

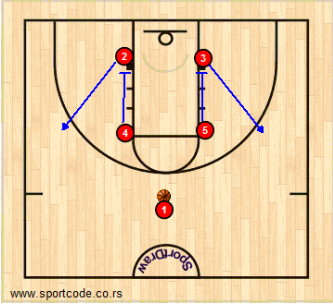
## CYBA Coach Skill and Drill Guide

Skill	Drills ( <span style="color: red;">red can be contest</span> )	Description	Key Teaching Points	Age Groups		
				3rd/4th	5th/6th	7th/8th
<b>Ball Handling</b>	Elevator dribble	3 Floors - ankle, knee, waist	Stance, finger tips, head up	✓	✓	✓
	Relay race	Speed dribble then pass to teammate	Ball out in front - 3rd floor	✓	✓	✓
	Dribble Knockout/Tag	Get other person out while dribbling	Maintain dribble, head up	✓	✓	✓
	Hesitation dribble	Speed dribble, hesitate, then go	Get upright to hesitate		✓	✓
	Dribble Moves (zig zag alleys) with & without defense	1. Cross over 2. Spin move 3. Behind back 4. In & out	1. Plant 2. Go diagonal (not lateral) 3. Ball low (2nd floor)		✓	✓
	Two ball drills	1. Stationary 2. Speed 3. Cross over	Head up, keep at same level		✓	✓
<b>Passing</b>	Grid passing (2 line passing)	Chest/Bounce/Outlet/Skip/Baseball pass	Communicate, mechanics	✓	✓	✓
	Circle Passing Drill (1 or 2 ball)	Pivot in circle before pass	Communicate, pivot footwork	✓	✓	✓
	Partner Shuffle	Slide step and chest passes	Stay low, keep hips square	✓	✓	✓
	IU (SB Square Pass)	4 lines, make pass then follow	Communicate, get to 3/4 balls	✓	✓	✓
	Three man weave	Pass then follow	Strong chest passes		✓	✓
	UConn	Rebound/outlet/layup/baseball pass/layup	Outlet, sprint wide, speed dribble		✓	✓
	Lock & Look	V-Cut, receive pass, pivot & look up court	Keep ball high, meet pass		✓	✓
	Extend/Rip/Pass (ERP)	Rip move; step through passes	Strong with ball, step through pass		✓	✓
Carolina	2 balls - 4 corners, receive pass from right	Patience, communicate		✓	✓	
<b>Offense</b>	Wave through	Ball reversal, whip move	Whip low, 1 dribble, 3 pt. spacing		✓	✓
	Mikan Drill	Layups from each side	Keep ball up, use outside hand		✓	✓
	Jab series	Layup, jumper, rocker	Jab then bring ball back, stay low		✓	✓
	BC	Baseline to FT line then receive pass	Sharp cuts, catch ready to shoot		✓	✓
	11-Man Drill	3-on-2/rebound/transition	Stay spread out, minimal dribbles		✓	✓
	Overload	Wing entry, ball-side L-cut, corner jumper	Screen bottom of zone or cutter		✓	✓
Avoid traps	Split trap	Don't back up, step thru defenders			✓	
<b>Cutting &amp; Screening</b>	Pass & screen away	3 Player, moving without ball	Step into shot, roll	✓	✓	✓
	Down screen & post entry	3 Player, post up after screen; post entry	Post entry around defense	✓	✓	✓
	Back screen	3 Player, cut through lane; backscreen wing	Always see ball, roll	✓	✓	✓
	6 man screening	2 screeners, 2 passers, 1 offense, 1 defense	Offense gets many shots, 30-seconds		✓	✓
	3 cuts	1. L-cut 2. V-cut 3. Back door cut	1. Whip 2. Triple 3. No dribble finish		✓	✓
	3 screens drill (4 lines)	Down/cross/back screens	Roll after screens, see ball, shot at end		✓	✓
<b>Shooting</b>	No dribble layup	Strong & weak hand layup, power finish	Off opposite foot, protect ball	✓	✓	✓
	Contests from blocks	Form shooting	Use legs, arm in L shape	✓	✓	✓
	Money basket	Make from hash or elbow	Catch ready to shoot, good passes	✓	✓	✓
	Three Amigos	Three lines, pass coming from baseline	Catch over foot, timing, communication		✓	✓
	Diamond Drill	Post moves - drop step, McHale	Post up, power dribble, up & under		✓	✓
	Beat the pro	First to 7 wins (pro gets 2 for miss)	Go at game speed, take game shots		✓	✓
<b>Defense</b>	Grid defense station	Stance/Lateral/Drop step/Hedge/Dead/Help	Knees bent, palms up, balance	✓	✓	✓
	Mirror drill	Defense models the offense	Eyes on waist, don't cross feet	✓	✓	✓
	Shell (including rebounding)	Off-ball defense (1 & 2 passes away)	Man & basket, in lane, help		✓	✓
	3 on 4	Trapping, protecting middle	Force ball to sidelines		✓	✓
<b>Rebounding</b>	War	Boxing out from FT line; outlet (3 in a row)	Arm bar; stay wide & low	✓	✓	✓
	Superman	Ball off board across lane	Go high, chin it, pivot for outlet		✓	✓
	Keep away	Box out - ball in middle of circle	Turn into man, push man back		✓	✓

