learn to coach hoops


# lessons 1 - 10

10 x 1 Hour Training Sessions Developed For Coaches.

Complete With Video References Of All Drills



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###### Hey Coach!

Welcome to basketball.

I’ve put this booklet (Lessons 1-10) together to help you get started in your coaching.

After 30+ years in the game and the past 20+ years in coaching, this easy to follow group of lessons and skills will help you and your players quickly improve.

Every drill has it’s own video reference. For the video of drills, go to learntocoachhoops.com and register, to access every drill in video format.

There are literally thousands of drills that you can do for many different drills, I’ve simply chosen these because I’ve run them myself and seen immediate and constant improvement with my players, of all ages and abilities.

So whether you’ve got 6 year olds or 16 year olds. Absolute beginners or more advanced, these drills will help improve all facets of their game while at the same time keeping them moving and enjoying the journey.

Combine this book with booklet 2 and you’ve got 20 hours of coaching that you can deliver.

Congratulations on taking the step to influence the sporting careers and lives of athletes. Enjoy the journey that is going to bring you lots of fun, laughter, life experiences and create lifelong friendships in this thing we call life.

Have fun!!!! Bruce

### Session 1:

#### \*\*See “ICEBREAKER” Videos\*\*



00 - 06 (60-54) - Warmup - Dribbling across court and back (Videos 001, 157, 181, 182)

06 - 08 (54-52) - “Club Name” Stretch (Videos 002,003,004)

08 - 12 (52-48) - Drill 1 - Around Australia Drill (Video 005)

12 - 16 (48-44) - Drill 2 - Lay Up teaching (Video 156)

16 - 20 (44-40) - Drill 3 - Lay Up teaching (Video 156) (repeated intentionally)

20 - 24 (40-36) - Drill 4 - Zig Zag dribbling in and out of markers - 3pt line (Videos 204, 204.1, 204.2) 24 - 28 (36-32) - Drill 5 - Dribble around 3pt line, then around key to lay up (Video 155)

28 - 29 (32-31) - Fitness - “Suicide Dribbling” (Video 010) 29 - 30 (31-30) - “Time Out” - Drink Break

TEAM DEVELOPMENT PERIOD - 20 minutes

30 - 50 (30-10) - Man to Man Defensive Rules (4 mins) (Video 011)

20 Passes Game (8 mins) (Videos 012, 013)

3 Line Passing to shot (8 mins) (Videos 014, 015)

50 - 58 (10-02) - GAME - 5 on 5, 4 on 4, 3 on 3.

58 - 60 (02-00) - Recap of Session

(Time in brackets if clock counting backwards)

### Session 2:

00 - 06 (60-54) - Warmup - Dribble around 3pt line then around key to lay up (Video 155) 06 - 08 (54-52) - “Club Name” Stretch (Videos 002,003,004)

08 - 12 (52-48) - Drill 1 - 1/2 court cone dribble to lay up (Video 16) 12 - 16 (48-44) - Drill 2 - Teach shooting (Videos 017, 158, 159)

16 - 20 (44-40) - Drill 3 - Teach shooting

20 - 24 (40-36) - Drill 4 - Line up shooting then dribble around 1/2 court (Video 017)

24 - 28 (36-32) - Drill 5 - 3pt line Dribble around parents, 1/2 change direction to basket (Video 018) 28 - 29 (32-31) - Fitness - Suicide dribbling drill (Video 010)

1. - 30 (31-30) - “Time Out” - Drink Break TEAM DEVELOPMENT PERIOD - 20 minutes
2. - 50 (30-10) - Teach free throws and key points (Video 777)
* Shoot Free Throws
* Shooting games - rotating spots (Video 019)

50 - 58 (10-02) - GAME - Lay up relays and shooting relays (Videos 020, 021)

58 - 60 (02-00) - Recap of Session

(Time in brackets if clock counting backwards)

### Session 3:

00 - 06 (60-54) - Warmup - Lay ups and around cone dribbles (Video 022) 06 - 08 (54-52) - “Club Name” Stretch (Videos 002,003,004)

08 - 12 (52-48) - Drill 1 - Dribble, pivot, pass from baseline (Video 023)

12 - 16 (48-44) - Drill 2 - Dribble around chairs, then around to shoot (Video 024) 16 - 20 (44-40) - Drill 3 - 3 line passing to shot (Videos 014, 015)

20 - 24 (40-36) - Drill 4 - Over and under passing (Video 025)

24 - 28 (36-32) - Drill 5 - Full court dribble, pass to coach, receive, complete lay up (Video 026) 28 - 29 (32-31) - Fitness - Suicide Dribbling (Video 010)

1. - 30 (31-30) - “Time Out” - Drink Break TEAM DEVELOPMENT PERIOD - 20 minutes
2. - 50 (30-10) - Introduce 2 on 1 with guidelines and play (Video 043)
* Introduce 3 on 2 with guidelines and play (Video 902)

50 - 58 (10-02) - GAME - In The Bin - Shooting Game (Video 153) 58 - 60 (02-00) - Recap of Session

(Time in brackets if clock counting backwards)

### Session 4:

00 - 06 (60-54) - Warmup - Dribble around chairs then to shot (Video 024) 06 – 08 (54-52) - “Club Name” Stretch (Videos 002,003,004)

08 - 12 (52-48) - Drill 1 - Sliding sideways dribble across court (Video 028, 211)

12 - 16 (48-44) - Drill 2 - Over and under passing (Video 025)

16 - 20 (44-40) - Drill 3 - Sliding dribble around 3pt line (Video 029)

20 - 24 (40-36) - Drill 4 - 3 man weaves (Video 030)

24 - 28 (36-32) - Drill 5 - 3 man weaves (Video 030)

