

## COACHING MANUAL - 2019

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## Goals

Set goals specific to your player's/team's needs. Identify weak areas in your game and develop appropriate strategies that address these weaknesses. Specific, challenging goals are most effective in improving performance via behavioral change. Goals need to be expressed in measurable terms. Quantify everything wherever possible by identifying target times.

Goals need to appropriately reflect your player's and team's potential. While some goals should be challenging, it is important initially to establish goals that can be achieved before progressing to more difficult goals. Coaches should also discuss the goals within the group to convince their players they can reach the standard set.

Coaches need to set goals that are difficult enough to challenge but realistic enough to be achieved. A way to ensure the goals are realistic is to use past experiences as a guide, thus indicating what you are likely to achieve in the future.

Identify target dates for accomplishing your player's/team's goals. Setting dates helps motivate coaches and players and is a continual reminder of the urgency of achieving such goals in a specified, realistic time frame.

### Coaches Goals

- Other essential goal setting tips:
- Set positive goals on a daily, weekly, monthly and yearly basis.
- Set goals for both training and games.
- Write down goals and keep them where they can be reviewed regularly.
- Be flexible in the approach. Unforeseen circumstances may cause you as a coach to re-evaluate your team goals and develop alternative strategies.
- Ensure ownership over goals. Goals become motivating when the whole team has direct input into them and feel accountable to achieving them.

### Player Goals

- Each player will get equal time in games over the season.
- The team will finish higher in the league than last year.
- Players will better their score on a skill circuit.
- Players will better their times by 10 per cent.

# Training Session Plan

Session

No:

Date:

Topic:

Aim of session:

## Warm-Up

(Generally includes activities to increase body temperature, stretching, ball handling and movement specific activities)

Time:

## Extended Drill Activity

(Generally drills designed to extend skill level to game situation)

Time:

Extended drill:

## Skill Drill/Skill Development

(Generally reinforces skills taught or tactics introduced or can include introduction of new skills to players)

Time:

Skill drill:

## Game Activity Drill

(Generally use drills that reinforce the method or pattern of play the team should adopt)

Time:

Game drill:

## Warm-Down

(Generally used to assist in the recovery of players after training sessions)

Time:

# Defence

*Is as much a mental as a physical skill. Players should be encouraged to be proactive, rather than reactive. This can be done by emphasizing the active elements of defence represented as below by the acronym ATTACK.*

## A = ATTITUDE

The starting point of all defence is the determination to become an aggressive, intelligent defensive player. Each player must develop and maintain control of his/her playing attitude, especially on defence.

## T = TEAMWORK

The collective effort of five defensive players is greater than five individual efforts.

## T = THE TOOLS OF DEFENCE

Three basic physical tools are the eyes, body and feet.

## A = ANTICIPATION

Players must use Basketball sense and judgment triggered by vision. They should see the ball at all times and use their eyes to anticipate.

## C = CONCENTRATION

Players should be alert and ready to play defence at all times. They must assess the situation and be able to take away the opposition's strength. Players must avoid resting, physically or mentally when playing defence.

## K = KEEP IN DEFENSIVE STANCE

Defensive players must maintain basic position at all times. They should seldom gamble by making moves that will take them out of position, but they must be constantly ready to take advantage of opposition's mistakes. Keeping in stance is the most important concept for defenders.

# Coaching Drills

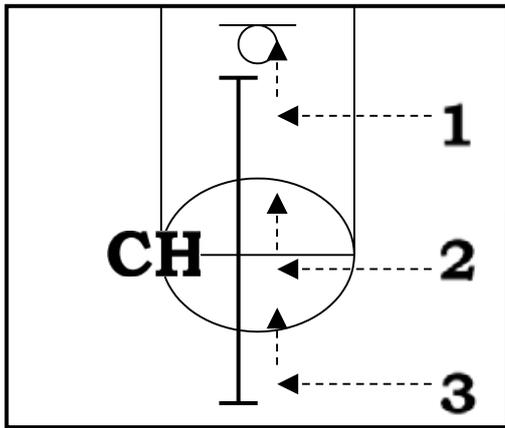
## Beginners Drills

- FOOTWORK
- PASSING
- REBOUNDING
- BALL HANDLING
- SHOOTING

## Advanced Drills

- SHOOTING (ADVANCED)
- TEAM DEFENCE & OFFENCE DEFENCE (ADVANCED)

## Footwork Drills

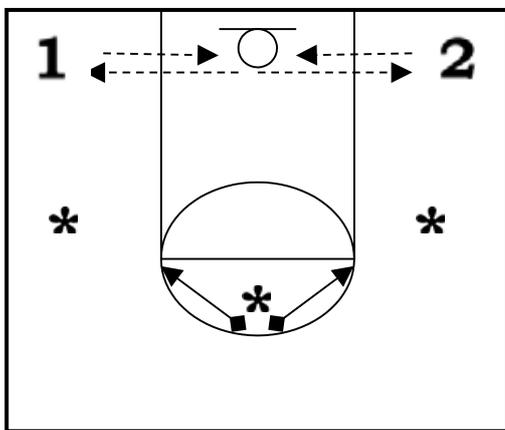


### CLOSE OUT, TWO STEP

This drill works on the proper technique for closing out a Shooter, and focuses on quick defensive slides in order to stop penetration, after you have closed out a player.

The Coach stands somewhere in the centre, so all players can see and hear him/her. When the coach say's "GO" the first 3 players in the line sprint out, with their hands in the air (thumbs touching) and close out to where the Coach is standing. The players need to stutter step when they get closer to the Coach, so they can stop under control. When they reach the Coach, they should be shouting "BALL!". During their closeout (or while they are approaching the Coach), the Coach will call "left or right" and position his/her arm in that direction. The players will take 2 quick slides in the direction called, with leading hand in the air and weak hand down low.

- Jog to the back of the line, next players ready to start!

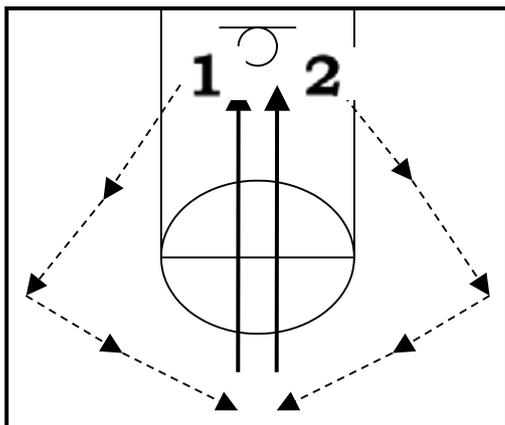


### JUMP SHOT, CLOSE OUT, BOX OUT!

This footwork drill is also a shooting drill, and very effective because it adds a competitive aspect towards it. Divide the team into 2 even groups, and have them start where Group 1 and Group 2 are displayed. The object of the drill is to go around the half court and make 5 or 7 jump shots from the 5 designated areas (\*). When a player shoots, he/she goes and rebounds his/her own shot. When he/she passes it back to the next person in line, he/she will go and close out the shooter passively, using the proper footwork and technique for closing out a shooter as discussed. Once that player shoots, the player that closed out the shooter, will rotate their feet and passively box out the shooter using the proper footwork. The shooter will go and rebound his/her own shot and continue. Once a group reaches 5 made shots, they call "5" and move onto the next spot. The team that lost, drops the ball, sprints

to the half court, then moves onto the next spot.

