

BEAVER DAM BASKETBALL

Middle School

Objectives

Defensive Objectives:

- Students will:
- Understand the concept of ball-you-man/ help side defense
- Execute proper defensive stance and slide; step slide, retreat step, chops and pops
- Execute a proper reverse pivot block out; ball side and help side
- Understand and execute the 4 on 4 shell game
- Execute a proper closeout on the basketball
- Understand and recognize the three defensive stances (ball, help, and deny)
- Understand how to help a teammate through an offensive screen.
- Understand the importance of communicating with your teammates on defense.

Defensive Terminology:

Ball side, help side, deny, close out, help line, block out, defensive conversion, dead front, front line, sink and fill, active hands and feet (high hands)

Drills:

- zig zag defense (one on one) with and without hands
- shell defense
- 2 line close out
- 2, 3 line close out- block out
- steer drill from side quarter court
- Bucks drill

Offensive Objectives:

- Students will:
- Understand and execute the importance of the triple threat position
- Be able to properly execute a triple threat and on side right/left live ball move (hands up and ready)
- Understand and execute a proper front and reverse pivot to protect the ball in pressure situations
- Be able to dribble with both the strong and weak hand
- Understand and execute the 3 on 2/ 2 on 1 drill (outlet series)
- Understand and execute proper angles when attacking the basket in a fast break situation
- Be able to properly execute a right and left hand lay up by releasing the ball at 12 o'clock
- Understand and properly execute the v-cut, back-cut, and post-up methods for freeing oneself on the wing
- Understand how to set a proper screening angle- down screen, back screen, and cross screen
- Understand how to receive a screen as a cutter
- Understand and execute a curl cut, flare cut, and tight curl off a team mates screen
- Be able to execute a proper chest, bounce, and 2-hand overhead pass.
- Understand the importance of the shooting pocket- fingers not palm, elbow and hand under the ball, and follow through.
- Understand and execute the shooting ritual.

Drills:

- 2 on 2 breakdown drills with a passer *see diagrams below*
- 3 on 2/ 2 on 1 fast break
- 3 line sprint, closeout, convert
- cut throat series (1 on 1), (2 on 2), (3 on 3), (4 on 4)
- outlet series
- 3 man weave
- Man in the middle shuffle pass
- 3 lane 3 pass full court passing

Offensive Terminology:

“I am more concerned with executing fundamentals than with executing offensive plays and offenses.”

Back-cut, v-cut, down screen, cross screen, back screen, fake and make (passes), jump stop, 1-2 step, outlet, fast break angles, “the elbow”, “don’t stare at the ball”, “see and read”, triple threat, on side right, on side left

“ Give the players rules on defense and principals on offense.”

“Keep it simple, so we can play harder.”

Motion Breakdown Diagram #1

- after O1 passes to O2 he basket cuts then screens for O3
- Call the name of the team mate for whom you set the screen
- O3 sets his man then goes off the shoulder of the screener (O1)

Motion Breakdown Diagram #2

- O1 has the ball
- O2 sets a down screen for O3
- O1 does not throw the first pass and forces O3 to now screen for O2
- Remember if the player does not come open after first screen – screen again
- Call the name of the team mate for whom you set the screen

Motion Breakdown Diagram #3

- P1 has the ball and O1 cross screens for O2
- P1 can also reverse to P2 and O2 would then screen for O1
- The screener can step hard back to the ball or to the high post when defense switches