



COACHES MANUAL

Welcome



Jr. 76ers Camps Staff,

Thank you for being a part of the Jr. 76ers team! Since 1985, Jr. 76ers Camps have served over 113,000 campers from more than 40 states and over 50 countries. Our ongoing commitment to providing a first-class experience for our players and parents starts with our on-site camp leadership and coaching staff. You are what has made Jr. 76ers Camps the #1 camp in the NBA!

The Jr. 76ers Camps Coaches Manual is filled with key information that you need to help provide that first-class experience for our Jr. 76ers players. Additional content is available on the Jr. 76ers Staff Resource Page. There, you will find the Staff Handbook, job descriptions, and the Jr. 76ers Camps Resource Guide, which offers an in-depth catalog of drills and concepts at your disposal to help deliver content on-site.

We wish you a wonderful summer. Remember to keep camp friendly, safe, and clean always, and to make it a fun experience for your campers and their families. The validation of your efforts will appear at any given second; the smile on your players faces will tell you that you did a great job.

Thanks for being a part of ESF and the Jr. 76ers Camps program and welcome to the team!



John Allen
General Manager
Jr. 76ers Camps

PROGRAM STRUCTURE



76

DAY CAMPS



Day Camps are held throughout the Delaware Valley at various locations during the summer. Most camps are Monday through Friday from 9:00 AM to 3:00 PM. These camps are designed for players ages 6 to 14 and are aimed at teaching the game, building strong character muscles, and fostering a love for the sport of basketball.

SKILLS CAMPS

Skills Camps are open to players ages 9 to 15, who are looking for a more intense and comprehensive day camp experience. These camps operate Monday through Friday from 9:00 AM to 3:00 PM.

ACADEMY

The Academy is an immersive basketball experience for players ages 10 to 17, held at Neumann University. Players stay from Sunday to Friday, working on skill development and engaging in competitive league play and daily competitions.

Players enjoy a variety of residential programming, including a trip to the 76ers Training Complex during the week.

Day Camp **DIVISIONS**

Rookie

Ages 6 to 8

Sophomore

Ages 9 to 11



Academy **DIVISIONS**

Rookie —→ *Age 10 to 12*

Sophomore —→ *Age 13 to 14*

Veteran —→ *Age 14 to 17*

Veteran

Ages 12 to 14

Spirit of '76



76

The **Spirit of '76 program** is designed to
teach, strengthen, and
reinforce, the character muscles that
make Jr. 76ers players special.

*"The eight laws of learning are explanation,
demonstration, imitation, repetition, repetition,
repetition, repetition, repetition."*

John Wooden



Spirit of '76 DAILY **VIRTUES**

Respect
Teamwork
Positivity
Courage
Leadership

Spirit of '76 **DAILY SCHEDULE**

MORNING MEETING (9:00 AM) :

Camp Staff will introduce the daily virtue to the entire camp towards the end of the morning meeting.

DAY END MEETING (2:40 PM) :

The Director will close camp by encouraging players to live out the daily virtue. Players will receive their character card at the end of each day.



Spirit of '76

CHARACTER CARDS

The following cards will be handed out to players at the end of each day to reinforce the virtue of the day.



RESPECT

"Great things come from hard work and perseverance. Respect the game, respect your opponents, respect your teammates." - Kobe Bryant

Example

Thank your coaches and family for a great day at camp.





COURAGE

"No one knows how big your potential is or how big your heart is when you start."

- Muggsy Bougues

Example

Try to learn a new skill on the court today.



POSITIVITY

"Never give up! Failure and rejection are only the first step to succeeding." - Jim Valvano

Example

Cheer on your teammates during drills and games.



 Spirit of '76



LEADERSHIP

LEADERSHIP

"You must expect great things of yourself before you can do them." - Michael Jordan

Example

Help your coaches clean up the gym before you leave camp for the day.



 Spirit of '76



TEAMWORK

TEAMWORK

"Ability may get you to the top, but it takes character to keep you there." - John Wooden

Example

Do your best to include everyone on and off the court. Eat lunch together as a team.



EQUIPMENT CHECKLIST



6

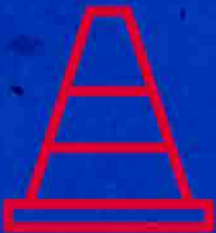
ON-SITE **MATERIALS**



Approximately 1 basketball per 3 players in camp. Basketballs will not be given out at the end of camp. Jr. 76ers Camps will reuse the basketballs all summer long.



Each site will contain an Athletic Training Kit and Portable AED in order to ensure safety for our Jr. 76ers players.



General equipment will include practice cones, whistles/lanyards, and office supplies.

ON-SITE ***MATERIALS***



The Administrative Specialist should organize the giveaways each day. Before the players arrive on Monday, separate the jerseys by sizes in an area of the gym and give the jerseys out prior to getting started in basketball activities. Players will receive a giveaway each day.

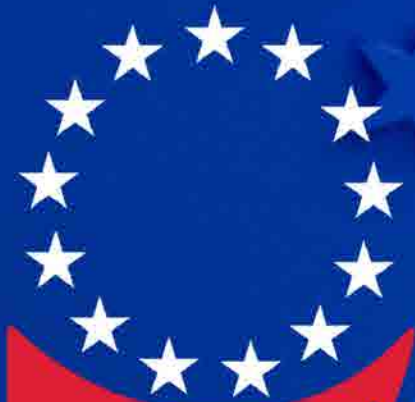


All on-site staff will be given a folder that includes player rosters, LT, and camper CCB information.



Each site will have brand items to immerse players in the Jr. 76ers Camps experience. Those items may include feather banners, table skirts, player pop-ups, a Jr. 76ers media backdrop, floor decals, and Jr. 76ers logo pop-up banners.

