

## **Yankton Buck Basketball Program Fundamentals**

These fundamentals are the backbone of our play. All players in the program need to be able to properly execute these fundamentals.

1. Teach Them At All Levels
2. Reinforce Them Throughout The Season

### **Offense**

1. Stance: Triple threat looking at the basket.
2. Dribbling: Both hands-ball down-head up.
3. Catch-catch the ball in the air-squared up to the basket or turn and face the basket.
4. Fakes-Foot fakes-ball fakes (shot and pass) quick short hard fakes. (Keep ball off your head)
5. Direct Drive or Cross Over Step
6. Two Foot Jump Stops
7. Pass and Catch with Two Hands
8. Screen Low and Wide-Proper Set Up-Come Off Shoulder to Hip-Low and Quick
9. Post-Wide-Create Angles-Foot War-90 Degree Arm Bar With Fist
10. Shooting-Hands and Feet Ready-Call For Ball-Balance and Follow Through

### **Defense**

1. Stance: Feet outside shoulders-Butt down-back straight-Arms out-hands up
2. Your Man Has It-Ball You Basket-Call Ball
3. Your Man Doesn't Have It-Ball You Man
4. Push Steps-Feet never come closer than shoulder width apart
5. Keep the ball out of the middle-Force sideline and baseline without giving it up
6. Closeout-sprint 2/3rds-breakdown top leg-high hands take away shot-no middle drive
7. One pass away-Deny-On the line up the line-Bluff and Recover technique.
8. Two or More Passes Away-Help-midline-point pistols.
9. Help and Recover-Quick Help Outside the lane-Drop and Rotate.
10. Rebound-Hit can Get.

### **Transition**

1. Ball In Middle-Any Ball Handler Can Lead The Break
  2. Sprint the Wings-Stay Wide-Cross if Early\*\*Always Pass the Ball Ahead If Open
  3. 1<sup>st</sup> Post Run to Rim-Ball Side Block
  4. 2<sup>nd</sup> Post Trail-Top Of Key
  5. Attack Basket: 1. Penetration 2. Post Entry 3. Skip Pass
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1. Defensive Balance: Safety Back-4 Go To Offensive Glass
  2. Call Ball-Stop Ball-Regardless of who's man it is-must stop the ball-Do Not Reach-Move Feet
  3. Sprint to Ball Level-If you are not level with the ball sprint to get there
  4. Find Shooters-Match Up-Not worried about mismatches-make sure all 5 guys are guarded
  5. Get Towards the ball-Ball side-on the line up the line-stop penetration-Help side-midline