



**Beginners and Domestic Team
Coaching Manual – 2014 - V1.June14**

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1

Introduction

Welcome to Coaching!

Your responsibilities as a coach

A coach assumes the responsibility of doing everything possible to ensure that all team members will have an enjoyable and safe sporting experience, while under their care, learning the skills of basketball.

Teach Basic Basketball Skills

In becoming a coach you take on the role of TEACHER. You must teach your players the fundamental skills, techniques and strategies necessary for success. In the following pages, you will find a wide range of information aimed at making it easier for you to succeed.

Getting Help

Should you find that you require assistance in any aspect of your Coaching experience, do not hesitate to contact the BMBA Committee on pr@BMBA.com.au

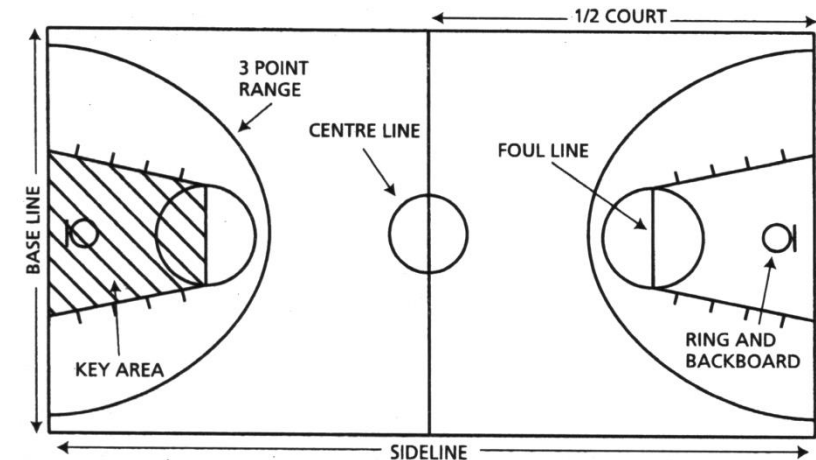
You will find that coaching basketball is a rewarding experience and is one that will change your life forever. The Players you come in contact with will appreciate your efforts and will share their successes with you.

The more you learn about basketball and basketball coaching will result in you becoming a better coach, in turn making your players better players. Enjoy the journey that you have now started and please contact the BMBA if you need any further assistance.

Director of Coaching
Bacchus Marsh Basketball Association

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The Basketball Court



Basketball Team Structure

Perimeter players

These players are usually the smaller, quicker players on the team, with good ball handling skills and outside shooting ability. Their primary roles lie in advancing the ball up the court, penetrating (getting past the player guarding them) by passing or dribbling and being the first line of defence in protecting against a fast break (a situation in which the defensive Team gain possession of the ball and moves into scoring so quickly that its members outnumber their opponents).

Post Players

These players are usually the taller players on the team who generally operate in the base line or key areas, to take advantage of their height. They are the primary rebounders (a rebound is to recover the ball after a Missed shot) in the team.

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Rules a Coach Needs to Know

Length of a Game

A domestic basketball game consists of 2X20 minute halves or at more advanced levels 4 x 10minute quarters.

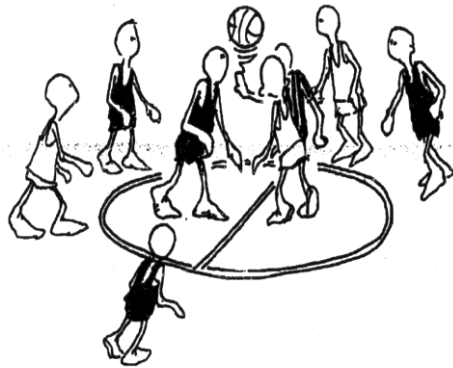
At the end of the first half team you have a 5 minute break and then start the second half. Teams also change ends at the start of the second half. Timing rules may vary somewhat depending on the level of the competition.

Start of a Game

The game begins with five players from each team on the court. The game begins with a jump ball between 1 player from each side at centre of the court.

Jump Ball

A jump ball is held at the start of the 1st half and whoever loses the tap get the ball to start the 2nd half. The referee may also call a jump ball during the course of the game if two players from opposing teams are locked in possession of the ball.



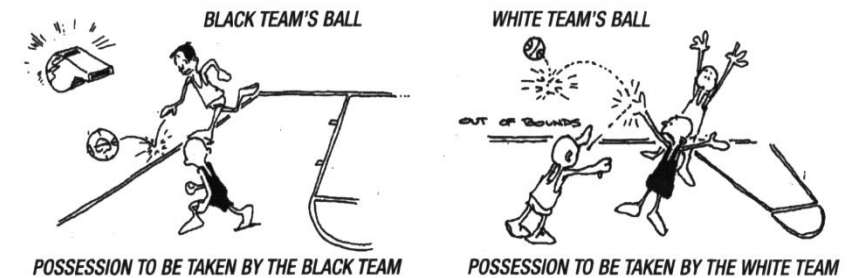
A jump ball is taken between two players inside either the centre circle or the key circles whichever is the closest.