28 - 29 (32-31) - Fitness - Fireman Drill (Video 901) 29 - 30 (31-30) - “Time Out” - Drink Break

TEAM DEVELOPMENT PERIOD - 20 minutes

30 - 50 (30-10) - Introduce 1 on 1 alley drill (Video 903)

* 2 on 1 revisit (Video 043)
* 3 on 2 revisit (Video 902)

50 - 58 (10-02) - GAME - Scrimmage using movement & defensive rules from alley drill 58 - 60 (02-00) - Recap of Session

### Session 5:

00 - 06 (60-54) - Warmup - Full court dribble, pass to coach, receive, complete lay up (Video 026) 06 - 08 (54-52) - “Club Name” Stretch (Videos 002,003,004)

08 - 12 (52-48) - Drill 1 - Stops - pivoting, counting the walls (Video 130, 293.1)

12 - 16 (48-44) - Drill 2 - Stops - with ball (Video 293.2)

16 - 20 (44-40) - Drill 3 - 3 line passing to shot - add in up fake (Video 015)

20 - 24 (40-36) - Drill 4 - Shooting games, rotating spots - using an up fake (Video 019) 24 - 28 (36-32) - Drill 5 - Shooting games - rotating spots (Video 019)

1. - 29 (32-31) - Fitness - Suicide Dribbling (Video 010)
2. - 30 (31-30) - “Time Out” - Drink Break TEAM DEVELOPMENT PERIOD - 20 minutes

30 - 50 (30-10) - 1 on 1 Alley drill (Video 903)

* 20 passes drill (Videos 012, 013)
* Blocking out around circle, then same drill in close (Videos 904, 905)

50 - 58 (10-02) - GAME - 3 on 2 full court or game in 1/2 court - spacing and stance (Video 902) 58 - 60 (02-00) - Recap of Session

(Time in brackets if clock counting backwards)

### Session 6:

00 - 06 (60-54) - Warmup - 1/2 court cone dribble to lay up (Video 026) 06 - 08 (54-52) - “Club Name” Stretch (Videos 002,003,004)

08 - 12 (52-48) - Drill 1 - Line up shooting then dribble around 1/2 court (Video 158) 12 - 16 (48-44) - Drill 2 - Dribble tag (Video 150)

16 - 20 (44-40) - Drill 3 - Dribble and ball handling challenges (Videos 108, 109, 112)

20 - 24 (40-36) - Drill 4 - Gorilla walk (Videos 147, 148)

24 - 28 (36-32) - Drill 5 - Rotating shooting games (Video 019)

28 - 29 (32-31) - Fitness - Fireman's Drill (Video 901) 29 - 30 (31-30) - “Time Out” - Drink Break

TEAM DEVELOPMENT PERIOD - 20 minutes

30 - 50 (30-10) - Setting up for free throws - for O & D (Videos 32, 33)

* Setting up for jump ball at the start of the game (Videos 34, 35)
* Passing the ball in from the baseline, after a basket or violation - the difference (Video 906) 50 - 58 (10-02) - GAME - Full court game - start with free throws after each play.

58 - 60 (02-00) - Recap of Session

(Time in brackets if clock counting backwards)

### Session 7:

00 - 06 (60-54) - Warmup - Line up shooting then dribble around 1/2 court (Video 158) 06 - 08 (54-52) - “Club Name” Stretch (Videos 002,003,004)

08 - 12 (52-48) - Drill 1 - Zig Zag dribbling in and out of markers - 3pt line (Videos 204, 204.1, 204.2) 12 - 16 (48-44) - Drill 2 - 1/2 Crt Cone Dribble To Lay Up (Video 026)

16 - 20 (44-40) - Drill 3 - 3pt line sliding giving hi and low 10’s to parents (Video 133)

20 - 24 (40-36) - Drill 4 - 3 pt line dribble around parents to shot (Video 155)

24 - 28 (36-32) - Drill 5 - Dribble, Pivot Pass Drill (Video 023)

28 - 29 (32-31) - Fitness - Suicide Dribble Drill (Video 010) 29 - 30 (31-30) - “Time Out” - Drink Break

TEAM DEVELOPMENT PERIOD - 20 minutes

30 - 50 (30-10) - Introduce “Shell Drill” (Video 037)

50 - 58 (10-02) - GAME - 3 on 3, 4 on 4, or 5 on 5 game with defensive spacing focus

58 - 60 (02-00) - Recap of Session

(Time in brackets if clock counting backwards)

### Session 8:

00 - 06 (60-54) - Warmup - Full court layups around cones to start (Video 026) 06 - 08 (54-52) - “Club Name” Stretch (Videos 002,003,004)

08 - 12 (52-48) - Drill 1 - Line up shooting then dribble around 1/2 court (Video 158)

12 - 16 (48-44) - Drill 2 - Stops - pivoting, counting the walls (Videos 130, 293, 293.1, 293.2)

16 - 20 (44-40) - Drill 3 - 3 line passing to lay ups (Video 038)

20 - 24 (40-36) - Drill 4 - Defensive slides (Video 135)

24 - 28 (36-32) - Drill 5 - Dribble, Pivot, Pass, Drill (Video 023)

28 - 29 (32-31) - Fitness - Coaches Choice 29 - 30 (31-30) - “Time Out” - Drink Break

TEAM DEVELOPMENT PERIOD - 20 minutes

30 - 50 (30-10) - Introduce 2-3 zone ‘d’ (Video 039)

* Introduce “Gap” Offence v’s zone (Video 040)

50 - 58 (10-02) - GAME - v’s a 2-3 zone working on ‘o’ and ‘d’ rules. 58 - 60 (02-00) - Recap of Session

(Time in brackets if clock counting backwards)

