

Beaumaris Sharks Basketball Club



Coaches Manual 2016

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1. ABOUT BASKETBALL

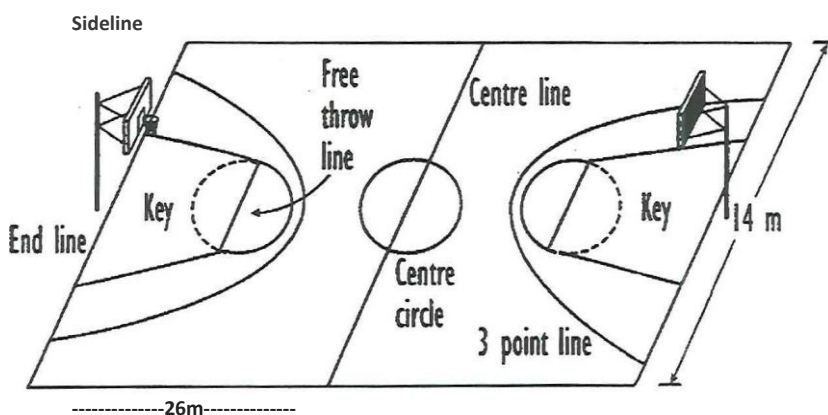
The basic object of the game is to score points by shooting the ball through the basket.

A sound knowledge of the rules of the game and how they are used is an important aspect for those learning the game. There are a number of basic rules which operate in the game. The rules of basketball are enforced by the two referees in control. In support of the referees are those sitting on the bench. The bench generally consists of two scorers who record the scores and fouls.

A team consists of five on court players and a further five can be utilised as substitutes. The team positions consist of a centre, two forwards and two guards. A substitute may be made once the bench has informed the controlling referee and a foul has been called, or the team requesting the substitute is in control of the ball or the opposition makes a substitution.

The game consists of two 20 minute halves commencing with a jump ball, from the centre circle.

Basketball Court Markings



2. RULES

Rule infringements can be broadly categorised as violations or fouls. The following briefly summarises the more common infringements encountered in a game.

2.1 Violations

If a team violates the following rules the opposition is given possession of the ball with a throw in from the sideline:-

1. When in possession of the ball the offensive team players are only allowed in their key for 3 seconds at a time.
2. A team is allowed a maximum of 10 seconds to move the ball from the back court (defensive end) across the centre line into the offensive half.
3. An offensive player is not allowed to touch the ball if it returns to the back court having come off the team in offence.
4. The player with the ball cannot move both feet without dribbling, and the player, after stopping dribbling, may not dribble again until another player has been in possession of the ball.
5. The ball is out of bounds if the ball or player in contact with the ball touches an object outside of the court markings. The team who did not last touch the ball can then return the ball into play.

2.2 Fouls

As basketball is a non-contact sport most fouls result from some form of contact. The result of a foul is possession at a throw in, or if it occurs while in the act of shooting, the offensive team player is awarded a number of free throws - see scoring.

Each player is allowed a total of five personal fouls. Once the fifth foul has been recorded, that player is no longer allowed to take part in the game. Each individual foul goes towards the team's total fouls for that half.

Blocking foul - Contact occurs as the result of the defensive player moving into the offensive player's space or path once the offensive player has gained control of that particular area.

Charging foul - Should the defensive player remain stationary and contact occurs, then the offensive player is deemed to have caused the illegal contact

Other - contact fouls may be the result of a trip, push, hold or chopping.

2. RULES (cont...)

2.3 Scoring

Goals scored within the 3-point line are worth 2 points and from outside the 3-point line, 3 points. If a foul occurs against the shooter while in the act of shooting that offensive player is awarded the relevant number of free throws from the free throw line (each shot that is successful is worth 1 point)

- 2 free throws if the attempted shot was from inside the 3-point line
- 3 free throws if the attempted shot was from outside the 3-point line.

These options apply only when the original scoring attempt was unsuccessful. However had the original shot been successful the points are counted and the player goes to the free throw line for one extra shot.

3. PASSING

3.1 Triple threat position

The triple threat position is the basic starting point for all skills. With the ball held in both hands close to the chest the player is in the perfect position to commence dribbling, passing or shooting.



3.2 Basic principles

Good passing can create opportunities. With the ball held in the fingertips the target between the hips and chest is sighted. As the pass is completed, the player follows through in the direction that they wish the ball to travel. These basic principles are used in a variety of passes.

3.3 Chest Pass

The player starts with the ball in the triple threat position. Their fingers should be evenly spread over the ball with the thumbs to the rear. The player pushes the ball out from the chest with both arms and as the arms are extending fully towards the target. The player should take a step in the same direction. The final movement occurs as the player's wrists snap outward so that the back of their hands finish facing each other. This will give the ball backspin in flight.



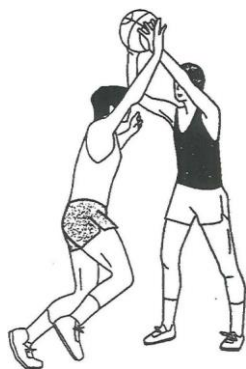
3. PASSING (cont...)

3.4 Bounce Pass

The bounce pass uses the same passing principles as the chest pass, the major difference being that the ball will bounce before reaching the target. This makes it an ideal pass when a tall defender is in close guarding a high pass/outlet. The target area for the bounce should be two-thirds of the distance to the receiver from the passer. The player's arms follow through in a downward motion towards the target area. The pass should be received between knee and hip height, so that it is easy to handle and reduces the opportunities for an interception.

