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boys' basketball coach

"*The Complete Guide to Girls' Basketball* is one of the most thorough and comprehensive books on basketball that I have ever come across. Mullaney touches on all aspects of the game: from general philosophies, to offensive and defensive strategy, to specific drills... this book covers it all. It would be a valuable companion for any coach who wants to take his or her team to the next level."

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Head Women's Basketball Coach
University of Richmond

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Bill Finney
Head Women's Basketball Coach
Marymount University

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Head Women's Basketball Coach
University of Maryland

"*The Complete Guide to Girls' Basketball* is a tremendous resource! This book provides thorough explanations for young coaches, multiple defensive and offensive drills for all coaches, and quotes to inspire and challenge even the most experienced coaches. Mullaney's vision for the growth of girls' and women's basketball is put into action through the pages of this book."

Sue Semrau
Head Women's Basketball Coach
Florida State University

***The Complete
Guide to Girls'
Basketball***

MICHAEL D. MULLANEY

The Complete Guide to Girls' Basketball

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*This book is dedicated
to the parents who make the girls'
game possible through their
tremendous support and enthusiasm.*

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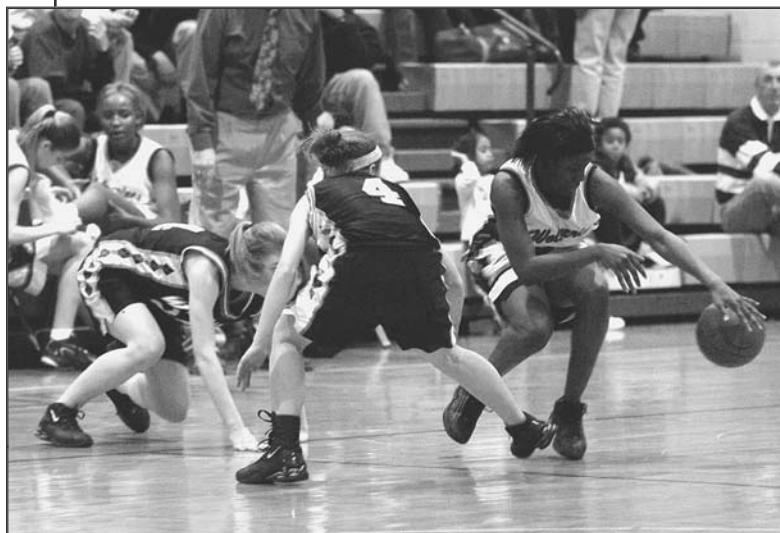


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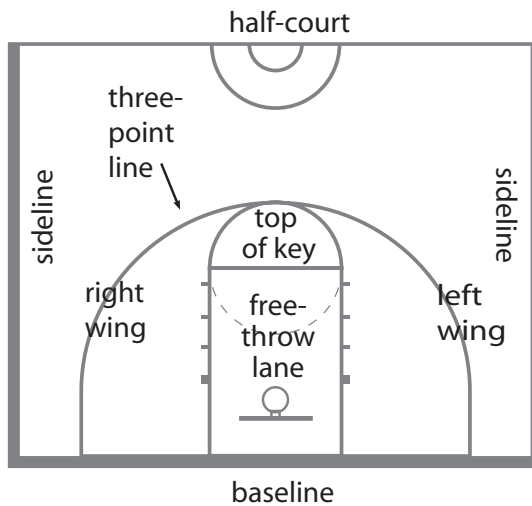
Katherine Day performed the skillful job of editing. She was a pleasure to work with and I am lucky to have found her. Greg Fiume took the top quality action photos. Julie Phinney created the cover design and typeset the complicated layout. My wife, Sue, assisted greatly with computer and software issues, and provided many valuable suggestions as well. It was a well-executed team effort.

Key to Diagrams

KEY TO DIAGRAMS

Path of player	→
Path of ball	- - - - - →
Dribble	~ ~ ~ ~ ~ →
Screen	—
Ball	⦿
Offensive player	① ② ③ ④ ⑤ ●
Player with ball	⦿① ② ③ ④ ⑤ ●
Defensive player	X1 X2 X3 X4 X5 X
Coach	C
Assistant Coach	AC

Solid black circles represent additional offensive players
 X with no numbers are additional defensive players



The right and left sides are determined when facing the basket. This may confuse you at first: for instance, the right wing is on the right side of the court but on the left side of the page.