### Session 9:

00 - 06 (60-54) – Warmup - Dribbling across court and back (Video 001) 06 - 08 (54-52) – “Club Name” Stretch (Videos 002,003,004)

08 - 12 (52-48) – Drill 1 - Full court layups and around cones to start (Video 022) 12 - 16 (48-44) – Drill 2 - Shooting games, rotating spots (Video 019)

16 - 20 (44-40) – Drill 3 - Defensive slides (Video 135)

20 - 24 (40-36) – Drill 4 - 3pt line dribbling giving high 5’s to parents (Video 101)

24 - 28 (36-32) – Drill 5 - Partner shooting, “Catch, Reach, 11” principle. (Videos 178, 179)

28 - 29 (32-31) – Fitness - Coaches Choice 29 - 30 (31-30) – “Time Out” - Drink Break TEAM DEVELOPMENT PERIOD - 20 minutes

30 - 50 (30-10) – Shell drill revision (8 mins) (Video 037)

* Basic Man Offence (12 mins) (Video 041)

50 - 58 (10-02) – GAME - v’s Man to Man using ‘d’ and ‘o’ principles 58 - 60 (02-00) – Recap of Session

(Time in brackets if clock counting backwards)

### Session 10:

00 - 06 (60-54) - Warmup - Around Australia Drill (Video 005)

06 - 08 (54-52) - “Club Name” Stretch (Videos 002,003,004)

08 - 12 (52-48) - Drill 1 - Gorilla Walk Challenges (Videos 147, 148)

12 - 16 (48-44) - Drill 2 - Sliding dribble around 3pt line (Video 029)

16 - 20 (44-40) - Drill 3 - Dribble Tag (Video 150)

20 - 24 (40-36) - Drill 4 - Dribble around 3pt line, then around key to lay up (Video 155) 24 - 28 (36-32) - Drill 5 - Corner of square shooting games (Video 019)

28 - 29 (32-31) - Fitness - Coaches Choice 29 - 30 (31-30) - “Time Out” - Drink Break

TEAM DEVELOPMENT PERIOD - 20 minutes

30 - 50 (30-10) - Lay Up games, 1/2 court, spots, full court

50 - 58 (10-02) - GAME - “In The Bin” shooting game (Video 153) 58 - 60 (02-00) - Recap of Session

(Time in brackets if clock counting backwards)

# SESSION 1

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## SESSION 1

### WARM UP













(00-06) Learning To Dribble

**Video Training # 001, 157, 181, 182**

**ALL DRILLS –** Across one hand & back the other Walking – eyes ahead

Jogging, Running Skipping

Sliding sideways Cross Overs

**(06-08) “Club Name” Stretching Routine**

Toe Pulls, High kicks, Lunges, Knee Pulls

(see video for correct instruction and execution.)

Video # 002, 003, 004

(08-12) Around Australia Drill Video Training # 005

Dribble Pass Catch Shoot Drill 2 minutes each way

Focus on speed and good passing

**parents**

**x**

**x**

**x**

**x**

**x**

**x**

**Passer**



(12-20) Teach Lay Ups



|  |  |
| --- | --- |
|  |  |
| **x x****x**  |

Video Training # 156

Players on 45 degree angle Coach takes ball from player & Gets the player to repeat this….

(20-24) Zig Zag dribbling in and out of markers - 3pt line

**X**

**X**

**X**

**X**

**X**

**X**

**X**

**Video Training #204, 204.1, 204.2**

Push off outside foot Correct dribble hand Eyes Up

Cross over dribble to change direction 2 minutes each direction

## SESSION 1





(24-28) Dribble Around 3pt Line Then around key to lay up

**Video Training #155**

Players line up ready to begin. Proceed around 3pt line while dribbling with

outside hand. At end of 3pt line, go back along baseline

until player hits keyway. Changes dribble hand, proceeds around key lines while dribbling with outside hand.

Get’s to elbow of key and goes straight to

basket for a layup. Complete both directions and therefore layups.

## SESSION 1

#### Fitness Drill - “Suicide Dribbling”

Suicide Dribbling Drill.

**Video #010**

This is normally completed as a running only drill but we need the athletes to improve their dribbling. Instruct the athletes to dribble up the court with

their right hand and back to their starting position with their

left hand. Focus on eyes straight ahead and “see the ball out of the bottom of

their eyes.”

X X X X X X X X X X X X X

29-30 - Drink Break

## SESSION 1

### 30-50 Team Development Section

#### Basic Man To Man Defensive Rules (4 mins)

###### Stay between your player and the basket

* + - Keep your head below the players head when they have the ball
		- Hands to mirror the ball when their opposing player has the ball
		- Video #011

20 Passes Game (8 mins)

* split the group into 2 teams - with players of about the same height playing against each other
* Use 1/2 court only (if they’re little - use inside the 3pt area)
* Team A has to complete 20 passes while Team B chases them around the court. On dropped passes, missed passes etc - just keep the count going until the team reaches 20 successful passes.
* Upon completion - repeat for Team B

\* Emphasis on staying with player, between player and basket and stance when their opposing player has the ball, mirror hands

\* Video #012 & 013

3 Line Passing To Shot (8 mins)

B

C

Shot

A

Set the players up as shown, once they’ve done this drill a few times you can add in a

second ball. Player in line A passes to player in Line B and runs

to the end of line B. Player in line B receives the ball and passes to player in line C.

Passer then run to become line C. Player in line C receives the ball, shoots the ball , rebounds the ball and then passes the ball to the first player in Line A. Player from line C then proceeds to the

end of Line A. This drill can be done with multiple options, shooting from all different spots on the

floor. Good passes, run to next spot.