- Obvious advantage for winning each spot!

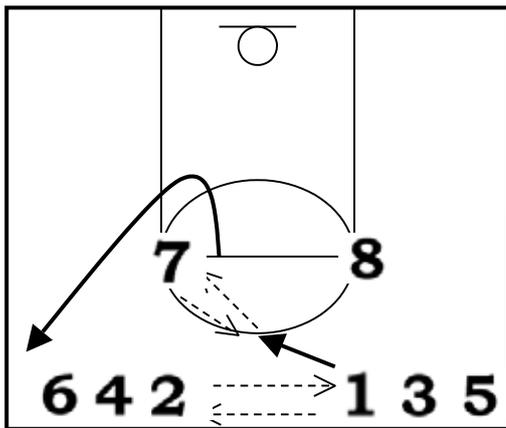


### TRIANGLE CLOSE OUT

A good drill to practice a range of footwork techniques, including defensive slides, closing out, stutter step and drop-step slide.

Players start under the basket as displayed. They slide 2 steps towards the foul line extended (imaginary line that extends from the foul line), then turn around and sprint towards the sideline, jump stop and close out with arms in the air. From there, they drop step and head towards the centre, doing the same thing. Once they have finished the 2 slides, 2 closeouts, they sprint back down the middle to the start and do it again.

## Passing Drills

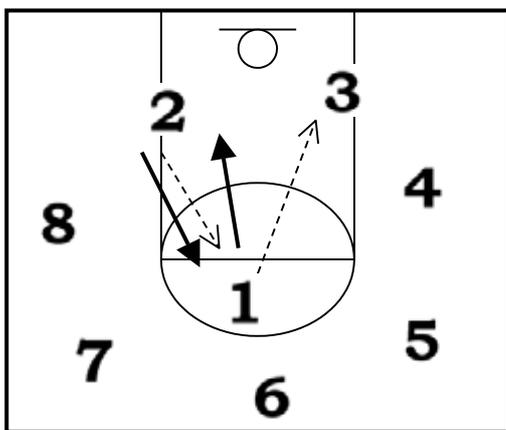


### PASS & GO BEHIND

This drill promotes good movement after passing and is a fast-paced drill which forces players to concentrate.

Player 1 passes to Player 2, and then cuts towards the opposite player at the elbow (Player 7 in this case). Player 1 then receives the pass from Player 7 who had a ball, and then with the touch pass technique returns the pass, and goes to the back of the opposite line, by running around Player 7. Player 2 once receiving the pass from Player 1 would have done the same actions on the opposite side towards Player 8.

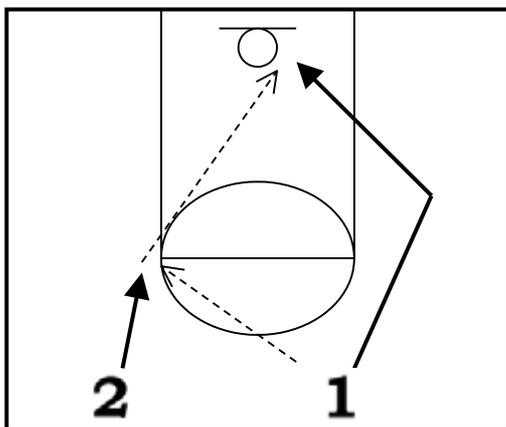
- Continue for a minute, and then rotate players to different spots, giving the players at the elbow a chance to get involved.



### CIRCLE PASSING DRILL

Player 2 starts with the ball and passes to the centre of the circle to Player 1. Player 1 passes to Player 3 then fills the spot of Player 2, who has moved into the circle now. Player 2 will receive the ball back in the centre from Player 3, and will pass to Player 4, then fill the spot of Player 3 who will be in the centre now. Keep passing around the circle.

- Put some goals to the group. 3 complete circles?
- Vary passes – chest, bounce pass, etc.
- Tighten the circle, or have it extend further out to vary the drill.
- Emphasize communication!
- Good warm-up drill.



### 2 PASS LAY-UPS

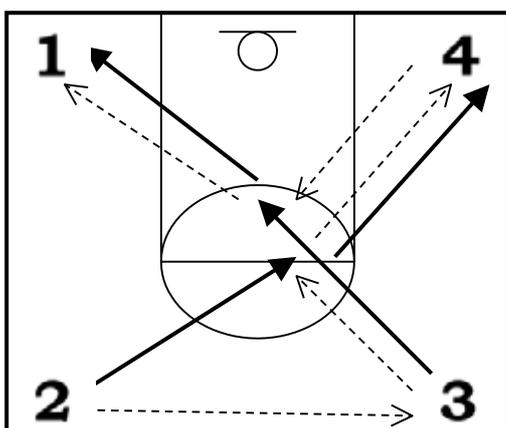
Good drill for working on transition passing.

Player 1 (Group 1) passes to Player 2 (Group 2) who cuts off his/her mark. Player 1 then sprints to the basket while Player 2 makes a bounce pass so he/she doesn't have to break stride or take a dribble. Finish the lay-up!

Player 2 follows the pass and rebounds (and puts the ball back in the basket if the lay-up missed).

Players rotate to the end of the lines, and opposite sides.

- If you have enough room to move back a bit, you can try using the lob pass technique to practice timing passes well enough to land when the player is about to do a lay-up. This simulates transition/fast breaks in games well.



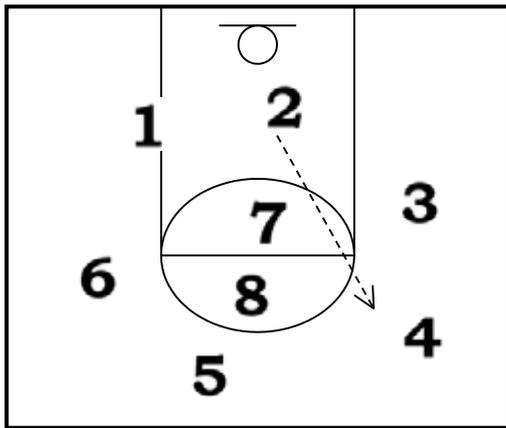
### FOUR CORNER HALF COURT PASSING DRILL (8 players)

One of the best passing drills arguably ever created; this drill is the ultimate in passing and moving, communication and body control.

To start the drill, Player 2 passes the ball down the line to Player 3 and continues towards the centre. He/she then receives the ball back from Player 3, and passes on to Player 4, and then continues on and joins that line. Player 3 will also cut into the centre after passing and receive the ball back from Player 4. The drill continues around the half-court.

