



COMMUNITY ATHLETE
DEVELOPMENT PROGRAM



**COMMUNITY SKILL
DEVELOPMENT
2020**

The SA Country Basketball Community Skill Development book is aimed at providing activities for coaches to use during practice.

These activities are intended to improve the fundamental skill level of the athletes, while having fun and providing a variety of different learning methods.

This book contains over 30 different activities, plus games with three levels of skill to build upon in each.

SA Country Community level athletes are registered with an SA Country affiliated association, are from the ages of U12-U16 and participate in a CADP (Community Athlete Development Program), play in a local competition or play in an association team.

The activities in this book are structured as followed:

NAME OF SPECIFIC ACTIVITY

Purpose: The aim the activity is trying to achieve.

Method: The logistics and movement of the activity.

Teaching Points: The main points of emphasis the coach must impart on the players.

Beginner: For athletes doing the activity for the first time.

Moderate: For athletes who have shown competency in performing the beginner level of the activity.

Advanced: For athletes who have shown competency in performing the moderate level of the activity.

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BALL HANDLING

MATADOR

Purpose: To simulate defender coming at the ball handler and to learn multiple dribble moves to evade defence with speed.

Method: Athletes line up spaced out on each sideline. Each athlete should pair up with someone on the opposite line. Both athletes dribble toward each other using the same hand, just before they reach each other, they perform a crossover dribble move to avoid colliding, then continue dribble with opposite hand to the other sideline.

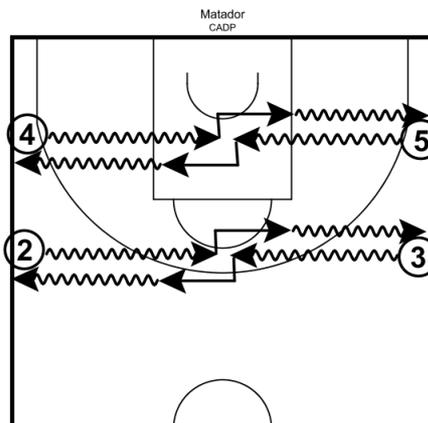
Teaching Points:

- 1.Keep eyes up, get close and avoid the defence by performing dribble move.
- 2.Be explosive. Which means be quick, aggressive and purposeful coming out of the dribble move.
- 3.Finish with other hand at full speed to sideline.

Beginner: Crossover Right hand, crossover left hand, retreat, hesitation.

Moderate: In and out, retreat to crossover push, behind the back crossover.

Advanced: Wraparound, killer crossover, between the leg's crossover.



PASSING

TWO LANE PASSING

Purpose: To practice different passes while on the move and finishing in transition.

Method: Athletes go in pairs running the seam lines up the court. Passing back and forwards then finishing at the rim.

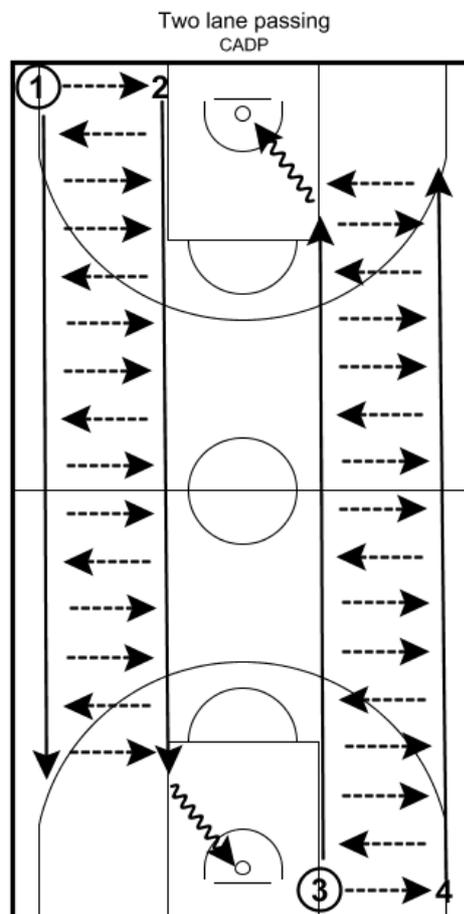
Teaching Points:

1. Game pace facing forward. Not facing each other sliding.
2. Hands ready.
3. Correct hand use.

Beginner: Chest Passes, bounce passes. Finish with layup.

Moderate: Inside pass, inside bounce pass (pocket/drop pass). Finish with power layup.

Advanced: Behind the back, through the legs, finish with post move.



NASH PASSING DRILL

Purpose: To refine ball skills and push passes.

Method: Have two players stand 1.5m-2m apart from each other, and with a basketball in their right hands. At the same time as each other, they are going to take a dribble with their right hand, step out/forward with their right foot, and execute a push pass to the other player. The players will gather the pass from their partner, and then immediately repeat the motion. Continue for 20-30 seconds and then switch to the left hand and repeat.

Teaching Points:

1. Focus on quick pass off the dribble. This helps going forward with passes against pressure defence.
2. In stance.
3. Game speed with accuracy.

Beginner: Push passes both hands, increase distance and forward movement

Moderate: Crossover, through legs and behind back into push pass.

Advanced: Dribble on spot with speed, and push pass both hands. Dribble with speed, stop, combination of dribble moves into push pass.

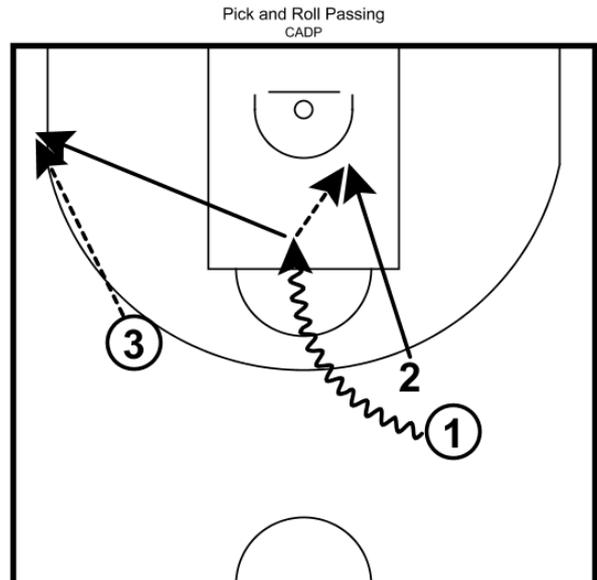
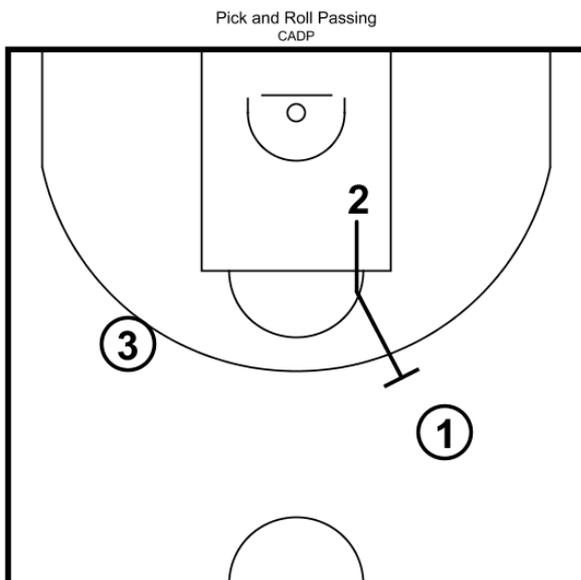
PICK AND ROLL PASSING

Purpose: To learn Pick and Roll basics, passing options and respacing.

Method: 2v0. On ball screen is set around the three-point line on a seam. Athlete who is setting the pick, rolls. The guard passes to the screener who lays it in, then the guard spaces to corner, receives a pass from coach or athlete and shoots.

Teaching Points

1. Use SSS principle for screening (see page 18).
2. Use screen effectively and attack the rim.
3. Space after pass by sprinting, hands ready and balanced before shot.



Beginner: Simple high pass to roller, space out to 3 and shoot or take a dribble in for a mid-range shot.

Moderate: Pocket pass to roller, space out and shoot the 3.

Advanced: Add defence on the ball, play one on one from catch on the re-space.

