



TOWNSVILLE BASKETBALL REPRESENTATIVE BASKETBALL

COACHES MANUAL

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COACHES RESPONSIBILITIES

Practice time is teaching time. Coaches have a responsibility to set a high standard at practice and then demand it.

Walk away from practice with at least one facet of your teams/players improved.

Set a good example with your handling of referees, parents and club officials. To a great extent your players will do what you do.

Take every opportunity you can to learn more about coaching and strive to get better. It's what you learn after you know it all that counts. "MAKE IT FUN!"

The most important thing at practice is that players are constantly put under game-like conditions. Demand players to practice like they would play. "PRACTICE MAKES PERMANENT." However your practice is how they will play when put under pressure.

When teaching remember the following principles

- When you hear you forget
- When you see you remember
- When you do you understand

EFFECTIVE COACHING

- Communicate – set team goals, encourage players to work towards those goals. Talk to the players; make sure they understand what you want.
- Encourage/Stay positive - skill errors will happen, differentiate between skill & decision errors. Sometimes it is not what you say but how you say it.
- Be consistent
- Enjoy yourself
- Be involved in the game
- Focus on the game and your players - focus on what you have set out to achieve (what you have been working on in practice to develop your players), not the referees or parents or the scoreboard.
- Expect and demand discipline
- Plan your strategies
- Use time effectively (don't have players standing around listening for long periods time during training, learn to coach on the run)
- Strive for intensity at training and in matches
- Ask questions of other coaches and players to gain their perspective on how your team is executing the fundamentals/playing the game . . .
- Watch other coaches coach
- Above all else, KEEP IT SIMPLE

COACHES CODE of CONDUCT

- Remember that basketball is for enjoyment.
- Be reasonable in your demands.
- Teach understanding and respect for the rules.
- Give all players a reasonable amount of court time.
- Develop respect, as a team, for the ability of opponents - and coaches.
- Instil in your players respect for officials and acceptance of calls.
- Ensure that equipment and facilities meet safety standards
- Be prepared to lose on the scoreboard sometimes
- Act responsibly when players are ill or injured.
- As well as imparting knowledge and skills, promote desirable personal and social behaviours.
- Keep your knowledge current.
- **Be aware of the child protection act.**
- Avoid personal relationships with players.
- Respect the rights, dignity and worth of every person. ~ Always respect the use of facilities and equipment provided.
- Under no circumstances provide illegal drugs, alcohol or tobacco products to players.
- Set the goal to improve and spend time with all players not just your better players.
- The future of Townsville Basketball basketball is the development of a number of players not just one or two.

4 RULES OF BASKETBALL

1. ALWAYS MOVE
2. ALWAYS THROW THE BALL TO YOUR OWN TEAM
3. TAKE ONLY EASY SHOTS
4. NEVER GIVE THE OPPOSITION AN EASY SHOT

SKILL LEVELS

This section deals with the particular skills that need to be taught and emphasized for all age groups within the Club. The individual and team skills developed should be included in weekly practice sessions.

UNDER 12'S

Players who have been involved for several years may be ready to move towards more advanced skills. The coach **must** be careful though, not to get too carried away with trying to implement a team offence that is confusing for the players. Now is the time to introduce some basic principles of offensive play and to provide some more challenges defensively.

These include:

- a. Introducing more advanced dribbling skills like behind the back, between the legs and on-side dribbles.
- b. Continuing to emphasize the development of the weaker hand when dribbling, passing and shooting lay-ups.
- c. Emphasizing offensive fundamentals of spacing (floor balance) and creating a passing lane between the ball and themselves. Major emphasis should still be on development of individual offensive skills.
- d. Man to man defence should still be emphasized - players now are ready to work on defensive triangles mainly though 2 on 2 drills where they only need to be concerned with their player or the player with the ball.
- e. Full Court man to man defence is to be discouraged until players have good understanding of shell drill, help & recovery, rotations.

UNDER 14'S

Players who have come through our Club program should now have a good idea of the most basic fundamentals.

The under 14 player should now be ready to learn some more advanced offensive and defensive techniques. Offensively work can now be done on basic principles of passing game, or motion offence.

These include:

- a. On ball and off ball screens
- b. Cutting
- c. Dribble movement of the ball in 1/2 court offence.

Care should be taken not to get too involved with teaching a complicated offence to these players. Simplicity is very important. Players should not be put in a situation where

they are trying to remember the offence, emphasis should rather be placed on reading the defence and taking advantage of what the defence offers. At the defensive end, work should now be done on "help and recover", defending screens, forward leads and weak side to strong side cuts.

UNDER 16'S

This age group is now ready for more refinement on the work done in the Under 14 group. Passing game skills and team defence are most important and attention should be paid to ensuring skills in these areas are executed correctly.

Post offence and defence should be covered in this age group with all players learning to play with their back to the basket.

Don't forget though, that your 6'5" *male* or 6'0" female may still be a guard when they reach maturity so keep emphasizing the guard skills also.

Players should now have a solid understanding of man to man defence however work should still be done on rotation, V2 court and full court pressure defences.

UNDER 18'S

These players, if they have been through the whole Club system, should now have a solid foundation to accept greater challenges in their play.

Coaches will still need to work with their players on screening, cutting, and keeping spacing, as well as continuing to stress good defensive fundamentals like stance, position, vision and talk.

SEVEN PRINCIPLES OF PASSING

The first objective of running a sound offence is mastering the fundamentals.

In order to accomplish this it is imperative that the following basic principles of passing be observed:

1. The distance between the passer and his defensive man should be small not more than 1 metre and preferably less.

The offensive player must have poise and confidence in his ball handling ability. He must realize that it is practically impossible for the defensive man to take the ball away from him as long as he maintains his poise. The closer the defensive man plays, the less time he has to react to the passer's actions—providing the passer recognizes what the defence is doing. This principle of good passing is violated more than any other.

2. Eliminate all unnecessary movements in ball handling and passing.

Avoid slow winding-up actions. Eliminate stepping with the pass; use quick wrist and finger action on all passes. Cut the action of the pass off, or as short as possible.

3. See your passing lane and your receiver

See your passing lane and your receiver but do not look at him unless your pass is preceded by an effective fake. Do not make blind passes, but avoid turning to face a receiver. This is a telegraphing action. See the intended receiver by the use of split vision. There is a big difference between seeing and looking.

4. Use fakes only for a purpose.

Do not fake just to be faking. Make fakes positive, and for a purpose. The player, who fakes excessively, moving the ball constantly, is unable to determine what the defensive man is doing with his hands. He can not see the "lane" and it is impossible for him to make an accurate pass to his team mates because he has lost his poise. Size up your opponent's hands and pass quickly away from them. The "halo" around a defensive man's head offers a passer a good passing zone.

5. Pass to the open side.

This is a principle that is frequently violated, even by experienced players. This could be the result of the passer's inability to see not only his own defensive man, but the passing lane and the defensive men playing the receiver. It becomes a question of recognition, realizing what the defence is doing, and then doing the opposite. The receiver also has some responsibilities. He must "shape up" in such a manner that he presents a good target. He must keep the defensive man away from the passing lane by maintaining a relative position between the ball and the defence, once the pass is made, and he must play the ball as it comes into reach.

6. Pass the ball

Do not massage the basketball. The ability to make a good quick pass to an open team mate is of utmost importance. Players must learn that a good basketball player can receive a pass from a team mate and make his play (a pass, a shot, a fake and drive, or a pass and cut) within three seconds it takes him to successfully execute the play, the better basketball player he becomes. For every second over three seconds, the poorer one he becomes. The ball has to be moved. Moving the ball keeps the defence occupied,

thereby creating passing lanes and scoring opportunities. Watch any outstanding team play the game, and you will see a team that has learned the importance of this passing principle.

7. Anticipate when you may receive the ball and develop enough basketball intuition to know beforehand the best places to pass the ball.

The outstanding basketball player has this instinct. This *is* why some professional teams are effective even though they appear to have very little definite team pattern. The players are of such outstanding calibre that very little team pattern is needed to create scoring opportunities. The outstanding players are those who have learned to play without the ball, as well as with the ball. They control their defensive men, thereby keeping them occupied and out of the play. The better the player, the less team offensive pattern required to create good scoring opportunities. Unless the players have this ability, *it* is necessary to devise a team offensive pattern which affords the players the means of keeping the defence occupied. -

If the defence does not remain concerned, then the offensive player becomes a definite scoring threat through the medium of the offence.

If these seven basic passing principles are taught and stressed, the offensive pattern has an excellent chance for success - regardless of what used. The ability to execute a successful pass is a pre-requisite to all effective offensive basketball.

Basic passes include the chest pass, bounce pass, overhead pass, sidearm pass, baseball pass, and behind-the-back pass. Practice each type of pass to make these fundamental passes automatic. Players must then learn to apply the correct pass for different court situations. They can practice with a partner or by individually to develop quickness and accuracy in passing. For practicing alone, you need a ball and a flat wall or toss back.

Learning decision making in passing is gained through practicing in competitive group drills and game situations.

TOWNSVILLE BASKETBALL ESSENTIAL SKILL LIST

The skills listed below are the bare minimum, which should be taught by our coaches and mastered by all players before we move on to other skills and team strategies.

This process will set into place a progression of skills acquisition, which will make each successive coach's job easier and will be of most benefit to each player in the program. Our Under 12's coach has the hardest job, with the enormous responsibility of getting it right the first time, laying the building blocks on which others can build.

Body Movement Fundamental

- Stance, Starting & Stopping
- Pivoting
- Side Step V-cuts

Offence

- Shooting
- Ballhandling & Dribbling
- Passing
- Spacing & Cutting

Defense

- Closing Out
- Guarding man with the ball
- Guarding man without the ball
- Blocking out

BODY MOVEMENT FUNDAMENTALS – POINTS OF EMPHASIS

All the skills of basketball are based on good footwork. Whether it is running the floor, starting, stopping, pivoting or sliding. Without good footwork, coaches are wasting their time and cheating the players of essential grounding with which to go on and learn other skills.

Stance, Starting & Stopping

Stance - Used when passing and receiving, defensive position, and triple threat (Pass, shoot or dribble)

- Feet shoulder width or wider, boxer's stance, balance
- Knees and elbows bent
- Back straight
- Head and eyes up

Starting - lead foot first, from triple threat

Stopping-

- Stride stop - North South change, *off* dribble, meeting passes
- Quick stop - Catching ball in the key, stopping dribble in the key

Pivoting

Used when squaring up to basket, protecting the ball, blocking out - Pivoting is a repetition skill. It needs to be done often at an early age to be useful!

Forward pivot

- Stay in stance, with knees bent
- Keep feet apart, stay strong in stance
- Keep head still and hands up, ready for new field of vision

Reverse Pivot

- Stay low and balanced
- Drop step in defence
- Use either foot equally well

Side Step

Used when evading defenders, cutting, and crossover or behind the back dribbles

- Outside foot is the stop & go foot Plant and Push off - same foot
- Squash the bug theory, no banana cuts

V-cuts

Used when creating a lead, making a cut to elude defenders & when using a screen.

- Weight transfer
- One step change of direction
- Balance throughout the cut

OFFENCE POINTS OF EMPHASIS

Any offence that is run by any team will only be as good as the fundamental skills of the individual players in that team. Therefore, 90% of practice time at the younger age levels should be spent on individual skills, and only 10% on team skills. Players need repetition through a variety of drills to get the skills right under pressure.

Shooting

- Feet Square to the basket, balanced
- Ball in the Shooting pocket, in front of shoulder
- Narrow the focus on the target (part of the rim, or backboard)
- Start low, finish high (Push with legs, pull with elbow by snapping wrist)
- Lock the elbow and snap the wrist
- Exaggerate the Arch and Follow through when shooting at training
- Finish Balanced after the shot
- Practice both off the pass, off the dribble

Lay ups, right and left handed

- Correct footwork
- Jump off left foot for RH lay-up, off the right foot for a LH lay-up
- Hand on top on dribble, hand underneath for shot
- Use the backboard
- High jump, not long jump

Ballhandling and Dribbling

Ballhandling & Confidence Drills (attached)

- Ensure intensity and stance throughout
- Eyes off the ball throughout the drill

Dribbling

- Hand on top
- Below the waist, pound the ball
- Outside line of the hips
- Eyes up on the net
- Crossover below the knees, sharp side step
- Behind the back, sharp side step
- Great emphasis on non-dominant hand

Passing & Receiving

Chest passes

- Two hands on the ball
- Catch with feet, eyes and then hands
- Show a target
- Low and balanced stance
- Follow through

Push passes

- Left and Right handed
- Step with the foot on same side as the pass

Spacing & Cutting

- 3 M - 5 M spacing between players
- Simple alignment, simple rules
- Keep spots filled after passer cuts to basket and away
- Exchange/screen on weakside

7 PRINCIPLES OF A SOUND OFFENCE

- 1 Must penetrate the defence
 - Good percent age shots define good shots for each player
 - Stress inside power game. Play for the 3pt power play
 - Break down all defences. Full court presses to double teams
- 2 Basketball is a full court game, end to end play.
 - Skills must be learned at fast break pace.
 - Know the optimum speed and work to increase it.
 - Transition basketball starts on defence.
 - Look to run!!
- 3 It provides proper floor spacing 4 -5 metres, creating an operating room and clearing area on me court. It keeps the defence occupied on and off the ball.
- 4 It provides player and ball movement *with a purpose*. There is only one ball and five players, all things being equal a player is without the ball 80% of the time.
- 5 It provides strong rebounding and good defensive balance on all shots
- 6 It provides the player with the ball an opportunity to pass the ball to any of his team mates. The offence should provide a counter to nib defence
- 7 It utilizes the abilities of the individual players. Must create high % shots for best shooters, rebound opportunities for rebounders, driving opportunities for best drivers, etc. affords the opportunities to play out of a format (alignment) rather than be restricted to a definite set play.

DEFENCE – POINTS OF EMPHASIS

Man to man defence will be taught in a progressive sequence, broken up into On the Ball and Off the Ball defensive skills and strategy. Even at the early ages we need to instil the determination and pride that are the cornerstones of good Man to man team defence.

Closing Out

- Stay low and balanced
- Weight back to help retreat step
- Inside foot up to force offence to outside or baseline Sprint, then short stutter steps to finish

Guarding the Man with the Ball

- Stay between your man and the basket
- Basketball stance
- Approximately arm's length away, will depend on quickness of offence and defence/contain & influence
- Sliding with feet apart. Big - Bigger - Big stance
- Drop step

Guarding the Man without the Ball

- Maintain inside position Flat Triangle
- Point your pistols
- Stay in stance at all times in defence
- Split line/support positions/rotations

Blocking Out

- Find the man when shot is released
- Make contact with forward or reverse pivot
- Get rebound when flight off the rim is determined

PLAYER DEVELOPMENT VS "WIN AT ALL COST"

Townsville Basketball junior coaches will be judged on their ability to **DEVELOP PLAYERS - NOT ON WINNING BASKETBALL GAMES.**

If we develop our players well, winning will be one of the by-products that naturally occur.

All coaches will be given hands on support by the program head coach

TOWNSVILLE BASKETBALL DEFENSIVE PHILOSOPHY

It is our basic philosophy to play team man to man defence. This means five players working together in order to have an effective defence.

Our defence incorporates a number of both man and zone principles.

It takes the right blend of both concepts to establish a truly effective team defence.

STRENGTHS

Adaptability - In this defence we can use whatever degree of pressure and whatever pick up point we desire. We can adjust the pressure and pick up point depending on our team and the opposition

Responsibility - Each player should have a clear understanding of his or her proper defensive position at all times. The position is dependant on the position of the ball.
Defensive pride and attitude - We have the opportunity to develop great personal and team pride with this defensive concept. Set personal and team defensive goals, which the team can help each other obtain. This philosophy can generate a lot of easy points for our offence.

COMPONENTS

Conditioning - Defence is a continuous process and to play it aggressively we must be in outstanding condition. Make it a point to never rest on defence.

Courage - We must never be afraid to take a charge or dive for a loose ball. We must take the initiative and never be afraid of making mistakes. We must understand that a positive result will occur from our efforts.

Intelligence - The ability to think on defence is essential. We must commit to understanding the defence and be able to carry it out under game conditions. Concentration is a must, and you have to learn to develop this side of your defence.

Habits - Sound defensive fundamentals can only be developed through constant repetition. Demand players are in the correct stance. Practice individual and team defence at every practice.

Attitude - Develop a positive attitude towards defence and you will enjoy the process a lot more. We must aim to make the opponents do what we want them to do.

BASIC PRINCIPLES

Vision - SEE THE BALL AT ALL TIMES! While we attempt to see our man and the ball, vision of the ball is of utmost importance, especially on the help side.

Move as the ball moves - Every time the ball moves, each player must move. This helps make gradual movements rather than large movements. Constant movement helps you be in proper defensive position at all times.

Communication - Talking on defence is the glue that brings any team defence together. This is an area that all players should totally commit to improving. There is no such as a quiet defensive player. Develop certain defensive talk to give to players for different situations e.g. call ball when first picking up the ball. The use of the same language will help facilitate and expedite the learning process.

Aggressiveness - Defence must be played aggressively. However, aggression does not mean to foul. Excellent defensive teams show great discipline in being able to pressure without constantly putting the opposition on the foul line.

