## BANYULE HAWKS

Training Handbook

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## WARM UPs

## Fun Games to Warm Up for Mini Hawks

1. Names

- Have the coach and all the children stand around in a circle - without their basketballs.
- The coach starts off by saying their name and then the coach passes their basketball to one of the children.
- That child says their name and then passes the ball to another child, and so on
- This is a great way for everyone to learn each other's names, while being active at the same time.

2. Octopus

- 3 'Octopus' taggers line up on the half way line. The rest of the 'Fish' line up on a baseline. The Octopus can move anywhere within the centre (netball) third.
- When the taggers yell out Octopus then the fish run from their baseline to the other.
- If an Octopus tags a Fish, then they have to freeze on that spot and become 'Seaweed'.
- Seaweed can't move from their spot but can try and tag other Fish, who would then become Seaweed as well.
- The final Fish is the winner.

3. Runners \& Rollers

- Have half the players line up on the baseline without balls - they are the Runners.
- The other half of the players split into two groups and stand on either sideline, each with a ball. This team are the Rollers.
- Have the same amount of cones in the centre circle, as there are players on the baseline.
- On the coach's whistle the first baseline player runs to the centre circle, tries to collect a cone and run with it back to the baseline; and then the next player in line attempts this as well, and so on until the last player in line - who is the Tagger.
- While the Runners run up and down the half court, the Rollers strongly roll the ball with two hands toward the other sideline with aim to hit the Runner.
- If a Runner is hit, they freeze and the next Runner in line runs to collect a cone.
- The last Runner in line is called the Tagger, and they need to tag their frozen team mates, and they all run to the cones, collect them and try and get back to the baseline without getting hit by a ball.
- If all cones are collected and back at the baseline, the Runners win. If all the Runners and their Tagger are frozen, the Rollers win.
Progression:
- If 1 cone is too easy, try 2 cones per Runner
- Try the Runners dribbling a basketball while they are trying to collect a cone.


## Pre-Game Warm Up

1. Lay Ups:

- Players make two lines. The lay-up line is well outside the 3point line towards the sideline. The rebound line is on the opposite side of the court at about the 3-point line.
- The first person in the lay-up line has a ball.
- Players in the lay-up line make a hard drive to the basket for a lay-up.
- Rebounder moves to basket anticipating rebound and takes strong rebound.
- Player who made the lay-up moves to end of rebound line.

Rebounder takes two strong dribbles out, make a good pass to next player in lay-up line and then moves to the end of the lay-up line.


1. Three Line Warm Up

- Set up three lines as shown in the diagram.
- Player $\mathbf{1}$ starts with the basketball, makes a chest passes to player $\mathbf{2}$ and immediately follows the pass.
- $\mathbf{2}$ passes back to $\mathbf{1}$ and makes a hard cut toward the basket. At the same time $\mathbf{1}$ will make a chest pass to $\mathbf{3}$.
- Player $\mathbf{3}$ will pass to $\mathbf{2}$, who will do a lay up. $\mathbf{3}$ follows in to get the rebound.
- $\mathbf{3}$ passes the ball to $\mathbf{4}$ and joins that line. $\mathbf{1}$ joins the line behind 5, and $\mathbf{2}$ joins the line behind 6.



## 2. Cincinnati's:

- Player $\mathbf{2}$ passes to $\mathbf{1}$, and at the same time $\mathbf{4}$ cuts to the basket. $\mathbf{2}$ comes in to take 1's position.
- $\mathbf{1}$ passes to $\mathbf{4}$, who performs a lay-up or jump shot.
- $\mathbf{1}$ becomes the rebounder, and $\mathbf{4}$ continues under the basket to then receive an outlet pass on the opposite side of the court i.e. the opposite wing.
- $\mathbf{4}$ passes to the next player in line, $\mathbf{3}$ and follows the pass to join that line.
- $\mathbf{1}$ runs around the outside of the group and joins the layup line behind $\mathbf{5}$.


3. Horseshoe Shooting

Warm up drill for junior players (U8s/9s):

- Players form two lines on baseline at either side of the key. The first player in one line has a ball.
- The coach stands on the middle of the free-throw line.
- Player 2 (front of line without ball) makes a v-cut around the coach, calling for the ball from player 1. 1 passes the ball to 2 who shoots the basket and rebounds the ball.
- After taking the rebound, player $\mathbf{2}$ will pass to the front player of the same line from where they came from. In this case, player 4.
- Player 2 then joins the end of the opposite line.
- Now 1 makes a v-cut around the coach as described above and the drill continues.


Warm up drill for older players:

- Players form two lines on baseline at either side of the key. The first player in one line has a ball. The second player in the other line has another ball.
- The coach stands on the middle of the free-throw line.
- Player 2 makes a v-cut around the coach, calling for the ball from 1. Player 1 passes the ball to $\mathbf{2}$ who shoots the basketball and rebounds their own ball.
- After taking the rebound, $\mathbf{2}$ will pass to the next player in that line, player $\mathbf{3}$ - and joins the end of that same line.
- As $\mathbf{2}$ is shooting, $\mathbf{1}$ will make a v-cut around the coach, calling for the ball from 4.
- Player $\mathbf{1}$ will shoot and rebound their own ball, and the drill continues.


4. Star Drill

- Set up players in the short corners, off the elbows and out-of-bounds under the ring (with extra players lining up behind this player).
- Player $\mathbf{1}$ chest passes to $\mathbf{2}$, and follows their pass to take $\mathbf{2}$ 's position. $\mathbf{2}$ chest passes to 3, and follows their pass to take 3's position. And so on, with player $\mathbf{3}$ passing to $\mathbf{4}$ and they then pass to 5 .
- Player 5 finishes with a layup, one to two dribbles max. And after they have rebounded their own ball, hand-off the ball to the next player in line.
Coaching Points:
- Players must be calling for the basketball and show their fingers to frame the pass.
- All players should be in an active stance throughout the entire drill



## BALL HANDLING \& MOVEMENT

## Technique:

- https://jr.nba.com/video/fundamentals-of-dribbling/
- Triple-threat or Active Stance: good low \& balanced stance, knees bent, back straight, bottom out, feet spread and in a heal-toe orientation.
- Look up; pound the ball, knee height. Use the pads of fingers.
- Protect the ball with a stationary arm bar.


## Dribbling Technique Drills:

1. Dino Walks: pushing ball along the floor with fingertips \& between legs as we scissor walk.
2. Dribbling

- Low Dribble up the court with right hand, and back with left hand.
- Dribble up the court with right hand, and back with left hand.
- Progress from walking to running.

3. Tennis Ball Dribbles

- Hold a tennis ball in non-preferred hand and dribble with the preferred hand, watching the tennis ball.
- Promotes 'eyes up'.
- If we don't have tennis balls a couple of alternatives are:
i. The coach walks backwards but in front of the line of players dribbling, holding up a number of fingers and getting the players to call out how many fingers are being held up; or
ii. Have the players to pick up cones that have been spread around the half court, whilst continuously dribbling.

4. Shadow Drill:

- Two players with a ball, one behind the other.
- The 2nd player follows and copies 1st player - right hand dribble, left hand, cross over; dribbling any where around the half court.
- This can be run for 30 seconds, and then swap the players over.

5. Court Knowledge

This drill is a great way to help younger players learn the terminology of the basketball court. It's also a fun dribbling game that young players always enjoy.

- All players start the drill with a basketball in the middle of the court.
- The coach calls out an area of the court (for example the wing) and all players must dribble and stand on or close to that spot on the court.

- Once all the players are in that area, call out the name of the next spot on the court that the players must dribble to.
Coaches Note:
- The split line is good to point out - which isn't drawn in the diagrams below.
- This drill only needs to run for 2 to 3 minutes.


## Stationary Ball Handling Drills:

1. Ball slaps

- Hold ball virtually underneath and slap with opposite hand on top - alternating.

2. Low taps (right hand, then left hand)

- Players should be in a low active stance and dribble on spot and out in front of foot, tapping the ball very low and with the fingertips.
Progression:
- Repeat above but low taps out in front, from ankle to ankle.
- Repeat above but low taps at the side, front to back behind the feet.

3. Stationary Pounds

- Pound the ball, knee height. Repeat opposite hand.

Progression:

- High-Low Pounds: $5 \times$ low pounds then $5 \times$ high pounds - repeat opposite hand.

4. 3-3-3 Dribble Drill
https://jr.nba.com/video/3-3-3-dribble-drill/

- 3 dribbles with the right hand, then 3 cross overs, then 3 dribbles with the left hand.
- Repeat 5 times.

5. Pound Sequence
https://youtu.be/Zix5EP74jTs

- Pound (right hand) then 3 count - 1 handed In (dribble) \& Out (dribble) + low cross over to left hand (In \& Out is over centre point).
- Pound (right hand) then 3 count - 1 handed In \& Out and split leg cross over, front to back to left hand.
- Pound (right hand) then 2 count - In (no dribble) \& Out (dribble with right foot movement), and low cross over to left hand.
- Pound (right hand) then 2 count - In (no dribble) \& Out (dribble with right foot movement), and split leg cross over to left hand.
- Pound (right hand) then 2 count - In \& Out, and split leg cross over and then behind back to right hand.
- Wraps - cross over front and behind, wrapping around the body.


## Advanced Dribbling Drills:

1. Cross Over

- All players each have a ball and are spread out along the sideline.
- Starting in a low active stance, dribble on the spot a couple of times and cross over from the right hand to the left hand, exploding with a large step with the left foot (on the angle that the player is wanting to change direction) and then back up to the sideline while still dribbling and protecting the ball. Repeat 5 times.
- Then with the left hand cross over to the right and explode with the right foot, taking a couple of dribbles. Then take two back up dribbles and repeat.
Progression:
- Repeat above but with a double cross over and explode out with the right foot.
- Back up dribble to the sideline, protecting the ball and repeat 5 times from both sides.

2. Split Leg Cross Over

- All players each have a ball and are spread out along the sideline.
- Dribble on the spot with the right hand, bring left foot forward and bounce (low) the basketball between the legs to the left hand (front to back).
- Then take an explosive step with the right foot (ensuring the right foot is next to or past the right foot of the defender), taking a push dribble or two with the left hand.
- Back up dribble to the sideline, protecting the ball and repeat 5 times from both sides.

3. In + Out or Fake Cross Over - 2 Dribbles

- All players each have a ball and are spread out along the sideline and in an active stance, protecting the basketball.
- Player is dribbling on the spot with their right hand, players take a step with their left - fainting left, and make a cross over dribble (on the imaginary centre line of their body).
- Then, while starting to bring the right hand inside the body and back over the ball as it's bouncing up, make cross over dribble two (on the imaginary centre line to the outside of the body).
- Then players quickly explode to their right, taking the next dribble on the outside of their lead right foot.
- Back up dribble to the sideline, protecting the ball and repeat 5 times from both sides.

4. In + Out or Fake Cross Over - 1 Dribble

- All players each have a ball and are spread out along the sideline and in an active stance, protecting the basketball.
- Player is dribbling on the spot with their right hand, players take a step with their left - fainting left, and bringing the right hand inside the body and over the ball.
- There is no first cross over dribble, instead as the player is shifting their weight to their right they would take a dribble (on the imaginary centre line) to the outside of their body.
- At the same time, pushing off their (back) left foot, players should explode to their right while bringing the ball back to the outside of their body and taking the dribble on the outside of their right foot.
- Back up dribble to the sideline, protecting the ball and repeat 5 times from both sides.

5. Stutter Cross Over and Stutter In + Out's

- Dribble with right hand, stutter feet (toe taps) on the spot and then make a cross over to the left hand, remembering to take an explosive step with the left foot. Repeat 5 time, both hands.
- Repeat above with an In + Out fake cross over, with two intermediary dribbles.
- Repeat above with an In + Out fake cross over, but with one intermediary dribble.

6. Behind the Back Cross Over

- Dribble with right hand, bring the ball around your back and take a couple of dribbles with the left hand after exploding forward with the left foot.
- Back up dribble to the sideline, protecting the ball and repeat 5 times from both sides.

Progression:

- Start in an active stance, dribble 3 or 4 times behind the back while remaining stationary, then explode forward on an angle with either the right or left hand.
- Back up dribble to the sideline, protecting the ball and repeat 5 times from both sides.

7. Spin Move

- Get in an active stance, angling the body and dribble with the right hand. The lead left foot should land between the feet of the imaginary defender.
- Reverse spin the body, pivoting on the left foot and whipping the right leg around so the right foot lands next to or past the right foot of the defender.
- At the same time the player would bringing the ball around with the right hand, essentially rolling the hand over the top of the ball in a reverse direction (clockwise).
- Crossover to the left hand, and at the same time push off the right foot and explode with the left foot in the new direction.
- Back up dribble to the sideline, protecting the ball and repeat 5 times from both sides.


## 8. Face Off:

- Set up multiple lines of players in pairs - each on a sideline facing each other (mark with cones), with a cone in the middle.
- Simultaneously each pair dribbles at the cone right handed and, where they meet at the cone, cross over and dribble left handed to the opposite sideline.
- Turn around and repeat.

