

Erie Park & Rec Youth League Coaches Meeting

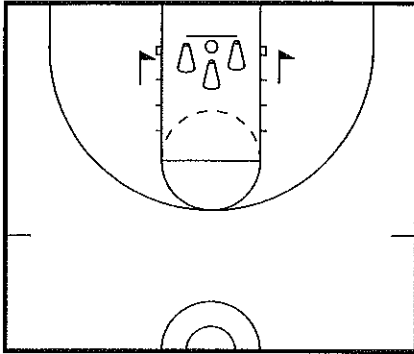
Table of Contents

1.	Drills	2
1.1	Warm Up/Puppies	2
1.2	Intro to Layups	2
1.3	Neely Shooting	2
1.4	CSU Rip Through	3
1.5	Moneky in the Middle	3
1.6	Shell Drill	3
2.	Plays	5
2.1	3 Game (Weave)	5
2.2	Arizona 1	6
2.3	Wyoming (W) 1	6

Erie Park & Rec Youth League Coaches Meeting

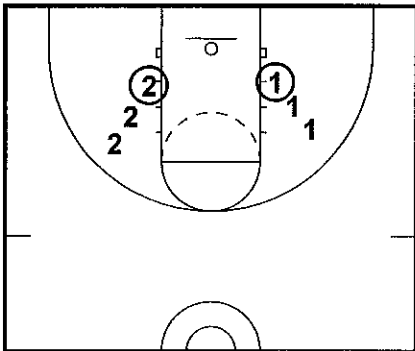
Drills

Warm Up/Puppies
Frame 1



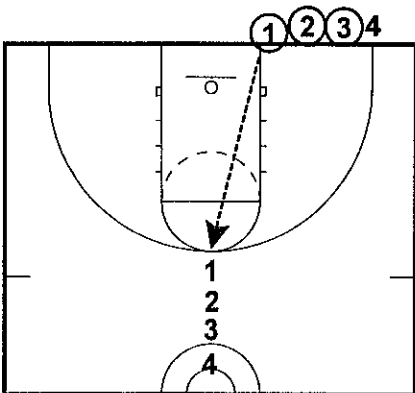
Shoot 5 from each cone 1 handed. Focus on shooting platform, follow through, and rotation.
PUPPIES - Shoot 12 shots straight on. Start near cone make 3 take 1 step back. Miss 2 in a row take a step forward. 45s - Shoot 5 from each side (flag) off the glass.

Intro to Layups
Frame 1



Right side - Player chins the basketball. Puts right foot on the block. Keeping the ball up player steps through to the basket with their left foot. Player raises up right leg and both hands to the basket. Right hand shoots the ball and left protects the ball.
Left side - Same as right side but now player puts left foot on the block.

Neely Shooting
Frame 1

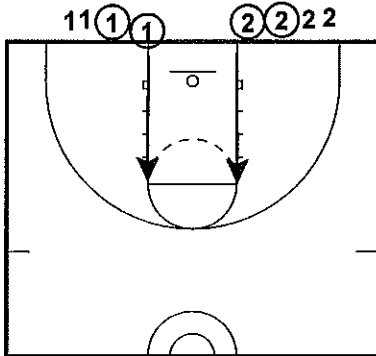


Shooter catch in a triple threat set position each time. Get your own rebound and switch lines.
Shots - 1st/2nd - Set shoot, 3/4 set, pump, attack right. 5/6 set, pump, attack left.
Foot work walking into the shot - Right handed shot - left right. Left handed shot - right left.

Erie Park & Rec Youth League Coaches Meeting

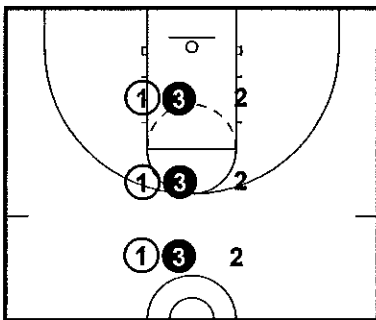
Drills

CSU Rip Through
Frame 1



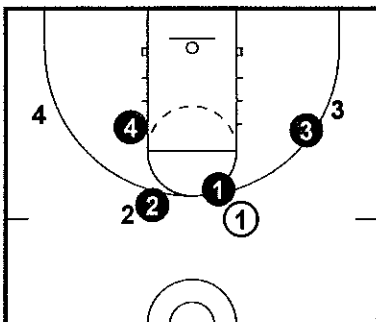
Players toss the ball out to the elbow, follow, secure it with a jump stop. Work inside & outside pivot foot (reverse pivots). 1st time Pump-Rip-Attack, 2nd time Pump-Rip-attack opposite of 1st time, 3rd time Pump-Rip-Shoot. Players rotate lines and do each move on both elbows. Once complete switch pivot foot (Inside/outside = foot on the elbow closest to the lane)

