



**DIAMOND VALLEY BASKETBALL
COMMUNITY DEVELOPMENT
COACHES GUIDE**

Ages 8-10



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TRAINING

Most training sessions coach's conduct with teams should be composed of a series of drills which are designed to develop or improve a particular aspect of each individual's skills.

When deciding which drills you would like to use, choose some which develop each aspect of the game. The drills are designed to give you a guide and be utilised as a jumping off point in your coach development.

For e.g. A session could consist of 1.5 hours which maybe split up the following way:

½ hour ball fundamentals
½ hour shooting
10 mins passing
10 mins defence
10 mins fun game

This of course can be varied if your team needs to work more on a certain aspect of the game. Each drill should be run between 5 mins – 8 mins but once again maybe varied according to the interest and need.

Maintaining interest and intensity is the most important. The drills should be competitive where a player can match their skills against one another.

GAME STYLE

Offence

When choosing what offence to run keep it SIMPLE. Give all players a copy of the offence. Under 9-11 age groups should start by teaching 3 basic cuts-back cut, curl cut, flare cut. These 3 cuts allow you to run motion, or basic offense.

Defence

Man to man defence should be run as much as possible especially in the younger age groups. Teaching players to be able to find their players early is a skill that needs attention. Teaching your athletes how to contain their player in the quarter court will allow you then to extend to full court defence.

GENERAL COACHING TIPS

- Have a practice plan- Look organised and act organised
- Warm-up/stretching should be done before training starts and before games
- Encourage different skills to be used in each drill encourage them to challenge themselves at training.
- Have offence and defence planned before start of season. You can teach your offences through a series of drills that use all fundamentals gradually fitting into a pattern that eventually becomes their offence.
- All players should be a part of the offence
- Taller players should be worked on to develop agility balance and control
- Shooting off the dribble
- Encourage 1 on 1 offence
- Teach players to be aggressive and tough
- If a player is disruptive at training and is a source of dissention, she/he will more than likely affect the team morale during training and consequently during games. Engage player and parent early to see where you can assist them to transition into trainings.
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INDIVIDUAL AND TEAM SKILLS

Individual Offence

Skills

- Dribbling
- Dribbling- Crossover (Speed and Slow)
- Reverse Pivot
- Change of direction
- Stop/Start

These skills are to be done both left and right hand

Passing Chest Pass (2 Hands)

Bounce Pass (2 Hands)

Chest Pass (1 Hand)

Bounce Pass (1 Hand)

Passing on the move left and right hand

These passing skills to be done with the emphasis on triple treat position.

Receiving

Chest Pass

Bounce Pass

Receiving on the move

These receiving skills should be executed with the emphasis on standing still.

Shooting

Set shots

Foul shots

Lay-ups (left and Right hand)

Back Board shooting

Left and right hand lay-ups are a must at this age group

Pivoting Jump stops
 Stride Stops
 Pivot and Pass

Pivoting must be taught both left and right feet

Leading Inside foot
 Crossover Step
 Reverse Pivot
 V Cut

Creating a lead must be taught with right and left hand sides of the body and court must be covered.

Individual Defence Skills

Stance- Head, arms and legs Balance

Sliding –Lateral, forward and backward, drop step, step up

Defending the dribbler
 Position (eyes, feet, and hands)
 Closeout

Defending the Ball
 Vision (defensive triangle)
 Playing the lanes
 Denying the pass
 Fronting

Team Offence

 Basic Principles of offence
 Passing and moving
 Pass and cut
Paying special attention to court balance

Fast Break Rebound and Outlet
 Filling lanes
 Spreading out
 Driving and dumping

Team Defence

Teach how to contain man then extend to full court man

Man to Man Matching up
Sighting man and ball
Lanes
Help and recover
Shell Drill (to be done every session)

Skill: Receiving

It is essential that all players learn the correct procedure in receiving the ball so that they will be ready to advance the ball through dribbling, passing or shooting

Teaching Points:

1. Body Balance – Feet Spread
2. Provide a good target –one hand or two handed but receive the ball with both hands
3. Keep eyes on the ball all the way into the hands
4. Ball caught with mainly the fingers and not the palms
5. Absorption on the catch is through the fingers, wrists and arms
6. Elbow flexed
7. Bring ball into the chest
8. Step to meet the pass
9. Thumbs behind the ball
10. Work hard to get clear for the pass

Drills for Receiving

Same drills as for the passing but coach watches the receiver.

