the wing and replacing the wing player by running behind them as the wing player passes across court to the opposite wing and follows their pass
 - The players will go the length of the court and back
- 3 Man Weave with finishing
 - The drill starts with three lines on both baselines, one directly in the center of the court, and the other two on the wings
 - Players passing the ball to the wing and replacing the wing player by running behind them as the wing player passes across court to the opposite wing and follows their pass
 - The player who receives the ball at the foul line area will jump stop and throw a bounce pass to the cutting player for a lay-up
 - The player who threw the pass and the third player will receive a pass from the next players on the wings on the baseline for a jump shot
 - They will get their own rebound and pass to the next players on the baseline

Coach Gene McAteer – Head Varsity Basketball Coach Bridgewater- Raritan High School - Description and a visual demonstration can be seen at the link below <http://skilldevelopmentcoach.com/>

- Fake Baseline Pullout Moves
 - Two cones will be set up a step outside the block and about 4 feet up the lane from the first cone
 - Players will attack the basket from the left wing
 - Once they reach the first cone they will pretend to be taking the ball out as if they were stopped by a defender

- They will plant their left foot and have the ball in their left hand moving towards the second cone
- They will then drop their right foot to the basket sealing off the defender and cross back over to their right hand
- We performed this drill with four different finishes
 - Power lay-up off of two feet
 - Left handed lay-up off of one foot
 - Right inside hand lay-up off of the left foot
 - Reverse right handed lay-up
- The more repetitions a player gets the better their foot work will become and the move will become more effective
- In the afternoon campers attacked from the right wing performing the same drill and finishes

Tuesday Afternoon Workouts

Coach Steve Kline – Bridgewater-Raritan Junior Varsity Head Coach

- ½ Court attack with Dribble moves
 - There is a line at half court looking at the basket
 - First three players have a basketball
 - Players will attack the three point line at which they will perform one or two dribble moves
 - In and Out
 - Crossover
 - Behind the back
 - Between the legs
 - In and out to a crossover
 - Behind the back to between the legs
 - Players need to emphasize the teachings in the stationary drills and the previous workouts to continue practicing proper form and developing good habits regarding their dribble moves
 - Players also mixed up their finishes as they did in the Fake Baseline Pullout Drill
 - Two footed power lay-up
 - One foot lay-up
 - Inside hand one foot lay-up
 - Reverse lay-up
 - It is important the players attack from both the left and right side to continue to develop their weaker hand

Coach Chris Fox – Assistant Varsity Coach Hillsborough High School

- 2 Line passing
 - One ball and two lines standing at the sidelines
 - One player will pass to the other line and follow their pass to the right
 - The player receiving the ball will move forward as it is in the air to meet the pass not allowing a defender to cut in front of the pass
 - The receiving player will catch the ball and keep a pivot foot while throwing a pass back to the other line
 - The drill continues this way
 - Players must pay attention to the direction they are told to run, the type of pass, and have their hands ready, catching the ball is an overlooked aspect of the game but is extremely important
 - Change the type of passes and the side to follow your pass
 - Chest
 - Bounce
 - Alternating
 - Over the head snap pass
 - One handed baseball pass right and left handed
- **Syracuse Lay-Ups**
 - There is a line of players starting in both of the corners of the court
 - There will be a player placed at the near side sideline at the foul line extended and at the opposite end of the foul at the center of the foul line
 - Both sides of the court will be going at the same time
 - 3 Balls in each line
 - The corner will start by passing the ball to the player on the same sideline
 - They will then run up the court and receive a pass back when about parallel to the player on the sideline
 - Once receiving the pass pivot and pass to the player at the opposite foul line, it is important for players to focus on their foot work and catch, pivot and pass without traveling
 - The player on the foul line will then lead the running player in for a lay-up
 - After shooting the lay-up, make or miss, get your own rebound outlet to the line in the corner and then go to the back of the line.
 - After a while, stop the drill, place new passers at the elbows and allow the elbow passers to go into the corner lines
 - Do the drill for both right and left handed lay-up as well as power lay-ups on both sides

Tuesday's Drill Station in Game Rotation

- 2 Ball Shooting
 - Two lines under the basket where the lane line meets the baseline
 - One line has the ball in the front of the line the other has it with the second player
 - The first player runs to the block and across the lane as if the block on the court is a screener
 - They will make it across the lane and receive a pass for a lay-up from the opposite line
 - As the player makes the pass they will run behind the shooter in the same fashion to the other side for a lay-up
 - The rebounder gives the ball to the opposite line they came from and goes to the back of the line
 - Set a goal at each spot to make then take a step back to continue, the hash marks on the lane, the elbows, and three point line are good indicators in which you catch and shoot from
 - Continue to step back as you reach your goal
 - You can add onto the end of the drill with pump fakes and get to the rim for a lay-up, jab and go for a lay-up, or rip through and go for a lay-up with different finishes like a power lay-up, one foot right and left lay-ups, inside hand lay-up or reverse lay-ups