PICK AND POP PASSING

Purpose: To learn Pick and Pop basics, passing options and respacing.

Method: 2v0. On ball screen is set around the three-point line at a seam. Athlete who is setting the pick. Instead of rolling, pops to three-point line or mid-range. The guard passes to the screener who shoots, then spaces to corner, receives a pass from coach or athlete and shoots.

Teaching Points

1. Use SSS principle for screening
2. Use screen effectively and attack the rim
3. Space after pass by sprinting, hands ready and balanced before shot.

Beginner: Simple high pass to roller, space out to 3, take a dribble in for a mid-range shot. Screener also takes a dribble in to a shot.

Moderate: Hook pass to screener, both shoot a 3.

Advanced: Add defence on the ball, play one on one from catch on the re-space.

FOOTWORK

SHOOTING FOOTWORK 1

Purpose: To practice most efficient footwork for off-the-dribble shooting.

Method: Athletes space around the court with a ball each. Athletes drop ball in front one metre, gather and pull into shooting pocket. Footwork should be a stride stop, quick 1-2. Footwork is quick 1-2 to create energy off the floor. Keep repeating a few times making sure footwork is clean and ball is coming in quickly to shooting pocket. First step goes down when ball hits the hand.

Teaching Points:

- 1.1-2 Footwork. First step goes down when ball hits the hand. Second step follows quickly.
2. Ensure hand positioning is in the middle of hand, under the ball on the gather.
3. Must be balanced and in stance.

Beginner: Footwork must be clean. Add in shot fake on gather.

Moderate: Follow through with shot on the spot.

Advanced: Gather on the bounce of the shot put up. Quicken the pace.

SHOOTING FOOTWORK 2

Purpose: To practice most efficient footwork for off-the-dribble shooting.

Method: Athletes spaced around the key. Three dribbles on the spot. Off the dribble 1-2 footwork and into shot. Ball in hand, starting on three-point line. One dribble right, gather, shot fake. One dribble left, gather, shot fake. One dribble right, gather and shoot. Athlete should be stepping in on every gather.

Teaching Points:

- 1.1-2 Footwork. First step goes down when ball hits the hand.
- 2.Ensure hand positioning is in the middle of hand, under the ball on the gather.
- 3.Must be balanced and in stance.

Beginner: Shot from comfortable mid-range distance

Moderate: Start from 3pt line, one dribble right, gather, shot fake. One dribble left, gather, shot fake. One dribble right, gather and shoot. Athlete should be stepping in on every gather.

Advanced: Add speed and dribble move into mid-range. Shoot 3s if within skill set.

PIVOT 1V1

Purpose: To refine pivot footwork, create space and competitive 1v1 scenario.

Method: Athletes pair up and start almost at the centre line. One offensive player has the ball, the defence must be right up and taking away their space. The offensive player must make three pivots to create space, then it's 1v1 to the basket.

Teaching Points:

- 1.Rip the ball.
- 2.Pivot through. Move your head, shoulders, feet, then the ball would be the last thing to come through.
- 3.Do not lean body away from the defender.

Beginner: Only 3 pivots then go.

Moderate: Catch from a pass outside the three, square up, pivot and go.

Advanced: Add in an extra defender so there is two on the ball. Practice using pivot to create space, then either pass out, or dribble out of a double team.

SHOOTING

FUNDAMENTAL SHOOTING

Purpose: To instil good shooting habits that deliver consistent results.

Method: Athletes spaced out around the court with a ball. Should be balanced and in stance. Middle of the hand can be found by measuring distance from the top of the index finger, to the top of the pinkie finger, with the other hand. Shooting form should show the middle of the hand in the middle of the ball, and under the bottom of the ball.

Wrinkles should be seen in wrist and bicep should be parallel with the ground. In shooting position, low in stance, lift knees and lock the elbow out to extend to shoot, aiming to spin the ball backwards as we shoot toward the rim. Index finger should be pointing toward basket when shooting on follow through. Athletes should have a ball and repeat as above, 'shooting' the ball up so it bounces, with enough backspin to land back on shooting hand facing up without hand coming down from follow through. Guide hand should be side on, side of thumb in front of nose.

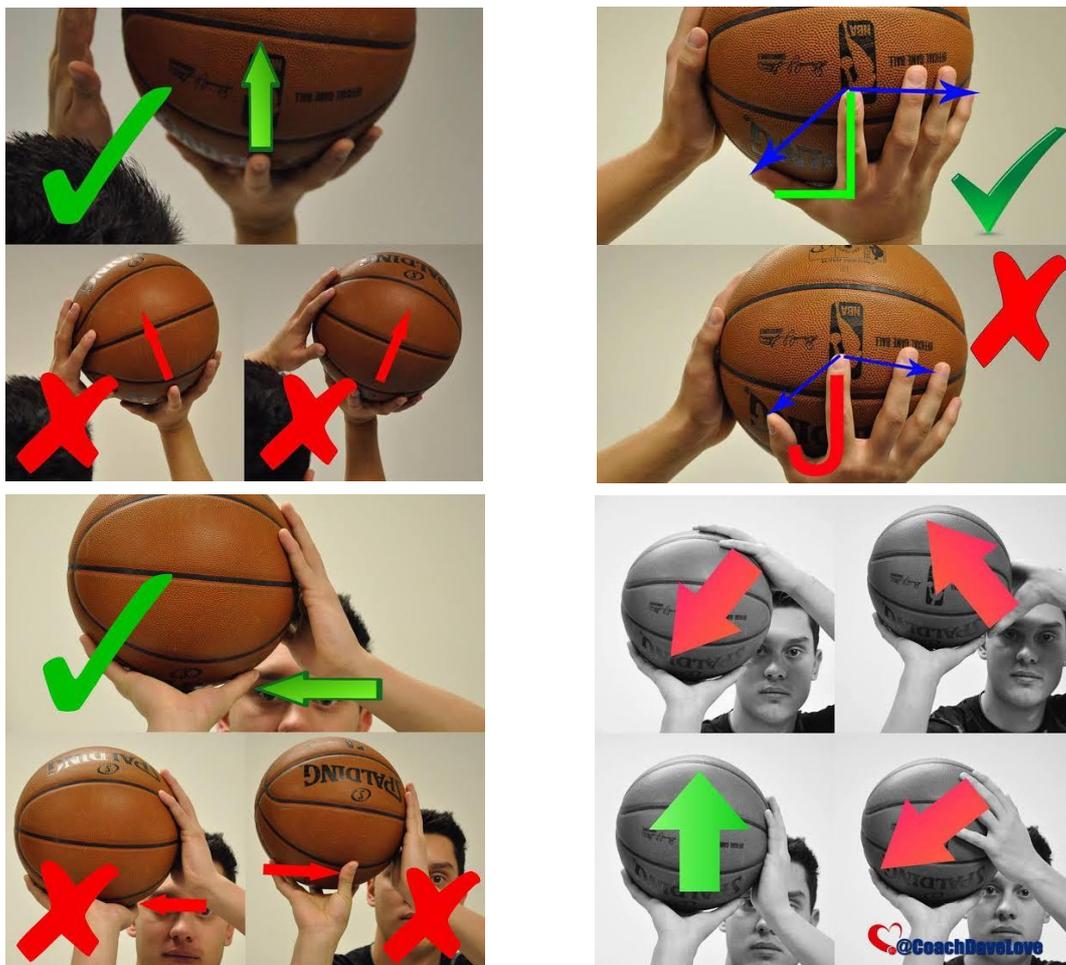
Teaching Points:

1. Middle of the hand must shoot the middle of the ball. Define what the middle of the hand is.
2. Must be able to create arc. Under the ball and creating a lifting motion.
3. Simple, balanced body position and motion that provides energy at the target and up in the air. Avoid leaning, turning or rotating of the body.

Beginner: Replicate good shooting motion on the spot. One hand only.

Moderate: Shooting with guide hand from a gather 1-2 step.

Advanced: Shooting off the catch or off the dribble from comfortable distance.



Credit:Coachdavelove.com

SHOOTING OFF THE CATCH

Purpose: To practice most efficient footwork for catch and shoot.

Method: Two athletes partnered up. One on base line, the other at elbow.

