

# EC NORTH GIRLS' BASKETBALL: OPPORTUNITIES FOR SKILL DEVELOPMENT

## **Ball-Handling (Drills = 1 Ball; Challenge = 2-Ball Whenever Possible)**

- **Non-Dribble – Warm Up**
  1. Ball slaps – pound ball with both hands
  2. Ball circles around waist
  3. Leg Circles
  4. Figure 8 (around your legs)
  
- **Dribble Moves (Stationary – Focus/Goal = Keeping Your Head UP)**
  1. Right hand high dribble (waist)/low dribble (pound it close to ground)
  2. Left hand high dribble (waist)/low dribble (pound it close to ground)
  3. 1 hand Side to side (rh/lh)
  4. 1 hand Front to back (rh/lh)
  5. Cross over – keep the dribble low & tight
  6. Side to side behind back
  7. Figure 8 dribble
  8. Spider dribble (2 taps in front rh/lh, 2 taps in back, rh/lh)
  9. Scissor dribble (between legs in place)
  
- **Dribble Moves (Active – Focus/Goal = NATURAL – Ball is an Extension of Your Hand)**
  - Change of Direction (set up cones or direction transition points)
  - Change of Speed = make explosive move – blow by the defender
  - Concentrate on dribbling with the head up – “eye the defender”
  - Keep the dribble low when in traffic
  - Every move should be done with both hands.
    1. Crossover (low, tight)
    2. Fake crossover (think of it as a quick, double cross-over...you won't change direction)
    3. Behind the back (natural – GOAL- does not stop/slow your forward movement...purpose)
    4. Spin move (ball-hand side, pull back & spin...work to avoid “carry” and “travel” potential)
    5. Fake spin move (head/shoulder fake sells it)
    6. Stutter step (quick feet)
    7. Speed dribble – especially with weak hand (pushing the ball in front of you – not traffic dribble)
    8. Hesitation (shoulder/head fake)
    9. Hesitation crossover (low, tight)
    10. Pull back dribble (scoot back from traffic to gain space to shoot)
    11. Pull back crossover (Also referred to as Majerus) – low, tight to foot that is dropped back

## **Combination Dribble/Score Work-Out (GOAL=Every player knows ball-handling/scoring options.)**

- **Perimeter Moves**
  - Creating Multiple Shooting Opportunities
    1. 1 on 1 – spin the ball to three point line, establish dominant pivot foot using forward or reverse pivot (usually left foot for right hander, right foot for left hander), TURN AND FACE basket. Looking for a strong first step on every move **without traveling – push ball to the ground before you travel.**
    2. Jump shot (power for the distance comes from your legs – rotation...shooter's roll...comes from wrist flick)
    3. Strong side drive to the basket (1 - 2 dribbles)
    4. Weak side drive (crossover step) to the basket (1-2 dribbles)
    5. Strong side drive, pull up jumper
    6. Weak side drive (crossover step), pull up jumper
    7. Shot fake, strong side
    8. Shot fake, weak side
    9. Fake strong pass, crossover
    10. Fake crossover to the weak & strong side drive
    11. Jab step (no dribble)– jump shot
    12. Jab step, shot fake, drive to the hoop
  - Moves to Aggressively Attack the Basket (in traffic)
    1. Hard dribble, cross over dribble
    2. Hard dribble, spin move
    3. Hard dribble, behind back
    4. Hard dribble, pull back, jump shot
    5. Hard dribble, pull back, hesitation, drive to hoop

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- **Inside Position Warm-Up Drills (GOAL = Conditioning, Muscle Memory & Body Control)**
  1. Mikan drill – alternate lay-ups, make as many as you can in a minute, then try to beat that score
  2. Rebound put backs – throw ball off the glass, rebound it, **keep the ball high**, lay-up off glass. Alternate sides. Make as many as you can in a minute.
  3. Backboard Taps – jump as high as you can, put the ball off the backboard continuously 30 times
- **Post Moves (GOALS = Footwork & Eyes to the Backboard on Turn Around)**
  - **Low Post** – post up just **above** block, spin ball to yourself or have partner feed you (\* **USE GLASS AS OFTEN AS YOU CAN INSIDE** \*Be able to make moves each way...**baseline/lane side**... using each pivot foot)
    1. Turn around jump shots (pivot)
    2. Jump hook shots (pivot)
    3. Drop step – power up (may use power dribble, but practice without a dribble, too)
    4. Up and under move (pivot, shot-fake, sweep through to opposite side shot)
    5. Turn and face up – jump shot (off pull back dribble for separation), drive, fake and drive
  - **High Post** – Free-Throw Area/Elbow...spin ball out to yourself, turn and face basket
    1. Jump shot
    2. Strong side drive – 1 dribble to basket
    3. Weak side drive – 1 dribble to basket
    4. Shot fake, strong side drive
    5. Shot fake, weak side drive
    6. 1 dribble, spin move, **up strong**
    7. 1 dribble, cross over, **up strong**
    8. Jab steps...alternate jab to shot & jab to dribble move attack