The remaining players must stand outside the circle until the ball is tapped. Players involved in the jump ball must attempt to tap the ball on its downward flight to players from their team. Any member of the team may take the jump ball at the start (preferably the tallest player or the player who can jump highest).

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Out of Bounds

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



A Field Goal

A field goal is scored by a player throwing the ball through their Teams basket. That player's team's score is increased by two points, or three points if the shot is from behind the 3 point line. After a field goal the opposing team must inbound the ball from behind the base line.

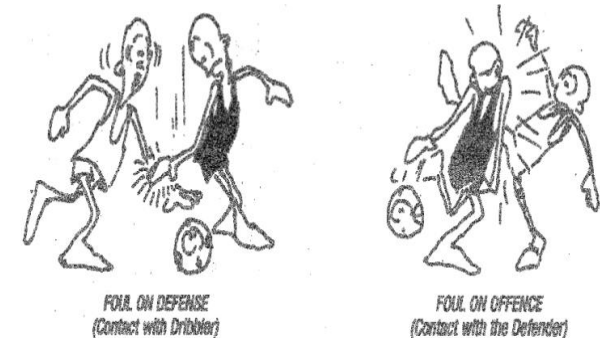
Foul Shots

A player who is fouled whilst trying to shoot a field goal and misses as a result of the foul; is awarded two free shots or foul shots from the foul line (three if fouled shooting outside the three point line).

Each foul shot is worth only one point. If the last foul shot is missed the game goes on as if it were a normal shot, if it is made then the other team passes the ball in from behind the base line.

Fouls

No player must use contact to "put off" an opposing player. If so, a foul will be called.



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In bounding the ball

After a violation or a foul the team getting the ball throws the ball in- bounds from behind the line of the court nearest to where the violation occurred.

Travelling

A player holding the ball must always keep one foot on a spot on the floor, unless passing, dribbling, or shooting. The player may pivot on this foot. If a player moves this foot off the spot without dribbling, passing or shooting then a traveling violation is committed and the other team gets the ball from the side line.

Five Fouls

Once a player has five personal fouls the player can take no further part in the game. Players who leave the game may be replaced by a Substitute player.

Time-Outs

A coach may request a time-out from the scorer's bench anytime the referee blows the whistle. The coach may call for a time-out when the other team scores a goal, before their team throws the ball inbounds.

One minute is allowed for a time-out. The number of time-outs allowed varies with the level of competition.

Substitutes

A coach may substitute players in the following instances:

- Anytime a foul is called
- If a player is injured
- Anytime your team has a sideline possession
- A jump ball (except if the player is involved)
- Time-outs
- Halftime
- When the other team subs on their possession from the sideline

A team consists of ten players, five players only are allowed on the court at one time. A player who has been subbed off may be put back in the game at the next opportunity to substitute.

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Fundamentals of the Game and Drills for Teaching Stance, Body Movement and Control

Stance

- Feet Shoulder width apart, boxer's stance
- Back straight, head up and in middle of stance
- Knees bent
- Arms bent

Starting

- Front foot first
- Big first step

Stopping

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

Quick Stop

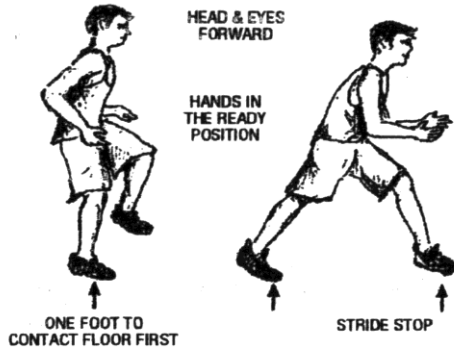
- Jump as low to the ground as possible
- Both feet land simultaneously
- Knees bent to absorb stop
- Head in centre of the body
- Feet shoulder width apart



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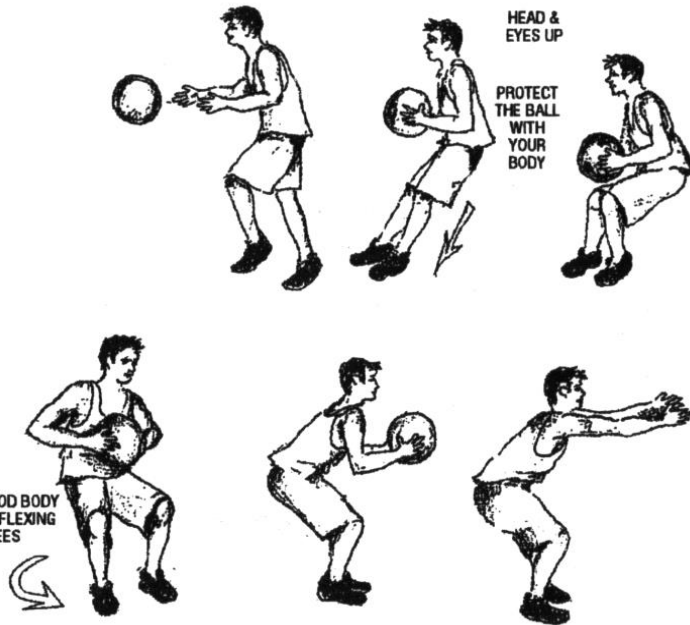
Stopping with Stride Stop

