



“I am coaching basketball, where do I start?”

INTRODUCTION TO COACHING BASKETBALL



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INTRODUCTION TO COACHING BASKETBALL

This booklet is designed to introduce the first time basketball coach to coaching the sport of basketball.

The information in the booklet has been put into five areas...

1. TERMINOLOGY, BASIC RULES, COURT MARKINGS and DIAGRAMS

- Basketball Terms
- Basic Rules of Basketball
- Basketball Court Markings
- Understanding Diagrams

2. TEACHING BASKETBALL

- Footwork and Body Movement (change of direction running, pivots, stops and starts)
- Rip and Ready Position
- Passing
- Catching
- Jump Shots
- Lay Up Shots
- Defensive Stance and Footwork
- Team Offence and Defence

3. TRAINING SESSIONS

- Planning a Training Session
- Equipment
- Drills

4. GAME STRATEGY

- Commonly Asked Questions

5. ATTACHMENTS

- Team Offence
- Team Defence
- Basketball Teaching Progressions
- Training Plan Template
- Drill Sheets

All photographs in this publication are courtesy of Daniel Smith. Special thanks to **Knox Raiders junior player's Jayden Donald & Josh Rakos-Brewer** for their assistance.

SECTION 1. TERMINOLOGY, BASIC RULES, COURT MARKINGS and DRILL DIAGRAMS

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 or ring with a net hanging from it
Block	1) A foul which impedes the offence's movement 2) To block a 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 and 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
Contest	To deny your player the ball when on defence
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
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 from full court action
Field Goal	A made basket during live play
Flash Cut	When a player makes a cut towards the basket through the key area
Forward	A playing position and usually the taller players on the team
Free Throw	Shots awarded to a player from free throw line after a foul is called
Free Throw Line	The line from where the free throw is taken
Guard	1) A playing position and usually the smaller players who handle the ball 2) To "guard" a player is to defend them
Get Back	Transfer quickly from offence to defence; sprint back and locate the ball and the player you are guarding
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 with a rhythm jumping action
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 short shot taken at the basket while in a movement towards it

Man to Man	A defence where players each defend an opposing player
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
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 and 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
Rip and Ready	Stance after the ball is caught ready to pass, shoot or dribble
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
(3) Second Rule	An offensive player may not stand in the key for more than 3 seconds
(3) 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	Same as rip and ready
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
- Children **learn specifically** what you teach them

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 area for 3 seconds at a time. (*This rule is often modified or relaxed for beginners*)

Jump Ball - A jump ball starts the game.

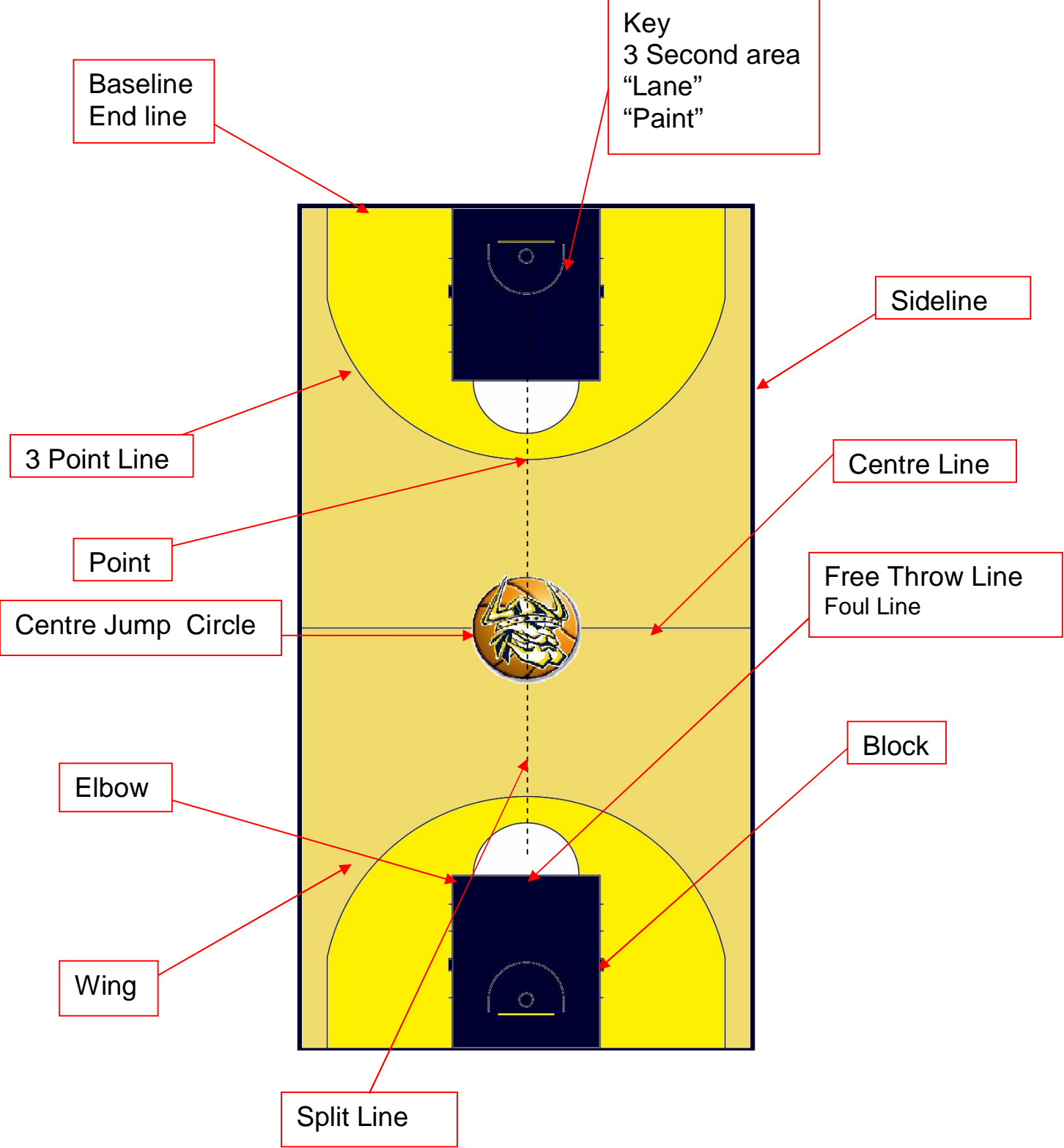
Alternating possession - Alternating possession will occur when two players from opposing teams grasp and tug at the ball for possession. Possession from the sideline is awarded alternately to each team.

