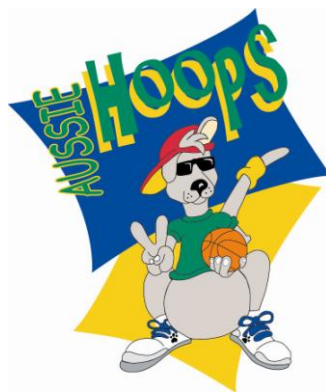


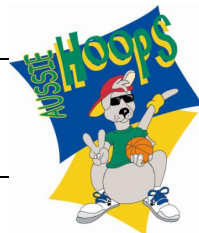


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“COACH

INTRODUCTION TO COACHING BEGINNERS





This course is designed to introduce the first time Basketball coach to the sport of Basketball. Coaching for the first time is usually with a younger age group and so the course will focus on teaching the basic fundamentals of the sport while increasing motor skills of the players in a fun, non-competitive environment.

The course will cover the first steps in coaching juniors and beginners. The information in the course has been put into four areas...

1. Terminology, Court awareness and Basic rules

Basketball has many terms that coaches should know. A "Glossary of Basketball Terms" is included.

Court awareness. This outlines and names the areas of a basketball court.

Diagrams. Coaches use diagrams to help pass on information to players and fellow coaches. This explains the markings of Basketball Coaching Diagrams and Symbols.

Explanation of the basic rules of Basketball.

2. Teaching Fundamental skills.

Instruction on how to teach the basics skills of Basketball

Dribbling & Ball handling

Passing & Catching

Stopping & Pivoting

Shooting & Lay up

3. Practice sessions.

Practice session should be organised with clear objectives.

Sessions should be fun and enjoyable.

How to organise sessions

How to have fun with Basketball

Drills

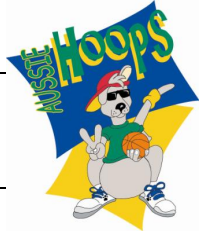
4. What Happens in a Game?

In this subject some of the most commonly asked questions will be dealt with.

Discussions on how to encourage children during a game

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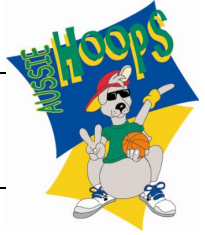


GLOSSARY OF BASKETBALL TERMS

Assist	A pass that results in a score for your team
Backboard	Rectangular board which the basket is suspended from
Bank Shot	A shot where the ball is bounced off the backboard into the basket
Back Cut	When a player makes a cut to the basket behind the defender
Baseball Pass	Long, one handed pass
Base Line	The end lines of a Basketball Court
Basket	The goal. A ring with a net hanging from it
Block	1) A foul. To impede the offence's movement 2) To Block at shot after it leaves the shooters hand 3) A position on the edge of the key for the post players
Bounce Pass	A pass where the ball is bounced on the floor to the receiver
Box Out	When a player turns to block another from rebounding the ball
Centre	A playing position. Usually a tall player who plays close to the basket
Centre Circle	The jump circle in the middle of the court
Charge	A Foul where the offensive player causes the contact
Chest Pass	A two handed pass thrown from the chest
Cross Over Dribble	A dribble where the ball crosses over from one hand to the other
Cut	A quick movement by an offensive player toward the basket
Defence	When the opposing team has possession of the ball
Defensive Stance	A low, wide, balanced stance used when playing defence
Deny	To Deny your player the ball when in Defence
Dribbling	Bouncing the basketball with one hand
Drive	A quick dribble towards the basket in an effort to score
Double Dribble	A violation where a player dribbles the ball Twice or with Two Hands
Fake	A move to make your opponent react
Fast Break	Quick Offensive play. Usually resulting in a Lay Up
Field Goal	A made Basket during play. Excluding Free Throws
Flash Cut	When a player makes a cut towards the ball through the key area
Forward	A playing position. Usually the taller players on the team
Free Throw	Free Throws (Foul Shots) awarded to a player from Free Throw Line
Free Throw Line	The line from where the Free Throw is Taken
Guard	1) A playing position. Usually the smaller players who handle the ball 2) To "Guard" a player is to defend them
Inbounds Pass	A pass from the outside of the court to a player on court. From side or end
Jump Ball	Where two opposing players jump for the ball thrown up by the referee
Jump Shot	Where a player shoots the ball at the peak of their jump
Jump Stop	Where a player stops by landing with both feet at the same time
Key	The area from the circle to the base line at either end of the court
Lay Up	A shot taken at the basket while in a movement towards it
Man to Man	A Defence where players defend an opposing player each
Match Up	To find a player to defend in Man to Man
Offence	1) When your team has possession of the ball 2) Movement or structure a team may play when in possession of the ball
Officials	Referees and Score Table are included in the games Officials
Out of Bounds	The area out side of the court markings

