



Web: www.mountaintigers.com.au

Mountain Tigers Basketball Club Coaching Guidelines

May 2017

Information to assist club coaches to develop fundamental skills in players, deliver strong, structured training and ensure enjoyment and skill development in the game.



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WELCOME TO COACHING

A sincere thank you to all coaches prepared to put up their hand and coach – without you the club could not operate. At Mountain Tigers we want to develop confident, skilled players who enjoy the game every week regardless of their base skill level. Our objective as a club is to provide an environment in which junior players can learn, have fun and be safe.

We will provide you with a range of resources that you can call on at any time to support you in your coaching role – these resources include:

- Development Officer – Available to help you to help your team!
- Coaching Clinics – these will be held regularly with skilled coaches from both Mountain Tigers and Knox Basketball
- Internet – see the resources page for some great online resources, and there are loads out there so don't be afraid to find your own
- Fortnightly plays online – you will be invited as a coach to join a Mountain Tigers coach facebook group where we will share links to videos with drills to try and provide clear explanations of how to develop the drill from beginner to advanced
- This booklet – a great place to start and get focused

In this booklet you will find:

- Players Skill Matrix to guide you as to where to start and progress
- Useful coaching tips applicable to all age groups
- Example training plans and drills
- Plays for end ball and side ball plays, adaptable to beginners to advanced players
- Useful web sites

If you need assistance any stage please contact our Development Officer to discuss your requirements.

Kerryn Westcott

0412418151

Development@mountaintigers.com.au

As a club that would like to develop its coaching staff, we will support coaches wishing to attend coaching clinics offered by Basketball Victoria or Knox Basketball. We have some very experienced coaches at Mountain Tigers and for the newer coaches and junior coaches we can assign a mentor that you can approach throughout the season for additional support. If you feel you have sufficient experience you might like to consider an assistant coach from your parent or family groups who can be developed to support the club in the future.

Enjoy your coaching. It is one of the most rewarding paths in life and we hope that it also brings you great satisfaction.



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The Mountain Tigers Player Philosophy

No matter the skill level of your team, the playing position on the court or their team position, every player in your team can contribute to the game with some simple rules to playing **every single minute in every single game.**

Our goal for players at Mountain Tigers is to develop both highly regarded young adults and respectful, hardworking players. We don't want them to settle for the easy options, but to make the choice to become a better and stronger player that can play for many seasons to come.

We also want them to have increased basketball IQ and court awareness, which will in turn make them easier to coach and more likely to make it into higher teams or representative teams (if they wish) as they develop their basketball game in the future.

These are the guiding principles we wish to instil in players at Mountain Tigers:

- You are personally responsible for defending your own player. You cannot let your teammates down by slacking on defence. Work together because **DEFENSE WINS GAMES.**
- Be low, be wide, be loud and be quick to respond – it is a choice to play good defence, not just a skill.
- 100% effort, 100 % of the time – **no exceptions.**
- Fight for every ball – if it's on the floor it's yours, if it's in the air it's yours.
- Give equal effort on both ends – offense and defence matter equally.
- Use every minute you get on the court effectively.
- Second and third efforts produce results – never give up.
- Attitude on the bench is important. Don't look disinterested. Encourage your teammates. Keep your head and voice in the game.
- Play every game with energy. Play hard, rebound, run the floor, set screens, play defence – do everything with high energy.
- Attack the defender on the drive to the basket. Create contact, draw fouls and get to the line – and at the same time put the other team in foul trouble.
- **The biggest one of all.....**use your voice as a dangerous tool just like your feet or your shot. Talk, talk, talk on the court. **COMMUNICATION is essential to success.** It builds the team and it lifts the tempo of play. Communicate plays, call for balls, get loud in defence and talk it up all the time – on the court and bench.

DEVELOPING PLAYERS AT MOUNTAIN TIGERS

At Mountain Tigers we would like to have a focus on BOTH developing strong skills and having FUN. Not all players will become high graded basketball players (A-B grade and representative basketball) but regardless of ability, we want to continue to provide coaching that is fundamentally strong, skills based and remains enjoyable for the players. Players that feel they are improving and developing will enjoy the training and games, and in turn will be keen to continue to learn and develop. OUR GOAL at Tigers is to ensure we are focusing on the relevant skills required to become strong players as well as provide an environment for all players to enjoy the game of basketball.

The outline below provides guidance as to the areas of focus and extent of development in our age groups. This is from Under 8 to Under 16 (at under 19 and 23 the players are looking for a social game and the role of the coach is to guide where required). You may also have a range of skills in your team, in which case it is important to ensure you have drills that allow for them to feel confident regardless of level (eg. A drill that is introductory and moves into more refinement level, or fundamental refinement into extended development).

A team that is at the Extended Development phase should be strong in the Introductory and Refinement skills before spending time on the extended developmental level. In considering the skills outlined, you can also refer to the skills matrix on the following pages, which provide a more extensive list of skills used in basketball for reference.

The level at which you work will be decided by the skill and development level of your team. The ages/grades below are indicative only of the suggested level you should be focusing.