Moneky in the Middle
Frame 1



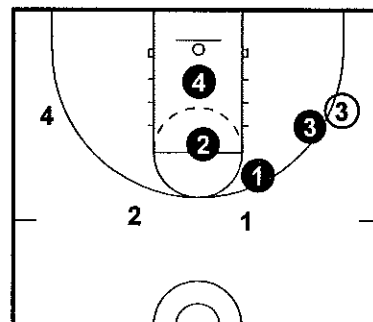
1 & 2 - work on being strong with the ball and making a good pass under pressure. Must make clean passes back and forth to each other. Must wait for defense to apply pressure before passing.
3 - works on applying aggressive ball pressure by shadowing the ball. DO NOT FOUL. When a pass is made 3 turns and closes out on the other offensive player. 3 goes to offense when he causes an incomplete pass. Replaces the player who turned it over.

Shell Drill
Frame 1



1 - On ball force to 1 side of the court.
2 & 3 - 1 pass away On the line up the line. Heels to the ball hand in the passing lane.
4 - 2 passes away. Toes pointed to the passing line hands pointing at ball and man.
Move while the ball is in the air.

Shell Drill
Frame 2

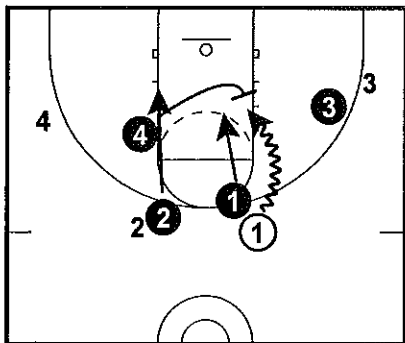


Ball in the corner.
4 - 2+ passes away toes pointing to the passing line hands pointing to ball and man. Ready to help on the baseline.

Erie Park & Rec Youth League Coaches Meeting

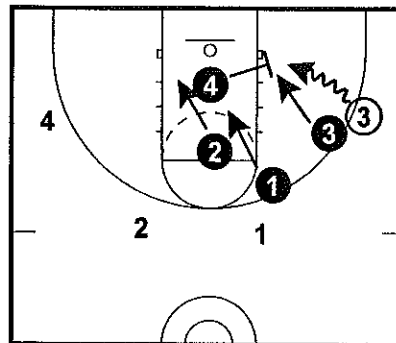
Drills

Shell Drill
Frame 3



Attack from the top weak side defender (4) stops drive. 2 drops down to cover 4 & 2.

Shell Drill
Frame 4



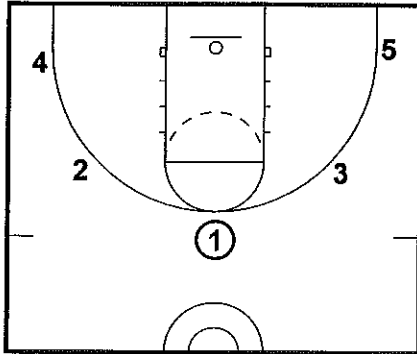
Baseline drive. 4 man stops drive. 2 & 1 rotate down to cover the skip pass. Return to your man.

Run Drill - Positioning. away from ball down screen. Pass & Cut to weak corner. Beat Baseline rotate to help. Beat from point rotate to help. Live.

Erie Park & Rec Youth League Coaches Meeting

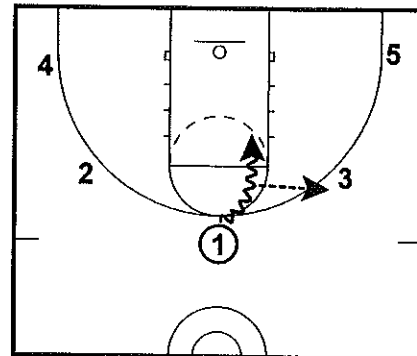
Plays

3 Game (Weave)
Frame 1



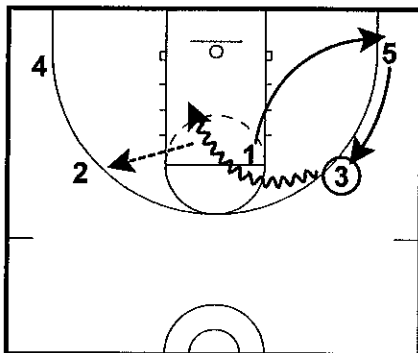
Basic set

3 Game (Weave)
Frame 2



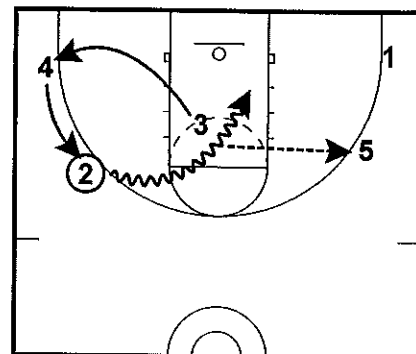
1 attacks & passes to an open player. Point position is no longer filled.

