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Introduction

My Background:

- Inaugural Country Cup 1985 U16 Boys, coached at 5 Country Cups,
- Vic Country, Queensland NITP, Qld State, WNBL – 10 years, SEABL

Observations from the 2018 Asia Cup:

- Warm Up
- Travel Rule
- Actions - Pin Down Screens, Flare Screens
- Aussie ability to defend – Pack Line Vs Pressure D
- Take away the Rhythm 3 and have the ability to defend 2 dribbles
- Japan Flow and 4 series, played fast shot the 3 early
- China – Big, played a power game with far less emphasis on shooting the early 3 ball
- Korea – Quick intense and relied on breaking down opponent with penetration to create havoc for any team that could not contain and have poor help defence
- Australia deficient in close outs and ability to stay in front of opponent, we lacked the conditioning and defensive skills to stay in front of our players. Particularly our post players

Warm Up:

- Matching the energy of the Asian Teams in Warm Up - high level of talk and effort levels
- Japan Experience – in Japan you laugh we hit you with stick

Drills	
Ball Handling	Machine Gun, Octopus, Tennis Ball Drills
Transition	Train Line Drill
Blocking Out	Korean Block Out

The New Travel Rule:

- Australia needs to grasp and understand the new travel rule
- The Zero Step and understanding it
- 3 points of contact and the advantage gained
- Gaining Advantage by utilizing the zero step taking away the gap of any defender
- In comparison Australia, we caught the ball on the ground were not dynamic and called for travel for sifting a pivot foot??

Drills	
Zero Step Examples	3 points of contact
1. Lay Up, Euro Step	Attacking the gap of the defender
2. Inside, Outside Foot Shooting Drill	Reading the Defence to Attack
	Alternate finishes on the attack
Change of Pace Dribbling	Zero Step, Change of Pace

How do we counter this as defenders:

- Teaching Explosive Recovery step (to gap) and cut off step (to Chest Blow)
- Feet Defend Feet – Hands Defend the Ball
- Chest Blows to slow and deter opponent
- ‘Opening up is giving Up’ – Individual Accountability

Drills	
Functional D	Recovery Step Cut Off Step Hand Pressure
Drexel 1 on 1 Close Outs	Zero Step, Change of Pace, Opening Up is giving up
X3 Close Outs	Rehearsal Drill of containment footwork
Diagonals Drill	Floor Positioning Drill
X Over Drill	Inside Foot Zero Step footwork, ability to contain and play 2 on 2
Texas Containment Drill	Stay in front of opponent
Brehmer Drill	1 v 1 contest – coach to call ‘Go’
D Transition 3 on 3 Drill	Teaching principles – Safety, Long Rebound, Smother
Red Defence (if time)	4 on 4 Full Court Shell Drill

4 series Offence

- Quick view of the action run by Japan

Drills	
4 Series	5 V 0
3 on 3 Sideline Drill – Defending Actions	Breaking down the action Pin Down Screens Flare Screens On Ball Screens Spilt and Kick

Creating Australia’s next shooting stars

How many kids when they hit the court practice shooting?

How many kids practice shooting form?

How can we make this interesting for kids?

1. Make 10 free throws in a row
2. Make 13 of 15 shots from mid-range
3. Make 10 of 13 shots from three point range once old enough

“You can practice shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise.”

Shooting Form

- Prepare to shoot the ball before it hits your hands
- Visual knocking down the shot have the confidence to knock it down.
- Job Description.... Develop one for your players if they are a shooter develop the mentality they should look to score on every touch
- ‘Shooters are made not born’ working with the best players – making change

Common Issues when shooting:

Evaluate

- Ball hits the front of the rim?
- Ball hits the back of the rim?
- Ball hits to one side of the rim?

Learn to evaluate your hands

Learn to simplify the process of shooting

It’s all about the process first

EVERY PLAYER IS DIFFERENT

A. LOADING THE BALL WITH RYTHMN

- Catching the ball in the air with stride stop footwork, Zero Step to skip step, Inside foot to stride stop
- Feet don't really matter as you get older but start by straightening out your athletes to give them an understanding of what is require.
- Lock feet and head into Shot – Tom Maher
- Do not arch your back
- Ten toes pointing to the rim – basic starting point as they grow older this evolves
- Shooting Pocket, Load ball to eye, Line of Vision
- Keep shoulders square and level

B. HAND POSITION ON THE BALL

- Index Finger on the valve and in line with the target, Spread Fingers, Lid on the rim, load to eye
- How do you load up a gun? Dominant Eye, Jackson example, Line of fire
- Where is the middle of the hand
- Without Ball, With Ball, Fine muscle control
- One Finger Drill
- Ball placed on upper 2/3's of palm – see daylight through the gap
- Weak hand acts as a guide and stabilizes the ball

C. ACTION OF SHOOTING, LIFT, LOCK SNAP

- Legs for power, arms to guide,
- Lift hips quickly accelerate off the ground and generate power