Force Baseline/Sideline - We must dictate to our opponents where we want the ball to go. By forcing the ball to the sideline/baseline we get the additional help of these two lines as extra players. By getting the ball locked up in the corners we put the opposition in poor position to run their offence.

Deny Ball Reversal - One of the best offensive principles is that of ball reversal. The more a team reverses the ball the more the defence has to make adjustments. The more adjustments you have to make the more likely a mistake or breakdown will occur. By denying the ball reversal we can take the normal flow out of an opposition's offence, thus dictating where the ball is likely to go.

Man to man defence creates a better environment for the player to learn the basic fundamentals of the game. If each Mustang player takes pride in his/her defence, this will make them a valuable member of the team regardless of their offensive output.

GENERAL DEFENSIVE PHILOSOPHY

Stance and Floor Position

Coaches are to place major emphasis on the player's stance and floor position.

Ball and Man Vision

The emphasis of the defender is on the BALL! Whilst vision on man and ball should always be emphasised, players are not expected to see both man and ball all the time. The rule of thumb should be 70% ball and 30% man.

Closed to Open Stance

When defending a backdoor cut the players remain in a closed stance until:-

1. The player they are guarding crosses the line between the ball and the basket, (or)
2. When an attempt is made by the player with the ball to throw a backdoor pass, (or)
3. When a backdoor attempt is made and the cutter gets closer to the line between the ball and the basket.

In all of these situations the defender should open to the ball.

Hedging and Help Responsibilities

Players one pass away from the ball are not responsible for stopping dribble penetration.

These players can hedge (fake the help) but must not over commit to allow the pass to their man for the jump shot. Help comes from players two passes or more away (refer to rotation).

Read the Player with the Ball.

A major emphasis should be on "reading" the player with the ball and anticipating where the pass or dribble is likely to go.

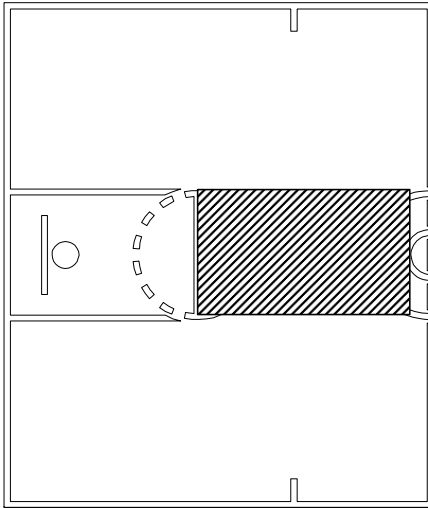
TERMINOLOGY

| | |
|-------------------------|--|
| Close Out | The movement a player makes when moving out to guard a player who has just received the ball. |
| Open to the Ball | The reverse pivot action the player makes when going from a denial position to an open, stance. |
| Dig | Position of the inside hand when in a stance. |
| Stance | The standard defensive stance feet wide, knees bent, nose behind the toes and hands ready to play. |
| Trace | The movement of the ball side hand when in a stance. |
| Split Line | The imaginary line running down the middle of the court from basket to basket. |
| Lane Line | The imaginary lines running parallel to the sideline from the end of the foul line to the baseline. |
| Passing Lane | The imaginary line between the player with the ball and a potential receiver. |
| Driving Lane | The imaginary line between an offensive player with a live dribble and the basket. |
| Jump to the Ball | The movement a player makes to establish ball side position when their opponent passes the ball. |
| Reading the Ball | Anticipating what the player with the ball is likely to do. |
| Show Numbers | When guarding a screener, the hedging movement a player makes when forcing the dribbler wide. |
| Hedge | Fake help from one pass away from the ball. |
| Full Front | When defending a post player on the block, the defender stands with their back to the offensive player facing the ball. |
| Pointing Pistols | The hand position of a player two passes or more from the ball when in an open stance. |

VERBAL CALLS

| | |
|-------------------|---|
| Ball | When a defender's opponent receives the ball to alert team mates that the defender has taken responsibility for guarding the player in possession. |
| Help left | When guarding a player immediately to the left of the defender guarding the ball. |
| Help right | Same as above but to the right. |
| Split line | Help side defenders when they get to the split line on ball movement. |
| Dead | Defender guarding the ball when the offensive player picks up the ball to alert team mates that pressure is being applied to the player in possession. |
| Screen | Screener's defender to alert team mates that a screen is about to be set on them. |
| Help | Defender on the ball who has been beaten and needs a team mate to assist. |

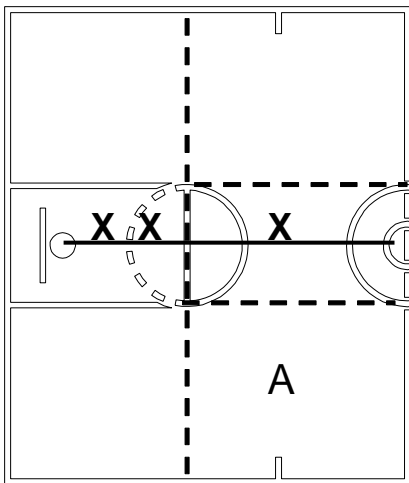
FLOOR POSITION



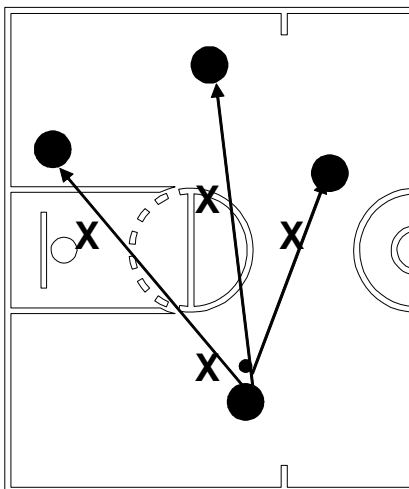
A vital element in our defensive method is to keep the ball out of the middle of the floor (the lane).

This enables the defence to clearly establish a ball side and help side of the court.

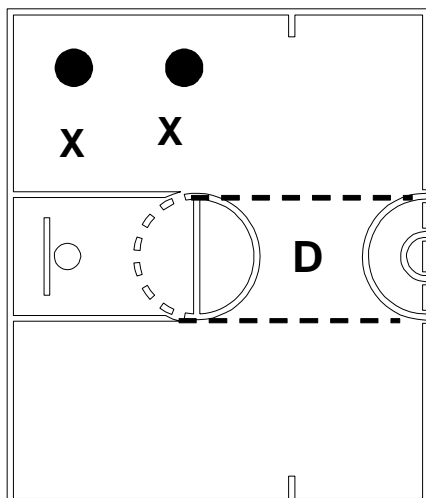
Help Side Defender!



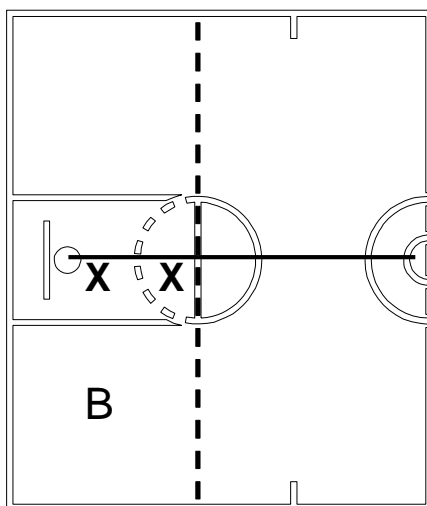
When the ball is in position 'A', help side defenders must be in an open stance with the foot closest to the ball on the split line.



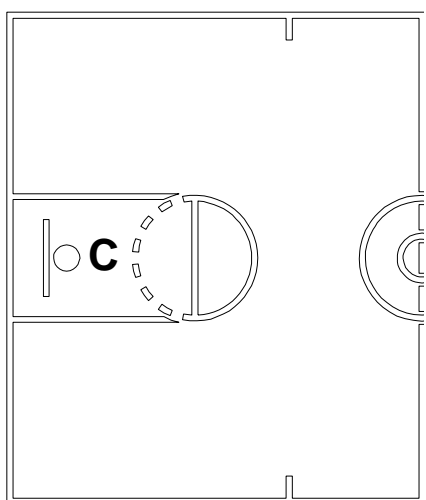
The defenders should not be more than one step off the line between the ball and their man (the passing lane).



If the ball enters position 'D', defenders off the ball should adjust their position to straddle the lane line with their feet.



When the ball is in position 'B', help side defenders should be in an open stance with the foot furthest from the ball on the split line.



Players defending in position 'C' must use post defence principles.

ON BALL DEFENCE –

DEVELOPING A FULL COURT PRESSURE DEFENSIVE SYSTEM

It should be the aim of all teams to be disruptive and bothersome on defense. Effective defense is not about stealing the ball or blocking the shot. Effective defense is about confusing the opposition and forcing them to play out of their comfort zone. The better you can do this the more likely you are to make the opposition make errors without playing a low percentage gambling defense. This will give your team the best opportunity at creating easy baskets in offensive transition.

6 KEY AREAS TO PRESSURE DEFENCE

1. **Ball pressure** is imperative. All players need to have the ability to apply great ball pressure so the offensive player can not be able to see the open player. We do not want to steal the ball, rather, we want to get a deflection of the ball as it is passed or force an errant pass which can then be intercepted by the rotating defence.
2. **Closing out** in good stance is essential. All players have to be able to close out with good balance so the opposition can not easily split a trap or dribble past them. This is necessary to prevent possible transition baskets.
3. **Containment** of middle penetration. All players must be always in a good stance to allow the defense to move laterally and funnel the ball away from the middle towards the sideline. We have to slow the ball down, to allow the other defensive players to sprint back behind the ball.
4. **Rotation** from traps or if defenders are beaten. After the ball has left a trapped area or beats a defender all players **must** sprint back and adjust to the appropriate situation – they must sprint back behind the “line of the ball.” Our **rotation rule from the trap** was that the defender who “sees” the pass go out of the trap will leave the trap. Therefore, the defender who has his back to the ball (ball passed over their head) will stay and deny the offensive player.
5. **1/3 – 2/3** positioning on the court is essential to having good pressure at all times on the ball and on the opposition. What does this mean? It means that a defender who is not guarding the ball must be 1/3 from their man and 2/3 from the ball. This allows players to be in a proactive position ready to help a beaten team mate, rotate to a deflected/loose ball, or react to a trap situation. It also helps to stop the offence from being an easy release pass if we get a dead ball situation.
6. **Conditioning** – Last but not least players need to be in peak physical condition. Thus you must drill defense in your training and demand it is done correctly and with effort.

DEVELOPING DEFENSIVE FOOTWORK

1. **Stance** – To play effective defence players must develop the ability to sustain an appropriate stance at all times. One of the biggest killers in basketball are players coming out of the stance. Strength must be developed in the legs, buttocks, and core to allow players to take a powerful stance to play pressure defense.\
2. **Spacing** – This is important to allow players apply pressure without fouling or being beaten off the dribble. It is important that a defensive player plays close enough to be disruptive and put doubt in the offence's mind but not too close to where they foul or are beaten off the dribble. A defensive player also does not want to stand off too far allowing the offence to feel comfortable and not under pressure. The position of the ball will dictate the spacing needed when defending a live ball (a player who has not used their dribble yet)
3. **Footwork** – Players need to work hard to develop effective defensive footwork to help defend the ball and to also allow them to react quickly to an offensive movement. Players must develop the footwork to defend drive fakes and shot fakes
4. **Swing Step** – Players need to develop the swing step to help defend a change of direction.
5. **Slide/Run/Slide** – If a player is beaten off the dribble they must turn and run to catch up. Once they have caught up they must be able to enter a defensive stance to again defend the dribble. This is commonly used on the full court.
6. **Defending the dead ball** – Once a player has used their dribble we must now put appropriate pressure on the ball. We do not try to steal the ball but force a deflection or force an errant pass.

DEVELOPING DEFENSIVE FOOTWORK SEQUENCE

1. **Developing the base/Stance (Functional Strength)**
 - Defensive Squats – Take a wide defensive stance. Squat down keeping your back straight and head inside of the knees until your thighs are parallel to the floor. Stand up again. Repeat. Do 3 sets of 20 – 30 seconds in duration
 - Defensive Static Hold – Take the above stance. Bend your knees until thighs are parallel to the floor. Hold this position. Do 3 sets of 30 – 45 seconds in duration
 - Walking Lunges – With a ball held above your head with arms extended take a big step forward. Bend at the knee until thigh is parallel to the ground. Make sure your knee stays behind your toes on the front leg. Step forward and drive the knee of the back foot to chest. Now lunge forward with raised leg and repeat. Do this walking up the court. Do 3 sets of 4 – 6 each leg
 - Drive Lunges – Starting in a triple threat position with the ball on a hip. Lunge forward as above taking the ball into a drive position. Step back into a triple threat position adding a shot fake all in one motion. Now lunge forward with the other leg and repeat. Do 3 sets of 4 – 6 each leg

- Lateral Hops – Start in a heel toe stance, one hand in front as though you are defending the dribble and other hand up in the passing lane. Concentrate on drive step (push the floor away with trail leg). Move laterally not vertically. With the arm that is guarding the dribble pull it through to the side to create momentum as your push with your trail foot (drive foot) to move laterally. At the same time your push with your trail leg you lift your lead leg and step side-ways. Both lead leg and drive foot should land back on the ground at the same time and distance apart. Emphasize quickness and hand position
- Ice Skaters – Emphasize arm action. Increase the speed when comfortable with the technique. Do this traveling forward and backwards

2. Improving Footwork

- Lead Steps – Drive steps
 1. Lead Steps – point the toe of the lead foot in the direction you are going. Use a heel toe action to stimulate movement of the lead foot
 2. Drive Step – Push hard off the back foot (trail leg). This step should be the same distance as the lead step and the foot should hit floor as close to the same time as the lead foot.
 3. Extend and pull with your lead shoulder & arm (same arm as direction you are moving) to add to the momentum.
- Swing Steps
 1. Stay in the heel-toe stance, shoulders square and head inside the knees
 2. Pull with your lead shoulder to swing your lead foot back to a heel-toe position so that you have changed your lead leg
 3. Make sure you have loose arms and hands – NO TENSION
 4. Your trail hand will drop to a knee high position to defend the ball and your lead arm will be in the passing lane
- Swing Step – One Slide
 1. On completing the swing step you go to lead step – drive step
 2. Emphasize quick feet
 3. Stay in Heel-toe stance – Square shoulders
 4. Pull with lead arm and shoulder
 5. Advance to Swing step – two slides

3. Defending the Live Ball

- Ready Stance
 1. Heel-toe stance with wide base and weight on your insteps

2. Nose in chest (nose the height of opponents chest) – Head inside the knees
 3. Split the drive foot (foot the offence will step to drive with)
 4. Straight arm gap between the defender and the middle of the ball
 5. Trace the ball with the arm corresponding to the lead foot
 6. Triple threat position maintaining an arms length between defender and the ball
 7. Ball below the waist – “He’s a driver” – retreat step
 8. Ball Above the Head – “He’s a passer” – advance step with lead arm tracing the ball and other arm in an arm bar position to prevent a quick lowering of the ball
- Ready Stance – Retreat Step
 1. To execute a retreat step the defense hops back approximately 25-20cm
 2. As the offence drive fakes or jab steps the defense splits the drive leg of the offence and executes a retreat step
 3. Trace the ball with the lead hand
 - Ready Stance – Point Stance – Defend one hard dribble
 1. Swing step to the point stance against high foot (lead foot) attack
 2. Drive step to the point stance against a strong side attack/drive
 3. DO NOT make contact with the dribbler with your hand or forearm
 4. See section 4 defending the dribble for point stance explanation
 - Ready Stance – Point Stance – Stick – Jump to the Ball
 1. Swing step or drive step to the point stance and maintain this position
 2. When the dribbler kills his dribble (touches the ball with his free hand). The defender traces the ball with two hands keeping a space of around 7-10cm between his thumbs
 3. The defender must split the free leg of the offence and must not let the offence step through to make a pass
 4. Once the ball is passed the defender jumps to the ball
 - Defend the Pull Up Jump Shot
 1. As the dribbler leaves his feet, the defender leaves his feet continuing to trace the ball with the trail hand
 2. Extend as high as you can jump – arm extended. Make the offence shoot over your extended arm DO NOT follow through towards the ball
 3. Land and hop back away from the shooter

4. As the offence attempts to rebound – stop them with an forearm in the chest – spin and block out with your hands above the shoulders
5. Get the ball

