

**THE BASIN  
WILDCATS**



***COACH  
“SURVIVAL  
KIT!”***

# I AM A COACH BECAUSE

©Stacie Mahoe, MA, J. Mahoe, Esq.

I am a coach because of the **kids** and the **passion** I have for the sport itself. There is no other feeling quite like **helping** young athletes further develop their natural **persistence**, **determination**, **discipline**, **dedication**, **resiliency**, **work ethic**, **heart**, **leadership skills**, **connection** with, and **respect** for, others, not only in competition, but in life!



KBI recognizes with appreciation permission granted by Rod Popp and Grant Wallace of Kilsyth Basketball Association to reproduce this booklet for KBI Club Coaches. *"Introduction to Coaching Basketball"* was compiled by Rod Popp, Director of Coaching at Kilsyth Basketball Association was adapted from "Coach Time", a course designed by Victorian Country Basketball Council for beginning basketball coaches. Kilsyth Basketball Association thanks Marty Handson and Victorian Country Council Basketball for their permission to use portions of the course in this document.

The Basin Wildcats recognizes with appreciation permission granted by Tony Westwood of Foster's Phantoms Basketball Club for contributions of portions of this course. The majority of this document is from Knox Basketball with contributions from Gavin Fox.

The purpose of this booklet is for a "survival" kit to help coaches do more than just survive but "thrive." If any assistance is needed or feedback about this booklet please contact Gavin Fox 0421125025 or [GFox@oxley.vic.edu.au](mailto:GFox@oxley.vic.edu.au).





## COACHES CODE OF CONDUCT

1. Remember that basketball is for enjoyment.
2. Be reasonable in your demands.
3. Teach understanding and respect for the rules.
4. Give all players a reasonable amount of court time.
5. Develop team respect for the ability of opponents including their coaches.
6. Instill in your players respect for officials and an acceptance of their judgment
7. Guide your players in their interaction with the media, parents and spectators.
8. Group players according to age, height, skills and physical maturity, whenever possible.
9. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
10. Be prepared to lose sometimes.
11. Act responsibly when players are ill or injured.
12. As well as imparting knowledge and skills, promote desirable personal and social behaviors.
13. Keep your knowledge current. Seek to keep abreast with changes in the sport.
14. Ensure that any physical contact with a player is appropriate.
15. Avoid personal relationships with players.
16. Respect the rights, dignity and worth of every person
17. Always respect the use of facilities and equipment provided.



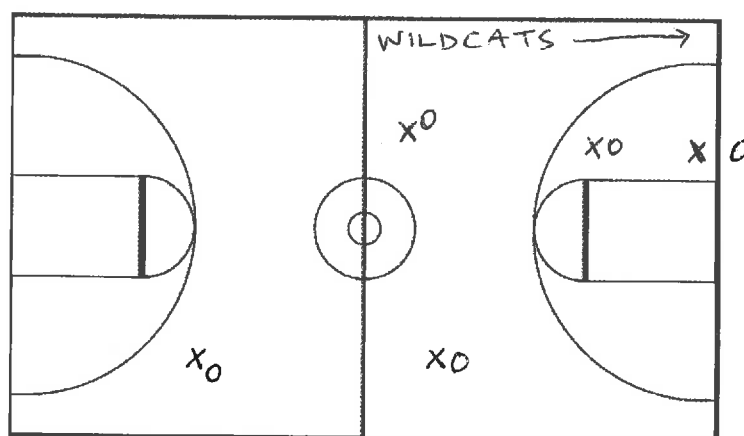
## **PARENTS' CODE OF CONDUCT**

1. Encourage your children to participate for their own interest and enjoyment, not yours.
2. Encourage children to always play by the rules.
3. Teach children that an honest effort is always as important as a victory.
4. Focus on developing skills and playing the game. Reduce the emphasis on winning.
5. A child learns best by example. Applaud good play by all teams.
6. Do not criticise your or others' children in front of others.
7. Accept decisions of all referees as being fair and called to the best of their ability.
8. Set a good example by your own conduct, behaviour and appearance.
9. Support all efforts to remove verbal and physical abuse from sporting activities.
10. Respect the rights, dignity and worth of every person.
11. Show appreciation for volunteer coaches, officials and administrators.
12. Keep children in your care under control.
13. Always respect the use of facilities and equipment provided.

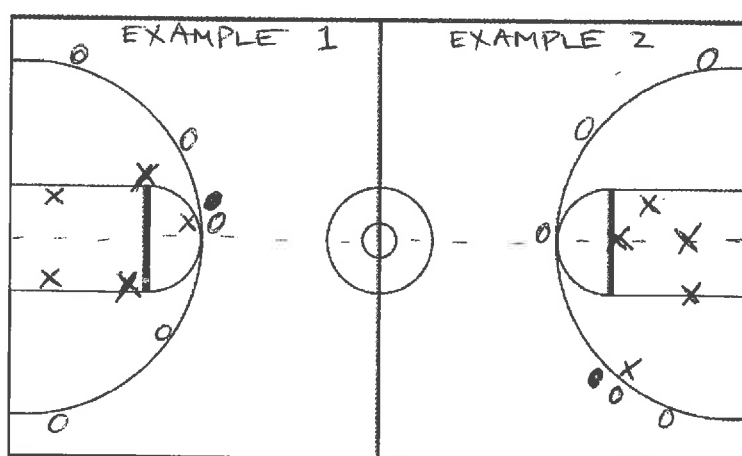
## **PLAYERS CODE OF CONDUCT**

1. Understand and play by the rules.
2. Respect referees and other officials.
3. Control your temper.
4. Work equally hard for yourself and for your team.
5. Be a good sport.
6. Treat all players as you would like to be treated.
7. Play for the "enjoyment of it" and not just to please parents and coaches.
8. Respect the rights, dignity and worth of every person.
9. Be prepared to lose sometimes.
10. Listen to the advice of your coach and try to apply it at practice and in games.
11. Always respect the use of facilities and equipment provided.

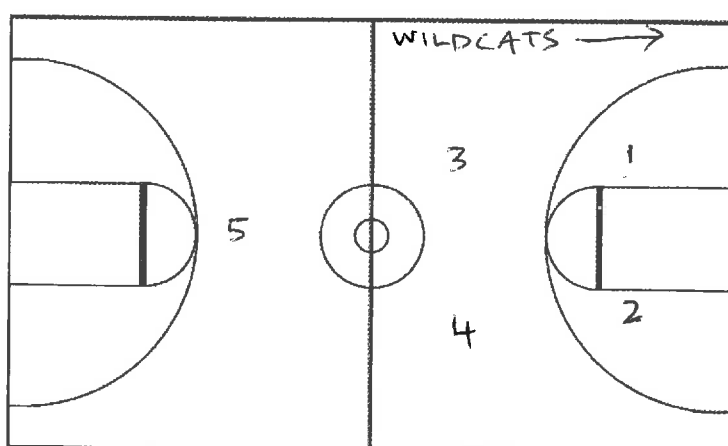
## DEFENCE



MAN ON MAN: Stand "basket side" of your opponent, have one hand on your opponent so you can watch the ball whilst trying to deny the pass to your opponent at the same time.



