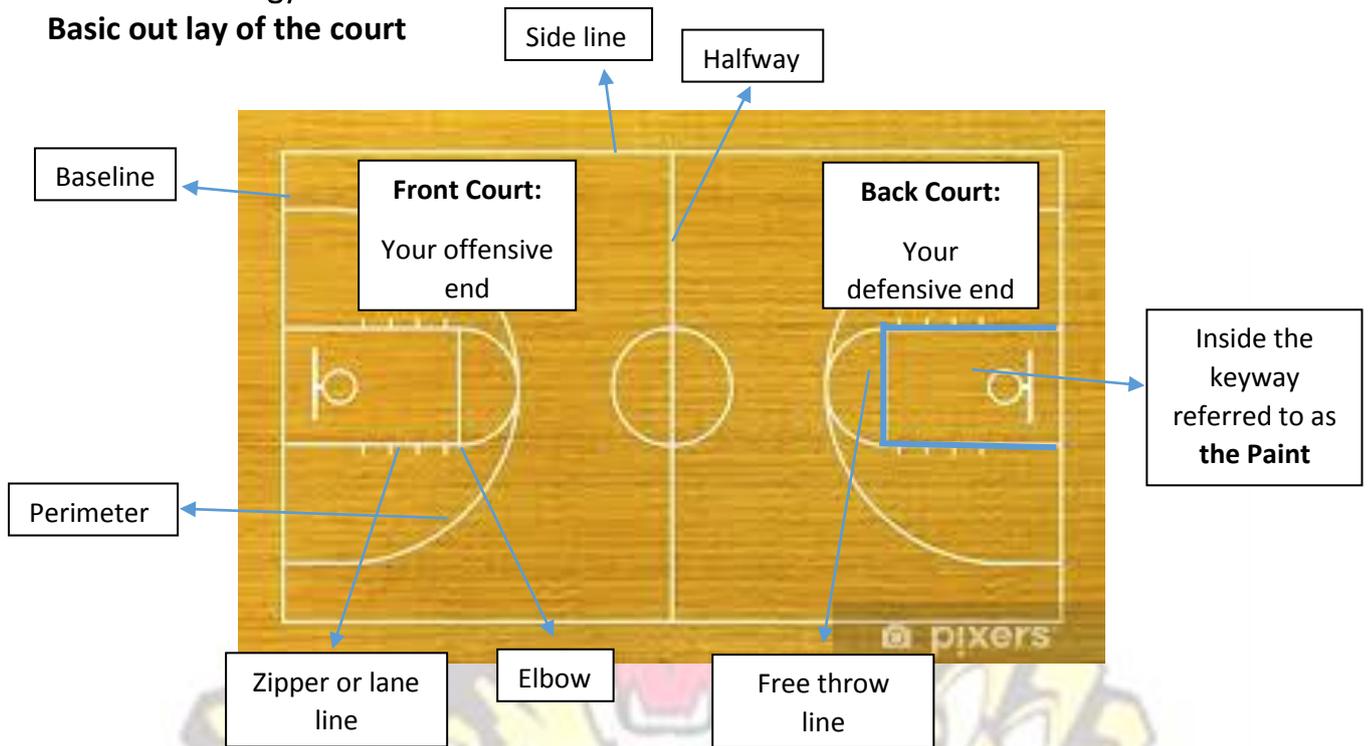
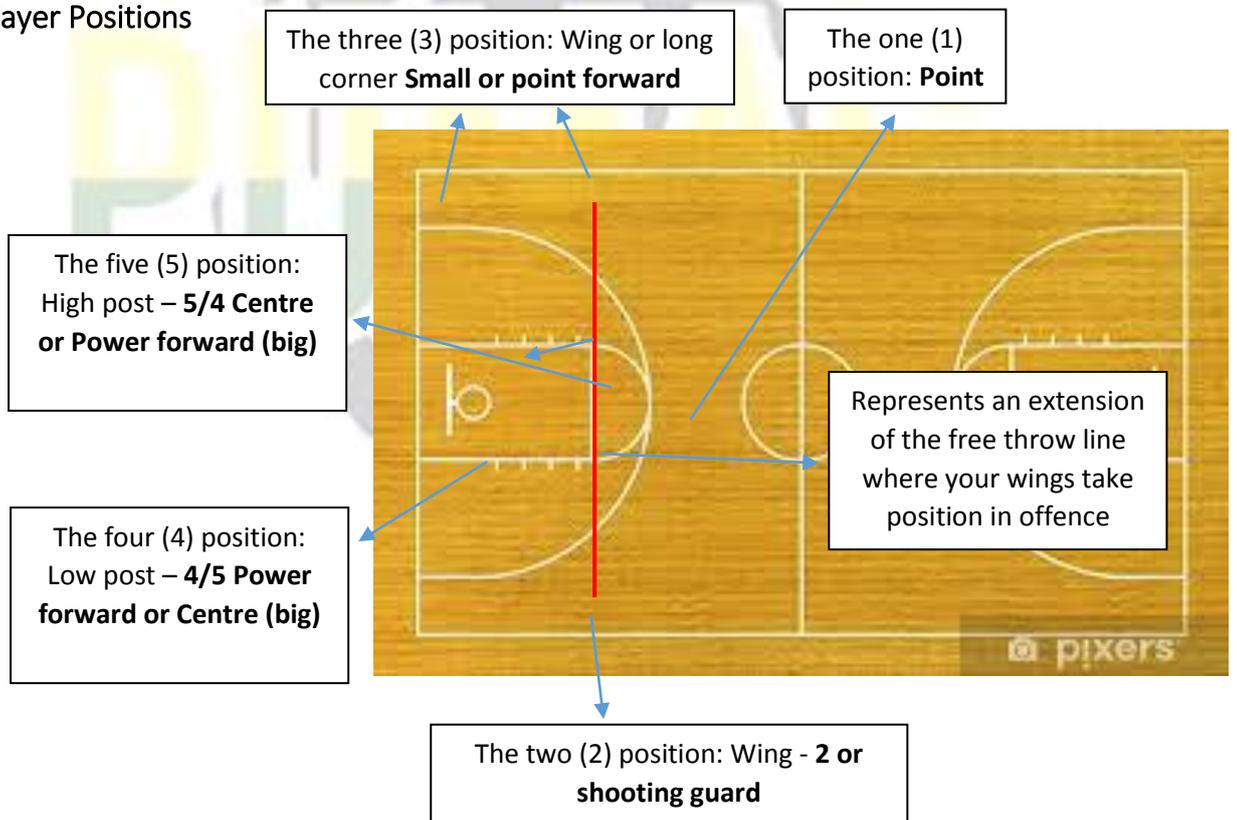


