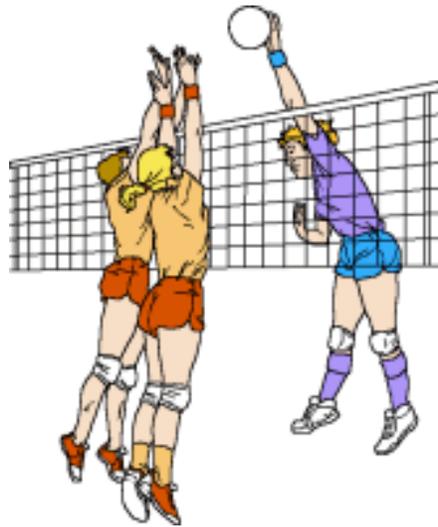


# A Beginner's Guide to Volleyball

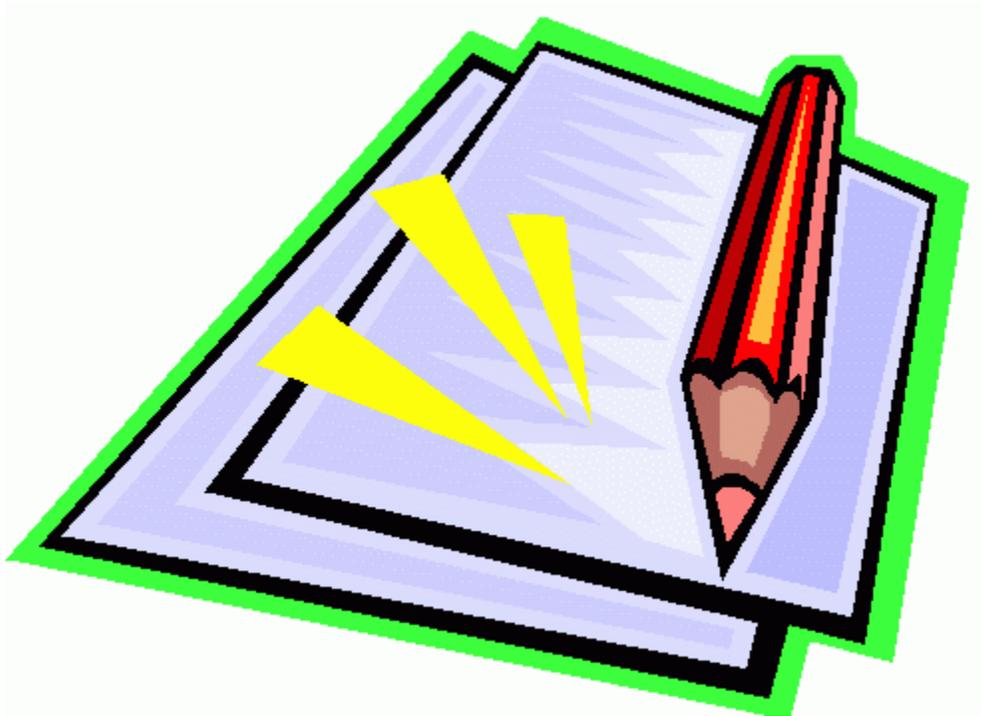
## Coaching Manual



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# VOLLEYBALL FORMS





# VOLLEYBALL MANAGEMENT





## PLAYER INFORMATION



Name	Birthdate
Address	Phone #
Contact	Doctor #
Emergency Contact	Notes

Name	Birthdate
Address	Phone #
Contact	Doctor #
Emergency Contact	Notes

Name	Birthdate
Address	Phone #
Contact	Doctor #
Emergency Contact	Notes

Name	Birthdate
Address	Phone #
Contact	Doctor #
Emergency Contact	Notes

Name	Birthdate
Address	Phone #
Contact	Doctor #
Emergency Contact	Notes

Name	Birthdate
Address	Phone #
Contact	Doctor #
Emergency Contact	Notes



**ST. JOSEPH JAGUARS  
SENIOR BOYS VOLLEYBALL TEAM**

Dear Parents,

First of all, let me congratulate you on your son's excellent hard work and determination that earned him a spot on this year's Senior Boys Volleyball Team. I am looking forward to coaching him throughout the season and look for great things from him over the next two to three months. We, the coaches, value extra-curricular activities, knowing full well the benefits it will provide your son; however, we are also fully aware that academics should be your son's first priority. Your son has signed a team contract that states if his grades are not satisfactory or begin to slip as a result to his commitment to the volleyball team that he will be removed from the team until it is shown that a major improvement in his studies has occurred.

On the back of this letter you will find a copy of our upcoming volleyball schedule. We are in need of parent volunteers to shuttle our boys to all of our away games. If you could please peruse the schedule and identify a game or games that you may be willing to volunteer your time and drive a few of our boys, please have your son let the coaching staff know. By achieving this ahead of time our boys will not be worried about rides at 3:15 on game day. In addition, once you have determined which game(s) you are willing to be a volunteer driver for you must come into the school and sign a volunteer driver's form which also needs to be signed by the principal. Doing this a few days before game day would make things a little bit easier for everyone involved.

I also encourage you to come and watch as many games as you possibly can and bring family and friends. It is highly entertaining volleyball.

If you have any questions or concerns, please do not hesitate to call me at the school during regular school hours. The phone number is 555-5555.

Sincerely,

Don Marchuk  
Head Coach

Sincerely,

Bobby Hurley  
Assistant Coach

GO JAGS GO



# VOLLEYBALL PLAYER CONTRACT

Player's Name: \_\_\_\_\_

Team: \_\_\_\_\_

Year: \_\_\_\_\_

As a member of this Athletic Team, I realize I am committed to the following standards.

## 1. Academics

- I will work to the best of my abilities in my academic classes
- I will not be late to any of my classes
- I will show respect to my teachers and other students. My behavior will not interfere with the learning opportunity, or the learning opportunity of others
- I will not be failing any of my academic classes and will not be missing any assignments

## 2. School Citizenship

- My behavior, in and around the school, should display an attitude of cooperation and respect for the school

## 3. Athletics

- I am committed to ALL practices, games, and team experiences
- I am committed to staying on the team until the end of the season, unless mutually agreed upon by the coach, my parents, and myself
- My behavior should display respect for my coaches, team and game officials, opponents, teammates, and the rules of the game
- I must take good care of my uniform, and all other equipment related to this sport

I have read the above items, and agree to abide by these obligations. Failure to comply with any of these standards may result in my removal from the team.

---

Player Signature



Practice #:

Players missing:



Date:

Skills to Practice:

Time

Length of Practice:

Warm-Up/Discussion:

Activities

1.

2.

3.

4.

5.

6.

Closure/Cool-down/Discussion:











# VOLLEYBALL TRYOUTS



# Tryouts

Before the first “on-court” tryout it is usually a good idea to have a short informational meeting with all of your potential athletes. At this meeting it would be a good idea to discuss the following things (in no particular order):

- what the students/athletes can expect from the coaches
- coaches expectations of players
- schedule of practices/games
  - when the first tryout will be
- academic standards
- travel requirements – such as rides and forms
- cost to participate, if any
- team guidelines for behavior
  - positive attitude
  - unselfishness
  - respect
  - responsibility
  - excuses
  - coachability
  - leadership
  - goal-setting
  - consistency

A lot of schools are also requiring that permission forms be signed by the student’s parents/guardians before they are allowed to even tryout for the team. Therefore, this is an opportune time to hand out any forms prior to the first “on-court” tryout.





## What to Look for When Selecting Your Team

Selecting a team is one of the most difficult jobs that a coach must face. Trimming a roster is a difficult process. After finding your starters and their substitutes, making sure to fill positions with some balance by having some ball-handlers, scorers, defenders, rebounders, etc. the rest of the squad is tough to choose. Make sure that you have enough players to have an effective practice. Remember that there are always going to be some players who are sick, hurt, at class or a study session, or at a family function. You do not want your numbers to drop below TEN and prevent you from holding any 5 on 5 or scrimmage sessions. It is not always the best 15 players that make a varsity team. Those last 5 may be better suited on a junior varsity team, where they may get more playing time to develop. Many times the first 5 guys on the JV team are better than the last 5 on the Varsity. The next year after a lot of playing time, those JV players may be ready to contribute at the Varsity level. There are some things to look for besides players who can dribble fast, score points and rebound. Good teams also have players who do the little things that do not show up on statistic sheets.

What players trying out for your team do the little things that make teams better? Who is always in stance, contesting shots, grabbing loose balls with two hands, running the floor, and moving the ball by passing to the first open player? Those are things that may not have a statistical value, but contribute to the team, greatly. Who is the player who passes the ball to the players that gets an assist? Sometimes is a player that sees the floor, and understands how to attack a defense. Who sets great screens to free up his teammates? Who settles down the team when things start to get a little crazy? Take special note for players who are more alert, anticipate what may happen next, and encourage their teammates. Who will help their teammates and share their thoughts and knowledge in a positive manner. In practice, who is the first to get there and the last to leave? Who works harder and tries to get their teammates to do the same. On and off the court, who attempts to get everyone focused on the task at hand, and thinks positive at all times. Finally, choose players to fill out the roster that will contribute to the team off the court and in the locker room. Many times those players are older, more mature players who love the sport, want to be a part of the group, and understand that they may not play much. They may almost serve as "student assistants" who act as leaders by taking younger players under their wings. If a player is not going to play much and does not embrace this role, he/she may be a distraction and hurt team morale. These types of players should not be on the final roster. There is always room for good people. Some players who do not make the team can serve as managers, student assistants, or help with statistics and video. These students can make a coach's job easier and contribute to the quality of the program.

Taken from the article, "Choosing a Basketball Team." Nov. 7, 2003. Basketball Newsletter: 123, <http://basketball.lifetips.com/newsletter2003/11/7/choosing-a-basketball-team/>

# DRILLS FOR TRYOUTS

Tryouts, tryouts, tryouts! For those seasoned coaches and those who are just beginning, it is imperative to realize that the tryouts will make or break your season. It is crucial that you run the right drills to be able to assess and evaluate your talent pool. Without proper evaluation you may not field the best team possible. With that in mind, I have included a few drills that can be used to evaluate different aspects of a player's game to see if they deserve a spot on your roster. (Spread out over 3-4 day tryouts)

All of these drills can be found under the specific heading in this manual. I have included the page numbers to help you out. Note: a lot of these drills are used because they include elements of at least two concepts.

## Shooting

- Warm-up lay-ups (left and right handed) p. 27
- Full-court three-man weave p. 28
- Perimeter Spin and Shoot p. 28
  - Partner shooting p. 29
- Free-throws

## Passing

- Two-man passing drill p. 30
- Two-pass lay-ups (same as warm-up lay-ups, with two passes)
- Pass, close-out, pass p. 32

## Dribbling

- Whistle ball handling p. 33

## Rebounding

- Two-line, 2 on 2 rebounding p. 36

## Transition

- Rebound, outlet, receive return pass and do full court lay-up.
- 5 on 0, 3 on 2 p. 37
- 3 on 2, 2 on 1 continuous p. 38

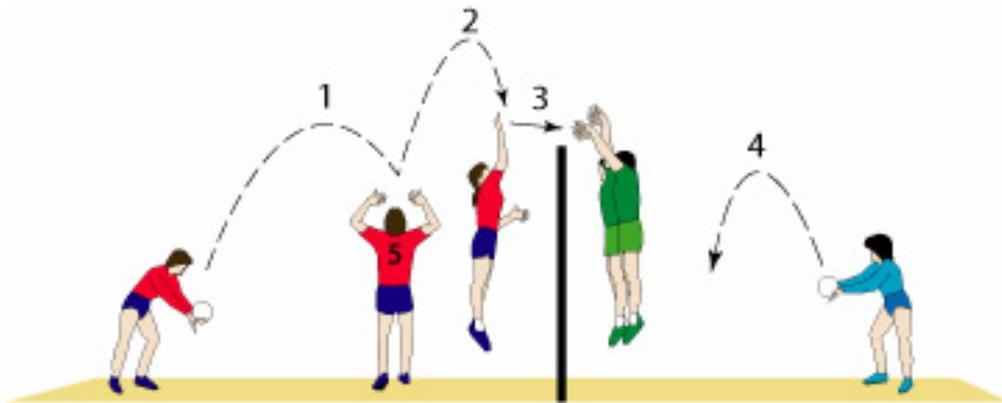
## Team Concepts (offense and defense)

