



**Extracts from Basketball Queensland's
Association Director of Coaching Handbook**



Ten Steps to Improve Your Coaching

Basketball Queensland thanks Mike Dunlap, Assistant Coach of the Denver Nuggets for permission to apply his Ten Steps to Improve Your Coaching to Basketball Queensland Association Directors of Coaching.

1) Know the five laws of learning

- a) Explain what you want
- b) Demonstrate for the learner
- c) Student demonstrates
- d) Correct demonstration
- e) Repetition is lord and master

2) Know how students learn

- a) Visual
- b) Auditory
- c) Kinetic
- d) Writing/drawing
- e) Student as instructor
- f) Cooperative versus competitive technique
- g) Whole, part, whole versus part whole method
- h) Feedback system – negative versus positive

3) Teaching techniques

- a) Universal teaching technique (i.e. find the problem and fix it)
- b) Praise, prompt, and leave (i.e. find positive, correction and next step, leave)
- c) Relay teach – cooperative method
- d) Create your own language (e.g. anachronisms)
- e) Use your voice as a tool
- f) Speak in word pictures, analogies, and metaphors
- g) Overload to get conditioned response (i.e. consistently give the student the advantage when they are demonstrating as early success breeds confidence)
- h) Progression – teach in sequence and then reverse it (i.e. inductive & deductive)

4) Use the four steps of shaping

- a) Set the stage
- b) Modeling
- c) Prompt
- d) Forms of feedback (i.e. ask questions, make observations, reinforce the correct response)

5) Talk less, do more

- a) We need to reduce our verbal instruction

6) Recognize the power of observation, listening and gathering information

- a) Behaviour patterns
- b) Myers/Briggs psychological exam, self-aggression evaluation, and the “I am Sheet”

7) Role declaration is paramount to a coaches' success

8) Know your audience, circumstances, and be ready to adapt or change course

9) Competition means time, score, and personal records (e.g. individual/group)

10) Apologize

- a) We will make mistakes. We humanize ourselves when we go public and our players will accept us more readily.

We Are Teachers

We are trying to create an environment of learning. Hence, mistakes must be encouraged as a form of discovery. Certainly we want to correct the problem and move on in a timely fashion. The more teaching skills we have at our disposal the better. If we are comfortable with our style, the player will adjust quickly. Effective communication is the instructor's greatest tool. Learning is a step-by-step process. We keep it simple, as we know that the student responds best to precise instruction.

We believe the coach should work off a blueprint of conceptual teaching. This means teaching cognitive ideas through a specific process (i.e. drills that are directly linked to the whole). Our shooting drills come directly from our offense and they may change from one season to next, yet the ingredients of competition and effort level are never compromised.

The what, where, how, when and why are always foremost in our minds explaining our philosophy. The "when" and "why" are the most important to us. We want thinking players who can react quickly under pressure. Hence, we create that environment in our practices with consequences for actions.

We teach winning basketball. We are not interested in just playing. The enjoyment for the player comes from learning, interaction with others, and measurable improvement. We teach that perfection comes from an all out effort.

The standards for winning must be defined. The coach should have measurements both offensively and defensively that represent a system. When pressure is applied, confusion will reign unless there is structure. Moreover, that is when communication breaks down. We cannot have this. We see the first signs of a successful culture when the players start saying and teaching "Runner" basketball when times are tough.

In conclusion, we can only do one thing at a time. Simplicity is our guide. We constantly evaluate our system under the most severe circumstances. Teaching techniques define our system.

