

# **BASIC OFFENSIVE MOVEMENT SKILLS AND TECHNIQUES**

## **DESCRIPTION:**

FOR A PLAYER TO CONTRIBUTE TO THE TEAM ON THE OFFENSIVE SIDE OF THE COURT, HE OR SHE MUST BE FAMILIAR WITH BASIC OFFENSIVE MOVEMENTS. THERE ARE PRIMARILY THREE THINGS A BALL HANDLER CAN DO IN THE HALF-COURT OFFENSE AFTER PASSING THE BASKETBALL:

- CUT TOWARD THE BASKET, LOOKING FOR A PASS
- SCREEN AWAY FOR A TEAMMATE
- PROVIDE AN ON-THE-BALL SCREEN

DISCOURAGE YOUR PLAYERS FROM STANDING AFTER THROWING A PASS. ENCOURAGE OFFENSIVE MOVEMENT.

THE OFFENSIVE MOVEMENT DRILL SHOULD BE PRACTICED FIRST WITHOUT DEFENDERS. ONCE PLAYERS HAVE MASTERED THE BASICS (FAKES, CUTS, AND SCREENS), INTRODUCE DEFENSIVE PLAYERS.

INITIALLY, THE “DEFENDERS” SHOULD BE THE COACHES TO CREATE A MORE CONTROLLED DRILL. MOST, IF NOT ALL, OF THE OFFENSIVE MOVEMENT DRILLS ARE APPROPRIATE FOR THIRD- THROUGH SIXTH-GRADERS.

FOR ALL OFFENSIVE MOVEMENT DRILLS, SET-UP CONES TO REPRESENT STARTING, CUTTING, AND SCREENING SPOTS. CONSIDER USING CHAIRS FOR DEFENDERS. BE SURE TO RUN DRILLS ON BOTH SIDES OF THE COURT, WHERE APPLICABLE.

# OFFENSIVE DRILLS

## 1. BACK-DOOR CUT DRILL

DESCRIPTION: THIS DRILL IS DESIGNED TO TEACH PLAYERS HOW TO GET OPEN WHEN DEFENDERS OVERPLAY THEM. THIS DRILL ALSO HELPS PLAYERS PASS TO A MOVING TARGET.

- FORM TWO LINES: LINE 1 NEAR THE TOP OF THE KEY (PASSING LINE) AND LINE 2 AT THE BLOCK AREA UNDER THE GOAL (SHOOTING LINE)
- LINE 1 HAS THE BASKETBALL, AS THIS PLAYER WILL MAKE A TWO-HAND BOUNCE PASS TO HIS OR HER MOVING TEAMMATE AT THE APPROPRIATE TIME
- ON COMMAND, THE PLAYER IN LINE 2 ("CUTTER") WILL MAKE A STRONG DIAGONAL CUT TOWARD THE WING AREA
- THE CUTTER WILL PLANT HIS OR HER OUTSIDE FOOT, WHILE SHOWING A HAND TARGET FOR A DECOY
- PASSER FAKES A PASS TO TEAMMATE AT WING AREA
- THE CUTTER THEN MAKES A HARD DIAGONAL CUT BACK TOWARD THE GOAL AND RECEIVES A PASS FOR A LAY-UP OR SHORT JUMP SHOT
- THE CUTTER REBOUNDS HIS OR HER OWN SHOT AND THE PLAYERS SWITCH LINES

### VARIATIONS

ALLOW THE PASSER TWO TO THREE DRIBBLES AND REQUIRE A JUMP STOP BEFORE PASSING. INCORPORATE ALL THREE BASIC PASSES (CHEST, BOUNCE, AND OVERHEAD). IF YOU HAVE 10 PLAYERS ON YOUR TEAM, DIVIDE YOUR TEAM INTO TWO GROUPS AND PERFORM THE DRILL ON BOTH SIDES OF THE BASKET.

## **2. BASKET CUT DRILL**

DESCRIPTION: ONE OF THE MOST DANGEROUS OFFENSIVE PLAYERS ON THE COURT IS THE PLAYER WHO JUST PASSED THE BALL. THIS DRILL TEACHES PLAYERS TO MAKE A CUT TO THE BASKET AFTER MAKING A PASS.