CAMP REMINDERS



76

CAR LINE

PLAYER DROP-OFF



You are the first person that our camp families will see when they arrive to the site. Check to make sure the player has their lunch, water, and is ready to go for the day. Remind the parents/guardians of the pick-up location and that they'll be required to bring their pick-up card at the end of the day.



PLAYER PICK-UP

Safety: Your pick-up procedure should prioritize safety first. Make sure players are escorted to their cars and do not run out in traffic.

Pick-Up Cards: Check the pick-up card to ensure that the person picking up the player is authorized to do so. Even if you recognize the parent, request the pick-up card.

Engaging Parents: Check the pick-up card to ensure that the person picking up the player is authorized to do so. Even if you recognize the parent, request the pick-up card.

THE LOOK

All staff members should be in "The Look" each day. Staff will be issued one uniform pack for the season during their first week of camp.



BRANDING



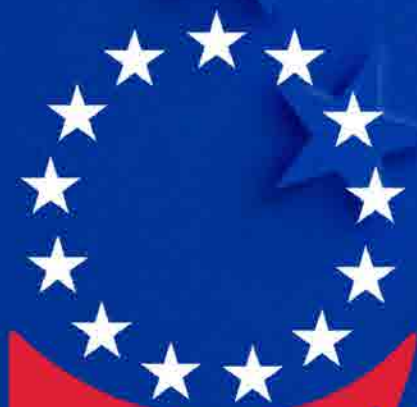
- **Staff members will be assigned to set-up the branding items each day at camp.**
- **Feather banners: set-up at the gym entrance and/or the car line drop point.**
- **Horizontal Pop-Up Banners: set-up inside the gym.**
- **The Media backdrop will be set-up inside the gym or in a nearby hallway to be used on photo day (and/or any other time players want to take pictures.)**
- **Floor decals should be placed on the gym floor. The General Manager for Jr. 76ers Camps or designee will communicate with the Site Director on installation instructions.**
- **Roll banners should be used at highlighted areas in the gym.**
- **Self-adhesive posters should be placed at entrance areas to the building and gym.**

CLOSING CEREMONIES

This is our last chance to send our players off feeling great at the conclusion of camp. Each player will receive an official Jr. 76ers Player Contract. Take the time to thank each player on your team and share some positive words with them. Send your players off in car line and make it a point to thank their parent/guardian when they leave.



DAILY SCHEDULE



76

M

7:45 AM Staff Arrival: DIR, DC, ADMIN

8:15 AM Staff Meeting
Early Player Arrival

8:45 AM Player Arrival

9:00 AM Daily Meeting
Staff Introduction
Character Development Intro
Team Assignments/Intros

9:30 AM Stretching & Warm-Up

9:45 AM Skill Development Stations
* Ball Handling: Maravich Series
* Passing & Receiving: Basic Passes
* Shooting: Form

10:30 AM Water/Sanitizing/Snack Break

10:45 AM 3-on-3 Half Court

11:30 AM Lunch (Rookies)
Team Defense (Sophs & Vets)

12:00 PM Lunch (Sophs)
Team Offense (Rookies & Vets)

12:30 PM Lunch (Vets)
Team Defense (Rookies)
Team Offense (Vets)

1:00 PM Afternoon Meeting

1:15 PM Jr. 76ers Skills Challenge: Dribbling

1:45 PM Water/Sanitizing/Snack Break

2:00 PM League Games (5-on-5)

2:40 PM Cleanup/End of Day Meeting

3:00 PM Player Pick-Up & Staff Meeting

PLAYER GIFT: JERSEYS (AM)

O

N

D

A

Y

T U E S D A Y

8:00 AM	Staff Arrival: DIR, DC, ADMIN
8:15 AM	Staff Meeting Early Player Arrival
8:45 AM	Player Arrival
9:00 AM	Daily Meeting Character Development Intro
9:15 AM	Team Attendance
9:30 AM	Stretching & Warm-Up
9:45 AM	Skill Development Stations * Rebounding: Boxing Out * Screens & Cuts: Basic Cuts * Footwork: Ready Position
10:30 AM	Water/Sanitizing/Snack Break
10:45 AM	4-on-4 Half Court
11:30 AM	Lunch (Rookies) Team Defense (Sophs & Vets)
12:00 PM	Lunch (Sophs) Team Offense (Rookies & Vets)
12:30 PM	Lunch (Vets) Team Defense (Rookies) Team Offense (Sophs)
1:00 PM	Afternoon Meeting
1:15 PM	Jr. 76ers Skills Challenge: Shooting
1:45 PM	Water/Sanitizing/Snack Break
2:00 PM	League Games (5-on-5)
2:40 PM	Cleanup/End of Day Meeting
3:00 PM	Player Pick-Up & Staff Meeting

PLAYER GIFT: HEADBANDS

**W
E
D
N
E
S
D
A
Y**

8:00 AM	Staff Arrival: DIR, DC, ADMIN
8:15 AM	Staff Meeting Early Player Arrival
8:45 AM	Player Arrival
9:00 AM	Daily Meeting Character Development Intro
9:15 AM	Team Attendance
9:30 AM	Stretching & Warm-Up
9:45 AM	Skill Development Stations * Ball Handling: Six Dribbles * Passing & Receiving: Pass & Pivot * Shooting: Mikan Drills
10:30 AM	Water/Sanitizing/Snack Break
10:45 AM	3-on-3 Half Court
11:30 AM	Lunch (Rookies) Team Defense (Sophs & Vets)
12:00 PM	Lunch (Sophs) Team Offense (Rookies & Vets)
12:30 PM	Lunch (Vets) Team Defense (Rookies) Team Offense (Sophs)
1:00 PM	Afternoon Meeting
1:15 PM	Jr. 76ers Skills Challenge: Lay-Ups
1:45 PM	Water/Sanitizing/Snack Break
2:00 PM	League Games (5-on-5)
2:40 PM	Cleanup/End of Day Meeting
3:00 PM	Player Pick-Up & Staff Meeting