Pillars of Basketball Queensland Player and Team Development

OFFENSE

- **Shooting** – A high percentage from uncontested shots including free-throws
- **Cutting/Screening** – How to set and cut off screens. Passing to moving targets, receiving on the move
- **Make plays of on-ball screens** – Ability to read the second line of the defence.
- **Creating plays off the dribble** – Making use of driving and passing lanes
- **Low post efficiency** – How to create position and make plays in the low post

DEFENCE

- **Ball pressure** – Every shot, pass dribble is contested
- **Communication** – A consistent use and response to verbal cues
- **Rotation** – All five players adjust position and stance on the flight of the dribble, pass or shot
- **Rebounding** – Allow no more than one contested shot

Curriculum

Curriculum Acknowledgements

Edited By: Mick Downer, CBI Director of Coaching

Bruce Palmer, Elite Program Manager Basketball Queensland

Skills Checklist – Original Publication by, Ian Stacker, Former Victorian Basketball Coaching

Director, NBL & National Junior Team Coach

Strength & Conditioning – Beginning Coaching Third Edition, Australian Sports Commission

KEY

Introduce –

Introduce the skill through demonstration & drills at training

Practice –

Practice skill regularly, players competent at training

Master –

Skill is expected to be implemented in game situations competently

Communication Glossary

Ball	Called when closing out (i.e.: matching up with) the offensive player with the ball.
Shot	Called as the opponents shots, alerts team mates to block out and rebound .
Teammates name	Call out your teammates name when setting a screen for that teammate. This is also done with a raised fist.
Switch	Call switches early. The defender on the screener calls the Switch.
Go	Called when stopping dribble penetration. Signals rotation.
Help	Notify the container where he has help (i.e.: “right”, “left”, “below”).
Take “number”	When matching up with the ball handler (<i>closest man</i>) in a fast break situation when the ball-handler is not your designated man. Communicate your mans number or name (i.e.: take 14 or take Smith).
Screen	Communicate all potential screens and from what location in relation to your teammate (i.e.: screen right, back screen).
Down	Called on the on-ball screen. Container positions stance to drive the ball to the baseline away from the screen. Screening defender is on the line of the ball and the basket.
Trap	Called when using the run and trap or a half court trap.
Deep	Called by the defender at half-court on the split line when we shoot the ball. Responsible for protecting the basket in defensive transition.

Safety	Called by the defender at the free-throw line on the split line when we shoot the ball. Responsible for closing out the outlet pass receiver and pinning the dribble to the sideline.
Post	Communicate the location of the offensive post player (i.e.: post left, post right, high)
Front	When fronting the offensive low post. Alerts team-mates on the split line for the lob pass.
Dead	Called when the dribbler picks up the ball. Alerts team-mates to assume a denial stance.
Hug	Called on a high screen on split line. Defender hugs the Screener, container goes under the screen.
Trail	On defense, when defending a turnout or down screen, to alert your defensive teammate that you are trailing the offensive player in his footsteps.
Drag	The ball on the wing is driven to the baseline. The trailer or low post player fills behind the ball.
Drift	The ball on the wing is driven to the middle. The low post fills the short corner.

U12 Curriculum

1. Conditioning – <i>Components of Fitness</i>	Key Content
<i>Flexibility & Stability</i>	<ul style="list-style-type: none"> • Static Stretching • Dynamic Stretching • Proprioceptive neuromuscular facilitation (PNF) • Core Stability
<i>Strength</i>	<ul style="list-style-type: none"> • Circuit Training • Weight Training (body weight, free weight) • Specificity • Plyometrics (jumping, bounding) • Overload
<i>Power</i>	<ul style="list-style-type: none"> • Weight Training (Overload) • Plyometric Training
<i>Speed</i>	<ul style="list-style-type: none"> • Running Technique • Reaction Time • Acceleration
<i>Endurance</i>	<ul style="list-style-type: none"> • Aerobic • Anaerobic

2. Ind Fundamental Development	Key Content	I	P	M
<i>Body Movement Fundamentals</i>	Triple Threat – Square up Running Technique Direction Change Jump Stop Stride Stop Stop to Shot Drop Step Forward & Reverse Pivoting	 ✓ 	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	
<i>Passing & Receiving Fundamentals</i>	Grip Chest pass Bounce Pass Overhead Pass Curl Pass Push Pass Post Feed Receiving on the move	 ✓ 	✓ ✓ ✓ ✓ ✓ ✓ ✓	
<i>Creating a Lead</i>	Straight Lead V Cut Backdoor U Cut Shuffle Cut	✓ ✓ ✓ ✓ -		