Progression:

- Repeat above with a double cross over, staying on the right (or left) hand.
- Repeat above with a Split Leg Cross Over to the opposite hand.
- Repeat above with one handed in + out cross over (two dribbles), staying on right (or left) hand.
- Repeat above with one handed in + out cross over (one dribble), staying on right (or left) hand.
- Repeat above with a Behind the Back Cross Over to the opposite hand.
- Repeat above with a Spin Move on to the opposite hand.

9. Two ball dribbling - pair off.

- Stationary two ball dribbling
- Stationary Piston dribbling
- Two ball straight line dribbling
- Two ball straight line piston dribbling
- One ball dribble \& One ball rolling
- Two ball stop-and-go's
- Two ball zig-zag's.

10. Zig-Zags:

- Set up two lines of cones $\sim 10^{\prime}$ apart, forming a zigzag line that runs from the baseline to the half-court line.
- Starting with NO ball, get players to form a single line on the baseline and run \& cut from cone-to-cone. Promotes changing direction with determination. Always push off with outside foot.
- Repeat this with a ball. Have players dribble with their right hand to the first right side cone, then cross over to the left hand and dribble to the next cone on the left side; repeating all the way down to the half-court line.
- Each cone you can effectively treat as a defender we have to get past.
- Game progression: set up two teams racing down the court against each other.


## Game:

1. Dribbling Knockout

- On the coach's whistle, all players dribble around in the 3-Point area and the aim is to knock other players' basketball out of the area while keeping their own ball dribble alive.
- When a player's ball is knocked away out of the designated area, they are then out and must go and stand on the sideline and wait till the rest of the team are finished.
- Coaches must watch and if a player fouls, travels or double dribbles, they are automatically out.

- As the group becomes less and less, the coach should move them to a smaller space such as the key.
- The last player dribbling wins!

Progression:

- Non-preferred hand only dribbling.


## Coaching Points:

- Teach the players what a foul, travel and double dribble are.
- Constantly remind players to keep their head up.


## 2. Scarecrow Tiggy

This drill is great for developing dribbling skills because the players must keep their heads up and focus on the taggers and not put their head down and watch the dribble.

- All players start in the half-court. There are 1 or 2 taggers and everyone else has a basketball. The taggers must run around trying to tag players dribbling.
- If tagged, the dribblers must stand as a 'scarecrow' - with the basketball on their head and their feet apart.
- Scarecrows are freed when another dribbler rolls their basketball through the scarecrows legs.
- There is rarely a winner so, every couple of minutes
 change over the taggers.

3. Cones Dribbling Race

- Put an odd number of cones in the centre circle.
- Split into 2 teams, 1 ball per team, and each team on a baseline corner.
- On the coach's whistle the first player of each team dribbles to the centre circle, picks up a cone while still dribbling, dribble to the block on the key, stack the cone on the block, and pass the ball to the next player in their team.
- The team with the most cones wins.

Progression:

- Dribbling must be with the non-preferred hand only.


## PASSING

## Technique:

1. Player Receiving the Pass

- A player receiving the pass should be in a triple-threat or active stance.
- We want our player to 'frame' the pass: have their hands at eye level, fingers straight up and palms facing the passer, with thumbs horizontal and touching each other.
- This will look something similar to a Hollywood movie director framing a shot in the old days.

2. Chest Pass

- Form "W" with both hands behind the ball, fingers pointing up.
- Elbows flexed and in. Start with thumbs behind the ball. Step to pass.
- Snap the thumbs down as you pass, finishing with thumbs pointing to the ground and fingers pointing to the target.

3. Bounce Pass

- Same as for Chest Pass except ball is pushed down and out, aiming two-thirds the distance to the receiver.
- Emphasis that the ball is received on the way up - NOT at the top of the arch.

4. Side or One Hand Push Pass

- Emphasise importance of passing out of a triple threat stance.
- Ball is held at chest height with the passing hand behind the ball with fingers pointing up. The other hand is placed on the side of the ball as a guide \& balance.
- Wrist is bent back, elbow down \& ball held in fingertips and upper pad, and fingers spread.
- Step past the defender and make the pass.
- Wrist snap, extend fingers \& extend arm toward target. Guide hand comes off the ball as arms extend, also pointing at the target.
- Athlete must step with the pass (like a chest pass) \& execute as either a chest or bounce pass, with 3 different types of footwork:
i. Stepping forward.
ii. Stepping to the side (with the same foot as the hand you are passing).
iii. Stepping across the body.


## Passing Drills:

1. Partner Passing Drill
https://jr.nba.com/video/stationary-partner-passing-drill/

- 2 lines of players pairing off and facing each other $\sim 6$ feet apart.
- With 1 ball per pair, players in 'active' stance pass to back and forth to each other
- Alternate Chest passes and Bounce pass.

Progression:

- Pairs shuffle down the court as they are passing to each other.

2. Pepper

- All players form a large semi-circle (or circle) an even distance apart from each other. One player is in the middle of the circle with a basketball.
- The player in the middle begins by passing to the first player in the semi-circle who immediately passes back.
- This passing continues until the middle player has passes to every player in the semi-circle and back to the first player.
- The drill is complete once all players have a turn in the
 middle.

Progression:

- Use a variety of passes - chest passes, bounce passes, side passes. Introduce a rule that the passer must use a different type of pass than they just received.
- Include a $2^{\text {nd }}$ basketball: an outside player and the middle player begin the drill with a basketball each. The middle player passes to the left of the player with the basketball. They then immediately receive
 the $2^{\text {nd }}$ basketball and must pass to the player on the left of the player with the basketball again.


## Coaching Points:

- Passes must be strong and accurate with correct passing technique used.
- Receivers should be in triple threat position, have target hands up \& calling for the ball.
- Passes must be made quickly. As soon as a player catches the basketball they should be transitioning into the passing motion.


## 3. Monkey in the Middle

https://www.youtube.com/watch?v=h-v5oFLZ_Nw
This drill will teach offensive players how to utilise fakes and pivots to create space to pass as well as protecting the basketball; and defensive players to close out.

- Line up 2 passers ~ 10' to $15^{\prime}$ apart, with the third player (defender) in the middle.
- Two offensive players face \& side pass to each other ~ $12^{\prime \prime}$ to $15^{\prime \prime}$ apart.
- The defensive player starts in the middle and closes out on the passer with the ball.
- The offensive player utilises pivots and fakes to make a pass to the other offensive player, while the defensive player attempting to deflect or steal the pass.
- After each pass is made, the defender sprints and closes out on the receiver and plays tight defence again.
- When the defensive player gets a steal or deflection,
 players rotate.
Progression:
- One dribble allowed - allow the offensive players to make one dribble to open up the passing angle. This will make it tougher for the defensive player.
- Only bounce passes allowed - to make it harder for the offensive team, only allow them to make bounce passes to the other offensive player.
Coaching Points:
- For younger players you may need to have the defensive player, when they close out on the passer with the ball, hold position and allow the offensive player to make a side pass to their partner, rather than having them play tight defence.
- No lob passes! They make it too easy for the offensive players and will result in little improvement.
- The offensive players must wait for the defender to recover before making the pass. The purpose of the drill is learning how to create passing gaps and angles.
- It's very important for the defender to have active hands and feet at all times. That's the best way to get steals and make it tough for the offensive players.
- Its important that the defensive players don't reach in and try and slap the ball out of the hands of the offensive players - we are looking for deflections, we're not trying to promote reaching in because this leads to fouls.
- And we're looking to highlight to the defence they are there to also help teach the offence how to pivot, pass fake, etc.


## 4. Bull in the Ring

This drill will develop passing, catching, and the importance of pass fakes. And introduces the concept of spacing.

- Set up by having 3 - 5 offensive players form a ring around 1 player in the middle (the bull or defender).
- On the coaches whistle the 5 offensive players start passing the basketball to each other. The defender tries to deflect or intercept the ball.
- When there is a deflection or steal, the defender and the player who passed the basketball switch spots.

- The offense must stay stationary on their spots; can't pass to a player next to them; aren't allowed to dribble; and can't lob the basketball over the defender.
- The defender is allowed to only move within the circle and cannot slap the basketball from the hands of an offensive player.
Coaching Points:
- Monitor the drill and adjust the size of the circle as needed.
- Make sure the offensive players pass the ball within 3 seconds, no longer. And make sure they utilise pass fakes to put the defender off balance. Remember the saying "Fake a pass to make a pass".
- The defender must be active with high hands and quick feet.
- If the defender isn't able to get a deflection with 30 seconds, consider switching them out with another player.

5. 4 Corners No. 1 Drill

- Set up at least 2 players on the four corners of a square.
- The front player each start with a basketball, set up in an active stance or triple threat position \& all dribble toward centre cone.
- All players come to a jump stop and straight into the triple threat position, and then forward pivot (on the left foot) to their left and chest pass to next player to their left.
Progressions
- Alternate between chest, bounce and side passing.
- Switch pivot foots to change direction; as well as switch between forward and reverse pivots.



## 6. Stationary Keepings Off

This drill teaches the importance of spacing to players by not allowing them to sprint at the basketball. It also teaches quick decision making on the catch.

- All players should spread themselves out within the playing area. The size of the playing area dependent on the number of players.
- The coach will select 1 or 2 players to be on defence.
- To start the coach will pass the ball to one of the offensive players.
- Now the offensive team must pass the basketball around trying to keep it away from the defenders who are allowed to run around attempting a deflection.

- If the defenders get a deflection, the ball goes back to the offense and start again.
- Swap of the defenders after a minute, so everyone gets a turn defending.


## Progression

- If a defender gets a deflection or intercept - the offensive player who made the pass swaps over with the defender who made the deflection.
- Allow 1 or multiple offensive players to move. It will be a good teaching point about spacing if all or multiple players run toward the basketball.
Coaching Points:
- Players must be calling for the basketball.


## 7. Star Drill

This drill can also be used as a pre-game warm up.

- Set up players in the short corners, off the elbows and out-of-bounds under the ring (with extra players lining up behind this player).
- $\mathbf{1}$ chest passes to $\mathbf{2}$, and follows their pass to take $\mathbf{2}$ 's position. $\mathbf{2}$ chest passes to 3, and follows their pass to take $\mathbf{3}$ 's position. And so on, with player $\mathbf{3}$ passing to $\mathbf{4}$ and they then pass to 5.
- 5 finishes with a layup, one to two dribbles max. And after they have rebounded their own ball, hand-off the ball to the next player in line.


## Coaching Points:

- Players must be calling for the basketball and show their fingers to frame the pass.
- All players should be in an active stance throughout the entire drill



## 8. Triangle Passing Drill

- The player with the ball starts the drill by passing the basketball in one direction to the first player in line. They then sprint to the back of the line they passed to.
- The receiver steps out to receive the pass and then immediately passes to the next line in the same direction, again sprinting to the back of the line they passed to.

Progression:

- Extend the triangle and have the players catch
 the ball on the move instead of catching stationary.
Coaching Points:
- Receivers should be in triple threat position, have target hands up \& calling for the ball. Insist on correct passing technique: arms fully extended, fingers pointed to the target, and thumbs down when completing a chest pass.
- Make loud communication a big part of this drill.


## 9. Criss-Cross Passing

A high movement and high energy drill that works on improving concentration, communication, and passing skills. This is a great warm-up drill.

- Players start in 4 lines on the baseline. The 2 players on the outside have 1 ball each.
- The 2 players on the outside lanes run straight up the court staying close to the sideline. They pass the ball to the nearest player from the inner lanes.
- The 2 players on the inside lanes are running criss-cross. They receive the basketball from the outside lane players and then immediately pass it back to them.
- As soon as they pass it back, they cross back over and do the same on the opposite side.
- After getting to the end of the court, inside and outside players swap lanes and return back down the court in the same manner.

Progression:

- Maybe begin this drill without the criss-cross, and then progress to criss-cross.


## Coaching Points:

- Receivers should be in triple threat position, have target hands up \& calling for the ball. Insist on correct passing technique: arms fully extended, fingers pointed to the target, and thumbs down when completing a chest pass.
- Make loud communication a big part of this drill.



## 10. Hoosier Square

https://www.championshipproductions.com/news/2015/03/18/train-players-to-move-defenders-before-passing-with-hoosier-square/

- Set up in a large square. 3-on-4 keepings off.

Rules:

- A pass can't go back to the same player.
- Offence can't move from spot or lift pivot foot.
- Offence must aggressively sweep the ball.
- Defence must tag /touch ball to create turnover.
- Defence must stay in the box.
- If an offensive player turns over the ball, they go into defence and defensive player steps out to sideline line. Next player in line steps into offence. Other offensive players rotate to gap.
Progressions:
- 2 players must double team. (If double-teamed, offense must look to "break the glass").
- Introduce $4^{\text {th }}$ defensive player.
- Allow offence one hard dribble.


## SHOOTING

## Technique:

https://jr.nba.com/video/fundamentals-of-shooting/
https://youtu.be/OOErhNtAYDE

1. Base

- Feet in good balance stance ( $\sim$ shoulder width but not to wide).
- Preferred (shooting) foot slightly forward (heal - toe).
- Knee's bent/relaxed.
- Align shooting hand/arm/elbow/shoulder/hip/knee/foot + GOAL RING!! This ensures we are square to the ring and not at an odd angle to the ring.

