

Coach Largo's Basketball Checklist

INTRODUCTION

- Final Clearance of Players
- Philosophy of the Head Coach
- Athletic Rules for Players and Coaches
- Expectations for Players and Coaches
- Schedules of Practices and Games
- Discipline of Players
- Demeanor of Players
- Dedication of Players
- Attendance of Players
- Positive Attitude of Entire Program
- Good Grades is Most Important
- Respecting Parents, Family and Others
- Drill and Practice Safety for Players

STRETCHING TECHNIQUES

- Ankle Rotation (Right & Left)
- Toe Touch (Right & Left)
- Neck Rotation (Slow & Easy)
- Windmills (Forward & Backwards)
- Hip Twist (Slow & Easy)
- Triceps Stretch (Right & Left)
- Butterfly Stretch (Slow & Easy)
- Split Leg Stretch (Right & Left)
- Hurdle Stretch (Right & Left)
- Lateral Hip Stretch (Right & Left)
- Thigh Stretch (Right & Left)
- Calf Muscle Stretch (Right & Left)

BASIC WARM UP DRILLS

- Form Running
- High Skipping
- High Knees
- Carioka
- Jump Over Puddle
- Change of Pace
- Back Paddle
- Zig Zag
- Frog Leaps

BASIC SKILLS

- Hop Stops
- Forward Pivoting (Right & Left)
- Reverse Pivoting (Right & Left)
- Triple Threat Position
- Catching the Ball
- Target Hands
- Squaring to the Basket
- Screening
- Cutting
- Setting up Your Defender
- Break Out Move (V-cut, L-Cut & Spin)

CONDITIONING DRILLS

- Three in the Paint
- Triangle Drill
- Hip Rotators
- Defensive Fire
- Endurance Running
- Pivoting (Group)
- Hop Stops (Group)
- Ladder Running (Team)
- Minute Drills
- 15-1 Running (60 sec.)
- Jump Ropes
- Ladder Exercise

FOOTWORK DRILLS

- Ladder – Straight Two Step
- Ladder – Bunny Hops
- Ladder – Lateral Step
- Ladder – In/Out Lateral Step
- Ladder - Shuffle Step
- Ladder – Hop Scotch

BALL HANDLING

- Ball Slap & Squeeze
- Finger Tip Drill (Head & Chest)
- Around the Head, Waist and Knees
- Behind the Back (Right & Left)
- Figure Eight
- Figure Eight with Small Dribbles
- Ball Agility (Forward & Backwards)
- Ball Agility (Alternating)
- Rhythm Dribble (Right & Left)
- Spider Dribble
- Between the Leg Dribble (Right & Left)
- Behind the Back Dribble (High Dribble)
- Behind the Back Dribble (Low Dribble)
- Two Ball Dribble (Together)
- Two Ball Dribble (Alternating)
- Two Ball Dribble (Circles - Right)
- Two Ball Dribble (Circles - Left)
- Two Ball Dribble (Cross Over)
- Two Ball Dribble (Scissors)
- Two Ball Dribble (Hip Side)

Coach Largo's Basketball Checklist

DRIBBLING (Stationary)

- Proper Dribbling Technique
- Dribble, Slap and Protect Drill
- Behind the Back Dribble
- Spin Dribble
- Cross Over Dribble
- Between the Legs Dribble

DRIBBLING (Full Court)

- Regular Dribble (Right & Left)
- Speed Dribble (Right & Left)
- Acceleration Dribble (Right & Left)
- Pull Back Dribble (Right & Left)
- Inside/Outside Dribble (Right & Left)
- Power Dribble (Right & Left)
- Hesitation Dribble (Right & Left)
- Walk the Ball-Forward
- Walk the Ball-Backward
- Behind the Back Dribble (Right & Left)
- Toss and Grab Dribble (Right & Left)
- Roll and Grab Dribble (Right & Left)
- Three Whistle Dribble (Right & Left)
- Chair Dribble (All Options- Right & Left)
- Cone Dribble (Right & Left)
- Two Ball Dribble (Together)
- Two Ball Dribble (Alternating)
- Half Court Dribble Test (Right & Left)
- Speed Dribble Test (Right & Left)
- Beat the Buzzer-Lay up (9 sec.)
- Beat the Buzzer-Shot (7 sec.)
- Team Relay Drill

