

FAIRLAWN COACHES SEMINAR THURSDAY DECEMBER 1

“BASIC FUNDAMENTALS OF COACHING” – 1) KNOWING YOUR TEAMS CAPABILITIES AND UNDERSTANDING WHAT YOU NEED TO DO TO BE SUCCESSFUL. 2) COMMUNICATIONS WITH YOUR TEAM AND PARENTS. COACHES ARE PARTNERS WITH PARENTS RELATIVE TO THE PLAYERS DEVELOPMENT. IT’S NOT HOW MUCH YOU KNOW IT’S HOW MUCH THEY LEARN. YOU MUST BE ABLE TO BREAK DOWN TERMINOLOGY IN SIMPLISTIC FORM SO THE PLAYERS COMPREHEND. 3) THE PRACTICE PLAN YOU DEVELOP FOR YOUR TEAM IS BASED ON THE TALENT OF THE PLAYERS AND YOUR OVERALL PHILOSOPHY. YOUR PRACTICE SHOULD REFLECT THE NEEDS OF THE PLAYERS AND YOUR PHILOSOPHY TO BE SUCCESSFUL OR WORKING ON IMPROVING MISTAKES MADE IN GAMES YOU HAVE COACHED. 4) DURING GAMES BEING PREPARED AND WHAT ADJUSTMENTS YOU MAKE TO HOW THE OTHER TEAM IS PLAYING. 5) MAINTAIN STRUCTURE, CONSISTENCY AND DISCIPLINE. 6) RECRUITING AND KEEPING PLAYERS IN THE PROGRAM.

“REMEMBER COACHING IS A RESPONSIBILITY AND JUST AS YOU WANT YOUR PLAYERS TO BE THE BEST THEY CAN BE THEY EXPECT YOU TO BE THE BEST THAT YOU CAN BE”

POSITIVE COACHING ALLIANCE COACHING PHILOSOPHY WITH HANDOUTS

DOUBLE GOAL COACH / E.L.M. PRINCIPLE/ “NEXT PLAY” STRATEGY

DISCUSSING ZONE OFFENSES 1-3-1 AND 1-4 WITH DEFENSIVE SHELL DRILLS FOR 2-3 ZONE AND MAN TO MAN WITH HANDOUT

MAKING UP A PRACTICE PLAN

PLAYERS AND COACHES GOALS AND PHILOSOPHY:

DOUBLE GOAL COACHES-WIN AND TEACH PLAYERS LIVES LESSONS.

TRIPLE IMPACT COMPETITORS-MAKING YOURSELVES, TEAMATES AND GAME BETTER.

COACHING PHILOSOPHY- E.L.M. E- EFFORT MEANING MAXIMUM EFFORT ON EVERY PLAY RATHER THAN OUTCOME, L-LEARNING RATHER THAN COMPARISON TO OTHERS AND M-MISTAKES WHICH ARE IMPORTANT AND AN INEVITABLE PART OF LEARNING. PLAYERS SHOULD NOT FEAR MISTAKES. IT PROVIDES YOU WITH AN OPPORTUNITY TO LEARN AND THE COACH A TIME TO TEACH.THE KEY TO SUCCESS IS RESPONDING POSITIVELY TO MISTAKES AND TO CONTINUE TO PLAY AND CONTRIBUTE TO THE TEAM. CHALLENGE YOURSELF AND STRIVE TO BE THE BEST PLAYERS AND PERSON YOU CAN BE.

A WINNER AND SUCCESS IS SOMEONE WHO MAKES A MAXIMUM EFFORT, CONTINUES TO LEARN AND IMPROVE AND DOESN'T LET FEAR OF MISTAKES STOP THEM. THE MENTAL PART OF THE GAME IS AS IMPORTANT AS THE PHYSICAL. YOU NEED TO WANT TO WIN WITH THE WILL TO WIN WITHOUT FEARING FAILING. IF WE FOLLOW THE ELM PRINCIPALS WE WILL WIN AND BE SUCCESSFUL.WE SHOULD ALL BE DEDICATED TO TEAM GOALS IN LIEU OF INDIVIDUAL ACHIEVEMENTS AND A SCOREBOARD MENTALITY.

TEAM MANTRAS-" NEXT PLAY"-AFTER YOU MAKE A MISTAKE THE PLAYER OR COACH WILL SAY OUT LOUD NEXT PLAY MEANING THAT WE WILL MOVE ON AND CONCENTRATE ON GIVING A MAXIMUM EFFORT ON THE FOLLOWING PLAY ON OFFENSE OR DEFENSE.

D.I.M.I.T-T- DETERMINATION IS MORE IMPORTANT THAN TALENT. TALENT IS A GIFT BUT ITS UP TO ALL OF YOU BECAUSE HOW HARD WE TRY IN OUR EFFORT DETERMINES HOW GOOD WE WILL BECOME. THE ONLY THING YOU BRING IN LIFE IS EFFORT. YOU CANT CONTROL WHETHER YOU WIN OR LOSE BUT YOU CAN DETERMINE YOUR OWN EFFORT AND IMPROVEMENT. IF YOU GET KNOCKED DOWN IMMEDIATELY GET BACK UP. YOU CAN LEARN AND CAN DO ANYTHING IF YOU WANT TO. IF YOU HAVE CONFIDENCE AND THINK YOU CAN SUCCEED YOU WILL BE SUCCESSFUL.

PRIORITIES IN ORDER- GOD, FAMILY, SCHOOL AND BASKETBALL.

TEAM AREAS OF CONCENTRATION- DEFENSE, TEAM WORK AND PASSING, REBOUNDING AND PLAYING THE RIGHT WAY (R.O.O.T.S. RULES, OPPONENTS, OFFICIALS ,TEAM AND SELF MUST ALL BE HONORED.)

REMEMBER THE FOLLOWING THROUGHOUT THE YEAR: ALL INSTRUCTIONS GIVEN OUT BY COACHES IS INTENDED TO BE POSITIVE CORRECTIVE FEEDBACK TO YOU AND NOT A CRITICISM OF YOUR MISTAKES. COACHES THAT INSTRUCT ON A REGULAR BASIS CARE ENOUGH ABOUT YOU AND BELIEVE IN YOU.KINDLY DON'T TAKE PERSONAL, INSTRUCTIONS GIVEN TO YOU ON ANY PARTICULAR PLAY BECAUSE ALTHOUGH THE COACHES MAY NOT BE HAPPY WITH THE OUTCOME OF THE PLAY WE ALL CARE ABOUT YOU ENOUGH TO POINT IT

OUT TO YOU. TOUGHNESS IS BEING POSITIVE IN THE FACE OF ADVERSITY. ENERGY COMES FROM EMOTION. EVERYONE SHOULD ALSO CARE ABOUT THEIR TEAMATES EVEN IF THEY DON'T LIKE THEM. PLEASE TRY NOT TO COMPARE YOURSELF TO ANY OTHER TEAMATE OR PLAYER BECAUSE AT TIMES ULTIMATELY YOU WILL DECREASE YOUR EFFORT BECAUSE YOU FEEL YOU ARE NOT AS GOOD AS THEY ARE AND ITS NOT WORTH THE EFFORT. THE TEAM NEEDS A COMMITMENT FROM ALL OF YOU GREATER THAN YOU THINK POSSIBLE TO SUCCEED. WHAT WE ALL LEARN IN BASKETBALL CAN BE UTILIZED IN OTHER AREAS OF OUR LIVES. THE COACHES ARE AVAILABLE ANYTIME TO HELP YOU IN ANY WAY TO SUCCEED BOTH IN BASKETBALL AND LIFE.