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Court terminology:
Basic out lay of the court



Player position in relation to the court:
Basic Player Positions

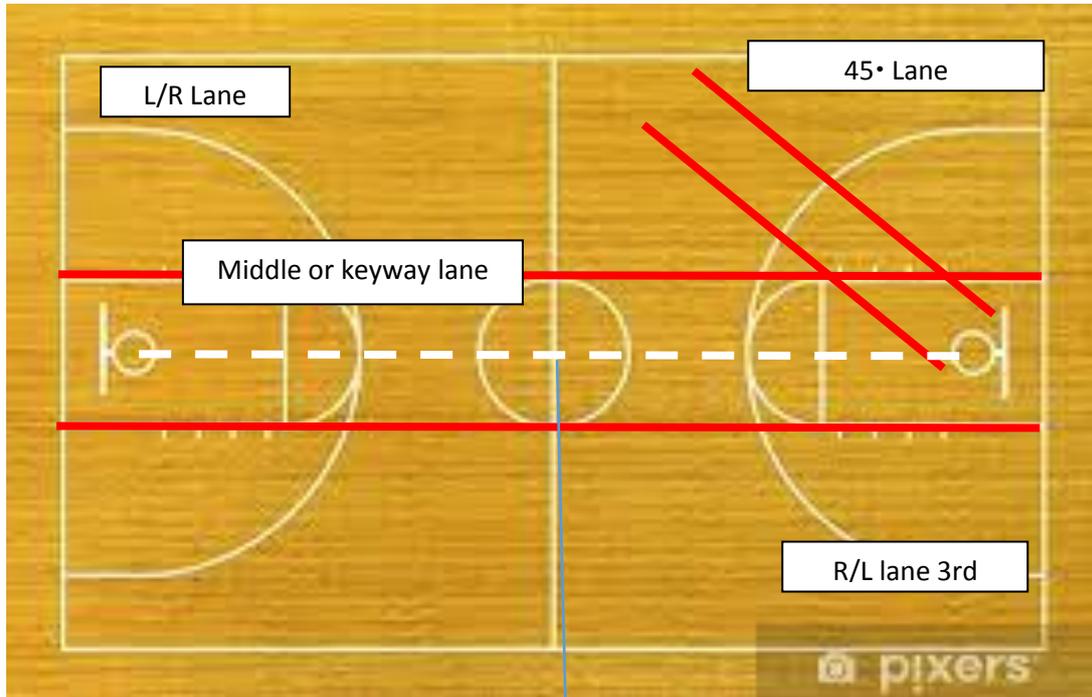


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Lane/s:

