

Coach the Coaches - Coach Jim Powell
Wesley Elsternwick Gymnasium
Sunday 15th May 2016



Time	Activity	Comments	Coach
10:00 am (15)	Intro	<p>Welcome and basketball history Thank you all for coming and special thanks to Simon for asking me to present to you all today.</p> <p>My Name is Coach Jim Powell, and I started just like you, a Father asked to coach my youngest son's domestic level team. I live across the road from the Stud Road DABA Courts Watched lots of NBA and NBL games with my Boys and attended Dandenong Ranger training for tips and training drills. Meet Charles Ryan (Junior Coaching Coordinator at Dandenong Rangers), he was a huge influence on my Coaching. He encouraged me to do my Coaching Level '0' then L1, and then L2. Milestones:</p> <ul style="list-style-type: none"> • Several Domestic Grand finals • Asked to coach at Dandenong Ranges (Under 14, 16, 18 and 20's) very successful • Took St John's Dandenong to the High School Inaugural Basketball games in Canberra, • Coached at Dandenong in Domestic • Took up coaching at Melbourne Tigers U16, U18, U20's (my son did not make Rangers) • Won men's 'A' Reserve at Dandenong with Tigers U20's • Been overseas visited several Colleges and High schools (Coaches always happy to meet you) • Spent 6 months attending training with Brett Brown when he coached North Melbourne Giants (NBL) (Current Philadelphia 76 coach) • Been coaching now for about 37+ years • It's a real pleasure to meet up with ex players and see their success. Yes we still talk about the glory days • This sport has opened up many doors, meeting others coaches is one of the best ways to grow your knowledge base. • I have found that all Coaches will talk with you if you ask them for advice. • 	JP

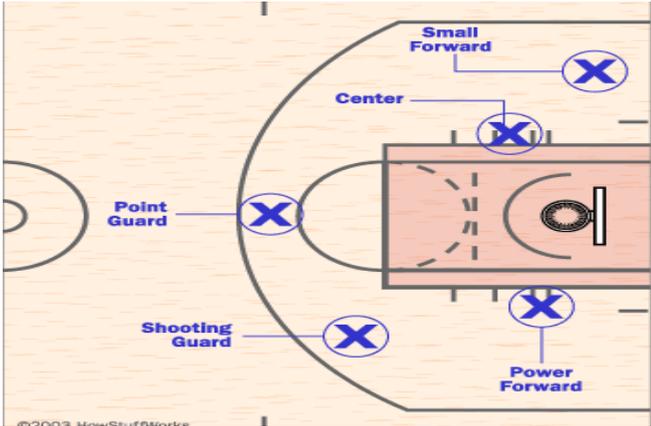
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		<ul style="list-style-type: none"> • I still attend early morning training at Albert Park College and St. Kevin's. • If you want to see some of our future Basketball players go to MSAC on Saturdays and see the Grammar schools play. Starts from 9:00 and its free. • I still do Melbourne United Junior Training Camps with Warrick Giddy during the holidays <p>My Philosophy that I learnt from a University lectures many years ago is 'Always have a health curiosity about what you are doing and don't stop learning'. Have fun enjoy yourself</p>	
10:15 (10)	Observation	<p>What I see when I am at MSAC watching junior games:</p> <ul style="list-style-type: none"> • Teams do not have an Offence • Teams do not have any Defense • Teams don't have a End play or Side play • Coaches/Players don't understand the 8 second rule • Coaches/Players don't understand the 3 or 5 second rule • How and when to call timeouts • One player hogging the ball BB is not a TEAM sport • Pre Game warm-ups 	All
10:25 am (10)	Self management	<ul style="list-style-type: none"> • Coaches deserve respect. • Must have a plan, long term and short term. • Plan your work, work your plan. • Each training session have a training sheet. • Build up skills and your offence and defense • Game Sense Coaching, <p>Game Sense Coaching Learn the skills by playing the game. Traditional approach –Drills to learn skills, then game. As a child playing games you just play, skills you pick up as you play.</p> <p>Traditional approach–Learn the Skill –Learn Tactics –Play the Game.</p> <p>Game Sense–Play the Game –Learn the Tactics –Learn the Skills</p> <p>The games approach lets kids discover what to do in a game, not by you telling them, but by their experiencing it. Your job is to help them discover what they have experienced.</p>	