- Mass defensive stance, shuffle, charge, shot...
- 1 on 1 (Cut throat- to allow for maximum players per hoop)
- 2 on 2
- 3 on 3
- 5 on 5 full court scrimmage

## Pure Conditioning

- **Suicides** (start at end line, touch free throw line, back to end line, touch center, back to end line, touch far free throw line, back to end line, touch far end line, and back to end line.
- 10 and 60's ( Baseline to baseline counts as 1. Athletes need to do 10 full court sprints in 1 minute)

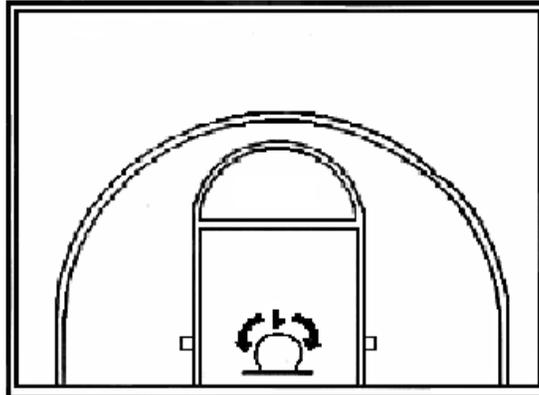
# VOLLEYBALL DRILLS



## Shooting Drills-Beginner

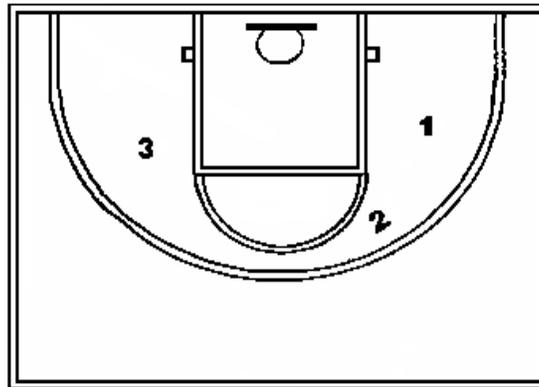
### MIKAN DRILL

Player 1 has a ball and shoots a right-handed lay-up, rebounds the ball, steps with their right foot and shoots a left-handed lay-up, rebounds the ball, steps with their left foot and shoots a right-handed lay-up. This is done continuously for a pre-determined time. (30 seconds to 1 minute)  
Partner counts how many



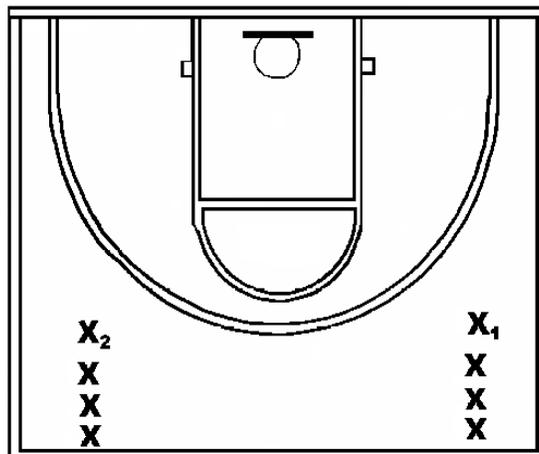
### BEAT THE PRO

Each player tosses the ball to themselves, catches it, squares to the hoop and shoots from various spots on the court. 1 point is awarded for every make and 2 points are awarded to the PRO for every miss. Play to 20 or any other pre-determined number.



### LAY-UP WARM UPS

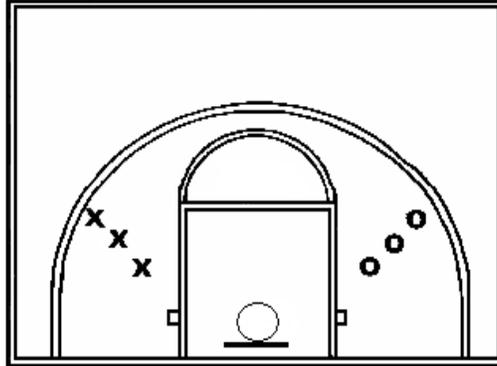
Two equal lines are formed on an angle to the hoop. One ball is at the beginning of the shooting line. The first person ( $X_1$ ) dribbles towards the hoop and execute a lay-up by shooting the ball off the backboard at a 45 degree angle. After  $X_1$  shoots they proceed to join the end of the rebounding line (left side). As the shooter executes a lay-up,  $X_2$ , from the rebounding line rebounds the ball and passes to the front of the shooting line. Continuous drill.



## Shooting Drills-Intermediate

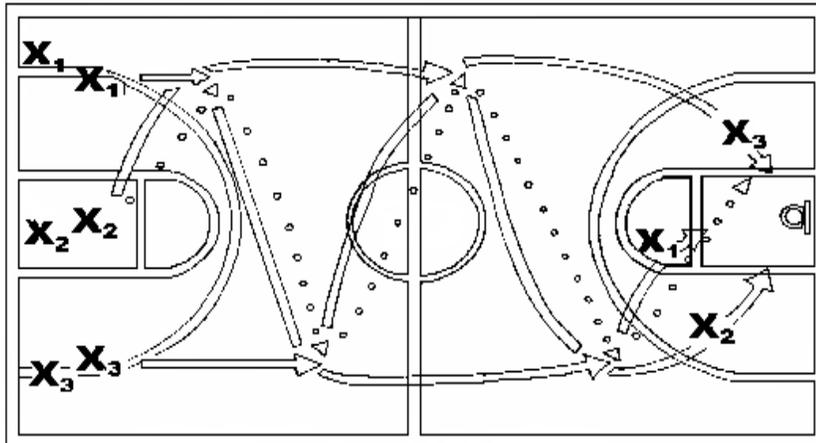
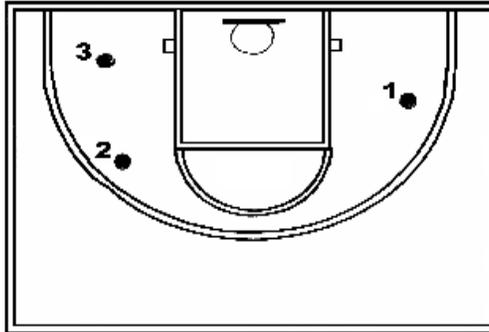
### 3-UP

Split team into two even lines and have them line up at a 45 degree angle approximately 8-10 feet away from the hoop. Each team has 1 ball. On the whistle, both teams shoot at the same basket. As a team scores they yell "1-up". If the other team scores then it is "even" or "zero". Keep shooting until one team has scored "3-up".



### PERIMETER SPIN AND SHOOT

Each player needs a ball. They will toss the ball out in front of themselves, catch it, square to the hoop with a front or reverse pivot, and find themselves in a triple-threat position. They will then execute a jab step, shot fake, or simply shoot a jump shot or drive to the hoop. They will rebound their shot and toss to a new area. Limit the area to close to the hoop.



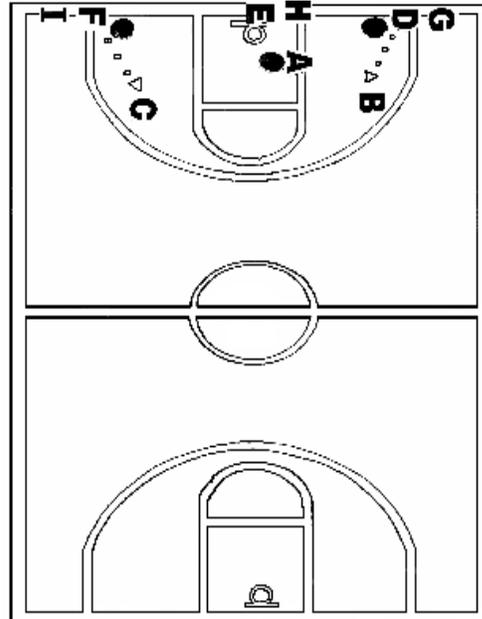
### FULL COURT 3 MAN WEAVE

The key to teaching the 3 man weave is to FOLLOW YOUR PASS. X<sub>2</sub> passes to X<sub>1</sub> and runs behind X<sub>1</sub> as he/she is advancing up the court. X<sub>1</sub> then passes to X<sub>3</sub> and runs across the court and behind X<sub>3</sub> as he/she is also advancing up the court. Continue to pass and follow your pass up the court until you are close enough to shoot a lay-up. Come back on the outside of the court.

## Shooting Drills-Advanced

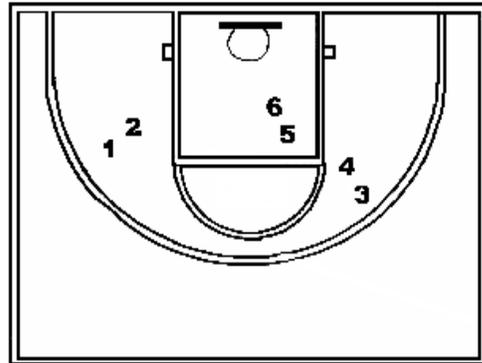
### 3 MAN WEAVE TO HALF-COURT, 2 MAN SHOOTING

(Good drill for pre-game warm-up) Players A, B, and C will perform a 3 man weave to center and turn around in motion (continue on) and head back towards the hoop. One of the players will take a lay-up while the other two go to each side of the hoop and receive a pass from F and D respectively, and will shoot a jump shot. Everyone rebounds their own shots and returns ball to original line.



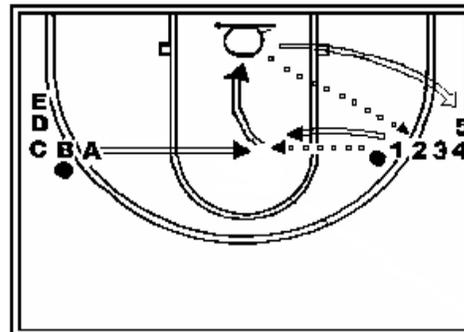
### PARTNER SHOOTING

One ball is needed per partnership. Player 1 will receive a pass from Player 2. Player 2 closes out on Player 1, puts a hand up to mimic deterring the shot (do not block the shot), and after the shot is taken by Player 1, they will block-out. Player 2 then relocates to somewhere new on the court and waits for a pass from Player 1 who has rebounded their own shot. Continue drill for 3 to 5 minutes. May have 2 to 3 groups per hoop depending on numbers.



### TWO LINE SHOOTING

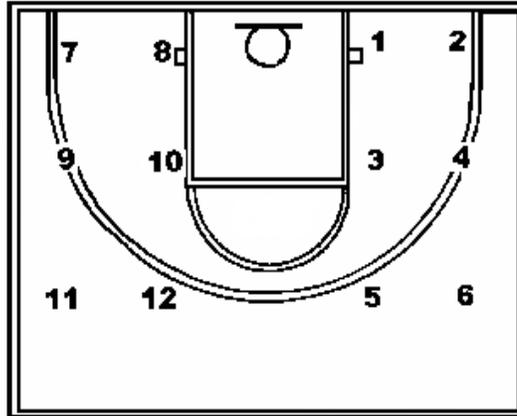
This is a good drill to practice footwork. Player A flashes to the middle and receives a pass from Player 1. Player A, when receiving the pass should be planting their left foot and swinging their right foot around until they are square with the hoop. Player A shoots and rebounds their own shot. Player 1 flashes to the middle and receives a pass from Player B, while planting their right, then left foot. After the shot, pass the ball and join the line you were not previously in.