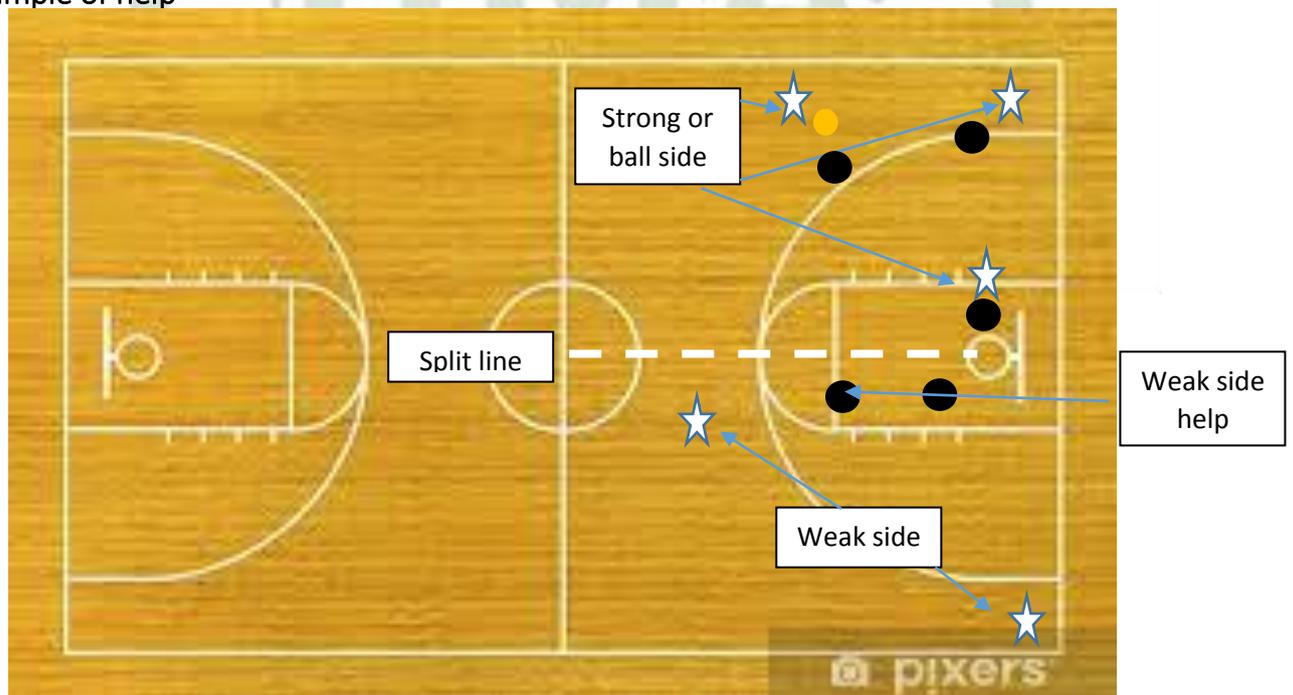
I split my court into thirds Left and right where it easier to fill wing and long corner positions.

The “middle” – Defensively I try and have my players defend the middle (**No Middle!**) which means help must be at the split line (White braided line) at all times when the ball is not threatening to score. The 45 degree angle is the best attacking position for a driving layup (wing or 45) or direct down the split line.



