



jr.nba



# CODE OF CONDUCT & VALUES OF THE GAME



## ABOUT THE NBA

The NBA is a global sports and media business built around four professional sports leagues: the National Basketball Association, the Women's National Basketball Association, the NBA G League and the NBA 2K League. The NBA and the International Basketball Federation (FIBA) also jointly operate the Basketball Africa League (BAL). The NBA has established a major international presence with games and programming available in 215 countries and territories in more than 50 languages, and merchandise for sale in more than 200 countries and territories on all seven continents. NBA's digital assets include NBA TV, NBA.com, the NBA App and NBA League Pass. The NBA has created one of the largest social media communities in the world, with 2.1 billion likes and followers globally across all league, team, and player platforms. Through NBA Cares, the league addresses important social issues by working with internationally recognized youth-serving organisations that support education, youth and family development, and health-related causes.

## ABOUT BASKETBALL ENGLAND

Basketball England is the national governing body of the sport in England. We promote, administer and govern basketball for all levels for participants of every age and ability while offering specialist guidance on improving standards of the game, facilitating education and training opportunities and delivering a competitive outlet through leagues and tournaments and progression to our national teams.

### **Basketball England's Mission**

- To be an inspirational sport that is accessible to everyone

### **Basketball England's Vision**

- To be an inspirational sport that is accessible to everyone

## JR. NBA BASKETBALL ENGLAND LEAGUE

The Jr. NBA Basketball England League is an exciting partnership between the National Basketball League (NBA) and Basketball England, creating competitive leagues for boys and girls aged 11-13. Leagues feature 30 schools that will be branded by a NBA team, competing in an 8-game season and culminating in a single game elimination playoffs to determine the Jr. NBA Basketball England League champions. The Jr. NBA Basketball England League format will mirror the NBA including a virtual Draft, Conference finals and a Jr. NBA final.

The objective is to leverage the excitement of the NBA and Basketball England, brands to inspire and engage more young people to participate in basketball by having a fun, positive first experience with the game. Leagues will also promote common NBA and Basketball England, values as well as encouraging physical activity and healthy living.

## REGULAR SEASON FORMAT

- 30 NBA branded school teams split into Eastern and Western Conferences
- Six (6) divisions, three (3) Eastern Conference divisions (Atlantic, Central, Southeast) and three (3) Western Conference divisions (North West, Pacific and Southwest)
- Five (5) teams per division, teams will play a minimum of eight (8) games (schools to host at least one (1) round)
- Team's position in the regular season league table will be determined by the number of wins and losses each team incurs
- Schools that host the matches will be responsible for hiring and paying two qualified referees and two table officials
- Size six (6) balls will be used for all Jr. NBA Basketball England League matches.
- Players will be provided with Jr. NBA Basketball England League branded NBA T-shirts. These should be worn for all Jr. NBA games
- Schools coaches/P.E teachers should contact each other and match officials prior to the fixture to organise the game, time and the playing colours, so there are no clashes. It is up to the home team if there is a clash of colours to change their kit or provide bibs for the match
- The home team is responsible for confirming the game on the Monday prior to the match (Wednesdays), to the away Team(s), match officials and Basketball England.
- Home teams are responsible for providing results and top 3 scorers by 12pm the following day (Thursday) of the match to Basketball England
- Each Jr. NBA Basketball England League team is allowed a maximum of 12 players
- Up to twelve players are allowed on the score sheet along with the coach and assistant coach, if available. (12 players is the maximum allowed on a team in the league)
- Schools must provide their own Head Coach and if possible an assistant coach, this can be the schools P.E teacher or a coach previously contracted by the school.
- A nominated captain of the school should be awarded to a member of the school team
- If a coach is disqualified during the game they should be replaced by an assistant coach, teacher of the school or parent in attendance. The team has to be supervised by an adult or the match will be forfeited. It is recommended that in addition to a coach and assistant coach (if available) that a team manager is also available on the bench

- Any players ejected from the game will need to leave the courtside area and will not be allowed to continue in the game. However, they should not be ejected from the sports hall
- A visible scoreboard and clock showing the time for the game in minutes shall be provided by the home team at every match. These facilities shall be clearly visible to both the teams' benches
- Basketball England score sheets to be used at all matches played
- Pink score sheet will be given to winners and yellow score sheet to the losers. Both schools are required to provide details of match score and top three (3) scorers by 12pm the following day
- Match officials and school teams required to be at the match thirty (30) minutes prior to the game
- Match officials are required to provide their own uniforms, whistles etc.
- All schools will be given fixture list and venue information prior to the start of the season
- Any change of date or venue will be well publicized either via phone call or email

**Tie Break** - In the event of a tie in league points at the end of the season, this shall be resolved as followed:

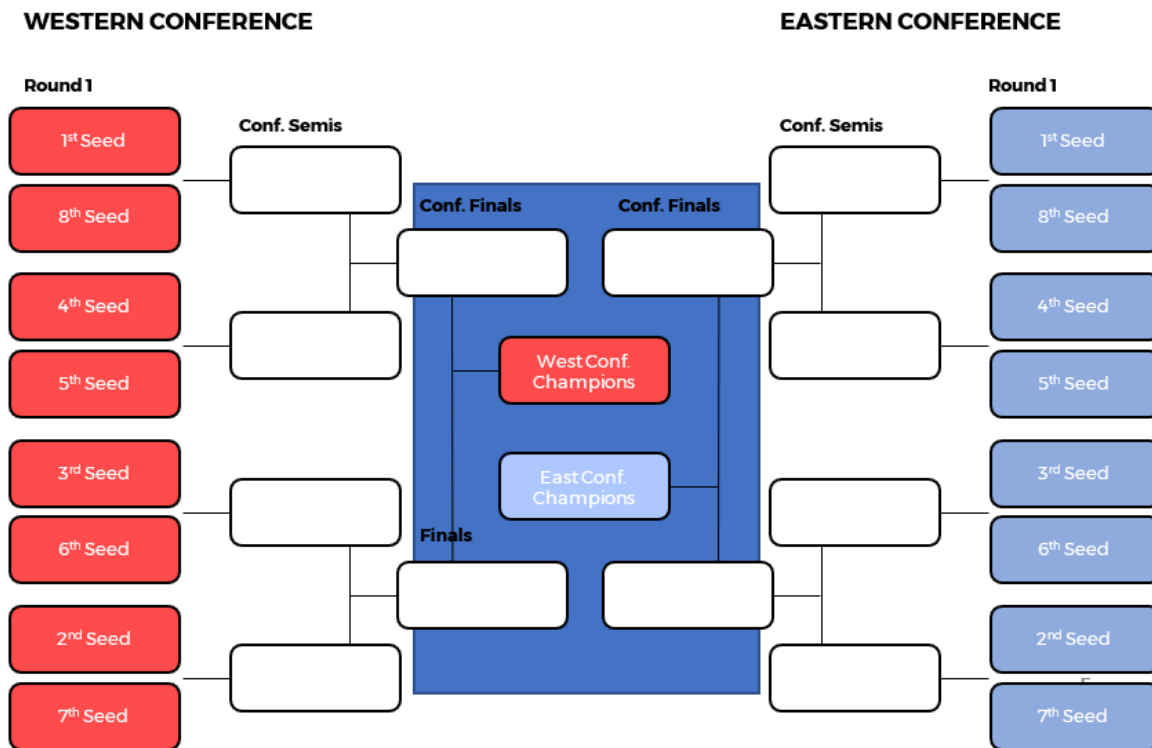
- In the event that the total points scored and conceded are the same in the games between the two teams, the classification will be determined by goal difference taking into account the results of all the games played in the league by both teams
- If more than two teams are equal in the placing, a second classification will be established taking into account only the results of the games between the teams that are tied
- In the event that there are still teams tied after the second classification, then goal difference will be used to determine the placing, taking into account only the results of the games between the teams still tied
- If there are still teams tied, the placing will be determined using goal difference from the results of all their games played in the league
- If at any stage using the above criteria, a multiple tie is reduced to a tie involving only two teams, the procedure in (i) and (ii) will be applied
- Goal difference will always be calculated by subtracting points against/ from points for/scored

# DIVISIONS AND PLAYOFFS

## Regular Season - Conferences & Divisions

WESTERN CONFERENCE			EASTERN CONFERENCE		
NORTHWEST	PACIFIC	SOUTHWEST	ATLANTIC	CENTRAL	SOUTHEAST
Minnesota Timberwolves	Phoenix Suns	Houston Rockets	Brooklyn Nets	Cleveland Cavaliers	Miami Heat
Utah Jazz	LA Lakers	San Antonio Spurs	New York Knicks	Indiana Pacers	Washington Wizards
Portland Trailblazers	LA Clippers	Dallas Mavericks	Boston Celtics	Milwaukee Bucks	Atlanta Hawks
Denver Nuggets	Sacramento Kings	Memphis Grizzlies	Toronto Raptors	Detroit Pistons	Charlotte Hornets
Oklahoma City Thunder	Golden State Warriors	New Orleans Pelicans	Philadelphia 76ers	Chicago Bulls	Orlando Magic

## Playoff Bracket



Conf. Finals & Finals take place at the centrally hosted Jr. NBA Finals.



## JR. NBA BASKETBALL ENGLAND MATCH RULES

- Four (4) eight (8) minute quarters. (running clock)
- Games should be played with a Wilson Basketball
- Clock will stop in the last two (2) minutes of the fourth (4<sup>th</sup>) quarter
- Teams will have ten (10) minutes to warm up prior to the game
- Teams will get five (5) minutes half time break
- Teams will get one (1) minute break at the end of the first (1<sup>st</sup>) and third (3<sup>rd</sup>) quarters.
- Each team is allowed two (2) sixty (60) second time-outs per half
- In the result of a tie, an overtime period of four (4) minutes will be played. (again running clock being used and last two (2) minutes clock will stop). Any other overtime period thereafter will be sudden death (first basket wins)
- Players will be fouled out on their fifth (5<sup>th</sup>) personal foul
- Teams are in the penalty after their fifth (5<sup>th</sup>) team foul (per quarter)
- Substitutions can be made at dead ball situation of the game
- No zone defence can be played, strictly man to man defence
- Full court press defence cannot be used until 4<sup>th</sup> quarter
- A tip- off will start the match. From then on a possession arrow will be used to determine which team starts the quarter and gains possession for a jump ball
- Teams must field a minimum of 10 players and will receive 2 points at the start of the game for complying with this rule
- All players must get equal amount of playing time in the first 3 quarters. In the final quarter coaches decide on who and how much players will play
- Teams that turn up more than 5 minutes after the scheduled tip-off time and are not ready to play or fail to show up will forfeit the game
- In the event of a forfeited game, the opposing team will earn a 20-0 point win

# LEAGUE CODE OF CONDUCT

## Organisation, Preparation and Managing Expectations

- Efficiency: Every minute of court time is valuable – don't waste it!
- Punctuality: "If you are early, you are on time... if you are on time, you are late!"
- Accidents will happen... stay calm and be prepared
- Set expectations: explain ground rules early and engage parents/caregivers

## VALUES OF THE GAME

### Leadership

- Lead by example: As a league, you are the leader. Your attitude, effort, and actions will dictate those of the participants and everyone involved. Since the members will be following your lead, it is important to set a proper example for the entire league. Lead by example and preach the skills and attitude that you project yourself.
- Express a confident demeanour and project your voice: Your players/students are looking up to you. It is important that you are confident. Also, it is very important that your players/students understand the values of this league. The clearer and more concise the values, the easier it is for the members to understand and acknowledge them.
- When no one is watching: The league should keep the members involved through times when they are not taking part in a match – update them with news about performances of other teams, news from Basketball England, the world of basketball and the NBA league and teams they represent.

### Sportsmanship and Fairness

- Compete! But be a good sport: Competition is a part of the game of basketball and is healthy. However, it should never outweigh the importance of demonstrating character both on and off the court. Practice being good winners AND good losers.
- Fairness: Treat everyone fairly. Remember this does not always mean treating everyone equally. Sometimes you will need to adapt your coaching style to the individual personalities of your players/students, as some players will respond differently.
- Continually reinforce the "values of the game": Basketball as a sport has the power to change. Let the sport do the talking – players will see how the values on the court translate off the court

## Teamwork

- Stress the importance of working together: Basketball is a team. The League, players, coaches, referees, fans and everyone that is involved in the game of basketball is a part of a team.
- Be accountable and hold others accountable: When you work as a team, you are one part of a machine. Each person needs to be accountable for what they are doing or the machine will break down. Highlight that accountability and working together is what keeps the engine working.
- Being part of a team means showing commitment and taking responsibility: When you commit, it is written in stone. Have your players keep their word, both on and off the court. Demand excellence in everything. And have them take responsibility for their actions, knowing their actions affect the team as a whole.

## Positive Attitude

- It is a game so keep it fun: Everyone should have fun when playing basketball. The league will be deemed a success only if everyone enjoys it
- The three Es – Encouragement, Enthusiasm and Energy – are essential: Use encouragement and positive reinforcement as your primary method of motivating everyone. Try to make a conscious effort to stay positive. Enthusiasm is contagious and must come from everyone, especially the coach/teacher. And if you are energetic and excited, then your players will reflect that approaching the game with proper attitude and effort. Focus on effort and execution rather than outcomes
- Be patient! Learning the game, coaching takes time: No one is an expert and neither are you. Be patient with yourself, with your players, coaches and referees

## Respect

- Respect the game, respect the rules and respect others: League must incorporate the concept of respect from the top down. Players need to realize that basketball is a team sports, they must follow the rules on and off the court, and they should show character when dealing with others
- Be an ambassador of the game: The League must demonstrate all the values that NBA stands for. The values should be transferred to the players through the game of basketball

## Knowledge of the Game and Fitness

- Be a student of the game: Coaches need to know everything about the game, including rules, strategies, and history. The game is always evolving, so the best



coaches continue to study the game. Watch games, read about the game, talk to other coaches, and continue to grow your knowledge about the game. Developing your knowledge of the game will help guide your decisions as a coach

- Share your knowledge: By building a solid foundation and sharing your knowledge with others, you will gain respect from players, parents and fellow coaches

### **Fun and Positivity**

- Keep it fun: Basketball is much easier to teach when the players are having fun. Keep your players engaged using games and competitions. Make sure to balance fun with fundamentals
- Energy and enthusiasm: Enthusiasm is contagious and must come from the coach. If you are energetic and are excited about each part of practice (particularly the less “glamorous” elements of the game, such as defence, or hustling for a loose ball), then your players will reflect that enthusiasm and approach the game with proper attitude and effort. Focus on effort and execution rather than outcomes. Encourage your players for giving maximum effort, even if the play doesn’t completely go your way
- Encouragement and positive reinforcement: Use encouragement and positive reinforcement as your primary method of motivating your players. Motivating players by focusing solely on mistakes or criticizing them will empty their “emotional tanks,” meaning that they will not respond to teaching after a certain point, or they will lose confidence and give up. Instead, try to make a conscious effort to stay positive and fill your players’ “emotional tanks” by complimenting them when they do something well or show improvement. Encourage your players to fill their teammates’ emotional tanks, too

### **Discipline and Values**

- Set expectations and engage parents: Make sure to clearly set ground rules and explain expectations from the beginning. If you can, try to conduct parent education meetings because it is essential to develop some sort of good relationship with players’ parent. These meetings can give you the coach the opportunity to explain and emphasise the program mission/goals, rules and regulations and parental expectations. If you cannot conduct meetings, write a letter explaining these elements and make sure each player gives the letter to their parents. Invite the parents to attend practices and be involved as much as possible in order to get their support for the program and see the good things you are doing both on and off the court

- Fairness: Treat all your players fairly. Remember, however, that that this does not always mean treating every player equally. Sometimes you will need to adapt your coaching style to the individual personalities of your players, as some players will respond differently to different coaching methods
- Values: Reinforce key values that will translate beyond basketball and into players' lives: positive attitude, respect, sportsmanship, teamwork/unselfishness, commitment, accountability, work ethic, perseverance, etc. These values all fall under the broad umbrella of citizenship, and will have a positive impact both on and off the court

### Health and Fitness

- Emphasise good and healthy lifestyles: Everyone in the league should strive to be physically fit and healthy. Personal health and wellbeing is the fundamentals of positive attitude and happiness
- Being healthy means smart decisions on and off the court: Physical health is important but both emotional and social health is significant as well. The values of the game can serve as pillars for making smarter decisions off the court

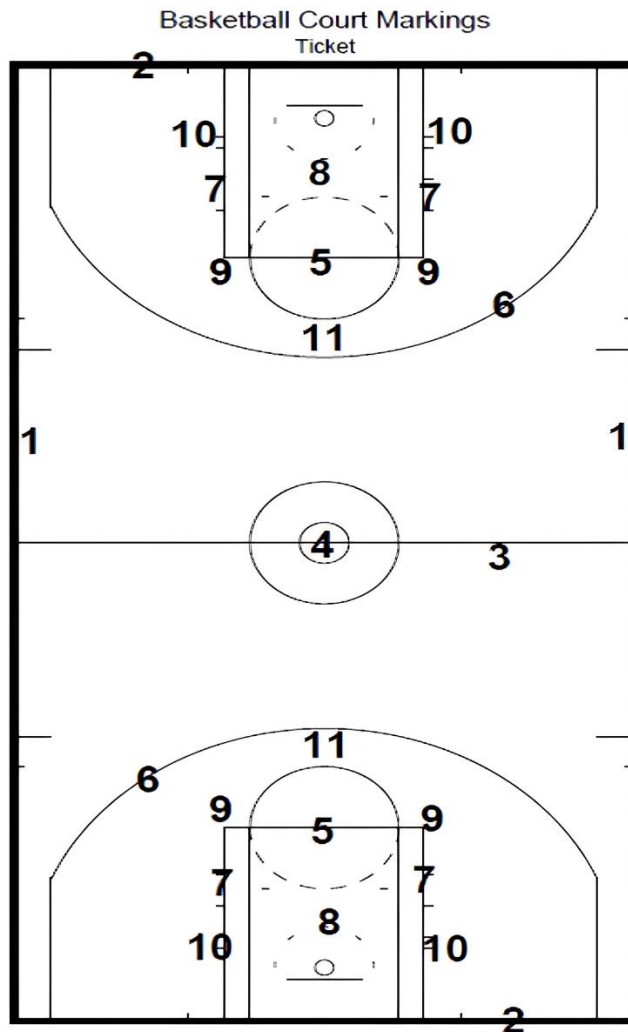
### Organisation, Preparation and Discipline

- What the league needs: The league needs enthusiastic staff, players, dedicated coaches, fair referees and supportive fans
- Efficiency: Every minute on the court is valuable; as a result, everyone (players, coaches, referees, fans and the league organizers) has to put the best effort in making the league as enjoyable and hassle free as possible. With player cooperation, coach's team management, referee fairness and organizers dedication
- Punctuality: "If you are early, you are on time...if you are on time, you are late!" Punctuality is extremely important. Be EARLY to every team practice, game, or meeting. This demonstrates your commitment to the team, and sets a good example of responsibility for young players
- Accidents will Happen... Stay Calm and Be Prepared: Injuries will happen (especially with young players), referees make mistakes, coaching errors happen during the games - it is inevitable. Everyone should understand that mistakes happen and be considerate and calm until those situations are resolved
- Set expectations and engage parents and caregivers: Make sure to clearly set ground rules and explain expectations from the beginning. If you can, try to conduct parent education meetings because it is essential to develop a good relationship with players' parent or caregiver. These meetings can give the coach the opportunity to explain and emphasise the program mission/goals, rules and regulations and parental expectations. If you cannot conduct meetings, write a letter explaining these elements and make sure each player gives the letter to their parents. Invite the

parents or caregivers to be involved as much as possible in order to get their support for the program and see the good things you are doing both on and off the court

## SUPPLEMENTARY BASKETBALL MATERIALS

### BASKETBALL COURT MARKINGS



Court Lines and Markings

All Contents Proprietary

1. **Sideline** – two boundaries lines running the length of the court. Along this line and the baseline establish the size of the playing area.
2. **Baseline/End line** – runs from the sideline to sideline behind the backboard and the ends of the court.

