

Recreational Coaches Clinic 28/09/2022

Warmup

- [4-corner layups](#) (two rotation options)

Dribbling (see [Dribbling Series](#), and [blog post](#))

- Stationary one-ball dribbling, halfcourt “footwork” dribbling, fullcourt dribbling, cones ([diamond drill](#)), attack the rim

[Euro-Step](#) (blog post)

- Regular Euro-step (added pass fake to corner), inverted Euro-step

Shooting

- [Footwork](#) (blog post)
 - For youth, use a hop for spot-up shooting, on the move, and off the dribble
- Form shooting progressions
 - Shoot to a partner, e.g., waiter position, set point, shot pocket
 - See [Keys to Shooting](#) for progressions

[Split catch and drop move](#) (blog post)

- To attack a closeout, or off the dribble

Man to Man defence

- See [Youth Defence](#), also blog post [Youth defence and offence](#)
- [Jump to the ball](#) (blog post) – take away a face cut, be in position to help on dribble penetration
- [Face cuts](#) – basic go-to drill
- Shell drill (3 on 3) progressions – positions, cutters, help and recover on gap penetration, help and switch on a baseline drive
 - See [Woodley 4 on 4 shell drill](#)

Motion offence

- See [5-out motion](#) (blog post), [Youth offence](#), [5-out youth motion](#)
- 5-out (or 4-out) pass-cut-fill
- Progression – delay fill cuts and exit cuts (can post up) to maintain gaps for dribble penetration (see attachment, and blog post [5-out dribble attack](#))

- Pass and screen away
 - Cutter curls or backcuts to the rim, the screener comes back towards the ball
- Ballscreens – pass and follow to pick and roll
 - First option is reject the screen (see blog post [Ballscreen reads](#))
 - [Jenkins ballscreen shooting](#) – both players shoot

[Zone offence](#) (blog post)

- [1-3-1, Duke runner](#) – against a 2-3 zone
- [Two-guard runner](#) – against a 1-2-2 zone

Zone defence

- [2-3 basics](#)
- [Regular 1-2-2](#) – see the Basics
 - The two bottom players cover the low post
- [Sliding 1-2-2](#) (blog post)
 - The top player covers the high post and low post

[Press break](#) (blog post)

- [Middle](#)
 - Denial options – 1 cuts across the foul line, 2 flashes to replace, then 5 flashes as third option
- [1-Up](#)
 - Leaves open the middle of the floor, the point guard can cut across the foul line or up the middle to get open
- [2-1-2](#)
 - For good passing teams, stretch the defence, one-pass ball reversal

[Pressing \(man to man\)](#)

- Three options for the defender of the inbounder – on the ball, double-team deny the point guard (“shortstop”), or a “rover” position behind the first line of the press break

Inbounds plays

- [Sideline Regular](#)
 - Get the ball in safely
 - Specials
 - Ballscreen for point guard
 - Lob pass to the 4 or a 3-point shot for the PG

- [Baseline Coastal Carolina](#)
 - Four options
 - I use the same box as Sideline Regular (3 inbounds)

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