



# Basketball Playbook–Offensive Skills



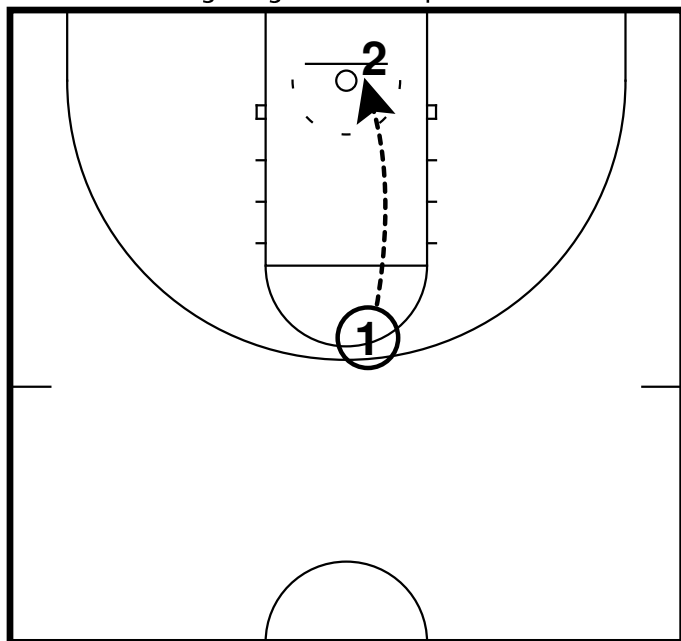
## Table of Contents

1.	Shooting Fundamentals	3
1.1	Shooting Progression Steps #1 and #2	3
1.2	Shooting Progression Steps #3 and #4	4
2.	Getting Open and Reading the Defense	6
2.1	Read the defense Make a move	6
2.2	Getting open vs. tough defense	6
2.3	Reading the Defense	7
3.	Moves to the Basket	9
3.1	Jab Step Series	9
3.2	Timeline Drills/ 1. Lay-ups	10
3.3	Timeline Drills/ 2. Bank shot (New)	11
3.4	Timeline Drills/ 3. Cross over to the elbow	12
3.5	Timeline Drills/ 4. Two foot layup	12
3.6	Timeline Drills/ 5. Stepbacks	13

Basketball Playbook–Offensive Skills – Contents (cont.)		
3.7	Timeline Drills/ 6. Spinmove in the corner	13
3.8	Timeline Drills/ 7. Hit coach and v-cut into pass	14
3.9	Timeline Drills/ 8. Late game 3's	14

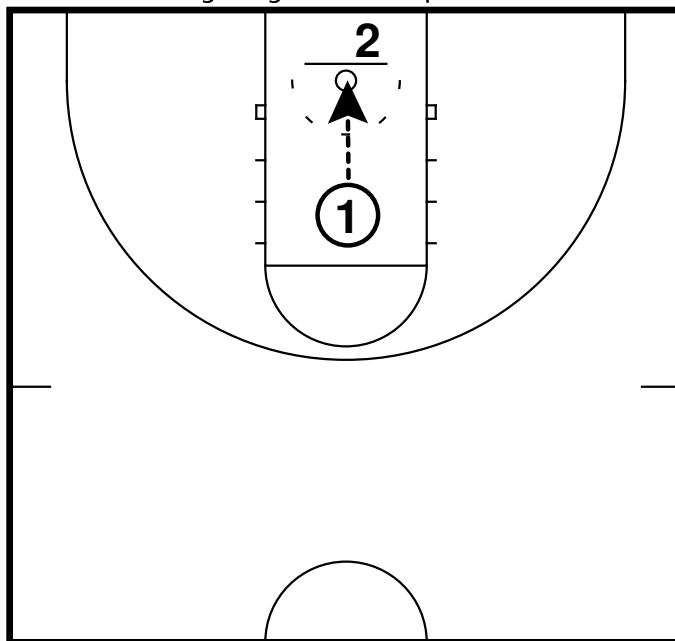
# Shooting Fundamentals

Shooting Progression Steps #1 and #2



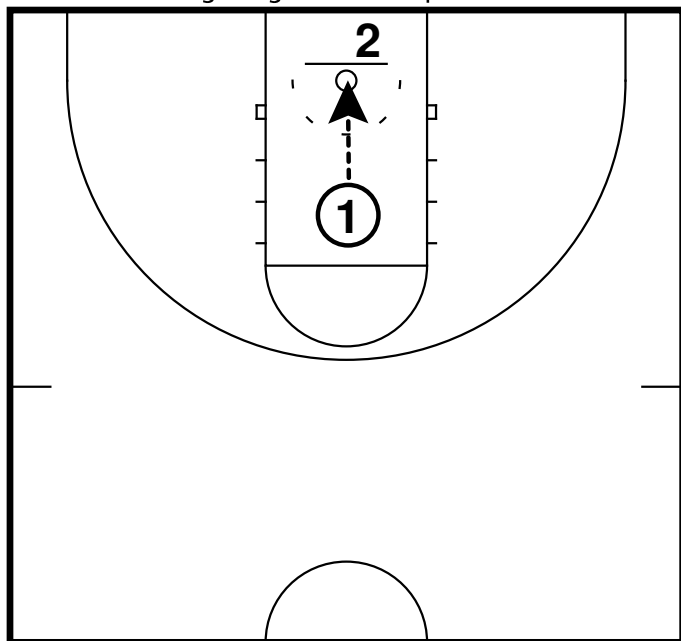
Take 5 to 10 minutes to work on shooting form each day. In a team setting have partners at each basket with a basketball. Most of the time you will have two groups per goal. Depending on the time go for 30, 45 or 60 seconds each step.

Shooting Progression Steps #1 and #2



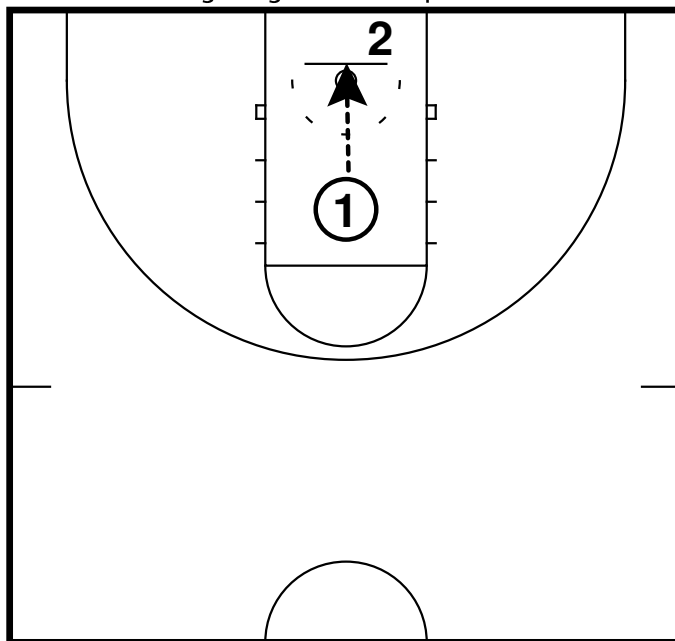
**Step 1:** Player stands in front of the rim with non shooting hand behind his back. Put the ball out in front of body like holding something with your palms up. Turn the basketball around onto shooting shoulder. This is the natural shooting pocket. Directly off of the players shooting shoulder is what is referred to as the shooting pocket.

Shooting Progression Steps #1 and #2



**Step 1:** Emphasis is placed on follow through and release up high with wrist extension. Aim is for the back of the rim and have the ball hit the rim on the way down. Soft off the back of the rim. In the shooting progression you can either shoot 5 from these spots or make 5 before going to next step. In our team practices we usually do each drill for a time segment, but if you are doing an individual workout and shooting with a partner you could easily vary the routine.