3. **Midcourt Line** – divides the court in half. Offensively once the ball crosses the mid court line it becomes a boundary line reducing the offensive playing area in half.
4. **Midcourt Circle** – midpoint of court where the game opening tip off which is the initial jump ball that starts the game.
5. **Foul line** – Line 15 feet from the backboard and parallel to the end line which players shoot free throws
6. **3 Point Line** – Field Goals made from outside this Three Point Line or arc count as three points. The distance of the three point line from the basket varies according to the different levels of play.
7. **Lane lines** – are boundaries running from the free throw line to the baseline. The lane lines also contain lane spaces markings used to align and separate the non-shooters during free throws. The area between the lane lines and below the free throw line represents the “key” (aka “lane” or “paint”) where it is a violation for an offensive player to remain for more than three seconds.
8. **Paint** – area of court inside the lane lines, the foul line and the baseline.
9. **Elbows** – areas of court where the free throw line meets the lane line.
10. **Block** – areas on either side of the lane lines near the backboard.
11. **Top of the Key** – is area straight out from the basket just outside the free throw circle.

## BASIC FIBA BASKETBALL RULES

### Number of players

- If you want to play basketball for fun, you have the possibility of playing on your own. But you can also play team games with 1, 2, 3, 4 or 5 players on each team. Teams can be mixed, with boys and girls, or not
- On a competition level, a team is made up of 5 players on the court and 5 players on the bench that can be used for substitution during the whole period of the game

### Positions

- Each player is assigned a position when playing. This position is usually determined by the height of the player

- The tallest player on the team usually plays 'center' also known as 'position 5', while the medium size ones play 'forwards' / 'position 3 and 4'. The shortest players then play 'guards' / 'position 1 and 2'

### Scoring

- A player scores when they manage to throw the ball into the basket, with the ball passing through the basket from above the hoop. Scoring a basket increases the team's score by 3, 2 or 1 point
- If the player successfully shoots from outside the 3 points line, the basket is worth 3 points; otherwise it is worth 2 points
- It is also possible to score one point when shooting from the free throw line, after a foul for instance

### Violation

- A violation occurs when the player breaks one of the rules of basketball. A violation results in the awarding of the ball to the opponents
- It can also result from the player taking more than 2 steps without bouncing the ball on the floor. This is called 'travelling'
- Another example of violation occurs when a player stops dribbling and then starts dribbling again or when they bounce the ball with both hands on the ball. We call this a 'double dribble'
- A violation is also committed if a player twists their hand, when in contact with the ball, beyond the vertical, bringing it under the ball. This is called a 'carry', as the hand must always remain on the top of the ball
- A foul is an illegal action that can be committed by a player from one team against a player from the opposing team. Basketball is generally said to be a non-contact game. If contact occurs beyond what is deemed to be reasonable, or if a player thereby obtains an unfair advantage from it, a foul is committed
- There are two types of fouls. The first are called 'defensive fouls'. They occur when the offensive player is being fouled by the defender. Defenders should not block, push, trip, strike or hold the player in possession of the ball. The second ones are the 'offensive fouls'. For example, a player in offense commits a foul when charging into a stationary defender

# FOULS AND VIOLATIONS

## Fouls

The following fouls can result in a change of possession or the shooting of free throws:

- **Technical Foul (or "Tech")** - A penalty for a violation of conduct, such as abusive language or fighting. Each technical foul awards a free throw to the opposing team. Two technical fouls in one game mean an automatic ejection for the offending player or coach.
- **Offensive Foul** - Called when the player with the ball charges into a defender who is in a stationary defensive position.
- **Defensive Foul** - Called after any unnecessary or illegal contact either on the ball or away from the ball.

## Violations

The following violations result in a change of possession:

- **24-Second Violation** - teams must attempt a shot within 24 seconds.
- **Three in the Key** - An offensive or defensive player cannot remain in the lane (key) for more than three seconds at a time.
- **Double Dribble** - A violation in which a player dribbles the ball, stops, then begins to dribble again.
- **Charging** - A violation in which an offensive player runs into a stationary opponent.
- **Travelling** - A violation in which a player takes too many steps without dribbling the basketball.
- **Eight-Second Violation** - After a basket, the offensive team has eight seconds to get the ball over midcourt.
- **Palming** - A violation in which a player moves his hand under the ball and scoops it while dribbling.
- **Goaltending** - When a defensive player interferes illegally with a shot on the rim or on a downward path to the hoop; the shot is assumed in and the offensive team receives the basket.



## BASKETBALL TERMS FOR PLAYERS

- **Bank Shot** – offensive player shoots the ball off the backboard and ball then goes through the hoop
- **Baseline out of bounds** – play used to return the ball to court from outside the baseline along opponents basket
- **Block Shot** – to deflect a shooter’s shot, altering the flight of the ball
- **Bounce pass** – pass that bounces before reaching the receiver. It should travel not above the players’ waist and should bounce about 2/3 of the way to the receiver.
- **Carrying or palming the ball** – a violation committed by dribbler by placing the hand under the ball and carrying/holding it while dribbling.
- **Center** – the player who plays close to the basket and usually is the tallest player on the team. Rebounds and blocks shots.
- **Chest Pass** – two handed pass thrown from passer’s chest in a straight line to the chest area of the receiver.
- **Crossover Dribble** – dribbling ball across the body from one side of body to the other. Very important ball handling skill.
- **Defence** – Preventing the offense from scoring; considered team without the ball.
- **Defensive Rebound** – rebound by a defensive player.
- **Double Dribble** – Dribbling the ball with 2 hands at the same time, stopping dribble and beginning dribble again.
- **Dunk** – player jumps in the air and manually stuffs the ball through the basket.
- **Fake** – using a deceptive move with ball to get the defence out of position.
- **Field Goal** – basket scored on any shot other than a free throw, worth 2 or 3 points.
- **Forward** – basketball’s midsized players. Responsible for scoring and rebounding. There are small forwards and power forwards on most teams.

- **Free throw** – unguarded shot taken from the foul line by player whose opponent committed a foul. One made free throw is worth one point.
- **Guard** – basketball position on the perimeter away from the basket. There are point guards and shooting guards on most teams.
- **Halftime** – midpoint of game, generally the longest break in the game.
- **High percentage shot** – shot that is likely to score, usually taken from a spot close to the basket.
- **Inbound pass** – pass to happen after a stoppage in play. Offensive player stands out of bounds and has 5 seconds to pass the ball inbounds to his/her teammates.
- **Jump Ball** – two opposing players jump for a ball that the official tosses in the air between them. Each player tries to tap the ball towards his/her teammates.
- **Layup** – shot taken close to the basket, generally off the backboard.
- **Loose ball** – a live ball not in a possession of either team.
- **Low Post** – area near the block and basket on either side of the lane.
- **Midcourt Line** – divides the court in half. Offensively once the ball crosses the mid court line it becomes a boundary line reducing the offensive playing area in half.
- **NBA** – National Basketball Association.
- **Offense** – team in possession of the ball.
- **Open** – term used when offensive player is unguarded by defence and free for a shot.
- **Out-of-bounds play** – play used in attempt to get a scoring opportunity on an inbound pass either on the baseline under the basket or along the sideline.
- **Pass** – player throws the ball to a teammate on offense. Different types of passes include chest passes, bounce passes, overhead passes, baseball passes, etc.
- **Pivot foot** – offensive player’s foot that must remain stationary and touching the floor while he/she is in possession of the ball until he/she passes, shoots, or dribbles. Moving the pivot foot while holding the ball is a traveling violation.

- **Post up** – offensive move where the player has his back to the ball. Takes place usually by the block near the basket.
- **Rebound** – player grabs the ball coming off the rim or backboard after a shot attempt.
- **Referee** – responsible for calling violations and fouls, levying penalties, signaling goals.
- **Reserve** – player sitting on the team bench ready to enter the game.
- **Screen** – Offensive player stands between teammate and defender to give teammate an opening for a shot or a cut. Also called a pick.
- **Scrimmage** – unofficial game between two teams, often used as practice for teams.
- **Sixth man** – refers to team’s first player off the bench after the starting five.
- **Starting Lineup** – five players whom begin the game on the court for a team.
- **Steal** – take ball away from offensive player while on defence.
- **Substitute** – player who comes from the bench into the game to replace a player on the court, also known as a sub.
- **Swish** – sound the ball makes when it goes through the hoop and net without touching backboard or rim.
- **3-Point Field Goal** – shot attempted anywhere from behind the 3-point line, worth 3 points.
- **3-Point Play** – when a player is fouled but completes the basket and is then given the opportunity to shoot one free throw to convert the 3 point play.
- **3 Seconds** – violation in which an offensive player remains within the key for more than 3 seconds at one time.
- **Tip-off** – Initial jump ball at center court that starts the game.

- **Traveling** – violation that occurs when a player holding the ball illegally moves one or both of his feet without dribbling.
- **Triple threat** – offensive player in a position ready to pass, dribble, or shoot.
- **Turnover** – Offensive player gives up possession of basketball to the opponent.
- **Violation** – infringement of the rules that is not a foul. The penalty for a violation is the awarding of ball to the opponent.

## COACHES CHECKLIST

- Role model - good leadership behaviour for youth at all times
- Take opportunities to provide compliments to youth; make sure the compliments are specific and given for both the small and big accomplishments
- Help youth identify specific and attainable leadership goals
- Encourage youth to identify a positive mentor within the community
- Identify and respond to the specific needs of in-school and out-of-school youth
- Address and correct gender inequalities when they occur
- Be aware of signs of abuse and take action when it is identified
- Identify health and social needs of vulnerable youth and help make connections to services available within the community
- Show up early to practice and stay late to make yourself available to youth in a less formal setting
- Ask questions and become involved in the youth's lives in a positive manner so that you can better understand and address their needs
- Identify opportunities for youth to become involved in their communities and help link the youth to these opportunities

## BEFORE YOU START COACHING

Before you start coaching, make sure that you have completed the following:

- Reviewed the Coaching Manual in its entirety and are knowledgeable and confident carrying out the practices
- Reviewed all of the materials including the background documents which are referred to throughout the curriculum including [youth.usab.com](http://youth.usab.com), [nba.com](http://nba.com), [fiba.com](http://fiba.com), the NBA manual and the FIBA manual

- Are prepared to carry out and provide the concepts of positive coaching, reaching out to youth, handling conflict and coaching youth to become better citizens
- Have the following materials prepared for each practice; basketballs, a basketball court the meets required standards, a whistle, cones, jerseys / tees, and a source of clean and safe drinking water

## ASSISTING YOUTH TO ESTABLISH GOALS

CHARACTERISTIC OF GOAL	EXPLANATION
Understanding	The youth must <b>understand</b> that goal that must be accomplished. If the basketball or leadership goal that the youth are tasked with are unclear, provide real examples for them to give them a real understanding of what should be accomplished.
Confidence	The youth must have <b>confidence or believe</b> that they can achieve the goal. This can be done by helping the youth to establish realistic goals and building their confidence by providing encouraging instruction and compliments on their pathway to achieve the goal.
Control	The youth <b>must have control</b> of the goal, meaning that they are not reliant upon anyone else to accomplish it but themselves. If a youth establishes a goal that is dependant upon another individual (for example, If my caregiver goes to the store, I will help her bring home the food), help them to identify a goal that they are sure they will be able to accomplish independent of another individual's actions.
Measure	The goal must be <b>measurable</b> ; the youth must be able to understand when the goal has been accomplished. An example of a measurable leadership goal is: I will help 3 elderly community members this week in their homes. A non-measureable example is: I will be kind to elderly people this week.
Desire	Ideally, the goal should also be <b>desirable or appealing</b> to the youth. They will be much more likely to actively work towards accomplishing the goal if they have a personal interest in the action itself or the outcome of it.
Positive Focus	The goal should be <b>positively focused</b> . Ensure that at the end of each practice when each youth shares their leadership goal for the session, that it will bring the youth closer to positive citizenship.



## PRACTICE 1: Rules of the Game and Respect

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain what respect is and identify a respectful action
- Describe the fundamentals of basketball including footwork, dribbling and passing
- Play a scrimmage game
- Share a personal respect goal that players will work on outside of practice

### Summary of Learning Activities in This Session

No.	Learning Activity	Principal Training Method	Time
1	Welcoming Team Circle	Lecturette, large group discussion	10 minutes
2	Basketball 101	Lecturette	15 minutes
3	Drills for Physical Development	Practice	15 minutes
4	Footwork	Practice	15 minutes
5	Dribbling	Practice	15 minutes
6	Passing	Practice	15 minutes
7	Scrimmages	Practice	15 minutes
8	Goal Setting & Wrap Up	Large group discussion	10 minutes

## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

 (10 Minutes)

- Form a team circle to start the day. Welcome everyone and tell them that you are happy that they are here today to learn about basketball! They will all be working hard throughout the season to learn to be accomplished basketball players. Not only will they be learning to be great at basketball, they will also learn to be great citizens. Each practice new leadership and basketball themes will be introduced. It is expected that the players will not only try their hardest to improve their basketball skills each practice, they will also do their best to act out the leadership themes both on and off the basketball court!
- Tell the players that you expect each of them to be an active member of the team! Review the basics of arriving early to practice, arriving prepared, giving full effort, and working hard between practices to reach citizenship and basketball goals.



- Today's leadership theme is **RESPECT**; respect for the game, respect for the rules and respect for others. Supplemental material regarding collective commitment can be found in the *FIBA Manual Chapter 1.3*. Respect is a big part of leadership. Just as the game of basketball is bigger than one person, one's place in society is often determined by being able to respect authority and in turn gain respect from others. Respect is giving value and worth to someone's feelings, needs, thoughts and ideas, acknowledging them, listening to them, and being truthful with them. Respect can be shown through behavior and it can also be felt. You must give respect to gain respect! Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!

### Activity 2: Basketball Basics

🕒 (15 minutes)

- Review the **Game Court** and explain its importance relative to game play. Walk the players around the court and explain the significance of each part – backboard, rim, backcourt, frontcourt, baseline, center court, free throw line, mid court, 3-point line, etc. Supplemental material can be found in the *NBA Coaching Manual (Basketball Court Markings)*. **KNOW THE COURT DRILL:** On the whistle, shout a location on the court and the players have to run to the different parts of the basketball court.

### Activity 3: Drills for Physical Development

🕒 (15 minutes)

- Tell players that they will be doing some drills to improve their physical development. So much of basketball is about **hand and eye coordination**, the drill that will be done today will help them address this and to better control their bodies on the basketball court. Numerous exercises are provided in the table below. Select a minimum of 8 drills, using the entire 15 minutes for this activity. Additional drills may be found in the FIBA manual chapter 6.2.

Drills for Physical Development - Hand and Eye Coordination		
1. Walk on heels, tip- toe, inside and outside of foot	6. Walk holding ball between ankles	11. Run, kicking backwards, holding ball behind back
2. Walking forward or running forward, reverse walking, sideways, around or in the middle of the court, holding the ball high, low, behind the back	7. Walk holding the ball with the hands, roll it without letting go around body, squeeze it, throw it	12. Hold ball between ankles: raise lower limbs and sitting down, move ball to right and left
3. Walking or running, pass the ball around the head, the trunk, lower limbs, push it forwards, upwards	8. Standing up, legs apart, hold ball high: bend waist and touch right foot and left foot with ball	13. Bend arms to touch chest with the ball and back
4. Run with knees high, holding ball in front	9. Crawling: carry ball between ankles, under tummy, roll over ball	14. Sitting down, raise legs and pass ball under knees
5. Lying on tummy, dribble with right hand, then left hand	10. Raise ball high, let it drop and bounce on ground, touch it with head, shoulders knee, foot	15. Ball on ground: try to «lift» it by tapping with one hand

### Break

 (5 minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Never waste opportunities to teach and to provide positive encouragement.

### Activity 4: Footwork

 (15 minutes)

- Tell the players that the next training session will focus on **Footwork**. Along with hand and eye coordination, footwork is another key component that you as a coach need to emphasise each and every training session. The element to focus on now is a **jump stop**. When teaching a jump stop, make sure that the players are low and in a balanced, athletic stance. Feet should be shoulder-width apart with knees bent.

- **JUMP STOP DRILL:** Place players into five lines (number of lines can be adjusted) starting on the baseline. Players jog three steps and then jump stop, hold for two seconds and then repeat; players jump stop to half court and then back. The drill is not a race; special attention should be paid to correct form and staying low. Supplemental material can be found in the *NBA Coaching Manual (Footwork)*.

### Activity 5: Dribbling

🕒 (15 minutes)

- The next part of the training session focuses on **dribbling**. All young players love to dribble the basketball. In fact, when they first receive the ball, dribbling is usually the first thing they do. When teaching the fundamentals of dribbling, really emphasizing part of the theme for the day, **RESPECT**, is crucial. The players will want to dribble the ball when you are speaking and not pay attention. Part of respect is listening to authority – they should do their best not only to obey the rules of the game but also pay attention when you are giving instructions. Supplemental material for dribbling can be found in the *NBA Coaching Manual (Dribbling)* as well as the *FIBA Manual Chapter 6.3*. To start, you need to explain the reasoning for dribbling - why it can be beneficial and why it can be harmful. Make sure to emphasise that dribbling should focus on staying low in a basketball position, using your fingertips to control the ball, and keeping your eyes up to see the floor.
- **FINGERTIP DRILL:** Have the players get in groups of two, no more than three. On the whistle, players take turns moving the ball between their fingers, passing the ball around their waist, passing the ball around their knees and passing the ball around their head.
- **STATIONERY BALL HANDLING DRILL:** Have players get in groups of two, no more than three. Players work on right hand and left hand dribbles, following your instructions. The ball should be under control and come no higher than their waist.
- **DRIBBLE TAG GAME:** A fun game that can incorporate learning the game court. Players each have a basketball and must remain in a defined area, such as the half court, while dribbling the ball. Players must attempt to knock the ball away from other players while remaining in the defined area of the court. As players are eliminated, you interrupt the game to decrease the defined space moving from half court to within the 3-point line to within the lane to within the semicircle, etc. until there is one remaining winner.

## Activity 6: Passing

🕒 (15 minutes)

- The next part of the training focuses on **passing**. Supplemental material for passing can be found in the *NBA Coaching Manual (Passing)* as well as the *FIBA Coaching Manual Chapter 6.3*. To start, once again explain the reasoning and importance of passing. In basketball, it is not just about the pass but also about the catch.
- **Hand eye coordination** and **footwork** play an important role in the fundamentals of passing and catching. Players should again be in a low and balanced position, should step in the direction of their pass, and follow through after passing the ball. When receiving a pass, players should provide a target in front with both hands ready and **watch** the ball go into their hands. Passing drills often provide a good space to utilize and emphasise different parts of the game court.
- **STATIONERY PARTNER PASSING DRILL:** Place players in two lines facing each other across the lane. Have players work on basic passes – chest, bounce and overhead. Emphasise good form as well as communication. Have players call out their partners name when passing and catching.

## BREAK

🕒 (5 minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **RESPECT**. Tell the team that each player should **briefly** give an example of how they have incorporated this theme into the practice today (for example: “I actively listened to the coach”) Once each player has shared, congratulate them!

## Activity 7: Scrimmages

🕒 (15 minutes)

- After the break split the players up into groups and let them play 5-on-5. Try to make the teams as even as possible. Even though you have yet to touch on the fundamentals of offense and defence, this allows the players the time to do what they want to do most – play. Make sure to reinforce the **game court** and specific rules of the game. Also make sure to reinforce elements of the training session – good footwork (specifically in relation to jump stops), good dribbling and good passing. Make sure that all players play an equal amount of time.

## Activity 8: Goal Setting & Wrap Up

 (10 minutes)

- Form a team circle and summarize the key points of practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **basketball goal** is that by the next session, player should be able to correctly identify the lines of the game court.
- Revisit the **leadership goal** theme of RESPECT. Remind each player that at the beginning of practice they were told that they should identify a goal to show parents and caregivers respect by thanking them for one thing that they help them with each day. Tell the players that at the next practice they will have the opportunity to share how they completed their goal. Hand out the **Leadership and Basketball Goal Sheet**. Emphasise that each player is responsible to maintain their sheet throughout the entire program. Each week they should have their family or caregiver initial the appropriate line when they have completed their goal. They should bring the Goal Sheet to practice each week to demonstrate that they are on their path to becoming better leaders!