PLAYER GIFT: MAGNET

**T
H
U
R
S
D
A
Y**

8:00 AM	Staff Arrival: DIR, DC, ADMIN
8:15 AM	Staff Meeting Early Player Arrival
8:45 AM	Player Arrival
9:00 AM	Daily Meeting Character Development Intro
9:15 AM	Team Attendance
9:30 AM	Stretching & Warm-Up
9:45 AM	Skill Development Stations * Rebounding: Team Rebound * Screens & Cuts: Setting a Screen * Footwork: Jump Stop
10:30 AM	Water/Sanitizing/Snack Break
10:45 AM	4-on-4 Half Court
11:30 AM	Lunch (Rookies) Team Defense (Sophs & Vets)
12:00 PM	Lunch (Sophs) Team Offense (Rookies & Vets)
12:30 PM	Lunch (Vets) Team Defense (Rookies) Team Offense (Sophs)
1:00 PM	Afternoon Meeting
1:15 PM	Jr. 76ers Skills Challenge: Hot Shot
1:45 PM	Water/Sanitizing/Snack Break
2:00 PM	League Games (5-on-5)
2:40 PM	Cleanup/End of Day Meeting
3:00 PM	Player Pick-Up & Staff Meeting

PLAYER GIFT: SUNGLASSES

F R I D A Y

8:00 AM	Staff Arrival: DIR, DC, ADMIN
8:15 AM	Staff Meeting Early Player Arrival
8:45 AM	Player Arrival
9:00 AM	Daily Meeting Character Development Intro
9:15 AM	Team Attendance
9:30 AM	Stretching & Warm-Up
9:45 AM	Skill Development Stations * Ball Handling: 2 Ball Drills * Passing & Receiving: Pass & Cut * Shooting: Team Shooting
10:30 AM	Water/Sanitizing/Snack Break
10:45 AM	3-on-3 Half Court
11:30 AM	Lunch (Rookies) Team Defense (Sophs & Vets)
12:00 PM	Lunch (Sophs) Team Offense (Rookies & Vets)
12:30 PM	Lunch (Vets) Team Defense (Rookies) Team Offense (Sophs)
1:00 PM	Afternoon Meeting
1:15 PM	League Games (5-on-5)
2:00 PM	Water/Sanitizing/Snack Break
2:15 PM	Closing Ceremonies
2:40 PM	Cleanup/End of Day Meeting
3:00 PM	Player Pick-Up & Staff Meeting

PLAYER GIFT: PLAYER CONTRACT

WARMUP



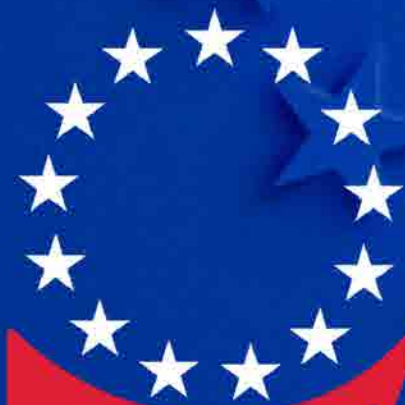
DYNAMIC *WARMUP*

Competition always starts with a 10 to 15 minute dynamic warmup:

- High Knees
- Butt Kicks
- Knee Hug
- Frankensteins
- Side Shuffle
- Carioca
- Backpedal Jog
- Walking Knee to Chest
- Lunge Walk with Twist



SKILL DEVELOPMENT STATIONS



76

The Jr. 76ers Skill Development stations are 15 minutes in length each. Coaches, under the guidance of the Director and Division Coordinators, should incorporate a variety of drills to make the stations relevant each day.

The stations should be tailored to the age group and may vary each week, based on the level of skill of individual players in camp. A full catalog of drills is available in the [Jr. 76ers Camps Resource Guide](#).



BALL HANDLING

The ability to effectively and efficiently handle the basketball is a critical skill for all players, regardless of position.

Most young players will be strong hand dominant, but we want focus on making sure players practice equally with both hands. What is done with the right must be done with the left, and vice versa.

MARAVICH SERIES

A great start to any ball handling session, coaches may choose to run through this entire series of drills, or pick and choose which you want to use.

- Finger Tip Taps
- Ball Slaps
- Ball Wraps
- Ball Wraps - One Leg
- Figure 8 - No Dribble
- Pound Dribble
- Machine Gun Dribble
- One Leg Dribble
- Figure 8 Dribble

TWO BALL DRILLS

- Pound & Machine Gun Dribble - Dribble the ball as fast as you can with force, using both hands simultaneously.
- Pistons - Alternate your dribbles. When the ball on the left side hits the floor, the ball on the right side is in your hand (and vice versa). Dribble as fast as you can.

THE SIX DRIBBLES

- **Hesitation:** the player slows the dribble almost to a stop before pushing the ball past the defender.
- **Stutter Step:** Squeak the floor! Jab your feet in rapid succession - left, right, left, right - to keep the defender off balance, unsure of which direction the player might go with the ball; then push the ball out past the defender.
- **Inside-Out Dribble:** the player starts as if they are going to do a crossover, but instead of pushing the ball to their opposite hand, they push the ball back with the same hand. Be sure to use a head fake and a small jab step to "sell" the move.
- **Crossover:** a good crossover should be low, quick, and take you forward - past the defender; not sideways, and certainly not backwards. For the purpose of this drill, have players start with the ball in their right hand, crossover outside the three point line, and push the ball into the lane for a layup.
- **Between The Legs:** this move needs to be done low, quick, and take you by the defender. The ball starts in the player's right hand. After a quick hesitation, the left foot steps in a 45 degree angle, the player's body almost in a lunge position. The ball crosses over in the space you've created between your two legs. On the push out dribble, be sure to bring the right leg forward to protect the ball from the defender.
- **Behind the Back :** our third crossover style dribble takes the ball behind the player's back. As the player's right foot plants, they "rip" the ball behind their back. The ball should land outside your opposite foot, and the next dribble is a push out dribble past the defender.