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GLOSSARY OF BASKETBALL TERMS

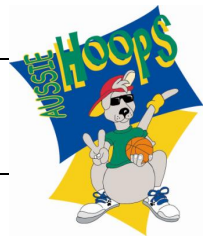
Overhead Pass	A two handed pass thrown from above the head
Personal Foul	Infringement of the contact rules of the game
Penetration	When the ball is penetrated into the key by dribble (or pass)
Pivot	A player turning with one foot remaining in one place
Point Guard	A playing position. Main ball handler for the team
Post	An offensive player playing in a position close to the basket
Press	To extend the defence to full court
Rebound	To gain possession after a missed shot
Screen	A legal play where an offensive team-mate will block the defence
Square Up	When a player faces the Basket on receiving the ball
Steal	To gain possession while in defence by intercepting a pass or dribble
Stride Stop	Where a player stops with one foot at a time
Substitution	Interchange of players from the bench to the court
Technical Foul	A Foul called on a player or coach for unsportsmanlike like behaviour
Three Second Rule	An offensive player may not stand in the key for more than 3 seconds
Three Point Line	A line on the court where successful field goals are awarded 3 points
Throw in	Inbounds Pass
Travel	When a player with the ball moves without dribbling
Triple Threat	A stance that a player with the ball can Shoot, Pass or Dribble
Turn Over	An error by the offensive team where the defence gains possession
Violation	An infringement of the rules
V Cut	A movement of an offensive player to get open to receive the ball
Zone	A type of defence where players guard an Area

FACTS ABOUT CHILDREN

- Children respond **positively** to **encouragement** and a healthy relationship with their coach
- Children enjoy **variety**
- Children **enjoy** being with their friends
- Children **learn** at **different** rates and have **different** needs
- Children can **conceptualise** movement
- Children **need time** to learn new skills
- Children **acquire** skills at **different** rates
- Children **can learn** from each other

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INTRODUCTION TO COACHING BEGINNERS



Basic Rules

Travel - To run or move with out bouncing (Dribbling) the ball or to move the “Pivot” foot without bouncing the ball

Double Dribble - 1) Once a dribble has been completed a player may not start to dribble again. 2) To bounce the ball (Dribble) with both hands or in a manner that has both hands touching the ball.

Out Of Bounds - Simply, when the ball goes out of the court. The team last to touch the ball will loose possession

Foul - A foul is called on a player after illegal contact with an opposing player. A player fouled in the act of shooting will be awarded two free throws (or one free throw if the shot is made)

3 Second Rule - A player may only be in the offensive end key for 3 seconds at a time. (*This rule is often modified or relaxed for beginners*)