Leading

Most offences are dependent on a player being able to receive a pass in a specified position. The following moves a player can make to free him:

1. The straight lead out
2. Backdoor
3. The V cut
4. The triangle
5. Step in and pivot

Straight Lead

In less than 12's the straight lead out is effective because the defence tends to be soft. The receiver lines up in a low post position with his defender behind him and quickly breaks out to the wing position. The player should make a target for the pass with his outside hand, which will be further away from the defence.

The player receives the ball in a stride stop position and after receiving it pivots to face the basket.

The V

The player can't get the ball so makes a strong backdoor move, then he plants his inside foot and quickly changes direction back out to the wing position making a target with outside hand.

Skill: Passing

Emphasis is on moving into space and receiving the ball

Organise groups of 3 or 4 use lines marked on the court.

1. Standing in half court, spread out, pass ball anyway to partners. Number of partners in 30 secs.
2. Moving around half court passing to partners, person with ball is not permitted to move. Pivoting is allowed and encouraged.
3. Add defence in 3's and 2on 1. In 4's and 3on 1

Object is to pass to a partner and move into a space to receive it back again.

Rules

1. Ball is not to be passed over the defensive man's head
2. Holding the ball for only a short period 3 sec, 5 sec
3. Work towards passing with two hands
4. Pivoting is encouraged
5. Defence to play between players also putting pressure on the ball

Points

1. Encourage movement
2. Quick passing
3. Good vision not looking directly at defence player
4. Encourage chest, bounce and one handed push pass

Passing against Wall- Distance 2 m by 10 times

Chest Pass

Bounce Pass

Baseball Pass

Finger tapping against the wall using both hands.

Partner Passing: work in pairs one ball to each pair.

Chest Passes

Overhead Passes

Push Pass

Baseball

Description and practice of chest pass

Step and pass

Thumbs down
Arms extended
Pick target
Use both arms equally

Description and practice of overhead
Step and pass
Thumbs down
Pick target

Description and practice of push pass

As in chest pass
Practice right and left hand
Have lines move back

Description and practice of baseball pass

Point to target with off hand
Ball moves close to your ear

Under 12's may have a problem with the baseball pass because of strength but they should be able to work on it if targets are set realistically.

PASSING

TWO LANE PASSING

Purpose: To practice different passes while on the move and finishing in transition.

Method: Athletes go in pairs running the seam lines up the court. Passing backand forwards then finishing at the rim.

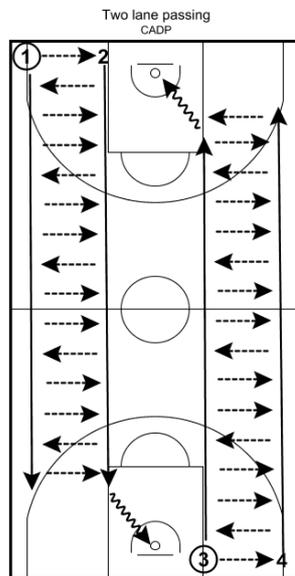
Teaching Points:

1. Game pace facing forward. Not facing each other sliding.
2. Hands ready.
3. Correct hand use.

Beginner: Chest Passes, bounce passes. Finish with layup.

Moderate: Inside pass, inside bounce pass (pocket/drop pass). Finish with power layup.

Advanced: Behind the back, through the legs, finish with post move.



NASH PASSING DRILL

Purpose: To refine ball skills and push passes.

Method: Have two players stand 1.5m-2m apart from each other, and with a basketball in their right hands. At the same time as each other, they are going to take a dribble with their right hand, step out/forward with their right foot, and execute a push pass to the other player. The players will gather the pass from their partner, and then immediately repeat the motion. Continue for 20-30 seconds and then switch to the left hand and repeat.

Teaching Points:

1. Focus on quick pass off the dribble. This helps going forward with passes against pressure defence.
2. In stance.
3. Game speed with accuracy.

Beginner: Push passes both hands, increase distance and forward movement

Moderate: Crossover, through legs and behind back into push pass. Advanced: Dribble on spot with speed, and push pass both hands. Dribble with speed, stop, combination of dribble moves into push pass.

