Stingers Club Prep Playbook

Coach Mikel Ouellette (Jax's Dad) 480-313-7452

Coach Pat McNeely (Ethan's Granddad) 480-797-7911

Coach Josh Davis (Mason's Dad) 480-209-3465

Bring a marked ball, plenty of water, good basketball shoes, and head/wrist bands.

No jewelry/watches.

Message Coach Mikel and Coach Pat if you'll be late or absent from games or practice.

Objectives

1. HAVE FUN, BUT FOCUS & EXECUTE!!!
2. Look/Listen/Learn to play basketball
3. Practice like you play and play like you practice at 100%
4. Winning games will come when 1, 2, and 3 are done

Stretches

- Shoulder stretches
- Windmills
- Touch Toes
- Knee Bends
- Calf Stretches
- Calf Lifts
- Jumping jacks
- Get ball and stretch Wrists and Fingers

Warmups

- Finger pad taps up and down
- Around waist, head, knees, right leg, left leg, Figure 8
- Dribble around each leg
- Dribble Figure 8 (optional)
- Dribble high to low to high, right/left/xover
- Sweeps
- Bounce between legs from front to back
- Hold ball between legs and alternate grip
- Air shots
- Space, jog, and hit perimeter line, right-left-crossover, end with full speed layup.
- Pre-game Warmup - full speed layups, two lines (shooter/rebounder) right-left. Emphasize rebound before ball hits ground (on make or miss), good passes to shooting line, well-timed layup. Shooter boxes out.

Basics

Dribbling

Start in triple-threat position:

- Spread fingers
- Head up to get full court peripheral vision
- Keep ball below waist
- Push ball into floor, dribble with purpose
- Left hand when attacking left side, right hand when attacking right side

Passing

Start in triple-threat position:

- Pass to belly button quickly
- Push with both hands
- Step forward on release for more power
- Lead the runner
- Use baseball pass if needed
- Move after pass, cut or set screen for recipient

Shooting

Start in triple-threat position:

- If open, shoot when you get the ball
- One hand behind the ball, the other on the side but not touching on the release
- Three positions. Start from triple-threat. One motion starting with bending knees and then pushing legs, upper body, and arms straight up and over head, flipping the wrist at the highest point. Keep shooting arm elbow pointed towards the basket.
- Shooting on the gather – spin ball into hands before shot
- Position for rebound immediately after the shot (follow it in)

Rebounding

- On offense, watch for a teammate preparing to shoot and box out any opponent for the rebound as the shot is taken. Flex your knees to prepare for a well-timed jump to grab the ball, then shoot immediately if you're open.
- On defense, watch for an opponent preparing to shoot and box out any opponent for the rebound as the shot is taken. Flex your knees to prepare for a well-timed jump to grab the ball, and either pass to a breaking teammate or dribble quickly with head up looking for open teammates.
- If you are shooting, sometimes you are the first to know if it's a miss. As soon as you release the ball, follow the shot to the basket.

Offense

- Score or assist quickly. Shoot first, pass second, and dribble last.
- Keep moving to provide a passing target. Don't stand still while the ball is in play.
- Keep your eye on the ball and your defender using peripheral vision.
- Watch for your defender to look away from you, then go.
- Use the Triple-Threat Position when defended one-on-one. Look for a teammate to screen for you. Use your other arm to guard the ball.
- Watch for a teammate preparing to shoot and box out any opponent for the rebound as the shot is taken.

Defense

- Stop opponent from scoring
- Stay on the line between your opponent and the basket!
- Always have hands up or out while the ball is in play. Make yourself big!
- Stay low with your knees bent and move laterally (sideways)
- Keep your eye on the ball and your opponent using peripheral vision.
- Keep at least an arm's distance from the ball handler. Too close, they can get around you with a spin. Too far, and they can break loose for a layup.
- Watch for steal opportunities when defending at arm's distance. Bait your opponents into passing to your man and step in for the steal.
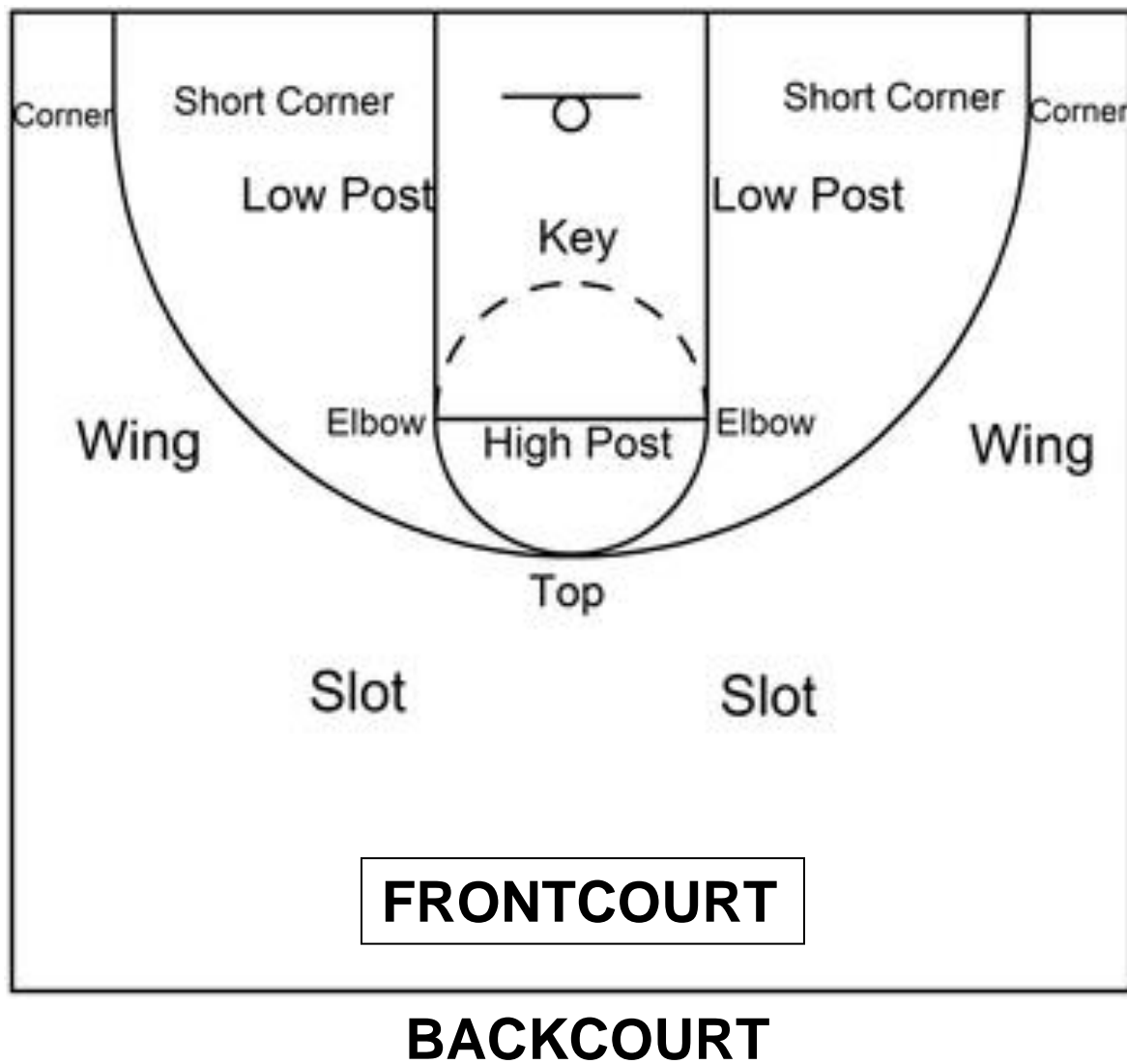
Drills

The coaches will use drills selected from this list during practices.
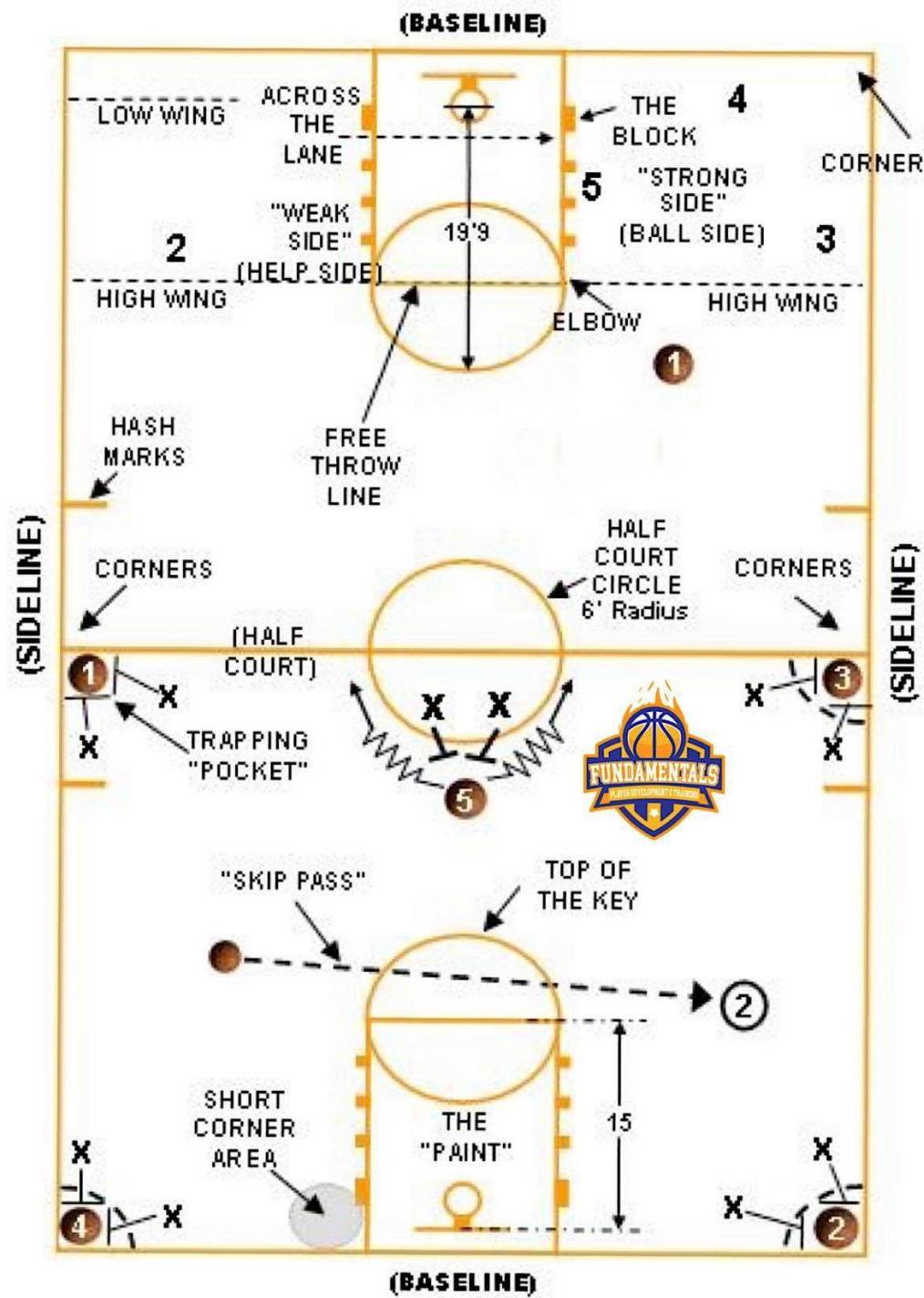
- Guard 3-point line, whistle when out of position as ball handler moves and fakes.
- From baseline, meet at top of key, exchange ball, play it out.
- Hold ball on back of player who is facing the basket at the foul line. When ball is removed, turn, and defend.
- Groups of 3 Keep Away/Monkey in the Middle
- One from foul line facing other at top of key. Fouls line player touches end of foul line. Key player attacks, foul line player defends.
- Hight-to-low-to-high, pausing at the top, right-left-crossover
- 2 right-crossover-2 left, moving clockwise to 4 positions at whistle
- Touch cones right-left
- Dribble and move between 7 or 8 cones, changing to proper hand.
- Dribble between 7 or 8 cones.
- Toss tennis ball to dribbles right-left
- Dribble between legs
- Short/long chest/bounce passes
- One-handed long passes
- Fast break passes
- Groups of 3 speed passes (compete by counting passes)
- 5 offensive players move around keeping even spacing. Add ball. Add defense.
- Ball on ground, box out opponent
- Jab and go. Jab twice and go.
- Jab and step
- Pair up under basket, one offense (front) and one defense (back), both facing top of key. Coach on offense shoots/throws ball toward basket. Offensive player boxes out defensive player. Switch players.
- Jump ball rebounds (timing the jumps). Match heights. Jump to either grab the ball or tip it and retrieve.
- In the middle of the key, bounce the ball straight up, rebound and score or defend.
- Jump w/sticky-notes on pole
- Blind screens
- Screen after pass
- Backdoor screens
- Both sides guarded by coach. Shooting side passes to rebounding side and immediately either: Cuts right or left around guarding coach and accepts the pass. Runs and screens for rebounder, rolls, and accepts the pass.
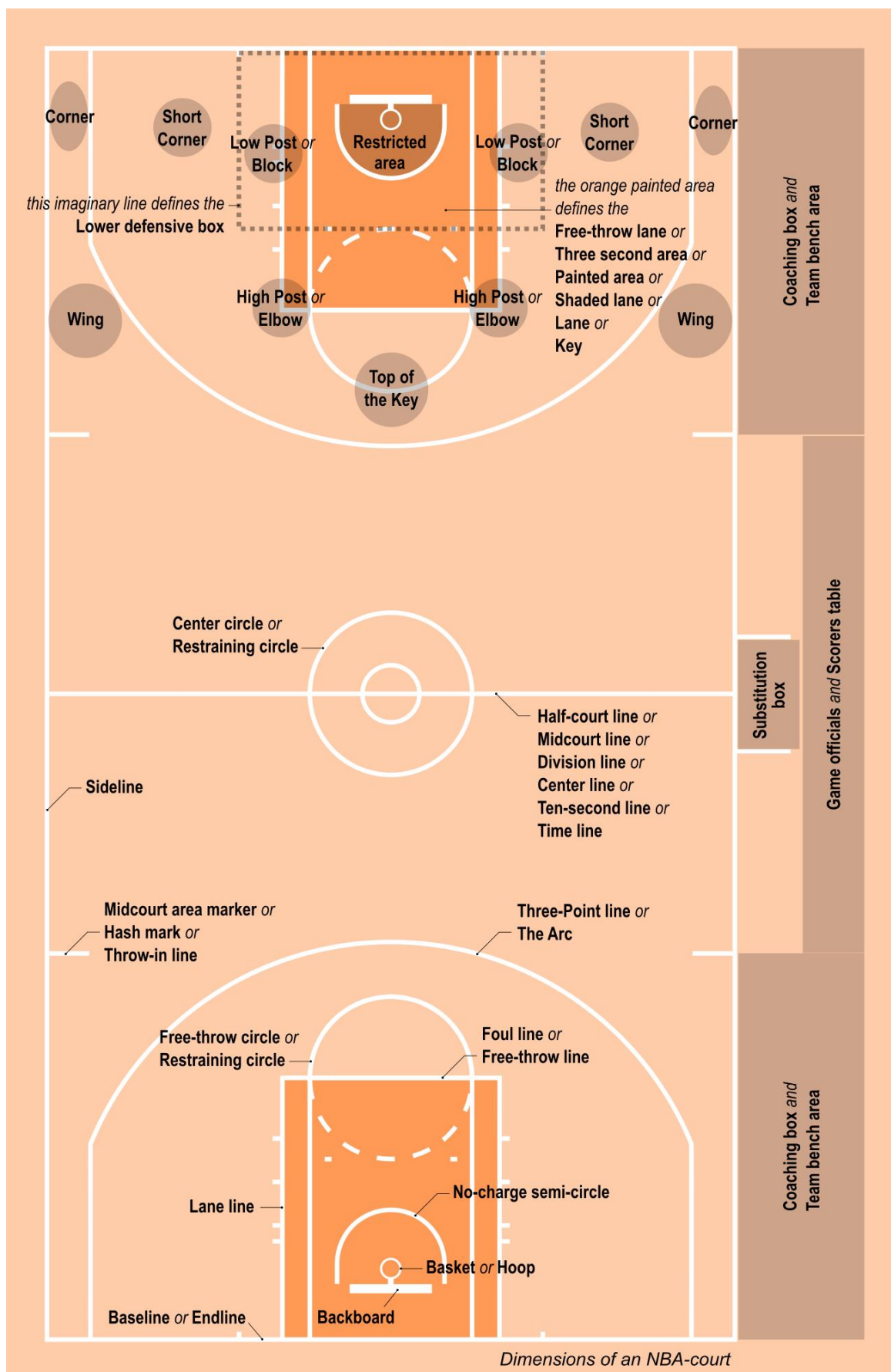- Three line layups