### Shooting (OPEN GYM DAYS are GREAT DAYS to complete these work-outs!)

- **EC North Girls Basketball Shot Percentage Goals:** (Are you willing to do your part to meet them?)
  - Free-Throw %...80%
  - Field Goal %...45%
  - 3-Point FG %...33%
- Shooting practice is only effective if you go at **GAME SPEED**
- Spin ball to yourself if you don't have partner to simulate game-like situation
- With a partner, compete against each other to see who makes more
- Time yourself, see how many you can make in 1 minute, 2 minutes, etc.
- **Create your own system to keep a record of your shooting & chart IMPROVEMENT!**
- **SUGGESTED Shooting Work-Out Plan (REMEMBER – Combo Drills above can fit “shots/day” goal)**
  - Warm-up – **One handed** shot from 3 ft away. *Concentrate on alignment, up force, arc, and rotation.* Make 10 in a row. Move back to 8 feet. Make five in a row. Move back to foul line. Make five in a row.
  - Make 10 bank shots from each angle (BLOCK AREA...Top Corner of “Magic Square” on Backboard)
  - 50-100 free throws a day (shoot them in groups of 10 when tired) – Chart your scores = IMPROVEMENT
  - 50-100 3pt shots a day – Chart your scores = IMPROVEMENT
  - Shots off the dribble –
    1. pull up jumpers
    2. create moves on the move (shoot back and forth full court pull-ups if possible)
    3. 1 on 1 perimeter moves (shot fakes, jab steps, ball fakes, etc.)
  - With partner(s) – Relocation jump shots – shoot, rebound, pass, relocate...
  - Or 3 man, 2 ball jump shots (1 rebounder, 1 passer, 1 shooter) – shoot 10 at a time

### Strength and Quickness

EC North offers a summer SUPERVISED STRENGTH & AGILITY Program – Please see contact Coach Adam Sturgis (asturgis@ecasd.k12.wi.us) for more information.

#### **Quickness**

- Jump rope – both feet, left foot, right foot
- Sprints – 10 hard 30-50 yard sprints
- Backward sprints
- Hills or Stairs
- Line jumps (jump back and forth on either side of line)
- Square jumps (jump in the form of a square)

**Conditioning/Endurance** - Run 1-2 miles (continuous)

#### **Strength**

- Pushups – work your way up to 100 pushups twice a day
- Sit-ups – Work your way up to 100 sit-ups twice a day

## EC NORTH GIRLS' BASKETBALL: OPPORTUNITIES FOR SKILL DEVELOPMENT

### SUGGESTION: BASIC SHOOTING WORKOUT (45-50 minutes...GREAT Use of Open Gym)

DRILL	MIN	SHOTS	DESCRIPTION
Warm-up Jump Rope/stretch	5		
Form Shooting	2	40	1 handed shot from 3 ft away. <i>Concentrate on alignment, up force, arc, and rotation.</i> Make 10 in a row. Move back to 8 feet. Make 5 in a row. Move back to foul line. Make 5 in a row. Make 10 bank shots from each angle.
Ball Handling	4	20	Dribbling; stationery and moving, 1-on-1 moves, etc.
Free Throws 1	2	10	
1 on 1 Perimeter moves	4	30	Spin the ball out 15-20' on wing. Pivot into triple threat. Alternate sides w/ jump shots, drives, fakes and drives, and pull backs
Free Throws 2	2	10	
3 Pointers	2-3	30	Put 2-3 minutes on the clock. Spin the ball out, shoot 3 pointers. See how many you can make in 2 minutes. Try to set a record every time.
Jumpers w/o Dribble	4	30	Toss ball and catch it like pass. Immediately shoot jumper, working quick elevation and release. Work on 1-2 steps (right/left, left right) simulating coming off screens
Jumpers w/ Dribble	4	30	Catch ball and make 1-2 hard dribbles into jump shot. Use no fakes, shot fakes, head fakes, ball fakes, and jab steps.
Free Throw 3	2	10	
Bank Shots	2	20	Alternate sides shooting bank shots from 10-15 feet.
Individual Choice	3	30	Work on what you want – 3 pointers, pull up J's, 1 on 1 moves
Free Throws 4	2	10	
3 pointers	2-3	30	Put 2-3 minutes on the clock. Spin the ball out, shoot 3 pointers. See how many you can make in 2 minutes. Try to set a record every time.
Game situations	4	20	Imagine specific game situations. Use <u>exact</u> same situation until you score 3 times. Then move on to a new situation. Do 10 pushups for 3 consecutive misses.
Individual choice	3	30	Work on what you want – 3 pointers, pull up J's, 1 on 1 moves
Free Throws 5 w/pressure	2	10-50	Shoot until you make 10 in a row or shoot 50 total. Pushups if you do not get 10 in a row.