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



Pivoting

- Pivot foot remains on the floor
- Stepping foot may move in any direction
- Knees bent
- Pivot on balls of feet
- Feet remain wide apart



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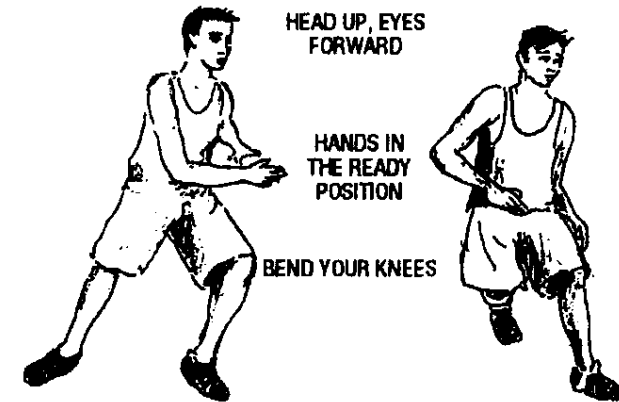
Defensive Slide

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



Change of Direction with Side Step

- Push of rear foot the direction required
- Transfer body weight forward
- Knees bent
- Squash the bug



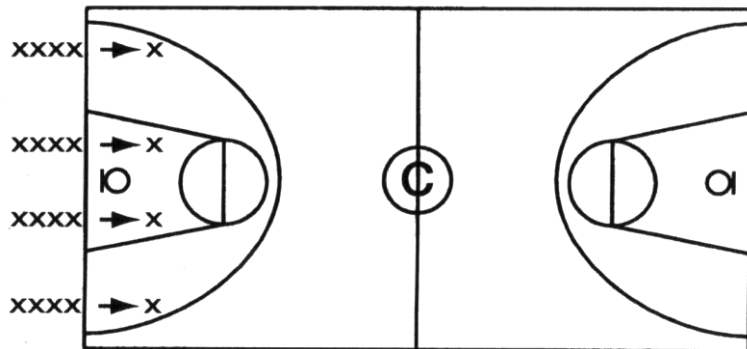
9

Drills for Practicing Body Movement and Control

The players form four lines across the base line. On the coach's Command the first player from each line must run out of his stance forward, then stop at the foul line extended in a stride stop or quick stop, depending on the coach's wishes.

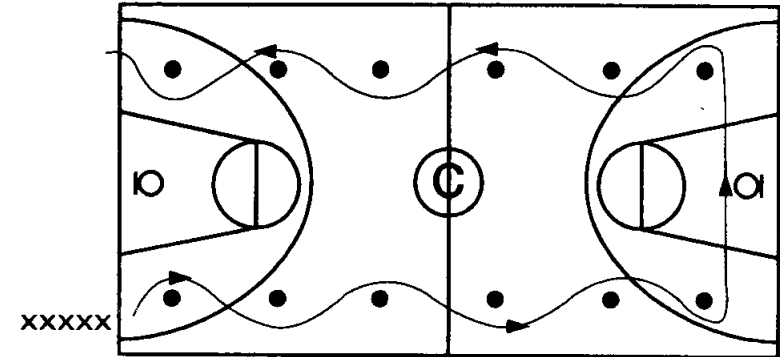
Coach can then instruct players to forward or reverse pivot, then continue to run or go back to end of line.

- Same alignment for dribble drive, passing, defence.
- Insist on correct footwork in all drills

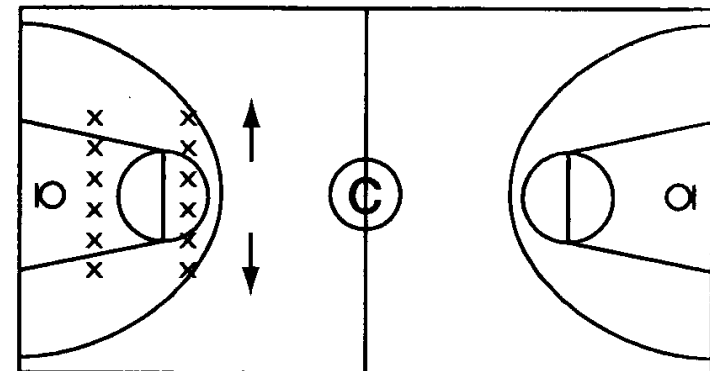


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Two lines of cones are placed along the court. Players line up at first cone. Players run through the cones changing directions at each cone, running, sidestep, quick stop and reverse pivot.