<p><i>Introductory – focus on basic fundamentals</i> <i>Under 8/10</i> <i>Under 12/14 new team of players</i> <i>Under 16 lower grades eg E/F grades</i></p>	<p><i>Refinement – extend the fundamental skills</i> <i>Under 8/10 experienced</i> <i>Under 12/14 A-C grades</i> <i>Under 16 C-D grades</i></p>
Ball handling – wraps, taps and toss and clap	Ball handling – sitting down dribbling
Dribble ball handling – both hands equally	Dribble ball handling – both hands and change of direction, change of hands cross over
Movement with ball – eyes are looking up and forward, focus on putting ball to floor to avoid travelling	Movement with ball – looking both sides while dribbling, focus remains on avoiding travelling.
Passing – strong chest passes, step forward, push ball out (“10 fingers”), Move to the ball	Passing – chest passes, bounce passes and lob passes (and when to you use them)
Set Shooting – 3 step form shooting, foul shot preparation and form	Set shooting - Set shots from different spots, Catch and shoot.
Movement shooting – focus on correct footwork on a lay up, start with one step and build to dribble to lay up	Movement shooting – develop movement layups and pull up jump shots.
Individual offense – triple threat position and V cuts	Individual offense - Introduce other cuts. Jab steps to drive or shoot. Forward pivot.

Team Offensive structure – encourage spacing down the court (lanes) and around the key (between key and 3 point line)	Team Offensive structure – begin to teach spacing around the 3 point area (5 out), Pass and “move” to get another pass. Screen positions and basics.
Individual Defense – teach wide stance, moving arms and legs and using voice, slide big to bigger, close out player	Individual Defense – channeling or turning dribbler. Body position for man to man defense
Team Defense – man to man, know who your player is and stay with them	Team Defense – movement in the key to the ball side, introduce help defense
In bound plays – everyone starts wide and moves to the ball side	In bound plays – simple base line or end line play to get ball safely into court
Rebounding – everyone find their player and gets in front. No ball watching.	Rebounding – player then ball, tall jump, rebounding triangle and safety on 3 point line, outlet to guard for tall transition
Extended Development Under 10 A grade Under 12/14 A-B grades Under 16 B-C grades	Mastering and Challenge Under 12-16 A-B grades
Dribble ball handling – power, retreat, Behind back, through legs, hesitation dribble	Dribble ball handling – dribble sequences, clearly understanding when/what to use
Movement with ball – faster movement and passing of ball and relocating with receiving point	Movement with ball – faster movement and passing of ball and relocating to a shot position through key to receive/shoot
Passing – all pass types stationary and on the move	Passing – pass fakes, long court passes ahead of player
Set Shooting – set shots from mid and long range more frequently, keeping good form.	Set Shooting – 3 point shooting for players who develop the range
Movement shooting – pull up fake to shot, reverse lay ups strong side, power lay ups.	Movement shooting – moving hook shots and reverse lay ups both sides
Individual offense – posting up techniques and post moves (drop step, pivot shot, step through)	Individual offense – creating opportunities off screens, getting open for shot
Team Offensive structure – motion offensive (4/1 and 5 out principles), introduce offensive plays, on ball and away screens	Team Offensive structure – transition offensive plays through series
Individual Defense – 5 out principles of one pass away, two passes away position, defending cutters and post players	Individual Defense – defending all offensive options, taking the offensive charge
Team Defense – half court man to man, fast break defense, setting traps/press (U12 and above 2 nd half)	Team Defense – Using trap/press in 2 nd half with full strength, full court and half court
In bound plays – end ball and side ball play with multiple options to receive, maximize shot options on the play	In bound plays – end ball and side ball plays (various) with accuracy to a shooter most times
Rebounding – man to man box out and jump, offensive transition always covered, rip rebound down, outlet to wing guard	Rebounding – transition quick off rebound to make quick passage to basket

SKILL MATRIX

I = Introduce, R = Refine, M = Master

Introduce: Simple fundamental skills should be introduced at the earliest age and skill level. They won't always get it right, but with practice and encouragement they will develop skills quickly.

Refine: How well the skills are refined will depend on the skill level of the team. Those in the higher grades will move to be competent in these skills quicker. Gauge the level of your players and work just far enough ahead to challenge them but not overwhelm them.

Master: at this level the skills should be mastered and will be worked into more advanced drills and sequences.

We must keep in mind that we still have new players even in higher age levels, and these players will still need time to develop fundamental skills – basketball, as a graded competition, allows for players of all skill levels to give it a go.

Ball Handling Drills	U8	U10	U12	U14	U16	U18
Ball Wraps (Head, Waist, Knees – Tower)	I	R	M			
Toss ball up and catch without moving feet (incl. Claps)	I	R	M			
Sitting down dribble (Circles, Up & Down, Lay down)	I	R	M			
Ball Tap Control with finger tips	I	R	M			
Figure 8 low dribbling		I	R	M		

Dribbling (Strong & Weak Hands)	U8	U10	U12	U14	U16	U18
Fundamentals	I	R	M			
Control dribble and Speed dribble	I	R	M			
Power Dribble and Retreat dribble		I	R	M		
Change of pace/stutter/hesitation dribble		I	R	M		
Crossover Dribble	I	R	M			
Behind Back, Between legs and Fake cross over Dribble			I	R	M	

