



COACHES MANUAL

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Welcome Note

Welcome to the Glen Iris Scorpions Basketball Club. We thank you for volunteering to coach your young team!

This booklet is designed to guide your training sessions and game days. There are also many other helpful coaching resources on the Glen Iris Scorpions website.

If you need further assistance with coaching please email scorpionscoaches@gmail.com

We wish you all the best!

1. Basketball Rules

OUT OF BOUNDS

Definition

A **player** is out-of-bounds when any part of his/her body is in contact with the floor or any object other than a player outside the boundary line

The **ball** is out-of-bounds when it touches:

- A player or any other person who is out-of-bounds
- The floor or any object on, above or outside the boundary line
- The backboard supports, the back, or the backboards of any object above the playing court

TRAVEL

Definition

While standing with both feet on the floor:

- To start a dribble, the pivot foot may not be lifted before the ball is released from the hand(s).
- To pass or shoot for a field goal, the player may jump off a pivot foot, but neither foot may be returned to the floor before the ball is released from the hand(s).

While moving:

- To pass or shoot for a field goal, the player may jump off a pivot foot and land on one foot or both feet simultaneously. After that, one or both feet may be lifted from the floor but neither may be returned to the floor before the ball is released from the hand(s).
- To start a dribble, the pivot foot may not be lifted before the ball is released from the hand(s).

While coming to a stop when neither foot is the pivot foot:

- To start a dribble, neither foot may be lifted before the ball is released from the hand(s).
- To pass or shoot for a field goal, one or both feet may be lifted but may not be returned to the floor before the ball is released from the hand(s).

DOUBLE DRIBBLE

Definition

A **dribble starts** when a player, having gained control of a live ball on the playing court, throws, taps, rolls or dribbles it on the floor and touches it again before it touches another player.

A **dribble ends** when the player touches the ball with both hands simultaneously or permits the ball to come to rest in one or both hands.

During a dribble the ball may be thrown into the air provided the ball touches the floor or another player before the player who threw it touches it again with his hand. There is no limit to the number of steps a player may take when the ball is not in contact with his hand.

A player shall not dribble a second time after his/her first dribble has ended unless between the two dribbles he/she has lost control of a live ball on the playing court because of:

- A shot for a field goal.
- A touch of the ball by an opponent.
- A pass or fumble that has then touched or been touched by another player.

FOOT VIOLATION

Definition

A player has committed a foot violation if he/she **deliberately** contacts the ball with any part of his/her leg.

3 SECOND VIOLATION

Definition

A player shall not remain in the opponents' restricted area (the key) for more than three (3) consecutive seconds while his/her team is in control of a live ball in the frontcourt and the game clock is running. To establish himself/herself outside the restricted area, the player must place both feet on the floor outside the restricted area.

5 SECOND VIOLATION

Definition

A closely guarded player (ie defensive player is within one metre of the player with the ball) must pass, shoot or dribble the ball within five (5) seconds

8 SECOND VIOLATION

Definition

Whenever a player gains control of a live ball in his/her backcourt, his/her team must cause the ball to go into its frontcourt within eight (8) seconds.

BACKCOURT VIOLATION

Definition

A player whose team is in control of a live ball may not cause the ball to be illegally returned to his/her backcourt. For a backcourt violation to apply the following three circumstances need to have occurred:

1. The offensive team needs to have control of the ball in the frontcourt
2. An offensive player needs to be the last player to touch the ball in the frontcourt
3. An offensive player needs to be the first player to touch the ball in the backcourt

TIMEOUTS

Definition

A timeout is a break in the game for 50 seconds. Each team is allowed to go to their team bench and listen to their coach. You are allowed one of these per half, per team. If you wish to call a timeout, simply ask one of the referees for a timeout. The next time they blow their whistle, or after the other team score, the referees will award a timeout.

SUBSTITUTIONS

Definition

A team can have up to 5 players on the court, and 5 players as substitutes. If you want a substitution (sub), you can ask the referee for the next sub. The next time they blow their whistle, they will grant you a sub by saying "Sub Orange". You can sub as many players as you like, at any time when the referee has granted you a sub.

It is a good idea to already have worked out how many minutes most players should get from each game, and unless it is close, allow every player the same amount of playing time.