When the base line athlete passes the ball, the receiver jumps in the air (not high, just feet off the ground). When the player catches the ball, feet are in the air, when they land, explode back up to shoot.

Teaching Points:

1. Shooter must have hungry hands, and in stance. Ensure feet in the air on the catch.
2. Ensure hand positioning on the ball is correct.
3. Simple, balanced body position and motion that provides energy at the target and up in the air. Avoid leaning, turning or rotating of the body.

Beginner: Replicate good shooting motion on the spot.

Moderate: Further distance and give targets.

Advanced: Add time pressure and multiple spots

TRACEY YORK SHOOTING DRILL SERIES

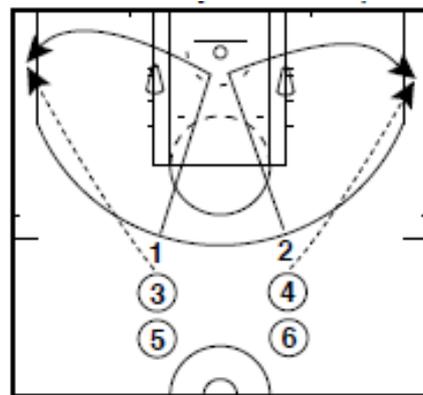
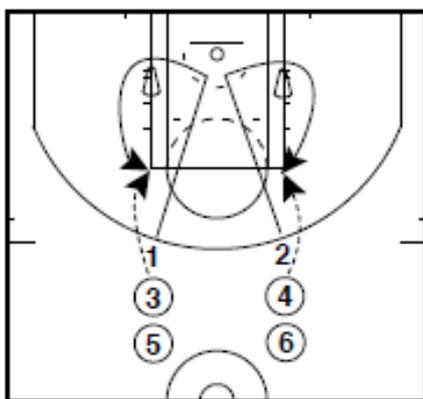
Purpose: To practice most efficient footwork for catch and shoot.

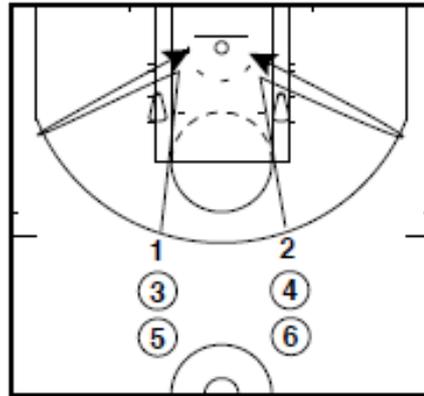
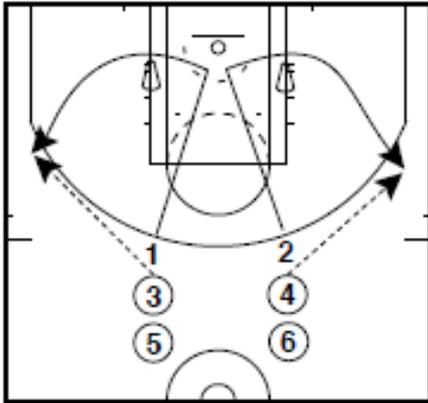
Method: Two athletes partnered up. One on base line, the other at elbow.

1. 2 lines at top, 2 balls per line. Players cut at the same time, tap inside hands together and come off the cone for catch and shoot. Inside foot must be 1-2 footwork.
2. Players start to come off screen and flare to the corner for 3.
3. Players start to come off screen and straight cut using inside foot.
4. Back cut, using a forward pivot, chin on shoulder.

Teaching Points:

1. Shooter must have hungry hands, and in stance or low.
2. Game pace.
3. Simple, balanced body position and motion that provides energy at the target and up in the air. Avoid leaning, turning or rotating of the body.





LAY UPS AND FINISHING AROUND THE RIM

MULTIPLE FINISHES

Purpose: To learn and refine different ways of finishing around the rim and make reads on when to use in a 1v1 situation.

Method: Begin with two lines on each elbow unless indicated otherwise. Pass comes from one elbow to the other and player performs lay ups with different finishes. Once the player has executed the layup several times coach can add progression.

Progressions:

- 1.No defence
- 2.Passer performs soft defence to force player into move.
- 3.Passer performs harder defence, still forcing player into move.
- 4.Passer performs any defence from different angles and player chooses what move to perform.
5. 1v1 from diagonal, rim finishes only.

Beginner:

Normal overhand-One dribble from elbow. If on right side of rim, ball is picked up off the dribble, the first step (with the right foot) is long and the second step (with the left foot) is short but explosive up toward the rim. Shot should be overhand, pushing the ball toward the top close corner of black square.

If lay-up is from left side, first step is opposite and shooting hand should be left.

Finger roll- Same as above, but the ball is scooped from hand under the ball and rolled off the fingertips at just above face height.

Moderate:

One hand finger roll- Ball is picked up off the dribble with outside hand only and finished as a finger roll. Only outside hand is used.

Euro Step- First step is toes to baseline, ball is ripped over above head height and finished with outside hand on the second step. Second step is toward split line. Lay-up should be stepping around the defender by changing direction.

Power Layup- Start from low block. Pass should come from opposite side. One hard dribble into jump stop. Toes and shoulders should be facing baseline. Explosive jump with outside hand finish. Protect the ball with inside shoulder.
Reverse- Begin layup steps from close to rim with second step being under the rim. On second step, turn so shoulders are facing the centreline and finish underhand with eyes on the rim.

Advanced:

Two-foot floater- Pass should come from under the rim, receive from free throw line. Take one dribble, jump stop and explode directly up. The shot should be a high push toward the rim rather than a jump shot. This is a quick release push with high arc over the defender's arms.

One-foot floater- Same as above, but footwork is two short layup steps and the shot should be a high push toward the rim rather than a jump shot but off one foot. This is a quick release with high arc over the defender's arms.

One step leaner- By taking one dribble toward the rim, ball stays in one hand and with the same side foot, off first step leaning toward the rim the ball is scooped up. The idea here is to quickly get the layup on the off foot before the defence arrives.

Giant killer- Can only be done with defence on hip. One on one to the basket as the offensive player plants first layup foot, they create contact with defender side of their body to create space, the finish is a hook style shot, high off the back board.

Teaching Points:

1. Correct hands and footwork on each side.
2. Give context to when the moves should be performed. Read the defence and perform the right move dependant on where the defence approaches them.
3. Explosive dribble, eyes on the rim and strong finishes.

ONE ON ONE TO THE BASKET

Purpose: Think on the move, read defence and refine 1v1 skills.

Method: Athletes stand side by side on the 45, stance. Offensive athlete drives to the basket, the defender can't move until the offensive athlete takes first dribble. Play stops on a score or a defensive rebound.

Teaching Points:

1. Think on the move, read the defence,
2. Be creative with finishes, ensure correct hand used.
3. Go strong, eyes on the rim and strong finishes. No jump shots.

Beginner: Start defence at a disadvantage. Point for every score.

Moderate: Start defence in front with ball pressure. Point for every score and stop.

Advanced: Offence given only 4 dribbles, defence with ball pressure. Point for every score and stop.

INDIVIDUAL AND TEAM DEFENCE

SLIDE TO CATCH

Purpose: Practice defensive sliding and keeping in front of the ball.

Method: Athletes partner up, stand about 1.5-2 metres apart. One athlete with ball, throws the ball to the side of the other player, so they must slide about 1.5 strides across to catch the ball in front of their chest. After each catch, the ball is returned to the passer and repeated 5 times to one side, 5 times to the other, and then random sides.

This is simulating defender sliding quickly to stay chest in front of the ball while defending against the dribble.

Teaching Points:

- 1.Catcher is low in stance and on toes.
- 2.Stay in stance, on toes and balanced.
- 3.Explosive slides catching ball in front of chest.

CLOSE THE GATE

Purpose: Practice defensive footwork, keeping in front of the ball and pressuring ball handler.

Method: Athletes partner up. One with the ball and one defender. Player with ball dribbles from sideline to sideline going about 50%, only changing direction when defender gets in front.

This is a defensive activity, so the defender aims to make the offensive player change direction as much as possible by keeping their chest in front of the ball and not drop stepping on the change of direction, thus we are 'closing the gate'. Defender must stay square to the ball up and back, then swap.

