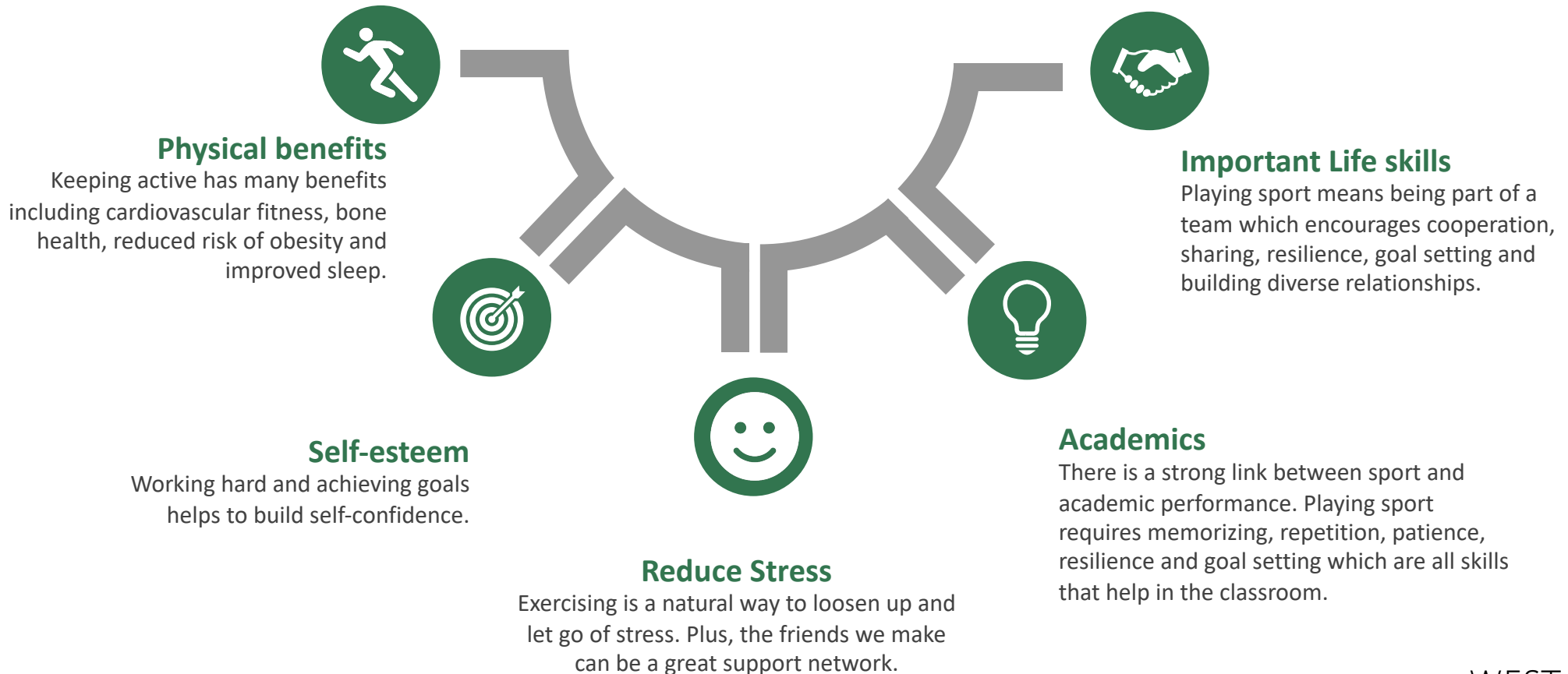




# WEST – COACHING GUIDE

2024 – By Mark Hurley

## To improve the wellbeing of kids



# Our Guiding Principles

## Have fun

We work hard to have fun  
We work hard to make sure those around us have fun  
We want everyone to come back next season

## Lead by example

As coaches we must lead by example  
Our attitude sets the team culture  
As a team we must lead by example

## Play by the rules

We play by the rules

## Be safe

We are aware  
We take care

## Be positive

We support and encourage our players  
Our players support and encourage each other

## Great attitudes

Respect  
Compassion  
Integrity  
Responsible  
Gratitude  
Courage

## Inclusive

We work hard to include everyone  
in the team

## We play as a team

We make decisions based on what is  
best for the entire team



# Games

# Games strategy basic (U12 & U14)

## Coaching on the run

### Defence

- Ensure players know which number they have on defence
- Remind them regularly to
  - Pick up their players
  - **Stay between their player and the ring they are defending**
  - Don't run alongside the player you are defending
  - Run hard and get in front of the player you are defending