## Passing Drills-Beginner

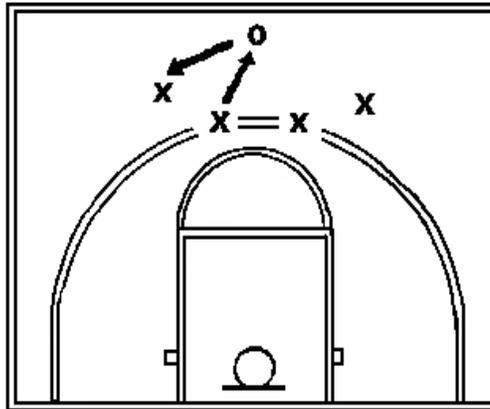
### TWO MAN PASSING DRILL

Players face towards each other about 10 feet apart. Main focus is the pass into the post or a bounce pass to post player with no defense. Player 1 passes to 2 then acts as a receiver as 2 passes back to 1. Add a passive then active defender



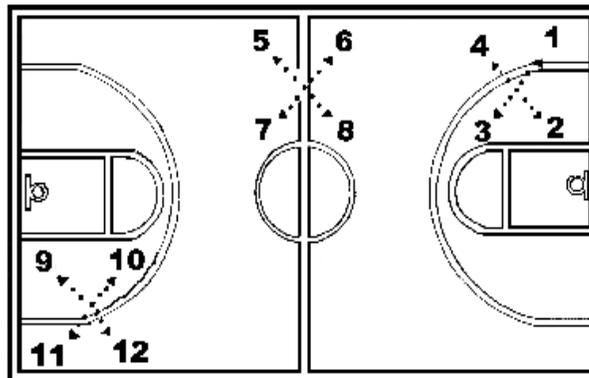
### MACHINE GUN

Player A faces a line of team mates. Player A has 1 ball and the team has 1 ball. Player A passes to anyone in the line without a ball. At the same time the team member with the ball passes to Player A. Repeat as quickly as possible. If too easy have Player A move closer to the line.



### SQUARE UP PASSING

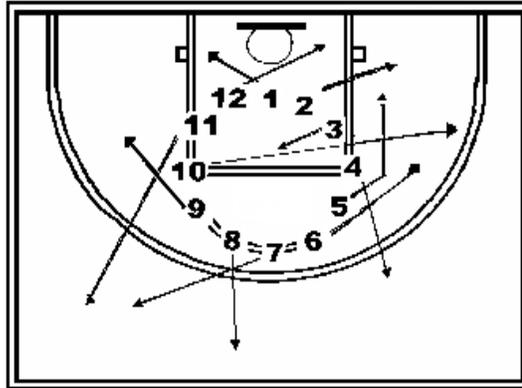
Divide group into fours. Players 1 and 3 execute push passes while 2 and 4 pass bounce passes. On signal switch passes. Execute any number of passes of different styles.



## Passing Drills-Intermediate

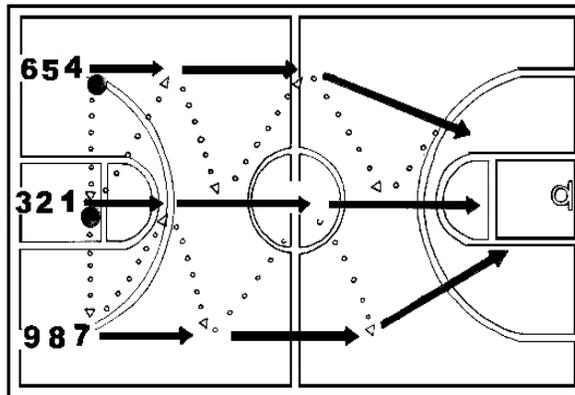
### DUKE PASSING

Players hand off the ball in a clockwise direction. On the whistle the players will scatter anywhere in the half court. Now, each passer must locate and pass to the person he/she handed the ball off to while in the circle. All players should be in continuous movement.



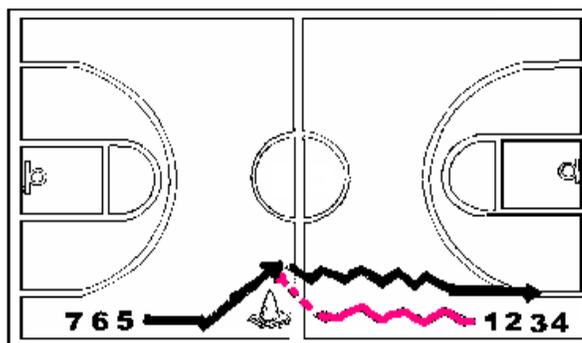
### THREE LINE, TWO BALL

The three players pass the two balls back and forth as they progress up the court. The wing men will finish by shooting the 15 foot jumpshot. The group waits until the others have completed a trip down the floor; then start going in the opposite direction.



### CUT PASSING

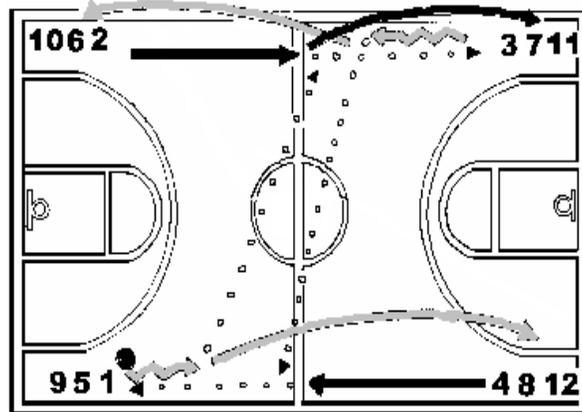
Player 1 dribbles at full speed towards the pylon. At the same time Player 5 sprints and cuts either right or left and receives a pass from Player 1. Player 5 catches the ball and dribbles towards the end of the passing line. Player 1 goes to the end of the "cut" line. Vary types of passing.



## Passing Drills – Advanced

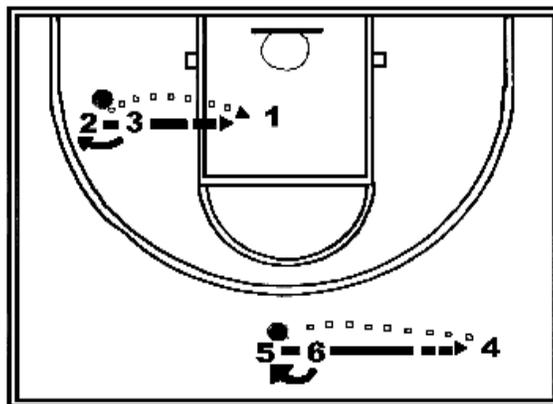
### DOUBLE LINE EXCHANGE

Player 1 dribbles twice and passes to a breaking player 2, who passes to player 3 after he/she catches the ball. Player 1 and 2 go to the end of the line they are facing. Player 3 dribbles twice and passes to Player 4 who is streaking down the wing. Player 4 passes to Player 5.



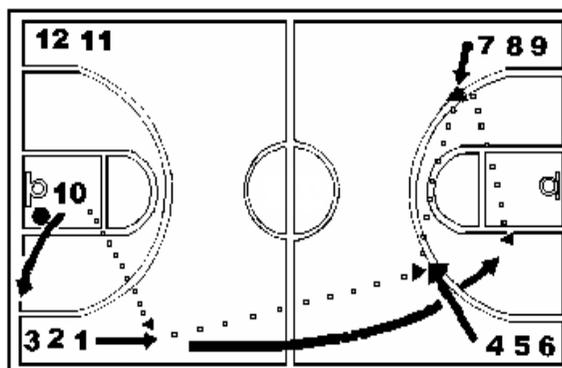
### PASS, CLOSE-OUT, PASS

Player 3 closes out properly on Player 2 who has the ball. After Player 3 mirrors the ball for 2 fake passes, Player 2 passes the ball to Player 1 and closes out properly. Player 3 takes Player 2's spot and the drill continues for a pre-determined amount of time.



### LONG PASS DRILL

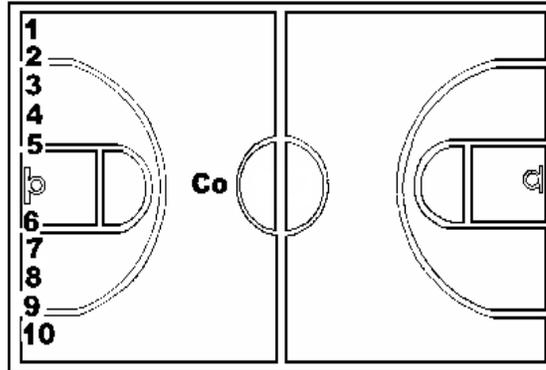
This drill requires 12 players. Player 10 throws the ball off the backboard and outlets to Player 1. Player 1 immediately passes to Player 4 who steps towards the middle of the court to receive the ball. Player 4 quickly passes to Player 7 who then returns the ball to Player 1 by passing it to him/her for a lay-up. Player 1 goes to the line he/she was originally facing. Player 4 goes to the line with Players 8 and 9. Player 7 goes to the line with 11 and 12. Player 10 goes behind Player 3. The ball is returned to Player 11 and the drill starts over.



## Dribbling Drills - Beginner

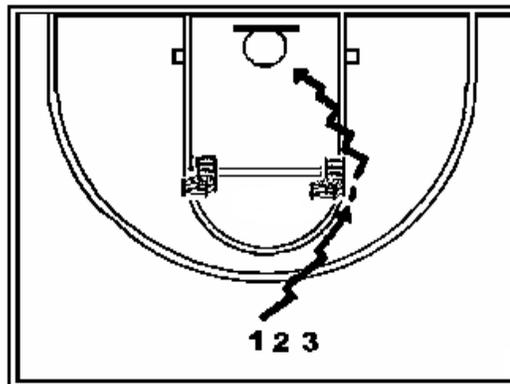
### WHISTLE BALL HANDLING

Players line up on the base line facing the coach. On the first whistle the players execute a pre-determined dribble, on second whistle they come under control on a spot, and on the next whistle they continue up the court with the same or new designated dribble. Use both hands and vary type of dribble.



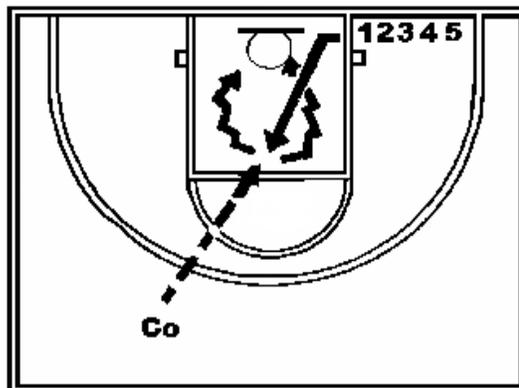
### CHAIR DRILL

Two chairs are placed at the elbows of the free throw line. All players line up at center with a ball. As the player approaches the chair they may perform: crossover, spin, behind the back, hesitation dribble. Do lay-up or shoot and return to center. Second time through go opposite direction and use opposite hand.



### PIVOT AND DRIVE

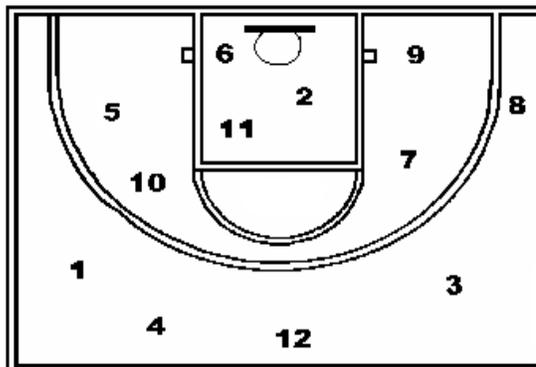
Players form a line near the hoop. In turn, each player cuts to the foul line, receives a pass from the coach, executes a front or reverse pivot and drives to the basket.



## Dribbling Drills - Intermediate/Advanced

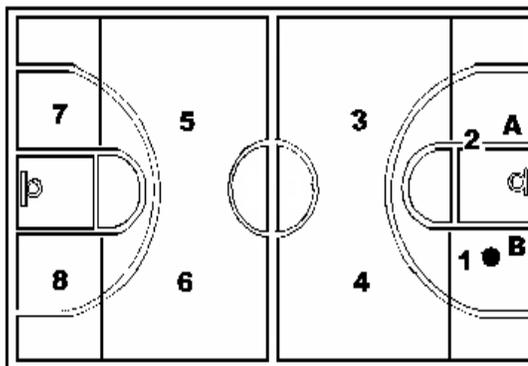
### DRIBBLE ELIMINATION

All players need a basketball. On the whistle each player attempts to knock away a teammates ball. Once the numbers get smaller you can bring the remaining players inside the 3 point line, then key, then circle on top of key. Eliminated players continue to dribble on sidelines and if any players come close enough they may knock away their ball.