Video # 014 & 015

### 50-58 GAME

SESSION 1

#### Whatever your team size can make happen. 3 on 3, 4 on 4 or 5 on 5.

Play a basketball game using man to man defence, passing, movement and having fun.

Make sure everyone gets involved.



58-60 RECAP

###### Spend the last 2 minutes of every session going over teaching points, things they’ve been taught and any homework practice you want to assign. Dribbling etc.

# SESSION 2

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### WARM UP

SESSION 2



(00 - 06) Dribble Around 3pt Line Then around key to lay up Video Training #155

Players line up ready to begin. Proceed around 3pt line while dribbling with

outside hand. At end of 3pt line, go back along baseline

until player hits keyway. Changes dribble hand, proceeds around key lines while dribbling with outside hand.

Get’s to elbow of key and goes straight to

basket for a layup. Complete both directions and therefore layups.

**(06-08) “Club Name” Stretching Routine**

###### Toe Pulls, High kicks, Lunges, Knee Pulls

(see video for correct instruction and execution.) Video # 002, 003, 004

(08 - 12) Half Court Cone Dribble To Shot

**x**

**x**

**x**

**x**

**x**

**x**

**x**

**parents**

**x**

**x**

**x**

**x**

**x**

**Video Training # 016**

Players begin in line to complete lay up using correct footwork and saying correct routine. After completion of lay up, player then proceeds to dribble around cones and back to starting position. Ensure correct dribbling hand,

correct footwork around cones,

eyes straight ahead.

SESSION 2



(12-20) Shooting Instruction

**Video Training # 017, 158, 159**

Players & Parents Line Up as shown Explain Shooting Philosophy

O O

O

x x x

x

O x

O

x

Coach

Teaching

O

x O

x O

x O

‘THE EYES TELL THE HANDS WHAT TO DO’

Eyes on front of rim target

‘CELEBRATE STRAIGHT’

Show one handed shooting here with full extension.

Remember the 3 key words.

“Catch, “Set”, Release”

x = kids O = parents

(20-24) LEARNING TO SHOOT DRILL

**Video Training #017**

Players line up as shown Player shoots, rebounds and dribbles in the direction of the arrows around

the court.

## SESSION 2

(24-28) 3pt Line Dribbling Around Parents or markers, 1/2 way change direction to basket to complete shot.

**X**

**X**

**X**

**X**

**X**

**Video Training # 018**

2 minutes each direction

Dribble

     

* 1. Fitness Drill - “Suicide Dribbling”

     

#### 29-30 - Drink Break

Suicide Dribbling Drill.

Video # 010 This is normally completed as a running only drill but we need the athletes to improve their dribbling. Instruct the athletes to dribble up the court with

their right hand and back to their starting position with their

left hand. Focus on eyes straight ahead and “see the ball out of the bottom of

their eye

## SESSION 2

### 30-50 Team Development Section

#### Teach Free Throws (4 mins)

###### Key Points

* + - Take ball in hand
		- Angled feet and hips to form “straight line”
		- Eyes on front of rim target
		- Dribble with eyes remaining on target
		- Try to “bounce” the ball gently on the front of the rim
		- Focus on “straight” - celebrate straight
		- “FEDS 11” - Feet, Eyes, Dribble, Shoot, 11 o’clock release.
		- Video 777

Shoot Free Throws (8 mins)

(8 Mins) ROTATING SHOOTING GAMES

**Video # 019** 1 ball per Group Player 1 shoots

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |
|  |  |  |

Player 1 Rebounds

Player 1 Passes to player 2 And Joins the end of the line.




### 50-58 GAME

SESSION 2









Full Court Lay Up relays and shooting relays Video Training # 020, 021













58-60 RECAP

 shot

shot

shot

1st team to 11 baskets made Teams then rotate to the left once a

team “wins” Ensure all dribbling is correct on each

side. Shoot at each end

Spend the last 2 minutes of every session going over teaching points, things they’ve been taught and any homework practice you want to assign. Dribbling etc.

# SESSION 3

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## SESSION 3

### WARM UP

(00-06) FULL COURT LAY UPS

**x**

**x**

**x**

**x**

**Video # 022**

* Be sure to change sides and direction half way through the drill.

**(06-08) “Club Name” Stretching Routine**

###### Toe Pulls, High kicks, Lunges,

Knee Pulls

(see video for correct instruction and execution.)

Video # 002, 003, 004



* 1. Pivot

2. Jump Stop

 **x**

1. Dribble

* 1. Pass

##### (08-12) Dribble, Pivot, Pass From Baseline

**Video # 023**

###### Line players up in pairs

* + 1. Dribble to free throw line with eyes up
		2. Come to jump stop
		3. Pivot to face partner
		4. Chest pass/bounce pass back to partner (for younger players - go half way )

## SESSION 3

(12-16) Dribble Around Chairs Then Layup

**x**

**x**

**Video Training # 024**

Players Line up as shown, when it is their turn, they dribble in and out of the chairs using the correct hand and footwork.

Then proceed around markers to shooting area. Coach chooses a shot, lay up, set shot,

shot off a dribble.

 (16-20) 3 Line Passing To Shot

**Video # 014 & 015**

Set the players up as shown, once they’ve done this drill a few times you can add in a

B

C

Shot

second ball. Player in line A passes to player in Line B and runs

to the end of line B. Player in line B receives the ball and passes to player in line C.

Passer then run to become line C. Player in line C receives the ball, shoots the ball , rebounds the ball and then passes the ball to the first player in Line A. Player from line C then proceeds to the

A end of Line A.

This drill can be done with multiple options,

shooting from all different spots on the

floor. Good passes, run to next spot.

