

HOW TO COACH BASKETBALL

A Guide for Beginners



INTRODUCTION

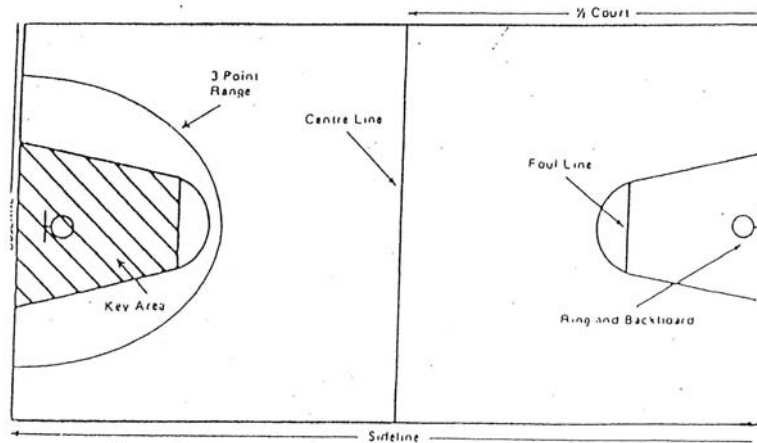
This booklet has been formulated in conjunction with the Victorian Basketball Association and the McDonald's Basketball Development Programme.

The primary aim is to introduce novice basketball coaches to the game of basketball and give a basic guide for coaches to teach the skills of the game, team structure, basic coaching, rules and a guide for training sessions are also included in this booklet.

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THE BASKETBALL COURT



BASKETBALL TEAM STRUCTURE

GUARDS – Usually the smaller, quicker players on the team with good ball handling skills and outside shooting ability. Their primary roles lie in advancing the ball up the court, penetrating by pass or dribble and being the first line of defence in protecting against a fast break situation if possession of ball is lost.

FORWARDS – Taller players on the team who generally operate in the wing or baseline areas and sometimes in the key area. Reasonable outside shooting ability is required and good ball handling skills to enable them to dribble to the basket. The forwards are also one of the main rebounders in the team.

CENTRES – Usually the tallest players on the team and work closest to the basket to take advantage of their height, generally around the key area. Playing where they do, the centre is the primary rebounding position and should attempt to win all rebounds.

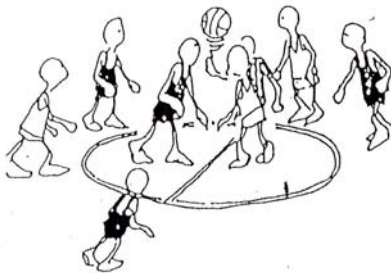
The positional placements of players will vary from team to team according to the type of players on a team or the type of defence opposing teams play. Generally a coach will have 2 guards, 2 forwards and 1 centre on the court at one time.

RULES A COACH NEEDS TO KNOW

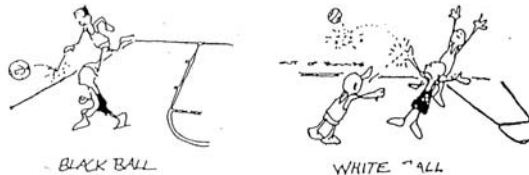
Length of a game – A basketball game consists of 2 x 20 minute halves. At the end of the first half teams have a 5 to 10 minute break and then start the second half. Teams also change ends at the start of the second half. Timing rules may vary somewhat depending on the level of the competition.

Start of a game – The game begins with 5 players from each team on the court. The referee tosses a coin to decide which way the teams will go. The game begins with a jump ball.

Jump ball – A jump ball is held at the start of both halves at the centre line. The umpire may also call a jump ball during the course of the game if 2 players from opposing teams are locked in possession of the ball. A jump ball is taken between 2 players inside either the centre circle or the key circles (whichever is closest). The remaining players must stand still outside the circle until the ball is tapped. Players involved in the jump ball must attempt to tap the ball on its downwards flight to players from their team. Any member of the team may take the jump ball at the start of each half (preferably the tallest player).



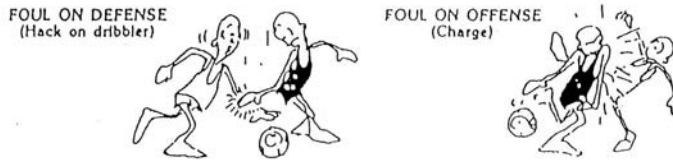
Out of bounds – The ball is considered out of bounds once it hits something on or outside the boundary lines (sidelines and baselines).



A field goal – scored by a player throwing the ball through the opponents basket. That player's team's score is increased by 2 points. After a field goal, the opposing team must inbound the ball from behind the baseline.