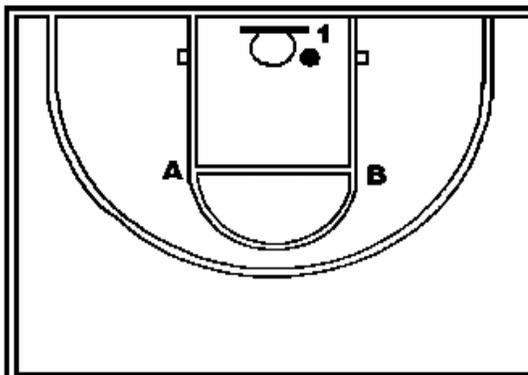
### GAUNTLET

Players A and B attempt to advance the ball to the other end of the court. Each pair of defenders can only defend in their own areas (4 total areas) as 1 and 2 progress. After A and B successfully reach the far end line each group moves up one area to the right. Take away dribble to add a variation.



### ONE ON TWO TO CENTER

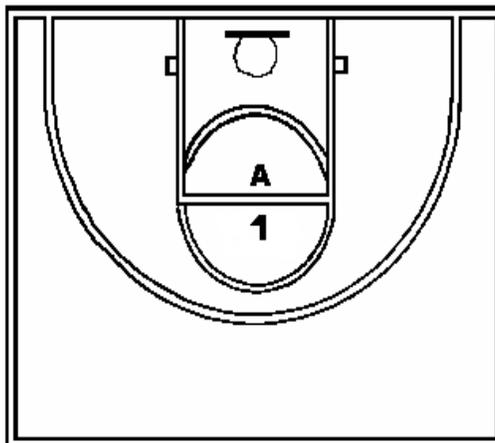
Defenders A and B start at the Elbows. Player 1 attempts to dribble the ball to center in 10 seconds. Rotate so A becomes offense, Player B remains on defense, and Player 1 becomes a defender.



## Rebounding Drills - Beginner

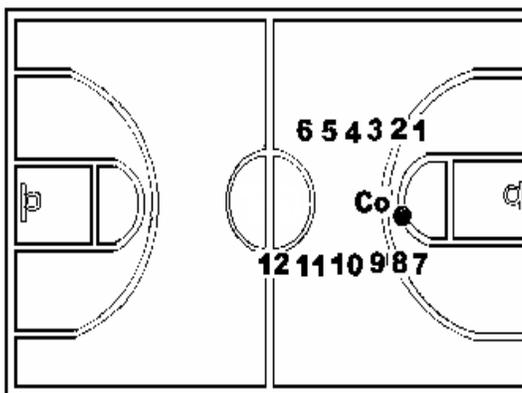
### BACK TO BACK

Players 1 and A go back to back, and on the whistle they contact each other with their buttocks in an attempt to push the other player out of the circle. You can make the drill a best out of five, with losers doing something. Remember to have a low center of gravity, wide base, hands up.



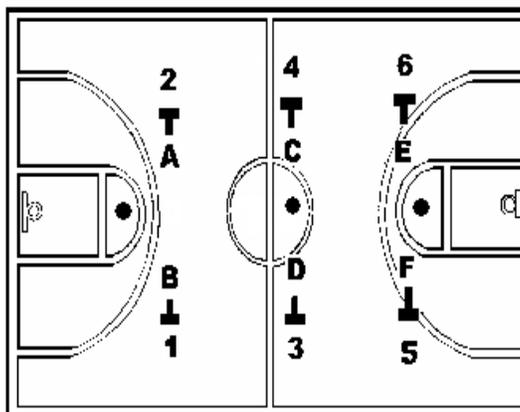
### ONE ON ONE

The coach has the ball and shoots on the hoop. The first person in each line attempts to rebound the ball and once it is rebounded they play until someone scores. That pair goes to the end of the opposite line.



### CIRCLE BLOCK OUT

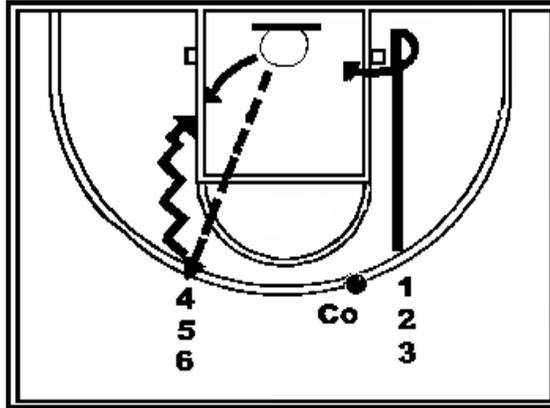
On the whistle the offensive players attempt to get the ball in the circle laying on the floor. The defenders attempt to block out for 3 seconds. Offense gets the ball- 1 point. Defense stops the offense- 1 point. Play to 10 points. Begin with defense knowing which way the offensive players will be moving.



## Rebounding Drills - Intermediate/Advanced

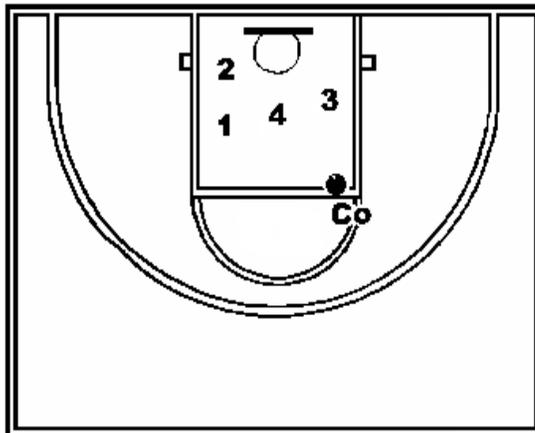
### WORKHORSE

Player 1 runs to the baseline (sprints), executes a two foot stop, reverse pivots and receives a pass from the coach. Player 1 shoots, rebounds his shot and passes to Player 4 who takes 2 dribbles and shoots. Player 1, meanwhile, has closed-out on Player 4, influences shot, blocks out, rebounds and passes back to the coach. Switch lines.



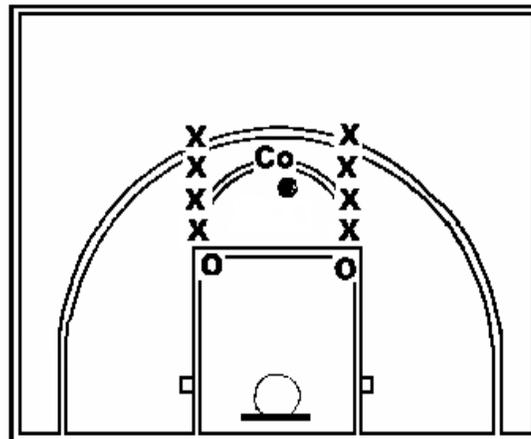
### HAMBURGER

Coach shoots the ball and all the Players fight for position in the key and then rebound and attempt to score against the other 3 players. Players should not foul intentionally. Once you score 3 baskets you are out of the drill.



### TWO LINE, 2ON 2

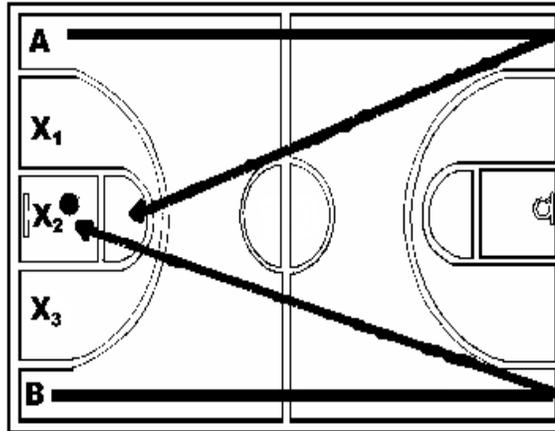
Coach shoots the ball and both Player O's block out both Player X's. If Defense (O's) get the rebound they go to the back of the X line. If the Offense (X) gets the rebound all 4 players go again and they all stay on offense or defense. Once defense gets the rebound, offense becomes defense, and defense goes to the back of the line.



## Transition - Intermediate

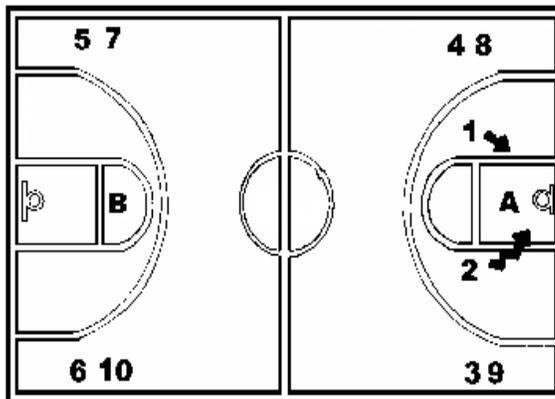
### 3 ON 0, 3 ON 2

Players  $X_1$ ,  $X_2$ , and  $X_3$  go all the way down the court executing a 3 man weave. After they score on the far end they outlet, then pass to the middle player and attack Players A and B 3 on 2. Players A and B have to sprint down the court, touch the baseline and return to play defense. They begin the sprint down the court after the first pass is made by  $X_2$  when they are beginning their 3 man weave.



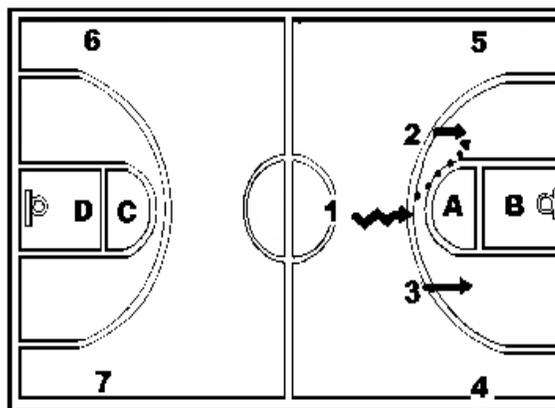
### 2 ON 1 CONTINUOUS

Players 1 and 2 attack Player A. After a score, steal or defensive rebound, Player A outlets to either Player 3 or 4 and they attack Player B at the other end. Whoever shot the ball on Player A, originally, stays on defense and the other player joins an outlet line. It is a continuous drill and maximum 2 shots allowed each time down the court.

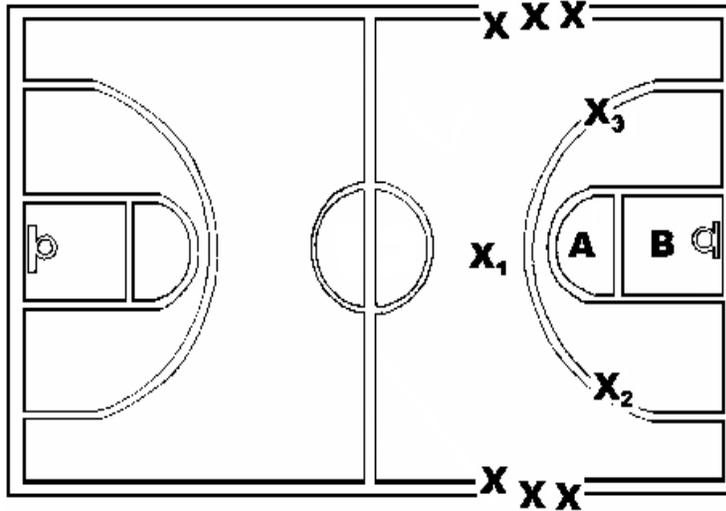


### 3 ON 2 CONTINUOUS

Players 1, 2, and 3 attack players A and B. On a score or rebound, either Player A or B will outlet the ball to Player 4 or 5, and Players A and B will go up the court with the player they outletted the ball to. Two of the three original offensive players remain on defense and the third offensive player fills the empty outlet spot. This creates a 3 on 2 down to the other end of the court against Players C and D. This is a continuous drill and allow only 2 shots per trip down the court max.

