

D.E.A.A.

Basketball Coach's Clinic

Tuesday, January 12th, 2010

I will present some rules for organizing a practice and a practice plan structure that I try to follow.

Practice Planning Rules:

- Plan your practice ahead of time.
- Keep the practice moving (dead time will kill you). If you don't keep the kids busy, they will find a way to keep themselves busy. And they typically don't choose the same type of activities that a coach would.
- Don't try to cover too much material, and don't concentrate on one topic too long. You will have to tailor this rule to fit your team. The age and skill level of your players will have to be taken into consideration.
- Always save time to allow for a scrimmage. The kids can't learn how to play the game without playing the game. You may have to modify the rules of the game early in the pre-season if the players have not been introduced to all of the skills and or rules of the game.
- Save the "fun things" for last. I use the scrimmage as a "treat" for getting through all of the other material.
- Try to get the kids tired before "lecturing" them. I typically combine water breaks with "lectures". The kids are tired so they might need a drink, and they are less likely to goof around.

Practice Plan Structure: Similar to a good speech, where you tell the audience what you're going to tell them, you tell them and then you tell them what you told them. A good practice involves telling the kids what they are going to work on, working on it, and then telling them what they just worked on. This approach does two things for the kids. First, it allows them start thinking about the sport. We all know that only half of any sport is physical, the other 90% is mental. Second, they need the mental repetition as much as the physical repetition.

1. Individual Skill Work / Warm-up
2. Full court drill(s)
3. New drills/concepts
4. Team offense / defense -> scrimmage

SHOOTING HOOPS: MECHANICS

Balance

- Feet shoulder width apart, with feet and shoulders square to the basket
- Slightly staggered stance (one foot in front of the other). For right hand shooters the right foot is forward. Feet should be below hips and shoulders.
- Knees are flexed
- Head is level and above base of support
- Slight flexion forward at the hip joint
- Look up with eyes

Alignment

- TAP - " Triple Attack Position "
- Start with ball in shooting pocket around waist area (Right side for right hand shooters). Shooting hand somewhat on top (slightly bent or flat).
- The shooting hand (assume right hand) on the ball should be comfortably spread and resting on the pads of the hand (the pads are the fatty portions of the hand located at the base of the fingers and thumb)
- The guide hand (the off hand) is placed on the side of the ball also comfortably spread and in a position where it will not interfere with the shot. It will be used to guide or hold the ball in position as the shot sequence begins NOT as a source of power.
- To check if your hands are positioned correctly the thumbs of your two hands if extended and intersecting would form a "T" - with the shooting hand thumb the base of the "T"

Eyes

- Focus on the target. Shooters differ in their target so to make it simple focus on the basket.

Elbow

- When the ball begins in the shooting pocket the elbows are tucked into the side but close to the body near the hip area. The shooting hand elbow will be along the right side of the body almost in line with the right foot.

Extension and Elevation

- As you begin to shoot from the shooting pocket you must lift the ball straight up (along the right side for right handed shooter).
- Begin to cock your wrists so you see " wrinkles in your wrist "
- At the same time begin to straighten up with your feet and extend or straighten your elbow of your shooting arm which should now be below the ball. As your shooting arm extends focus on extending it " Up and Out " to get a good arc on the shot.
- Visualize shooting out of a telephone booth.

Follow through

- Snap your wrists (wave good bye to the ball). Let the ball roll off the fingers. If this is done correctly then the shot will have a backspin to it which softens the shot if it hits the top of the rim
- All the fingers are wide open, with no bent knuckles. The index finger and the middle finger (referred to as the " Shooting Fork ") as well as the elbow and the shoulder form a straight line and should power through the centre of the ball.
- The " Shooting Fork " should be along Shot Line .
- The guide hand remains almost motionless and does not go across the face.
- A perfect follow through would be when all these joints (knees, hip, elbow, wrist and fingers) work together . Knees locked, hips locked, elbow locked, wrist through along shot line, fingers wide and along shot line. As well the body comes down in the same spot as it went up from.



CLOSING COMMENTS: To become a great shooter you must form good shooting habits by making a commitment to improve, by doing it correctly, taking thousands of shots eventually at game speed and having the confidence that you can do it.

Catch Up

Coach Muffet McGraw
School University of Notre Dame

Purpose

To work on offense's transition to defense, learning how to work in a three-on-two situation defensively.

