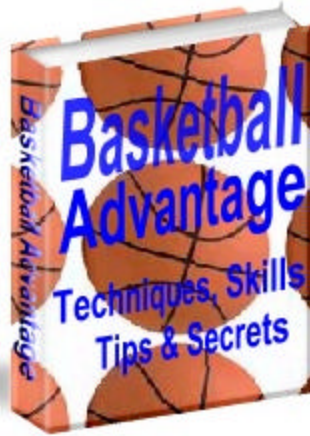


JumpingAdvantage™

Basketball Advantage™



In this book you'll learn Basketball Fundamental Tips and Secrets that you're not going to find in the "Basketball for Dummies" book. Many key and often-overlooked distinctions on shooting, rebounding and defense are made in this book. Help is on the way for you to shoot the lights out, snatch more rebounds and stop your opponents cold!

*"The secret to success is to do the common things uncommonly well." **John D. Rockefeller Jr.***

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Creating the Right Habits - Tips on How To Practice

“Never give up, for that is just the place and time that the tide will turn.” **Harriet Beecher Stowe**

Practice sessions or pickup games are going to be most productive when you concentrate on improving one or more specifics fundamental or aspect of your game. It may range from getting more offensive rebounds, to blocking out or cutting off the baseline defensively, etc. Playing 1 on 1 is an especially good way to work on fundamentals.

Decide what you are going to improve upon. Objectively rate your progress periodically. Before going out to play a pick up game, say to yourself, "I'm going to work on improving this specific weakness." Try to beat your opponent with your weakness. This way you will become even better.

If the competition (the other players) in your area is weak, then go to where the better players are. Play against the best competition and don't be afraid of anyone. Even play against players who are a size mismatch, as this may help you down the line if you switch positions. Play as much as you can, and against the best competition you can find.

Write Out Your Practice Plans on Paper

Make daily, weekly and monthly training plans. Make written schedules for daily practice routines with minute-by-minute plans. Writing things down helps to save time, energy and it has a way of making things happen easier. Make a daily practice schedule and follow it. Take your written practice schedule with you to the court and follow it.

“It’s what you learn after you know it all that counts.”

John Wooden

Concentrate on the Fundamentals, The Priority Principal

Spend the majority of your time on the fundamentals and you will be able to maximize the results you get with the minimum amount of time you put in. Avoid wasting time. Practice the fundamentals first and for the longest time, then if you have some extra energy, you may allow yourself to play around with some "tricks".

Begin your basketball workout with whatever fundamental you want to improve upon most. Therefore, you will be able to give it the most important areas more time and energy. By allocating more time at the beginning of your workout for your priorities, you will improve that aspect faster, since you have more focus and energy at the beginning of the workout and your mind is fresh to concentrate fully.

You Play Like You Practice, So Get in the Habit of Playing Hard

“I can’t imagine a person becoming a success who doesn’t give this game of life everything he’s got.”

Walter Cronkite

Players often try to psyche up for big games, but more often than not it does not work. Consistency is the difference between the good and great player. Develop consistency by practicing at a higher intensity.

You will play like you practice. Some players don't practice at full speed and inevitably have problems adjusting to game pace. Force yourself to play hard all the time. It will be hard for a while, but soon it will become second nature and a habit. Avoid playing at half speed, it's dangerous and it's habit forming too.

By always playing hard, you will find yourself having more good games, and they will be punctuated by great games. Force yourself to concentrate on playing hard every time out and it will pay off in playing better consistently.

“All things are difficult before they are easy.” **Thomas Fuller**

Just as forcing yourself to play hard every time will improve consistency, so will forcing yourself to use correct fundamental form at all times. Avoid becoming nonchalant or practicing with less than perfect fundamentals.

Stick to the correct form and fundamentals, always. Avoid excessively long shots, unorthodox movements or anything you don't expect to ever use in a game. By practicing hard and always using correct fundamentals, you will save energy, use less energy to prepare for a game, and play better and more consistently.

When you are committed to basketball(or your sport) you can make tremendous strides. Tell yourself that for the next 30 days, you are going to go all out. Then, at the end Of the 30 days, you will probably find yourself renewing your commitment and going for another 30 days.

Shooting

How to Practice Shooting

Basketball revolves around putting the ball in the hoop. You must be a decent shooter or you may not get the chance to show what else you can do. Don't let anyone fool you, shooting is still the most important skill in basketball.

Simply stated, "Practice doesn't make perfect, perfect practice, makes perfect." The only way to become a great shooter is to practice. But focused perfect practice with a high level of concentration is the best practice and far better than lazy or haphazard shooting around.

“Don't wish it were easier, wish you were better.” **Jim Rohn**

How much practice will it take? Having a partner who rebounds for you or a pitch-back or rebounder net device set up to shoot the basketball back to you after each shot is much more efficient than having to go chase after the ball yourself. Practice volume depends on the individual and his aspirations. Practicing a half hour to an hour per day on strictly shooting is a pretty good starting point.

Confidence is a major factor in shooting and confidence is developed by perfect practice. When you consistently hit the shot in practice, you develop confidence. Confidence comes from increased proficiency, which in turn comes from practice and repetition.

Just spending long hours out on the court is not enough. The quality of your practice session is important. Stick to the fundamentals and proper form at all times. Concentrate on what you are doing. Block out everything else from your mind and concentrate on each and every shot.

Shoot from the same spot and stay there until you are ready to move on to the next spot. The key is to shoot from the same spot. Do not shoot and run after the ball and shoot it from wherever it lands. Just like the golfer who practices with two irons a certain spot, you must shoot from the same spot.

Shooting is a motor skill utilizing muscle memory. The best way to improve the muscle memory is by staying at one spot and shooting. Shoot 20 shots or more from the same spot. Note how the ball hit. Was it short, long or off to the side? By shooting from one spot, you can correct your mistake and your muscles will remember.

When you get hot, stay at the same spot a little longer than usual. Move on to the next spot after shooting 20 shots. When you begin your shooting session, start with the shorter shots and work your way out. Shoot from similar distances around the court before you move out further. Don't worry about making every shot; even the pros miss half the time.

Concentrate on correcting one thing at a time. For instance, concentrate on your elbow. Don't think about your feet, eyes and wrist all at the same time. Work at correcting one thing at a time. After many repetitions your muscles will remember the correction so you can go on to concentrate on something else. Periodically have a coach or teammate watch and correct you. Keep track of how many practice shots you make and shoot to improve.

Also include taking a step into the spot and shooting, as well as taking a dribble to a spot and shooting. Drive left, straight, or right to the spot and shoot. While practicing spot shooting, build up speed and quickness of your shooting mechanics to develop a quick release.

Being able to get your shot off is just as important as its accuracy. A quick release comes from repetition with concentration. So, in addition to correct form, work to improve the quickness of the mechanics and the release.

Picking Favorite Spots

Although a player should be able to shoot from any angle on the court, there will be areas he will be getting more shots from in a game. Therefore he should practice shooting proportionally more shots from spots he is going to take more frequently. First he should develop his shooting ability from close range.

The types of short shots a player will shoot will vary from player to player and position to position. Work on the short shots first. They are a number one priority. The types of shots you get in a game will vary by the position as well the offense being run. Ask your coach which spots you will most likely be shooting from. It is

your responsibility to find out the spots and the types of shots you will be shooting.

Don't waste time practicing 20-foot jump shots when you're usually under the basket. When you're practicing, stick to the fundamentals, and avoid shooting bad shots (such as 20 foot hooks) because they are a step backward in your muscle memory training.

Point of Aim (Back, Front, Outline, Hole, Etc.)

The part of the basket that you look at when you shoot is the "point of aim". Personal preference dictates where you should aim. Studies show that what matters is that you aim for the same spot every time.

Some argue that aiming for the back of the rim is best because the ball can bank in if the shot is long, the shot can still go in if it's short by up to 9 inches, and it will go in if it hits the back rim because of the back spin. Whichever you choose, aim at the same spot each time.

Gain a New Perspective

“If I am through learning, I am through.” **John Wooden**

Climb up on a ladder and look at the size of the basketball hoop up close. It's wide enough for two basketballs to fit through simultaneously. From the vantage point of the rim, look around the floor and imagine the ball traveling in an arc up to the basket and through the hoop. Use this new perspective to gain more confidence in your shooting.

How to Break out of Shooting Slumps

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it or work your way around it.” **Michael Jordan**

“Always behave like a duck- keep calm and unruffled on the surface but paddle like the devil underneath.” **Lord Barbizon**

The first action to be taken if you feel a "shooting slump" coming on is to check your fundamental shooting form. If you cannot see anything wrong, then ask your coach or a teammate.

Secondly, take extra shooting practice while again concentrating on fundamental form. Add an extra shooting session to your day. On game days, shoot for up to an hour, depending on the severity of the slump. Make sure not to fatigue yourself before the game. Confidence can be regained by seeing the shot go in time after time.

To build confidence in a game, start out with high percentage shots. Work harder to free yourself up for better shooting opportunities. Aim at making your first couple of shots lay ups, or shots you will most certainly make. When you make your first shots, your confidence will rise. Attempt to draw more fouls than you usually would. Hitting several free throws is a great confidence builder. Also work harder on other aspects of your game such as rebounding. Get the offensive rebound and follow it up. Drive to the basket and work for more lay ups. Compensate by working harder on the other aspects while taking better shots. This, along with extra practice, will get you on your way to accurate shooting again.

The more you practice, the higher your confidence will become. Tell yourself that “you are a great shooter.” Also, write it in your notebook. Follow the techniques in the "Mental Preparation" section and apply it to shooting. Remember, the hoop can fit 2 basketballs through at the same time.

