

Traverse City West Basketball

9TH GRADE GOALS---POINTS OF EMPHASIS

OFFENSIVE SHOOTING

- A. Proper form on right and left handed lay-ups. (Plant the inside -- Drive the outside)
- B. Proper form on jump shot, shooting off the pass, & using backboard on pull-up J
- C. Reverse lay-ups.

DRIBBLING and BALLHANDLING

POINTS OF EMPHASIS: Keep head up and develop both hands.

- A. Right and left handed speed and control dribbles.
- B. Stationary ball-handling drills w/ 1 & 2 balls. I.E.: passing and dribble figure 8's, circles, and pounds.
- C. Between the legs, behind the back, spin, cross over, stutter step, inside out, and half spin dribbles.

PASSING

- A. Two hand chest pass and bounce pass.
- B. Right and Left handed flip passes.
- C. Right and left handed wrap around bounce pass.
- D. Post entry and basket cut.

TEACH MOTION OFFENSE

- A. Basket Cut.
- B. Spacing.
- C. Screen and Roll
- D. Quick Hitters or High-Low Motion on dead balls.
- E. Pass and screen away. (Emphasis still on basket cut.)
- F. V-Cut and L-Cut to get open.
- G. Back-screens and flare screens.
- H. Run transition offense to secondary break.

PIVOTING/TRIPLE THREAT

POINTS OF EMPHASIS: Two foot jump stop, on balance, and in triple threat. Left foot always pivot foot.

- A. "CATCH AND FACE." GET INTO "TRIPLE THREAT."B. R & L Front and Reverse Pivots.

INDIVIDUAL MOVES

- A. Jab Step Series (Jab and Go, Jab and Crossover, Rocker Step, Sweep Move)
- B. Post Moves: 1. Drop Step 2. Turnaround J 3. Up and Under. 4. Jump Hooks 5. Sikma Move
---Teach Jump Hook when going to the middle.
- C. Transition Moves.

Defensive Team Concepts

- A. 14 Green or White on makes & dead balls. 42 on misses.
- B. 44 Gold, Green, or White.
- C. Introduce "21" in practice. Use for 1 or 2 possessions during a game.

Individual and Team Concepts

- A. On the ball stance, footwork, and proper slides
- B. Denying One pass away. Help side if 2 passes away.
- C. Contesting Shot and Boxing Out. Teach proper closeouts.
- D. Talk and Communicate.
- E. Always see the ball.
- F. Front the cutter.
- G. Force the ball to the outside and give baseline help. NO MIDDLE—NO PAINT.

GENERAL

Spend 70% of practice time on fundamentals.
Keep as many players active in drill work as possible.
Use as many baskets and balls as possible.
Develop teamwork and enthusiasm.
Expect hard work, discipline, and coach-ability.
Demand respect of facilities.

HAVE FUN!!!

COMMITTED TO EXCELLENCE.