### PRACTICE 2: Rules of the Game and Respect

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain what respect is and identify a respectful action
- Describe the fundamentals of basketball including footwork, dribbling and passing
- Play a scrimmage game
- Share a personal respect goal that players will work on outside of practice

#### Summary of Learning Activities in This Session

No.	Learning Activity	Principal Training Method	Time
1	Welcoming Team Circle	Lecturette, large group discussion	15 minutes
2	Basketball 101	Lecturette, demonstration	15 minutes
3	Drills for Physical Development	Practice	15 minutes
4	Footwork	Practice	10 minutes
5	Dribbling	Practice	10 minutes
6	Passing	Practice	10 minutes
7	Scrimmages	Practice	20 minutes

8	Goal Setting & Wrap Up	Large group discussion	15 minutes
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## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

 (15 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice! At this time, review the **Leadership and Basketball Goal Sheet** with the players. If a player did not obtain a signature, chat with them during the break and explore the barriers to receiving the initials which may include: 1) they forgot, 2) they were unable to achieve their goal, 3) they do not have an identified parent or caregiver who is able to provide a signature to verify that they completed the goal. If they forgot, stress the importance of working on goals and bringing the Goal Sheet each week. If they were unable to achieve their goal, explore the reasons why they encountered difficulties with this and identify methods to achieve this goal. If they do not have a parent or caregiver at home, work with them to identify another role model or adult figure in their life to fulfil this role.
- Have each player take a turn providing a **brief** example of how they completed their goal: Showing respect to parents or caregivers by thanking them for one thing that they help you with each day. After each player has shared, congratulate each one and remind them that they must give respect to get respect!
- Next, while maintaining the team circle, have the team together demonstrate completing last week's goal of **identifying the lines on the basketball court**. Congratulate them when they have finished.
- Today's citizenship theme is again **RESPECT**. Supplemental material regarding collective commitment can be found in the *FIBA Manual Chapter 1.3*. This is an important theme and not only is it important to show parents and caregivers respect. It is also important to show teachers, classmates and friends respect. Remember that respect is a big part of leadership. Just as the game of basketball is bigger than one person, one's place in society is often determined by being able to respect authority and in turn gain respect from others. Tell them: "The true measure of a person is how he or she treats you when others aren't looking!" Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!



## Activity 2: Basketball 101

🕒 (15 Minutes)

- In this segment of **Basketball 101**, take time to review and explain the rules of the game, beginning with the most basic. Supplemental material can be found in the *NBA Coaching Manual (Basic Rules of the Game)*. Fouls and violations that these players are most likely to commit are important to highlight, such as **personal fouls, travelling** and **double dribble**. Bring players to the front to actually demonstrate these rules and use the game court as well to incorporate game like scenarios.

## Activity 3: Drills for Physical Development

🕒 (15 Minutes)

- This training session's drills for physical development focus on **body orientation in space and laterality**. Supplemental material can be found in the *FIBA Manual Chapter 6.2*. These drills highlight body coordination and lateral movement. Choose at least eight of the drills and remember those that were not used for a later session.

Drills for Physical Development - Body Orientation in Space and Laterality		
1. Game-drill exploring basketball court (side-lines, end-lines, circles), walking, running, jumping, dribbling	6. Dribble standing still with preferred hand, walking, running	11. Dribble sitting down with one finger, two, three, four, five fingers
2. Throw ball towards side-lines and try to catch it before it goes out of court; same towards end-lines	7. Dribble standing still and jump with feet together, jump on one foot, with open legs, crossed legs	12. Dribble a «tam-tam» with ball
3. Walk in the court with one eye closed and one open, both eyes closed, dribbling, jumping and dribbling	8. Standing still dribble, with one hand and jump on corresponding foot	13. Throw ball very high and catch with same hand, with opposite hand, with two hands (standing, kneeling, sitting, lying with back on ground)
4. Dribble following court lines, circles, lanes	9. Dribble against wall with one hand, two hands	14. Dribble and jump in a straight line
5. Walk in court passing ball under legs	10. Dribble high, very high, low, very low	

## Break

 (5 minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Or pull aside any players who might need additional coaching regarding their leadership goals!

## Activity 4: Footwork

 (10 minutes)

- This segment focuses on **Footwork**. Supplemental material can be found in the *NBA Coaching Manual (Footwork)*. Again, have the players focus on **jump stops**. Emphasise landing in a low and balanced position as well as having soft feet.
- Create variations in the **JUMP STOP DRILL** (below) by having players run all over the court in different directions and come to a jump stop on the whistle.
- JUMP STOP DRILL: Place players into five lines (number of lines can be adjusted) starting on the baseline. Players jog three steps and then jump stop, hold for two seconds and then repeat; players jump stop to half court and then back. The drill is not a race; special attention should be paid to correct form and staying low. Supplemental material can be found in the *NBA Coaching Manual (Footwork)*.

## Activity 5: Dribbling

 (10 minutes)

- After footwork, shift the focus to **dribbling** and improving ball handling skills.
- Supplemental material for dribbling can be found in the *NBA Coaching Manual (Dribbling)* as well as the *FIBA Manual Chapter 6 (pages 18-22)*. Fundamental and beginner type drills should be used once again, such as the **FINGERTIP DRILL, STATIONERY BALL HANDLING DRILL** and **DRIBBLE TAG**. If it will not overwhelm the players with too much information, consider incorporating the crossover dribble into the stationery ball handling segment. Make sure to emphasise the mechanics of good ball handling – hold your players accountable. If they are not making mistakes, they are not getting better.

- **FINGERTIP DRILL:** Have players get in groups of two, no more than three. On the whistle, players take turns moving the ball between their fingers, passing the ball around their waist, passing the ball around their knees and passing the ball around their head.
- **STATIONERY BALL HANDLING DRILL:** Have players get in groups of two, no more than three. Players work on right hand and left hand dribbles, following your instructions. The ball should be under control and come no higher than their waist.
- **DRIBBLE TAG GAME:** A fun game that can incorporate learning the game court. Players each have a basketball and must remain in a defined area, such as the half court, while dribbling the ball. Players must attempt to knock the ball away from other players while remaining in the defined area of the court. As players are eliminated, you interrupt the game to decrease the defined space moving from half court to within the 3-point line to within the lane to within the semicircle, etc. until there is one remaining winner.

### Activity 6: Passing

🕒 (10 minutes)

- The next training segment focuses on **Passing**. Supplemental material for passing can be found in the *NBA Coaching Manual (Passing)* as well as the *FIBA Coaching Manual Chapter 6.3*. Again, emphasise the importance of **hand and eye coordination** as well as good **footwork**. As with dribbling, you do not want to overload the players with too much information to start. The focus should always be to get the fundamentals down before moving forward. Utilize the **STATIONERY PARTNER PASSING DRILL** to work on good form. Remember to highlight the importance of targets as well as communication and timing.
- **STATIONERY PARTNER PASSING DRILL:** Place players in two lines facing each other across the lane. Have players work on basic passes – chest, bounce and overhead. Emphasise good form as well as communication. Have players call out their partners name when passing and catching.

### Break

🕒 (5 minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **RESPECT**. Go around the circle and ask each player to briefly give an example of how they have incorporated this theme into the practice today. Once each player has shared, remind them that they should consider thinking

of ways in which they can act respectfully towards teachers, classmates and friends!

### Activity 7: Scrimmages

 (20 minutes)

- During the 5-on-5 scrimmages, make sure to emphasise the key points from the entire training session, beginning with an understanding of **rules and violations**. Make sure players begin to play correctly but also allow mistakes to inevitably occur. Additionally, make sure to emphasise the recurring concept of **respect** – not just for the rules, but for each other. And most of all let the kids have fun!

### Activity 8: Goal Setting & Wrap Up

 (15 minutes)

- Form a team circle and review the key points training session. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is that the **players can correctly identify and demonstrate various rules and violations**.
- Revisit the **leadership goal** theme of RESPECT. Remind each player that at the beginning of practice they were told that they should identify a goal to find at least 2-3 areas to be more respectful to teachers, classmates, and friends, they will have the opportunity to share how they accomplished their goal at the next practice! Remind them that each player is responsible to maintain their sheet throughout the entire program and that again this week they should have their family or caregiver initial the appropriate line when they have completed their goal and bring the sheet to the next practice.



### PRACTICE 3: Dribbling and Personal Commitment

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain Personal Commitment and establish a personal commitment goal
- Describe the fundamentals of dribbling
- Play a scrimmage game
- Share a personal respect goal that players will work on outside of practice

### Summary of Learning Activities in This Session

No.	Learning Activity	Principal Training Method	Time
1	Welcoming Team Circle	Lecturette, large group discussion	15 minutes
2	Basketball 101	Lecturette	10 minutes
3	Drills for Physical Development	Practice	15 minutes
4	Footwork	Practice	15 minutes
5	Dribbling	Practice	15 minutes
6	Scrimmages	Practice	25 minutes
7	Goal Setting & Wrap Up	Large group discussion	15 minutes

## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

 (15 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice! At this time, ask for the players to hand in their Citizenship and Basketball Goal Sheet. Have each player take a turn to briefly share how they completed their goal: **Finding at least 2-3 areas to be more respectful to teachers, classmates and friends.** After each player has shared, congratulate each one and remind them that that true measure of a person is how he or she treats you when others are not around!
- While maintaining the team circle, have the team together demonstrate completing last week's goal of **identifying and demonstrating various rules and violations.** Congratulate them when they have finished.
- Today's citizenship theme is **PERSONAL COMMITMENT.** Young players should get used to accepting and carrying out their commitments to others. A player must commit himself/herself to train certain days and to play some games during the weekends, and this commitment must be fulfilled even when the player, personally, does not feel like it. The commitment implies that sometimes the
- player will have to give up certain personal wishes and make certain sacrifices for the group. He/she will have to think about others and not just about himself/herself. He/she will have to develop the appropriate discipline that will enable him/her to carry out his/her obligations (FIBA Manual).
- Have each player begin to think about this week's goal: **committing to starting a good habit and continuing it each day.** Read aloud the following description of personal commitment. Personal Commitment is the act of voluntarily

taking on or fulfilling obligations. It is a promise or a goal that one makes to herself or himself to fulfill or complete and the person actively works to fulfill the promise or goal. Dribbling and personal commitment will go hand in hand. In order to become a better ball handler, your players will have to show a strong sense of personal commitment to improving their skills, in practice and at home. Personal commitment is a significant element of citizenship. A commitment is a **pledge** to take something on which will require sacrifice. The personal commitment on the court will deal with become a better ball handlers; the personal commitment off the court will deal with becoming better people. Tell them: **Commit to being more than champions!** Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!

### Activity 2: Basketball 101

 (10 Minutes)

- This segment should focus on **Players and Positions**. Supplemental material can be found in the *NBA Coaching Manual (Basketball Terms)*. Discuss the main roles, responsibilities and **commitments** associated with each position on the floor – point guard, shooting guard, small forward, power forward and center. It is important to explain how players and positions fit into the construct of the game.

### Activity 3: Drills for Physical Development

 (15 Minutes)

- This training session’s drills for physical development focus on **spatial-temporal perception**. Supplemental material can be found in the *FIBA Manual Chapter 6.3*. These drills really highlight **hand and eye coordination**. Select drills from the table below.

Drills for Physical Development – Spatial Temporal Perception		
1. Roll ball in court with one hand, two hands, with feet, dribbling, trying to avoid objects scattered in court	9. Roll ball, run and catch it before it reaches an established mark	17. Bounce ball on floor and pass one arm around it
2. Walk, throw ball forwards and grab it immediately after it has touched ground	10. Roll ball and turn around it	18. Same game-drill with hands together, feet together
3. Walk, throw ball backwards and immediately retrieve it; repeat	11. Throw ball high and clap hands every time it touches ground	19. Walk holding ball behind head, let it drop and catch it before it touches floor



4. Throw ball very high and catch it after having clapped hands several times in front, behind back, in front and behind, under legs	12. Same game-drill jumping with feet together, same on one foot	20. Spin ball on one finger
5. Same game-drill as above, after having touched ground with one hand, both hands, after having turned around in a circle	13. Throw ball as high as possible and as far as possible	21. Walk passing ball from one hand to the other
6. Throw ball against wall and catch it	14. Dribble, «beating» a rhythm	22. Legs apart, bounce ball on floor between legs, turn and grab ball
7. Throw ball against wall, clap hands in front and catch without dropping: repeat clapping hands behind back, touching ground, turning around	15. Back against wall, throw ball against wall, turn and catch ball	23. Standing with legs apart, ball held between legs with one hand in front and one behind: quickly pass from hand to hand
8. In pairs hold hands and dribble (standing in place and on the move)	16. Throw ball high in air and try to pass under it as many times as possible	

## BREAK

🕒 (5 Minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Or pull aside any players who might need additional coaching regarding their leadership goals!

## Activity 4: Footwork

🕒 (15 Minutes)

- In this segment of footwork, continue working on **jump stops** but add in the element of triple threat position. Utilize the **JUMP STOP DRILL** (below) and incorporate the three concepts that characterize a triple threat – shoot, pass, and dribble – in a fake at the end of the jump stop. Make sure players stay low and in balanced positions. Remember to continue intertwining the concept of **personal commitment** within each and every drill. Supplemental material can be found in the *NBA Coaching Manual (Footwork)*.

- **JUMP STOP DRILL:** Place players into five lines (number of lines can be adjusted) starting on the baseline. Players jog three steps and then jump stop, hold for two seconds and then repeat; players jump stop to half court and then back. The drill is not a race; special attention should be paid to correct form and staying low. Supplemental material can be found in the *NBA Coaching Manual (Footwork)*.

### Activity 5: Dribbling

 (15 Minutes)

- In this segment of dribbling, you can begin getting the players in movement with the dribble after some stationary dribbling as a warm-up. Supplemental material for dribbling can be found in the *NBA Coaching Manual (Dribbling)* as well as the *FIBA Manual Chapter 6 (pages 18-22)*. Carry out the **ZIG ZAG DRILL** (below), and refer to the manual if you would like to learn about other exercises. The key with ball handling in motion is to reiterate that mostly drills and exercises are not a race – the goal is good form, staying low, seeing the floor and changing direction. There are certain opportunities, such as **dribble relays**, where players should focus on going as fast as they can. But in order to focus on the fundamentals, players must concentrate and **commit** to learning the correct way.
- **ZIG ZAG DRILL:** Line players up in two lines on the baseline. Set up a cone at the elbow, at the intersection of the half court line and the sideline, and at the opposite elbow. Do the same on the other half of the court. Players must dribble to the elbow and change direction with a crossover (add through the legs later on). Emphasise keeping the ball low, turning their hips and exploding out of the change. Players change direction at each cone all the way down the court.

### Break

 (5 minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **PERSONAL COMMITMENT**. Go around the circle and ask each player to give an example of how they have incorporated this theme into the practice today. Once each player has shared, remind them that they should consider ways to start each day with a good habit.

## Activity 6: Scrimmages

 (25 minutes)

- During the 5-on-5 scrimmages make sure to emphasise the key points from the entire training session, beginning with an understanding of **positions** and **spacing**. In terms of commitment, players must realize that in order to be a better player and a better teammate, players must keep their heads up when dribbling as it makes the game easier.

## Activity 7: Goal Setting & Wrap Up

 (15 minutes)

- Form a team circle and review the key points of the practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is to improve their dribbling skills through carrying out 50 strong hand dribbles each day until the next practice!
- Revisit the **leadership goal** theme of PERSONAL COMMITMENT. Remind each player that at the beginning of practice they were told that they should identify a goal to commit to doing one extra work that is difficult for them and beyond what they are expected to, either in school, or at work or in some other aspect of their life, tell them they will have the opportunity to share how they accomplished their goal at the next practice! Remind them that each player is responsible to maintain their sheet and have their family or caregiver sign to show the completed goal.



### PRACTICE 4: Dribbling and Personal Commitment

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain Personal Commitment and establish a personal commitment goal
- Describe the fundamentals of dribbling
- Play a scrimmage game
- Share a personal respect goal that players will work on outside of practice

#### Summary of Learning Activities in This Session

No.	Learning Activity	Principal Training Method	Time
1	Welcoming Team Circle	Lecturette, large group discussion	15 minutes
2	Basketball 101	Lecturette	10 minutes
3	Drills for Physical Development	Practice	15 minutes

4	Footwork	Practice	15 minutes
5	Dribbling	Practice	15 minutes
6	Scrimmages	Practice	25 minutes
7	Goal Setting & Wrap Up	Large group discussion	15 minutes

## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

 (15 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice!
- Have each player take a turn briefly sharing how they completed their goal. After each player has shared, congratulate each one and remind them that that the only limit to the positive impact they can make is their imagination and their commitment!
- Next, while maintaining the team circle, have the team together demonstrate completing last week's goal of **completing 50 strong dribbles in a row**. Congratulate them when they have finished!
- Today's citizenship theme is again **PERSONAL COMMITMENT**. Young players should get used to accepting and carrying out their commitments to others. A player must commit himself/herself to train certain days and to play some games during the weekends, and this commitment must be fulfilled even when the player, personally, does not feel like it. The commitment implies that sometimes
- the player will have to give up certain personal wishes and make certain sacrifices for the group. He/she will have to think about others and not just about himself/herself. He/she will have to develop the appropriate discipline that will enable him/her to carry out his/her obligations (FIBA Manual).
- Have them begin to think about this week's goal of **starting a good habit and continuing it every day**. Read aloud the following description of personal commitment. **Personal Commitment** is the act of voluntarily taking on or fulfilling obligations. It is a promise or a goal that one makes to herself or himself to fulfill or complete and the person actively works to fulfill the promise or goal. Dribbling and personal commitment will go hand in hand. In order to become a better ball handler, your players will have to show a strong sense of personal commitment to improving their skills, in practice and at home.

Personal commitment is a significant element of citizenship. A commitment is a **pledge** to take something on which will require sacrifice. The personal commitment on the court will deal with become a better ball handlers; the personal commitment off the court will deal with becoming better people. Tell them: **The only limit to the positive impact you can make is your imagination and commitment!** Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!

### Activity 2: Basketball 101

🕒 (10 Minutes)

- This segment should again focus on **Players and Positions**. Supplemental material can be found in the *NBA Coaching Manual (Basketball Terms)*.

### Activity 3: Drills for Physical Development

🕒 (15 Minutes)

- This training session's drills for physical development focus on **balance**. Supplemental material can be found in the *FIBA Manual Chapter 6.2*. Emphasis on balance is crucial for the players, in all aspects of the game, from offense to defence. Make sure to stress the importance of always being on balance and under control.

Drills for Physical Development - Balance		
1. Throw ball high and turn foot around (count the number of times the child manages to turn foot around ball)	8. Run around court and stop immediately at a signal	15. Roll ball forwards, somersault on carpet, grasp ball again and dribble or shoot or pass
2. Dribble jumping on one foot (in place and on the move)	9. Same game-drill, dribbling	16. Walk on a bench, catch a ball thrown by a teammate and pass it back immediately
3. Roll on feet without losing balance	10. Run around court, stop at a signal, jump high and turn around, then start to run again	17. Dribble in court and at the signal stop still, standing on one foot
4. Walk on tip-toes, on heels	11. Reverse walking	18. Dribble, around, inside and outside of circle, alternatively

5. Standing still, hold ball, legs apart: jump, turn around completely and land in same position (in one direction and then the other)	12. Reverse walking on a bench, walk forwards	19. Shoot inside a circle held by the Instructor
6. Dribble with eyes closed	13. Same game-drills dribbling	20. Shoot at a basket from an unbalanced position
7. Jump on and off a bench without losing balance	14. Dribble throughout court, at the signal roll on ground, stand up, grasp ball and start to dribble again	

## BREAK

🕒 (5 Minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Or pull aside any players who might need additional coaching regarding their leadership goals!

## Activity 4: Footwork

🕒 (15 Minutes)

- Continue working on **jump stops** with the JUMP STOP DRILL (below) and incorporate the three concepts that characterize a triple threat – shoot, pass, and dribble – in a fake at the end of the jump stop. Make sure players stay low and in balanced positions. Remember to continue intertwining the concept of **personal commitment** within each and every drill. Supplemental material can be found in the *NBA Coaching Manual (Footwork)*.
- **JUMP STOP DRILL:** Place players into five lines (number of lines can be adjusted) starting on the baseline. Players jog three steps and then jump stop, hold for two seconds and then repeat; players jump stop to half court and then back. The drill is not a race; special attention should be paid to correct form and staying low. Supplemental material can be found in the *NBA Coaching Manual (Footwork)*.

### Activity 5: Dribbling

 (15 Minutes)

- Continue to develop **ball handling on the move**. Supplemental material for dribbling can be found in the *NBA Coaching Manual (Dribbling)* as well as the *FIBA Manual Chapter 6 (pages 18-22)*.

