

Appendix A: Table Of Lessons

Table Explanation

All table features are discussed in more detail in other sections and are also part of each lesson.

Section Topic Lesson

This gives the exact Section, Topic, and Lesson name as well as number for each lesson in the book.

Players

The minimum number of players needed to perform a lesson. If the coach or assistant is part of the lesson then a C appears after the number. 3c means three players and the coach. Rarely is the coach an actual participant in the drill. T stands for team.

Ball

B means you need a ball for this lesson. A dash (-) means you do not.

Court

C means that you need a court with a basket for this lesson. A dash (-) means you do not. A half-court is fine.

IPP

IPP means that this lesson is appropriate for an Individual Practice Plan (IPP). A dash (-) means it is not. All lessons that involve two or more people or the coach are not appropriate.

Effort Level

1=little physical activity, technique-level lesson

2=moderate activity, practice-level

3=maximum physical effort involved, game-level

Introduction Time and Daily Time

The Intro Time is the time needed to teach a lesson for the first time. Usually it is double or more than the Daily Time, which is the time needed after players understand the lesson. Because the time needed is a range, I have taken the greatest time for the Intro Time and the least time for Daily Time. In a sense these are maximum-minimum times.

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Section	Topic	Lesson	Players	Ball	Court	IPP	Effort	Intro Time	Daily
1 Ball-Handling	1 Good Hands	1 Touch	1	B	-	I	1	10	2
		2 Hands Ready	1	-	-	I	1	10	2
	2 Grab	1 Waist	2	B	-	-	2	7	3
		2 Rebound	2	B	-	-	2	7	3
		3 Loose Ball	2	B	-	-	2	7	3
		4 Pivot Away	2	B	-	-	2	7	3
		5 Go For Pass	2	B	-	-	3	7	3
		6 Go For Rebound	2	B	-	-	3	7	3
		7 Go For Loose Ball	2	B	-	-	3	7	3
	3 Prevent Tie Ups/Fouls	1 Move Ball	2	B	-	-	2-3	15	5
		2 Move & Pivot	2	B	-	-	3	15	5
		3 Move, Pivot, & Look	2	B	-	-	3	15	5
	4 Center Line	1 Circuit	T	B	-	-	2	50	10
		2 Basic Lesson	T	B	-	-	2	50	10
		3 Enhancements	T	B	-	-	2	50	20
	2 Pivoting	1 Start Pivoting	1 Short	1	-	-	I	1-2	10
2 Half Turn			1	-	-	I	1-2	10	5
2 Pivot Jab Fake		1 Jab-Step	1	-	-	-	1-2	15	5
		2 Jab Ball Fake	1	-	-	-	1-2	15	5
		3 Jab High Low Fake	1	-	-	-	1-2	15	5
		4 Long Jab	1	-	-	-	1-2	15	5
		5 Crossover Step	1	-	-	-	1-2	15	5
		6 Crossover Step Fake	1	-	-	-	1-2	15	5
3 Pivot Routines		1 Pivot Rip	1	B	-	-	2	15	5
		2 High Routine	1	B	-	-	2	15	5
		3 Low Routine	1	B	-	-	2	15	5
4 Pivot with Defense		1 Pivot Move	2	B	-	-	2-3	20	5
		2 Pivot Pass	2 ^C	B	-	-	2-3	20	5
		3 Pivot With Defenders	3	B	-	-	2-3	20	5
		4 Pivot Pass With Defenders	3 ^C	B	-	-	2-3	20	5

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Section	Topic	Lesson	Players	Ball	Court	IPP	Effort	Intro Time	Daily
3 Wrist Work	1 Wrist Work	1 Loosen Up	1	-	-	I	1	10	1
		2 Flick Up	1	-	-	I	1	10	1
		3 Hold One Hand	1	-	-	I	1	10	1
		4 Flick Shot	1	-	-	I	1	10	1
		5 Flick Pass	1	-	-	I	1	10	1
4 Dribble	1 Dribble Basics	1 Body Position	1	B	-	I	1-2	10	2
		2 Wrist Work	1	B	-	I	1-2	10	2
		3 Tom Tom	1	B	-	I	1-2	10	2
	2 Look At The Leader	1 Mirror Leader	1	B	-	I	1-2	10	5
		2 Look Sideways	1	B	-	I	1-2	10	5
		3 Look Back	1	B	-	I	1-2	10	5
		4 Watch Game	1	B	-	I	1-2	20	5
	3 Follow The Leader	1 Follow Mirror	1	B	-	-	1-2	10	2
		2 Follow Sideways	1	B	-	-	1-2	10	2
		3 Follow Back	1	B	-	-	1-2	10	2
		4 Follow Others	1	B	-	-	1-2	10	10
	4 Protect Ball	1 Chase Ball	2	B	-	-	3	10	5
		2 Two Chasers	3	B	-	-	3	10	5
		3 Dribbler vs. Dribbler	2	B	-	-	3	10	5
		4 Dribble Gauntlet	T	B	C	-	3	30	10
	5 Continuous Motion	1 Short Pass Full	1 Short Pass Full	2	B	C	-	2	20
2 Baseball Pass		1 Half Right Only	T	B	C	-	2	20	15
		2 Half Midcourt Only	T	B	C	-	2	20	15
		3 Half-Court Continuous	T	B	C	-	2	20	15
		4 Full Continuous	T	B	C	-	2	20	15
		5 Full Half Continuous	T	B	C	-	2	30	15
3 Front Weave		1 Two Lines Close	2	B	C	-	2	10	5
		2 Three Lines Close	3	B	C	-	2	10	5
		3 Half-Court Weave	3	B	C	-	2	10	5
		4 Full-Court Weave	3	B	C	-	2	10	5
		5 Weave Transition	3	B	C	-	2	20	10