The "elbow" refers to the point where the free-throw line intersects with the line coming from the baseline, also known as the lane line. The right elbow is where the lines meet on the right side of the court (facing the basket) and the left elbow is where they meet on the left side.

Court dimensions:

The court is 50 feet wide and 94 feet long (47 feet to half-court).

The free-throw line is 15 feet from the point directly under the backboard.

The outside of the three-point line is 19 feet 9 inches from the point directly under the rim.

INTRODUCTION

I decided to write this book because I love basketball, have a passion for teaching the game and see a real need for a resource to help coaches and parents teach basketball properly to young women. Girls' basketball has become enormously popular, and now more than ever, coaches, parents and players want and need guidance. This book is designed to be understood by every individual who wants to learn and enjoy the game.

I have coached hundreds of basketball games. In this book, I want to share my thoughts on how basketball should be taught and played, and, just as important, how individuals can appreciate and value basketball as a sport and as a way of life. Basketball can play a major role in a young woman's development; coaches shouldn't underestimate how great of an influence (positive or negative) they can have! Have you ever noticed that many players seem to remember their coaches for the rest of their lives? These basketball experiences *do* stand out in players' minds. That's why it's so important that coaches and parents, together, make those experiences positive!

When I was growing up in Jacksonville, Florida, I didn't live near an indoor gym. I spent many hours on an outdoor basketball court shooting. On windy days, I would modify my shot to "play the wind." (Don't worry — there aren't any plays or drills in this book that take blustery weather conditions into account.) I was determined to become the best basketball player I could be. In my first game in 8th grade, I scored 42 points; that year I averaged 25 points a game. I went on to start in high school as a point guard. During my high school years, I made the All-City team, was named the team's Most Valuable Player, was All-State in the mile and two-mile runs, and won the John Burke Award for being the top student-athlete in school. I'm especially proud of that because I'm only 5 feet 9 inches tall (if I round up). I learned that success comes from hard work and playing together as a team.

This book is intended to benefit girls at all skill levels, from elementary school through high school (including AAU players), and is a great resource for any young woman wanting to play in college. It explains and analyzes basic fundamentals, advanced skills, and game strategies, and also provides practice plans. Many explana-

Introduction

tions are supplemented with diagrams and photos that try to capture the game.

Part One of the book provides an overview, tips on how to develop a plan for the season and some suggestions on how to communicate with players and parents. Part Two covers offensive fundamentals like shooting and the fast break. Part Three covers defensive fundamentals and man-to-man and zone defenses. Part Four explains special situations, such as the press and out-of-bounds plays, and includes tips on developing strategies and effective practice plans. Part Five contains drills. Finally, Part Six consists of appendices that include the all-important rules of the game, basketball definitions, and references to other basketball books and web sites.

Part Five is a particularly important section. Teams tend to play like they practice. So, *The Complete Guide to Girls' Basketball* provides over 200 drills, broken down to target specific skills. Some drills are basic plays that can be used directly in games; some drills focus on single basketball skills; others incorporate more than one fundamental concept. I've also included suggestions for drill variations; typically these variations describe a more advanced or more competitive alternative. As an additional teaching tool, I've included state-of-the-art illustrative diagrams to assist coaches and players alike.

The quotations in this book, sports-related or otherwise, serve as a reminder that, whether coaching, playing or spectating (for that matter, in life in general!), we all need to keep our sense of humor and enjoy the game.

I feel fortunate to have written this book. The reality is, I have made more friends through my basketball associations than through any other activity. I hope readers will experience the same excitement and reap the same benefits from the sport that I have. After you finish *The Complete Guide to Girls' Basketball*, you will see just how far the girls' game has progressed.

Have fun with this book. I hope you enjoy reading it as much as I enjoyed writing it!

Mike Mullaney

NOTES

In this book, the male pronoun “he” and the adjective “his” are used to describe and refer to coaches (since it provided a natural way to differentiate between coaches and the female players). This does not mean to imply that there aren’t hundreds of great women basketball coaches. There certainly are! I also use the term “man-to-man” to describe certain defensive sets; it is a common basketball term and is intended to be viewed as gender-neutral.