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*)

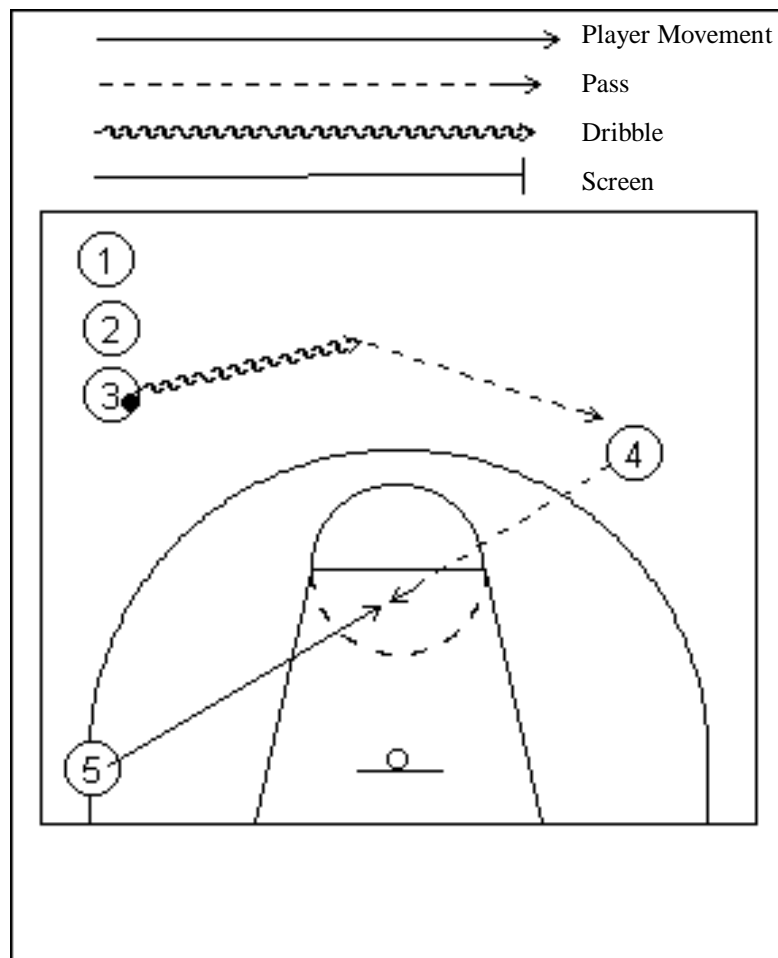
Personal Fouls - Each player is allowed 5 personal fouls in each game. After any player reaches their 5th personal foul, that player may not take any further part in that game



COURT MARKINGS



DRILL DIAGRAMS



Players may be indicated by numbers 1 through 5 or by X's and O's.

The 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.

Passing the ball is indicated by a dashed directional arrow.

Dribble movement by a player is indicated by a zig zag line directional arrow

In this diagram – Player 3 dribbles to the middle and passes to player 4. Player 4 passes to player 5 as he moves towards the ball

SECTION 2. TEACHING BASKETBALL

FOOTWORK, and BODY MOVEMENT

All players need to be taught to move and control their bodies. These movements are basic tools and need to be taught so that players move effectively and efficiently.