Foul shots – a player who is fouled whilst trying to shoot a field goal is awarded 2 free shots or foul shots from the foul line. Each foul is worth 1 point. If the last foul shot is missed the game goes on as if it were a normal shot. If it is made the other team passes the ball inbounds from behind the baseline.

Fouls – no player may use contact to “put off” an opposition player. If he does, he has fouled.



Inbounding the ball – after a violation or a foul the team getting the ball throws the ball inbounds from behind the sideline of the court nearest to where the violation happened.

Travelling – a player holding the ball must always keep one foot on a spot on the floor, unless he passes; dribbles or shoots; the player must pivot his foot. If a player moves this foot off the spot without dribbling, passing or shooting he has committed a travelling violation and the other team gets the ball from the sideline.

Five fouls – once a player has 5 personal fouls called on him he can take no further part in the game.

Time-outs – a coach may request a time-out from the scorers bench anytime the referee blows his whistle. He may also call for a time-out when the other team scores a goal or before his team throws the ball inbounds. 1 minute is allowed for a time-out and a coach is allowed 2 time-outs per half.

Substitution – a coach may substitute his players in the following instances:

1. Anytime a foul is called
2. Anytime his team has a sideline possession
3. A jump ball (except if the player he wants to sub is in the jump ball)
4. Time-outs
5. When the other team subs on their possession from the sideline
6. If a player is injured he may be subbed out
7. Half time

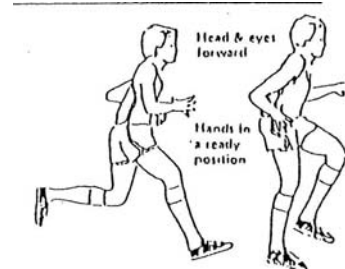
A team can consist of 10 players, 5 players only are allowed on the court at one time. A player who has been subbed off may be put back in the game anytime a coach wants.

FUNDAMENTALS OF THE GAME & DRILLS FOR TEACHING

BODY MOVEMENT AND CONTROL

Running

- Body weight slightly forward
- Run on balls of feet
- Head always in centre of body
- Eyes up



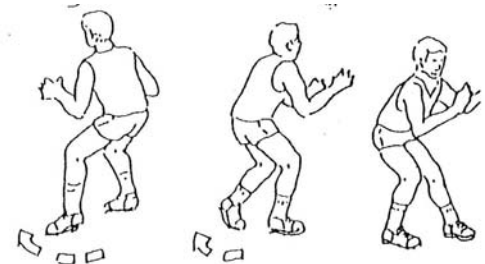
Change of Direction with Side Step

- Push off rear foot the direction required
- Transfer body weight forward
- Knees bent



Change of Direction with Reverse Pivot

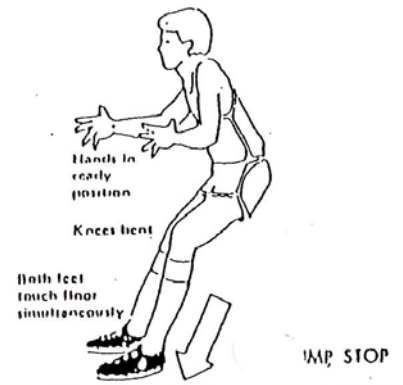
- Turn away from opposition
- Thrust off pivot foot
- Knees bent



Stopping with Jump Stop

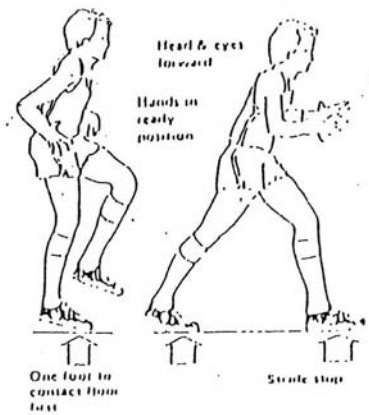
Upon gaining possession of the ball, either by receiving a pass or by picking up a dribble, the player must establish a pivot foot. The first foot to touch the ground after gaining possession is the pivot foot. A jump stop enables the player to use either foot as his pivot foot.