3.5 Overhead Pass

This is an ideal pass for trying to clear shorter defenders. The pass begins above the head (not behind), then the player extends both arms out and down while stepping towards the target.



3. PASSING (cont...)

3.6 One arm pass

The one arm pass is also called the baseball pass or sling pass. It is a more advanced skill that should only be attempted once the other passes can be confidently completed. By using only one arm in the passing action, a greater distance can be achieved, making it an ideal long pass down court.

The player:

- a) brings the ball back past their head with one arm while standing side on
- b) keeps the ball close to their head as it is being thrown
- c) while stepping forward, extends their arm out towards the target while their wrist snaps down to complete the movement.

The one arm pass is similar to the normal throwing action.



4. CATCHING

If a good pass has been made this will make catching the ball relatively easy. However, it is still important to master the basics.

Each player should:

- watch the ball into their hands
- keep their hands soft and relaxed
- not grab at the ball
- spread their fingers evenly
- receive the ball with fingers up for a high pass, and fingers down for a low pass
- move into position so that their body is always behind the ball
- take the ball into the triple threat position once it has been received.

5. DRIBBLING

Ball handling skills form the building blocks for good individual and team play.

Each player should commence the dribble from the triple threat position and should:

- bounce the ball from their fingertips not the palms of their hands
- bounce the ball between knee and hip height
- keep their body down low, bending at the hips and knees
- Keep their head up and avoid watching the ball, instead keeping their head up watching the game for opportunities or threats
- keep the ball in close to the body to assist in maintaining control
- protect the ball from approaching defenders by placing their body between the defender and the ball.
- Avoid 'carrying' the ball as you dribble

To competently dribble the ball around the defender requires a lot of practice - with both hands.

Ideally the ball becomes an extension of the controlling arm.

6. ATTITUDE

Attitude, as most coaches say, is probably the most important aspect of the game.

What is your attitude?

All of us have a good attitude when things are going well, when we are the stars of our teams and winning big games. But attitude goes beyond that. What is your attitude when your team is losing, when the referees are making questionable calls, when your team-mates won't pass you the ball, or when your coach is screaming at you for something that isn't your fault? A good attitude is something you have to decide consciously to have. In bed at night you have to be able to close your eyes and see yourself as the player you want to be under all circumstances.

A good attitude is being calm under pressure; it is encouraging team mates even when the coach is being particularly negative; it is requiring of yourself your peak performance at all times- which means actually touching the line (not almost touching it) when your coach says to run to mid court and back. A good attitude is seeing yourself in advance, with your eyes closed, performing to your utmost under all sorts of adverse circumstances, and actually doing that when those circumstances arise.

Can you picture yourself in practice being yelled at by your coach for something that you know was not your fault, and simply accepting it, thinking over the point he is trying to get across and merely reaffirming to yourself that you will never make that mistake? Can you accept his yelling as a reminder instead of getting angry and losing concentration? Not many players can do that. Not even a lot of good ones. But it IS possible. The players who can are special. They are a joy to coach, they are great to have as team mates, and they help create winning teams.

A good attitude is very simple. It is doing your best at all times, keeping your concentration on your job, on the things you have to do to play well. It is easy to write down, but a lot more difficult to do.

Can you make yourself hustle when you're out of breath and your legs are lead weights? Can you keep encouraging your team mates even though you think some of them are ball hogs or lazy? Can you accept your coach's criticism and listen to what he is saying even when you feel sure he is wrong? Can you listen and think that maybe, just maybe, YOU could be wrong? Can you give your best under all circumstances--or are there dozens of things that cause you to lose your temper or hustle or concentration?

7. FAST BREAK TRANSITION

7.1 Lay Up

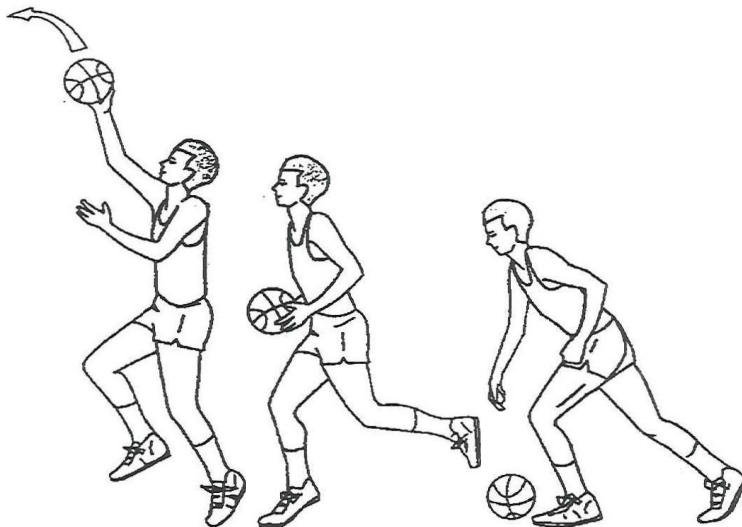
To minimise the margins for error ideally the shot should be released as close as practically possible to the ring. The action of the lay up allows the ball to be dribbled into the key, and then the player jumps to shoot the ball. The pattern or rhythm used in executing the shot is important.

