



Basketball Coaching Guide: Skills & Drills

Welcome the Dublin Youth Athletics (DYA) Coaching Guide for Skills & Drills!

This guide is designed to provide DYA coaches with a sample practice plan and age-appropriate drills that can be used during the season. The drills in the guide build upon themselves, with increasing difficulty as players progress in their development. Coaches are encouraged to review the drills either before or after the grade they are coaching to ensure alignment with their individual players knowledge and skills.

Table of Contents

<u>Grades 1 – 2</u>	<u>Grades 3 – 5</u>	<u>Grades 6 – 8</u>
Sample Practice Plan	Sample Practice Plan	Sample Practice Plan
Footwork Skills	Footwork Skills & Dribbling Drills	Footwork Skills & Dribbling Drills
Dribbling Drills	Passing Drills	Passing Drills
Passing Drills	Shooting Drills	Shooting Drills
Shooting Drills	Layup Drills	Layup Drills
Defensive Skills	Free Throws Drills	Free Throws Drills
	Defensive Skills	Defensive Skills
	Rebounding Skills	Rebounding Skills
	Practice Plan Expanded	

Grades 1 – 2

Sample Practice/Game Plan

Skill Stations: 25 mins – Skill stations can rotate week to week as needed

Drink Break: 5 mins

Game: 25 mins

Wrap Up/Team Huddle: 5 mins

Footwork Skills - [Drill Starter Video Link HERE](#)

Drill- Triple Threat

Setup:

Players line up in a horizontal line facing the coach

Drill:

- 1) Players get into the Triple Threat position as quickly as possible
Ensure players stand with feet shoulder width apart, knees and arms bent holding the basketball in their shooting hand

Drill- Quick Steps

Setup:

Players line up in a horizontal line facing the coach

Drill:

- 1) Players get into Triple Threat position
- 2) Straight Drive: Players take long first step with right foot straight out, if right-handed or with left foot, if left-handed
or
- 3) Cross-Over Drive: Players move ball across their body to the left side if right-handed and takes first step with their right foot or moves ball across their body to the right side if left-handed and takes first step with their left foot
- 4) Coach says “Back” return to starting position
Ensure players try to get as low as possible and then hold the position to improve balance

Dribbling Drills

Drill- Stationary Skills

Setup:

Players line up in a horizontal line facing the coach

Drill:

- 1) Players rotate the ball around below- five times in one direction then the opposite
 - a. Their heads
 - b. Their waist
 - c. Their legs/knees, with the legs together or open and complete a figure 8
- 2) High/Low

Players should dribble the ball high with right hand, target between knees and waist, then low, target between ankle and knee 10 times each then complete with left hand
Ensure players are keeping their head up when dribbling

Drill- Dribbling Skills

Setup:

Players line up on the baseline facing the coach

Drill:

Players should dribble from the baseline to the foul line with their right hand, then dribble back with their left hand

Ensure players are keeping their head up when dribbling

Passing Drills

Drill- Various Passing Skills

Setup:

Players line up ~12 - 15 feet across from each other

Drill:

Players should be taught

1) Bounce pass

2) Chest pass

3) Overhead pass

Players will then pass to catching player, then reverse

Ensure passing player steps into their pass, aiming towards the catching players hands

Ensure catching player, receives the pass, stepping towards the ball grasping it with both hands

Shooting Drills

Drill- Form Shooting - [Drill Starter Video Link HERE](#)

Setup: Players line up in a horizontal line facing the coach

Drill:

1) Coaches should instruct players on the proper placement of the ball in their hand, the proper placement of their elbow, their feet, bending of their knees, release/wrist, guide hand etc.

Ensure players are beginning to learn the proper form for shooting so that bad habits, like two handed pushing etc aren't developed

Drill- Stationary Shooting

Setup:

Players should form a line starting on either the left or the right side of the baseline facing the basket

Drill:

- 1) Following a half-circle format five shots will be taken, where the first player will shoot a shot at the block then move to the next spot half-way between the block and the middle of the key. Following that sequence move to the middle, half-way between the middle and opposite block, then opposite block.

