

WILLETTON BASKETBALL ASSOCIATION (INC.)

Getting Under 8s and 10's off on the Right Foot -

A Guide to Coaching Basketball to Beginners



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Getting Under 8s & 10s's off on the Right Foot -

A Guide to Coaching Basketball to Beginners

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Introduction

Basketball is one of the fastest growing sports in Australia. The game is now thriving at the primary school level with teams competing in interschool, club, association and interschool competitions.

The game has changed so much over the years and with this growth there has become the need for players to be taught the correct fundamentals from the beginning.

Coaches often list a number of specific goals that they hope to achieve when coaching their young players - their goals usually falling under three categories: -

- *To have a winning team*
- *To help young players have fun*
- *To help young people develop: -*
 - *physically (by learning skills improving fitness, developing good health habits and avoiding injuries)*
 - *psychologically (learning to control their emotions)*
 - *socially (good sportsmanship)*

At the Under 8s & 10s level coaches should not be focusing on the first one. *Coaches at this level should be trying to develop our players emphasising having a lot of fun whilst learning the skills of the game. Winning should be secondary and a bonus. Too many times coaches pursue victory in the lower age groups at the expense of young players' development.*

This short booklet will go about outlining what should be taught in the under 8s and 10 age group and below. It will progress through the various skills of the game with a model training session mapped out. It is by no means a 'be-all-and-end-all' method to coaching young children but is a good starting guide.

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"Winning isn't Everything"

The old phrase "winning isn't everything, it's the only thing" is too often how many coaches see the game. The thrill of winning often takes over for both coaches and parents, and winning is viewed as the metric of success. Children the playground collectively make up the rules, divide into equal teams and decide the playing area with everybody having the opportunity to participate. In short, the pressure of winning at all costs or the pressure of a grand final is just not there. This is the idea behind our Under 8s & 10ss - reducing pressure to win. The players become more interested in areas such as scoring a basket or dribbling down the court and when playing defence the defence will call a foul if one is incurred, no fuss. There is no pressure from adults to win in this type of game, and this strategy will only break down when the fun goes out of it.

By down-playing the winning and losing aspect to the team and players, and placing emphasis on doing your best and achieving individual goals the pressure of losing is of secondary importance. If a coach is able to find a good passage of play, a pass that led to a basket, a dribble around an opponent's good defence, this will help the young player to think he or she was still successful even though the team may have lost. There should be positives to both winning and losing.

Despite what many adults think young players do not often think about what might have been once the game is over. Their minds are on other things - social outings, buying hot chips or lollies from the café, playing tag with their friends and talking to their parents. It is coaches and parents who ponder on what went "wrong".

After a game, it is recommended parents ask children if they "had fun" and leave it at that; the drive home should be general conversation only, and leave the game on the court. Research into why children lose interest in a sport often points back to adults' blow-by-blow analysis of what went wrong during, and outside pressure to win taking the enjoyment out of their experiences.

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Training Rules

You need to consider adopting a number of rules which should be followed by players. For example:

- *Players to be on time*
- *Listen attentively so that you don't miss anything*
- *No messing around*
- *If unable to attend, ring the coach*

Training Guidelines

When mapping out your training session for the week a number of guidelines should be followed:

-

1. *All players should be continually moving and involved. Boredom and loss of concentration follow slow stagnant training sessions.*
2. *Variety - players will lose interest and concentration if they are doing the same drills every week. You should think of different ways to teach different skills. There is no right or wrong way to coach.*
3. *Demonstrate instructions clearly - ask children if they understand before doing the drill. If they get it wrong explain it again to them, perhaps individually.*
4. *Fun - our primary goals should be to develop while having fun. You should use drills that the players will like so they will enjoy what they are doing.*
5. *Progression of drills - as the players develop they need to progress. They need to build on the skills they have learnt. For example, you may out the stopping drills when the players have grasped the skill and progress to the passing and moving drill*

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Under 8s & 10s Trainings

Trainings are an important part of our junior's development. What children are taught at training is most likely practiced at home afterwards so it is important to teach them properly. To fully utilise the available time for training, set out below are a number of pointers.

First it is important for every coach to map out their training sessions before going onto the court and utilise all the space available. This is the most under-performed task and it leads to costly time wastage - we only have so much time. Each training session should incorporate all the skills outlined:

- *Body movement fundamentals*
- *Passing and receiving*
- *Dribbling*
- *Shooting*
- *Defence*

You can incorporate a number of different areas into a single drill. As a guide each drill should only last about 5-10 minutes. For example, in a 45 minute training session from 4.00pm to 4.45pm we could conduct the training schedule on p.15.

This training session incorporates most of the skills discussed. Whatever is not covered in any week may be included the following week. The majority of the drills in this booklet could be included and built upon week by week depending on the progression of the players. It is no good going to the next level if some are still lacking in the previous one. Remember - we are here for the development of ALL players. As the whole team becomes proficient at one skill they may move onto the next one.

