

# PLAYBALL BASKETBALL TRAIN-THE-TRAINER

**Equipment:** Cones, Sashes, Balls, Hand-outs. **Time:** 2.5 hours

## 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.

Traditional approach – Learn the Skill – Learn Tactics – Play the Game

Game Sense – Play the Game – Learn the Tactics – Learn the Skills

The games approach lets kids discover what to do in a game, not by you telling them, but by there experiencing it. Your job is to help them discover what they have experienced.

## Four Step Approach to Game Sense Coaching

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.

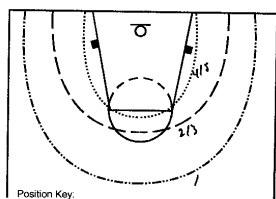
**Downloadable Resource** – ‘Information & Resources’ tab <http://www.playballbasketball.com>

(PXXCM) – Refers to the page no. ‘**Complete Coaching Manual**’ -sections 7&8 (page 54-102) on the web.

Also see: **Skills & Execution** – 22 pages, excellent guide for correct execution of all major skills.

## TEAM OFFENCE SKILLS

Move on offence, Court Balance, Penetrate the defence, Set Screens. Players #1 to #5. Fast Breaks

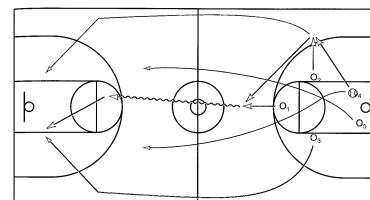


Position Key:  
 ..... #1-5  
 --- #2 and #3  
 --- #4

Figure 8.3 - Court Areas for Player Positions

- **#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.

**Fast Break** – 4 or 5 rebound. Outlet pass to 2 or 3 on the wing. Pass to 1 taking ball down centre lane. 5 (weak side) and 3 (weak side) to run down ready to receive ball from 1 for a lay-up.



## Drills

**3 Player Weave** (P91CM) *Improves passing on-the-move, teamwork, conversion of layups* 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.

**Moving Triangle** (P92CM) *Maintaining Triangular relationships* 6 players. 3 offence 3 defence 1 ball. Offence must keep 1 foot within key. Keeping the ball off the 3 defenders. Move constantly, Set screens – maintain triangle. Swap over after 3 lost possessions.

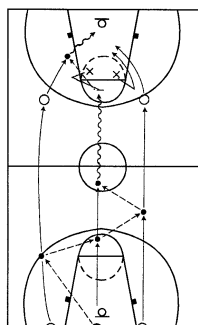


Figure 8.8 - 3-2-1 Drill

### 3-2-1

(P93CM) *To practice offensive team work.* 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

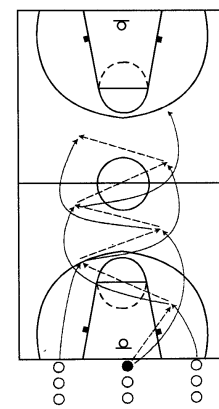


Figure 8.7 - 3-Player Weave Drill

## TEAM DEFENSE SKILLS

Position & balance, Cutting off passing lanes, Ball-You-Player, Handling Screens, Help out.

- Maintain inside position (closer to the basket) to opposing player.
- All defenders deny passes by adopting **Ball-You-Player** (*see-man see-ball*) position – deny your opposing player the ball by cutting off passing lanes.
- Help out when offence has beaten defender and likely to score.

### Drills

**No Dribbling scrimmages** (P101CM) *To improve passing & motion skills reduce needless dribbling.* Use a ½ Court. Play 5v5, 4v4, 3v3 all work well.

No dribbling. Run your offence, forces players to move & cut to receive the ball. Defence to be player-to-player active defence. Each basket is worth one point. 1<sup>st</sup> team to 10 points. If defence rebound a missed shot – they keep possession and allowed one free pass to set up offence. If Offence rebounds, they keep possession.  
Coaching points: Passing moving, defence, screening, court balance, no dribbling.

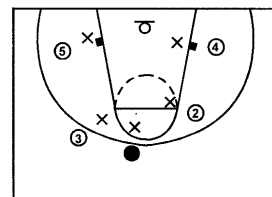


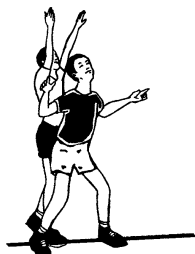
Figure 8.9 - Team Defense Player Positions

**Weak Side Help** (P99CM) *To practice defensive help reactions when team mate gets beaten by offensive player.* Use a ½ Court. 3 on 3. Coach picks a moments to blow the whistle when offensive player has possession and facing the basket and being actively defended. On the whistle the defender allows the ball handler to drive past to the basket. Defender yells out help. Nearest defender shuffles to pick up the dribbler. Other two defenders move quickly to cut off other two offensive players. Defenders to react similarly if beaten before the whistle. Coaching points: Great defensive drill. Defenders to maintain good Ball-you-player positioning & cut off passing lanes.