### BREAK

 (5 Minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **PERSONAL COMMITMENT**. Go around the circle and ask each player to give an example of how they have incorporated this theme into the practice today. Once each player has shared, remind them that they should consider ways to commit with friends and classmates to stop bullying and to help people who are being made fun of.

### Activity 6: Scrimmages

 (25 Minutes)

- During the 5-on-5 scrimmages make sure to emphasise the key points from the entire training session and reinforce the key theme of **personal commitment**.

### Activity 7: Goal Setting & Wrap Up

 (15 minutes)

- Form a team circle and review the key points of practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is to improve their dribbling skills by completing 50 weak hand dribbles daily (a tennis ball is fine). Congratulate them on their hard work to improve this today!
- Revisit the **leadership goal** theme of PERSONAL COMMITMENT. Remind each player that at the beginning of practice they were told that they should identify a goal to start a good habit and continue it each day, they will have the opportunity to share how they accomplished this goal at the next practice. Remind them that each player is responsible to maintain their sheet throughout the entire program and that again this week they should have their family or caregiver initial the appropriate line when they have completed their goal and bring the sheet to the next practice!





## PRACTICE 5: Passing and Collective Commitment

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain what collective commitment is and provide an example of it
- Describe the fundamentals of passing
- Play a scrimmage game
- Share a collective commitment goal that players will work on outside of practice

### Summary of Learning Activities in This Session

No.	Learning Activity	Principal Training Method	Time
1	Welcoming Team Circle	Lecturette, large group discussion	15 minutes
2	Basketball 101	Lecturette	10 minutes
3	Drills for Physical Development	Practice	15 minutes
4	Footwork	Practice	15 minutes
5	Passing	Practice	15 minutes
6	Scrimmages	Practice	25 minutes
7	Goal Setting & Wrap Up	Large group discussion	15 minutes

## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

 (15 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice! Have each player briefly share how they completed their goal: **commit to starting a good habit and continuing it each day**. After each player has shared, congratulate each one and remind that the only limit to the positive impact they can make is their imagination and commitment!
- Next, while maintaining the team circle, have the team together demonstrate completing last week's goal of **completing 50 weak hand dribbles in a row**. Congratulate them when they have finished!
- Today's leadership theme is **COLLECTIVE COMMITMENT**. Whereas dribbling highlighted personal commitment, passing focuses on collective commitment and the values of team play. No other basketball concept, besides team defence, embodies the idea of a collective commitment to achieving a goal. Passing is about **unselfishness** and **helping others**. The amazing thing is, usually, when you help others, you help yourself! Passing is a key fundamental

to the game of basketball and players should understand how to pass, how to catch, and how to play unselfishly. In terms of leadership, a collective commitment is important to creating **working well with others**. Whereas the focus on the court should be centered on teamwork, the focus off the court should be centered on working with others together for a common goal.

- Have them begin to think about this week’s goal of **Committing with friends or classmates to stop bullying and help other people who are being made fun of**. Tell them “Teamwork is the secret that makes common people achieve uncommon results”! Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!

### Activity 2: Basketball 101

 (10 Minutes)

- This segment should focus on **Terms of the Game**. Supplemental material can be found within the *NBA Coaching Manual (Basketball Terms)*. Basketball terminology is extremely important for a coach as well as for players. Terminology is important because it simplifies the game and makes it easier to understand. Terminology is also important to highlight **repetition as well as communication**. Choose different terms to go through and utilize them each day in training sessions to reinforce how they tie into the game and can be used to become better players and a better team.

### Activity 3: Drills for Physical Development

 (15 Minutes)

- This training session’s drills for physical development focus on **coordination**. Supplemental material can be found in the *FIBA Manual Chapter 6.2*. These drills tie in with the overall emphasis on **hand and eye coordination**.

Drills for Physical Development - Coordination		
1. Roll ball and try to hit a target (ball in movement, circle, clubs, numbers drawn on the wall, inside the squares of wall bars, etc.)	6. Dribble in place with two balls alternatively	11. Dribble a figure «8» with legs apart
2. Run, with one arm forward and the other above	7. Same game-drill, running.	12. Dribble figure «8» in pairs

3. Throw ball and try to put it through a circle held by a teammate	8. Reverse walking, dribbling with two balls	13. In pairs, «A» dribbles towards «B» (legs apart and extending arms) passes under, turns around, returns to starting position, stops, turns and passes the ball to «B» who then repeats the same game drill
4. In pairs (one ball each): try to touch back, knees, ball (the one who manages to touch the other most times in a certain period of time wins)	9. In pairs dribble with two balls and at the signal exchange balls	14. Standing up, ball held-in front with straight arms: let it drop, clap hands behind back and grab ball
5. Same game-drill in threes, fours and fives	10. Same game-drill in threes, fours and fives	15. Same game-drill holding ball behind back: clap hands and grab ball again

## BREAK

 (5 Minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Or pull aside any players who might need additional coaching regarding their leadership goals!

## Activity 4: Footwork

 (15 Minutes)

- In this segment of footwork, again continue working on **jump stops** and **triple threat** but now, add in the element of **pivots**. Supplemental material can be found in the *NBA Coaching Manual (Footwork)*. The key component of pivoting is that once a pivot foot is established by a player with the ball, the pivot foot cannot change. Utilize the **JUMP STOP DRILL** (BELOW) and incorporate pivoting action into the movements.
- **JUMP STOP DRILL:** Place players into five lines (number of lines can be adjusted) starting on the baseline. Players jog three steps and then jump stop,

hold for two seconds and then repeat; players jump stop to half court and then back. The drill is not a race; special attention should be paid to correct form and staying low. Supplemental material can be found in the *NBA Coaching Manual (Footwork)*.

### Activity 5: Passing

 (15 Minutes)

- In the next segment, the focus shifts to passing, one of the overall themes for the day. Supplemental material for passing can be found in the *NBA Coaching Manual (Passing)* as well as the *FIBA Coaching Manual Chapter 6.3*. It makes sense to start with **STATIONERY PARTNER PASSING DRILL** in order to reinforce the different types of passes as well as good passing form. You should then begin to have the players pass on the move.
- **PARTNER PASSING ON THE MOVE DRILL:** Have two lines on baseline on the right side of the basket and two lines on the baseline on the left side of the basket. Players should begin making passes on the move while being down in a balanced, athletic position (similar to a triple threat). Do not have the players run while passing; it is critical to have them first slide and stay under control. Players should begin with a chest pass, passing back and forth to the opposite baseline, and then come back. Use this opportunity to emphasize communication and have the players call out each other's names. You can then incorporate the bounce pass as well. Make certain to reinforce the theme of collective commitment – working together to make good passes, good catches and value the basketball.

### BREAK

 (5 Minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **COLLECTIVE COMMITMENT**. Go around the circle and ask each player to briefly give an example of how they have incorporated this theme into the practice today. Once each player has shared, remind them that they should consider ways to commit with classmates, teammates or coworkers to stop bullying and help people being made fun of!

### Activity 6: Scrimmages

 (25 Minutes)

- During the 5-on-5 scrimmages make sure to emphasise the key points from the entire training session as well as reinforce the key theme of **collective commitment**. Take some time to incorporate **no-dribble** action into the

games. Set a certain amount of time during the game where players are not allowed to dribble. This will force them to focus on good passes as well as **moving without the ball** and working together as a team.

### Activity 7: Goal Setting & Wrap Up

 (15 Minutes)

- Form a team circle and review the key points of the practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is to do 25 chest passes each day with a wall or a friend (a tennis ball can be used if needed).
- Revisit the **leadership goal** theme of COLLECTIVE COMMITMENT. Remind each player that at the beginning of practice they were told that they should identify a goal to commit to with friends or classmates to stop bullying and help others who are being made fun of. Briefly have each player state their plan to complete their goal.



### PRACTICE 6: Passing and Collective Commitment

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain what collective commitment is and provide an example of it
- Describe the fundamentals of passing
- Play a scrimmage game
- Share a collective commitment goal that players will work on outside of practice

#### Summary of Learning Activities in This Session

No.	Learning Activity	Principal Training Method	Time
1	Welcoming Team Circle	Lecturette, large group discussion	15 minutes
2	Basketball 101	Lecturette	10 minutes
3	Drills for Physical Development	Practice	15 minutes
4	Footwork	Practice	15 minutes
5	Passing	Practice	15 minutes
6	Scrimmages	Practice	25 minutes
7	Goal Setting & Wrap Up	Large group discussion	15 minutes

## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

 (15 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice! Have each player take a turn providing an example of how they completed their goal: **commit to with friends or classmates to stop bullying and help others who are being made fun of**. After each player has shared, congratulate each one and remind them that teamwork is the secret that makes common people achieve uncommon results!
- Next, while maintaining the team circle, have the team together demonstrate completing last week's goal of **completing 25 chest passes**. Congratulate them when they have finished.
- Today's leadership theme is again **COLLECTIVE COMMITMENT**. Whereas dribbling highlighted personal commitment, passing focuses on collective commitment and the values of team play. No other basketball concept, besides team defence, embodies the idea of a collective commitment to achieving a goal. Passing is about **unselfishness** and **helping others**. The amazing thing is, usually, when you help others, you help yourself. Passing is a key fundamental to the game of basketball and players should understand how to pass, how to catch, and how to play unselfishly. In terms of leadership, a collective commitment is important to creating **positive social change**. Whereas the focus on the court should be centered on teamwork, the focus off the court should be centered on working with others together for a common goal.
- Have them begin to think about this week's goal: to help their family/caregivers take better care of their household. Tell them "In union there is strength"! Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme on the court today!

### Activity 2: Basketball 101

 (10 Minutes)

- This segment should focus on **Terms of the Game**. Supplemental material can be found within the *NBA Coaching Manual (Basketball Terms)*. Try and utilize terms related to passing.

### Activity 3: Drills for Physical Development

 (15 Minutes)

- This training session's drills for physical development focus on **endurance**. Supplemental material can be found in the *FIBA Manual Chapter 6.2*. These drills tie in with the overall emphasis on **hand and eye coordination**. There are also specific drills in this segment that tie in certain **timed passing drills** that can be beneficial given the focus on passing.

Drills for Physical Development - Endurance		
1. Race dribbling 15-20 meters.	5. Tic-tac in 2, 3, 4, 5 only forwards, forwards and return, in time.	9. Timed shooting competition: see how many shots can be made in a certain period of time.
2. Race running in slalom while dribbling.	6. Competition in pushups	10. Same game-drill, checking how many baskets can be made in a certain period of time.
3. Relay races and dribbling races.	7. Competition jumping, keeping rhythm.	11. Timed passing (2, 3, 4, 5 players in teams): see how many passes can be made in a certain period of time.
4. Game-drills for rhythmic ball handling.	8. Same game-drill dribbling at the same time.	12. Timed simple circuits

### BREAK

 (5 Minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Or pull aside any players who might need additional coaching regarding their leadership goals!

### Activity 4: Footwork

 (15 Minutes)

- In this segment of footwork, again continue working on **jump stops** and **triple threat** but now, add in the element of **pivots**. Supplemental material can be found in the *NBA Coaching Manual (Footwork)*. Utilize the **JUMP STOP DRILL** (BELOW) and incorporate pivoting action into the movements.

- **JUMP STOP DRILL:** Place players into five lines (number of lines can be adjusted) starting on the baseline. Players jog three steps and then jump stop, hold for two seconds and then repeat; players jump stop to half court and then back. The drill is not a race; make sure players stay low. Supplemental material can be found in the *NBA Coaching Manual (Footwork)*.

### Activity 5: Passing

🕒 (15 Minutes)

- Continue **passing on the move**. Supplemental material for passing can be found in the *NBA Coaching Manual (Passing)* as well as the *FIBA Coaching Manual Chapter 6.3*.

### BREAK

🕒 (5 Minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **COLLECTIVE COMMITMENT**. Go around the circle and ask each player to give an example of how they have incorporated this theme into the practice today. Once each player has shared, remind them that they should consider ways to help their family/caregivers take better care of their household.

### Activity 6: Scrimmages

🕒 (25 Minutes)

- During the 5-on-5 scrimmages make sure to emphasise the key points from the entire training session and reinforce the key theme of **collective commitment**.

### Activity 7: Goal Setting & Wrap Up

🕒 (15 Minutes)

- Form a team circle and review the key points of practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is to do 25 bounces passes each day with a wall or a friend (a tennis ball can be used if needed).
- Revisit the **leadership goal** theme of COLLECTIVE COMMITMENT. Remind each player of the goal to help their family/caregivers take better care of their household.





## PRACTICE 7: Lay-ups and Self-Control

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain what control is and provide an example of it
- Describe the fundamentals of lay-ups
- Play a scrimmage game
- Share a control goal that players will work on outside of practice

### Summary of Learning Activities in This Session

No.	Learning Activity	Principal Training Method	Time
1	Welcoming Team Circle	Lecturette, large group discussion	15 minutes
2	Basketball 101	Lecturette	10 minutes
3	Drills for Physical Development	Practice	15 minutes
4	Footwork	Practice	15 minutes
5	Lay-ups	Practice	20 minutes
6	Scrimmages	Practice	20 minutes
7	Goal Setting & Wrap Up	Large group discussion	15 minutes

## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

 (15 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice! Have each player take a turn providing a brief example of how they completed their goal: **to help their family/caregivers take better care of their household.** After each player has shared, congratulate each one and remind them that teamwork is the secret that in union there is strength!
- Next, while maintaining the team circle, have the team together demonstrate completing last week's goal of **completing 25 bounce passes.** Congratulate them when they have finished.
- Today's citizenship theme is **SELF-CONTROL.** Supplemental material regarding control can be found in the *FIBA Manual Chapter 1.4.* We are now focusing on the part of the game that ALL players love the most – shooting and scoring. However, it is crucial to begin with the fundamentals and basic form of taking and making lay-ups. The concept of control focuses on the psychological health of the players, specifically their **self-confidence** and **abilities to control their**

**tempers.** Being in control of your emotions as well as feeling in control of your situation is important to building self-confidence. Basketball is a great sport to teach control, especially when focus on learning fundamentals. Players should focus on always being in control, both on and off the court. This will ultimately help the players become better leaders and better people.

- Have players begin to think about this week’s goal: **to identify an area of life that he or she might feel helpless in and identify the necessary steps to gain control in a positive manner.** Tell them “You can’t always control your circumstances, but you can control your thoughts!” Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!

### Activity 2: Basketball 101

 (10 Minutes)

- This segment should focus on **Terms of the Game.** Supplemental material can be found within the *NBA Coaching Manual (Basketball Terms).*

### Activity 3: Drills for Physical Development

 (15 Minutes)

- This training session’s drills for physical development focus on **rapid strength.** Supplemental material can be found in the *FIBA Manual Chapter 6 (page 16).* These drills work on building core and upper body strength.

Drills for Development - Rapid Strength		
1. Dribble and jump at same time	4. In pairs: «wheelbarrow» (hold onto thighs)	7. Throw ball forwards, backwards, sideways, sitting down, kneeling down, lying on back, lying on tummy
2. Competitions in dribbling, shooting, passing, standing still and on the move	5. Jump inside and outside of a circle	8. All types of relay races
3. Drills in pairs in offense and defence, opposition and resistance	6. High jump, long jump, jump backwards, low jump	9. All types of circuits (stimulating jumping strength, throwing strength)

## BREAK

 (5 Minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Or pull aside any players who might need additional coaching regarding their leadership goals!

## Activity 4: Footwork

 (15 Minutes)

- This segment of footwork should focus on **v-cuts**. Supplemental material can be found in the *NBA Coaching Manual (Cutting)*. A v-cut is a quick change in direction used by an offensive player to create space to receive the ball. Players must plant their foot and use their momentum to propel themselves in a different direction to get open.
- **V-CUT & CATCH DRILL:** Have players form a line on the baseline. One by one, players will jog towards the paint, plant their inside foot, and explode up towards the wing to receive the pass (the wing area is the area outside the 3-point line on either side of the paint; if you drew a line from the free throw line to the sideline, the area where that line would intersect the 3-point line is the wing area). On the catch, players should pivot and get into a triple threat position. A v-cut is always done in a low and balanced position

## Activity 5: Lay-ups

 (20 Minutes)

- In the next segment, the focus shifts to lay-ups. Supplemental material for passing can be found in the *NBA Coaching Manual (Lay-ups)*. When teaching lay-ups, you as a coach should emphasise a few important things. First, concentrate on the **1-2 step**. A great to visualize and explain the correct form is the 1-2 step. On the ride side of the hoops, players should jump off of their (left (inside) foot while their right (outside) knee is up. Pretend that a string connects your right hand and your right knee. Second, use a **target**. Third, make sure to **push and release**. Players should push the ball off of their fingertips, aiming for the target. Explain to the players that in basketball, you are allowed two steps in succession once you pick up the ball from a dribbling motion. The concept of control works extremely well here - control of your body, control of the ball, control of your steps.

- **SHADOW LAY-UPS DRILL:** Line your players up on the free throw line. On the command of your voice, players should take a step with their right foot and then jump off of their left foot in a lay-up motion. Essentially they are shooting imagined lay-ups to the command of your voice count. The hands should push and release as if they are shooting a real lay-up. Do this for right and left hand lay-ups (left side = right leg jump and left knee up).
- **BASIC LAY-UP PROGRESSION DRILL:** Line the players up on the block (lowest square of the paint, near the basket). You as the coach should stand on the block, holding the ball outward with two hands. Players will step with their right foot, grab the ball and explode up to the rim with off of their left foot, shooting with their right hand. This basic drill has them shooting lay-ups in close without the use of a dribble, focusing on form. Make sure your players count of “1-2) every time they gather for a lay-up.

## BREAK

 (5 Minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **CONTROL**. Go around the circle and ask each player to give a brief example of how they have incorporated this theme into the practice today. Once each player has shared, remind them that they should identify an area of life that he or she might feel helpless in and identify the necessary steps to gain control in a positive manner.

## Activity 6: Scrimmages

 (20 Minutes)

- During the 5-on-5 scrimmages make sure to emphasise the key points from the entire training session as well as reinforce the key theme of **self-control** in relation to their movements on the court, their passing, their cutting and their dribbling. Everything should be done with balance and control. Really reinforce the importance of finishing lay-ups and good form.

## Activity 7: Goal Setting & Wrap Up

 (15 Minutes)

- Form a team circle and review the key points of practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is to do 50 strong hand shadow lay-ups each day. Congratulate them on their hard work to improve this today!

- Revisit the **leadership goal** theme of SELF-CONTROL. Remind each player that at the beginning of practice they were told that they should identify a goal to identify an area of life that he or she might feel helpless in and identify the necessary steps to gain control in a positive manner. Tell them that they will have the opportunity share how they accomplished their goal at the next practice!



### **PRACTICE 8: Lay-ups and Control**

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain what control is and provide an example of it
- Describe the fundamentals of lay-ups
- Play a scrimmage game
- Share a control goal that players will work on outside of practice

#### **Summary of Learning Activities in This Session**

<b>No.</b>	<b>Learning Activity</b>	<b>Principal Training Method</b>	<b>Time</b>
<b>1</b>	Welcoming Team Circle	Lecturette, large group discussion	15 minutes
<b>2</b>	Basketball 101	Lecturette	10 minutes
<b>3</b>	Drills for Physical Development	Practice	15 minutes
<b>4</b>	Footwork	Practice	15 minutes
<b>5</b>	Lay-ups	Practice	20 minutes
<b>6</b>	Scrimmages	Practice	20 minutes
<b>7</b>	Goal Setting & Wrap Up	Large group discussion	15 minutes

## **LEARNING ACTIVITIES**

### **Activity 1: Welcoming Team Circle**

 (15 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice! Have each player take a turn briefly sharing how they completed their goal: **to identify an area of life that he or she might feel helpless in and identify the necessary steps to gain control in a positive manner.** After each player has shared, congratulate each one and remind them that "you cannot always control your circumstances, but you can control your thoughts!"

- Next, while maintaining the team circle, have the team together demonstrate completing last week’s goal of **completing 50 strong hand shadow lay ups**. Congratulate them when they have finished.
- Today’s citizenship theme is again **SELF-CONTROL**. Supplemental material regarding control can be found in the *FIBA Manual Chapter 1.4*. We are now focusing on the part of the game that ALL players love the most – shooting and scoring. However, it is crucial to begin with the fundamentals and basic form of taking and making lay-ups. The concept of self-control focuses on the psychological health of the players, specifically their **self-confidence** and **abilities to control their tempers**. Being in control of your emotions as well as feeling in control of your situation is important to building self-confidence. Basketball is a great sport to teach control, especially when focus on learning fundamentals. Players should focus on always being in control, both on and off the court. This will ultimately help the players become better leaders and better people.
- Tell players to begin to think about this week’s goal: **to identify an area of life that he or she might feel helpless in and identify the necessary steps to gain control in a positive manner**. Tell them “I am indeed King, because I know how to rule myself”! Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!

