

SARAH BEHN BASKETBALL CAMP

A GUIDE FOR COACHING YOUTH
BASKETBALL



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LETTER FROM SARAH TO YOUTH COACHES

“BASKETBALL IS A GAME OF FUNDAMENTALS, CONDITIONING, AND TEAM PLAY.”

JOHN WOODEN –UCLA

Dear Coach,

The above quote is one of my favorites! If you try to structure your season to follow the above quote, you will be doing a great service for your players. Teaching the fundamentals and basic skills of basketball is the first and most important responsibility of the coach --- you! 😊 You either volunteered or were put in this spot, and you now have to teach skills to the best of your ability.

In my travels playing competitive basketball for 15 years and now coaching for close to 20 years, I see a lot of good out there and a lot that could be improved. The more time you put into planning your practice sessions, the better off your players will be. At youth levels, often too much emphasis is put on plays and not enough on SKILLS. If you have a 1 hour practice, at least 20 minutes should be dedicated to skill work.

You have a unique chance to teach and inspire your players. Your goal should be for every player to improve, for team play to improve, to have fun, and to WIN! Winning is why we all love sports and play them. Make drills competitive at practice and bring out the intensity in your players.

It is my hope that this packet containing my ideas on skills, drills, and simple plays can help you improve your coaching this season and beyond.

Good luck Coach!

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KEY SKILLS & HOW TO TEACH THEM

<i>SHOOTING FORM = B.E.E.F!</i>	
B = BALANCE	Legs are shoulder width apart, slight athletic knee bend, weigh of body on the balls of the feet
E = EYES	Eyes are focused on center of front rim.
E = ELBOW	Shooting elbow makes a right angle or L under the ball. Start with putting middle finger on air hole or center of a seem and then roll wrist under ball to “load the gun”.
F = FOLLOW THROUGH	Follow through is the arm extending straight up and the wrist snapping over the top. “All four to the floor” means all four fingers of shooting hand should be pointing straight down at floor after release of ball. Finish the shot by holding the follow through for 2 to 3 seconds.
<p>COMMON MISTAKES FOR PLAYERS TO AVOID</p> <ul style="list-style-type: none"> • Poor posture / strength = player is not using legs and core to shoot • Chicken Wing – elbow pointing out and should be under the ball in L • Guide Hand too involved with shot – it should be gentle = “pat the spider” • Rocking the Baby – don’t rock the elbow before release! 	
<p>PRACTICE OF BEEF</p> <p>Players need to take 50 to 100 shots per day from 1 to 2 ft from rim with just shooting hand. Guide hand can be behind the back. Remember to shoot with the legs every hot = Bend and Extend!</p>	

LAY-UPS	
ANGLE OF ATTEMPT	Should always be at 45 degrees or in “lay-up lane” which is out from rim over block towards hash mark on sideline
FOOTWORK	Right = plant and jump off of left, right elbow and knee come up together like connected by a string Left = plant and jump off of right, left knee and elbow come up together. Release ball high and soft off the upper corner on the square of the backboard – just kiss it off the glass!
EYES MUST STAY ON BACKBOARD	Not on the ball or the defender; focus on the target is the most important thing. If not, player will end up in “jail”.
PRACTICE OF LAY-UPS	Players need to piece it together like a puzzle. Do the ending – just footwork first –no dribble. When the player can make 10 in a row, he/she can take a step or two away from rim and add 1 dribble. When he/she can make 10 w/ the dribble, the player can move out further and add 2 dribbles. A player needs to take literally hundreds of lay-ups each week for it to become comfortable.
WEAK HAND	Everything the player does with the strong hand will take TWICE as much work with the weak hand. Not enough players are good with their left hands. This is a VERY important thing to stress to your players!

