

## **Bob Burchard's Basketball Basics**

### **Offense**

1. The ball needs to change sides of the court unless it's a breakaway
2. The ball needs to get to the baseline
3. The ball needs to go through a post area

Now you can design an offense:

Remember, Competition and Teamwork are key.

Teamwork-it involves as many players as possible  
Three passes per possession is great at the college level.

Competition-Every small movement of the ball is a small competition in itself.

You must find a job for everyone on the team and they must do it as well as they possibly can. (Job examples-someone who can handle the ball, someone who can shoot the ball and someone who can work the middle-work around the basketball goal.)

Try to put people in positions where they will have some success, but don't limit the positions a player can play in. Don't try to make a post player only out of a 5<sup>th</sup> grader. You never know what they will look like in 5 years. Help them develop ALL of their skills.

Rotations is key at every level of the game: Who, how, and when to play people especially in light of injuries, fouls, etc.

### **Defense**

1. You must ALWAYS play the ball. It's the most important thing to guard. You can't score without it.
2. The basket is the second most important thing to guard defensively.
3. The man is the third important thing to guard.

How do you get it done? Communication!!

1. Always communicate who has the ball.
2. Always communicate where you are in regards to the ball and the basket.
3. The understanding of who is guarding who.

\*\*\*Teach kids to be aggressive.

## Drills

### Two Line Passes

Works on:

Passing Offense, Communication, and Passing Skills

#### Chest Pass

1. Start communicating first.
2. Pass it back and forth and call the other person's name before the pass.
3. Always look for a target. Step with thumbs turned down and fingers out.

#### Bounce Pass

1. Start communicating first.
2. Pass it back and forth and call the other person's name before the pass.
3. Always look for a target. Step with thumbs turned down and fingers out.

#### Hook Pass

1. Start communicating first.
2. Pass it back and forth and call the other person's name before the pass.
3. Always look for a target. Step with thumbs turned down and fingers out.

#### Overhead Pass

1. Start communicating first.
2. Pass it back and forth and call the other person's name before the pass.
3. Always look for a target. Step with thumbs turned down and fingers out.

Then make then move a bit

Slide from half court down the lane and pass back and forth. You can shoot at the end.  
Repeat using all of the passes.

Then three man weave it with the various passes.

Four then five man weave with various passes.

## Defensive Drill

Two defenders and two on offense.

Communicate

Offensive players attempt to pass the ball to each other. (Call the other's name first.)

Defensive players goals:

Make them catch the ball somewhere they don't want to catch the ball.

Make them pick up their dribble.

Goal: Make them do something they don't want to do.

Why? To push them further and further away from the basket.