

Coaches Handbook



SOLWAY BASKETBALL CLUB INC.



Skills Checklist

Body Movement Fundamentals	U8	U10	U12	U14	U16	U18
Running	I	R	M			
Change of pace	I	R	M			
Change of direction	I	R	M			
Stopping – jump stops & stride stops	I	R	M			
Jumping	I	R	M			
Pivoting – forward & reverse	I	R	M			

Ball Handling Drills	U8	U10	U12	U14	U16	U18
Various	I	R	M			

Miscellaneous	U8	U10	U12	U14	U16	U18
Court terminology	I	R	M			
Player positions / roles	I	R	M			

Dribbling (strong and weak hands)	U8	U10	U12	U14	U16	U18
Fundamentals	I	R	M			
Speed dribble	I	R	M			
Control dribble	I	R	M			
Power dribble		I	R	M		
Retreat dribble	I	R	M			
Change of pace / stutter / hesitation dribble		I	R	M		
Crossover dribble	I	R	M			
Reverse (spin) dribble		I	R	M		
Behind back dribble			I	R	M	
Fake crossover dribble (inside / out)			I	R	M	
Between legs dribble			I	R	M	

Passing / Receiving	U8	U10	U12	U14	U16	U18
Fundamentals	I	R	M			
Catching / receiving ("ten fingers")	I	R	M			
Move to ball	I	R	M			
Chest pass	I	R	M			
Bounce pass	I	R	M			
Overhead pass		I	R	M		
Baseball pass		I	R	M		
Push pass		I	R	M		
Pass fakes		I	R	M		

Shooting	U8	U10	U12	U14	U16	U18
Fundamentals	I	R	M			
Lay-up – strong hand	I	R	M			
Lay-up – weak hand		I	R	M		
Reverse lay-up		I	R	M		
Set shot		I	R	M		
Jump shot			I	R	M	
Foul shots	I	R	M			
Power lay-up		I	R	M		
Hook shots			I	R	M	
Catch & shoot		I	R	M		
Dribble & shoot		I	R	M		

Individual Offense	U8	U10	U12	U14	U16	U18
Triple threat position	I	R	M			
Jab step – strong side drive		I	R	M		
Jab step – crossover		I	R	M		
Jab step – shoot		I	R	M		
Shot fakes		I	R	M		
Posting up technique & target hand		I	R	M		
Post moves – drop-step			I	R	M	
Post moves – turn-around			I	R	M	
V-cuts	I	R	M			
Flash cuts		I	R	M		
Flare cuts		I	R	M		
Curly cuts		I	R	M		

Rebounding	U8	U10	U12	U14	U16	U18
Stance		I	R	M		
Protection of ball		I	R	M		
Positioning		I	R	M		
Blocking out		I	R	M		
Offensive – power layup			I	R	M	
Defensive – outlet pass, power dribble out		I	R	M		

I - Introduce, R - Refine, M - Master



Skills Checklist

Team Offense	U8	U10	U12	U14	U16	U18
Court spacing	I	R	M			
Ball movement, ball reversal		I	R	M		
Pass, cut & replace		I	R	M		
Give & go		I	R	M		
Dribble entries		I	R	M		
Screen the ball & roll		I	R	M		
Screen away		I	R	M		
Skip passes		I	R	M	M	
Back screens			I	R	M	
Down screens			I	R	M	
Cross screens			I	R	M	
Offensive alignments		I	R	M		
Fast break		I	R	M		
Motion offense principles			I	R	M	
Zone offense principles			I	R	M	
Delay game			I	R	M	

Out-Of-Bounds Plays	U8	U10	U12	U14	U16	U18
Offensive baseline		I	R	M		
Defensive baseline		I	R	M		
Offensive sideline		I	R	M		
Defensive sideline		I	R	M		

Jump Ball	U8	U10	U12	U14	U16	U18
Positioning (offensive & defensive)	I	R	M			
Technique	I	R	M			
Plays		I	R	M		

Individual Defense	U8	U10	U12	U14	U16	U18
Defensive stance	I	R	M			
Maintaining position	I	R	M			
Footwork – shuffle	I	R	M			
Footwork – drop-step	I	R	M			
Use of hands	I	R	M			
Turning the dribbler		I	R	M		
Channeling the dribbler		I	R	M		
Man-to-man – guarding the ballhandler	I	R	M			
Man-to-man – one pass away		I	R	M		
Man-to-man – two or more passes away		I	R	M		
Defensive triangle ("pointing pistols")		I	R	M		
Jumping to the ball		I	R	M		
Close out		I	R	M		
Defending cutters			I	R	M	
Defending screens			I	R	M	
Defending post players			I	R	M	
Taking the charge			I	R	M	

Team Defense	U8	U10	U12	U14	U16	U18
Half-court man-to-man		I	R	M		
Full-court man-to-man		I	R	M		
Rotation principles			I	R	M	
Zone press			I	R	M	
Run and jump				I	R	M
Zone defense (2-1-2, 1-2-2, 1-3-1)			I	R	M	
Fastbreak defense		I	R	M		
Trapping			I	R	M	

Rules	U8	U10	U12	U14	U16	U18
Scoring	I	R/M				
Double (illegal) dribble	I	R/M				
Travel	I	R/M				
Backcourt violation	I	R/M				
Jump ball – start of each half	I	R/M				
Jump ball – held ball	I	R/M				
Fouls – hands	I	R/M				
Fouls – blocking	I	R/M				
Fouls – on shooter	I	R/M				
Five fouls on a player	I	R/M				
Eight team fouls	I	R/M				
3 seconds in key		I	R	M		
5 seconds guarded		I	R	M		
10 seconds in backcourt		I	R	M		
Jump balls – held ball	I	R	M			
Out of bounds	I	R	M			
In-bounds passes and defense of	I	R	M			
Free throws – player positions and rules	I	R	M			

Flexibility Exercises

This compilation of flexibility exercises targets all the major muscle groups.

Stretching should form a fundamental part of any exercise program and not just as part of the warm up...

In fact recent research suggests that static stretching may not be beneficial before training or athletic performance. Dynamic stretching seems to be more appropriate as part of the warm up.

If you're not sure what the difference is between various types of stretching see the main flexibility training section for more details.

The flexibility exercises on this page are classed as **static stretches**. When is static stretching best performed? Ideally, after an exercise session when the body is fully warm. Many athletes perform a series of flexibility exercises like those below at the end of a training session or even after competition.

While you don't have to be an athlete to benefit from stretching, you should be thoroughly warmed up before you begin to stretch.

Here are some general guidelines to bear in mind when following a flexibility program...

- You should be thoroughly warmed up before performing these exercises
- Stretch to just before the point of discomfort
- The feeling of tightness should diminish as you hold the stretch
- Breathe out into the stretch. Avoid breath holding
- Hold each stretch for 10-30 seconds
- If tightness intensifies or you feel pain stop the stretch
- Shake out limbs between stretches
- Complete 2-3 stretches before moving onto the next exercise

Upper Body Flexibility Exercises

Stretch #1 – Shoulder & Chest

This can be performed kneeling or standing. Clasp hands behind back and straighten arms. Raise hands as high as possible and bend forward from the waist and hold.



