

BUNBURY BASKETBALL



INTRODUCTION TO COACHING BASKETBALL



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This booklet is designed to introduce the first time basketball coach to coaching the sport of basketball.

The information in the booklet has been put into four areas:

1. TERMINOLOGY, BASIC RULES, COURT MARKINGS **Page 3**

- ◆ Basketball Terms
- ◆ Basic Rules of Basketball
- ◆ Basketball Court Markings

2. TEACHING BASKETBALL **Page 7**

- ◆ Footwork and Body Movement (change of direction running, pivots, stops and starts)
- ◆ Triple Threat
- ◆ Passing
- ◆ Catching
- ◆ Jump Shots
- ◆ Lay Up Shots
- ◆ Defensive Stance and Footwork
- ◆ Team Offence and Defence

3. GAME STRATEGY **Page 11**

- ◆ Commonly Asked Questions

4. TRAINING SESSIONS **Page 12**

- ◆ Planning a Training Session
- ◆ Equipment
- ◆ Drills

SECTION 1: TERMS AND RULES

GLOSSARY OF BASKETBALL TERMS

Term	Description
<i>Defensive Stance</i>	A low, wide, balanced stance used when playing defence
<i>Dribbling</i>	Bouncing the basketball with one hand
<i>Drive</i>	A quick dribble towards the basket in an effort to score
<i>Double Dribble</i>	A violation where a player dribbles the ball twice or with two hands
<i>Fake</i>	A move to make your opponent react
<i>Fast Break</i>	Quick offensive play from full court action
<i>Field Goal</i>	A made basket during live play
<i>Flash Cut</i>	When a player makes a cut towards the ball through the key area
<i>Forward</i>	A playing position and usually the taller players on the team
<i>Free Throw</i>	Shots awarded to a player from free throw line after a foul is called
<i>Free Throw Line</i>	The line from where the free throw is taken
<i>Guard</i>	1. A playing position and usually the smaller players who handles the ball 2. To “guard” a player is to defend them
<i>Get Back</i>	Transfer quickly from offence to defence; sprint back and locate the ball and the player you are guarding
<i>Inbounds Pass</i>	A pass from the outside of the court to a player on court (from side or end)
<i>Jump Ball</i>	Where two opposing players jump for the ball thrown up by the referee
<i>Jump Shot</i>	Where a player shoots the ball with a rhythm jumping action
<i>Jump Stop</i>	Where a player stops by landing with both feet at the same time
<i>Key</i>	The area from the circle to the base line at either end of the court
<i>Lay Up</i>	A short shot taken at the basket while in a movement towards it
<i>Man to Man</i>	To find a player to defend in man to man
<i>Offence</i>	1. When your team has possession of the ball 2. Movement or structure a team may play when in

	possession of the ball
<i>Officials</i>	Referees and score table are included in the games officials
<i>Out of Bounds</i>	The area outside of the court markings
<i>Overhead Pass</i>	A two handed pass thrown from above the head
<i>Personal Foul</i>	Infringement of the contact rules of the game
<i>Penetration</i>	When the ball is penetrated into the key by dribble (or pass)
<i>Pivot</i>	A player turning with one foot remaining in one place
<i>Point Guard</i>	A playing position and main ball handler for the team
<i>Post</i>	An offensive player playing in a position close to the basket
<i>Press</i>	To extend the defence to full court
<i>Rebound</i>	To gain possession after a missed shot
<i>Screen</i>	A legal play where an offensive team mate will block the defence
<i>Square Up</i>	When a player faces the basket on receiving the ball
<i>Steal</i>	To gain possession while in defence by intercepting a pass or dribble
<i>Stride Stop</i>	Where a player stops with one foot at a time
<i>Substitution</i>	Interchange of players from the bench to the court
<i>Technical Foul</i>	A foul called on a player or coach for unsportsmanlike like behaviour
<i>3 Second Rule</i>	An offensive player may not stand in the key for more than 3 seconds
<i>3 Point Line</i>	A line on the court where successful field goals are awarded 3 points
<i>Throw in</i>	Inbounds pass
<i>Travel</i>	When a player with the ball moves without dribbling
<i>Triple Threat</i>	Stance after the ball is caught ready to pass, shoot or dribble
<i>Turn Over</i>	An error by the offensive team where the defence gains possession
<i>Violation</i>	An infringement of the rules
<i>V Cut</i>	A movement of an offensive player to get open to receive the ball
<i>Zone</i>	A type of defence where players guard an area

