BASKETBALL COACHING MADE EASY

TRAINING DRILLS

Basketball Australia formed in 1939

Member

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The National Coaching and Accreditation Scheme (NCAS) was established in 1978 with the primary aim of up-grading and expanding coaching expertise across a wide range of sports. Basketball Australia has embraced this scheme since its inception.

This Level 1 Manual is a substantial revision on previous editions and many thanks are due to Mr Ian Ellis for his work as well as the numerous other coaches who have been kind enough to have input. The manual remains the basis of Basketball Australia's NCAS Level 1 course however has been produced in separate booklets to make it easier for coaches to identify specific information they are after.

This manual is not designed to have all coaches around Australia doing the same thing, rather it is to allow coaches at all levels to perform more effectively and constructively. The application of knowledge remains flexible according to the talent and ability of the individual coach and the athletes they are working with.

Good luck with your coaching!

Basketball Australia would like to acknowledge the assistance from FIBA Oceania and the Australian Sports Commission in the production of the *Coaching Made Easy* series.

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Basketball Australia

PO Box 7141 Alexandria NSW 2015
Level 3, 256 Coward Street Mascot NSW 2020
Telephone: (02) 9469 7200 Fax: (02) 9469 7201
www.basketball.net.au

One Basketball Canberra

PO Box 3268
Belconnen ACT 2617
Telephone: (02) 6253 3066 Fax: (02) 6253 3060
www.act.basketball.net.au

NSW Basketball Association Ltd

PO Box 198
Sydney Markets NSW 2129
Telephone: (02) 9746 2969 Fax: (02) 9746 1457
www.nswbasketball.net.au

Basketball NT

PO Box 42240
Casuarina NT 0810
Telephone: (08) 8945 3761 Fax: (08) 8945 3862
www.nt.basketball.net.au

Queensland Basketball INC

PO Box 1281
Milton QLD 4064
Telephone: (07) 3377 9100 Fax: (07) 3371 7239
www.basketballqld.net.au

Basketball Association of South Australia

PO Box 29
Findon SA 5023
Telephone: (08) 8444 6444 Fax: (08) 8444 6488
www.sa.basketball.net.au

Tasmanian Basketball Association (Inc)

PO Box 21
New Town TAS 7008
Telephone: (03) 6331 4287 Fax: (03) 6332 7896
www.tas.basketball.net.au

Basketball Victoria (Inc)

Box 3, MSAC
Aughtie Dr, Albert Park VIC 3206
Telephone: (03) 9927 6666 Fax: (03) 9927 6677
www.basketballvictoria.com.au

Basketball WA (Inc)

PO Box 185
Floreat WA 6014
Telephone: (08) 9284 0555 Fax: (08) 9284 0550
www.basketballwa.asn.au

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INTRODUCTION

Australia has a proud history in basketball and in 2004 was ranked 3rd amongst all nations. This success is due in no small way to the tireless work of coaches throughout the country, from "learn to play" programs right through to the Boomers and Opals.

The National Coaching and Accreditation Scheme (NCAS) was established in 1978 with the primary aim of up-grading and expanding coaching expertise across a wide range of sports. Basketball Australia has fully embraced this scheme since its inception and has developed, in conjunction with the Australian Sports Commission, a systematic and on-going educational program for basketball coaches.

Basketball Coaching Made Easy has been formulated to provide the background of knowledge and expertise for aspiring Level 1 basketball coaches. This course applies covers general coaching principles and applies them specifically to basketball, with an emphasis on having sound knowledge of the skills and principles of basketball as well as better organisation of practice sessions, appropriate methods of teaching and correcting techniques and methods of analysing an athlete's performance.

There is a wealth of resources available to coaches – a simple search on the internet will identify many hundred websites with an amazing array of information. There are books and videos on all aspects of basketball coaching and a visit to the National Sports Information Centre at the Australian Institute of Sport is a must for any coach visiting Canberra. Indeed your local library is often a great source of coaching material.

With all this information available a coach could easily find enough drills to fill many years of training sessions! Drills are the "tools of the trade" for coaches but the art of coaching is about the teaching points that you highlight in a given drill. Coaches must focus on the teaching points as these are what make their players better!

The National Intensive Training Centre Program is the key component of Basketball Australia's national player and coach identification and development strategy. There are full time coaches in each state and territory who deliver the program with the assistance of a strong network of coaches. The NITCP has a heavy emphasis on developing individual offensive and defensive fundamentals as well as team principles of play. Coaches interested in learning more about the NITCP should contact the head coa ches through their state associations.

Whether you are coaching a team of beginners who are just learning to love the sport or a representative team "Basketball Coaching Made Easy" has information relevant to you. For further information on coaching clinics or resources contact your State/Territory Association or log onto the Basketball Australia website, www.basketball.net.au.

Books 1 to 5 of *Basketball Coaching Made Easy* are the text for the basketball component of the Level 1 NCAS Course.

Enjoy your coaching!

COACH
ACCREDITATION

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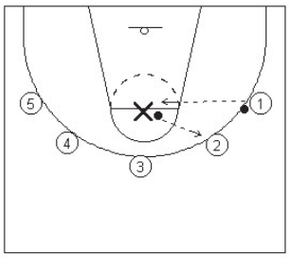
Passing Drills

Pepper Drill



Purpose:

Quick hands and reaction time
A variety of passing techniques.

Method:

- X and O1 begin with basketballs
- X passes to O2 at the same time O1 passes to X.
- X then passes to O3 while O2 passes to X.
- The drill continues around the semi circle as many times as desired by the coach.

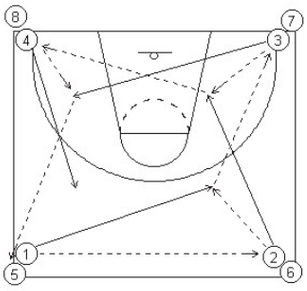
Making the drill more challenging:

To increase difficulty the coach can then bring in a rule where X cannot pass next to the person to whom they made the first pass. Therefore they cannot pass to O2 next to the ball but can pass to any other player in the semi circle.

Four Corner Passing Drill

Purpose:

A variety of passing techniques
Passing in traffic (players running everywhere)



Method:

- O1 and O3 commence with basketballs.
- O1 passes to O2 and cuts to the diagonally opposite line (O3 & O7).
- O2 passes back to O1 who passes to O7.
- O1 joins the end of the line (behind O7).
- After passing O2 cuts to the diagonally opposite line and receives a pass from O7.
- At the same time as O1 passes to O2, O3 starts by passing to O4.
- O3 cuts to the diagonally opposite line and receives a pass from O4
- O3 passes to O5 and joins the end of the line.
- O4 after passing to O3 cuts diagonally opposite to receive a pass from O5.
- O4 passes to O6 and joins the end of the line.