Shooting

- Short one-handed layups, one line, self-rebound, right-left
- Short one-handed reverse layups, one line, self-rebound, right-left
- Full speed layups, two lines (shooter/rebounder) right-left. Stop short for set/jump shot.
- Full speed reverse layups, one line, self-rebound, right-left
- Full speed passing layups, two lines, both go and pass ball twice.
- Set or jump shot from 5 positions (foul line distance or less). Spin ball into hands and shoot in one motion. Side-step or hop shot. Develop routine at the foul line (compete by tracking shots made)
- From triple-threat, jab step, then go for layup (R&L)
- From triple-threat, double jab step, then go for layup (R&L)
- From triple-threat, fake shot, jab step, then go for layup (R&L)
- From triple-threat, double jab step, fake shot, then go for layup (R&L)
- From triple-threat, jab step, one dribble, pull up shot (R&L)
- From triple-threat, fake shot, jab step, one dribble, pull up shot (R&L)
- Approach right cone, jab left, go right for layup.
- Approach right cone, jab left with crossover, crossover to right for layup.
- Approach left cone, jab right, go left for layup.
- Approach left cone, jab right with crossover, crossover to left for layup.
- Speed
- Two lines, roll ball between legs, last in line runs to the other end to shoot once, or until made. Rebound and return to line. Roll ball again. First to 5 wins. Add X rhythm dribbles before return.
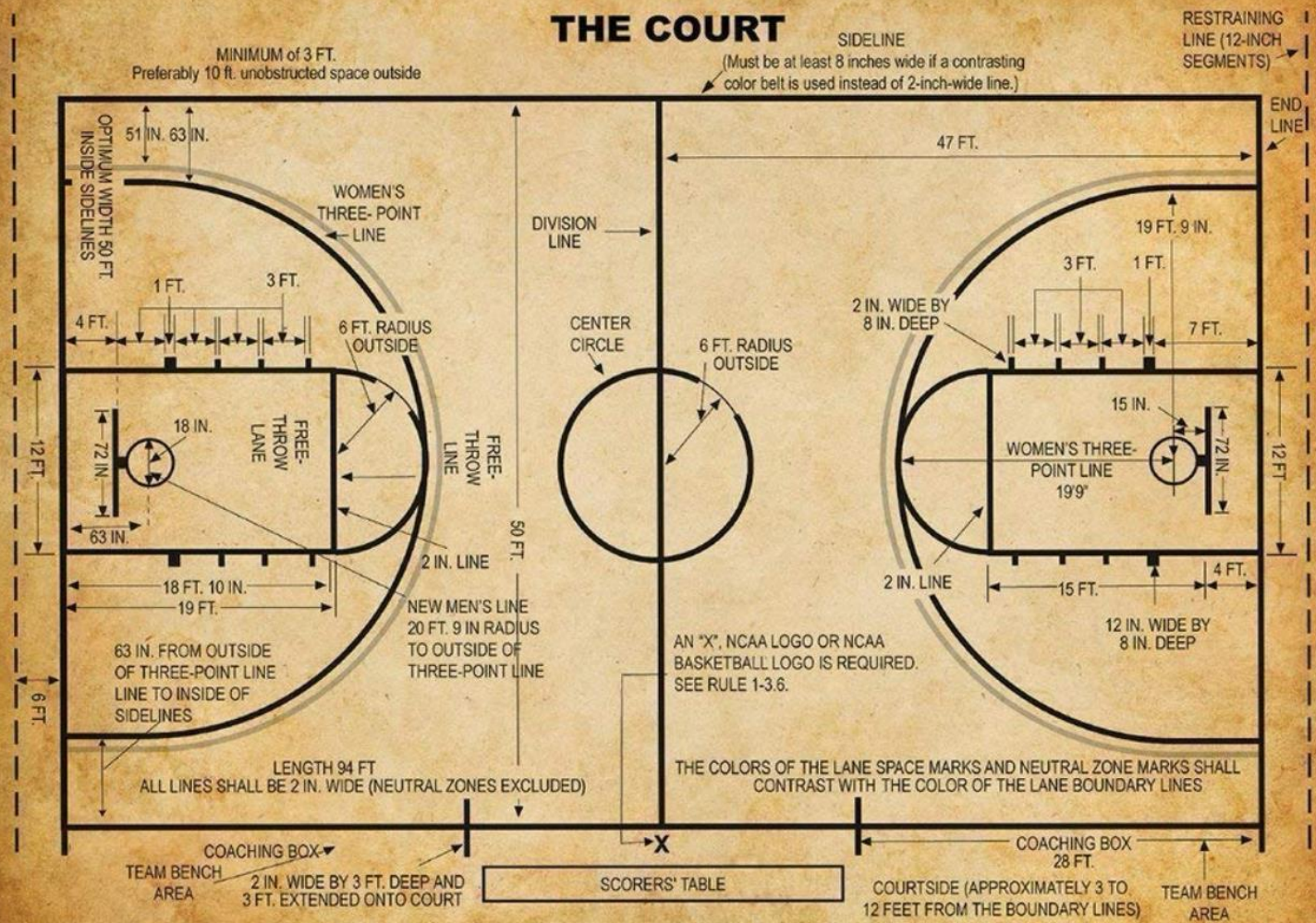
Court Positions

Corner

Short Corner

Low Post *or* **Block**

Restricted area

Low Post *or* **Block**

Short Corner

Corner

this imaginary line defines the **Lower defensive box**

the orange painted area defines the **Free-throw lane** *or* **Three second area** *or* **Painted area** *or* **Shaded lane** *or* **Lane** *or* **Key**

Coaching box *and* **Team bench area**

Wing

High Post *or* **Elbow**

High Post *or* **Elbow**

Wing

Top of the Key

Center circle *or* **Restraining circle**

Game officials *and* **Scorers table**

Substitution box

Half-court line *or* **Midcourt line** *or* **Division line** *or* **Center line** *or* **Ten-second line** *or* **Time line**

Sideline

Midcourt area marker *or* **Hash mark** *or* **Throw-in line**

Three-Point line *or* **The Arc**

Free-throw circle *or* **Restraining circle**

Foul line *or* **Free-throw line**

Coaching box *and* **Team bench area**

Lane line

No-charge semi-circle

Basket *or* **Hoop**

Baseline *or* **Endline**

Backboard

Dimensions of an NBA-court

THE COURT

MINIMUM of 3 FT.
Preferably 10 ft. unobstructed space outside

SIDELINE
(Must be at least 8 inches wide if a contrasting color belt is used instead of 2-inch-wide line.)

RESTRAINING LINE (12-INCH SEGMENTS)

END LINE

OPTIMUM WIDTH 50 FT. INSIDE SIDELINES

51 IN. 63 IN.

47 FT.

WOMEN'S THREE-POINT LINE

DIVISION LINE

19 FT. 9 IN.

1 FT.   3 FT.

3 FT.   1 FT.

4 FT.

6 FT. RADIUS OUTSIDE

CENTER CIRCLE

6 FT. RADIUS OUTSIDE

2 IN. WIDE BY 8 IN. DEEP

7 FT.

12 FT.

18 IN.

FREE-THROW LANE

FREE-THROW LINE

15 IN.

72 IN.

72 IN.

12 FT.

63 IN.

WOMEN'S THREE-POINT LINE 19'9"

18 FT. 10 IN.
19 FT.

2 IN. LINE

63 IN. FROM OUTSIDE OF THREE-POINT LINE LINE TO INSIDE OF SIDELINES

NEW MEN'S LINE 20 FT. 9 IN RADIUS TO OUTSIDE OF THREE-POINT LINE

2 IN. LINE

15 FT.

4 FT.

6 FT.

12 IN. WIDE BY 8 IN. DEEP

LENGTH 94 FT
ALL LINES SHALL BE 2 IN. WIDE (NEUTRAL ZONES EXCLUDED)

AN "X", NCAA LOGO OR NCAA BASKETBALL LOGO IS REQUIRED. SEE RULE 1-3.6.