<i>Dribbling</i>	Control Stationary		✓	
	Control Moving		✓	
	Speed		✓	
	Speed to Control		✓	
	Cross Over		✓	
	Retreat		✓	
	Change Pace		✓	
	Onside		✓	
	Behind Back	✓		
	Between Legs	✓		
	Stutter – change of speed/direction	✓		
	Combinations	✓		
<i>Shooting</i>	Form Shooting		✓	
	Set Shot		✓	
	Jump Shot	✓		
	- off a pass (catch & shoot)	✓		
	- off a dribble (pull up)	✓		
<i>Rebounding</i>	Blocking Out	✓		
	Protecting ball	✓		
	Outlet pass	-		
	Avoid Block Out			
<i>One v One - Perimeter</i>	Shot Fake Drive		✓	
	Shot Fake Shot	✓		
	Shot Fake One Bounce Shot	✓		
	Jab & Go		✓	
	Jab & Crossover		✓	
	Dribble to Shot		✓	
<i>Lay Ups</i>	Standard Lay Up 45 deg		✓	
	Power Lay Up		✓	
	Reverse Lay Up Through	-		

	Reverse Lay Up Inside out	-		
	Baseline Lay Up	✓		
	Split line (over the rim) lay up	-		
	Floater Lay Ups	-		
<i>One v One – Post Moves</i>	Turn & Shoot	✓		
	Turn, Fake & Shoot	✓		
	Drop Step base	✓		
	Drop Step Middle	✓		
	Drop Base + Counter	-		
	Drop Middle + Counter	-		
	Drop Step Base + Hook	-		
	Drop Step Middle + Hook	-		
<i>Defensive Footwork</i>	Stance		✓	
	Move in Stance		✓	
	Slide & Drop step		✓	
	Slide, run, slide		✓	

3. Full Court Defence	Key Content	I	P	M
<i>On Ball</i>	Position – Ball, Basket, Man		✓	
	Spear Hand / Obstruction Hand		✓	
	Pressure - Turn the ball	✓		
	Contain – Straddle the jab foot.		✓	
<i>Off Ball</i>	Line of the ball	✓		
	On the line, up the line	✓		
	Run & Jump/trap	-		
<i>Team</i>	Rebounding Coverage	✓		
	Transition – Ball, Basket, Closeout	✓		
	Communication	✓		
		-		

4. Half Court Defence	Key Content	I	P	M
<i>On Ball</i>	Closeout	✓		
	Sideline – Baseline	✓		
	Post D	✓		
<i>Off Ball</i>	Denial Closed & Open	✓		
	Jump to the ball	✓		
	Positioning – Flat Triangles	✓		
	Low Help / High Help (“I”)	✓		
	Bump Cutters	-		
	Post Front	-		
	½ or ¾ Post Defence	✓		
	Communication	✓		
	Rotation	✓		

5. Full Court Offence	Key Content	I	P	M
<i>Fast Break</i>	Outlet Dribble Middle – push the ball Lane Runners – Ahead & Wide Driving Lane / Passing Lane Numbers Advantage (2 v 1, 3 v 2)	✓ ✓ ✓ ✓ ✓		
<i>Transition</i>	Establish Driving Lane Post Target Ball Reversal Numbered Break	- - - -		
<i>Secondary</i>	Ball Reversal, screening action set	-		