- Add extra balls to increase difficulty.
- Change distance between groups to vary drill.
- Emphasize that you are receiving the ball from the left or right.

## Passing Drills

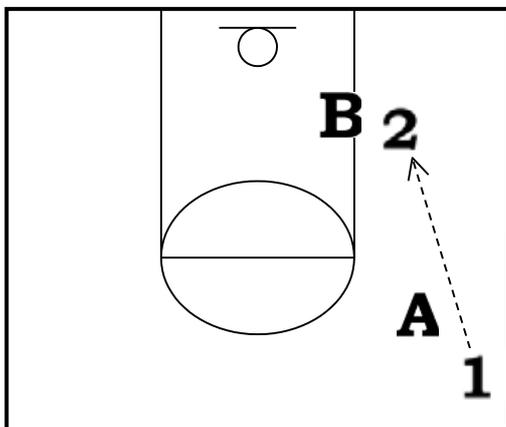


### TWO BULLS IN A RING

Excellent drill to work on defensive pressure, as well as passing under pressure, using balls fakes and various different passing techniques.

Player 1 must pass to any teammate except to a person next to him. Player 7 & 8 try to deflect or steal the pass, at the same time harassing the players with the ball. If touched by Player 7 or 8, Player 1 goes to defence in the circle, and Player 7 or 8 replaces him/her on the outside of the circle.

- Stress ball fakes and bounce passes etc.
- Protect the ball on offence, however do not allow offensive players to turn their back and face away from the centre of the circle, to give the defence a chance at steal the ball.



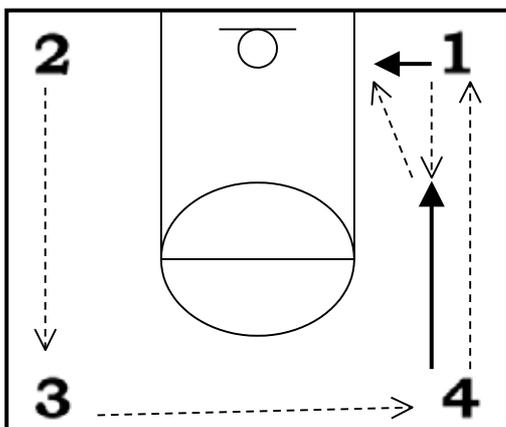
### FEED THE POST

Helps with learning how to pass into different defensive post tactics. Also helps with post defence, individual defence and shadowing of the ball.

Player 1 must pass to Player 2 in the post, by reading both defenders A & B. Allow one dribble by Player 1 to keep defensive player A honest, and to get a better passing angle to feed the post. The post defender can play various styles of post defence: front, high, low, behind etc.

Once the pass is made, Player 2 and Player B play one-on-one until either a score or a defensive rebound.

- Player A needs to pressure and shadow the ball.
- Rotate spots anti-clockwise.



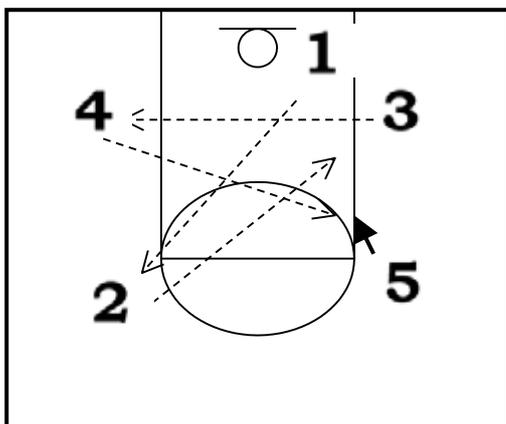
### BOB KNIGHT PASSING DRILL

(4 BALLS = 8 PLAYERS)

Very simple drill, made famous by Coach Bob Knight from Indiana University. Uses chest passing, and touch passing, combined with good communication.

Player 4 starts with a chest pass down the line, then follows up to about three-quarters, receives the pass back from Player 1, who then steps out and receives a touch pass in return from Player 4. Player 4 joins Group 1's line.

- If you have 4 balls and 8 players, then all 4 lines start at the same time.
- Otherwise start the 2 Balls in opposite corners, with extra players in the corners where the ball starts.



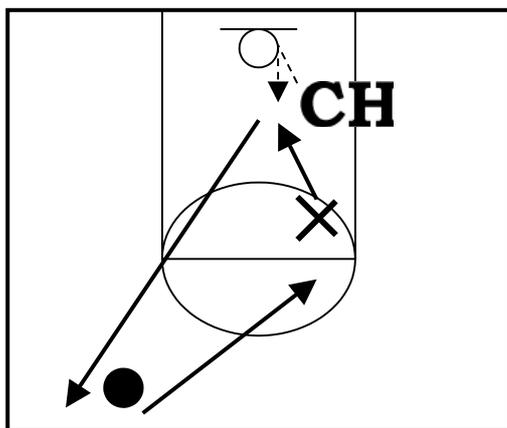
### STAR DRILL

Popular passing drill, effective for younger groups.

Player 1 starts with the ball and passes to Player 2, and follows the ball. After every pass, each player follows the ball to where he/she passed it.. Player 2 then goes to Player 3, who then passes to Player 4. Player 4 then will bounce pass (the others were chest passes) to a cutting Player 5 who should be able to put the lay-up in without dribbling or breaking stride.

- Change Player 5 into a jump shooter from the elbow for variation.
- Make sure all players (especially younger) are using each other's names when they are passing and receiving.

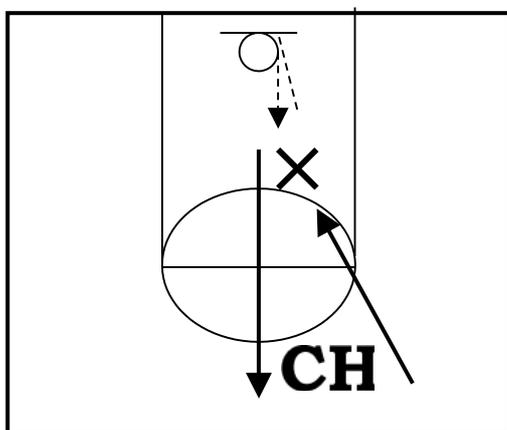
## Rebounding Drills



### REBOUND 'N' GO

A very simple rebounding drill especially effective for younger age groups. The drill promotes good technique with rebounding, but it also emphasizes quick outlets to teammates once the ball is rebounded, and to run hard down the sideline to get ahead of the ball in transition. The players are lined up near the free-throw line (X-mark), with players lined up behind the front heading towards the half-court line. The Coach holds the ball, when he/she will throw the ball up on the glass for the front player to box out teammate behind, follow the shot, jump up and rebound the ball. Coaching points here are to make sure the player catches the ball above their head and protects the ball on the way down. Once the ball is rebounded, they give a quick outlet to the coach; sprint towards the half-court as displayed, around the cone and to the back of the line.