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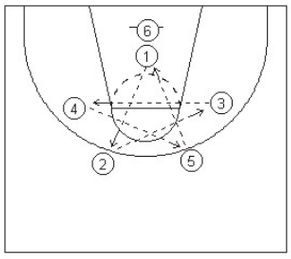
Five Star Passing Drill



Purpose:

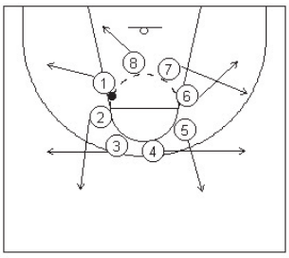
Good warm up drill
Quickness, accuracy, concentration.

Making it a lay-up drill

Rather than O5 passing to O6, they can shoot a lay-up, which O6 rebounds. O5 then joins O6's line.

Method:

- O1 begins with ball.
- O1 passes to O2 and follows pass to join O2's line.
- O2 passes to O3 and follows pass to join O3's line.
- O3 passes to O4 and follows pass to join O4's line.
- O4 passes to O5 and follows pass to join O5's line.
- O5 passes to O6 and follows pass to join O6's line.
- One or two balls can be used.



Scattered Circle Passing Drill

Purpose:

Team communication
Lead passing
Accuracy

Method:

- Players form a circle
- Ball starts with O1 who hands off to O2, 02 hands off to O3, O3 to O4 etc
- Ball continues around circle as each player hands it to the person to their right.
- Each player must note the player they hand the ball to.
- Upon the coaches' signal, players break from the circle and scatter in the half court.
- Each player must locate and pass to the person who they handed the ball to in the initial circle.
- Each player must call and move for the ball. All players must continue to move.

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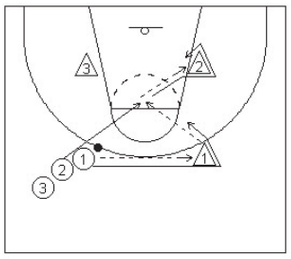
Three Corner Passing Drill

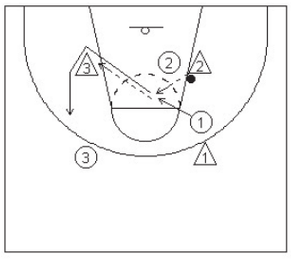


Purpose:

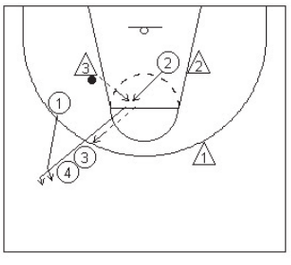
Teach a variety of passes
Players running, receiving and passing

Method:

- O1 starts with a basketball
- O1 passes to X1 and runs around Triangle 1
- Triangle 1 passes to O2, O2 passes to Triangle 2 and runs around Triangle 2



- Triangle 2 passes to O1
- O1 passes to Triangle 3 and runs around Triangle 3



- Triangle 3 passes to O2, O2 passes to O3.
- Both O1 and O2 rejoin lines behind O3 and O4.
- O3 and O4 are now in drill.
- Triangle 1, Triangle 2 and Triangle 3 remain as passes, until the coach rotates them with three new passers

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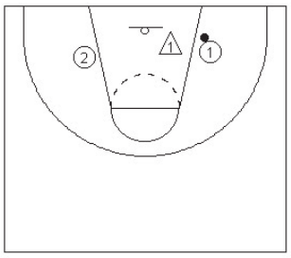
Deflections Drill

Purpose:

Teach passing and use of pass fakes under pressure

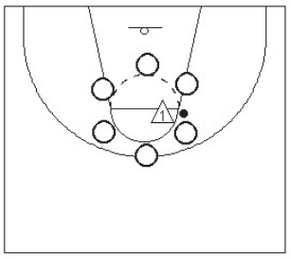
N.B: the player in the middle should 'drop step' in the direction of the pass. So, if the pass went past their left hand side, they must drop step with their left foot.



Method:

- "3 Player Drill" (Also called Pig in the Middle drill)
- O1 and O2 start opposite in stationary positions
- X1 starts in the middle and attempts to deflect the ball
- O1 and O2 must pass until X1 touches the ball
- X1 then takes the place of the player who passed poorly.

Circle Drill



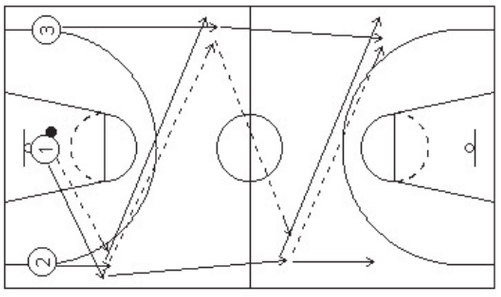
Same as above except that there are more players involved
X1 starts in the circle and attempts to gain deflections
Upon a deflection they replace the player who made the pass.
A rule may be included that prevents a pass being made to the players on either side of the player with the ball.
Two or more players can be placed inside the circle.

3 Man Weave Drill

Purpose:

Running lanes
Passing and receiving on the run

Method:



- O2 and O3 lead out for the ball
- O1 passes to O2 and runs behind O2.
- O2 passes to O3 and runs behind O3.
- O3 passes to O1 and runs behind O1.
- The ball continues down the court
- Players can make a lay-up at the end of the drill
- Each line should ensure they run wide

Drill can also be run as a 5 man weave following the same teaching points. In a 5 man weave players run behind two people after making a pass.

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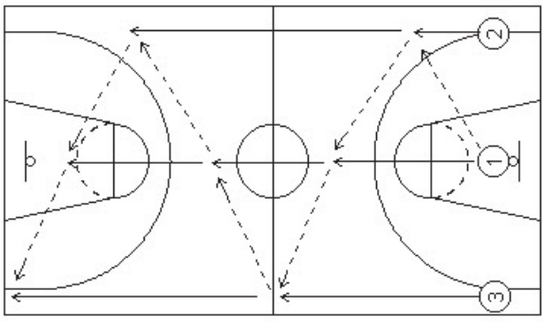
3 Lanes Drill

Purpose:

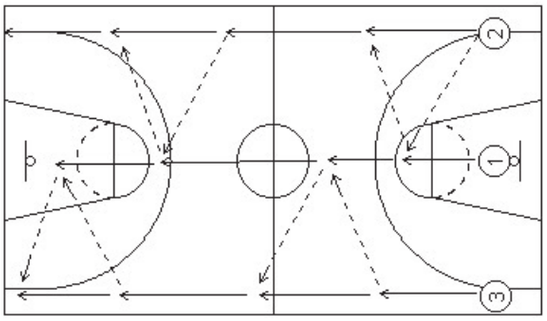
Teaching players to run in lanes
Pass and receive on the run



Method:

- 1 Ball Drill
- O1, O2 and O3 run straight down their lanes. O1 begins with ball
- O1 passes to O2, O2 passes back to O1
- O1 passes to O3, O3 passes back to O1
- Drill continues down the court

The player in the middle should run in a 'zig-zag' fashion, leaning toward the outside player to receive a pass back.



2 Ball Drill

- O2 and O3 start with basketball
- O3 passes to 01, O1 passes back to O3
- O2 passes to O1, O1 passes back to O2
- Drill continues down the court.

Players on the outside should dribble the ball (with the hand closest to the sideline) while waiting to pass back to the middle.