Organization

Three defenders line up along the free throw line, and three offensive players line up on the baseline using one ball.

Procedure

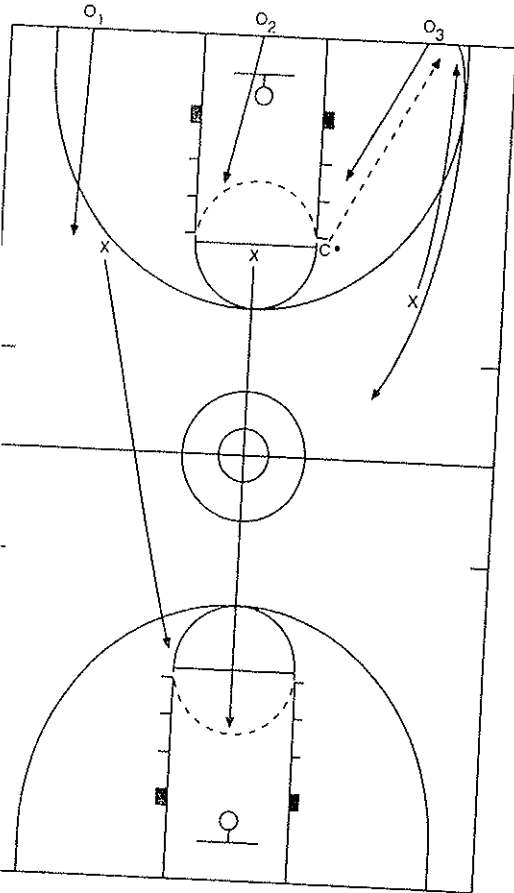
1. The coach throws the ball to any of the three offensive players on the baseline.
2. Whoever has lined up across from the offensive player is her defender; this player runs to touch the baseline while the offense takes off three-on-two.
3. The third defender sprints to catch up and then play becomes three-on-three.

Coaching Points

- The defense should communicate and form a tandem until the third defender arrives.
- Usually, the last defender down guards whoever is at the top of the key.

Variation

Play it live and come back down the court three-on-three using full-court pressure.



Three-on-Two, Two-on-One Continuous Conversion Drill

Coach Barbara Stevens
School Bentley College

Purpose

To teach offensive and defensive decision making in numerical advantage and disadvantage situations.

Organization

Players begin the drill on the endline with the ball in the middle. Two tandem defenders start in the center circle. The rest of the team is split into two outlet lines at one end of the court.

Procedure

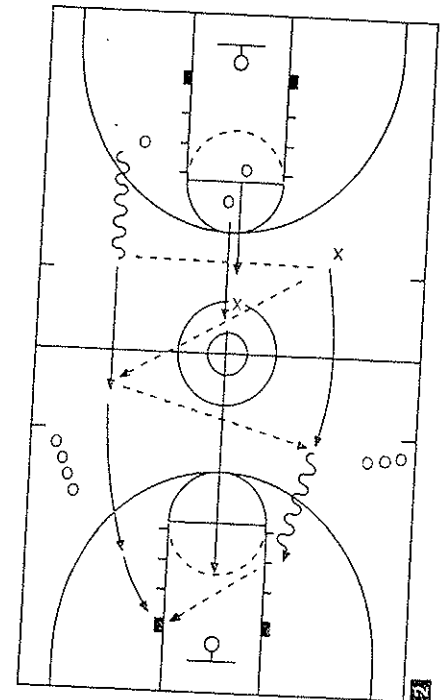
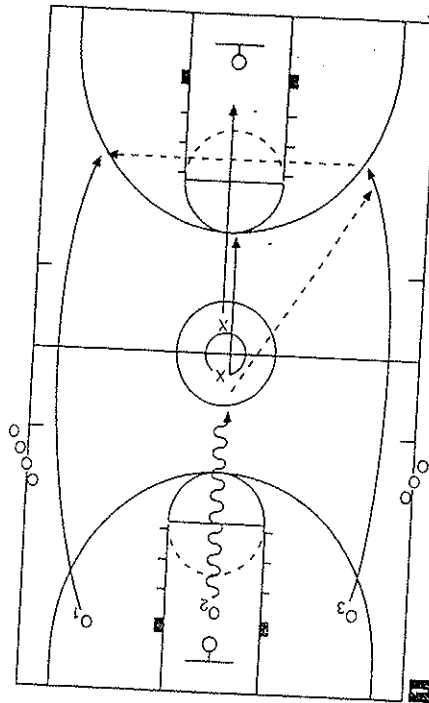
1. The three offensive players attack the two defenders.
2. If the offense scores or the defense gets possession, the two defenders come back on offense against the last player to touch the ball on offense (two-on-one). (See diagram 1.)
3. The two remaining (formerly) offensive players go to the center court circle to become the next tandem defenders (see diagram 2).
4. Only allow one shot in the two-on-one segment. Whether it's made or missed, any one of the three players may outlet the ball to one of the outlet lines and fill a lane in the next group of three to attack the waiting tandem defense.