Skill: Dribbling

Elementary Group Practice

Practice dribbling in the following situations

1. Sitting down
2. on knees
3. One knee with eyes closed
4. Standing
5. Standing with eyes closed
6. Standing changing from right to left

Cone dribbling

Use 5 to 6 cones dribble through cones with the below drills

1. Crossover (Below knees)
2. Double crossover at each cone
3. Between legs (Goes through front)
4. Double Between Legs
5. Behind Back (Come to jump stop below bottom)
6. Double Behind Back
7. Combination of all three

Turn Practice drill

Dribble, stop pivot around obstacles and then proceed up the court and towards the other side. Repeat several times

Weaving Drill

Dribble in and out a line of obstacles (witches' hats). Dribble on side away from obstacle; keep body between obstacle and ball. Practice crossovers, reverse and change of direction.

Star Drill

Use two balls C plus G dribble towards the centre, pass to the right and then go left. All players do likewise; ball travels anti clockwise and players clockwise. Then reverse the direction.

BALL HANDLING

MATADOR

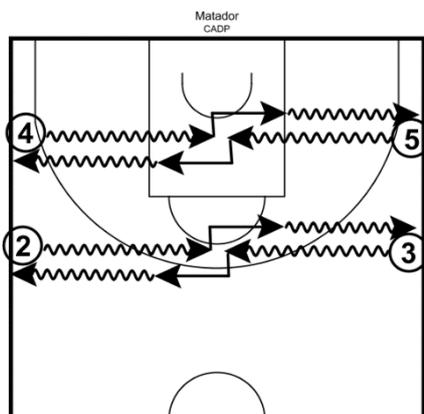
Purpose: To simulate defender coming at the ball handler and to learn multiple dribble moves to evade defence with speed.

Method: Athletes line up spaced out on each sideline. Each athlete should pair up with someone on the opposite line. Both athletes dribble toward each other using the same hand, just before they reach each other, they perform a crossover dribble move to avoid colliding, then continue dribble with opposite hand to the other sideline.

Teaching Points:

1. Keep eyes up, get close and avoid the defence by performing dribble move.
2. Be explosive. Which means be quick, aggressive and purposeful coming out of the dribble move.
3. Finish with other hand at full speed to sideline.

Beginner: Crossover Right hand, crossover left hand, retreat, hesitation. **Moderate:** In and out, retreat to crossover push, behind the back crossover.



Advanced: Wraparound, killer crossover, between the leg's crossover.

Skill: Shooting:

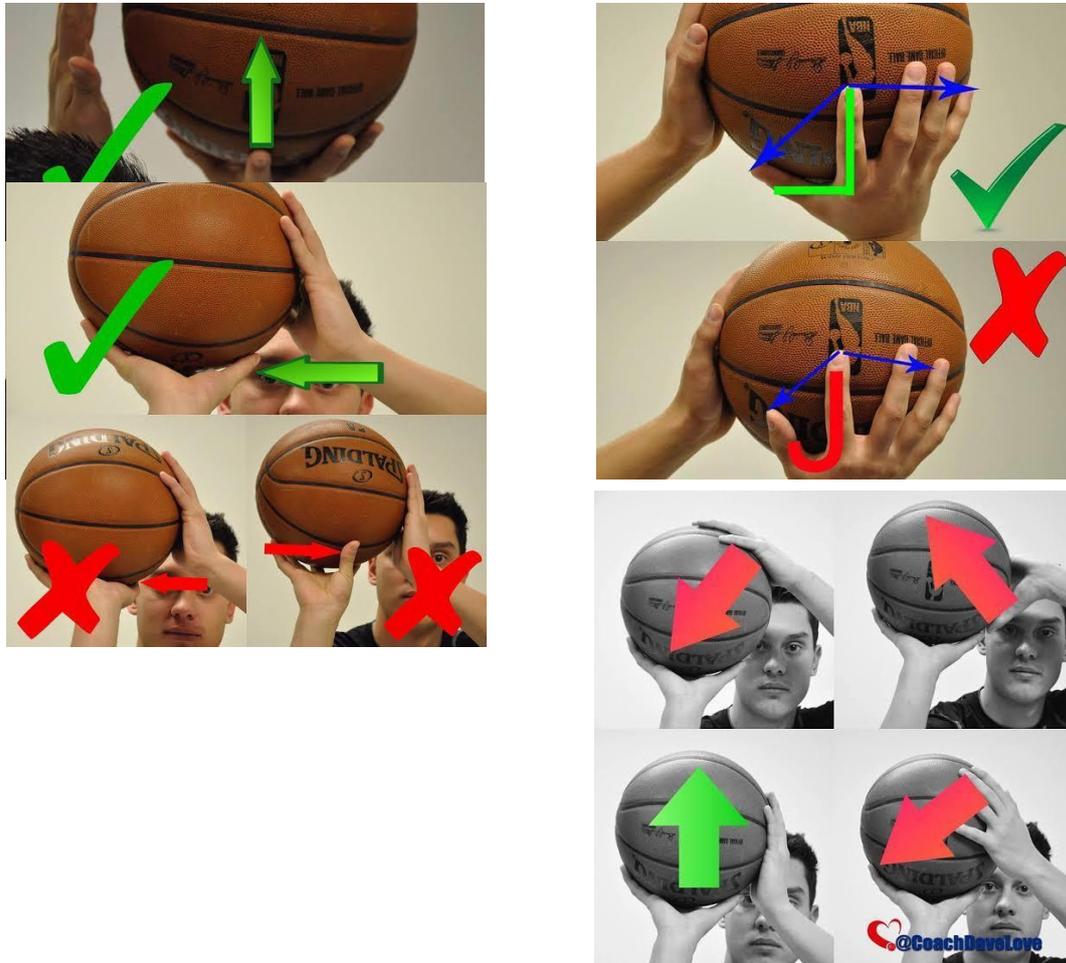
Set Shots

- From foul line
- From the keyway lines
- 10 Shots each position

Shoot a minimum of 5 baskets from each position

Beginner: Replicate good shooting motion on the spot. One hand only. **Moderate:** Shooting with guide hand from a gather 1-2 step.

Advanced: Shooting off the catch or off the dribble from comfortable distance.



Lay-ups

Throw the ball out in front and run onto the ball, catch and lay-up with correct feet.

With a dribble and correct footwork from left and right side

Shot 10 shots left and right side

Minimum of six from each side

Shooting set shots

1. Good Balance
2. right foot forward for right handers, left foot forward for left handers
3. Feet shoulder width apart

4. Knees flexed- power for shots starts here
5. Ball held in fingers
6. head over base
7. back straight leaning slightly forward
8. ball held in triple threat position at waist level
9. eyes on target, back of ring on backboard or front of ring
10. shooting hand, elbow under ball
11. non shooting hand to guide ball
12. shoot through hand to guide ball
13. follow through above head
14. straight arm and wrist snap down
15. backspin on the ball

Shooting lay-ups
No dribble

Right hand

Shot: Run in off left foot
Right arm up in the air shoot
Right knee bent in the air

Left Hand Shot

Run in jump off right foot
Left arm in the air to shoot
Left knee bent up in the air
Add dribble. Note dribble, timing and footwork

Have your group divide up and work from the above spots. (X are shots of the backboard) Each player has 3 shots, and their partner can rebound. When both players have a turn, they move to the end of next line.

- Elbow under Ball
- Wrist cocked
- Right foot in front for right hand shooter
- Wrist action in follow through
- Middle finger pointed at target

Coach can organise shooting games
Whilst games are proceeding you can check technique

There are so many shooting drills for you to do pick some and just keeping check technique and enforcement is essential.

Skills: Dribbling

Stop/Start

Dribble slow
Protect ball with body with opposite knee
Arm up to protect ball
Head up
Knees bent
Left and right hand

Crossover
Dribble the ball from right to left hand in front of the body. Keep the ball low, below the waist. The ball is crossed over very quickly from right to left or left to right. Opposite leg comes across to protect ball.

Reverse
Dribble on an angle across the court left to right pivot on front (reverse pivot) drop back foot around to become lead foot.
Dribble with hand furthers away from defence on the reverse dribble change hands.

Points to remember
Knees bent
Head up
Pull elbow around
Drop back foot around
Head turns before body comes around" looking around the corner"
Protect ball with body at all times

Change of face drill
Players all with the ball line up at one end of the court. When the coach blows his whistle the player dribbles in a straight line as fast as they can use right hand. When they reach the free throw line they stop, take three steps backwards whilst maintaining their dribble, then advance as fast as they can to the centre line, repeat run to the far free throw line, repeat and then the end line. At the end line they turn around and return this time using their left hand.

This drill can also be run as a relay race between teams

Skill Defence: Shell Drill 4 on 4

Players must remain in their area; any player may drive all the way to the basket but must return to their area.

The coach must check that all players are in defensive triangle with vision on the ball and man (emphasize split vision) below foul line. If the ball is in the corner weak side forward should be below the basket.

One pass away from the ball should be in the passing lane.