Teach the following:

- Change of direction and change of pace running
- Starts and stops
 - Two foot jump stop with feet shoulder width apart, knees bent in a balanced stance
 - Stride stop with one foot contacting the floor first, then the other
- Pivots (front and rear)
 - A low, wide, balanced stance is required when pivoting. Stay in your stance. The pivot foot must keep contact with the floor. The other foot may be moved around in either direction. Good balance and vision is essential

RIP AND READY POSITION

Players should be taught to get in this position after they catch the ball. This basketball ready stance allows the player to be in a **triple threat** position, in that they are ready to pass, shoot or dribble. The dribble should be encouraged to be used as the last option. The players need to learn to be tough and confident with the ball.

Teach the following:

- Rip and ready position versus a defender
- Pivoting versus a defender



DRIBBLING

Players should become efficient at dribbling the ball with either hand.

The dribbler should be in a knees bent stance with their head up to see the floor. The ball should be dribbled below the level of the waist and 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-thru** action. The dribble should be used to advance the ball up the court, improve the passing angle or driving to the basket. Players need to learn to go somewhere with the dribble and to be quick from the dribble to the pass or shot.

Teach the following:

- Stationary dribble
- Open court control dribble
- Open court speed dribble
- Crossover dribble
- Change of speed with stops and starts



PASSING

Passes should be made from the **rip and ready** position. The passer needs to hold the ball with spread fingers on each side of the ball with thumbs in line with each other. The passer should step and push the ball forward, snapping the wrists and passing to your

team mates hands. The passing action should finish with **thumbs pointing towards the floor** and fingers to the target. Players should learn to make **hand to hand** passes away from the defence, Players should also learn to **fake a pass to make a pass**.

Teach the following:

- Chest pass to a standing target
- Chest pass to a moving target
- Bounce pass to a standing target (bounce should be 2/3 the distance to the receiver)
- Bounce pass to a moving target (bounce should be 2/3 the distance to the receiver)
- Overhead pass to a standing target (ball is passed from above the head in an upright position)
- Overhead pass to a moving target (ball is passed from above the head in an upright position)
- Passing from the dribble



CATCHING

When catching a pass the receiver needs to have their eyes on the ball and showing a target to the passer. The receiver needs to catch the ball with two hands and get in a **rip and ready** position after catching the ball.

Teach the following:

- Catch the ball standing
- Catch the ball moving with a v-cut or influence action



JUMP SHOTS (BEEF APPROACH)

B - Balance

E – Elbow

E – Eyes

F – Follow thru

To shoot, players should have their feet pointed at the basket and have the ball in the ready position. Feet should be shoulder width apart with the dominant foot slightly forward. Knees should be bent with the player in a low stance. **Balance** is crucial – weight should be evenly distributed between both feet. The shooting hand should be placed under the ball with the fingers spread and the palm off the ball. The non-shooting hand is placed on the side of the ball as a guide. The **elbow** and forearm should be in line with the basket and the lead foot. The **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 and shoot the ball looking under the ball. The **follow thru** should be with a relaxed wrist and with a “waving good bye to the ball” action.

Teach the following:

- Jump shots
- Shooting from pass
- Shooting from dribble
- Free throws



LAY UP SHOTS

Players should learn to lay the ball up from both sides of the basket. The ball is shot off the opposite foot (i.e. right hand lay up off the left foot). The ball side knee is brought high. The eyes should be 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. Head should be up with eyes focused on the target.

Teach the following:

- Moving lay-up from both sides



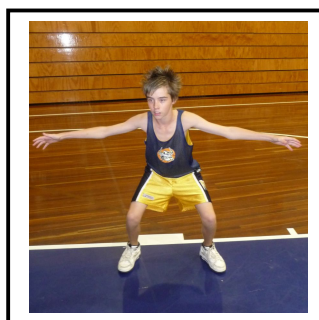
DEFENSIVE STANCE & MOVEMENT GUARDING THE BALL

The basic defensive stance is a **low, wide, balanced stance** with the head and eyes up.

When guarding the ball, **the defender should keep their head lower than the head of the person they are guarding. Feet should be 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 slide. A low stance allows for quick change of direction. The defenders hands should be active and flicking upward at the ball.

Teach the following:

- Stance on the player with the ball
- Lateral movement when the player you are guarding is dribbling the ball



TEAM OFFENCE and DEFENCE

Team offence should be grounded on ball toughness, spacing, and sharing the ball. A basic offence to teach would be 5 out open post (see Team Offence attachment). Team defence should be focused on getting back, recognition of which player you are guarding, how to guard that player based on ball location, being active and getting after rebounds and loose balls (see Team Defence attachment).

SUMMARY

Coaches should be positive in their approach. Not all players 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 players execute the skill during the drills, the more they do it the better they become at it. Players may get bored 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, without 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.

SECTION 3. TRAINING SESSIONS

PLANNING

Training sessions should be organised and planned. Thought needs to be given to long and short term objectives (see teaching progressions attachment).

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.