### Activity 2: Basketball 101

🕒 (10 Minutes)

- This segment should focus on **Terms of the Game**. Supplemental material can be found within the *NBA Coaching Manual (Basketball Terms)*.

### Activity 3: Drills for Physical Development

🕒 (15 Minutes)

- This training session’s drills for physical development focus on **body pattern development**. Supplemental material can be found in the *FIBA Manual Chapter 6.2*.

Drills for Development - Body Pattern Development		
1. All types of walking (on heels, tip-toe, on the inside and outside of foot)	5. Walking or running, pass the ball around the head, the trunk, lower limbs, push it forwards, upwards	9. Walk holding ball between ankles

2. Walking forward or running forward, reverse walking, sideways, around or in the middle of the court, holding the ball high, low, behind the back	6. Walk or run in the middle of the court holding the ball, with a musical background. Suddenly stop the music and watch the behavior and reactions of the children, then start the music again	10. Jump holding ball between ankles
3. Run, kicking backwards, holding ball behind back	7. The same game-drill as above, dribbling freely in the court	11. Crawling: carry ball between ankles, under tummy, roll over ball
4. Run with knees high holding ball in front	8. Walk holding the ball with the hands, roll it without letting go around body, squeeze it, throw it	12. Game-drills for breathing training

## BREAK

 (5 Minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Or pull aside any players who might need additional coaching regarding their citizenship goals!

## Activity 4: Footwork

 (15 Minutes)

- This segment of footwork should again on focus on **v-cuts**. Supplemental material can be found in the *NBA Coaching Manual (Cutting)*.

## Activity 5: Lay-ups

 (20 Minutes)

- In the next segment, the focus shifts to lay-ups. Supplemental material for passing can be found in the *NBA Coaching Manual (Lay-ups)*.
- **CLASSIC LAY-UP DRILL:** Create two lines, one on each wing. The first player in the line with the ball dribbles towards rim for a lay-up while the opposite line gets the rebound. Shooters go to the rebounding line and rebounders go to the shooting line.

## BREAK

 (5 Minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **SELF-CONTROL**. Go around the circle and ask each player to briefly give an example of how they have incorporated this theme into the practice today. Once each player has shared, remind them that they should consider ways to identify an area of life that he or she might feel helpless in and identify the necessary steps to gain control in a positive manner.

## Activity 6: Scrimmages

 (20 Minutes)

- During this scrimmages, make sure to emphasise the key points from the entire training session and themes of the day.

## Activity 7: Goal Setting & Wrap Up

 (15 Minutes)

- Form a team circle and review the key points of practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is to do 50 weak hand shadow lay-ups each day. Congratulate them on their hard work to improve this today!
- Revisit the **leadership goal** theme of SELF-CONTROL. Remind each player that at the beginning of practice they were told that they should identify a goal to identify an area of life that he or she might feel helpless in and identify the necessary steps to gain control in a positive manner, tell players that they will have the opportunity share how they accomplished their goal at the next practice!



## PRACTICE 9: Shooting and Self-Confidence

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain what self-confidence is and provide an example of it
- Describe the fundamentals of shooting
- Play a scrimmage game
- Share a self-confidence goal that players will work on outside of practice



### Summary of Learning Activities in This Session

No.	Learning Activity	Principal Training Method	Time
1	Welcoming Team Circle	Lecturette, large group discussion	15 minutes
2	Basketball 101	Lecturette	10 minutes
3	Drills for Physical Development	Practice	15 minutes
4	Footwork	Practice	10 minutes
5	Shooting	Practice	25 minutes
6	Scrimmages	Practice	20 minutes
7	Goal Setting & Wrap Up	Large group discussion	15 minutes

## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

 (15 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice!
- After the players have handed over the goal sheets, have each player take a turn providing an example of how they completed their goal: **to identify an area of life that he or she might feel helpless in and identify the necessary steps to gain control in a positive manner**. After each player has shared, congratulate each one and remind them that "I am indeed Kind because I know how to rule myself!"
- Next, while maintaining the team circle, have the team together demonstrate completing last week's goal of **completing 50 weak hand shadow lay ups**. Congratulate them when they have finished.
- Today's citizenship theme is **SELF-CONFIDENCE**. Supplemental material regarding collective commitment can be found in the *FIBA Manual Chapter 1.4*. Shooting is another topic that the players love and will love to practice. It is easily one of the more fun parts of the game of basketball. A big part of teaching shooting and correct form will be **BEEF - Balance, Eye, Elbow and Follow- Through**. Self-confidence is all about shooting. You have to believe in yourself and know that by combining good form with good repetition, one can become a good shooter. But you have to **believe** in yourself first. Self-confidence falls in line with citizenship as well. Off the court, in order to make a difference, you must be confident of your abilities as a person to make positive change, do what is right, stand up to wrong and help others.

- Have them begin to think about this week’s self-confidence goal: **that every day they are able to carry out a positive activity which makes them smile**. Tell them “The individual who has self-confidence will lead the rest”! Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!

### Activity 2: Basketball 101

🕒 (10 Minutes)

- This segment should focus on **Terms of the Game**. Supplemental material can be found within the *NBA Coaching Manual (Basketball Terms)*. Try and utilize terms related to shooting.

### Activity 3: Drills for Physical Development

🕒 (15 Minutes)

- This training session’s drills for physical development focus on **body orientation in space and laterality**. Supplemental material can be found in the *FIBA Manual Chapter 6.2*.

Drills for Physical Development - Body Orientation in Space and Laterality		
1. Game-drill exploring basketball court (sidelines, end-lines, circles), walking, running, jumping, dribbling	5. Walk in court passing ball under legs	10. Dribble high, very high, low, very low
2. Throw ball towards side-lines and try to catch it before it goes out of court; same towards end-lines	Dribble standing still with preferred hand, walking, running. Dribble and jump in a straight line	11. Dribble sitting down with one finger, two, three, four, five fingers
3. Walk in the court with one eye closed and one open, both eyes closed, dribbling, jumping and dribbling. ground)	7. Dribble standing still and jump with feet together, jump on one foot, with open legs, crossed legs	12. Dribble a «tam-tam» with ball
3. Walk in the court with one eye closed and one open, both eyes closed, dribbling, jumping and dribbling	8. Standing still dribble, with one hand and jump on corresponding foot	Throw ball very high and catch with same hand, with opposite hand, with two hands (standing, kneeling, sitting, lying with back on ground)

4. Dribble following court lines, circles, lanes	9. Dribble against wall with one hand, two hands	14. Dribble and jump in a straight line
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## BREAK

🕒 (5 Minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Or pull aside any players who might need additional coaching regarding their leadership goals!

## Activity 4: Footwork

🕒 (10 Minutes)

- This segment of footwork should again on focus on **v-cuts**. Supplemental material can be found in the *NBA Coaching Manual (Cutting)*. Also emphasise **triple threat** as well as the importance of a **pump fake** related to shooting.

## Activity 5: Shooting

🕒 (25 Minutes)

- The next segment shifts to shooting. Supplemental material for passing can be found in the *NBA Coaching Manual (Shooting)* as well as the *FIBA Coaching Manual Chapter 6.3*. The best way to teach young players is to begin shooting practice close to the basket. For young players, it is imperative that proper form is taught and that they do not shoot from too far away from the rim. Young players, when they first touch the ball on a court, start running behind the 3-point line and shooting long, bad shots. Emphasise the need to start in close and work backwards from there.
- As mentioned before, **BEEF** is a critical concept to focus on with shooting. **Balance** means that players should have their feet shoulder width apart, with their strong feet slightly in front of the other (right hand shooter = right foot, left hand shooters = left foot). They should also have a slight bend in their knees, down in a **triple threat** position. **Eye** means that their eyes are on the target, which in this case is the rim, and you want the shot to go over the rim. This also means that their feet should be on the target, not pointing to one way or another but towards the basket. **Elbow** means that their elbows should be bent at a 90 degree angle, just like the shape of the letter L. And **Follow-Through**

means that on the release of the shot, players should snap their wrist forward and hold their release. This provides rotation and arc on their shot. The last thing the ball should touch is their fingertips. When holding the ball, their shooting hand should be placed in the middle of the basketball while their non-shooting hand should be placed on the side, purely used as a **guide hand**. The key with shooting is good repetition. Make sure to also emphasise to shoot it like they mean it – with **self-confidence**.

- **FORM SHOOTING DRILL:** Have players form three lines facing the hoop – on the left baseline, in front of the hoop, and on the right baseline. Players should be no more than two steps away from the basket. Players should take turns slowly bringing the ball in with one hand, following the techniques discussed above (BEEF), and shooting the ball but without the use of their guide hands. Emphasise being balanced, eyes on the target, elbows in and following through after the shot. Rebound and pass to the next player in line and rotate lines.
- **SHOOTING RELAY DRILL:** Line players up in three lines. On the whistle, players must shoot, rebound their shot, and pass to the next person in line. They do not rotate lines – instead, they stay in their lines and the first “team” to score a designated number of baskets wins. Make sure that the players don not rush their shots! The tendency with a race is to go fast. Emphasise good form each time.

## BREAK

🕒 (5 Minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **SELF-CONFIDENCE**. Go around the circle and ask each player to give an example of how they have incorporated this theme into the practice today. Once each player has shared, remind them that they should identify a self-confidence goal so that every day they are able to carry out a positive activity which makes them smile.

## Activity 6: Scrimmages

🕒 (20 Minutes)

- During the 5-on-5 scrimmages make sure to emphasise the key points from the entire training session as well as taking good shots.

## Activity 7: Goal Setting & Wrap Up

 (15 Minutes)

- Form a team circle and review the key points of practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is to do 50 shadow shots each week to work on their form!
- Revisit the **leadership goal** theme of SELF-CONFIDENCE. Remind each player that at the beginning of practice they were told that they should identify a self confidence goal so that every day they are able to carry out a positive activity which makes them smile. Tell them that at the next practice, they will have the opportunity to share how they accomplished their goal.



## PRACTICE 10: Shooting and Self-Confidence

**Total Session Time:** 2 hours and 30 minutes

**Objectives:** By the end of this session, participants will be able to:

- Explain what self-confidence is and provide an example of it
- Describe the fundamentals of shooting
- Play a scrimmage game
- Share a self-confidence goal that players will work on outside of practice

### Summary of Learning Activities in This Session

No.	Learning Activity	Principal Training Method	Time
1	Welcoming Team Circle	Lecturette, large group discussion	15 minutes
2	Basketball 101	Lecturette	10 minutes
3	Drills for Physical Development	Practice	15 minutes
4	Footwork	Practice	10 minutes
5	Shooting	Practice	25 minutes
6	Scrimmages	Practice	20 minutes
7	Goal Setting & Wrap Up	Large group discussion	15 minutes

## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

 (15 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice!

- After the players have handed over the goal sheets, have each player take a turn providing an example of how they completed their goal: **every day carry out a positive activity which makes them smile**. After each player has shared, congratulate each one and remind them that “the individual who has self-confidence will lead the rest!”
- Next, while maintaining the team circle, have the team together demonstrate completing last week’s goal of **demonstrating proper shooting form without a ball**. Congratulate them when they have finished!
- Today’s citizenship theme is **INSTILLING SELF-CONFIDENCE**. Supplemental material regarding collective commitment can be found in the *FIBA Manual Chapter 14*. Whereas the last session dealt with self-confidence, this session should focus on instilling –self confidence in others.
- Have them begin to think about this week’s goal: **instilling self-confidence goal by encouraging three people every day**. Tell them “Leadership is the ability to envision what others cannot, to instill confidence and guide people to achieve!” Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!

### Activity 2: Basketball 101

 (10 Minutes)

- This segment should focus on **Terms of the Game**. Supplemental material can be found within the *NBA Coaching Manual (Basketball Terms)*. Try and utilize terms related to shooting.

### Activity 3: Drills for Physical Development

 (15 Minutes)

- This training session’s drills for physical development focus on **special-temporal perception**. Supplemental material can be found in the *FIBA Manual Chapter 6.3*.

Drills for Physical Development – Body Orientation in Space and Laterality		
1. Roll ball in court with one hand, two hands, with feet, dribbling, trying to avoid objects scattered in court	5. Throw ball against wall and catch it	Throw ball high and clap hands every time it touches ground

2. Walk, throw ball forwards and grab it immediately after it has touched ground	6. Throw ball against wall, clap hands in front and catch without dropping: repeat clapping hands behind back, touching ground, turning around	12. Same game-drill jumping with feet together, same on one foot
3. Walk, throw ball backwards and immediately retrieve it; repeat	8. In pairs hold hands and dribble (standing in place and on the move)	13. Throw ball as high as possible and as far as possible
4. Throw ball very high and catch it after having clapped hands several times in front, behind back, in front and behind, under legs	9. Roll ball, run and catch it before it reaches an established mark	14. Dribble, «beating» a rhythm
5. Same game-drill as above, after having touched ground with one hand, both hands, after having turned around in a circle	10. Roll ball and turn around it	15. Back against wall, throw ball against wall, turn and catch ball

## BREAK

 (5 Minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Or pull aside any players who might need additional coaching regarding their citizenship goals!

## Activity 4: Footwork

 (10 Minutes)

- This segment of footwork should again on focus on **v-cuts**. Supplemental material can be found in the *NBA Coaching Manual (Cutting)*. Also emphasise **triple threat** as well as the importance of a **pump fake** related to shooting.

## Activity 5: Shooting

 (25 Minutes)

- The next segment shift to shooting. Supplemental material for passing can be found in the *NBA Coaching Manual (Shooting)* as well as the *FIBA Coaching Manual Chapter 6 (pages 23-28)*. Continue incorporating the **FORM SHOOTING AND SHOOTING RELAY DRILLS**. Make sure to exude confidence and encourage your players as they develop their form and technique.

## BREAK

 (5 Minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **INSTILLING SELF-CONFIDENCE**. Go around the circle and ask each player to briefly give an example of how they have incorporated this theme into the practice today. Once each player has shared, remind them that they should identify a goal to encourage 3 people every day.

## Activity 6: Scrimmages

 (20 Minutes)

- During the 5-on-5 scrimmages make sure to emphasise the key points from the entire training session as well as taking good shots.

## Activity 7: Goal Setting & Wrap Up

 (15 Minutes)

- Form a team circle and review the key points of practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is to be able to do 3 short shots in a row by next session.
- Revisit the **leadership goal** theme of INSTILLING SELF-CONFIDENCE. Remind each player that at the beginning of practice they were told that they should identify an instilling confidence goal so that they encourage three people every day. Tell them that they will have the opportunity to share how they accomplished their goal at the next practice!



## PRACTICE 11: Defence and Responsibility

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain what responsibility is and provide an example of it



- Describe the fundamentals of defence
- Play a scrimmage game
- Share a responsibility goal that players will work on outside of practice

Summary of Learning Activities in This Session			
No.	Learning Activity	Principal Training Method	Time
1	Welcoming Team Circle	Lecturette, large group discussion	15 minutes
2	Basketball 101	Lecturette	10 minutes
3	Drills for Physical Development	Practice	15 minutes
4	Footwork	Practice	10 minutes
5	Defence	Practice	25 minutes
6	Scrimmages	Practice	20 minutes
7	Goal Setting & Wrap Up	Large group discussion	15 minutes

## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

🕒 (15 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice!
- After the players have handed over the goal sheets, have each player take a turn providing an example of how they completed their goal: **encourage 3 people every day**. After each player has shared, congratulate each one and remind them that "Leadership is the ability to envision what others cannot, to instill confidence and guide people to achieve!"
- Next, while maintaining the team circle, have the team together demonstrate completing last week's goal of **3 short shots in a row**. Congratulate them when they have finished.
- Today's leadership theme is **Responsibility**. Supplemental material regarding responsibility can be found in the *FIBA Manual Chapter 1.3*. The concepts of defence and responsibility go hand in hand. When playing defence, you are responsible for guarding your man. The defensive position is a low, balanced position – arms out, knees bent, back straight and feet always moving. Defence is not only about personal but also collective responsibility – working together with your team, **communicating** as one. Responsibility ties well into the theme of citizenship on many levels and can be reinforced throughout the training sessions.

- Have them begin to think about this week’s goal of responsibility: **they should have a plan in place to count the amount of times each day that they make an excuse or blame someone when something goes wrong.** Tell them “The willingness to accept responsibility for one’s own life is the source from which self-respect springs!” Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!

### Activity 2: Basketball 101

 (10 Minutes)

- This segment should focus on **Terms of the Game**. Supplemental material can be found within the *NBA Coaching Manual (Basketball Terms)*. Try to utilize terms related to defence.

### Activity 3: Drills for Physical Development

 (15 Minutes)

- This training session’s drills for physical development focus on **balance**. Supplemental material can be found in the *FIBA Manual Chapter 6.3*. Balance is a key part of a goof defensive stance and should be reinforced throughout.

Drills for Physical Development - Balance		
1. Throw ball high and turn foot around (count the number of times the child manages to turn foot around ball)	6. Standing still, hold ball, legs apart: jump, turn around completely and land in same position (in one direction and then the other)	11. Run around court, stop at a signal, jump high and turn around, then start to run again
2. Dribble jumping on one foot (in place and on the move)	7. Dribble with eyes closed	12. Reverse walking
3. Roll on feet without losing balance	8. Jump on and off a bench without losing balance	13. Reverse walking on a bench, walk forwards
4. Walk on tip-toes, on heels	9. Run around court and stop immediately at a signal	14. Same game-drills dribbling
5. Dribble throughout court, at the signal roll on ground, stand up, grasp ball and start to dribble again	10. Same game-drill, dribbling	15. Roll ball forwards, somersault on carpet, grasp ball again and dribble or shoot or pass

## BREAK

🕒 (5 Minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Or pull aside any players who might need additional coaching regarding leadership goals!

## Activity 4: Footwork

🕒 (10 Minutes)

- This segment of footwork should focus on defensive slides. Supplemental material can be found in the NBA Coaching Manual (Defence).
- **FULL COURT GROUP DEFENSIVE SLIDE DRILL:** Line players up facing the sideline. Make sure they have space between them and are spread out. On your whistle, players must get into a proper defensive stance. When you say quick feet, players should move their feet as quickly as they can in their stance. Instruct players to move in their stance in whichever direction you point. Make sure to explain the importance of step and slide so they do not trip over themselves. Start off with slow slides to work on form.

## Activity 5: Defence

🕒 (25 Minutes)

- The next segment should focus again on defence. Supplemental material for passing can be found in the *NBA Coaching Manual (Defence)* as well as the *FIBA Coaching Manual Chapter 6.3*. Really focus in on the fundamentals of defence. You already covered stance in the footwork segment. Explain why defence is so important. Also explain the importance of communication. Many kids are shy on the basketball court and do not talk; however, emphasise the importance of taking **responsibility** for you and for others by communicating. A great way to teach defence is to have players play one-on-one. This is something you should build up to in your teaching and through certain drills.
- **LANE DRILL:** Players line up inside free throw lane area with outside foot placed on the lane line. Players all assume a proper defensive stance with knees bent, back straight, head up, and hands out. On your whistle, players slide from one lane line to the other lane line. Players continue sliding action from one lane

line to the other lane line and count to see how many lane touches they can reach in 20 seconds.

- **ZIG ZAG DRILL:** Players begin in defensive stance without the basketball (no offensive player) at baseline corner. Facing the baseline, players will defensive slide towards the elbow. Once they reach the elbow, they plant their foot nearest at the elbow and open up their other leg and defensive slide towards the sideline at half court. Make sure to demonstrate the correct way to pivot. Continue zigzag sliding action from the sideline to the other elbow, finally ending in the corner of the opposite baseline. Once the baseline is reached, players turn and sprint along the baseline towards the other corner and repeat going in the other direction. Once they understand this drill without offense, you can incorporate “dummy” offense. In this situation, the offensive player has the ball and dribbles from the corner to the elbow to the sideline to the elbow to the corner.