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Section	Topic	Lesson	Players	Ball	Court	IPP	Effort	Intro Time	Daily
6 Layups & Layup Drills	1 The Layup	1 No Step, No Basket	1	B	–	I	1	10	5
		2 No-Step Layup	1	B	C	I	1	10	5
		3 One-Step Layup	1	B	C	I	2	10	5
		4 One-Dribble Layup	1	B	C	I	2	10	5
		5 Two-Dribble Layup	1	B	C	I	2	10	5
		6 Speed Layup	1	B	C	–	3	10	5
	2 Layup Drills	1 One-Line Layup	T	B	C	–	2	20	5
		2 Three-Line Layups	T	B	C	–	2	20	5
		2 Layup Circuit	T	B	C	–	2	20	5
		4 Pass Follow Layups	T	B	C	–	2	20	5
		5 Pass Follow Layup 2	T	B	C	–	2	20	5
		6 Regular Layup	T	B	C	–	2	20	5
7 Shooting Technique	1 Touch	1 Touch	1	B	–	I	1	5	1
	2 Wrist Work	1 Loosen Up	1	–	–	I	1	5	1
		2 Flick	1	–	–	I	1	5	1
		3 Flick Overhead	1	–	–	I	1	5	1
	3 Body Alignment	1 Flick Up Shot	1	B	–	I	1	20	1
		2 Flick Up High Shot	1	B	–	I	1	5	1
	4 Extension	1 Shoot Up	1	B	–	I	1	10	1
		2 Wall Shot	1	B	–	I	1	10	1
		3 1-Inch Shot	1	B	C	–	1	20	5
	5 1-Foot Shot	1 1-Foot Shot Slow	1	B	C	I	1	20	5
		2 1-Foot Shot	1	B	C	I	1-2	20	5
		3 Three-Line Shot	T	B	C	–	2	30	5
		4 1-Foot Jump Shot	T	B	C	–	2	10	5

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Section	Topic	Lesson	Players	Ball	Court	IPP	Effort	Intro Time	Daily
8 Moves & Shots	1 Moves	1 Jab Fake	1	B	C	I	2	20	5
		2 Pivot Around	1	B	C	I	2	20	5
		3 Pivot Fake	1	B	C	I	2	20	5
		4 Jump Pump Fake	1	B	C	I	2	20	5
		5 Jump Pass Fake	1	B	C	I	2	20	5
		6 Jump Drive Fake	1	B	C	I	2	20	5
	2 Hook Shot	1 Regular Hook	1	B	C	I	2	30	10
		2 Step Hook	1	B	C	I	2	30	10
		3 Fake Step Hook	1	B	C	I	2	30	10
		4 Jump Hook	1	B	C	I	2	30	10
		5 Fake Jump Hook	1	B	C	I	2	30	10
		6 Underneath Hooks	1	B	C	I	2	30	10
9 Practice Shooting	1 Driving To The Basket	1 Drive Right	1	B	C	I	2	15	5
		2 Crossover Drive Right	1	B	C	I	2	15	5
		3 Drive Left	1	B	C	I	2	15	5
		4 Crossover Drive Left	1	B	C	I	2	15	5
	2 Near To Far	1 Near To Far	1	B	C	I	2	10	5
	3 Practice Shoot	1 Full-Court Shoot	1	B	C	I	2-3	10	5
		2 Half-Court Shoot	1	B	C	I	2-3	10	5
		3 Move Left/Right Shoot	1	B	C	I	2-3	10	5
	10 Pressure Shooting	1 Quick Shot	1 Quick Shot Close	1	B	C	-	3	15
2 Shot With Defense			2	B	C	-	3	15	5
3 Go For Ball Shoot			2	B	C	-	3	15	5
2 Run Shoot		1 Run Stop Shoot	1	B	C	-	3	10	5
		2 Run Shoot With De	2	B	C	-	3	20	5
		3 Run Catch Shoot	2	B	C	-	3	20	5
3 Catch Up		1 Catch Up	2	B	C	-	3	20	5
4 Defense In Face		1 Close Defense Shoot	2	B	C	-	3	20	5
		2 Close De Rebound	2	B	C	-	3	20	5
		3 Fouled Shooting	2	B	C	-	3	20	15