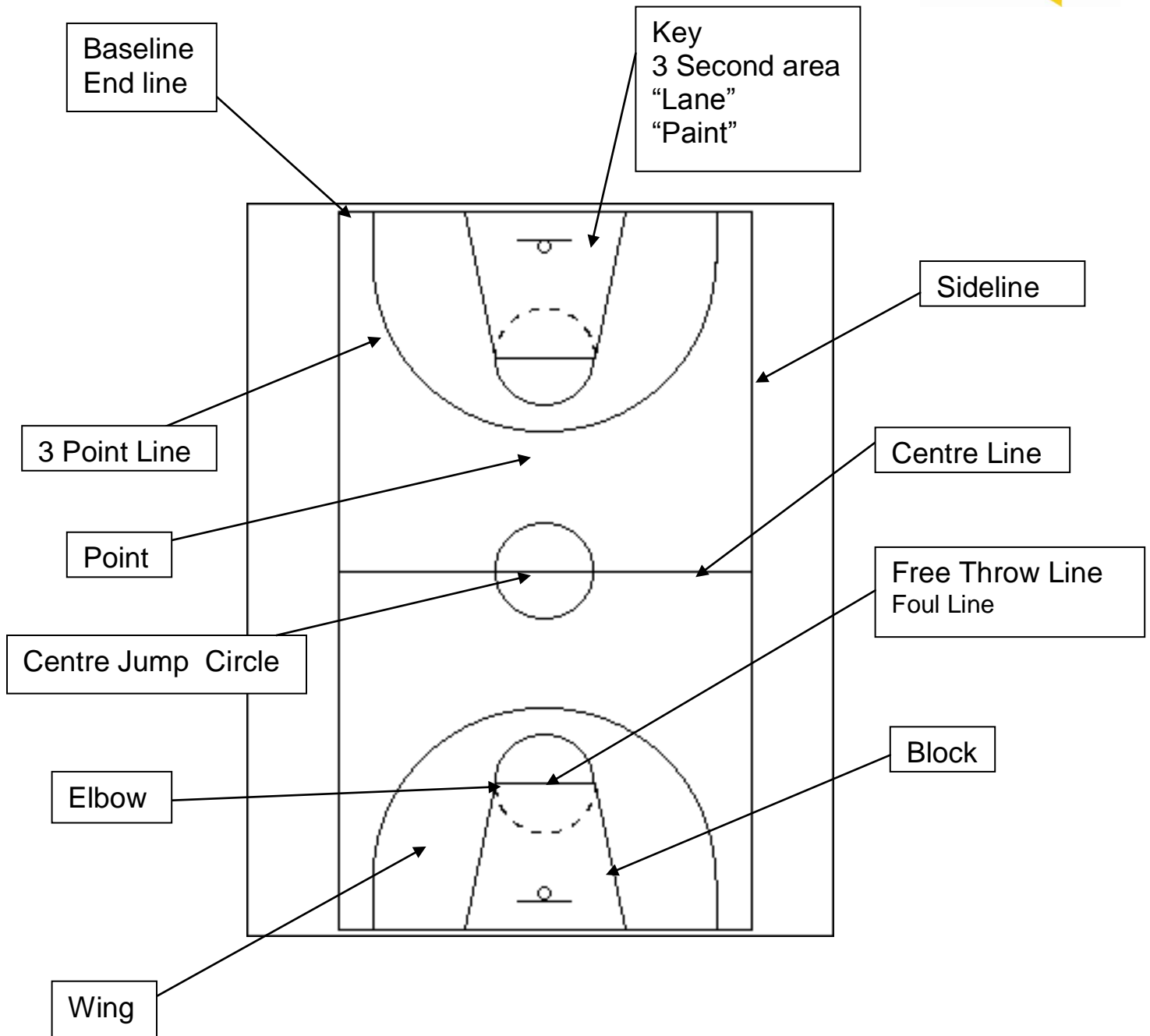
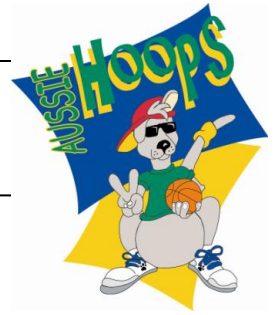
Jump Ball - A jump ball (or alternating Possession) will occur when two players from opposing teams grasp and tug at the ball for possession.