The player in the middles should run in a zig-zag fashion and should turn their head quickly (to see the next pass).

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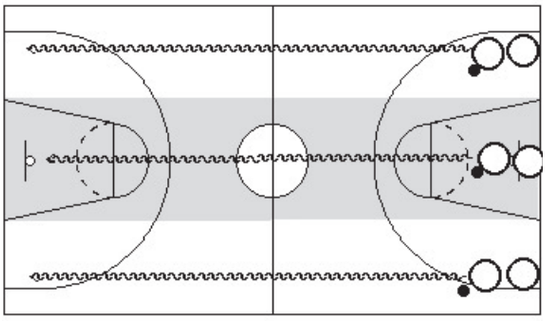
Dribbling Drills

Corridor Dribbling

Purpose:

Dribbling techniques
Dribbling without looking at the basketball



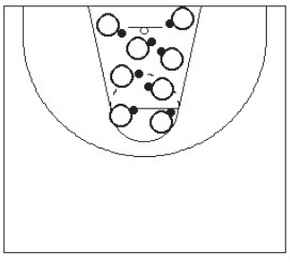
Method:

- Players line up on the baseline in three lines
- Each line has a corridor within which to dribble
- Each player at the start of each line dribbles down the court
- Once they cross foul line extended the next player in the line goes.
- Forming a new line at the end of the court
- Defence can be added to apply pressure and make the drill more game specific.

The coach may also hold up fingers and have each dribbler call out the number of fingers being held up. This helps teach players to dribble with their head up.

Coaches can also hold up a hand to make the players stop and start. Specify whether players should jump stop or stride stop.

Dribble Knock Out



Purpose:

To teach players to dribble with head up, while protecting the ball

Method:

- Each player begins with a ball
- The coach specifies the area within which players are allowed. (e.g. Inside keyhole, if ball goes outside the player is ruled out).
- Players must dribble while attempting to knock their opponent's ball outside the area.
- The coach reduces the area as more participants are eliminated
- The last player remaining is deemed the winner

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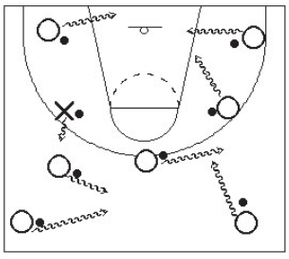
Dribble Tag

Purpose:

To teach players to dribble with head up
Teach change of pace, control under pressure

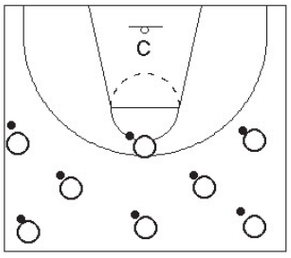
Once a player is out, they should go to the sideline and continue to dribble their ball (while standing still).



Method:

- Each player has a ball in the area designated by the coach e.g.: Half Court
- One player is chosen as "it" and attempts, while dribbling to tag the other players whilst they dribble
- Once a player has been tagged or their ball goes out of the designated area they are out
- Depending on group numbers you may need more than one participant to be "it"

Massed Dribbling Drill



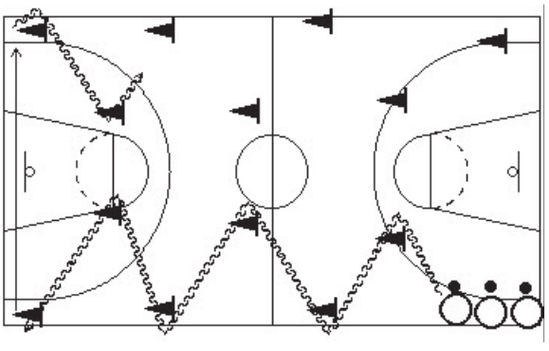
Purpose:

Keep head up while dribbling
Using a variety of dribbling techniques
Changing directions quickly whilst dribbling

Method:

- Players spread out on the court as diagrammed
- Each player dribbles in the direction the coach points
- This should be done using a variety of dribbling techniques (Try using 2 basketballs for each player)

Obstacle Dribble



Purpose:

To teach quick and sharp changes of direction

Method:

- Coach sets up cones down the court as diagrammed
- Each participant must move in and out of the cones whilst dribbling
- The dribbler must alternate hands, keeping the ball in the hand away from the cone.
- All types of dribbles and cross overs should be utilised here

The distance of the cones should be shortened to increase the difficulty of the drill

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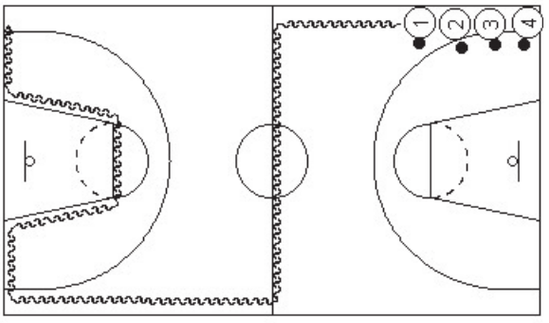
Follow the Leader

Purpose:

Dribbling techniques
Eyes up when dribbling



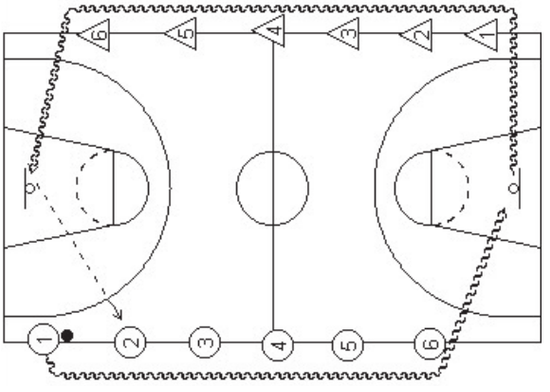
Method:

- Players start in baseline corner as diagrammed.
- The player at start of the line is the leader.
- The player at the start of the line may follow any line on the court
- Each player must follow and execute the same skills as the person in front of them.
- The coach may call “change”. On this instruction the player last in the line becomes the leader

Dribble Race

Purpose:

To teach players to execute dribble skills at speed and under pressure



Method:

- Two teams are selected and commence opposite each other
- Number each player in the group
- Player 1 starts with the ball at opposing ends as diagrammed
- Both players complete a circuit around both groups before handing it off to the next dribbler player 2.
- Include a lay-up at each end

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Shooting Drills

Shot Check (one handed shooting)

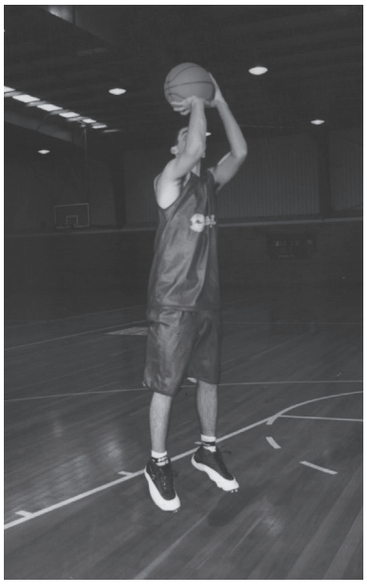
Purpose:

To teach correct shooting technique, especially with the preferred hand keeping the ball at waist height.