MAN TO MAN DEFENSE	
Youth leagues should truly consider playing as much man to man as possible. Players need to have a strong knowledge of how to play man to man before they can even begin to understand zone. A great man to man defense is like a zone – and vice versa.	
STANCE	Feet are wide apart and weight is on balls of feet. Back is straight and knees are bent in athletic form. Both hands and arms are extended wide with hands ready to deflect or stop dribble or shot. Teach how to slide without crossing the feet. The lower the player is, the faster he/she will be.
PRACTICING STANCE	Teach the stance and then get the players in shape so they can stay in good defensive form throughout a game. Footfire and slides are the best way to get the legs in shape to play D!
IMPORTANT POINTS	<ul style="list-style-type: none"> • always be between your player and the hoop • always see the ball and your player • keep your back to the basket as you move, never spin • help stop ball and recover to your man • deny passing lanes • communicate • box out and rebound --finish the defensive possession

BOXING OUT & REBOUNDING

TECHNIQUE	Players need to be taught to get the MAN FIRST, THEN THE BALL. Stay square to your player until shot is released, step to and find the offensive player, feel player, reverse pivot and put BUTT IN THE GUT. Stance must be wide and arms must be up and used to keep player boxed from rim.
KEYS TO REMEMBER	Rebounding wins games! Boxing out is a decision that players need to want to make on each shot. Coaches need to reward boxing out and rebounding as much as scoring so players will start to believe how important it is.

DRIBBLING

Fingertips, EYES UP, ball should never come above hip, guard arm up to protect from defender and the lower the better! Teach straight ahead speed dribble, cross-over, inside out, between the legs, spin, and behind the back --- depending on the age.

Every player must work twice as long/hard with the weak hand as with the strong hand. The quicker the player's eye-hand coordination, the better ball handler he/she will be. Incorporate these quickness drills into your warm-up time: Mummy wraps, figure eights with and without the ball, and the spider to name a few.

PIVOTING

Teach your players how to pivot and educate them on how much floor room they can cover if they pivot correctly in a full circle – about 5 to 6 feet or more! Players need to learn how to catch and “RIP TROUGH” the potential tie up and win the ball. Players need to learn how to use their elbows and lower body to protect the ball while pivoting. **KEEPING POSSESSION is the key** – and pivoting is so important for your team to do so. If players learn how to pivot and keep the option of a pass or shot open, your team will have longer possessions and score more points. Players should learn how to pivot to square to hoop, how to do a reverse pivot, and an inside pivot depending on the situation and the defense. Proper pivoting will help reduce traveling and jump balls! 😊

TRIPLE THREAT POSITION

This is a position each player needs to learn how to do when they catch the ball on offense. The three threats are in order: SHOT, PASS, OR DRIBBLE. Often younger players catch and dribble immediately. We want to teach players to catch and square to the basket – to read the defense – and to keep all 3 options alive. **Triple threat is the foundation for good offense.**

Legs should be bent in athletic stance & feet should be shoulder width apart. Palm of shooting hand should be UNDER THE BALL and pointing up to the ceiling of the gym. I call this “**pre-loading**”--- so the player is faster if he/she does release a shot. Many players catch with palms on the top of the ball and this will make the release very slow.

PASSING

- W on the ball
- **Use right and left sides of body and hands EQUALLY when passing**
- Step towards your recipient to pass
- Target hands up to catch
- Step to ball to receive
- Players need to put speed on the pass so it doesn't get stolen
- Players need to learn how fake before passing as they develop

TYPES OF PASSES

- **CHEST** – w on the ball, ball should be received at waist area with speed on it
- **BOUNCE** – ball should hit floor $\frac{3}{4}$ of distance b/t passer to receiver
- **OUTLET** – two hands on ball over the head or lead chest pass
- **ENTRY** – players need to give a target when catching in the ball in the paint. There are high entry passes to the lead hand, bounce passes to the post, and wrap passes around a perimeter defender to the paint. All of these passes need to be taught and players need to read the defense and select the cleanest pass (best) to get to the post. Stress how important it is not to telegraph the pass.
- **BASEBALL** – a one handed longer pass to the open player down court.
- **SKIP** - pass thrown over the zone (skipping a closer recipient). It is often a two handed outlet type pass that is thrown a bit higher and faster to go over the hands of the defenders.

