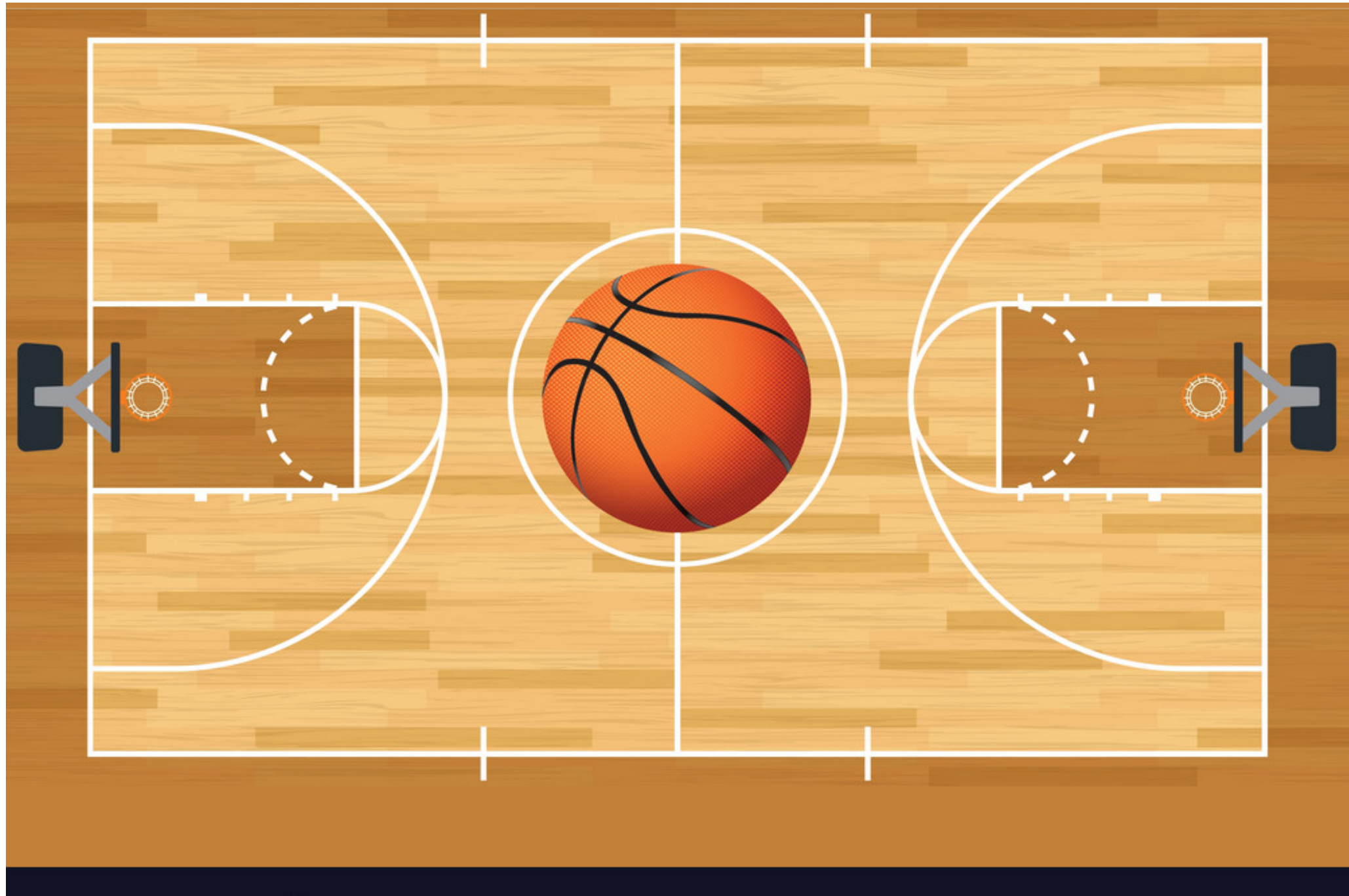


2020 Edition



Basketball Tips

Brendan's Basics

On Offence

- No lob passes - chest passes or bounce passes ONLY
- **Spread the floor** - do not bunch up together on offence
- When receiving a pass always try to **catch two and land two**. Meaning catch the ball with two hands and land two feet.
- Call '**Square-Up**' when a player catches a pass. They should square-up and face the basket (face your target).
- When a player catches the ball they should '**Catch & Face**' the basket (face your target). Catch & Face means squaring up your body to the basket & looking up & focussing on the whole court. NOT THE GROUND.
- Players can '**pivot**' if they are being closely guarded (with not foot played to the ground they can spin away from the defender).
- Call '**Look-up**' while dribbling the ball
- Call '**Move the ball**' to encourage the player with the ball to pass it.
- Call '**Rim**' to encourage a player with the ball to drive the basket for a lay-up or close range shot.
- When attacking near the opposition ring, once a player passes they should '**cut**'. Meaning, move in towards the basket and look for a pass back. This is called '**pass & cut**'.



On Defence

- Defensively instruct your players to be **1 ON 1** when marking a player, NOT 3 on 1 marking a player
- Guard a player not an AREA, **move your feet first on defence, not your hands**
- Call '**Get in front**' stay in front of your player
- Call '**Don't reach**', no reaching in with your hands
- Call '**High hands**' hands straight up/vertical (not reaching in on defence)
- Call '**Move your feet**' shift/slide with your feet first, not your hands.