Body Movement Fundamentals	U8	U10	U12	U14	U16	U18
Jumpstops	I	R	M			
Pivoting – Forwards	I	R	M			
Pivoting – Reverse		I	R	M		

Passing/Receiving	U8	U10	U12	U14	U16	U18
Catching/Receiving (“Ten Fingers”)	I	R	M			
Move to Ball	I	R	M			
Chest Pass, Bounce Pass	I	R	M			
Overhead Pass, Push pass, Baseball pass		I	R	M		
Pass Fakes		I	R	M		

Shooting	U8	U10	U12	U14	U16	U18
Fundamentals	I	R	M			
Lay-up – Strong Hand, Weak hand	I	R	M			
Set Shot, Jump shot, Reverse lay up		I	R	M		
Power Lay-up		I	R	M		
Catch & Shoot, Dribble and Shoot		I	R	M		

Individual Offence	U8	U10	U12	U14	U16	U18
Triple threat position	I	R	M			
Jab Step – strong side drive, cross over, shoot		I	R	M		
Shot fakes		I	R	M		
Posting up technique & target hand		I	R	M		
Post moves – Drop Step, turn around, pivot and shoot			I	R	M	
V-Cuts	I	R	M			
Flash cuts, flare cuts, curl cuts		I	R	M		

Rebounding	U8	U10	U12	U14	U16	U18
Jumping	I	R	M			
Stance, ball protection, positioning, blocking out		I	R	M		
Offensive – power lay-up			I	R	M	
Defensive – outlet pass, power dribble out		I	R	M		

Team Offence	U8	U10	U12	U14	U16	U18
Court spacing	I	R	M			
Ball movement, ball reversal		I	R	M		
Pass, cut & replace		I	R	M		
Dribble entries		I	R	M		
Screen the ball & roll		I	R	M		
Screen away		I	R	M		
Skip passes			I	R	M	
Screens – back, cross, down			I	R	M	
Offensive alignments		I	R	M		
Fast break		I	R	M		
Motion offence principles			I	R	M	
Zone offence principles			I	R	M	
Delay game			I	R	M	
Out of bounds plays – offensive and defensive		I	R	M		

Individual Defence	U8	U10	U12	U14	U16	U18
Defensive stance, maintaining position, using hands	I	R	M			
Footwork – Shuffle, drop step	I	R	M			
Turning/channeling the dribbler		I	R	M		
Man-to-man – Guarding the ball handler	I	R	M			
Man-to-man – One pass away, two passes away		I	R	M		
Defensive triangle (“pointing pistols”)		I	R	M		
Jumping to the ball, close out		I	R	M		
Defending cutters, screens, post players			I	R	M	
Taking the charge			I	R	M	

Team Defence	U8	U10	U12	U14	U16	U18
Half-court and full court man-to-man		I	R	M		
Rotation principles			I	R	M	
Zone defence (2-1-2, 1-2-2, 1-3-1)			I	R	M	
Fastbreak defence		I	R	M		
Trapping			I	R	M	

WHAT SHOULD I COVER AT EVERY TRAINING?

Fundamentals to cover at every training:

- **Ball handling:** one ball and two ball dribbling, both hands, straight and zig zag
- **Passing:** basic for the lower levels, chest pass, bounce pass etc then go to series of passes eg. pass to elbow, cut and receive pass back and shoot
- **Shooting:** static and movig. Practice shooting form so they are doing it right at training and at home, layups with and without and defender, L and R, box shots, further out if team is capable. Focus on no travel, eyes at rim, where should they be aiming (eg. ring, bboard etc). where should they be shooting from.
- **Offensive movement** – will depend on skill level, start with keeping spread out on court, not allowing everyone to run into key, doing “something” once they pass. More advanced once fundamentals are better, move to on ball screens and rolls. Once capable, move to full court transition with passing drills.
- **Defensive movement** – start with foot work, importance of hand placement (to avoid fouls) and how to use body. Then used one on one drills for defense training (double run around elbows, pass and take with defense), move to two on two etc
- **Free throw shooting & free throw defending** – off the board and run, key set up with a shot, emphasis on boxing out the other player first

Set plays:

For kids with good fundamentals, Offensive plays are an essential part of the game. Just one or two in a game give them something challenging to suit their skill. Higher levels will have more. Generally set up off a side or end ball to ensure the ball gets into court in the best position to get a shot, sometimes using a specific player to score (guard or post player commonly).

Some tips for drills:

- Keep them to 5-7 minutes each so they don't get bored
- Encourage them to challenge themselves – mistakes are OK, training is the place to learn
- Use drills that mimic some game situation's
- Focus on the little things – eg using feet in passing, using voice all the time etc
- Challenge even the lower grade team to set up a simple offense, but don't over burden them with information until they master the play given
- Defense is the most under trained skill but the best way to win – even if you are not the best shooting team, just using defense to get the ball back in your hands is a great play
- Scrimmages are best at the end, and kept as a reward for working well for the rest of training – encourage them to do a set one or two things you have just learnt in training. If they don't use it to learn, then they don't get to scrimmage

TIPS FOR SUCCESSFUL TRAINING SESSIONS

The following are some useful tips for fun and successful training sessions:

1. Training needs to be:
 - Fun
 - Rewarding and challenging
 - Educational
 - Progressive to match skill of the kids
 - Encouraging
2. Kids love to compete, involve some element of competition in your drills whether it be:
 - Competing against other kids
 - Completing against a set target
 - Completing against the clock
3. Focus on the fundamentals with constant reinforcement
4. Plan your training sessions so that you can keep the kids moving, failure to do so could lead to control and lack of focus issues
5. Your drills should include as many players moving as possible – idle young players find ways to be disruptive and lose focus on the drill.
6. Have a clear rule – when the coach talks, they do not. You may have them stand one foot on their ball so they don't toss it around or dribble. Keep your talking short and clear – they want to be moving.
7. Find drills that utilize a number of fundamental skills as they build – for instance, it might start with just shooting, then after a few minutes add in dribbling, then after a few minutes add in passing
8. Be consistent with your corrections – stop any player and address the need to change what they are doing that is not doing it right.
9. If the group is consistently getting a drill wrong – stop the drill and break it down into stages so they learn small parts first. Better to do small parts well than a total drill badly and with no outcomes.
10. While basketball is ultimately about scoring more than the opposition, I believe there is not enough focus taken at training, and games for that matter, on the defensive side of the game, both individual and team. Develop drills focussing on defensive skills and basic rebounding principles, ie: blocking your opponent off the boards
11. Reward good effort – focus on the positive rather than the negative
12. Teach them how to play the game, do not try to play the game for them, they will make mistakes and your reaction will determine their interest in learning and improving.

DEFENSE – LETS BE THE BEST!

Basketball defense isn't just "the other part of the game," it's the most important part of the game! It may not be as glamorous as scoring a lot of points, but being a shut down player gets a player very much deserved respect. Offense puts people in the seats, but defense wins games. If you can stop the other team from scoring, then you've got a much better chance of winning than if you just score a lot of points only to be matched by the other team.

Defensive Stance

The defensive stance is the foundation of all defensive basketball movements, with proper stance aiding in making a player quicker and that much more difficult to get by. It's about balance, readiness and staying low.



- Feet should be about shoulder width apart
- Knees slightly bent, a little under 90 degrees, back straight, head up (and centered over your body)
- On the balls of your feet: You don't want to be "flat-footed" or on your heels; it will slow you down and be easier to get you off balance. Being on the balls of your feet maximizes your quickness abilities.
- Feet slightly staggered (one further in front than the other) usually trying to lead your opponent to go to his/her weak side.
- Hands up and arms out.
- You don't want your arms hanging by your side, you want to be "tracing" the ball when guarding your opponent.
- Your lead hand should match your lead foot (i.e. if your right foot is forward in your stance, then your right hand should also be leading right over your foot). This helps to prevent your opponent from attacking your lead foot or slow them down enough for you to recover.

Defensive Sliding

Good defense includes developing "lateral quickness" – the ability to react and move quickly from side to side to guard a player. Defense sliding is the best way to do this. Start out (and stay) in the defensive stance. To move right (slide right), push off with your left foot and slight it toward your right foot. When it's close to the right, step out with your right and slide the left toward your right foot again. DO NOT CROSS YOUR FEET. The same goes for sliding left, except you will be pushing off/sliding your right foot toward the left.

Watch your opponents chest

A player can fake a number of different ways, but their chest will always show where they're going next. They can make a jab step with their foot one way and go another way, fake a shot with their head and shoulders, or fake a pass with their hands, arms, and shoulders.

Slap up at the ball

Basketball defense can get quite aggressive, and can also get a lot of players into foul trouble. You're of course going to have to slap down at the ball at times, but when you can, slap up at the

ball instead. The other reason you want to slap up at the ball when trying to knock the ball away from a dribbler is that you are less likely to be called for a foul such as reaching in.

Get a Hand in Opponents' Face and/or Chest Area

Basketball defense isn't only done with your feet, it's done with your hands, too. It's especially helpful if you are not quite as fast as your opponent on your feet or can't jump high enough to block his/her shot. If you put your hand in front of your opponent's face, they can't see as well to make a pass or drive to the basket. It will also distract them from focusing on the rim when they shoot. All shooters, however, usually have to bring the ball through their chest area. This is where you can anticipate the offenses movement and try to strip the ball. Be careful not to slap their arm, though, because you don't want to send them to the shot line.



Talk (and listen) to Your Teammates

Basketball is a team sport, and basketball defense is done as a team. "Help Defense" isn't one-on-one defense, it's the whole team playing defense as a unit. No matter if you're in a zone or man defense, you should be talking to your team and listening to what they have to say. Call out screens and which side they are coming from, call out the switch if you switch on the screen, and let other defensive players know where the offense is cutting in the zone by yelling "low" or "middle," etc. Likewise, you should listen to your teammates who are hopefully doing the same for you. If you hear of a cutter coming through your zone, cut them off, don't let them go where they want to. Also anticipate screens and try to fight through them (don't get caught overplaying them too much, though, or your man will blow by you the other way).