Teaching Points:

- 1.Defender must not drop step on change of direction.
2. Ball pressure is imperative. Stay in stance, on toes and balanced.
3. Force as many changes of direction as possible.

Beginner: Offence go at 50%, ensuring defensive form is maintained.

Moderate: Increase speed to 75%.

Advanced: Go at 100% with points given for every change of direction the defender causes.

MINI SPRINTS

Purpose: Practice defensive footwork, keeping in front of the ball and pressuring ball handler.

Method: Athletes partner up same as above except the defence start at a disadvantage by standing next to the offensive player. Player with ball dribbles from sideline to sideline going about 75% speed, only changing direction when defender gets in front.

The defender must 'mini sprint' when beaten by the offensive player. Meaning they turn their body away from the defensive stance, sprint to get in front of the ball and then engage in defensive stance chest in front of ball to force change of direction.

Teaching Points:

1. This is simulating when a player is beaten off the dribble. Mini sprints to only be used when that happens to regain best defensive position.
2. Ball pressure is imperative.
3. Force as many changes of direction as possible.

Beginner: Offence go at 50%, ensuring defensive form is maintained.

Moderate: Increase speed to 75%.

Advanced: Go at 100% with points given for every change of direction the defender causes.

WALL UPS

Purpose: Practice around the rim defence, foul prevention and general individual defence principles.

Method: Athletes partner up. Player on offence with one foot inside no charge circle and one on defence. Defence hands the ball from arm's length and immediately steps up to take up space from offensive player and 'walls up'. This means chest out, hands straight up with elbows behind the line of ears. Offence can pivot to create space and try to score but are not permitted to dribble. Possession is over on defensive rebound.

Teaching Points:

1. Try to force difficult shot, not block the ball. Aim is not to foul, but impact shot.
2. Take away space. Hands straight up, elbows behind ears.
3. Box out with 'Hit, Find, Fetch' method and secure rebound.

Beginner: No dribbles, inside charge circle.

Moderate: One dribble, starting about 2 metres from basket.

Advanced: Side by side at the 3pt line, one on one to the basket.



CLOSEOUTS

Purpose: Refine close out principles and containing the ball on the perimeter.

Method: Three athletes around 3pt line. Defender begins on baseline, passes to athlete on the 45. Defender then closes out on each pass, as the ball is passed around the 3pt line, final player shoots.

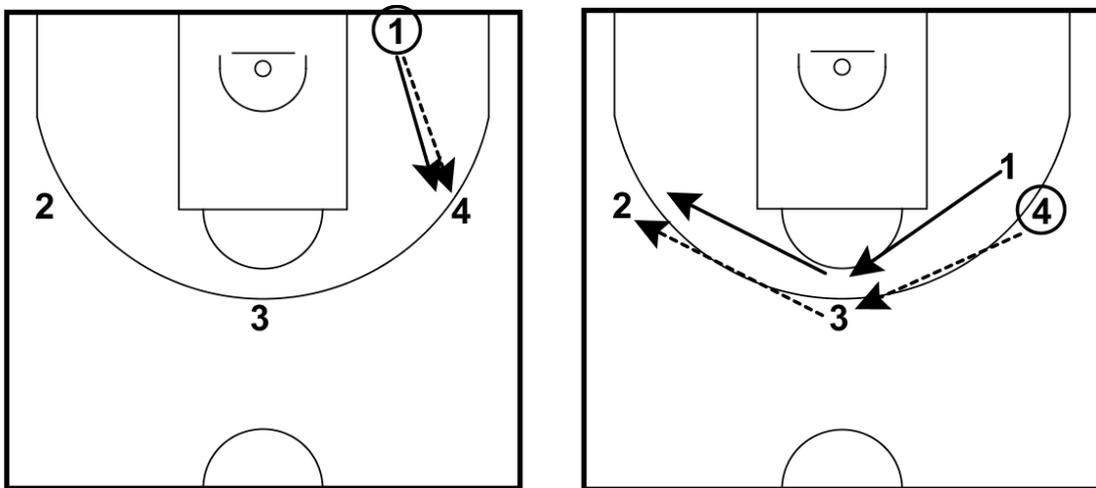
Teaching Points:

1. Close out yelling "ball". 'Chop' feet on approach. Large steps into small quick chops to maintain balance and ability to retreat if player dribbles.
2. Stay low with one hand over the ball and one hand in passing lane.
3. Defender must stay in front and wall up on drives.

Beginner: One pass each with final shot.

Moderate: Final player can drive or shoot.

Advanced: Final player can pass back, create more scrambling and any player can drive or shoot.



KEYWAY TURN

Purpose: Improve on ball individual defence.

Method: Athletes pair up, one ball only. Ball begins inside the no charge circle with offensive player behind baseline facing court. The objective is for the offensive athlete to dribble past the free throw line staying inside the key way lines. Defence can put pressure right up on the ball.

Teaching Points:

1. Stay chest in front of ball, low in stance on toes.
2. Ball pressure always.
3. Force as many changes of direction as possible.

Beginner: For advanced only

Moderate: For advanced only.

Advanced: Points to defence whenever players steps outside of key way or changes direction. Progress by allowing only two retreat dribbles and two attack dribbles.

SHELL DRILL-PACK DEFENCE

Purpose: Team defensive principles, help defence and pack positioning.

Method: Defenders stay close to the paint and prevent access to the lane. This is the primary focus of this defence, which uses a different form of help defence to limit dribble-drives to the rim.

Advantages of pack line defence

1. Force outside shots and reduce shots inside paint
2. Make it difficult to score low post
3. Effective against dribble penetration

Disadvantages of pack line defence

1. Can be exploited by elite outside shooting.
2. Requires great closeouts
3. Requires a lot of communication

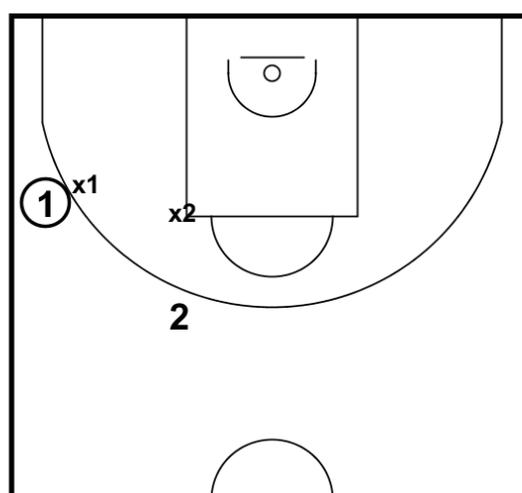
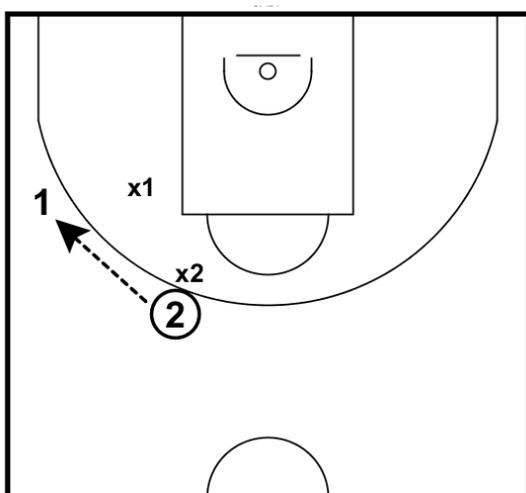
Progressions

2v2

Two offence and two defence. Offence are set up at the seam and diagonal. On ball defence must have ball pressure and help defence is in 'pack' position. Help defender's stance is open and should see the ball and their player. Ball is passed back and forward between 1 and 2, defence positions accordingly to where ball is passed. When coach yells 'play', offence tries to score, possession is over on defensive rebound.

Teaching Points:

1. Ball pressure on ball at all times.
2. Get in position while ball is in the air
3. Defenders must communicate positions, close out effectively and contain the ball.