2. Ball + Hand Placement

- Hold ball just above the height of the player's eyes (midway point of shot path).
- Orient hand so seams are horizontal.
- Spread fingers and set up the ' $V$ ': place Index \& Middle fingers either side of the ball valve.
- Shooting hand should hold ball on fingers and pads (NOT palms), underneath the ball so the wrist is cocked, arm forms an 'L' at the elbow, and the player can see a 'window' between the ball and their thumb \& index finger.
- The shooting shoulder should be at $90^{\circ}$ angle - so the ball is away from the player's body.
- The left hand is used to provide balance and should be on the side of the ball.

3. Body Movement \& Shot Path

- Base and Hand Placement above form part of the Shot Path as one movement. Shot path starts from the Triple Threat shot pocket position and explodes up through the Shot Path. Usually don't start the shot path with the ball high at eye level (above).
- Player pushes up through their legs (!!), body and arms, extending the shooting arm upwards until they 'snap' their wrist - hand in the cookie jar as they release the ball. Arm and elbow should finish straight ie. locked out; and the shooter should feel like they are just about to fall slightly forward (off a cliff) but don't.


## Technique \& Shooting Form Drills:

1. Shooting against the wall practicing the shooting technique.

- Have players stand close to a high wall and shoot virtually straight up, at a slight angle - hitting the wall quite high up.
- With a lot of reps and no ring, the players can focus on the above technique.

2. Perfects Drill

- Every player needs a basketball.
- Set up 3 even lines around the basket - both sides and at the top of the halo or charge circle.
- From the Triple Threat stance, the first player in the first line shoots the ball, rebounds their ball, and joins the next line to their right.
- As soon as the first player's shot has been made or missed, the first person from the next line to the right shoots, rebounds, and joins the third line; and so on.
- Have each player count and call out the shots they have made, with the team aiming for 10 (or more) made baskets.



## Get 50:

Adaptation of Jay Wrights Get 50 for U12's to do at home https://www.youtube.com/watch?v=FnSMStne-5A

1. $10 \times$ Perfects

- Set up with a ball, facing the ring and on the halo circle.
- From the Triple Threat stance, starting with the ball in the shot pocket and with the ball held in the correct position by both hands, fluidly move through the shot path, extending the body upwards and shoot the ball.
- Note: Don't jump but shoot with your body fully extended, releasing the basketball off the balls of the feet. The sensation that you should feel is that you are about to fall slightly forward, but don't.
- Rebound the ball and move slightly around the halo circle, and repeat until you make 10 baskets.

2. $10 \times$ Set, Load, Shoots

- Set:
- $\quad$ Set up with a ball on or near the 3-point line, facing the ring.
- Start by back spinning the ball away from you toward the ring.
- Step to the ball (left foot and then right foot for right hand dominant shooters) and come immediately into a triple threat stance, with the ball in the shot pocket and the shooting hand gripping the ball with fingertips. Legs should be shoulder width apart in an aggressive stance.
- Load:
- Repeat above by spinning the ball back again, coming into the triple threat SET position.
- Hold for a second and then bring the ball up fluidly through the shot path to the LOAD the ball in front of the forehead - extending the body upwards very slightly.
- The shooting wrist is cocked; the elbow and shoulder are in-line underneath the ball.
- Shoot:
- Repeat above by spinning back the ball, coming into the triple threat SET position for a split second, and then coming to the LOAD position for a split second.
- From the $\operatorname{LOADED}$ position, continue up to fully extend the body and shoot the ball (up and down, to land just in front).
- The elbows finish high and fully extended. Flick wrist to execute the follow through. Release the basketball off the balls of the feet - at the point where we feel like we are about to fall slightly forward, but don't.
- Set, Load \& Shoot:
- Repeat all of the steps above, starting with spinning the ball back to ourselves. However, instead of stopping for a split second in the SET and LOAD positions, combine all three phases at the hoop.
- In one motion, move fluidly through the shot path, fully extending through our bodies and off the balls of our feet to take the shot (without leaving the floor with our feet).
- Repeat from various positions around the 3-point line at different angles relative to the ring, until 10 baskets are made.

3. $10 \times$ Mikan's

- Players perform a lay up off the backboard on the inside foot, rebound, and straight into lay up on the other side of the ring - again, off the inside foot.
- Always ensure that the outside shooting hand, arm and body are fully extended, and that we fully lift the outside knee and leg.
- Repeat until 10 baskets are made.

4. $10 \times$ Bradley's

- Players start with a ball on one side of the ring, one or two steps outside the halo.
- The ball should be held or loaded in front of the player's forehead (i.e. half-way through the shot path). Players then hop up and down on their toes on the same spot 3 times, and on the third hop take the shot, fully extending the body as we do so.
- They would then rebound the ball and repeat the 'Bradley's' in an arc around the halo to the other side of the ring.
- Repeat until 10 baskets are made.

5. $10 \times$ One-Two Left-Rights

- Players start on the foul line with a ball, facing an elbow and about one step before the elbow.
- The player would reverse spin the ball back to themselves, and as they step to and catch the ball mid flight, landing on the inside foot and then the outside foot, they would immediately come into the triple threat SET position with the ball in the shot pocket.
- They would then pivot on the inside foot, square up to the ring, extending through the shot path and perform a jump shot.
- Repeat on the opposite elbow. Alternate and repeat until 10 baskets are made.


## Lay Up Drills:

2. Layup Skip Drill
https://jr.nba.com/video/layup-skip-drill/

- Players line up along baseline facing toward the mid-court, with no ball and they will mimic the coach. Coach is in front and also facing the mid-court.
- Coach calls out '1', '2', and 'jump'.

1: step with your right foot.
2: step with your left foot.
Jump: jump off your left foot. Make sure players lift their right knee high, right arm high, and land balances on both feet.
3. Layup High Five Drill:
https://jr.nba.com/video/layup-hi-five-drill/

- $5 \times$ high 5's - right \& left

4. One Dribble Layup Drills:

- Players line up on the edge of the right hand side of the key, at the $45^{\circ}$ to the ring. The first player in the line has a basketball.
- All in one movement have the first player take one dribble, pick up the ball, step with their outside foot (right foot), then jumping off their inside foot (left foot) while at the same time bringing up their outside or right knee, extending their right arm with the ball in their right hand to complete a layup.
- The player would rebound his or her own ball and pass to the next player in line.
- Repeat this drill from both the left hand side and from in front of the ring.

Coaching Points:

- Emphasis the outside foot and inside foot concept, as this will apply from either the right or left hand side of the ring.
- When $45^{\circ}$ to the ring, emphasis using the "the shooter's square" as the target for their basketball shot. When laying up from in front of the ring, the target will be the inside edge of the rear of the ring.

5. Lay Ups:

- Players make two lines. The lay-up line is well outside the 3 -point line towards the sideline. The rebound line is on the opposite side of the court at about the 3-point line.
- The first person in the lay-up line has a ball.
- Players in the lay-up line make a hard drive to the basket for a lay-up.
- Rebounder moves to basket anticipating rebound and takes strong rebound.

- Player who made the lay-up moves to end of rebound line.
- Rebounder takes two strong dribbles out, make a good pass to next player in lay-up line and then moves to the end of the lay-up line.
Progressions:
- Swap sides of the court.


## Coaching Points:

- Correct lay-up form.

- Make it a hard drive to basket (game speed).
- Ball does not hit floor on the rebound. Strong rebound, protect ball, strong dribble, hard pass.
- Receiver to receive the ball running to the basket, not standing still.

6. Zig-Zag Lay Ups

In addition to working on lay up footwork, this is an easy drill to practice passing on the run.

- Set up two lines of players with one or multiple basketballs.
- O1 begins and chest passes to the lead hand of 4 and essentially both players keep running toward the goal, passing back-and-forth to one another, finishing with a lay up.


## Coaching Points:

- Ensure that players, when making a pass are passing to the lead hand of the receiver.



## 7. Cincinnati's:

This is a great drill to use as a pre-game warm up. It gets your players moving, passing, shooting and communicating - calling out each other's names.

- Player 2 passes to 1, and at the same time $\mathbf{4}$ cuts to the basket. 2 comes in to take 1's position.
- $\mathbf{1}$ passes to $\mathbf{4}$, who performs a lay-up or jump shot.
- $\mathbf{1}$ becomes the rebounder, and $\mathbf{4}$ continues under the basket to then receive an outlet pass on the opposite side of the court i.e. the opposite wing.
- $\mathbf{4}$ passes to the next player in line, $\mathbf{3}$ and follows the pass to join that line.
- Player $\mathbf{1}$ runs around the outside of the group and joins the layup line behind 5.

Coaching Points:

- The starting point of each line can be adjusted depending on age and how far they can pass, but this is a drill that can be done at any age.
- For younger basketball players, you can also allow players to take a dribble or two if they struggle to make the longer passes.
- Progression:
- Set up two players on foul line (on the split line).
- Player 1 receives the pass and then makes the pass to the outside player coming in, who will make a jump shot. Player $\mathbf{2}$ applies light defensive pressure.
- Player $\mathbf{2}$ then blocks out $\mathbf{1}$ and takes the rebound, then outlet pass to the wing.



## Outside Shooting Drills:

## 1. Horseshoe Shooting

$1^{\text {st }}$ Variation (for younger players):

- Players form two lines on baseline at either side of the key. The first player in one line has a ball.
- The coach stands on the middle of the free-throw line.
- Player $\mathbf{2}$ (front of line without ball) makes a v-cut around the coach, calling for the ball from 1. Player 1 passes the ball to 2 who shoots the basket and rebounds the ball.
- After taking the rebound, $\mathbf{2}$ will pass to the front player of the same line from where they came from. In this case, player 4.
- Player 2 then joins the end of the opposite line.
- Now Player 1 makes a v-cut around the coach as described above and the drill continues.

$2^{\text {nd }}$ Variation (for older players):
- Players form two lines on baseline at either side of the key. The first player in one line has a ball. The second player in the other line has another ball.
- The coach stands on the middle of the free-throw line.
- Player 2 makes a v-cut around the coach, calling for the ball from player 1. 1 passes the ball to $\mathbf{2}$ who shoots the basketball and rebounds their own ball.
- After taking the rebound, $\mathbf{2}$ will pass to the next player in that line, player $\mathbf{3}$ - and then $\mathbf{2}$ joins the end of that same line.
- As player $\mathbf{2}$ is shooting, player $\mathbf{1}$ will make a v-cut around the coach, calling for the ball from 4.
- Player $\mathbf{1}$ will shoot and rebound their own ball, and the drill continues.



## Progressions:

- Take a dribble after receiving the ball and shoot off the dribble.
- Make a hard drive to the basket rather than the shot.
- Add a shot fake before the shot.


## Coaching Points:

- We are primarily working of rhythm shooting and correct shooting form.
- Correct footwork on the cut and good hard change of direction.
- Receive the ball in the triple threat position ready to shoot.
- LOTS OF COMMUNICATION - call for the ball.


## 2. Natural Pitch Shooting Drill.

- Players form a line above the wing outside the 3-point line. One player is positioned in the mid-range on the opposite side of the key.
- Player 1 dribbles at the two cones set up in the key (representing a defender); jump stops and passes to player 5, who shoots the ball on receiving the pass.
- Player 5 rebounds their own ball and passes to Player 2, and goes to the end of the line.

- Player 1 replaces Player 5.

Progressions:

- Replace the cone with a defensive player, who would start in the halo under the ring and close out on player $\mathbf{1}$ at the elbow. When the pass is made, player $\mathbf{2}$ would then scramble to close out on player 1, and box them out on the shot.


## Coaching Points:

- This drill is designed to simulate a player driving into the key, being stopped by the defence and, given the natural pitch of the direction from which they have dribbled, Player $\mathbf{5}$ is there to receive a pass and take a 'rhythm' jump shot.
- Adjust the distances and positioning accordingly for the younger age groups.
- Apart from dribbling, concentrate on good jump shots, good side and/or bounce passes to the shooter - hitting their target hands, and a good shooting rhythm from the shooter.
- Ensure the shooter is in a good triple threat positions with their hands framed acting as a target.

3. Box Shooting

- Players set up in pairs on the short corners and elbows. Each pair has a ball.
- On the coach's whistle, the passer/rebounder will pass the basketball to the shooters who take the shot.
- The shooters and rebounders don't change until one of the shooters reaches the target of makes. This is usually 5 to 10 , depending on age group.
- Once someone reaches the target, all shooters stop and
 we switch over shooters to rebounders, and also rotate spots.


## Coaching Points:

- Shooters and Rebounders can swap after every shot but with this drill it is better for the shooters to focus on holding their form from a spot, rather than having them follow their shot and rebounding their own ball.
- Shooters should be using the correct shooting form. Shooters must have their hands showing and be down in stance before catching the basketball.
- All passes must be hard and on target.
- Make sure the passers are working hard to chase after the rebound!