THE COLORS OF THE LANE SPACE MARKS AND NEUTRAL ZONE MARKS SHALL CONTRAST WITH THE COLOR OF THE LANE BOUNDARY LINES

COACHING BOX

TEAM BENCH AREA

2 IN. WIDE BY 3 FT. DEEP AND 3 FT. EXTENDED ONTO COURT

X

SCORERS' TABLE

COACHING BOX 28 FT.

COURTSIDE (APPROXIMATELY 3 TO 12 FEET FROM THE BOUNDARY LINES)

TEAM BENCH AREA

Free Throws

Once ball is handed to the shooter, you cannot change positions, including those in the backcourt.

B3 boxes out A3.

B2 boxes out A2.

B4 boxes out A1.

Rebounders enter the lane when the shooter releases the ball.

Shooter enters the lane when ball hits the rim.

If the ball doesn't hit the rim or go in, the other team gets the ball.

- Free Throw Completion:
  - Try is successful
  - Ball touches ring or backboard
  - It is certain try will not be successful (Air ball)
- Shooter has 10 seconds to release shot.
- Marked lanes spaces may be occupied by a maximum of four defensive and 2 offensive players.
- Lane areas from the end line up to, and including, the neutral–zone marks, shall remain vacant.
- Any player, other than the free thrower, who does not occupy a marked lane space must stay behind the free throw line extended and behind the 3 point line until the free throw has been completed.
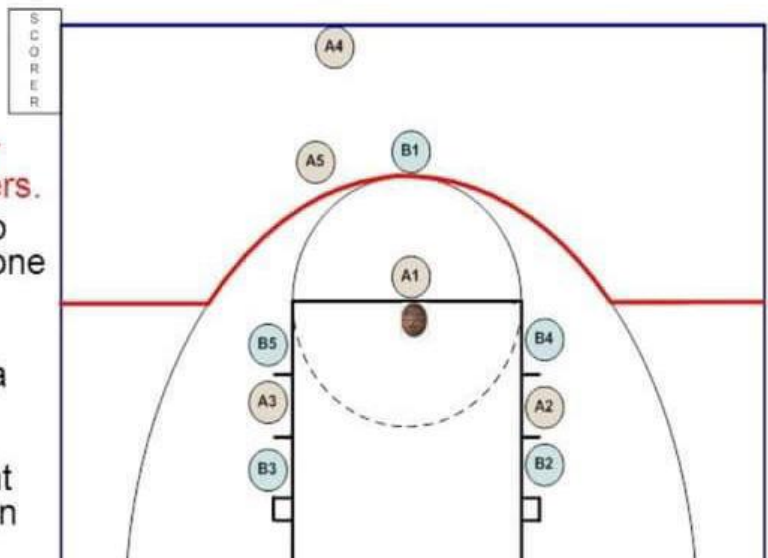
Free Throws are FREE POINTS! Make them!

Zone Defenses

Zone defense is different from man-to-man defense in that, instead of guarding a particular player, each zone defender is responsible for guarding an area of the floor, or "zone", and any offensive player that comes into that area. Zone defenders move their position on the floor in relationship to where the ball moves. Zone defense is often effective in stopping dribble penetration and one-on-one moves.

Advantages

1. Not all teams have good, quick man-to-man defenders. Or the offense may have a couple of outstanding players too quick to defend individually. Playing a zone can help in these situations. You may have a tall, strong, but not particularly quick team. A zone can look intimidating with all your big guys stacked up inside with their hands up.
2. If you play man-to-man defense and have very short guards, the opponent will run screens to get switches and size mismatches against your small guards near the basket. You can avoid this by playing zone defense, keeping your small players out on the perimeter.
3. No lay-ups. In using a zone, you protect the paint area and force the opponent to shoot from outside. An example would be using the 2-3 zone which clogs the paint and invites the offense to shoot from outside. Use it to see if the opponent can shoot from outside consistently. Even good shooting teams have off nights, especially under tournament pressure.
4. Your team may be in foul trouble, especially your big man. You can help protect him with a zone.
5. You can slow the game and control the tempo somewhat with a zone.
6. Opponents tend to become impatient against the zone and often rush shots.
7. Makes it more difficult to make good inside passes and accurate bounce passes.
8. By changing defenses from man-to-man to various zones, you can keep the offense off-balance and confused.
9. If you use a full-court or half-court press, after the press is broken, it is easy to drop back into a half-court zone defense.
10. Compared to man-to-man offenses, there are far fewer zone offenses to contend with, and zone defense can easily be adapted to counter the opponent's best player(s).
11. If you play zone defense exclusively (no man-to-man), you can save practice time in not having to teach how to handle ball-screens and other screens.

Disadvantages

1. If your team is behind, you won't get pressure on the ball, and the offense can stall and hold the ball for a good shot. You must go man-to-man in this situation.
2. If the opponent is having a good shooting night, your zone is not effective, and you must consider going man-to-man to get pressure on perimeter shooters.
3. There are not always clear-cut rebounding box-out assignments and sometimes the offensive player will slip inside for the offensive rebound and lay-up.
4. If you play zone most of the time, and rarely man-to-man, your players may become complacent on defense and may lose their man-to-man skills. I would practice man-to-man 80-90% of the time and zone the remaining 10-20%.

Basic Pointers

1. No lay-ups. Try to keep the ball outside. Double-team the ball in the paint.
2. Be vocal, talk to each other.
3. Move quickly, adjust your position relative to the movement of the ball. Move quickly on the flight of the ball as soon as it leaves the passer's hands.
4. Get your hands up and out, to shrink the passing lanes.
5. Close-out on the shooter with high hands, to pressure the shot and the pass. We are less concerned with dribble-penetration since the zone creates too much congestion inside for the dribble-drive.
6. Stay in your defensive stance. This is especially important for weakside defenders. The weakside low defender should keep his "butt to the baseline" so that he can see the floor, and any cutters or screeners coming his way.
7. No fouls. Play good defense without fouling.
8. No second shots. Be aggressive rebounders.
9. When the offense dribble penetrates, quickly close the gap.
10. Get to know your opponent and adjust. Over-protect against the best shooters, or the "hot" shooter, and sag off the guy who never shoots.
11. Trap the corners.
12. Especially if you are ahead, don't gamble or get too zealous about trapping the wing and point guard positions. Keep pressure on the ball, but also protect the paint and force the outside, low-percentage shot.

Basic Zone Defenses

ZONE DEFENSES

Where Man-To-Man defense has you assigned to a specific player, this defensive strategy has you guarding a specific area instead.

2-3

3-2

1-3-1

2-1-2

1-2-2

Combination or Hybrid Zone Defenses

COMBINATION DEFENSES

Combination defenses are hybrids of man-to-man and zone schemes. They are designed for use when a team wants to change the momentum with a new look, hoping to force turnovers and swing possessions in their favor.

BOX & ONE
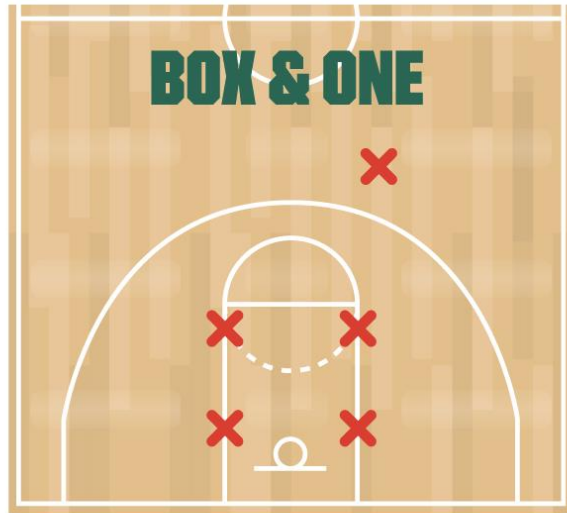
DIAMOND & ONE
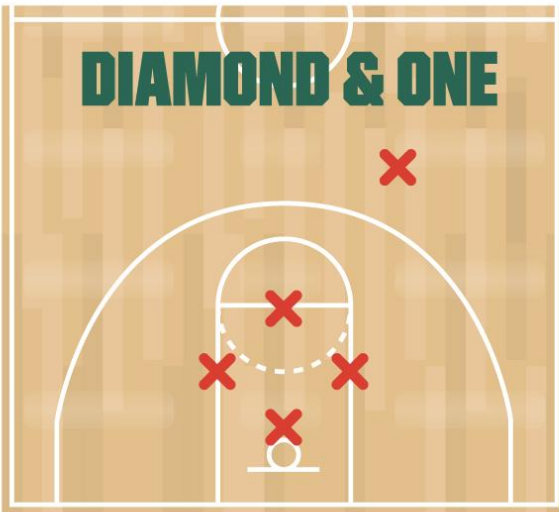
TRIANGLE & TWO
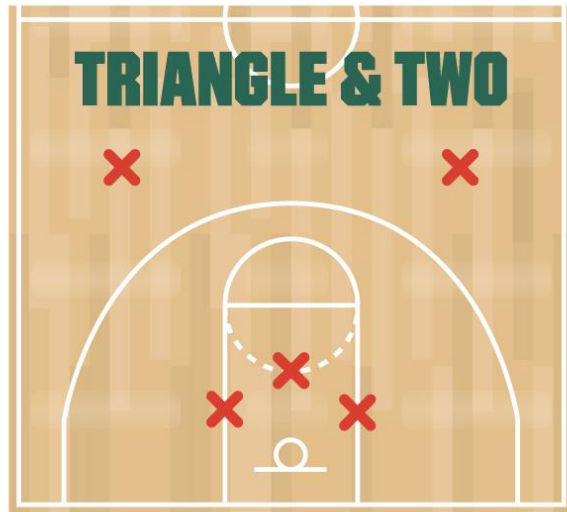
Matchup Zone

A match-up zone defense is a hybrid defensive strategy that blends elements of man-to-man and zone defenses. Here's how it works:

1. **Zone Foundation**: Like in a standard zone defense, each player is responsible for guarding an area of the court, rather than a specific opponent.

2. **Man-to-Man Principles**: When an offensive player enters a defender's zone, the defender plays them tightly, similar to man-to-man defense. This includes following the player through their zone, and potentially handing them off to a teammate if they move into another area.

3. **Communication is Key**: Players must constantly communicate to effectively switch and cover players moving in and out of their zones.

4. **Flexibility**: This defense adapts to the offense's movements. If the ball is passed, defenders shift their positions to maintain coverage.

5. **Deceptive**: It can confuse offenses, as it appears to be a zone but suddenly shifts to a man-to-man style pressure.