Players line up on the court as shown, begin in an athletic stance, the coach will point to one side and the players slide in that direction, the coach may then point to the other side and the players must react by changing direction and sliding the other way.



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Ball Handling

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

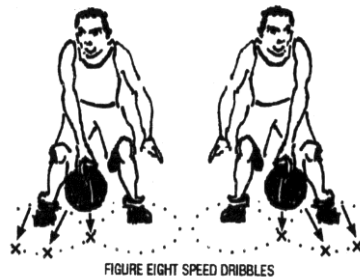
The Body Wrap

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



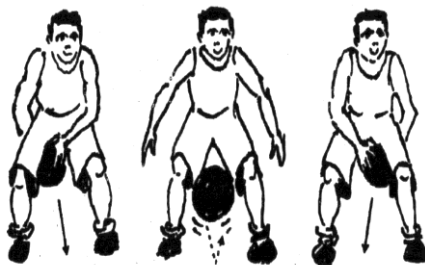
Figure 8 Speed Dribble

- Feet wider than shoulder width
- Weave ball around legs in figure8
- Keep ball close to ground
- Control ball with fingers



Straddle Flip

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



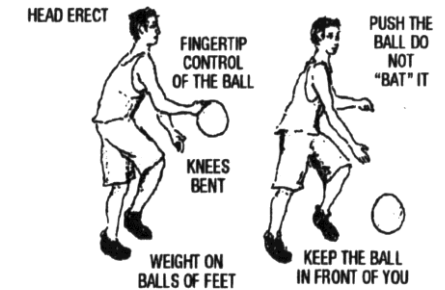
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Dribbling

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

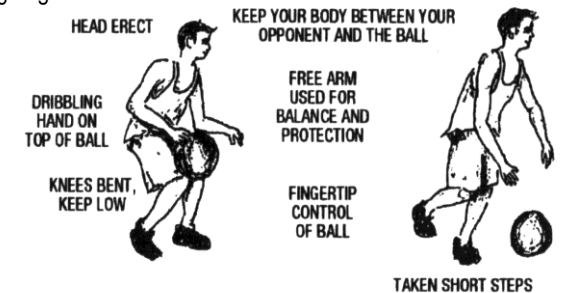
Speed Dribble

- Control ball with fingers
- Keep ball in front but side of body
- Eyes looking straight ahead
- Keep ball below waist height



Control Dribble

- Push ball down using fingers
- Ease ball back in hand
- Keep ball below waist height
- Eyes straight ahead
- Knees bent



Changing Direction with Cross-Over Dribble

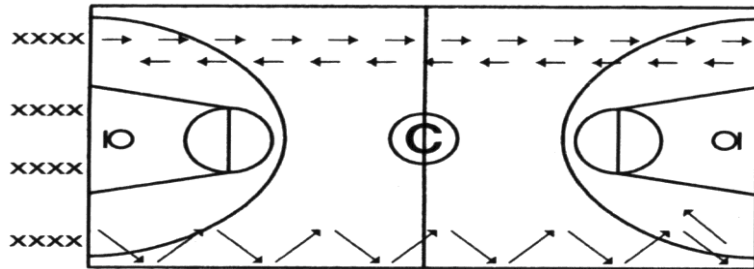
- Body movement same as sidestep
- Push ball across body to other hand
- Keep ball low
- Control ball with fingers



13

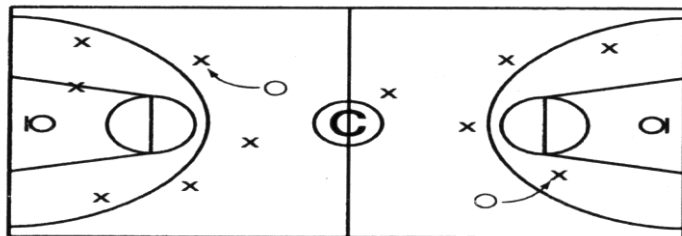
Alley Dribble

Players form lines across end line and dribble full length of court and back again, first dribbling in a straight line and then zig sagging to practice changes of direction.



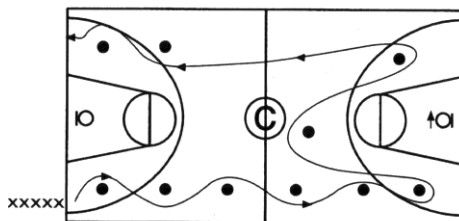
Dribble Chasey

Give a ball to two or three players and they must dribble and chase the rest of the team over the court area and attempt to tag with their non-dribbling hand. If they tag a player, that player must take over the ball.