Redefining "Winner"

"A Positive Coach helps players redefine what it means to be a winner through a mastery, rather than a scoreboard, orientation. He sees victory as a by-product of the pursuit of excellence. He focuses on effort rather than outcome and on learning rather than comparison to others. He recognizes that mistakes are an important and inevitable part of learning and fosters an environment in which players don't fear making mistakes. While not ignoring the teaching opportunities that mistakes present, he teaches players that a key to success is how one responds to mistakes. He sets standards of continuous improvement for self and players. He encourages his players, whatever their level of ability, to strive to become the best players, and people, they can be. He teaches players that a winner is someone who makes maximum effort, continues to learn and improve, and doesn't let mistakes (or fear of mistakes) stop him or her."

The Positive Coach Mental Model emphasizes redefining what it means to be a "winner" (away from a scoreboard orientation to a mastery focus) because it helps athletes better enjoy their sports experience, reduces anxiety, increases self-confidence (self-efficacy), keeps them playing longer and can improve their performance.

The notion that one might perform better by not focusing on the outcome of the competition is counter-intuitive to many coaches and parents, but there is much evidence that this idea is true. There is a large body of research on what is called "Mastery Orientation" beginning with John Nicholls's work at Purdue University. In his work on cognitive development, Nicholls contrasted task, or mastery, orientation with what he called "ego orientation." PCA calls ego orientation, with its external focus, a "scoreboard orientation." Nicholls found several important differences between children with a mastery orientation versus those with an ego or scoreboard orientation:

- Children with ego-involved goals use comparison with others to measure their success (Nicholls, 1984b).
- When students perceive themselves as having low ability compared to others, they may lower their effort and further reduce their chances of learning (Nicholls, 1984c).
- Ego involvement can reduce a child's intrinsic interest in an activity (Nicholls, 1984a).
- Individuals feel more competent when they feel they have learned (Nicholls, 1984a).
- Children with task-involved goals are likely to feel competent and successful when their performance of specific tasks improves (Nicholls, 1984b).
- Task-involvement produces the most desirable educational outcomes (Nicholls, 1984b).
- In task-involved individuals with high perceived capacity, goals will look realistic and therefore performance will not be impaired by anxiety, self-protective effort-reduction, or a sense of hopelessness (Nicholls, 1984b).



Positive Coaching

Support PCA

Free Tips and Tools

National Conversation

The Mental Model

Roadmap to Excellence

Coaches' Tools

Parents' Tools

Leaders' Tools

Honor The Game

The Positive Coach Mental Model

Mental models have power. They affect how people see, think, and behave. If one were to characterize the prominent mental model for coaching, it might be called "win-at-all-cost." PCA believes this needs to change.

As part of Positive Coaching Alliance's strategy to transform youth sports, we have developed the Positive Coach Mental Model and will promote it until it becomes the industry standard for youth sports. Extensive academic research constitutes the foundation for the Positive Coach Mental Model. Please read through the [Positive Coach Mental Model Research Summary](#) to learn more. The Positive Coach Mental Model is consistent with the National Standards for Athletic Coaches developed by the National Association for Sport and Physical Education (NASPE).

The Double-Goal Coach PCA believes all youth sport coaches should be "Double-Goal" Coaches. A win-at-all-cost coach has only one goal: to win. He or she is concerned primarily with teaching skills and developing strategy designed to win games. A Positive Coach is a "Double-Goal Coach" who wants to win, AND has a second goal: to help players develop positive character traits, so they can be successful in life. Winning is important, but the second goal, helping players learn "life lessons," is more important. A Positive Coach puts players first.

Positive Coach Mental Model There are three major elements to the "job description" of a Positive Coach. A Positive Coach:

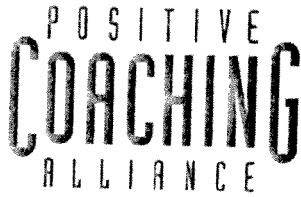
1. Redefines "Winner"
2. Fills Players' Emotional Tanks
3. Honors the Game

1. Redefines "Winner"

A Positive Coach helps players redefine what it means to be a winner through a mastery, rather than a scoreboard, orientation. He sees victory as a by-product of the pursuit of excellence. He focuses on effort rather than outcome and on learning rather than comparison to others. He recognizes that mistakes are an important and inevitable part of learning and fosters an environment in which players don't fear making mistakes. While not ignoring the teaching opportunities that mistakes present, he teaches

Latest Youth Sports Spotlight Blog Topics

- [The Biggest Mystery in Youth Sports \(7/7/09\)](#)
- [Positive Coaching is Not "Soft" \(6/29/09\)](#)
- [Phil Jackson: Role Model Coach \(6/15/09\)](#)
- [Roger Federer Honors the Game \(6/9/09\)](#)
- [Toronto Soccer Coach Cancels Season \(6/3/09\)](#)
- [PCA in Washington Post \(5/29/09\)](#)
- [A Moment of Truth Plays Out on the Soccer Field \(5/22/09\)](#)
- [Ken Ravizza, Evan Longoria and Joe Maddon \(5/18/09\)](#)
- [What Coaches Learn From Players \(5/14/09\)](#)
- [In Hockey, Honor The Game by Honoring the Players \(5/6/09\)](#)
- [A Youth Sports Story of Struggle and Triumph \(5/1/09\)](#)
- [Soccer Parents Banned From Sidelines \(4/22/09\)](#)
- [More Honors for Honoring the Game Award Winners \(4/20/09\)](#)
- [R.I.P. Mark 'The Bird' Fidrych and](#)