**7-UP** (P101CM) *To improve offence team work & shot selection and improve team defence.*

5 on 5 full court. Ball must be passed seven times prior to a shot being taken, unless an uncontested layup opportunity is presented. Coach blows the whistle after the seventh pass. Players however can continue to pass until a good shot is presented. Coaching points: Emphasise motion & penetration on offence. Encourage good defence and helping out.

## Rebounding



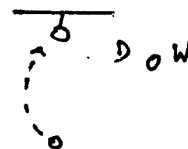
Boxing Out

### Drills

**Glass Cleaner** (P81CM) 6 players. 3 Players either side of the ring with Coach shooting from Free Throw line. Defender, Offence and Wing. When coach shoots, defender to establish inside position to the basket, blocking out the offensive player and get the rebound. Pivot and overhead pass to the Wing. Rotate as follows - Off to Def. Def to Wing. Wing to Off. Now the other side of the basket has a go.

**10 sec blackout** 6 players in 3 pairs. Ball in the middle of the 3 groups 5 metres away. On whistle, offensive 3 have 10 sec to try and get round their defender and grasp the ball in the middle. Defender must try

to block their player's path to the ball. Swap rolls, swap partners. Penalty – 5 push ups if your player gets the ball within 10.



Proper Position After rebound

## INDIVIDUAL SKILLS

### Slides, Cuts and Pivots

- **Ready position**
- **Slides** – not crossing feet
- **Cuts** – rapidly changing direction by pushing off the back foot. – L-Cut., V-Cut, Backdoor Cut
- **Pivots** – Front and Back Pivots. Turn and face the basket

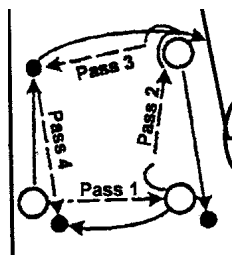
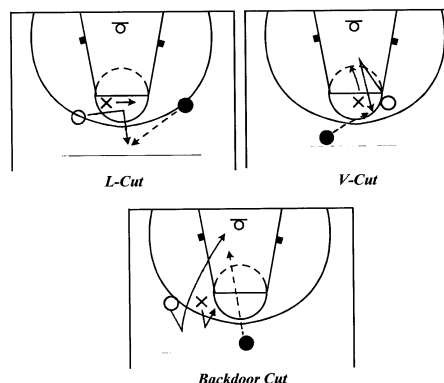
### Drills

**Lane Slide** – (P59CM) *Improves lateral movements* Two players, One player rolls the ball 10-15 % angle to the partner. Partner slides without feet crossing and chest passes back. Swap after 10 goes.



**V-Cut & Lay-up – (P59CM) *How to cut to get open & convert layups***

Two lines of 3-5 on each wing. Coach at the top of the key. One ball per line. Player passes ball to coach then V cuts to receive return pass. Stop, Pivot to face the Basket. Then dribble with outside hand for a Layup. Retrieve own ball, passing to the front of the other line and join that line. When player begins the dribble, the other wing player passes the ball to the coach.



**Catch & Pivot – (P60CM) *How to move ball effectively & pivot*** 3 players on each side of half court. Square formation. Pivot to the Basket. Crisp passes, quick pivots. Switch sides.

**Pivot 1 on 1 –** in pairs, one ball, player with ball using a pivot foot tries to keep possession

**Ball handling Skills**

**Passing** Chest, Bounce, Two hand over head, Baseball

**Drills**

**Partner Passing – (P64CM) *Passing & catching on the move*** Two players, 1 ball. Jogging down the court passing to each other. Next two go when 1<sup>st</sup> two at the free throw line. Lead to receive the pass. Last player can go for a lay-up or jump shot.

**Hot Potato – (P65CM) *Look away from receivers & react quickly to passes*** 5 receivers in a quarter circle – one has a ball. Leader out the front with a ball. Leader throws and immediate receives a ball from one of the circle. 1 minute then rotate so all get a go. Teachers looking away from players to whom you pass to and to react quickly in receiving passes.