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Training Drills & Teaching Points

Set out below are some training drills and teaching points you should find useful:

Dribbling

Teaching Points

Stay low
Keep your head up so you can see passes up the court
Control the ball in your fingertips, not in the palm of your hand
Play under control
Attack the defender - don't try to avoid him
Go somewhere with your dribble - dribble with a purpose
Strengthen the weak hand
Keep the defender behind you
Push ball out in front
Protect the ball with the body and off hand
Change pace and speed
Change direction
Ball goes, no higher than hip height and no lower than knee height
(when changing direction or near defence)
Pat the ball down just hard enough for it to come back, don't slap at it

Drills

Two or three lines on baseline (depending on number of balls)
Dribbling up to half way line and back
Up right hand back left hand
Head up ... very important

Dribble while counting

Two lines on baseline and at centre
First person, in the line dribbles to other group at centre
Person at centre has one hand up, constantly changing number of fingers between 1 and 5
Dribbler yells aloud whatever number is displayed
Excellent for keeping your head up

Dribbling in space

Each player has a ball
Players dribble around the court with right hand. When the coach yells "CHANGE" player changes to left hand etc.

Dribbling and stopping

Two or three lines on baseline. First person does three dribbles and stops, waits for coach to say "Go" and goes again
Could also do this with coach blowing whistle and player stopping

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Under 8s & 10s Skills Programme

Skill learning is best achieved by breaking down the action into smaller parts. Body movement fundamentals such as balance, running, change of direction and stopping should be introduced before the basic ball handling skills, as this will lead to a lifetime of fewer injuries.

Running

Teaching Points *Knees should be flexed
Weight on balls of feet
Hands above waist and ready to receive a pass, rebound or defend*

Drills *Any sort of running drill, perhaps all players on baseline or sideline.
Running up to halfway line and back. Very good for warm up.*

Finding Space

Purpose *To teach the players to use all the space available on the court, without making contact with other players.
Young- players tend to hunt in packs and not use all the court.*

Drills

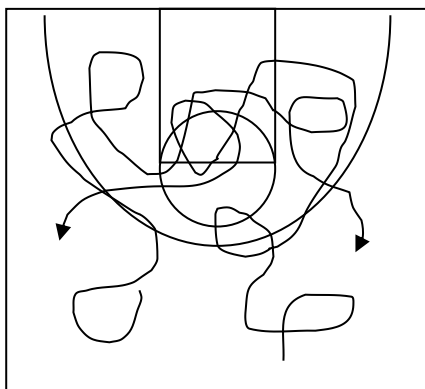


Fig 1.1

*The team is divided into groups of three or four players. On the word 'go' the players move around the court without making contact with other players. (see fig. 1. 1)
The court can be divided into any size. We must remember basketball is a non-contact game and the players will have to learn this skill from the beginning.
The next step is to move the players at different speeds - jogging and running, slow and fast.*

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Changing Direction

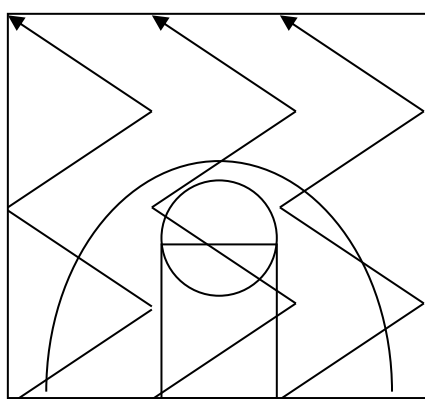
- Teaching Points**
- Head and eyes up*
 - Hands ready*
 - Knees bent so that body weight is lowered*
 - Back slightly forward*
 - Move on balls of feet*
 - Push off front foot*

Purpose *This is used all the time in the game especially when getting free for the ball and when cutting to the basket, also when dribbling and many other moves.*

Younger players tend to run in circles, not change direction.

- Drills**
1. *Players line up on the baseline. They ran down the court zigzagging and changing direction, touching each side of the lane. (see fig. 1.2)*
 2. *Players run around the half court, pushing off at the corner of each court (see fig. 1 -3).*

Fig 1.2



X X X
 X X X
 X X X

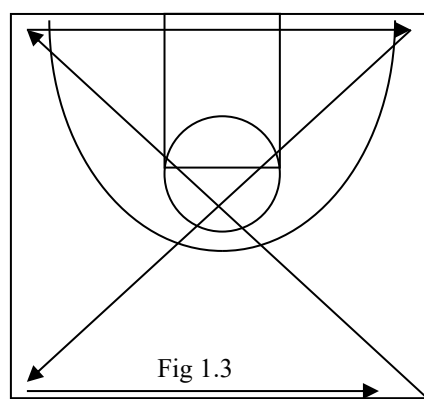


Fig 1.3

X
 X
 X

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Stopping

Purpose

There are two types of stops - stride (one foot) stop and jump (two foot) stop. This is one of the most important skills and should be one of the first to be taught.

The main purpose of these stops is to teach body balance and control.

Jump Stop

The advantage of this stop is that either foot can be the pivot foot

Teaching Points

Knees flexed

Head and eyes up

Hands ready

Weight over centre of gravity

Feet spread slightly wider than shoulders width

Head should be over the feet - not forward, not backward.



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Stride Stop

Used when going extremely fast and a jump stop is virtually impossible.

Teaching Points



Stop one foot at a time

The foot that lands first is known as the pivot foot

Knees flexed

Eyes looking forward

Back straight

Feet spread shoulder width apart.

Drills

It is essential to show all the players the off balance position as well as the correct position. The most common problems include:

Feet not far enough apart

Standing with legs straight

Walking after told to stop

Back not straight - upper body leaning forward

Should progress to next step when previous drill is done properly.