Obstacle Course

Place witch's hats around the court to form a circuit, players must complete circuit as fast as possible; coach may time players to see who is the fastest.

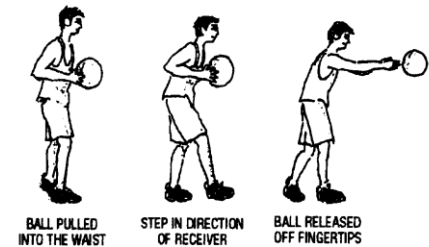


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Passing

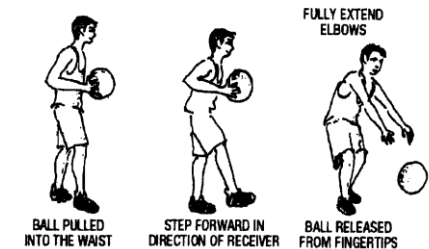
Two Handed Chest Pass

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



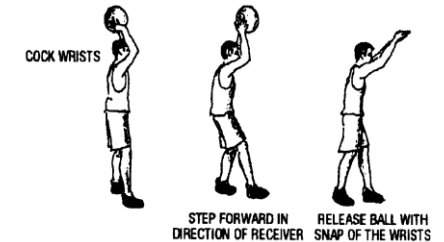
Two Handed Bounce Pass

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



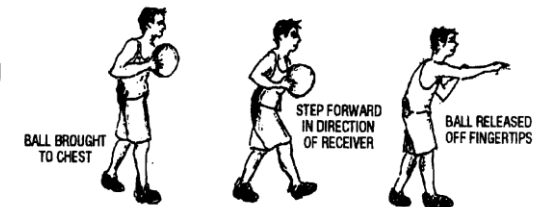
Two Handed Overhead Pass

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



One Handed Push Pass

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



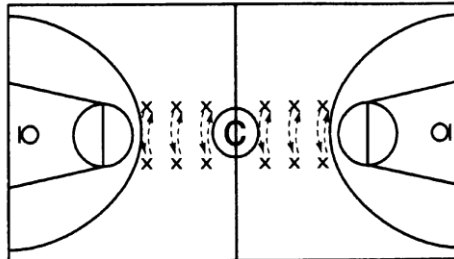
Baseball Pass

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

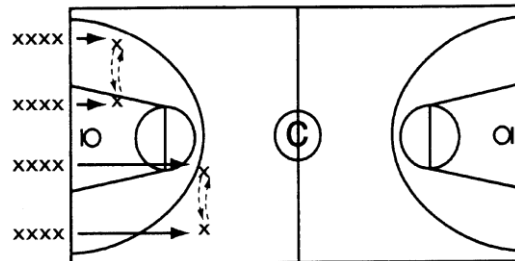


Drills for Practising Passing

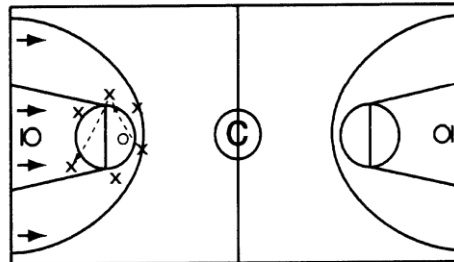
- Two lines down centre of court, passing between pairs. Practise all passes.



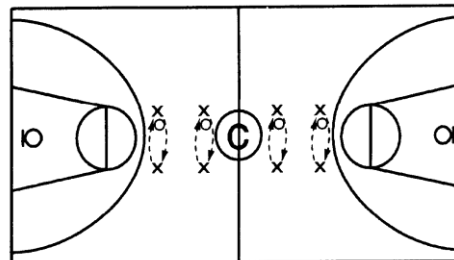
- Four lines across base line. Players run in straight line up court and back passing in pairs.



- Using centre circle and keyway circles, five (or more) players line up around edge of circle, one player in middle attempts to stop player with ball passing. If the player touches the ball those two players exchange positions. Players around circle may not pass directly beside them.



- Cat and Mouse Drill. Players in groups of three. Players stand in straight line with one in middle. Two players on outside must attempt to pass the ball to each other past the player in the middle. If the player in the middle touches the ball the passer must replace them. Players in the outside must be 4-5 metres apart and must keep a pivot foot on the ground at all times.



Shooting

The key to good shooting is balance. Start with a balanced stance, then balance the ball in the "shooting pocket". This "pocket" is formed by the shooting hand raised to shoulder level with fingers pointing back over the shoulder.