2. Basketball Skills

DRIBBLING

PURPOSE:

- Advance the ball into the offensive end when a pass is not possible
- Improve an opportunity for passing or shooting

HOW:

- Stance:
 - good balance,
 - knees bent,
 - head up,
 - comfortable,
 - back straight,
 - wide stance
- Dribble just a little above knee height
- Fingers spread to maximise control
- Dribbling hand on top of the ball whilst the other hand protects the ball
- Guide the ball with a gentle pushing action rather than patting the ball
- Dribble with left and right hands and head up



SHOOTING

PURPOSE:

- Shooting is one of the most important skills in basketball and one all players should master
- Children see scoring as the fun part of the game

HOW:

- Stance:
 - good balance,
 - knees bent,
 - head up,



- comfortable,
- back straight,
- low stance
- 'Nose behind the toes' and 'head in the middle'
- Eyes on the target and point feet towards the target
- Position of the elbow:
 - pointing at the ring,
 - under the ball
 - comfortable
- Shooting grip:
 - ball off the palm, fingers spread to cradle the ball

Follow through: 'lock the elbow and snap the wrist'

PASSING

PURPOSE:

- Advance ball up the court as quickly as possible
- Achieve better court positioning
- Improve shooting position

HOW:

- Stance:
 - good balance,
 - knees bent,
 - head up,
 - comfortable,
 - back straight,
 - wide stance
- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent
- Step towards the receiver as you pass
- 'Snap' your wrist and fingers on release
- Point your fingers towards the target and thumbs down
- 'Fake a pass to make a pass'

Pass away from the defence



REBOUNding

PURPOSE:

- Contribute to the success on both offense (by increasing the percentage of shots close the basket) and defence (by keeping the opposition from shooting high percentage shots after rebounds)

HOW:

- Stance:
 - good balance,
 - knees bent,
 - head up,
 - Comfortable,
 - back straight,
 - wide stance
- Blocking out: arms up, 'be big and wide'
- 'Think every shot is going to miss'
- Anticipation: 'see the shot, get ready to rebound'
- Jump towards the ball
- Protect the ball: pull the ball under the chin

DEFENSE

PURPOSE:

Minimise the number of occasions where you are teaching defence INDEPENDENT of other skills. Children find defense uninteresting and boring. Defense can be taught indirectly. Important points to teach: Maintain position between offensive player and the ring & react to the offensive player's movement

HOW:

- Stance:
 - good balance,
 - knees bent,
 - head up,
 - comfortable,
 - back straight,
 - wide stance



- 'Nose behind the toes' and 'head in the middle'
- Pressure the ball, be aggressive and 'worry the dribbler'
- Movement:
 - short steps
 - keeping wide stance,
 - anticipate the movement of the players
 - avoid crossing feet
- Keep one hand up, the other hand down, **DON'T REACH**
- The hand down shadows the ball,

Hand up pressures the pass

BALL HANDLING

PURPOSE:

- All players should feel comfortable holding the ball. This is achieved through handling the ball as much as possible.

HOW:

- Stance:
 - knees bent,
 - head up,
 - comfortable,
 - back straight,
 - wide stance
- Ball Tapping: move the ball from hand to hand over the head using the fingertips
- Body Wrap: the ball is passed around the waist in a rotating action, moving around knees, waist and head
- Leg Wrap: a wide stance is necessary the ball is passed around one leg at a time in a circular motion
- Figure 8: the ball is passed around the legs in a figure 8 action.
- Advancement of ball handling skills is to dribble the ball in the same motion rather than passing.

BODY MOVEMENT

PURPOSE:

- To use the most effective and correct techniques whilst moving on the court with or with the ball.

HOW:

- Stance:
 - knees bent,
 - head up,
 - comfortable,
 - back straight,
 - wide stance
- Jump Stop: both feet must land simultaneously, by performing a jump stop either foot can become the pivot foot.
- Stride Stop: the feet land one at a time, the first foot to land becomes the pivot foot.
- Pivoting: whilst pivoting one foot must remain on the floor and is used as the pivot rotating on the ball of the foot. Pivots are used to; protect the ball from defence and creating better shooting, passing or dribbling options.

3. Training Sessions

TRAINING SESSION 1

0-10min

Warm-up/Stretch

Assemble all children so they can see the group co-coordinator. Explain the importance of warming-up/stretching. Teach stretching as per the following diagrams.