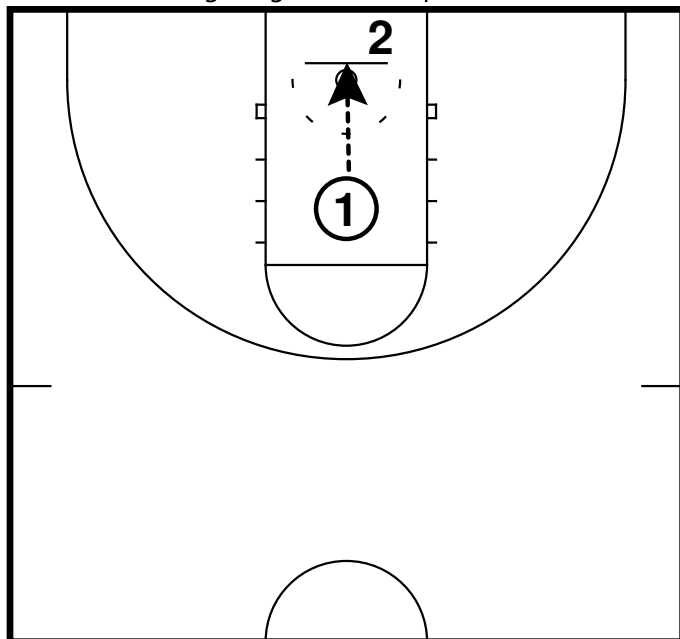
Shooting Progression Steps #1 and #2



**Step #2:** Add in the guide hand. With younger players make sure that the balance or off hand is not affecting the shot in a negative way. We stand behind our players as they shoot and use verbal reinforcement to let them know what we see in their shooting form.

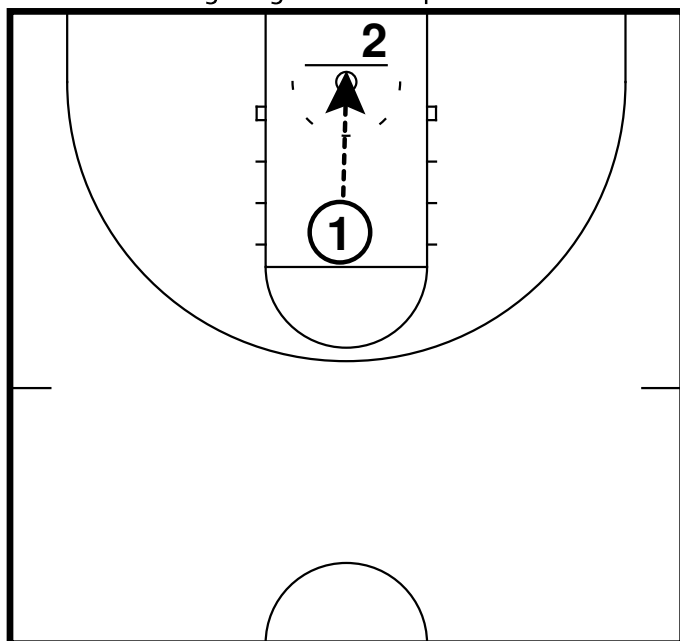
# Shooting Fundamentals

Shooting Progression Steps #1 and #2



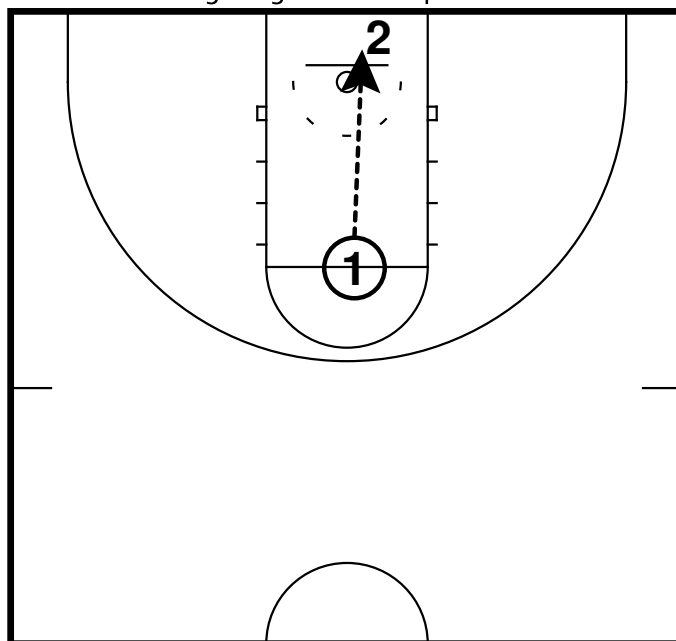
**Step #2:** Make sure there is proper rotation on the ball. The ball should come off the finger tips of the shooting hand.

Shooting Progression Steps #3 and #4



**Step #3:** Shooter takes a step back and continues to work on shooting form. Shooting a set shot adding emphasis to the knee bend and strength coming from the legs and proper follow through. At this spot player should begin to get a feel or groove in their shot. Get comfortable with the rim, backboard and net.

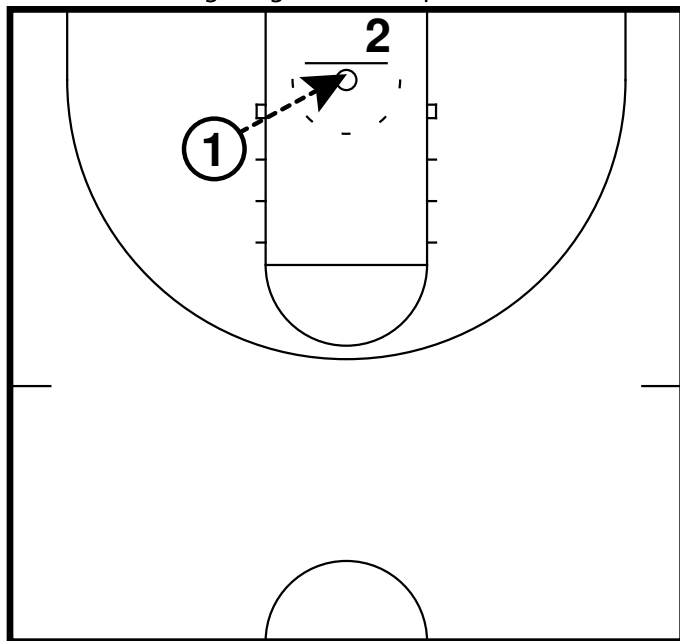
Shooting Progression Steps #3 and #4



**Step #4:** Shooter catches off the pass inside the foul line or right at the foul line for a jump shot. Player now shooting a jump shot. Catch with hands ready and knees bent. Once they receive the ball to go up for the shot quickly. All other aspects of the shooting form are still emphasized.

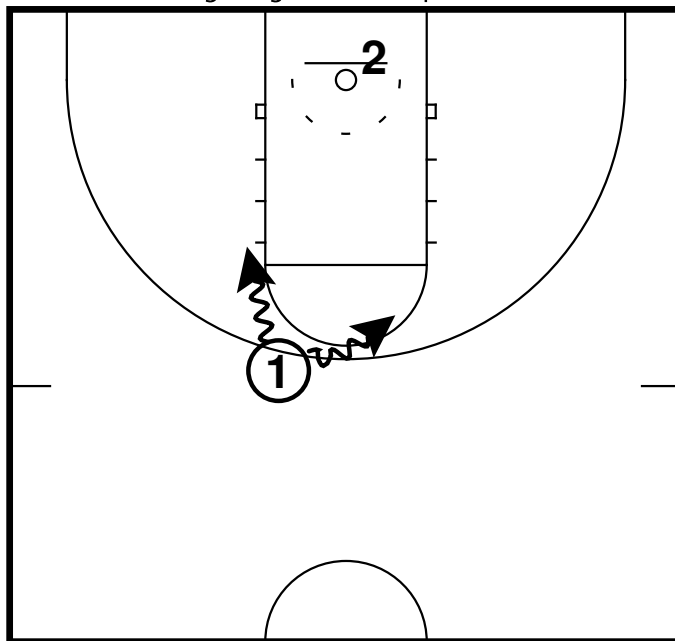
# Shooting Fundamentals

Shooting Progression Steps #3 and #4



**Step 5:** The bank shot. A lot of shooting drills should be sent using the bank shot. Whether it be position breakdown or fast break drills we want our players to be comfortable using the backboard. Emphasis is to hit the near top corner of the square where the white horizontal and vertical lines meet on the glass. Allow time to shoot bank shots from both sides of the basket in shooting progression drill.