Method:

- Assume correct shooting stance
- Basketball starts in one hand, right hand for right side, left hand left side
- The ball is shot using one hand concentrating on correct technique especially lock and snap

Plyometric Shooting



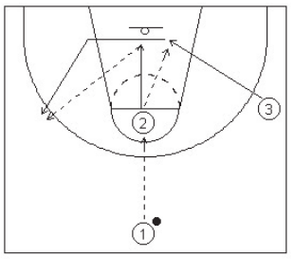
Purpose:

To teach effective jump shot technique
To teach use of leg power and rhythm

Method:

- Make three explosive jumps on the spot
- On the third jump shoots the ball at the top of their jump.
- It is important for each player to keep their feet apart throughout this drill.
- Shoot on the way up
- Jump hard but in control

Cincinnati Lay Up Drill



Purpose:

Combining passing, receiving, lay-ups, jump shots

Method:

- O1 passes to O2, O1 takes O2's position.
- O2 passes to O3 who performs a lay-up or jump shot
- O2 becomes the rebounder, O3 continues to receive an outlet pass on the opposite side of the court
- O3 joins the line where O1 started
- O2 joins the line where O3 started

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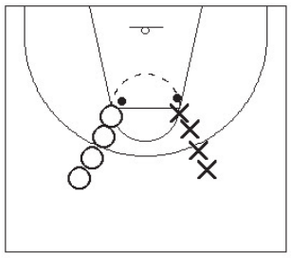
"21"



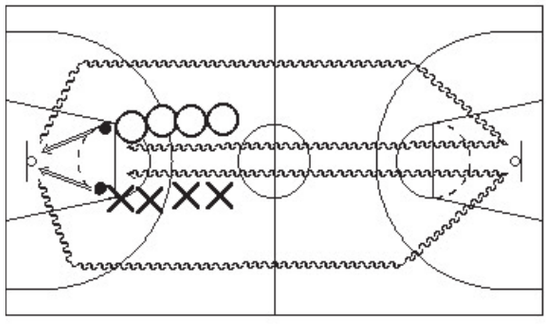
Purpose:

To execute correct shooting technique in a competitive situation.

Method:

- This drill can be played between two players or between two teams
- Each line competes until they reach twenty one
- This drill can be played from anywhere on the court but for the purpose of the diagram from the elbows of the keyway.
- Each line has one ball, each player takes their turn in shooting the ball
- Each player can score a possible three points.
- Two points is awarded on the first shot and if rebounded on the full the player then gains a second shot which is worth one.
- The ball is then returned to the line for the next player's turn.

Drill 2 "31"

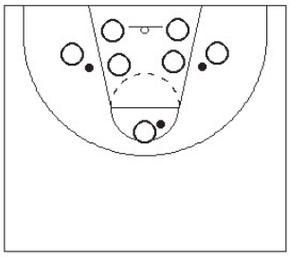


As above with two teams

Method:

- Each line has one shot from elbow of key worth two.
- Upon rebounding each player must dribble to the other end to perform a lay up worth one.
- They must then return to opposite end to shoot a free throw worth three.
- A possible 6 points can be scored by each participant.

Three in a Row



Purpose:

Teaching shooting in a competitive, pressure situation

Method:

- Three shooters start with basketballs while four rebounders start under the basket
- Shots taken in the drill must be outside the key.
- Each shooter must make three shots in a row to score one point.
- Once they reach three, they change places with a rebounder
- This drill continues for three minutes or until a team reaches 15
- Where possible two groups of seven should compete against each other.

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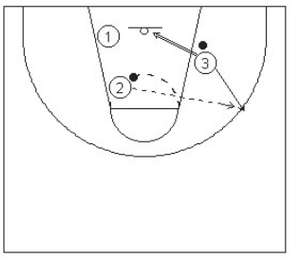
3, 2, 1 Shooting Drill



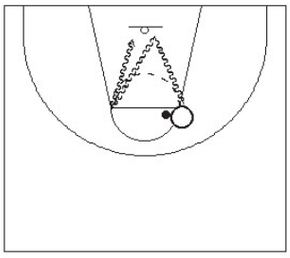
Purpose:

Shooting in competitive situations
Execute a variety of shots

Drill:

Each player is designated a role: shooter, passer and rebounder.
Players perform each role for one minute.
Shooter begins by taking a shot outside the key.
Shooter moves back beyond the three-point line to take a shot.
Shooter hustles in to perform a lay-up.
Continue for one minute
Passer and rebounder return the shooter the ball as quickly as possible.
Keep score: Outside key 2 points
Beyond three point line 3 points,
Lay up 1 point

X-Out Lay Ups



Purpose:

Performing lay-ups from both sides of the key
Executing at top speed

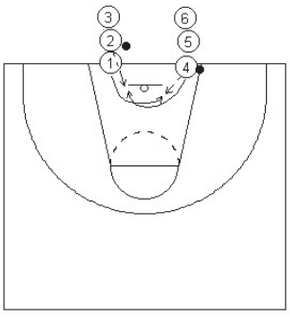
Method:

- Starting from the elbow each participant performs a lay-up from the right-hand side of the court
- Rebounding and dribbling out to the opposite elbow and execute a lay-up from the opposite side.
- Continues touching each elbow and making lay-ups in a set time (eg 1 minute).

The player's first step to the basket should be with the foot closest to the middle (as they face the basket). They take one dribble on this step.

This will ensure correct footwork.

Continuous Shooting Drill



Purpose:

Taking a variety of shots as a warm-up or in a competitive situation

Method:

One line starts with a ball in the hands of the first person in line. The other with the ball in the hands of the personsecond in line In the line without a ball, the player circles around the basket to receive ball and shoot it, from the opposite line from which the pass was made. Upon passing the ball, the passer cuts around the shooter to receive the ball from the opposite line. Shooters must rebound their own shots and pass back to the line from which the pass was made.

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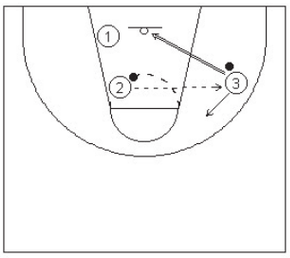
Rapid Fire Shooting Drill



Purpose:

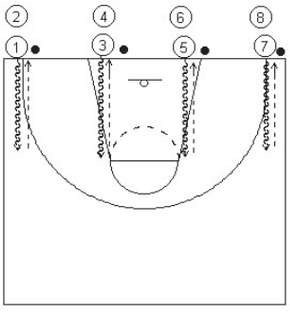
Teaching players to catch and shoot
Working on releasing the ball quickly in game situation

Method:

- Each player performs each role for one minute
- One rebounder O1, one passer O2, one shooter O3 and two basketballs.
- The shooter relocates on the perimeter for one minute taking as many shots as possible
- The rebounder and passer must get the shooter the ball as much as possible during this minute.
- The rebounder will rebound and quickly pass to the passer who in turn will pass the ball to the shooter.

