

Solway Basketball Training Program

Core philosophies for skill development

- Children play basketball for enjoyment, we should provide an environment that is enjoyable, safe and rewarding.
Keep the line between Domestic basketball and Representative basketball.
- Children will be children and whilst we want to provide an enjoyable environment they are there to learn and the coach needs to keep control and assert him/herself as required.
Obviously a Coach has the ability to discipline a child as required, under no circumstances should any Coach use physical force and at all times should minimize physical contact.
If a coach has any significant issues with children that require further discipline then this should be conducted in association with the Team Manager and parents as required.
- Defense starts in Offense and Offense starts in Defense – this basically means that how teams set up for say Offense starts the moment we rebound or get a turn over.
- “Box Out” is a key to any successful basketball team that will see them own the boards – we must get the principal at an early age.
- Total focus on defensive sets is Man on Man, Zone Play is only to be introduced at Under 14’4 and above and then only to mix up defensive patterns.
If a team is being continually beaten on fast breaks then half court Man on Man pick up should be used and maintained rather than simply reverting to a zone.
Man on Man is to be used with Split line work.
- Half training time should be spent on basic skill development.
- One of the most important learning’s in the junior age groups is the utilization of space. Part of the hardest things to teach younger age groups is the “follow the ball” mentality. Get this basic core philosophy across and the rest will follow.
- Defensive positioning anywhere on court starts from the first premise that everyone must be behind the ball unless at older age groups you utilize the strategy of “total denial”.
This is that irrespective of where your direct opponent is on the court the defensive player is never in front of the ball.
Offensively, it is the opposite we are seeking, in that we seek to get as many players in front of the ball in transition play that will advance the ball down the court.
- Ensure that all children are aware of all positions on a basketball court
Foul line, Block, Post high/low, Three point line, three point line extended, etc.

Skill Development

- Dribbling
 - Left Hand/Right Hand
 - Cross Over
 - Behind Back
 - Through Legs

- Shooting
 - Stance
 - Lay Up
 - Jump Shot

- Positioning
 - Footwork
 - Offensive
 - Defensive
 - Defensive stance
 - Split Line Positioning

- Passing
 - Chest
 - Overhead
 - Bounce

- Box Out

- Strong Side, Weak Side, Help Side

Training Drills

- Star Drill
- 3 Man Weave – Full Crt/Half Crt
- Close Out – Defensive stance
- Chicago
- Shell Drill
- Four Out – two on two
- Screen/Shooting Drill
- Box Out Drill

Set Plays

- Inbound Sets
- Press Breaker
- Side Ball
- Man on Man
- How to play against zones
- Shell Drill
- Post Play

The belief is that if as a club we can adopt some core basic skill set developments then children moving through the grades will have consistency in training programs that are in step with Basketball Victoria and Waverly Basketball programs.