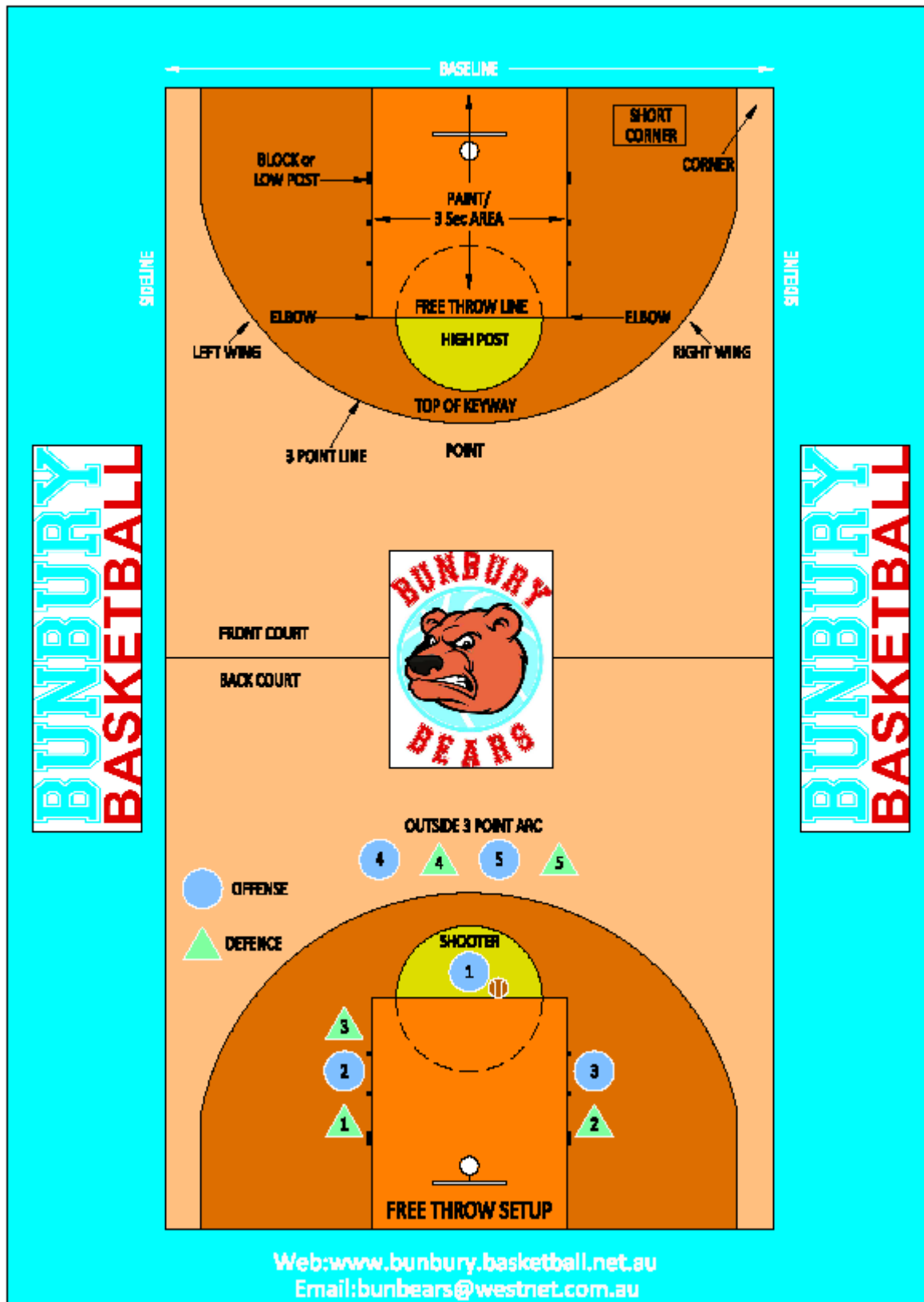
BASIC RULES OF BASKETBALL

Rules	Description
<i>Travel</i>	To run or move without bouncing (dribbling) the ball or to move the “pivot” foot without bouncing the ball
<i>Double Dribble</i>	<ol style="list-style-type: none"> 1. Once a dribble has been completed a player may not start to dribble again. 2. To bounce the ball (dribble) with both hands or in a manner that has both hands touching the ball.
<i>Out Of Bounds</i>	Simply, when the ball goes out of the court. The team last to touch the ball will lose possession.
<i>Foul</i>	A foul is called on a player after illegal contact with an opposing player. A player fouled in the act of shooting will be awarded two free throws (or one free throw if the shot is made).
<i>3 Second Rule</i>	A player may only be in the offensive end key area for 3 seconds at a time. (<i>This rule is often modified or relaxed for beginners</i>)
<i>Jump Ball</i>	A jump ball starts the game.
<i>Alternating possession</i>	Alternating possession will occur when two players from opposing teams grasp and tug at the ball for possession. Possession from the sideline is awarded alternately to each team.
<i>Team Fouls</i>	A team may be given 8 team fouls in each half (or 4 in each quarter). Each foul after 8 the opposing team will be given two free throws. (<i>This rule is often modified for beginners</i>).
<i>Personal Fouls</i>	Each player is allowed 5 personal fouls in each game. After any player reaches their 5th personal foul, that player may not take any further part in that game

FACTS ABOUT CHILDREN

- Children respond **positively** to **encouragement** and a healthy relationship with their coach
- Children enjoy **variety**
- Children **enjoy** being with their friends
- Children **learn** at **different** rates and have **different** needs
- Children can **conceptualise** movement
- Children **need time** to learn new skills
- Children **acquire** skills at **different** rates