(20-24) OVER UNDER PASSING DRILL

**Video Training # 025**

Player 1

Chest Pass

**X X**

Player 2

Change direction on whistle

* Time for one minute

– then repeat to try and beat the previous score

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Bounce Pass

22

SESSION 3



(24-28) Full Court Dribble, Pass To Coach, Receive, Complete Lay up

**Video Training # 026**

Start with coaches (parents) about level with the free throw line, on the 3 pt line. Player begins to dribble up the court,

looking at the coach. When the player gets to or over the centre line, they pass the ball to the coach and keep running. The coach will pass the ball back to them. Player receives ball and continues in to

complete lay up.



####  28-29 Fitness Drill - Suicide Dribbling

Suicide Dribbling Drill.

Video # 010 This is normally completed as a running only drill but we need the athletes to improve their dribbling. Instruct the athletes to dribble up the court with

their right hand and back to their starting position with their

left hand. Focus on eyes straight ahead and “see the ball out of the bottom of

their eyes.”



#### 29-30 - Drink Break

## SESSION 3

### 30-50 Team Development Section

###### (10) - Introduce 2 on 1 play with guidelines and aims

* Play it
* Video #043

(10) - Introduce 3 on 2 play with guidelines and aims

* Play it
* Video #902

50-58 GAME

**“In The Bin Shooting Game”**

Video Training # 153

Players form a single line in front of the rim.

Nominate anywhere from 1-5 in the bin – pending numbers and time. (say 3!) If players 1,2 & 3 miss their shots, they stand on the side of the key “in the bin” – if player 4 makes the basket – they empty the bin and those players then go and stand on the end line and make noise for the other players.

This is a favorite game everywhere! ENJOY!

### 58-60 RECAP

###### Spend the last 2 minutes of every session going over teaching points, things they’ve been taught and any homework practice you want to assign. Dribbling etc.

# SESSION 4

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### WARM UP

SESSION 4

(00-06) Dribble Around Chairs Then Shoot Drill

**x**

**x**

**Video Training #024**

Players Line up as shown, when it is their turn, they dribble in and out of the chairs using the correct hand and footwork.

Then proceed around markers to shooting area. Coach chooses a shot, lay up, set shot,

shot off a dribble.

**(06-08) “Club Name” Stretching Routine**

###### Toe Pulls, High kicks, Lunges, Knee Pulls

(see video for correct instruction and execution.) Video # 002, 003, 004



(08-12) Sliding Sideways Shuttle

**Relay Across Court**



Video Training # 028, 211



 



 



 



 

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Player 1

Chest Pass

##### X X

Player 2

(12-16) OVER UNDER PASSING DRILL

Video Training #025

Change direction on whistle

- Time for one minute

– then repeat to try and beat the previous score

Bounce Pass

 SESSION 4

(16-20) Sliding Around 3pt Line

**Slide**

**X**

Video Training #029

Sliding around sideline, facing the coach as they also slide around the line as

fast as they can. Keep head below coaches head.

Don’t cross feet 2 times each way



**Coach bending down to ensure players keep their heads and therefore bodies low.**

(20 -28) 3 Man Weaves

Video Training #030

This looks crazy in the diagram, watch the

video to get a visual on this. 3 Players on the court.

Simple rule, pass to the player and run

behind them. 1 passes to 2 and runs behind 2 passes to 3 and runs behind 3 passes to 1 and runs behind

repeat Continue up the floor completing this sequence,

finish with a lay up.

## SESSION 4

#### Fitness Drill - Fireman Drill

###### Video #901

29-30 - Drink Break

30-50 Team Development Section

* + - Introduce 1 on 1 Alley drill - sliding, side to side, head down, carry a hand, point foot in direction you want to go (5 mins)
		- Video #901
		- Revisit 2 on 1 - play (8 mins)
		- Video #043
		- Revisit 3 on 2 - play (7 mins)
		- Video #902

50-58 GAME

Scrimmage (play a basketball game) using movement and defensive rules from alley drill and spacing drill.

58-60 RECAP

Spend the last 2 minutes of every session going over teaching points, things they’ve been taught and any homework practice you want to assign. Dribbling etc.

# SESSION 5

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### WARM UP

   

SESSION 5

(00-06) Full Court Dribble, Pass To Coach, Receive, Complete Lay up

Video Training #026

Start with coaches (parents) about level with the free throw line, on the 3 pt line. Player begins to dribble up the court,

looking at the coach. When the player gets to or over the centre line, they pass the ball to the coach and keep running. The coach will pass the ball back to them. Player receives ball and continues in to

complete lay up.

  

**(06-08) “Club Name” Stretching Routine**

Toe Pulls, High kicks, Lunges, Knee Pulls (see video for correct instruction and execution.)

Video # 002, 003, 004

## SESSION 5

(08-12) SPLASH DRILL

Video Training #130, 293.1

Jump in a Puddle “Splash” Count the walls (pivot) Kids go

Up & Back - repeat

(12-16) Splash Stops With Ball

Video #293.2

Kids – grab Ball & do same drill

On ‘SPLASH” – kids stop & keep dribble alive Up & Back



(16-20) 3 Line Passing To Shot - Add in Shot Fake

Video #015

Set the players up as shown, once they’ve done this drill a few times you can add in a

B

C

Shot

second ball. Player in line A passes to player in Line B and runs

to the end of line B. Player in line B receives the ball and passes to player in line C.

Passer then run to become line C. Player in line C receives the ball, \*Now completes an up fake - then shoots the ball , rebounds the ball and then passes the ball to the first player in Line A. Player from line C then proceeds to the

A end of Line A.

This drill can be done with multiple options, shooting from all different spots on the

floor. Good passes, run to next spot.

## SESSION 5

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(20-28) ROTATING SHOOTING GAMES

Video #019

1 ball per Group Player 1 shoots

Player 1 Rebounds

Player 1 Passes to player 2 And Joins the end of the line.