See the person you're guarding and the ball at all times

If you can't see the ball while you're guarding your man then you won't know when your help defense is needed. Try to keep your body in the path between your man and the person with the ball. This is, of course, unless it opens up a clear path for your man to get to the basket and get a pass from another player after a quick swing. So to rephrase: know where the *ball* and *your man* is, as well as *where the basket is*. Developing your peripheral awareness can help you with this.

Alter Your Opponent's Path

In basketball defense, you want to do this regardless of whether they have the ball or not. The offense is headed in a path where they want to go and has a purpose for going there. Cut them off and make them go where they don't want to. This applies to people cutting without the ball. A lot of times this can cause a turnover because the passer doesn't see you or throws the ball where he/she thinks the cutter is going and you've made them go somewhere else.

!!REBOUND!!!

Rebounding is included in the basketball defense tips because if you've caused the other team to take a bad shot and miss, what good is it when you give them another chance? Defense involves keeping the other team from putting the ball in the basket, and the more you limit their opportunities, the less chance they have of doing so. So, again, **GET THE REBOUND**. It doesn't have to be you, in particular, but make sure whoever you're guarding or blocking out doesn't get it or your coach won't be happy!

CORRECT SHOOTING FORM FOR ALL PLAYERS

Players must be taught how to shoot correctly. This starts with feet being shoulder width apart and toes pointing towards the basket.

Ready Position

- arms straight out
- feet shoulder width apart
- ball on fingertips



Set Position

- triple threat position
- forearm in line with ground
- knees bent



Fire

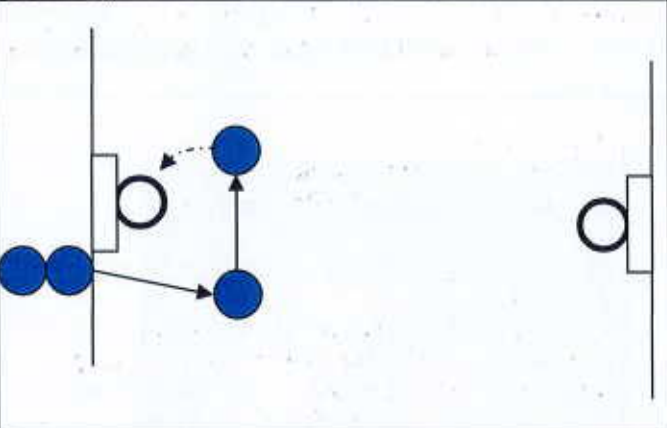
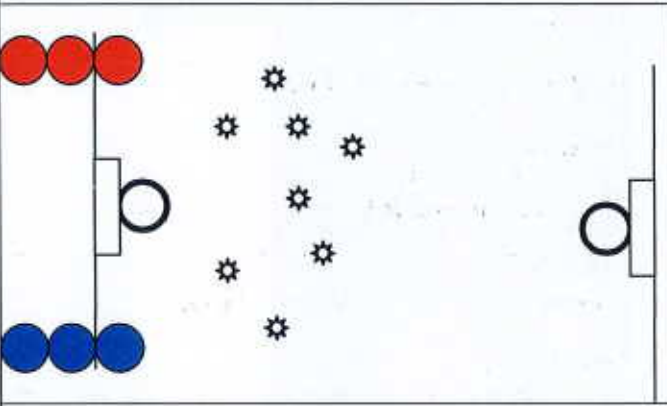
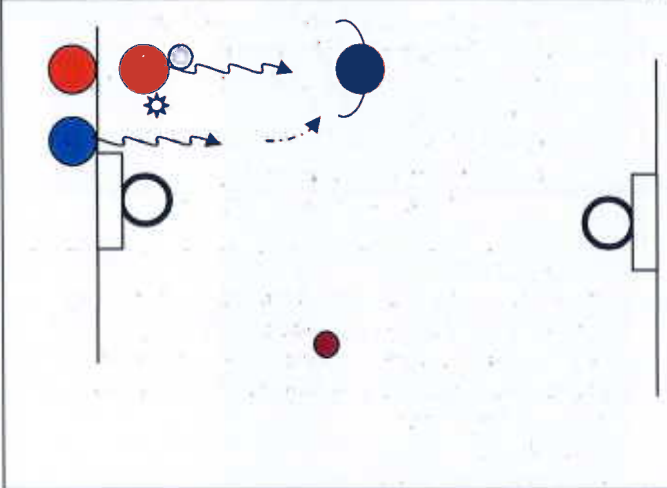
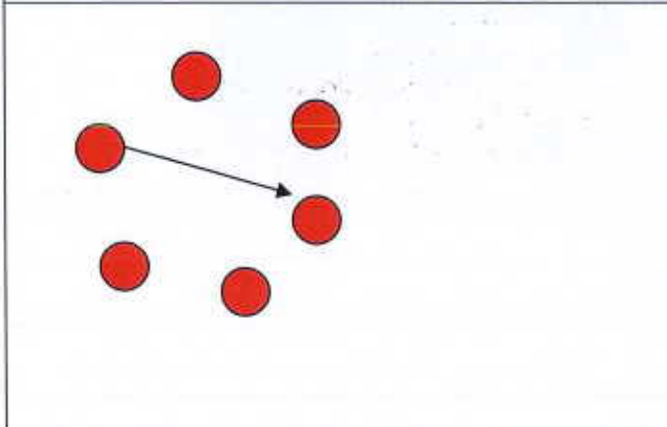
- shoot the ball
- full extension of body and arms
- lock both elbows
- snap shooting hand wrist
- guide hand positioned on the side of the ball
- index and middle finger in basket