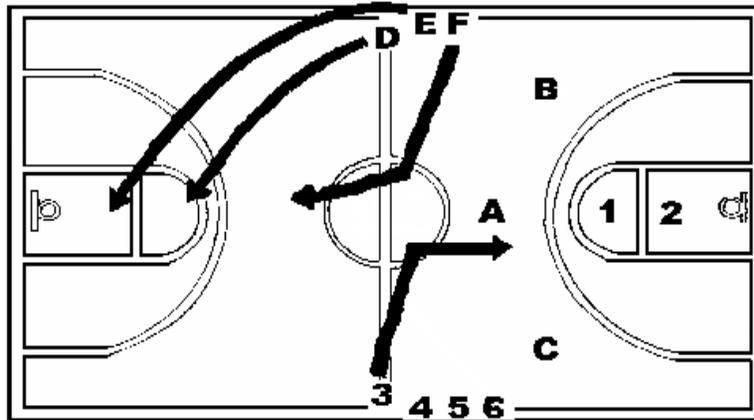


## Transition - Advanced



### 3 ON 2, 2 ON 1 CONTINUOUS

Players X<sub>1</sub>, X<sub>2</sub>, and X<sub>3</sub> attack Players A and B 3 on 2. In this drill allow only 1 shot on offense. The Player who takes the offensive shot immediately sprints back to their own key to defend the Players A and B whom rebound the ball and attack the opposite hoop 2 on 1. The two original offensive players who did not shoot go to an outlet line and 2 new players enter to play defense on the 3 players, who after 1 shot is taken, advance back up the court to attack the 2 new defenders 3 on 2. This drill is continuous.



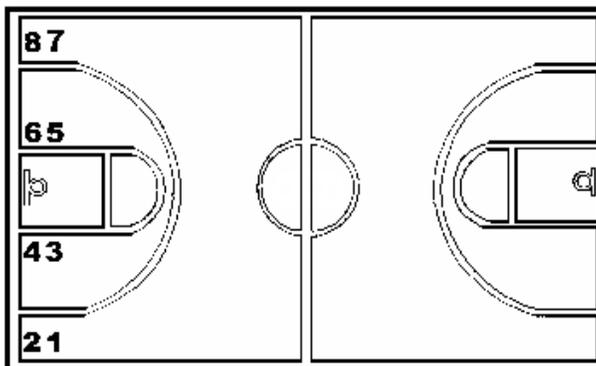
### THREE ON TWO AND ONE CHASER

Players A, B, and C advance against Players 1 and 2. Player 3 chases in on defense once the ball crosses center to make the attack a 3 on 3. After the ball is rebounded Players 1, 2, and 3 advance up the court. Players D and E should have stepped in to play defense as soon as Player 3 was joining the rush going the other way. As Players 1, 2, and 3 cross half Player F becomes the chaser to make it a 3 on 3 rush once again. Fill lines accord-

## Individual Defense Drills - Beginner

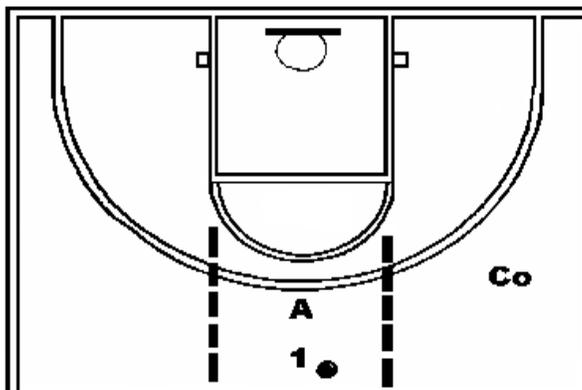
### CLOSE OUTS

Each player will run up the court until they hear the whistle. On the whistle all players will close out using proper defensive technique of throwing their weight forward, lead hand up in the air, stutter stepping on the balls of their feet. If no whistle, use free throw line, center line and free throw line. Remember to be in control.



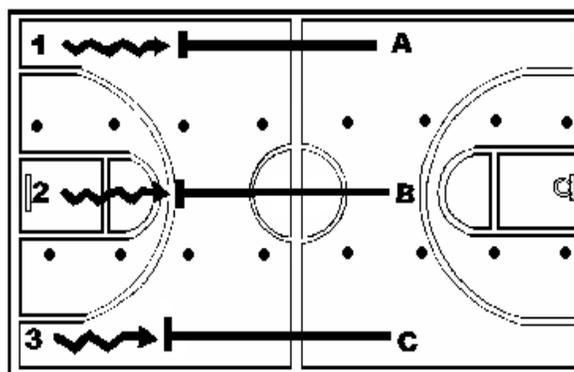
### LANE 1 ON 1'S

Player 1 attempts to beat Player A one on one by staying in the lane. Limit the number of dribbles the offensive player is allowed. If Player 1 is stuck they may pass to the coach. Player A should now be in full denial as the coach attempts to pass the ball back to Player 1.



### FULL COURT APPROACH

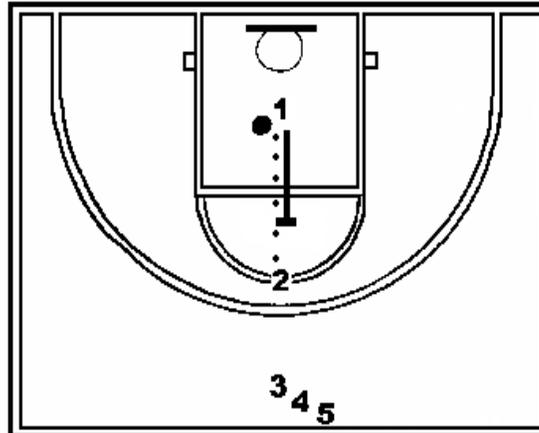
The offensive players (1, 2, and 3) start to dribble up the court, quickly while maintaining control. The defensive players sprint and approach the offense. Defenders must control the offensive player and not get beat to the other end of the court. Offense must remain in their lanes.



## Individual Defense Drills - Intermediate

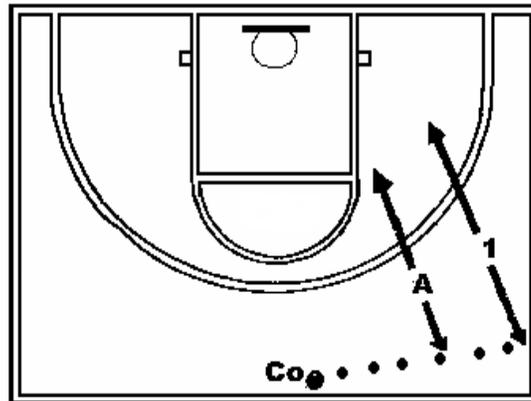
### CUT THROAT

Player 1 passes to Player 2 and closes out. If Player 2 scores they earn the right to play defense. A defensive stop earns a point. The first to 5 points wins. Keep playing until either Player 2 scores or Player 1 gets a rebound. Play without out of bounds to increase intensity. If Player 1 stops Player 2 they remain on defense and are rewarded 1 point. If Player 1 scores they have now earned the right to play defense and hopefully gain points.



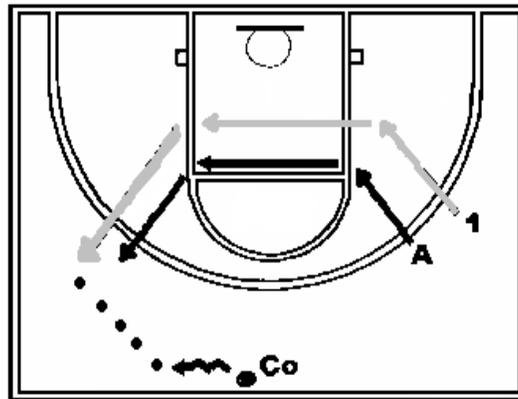
### WING DENIAL

Player A executes deny defense with their arm closest to the passer straight out, with the palm of their hand facing towards the passer. Retreat and advance as Player 1 attempts to get open, as to receive a pass from the Coach. Coach should pass the ball, allowing Player A to deflect the ball sometimes for success.



### DENIAL THROUGH THE KEY

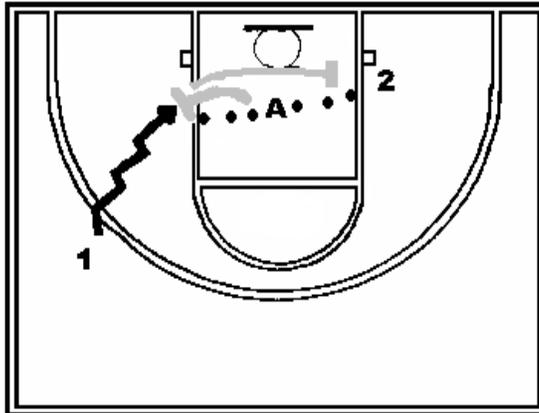
Player A denies on the wing, spins his/her head when Player 1 goes backdoor, denies through the key and out the other side of the lane, and then attempts to deny out to the opposite wing. Once coach successfully passes to Player 1, Player A and Player 1 go one on one to the basket.



## Individual Defense Drills - Advanced

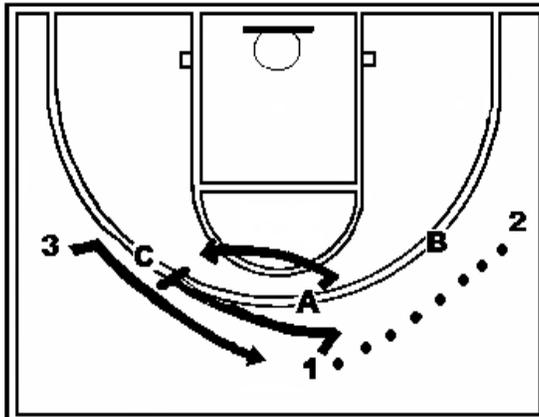
### HELP AND RECOVER

Player 1 has the ball and drives towards the basket. As Player 1 starts to drive (imagine Player 1's check fell down and is out of the play) Player A must slide across the key to cut the drive off. As Player 1 stops to pass to Player 2, Player A must recover and stop Player 2 from scoring an easy lay-up. Player 2 may not move until they have possession of the ball. Rotate players through all positions.



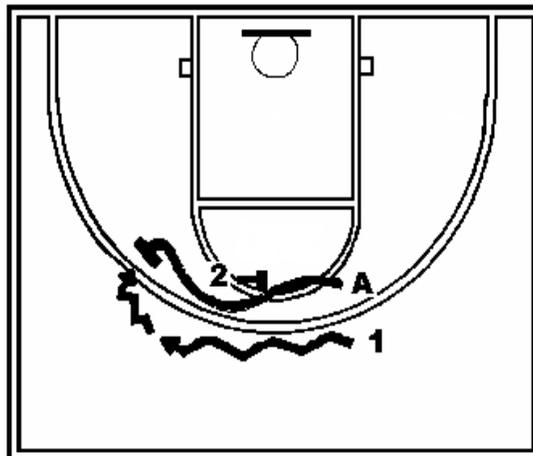
### SCREEN AWAY

Player 1 passes to Player 2 and screens for Player 3. Defensive Player A jumps to the ball, calls screen and then assumes help side position. Player C fights over the screen and assumes a denial position on Player 3 when they cut to the ball. Once Player 2 has the ball Player B must be in correct "on-ball" defensive positioning.

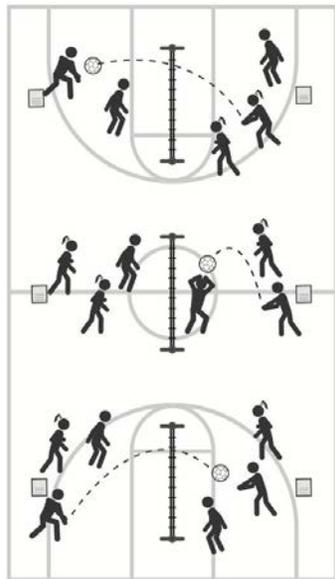


### OVER THE TOP

Player 2 sets a stationary screen on Player A. Player 1 attempts to rub Player A off the screen but Player A shoots their hips around the screen and comes over the top of the screen set by Player 2. Player A is then able to cut off Player 1 from driving to the hoop. Later allow Player A to go under the screen.