SCREENS

Setting Screens and Using Them

Setting screens and using them is a difficult thing for young players to grasp. They often don't understand the purpose of the screen or WHO to set it on. When teaching setting screen, the player needs to be taught to "head hunt" – that means find the boy or girl who is covering the player he/she is setting the screen for. Once the screen setter finds the player, he/she needs to set a low, wide, and balanced screen on the mid-section of the defender's body. I teach players to HOLD the screen for a 3 count – realizing they may only do it for 1 but it's a start! 😊

Using the screen is another tough thing for players. If you can teach your players to count to 2 before they come off their teammates shoulder, it will start to work. Impatience is what causes the timing of screens not to work.

FAKES

Using Fakes to become a better 1 on 1 player and a better passer

There are several different kinds of fake a player can use to become a better offensive player. For 1 on 1 offense, there are 2 basic fakes you should teach young players --- the shot fake and The jab step. There are several more but these are the two moves that will really help. The shot Fake must come from chest up to the head – and be quick and look real. Once the defender Extends up to cover the shot, the offensive player drives underneath. The jab step is a fast and Hard step towards the hoop like the player is driving...get the defender to step away and then The offensive player has created room to shoot. There are several combinations of the shot Fake and jab step that work really well together. Shot fakes are very useful in the paint on Offensive rebounds as well.

GETTING OPEN

Getting open on can be challenging for young kids. Here are the three best moves to teach your guards to get open. The purpose of these cuts is to open a clean passing lane so they can catch the ball.

- V-Cut - take defender in and cut back hard to ball
- Back Door - take defender high on ball side and then cut fast behind to basket
- Face Cut - walk straight into the belly of the defender 2 ft or so and then quickly release back to catch the pass.

PRACTICE DRILLS

<i>OFFENSIVE & DEFENSIVE TRANSITION DRILLS</i>	
<p><u>OFFENSIVE DRILLS</u></p> <p>3 v 2, 2 v 1</p>	<ul style="list-style-type: none"> • 3 players at half court with ball • 2 players in tandem on defense. • Ball is scored, rebounded, or stolen by a defender in the tandem • Tandem attacks opposite hoop vs. the other player who scored or made the turn-over • Players fill in at outlet line on each sideline
<p>2 v 1 continuous</p>	<ul style="list-style-type: none"> • same as above but always 2 offensive players vs. 1 defender
<p>11 man fast break</p>	<ul style="list-style-type: none"> • 4 outlet lines on sidelines • tandem d at each basket • 3 offensive players attack basket from half-court • Passer and shooter become new tandem on the next defense
<p>Rebound, outlet, break</p>	<ul style="list-style-type: none"> • Outlet line on each sideline at hash mark • Line under each rim • Ball is outleted to player • Rebounder fill behind ball • Player catches, turns and faces, and speed dribble to ft line • Player makes a jump stop at ft line as teammate cuts in towards basket • Bounce pass for lay-up... both sides of court run at same time
<p>3 man weave</p>	<ul style="list-style-type: none"> • Pass and cut behind, last pass is bounce pass for lay-up
<p>5 man weave</p>	<ul style="list-style-type: none"> • Same as 3 but 5 lines pass and cut behind 2 lines to outside. come back as 3 on 2 w/ scorer and passer on defense as the tandem
<p><u>DEFENSIVE DRILL</u></p> <p>4 V 4 Channel Drill</p>	<ul style="list-style-type: none"> • 4 offensive players spread wide across baseline. 4 defensive players line-up opposite them. • Coach passes ball to one of the four offensive player. • The matching defender sprints and touches baseline while the fast break begins – 4 v 3. <p>The 3 defenders must get back and channel to the rim, stop ball, and have weak side help until its 4 v 4 match-up and the fast break has been killed.</p>