Stretch #2 – Arm Across Chest

Place one arm straight across chest. place hand on elbow and pull arm towards chest and hold. Repeat with other arm.



Stretch #3 – Triceps Stretch

Place one hand behind back with elbow in air. Place other hand on elbow and gently pull towards head. Hold and repeat with other arm.



Lower Body Flexibility Exercises

Stretch #4 – Glute Stretch

Sitting on floor with right leg bent, place right foot over left leg. Place left arm over right leg so elbow can be used to push right knee. Hold and repeat for other side.



Stretch #5 – Adductor Stretch

Stand with feet as wide apart as is comfortable. Shift weight to one side as knee bends. Reach towards extended foot and hold. Repeat for other side.



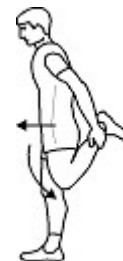
Stretch #6 – Single Leg Hamstring

Place leg out straight and bend the other so your foot is flat into your thigh. Bend forward from the waist keeping your back flat. Hold and repeat with the other leg.



Stretch #7 – Standing Quadriceps

Standing on one leg grab the bottom of one leg (just above ankle). Pull heel into buttocks and push the hips out. Your thigh should be perpendicular to the ground. Hold and repeat with the other leg.



Stretch #8 – Standing Calf

Place feet in front of each other about 18 inches apart. Keep back leg straight and heel on the floor. Push against a wall to increase the stretch. Hold and repeat with other leg.



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Solway Basketball Club – Coaching Drills

DEFENCE

Name: Slide the Key

Description:

One player at a time slides the key in the following pattern.

1. Run and close out to elbow
2. Drop step and slide to edge of key at baseline
3. Run and close out to elbow
4. Drop step and slide to start/finish point.

Variations:

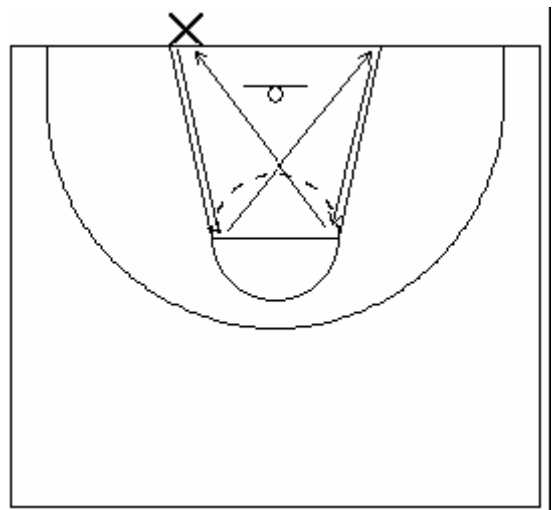
Change the distance.

Let the waiting player try put off the shooter by shouting etc.

Make it swishes only count.

Watch For:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.
4. Short choppy step on close out
5. Drop step and slide in one movement





Solway Basketball Club – Coaching Drills

DEFENCE

Name: 1 v 1 F/C Sliding

Description:

This drill follows on from Drill 5 - F/C Sliding.

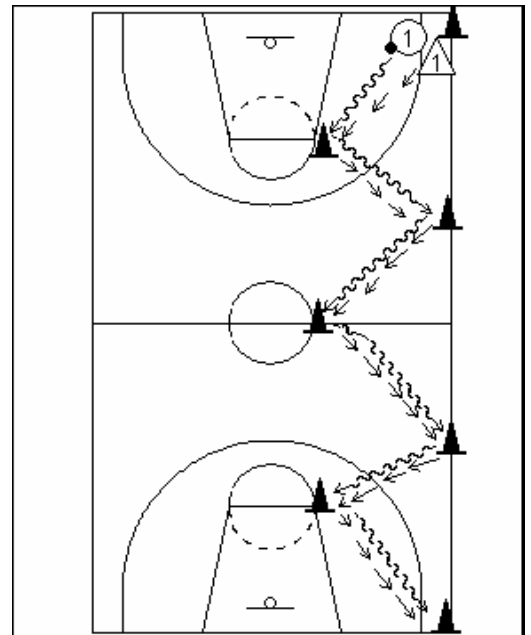
The offence is dribbling at half speed and the defence must keep between the offence and the hoop while maintaining defensive stance and sliding with the correct technique.

Variations:

1. Take away cones and define a corridor that the offence must stay in. Let the offence beat the defence if they can, but must wait for defence to catch up if they do get past
2. Now go "live" offence must still stay within a defined area but can beat offence and go all the way for basket.

Watch For:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.
4. Always keep your body between the offence and the hoop.
5. Turn and sprint if beat.





Solway Basketball Club – Coaching Drills

DEFENCE

Name: 1 v 1 Turn, Run & Slide

Description:

This drill builds upon Drill 4 - Turn, Run & Slide.

Offence and defence start side by side.

Offence attempts to get to halfway in a straight line by speed dribbling.

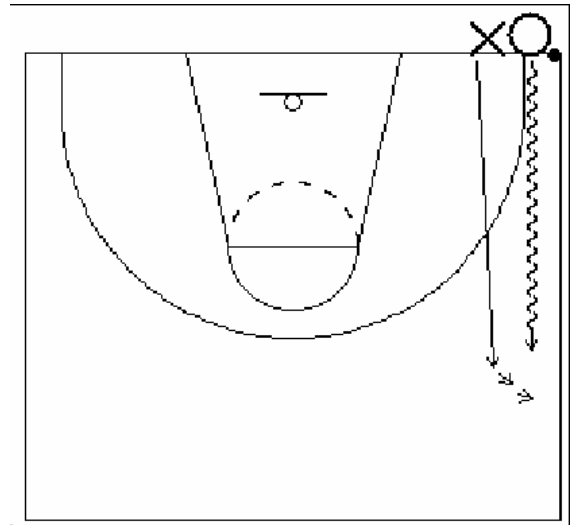
Defence must sprint to get 1-2 steps in front of offence, turn and slide to cut the dribbler off without fouling.

Variations:

Let the players continue full court.

Watch For:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.
4. Don't attempt to cut off until 1-2 steps in front.





Solway Basketball Club – Coaching Drills

DEFENCE

Name: Full Court Sliding

Description:

This drill is a full court sliding drill and can be done on both side of the floor.

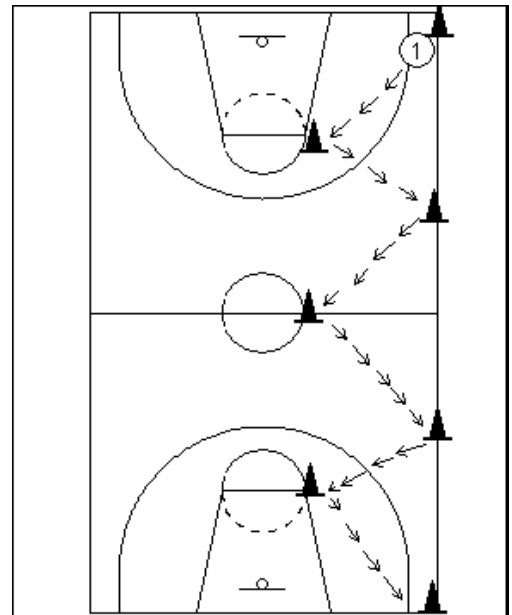
Player slide to cones and drop step on arrival and slide to the next until reaching the other end of the court.