- *Change the position of the cone to increase distance, and difficulty*

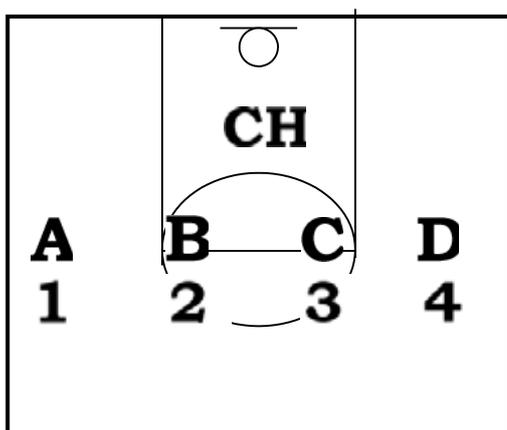


### REBOUNDING LINE

A simple rebounding drill which focuses on jumping and timing when rebounding, and also conditioning.

The first player in the line throws the ball against the backboard to begin the drill. Once thrown he/she runs to where the coach is, around him/her and to the back of the line. The player behind the first player, catches the ball in the air, and again throws it against the backboard for the next player. Drill continues until the ball is out of control, then it is started again.

- *Coach can change where he/she is standing to make it more difficult.*
- *Coach can call "lay-up" at any stage to indicate the next player needs to try and lay the ball into the basket in the air once he/she has rebounded. Drill is usually restarted after this.*



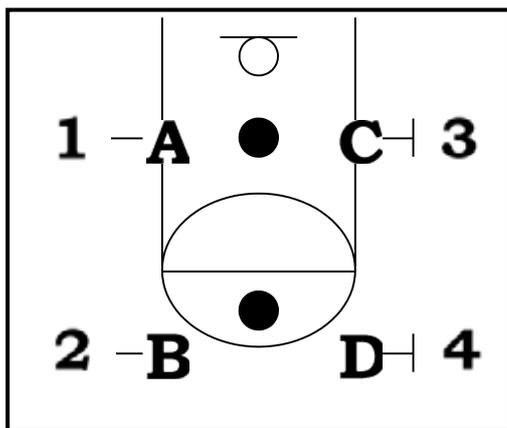
### MASS BOX OUT

Simple, short drill that is excellent for teaching the proper footwork for rebounding and boxing out, especially as an introduction to rebounding.

Divide team into two groups, offence and defence. Spread across the court so each pair has enough room. Coach stands behind defensive players and indicates to the offensive players which way to move. The offensive players take one step towards the direction the coach specified, and the defensive players react with a box out pivot to cover opponent. E.g. Right direction (weight is on left foot of defender, who opens up to face coach and box out opponent).

- *Defensive players need to take big steps to box out opponent, keep low and keep their stance wide.*
- *Start slowly at first, then speed up offense.*

## Rebounding Drills



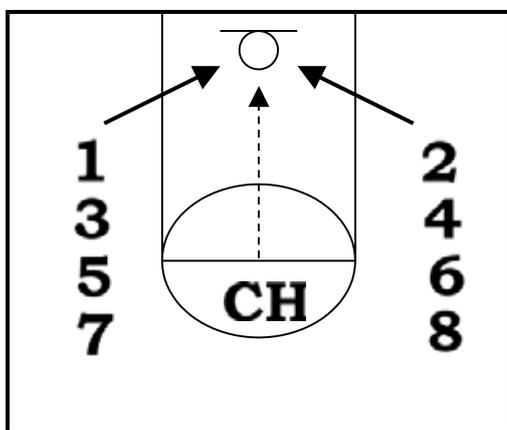
### CIRCLE BOX OUT

This drill works on aggressiveness with both attacking offensive rebounds and boxing out rebounders on the defensive end. On the signal of the Coach, the offensive players attempt to get the ball in the middle of the floor, whilst the defenders attempt to block them out for 3 seconds.

Offence gets the ball – 1 point.

Defence gets a stop – 1 point. Play to 5 points.

- Start with defenders knowing which direction the offensive player will move to get used to the drill.
- Once familiar and ready, go at full pace and at competition pace.

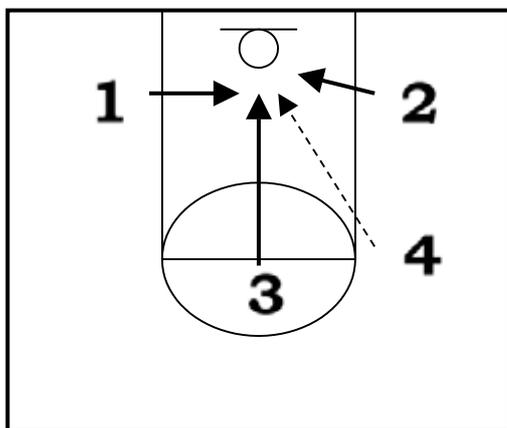


### ONE ON ONE REBOUNDING

Excellent drill to promote movement when rebounding, especially players that are playing on the wing and three-point line.

The coach shoots the ball and the first person in each line attempts to rebound the ball. Continue until either player scores. That pair then goes to the back of the line, at opposite ends.

- Players should try and reach the basket before the other player does to box out and get an advantage. Play tough, but fair, and continue until someone scores.
- Players are allowed to cross sides in order to box out their opponent.



### THREE PLAYER SCRAMBLE

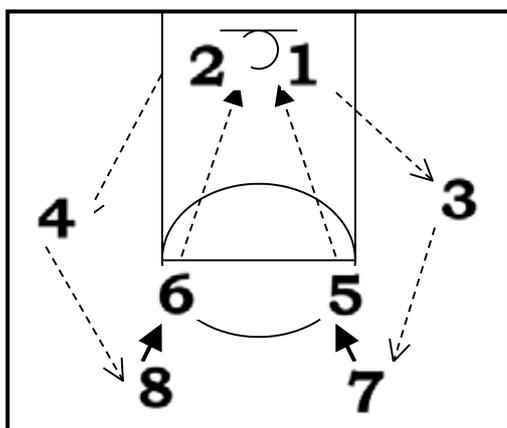
Player 4 shoots and if successful moves to a new spot and continues to shoot until he misses. When the shot is missed the others (Players 1, 2 & 3) rebound against each other and try to score. The scorer goes to the free throw line and if good on the shot becomes the perimeter shooter. If unsuccessful on the free throw the drill continues with the same players battling for the rebound.

Made outside shot – 1 point.

Successful rebound and power move put back – 2 points.

Successful free throw – 1 point.

- Play until predetermined score (15 & 21 are good totals to aim for).