PCA Parent Pledge

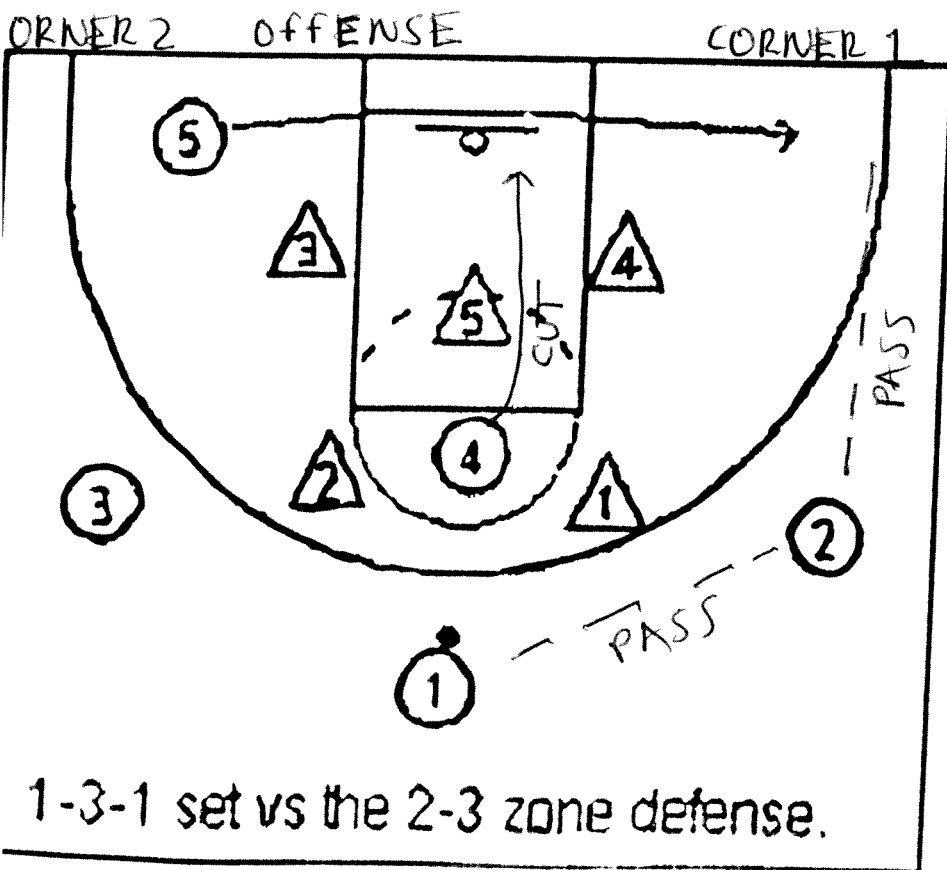
Please read, initial each item, sign and return to the coach or appropriate official.

1. I pledge to get my child to practice and games on time. I understand that it can be embarrassing for my child to be late and that I may be putting him/her at risk by not providing adequate time for warm up. I will be on time to pick up my child from all games and practices. This shows respect for the coach, and it tells my child that he or she is my top priority. _____
2. I pledge to use positive encouragement to fill my child's Emotional Tank because athletes do their best when their "Emotional Tank" is full. I understand that fewer than 1% of youth sports participants receive college scholarships and that the top three reasons kids play sports are a) to have fun, b) to make new friends, and c) to learn new skills. I understand that the game is for the players, and I will keep sports in the proper perspective. _____
3. I pledge to reinforce the ELM Tree of Mastery with my child (E for Effort, L for Learning and M for bouncing back from Mistakes). Winners are people who make maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self. _____
4. I pledge to "Honor the Game." I understand the importance of setting a good example for my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and officials. I understand that officials make mistakes. If the official makes a "bad" call against my team, I will Honor the Game and be silent! _____
5. I pledge to refrain from yelling out instructions to my child. I understand that this is the coach's job. I understand that games are chaotic times for children trying to deal with fast-paced action and respond to opponents, teammates and coaches. I will limit my comments during the game to encouraging my child and other players for both teams. _____
6. I pledge to refrain from making negative comments about my child's coach in my child's presence. I understand that this plants a negative seed in my child's head that can negatively influence my child's motivation and overall experience. _____

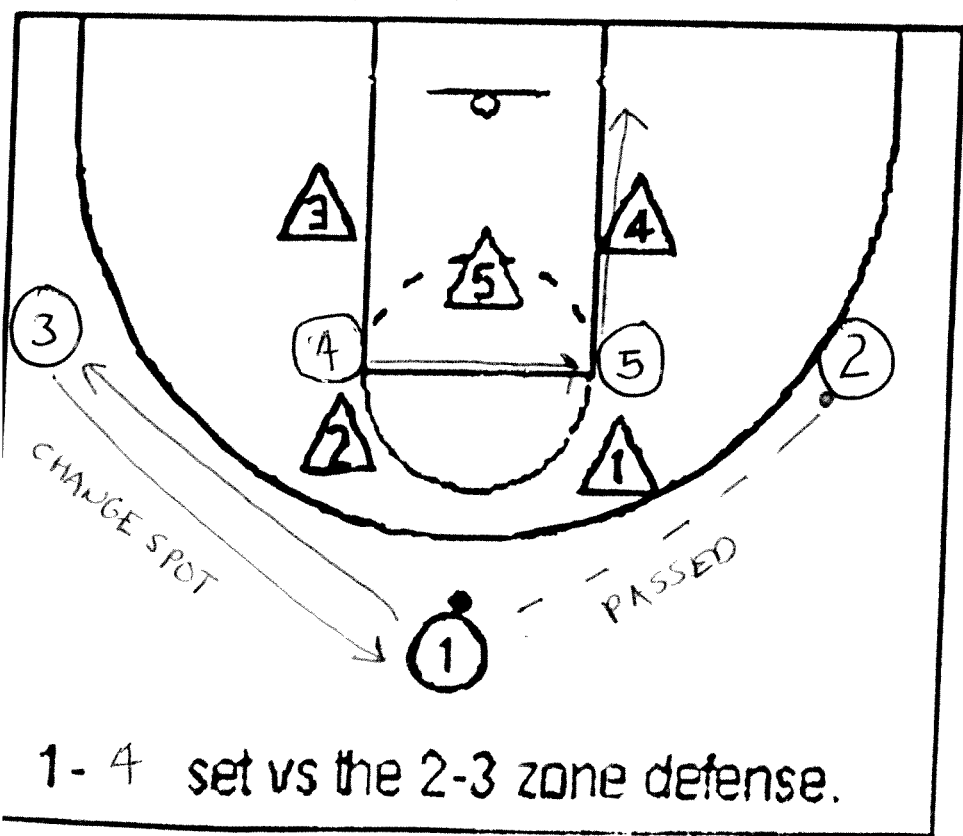
I will honor the PCA Parent Pledge in my words and actions.