Variations:

Let the players continue full court.

Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.





Solway Basketball Club – Coaching Drills

DEFENCE

Name: Full Court Turn, Run & Slide

Description:

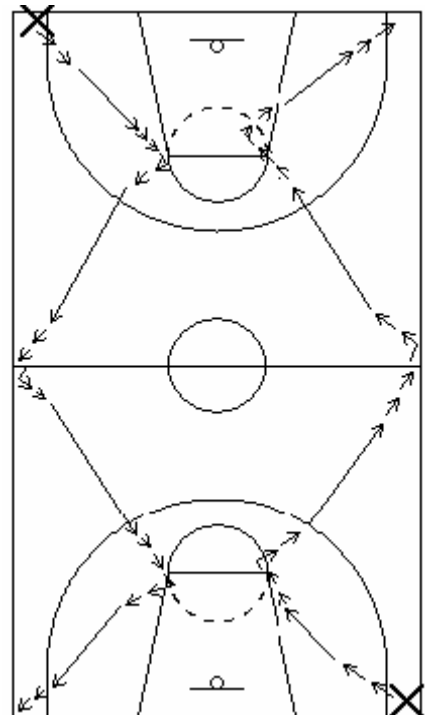
This drill is a combination of Drill 4 (Turn, Run & Slide) and Drill 5 (Full Court Sliding).

Split group in two with a line at opposite corners.

1. Players start in stance and take two slides towards elbows, turn run and then take two slides to reach elbow.
2. Once at elbow drop step and slide two towards half court, turn and run then take two slides to reach half court.
3. Drop step, two slides, run, two slides to reach elbow
4. Drop step, two slides, run, two slides to reach baseline corner.

Watch For:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.
4. Drop step and push off for slide in same motion.





Solway Basketball Club – Coaching Drills

DEFENCE

Name: Turn, Run & Slide

Description:

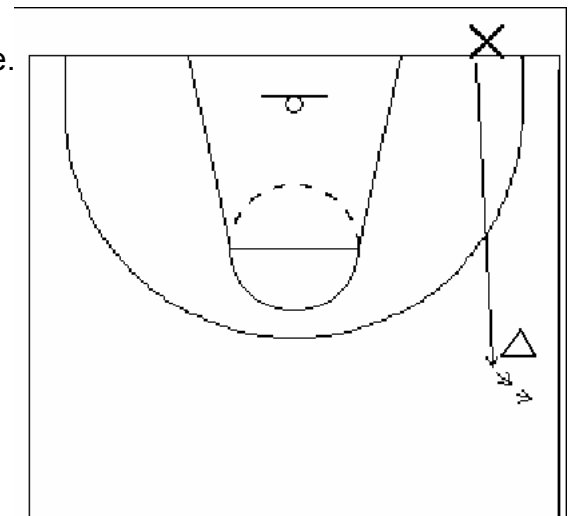
This drill teaches players what to do if their man they are defending gets past them: turn and run.

Players start at baseline in defensive stance with back to cone.

On the whistle player turns and sprints to get past cone then takes 1-2 to reach sideline.

Watch For:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.





Solway Basketball Club – Coaching Drills

DEFENCE

Name: Mass Sliding

Description:

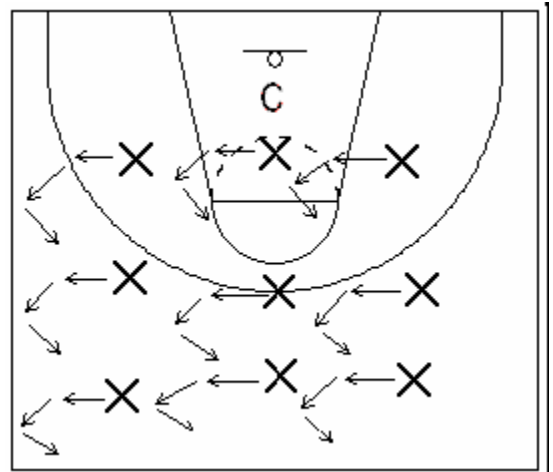
Spread players out in the half or full court with plenty of space between each player.

Coach stands at the front of group and uses visual and/or verbal cue to direct player action.

This drill can be used to teach most defensive footwork. Players take a maximum of two slides each direction.

Movements:

1. Lateral slide
2. Drop step slide
3. Box Out
4. Turn, run and cut off.
5. Close out
6. Charge



Watch For:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.
4. Active hands



Solway Basketball Club – Coaching Drills

DRIBBLING

Name: Run & Chase

Description:

The players are divided into two teams (one ball each) and are lined up at half court (one team one basket and the other faces the other basket); they stand back to back.

Each team is given a number (one or two) a colour (black or white) and is either the sun or moon.

Every time that the coach calls a number, a colour or the sun or moon, the team that is called dribbles to their end line and the other team, after turning, starts to dribble and tries to tag those who are running away.

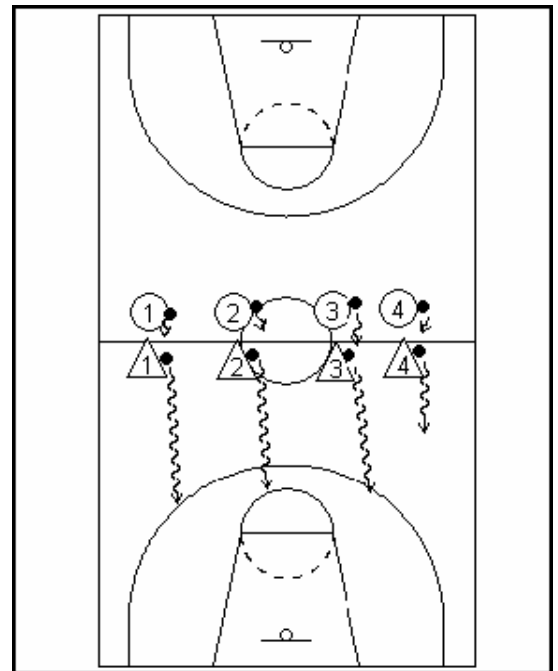
Those who reach the end-line are safe, while those that were tagged must raise their hand (no one is eliminated). The team which manages to tag the most children in a set period of time or attempts wins.

Variations:

Vary start position: lying, sitting, and kneeling.

Watch For:

1. Head up - see the court.
2. Dribble ball with fingertips - not palms.





Solway Basketball Club – Coaching Drills

DRIBBLING

Name: Collision Dribbling

Description:

Split the group into four corners with a ball in each corner.

Players dribble through to opposite corner and avoid the traffic.

Variations:

Change distance of lines.