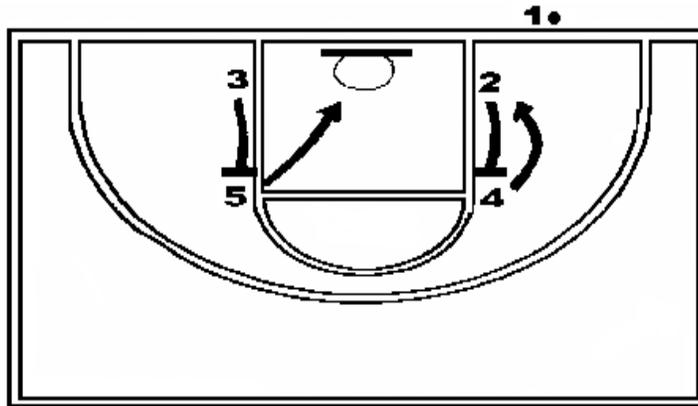
# VOLLEYBALL TEAM CONCEPTS



## In-Bounds Plays

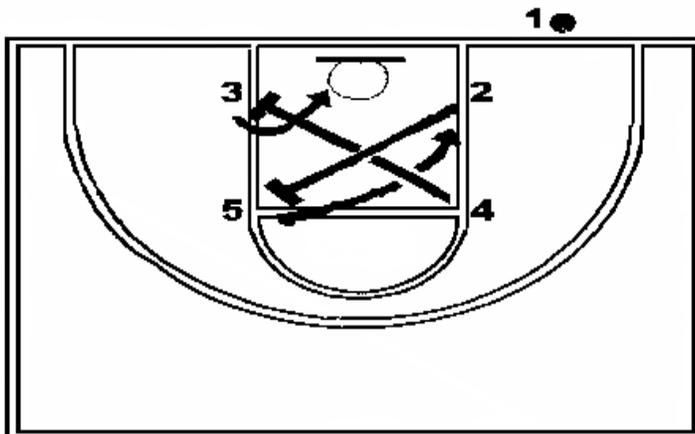
### END LINE PLAY "UP"

Player 1 slaps the ball to signal the start of the play. Players 3 and 2 set an "up" screen for Players 4 and 5 who come off the screen and look for a pass for a lay-up.



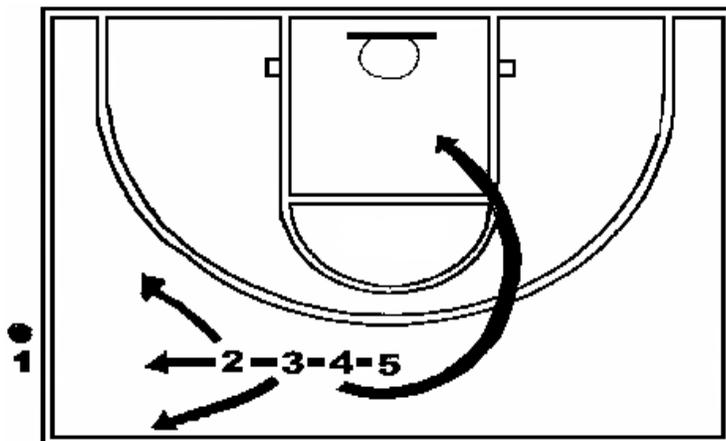
### END LINE PLAY "X" OR "AWAY"

Player 1 slaps the ball. On the slap of the ball Players 2 and 4 screen away but not straight across, rather they cross each other. Players 3 and 5 look for a pass for a lay-up.

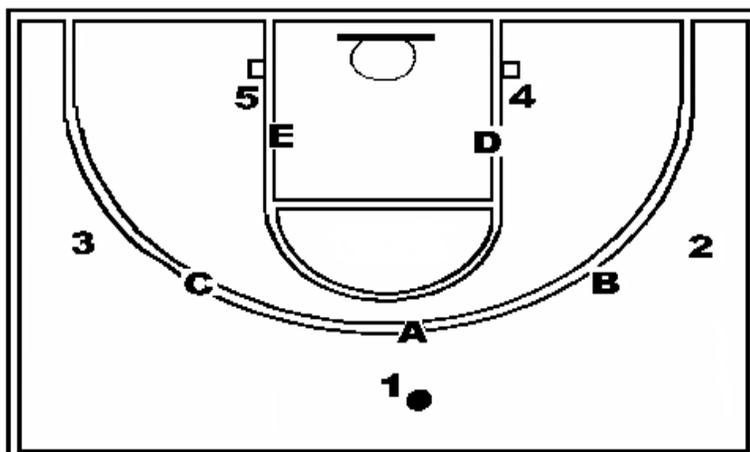


### SIDE LINE PLAY "LINE"

On the slap of the ball from Player 1, Players 2 and 3 go left and right looking for a pass and Player 4 circles around Player 5 and looks for a long pass for a lay-up. Lastly Player 5 comes hard and straight to the ball as a last resort.

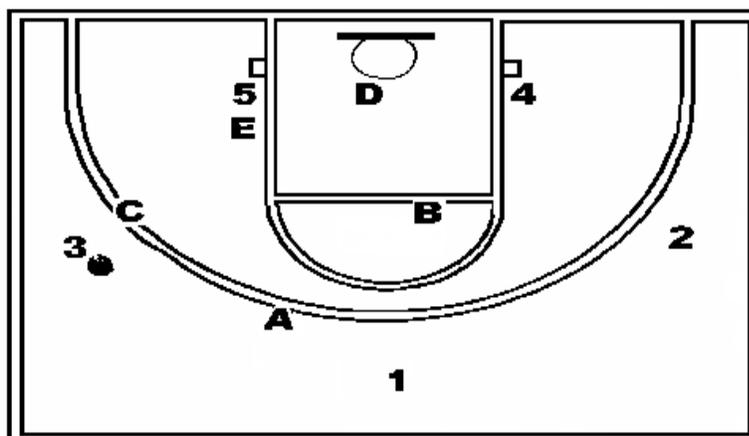


## Man to Man Defense Set-up



WHEN BALL IS AT THE TOP

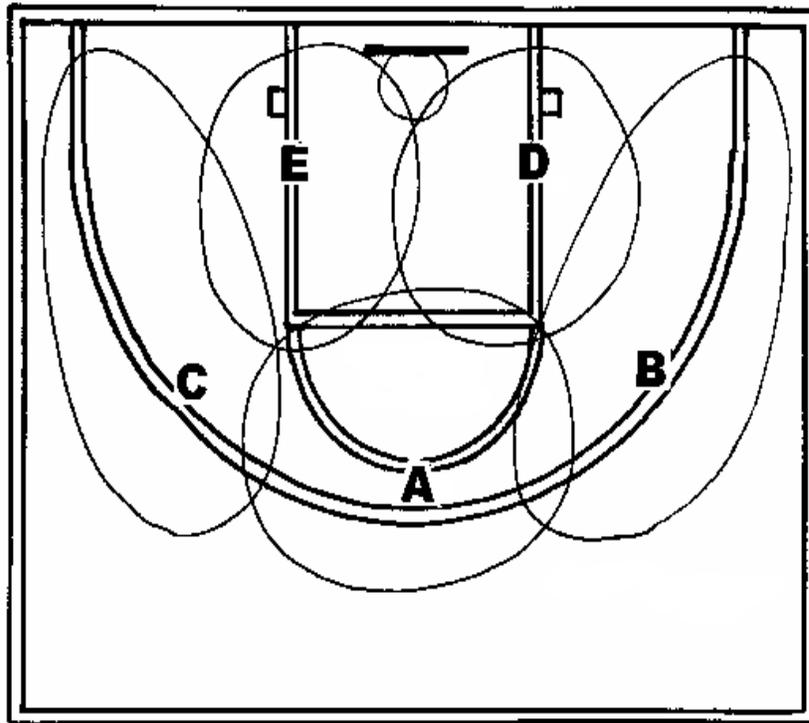
Player A guards the ball. Players B, C, D, and E are all considered ONE PASS AWAY from the ball so they must remain in deny defense. They all should be one step off the passing lane and one third the distance away from their check (as opposed to two thirds the distance to the ball carrier).



WHEN BALL IS AT THE WING

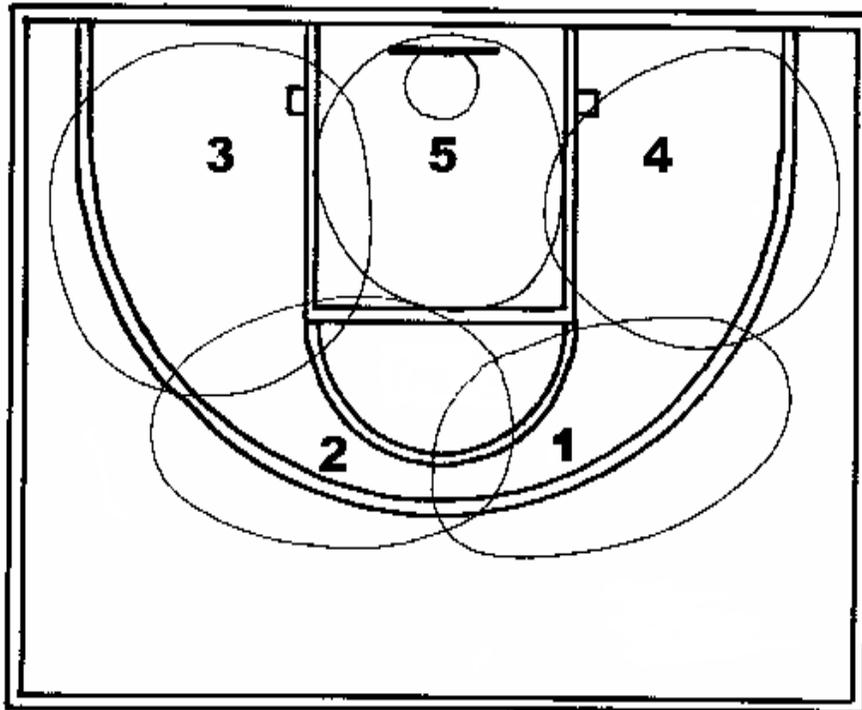
In this scenario Player C guards the ball on the wing. Player A and Player E are considered ONE PASS AWAY and therefore are in deny defense position. Players B and D are now guarding a player considered to be TWO PASSES AWAY and therefore they can "sag" to the middle of the key to HELP plug the middle on defense. Players A and E are still abiding by the "One-third, Two-third" rule, while Players D and B can cheat a little closer while still seeing both the ball carrier and their check!

## “1-2-2 Zone Coverage”



In a zone defense, every player is responsible for an area (zone). To beat a 1-2-2 zone the offense needs to pass the ball to one side and hit the cutter or a player flashing from the Weak-side to the strong side of the zone. Because there are essentially three offensive players playing high on the zone, the offense needs to pass into the corner causing the zone to collapse. Now the offense can flash 2 post players to the strong side (side where the ball is) in order to receive a pass. Once again, the offense should not dribble through a zone, rather they should use good ball movement from one side to the next or else dribble into a seam (between two defenders) to get the defense to have to use two players to guard one. A quick pass will free up an open shot. Defenders in a zone must have both hands up in the air to take away all passing lanes and to make the zone look intimidating to pass into.

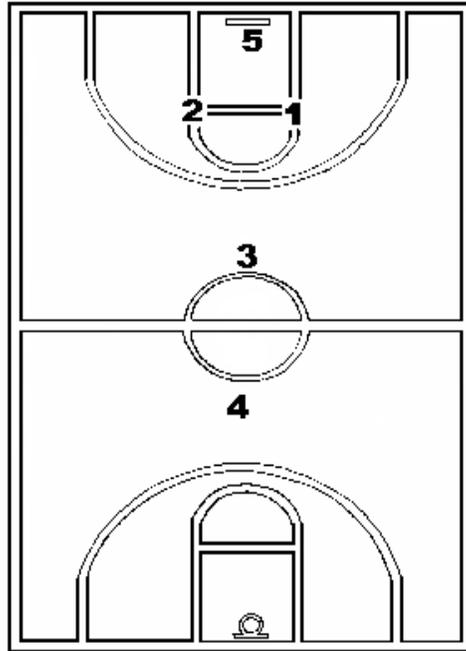
## “2-3 Zone Coverage”



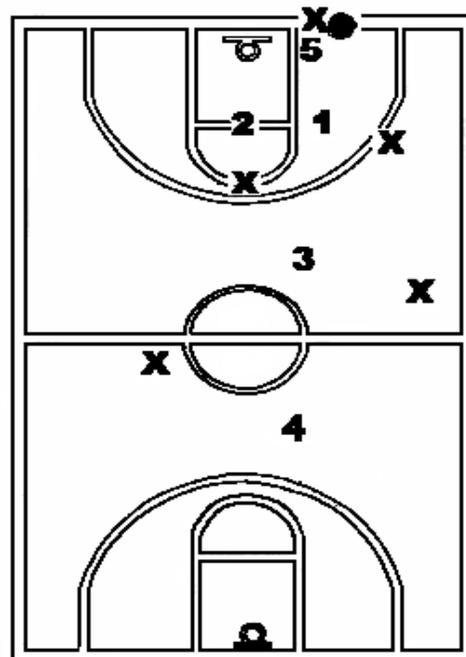
In a zone defense, every player is responsible for an area (zone). To beat a 2-3 zone the offense needs to exploit the middle of the zone, around the free throw line. The offense should not dribble through a zone, rather they should use good ball movement from one side to the next or else dribble into a seam (between two defenders) to get the defense to have to use two players to guard one. Then a quick pass will free up an open shot. Defenders in a zone must have both hands up in the air to take away all passing lanes and to make the zone look intimidating to pass into.