Huge Tip To Be a Great Shooter

A revelation that you may be surprised to find is that many great shooters actually practice shooting for 1-1 ½ hours on game days in addition to the regular team shoot arounds. Additionally, they also practice additional shooting before or after team practice in season.

Jump Shot Checklist

“You miss 100% of the shots you never take.”

Wayne Gretzky

- Feet - Square to the basket, feet spread about shoulder width and even
With one another. Jump straight up, in line with the basket.
- Body - Don't bend at the waist, back is erect and slightly arched as it is
in jumping and the squat.
- Legs - Bend at the knees (not the waist) so you will get the most spring.
use proper jumping technique.
- Eyes - Watch the rim and keep your eyes on it until the ball reaches the
basket. Pick up the rim as soon as you can before the shot. Do
not watch the flight of the ball.
- Hands- Hold the ball with your whole hand and release it off the
fingertips. Fingers are spread, with the ball
balanced
between thumb and fingers. You don't have to hold the ball on
your fingertips, but do shoot the ball off your fingertips.
The middle finger in the center, with the thumb at a 45 degree
angle.
- Wrist Cock the wrist back as far as possible and snap it down to
produce follow-through and back-spin.
- Elbow Elbow should be close to the body, in line with the basket, and in
front of the ball and pointed toward the basket.

Bandit Shooting Machine

This device puts your arm in the proper firing position every time. It can be worn on either arm to develop right-handed or left-handed shots. So many young players have trouble with arm positioning on the jump shot. I found this contraption to be very helpful for the beginner to learn proper shooting mechanics, as it forces your arm into the proper position while you learn shooting fundamentals.



One Dribble Jump shots

There are multiple uses for being able to take a one quick dribble and pulling up for a jump shot. In many offenses the offense is initiated when the ball is passed to the wing at a point of the free throw line extended. From this position one dribble can get you to the free throw line or in the opposite direction for a jump shot off the glass.

Guards are always one dribble away from a jump shot and should be on the lookout for openings. Post players will have an unlimited variety of shots that one dribble can bring them. The technique is to dribble with one hand, and plant the opposite foot first to convert the lateral movement into vertical height with a stop and jump shot.

The pull-up type jump shot is especially useful on the fast break where guards will shoot at the free throw line and forwards will shoot bank shots from the side. The one dribble jump shot) should be one of the shooter's priorities to be developed.

Fake Drive and Shot (Breaking the Defense Down)

When the defense plays very closely and anticipates your next move, simply break him down(get him to move back off you) by quickly moving the ball down to knee height and jab step toward the basket. Make the quick fake of a drive, and then rise up for a jump shot. This fake drive and shot move must be perfected in order to take advantage of the defense that plays you very tight. Otherwise the defense will be able to play you very close and take away your jump shot. Practice the fake with each one followed by a shot. Include this with your shooting practice.

Practice moving the ball quickly to fake drives and shots. Use quick movements and high repetitions to work on developing the quickness and coordination of these movements.

Techniques to Avoid Getting your Shot Blocked

There are several ways to avoid getting your shot blocked around taller or better jumping players. These include: shooting on your way up, shooting with a higher arc, shooting with arm fully extended up, using fakes to get the defender off balance. All of these methods can be improved with practice.

When you're close to the basket, no matter how high you jump, a higher jumper or just someone with a height advantage, can deflect your shot. Learn to release the ball before you reach the top of your jump and before the defense can put his hands up and jump. Develop a quick release shot.

Make it a soft, yet quick shot. Another method to enable a player to shoot without getting his shot blocked is using shots in which you shoot with the arm extended upward utilizing the wrist to shoot. The half jump hook shot is an example.

The half jump hook shot is half way between the jump shot and the hook shot. Use the wrist to shoot this shot. Concentrate on 10 feet and closer, and especially post-up spots. Even small guards can shoot against the big guys with a quick jump hook with arm fully-extended and a quick release.

One On One Offensive Moves

The offensive player with the ball has several options: shoot, pass, drive left or right. The choice is usually dictated by the defensive player's positioning. If the defense plays away from you, either shoot from where you are or take a dribble toward the defense and shoot as the defense backs away. The previous example illustrates that whichever way the defense plays, there is going to be a defensive weakness to be exploited.

There are three stances the defense may use. And you can determine which stance the defensive player is in simply by looking at his feet. Since a good defensive player plays defense with his feet, all you need to do is know how to beat his feet.

He will either have a staggered stance, with one foot slightly forward, or a straightaway stance with both feet even. With a staggered stance the defensive player's weakness is his forward foot. If his right foot is forward you will want to go around him on that side because he will have a more difficult time recovering in that direction.

The offensive player uses his foot opposite his pivot as the attack foot. This way he can manipulate the defense to react. With the straight away defensive stance the offensive player can fake either way or make a couple fakes to force the defensive man's stance to become staggered.

The following moves will work whether the stance is staggered or straightaway, although the descriptions are with the staggered stance, with the defensive player's left foot forward. Learn the moves going both left and right.

On Side Move

The On Side move is simply the technique of making your first step of the drive with the same foot of the direction of the drive. To drive to the right (left foot pivot) the player makes a long quick stride with his right leg while simultaneously dribbling the ball. Make sure to time the initial dribble correctly to avoid a traveling violation. Here's a description of the On Side move.

When the defense plays in a staggered stance with his left foot forward he will be able to recover to his right better than to his left. With his left foot forward the weakness is to his left. The offensive player therefore can most easily drive to the right. With the left foot pivot, simply step with your right foot toward or past the defensive player's left foot, while simultaneously dribbling. The defensive player will most likely step back. Drive by the defensive man as closely as possible, directly to the basket. This move works best when the defensive player uses an exaggerated stance with one foot far forward. It is a simple move and you will use it over and over.

Oftentimes you will need to add a fake in order to gain, an advantage. Simply driving past the defense as described above, may not work against a good defensive player. The On Side move combined with a fake is another option. With the left foot pivot, you are free to fake with the right foot.

In order to take advantage of the defensive player who plays with his left foot forward (same as previous example) you will make a jab step fake left with your right foot. Follow by quickly striding to the right for the drive right, as you would with the On Side move.

When a defensive player consistently plays with the same stance, it is to the defensive player's advantage to know which moves he can use to exploit the weakness. He should plan in advance in order to establish the correct pivot foot for that move. There are several options, which will keep the defense guessing, and learning them is only a matter of perfecting the footwork by practice.

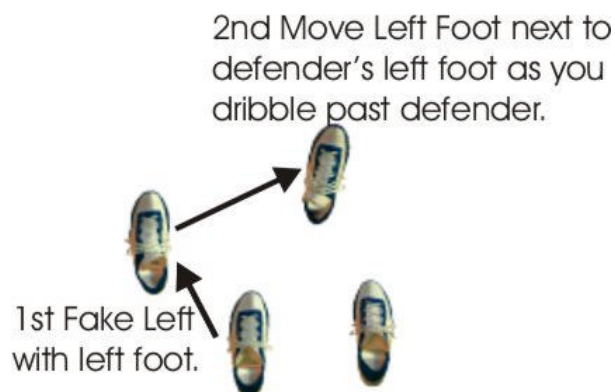
Cross Over Move

With your right foot as the pivot foot, the player strides with his left foot to the right in order to drive right. When the defense plays with his left foot forward you will use this move to drive right. To further throw the defensive player off balance, a fake can be added. Jab step fake left with the left foot before striding right and planting the left foot next to or past the defensive player's left foot.

The keys to these moves are footwork and body balance. Keep a low center of gravity when making your fake. Follow with a long, quick, powerful stride, and drive directly as possible to the basket.

Fake to the left with the left with the left foot. Maintain body balance so that you can recover quickly and drive to the right.

The defensive player reacts to the fake by dropping his right foot, in preparation for retreat.



This leaves his left foot forward so you can easily dribble drive around him. Pivot on your right foot as you place your left foot next to the defensive player's left foot. dribble and drive as directly to the basket as possible.

Step-Step and Rocker Step Moves

A couple variations of the On Side move are the Rocker-Step and the Step-Step move. With the Rocker Step, try to get the defense to relax or shift in a manner that creates a weakness in his defensive stance.

Execute the move by jabbing your foot toward the defense (or around him) and then bring it back behind you and plant it while either faking a shot or pretending to relax. Then accelerate to the basket. Similarly, the Step-Step move begins with a short step either toward the defense or either way around him. This abbreviated step is followed by a longer step with the same foot and an explosive acceleration around the defense as he relaxes from the short step. The short step is the key and should make the defense react.

These moves may be used to mix the defense up. You may use them to set up a shot by making a large step (fake drive) toward the player or basket followed by a quick step back to the original position for an open shot. As you can see, each move has several options and variations, which will enable you to get past the defense once you perfect them.

Breaking Down the Defense

As mentioned above under the previous heading of Fake Drive and Shot/Breaking the Defense Down, the offensive player needs a technique to counteract the defensive player who plays too close.

Usually the defensive player will play off of the offensive player with the ball to respect the drive but still cover the shot. But occasionally the defensive player will test the offensive player by playing so close that the offense can't maneuver. When the defense plays too closely, simply bring the ball down to about knee height quickly, to fake a drive.

If the defense does not back off, drive around him using the On Side move or a straight drive to the basket. Quick ball movement and readying yourself for the drive usually gives you room, otherwise you are ready for the drive. Practice quickly bringing the ball down and faking a drive. This causes the defense to jump back, or else you can drive around him.

When, the drive is impractical, fake the drive or a shot, pass to a teammate, and make a give and go cut to the basket. You will

probably be open for the return pass because of how closely the defense was guarding.

Reading the Defense

Each defensive player will have his own weakness that you will be able to exploit. Some play too tight, so you can easily drive, while others play too loose, allowing for a somewhat unguarded jump shot over the defense.