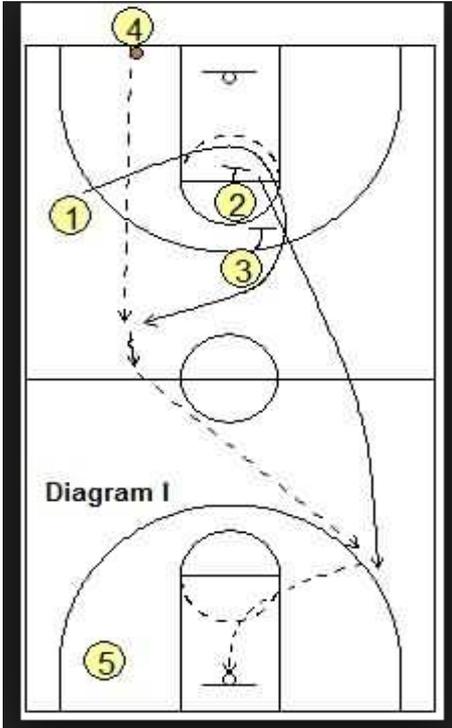
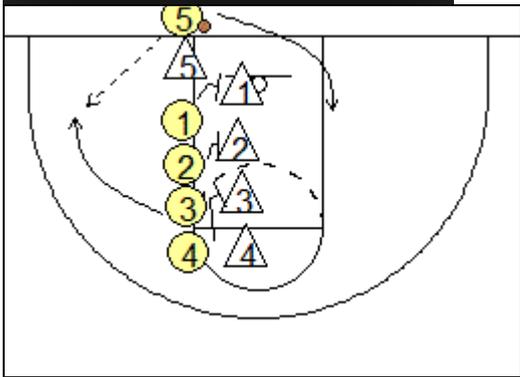
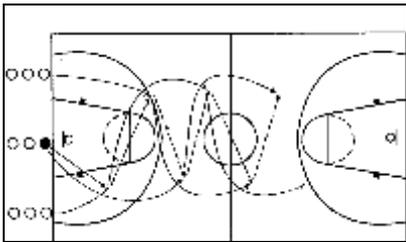
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		<p>Four Step Approach to Game Sense Coaching</p> <ol style="list-style-type: none"> 1. Play a modified game 2. Help players discover what they need to do to play successfully 3. Teach the skills 4. Practice skills in another game. <ul style="list-style-type: none"> • Kids learn by watching and copying. 	
<p>10:20 (15)</p>	<p>Offence</p>	<ul style="list-style-type: none"> • #1 Ball Carrier, up the court, initiates Offence, defence protection of fast breaks • #2 & #3 Assist #1 with ball handling, - getting open to receive pass on wings. Move constantly using screens set from #4 & 5. Use V & L Cuts. • #4 & #5 Remain in the lane, low or high post. Set screens for each other as well as for #1-3. Constantly looking for the pass in from outside players. Get rebounds.  <p>The diagram shows a basketball court with five players marked with blue 'X's and labeled: Point Guard (on the left wing), Shooting Guard (on the right wing), Small Forward (top of the key), Center (in the center of the key), and Power Forward (in the low post area). Lines connect the labels to the corresponding player positions on the court.</p>	<p align="center">All</p>

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<p>10:35 (15)</p>	<p>Inbound play Players on Court</p>	 <p align="center">Diagram 1</p> 	<p align="center">All</p>
	<p>Drills</p>	<ul style="list-style-type: none"> • 3 Man Weave <p><u>Drills</u> 3 Player Weave (P91CM) <i>Improves passing on-the-move, teamwork, conversion of layups</i> 3 lines baseline. 1 ball centre. Passing to outside player then run behind. Lay-up at other end and then back again for another lay-up. Next 3 go.</p> 	

