

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=PL036ZZiqW1XqudrhmslYaLNlbmyYKklYd&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=PL036ZZiqW1XqudrhmslYaLNlbmyYKklYd&index=1>
 - c. <https://www.youtube.com/watch?v=5TiZOBHYhig&list=PL036ZZiqW1XqudrhmslYaLNlbmyYKklYd&index=4>
 - d.
3. How to Defend using a 2-3 Zone
 - a. <https://www.youtube.com/watch?v=6yd14RuUbe8&list=PL036ZZiqW1XqudrhmslYaLNlbmyYKklYd&index=9>
 - b. This video shows how to play Zone defense.
 - c.
4. Shooting drills.
 - a. <https://www.youtube.com/watch?v=gWZJDSBaOwY&list=PL036ZZiqW1XqudrhmslYaLNlbmyYKklYd&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=PL036ZZiqW1XqudrhmslYaLNlbmyYKklYd&index=8>
 - b. These are also great to practice by yourself. Don't even need a hoop.
 - c. The better you get at 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=S2A9iGhatcc>
 - 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 sport, 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/16lIIQQPZLtxf67KBpFMAQof3CSw5nOkpmj8jhLZ7_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=BS6q5iasMxl&list=PLnWKAqQ6l1SOSXQi2jn2qEFW_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=f5JzjoVsOw&list=PL036ZZiqW1XqudrhmslYaLNlbmyYKklYd&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=clD2IDeD-Tl&index=33&list=PL036ZZiqW1XqudrhmslYaLNlbmyYKklYd>
 - 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=PL036ZZiqW1XqudrhmslYaLNlbmyYKklYd>
 - 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=PL036ZZiqW1XqudrhmslYaLNlbmyYKklYd&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=PL036ZZiqW1XqudrhmslYaLNlbmyYKklYd

- 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=PL036ZZiqW1XqudrhmslYaLNlbmyYKklYd>
 - 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 technique.
https://www.youtube.com/watch?v=pEyKZ_chw4Y
- b. Additional tips for the charge... <https://www.youtube.com/watch?v=MnI4AMIDKYA>