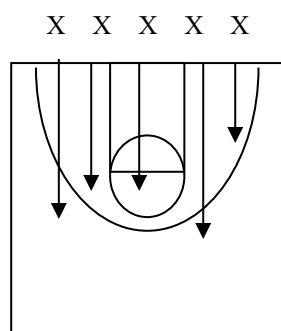
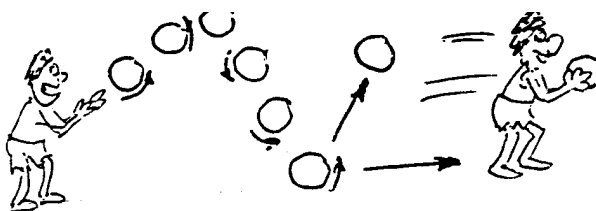


FIG 1.4

Drill 1 - Line players up on baseline. Say 'go' (or blow whistle).

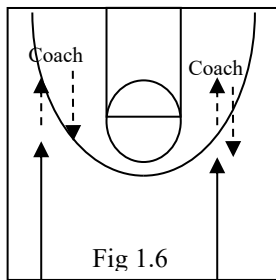
Players run as fast, as they can. Say 'stop' and players stop. Must make sure the players are running really fast as in a game situation. (see fig. 1.4)

Drill 2 - Players line up in two lines. Throw ball out in front with backspin (so it comes back). Player should do a jump stop or stride stop. (fig. 1.5)



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X X
X X
X X

Drill 3 - When players can do both stops you can progress to adding a ball.

Put players in two groups (see fig. 1.6) First person in each line runs toward coach who passes ball to him or her.

Player catches ball and stops and waits for coach to request a pass back

Must make sure that the player does not stop until they receive the ball. This is what usually happens and what is the major cause of defence getting the ball.

Change lines.

Pivoting

The main thing to remember is to keep body weight over one foot (pivot foot). Used primarily to protect ball from defender

Teaching Points

Ball held in fingers, pressure on ball

Elbows out to protect ball

Keep ball close to body

Hold ball just above waist

Drills

Using jump ball circles on court

One offensive and one defensive player

Offence has ball, defence must try to get ball

Pivot on one foot away from defence

Key - keep body between player and ball

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Example Training Programme

TEAM: UNDER 8S & 10S BOYS

(i.e. for a group of beginners.)

Time	Description
4.30 - 4.35	Warm up
	<i>Run up to halfway line and back coming backwards.</i>
	<i>Add change of direction with three lines</i>
	<i>Jumping and hopping etc.</i>
4.35 - 4.45	Stopping (Jump and stride stops)
	<i>Line all players up on halfway line.</i>
	<i>Blow whistle to say 'go', again for stop. Players run as fast as they can until the whistle tells them to stop. Make sure all stop correctly.</i>
	<i>Back to baseline to do it again</i>
4.45 - 4.55	Passing/ Receiving. Stopping
	<i>Two lines on halfway line. Coach passes to leading player who stops correctly, waits and passes back to the coach and joins back of next line.</i>
4.55 - 5.05	Shooting explain how to shoot two teams, first to 7, from different spots
5.05 - 5.15	Dribbling/ Passing Stopping
	<i>Dribble to halfway line and back</i>
	<i>Up right hand, back left hand</i>
	<i>Jump stop pass to next person</i>
5.15 - 5.30	Netball Game - Passing Receiving/ Stopping/ Defence/ Shooting
	<i>Excellent passing receiving and stopping.</i>
	<i>Players split into two teams, and must make 5 passes before they can shoot the ball</i>
	<i>No dribble</i>
	<i>Teaches players to stop and look up court for another player and to maintain good spacing</i>
	<i>May need to explain leading and spacing</i>
	<i>Discourage long loopy passes as these are easily stolen</i>

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Drills (Cont'd)

Dribbling Games

Dribble races

up to half line and back

with shooting or a jump stop etc. the choice is yours.

Dribble Tag

Put four bins around court. Two or three players are "it". Others running around in square. Dribblers must tag a player, then that player becomes "it". With strong and weak hand

Dribble Tag 2

Each player has a partner, one ball per partnership

Player with a ball must tag partner and then run away

Dribble Tag 3

Each player with a ball and partner.

Must tag while dribbling then dribble away.

Steal the Tail

Each player has a ball and a piece of cloth or bib in the back of their pants. One person is "it" without a tail. He or she must dribble and try to take a tail. Once they get a tail they are no longer "it"

Types of Dribbling

Normal right and left

Crossover

Double crossover

fake crossover or head and shoulder fake

retreat dribble (protection release)

behind back, between legs and combinations of the above

As coaches it is extremely important that dribbling be taught to our players. The list of possible dribbles above ranges in difficulty. At an Under 8s & 10s level the main ones you need are the first five. All of the drills we do can incorporate all of the dribbles.

Even though the players can only use three dribbles in their Under 8s & 10s games we it is essential we teach our children all these dribbling skills because they will be extremely useful in Under 12s and beyond.