- Both feet land simultaneously
- Knees bent to absorb stop
- Head in centre of body
- Feet shoulder width apart



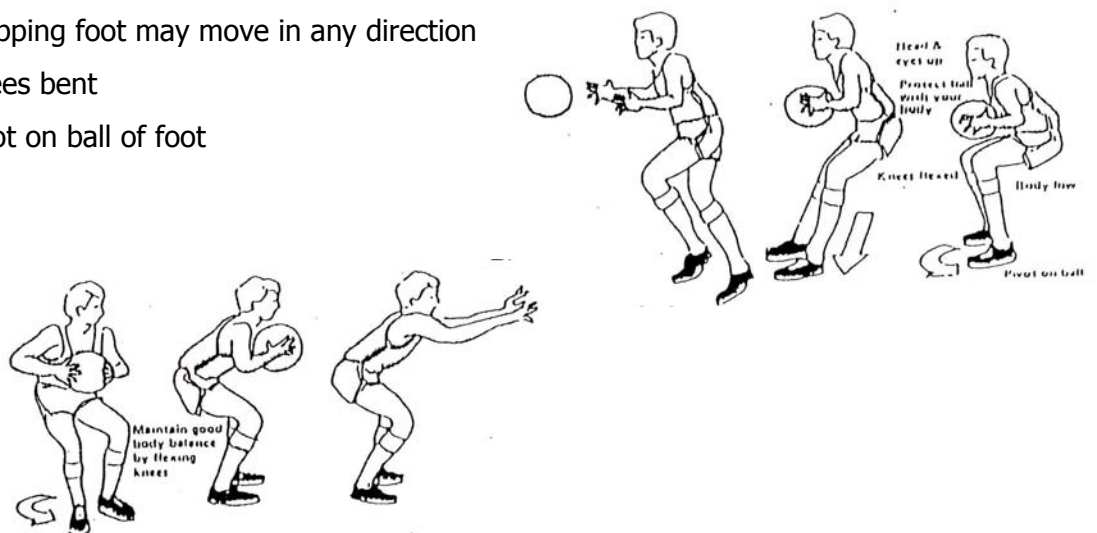
Stopping with a Stride Stop

- First foot to land is pivot foot
- Second foot is stopping foot
- Second foot restores body balance



Pivoting

- Pivot foot remains on floor
- Stepping foot may move in any direction
- Knees bent
- Pivot on ball of foot



Shuffling (Defensive Movement)

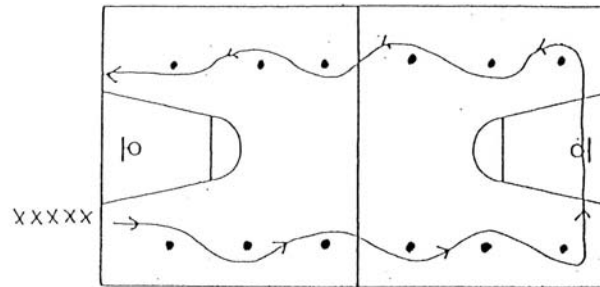
- Athletic stance
- Never touch feet together
- Short sharp steps
- Knees bent always



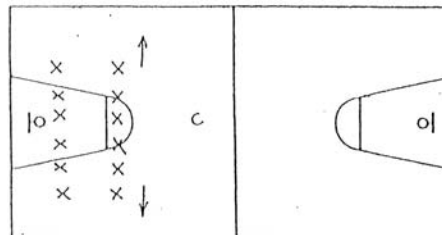
Move on the balls of the feet.
A step with the lead foot,
with the trailing foot.

DRILLS FOR PRACTISING BODY MOVEMENT & CONTROL

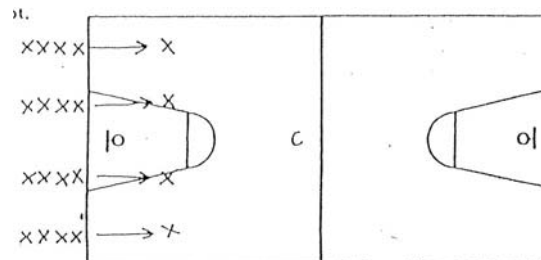
1.
 - Two lines of cones are placed along the court.
 - Players line up at first cone.
 - Players run through cones changing direction at each cone – running, side step, jump stop and reverse pivot



2.
 - Players line up on court as shown, begin in athletic stance
 - Coach points to one side and the players slide in that direction
 - Coach may then point to other side and players must react by changing direction and sliding the other way
 - Continue for 1 minute



3.
 - Players form 4 lines across the baseline
 - On coaches command, first player from each line must run forward
 - When coach raises hand, all must come to a jump or stride stop and then pivot forward, backwards, right then left and begin running again
 - If coach raises hand again players must repeat stop and pivot



BALL HANDLING

The following drills are designed to give the player better confidence when handling the ball. Each drill should be done for 30 seconds.