Whatever the case, it is your responsibility to recognize how he is playing you in order to figure out how to beat the defense. Recognizing the situation will become easier the more you play. And furthermore, during the course of the game, by using these techniques, you will cause the defensive player to adjust and respect the drive, as well as respect your jump shot.

No smart defensive player will continue to play too closely if you're repeatedly driving around him for the score. If he does, then exploit and take advantage of it!

Have a Plan

When you determine how the defense is playing you, you instantly should know what moves or shots will be able to take advantage of the weakness. If he plays with a staggered defensive stance, you will want to catch the ball with a pivot foot, ready to use a particular move.

Decide in advance what you want to do. First get the ball in a spot where you want it. Then, catch it in a way as to be ready to immediately work your plan.

Additionally, having a plan for each time down the floor can be used in most aspects of the game. Plan to get the next rebound, to steal the ball, or to hit a short jump shot coming off a pick in your team offense. Having a plan is only a tool and you don't have to hold steadfast to it, but it has a way of working to your advantage.

Going One On One

Most team offenses do not allow players to excessively go one on one. Most coaches will not let their players go one on one unless he is a "star." All coaches will allow a player one or two dribbles though. This is a great form of one on one that is allowed.

On analysis, the "star" player is usually more effective because he is proficient on one or two dribble moves. When you have a team offense it seems as though you are monopolizing the ball when you hold it too long or dribble more than once or twice to set up your shot. You must learn to set your shot up with one or two dribbles. You can usually drive all the way to the basket with two dribbles, or into good shooting range.

Work on the fake and drive to the basket with one dribble or two. Use the crossover move with two dribbles to set up a jump shot. Use the spin move with one or two dribbles. Practice all of your moves with one or two dribbles. Being able to score off of one or two dribbles is one of the keys to being a great offensive player.

Fakes

You can fake with your eyes, the ball or with your body. There is no one best method to fake, because a whole repertoire of fakes is needed to fit the various situations you will repetitively encounter.

Whether it is a tight quick fake or a big exaggerated one, make your fakes look realistic. Look at your fakes in front of a mirror. Exaggerated fakes look more real than a slight twitch. The tighter and quicker your fake, the less time it will take you to recover and make your move to the basket, or to make your cut.

So, try to find a happy medium between realistic and efficient. There are two schools of thought concerning faking a shot while under the basket. One is not to move the ball but to use a head and shoulder fake. The other is to use the ball to pump fake. It makes sense that if you would do both, it would be a more realistic fake.

Another way to fake, which may be the easiest, is a fake with ball and head, keeping the ball at the same position right in front of the chin. Fake with the head and ball at once. Of course a head or ball fake alone can work too.

One fake that you should be aware of is the dummy fake. It is used when the defense is playing the man with his head turned on the ball. The offensive player pretends he is not in the play and keeps his hands by his sides to the last second, when the ball comes to him. Watch other plays and pick which fakes you think will work for you. And, sometimes don't use any fake at all and just go.

Low Post Moves

Getting Open At the Low Post

The average defender will allow you to become at least halfway open right from the start. He will either play completely behind you, leaving you wide-open for the pass, or he may play on your side trying to deny the ball. With either of these defensive styles, you can get the ball fairly easily using finesse, muscle or quickness.

Maneuvering around for position is all it takes when the defense is passively denying the ball. When the defense aggressively fights to deny you the ball and position, you must use one of a variety of moves or cuts to get open at a favorable low post spot. Ways to establish position are as follows:

1. Move back and forth across the lane, either waiting at the opposite side for the ball or just to fake the defense.
2. Move back and forth from high post to low post.
3. Flash out to the corner or wing and back down to the low post.
4. Work a pick and roll with a teammate.

These are the most fundamental methods. One of the best ways to establish low post position is to fake a cut baseline and to reverse pivot and hook your arm up for the position. By faking the player in one direction he moves in that direction. Then you put your pivot foot down and spin your body around so your back is to him and your arms are spread keeping him from getting around you.

When the defense continually overplays you, it allows you to take advantage of back door opportunities. After you cut to high post a few times, trying to get the ball, and the defense continues to overplay you, you motion to the passer for a back door pass. Here you cut to the high post and then out back to the basket as the guard passes a high, soft pass to you back door for the lay up.

By denying the high post pass, the defense allows you to become open momentarily for the back door pass. The back door play should be worked on with your teammates and can work several times per game. Similar back door passes can be worked in other situations.

Receiving the Low Post Pass

In low post positioning you want to face the passer and make good eye contact with him. Place your hand as a target where you want the ball. The target should be away from the defense and should be made to look as open and as easy of a pass as possible. The more aggressively you go for the ball and attempt to open yourself, the more confident the passer will feel about passing to you.

Many passers do not feel confident about their ability to thread the needle or pass to the post in congestion, so make sure that you make the passing lane look as open as possible to encourage the pass in. Receive the ball with a jump stop with both feet down as potential pivots. The jump stop halts your movement so you can move in either direction. Catch the ball and move it to chest height for the triple threat position. Flare the elbows for protection and keep low with legs bent for a lower center of gravity.

Baseline Moves

Once you catch the ball in low post positioning, your first reaction is to turn your head to the baseline. If the defense is not in position to stop the baseline lay up, then you just take one dribble to the basket for a power lay in. This will be the case when the defense plays you on the top side, so you can usually catch the ball and immediately go to the basket.

The first step is to look baseline to see where the defense is. Of course if you know where he is playing, you can skip looking. The key is to look with a turn of your head only to evaluate how the defense is playing. If the defense is playing off you then pivot on your baseline foot and turn to the basket.

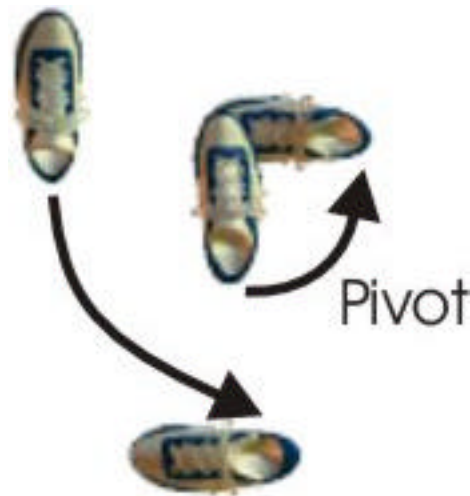
Here the defense plays off you for the drive leaving you open for a jump shot or turn around jumper off the backboard. Through experience you will learn to catch the ball in favorable low post position, such as the best position for a pivot and bank shot. If the defense plays you tight and overplays the baseline when you look, you will be open toward the middle. You can drop step and pivot to the middle for a one dribble lay in or a short jump hook. These

three moves are the basic ones that you must master. With practice these shots are very high percentage even when you are fouled.

Variations to these moves are endless. You may add fakes and alternate footwork such as the reverse pivot. Here you catch the ball and see the defense playing you tightly. You move your baseline foot back toward the defense in an aggressive manner to cause him to back off. Then you reverse pivot and fake as you face the basket. This fake is toward the middle so you can dribble baseline if it works or shoot a bank jumper. Master the post moves and learn to recognize how the defender is playing you.

Receiving the Ball At the Wing (Reverse Fake)

After breaking loose from your man to receive the ball at the wing, catch the ball with your body facing the half court and the sideline, and with your pivot foot being the outside foot toward the sideline. This enables you to reverse pivot and swing your foot back and toward the baseline as a Pivot fake. Receive the ball, pivot, turn and fake all in one quick motion, ending up in the triple threat position.



This catch and pivot fake is the most used catch and ready position from the wing. Use the reverse pivot fake anywhere on the court. The example in the box on the left would be the proper footwork when catching the ball at the wing. Catch the ball and quickly pivot and fake in one movement. The fake is a fake toward the baseline.

Similarly, you should use this move in various other situations. The Reverse Fake Pivot should be the usual way in which you catch the ball in most circumstances.

The reverse pivot fake also works well as an initial post move. Simply catch the ball with your right pivot foot back to basket, and swing your left foot back and around so you are facing the basket.

Dribbling

Dribbling should be done to accomplish a purpose. Avoid dribbling without a reason. There will be plenty of good reasons to dribble. The catch and dribble habit is one that many players do and is simply remedied once they become aware of it.

Learn to dribble with your fingertips and by flexing your wrist. Do not slap at the ball with the palms of the hands, but learn to feel the ball with your fingertips. Keep your head up and look for cutting teammates, the defender, and for openings in the defense. Lower dribbling is easier to control.

Dribble Types

The straight ahead speed dribble is done by pushing the ball out ahead of you and running full speed. Practice going up the court full speed with one hand, and back using the other hand. You can end each lap with a lay up or a pull up jump shot.

The protected dribble is performed with your body between the ball and the defender. Often you must have the ball in back of you while you look ahead to see what is developing. You should develop the ability to dribble with the ball at arm's length away from you and without looking at it.

The height of the ball varies with the circumstances. With the speed dribble it is fairly high. When you want to guard it carefully you usually lower it. Through practice you can learn to dribble safely at whatever height feels comfortable for you.

When a guard dribbles down on the fast break and sees that the defense is ready, he should not automatically pick up the dribble. Lower the dribble to a 6-inch control dribble with the ball in front of you and bounce until you spot an opening for the drive or an open teammate. The low dribble with the ball out in front of you is a key in allowing you to quickly accelerate. Also, keep low with your legs bent in addition to bending at the waist.

Learn to dribble with either hand without watching the ball. Practice dribbling back and forth down the court. Dribble straight ahead with the ball in front of you, then on the side, and then in back.

