



2008 Tasman Coaches Clinic - Clinic Notes

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General Thoughts

- There are many facets of coaching – our sport needs more creative teachers at all levels that focus on developing skill
- Endeavour to become an excellent teacher of developing functional/practical skill – develop a strategy (approach) to develop your coaching
- Break the game into components – add, refine and delete as time goes on
- As you evolve don't forget 'the good old days'
- All coaches should give themselves the regular experience of coaching youth basketball
- 'Keep it simple' - Become great at teaching one skill and build from there
- Watch the best to learn (Nash/Ginobili)
- Be creative – 'if you think, your players will'

3 Phases of skill development

1. Learn the skill
 2. Learn to apply the skill
 3. Apply the skill
- *The most neglected phase in developing skill is phase 2*
 - *Coaches fear this stage – lack of control?*
 - *Players need to learn by doing*
 - *Players must be held accountable during this phase*

Break the game into components

- Helps develop self awareness of your own strengths and weaknesses.
- Your coaching philosophy will constantly evolve and you will be able to adapt to contemporary themes comfortably
- Your workouts will become more detailed and precise
- Players development will consistently

Components of guard play

1. Long (perimeter)
2. Mid (off the dribble)
3. Close (finishing)
4. Run & shoot (off screens)
5. Transition (Open court)
6. On ball

Stationary V-dribble Routine

Notes

- All players in a stance with a ball each.
- Routine as follows:
 - 20 bounces weak hand
 - 20 bounces preferred hand
 - 20 bounces weak hand
 - 20 bounces V-dribble in front
 - 20 bounces X-over
 - 20 bounces side V-dribble
 - 20 bounces behind back

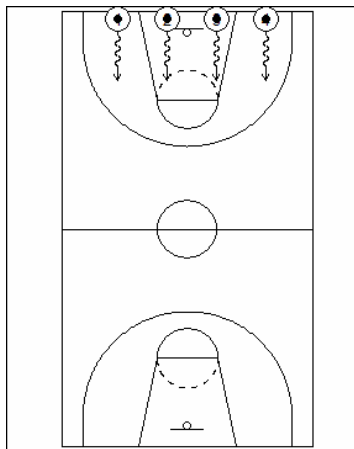
Teaching points

- Encourage the players to pound the ball
- Stance: Weight on balls of feet, Knees bent, Butt out, Shoulders up, Vision forward
- Good balance on protection dribble (stance and arm bar), knee high dribble

4 to 1 dribble series

Notes

- Use drill as a warm-up.
- All players have a ball each.
- In a protection dribble stance players dribble x4 each side, x3 each side, x2 each side to 1 each side.
- After the last bounce players speed dribble x2 and repeat the above step.
- Go up and back the court.
- 2nd stage: After the stationary dribbles go 3 steps forward and 1 retreat dribble.
- 3rd stage: After the retreat add reverse dribble and an attack dribble.



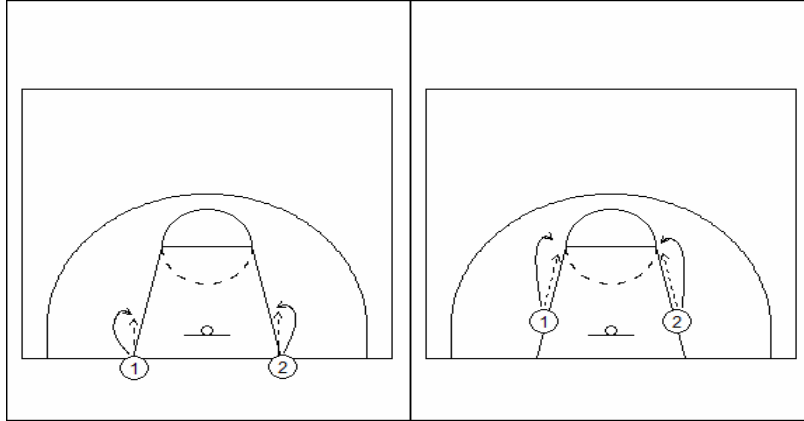
Teaching points

- Line of vision 'corner, basket, corner'.
- Good balance on protection dribble (stance and arm bar), knee high dribble.
- On the attack dribble – push the ball out in front 'big dribble'.
- On reverse dribble lift pivot foot heel. 'drag dribble'
- 'big dribble' to escape

8 Minute Shooting Drill

Notes

- Players shoot from 4 spots for 2 minutes each.
- Players pass the ball to themselves using backspin.
- Players must count total makes and attempts.
- The 1st and 2nd spots are on the corner of the key on the baseline to the block.
- The 3rd and 4th spots are the block to the elbow.