PASSING (Stationary)

- Footwork and Hand Positioning
- Chest Pass
- Bounce Pass
- Over Head Pass
- Baseball Pass
- Hook Pass
- Push Pass
- Flip Pass
- Behind the Back
- Passing into the Post
- Point Guard Passing

PASSING (Team)

- Reaction Passing
- Machine Gun
- Toss Back Rotation (30 sec.)
- Star Passing
- Four Corners (2 Balls)
- Four Corners (4 balls)

- Four Corners - Pivot & Pass
- Two Man - Chase for a Lay Up
- Two Man - Fast Break
- Two Man (No Lay Up)
- Three Man (No Dribble)
- Three Man (Lay Up)
- Three Man Weave
- Three Man (2 on 1)
- Three Man (Fast Break)
- Five Man Weave
- Full Court Fast Break

SHOOTING BASICS (The word "BEEF")

- B = BALANCE: Stop with the feet set (ten toes to the basket), knees should be slightly bent and your legs ready to jump.
- E = ELBOW: The ball should be directly over the elbow. Your wrist should be ready to shoot the ball.
- E = EYES: Your eyes on the target (basket).
- F = FOLLOW THROUGH: After you take your shot, extend your arms and hands toward the basket for a one second count.

SHOOTING TECHNIQUES

- CATCH THE BALL, SQUARE YOUR BODY TO THE BASKET, AND ESTABLISH PROPER SHOOTING BALANCE.
- SHOOTING ARM/ELBOW IN L-SHAPE POSITION, NON-SHOOTING ARM IN GUIDE POSITION.
- FEET POINTING TOWARDS THE BASKET. (FEET SHOULD BE SHOULDER WIDTH APART) LEGS SHOULD BE SLIGHTLY BENT, MAINTAIN YOUR BALANCE.
- USE THE POWER OF YOUR LEGS AND ARMS TO SHOOT THE BALL UP TOWARDS THE BASKET.
- THE BALL SHOULD ROLL SMOOTHLY OFF YOUR FINGERTIPS CAUSING A SLIGHT BACK ROTATION OF THE BALL.
- KEEP YOUR EYES ON THE TARGET (FRONT OF THE RIM) THROUGHOUT YOUR SHOT.
- DON'T FOLLOW THE BALL WITH YOUR EYES!
- FINISH YOUR SHOT WITH A SMOOTH FOLLOW THROUGH, YOUR SHOOTING HAND SHOULD BE IN A GOOSE NECK POSITION AND YOUR GUIDE HAND POINTING UP WITH YOUR THUMB POINTING BACK TOWARDS YOUR HEAD.

Coach Largo's Basketball Checklist

SHOOTING (Individual)

- Mental Attitude
- Footwork
- Alignment Concept
- Body Positioning (Shooting Pocket)
- Catching Technique
- Ball Grip and Position
- Shooting Arm Position
- Guide Hand Position
- Focusing on Target
- Jumping Technique
- Ball Releasing Point
- Follow Through Position
- Analyzing Your Shot
- Same Shot = Consistency
- Two Step Shooting Technique
- Hop Shot Shooting Technique
- Step Back Shooting Technique
- Pony Step Shooting Technique
- Catch and Pivot Shooting Technique

SHOOTING (Individual Practice Drills)

- Mikan Shooting Drill
- Power Shooting Drill
- One Hand Flip Shots (No Guide Hand)
- One Hand Flip Shots (With Guide Hand)
- Two Man Shooting
- Shooting on the Move
- Spin and Catch (2 pt.)
- Spin and Catch (3 pt.)
- Spin and Catch (Bank)
- Free Throw Shooting
- Three Point Shooting
- "V" Cut, Break Out, Reverse Pivot into a Pony Step, Quick Drive to the Basket for a Lay Up.
- "V" Cut, Break Out, Reverse Pivot into a Pony Step, Quick Drive to the Baseline for a Shot.