Next, practice the crossover, around the back and spin moves while zigzagging down the court. Practice changing hands by reverse pivoting without spinning. Remember to keep your head up, especially when you are turning so you won't be ambushed by a double or triple team trap.

Dribbling Drill

Dribble left-handed up court as you spin clockwise, dribbling 2 or 3 times and taking 2 or 3 steps for each spin. Now spin-the opposite direction but use the same hand. Spin both ways with each hand.

After each spin, take a couple of steps with straightforward dribbles. This drill improves the feel for the ball, balance, and footwork. For guards, dribbling practice is a priority. Practice dribbling through cones or chairs, shifting hands to protect the ball from the imaginary defense.

Practice pays off, especially with dribbling. Become a great dribbler now and you will continue to find increasing numbers of applications for it and many more openings. The better you become, the more scoring opportunities will develop.

Guarding the Ball as You Dribble

Guard the ball with the opposite hand in a passive manner, avoiding swinging the hand to ward off the defender. Use your body to ward him off, but use your arm to create the illusion of guarding the ball. Actually using the arm to push the defender away would result in a foul being called.

Before Dribbling

When a player receives the ball in the triple threat position, the ball is held at a point that the player can pass, shoot or drive. These three options put pressure on the defense.

One mistake beginning players often make is to receive the ball and dribble it immediately without a reason, which limits his options and simplifies the defense's job. Have a general idea of what you are going to do with the ball before you receive it depending on your position and the other players on the floor, teammates and defenders.

For example, if you are 40 feet from the basket with time running out of the game, you have a dilemma whether to pass, drive to the basket or set up for a last second shot. Of course if you're 40 feet from the basket in the first half with 6 minutes to go, shooting is not an urgent need. The point is that you should have a tentative plan of what you want to do with the ball when you receive it and be in a stance (triple threat) that you are ready to do it.

As a backcourt player, it is essential that you can use the following moves or else your effectiveness will be extremely curtailed. The moves with the dribble are basically the same as the moves from a standing position. When dribbling, the height and position of the ball are important in executing the move. Executing the move with as little ball movement as possible and with a relatively low dribble simplifies the move.

Dribbling Moves

Change of Pace Dribble

Make a quick move or step and then slow down for a bounce of the ball, then accelerate in the same direction. This move causes the defense to relax after the initial step, enabling you to gain a half step advantage. A back court player may use this move several times each time up the floor when being pressed full court man to man.

On-Side Move With the Dribble

As with the change of pace dribble, the on-side move can be used several times on each time bring the ball up the floor. This move involves dribbling with the ball with it out in front of you slightly and to either side. Fake with either foot opposite the dribbling hand, utilizing a jab step.

For example, with right hand dribbling, fake a jab step to your left with your left foot. Additional head and shoulder fakes make the fake more effective. As you fake left, the defense will lean in that direction giving you a momentary advantage to drive to your right.

As with the On-side move before the dribble, move your left foot next to his right foot and accelerate past the defense in a line as direct to the destination as possible, no veering off. While

executing this move make sure to keep the ball in its original position during the fake, as this is the key to the move.

Crossover Dribble

"When I was growing up, everybody laughed at me when I said I was going to be a professional basketball or football player... I'm the one laughing now." Allen Iverson

With the right hand dribble, fake a jab step with the right foot, and shoulder to the right. As the defense leans to your right, slap the ball from your right hand to your left hand with a dribble. Simultaneously plant and push off your right foot and accelerate past the defense to your left with a left hand dribble.

Drive directly to your destination, don't veer off. The crossover dribble is essential to overcome a defensive player who over plays you to one side or another or overplays to the side you are already going. Watch Allen Iverson of the Philadelphia 76ers for a great example of optimum crossover dribble proficiency and usage.

Between the Legs Dribble

The between the legs dribble is a change of direction move which is increasing in popularity because the between the legs move protects the ball with your legs. Slap the ball from your right hand through your legs (with left leg forward) to your left hand. A fake to the right with head, left shoulder, and foot can also be used for added effectiveness. Note: spend more time on the crossover dribble than the Between the Legs Dribble. You'll use the crossover much more.

Around the Back Dribble

Like the between the legs dribble, the around the back dribble is also becoming increasingly popular. Slap the ball from the right hand to the left hand, behind both legs. Avoid palming the ball or carrying it, as it is an easy move to create a violation with.

Reverse Spin Dribble

As you dribble with your right hand quickly plant your left foot in front of you, keeping your left leg and arm between the ball and the defensive player. Now quickly swing your right foot backward and around in an arc, while - keeping the ball back near your right hip. As you spin, minimize the movement of the ball, the less the ball moves, the easier the move.

As you pivot on your left foot make sure your body and ball do not rise up. Stay low until you plant your right foot. As you swing your right leg around you can often cut off the defense with the right leg and establish a half step lead. Practice with either hand, starting slowly at first. Work on the dribbling moves so you can perform them at full speed without thinking.

When Are You Being Too Fancy?

The better you become, the more you will be able to "get away with". When you dribble between your legs and you kick the ball out of bounds, you were too fancy. When you spin and you get called for palming, you were too fancy. When you can successfully execute a move, then it isn't too fancy.

When you are able to consistently execute, there is no problem. The problem arises when you make a mistake by doing something you are not proficient at. The star can perform whatever move he wants without fear of reprimand because he will execute the move. If you like to be fancy, then work on becoming the best you can be so you will be allowed that freedom.

Defense

“Yesterday I dared to struggle. Today I dare to win.”

Bernadette Devlin

Playing Defense

Generally stay between the man and the basket unless you are denying the ball. Be ready to help your teammates or be ready to yell if you need help. Don't give up the baseline since it is a weak spot of defensive help.

Be ready to cut off the baseline to help out a teammate from the weak side. Force your man into taking bad shots, unusual or off balance shots. Make him do what he doesn't want to do. Use the glide step as the basic defensive foot movement and avoid crossing your feet. The most important part of defense is played before your man gets the ball, denying the ball.

When guarding the player with the ball you must not go for his fakes. Don't jump or rise on your toes when he fakes a shot and don't overreact when he fakes a pass. Maintain your balance with your knees bent and your back straight. Some players like to bend over excessively at the waist, but this is bad for balance.

Defense On the Ball

As the offensive player receives the ball, slide up to him with one foot up and the other back. Which foot is forward is determined by the position on the floor. Slide up with caution and under control with short quick steps, with feet kept apart.

When the offensive player brings ball above his head, move up to the man and straddle his pivot foot discouraging or preventing a forward dribble. Attempt to make him turn away from you and his teammates. Put your hand up on the same side as your forward foot in order to disallow him to bring the ball down, while putting your other hand back to feel for screens. As he lowers the ball to chest height, quickly back off with quick choppy slides to arm's length away. Put front arm out to prevent dribble while putting the other hand up to discourage passing. When the player lowers the ball to waist or below, move back one half step or to a position where you can comfortably contain him. If he raises the ball, proceed to close the distance.

Practice sliding up to the player, all the way up on him, and back off, following the ball's movement. Have a partner slowly move the ball while you practice your positioning. Moving up to the offensive player in a balanced manner comes with practice and is a key in individual defense.

Defense on the Wing

Slide up to the offensive player with the ball with a staggered stance with baseline foot back. Overplay the man so he cannot go to the middle and force him to the baseline. Force him to dribble toward the baseline where you cut him off. Make sure to cut off the baseline. An alternative game plan is to slide up to the man and play him evenly, not allowing him to drive either way, but an even stance may be awkward when you want to retreat.

Ball at Wing

KEY

o -Offense

* -Offense W/Ball

x -Defense

Defensive Player #1 - (Defense at the wing) influence toward the baseline.

Defensive Player #2 - One step off player and one step to the ball

Defensive Player #3 - One step off line of ball and one foot in lane.

Defensive Player #4 - Two feet in lane, ready to help on drive.

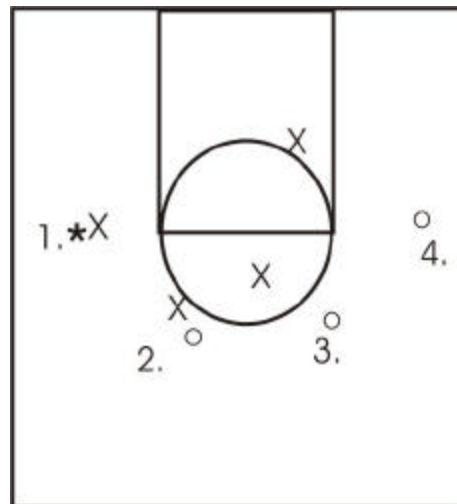
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Defense (Denying the Ball)

The old basketball adage says, "You can't score without the ball. The most important part of defense is played before the man gets the ball. It is crucial that you don't allow the offensive player to receive the ball in good position.

A decent offensive player will be able to score or draw a foul most of the time if he gets the ball in an advantageous position. Of course the best position to get the ball in is as close to the basket as possible. So, as the defensive player you must never let your man receive the ball close to the basket. Within five feet of the basket you play either totally in front of the offensive player or $\frac{3}{4}$ in front of him.

As you move out further from the basket there is a risk of a back-door pass, so play the man $\frac{1}{2}$ way in front of him. Depending on where the passer and your man are, that will determine on which side you play your man.

The basic position is with your one foot in front of the player and the other on the side. Your hand on the same side as your front foot is used to deflect passes and the other arm should be bent with the forearm leaned on the offensive player or held behind him to feel for a back cut.

Defending the Cutter

When your man passes, you should take a quick step toward the direction of the pass in order to establish a position between the ball and the cutter. Initially bump the cutter chest to chest and go into the half-side defensive stance with hand up for denial and bent forearm against cutter. Slide with the glide step while denying the return pass. The $\frac{1}{2}$ side positioning with forearm on man is to be continued until the cutter is out of immediate pass receiving range, then shift to offside defensive positioning.