5v5 Shell Drill

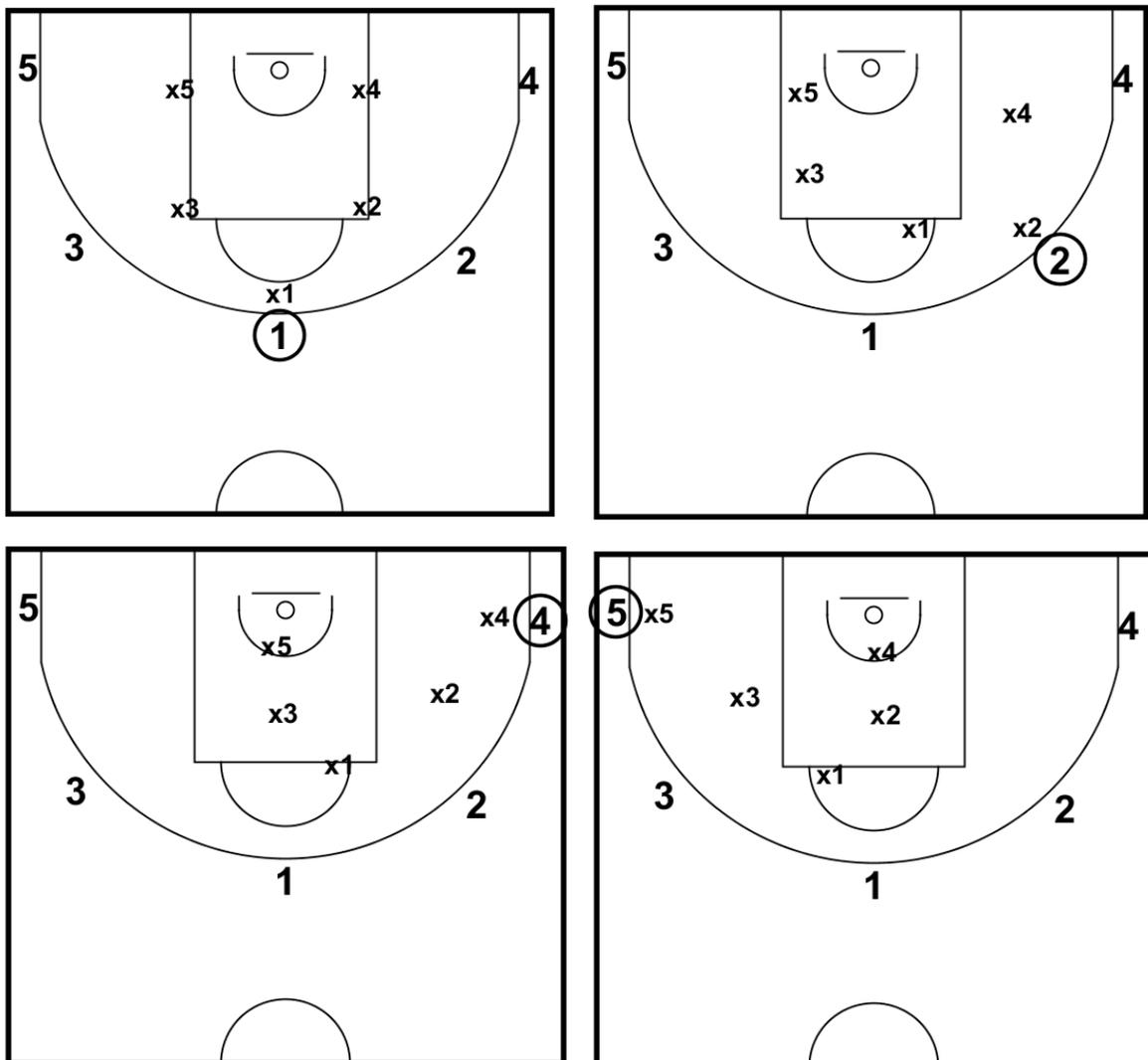
Offence are set up 5 out. On ball defence must have ball pressure and help defence is in 'pack' position. Help defender's stance is open and should see the ball and their player. Ball is passed around 3-point line and defence positions accordingly to where ball is passed. When coach yells 'play', offence tries to score. Possession is over on defensive rebound.

One pass away from ball, defender should be in a position to where they can help effectively if on ball defender gets beaten off the dribble.

When ball is on wing, nail and split line should also be covered.

Teaching Points:

1. Ball pressure on ball at all times.
2. Get in position while ball is in the air
3. Defenders must communicate positions, close out effectively and contain the ball.



SCREENING

SCREEN AWAY

Purpose: To learn screening principles and make reads.

Method: Three lines, one at each 45 and one under the basket. Athlete under basket sets screen on opposite elbow to the ball. Wing athlete v cuts, uses screen and curls to basket where they receive the ball from the athlete on opposite side and lays it in. The screener rolls to the basket.

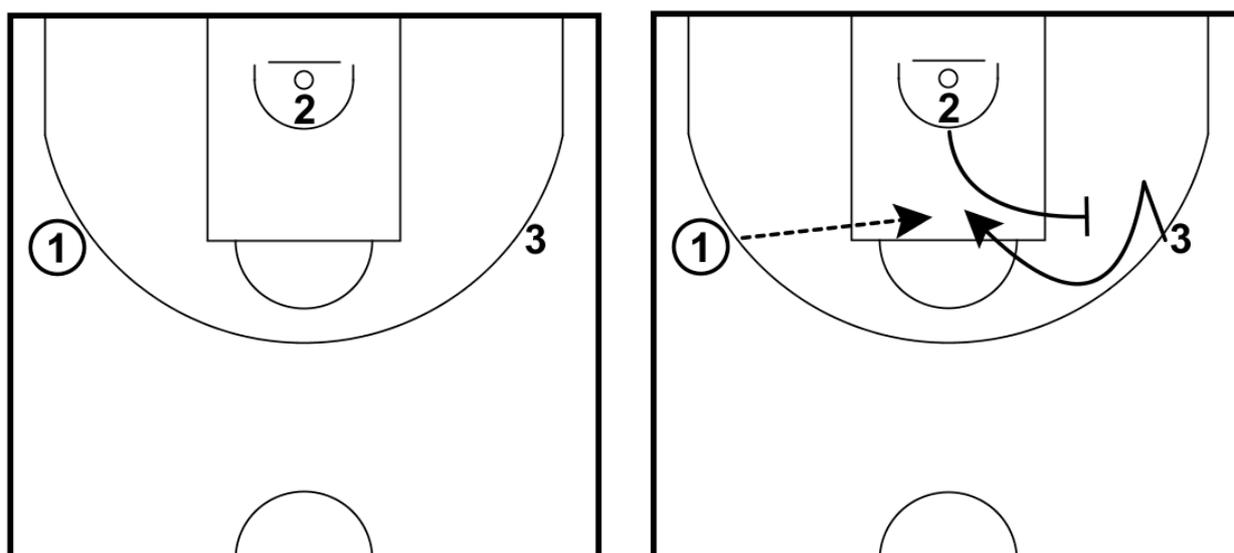
Teaching Points:

1. Elbow to elbow with screener, V cut and close gap to shut out defender.
2. Stay low on receive.
3. Hungry hands to receive the ball.

Beginner: 3v0, focus on teaching points and finishing at the rim. Can pass to rolling screener.

Moderate: Add in defence on the receiver, player must now make a read whether they go over or under the screen.

Advanced: Defence on ball to create pressure, on receiver and on screener. Can practice different coverages on screener and rules. Screener can pop.



ON BALL SCREENS

Purpose: To learn on ball screening, pick and roll and respacing.

Method: Two lines. One under the basket, the other at the point. Ball starts at the point with a defender on the ball. Athlete under basket sprints out for ball screen, athlete uses screen to get to the basket.

Teaching Points:

Use the SSS method for ball screens Sprint, Smash and Separate.

Sprint-screener must sprint to the screening position to be in position for ball handler to take advantage.

Smash- screener must make contact defender. To ensure no space for the on-ball defender to go.

Separate- screener must separate and space away from the ball so the ball handler has room to manoeuvre and stretch defence.

Screens must be strong and balanced, with hand up to communicate screen. Ball handler should wait till screen is set before using, then get low and shoulder to hip to close any gap for defender to get between screen and ball.

Beginner: 2v1, screener must roll, and defence must go over the screen.

Moderate: 2v1, screener must roll, and defence can choose to over or under screen.

Advanced: 2v2, screener can roll or pop. On ball defence can go over or under.



ONE ON ONE

PIVOT AND DRIVE WITH DEFENCE

Purpose: Practice pivoting to create space and one on one competing.