1. Body Wrap

- Push ball around body as fast as possible
- Control ball with fingers
- Feet shoulder width apart
- Keep middle of body still



Around the waist

2. Figure 8 Speed Dribble

- Feet wider than shoulder width
- Weave ball around legs in figure 8
- Keep ball close to ground
- Tap ball with fingertips

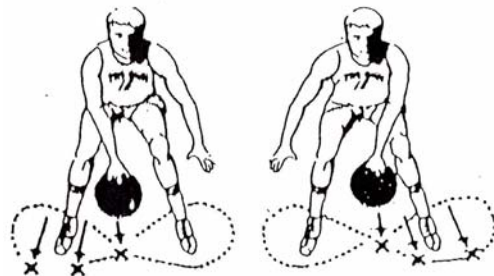
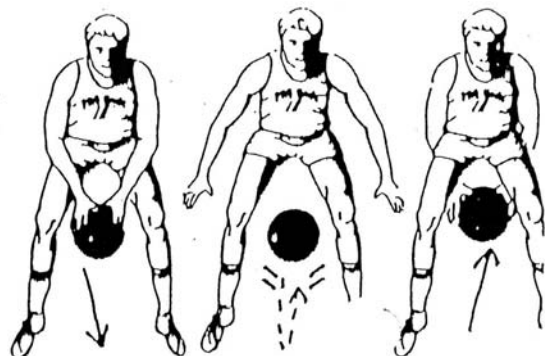


Figure eight speed dribble

3. Straddle Flip

- Hold ball at waist height
- Bounce ball between legs
- Catch with two hands behind back
- Bounce forward from behind back

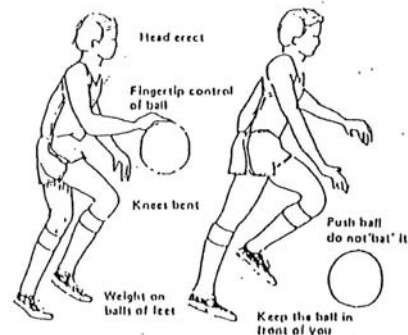


DRIBBLING

To legally commence dribbling the player must release the ball from his hands before his pivot foot leaves the ground.

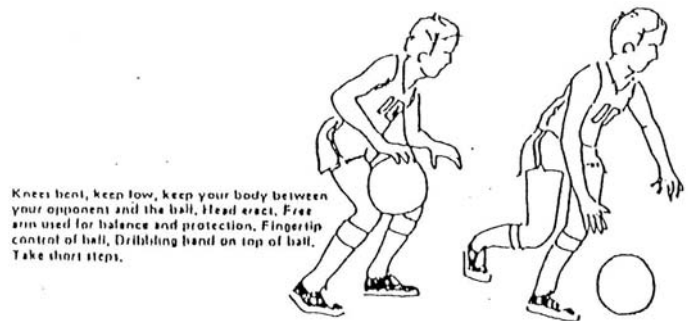
Speed Dribble

- Control ball with fingers
- Keep ball in front but to side of body
- Eyes up
- Keep ball below waist height



Control Dribble

- Push ball down using fingers
- Ease ball back into hand
- Keep ball below waist height
- Eyes not looking at ball
- Knees bent



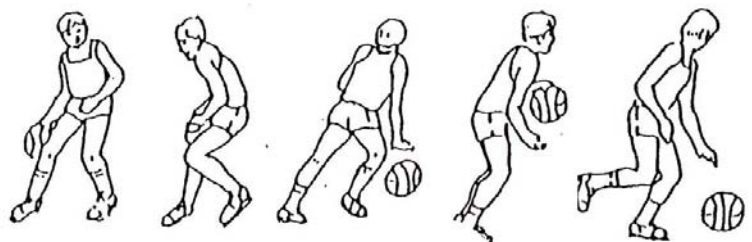
Changing Direction with Cross-Over Dribble

- Body movement same as side step
- Push ball across body to other hand
- Keep ball low
- Control ball with fingers



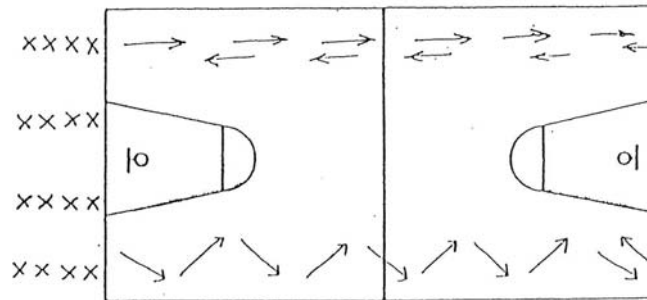
Changing Direction with Reverse Dribble

- Body movement same as reverse pivot
- Transfer ball between hands when back is to defender
- Control ball with finger