The coach can stand under the basket to assist with made shots and rebounds to ensure the drill progresses along

Ensure the player is using proper shooting form, square to the basket, elbow tucked in, good hand extension and follow through

Drill- Dribble Shooting

Setup:

Players line up on the wing, near the 3-point line on both sides

Drill:

- 1) Player will dribble towards the basket until they are ~ 8 feet away
- 2) Players will take their jump shot, collect their rebound and pass to the next player in line. Upon completing the pass, the player will line up in the opposite line.

Ensure the players are keeping their eyes up while dribbling

Ensure the players are using proper form when shooting the ball

Defensive Skills

Drill- Defensive Position

Setup:

Various places on the court

Drill:

- 1) Begin with one offensive and one defensive player
- 2) Show players the defensive stance, knees slightly bent, arms up and out to the sides
- 3) Show players the proper form for guarding their opponent, keeping themselves between their opponent and the basket etc.

Drill- Defensive Stance & Footwork - [Drill Starter Video Link HERE](#)

Setup:

Players line up on the baseline facing the coach

Drill:

- 1) Show players the defensive stance, knees slightly bent, arms up and hands out to the side
 - 2) Show players how to slide their feet
 - 3) Then in a zigzag motion, starting to the right, have players slide in the defensive stance to the middle of the key, then got back left to the foul line, then right to the 3-point line, then left towards half court.
 - 4) Upon completion, head to the sidelines and sprint back to baseline and begin again
- Ensure players are keeping their eyes up and arms/hands out to the side

Fun Games

Drill- Sharks and Minnows

Setup:

All players (minnows) except for the shark, have balls and are spread out in the gym

Drill:

- 1) Upon "GO" all the minnows must start dribbling and continue dribbling till the end of the game
- 2) The shark will attempt to steal the ball. If they are able to knock the ball loose, the minnow will sit down their ball and becomes a shark
- 3) The game continues till there is only one minnow left and they become the winner

Note depending on size you can start with multiple sharks; at an older age you can try other rules like if the minnow loses their dribble or picks it up on their own, they instantly become a shark

Grades 3 – 5

Sample Practice Plan

Warm Up/Stretch: 5 mins

Skill Stations: 25 mins – Skill stations can rotate week to week as needed

Drink Break: 5 mins

Team Drills: 20 mins

Wrap Up/Team Huddle: 5 mins

During preseason practices, skill sessions may take priority, with team drills sessions being used to install an offense and teach defense. During the season practices, priorities between skill sessions and team drills may change depending on your team dynamic, keeping in mind the goal of player development.

Footwork Skills & Dribbling Drills

Note: Review Grade 1-2 Footwork and Dribbling sections and incorporate as needed, many young athletes you will encounter in Grade 3 – 5 may just be beginning basketball

Drill- Stationary Skills - [Drill Starter Video Link HERE](#)

Setup:

Various places on the court

Drill:

- 1) In/Out Dribbling
 - a. Player gets in good dribbling position
 - b. Player dribbles ball with one hand in an in/out motion in front of their body
 - 2) Push/Pull Dribbling
 - a. Player gets in good dribbling position
 - b. Player pushes ball forward and pulls it back in
 - 3) Between the Legs
 - a. Player gets in good dribbling position
 - b. Player takes several dribbles on one side, then dribbles the ball between his legs
- Ensure the player stays balanced; keeping eyes up. Encourage players to go as fast as they can

Drill- Triple Threat Jab Step & Dribbling

Setup:

Players line up on the baseline facing the coach

Drill:

- 1) Players get into Triple Threat position
- 2) Straight Drive: Players take long first step with right foot straight out, if right-handed or with left foot, if left-handed
or
- 3) Cross-Over Drive: Players move ball across their body to the left side if right-handed and takes first step with their right foot or moves ball across their body to the right side if left-handed and takes first step with their left foot

- 4) After the jab step, the player will dribble to the top of the key extended
 - 5) Player should return to the line and complete the drill with the opposite hand
- Ensure the player is making a hard jab step; accelerate; dribbling, keeping the ball between their knee and waist on their side with their eyes up
- Encourage the player to have their arm bar up to protect the ball

Passing Drills

Drill- Triangle Passing

Setup:

Players are placed in groups of three where they will form a triangle with spacing

Drill:

- 1) Players will pass the ball around the triangle going in one direction
- 2) Coach can rotate the direction of the passes, switch between types of passes: bounce; chest; overhead etc.