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Additional Drills

- 1. Lines on baseline**
*players do a dribbling move every three dribbles
important to dribble on an angle - right to the right, left to the left then change direction*
- 2. When players can do lay ups** *you can line all players on the halfway line. They dribble and make a move before shooting the ball*
- 3. Simulate a game situation**
*two lines on baseline, one player is Offensive player "O" with ball, one player is Defender "D"
O dribbles to halfway line using all the dribbling moves. D has hands behind back so they cannot use their hands.
change over on halfway line i.e. O to D
important to make D work and do as many dribble changes as possible.*

Passing

Teaching Points

*Ball is held in the fingers, not the palms. Fingers are spread. Start with your thumbs up, finish with thumbs down.
Feet spread so as to maintain balance
Knees bent
When making the pass step forward to make a crisper, firmer pass.
See all the court when passing, not just where you are passing
After passing don't stand still, move to receive the ball back again
There should be a slight spin on the ball
Talk to the person you are passing to ... Call their name.*

Types of Passing

- 1. Chest pass*
- 2. Bounce pass*
- 3 Overhead pass.*
- 4. Baseball pass*

Chest pass

*This is the most commonly used pass in basketball. Aside from all the teaching points above, as the name suggests, the pass is made from chest to chest.
We want to eliminate any loop in the pass as this is when the defence can intercept the pass. We must emphasise flat crisp passes (i.e. step when passing)
When coaching younger children don't put them too far apart so they can make the distance to the receiver.*

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Passing (Cont'd)

Bounce pass

This is the most over used pass in basketball. It should only be used when the defenders hands are up in the air so you can't make a chest pass.

same teaching point as a chest pass. The ball still finishes at the receiver's chest however the ball hits the ground first about two-thirds of the way over so it bounces up nicely.

in short a bounce pass is a chest pass into the ground. The passer should not have hands on top of the ball but hands on side as before.

Overhead pass

Unlike the previous passes this is aimed just above the receiver's head. The pass is made by lifting the ball just above in front of your head (not too far back because the defenders behind may get the ball), stepping as you pass and release the ball.

Make sure it is a flat pass, too much loop will cow defence to intercept the pass.

Baseball pass

Used to make longer passes. Perhaps teach to more advanced Under 8s & 10ss though subject beginners to what they need to be able to do in the future.

Throw basketball just as a baseball.

Drills

Stationary passing

*Split into twos, threes or fours and spread evenly apart
Practice all types of passing to other players.*

Two ball passing

One person out front and all others surrounding him/her in a semi-circle.

One ball starts with passer, one with second person in semi-circle.

Alternate passing, to each player.

Go up and back twice then move around one spot with a new passer.

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Passing Drills (Cont'd)

Passing and moving

This is an important skill once sound stationary passing skills have developed.

There are a number of drills in this area. You can invent your own.

Split group into two or three and put them into certain areas.

The player with the ball must stand still.

No dribbling allowed.

The other two or three players must move and be ready for a pass.

After A has passed the ball, A must move into a space looking for a return pass, or keep moving a player passes A the ball.

You should consider the following points when doing this drill and as the players become more proficient, add to them.

- A. When receiving the ball each player should stop with a jump or stride stop*
- B. Players without the ball must use a change of direction while moving in the area to get free to receive the ball.*
- C. See how many passes can be made in 30 seconds - dropped passes don't count.*
- D. The player with the ball can pivot.*

Passing on the move - 2 and 3 line passing drills

Four lines on baseline(two pairs)

Players pass ball to each other up to halfway line and back

Use all types of passes.

Three man weave

Three lines on baseline ... Ball in middle

Pass to person next to you and follow the pass around player. The receiver passes to opposite player and goes around him/her etc. (see fig.)

Passing and finding space - 2 on 1, 3 on 1

This teaches players to get open to receive a pass

You should show the players that it is difficult to get the ball if you are standing behind someone, therefore you must move.

Defence changes when the defender gets the ball.

Limit the space under which offence can operate.

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Passing Drills (Cont'd)

1 on 0

Teaches players to lead properly for ball.

Player A plays under basket with a line at top of keyway(B first).

B passes to a leading A. Pass should be made in front so receiver can move onto it. Should stop with a jump stop or stride stop. If pass is made to chest of moving player, by the time it gets there it will be behind them.

A should run and square up(pivot) to basket into triple threat position (i.e. where you can pass, shoot or dribble). The triple threat position is an athletic position with feet spread, knees bent ball at side, weight on pivot foot so you can explode out of the blocks.

A does a Lay up, B gets rebound and passes to C, leads to ball.

As the players get better at passing to a receiver you can make the drill into a "give and go". B passes to A, A receives and turns to basket. B cuts to basket and receives pass.

1 on 1

Same as 1 on 0 above but with a defender.

When trying to receive the pass A should get contact with his/her player. They should step in front of defender and out to the ball - called a 'V-cut'.

If they receive the ball they should go 1 on 1.

Rotation is offence to defence, passer to offence, defender to end of line.

2 on 2, 3 on 3, 4 on 4

No shooting until 5th pass, no dribbling

Offence must pass and move

no dribbling makes offence lead to ball properly and pass correctly(in front)

2 on 2, 3 on 3, 4 on 4

First team to 60 passes cumulatively

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Progressive Skills Programme

A programme of the progression through the different skills is outlined below. You can probably think of a number of drills besides those examples given. We must remember that any drill can teach the fundamental skill so there is no right or wrong drill to teach each specific skill(s). As long as you follow the training rules and guidelines (below) you cannot go wrong.