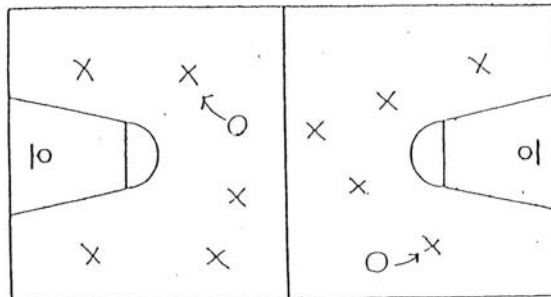


DRILLS FOR PRACTISING DRIBBLING

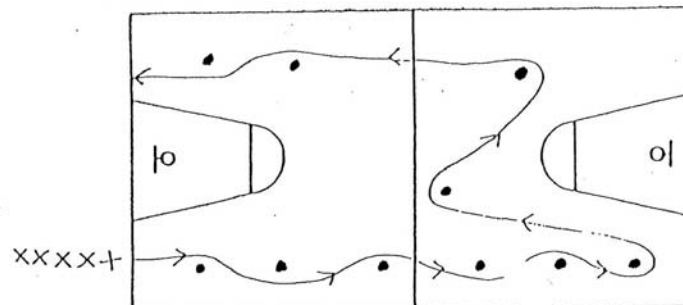
- 1. Alley Drill** – players form lines across end line and dribble full length of court and back again, first dribbling in straight line and then zigzagging to practice changes of direction.



- 2. Dribble Chasey** – give ball to 2 or 3 players and they must dribble and chase rest of team over court area and attempt to tag with non-dribbling hand. If they tag a player that player must take over the ball.



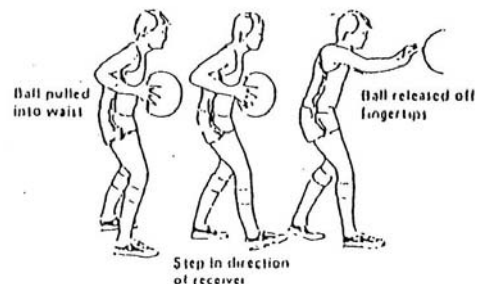
- 3. Obstacle Course** – place witches hats around court to form a circuit. Players must complete circuit as fast as possible. The coach may time players to see who is fastest.



PASSING

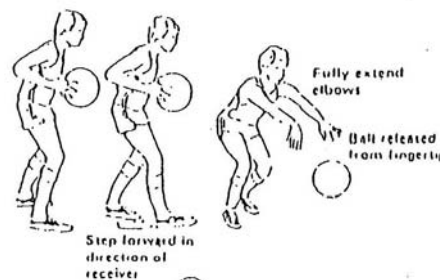
Two Handed Chest Pass

- Hold ball with fingers, not palm
- Step in direction of receiver when passing
- Snap wrist when releasing ball
- Follow through with fingers to target
- Receiver should catch ball at chest height



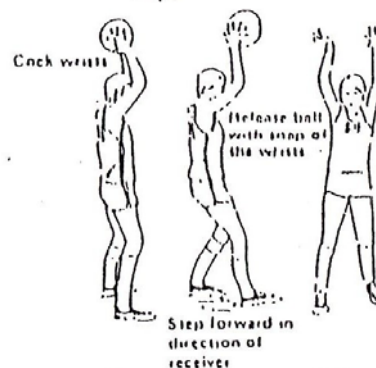
Two Handed Bounce Pass

- Same technique as chest pass
- Follow through to ground or floor
- Receiver should catch ball at waist height



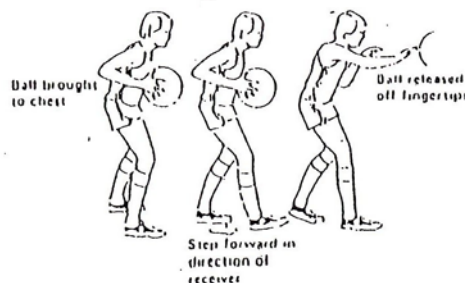
Two Handed Overhead Pass

- Hold ball with fingers
- Hold ball directly above head
- Deliver ball to chest



One Handed Push Pass

- Right hand directly behind ball
- Push ball from chest
- Snap wrist upon release



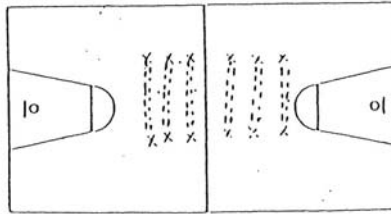
Baseball Pass

- Right hand behind ball
- Step forward when releasing ball
- Follow through to receiver

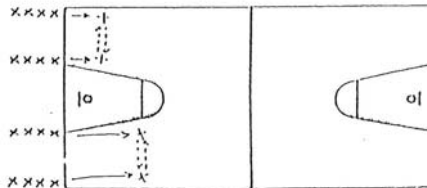


DRILLS FOR PRACTISING PASSING

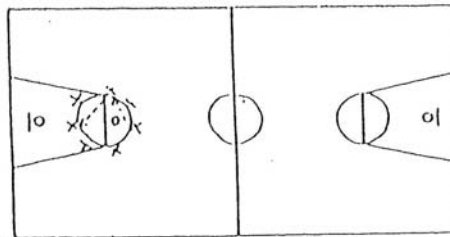
1. Two (2) lines down centre of court, passing between pairs. Practice all passes.