4. Containing the Dribble

- Point Stance (PS)
 1. Take a heal-toe stance
 2. Your trail shoulder slightly ahead of dribbles lead shoulder
 3. Lead hand in the passing lane – Bent arm to facilitate pulling action and quick hands
 4. Trail hand knee high – just touching dribbles lead leg to prevent cross over dribble
 5. Shoulders and arms are loose to facilitate quick hands – NO STIFFNESS
- PS – Stop the Crossover Dribble
 1. As above
 2. As offence attempts to cross the ball over use your trail hand to disrupt the ball handler
- PS – Pick the Exposed Ball
 1. If the offence exposes the ball then take the ball with a flick of the trail hand.
 2. DO NOT lunge at the ball
 3. Let the dribbler give you the ball
 4. Never try to take the ball with your lead hand
- PS – Defend the Hesitation Dribble
 1. As dribbler stops sharply the defense must stop sharply and maintain their PS
 2. Do not over run the ball
 3. Be ready for a drive step
- Retreat Step – Swing Step
 1. When the ball gets behind the dribblers body, the defender must hop back with a retreat step
 2. Be ready to swing step if the dribbler changes direction with a spin or a behind the back dribble
- Retreat Step – Drive Step
 1. As above only be ready for the drive step if the ball handler fakes a change of direction and comes back in the same direction
- Retreat Step – Swing Step in one motion

1. When it is apparent that the dribbler is quickly going behind his back or spin dribbling, hop backwards and laterally at the same time to be in a proper point stance.
2. This will help you defend the spin dribble, behind the back dribble and the between the legs dribble
3. It is important to maintain good spacing i.e. an extended arms gap
- Defending the Pull Back Dribble
 1. As the dribbler pops back to create space, be alert for an attack as you approach
 2. Advance Step towards the offence – This is a short quick hop forward, ready to swing step or drive step
 3. Ease onto the point stance
- Defending the Back In Dribble
 1. When a dribbler turns his back and tries to back you down
 2. Put a forearm on the hip of the ball handler
 3. Keep a wide stance and give ground away grudgingly
 4. Keep you feet away from the ball handler's feet maintaining good spacing
 5. Do not step forward towards the dribbler i.e. trying to move him out
 6. Remember if the ball handler faces up you must drop your forearm and you cannot push back against the ball handler. You must hold your ground.
- Defending the Zig Zag dribble
 1. Use retreat step and swing step techniques
 2. Start slowly and increase speed with increase of confidence and ability
 3. DO NOT compromise technique

5. Denying the Catch

- Denial – Ready – Point Stance
 1. To deny the catch start with your back to the ball, ear to chest, arm extended with thumb pointed to the ground
 2. Keep your head between the offences head and the basket. Deny the ball to where the NBA three point line would be (Approximately two steps from FIBA three point line)
 3. If you are beat back door – either open up to the ball or stay in a closed stance and head snap as you explode to recover
 4. Jump to the ready stance on the flight of the ball to your man
 5. Swing or drive step to point stance on the first dribble

6. Maintain your point stance and spacing
 - Denial – Ready Stance – Point Stance – Stick – Jump to the Ball
 1. As above
 2. Stick the killed dribble as earlier stated
 3. Jump to the ball
 - Short Close Out
 1. Anticipate the pass to your pistols stance
 2. Chest to your man if a passer i.e. the offence has the ball above their head in a passing position
 3. Cheat to the ball if offence has the ball below their waist in a driving position
 4. Cheat step with your lead foot, take two steps towards your man with your weight back. Take short choppy steps as you approach your man with the weight on the insteps of your feet
 5. Split the drive leg (free leg of the offence)
 6. Touch the ball if presented in front of the receiver with your extended arm in the shot pocket (area around the chest of the receiver)

OFF BALL DEFENCE

One Pass Away

When defending a player one pass away from the ball, the defender should be in a closed denial stance (back partly to the ball), low and wide (ear to chest). The defender's aim should be to maintain the elbow of the denial arm in the passing lane.

Two or More Passes Away

When defending a player two or more passes from the ball, the defender should be in a low wide stance, and not more than one step off the passing lane. Their position on the floor will depend on the position of the ball (refer to "Floor Position").

This defender should be in an open stance 'pointing their pistols' - one hand towards the ball and the other hand towards their man.

Defending the Cutter

When defending a cutter, the defender must remain between his man and the ball, with his stance dependent on the position of the ball and his man.

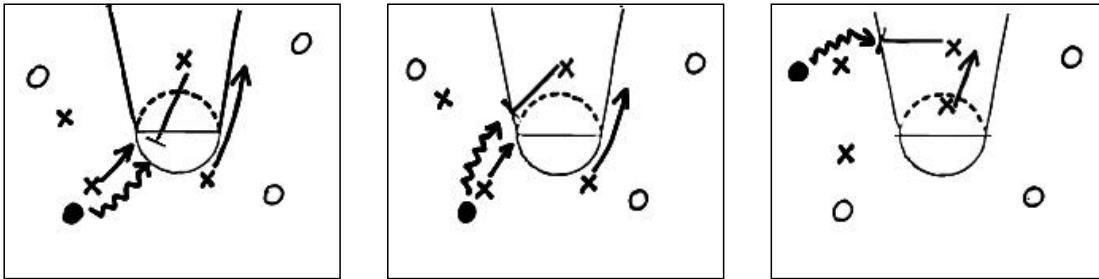
When defending a flash cut, the defender should 'meet' the cutter at the split line and endeavour to force him high (away from the basket) whilst remaining ball side.

DEFENSIVE ROTATION

Players on defence one pass away from the ball are not responsible for preventing dribble penetration.

This is the primary responsibility of the 'on ball' defender, however, if dribble penetration does occur, it becomes the responsibility of the helpside defender furthest from the ball to provide help.

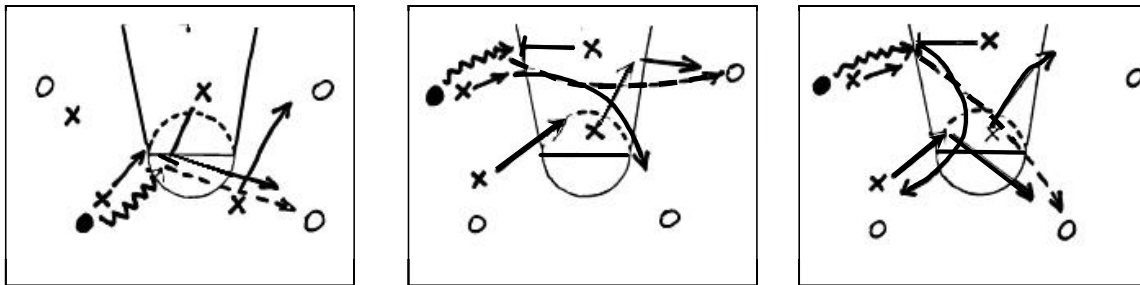
Dribble Penetration Rotations



. When this occurs players should rotate as illustrated, and may be required to hustle to the next receiver on a closest to the ball basis.

Communication "BALL" and hustle are the primary elements of successful rotations.

Rotations on a Pass after Dribble Penetration



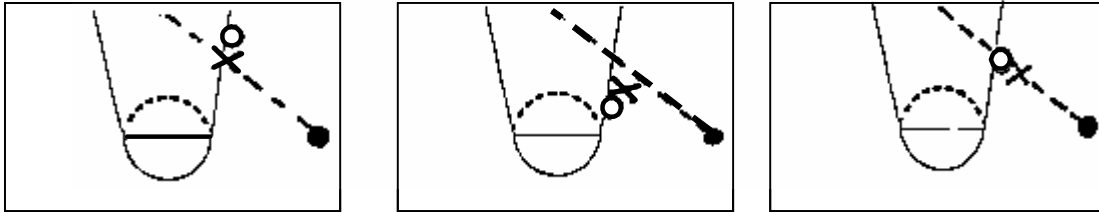
Preventing dribble penetration initially results in two players guarding the ball. Should a pass be made successfully by the dribbler the defence reacts as illustrated with defenders off the ball hustling to pressure the receiver on a closest to the ball basis.

Of the two defenders guarding the ball prior to the pass being made, the defender who can see the ball immediately the pass is made goes after the ball and continues until he finds the next unguarded opponent.

POST DEFENCE

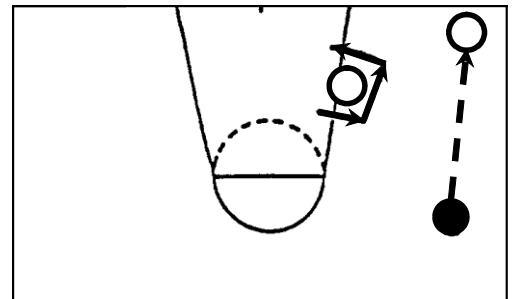
Floor Position

The general rule of our post defence is to always be closer to the line between the ball and the basket than the post player. When the post player is on the line we must get into the full front position.



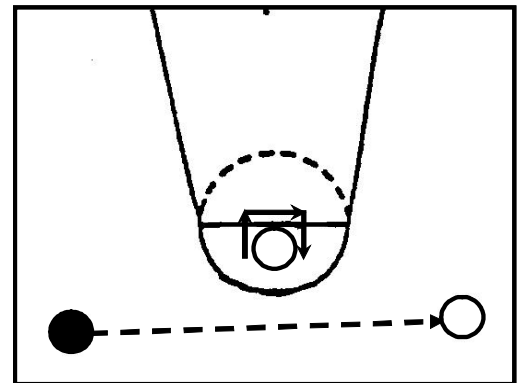
Low and Mid-Post Defence

When defending in the mid or low post areas, the defender is always to half front in a denial stance when the ball is above the foul line extended. As the ball is passed to the wing, the defender is to step through and full front. Should the ball go back to the top, the defender is to step through and regain their half front denial stance.



High Post Defense

In defending a post man on the foul line, when the ball is on the side, the defender should establish a half front denial stance. As the ball is reversed from one side to the other, the defender should move behind the post man. Moving in front of the post man high opens up the probability of a lob pass being successful, with the likelihood that help will not be available from behind.



DEFENDING SCREENS

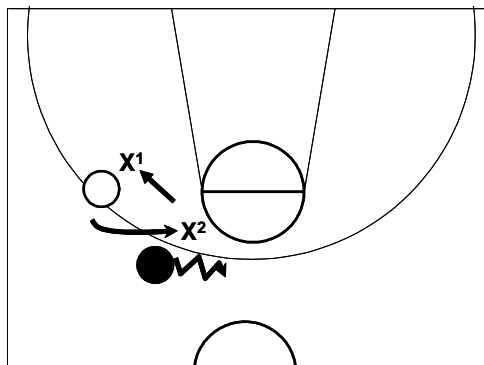
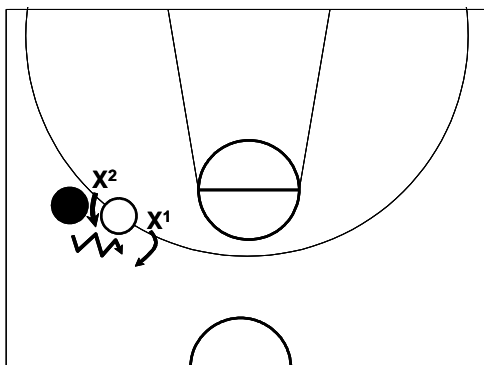
Screens on the Ball

Defending the Ball

The player defending the ball should assume the normal defensive stance and floor position, pushing the ball towards the corner. If the offensive player goes over the screen, the defender should fight over the top of the screen.

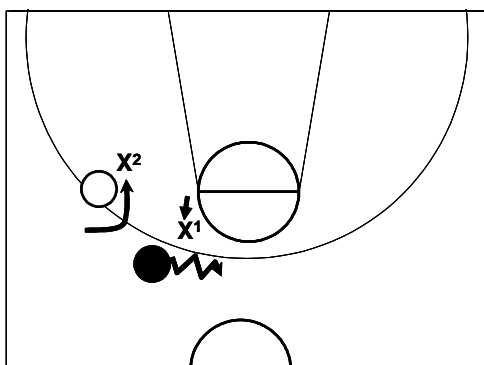
Defending the Screener

The player defending the screener must 'talk' the screen as it is being set. As the dribbler goes over the screen, the defender steps out and 'shows his numbers' (hedge out to force the dribbler wider) creating space for the on ball defender to get through. As the screener adjusts his position after the dribbler has gone, the screener's defender must retain a position between his man and the ball (force the lob pass attempt).



Switching

Switching on screens on the ball should only occur in a desperate situation.



The Down Screen

The Screener

The player defending the screener must be in the normal off ball defensive stance and position. If that is the case, when the screen is set they must:

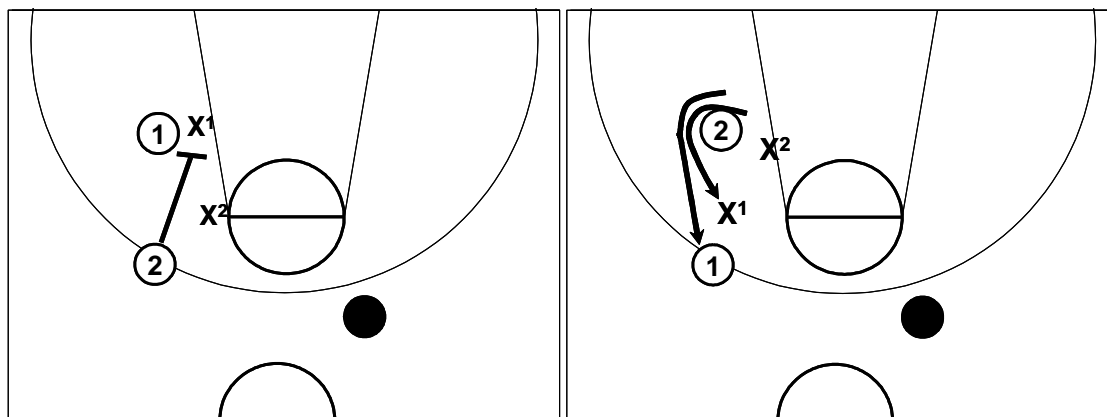
1. Open their stance (and)
2. Talk the screen to the defender guarding the cutter

Only switch in desperate situations.

The Cutter

The player defending the cutter must be in the normal defensive stance and position in relation to the ball. Provided this is the case, the defender guarding the cutter should be in a position to come under the screen as their opponent cuts.

If the cutter gets caught on the screen however, the defender should follow in the ~ footsteps of the cutter then close out once they receive the ball.



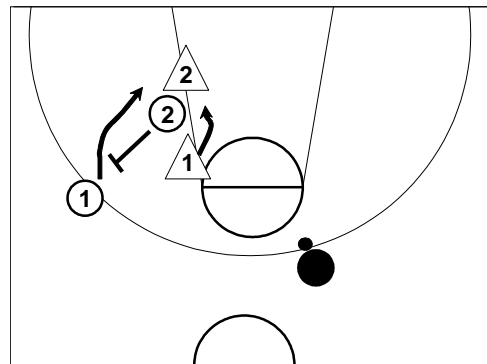
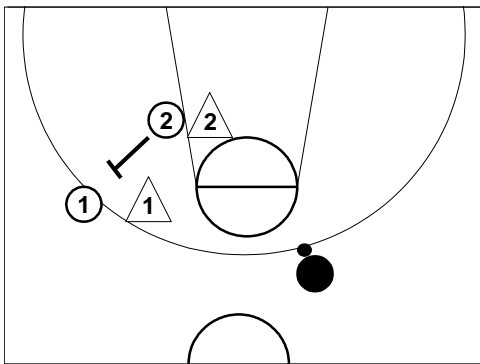
The Back Screen

The Screener

The player defending the screener should be in the normal defensive stance and position. When the screen is set they must talk the screen and 'show their numbers' to force the cutter off course until the player guarding the cutter can catch up. They must then quickly recover the correct position on their own player.

The Cutter

The player guarding the cutter must always go ball side of the screen in a closed stance. If the cutter also comes to the ballside, then normal rules apply. If the cutter goes opposite the ball then the defender on the screener will hold up the cutter by 'showing their numbers' until the cutter's defender can rotate back onto him.



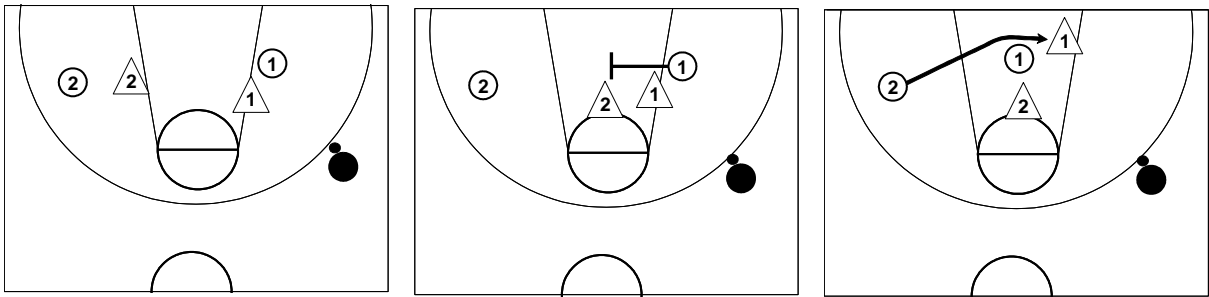
The Cross Screen

The Screener

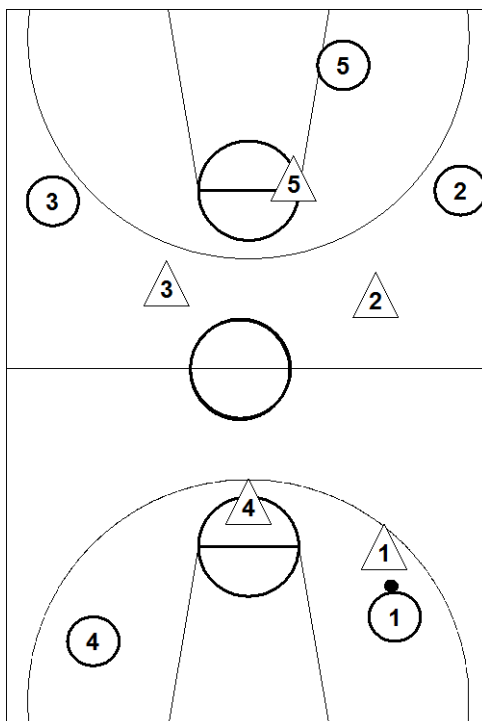
The defender guarding the screener should be in a normal defensive stance and position. When the screen is set they must talk the screen. If the cutter goes baseline side of the screen, they must 'switch' onto the cutter. If the cutter goes high side of the screen they must help then rotate quickly back to their man.