SHELL DRILL: If opponent has the ball: be arms length away, is 1 pass away: have 1 foot in and 1 foot out of the key, is 2 passes away: have both feet in the key, is 3 passes away: cover "split line."

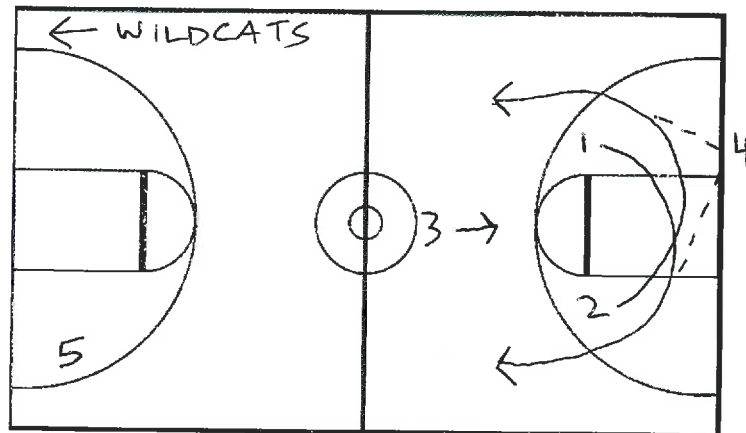


TRAP OR PRESS: 2-2-1 example. 1 and 2 apply on ball pressure and try to force opponent wide, 3 and 4 intercept pass, 5 player is back for "safety." 2<sup>nd</sup> half use only and possible for U12's onwards.

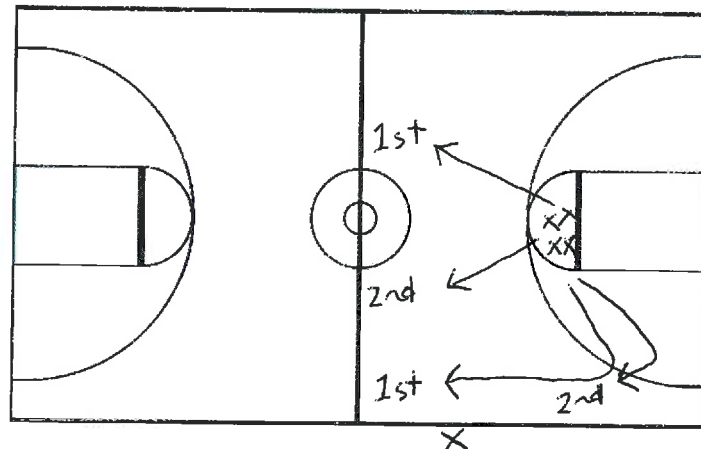
**"I feel all great teams have two things in common: defense and rebounding. So, we stress defense and rebounding every day."**

*Larry Brown Head Coach New York Knicks (2004 Detroit Pistons NBA championship Coach)*

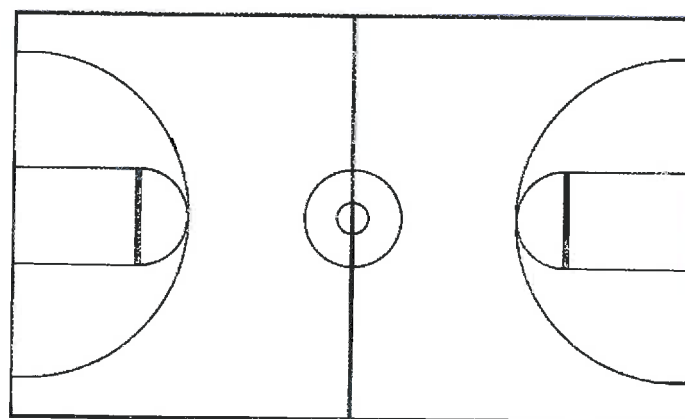
## BRINGING THE BALL DOWN THE COURT



From defensive base line: 1 or 2 dribblers as first options running through in "semi circle" direction, 3 player longer pass "plan B," 5 get out of the way and be ready to rebound or receive pass.



From sideline: Often known as "circles" or "bunch of grapes." Can be done in any circle behind the inbound passer. Players group and "break" with the "1<sup>st</sup>" option indicated followed by "2<sup>nd</sup>" break.



(Spare diagram for coaching notes or other play).

**"Spacing is offence and offence is spacing"**

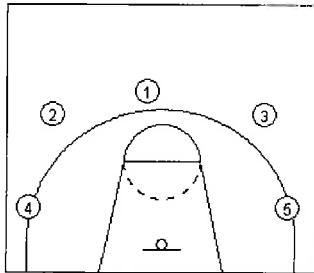
*Chuck Daly Former Head Coach Detroit Pistons 1989  
and 1990 NBA Champions*

# SECTION

## TEAM OFFENCE

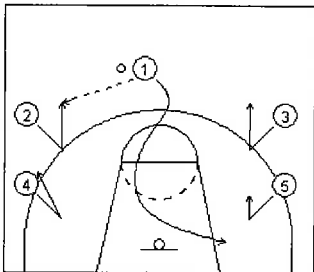
### 5 OUT OPEN POST OFFENCE

- All players play as perimeter players.



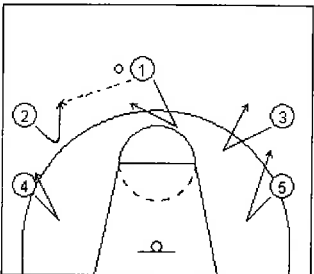
#### **Basic Floor Positions and Spacing**

- all positions are interchangeable
- all players must be able to move, pass and catch
- freedom of movement, floor balance and spacing rules apply



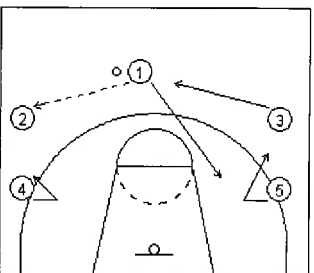
#### **Rules after Passing**

- pass and cut to the basket
- players fill spots to balance the floor and keep spacing



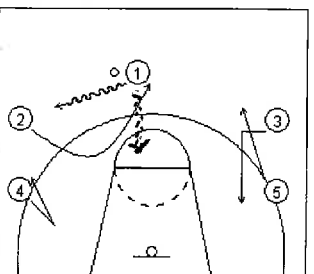
#### **Rules after Passing cont.**

- pass and cut in
- pop back and replace yourself
- keep floor balance and spacing



#### **Rules after Passing cont.**

- interchange away
- players fill spots for balance and spacing



#### **Rules for using Dribble**

- dribble at team-mate
- players fill open spots keeping floor balance and spacing

OR

- dribble penetrate and pass to shooter or take to basket.



## BASE LINE OFFENSE

Do we need a Wildcats play for all teams to master? Not necessarily, as long as you've got one! The "5 open post offence" is one to read on previous page but here's 3 baseline beginner plays.

**A**

1 pass and the others pair up on the 'elbow'.

1st option is a pass to 2 or 4 for a layup.

If not, 2 and 4 'fill out' for pass or 3 + 5 cut to basket.