- Children **can learn** from each other
- Children **learn specifically** what you teach them

BASIC COURT MARKINGS



SECTION 2

FOOTWORK and BODY MOVEMENT

All players need to be taught to move and control their bodies. These movements are basic tools and need to be taught so that players move effectively and efficiently.

Teach the following:

- ◆ Change of direction and change of pace running
- ◆ Starts and stops
 - Two foot jump stop with feet shoulder width apart, knees bent in a balanced stance
 - Stride stop with one foot contacting the floor first, then the other
- ◆ Pivots (front and rear)
 - A low, wide, balanced stance is required when pivoting. Stay in your stance. The pivot foot must keep contact with the floor. The other foot may be moved around in either direction. Good balance and vision is essential

TRIPLE THREAT AND READY POSITION

Players should be taught to get in this position after they catch the ball. This basketball ready stance allows the player to be in a **triple threat** position, in that they are ready to pass, shoot or dribble. The dribble should be encouraged to be used as the last option. The players need to learn to be tough and confident with the ball.

Teach the following:

- ◆ Triple threat and ready position versus a defender
- ◆ Pivoting versus a defender



DRIBBLING

Players should become efficient at dribbling the ball with either hand. The dribbler should be in a knees bent stance with their head up to see the floor. The ball should be dribbled below the level of the waist and with the hand furthest away from the defender. **Do not bat** or **slap** the ball with your palm, instead push the ball to the floor with your wrists and spread fingertips, using a **follow-thru** action. The dribble should be used to advance the ball up the court, improve the passing angle or driving to the basket. Players need to learn to go somewhere with the dribble and to be quick from the dribble to the pass or shot.