The player:

- enters the key at an angle and runs to the side of the basket and not underneath
- bounces the ball as they step onto their left foot
- collects the ball in both hands as they step onto their right foot - sighting the target
- jumps from their left foot, and reaches up towards the basket
- releases the ball with a soft shooting action aiming for the top upper right corner of the square on the backboard.

It is important to practise the lay up from both sides of the basket.

Lay up sequence



7. FAST BREAK TRANSITION (cont...)

7.2 Rebounding

Effective rebounding emphasises players blocking out the opposing players so that they may gain the most advantageous position in attempting to rebound the ball. For this to occur the player needs to be aware of when a shot is most likely to be taken and presume it will miss. The player must then move to an opponent and block them out, take the ball and hold it in close to minimise the opponent stealing the ball. If the rebound is taken in offence the player should attempt to shoot, pass or dribble in that sequence. A defensive rebounder should attempt to pass, dribble or hold the ball.

Rebounding position:



8. DEFENCE

8.1 Team Defence

There are two forms of team defence in basketball - zone and 1 on 1. As an individual skill defence is an important part of the teams overall strategy. In the basic defensive stance, the player:

- stays low by bending at the knees and hips
- keeps feet shoulder width apart, while staying on their toes
- uses one hand to guide the offensive player into an advantageous position for the defence, while the other hand is held up to block any attempted pass (as the offender swaps sides then the position of the arms is swapped)
- watches the offensive player's hips, not the ball.

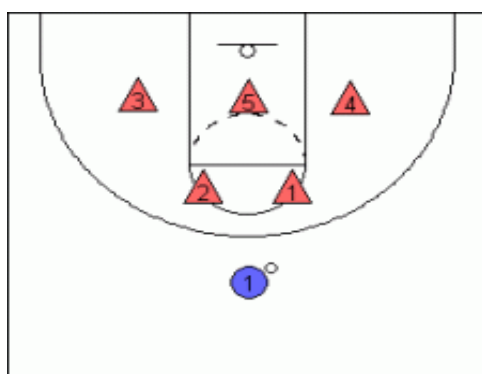
Footwork is critical, movements must be sharp and the player's feet should slide or shuffle, but never actually cross over. The most effective defensive position is always between the offensive player and the basket - players should continually re-establish this position after any offensive move. During defensive play, players should try not to over play. Instead, players should concentrate on maintaining the ideal defensive position between the offensive player and the basket, forcing the offensive player into an error.

8.2 1 on 1 Defence

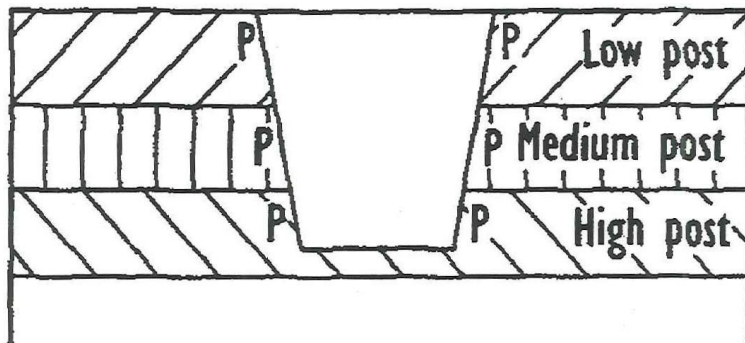
This defensive strategy works on defending a player rather than an area. While it is more difficult teach and harder for younger players to competently perform it does have a number of advantages. Primarily it develops individual offensive and defensive skills, ultimately producing better basketball players.

8.3 Zone Defence

Zone defence is the defence of an area. There are a number of variations, the most common being the 3-2 zone (see below). In this configuration the forwards play through the low post area with the centre in between both forwards and the two guards play at the top of the key through the high post area. In the Zone Defence set up below Players 3 & 4 are Forwards, 5 is Centre and 1 & 2 are Guards.



Positional posts



9. OFFENCE

There are many offensive strategies used in basketball. Regardless of the offensive play(s) incorporated each is based on:

- maintaining balance around the key
- encouraging players to move through the defence (cut the key) to offer inside shooting opportunities or open up lanes to the basket
- moving the ball quickly around the key
- exploiting weak spots in the defence where they have collapsed or over played.

Players screen (block out) a defender to give a team member an opportunity at a shot on goal.

Shooting

The aim of effective passing, catching and dribbling is to set up an individual with the opportunity to have a shot at goal. Shooting is based on consistency, poise and balance which results in dependable shooting.

To achieve these standards the set up is most important. Each player should:

- a) hold the ball in their fingertips, turning the ball up from the triple threat position as a waiter would hold a tray
- b) keep their feet shoulder width apart and square to the basket
- c) bend at the knees with their bottom out — the power for the shot is achieved in the legs pushing up
- d) have their favoured elbow (the right elbow for 'right handed shooters for example) pointing at the ring with the corresponding foot (right foot in this example) slightly in front
- e) have the ball held above their head towards the favoured side
- f) sight the target by aiming at a spot at the front or back of the ring
- g) take the shot with their favoured arm while the other arm offers support and balance
- h) push the ball out straight, locking their elbow and snapping their wrist down in a waving motion so that the ball rolls off the fingertips. This should impart a back spin on the ball in flight.