Hamstring Stretch

Commence with knee slightly bent, then push knee straight as tension allows, push chest forwards to foot.



Adductor Stretch

Push down elbows on knees very gently, keep back straight.



Gluteal and Lumbar Stretch

Rotate body, push gently on upper leg



Lumbar Rotation Stretch

Rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, do not hold breathe.



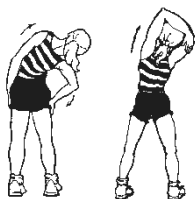
Supraspinatus Stretch

Keep elbow parallel to ground.



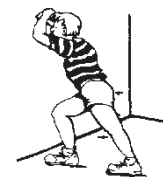
Triceps Stretch

Pull elbow across and down



Lateral Flexion Stretch

One side then the other push pelvis across as you bend.



Gastrocnemius Stretch

Keep knee straight and heel down, feet facing forward.

10-20min **Ball Handling**

Game: Basketball Balance

All children are to move to a space on the court with their basketball. The coach directs the children to balance the ball in one hand and place the other hand behind their back. The children must move around the court area balancing the basketball on their hand. The coach can instruct the way they move and the whistle indicates when they must stop and freeze. Equal time should be spent allowing the children to use both hands.

ADVANCE: drill can be done with children closing their eyes

20-30min **Passing & Catching**

In pairs with a basketball line up partners facing each other with an achievable distance between them. Begin by explaining the fundamentals of the pass and correct technique as they have a go.

Two handed chest pass:

- Hold the ball with fingers and fingertips, not palms
- Have middle fingers pointing towards target
- Step in the direction of the receiver
- Follow through sees fingers pointing at target, thumbs pointing to the floor and back of hands facing each other.

Catching:

- Target hand up
- Fingers spread
- Eyes on the ball
- Move to catch it

ADVANCE: have children pass over greater distances. Add a defensive player between passers to create a game like situation.

30-38min **Dribble Technique**

Practice dribbling on the spot right hand and left hand.

- Only use fingers and fingertips
- Keep eyes up from the ball – “Don’t look at it”
- Dribble the ball at your own waist height
- Do not slap the ball with your palm.

ADVANCE: start children moving, have children swap hands on coaches call or whistle.

38-45min Dribbling

Game: Directions Dribble

Have the children line up on the baseline with a basketball. Coach indicates, forwards, backwards, and stop, players dribble according to instruction. Allow practice with both hands.

ADVANCE: to increase difficulty dribbling for side to side can be introduced, moving faster and further and the use of hand signals by the coach to emphasize looking up and not at the ball.

TRAINING SESSION 2

0-10min Warm-up

Game: “Coach Says”

Have the children spread out in front of the coach without basketballs. Anything that begins with “Coach Says” must be done. Like “Simon Says” if the coach doesn’t say “Coach Says” before telling the group what to do then anybody who does it is out. When playing the game use basketball terms ie. “Coach says Defence” the children must then get down in their defensive stance and yell out “defence”. “Coach Says Rebound” the children must jump in the air with their hands up yelling out “rebound”.

ADVANCE: the coach can introduce more movements into the game; sliding in defence, taking a charge, running forwards and backwards.

10-20min Jump Stop

- Short jump forward landing with both feet simultaneously
- Feet should be shoulder width apart
- Knees bent
- Head over feet

Either foot can then be the pivot foot

Drill: Stopping drill

Players can start on the baseline, using the foul lines and half-way line. They can run and perform the jump stop at each of the foul lines, half-way and baselines. Begin with a slow run and progress to a sprint, ensuring the correct technique is used and the children are balanced

ADVANCE: Increase the speed of the players, introduce more stops, stop on coach’s whistle.

20-30min Shooting (set shot)

Begin by introducing the correct technique to the children. Have the group lined up so they can see the coach and they can be seen.

- Feet shoulder width apart
- Knees bent
- Back straight
- Shooting hand up with elbow pointing forward

- Wrist cocked back (shooting hand)
- Weak hand on the side for balance
- Arm extension and follow through

Practice without ball then in pairs with a ball shooting to each other.

30-35min Dribbling

Review dribble technique.