Coaching Points

- Limit the number of passes the offense makes to score. The more passes made, the more time the defenders have to recover.
- Pass the ball ahead to shift the defense.
- Defenders need to talk, shift quickly, and not force the offense into several passes.

Variation

Run this drill for a designated amount of time. It is competitive and can reward the player who hustles to stay in the drill!



56 Three-on-Three Passing, Cutting, and Spacing

Team • 4 minutes

Skill Focus Chest pass (38); bounce pass (38); overhead pass (38); pass receiving (38); slide step (40); fake passing (41); V-cut (47); middle cut (48); back-door cut (49); flash pivot cut (50); motion offense rules (90)

Intermediate

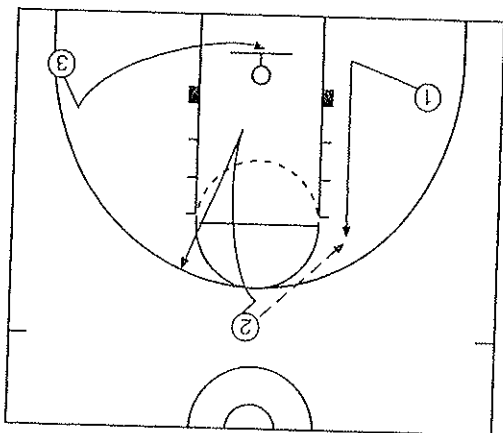
1. Use three offensive and three defensive players (see diagram). For clarity's sake, defenders are not illustrated in the diagram.
2. Defenders play live defense. Offense players make the cuts dictated by the play of the defenders.
3. Do not allow dribbling in this drill; players must score by cutting, using motion offense rules.
4. After two minutes, offense and defense switch roles.
5. In the diagram, which is just one of an infinite number of sequences of cuts, 1 V-cuts to the side high post. Player 2 passes to 1 and immediately cuts back-door. Meanwhile, 3 has cut back-door on the baseline. (Remember, every player must move on every pass.)
6. Meanwhile, 2 has V-cut back away from the basket to a side post position. On this second pass both 1 and 3 must make another cut (not shown). This continues until the offense scores.
7. This is a live three-on-three drill with no dribbling. Each player must be aware of proper spacing (15 feet).

Options

1. Designate a maximum number of passes; the offense must score or the offense changes places with the defense.
2. Require that the defense stop the offense two consecutive times before the defense rotates to offense.
3. Emphasize a certain cut by allowing points each time the offense can maneuver and get that particular cut.
4. Allow only layups--this will result in many more cuts.
5. Give the offense the ball five times, then the defense gets the ball five times. The team that scores the most in their five turns wins.

Teaching Points

1. Teach the cutting rules of motion offense: Use the cut your defender gives you, and Maintain 15-foot spacing.
2. Teach this motion offense rule: Every player must move on every pass.



92 Three-on-Three No-Dribble Drill

Team • 5 minutes

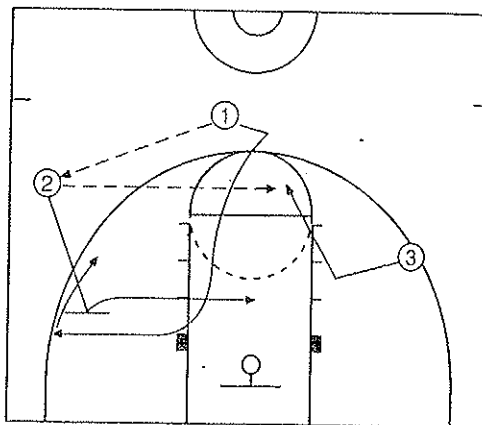
Skill Focus Triple-threat position (6); rocker step (8); jump stop (33); stride stop (34); chest pass (38); bounce pass (38); overhead pass (38); pass receiving (38); fake passing (41); V-cut (47); middle cut (48); back-door cut (49); flash pivot (50); screen away (59); screen and roll (59); screen and fade (59); motion offense (90); fence slide (96); front foot to pivot foot (97); advance step (99); retreat step (99); swing step (99); jump to the ball (103); deny the wing (104); closeout (105); deny flash pivot (106)