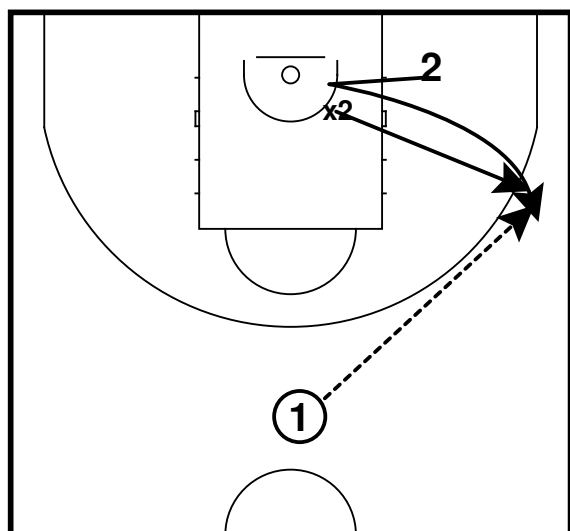
Shooting Progression Steps #3 and #4



**Step #6:** In last segment mix it up with different options. Do a shot fake one bounce then take a shot. Have players shot fake then take a shot. Have them start from the top of the key and step into the pass for the shot at the FT line. Then after the shot they take a few steps back to the top of the key. Once the rebound is made they run into the FT area again looking for the pass. This makes them move into each pass. Mix it up and give players shots close to the basket then slowly work our way back. Once have worked way to the FT line then make game like moves in game like situations.

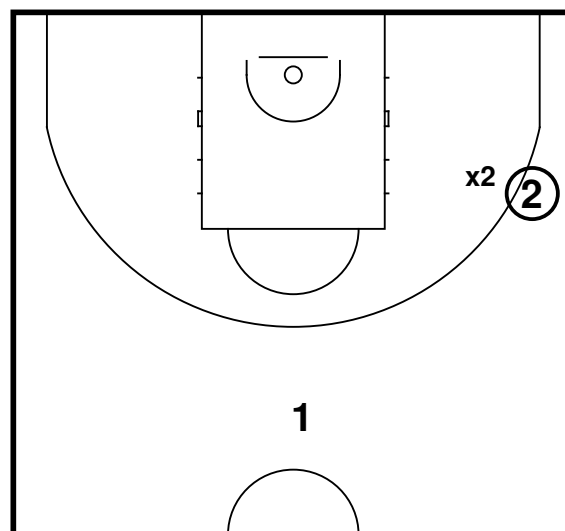
# Getting Open and Reading the Defense

Read the defense Make a move



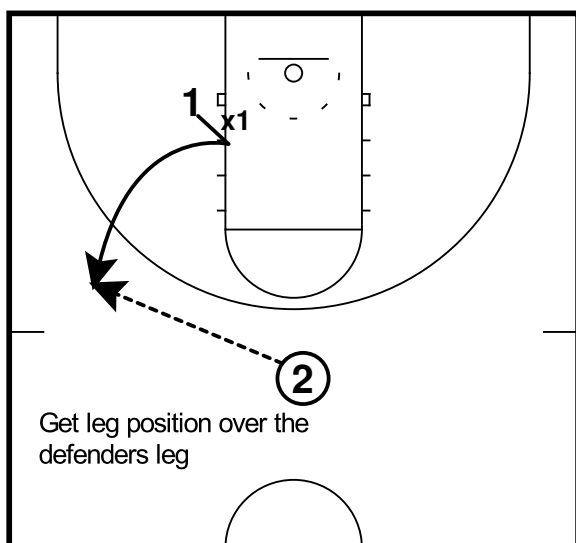
Offense cuts into the lane and pops out on the wing. Defense comes up and is there on the catch.

Read the defense Make a move



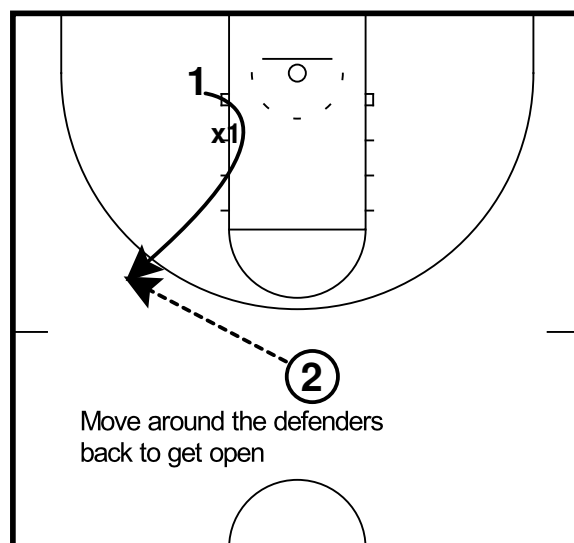
Offense must read the defense. Figure out what move to use–Jab Step, Jab Step Crossover, Jab Step Shot, Jab Step Shot fake and move or shot

Getting open vs. tough defense



The offensive player tries to get the inside leg on top of the defender to gain position. Then sprint to the wing or operational area. It is almost like posting up on the block and then racing to the spot where the offense wants to receive the ball. Offensive player must get their leg that is closest to the passer on top of the defenders leg to get the proper position. On the left wing–left leg and on the right wing–right leg.

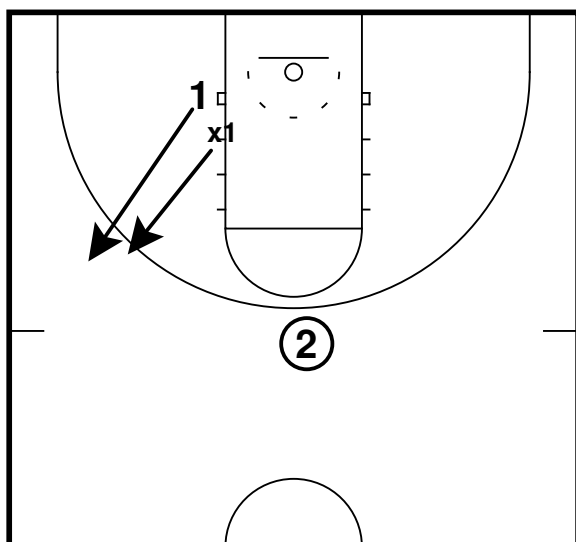
Getting open vs. tough defense



The second way a offensive player can get open vs. a tough defender is to work behind the defender. The offensive player will move towards the defenders back then sprint around them to the spot on the floor where they want to receive the basketball.

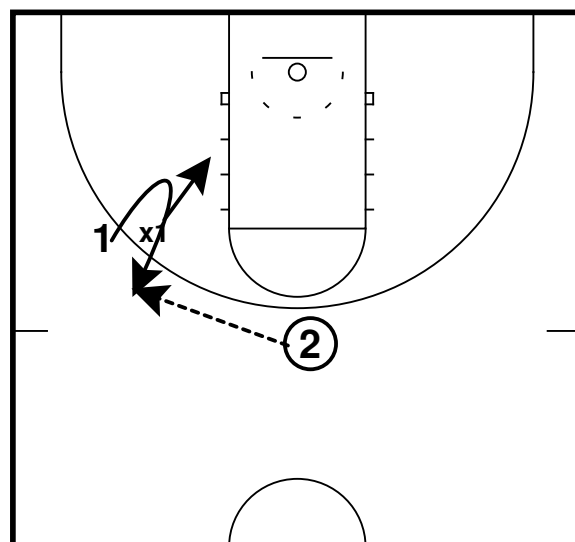
# Getting Open and Reading the Defense

Getting open vs. tough defense



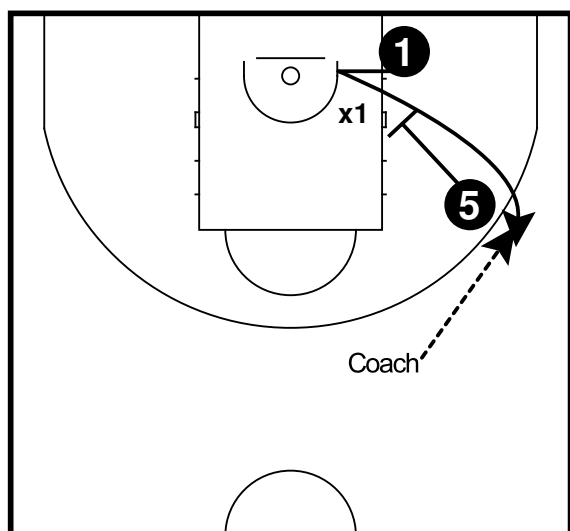
The third way to get open is to allow the defender to stay with the offensive player out to the spot where they want to receive the ball. Once at that spot take a few steps back to the original position and then spin into the defender's body. After making contact with the defender's body move quickly to the spot where the offensive player wants to receive the basketball. For this move as player goes back to the basket it is best to use leg closest to passer to get open.