Denying the Ball in the Lane

When you are defending the cutter you must get out in front of him. Never let him cut in front of you. Lead him across the lane. As soon as you let him get in front of you and between you and the ball, he has a direct line to gain favorable position. If the offensive player receives the ball where he wants it in the lane, he can usually score or force you to foul him. So, in order to deny the ball in the lane, you must first establish position, which is between the ball and the potential receiver. Then you must get out in front of the cutting offensive player and lead him across the lane. You must lead him across the lane to deny him the ball. This is done by anticipating where the cutter wants to go or by forcing him to go where you want him to go.

Defense at the Low Post

When the ball and passer are in the corner and your man is low post, you will play half side on the baseline. Play on the baseline side of the offensive player. Put your bent left arm on the man, or behind him, to feel for a back cut. Put right hand up to deflect pass, with right foot out in front. You must deny the ball to the man at this position.

Defending the Player at the Low Post when the Ball is at Wing

Switch to the other side of the offensive player with your left foot behind him and the left arm up to deny the ball. Put your bent right forearm with elbow bent against the player or a straight arm back to feel for him cutting back door. When the ball moves from corner to wing, or wing to corner you must switch to the other side of your man.

This can be done in two ways. Slide in front of the man and around to the other side, sliding with your back to the ball. At the ½ way point of the slide, turn your head to regain vision of the ball. Also switch hands for denial and for putting the forearm on the player.

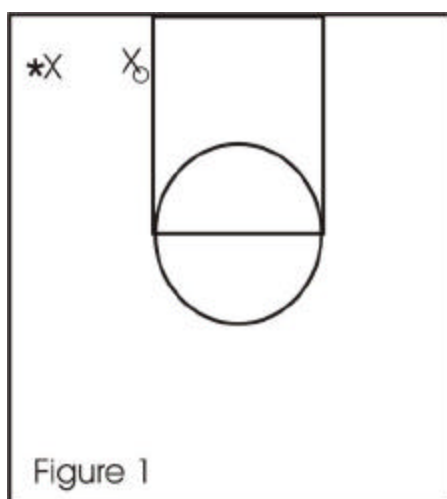
Alternately you can make a full pivot in front of the player in which you momentarily are facing the ball on the pivot. Pivot on the front foot and quickly establish your position on the other side.

Defensive Positioning On The Low Post 5 Point Denial

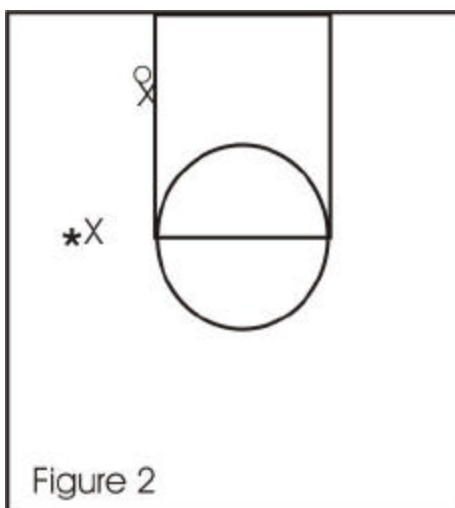
KEY

- o -Offense
- * -Offense W/Ball
- x -Defense

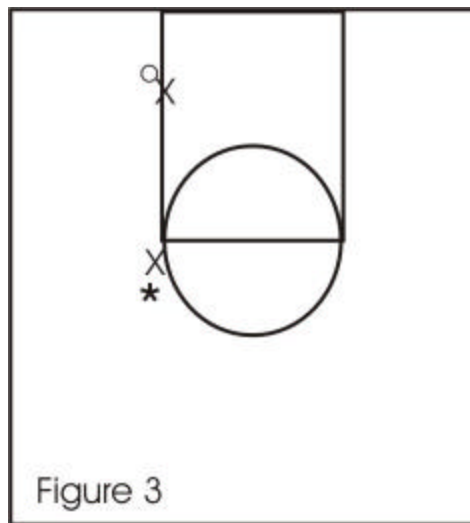
Figure #1 - Ball In Corner - Half side defense on baseline side.



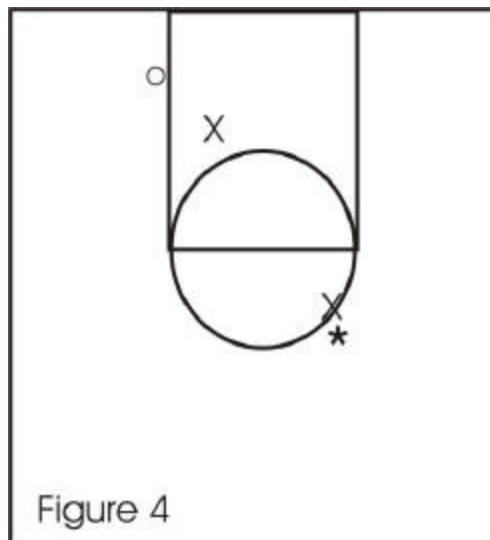
#2 - Ball At Wing - Half side defense at topside.



#3 - Ball Same Side out Top - Half side defense toward middle.



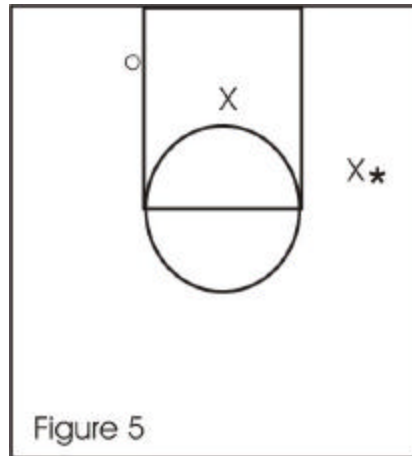
#4 - Ball Out Top Opposite - Play two steps to ball and one step back in a help position.



#5 - Ball At Opposite Wing or Opposite

Corner - Play one

step back from line of ball and in middle of lane.



Defensive Vision

When playing defense you will need to watch the ball, your man, and the rest of the floor. Peripheral vision, in which you look out of the corner of your eyes, is not enough to get the whole picture. In the past, coaches told players not to turn their heads.

Now, we suggest players turn their heads to maintain vision, with quick back and forth movements. Still, do not turn your head and gape. Making quick half turns of your head and returning to original position is necessary for good court sense. So, compliment peripheral vision with quick ½ turns of your head for better court awareness.

Defensive Positioning

Offside Defense

When the ball is at position #2:

Defense Player #2 - On ball influence toward the sideline.

KEY

o -Offense

*-Offense W/Ball

x -Defense

Defense Player #1 - Denying the ball by overplaying to the ball in order to force a skip pass.

Defense Player #3 - One step toward the ball and one step back off the line of the ball.

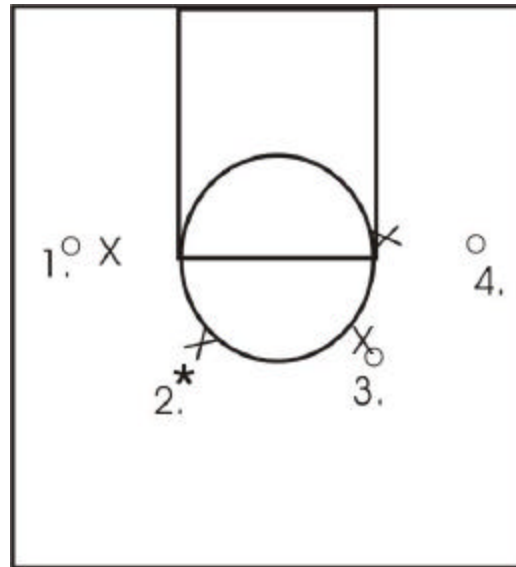
Defense Player #4 -Has one foot in the lane and one step back off the line of the ball.

Defense Player #2 - On ball influence toward the sideline.

Defense Player #1 - Denying the ball by overplaying to the ball in order to force a skip pass.

Defense Player #3 – One step toward the ball and one step off the line of the ball.

Defense Player #4 -Has one foot in the lane and one step back off the line of the ball.



Defense in the corner

Overplay the baseline while still not allowing the offense to drive the middle or advance the ball. Once again, the baseline must be cut off. Force the player to turn his back so he will not be able to pass. Cornering the player is the first step in developing the trap in the corner.

Defensive Slide (Wing Denial Drill)

Most defensive systems deny the ball to the cutter on the wing to some extent. Many teams deny all the way to the sideline. In this drill the defensive player slides from the low post out to the wing and back down as he shadows the cutter while denying him the ball.

Work on speed, sliding from the lane to the sidelines. Force yourself to increase your lateral speed. Concentrate on quick slides with your feet kept apart. From the low post to the sideline is the most frequent denial position. Drill by yourself by sliding to the sidelines and back as fast as you can to build your speed and skill.

Defensive Slide (Lane Drill)

Practice guarding the dribbler by having a practice partner dribble down court from one baseline to the other as you guard him. Limit the width of the court to the distance between the lane and the sideline, approximately 1/3 of the court's width.

Have him dribble up court in a zigzagging manner, going back and forth from the sideline to the lane extended. The idea is for the defense to force the dribbler one way and then to slide out in front of him and cut him off and turn him back the other way. Stay low and keep your feet wide to avoid crossing them. This is a fundamental drill to improve full court man-to-man defense and must be mastered by backcourt players.

All positions benefit from it, because you always have to be able to defensively cut your man off at the sideline, baseline, and to stop penetration to the basket.

Defense (Reaching)

Don't slap at the ball in order to knock it out of the man's hands from the top. The key is to flick the ball from underneath. Referees call fouls on anything close to contact when you slap from the top.