Game: Dribble knockout

Begin with the group spread out in a designated area with a basketball each. Each player must bounce their ball and try to knock the other players ball away. If your ball is knocked out of the area or stops bouncing you are out. Emphasis on looking up, not at the ball and protecting the ball.

ADVANCE: decrease the size of the designated area

35-45min Dribbling

Introduce speed dribble, review technique with an emphasis on control of the ball. Children should only run as fast as they can whilst keeping the ball in control.

- Keep the ball at side, not in front
- Look up, not at the ball
- Both hands

Game: Dribble Relays

Split the children into groups of 4. Start with two at each end and a basketball at the baseline with the first person in each group. The children must dribble to the other end and pass the ball to the next person. Ensure that the game is run twice so dribbling can be practiced with both hands.

TRAINING SESSION 3

0-10min Warm-up

Game: Ducks & Drakes

Divide the group into two teams. One team is called the “Ducks” the other the “Drakes”. Line up the two teams either side of the centre line facing each other with about 6 metres in between. The coach calls either “Ducks” or “Drakes”. The team whose name is called must run over their team line (the baseline behind them) before being tagged by a member of the opposing team. A child who is tagged joins the other team. The team with the longest line at the end is the winner.

10-20min Pivoting

Review stopping skills from last session. Line up the group on the baseline and practice jump stops before introducing pivoting.

- Pivot foot must maintain contact with the floor
- Rotate with short steps with the free foot
- Use the ball of the foot to allow rotation

Drill: Pivot runs

Line up the children on the baseline without basketballs. Have them run to the foul line and perform a jump stop, then they must pivot to face the baseline again. Then continue back to the baseline with a jump stop and pivot again. This can then be varied by pivoting all the way around and continuing to the half-way line.

ADVANCE: increase by pivoting 360 degrees and continuing to half-way line, introduce the basketball

20-25min **Dribbling**

Review technique and speed dribble from last session. Introduce children to a control dribble. Have the children line up on the baseline with basketballs. Control dribble involves dribbling at different heights. Have the children walk up the court bouncing the ball low to the ground with their knees bent and then back up to a normal waist high dribble. Ensure the children are not going too fast with an emphasis on keeping control of the basketball.

ADVANCE: Have the children do 3 dribbles low 3 dribbles high continuing up the court. Increase speed but keep the ball in control.

25-35min **Passing & Catching**

Review technique for a chest pass

Game: "Team circle pass"

Divide the group into two teams. Each team forms a circle with a leader in the middle, the leader then chest passes the ball around the circle to each player in the group. Each player after having a turn will bob down. When the leader receives the ball from the last team member they will bob down and call out "Stop" The first team to complete all passes first wins.

35-45min **Shooting (set shot)**

Review technique from previous session.

Drill: Line up the children in groups on the three point line with a ball in each group. Have the children dribble up to the basket to a distance they can shoot from and perform a jump stop, then take the shot, rebound the ball and pass to the next person in line. Have the children alternate lines to shoot from different positions.

ADVANCE: change the stop to a stride stop, include a crossover dribble on the way to the basket.

Game: Knockout

Players in a line, if you miss and the player behind you makes the basket you are out. Play two games simultaneously so more children get to shoot.

TRAINING SESSION 4

0-10min

Warm-up

Game: Gang up Tiggy

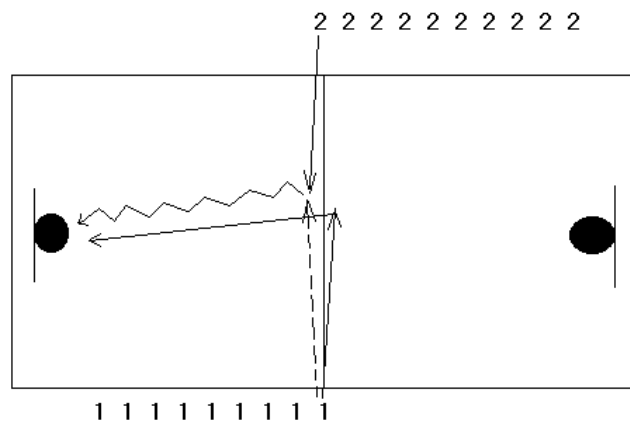
Players spread out inside the half-court, each holding a ball. One player is nominated as 'it'. The player that is 'it' dribbles their ball chasing other players and trying to tag them. Players being chased do not dribble their ball, when tagged that player also starts dribbling and tries to tag players. Last player not dribbling is the winner.