REBOUNDING DRILLS

Circle The Wagon	<ul style="list-style-type: none"> • 4 v 4 set up around the foul lane on four corners • Defensive 4 move and slide in a Clock-wise pattern until 5th uncovered player or coach takes the shot. • Players must box out closest player and yell “shot!” – Until ball is rebounded
3 on 3 Competitive	<ul style="list-style-type: none"> • Make even teams of 3, play for 5 to 10 minutes keeping score for each team of 3 players • Reward a good box out attempt by all 3 players with 3 points towards total score. Must check it w/ coach b/t points <ul style="list-style-type: none"> Box out = 3 Steal = 2 Scored basket or 3 pointer = 1 Extra hustle &/or communication = 1

DEFENSE DRILLS

Shell Drill	<ul style="list-style-type: none"> • 5 offensive players around perimeter, 5 defensive players line up with team • As ball moves, defender moves. Must always: <ol style="list-style-type: none"> 1. stay b/t man and hoop 2. see the man and the ball 3. keep back to baseline as you move on defense <p>1 pass away = DENIAL DEFENSE 2 passes away = HELP DEFENSE, one foot in paint 3 passes away = TOTAL HELP, both feet in paint</p> <p>Must hear: “BALL, HELP, SHOT!” Must all BOX OUT & REBOUND THE BALL</p>
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BALL MOVEMENT DRILLS

60 Pass Game	<ul style="list-style-type: none">• Play 4 v 4 or 5 v 5 using the full half court as boundaries for the game.• NO DRIBLLING AT ALL!• Players must make a clean pass for it to count as 1 point. (no deflection or touch of ball = clean)• Keep a continuous pass total going for each team of clean passes• If the ball is touched, deflected, or stolen –that team’s turn is over• First team to get 30 total passes wins• You can make an extra challenge of having the last pass as a bounce pass for a lay-up.
Swing Game	<ul style="list-style-type: none">• Ball must be moved right, middle, then left before a shot is taken or then left, middle, right = 1 full reversal• Play 4 v 4 or 5 v 5. Move the ball from sideline to middle to opp. sideline to drive or shot.• If team makes a double reversal which is often the 4th and 5th pass or the possession, award 2 extra points to total for that team• Each team can get 3 turns, keep score, and switch o and d. Baskets =1, proper reversal = 1, double reversal = 2 pts.
In & Out Game	<ul style="list-style-type: none">• Same as above, except ball must touch the forward or center on every possession before a shot• Ball can go from point to wing to post or from point to post• 1 in and out = 1 point, 2 in and outs = 2 points, hi-low from post to post = 3 points!• Each team gets three turns, keep score and switch o and d

<i>FUN DRILLS</i>	
Steal the Bacon	<ul style="list-style-type: none"> • Match up the players in competitive pairs • Give each pair the same number (1 to 6) • Have them line up on baseline and face the wall. • Throw ball anywhere in gym and call number from 1 to 6. • First player to ball is offense, other player is defense • Have them play until ball is scored
Hot Shot	<ul style="list-style-type: none"> • 1 minute shooting for each player • 5 spots worth different points • Bonus points for attempting a shot from each spot • Make sure they dribble and spot up correctly

<i>LAY-UP DRILLS</i>	
Arkansas	<ul style="list-style-type: none"> • Two lines of 6 on base under basket • First girl in one line has ball • Second girl in other line has ball • Players make loop cut to catch on block and finish lay-up • No dribbling • Try to make 10 or 20 consecutive. Great for footwork
Mikan1	<ul style="list-style-type: none"> • 1 minute lay-up drill with one ball • No Dribble • Keep ball above shoulders • Count Makes
Mikan2	<ul style="list-style-type: none"> • 2 players needed and 2 balls • 1 players goes and the other rebounds • Rebounder places each ball that is shot above the low post block • Offensive player reaches for ball, drop steps and powers up • Keep track of baskets