Parent's Signature

Print Child's Name



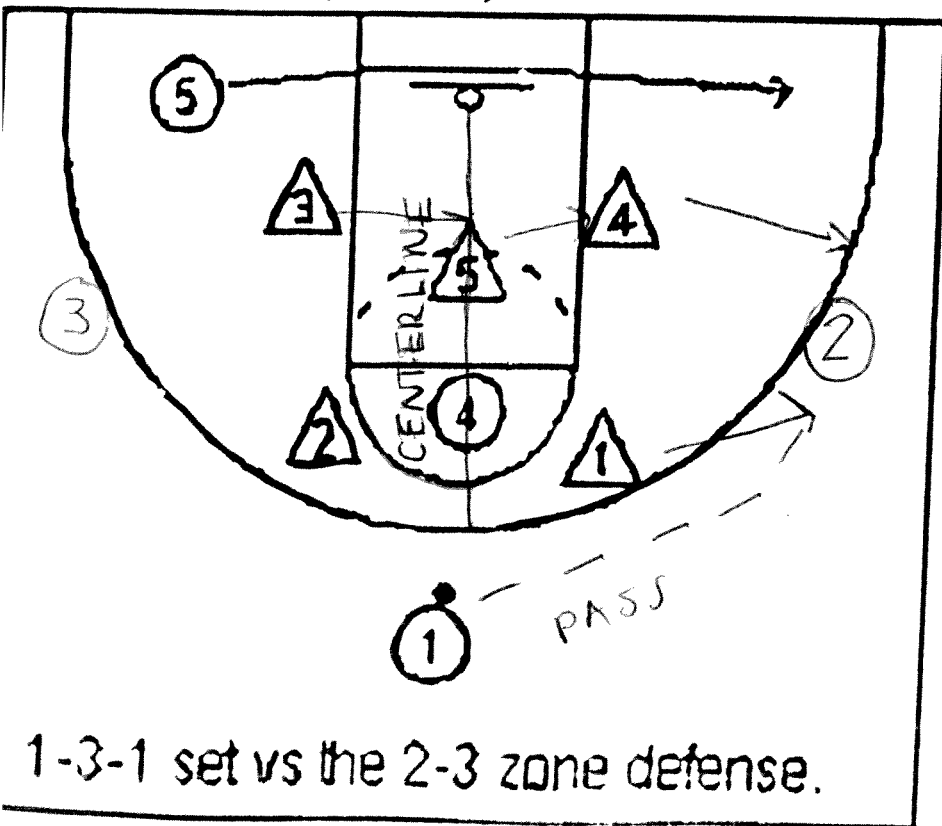
OFFENSE



1-4 set vs the 2-3 zone defense.

WINGS BELOW FOUL LINE

DEFENSE



1-3-1 set vs the 2-3 zone defense.

PRACTICE PLAN-8:00-9:15

8:00 WARM UP-DRIBBLE LEFT HAND AND CROSSOVER AROUND COURT WITH YOUR HEAD UP.

8:05 WORK ON PROPER FORM RIGHT AND LEFT HAND LAYUPS STARTING UNDER THE BASKET.-SEE HANDOUT

8:20 TWO PERSON PASSING WITH ONE BALL THEN TWO. TEACH CHEST, BOUNCE , OVERHEAD AND BASEBALL PASSES.-SEE HANDOUT

8:30 PROPER SHOOTING FORM SPIN BALL TO YOURSELF JUMP STOP AND SHOOT.-SEE HANDOUT

8:45.DRIBBLING- PLAY DRIBBLE TAG AND KNOCK OUT-SEE HANDOUT

8:55 TEACH TRIPLE THREAT-SEE HANDOUT

9:00 FRESNO DEFENSIVE DRILL

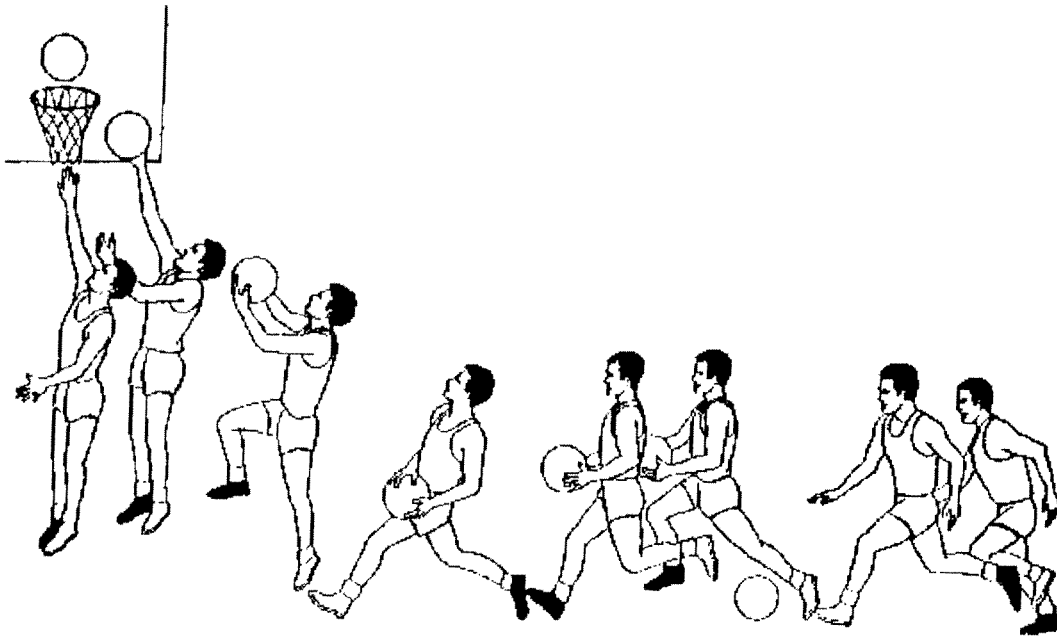
9:10 DISCUSSION- ALWAYS PICK UP ONE FUNDAMENTAL AT EVERY PRACTICE OR CLINIC.

Basketball Player Handout - No 1.

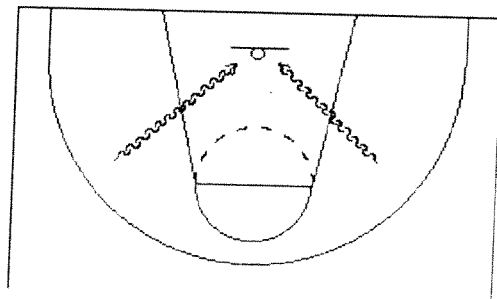
Lay-ups

The lay-up is the "basic" basketball shot that everyone should master. With practice, you should never miss a lay-up !

1. You are allowed to take two steps.
2. Always jump off the inside foot (the one closest to the centre of the court).
3. Bring the outside knee up to get extra height in the jump.
4. Jump up, not forward.
5. As you take your steps and jump, bring the ball up with two hands to the shooting position.
6. Shoot with the outside hand, using the inside arm to protect the shot.
7. At the height of the jump, shoot the ball softly off the backboard.
8. Aim for the top corner of the black square.
9. Keep your head up, and keep your eyes on the target.



The lay-up is one flowing action, not "Stop and shoot".



Ideally, approach the basket at an angle of 45 degrees

Basketball Player Handout - No 2.

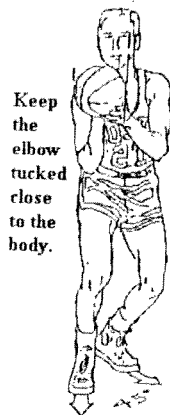
Shooting

When you are thinking about your shooting technique, remember B-E-E-F.

B - is for BALANCE, E - is for ELBOW, E - is for EYES, F - is for FOLLOW-THROUGH

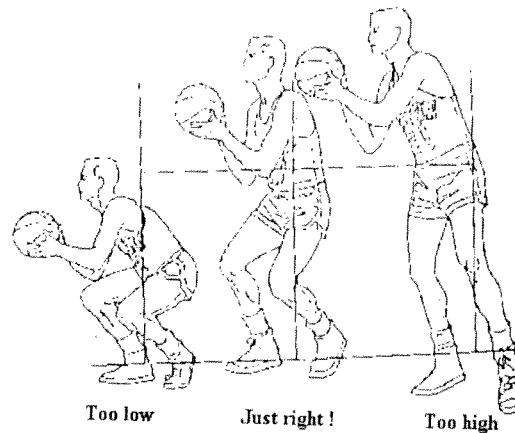
Balance

1. Make sure you are "squared-up" to the basket.
2. Make sure your feet are about shoulder width apart, the "shooting foot" (the one on the same side as your shooting arm) slightly in front.
3. Knees bent for balance (and to provide "upward thrust" when you shoot).