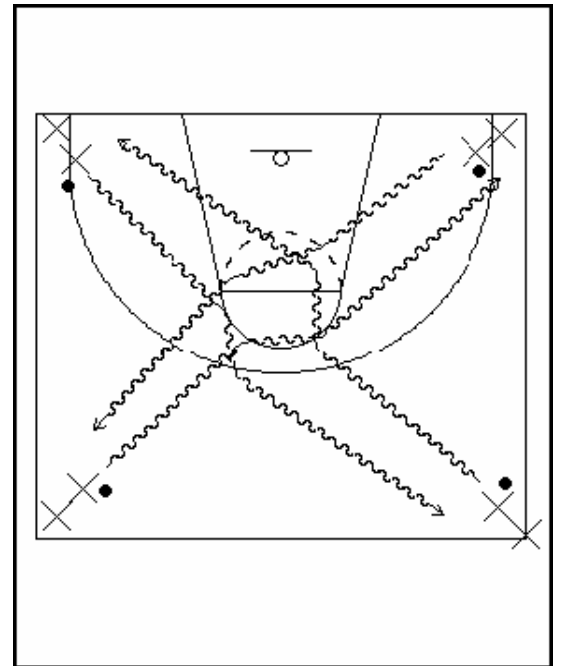
Progress to two ball dribbling.

Add change of direction move to avoid traffic.

Make it a ball handling skill instead - walking leg wraps etc.

Watch For:

1. **Head up!!!** - avoid the traffic
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.





Solway Basketball Club – Coaching Drills

DRIBBLING

Name: Line Dribbling

Description:

For straight line drills players line up in four lines at baseline (see diagram A).

Players dribble down the court, and at designated spots (e.g. free-throw line extended, centre line), or on whistle, make one of the following designated moves;

1. Change from speed dribble to control (protection) dribble.
2. Crossover.
3. Fake crossover (inside out).
4. Reverse dribble.
5. Stutter (hesitation) dribble.

For change of direction drills players line up in two lines near centre of court.

Players practice change of direction dribbles in a zigzag pattern down court (see diagram B).

They can make one of the following designated moves:

1. Crossover.
2. Behind the back.
3. Between the legs.

Variations:

Follow the leader - all players follow moves of designated player.

Watch For:

1. Head up - see the court.
2. Correct dribbling technique - fingertips not palms.
3. Dribble waist height
4. Stay low.
5. Explosive change of direction - plant the foot and push off.

Diagram A

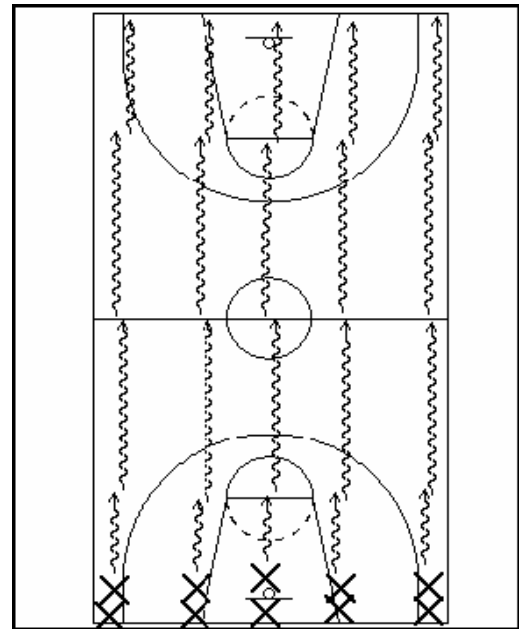
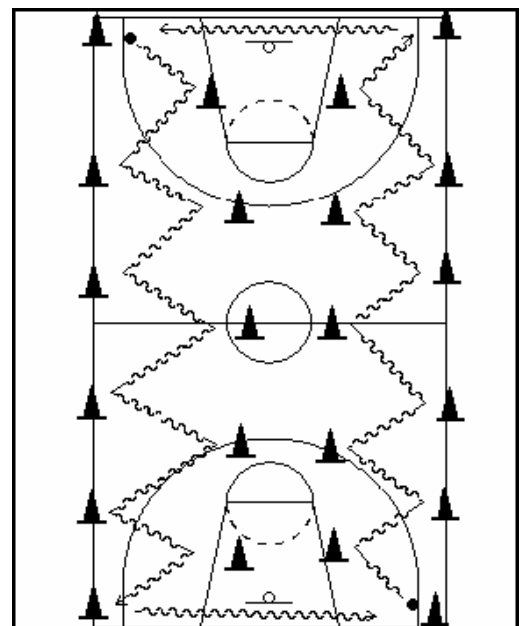


Diagram B





Solway Basketball Club – Coaching Drills

DRIBBLING

Name: Line Tiggy

Description:

Each player has a ball and 1-2 players are designated as “it.”

Each player must stay within a defined area and can only dribble on lines, if a player strays off a line they are out.

The “It” players must dribble and tag with the non-dribbling hand.

Time how long it takes to get everyone out then see if the next group can do it faster.

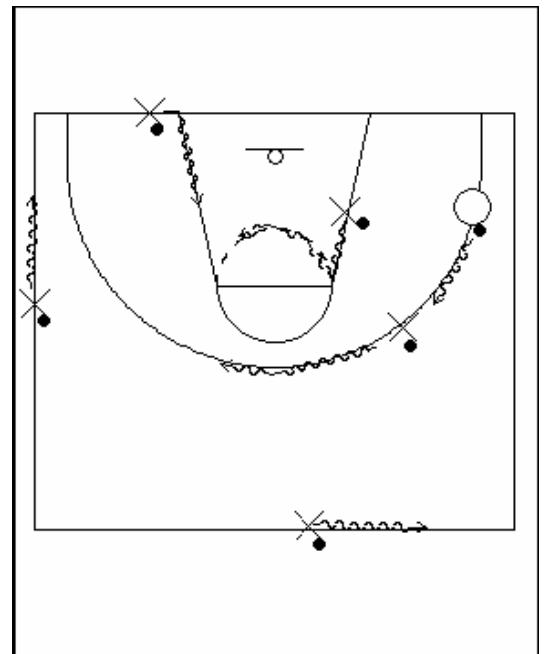
Variations:

Scarecrow Tiggy - Players dribble freely within a set area, if tagged they become a scarecrow and can only rejoin the game if a free player rolls their basketball between a scarecrows legs.

Stuck in the Mud Tiggy - Players dribble from one baseline to the other. If they are tagged or pick up the dribble along the way they become “stuck in the mud.” They can then tag players who run past while keeping one foot planted on the ground and pivoting with the other.

Watch For:

1. Head up - see the court.
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.





Solway Basketball Club – Coaching Drills

DRIBBLING

Name: Ring of Fire Drill

Description:

Split group in half. Half the group are dribblers and the other half are stationary taggers.

The dribblers dribble around within the 3pt line and avoid the taggers.

Taggers must not move but can tag a dribbling player if he or she comes within reach.

Drill last for 20-30 seconds then swap roles

Variations:

Change size of ring to make the drill easier or harder.

Allow the taggers to choose a pivot foot.

Watch For:

1. Head up - see the court
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.
4. Don't pick up the dribble



Solway Basketball Club – Coaching Drills

DRIBBLING

Name: Sharks and Minnows

Description:

Line up group on sideline with a basketball. Choose 1-3 to be a “shark” without the ball. The remaining players are “minnows.”