**B**

1 is passer and the others spread out on 3 point line.

2, 3, 5 cut to different sides of the basket.

If not, 4 cuts to the middle and others 'fill out'.

**C**

2 + 4 close to base line, 3 + 5 near elbow / 3 pt line.

Players 2 + 4 set screen for players 3 + 5.

3 + 5 run around screen + cut to basket.

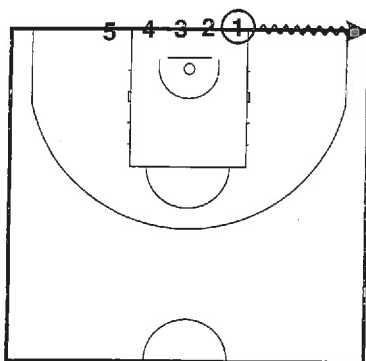
WHAT ISN'T HELPFUL IS ALL 4 PLAYERS STANDING IN THE KEY AND PUTTING THEIR HAND UP TO CATCH THE BALL BEFORE IT'S PASSED IN. THE DEEP CENTRAL PART OF THE KEY CAN BE CALLED A "NO CAMP" ZONE. RUN THERE TO EITHER CALL FOR A PASS AND THEN GET OUT IF YOU DON'T GET IT, OR GO THERE TO GET A REBOUND AFTER SOMEONE ELSE HAS HAD A SHOT. **THE KEY IS TO START IN A SPREAD OUT POSITION.**

# GENERAL TRAINING DRILLS



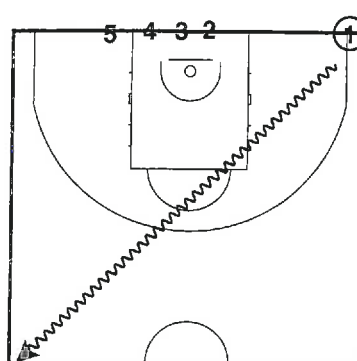
Killa. 20 lay ups, 10 elbow jumpers and 5 3pts shots.

Killa  
Drills



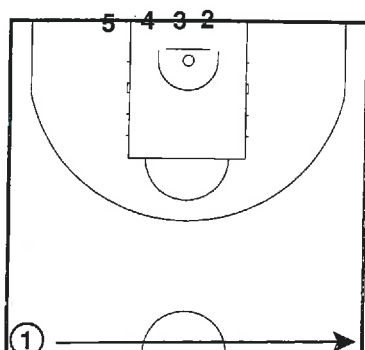
1 dribbles to corner and makes a spin move.

Killa  
Drills



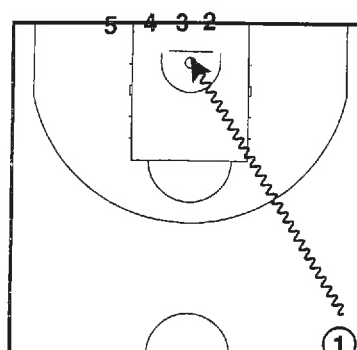
Then speed dribble to the halfway line. As 1 goes through the elbow 2 begins and so on.

Killa  
Drills



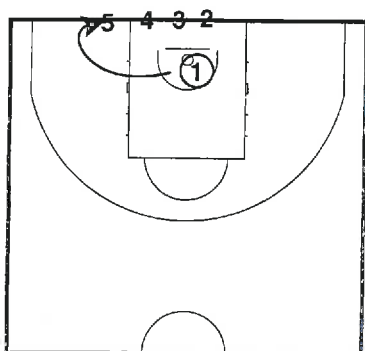
Then defensive slides to the other sideline with arms out and ball in right hand.

Killa  
Drills



Speed dribbles to basket and makes a right hand lay up.

Killa  
Drills

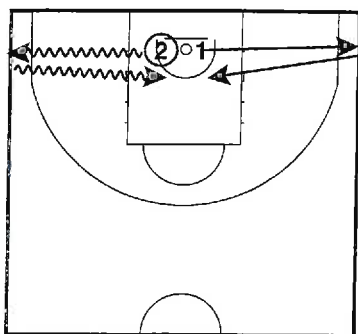


When 1 has finished his lay up, he joins the end of the line. Action continues until 20 lay ups, 10 elbow jumpers and 5 3pts are made. Or 3 or 5 mins is up. Then other side.



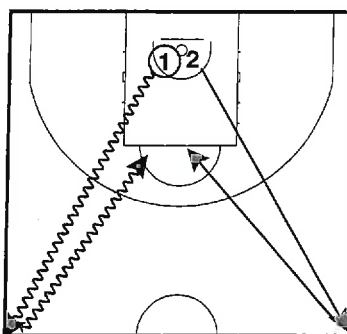
# 1 on 1 corner drill

1 on 1 Corner  
Fosters Drills



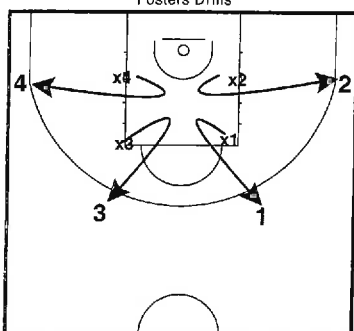
1 & 2 stand back to back under the basket. 2 has the ball.  
1 sprints to the side line and touches with either foot. At the same time 2 is speed dribbling to touch the opposite sideline with either foot.  
On the return it's live 1 on 1 to the basket.

1 on 1 Halfway  
Fosters Drills



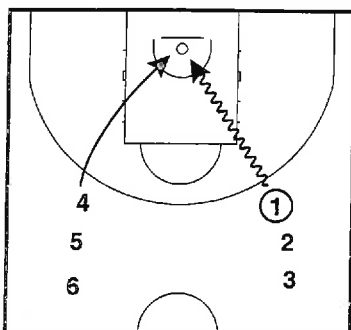
Same as frame 1 but to the 1/2 way and sideline.

Touch Close outs.  
Fosters Drills



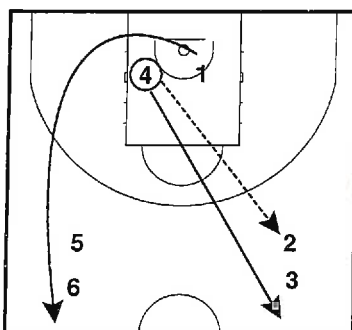
Frame 1 - Defensive players line up at blocks and ...

Daily 8  
Drills



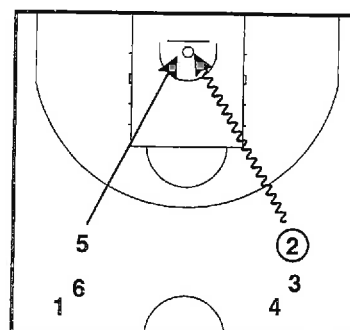
1 dribbles to the basket and makes a normal right hand lay up.

Daily 8  
Drills



4 rebounds the ball and passes the ball to 2. 4 follows the pass and joins the lay up line.  
1 joins the rebound line.