Getting open vs. tough defense



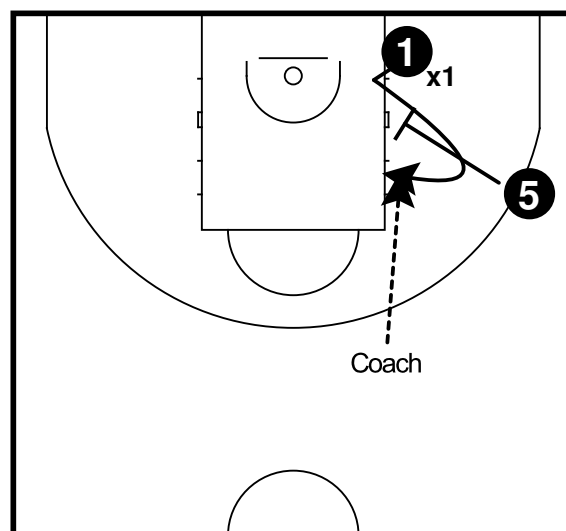
Heading back to the basket on the left side of the floor the offensive player will step with the right foot into the defender's body and turn to pivot. This gives the player more room to pivot and a better angle for the passer to deliver the ball.

Reading the Defense



Coming off down screen. Defense is below the screen v-cut and pop out to the wing.

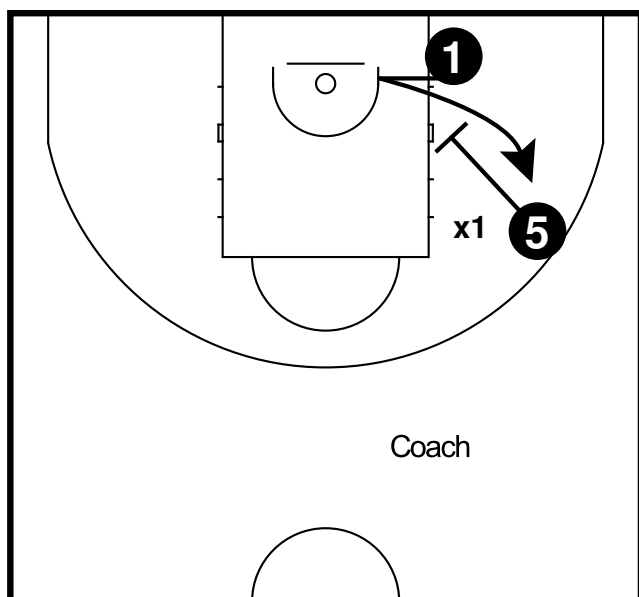
Reading the Defense



Coming off screen and making a curl cut. Defense is playing tight on the screen or on the outside shoulder of offense away from the paint. Go from one shoulder of the screener to the other shoulder, coming off the screen tight with hands up and turning into the lane.

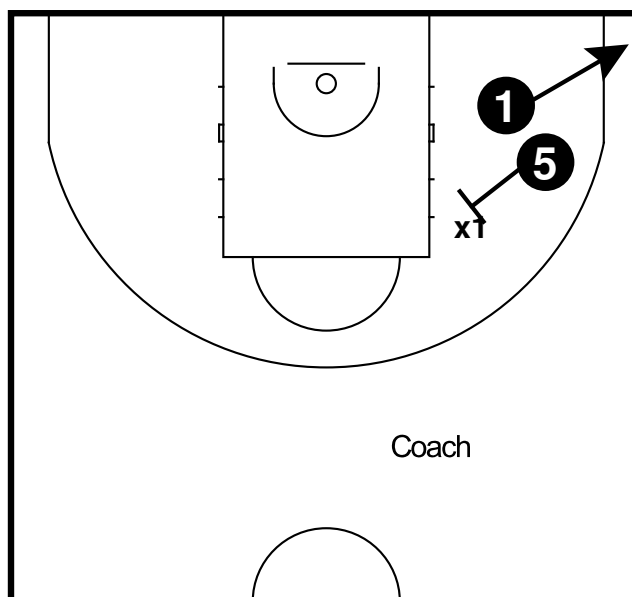
# Getting Open and Reading the Defense

Reading the Defense



Defense tries to get onto of screen. When offensive player reads the defense he uses screener to make a Flare cut. Pushing into the screener and back pedals away from the screener.

Reading the Defense

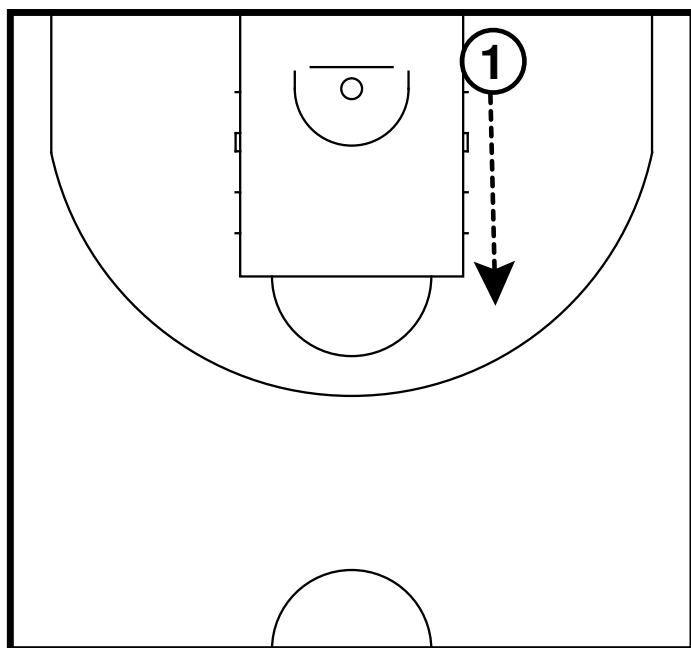


Screener turns to back into re screen defense. Pushing into the screener and back pedals away from the screener.



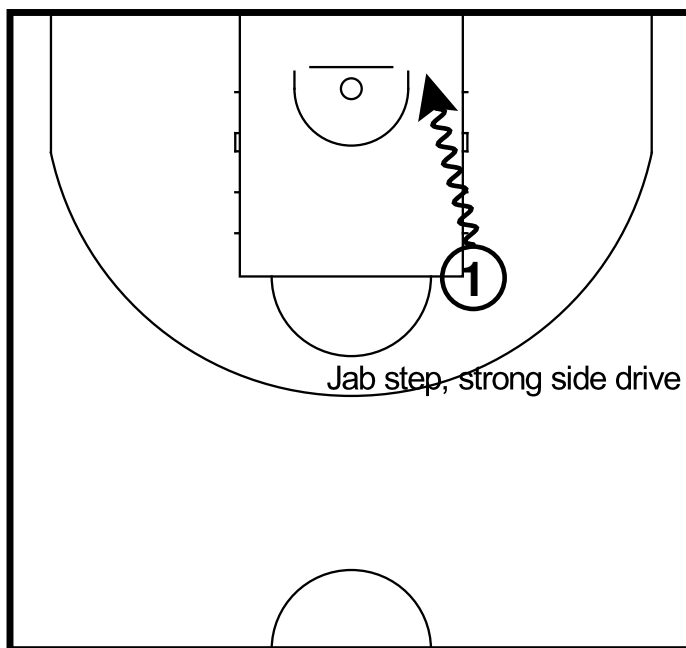
# Moves to the Basket

Jab Step Series



Drills for players to work on by themselves. Players will spin the ball out to the elbow and work on receiving the ball and making a pivot to the basket.