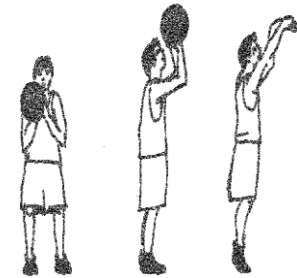
Holding the ball to shoot:

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



Shooting:

- Push ball in one smooth action from chest
- Right foot slightly forward, shoulders square to the basket
- Snap wrist on release of ball and follow through
- Use legs to help push ball up-wards
- Release ball before peak of your stance



Lay-up Shot

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

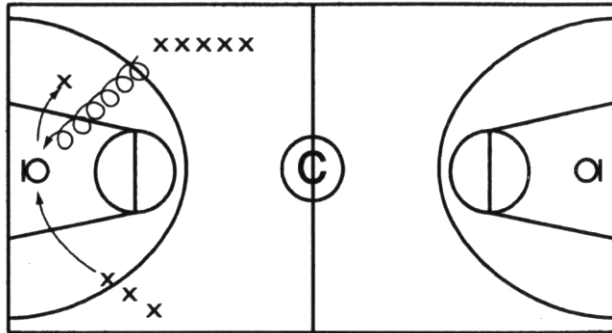


Drills for Practicing Shooting

1.Lay-Ups

Players form two lines. First player from one line dribbles in and shoots, first player in other line rebounds the ball and passes to next player in the shooting line.

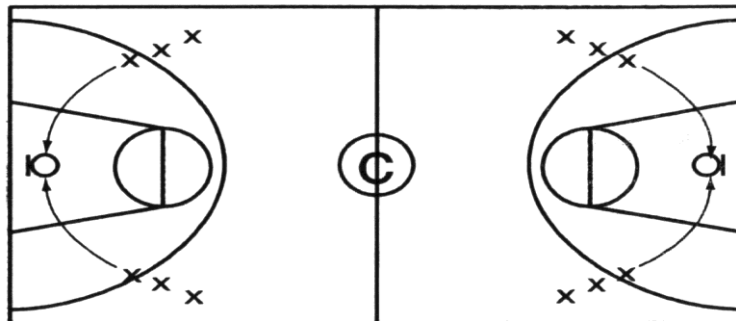
The two players then go to the end of the opposite line.



2.Spot up shooting

Players break into four groups. The first player in each group shoots the ball, rebounds it if it misses and shoots again.

Once they have made the shot they pass the ball to the next player in the line and they go to the rear of the line. Practice catching the ball and shooting and shooting off the dribble.



3.Horse Shooting game

Can be played by two or three (or more) players outside of training sessions. One player will shoot the ball from any position on the court. If the shot is made the player retains control of the ball and the next player in order must also make the shot.

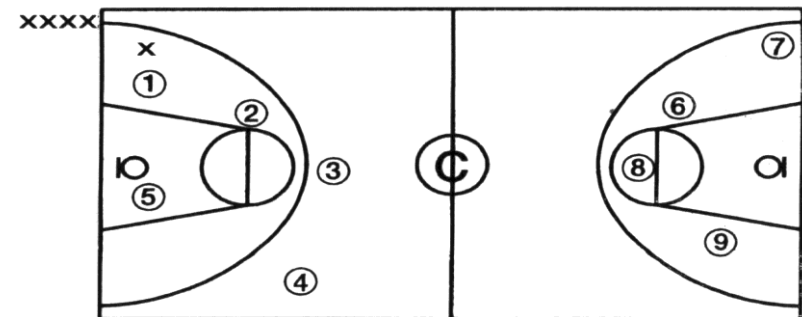
If the player misses, he/she is punished with a "H". The first shooter may then move to another spot on the floor and shoot again, if the player makes it again then next shooter must again make the shot, if that player misses again the player is then labeled "HO" and the game goes on until one player is labeled "HORSE".

To gain control of the ball the second player must make a shot after the first player has missed.

4.Around the World - game

The coach marks out 9 spots over the court area, from which the players must shoot. The players begin at the first spot and attempt to make a goal.

Each player counts the number of shots it takes them to complete all nine spots. The player must stay at each spot until the shot is made.



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Individual Offence – Beat the Champ

In order for a player to get open to shoot the ball the player must be able to get past the person guarding them. This is best done by "squaring up" in a balanced 'triple threat' position immediately upon receiving or rebounding the ball.

You must teach 3 individual moves and all from the triple threat position

- Shot
- Pass
- Rip & Drive (Crossover Drive)

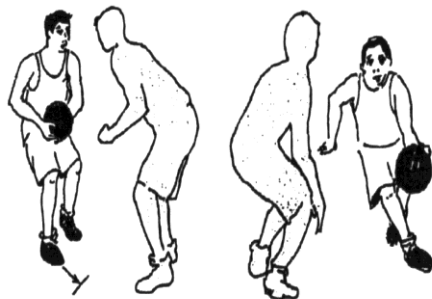
Jab Step and Push

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



Jab Step and Rip

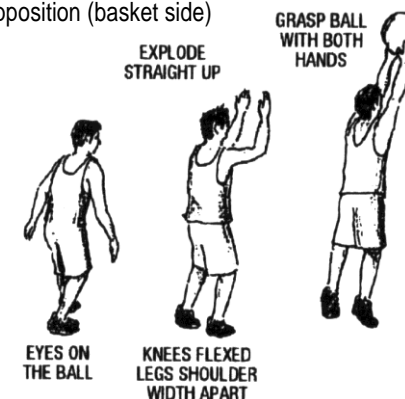
- Quick ½ step forward fake by player
- Defence reacts and moves in that direction
- Player crosses stepping foot across body
- Moves in opposite direction to first step