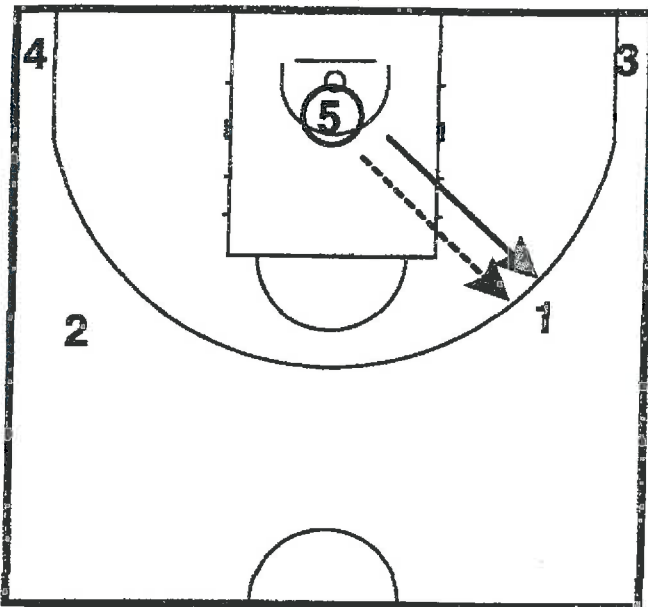
Daily 8  
Drills



The drill continues until all players have made a normal lay up, a power lay up, a reverse lay up and a Euro step lay up from both sides.

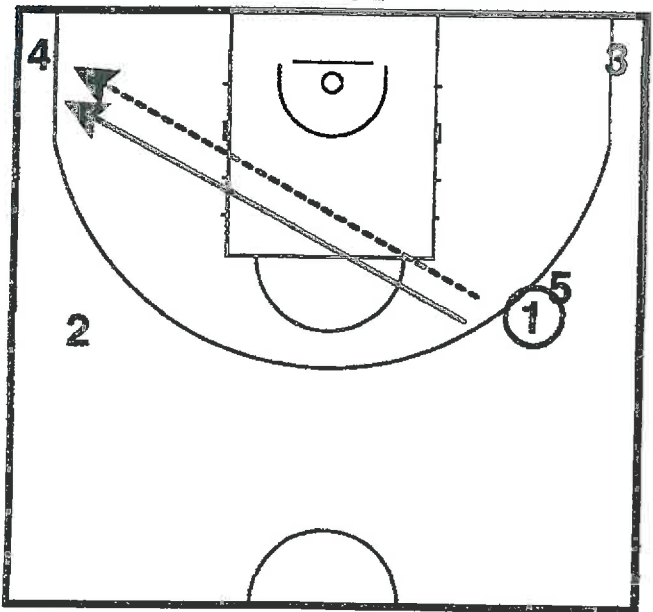
# 5 star passing drill

Frame 1



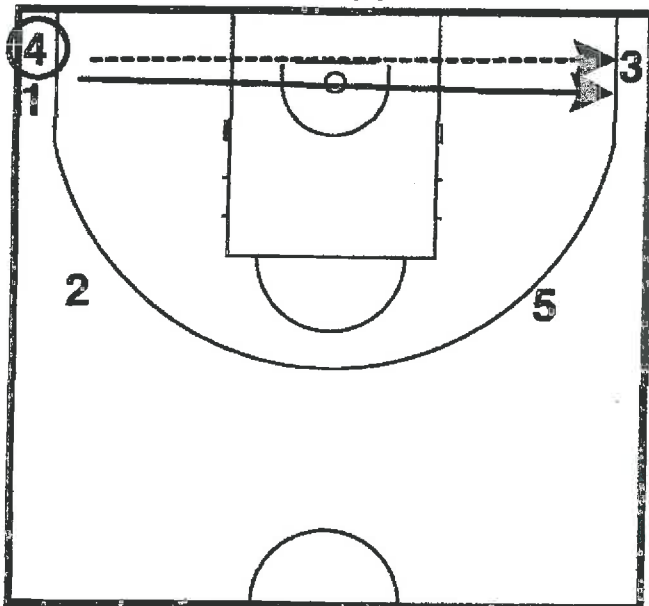
5 starts under the basket and passes to 1, 5 then follows the pass to become the 1 position.

Frame 2



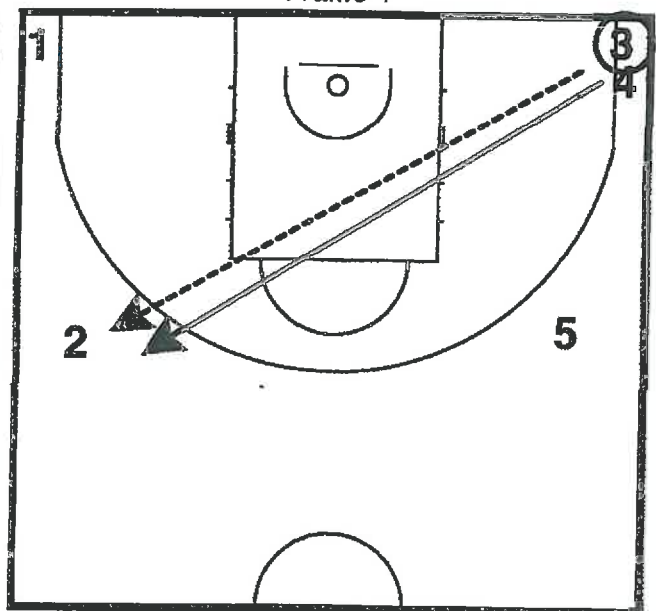
1 makes a diagonal pass to 4 and follows the pass.

Frame 3



4 passes along the baseline to 3 and follows the pass.

Frame 4



3 makes a diagonal pass to 2 and follows the pass.

- \* Player 2 completes a layup.
- \* Player 2 retrieves ball and starts drill again.
- \* Drill can be completed with different shots.



## TRAINING PLAN SAMPLE #1

Training # U/10's - 8's Venue \_\_\_\_\_ Date \_\_\_\_\_

Absent Michael Jordan, Le Bron James, Kobe Bryant

TIME	DURATION	ACTIVITY
5:00pm	5 minutes	Partner form shooting FOCUS – ready, set, fire, pose
5:05pm	20 minutes	Ball Handling 1. Stationary ball work * Body wraps * Finger tips etc 2. Partner Speed Dribbling * Right hand * Left hand * Jump Stops * Stride Stops 3. Cone Zigzag Dribbling * Crossover * Between the legs * Behind the back GAME Dribble knockout
5:25pm	10 minutes	Partner Passing * Chest pass * Bounce pass * Behind the back * Baseball pass * Fake a pass to make a pass GAME Piggy in the middle
5:35pm	15 minutes	Shooting/Lay Ups * 3 Line Shooting (First team to make 10 baskets) Lay Ups * Footwork * One dribble
5:50pm	10 minutes	Play * 5 vs 5 * No dribble

NOTES: \_\_\_\_\_

**Train with a Plan and a Purpose**

## Training Plan - SAMPLE 2

Date 2nd June 2015

Team Under 14 Boys - 12<sup>1</sup>/<sub>5</sub> ?