SIX DRIBBLE DRILL

A drill to work on 6 common dribble moves that can be done with an individual or as a group.

Player(s) line up at half court, facing the basket. The players make their dribble move outside the three-point line (for younger players/beginners, it is okay to move this to the foul line).

After completing the dribble move, the player must get to the rim in as few dribbles as possible, finishing with a layup. Start by going through all 6 dribbles on the right side, then reverse it and do the same on the left.

PASSING & RECEIVING

BASIC PASSES

- **Chest Pass**
- **Bounce Pass**
- **Hook Pass**
- **Overhead Pass**

PARTNER PASSING

THREE PERSON WEAVE

FIVE PERSON WEAVE

PASS & CUT DRILL

PASS & PIVOT DRILL

SHOOTING

KEY TEACHING POINTS

- Balance
- Eyes & Elbow Coordinator
- Follow-Through
- Low, Balanced Stance
- Hands In Ready Position
- Hand and Elbow Below the Ball
- Low to High
- Straight Up, Straight Down



FORM SHOOTING: INDIVIDUAL

- Start 2 feet in front of the rim in a low, shot ready position, but with the player's shooting arm straight out in front with their palm facing up.
- Pass the ball to the player's shooting hand, and make sure they rotate the ball until their fingertips are across the seams. Once the ball is in the proper position, have the player rotate the ball into a shooting position.
- The player lifts up into their shot, snapping their wrist and holding the follow through. At the end of their shot, the player should be on their toes (but for the sake of this drill, do not jump). The body should be straight up and down. The momentum from the shot should cause a player to fall forward if they hold on their toes for too long.

FORM SHOOTING: TEAM

- Form two lines, one on each wing (foul line extended) opposite from each other. The line on the right wing is the passing line and starts with the ball, the line on the left wing is the shooting line. Player from the shooting line runs to the center of the foul line - low, shot ready and showing a good target - and receives the ball from the passing line. After the catch, the player squares themselves to the rim and takes a jump shot (for younger groups, move the lines in so that the catch is around the dotted line). Shooter goes to the end of the passing line; passer goes to the end of the shooting line.
- After everyone has taken a few shots, have the shooting line shoot a one dribble pull up. After the catch, the player rips the ball low and tight across their body and takes one dribble with their left hand before pulling up for a jump shot. Be sure that players are low before the catch and remain low through the catch and dribble. Repeat on the left side.

THE MIKAN DRILL

This drill will help players develop a soft touch around the basket and help with their conditioning and athleticism to boot.

- The player should start in front of the rim, holding the ball at about eye level.
- The player steps to the right side of the rim with their left foot. Their right leg lifts and the knee turns in towards the basket, and they lay the ball high off the glass with their right hand. Immediately move to grab the ball out of the rim (don't let it hit the floor!) and keep the ball high (eye level) and proceed to take a layup on the left side.
- This time the right foot plants, and the left leg lifts, knee turning to the basket. The player should repeat this motion for either a set number of makes or a set length of time.



FOOTWORK & BODY CONTROL

KEY TEACHING POINTS

- **Ready Position**: The basic ready positions for both offense and defense in basketball are essentially the same. This is the most basic and necessary athletic stance for success in most sports, including basketball.
- **Heels Up**: Raising the heels off the floor automatically causes the legs to bend, making it easier and more natural to lower the body into a slight squat that provides balance, power and enhances propulsion. Players will find it easier to sprint, jump, slide, stop, pivot and hold their position.
- **Wide Base**: Maintain a wide stance with both feet about shoulder-width apart. A shoulder-width stance is sufficient to increase the ability to quickly move forward, backward, or shoot jump shots and free throws. To increase the ability to move laterally, separate the feet even more than shoulder-width.
- **Jump-Steps**: start from a low, ready-position stance, practice jumping as far and fast as you can off one foot at a time, then land on the other foot while regaining and maintaining balance.
- **Two-Foot Jump Stop**: The jump stop is essentially a technique used to transition from moving in any direction, into stopping and reestablishing the ready position described above. To execute the jump stop, simply get both feet airborne, land with both feet touching the floor simultaneously and immediately drop into a ready position stance to help regain balance.

FOOTWORK & BODY CONTROL

KEY TEACHING POINTS

- **Pivoting:** Learning to pivot in the direction that gives the offensive player positional advantage is an acquired skill. A foot becomes a pivot foot, because it is the last foot to touch the floor, or the other foot leaves the floor first. Because the pivot foot can turn if it remains anchored to the floor, the player is now able to move the other foot without causing a traveling violation.
- **Jab Step:** The jab step is basically a combination of a pivot and a fake jump-step. First establish a pivot foot. Keeping the heel up on the pivot foot allows a player to have balance, the ability to change the direction before dribbling, and the ability to push off with enough power to maximize quickness of the individual player.
- **Crossover Step:** Starting from a low-ready position, protecting the ball in the chin, low sweep or rip through, pivot in the direction you want to travel while simultaneously bringing the opposite shoulder, hip and foot across the body and in the same direction. To maximize the effect of this move, push off the pivot foot like a sprinter using a jump step and raising the opposite knee high to increase explosiveness. This move is highly effective without any fakes, especially if you can lull the defender into being still and flat-footed. It becomes a race, and the offensive player gets to say go. If playing against a quicker or active defender, use the jab step first to help set up your attack.
- **Drop Step:** This move can be used to counter an aggressive defender over-playing one side of the offensive player--who is trying to receive a pass or gain a positional advantage to drive or shoot when they already have the basketball. The drop step, like the crossover step, can also be utilized by rebounders to gain and maintain a positional advantage. The move is essentially a reverse pivot where the player uses their leg and hip to block and hold off the opposing player.