### Offence

- **Spacing, spacing, spacing (spread out)**
- **Dribble with purpose** – towards someone to pass, to shoot or get out of trouble
- Run towards the ball and get open – cut away and then towards the ball again if you don't get it the first time
- Take your shots (Be encouraging)
- Attack the basket and drive hard
- Two handed flat passes (No lob passes)

## Substitutions

- Even minutes for each child
  - [Subs sheet](#) (Recommend printing and laminating)
  - There are also some good apps that help to ensure that minutes are even
- As soon as players come off the court, let them know when they will go on and who for
- Give thought to the five that will be on the court at the end of the game and try to make this your strongest line up
- Give thought to who is usually late to the game. Have them first off in your substitution planning

## Coaching on the run

### Rebounding

- “Box out” a player on rebounds
- Jump towards the ball to get the rebound
- Dive on the ball

# Games strategy intermediate (U16 & U18)

## Planning

- What are the weaknesses the other team has?
  - How can you take advantage of these weaknesses?
- What style do they like to play (Fast, slow, well executed, inside, outside, hard defence, etc)
  - How can you disrupt this style of play?
- What game tempo do you want
  - Running, pressing, pushing the ball up the court
  - Half-court, controlled bringing the ball up, playing back to stop the fast break

## Offence

- **Spacing, spacing, spacing (spread out)**
- Be clear on style of offence (changes throughout the game)
  - Push the ball up fast
  - Bring the ball up under control and set up offence

## Be ready with plays

- Baseline and sideline inbound plays (training is key)
- End of game scenarios (training is key)

## Substitutions

- Aim for even minutes for each child
- Consider combinations
  - Have forwards in a rotation
  - Have guards in a rotation
- For example
  - 3 forwards (2 on 1 off rotation)
  - 3 guards (2 on 1 off rotation)
  - 2 weaker players (1 on 1 off rotation)
- **Use timeouts wisely** – they must have a purpose

## Defence

- Type of defence to play
  - Full court press
  - Half court pick up
  - “Pack it in” (Within three point line)
  - Safety – identify a player that needs to get back to stop fast breaks
  - Are you trying to slow the game down or speed it up?
- Key players on the other team to stop. Identify who they are and confirm your strategy:
  - Giving up the shot to stop the layup
  - No shots – help defence on the drive
  - How to handles screens

# Games scenarios

## Late in the game leading by a little (8-16)

- Tempo – slow the game down
- Focus on good shots – preferable layups
- Pass until you get a good shot
- Take your time on offence
- Play conservatively on defence
  - Protect the ring
  - Full court press not recommended

## Late in the game very close

### Defence

- Reinforce defensive assignments and be very clear who the “go to” players are on the other team. Make sure your best defenders have clear assignments.
- Reinforce help defence and getting back. No fast breaks
  - If not in foul trouble – be aggressive on defence
  - If in foul trouble – be mindful of fouls

### Offence

- Reinforce what has been working thus far
- Encourage good open shots
- Positive reinforcement (Confidence is key)

## Games leading by a lot (16+)

- Consider giving weaker players more court time
- Focus on execution
  - Take the opportunity to practise offensive or defensive strategies

## Late in the game behind by a lot (16+)

- Consider giving weaker players more court time
- Focus on achievable goals
  - Keep the opposition below a target
  - Aim for a points scored target
  - Celebrate when you achieve these targets

## Late in the game behind by a little (8-16)

### Defence

- Full court press

### Offence

- Look for fast breaks
- Drive hard to the basket – pass or shoot
- Quick inbound passes and push hard up the court

# Substitutions guide

#	Player Name
1	
2*	
3	
4*	
5	
6*	
7	
8*	
9	
10*	

\* Put your best ball handlers

## 6 Players (6 subs – each player sits out once)

20:00 12:30	12:30 6:30	6:30 0:00	20:00 12:30	12:30 6:30	6:30 0:00
1	2	3	4	5	6

## 7 Players (7 subs – each player sits out twice)

20:00 14:15	14:15 8:30	8:30 2:45	2:45 0:00	20:00 17:00	17:00 11:15	11:15 5:30	5:30 0:00
1,2	3,4	5,6	7,1	7,1	2,3	4,5	6,7

## 8 Players (8 subs – each player sits out three times)

20:00 15:00	15:00 10:00	10:00 5:00	5:00 0:00	20:00 15:00	15:00 10:00	10:00 5:00	5:00 0:00
1,2,3	4,5,6	7,8,1	2,3,4	5,6,7	8,1,2	3,4,5	6,7,8