The minnows must dribble to the other side without getting their ball stolen by the sharks

If a minnow loses their ball to a shark, they then put their ball away and become a shark.

If a minnow is fouled, they get a free pass to reach the other side.

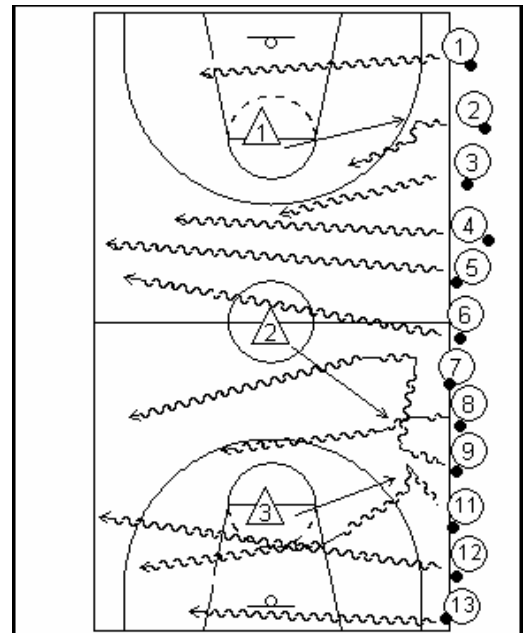
The game continues until all minnows are caught.

Variations:

Award a point for each successful trip and see who get the most.

Watch For:

1. Head up - see the court
2. Dribble ball with fingertips - not palms.
3. Stay low to enable you to keep control of ball while tipping or set cone right





Solway Basketball Club – Coaching Drills

DRIBBLING

Name: Two Ball Dribbling

Description:

Give each player two basketballs, or split into small groups with two ball in each group.

Give each player a chance to practice dribbling the two balls whilst stationary before letting the players dribble on the move.

Types of Dribbles:

Simultaneous - Bounce both basketball off the ground at the same time

Alternating - Bounce one ball at a time

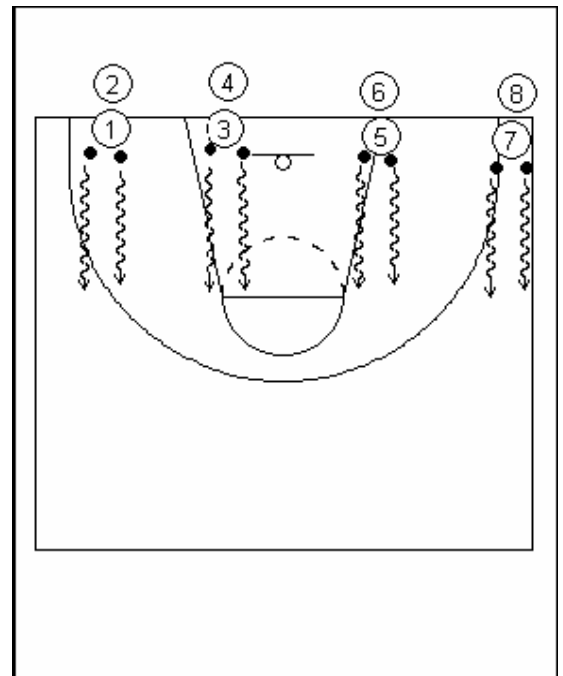
High/Low - Bounce one high and one low. Aim to get low ball below knee and high ball above shoulder.

Pound Em' Low - Bounce as hard as you can, as low as you can.

Pound Em' High - Bounce as hard as you can, shoulder height.

Watch For:

1. Head up - see the court
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.





Solway Basketball Club – Coaching Drills

OFFENCE

Name: Ball Reversal

Description:

This drill is to teach players how to correctly pass the ball from one side to the other.

The wings have already executed V-cuts to get free and the point (1) has made a pass to the right wing (2).

(1) makes a replacement cut to receive the ball back from (2).

On the catch (1) executes a rip through and dribbles to get across the split line (imaginary line that runs from hoop to hoop down the center of the court) to make a pass to (3) who has timed is V-cut to get free.

This action is called “Dribble Swing”

If (1) cannot make a pass to (3) he must keep dribbling in protection dribble while waiting for two to complete his V-cut.

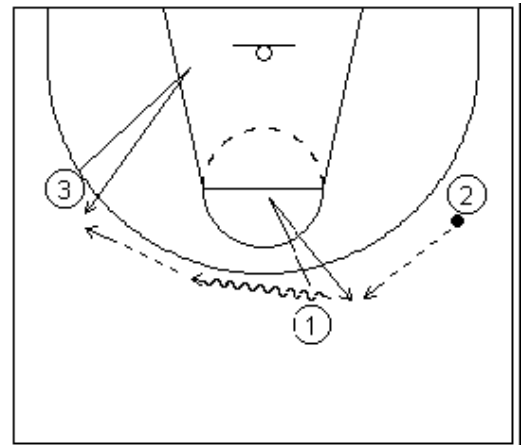
Keep dribble swinging until whistle or coaches yell “score” the players can the dribble in for a shot or lay-up

Rotations:

1. All three player out, three new players in.
2. Rotate clockwise or anticlockwise

Watch For:

1. Always pass at least a step off the split line towards the receiver
2. Cut below the block and get two feet inside the key
3. Have a receiving hand up (hand closest to sideline) on the way in and on the way out with palm facing the ball.
4. Slash arm and get a lead foot inside the key to explode outside the 3pt line above the block.





Solway Basketball Club – Coaching Drills

OFFENCE

Name: Pass, Cut & Replace

Description:

This drill is to teach players move (cut) and fill the space left (replace).

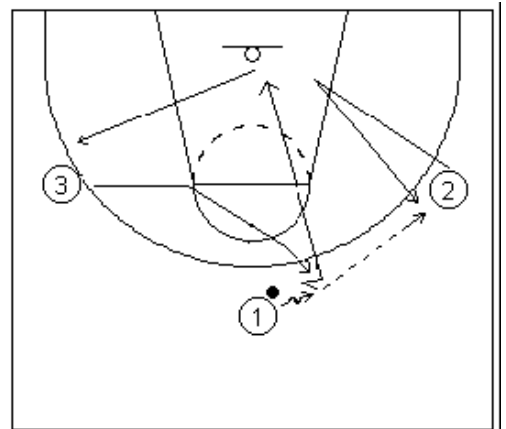
RULE: If a pass is made towards the baseline, you cut and replace to a free spot away from the ball.

- (1) passes to (2) who has made a V-cut to get free. After passing (1) cuts to the point of rim looking to receive the pass back.
- (3) fills the free space at the point by cutting to the elbow then cutting hard outside the 3pt line on the ball side of the split line.

From here the ball can be swung to the other side with a “dribble swing” and the players pass cut and replace until the coaches directs them to score.

Watch For:

- 1. Always pass at least a step off the split line towards the Receiver.
- 2. Cut to score and slow down to finish cut at hoop.
- 3. Look to score on replacement cut.





