



**Kailyn Bell**

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Class of 2024 / CG

Ridley High School

Delco Goats

Height: 5'7"

Strength: Fair

Right-Handed

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### **Offensive Qualities**

- Interchangeable between the point and off-guard positions
  - Main role when playing both is a distributor
  - Focuses on getting others involved and running the team
- Consummate team player who understands her role and plays within it
- Strong fundamentals
- Very unselfish
- Exhibits proper footwork
- Plays a solid floor game
- Understands how to move to the open areas against zone defenses and maintain proper spacing
  - Will benefit from cutting with purpose more consistently against man defense
- Playmaking – shows flashes of capable playmaking
  - Penetrates with a plan
  - Sets up her teammates nicely for quality looks
  - Will occasionally push the pace to draw and kick to shooters
  - Pick-and-roll play
    - Uses good angles off the ball screen
    - Patiently awaits the screener to get set
    - Pass-first off the pick
    - Conservative decision-maker
    - Could consider being more aggressive by looking to turn the corner more often
- Provides flashes of getting to the rim off the bounce
  - Displays a knack for drawing shooting fouls around the rim
- Finishing
  - Exhibits the ability to finish with her left hand



- Will improve by continuing to strengthen this ability
- Owns strength to finish through some contact
- Can improve on:
  - Finishing with two hands in traffic/against the contest to add strength and ball protection
  - Maintaining focus on the goal in traffic
- Will benefit from developing a runner/floater around the paint
- Effective positional offensive rebounder
  - Uses her anticipatory skills to track the ball and judge where it's coming off the rim
- A note on getting open against the deny: she can walk the defender down, reverse pivot into them, making contact/impact with her shoulder and hip/behind as she moves into them. As she's pivoting, she should use her non-pivot leg to seal them and then explode out to call for the ball.
- As a screener, she does a good job of seeking out the defender to screen, as opposed to moving to a specified area
- Showed the incorporation of a one-dribble pull-up that was nicely executed

### **Shooting**

- Still working toward becoming a more consistent shooter overall
- Shoots it with confidence and provides glimpses of her potential from 3-point distance
- Maintains good concentration on the rim
- Choosy shot selection
  - Majority of attempts in the games covered were from 3 or around the rim
  - Would like to see her to be more aggressive in looking for her own shot
- Form/Mechanics
  - When shooting on the catch, the right foot is a half-step too far out in front of the left foot
    - Bring that right foot back ½ a step
    - This doesn't appear to take place when shooting off the dribble
  - Both feet are slightly angled to the left, away from the rim. This leaves the lower body slightly rotated to the left.
  - Mostly on the catch, the initial shot motion involves a "loading" up of sorts, where she moves the ball slightly away from her body before bringing it back in to continue up into the shot motion
    - Eliminating this extra motion will increase the quickness of the shot and cut down on the overall movement, which should help contribute to more consistency (the less movement, the better)
  - Appears to use the guide hand's thumb, flicking it upon the release
    - Keeping the guide hand flat (or simply removing the thumb action) will improve consistency



- Release is from under the chin
  - Shoots up to create a favorable shot trajectory
  - Consistent follow through
- Shoots a set shot
  - Needs time to get the shot off on the catch
- Comfortable shooting off the bounce
  - Shoots off a jump stop
  - Quicker release
  - Less overall motion in the shot

### **Passing**

- Very willing passer; makes the right pass with a nice delivery
  - Makes the extra pass without hesitancy
- Displays good vision
  - Shows awareness of where her teammates are and where they are going to be
- Advances the ball well with the pass
- Effective as a passer upon penetration into the lane
  - Drive and kicks to shooters
  - Dump-offs to the block/paint
- Good post-feeder
  - Uses the correct technique on her bounce passes and overhead passes
  - Correctly uses an extra dribble to create the proper passing angle
- Tends to put too much air on the pass in situations where more zip is warranted
  - Has a greater tendency to pass with predominantly one hand instead of two
  - Will benefit from cleaning up her technique by using two hands and flicking her wrists
- Comfortable throwing passes with her right or left hand on the perimeter
  - Uses the left-handed pass appropriately
- Displays a nice touch on her passes overall
- Capable of making accurate passes off the live dribble
- Sound decision-maker