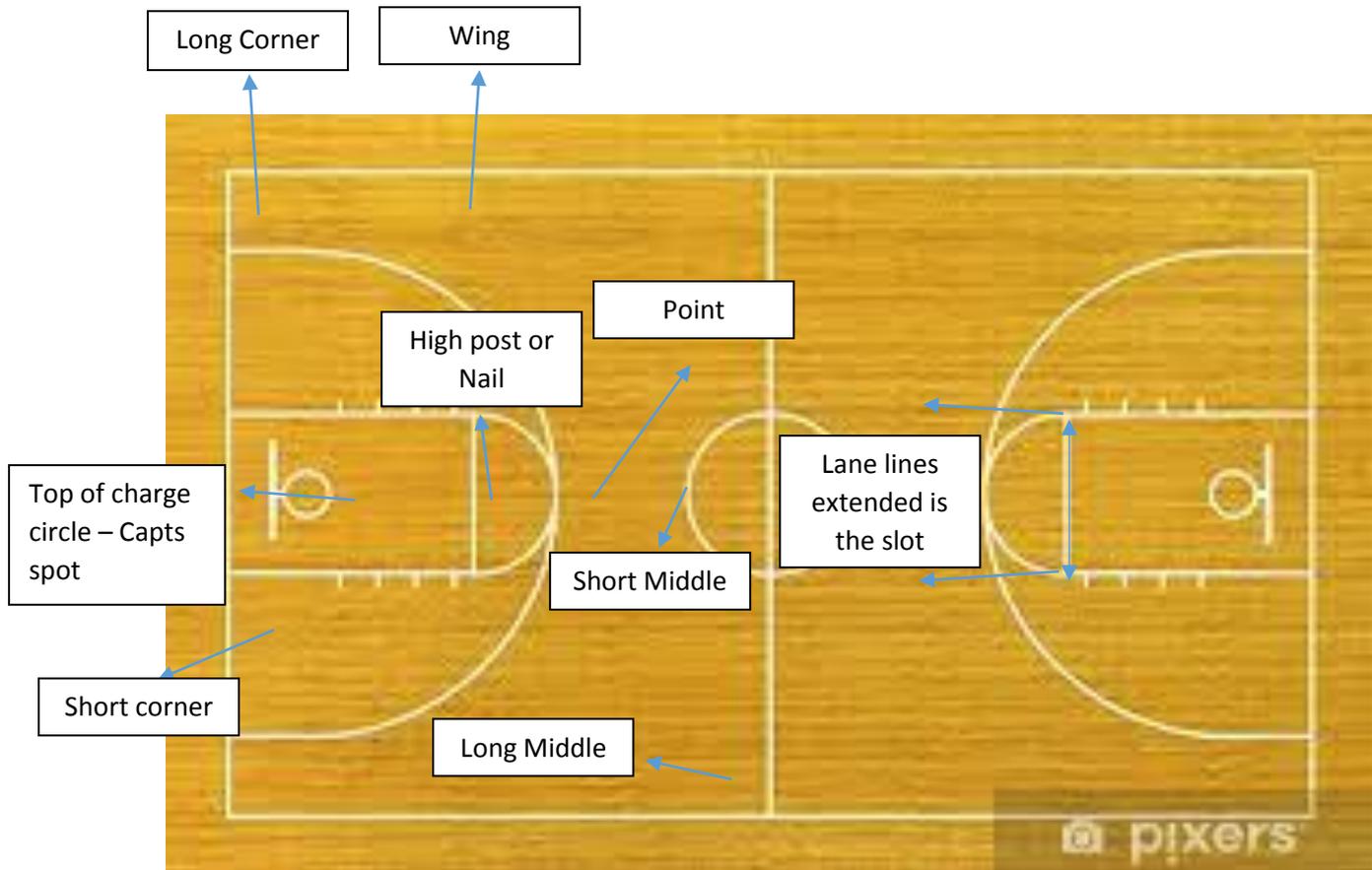
Split line

Example of help



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Knowing your Court Areas



Game Terminology:

It's important that you as a coach are using correct terminology so that players are consistently hearing it and become accustomed to knowing where they are during a game and plays like out of bounds, baseline or even offensively during a possession.

Importantly, these are also used in defense as well to identify where opposition are breaking through and where you have to move your help. Defensive spacing is just as important if not more so than offensive spacing.

Other Key terms:

- **Spacing:** is the amount of distance between players to keep the defense honest by manning up
- **Boards or Glass:** Rebounding
- **Eyes up:** When dribbling or driving to score
- **Block or Box out:** Defend the rebound – **box out first then look for the ball**
- **Tag up:** Get the closest man to you when rebounding
- **Match up:** Get a player of similar stature to play on
- **Mismatch:** Tall on small or fast on slow players
- **Wall up:** Stand tall in defense, **DON'T LET KIDS JUMP! Teach them to have two (2) feet on the ground at all times. 99% of the time if the jump they will give fouls away!**