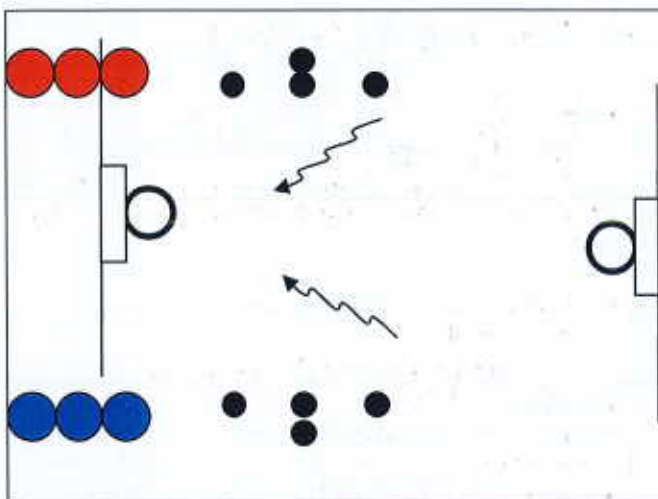
Pose

- Hold follow through position
- Ensure you have the correct hand and foot position

Example Training Drill Options – each drill should be around 7 minutes

Activity	Comments
	<p>Passing, Catch and shoot, Lay up Base line pass to 1st position, then onto 2nd position who does a layup Focus is on:</p> <ul style="list-style-type: none"> ▪ Passing technique <ul style="list-style-type: none"> ○ Step forward (leading foot) ○ Push with both hands ○ Flick as the ball is released ▪ Receivers <ul style="list-style-type: none"> ○ Present a target ○ Call for the ball <p>Extended Options:</p> <ul style="list-style-type: none"> ▪ RH/LH layups ▪ Receive and shoot
	<p>Defensive Stance Spread the cones out around the half court, then they slide step slide to pick up the cones one at a time – must wait for the person in front to get back before going. Focus is on technique:</p> <ul style="list-style-type: none"> ▪ knees bent ▪ back straight ▪ side on to travel ▪ large side steps <p>Extended Options:</p> <ul style="list-style-type: none"> ▪ spread the cones wider
	<p>Defensive Chase Red start with ball on the block & speed dribbles to the centre line. When red starts dribbling blue must run, get in front and present a defensive stance to stop the dribble. Run both sides. Focus is on:</p> <ul style="list-style-type: none"> ▪ must sprint hard to get in front ▪ no reaching in from the side ▪ defensive stance <ul style="list-style-type: none"> ○ bent knees ○ back straight ○ hands out and up ○ slide step slide ▪ dribbling with eyes up <p>Extended Options:</p> <ul style="list-style-type: none"> ▪ 2 defensive players, use both sides of court
	<p>Circle of names = passing, stance, communication Place everyone in a circle around the top of the key. Start with one ball and pass across to the opposite side (cannot pass to the person beside you). Focus is on:</p> <ul style="list-style-type: none"> ▪ call names ▪ chest pass ▪ bounce pass ▪ triple threat position ▪ ensure they get eye contact before passing <p>Extended Options:</p> <ul style="list-style-type: none"> ▪ add a second ball followed by a 3rd ball

	<p>Pass and weave (run) Red start with ball and pass to blue. Red must then weave around their players to the other end. Same happens on the other side. If the ball gets in front of them they are knocked out. Continue until they get to ½ way</p> <p>Focus is on:</p> <ul style="list-style-type: none"> ▪ correct passing technique ▪ running immediately after they pass
	<p>Dribbling Dribble around players – set up 1 line 2 arms apart (get them to stand side to side with arms out, then drop their arms and turn to face the front). Dribbler then dribbles around the players to the other end, turns and passes the ball back.</p> <p>Defense cannot move their feet</p> <p>Focus is on:</p> <ul style="list-style-type: none"> ▪ Dribbling with eyes up ▪ Defensive stance (low position, arms out)
	<p>Lay up - basic Red shoot (all have a ball), blue rebound</p> <p>Focus is on:</p> <ul style="list-style-type: none"> ▪ Good footwork for lay up (go from standing to begin with and then to, one dribble, then 3 pt line) ▪ Knee, elbow, hand in line to ring ▪ Rebounder must not let ball hit floor, dribbles to end of shooting line <p>Extended Options:</p> <ul style="list-style-type: none"> ▪ Change the shot selection, always off the dribble <ul style="list-style-type: none"> ○ Dribble step back, Jump shot, etc
	<p>Pass and run Place everyone in a circle around the top of the key. Start with one ball in the centre and one player on the outer perimeter. Centre person passes to the outside player who returns the pass and moves to the next opening. Pass again</p> <p>Focus is on:</p> <ul style="list-style-type: none"> ▪ correct foot work ▪ chest passing ▪ accuracy of passing ▪ ensure names are called on every pass <p>Extended Options:</p> <ul style="list-style-type: none"> ▪ Two balls at once, racing each other