It's like a chameleon that changes colors to adapt to its environment – the match-up zone changes its look based on the offense's movements, making it a dynamic and versatile defense strategy.
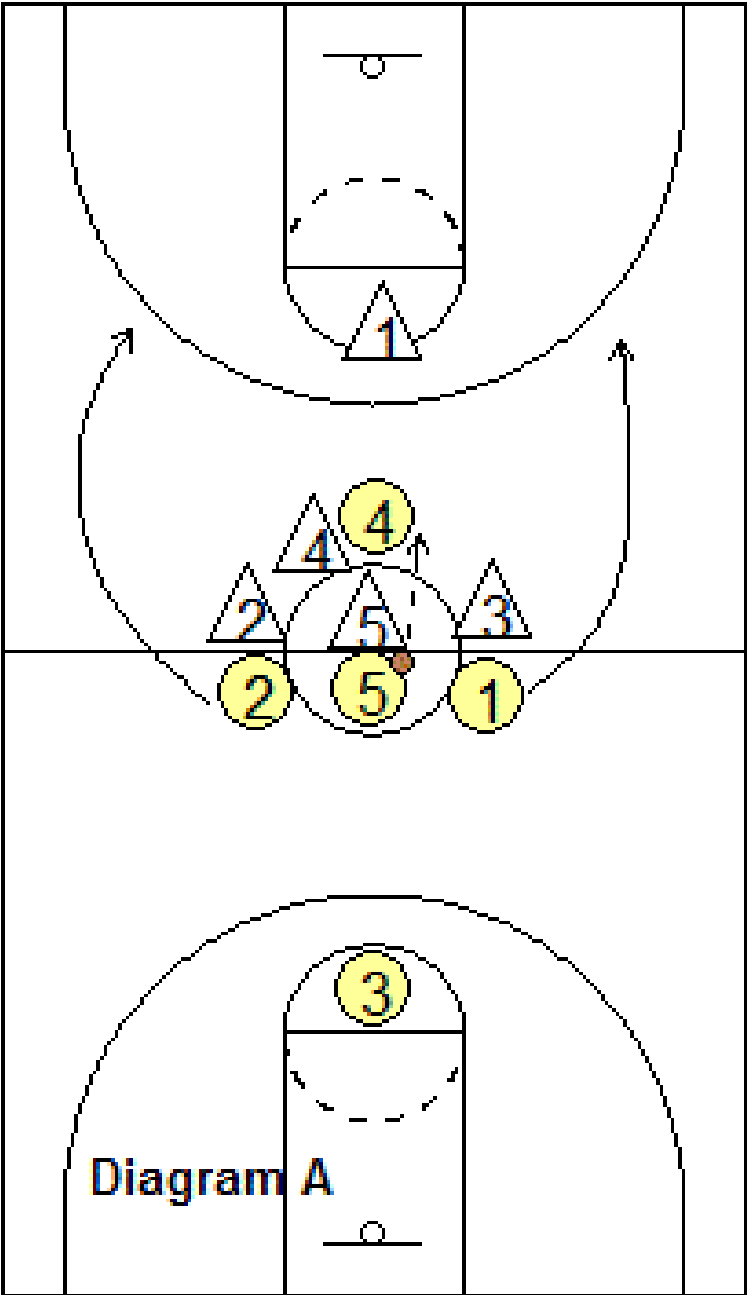
Trapping
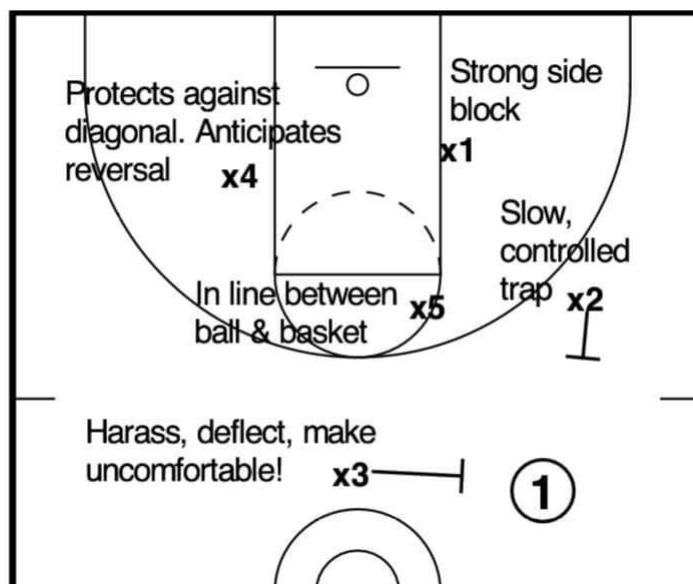
Play Diagrams

It is important to learn the symbols used when viewing play diagrams. This example shows the Princeton Offense setup.
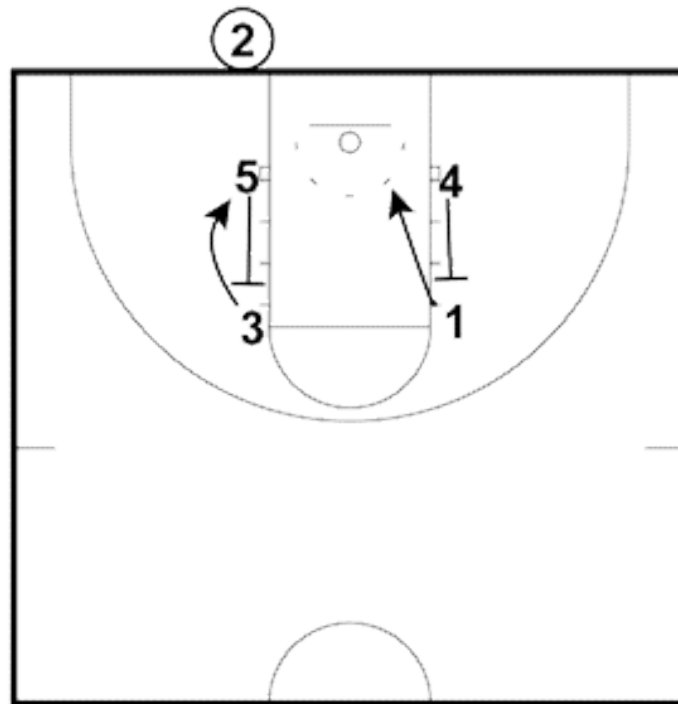

a) Play diagram

b) Key to diagram symbols

player movement	color used to emphasize	point guard
dribbler action	player with ball	shooting guard
pass	defensive player	small forward
screen	defensive trap	power forward
shot	coach	post

Jump Ball

Diagram A

Inbounding

Box

Stack

Stack-1"
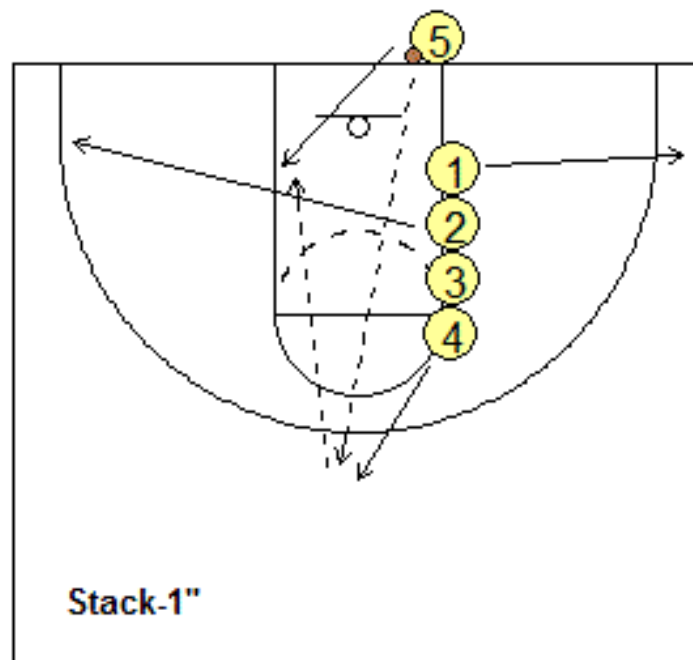
Cuts

A basketball cut is an offensive skill that occurs when a player without possession of the ball uses a specific action to move from one location on the court to another with the primary purpose of creating space and getting open from a defender.

Also, offensive players can use certain types of basketball cuts such as the UCLA cut or the backdoor cut to get open near the basket.

On the other hand, offensive players can use other types of basketball cuts such as the V-cut or the Iverson cut to get open near the perimeter.

Why is Cutting Important

Cutting is an important fundamental skill because if an offensive player stands in one spot on the court, then it will be easier for a defender to guard and contain that stationary offensive player.

Additionally, if players do not move without the ball, particularly via cutting, then it would be much more challenging to score points, which would be detrimental to the offensive team but beneficial to the defensive team.

Furthermore, if an offensive team implements cutting without the ball in the team's offensive strategy, then the defensive team will not be able to effectively stop two actions at the same time.

In other words, the defensive team will not be able to efficiently guard the player with the ball as well as one or more off-ball cutters.

Eventually, the defensive team would have to decide if they would want to focus more on the ball itself or prioritize off-ball cutters. Either way, off-ball cutting presents a challenge for the defensive team to adequately guard the ball as well as the other players, who could potentially move/cut without the ball.

General Definitions of Cuts

This is a list of general definitions for different types of basketball cuts with simple diagram examples. As a team, we will concentrate on just a few of them.
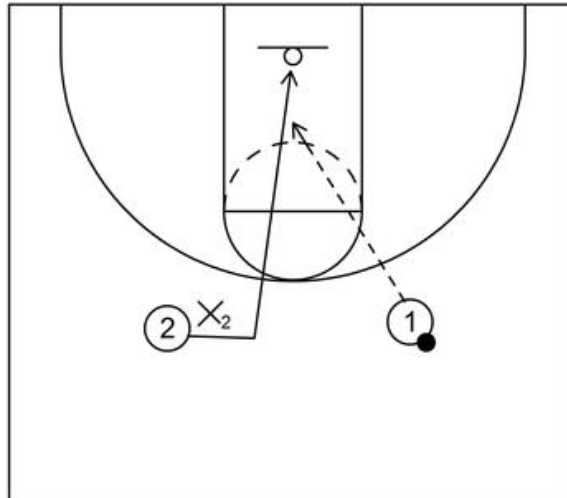
- Backdoor Cut
- Baseline Cut
- V-Cut

Backdoor Cut

The backdoor cut occurs when an offensive player typically takes a quick step towards the player and immediately cuts to the basket.

One of the best times to use the backdoor cut is when a defender prevents the offensive player from easily receiving the ball by way of denial defense, typically with a hand in the passing lane.

When that occurs, the offensive player can step towards the ball and then follow with a backdoor cut. This will usually cause the defender to trail behind and need to chase the offensive player.

2 executes a backdoor cut towards the rim from the slot area as a counter action to the denial defense of X2. Following that, 2 receives the ball from 1 and can score at the basket.
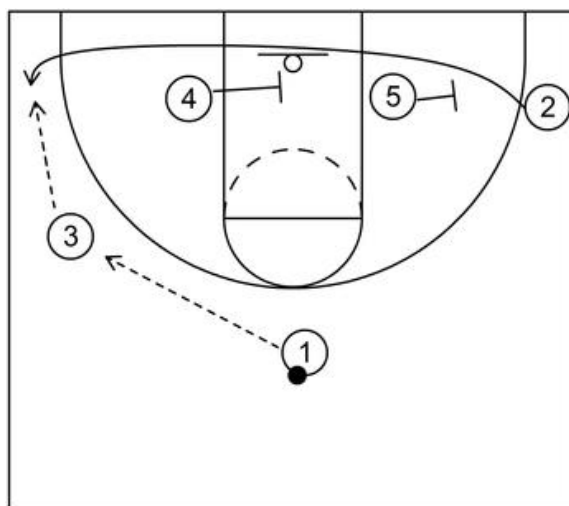
Banana Cut

The banana cut occurs when a player executes a curved cut towards the top, or the slot areas, or towards the basket.
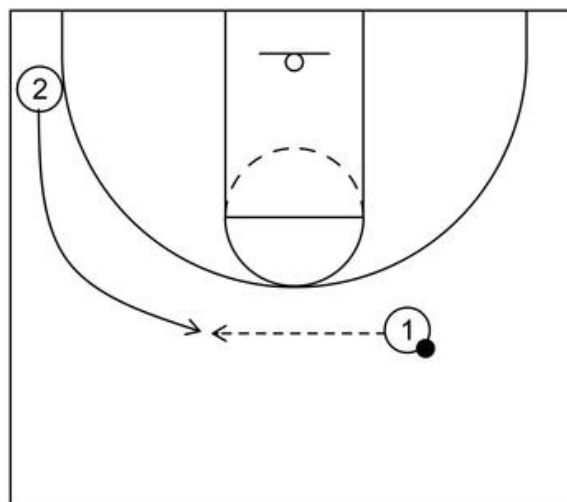
2 makes a banana cut from the left side corner to the left side slot area and receives the ball from 1.

Baseline Cut

The baseline cut occurs when a player runs the baseline from one end of the court to the other end.

3 receives the ball from 1 and as that happens, 2 executes the baseline cut from corner to corner via the basketball screens set by 4 and 5. Next, 2 receives the ball from 3 and could take the open three-point jump shot.

Curl Cut

The curl cut occurs when a player utilizes a curling path towards the basket, primarily via a screen from another player.
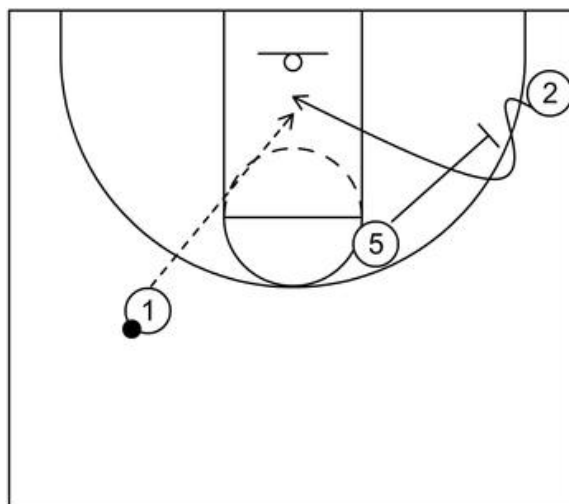
2 curls to the basket via the wide pin down screen set by 5 and receives the ball from 1. After that, 2 scores at the basket with a layup.