Solway Basketball Club – Coaching Drills

OFFENCE

Name: V Cuts

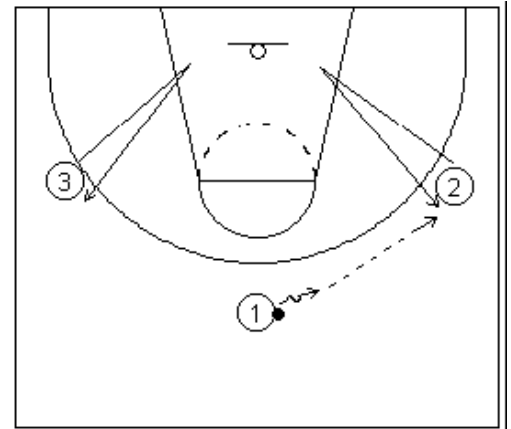
Description:

This drill is to teach players how to free themselves from a defender in order to catch the pass.

Split group into three line; One at the point, and one at each wing.

Players on the wing execute a V-Cut to get free.

The player at the point will dribble to shorten the pass to one side and this player will drive the ball in for a shot or lay-up.



Rotations:

1. All three player out, three new players in.
2. Rotate clockwise or anticlockwise

Watch For:

1. Cut below the block and get two feet inside the key
2. Have a receiving hand up (hand closest to sideline) on the way in and on the way out with palm facing the ball.
3. Slash arm and get a lead foot inside the key to explode outside the 3pt line above the block.



Solway Basketball Club – Coaching Drills

PASSING

Name: Cincinnati

Description:

Players form two lines at half-court.

One line in centre of court, the other near one sideline.

One player is on free-throw line.

First player in line at centre court must have ball.

First player in centre line (2), passes to player at free-throw line (1) whilst first player in side line (3) sprints the outside lane.

After receiving the pass, player (1) pivots and passes to (3) cutting to the basket.

(3) receives pass and performs a lay-up.

(3) continues out opposite side of court while (1) rebounds the ball and outlets to (3) who takes one or two dribbles and passes to the next player in centre line who doesn't have a ball.

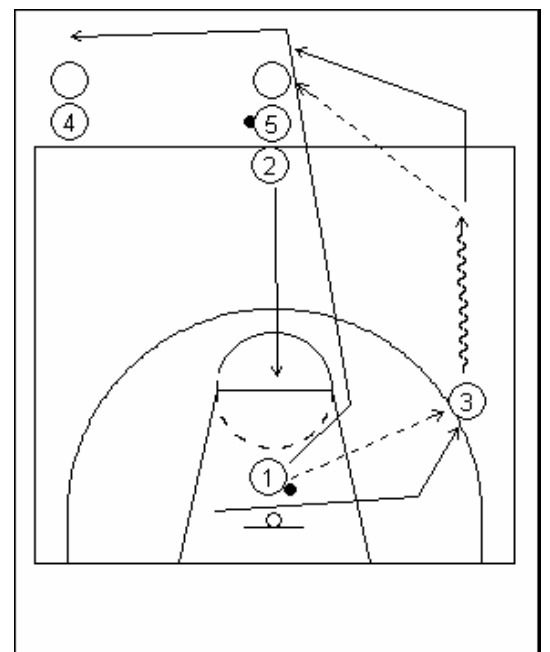
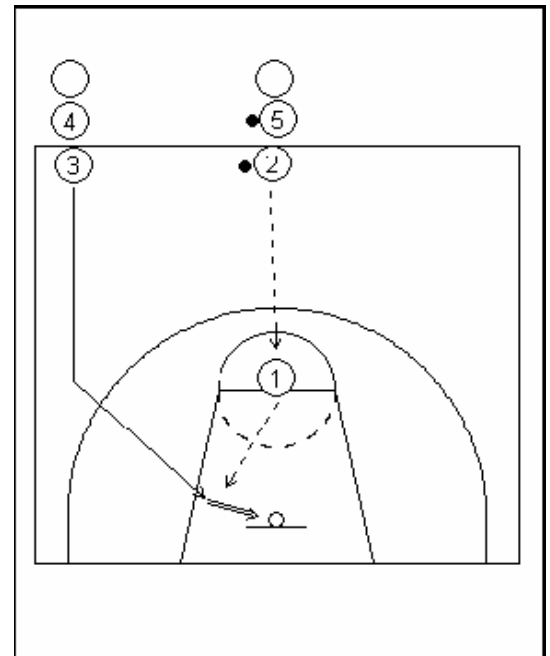
(3) goes to end of centre line, (1) goes to end of side line and (2) moves down to free-throw line to pass / rebound on next rotation.

Variations:

1. Move side-line to other side of court.
2. Use two or more balls.

Watch For:

1. Sprint the lane.
2. Drive the lay-up hard.
3. Pass the ball in front of the cutter so they don't have to stop.





Solway Basketball Club – Coaching Drills

PASSING

Name: Full Court Passing

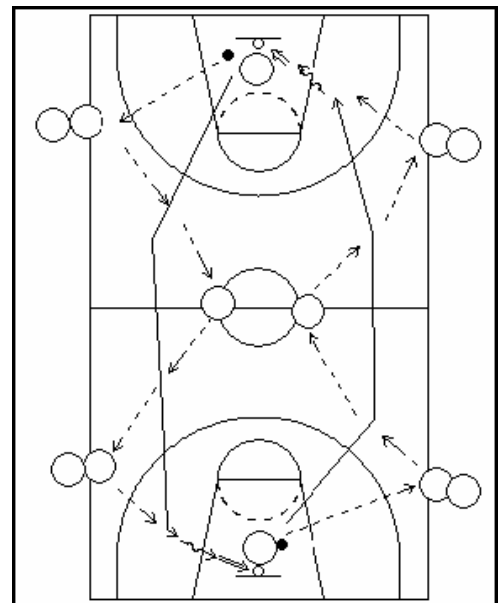
Description:

Start this drill with one player under each basket with a ball and a player on each side of the halfway circle.

Split the rest of the group up into four groups on the sideline in line with the foul line.

Players with the basketball pass ahead and run to receive the pass back all the way up to the other end of the floor and shoot a lay-up after receiving the third and final pass.

After a player in the passing lines passes, he follows his pass and becomes the next passer in the next line. The last person to pass at each end of the court is the next person to run and pass down the court.



Variations:

For younger players you may need to let them dribble the basketball to shorten the distance of the passes.

Set the types of passes.

The last passer can be a defender and bother the shot of the shooter.

Watch For:

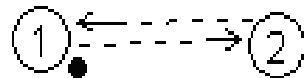
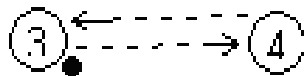
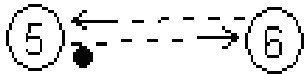
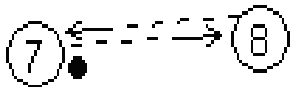
1. Catch and pass on the run without travelling
2. Communication - call for pass.
3. Ten finger up for targets



Solway Basketball Club – Coaching Drills

PASSING

Name: Partner Passing



Description:

Split group into partners with one ball between two. Place players opposite each other with appropriate spacing to strength.

Teach:

Chest Pass (two handed pass)
Bounce Pass (one and two handed)
Push Pass (one handed pass)
Overhead Pass (two handed)
Baseball Pass (two handed)

Variations:

Add two basketballs:

- one pass low one pass high
- pass with right or left hands

Have players catch with a jump stop.