### REBOUND & OUTLET

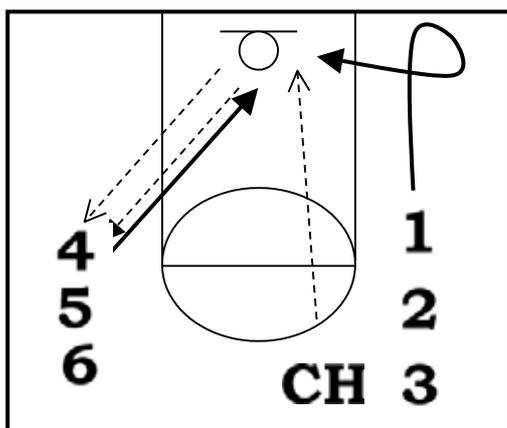
Excellent drill for emphasizing quick rebounding, outlet passing and constant movement.

Players 1 & 2 rebound the ball using proper form and technique as discussed in previous drills and outlet the ball to Players 3 & 4 on their respective sides. Players 3 & 4 pass the ball to the next players in line (in this case 8 & 7). Players

5 & 6 should have followed their shot and be ready to rebound the ball. Everyone follows pass/shot and rotates.

- Players are aiming to hit jump shot, if the shot goes in, have players taking the ball out of the basket, and inbound the ball properly from the baseline.
- Move at a fast tempo and emphasize communication.

## Rebounding Drills

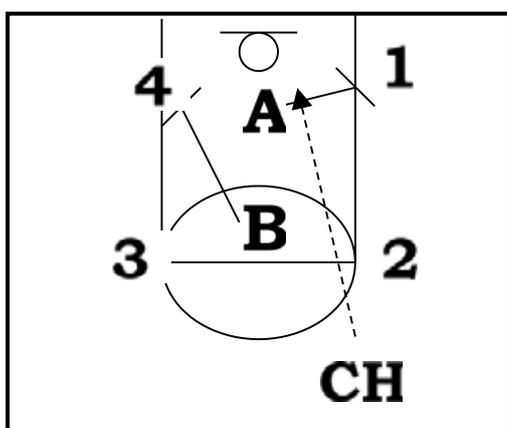


### WORKHORSE

Intense, advanced drill with a combination of defensive aspects and movements.

Player 1 sprints to the baseline, reverse drop steps to open up for a pass from the Coach, who will pass to the ball to him/her. Player 1 makes power lay-up, gets his/her own rebound, and passes to the opposite line (Player 4) that will shoot a jump shot. Player 1 needs to close out, and box out Player 4 when he/she shoots. Hands high when closing out, and then pivot around to face basket on the box out. Player 1 gets the rebound, then outlets to the Coach. Both Player 1 & 4 go to the back of the line, opposite sides.

- *Sharp movements, and quickness is the key to this drill.*
- *Stutter step when approaching shooter to gain balance before closing out, then boxing out.*

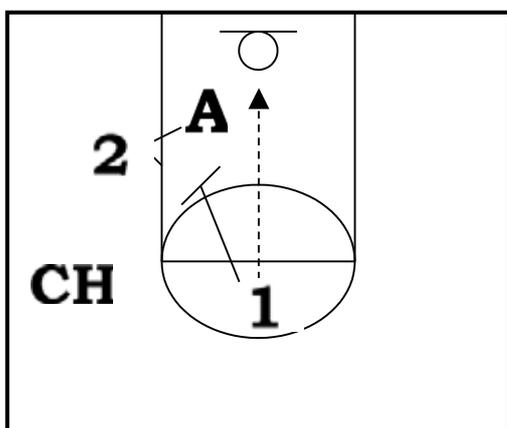


### NAMECALL REBOUNDING

This drill works on quick thinking and locating a player when rebounding on the defensive end.

The Coach will call two offensive players' names and then shoot the ball. Players A & B must locate and react to the names called and communicate between each other who they are going to block out. Those 4 players battle for the rebound. A & B will go 3 times, then everyone will rotate. A & B will rotate to position 3 & 4, Players 3 & 4 to position 1 & 2, and Players 1 & 2 will rotate to A & B and become the new rebounders.

- *Coach can mix up the players he calls in any combination, whether they are on the low blocks, or at the elbows.*



### BURST OUT

This drill concentrates on defensive pressure after a missed shot.

Player 1 shoots the ball. Player A blocks out Player 2 and rebounds the ball. Player 2 is then joined by Player 1 to try and trap and double-team the ball. Player A has to outlet the ball to the coach.

- *If the ball goes into the basket, Player A needs to take the ball out, and Player 2 applies pressure on the inbound. Player 1 must be in denial defence on the coach. You can play until successful inbound, or just stop after proper defensive positioning is achieved.*
- *A steal after the double-team is what we are looking for here. Never reach in the double team and give a foul away. Hands high, and box the player in, forcing bad pass.*

# Ball Handling Drills

## BEGINNER – BALL DOES NOT TOUCH THE FLOOR (KEEP HEAD UP).

### 1. TIPPING

Hold the ball as high as possible overhead with elbows extended and standing on your toes. Tip the ball back and forth with your fingertips.

### 2. CIRCLE NECK

In standing position, circle the ball continuously around the neck exchanging hands behind the body. Reverse direction. (KEEP HEAD UP).

### 3. CIRCLE BODY

In a standing position, circle the ball continuously around the body exchanging hands behind the body. Reverse direction. (KEEP HEAD UP).

### 4. CIRCLE LEGS

In a standing position with feet together and knees bent, circle ball continuously around the legs exchanging hands behind legs. Reverse direction. (KEEP HEAD UP).

### 5. LEG CIRCLES

In a stride stance, circle the ball continuously around the front leg. Reverse direction. Do the same sequence with other left forward.

### 6. FIGURE 8'S

In a parallel stance and knees bent bring the ball in and out of the legs in a figure 8 fashion. Reverse direction.

### 7. CRADLE

In a parallel stance and knees bent, the ball is held between the legs with one hand in front and the other hand behind. Move the hands to reverse positions while the ball remains between the legs. Do this continuously.

### 8. TUNNEL

In a parallel stance and knees bent, the ball is held in front of legs with both hands. Bounce the ball through your legs and catch it behind your legs. Then toss the ball forward through your legs and catch it in front. Do this continuously with catches, or continuously bouncing it through legs.

### 9. FORWARD MARCH

Bring the ball in and out as you walk forward. (Move the ball from inside to outside as you walk).

## INTERMEDIATE – DRIBBLE WITH ONE BASKETBALL.

### 1. LEG CIRCLES

In a stride stance with right leg forward and left hand behind your back, dribble in a circle with right hand only around the right leg. Reverse direction. Do the same drill with left leg forward and using only left hand.

### 2. DRIBBLING 8'S

Similar to figure 8 drill (without the ball touching the floor), only now dribble the ball continuously using both hands. Reverse direction.

### 3. DRIBBLING CIRCLE

In a standing position with feet together and knees bent, dribble the ball continuously in a circle around both legs. Reverse direction.