Wednesday, June 24, 2015

Wednesday Morning Workout

Coach Steve Kline – Bridgewater-Raritan Junior Varsity Head Coach

- Cones will be set up in a zig-zag formation in the full court at the elbows and sideline at half court
- Players will start on the baseline with two basketballs
- They will first dribble the length of the court in the a zig-zag with both balls hitting the floor at the same time
- The will perform the circuit again with the balls alternating hitting the floor
- Third circuit is hitting at the same time and performing a double crossover at each cone
- Fourth trip is balls hitting the floor at the same time and then a behind the back and crossover at each cone

Coach Chris Fox – Assistant Varsity Coach Hillsborough High School

- 4 Corner Attack the Baseline Passing Drill
 - Two players will start in the four corners of the half court
 - The first player in each line will have a ball
 - The two half court lines and the left corner, if looking at the drill from half court, will attack the lane
 - The player in the right corner, if looking from half court will attack the basket by going baseline with their right hand
 - After two dribbles they should be in the half moon area by the foul line and the block area around the basket, they will jump stop
 - When they jump stop they will use their left foot as their pivot foot and pass to the corner to their right
 - After the pass they will follow their pass to the same line
 - The player receiving the pass will attack the same area and jump stop
 - The drill continues the same way for a certain amount of time
 - The players will then do the same drill passing to the left
 - When going to the left, the left side corner will attack the baseline and the right side corner will attack lane
 - This time the pivot foot will be the right foot and they will step with their left foot
 - The drill can also be done with bounce passes, no look passes, and over the head passes

Coach Gene McAteer – Head Varsity Basketball Coach Bridgewater- Raritan High School - The drill can be see online: <http://basketballhq.com/combination-game-shooting-drill>

- 3 Person 3 Shot Drill
 - There will be a passer, a shooter, and a rebounder in this drill with two basketballs involved
 - There is a cone at the three point line near the wing
 - After a set amount of reps the players will rotate their spot
 - The passer will start the drill with a ball and be the hedger on a screen
 - The shooter will dribble down the wing as if a game situation and they will use the cone as a screener
 - The passer with the ball will hedge out on the screen and force the shooter to go in between them and the cone “splitting the screen”
 - The shooter will then take one dribble and shoot a pull up jump shot
 - The passer will move to the top of the key with their ball and the rebounder will get the rebound

- The shooter will then sprint to the corner and come off an imaginary staggered screen, a staggered screen is to screens set apart from one another
- The shooter will catch the ball at the elbow area for a catch and shoot
- Once the passer passes the rebound will supply them with a ball
- The shooter will then use a flair screen towards the wing/corner area and get a pass for the last jump shot
- The passer will become the hedger again and the shooter will start the drill again
- For the purposes of camp we had the shooter go through the circuit twice then rotated, shooter to rebounder, rebounder to hedger/passers, passer/hedger to shooter

Wednesday Afternoon Workout

Coach Gene McAteer – Head Varsity Basketball Coach Bridgewater- Raritan High School - The drill can be seen online at: <http://basketballhq.com/jab-step-go-opposite-partner-shooting-drill>

- Jab Series Shooting
 - This drill will work on a players jab step, shooting, and weak hand passing
 - There are two players and one ball in the drill
 - One player will spot up on the outside and one will start under the basket with the ball
 - They will dribble with their weak hand and make a weak handed pass to the shooter
 - Once the passer passes they will locate to somewhere else on the floor to be the shooter
 - The shooter will jab step, using their entire body, head and shoulders as well as the ball are used for an effective jab step
 - The will then take one dribble with their weak hand and shoot a pull-up jumper
 - With your one dribble get somewhere: do not simply dribble in place move sideways and forward with your dribble to create more space
 - Shooter will get their own rebound, take one dribble with their weak hand and pass with their weak hand
 - For the purposes of camp we gave each group 30 seconds to make as many shots as possible as a team

Coach Steve Kline – Bridgewater-Raritan Junior Varsity Head Coach

- This is a great warm-up drill from Kansas University practice. Players will run full court practicing lay-ups and jump shots at the same time.
- You will need 4 lines and 5 balls. Lines in each of the four corners of the court with a ball in each. Start the drill by having one person take the ball under one of the buckets and the first person in each of the side lines step out.
- The person in the middle will outlet to one side and the three will begin a fast break down the court and follow their pass by running behind the player to the wing
- The outside player will pass across to the other player running the court for either a lay-up or one dribble lay-up depending on where they catch the ball on the court, the passer will follow their pass behind the player to the opposite wing
- The two passers will receive a pass for the opposite corners for a catch and shoot
- The person who makes the lay-up will then get his own rebound and outlet to one of the players who just passed to the jump shooters. And the drill continues from there.
- Second option is have a line under each basket so when the player shooting the lay-up makes or misses the next player grabs the rebound and starts the drill in the other direction
- This is a great drill for fast break lay-ups, and jumpers on the fly. We emphasize good outlets, proper lane width, good cuts to bucket, bounce passes and proper squaring and shooting on the run.