## 9 Players (9 subs – each player sits out four times)

20:00 15:30	15:30 11:00	11:00 6:30	6:30 2:00	2:00 0:00	20:00 17:30	17:30 13:00	13:00 8:30	8:30 4:00	4:00 0:00
1,2,3, 4	5,6,7, 8	9,1,2, 3	4,5,6, 7	8,9,1, 2	8,9,1, 2	3,4,5, 6	7,8,9, 1	2,3,4, 5	6,7,8, 9

## 10 Players (8 subs – each player sits out four times)

20:00 15:00	15:00 10:00	10:00 5:00	5:00 0:00	20:00 15:00	15:00 10:00	10:00 5:00	5:00 0:00
1,2,3,4,5	5,6,7,8,9 ,10	1,2,3,4,5	5,6,7,8,9 ,10	1,2,3,4,5	5,6,7,8,9 ,10	1,2,3,4,5	5,6,7,8,9 ,10

Numbers in the table above are the players on the bench for that time period



# Training

# How to use these drills



## Plan

Running a good training session requires preparation

Know the drill you want to run and why you want to run them

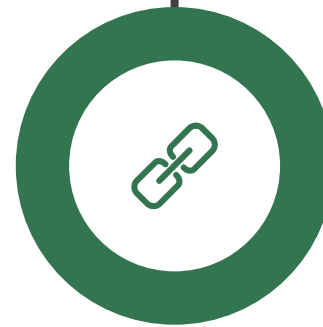


## Focus

Review the drills in the slides ahead

Pick 1 or 2 you like  
Study them - work with the team to get them right

Basketball is a complicated game - drills focus on 1 or 2 aspects of the game to facilitate learning



## Keep it simple

**Only add 1 or 2 new drills to a training session**

Make sure you know how the new drills work

If in doubt pick simpler drills



## If in doubt – have fun

Ask the team what games they want to play

Let them play – if they have a basketball in their hands and are having fun then they are getting better at basketball

# Training tips - Running

## Drills

- Drills should be 5-10 minutes maximum.
- If the drill needs more focus then come back to it later in the training for another 5-10 minutes

## Planning

- Pick 3 or 4 focus areas that the team needs to improve (Dribbling, passing, shooting, defence, offence, etc)
- Consider the flow and intensity of your training
  - Try to have “recovery drills” slower drills focused on technique
  - This gives players time to recover
- **Keep training consistent**
  - Only add 1 or 2 new drills to each training
  - Keep your first training simple – add complexity slowly as the season progresses
  - Keep your skills drills consistent
  - If you train twice a week – one training should be focused on individual skills – the other should focus on team skills

## Instructions

- **Demos, demos, demos**
- Explain
  - **How** the drill works
  - **What** you are looking for
    - What does good look like?
    - What are we trying to improve?
  - **Why** are we doing the drill
    - Relate it back to game. How will this help us in the game.
  - **Be clear as to the energy you want**
    - 100% - play hard (Looking for energy)
    - 80% - focus on quality/technique
    - 50% - warm up/technique
- Ask the team - Do they understand?
  - Get acknowledgement from each player

## Preparation

- Be ready to adjust your training plan slightly based on how many players turn up
- Have your equipment ready – cones, basketballs, singlets, etc
- Inspect the court before training – obstacles, slippery spots. Sometimes if the court is slippery you need to adjust your training to keep it safe or cancel training.
- Watch the players shoot around before training. Try and read the mood of the team.
  - If they are high energy get straight into training
  - If they are a bit flat start training with a fun game and make sure you are full of energy
  - If they are misbehaving get straight into a drill that requires discipline and has punishments
  - Set the tone of training early

# Training tips – Running (continued)

## Discipline

- Training should be fun and productive
- Outline your rules for training. Keep the list short and enforce them consistently
  - No talking while you are talking
  - No bouncing the ball while you are talking

## If discipline is lacking

- Reiterate your rules
  - Ask if they understand?
- Consider the context of the training session.
  - **Late training on a Friday** - A complex “boring drill” is unlikely to be fruitful. Focus on skills and games to keep the energy up.
  - **New team** that don't know each other – Maybe just let them play (5 on 5 / 4 on 4), again fun drills to get the energy up.
  - **Regular training** - poor behaviour is not acceptable make the team or players – run laps, do push ups, do hard drill you know they don't like, etc to encourage focus and good behaviour