Ensure players are moving the ball quickly around the triangle; this is teaching them to catch, swing the ball to the side and pass, so ensure you rotate the direction of the passes during the drills

Drill- Lane Passing with Defender

Setup:

Two offensive players stand across from each other ~10-15 ft apart

One defensive player stands in the middle of them

Drill:

- 1) Offensive players can throw chest and bounce passes, but no over the head passes
- 2) Defensive players are trying to steal the pass
- 3) Set a goal of X number of passes before switching

Ensure players are taught ball passing skills and the concept around fake passes; also stress the importance of not having lazy passes i.e., step into pass etc.

Drill- Oops Bad Pass

Setup:

Two players set up across from each other ~12-15 ft

Drill:

- 1) Player one throws a pass, albeit a bad pass. Essentially throwing to an area not occupied by their teammate
- 2) Player two must react to the bad pass; get in front of it securing the ball while turning into a basketball move

Note: This drill is best suited for more experienced player

Ensure player one is throwing what would be considered normal/appropriate pass, just off the mark. Watch for player to secure ball without travelling

Shooting Drills

Drill- Stationary Shooting

Setup:

Players should form a line starting on either the left or the right side of the sideline

Drill:

- 1) Following a half-circle format five shots will be taken, where the first player will shoot a shot outside of the block then move to the next spot elbow of the key, then opposite elbow of the key, then outside of the block opposite side.

Note: The coach can stand under the basket to assist with made shots and rebounds to ensure the drill progresses along

Ensure the player is using proper shooting form, square to the basket, elbow tucked in, good hand extension and follow through

Drill- Drive and Shoot or Pitch

Setup:

Two players start out on the wings on the 3-point arc

Drill:

- 1) Player one with the ball uses a jab cut and drives across to the top of the opposite elbow, plants foot squares up and takes a jump shot. Player two trails behind the drive making a cut towards the foul line
- 2) Player one with the ball uses a jab cut and drives across to the top of the opposite elbow and look for player two on the trail, passes, and player two takes the jump shot at the foul line
- 3) Alternate back and forth and reverse sides of the key

Ensure the players understand how to trail and when to cut and break.

Once mastered, add in one defender on baseline who at the beginning of the play closes out on the player with the ball, forcing the pass. Then progress by adding the off-ball defender on player two

Layup Drills

Drill- Layup Form

Setup:

Players should be in the lane, just above the box

Drill:

- 1) Players should be taught to bring the ball up into proper form
- 2) Player should step/jump off opposite foot (foot closest to rim, opposite of the hand with the ball)
- 3) Ball side knee and ball should extend towards the basket, aiming at the square on the back board, completing the shot
- 4) Players should begin practicing layups with their dominant side hand, then be introduced to their weak side hand, then the drill can be completed on both sides of the hoop.

Ensure the player is keeping their eye up towards the basket and bringing the ball up and not cradling it low

Drill- Layups

Setup:

Players should start at the elbow, top of the key

Drill:

- 1) Players will dribble towards the basket
- 2) Players should be taught while in motion from the dribble
 - a. Bring the ball up into proper form
 - b. Step/jump off opposite foot (foot closest to rim, opposite of the hand with the ball)
 - c. Ball side knee and ball should extend towards the basket, aiming at the square on the back board, completing the shot
- 3) Players should begin practicing layups with their dominant side hand, then be introduced to their weak side hand, then the drill can be completed on both sides of the hoop.

Ensure the player is keeping their eye up towards the basket and bringing the ball up and not cradling it low

Free Throws Drills

Drill- Free Throw Step Back

Setup:

Player starts by standing ~3 ft from basket

Drill:

- 1) Player shoots using proper free throw form until they make the shot
 - a. If players are just beginning you may consider setting a limit like until you make shot or you've attempted 5 shots, then step back
- 2) Upon making the shot they will take 1 large step back and shoot again until they make their next shot. The sequence continues until they achieve the proper free throw line for their age.
 - a. You can increase the difficulty of the drill by requiring the player to make two shots in row before taking a step back or if they miss returning to their previous spot and starting the sequence again.

Ensure the players are using correct form

Drill- Free Throws & Rebounding

Setup:

Player starts at their age-appropriate free throw line

Drill:

- 1) Player shoots using proper free throw form
- 2) Remaining players line up as offensive and defense in the correct lane positions

3) Players react to shot and attempt to rebound as in a game

This is an ideal opportunity to teach where players need to line up and why; when can the lane player enter the key vs a player above the top of the key extended (release vs rim); who should box out who; what to do if you get the rebound etc.