SHOOTING (Team Drills)

- Repetition Shooting (Hop Shot)
- Repetition Shooting (Two Step)
- Repetition Shooting (Step Back)
- Repetition Shooting (Catch & Pivot)
- Break Out Shooting
- Beat the Pro (20 pts.)
- Dribble & Shoot
- Curl & Shoot (60 sec.)
- Chair Shooting Drill (60 sec.)
- Cross Pick Shooting
- Down Screen Shooting

- 10 Shooting Drill
- 20 Shooting Drill
- 21 Shooting Drill
- 40 Shooting Drill
- 845 Shooting Drill
- Half Court Pull Back with a Shot

LAY UPS (Half Court with Outlet – 8 Balls)

- Right Hand Regular
- Right Hand Power
- Right Hand Speed
- Right Hand Hesitation
- Right Hand Reverse
- Left Hand Regular
- Left Hand Power
- Left Hand Speed
- Left Hand Hesitation
- Left Hand Reverse

LAY UPS (Team Full Court – 6 Balls)

- Right Hand - Regular (2 Mins.)
- Right Hand - Power (2 Mins.)
- Right Hand - Hesitation (2 Mins.)
- Right Hand - Speed (2 Mins.)
- Left Hand - Regular (2 Mins.)
- Left Hand - Power (2 Mins.)
- Left Hand - Hesitation (2 Mins.)
- Left Hand - Speed (2 Mins.)

BASIC SCREEN AND ROLL TECHNIQUES

- "V" Cut, Break Out and Step Back
- Screen & Roll - Pass Inside (Two Man)
- Screen & Roll - One Dribble Shot
- Screen & Roll - Two Dribble Shot
- Screen & Roll – Fade to the Wing Shot
- Screen & Roll - Delay Pass
- Screen & Roll - BJ Move (Runner)
- Screen & Roll - Dish Out to Open Man

SCREEN AND ROLL (Footwork Drills)

- "V" cut, break out and reverse pivot into the triple threat position.
- "L" cut, break out and reverse pivot into the triple threat position.
- Go down, reverse spin, seal defender, break out and reverse pivot into the triple threat position.

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SCREEN AND ROLL (Quick Pass Inside)

- "V" cut, break out, reverse pivot into a screen and roll, drive and pass inside.
- "L" cut, break out, reverse pivot into a screen and roll, drive and pass inside.
- Go down, reverse spin, seal defender, break out into a screen and roll, drive and pass inside.

SCREEN AND ROLL (Drive to the Basket)

- "V" cut, break out, reverse pivot into a screen and roll with a drive to the basket.
- "L" cut, break out, reverse pivot into a screen and roll with a drive to the basket.
- Go down, reverse spin, seal defender, break out into a screen and roll with a drive to the basket.

SCREEN AND ROLL (1 Dribble and Shot)

- "V" cut, break out into a screen and roll with a shot. (one dribble)
- "L" cut, break out into a screen and roll with a shot. (one dribble)
- Go down, reverse spin, seal defender, break out into a screen and roll with a shot. (one dribble)

SCREEN AND ROLL (2 Dribble and Shot)

- "V" cut, break out into a screen and roll with a shot. (two dribble)
- "L" cut, break out into a screen and roll with a shot. (two dribble)
- Go down, reverse spin, seal defender, break out into a screen and roll with a shot. (two dribble)

SCREEN AND ROLL (Screener Fades to the Wing for a Shot)

- "V" cut, break out into a screen and roll, screen player fades to the wing for a shot. (two or three dribble)
- "L" cut, break out into a screen and roll, screen player fades to the wing for a shot. (two or three dribble)
- Go down, reverse spin, seal defender, break out into a screen and roll, screen player fades to the wing for a shot. (two or three dribble)

PERIMETER MOVES – RIGHT SIDE

("V" Cut , Break out, Left reverse pivot into Triple Threat Position - Pivot with the toes! Not the heels of the feet)