EXERCISE LEAN BACK LEAN FORWARD

- Shoot through your line of vision
- Lock your elbow, finish in front and above your eye
- Snap wrist keeping fingers spread, lid on the rim, Fine Muscle Control
- Ball should leave index finger last
- Ball should roll off fingertips and have backspin – crucial, ball stays in air longer
- Look through the window as you release the ball
- Shoot through line of vision

Drills	
Form Shooting	How do you make this exciting
Toss Over	Back to the basket, Toss over head into shot
3 Load Shooting	Toss Out 3 times, Load, Shoot on third touch, make competitive
3 Point Bounce Drill	Early preparation, process into shot
Side to Side Handles to Shot	Footwork and load emphasis
7's Drill	+1 -2 Shooting
Contested Shooting 1 v 1	First to 6
Bin Shooting Drill	Make 8, only allowed 2 dribbles
D Shooting Challenge	To Sideline sliding, throw down to shot, make 8
Penetrate 'N' Kick	
Impossible Shooting Drill	5 Lay Ups Each Spot, 2 Jump Shots each spot, 1 3 Point Shot each spot

Shooting Analogies:

BEEF

B –is for **Balance**

E –is for **Eyes** on the target

E –is for **Elbow** which sits under the ball (It does not need to be in a straight line under the ball)

F –is for **Follow Through**

FEEL

F –is for **Finger**- index finger in middle

E –is for **Eye**- focus on the target

E –is for **Elbow**- needs to get under the ball- if it is in front or behind you do not get the wrist L-shape and no wrinkle

L –is for **Lock**- full extension- snap of wrist and no breakage of fingers in follow through

If you have ever shot a rifle, shot gun or B-B gun you would have noticed that you naturally brought the gun stock up to your shoulder and pointed the barrel down the target line in line with your dominant eye and you would have your trigger finger on the trigger ready to fire when you are 'ready'. Notice also that you do not pull the trigger until you have the target, the peep sight at the end of the barrel and your eye all in the 'line of fire'. I also call this the correct 'shot pocket' when prepping to shoot.

Compare this process to the free-throw attempt. You pick up the ball (usually with the dribbling hand to partner with the guide hand), the set the ball in **your** comfort zone 'shot pocket', which may or may not be scientifically correct. Let's compare.

When you pick up a rifle and you are ready to shoot, you do not hold the barrel of the gun near the hip or above the head or in front of the stomach. You brace the stock with the shoulder and align all other parameters (peep-sight, barrel, eye and target) before shooting.

Eddie Palubinskas

'You miss one hundred percent of the shots you don't take'

Three and One-Half Balls Fit in the Target

To help your confidence it is important to know that the basket is big. The basket is so big that three and one half balls can fit in the target. This surprises most players. You can get on a ladder and fit three balls side by side over the target and have enough space to fit and turn your hand between each ball. Realising that the basket is so big should give a psychological boost to your confidence.

Keep follow-through until the ball goes through the target 'Up, Down, Kiss, In'

When shooting off the backboard this is a simple rule to ensure success. Shoot it up then ensure it is on the downward arc when it hits the backboard making it a softer shot as it kisses the glass so it will go in.

Summary of Shot Technique – Check list for coaches and players:

- Do you prepare before you catch by being low and ready? Yes No
- Do you catch the ball in the air on most occasions? Yes No
- Do you lock your feet and head into your shot every time? Yes No
- Do you always have ten toes point at the target? Yes No
- Are your feet at least shoulder width apart with your dominant foot slightly forward? Yes No
- Do you break at your knees and not your hips? Yes No
- Do you keep your head over your feet? Yes No
- Do you arch your back as you shoot the ball? Yes No
- Do you lift your body early when you shoot the ball? Yes No
- Do you break at elbow and wrist? (L-Shape elbow and wrinkle wrist) Yes No
- Does the base of your palm touch the basketball? Yes No
- Is your index finger lined up with the valve of the basketball and the centre of the target? Yes No
- Are you keeping your fingers spread and as wide as possible throughout? Yes No
- Is the ball centred in the middle of the hand? Yes No
- Can you see a straight line across from your thumb and pinkie forming a triangle with the target? Yes No
- Do you lock your elbow and finish with elbow above your eye? Yes No
- Do you break your wrist and ensure you do not break at knuckles or fingers? Yes No
- Do you finish with your triangle pointing at the target? Yes No
- Does your index finger point straight at the target after follow through? Yes No
- Does the ball leave your index finger last? Yes No
- Does the ball roll off your fingertips to ensure back spin on the shot? Yes No
- Does your guide or weak hand turn when you shoot the ball? Yes No
- Does the ball stay in front of you during your shot? Yes No
- Do you shoot through your line of vision? Yes No
- Do you look between your arms when you have released the ball? Yes No
- Do you bring your feet together when shooting the ball? Yes No