10-15min

Dribbling

Game: Pick up and chase

Player from group 1 rolls the ball out to the middle of the court to a player from group 2, and follows the rolling ball. Player from group 2 picks up the ball and attempts to score at either basket. Player from group 1 chases player from group 2 and attempts to defend. As soon as the first pair moves towards the basket the next pair commences. Players change lines after each turn.



15-25min

Passing & Catching

In pairs with a basketball line up partners facing each other with an achievable distance between them. Begin by explaining the fundamentals of the pass and correct technique as they have a go.

Bounce Pass:

- Hold the ball with fingers and fingertips, not palms
- Have middle fingers pointing towards target
- Step in the direction of the receiver
- Push the ball to the floor, just past the middle of the partners
- Follow through sees fingers pointing at target (floor), thumbs pointing to the floor and back of hands facing each other.

Catching:

- Target hand up
- Fingers spread
- Eyes on the ball
- Move to catch it

ADVANCE: have children pass over greater distances. Add a defensive player between passers to create a game like situation.

25-30min **Body Movement**

Review Jump stop and Pivoting. Teach the importance of balance.

Zig-Zag Running

- Children to run in a zig-zag motion
- Push off outside foot when changing direction]

30-45min **Shooting (layups)**

Beginners usually have difficulty mastering the correct footwork; have them start without a ball. The idea is to get as close to the basket without getting underneath. From the key-line, hold the ball for a right hand lay-up. Lift one knee (from right lift right knee, from left, lift left knee) and shoot.

Step further back, take two steps and shoot. Right-handers take one step right, next step left, lift right knee up into lay-up and shoot. Reverse for left. Let the groups practice without the ball ensuring they are using the correct footwork. Repeat this and introduce a ball at the end for the children to have a go.

When shooting from underneath on either side of the ring, the ball should be aimed at the top corner of the square.

TRAINING SESSION 5

0-10min **Warm-up**

Game: Clapping Game

Each player has a basketball. On the coach's command players throw their basketball up clap and then catch it. Coach calls one, two, three etc and players must throw the ball up and clap the number of times the coach specifies.

ADVANCE: Variations of this can be to try clapping and bouncing the ball and try clapping behind your back, spinning around whilst the ball is in the air.

10-25min **Ball Handling**

Introduce ball handling to the group, have the children spread out in a circle with a basketball each.

- Body Wraps (Head, waist, knees, ankles)
- Single leg and double leg wraps
- Figure 8 wraps
- Ensure good stance, head up – no watching the ball.

ADVANCE: Try each of these skills dribbling the ball instead of passing in the same motion.

25-35min Defence (slides)

Introduce defensive stance and slides to players. Have the group spread out so they can see the coach and can be seen.

- Feet shoulder width apart
- Knees bent
- Back Straight
- Hands up
- Eyes up

After teaching the defensive stance slides can be introduced.

- Feet don't touch
- Keep low
- Keep hands up
- Don't bob up and down

Drill: Slides

Start with the children spread out in front of the coach. Direct the children to slide either left or right by pointing. Players are then to take 3 slides in that direction and then 3 slides back to where they started.

ADVANCE: Increase the drill by sliding more than 3, slide until the coach changes directions. Add jumping in the air and then back into slides.

35-45min Shooting (layups)

Review layup technique from previous session.

Now have the children move back introducing the dribble before the layup. Start with only one dribble and increase dribbles and distance to the basket as the children improve.

TRAINING SESSION 6

0-10min Warm-up

Game: Tunnel Ball

Divide the group into two teams and, line them up with a ball at the start of the line. The children must roll the ball back through their teammate's legs, when the last person receives the ball they dribble to the front of the line and continue. Variations of this game can be to pass the ball over their heads.

10-25min Passing & Pivoting

Review the techniques of passing, jump stops and pivoting.