<i>SHOOTING DRILLS</i>	
Kentucky	<ul style="list-style-type: none"> • 2 players shoot at a hoop w/ 1 ball • Start all in the paint and then move area each minute • Player shoots and follows shot and must score any miss • Only original makes count as 1 point • Other player spots up and catches for shot • Do for 1 minute or first team to score 10 original makes
33	<ul style="list-style-type: none"> • Three lines on each baseline. 3 at half court • Each player runs and catches ball • Shot fake and drive and score from right, middle, and left line • Shot fake and take jumper from right, middle, and left • Then 3 pointer from all three lines • Must score from r, l, and middle b/4 switching • First player to make all styles at each end for floor wins "33"!
3 player	<ul style="list-style-type: none"> • 1 Passer, 1 rebounder, and 1 shooter and 2 balls for drill. • Shooter cuts elbow to elbow to receive pass from wing • Rebounder hustles to get balls and pass to passer on wing • Rotate jobs and keep team total • Also can rotate area on floor and go elbow to short corner

<i>DRIBBLING DRILLS</i>	
Dribble Knock Out	<ul style="list-style-type: none"> • All players have a ball and are confined to 3 point arc area. • They must keep dribble alive and protect with other arm while they try to knock other players' balls out of the area. • Last one alive w/ ball wins
1 on 1 Cross-over	<ul style="list-style-type: none"> • Try to emphasize technique and then increase speed. • 1 v 1 from corner to corner of side of court. Defender keeps "head on the ball" (forehead) • Have defender turn the offensive player to make a cross-over dribble up and down on the sideline area of the court.

<i>PASSING DRILLS</i>	
5 Star Passing	<ul style="list-style-type: none"> • 5 lines at one basket – line at each of four corners and under basket. • Have players pass from rim to corner, to opp. wing, to strong corner to bounce pass for cutter coming in from the weak-side wing.

CONDITIONING DRILLS

- Suicides/ladders
- Push-ups and sit-ups
- Line jumps
- Jump ropes
- 14 in a minute – sprints from sideline to sideline
- Defensive figure – eights
- 10 lengths with arms straight up – elbows can't fall below ears! 😊

SCREEN DRILLS

3 on 3	3 v 3 motion pass and screen away set. Demand a hold for 3 seconds and that the other players waits for 3...make the players count out loud and reward the team who executes the little things the best
Scrimmage	During the regular scrimmage time, award bonus points to the team every time they set and WAIT for a screen properly. Count scored baskets as 1 and each proper screen as 2 for added incentive.

FAKE DRILLS

1 on 1	Award 2 points to offensive player if he/she uses a fake prior to shooting or driving to the basket.
Points of Attack	Set your team up in 3 equal lines: one at wing, top of key, and other wing. Have players practice fakes to right and left without defense. Repetition will be the key. Make sure players are not traveling with the jab.

GETTING OPEN DRILLS

3 v 3	Work on 1 cut at a time with an offensive player and a defensive player. It is easiest to understand the cuts when beginning on the wing. Reward proper cuts with point and try to make a challenge or game-like situation out of the drill.
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OFFENSES

<i>BASIC MOTION SET VS. MAN TO MAN PRESSURE</i>	
1 -2 -2 Set with options	<ul style="list-style-type: none"> • 1 point at top of key • 2 guard wings wide (outside 3 point line and above foul line) • 2 low posts set right above blocks • Point passes to wing and screens away for weak side guard • Strong side post screens for weak side post • OR start with forwards out on wings and guards on blocks and have the posts screen down to begin • OR begin in a 1-4 High Set • OR start offense with a double stack of 1 guard and 1 forwards on each side of lane and have g or f pop out to catch or CURL • Quick Hitters <ul style="list-style-type: none"> ○ Pick and Roll ○ Clear-Out ○ Give and Go ○ Hi-low
Goals for Man Offense	Move without the ball, pass and cut, dribble penetration and kick, screens –setting them and using them correctly to create the open shot.