### 4. RHYTHM

In a parallel stance and knees bent, the ball is held between the legs with the left hand in front and the right hand behind. Drop the ball and catch it after one-bounce and with the hands in reverse position (left hand behind, right hand in front). With the left hand bring the ball behind the left leg, and around to the front, where you will hand the ball over to the right hand, which will take it behind the right leg, and back to the original position. Now repeat continuously with the drop of the ball. Reverse starting hand position.

### 5. WINDMILL/SPIDER

Take shoulder width stance. The object is to keep the ball alive between your feet with the dribble. Begin by placing the ball to the floor with your right hand. The second dribble is with the left hand as the right hand goes behind right leg for the third dribble. The left hand now moves behind left leg for the fourth dribble. Continue with a 1-2-3-4 cadence with two dribbles in front and behind.

## EXPERT – DRIBBLE WITH TWO BASKETBALLS.

### 1. TWIN

Dribble the balls together about waist high using firm dribble. On a command, dribble as low as possible. Continue to dribble low and high using a firm dribble.

### 2. CROSSOVER

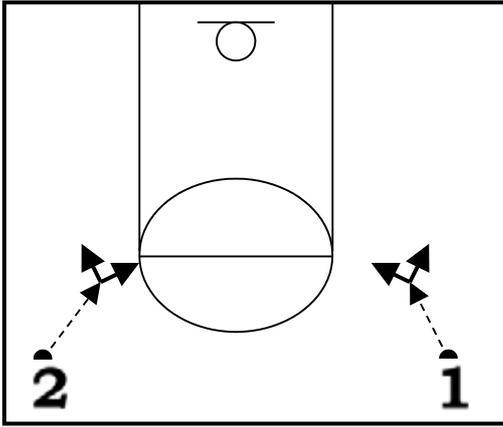
Dribble the balls together about knee high. Exchange the balls by bringing one to the front and the other to the rear. Continue and then reverse direction.

### 3. PISTON

Dribble the balls in an alternating fashion. As one ball goes down to the floor, the other ball comes up. Do this continuously using the firm dribble and at varying heights.

### 4. STOP & GO

Dribble the balls together (or alternating) and begin to walk forward. Stop and go on command. Add the crossover dribble.



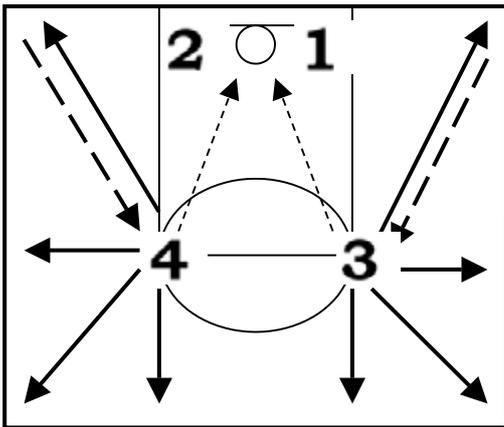
### DRIBBLE PULL UP/LAY UP

Players start on wings with ball. They dribble to around the three-point line. There they will do an attacking dribbling move either left or right and continue towards the basket and make a lay up, or make the dribble and pull up for a jump shot. Rebound the ball and pass to the next player in line. Go to back of opposite line.

*Some possible dribble moves that can be done:*

1. *Crossover.*
  2. *Through the legs.*
  3. *Around the back.*
  4. *Inside outside.*
  5. *Double crossover.*
  6. *Through the legs into a crossover.*
  7. *Crossover into around the back.*
  8. *Inside outside into a crossover.*
- *Mix up the moves, and make new combinations!*

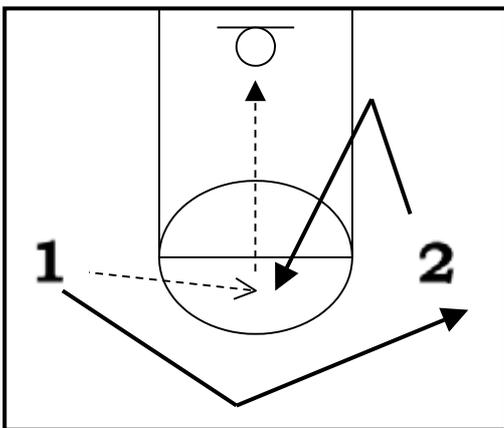
## Shooting Drills



### HUBIE BROWNS DRILL

Good 4-player drill that gets players to shoot under fatigued conditions. Players 3 and 4 are with possession of the ball and will complete the drill first. They shoot a jump shot from the elbow, then sprint to the corner and touch it with their hands. They then back-pedal to the elbow again, and receive a pass from their respective rebounder, and shoot another jump shot. They then slide left or right to the sideline, and slide back, and shoot another jump shot. After this they turn around and sprint to the corner and back, shoot another jump shot, then turn and sprint to the half-court line, come back and shoot their last jump shot. At this time, their rebounder will be in position to start the drill for themselves.

- *Make it a competition – First team to 20 points.*

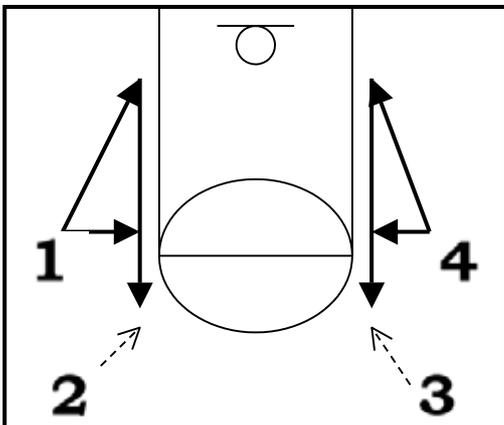


### CUT, SHOOT & FOLLOW

Simple shooting drill, also effective as a warm-up drill before games.

Group 1 (Player 1) has the ball. Group 2 (Player 2) cuts down, and then flashes high to receive a pass. Shooter gets his/her own rebound, and moves to the passing lane. Passing lane moves to the shooting line.

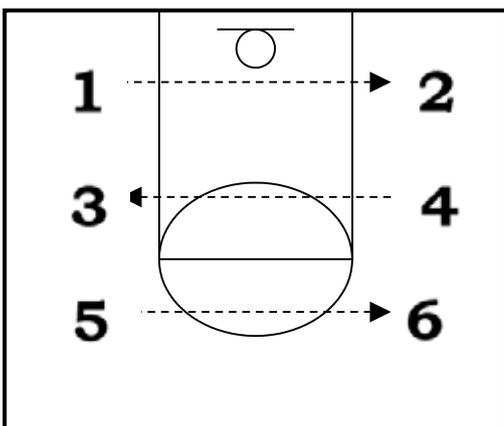
- *Make sure the players are rotating their body so they are square with the basket, and following their shot.*
- *Vary the drill with cutting to different positions.*



### POP OUT SHOOTING

Players 1 & 4 execute a V-Cut or an L-Cut and pop to roughly the elbow area. They receive a pass from the two lines up the top (Players 2 & 3 in this case). They square up and shoot a jump shot and rebound their own shot. Players 2 & 3 will move to the shooting line, Players 1 & 4 will pass to the next person in the passing line and join that line at the back. Swap sides also, to vary which pivot foot you are using when you execute the cut.