Method: Athletes begin drill facing each other, one outside of 3-point line, defender is about a metre away. Defender passes to offensive athlete. Offensive athlete performs pivot moves, back, forward, back, forward, protecting the ball, then performs a crossover dribble and then it is one on one to the basket. Coaches can run this drill with two pairs at the same time coming from each side of the floor, staggered timing of course, but it teaches athletes to be creative in traffic.

Teaching Points:

1. Ensure pivots are accurate and ball is protected.
2. Ball pressure at all times.
3. Be creative with finishes, take what the defence gives.

Beginner: 4 pivots, one dribble move.

Moderate: 4 pivots, two dribble moves.

Advanced: 4 pivots, two dribble moves, must finish within 4 seconds from dribble or give a dribble limit.

BALL ON BACK 1v1

Purpose: Practice one on one competing and round the rim defence.

Method: Athletes begin drill outside of 3-point line. Defender is facing the basket with offensive player behind them, holding the ball against the defender's back. Offensive player goes when they want to get to the basket and score, and defender can only move once ball is taken away. Possession is over on defensive rebound. No jump shots.

Teaching Points:

1. Explosive movements to the basket.
2. Defence must sprint to recover and wall up.
3. Compete and box out.

Beginner: Basic 1v1. Count makes.

Moderate: Offence must use non preferred hand only.

Advanced: Offence must perform dribble move before driving.



SPACING AND RECEIVER SPOTS

SPLIT KICK EXTRA BASELINE

Purpose: This drill emphasises spacing and receiver spots when dribble penetration occurs, and defensive help rotates.

Method: Athletes start around 3-point line, two on the wings and one at the point. Athlete at point passes to wing, who drives immediately, and one hand push passes from the split line under the basket to the corner. As the player drives, the point spaces to the 45, and the wing spaces to the corner. Corner makes extra pass to the 45 and the shot is taken.

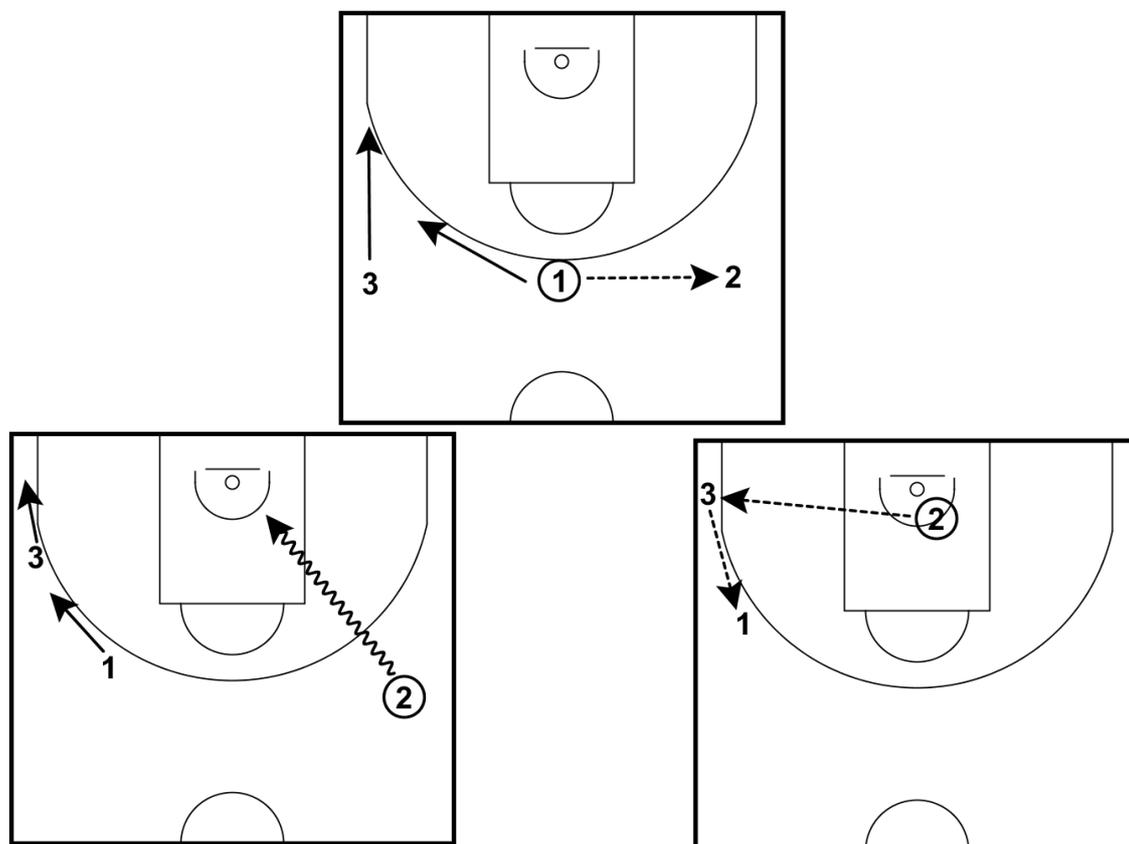
Teaching Points:

1. Eye on the rim on the drive, looking to score and react with what defence gives.
2. One hand push pass with outside hand to corner.
3. Correct receiver spots, receivers have hands ready and are stance.

Beginner: 3v0, ensuring correct spots are covered and stance and hands are ready. One hand push pass with outside hand.

Moderate: 3v2, defenders on receivers only and split line helps to prevent driver from scoring. If player rotates to corner, extra pass is given.

Advanced: 3v3, on ball defence starts on hip so the penetration and help can occur. Can practice wrap around or hook pass to the 45 if the help comes from there.



TRANSITION

OFFENSIVE TRANSITION BASIC

Fast Break build

Purpose: Pushing the ball up the floor, spacing to emphasise advantage and decision making.

Method: Player takes ball off the rim and outlets to partner above free throw line. Defender is waiting at free throw line at other end. Recognise 2 v 1 advantage then take ball through elbow to attract defender for pass to score. Defence becomes offence with the rebound, with new player coming onto the floor as offensive partner, another player waiting down other end as defender.

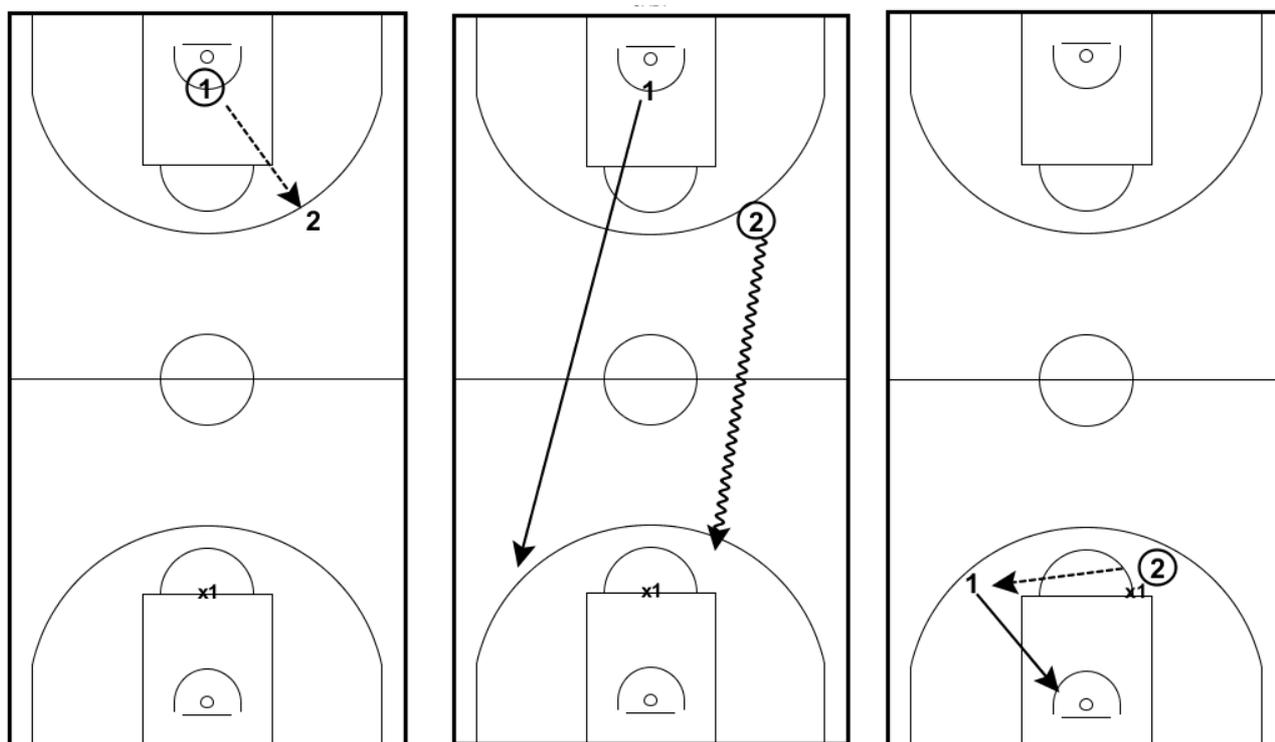
Teaching Points

1. Push the ball up the floor with outlet pass.
2. Sprint to create advantage.
3. Lay ups only.

Beginner: 2v1. 2 Pass maximum & 1 Shot only.

