

Basketball Videos and Resources for Coach Batista and BIS teams.

https://docs.google.com/document/d/16IIQQPZLtxf67KBpFMAQof3CSw5nOkpmj8jhLZ7_as/edit?usp=sharing

1. Set play for Offense vs Zone Defense
 - a. <https://www.youtube.com/watch?v=OaGia4WnyR8&list=PL036ZZiqW1XqudrhmsIYaLNlbmyYKkIYd&index=2>
 - b. This is a play that we've done in the past.
 - c. This is to attack a Zone Defense.
 - d.
2. Set play for Offense vs Man to Man Defense
 - a. Videos B and C below are the same play, but explained using different diagrams.
 - b. <https://www.youtube.com/watch?v=Jvz2uMDJCPg&list=PL036ZZiqW1XqudrhmsIYaLNlbmyYKkIYd&index=1>
 - c. <https://www.youtube.com/watch?v=5TiZOBHYhig&list=PL036ZZiqW1XqudrhmsIYaLNlbmyYKkIYd&index=4>
 - d.
3. How to Defend using a 2-3 Zone
 - a. <https://www.youtube.com/watch?v=6yd14RuUbe8&list=PL036ZZiqW1XqudrhmsIYaLNlbmyYKkIYd&index=9>
 - b. This video shows how to play Zone defense.
 - c.
4. Shooting drills.
 - a. <https://www.youtube.com/watch?v=gWZJDSBaOwY&list=PL036ZZiqW1XqudrhmsIYaLNlbmyYKkIYd&index=5>
 - b. These are great shooting drills which I did a lot during college in the U.S.
 - c. Please practice these at home. You don't even need a hoop and most of them you can do by yourself.
 - d. Improve your technique and it will make a big difference in your shooting percentage!
 - e. Stephen Curry shooting . Copy the best
 - f. https://youtu.be/_E5IRwsXKYk
 - g.
 - h. <https://youtu.be/d99eilu3t7E>
 - i.
 - j. https://youtu.be/_anxl_hE9jQ
 - k.
 - l. <https://youtu.be/nWgcOIUQM4U>
 - m.
 - n. <https://youtu.be/pDyVswKI2iA>
 - o.
5. Ball handling drills.
 - a.
<https://www.youtube.com/watch?v=z0xQYIU-NME&list=PL036ZZiqW1XqudrhmsIYaLNlbmyYKkIYd&index=8>
 - b. These are also great to practice by yourself. Don't even need a hoop.
 - c. The better you get a handling the ball the less we'll turn over the ball to our opponents. This means we'll get to play more offense and less defense. That's a good thing!
 - d. Practice these!

- e.
- 6. In bound play, **4 blocks**.
 - a. <https://www.youtube.com/watch?v=XI0y1eb2o68&index=4&list=PLED44015A79389E8F>
 - b. This is an offensive play for quick shot when the ball is out of bounds under the Basket.
- 7. Rebounding. ***
 - a. https://www.youtube.com/watch?v=q_ozw1PTgC8&index=3&list=PL9015799B179C2F1F
 - b. How to rebound. Technique and positioning.
 - c. Very important!!
 - d.
- 8. **Stack** play. Offense inbound play when near the hoop.
 - a. https://www.youtube.com/watch?v=HAMbz_vdBR4
 - b. We've done this with success in the past.
 - c. Don't line up too close to the ball.
 - d.
- 9. Double stack simple play. **Give and go over the top**.
 - a. https://www.youtube.com/watch?v=L2_fMrGLRs4&index=3&list=PLpkrhyrIMHuf5UW2o5Afovb8ITC3XBXf2
 - b. Offensive play if going against Man to Man defense.
 - i. Helper steps out to receive the pass.
 - ii. Point guard, gives and go, uses the pick, receive lob pass and score.
 - iii. Key point is the pick and a quick pass.
 - c. This general concept can be used in many different situations.
 - d. Let's set those picks!
 - e.
- 10. Full court press Defense.
 - a. <https://www.youtube.com/watch?v=moWEIbMU42M>
 - b. This team is awesome at doing a full court press, using a 2, 2, 1. Notice that they are very quick to trap them on the double team near the sideline.
<https://www.youtube.com/watch?v=En6R7ONZhiU>
 - c.
- 11. One on one defense.
 - a. <https://www.youtube.com/watch?v=S2A9jGhatcc>
 - b. Excellent video on technique and basics for every defender.
 - c.
 - d. Additionally here Michael Jordan gives great tips on where to look while on Defense...
<https://www.youtube.com/watch?v=tlr5scJzo-w>
 - e.
- 12. Read and React, **in years past we've done a 5 out rotation, this year we'll do 4 out, 1 in**.
 - a. Here is the basics of the RR ** Pass, cut, spacing, read line. .
<https://www.youtube.com/watch?v=7xAzANFC74c>
 - b. Pass and cut, layer 1 ** <https://www.youtube.com/watch?v=7xAzANFC74c>
 - c. here is an example of RR in action, <https://www.youtube.com/watch?v=n-2F6r6LNOg>
 - i. Watch how they are always moving inside then circle out..
 - d. Another example of how RR works against ANY kind of defense. **
<https://www.youtube.com/watch?v=iyzreXpaj6o>
 - e. Good movement to get the ball inside. Watch at the 40second mark. If the dribbler goes to your spot, you cut inside to make room for him.
<https://www.youtube.com/watch?v=Ntw0JMRnsuU>
 - f. Orchestrator, one moves 10.... https://www.youtube.com/watch?v=W23_dt29fGI
 - g. How to **flow** from 5 out to 4/1 then 3/2 and vice-versa. No planning just move and adjust.
https://www.youtube.com/watch?v=tODI_T8mNZE