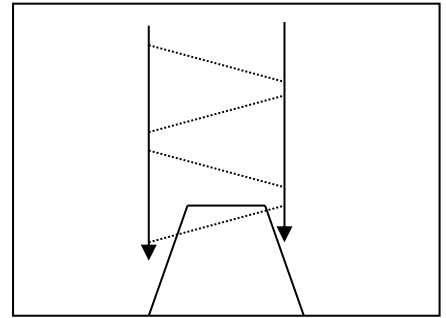
Drill: Divide the group into pairs with a basketball. Have them line up together on the baseline. The first person in the line dribbles to the foul line, does a jump stop and pivots to face their partner and passes back to them. Variations of this drill include using a bounce pass and a reverse pivot.

25-35min Shooting (layups) and Passing

Review technique for layups and dribbling.

Drill: Layups

Line up children at the half-way line in 2 groups. Ball in one group the children run towards the basket passing to one another and finish with a layup. Ensure children are passing in front of their partner.



35-45min Games

Game: Captain Ball

Divide children into two teams. One player is out in front of the group, the group is in a straight line facing the person at the front. The person at the front passes to the first person who then passes back and bobs down. After each player receives the ball and returns it they bob down. The last player in the line to catch the ball runs to the front to become the new thrower. The first team to get their original thrower back to the front wins.

Game: Bull Rush

Players line up on the side of the court with a basketball. One player acts as the tagger, players with the ball try to cross to the other side whilst the tagger tries to knock their ball away.

TRAINING SESSION 7

0-10min Warm-up

Game: Dribble Tag

Nominate 3 to 5 'taggers' must dribble the ball and with their free hand try to tag the other players. When tagged, players must leave the playing area and jog continuously around the outside of the court until everyone has been tagged.

10-20min Passing & Catching

Passing on the move

- Show target
- Pass in front of target
- Hands ready to catch

Drill: Passing Lanes

Pair players at the baseline, one ball each pair. Partners run to the other end of the court keeping a reasonable and achievable distance between them passing to each other.

ADVANCE: bounce passing, dribble twice then pass, and/or finish with a shot.

20-30min Dribbling

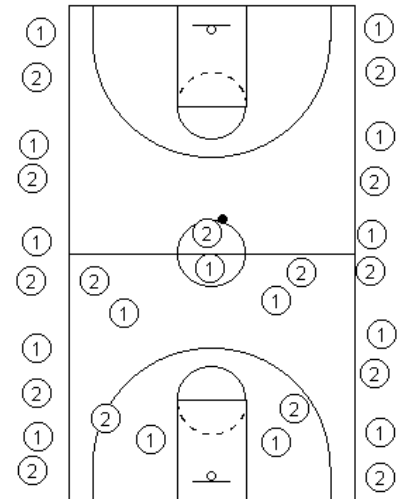
Drill: Obstacles

Start with the children on the baseline in a line with a basketball each. Set obstacles up within the court for the children to dribble around, i.e. cones, chairs. Ensure throughout the drill the children are using both hands, eyes are remaining up and not looking at the ball.

30-45min Games

Game: Sideline Basketball

Two teams of 15 players, 5 on court, the remaining players alternate along the sideline as per diagram. Can play with 12 players (4 on court) or 9 players (3 on court) On court players can pass to their teammates on the court or use the sideline players also. Rotate players from sidelines with players on the court.



TRAINING SESSION 8

0-10min Warm-up

Game: Dribble knockout

Begin with the group spread out in a designated area with a basketball each. Each player must bounce their ball and try to knock the other players ball away. If your ball is knocked out of the area or stops bouncing you are out. Emphasis on looking up, not at the ball.

10-25min Defence

Review technique, stance and slides.

- Feet shoulder width apart
- Knees bent
- Back Straight
- Hands up
- Eyes up

After teaching the defensive stance slides can be introduced.

- Feet don't touch
- Keep low
- Keep hands up
- Don't bob up and down

Drill: Slides

Start with the children spread out in front of the coach. Direct the children to slide either left or right by pointing. Players are then to take 3 slides in that direction and then 3 slides back to where they started.

ADVANCE: Increase the drill by sliding more than 3, slide until the coach changes directions. Add jumping in the air and then back into slides.

Drill: Mirror

Pair the children with a basketball, standing with their partner facing them. The partner with the ball is to move it around whilst the other player in their defensive stance mirrors the ball. Explain to the players that mirroring is used when the player they are defending has picked up the ball after dribbling.