Players move slowly forwards and backwards and pass at same time.

Players shuffle sideways

Watch For:

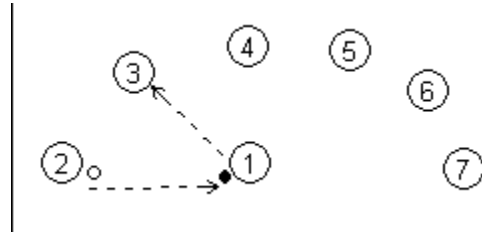
1. Dribble ball with fingertips - not palms.
2. Stay low and dribble waist height.



Solway Basketball Club – Coaching Drills

PASSING

Drill: Pepper Passing



Description:

Players form a semi-circle around one of the players. Note that the player in the middle is a step inside the circle - this ensures he has to use his peripheral vision to see the players on the ends of the semi-circle.

The player in the middle and the player on one end each have a ball.

Player 1 passes to player 3 and then receives the pass from player 2.

Player 1 passes to player 4 and then receives the pass from player 3.

The play continues like this, and then returns in the opposite direction around the circle.

Players then rotate so each has a turn as the middle passer.

Variations:

1. Specify the types of passes to be made.
2. Make a rule that the middle passer must make a different type of pass than they just received.
3. Time each player for a certain number of rotations.

Watch For:

1. Good, hard passes.
2. Quickness (but don't hurry).
3. Show "ten fingers" to receive the ball.



Solway Basketball Club – Coaching Drills

PASSING

Name: Passing Relay

Description:

Split the group into two teams and spread out along sideline.

First team to pass up and back wins.

Variations:

Bounce passes

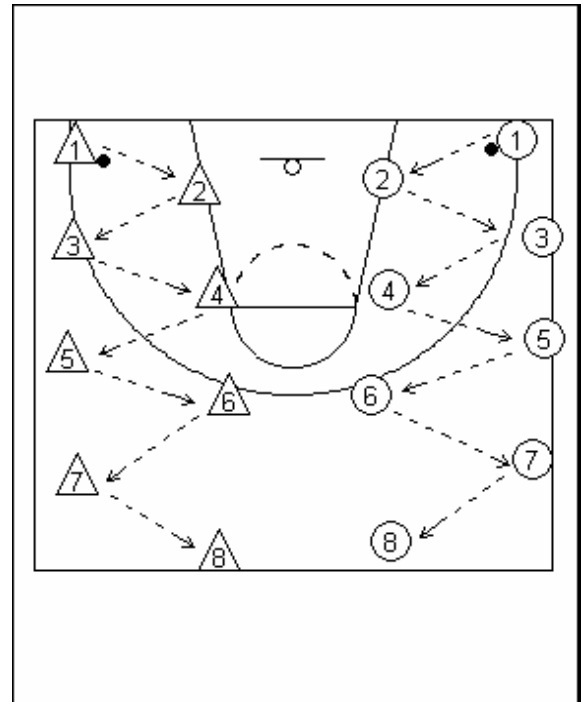
Alternating passes. E.g. Bounce then chest.

Push passes (one handed)

Behind back

Watch For:

1. Fully extend arms
2. Partner has targets up (hands up at chest)
3. Fingers point to targets after pass





Solway Basketball Club – Coaching Drills

PASSING

Name: Celtic Passing

Description:

Line players up as in diagram
After passing you follow your pass to the line
you pass to and become the next passer.

Designated types of passes are as follows:

Baseball (1 to 2)

Chest (2 to 3)

Overhead (3 to 4)

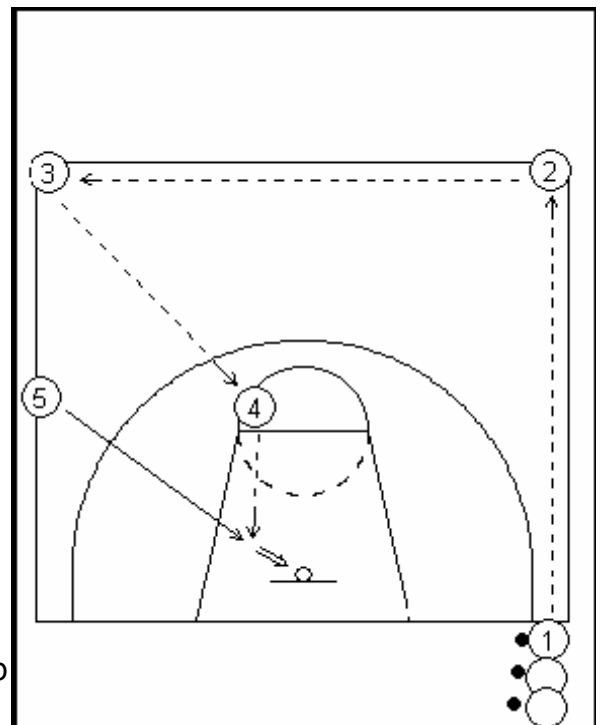
Bounce (4 to 5 for cut backdoor and lay-up)

Variations:

1. You will have to shorten the pass length for younger children.
2. Shorten and use a light medicine ball to develop strength.

Watch For:

1. Fully extend arms
2. Partner has targets up (hands up at chest)
3. Fingers point to targets after pass





Solway Basketball Club – Coaching Drills

PASSING

Name: 3 Man Weave

Description:

Players form three lines at baseline.

Player in middle line has ball.

Ball is passed in a weave pattern up the court. Players cut behind the person they have passed to (see diagram).

Player who receives ball near edge of offensive key makes a hard drive to basket.

The other two players form a rebounding triangle and any missed shots are put back after the rebound.

After the made basket, the ball is grabbed, the player steps out of bounds and the drill is repeated back down the court.

Variations:

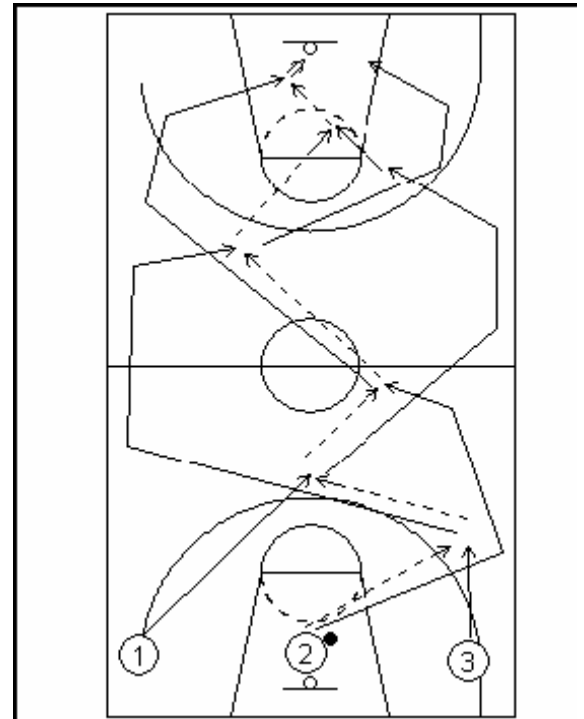
1. Players can wait at end of court (rather than coming back) for rest of players in line to come down court and then all take in turns to come back in opposite direction.
This way, the next three players can start when the previous three cross halfway.