## 4. Dribble Kick Shooting

- Set up two lines at the top of the key and a single player in each corner.
- The dribblers at the top of the key drive and make a dribble move at about the 3-point line. They continue on to make a pass out to their respective shooters and then replace them on the baseline.
- The shooters catch at the three-point line and then make the required shot. The shooter rebounds their shot and joins the opposite dribbling line at the top of the
 key.
- Shooting Options:
- Catch and shoot.
- Catch, 1-dribble pull up.
- Catch, 2-dribble pull up.
- Catch, drive to layup.
- Catch, drive to floater.
- Backdoor cut.
- Explain to your players what kind of shot they'll be shooting from each side of the floor. In the diagram we have a 1-dribble pull up on the left and a catch and shoot on the right.


## Coaching Points:

- The player attacking the rim must make it look like they're going to shoot. Use your eyes to deceive the defenders.
- The shooter must have target hands and call for the basketball.
- This is a common outlet pass off a drive in basketball since so many defenders help from the corners.
- Whether the players uses a 1-2 or a hop, make sure the players are catching and shooting the basketball quickly.

5. 3 Man Weave Shooting

- Set up two players on the baseline, and three lines at half court with at least two players each.
- Three basketballs. One at each of the baseline lines, and one in the middle half court line.
- Player $\mathbf{1}$ passes to $\mathbf{3}$ who immediately passes to the running $\mathbf{5}$ for a layup.
- After passing, $\mathbf{1}$ weaves around the outside of $\mathbf{3}$ and receives the pass off $\mathbf{2}$ for the three-point shot.
- After passing, $\mathbf{3}$ cuts to the high post and receives the pass from 4 for the shot from the high post.
- After completing the layup, player 5 rebounds their own shot and runs around the outside of the court before passing the ball back to the middle line and joining a line at half court.
- After passing to the shooters, players 2 and 4 join a line at half court.
- Players $\mathbf{1}$ and $\mathbf{3}$ rebound their own shot and replace 2 and 4 as the passers on the baseline.
- When the ball layup ball is back at half court and the shooters are in position to pass the next group starts.
- This drill is usually run for between 2-3 minutes at a time.


## Games:

1. Cones Shooting Race

- Place the cones in the centre circle. Split the players into two teams. One basketball per team. Shooting from the opposite elbows of key.
- Each team starts shooting on coach's whistle.
- When a shot is made, player dribbles down to cones, pick's one up and returns to the baseline with that cone, then passes the basketball to next player in line, and then rejoining the teams line.
- The team with the most cones wins.
- Coaching Points:
- When players are picking up or placing down cones, they must not stop dribbling.


## 2. Golden Child

- Players are split into two even teams. One shooting team and one dribbling team. The dribbling team's goal is to try and make as many home runs as possible while the shooting team's goal is to make shots to stop the running team.
- The dribbling team starts on a baseline corner (which one depends on which hand you want the team all dribbling with).
- The shooting team on the free throw line.
(4)(2)(1)(5) 3

- All of the dribbling team should have a basketball. The shooting team only needs 1 basketball.
- Use the boundary of the half court or place cones to mark where the dribbling team must run around.
- On the coach's whistle, the first player on the dribbling team starts dribbling around the bases (cones) while the first shooter puts up a shot.
- If the shooter makes the shot, the dribbling player must immediately freeze where they are and the next dribbler in line starts running around the bases.
- If the shooter misses, they must rebound their own shot and pass it to the next player before joining the back of the line.
- For every dribbling player that gets around all the bases and to the finish line, their team receives one point.
- This process continues until the last player, who is known as the 'golden child' starts dribbling.
- For every player who has been frozen, if the golden child passes them, they are allowed to start dribbling around the bases again and potentially make it home to receive a point. This is added pressure to make the final shot - which would freeze every dribbling player.
- After the golden child has run, add up the home runs (or points) the dribbling team made and swap over.


## Progressions:

- No Basketballs for Dribbling Team: If you have a young team and are just looking to have fun, the dribbling team can just run around the bases and try to get home without dribbling a basketball.
- Two Lines of Shooters: If the players are having a hard time making a shot and getting people out, create two lines of shooters instead of one and double their chances.
- Vary Shooting Distance: Change the shooting distance depending on the age and skill of your team. Young players might shoot from only a few feet out while older players can shoot three-pointers.
- Coaching Points:
- Players must rebound their own shot and pass it back to the next person in line. No cheating by having a rebounder.
- Make sure the frozen dribbling players move to the side so that they don't get in the way of the next dribbler.
- Vary who is the golden child because all players will want to be it!


## 3. Knockout

- Players form a line at free-throw line with first two players having a ball.
- Players shoot their first shot from the free-throw line and if they miss they follow their shot and keep rebounding and shooting (from the spot where they rebound the ball) until they score.
- Once the player in front has shot, the second player (or subsequent) player in line can shoot from the free-throw
 line, rebounding and shooting until they score.
- If the player behind the first player scores before them, then they are out of the game.
- Once a player scores or is out, rebound the ball and return to next player in line, and then stand to the side.
- Last player left in wins the game.

Progressions:

- Take the first shot from different positions (e.g. 45 degrees, three-point line).
- All players have a ball and each player only takes 1 free-throw shot. If they make the shot they are still in and go to the end of the line to continue. If they miss the shot and the player behind them makes the shot, they are out. But if the player behind them misses the shot, they stay in and continue.


## Coaching Points:

- Correct shooting form.
- Observe free-throw rules - don't step over the line and don't follow the shot until the ball hits ring.
- Strong rebounding.
- No travels when going to the basket on missed shots.


## INDIVIDUAL OFFENCE SKILLS

## YOUR PACE, NOT THEIRS

## Technique:

1. Triple Threat or Active Stance
https://jr.nba.com/video/1-2-3-triple-threat/
https://youtu.be/SqmRrYChIZs?list=PL4JjiUFBF1t007WrivGic4P8JT8uIT1A5

- Feet in good balance stance ( $\sim$ shoulder width. NOT to wide).
- Preferred (shooting) foot slightly forward (heal - toe).
- Hips squared up and knee's bent/relaxed.
- Ball on hip - in the pocket, head over ball, hand in a strong position with wrist cocked behind the ball, low sweeps/high rip.

2. Pivoting https://jr.nba.com/video/how-to-use-your-pivot-foot/

- Pivoting is one of the most important basketball skills a player must master. Pivoting occurs when a player rotates his/her body position, maintaining balance with one foot in constant contact with the floor.
- Once a pivot foot is established, it may not be changed. A player must visualize that their pivot foot is stuck to the ground, until they dribble or pass the ball. When a player catches the ball or stops dribbling the ball, the first foot to hit the floor is the pivot foot. Therefore, it is a good idea to have a player come to a jump stop on two feet, so that their pivot foot is not pre-determined. Once this occurs, it is up to the player to choose a pivot foot based on the situation.


## Drills:

1. Triple Threat Whistle Drill

- Starting from the Triple Threat Position, on the sound of the Coach's whistle, players take two dribbles, come to a jump stop and get into a triple threat stance.
- Once players are still and low in their triple threat stance, blow the whistle again.
- Proceed in this manner up and down the floor. Players must be balanced - it is a good idea to go around and give players a small nudge to make sure they are balanced.

2. Jump Stop Drills https://jr.nba.com/video/on-the-whistle-jump-stop-drill/

- Have all you players with a ball and dribble around the 3-point area or the half court.
- Make sure the kids are moving around, dribbling correctly and in a controlled manner, looking up and not watching their ball.
- When the coach blows their whistle, all dribblers must come to a jump stop and straight into the triple threat stance.
https://jr.nba.com/video/jump-stop-shooting-drill/
- Split the kids into 2 teams, one ball per team. Set up each team line on the elbows.
- The first player in each line is in triple threat, makes 2 dribbles, jump stop and back into triple threat, then elevate through the shot path and shoot the ball. Get our rebound, chin the ball, forward pivot on the outside foot around toward the sideline, and make a good chest pass to the next player in line.
- Make this drill competitive - so as we are shooting, the first team to score 5 goals wins.
- The video includes a few really good teaching points.

3. Forward \& Reverse Pivoting
https://jr.nba.com/video/forward-pivot-drill/
https://jr.nba.com/video/reverse-pivot-drill/

- There are two types of pivots:
- Front Pivot - In the front pivot, a player turns forward while pivoting on one foot. That player does not lose sight of the basket and remains in a triple threat position throughout the movement.
- Reverse Pivot - In the reverse pivot, the player turns their back, away from where they were. Again, the player must remain in a triple threat stance so that they protect the ball.

4. Out \& In's Drill

- At about the mid third or half court set up 2 lines of players, pairing off and facing each other $\sim 10$ feet apart. Have 1 ball per pair and both players in 'active' triple threat stance.
- $\quad 1^{\text {st }}$ player (with ball) passes to the opposite player, forward pivots $180^{\circ}$ sprints away three or four steps (without the ball), jumps stops into triple threat stance, forward pivots $180^{\circ}$ and sprints back to their starting spot, jumps stops into triple threat stance, and receives the pass from their partner - who would then do the same thing.
- Alternate between forward and reverse pivots.

Progression:

- Player $\mathbf{1}$ passes to $\mathbf{2}$ opposite. Player $\mathbf{2}$ gets the ball to their hip pocket position, reverse pivots and takes three or four hard dribbles away, jump stops, reverse pivots again and comes back toward player 1, finishing with a jump stop.
- Player 2 chest passes to player 1, who repeats above.
- Consider widening the gap for teammates to practice baseball passes.



## 11. Jump Stop, Pivot \& Pass Drill

https://jr.nba.com/video/jump-stop-pivot-pass-drill/
https://jr.nba.com/developing-strategic-thinking-skills/

- Set up 2 to 4 lines on the baseline, with first player in each line has a ball.
- Player $\mathbf{1}$ takes three or four hard dribbles and comes to jump stop.
- $\mathbf{1}$ forward or reverse pivots, shot fake, rips down, pass fake, sweeps and makes a side pass to the next player in line. At all times this next player at the front of the line must be in a triple threat position, ready to receive the ball.
Progression:
- Player 1 takes three or four hard dribbles and comes to jump stop, with the next player in line, $\mathbf{2}$ closing out on them.
- $\mathbf{1}$ pivots, executes shot/pass fakes; sweeps/rips and side pass to 3.
- Player 2 closes out 3, who would be in a triple threat position.
- $\mathbf{3}$ allows $\mathbf{2}$ to crocodile rip the ball - then player $\mathbf{2}$ reverse pivots with the ball and repeats what player $\mathbf{1}$ has done above above.
Coaching Points:
- Always squaring up and working from triple threat i.e. when receiving a pass and at jump stop; with block \& tuck i.e. cock wrist behind ball and don't have hand over top of ball as this can get knocked away easily.
- Fake a pass to make a pass.
- Early hand target and always look for hand targets.
- Step when making a pass.
- Work from one side of the body i.e. Fake and look to pass on one side of the body, and if not there, step through and work the other side of the body.
- One or two fakes only.
- Work vertical fakes, not horizontal movement of ball and hands.
- Pass the ball with your feet on the ground.
- Be ball quick.

5. One-on-One Triple Threat Stationary Keepings Off

- Both players start on foul line. Offense facing goal in triple threat position, (right handers) ball on left hip.
- Defender in defensive stance and tries to grab the ball with out fouling - crocodile snap.
- Do for 30 seconds and then swap.

Progression:

- If defender steps past foul line, ball handler can drive to basket.


## 6. Alba 1-on-1

Progression 1:

- Set up two players' backs to each other and on the wing, on the 3-point line and with both players in an active stance.
- Player $\mathbf{1}$ starts with the ball and would hand/pass the ball to player $\mathbf{2}$ on either their left or right side.
- $\mathbf{2}$ must forward or reverse pivot with the foot that is on the same side as the pass, with the ball in their hip pocket and squaring up to the basket.
- As the defender and when the ball is low, $\mathbf{1}$ would have jumped off the ball handler and hands would be 'Over \& Under' - tracing the ball.
- Player 1 can shot fake, sweep or rip the ball, jab step, cross over, etc. and then go into 1-on-1.



## Progression 2:

- Start as above, with player $\mathbf{1}$ handing the ball to $\mathbf{2}$. But after player $\mathbf{2}$ pivots and squares up to the ring, they would pass to the Coach at the top of the key.
- $\mathbf{2}$ then sprints to the key, touches the elbow and closes out on $\mathbf{1}$ (who has stepped out to the 3-point line and squared up on the basket).
- The Coach passes the ball to player 1, who would then go straight into 1-on-1.



## Progression 3:

- Leading on from Progression 1, instead of going straight into 1-on-1 player $\mathbf{2}$ would pass the ball back to the Coach.
- Player 2 then sprints to the long corner. 1 would defend per Packline - help defence principles i.e. ball-you-man/help defence.
- $\mathbf{2}$ sprints back to the wing for the pass from the Coach, with player $\mathbf{1}$ again closing out on the ball handler and they go straight into 1 -on-1 play.


Progression 4 - Adaptation for Read \& React Offence:

- Starts the same as Progression 3 with player 2 passing the ball to the Coach.
- Player $\mathbf{2}$ would then front cut to the 'Halo spot' and, not receiving the pass from the Coach, player $\mathbf{2}$ would fill out to the long corner spot and then fill up to the wing spot.
- In filling up to the wing spot, $\mathbf{2}$ would either 'Rear Cut' to the basket (if player $\mathbf{1}$ is over playing and stepped over the read line), or 'Curl Around' front cut (if player $\mathbf{1}$ is lagging behind).
- Player 2 would receive the bounce pass from the Coach and finish with a lay up.