6. Half Court Offence	Key Content	I	P	M
<i>Motion</i>	Give & Go	✓		
	<u>Motion No Screens</u>			
	- pass & cut	✓		
	- dribble entry	-		
	- post cut	-		
	- shallow cut	-		
	- pass cut replace	-		
	- receivers	-		
	5 out - spacing	-		
	4 out 1 in - spacing	-		
	3 out 2 in – spacing	-		
	<u>Screening</u>	-		
	- down screen	-		
	- across screen	-		
	- back screen	-		
	- up screen	-		
	- on ball screen	-		
	- flare / re-screen	-		
<u>Cutting (off screens)</u>	-			
- straight	-			
- curl	-			
- flare	-			
- back	-			
<i>Continuity</i>	Eg. “Shuffle” or “Flex”	-		
<i>Sets</i>	Eg. “Fist” or “Horns”	-		

7. Special Situation & Plays	Key Content	I	P	M
<i>Press Defences</i>	Full Court Man to Man Zone Press – Odd front (1-2-1-1) Zone Press – Even frontline (2-2-1) ½ Court Press “Red” have to foul	✓ - - - -		
<i>Press Offence</i>	Man Press Breaker Zone Press Breaker	- -		
<i>Baseline & Sideline</i>	Baseline v Man Baseline v Zone Sideline v Man Sideline v Zone Sideline – quick shot (within 3 sec)	✓ - ✓ - -		
<i>Set Plays</i>	Quick Hitters Delay of Game Post Isolation Perimeter Isolation	- - - -		
<i>Change Up Defence</i>	Match Up Zones (1-1-3)	-		
<i>Free Throw Plays</i>	X-Screen Intentional Miss Fullcourt quick shot play	- - -		
<i>Jump Ball Play</i>	Eg. Tip & Flick Play	-		

U14 Curriculum

1. Conditioning – Components of Fitness

Refer to the U12 age group for details

2. Ind Fundamental Development	Key Content	I	P	M
<i>Body Movement Fundamentals</i>	Triple Threat			✓
	Running Technique		✓	
	Direction Change		✓	
	Jump Stop			✓
	Stride Stop			✓
	Stride to Shot		✓	
	Shuffling		✓	
	Drop Step		✓	
	Forward & Reverse Pivoting		✓	
<i>Passing & Receiving Fundamentals</i>	Grip		✓	
	Chest pass			✓
	Bounce Pass			✓
	Overhead Pass			✓
	Curl Pass			✓
	Push Pass			✓
	Post Feed		✓	
	Receiving		✓	
<i>Creating a Lead</i>	Straight Lead		✓	
	V Cut		✓	
	Backdoor		✓	
	U Cut		✓	
	Shuffle Cut	✓		

<i>Dribbling</i>	Control Stationary		✓	
	Control Moving		✓	
	Speed		✓	
	Speed to Control		✓	
	Cross Over		✓	
	Retreat		✓	
	Change Pace		✓	
	Onside		✓	
	Behind Back		✓	
	Between Legs		✓	
	Stutter		✓	
	Combinations		✓	
<i>Shooting</i>	Form Shooting		✓	
	Set Shot		✓	
	Jump Shot		✓	
	- off a pass (catch & shoot)		✓	
	- off a dribble (pull up)		✓	
<i>Rebounding</i>	Blocking Out		✓	
	Protecting ball		✓	
	Outlet pass		✓	
	Avoid Block Out		✓	
<i>One v One – Perimeter</i>	Shot Fake Drive		✓	
	Shot Fake Shot		✓	
	Shot Fake One Bounce Shot		✓	
	Drive Fake & Go		✓	
	Drive Fake & Crossover		✓	
	Dribble to Shot		✓	
<i>Lay Ups</i>	Standard Lay Up 45 deg			✓
	Power Lay Up			✓
	Reverse Lay Up Through	✓		
	Reverse Lay Up Inside out	✓		

	Baseline Lay Up		✓	
	Split line (over the rim) lay up	✓		
	Floater Lay Ups	-		
<i>One v One – Post Moves</i>	Turn & Shoot		✓	
	Turn, Fake & Shoot		✓	
	Drop Step base		✓	
	Drop Step Middle		✓	
	Drop Base + Counter	✓		
	Drop Middle + Counter	✓		
	Drop Step Base + Hook	✓		
	Drop Step Middle + Hook	✓		
<i>Defensive Footwork</i>	Stance			✓
	Move in Stance		✓	
	Slide & Drop step		✓	
	Slide, run, slide		✓	