Deep Cut

The deep cut occurs when a player cuts from one side of the court, usually the wing area, to the other side, generally the short corner or deep corner.
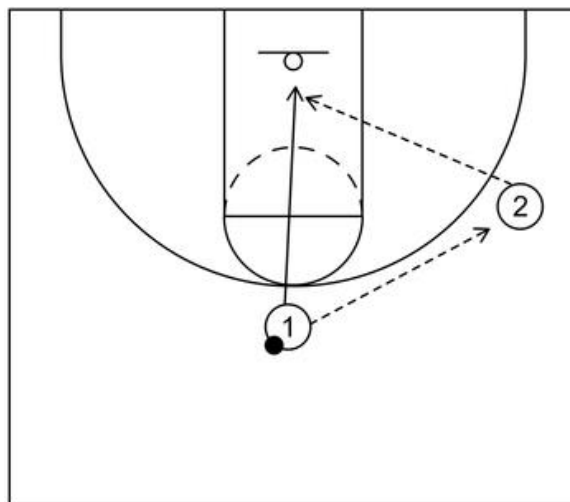
Additionally, the player executing the deep cut would generally run along the baseline as well.
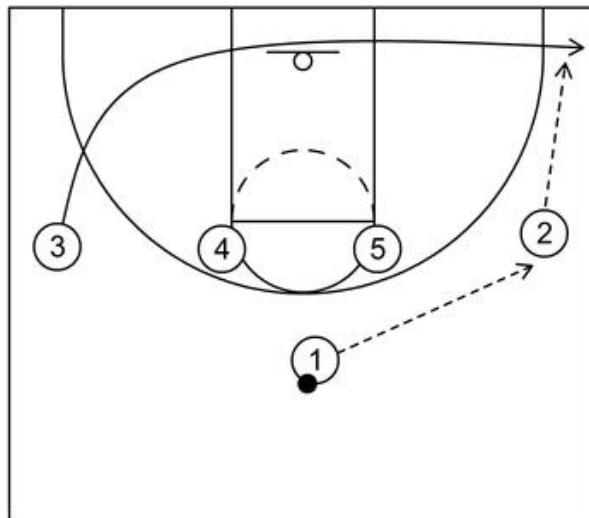
2 receives the ball from 1 and afterwards, 3 makes the deep cut from the left side wing to the right side corner behind the three-point arc.

Dive Cut

The dive cut, also referred to as a straight cut, occurs when a player cuts directly to the basket, usually from the top.

2 receives the ball from 1 and after that, 1 immediately dives straight to the basket. Next, 1 receives the ball back from 2 and quickly scores at the basket.

Drift Cut

The drift cut occurs when a player on the weak side cuts from the wing to the corner on the same side of the floor. Additionally, the drift cut is used alongside the drift pass to create scoring opportunities.
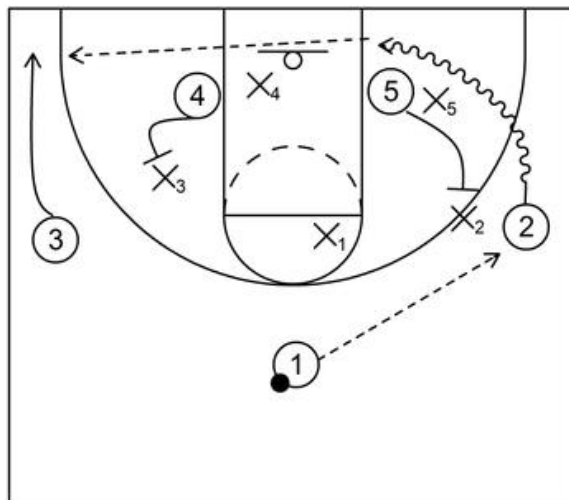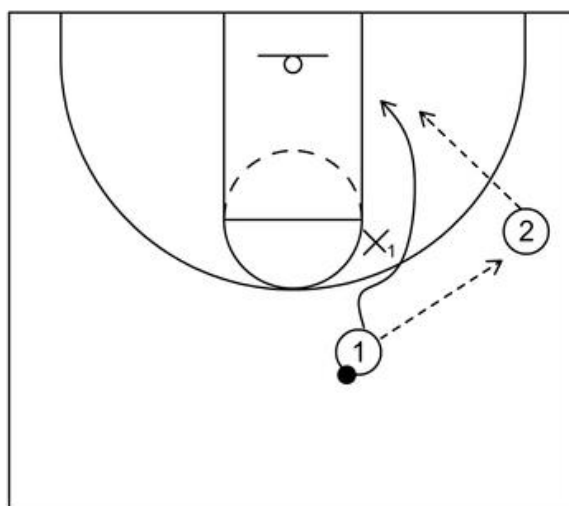

2 receives the ball from 1 and afterwards, 2 dribbles toward the baseline via the step up screen set by 5.

At the same time, 3 executes the drift cut to the left side corner via the hammer screen set by 4. Following that, 3 receives the ball from 2 via the drift pass and immediately takes the open jump shot.
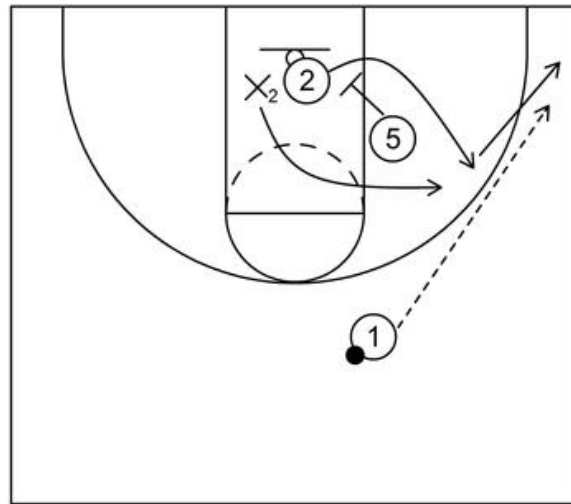
Face Cut

The face cut, also known as a front cut, occurs when the offensive player positions themselves between the ball and the defender. In other words, the offensive player cuts in front of the defender, as the name implies.

2 receives the ball and afterwards, 1 executes the face cut towards the basket against X1. Following that, 1 could receive the ball back via the give and go action and score by way of a layup.

Fade Cut

The fade cut occurs when a player utilizes an off-ball screen, especially a down screen, to cut towards one area of the court, typically the wing, but afterwards, that same player will then cut away towards another area, which is usually the nearby corner.

Essentially, the offensive cutter changes the original path to another destination on the court, commonly as a counter to a defender that attempts to shoot the gap by cutting under the screen.


2 cuts toward the wing via the pin down screen set by 5. However, X2 cuts under the screen to cut off the pass from 1.

When that happens, 2 changes direction by backpedaling and fading out towards the corner. 2 receives the ball from 1 and takes the open jump shot.

Fill Cut

The fill cut, also known as a blast cut, occurs when one player fills an empty spot on the court, typically near the top, wings, or corners.

Additionally, if the spot that a player filled was previously occupied by another player, then that would be generally referred to as fill and replace.
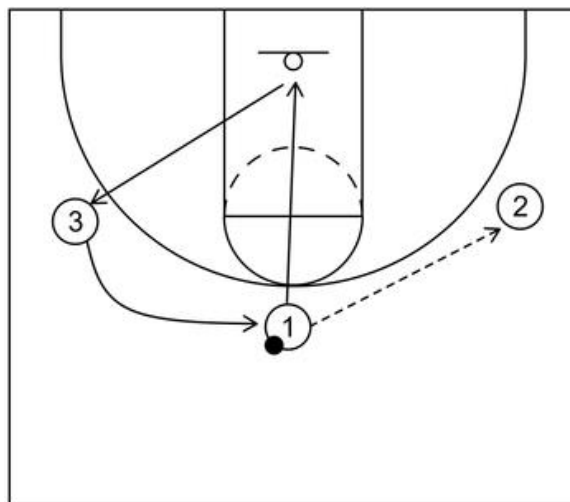
2 receives the ball from 1 and after that, 1 cuts to the basket from the top. Next, 3 executes a fill cut to the top, previously occupied by 1. Following that, 1 executes a fill cut to the wing area, previously occupied by 3.

Flash Cut

The flash cut occurs when a player moves from a low area of the court such as the low post block to the high post area.
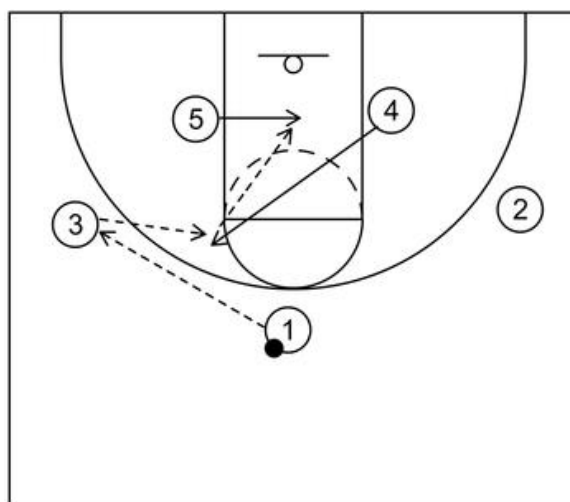
4 executes the flash cut towards the left side high post area and receives the ball from 3. Following that, 5 cuts into the lane, receives the ball from 4 (aka high low action), and scores near the basket.

Iverson Cut

The Iverson cut occurs when a player is initially on one side of the court (usually near the wing area) and then cuts across, typically via the high post elbows, to the opposite wing area.
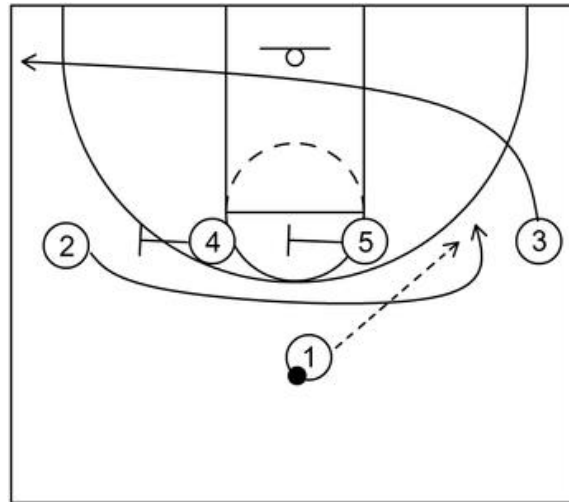
2 executes the Iverson cut from the left side wing area to the right side wing via screens set by 4 and 5. At the same time, 3 cuts through to the left side corner. Afterwards, 2 receives the ball from 1 and could shoot the three-pointer or drive to the basket.

L Cut

The L cut occurs when a player starts near a low post block area and after that, the player cuts up towards the mid-post or high post area near the lane line. Immediately afterwards, the player then pops out towards the wing area. Essentially, the player will execute a cut in the shape of the letter L, hence the name of the cut.
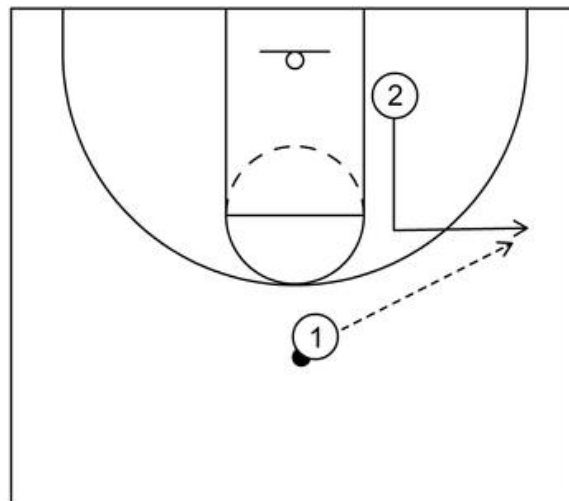
2 executes an L cut and receives the ball from 1. Following that, 2 could take the open three-point jump shot or drive to the basket.