Team Fouls - A team may be given 8 team fouls in each half (or 4 in each Quarter). Each foul after 8 the opposing team will be given two free throws. (*This rule is often modified for beginners*)

Personal Fouls - Each player is allowed 5 personal fouls in each game. After any player reaches their 5th personal foul, that player may not take any further part in that game

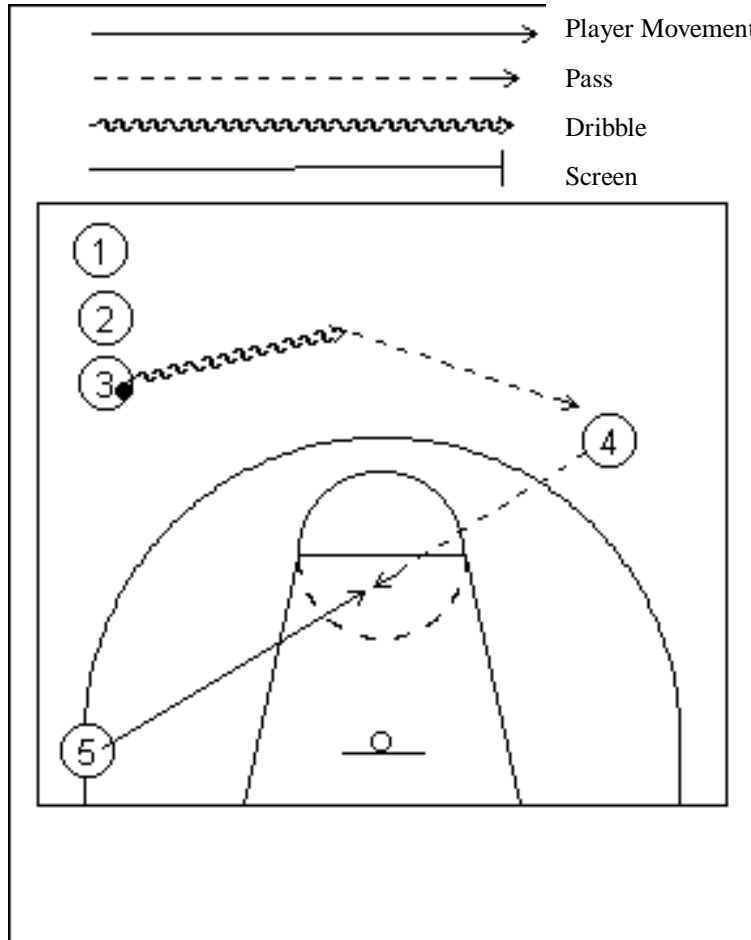
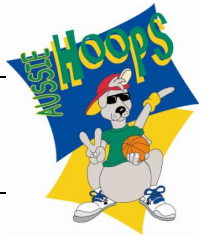
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INTRODUCTION TO COACHING BEGINNERS



Player may be indicated by Numbers 1 through to 5 or by X's and O's

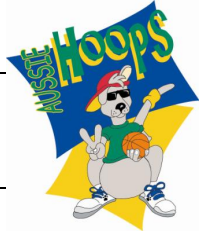
Player with the ball may be indicated by a dot or by a circle around the player

Player movement is indicated by a directional arrow

Ball movement (Pass) is indicated by a dashed directional arrow

Player with ball (Dribble) movement is indicated by a zigzag line directional arrow

In this diagram – Player three dribbles to the middle and passes to player 4. Player 4 passes to player 5 as he moves towards the ball



