

BlueJay Practice

Points of Emphasis

Offensively:

1. [Run 4-out 1-in motion offense \(Spacing and Concepts\)](#)
2. [Spacing and When to cut \(staying 10-15 feet apart\)](#)
 - o [Spacing off drives - "Lane is Lava" drill](#)
3. [Dribble at basket \(downhill\) in straight line](#)
 - o [Getting downhill with weak hand.](#)
4. Attack to the open space and 3-4 dribbles max (then need to be shooting or passing)
5. [During dead ball situations - cut to hoop, fill open space](#)
6. When attacking, if I see chest I need to pass, if I see shoulder I keep going
7. Cut when my defender loses sight of me and always cut toward my basket to get open.
8. Chest should be facing my basket as often as possible.

Defensively:

1. **Only man-to-man defense should be taught and played.**
2. Back should be facing basket.
3. Defensive players chest should always be facing towards the play they are guarding.
4. Always move when the ball moves - dribbled or passed (either getting closer to my man or basket depending on which way ball is going).
5. Positioned between man and basket.
6. Defensive players must always see both basketball and their man.
7. In right help side positions (i.e. 1 pass away should be filling gap, 2 passes away one foot in lane, 3 passes away on help/rim line).
8. Ball is most important thing to get stopped - no one scores without the ball.
9. **Run shell drill every practice to emphasize proper help defense positioning.**