Wednesday's Drill Station in Game Rotation

- V-Cut Shooting
- The set up to the series is two lines on each elbow two balls in each line first player in one of the lines does not have a ball
 - The player without the ball will make a v-cut by going down to the block and plant on one foot and pop back up to the elbow
 - Once they are at the elbow they will receive a pass from the opposite elbow for a catch and shoot
 - The shooter gets their own rebound and switches lines passing the ball to the next player in the new line without a ball
 - The passer will then make a v-cut for a catch and shoot and the drill continues

- The series continues with a catch, pump fake, one dribble pull up jump shot series
- After the pump fake players will move back and shoot three pointers
- After three pointers the player will catch and perform a rip through move and get to the basket
 - A rip through is the player swinging the ball from one side of their body to the other while keeping the ball under their knees to protect the ball from the defender
- Have players make a certain amount of shots from each spot before moving to the next spot in the series

Thursday, June 25, 2015

Thursday Morning Workout

Coach Steve Kline – Bridgewater-Raritan Junior Varsity Head Coach

- Modified Steve Nash Follow the Leader Drill
 - This drill involved a series of 12 different shots broken down into three segments
 - The alignment for the drill had players starting in the right side corner as if looking from half court
 - First Segment
 - The first player will spin the ball out to themselves and catch the ball, the player will then make a hard jab step then take one dribble with their left hand into a pull-up jumper
 - They will get their own rebound and dribble to the opposite corner
 - The next player in the line will go when the shot is in the air
 - In the next corner again players will spin the ball out to themselves and catch the ball, they will then perform a jab step followed by a pump fake, the player will then take one dribble with their right hand for a pull-up jumper
 - The player will rebound and dribble to the opposite wing area around the three point line
 - Players spins the ball out catches jab steps, pump fakes, and takes one dribble to their right, they will then perform a behind the back dribble into a jumper
 - The final shot of the first segment the player will get to the opposite wing and go off the dribble with their right hand into an “in and out” move into a crossover and finish with their left hand at the rim

- Second Segment
 - The second segment includes the same moves to start each spot of the drill
 - The difference in the second segment is that all shots will be reverse lay-ups
 - Players will attack all the way to the basket and finish on the opposite side of the rim
 - The next player in line should wait until the shooter gets their ball
- Third Segment (All shots start with a spin out unless stated otherwise)
 - First spot the player will perform a hard jab step and then a jumper without putting the ball on the ground
 - Second spot players will jab and attack the middle, they will then spin towards the basket and finish with a left handed lay-up
 - Third spot is a dribble forward with the right and then a crossover retreat dribble to their left, the player will then crossover back to the right for one more dribble and a pull-up jumper
 - Last shot will be off the dribble a behind the back to crossover move and finish at the rim

Coach Chris Fox – Assistant Varsity Coach Hillsborough High School

- Star Passing Drill
 - Player 1 starts with ball at the right block
 - Player 2 is at the three point line between the wing and top of the key
 - Player 3 is in the corner opposite player 2
 - Player 4 is in opposite corner as player 3
 - Player 5 is in a similar position as player 2 on other wing
 - There will be a line under the basket behind player one
 - Player 1 passes to player 2 then follows their pass to the right
 - Player 2 passes to player 3 then follows their pass to the right
 - Player 3 passes to player 4 and follows to the right
 - Player 5 cuts the basket as player 4 throws a bounce pass for a lay-up
 - Players must meet the pass not just stand and wait for it
 - After the lay-up is made or missed the next player gets the ball before it hits the ground and starts immediately
 - The drill should also be done with bounce passes and players passing to the left and following to the left
 - To start the drill going left just pass the ball to the other wing player first

- 3 on 3 fast Break Drill
 - Players will line up one team on the baseline at the foul line
 - Players should line up across from each other facing each other with one in the middle of the foul line facing the baseline and at the wings on the three point line, this will be the defensive team
 - The offensive will line up directly across from those players on the baseline
 - The coach will pass the ball to one of the offensive players on the baseline and the defensive player opposite them will have to run and touch the baseline
 - The offense will attack 3 on 2, they are looking to score prior to the trailing defender getting back
 - If they cannot score they will play three on three
 - A successful 3 on 2 requires good spacing and good passing, it should take two or three passes to get a good look
 - After the first group scores or the defense gets the rebound, the defensive team will go to offense on the baseline and the offensive players will be on the court in the defensive positions
 - The drill goes up and back and a new group steps on