SESSION PLANS

Have a plan of what will be covered at the session and the drills to be practiced with time allocated to each area (see training template attachment).

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

Sessions should include:

- Warm up and stretching
- Reinforcement of previously learnt skills
- Teaching of new skills
- Variation of drills
- Practical application where skills are transferred into game like situations
- 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

Training sessions should be a positive learning experience. Give some thought to each player's individual needs, skill level and personality. Not all children will develop at the same rate. Encourage a good “team attitude” with the players helping and encouraging each other.

"If it doesn't bother you, it won't bother the players."

Pat Summitt, Head Women's Coach University of Tennessee – all-time winningest coach in NCAA history men or women

SECTION 4. GAME STRATEGY

WHAT HAPPENS IN A GAME?

Some of the most common asked questions...

Q. What to do I say before a game starts?

A. Let the players 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” .

Q. How and when do I make a sub?

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

Q. Who should sub out?

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

Q. How do I call a “Time Out”?

A. “Time outs” can be requested to the score bench (or official). “Time outs” are available on all whistles or your team’s possession after a score.

Q. What happens in a “Time Out”?

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

Q. What if the players don’t follow my instructions?

*A. Keep actively encouraging the players to carry out the skill as they have practiced.
Persistence and patience is the key here! It’s the process that is important not winning the game.*

Helpful websites

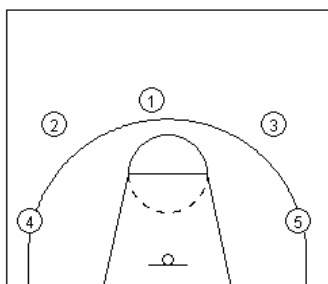
www.basketball.net.au
www.basketballvictoria.com.au
www.knoxbasketball.com.au
www.coachesclipboard.com
www.breakthroughbasketball.com

SECTION 5. ATTACHMENTS

TEAM OFFENCE

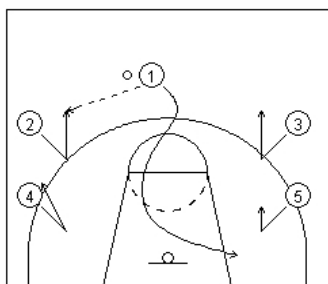
5 OUT OPEN POST OFFENCE

- All players play as perimeter players.



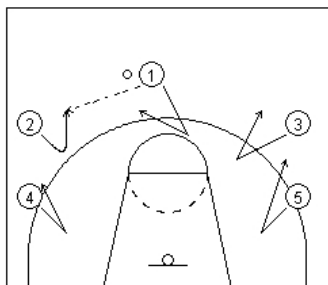
Basic Floor Positions and Spacing

- all positions are interchangeable
- all players must be able to move, pass and catch
- freedom of movement, floor balance and spacing rules apply



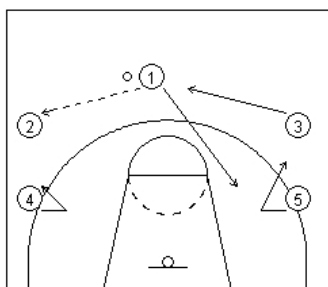
Rules after Passing

- pass and cut to the basket
- players fill spots to balance the floor and keep spacing



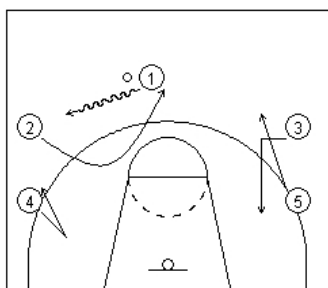
Rules after Passing cont.

- pass and cut in
- pop back and replace yourself
- keep floor balance and spacing



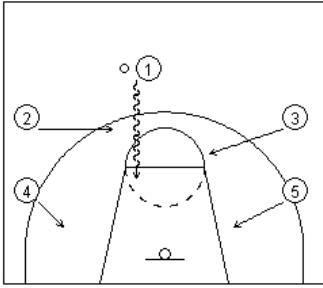
Rules after Passing cont.

- interchange away
- players fill spots for balance and spacing



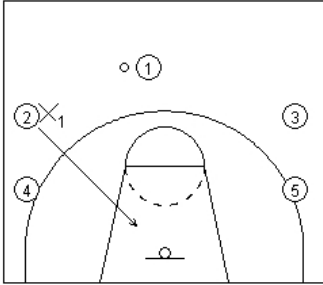
Rules for using Dribble

- dribble at team-mate
- players fill open spots keeping floor balance and spacing



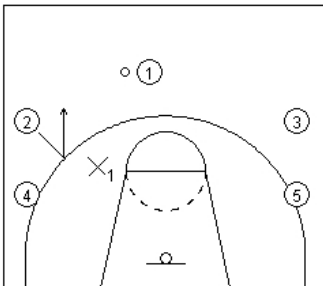
Rules for Dribbling cont.