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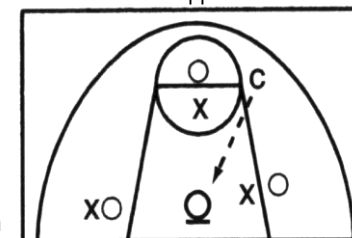
Rebounding (Recovery of missed shots)

- Always get inside position on opposition (basket side)
- Make contact with rear of your body on front of opposition's body.
- Hands up all the time.
- Grab ball with two hands
- Block opposition's path to the basket
- Don't ball watch-be sure to block opponent out and then look for ball

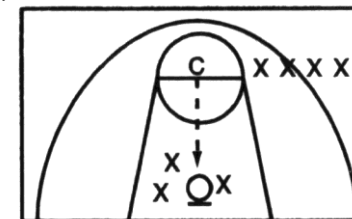


Drills for Practicing Rebounding

Coach shoots the ball, players on defence must block their direct opponent out and rebound the ball, if they rebound they become new offense, and coach shoots ball again, if they do not rebound offence keeps shooting ball until they make a goal and defence remains in for next shot by coach.



Three players stand inside the key area, coach shoots the ball, whichever player rebounds they must try to put the ball in the basket while the other two are defending.



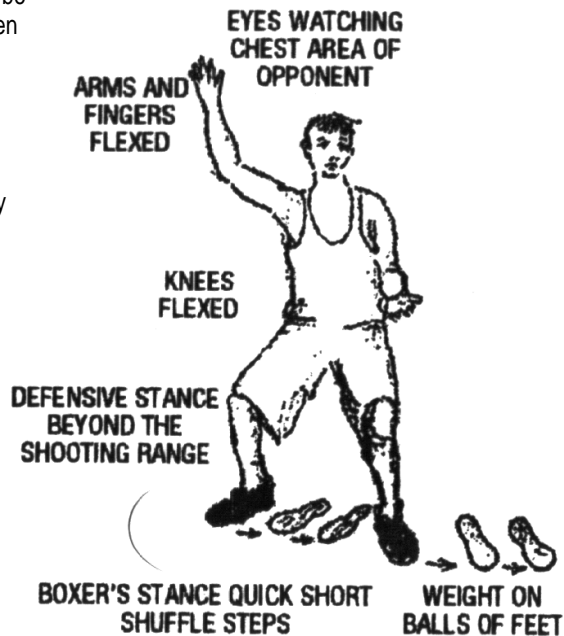
The player of the three who eventually scores rotates out of the group and a new player comes in.

Defence

Coaches are encouraged to teach Man to Man Defence, as opposed to Zone Defence. The teaching of man to man will enhance and hasten your players learning curve of the game of basketball, both defensively as well as offensively.

Man to Man Defence

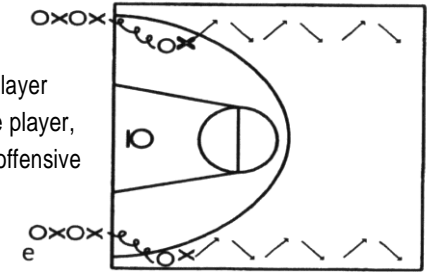
- Each player must guard only one person
- Players must stay between their man and the basket when their man has the ball
- Players must always be closer to the ring and towards the ball when the player they are guarding does not have the ball. Triangle formed with pistols pointed at man and ball.
- Players must always be able to see both their opponent and the ball.
- Players must always be in athletic stance when playing defence
- Players to sag off player towards middle of court as ball gets further away



Drills for practicing Man to Man

Zig Zag Drill

Players pair up, one player with the ball, player with ball attempts to dribble past defensive player, person on defence must attempt to block offensive players path down court.



Two on Two

Start with two offensive players and two defensive players at half court. Player on the ball stays between their man and the basket, player off the ball sags towards ball, points pistols and forms flat triangle to be in a position to help & recover. Two offensive players attempt to score.

Three on Three Shell Drill

Start with ball in point guards hands. Pass to wings, ensuring that defence jumps to the ball, with flat triangle formed. Then have offence dribble to elbows, with defence again in a position to help out. Coach watches for good stance, position, vision and blocking out when offence shoots.