- Square up to the basket and shoot the ball.
- Fake the shot; drive right and finish with a right hand lay up.
- Fake the shot; drive right and shoot a reverse lay up.
- Fake the shot, drive right, hesitate dribble, finish with a right hand lay up.
- Fake the shot, drive right, pull back dribble and shoot the ball.
- Fake the shot, jab right, step back and shoot the ball.
- Fake the shot; rocker step and drive right for a lay up.
- Fake the shot, rocker step, step back and shoot the ball.
- Fake the shot, jab step right, cross over, drive left, dribble with the left hand and finish with a left hand lay up.
- Fake the shot, jab step right, cross over, drive left, dribble with the left hand and finish with a running shot.
- Fake the shot, jab step right, cross over, drive left for a quick shot in the paint.
- Fake the shot, cross over; drive left for a left hand lay up.
- Fake the shot, cross over, drive left and finish with a running shot.
- Fake the shot, cross over; drive left for a shot in the paint.
- Fake the shot; drive right, reverse spin with a left hand lay up.
- Fake the shot, drive right, reverse spin and finish with a power jump hook.
- Fake the shot, drive right, reverse spin and finish with a baby hook.

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PERIMETER MOVES – LEFT SIDE

("V" Cut , Break out, Right reverse pivot into Triple Threat Position - Pivot with the toes! Not the heels of the feet)

- Square up to the basket and shoot the ball.
- Fake the shot; drive left and finish with a left hand lay up.
- Fake the shot; drive left and shoot a reverse lay up.
- Fake the shot, drive left, hesitate dribble, finish with a left hand lay up.
- Fake the shot, drive left, pull back dribble and shoot the ball.
- Fake the shot, jab left, step back and shoot the ball.
- Fake the shot; rocker step and drive left for a left hand lay up.
- Fake the shot, rocker step, step back and shoot the ball.
- Fake the shot, jab step left, cross over, drive right, dribble with the right hand and finish with a right hand lay up.
- Fake the shot, jab step left, cross over, drive right, dribble with the right hand and finish with a running shot.
- Fake the shot, jab step left, cross over, drive right for a quick short shot in the paint.
- Fake the shot, cross over; drive right for a right hand lay up.
- Fake the shot, cross over, drive right and finish with a running shot.
- Fake the shot, cross over; drive right for a shot in the paint.
- Fake the shot; drive left, reverse spin with a right hand lay up.
- Fake the shot, drive left, reverse spin and finish with a power jump hook.
- Fake the shot, drive left, reverse spin and finish with a baby hook.

OFFENSIVE MOVES (Specialty)

- Right Inside/Outside Dribble, Drive Right & Lay Up
- Right Inside/Outside Dribble, Drive Right & Shot
- Right Inside/Outside Dribble, Drive Right, Spin & Finish with Left Lay Up
- Left Inside/Outside Dribble, Drive Left & Finish with a Lay Up
- Left Inside/Outside Dribble, Drive Left & Shot
- Left Inside/Outside Dribble, Drive Left, Spin & Finish with Right Lay Up

POST MOVES (Low Post Moves)

- Outside Drop Step with a Lay Up (R/L)
- Outside Drop Step with a Power Shot (R/L)
- Outside Drop Step-Power Jump Hook (R/L)
- Outside Drop Step with a Baby Hook (R/L)
- Forward Pivot & Shoot the Ball (R/L)
- Forward Pivot, Up & Under (R/L)
- Inside Drop Step with a Lay Up (R/L)
- Inside Drop Step with a Power Shot (R/L)
- Inside Drop Step-Power Jump Hook (R/L)
- Inside Drop Step with a Baby Hook (R/L)
- Reverse Pivot - Sikma Move (R/L)
- Fronted Move (spin and seal) - High/Low

POST MOVES WITH A DEFENDER

(ten toes to passer, be big, fight over top, lock arm, demand the ball)