## Game:

## 1. Numbers (War)

Numbers is a great drill to incorporate fun small-sided games into practice, helping develop youth players.

- The drill is set up by splitting your group into 2 teams and lining each half up along opposite sidelines.
- For example, if there are 8 players total - allowing for 4 on each team. You will number each individual player on each team 1 to 4.
- The coach starts with the ball and begins by throwing the basketball into the mid court and calls out a number or numbers between 1 and 4.
- If a players number is called out then they would race out for the ball and go straight into live 1-on1, 2-on-2, etc.
- The team with the most points at the end of the game wins!
Coaching Points:

- If there is a foul, travel or other violation you can either score that as minus 1 point or, alternately have the ball passed back to the coach who would then pass it to a player in the other team. This approach penalises the violation but still allows the game to flow and continue until a goal is scored.
- Throw the basketball out to the advantage of one side each time so you don't have players running into each other as they scramble for the basketball.
- The coach calling out the numbers must keep a fair idea of how many turns each child has had, to keep it even.
- Finish the drill off by calling everyone in!


## TEAM OFFENCE

## OFFENCE WINS GAMES!

## Approach:

1. Teaching Offence to Younger Players

- Young players will be limited in regard to what they will be able to master with regard to team offence.
- For young children (U11 and younger), often the only aspect of offence they will be able to grasp will be simple concepts such as:
- Passing to players who are open down the court;
- Dribbling with the head up;
- Shooting when open and in shooting range; and
- Using the dribble to penetrate the key, looking to score.

2. Be a Target between your teammate with the ball and your goal.

- A good approach or concept for young basketballs is that, when in offensive transition be a target between your teammate with the ball and your goal.
- Aim to run to space and toward your teammate with the ball so they don't have to pass over defenders (No lobs), who may intercept the pass. This is especially true for when your teammate has stopped dribbling, picked up the ball and is under pressure.


## Hawks Offence:

1. Read \& React

- For older players refer to the separate Read and React Offence training manual.


## TRANSITION

## Rebounding:

## THE TEAM THAT CONTROLS THE REBOUNDING, CONTROLS THE GAME!!

## 1. Technique

- Assume every shot will be missed. Locate the ball in flight and anticipate where it will rebound.
- Position between your opponent and the basket with every shot. Locate and make contact with your opponent by using your forearm. Use a reverse or forward pivot to block or box out your opponent. Maintain a wide, low and balanced stance (to make it hard for an opponent to move around you).
- Use two hands, keeping them at head height. Then jump up as high as possible for the rebound and secure the basketball with two hands.
- On the descent of their jump, the rebounder must secure the basketball by gripping it tightly under their chin with their elbows out. "Chin the ball".
- On the landing, knees should be slightly bent and the player should have a wide stance, then they should front pivot on their outside foot (ie. pivot foot is closest to the sideline) turning toward the sideline, staying in their low stance and look for the outlet pass.


## Rebounding Drills

1. Rebounding Technique

The purpose of this drill is to teach all players how to rebound in a controlled drill that lets them focus 100\% on their rebounding technique. Great drill for all youth teams.

- Split your team into two groups, one basketball per group and each group in a straight line on opposite sides of the backboard.
- The first player in line with a basketball begins the drill by passing off the backboard to themselves. They will then jump up as high as possible and
 secure the basketball with two hands.
- As they're on the descent of their jump, the player must secure the basketball by gripping it tightly under their chin with their elbows out. "Chin the ball".
- Upon landing, the player forward pivots on their outside foot (ie. pivot foot is closest to the sideline).
- The player then passes to the next player in their group, and joins the end of the opposite line.
Coaching Point:
- ALWAYS Chin the ball.

- It's important that players are getting maximum elevation on their jumps to secure the rebound.
- On the landing, knees should be slightly bent and the player should have a wide stance.
- When pivoting, players should always forward pivot on their outside foot (closest to the sideline) - turning toward the baseline (and not with the inside foot and away from the baseline in a reverse pivot); and players shouldn't raise up out of their low stance until after the pass.


## Progression:

- Rebounding player catches the ball in front and above his head, and jumps straight up to score - using the backboard and springing off toes; then rebounds and passes to the next player in line, per above.


## 2. Straight Line Rebounding Drill

- Line up in front of backboard.
- 1st player 'shoots' the ball against backboard. 2nd player rebounds \& repeats; and so on until last player in line shoots it into the goal

3. Roadrunner

This drill works on the fundamentals of rebounding as well as the outlet pass. It's also beneficial for the player who receives the outlet pass as they learn to turn and get the basketball down the court quickly.

- One player sets up on each wing (or just on one wing), acting as an outlet receiver. The coach is on the opposite block. The rest of the players are in a line facing the backboard, starting at the free-throw line, and each have a basketball.

- The drill begins with the first player 2 in line passing their basketball to the coach.
- The coach lays the basketball off the rim and player 2 jumps up for the rebound, using proper rebounding technique.
- As player 2 lands, they forward pivot on their outside foot and outlet pass to the wing - that is on the same side where the rebound fell.
- The wing player (4) catches and immediately turns and speed dribbles to the halfway line. Once they pass the
 halfway line, they return to join the end of the line.
- Player 2 relocates to the outlet wing position; and the drill continues for the next player in line.


## Coaching Point:

- The coach can occasionally score the layup. When this happens the rebounder must quickly grab the basketball, get behind the baseline, and inbound the basketball to the wing.
- Players should be catching the basketball at the peak of their jump and Chin the ball on the way down.
- It is crucial that players are forward pivoting with the correct, outside foot turning toward the baseline.


## Alternative:

- Instead of player 4 dribbling to the half way line, instead they would pass to a player (6) at the half way line, and player $\mathbf{6}$ would dribble to the end of the backboard line.


## 4. No Ball Box Out Drill

https://jr.nba.com/video/no-ball-box-out-drill/

- 2-4 lines. Front player is the defensive player. Coach calls shot \& drill begins.
- Defensive player must recognise \& yell 'Shot'; step in, locate (tag), pivot \& turn, spread wings (to hold box out in a low and strong athletic stance), go get the rebound.
- Players jump as high as they can and get the ball with two hands (reach for the backboard or net - yelling Rebound).
- Rotate through lines.
- Not using a ball to emphasise and develop technique.

Coaching Point:

- Teach young basketball players to go get the rebound once the ball has hit the ring.


## 5. Contest \& Compete Box Out's

- Set up a player in the halo underneath the basket with a ball (O1) and a second player in the short corner ( $\mathbf{O 2}$ ).
- $\mathbf{0 1}$ takes a shot from under the ring, rebounds and passes the ball to $\mathbf{0 2}$ in the short corner.
- $\mathbf{O 2}$ immediately takes a jump shot.
- $\mathbf{0 1}$ closes out on $\mathbf{0 2}$ and contests when the shot is taken: $\mathbf{0 1}$ steps into 02, locates and tags, pivot \& turns, spreads wings to hold box out, and then goes and gets the rebound.

6. '33' Close Outs \& Box Outs

- 3 defensive players line up in the halo ( $\mathbf{X 1}, \mathbf{X} \mathbf{2} \& \mathbf{X 3}$ ), facing the top of the key. 3 offensive players $(\mathbf{O 1}, \mathbf{O 2} \& \mathbf{O 3})$ are spread out around the perimeter. The coach is on the baseline with a basketball.
- The drill begins with the coach passing the ball to any offensive player (e.g. O2), who immediately takes the shot.
- X2 would close out on O2, X1 would close out on O1, and X3 would close out on $\mathbf{O 3}$ with each defensive player locating, tagging and boxing out their offensive player.
- $\mathbf{O 2}$ would take the shot and then both $\mathbf{O 2}$ and $\mathbf{X 2}$ would continue playing one-on-one until either player scores.
Close out:
- Sprint first (2 or 3 steps) to close the gap and then short/choppy steps- with 2 high hands, elbows bent, low stance and stay square to the offensive player (these last points helps players keep balance when executing the choppy steps).
- Yell "Ball", and yell "SHOT" early when necessary.


## Coaching Point:

- X2 must recognise and yell 'Shot'.
- All defensive players must locate, tag, pivot/turn, hold box out (in a low and strong athletic stance), and go get the rebound.
- It is the role of $\mathbf{0 1}$ and $\mathbf{0 3}$ to train X1 and X3, so when $\mathbf{0 2}$ shots the other offensive players aren't allowed to rebound or participate in the one-on-one but instead apply light pressure on the defence, so the defensive players learn the proper technique of boxing out.


Progression:

- Same as above but X1 \& X2 cannot close out on their corresponding offensive player. X1 must locate, tag and box out $\mathbf{0 2}$; and $\mathbf{X 2}$ must do the same with $\mathbf{O 2}$.



## 7. Golden Egg

This is a great drill for teaching players the basics of how to box out and also encouraging them to be physical with their box outs.

- Player's pair-off, one on offence and one on defence.
- The defenders are position around the centre circle, facing outward, spaced out evenly and with their offensive partner facing them, inwards.
- A basketball is in the middle of the circle.
- On the coach's whistle, without pushing of fouling, the offensive players attempt to get inside the circle and grab the basketball.

- The defenders will make contact by stepping 'into' the offensive players personal bubble - making an arm bar contact, reverse pivot to get into a good box out position (ie. balanced low stance with hands ready to receive the rebound).
- Their objective is to do their best to keep the offensive players out of the circle for 5 seconds.


## Coaching Point:

- Before using the drill make sure to go over correct box out technique with your players. They should start by facing the defender, then when the defender picks a side to attack, they make 'arm bar' contact with them, stepping into their personal bubble, and then reverse pivot around into the box out.
- When boxing out, ensure the defenders are getting their backsides into the offensive player and keeping their arms out wide to take up more space.
- Balance is very important for the defenders. Make sure they're low and wide, taking up a lot of space. The lower they are, the more strength they'll have to hold off the offensive player.
- The defender must keep constant contact with the offensive player throughout the drill. If they lose contact, the offensive player can easily slip around and grab the basketball.


## Game:

1. Animal House

- Gamify - 1st to 3 pts: Goal $=1$ pt. Offensive rebound $=1$ pts. Defensive rebound $=2$ pt. Foul $=-1$ pt.


## Transition:

1. Four on Three + One

The purpose of this drill is to put the offensive team in an advantage situation where they must make quick, smart decisions, and keep good spacing to get an easy score. As well as, put the defence at a disadvantage in that they must work hard to recover to prevent the easy basket.

- Setup a line of 4 offensive players evenly along the baseline; and 4 defensive players lined up in front of each offensive player on the free-throw line extended.
- The coach starts with the basketball and passes to $\mathbf{0 1}$ (or any one of the offensive players). The offensive team goes straight into offensive transition.
- The defensive player (X1) guarding O1, who received the pass from the coach, must sprint and touch the baseline before recovering to join their team on defense.
- Play continues until a score or a defensive stop.




## Variation:

This drill can be run if only a half court available. Set up the offensive and defensive lines in the half court. On the coach's pass X1 would touch the half court line, while all other players go into live play.

## Coaching Point:

- Communication is key for both the offensive and defensive teams.
- For recovering defenders they must sprint hard to get back into the play.
- Convert: For defenders - one player must attack the ball, all other defensive players must sprint back to the paint to protect the basket, locate the ball, load to the ball side and get matched up.
- If the offensive team keeps good spacing on the transition, they should get an open shot or layup every time down the floor.

2. 3-on-2 Continuous

This is a full court continuous 3-on-2 drill which helps develop decision-making. By having an extra offensive player on each trip down the court, players learn that they must work on spacing in order to get the open shot.

- 3 offensive players start in the mid-court with one basketball, 2 defenders in each key and the remaining players stand at the half court line out of bounds.
- The starting three offensive players (players 1, $\mathbf{2} \& \mathbf{3}$ ) attack the two defenders (players 4 \& 5) until the offence score or there is a defensive stop.
- Defence convert and transition into offence, outlet to player 8 (who has sprinted to the mid court) and attack the ring at the other end of the court.
- Players $\mathbf{2}$ and $\mathbf{3}$ become the next defenders at that end of the court and $\mathbf{1}$ joins the out of bounds line at half court.
- This flow continues until all players rotate through offence and defence.



## Press Break:

1. 'Four': 1-4 Press Break

- Designed to break a full court man-on-man press, the offensive players set up along the foul line extended.
- Starting from the elbows, players $\mathbf{3}$ and $\mathbf{4}$ sprint to the three-point line and set a screen for players 2 and 5, respectively.
- Players $\mathbf{2}$ and $\mathbf{5}$ sprint to the top of the key, where $\mathbf{2}$ would set a screen for $\mathbf{5}$ who, coming off that screen will receive the open pass from player 1.
- Player 2 opens up and sprints toward the centre court, receiving the pass from 5. At the same time players $\mathbf{3}$ and $\mathbf{4}$ sprint down the sidelines into the front court.
- $\mathbf{2}$ passes to player $\mathbf{3}$ on the run; and $\mathbf{3}$ passes to $\mathbf{4}$ on the run and they take the ball in for a layup to score.