Teaching points

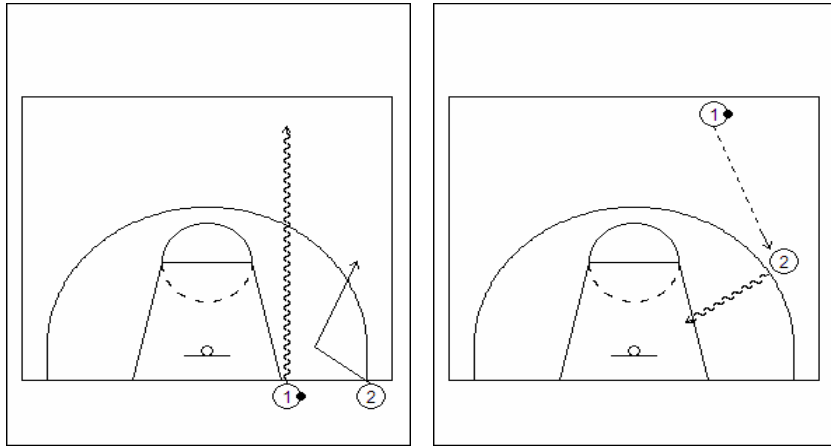
- Everything is inside foot pivoting.
- 'Start low, catch low and pivot low'.
- Sight target upon catch
- Encourage 'light feet' on the pivot and the landing.
- Hold your follow through on the release

Notes -

Wing lead Drill

Drill Set-up

- Player's set-up on the baseline in 2 lines. On the baseline/3 point line junction and the corner of the key.
- As in diagram 1 Player 1 uses 3-4 dribbles and executes a jump stop and pivots facing the basket in the direction they came from.
- Player 2 executes and v-cut from the corner to the wing for a pass from player 1.
- On the catch player 2 squares up and attacks the basket.
- Players alternate lines



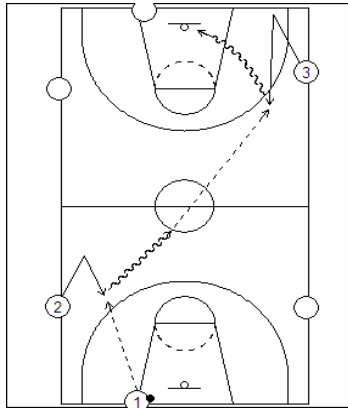
Teaching points

- Everything (cuts, catches, passes) should be executed in an athletic stance
- When pivoting the pivot foot heel should be raised
- Encourage passes out in front of the receiver
- All catches to be executed with a 2 foot jump stop
- After the drill is understood add
 - Reverse pivot
 - Shot and pass fakes
 - Different finishes

Notes -

Full Court V-cut Drill

- The drill is run simultaneously in both directions.
- Players rotate in the direction they pass towards.
- Player 1 outlets to player 2 who has made a v-cut.
- Player 2 rips looks and dribbles up the middle.
- Player 3 v-cuts and receives a pass from player 2 on the wing area.
- Player 3 rips looks and makes the desired basket.



Full Court V-cut Drill

Teaching Points

- All pivoting is inside foot (lift pivot heel).
- All passes should be made with 2 feet on the ground.
- All passes to be 'flat, firm and in front'.
- All catches and pivots should be in an athletic stance.
- All dribbles should be big and long to cover territory.
- Cuts should be well timed – 'arrive as the ball does'.
- Receivers should run through passes – catching it 'in the air'.
- On the catch – all players should rip and look in a stance.
- Vary finishes

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