A. Body Movement Fundamentals

1. Finding space
2. Body balance
3. Stopping
4. Ball Protection (pivoting)
5. Changing Direction
6. Rebounding

B. Passing and Receiving

1. Triple threat position
2. Standing pass
3. Passing on the move
4. Pass and find space i.e. 2 on 1, 3 on 1
5. 1 on 0, 1 on 1, 2 on 2, 3 on 3
6. Passing drills

C. Dribbling

1. Understanding how to dribble ball
2. Dribbling in space
3. Dribbling and stopping
4. Games to develop dribbling skills
5. Different types of dribbles

D. Shooting

1. Correct footwork and technique
2. Shooting without dribbling
3. Shooting with jump stop and. stride stop
4. Layups
6. Set shots
7. Shooting drills

E. Defence

1. Correct stance
2. Defensive movement
3. Defensive slide (push and pull)
4. Drop step

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5. Defending dribbler

6. Denying ball to all other players

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Shooting

This is perhaps the most important part of the game because if you cannot put the basketball in the hole you will never win. Hence it is very important for children to have practice shooting the ball. But it is important to teach the children correctly. It is not just "Practice makes progress..." but "Perfect practice makes progress". Therefore we must teach our players the correct footwork and technique and not allow bad habits to develop.

Teaching Points shoot the ball off your fingers, not your palm
Elbow in front and under the ball ... make three angles
Don't shoot from too far out, shoot from your range



Lay ups

1. Two steps and shoot - first step long and low, second step shorter and toward basket with high jump at end. Imagining you have a piece of string from elbow to knee. As the elbow comes up to shoot the ball so too does the knee. On right hand side – right hand dribble, right ... left feet, right hand shot. On left hand side – left hand dribble, left ... right feet, left hand shot.
2. Carry the ball in two hands up to the shot not one handed.
3. Shoot ball softly off the board (top of the black square) – high and soft off the board”
4. Protect the ball on the side of the body away from the defence.
5. Release the ball at the highest point possible.

Set Shots

1. Good stance - feet spread shoulders width apart and knees bent.
2. Ball is held in fingers
3. Begin the shot by digging in your toes - this will bend your knees. You always shoot with your legs not your arms. What part of your body rides a bike?(what is the strongest part of your body?) Of course your legs are so this is where all your force comes from.
4. Must have backspin on the ball (if the ball comes off your fingertips this will happen automatically.
5. Snap the wrist
6. Extend the arm completely and follow through keeping your arm above your head.
7. Non-shooting hand on the side of the ball.
8. Stay balanced - don't lean too far forward or backward.
9. Keep head still
10. Focus on the target only - for lay ups this is the top of the square but for set shots this may be the back of the ring or the backboard. Do not look at how the ball 'flies' simply focus on the target.
11. Index finger should be level with the nose, though younger children may have to bring the ball down to their side.
12. The higher you shoot the ball the more chance it has of going in. Ball should reach its pinnacle in height by the time it gets a third of the way

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there. I like to give the children a scale to go on - show them six, nine and twelve o'clock. The basketball should be shot at eleven o'clock(see below).

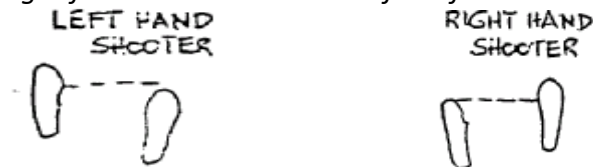
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Shooting - Correct Footwork and Technique

Foot Position

Every shot starts at your toes, with them 'digging' into the ground. This will make the knees bend. For righthanders the right foot should be slightly in front of the left and visa versa for lefthanders. The way we measure how far in front is that, for righthanders, the big toe on the left foot is level with the little toe on the right foot. The reverse is true for lefthanders.

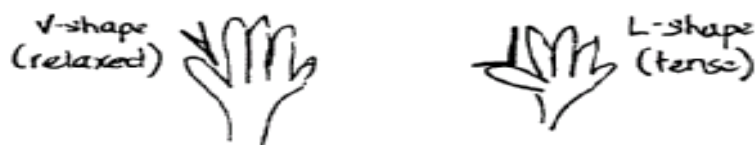


Hand and Arm Position

What must be remembered is that shooting the basketball is essentially done with one hand. The non-shooting hand is a passenger and only stops the ball from falling off the hand when the defence is around. Aside from the correct stance the hand position is very important. The ball should be held in the fingers, not the palm, with the arm having three angles. The index finger should be level with the nose.



When resting the ball in the fingers there should be a 'V' shape between the thumb and index fingers. The tendency is for an L shape to form indicating a tenseness in the arm. It is important to be relaxed when shooting hence a 'V' shape is necessary.



Head Position

The head should be still and eyes focusing on the target. Usually you shoot for the back of the rim but if the backboard is there it may be easier to aim for this. After releasing the ball you should still concentrate on the target not on how the ball flies.

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Shooting the Ball

After having a correct stance and being ready to shoot the ball the shot can be taken. You can imagine it as a wave beginning with the toes. By digging in the toes this will make the knees bend. As momentum pushes the ball up the body the ball should be released. The arm action can be taught in a number of different ways. You can imagine it as 'picking your nose' with the ball going almost past your nose or you can give the children a scale by which to shoot. To shoot it correctly the ball must be shot at eleven o'clock.