Laker Cut

The Laker cut occurs when an offensive player, typically near the strong side wing or corner, passes the ball to another offensive player near the low post block and then immediately cuts to the basket above or below that same post player.

Following that, the post player with the ball could pass it back to the cutter for a scoring opportunity at the basket.
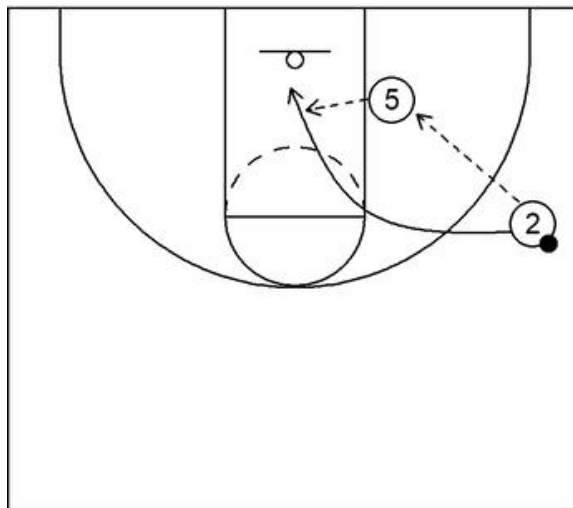
5 receives the ball from 2 and after that, 2 executes the Laker cut to the basket above 5. Afterwards, 2 receives the ball from 5 and scores at the rim.

Scissors Cut

The scissors cut occurs when two perimeter players, typically near the slots or wings, split between a high post player, forming somewhat of an X on the court.
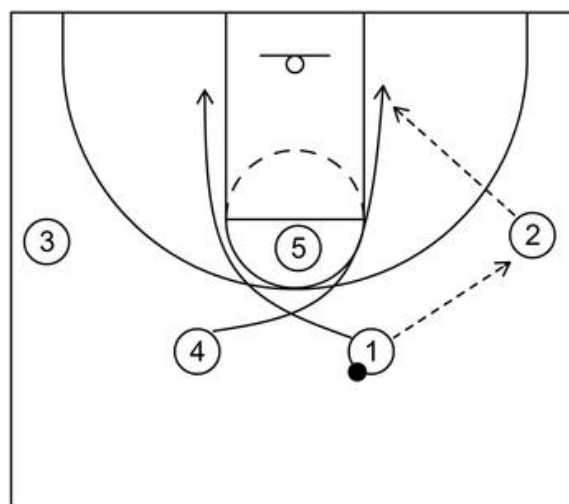
2 receives the ball from 1 and afterwards, 1 and 4 split between 5 towards the low post blocks. Also, it should be noted that 1 should be the first cutter while 4 should be the second cutter in this case.

Following that, 4 receives the ball from 2 and scores near the basket via a layup or low post move.

Shallow Cut

The shallow cut occurs when a player cuts toward the high post area from the wing to the top or empty adjacent slot or from the top or slot to the adjacent empty wing.

In addition to that, if dribble action is involved, then the player with the ball will typically dribble it towards the area that was recently vacated by the player executing the shallow cut.

The shallow cut is commonly used as a method for two teammates to interchange positions on the court.

Furthermore, the shallow cut could also be utilized as an alternative counter to denial defense instead of the backdoor cut.
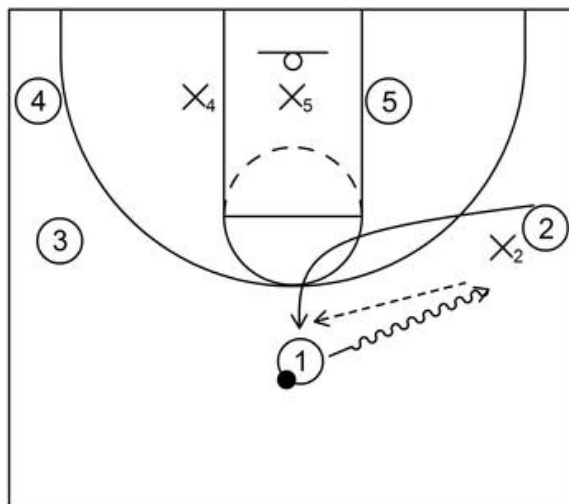

2 would like to receive the ball from 1. However, X2 denies 2 the opportunity to easily receive the ball. From that point, 2 would prefer to backdoor cut to the basket.

However, there are two defenders (X4 and X5) near the basket with one of them (X5) directly protecting the basket in the lane.

Therefore, 1 dribbles towards the right side wing, 2 executes the shallow cut to the top, and then 2 receives the ball from 1.

Shuffle Cut

The shuffle cut occurs when a player at the top or near the wing cuts into the lane towards the basket.
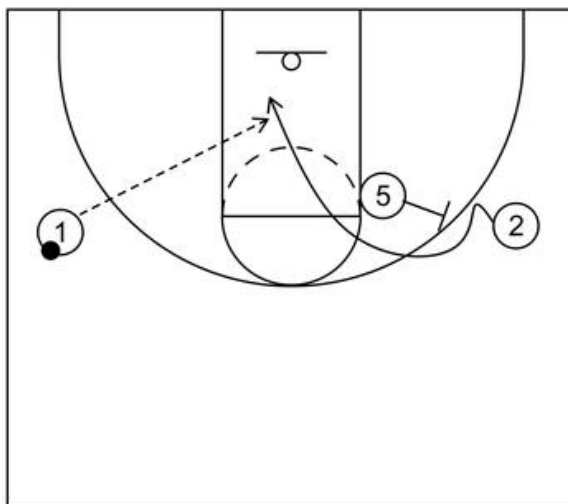
2 executes the shuffle cut towards the basket via the screen near the high post set by 5. Following that, 2 receives the ball from 1 and scores at the rim with a layup.

Slice Cut

The slice cut typically occurs when a player cuts across the lane from the perimeter (usually near the wing area) to the opposite mid-post or low post block.
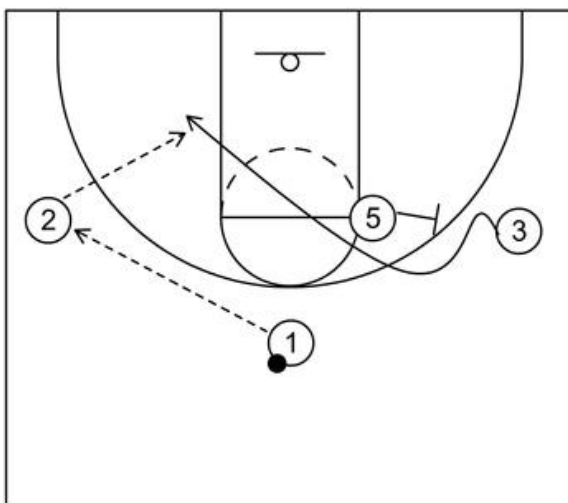
2 receives the ball from 1 and then 3 slice cuts across the lane to the left side low post area via the screen set by 5. Afterwards, 3 could receive the ball from 2 and score with a low post move.

Split Cut

The split cut occurs when a perimeter player (usually near the wing area on the court) passes the ball to a low post player and afterwards, that same perimeter player cuts away from the post, typically to set or receive a screen.
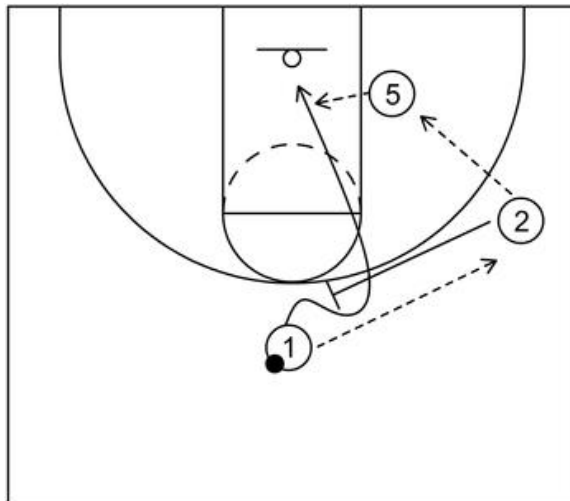
2 receives the ball from 1 and after that, 5 receives the ball from 2. Next, 1 executes a curl cut to the basket via the screen set away from the post by 2. Following that, 1 could receive the ball from 5 and score at the rim.

UCLA Cut

The UCLA cut occurs when a perimeter player near the top or slot cuts to the basket via a back screen set by a high post player.
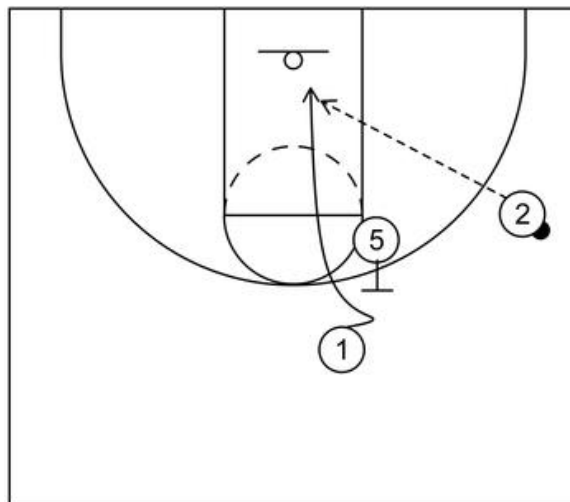
2 receives the ball from 1 and following that, 1 immediately executes the UCLA cut towards the basket by way of the back screen set by 5. Afterwards, 1 receives the ball from 2 and scores at the rim via a layup.

V-Cut

The V-cut occurs when the offensive player executes a cut, typically away from the ball and then that same player pops back towards the perimeter, in the shape of the letter V, hence the name.
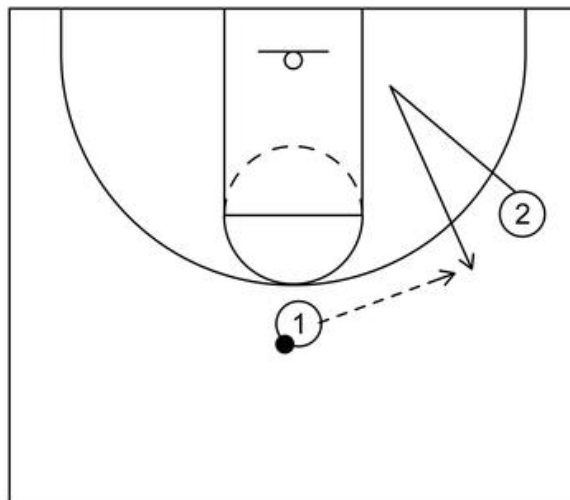
2 cuts toward the right side low post area but then executes the V-cut by popping back out towards the perimeter. After that, 2 receives the ball from 1 and can take the open three-point jump shot.

Zipper Cut

The zipper cut occurs when the player cuts from the corner or low post area towards the top, usually through the lane and via a down screen.
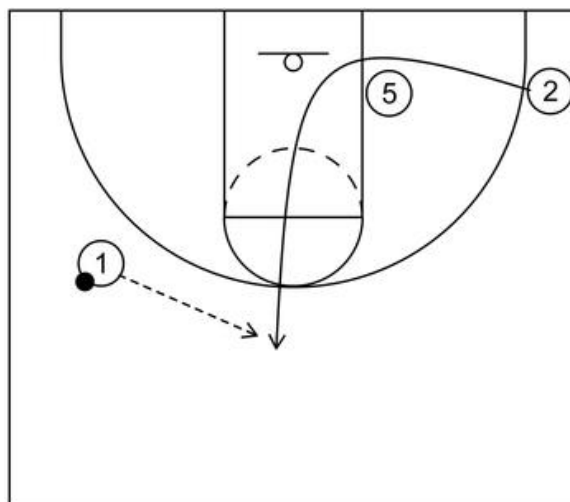
2 executes a zipper cut from the right side corner to the top. Following that, 2 receives the ball from 1 and could take the open jump shot or dribble drive to the basket.

5 Out Motion Offense

Rules

1. If your being denied and the player with the ball looks at you, back cut immediately – Never hesitate. This assumes you're only being denied one pass away from the basketball.
2. If you believe you can attack the basket and score on your defender, do it.
3. Players must square up to the rim when they have the ball, don't telegraph what you're going to do by facing a certain direction. By squaring up, players can shoot, pass, or dribble.
4. Every action must be performed with purpose. If you cut, cut hard. If you're screening, focus on setting a great screen. Never pass and stand still.
5. Spacing is always on the NBA three-point line, which is about 2 feet behind the normal three-point line.