- dribble penetrate
- look to pass to shooter
- go to basket



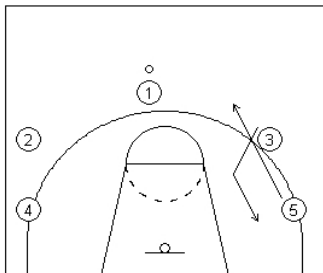
Rules Without the Ball

- backdoor on contesting or denial defence



Rules Without the Ball

- step in and pop back versus soft defence for catch and rip



Rules Without the Ball

- interchange

“ Spacing is offence and offence is spacing”

*Chuck Daly Former Head Coach Detroit Pistons 1989
and 1990 NBA Champions*

TEAM DEFENCE

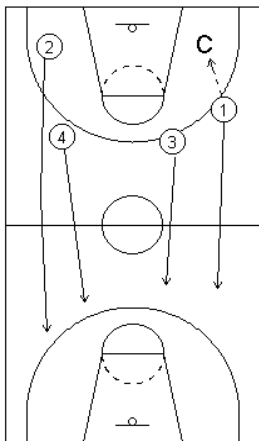
RULES

- Get back and get organised
- Stop the ball and get the ball
- Meet the ball at the mid-court line (point of pick up)

WHAT TO TEACH

- Convert – Transfer quickly from offence to defence “get back”
 - Sprint back
 - Establish 5 v 5 as soon as possible

Drill for teaching “get back”

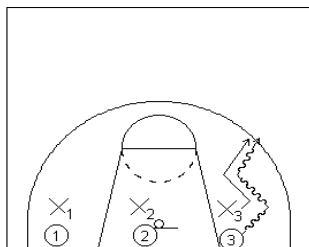


Get Back Drill

- 4 or 5 players
- on shot by coach players sprint to defensive end, calling out number of player they are guarding
- point guard comes back out to mid court line to establish point of pick up
- rehearsal drill for ‘get back and get ready’
- players **must sprint back**

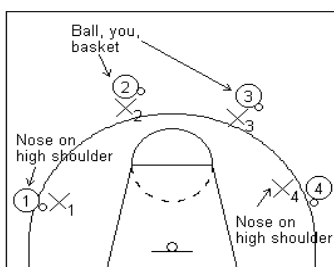
- Guarding a player with the ball
 - Low, wide stance playing at arms length (ball pressure) and **big to bigger** footwork to contain the ball (keeping the ball in front)
 - Active hands– striking or flicking at the ball to take player out of comfort zone
 - Stance **out top** (above the foul line extended) – ball – you – basket
 - Stance **side** (foul line extended and below) – shoulders square to the sideline; defender’s nose to high shoulder of offensive player

Drills for teaching guarding the ball



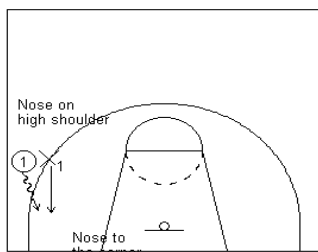
1 v 1 Zig Zag Drill

- 1 v 1 in small area
- maintain stance
- the defender cuts off dribbler and makes the player turn
- defender maintains arms length, active hands
- concentrate on active and quick footwork
- contain the ball handler



Driving Line Drill

- must contain the ball from perimeter driving lanes
- influence outside from the top
- force baseline from the wing
- maintain stance, quick active feet, active hands

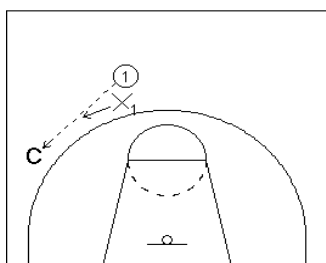


Force Baseline Drill

- 1 v 1 from the side
- defender has nose on high side, shoulders square to the sideline
- no middle
- as offensive player reaches corner area, defender adjusts stance to have nose to the corner
- maintain stance, quick active hands and feet

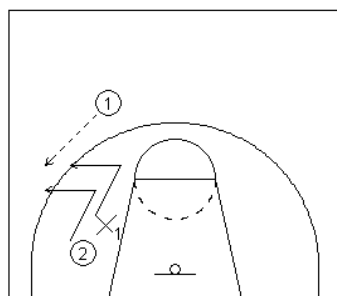
- Guarding a player one pass away from the ball
 - **Closed** stance – toes pointed at the offensive player being guarded
 - On the line & up the line – hand in the passing lane, fingers “to the sky”
 - Maintain vision on the basketball and the player your guarding
 - Mentality to “seal gaps” to discourage dribble penetration
 - Constantly maintain and adjust stance off the ball to be ready to help and to keep vision
- Guarding a player two passes away from the ball
 - **Open** stance – **pointing hands** at the ball and the offensive player being guarded
 - **Flat triangle** is created – the three points being the ball, the defender and the player being guarded
 - Maintain vision on the ball and the player two passes away at all times
 - Constantly adjust stance to be ready to help and maintain the **flat triangle**
 - Close out properly when ball is passed to your man (run-run/slide-slide)