3. Full Court Defence	Key Content	I	P	M
<i>On Ball</i>	Position – Ball, Basket, Man			✓
	Lead Hand / Trail Hand		✓	
	Pressure – Turn the ball		✓	
	Contain – Channel		✓	
<i>Off Ball</i>	Line of the ball		✓	
	On the line, up the line		✓	
	Communication		✓	
	Block out		✓	
	Run & Jump/trap	✓		
<i>Team</i>	Rebounding Coverage		✓	
	Transition – Ball, Basket, Closeout		✓	
	Man Press		✓	
	Zone Press	-		

4. Half Court Defence	Key Content	I	P	M
<i>On Ball</i>	Closeout		✓	
	Sideline – Baseline		✓	
	Post D		✓	
	Block out		✓	
<i>Off Ball</i>	Denial Closed & Open		✓	
	Jump to the ball – Bump Cutters		✓	
	Positioning – Flat Triangles		✓	
	Low Help / High Help (“T”)		✓	
	Rotation		✓	
	Post Front	✓		
	½ or ¾ Post Defence	✓		
	Turn & Trap	✓		
	Block out.	✓		

5. Full Court Offence	Key Content	I	P	M
<i>Fast Break</i>	Outlet		✓	
	Dribble Middle – push the ball		✓	
	Lane Runners – Ahead & Wide		✓	
	Driving Lane / Passing Lane		✓	
	Numbers Advantage (2 v 1, 3 v 2)		✓	
<i>Transition</i>	Establish Driving Lane	✓		
	Post Target	✓		
	Ball Reversal	✓		
	Numbered Break	✓		
<i>Secondary</i>	Ball Reversal, screening action set	-		

6. Half Court Offence	Key Content	I	P	M	
<i>Motion</i>	Give & Go		✓		
	<u>Motion No Screens</u>				
	- pass & cut			✓	
	- dribble entry				
	- post cut		✓		
	- shallow cut		✓		
	- pass cut replace		✓		
	- receivers		✓		
	5 out - spacing		✓		
	4 out 1 in - spacing		✓		
	3 out 2 in – spacing		✓		
	<u>Screening</u>				
	- down screen		✓		
	- across screen		✓		
	- back screen		✓		
	- up screen		-		
	- on ball screen		✓		
	- flare / re-screen		-		
	<u>Cutting (off screens)</u>				
	- straight		✓		
- curl		✓			
- flare		✓			
- back		✓			
<i>Continuity</i>	Eg. “Shuffle” or “Flex”	-			
<i>Sets</i>	Eg. “Fist” or “Horns”	✓			

7. Special Situation & Plays	Key Content	I	P	M
<i>Press Defences</i>	Full Court Man to Man Zone Press – Odd front (1-2-1-1) Zone Press – Even frontline (2-2-1) ½ Court Press “Red” have to foul	- - - -	✓	
<i>Press Offence</i>	Man Press Breaker Zone Press Breaker	-	✓	
<i>Baseline & Sideline</i>	Baseline v Man Baseline v Zone Sideline v Man Sideline v Zone Sideline – quick shot (within 3 sec)	- - - -	✓ ✓	
<i>Set Plays</i>	Quick Hitters Delay of Game Post Isolation Perimeter Isolation	- - - -		
<i>Change Up Defence</i>	Match Up Zones (1-1-3)	-		
<i>Free Throw Plays</i>	X-Screen Intentional Miss Fullcourt quick shot play	✓ - -		
<i>Jump Ball Play</i>	Eg. Tip & Flick Play	-		