- *Have player either shoot, swing through for a lay-up, one dribble pull up jump shot, three point shot, or a combination. BE CREATIVE!*
- *Cuts from the shooting line need to be sharp and intense.*



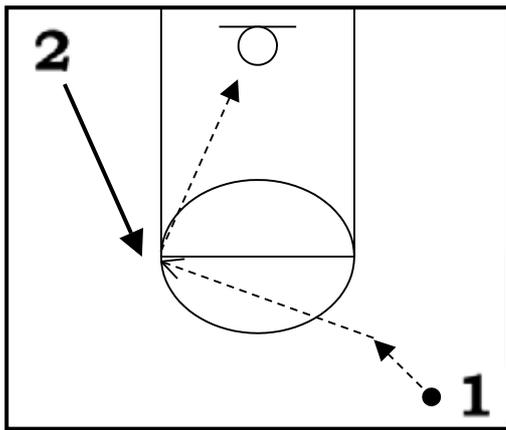
### FORM SHOOTING DRILL

Effective drill for very young players to learn the proper technique and form of shooting the Basketball.

Players face each other and shoot the ball back and forth concentrating on form only. Look for knee lift, wrist snap, good arc on shot, follow through, and what I call "the EFG principle". The EFG Principle stands for "Elbow, Follow, Goal". Players need to have their elbow bent (with 3 "90 degree" angles in total; shoulder, elbow and wrist). Follow through towards the basket and this should result in a goal.

- *Good drill because it allows you as the Coach to focus on shooting technique of all your players.*
- *Get your players to imagine the ball going through the basket. Good mental imagery drill.*

## Combination Drills - Shooting

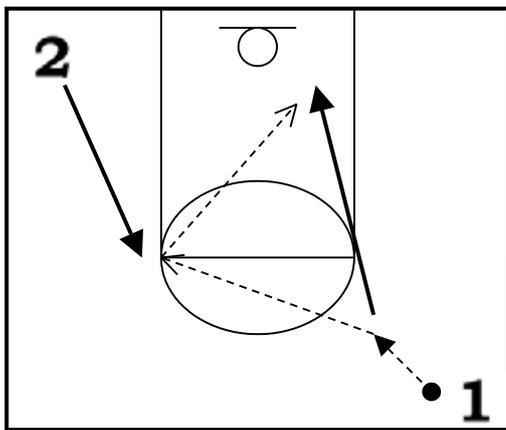


### KAMIKAZE DRILL (ELBOW JUMP SHOT)

Group 1 (Player 1) has possession of the ball in the corner of the half-court and sideline intersection. Group 2 (Player 2) is positioned in the opposite corner, on the baseline. The drill is called 'Kamikaze' because both players sprint at each other in the same direction as fast as they can.

Player 1 dribbles as fast as he/she can towards roughly the elbow, using the outside hand (left in this case). At the same time Player 2 is sprinting towards the elbow, where once reached will receive a pass from Player 1, who again will pass using the outside hand. Player 2 will square up towards the basket and shoot a jump shot. Player 2 rebounds his/her own shot and return the ball to Group 1 and join this group. Player 1 continues on to Group 2 and joins this group.

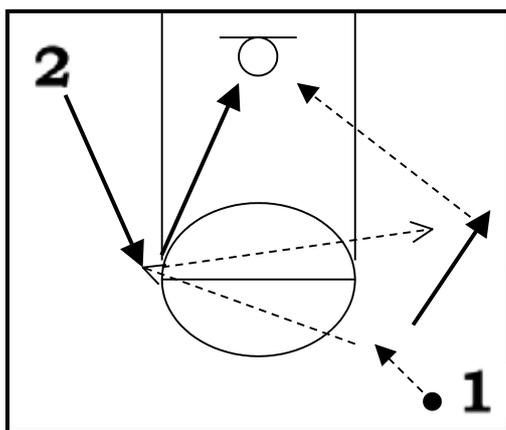
- Look to make sure players are elevating on the jump shot, squaring up towards the basket (weight on inside leg) and following their shot.



### KAMIKAZE DRILL (GIVE 'N' GO)

Again follow the same steps as before with the "Elbow Jump Shot". This time once Player 1 reaches the elbow area, he/she will cut towards the basket and receive a bounce pass from Player 2 who caught the ball at the elbow. Player 1 will lay the ball in using the backboard and continue to Group 2. Player 1 will follow the shot after the pass is made, and rebound the ball (put ball back into basket if lay-up missed) and return the ball back to Group 1 and join this group.

- Again look for the same coaching points as before, with attention towards coming to a complete stop before making a hard cut towards the basket.
- Add in a pump fake before Player 2 makes the bounce pass.



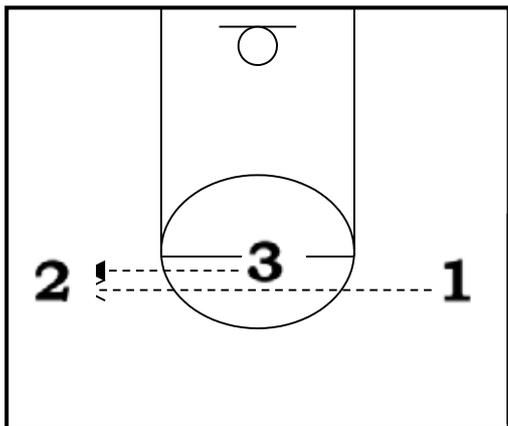
### KAMIKAZE DRILL (FLARE JUMP SHOT)

Same beginning as last 2 options, however this time once Player 1 has passed the ball to the elbow, he/she will come to a jump stop, then push off with the inside foot and flare to the wing area (three point line) and will receive a pass from Player 2. The pass from Player 2 should be either an overhead skip pass, or a right-handed fast chest pass. Player

1 will shoot a jump shot from the wing again watching for same techniques as the "Elbow Jump Shot", by squaring up towards the basket, and following the shot. Player 2 once passed, will move down towards the basket and rebound the shot (put the ball back in if missed) and continue the ball onto Group 1 and join this group. As before, Player 1 will continue onto Group 2 (along the baseline, not to interrupt the next drill).

- In all these drills, you can change the direction of the drill by switching the sides (and dribbling/passing hands), and by having the ball start on the baseline corner.
- Drill should be done fast and for short periods of time.
- Be creative! Invent your own options, working on key elements your team needs practice on.

