



Throw-In

Teaching the Throw-In

1. Divide the group into pairs.
2. One partner is out of bounds, the other is in bounds as a receiver. There are no defenders.
3. Coach gives the ball to the passer, who throws a bounce pass to his/her teammate.
4. Receiver V-cuts to get open and meets the pass.
5. Passer steps inbounds to receive a pass back.
6. Change responsibilities so that each athlete has a chance to inbound the ball and receive a pass.
7. Add a defender in front of the passer. This defender pressures the pass and then defends the athlete stepping onto the court.
8. Then add another defender on the receiver. The receiver has to work harder to get open.
9. The goal for offense is making three of five passes. The goal of defense is making three of five steals or deflections.
10. Consistently reinforce proper out-of-bounds placement and a proper throw-in by the passer during scrimmages.
11. Teach when the athlete can move (after a made basket) and when the athlete can't move (violation).

Key Words

- Feet Behind The Line
- Hold Your Position
- Come In After Passing

Teaching Out-Of-Bounds Play At the Sideline

1. Initially, use your offensive Set-Up positions. Athletes already know where they are to move (cut) on "Go."
2. Use one of the designated passers to yell "Go" and inbound the ball.
3. Add a simple "box" set-up position.
4. Each athlete has one cut and task to perform.
 - Your best all-around athlete (#1) takes the ball out-of-bounds.
 - The best re-bouncers (#4 and #5) are at the top of the free-throw lane; the best passers (#2 and #3) are on the blocks. Ideally, the best rebounder (#4) and inside shooter are opposite the ball.
 - On "Go," #4 and #5 cut toward the basket, and #2 and #3 cut away from the basket.
 - #1 passes the ball to #3 and then cuts to the nearest corner.
 - #3 turns and bounce passes the ball to #1 for a shot.
 - #3, #4, and #5 Go Get the Ball for an offensive rebound and score.

Teaching Out-Of-Bounds Play At Baseline

1. Initially, use your offensive Set-Up positions. Athletes already know where they are to move (cut) on "Go."
2. Use one of the designated passers to yell "Go" and inbound the ball.
3. Add a simple "box" set-up position as before.
4. Athletes will have one cut and one task to perform.
 - Your best all-around athlete (#1) takes the ball out of bounds.
 - The best rebounders (#4 and #5) are at the top of the free-throw lane; the best passers (#2 and #3) are on the blocks. Ideally, your best rebounder (#4) and inside shooter is opposite the ball.
 - On "Go," #4 and #5 cut toward the baseline, and #2 and #3 cut toward the top of the key and turn to face the ball.
 - #1 passes to #4 and then cuts to the nearest corner.
 - #4 powers up a shot.
 - #3, #4 and #5 Go Get the Ball for an offensive rebound and score.