- V-cut. (Ball at the wing)
- V-cut, go away and come back. (Ball at the wing)
- V-cut with a swim move. (Ball at the wing)
- V-cut with a swim move w/ spin. (Ball at the wing)
- V-cut with a circle move. (Ball at the wing)
- V-cut, face the defender and spin move. (Ball at the wing)
- Duck in move-face forward. (Ball at the top)
- "L" cut move -face forward. (Ball at the top)
- Diagonal move- face forward. (Ball at the top)

BUILDING THE MOTION OFFENSE

(3 Man)

- Pass and Go Away
- Pass and Back Screen
- Pass and Cut
- Pass and Down Screen Flare
- Pass and Down Screen Curl
- Pass and Back Door
- Pass and Laker Cut
- Pass, Laker Cut with Back Screen

BUILDING THE MOTION OFFENSE

(5 Man)

- Motion Offense - Post Shot
- Motion Offense - Wing Shot
- Motion Offense - Baseline Shot

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BUILDING THE MOTION OFFENSE **(2 Man with Coach Passing the Ball)**

- Pass and Down Screen Flare
- Pass and Down Screen Curl
- Back Screen with Back Door Cut

DEFENSIVE FUNDAMENTAL (Individual)

- Defensive Stance
- Defensive Footwork
- Defensive Slides
- Contesting a Pass
- Defending Cuts
- Defending Screens
- Defending Post
- Defensive Rebounding
- Help and Recover
- Help Side Defense
- Denying Post Cuts

DEFENSIVE SKILLS (Team Drills)

- Defensive Mirror Drill (3 Whistle)
- Defensive Fire with Coach
- Triangle Drill (60 sec.)
- Hip Rotators (60 sec.)
- Three in the Paint
- Defensive Slide - Slow
- Defensive Slide - Half Speed
- Defensive Slide - Full Speed
- Defensive Slide - Two Man
- Defensive Slide - Two Man "Live"
- Defensive Building Drill (1-2-3-4-5)
- Defensive Rebounding - Outlet Pass
- Defensive Rebounding - Escape Dribble
- Defensive Corner Trapping Drill
- Defensive Blocking Out - Coach Shooting
- Defensive Inbound Denying
- Defensive Blocking Out - With Pads

DEFENSIVE SKILLS (Half Court)

- Defensive Communication
- Busting the Cutter (Two Man Drill)
- Denying the Wings
- Defending a Point Guard (Force Weak Side)
- Denying the Post (Techniques)
- Defending Against a Screen & Roll
- Defensive Box Drill (Positioning)
- Defensive Box - Bust the Cutter
- Defensive Box - Help and Recover
- Defensive Box - Down Screen (Fight Thru)
- Defensive Box - Down Screen (Slide Thru)
- Defensive Box - Back Screen (Hedge)
- Defensive Box - Back Screen (Switch)

3-D DEFENSIVE SKILLS (Full Court)

- Defensive Positioning
- Defensive Rotation
- Defensive Bluff and Recover
- Defensive Run and Jump

DEFENSIVE STRATEGIES (Team)

- Man to Man Defense
- Box and One Defense
- Triangle and One Defense
- 1-1-3 Zone Defense
- 1-2-2 Zone Defense
- 1-3-1 Zone Defense
- 2-3 Zone Defense
- Half Court Trap Defense
- 12 (1-2-2) Press
- 13 (1-3-1) Press
- 21 (2-1-2) Press
- 22 (2-2-1) Press
- Half Court Press (1-3-1)
- Man to Man Press

TEAM BUILDING

- Team Tip Drill
- Free Throw Shooting Drill (Building)
- Bump Out
- Ladder Run or Minute Drills
- Landa Warm Up Drill
- Free Throw Running Drill
- Full Court Fast Break Drill
- Dribble Tag
- Dribble Relay
- Team 21 Shooting
- Bounce Drill (Rebounding Drill)

WEIGHT LIFTING (Circuit)

- Bench Press
- Inclines
- Lats
- Back Machine
- Tricep Extensions
- Curls
- Leg Press
- Leg Extension
- Leg Curls
- Calf Raises
- Lunges
- Plates
- Abs Crunches