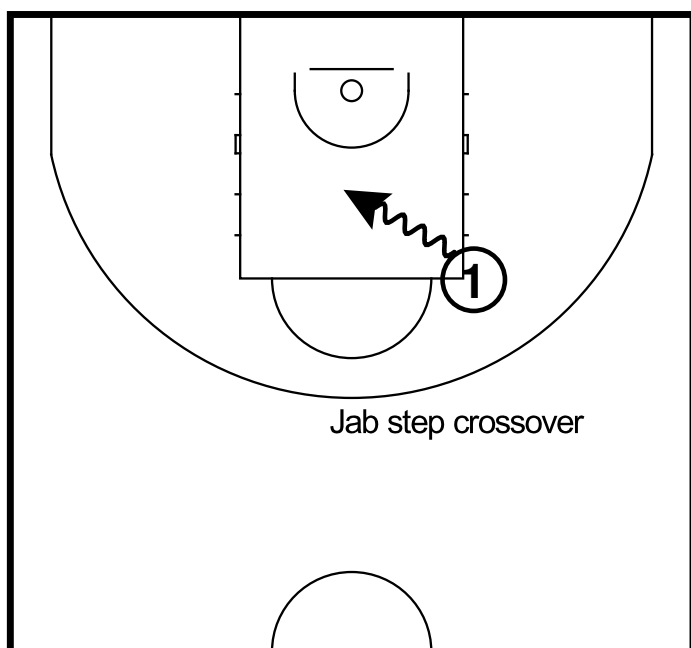
Jab Step Series



Jab step, strong side drive

First move is to direct drive to the basket with outside hand. Working on a long, quick step. Protecting the ball on the drive and getting the ball up high off the backboard.

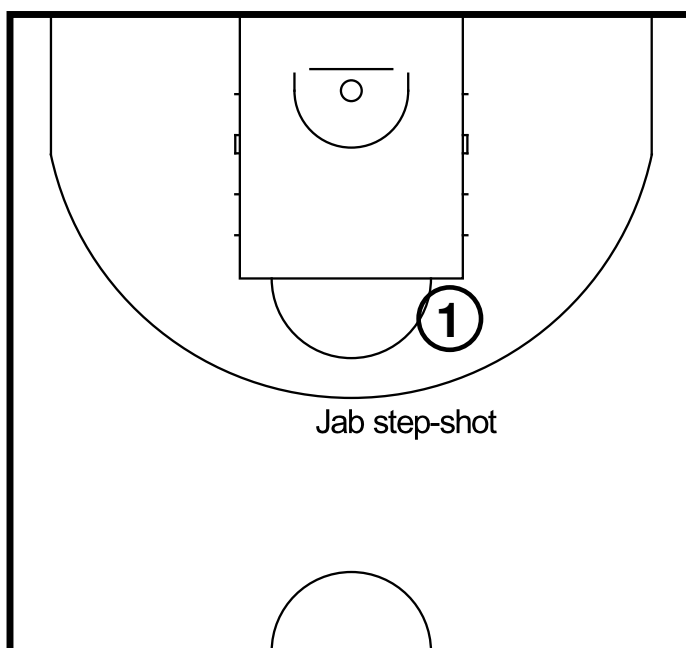
Jab Step Series



Jab step crossover

Second move is to use the jab step then crossover move to get open for a shot or drive.

Jab Step Series

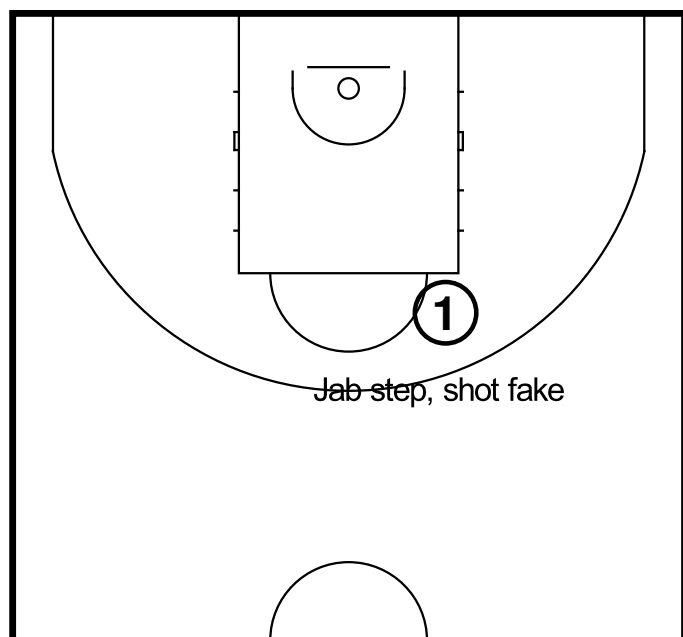


Jab step-shot

Third move is to jab step, get the defender off balance and take the shot

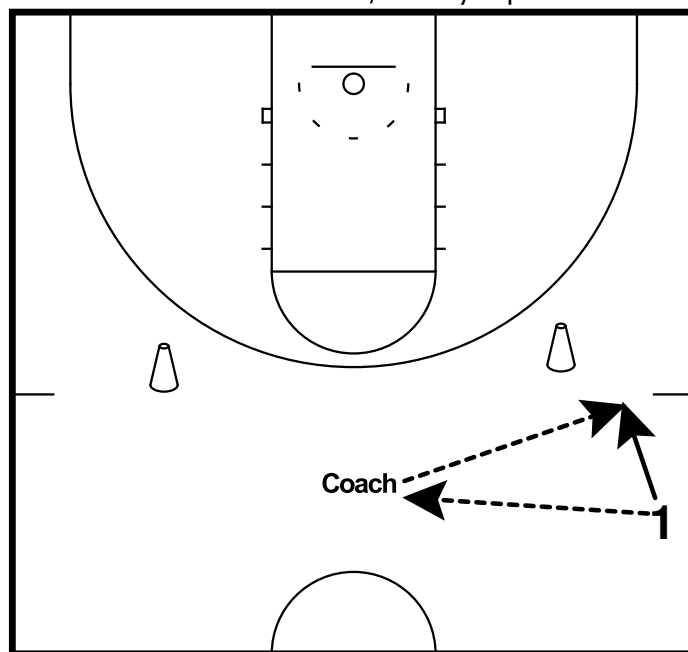
# Moves to the Basket

## Jab Step Series



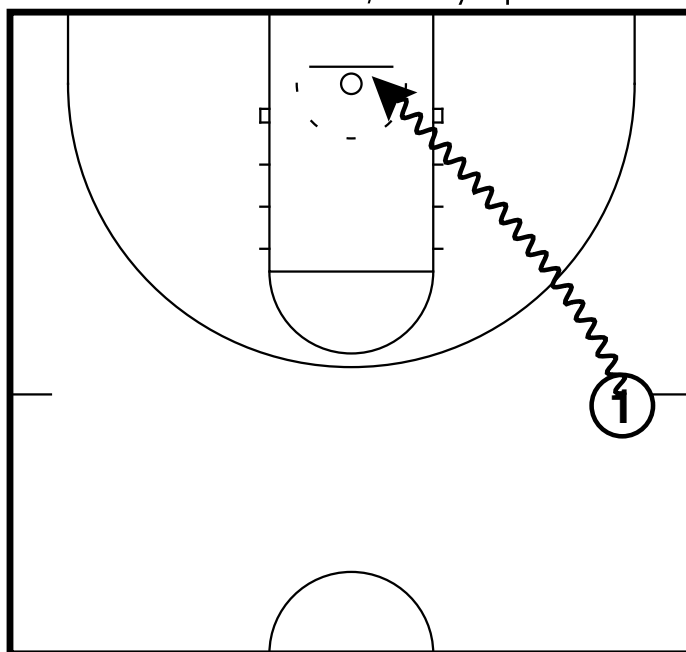
4th move is to use the jab step then shot fake for the drive or shot

## Timeline Drills/ 1. Lay-ups



Player catches the ball at the on the run. The pass must be caught clean and put on the floor quickly.

