



# COACH DEVELOPMENT FRAMEWORK

COACH DEVELOPMENT MODULE  
Learning Area: Athlete Development  
(Team Play Context)

## Module Overview

### Learning Outcomes and Communities

Module	Learning Outcomes	Learning Contexts	Coaching Community		
			Participate	Develop	Elite
1. Understanding the athlete	<ol style="list-style-type: none"> <li>1. Identify the characteristics and needs of individual athletes from his/her team/group (team play context).</li> <li>2. Design a training session that includes activities and games to cater for your athletes' individual and group characteristics and needs (team play context).</li> <li>3. Implement a training session that caters for your athletes' individual and group needs (team play context).</li> </ol>	<ol style="list-style-type: none"> <li>1. Principles of play (Defence)</li> <li>2. Principles of play (Offence)</li> </ol>	N/A	Advanced	Advanced

- Module written and produced by Basketball New Zealand's Coach and Player Development Department and SPARC's Coaching Team

### Module Outline

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## Section 1 Understanding Team Play

Understand the Principles of Defensive Team Play  
 Observe and Analyse the Principles of Defensive Team Play  
 Understand the Principles of Offensive Team Play  
 Observe and Analyse the Principles of Offensive Team Play

### Activity 1: Principles of Play Overview (Defence)

1. For all five of the following 'Principles of Defensive Play':
  - i. Proactive defence
  - ii. Stop ball penetration
  - iii. Cheating on the ball
  - iv. One shot only
  - v. Effective communication
  
2. Develop a definition and practical example of each of the five principles related to the athletes you coach and their coaching community.

Principle of play	Definition	Practical example in a game situation
Proactive Defence		
Stop ball penetration		
Cheat on the ball		
One shot only		
Effective communication		

### Activity 2: Tactical Analysis (Defence)

1. Observe ten minutes of game action (live or video).
2. Identify one example of the use of each principle of play or a situation where the principle of play was needed for team success.
3. Then complete the table below.

Principle of play	What was observed?	How did this achieve or fail to achieve the principle of play?
Proactive Defence		
Stop ball penetration		
Cheat on the ball		
One shot only		
Effective communication		

### Debrief: Understanding Team Play (Defence)

1. Based on the game situations observed what were each team's strongest and weakest principles of play?

**Activity 3: Principles of Play Overview (Offence)**

1. For all 5 of the following 'Principles of Offensive Play':
  - i. Read the defence
  - ii. Create 5 on 4 situations
  - iii. Maintain spacing; move the ball
  - iv. Penetrate the basketball
  - v. Rebounding coverage
  
2. Develop a definition and practical example of each of the five principles related to the athletes you coach and their coaching community.

Principle of play	Definition	Practical example in a game situation
Read the defence - Watch your team mates		
Create 5 on 4 situations (create an advantage)		
Maintain spacing move the ball		
Penetrate the basketball and establish receivers		
Rebounding coverage and defensive transition		

**Activity 4: Tactical Analysis (Offence)**

1. Observe 10 minutes of game action (live or video).
2. Identify one example of the use of each principle of play or a situation where the principle of play was needed for team success.
3. Complete the table below.

Principle of play	What was observed?	How did this achieve or fail to achieve the principle of play?
Read the defence - Watch your team mates		
Create 5 on 4 situations (create an advantage)		
Maintain spacing move the ball		
Penetrate the basketball and establish receivers		
Rebounding coverage and defensive transition		

**Debrief: Understanding Team Play (Offence)**

1. Based on the game situations observed what were each team's strongest and weakest principles of play.?

## Section 2 Developing Better Team Play

Analyse and evaluate players  
 Analyse and evaluate team technical and tactical structures  
 Develop a plan to enhance team play

### Activity 1: Principles of Play Analysis

1. Rate your player's ability and understanding of each defensive principle of play using the following scale:

Principle of Play	Proactive Defence	Stop ball penetration	Cheat on the ball	One shot only	Effective communication
Rating	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
Justification for rating					

2. Rate your player's ability and understanding of each offensive principle of play using the following scale:

Principle of Play	Reading defence & watching team mates	Creating 5 on 4 situations	Spacing - ball movement	Ball penetration & receivers	Rebounding coverage
Rating	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
Justification for rating					

### Activity 2: Team Structure Analysis

1. List the one primary example of your half-court defensive structure in the areas outlined below.
2. Rate the effectiveness of each example using the criteria above.

Area of team play	Man to man defence	Zone defence	Pressure defence	Special defence
Description and defensive code				
<b>Principle of play</b>				
Proactive Defence	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
Stop penetration	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
Cheat on the ball	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
One shot only	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
Communication	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6

3. List the one primary example of your half-court offensive structure in the areas outlined below.
4. Rate the effectiveness of each example using the criteria above.

Area of team play	Man to man offence	Zone offence	Inbounds plays	Special plays
Description and offensive code				
<b>Principle of play</b>				
Read the defence Watch team mates	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
Create 5 on 4	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
Maintain spacing move the ball	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
Penetration and receivers	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
Rebounding and D transition	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6

### Activity 3: Developing an Action Plan

1. Read the following example of developing an action plan to improve team play in the area of full court offence.

Area of play:	Early Transition Offence		
	<i>Strengths</i>	<i>Weakness</i>	<i>Strategy for improvement</i>
Early inside threat	<ul style="list-style-type: none"> <li>- Player's consistently run the middle lane</li> <li>- All players prepared to play in post position</li> <li>- Good rebounding and outlet team</li> </ul>	<ul style="list-style-type: none"> <li>- Players post up on side of key</li> <li>- Ball always dribbled up the court (not in a post entry position early enough)</li> <li>- Poor interior finishing with the weak hand</li> <li>- Often pushed out of post</li> </ul>	<ul style="list-style-type: none"> <li>- Statistic taken on passes to the post in games</li> <li>- Modified scrimmages rewarding post entries</li> <li>- Individual skill work on weak hand finishes</li> <li>- Physical conditioning work focused on core strength</li> </ul>

2. Using one of the defensive areas above identify and list the strengths and weaknesses of your team's actual performance across all five principles of defensive play.

Area of play:			
	<i>Strengths</i>	<i>Weakness</i>	<i>Strategy for improvement</i>
Proactive Defence			
Stop penetration			
Cheat on the ball			
One shot only			
Communication			

3. Using one of the offensive areas above identify and list the strengths and weaknesses of your team's actual performance across all five principles of offensive play.

Area of play:			
	<i>Strengths</i>	<i>Weakness</i>	<i>Strategy for improvement</i>
Read the defence; watch team mates			
Create 5 on 4			
Maintain spacing move the ball			
Penetration and receivers			
Rebounding and D transition			

### Section 3 Follow-up Activities

- a. Plan a series of training sessions based on the action plan developed above.
- b. Repeat the 'Developing an Action Plan' activity.
- c. Following this, work with a Development Coach to:
  - i. Outline and discuss these training sessions addressed the issues identified in your initial 'Principles of Play' and 'Team Structure Analysis'.
  - ii. Identify key differences between the first and second 'Development Action Plan'. Outline the reason for the differences.

### Section 4 Other Activities

For other activities and further resources visit:

<http://www.sparc.co.nz/sport/coach-development-education/framework-programme-materials>

[www.basketball.org.nz/coaches](http://www.basketball.org.nz/coaches)

### Section 5 Further Information

For further information about basketball New Zealand's Coach and Player Development Framework please contact:

Basketball New Zealand's Coaching Development Officer

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