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Section	Topic	Lesson	Players	Ball	Court	IPP	Effort	Intro Time	Daily
11 Free-Throw Shooting	1 Free-Throw Technique	1 Free-Throw Technique	1	B	-	-	2	15	5
	2 Free-Throw Practice	1 Free-Throw Short	1	B	C	-	3	15	5
		2 Free-Throw Longer	1	B	C	-	3	15	5
		3 Free-Throw Game	T	B	T	-	3	15	5
12 Passing	1 Passing Technique	1 Touch	1	-	-	I	1	10	2
		2 Flick	1	-	-	I	1	10	2
	2 Overhead Pass	1 Fingertip Tap	2	B	-	-	1	15	3
		2 Short Pass	2	B	-	-	2	15	3
		3 Longer Pass	2	B	-	-	2	15	3
		4 Fake Pass	2	B	-	-	2	30	10
	3 Side Pass	1 Short Pass	2	B	-	-	2	15	5
		2 Bounce Pass	2	B	-	-	2	15	5
		3 Back Pass	2	B	-	-	2	15	5
	4 Baseball Pass	1 Short Baseball	2	B	-	-	2	15	5
		2 Long Baseball	2	B	-	-	2	15	5
13 Catch Cut	1 Basic Catching	1 Catch-One-Two	1	-	-	I	1	25	5
		2 Catch With Ball	1c	B	-	I	1	25	5
	2 Catch Two	1 Fetch It	1c	B	-	-	2	15	5
		2 Come To Ball	1c	B	-	-	2-3	15	5
		3 Catch Bad Passes	1c	B	-	-	2-3	15	5
	3 Flash Into Lane	1 Long Jump To Ball	1	B	-	I	1	25	10
		2 Flash & Count	T	B	C	-	2	15	5
		3 Flash Shoot	T	B	C	-	2	20	6
		4 Flash Pass Follow	T	B	C	-	2	20	6
	4 Loose Ball Drill	1 Loose Ball Midcourt	2	B	-	-	3	20	6
2 Loose Ball At Basket		2	B	-	-	3	20	6	

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Section	Topic	Lesson	Players	Ball	Court	IPP	Effort	Intro Time	Daily	
14 TLC Skills	1 Cut Fake Technique	1 Sleep Fake	1c	-	-	-	2	10	5	
		2 Step-Away Fake	1c	-	-	-	2	10	5	
		3 Step-Behind Fake	1c	-	-	-	2	10	5	
		4 Pass-Response Fake	1c	-	-	-	2	10	5	
	2 Timing	1 Cut To Ball	2	B	-	-	2	20	5	
		2 Flash To Ball	2	B	-	-	2	20	5	
	3 Communication	1 Catcher Directs	2	B	-	-	2	15	10	
		2 Passer Directs	2	B	-	-	2	15	10	
	4 Pass Pivot & Follow	1 Pass Pivot	T	B	-	-	2	15	5	
		2 Fake Pass Pivot	T	B	-	-	2	15	5	
	5 Pass Off Dribble	1 Pass On The Run	2	B	-	-	2	15	10	
		2 Pass Back	2	B	-	-	2	15	10	
	15 Rebound Box Out	1 Rebound Basics	1 Grab Ball	2	B	-	-	2	15	5
			2 Watch Arcs	T	B	C	-	2	15	5
3 Ready Position			T	B	C	-	2	15	5	
4 Positioning			2	B	C	-	2	15	5	
2 Box Out		1 Hold On Back	2	-	-	-	2-3	15	10	
		2 Block Box	2	-	-	-	2-3	15	10	
		3 Front & Box Out	2	-	-	-	2-3	15	10	
		4 Overplay & Box Out	2	-	-	-	2-3	15	10	
16 Screening	1 Screening Offense	1 Setting Screen	T	-	-	-	2	15	5	
		2 Using Screen	T	-	-	-	2	15	5	
		3 Screen & Roll	2	-	-	-	2	15	5	
	2 Screening Defense	1 Beat The Screen	4	-	-	-	2	30	12	
		2 Slide Through Screen	4	-	-	-	2	30	12	
		3 Switch On Screen	4	-	-	-	2	30	12	
		4 Switch Trap	4	-	-	-	2	30	12	