## BREAK

🕒 (5 Minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **RESPONSIBILITY**. Go around the circle and ask each player to briefly give an example of how they have incorporated this theme into the practice today. Once each player has shared, remind them to have a plan in place to count the amount of times each day that they make an excuse or blame someone when something goes wrong!

## Activity 6: Scrimmages

🕒 (20 Minutes)

- During the 5-on-5 scrimmages make sure to emphasise the key points from the entire training session. Defence is the key theme. Make sure players stay in front of the ball, communicate and slide their feet.

## Activity 7: Goal Setting & Wrap Up

🕒 (15 Minutes)

- Form a team circle and review the key points of practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is to be able to do 5 minutes of defensive slides each day.
- Revisit the **leadership goal** theme of RESPONSIBILITY. Remind each player that at the beginning of practice they were told that they should identify a

responsibility goal to have a plan in place to count the amount of times each day that they make an excuse or blame someone when something goes wrong, tell them they will have the opportunity to share how they accomplished this goal at the next practice.



## PRACTICE 12: Defence and Responsibility

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain what responsibility is and provide an example of it
- Describe the fundamentals of defence
- Play a scrimmage game
- Share a responsibility goal that players will work on outside of practice

### Summary of Learning Activities in This Session

No.	Learning Activity	Principal Training Method	Time
1	Welcoming Team Circle	Lecturette, large group discussion	15 minutes
2	Basketball 101	Lecturette	10 minutes
3	Drills for Physical Development	Practice	15 minutes
4	Footwork	Practice	10 minutes
5	Defence	Practice	25 minutes
6	Scrimmages	Practice	20 minutes
7	Goal Setting & Wrap Up	Large group discussion	15 minutes

## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

 (10 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice!
- After the players have handed over the goal sheets, have each player briefly take a turn providing an example of how they completed their goal: **count the amount of times each day that they make an excuse or blame someone when something goes wrong**. After each player has shared, congratulate each one and remind them that "The willingness to accept responsibility for one's own life is the source from which self-respect springs!"

- Next, while maintaining the team circle, have the team together demonstrate completing last week’s goal of **doing 5 minutes of defensive slides**. Congratulate them when they have finished!
- Today’s leadership theme is again **Responsibility**. Supplemental material regarding responsibility can be found in the *FIBA Manual Chapter 1.3*. The concepts of defence and responsibility go hand in hand. When playing defence, you are responsible for guarding your man. The defensive position is a low, balanced position – arms out, knees bent, back straight and feet always moving. Defence is not only about personal but also collective responsibility – working together with your team, **communicating** as one. Responsibility ties well into the theme of citizenship on many levels and can be reinforced throughout the training sessions.
- Have them continue to think about this week’s goal of responsibility: **they should identify an area of their life where they can take greater responsibility, and act on it!** Tell them, “If you develop responsibility for yourself, you will develop a hunger to accomplish your dreams”! Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!

### Activity 2: Basketball 101

🕒 (10 Minutes)

- This segment should focus on **Terms of the Game**. Supplemental material can be found within the *NBA Coaching Manual (Basketball Terms)*. Try to utilize terms related to defence.

### Activity 3: Drills for Physical Development

🕒 (15 Minutes)

- This training session’s drills for physical development focus on **coordination**. Supplemental material can be found in the *FIBA Manual Chapter 6 (pages 13-14)*.

Drills for Physical Development - Coordination		
1. Roll ball and try to hit a target (ball in movement, circle, clubs, numbers drawn on the wall, inside the squares of wall bars, etc.)	6. Dribble in place with two balls alternatively	11. Dribble a figure «8» with legs apart

2. Run, with one arm forward and the other above	7. Same game-drill, running	12. Dribble figure «8» in pairs
3. Throw ball and try to put it through a circle held by a teammate	8. Reverse walking, dribbling with two balls	13. In pairs, «A» dribbles towards «B» (legs apart and extending arms) passes under, turns around, returns to starting position, stops, turns and passes the ball to «B» who then repeats the same game-drill
4. In pairs (one ball each): try to touch back, knees, ball (the one who manages to touch the other most times in a certain period of time wins)	9. In pairs dribble with two balls and at the signal exchange balls	14. Standing up, ball held in front with straight arms: let it drop, clap hands behind back and grab ball
5. Same game-drill in threes, fours and fives	10. Same game-drill in threes, fours and fives	15. Same game-drill holding ball behind back: clap hands and grab ball again

## BREAK

🕒 (5 Minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Or pull aside any players who might need additional coaching regarding their leadership goals!

## Activity 4: Footwork

🕒 (10 Minutes)

- This segment of footwork should focus on **defensive slides**. Supplemental material can be found in the *NBA Coaching Manual (Defence)*. Continue to incorporate the **FULL COURT GROUP DEFENSIVE SLIDE DRILL** and include different commands. When you yell **rebound**, players jump straight up repeatedly with both hands in the air, simulating going up to grab a rebound. When you yell **shot**, players contest a shot.

### Activity 5: Defence

 (25 Minutes)

- The next segment should focus again on defence. Supplemental material for passing can be found in the *NBA Coaching Manual (Defence)* as well as the *FIBA Coaching Manual Chapter 6.3*.

### BREAK

 (5 Minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **RESPONSIBILITY**. Go around the circle and ask each player to briefly give an example of how they have incorporated this theme into the practice today. Once each player has shared, remind them that their goal is to identify areas of their life where they can take greater responsibility and act on it.

### Activity 6: Scrimmages

 (20 Minutes)

- During the 5-on-5 scrimmages make sure to emphasise the key points from the entire training session.

### Activity 7: Goal Setting & Wrap Up

 (15 Minutes)

- Form a team circle and review the key points of practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is to be able to do 3 minutes of wall sits each day!
- Revisit **leadership goal** and the theme of RESPONSIBILITY. Remind each player that at the beginning of practice they were told that they should identify a responsibility goal to identify areas of their life where they can take greater responsibility and act on it. Tell them that they will have the opportunity to share how they accomplished their goal at the next practice!



### PRACTICE 13: Rebounding and Perseverance

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain what perseverance is and provide an example of it
- Describe the fundamentals of rebounding



- Play a scrimmage game
- Share a perseverance goal that players will work on outside of practice

Summary of Learning Activities in This Session			
No.	Learning Activity	Principal Training Method	Time
1	Welcoming Team Circle	Lecturette, large group discussion	15 minutes
2	Basketball 101	Lecturette	10 minutes
3	Drills for Physical Development	Practice	15 minutes
4	Footwork	Practice	10 minutes
5	Rebounding	Practice	20 minutes
6	Scrimmages	Practice	25 minutes
7	Goal Setting & Wrap Up	Large group discussion	15 minutes

## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

 (15 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice!
- After the players have handed over the goal sheets, have each player take a turn providing an example of how they completed their goal: **Identify areas of life where they can take greater responsibility and act on it.** After each player has shared, congratulate each one and remind them that "If you develop responsibility for yourself, you will develop a hunger to accomplish your dreams!"
- Next, while maintaining the team circle, have the team together demonstrate maintaining a defensive stance for 3 minutes. Congratulate them when they have finished!
- Today's citizenship theme is **Perseverance**. Supplemental material regarding collective commitment can be found in the *FIBA Manual Chapter 1.3*. Rebounding is all about effort and hustle and perseverance. You do not have to be the biggest person on the court in order to be a good rebounder. Rebounding is also about timing and understanding angles. The idea of perseverance proves useful both on and off the court. Being able to give sustained effort in whatever you do is important and also a big part of having a positive impact on society!

- Have them think on this week’s perseverance goal: **identify an area of life where they can work harder!** Tell them, “There’s only one way to succeed in anything, and that is to give it everything.”!Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!

### Activity 2: Basketball 101

 (10 Minutes)

- This segment should focus on **Terms of the Game**. Supplemental material can be found within the *NBA Coaching Manual (Basketball Terms)*. Try to utilize terms related to rebounding.

### Activity 3: Drills for Physical Development

 (15 Minutes)

- This training session’s drills for physical development focus on **endurance**. Supplemental material can be found in the *FIBA Manual Chapter 6.2*. Endurance ties in directly with perseverance.

Drills for Physical Development - Endurance		
1. Race dribbling 15-20 meters	5. Tic-tac in 2, 3, 4, 5 only forwards, forwards and return, in time	9. Timed shooting competition: see how many shots can be made in a certain period of time
2. Race running in slalom while dribbling	6. Competition in pushups	10. Same game-drill, checking how many baskets can be made in a certain period of time
3. Relay races and dribbling races	7. Competition jumping, keeping rhythm	11. Timed passing (2, 3, 4, 5 players in teams): see how many passes can be made in a certain period of time
4. Game-drills for rhythmic ball handling	8. Same game-drill dribbling at the same time	12. Timed simple circuits

### BREAK

 (5 Minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe

had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept.

#### Activity 4: Footwork

 (10 Minutes)

- This segment of footwork should again focus on **defensive slides**. Supplemental material can be found in the *NBA Coaching Manual (Defence)*. Remember to incorporate the **rebound** command when doing the **FULL COURT GROUP DEFENSIVE SLIDE DRILL**.

#### Activity 5: Rebounding

 (20 Minutes)

- The next segment should focus on rebounding. Supplemental material for passing can be found in the *NBA Coaching Manual (Rebounding)*. The keys to rebounding are timing, anticipation, positioning and boxing out. Really focus on teaching the players how to correctly box out and the purpose of doing so. As said before, rebounding really ties into perseverance and giving multiple efforts when going after the ball. Make sure to also explain the difference between offensive and defensive rebounding.
- **TOSS OFF THE BACKBOARD DRILL:** Players line up at the elbow facing the hoop. Toss the ball off the backboard and have the first player in line jump for the rebound. Make sure they secure the ball with two hands and land in a balanced position.
- **LINE TAPS DRILL:** Players form a line a step inside the free throw line. The ball starts in the front of the line. The first player throws the ball off of the backboard underhand. The next player follows, jumps up with two hands, and taps the ball off of the board. The next player does the same, and the drill continues on. Players must see how many taps they can perform in succession; the drill focusing on timing, control and communication.

#### BREAK

 (5 Minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **PERSEVERANCE**. Go around the circle and ask each player to give an example of how they have incorporated this theme into the practice today. Once each player has shared, remind them that their goal is to identify an area of school or work where they can work harder and work harder to perform better at it!

### Activity 6: Scrimmages

 (25 Minutes)

- During the 5-on-5 scrimmages make sure to emphasise the key points from the entire training session. In terms of rebounding, reinforce the key elements and relate them to the actual game play.

### Activity 7: Goal Setting & Wrap Up

 (15 Minutes)

- Form a team circle and review the key points of practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is to be able to do 50 wall taps each day!
- Revisit the **leadership goal** theme of PERSEVERANCE. Remind each player that at the beginning of practice they were told that they should establish a perseverance goal: identify an area of their where they can give more effort, such as school or work and identify how they can work harder to perform better at it!



### PRACTICE 14: Rebounding and Perseverance

Total Session Time: 2 hours

**Objectives:** By the end of this session, participants will be able to:

- Explain what perseverance is and provide an example of it
- Describe the fundamentals of rebounding
- Play a scrimmage game
- Share a perseverance goal that players will work on outside of practice

#### Summary of Learning Activities in This Session

No.	Learning Activity	Principal Training Method	Time
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7	Goal Setting & Wrap Up	Large group discussion	15 minutes

## LEARNING ACTIVITIES

### Activity 1: Welcoming Team Circle

🕒 (15 Minutes)

- Form a team circle to start the day and thank everyone for joining in today's practice!
- After the players have handed over the goal sheets, have each player take a turn providing a brief example of how they completed their goal: **identify an area of school or work where they can give more effort, and work harder at it.** After each player has shared, congratulate each one and remind them that “There's only one way to succeed in anything, and that is to give it everything.”
- Next, while maintaining the team circle, have the team together demonstrate doing 50 wall taps. Congratulate them when they have finished.
- Today's citizenship theme is again **Perseverance**. Supplemental material regarding collective commitment can be found in the *FIBA Manual Chapter 1.3*. Rebounding is all about effort and hustle and perseverance. You do not have to be the biggest person on the court in order to be a good rebounder. Rebounding is also about timing and understanding angles. The idea of perseverance proves useful both on and off the court. Being able to give sustained effort in whatever you do is important and is a big part of having a positive impact on society!
- Have them think on this week's perseverance goal: **find a way to encourage family, caregivers and friends during tough times!** Tell them, “Victory belongs to the most persevering!” Tell the players that you will be returning to the theme later in practice, but for now, they should try to act out this theme while they are on the court today!
- Have the players put their hands in the circle for the team chant: ***“I take care of myself, I take care of my team, I take care of my community!”***

### Activity 2: Basketball 101

🕒 (15 Minutes)

- This segment should focus on **Terms of the Game**. Supplemental material can be found within the *NBA Coaching Manual (Basketball Terms)*. Try to utilize terms related to rebounding.

### Activity 3: Drills for Physical Development

🕒 (15 Minutes)

- This training session's drills for physical development focus on **endurance**. Supplemental material can be found in the *FIBA Manual Chapter 6.2*. Endurance ties in directly with perseverance.

Drills for Physical Development - Endurance		
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2. Race running in slalom while dribbling	6. Competition in pushups	10. Same game-drill, checking how many baskets can be made in a certain period of time
3. Relay races and dribbling races	7. Competition jumping, keeping rhythm	11. Timed passing (2, 3, 4, 5 players in teams): see how many passes can be made in a certain period of time
4. Game-drills for rhythmic ball handling	8. Same game-drill dribbling at the same time	12. Timed simple circuits

### BREAK

🕒 (5 Minutes)

- Make sure that your players utilize the break efficiently. Players must stay **hydrated**, especially if conditions outside are warm. You may even need to incorporate unanticipated breaks into training sessions. As a coach, you should use break efficiently as well. Take this time to grab a player or two who maybe had an issue grasping or understanding a drill or concept – encourage them, improve their form or explain the concept. Or pull aside any players who might need additional coaching regarding their citizenship goals!

### Activity 4: Footwork

🕒 (10 Minutes)

- This segment of footwork should again focus on **defensive slides**. Supplemental material can be found in the *NBA Coaching Manual (Defence)*.

### Activity 5: Rebounding

🕒 (20 Minutes)

- The next segment should focus on rebounding. Supplemental material for passing can be found in the *NBA Coaching Manual (Rebounding)*. When

utilising the **TOSS OFF THE BACKBOARD DRILL**, possibly look to add an **outlet** after the rebound. Players must land, pivot outside, and pass to a teammate.

## BREAK

🕒 (5 Minutes)

- While the team rehydrates, bring them back together in a team circle. Revisit the theme of **PERSEVERANCE**. Go around the circle and ask each player to give an example of how they have incorporated this theme into the practice today. Once each player has shared, remind them that their goal is to identify how they can encourage, family, caregivers and friends during difficult times.

## Activity 6: Scrimmages

🕒 (25 Minutes)

- During the 5-on-5 scrimmages make sure to emphasise the key points from the entire training session. In terms of rebounding, reinforce the key elements and relate them to the actual game play.

## Activity 7: Closing Team Circle

🕒 (15 Minutes)

- Form a team circle and review the key points of practice. Remember, at this point, the players are tired so their attention span is short. Hit important points and ask questions to make sure the players stay engaged. Tell them that their **Basketball goal** is to be able to do 50 wall taps each day!
- Revisit the **leadership goal** theme of PERSEVERANCE. Remind each player that at the beginning of practice they were told that they should establish a perseverance goal: identify how they can encourage, family, caregivers and friends during difficult times.

# UNDERSTANDING AND ADAPTING PRACTICE PLANS

As a coach, it is extremely important to understand and **be able to explain and demonstrate** the content outlined in the manual as well as the supplementary materials. All of the practice sessions were created with the flexibility to be repeated utilizing different drills and content from the various resources available. The *NBA Coaching Manual* (found in the Appendix) provides critical supplementary basketball information regarding the fundamentals of the game.

The *NBA Coaching Manual* also provides additional drills and exercises that should be inserted to existing practice plans to add variation. The drills are broken into two groups – **BEGINNER** and **ADVANCED**. The practice sessions, as they stand, are geared towards a beginner level and aimed to address players with limited basketball experience. Beginner drills should be utilized at the onset of the program while advanced drills should be used as the players’ skill levels increase. However, you can mix beginner with advanced drills depending on the content.

Practice sessions are broken down by activity. When adapting practice plans, utilize the same format from the 14 training sessions outlined and **substitute** drills and exercises within the different segments based on the skill level of the players. See below a sample practice session adaptation:

### Practice Session #2

- Welcome Team Circle
- Basketball 101
- Drills for Physical Development
- Footwork – **1. JUMP STOP DRILL**
- Dribbling: 1. FINGERTIP DRILL; 2. STATIONERY BALL HANDLING DRILL 3. DRIBBLE TAG
- Passing: 1. STATIONERY PARTNER PASSING DRILL
- Scrimmages
- Goal Setting & Wrap Up

### ADAPTED Practice Session #2

- Welcome Team Circle
- Basketball 101
- Drills for Physical Development
- Footwork: 1. RED LIGHT, GREEN LIGHT DRILL; 2. FOUR CORNERS DRILL
- Dribbling: 1. UP AND DOWN DRIBBLE DRILL; 2. DRIBBLE RELAYS
- Passing: 1. RELAY RACE PASSING DRILL; 2. MONKEY IN THE MIDDLE DRILL
- Scrimmages
- Goal Setting & Wrap Up

The format for the practice session remains the same with different drills and exercises incorporated. This will allow you as a coach to adapt and create future practice sessions and carry them based on player skill level. Make sure to continue to highlight the **values of the game** and the concept of **leadership** through each drill and each exercise. These concepts carry over and should be emphasised no matter what drill is being used.



# APPENDIX I - NBA COACHING MANUAL

## Footwork, Jump Stop, Pivot

### Jump Stop Basics

- To be used at the end of a dribble or when receiving a pass and to keep balance and to prevent a traveling violation. Very important skill in basketball.
- To establish the pivot foot when a player stops a dribble or receives a pass is a basic basketball skill. Player can move only with ONE foot planted on the floor – pivot foot.
- Player is dribbling, on the run, takes one short step, picks up dribble and lands on both feet simultaneously.
- The landing should be soft and balanced; player must be low, wide with knees bent and head up – triple threat position.
- Once a jump stop occurs, a player is able to use either foot as the pivot foot. Player must choose one and that will be his pivot foot.

### One-Two Step Landing

- One foot lands first and the second foot lands for a jump stop.
- The foot that lands first will automatically become the players pivot foot.
- After stopping, the player immediately assumes Triple Threat position athletic position.

### Two Foot Jump Stop

- Both feet to land simultaneously with body low and wide with knees bent.
- Player is dribbling, on the run, takes one short step, picks up dribble and lands on both feet simultaneously
- The landing should be soft and balanced; player should not be off balance.
- After the jump stop, player should be in triple threat position.
- Once a jump stop occurs, a player is able to use either foot as the pivot foot.

### Pivot Basics

- Assists a player in making an offensive move and avoid defence with the ball in his hands.
- When a player has a basketball and cannot dribble, one foot must stay stationary (pivot foot) while the other foot can move.
- The pivot foot cannot change once it is established on the ground.
- When pivoting, player should remain in Triple Threat position and pivot with the balls of his or her foot maintaining proper balance.

- When one foot is lifted, the other foot that is planted on the ground is the “pivot” foot.
- After pivot foot has been established, it is illegal for the player to change pivot foot.

### Forward Pivot

- After pivot foot is established, player spins on the pivot foot in a direction leading with the basketball and front of his or her body.
- This is the most common pivot

### Reverse Pivot

- After pivot foot is established, player spins on the pivot foot in a direction leading with his or her backside in a backward direction

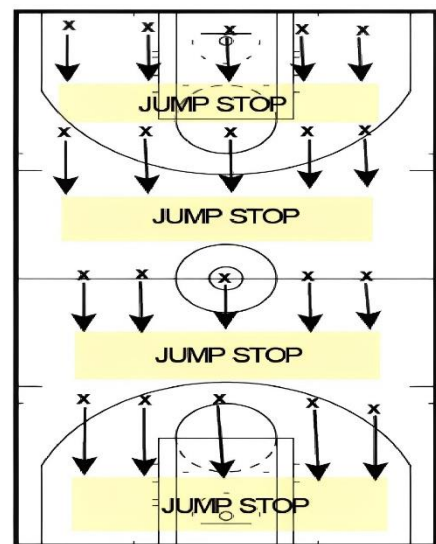
## FOOTWORK DRILLS

### Jump Stop Line Drill

Drill Level: BEGINNER\*

Work on basic jump stop as an entire group exercise and drill.

