

Beginner Coaches Clinic 2



Tonight's clinic will look at the following basic principles and how to teach them in a fun and challenging environment;

- **Body movement fundamentals**
- **The triple threat position**
- **Passing**
- **Dribbling/ball handling**
- **Lay-ups**

Coaching MUSTS for coaching kids

- ✓ Plan your session ("Failure to plan is planning to fail").
- ✓ Be organised (use of a whistle, witches hats/ bins/ chairs etc.)
- ✓ Time is of an essence so use it wisely!
- ✓ Spend most of your time teaching fundamentals. Fundamentals are the building blocks of basketball. Everything done in a game depends on the execution of basic skills.
- ✓ Footwork is involved in every aspect of basketball.
- ✓ Teach team skills before allowing your players to scrimmage.
- ✓ Try and teach drills that involve multiple skills (eg. 5-man weaves involve running, passing, catching and shooting a layup)
- ✓ Don't talk your players to death (get them going and doing!).
- ✓ KISS principle ("keep it simple stupid")

BODY MOVEMENT FUNDAMENTALS

10 essential ways to move and stop on a court

1. Running technique
2. Initial foot movement into running
3. Change direction – no stutter step
4. Change direction – with stutter step
5. Jump stop
6. Stride stop
7. Forward pivot
8. Reverse pivot
9. Ready position
10. Change of pace

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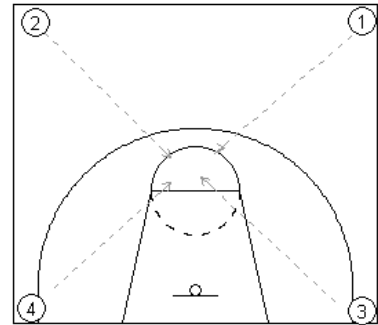
Drills:

Four Corner Pivot Drill

Players start in 4 corners and run to the middle and make a jump stop and then pivot towards the next line. Players then run to the end of that line.

Variation:

- Practice forward and reverse pivots
- Add dribble

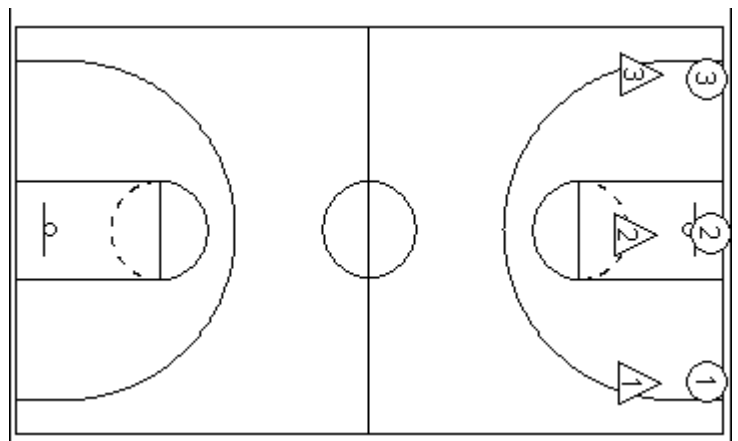


Stay in Front!

In pairs line up so one is on the baseline and the other facing them 2 steps into the court. On the coaches command the base line player attempts to run past the inside person using a range of movement fundamentals.

Variation:

- Add scoring, first to get past 5 times
- Make the first person dribble the ball



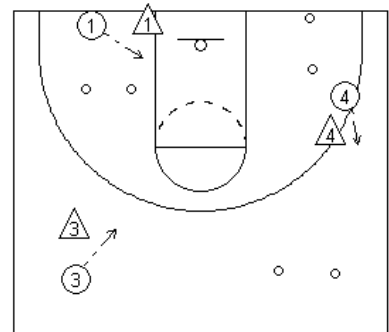
Through the Gate

In pairs players go around the circuit. The idea of this drill is to beat the defender through the cones/gate by using no more than 4 dribbles. Big emphasis on using foot work developed in previous drills.

Variation:

Variation:

- Change the amount of dribbles
- Must use both hands



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THE TRIPLE THREAT POSITION

You should develop the habit of always going straight into the "triple threat" position when you get the basketball.

Teaching Points

The triple threat position is,

- ✓ Facing the basket
- ✓ Feet about shoulder width apart.
- ✓ Knees bent, keep your "behind" low.
- ✓ Stay on the balls of your feet, don't stand flat-footed.
- ✓ Keep your head up - looking around the court.
- ✓ Holding the ball in the "ready" position, if closely guarded protect it on your back hip.

From the triple threat position you can,

1. Dribble (drive to the basket)
2. Pass
3. Shoot

Remember to always "square up" to face the basket.

PASSING & RECEIVING FUNDAMENTALS

Teaching Points

- ✓ Must start with good balance (use your feet)
- ✓ Must be able to pass both hands (hand position)
- ✓ Fake to make a pass
- ✓ Catching (catch the ball in the air)
- ✓ Use progressions (eg. left hand, right hand, 2 left and 1 right, how many in 10 seconds etc.)