Tip: consider having players wear DYA jerseys to practice so half can be green and half white, this will allow them to visually connect where the offense and defense should be during a foul shot

Defensive Skills

Drill- Close Out - [Drill Starter Video Link HERE](#)

Setup:

One player should start at the top of the key extended the other on the right or left side wing. Remaining players should form two lines baseline as the defensive

Drill:

- 1) Coach standing on the baseline tosses the ball to one of the offensive players and two of the defensive players from the baseline will need to close out on the offensive players who will try to score.
 - a. To ensure quality of the drill consider rule of only 1 shot, then play is stopped. Also consider at least 1 pass has to be made before a shot can be taken to encourage ball movement.
- 2) Upon completion of the shot, offensive players go to defense line and defensive players become your next two offensive players

Ensure defensive players close out strongly and maintain proper defensive stances

Drill- Round & Round

Setup:

Two defensive players start in the middle of the key going around in a circle. Two offensive players start out on the wing, top of the key extended with remaining players lined up behind them

Drill:

- 1) The coach from the baseline or from the 3-point line will toss the ball to either of the wings who will begin play, trying to score
- 2) The defense must recognize once the ball has entered play and one must take the ball and the other must take the off-ball player
- 3) The drill will conclude once one shot has taken place
 - a. To increase the difficulty of the drill you can require the players to make 1 or 2 passes before a shot can be taken
- 4) Upon completion of the shot, offensive players will become defense and defense will get in line to play offense at the top of the key extended

Ensure that whichever player on defensive takes the ball to yell out "I got ball" or "ball" to begin teaching them to communicate on defense.

Drill- Guarding Screens

Setup:

Arrange two offensive and defensive players middle and wing

Drill:

- 1) Create scenario where off ball player sets screen for ballhandler or ballhandler passes and goes and sets screen
- 2) Coach defense to recognize the screen, how to disrupt it, how to go over or under the screen and how to switch

Ensure that the offense through the installment of offensive scheme has learned how to properly set a screen, how to counter over/under and switching

Rebounding Skills

Drill- Find a Body

Setup:

Two defensive players start under the basket on baseline. Two offensive players start out top of the key extended, middle and wing with remaining players lined up behind them. The coach occupies the opposite wing with the ball

Drill:

- 1) The coach begins the play by stepping up and taking a shot towards the basket ideally producing a realistic shot, but not necessarily trying to make the shot since this is a rebounding drill
- 2) Once the shot is released, the offensive players will crash the boards to get the rebound. The defensive players will find a body and begin the box-out
- 3) If the offense gets the rebound, they will stay on as offensive and two new defensive players will head to the baseline. If the defensive gets the rebound, offense becomes the defense and defense heads back to the line.

Ensure the defense is taught that once the shot is released, they are to aggressively seek out an offensive player and begin the box out wherever they are on the court. The defensive should not be standing under the basket waiting for a rebound or waiting for the offensive player to get to them.

Fun Games

Drill- Knockout - [Drill Starter Video Link HERE](#)

Setup:

All players have a ball and line up at the age-appropriate free throw line.

Drill:

- 4) Upon "GO" the first play in the line shoots the ball, with the second player shooting as soon as the first player releases the ball.
- 5) If player one makes their shot, they move to the end of the line, however if player two makes their shot before player one, then player one is "knocked out" of the game.
- 6) The game proceeds in that sequence, for example as soon as player one makes their shot player three is shooting to attempt to knock out player two. If player two

knocks out player one, player one sits, player two goes to back of the line and player three shoots, with player four trying to knock them out so on and so forth

Note: The game knockout has many versions, so define the rules up front. For instance, some games are played where player two can purposefully hits player one's ball down the court, giving them more time to make the shot etc. Players in the line should not interfere with any player shooting.

Grades 6 – 8

Sample Practice Plan

Warm Up/Stretch: 5 mins

Skill Stations: 15 mins – Skill stations can be adjusted based on skill level

Drink Break: 5 mins

Team Drills: 30 mins

Wrap Up/Team Huddle: 5 mins

During preseason practices, skill sessions can be used to reinforce previously learned skills and team drills session slots used to install an offense and defense. During the season practices, skill sessions can be traditional skill building or interactive drills (e.g., *Drill- Round & Round*) that reinforce skills using more of a game style format. Team drills can be used for offense and defensive walk throughs, providing lessons learned from previous games and then 5v5 game play.