The Cutter

The player guarding the cutter should be in a normal defensive position and stance. When the screen is set they must immediately go to the high side of the screen. If the cutter goes high, normal post defence and position applies. If the cutter goes baseline side they must call 'switch' and immediately switch onto the screener.



MAN TO MAN DEFENCE - 1/3 - 2/3

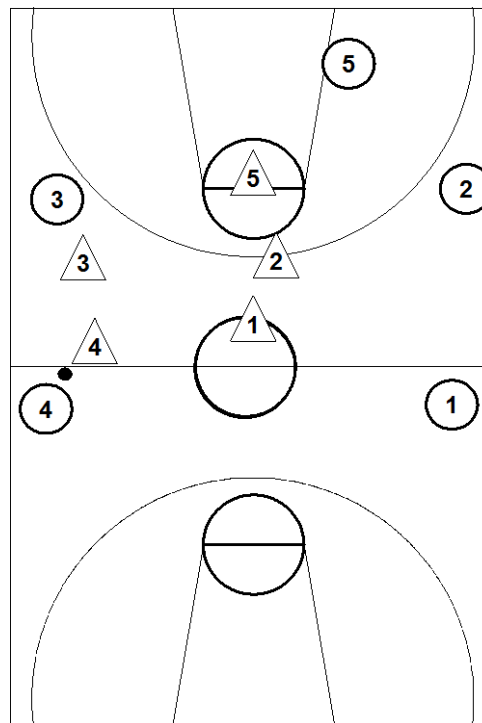
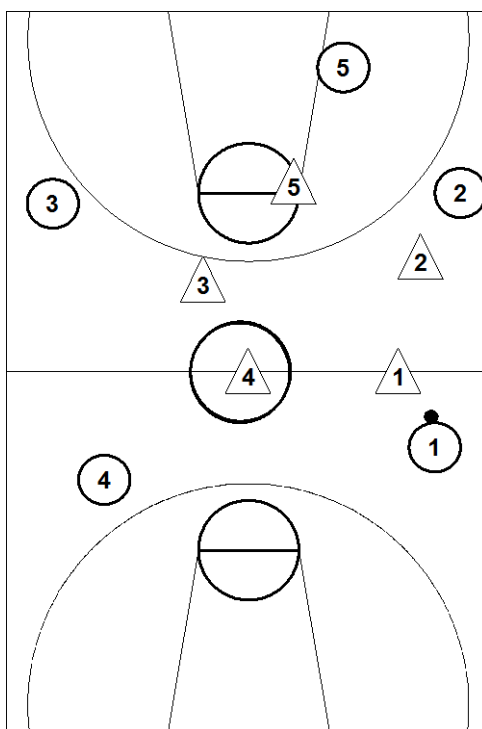


Our man to man defence is called 1/3 - 2/3.

No matter where the ball is on the court, you are always approximately 1/3 from your man and 2/3 from the ball. We must always have effective pressure on the ball. Note that if your man is behind the ball you must drop to the line of the ball as 4 has in the first diagram.

This position allows you to be more proactive on defence. You are in a much better position to help, react to cuts, react to possible traps, and react to player movement and ball movement.

In these diagrams the triangles represent the defence.



DEFENSIVE TRANSITION

Player positions and responsibilities

1 Man - "Outlet or Dogger"

On a shot this player gets to the free throw line area. This allows our offensive rebounders to hit the ball to this area if they are unable to successfully rebound the ball cleanly. This also allows the outlet player to be in the best position to pick up the ball on the first outlet pass and immediately apply pressure and channel the ball down one side of the floor. They must keep the ball out of the middle of the floor.

2 Man - "Safety"

On a shot this player must get to at least the centre circle. Their initial job is to make sure that no opposing player gets behind them and can receive a pass to create an uncontested lay-up. The safety must prevent the lay-up first and foremost. The safety does not release from the basket protection until a big is there to cover the basket.

3 Man - "Runner"

On a shot the 3 man must get to the offensive boards. Once the opposition obtains possession of the ball the runner must sprint back and pick up the perimeter player who is most threatening. If possible they are to sprint down the ball side to help stop the pass down the side line or side line break.

4 Man - "Plugger"

On a shot the 4 man must get to the offensive boards. Once the opposition obtains possession of the ball the plugger must pressure the rebounder to stymie the outlet pass. Once ball is outlet, then the plugger drops to the line of the ball and helps to contain the penetration of the guard, particularly to the middle. Therefore they plug up the holes.

5 Man - "Basket"

On a shot the 5 man must get to the offensive boards. Once the opposition obtains possession of the ball the basket must get back to the paint at the other end to release the safety out to the perimeter. The Basket's job is to help intimidate the drive and defend any early post ups.

**"ONCE YOU ARE ON DEFENCE YOU MUST PICK UP
MOST DANGEROUS TO LEAST DANGEROUS"**

What is the order of priority?

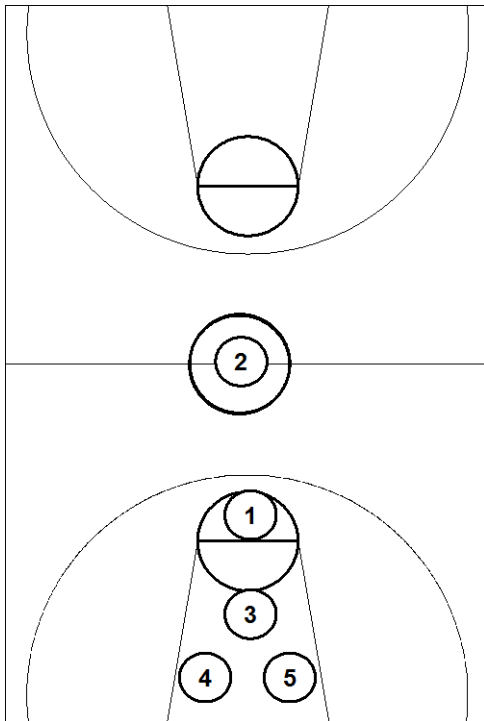
1. Pressure the rebounder - Plugger
2. Pick up the initial lane runner - Safety
3. Pick up the first receiver - Outlet/Dogger
4. Defend sideline pass and second lane runner - Runner
5. Defend early post up - Basket
6. Defend dribble penetration - Outlet/Dogger and Plugger

Sequence of defensive transition

1. Form a triangle on the boards
2. Safety and outlet positions covered
3. Outlet pass - Dribble or pass advancement
4. Basket and runner sprint back - Runner to ball side passing lane if possible and basket to paint to release safety.
5. Plugger drops to just below line of the ball to help stymie the dribble
6. Matched up ready to defend ½ court offence

Dangers facing your Defensive Transition

1. Outlet pass to lane runner
2. Quick outlet and a penetrating pass to the lane runner
3. Quick outlet and dribble penetration with no pressure so an easy decision can be made
4. Power dribble by rebounder and a penetrating pass
5. Sideline pass to create a 2 on 1
6. Middle penetration to create a 3 on 2
7. Deep catch by big running the split line
8. Deep catch and dribble penetration
9. Early post up on point of ring
10. Ball reversal and second movement
11. Continuity, set or motion offence

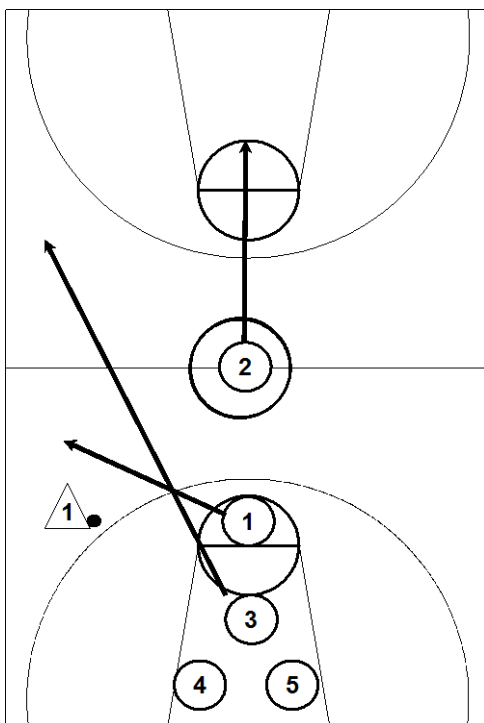


In these diagram's the circle (③) represent the team in transition.

- First and foremost transition defence starts with offensive rebounding. The first thing we have to get is a triangle on the boards with our 3, 4, and 5.

- The 1 must get to the outlet position at the free throw line. This allows him to be in a position to retrieve the long rebound and to put pressure on the outlet receiver.

- Also if our rebounders cannot grab the ball they can confidently hit the ball to the free throw line area knowing we have a player in this position

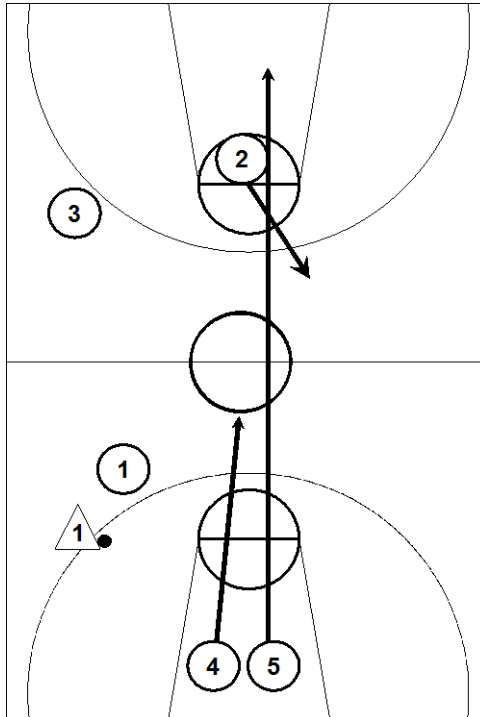


- The 2 must get to the centre circle as the safety. It is his responsibility to pick up the first lane runner

- The 1 must get to the outlet pass and pressure the ball. In this instance the opposition 1 man is the receiver. So the 1 must put pressure on the ball and stop the next pass up the floor. However they must also contain the dribble and not allow easy penetration. They are to channel the ball down the side.

- The safety (2) must cover the basket and not allow any pass over his head or any opposition player to run behind him.

- The 3 attempts to get back into the sideline passing lane and disrupt the sideline break. If the 3 sees the 2 take the ball side lane then he would cover the basket until the five recovers and then pick second lane runner

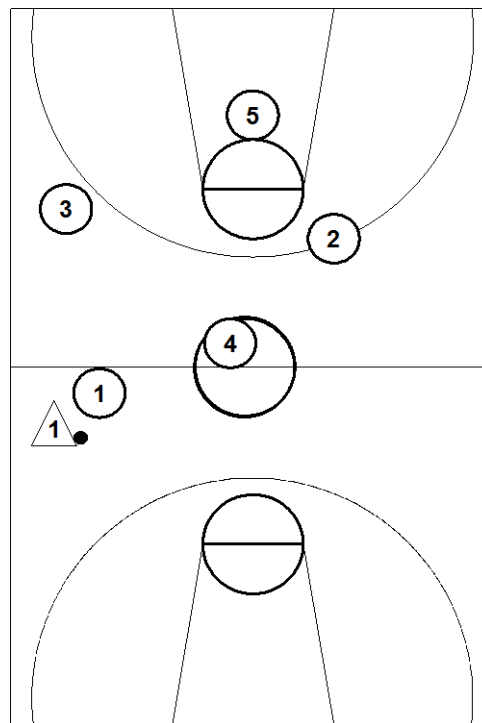


- The 5 must get back to cover the basket and release the 2 to the perimeter. It is important that 5 get back as quickly as he can so the 2 can get out. The 5 picks up whoever posts up.
- The 2 releases to the perimeter and picks up the next lane runner.
- The 4 must drop to below the line of the ball and help plug any penetration from the ball handler. The 4 then picks up the trail.

We now have all areas covered as advanced up the floor.

Some things to consider are:

- 1 and 2 are interchangeable.
- The 4 and 5 are interchangeable.
- The 2 and 3 can be interchangeable.
- You must pressure the ball and dribble as this will allow us to If a penetrating pass is made not allow us to recover.
- All in all you must pick up "most dangerous to least dangerous." means you must pick up in this and therefore you may not end your assigned player.
- The object is to take away the opposition's easy transition
- If a mismatch is created then take the first opportunity to switch back.



the ball is

force the catch up. then it will

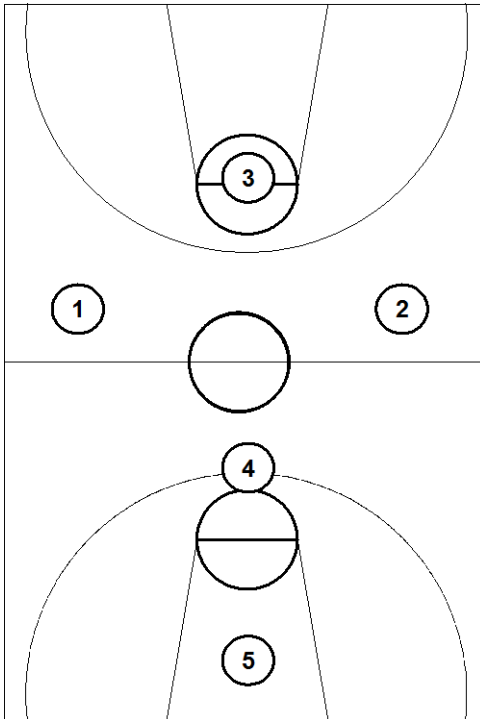
This sequence up with

points.

As John Wooden said "Mismatches don't beat you open shots do!!"

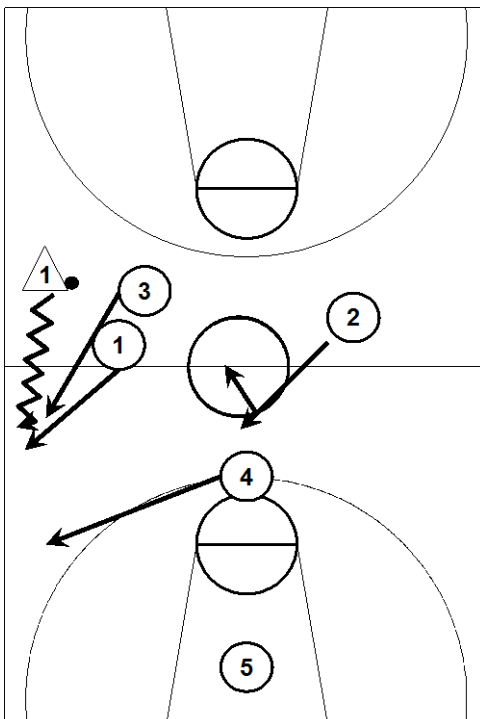
DIAMOND TRAP

The Diamond trap is a great way to either speed the game up or slow the game down. We can effectively use it at any position on the court. The point of the diamond can determine exactly how high up we want to start. Everybody else just falls in behind the point with appropriate spacing.