25-35min

Dribbling

Review dribbling technique. Introduce the hesitation dribble. Start with the children in lines on the baseline with their basketballs. Using the foul line and the half-way line as stopping points, introduce the hesitation dribble.

- Only use fingers and fingertips
- Keep eyes up from the ball – “Don’t look at it”
- Do not slap the ball with your palm.
- Protect the ball
- Get down low and bend knees when stopped
- Keep the ball bouncing

35-45min

4 on 4

Line up children in 4 lines on the baseline, these players will be defense, and 4 players on the court spread out on the 3 point line as offense. Coach starts with the ball on the baseline and passes to one of the offensive players the defense must run out to the offense and defend whilst the offence tries to score. If offence wins they stay out the front if defense gets the ball they go out the front and become the next offensive team.

TRAINING SESSION 9

0-10min Warm-up

Game: “Coach Says”

Have the children spread out in front of the coach without basketballs. Anything that begins with “Coach Says” must be done. Like “Simon Says” if the coach doesn’t say “Coach Says” before telling the group what to do then anybody who does it is out. When playing the game use basketball terms ie. “Coach says Defence” the children must then get down in their defensive stance and yell out “defence”. “Coach Says Rebound” the children must jump in the air with their hands up yelling out “rebound”.

ADVANCE: the coach can introduce more movements into the game; sliding in defence, taking a charge, running forwards and backwards.

10-20min Ball Handling

Review Ball Handling with the group, have the children spread out in a circle with a basketball each.

- Body Wraps (Head, waist, knees, ankles)
- Single leg and double leg wraps
- Figure 8 wraps
- Ensure good stance, head up – no watching the ball.

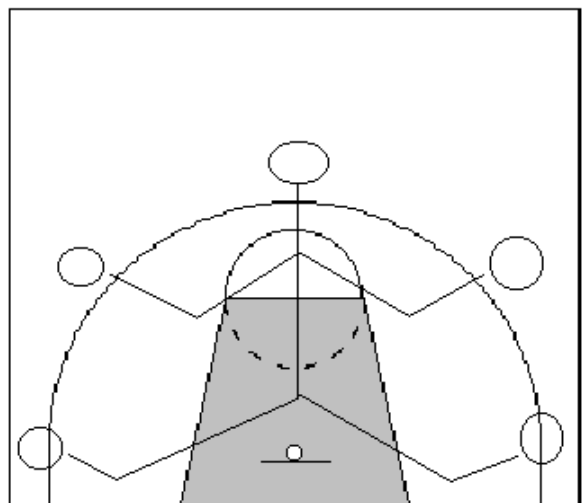
ADVANCE: Try each of these skills dribbling the ball instead of passing in the same motion.

20-35min Team Skills (offence)

Drill: ‘Head’, ‘Hands’, ‘Feet’

The concept of spacing can be taught using “Head-Hands-Feet”. On the diagram to the left, the circles represent an offensive alignment that has good spacing. It is called “5 out” as all players start on the perimeter.

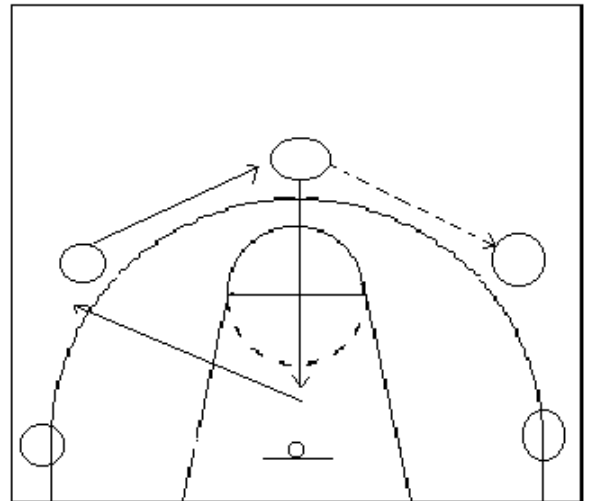
By joining these positions we can draw a “stick person” with their “Head”, “Hands” and “Feet” representing the offensive positions.



Players are taught that every cut should be made to the “Heart”, which is the shaded area. Initially players can cut to the heart and then back to where they started.