**Pressure Passer – (P66CM) *To pass when closely guarded by defender*** Groups of 3, 2 offence 1 defence. Offence 12 feet apart facing each other, defender 2 feet from ball passer tries to intercept the pass. One step from pivot only. Swap over on bad pass or turnover. Harder: Receiver can move off the pivot, ball passer on pivot foot only.

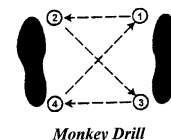


**Dribbling** eyes ahead, left or right, feel for the ball.

**Drills**

**Figure Eight – (P68CM)** Each player has a ball. Face the coach. Leg spread. Dribble through the legs in a figure 8 format. After a minute dribble in opposite direction. Eyes up if possible.

**Monkey Drill – (P68CM)** Harder but good to practice when alone.

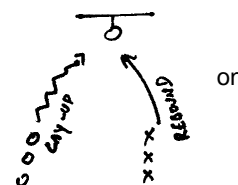


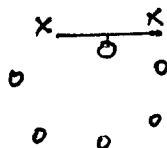
**Whistle Dribble – (P68CM)** All with a ball. Whistle to start and change direction. Coach points with a ball the direction of the dribble. Back and right – Right hand Dribble. Forward and left – Left hand dribble. Head up, watching the coach.

**Shooting** Jump and set shots, Free Throws, Lay-ups.

**Drills**

**Lay-In Stay-In (P75CM) *Use correct lay-up technique*** Even numbers in two lines either side of the lane facing the basket from behind 3 point arc. One line with two balls doing lay ups, other rebounding. Players swap lines each shot and rebound, if you miss stay as rebounder only. Last player still shooting is the winner. Then swap direction for lay-ups.





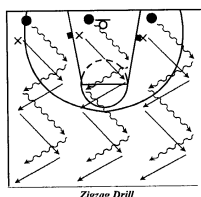
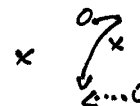
**Around the World (P74CM) To improve shooting skills** 3 players 2 balls one basket. Shooter takes 10 shots only at the basket from 5 points around the key. When you hit a shot, hustle quickly to the next shooting point. Other two players rebound and pass to the shooter. Swap positions. How many did you score?

### Defensive Skills

Moving the feet, Guarding an opponent with the ball, Guarding opponent away from the ball, (ball-you-player position)

#### Drills

**Cut off the Cutter (Deny the pass) (P79CM)** 3 Players: Passer, Receiver & Defender L-Cuts and V-cuts – Defender trying to deny the pass. Swap offence and defence if defender denied pass for over 10 seconds. Defender to maintain a *Ball-You-Player* awareness.



**Zig Zag (P79CM)** In pairs 1 ball using court lanes. Ball handler zig zag dribbles in lane changing dribbling hands. Defender put pressure on the dribbler. Swap over at the end of court and zig zag back.

## TACTICS & SKILLS - OFFENSIVE TACTICS

### Creating passing lanes

To move the ball effectively, your team needs to move well without the ball, and create passing lanes, which are spaces between players where a pass can be made. Create passing lanes using cuts and screens, maintaining court space & balance, keeping the middle open & moving quickly to a vacated spot.

#### Game – Room to Move

Goal: To create passing lanes & move to an open space

Description: Play 3v2. Offences players move to an open space. Players pass then immediately move to an open space – point, wing, baseline, low post. Focus on constant ball movement and moving to open space. Players can dribble, but the emphasis is on crisp passing. 10 passes before any shot. A successful pass is worth one point as is a basket. Continue shooting & rebounding till scoring or defensive team gets possession.

Easier: 3 v 1 Harder: 3 v 3. No dribbling.

#### Give & Go

A basic basketball play. One player gives (passes) the ball to a team mate and goes (cuts) to the basket, looking to receive a return pass for a lay-up. Give & Go creates movement and opportunities to score off the return pass. Requires reading the defender's position before cutting to the basket.

#### Game – Return to sender

Goal: To score off the Give & Go.

Play 3 v 3. Offensive players look to pass then cut to the basket, holding hands up looking for a return pass. Shots scored off the Give & Go get two points, other scores 1 point. Offence gets five goes at scoring then swap roles.

Easier: 3 v 2 or play a 'cold' defence Harder: 3 v 3. 'Hot' defence.

**Setting Screens (harder):** Screens are set by teams on offence to assist a team mate 'lose' their defending player to get open to receive a pass.

**Pick & Roll (harder):** An offensive team play, where a team mate without the ball sets a screen on the ball handlers defender. The ball handler dribbles past the defender, whilst the screener (pick) then rolls to the basket looking to receive a pass from the dribbler.