U16 Curriculum

1. Conditioning – Components of Fitness

Refer to the U12 age group for details

2. Ind Fundamental Development	Key Content	I	P	M
<i>Body Movement Fundamentals</i>	Triple Threat			✓
	Running Technique			✓
	Direction Change			✓
	Jump Stop			✓
	Stride Stop			✓
	Stride to Shot		✓	
	Shuffling			✓
	Drop Step			✓
	Forward & Reverse Pivoting			✓
<i>Passing & Receiving Fundamentals</i>	Grip			✓
	Chest pass			✓
	Bounce Pass			✓
	Overhead Pass			✓
	Curl Pass			✓
	Push Pass			✓
	Post Feed			✓
	Receiving			✓
<i>Creating a Lead</i>	Straight Lead		✓	
	V Cut		✓	
	Backdoor		✓	
	U Cut		✓	
	Shuffle Cut		✓	

<i>Dribbling</i>	Control Stationary			✓
	Control Moving			✓
	Speed			✓
	Speed to Control			✓
	Cross Over			✓
	Retreat			✓
	Change Pace			✓
	Onside			✓
	Behind Back			✓
	Between Legs			✓
	Stutter			✓
	Combinations			✓
<i>Shooting</i>	Form Shooting			✓
	Set Shot			✓
	Jump Shot		✓	
	- off a pass (catch & shoot)		✓	
- off a dribble (pull up)		✓		
<i>Rebounding</i>	Blocking Out		✓	
	Protecting ball		✓	
	Avoid Block Out		✓	

<i>One v One - Perimeter</i>	Shot Fake Drive		✓	
	Shot Fake Shot		✓	
	Shot Fake One Bounce Shot		✓	
	Drive Fake & Go		✓	
	Drive Fake & Crossover		✓	
	Dribble to Shot		✓	
<i>Lay Ups</i>	Standard Lay Up 45 deg			✓
	Power Lay Up			✓
	Reverse Lay Up Through		✓	
	Reverse Lay Up Inside out		✓	

	Baseline Lay Up Split line (over the rim) lay up Floater Lay Ups	✓	✓	✓
<i>One v One – Post Moves</i>	Turn & Shoot Turn, Fake & Shoot Drop Step base Drop Step Middle Drop Base + Counter Drop Middle + Counter Drop Step Base + Hook Drop Step Middle + Hook		✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	
<i>Defensive Footwork</i>	Stance Move in Stance Slide & Drop step Slide, run, slide			✓ ✓ ✓ ✓

3. Full Court Defence		Key Content		
		I	P	M
<i>On Ball</i>	Position – Ball, Basket, Man Lead Hand / Trail Hand Pressure - Turn the ball Contain – Channel		✓ ✓	✓ ✓
<i>Off Ball</i>	Line of the ball On the line, up the line Communication Run & Jump/trap		✓ ✓ ✓ ✓	
<i>Team</i>	Rebounding Coverage Transition – Ball, Basket, Closeout Man Press Zone Press		✓ ✓ ✓ ✓	

4. Half Court Defence	Key Content	I	P	M
<i>On Ball</i>	Closeout		✓	
	Sideline – Baseline		✓	
	Post D		✓	
<i>Off Ball</i>	Denial Closed & Open		✓	
	Jump to the ball		✓	
	Positioning – Flat Triangles		✓	
	Low Help / High Help (“T”)		✓	
	Bump Cutters		✓	
	Post Front		✓	
	½ or ¾ Post Defence		✓	
	Help & Recover		✓	
	Turn & Trap		✓	

5. Full Court Offence	Key Content	I	P	M
<i>Fast Break</i>	Outlet			✓
	Dribble Middle – push the ball			✓
	Lane Runners – Ahead & Wide			✓
	Driving Lane / Passing Lane		✓	
	Numbers Advantage (2 v 1, 3 v 2)		✓	
<i>Transition</i>	Establish Driving Lane		✓	
	Post Target		✓	
	Ball Reversal		✓	
	Numbered Break		✓	
<i>Secondary</i>	Ball Reversal, screening action set	✓		