Setup

All offensive players on the floor are starting outside the three-point line. There are 5 spots that must always be filled unless players are performing an action like screening or cutting.

The 5 spots are:

1. Top
2. Left Wing
3. Right Wing
4. Left Corner
5. Right Corner
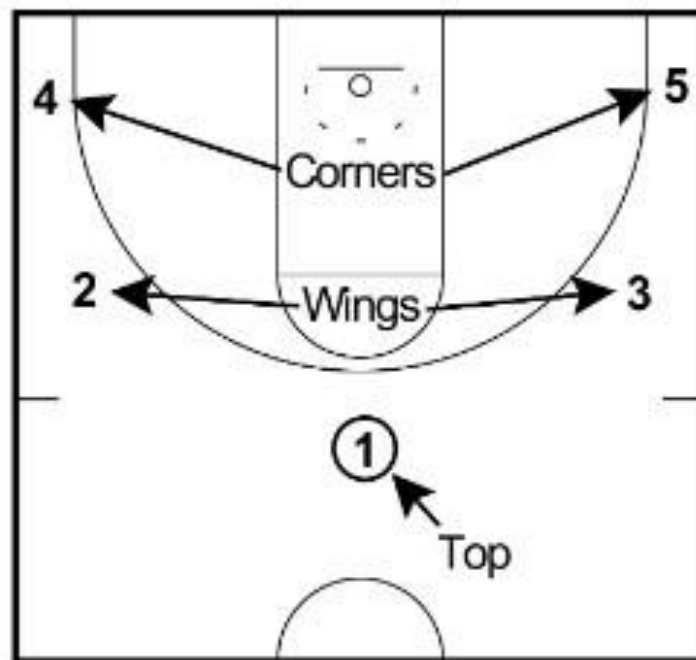
Running the Offense

The best players to set On-ball Screens are the quick guards who make good decisions.

The best players to Away Screens are those that cut hard to the rim and can finish the layup or close shot.

The best shooters should primarily set Away Screens so they're cutting back out to the ball for an open shot.
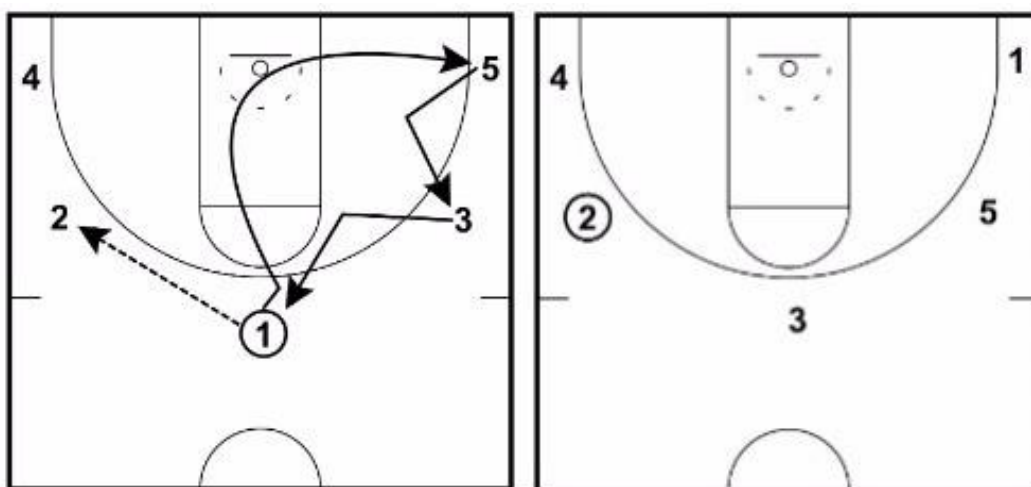
These are the 4 Progressions to master this formation:

- Progression #1: Basic Cutting
- Progression #2: Away Screening
- Progression #3: On-ball Screening
- Progression #4: Dribble At

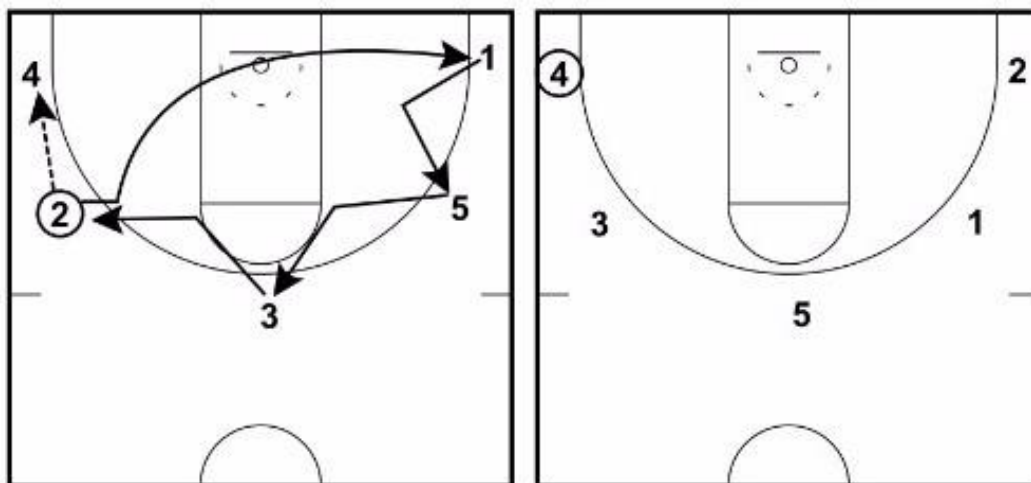## Progression #1 - Basic Cutting

There are 4 Passes and Cuts that can be made during Progression 1. These are plays to the left side. Plays to the right side are the same.

Top to Wing Pass

1 passes to 2 and then cuts all the way through the key and fills the opposite corner. Once 1 has cut, 3 and 5 must fill up the positions
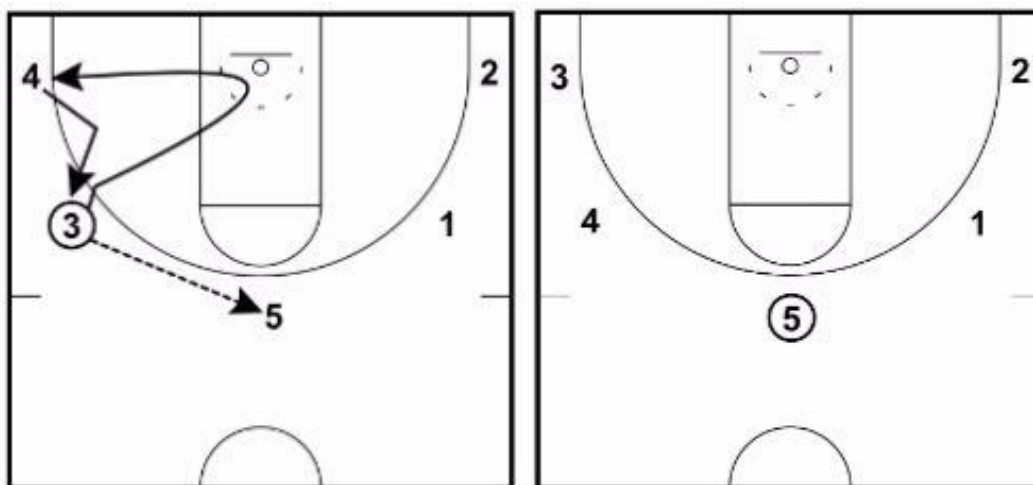
Wing to Corner Pass

2 passes to 4 and cuts all the way through the key and fills the opposite corner. Once 2 has cut through, 3, 5, and 1 must fill up the positions

Corner to Wing Pass

4 passes to 3 and then cuts and replaces themselves. The other 4 players wait in the same spot for the next action.

Wing to Top Pass

3 passes to 4 and then cuts and fills the corner of the same side they cut from. 4 fills up closer to the basketball and then 3 replaces them in the corner. The other 3 players wait for the next action.

Basic Cutting Tips

- If you're being overplayed, back cut immediately when the player with the basketball is looking at you.
- To set up the defender and get open on a front cut, after passing the player should take one step away from the ball and then explode to the ball-side of their defender on the cut to the rim looking for the basketball.
- If the defender jumps to the basketball taking away the front cut, the passer should back cut and try to step in front of their defender to open the passing angle.
- Always watch the basketball on cuts. If a shot is put up, they need to know immediately to establish rebounding position.
- Cut hard on all cuts to the rim. Doing so will make the cutter a threat to score which will force weak side defense to help.

Progression #2 – Away Screening

This action can be performed on any top to wing, wing to corner, or wing to top pass. The only pass it can't be performed on is the corner to wing pass.

The player being screened should always curl.

Option 1 – Screened Player Always Curls – Top to Wing Pass
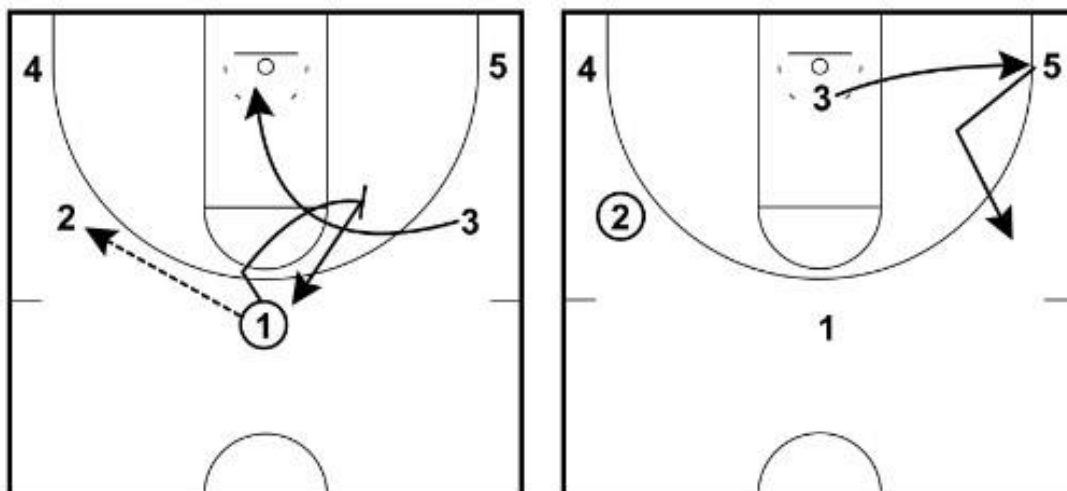
1 passes to 2 on the wing. 1 sets an away screen. 2 waits while this screen is being set. 1 screens for 3 making sure that they set the screen at an angle that allows 3 to cut to the rim. 3 can either front cut or back cut towards the rim depending on how quickly the defense reacts to the screen. But they must cut to the rim since they were screened. After 3 has used the screen, 1 pops back out to the same spot that they set a screen from. If 1's defender attempts to help on the cut from 3, you'll find that 1 will often get an open shot from the top of the key. After the cut, 3 fills the weakside corner position since 5 has filled 3's previous position on the wing. Then all players are back in position for the next action to be made.

Option 2 – Screened Player Can Curl or Pop Out (Advanced)

The player being screened has the option to curl or to pop out to the perimeter and receive the pass. The difference is that the screener must go the opposite direction to the cutter.

If the cutter pops out to the perimeter, the screener cuts to the rim and then fills the corner.