Lay ups – extended A

Includes dribble, change direction and speed, lay ups

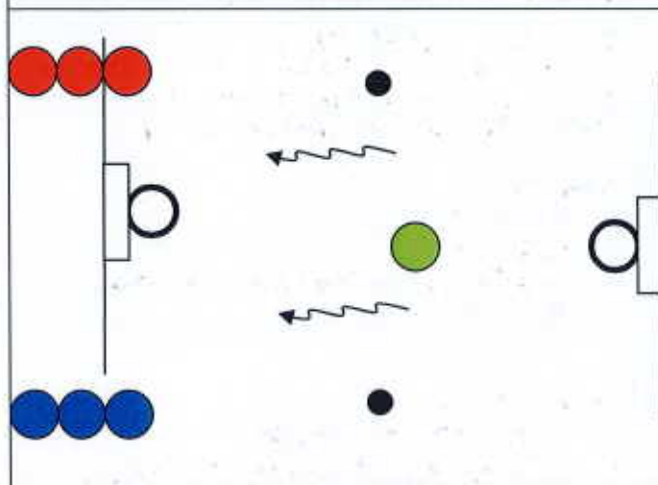
2 lines on the base, each player (blue and red) speed dribble around the cones. They round the last cone and speed dribble into a lay up. Cannot pass the ball to the next person until they score. Last team runs a lap.

Focus is on:

- ball control
- transition from left to right hand as they round the cones
- eyes up while dribbling

Extended Options:

- at double cone do a handling move, cross over etc
- penalise a double dribble or loss of ball



Lay ups – extended B

2 lines on the base, each player (blue and red) speed dribble down the court – the coach yells stop before cone, players come to a stop whilst dribbling and yell out the number of fingers the coach is holding up – different numbers for each hand. They round the cone and speed dribble back and pass the ball from the top of the key.

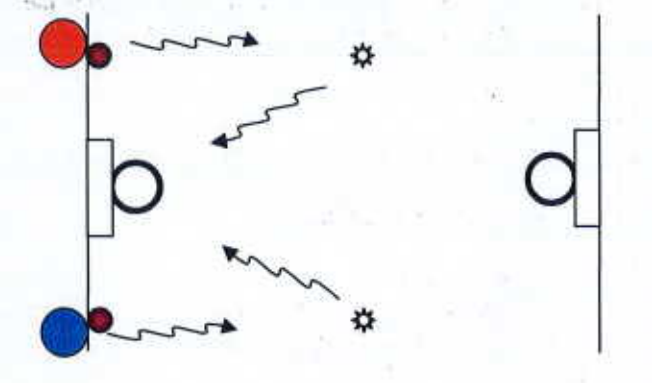
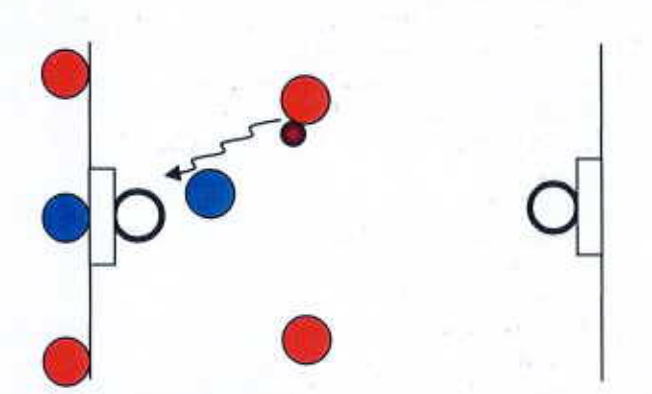
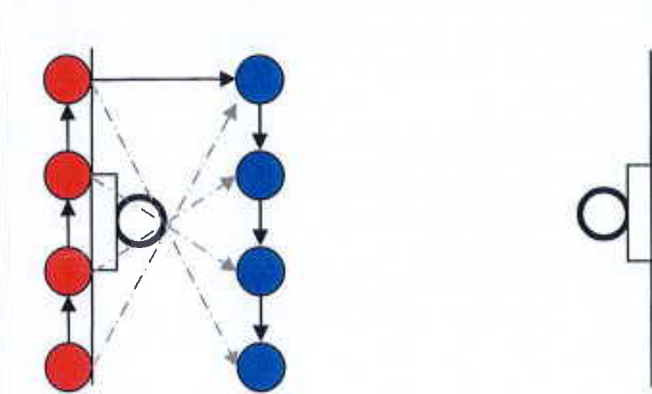
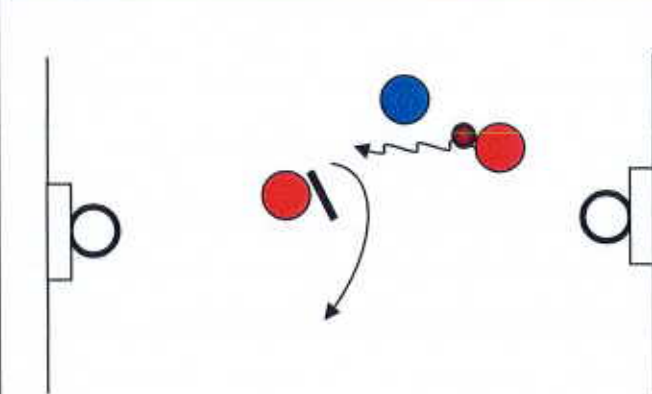
Focus is on:

- ball control
- transition from left to right hand as they round the cones
- eyes up while dribbling

Extended Options:

- cones both sides, have to jump stop and forward or reverse pivot before the dribble back to pass

Extended options – for teams which have Mastered fundamentals

Activity	Comments
	<p>Lay ups – half court 2 lines on the base, each player (blue and red) speed dribble down the court. They round the cone and speed dribble back to lay up.</p> <p>Focus is on:</p> <ul style="list-style-type: none"> • ball control • transition from left to right hand as they round the cones • eyes up while dribbling • one dribble 2 long steps to lay up <p>Extended Options:</p> <ul style="list-style-type: none"> ▪ change shot to pull up jump, elbow, other ▪ jump stop at cones, reverse/forward pivot
	<p>½ court 3 man weave with 2 offense on 1 defense coming back – player who catches it closest to mid court line places ball on floor and runs back into defense</p> <p>Focus is on:</p> <ul style="list-style-type: none"> ▪ ball control ▪ communication ▪ transition of player from offensive to defensive ▪ spacing to attack ball carrier at right spot, still get to the other player <p>Extended Options</p> <ul style="list-style-type: none"> ▪ No dribble for offensive pair ▪ If Offense do not make a score – push ups
	<p>Pass, close out (can do with 3 on 3 or 4 on 4) Pass across the base (defense) then out to offense who pass it along. After the pass they close out the person diagonally opposite. Once the ball is at the end it goes live 4 on 4</p> <p>Focus is on:</p> <ul style="list-style-type: none"> ▪ ball control and passing ▪ communication ▪ hard close out on player ▪ body position to deny ball side early <p>Extended Options:</p> <ul style="list-style-type: none"> ▪ no dribble game
	<p>1 on 1 off the off ball screen Start 1 on 1 – must run the defense off the screen.</p> <p>Focus is on:</p> <ul style="list-style-type: none"> ▪ setting strong screens ▪ using screen effectively to loose defense ▪ screener rolling to score and seal out defender <p>Extended Options:</p> <ul style="list-style-type: none"> ▪ If D slides around the back, pull back for the shot ▪ If D tries to come over the top, drive to the basket

	<p>3 line shooting</p> <p>Shoot from Boxes and just inside free throw line Target 60 in 3 minutes from close positions, reduce as the shot moves further out</p> <p>Focus is on:</p> <ul style="list-style-type: none"> ▪ Good shooting form (following catch, shoot, hold) ▪ Communication to get ball back quick ▪ Being in shooting position <p>Extended Options:</p> <ul style="list-style-type: none"> ▪ Change shooting position to elbow, free throw and elbow ▪ Change shooting position to mid range all round
	<p>Pass to 1 on 1 on contest</p> <p>Player runs from 3 point line to receive at low post – passing player jumps in to defend post 1 on 1 Next player runs from opposite side 3 point line, receives at elbow, passer defends 1 on 1</p> <p>Focus is on:</p> <ul style="list-style-type: none"> ▪ Emphasis is triple threat ▪ Sweep, protect the ball, move ▪ Rebound after the shot <p>Extended Options:</p> <ul style="list-style-type: none"> ▪ Change shot after the ball receive, therefore changing defensive moves
	<p>Dribble, defensive slide with ball, turn and lay up</p> <p>Dribble to the corner, place ball out in front arms long, defensive slide to opposite corner, stop, pivot, lay up</p> <p>Focus is on:</p> <ul style="list-style-type: none"> ▪ Control and speed on the dribble ▪ Strong foot work on defensive slide, stay low ▪ Rebound after the shot <p>Extended Options:</p> <ul style="list-style-type: none"> ▪ Speed dribble to line and to lay up ▪ Variation – jump shot on block, elbow, etc

USEFUL WEB SITES and LINKS

- Basketball Victoria** LIKE the Basketball Victoria facebook page to see all upcoming coaching courses offered by Basketball Victoria
- Knox Basketball** www.knoxbasketball.com.au
LIKE the Knox Basketball facebook page to see all upcoming coaching courses and clinics held by Knox Basketball for domestic coaches
- Victorian Referee** www.vbra.basketball.net.au
For rules, policies and a range of resources
- Weekly Dribble** weeklydribble.com
Junior basketball resource for coaches, players and parents. The Coaches Corner has loads of coaching drills and tips. This is a resource provided by Knox Basketball Development Manager and you can follow on the website And receive regular updates of new content
- Allstar coaching** Ian Stacker has a Free coaches club where you get loads of great plays and coaching tips
www.allstarcoaching.com.au
- “FastDraw” App** This app allows you to make and save plays for easy reference
- Breakthrough Basketball** www.breakthroughbasketball.com
Excellent resource which provides a great insight from teaching fundamentals right thru to what is considered about a Youth League level.
- Basketball Playbook** Software for planning or drawing up plays
home.hccnet.nl/j.e.smit/download.html
- Coach’s Clipboard** Heaps of plays for youth basketball
www.coachesclipboard.net