By showing them six, nine and twelve o'clock and then eleven they can appreciate when the ball should be shot. At nine o'clock the shot is too flat, and at twelve o'clock the defence behind the shooter may steal the ball. The arm should extend in a straight line, not off to one side. If the arm pushes left the shot will miss left.

The Follow Through

This is extremely important as if you do not follow through completely the shot will finish short of the target. As shown above the arm extends in a straight line. Once shooting the ball your arm should be completely extended. If you were relaxed and the ball in your fingertips your fingers will 'dangle'. To achieve this action you must snap your wrist at the end of the shot. This will impart backspin on the ball. Backspin is very important as if it hits the back of the ring or backboard it should drop in. Front spin will make the ball spin away.

How High do we Shoot the Ball?

If we shoot the ball at eleven, o'clock the height of the ball should take care of itself but as a general rule the higher we shoot the ball the more chance it has of going in. The ball should reach the top of its arc by the time it gets a third of the way there. We can imagine the ball having eyes. If we shoot it flat the ball will only see a small opening (and the shot must be more accurate). If you shoot it higher the ball will see more of an opening.

Drills

There is a progression to shooting the ball correctly. In the first few weeks of learning these could take some time to go through but as the children improve these can be skipped and each player individually monitored. A lot of these can be practiced at home.

Shadow shooting

All players should be lined up on a line in front of the coach and practice shooting without the ball.

You should begin with the feet and hand positioning, then move on to technique. Start with one hand shooting.

Shooting with ball

Players practice shooting ball in the air, firstly individually to the coach, then by themselves

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When shooting by them self they should shoot it in the air. If they have backspin the ball will come back.

Shooting to a partner(s)

Practice shooting to a partner who shoots it back

Shooting at the ring (finally!!!!)

Line players up in front of the ring and get them to shoot the ball correcting them if necessary

As the players stronger they can move further back.

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Shooting without Dribbling

Once you have the technique you can begin getting into the fun parts of shooting. Shooting without dribbling involves getting open to receive the ball and then getting a shot away. Players can receive the ball in two ways, via a jump stop or a stride stop. The jump stop is easy and self explanatory but the stride stop is more difficult. To receive it you must step into the shot. Also you must 'lead' or throw this foot forward first with your inside leg. When coming from the left your inside leg is your left and visa versa from the right. All the teaching points for shooting the ball above apply. You must step into the shot with your knees bent into a correct shooting stance. Whichever foot leads, does not matter - the correct foot should be forward. i.e. right foot for righthanders and left foot for lefthanders.

Shooting while dribbling

Aside from the pointers offered above with regards to receiving the ball to shoot it the same applies. After dribbling the ball you come to either type of stop. The only thing to remember is that you should turn and face the basket to shoot the ball. If you do not turn to the basket the ball will not go straight at the basket. This is something to look at if the shot is astray.

Also it is important that the shooter jumps straight up and down on the spot when they shoot the ball. If they continue on in the direction they came from the shot will miss to that side of the basket. If they jump away from the basket the shot will fall short. If they jump forward the shot will go long - hence the importance of jumping on the spot.

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Layups

For younger players this is the easiest shot in the game. The technique is explained in the teaching points. There is again a progression to teaching this skill. Once the skill has been learnt there are any number of drills to do - all you need to do is use your imagination.

Drills

Footwork

Two Step Drill

Line players on edge of the keyway.

On right hand side have right leg in air (visa versa on left)

Firstly without the ball take two steps and shoot, jumping as high as you can

Secondly, with the ball

You can do this on both sides depending on ability and concentration level
Make it more fun by having a punishment scale... 5 push ups etc. for wrong feet and wrong hand.

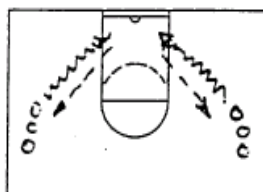
RIGHT LEG
IN AIR -



Lay up with the dribble

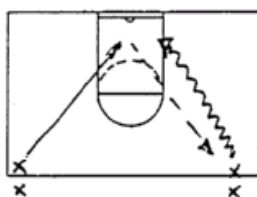
Move line(s) back to 3 point line as shown

Players dribble in and lay the ball up, get the rebound and pass back to the line and change lines to other side.



Right/left hand lay ups

Using one or two balls one line lays the ball up, the opposite gets the rebound and passes to the lay up line. Both change lines.



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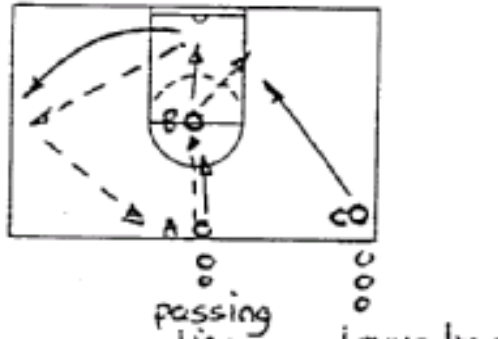
Cincinatti

Lines as shown.

A passes to B who passes to C who does a layup

A takes B's spot, B gets the rebound and passes back to C who passes to D

B goes to lay up line, C to passing line.