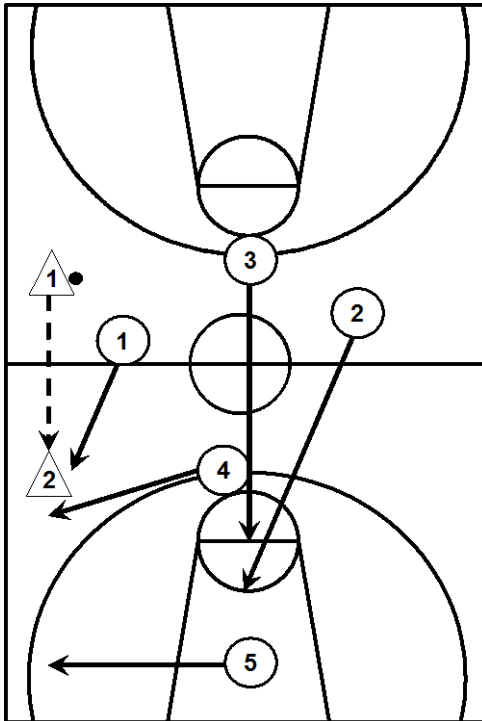


Basic Set Up

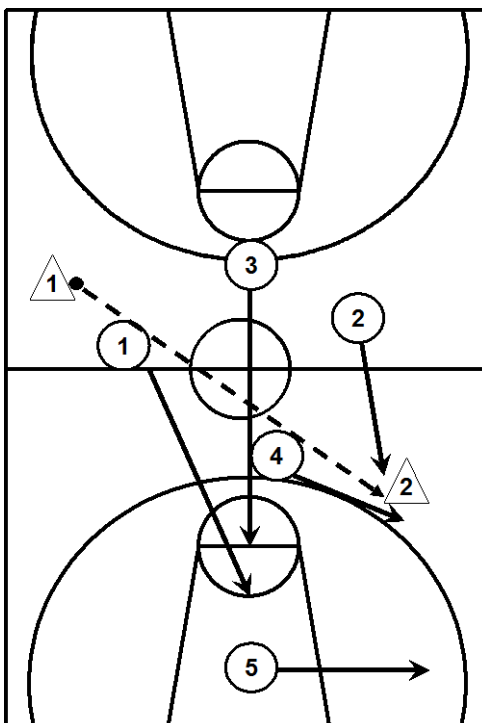
- Form a diamond with 1, 2, 3 and 4, 5 protect the basket to begin
- The first aim is to keep the bailout of the middle 1 and 2 must help keep the bailout of the middle
- This trap can be aggressive or passive depending on whether we want to increase the tempo or decrease the tempo
- The 3 man can start the trap as far back as & he likes or as far up the court as he likes
- That is he could start at half court or three quarter court
- The shaded areas are the best trapping areas
- We want to corral the ball down the side into the trapping zones



- If player 1 decides to dribble then we look to trap in the first trapping zone with 1 and 3
- 2 must cover the middle to take away the release pass or 2 can look to be an interceptor if the offensive player tries to throw a cross court pass
- 4 must cover the sideline pass
- 5 must protect the basket

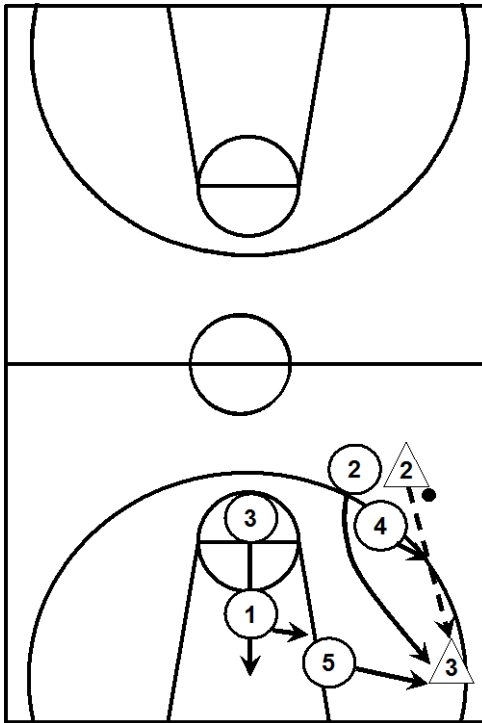


- If player 1 decides to pass the ball up the sideline then 1 and 4 trap the ball. It is important for 4 to corral the ball towards 1 so they can affect a good trap.
- 5 take either the high side of the low post or the player in the corner.
- 2 drops to the low split and 3 drops to the high split

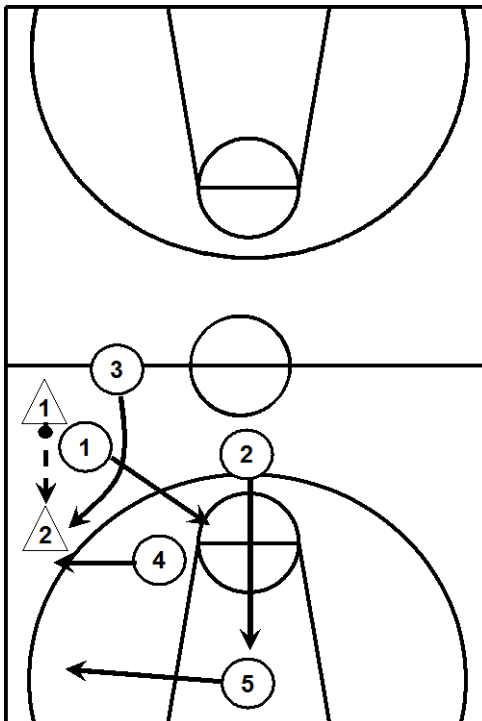


- If 1 passes across the court to a player then 2 and 4 look to trap. 4 again must corral the ball so the second player (this time 2) can help create a good trap
- 5 rotates to the high side of the post or player in the corner
- 1 drops to low split and 3 to high split.

Sometimes we will get a second trap opportunity especially if the opposition players are slow up the court or the opposition are getting flustered



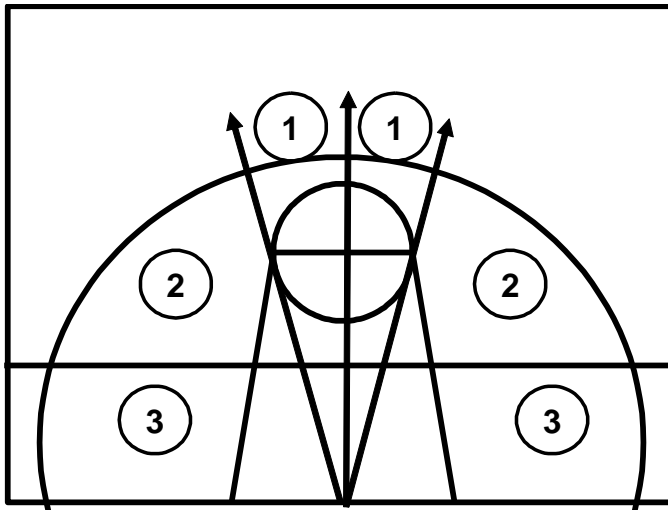
- If 2 fires a quick pass to 3 we may have a second trap opportunity.
- The rule of thumb for the trap is that if the ball is passed over your head then you stay with the player and the other player in the trap rotates. In this instance 4 has the ball passes over his head so 2 rotates to the next trap.
- When 3 catches the ball 5 must contain and corral him to 2 for a good trap
- 1 must front the low post if there is one or stay on the low post
- 4 denies the pass back to 2
- 3 drops to low split or stays high if no low post.
- The second trap is most effective when the player in the corner receives the ball and there is no low post for a quick outlet pass.



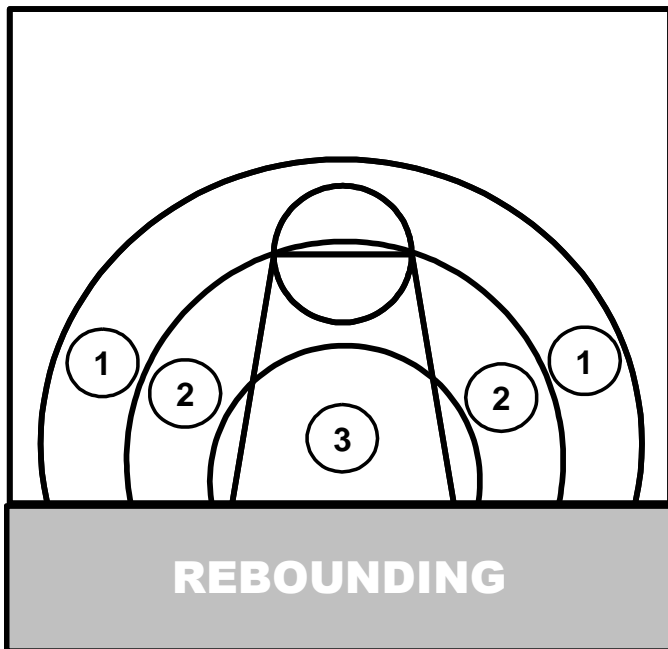
- Another second trap opportunity is when we go from the centre line trapping zone to the free throw line extended trapping zone.
- In this instance 4 contains and corrals 2 so 3 can create a good trap. 3 is the player that rotates because the ball was passed over the head of 1
- 5 rotates to corner or to high side of low post or stays on the low split depending on the position of the offensive players.
- 2 rotates to high or low split depending on the movements of 5
- 1 rotates in to help clog up the middle or takes the high split

REBOUNDING

SHOTS TAKEN AND WHERE THEY ARE LIKELY TO LAND



- Shots taken in area 3 will rebound into area 3 about 95% of the time
- Shots taken from area 2 will rebound to area 2 over 75% of the time
- Shots taken from area 1 will rebound to area 1 approximately 90% of the time



- Shots taken inside area 3 (inside of 10 feet/3 metres) will rebound back to the shooter about 60% of the time
- Shots taken in area 2 (10 to 15 feet or 3 to 4 metres) rebound as often as they come back to the shooter
- Shots taken outside 15 feet (area 1) will ricochet to the opposite side but in the same area as in first diagram. That is shots taken in area 1 in the above diagram normally ricochet back into area one but on the opposite side.

REBOUNDING

Here are some other key points in rebounding.

1. The smaller the arc, the longer the rebound
2. Longer shots lead to longer rebounds
3. Backspin, regardless of distance, causes shorter ricochets
4. This knowledge creates a primary and secondary rebounding area for the retriever. For e.g. Shots taken from the baseline (area 3 in first diagram) will rebound on the baseline 95% of the time. If the shot is taken inside 10 feet (area 3 in second diagram) it will bounce back to the shooter 60% of the time, making the area of the shooter the primary rebounding area and the opposite baseline the secondary rebounding area. But a shot taken from area 1 in diagram 2 would make the opposite side the primary rebounding area and the shooters side the secondary rebounding area.
5. "0" rebounders must never be satisfied with a position behind a defensive rebounder. You may have to take a less desirable position but be on the side of the defensive rebounder to give yourself a better chance of competing for the rebound and keeping it alive.
6. If you anticipate early enough, you can use the percentages to gain a good position either in front or at least beside your opponent.
7. Don't let the defence make contact with you, step away then make you move to get better position.
8. BE A SAVVY REBOUNDER

GENERAL OFFENSIVE PHILOSOPHY

General Goal

Players need to develop their offensive options, with and without the ball, to a level which will result in them being very difficult to guard.

Share Responsibility for Scoring

The general make up of Under 12 teams at most levels incorporates one or two gifted players who tend to dominate the team's scoring.

As players graduate to the Under 14 level we have an important responsibility to assist ALL players to come to terms with the importance of becoming aggressive in their approach to offence and particularly scoring.

One on One Moves

All players, regardless of size, need to develop the skills to enable them to be efficient whether playing on the perimeter or in post positions.

When executing one on one moves we want players to use the minimum number of dribbles - from the three point line in, one dribble maximum should be encouraged.

Team Offensive Fundamentals

Our major focus is the development of players who can understand and execute the basic fundamentals of team offence which include the following:-

- Spacing
- Cutting
- Ball Reversal
- Dribble Penetration
- Receivers Principle
- Screening
- One on one moves
- Two on two situations
- Three on three situations
- Five on five principles

Reading the Defence

An area of major emphasis in the development of all individual and team offensive skills must be learning to read the defence and take what the defence presents the offence with, whether with or without the ball.

INDIVIDUAL OFFENCE

Stationary

Our principle aim is to develop players who are capable of beating their opponent consistently in one on one situations. Our program therefore places a major emphasis on the following vital skill elements:

Triple Threat Stance

Knees bent and ready to attack at ALL times when in possession. Ball to be carried on the hip away from the defence.

Head up seeing the floor and when in range, eyes on the basket.

The Jab Step

- Jabs to be short and sharp movements so as to maintain stance and balance.

The Shot Fake

- Lift the ball at least to the height of the forehead.
- Keep eyes at the same level (don't come out of stance).

Strong Side Move

- Explosive first step
- Dribble with the hand away from the defender
- First step simultaneous with first dribble to avoid lifting the pivot \ foot early (travel).
- Once head and shoulders are past the defence, seal the defender by moving back towards them.

The Cross-over step

- Explosive first step
- Dribble with the hand away from the defender.
- Once head and shoulders are past the defence, seal the defender by moving back towards them.

Jab and Shoot

- Short jab so that balance can be maintained or regained easily.

Pass Fakes

- Keep the ball close to the body so as not to exaggerate the fake to the extent that balance is lost.

POST MOVES

Power Dribble (or) Drop Step Series

- Chin the ball.
- Long reverse pivot action.
- Power dribble simultaneous with the lifting of the pivot foot. Wide two foot stop to establish strong balanced stance.
- Finish with shoulders square to the backboard prior to the shot release when going baseline - and with the shoulders square to the side line when going to the middle.

Turn and Face (into cross-over, strongside or jab and shoot)

- *Chin* the ball.
- Show the ball high when going low - show it low when going high.
- Forward or reverse pivot to square up. Low wide stance.

Forward Spin

- Quick forward pivot action around the defender - usually to the baseline side

MOVES ON THE MOVE

The following dribble moves should be practiced every practice session:-

- Speed dribble
- Behind the back
- Between the legs Cross-over
- Reverse (spin) Stutter
- Onside dribble (fake cross-over)

Emphasise

- Sharp change of direction
- Development of the weak hand
- Change of pace
- Acceleration and balance

MOTION OFFENCE CONCEPTS

Essentially motion game concepts are similar to most other offences. However, the principle difference between motion and continuity is that continuity brings the action mostly towards the ball where as motion offence delivers the ball to the action.

The main principles to follow are:

- Penetration of the basketball inside the key
- Creating space
- Recognising space
- Reacting with timing
- Recognising cues
- Playing the defence

Creating movement to make the defence adjust to help, create driving lanes and passing lanes.

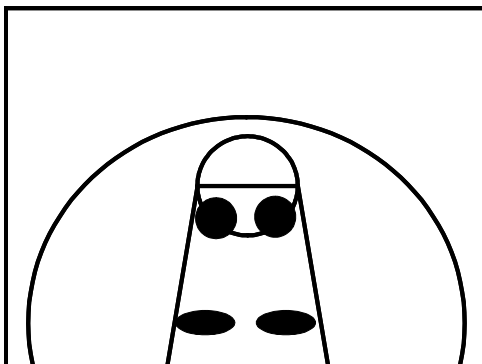
Applying and understanding the above principles coupled with efficient execution will create good shot opportunities both inside and out.

Two useful guidelines for motion offence are: -

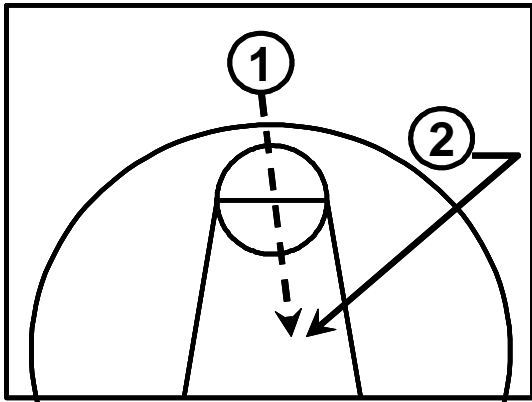
- "MOVEMENT + PATIENCE = BASKETS"
- "BE HARD TO GUARD - BE HARD TO READ"

RECEIVER SPOTS

The following shows areas of the floor that is conducive to creating high percentage offence.

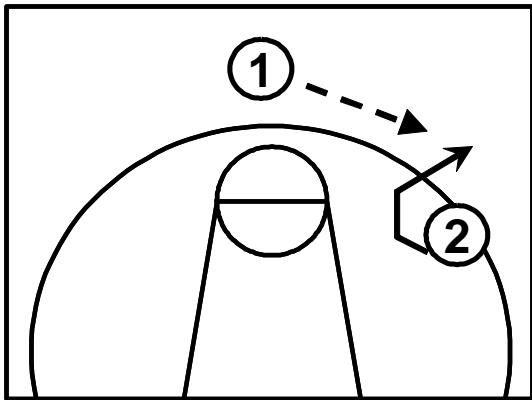


The four shaded areas are the receiver spots when we have ball penetration. If the offence forces the defence to rotate by penetrating the key then these are the best available spots to 1) offer a high percentage pass and scoring areas and 2) be in an excellent offensive rebounding position. By filling these areas it means the defence must make large adjustments to cover these scoring and rebounding options.