GUIDELINES FOR COACHING DURING A GAME

1. When bringing the ball up the court it's important to try and bring the ball down the centre of the court which gives the ball dribbler more options when passing.
2. The ball dribbler should keep dribbling until they have a clear pass or shot. Too often the ball dribbler stops dribbling and panics which results in turnover.
3. Encourage players to dribble with both hands and use both side of the court. This makes it harder for the opposition to defend and a lot less predictable.
4. When a player has stopped dribbling it's vital that the other players on the team make an effort to get free and be a legitimate passing option. Too often the ball dribbler stops dribbling all the players on his or her team are either behind their opponents or too far away to receive a realistic pass. Make sure your players are spaced well and run towards the player with the ball when wanting to receive a pass.
5. Make sure that the players do not rush when they are playing. It's important for your players to be in control of the tempo of the game. If there has been a patch of play where the opposition has made consecutive baskets or there have been lots of turnovers it can be a good idea to slow down the play and let your players re-focus.
6. Defensively, all players must strive to keep between their direct opponent and the basketball ring. This means that your players are always between the ball carrier/opponent and the basketball ring. This will make it hard for other teams to score easy lay-ups and will force them to put up difficult, low percentage shots.
7. When the opposition puts up a shot, every player on your team must find the closest opposition player, turn their back and get between their opponent and the basketball ring. The players should place their arms out to their sides and be ready to jump and grab the ball if the shot is missed. This is commonly referred to as boxing out which makes rebounding the ball a lot easier. Make sure every player in your team is aware of what "box out" means and encourage them to do it on every opposition shot. The players should be encouraged to have knees bent and be in a low strong stance

TEACHING SKILLS

DRIBBLING

Each player should become efficient at dribbling the ball with either hand.

The ball should be dribbled with the hand furthest away from the defender

Do not “Bat” or “Slap” the ball with your palm, instead push the ball to the floor with your wrists and spread fingertips, using a “follow-through” action

- Low stance – Knees bent
- Head and eyes up
- Ball should be bounced staying below the level of the waist

CROSS OVER DRIBBLE

Used to change direction (and change hands) keeping the ball away from the defender.

Plant and push off your outside foot to change direction bouncing the ball low under the height of the knee and into your free hand.

- Change direction
- Keep the ball low
- Head and eyes up
- Low balanced stance

CHEST PASS

A two handed pass where the ball is held firmly close to the chest. Hold the ball with spread fingers on each side of the ball. Thumbs should be in line with each other. Step and push the ball forward, snapping the wrists. Finishing with thumbs pointing towards the floor and fingers to the target.

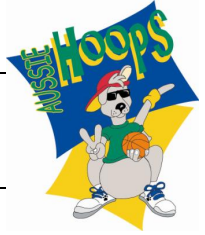
- Pass from triple threat position
- Each hand should produce equal strength
- Snap wrists – Thumbs down
- Head and eyes up

BOUNCE PASS

Execution same as chest pass but the target should be 2/3 the distance to the receiver. Bounce passes are received at waist height.

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INTRODUCTION TO COACHING BEGINNERS



OVERHEAD PASS

The ball is passed from above the head in an upright position. Hold the ball with spread fingers on each side of the ball. Thumbs should be in line with each other. Step and push the ball forward, snapping the wrists. Finishing with thumbs pointing towards the floor and fingers to the target.

- Each hand should produce equal strength
- Snap wrists – Thumbs down
- Head and eyes up
- Ball held above the head not behind

PUSH PASS

A one handed pass. The ball is held with two hands in a triple threat position. As the player steps the ball is placed close to the body near the shoulder. Fingers spread. One hand behind the ball, the other on the side. The ball is pushed with force from one hand (Behind the ball). Follow through by snapping the wrist with thumb down and fingers pointing to the target.

- Force of pass is from one hand
- Snap wrist and follow through
- Head and eyes up

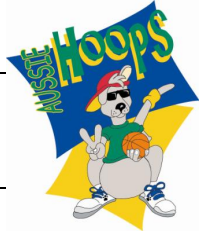
CATCHING

To catch a pass you need to have your eyes on the ball and showing a target to the passer. Catch the ball with two hands. Catch or catch and land in a low, balanced stance. Catch the ball with thumbs pointing towards each other so as to be able to pass or shoot quickly.