TIME	SKILL	EMPHASIS
6.00pm – 6.10pm	Dribbling – zig zag drill	Sharp changes of direction
6.10pm – 6.15pm	3 man weaves	Firm passes
6.15pm – 6.20pm	2 on 1 fast break	Sprint lanes, spacing
6.20pm – 6.23pm	Drink break	
6.23pm – 6.35pm	1 on 1 contests (1) from wing, 2 dribbles and lay up (3 minutes) (2) from wing 2 dribbles and pull up shot (3 minutes) (3) from elbow 1 dribble, lay up or jumper (3 minutes) (4) from low post, 2 dribbles (3minutes)	Good footwork, defensive footwork, going hard.
6.35pm – 6.45pm	Shell drill (1) correct stance – not live (2) live – penetrate and pass (3) pass and cut	Correct stance and floor position. Talk
6.45pm – 6.55pm	5 on 5 up and back	Team defense and team offense principles.
6.55pm – 7.00pm	Scrimmage	

### MESSAGES –

Remind players of change of game time this week.

See if players are interested in playing in a tournament Easter weekend.

**ABSENT PLAYERS –** Jackson and Oscar





# FOSTERS PHANTOMS PRACTICE PLAN 60-Minute Training Session #3

Team...U/14-16's (ish)

Date:.....

## Training time

Time & Type	Drill Name	Running total
3Mins Warm Up	Ball orbiting	3Mins
5Mins Warm up	Dribble to ½ court. Crossover Between the legs Behind the back Triples	8mins
6Mins Shooting/Passing	5 Star passing with Lay ups 3Mins each side or certain amount of made baskets.	14Mins
6Mins Offence drill	35 in 3mins both sides.	20Mins
2Mins rest	Drink Break	22Mins
5Mins	Horseshoe/shooting or Form shooting	27Mins
6Mins	Daily 8 or Daily 6 Dependant on skill level.	33Mins
6Mins	4 Corner Passing	39Mins
5Mins	Defensive Shell Drill Or 3 Man weave 2 on 1 back.	44Mins
6Mins	Scrimmage 3 on 3 or 4 on 4.	50Mins
10Mins	5 on 0 Pass & Cut Offence Using various options.	60Mins

# The Six Elements of a Good Drill

- 1. Explain what you want.** Why the drill is important (skill acquisition). Time and score procedure.
- 2. Demonstrate what you want.** Players walk through the procedure. Demonstrate correct fundamental. Correct errors in procedure and/or fundamental.
- 3. Introduce a challenge.** Introduce a challenge; multiple fundamentals practiced, offense and defense.
- 4. Time, score and personal best.** All drills are competitive. Coach and players should be aware of specific personal best goal in all timed drills.
- 5. Correct on the run.** Provide individual instruction during rest between repetitions.
- 6. Repetition is lord and master.** 7 repetitions should result in a minimum of one new fundamental executed correctly. More complex skills, like reading the second line of the defense for example, require regular repetition.

## SECTION GAME STRATEGY & FAQ's

### WHAT HAPPENS IN A GAME?

Some of the most common asked questions...

#### **Q. What to do I say before a game starts?**

*A. Let the players know who is on the court and who is on the bench (this should not be the same group each game) and which direction they are going. Some simple instructions such as "lots of passing", finishing with some general encouragement + 'hands in'.*

#### **Q. How and when do I make a sub?**

*A. It depends on local rules, but generally subs can be made on any foul, jump ball or your possession out of bounds. Just let the score bench (or official) know.*

#### **Q. Who should sub out?**

*A. At the junior level, all players should play approximately equal time on the court. It may help to have a plan for substitutions done in advance. Do not worry about positions or height at this level – just let them play.*

#### **Q. How do I call a "Time Out"?**

*A. "Time outs" can be requested to the score bench (or official). "Time outs" are available on all whistles or your team's possession after a score.*

**Q. What happens in a “Time Out”?**

A. Use the “Time Out” to give instruction and to reinforce teaching points of the skills. **ALWAYS** be positive during the “Time Out”.

**Q. What if the players don’t follow my instructions?**

A. Keep actively encouraging the players to carry out the skill as they have practiced. Persistence and patience is the key here! It’s the process that is important not winning the game. Consequences for disobedience should be enforced.

**Helpful websites**

[www.basketball.net.au](http://www.basketball.net.au)  
[www.basketballvictoria.com.au](http://www.basketballvictoria.com.au)  
[www.knoxbasketball.com.au](http://www.knoxbasketball.com.au)  
[www.coachesclipboard.com](http://www.coachesclipboard.com)

**Q. How should I space out my training session activities?**

A. A “rule of thumb” is dividing it into **thirds**. A third skill practise and fundamentals repetition, a third game sense activities: plays – team focusses – game situation drills, a third with games: competitions – scrimmage – practise matches. See training session samples for ideas.

A **fitness** section of boot camp style exercises or relays could be done, especially if you don’t have access to whole court drills. If you’re training next to another team of similar age and standard doing a combined full court drill is recommended regularly. Players should come away from each session having done a work out! Keeping drills structured, moving from one to another and establishing firm but fair discipline guidelines will assist.

**Q. What should I say in a timeout if I didn’t call one and I’ve got no new messages for my players?**

A. Check **state of play**. Do we have the ball?

\* If yes, where from? If bringing it up the court, tell the players where to stand to do it. If it’s an offence baseline pass, pick a play and tell the players where to stand. Finish with motivation conclusion, perhaps a scoreboard reflection and “hands in.”

\* If no, what type of defence are we playing? Remind of defensive position, pick up line, any specific match ups on opposition key players etc. Finish with motivation conclusion, perhaps a scoreboard reflection and “hands in.”

**Q. Do we have club values?**

A. No not specific. But a **values based coaching** approach is often effective. Asking the players what are qualities of a great team, establishing 3 agreed values and then referring to them often. Common responses may be “encourage each other,” “try your best,” “play fair.” **Set a positive culture for your team!**

**Q. Do I have to train at the same venue all the time and do the same thing?**

A. Mostly of course. But players appreciate **variety** and ideas like taking them to the 1000 steps, local school outdoor court, having a parents training night, mid season alternative session like laser tag or include different ice breaker games are a great idea to mix it up.

**Remember to make a point of addressing each player individually regularly. Each player should know their: role in the team. strengths and have specific areas of improvement to focus on.**

## Motivational Quotes

12. "Hard work beats talent when talent doesn't work hard." **Tim Notke, quoted by Kevin Durant.**

11. "I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'" – **Muhammad Ali**

10. "There are only two options regarding commitment. You're either IN or you're OUT. There is no such thing as life in-between." – **Pat Riley**

9. "A champion is someone who gets up when he can't." – **Jack Dempsey**

8. "It ain't over till it's over." – **Yogi Berra**

7. "You're never a loser until you quit trying." – **Mike Ditka**

6. "Never give up! Failure and rejection are only the first step to succeeding." – **Jim Valvano**

5. "You miss 100 percent of the shots you don't take." – **Wayne Gretzky**

4. "The highest compliment that you can pay me is to say that I work hard every day, that I never dog it." – **Wayne Gretzky**

3. "Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts." – **Dan Gable**

2. "I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." – **Michael Jordan**

1. "It's not whether you get knocked down; it's whether you get up." – **Vince Lombardi**

Read more: <http://www.keepinspiring.me/100-most-inspirational-sports-quotes-of-all-time/#ixzz4vM2GEogn>

# SECTION TEACHING BASKETBALL

## FOOTWORK and BODY MOVEMENT

All players need to be taught to move and control their bodies. These movements are basic tools and need to be taught so that players move effectively and efficiently.