Teach the following:

- ◆ Stationary dribble
- ◆ Open court control dribble
- ◆ Open court speed dribble
- ◆ Crossover dribble
- ◆ Change of speed with stops and starts

PASSING

Passes should be made from the **triple threat** position. The passer needs to hold the ball with spread fingers on each side of the ball with thumbs in line with each other. The passer should step and push the ball forward, snapping the wrists and passing to your team mates hands. The passing action should finish with **thumbs pointing towards the floor** and fingers to the target. Players should learn to make **hand to hand** passes away from the defence; Players should also learn to **fake a pass to make a pass**.

Teach the following:

- ◆ Chest pass to a standing target
- ◆ Chest pass to a moving target
- ◆ Bounce pass to a standing target (bounce should be 2/3 the distance to the receiver)
- ◆ Bounce pass to a moving target (bounce should be 2/3 the distance to the receiver)
- ◆ Overhead pass to a standing target (ball is passed from above the head in an upright position)
- ◆ Overhead pass to a moving target (ball is passed from above the head in an upright position)
- ◆ Passing from the dribble

CATCHING

When catching a pass the receiver needs to have their eyes on the ball and showing a target to the passer. The receiver needs to catch the ball with two hands and get in a **triple threat** position after catching the ball.

Teach the following:

- ◆ Catch the ball standing
- ◆ Catch the ball moving with a v-cut or influence actio



- Work on dribbling with the eyes up, so ball handler can see the floor.



- 'A good pass leads to a good shot, a good shot leads to points!'

JUMP SHOTS (BEEF APPROACH)

B - Balance

E – Elbow

E – Eyes

F – Follow thru

To shoot, players should have their feet pointed at the basket and have the ball in the ready position. Feet should be shoulder width apart with the dominant foot slightly forward. Knees should be bent with the player in a low stance. **Balance** is crucial – weight should be evenly distributed between both feet. The shooting hand should be placed under the ball with the fingers spread and the palm off the ball. The non-shooting hand is placed on the side of the ball as a guide. The **elbow** and forearm should be in line with the basket and the lead foot. The **eyes** should be focused on the target during the shot and during the flight of the ball. Sight the target by looking over the ball and shoot the ball looking under the ball. The **follow thru** should be with a relaxed wrist and with a “waving good bye to the ball” action.

Teach the following:

- ◆ Jump shots
- ◆ Shooting from pass
- ◆ Shooting from dribble
- ◆ Free throws

LAY UPS

Players should learn to lay the ball up from both sides of the basket. The ball is shot off the opposite foot (i.e. right hand lay-up off the left foot). The ball side knee is brought high. The eyes should be on the target. Bring the ball up with both hands until reaching into the shot, then the non-shooting hand is used for protection against the defence. The ball is released against the backboard. Head should be up with eyes focused on the target.

Teach the following:

- ◆ Moving lay-up from both sides



- Encourage your players to follow thru until the ball reaches the target.

DEFENSIVE STANCE & MOVEMENT GUARDING THE BALL

The basic defensive stance is a **low, wide, balanced stance** with the head and eyes up. When guarding the ball, **the defender should keep their head lower than the head of the person they are guarding. Feet should be shoulder width apart** with weight evenly distributed. To move laterally the player should push off in the direction of movement. This step will now be from a wide stance into a wider stance (**big to bigger**) while pointing the toe of the lead foot in the direction of the slide. A low stance allows for quick change of direction. The defenders hands should be active and flicking upward at the ball.

Teach the following:

- ◆ Stance on the player with the ball
- ◆ Lateral movement when the player you are guarding is dribbling the ball



- Make sure players keep a hand up against their opponent.

TEAM OFFENCE and DEFENCE

Team offence should be grounded on ball toughness, spacing, and sharing the ball. A basic offence to teach would be 5 out open post, pass and cut. Team defence should be focused on getting back, recognition of which player you are guarding, how to guard that player based on ball location, being active and getting after rebounds and loose balls.