Subsequently, have a player pass the ball and cut into the heart. While they are in the heart, whoever is closest to their position (head, hand or foot) cuts to that position and the first person swaps. This is shown below:

The Head passes to one hand (dotted line) and cuts to the heart. The other “Hand” (who is closest to the “Head” position) cuts to that position. The original “Head” cuts to the vacant “Hand”



35-45min **Game Practice (5 on 5)**

Encourage children to use what they have learnt.
Modify rules to suit the needs of the participants.

TRAINING SESSION 10

0-10min

Warm-up

Game: In's and Out's

Start with the children lined up behind the base or sideline with their hands on their knees. The coach calls "In" and the participants have to jump forward over the line with their hands remaining on their knees. The coach then calls "Out" and the children jump back out behind the line with their hands still on their knees. The coach then continues with the calling, the children are eliminated if they are tricked by the coach or they take their hands off their knees.

20-30min

Shooting

Review technique from previous session.

Drill: Line up the children in groups on the three point line with a ball in each group. Have the children dribble up to the basket to a distance they can shoot from and perform a jump stop, then take the shot, rebound the ball and pass to the next person in line. Have the children alternate lines to shoot from different positions.

ADVANCE: change the stop to a stride stop, include a crossover dribble on the way to the basket.

30-40min

Team Skills (offence)

Review 'Head', 'Hands', 'Feet' from last week

40-45min

Game Practice (5 on 5)

Encourage children to use what they have learnt.
Modify rules to suit the needs of the participants.

4. Training Planner

Each section should last around 10 minutes and might have two activities planned for a section.

<p>WARM UP</p> <p>Plan the warm up section of the training. Warm ups need to be designed to get the players ready to practice and enhance their skills at the same time. For instance, the players need to shoot for five minutes and then run for five minutes.</p>	
<p>SKILL DEVELOPMENT</p> <p>Pick activities to develop the skills in the next section of the training. The best way to do this is to watch the players and see where they need the most help. Skill development is used for creating plays, teaching rebounds and instructing the team the specifics of basketball game play.</p>	
<p>FITNESS</p> <p>Select activities that help the team gain stamina and fitness such as continuous dribbling, running lines or practicing various forms of passes. Remember to review the players' skills so you can emphasize what each player needs.</p>	
<p>COOL DOWN</p> <p>Set aside a cool down period. A cool down period needs to consist of less strenuous activities such as taking turns making free throws or dribbling in place.</p>	

5. Game Day Resources

SAMPLE MATCH REPORT

Below is a sample match report which some coaches may wish to write up after each match and email to the players. This will help the players know what to focus on before their training session.

Match Report 13th February 2024

Well after a nail biter of a game, we had our first loss in the main season this week after we played a very determined Ashy Stars.

We had a really slow start to our game, not scoring many baskets in the first half. The second half was a completely different scenario however with us almost pinching what would have been a brilliant victory. It wasn't to be though – so where did we go wrong?

- **Ball Movement** – Our ball movement was too slow this week and our players receiving the passes weren't moving towards the ball when it came their way. We always must remember that if you want to receive the pass in – run towards the ball, or move with your hand out where you want the pass to go too.
- **Rebounding** – We are starting to take more rebounds but have to try to keep the ball once we've rebounded it. We need to 'rip' the ball and then either pass or dribble out of danger fast.
- **Picking up our Players** – We need to focus on picking up our players in defence. Far too often during this week's game we were caught taking a nap looking around wondering who we should be on – in the meantime they had the ball down the other end. **STAY FOCUSED ON YOUR PLAYER.**

On a positive note, I absolutely loved the way our girls fought back and kept fighting right to the end. Our spirit and determination was inspiring to watch.

Shining Star Award

There were two Shining Stars this week. The first was given to Georgie who filled in for us and played just a brilliant little game. Her determination to get in there and give it a red hot go was just awesome. Well done Georgie on a great game.

The other award went to Sarah. Sarah played her little heart out, did some great drives and had a great shooting game. Well done Sarah on getting in there every time and giving it your best effort every time.

Remember it's photos this week so please everyone come in full uniform. See you all at training this Thursday at 4pm at Waverley – WITH WATER BOTTLES.

Quote of the Week:

WESTERN
SCORPIONS



You are a Rising Star

Congratulations to

*You are a rising star
because you*

TEAM COACH

DATE

/ / 2010