Elbow

1. Keep the elbow of your shooting arm close to your body - no "chicken wings".
2. During the shot the elbow should come up to your eyebrow level rather than going out in front of your body too much. This makes sure you get plenty of lift on the ball rather than pushing it out in front of you.

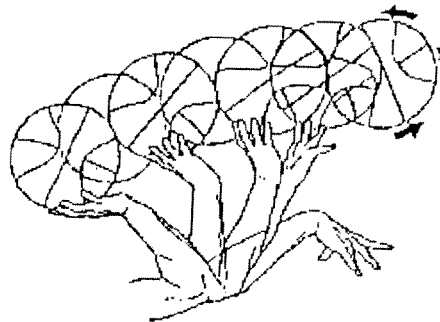


Eyes

1. Keep your eyes on the target (the basket) !
Don't watch the ball.

Follow-Through

1. When you are holding the ball for the shot your wrist should be "cocked".
2. Release the ball off the fingers and snap the wrist back to put some backspin on the ball.
3. Keep your arm up in the air for a second - it should be like a "gooseneck". !
4. Point your index finger at the target at the end of the shot.



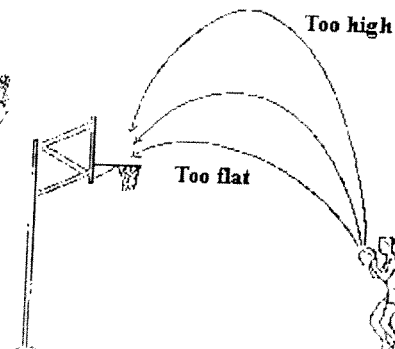
Holding the Ball

1. If you are holding the ball correctly you should see a "Y" being formed by your thumb, fingers and forearm of your shooting arm.
2. You should hold the ball with the pads of the fingers and thumbs. there should be a gap between the palm of the hand and the ball.
3. The other hand only acts as a guide and is removed from the ball before the shot is released.



Angle of the Shot

1. Try and give the ball a nice arc, like the middle line in the diagram here.
2. If you throw the ball too flat it will be harder to get it into the basket.



Basketball Player Handout - No 3.

Passing

Always try for fast, crisp passes - no "lollipops".

If the receiver of your pass is guarded, always pass away from the defender.

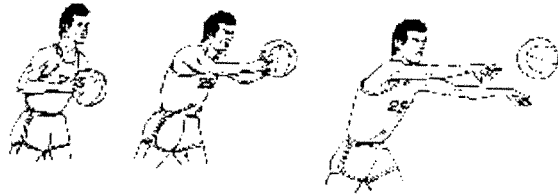
Look for the passing lanes above and either side of the defenders head.

Most importantly - "Fake a pass to make a pass".

Chest Pass

The chest pass is used only when you have a clear path to the receiver.

1. The ball is held close to the chest, keep your elbows close to your body - no "chicken wings".
2. The ball is held in both hands. Hands either side of the ball, fingers spread, thumbs behind the ball. Use the fingers and thumbs to hold the ball, don't use the palms of the hands.
3. Step towards the target and thrust the arms forward.
4. As you pass the ball snap your wrists so that the palms face outward, fingers point towards the target and the thumbs face down.
5. Ball should be aimed above waist height and below shoulder height.



Bounce Pass

The bounce pass is useful for going underneath the arms of a defender.

Execution is the same as a chest pass except the arms are thrust out and down, so that the ball hits the floor about two-thirds of the distance to the receiver.

The ball should come up to waist level for the receiver.



The Overhead Pass

The overhead pass is useful when closely guarded, especially if you are taller than your opponent.

It is also very useful for an "outlet" pass after a defensive rebound.

1. Hold the ball with both hands, using the finger pads and thumb on the outside of the ball.
2. Hold the ball above your forehead, not behind your head where it is easily stolen.
3. Step towards your target and pass the ball with a snap of the wrist and flick of the fingers.
4. After you have thrown the ball your palms should be facing out, thumbs down and fingers forward.
5. The target area is the receivers chest or shoulders, or their target hand.



Basketball Player Handout - No 3.

Passing

Push Pass

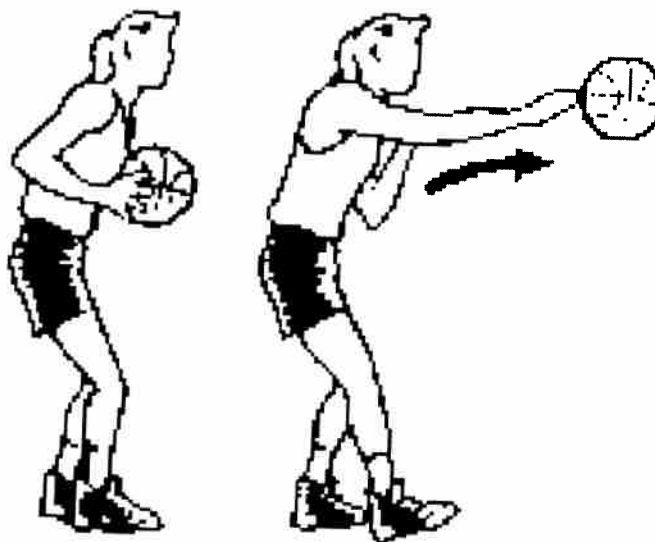
The push pass is perhaps the most common pass used in basketball. It is called a "push pass" because the ball is pushed outwards from the shoulder using one hand.

From the "triple threat" position the pass is made as follows;

1. The wrist and forearm are "cocked" behind the ball.
2. Step into the pass (using either foot) and push the ball forward.
3. Snap the wrist and fully extend the arm. The other hand is only used to steady the ball until it is released.
4. All players must practice and become proficient at the push pass with both hands.