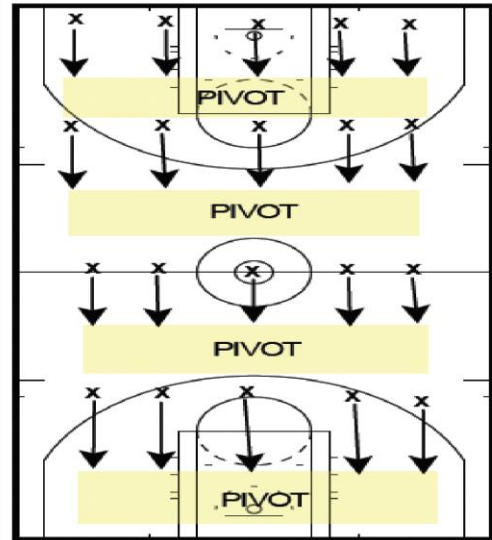
- Players form 5 lines at the baseline and first line starts in low athletic 3 threat position without the ball.
- First five players jog to foul line while second group gets in 3 threat position
- Each group makes a deliberate jump stop at foul line, half court, opposite foul line, end court.
- Once first line moves towards half court the next line begins it jog to the foul line
- These will be at each jump stop player remain low and athletic with a wide base knees bent.
- Coach can start with two foot jump stops and then add one - two step landing.



## Pivot Line Drills

Drill Level: BEGINNER\*

- Work on pivot as an entire group exercise and drill.
- Players form 5 lines at the baseline and start in a 3 threat position.
- First five players jog to foul line while second group gets in 3 threat position.
- Each group makes a quick jump stop at FT line, half court FT line and end line.
- Commands from coach after the jump stop: Pivot!
- Players pivot with one foot on the ground staying low, wide and athletic.



## Red Light - Green Light Drill

Drill Level: BEGINNER\*

- This fun drill is good for a large group using the entire court.
- Players randomly spread out on the court.
- Coach yells “Green Light” players move forward in different directions.
- Then coach yells “Red Light” players must make a strong jump stop!
- In red light position the players must remain in low triple threat position.
- Then coach yells “Green Light” and process starts again.
- Coach may add pivot to the drill as players advance.

## Stops, Turns, Pivots, and Body Balance Drill

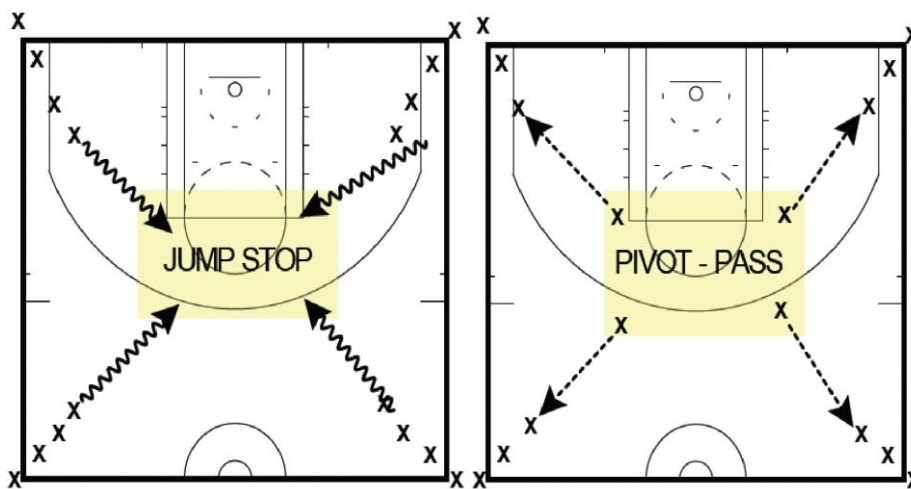
Drill Level: BEGINNER\*

- This can be used as a possible warm up for players.
- Ready and triple threat position at baseline.
- Forward and running on balance to the foul line.
- At foul line players make a jump stop and land in triple threat position.
- At half court players make a jump stop.
- At opposite FT line players make a jump stop.
- At opposite baseline players make a jump stop.
- Coaches can progress with the drill with one leg jump stops.
- Front and rear pivots on either foot after players become comfortable with jump stop.

## Four Corners Drill

Drill Level: ADVANCED\*\*

- Drill to be used as players get comfortable with jump stop and pivot.
- Divide group into four separate lines and place lines in the corners of half court.
- On the whistle first players dribble towards foul line.
- Near foul line the players perform a jump stop, pivot to face the line they came from
- Once facing the line they perform a chest pass to the next player in line.
- Once the player performs a proper chest pass he/she rotates to the next line right



## CUTTING

### Basketball Purpose

- Moving without the basketball to be open for a clear shot on offense.
- Offensively moving without the ball every good player must – quick start, change of direction, change of pace, two foot jump stop and front and rear pivots on either foot.
- Cutting also means spacing the floor on offense for better team scoring opportunities.

### Teaching Points

- Move with authority, balance and quickness.
- Read, react, counter and explode to make a catch in scoring position.
- Players want to create separation away from their defender.
- Read the defence and the ball handler.
- Communicate all cuts by voice and body language.
- Be open in perfect catching position – 15-20 feet from the ball handler.

- Get close to get open execute an action move that precedes the defenders reaction move.

### **Basket Cut**

- Player moves quickly towards the basket, looking to receive a pass to score or clear space.
- Usually used with a give-and-go where player passes and cuts right away.

### **V-Cut**

- Special purpose cuts (quick steps) also include change of direction cuts that form a V shape.
- Player starts from the left or right wing. Then take 3-4 steps toward the low block, plant the leg closest to the baseline and come out at a 45 degree angle. This forming a V-Cut helping the offensive player gets open.
- To execute, place body weight on the foot opposite the desired direction of movement, point lead foot at the ball handler.
- Offensive player “Sets up” the defensive player when making a V-Cut. They can do this by changing pace or jab stepping to keep the defensive player off base.

### **Back Cut**

- Moves away from the ball – used when defenders overplay the passing lane.
- To execute the cutter should get close to get open.
- Cutter needs to create enough space on the perimeter for back cut.
- Players make back cuts but should never fake back cuts faking them usually confuse the passer leads to turnover.
- Player always “finish your cut” even if do not receive the pass.
- Still finish cut to drag the defence with you and open up space for a new cutter.

### **Curl Cut**

- Used when the defender trails the cutter around the screen.
- Player using the screen curls around the screener looking for the ball and easy basket.
- The screener will pop out after the screen also looking for the ball and open shot.

## **CUTTING DRILLS**

### **Give-and-Go Drill**

Drill Level: BEGINNER\*

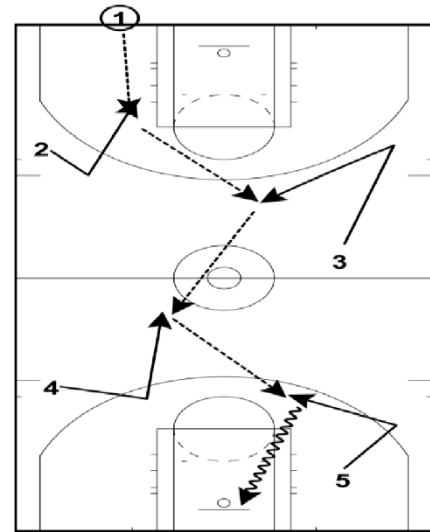
- Form a line at the wing and at the top of the key.

- Player (with the ball) at the top of the key passes to a player on the wing.
- After passing, the player immediately makes a basket cut.
- The player on the wing passes the ball to the cutter who finishes with a lay-up.

### V Cut Drill

Drill Level: BEGINNER\*

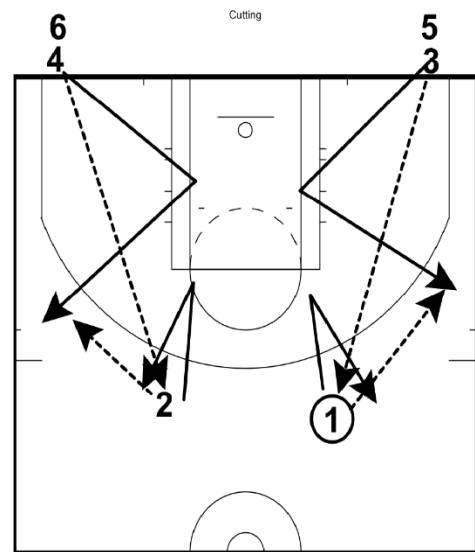
- This drill is a group full court drill and the entire group works together.
- Player without the ball executes a V-cut down court and comes back to receive pass from player with ball
- Stress to the players that they must aggressively come back to meet the pass with hands up showing a passing target.
- After receiving the pass, player uses pivot and passes to next player up court with a strong chest pass.
- Last player down the court V cuts receives pass and dribbles in for a proper layup.



### V-Cut Slash Drill (see below)

Drill Level: BEGINNER

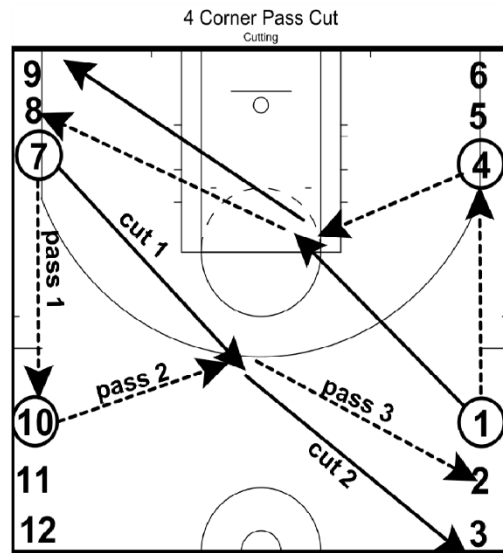
- This drill used for all sorts of cuts.
- Player without the ball executes a V-cut down court and comes back to receive pass from player with ball.
- Player out of bounds overhead passes to player on court. After pass player performs a strong cut with hands up.
- After cut the player will receive pass, the player that just passed ball then makes a strong v cut.
- Stress to the players that they must aggressively come back to meet the pass with hands up showing a passing target.
- The strong chest pass and overhead court pass will be used for this drill.



### Corner Pass and Cut Drill (see below)

Drill Level: ADVANCED\*\*

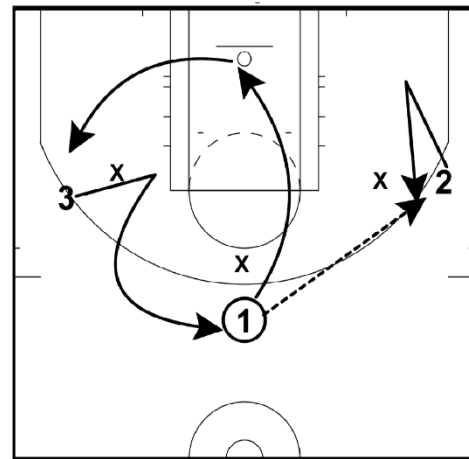
- Import team drill spread out in 4 corners on a basketball half court.
- Player calls out teammates name and make a strong chest pass.
- The receiver player will have its hands up ready for the ball
- After player makes pass makes a cut towards the middle of the court
- After the cut the player will receive the ball and then make another pass



### Man Cut and Fill Drill (see below)

Drill Level: ADVANCED\*\*

- 1 makes chest pass to player 2 and then makes strong “basket” cut to the basket.
- Prior to opening pass 2 creates a V Cut to get open to offense
- 1 goes to opposite wing 3 cuts towards the ball to replace player 1
- 2 reverses ball to player 3 with player 1 on the other wing.
- Drill will continue with 3 passing the ball to player 1 and then making a basket cut.



## DRIBBLING

### Basics of Dribbling

#### Triple Threat

- The most important, fundamental offensive position in basketball.
- Player is a **THREAT** to **shoot**, **dribble**, and **pass** from this position.
- In this position, player can be most athletic.
- Feet should be shoulder width apart, toes pointed towards the basket, knees bent.
- Back should be straight and player’s head should be upright.
- Player’s head and center of gravity should be in center of body.

### **Finger Tip Control**

- Use fingertips when dribbling; never use the palm of your hand.
- Figure tip control is important and also used in shooting.

### **Head Up, Body Low**

- Always keep knees bent, back straight, and head up while dribbling.
- Keep your head up to see the basketball court, do not look at the basketball when dribbling
- Player should focus on keeping the dribble below his/her waist.

### **Both hands**

- It is necessary for a player to master dribbling with both hands.
- Crossover dribble is very important for switching hands.

### **Protect the ball**

- Keep the hand that is not dribbling the basketball up to protect the basketball from defensive players.
- Protect the dribble by being low, using you off arm as a shield.

### **Dribbling Notes**

- All young players love handling the basketball; as a coach you will have no problems motivating.
- The coach's job is to make sure the players are organized, doing the drills properly and using correct basketball fundamentals.

## **DRIBBLING DRILLS**

### **Stationary Dribbling Drill**

Drill Level: BEGINNER\*

- Individual basketball drill - These drills each player has a ball.
- Begin performing drills at 15-30 second intervals and move to 1 minute per set.
- Strong and weak hand dribbles – at knee / waist / chest.
- Stationary crossovers. Stationary 1-dribble crossovers.
- V-Dribbles in front of the body. Figure eights, in and out between the legs.
- Run with ball, passing it back and forth between legs.
- Behind the back dribble using both right and left hands.
- Spider dribble – with legs spread and ball between legs start bouncing ball with left or right hand. After hitting ball with hand, take other hand and hit ball from the back side.



- Continue this back and forth motion using your left and right hands until you get into a good rhythm. As you become better increase your speed.

### Circle Basketball Motion Drill

Drill Level: BEGINNER\*

- Players with feet and legs together, knees bent slightly.
- Player begins by moving the basketball around both legs for 10 loops.
- Player then moves the basketball around waist for 10 loops.
- Player finishes by moving the basketball around head for 10 loops.

### Up and Down Dribble Drill

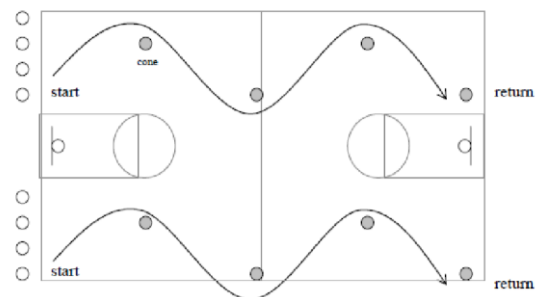
Drill Level: BEGINNER\*

- Player begins in Triple Threat position, with knees bent and back straight
- Player dribbles with right hand allowing the ball to bounce around the waist of the dribbler
- Player suddenly brings the height of the dribble as low as possible, focused on maintaining proper basketball stance while performing as many dribbles as possible
- Player then brings the dribble back to waist height and repeats the same motion for 30 seconds to 1 minute
- After performing two sets right handed, player should switch to the left hand and perform the same drill

### Dribble Relays (see below)

Drill Level: BEGINNER\* AND ADVANCED\*\*

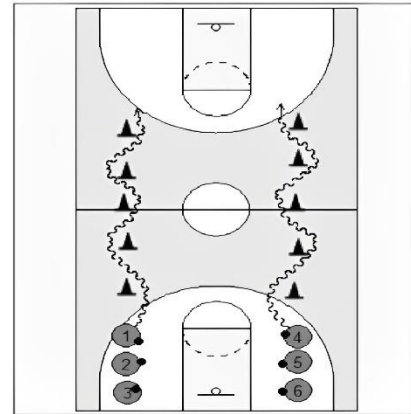
- First person in each line with a basketball
- On the coach's whistle, the relay begins
- The first player dribbles to the opposite baseline and back to the beginning point as fast as possible
- When the first player returns to the line, he/she hands the ball to the next person in line who then continues the same action



## Cone Drill

Drill Level: ADVANCED\*\*

- Place 5 cones on the court as shown
- Player dribbles as fast as they can with their right hand to the first cone
- At the cone, player makes a crossover dribble from their right hand to left hand
- After the crossover dribble, player proceeds to the next cone and repeats the same action
- After player passes the 5<sup>th</sup> cone, he/she turns to the outside of the cones, and speed dribbles back to the line and hands the ball off to the next person



## Heads Up, Change Direction Drill

Drill Level: ADVANCED\*\*

- Along center line space out players facing coach. Coach should be off the court at center line.
- Instruct players to move while dribbling in whichever direction you move – side to side, forward and backwards.
- Change direction without words so they keep their eyes on you. As the players progress change directions more quickly and move faster

## Whistle and Dribble Drill

Drill Level: ADVANCED\*\*

- Players made into lines of five players behind the baseline spread out.
- Each of the first three players in each individual line given a basketball.
- Cones are set that on the foul line, half court, opposite foul line a cone is set for each line.
- Coach blows whistle to begin – first line of players dribble to the foul line opposite
- At the foul line cone every time coach whistles the 10 players at each cone crossover dribble with proper technique.
- When the coach blows the whistle for an extended moment the first line dribbles to half court and the second line dribbles to the first foul line cone.
- Same as before coach whistles and the two lines crossover dribble at each whistle.

## PASSING

### Basics of Passing

#### Triple Threat

- The most important, fundamental offensive position in basketball.
- Player is a THREAT to **shoot, dribble, and pass** from this position.
- Feet should be shoulder width apart, toes pointed towards the basket, knees bent.
- Back should be straight and player's head should be upright.
- Player's head and center of gravity should be in center of body.

#### Making the Pass

- Hit the receiver when he is open.
- Step in the direction of your pass.
- Be low and strong while making the pass.
- Use your legs and hips to power the pass.

#### Receiving the Pass

- Demand the ball with your body position when you are open – Give a big target.
- Show your hands as a target in the middle of your target.
- Step to meet the ball.
- Watch the ball into your hands.

### 3 Common Passes

#### Two Handed Chest Pass

- In triple threat position.
- Hold ball with both hands on even level with chest/sternum.
- Push ball out from chest and push with back (Pivot) foot, take a step with front foot.
- Aim passes above receiver's waist and below shoulders.
- Fully extend arms, snap wrists outward, back of hands facing each other.
- The passed basketball should have rotation.

#### Bounce Pass

- Pass where the basketball strikes the ground and bounces before the receiver catches the pass.
- This pass is important when the defence is playing on the offensive player with a lot of pressure.
- Hold ball with both hands on even level with chest/sternum.

- Passer aims for a spot on the floor two thirds of the way between passer and receiver.
- Passer pushes ball out from chest and push with back (pivot) foot, take a step with front foot.
- Basketball should be caught around the waist area of the receiving player.

### Overhead Pass

- Hold ball with both hands on either side of the ball.
- Passer brings basketball directly overhead.
- Pushing off of back foot and stepping with front foot.
- Passer snaps elbows down with arms, finishing with arms extended in front of body.

## PASSING DRILLS

### Partner Passing Drill

Drill Level: BEGINNER\*

- Starts with 3 most basic basketball passes – chest, bounce and overhead.
- Players’ pair up, approximately 6 to 8 feet apart facing each other.
- Ball starts with player on the right.

### Name Pass Drill

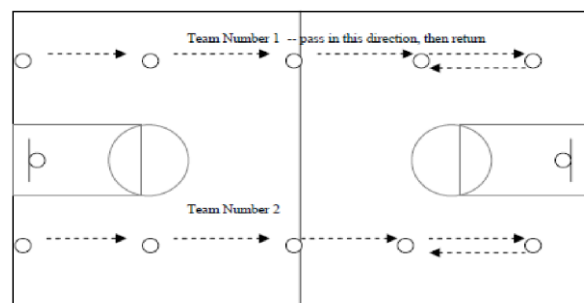
Drill Level: BEGINNER\*

- Encourages players to learn each other’s name
- Players form big circle.
- Start with 1 ball and player with ball call name of someone.
- The named guy must show target to the passer.
- The receiver catch and then call name of next person to pass.
- After 1 minute add second and the 3<sup>rd</sup> ball.