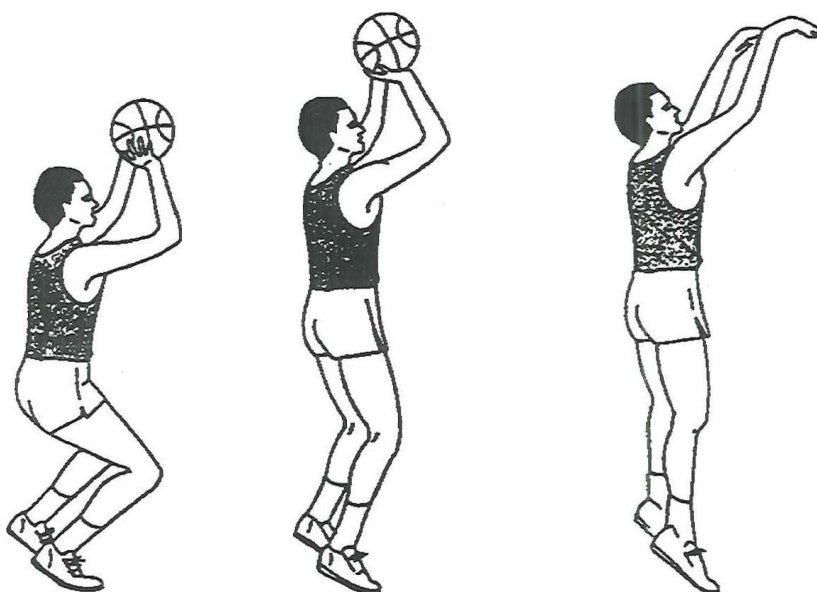
This shooting action should remain consistent with all shots. As the power from the shot comes from the legs, this is the only part of the action that needs to be altered.

9. OFFENCE (cont...)

Set shot

The set shot is taken in situations where the shooter has time to correctly set up, for example from a free throw situation or when the defence is not in a threatening position.

Set shot action



Jump Shot

Unlike the set shot, a jump shot is used when the shooter is being guarded and the shot needs to be released above the defender. The shot and the follow through for the jump shot remain consistent with the basic shooting action. However, the legs are used in a more powerful action, pushing the shooter vertically into the air allowing the shot to be released at the top of the jump.

10. SHOOTING MECHANICS

6 KEY COMPONENTS IN TEACHING SHOOTING

Grip

- Ball sits in the hand with contact on finger-tips, pads and side of the thumb
- Hand behind the ball
- Fingers Spread
- Balance hand on the side of the ball

Stance

- Feet spread, knees bent, ten toes to the target. Shooting foot slightly in front.
- Create a straight "shot line" to the basket with the lead foot, knee, elbow, and the ball.
- Knees above the ankles

Vision

- Start the shot looking over the ball, sighting the rim
- Narrow the focus (magnify your target)
- Keep eyes on the target, not on the flight of the ball. Follow through with your eyes.

Set Point

- Shooting hand behind the ball, with forearm parallel to the floor. Wrinkles before, wrinkles after. Facilitates one motion shooting
- The forearm should be parallel to the floor with a 90 degree bend in the elbow. (Triple Threat Position) The closer to the basket, the higher the set point can be. Age is also factor here.
- Second shot line is created by shooting "L"s (90 degree bend in arms), goes up the body and follows the ball into the basket.
- Ball on shot line, elbow will follow! Elbow does not have to be below the ball until the Launch point.

Launch Point

- The point where the hand and elbow are under the ball, the arm is at a 90 degree angle
- The balance hand does no further work from the launch point onwards



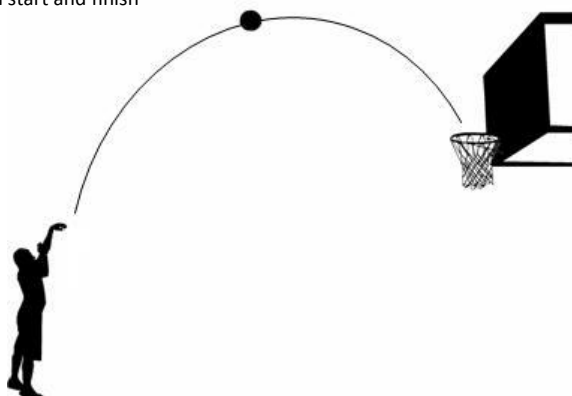
SHOOTING MECHANICS (cont...)

Release Point

- Shoot the ball on the way up in **one smooth action** along both shot lines. Ball and Butt come up together for power. Start SMALL, finish TALL.
- ALL OUT ACTION! Shoot the ball with arc and lift. Snap the elbow, not the wrist.
- Use power from the legs for up force. Arm and hand for control.
- Arm finishes straight, elbow locked. "Lock it and Leave it".
- Release point at 10.30/11 O'clock.(Easier than angles) Hand above the square
- Drop it on top of the rim.
- No tension in wrist or fingers.
- Fingers spread, thumb out (shooter's triangle) = consistent release/spin
- Finish the shot looking under the ball.

Follow Through

- Hold the follow through on the shot line.
- Frame the Shot – keep an "L" to reduce influence of Balance Hand
- Feet land in the same two spots, with toes still pointing to goal.
- Shooting hand and Balance hand both start and finish the same! (spread fingers, relaxed)

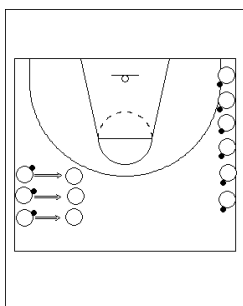


SHOOTING MECHANICS (cont...)