Drills for teaching guarding a player without the ball and basic defensive positioning



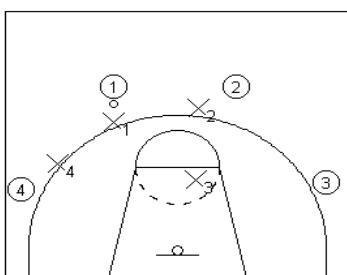
Jump to the Ball Drill

- defender pressures ball
- on pass the defender jumps to the ball in up the line/on the line stance
- offensive player makes basket cut
- defender stays in contest stance between ball and player they are guarding



Contest the Entry Pass Drill

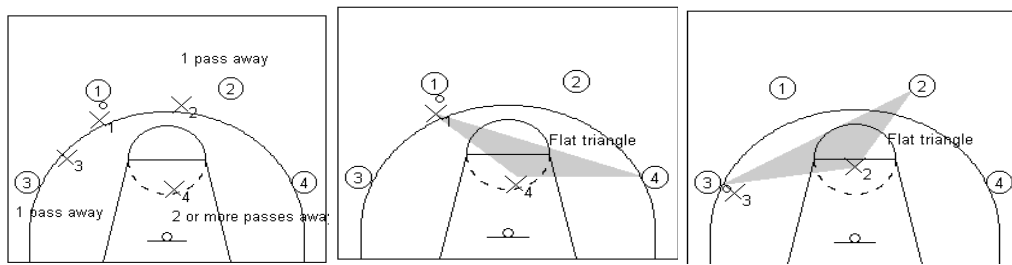
- defender takes up the line/on the line stance
- contest pass and force offensive player to catch the ball going away
- keep ball and line in front of you
- no backdoor cut
- after offensive player catches the ball, the defender takes side stance forcing baseline
- no middle



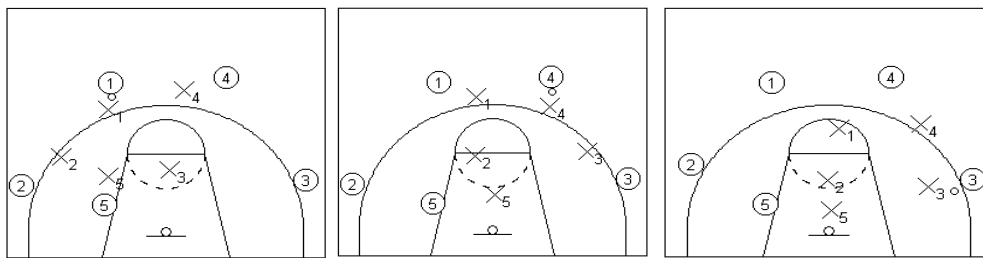
4 v 4 Defensive Positioning Drill

- test for all points of ½ court positioning
- teaches understanding of the position of a player guarding a player with the ball
- teaches understanding of the position of a player guarding a that doesn't have the ball
- move when the ball is in the air
- maintain stance and active feet

Examples of defensive positions (4 v 4)



Examples of defensive positions (5 v 5)



- Finish
 - Play the full defensive possession
 - Scramble after loose balls
 - Block-out and rebound the ball
 - Consistency of effort possession by possession

"I feel all great teams have two things in common: defence and rebounding. So, we stress defence and rebounding every day."

Larry Brown Head Coach New York Knicks (2004 Detroit Pistons NBA championship Coach)

BASKETBALL TEACHING PROGRESSION (U10, U12 & U14)

INTRODUCTORY JUNIOR BASKETBALL (U10)

- Emphasis on teaching playing rules and the court markings, common terminology and having fun within a team environment
- Footwork and body movement
 - Change of direction and change of pace running
 - Starts and stops
 - Rip and ready (triple threat)
 - Pivots (front and rear)
 - Defensive stance and slide footwork
- Dribbling, ball handling (both hands and alternating hands) and ball toughness (from rip and ready position)
 - Basic ball handling and ball toughness drills
 - Stationary dribbling
 - Open court control dribble
 - Open court speed dribble
 - Crossover dribble
 - Change of speed with starts and stops keeping dribble alive
- Shooting
 - Standing lay-up (dominant hand)
 - Shooting form (BEEF)
- Passing (from rip and ready position)
 - Chest pass to standing target
 - Chest pass to moving target
 - Bounce pass to standing target
 - Bounce pass to moving target
 - Overhead pass to standing target
 - Overhead pass to moving target
 - Passing from the dribble
- Catching (rip after catch)
 - Catching the ball standing
 - Catching the ball moving with v-cut or influence action
- Team
 - Offense (spacing, ball toughness, sharing the ball and have fun)
 - Defense (Getting back and recognizing the player your guarding and how to guard the player with the ball, be active and get after rebounds and loose balls)