BASIC OFFENSE VS. ZONE PRESSURE

Odd front Defense = even front offense
Even front Defense = odd front offense

1-3-1 SET vs. 2-3 zone Defense

- 1 point at top of key, 2 guards spread wide at wing
- 1 tall post on free throw line area or high post
- Other post on short corner under the zone

Rules

- Pass point to wing = exchange on weakside
- Pass wing to corner = cut through the gut of basket to opposite side

Goals

- Ball movement
- Go where the d is not
- Reversal and inside/out passing
- Cutting
- Screening the zone for older players
- Dribble penetration and kick
- Make the zone shift, pull or open and hit the open man in the open spot

OUT OF BOUNDS PLAYS	
BC (across)	<ul style="list-style-type: none"> • Box set • Forwards on blocks, guards on elbows • screen across • HIT THE SCREENER! ALWAYS WORKS! 😊
BU (up)	<ul style="list-style-type: none"> • Box set • Forwards on elbows, guards on blocks • Screen UP
IOWA (for i formation)	<ul style="list-style-type: none"> • 4 player stack above block
AMERICA	<ul style="list-style-type: none"> • Best shooter inbounds and comes inbounds fast to the weak side off a double screen by 2 forwards at block area (outside of the zone) • Ball is inbounded to strong guard popping corner • Ball is reversed to other guard popping back to wing area and then looks to skip it to shooter on weakside

OUT OF BOUNDS DEFENSE
<p>SHOULD ALWAYS BE 2-3 ZONE. Teach players to put a bar arm in belly of offensive player and to not let anyone get under them. Defense needs to see the ball and be careful of the inbounding player. Teams at all levels struggle with out of bounds defense.</p>

PRESSES	
500	<ul style="list-style-type: none"> • full court man to man • deny entry • trap if ball is dead • don't get beat long
1200	<ul style="list-style-type: none"> • Diamond & 1 Full zone press. 1 -2 -1-1. • Ball is trapped by guards on sideline. • Rover is at half-court. He/she tries to intercept any pass. • Guards steal or force a reversal for trap on opposite sideline. • Last player back (center position) is the safety. • No lay-ups.
GOALS OF GOOD PRESSES	<ul style="list-style-type: none"> • Steal for offense, scoring • Take time off shot clock • NO Lay-ups – a press should try to never give up a lay-up • Change momentum if you are down

PRESS BREAKS	
Princeton 3 vs. zone press	<ul style="list-style-type: none"> • 1 -3 -1 wide set across foul line extended. • 1 man is on right sideline • 4 man begins on foul line • 2 man is on other sideline • 3 inbounds it and remembers to run baseline on a made basket • 5 man is deep • Pass sideline, to middle, to sideline to attack • PASS AGAINST ZONE PRESSURE
Princeton Stack vs. Man press	<ul style="list-style-type: none"> • 3 inbounds and 1 and 2 and 4 men in stack at foul line. • 2 and 4 screen for 1 who cuts to catch the ball. All players clear out and let the 1 man bring the ball up the court. • DRIBBLE AGAINST MAN PRESSURE

POSITIONAL TEACHING

It is the responsibility of the coach to teach the team concepts of the game. Every player needs to understand her role and also her general duties pertaining to her position. Teaching terminology and positional play is key to the skill development and mental comprehension of the game.

All of your players should understand each of the (5) positions on the court. They should know the language used to describe these positions and how to practice skills pertaining to each position.

1. "1" Point Guard play:
2. "2/3" Off Guard or Wing play
3. "4/5" Forward / Center play

LOW POST

Not enough players want to play the forward or center spot anymore...and it is something that high school coaches and college coaches desperately want! Players need to want to play with their backs to the basket. Every championship team wins because they have a great inside game – basketball is won from the inside out. Too many players nowadays want to shoot 3 pointers all the time. If you can encourage your "BIGS" to want to play hard in the paint --- and you make sure they get the ball – they will improve and your team will too. Here are the 2 best low-post moves to teach your "Bigs"the DROP STEP and the McHALE move. If your bigs want to be great they should do these moves 50 times a day on each side of basket.

BASKETBALL LANGUAGE

A coach needs to teach the players the areas of the court, the rules, and other terminology pertaining to the game. For example, "the key", the "bucket", and "the paint" all mean the same thing but could confuse a young player.