Body Movement Fundamentals Drills

Stop and Pivot Drill



Purpose:

Teach players to stop, pivot and pass

Method:

Four lines are made on the baseline
Each line is designated a corridor within which to work with
Player at the front of each line with a basketball
The player with the ball dribbles out to the foul line performs a jump or stride stop
Upon stopping the player then performs a forward or reverse pivot to once again face their line
They then pass to the next person in line

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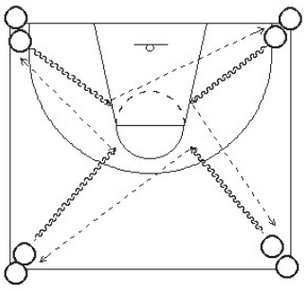
Clover Leaf Pivot Drill



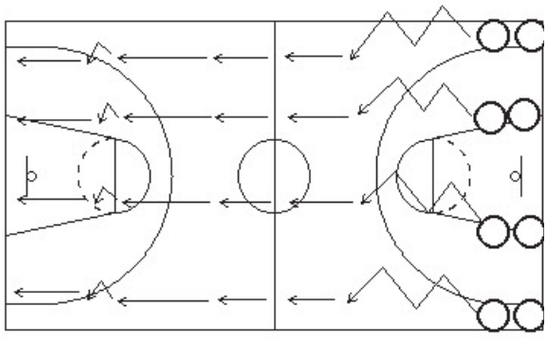
Purpose:

Teach players to stop, pivot, pass and receive

Method:

- Four lines are made at each corner of half court
- Each line starts with a basketball
- On the coach's command, each player at the start of the line dribbles to the centre of the half court and executes a jump or stride stop as desired by the coach
- They then perform a forward pivot and pass to the next line they end up facing
- Each player then follows their basketball to join a new line
- Add reverse pivots

Corridor Drills



Purpose:

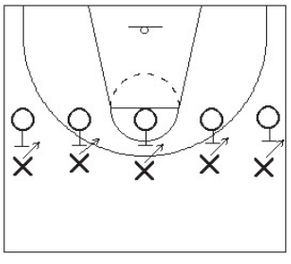
Teach correct fundamentals of running, changing direction/pace, stopping, pivoting and stutter steps

Method:

- Four lines are formed on the base line.
- Players perform skills as directed by the coach
- Here coaches can either ask players to execute skills at specific points or have players execute skills on the coaches command.

Rebounding Drills

Mass Block Out Drill



Purpose:

Teach correct technique when blocking out

Method:

- Form three or four lines across the court
- Upon the coach's command have each player demonstrate correct block out techniques.
- The coach yell's "shot" to simulate a shot being taken in a game, with players reacting needing to block out.

Coach can also have players call 'shot' to reinforce them communicating loudly.

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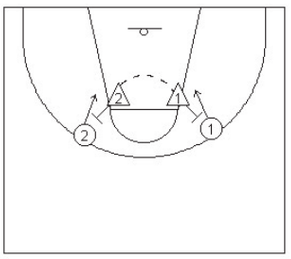
Two Player Block Out Drill



Purpose:

Emphasise correct blocking out technique
in a competitive situation

Method 1:

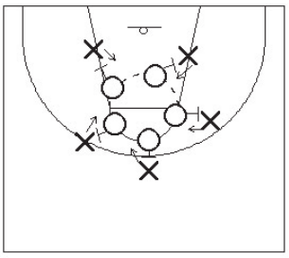
Two players face each other one offence, one defence
Upon the coach yelling “shot”, the defenders
block-out their opponents.

Method 2:

- As above except this time the coach actually shoots the ball
- Upon calling “shot”, defenders must block out their opponents
- This drill can be continued further to include two, three, four and five pairs of players.

i.e. 2 on 2 block out drill
3 on 3 block out drill
4 on 4 block out drill
5 on 5 block out drill

Circle Block Out Drill



Purpose:

Teaching block out techniques

Method:

- Players pair off and form a circle
- One player is designated offence, the other as defender
- A ball is placed in the middle of the circle
- Upon the coach yelling “shot”, each defender must block out and keep their offensive opponent from reaching the basketball

The drill ends with a defender gaining possession
of the basketball and the teams switch roles

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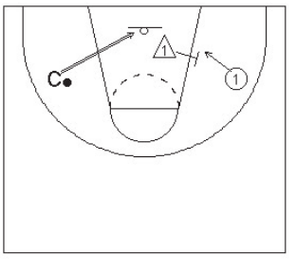
Help Side Block Out Drill:



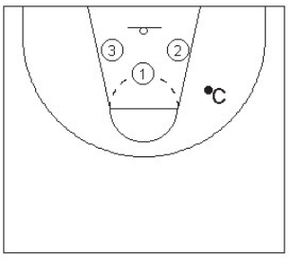
Purpose:

Teaching rebounding techniques for the help side defender

Method:

- Coach shoots the ball from opposite wing
- Help side defender must block out defence and gain possession of the ball
- The ball remains live until the offence scores or the defender gains possession of the ball

Sandwich or Hamburger Drill



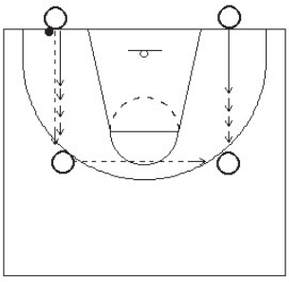
Purpose:

Developing an aggressive approach to rebounding
Developing the ability to make shots under pressure

Method:

- Three players commence in the keyway
- The coach starts outside the key and commences the drill by shooting the ball.
- Players attempt to block out and rebound basketball
- The first player to score three baskets is the winner. (NOTE: be wary of using this drill with beginners)

One on One/Two on Two Close Out and Rebound Drill



Purpose:

Teach help side defence, close out and block out techniques

Method:

- Lines are formed behind the baseline
- Offensive players start beyond the three point line
- As a pass is made from one line, players must close out their opponent
- A pass is then made by the offence and upon receiving the ball the player looks to score
- Upon a shot or drive each player must block out

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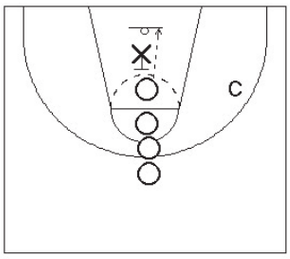
Rebound/Outlet Drill



Purpose:

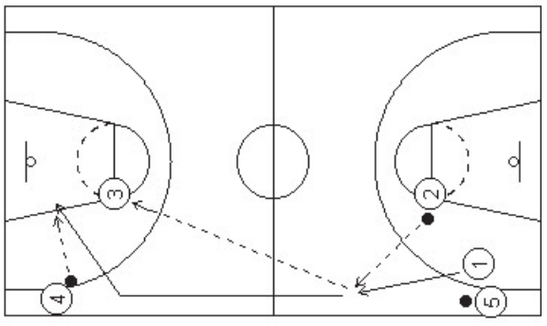
Teaching rebounding and outlet techniques

Method:

- One line is formed under the basket
- The first player in the line is the defender, the second player is the offence
- The offensive player starts with a ball, which is thrown against the backboard
- The defender must block out the offensive player and then gain possession of the ball
- Once in possession an outlet pass is made to the coach

Combination Drills

Thomas Drill

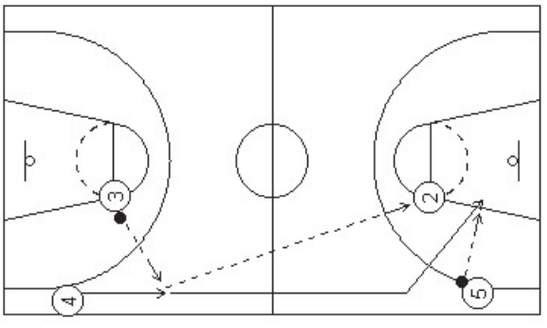


Purpose:

Teaching passing, receiving, lay-ups, communication

Method:

- The drill can be run both sides of the court simultaneously
- 01 leads out to receive the ball from 02.
- 01, on receiving the ball, passes to 03.
- 01 continues down the court to receive the ball from 04
- 01 shoots a lay-up, and takes 03's position
- 04 leads out to receive the ball from 03
- 03 joins the line in which 04 began



- 04 passes to 02 and continues down the court to receive the ball from 05 and proceeds to do a lay-up, then taking 02's, position. 05 leads out to receive from 02.
- 02 then joins the line where 05 began.
- The drill continues following the same routine.

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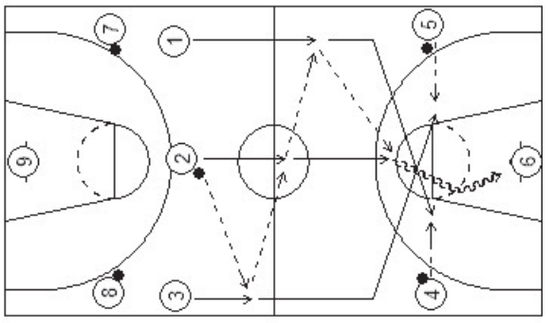
Tennessee Drill

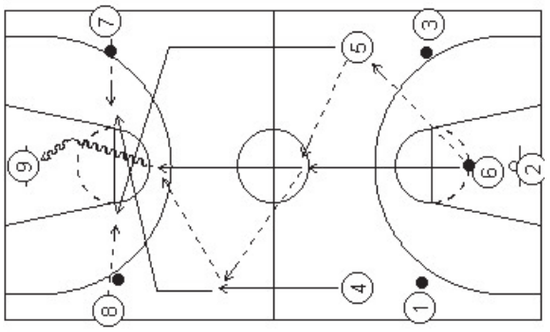


Purpose:

Teaching correct shot technique, communication, passing and receiving in competitive situations.

Method:

- An excellent warm up activity
- 01, 02 and 03 run in lanes down the court. 01 passes to 02 who passes to 03 who passes to back to 02 and so on.
- Upon reaching the three-point line at the opposite end, 02 performs a lay up and joins the line under the basket.
- 01 and 03 change sides to receive the ball from both 04 and 05 respectively and take shots from the elbow of the key. They then follow their shot gaining the rebound and take 04 and 05's positions



- 06 then passes to both 04 and 05 who proceed down the court
- Upon reaching the key 06 completes a lay up, while 04 and 05 receive the ball from 07 and 08 to catch and shoot from the elbow
- The drill continues following the same routine

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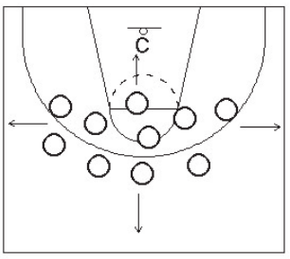
Individual Defence

Mass Defensive Slide Drill

Purpose:

Teaching correct defensive stance and footwork



Method:

- Players form lines across the court
- Player's react to coach's commands

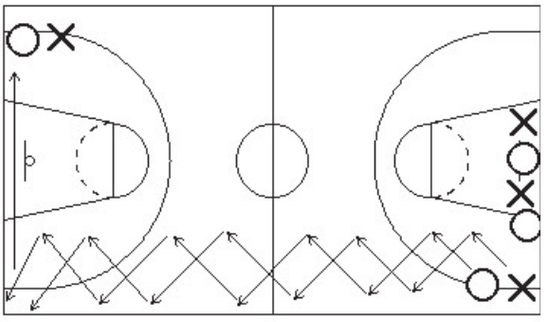
Commands

Say "Stance", each player assumes correct stance
Point directions, each player must slide in that direction
Also includes a drop step.
NOTE: Limit the time on this drill. It is very physically demanding

Lanes Defensive Slide Drill

Purpose:

Teaching defensive stance, footwork and hand position



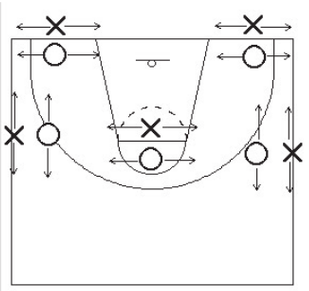
Method:

- Players form lines on the baseline
- Each line is designated a corridor within which to work
- This drill works by player's zig zagging down the court
- With or without a player dribbling
- NOTE: Other rules that may be incorporated include turning the dribbler and/or channeling the dribbler

Mirror Drill

Purpose:

Teaching defensive stance, footwork and agility



Method:

- Players begin in pairs facing each other
- The coach designates an area within which the pair will work, in this case between the baseline and foul line extended
- One player in each pair is designated as the leader
- The leader slides within the area while the opponent mirrors the leader's movements

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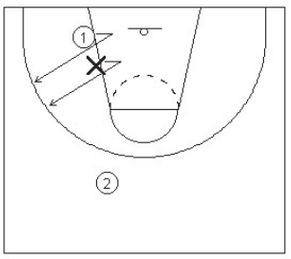
Forward Lead Denial Drill



Purpose:

Teaching denying a forward lead

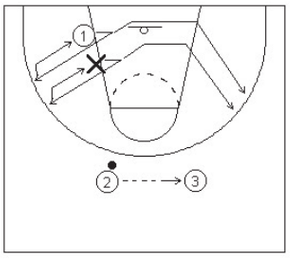
Method:

- O1 makes a forward lead
- X1 defends this forward lead

Making this challenging:

- Have players defend three leads without a basketball
- Then have them defend three leads with a basketball
- Then play live where the ball may be passed to the cutter at any time

Back Cut/Forward Lead Denial Drill



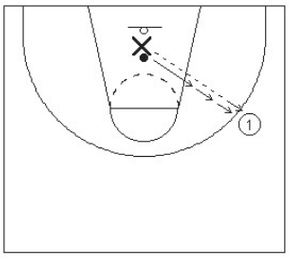
Purpose:

Teaching forward lead denial and defence of the back cut

Method:

- O1 executes a forward lead, then sprints a back cut to the opposite side of the court
- Upon the cutter back cutting, O2 will pass to O3
- X1 must deny the forward lead, then defend the back cut
- X1 continues to defend the player out to the opposite side of the court

Close Out Drill



Purpose:

Teaching close outs and block outs

Method:

- X1 starts on the baseline with a basketball.
- O2 starts beyond the three point line in front of X1.
- X1 passes the ball to O2 and proceeds to close out.
- As soon as O2 has the ball it becomes live.
- O2 may shoot or drive.