INTERMEDIATE JUNIOR BASKETBALL (U12/U14)

- Emphasis on being fundamentally sound and **‘how and why’**
- Foot work and body movement
 - More of same with emphasis on being quick, decisive and sound
- Dribbling, ball handling and ball toughness (from rip and ready position)
 - More of same with emphasis on being quick, decisive and when to use dribble
 - Reverse dribble
 - Behind the back dribble
 - Between the legs dribble
 - Retreat dribble
 - Drive (penetration) dribble
 - Swing dribble
- Shooting (from rip and ready position)
 - Standing lay-up (both hands)
 - Moving lay-up (both hands)
 - Shooting form (BEEF)
 - Jump shot
 - Shooting from pass
 - Shooting from dribble
 - Shot fakes
 - Free throws
- Passing (from rip and ready position)
 - More of same with emphasis on being quick, decisive and sound as well as increased degree of difficulty-(read the defence)
 - Overhead outlet pass after rebound
 - Push pass (both hands)
 - Pass fakes
- Catching (rip after catch)
 - Catching the ball moving from specific movement (full-court, basic lead, V-cut, basket cut)
- Individual offense (without the ball and read the defence)
 - Interchange
 - Basket cut (shallow, deep and back)
 - cut and replace
- Individual defense (hands and feet)
 - Proper stance and action on the ball (out top, on the side, in the corner and on the dead call)
 - Proper stance, position and action one pass from the ball
 - Proper stance, position and action two passes from the ball
 - Proper stance and action on recovery to perimeter
 - Proper stance and action on block-out

- Team offense (how and why)
 - Spacing and floor balance
 - Movement without the ball
 - Sharing the ball and proper ball locations
 - Managing the possession and tempo
 - 5 out open post
 - Offense vs press
 - Out of bounds
- Team defense (be ready and talk)
 - Get back and point of pick up
 - Pressure and push outside and to baseline
 - Positioning on and off ball
 - Help and recovery
 - Get the ball

"What you specifically teach is what your players will do best."

Dick Bennett, Head Basketball Coach Washington State University

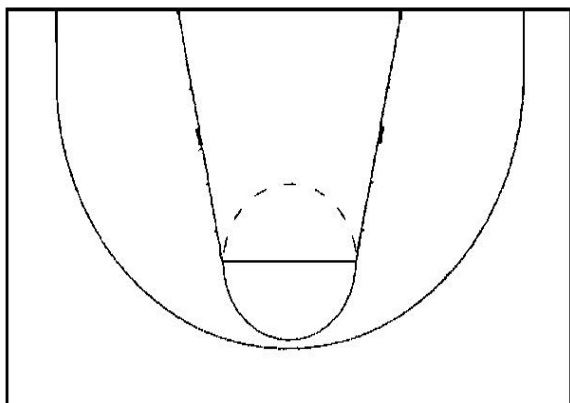
Note: Coach Bennett is known throughout the basketball world as one of the games best teachers.

Training Plan for _____

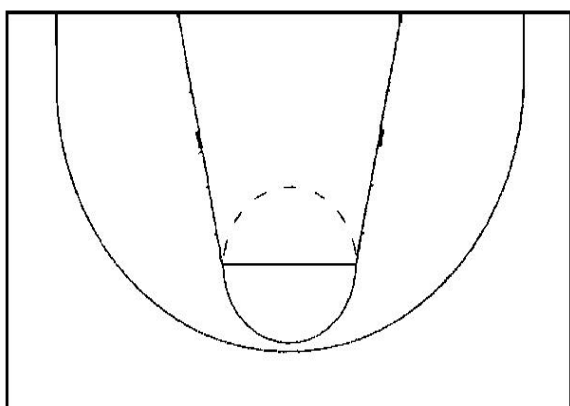
Date _____ Venue _____ Time _____ Practice # _____

Thought for the Day:		Equipment Needed:
Rule:		Announcements:
Minutes	Footwork and Body Movement	Point of Emphasis
	1	
	2	
	Dribbling and Ball Toughness	
	1	
	2	
	3	
	Passing and Catching	
	1	
	2	
	Shooting and Free Throws	
	1	
	2	
	Offense	
	1	
	2	
	Defense	
	1	
	2	
	Team and Game Situations	
	1	
	2	
	3	
	Endings	
	1	
	2	
Notes /Evaluation:		