If the cutter curls, the screener pops out to their original position.
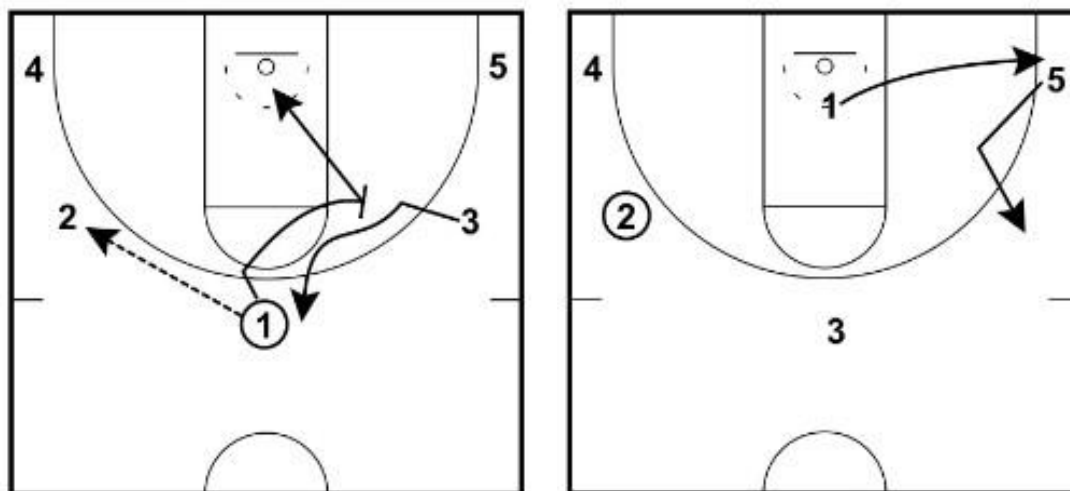

1 passes to 2 on the wing. 1 sets an away screen. 2 waits while this screen is being set. 1 screens for 3 making sure that they set the screen at an angle that allows 3 to cut to the rim. 3's defender cheats and goes under the screen so 3 pops out to the top perimeter position to catch and look for the open shot. Seeing this, 1 cuts to the rim because they must go the opposite direction of the cutter. 1 then fills the corner position as 5 has filled 3's previous spot on the wing.

Away Screening Tips

- Set screens at the correct angle. This means the screener's bum should be facing somewhere between the player with the basketball or the basket.
- The screener must make the player being screened aware with a verbal cue or a visual sign.

Progression #3 – On-Ball Screening

Setting on-ball screens (pick and roll) is effective because the offensive players are spaced out. The on-ball screen can be used after any pass in the offense.

Example 1 – On-Ball Screen – Top to Wing Pass

1 passes to 2 and then sets an on-ball screen on 2's defender. 2 uses the on-ball screen and drives hard to the rim while watching how the defense reacts. 2 shoots or passes to any of the perimeter players. If the ball is kicked out and the shot isn't taken, all players must find one of the 5 spots to fill to start over.

Example 2 – On-Ball Screen – Wing to Corner Pass

Some make it a rule that on each pass to the corner the passer sets an on-ball screen.

4 passes to 2 and then sets an on-ball screen on 2's defender. 2 uses the on-ball screen and drives hard to the rim while watching how the defense reacts. 2 shoots or passes to any of the perimeter players.

On-ball Screening Tips

- Set screens at the correct angle. This means the screener's bum should be facing somewhere between the player with the basketball or the basket.
- The three players not involved should move into open positions where they can catch and shoot or catch and drive.
- Players should give a visual and verbal cue to the player they're about to set an on-ball screen for by saying their name and holding up a fist.

Progression #4 – Dribble At

The Dribble At action can be used when a player with the ball is being heavily pressured and the only options to pass are being denied by the defenders. The player with the ball dribbles towards another player at a different spot. The two offensive players (dribbler and the player they're dribbling towards) have two options.

Back Cut

If the player without the basketball is being denied, they can make a hard back cut looking to receive the ball for a layup.

If they don't receive the pass, they fill the weakside corner, the other players rotate towards the ball, and the next action begins.
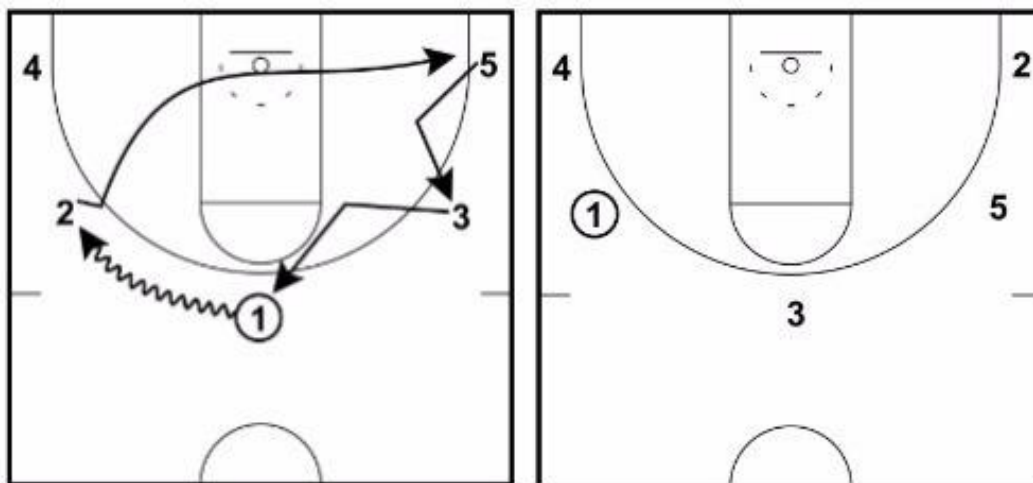
Hand-off

The other option is to perform a hand-off between the two players. This is like the pick and roll where the other 3 players should hold their positions and wait. The player that receives the hand-off should attack the rim and kick out to shooters if the defense slides over to help.
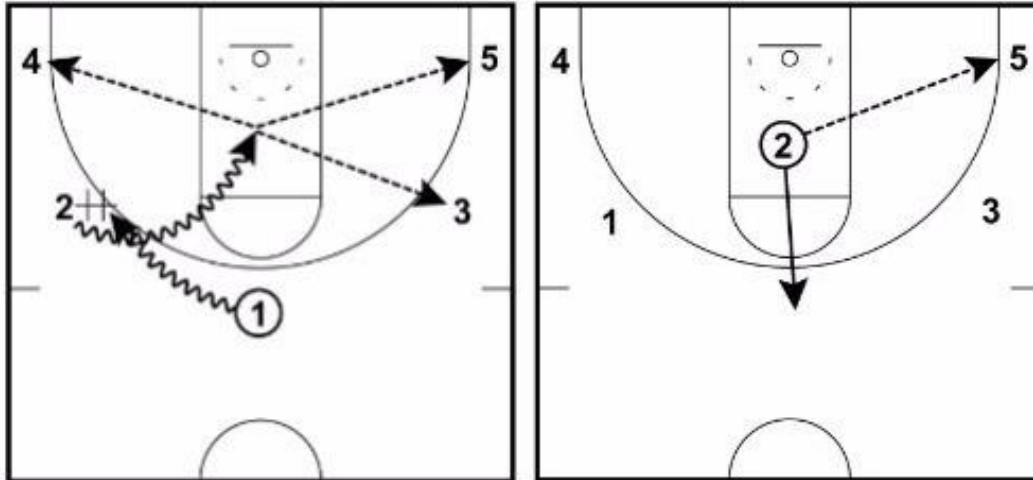
Dribble At Screening Tips

On hand-offs, the player with the ball should rotate their hands so that they're on the top and bottom of the basketball, allowing the player receiving the hand-off to grab the ball on the sides.

Transition Defense and Rebounding

Since all players are standing outside the three-point line, who's going to rebound? This depends on the players and how aggressive they are at rebounding the basketball.

Three options are:

1. The point guard always plays safety. The other four players crash the boards.
2. The point guard and shooting guard always play safety. The other three players crash the boards.
3. Everyone below the free throw line rebounds. Everyone above the free throw line plays safety.

By starting on the perimeter when a shot is put up, it's difficult for the defense to box out an offensive player with a running start.

Plays

- Give & Go
- Inbound Stack
- Inbound Box
- Back Door Screens
- Switching on screens
- Pick & Roll (screen)
- Jump ball positions and strategy
- Free throw positions and strategy
- Full-court press
- Beating full-court press
- 5-Out Offensive Set
- Princeton Offensive Set

Scorecard

This evaluation will give you an idea of what is expected.

Evaluation
Mark rating for each category (1 = needs improvement; 5 = outstanding).

Shooting ① ② ③ ④ ⑤
- __ Lay-up*
- __ Mechanics & Arc*
- __ 2-point range
- __ 3-point range
- __ Catch & shoot
- __ Shoot off dribble
- __ Use of weak hand

Dribbling ① ② ③ ④ ⑤
- __ Maintains control *
- __ Sees the court *
- __ Goes both ways
- __ Handles pressure
- __ Speed
- __ Dribbles with purpose
- __ Penetrates to hoop

Passing ① ② ③ ④ ⑤
- __ Timing*
- __ Catching *
- __ Avoids turnovers
- __ 2 handed
- __ 1 handed
- __ Bounce pass
- __ Overhead

Defense ① ② ③ ④ ⑤
- __ Position*
- __ Transition*
- __ Stance
- __ On ball
- __ Off ball
- __ Closes out
- __ Help
- __ Recover to man

Rebounding ① ② ③ ④ ⑤
- __ Anticipates *
- __ Goes for the ball*
- __ Boxes out
- __ Finds the right spot
- __ Protects/chins the ball

Athletic Ability ① ② ③ ④ ⑤
- __ Speed
- __ Quickness
- __ Stamina
- __ Coordination

Game Play ① ② ③ ④ ⑤
- __ Court Sense
- __ Team play / assists*
- __ Vision*
- __ Anticipation*

Coachability ① ② ③ ④ ⑤
- __ Attitude
- __ Accepts criticism
- __ Focus
- __ Interaction with teammates
- __ Team play
- __ Work ethic

Overall Strengths* ① ② ③ ④ ⑤
- __ Defense
- __ Dribbling
- __ Passing
- __ Rebounding
- __ Shooting
- __ Court sense

Impact the Game Without Scoring

1. Rebound
2. Defend
3. Anticipate the play
4. Hustle for loose balls
5. Communicate loudly
6. Set hard screens
7. Be a leader on the court
8. Keep the team morale high

Rules

Club Prep is *not* for beginners. It is designed for intermediate to advanced players. All players must wear the same bottoms/shorts. This is typically solid black, but your team can choose another color. The important thing is that they are all the same.

Ball	28.5"
Game Length	15 min halves
Half Time	5 minutes
Time Outs	2/half
Clock stop on TO	1 minute
Free Throws	1 or 2 (1pt each)
Full Court Defense	Last 2 mins of half

General Rules

- Games will be played full court with two 15 minute halves.
- Each team will place 5 players on the court
- Coaches are not allowed on the court and must coach from their own sideline
- Game begins with a jump ball
- Rim height is 10ft
- Shots behind the 3pt line are counted as 3 points
- Referees may call 3 seconds in the key when applicable
- Ball handler has 10 seconds from inbound to cross the half court line
- Tournaments are typically played during the last two weeks of the season and vary depending on the number of teams in the division.
- In the event of a tie during tournament play, 3 minutes will be added to the clock
- During regular season games, there is no overtime for ties.

Pre Game

- Teams bring their own game ball and warm-up balls
- Teams must come prepared to start on time
- Teams will be given a minimum of 5 minutes to warm up

Clock and Timeouts

- Clock starts at scheduled start time and not at tipoff
- Substitutions must be made during dead balls and take no longer than 30 seconds
- 2 timeouts per half and clock stops every time
- Timeouts are no longer than one minute

Defense

- Defense can be played man-to-man or zone
- Defenders may steal the ball at any time
- Defenders may block all shots
- Deliberate physical contact to gain possession is prohibited - no elbowing, shoving or 'body checking' other players
- Defense may begin to play the ball once the ball handler crosses mid court (except for last two minutes of the game)
- Full-court, half-court and swarm presses are only allowed in the last 2 minutes of a half

Contacts

Coach Mikel Oulette – mbmjfoue@outlook.com

Coach Pat McNeely – coteleemac@yahoo.com

Coach Josh Davis – jdavis4082@gmail.com

Arjun Jinka – nivasjinka@yahoo.com

Ben Boyd – jodiemarieboyd@gmail.com, guytboyd@gmail.com

Benson Palmer – meganspalmer@yahoo.com

Daichi Laha – junkohayakawa8@gmail.com

Ethan Quintanar – mmprincess_01@msn.com, quintanar_d@msn.com

Jaxon Oulette – mbmjfoue@outlook.com

Logan Brown – jerrynbrown@gmail.com

Mason Davis – davisgirl21@gmail.com, jdavis4082@gmail.com

Parker Bates – karolynhbates@hotmail.com, britton.bates@yahoo.com

Rex Garcia – monicaatg@icloud.com

Websites

https://www.coachesclipboard.net/

https://www.basketballforcoaches.com/

https://hoopstudent.com/

https://www.facebook.com/groups/mesastingers/