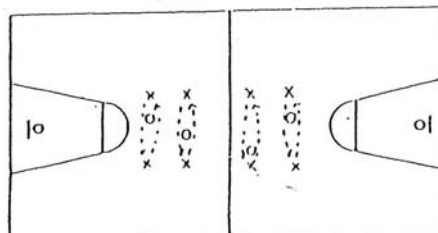
2. Four (4) lines across baseline. Players run in straight line up court and back passing in pairs.



3. Using centre circle and keyway circle, 5 (or more) players line up around edge of circle. One player in middle attempts to stop player with ball passing. If he touches the ball those 2 players exchange position. Players around circle may not pass to players directly beside them.



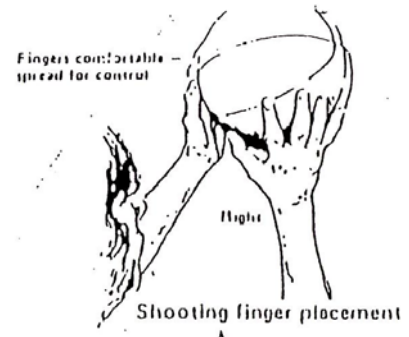
4. Cat and mouse drill. Players in groups of 3. Players stand in straight line with 1 in middle. 2 players on outside must attempt to pass the ball to each other past the player in the middle. If the player in the middle touches the ball, the passes must replace him. Players in the outside must be 4-5 metres apart and must keep a pivot on the ground at all times.



SHOOTING

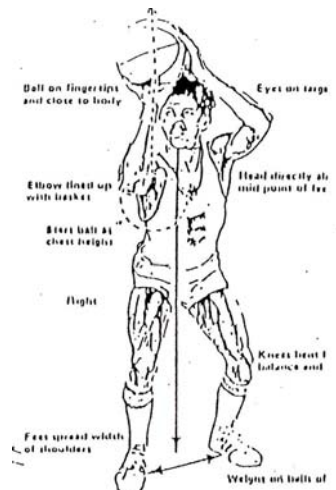
Holding the Ball to Shoot

- Hold the ball with fingers, not palm
- Fingers comfortably spread
- Non shooting hand on side of ball
- Keep ball on shooting hands side of body



Shooting

- Push ball in one smooth action from chest
- Right foot and right shoulder forward, aiming towards target
- Snap wrist on release of ball and follow through
- Use legs to help push ball upwards
- Release ball before peak of jump



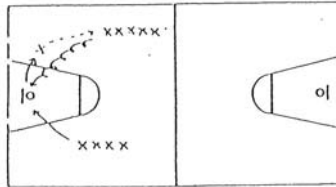
Lay-up Shot

- Lay ball onto backboard
- Jump off foot opposite shooting hand
- Jump as high as possible, high jump not broad jump
- Extend shooting arm, releasing ball at peak of jump

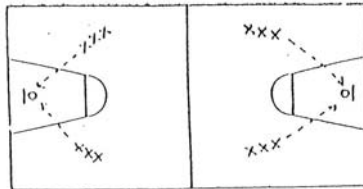


DRILLS FOR PRACTISING SHOOTING

- 1. Lay-ups** – players form 2 lines. First player from one line dribbles in and shoots ball. First player in other line rebounds the ball and passes to next player in shooting line. The two players then go to the end of the opposite line.



- 2. Spot Shooting** – Players break into 4 groups. The first player in each group shoots the ball, rebounds it if it misses and shoots again. Once he has made the shot he passes the ball to the next player in his/her line and he/she goes to the rear of the line. Practice catching the ball and shooting off the dribble.



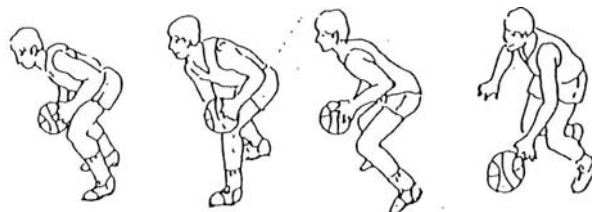
- 3. Horse – Shooting Game** – Can be played by 2 or 3 (or more) players outside of training session. One player will shoot the ball from any position on the court they want. If they make the shot they are in control of the ball and the next player in order must also make the shot. If the player misses he is then punished with a "H". The first shooter may then move to another spot on the floor and shoot again. If they make it again the next shooter must again make that shot. If that player misses again he is then labelled "HO". The game goes on until one player is labelled "HORSE". To gain control of the ball the second player must make a shot after the first player has missed.
- 4. Golf Shooting Game** – The coach marks out 9 spots over the court area for players to shoot from. The players begin at the first spot and attempt to make the goal. Each player counts the number of shots it takes to complete all 9 spots. He must stay at each spot until the shot is made.