Beginner

1. Begin without a defense. After several practices, add the defense. The purpose of this drill is to add the screening maneuvers to the cutting maneuvers in the motion offense. No dribbling compels the attackers to cut and to screen.
2. During the early drilling, don't let the players score. They are to just hold the ball a few seconds, then pass. After a few drills, allow scoring. On any score, teams switch roles.
3. The diagram shows 1 passing to 2 and 1 middle-cutting to the basket, then to the corner. Player 3 V-cuts to the top of the key.
4. Then 2 passed to 3, and 2 set a screen for 1. Player 2 rolled, and 1 came around 2's screen for a jump shot. This is only one of many sequences the players could develop.
5. You should begin with the rule that you cannot have more than two passes without a screen being set; otherwise the players will just pass and cut instead of pass and cut and pass and screen.

Option

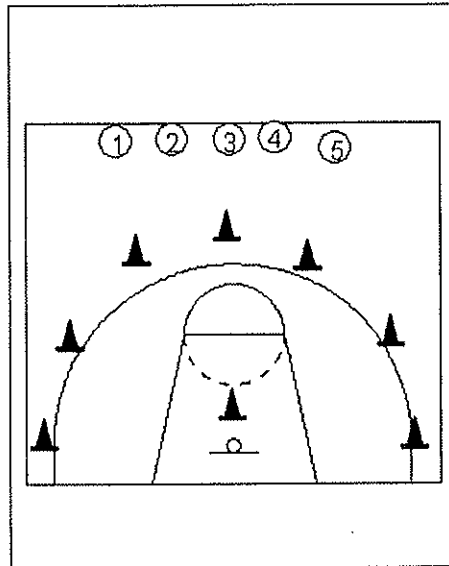
The defensive team must stop the offensive team twice in a row before they can rotate to offense.





Beginners offense

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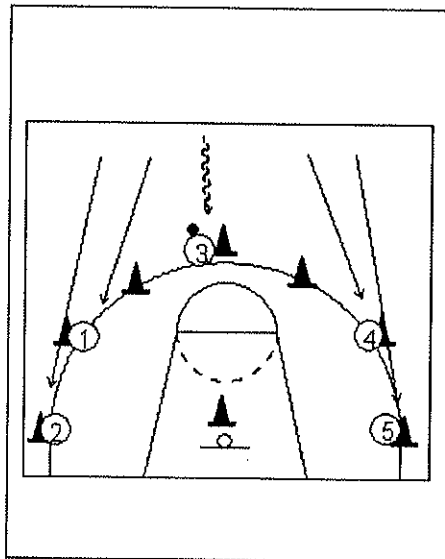


1) Beginners Offense

The key thing with young athletes is spacing. Every player should learn to play every position. Offense is not about learning a pattern, it is about learning to use their skills to work together to put the ball in the basket.

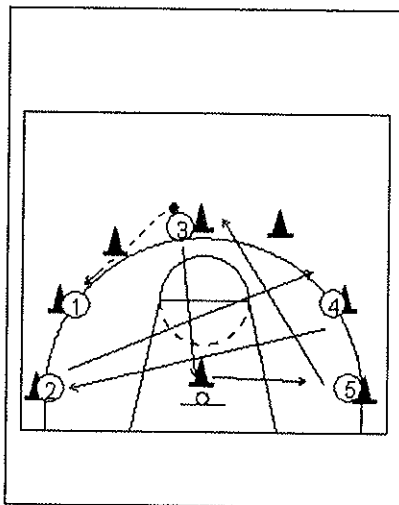
Step One

Eight pylons are positioned around the floor. One at the top, two on the swing, two on the wing (foul line extended), one at the front of the basket and two in the corner (the 3 point line straightens out). The younger the players the closer you can move the pylons to the basket. But remember that these do not have to be in the players shooting range. When the coach says go the players fill five of the eight spots (no basketball). When the coach says change the players move to a new pylon.