So avoid fouls by flicking at the ball from underneath. Also, coming from underneath helps you to keep your balance better than slapping from the top. But note, just because you're reaching from the bottom up doesn't mean fouls will not be called.

One hand should be up in the passing lane and following the movement of the ball. This will make passing more difficult. Follow the ball with your hand to discourage an easy pass but don't become off balance. Point toward the man with the other hand, with palm up in order to discourage him from dribbling easily.

Distribute your weight evenly on the balls of your feet with heels barely touching the floor and feet spread a little wider than shoulder width. Avoid hand and upper body movements that lessens body balance.

How to Steal the Ball on Jump Balls

If the other team appears likely to win the tap, you should attempt to steal it. Here you can intercept the ball more easily than anywhere else. Just pretend to be passive or unaware of where the opposing team will tap the ball then dart in front of the player or to the area you anticipate the ball will be tapped. Stealing the ball here is like taking candy from a baby.

Every player on the floor should step in front of the opponent to intercept. The key is not to let the opponent know you are doing it. If you happen to be on the side that is most likely to win the tap, make sure to block out your opponent or you can end up losing the ball to someone darting in front of you for the ball!

When you are the one jumping in the jump ball situation, timing is just as important as jumping ability. The thing to stress is the quick jump so you tap the ball before your opponent reaches the high point of his jump.

Most referees don't throw the ball high enough, so jump quickly and tap it just before it reaches its peak. Another technique is to jump up and tap the ball with the far hand to block the other player with your opposite shoulder. If you use this technique, do not bump the opponent so hard as to foul him.

Shot Blocking

Shot blocking is mostly a matter of developing your technique, timing and anticipation. Work on quickly taking a step up to the offensive player and jumping high. Practice and drill that so you can move from the defensive stance to the player and jump high up quickly and in one motion.

Have someone let you practice with your timing and techniques. Practice taking one step forward and jumping up, starting from the defensive stance. The more you practice this technique, the higher and quicker you will jump, and the more shots you will block.

You must avoid fouling, it defeats the purpose. Pick your spots for blocking shots. Don't try to block every shot. You may work this into your jumping program.

Defensive Hand Quickness

Practice raising and lowering your arms laterally, as fast as you can. You will become quick enough to deflect passes and occasionally intercept them as you are guarding the passer. Drill by quickly flapping your arms up and down. Also drill on moving arms quickly in front of you in a flicking up motion. With practice you will cause turnovers.

Be aware that using this technique puts your fingers at risk to injury. It may be best used when the game is on the line. Fingers can be strengthened with fingertip pushups, and stretched as well. See *Bonus #1 Build a Better Body- Strength and Power Training for Jumping and Quickness Athletes™*.

Defense Against Picks and Screens

There are several methods of getting around picks and screens. The most basic of which is fighting over the top. As you anticipate a screen to your right, quickly thrust your right foot around the screen and follow it with the rest of your body using the defensive slide.

The key is to anticipate the screen and the offensive player's move. You must get in front of the dribbler and beat him around the screen. Avoid fouling when fighting over the top. By fighting over the top, it will discourage picks and screens while making the picks ineffective. Works on all but the best picks and screens.

When the offense's screening technique is so efficient that fighting over the top is not the best strategy, or when your offensive player is far from the basket and outside of shooting range, you will want to use the slide through method. Here, instead of fighting over the pick, you step back behind it between the pick and your teammate who is guarding the screener.

This method works well in the backcourt or in the open court. Another method of dealing with picks and screens is switching. Either you or your defensive teammate will call out switch and will jump over and guard your man and you will pick up the screener. It is important that you switch and quickly guard the screener from receiving the pass because this type of defense tends to leave the screener open for a split second if the defense relaxes.

Drawing the Charge

Drawing the charge on the shooter is simple and most teams drill on it. Drawing the charge on the cutter or away from the ball can be done too. When you are chesting the cutter as he cuts, it is often too difficult to create an offensive foul. So use the "defending the cutter" technique to draw the foul.

Here's how. As the offensive player makes the cut, you have your bent forearm against him as you shadow him with the other arm up to deny the ball. Create distance between you and him with your forearm and give some resistance. The offensive player will become accustomed to this slight resistance. Get in front of him and lead him in his cut. You have set him up. When you want to draw the foul, simply lead him with the resistance and then all of a sudden stop resisting and let him knock into you. He will be so used to the resistance that he will bump you hard for a bona fide charge. Make sure to push off with your legs and slide on your butt to enhance the look of the play. Bend your knees when you are down on the ground (to protect your legs) and get up as fast as possible. Time your drawing charges for key spots in the game. Charges mean free throws when you're in the bonus situation.

Defensive Guidelines

1. Help your teammates.
2. Cut off the baseline.
3. Deny your man the ball.
4. Make the cutter go behind you.
5. Assume every shot will miss, block out, make contact, and go get the ball for the rebound.
6. Talk! Communicate with your teammates.
7. Use your peripheral vision or quick 1/2 turns of your head to see both -the ball and your man.
8. Don't let the opposition do what he wants to do. Don't let him pass the ball where he wants to or let him get position where he wants, etc.
9. Avoid fouling.
10. Get the rebound, don't give up a second shot.
11. Force the opposition to shoot jump shots, don't allow any lay ups.
12. Pressure the ball.
13. Don't go for fakes. Stay on your feet and put your hand up on the shot. Concentrate more on blocking vision than shots.

Defense- The Big “D”

The three aspects of defense are 1) Stopping the other team from scoring, 2) defensive rebounding and 3) stealing the ball. Intercepting passes is a valuable defensive skill and one that you should constantly work on.

Learn to anticipate when a pass is coming and the timing you will need to steal it. Always look for the interception. Learn to play the passing lanes. This is done by playing slightly off the line of the potential pass and bouncing out when you anticipate a pass coming. You can fake out the passer by allowing a few passes to be made easily, then he may become relaxed, and you move in to intercept.

Practice making a burst of speed from a planned distance to the anticipated passing lane. Use the hand closest to the passer to intercept with. Watch passes and gauge their speed in order to work on your timing. When playing and in practice always be on the look out to intercept. With practice you can learn to intercept passes that even the quickest players don't, due to learning your timing and anticipation.

When you guard the post man, it is possible to learn to deflect and intercept lob passes too. Practice taking one or two steps and jumping high to intercept or deflect the ball. Get to the point where you intercept all lobs or they throw it over their own man's head. Do 50 to 100 repetitions of this step and jump drill and be ready to use it when you play. Sucker the offense to lob it over you, then grab it. Stealing the ball is the second most important part of defense, first is rebounding.

Defensive Rebounding

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.” **Vince Lombardi**

You don't have to get every rebound but you do have to see that your man does not. The key to team defensive rebounding is blocking out. It is difficult to block your man out once you turn your back on him. So, when you initially have good position don't lose sight of your man too soon.

There are three components to rebounding. They are blocking out, positioning and persistence. Positioning can be gained through blocking out defensively or by change of direction, spins, and a variety of cuts offensively. The one factor that is consistent in rebounding is that you must free your arms to rebound. You gain possession of the ball with your arms and hands so you can't rebound if they are at your sides or pinned under your opponent's arms.

So concentrate on freeing your arms and pinning the arms of your opponents. In traffic, attempt to place your elbows over your opponents upper arms and shoulders to pin them down. For rebounding, learn to jump with your arms up. Condition your arms for strength and endurance since they should be up for rebounding. The arms up habit should be developed and added to the other aspects of rebounding.

The Rebounder's Attitude

Whether it's offensive or defensive rebounding, you must assume that every shot will miss. Go after every rebound, the more you go after, the more it will seem they are coming to you. Since most rebounds are taken below the rims, jumping ability is obviously not the only attribute for rebounding. Learning to anticipate where they will come off the rim should be constantly improved. As you learn to anticipate and go after more and more rebounds, you will be able to rebound more too. The key is to try for every rebound.

Blocking Out

You will have to adapt your blocking out technique to the situation. As you start toward your man (facing him) you will move your right foot out and across (next to his right foot) as you turn your back to him. Which leg you lead with depends on the situation. Use whichever is more practical since you must adapt to your man's moves to rebound.

When close to the basket or when blocking out a quicker player, it is essential that you make contact. Blocking out is an equalizer for height and jumping ability. Let your man make the first move to commit himself. Once you catch the ball, if you're small, keep the ball low and keep it moving. If you are tall, keep the ball high and away from the little guy who loves to swipe it away.

If you are mid-size, spread your elbows and pivot to protect the ball. You can either spread your elbows or you can extend the ball out away from your body and reach it out away from the defense. When you bring the ball close to your body it becomes easy to steal or to force a Jump ball. Avoid automatically dribbling immediately after a rebound unless you are the first out on the fast-break or you need to dribble to get out of traffic.

Defensive Rebounding (Blocking the Shooter Out)

Step up to the shooter with your right foot and with your right hand up forward. After he releases the ball, place your right foot next to his right foot and reverse pivot your left foot back next to his. With your back to him, put both hands out to the sides to feel to which side he may move. If close to the basket, make sure to slide in front of him if he attempts to rebound. If he makes an effort to rebound, check him out by moving and blocking his path, bump and hold your ground. If far from the basket and no attempt is made to rebound, then stay between him and ball and you go after the rebound without the bump and checkout.