Types of Passes

1. Chest pass
2. Bounce pass (L & R hands)
3. Overhead pass
4. Baseball pass - full court (L & R hands)
5. Baseball pass - half court (L & R hands)
6. Curl pass (L & R hands)
7. Push pass (L & R hands)
8. Passing off the dribble (L & R hands)
9. Passing and catching on the run – full court
10. Passing and catching on the run – half court
11. Catching from a lead – perimeter
12. Catching from a lead – post
13. Passing to the post – high (L & R hands)
14. Passing to the post – low (L & R hands)

Harbour Basketball wishes to thank the Perry Foundation for their support



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BALL HANDLING

KEEP YOUR HEAD UP - DON'T LOOK AT THE BALL - CHANGE DIRECTION – SPEED

DRIBBLING

Teaching Points

- ✓ Pound the ball
- ✓ Do them quick and fast both ways
- ✓ Must be able to use both hands
- ✓ Try to keep head up for all of them

SPEED and CONTROL are the most important things.
Spend about 15 seconds for each drill.

Types of Dribbles

1. Stationary dribbling (L & R hands – east/west, north/south etc.)
2. Speed dribble (L & R hands)
3. Control dribble (L & R hands)
4. Change of pace (L & R hands)
5. Hesitation dribble (L & R hands)
6. Retreat dribble (L & R hands)
7. Cross over (L & R hands)
8. Onside (L & R hands)
9. Behind back (L & R hands)
10. Between legs (L & R hands)
11. Spin (L & R hands)
12. Combinations (L & R hands)



“Don't worry about making mistakes -- if you're not making mistakes, you're probably not going as hard as you can!”

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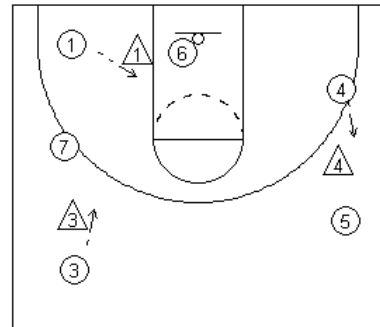
Drills:

FACT – Partner passing is boring

Make passing drills fun and full of movement. Lining players up in two lines and passing back and forward is not that fun all the time. You may need to do this briefly to teach technique, but try to be creative in your passing drills.

Piggy in the middle

An oldie, but a goodie! Piggy in the middle is a great way to get your players to use a range of passes to make a successful pass. Remind players to 'Fake a pass to make a pass';



Whistle Drills

Whistle drills are very effective to practice a range of skills, including dribbling, passing, communication and spacing. It also helps develop a thinking player.

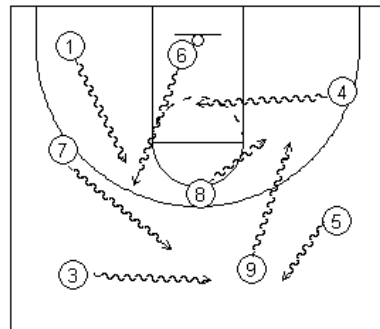
How it works;

Every player has a ball and dribbles around in a set area (half court, full court)

Coach gives a different skill to perform for each number of whistle blows (players perform skill then keep dribbling)

For example

- 1 whistle = players dribble between their legs
- 2 whistles = players dribble behind their back
- 3 whistles = players perform spin dribble
- 4 whistles = players place ball on the ground and grab another ball



You can use this for passing also, just set a different pass for each number of whistles. Players partner up, with one ball between two. On the whistle they have to communicate to with each other where they are on the court, then pass. (player with the ball dribbles, partner keeps moving around).

Tennis Ball Drills

To develop your player's ability to dribble the ball with their head up using this drill can be a fun and very challenging one.

Give each player a tennis ball as well as a basketball. At the same time they have to throw the tennis ball up and dribble the basketball. They need to watch the tennis ball and feel the basketball using finger tip control.

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LAYUPS

The lay-up is the "basic" basketball shot that everyone should master. With practice, you should never miss a lay-up!

Teaching Points

- ✓ You are allowed to take two steps.
- ✓ Always jump off the inside foot (the one closest to the centre of the court).
- ✓ Bring the outside knee up to get extra height in the jump.
- ✓ Jump up, not forward.
- ✓ As you take your steps and jump, bring the ball up with two hands to the shooting position.
- ✓ Shoot with the outside hand, using the inside arm to protect the shot.
- ✓ At the height of the jump, shoot the ball softly off the backboard.
- ✓ Aim for the top corner of the black square.
- ✓ Keep your head up, and keep your eyes on the target.

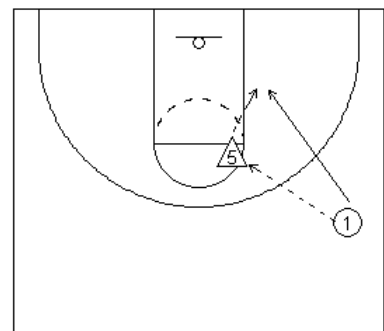
Drills:

Hit the Block/Spot

Developing the player's ability to get the footwork correct on the layup shot is so important. Using dot markings or the block on the key hole helps to establish the player's first of two steps in the layup footwork. Giving players a simple target often makes it less complicated to perform the layup motion.

On the burst layups – give and go

Once your players have mastered that get them to perform a layup off the catch in a give and go. It is important that the players **catch the ball with their feet in the air**, and then perform their 2 steps.



Chaser layups (layups under pressure)

The next progression is to add a bit of pressure. Start the layup person 3 steps in from the half way line and the chaser line at the half way. When the layup person moves the chaser can chase them, attempting to stop the shot without fouling. Make it a competition by have first player to a certain score.