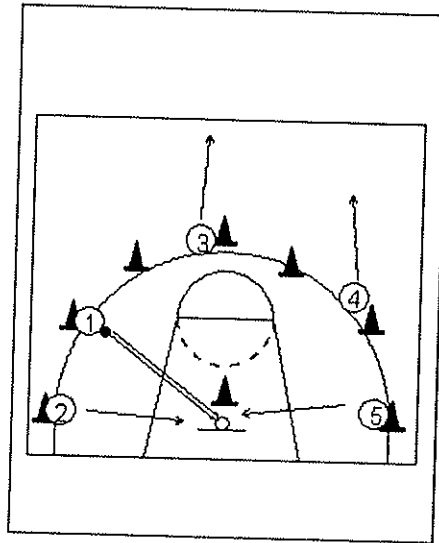
2) Step Two

This time the players start at half with a ball. The player with the ball takes it to the top or one of the swing spots. The other players fill the open spots. Ideally we want to have some balance. It is not a good ideal to have the right corner, right wing right swing and top all filled at the same time. Make a pass, count to 3 and everyone without the ball must move to a new spot. The reason you wait is to allow the person with the ball to time to get ready.



3) Step Three

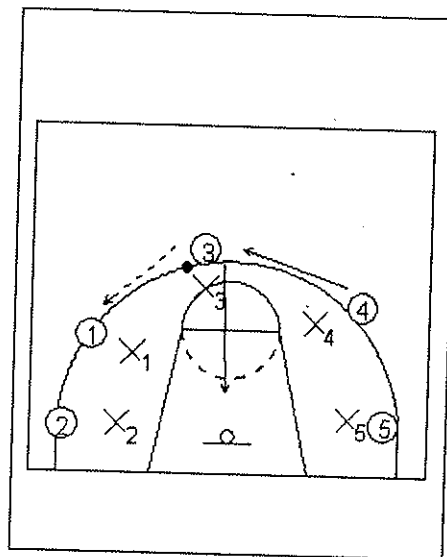
Now the player who passes the ball cuts to the basket. Count to three, everyone finds a new spot. The player with the ball is taught to scan the rim first, and then look to the right and left. This is teaching players "global" basketball. Everyone plays every position.



4) Step Four

Rebounding

Anyone above the foul line extended goes back on defense, anyone below goes for a rebound. You now have a great little offense for beginning basketball players. To score the players incorporate the skills they have been taught. Avoid the temptation to teach a set play and putting players in assigned positions. Each time the players are on the floor let different players bring the ball up the floor and inbound the ball.



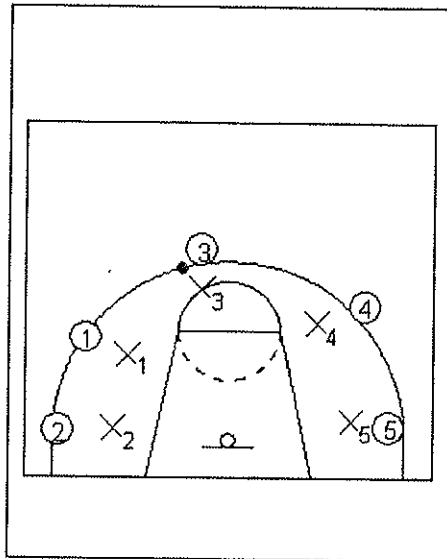
5) Games Approach

#1 - Control - No dribbles

The players play five on five basketball (note: if you have 12 players play 6 on 6 with younger players) with no dribbling.

load

- score by passing to a player in the key
- play full court
- have a violation if two offensive players are in the key at the same time (only if they are stopped and looking for the ball)
- make the defense play close to the offensive to put more pressure on the ball.
- violation for not squaring to face the basket
- violation for holding the ball above the head



6) #2 Attack - One second rule

In this version the offensive player must make a decision with the ball within one second upon receiving the ball. The player must pass, dribble or shoot. This forces the players to think quickly and make decisions off the dribble.

This can be loaded the same way with a few additional rules:

- must use weak hand dribbles
- give extra points for a pass pass

Some Coaching Websites

X's and O's blog by Mike MacKay, Canada Basketball

<http://www.basketball.ca/en/hm/blog/?sid=210>

Youth basketball community presented by NCAA and NBA

<http://www.ihoops.com/>

Coach's Clipboard Basketball Playbook

<http://www.coachesclipboard.net>

Breakthrough Basketball

<http://www.breakthroughbasketball.com>

Power Basketball

<http://www.powerbasketball.com>