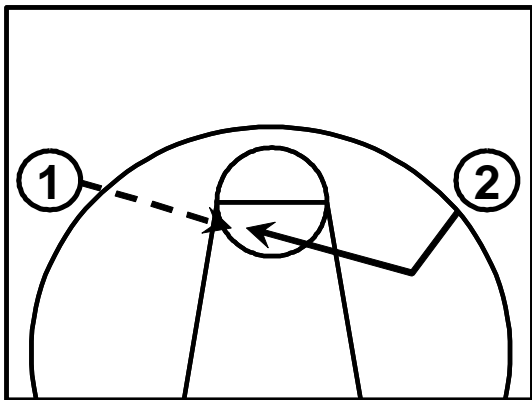
BACK DOOR CUT

- Fake step to sideline
- Read the defence
- Hard cut to the basket
- Target Hand



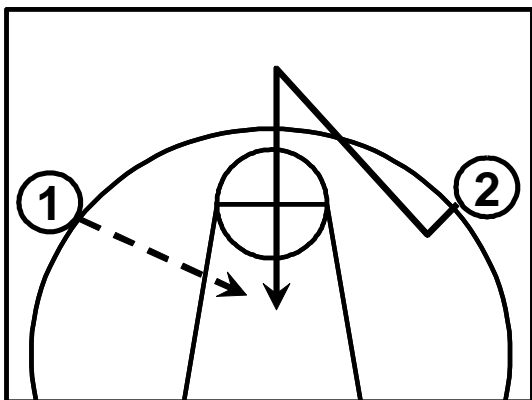
FORWARD LEAD

- V-cut action
- Slash arm and step across the defence to seal
- Target hand
- Square to basket in the stance or rip and go on a baseline drive



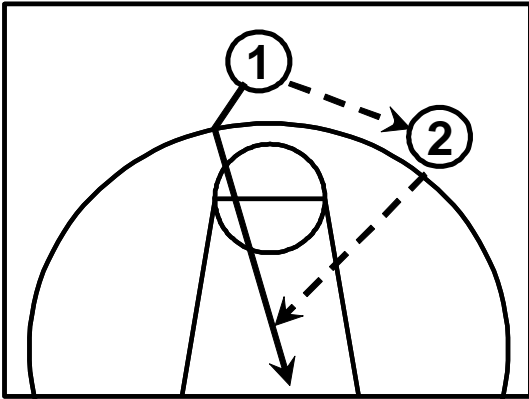
FLASH CUT

- V-cut action or straight cut depending on the defence
- Change of pace
- Target hand



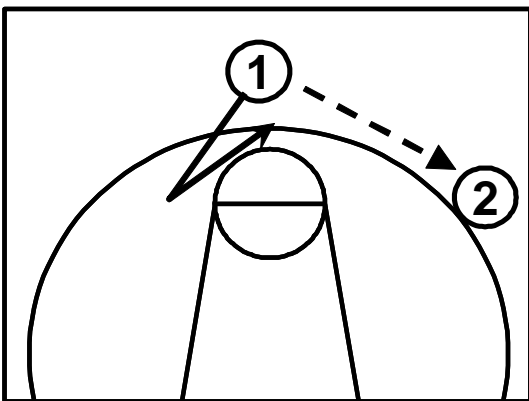
BACK CUT

- Used when denied on the perimeter
- Fake lead to the outside
- . Sharp change of direction and speed
- Quick cut towards basket
- Target hand



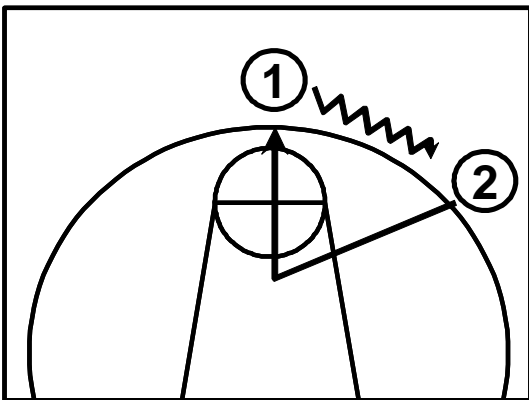
GIVE AND GO

- Fake a cut away from the receiver
- Read the defence
- Cut between the defender and the ball or back cut
- Target hand



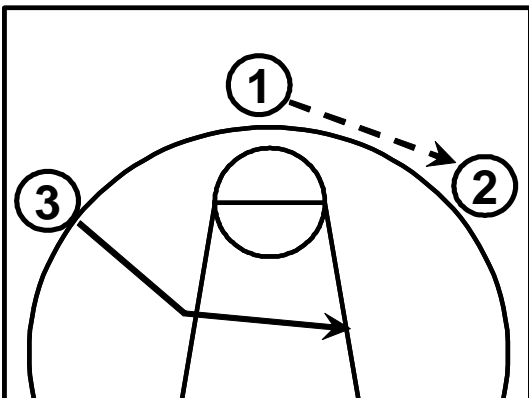
REPLACE YOURSELF

- Take your defender away
- V-cut back to ball
- Target hand



SHALLOW CUT

- Used when the ball is dribbled towards the cutter
- Cut to the split line to create space for the dribbler
- Post or cut out to space on the perimeter



BLAST CUT

- Take defender low and blast into the low post to give a good post target
- Use a slash arm and seal the defender to gain front position
- Target hand

SCREENING AND CUTTING OFF SCREENS

Complex and Difficult

The skill of screening and cutting off screens is considered by the majority of coaches to be an extremely difficult part of the game to teach and master.

The effective use of screens involves good timing from two players, communication, screening techniques and angles, reading two defenders, good cutting technique, and reaction from the screener once the screen is used, and good reads from the passer.

The general feeling is that this particular skill therefore should be introduced in the Under 14 age group with the expectation that the mastering of these techniques will not be reached until later in our players' development.

Technique and Timing

The most common problem experienced when developing the skill of screening and cutting is concerned with timing.

Should the cutter go early, prior to the screener setting his feet, the result is an inefficient screen action which often results in a holding foul being called on the screener.

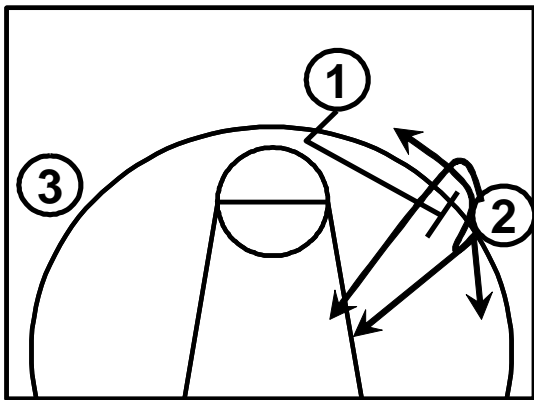
In order to minimise this problem we are going to have the screener employ standard techniques when setting the screen which the cutter can then identify as being a cue from which to time his cut.

Each time a player screens we want the screener to lock their arms straight (wrist in hand) so that the hands are in the vicinity of the groin area. We will also have the screener come to a "two foot stop" each time they screen.

The "two foot stop" (sometimes known as a jump stop) then needs to be recognised by the cutter as his cue to cut.

The cutter must not cut before the screener sets their feet.

The Down Screen



Emphasise:

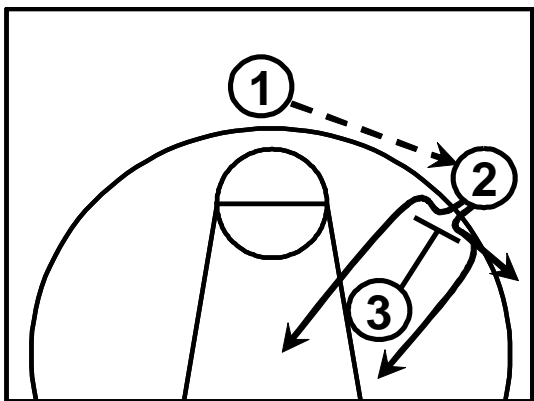
Screener

- Show fist to indicate intention to screen
- Call the name of the cutter
- Back towards the basketball
- Head hunt the defender being screened
- Pop opposite the cutter as a receiver

Cutter

- Set the defender up (V-cut)
- Allow the screener to set before cutting Red the defence
- Cut shoulder to shoulder with the screener
- Cut options
 - Curl
 - Straight
 - Back
 - Flare

The Back Screen



Emphasise:-

Screener

- Show fist to show intention to screen
- Call the name of the cutter
- Position back to the basket
- Pop opposite the cutter as receiver

Cutter

- Set the defender up
- Generally cut baseline side of the screen
- Cut options
 - Back
 - Straight (over the top)
 - Flare

The Cross Screen

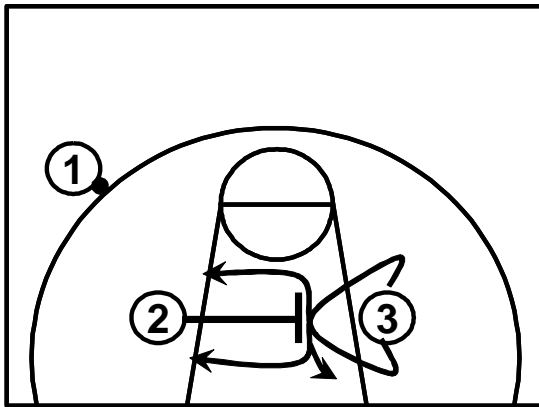
Emphasise :-

Screener

- Raise fist to indicate intention to screen
- Call name of cutter
- Set screen with back to the opposite block
- Pop opposite the cutter as a receiver

Cutter

- Initially step off the block and invite the skip pass to set defender up
- Read the defence
- Cut options
 - Low to high
 - High to low
 - Pop back



The Up Screen

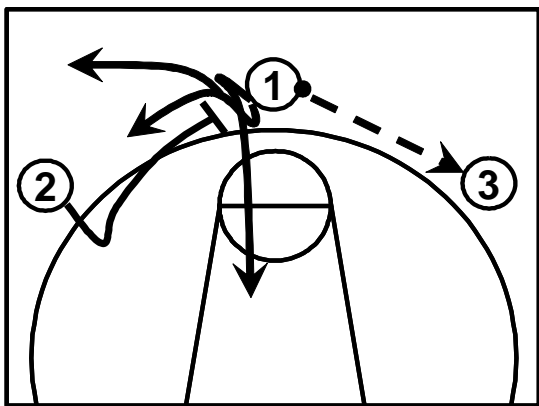
Emphasise :

Screener

- Show fist to indicate intention to screen
- Call name of cutter
- Set the screen as the ball leaves the cutter's finger tips
- Set the screen with back to the long corner
- Pop opposite the cutter as a receiver

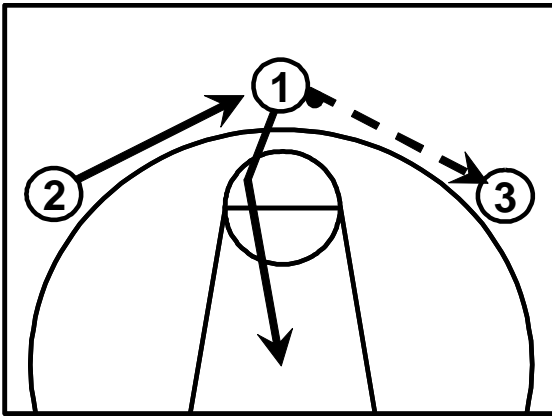
Cutter

- Set the defender up
- Avoid looking at the screener prior to the screen being set
- Cut hard off the screen



- **Target hand and eye contact with the passer**

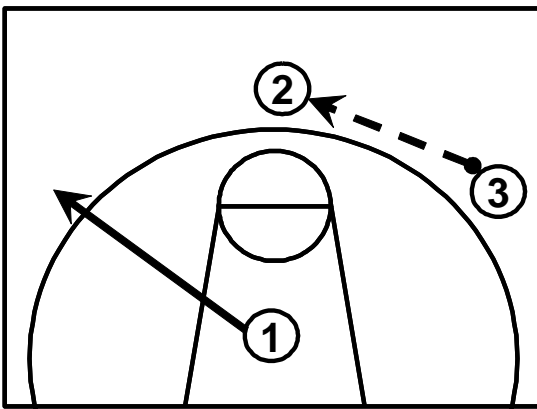
MOTION WITH NO SCREENS



Player 1 makes a wing entry. On the catch player 3 looks for rip and drive.

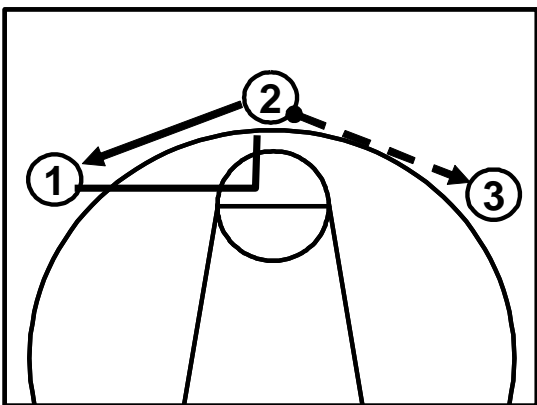
If no rip and drive then player 1 sets his defence up and cuts to basket.

Player 2 replaces player 1. This cut is called a give and go



If no shot or pass is available then 3 passes to 2 and 1 balances to the wing.

We always try to refill the 3 spots after any movement.



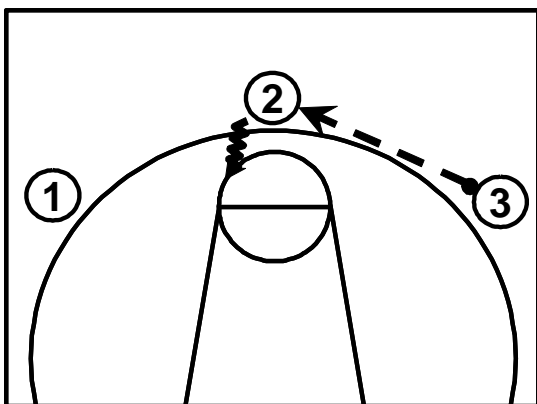
Player 1 makes a wing entry.

On the catch player 2 makes a flash cut towards the ball.

This cut is made if players 2's defensive player is cheating off to help on the drive by player 3.

Player 1 on seeing player 2 flash cut replaces them on the wing.

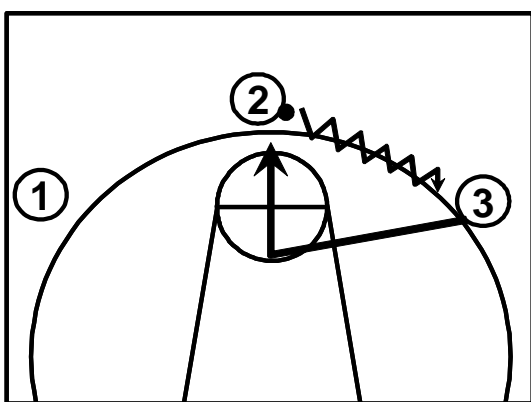
If player 2 does not get the ball then they cut to the top to replace player 1



3 passes to 2

On the catch 2 attempts to rip and go for a one dribble pull up or drive to the basket.

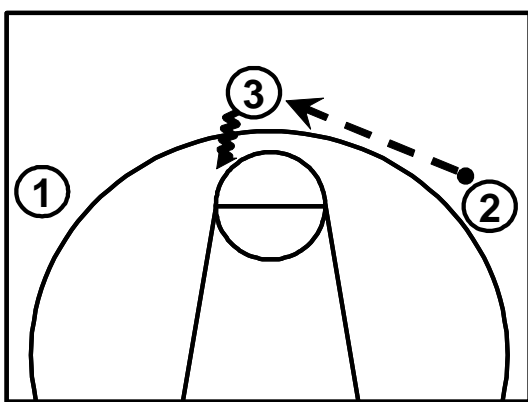
We are now set to start again



Player 3 is denied the pass so they back cut.

If still no pass then player 2 dribbles the ball to the wing.

Player 3 now cuts high. This total move is called a shallow cut

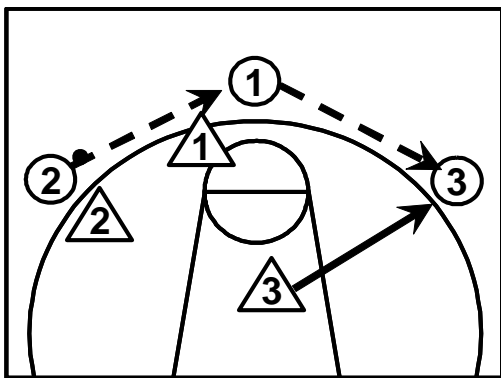


2 passes back to 3

On the catch 3 attempts to rip and go for a 1 dribble jump shot or lay-up

We are now balanced to start again

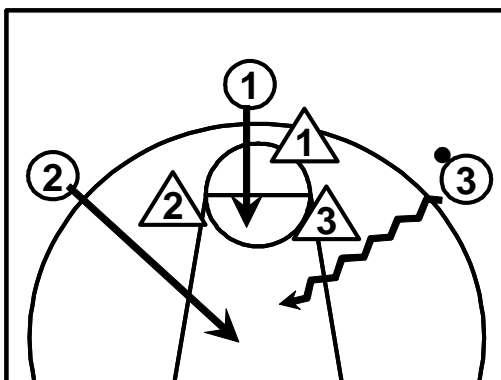
DRIBBLE PENETRATION



If the ball is quickly reversed causing defender 3 to quickly have to close out to offensive player 3 then a dribble penetration is a distinct possibility.

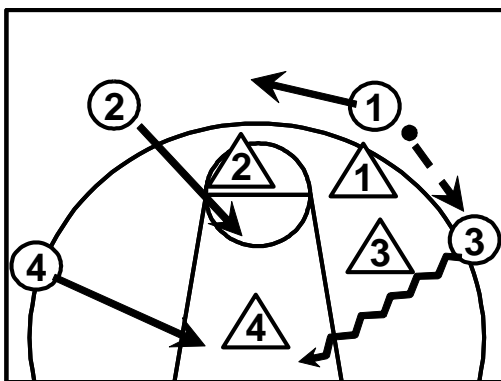
This is always a possibility if the defence is slow to adjust from the low split.