SUMMARY

Coaches should be positive in their approach. Not all players will understand what you're asking straight away. It is a good idea to demonstrate the skill. If you can't demonstrate it –have someone who can, come to the session.

Have the players execute the skill during the drills, the more they do it the better they become at it. Players may get bored with the same drills. Challenge them with a variety of drills involving the same skill. It takes persistence and patience for players to transfer the skills learnt at training into a game.

Make your instruction at training clear and precise, without giving too many instructions at once. Give the instructions in a manner they can understand. The best learning takes place in a positive environment. Players will learn if they want to be there.

SECTION 3: GAME STRATEGY

WHAT HAPPENS IN A GAME?

Some of the most common asked questions:

Q. What to do I say before a game starts?

A. Let the players know who is on the court and who is on the bench (this should not be the same group each game) and which direction they are going. Some simple instructions such as “lots of passing”.

Q. How and when do I make a sub?

A. It depends on local rules, but generally subs can be made on any foul, jump ball or your possession out of bounds. Just let the score bench (or official) know.

Q. Who should sub out?

A. At the junior level, all players should play approximately equal time on the court. It may help to have a plan for substitutions done in advance. Do not worry about positions or height at this level – just let them play.

Q. How do I call a “Time Out”?

A. “Time outs” can be requested to the score bench (or official). “Time outs” are available on all whistles or your team’s possession after a score.

Q. What happens in a “Time Out”?

A. Use the “Time Out” to give instruction and to reinforce teaching points of the skills. ALWAYS be positive during the “Time Out”.

Q. What if the players don’t follow my instructions?

A. Keep actively encouraging the players to carry out the skill as they have practiced. Persistence and patience is the key here! It’s the process that is important not winning the game.

Helpful websites

www.basketball.net.au

www.coachesclipboard.com

www.breakthroughbasketball.com

SECTION 4: TRAINING SESSIONS

PLANNING

Training sessions should be organised and planned. Thought needs to be given to long and short term objectives.

EQUIPMENT

Have on hand the equipment you may need for the day's session. This may include basketballs, cones or court markers, whistle, scrimmage tops etc.

SESSION PLANS

Have a plan of what will be covered at the session and the drills to be practiced with time allocated to each area (see training session example).

What is the objective of each drill and can you have the drill demonstrated sufficiently.

Sessions should include:

- ◆ Warm up and stretching
- ◆ Reinforcement of previously learnt skills
- ◆ Teaching of new skills
- ◆ Variation of drills
- ◆ Practical application where skills are transferred into game like situations
- ◆ Some "fun" time
- ◆ Warm down and stretching
- ◆ General review of the session and team organisation details such as where and when the next game or session is to be held

Training sessions should be a positive learning experience. Give some thought to each player's individual needs, skill level and personality. Not all children will develop at the same rate. Encourage a good "team attitude" with the players helping and encouraging each other.

"If it doesn't bother you, it won't bother the players"

Pat Summitt, Head Women's Coach University of Tennessee – all-time winningest coach in NCAA history men or women

Training Session Example

Date: Monday 14/10/2013	Time: 6pm	Venue: SWSC
Drill:	Minutes: 60	Points of Emphasis:
Concentration Game (handclap)	3 min	Listen to the Coach!
Dribble Tag or Knockout (Game)	5 to 10	Have Fun, dribble on the move
Drink Break	1 min	
Lay-ups or shooting	5 min	Footwork, BEEF
Golden Child or Shooting Game	5 to 10	Have fun, run, shoot
Drink Break	1 min	
Stationary Passing	5 min	Chest, Bounce, over the head
Keep away (Game)	5 min	Have fun, spacing, triple threat
Drink Break	1 min	
scrimmage 2 v 2 or 3 v 3	5 min	spacing, working on fundamentals
Review (get feedback)	2 min	What did we learn today?