Footwork Skills & Dribbling Drills

Drill- V & L Cuts

Setup:

V-Cut- Start ballhandler in middle and other player on wing

L-Cut- Start ballhandler in middle and other player on block

Drill:

- 1) V-Cut - The player on the wing will motion inside towards the block and then pop-out to receive the pass
- 2) L-Cut – The player on the block will motion towards the elbow and then pop-out to receive the pass

Ensure the players are taught how to use their body to fake their movement; how to initiate contact where appropriate without pushing off/raising the elbow; use of footwork to leverage separation; and the importance of using quickness

Drill- Dribbling Spin

Setup:

Players line up in multiple rows on the baseline

Drill:

- 1) Players dribble to the middle of the key, perform a spin move, then go back left to the foul line, spin move, then right to the 3-point line, spin move, then left towards half court

Ensure players are keeping their eyes up and that the ball is in close to the body during the spin

Drill- Dribbling Lane Protection

Setup:

Players start under the basket. One offensive and one defensive player

Drill:

- 1) The offensive player must dribble down the court, getting around their defender, using various ball protection techniques to prevent the defender from getting the ball. The lane is the boundary lines, the offensive player must stay in the lane, no sideline escapes. Defensive players should be reminded of defensive stance, sliding, hands out etc.

Ensure offensive players protect the ball and coach not turning that back as the only strategy for protection. Players need to protect the ball using various dribbling techniques (in/out; push pull; crossover; between the legs etc.)

Ensure the defense is playing with sound skills, not fouling with pushes, reaching etc.

Passing Drills

Drill- Two Ball Partner Passing

Setup:

Two players line up across from each other ~12-15 ft

Drill:

- 1) Each player has a ball and they pass it back and forth
- 2) Goal is player one tosses the ball with right hand to the player two left hand and vice versa.

When starting out players are going to want to catch the ball with both hands. Transition them into catching with only one hand and allow the passes to go back and forth quickly

Drill- Post Passing

Setup:

One player sets up outside and the other on the block

Drill:

- 1) The block player will receive the entry pass (typically an overhead pass, but can alternate with a bounce pass) from the outside player
- 2) The outside player should move/cut and the post player should pass it back out to them

Once the players have achieved this motion, add in defensive players allowing the post player to take a shot or kick the ball out after the pass

Shooting Drills

Drill- Post Power

Setup:

Position post player on the block with a defender

Drill:

- 1) Throw an entry pass into the post player and coach them on low post moves such as power layup using positioning and pivots

Drill- Post Shot/Hook

Setup:

Position post player on the block with a defender

Drill:

- 1) Throw an entry pass into the post player and coach them how to pivot into the lane for a shot

Layup Drills

Drill- V-Cut Layups

Setup:

Players form a line on the right-side wing

Drill:

- 1) The first player will dribble in from the elbow at top of the key and shoot a right-handed layup. The player will get their own rebound, dribble to the left side elbow, make a hard cut and return to the basket shooting a left-handed layup
- 2) After the left-handed layup, the player will get their own rebound and pass to the next player on the right wing

Ensure the players are using good form when shooting their layups; running hard; making solid cuts back to the basket

Note: This drill is a good opportunity to introduce or reinforce V-Cuts

Drill- Passing with Layups

Setup:

Players form a line just on the wing either the right or the left side

Drill:

- 1) Player starts with the ball and passes to the coach standing at the top of the key
- 2) After the pass, the player runs toward basket looking to receive the pass back from the coach
- 3) The coach passes to the player between the foul line and the box on the outside of the key
- 4) The player catches the pass, shoots a layup, collects the rebound and passes back to next player

Ensure the player is moving through each position with confidence, passes are crisp, speed, looking for the ball; uses proper layup form

Free Throws Drills

Drill- Free Throws & Playthrough/Rebounding

Setup:

Player starts at their age-appropriate free throw line

Drill:

- 1) Player shoots using proper free throw form
- 2) Remaining players line up as offensive and defense in the correct lane positions
- 3) Players react to shot and attempt to rebound as in a game
 - a. If the offense gets the rebound, they playthrough and should either immediately put the shot back up or kick it out to set up offensive. Play stops if the shot is made or the offense is reset
 - b. If the defense gets the rebound, they should secure the ball, create the outlet and play through till the half court line
- 4) If the player makes the first foul shot, they will shoot a second before rotating out. If they miss the shot next player rotates in after the playthrough or rebound

This drill should simulate game experience, but you are not letting it turn into a 5v5 experience. The goal is to give the players game time reps on what to do when a foul shot is missed.