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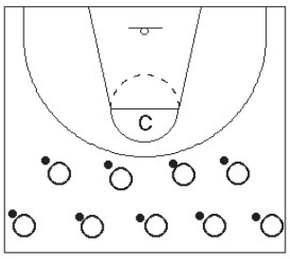
Individual Offence

Mass Individual Offensive Moves



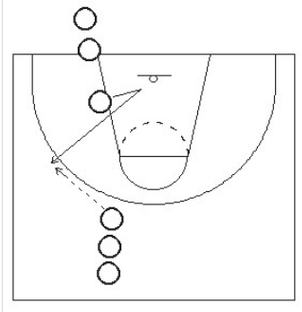
Purpose:

Teaching and rehearsing a range of individual offensive moves in a non-competitive situation

Method:

- Each player has a basketball
- Players execute a range of skills as instructed by the coach.
- These include shot fake, drive fake, on-side and cross over moves
- The coach will increase the complex of the combinations as the skill level of the player's increases

Forward Lead Drill



Purpose:

Teaching players to execute individual offensive moves after making a forward lead.

Method:

- Two lines are formed a passing line (at the top of the key) and a cutting line (on the baseline).
- O1 performs a forward lead
- Upon completing the cut, the ball is passed to the player who then executes an individual offensive move (as directed by the coach e.g. shot fake and crossover to a lay-up)
- To make this drill more challenging add defence and play one on one upon O1 catching the ball

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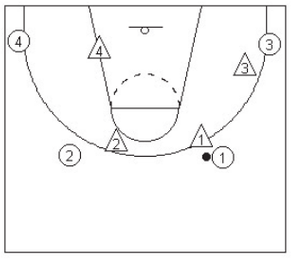
Team Defensive Drills

Shell Drill

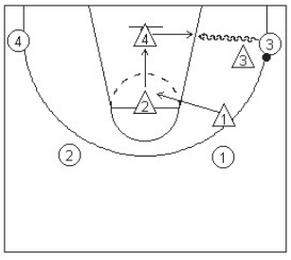


Purpose:

Teaching defensive adjustment, floor position, rotation, hedging and block outs
Teaching defence at a range of defensive situations, forward leads, back cuts, give and go cuts, penetration etc.

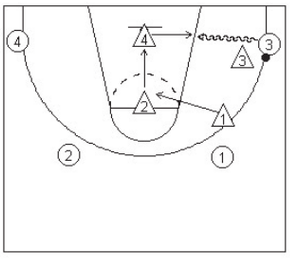
Method:

- O1, O2, O3 and O4, commence in offence, start one step beyond the three-point line.
- Triangle 1, Triangle 2, Triangle 3 and Triangle 4, commence in defence



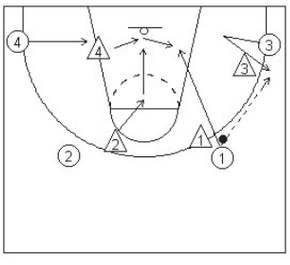
Stage 1:

The offensive team must stay stationary and hold the ball using a three count prior to passing.
This allows the defence to gain correct floor position



Stage 2:

The offensive team can now dribble penetrate from anywhere on the court.
The defensive team must defend penetration, hedging and helping from the split line and rotating where necessary.



Stage 3:

The offensive team can now cut at the basket, penetrate and look to score. Offence must maintain spacing on the perimeter.

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Offensive Transition

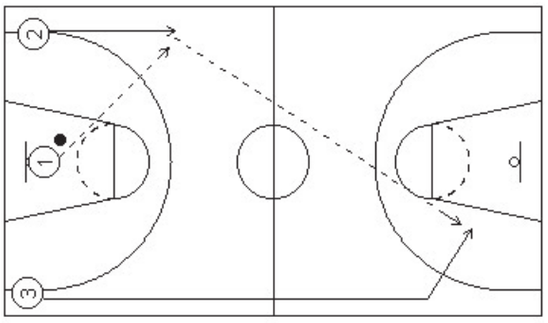
Celtic Drill

Purpose:

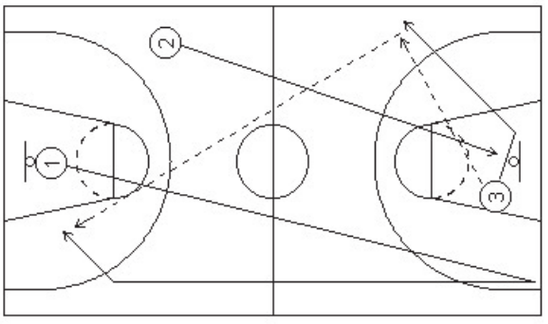
Teaching players to fill lanes and to run hard on the break

Method:

- O1 starts with the ball, O1 passes to O2
- O2 passes to O3, who has sprinted the floor.
- O3 completes a lay up.



This drill can be made continuous. In this case: O1 trails the shooter to the opposite foul line or base line then sprints back to the original end. O2 rebounds O3's shot then passes back to O3 who passes on to O1 for the lay-up Initially players should be allowed a maximum of two dribbles, then one dribble, then the ball should not touch the ball throughout the drill. As players improve missing a lay up and or allowing the ball to touch the court means the team is unsuccessful



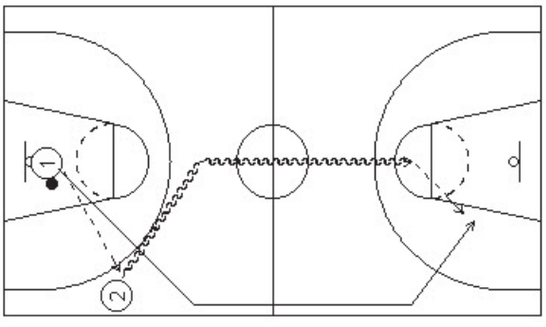
2 v O Transition

Purpose:

Teaching rebounding and outlet pass techniques
Teaching the dribbler to use minimum dribbles to push the ball down the court
Teaching players to fill the lanes and to run hard

Method:

- O1 throws the ball against the backboard, rebounds it, and forward pivots to outlet the ball to O2.
- O2 on receiving the ball using a maximum of three dribbles to move the ball down the centre of the court from the backcourt to front court.
- O2 Sprints to the outside lane, bouncing off the sideline as diagrammed to complete a lay up at the other end.



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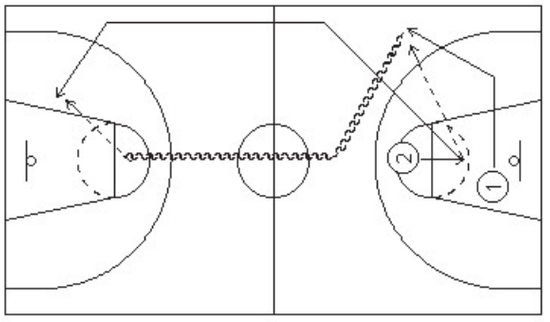
O2 takes the rebound and outlets the ball to O1 who proceeds to use three dribbles to push the ball down the court. O2 fills the outside lane to complete a lay up.