## Embrace the chaos

- Don't be too quick to stop drills when they are not working
- Try to **coach on the run** – this is good practise for you and for the team to adjust on the run (Like in a game)
- Assess the cause of the **chaos**
  - Is it a few that need help?
    - Help them on the run
    - Pull them aside and let them watch the drill while you explain it to them again
  - Is it everyone?
    - Try **coach on the run**
    - If unsuccessful stop the drill. Explain it again and get the team to clearly acknowledge that they understand.
    - Ask each player - Do you understand?
  - Is it the drill?
    - Is there a less complicate variation of the drill you could try instead?
- Don't correct everything
  - Focus on what the drill is designed to practise
    - Make sure this is done correctly
    - Let other “errors” go
    - Think about common “errors” and what future drills would be good to address them

# U12/U14 - Example training (90 minutes)

Drill	Duration	Slide	Key focus
Warm up / dribbling	5 minutes		Dribbling skills and warming up ready for training
Drinks break	2 minutes		
Corridor drill	5 minutes	<a href="#">Link</a>	Defence stance, footwork and technique / Offence protecting the ball – cross overs
Drinks break	2 minutes		
3 variations of shooting/layups drills	15 minutes	<a href="#">Link1</a> <a href="#">Link2</a> <a href="#">Link3</a>	Shoot/layup technique
Drinks break	2 minutes		
3 on 3 half court Or 4 on 4 if we have 8 players	8 minutes	<a href="#">Link</a>	Offence - spacing, spacing, spacing (Passing and cutting – finding a good shot) Defence – finding players and being in the correct position for help defence
Drinks break	2 minutes		
2 variations of One on One drills	8 minutes	<a href="#">Link</a>	Driving hard to the basket in a straight line Getting comfortable with driving and shooting with contact Learning not to try and dribble around the defence (Too slow).
Drinks break	2 minutes		
3 person weaves	8 minutes	<a href="#">Link</a>	Passing to get the ball up the court. 2 on 1 variation to practice fast breaks
Drinks break	2 minutes		
3 on 3 continuous	8 minutes	<a href="#">Link</a>	Offence - spacing, spacing, spacing (Attacking the basket – more aggressive than half court 3 on 3) Defence – finding players and being in the correct position for help defence
Full court game	10 minutes	<a href="#">Link</a>	Offence - spacing, spacing, spacing (Have one aspect of the game you want to work on and focus on this) Defence – finding players and being in the correct position for help defence
Free throws	5 minutes		Shooting under pressure – there should be some punishment for missing (Run laps of the court)
Wrap up chat	5 minutes		Brief chat about what was good at training – practise team chant

Spend time preparing for training – print out your training plan and take it to training

# U16/U18 - Example training (90 minutes)

Drill	Duration	Slide	Key focus
Warm up / dribbling	5 minutes		Dribbling skills and warming up ready for training
Drinks break	2 minutes		
Shell Drill	10 minutes	<a href="#">Link</a>	Defence stance, footwork and technique / Offence protecting the ball – cross overs
Drinks break	2 minutes		
3 variations of shooting/layups drills	15 minutes	<a href="#">Link1</a> <a href="#">Link2</a> <a href="#">Link3</a>	Shoot/layup technique
Drinks break	2 minutes		
3 on 3 half court Or 4 on 4 if we have 8 players	8 minutes	<a href="#">Link</a>	Offence - spacing, spacing, spacing (Passing and cutting – finding a good shot) Defence – finding players and being in the correct position for help defence
Drinks break	2 minutes		
2 variations of One on One drills	8 minutes	<a href="#">Link</a>	Driving hard to the basket in a straight line Getting comfortable with driving and shooting with contact Learning not to try and dribble around the defence (Too slow).
Drinks break	2 minutes		
3 person weaves	8 minutes	<a href="#">Link</a>	Passing to get the ball up the court. 2 on 1 variation to practice fast breaks
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Full court game	10 minutes	<a href="#">Link</a>	Offence - spacing, spacing, spacing (Have one aspect of the game you want to work on and focus on this) Defence – finding players and being in the correct position for help defence
Free throws	5 minutes		Shooting under pressure – there should be some punishment for missing (Run laps of the court)
Wrap up chat	5 minutes		Brief chat about what was good at training – practise team chant

Spend time preparing for training – print out your training plan and take it to training

# Dribbling Drills

# Dribbling Drills – Dribbling practice

## Setup

- Players in a line either on the sideline or baseline
- Each player has one ball