Tip: consider having players wear DYA jerseys to practice so half can be green and half white, this will allow them to visually connect where the offense and defense should be during a foul shot

Defensive Skills

Note: DYA allows Full Court Press & Zone Defense Starting in 6th Grade

Drill- 3v3 Closeout

Setup:

Three offensive players start at 3-point arc, on both wings and in the middle

Three defensive players start on the baseline across from the offensive players

The coach with the ball stands on the baseline

Drill:

- 1) The coach throws the ball to one of the offensive players to begin
- 2) The defensive players react once the ball is thrown and will close out on the offense and they will play 3v3 till either the offense scores or the defense gets the rebound
- 3) KEY NOTE: The defensive players CANNOT guard the players across from them. For example, if the ball is thrown to the middle, the middle defender must pick up the right or left wing and the other two defenders must pick up the ball/middle and the remaining wing.

Ensure players react to the ball entry; close out strong with good defensive stance.

Defensive players need to communicate with each other on who they are guarding.

Example when ball is thrown in, someone must yell "ball", remember the players cannot guard the player across from them

Drill- 3v2 Weakside Help

Setup:

Three offensive players start at 3-point arc, on both wings and in the middle

Two defensive players start across from the wings with denial inside to middle
Drill:

- 1) The ball is passed from middle to either wing and rotated around
- 2) The defense should react to close out on the strong side with weakside help in the lane

Ensure the ball to swung around back and forth forcing the defense to react to each position

Note: To increase game like experience, the coach can blow whistle once the ball has been rotated and the offense can go live, forcing 3v2 play

Rebounding Skills

Drill- Get the Rebound

Setup:

Three players start in the key with the coach at the top of the key

Drill:

- 1) The coach will pass the ball to one of the players
 - a. The coach can call out the players name if they wish
 - 2) That player must shoot, there is no dribbling in this drill
 - 3) All players will attempt to get the rebound
 - 4) Whichever player gets the rebound will shoot, no dribbling
 - 5) Once a player makes the basket that player exits and a new player enters
- Ensure players are boxing out, jumping to get the rebound and finishing around the rim
- Note: This drill can get aggressive, ensure players are not fouling

Example: Grades 3 – 5 Practice Plan Expanded

Sample Practice Plan

Warm Up/Stretch: 5 mins

6:30/7:30 – 6:35/7:35

Warm Up Examples:

- 1-2 laps around the half court or baseline to half court

Stretch Examples:

- Sitting: Toe Reach Right/Left/Middle; Quad Stretch
- Standing: Lateral Lunge; Ankle Reach Right/Left; Catcher; Arms Circles; Triceps Stretch

Agility:

- Defensive Slides; High Knee; Scissors

Skill Stations: 25 mins

6:35/7:35 – 7:00/8:00

- Drills Together

or

- Group A: dribbling, passing, rebounding, etc
- Group B: layups, jump shots, foul shots, etc

Drink Break: 5 mins

7:00/8:00 – 7:05/8:05

Team Drills: 20 mins

7:05/8:05 – 7:25/8:25

- Offense Reps
 - Offensive Play
 - Screens
 - 1v1; 3vs3; 5vs5
- Defense Reps
 - Man to Man
 - Screen Defense (Over/Under/Switch etc.)
 - Defending Out of Bounds Plays

Note: Grade 3 – 6 DYA begin playing defense at the top of the key extended and double team/trapping is not allowed outside of the paint. Ensure players are taught where the top of the key extended is on the court

Wrap Up/Team Huddle: 5 mins

7:25/8:25 – 7:30/8:30

- Use this time to be encouraging and reflective about the practice, discuss anything important prior to the next game, build team chemistry; consider all hands in team cheer- 1.2.3... Go Team Name! or if your team is modeled after a NBA/WBNA team, consider adopting their mascot, 1.2.3. Go Bulls!