### ***Teach the following:***

- Change of direction and change of pace running
- Starts and stops
  - Two foot jump stop with feet shoulder width apart, knees bent in a balanced stance
  - Stride stop with one foot contacting the floor first, then the other
- Pivots (front and rear)
  - A low, wide, balanced stance is required when pivoting. Stay in your stance. The pivot foot must keep contact with the floor. The other foot may be moved around in either direction. Good balance and vision is essential

## TRIPLE THREAT POSITION

Players should be taught to get in this position after they catch the ball. This basketball ready stance allows the player to be in a **triple threat** position, in that they are ready to pass, shoot or dribble. Feet and shoulders should be squared up to the basket at all times. The dribble should be encouraged to be used as the last option. The players need to learn to be tough and confident with the ball.

### ***Teach the following:***

- Triple threat position versus a defender
- Pivoting versus a defender



## DRIBBLING

**Players should become efficient at dribbling the ball with either hand.**

The dribbler should be in a knees bent stance with their head up to see the floor. The ball should be dribbled below the level of the waist and with the hand furthest away from the defender. **Do not bat or slap** the ball with your palm, instead push the ball to the floor with your wrists and spread fingertips, using a **follow-thru** action. The dribble should be used to advance the ball up the court, improve the passing angle or driving to the basket. Players need to learn to go somewhere with the dribble and to be quick from the dribble to the pass or shot.

### ***Teach the following:***

- Stationary dribble
- Open court control dribble
- Open court speed dribble
- Crossover dribble
- Change of speed with stops and starts



## PASSING

Passes should be made from the **triple threat** position. The passer needs to hold the ball with spread fingers on each side of the ball with thumbs in line with each other. The passer should step and push the ball forward, snapping the wrists and passing to your

team mates hands. The passing action should finish with **thumbs pointing towards the floor** and fingers to the target. Players should learn to make **hand to hand** passes away from the defense, Players should also learn to **fake a pass to make a pass**.

***Teach the following:***

- Chest pass to a standing target
- Chest pass to a moving target
- Bounce pass to a standing target (bounce should be 2/3 the distance to the receiver)
- Bounce pass to a moving target (bounce should be 2/3 the distance to the receiver)
- Overhead pass to a standing target (ball is passed from above the head in an upright position)
- Overhead pass to a moving target (ball is passed from above the head in an upright position)
- Passing from the dribble



## **CATCHING**

When catching a pass the receiver needs to have their eyes on the ball and showing a target to the passer. The receiver needs to catch the ball with two hands and get in a **triple threat** position after catching the ball.

***Teach the following:***

- Catch the ball standing
- Catch the ball moving with a v-cut or influence action



## **SHOOTING**

Players must be taught how to shoot correctly. This starts with feet Being shoulder width apart and toes pointing towards the basket.

- |                       |   |
|-----------------------|---|
| <b>Ready Position</b> | <ul style="list-style-type: none"> <li>- arms straight out</li> <li>- feet shoulder width apart</li> <li>- ball on fingertips</li> </ul>  |
| <b>Set Position</b>   | <ul style="list-style-type: none"> <li>- triple threat position</li> <li>- forearm in line with ground</li> <li>- knees bent</li> </ul>   |
| <b>Fire</b>           | <ul style="list-style-type: none"> <li>- shoot the ball</li> <li>- full extension of body and arms</li> <li>- lock both elbows</li> <li>- snap shooting hand wrist</li> <li>- guide hand positioned on the side of the ball</li> <li>- index and middle finger in basket</li> </ul> |
| <b>Pose</b>           | <ul style="list-style-type: none"> <li>- hold follow through position</li> <li>- ensure you have the correct hand and foot position</li> </ul>  |

***Teach the following:***

- Jump shots
- Shooting from pass





- Shooting from dribble
- Free throws

## **LAY UP SHOTS**

**Players should learn to lay the ball up from both sides of the basket.** The ball is shot off the opposite foot (i.e. right hand lay up off the left foot). The ball side knee is brought high. The eyes should be on the target. Bring the ball up with both hands until reaching into the shot, then the non-shooting hand is used for protection against the defense. The ball is released against the backboard. Head should be up with eyes focused on the target.

### ***Teach the following:***

- Moving lay-up from both sides



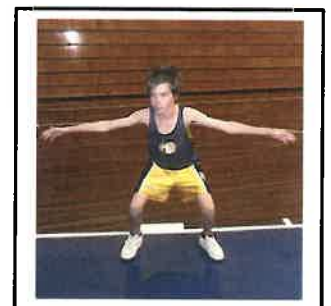
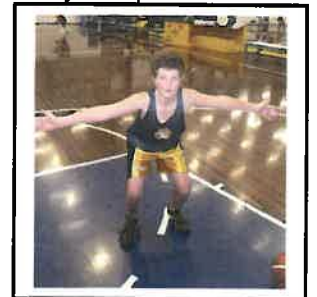
## **DEFENSIVE STANCE & MOVEMENT GUARDING THE BALL**

The basic defensive stance is a **low, wide, balanced stance** with the head and eyes up.

When guarding the ball, **the defender should keep their head lower than the head of the person they are guarding. Feet should be shoulder width apart** with weight evenly distributed. To move laterally the player should push off in the direction of movement. This step will now be from a wide stance into a wider stance (**big to bigger**) while pointing the toe of the lead foot in the direction of the slide. A low stance allows for quick change of direction. The defenders hands should be active and flicking upward at the ball.

### ***Teach the following:***

- Stance on the player with the ball
- Lateral movement when the player you are guarding is dribbling the ball
- Head in line with heels



## **SUMMARY**

Coaches should be positive in their approach. Not all players will understand what you're asking straight away. It is a good idea to demonstrate the skill. If you can't demonstrate it – have someone who can, come to the session.

Have the players execute the skill during the drills, the more they do it the better they become at it. Players may get bored with the same drills. Challenge them with a variety of drills involving the same skill. It takes persistence and patience for players to transfer the skills learnt at training into a game.

Make your instruction at training clear and precise, without giving too many instructions at once. Give the instructions in a manner they can understand. The best learning takes place in a positive environment. Players will learn if they want to be there.