TEACHING PROGRESSION

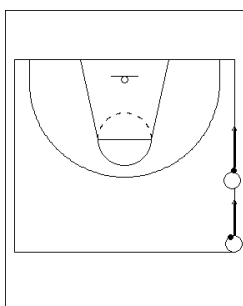
Sideline Form Shooting

- Best way to reinforce shooting mechanics as “making shots” is not a focus.
- Can start with or without a ball, without a ball is good to work on shooting with one smooth action and on the way up.
- Progress to shooting to your partner and focus on shooting the ball with arc. Aim to land the ball on top of your partners head.
- Emphasis on above 6 key components of shooting mechanics.
- Launch Point makes a good starting point, especially for two handed shooters. Start with the balance hand off the ball, work on having just one force behind the shot.
- Then progress to having the balance hand on the ball, then if all good, go to the set point and begin utilizing the legs as the “Up Force”.



Shoot the Line

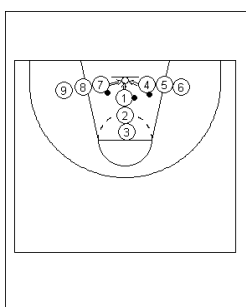
- Great way to teach creating a straight line to the basket with the shooting foot, knee, elbow, eye and the ball.
- 4" clearance around the ball at 90 degree angle. 52 degrees is optimum shooting arc
- Can be done with or without balance hand.



SHOOTING MECHANICS (cont...)

1,2,3 Line Form Shooting

- Is a must do prior to a team or individual shooting session or component.
- Emphasis on making shots with correct technique - Set Point, All Out Action, Flight & Follow Through.



TEACHING PROGRESSION

- Importance of technique maintenance
- Repetitions away from distraction (basket) will reinforce good shooting action quickly –**retracing** form from release point back to set point
- Add any variable, shooting action suffers. Progression:
 - Above drills
 - Catch and shoot
 - Roll outs (spin outs)
 - Off the dribble
 - Last dribble a power dribble
 - Start shot from front of shooting knee
 - Be quick but don't hurry
 - Defence
 - Situations – time & score

SHOOTING MECHANICS (cont...)

COMMON SHOOTING ERRORS

- **Shot is short**

- Not using legs
- Incomplete follow through
- Slow or uneven Rhythm
- Release point too high

- **Shot is inconsistently long or short**

- Elbow extension is probably inconsistent or not extended completely

- **Shot hits right side of the rim**

- Feet may not be square to the target
- Ball maybe off the shot line on the way up
- Follow through goes to the right

- **Shot hits the left side of the rim**

- Feet may not be square to the target
- Ball may be off the shot line on the way up
- Follow through goes off the shot line to left
- “Shoving” the ball because not using the legs

11. COACHING

Handling Common coaching situations

Follow these guidelines for handling ten common coaching situations and you'll be on your way to more productive and successful coaching.

Research conducted with young sporting players gives us valuable insights into exactly what they like to see in their coaches. It is well known that players don't necessarily see winning and trophies as the major aim of sport. They like to have fun, meet *new* friends and learn new skills. These guidelines show you how to handle ten common coaching situations. Whether you agree or disagree, remember it's what the experts (the players) say about successful coaches!

How to be more positive

- give a lot of positive feedback, praising effort as much as results;
- have realistic expectations – don't make your drills either too simple or too difficult;
- give your feedback as soon as the behaviour occurs.

How to react to mistakes

- give encouragement immediately after a mistake. If the player knows how to correct the error this encouragement may be enough;
- when appropriate, give corrective instruction after a mistake but always do so in a supportive way and not in a hostile or punitive manner;
- don't use punishment when things go wrong. Making mistakes is a natural part of learning.

How to maintain order and discipline

- establish expectations early and involve players in formulating guidelines so that all members feel part of a team, dependent on the efforts of each other;
- strive to achieve a balance between allowing freedom and maintaining order
- establish consequences for poor behaviour
- emphasise the importance of paying attention and listening

How to deal with team rule violations

- be fair and consistent:
- use a consequence for poor behaviour. Do not shout, abuse or embarrass a player to get better behaviour
- focus on the fact that a team rule has been broken. placing responsibility on the player;
- don't use physical measures (such as running laps) as a form of punishment. It is better to restrict involvement in something valued (have the player sit out for a short time).

How to get positive things to happen

- set a good example of desired behaviour both at training and at games. Remember you will be an important role model;
- encourage effort, don't demand results all the time;
- when giving encouragement be selective so that it is meaningful;
- encourage players to be supportive of one another at training and during the game

Commented [S1]:

COACHING (cont...)

How to create a good learning atmosphere

- set realistic goals. Have drills that are varied and interesting;
- always give instructions clearly and concisely and in a positive manner;
- demonstrate the correct techniques. Pay attention to your demonstrations so that all players can see and hear;
- maintain a lively pace at training's so long periods of inactivity are avoided;
- be patient and don't expect or demand more than maximum effort.

How to affirm your players

- show all players that you care about them as individuals;
- make sure no player leaves a game or training feeling they are no good.

How to communicate effectively

- be sensitive to individual needs;
- communicate at a time when players are most receptive;
- keep your talk to a minimum and don't overload players with too much information at any time;
- there is more to communication than just words. Ask yourself 'What have my actions communicated?' and encourage players to be able to express any concerns

How to gain respect

- establish your role as a competent and willing teacher;
- be fair and consistent;
- set a good example;
- don't expect or demand respect... it must be earned.