Moderate: 3v2. Add in wing player up the floor, make a trailer player rim run.

Advanced: 4v3. Wings run lanes wide ahead. Trail big to rim for Layup/Seal. Attract defender for score or for pass to score for layup or quick open shot. Can skip opposite for shot or drive.



DEFENSIVE TRANSITION BASIC

Transition build

Purpose: To practise getting on defence straight after a score or rebound, stopping the ball up the court and individual defensive principles.

Method: Drill starts with 1v1 to the basket. On a make or miss defence turns to offence. Defence picks up the player right away and defends to mid court. Aims to push the player to the side line. At mid court, another defender is waiting and picks up the ball from there. Previous defender goes off court, so it should be 1v1 to the rim with the new defender.

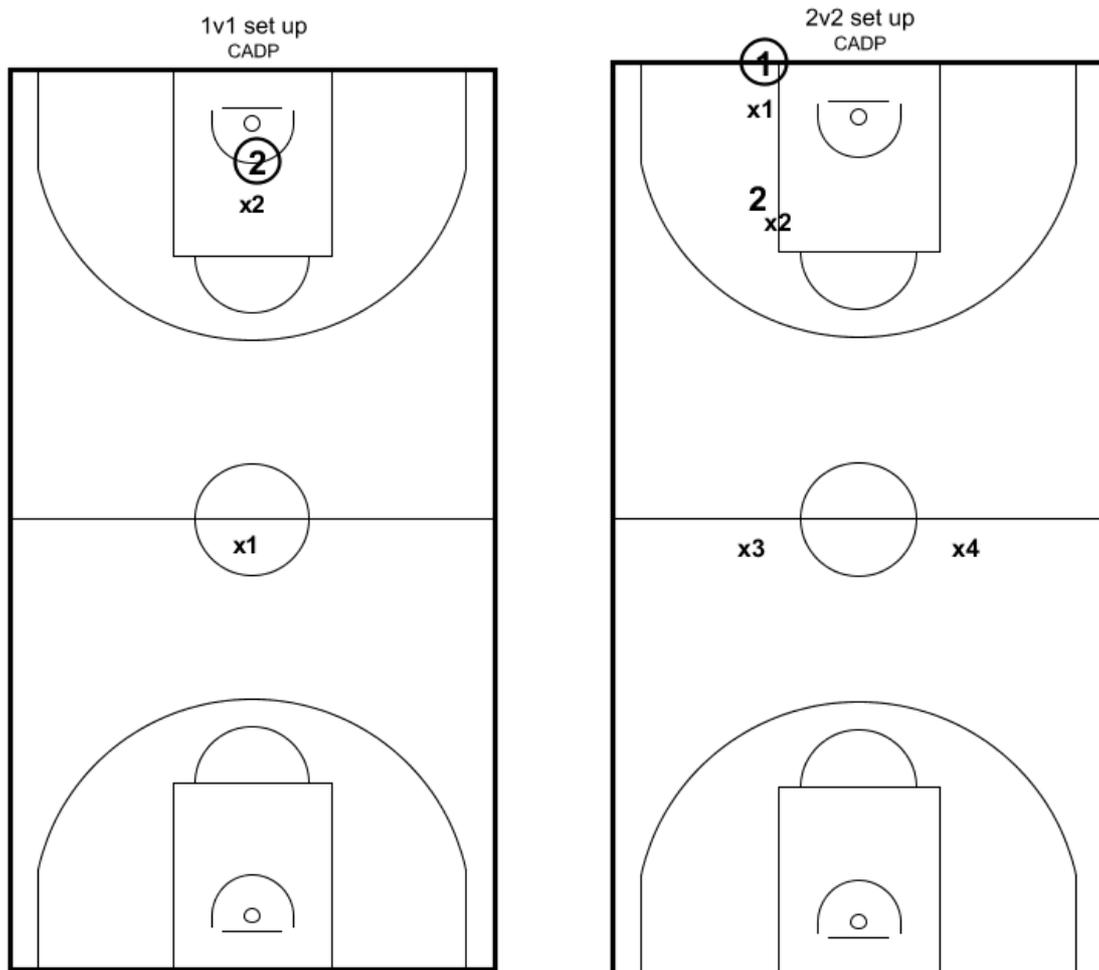
Teaching Points

1. Offence to defence right away.
2. Defensive principles and push sideline.
3. Competitive 1v1.

Beginner: 1v1 as described above.

Moderate: 2v2. On score, one player takes the inbounds pass. Defence on court should be pushing receiver to the corner. Two new defenders waiting at half court.

Advanced: 2v2. Attempt to trap at half court with new defenders.



DECISION MAKING

NICO LOUREIRO DECISION MAKING SKILLS

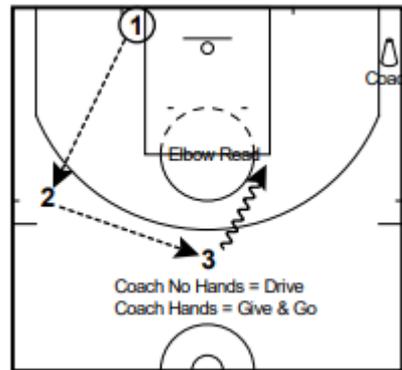
Purpose: To practise making quick decisions from visual cues.

Method: Players are positioned in the corner, diagonal and point. Pass comes from the base line to each position. When point has the ball, the player looks at the coach who is standing at other diagonal. If coach has hands behind back, player drives to basket. If coach has hands up, player makes pass to coach, then runs on for the give and go.

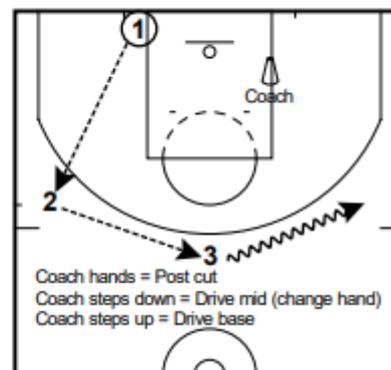
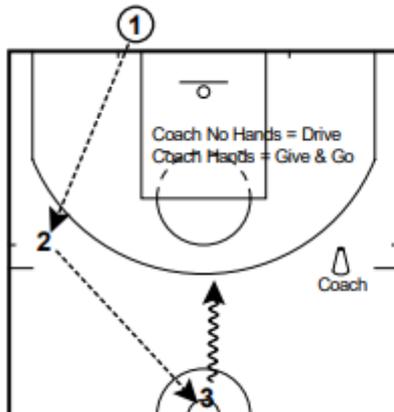
Teaching Points

1. Make quick decisions,
2. All players in stance, with quick hard passes.
3. Players move on and follow pass quickly, drill should move at pace.