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Section	Topic	Lesson	Players	Ball	Court	IPP	Effort	Intro Time	Daily
17 Defensive Basics	1 Movement	1 Defensive Position	1	-	-	I	1-2	20	5
		2 Jump-Steps	1	-	-	I	2	20	5
		3 Defensive Runs	1	-	-	I	1-3	20	5
	2 Move Feet Drills	1 Front	2	-	-	-	2-3	20	5
		2 Go After Pivoter	2	B	-	-	2-3	20	5
		3 Go After Dribbler	2	B	-	-	2-3	20	5
		4 Monkey In The Middle	3	B	-	-	2-3	20	5
		5 Mirror	2	-	-	-	2-3	20	5
	3 Forcing	1 Forcing Basics	2	-	-	-	1	20	5
		2 Walk/Run Force	2	-	-	-	2	20	5
3 3-Yard Force		2	-	-	-	1-3	20	5	
18 Off-Ball Defense	1 Overplay	1 Overplay Basics	2	-	-	I	1	25	10
		2 Move & Overplay	2	-	-	-	2	25	10
		3 Step Around	2	-	-	-	2	25	10
		4 Overplay Low Post	3	-	C	-	2	25	10
		5 No-See Defense	3	B	C	-	2-3	25	10
		6 Overplay Cutter	3	B	C	-	2	25	10
	2 Strong-Weak Play	1 Help From Outside	T	B	C	-	1-2	30	10
		2 Help From Inside	T	B	C	-	1-2	30	10
		3 Helping-Out Game	T	B	C	-	2-3	30	10
19 Defensive Situations	1 Defense On Shooter	1 Covering Shooter	2	B	C	-	1-3	20	5
		2 Move To Shooter	2	B	C	-	2-3	20	5
	2 Defense On Driver	1 Covering Driver	2	-	C	-	1-3	20	10
		2 Two-On-One Break	3	B	C	-	2-3	20	10
		3 Catch Up	2	B	C	-	3	20	10
	3 Trapping	1 Trapping Basics	3	-	-	-	1-2	25	10
		2 Full Speed Trap	3	-	-	-	3	25	10
		3 Finishing Off Trap	3	-	-	-	2-3	25	10
		4 Trapping Game	T	-	-	-	3	25	10
	4 Front/Over-play Game	1 Two-On-One	3	B	-	-	3	25	10
2 Two-On-Two		4	B	-	-	3	25	10	

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Section	Topic	Lesson	Players	Ball	Court	IPP	Effort	Intro Time	Daily
20 Team Situations	1 Center Jump	1 How To Jump	1	B	C	-	1-2	25	5
		2 Jump Practice	T	B	C	-	2-3	25	5
		3 Jump Setup	T	B	C	-	3	25	5
		4 Pick Up Coverage	T	-	C	-	2	25	5
		5 Transition From CJ	T	B	C	-	3	25	5
	2 Free-Throw Line	1 Free-Throw Setup	T	B	C	-	2	30	10
		2 Midcourt Transition	T	B	C	-	3	30	10
		3 Transition To Press	T	B	C	-	3	30	10
	3 Inbounding	1 Box Offense	5	B	C	-	2	25	10
		2 Inbounding Options	5	B	C	-	2	25	10
		3 Inbounding Defense	T	B	C	-	3	15	5
	21 Half-Court Defense	1 Person-to-Person	1 Strong-Weak Play	T	B	C	-	2-3	30
2 Help In All-Around			T	B	C	-	2-3	30	15
2 Zones		1 About Zones							
		2 2-1-2 Zone Defense	T	B	C	-	2	30	10
	3 Half-Court Zone Trap	T	B	C	-	1-3	30	10	
22 Half-Court Offense	1 Play To Transition	1 Play 1	3	B	C	-	1-2	30	10
		2 Play Transition	3	B	C	-	1-2	30	10
		3 Play 2	3	B	C	-	1-2	30	10
		4 Play 3	3	B	C	-	1-2	30	10
	2 Two Patterns	1 Outside Pattern	5	B	C	-	1-2	30	10
		2 Inside Pattern	5	B	C	-	1-2	30	10
		3 Pattern Transition	5	B	C	-	1-2	10	10
	3 All-Around Pattern	1 All-Around Basics	T	B	C	-	1-2	30	10
		2 All-Around Options	T	B	C	-	1-2	30	10
		3 All-Around With De	T	B	C	-	2-3	30	10
23 Full-Court Pressure	1 Full Pressure Offense	1 Full Pressure Offense	T	B	C	-	2	40	20
		2 Pressure To Other Side	T	B	C	-	2	30	10
		3 Looking Long	T	B	C	-	2	20	10
	2 Full-Court Trap	1 Trapping Zone	T	B	C	-	2	30	10
		2 Midcourt Trap	T	B	C	-	2	30	10
		3 Getting Back On Trap	T	B	C	-	2-3	30	10
		4 Zone To One-On-One	T	B	C	-	2	30	10