Coach Gene McAteer – Head Varsity Basketball Coach Bridgewater- Raritan High School

- Linden Shooting
 - During camp we emphasized for players to hop into a shot rather than stepping in or catching the ball standing still
 - 3 campers demonstrated the drill in front of the camp to give a visual reference to players as what the drill should look like
 - 3 players and 2 balls
 - Player A will shoot, get their own rebound and pass to Player C
 - Player B will shoot, get their own rebound and pass to Player A
 - Player C will shoot, get their own rebound and pass to Player B
 - Every player must sprint to different spots on the floor after making their pass, so they are ready to catch and shoot
 - This drill is also competitive by having the first player to make five baskets the winner
 - Groups will have 45 seconds to see how many shots they can make in that time, groups will compete against each other to see who has the best score

Thursday Afternoon Workout

Coach Gene McAteer – Head Varsity Basketball Coach Bridgewater- Raritan High School –This “I’m Possible Training Video” demonstration is available at the following link: https://www.youtube.com/watch?v=8jAxW_8Vxq8

- 2 Ball Dribble to push up
 - The players will start with two basketballs and take five dribbles
 - When done with five dribbles they will put the balls on the floor and try to go directly into a push up with their hands on the basketballs
 - They will then hop up if able and dribble the two basketballs times again
 - After 5 dribbles they will put the balls on the floor and put both hands on the ball and attempt to balance and do a push up
 - The last part is after they do the push up they will try to lift themselves and the ball off the ground and hop over the second ball

Coach Chris Fox – Assistant Varsity Coach Hillsborough High School

- 3 on 2, 2 on 1
 - Offense
 - Three lines will be under the one basket while two players will be in a tandem defense on the opposite end of the court
 - The first player in each line will step out on the court, the player in the middle will have a basketball and throw it off the backboard to simulate a missed shot they will jump grab the rebound with two hands
 - Depending what side they toss it up on that wing player will yell outlet and come meet the outlet pass from the rebounder
 - The player receiving the pass will take the ball on the dribble to the middle of the court going forward
 - The rebounder will follow their pass running behind the ball handler
 - The third player will run up the wing
 - The key for the offensive players is staying level and keeping good spacing
 - They will attack the two players on defense and look to score quickly, this is a fast break drill so in a game defenders will be falling back
 - The ball handler wants to go until they are stopped by a defender if they can get to the basket, get there and finish
 - If they are stopped they should pass to a wing then follow their pass to that elbow for a possible return pass for a jump shot
 - The passer of the ball that leads to the shot will be back on defense for the 2 on 1

- Defense
 - The top defender needs to stop the ball handler
 - The bottom defender in the tandem will play the first pass
 - If a pass is made the top player will drop to the opposite block to defend the basket
 - The defense rather give up a jump shot than a lay-up
 - If there is a pass the defense continues to rotate, one plays the ball the other will take away the most dangerous option out of the other two players
 - If there is a miss the defense will box out and grab the rebound then they will go attack the other way on offense for the 2 on 1
- 2 on 1 Offense
 - Same principals as the 3 on 2 apply to a 2 on 1
 - Players want to maintain good spacing so one defender cannot guard both
 - Staying level is also important so the defender cannot just sit under the rim and wait for the ball handler
 - Players want to move the ball quickly and try to score
- 2 on 1 Defense
 - The defensive player needs to stop the ball and try to get a hand on the pass
 - Once they have the ball handler pick up their dribble they want to fall back to the other player taking away an easy basket
 - Again if the offense takes a long range jump shot that is a successful defensive stand because you do not want to give up a lay-up even when it is a 2 on 1

Friday, June 26, 2015

- Tennis ball, ball handling
 - Players will dribble with their right and left hands while tossing a tennis ball in the air with the opposite hand
 - This will have the players maintain a dribble while focusing on something other than the dribble
 - The next drill is the player will do a lunge while dribbling and tossing the ball, when they get into a lunge position they will toss the tennis ball between there leg and catch it
 - The drill can be done with a crossover dribble while the ball is still in the air
 - Toss the tennis ball up and let it hit the ground and catch it before it gets to your waist height
 - If done with partners have the partners softly toss the tennis ball back and forth while dribble with their left and right hands as well as crossing over as the ball is in the air
 - All these drills will help a player keep their head up while handling the basketball