The coach should make sure each defensive player knows what their responsibilities are.

This drill should be done each training session, so players get the idea of helping out and outstanding defence better.

Skill: Rebounding

Learning to jump without the ball

Timing

Land on both feet

Knees bent

Catch with two hands

Use of hands

Elbows out

Head up Arms above head

Skill: Pivoting

With and without the ball

After stopping use left or right foot

Turn (pivot) on toe-heel slightly off the ground

Non pivot foot is used stepping and moving to gain better position.

Feet spread elbows out to protect the ball

Ball under chin, knees bent and head over ball

Defence: Stance
Sliding
Defending Dribbler
Off ball defence

Defence sliding and drop steps. Drill emphasizes shuffling movement and quick drop step. Run forward and return to defensive position. 3 Circuits each player.

Pair off and play one on one up and down the full length of the court. Emphasize footwork, sliding and getting ball side all the time. Don't cross feet.

Players lead up and receive the ball, turn in triple treat position and play one on one

Offence

Emphasize the crossover step, tempo, no more than 1 dribble and direct path to the basket.

Defence

Emphasize drop step to the middle of court, defensive stance, eyes on middle or stomach of offence, begin within touch distance of the offence.

Offence must remain in their half of the court, drill begins with offence passing ball back and forth twice each, defence must remain in the defence triangle

(vision on ball and man and closer to the basket) when defending away from the ball, defence must jump towards ball when pass is made away from them. After 4 passes play 2 on 2 offence must remain in their half of the court.

TIPS ON SKILL COACHING

- Passing
- Shooting
- Dribbling
- Defence- with and without the ball
- Attack against zone
- When scouting opposition
- Before the game

Passing

1. Do not use blind passes (look one way and pass in opposite direction (use fake and pass.
2. Make your passes chest high unless throwing to a tall girl or back door move.
3. Gauge the speed of the pass with that of the receiver.
4. Pass to the side the receiver away from the defence(outside hand)
5. Make the pass snappy and deceptive
6. get as close to your guard as possible before making the pass
7. Never pass to a team-mate cutting away from you with his back turned
8. Use a fake wherever useful
9. avoid cross court passes
10. do not force the pass
11. don't hold the ball keep it moving
12. keep two hands on the ball so you can dribble, pass or shoot
13. Pass with your wrist and fingers keeping the palms off the ball
14. Meet the ball do not wait for it
15. Use bounce passes against tall players

Shooting

1. Always follow through on the shots don't watch the ball, keep eyes on the target
2. Be sure you have good body balance before shoot
3. Hold the ball loosely by the fingertips keep the palms of the hand off the ball
4. Spin the ball.
5. Take only good shots-make it counts. Have confidence in your shooting
6. Develop finger control

Errors that can occur in Foul shots

1. Over emphasizing the knee bend, which results in carrying the ball almost to the floor
2. Leaning forward with the throw which can cause the shooter to lose balance
3. Lifting and throwing the ball, instead of depending on wrist action and finger control

Momentum for the foul shot is achieved from the bending and straightening of the knees. The heels of your feet come slightly off the floor.

Dribbling

1. Do not take one bounce dribble when you first get the ball. This robs you of the opportunity to move with it
2. Keep your head up and eyes ahead so you can get a good view of what the other players are doing.
3. Do not try to dribble in congested areas
4. Do not slap at the ball- push it to the floor with the fingertips
5. Learn to keep your body between your man and the ball
6. Use a high dribble for speed a low dribble for control and deception
7. Fake with your eyes, head and body when dribbling, this gives the defensive man added pressure
8. Dribble only when necessary. Over dribbling is a waste of time. Passing will advance the ball quicker than dribbling

Players without the ball

1. Move at all times to prevent the defence from double teaming a team-mate
2. Keep the middle of the court open to permit plays down the middle
3. Set up a screen for team-mates
4. Be alert, to cut in for a possible play

Defence Tips Man to Man

1. Assume correct defence position
2. Know how to slide and switch
3. Play between your man and the basket
4. Do not cross your feet, use correct stance
5. Do not turn back on ball
6. Avoid fouls
7. Do not leave feet
8. Always move with the dribbler instead of stabbing at the ball
9. Double team when opportunity presents itself
10. Play in front of your man when necessary
11. Try intercepting passes without losing track of your man. Watch the opponent stay in triangle
12. Play man up and in
13. Be ready to switch and help out a team-mate if the occasion arises
14. Get back in defence quickly call your number