### **Dribbling**

- Makes efficient use of her dribbles
- Has a good, controlled speed dribble
  - Fluid change of direction on the run
- Nice posture – can be a bit too upright
  - Will benefit from getting her body lower to the ground



- Will help to maximize explosiveness and increase ball protection, control, and quickness
- Has a tendency to change directions before crossing over. As a result, the ball is traveling slightly behind her.
- Crossover tends to be “over the top” against ball pressure rather than v-shaped. The v-shaped crossover keeps the ball lower and decreases the likelihood of the defender getting a hand on it.
  - Uses the “over the top” crossover effectively when putting pressure on the defense moving downhill
- Will improve by working on dribbling around bodies with a focus on keeping the ball low and eyes up
  - Further, work on the changing of hands/directions with the crossover and other dribble moves, such as between the legs and behind the back to add ball protection
- Will also benefit from keeping her body between the ball and the defender more consistently
  - For instance, when entering the ball into the offense by dribbling to the wing, step into the body of the defender using the shoulder/body and push/explode back off the planted foot to create the space to crossover
    - Be careful not to push off of the defender

## **Defense**

- Reliable; pays close attention to detail. A few examples include:
  - Rarely allows cutters to cut in front of her face
  - When pressing full-court off of scores, she immediately locates and guards
  - Maintains a good balance of attention between ball and man off the ball
  - Excellent at getting back on defense to stop ball and defend the basket to prevent easy attempts
  - Strikes on backside steal opportunities without putting her team at a disadvantage
- On-ball defense
  - Impressive overall – makes the ball handler work, stays in front, and knows how to lead the ball handler into help
  - Solid defensive stance
  - Plays defense with her feet and generally does so without fouling
    - Usually preserves good balance
    - Crosses her feet when moving laterally to stay in front, which will be troublesome against quicker ballhandlers who are capable of effective misdirection/change of direction dribbles
      - Avoid bringing the feet together/crossing feet
  - Does not quit on the ball and often cuts the opponent off as a result
  - Will benefit from more active hands
  - In the half-court, she meets the ball at half-court to apply pressure



- Applies effective full-court pressure, turning the ball handler multiple times and successfully leads them into traps
- Good communicator
- Shows sound technique on closeouts
  - Completes the closeout by turning and blocking out without fouling
- Consistently blocks out
  - Superb technique
  - Makes a concerted effort to find a body when the shot goes up
  - Has a tendency to focus too much on the block out and not enough on the ball itself
- Possesses good hands that are capable of plucking the ball from defenders on-ball and from the help side position
- Plays with anticipation
- Does an excellent job of staying in her defensive stance off the ball

### **Basketball IQ**

- Excellent court awareness
- Shows a sound understanding of moving without the ball
  - i.e. Displays the knowledge/feel of when to use the back door
- Knows how to draw the defense and understands when to make the pass as a result
- Displays the ability to read the defense for fast break opportunities
- Values possessions
- Exhibits a feel for the game
- Sound decision-maker overall
- Has a firm grasp on offensive and defensive game plans
- Understands time and score

### **Disposition/Presence**

- Brings stability to the floor for her team
- Good motor on both ends; plays hard
- Disciplined on both ends, too
- Plays to win the game
  - Competitive
- Takes the game seriously
- Celebrates her teammates' successes
- Gets on the floor without hesitation and is seemingly always in the mix
- It sounds cliché, but she does a lot of things that do not show up in the box score

### **Physical/Athleticism**

- Good hand-eye coordination



- Possesses nice timing and anticipation
- Fair positional strength
- Exhibits an overall toughness you like to see in the backcourt
- Not afraid of contact
- Restricted quickness and foot speed
  - Can improve through various quickness drills, plyometrics, and speed drills
- Room to improve conditioning