- i. If players dribbles back, implies teammate next to him set a pick for him.
 - ii. If guard dribbles towards yours sport, then you cut inside to make that spot available for him and all others rotate to fill the empty spots.
 - iii. If players drives in with the ball weakside follow (go inside) for support/option.
 - iv. If ball goes inside weakside goes inside for support/option.
- h. RR drills layers 1- 3
- i. Front cut,
 - ii. back cut,
 - iii. Fill, read line, cut
 - iv. Post, pass, cut - Lake cut
 - v. X cut, east west,
 - vi. Dribble at, pass inside
 - vii. https://docs.google.com/document/d/16IIIQQPZLtxf67KBpFMAQof3CSw5nOkpmj8jhLZ7_as/edit?usp=sharing
- i. RR drills, layer 4.
- i. <https://www.youtube.com/watch?v=1t8Y1cVFst4>
- j. RR, full court trip. cool drill.
- https://www.youtube.com/watch?v=BS6q5iasMxI&list=PLnWKAbqQ6l1SOSXQi2jn2qEFW_bghQsjG&index=41
- k.
- l. DARP. Dribble Away, Return the Pass.
- i. This is useful against a zone defense if we cannot attack the elbows/gaps (space between the top defender and bottom defender).
 - ii. The goal is to make the Zone move and shift. That's how we can break down their defence.
 - iii. Pass and cut... the cutter will stay at the short corner (near the low post, behind the zone).
 - iv. Darp 1
<https://www.youtube.com/watch?v=f5JzjzoVsOw&list=PL036ZZiqW1XqudrhmsIYaLNlbmyYKkIYd&index=34>
 - v. Darp 2... This is my favorite because it starts from the corner (Top Left).
 - 1. In this clip he shows two options. First to dribble towards the top of the key. Second to dribble towards the corner.
<https://www.youtube.com/watch?v=cID2IDeD-TI&index=33&list=PL036ZZiqW1XqudrhmsIYaLNlbmyYKkIYd>
 - vi. Darp 3... starting with the ball on the corner.
 - 1. For this one, we'll have post player inside. The goal here is to stretch the bottom defender out of position.
 - 2. The pass should go back to short corner (near the low post), not to the corner (by the three point line).
<https://www.youtube.com/watch?v=i7nAtFicsSQ&index=32&list=PL036ZZiqW1XqudrhmsIYaLNlbmyYKkIYd>
 - vii. Darp 4.....
 - 1. This one the ball is also on the corner and the post player is on the opposite side of the court (on the weak side).
 - 2. <https://www.youtube.com/watch?v=kqd3v0hi6yM&list=PL036ZZiqW1XqudrhmsIYaLNlbmyYKkIYd&index=36>
 - 3.
 - viii. Darp 5... this is an example of how it worked out in a game...

https://www.youtube.com/watch?v=eYCIVtT5d_o&index=37&list=PL036ZZiqW1XqudrhmsIYaLNlbmyYKkIYd

- ix. Darp 6... against man to man defence.
 - 1. Trying to use a back door cut. or a double darp (2.50min) to force the back door cut.
 - 2. <https://www.youtube.com/watch?v=y2o7oApP3d4&index=38&list=PL036ZZigW1XqudrhmsIYaLNlbmyYKkIYd>
 - 3.
 - x. Darp 8
 - 1. against man to man. set a pick on the high post and darp to the corner. Player at the corner catches and drives to the basket.
 - 2. <https://www.youtube.com/watch?v=3MtdzSqCZRQ>
 - xi. Darp 9.
 - 1. This is a continuation of the Darp8 video. Here the post player does a pick and roll.
 - a. First pick and roll with the ball coming from the corner, or if the defenders switch on you, then you just roll towards the basket for a lay up.
 - 2. <https://www.youtube.com/watch?v=tnhq7l0f-3c>
 - xii. Darp 10.... no good.
 - xiii. Darp 11
 - 1. this is more advanced... if one screen doesn't work you can set another screen. Unlikely we would do all this...
 - 2. <https://www.youtube.com/watch?v=CPcvFRZgljE>
13. Movement to get open.
- a. V cut... https://www.youtube.com/watch?v=0WxRql_cjcs
 - b. L cut... <https://www.youtube.com/watch?v=SEJQ6GkPX0c>
 - c.
14. Defense. How to take a charge.
- a. from Better Basketball. good breakdown of techniche.
https://www.youtube.com/watch?v=pEykZ_chw4Y
 - b. Additional tips for the charge... <https://www.youtube.com/watch?v=Mnl4AMIDKYA>