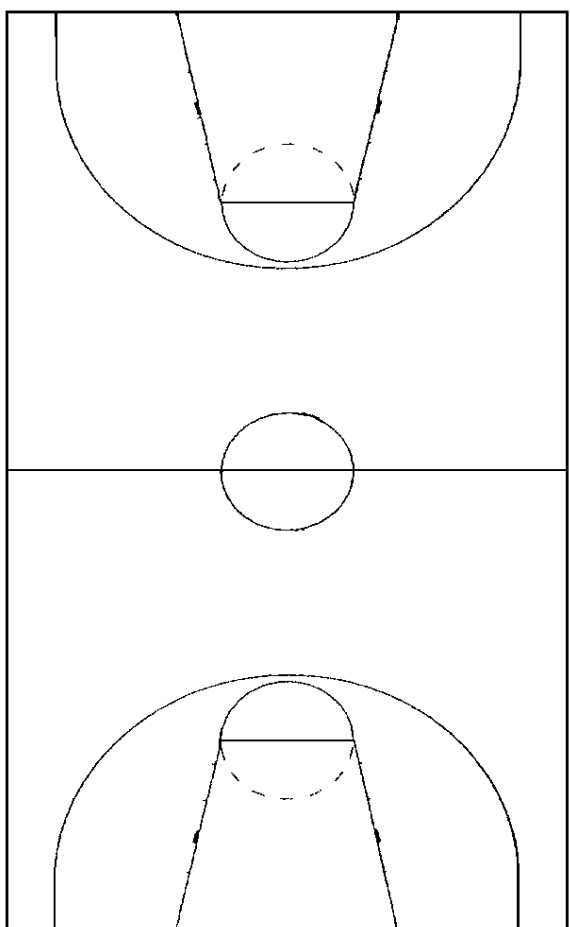
Train with a Plan and a Purpose



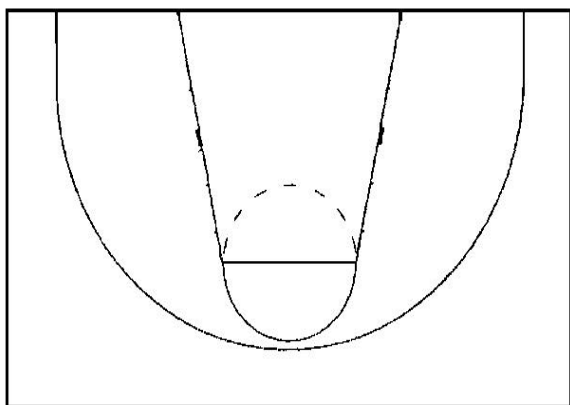
Handwriting practice lines for the first diagram.



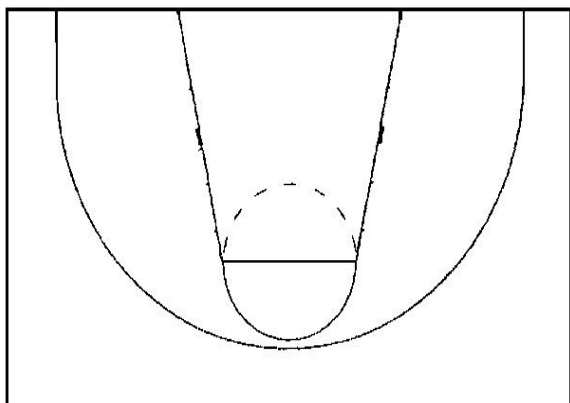
Handwriting practice lines for the second diagram.



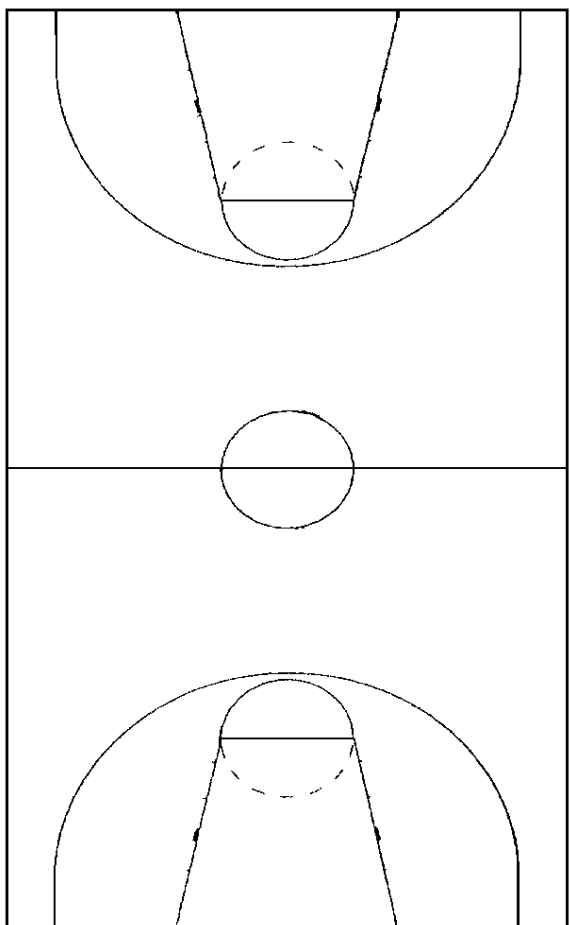
Handwriting practice lines for the third diagram.



Handwriting practice lines consisting of five horizontal dashed lines.



Handwriting practice lines consisting of five horizontal dashed lines.



Handwriting practice lines consisting of five horizontal dashed lines.



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