## 2. Laser or Laser Left Press Break

- Laser is designed to break a full court man-on-man press.
- $\mathbf{0 3}$ steps out-of-bounds with the basketball. Set up $\mathbf{0 1}$ and $\mathbf{0 2}$ just off the elbows. $\mathbf{0 5}$ starts at the halfway line on the edge of the centre circle and $\mathbf{0 4}$ is at the ' ${ }^{\prime}$ '.
- $\mathbf{O 2}$ will be the quickest player on the team - the laser.
- On the ball slap $\mathbf{0 1}$ will set a screen for $\mathbf{0 2}$, who will feint baseline but then come under the screen and sprint as fast as they can into the mid court as the first passing option.
- $\mathbf{0 1}$ will then wrap around $\mathbf{X 2}$ to open up to the baseline and break toward inbound passer to be the second passing option for 03.
- On 02 receiving the entry pass, 05 will set a screen for 04.
- As $\mathbf{O 2}$ is aggressively dribbling down the lane, $\mathbf{O 4}$ comes over the screen and sprinting to the key, receives the pass from $\mathbf{O 2}$ and comes in for the lay-up.
- At the same time, $\mathbf{0 5}$ would roll off the screen to sprint into the key as the secondary option. $\mathbf{0 1}$ and $\mathbf{0 3}$ would come down the court, trailing and acting as safeties.



## SLOBS \& BLOBS - Sideline and Baseline Out-of-Bounds

There are a lot of set plays available for when your team is passing the ball in from the sideline or baseline. These are typically complex and not applicable for younger players.
The recommended approach is to keep it simple. Below are a few examples of inbound movements to assist younger teams.

1. Circle

- When we need to pass the ball in from the sideline or baseline, have all four players in the court stand in the closest circles i.e. mid-court circle and the closest key circle.
- Have the $\mathbf{0 1}$ player passing in the ball either slap the ball or call 'BREAK' or 'GO'. And at that moment all of the other players would sprint outward from the circle - in any direction, getting free and finding space, calling for the ball.
- On this first movement, if no one is free and the passer hasn't been able to inbound the ball, have all the players on the court sprint directly at the passer - again making space, getting open, and calling for the ball.


2. Horse

- Specifically for a baseline situation, the inbound passer (O1) would be either side of the ring (not under the ring, otherwise they may hit it accidently) and the other four players on the court would be spread around the 3 point line - in a horse shoe formation.
- On the slap of the ball or when the inbound passer calls 'GO', all four players would sprint directly at the player inbounding the ball.
- The ball should be passed to the first available open player on the court.



## 3. 'One'

- Set up your strongest passer for the inbound pass.
- For a BLOB inbound play, set up player $\mathbf{2}$ in line with both player $\mathbf{1}$ as well as the free throw line. All other players should line up closely behind player 2.
- On the slap of the ball or when the inbound passer calls 'GO', all four players would sprint in random (and different) directions toward open space
- The ball should be passed to the first available open player, considering this could be down court (to exploit a fast break).

- For a SLOB inbound play, set up player $\mathbf{2}$ in line with player $\mathbf{1}$ and in line with either the line of the key that is closest, or the split line. Essentially we don't want player $\mathbf{2}$ and the other players lining up to close to the inbound pass. We want them to give themselves room, to create open space and good inbound passing options.
- All other players should line up closely behind player 2.
- On the slap of the ball or when player $\mathbf{1}$ calls 'GO', all four players would sprint in random (and different) directions toward open space.
- The ball should be passed to the first available open player that is heading toward their own offensive front court and the ring.

4. Box 1 (BLOB play)

- Players $\mathbf{4} \& 5$ (forwards) set up ball side; players $2 \& 3$ (guards) set up side.
- Player 4 screens across for 2 and player 5 screens across for 3.
- $\mathbf{2}$ comes over the top of the screen (this is critical - we don't want $\mathbf{2}$ cutting low) and cuts to the opposite short corner area.
- As $\mathbf{2}$ comes off screen, player $\mathbf{4}$ reverse pivots - opening up to the inbound passer and the ring, and blocks out any defender.
- As the first preference, player $\mathbf{1}$ looks for pass to $\mathbf{4}$ as they pivot and open up to them.
- Player 2 is the second preference for the inbound pass.
- At the same time, $\mathbf{3}$ comes over the top of screen set by player $\mathbf{5}$ and cuts to the opposite elbow as a pressure release and the third passing option.
- Player 5 will come to the point spot as the safety pass.


## Coaching Point:

- The inbound pass should be from your best passer with the ball behind the baseline.
- In these circumstances often the best-inbound pass is a bounce pass.
- The inbound player should not step out of court and take the ball from the referee until players are ready and lined up.
- The inbound player should take a step back from the line to give themselves plenty of room.
- The inbound player should slap the ball or call 'GO' loudly to indicate the start of the play.
- All players moving to the ball need wait for their screen to be set. A moving screen can be called as an offensive foul.

(1)

(1)



## 5. Box 2 (SLOB play)

- Four on-court players line up in "box" (square) formation at least three metres apart.
- The box straddles the imaginary "split line" down the middle of the court; players 4 \& 5 are closer to the inbound player 01.
- All players initially face the passer.
- On the "slap", player $\mathbf{4}$ screens for $\mathbf{2}$ and player $\mathbf{5}$ screens for $\mathbf{3}$.
- Players 2 \& $\mathbf{3}$ need to wait until the screeners are "set" and then cut of them into space.
- After players $\mathbf{2}$ \& $\mathbf{3}$ have cut, players $\mathbf{4} \& \mathbf{5}$ turn and move toward the ball.
- The inbound player should pass to the most "open" player, preferably one who is closest to the attacking basket.
- The inbound player should cut towards the basket once they have passed the ball.

Coaching Point:

- Be careful of the position of the box relative to the centre line - avoid backcourt violations.
- Should be one of our best passers with the ball passing in from the sideline.
- In these circumstances often the best-inbound pass is a bounce pass.
- The inbound player should not step out of court and take the ball from the referee until players are ready and lined up.
- The inbound player should take a step back from the line to give themselves plenty of room.
- The inbound player should slap the ball or call 'GO' to indicate the start of the play.
- All players moving to the ball should do it using a "V" cut. That is step towards your defender to put them off balance and then cut in the opposite direction.



## 6. Paint: Defending against the Baseline Out-of-Bounds Plays

## DRAFT

- Here is a way to play the baseline out-of-bounds situation man-to-man without getting burned inside.
- First, "step under" and switch any inside screens (see the middle diagram below). The screened defender X4 steps under (one step back toward the baseline) to get inside position on the screener O5, in order to avoid getting "pinned".



After the pass outside, X3 must move out quickly to cover his man.


- In addition, deny the pass inside by having your inbounds defender play a "one-man zone" in the paint. In the diagram above left, X3 drops off the inbounder into the paint, looking to deny any pass inside and lay-up. But once the pass goes outside, they must move quickly back on the inbounder (O3), who may step out to the corner for the outside shot (below right).
- The rules for defending baseline inbounds plays are:
- Match-up man-to-man.
- X3 plays a "one-man zone" off the inbounder denying the inside pass, but still being wary of the pass back to the inbounder.
- Step-under and switch any inside post screens.


## INDIVIDUAL DEFENCE

## Technique:

1. Active Defensive Stance

- Feet shoulder width and in heel-toe positioning, bum down in a balanced stance.
- Arms are not stretched out or overtly leaning over, putting you off balance.

2. Defensive push-step
https://www.youtube.com/watch?v=myd2ozcpiwg

- Point lead toe in direction of the push-step.
- Push off the back foot and reach with the front leg while propelling the body with a strong lateral push.
- Rule of thumb: Wide to Wider. Make sure the feet don't come together or cross.
- As the player push-steps, make sure they do not bob up and down.
- If a player wishes to change direction while guarding the ball, that player must perform a drop-step in which the back leg is dropped back to a $45^{\circ}$ angle while the lead foot is now used to then push off into the new direction.

3. When guarding the ball

- Get into the active stance, ready to move in any direction.
- Stay at least one arm's length away.
- Keep eyes on the mid-section of the ball handler.
- Stay between the ball and the basket.
- Once the offensive player has started to dribble, drop-step and perform defensive push-steps to maintain proper defensive positioning.
- Pressure the dribbler to reverse direction, pick up their dribble ie. 'Get the Stop', or channel the ball handler to the sideline.
- If beaten, turn and sprint to regain position between the dribbler and the defensive basket.

4. When guarding a player without the ball

- Be between their player they are defending and the ball.
- Get into the active stance.
- Be slightly off the line of the ball so they can see both the ball and their player.


## Conceptual Rules for Young Basketball Players:

1. We defend with our feet to 'Channel the Ball' and 'Get the Stop'.

We don't defend with our hands.

- Teach players to Get the Stop and then they can attack the ball - ie. we crocodile snap the ball, we never slap at the ball.

2. Inside the key: Push Up The Roof

- Teach that when they or the basketball are inside the key each player must 'Push Up the Roof': both arms/hands are straight up, with our palms facing straight up.

3. Outside the key: Trace the ball - Hands Over \& Under

- When defending against a ball handler outside the key, teach the defenders to trace the ball, that is have their ball side or lead hand above and slightly over the ball (without over stretching the arm) in the passing lane; and the other trailing hand in a low scoop position to protect against the cross over.

4. Ball low - we're back / Ball high - we're up

- If ball handler has the ball low (i.e. when they are about to make a move) or dribbling, we jump back off them in our low active defensive stance and with our hands over and under the ball.
- If ball being held high (e.g. to shoot) or they have picked up the ball, then we're up on the ball handler (still in our low active defensive stance) and our hands are high, pushing up the roof.


## Concepts \& Technique Drills:

1. Push Step Shuffles (My Whistle drill)

- Stationary Toe taps on one
- Defensive Push Steps to the same direction as the coach points a ball: 2 push steps and back again 2 push steps.
- Close out toward the coach: sprint 2 steps and then 4 stutter steps arms straight up, and back to starting spot.

2. Toe Taps

- Stand over baseline. Toe taps either side of the baseline.
- On Whistle defensive push steps to the foul line extended - toe tapping on the spot again.
- The coach would either point back to the baseline or in the other direction to the netball 'third line'. Players would then push step in that direction and repeat the toe taps.
- The coach should mix this up and continue for only a couple of minutes.

3. Channel the Ball:

- Have player's pair off and face each other on the sideline. One with a ball in offence and the other in defence.
- On the Whistle the offensive player will walk and 3 or 4 dribbles in a zig-zag across to the other side of the court.
- The defensive should push step on an angle, effectively channelling the dribbler in one direction, getting in front of the dribbler and then channelling them in the other direction.
- Both players change over and repeat, coming back across the court.

4. Trace the Ball - Over's \& Under's:

- Demonstrate to the players that when we are defending against a ball handler outside the key, we trace the ball. That is having their ball side or lead hand above and slightly over the ball (without over stretching the arm) in the passing lane; and the other trailing hand in a low scoop position to protect against the cross over.
- $\mathbf{O}$ (with a ball) and $\mathbf{X}$ face each other. Slowly at first, $\mathbf{O}$ sweeps the ball side-to-side, pocket-to-pocket, rip ear-to-ear, and up-and-down on either side.
- $\quad \mathbf{X}$ has hand over ball and follows the Hands over \& under rule.

Coaching point:

- Even though the focus is on teaching the defender, we can highlight to the offensive players that their feet aren't static when moving the ball - they should be pivoting and adjusting their body angle at the same time.


## 5. Up \& Back's:

- Pair off players; setting them up so one of the pair is in the halo with a ball. The other players would spread out in an arch about 10 feet out from the ring.
- All players should be in an active stance.
- Have the player with the ball pass it to their partner and close out on them.
- The ball handler starts by holding the ball high - in their shot pocket. The defender is up on the ball handler, in their active stance and hands held high (pushing-up-theroof).
- Coach calls 'Right Hip Pocket': the ball handlers would bring the ball down to their right hip pocket. Now that the ball is low (i.e. when the ball handler is about to make a move), the defender jumps back off them, keeping the low active defensive stance and with hands over and under - tracing the ball.
- Coach calls 'Left Hip Pocket': the ball would be swept low to the left hip pocket and the defender would adjust their hands and feet.
- Coach calls 'Right Shoulder Pocket': the ball handlers would bring the ball up to their right shoulder pocket. Defenders then need to jump up on the defender, in their active stance and with hands held high.
- Coach calls 'Rip' and ball handlers rip the ball over to their left shoulder pocket. Defenders adjust their feet accordingly while still staying in an active stance with hands held high.
- Coach calls 'Dribble' and the ball handlers bring the ball down and low dribble on the spot with their left hand. Defenders would jump back and have their hands over and under - tracing the ball.
- Every few seconds the calls 'Cross Over' and ball handler would cross the ball over to the opposite hand.
- Coach calls 'Shoot'. Ball handlers take the jump shot and at the same time defenders close out on the shooter, with hands held high - then boxing out.