How to get the most from parents

- encourage parents to be a part of the team;
- hold a meeting before the season to discuss your coaching philosophy and how parents can help form the very important athletic triangle;
- educate parents. Many won't know the modified games that are played in junior sport. They will best be able to help the player gain the most from the season if they (the parents) have a knowledge and understanding of both the game and your aims;
- communicate to parents that they must support their child's efforts and not put undue pressure on them. This will only jeopardise the potential that sport can have for enjoyment and personal growth;
- communicate to your players that the important thing is that they are enjoying playing and developing skills, not that they must win or be a 'star'.

Adapted with permission from the Australian Touch Association's "*Coaching Touch. The Basic Manual*" and reprinted from "*Aussie Sport*", (Winter 1992).

12. PARTICIPANT REVIEW SHEETS

PARTICIPANT REVIEW SHEET

PASSING

Passing is the quickest way to move the ball and beat the defence

· Use your Court Vision to move the ball in a safe and effective manner

1. Pick a target and hit it - 'Flat, Hard and Accurate'
2. Make passes catchable
3. Use your Court Vision - team to read the defence - use a fake if necessary. Also understand where your teammates are moving to.
4. When passing to a player on the move ensure you put the ball 'out in front' so they can continue their momentum
5. Make eye contact with receiver, but never 'telegraph your pass'
6. Types of passes
 - a) Chest
 - i. Ball is thrown from your chest to the receivers' chest
 - ii. Either use two hands, extending arms and following through to 'thumbs pointing down' position; or one hand behind ball, step through and 'push' toward target
 - b) Bounce
 - i. Pick out spot to hit - 2/3rd's of the way to receiver - so that ball bounces to thigh/waist level of receiver
 - ii. When defence between passer and receiver - use fake and step around defence to make bounce pass on angle (feeding the post)
 - iii. Can use one hand method or two hand method (as in Chest pass)
 - c) Baseball
 - i. Throw with strong hand
 - ii. Use other hand to help hold the ball until point of release
 - iii. Throw off the side of the head
 - iv. Wrist should follow straight through (do not turn sideways)
 - v. Especially useful for long distance passes (fast break transition)
 - d) Overhead
 - i. Keep ball over top of head, using two hands
 - ii. Throw and follow through (thumbs pointing down)
 - iii. Generally used for 'Outlet Passes' and sometimes against zone defence

Receiving Passes

1. Look ball into hands - 'Catch with your eyes'
2. Run toward the ball: Meet the pass
3. Use hands as a cushion- 'Ten fingers'

PARTICIPANT REVIEW SHEET

FAST BREAK TRANSITION

LAY UPS

- a) Concentrate on target on backboard
- b) Extend shooting arm toward target
- c) Jump off foot opposite the shooting hand
- d) Knee up
- e) Soft hands
- f) Stride stop/ Power lay-up
 - i. After last dribble come to a balanced stride stop and jump off both feet
 - ii. Feet should be shoulder width apart and parallel with the backboard
 - iii. 'Power up' to basket using strong body and soft hands

GENERAL RULES

- a) Promote the ball safely- if a teammate is in a better position get them the ball
- b) Controlled aggression - attack the defence with aggression, but always maintain control of the ball
- c) Make the defence commit to create an opportunity for a teammate
- d) Timing is essential to an effective fast break

RULES WHEN 3 PLAYERS ON FAST BREAK

1. Player in the middle

- a) Always keeps head up
- b) Never take risks, keep the ball unless you can improve the teams position without unnecessary risk
- c) Stop at the foul line - don't collapse the break
- d) Throw bounce pass to teammates cutting to basket
- e) Ensure pass is catchable
- f) Look to pass first, shoot jumper second

2. Players on the wing

- a) Fill the lanes and be ahead of the ball
- b) Run 'out-wide' near the side lines
- c) Begin making cut at foul line extended - either 'V'cut, or attack the basket
- d) Keep eyes on ball and be ready to receive pass
- e) After cutting maintain spacing and balance attacking any gaps left by defence.
- f) One player can drop down to baseline for jumper instead of attacking basket

PARTICIPANT REVIEW SHEET

FAST BREAK TRANSITION (cont....)

RULES FOR TWO-ON-ONE FAST BREAK

1. Players should stay wide and split the defensive person
2. Make the defensive player cover a large area
3. Make the defence commit before ball carrier decides what to do
4. Non-shooter should position for: offensive rebound
5. Player with ball needs to stay under control to avoid charging foul

RULES FOR FIVE PLAYER TRANSITION

1. See notes above for 'Player in the middle'/ and, 'Players on the wing'
2. Trailers
 - a. Stay behind the ball
 - b. Be patient and wait for opportunity to make an *impact cut*"
 - c. Run hard to create opportunity for offensive rebound

PARTICIPANT REVIEW SHEET

MAN TO MAN DEFENCE

*The team that plays the best Defence will control the tempo.
The team that controls the tempo will usually win the game*

Defensive Stance & Footwork

- Bend the knees, not the back
- Feet - shoulder width apart
- Point lead foot in the direction you want to go
- Feet move 'big to bigger'; never touching and never crossing
- BALANCE is the key to good defence - always be able to move in any direction

Shuffling & Position

- Once in the defensive stance we move by shuffling
- Lead foot 'heel to toe' action, trailing foot 'pushes' for power
- Change direction with a drop-step
- Position yourself an arm's length distance from dribbler, 'nose to hip'
- Place hands in the 'dig' position, but remember playing good defence is about body position, not what we do with our hands
- If the dribbler gets past you sprint to re-establish position, then go back into stance