When a team reaches say 7, 11, 15 - whatever They rotate clockwise in the direction of the arrows. As coach - you can get them to shoot from wherever you like.

Make it fun!

\*Players are NOT to hit another teams

ball away from play

 28-29 Fitness Drill - Suicide Dribbling

Suicide Dribbling Drill.

Video # 010 This is normally completed as a running only drill but we need the athletes to improve their dribbling. Instruct the athletes to dribble up the court with

their right hand and back to their starting position with their

left hand. Focus on eyes straight ahead and “see the ball out of the bottom of

their eyes.”



#### 29-30 - Drink Break

## SESSION 5


### 30-50 Team Development Section

#### 1 on 1 Alley Drill (5 mins)

* Video #903
* 20 passes drill from week 1 (6 mins) (Videos # 012, 013)
* Blocking out drill around circle (Video 904)
* then execute in game situation (Video 905)
* stop through leg power, not arm power
* keep low base
	1. GAME
		+ 3 on 2 full court or
		+ game in the 1/2 court

- spacing and stance (Video 902)

58-60 RECAP

###### Spend the last 2 minutes of every session going over teaching points, things they’ve been taught and any homework practice you want to assign. Dribbling etc.

# SESSION 6

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### WARM UP

SESSION 6

(00 - 06) 1/2 Court Cone Dribble To Lay Up

**x**

**x**

**x**

**x**

**x**

**x**

**x**

**parents**

**x**

**x**

**x**

**x**

**x**

Video Training #026

Players begin in line to complete lay up using correct footwork and saying correct routine. After completion of lay up, player then proceeds to dribble around cones and back to starting position. Ensure correct dribbling hand,

correct footwork around cones,

eyes straight ahead.

**(06-08) “Club Name” Stretching Routine**

###### Toe Pulls, High kicks, Lunges, Knee Pulls (see video for correct instruction and execution.)

Video # 002, 003, 004

(08-12) Line Up Shooting Then Dribble Around 1/2 Court

**Video Training # 158**

Have the players line up wherever you want them to shoot from. They have a shot then dribble in the direction of the arrows, using the outside hand. (Hand away from the middle of the court)

Eyes up

Change lines on the return

SESSION 6

(12-16) Hi 5 Dribble Tag Game Video Training # 150

**x**

**x**

**x**

**PLAYERS**

**x**

**x**

**x**

**x**

Players start within 3 point area Coaches picks 2 “chasers”

On “GO” – chasers dribble and tag other players The “Runners” are trying to escape being tagged while dribbling

Once tagged – the player stays in place with a hand in the air and continues to dribble

A coach or parent will come around

and “Hi 5” them to release them back into the game

x x



**(20-24) GORILLA WALK ACROSS & BACK**

Video Training # 147, 148

Players start on sideline

Take a step and pass the ball through their legs.

Take another step and pass the ball through the other way. Continue across court.

Advanced - Dribble option - see video.

(16-20) Ball Handling

**Video Training # 108, 109, 112**

Slap the ball Pinch the ball

Right hand/ Left hand Kneeling

Sitting Laying Down

Change hands

## SESSION 6

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(24-28) Rotating Shooting Games

**Video #019**

1 ball per Group Player 1 shoots

Player 1 Rebounds

Player 1 Passes to player 2 And Joins the end of the line.

When a team reaches say 7, 11, 15 - whatever They rotate clockwise in the direction of the arrows. As coach - you can get them to shoot from wherever you like.

Make it fun!

\*Players are NOT to hit another teams

ball away from play

28-29 Fitness Drill - Fireman’s Drill (Video 901)



29-30 - Drink Break

## SESSION 6

### Team Development Section

#### Setting up for Free Throws - “O” & “D” (15 mins)

- Video 032, 033

* + - Setting up for a Jump Ball at the start of the game (5 mins)

- Video 034, 035

* + - Passing the ball in from the baseline (10 mins)
		- 1 metre and 1 metre
			* after a basket
			* after a violation
			* what’s the difference

(show and practice)

Video #906

* 1. GAME
		+ Full court game, start with free throws at each end after the ball is dead
		+ Start the game with a jump ball
		+ Practice throwing the ball in from the baseline

58-60 RECAP

###### Spend the last 2 minutes of every session going over teaching points, things they’ve been taught and any homework practice you want to assign. Dribbling etc.

# SESSION 7

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## SESSION 7

### WARM UP

(00-06) Line Up Shooting Then Dribble Around 1/2 Court

**Video Training # 158**

Have the players line up wherever you want them to shoot from. They have a shot then dribble in the direction of the arrows, using the outside hand. (Hand away from the middle of the court)

Eyes up

Change lines on the return

**(06-08) “Club Name” Stretching Routine**

###### Toe Pulls, High kicks, Lunges, Knee Pulls (see video for correct instruction and execution.)

Video # 002, 003, 004

(08-12) Zig Zag dribbling in and out of markers - 3pt line

**X**

**X**

**X**

**X**

**X**

**X**

**X**

**Video Training # 204, 204.1, 204.2**

Push off outside foot Correct dribble hand Eyes Up

Cross over dribble to change direction 2 minutes each direction

## SESSION 7

(12 - 16) 1/2 Court Cone Dribble To Lay Up

**x**

**x**

**x**

**x**

**x**

**x**

**x**

**parents**

**x**

**x**

**x**

**x**

**x**

**Video Training #026**

Players begin in line to complete lay up using correct footwork and saying correct routine. After completion of lay up, player then proceeds to dribble around cones and back to starting position. Ensure correct dribbling hand,

correct footwork around cones,

eyes straight ahead.