Use Your Hands and Arms To Block Out

When you rebound and block out, spread your arms and feel with your hands. Move in front of the player as you feel the direction he moves with your hands. Hands and arms should be up in order to rebound, but when there is a threat of your man getting the rebound, the first responsibility is to block him out. Use your hands to feel, but the real key is to use your stiff arms to resist the potential rebounder. Use the stiff arms in such a way as to block the player's path, guide him into your rear for a block out or bump, and to create the illusion of having nowhere to go. Use stiff arms only to the extent of using as an aid. If you rely totally on stiff arms, you may foul. So use common sense and experiment. Block out with your butt, feel with your hands and guide the potential rebounder for the block out with your stiff arms. Arms kept wide also offer the illusion to the opponent of nowhere to go, which is good.

Jump to the Ball

To avoid someone rebounding over your back, make sure to go after the rebound and jump slightly forward into the ball. Block out far enough away so that when you turn and block out, the ball is in front of you so you can go forward for it and not wait for it to come to you.

Offensive Rebounding Fundamental and Techniques

“I can get down on the floor and back up in the air faster than a pogo stick. I can jump and tip, jump and tip, jump and tip-boom! Boom! Boom! Three times in the time it takes the other guy jump once. That’s the key. It takes conditioning, because a lot of guys get slow and tired after the second jump.” **Dennis Rodman**

“There’s only one way to succeed in anything, and that is to give it everything. I do, and I demand that my players do.” **Vince Lombardi**

An offensive rebounder rushing full speed to the basket on every play is very difficult to stop. Persistence and the use of some fundamental techniques are all that are needed. As you have probably found out when you’re playing defense, it is very difficult to block out someone who really wants the ball. Never give up, try again and again, even on the same play. Here are some techniques:

- 1) **Playing Dead** As the shot goes up, you pretend to be non-involved in the rebounding, but as soon as the defender turns his head, you put on a burst of speed past him and into rebounding position. Small bursts of explosive acceleration are all that are needed.

Everyone, even slow players, can develop a surprising burst of speed for a rebound with practice. Another similar strategy is to pretend to passively rebound, but to break to the basket as soon as you see which way the defender is going to turn, then you go opposite. For a split second he will be turned sideways so you can slide past his back if you time it correctly.

- 2) **Fake One Way and Go the Other** It works as simply as it sounds. Appear to be going one way to entice the defender to block out too soon. Be creative in your fake. By starting your

fake early enough, you can often try more than one fake in an attempted rebound.

- 3) **The Switcheroo** Roll around the player (who seems to have already blocked you off) with a reverse pivot or spin until you are in front of him. Pivot on the foot closest to the direction you want to go. To complete the move, swing your elbow up and over your opponent's arm so it ends up above or over his, and in an advantageous position for rebounding. Use change of direction and hard cuts to the basket to get past the defensive player.
- 4) **Tip The Ball** If you can't get the ball, tip it in, tip it to yourself ala Dennis Rodman, or to a teammate.

“I want to do for rebounds what Michael did for dunks.” **Dennis Rodman**

- 5) **Learn to anticipate where the ball will bounce to off the rim.** More than half of all baseline shots go straight to the other side. Watch, make it a study, and you will learn.
- 6) **Slightly bump your man off balance just before he sets to jump.** This can counter the high jumper. Use your hip and rear to bump his thigh. Use this technique when you cannot get good position or pin arms.

Rebounding With Both Hands or One?

“Kids want to rebound again because I brought it out of the shadows.” **Dennis Rodman**

Many old coaches used to insist on 2-hand chest passes and rebounding. This has gone the way of the 2-hand set shot. You must be able to grab rebounds with either hand in order to be most effective.

Of course you should use both hands when you can, but the more you stretch for additional rebounds, the more you will need to be able to use either hand. Practice throwing the ball up against the

board and jumping up after it. Go after it with one hand and slap it into the other hand overhead.

When the ball is not directly overhead, use the one handed grab. Practice reaching to the sides, forward and back for rebounds. Expand your grasp, its improvement is unlimited. Work on ripping the ball out of the air with authority.

Practice one hundred or more rebounds with your left hand, right hand and both hands. Have someone throw the ball to the basket so you can practice. Run from 20 feet out for the rebound. Rush in at full speed, concentrating on anticipating the bounce of the ball. Practice rushing in from 20 feet combined with ripping the ball out of the air.

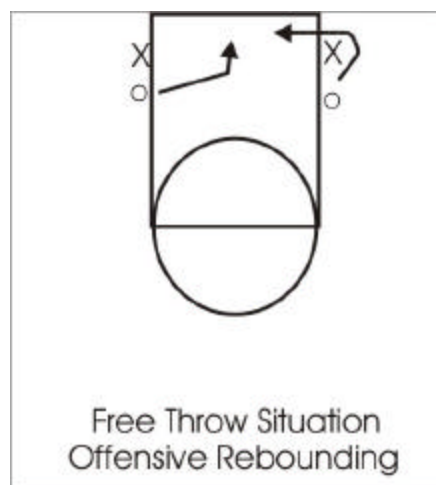
With practice you will be able to build your agility, skill and speed so you can fly in and grab offensive rebounds from 20 feet out, starting with no position to begin with. Rebounding practice and persistent effort will produce amazing results.

Offensive Rebounding In a Free Throw

Situation

Offensive players too often assume that since the defense automatically gets the inside spot, the defense will get the rebound. Also, since free throw shooting percentages are higher, players assume the ball will go in. most teams miss 4 out of 10 free throws on the average.

Therefore you must assume that every free throw will be missed, just like you must assume that every shot from the field will be missed. For the aggressive rebounder, the free throw situation is an excellent place to pick up a couple of offensive rebounds per game.



From the closest offensive spot you can either step into the lane toward the opposite low defensive player or in back of the inside defensive player on your side. If your defensive man is not quick to forcefully block you off, you can dart across the lane for a prime rebounding spot on the opposite side of the basket.

If your man does move to block out, then you can maneuver around to the baseline side. Don't be discouraged if you

occasionally get caught almost under the basket, because free throws often come off short or softly, falling right down underneath. Like all rebounding you must learn to assume every shot will miss and create a potential rebound for you.

Rebounding (Ball Slapping Drill)

With the ball held at arm's length, slap it from one hand to the other above your head working the ball down to thighs and back up. Work to increase the speed of this drill and awareness of your grip and coordination.

Passing

Developing Proper Passing Mechanics

Being a great passer is more than being able to throw accurate passes. Passes must be accurate but the great passer must also be able to get the ball to the open man in the context of live play.

Accurate passing can be developed by practicing the fundamental passes over and over combined with playing. Practice throwing the ball against a wall, concentrating on hitting a target spot. Passes will become accurate with practice.

Practice passing off the dribble, while moving fast, as well as standing still. When you play basketball, also take pride in your passing development. If the target is moving, lead him accordingly. Pass the ball where it can be caught. This is generally at chest height, but will vary according to the situation. If the player puts his hand out for the ball, his hand is the target.

Court Awareness

Becoming a great passer, rebounder and all around player, requires developing court awareness, which is an awareness of where all the players are on the court. Ask yourself, “what is happening with the other 9 players out here?” Learn how you fit in the offense.

Ask yourself, “where are your teammates going to be open in the offense?” Most offenses open players for shots at certain spots on the floor. You must know exactly where these spots are and what is going to create these situations. If you don't, then ask your coach. He will be happy to show you.

Pass to the Open Man

There is going to be an open man whenever the defense double teams. Whether the defense is playing zone or man to man, an offensive player is open when there is a double team. Realize that there is an open player.

Develop the awareness of where the open man is. You should feel you have an obligation to get the ball to him. When you find yourself being the open player, you position yourself as close to the basket as possible while still being open for a shot. If the defense is playing the basket, then get to an open spot and call for the ball.

Do not let the defensive player cover two players at once by the fault of your positioning. Spread out to the open spot so the defensive player can't guard both of you at once. Quickly exploit the double team situation by advancing the ball with the pass as directly to the basket as possible.

Zone Presses

Most all zone presses use the double team. Zone presses exploit the weakness that most players don't realize there is an offensive teammate wide open. Usually, the defense leaves a player open far away and under the basket. It is a long pass, but one that is often easy if you are always looking for it.

As with the team offense, you should know where the open man will be against the press. Once you get past the initial double team, pass the ball quickly down court, and as directly to the basket as practical. Create a two on one situation every time.

Two on One

Learn to exploit all two on one situations. Basketball is a game that constantly creates two on one situations. Learn when to pass and when to drive to the basket. Develop your judgment and timing for the pass.

A driving guard always creates a two on one situation every time he gets past his man. When the pass is received by the open player, a defender usually slides over to pick him up, creating another two on one situation. Go directly to the basket and score.

Adjust to the Referees

Oftentimes the ref a call the game in a manner which is too tight or too loose. Don't become upset. Adjust to the way they are calling it. The sooner the better. If you do something that you don't consider a foul but you get called on it anyway, then you've learned something. So, don't do it again, the refs may be picky.

The moral here is that you should recognize how the referees are calling the game and adjust to it even if they are wrong. Some refs call using your hands to gain position a foul, while others might not call a foul unless you push someone down on purpose. Pay attention and read how the refs are calling the game and adjust yourself to it accordingly.

Study Your Opponents

In order to play your best, you should learn to study your opponents so you can anticipate their next move or force them away from their strength. Study your teammates and your opponents.

Most players have only a couple moves and have the tendency to do the same thing over and over, and be predictable. Since your teammates are your practice opponents, it pays to study them too. If you can play better against them, you will look better. Also, study when your teammates pass and shoot. This will help you to receive their passes and in anticipating their shots for rebounding.

The Secrets of Stickem

Sometimes the ball will be slippery, especially if the gym is extra cold in the winter, if the ball is brand new or if the gym is dusty. Experiment to learn how much (if any) stickem works to improve your grip.

Also learn how much is too sticky. Carry some spray or power stickem with you at all times just in case you need it. You may be the only one who can hold onto the ball! A second use for stickem spray is that if you have small hands it can help you control or even palm the better so you can dunk!