Defensive Triangle (Help & Recover)

Man to man defence is all about 5 defenders working together to guard the greatest offensive threats, when the man you are guarding is *away from* the ball, your responsibility is to HELP

This is achieved through the Defensive Triangle (passing lane, you to your man, you to the ball.) Also called 'sag-off', for every pass your man is away from the ball, you should be one step away from your man and one toward the ball - 'Point the Pistols'

Always keep VISION on the ball and your man

If a teammate gets beaten, stop the threat (help teammate re-establish position), and RECOVER to defensive triangle

When the ball is passed to your man, 'close-out' (also called 'jump to the ball') Teams that play good defence communicate - "Ball", "Split", "Help"

Conclusion

Man to man is a team based defence where we commit defensive resources to our opponents' greatest threats. If the man you are guarding is away from the ball you should be in the defensive triangle (point the pistols) and ready to help a teammate if he gets beaten.

Balance is essential to the way we move in defence. The stance and footwork is the most effective way to be able to move in any direction quickly, therefore maintaining balance and containing our opponent.

Teams who are most effective at playing defence are characterised *by* their ability to

maintain a high level of PRESSURE on opponent teams. Good defence stance and footwork, maintaining vision, playing help defence, and communicating with teammates will help your team play pressure defence.

PARTICIPANT REVIEW SHEET

INDIVIDUAL OFFENCE

Within the context of TEAM offence individual players need to be able to use their own initiative to get the ball and be able to use it to create opportunities for the team.

Having completed this Skill Development Session you must be mindful of fitting what you have learnt into the team structure. Good team basketball is about five players working together to get a **high percentage shot**, it is not about the player who first gets the ball trying to take on the entire defence with an individual move!

CREATING A LEAD

1. Use 'V-cut' to get free on the wing
 - a. Walk (1st gear) your player toward the key area
 - b. Arm bar, turn, 3 fast steps (3rd gear) back to wing
 - c. Use body to protect ball from defence on pass reception
2. Square up to basket using the Triple Threat Position
 - a. Establish pivot foot
 - b. Use your court vision to decide what will benefit the team position most – Pass, Dribble, Shoot

INDIVIDUAL MOVES

Individual moves can benefit the offensive team by making the defence have to adjust. Defence that is 'on the move' is more vulnerable giving up an easy opportunity to score. Basic elements that apply to all individual moves:

- a. Always square up to basket
- b. If a team mate is in a better position pass them the ball
- c. Read the defence – have they reacted? Understand their balance and momentum
- d. Make fakes believable – a half-hearted fake will have the opposite effect to that desired – it will tell the defence what our real intentions are!
- e. The 2 most important parts of the move are the step to go past, and the first step after getting past the defence.
- f. The step to go past the defence – use body to protect the ball by getting the knee and shoulder closest to the defender past the defender
- g. After getting past the defence it is important that the first step is quick and aggressive.
- h. Watch for team mates stepping into gaps created as the defence adjusts

Six Basic Moves from the Perimeter

1. Jab step and shoot
2. Jab step, seal and drive
3. Shot fake and shoot
4. Shot fake, seal and drive
5. Dribble, crossover, and drive
6. Dribble, between legs and shoot

Six Basic Moves from the Post

1. Head & ball fake and drop-step low
2. Head & ball fake and drop-step centre
3. Turn around jumper
4. Open out and shoot
5. Open out, fake and drive
6. Turn & face, jab step and shoot

PARTICIPANT REVIEW SHEET

SHOOTING

JUMPSHOT

1. Form
 - a) Shooting side foot should be slightly in front of other for best balance
 - b) Feet and body square to basket
 - c) Step into bent knee position for power and rhythm
 - d) Fix eyes on target and don't follow the ball
 - e) Ball should be held with fingers, palm off the ball (two fingers between ball and palm)
 - f) Shooting arm forms 'Shooters C', elbow should brush your side and move up to 'parallel with ground' position. Ball is off to the side of the body of your shooting hand
 - g) Shooting hand underneath the ball and cocked, elbow aimed at target
 - h) Non-shooting hand must be on the side of the ball
 - i) Extend arm straight up on shot, do not form 'V' at elbow
 - j) Follow through – wrist comes all the way through after ball leaves hand so that first and middle finger point down through basket- this ensures proper backspin
2. Shoot at peak of jump or just before
3. Jump straight up on shot (through the cylinder)
4. Shot selection
 - a. Never shoot when off balance
 - b. Don't take pressure shots-never rush a shot because of defence
 - c. Ask yourself, "is it the right time in the offence to shoot?"
5. Maintain rhythm – be smooth and flowing (no hitches or hesitations)
6. If shooting off the dribble come to a stride stop making the last dribble aggressive
7. Have confidence

FREE THROW SHOOTING

1. Shooting side foot slightly in front of other
2. Take deep breath and relax, eyes on target
3. Bend knees, pushing down toward ground
4. Establish smooth flowing rhythm
5. Follow mechanics described in "Jump Shot"

13. DRILLS TO PRACTICE AT HOME

PASSING

Get a friend or family member to help, or find a wall and a flat space.

Stand 3 metres from target and practice the following (remember the technique you learnt during the *Skill Session* and check the *Participant Review Sheet* if you need to):

- 10 chest passes
- 10 bounce passes
- 10 overhead passes

When catching the ball get used to going to *Triple Threat Position*

Now move further apart - about 6 metres and repeat all passes: Add 10 Baseball passes

When making passes we don't want the defence to be able to read what we are doing. This is called telegraphing our pass. To avoid this we use fakes- we pretend to be about to pass somewhere else to deceive the defence.