(16-20) 3 Point Line sliding giving hi and low 10’s

**to parents. Video Training #133**

x

x

x

x

x

x

x

x

x

x x

Parents line up inside the 3pt line facing outwards. One parent has 2 hands palms out at chest level and the next has 2 hands palms out at knee level. Players then slide around the 3pt line as fast as they can while giving high and low 10’s to the parents.

*About 2 minutes each way*



(20-24) 3 Point Line dribble around parents to

**shot. Video Training #155**

x x

x

x

x

x

x

Parents line up with their outside foot on the 3pt line facing the players. Player dribbles with their outside hand as close as they can to the parents before “turning the corner” to complete a shot a directed by coach. Could be lay up, inside key shot, jump shot

etc.

*About 2 minutes each way*

4. Pass

1. Pivot

## SESSION 7

##### (24-28) Dribble, Pivot, Pass From Baseline

2. Jump Stop

 **x**

1. Dribble

**Video #023**

###### Line players up in pairs

* 1. Dribble to free throw line with eyes up
	2. Come to jump stop
	3. Pivot to face partner
	4. Chest pass/bounce pass back to partner (for younger players - go half way )

28-29 Fitness Drill - “Suicide Dribbling”

X X X X X X X X X X X X X

**Suicide Dribbling Drill.**

Video # 010 This is normally completed as a running only drill but we need the athletes to improve their dribbling. Instruct the athletes to dribble up the court with

their right hand and back to their starting position with their

left hand. Focus on eyes straight ahead and “see the ball out of the bottom of

their eyes.”

29-30 - Drink Break

## SESSION 7

### Team Development Section

#### Introduce “Shell Drill” man to man defensive principles

* + - Walk through building it up to faster play
		- Video # 037
	1. GAME
		+ 3 on 3, 4 on 4, 5 on 5 games to 5 baskets
		+ Defensive spacing focus

58-60 RECAP

###### Spend the last 2 minutes of every session going over teaching points, things they’ve been taught and any homework practice you want to assign. Dribbling etc.

# SESSION 8

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### WARM UP

SESSION 8

x

**(00-06) Full Court Layups Around Cones To Start**

**Video #026**

**x**

\* Be sure to change sides and direction

3 mins each way

* correct hands around cones
* correct footwork around cones
* single hand dribble only in open court
* correct footwork and hands on layups

x

**x**



**(06-08) “Club Name” Stretching Routine**

Toe Pulls, High kicks, Lunges, Knee Pulls (see video for correct instruction and execution.)

Video # 002, 003, 004

**(08-12) Line Up Shooting Then Dribble Around 1/2 Court**

**Video Training #158**

Have the players line up wherever you want them to shoot from. They have a shot then dribble in the direction of the arrows, using the outside hand. (Hand away from the middle of the court)

Eyes up

Change lines on the return

SESSION 8

(12-16) Stops & Pivoting Drills

4

1

3

2

**Video Training # 130, 293, 293.1, 293.2**

Jump in a Puddle “Splash” Count the walls (pivot) Kids go

Up & Back - repeat



(16-20) 3 Line Passing To Lay Up Video #038

C

B

Lay up

Set the players up as shown, once they’ve done this drill a few times you can add in a

second ball. Player in line A passes to player in Line B and runs

to the end of line B. Player in line B receives the ball and passes to player in line C.

Passer then run to become line C. Player in line C receives the ball, \*Now

A completes a Lay Up, rebounds the ball and

then passes the ball to the first player in

Line A. Player from line C then proceeds to the

end of Line A. This drill can be done with multiple options, shooting from all different spots on the

floor. Good passes, run to next spot.

## SESSION 8

(20-24) Defensive Slides Drill

Video Training #135

If the coach points to “the players” left - the players must slide left

If the coach points to “the players” right - the players must slide right

If the coach points to behind the players, they must retreat with their hands up, one foot in front and one behind and slide backwards.

If the coach points to behind them, the platers must advance with their hands up yelling “ball, ball, ball” - to complete a close out.

* Watch video for this drill.
* Do several times and give breaks to players.
1. Pivot

2. Jump Stop

 **x**

1. Dribble

1. Pass

**(24-28) Dribble, Pivot, Pass From Baseline**

###### Video Training #023

Line players up in pairs

* 1. Dribble to free throw line with eyes up
	2. Come to jump stop
	3. Pivot to face partner
	4. Chest pass/bounce pass back to partner (for younger players - go half way )

## SESSION 8

#### Fitness Drill - Coaches Choice

29-30 - Drink Break

30-50 Team Development Section

* + - Introduce 2-3 zone ‘D’
		- Video #039

- Introduce “gap” offence v’s zone (call the offence your club name?)

Video #040

50-58 GAME

- v’s 2-3 zone working on “O” and “D” guidelines

58-60 RECAP

###### Spend the last 2 minutes of every session going over teaching points, things they’ve been taught and any homework practice you want to assign. Dribbling etc.

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# SESSION 9

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### WARM UP













SESSION 9

(00-06) Dribbling Practice

**Video Training # 001**

**ALL DRILLS –** Across one hand & back the other Walking – eyes ahead

Jogging, Running Skipping

Sliding sideways Cross Overs

**(06-08) “Club Name” Stretching Routine**

###### Toe Pulls, High kicks, Lunges, Knee Pulls (see video for correct instruction and execution.)

Video # 002, 003, 004

(08-12) Full Court Layups Around Cones To Start Video #022

**x**

**x**

**x**

**x**

\* Be sure to change sides and direction 3 mins each way

* correct hands around cones
* correct footwork around cones
* single hand dribble only in open court
* correct footwork and hands on layups



SESSION 9

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(12-16) Rotating Shooting Games

**Video #019**

1 ball per Group Player 1 shoots

Player 1 Rebounds

Player 1 Passes to player 2 And Joins the end of the line.