## Coaching Points:

- As ball handlers sweep or rip the ball to their right hip pocket or right shoulder pocket, they would pivot on their left foot and shift their right foot back to get into a good aggressive stance on an angle.
- When moving the ball to their left hip pocket or left shoulder pocket, the ball handler would bring their right foot forward to switch angles, again pivoting on their left foot.
- For the right hip pocket the ball handler would hold their right hand on top of the ball (ready to dribble), and with their left hand holding it from the front - the ball would be tucked into the right hip (and the opposite for the left pocket).
- For the right shoulder pocket the ball handler would orientate their right hand behind the ball (ready to make a pass), and with the left in front - tucking the ball into the shoulder.


## 6. Defensive Specialist - Defence Drill

- Defensive Specialist is a continuous drill that works on the different defensive movements players will make on defence including closeouts, defensive sliding, back-pedalling, and sprinting.
- All players line up in a straight line on the baseline.
- Players perform this defensive course one-by-one.
- The first movement is a sprint and then close out to the cone at the three-point line.
- The player then back-pedals with reverse defensive push steps ( 2 to 3 steps then drop step and change direction, repeat) toward the cone directly behind
 them.
- They then slide across to the other side of the court.
- When the 1st defender slides past the line, this triggers the next player in line to start.
- When the first defender has slid around the cone on the other side of the court, they again sprint to close out, repeat to a second cone, and then once again slide to the opposite side of the court before returning to the end of the line.
- Run this drill for 3-5 minutes.

Coaching Points:

- Players must be sprinting and sliding at $100 \%$ effort throughout the entire drill.
- Hold the close out for a second or two before moving on.
- Reinforce good defensive footwork.

7. Defensive Shuffle \& Pass Drill

- Set up two players about three to four steps apart - each with a ball, and with a $3^{\text {rd }}$ player opposite player 1.
- Player $\mathbf{1}$ starts with a chest pass to 3, who chest passes straight back to $\mathbf{1}$.
- Player $\mathbf{3}$ defensive push steps to their left to be opposite 2. Player 2 chest passes to 3, who chest passes straight back to $\mathbf{2}$ and push steps back to be opposite player $\mathbf{1}$.
- Keep repeating for a couple of minutes and then rotate.


## Coaching Points:

- All 3 players must be in an active stance for the entire drill.


## Progression:

- For the first movement, players $\mathbf{1} \&$ P3 chest pass and players $\mathbf{2} \& \mathbf{3}$ bounce pass; and then $\mathbf{1} \& \mathbf{3}$ bounce pass and $\mathbf{2} \& \mathbf{3}$ chest pass on the next movement; etc.
- Or, players 1 \& 2 can choose chest, bounce, side or overhead pass and player $\mathbf{3}$ must mimic that pass.



## Advanced Drills:

1. 1-on-1 Fake Game

- Set up about foul line distance from ring (depending on age/strength)
- $\mathbf{X}$ hands ball to $\mathbf{0}$.
- O has zero to two dribbles and must then make a shot.
- O must utilise shot fake, stutter step, etc. to get a shot up.
- X must have the correct hand over the ball, other hand in 'scoop'. Must apply: Hands are over \& under rule.

2. Side-by-Side Sprint \& Stops

- 2 lines on baseline, side by side. 1 player has a ball (right lane). The other player (left lane) will act in defence.
- On whistle the ball handler dribble in straight line, as fast as they can.
- Defender also sprints - with the aim to get in front of the dribbler and then, turn and face the ball handler in a good defensive stance.

3. Man in the Hole

- Facing each other, $\mathbf{0 1}$ takes two or three hard dribbles in zigzag fashion down the court \& within the lane. X1 must push step to stay in front of ball handler.
- Offensive player should focus on heads up, low \& quick crossovers, \& protecting the ball.
- Defensive player man's up in defensive stance and push steps down the court.
- Once they hit half court then X1 sprints to close out O2, and repeat one-on-one down half court.
- X1 repeats this three times in total, then players swap over.

4. Vegas Close Outs:

This great drill was made famous by former University of Arizona head coach Sean Miller. Miller was named PAC-12 Coach of the Year three times and a big believer in playing good closeout defence.

The goal of the drill is for the defensive players to practice taking away open jump shots and inhibiting the vision of the offensive players.

- Set up players in groups of three, with one group beyond the three-point line on the wing and point spots. The defensive group will each stand under the basket with a ball.
- When the coach blows the whistle, each defender will pass (or even roll) the ball to each offensive player.
- Each defender then sprints as fast as possible to close the gap between himself and the offensive player - finishing the last few feet with short
 choppy steps in a balanced stance.
- Once the defender gets roughly an arm's length away from the ball handler, he is to get into the ultimate closeout position, which is a low active stance and both hands up.
- Both hands are up but both elbows remain bent, not straight up. This is so the defender can still prevent a drive but also obstruct the vision of the passing lane.
- Swap over groups and repeat.

Close out:

- Sprint hard for two or three strides then finish the last few feet with short/choppy steps in a balanced stance, finishing an arms length off the ball handler
- Active stance position: both hands held high with elbows bent (not straight up), back straight, hips \& knees bent and in a low stance. Stay square to the ball handler.
- With both hands up and elbows remain bent, and not straight up - this is so the defender can still prevent a drive but also obstruct the vision of the passing lane.
- Yell "BALL", and yell "SHOT" early when necessary.

Progressions:

- Get the offense to catch the ball and before the take a jump shot they should jab step, rip and sweep the ball through a couple of times, take one or two dribbles, shot fake, etc. and have the defence react accordingly.

5. BIG V Close Outs:

- Set up players under the basket and on the baseline, and have two coaches (or players, or cones) set up off the elbows near the three-point line, with basketballs.
- The first player in line sprints hard to close the gap on the first coach with the ball with short, sharp choppy steps in the last few feet.
- When closing out each player get into a low balanced-active stance with both hands up (elbows bent), back straight, and hips \& knees bent.
- When closing out each player should yell "BALL, BALL, BALL".
- This first player would be drop step either left or right and take 2 or 3 push-steps, drop step in the other direction, and repeat until they are back where they started under the ring.
- Player one then repeats the close out on the second coach, while the second player in line closes out on the first coach.
- Progressively repeat with all players in line.

Progression:

- The first coach can fake, stutter step, jab step, etc. one way or the other. And the defender would react accordingly i.e. push stepping off in that same direction.
- The second coach can call shot and the defender must box out, with the coach side stepping one way or the other and the defender must move and keep boxing out in that same direction.



## 6. Corner Closeouts:

- The drill starts with the player possessing the basketball passing to the top of the key and immediately starting to sprint across to the opposite corner.
- The player at the top of the key catches and immediately passes to the opposite corner. They then follow the pass and join the end of the corner line they passed to.

- The player in the corner will now catch with the opposite player closing out on them. From here they must make a decision to shoot or drive the basketball.
- From here the two players compete one-on-one until a score or defensive stop.
- When they're finished, either player grabs the basketball and immediately passes out to the closest corner who repeats this process.
- The defender joins the corner line and the offensive player goes to the end of the line at the top of the key.

Coaching Points:

- The fundamentals of the closeout are crucially important. The defender should be closing out with a high hand and their weight back and low to absorb the drive.
- The perimeter passes must be flat and with power. Any lob passes allow the defensive player too much time to closeout.
- The way the defender closes out will depend on your defensive philosophy. Some coaches like to force the player to the baseline; some prefer to force them to the middle.
- The defender must be sprinting from corner to corner to close out on their opponent.


## 7. Bump the Cutter:

The purpose of this drill is to teach players to never allow offensive players to cut across the key without getting contact: 'Bumping the cutter'.

- The drill begins with the offensive player cutting across the key attempting to establish good position to receive the pass. The offensive player must cut across and establish position on ball-side.
- A defensive player starts in ball-you-man position in the middle of the key with an offensive player in the corner. The defensive player must see the cutter and then make contact, bump them off their line, and make it difficult for the offensive player to receive the pass.
- After the cut and the pass is made to the offensive player out near the three-point line, offence and defence then go live into one-on-one.
- The offensive player then becomes the defender and the defender joins the end of the line waiting to come in on offense.


Coaching Points:

- The defender should always be able to see both the basketball and their player.
- Encourage players to half-front to deny the pass, but never fully-front as they won't be able to get back in position to play one-on-one on the catch.
- The defensive player should bump the offensive player with a tight arm bar, forcing the defence away from where they want to go.
- If the defensive player 'pushes' the offensive player, it's a defensive foul. Instead, the defender is aiming to hold their ground when bumping the cutter.

8. 2-on-2 Spread

- Set up a coach (or player) at the top of the key with a basketball. One offensive player starts on each wing, with a defender guarding them on the wing.
- The drill starts with the coach slapping the basketball to signal the players are allowed to start moving (the coach doesn't move from the top of the key).
- The offensive players can move anywhere on the court below the free-throw line but aren't allowed to set screens for each other.
- The defenders must do their best to constantly deny the pass from the coach to the player they're defending by keeping a hand in the passing lane.
- When the offensive team is able to receive a pass, they immediately pass the basketball back to the coach and keep on moving for the first two catches. On the $3^{\text {rd }}$ catch, the basketball is live and the two defenders must attempt to get the stop.
- If there is any violation e.g. foul, double dribble, etc. that team would do 'Push Step shuffles' for 15 - 30
 seconds.
Coaching Points:
- Limit the offensive players movement to anywhere on the court below the freethrow line and don't allow them to cross the split line.

9. Plug 1-on-1:

This drill works on the game-like scenario of the help defender needing to plug the lane to help a teammate and then recover to their player on the kick out.

- Set up with two offensive players on each wing.
- The player with the basketball starts the drill by driving to the middle lane past the 'dummy' defender who is guarding them. The dummy defender calls out 'MIDDLE HELP, MIDDLE HELP'
- The help defender must step across and cut off the dribblers driving lane and forcing them to pass out to the offensive player on the wing.
- When this pass happens, the help defender must immediately close out on the basketball and then attempt to get a defensive stop.
- The offensive player on the wing must attack on the catch and can either shoot the basketball or drive into the lane for the score.
- After each turn, everyone rotates one position.


Progression:

- To add competition to the drill, give the defender one point for every defensive stop. When using this rule, players are rewarded for a defensive stop by getting to stay on defence for another possession. The player(s) with the most points after 3 or more rotations win. All other players do 'Push Step shuffles' for 15 - 30 seconds.


## Coaching Points:

- When plugging the driving lane, the help defender must not turn their body to face the dribbler, as then it will be too slow to turn and recover. Instead, they should retreat backwards into the driving lane so that when the kick out pass is made they can close out in a straight line.
- Ensure correct closeout technique. Players should have a hand up, be in a low stance, and have their weight back to absorb the drive.
- The offensive player should be deciding whether they drive or shoot on the catch of the basketball so that they can make a quick decision and keep the advantage over the defender.


## 10. Wildcat 1-on-1

- Players $\mathbf{1}$ and $\mathbf{2}$ set up on opposite on blocks. The coach at top of three-point line starts with the basketball. Have the rest of the players line up out-of-bounds under the ring.
- When the Coach blows their whistle or slaps the ball, $\mathbf{1}$ sprints out to the wing on the three-point line. When they are over the three-point line, the Coach passes the ball to them.
- $\mathbf{2}$ sprints to the opposite block, touches it with their hand and then closes out on $\mathbf{1}$.
- $\mathbf{1}$ can't go live until $\mathbf{2}$ has touched them on the forearm.
- Players $\mathbf{1}$ and $\mathbf{2}$ play live 1-on-1 until a stop (eg. goal, foul or violation).
- Player $\mathbf{2}$ would then move to offence on the other block. Player $\mathbf{3}$ would step into defence.


## Progression:

- Same as above except $\mathbf{1}$ goes live as soon as he receives the pass from Coach.


## Coaching Point:

- On close outs, teach if offence has the Ball Up - both arms \& hands up. Ball Down - jump back off ball handler and hands are Over \& Under - tracing the ball.
- First movement for offence:
- Duck under/low sweep right (with ball), go right, step around defender with your left foot (even with or past defenders left foot); and beat defender to basket.
- Load step: if right hand side is covered, go left with right foot, 1 dribble with left hand, bump defender/2 dribble, beat defender to the basket.



## TEAM DEFENCE

## DEFENCE WINS CHAMPIONSHIPS!!!

## Approach

1. Remember your Individual defensive skills:

- Defensive active stance with hands over \& under - tracing the ball (outside of key) or arms straight up and pushing-up-the-roof (inside the key).
- Close out - stutter step \& arms up technique.
- Defend dribble - turn \& channel.
- Get the Stop.
- Boxing out on the rebound.

2. Key Concepts of Team Defence:

- When teaching team defence to younger players, the most important concept that they need to grasp is that of seeing both the ball AND the opponent they are defending, regardless of its position on the floor. This can be a hard concept for youth players, so a simple rule to apply is for each player to choose to defend only 1 offensive player and to always stay between that player and their goal.
- On Ball Defence: 'guard your yard'
- Off Ball Help Defence: Ball - You - Man \& Flat Triangle.
- Point the Pistols - total emphasis on maintaining peripheral vision of ball and own opponent. Open stance.
- Maintain a 'flat' triangle.
- All defenders move on the flight of the ball.
- Jump to the ball: ALL defenders move (1 or two steps) in the direction of the ball.
- Help \& Recover.
- Split Line: Ball side (ball side defenders) and Help side (Help side defenders).
- The defender should always be able to see both the basketball and their player.
- Encourage defenders to half-front to deny the pass inside to a post player, but never fully-front as they won't be able to get back in position to play one-on-one on the catch.


