

Hoops 101 Development Pyramid

'ONE-MINUTE CAMP GOALS'

"Success is peace of mind, which is a direct result of self satisfaction in knowing you made the effort to do your best to become the best that you are capable of becoming."

-Coach Wooden

"Constantly be aware and observing. Always seek to improve yourself and the team."

"Discipline yourself so others won't have to."

"It's amazing what can be achieved when no one cares who gets the credit."

"Time spent getting even would be better used getting ahead."

"Your energy and enjoyment, drive and dedication will stimulate and greatly inspire others."

-Coach Wooden

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CUT THROAT GRADUATE

PHASE 3: DTRANS

- Sprint
- Ball Level
- Ball / Basket
- Flood
- Front
- Point & Talk

PHASE 3: OTRANS

- Sprint First Three Steps
- Fill Lanes Hit Spots
- Attack Rim
- Moves on the Move
- Recognition Drill
- Poise

PHASE 2: HELP DEFENSE

- Jump to The Ball → Position
- Gap Help → Dribble Penetration Help
- Pistols → Point Ball and Point Man
- Vision Drill → Ball and Man
- Fire & Fill → Weakside Exchange
- Scramble → Help the Helper
- Finish The Play → Block out & Pursue

PHASE 2: O WITHOUT THE BALL

- Spacing: Offense is Spacing
- Penetrate Relocate
- Floor Balance: Pass Cut Fill
- Screen & Space: Backscreens & Downscreens
- Post Feed & Cut
- PG SKILLS: Verbals & Visuals

PHASE 1: ON-BALL DEFENSE

- BALL: Closeout → Big Hands, Butt down, Chop Feet, Angles
- PUSH: Hands → Hand up Hand out, Hands up Hands Off
- DEAD: Feet → Nose to Nose, Push Steps, Chest, Brick Wall
- SHOT: → Contest -Blockout-Blockout-Blockout
- POST DEFENSE → Weakside Flash, High & Loose, Side Front, Slide behind on Air Time, Active Feet, Find A Way

PHASE 1: OFFENSE: WITH THE BALL

- KOBE SKILLS → Catch & Face, Read Defense, Jab, Cross, Show N Go
- LEBRON SKILLS → Quick Stops, Power Layups, Speed Layups,
- RAY ALLEN SKILLS: Ball in the air—Feet In the Air, BEEF
- D-WADE SKILLS → Attack the closeout
- STEVE NASH SKILLS → Moves on the move, Penetrate & Kick
- DUNCAN POST SKILLS: → Spin and Pin, Catch, Chin, Check, Choose,
- CRASH THE GLASS → Offensive rebounds, loose balls.