INDIVIDUAL OFFENCE

In order for a player to get himself open to shoot the ball he must be able to get past the man guarding him. Two efficient ways of doing this are:

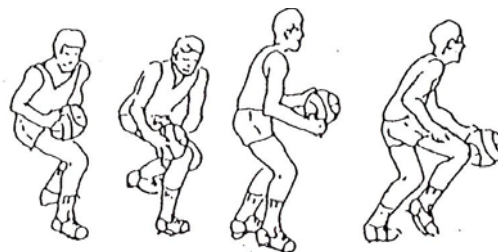
Jab Step and Go

- Quick ½ step forward by player
- Defence do not react to step
- Player continues forward in direction stepped



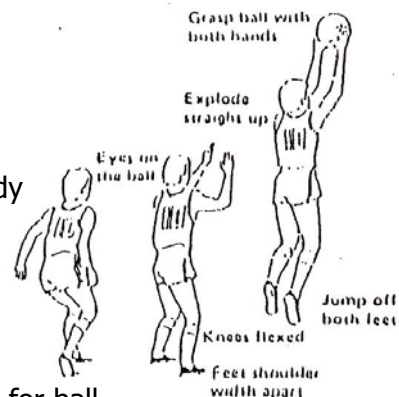
Jab Step Fake and Crossover

- Quick ½ step forward by player
- Defence reacts and moves in that direction
- Player crosses stepping foot across body
- Moves in opposite direction to first step



REBOUNDING (Recovery of Missed Shots)

- Always get inside position on opposition
- Make contact with rear of body on front of opposition's body
- Hand up all the time
- Grab ball with 2 hands
- Block opposition's path to rebounding area
- Don't ball watch – be sure to block man out and then look for ball



DRILLS FOR PRACTISING REBOUNDING

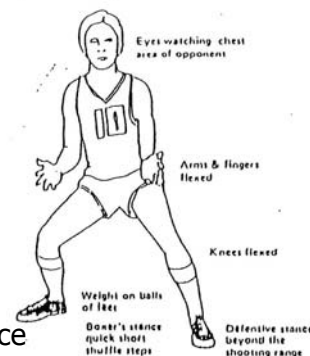
1. Coach shoots the ball, players on defence must block their man out and rebound ball. If they rebound they become new offence and coach shoots ball again. If they do not rebound, offence keeps shooting ball until they make a goal and defence remains in for next shot by coach.
2. Three players stand inside key area, coach shoots the ball. Whichever player rebounds the ball must try and score, other 2 players must try and stop him. The player of the 3 who eventually scores rotates out of group and new player comes in.

DEFENCE

Teams can play 2 types of defence, these being man to man or a zone defence.

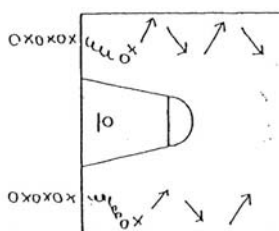
Man to Man Defence

- Each player must guard one man
- Players must always be closer to the ring and ball than player they are guarding
- Players must always be able to see both their man and the ball
- Players must always be in an athletic stance when playing defence
- Sag off man towards middle of court as ball gets further away

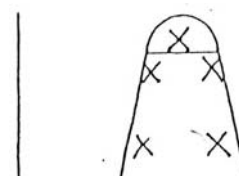
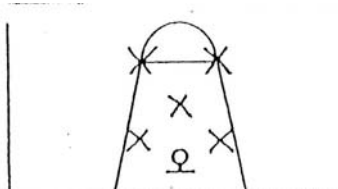
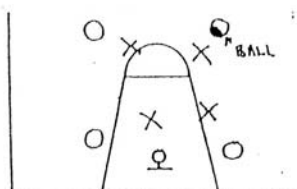


DRILLS FOR PRACTISING MAN TO MAN

1. **Alley Drill** – players pair up, one player with the ball. Player with ball attempts to dribble past defensive player. Man on defence must attempt to block offensive players path down court.



2. **Four on Four** – Players play half court with offence trying to score. Coach must watch and see if players on defence are in good position and block out when offence shoots.