## Full Court Zone Press 1-2-1-1 (Arrowhead Press)

This is the basic set-up to run the 1-2-1-1 full court zone press. This press should only be run after you score a basket. It is too complicated for young players to set it up after a missed basket. Player 5 should be your biggest player who makes it difficult for the In-bounder to pass the ball in. Players 1 and 2 cover the in-bound pass, Player 3 covers the mid-range pass and Player 4 covers the long pass.

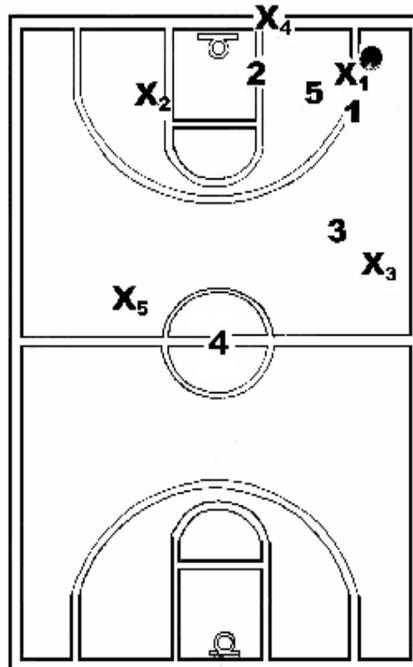


As Player X prepares to pass the ball in-bounds Player 1 takes one guard and Player 2 takes the other. Players 1 and 2 are in full denial. The only place they will allow a pass in-bounds is in the deep corner. Player 3 shades to the right side of the court because the ball is being in-bounded on that side. Player 4 does the same while keeping an eye on the deepest player. Nobody should EVER be behind Player 4.

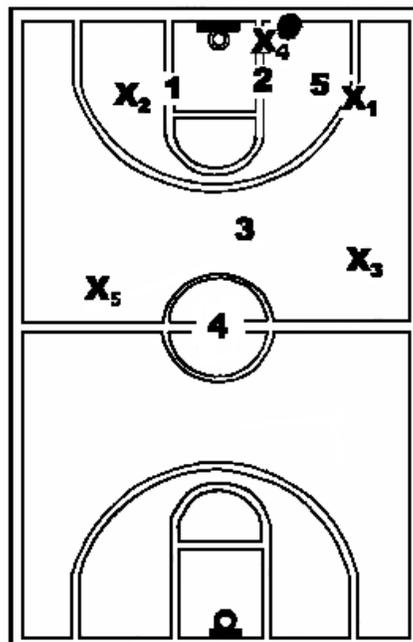


## Full Court Zone Press 1-2-1-1 (Arrowhead Press)

The ball is passed in to the corner and immediately Player 5 leaves to double team with Player 1. They can not allow the player to dribble up the sideline. The only pass that should seem available is the pass back to X<sub>1</sub>. Player 2 rotates over and cuts off the pass back to Player X<sub>1</sub>. Player 3 rotates over to the wing and does not allow a pass up the sideline. Player 4 plays "centerfield" and watches for the long pass. The defense should be aggressive but should not foul.

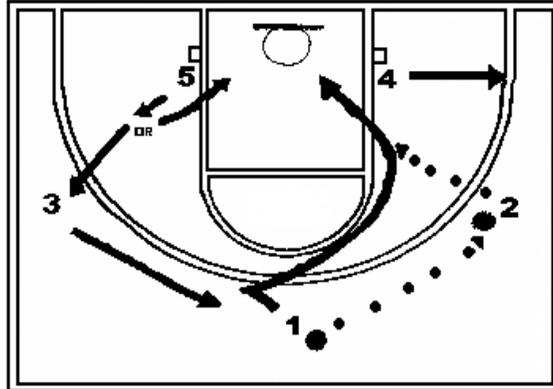


If the ball is passed back to the in-bounder, then Player 2 contains them. Player 5 is the player who came over to help double team X<sub>1</sub> so he/she will stay and Player 1 must leave and sprint over to cover Player X<sub>2</sub>. Player 3 rotates back to the middle and Player 4 continues to play "centerfield". The defense is now back in its arrowhead formation and have knocked off valuable seconds from the 10 second count. Containing is the key. Do not allow pass into the middle because that will break the press. Note: if the ball is passed up the court every defensive player must sprint down the court to get to at least the level of the ball.

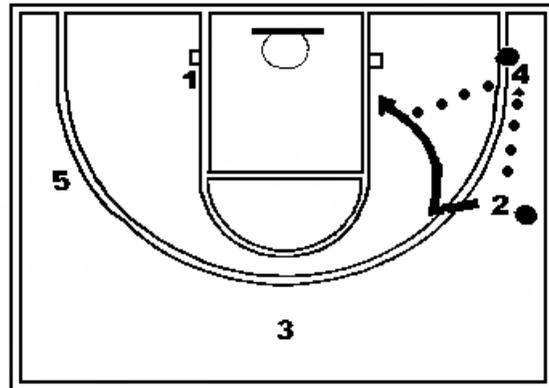


## Give and Go Offense

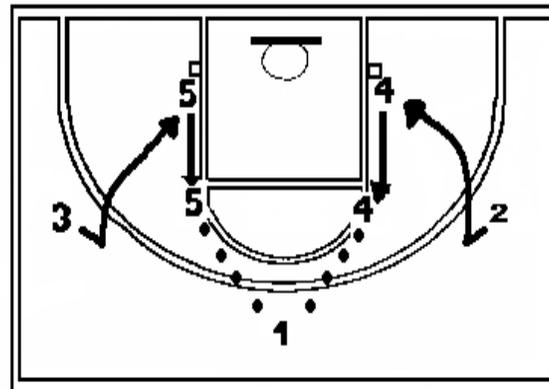
Player 1 passes the ball to Player 2 and starts to move away from the ball and then quickly cuts back towards the ball and looks for a return pass from Player 2. As Player 1 passes the ball Player 4 exits out to the wing to clear space and Player 5 also exits out to the wing or comes back to the key to rebound the ball if it is passed to Player 1.



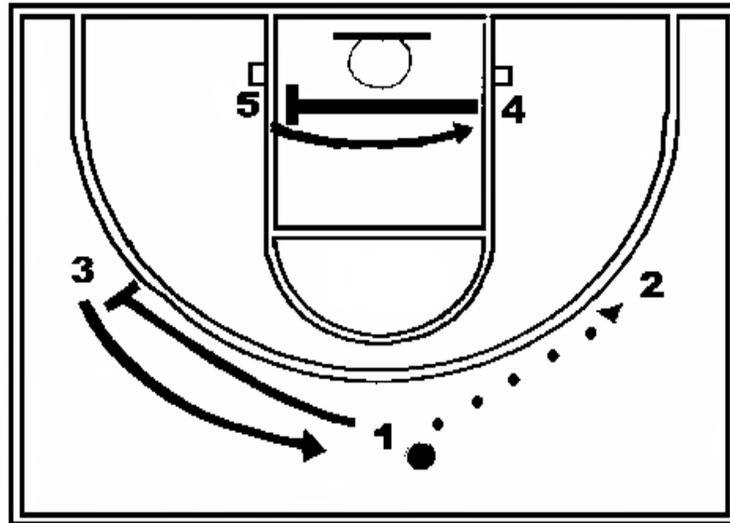
If Player 1 was not open for the pass Player 2 passes to Player 4 and takes a step away and then cuts to the hoop looking for a give and go from Player 4.



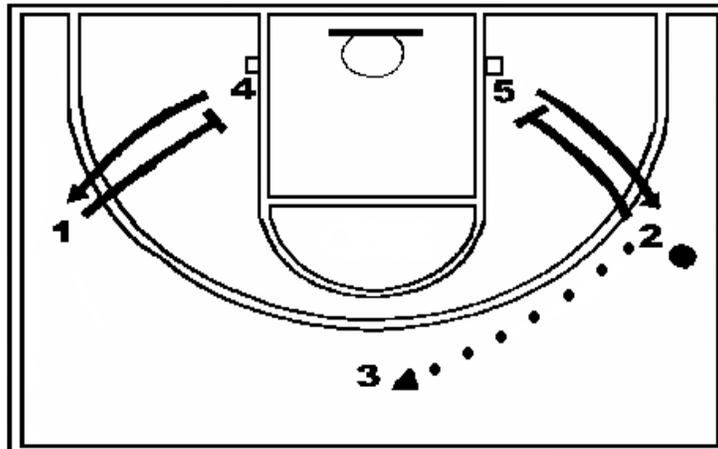
Bringing up the post players to the high-post is another way of running a give and go offense. Player 1 can pass to Player 4 or 5. If the pass goes to Player 5 then Player 3 takes his/her check up and then immediately cuts back door and looks for a pass from Player 5. If the pass goes to Player 4 then Player 2 takes his/her check up and then immediately cuts back door and looks for a pass from Player 4.



## Pass and Screen Away Offense



Player 1 passes to a wing. In this case to Player 2. The ball is now on the right side of the court so the offense needs to “screen away” from the ball. Player 1 screens for Player 3 and Player 4 screens for Player 5. Essentially replacing each other. Player 2’s first option after their own shot or drive is to look for Player 5 coming off the screen. If that is not open then Player 2 passes the ball back up top.



As soon as the ball is passed back up top players must now screen down. Player 2 sets a screen on Player 5 and Player 1 sets a screen on Player 4. Player 3 should pass to either wing. During the screen down the offense is moving and getting ready for the “screen away” to set up another scoring chance.



# Ball Handling Drills



## Between the Legs Scissors

To start this basketball drill, place your left foot ahead of your right and bounce the ball between your legs from your right hand to your left. As the ball gets to your left hand shift your feet so that your right leg goes ahead of your left and bounce the ball back between your legs. This shifting of your feet will occur with every bounce.

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## Crab Walk

This drill can go from baseline to half court. Step forward with your left leg and pass the ball from your right hand to your left under your left leg. As you take your next step with your right leg, pass the ball from your left hand to your right under your right leg. Continue this pattern all the way down the floor.

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## Figure Eight Drop

The ball is moved around the outside of the left leg from the back to the front. Then it is passed in front of your body and around the outside of your right leg from front to back. Now the ball is between your legs at the back of your body. Bounce the ball, and as it is bouncing, reverse your hands, bring your right from the back to the front and your left from the front to the back. Catch the ball before it bounces again. Continue to do figure eights.

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## Ball Circle

A great way to become comfortable with the basketball is to take it and circle it around your head, then around your waist, and, finally, around your knees. Reverse direction and take the ball back up--around the knees, waist, and head.

---

## Catch-catch-catch

This is a drill to work on your ball handling. Hold the ball between your legs, with both hands on the ball, right hand in front and left hand in back. Quickly switch your hands, (now left hand in front and right hand in the back), without letting the ball touch the ground. Do as quickly as possible...this drill is one of the hardest to master... but it just takes lots of practice.

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## Squeeze the banana

This is a drill that helps increase the strength in your fingers. Hold the ball in front of you at eye level with two hands. By squeezing your fingers and thumb together with one hand at a time, you move the ball from one hand to the other as quickly as you can. More finger and arm strength will improve your ball control.

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## One on two

A good drill to use to better your dribbling under pressure is to try to advance the ball against two defenders. This will force you to use a variety of maneuvers while being alert to the defense.

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## Up the Ladder

Hold the ball out in front of you and pass it back from hand to hand using only your finger tips. Go from out in front of your waist to above your head and back. This will help you develop the finger tip control

that you will need to properly handle the ball.

---

### Figure 8

Spread your legs, bend at the waist, put the ball through your legs, around one leg, back through your legs, and around your other leg, making a figure eight. This will help you get a feel for the basketball as you move it around. Keep your head up not looking at the ball and increase your speed.