2. Specify the types of passes to be made.

3. Make it a 5 Man Weave.

Watch For:

1. Sprint down the court.
2. Run the lanes - go wide.
3. Communicate - call for the ball.
4. Pass in front of the moving player.
5. No traveling.
6. Ball does not hit the floor.





Solway Basketball Club – Coaching Drills

PASSING

Name: Diagonal Passing

Description:

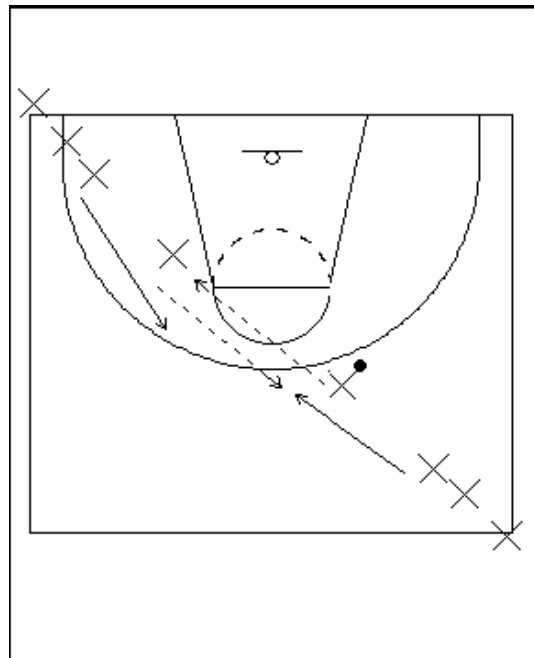
Split group into two lines. The object is to run towards the other line, catch and pass on the run without traveling.

Variations:

1. Vary types of passes.
2. Vary Distance.

Watch For:

1. Fully extend arms
2. Partner has targets up (hands up at chest)
3. Fingers point to targets after pass
4. No traveling





Solway Basketball Club – Coaching Drills

SHOOTING

Name: Knock Out

Description:

Players line up in single file at a set distance from the hoop.

The first two players in line have a ball each.

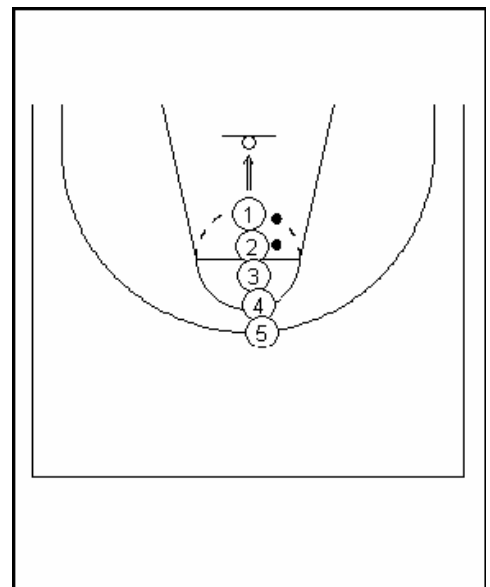
First player in line shoots the ball.

The second player cannot shoot the ball until the ball is out of the hands of the first player.

If the player in front makes the shot, he/she gives the ball to the next player in line and then goes to the end of the line.

If the shooter misses, he/she rebounds and shoots until the shot is made.

If however, a player cannot make a shot before the next player makes his or hers, the player who has missed their shots is eliminated.



Watch For:

1. Start in **set point** - ball below eyes.
2. Shoot with an “**all out**” **shooting action** - fully extend arms and legs and shoot on the way up.
3. Hold **follow through** until ball hits the ground.
4. Shoot **up and in** the hoop, not at the hoop.



Solway Basketball Club – Coaching Drills

SHOOTING

Name: **Around The World**

Description:

Players shoot one shot at a time at each spot until they make the basket, then progress around the spots on the keyhole.

First person to get around the world wins.

Variations:

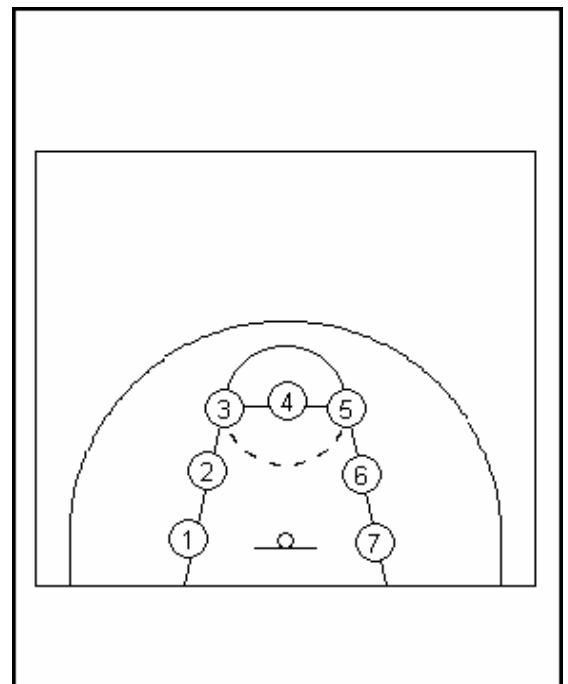
Change the distance.

Let the waiting player try put off the shooter by shouting etc.

Make it swishes only count.

Watch For:

1. Start in set point - ball below eyes.
2. Shoot with an “all out” shooting action - fully extend arms and legs and shoot on the way up.
3. Hold follow through until ball hits the ground.
4. Shoot up and in the hoop, not at the hoop.





Solway Basketball Club – Coaching Drills

SHOOTING

Name: Form Shooting

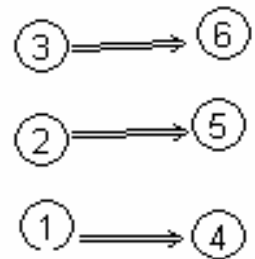
Description:

This drill should be done every training for 1-5 minutes depending on how far along the kids are.

Split group into partners with one ball between two.

Have the partners face each other with 5-15 feet distance between the partners.

Players shoot the ball to each other concentrating exclusively on the technique/form of shooting.



Variations:

Move to a hoop. Start right in front regardless of age and ability. Take five shots each, with players taking a step back after making two swishes.

Watch For:

1. Start in set point - ball below eyes.
2. Shoot with an “all out” shooting action - fully extend arms and legs and shoot on the way up.
3. Hold follow through until ball hits the ground.
4. Shoot up and in the hoop, not at the hoop.



Solway Basketball Club – Coaching Drills

SHOOTING

Name: Change of Direction Lay-ups

Description:

Players dribble at 3pt line with inside hand, change direction and hands on the 3pt line then continue on to lay ball up at hoop with correct hand.

Variations:

1. Change distance to 3pt line (older kids)
2. Reverse lay-ups

Watch For:

1. Shoot with right hand on right side and left hand on left side.
2. Jump off one foot. (Left foot on right side and vice versa)
3. Eyes on the hoop, not watching ball.