- Low, wide stance
- Head up
- Eyes on the ball
- Catch with two hands
- Elbows bent
- Show a target
- Move to get open
- Move to the ball

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INTRODUCTION TO COACHING BEGINNERS



TWO FOOT STOP (JUMP STOP)

Catch the ball in the air and land with both feet on the floor at the same time at shoulder width apart. Land with knees bent in a low balanced stance. When stopping after a dribble the jump should be low to the floor

- Knees bent
- Low stance
- Head and eyes up
- Both feet land at the same time
- Two hands on the ball

STRIDE STOP

From running, stop with one foot (pivot foot) contacting the floor first, then the other in stride to control body balance. Knees should be bent so as to land in a low wide stance.

- Knees bent
- Low stance
- Head and eyes up
- Land on one foot – stride with the other
- Two hands on the ball

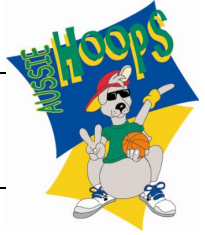
PIVOTING

The pivot foot is the one to touch the floor first (Back foot). If a Two-foot stop is executed – either foot may be the pivot. A low, wide, balanced stance is required when pivoting. Do not come out of your stance. The pivot foot must keep contact with the floor. The other foot may be placed around in either direction. Good balance and vision is essential.

- Knees bent
- Low, wide, balanced stance
- Head and eyes up
- Do not come out of stance
- Two hands on the ball

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SHOOTING

To shoot, players should be square to the Basket. Feet should be shoulder width apart with the dominant foot slightly forward. Knees should be bent with the player in a low balanced stance. Balance is crucial – weight should be evenly distributed between both feet. The ball should be close to the body for protection. Shooting hand placed under the ball with the fingers spread and the palm off the ball. Elbow and forearm should be in line with the basket. The non-shooting hand is placed on the side of the ball and is released just before the shot. The ball is released off the fingertips to provide backspin. Follow through should be with a snap of the wrist with the thumb pointing down and the fingers to the target. Eyes should be focused on the target during the shot and during the flight of the ball. Sight the target by looking over the ball or under the ball – never look around the ball.

- Low balanced stance
- Square to the basket
- Eyes on the target
- Hand & elbow under the ball
- Dominant foot slightly forward
- Follow through

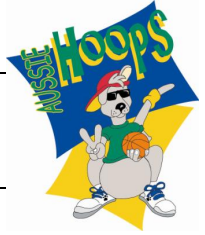
LAY UPS

Player should learn to lay the ball up with either hand. Ball is shot off the opposite foot. (ie - Right hand lay up off the left foot). Ball side knee is brought high. Eyes on the target. Bring the ball up with both hands until reaching into the shot, then the non-shooting hand is used for protection against the defence. The ball is released against the backboard at the height of the jump. Head should be up with eyes focused on the target.

- Move to the target
- Head up & eyes on the target
- Bring ball up with two hands
- Hand underneath the ball
- Jump off opposite foot
- Jump up – not forward
- Bring ball side knee up

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INTRODUCTION TO COACHING BEGINNERS



BASIC DEFENSIVE MOVEMENT

The basic defensive stance is a low, wide, balanced stance with the head back and eyes up. Palms up. Feet shoulder width apart with weight evenly distributed. To move laterally the player should push off in the direction of movement. This step will now be from a wide stance into a wider stance (“Big to Bigger”) while pointing the toe of the lead foot in the direction of the shuffle. A low stance allows for quick change of direction.

- Head back and eyes up
- Low, wide, balanced stance
- Palms up
- Feet should width apart
- Big to Bigger movement

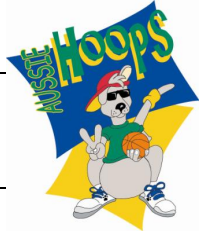
When teaching skills remember to be positive in your approach. Not all children will understand what you’re asking straight away. It is a good idea to demonstrate the skill. If you can’t demonstrate it – have someone who can, come to the session. Have the children execute the skill during the drills, the more they do it the better they become at it. Players may get board with the same drills. Challenge them with a variety of drills involving the same skill. It takes persistence and patience for players to transfer the skills learnt at training into a game.