Practice your pass fakes with a game of 'piggy in the middle'

No lob passes allowed- all passes should be 'Flat, Hard and Accurate'

Many passes in Basketball are made while the player is on the move. We need to be able to maintain good skills and not travel to do this effectively. Sometimes we need to receive the ball and stop, other times we should continue our momentum.

With a partner find an open space and move about varying pace and direction:

- 10 chest passes (continue momentum- use one hand pass method)
- 10 overhead passes (stride stop or two-foot stop)
- 10 baseball passes (break momentum then continue)

Another great game to practice your passing is 'keeping off'. This will help you be able to pass on the move. No travels allowed. You need 4 or more people in even teams.

Time and Regularity: This should take about 45 minutes. Try and practice about 3 times between now and next week's *Skill Session*.

DRILLS TO PRACTICE AT HOME

DEFENCE

Defence is the engine of the game. A good defensive side will control their opposition and the tempo of the game. Great defensive sides will put so much pressure on that the other team will start to make mistakes. Great defensive sides are made up by individuals with passion and determination to contain their opponents and who have a workman like attitude for the whole game.

Defensive footwork

1. Zig -zag sliding with drop steps - 10 minutes
2. Defensive mirrors on the base line - 10 minutes
3. 10 seconds pitter patter, 3 hard shuffles left and 3 back, 5 seconds pitter patter, 3 hard shuffles right and back, rest 10 seconds. Repeat 3 times
4. 10 minutes skipping
5. Practice being in the stance position and quickly changing direction several times. Ensure that you always maintain balance and the ability to change direction at any stage in any direction.
6. 3 Hard shuffles, get up and sprint 5 steps and return to shuffle position for 3 more shuffles. Repeat 5 times.
7. Half court zig-zag, half court live. One person dribbles and the other plays defence. Over half way play live one on one to the basket. Swap roles on your way back up the court.

Most defensive drills require one or more opponents to practice.

Any time you are scrimmaging remember to practice the defensive triangle.

DEFENCE IS WHERE THE GAME IS WON AND LOST

DRILLS TO PRACTICE AT HOME

INDIVIDUAL OFFENCE

Use of imagination in practice

It is important that practice sessions simulate the game environment if we are to get maximum benefit. When you are working by yourself use your imagination to see yourself in different game situations. Fast breaks, rebounding situations, moving off the ball, cutting, penetrating the key, power moves, perimeter shots, shots off the dribble, etc are some of the game situations you might be in. After all, it's no use only being able to shoot accurately and consistently when there is no pressure on you, but practice that helps us deal with game pressure will help you get the job done when it matters.

Individual offence combines several aspects of the game – dribbling and ball control, fakes, court vision, passing and good shooting technique.

To practice these skills start by spinning the ball to yourself (to simulate a pass from a teammate) and **ALWAYS** square up into **triple threat position**

Some moves you can practice:-

- Jab step and go
- Jab step and crossover
- Pass fake and spin move
- Shot fake and go
- Shot fake and crossover
- Aggressive jab, retreat and shoot
- Aggressive jab, retreat, fake and go
- Dribble to spin move
- Dribble to 'shake and bake'
- Dribble to retreat and go
- Dribble to retreat and crossover
- Dribble to behind back, seal and go
- Dribble to between legs, seal and go

These moves can create opportunities to go to the basket with lay up, reverse, or power lay up. They can also create opportunities for jump shots. However, do not practice these moves thinking they have to always end with a shot. Use your court vision to see a team mate in a better position and pass the ball.

Once you have mastered the above moves, try combining two or more together to create your own moves. But remember that you must be able to read the defence – get them off balance, out of position, break their tempo because it's not how fancy you look it's how effective you are that matters most.

To be a good Offensive Player you don't have to be the Highest Scorer

DRILLS TO PRACTICE AT HOME

SHOOTING TECHNIQUE

Use of imagination in practice

It is important that practice sessions simulate the game environment if we are to get maximum benefit. When you are working by yourself use your imagination to see yourself in different game situations. Fast breaks, rebounding situations, moving off the ball, cutting, penetrating the key, power moves, perimeter shots, shots off the dribble etc are some of the game situations you might be in. Shooting the ball is easy when there is no pressure, but far more difficult in the game environment. Therefore, practice in a way that helps us deal with game pressure will help you get the job done when it matters.

Lay-ups

- 10 Right hand
- 10 Left hand
- 10 Power lay up
- 10 Reverse from each side

Set Shots

- 10 shots from each of the following spots
 - Right side base line (short corner)
 - Right side wing bank shots
 - Foul shots
 - Left side 3pt shots
 - Left side base line (long corner)

Jump Shots

- Take about 5 dribbles (last one aggressive) and come to a stride stop
 - Dribble from right side wing and shoot 5 from base line
 - Dribble from right side base line and shoot 5 from elbow
 - Dribble from left side foul line extended into top of key – 5 shots
- Ensure your chest is square to basket on your shot and that you are balanced with momentum going straight up. Always follow your shot

SABRES PRACTICE PLANS & DRILLS

Please see attached Sabres Plans and Drills for different age groups to assist with planning your training sessions and increasing the skill levels of your team players. Thanks to Sabres Basketball for sharing these resources.