Therefore defender 3 is prone to a good shot fake allowing 3 to dribble penetrate. It is important that 3 looks threatening to shoot on the catch



When 3 penetrates; 1 and 2 must fill the receiver spots to occupy their defenders or if there is a defensive rotation then they will be open to receive the ball in a high percentage scoring area.

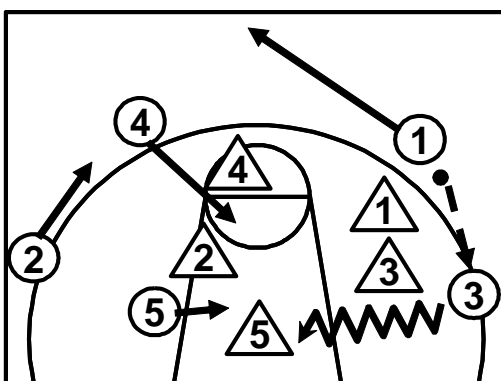
They also become offensive rebounders if 3 shoots the ball.



Now if we face a more game like situation with 4 players we can see how we would cover the safety.

On the catch 3 penetrates to the basket. Player 2 fills the high receiver spot and player 4 fills the low receiver spot.

Player 1 covers the safety.



Now let us look at a 5 v 5 situation.

Here is a common offensive set of 4 out and 1 in.

If 3 penetrates; then 4 and 5 fill the receiver spots.

1 covers the safety.

2 makes themselves available on the opposite wing ready to get to the outlet position (see "D" transition) if a shot is taken.

We now have a triangle on the "a" boards and good coverage to help stymie the fastbreak should we lose possession

Pass Penetration

We return to 3 on 3 to introduce the concepts of:

Pass
Penetration

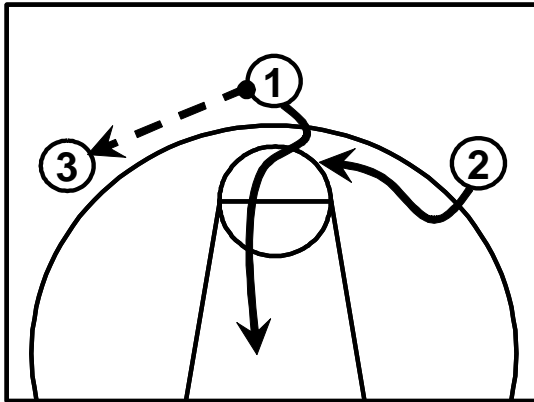
Creating Space

Recognising
Space

Reacting with
Timing

Recognition of
Cues

Playing the
defence

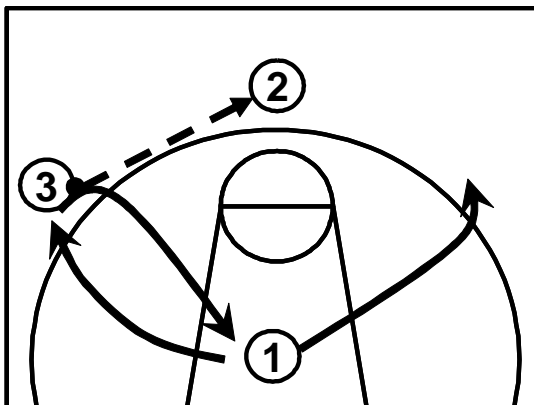


1 passes to 3 then cuts to the best available space for a shot opportunity, i.e. the basket

(1 recognises space and also creates space by cutting)

2 now cuts to the next best available space for a shot opportunity, i.e. the foul line.

2 does not cut until 1 has cut below the foul line (reacting with timing)



1 moves to the next available space, i.e. opposite the ball

3 passes to 2 then cuts to the best available space for a shot opportunity - the basket (recognising space)

3 does not get the ball, recognises that 1 is on the other side of the key, so returns to the other side of the key, i.e. replaces

In the previous sequence we have demonstrated and drilled:

- Pass Penetration
- Creating Space
- Recognising Space

- Reacting with timing

3 could have passed to 1 cutting

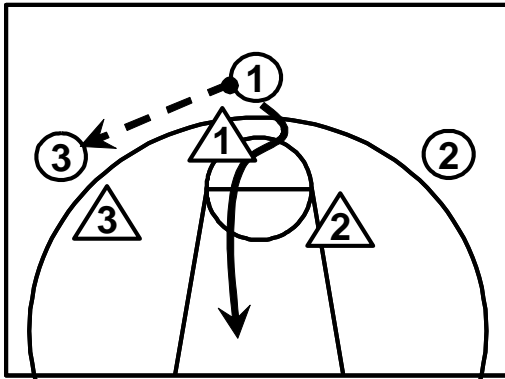
1's initial cut then clear out

1 cutting to the basket, 2 cutting to the foul line, and 3 cutting to the basket and then replacing

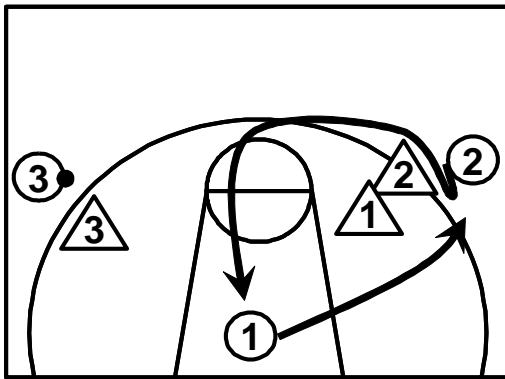
2 waiting for 1 to cut below the free throw line before cutting to that space

We now add defence and create a more game like situation and demonstrate and drill the following:

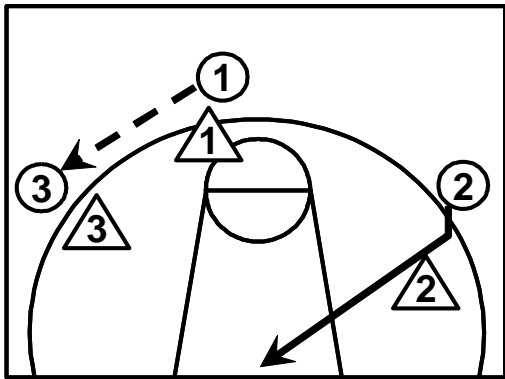
Recognition of Cues and Playing Your Defence



- We encourage the defence to deny the ball
- 2 or 3 can cut back door if overplayed
- 1 passes to 3 then cuts to the basket (Recognising space and creating space)



- 2 now cuts to the foul line (recognising space) after 1 cuts below the foul line (Timing)
- 2 who is overplayed and denied the ball now cuts back door (recognition of cue - defence overplaying 2 cuts back door - playing the defence)



We now add a further sequence to develop all the prior aspects:-

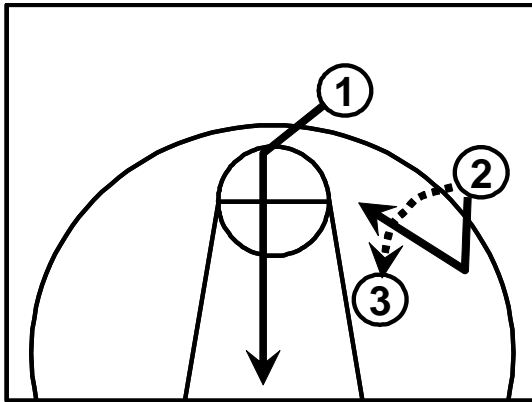
1 passes to 3, but now 2 recognises an opportunity to flash cut to the ball

1 recognises this and flare cuts to the space created by 2's cut

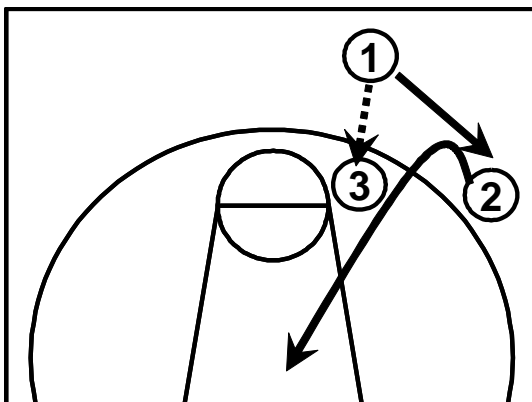
POST PLAY

To further develop **Penetration of the ball by passing** we now add post play and cutting sequences after a pass to the post.

Our cutting sequences after passing to the post are as follows and only apply on the **ball side**.



- When the post, 3, is low -
- In this situation when the ball is passed to the low post by 2, 1 who is high will cut too the basket.
- 2 will relocate into the space created by 1.



- When the post, 3, is high –
- In this situation when the ball is passed to the high post by 1, the player who is low, 2, will cut to the basket, and 1 will relocate into the space created by 2.

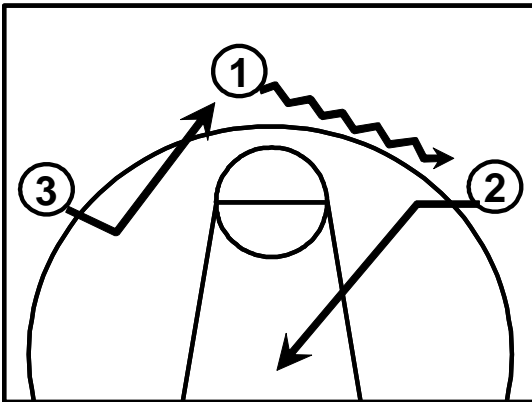
The shot opportunities created by this movement are lay-up for the first cutter, jump shot for the player relocating on the perimeter and low post move for the post player.

Dribble Entries into Motion

We now further develop Motion with No Screens and expand motion principles and concepts from a 3 on 3 perspective.

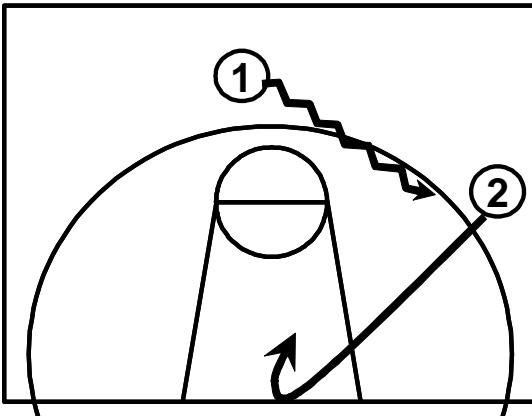
There are three options which we teach on our dribble entry sequence:-

- Backdoor cut
- Post up cut
- Shallow cut



Backdoor Cut

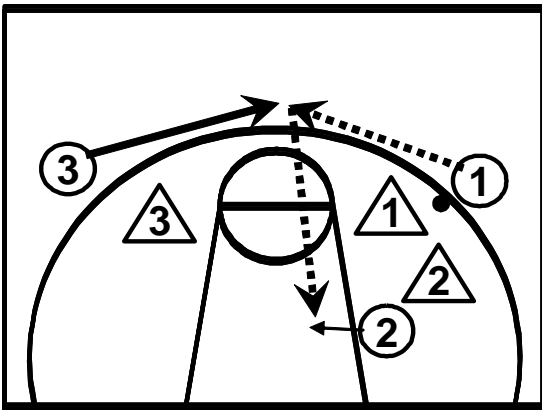
- 1 dribbles towards 2 who is overplayed
- 2 cuts backdoor
- 3 cuts to the top



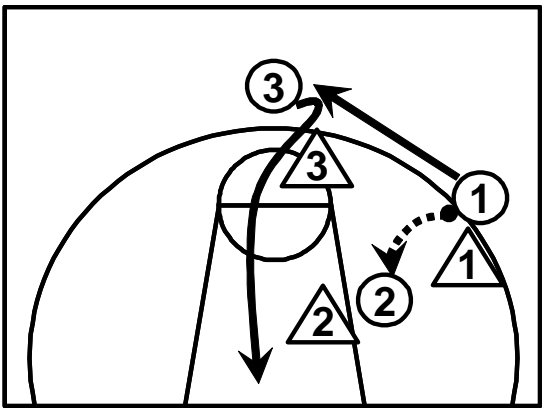
Post up Cut

- 1 dribbles towards 2 who is overplayed
- 2 cuts backdoor to the level of the basket and then turns and posts up low

The offence now has two options:



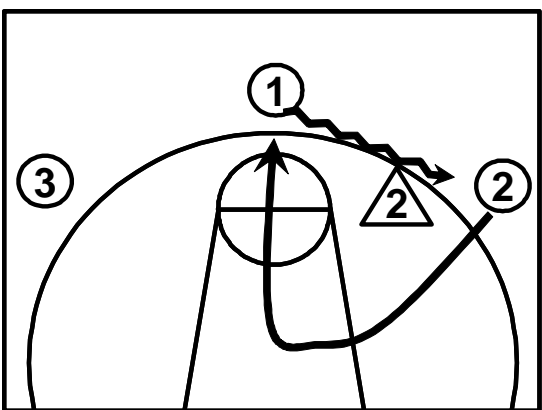
- If 2 is denied the ball in the post
- X 3 will flash high (Cue recognition) looking to receive the ball from 1
- Pass to 2 who has sealed the defence in the post



- If 2 gets the ball then 3 may be a receiver by cutting to the basket

Shallow Cut

- 1 dribbles towards two who is overplayed.
- 2 cuts backdoor to the level of the basket then out to the top of the key.



Options

- 1 on 1 opportunity for 1
- Backdoor cut by 2 after shallow cut
- Backdoor cut for 3 after ball reversal from 1 to 2.

We have now motion with no screens emphasising the following concepts:-

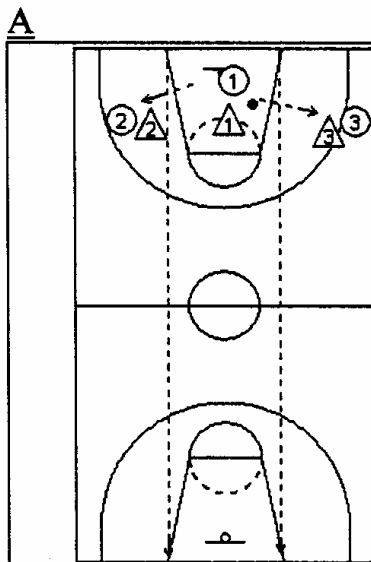
- Ball Movement
- Player Movement
- Dribble Penetration
- Passing and Cutting to the basket after a pass to the post
- Recognising Space
- Creating Space
- Reacting with Timing
- Recognising Cues
- Playing your Defence

For junior players up to the age of twelve or thirteen I believe that Motion with no screens and teaching the associated fundamentals will give players an excellent grounding in understanding not only motion concepts and principles but also an overall understanding of offensive principles.

The motion game offensive alignments for best teaching the above concepts are firstly 5 out and secondly 4 out 1 in.

3 ON 3 FULL COURT PASSING DRILLS

The following is a range of full court passing drills to help develop your teams ability to advance the ball in offensive transition as well as when the opposition are putting you under pressure. They will help your players master the skill of recognizing how to pass and catch as well as allowing your players to make better game decisions.



This is a full court 3 on 3 drill.

You divide the floor into 3 lanes.

One player has the ball in the middle of the floor.

The other 2 take the outside lanes.

Each player stays in the same lane the entire drill.

You want to advance the basketball against pressure without turning it over.

After each catch you're allowed one dribble.

You can't use skip passes. You can't use lob passes. Both count as a turnover.

If you score you receive 1 point.

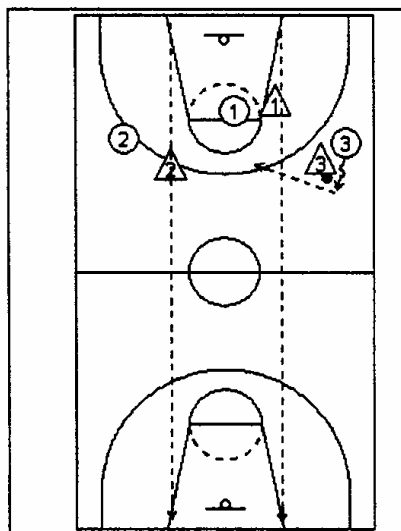
If you force a turnover you receive 1 point and possession of the basketball. You start over on the baseline

First team to a certain number of points wins.

Losers run.