## **BASKETBALL TEACHING PROGRESSION (U8,U10, U12 & U14)**

### **INTRODUCTORY JUNIOR BASKETBALL (U8 and U10)**

- Emphasis on teaching playing rules and the court markings, common terminology and having fun within a team environment
- Footwork and body movement
  - Change of direction and change of pace running
  - Starts and stops
  - Triple threat
  - Pivots (front and rear)
  - Defensive stance and slide footwork
- Dribbling, ball handling (both hands and alternating hands) and ball toughness (from triple threat position)
  - Basic ball handling and ball toughness drills
  - Stationary dribbling
  - Open court control dribble
  - Open court speed dribble
  - Crossover dribble
  - Change of speed with starts and stops keeping dribble alive
- Shooting
  - Standing lay-up (dominant hand)
  - Ready, set, fire, pose
- Passing (from triple threat position)
  - Chest pass to standing target
  - Chest pass to moving target
  - Bounce pass to standing target
  - Bounce pass to moving target
  - Overhead pass to standing target
  - Overhead pass to moving target
  - Passing from the dribble
- Catching
  - Catching the ball standing
  - Catching the ball moving with v-cut or influence action
- Team
  - Offense (spacing, ball toughness, sharing the ball and have fun)
  - Defense (Getting back and recognizing the player your guarding and how to guard the player with the ball, be active and get after rebounds and loose balls)

## **INTERMEDIATE JUNIOR BASKETBALL (U12/U14)**

- Emphasis on being fundamentally sound and **'how and why'**
- Foot work and body movement
  - More of same with emphasis on being quick, decisive and sound
- Dribbling, ball handling and ball toughness (from triple threat position)
  - More of same with emphasis on being quick, decisive and when to use dribble
  - Reverse dribble
  - Behind the back dribble
  - Between the legs dribble
  - Retreat dribble
  - Drive (penetration) dribble
  - Swing dribble
- Shooting (from triple threat position)
  - Standing lay-up (both hands)
  - Moving lay-up (both hands)
  - Shooting form (ready - set - fire - pose)
  - Jump shot
  - Shooting from pass
  - Shooting from dribble
  - Shot fakes
  - Free throws
- Passing (from triple threat position)
  - More of same with emphasis on being quick, decisive and sound as well as increased degree of difficulty (read the defense)
  - Overhead outlet pass after rebound
  - Push pass (both hands)
  - Pass fakes
- Catching
  - Catching the ball moving from specific movement (full-court, basic lead, V-cut, basket cut)
- Individual offense (without the ball and read the defense)
  - Interchange
  - Basket cut (shallow, deep and back)
  - cut and replace
- Individual defense (hands and feet)
  - Proper stance and action on the ball (out top, on the side, in the corner and on the dead call)
  - Proper stance, position and action one pass from the ball
  - Proper stance, position and action two passes from the ball
  - Proper stance and action on recovery to perimeter
  - Proper stance and action on block-out

- Team offense (how and why)
  - Spacing and floor balance
  - Movement without the ball
  - Sharing the ball and proper ball locations
  - Managing the possession and tempo
  - 5 out open post
  - Offense vs press
  - Out of bounds
- Team defense (be ready and talk)
  - Get back and point of pick up
  - Pressure and push outside and to baseline
  - Positioning on and off ball
  - Help and recovery
  - Get the ball

**"What you specifically teach is what your players will do best."**

*Dick Bennett, Head Basketball Coach Washington State University*

*Note: Coach Bennett is known throughout the basketball world as one of the games best teachers.*

# SECTION TERMINOLOGY, BASIC RULES, COURT MARKINGS and DRILL DIAGRAMS

## GLOSSARY OF BASKETBALL TERMS

Assist	A pass that results in a score for your team
Backboard	Rectangular board which the basket is suspended from
Bank Shot	A shot where the ball is bounced off the backboard into the basket
Back Cut	When a player makes a cut to the basket behind the defender
Baseball Pass	Long, one handed pass
Base Line	The end lines of a basketball court
Basket	The goal or ring with a net hanging from it
Block	1) A foul which impedes the offence's movement 2) To block a shot after it leaves the shooters hand 3) A position on the edge of the key for the post players
Bounce Pass	A pass where the ball is bounced on the floor to the receiver
Box Out	When a player turns to block another from rebounding the ball
Centre	A playing position and usually a tall player who plays close to the basket
Centre Circle	The jump circle in the middle of the court
Charge	A foul where the offensive player causes the contact
Chest Pass	A two handed pass thrown from the chest
Contest	To deny your player the ball when on defense
Cross Over Dribble	A dribble where the ball crosses over from one hand to the other
Cut	A quick movement by an offensive player toward the basket
Defense	When the opposing team has possession of the ball
Defensive Stance	A low, wide, balanced stance used when playing defense
Dribbling	Bouncing the basketball with one hand
Drive	A quick dribble towards the basket in an effort to score
Double Dribble	A violation where a player dribbles the ball twice or with two hands
Fake	A move to make your opponent react
Fast Break	Quick offensive play from full court action
Field Goal	A made basket during live play
Flash Cut	When a player makes a cut towards the basket through the key area
Forward	A playing position and usually the taller players on the team
Free Throw	Shots awarded to a player from free throw line after a foul is called
Free Throw Line	The line from where the free throw is taken
Guard	1) A playing position and usually the smaller players who handle the ball 2) To "guard" a player is to defend them
Get Back	Transfer quickly from offence to defense; sprint back and locate the ball and the player you are guarding
Inbounds Pass	A pass from the outside of the court to a player on court (from side or end)
Jump Ball	Where two opposing players jump for the ball thrown up by the referee
Jump Shot	Where a player shoots the ball with a rhythm jumping action
Jump Stop	Where a player stops by landing with both feet at the same time
Key	The area from the circle to the base line at either end of the court
Lay Up	A short shot taken at the basket while in a movement towards it

Man to Man	A defense where players each defend an opposing player
Match Up	To find a player to defend in man to man
Offence	1) When your team has possession of the ball
	2) Movement or structure a team may play when in possession of the ball
Officials	Referees and score table are included in the games officials
Out of Bounds	The area outside of the court markings
Overhead Pass	A two handed pass thrown from above the head
Personal Foul	Infringement of the contact rules of the game
Penetration	When the ball is penetrated into the key by dribble (or pass)
Pivot	A player turning with one foot remaining in one place
Point Guard	A playing position and main ball handler for the team
Post	An offensive player playing in a position close to the basket
Press	To extend the defense to full court
Rebound	To gain possession after a missed shot
Triple Screen	A legal play where an offensive team mate will block the defense
Square Up	When a player faces the basket on receiving the ball
Steal	To gain possession while in defense by intercepting a pass or dribble
Stride Stop	Where a player stops with one foot at a time
Substitution	Interchange of players from the bench to the court
Technical Foul	A foul called on a player or coach for unsportsmanlike like behaviour
(3) Second Rule	An offensive player may not stand in the key for more than 3 seconds
(3) Point Line	A line on the court where successful field goals are awarded 3 points
Throw in	Inbounds pass
Travel	When a player with the ball moves without dribbling
Triple Threat	Stance after ball is caught ready to pass, shoot or dribble
Turn Over	An error by the offensive team where the defense gains possession
Violation	An infringement of the rules
V Cut	A movement of an offensive player to get open to receive the ball
Zone	A type of defense where players guard an area

### **FACTS ABOUT CHILDREN**

- Children respond **positively** to **encouragement** and a healthy relationship with their coach
- Children enjoy **variety**
- Children **enjoy** being with their friends
- Children **learn** at **different** rates and have **different** needs
- Children can **conceptualize** movement
- Children **need time** to learn new skills
- Children **acquire** skills at **different** rates
- Children **can learn** from each other
- Children **learn specifically** what you teach them