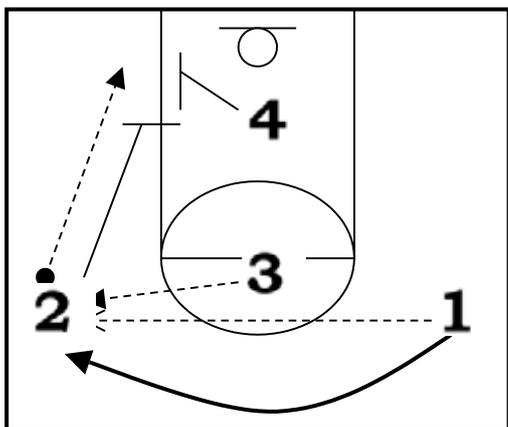
## Team Offence & Defence



### NO MIDDLE, CLOSE OUT

This drill helps with the concept of team defence with regards to what direction players are going to push their defender. There is no rule to say that you should either keep the ball out of the middle, or the ball away from the baseline, but I like to teach to keep the ball out of the middle personally. When the ball gets in the middle the opposition has the option of shooting, or passing left or right. If you push the ball towards the baseline, you can use it as an extra defender, and possibly trap the player.

The ball starts on the wing, when he/she will skip pass it over to Player 2. Player 3 will close out Player 2 with hands in the air, and positioning his/her body to force the player baseline. Play one-on-one from there. Rotate anti-clockwise.



### NO MIDDLE, CLOSE OUT, TRAP!

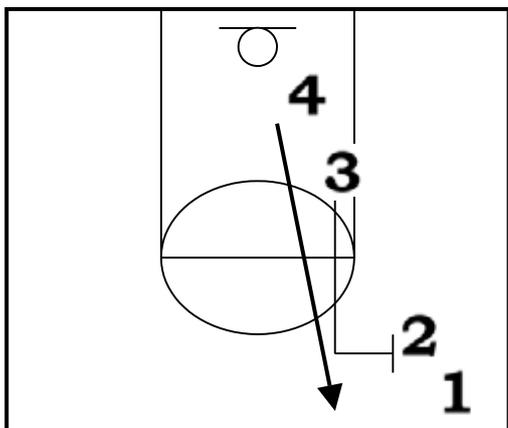
This drill is the same as the last one, however it adds in a trapping aspect to it, as well as more pressure on the defence to close out properly.

The ball starts with Player 1 as normal, who skips it to Player 2. Player 3 closes out as normal.

Here, Player 2 will play one-on-one and Player 3 will try push his/her opposition towards the baseline. When Player 2 reaches the baseline area, Player 4 will form a trap with Player 3. At this time, Player 1 is allowed to relocate to the wing area where player 2 started. Player 2 will pass the ball

back (which should be the only option from the double team), and the closest defender will close out Player 1 who is at the wing. This will be Player 3.

All 4 players will play two-on-two.



### ON BALL SCREEN

This simple offensive set breaks down how to defend the pick and roll, and also allows the offensive players to work on using screens, and the screener to either roll to the basket, or pop for jump shot.

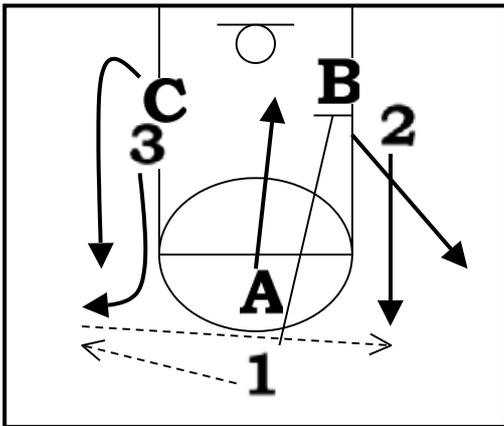
Player 1 has the ball, and receives an on-ball screen from his/her teammate Player 3. There are two traditional ways of defending a screen, going "over or under".

This diagram shows the defender of the screen, Player 4, showing high above the screen. In this case, Player 2 will go "over" the screen and fight through it, while Player 4 holds up the ball handler for as long as he/she can. Once Player 2

has recovered, Player 4 needs to relocate to his/her defender again.

- *The other technique with defending the screen is where the defender of the screener (Player 4) nudges his/her defender just as they are about to screen, and this gives his/her teammate room to go under the screen.*

## Team Defence (Advanced)



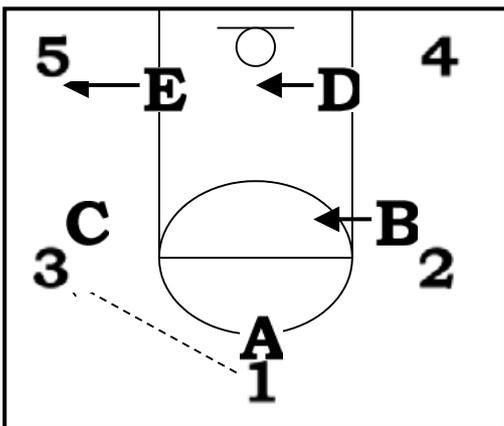
### LOCK & TRAIL

Lock & Trail focuses on defending the down screen.

Player 1 starts with the ball, and one of the teammates L- Cuts to the wing (In this case Player 3). Player C, the defender plays passive defence, and allows pass. Player 1 then continues downwards to set a screen. Player 1 should have hand in the air to communicate that he/she is going to set a screen. Player A, the defender should attempt to bump his/her player from setting an effective screen.

As in defending the on-ball screen, there are also 2 ways you can defend the down screen. The best way is what's called "Lock & Trail". Lock & Trail is where Player B, who is on defence will lock onto his/her player once there is a screen coming his/her way. Player B will fight over the screen, and lock onto Player 2 and try and push him/her to the wing rather than the top of the key where they will be heading. Once the screen has been set, and Player 2 reaches the top, Player 1 will relocate to the wing, and everyone will play 3-on-3.

- *The other way to defend the down screen is to slip the screen. Player A would sag of his/her player and allow a gap for Player B to slip through underneath the screen.*



### SHELL DRILL

A well used drill, which focuses on the defensive positioning of players when their opposition is off the ball, and they are in "help defence" mode.

Here we can see Player 1 starts with the ball, and Players 2 and 3 are "one-pass away" from the player with the ball, so their defenders (Players A & B) are in "denial", with a forearm on their players waist, and the closest arm in the lane looking for deflections. Players 4 & 5 are "2 passes away", so their defenders (Players D & E) are "two steps" off their player, "one foot in the lane". When the ball is swung to Player 3, all the defenders need to reposition themselves. Now defender C is on-ball defence, Player 5 is "one-pass away" so defender E is in denial. Defender A's player is now "one-pass away" so is in denial mode now. Defender B is now 2 passes away, so is "two steps" off their player, "one foot in the lane". Defender D's player is "more than two passes away" so is on "split line" which is the imaginary line that goes down the centre of the court.

- *Get players to swing the ball around, with passive defence first to learn the positioning.*
- *After they are comfortable with the defence, then step the tempo up.*
- *Get them to pass around the ball, until you give them the call, which allows them to penetrate and attempt to score.*
- *Players must stay in their designated areas, but are allowed to screen and replace to the nearest player*