Four on Four Shell Drill

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

Team Offence

- Always keep the court balanced (even spacing between each player, not crowded around the ball)
- Movement is required by players without the ball
- Look to cut to the basket and then if no ball go away and create space
- Do not dribble the ball too much
- Help each other get free, by screens etc
- All players must present as an option to score

Offensive Alignment

- Players should move the ball as quickly as possible
- Two biggest players should play the two inside positions
- Dribble into zone and then pass off.
- Ball must rotate around the key as quickly as possible

Man to Man Offensive Alignment

- Move one area to another
- Look for open players
- Never stand still
- Must be able to see your player and the ball
- Provide good communication to your other team mates

How to Plan a Practice Session**Preparation**

Be prepared prior to starting practice with the team. Ensure that equipment required for practice is organized, e.g. each player to bring with them a skipping rope, drink bottle and basketball.

Check the playing surface immediately prior to practice, e.g. there may be a need to clean dirt or water off the floor to ensure that it is safe to train .

Content

Cover as many fundamentals during practice as possible –teaching the basics is always your priority. A team which can perform all fundamentals better than the other team is more likely to win.

It may not be possible to cover all fundamentals in one practice Session but the coach should, in any long term plan, make sure they cover all the skills as often as possible as remember repetition of skills as often as possible works.

Planning

Plan each practice session in writing prior to starting with the team (see example of a practice plan).

Allocate ample time for each drill and try hard to stick to the timing allocated.

Avoid the temptation to stay with a particular drill for longer than planned or risk not covering other important planned fundamentals and drills.

Ensure the drill does not become boring and/or loose the interest of your players.

Practice must be fun as well as hard work.

If required allocate homework drills and check on progress at next training.

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Skill Development Strategy

There are a number of strategies which the coach might employ to encourage their players to develop their skills outside of the planned practice times.

- Do not use practice time for fitness work unless absolutely necessary. This should be done out- side of practice time or early in pre season training sessions.
- Always encourage use of both sides on their body for movement, passing and shooting.
- Encourage players to work on individual skills such as dribbling, ball handling and shooting in their own time, outside of team practices.
- Give them simple to follow individual programs to follow on their own or with partners.
- Introduce two on two or three on three half court games which players can enjoy outside of practice sessions also.
- Encourage players to go along to “pick-up games”– whoever turns up gets a game.
- Always respect the skill and age level of all your players – remember they will all develop at differing ages.

NOTE: Always remember to be patient and work for each players long term improvement , it won't happen overnight but if you put in the time and effort it will happen !

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Example of a Practice Plan

Time	Activity	Notes	Drills
15 Minutes	Warm up and Stretch	15 minutes – before start while waiting for the court to be free	Jog - Skip Change direction, stride stop, jump stop, pivoting, ball handling
5 Minutes	Dribble skills	Speed dribble, control dribble, cross-overs	Alley drill 1 on 0, then 1 on 1
5 Minutes	Game (passing and dribbling)	In the half court	Pass and dribble tag
5 Minutes	Shooting	Lay-ups	Two line drill
5 Minutes	Shooting	Catch and shoot	Spot Shooting
5 Minutes	Shooting competition	Divide team into 2 groups, 1st group to score 21	Score 2 for made 1st shot, 1 for made shot from rebound
10 Minutes	Individual offence	Perimeter move – jab step and cross-over	Start from the 3 pt line, 2 dribbles only, to lay-up
10 Minutes	Team defence and offence	Half court game	4 on 4 drill
15 Minutes	Scrimmage	Full court game	5 on 5
10 Minutes	Warm down and stretch	Off the playing surface	

Terminology

Backboard:	The rectangular shaped board behind the goal
Baseline:	The end line running under the basket from sideline to sideline
Basket or Hoop:	The Goal.
Blocking Out:	The position of a defensive player in such a manner as to prevent the offensive player from going to the basket for a rebound
Drive:	An explosive quick dribble towards the basket in an effort to score
Defence:	The team without possession of the ball.
Fake:	A deceptive movement used to trick the defensive player into the wrong position.
Follow Through:	Arm and wrist movement after the ball is shot.
Fast Break:	A situation in which the defensive team gain possession of the ball and moves into scoring position so quickly that its members outnumber their opponents.
Jump Ball:	The situation involving joint possession in which the official calls jump ball – each team takes it is turn by getting the ball from the side line
Key Area:	The area defined by the semi-circle and its two line running to the baseline normally painted a different colour to highlight it..
Offence:	The team with possession of the ball.
Penetration:	Move made by offensive player by dribbling past the person guarding them in an effort to draw more defensive players, to create an open offensive person.
Pivot:	Footwork that enables the ball handler to move on one foot while keeping the other in the same position of contact to the floor.
Rebound:	An attempt to catch a missed shot.
Sideline:	The lines running up the side of the court.
Substitution:	A player put in the game to replace a player already playing in the game.
Score:	A made field goal.
Score bench:	Table where score sheet and clock are located.
Time-out:	A sixty second period called by either coach when play is stopped.