REBOUNDING

DEFENSIVE REBOUNDING

Every coach has been there; your team has been playing lock down defense for 20 some odd seconds, stifling the opponent at every turn. They finally put up an off balance, contested shot which barely hits side rim... and the ball bounces right into the hands of an offensive player, who lays it in, or worse, lays it in while getting fouled by an out of position defender. All that work thrown away simply because somebody forgot to box out.

BOXING OUT

When a shot goes up, the defensive player needs to find, or check, the player they are guarding. They should position their bodies between the player and the rim. Use a reverse pivot to spin back towards the offensive player, with arms wide and hands up, and immediately track the flight of the ball.

- Stay in contact with the offensive player as they move. Do not release from the opponent until the ball makes contact with the rim. Read the bounce of the ball off the rim, and chase it down, pursuing the ball with both hands. After retrieving the ball, keep the ball high and "chin it," keeping the ball locked between your hands with your elbows out wide so that opponents can't slap the ball away.

TEAM REBOUNDING

Three defensive players start in the lane around the dotted line, while three offensive players are positioned at the free throw line and on either side of the lane. A coach should stand at the top of the three-point circle with the ball. On the slap of the ball by the coach, the three defensive players begin rotating clockwise in a circle, until the coach shoots the ball. On the shot, the players must find the closest player, box them out and control the rebound.

If the offensive team controls the rebound, go again. If the defensive team gets the rebound, rotate.

OFFENSIVE REBOUNDING

Offensive rebounds can change the course of a game by giving you “free” points and adding extra possessions to your team’s offense. Good offensive rebounders are tireless workers, constantly putting pressure on the defense with their relentless pursuit of the ball. Great offensive rebounders sometimes need to be patient and opportunistic; continuing to test the defense, waiting for that time that somebody forgets to box them out.

OFFENSIVE PUTBACKS

Have the player stand 2-3 feet away from the rim and toss the ball off the backboard. The player must pursue the ball with both arms raised and keep the ball high above eye level. Jump back up quickly, laying the ball high off the glass. Remember - it’s not always about who jumps the highest, but who jumps the quickest.



SCREENING

BASIC CUTS

- **Backdoor Cut:** For the backdoor cut to be most effective your players must set their defender up and have a quick change-of-direction and explode towards the basket.
- **V-Cut:** V-cutting requires body-to-body contact by players. They are executed by walking the defender a couple of feet inside the 3-point line, planting your foot, and then exploding out to receive the ball.
- **L-Cut:** Take the defender up to the elbow, get your top foot over theirs, give a small nudge to create space, and lead directly out to the wing while calling for the ball.
- **Curl Cut:** The curl cut occurs when a player utilizes a curling path towards the basket, primarily via a screen from another player.
- **Flare Cut:** happens when an offensive player is running off a screen to get open. As the player gets to the point of the screen, the defender goes underneath the screen. When that happens, the offensive player makes a flare cut to create separation between the defender and himself/herself. This allows the offensive player to get open and receive a pass from their teammate.



SCREENING

FUNDAMENTALS OF SETTING A SCREEN

- Setting a screen is something that an offensive player does to try to help their teammate get open.
- Screens can be set for players with the ball, or players without the ball.
- In order to set a screen correctly, a player must go to the point in which they want to set the screen and stop moving. The screener will then bend their knees and have a nice wide base with their feet wide and put their arms either crossed in front of their chest or between their legs.
- After their teammate comes off the screen, the screener can move again to get open for the ball.
- Setting up a screen is what every offensive player must do before using a screen.

USING A SCREEN SHOOTING DRILL

- A passing line is on the wing. An offensive player, pretend defensive player and a screener are on the other side.
- The offensive player comes off the screen to catch and shoot and go to the back of the line.
- The defensive player now becomes the shooter and the screener now becomes the defensive player.
- The player who made the original pass now runs across and becomes the screener.



*TEAM
CONCEPTS*



76

TEAM OFFENSE



- Free Form/Motion Offense
- Continuity Offense
- Quick Hitters
- Zone Offense
- Full-Court/Transition Offense
- Breaking the Press

TEAM DEFENSE

THINGS ALL GREAT DEFENDERS MUST DO

- **Feet:** A strong defender stays in front of the offensive player with good footwork, not by reaching and grabbing.
- **Head:** Being a good defender is as much about positioning as it is about athleticism; being in the right place at the right time. Being a smart defender is just as important as being a quick defender.
- **Heart:** When it's all said and done, you need to **WANT** to be a great defender. The player needs to take pride in stopping the offensive player.