## CYBA Playbook Summary

### Half-Court Offense

**Motion** – down screen to make wing entry; multiple options

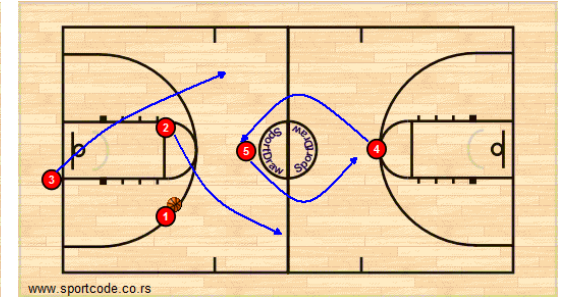
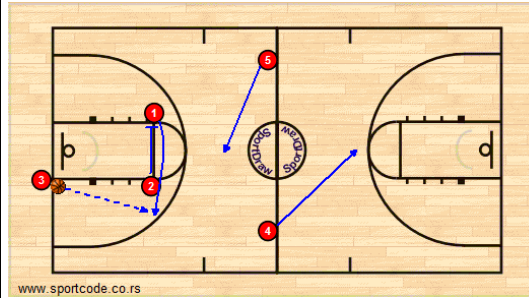


Options after Wing Entry:

- Screen away
- Give & go
- Back screen for weak side wing
- Post entry pass
- Post entry pass & relocate
- Pick & roll from post player

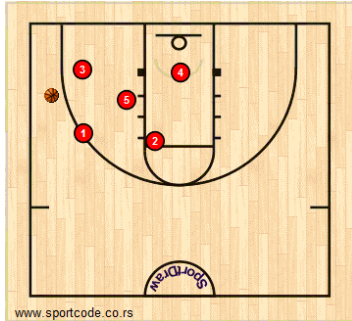
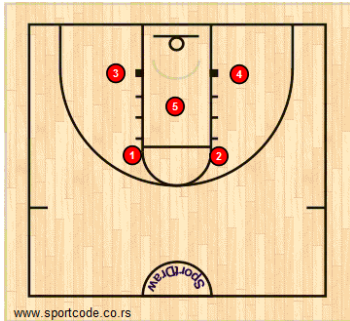
### Press Break

**Wheel** – screen to get entry pass; get ball to middle



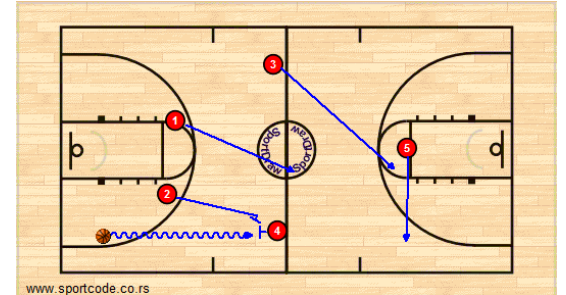
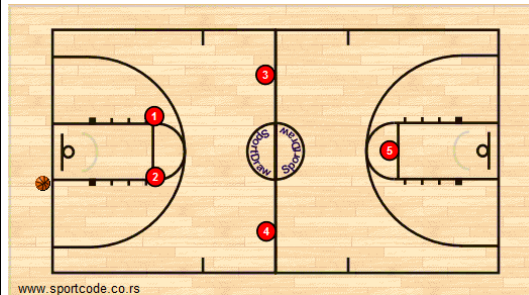
### Half-Court Defense

**2-3** – protect middle of court



### Press

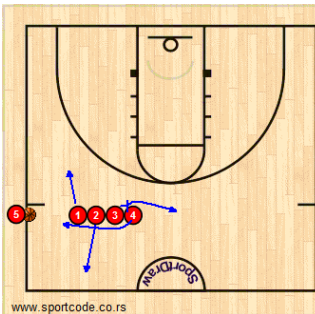
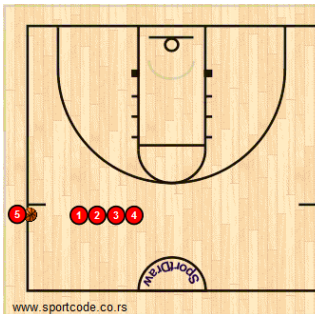
**2-2-1** – force ball up sidelines; keep out of the middle



**Man-to-Man** – 1 pass away – see man & ball; 2 passes away – in lane

### Out-of-Bounds Plays

**Stack** – everybody moves at once



**Box** – screen for high post then delayed screen for original screener

