

Harris County Basketball Association

Basketball Fundamentals

Coach's Mission: Create an encouraging environment using creative drills and competition that will allow every player the opportunity to improve their skills, work hard and have fun!

- The first half of each practice should focus on developing each player's basketball skills - shooting, passing, dribbling, rebounding and defense (see details bulleted below). Practices will immerse players in the sport, giving them the kind of focused, fundamental basketball training that is essential to improvement.
 - Shooting
 - Passing
 - Dribbling
 - Lay ups
 - Jump stops
 - Pivoting and footwork
 - Jab steps
 - Screening
 - Cutting
 - Defense
 - Rebounding
 - Court Awareness (fouls, violations, positions, boundaries, etc.)
- The remaining half of each practice should be dedicated to improving offensive and defensive strategies as well as standard strength and conditioning drills.
- Refer to *Suggested Drills By Skill level* to determine what drills fit your players individually and your team as a whole.
- Refer to *Details About Fundamentals* for an outline of standard terminology and structure of basketball.
- Refer to each league's *Rules and Regulations* for specific rules applicable to the league's team and game requirements.

SUGGESTED DRILLS BY SKILL LEVEL

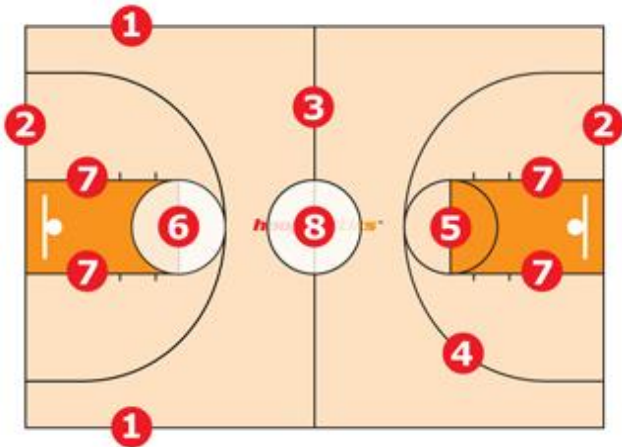
	Beginners Kindergarten and up (base distance of drills on individual skill; generally start at 2ft)	Intermediate 4th Grade and up (increase distance of drills compared to K+)	Advanced 7th Grade and up (increase distance of drills compared to 4th Grade+)
Shooting and Freethrows	Form Shooting Partner Shooting Knockout	Flat Back Half Moon Bang Bang!	Rapid Fire 3 Ball
Passing	Chest Pass Bounce Pass Overhead Pass	Partner Pass w/1 Defender Speed Passing Baseball Pass	Reach & Crossover Passing Off-the-Dribble Pass
Dribbling	Dribbling in one place (right and left handed) Dribble Walking Relays (right and left handed) King of the Court	Crossover Dribbling Speed Dribbling Relays Figure-Eight Ball-Handling Wall Dribbling	Reverse Dribble Change-of-Pace Dribble *Dribble Mania around half-court (crossover right→crossover left→spin and switch→hesitate and crossover→between-the-legs→behind the back) *only if players are up for the challenge
Layups	Stationary Layups (right and left handed)	Drop-Step Power-Dribble Layups (right and left handed) Fake Up and Go Under Layups	Under-the-basket Layups
Offensive Footwork	Run, Jumpstop and triplethreat (w/out ball) Pivoting Cutting	Partner Dribble, Jumpstop Triplethreat and Pass Jabstep (short, direct and using both feet)	Post Jumpstop, pumpfake and Layup All-Around Offensive Footwork Drill

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Conditioning	(3 sets of 10) Pushups Squats Situps Leglifts (six inches) Running Timed Sprints Vertical Leaps	(3 sets of 15)	(3 sets of 20)
Screening	Pass and Screen Away	Pick and Roll	Back Door
Defense	Lane Slides Zone Defense	Defensive Slides Defensive Drop Steps Man-to-Man Defense	Close Out
Rebounding	3 Second Block Out Rebound Game	Rebounding Merry-Go-Round Wall Drill 3-on-3 Drill	Tip Drill
Court Awareness	Fouls Violations Positions Boundaries		