## Hawks Defence:

1. BLUE

- Refer to the separate Hawks Pack Line Defence training manual.


## Drills:

1. Rolling Ball Drill (Pack Line Defence)

- Offensive players space out around the 3-point line.
- Defence set up in their deny or pack line man-on-man positions.
- Offence roll the ball along the ground to another offensive player.
- Defence adjust accordingly, communicating: Ball, Help Right, Help Left, Split.
- Progress to having offence pass the ball, and hold for 3 seconds - letting defence adjust.


2. 4-on-4 Shell Drill

- The first thing that must happen when using this drill is a walk-through of the basketball at each offensive position so that the defence knows where they should be.
- When the basketball is on the wing, there should be one on-ball defender, one defender denying one pass away, and two defenders playing help side defence on the split line.

- When the basketball is with one of the players on the top of the key, there should be one on-ball defender, two players denying one pass away, and one player playing help side defence on the split line.
- After walking through each position, get the offensive players to pass the basketball around the perimeter (holding for about 3 seconds) while the defence adjusts to the correct positioning.
- Finally incorporate it into live play. Do this by getting the offensive team to rotate the basketball around the perimeter twice and then it's a competitive 4-on-4 game with focus on defensive positioning.
Coaching Points:
- The defenders should not attempt to steal the basketball until live play. The shell drill is simply to teach correct positioning on the floor.
- Players must be down in stance throughout the entire drill and see both the basketball and their opponent.
- Defenders are always talking: 'ball', 'deny', 'and help'.
- On Ball Defence: 'guard your yard'
- Off Ball Help Defence: Ball - You - Man \& Flat Triangle.

Progressions:

- Offence is stationary on the perimeter spots, hold the ball for a 3 count and then pass the ball.
- Offence can take 1 strong dribble and pass. No 3 count.
- Offence can dribble penetrate from anywhere on the court.
- Non-preferred hand only dribbling.
- Offence can now cut at the basket, penetrate and look to score. (Alternate from lay-up only and score from anywhere in the half court).


## 3. 4-on-4 Whistle - Ball Down Shell Drill

This 4-on-4 drill works on your defenders' ability to scramble and pick up a different player when a game situation forces them to do so. This often happens in transition and rotating out of help defence. Communication is a must in this drill and your players will be forced to improve.

- Run the Shell drill and its progressions above but on the whistle, the ball handler will set the ball down on the ground.
- The defender closest to the basketball can't pick it up, someone else on defence has to pick the ball up.
- $\quad \mathbf{X 2}$ is picking it up in the diagram and when they pick up the ball, their team is now on offense.
- Once the ball is picked up, everyone transitioning into defence must guard someone different from who was previously guarding them.

- 4-on-4 will continue in this manner.

Points of Emphasis:

- Communicate! - Players must communicate in this drill. If they don't, they will fail. Forcing players to talk and think on their feet as they scramble is making practice harder than what they will likely face in a game situation. Anytime you can do that in a drill, your team stands to benefit in the game.
- Stop the Ball - Even though players are matching up in the drill, they must be aware of the ball handler. The ultimate goal is to stop the offense from scoring, so help defence must be alert and stop the ball when necessary.


## Coaching Tips:

- Variety - Make sure to vary who has possession of the ball and the location of the ball when blowing the whistle.
- Keep Coaching Defence - Keep coaching proper defensive fundamentals throughout the drill. Make sure that they close out properly, maintaining good position, rotate on help, defend screens properly, etc.

4. 2-on-2 Vision Drill

- The coach starts with the ball on a wing, with two offensive players at the point and opposite wing positions, each with a defender.
- The coach passes to the point player, $\mathbf{O 1}$ who holds for a 3 second count and then passes the ball to the opposite wing, $\mathbf{0 2}$ - who again holds the ball for a 3 second count.
- Get $\mathbf{O 2}$ to skip pass to the coach, who then passes again to $\mathbf{0 1}$.
- Have $\mathbf{0 1}$ and $\mathbf{0 2}$ pass a few more times to each other, then the coach can call 'Go Live' and the players can go into 2-on-2 live play.
Coaching Point:
- The focus of this drill is for the offence to help train the defensive players. The drill is all about their positioning relative to the ball and their player, with a particular focus on help defence (Pack Line).
- Ensure the defenders adjust their position on the flight of the ball. Getting the offence to hold the ball for a 3 second count will assist with the defence learning how to adjust their positioning accordingly.


5. 4-on-3 Overload Drill

This drill creates constant disadvantage for the defence and it forces them to hustle, communicate, and rotate.

- Ball starts on the wing and as the ball is passed, defenders have to leave their players, scramble to cover the ball or be in a good help position.
- The ball can be skipped and players are allowed to dribble penetrate (one to two hard dribbles) in their areas - but are mostly stationary early on as the players learn the rotation.
- Continue, making three or four passes and then the coach calls "go live" and the offence looks to score.


## Coaching Points:

- Effective Close Outs: defence must go all out on our close outs in this drill, players will be exposed pretty quickly. They are already down in numbers, if someone isn't closing all out and under control, you are beaten before you even start.
- Sprint to Areas/Effort: Hold defenders accountable on effort - they need to sprint to areas.



## Game:

## 1. Small Sided Games

There are many benefits of small-sided games that are listed here: http://www.basketballforcoaches.com/reasons-small-sided-games/
Which include more touches, more opportunities to shoot, development of decision-making skills.

- Set the game up in the half court, start the game and let the kids play.
- The ball starts with the coach in the mid court, who would pass it to any player on the side that starts in offence. The ball would be passed back to the coach in the mid court with each score or turnover.
- If a shot is made, that team/side retains the ball; if there is a foul or other violation the ball is passed back to the coach and turned over to the other side.
- Make adjustments and team changes when needed but try not to interrupt too much. Let the players learn from their own mistakes.


## Coaching Points:

- Let them have fun!
- You can have a point of focus. For example: Spacing in offence; Ball-you-man in defence; or you don't want any offensive passes looping or going over the defence, avoiding interceptions; etc.
- You can incorporate rules. For example, there must be 5 passes made by the offence before they can shoot; for each turnover the ball must be brought back to the half way line before the possession can proceed; etc.
- Stop the game if you see a mistake 3 times in a row. Until then let the kids experiment and learn on their own as much as possible.



## 2. Defensive Cutthroat

This is a multipurpose, fast-paced defensive drill that will mimic many in-game situations. The defensive team is forced to quickly find players and establish correct positions. This defence will improve offense and defence.

- Run this game with a minimum of 3 teams preferably with 4 players on each team. Each team should have their own color jerseys if possible.
- 4 offensive players begin the drill around the three-point line. 4 defensive players are matched up with the offensive players.
- The team sitting out the first position waits behind the $1 / 3$ court line near half-court. They must be ready to immediately transition from waiting to offense.
- This drill can be used to teach all defenses. You must know and talk to your team about what your team rules are before starting the drill.
- The drill begins with the teams playing 4-on-4.

- If the offensive teams scores, they are rewarded by rotating onto defense. The previous defensive team must immediately sprint off the court and the team that was waiting immediately becomes the new offensive team.
- If the defensive team gets a stop, they receive one point and continue on defense. The previous offensive team must sprint off the floor and the team that was waiting becomes the new offensive team.
- After every score or stop, the basketball must quickly be passed to the coach at the top of the key who will then pass to the new offensive team.


## Scoring.

- The only way to score a point of the team is to get a stop on defence. This is why scoring and becoming the defending team is the reward.
- Run this drill until one team scores either 3,5, or 7 points.
- The winning team must validate the win with one of their players sinking a free throw. If they miss, the team loses 2 points and the game continues.
- If there is an issue with players reaching in and fouling their opponent, have all defensive players hold a tennis ball in each hand. By doing this and not allowing the defense to use their hands, the defensive focus is entirely on footwork and correct defensive positioning.


## RESOURCES

## General:

- http://www.banyulehawks.com.au/wp-content/uploads/2017/03/Hawks-Coaching-Manual-Summer-20.pdf
- https://jr.nba.com/basketball-practice-plans/rookie/
- https://jr.nba.com/video/
- http://www.basketballforcoaches.com/basketball-drills-and-games-for-kids/
- www.hoopsplaybook.ca
- https://www.coachesclipboard.net/index.html


## YouTube:

- jr.nba
- Coach Julz


## SKILLS CHECKLIST

## Ball Handling

Dribbling

| Heads up dribbling | $\checkmark$ | $\checkmark$ |
| :--- | :---: | :---: |
| Preferred hand | $\checkmark$ | $\checkmark$ |
| Weak hand | $\checkmark$ | $\checkmark$ |
| Alternating hands | $\checkmark$ | $\checkmark$ |
| Moves |  |  |
| Stutter | $\checkmark$ | $\checkmark$ |
| Fast-slow-fast | $\checkmark$ | $\checkmark$ |
| Crossover |  | $\checkmark$ |
| Reverse |  | $\checkmark$ |

## Passing

| Chest pass | $\checkmark$ | $\checkmark$ |
| :--- | :---: | :---: |
| Bounce pass | $\checkmark$ | $\checkmark$ |
| Side pass |  | $\checkmark$ |
| Overhead pass |  | $\checkmark$ |
| Outlet pass | $\checkmark$ | $\checkmark$ |
| Pass off the dribble or on the run |  |  |
| Jump stop |  | $\checkmark$ |
| Moving (stagger step) |  |  |
| Catching the ball |  | $\checkmark$ |
| Stationary |  | $\checkmark$ |
| On the move |  |  |

## Shooting

| Shooting Technique |  |  |
| :--- | :---: | :---: |
| Base | $\checkmark$ | $\checkmark$ |
| Ball \& Hand Placement | $\checkmark$ | $\checkmark$ |
| Body Movement \& Shot Path | $\checkmark$ | $\checkmark$ |
| Lay-ups | $\checkmark$ | $\checkmark$ |
| Lay-up steps (outside, inside, up) | $\checkmark$ | $\checkmark$ |
| Off the dribble with preferred hand |  | $\checkmark$ |
| Off the dribble with weak hand |  | $\checkmark$ |
| Lay-up off a pass | $\checkmark$ |  |


| Outside Shooting |  |
| :--- | :--- |
| Spot | $\checkmark$ |
| Rhythm shot ie. Catch and shoot off a pass | $\checkmark$ |
| One-dribble pull-up shot | $\checkmark$ |

Individual Offensive Skills

| Triple Threat or Active Stance |  |  |
| :--- | :---: | :---: |
| Triple Threat - Active Stance technique | $\checkmark$ | $\checkmark$ |
| Jump stops | $\checkmark$ | $\checkmark$ |
| Pivoting |  |  |
| Forward | $\checkmark$ | $\checkmark$ |
| Reverse |  | $\checkmark$ |
| Attacking Movement |  | $\checkmark$ |
| Drive off triple threat |  | $\checkmark$ |
| Crossover drive off triple threat |  | $\checkmark$ |
| Jab step |  | $\checkmark$ |
| Pass fake |  |  |
| Shot fake |  | $\checkmark$ |
| Ball Protection Movement |  | $\checkmark$ |
| Protect the ball (pivot, sweep, rip) |  | $\checkmark$ |

Team Offence

| Team Offence Concepts |  |  |
| :--- | :---: | :---: |
| Stay between your ball handler and your goal | $\checkmark$ | $\checkmark$ |
| Present an open target - run to space | $\checkmark$ | $\checkmark$ |
| Looking for team mates | $\checkmark$ | $\checkmark$ |
| Spacing by the team | $\checkmark$ | $\checkmark$ |
| Give $\&$ Go |  | $\checkmark$ |
| Give $\&$ Go in the open court |  | $\checkmark$ |

Transition

| Rebounding Technique |  |
| :--- | :--- |
| Pursue the ball / Follow your shot | $\checkmark$ |
| Jump for the rebound | $\checkmark$ |
| Chin the ball | $\checkmark$ |
| Forward pivot on outside foot and outlet pass | $\checkmark$ |
| Boxing Out |  |
| Break-out dribble | $\checkmark$ |
| Outlet Pass |  |

Individual Defence

| Active Defensive Stance | $\checkmark$ | $\checkmark$ |
| :--- | :---: | :---: |
| Defensive footwork - 'push step' $^{\prime}$ | $\checkmark$ | $\checkmark$ |
| Defensive concepts |  |  |
| Get the stop | $\checkmark$ | $\checkmark$ |
| Push up the roof | $\checkmark$ | $\checkmark$ |
| Tracing the ball: 'Over and Under' |  | $\checkmark$ |
| Ball low - Ball high | $\checkmark$ |  |

## Team Defence

| Team Offence Concepts | $\checkmark$ |
| :--- | :---: |
| Sticking with 1 Opponent \& remembering their <br> number | $\checkmark$ |
| Ball-You-Man | $\checkmark$ |
| Being ahead of the 'Line of the Ball' | $\checkmark$ |