Other important points are;

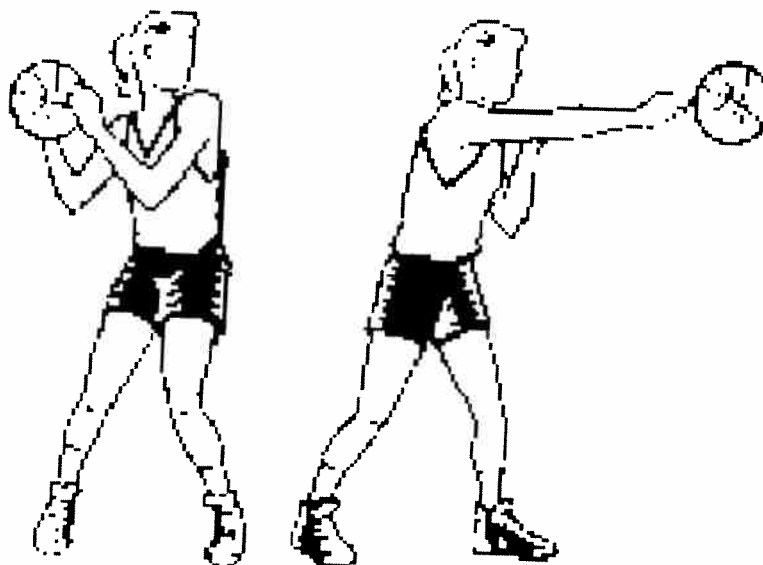
- a) The push pass is a quick pass.
- b) Step into, or around your defender - remember you're the boss!
- c) The push pass can be made high (over the defenders arms if they are low) or low (under the defenders arms if they are high). It can be either a bounce pass or a direct pass.
- d) Pass to the receivers target hand.
- e) Pass away from the defender.
- f) "Fake a pass to make a pass". Use a pass fake in one direction before passing in the other. Keep both hands on the ball for the pass fake. Keep the fake short but believable.



Baseball Pass

The baseball pass is used when you want to pass longer distances.

1. Ball is up behind the ear with the passing hand behind the ball and the other hand on the front or side of the ball.
2. Step forward with the opposite foot whilst snapping the wrist and fully extending the arm.
3. Follow through with the wrist.



Basketball Player Handout - No. 4

Dribbling

The following key points always apply,

1. Don't over use the dribble - a quick pass is always a better option if you have an open team-mate further up the court.
2. Don't waste your dribble - wait for your defender to commit and drive past her. Use a big explosive step and don't dribble until you are past her.
3. Keep your head up - don't look at the ball. If you are looking at the ball you can't see where your team mates are, or where the defenders are. You must be able to see the court.
4. Keep the ball below waist height.
5. Keep your dribbling hand on top of the ball - don't "carry".
6. Don't slap at the ball.
Use your fingertips, not your palms, to push the ball to the floor, getting most of the "push" from your wrist.
7. Make sure your fingers are well spread, hand cupped.
8. Elbow should be fairly still, near your hip, with your forearm parallel to the floor.

Speed Dribble

The speed dribble is used when you are running at full speed down the court with no defender close to you.

Key points,

1. Push the ball out in front of you.
2. The less bounces over a certain distance the better.

Protection Dribble

The protection dribble is used when a defender is close.

Key points,

1. Adopt the stride stop stance - one foot in front of the other.
2. Knees bent, keep low.
3. Keep the ball slightly lower - about knee height.
4. Always dribble with the hand furthest from the defender, bounce the ball near your back foot.
5. Protect the ball with your body and your free arm.

Advanced Dribbles To Practice

1. Crossover
2. Fake crossover (inside out).
3. Behind the back.
4. Between the legs.
5. Reverse (spin) dribble.

**A "good" basketballer can dribble well with both hands.
Practice with your weak hand as much as you can.**

Don't waste your dribble - use it wisely !

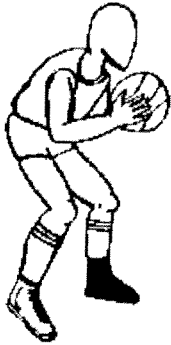
Keep your head up and see the whole court.

Basketball Player Handout - No. 9

Triple Threat and Individual Offensive Moves

The Triple Threat Position

You should develop the habit of always going straight into the "triple threat" position when you get the basketball.



The triple threat position is,

1. Facing the basket
2. Feet about shoulder width apart.
3. Knees bent, keep your "behind" low.
4. Stay on the balls of your feet, don't stand flat-footed.
5. Keep your head up - looking around the court.
6. Holding the ball in the "ready" position, if closely guarded protect it on your back hip.

From the triple threat position you can,

1. dribble (drive to the basket)
2. pass
3. shoot

Remember to always "square up" to face the basket.

Individual Offensive Moves

These moves are all used to beat the defender. They all start with you in the "triple threat" position. Remember this means you can dribble, pass or shoot.

These moves begin with a short "jab" step toward the defender, or a shot fake, to make him react in some way.

The following important points apply to all of these individual offensive moves.

1. Don't automatically bounce the ball as soon as you get it. Save your dribble.
2. Always adopt the triple-threat position - remember to "square up" and face the basket.
3. Keep low, knees bent, butt low.
4. Make the jab step short and quick - keep your weight on your pivot foot - this will help you stay balanced.
5. Make your shot fakes believable they must look like the start of your normal shooting action.
6. Don't make the shot fake and following action too quick - give the defender time to react.
7. Make the drive step quick and long. You have to get past the defender with this first long step.
8. Drive close to the defender, straight at the basket, no "banana cuts".
9. Attack the lead foot and hand of the defender.
10. "Read" the defense - see what they do before you decide your move.
11. You must start the dribble before your pivot foot leaves the floor.

Strong Side Drive

If your defender doesn't react quickly to the jab step, make a strong side drive.

1. Make sure the drive step is long and try and get your head and shoulders past the defender.
2. Protect the ball by keeping it on your "strong" side, protecting it with your body.
3. Keep the defender on your back by moving across in front of her.

Crossover Drive

If the defender reacts to your jab step by moving to that side, go past him on your pivot-foot side using a crossover drive.

1. Rip the ball through low to the other side of your body as you make the crossover step across your body.
2. Dribble with your "off" hand to keep your body between the defender and the ball.

Jab Step Into Jump Shot

If the defender reacts to your jab step by moving backwards, and her hands are down, take the shot if you are in range and have room.

1. It is important to keep the jab step short to retain your balance for the shot.
2. Make a good high jump shot to ensure the defender doesn't reject the shot.

SPECIAL BASKETBALL COACHING REPORT

"Here's Exactly How To Demolish A Zone Defense... Even If Your Kids Are Small, Slow, Or Can't Shoot!"

Keep reading to discover 12 simple "zone-busting" secrets that will absolutely SHRED any type of zone defense... giving you *oodles* of easy layups and wide open jumpers... and crushing any opponent in your league!

It's *easy as pie* to learn... and so incredibly effective, your players will worship the ground you walk on... and pat you on the back like a **Roman War Hero** every time you walk into the gym!



Free Report Reveals 12 Simple Secrets To Zone Offense Success Most Coaches Will Never Learn!

From: Coach Pat Anderson

Dear Coach,

On a chilly October day in 1921, a plucky young man named Cam Henderson took over the reigns as head basketball coach at tiny Shinnston High School in rural West Virginia.

Shinnston's only gym was nothing more than a **run-down shack**... with warped wooden floors and a roof that leaked like Niagara Falls. On some nights, it got so bad, the team had to practice and play with huge **puddles** of water running across the floor.

Henderson was fed up with watching his kids slip n' slide over the puddles... and scared to death one of them was going to break his neck trying to chase his man all over the gym.

So one day at practice, he asked himself a simple question:

"What If We Guarded 'Zones' Instead Of Players?"

The strategy was so innovative (and so incredibly successful), Henderson was almost immediately snatched up into the college coaching ranks... eventually taking Marshall University to **358 wins** and capturing the NAIA championship in 1947.