- FORM TWO LINES: LINE 1 NEAR THE TOP OF THE KEY (SHOOTING LINE) AND LINE 2 AT THE WING AREA
- LINE 1 HAS THE BASKETBALL, AS THIS PLAYER WILL MAKE A TWO-HAND CHEST PASS TO HIS OR HER TEAMMATE AT THE APPROPRIATE TIME
- ON COMMAND, THE PLAYER IN LINE 2 WILL MAKE A SHORT DIAGONAL CUT TOWARD THE GOAL AND BACK UP CLOSE TO HIS OR HER ORIGINAL WING SPOT TO RECEIVE A PASS
- ONCE THE PASS IS MADE TO THE WING AREA, THE PLAYER IN LINE 1 WILL TAKE ONE TO TWO STEPS TOWARD THE WEAK-SIDE OF THE COURT (TO SET UP THE DEFENDER) BEFORE MAKING A HARD CUT TOWARD THE BALL-SIDE OF THE BASKET; CUTTER MUST SHOW A HAND TARGET TO THE PASSER
- THE PASSER ON THE WING AREA WILL THROW A TWO-HAND CHEST PASS TO THE CUTTER FOR A SHOT
- THE CUTTER REBOUNDS HIS OR HER OWN SHOT, DRIBBLES AROUND AND BEHIND LINE 2, STOPS DRIBBLING WITH A JUMP STOP, AND PASSES TO THE NEXT PLAYER IN LINE 1
- PLAYERS WILL SWITCH LINES AFTER EACH TURN

### **3. PICK AND ROLL DRILL**

DESCRIPTION: THIS DRILL IS DESIGNED TO TEACH PLAYERS HOW TO SET AN ON-THE-BALL SCREEN AND IMMEDIATELY ROLL TO THE BASKET FOR SCORING OPPORTUNITIES. THE PLAYER SETTING THE SCREEN SHOULD COME TO A JUMP STOP AND SET A PROPER SCREEN. FEET SHOULD BE SHOULDER-WIDTH APART (LEADING TO A WIDE SCREEN) WITH ARMS DOWN AND HANDS JOINED IN THE MIDDLE OF THE BODY.

- FORM TWO LINES: LINE 1 NEAR THE TOP OF THE KEY AND LINE 2 AT THE BLOCK AREA UNDER THE GOAL
- LINE 1 HAS THE BASKETBALL, AS THIS PLAYER WILL MAKE A TWO-HAND CHEST PASS TO HIS OR HER MOVING TEAMMATE AT THE APPROPRIATE TIME
- ON COMMAND, THE PLAYER IN LINE 2 WILL MAKE A STRONG DIAGONAL CUT TOWARD THE WING AREA
- PLAYER FROM LINE 2 WILL RECEIVE THE PASS AND SQUARE UP TO THE BASKET IN TRIPLE THREAT POSITION
- PLAYER FROM LINE 1 WILL IMMEDIATELY FOLLOW THE PASS AND SCREEN THE PLAYER'S DEFENDER
- PLAYER FROM LINE 2 WILL DRIBBLE AROUND THE SCREEN TOWARD THE MIDDLE OF THE COURT WITH HEAD UP
- SCREENER WILL ROLL TOWARD THE BASKET USING A REVERSE PIVOT AND RECEIVE A PASS FOR A SHOT
- THE SHOOTER REBOUNDS HIS OR HER OWN SHOT AND THE PLAYERS SWITCH LINES

#### **4. SCREEN AND CUT AWAY DRILL**

DESCRIPTION: THIS DRILL IS DESIGNED TO FREE A TEAMMATE SO HE OR SHE CAN GET OPEN TO RECEIVE A PASS. ALLOW 30 SECONDS BEFORE ROTATING GROUPS OF THREE.

- PLAYERS FORM THREE LINES ABOUT 20 FEET AWAY FROM THE BASKET, WITH LINE 1 AT THE TOP OF THE KEY AREA AND LINES 2 AND 3 AT EACH OF THE WING AREAS
- LINES SHOULD BE 12-15 FEET APART
- AS THE PLAYER IN LINE 1 HOLDS THE BASKETBALL, PLAYERS FROM LINES 2 AND 3 WILL TAKE TWO TO THREE HARD STEPS AWAY FROM THE BASKETBALL AND BACK UP TO THEIR STARTING SPOTS SHOWING HAND TARGETS
- PLAYER IN LINE 1 WILL PASS TO ONE OF THE PLAYERS AT THE WING AREA
- PLAYER RECEIVING THE PASS SHOULD SQUARE UP TO THE BASKET
- AFTER MAKING THE PASS TO THE WING AREA, THE PLAYER FROM LINE 1 WILL SCREEN AWAY FOR THE OPPOSITE WING PLAYER
- ON THE SCREEN, OFFENSIVE PLAYERS SHOULD MAKE SHOULDER-TO-SHOULDER CONTACT TO “SCREEN” OFF A DEFENDER
- THE PLAYER WHO WAS SCREENED FOR CUTS TOWARD THE TOP OF THE KEY AND “FILLS” THE OPEN SPOT ON THE FLOOR (LINE 1)
- REPEAT THE DRILL OVER AND OVER UNTIL TIME IS CALLED

#### **VARIATIONS**

1. THE PLAYER WHO WAS SCREENED FOR COULD CURL TOWARD THE BASKET FOR A PASS AND LAY-UP
2. AFTER SETTING THE SCREEN AT THE WING AREA, THE SCREENER COULD MAKE A BACK-CUT TO THE BASKET FOR A PASS AND LAY-UP