---

### Touch-Touch-Touch

This is another ball handling drill that seems very difficult at first, but with daily practice, will improve your handles. This drill is called touch-touch-touch because that is what you do... while keeping the ball between your legs, you touch the ball once with your right hand(fingers) in front, then with your left hand(fingers) in front, then with your right behind you, and then with your left behind you. Continue in this manner as fast as possible. Before long, you will master this skill.

---

### Pass and Catch

With 2 hands, make a bounce pass between your legs from front to back and catch the ball with 2 hands behind you. Then bounce the ball through your legs from the back to the front, and catch the ball in front of your body. This is a good drill for body awareness.

---

### Figure Eight Drop Reverse

For this drill, follow the procedure described in the Figure Eight Drop Drill, except that when you bounce the ball, your movement will be reversed. After the bounce, circle the ball around the outside of your right leg, in front of your left leg, and around your left leg from the front to the back.

---

### Around the World

Around the World: Circling the basketball first around your head, than your waist, Finally, put your legs together and take the ball around both legs at the knees. Then spread your legs, bend at the waist, and take the ball around one leg. Then the other. This will give you a feel for the basketball and help you become more comfortable in your ball handling. A good hand speed and coordination drill, also great conditioner for your arms

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### Sit up Dribble

While doing bent-knee sit-ups, dribble up with your right hand as you sit up, and around your feet, then switch hands to your left as you go back down, and then dribble with your left hand as you sit up, back around your feet, switching back to your right hand. Continue as quickly as possible.

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### Figure 8 Dribbling

This is a drill to practice your ball handling. Dribble the ball as quickly as possible in a figure 8 through and around the legs. Use the fingers when you dribble, and dribble very low and quickly. Switch from the right to the left and back to the right. Example: start with the right hand dribbling the ball in front and then dribble through your legs with your right hand, switch to your left hand and dribble from the back, around your left side to the front and back through you legs... then switch to your right hand behind the body and around the right side. Try to go as fast as possible and your dribbling skills will improve with daily practice.

# Vertical Training

Basic Jump Training can be started at an early age but please stress to your athletes to **KEEP IT SAFE!** The advanced training, depth jumps, should not be attempted until the athlete is capable of weight training and has enough muscular strength to compensate for the powerful impact of plyometrics. Even if your athletes are ready for plyometric training they should not drop from a height of 30 cm.

## Basic Vertical Training (for the Junior High Athlete)

### **1. Skipping Rope**

- Athletes skip for 1 minute on and 30 seconds off. Start with 3 minutes and progress by one minute for every week of training. Do this exercise 4 to 5 times a week.

### **2. Tennis Ball Jump**

- This exercise is best done in a garage or backyard. Simply poke a hole through a tennis ball and hang it from the ceiling or tree branch at a height in which the athlete can almost reach when jumping. Continue to jump until the ball is touched. When this victory occurs, raise the tennis ball another inch.

### **3. Two-foot jumping on the spot**

- This exercise is also very simple to do on your own. Instruct the athlete to jump as high as they can for ten consecutive jumps. The key is to limit the time on the ground by exploding up immediately after contact with the ground has been made. Ensure your athlete rests for at least 2-3 minutes before beginning a second set. Sets of "3 repetitions of 10" per day, is sufficient. Do this exercise 3 times a week.

### **4. Butt Kicks**

- This exercise can be done in a confined space but is best done in a large open area. Instruct the athlete to run forward but as their legs pick up they should be brought backwards and their heel of their shoe should make contact with their buttocks. If done in a stationary position, 3 sets of 15-20 kicks per leg is sufficient to begin with. If done while running forward, the athlete should strive for a distance the length of a basketball court. Once again 3 sets of lengths is a good beginning amount.

### **Tips to keep it safe**

Athletes should always wear cross-trainers or basketball shoes when training, as this supports your ankles during exercises. If you are participating in jumping drills, then always perform them on grass or thick exercise pads and mats.



## **For Advanced Athletes: Plyometrics**

### **Warning! Plyometrics can be very stressful on joints and ligaments**

These exercises involve the athlete **dropping** (not jumping) to the ground from a raised platform or box, and then immediately jumping up. The exercise will be more effective the shorter the time the feet are in contact with the ground. The loading in this exercise is governed by the height of the drop which should be in the region of 30-60 cm. Drop jumping is a relatively high impact form of plyometric training and would normally be introduced after the athlete had become accustomed to lower impact alternatives, such as two-footed jumping on the spot. Important: after each set of plyometric exercises 2 to 3 minutes of rest is mandatory to allow muscles time to regain their strength and to prevent any permanent damage to the muscle tissue.

#### **1. Power Skip**

- This is a good low impact introductory plyometric exercise. It works the hip flexors and calf muscles explosively. Similar to a single leg take-off needed to dunk on the run in basketball! To power skip use an exaggerated skipping motion. Bring your leg up to your chest when skipping and have both arms swing upwards when leg is brought up. Alternate legs.

#### **2. No Arm Hops(Knee tuck jump)**

- A very intense series of hops. No arm hops help to increase explosiveness within calf and hip flexor muscles. To perform this exercise have athlete place their hands on their head, and begin by jumping up and lifting legs upward until they touch the chest, and then explode legs downward until legs touch the ground.

#### **3. Laundry Jumps**

- This exercise enhances the explosiveness of lateral movements, especially cutting ability and high velocity change of directions. Begin by using a cone, paper bag, or some other break-away object at an elevated height of 6 to 24 inches. Jump laterally over object (side to side). Strive to jump as high and far as you can back and forth over object

#### **4. Depth Jumps**

- This is an advanced exercise that enhances the explosiveness of the athlete and is aimed at increasing the athletes maximum jump height. The athletes should find an object of anywhere from 30 to 60 cm to step onto. The athlete then should drop (not jump) from the elevated surface to the ground. As the drop is occurring the athletes should be preparing for the landing by flexing at the knees and hips. Cock the elbows back (similar to a volleyball swing when spiking) and flex the ankles. Progression of the drill begins with repetitions of landing only. After the landing is mastered the athlete can progress into immediate take-off. In depth jumping, it is when you land, not after, that you initiate the jumping phase by using your arms to catapult your body for as much height as possible. The athlete will need maximum intensity and effort to see optimal gains. Remember ground contact should be kept to a minimum.

### **References**

[VerticalJump.com  
<http://www.verticaljump.com/html/trial.html>

## VOLLEYBALL TERMINOLOGY



**assist:**

the last pass to a teammate that leads directly to a field goal; the scorer must move immediately toward the basket for the passer to be credited with an assist; only 1 assist can be credited per field goal.

**backcourt:**

the area from the mid-court line to the end line furthest from the offense's basket.

**ball side:**

refers to the side of the floor where the ball is.

**basket:**

attached to the backboard, it consists of a metal rim 18" in diameter suspended 10' from the floor, from which a 15-18" corded net hangs, and through which points are scored; also used to refer to a successful field goal.

**blocked shot:**

the successful deflection of a shot by touching part of the ball on its way to the basket, thereby preventing a field goal.

**blocking:**

the use of a defender's body position to illegally prevent an opponent's advance; the opposite of charging.

**bounce pass:**

a pass that strikes the floor before it reaches the receiver.

**boxing out:**

a player's attempt to position his body between his opponents and the basket to get rebounds and prevent the opponents from doing so.

**charging:**

an offensive foul which occurs when an offensive player runs into a defender who has established position.

**chest pass:**

a two-handed pass thrown from the passer's chest in a straight line to the chest area of the receiver.

**dead ball:**

any ball that is not live; occurs after each successful field goal or free throw attempt, after any official's whistle or if the ball leaves the court; it stops play which is then resumed by a jump ball, throw in, or free throw.

**defensive rebound:**

a rebound of an opponent's missed shot.

**double dribble:**

a violation that occurs when a player dribbles the ball with two hands simultaneously or stops dribbling and then dribbles again.

**double team:**

when two teammates join efforts in guarding a single opponent.

**dunk:**

when a player close to the basket jumps and strongly throws the ball down into it; an athletic, creative shot used to intimidate opponents.

**elbow:**

also called the "junction;" a term often used to indicate the area of the court where the free-throw line and side of the key meet.

**fast break:**

also called the run-and-shoot offense, it begins with a defensive rebound by a player who immediately sends an outlet pass toward mid-court to his waiting teammates; these teammates can sprint to their basket and quickly shoot before enough opponents catch up to stop them.

**field goal:**

when the ball enters the basket from above during play; worth 2 points, or 3 points if the shooter was standing behind the 3-point line.

**flagrant foul:**

unnecessary or excessive contact against an opponent.

**foul:**

actions by players which break the rules but are not floor violations; penalized by a change in possession or free throw opportunities; see personal foul or technical foul.

**foul line:**

the line 15' from the backboard and parallel to the end line from which players shoot free throws.

**free-throw:**

an unguarded shot taken from the foul line by a player whose opponent committed a personal or technical foul; it is worth 1 point.

**free-throw line extended:**

an imaginary line drawn from the free-throw line to the sideline to determine the location for certain throw-ins.

**frontcourt:**

the area between the mid-court line and the end line closest to the offense's basket.

**full-court press:**

when defenders start guarding the offense in the backcourt.

**goal tending:**

an illegal move by a defender of striking the ball on its downward flight to the basket. Two points are awarded.

**high post:**

an imaginary area outside either side of the foul lane at the free-throw line extended.

**jump ball:**

2 opposing players jump for a ball an official tosses above and between them, to tap it to their teammates and gain possession; used to start the game (tip-off) and all overtime periods, and sometimes to restart play.

**key:**

also called the "free-throw lane" or "lane;" the area measuring 12 feet in width and extending from the free-throw line to the end line.

**layup:**

a shot taken close to the basket that is usually banked off the backboard towards the basket.

**low post:**

an imaginary area outside either side of the foul lane close to the basket.

**man-to-man defense:**

the defensive style where each defensive player is responsible for guarding one opponent.

**offensive rebound:**

a rebound of a team's own missed shot.

**1-and-1 or 1-plus-1:**

in college, a free-throw attempt awarded for certain violations that earns the shooter a 2nd attempt only if the first is successful.

**over-and-back violation:**

a violation that occurs when the offensive team returns the ball into the backcourt once it has positioned itself in the front court.

**paint:**

the area of the floor also known as the "key", which these days is often painted a different color.

**perimeter:**

the area beyond the foul circle away from the basket, including 3-point line, from which players take long-range shots.

**personal foul:**

contact between players that may result in injury or provide one team with an unfair advantage; players may not push, hold, trip, hack, elbow, restrain or charge into an opponent; these are also counted as team fouls.

**pivot:**

a center; also the foot that must remain touching the floor until a ball handler who has stopped dribbling is ready to pass or shoot.

**playmaker:**

the point guard who generally sets up plays for his teammates.

**possession:**

to be holding or in control of the ball.

**screen or screener:**

the offensive player who stands between a teammate and a defender to give his teammate the chance to take an open shot.

**substitute:**

a player who comes into the game to replace a player on the court.

**team fouls:**

each personal foul committed by a player is also counted against his team; when a team goes over the limit(7 team fouls in most leagues), its opponent is awarded free-throw opportunities.

**technical fouls or Ts:**

procedural violations and misconduct that officials believe are detrimental to the game; penalized by a single free-throw opportunity to the non-offending team (2 free-throws and possession in college).

**ten-second line:**

the mid-court line over which the offensive team must advance the ball from the backcourt within 10 seconds to avoid a violation.

**three in the key:**

when an offensive player is whistled for violating the rules because they have been standing continuously in the key for at least three seconds.

**3-point play:**

a 2-point field goal followed by a successful free throw.

**3-point shot:**

a field goal worth 3 points because the shooter had both feet on the floor behind the 3-point line when he released the ball; also counts if one foot is behind the line while the other is in the air.

**throw-in:**

the method by which a team with possession inbounds the ball.

**timeout:**

when play is temporarily suspended by an official or at the request of a team to respond to an injured player or discuss strategy; there are full time-outs(1 minute) and short timeouts (30 seconds).

**transition:**

the shift from offense to defense.

**traveling:**

a floor violation when the ball handler takes too many steps without dribbling; also called walking.

**turnover:**

when the offense loses possession through its own fault by passing the ball out of bounds or committing a floor violation.

**weakside:**

the side of the court away from the ball.

**zone defense:**

a defense where each defender is responsible for an area of the court and must guard any player who enters that area; compare with man-to-man defense.