6. Half Court Offence	Key Content	I	P	M	
<i>Motion</i>	Give & Go				
	<u>Motion No Screens</u>		✓		
	- pass & cut			✓	
	- dribble entry			✓	
	- post cut			✓	
	- shallow cut			✓	
	- pass cut replace			✓	
	- receivers			✓	
	5 out - spacing			✓	
	4 out 1 in - spacing			✓	
	3 out 2 in – spacing			✓	
	<u>Screening</u>				
	- down screen			✓	
	- across screen			✓	
	- back screen			✓	
	- up screen	✓			
	- on ball screen	✓		✓	
- flare / re-screen					
<u>Cutting (off screens)</u>					
- straight			✓		
- curl			✓		
- flare			✓		
- back			✓		
<i>Continuity</i>	Eg. “Shuffle” or “Flex”	✓			
<i>Sets</i>	Eg. “Fist” or “Horns”		✓		

7. Special Situation & Plays	Key Content	I	P	M
<i>Press Defences</i>	Full Court Man to Man Zone Press – Odd front (1-2-1-1) Zone Press – Even frontline (2-2-1) ½ Court Press “Red” have to foul	✓ ✓ ✓ ✓	✓	
<i>Press Offence</i>	Man Press Breaker Zone Press Breaker	✓	✓	
<i>Baseline & Sideline</i>	Baseline v Man Baseline v Zone Sideline v Man Sideline v Zone Sideline – quick shot (within 3 sec)	✓ ✓ ✓ ✓	✓ ✓	
<i>Set Plays</i>	Quick Hitters Delay of Game Post Isolation Perimeter Isolation	✓ - ✓ ✓		
<i>Change Up Defence</i>	Match Up Zones (1-1-3)	✓		
<i>Free Throw Plays</i>	X-Screen Intentional Miss Fullcourt quick shot play	✓ ✓ ✓		
<i>Jump Ball Play</i>	Eg. Tip & Flick Play	✓		

U18 Curriculum

1. Conditioning – Components of Fitness

Refer to the U12 age group for details

2. Ind Fundamental Development	Key Content	I	P	M
<i>Body Movement Fundamentals</i>	Triple Threat			✓
	Running Technique			✓
	Direction Change			✓
	Jump Stop			✓
	Stride Stop			✓
	Stride to Shot			✓
	Shuffling			✓
	Drop Step			✓
	Forward & Reverse Pivoting			✓
<i>Passing & Receiving Fundamentals</i>	Grip			✓
	Chest pass			✓
	Bounce Pass			✓
	Overhead Pass			✓
	Curl Pass			✓
	Push Pass			✓
	Post Feed			✓
	Receiving			✓
<i>Creating a Lead</i>	Straight Lead			✓
	V Cut			✓
	Backdoor			✓
	U Cut			✓
	Shuffle Cut			✓

<i>Dribbling</i>	Control Stationary			✓
	Control Moving			✓
	Speed			✓
	Speed to Control			✓
	Cross Over			✓
	Retreat			✓
	Change Pace			✓
	Onside			✓
	Behind Back			✓
	Between Legs			✓
	Stutter			✓
	Combinations			✓
<i>Shooting</i>	Form Shooting			✓
	Set Shot			✓
	Jump Shot			✓
	- off a pass (catch & shoot)		✓	
- off a dribble (pull up)		✓		
<i>Rebounding</i>	Blocking Out			✓
	Protecting ball			✓
	Avoid Block Out		✓	
<i>One v One - Perimeter</i>	Shot Fake Drive			✓
	Shot Fake Shot			✓
	Shot Fake One Bounce Shot			✓
	Drive Fake & Go			✓
	Drive Fake & Crossover			✓
	Dribble to Shot			✓
<i>Lay Ups</i>	Standard Lay Up 45 deg			✓
	Power Lay Up			✓
	Reverse Lay Up Through			✓
	Reverse Lay Up Inside out			✓
	Baseline Lay Up			✓