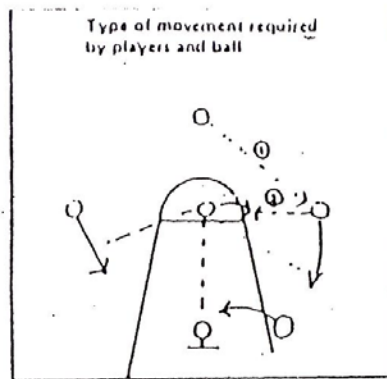
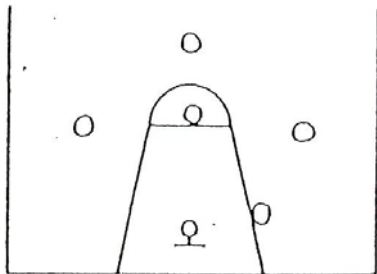


Zone Defence

- Each player must guard players in their area
- Players must be in athletic stance with hands up
- Players must be concerned with guarding key area
- Players must find opponent to block out when ball is shot
- Players should move in direction of every pass

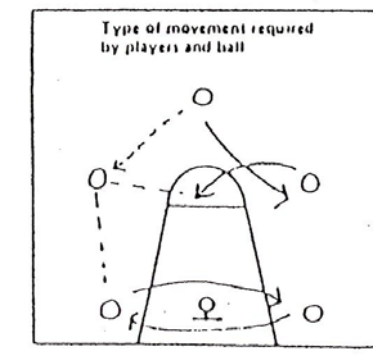
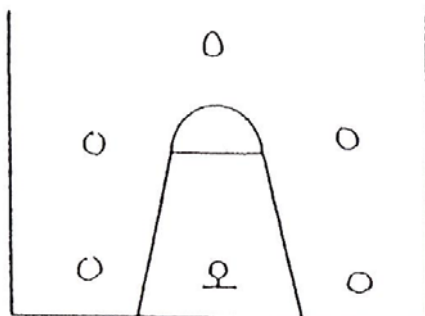
Team Offence

- Keep court balanced (even spacing between players, not crowded around ball)
- Move without the ball
- Do not over dribble
- Players should move the ball as quickly as possible
- Two biggest players should play two inside positions
- Dribble into zone and pass off



Man to man offence alignment

- Move from one area to another
- Look for open players
- Never stand still



HOW TO PLAN A TRAINING SESSION

Preparation - Be prepared, be sure to use all training time to the fullest. Plan each drill and allocate time to be spent on it e.g. dribbling – 10 minutes

Content – Cover all fundamentals, a team that can perform all fundamentals better than other teams will win, be sure to cover all during training sessions. It may not be possible to do everything in every training session but a coach should in his long term plan make sure to cover all the skills as often as possible.

Strategy – Review team offence and defence during training session.

Do not waste time on fitness work, this should be done outside training time.

Encourage players to work on individual skills (i.e. dribbling, ball handling, shooting etc.) on their own outside training sessions. Give them individual programmes to train on their own or with partner.

Introduce 2 on 2 and 3 on 3 ½ court games which players can enjoy outside of training sessions.

Respect the skills and age level of your players.

Be patient and work for long term improvement, it won't happen overnight.

BASKETBALL
should be
FUN

TERMINOLOGY

1. **Backboard** – The rectangular shaped board behind the goal
2. **Baseline** – The endline running under the basket from sideline to sideline
3. **Basket** – The goal
4. **Blocking Out** – The position of a defensive player in such a manner as to prevent the offensive player from going to the basket for a rebound
5. **Drive** – A quick dribble towards the basket in an effort to score
6. **Defence** – The team without possession of the ball
7. **Fake** – A deceptive movement used to trick the defensive player into the wrong position
8. **Follow Through** – Arm and wrist movement after ball is shot
9. **Fast Break** – A situation in which the defensive team gain possession of the ball and moves into scoring position so quickly that its members outnumber the opponents
10. **Jump Ball** – The situation involving joint possession in which the official tosses the ball into the air and two (2) opposing players jump in an effort to tap it toward a team mate
11. **Key Area** – The area defined by the semi-circle and its two (2) lines running to the baseline
12. **Offence** – The team with possession of the ball
13. **Penetrating** – Move made by offensive player by dribbling past the man guarding him in an effort to draw more defensive players to create an open offensive man
14. **Pivot** – Footwork that enables the ball handler to move one foot while keeping the other in the same position of contact on the floor
15. **Rebound** – An attempt to catch a missed shot
16. **Sideline** – The lines running up the side of the court
17. **Substitution** – A player put in the game to replace a player already playing in the game
18. **Score** – A made field goal
19. **Scorebench** – Table where scoresheet and clock are kept
20. **Time-out** – A sixty second period called by the coach when play is stopped

BASKETBALL

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