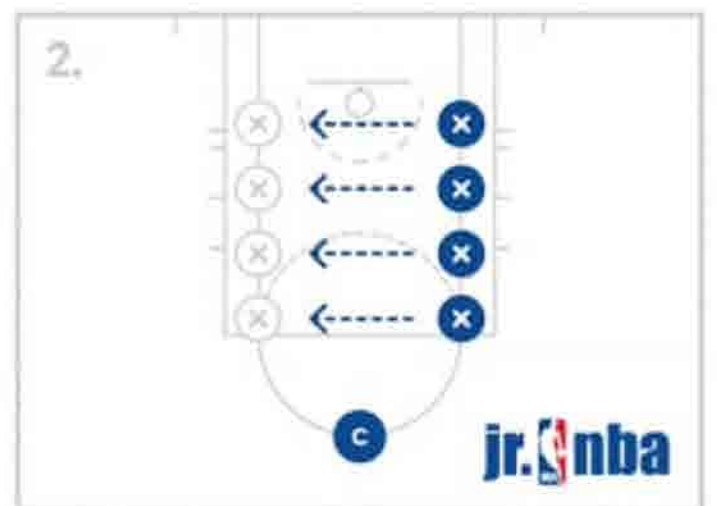
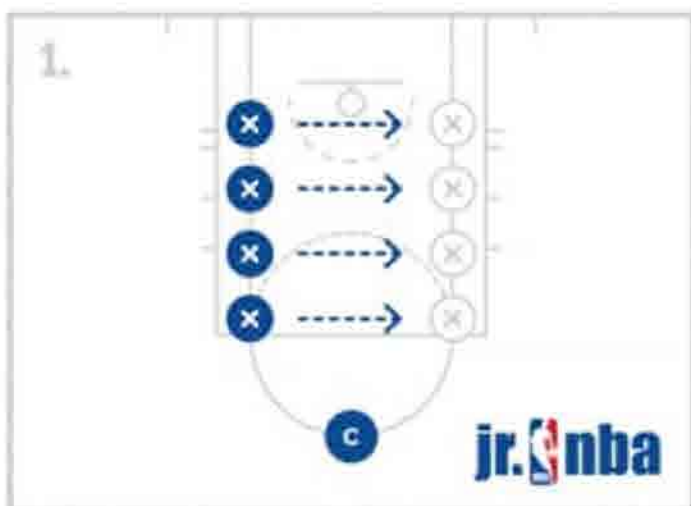
ZIG-ZAGS

- Partner up your players and have the two groups form two lines on the baseline, one in each corner. Player A is the offensive player, player B is the defensive player. Player A dribbles the ball down the court, “zig-zagging” between the lane line and the sideline. Player A’s job (at first) is simply to make Player B work. Do not allow them to “blow by” the defender in a straight line. Player B needs to work to stay in front of Player A, “turning” Player A at each line (the sideline or the lane line). To “turn” the offensive player, Player B needs to get the center of their chest even with Player A’s outside foot.
- After a few reps up and down the court, allow Player A to go “live” with the ball at half court.

SIDE LATERAL PUSH DRILL

Make sure the players stay in a good stance with their chest and eyes up. Have them work on changing directions quickly and pushing off their back foot.

- Have the players line up on the lane line and face the coach.
- When the coach says “go,” the players should push off their back foot to slide to the other side of the lane where they will plant and push back.
- The players will continue this process for 15 seconds.



MAN-TO-MAN DEFENSE

KEY MAN-TO-MAN CONCEPTS

- **BALL PRESSURE**
- **CONTEST/DENY PASSES AND CUTTERS**
- **HELP & RECOVER**
- **COMMUNICATE**
- **FINISH THE PLAY**



ZONE DEFENSE

The main difference between man defense and zone is that rather than be assigned an offensive player, defenders are assigned an area. Defenders still must react and reposition themselves in relation to the location of the ball - only this time they stay (for the most part) within their assigned area.

Players need to have their hands up at all times, making the zone look bigger than it actually is. This will also allow them to get their hands in the passing lane to deflect passes. When the ball enters a player's area, the player should react the same way they would if they were closing out in man to man - chop your feet to close out under control and apply pressure to the ball handler - making it difficult for the player to make decisions.

2-3 ZONE

Strengths:
Defending the lane,
rebounding,
stopping baseline
penetration
Weaknesses:
Threes from the
wing, middle
penetration



3-2 ZONE

Strengths:
Defending the
wing three
Weaknesses:
Corners, high
post



1-3-1 ZONE

Strengths: Across
free throw line,
top of key
Weaknesses:
Corners,
weakside
rebounding



1-2-2 ZONE

Strengths: On-ball
defender with zone
concepts
Weaknesses:
Vulnerable to high-
post, defending
corner threes



COMPETITION



JR. 76ERS SKILLS CHALLENGE



DRIBBLING



1. Participant starts behind Start/Finish Line; timer yells "Go!" and starts stopwatch.



2. Stationary: Using designated ball, participant completes 5 stationary dribbles with one hand, then 5 stationary dribbles with the other hand (still behind start line).



3. Zig-Zag: Using either hand, participant should dribble in a zig-zag pattern through the 5 cones, starting on the outside of the first cone, and changing direction toward the second cone. A kicked over cone is permitted, provided that the participant dribbled, rounded, and weaved past the cone correctly.



4. Speed: After rounding the last cone, the participant should touch the baseline with a foot, then turn around and speed dribble using either hand until they reach the Start/Finish Line.



5. Once the participant reaches the Start/Finish line, the timer should stop the stopwatch, and the scorer records the final time on the score sheet.