Individual Offensive Moves

At the Under 8s & 10s's level we should not be too worried with jump shots off the dribble but the more advanced juniors may attempt this. We should initially concentrate on lay ups then perhaps progress to the next level.

Once the fundamentals have been learnt by the younger players we can progress to teaching them some individual moves by which they may get open. "Faking" is one such fundamental. There are a number of different fakes that can be used:-

- *Shot fake*
- *Pass fake*
- *Dribble fake*

Whichever fake you do is done by motioning the movement without releasing the ball. e.g. a shot without releasing for the shot.

There are a number of handy teaching points to consider for each one of these fakes: -

- *Shot fakes done by moving the ball above your head*
- *Pass fakes done by faking the pass in one direction away from where you want to move.*
- *Step fakes or jab steps done by stepping to one side of the defence and then reacting to what they do.*

All these moves can be used to create a jump shot or a lay up.

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Once the

1. *Shot fake and dribble*
if the defence jumps they cannot move sideways, therefore they should drive to the basket.
2. *Pass fake and dribble*
if the defence moves when the pass fake is made the offence can go the other way.
HINT: Look that way when you fake the pass.
3. *Jab step and go*
the jab step series depends on what the defence does. If you jab to one side and the defence does not move then you can go to the basket. A jab step is done by stepping to one side of the defence trying to get a reaction while maintaining your weight on the pivot foot. The step is only about 30cms.
4. *Jab step and crossover*
if a step is made to one side and the defence lunges that way you should crossover the other way and go to the basket

Shooting Drills

Almost every drill can be made into a shooting drill. You can play all sorts of games ranging from shooting up to seven, to tunnel ball etc with just mixing up the type of shot to be taken.

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Defence

Defence is probably the most under rated part of basketball but one of the most important. It does not matter how much your team scores, if you cannot stop the other team scoring you will still lose. On an individual level, if you believe you did a good job scoring 20 points but your opponent scores 25 points you have lost your team 5 points. We must remember that we play offence for only 50% of the time, the other half is taken up by defence!



Teaching Points

Stay low with knees bent

Stay balanced, with feet staggered, shoulder width apart

Back straight

Head should not be forward or back as this will cause a loss of balance.

Slide in defence

Push and pull

Don't cross feet

Don't bring feet together

When defending dribbler stay between man and basket, hands low and palms facing up. If player has picked up the dribbler you should have your hands up shadowing the ball. (Everyone else should be denying the ball) Then if all players do their job, the ball should be thrown high in the air giving the defence an opportunity to steal it.

When your player does not have the ball you should play in front and deny the ball

back to the basket

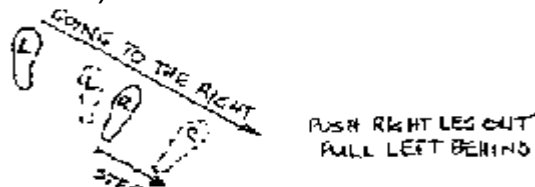
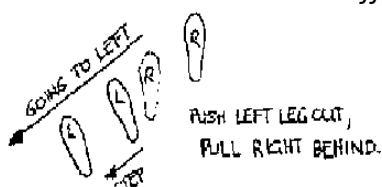
hand closest to ball in passing lane, palm to ball so you grab it when a pass comes

head still seeing both player and ball simultaneously

if your team has lost the ball on offence you should quickly find your player, not player closest to you.

Correct Movement

When the stance is correct (see teaching points) we can concentrate on correct movement. This is commonly called "push and pull". When sliding to the left you will lift left foot and push it out in front then pull back foot(right) behind. Remember feet should never come together or cross. The opposite is true to the right hand side. (see below) Also you should imagine you have a wall above your head. You cannot shuffle bobbing your head, you must always stay low. You hands should stay down while shuffling (no conductors).



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Drills

*All players find a space on the court and get in a defensive stance
The coach points either left or right and defenders must react accordingly.*

*Line players up level with the edge of circle
Players slide from one side of circle to other exaggerating first step.
Go for 30 seconds with rest.*

Following drill

*One person in offence and one in defence facing each other.
The offensive person shuffles left or right whilst the defensive player must stay with him/her.*

The quicker defenders are those whose feet move extremely quickly. As coaches we should be emphasising the use of feet without hands. To make our players quicker we can use a number of drills.

Motor Bikes

*Defender in a stance with arms up as handle bars (as in a bike)
They should do 'pita-pata' on the spot (staying in stance and picking up feet as quickly as possible)
Coaches call "left" or "right"
Defenders jump accordingly and keep doing "pita-pata" until given another direction.*

*Players in defensive stance doing "pita-pata"
This time when the coach calls left or right the defender must jump that way and then straight back and keep doing "pita-pata".*

Same as above except the defenders jump 180 instead of 90.

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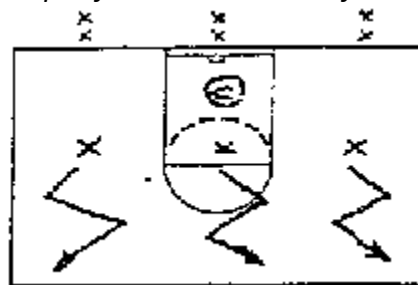
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Drop Steps

When an offensive player changes direction it becomes necessary for the defence to also change direction. This is done with a drop step. It may be easier to describe it as a zig-zag. In short if the offence changes from right to left, the defence must change also by pulling the appropriate leg away.