More than 62 years later... Henderson's "zone defense" has completely revolutionized the game, shutting down offenses and **giving coaches fits** at every level... from mitey-mites to the pros.

Playing against a zone can frustrate the heck out of *any* coach... especially if you've never been taught the true secrets to zone offense success.

For starters, the key gets almost **completely** clogged up. So there's no easy way to get the ball inside to your "big's."

Penetration is **almost impossible** too. Even if your wings can get past the perimeter of the zone, there's always another defender right there to close off the driving lane.

Some coaches encourage their kids to launch up dozens of "**Hail Mary**" three-pointers... and pray that a few of them fall. But if you lack a real threat from "downtown"... or your team has an off shooting night... then *this strategy won't even stand a chance*.

But don't worry. Cracking a zone defense is not only possible, it's downright **simple** once you learn how to do it.

12 Simple "Secrets" To Cracking A Zone

The truth is, there are 12 key concepts to attacking a zone defense that are almost never taught to today's youth and high school coaches. These concepts are simple to learn, easy to teach, and (when used correctly) explosively powerful.

Best of all, they work for almost **ANY team**... even if your kids are small, slow, or can't shoot.

Let's go through these one by one.

❖ **Secret #1 - Recognizing The Zone**

For starters, you and your players need to learn how to **recognize** the difference between a man-to-man defense and a zone... and how to identify the different zone formations you'll see in your league.

❖ **Secret #2 - Poise-Patience Payoff**

In the early part of a possession, the defenders inside a zone are crisp and energetic... quickly rotating from spot to spot and communicating with their teammates.

But after 10 or 20 seconds, the kids get tired... their rotations break down... and (almost like magic) scoring opportunities will open up for your team. If your players can be poised and patient against a zone, they'll get plenty of chances for high percentage shots.



Train Your Point Guard To Recognize The Type Of Zone You Are Seeing, And Communicate The Play To The Rest Of Your Team

...❖ Secret #3 - Inside Outside Theory

Getting the ball down into the paint is probably the single most effective strategy you can use against a zone defense. Interior passing forces the zone to *contract*, and when your post players kick it back out, the defense has to *scramble* to close out on the perimeter.

So you keep the defense off balance and get more open looks from outside.

...❖ Secret #4 - Pass The Rock

There are 4 critical passing techniques your players need to master to break down a zone defense. The chest pass for swinging it around the perimeter... the bounce pass for post entry... the skip pass to get it to the weak side... and the lob pass to get over top of the zone.

...❖ Secret #5 - Get Your Spacing Right

Never... ever... EVER allow a zone defender to cover two or more of your players. Train your team to use proper spacing on the floor so the zone is forced to spread out and cover as much area as possible. Make sure your kids are at least 15 feet apart on the perimeter... and about 10-12 feet apart inside.

...❖ Secret #6 - Game Situation Shooting

Spend at least 30% of your practice time on game-situation shooting drills. This is NOT just throwing out a bunch of balls and allowing your players to fire up jumpers from anywhere they want. Instead, pick out the spots where the "gaps" in the zone usually are (the high post, short corner, 3-point line) and run structured partner-passing drills to get as many reps in as possible.

...❖ Secret #7 - Dribble With A Purpose

There are 2 key ways to use the dribble against the zone. The first is to dribble and draw defenders, then set up your teammates for an open shot. The second way is to penetrate through the gaps and beat two-fifths of the zone for a pull-up.

Incorporate those attacks into your zone offense, and encourage your guards to be aggressive whenever they're handling the ball.

...❖ Secret #8 - Screening Against A Zone

Using interior screens can allow your forwards to dive across the lane and receive a pass for a high percentage shot. Or (if you learn to do it correctly) you can use perimeter screens to set your shooters up for open looks from the outside.

Remember to remind your screener to come back for the ball!

...❖ Secret #9 - Use Triangles

The goal here is to move the ball to a point on the floor where you have 3 offensive players guarded by 2 defenders. This is the classic "overload" ... where you try to outnumber the defense to gain an advantage and get more open looks at the basket.



Use Your Dribble To Collapse The Defense
And Draw Multiple Defenders

...✧ **Secret #10 - Attack From The Rear**

Train your post players to "**lurk**" under the basket where the zone defenders are unable to see them *and* follow the ball at the same time. Then... when the opportunity presents itself... the "lurkers" can pop into the middle of the key for a pass and quick shot.

...✧ **Secret #11 - Master The Timing**

The single most important key to any half-court offense is timing. Your entire team needs to be on the same page, so that the offense is initiated by the first pass, and all 5 players have their movements, cuts, and screens timed correctly. Get the reps in at practice and this will come easily over time.

...✧ **Secret #12 - Offensive Rebounding**

Probably the biggest weakness of a zone defense is rebounding. Since the defenders are not matched up man to man, they have a tougher time finding their boxing out assignments when a shot goes up. If you can teach your kids how to get after the ball with intelligence and aggression, you'll **EASILY** get an extra 5 or 10 offensive rebounds per game.

Now that you're armed with these 12 secrets, you're already light-years ahead of your competition. And with some hard work in practice, and a little playbook development, you can be lighting up zone defenses in no time flat.

But if you're like me, you're always looking for a **faster, easier way** to get things done. An honest short-cut to success that's simple to learn... and easy to teach to your team.

If that sounds interesting to you, then I have exciting news.

Learn All Of These Secrets On Video!

That's right, I just recently got my hands on an incredible 49 minute video that takes you through all 12 of these simple secrets to demolishing a zone defense.

And to *really* make it easy to apply this stuff with your own team, you'll also get a complete video playbook featuring 7 simple zone offenses... all explained with step by step instructions, diagrams, and on-court demonstrations.

It's all included inside a brand new online video clinic called "**Complete Zone Attack.**"

Practice Plan - Tues April 27, 2010

Players: Concentrate/Listen, Hustle during Drills and from Drill to Drill

Coaches: Be positive, 2 compliments for every criticism
Try to correct instead of criticize
Early on, stop practice for fooling around and run suicides 2 - 3 times
Pull player aside for extra work if you want
Practice player of the day

Emphasis

6:45 Team Meeting - Split into two groups

6:48 Stations

Jump Rope - rest in between	Speed
Ladder - rest in between	Speed, Form
Lane Slides - rest in between	Stance, Head up, Don't Cross Feet
Mikan - 30 seconds switch	Never bring ball below shoulders, High on Glass
2 Ball Dribbling	Head up
Heavy Ball Passing	Hard passes, snap pass, make target to catch
Extra #1: Drop Steps	Big strong step toward basket
Extra #2: Sit ups	

7:03 Half Court Layups - 2 Groups Catching pass and shooting with no dribble

7:10 Cone Dribbling - 2 Groups Head up, Both Hands
Layup, Power Layup, Pull up at Box