***Remember you will have to take time to set-up drills and explain them!**

Training Session Template

Date:	Time:	Venue:
Drill:	Minutes:	Points of Emphasis:

BASKETBALL TEACHING PROGRESSION (U10, U12 & U14)

INTRODUCTORY JUNIOR BASKETBALL (U10)

- ◆ Emphasis on teaching playing rules and the court markings, common terminology and having fun within a team environment
- ◆ Footwork and body movement
 - Change of direction and change of pace running
 - Starts and stops
 - Rip and ready (triple threat)
 - Pivots (front and rear)
 - Defensive stance and slide footwork
- ◆ Dribbling, ball handling (both hands and alternating hands) and ball toughness (from triple threat)
 - Basic ball handling and ball toughness drills
 - Stationary dribbling
 - Open court control dribble
 - Open court speed dribble
 - Crossover dribble
 - Change of speed with starts and stops keeping dribble alive
- ◆ Shooting
 - Standing lay-up (dominant hand)
 - Shooting form (BEEF)
- ◆ Passing (from triple threat position)
 - Chest pass to standing target
 - Chest pass to moving target
 - Bounce pass to standing target
 - Bounce pass to moving target
 - Overhead pass to standing target
 - Overhead pass to moving target
 - Passing from the dribble
- ◆ Catching (triple threat after catch)
 - Catching the ball standing
 - Catching the ball moving with v-cut or influence action
- ◆ Team
 - Offense (spacing, ball toughness, sharing the ball and have fun)
 - Defence (Getting back and recognizing the player your guarding and how to guard the player with the ball, be active and get after rebounds and loose balls)
 -

INTERMEDIATE JUNIOR BASKETBALL (U12/U14)

- ◆ Emphasis on being fundamentally sound and **'how and why'**
- ◆ Foot work and body movement
 - More of same with emphasis on being quick, decisive and sound
- ◆ Dribbling, ball handling and ball toughness (from triple threat)
 - More of same with emphasis on being quick, decisive and when to use dribble
 - Reverse dribble
 - Behind the back dribble
 - Between the legs dribble
 - Retreat dribble
 - Drive (penetration) dribble
 - Swing dribble
- ◆ Shooting (from triple threat position)
 - Standing lay-up (both hands)
 - Moving lay-up (both hands)
 - Shooting form (BEEF)
 - Jump shot
 - Shooting from pass
 - Shooting from dribble
 - Shot fakes
 - Free throws
- ◆ Passing (from triple threat position)
 - More of same with emphasis on being quick, decisive and sound as well as increased degree of difficulty-(read the defence)
 - Overhead outlet pass after rebound
 - Push pass (both hands)
 - Pass fakes
- ◆ Catching (triple threat after catch)
 - Catching the ball moving from specific movement (full-court, basic lead, V-cut, basket cut)
- ◆ Individual offense (without the ball and read the defence)
 - Interchange
 - Basket cut (shallow, deep and back)
 - cut and replace
- ◆ Individual defence (hands and feet)
 - Proper stance and action on the ball (out top, on the side, in the corner and on the dead call)
 - Proper stance, position and action one pass from the ball
 - Proper stance, position and action two passes from the ball
 - Proper stance and action on recovery to perimeter
 - Proper stance and action on block-out
- ◆ Team offense (how and why)
 - Spacing and floor balance
 - Movement without the ball
 - Sharing the ball and proper ball locations
 - Managing the possession and tempo
 - 5 out open post
 - Offense vs. press
 - Out of bounds
- ◆ Team defence (be ready and talk)
 - Get back and point of pick up
 - Pressure and push outside and to baseline
 - Positioning on and off ball
 - Help and recovery
 - Get the ball

**"What you specifically teach is what your
players will do best."**

Dick Bennett, Head Basketball Coach Washington State University

*Note: Coach Bennett is known throughout the basketball world as one of the
games best teachers.*