Make your instruction at training clear and precise, with out giving too many instructions at once. Give the instructions in a manner they can understand.

The best learning takes place in a positive environment. Players will learn if they want to be there.

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INTRODUCTION TO COACHING BEGINNERS



TRAINING SESSIONS

Training sessions should be organised and planned. With thought given to long and short term objectives.

Equipment

Have on hand the equipment you may need for the days session. This may include Basketballs, Cones or court markers, Whistle, Scrimmage tops etc.

Sessions

Have a plan of what will be covered at the session and the drills to be practiced with time allocated to each area.

What is the objective of each drill and can you have the drill demonstrated sufficiently.

Sessions may include ...

Warm up and stretching

Reinforcement of previously learnt skills

Teaching of a new skill

Drills that may include a number of different skill areas

Practical application where skills are transferred into game like situation

Some "Fun" time

Warm down and stretching

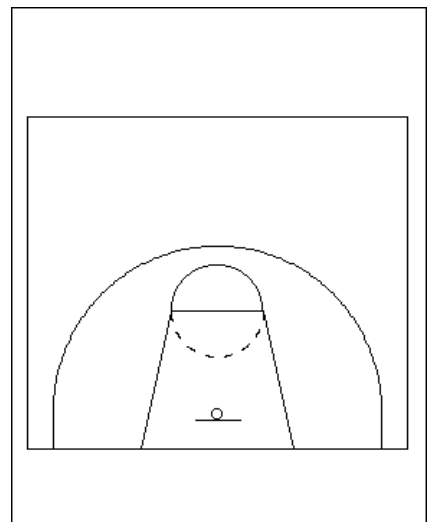
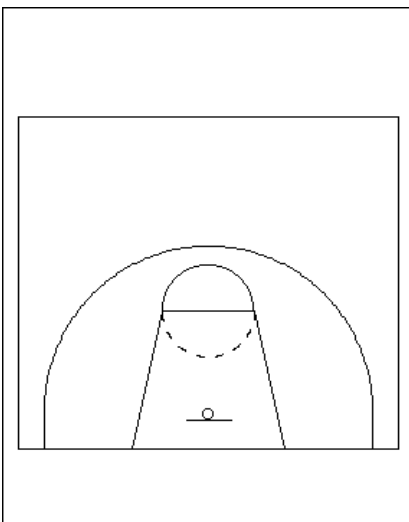
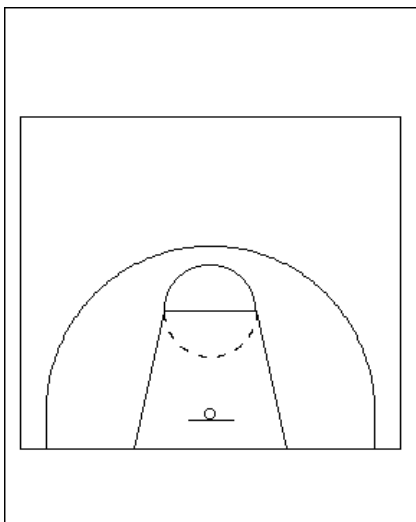
General review of the session and team organisation details such as where and when the next game or session is to be held

Sessions should be fun and have a positive learning environment. Give some thought to each child's individual needs, skill level and personality. Not all children will develop at the same rate.