Drill

Three lines on baseline. Players shuffle to one direction. Coach points in a specific direction and defenders adjust.

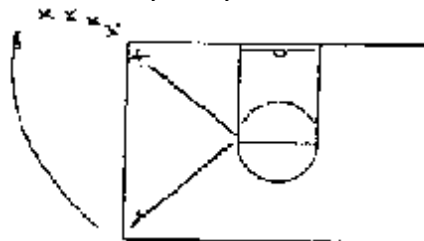


Line in corner

Defenders shuffle to foul line and change direction to halfway line.

Keys are to always imagine playing defence on a dribbler. Never lose sight of them, always face them.

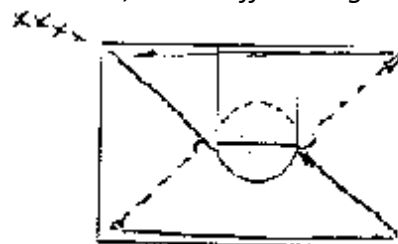
Make sure defenders always stay low in correct stance.



Defending and recovering

Sometimes the offence can get in front when changing direction. In this case the defence should change direction and sprint to get back in front.

Defence should shuffle to foul line as in previous drill then sprint to halfway line, shuffle along halfway, then do the same coming back along the other side, and shuffle along the baseline.



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Defending the dribbler

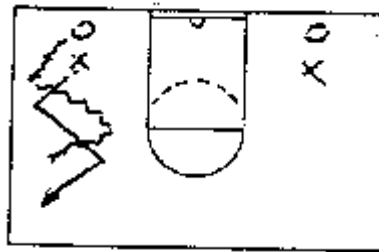
Once you have all the fundamentals you can begin going 1 on 1. The defence must always have their nose level with the ball. When a change of direction is made they should drop step.

Drill

Two or three lines on baseline

One player in offence, one in defence

Offence dribbles to halfway line while being defended, then change over.



Denying the ball to other Players

If your player does not have the ball you should try to stop them getting the ball. In Under 8s & 10s's we should only expect the players to play on their own players. Each player should be given a number to play on and should stick to them. They should not pick up the closest player to them. As we noted before the keys to denying your player the ball include playing in front keeping your head still and seeing both your player and the ball and keeping your hand in the passing lane. The most important aspect here is playing in front. Very few children can throw the ball over a defender's head without it going out of court, hence we play in front. As coaches if a player gets the ball over a defender and scores we should not care but if they get it in front of them we should.

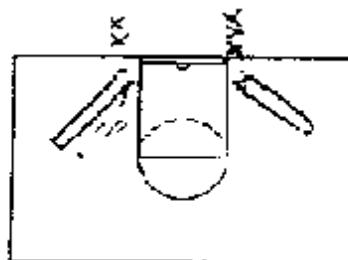
Teaching Points

play in front and deny the ball

back to the basket

hand closest to ball in passing lane, palm to ball so you can grab it when a pass comes

head still seeing both player and ball simultaneously



Drills

1 on 0

Two lines on baseline

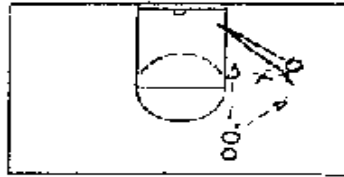
Players shuffle out and back three times then change lines as shown.

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1 on 1

same as passing drills but with a bigger emphasis on denying the ball.



2 on 2, 3 on 3, 4 on 4

No dribbling, or shooting until 10 passes made. This allows defence to play in front and concentrate, on their own player.

Team Offence And Defence

Team Defence is easier to explain. Quite simply we should want our players to play on one player and stick to that player, not swap to the closest player. This is difficult to achieve. Once they have done this they should start playing in front of their players. This will force the offence to throw the ball over the top to their player - very difficult for the offence. With only 3 dribbles you can put pressure on all over the court. If the offence gets the ball in front of someone the defence-- v, ill guard the dribbler and once they use their 3 dribbles should play right up on them with their hands up. This will force the ball in the air - easy to steal if all others are playing in front.

Team Offence is a bit more difficult to teach but it revolves around passing and cutting to the basket ("give and go,""). Once passing the ball we should tell our players to run towards a space so they can receive another pass. By doing the spacing drills discussed earlier this can be improved. Around near our basket we want to keep the court well spaced so that our players can drive to the basket. Although difficult for the players to understand we want them to pass to a leading player, cut to the basket and move away from the ball (hence creating space). This is difficult because all the players want to be near the ball.

Conclusion

I hope all the skills above are explained clearly enough for you. Basketball is such a complex sport and there are a number of ways to teach different skills. This manual offers a grounding for the players before they progress onto under 12s. If they can attain all the above skills they will be doing very well but we must remember that it is no use going to the next level unless a satisfactory standard has been obtained at the lower level.

Above all we must remember that the more enjoyable we make it for kids, and the more fun they have the more they will learn. There is no better feeling than seeing the children smile and enjoy the game and if we can contribute in some small part to this happening we are doing our job. Seeing the children improve is by far a more important measure of success than any premiership or ladder position!!!

Happy coaching