Contacting Colleges for Scholarships- To Get Noticed

In this section are sample letters that you or coach can send to contact the college coaches of your choice. To find the names, addresses, email addresses and phone numbers of all Senior and Junior colleges in the nation are listed in the National Directory of College Athletes found at www.collegiatedirectories.com. There are both men's and women's editions. Most colleges have a copy of each at the athletic office and would probably allow a person to reference it.

The National Directory of College Athletics is the phonebook for college sports. Commonly called The Yellow Pages of College Sports, it is the world's most popular college sports reference. For over thirty-five years it has been the official directory of The National Association of Collegiate Directors of Athletics (NACDA), and is the directory of choice for the NCAA, NAIA, NJCAA, 98% of the colleges in the U.S. and Canada.

Next are the sample letters that you or your coach would send to colleges to get noticed for a college basketball scholarship.

Notice that the first letter is asking for a questionnaire to be sent to you that you fill out and return to the coach, whereas the second 2 sample letters are more like a resume and are meant to get the coach interested in contacting your coach to come see you play or get a video tape of you playing a game.

Sample Letters

Sample #1

Dear Coach:

I am a high school sophomore basketball player who is interested in your program. I would appreciate if you would send me a basketball recruit questionnaire. Looking forward to hearing from you soon.

Sincerely,

(Your Name)

Sample #2

Dear Coach:

We have a young man at (Your High School) that is interested in your basketball program. Listed below is some information on him.

* * * * (Your Name) * * * *

6'2" 185 lbs. Junior Guard/Point Guard

1. Team Leader and Captain.
2. Good shooter with range to 22 feet.
3. Presently shooting 58% from the field (85-147).
4. 83% free throw shooter (83-98).
5. Is averaging 23 pts./game (253 pts.) on a team that is 10-1 and rated 3rd in the state.
6. Averages 5 steals per game.
7. Handles the ball well and passes extremely well (has great ability to hit the open man). Averaging 7 assists per game.
8. Has good quickness and jumps well. Vertical jump is 32".
9. Grade point average is 3.0 on a scale of 4.0.

Coach's Recommendation:

(Your name) has done it all for us so far this year. He runs the offense, scores, plays great defense, and comes through in the clutch. He is a strong pressure player and we look to him when the game is on the line. He is very unselfish and looks to hit the open man. He loves the game and is very dedicated. He is a good student with a pre-business major. It is a pleasure for me to recommend him

Sincerely,
 (Your Coach)
 Basketball Coach
 (Your High School)

Encl. Please find a copy of our schedule enclosed.

Sample #3

Dear Coach:

We have a young man at (YourHigh School) that is interested in your basketball program. Listed below is

* * * * (Your Name) * * * *

615" 195 lbs. **Sophomore** Center/Forward

1. Team Co-Captain
2. Strong inside player with a soft touch.
3. Presently shooting 58% from the field (85-147).
4. 83% free throw shooter (83-98).
5. Is averaging 18 pts. /game (253 pts.) on a team that is 12-2 and rated 5th in the state.
6. Leading team in rebounding at 8 rebs. per game.

(Your name) is already one of the top players in the conference as a sophomore. Please find a copy of our schedule enclosed. I recommend John as a strong candidate for your program. Feel free to contact me anytime regarding John.

Sincerely,
(Your Coach)
Basketball Coach
(Your High School)

Recruiting Camps

Below are listed some of the better known basketball camps. These are not endorsed or paid by CSP. Some of them are recruiting camps that are attended by college coaches and members of their recruiting staff, and some are not.

You may write to them to request brochures on the particulars of location, cost, dates, and how many, if any, coaches attend etc. Younger players are obviously less concerned with “being noticed,” and will be more concerned with learning and improving. You may also find them on the Internet. There are obviously hundreds of more camps than listed here, and many more which are not attended heavily by college coaches to observe players.

Most major colleges have good summer camps and you may get information on them from the schools basketball office or athletic department. You will find the phone numbers and addresses of these schools in the National Directory of College Athletics previously described.

Most college coaches and their staff run a camp. So if you're interested in getting noticed by that coach, that might be a good place to start.

The next page lists the camps.

Camp Listing

Five Star Basketball Camp

500 Nepperhan Ave Suite 200

Yonkers, NY 10701

(914) 964-6540

(914) 964-6544 fax

Legendary camps, based in Pennsylvania and other east coast locations, they have taken more than 3,000 graduates to college scholarships, more than 300 players and coaches to the NBA, including Michael Jordan, Patrick Ewing, Isiah Thomas, Moses Malone, Christian Leittner, Alonzo Mourning, Grant Hill, Stephon Marbury, Karl Malone, Tom Gugliotta, and others. Overnight weeklong camps are held at various locations throughout the summer and at various sites on the East Coast, including Bryn Mawr College, Hampden-Sydney College in Virginia, and at Robert Morris College in Coraopolis, PA. Day camps and international camps as well; boys sessions and girls sessions. For information contact Five Star Basketball Camps, Coach Will Klein, 569 Kimball Avenue, Yonkers, NY 10704 (914) 237-1306 voice, or (914) 237-1946 fax, or e-mail fivestar66@aol.com

NBC Basketball Camps

Started in 1971 by Fred Crowell, a coach and family counselor with the idea of providing guidance, counselling and the best basketball coaching and playing environment to bring out the best in players, NBC Basketball Camps now has camps in Alaska, Montana, Spokane, Western Washington, Oregon, Canada, and Great Britain. Specific Camp information can be obtained by reviewing the website, linked above. NBC also sponsors the NBC Thunder Men's teams which play against collegiate teams throughout the country during the preseason. NBC provides team camps, individual player camps, and more. Coaching opportunities are also available. For information on camp dates and fees, contact nbccamps@soar.com.

adidas Double Pump West Coast All-Stars :

NCAA Certified Camps, run during the NCAA summer exposure period. Double Pump, Incorporated (818) 349-0935. Mail to 10811 Willowbrae Ave. Chatsworth, CA 91311 Camps feature solid instruction and clinics. Two separate sessions, residence camps at Cal State Dominguez Hills. Two sessions: July 7-10, 2000; July 11-14 Geared toward college prospects, and all-star high caliber high school and prep players. Over 300 college coaches and scouts from all levels come to the camp each year. All-Star games are featured for the top 24 underclassmen, top 24 juniors, top 24 seniors and the top 12 players in the camp. Other Double Pump Events & Activities: Pump N Run and Double Pump All-Stars Travel Teams; Pump Fall Premiere, Double Pump Hoop Classic, Double Pump Shootouts, Pump Easter/Spring

Super Star Camps--San Diego Area

The Superstar Camps have a 25 year history. Attended by college coaches, excellent exposure camp; players have to be nominated by their club or high school coach, or the camp has to send an invitation. Over 8000 outstanding players have participated in superster since our first camp in 1972. Coaches are an exceptional staff of camp coaches, hand-picked for their winning ability to work with gifted athletes. For a current schedule and complete information visit their website or contact Superstar Camp, P.O. Box 7507, Cotati, CA 94931-7507. Outside California or local 1(707) 585-2302 Toll-free in California 1(800) 949-HOOP (4667) Fax: 1(707) 585-3461. Camp is also affiliated with the University of Sports Camps--Northern California, which has a series of camps throughout the year in NoCal, including women's camps, big man camps, guard camps, clinics, etc.

Las Vegas, Nevada : Annual Nike Las Vegas Easter Classic

When: Early April This is a very competitive tournament with entries done on a first come, first served basis. There are over 300 college coaches in attendance at any one time. DIVISIONS: Boys: 12U, 13U, 14U, 15U, 16U, 17U (must have HS eligibility left) Girls: 12U, 14U, 17U. Birthday as of January 1 determines a players age. 17U Must have high school eligibility remaining. This year more than 156 teams participating. For brochure and further details contact MaeFisher (702)873-8894.

adidas Big-Time Tournament

Las Vegas, NV: When: Mid July Where: Las Vegas, Nevada. Played at 6 different sites, this is the largest high school and traveling team tournament in the country. Last year featured more than 250 teams. Biggest tournament of its kind, virtually every Division I college coach attends. Travel teams and very competitive high school teams.

ARC-Slam-N-Jam Las Vegas Grand Finale

Las Vegas, NV: When: Late July Following on the heels of the the nation's largest tournament, the adidas Las Vegas Big Time, the Grand Finale covers all the age brackets, including 10, 11, 12, 13 & 14, High School, traveling teams, boys & girls. Nine separate divisions, with boys teams of all ages, including high school varsity teams, along with growing girls divisions. More than 157 teams participated last year. Three game guarantee. For more information, e-mail hoopstars@arcoops.com, or call (818) 995-3761. Snail mail to ARC, 15155 Weddington Street, Sherman Oaks, CA 91411. For more information, visit <http://www.archoops.com>.

Annual Nike Summer Las Vegas Summer Classic

Las Vegas, NV: When: Early August The Annual Las Vegas Summer Nike Classic features divisions for just about every age bracket: Boys 11, 12, 13, 14 15 & Varsity; Girls 12 & under, 14 & under and Varsity. All games will be played under high school rules (presumably Nevada rules, which is 20 minute halves, stop clock, etc). For further information contact either Mae Fisher or Pat Inch at (702)646-4894 or (702)878-0915, Fax: (702)646-4831 or Email: mzfish@earthlink.net or visit the official tournament website at <http://www.lvclassics.com>.

Nike Girls Basketball Camp

Detroit Country Day School Beverly Hills, MI. Contact Detroit Country Day School for more info.

or

College of St. Catherine St. Paul, MN. Contact College of St. Catherine for more information

or

Peddie School Hightstown, NJ. Contact Peffie High School for more information.