3 Game (Weave)
Frame 3



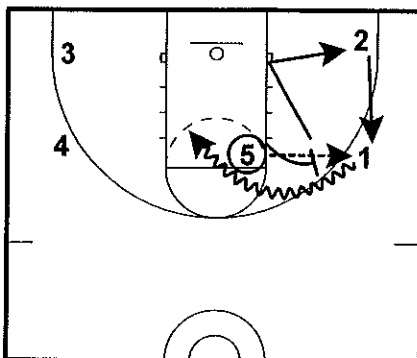
3 attacks the middle. 1 fills the corner spot to the strong side. 5 fills wing. 2 stays wide ready to catch & shoot. If drive is stopped 3 passes to 2.

3 Game (Weave)
Frame 4



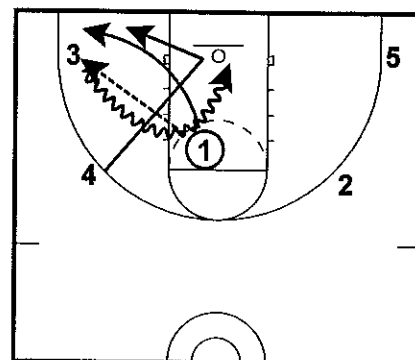
3 continues to strong side corner. 2 attacks middle. 4 fills wing. 5 stays wide ready to catch & shoot. If drive is stopped 2 passes to 5.

3 Game (Weave)
Frame 5



When opp. wing is covered jump stop, reverse pivot and pass back to where you started. Follow your pass and set a pick & roll. 2 fills wing. 5 rolls then goes to strong side corner. 1 attacks middle.

3 Game (Weave)
Frame 6

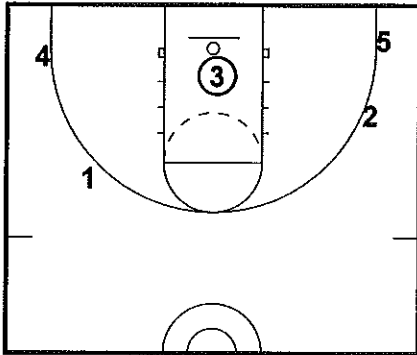


Pass to the corner - 1 follows his pass. 4 backdoors. 3 attacks middle.

Erie Park & Rec Youth League Coaches Meeting

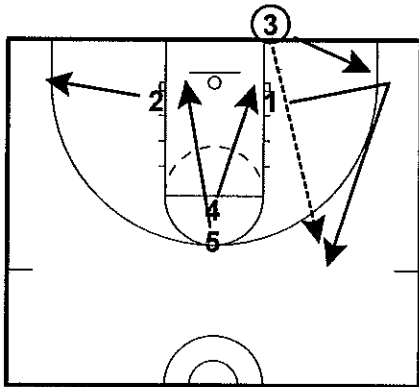
Plays

3 Game (Weave)
Frame 7



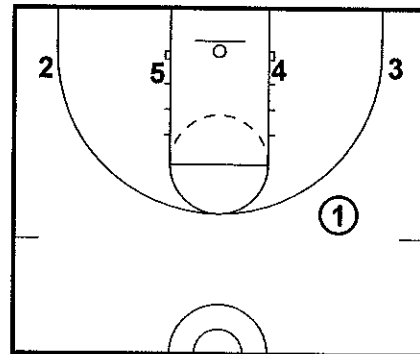
Offense repeats

Arizona 1
Frame 1



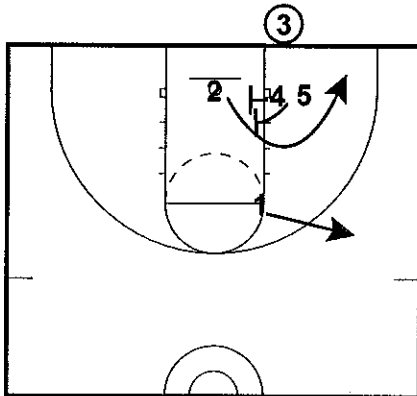
Look (pump fake 1 or 2) main look is for 4 or 5 man. Then can hit the 1 releasing up.

Arizona 1
Frame 2



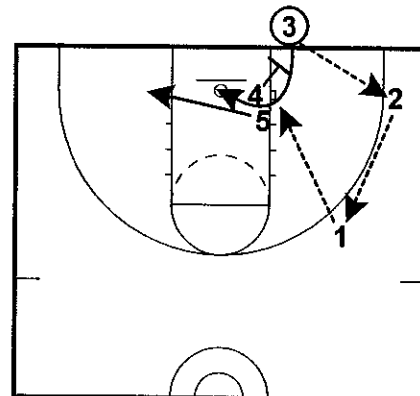
1 releases up and 3 fills the strong side corner.

Wyoming (W) 1
Frame 1



Looking for 2 for a jumper, 5 on weak block, then 1.

Wyoming (W) 1
Frame 2



4 screens 3. 3 curls screen.