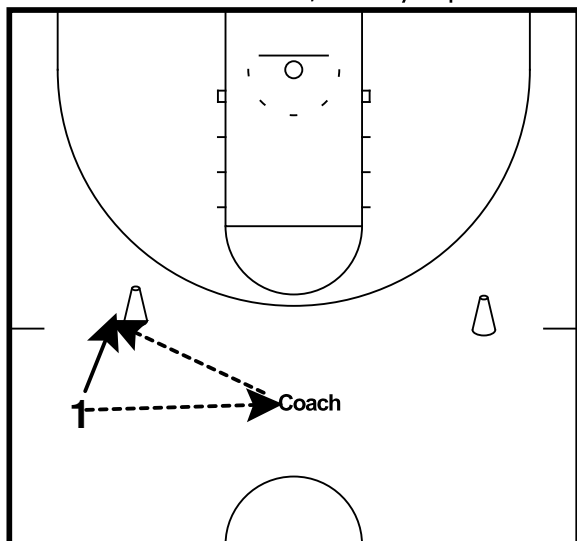
## Timeline Drills/ 1. Lay-ups



1st station is to shoot the layup off one foot getting the ball high on the glass.

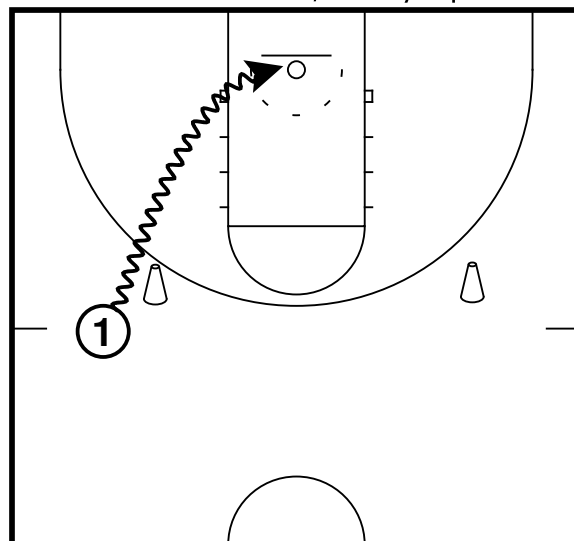
# Moves to the Basket

Timeline Drills/ 1. Lay-ups



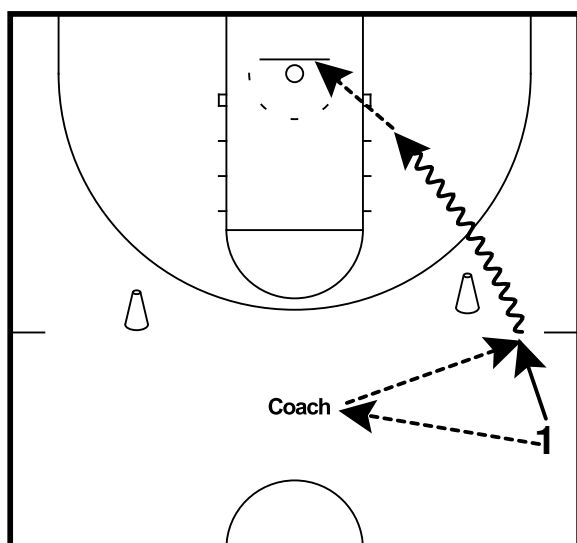
Left hand layup full speed off one leg.

Timeline Drills/ 1. Lay-ups



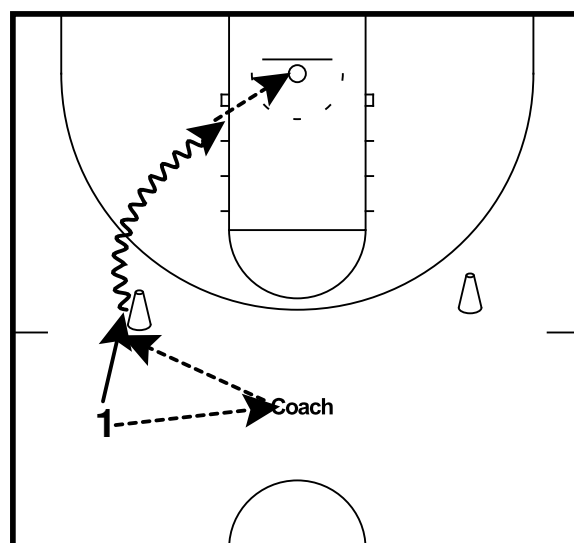
Protect the ball and try to get to the basket in as few dribbles as possible.

Timeline Drills/ 2. Bank shot (New)



2nd station is to shoot the bank shot. We tell our players soft off the glass. Full speed on the run, full speed once the ball is caught then off the last dribble explode up as high as possible.

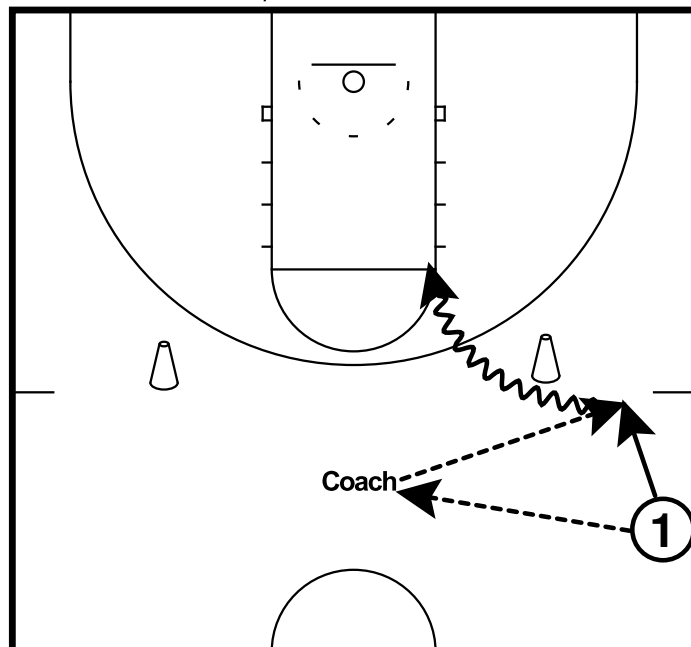
Timeline Drills/ 2. Bank shot (New)



Left hand side bank shots.

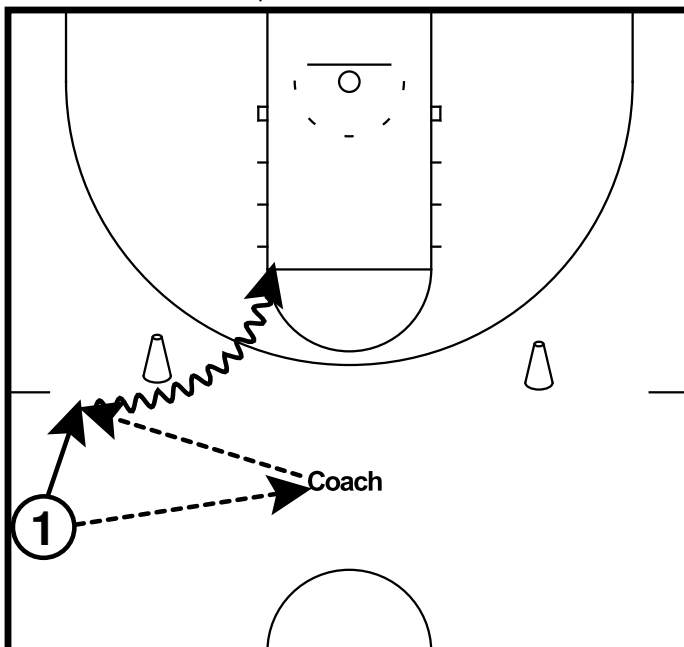
# Moves to the Basket

Timeline Drills/ 3. Cross over to the elbow



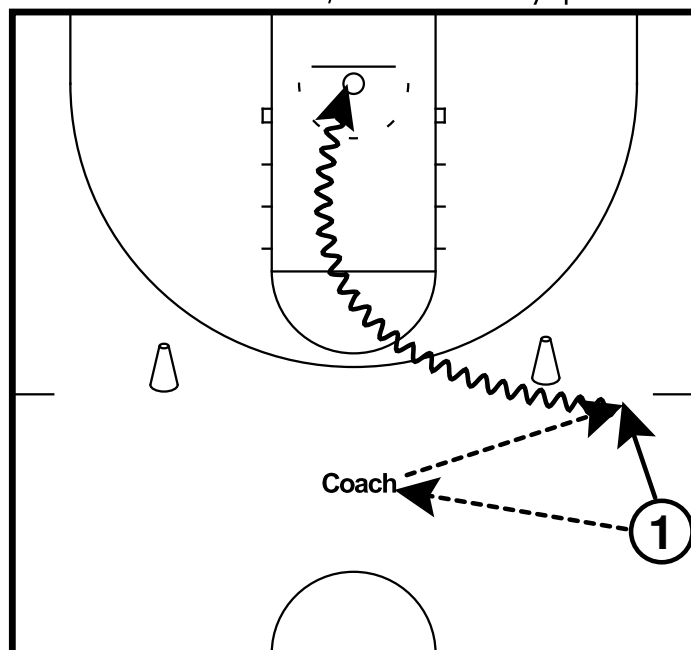
3rd station players catch and quickly cross over to shoot the elbow jump shot. Emphasis on keeping the pivot foot down and using the proper footwork.

