

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. Always move when the ball moves - dribbled or passed (either getting closer to my man if or basket depending on which way ball is going)
4. Positioned between man and basket.
5. Able to see both basketball and my man.
6. In right help side positions (i.e., 2 passes away one foot in lane) as ball is most important thing to get stopped - no one scores without the ball.
7. Run shell drill every practice to emphasize proper help defense.