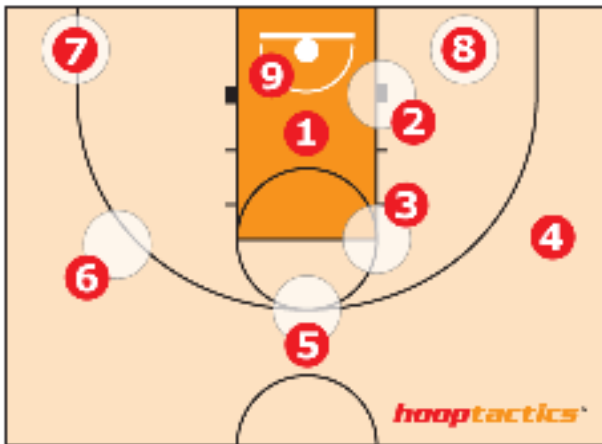
DETAILS ABOUT FUNDAMENTALS

Court Awareness

Home Team Bench 9. Score Table Visiting Team Bench



1. Sidelines
2. Baselines
3. Half-Court or Mid-Court
4. Three-point Line or Arc
5. Free-throw Line
6. Free-throw Circle
7. Lane Lines – boundaries enclose the “Lane” or “Paint” or “Key”
8. Center Court or Circle
9. Score Table – where players need to check-in for substitution



1. Lane, Paint or Key – three second area
2. Block
3. Elbow
4. Free-throw line extended
5. Top of Key
6. Wing
7. Corner
8. Short Corner
9. *Professional League marker - disregard

Rules While Playing

- Traveling
- Double Dribble
- Carrying/Palming
- 3 seconds in the lane
- 5 seconds of holding the ball while being guarded before you have to pass or dribble
- 5 seconds to throw the ball in before turning the ball over to the opposing team
- 10 seconds Rule: Once your team has been given the basketball you have 10 seconds to cross half court or the ball is turned over to the opposing team.
- Layup – 2 steps without dribbling
- Free-throw Positioning and Timing
- Legal Pick/Screen
- Jump ball
- Jump Shot – up and down motion where feet leave and return to floor while player still has ball in hand is considered traveling

Fouls and Violations

- **Hitting**
- **Pushing**
- **Slapping**
- **Holding**
- **Illegal pick/screen:** When an offensive player is moving. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.
- **Personal foul penalties:** If a player is fouled while shooting, then he gets two free throws if his shot doesn't go in, but only one free throw if his shot does go in.
 - Three-point fouls: Three Free throws are awarded if the player is fouled while shooting for a three-point goal and they miss their shot. If a player is fouled while shooting a three-point shot and makes it anyway, he is awarded one free throw. Thus, he could score four points on the play.
 - Non-shooting fouls: If fouled while not shooting, the ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball onto the court.
 - One & one: If the team committing the foul has seven or more fouls in the game, then the player who was fouled is awarded one free throw. If he makes his first shot, then he is awarded another free throw.
 - Ten or more fouls: If the team committing the foul has ten or more fouls, then the fouled player receives two free throws.
- **Charging:** An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.
- **Blocking:** Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.
- **Flagrant foul:** Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.
- **Intentional foul:** When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.
- **Technical foul:** Technical foul. A player or a coach can commit this type of foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

Player Positions

- **Center:** Centers are generally your tallest players. They generally are positioned near the basket.
 - Offensive -- The center's goal is to get open for a pass and to shoot. They are also responsible for blocking defenders, known as picking or screening, to open other players up for driving to the basket for a goal. Centers are expected to get some offensive rebounds and put-backs.
 - Defensive -- On defense, the center's main responsibility is to keep opponents from shooting by blocking shots and passes in the key area. They also are expected to get a lot of rebounds because they're taller.
- **Forward:** Your next tallest players will most likely be your forwards. While a forward may be called upon to play under the hoop, they may also be required to operate in the wings and corner areas.
 - Offensive -- Forwards are responsible to get free for a pass, take outside shots, drive for goals, and rebound.
 - Defensive -- Responsibilities include preventing drives to the goal and rebounding.
- **Guard:** These are potentially your shortest players and they should be really good at dribbling fast, seeing the court, and passing. It is their job to bring the ball down the court and set up offensive plays.
 - Offensive -- Dribbling, passing, and setting up offensive plays are a guard's main responsibilities. They also need to be able to drive to the basket and to shoot from the perimeter.
 - Defensive -- On defense, a guard is responsible for stealing passes, contesting shots, preventing drives to the hoop, and for boxing out.
- **Point Guard:** Usually the best dribbler on the team and the one who brings the ball up the court.

Defensive Strategies

- Zone Defense – each player is assigned to protect a specific area on the court
 - 2-1-2
 - 3-2
 - 2-3
 - 1-2-2
 - 2-2-1
- Man-to-Man – each player is assigned to defend in close proximity to a specific player on the other team
- Press – players are assigned to specific areas or players full-court or half-court to put pressure on the player with the ball in order to force a turnover.

Offensive Strategies

- Fast Break
- Rebounding
- Outlet Pass
- Filling the Lanes
- Motion Offense
- Set Offense
- Zone Offense
- Spread Offense

For additional information on basketball fundamentals, please visit www.hooptactics.com.