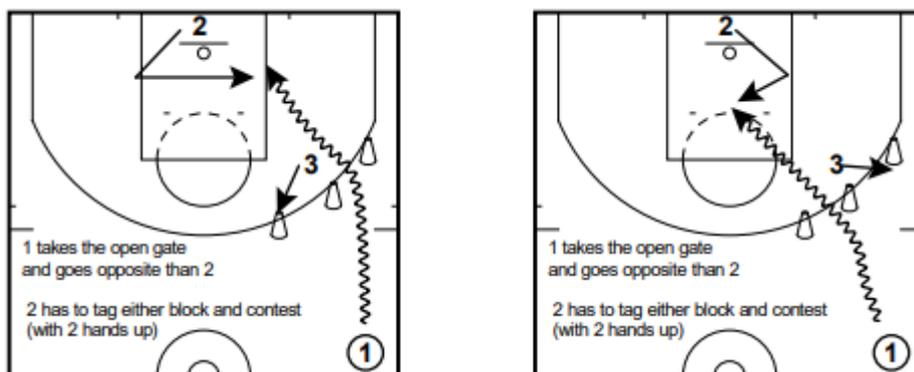
Beginner: Options are pass or drive. Then to pass or two dribbles into shot.



Moderate: Catch at the centre and dribble, make decision coming downhill



Advanced: Coaches step to close a gate, driver goes through the opposite gate. Defender at the baseline contests shot.



OFF THE BALL

Different Cuts and moves without the ball

These base activities can be used to build upon and to teach players how to move without the ball. The athletes begin at the foul line extended and execute each of the five moves. They should do each move at least three times on each side of the court.

Backdoor Cut: To use when the defence is overplaying the passing lane. The offensive player starts toward the passer by coming out to the ball, planting the far foot from the basket, pushing off, and cutting hard to the hoop. Players must also give a target to the passer.

Seal Out from base and from elbow: The offensive player takes the defence to the basket, pivots on the inside foot (foot closest to the basket), opens to the ball, pins defender on back and prepares to receive the pass. The offensive player takes the defence away from the ball to the elbow area, pivots on inside foot, opens up to the ball, pins defensive player on back and prepares to receive the pass.

Overplay: This is the move to make when a player is being overplayed on a backdoor cut. The offensive player starts at the foul line extended and proceeds to execute a backdoor cut. When the defender prevents the backdoor cut by overplaying, the offensive player simply takes a quick change of direction and 'dips' in front of the defender toward the hoop.

GAMES

BUMP/ELIMINATION/KNOCKOUT

Form a single line behind the free throw line or 3pt line. The first two players in line should have a basketball. The first player shoots. If they make it, they get the rebound and return to the back of the line.

If the first player misses the initial shot, they need to quickly get the rebound and take another shot from anywhere on the court. Easy layup shots can be taken if

desired. They keep shooting until they make a shot. When the shot is made, the pass is made to the person behind the shooter. Players may choose to knock players balls away to delay a shot.

Once the first player shoots the initial shot, the next player in line can shoot. If they make the shot before the person in front, they have just "knocked out" the player. If they miss, they must hurry to get the rebound and shoot. The play continues until there is one player remaining.

BUMP AND GO

Players pair up with a ball each, standing just outside of no charge circle and facing each other. They must bump their balls, then wrap balls around their waist three times and shoot. First player to score gets a point.

Build on this by players having to touch outside the key with one foot before shooting, or performing two crossovers before shooting, or throwing the ball off the backboard before shooting. Get creative.

BALL HOG

Players pair up and face each other standing about 1 metre apart. A ball sits on the ground in the middle of them. Coach will call out a body part and the players must put both of their hands, just to the side of the other player. So, if the coach yells 'shoulders', players must place their hands in the air, just outside of their partners shoulders. Coach will call out a few different things, then yell ball! When this is yelled, the first player to snatch the ball of the ground wins.

Pivot tag- Skill: body movement, footwork

Selected athletes will be taggers they try and tag other athletes. If tagged a person must land on a jump or stride stop and execute a forward or backward pivot. To be freed a person who has not be tagged needs to give a tagged person a high 5.

Stealers Cones: Skill: spacial awareness, problem solving, teamwork, heads up

Three cones placed upside down on each side of the key. A Tennis ball in each. Teams are 3x3 each side is a team and one player behind each cone. The aim is for one team to get all tennis balls into their cones on their side of the key. Give as fewer rules as possible; add a time restraint as well. Allow players to be creative.

Dribble Knockout: Athletes each with a ball move around the half court dribbling, whilst at the same time attempting to knock away others balls, without fouling. If an athlete's ball gets knocked away, they must stand out on the perimeter, however, they can knock any surviving players balls if they come close. Players get a point for knocking a ball away. After some players are knocked out, area can be shrunk to inside three-point line. Then further shrunk to inside the key. Once it gets to the last two, the surviving player with most points wins.

TIPS FOR PRACTICE

A useful acronym to use when learning to plan session is FATBACK.

F-Does the activity **Fit**? What is the context or purpose you're trying to teach? What are the emphasis and coaching points? Does it fit the skill level and age of the athlete?

A-What is the **Availability**? How much court space is there? How many players do you have? Is the court booked? Can you access it?

T-How much **Time** do you have?

Back- Do you have a **Backup** plan? What if only half the players show up? What if you only have a have court? How do interruptions and unforeseen circumstances impact your plan?

Keep it simple but engaging

Coaches should make sure the players are not overwhelmed with too many development activities throughout the session, however engagement is also a key component. It is encouraged that skill development exercises are incorporated into a small-sided game where athletes compete and can be free to be creative. Game sense activities can be very useful to break up the session and provide a fun game, while still developing key basketball instincts.

ACTIVITY DELIVERY

It is important that coaches demonstrate all activities. Physical demonstration and modeling are a much more powerful learning tool than verbally explaining the activity.

1: Gain Attention Use a strong voice, clap, or whistle

2: Introduce skill/game and provide teaching points/rules

Depending on the activity, coaches will be giving players rules, teaching points or a combination of both. Before these are given the relevance of the basketball skill should be briefly explained to provide context.

Teaching points are the key, 'cues' tell players what they need to be aware of when executing the skill.

When giving rules/teaching point's coaches should be aware of the amount of information given. Most adults can remember three or four pieces of information (think of your mobile phone number - do you remember it as one stream or 3-4 number sequences?). Give the players one or two teaching points/rules alongside the demonstration for the activity to get it started. You can add extend and advance the activity later after it has commenced.

Be consistent with words and terminology. Try and use the same word for the same action all the time. For e.g. If a coach calls a screen a pick sometimes, this may confuse players who are trying the skill for the first time. Pick a word for an action, and stick with it.

Don't assume knowledge. Just because you know what you are talking about, doesn't mean everyone else does.

3: Demonstrate

People have different learning styles such as: Visual learning, Auditory learning, or kinesthetic (doing) learning. An effective learning style for coaches to use is Visual learning; hence we give a demonstration of the activity via a walkthrough.

Key points to remember when demonstrating:

Speak, rather than yell. It may help to huddle the group close to save your voice. Make sure demonstrations are the centre of attention. If participants are distracted by background events or noises they will focus away from the demonstration.

Gain their attention – eyes and ears is a great cue. Talk and demonstrate at the same time rather than explaining the game and then demonstrating. Keep teaching points or rules short (two or three maximum). Coaching should focus on “what to do”, rather than “what not to do”.

At the end of your demonstration be sure to check for understanding of the group by asking specific questions to a player. E.g. - “John, what are we wanting to see when we shoot the basketball?”, “When would we use this in a game?”, “What happens when the defense reacts this way?” Asking participants if they have any questions can lead to all sorts of questions that may not relate to the demonstration. Demonstrations should only go for 2 minutes max.

During the activity, it's important to 'Coach on the run':

Talk: Give participants feedback on what they are doing correctly and/or incorrectly. Ensure participants have enough time to discover the solution themselves. The initial teaching points or rules you provided to them will set your feedback.

Walk: Move around all groups. If you stand still you will only coach the groups closest to you.

Look: Is the activity achieving the outcomes you planned? Look at a participant in the activity for ten seconds. Does the participant have many opportunities to be involved in the activity? (E.g. touches, catches, passes, dribbles, shots).

Multiple involvements: Engagement is key. No involvements: Time to modify activity and/or group size.

6. Refine, adapt and ask more questions

When you observe a significant teachable moment, or that the activity needs to be changed, it is a good time to pause the activity and ask questions of the participants to guide their learning and the direction of the activity. Open questions that require a creative response from the participant are preferred to closed questions that require a yes/no answer.

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