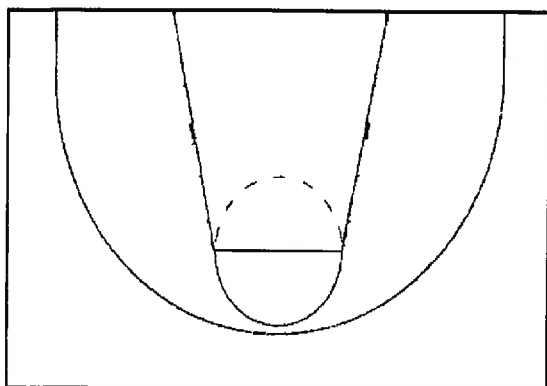
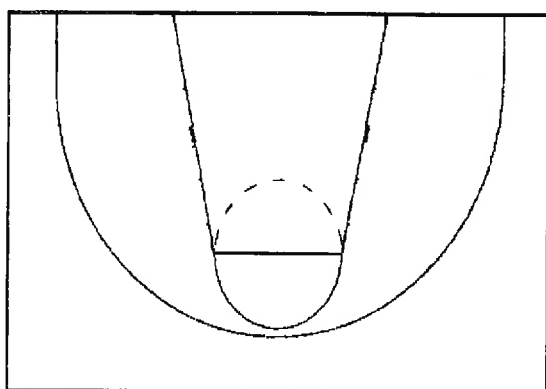
# SKILLS AND QUALITIES OF A RESPECTED ELITE COACH

- KNOWLEDGE OF THE GAME
  - ROLE TEACHER/EDUCATOR
  - COMMUNICATION SKILLS
- KNOWLEDGE OF BIOMECHANICAL SKILLS AND ACQUISITION PRINCIPLES
  - LEADERSHIP
  - MANAGEMENT
- MOTIVATION AND ENTHUSIASM
- KNOWLEDGE OF SPORTS PSYCHOLOGY
- KNOWLEDGE OF ANATOMY AND EXERCISE
  - KNOWLEDGE OF FITNESS TRAINING PRINCIPLES AND METHODS – eg. Game analysis, statistics, training methods
- KNOWLEDGE OF SPORTS INJURY AND PREVENTION – ASSESSMENT, TREATMENT AND MANAGEMENT
- KNOWLEDGE OF DIET, PRE GAME PREPARATION AND RECOVERY

**"If it doesn't bother you, it won't bother the players."**

*Pat Summitt, Head Women's Coach University of Tennessee – all-time winningest coach in NCAA history men or women*



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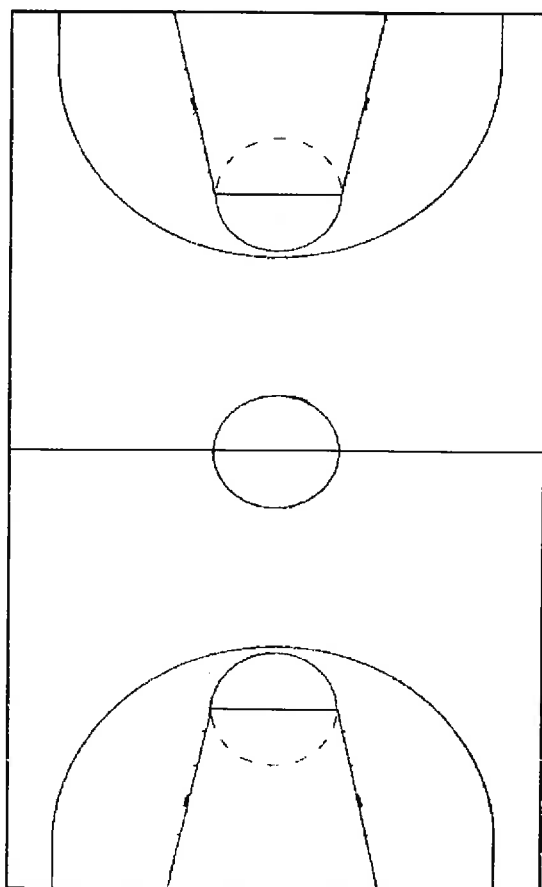
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1. The first step in the process of creating a business plan is to conduct a thorough market research. This involves identifying the target market, understanding the needs and preferences of the customers, and analyzing the competitive landscape. Market research can be conducted through various methods, including surveys, interviews, and focus groups.

2. Once the market research is complete, the next step is to develop a clear and concise business model. This model should outline the company's value proposition, its revenue streams, and its cost structure. It should also define the company's target market and its competitive advantage.

3. The third step in the process is to create a detailed financial plan. This plan should include a budget, a cash flow statement, and a break-even analysis. It should also provide a clear picture of the company's financial health and its ability to generate a profit.

4. The fourth step is to develop a marketing and sales strategy. This strategy should outline the company's approach to reaching its target market, generating leads, and converting them into customers. It should also define the company's sales channels and its pricing strategy.

5. The final step in the process is to create a comprehensive business plan document. This document should integrate all the information gathered in the previous steps, providing a clear and concise overview of the company's business model, financial plan, and marketing and sales strategy.



## THE BASIN WILDCATS

### BASKETBALL EXCELLENCE PASSPORT

***"Your challenge is to have an extra skills practise session and a fitness practise session per week. (If you're really busy at least one extra session per week, either skills or fitness, would be better than none)."***

- These 2 sessions should take only about 20 minutes each.
- For every session you do, get your parents to tick it off on your passport.
- The player who hands their passport in at the end of the season with the most extra sessions completed will win a special prize pack. It will include jewellery, lollies, toys and lots more!
- So keep your passport in a safe place, like on your fridge or on your bed side table.

***"After all, practise makes perfect and your game will improve out of this world the more you practise."***

### IDEAS FOR PRACTISE SESSIONS

#### Skills Practise Session Suggestions:

- Set up a dribbling obstacle course and do it with about 5 different types of dribbling (like at training).
- Take 5 shots each from: standing from left, left angle, straight in front, right angle, right side, left and right side layup. (35 shots total).
- Find a suitable wall and standing close to it, throw the ball against the wall and catch it on the full at head height 10 times. Then step back and throw it to the wall and catch it after it's bounce back 10 times.
- With a friend or brother / sister: pick a training activity and have a go. Perhaps pick a different one each week.

#### Fitness Practise Session Suggestions:

- Do 10 star jumps, skips, scissor jumps, pushups, burpees, lunges, 30 second plank, 10 metre relay runs.
- Go for a 15 minute run (/walk but mostly run)!
- Go for a 15 minute bike ride without stopping
- Run 1 oval lap – rest, run half an oval lap – rest, quarter lap – rest, 10 metre sprint.



## THE BASIN WILDCATS BASKETBALL EXCELLENCE PASSPORT

### Fitness Sessions

- *Get Mum or Dad to tick or write the date in one box at a time after each session.*

<b>1<sup>st</sup> November</b>			

### Skills Sessions

- *Get Mum or Dad to tick or write the date in one box at a time after each session.*

<b>1<sup>st</sup> November</b>			