7:20 Water Break

7:23 5 Spot Shooting - 2 Groups Shoot off pass from coach, Square up

7:35 4 Man Shell - 2 Groups Slide quickly

7:45 Water Break

7:48 3 Man Box Out - 2 Groups Find a player, go get ball

8:00 3 on 2, 2 on 1 Make offense make extra pass

8:10 Water Break

8:13 Press Breaker Get to correct spots

8:20 Walk through plays

8:30 Scrimmage using plays

COACHES CHOICE USA ELITE

Daily Practice Plan

Date: 4/6/2010

Time: 6:45

Announcements: NEXT GAME AND NEXT PRACTICE

Defense Emphasis: PLAY HARD MAKE TODAY YOUR MASTER PEACE

Offense Emphasis: FINISH AROUND THE BASKET KEEP HANDS UP ON SHOT

Min	Time	Activity	Emphasis
10	6:45 - 6:55	JUMP ROPE/ LAY-UPS	JUMP 1 MIN LAY-UP 1MIN SWITCH
5	6:55 - 7:00	3 MAN WEAVE BOUNCE / CHEST PASS	CATCHING THE BALL AND FINISH 2 PLAYERS TO A BASKET
5	7:00 - 7:05	LAKER DRILL INTO 2 ON 1	
5	7:05 - 7:10	SHOOTING FROM 5 SPOTS 2 MIN EACH	
5	7:10 - 7:15	3 PT SHOOTING FOR GUARD FROM 5 SPOTS FORWARDS SHOOT FROM 8-10 FT	
3	7:15 - 7:18	H2O BREAK	
5	7:18 - 7:23	MAX CONDITIONING DRILL	
5	7:23 - 7:28	FREE THROW W/T RUN	
30	7:28 - 7:58	STATIONS GUARDS—CHILL DRILL 2 MAN SHELL DRILL 3 MAN SHELL DRILL ATTACH 2-3 ZONE DRIVE AND KICK 3 MAN DRILL FORWARDS FROM ALL OVER FORWARDS—DROP STEP 3 BALLS UP AND UNDER MOVE CHILL DRILL MIKEN DRILL	ATTACH OUTSIDE LEG GOOD PASS TO SHOOTING HAND KEEP HAND UP TILL BALL HITS RIM
20	7:58 - 8:18	OFFENSE VS ZONE —SHOW THEN PLAY	
20	8:18 - 8:38	OFFENSE VS MAN —SHOW AND PLAY	
5	8:38 - 8:43	EYE OUT OF BOUNDS PLAY	

PRACTICE PLAN-MONDAY DECEMBER 6,2010 TEAMWORK

PLAYERS: FOCUSING LOOKING AT THE COACH/LISTEN (EYES CLAP AND EARS STAMP FEET TOGETHER). HUSTLING ON EACH DRILL LIKE IT'S A GAME. NEED TO GIVE MAXIMUM EFFORT AT ALL TIMES, LEARN AND OVERCOME MISTAKES TO BE SUCCESSFUL. YOU MUST PRACTICE ON YOUR OWN.

COACHES: YOU ARE TEACHERS WHO HAVE A RESPONSIBILITY. BE POSITIVE, CORRECT INSTEAD OF CRITICISM AND COMPLIMENT PLAYERS WHEN NECESSARY. VERY IMPORTANT TO HAVE A WRITTEN PRACTICE PLAN THAT REFLECTS WHAT YOU NEED TO IMPROVE IN THAT WILL CHANGE.. COMMUNICATION, MOTIVATION, ORGANIZATION, STRUCTURE, DEDICATION AND DISCIPLINE ARE THE KEYS TO SUCCESS.

OBJECTIVE:TEACH COACHES HOW TO MAKE UP A WRITTEN PRACTICE PLAN,RUN A PRACTICE AND SHOW YOU DRILLS THAT WILL IMPROVE THE TEAMS SKILLS.TEACH GIRLS FUNDAMENTALS AND SKILLS THAT WILL IMPROVE YOUR OVERALL GAME.

7:00 DISCUSSION ON ABOVE

7:10 WARM UP WITH LAY UPS FULL COURT

7:20 TEACH PROPER LAYUP FORM

7:30 TEACH PROPER SHOOTING FORM- (USE ACRONYMN BEEF) TWO DRILLS ONE HAND FREE FORM DRILL AND TWO HAND SHOOTING DRILL CLOSE TO BASKET.

7:38 DRIBBLING –THREE DRILLS DRIBBLING IN PLACE RIGHT LEFT HAND AND CROSSOVER, GOING DOWN ON ONE AND BOTH KNEES INCLUDING KILLERS , FULL COURT SPEED DRIBBLING INCORPORATING THE ABOVE AND FREEZE TAG. IMPORTANT TO KEEP HEAD UP AT ALL TIMES AND DRIBBLE THE BALL BETWEEN YOUR HIP AND KNEE.

7:48 PASSING -FOUR DRILLS PASSING BALL TO A PARTNER TEACHING CHEST, BOUNCE, OVERHEAD AND BASEBALL PASS. USING TWO BASKETBALLS FOR HAND EYE COORDINATION , 4 CORNER PASSING DRILL AND TWO PERSON MOVING PASSING DRILL FULL COURT. IMPORTANT TO SNAP YOUR WRIST WITH INDEX FINGERS POINTED AT TARGET STEP IN TO THE PASS AND THE CATCH WITH YOUR HANDS OUT USING PROPER FORM.

8:08 DEFENSE- TEACH PROPER DEFENSIVE FORM TWO DRILLS FRESNO AND SLIDE DRILL OFF A CHAIR.

8:23 WATER BREAK

8:25 REBOUNDING JUMPING AND BOXING OUT- TEACH PROPER JUMPING TECHNIQUE TWO DRILLS ONE PASS THE BALL TO EACH OTHER AND REBOUND OFF THE BACK BOARD. TEACH BOXING OUT 1,2 PUNCH KICK AND HOLD FOR TWO SECONDS.IMPORTANT GET LOW WITH ARMS BACK AND KNEES BENT ON BALLS OF YOUR FEET AND JUMP UP.

8:40 TRIPLE THREAT POSITION – IMPORTANT TEACH TO GET DOWN LOW WITH BALL PROTECTED ON THE BALLS OF YOUR FEET.

8:45 DISCUSSION ON PRACTICE AND ANY QUESTIONS YOU MAY HAVE. IMPORTANT ALWAYS TRY TO LEARN SOMETHING NEW AT EVERY CLINIC OR PRACTICE. GO HOME AND WRITE IT DOWN. COACHES REMEMBER THAT WHEN YOU TELL A PLAYER SOMETHING THEY MAY NOT UNDERSTAND AND WHEN YOU SHOW THEM THEY COULD FORGET BUT IF YOU MAKE THEM DO IT THEMSELVES THEY WILL REMEMBER. STRIVE TO BE A DOUBLE GOAL COACH USING BASKETBALL TO TEACH LIFE'S LESSONS. BASKETBALL IS A MICROCOSM OF LIFE. YOU MUST WORK WITH YOUR TEAMATES AND COACHES, BE ABLE TO SOCIALIZE, DEAL WITH ADVERSITY, BE DISCIPLINED AND WORK HARD. PRACTICE PLAYER OF THE DAY. CONTACT AL CAPPOLLA AT 551-427-6576 OR ALCAPPOLLA@SVRINSURANCE.COM.