Timeline Drills/ 3. Cross over to the elbow



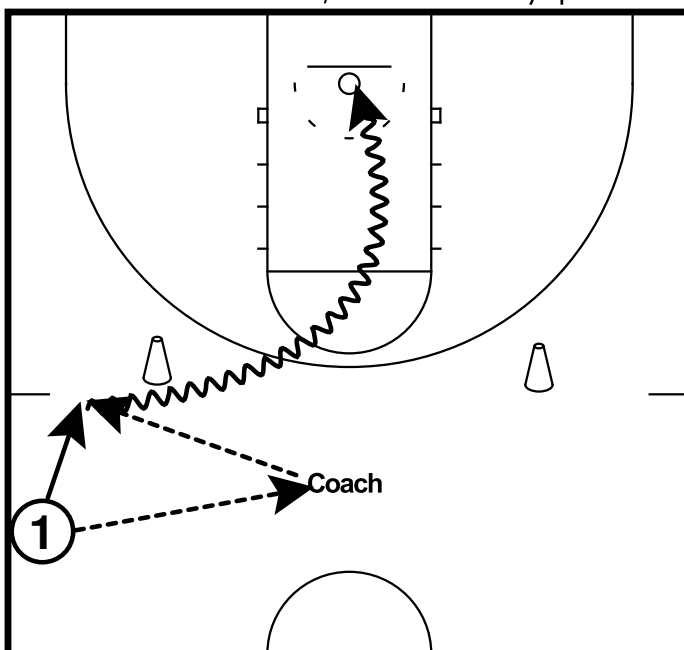
Get to the elbow quick. Keep back foot down. Long step with lead foot.

Timeline Drills/ 4. Two foot layup



Crossover to the elbow. In the lane take one dribble and long hop step to create separation and make a two foot layup.

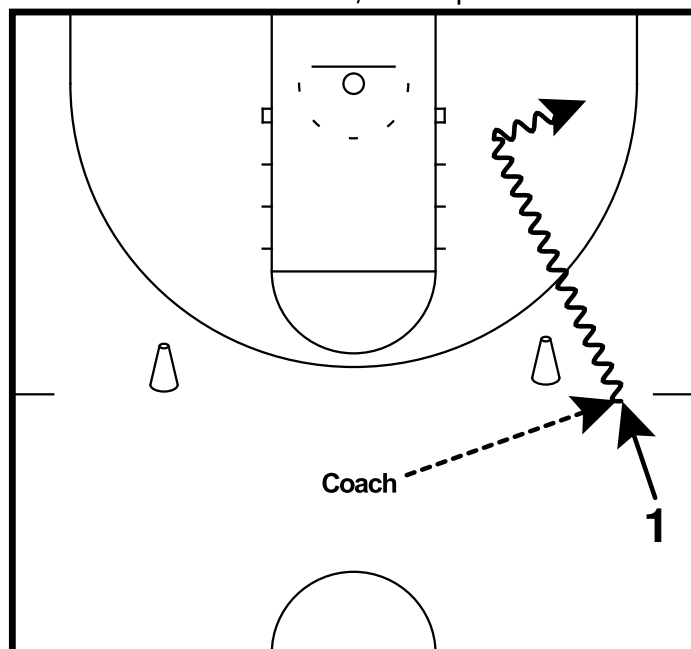
Timeline Drills/ 4. Two foot layup



Work on getting to the other side of the rim for the bank shot. Use the rim as protection from the defender.

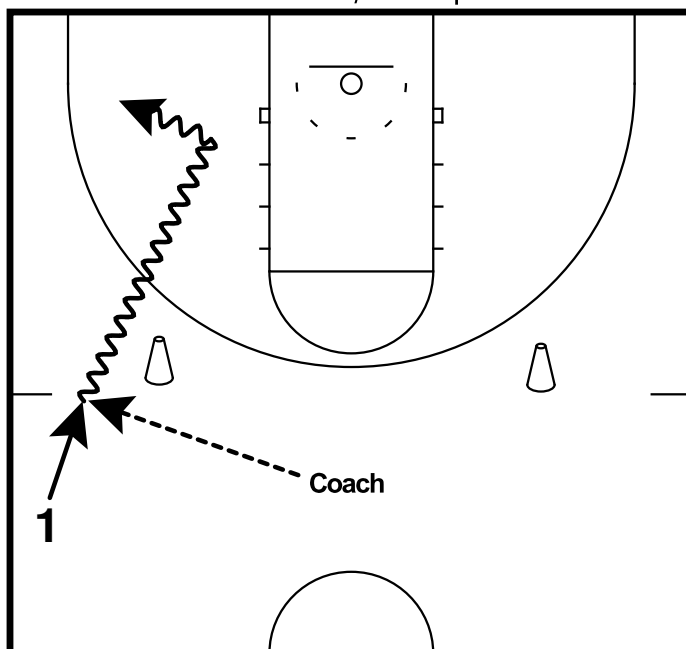
# Moves to the Basket

Timeline Drills/ 5. Stepbacks



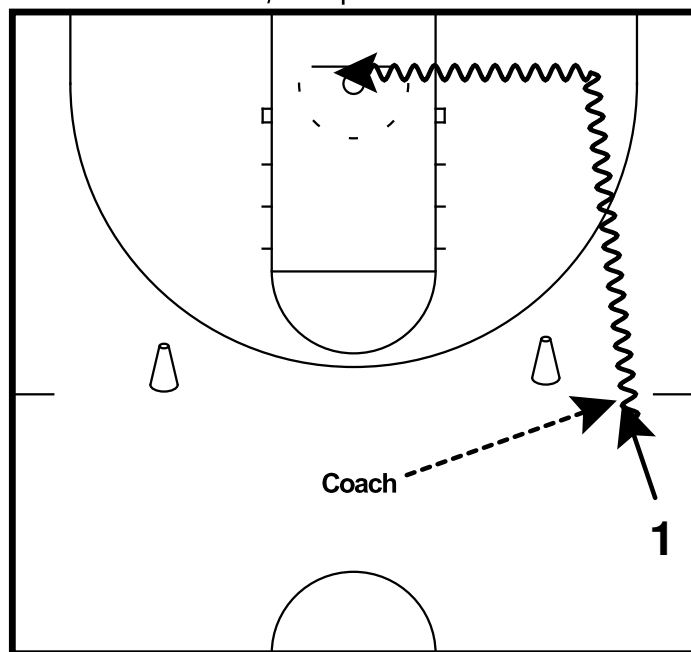
5th Station is to work on the step back move. You can utilize this move at any point on the court. We like to have the player catch from the same point on the court dribble down to our bank shot area then use the step back move.