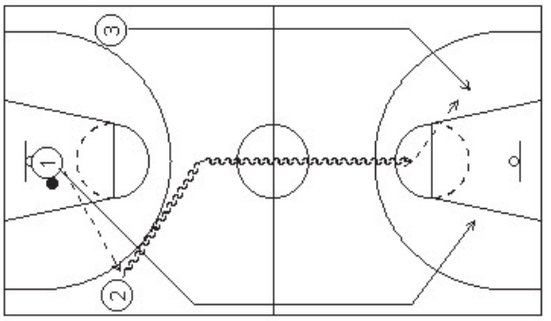


Stage 2:

3 on 0 Transition

Three players now run the drill O1 rebounds and outlets to O2.
O2 dribbles hard down court, while O1 and O3 run the lanes.
O2 has the option of passing to either O1 or O3 for a lay up or pull up shot.

More players can be included in the drill to Incorporate 4 on 0 and 5 on 0 transition.



Defensive Transition

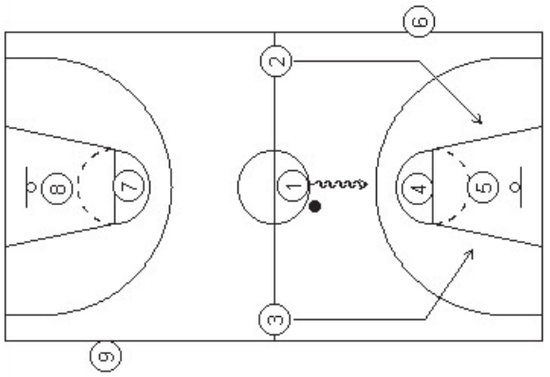
3 on 2 Fast Break Drill

Purpose:

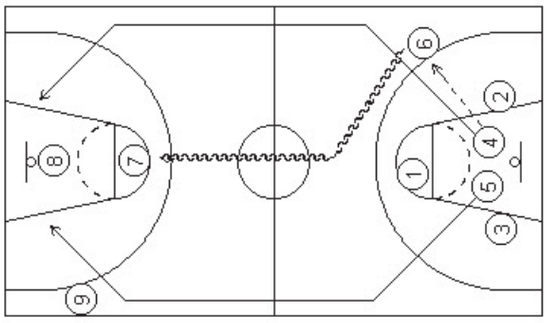
Teaching both offensive and defensive transition.

Method:

O1, O2 and O3 start with the basketball on the centre line. They attack the basket defended by O4 and O5



Once O4 or O5 gain possession they outlet the ball to O6 who leads to the middle of the court.
O4, O5 and O6 then play O7 and O8.
Once O7 and O8 gain possession of the ball they pass to O9 who cuts to the middle of the court.
O9, O8 and O7 then proceed down the court to play O1 and O2, while O3 has stepped to the sideline to be the next receiver of the outlet pass.



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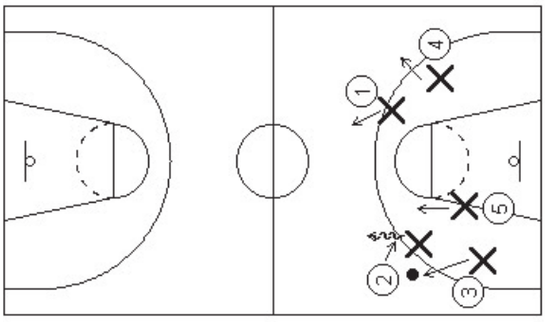
Change Drill



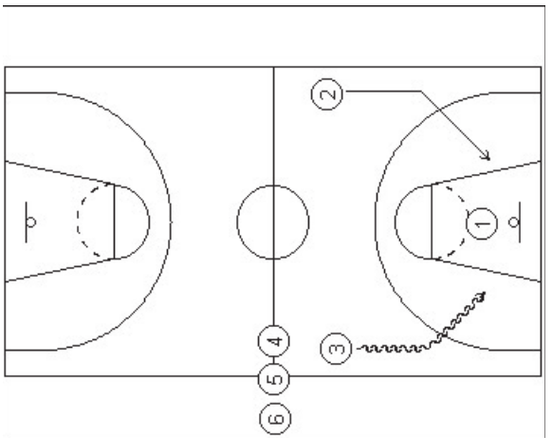
Purpose:

Teaching defensive transition

Method:

Two teams scrimmage
During the scrimmage the coach will call, “change”
The team in possession of the ball drops the ball and recovers on defensive transition.
The opposing team quickly gains possession and attempts to score.The defensive team should follow these rules, first player down court must defend the basket as a priority, player closest the ball to stop the ball, second player defends ball-side block, third player where next pass is thrown

3 on 2, 2 on 1

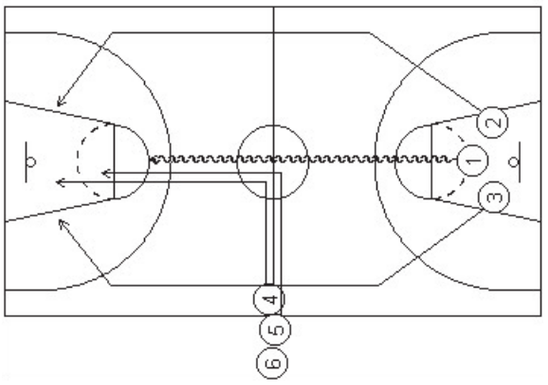


Purpose:

Teaching both offensive and defensive transition

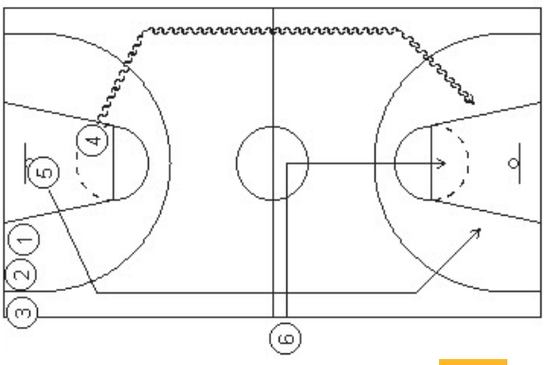
Method:

Players begin with two lines either side of the centre line.O1 starts as the defender while O2 and O3 are on offence playing 2 on 1.
Once play has ended through a score or turn over, O1, O2 and O3 convert to offence and attack the opposite end.



O1, O2 and O3 fill the lanes and attack the opposite end.

As soon as O1, O2 and O3 have possession O4 and O5 sprint into the centre circle and defend O1, O2 and O3 in a 3 on 2 situation.



Once O4 and O5 gain possession they continue to the other end to play 2 on 1.
O6, upon O4 and O5 gaining possession, hustles to the centre circle to become the next defender

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Book 3: Individual Offensive and Defeksive Skills
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