When a team reaches say 7, 11, 15 - whatever They rotate clockwise in the direction of the arrows. As coach - you can get them to shoot from wherever you like.

Make it fun!

\*Players are NOT to hit another teams

ball away from play

(16-20) Defensive Slides Drill

Video Training #135

If the coach points to “the players” left - the players must slide left

If the coach points to “the players” right - the players must slide right

If the coach points to behind the players, they must retreat with their hands up, one foot in front and one behind and slide backwards.

If the coach points to behind them, the platers must advance with their hands up yelling “ball, ball, ball” - to complete a close out.

* Watch video for this drill.
* Do several times and give breaks to players.

## SESSION 9

(20-24) 3pt Line dribbling giving Hi 5 to parents

x

x

x

x

x

x

x

x

**Parents**

x

x x

**Video Training #101**

Players start on the baseline, dribble with outside hand and Hi 5 parents as they progress around the 3 pt line. Parents are positioned just inside 3 pt line with

hand up.



(24-28) Partner Shooting - “Catch, Reach, 11” Principle

Video Training #178, 179

Players on sideline – show the hands in position and teach the key words

Catch, Reach, 11

Have the kids repeat this **X**

Then have them shoot the ball into the air, let the ball bounce once to their partner partner repeats the process back.

Ensuring correct form

Option – complete with one hand behind back so the follow through and balance on hand is correct

\*Don’t go overboard on this – let them do it – then practice it.

\*Celebrate STRAIGHT!!!

(11 means release the ball so your arm looks like the big hand on a clock pointing towards 11 o’clock)



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## SESSION 9

#### 28-29 Fitness Drill - Coaches Choice

29-30 - Drink Break

* 1. Team Development Section
		+ Shell Drill Revision (8 mins) (Video 037)
		+ Basic Man Offence (12 mins)
		+ Video #041

50-58 GAME

- v’s Man to Man using “O” and “D” principles

58-60 RECAP

###### Spend the last 2 minutes of every session going over teaching points, things they’ve been taught and any homework practice you want to assign. Dribbling etc.

# SESSION 10

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## SESSION 10

**Passer**

|  |  |
| --- | --- |
|  |  |
| **x x****x**  |

### WARM UP

(00-06) Around Australia Drill Video Training #005

Dribble Pass Catch Shoot Drill 2 minutes each way

Focus on speed and good passing

**(06-08) “Club Name” Stretching Routine**

###### Toe Pulls, High kicks, Lunges, Knee Pulls

(see video for correct instruction and execution.) Video # 002, 003, 004

(08-12) Gorilla Walk Across and Back

Video Training # 147, 148

Players start on sideline

Take a step and pass the ball through their legs.

Take another step and pass the ball through the other way. Continue across court.

Advanced - Dribble option - see video.

## SESSION 10

(12-16) Sliding Dribble Around 3pt Line

**Slide**

**X**

Video Training #029

Dribble around sideline, when Player dribble facing the coach

as they also slide around the line as fast as they can with their trail hand. Keep head below coaches head.

Hard dribbles, don’t cross feet

2 minutes each way

**Coach bending down to ensure players keep their heads and therefore bodies low.**

(16-20) Hi 5 Dribble Tag Game Video Training # 150

**x**

**x**

**x**

**PLAYERS**

**x**

**x**

**x**

**x**

Players start within 3 point area Coaches picks 2 “chasers”

On “GO” – chasers dribble and tag other players The “Runners” are trying to escape being tagged while dribbling

Once tagged – the player stays in place with a hand in the air and continues to dribble

A coach or parent will come around

and “Hi 5” them to release them back into the game

x x

 **(24-28) Dribble Around 3pt Line Then around key to lay up Video Training #155**

Players line up ready to begin. Proceed around 3pt line while dribbling with

outside hand. At end of 3pt line, go back along baseline

until player hits keyway. Changes dribble hand, proceeds around key lines while dribbling with outside hand.

Get’s to elbow of key and goes straight to

basket for a layup. Complete both directions and therefore layups.

## SESSION 10

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(24-28) Corner of Square Shooting Games

**Video #019**

1 ball per Group Player 1 shoots and must hit corner of square

(no backboard = no score!)

Player 1 Rebounds

Player 1 Passes to player 2 And Joins the end of the line. Have games to 5,7,11 baskets. Once a team reaches the target, rotate in direction of arrows.

28-29 Fitness Drill - Coaches Choice

* 1. - Drink Break

30-50 Team Development Section

Lay Up Games

* + - 1/2 court
		- Different spots on floor
		- Full Court Lay Ups

50-58 GAME

“In The Bin” Shooting Game (Video 153) or Other Shooting Game of your choice

57

58-60 RECAP

###### Spend the last 2 minutes of every session going over teaching points, things they’ve been taught and any homework practice you want to assign. Dribbling etc.

# your own session planning template

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### SESSION PLANNER:

00 - 06 (60–54) – Warmup -

06 – 08 (54-52) - Stretch (Dynamic)

08 – 12 (52-48) - Drill 1 -

12 - 16 (48-44) - Drill 2 -

16 - 20 (44–40) - Drill 3 -

20 - 24 (40–36) - Drill 4 -

24 - 28 (36-32) - Drill 5 -

1. - 29 (32–31) - Fitness/Conditioning -
2. - 30 (31-30) - “Time Out” - Drink Break

TEAM DEVELOPMENT PERIOD - 20 minutes

30 - 50 (30-10) -

50 - 58 (10–02) - GAMES - 1 on 1, 2 on 2, 3 on 3, 4 on 4, 5 on 5

58 - 60 (02–00) - Recap of Session

(Time in brackets if clock counting backwards)