	Split line (over the rim) lay up			✓
	Floater Lay Ups		✓	
<i>One v One – Post Moves</i>	Turn & Shoot			✓
	Turn, Fake & Shoot			✓
	Drop Step base			✓
	Drop Step Middle			✓
	Drop Base + Counter		✓	
	Drop Middle + Counter		✓	
	Drop Step Base + Hook		✓	
	Drop Step Middle + Hook		✓	
<i>Defensive Footwork</i>	Stance			✓
	Move in Stance			✓
	Slide & Drop step			✓
	Slide, run, slide			✓

3. Full Court Defence	Key Content	I	P	M
<i>On Ball</i>	Position – Ball, Basket, Man			✓
	Lead Hand / Trail Hand			✓
	Pressure - Turn the ball		✓	
	Contain – Channel		✓	
<i>Off Ball</i>	Line of the ball			✓
	On the line, up the line		✓	
	Run & Jump/trap		✓	
<i>Team</i>	Rebounding Coverage			✓
	Transition – Ball, Basket, Closeout			✓
	Man Press			✓
	Zone Press		✓	

4. Half Court Defence	Key Content	I	P	M
<i>On Ball</i>	Closeout			✓
	Sideline – Baseline			✓
	Post D			✓
<i>Off Ball</i>	Denial Closed & Open			✓
	Jump to the ball			✓
	Positioning – Flat Triangles			✓
	Low Help / High Help (“T”)			✓
	Bump Cutters			✓
	Post Front			✓
	½ or ¾ Post Defence			✓
	Help & Recover			✓
	Turn & Trap			✓

5. Full Court Offence	Key Content	I	P	M
<i>Fast Break</i>	Outlet			✓
	Dribble Middle – push the ball			✓
	Lane Runners – Ahead & Wide			✓
	Driving Lane / Passing Lane			✓
	Numbers Advantage (2 v 1, 3 v 2)			✓
<i>Transition</i>	Establish Driving Lane			✓
	Post Target			✓
	Ball Reversal			✓
	Numbered Break			✓
<i>Secondary</i>	Ball Reversal, screening action set		✓	

6. Half Court Offence	Key Content	I	P	M
<i>Motion</i>	Give & Go			✓
	<u>Motion No Screens</u>			
	- pass & cut			✓
	- dribble entry			✓
	- post cut			✓
	- shallow cut			✓
	- pass cut replace			✓
	- receivers			✓
	5 out - spacing			✓
	4 out 1 in - spacing			✓
	3 out 2 in – spacing			✓
	<u>Screening</u>			✓
	- down screen			
	- across screen			
	- back screen			✓
	- up screen			✓
	- on ball screen			✓
	- flare / re-screen			✓
	- on ball			
	<u>Cutting (off screens)</u>			
- straight			✓	
- curl			✓	
- flare			✓	
- back			✓	
<i>Continuity</i>	Eg. “Shuffle” or “Flex”		✓	
<i>Sets</i>	Eg. “Fist” or “Horns”			✓

7. Special Situation & Plays	Key Content	I	P	M
<i>Press Defences</i>	Full Court Man to Man Zone Press – Odd front (1-2-1-1) Zone Press – Even frontline (2-2-1) ½ Court Press “Red” have to foul		✓ ✓ ✓ ✓	✓
<i>Press Offence</i>	Man Press Breaker Zone Press Breaker		✓	✓
<i>Baseline & Sideline</i>	Baseline v Man Baseline v Zone Sideline v Man Sideline v Zone Sideline – quick shot (within 3 sec)		✓ ✓ ✓ ✓ ✓	✓ ✓
<i>Set Plays</i>	Quick Hitters Delay of Game Post Isolation Perimeter Isolation		✓ ✓ ✓ ✓	
<i>Change Up Defence</i>	Match Up Zones (1-1-3)		✓	
<i>Free Throw Plays</i>	X-Screen Intentional Miss Fullcourt quick shot play		✓ ✓ ✓	
<i>Jump Ball Play</i>	E.g. Tip & Flick Play		✓	