Timeline Drills/ 5. Stepbacks



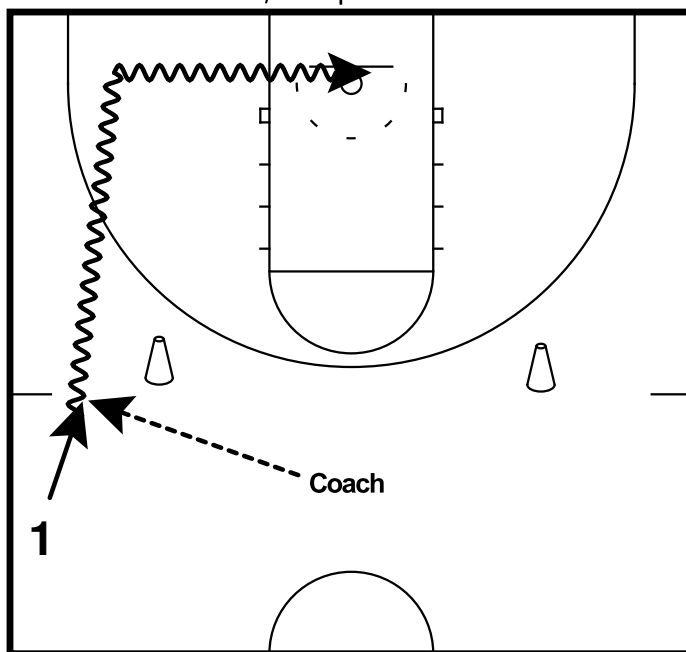
You can also use this move with the elbows and the baseline spots to be effective.

Timeline Drills/ 6. Spinmove in the corner



Dribble to the corner make a fake spin move then attack the lane and use the reverse layup. Once the player gets to the baseline he should slow to make a half turn as if making a spin move back to the middle then explode to the baseline.

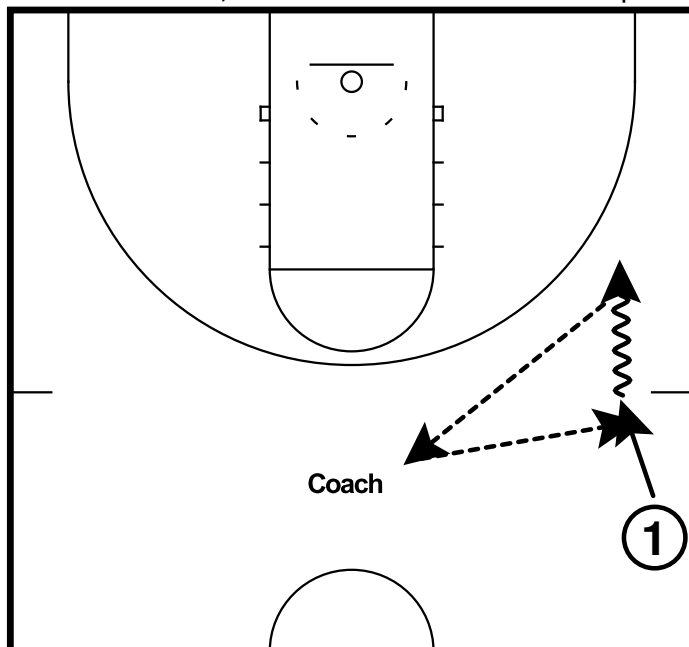
Timeline Drills/ 6. Spinmove in the corner



Place emphasis on changing pace and changing direction on each dribble move. Coming out of the move should involve a change of pace and change of direction.

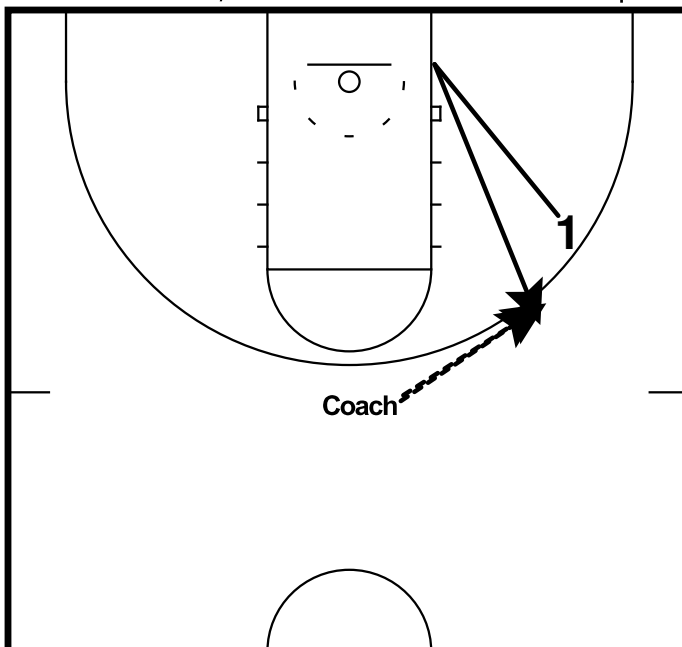
# Moves to the Basket

Timeline Drills/ 7. Hit coach and v-cut into pass



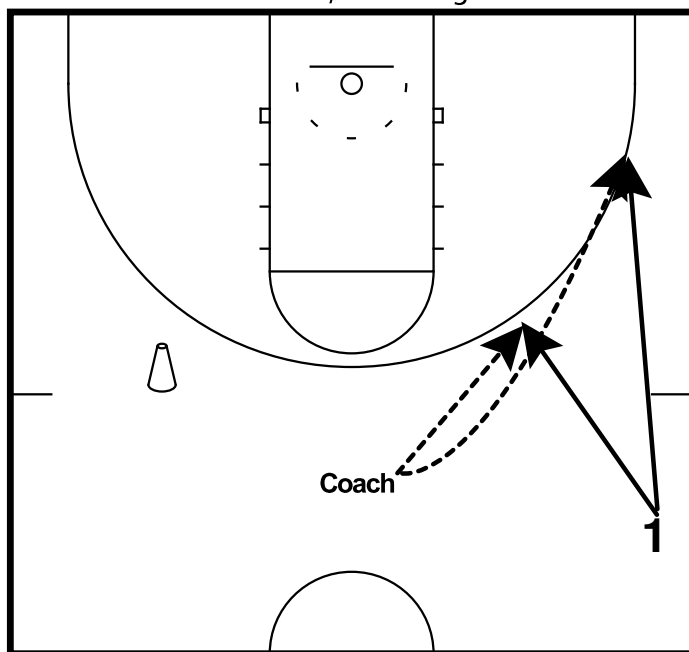
Station 7. Receive pass from coach take one dribble hit coach with the pass and make a v-cut away from the pass.

Timeline Drills/ 7. Hit coach and v-cut into pass



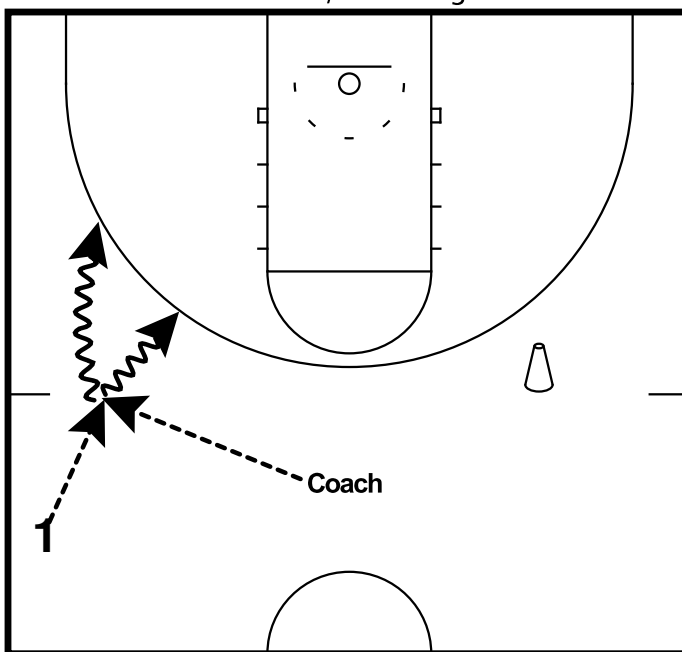
With a strong step on the outside foot come back toward the ball hands up, finger tips to the ceiling and call for the ball.

Timeline Drills/ 8. Late game 3's



Station 8. This is a late game shooting situation. Player is running at full speed catches the ball and tries to get to the top of the key or clutch shooting spot on the wing for a spot up 3 point shot.

Timeline Drills/ 8. Late game 3's



Allows your players to think about getting the shot quick coming down the floor off the pass or off the dribble.