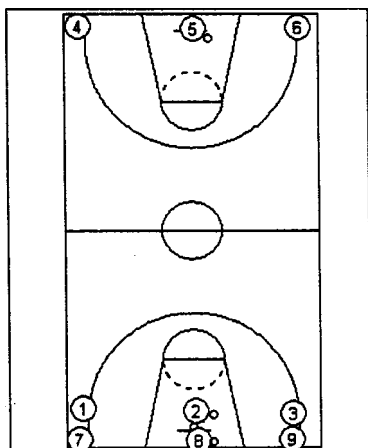
Purpose of the drill

- Passing,
- Catching
- Pivoting
- Moving without the basketball
- Conditioning
- Competitiveness
- Communication
- Defensive footwork
- Defensive positioning



Teaching points

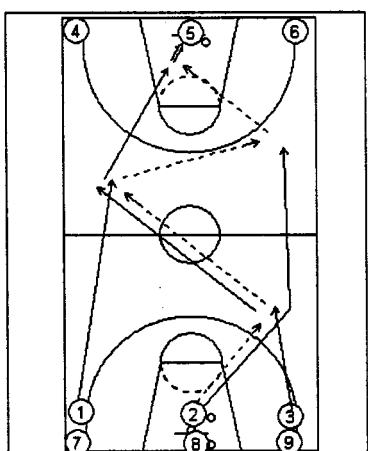
- Meet the basketball Crisp passes
- Pass away from the defender
- Body balance
- Protect the basketball (circle tight)
- Talk; yell "ball" to receive it or say no when you think you're not open
- Talk on defence: "ball", "help" and "deny"
- Defensive stance
- Pressure the basketball
- ("Shorten the pass") dribble, gain space



This drill incorporates a number of passing possibilities when in transition offence. The idea is to help develop our primary break. There are 5 components of the drill. They help with the following areas of play:

- Sprinting the lanes
- Conditioning
- Passing on the run
- Recognising spacing
- Recognising team mates movements
- Good footwork
- Help create offensive rebounding habits
- Moving the ball up the floor with speed by passing rather than dribbling
- Crisp passing and catching

This diagram shows the basic set up. The middle line has at least 2 balls at one end and 1 at the other. The drill should commence at the end with 2 balls. I like to always have the two non shooters be "O" rebounders. Always finish any misses



3 MAN WEAVE

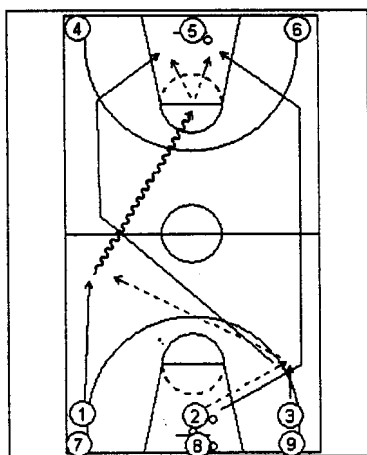
2 starts with the ball in the middle lane.

2 passes to 3 and runs behind.

1 has started to run up the floor. 3 passes to 1 and runs behind. 2 should now have run behind 3 and be in a position to receive the ball from 1.

3 should have run behind 1 and now be in a position to receive the ball from 2 for the lay up. No dribble should be needed. If you were to be the next receiver for the pass then you become the rebounder. In this case the rebounder would be 1 who would have run behind 2 after passing them the ball.

Group waiting (4, 5 and 6) commence as soon as the group 1, 2 and 3 shoot the lay-up



PASS/PASS/DRIBBLE

Drill starts the same as a 3 man weave. 2 passes to 3 and runs behind. 3 passes to 1 and runs behind. When 1 makes the catch they use two power dribbles and get to the free throw line and come to a jump stop. If 1 takes anymore than 2 dribble then your players are running hard enough.

2 and 3 fill the lanes and run wide coming in towards the basket at the wing. 1 can choose to pass to either 2 or 3. The two non shooters touch the ring or put the miss back in. This helps to encourage "O" rebounding.

TOWNSVILLE BASKETBALL BASKETBALL PLAYER DEVELOPMENT GOALS

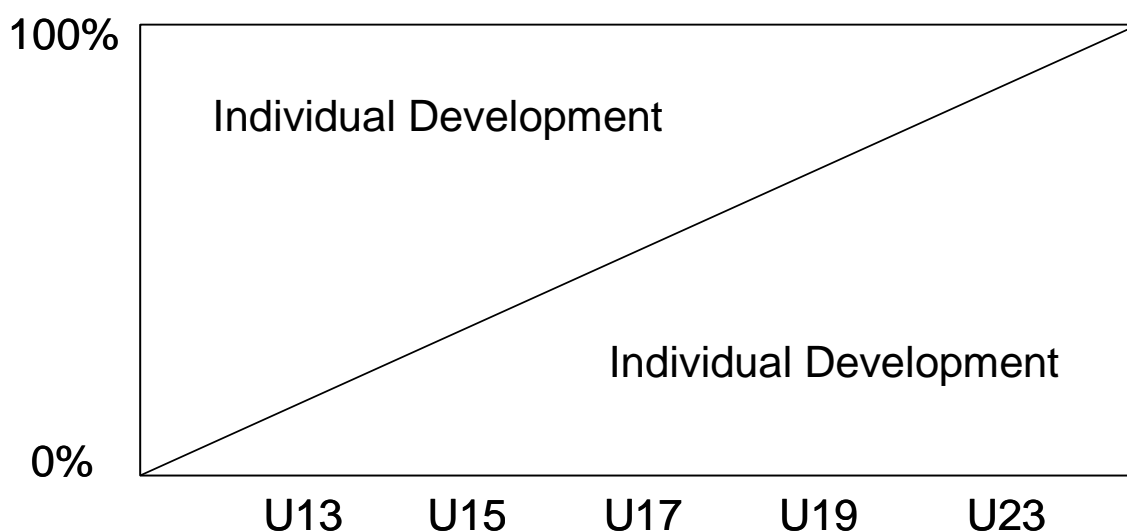
1. The Townsville Basketball long term goal is to provide a pathway for players to develop into international basketball players and represent Townsville Basketball and New Zealand with pride and dignity.
2. The Townsville Basketball short term goal is to provide an environment that allows players to develop the skills and decision making abilities to achieve the long term goal.
- 3.

TEAM GOALS -INDIVIDUAL DEVELOPMENT

With our club goals in mind, coaches should focus putting the fundamental building blocks in place that are required at their particular age level.

Individual player capabilities will always change a team's own yearly goals, but the overall structure should be working towards the club goals.

As coaches may work with their team for one year only, it would be wise to base your long-term objectives for that team on a season's basis. As an U13's coach, the long-term objectives should be based mostly on player individual skill acquisition in offence and defence. 90% of your time should be spent on teaching and practicing individual skills. It is recommended at this level that any team skills work be done at the defensive end. At the youth league level, if all of our junior coaches have done their job, much of the focus can be on team concepts and the building of mental toughness, in order to compete at that age level and beyond. See graph below.



Initially, coaches will have to assess their players' skill levels, as well know what skills should be taught at that age level, in order to set some goals for their own team. Coaches should evaluate each player's skill level, and discuss with that player what his/her weaknesses are, and what drills best suit his/her development. Then discuss how it fits in with the goals.

PLAYER'S DIARY

To assist with the development of players, each player has been given a workout diary. Coaches are expected to take an active part in encouraging players to read and use their diary. Coaches should help advise the players how to use their diaries and to set goals in their diaries. The diary is a great way to see who is working hard and who is not. Coaches should make regular checks of the diary. If you as a coach are not disciplined, then how can we ask the players to be?

All teams should have a goal setting session and record these goals both short term and long term in their diaries. All goals should fit in with the Townsville Basketball Long and short term goals.

PLANNING TRAINING SESSIONS

The majority of your team's learning will occur at training, you need to be well prepared. Practices should be thought out and written down before sessions begin. Your team's performance indicators, from the last game, can be used to plan what you need to work on at the next training, while also incorporating the skills that need working on for your age group. You need to use a variety of drills so your players don't become bored. As a coach you need to constantly be learning new drills and become comfortable using them. Your players will appreciate this.

THE DAILY TRAINING SESSION

An effective training session can be divided into a number of key areas.

Objectives - to be adequately prepared for each session, the coach needs to formulate:

- Areas of skill learning, based on team/individual weaknesses that have been identified (through performance indicators) over past game/s
- Specific drill for each of the above skills
- Time element for each drill

Organisation - The coach needs to organize basketballs, training shirts, training aids, whistles, drinks and other essential items needed for training. Think about how many players you will have and if the drills selected will suit that number. Be ready for the odd "no-show", which may mess up a planned drill. One of the strengths of a good coach is the ability to adapt.

Warm & stretch - Always include some skill component in your warm ups. Don't just have the kids run up and down. Now don't be confused, running is a skill in itself, but you can use dribbling drills just as effectively to warm up or passing drills. Putting the players through specific defensive technique drills is another good way to warm up. Vary your warm up drills to stop boredom.

Skill Learning - This is the major part of the training session that focuses on offensive and defensive skills practiced individually or in groups. Try to follow a progression when teaching skills. The recommended progression could be as follows:

1. Body movement fundamentals & ball handling
2. Individual offensive fundamentals
3. Team offensive fundamentals
4. Individual defensive fundamentals
5. Team defensive fundamentals
6. Game scrimmage

Follow the Townsville Basketball essential skill list

Practical Application - This part of training focuses on the transfer of learned skills into actual game application. The coach may wish to interrupt play at times to give a brief instruction. However, **do not** over do this, you must give the players an opportunity to play and learn for themselves. Remember there will always be skill errors, only stop play if several players make the same error or pull an individual out of play to explain the problem and let the others continue to play. At a young age we can overdo the scrimmaging. In a 90 minute training session you do not need to scrimmage more than 15 minutes. Letting players just scrimmage all the time can reinforce bad habits. Good habits are only maintained by repetition of the correct fundamentals.

Training Different Positions - Coaches should expose all players to the fundamentals required to play both the perimeter and post positions. Too often, because of size and growth differences, players are drilled in only one specific position. Consequently, a tall 12 year old is small as a 17 year old or vice versa.

Naming of Drills - Give each drill a name. Once the players become familiar with drills you will only have to name the drill for players to know what to do. This saves a lot of time, which is precious. You need to be able to monitor the skills during a drill not the mechanics of a drill.

Making Drills Competitive - Coaches will find that skill learning on its own will become tedious for the players no matter how much variety is injected into a training session. If players are not put into competitive situations their skills do not develop as well. We have to teach the skill then put the players under pressure to perform that skill. For the very young players, the element of "fun" needs to be an integral part of training. Following are some suggestions to bring in a competitive element into your drills:

Against the clock - # of passes or lay ups in 30 seconds, for instance

Against each other - relay races, 1 on 1, first to 5 etc.

Against ones' self - how many foul shots out of 10 for example

Circuit race - circuit of drills combining # of skills

Game Clock - The coach should use the game clock as much as possible at training for a variety of reasons, such as:

- Players need to become aware of the importance of always knowing how much time is on the clock, no matter what stage of the game.
- It stops you as a coach from going too long on **one** particular drill
- It is great to use in competitive drills
- Its fun to sometimes get the last play before the clock runs out.
- It helps you to teach the different situations that arise in a game.

PRACTICE

The will to win is grossly overrated. The will to prepare is far more important

Many, many times, the kids with less talent become the better athletes because they're more dedicated to achieving their full potential.

If you want a view from the top, practice, not parties, will take you where you want to go

More depth, more options, great competition in practice- these are the things that make you a better team

I am not a strategic coach; I am a practice coach

Any team can be a miracle team, but you have to go out and work for your miracles

First master the fundamentals failure to prepare is preparing to fail the number one thing is desire, the ability to do the things

You have to do to become a basketball player

The only way to find your rhythm is by repetition do a thing a thousand times and pretty soon you do it easily and gracefully

Basketball is a game of habits, so come to practice with the intention of creating good habits not to goof off

One day of practice is like one day of clean living, it doesn't do you any good

Schedule for (Month) JANUARY 200____ Coach_____ Team _____

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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Schedule for (Month) FEBRUARY 200____ Coach _____ Team _____

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Schedule for (Month) **MARCH** 200__ Coach _____ Team _____

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Schedule for (Month) MAY 200__ Coach _____ Team _____

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Schedule for (Month) JUNE 200__ Coach _____ Team _____

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Schedule for (Month) JULY 200__ Coach _____ Team _____

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Schedule for (Month) **AUGUST** 200__ Coach _____ Team _____

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Schedule for (Month) **SEPTEMBER** 200____ Coach _____ Team _____

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Schedule for (Month) OCTOBER 200__ Coach _____ Team _____

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Schedule for (Month) **NOVEMBER** 200____ Coach _____ Team _____

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Schedule for (Month) **DECEMBER** 200____ Coach _____ Team _____

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ATTENDANCE SHEET

TEAM _____

COACH _____

Date _____

| Player name | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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ATTENDANCE SHEET

TEAM

COACH

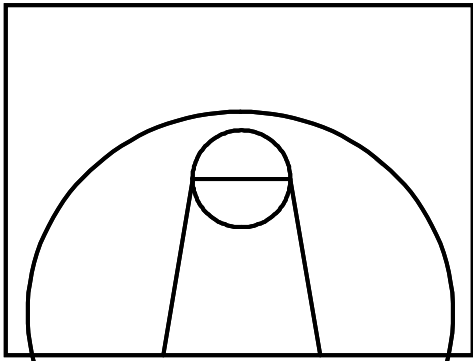
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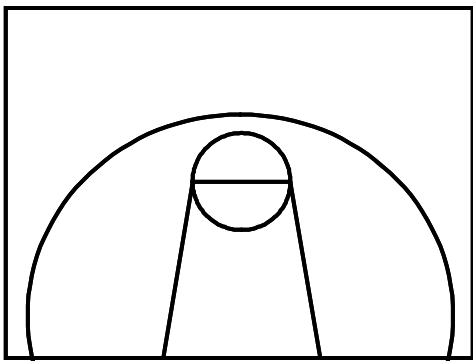
TRAINING PLAN FORMAT

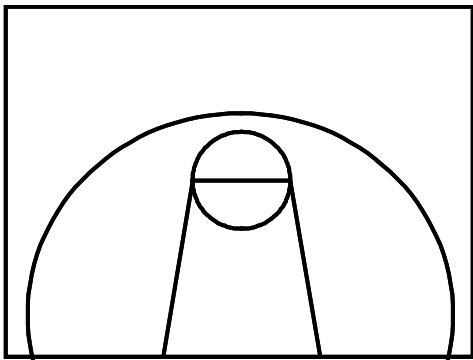
| Date | Coach | Team |
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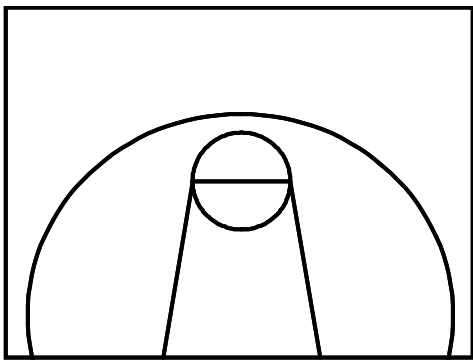
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| Main objectives of the week | Main objectives of the Session | |
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| Activity Outline – Skills, Drill, Conditioning | | |
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| Don't Forget's | Injuries/other comments | Session Evaluation |
| Talk to players, phone, special equipment | Treatment to organise | |
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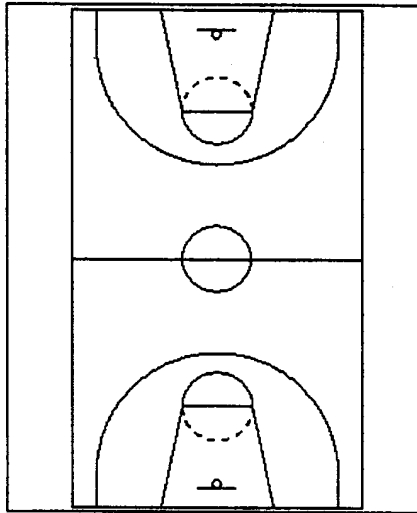
| Body movement and Fundamentals | |
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| Stance, starting and stopping | Side step |
| Pivoting | V-cuts |
| Offence | |
| Shooting | Ball Handling & Dribbling |
| Passing | Spacing & Cutting |
| Defence | |
| Closing Out | Guarding Man with the ball |
| Guarding Man without the ball | Blocking out |
| Other (e.g. transition, team defence, etc) | |
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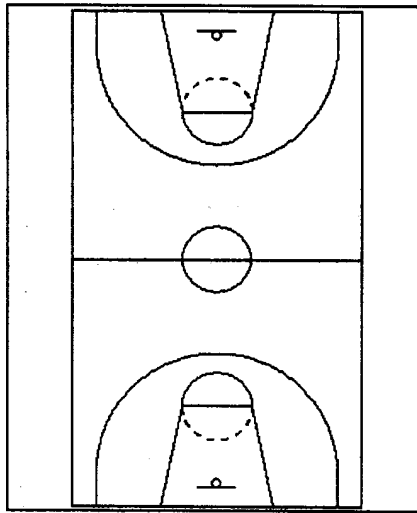




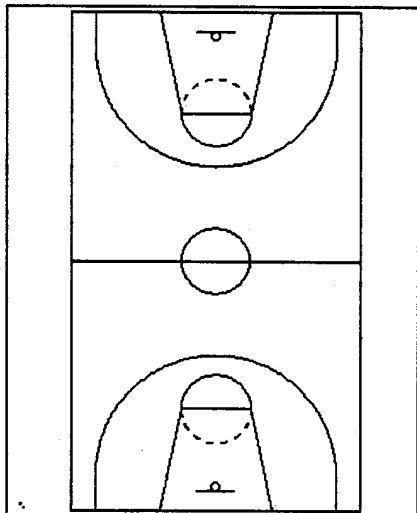




Handwriting practice lines for the first drill.



Handwriting practice lines for the second drill.



Handwriting practice lines for the third drill.