### Relay Race Passing Drill

Drill Level: BEGINNER\*

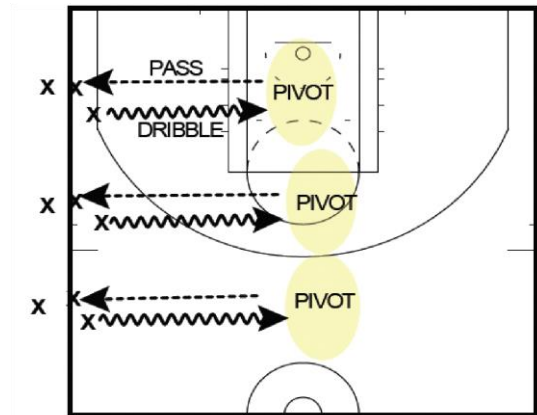
- All three common pass may be used – chest, bounce, and overhead.
- Players spread using the entire court.
- The receiver catch and then call name of next person to pass.
- Have the ball move and back the court without a turnover.



### Dribble - Pivot - Pass Drill (see below)

Drill Level: BEGINNER\*

- This drill encompasses three important skills.
- Players set lines on sideline facing the court
- First in line takes five dribbles,
- Come to jump stop, pivot back to line, then chest pass to next player in line.
- Next player in line has a target hands up ready for pass.
- Next player catches in triple threat and starts the same drill.



### Monkey in the Middle Drill

Drill Level: ADVANCED\*\*

- Bring an element of defence and making a pass under pressure.
- Players are set in group of 3 players with 1 ball.
- Player in the middle must defend and try to deflect the ball out of the middle.
- Players 1 and 2 stand 4 meters apart with 3<sup>rd</sup> player in middle in defence.
- Player in middle play aggressive defence on the player with ball. Player must make proper pass to teammate.
- No dribbling allowed.

### Circle Game Drill

Drill Level: ADVANCED\*\*

- Players form circle facing each other 3 meters apart
- 2 players inside the circle each with a ball facing the others
- 2 players inside the circle start back to back
- Players on the inside pass to whom is front of them and receive pass from the player next to the one they passed to
- Continues as the players pass and receive passes in a circle. Rapid passes without a turnover

### 20 Passes Drill

Drill Level: ADVANCED\*\*

- Players split into 2 separate groups and they use the half court spread out everywhere
- Team with the ball is not allowed to dribble
- Each team must try complete 20 passes to win the drill. Each team counts each pass

- Possession always changes to other team when a violation or turnover
- When team gets possession back they continue pass count at their respective last possession

## LAYUPS

### Basic of Layups

#### Footwork for Proper Layup - 1 Hand and 1 Foot

- When dribbling right handed on right side of basket, plant and jump off of inside, left foot and shoot with right hand. Drive the right knee up toward the rim
- When dribbling left handed on left side of basket, plant and jump off of inside, right foot and shoot with left hand. Drive the left knee up toward the rim
- Always have two hands on the ball until release

#### Target

- Always use the backboard. From the right side, aim at the upper right hand corner of the backboard square
- Shoot the basketball softly off of the upper corner of the square and bounce the ball into the hoop

#### Push-Release

- Player pushes the ball off of fingertips towards the upper corner of the square on the backboard
- Palm up and arm extended toward the basket, let ball roll off of palm and then fingertips

#### Layups - 2 Foot Jump Stop

- Layups can also be taken from a two foot jump stop
- Jumping off of two feet provides increased strength, protection, and control of the basketball. These layups are taken with both feet pushing off simultaneously
- The player's shooting hand is behind the basketball when the shot is performed

## LAY-UP DRILLS

### Basic Layup Progression Drill

Drill Level: BEGINNER\*

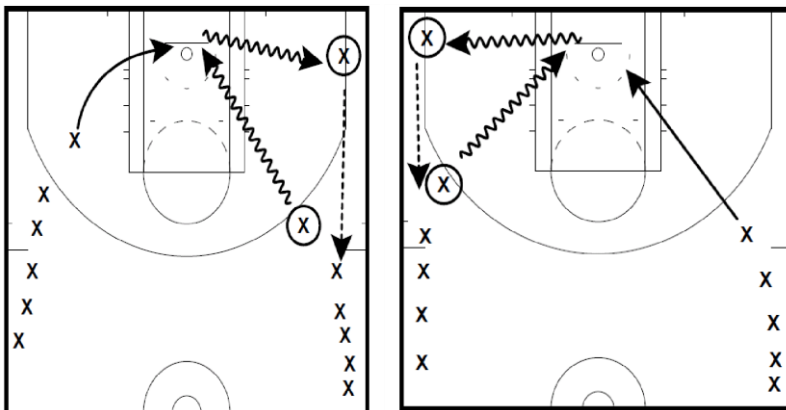
- Drill should be performed from right side of basket and then left side of basket
- Players start one big step beyond the block facing the basket with feet together

- Players are at a 45 degree angle from the baseline to get the optimal angle off the backboard
- Coach is holding the ball next to the player near the basket
- Focus on proper footwork: players step first with their outside foot (right foot if starting on right side), then jump off of their inside foot (no extra steps)
- As the player is taking first step, the coach hands the player the ball
- Player takes the ball, jumps off the inside foot, and drives outside knee up and toward the rim
- Player lifts the ball into shooting position and follow through to the basket with the outside hand
- Players rebound their own shot and pass the ball back to the coach

### Classic Half Court Layup Drill

Drill Level: BEGINNER\*

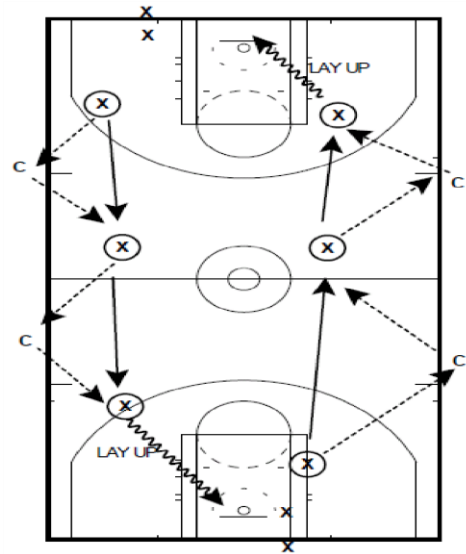
- Basic drill used by most teams in warm-ups prior to the game
- Players roughly 20 feet from basket on the wing in two evenly split lines (one line with balls, one without)
- The first player in the line with the ball dribbles towards rim for a lay-up
- The opposite line gets rebound from the player shooting the lay-up
- The player who shot the layup jogs to the opposite line (rebounding line)
- The player who gets the rebound takes two dribbles and makes a chest pass to the next player in the shooting line
- Coach should encourage proper technique and no missed lay-ups
- Drill can also be adjusted (for example, have the player in the shooting line pass to the rebound line, then receive a pass back before shooting a lay-up)
- Make sure to have the players perform the drill from both sides of the hoop.



## Full Court Layup Drill

Drill Level: ADVANCED\*\*

- Drill used to work on full court layups and passing/catching the ball on the move
- Players are lined up under each basket (evenly distributed)
- Only the first player in line has a ball (for more advanced players, have two balls per line)
- One coach will be on the sideline at each foul line extended, ready to catch and pass (four coaches total)
- Players sprint and pass the ball up the court without dribbling, using the sideline coaches as catchers/passers
- Focus on communication for passes: players must yell out each coach's name as he passes.
- After receiving the second pass from the coach, the player is allowed only two dribbles before shooting layup on the other side of the court
- This is a continuous drill. Each player passes to the coaches on their right side. Once the player has shot their layup, they move to the end of the line under that hoop, while the first person in line rebounds the ball and begins their passes on the other side of the court
- Once players are able to perform the drill on the right side, then move to the left side
- Challenge your players: set a goal of a certain number of layups in a short time period (one or two minutes), and see if the players can meet (or exceed) that goal
- This drill can also be performed with the coaches at the elbows and the players running wide down the sideline



## SHOOTING

### Basics of Shooting

#### Triple Threat

- The most important, fundamental offensive position in basketball.
- Player is a **THREAT** to **shoot**, **dribble**, and **pass** from this position.
- In this position, player can make athletic, explosive moves.



## Wide Base

- Feet shoulder width apart, balance on balls of feet.
- Both feet should be pointed towards the target.
- Shoulder should be square towards the target.
- Knees are bent on every shot.

## BEEF: Balance – Eyes – Elbow – Follow Thru

- **Balance** – feet shoulder width apart, balance on balls of feet, both feet should be pointed towards the target.
- Fingertip control – do not let your palm touch the ball. The ball should be controlled by the fingertips at all times. This will help in controlling the direction and obtaining a good backspin.
- Your shooting hand controls the ball – the opposite hand is used for balance, and control up until the release. Be sure that your opposite hand is on the side of the ball.
- **Eye** – the target should be the rim on the basket. Player aims the ball over the front of the rim.
- **Elbow** – your elbow (on the shooting arm) should be close to your body and lined up with the target. Your elbow is directly under the ball at 90 degrees (L-shape).
- **Follow Thru** – snap your wrist and hold after releasing the shot.
- Arc – it is important to have a good arc on the ball. This increases the chance of making the basket, by increasing the area of the target. The best way to improve your arc is by learning to shoot for a swish.

## Shooting Notes

Best way to teach young players is to begin shooting practice close to the basket. For young players, it is imperative that proper form is taught and that they do not shoot from too far away from the rim.

## SHOOTING DRILLS

### Form Shooting Drill

Drill Level: BEGINNER\*

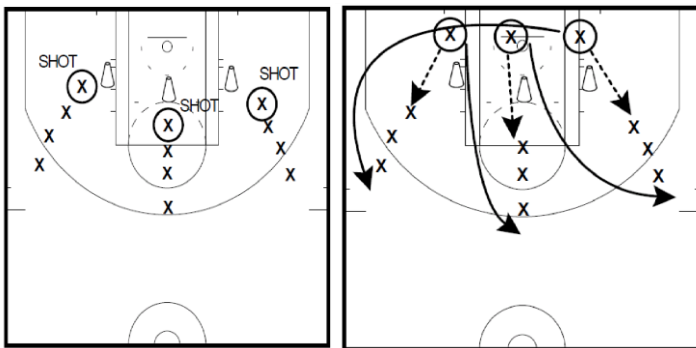
- Proper form encouraged by shots near the basket
- Players with a basketball, standing 2 feet from the basket at one of the three spots on the floor as shown below.
- Hold the basketball in front of you with your palm facing upwards.
- Slowly bring the basketball to your shooting pocket as if you were shooting with only one hand.

- Proceed to shoot with one hand, leave non-shooting hand to the side.
- Player should hold the follow through until the shot basketball hits the rim.
- Player then grabs the ball and repeats the process
- As players master this drill, they can take a step farther from the rim and incorporate the non-shooting hand.

### Line Shooting Drill (see below)

Drill Level: BEGINNER\*

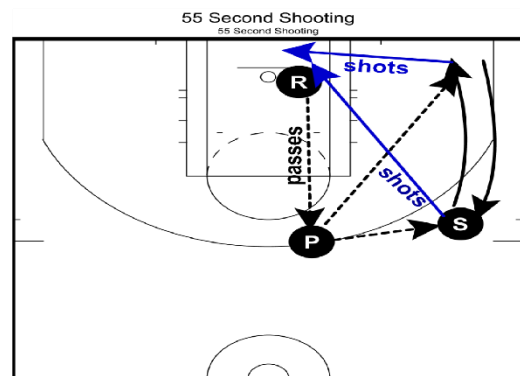
- Drill for large number of players
- Players form three lines facing hoop. Two lines on the wings (two feet closer to the basket from foul line elbow) and the other line by the dotted line near the foul line
- Each player in front of line has a basketball in triple threat.
- All three players shoot the ball and then get their own rebound.
- Once the rebound has been secured, the player passes back to the next person in their line.
- After making the pass, the player then goes to the line next to and to the right of their original line. Next player in line shoots and repeats the process.



### “55” Drill

Drill Level: ADVANCED\*\*

- This drill is used for the more skilled players in the group.
- Player ready in triple threat position without the ball, hands showing a target for pass.
- Rebounder under the rim, ready to rebound and chest pass to shooter.
- Player shoots from corner then sprints to corner of foul line for elbow shot, then sprint to corner and shoot again.



- Rebounder counts how many makes out of 10 shots. Player should be winded after 10 shots.

## Hot Shot Drill

Drill Level: ADVANCED\*\*

- This drill can be used as a competition with the players shooting and adding their score.
- Drill can be used individually and with a group.
- Coaches assign players to baskets.
- 20 - 30 seconds to score as many points possible.
- Scoring:
  - 3-point line = 5 points
  - Foul line = 4 points
  - Mid paint = 3 points
  - Right/left block = 2 points

## DEFENCE

### Basics of Defence

#### Defensive Stance

- Feet should be shoulder width apart (similar to Triple Threat).
- Balance on the balls or front of the feet (not flat footed).
- Knees are slightly bent and player should be balanced, not leaning over.
- Back should be straight and player's head should be upright.

#### Hands Up to Defend

- Defence is played mostly with a players feet but proper hand positioning is essential.
- One hand low to defend the basketball.
- Other hand high to guard against the pass.
- Do not reach for the basketball and lose balance.

#### Defensive Step Slide

- Feet should remain shoulder width apart
- Feet do not cross or come together when performing defensive step slide
- To move forward, the front foot steps forward while back foot pushes off (**step slide**)
- Step slides are taken with quick, short movements, feet
- Do not hop when performing a step slide, focus on balance
- Focus on staying between the offensive player and the basket

## Closeout

- When the defensive player is coming to defend an offensive player from a distance away
- Defender, in a low stance, rushes towards offensive player
- Last few steps for defender should be quick, choppy steps to slow momentum
- Balance should be back, back straight, head up, one hand should be up to defend shot, one hand low to defend a dribble

## Desire

Defence is a part of basketball that all players have potential to play regardless of age or talent level

## Defence Notes

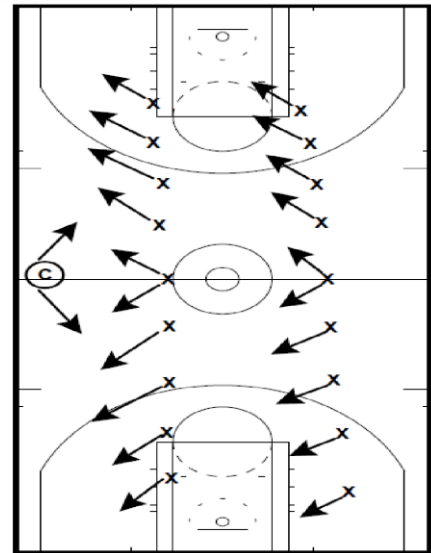
- For defensive work with young players the coach wants to bring an energetic environment
- Defence for most players is the least appealing part of basketball
- Having the players excited (pumped) is a good way for them to learn defence

## DEFENSIVE DRILLS

### Full Court Defensive Slide Drill

Drill Level: BEGINNER\*

- Space out all players facing coach using the entire court. Coach should be off the court at center line.
- On coaches whistle, players all assume a proper defensive stance
- Players will start with “quick feet” and stay in defensive position.
- Instruct players to move in stance in whichever direction you move – side to side, forward and backwards.
- Change direction without words so they keep their eyes on you. As the players progress change directions more quickly and move faster.
- Players will yell “shot” and simulate guarding a offensive player



## Lane Drill

Drill Level: BEGINNER\*

- Player's line up inside free throw lane area with outside foot placed on the lane line.
- Players all assume a proper defensive stance with knees bent, back straight, head up, and hands out.
- On coaches whistle, players slide from one lane line to the other lane line
- Players continue sliding action from one lane line to the other lane line and count to see how many lane touches they can reach in 20 seconds.

## Zig Zag Drill

Drill Level: BEGINNER\* AND ADVANCED\*\*

- For this drill players need to focus to keep their head up, back straight, eyes forward and low in a defensive stance while sliding
- Players begin in defensive stance without basketball (no offensive player) at baseline corner
- Facing baseline, player will defensive slide towards the elbow, once they reach the elbow, they plant their foot nearest the foul line and open up their other leg and defensive slide towards the sideline
- Continue zigzag sliding action (as shown on diagram), once the baseline is reached, player turns and sprints along the baseline towards the other corner
- Once in the opposite corner, player then repeats the same zigzag action going the other direction

## Ball Roll Drill

Drill Level: ADVANCED\*\*

- Drill will develop leg strength and proper defensive posture
- Player faces basket on free throw line (free throw line extended) in a low defensive stance
- Coach will stand on the baseline and roll one basketball at a time at different speeds and locations
- Player will perform proper defensive stance and slide to recover the basketball and will pass the ball back to the coach
- Coach will then roll the basketball to another location where the defensive player has to change direction, slide step and retrieve the basketball.
- Drill should last beginning with 20 seconds

## Free Throw Lane Drill

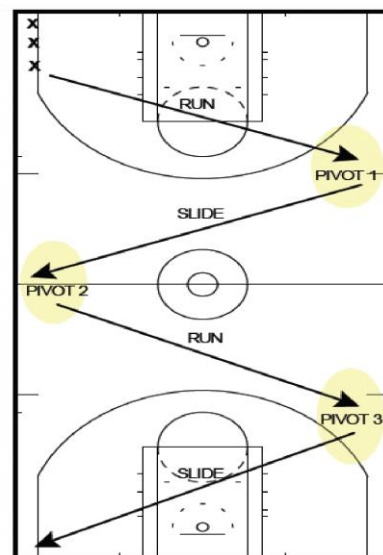
- Players line up at bottom corner of free throw lane line
- At coach's whistle, one player at a time sprints to top corner of lane (elbow)

- When player touches corner, player assumes defensive stance and slides to the next elbow
- After touching the next elbow, player will backpedal to the bottom corner lane
- After touching the bottom corner (baseline), players in a defensive slide return to the original starting position
- Area covered in drill is the free throw lane
- Footwork pattern is forward sprint, defensive slide, backpedal, defensive slide
- Drill players to see how many trips around the free throw lane they can make in 30 seconds

### Run, Pivot, Slide Drill

Drill Level: ADVANCED\*\*

- Players line up in one corner of a full court
- One at a time they run to the opposite side of the court foul line extended
- They jump stop, pivot to face the other side of the court and defensive slide to the mid court line other side of court
- At half court sideline player again jump stops, pivots and runs to opposite sideline
- At foul line extended opposite sideline, jump stop, pivot and defensive slide to opposite corner
- Player jump stops and next players start



## Rebounding

### Rebounding Basics

#### Anticipation

- More than 50% of shots are rebound possibilities.

#### Timing

- Timing is more important than jumping.
- Good position and jump at the right time.

#### Position

- Position near the rim and understanding where the ball will come off the rim.
- Player must be wide, strong and aggressive.

### **Boxing Out**

- Most important for great defensive rebounding.
- Defensive player must block out his opponent off the board.
- Locate the offensive player when the shot is taken.
- When the ball is shot the defensive player must box out his opponent by positioning himself/herself between the opponent and the basket.
- Grab the ball firmly with both hands.

### **Offensive Rebounds**

- Very different than defence rebounding.
- Teams scoring off offensive rebounds win games.
- Be aggressive and anticipate shot be teammate.

## **REBOUNDING DRILLS**

### **Toss off the Backboard Drill**

Drill Level: BEGINNER\*

- 2 lines at elbow facing the hoop
- Coach will throw the ball off the backboard
- Player will try and grab the rebound off the backboard
- Stress idea of going and getting the ball
- Player lands he should yell “ball” and land in a wide, secure position

### **Tip Drill**

Drill Level: BEGINNER\*\*

- 10 right handed tips (right side of backboard or as high up as possible).
- 10 left handed tips (left side of backboard or as high up as possible).

### **Stance and Box Out Drill**

Drill Level: BEGINNER\* AND ADVANCED\*\*

- Players – 2 on foul line and 2 on the block
- Players will be in defensive position till coach yells BOX OUT
- Players will locate and box out imaginary player
- Next round incorporate offensive players

### **Boxing Out Drill**

Drill Level: ADVANCED\*\*

- There will be one line of campers with the first camper facing the second

- When the coach blows the whistle the first camper will turn his/her back to the second camper and by moving his/her feet attempt to stop the second camper from grabbing or hitting the basketball that is on the floor in front of them
- The second camper will be manoeuvring to get the basketball on the floor

### **Line Taps Drill**

Drill Level: ADVANCED\*\*

- Players form a line at dotted line with ball at head of the line
- Player under hand throws ball off the backboard
- Next player in line jumps and with two hands “taps” the ball against the board
- Next player in line jumps with two hands and “taps” the ball
- After “tap” the player goes to end of the line
- After two hands, go to one hand “taps