STAFF ASSIGNMENTS

Timer/Line Control

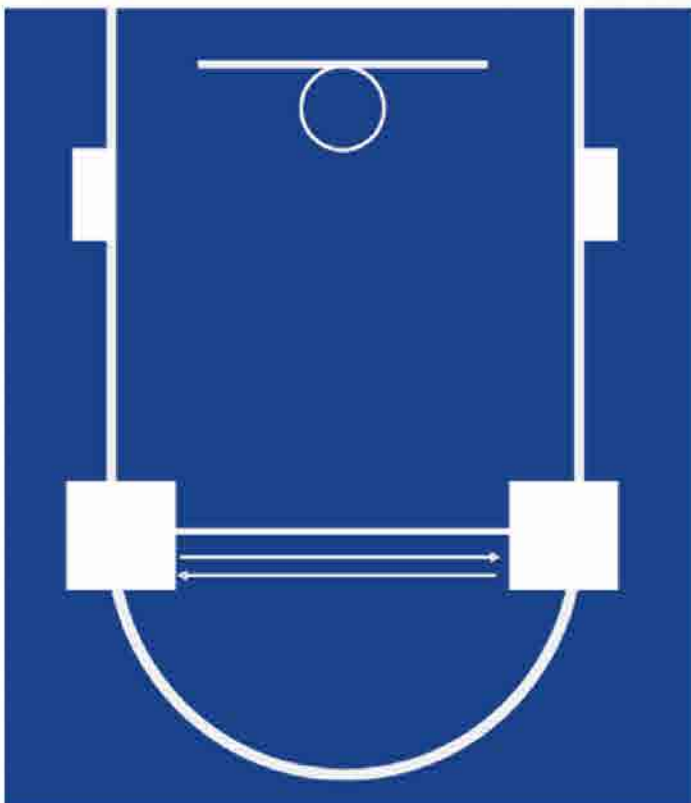
Located at the start line. Yells "GO!", begins the timing at "GO," and stops the timing when the participant crosses the finish line. The timer should also prepare the next player in line.

Scorer

Records all times to the nearest hundredth of a second on the official scoresheet.

SHOOTING

1. Participant starts at either elbow shooting spot; timer yells "Go!" and starts stopwatch.
2. Participant shoots once, rebounds their own shot, then must switch spots (make or miss). While shooting, some part of the participant's foot must be touching any part of the spot when the ball is released for the shot to count.
3. Participant should continue back and forth between spots until 2 required shots have been made. Scorer should mark each made shot on scoresheet (to assist with keeping track).
4. Once the second shot goes in and the ball is completely through the net, the timer should stop the stopwatch, and the scorer should record the final time on the score sheet.
5. If after 30.00 seconds the participant does not make the 2 required shots, the participant's turn will be over, and they will receive a score of 30.00 seconds.



STAFF ASSIGNMENTS

Timer/Line Control

Located near the free throw line. Yells "GO!", begins the timing at "GO", and stops the timing when the second made shot goes completely through the net. If the participant nears the 30.00 second time restraint, count down the time: "10 SECONDS REMAINING"; "5, 4, 3, 2, 1, TIME". The timer should also prepare the next player in line.

Scorer

Records all times to the nearest hundredth of a second.

LAY-UPS

1. Participant starts with one foot on either elbow shooting spot with basketball in hands; timer yells "Go!" and starts stopwatch.
2. Participant then dribbles from the elbow to the hoop for a lay-up, then rebounds their own shot, and dribbles to the opposite elbow spot (make or miss).
3. Participant must touch elbow spot with one foot prior to returning for their next lay-up attempt, and should continue dribbling to alternating elbow spots and shooting lay-ups from each side of the basket until 3 total lay-ups have been made. Scorer should mark each made shot on score sheet (to assist with keeping track).
4. Once the third shot goes in and completely through the net, the timer should stop the stopwatch, and the scorer should record the final time on the score sheet.
5. If after 30.00 seconds the participant does not make the 3 required lay-up shots, the participant's turn will be over, and they will receive a score of 30.00 seconds.

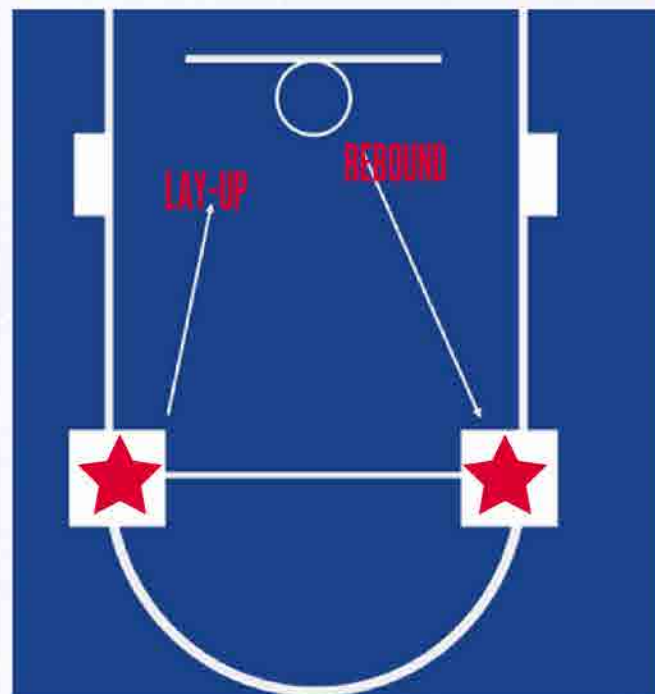
STAFF ASSIGNMENTS

Timer/Line Control

Located near the free throw line. Yells "GO!", begins the timing at "GO", and stops the timing when the second made shot goes completely through the net. If the participant nears the 30.00 second time restraint, count down the time: "10 SECONDS REMAINING"; "5, 4, 3, 2, 1, TIME". The timer should also prepare the next player in line.

Scorer

Records all times to the nearest hundredth of a second.



