



Basketball Camp (Teamwork & Technique)

Activity Reference Guide

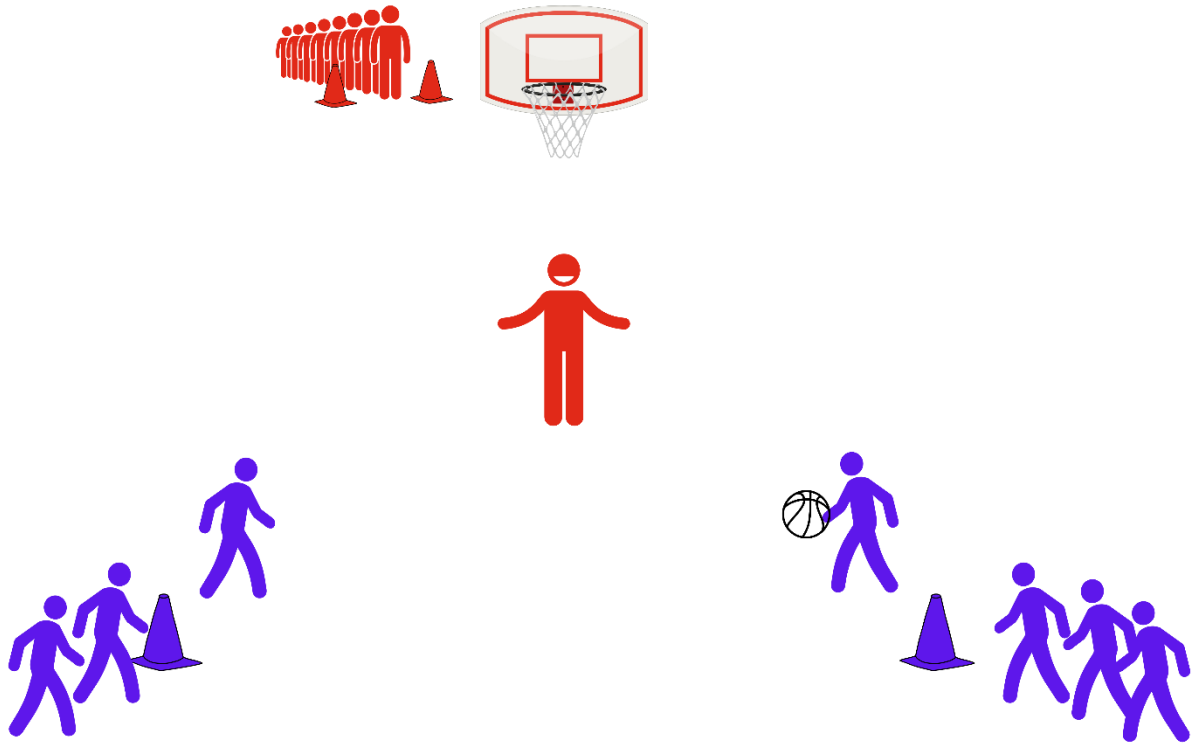


Texas 2-on-1

Purpose: Player Spacing, Player Movement, Ball Movement

Equipment: Basketball court, cones/court markers

Set Up: This game is designed to be played on a half a basketball court.



Execution:

- Introduce the ABC's of the motion offense: ALWAYS BE CUTTING.
- Introduce the Give & Go and its function in the sport. Breakdown and demonstrate proper pass & cut form.
- PRACTICE ROUND:
 - Have all players regardless of team get in one of the two lines. Have them practice doing a Give & Go and finish with a lay-up. Run this like lay-up lines.
 - Shooter gets in the back of the rebounder line. Rebounder gets in the back of the shooter line.
- NARRATE STORYLINE: In a 2-on-1 situation, we always pass up a good shot for a great shot. Use the pass & cut to get great shots on the defender.
- PLAY: Assign 1-team to offense (blue) and 1-team to defense. Set the timer for 2-minutes.
- Have the offensive players break into 2-lines. The defense is all in one line.
- Give 1-ball to one of the 2 offensive players in the front of the line. Have the first person on defense step out onto the court.
- Coach blows his/her whistle and starts the clock. The 2 offensive players try to quickly score on the 1 defensive player using ABC's.
- The offensive pair only gets 1-shot attempt to score (no 2nd chance scoring opportunities).
- Make or miss, one of the offensive players gets the ball and passes the ball to one of their two teammates at the front of the offensive lines. Those players attack the basket as soon as they catch the ball.
- The next defensive player comes running onto the court to play defense.



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- The players who were just on get in the back of the line. Defense gets in back of the defensive line. Offense in the back of the offensive line. Offense should switch what line (right or left) each time.
- A turnover or an offensive foul is an automatic stop for the defense. Coach blows their whistle, and the offensive players hustle to pass the ball to the next players in line.
- A defensive foul is an automatic point for the offense.
- This continues for 2-minutes with the coach keeping track of offensive points. After 2-minutes switch what team is on offense and what team is on defense.
- Continue as time permits. Reinforce storyline/score, rotation/rules, skills/technique, and teamwork/strategy
- Have both teams demonstrate sportsmanship. Recap the ABC's and their purpose in the sport.