## EC NORTH GIRLS' BASKETBALL: OPPORTUNITIES FOR SKILL DEVELOPMENT

### SUGGESTION: POST PLAYER WORKOUT (45-50 minutes...GREAT Use of Open Gym)

DRILL	MIN	SHOTS	DESCRIPTION
Warm-up Jump Rope/stretch	5		
Form Shooting	2	40	1 handed shot from 3 ft away. <i>Concentrate on alignment, up force, arc, and rotation.</i> Make 10 in a row. Move back to 8 feet. Make 5 in a row. Move back to foul line. Make 5 in a row. Make 10 bank shots from each angle.
Ball Handling	4	20	Dribbling; stationery and moving, 1-on-1 moves, etc.
Mikan Drill	1	10	Alternate left and right hand lay-ups.
Free Throws 1	2	10	
Mikan Drill	1	30	Alternate left and right hand lay-ups.
Free Throws 2	2	10	
Turnaround Jumpers from Rt/Lt Block	4	30	Toss ball to self on block, turn and shoot. Alternate turning right and left. Use glass whenever possible.
Jump Hooks from Rt/Lt Block	4	30	Toss ball to self on block, turn and shoot. Alternate turning right and left.
Bank Shots	2	20	Alternate bank shots from 10 feet out. (Mikan drill jump shots)
Free Throw 3	2	10	
Up and Under Move	2	20	Fake and duck under, alternate blocks.
Drop Step Move	2	20	Drop-step, (power dribble optional) and power up.
Perimeter Jumpers	2	30	Put 2 minutes on the clock. Spin the ball out, shoot perimeter jumpers (or 3 pointers.) See how many you can make in 2 minutes. Try to set a record every time.
Free Throws 4	2	10	
High Post Moves	4	30	Spin to the foul line, turn and face. Jump shots, jab steps, strong side drive, crossover step drive. Hard dribble spin, Hard dribble crossover. Jump stops.
Rebound Put Backs	2	30	Throw ball high off glass, go get it, keep it high, put it back off glass.
Individual Choice	4	30	Low/high post moves, perimeter jumpers, 3 pointers
Free Throws 5 w/pressure	2	10-50	Shoot until you make 10 in a row or shoot 50 total. Pushups if you do not get 10 in a row.

# EC NORTH GIRLS' BASKETBALL: OPPORTUNITIES FOR SKILL DEVELOPMENT

## Shooting Mechanics – GOAL = Muscle Memory through Fundamental Repetition

1. Have a shooter's mentality:
  - a. **confidence** to make an open shot
  - b. **confidence** to blow by defender if guarded
2. ALWAYS...Be **ready to shoot**:
  - a. hands ready
  - b. mind ready
  - c. step/square into shot (preferably – squaring with your inside...lane-side...pivot on the ball of your foot)
3. Good alignment and balance
  - a. front toe, elbow, index finger aimed at the hoop
  - b. legs bent, right leg slightly in front of left (for right-hander)
4. Ball should be comfortable in hand
  - a. hold softly on finger pads, not palm of hand
  - b. index finger on or close to air hole/center of ball
5. Shoulders square to hoop (Mental GOAL for EVERY shot. = I need to square my shoulders to the basket)
6. Elbow close to side
  - a. form an L
  - b. don't jam it into side...rubs along your side
7. Controlled jump
  - a. release ball right before the top of jump
  - b. momentum should go from your legs to your arms to the release (wrist movement = push up & flick through)
8. Find the hoop with eyes before shot
  - a. focus depends on where your shooting from
  - b. BASIC Focus Points:
    - 1) Anything inside the hash mark below each elbow = backboard shot (aim for top of corner of the square)
    - 2) Anything (front of the basket area) beyond that hash = up & over the front of the rim, aim to fill the middle of the hoop...if in doubt, play to miss long – back of the rim.
    - 3) Baseline shot = up & over the front (closest) side of the rim...if in doubt play to miss long - weakside put-back opportunity for your teammates.
9. Release the ball up, not out for proper arc
  - a. elbow should finish above eyes
  - b. ball releases off middle and index finger last
  - c. flick/snap your wrist (gooseneck) for proper backspin (also called "shooter's roll")
10. Follow-Thru
  - a. keep hand up until ball goes in
11. Make or Miss = Have **confidence** to shoot the ball again!

**REMEMBER:** EC North Girls' Basketball Average FG % Goal is **45%**; you're not expected to make 100% of your shots, so keep your head high & believe you can meet our goal!