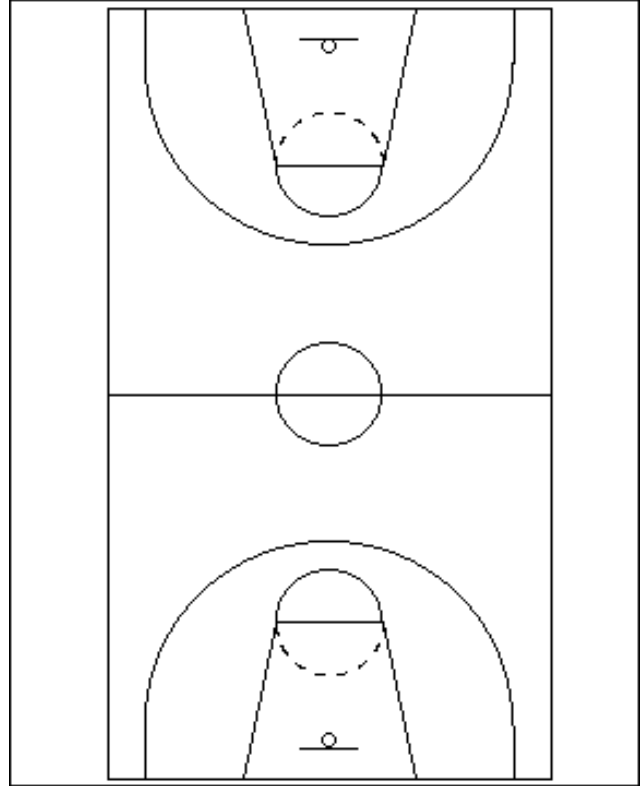
Encourage a good "Team attitude" with the children helping and encouraging each other

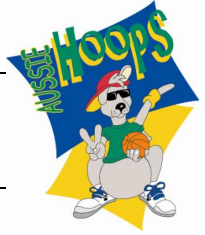
Objectives:

Conclusions:

[illegible]

A diagram of a basketball court. It shows the three-point arc, the key (free-throw lane), and the free-throw line. The court is divided into two halves by a center line. The diagram is oriented vertically, with the basket at the top and bottom. The three-point arc is shown as a dashed line. The key is shown as a solid line. The free-throw line is shown as a solid line. The diagram is labeled with '3-POINT' and 'KEY' and 'FREE-THROW LINE'.

[illegible]



What Happens in a Game?

Some of the most common asked questions...

a) What to do / say before a game starts.

Let the children know who is on the court and who is on the bench (This should not be the same group each game!) and which direction they are going. Some simple instructions such as “Lots of passing”.

b) How and when do I make a sub?

Depending on local rules, generally subs can be made on any foul, jump ball or your possession out of bounds. Just let the score bench (or official) know.

c) Who should sub out?

At this level, all children should play approximately equal time on the court. It may help to have a plan of the subs done in advance. Do not worry about positions or height at this level – just let them play.

d) How do I have a “Time Out”?

Time outs can be requested to the score bench (or Official). Time outs are available on all whistles or your teams possession after a score.

e) What happens in a “Time Out”?

Use the Time Out to give instruction and to reinforce teaching points of the skills. ALWAYS be positive during the Time Out.

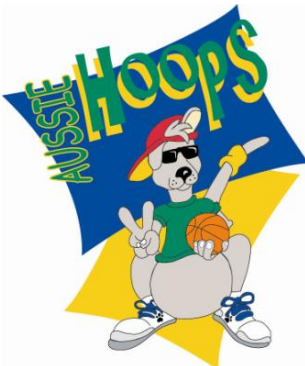
f) What if the children don't follow my instructions?

Keep actively encouraging the children to carry out the skill as they have practiced – it will come. Persistence and patients is the key here!

Remember to always be positive and enthusiastic during the games. You're here to teach the children – Not to win games

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INTRODUCTION TO COACHING BEGINNERS



This introduction to coaching beginners manual was devised from a need which saw parents who had no previous experience with Basketball wanting to become involved in their child's sport. In devising, writing and compiling this manual I would like to acknowledge the following people and resources...

Basketball Australia – Level One Coaching Manual
Aussie Hoops – National Coaching Manual
Peter Lonergan – Former BVCC NITCP Head Coach
Tracey Sloan – Morwell Basketball
Assist Basketball Services

Marty Handson
Basketball Victoria Country Council