OTHER RESPONSIBILITIES OF THE COACH

1. Team Activities: pizza party
2. HS & College Basketball Games
3. Banquet/break up dinner: **awards**
4. Stress the importance of improvement in the off-season
5. Camp
6. Self improvement as a coach

Remember... "Coach = Teacher."

INDIVIDUAL WORKOUT FOR PLAYERS

Keys to a better workout plan:

- Always have a notebook. Chart makes and/or moves. Chart improvement! ☺
- Always have a watch. Time drills for 1 minute to make game-like situation and improve speed.
- Time all drills and count all makes. You must always be working on accuracy and then speed.
- Vary your dribble moves every week. Practice 2 per day per week and then switch.
- Workout for about 40 minutes and end with 50 to 100 free throws.
- Do this workout 3 to 4 times per week in addition to playing with your team and conditioning.
- FINISH ALL MISSES BUT ONLY COUNT ORIGINAL MAKES!!!! (works on conditioning and offensive rebounding skills).
- Do every move to your right and two times to your left (weak side).

DRILL	TIPS
Mikan	<ul style="list-style-type: none"> ▪ 3 ways / 1 min. each way / chart in notebook ▪ 1 foot ▪ 2 feet ▪ "Jail" (back to baseline)
2 Free Throws	<ul style="list-style-type: none"> ▪ Make both = continue workout ▪ Make one = 15 second punishment ▪ Miss both = 30 second minute punishment
Block to Block j's	<ul style="list-style-type: none"> ▪ 1 minute / chart
2 Free Throws	<ul style="list-style-type: none"> ▪ Make mental situation in mind to add pressure, new punishment
Elbow to Elbow j's	<ul style="list-style-type: none"> ▪ 1 minute / don't let the ball hit the floor, ▪ Speed dribble out / chart original makes (finish misses)
2 Free Throws	<ul style="list-style-type: none"> ▪ Mental situation...i.e. Need both to tie
Dribble Series to rim	<ul style="list-style-type: none"> ▪ From 3 points of attack: r. wing, middle, l. wing ▪ 2 moves each day, 3 times to right and 3 times to left ▪ From each point of attack ▪ i.e., shot fake, jab step, cross-over, sweep combos...etc. ▪ Chart moves
2 Free Throws	<ul style="list-style-type: none"> ▪ New mental situation, new punishment
Dribble Series to j's	<p>Same as above i.e. Crossover to jumper from block, jab step dribble to paint for jumper / chart moves</p>
2 Free Throws	<ul style="list-style-type: none"> ▪ New mental situation, new punishment
3's Around the World	<ul style="list-style-type: none"> ▪ 3 shots from 5 points (baseline, wings, top of key) ▪ Finish all misses, speed dribble...15
50 to 100 free throws	<ul style="list-style-type: none"> ▪ Chart makes

SARAH BEHN BASKETBALL CAMP

BASKETBALL CAMP INCENTIVE PROGRAM 2011

PURPOSE:

- To offer a key contact in a town an opportunity to win rewards for encouraging young girls and boys to attend Sarah Behn Basketball camps.

GUIDELINES:

- The person can be a Basketball Mom or Dad, Youth Coach, or Town Coordinator.
- The campers must be new and not those who had attended in the past, or were already planning to enroll in 2011.
- The application must be received in our office with your name on the application at the time it is received.

REWARDS:

- ***Five Campers Registered to a Day Camp***
If our office receives **five** applications with you as a referral for **NEW** campers to any one of our day camps, you will receive a full scholarship for your child to any of our day camps.
- ***Five Campers Registered to an Overnight Camp***
If our office receives **five** applications with you as a referral for **NEW** campers to any one of our overnight camps, you will receive a full scholarship for your child to any of our overnight camps.
- ***Additional Five Campers – Total Ten (10)***
If our office receives an additional five applications with you as a referral for **NEW** campers for a total of ten applications, you will receive a \$100.00 Master Card – Gift Card and 1-hour private shooting lesson for your child with Sarah at your location.