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	<p>Team Passing drills</p>	<p>Cincinnatti Layups</p>	
	<p>5 Star passing drill with close out</p>	<ul style="list-style-type: none"> • 5 positions pass and replace • Change up shot • Introduce close out • Try 3's 	
	<p>Offence Drills</p>	<p>Similar set up to the Weave. But we have 2 defenders at free throw line. Passing ball up the court –then back to middle player once over half court. Defenders try to get the ball. Offence use numbers advantage to get a basket. Once Defenders get the ball they come back up the court as offence (2 v 1) with the centre player playing defence. The two original wing players are the new defenders for the next go. Notes: make the defenders commit to guarding the ball or player away from the ball. Quick clean passes</p>	

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		<p>Also try 4 out and 4 on base line Pass and close out after ball has reached last man play Protect the Ball, Pivots shoestrings, windscreen wipers</p>	
<p>10:55 (15)</p>	<p>Shooting</p>	<p>Types of Shots:</p> <ol style="list-style-type: none"> 1) Free Throws 2) Layups and Dunks 3) Hook Shots and Floaters 4) Mid-Range Jumpers & Bank Shots 5) Catch-and-Shoot 6) One-dribble Pull up 7) Two-dribble Pull up 8) Fadeaway, Turnaround and Step Backs 9) Threes <p>Basic Free Throw Stance:</p> <ul style="list-style-type: none"> • Preferred foot forward just a little • Feet Shoulder width apart • (You can shoot one handed.) • Need to start your shot with bent knees and then roll from your toes up your legs reaching higher and following through!! • Find a position on the back of the ring and aim for it. • Try finger rolling off a back wall 	<p>All</p>
<p>11:10 (15)</p>	<p>Layups</p>	<p>Two lines R & L elbow of the key. Each player has a ball.</p> <ol style="list-style-type: none"> 1) Right side starts with the Right foot, Left foot then up. Ball in right hand. 2) Left side starts with the Left Foot, Right foot and up. Ball in the left hand 3) Rebound your ball and Change sides <p>Try to aim to hit the 'Bank' it is there to help.</p>	<p>All</p>
<p>11:25 (15)</p>	<p>Dribble</p>	<p>Types:</p> <p>High Bounce Change of Pace Crossover Between the Legs Behind the Back</p> <p>Right hand – cross court – roll ball wrist Left hand – cross court – roll ball in wrist Figure 8 through legs, after a minute change direction Two players pass all the way up and back, do a layup.</p>	

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		<p>Start at end line, stop and retreat 3 steps, arm bar, at each line, do up and back. Head up looking at ring/target.</p> <p>More involved drills Line up on the side line: Player has two balls and bounces alternately must have a wide low stance. Head up feel for the ball</p> <p>Repeat in sync</p> <p>Player 1 has the two balls Player 2 stands in front and holds Player 1 on shoulders. Player 1 pushes hand Player 2 uses 80% resistance.</p>	
<p>11:40 (15)</p>	<p>Defense</p>	<p>Defense wins championship!!!</p> <p>Major Defense rules that you should have:</p> <ol style="list-style-type: none"> 1. GREAT man to man defense. 2. GREAT team rebounding. <p>Stance: Low and upright.</p> <ol style="list-style-type: none"> 1) Slide, don't bring feet together 2) Stay Low 3) Kick and Slide <p>Slide drill, start with hitting the floor shout "Defense"</p> <p>Zig Zag Drill up and down the court, two steps to the right, and two to the left.</p> <p>Shell Drill – 4 on 4</p> <p>Close out Drill. 3 on 3 DF holds OF out.</p> <p>Two player challenge One either side of key, run to top and around cone try to stop offence</p>	<p>All</p>

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11:55 (5)	Questions	Advice: 1) Use YouTube/Google to find material 2) Watch as many games as you can. 3) Big V, Youth League, VC Friday nights 4) MSAC Saturday Morning Grammar schools 5) NCAA College Basketball is a great standard 6) NBA but watch players. Thank you	All
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