STATION SET-UP

DRIBBLING

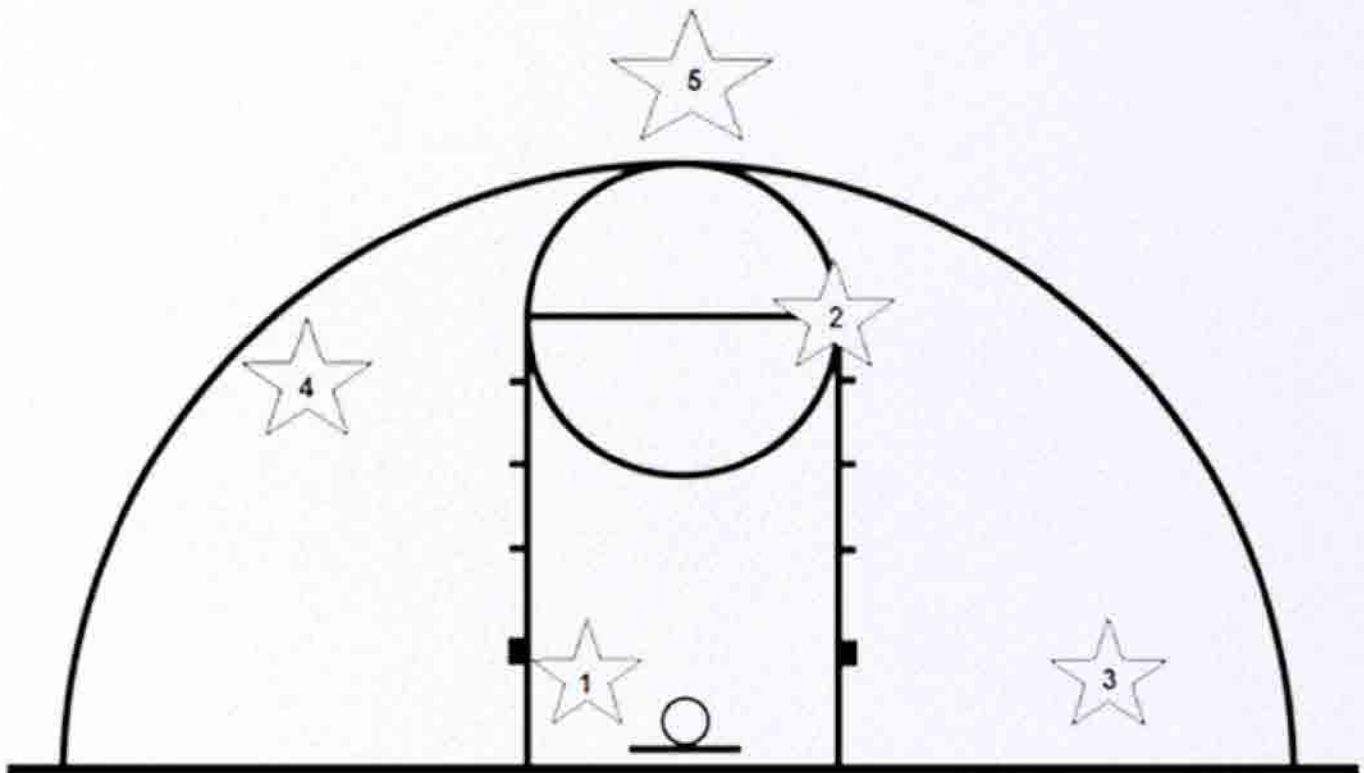
- From the baseline, measure towards half court and place a cone at 10 feet; 18 feet; 26 feet; 34 feet; and 42 feet.
- Prior to placing each cone, we recommend placing a cone on the measured spot.
- Place cone at 47 feet for the start/finish line.

SHOOTING & LAY-UPS

- Each elbow spot should be a 12" x 12" square.
- Using cones, indicate a 12" x 12" spot around the 2 elbow corners of the lane (at the 15' free throw line.)
- The elbow should be the center of the 12" x 12" square.

JR. 76ERS *HOT SHOT*

- Shooters will have 60 seconds to make as many points as possible.
- Each shooter will make as many baskets as possible from designated spots on the court.
- Each designated spot will be assigned a point value ranging from 1 to 5.
- Shooter must take at least one attempt from each of the point value spots.
- Shooters may not shoot from the same spot twice in a row.
- Each shooter will be responsible rebounding their own shots.



LEAGUE RULES

Monday & Tuesday are "Assist Days". Made baskets do not count until all teammates have touched the ball in the half court before a shot counts. Assist Days promote teamwork and stress the importance of sharing the basketball.

1. All players must play at least half of the game and must start at least one game per day!
2. Coaches will serve as officials for own games. One coach is responsible for keeping score, while the other is responsible for keeping the clock. All games must start on time.
3. Running time will be used. Games are to be played in 15-minute halves, with a 5-minute halftime.
4. Each team gets two (2) 45-second timeouts for the game. The clock still runs during timeouts.
5. The clock will stop on every whistle in the final minute of each game.
6. No zone defense is allowed, so campers may learn basic man-to-man defensive fundamentals.
7. Pressing is allowed in the last 2 minutes of the game in the Sophomore and Veteran divisions. No pressing is allowed in the Rookie division.
8. Shoot only fouls committed during the act of shooting during the last 2 minutes of the game. At that time, all fouls will be one-and-one unless in the act of shooting.
9. No player can foul out.
10. Coaches should be positive! Your players are here to learn and develop confidence, so don't be critical. Verbal abuse will not be tolerated. Teach and stop games when necessary, to illustrate a point of emphasis.
11. Players should be positive! Don't allow your players to criticize each other or game officials.
12. Report all scores of league games to your Director or Assistant Director immediately following the game.

MAKE IT SPECIAL!

Jr. 76ers Camps are designed to foster a love for the game of basketball in a safe, fun learning environment.

Remember that **YOU** are making a difference in the lives of our Jr. 76ers players. The passion and excitement that you bring to camp each day is what makes the difference. Bring your best each day, keep our players safe, and have fun!



REFERENCES

A special thanks to the organizations that contribute to the on-going body of knowledge that serves the basketball community. Specifically, excerpts from the Jr. 76ers Coaching Manual were sourced from the following references:

Jr. NBA: <https://jr.nba.com/>

Monumental Coaches Academy: <https://www.dcfamily.com/coach>

USA Basketball: <https://www.usab.com/>