## Coaching on the run

- Eyes up, eyes up, eyes up
- Low stance, feet wide with knee bent
- Bounce the ball close to your feet
- Protect the basketball
- Use your fingers to bounce the ball
- Don't put your hand under the basketball (A carry)

## Variations

1. Pair up players and practise Dribbling two basketballs at the same time
  - Simultaneous dribbling
  - Alternating dribbling
  - Cross over while dribbling two basketballs
2. Pair up and give each pair a tennis ball
  - Pass the tennis ball back and forth while dribbling (Forces eyes up)



Channel: DeepGame  
Video: 5 Dribbling Drills EVERY Player Should Do



Channel: ILoveBasketballTV  
Video: This 5 Minute DRIBBLING WORKOUT Changes Your Game FOREVER



# Defensive Drills

# Corridor drill – Defence skills

## Setup

- Players in pairs with a one basketball per pair
- Cones at 45 degree angles to each other forming a corridor up to either half way or full court

## Coaching on the run

### Defence

- Bend your knees not your back
- Plant your foot and pivot
- Don't bring your feet together
- Head on the ball

### Offence

- Protect the ball, Eyes up
- Don't bounce the ball above your waist

## Variations

1. Corridor drill then live 1 on 1 from half way
2. Offense to have set move to change direction
  - Cross over, between the legs, spin move, etc
3. Vary defence & offensive intensity
  - Offense to stop if they beat the defence
  - Defence to give the ball back if they steal it



Channel: FastModel Sports  
Video: Defensive Drills for Youth Basketball

# Shell drill – Team Defence

## Setup

- Two equal teams (Ideally 5 on 5)
- One basketball
- Recommend watching the video a few times

## Variations

### Offence

- 5 players around the three point line
- One post player – per the video

### Intensity

- Walk through
- Faster passing
- Offense - drive and dish
  - Different speeds
  - Not stealing the ball
  - Focus on being in the right position
- Live game play
  - Controlled start at the top of the key for each possession.



Channel: Jr NBA  
Video: Shell Drill 5-on-5 with Post

## Coaching on the run

- Form your triangle
  - one hand pointing to your player
  - one hand point to the ball
- On ball, one pass away, two passes away
- Stop the play and check if the defence is in their shell positions
- Defence has two jobs
  1. Stop the player you are defending (Stop them getting the ball or driving when they have it)
  2. be ready to help your team mate stop the person with the ball

# Closeout, Slide & Backpedal Drill

## Setup

- Two cones at the corners of the free throw line
- One line on the baseline

## Coaching on the run

### Close out

- Fast – medium - then slow as you approach the offence
- Down low – knees bent
- Hand up on the ball

### Slide

- Down low – knees bent
- Don't bring your feet together
- Arms out nice and wide
- Keep a straight back

### Backpedal

- Careful – don't fall over



Channel: Jr NBA  
Video: Closeout, Slide, & Backpedal Drill

# Shooting drills

# Form Shooting

## Setup

- Evenly split your players across each basketball ring (Ideally 3 or 4 on each ring)
- Each player has a basketball
- Players practise shooting with the correct form

## Variations

- Starting close – work around the court getting further out as the drill progresses
- **Single handed shooting**
  - Start with the ball in your shooting hand out in front – bring the ball around into the shooting position (One handed – focus on balance)
  - Shoot the ball
- **Two handed shooting**
  - Normal shooting form
- **Catch and shoot**
  - Throw the ball out in front with back spin – catch and shoot
- **One dribble shoot**
  - Dribble forward, sideways and back



Channel: Jr NBA  
Video: Fundamentals Of Shooting

## Coaching on the run

- Focus on technique – don't worry about getting the ball in
- Nice arc on the shot – top of the arc should be high above the ring
- Bend your knees – be a spring
- Elbows in
- If you see shooter using both hands make them go back to the single handed shooting drill
- Slow down – take your time and get the technique correct

# Crossover shooting drill

## Setup

- Groups of three or more on each ring you have available
- At least two basketballs with each group
- A cone at each ring – choose location based on how far you want the players shooting

## Variations

- Recommend setting up on multiple rings and turning it into a competition
  - Either first to a set number of shots
  - Or
  - A set time with the highest number of shots in winning
- Different spots on the court

## Live defence

- One ball in each group
- Have the rebounder pass to the next person in the line
  - Must pass from under the ring or from out of bounds
- Passer then plays defence on the shooter
  - Vary the intensity of the defence



Channel: Jr NBA  
Video: In & Out Crossover & Shoot Drill

## Coaching on the run

- Down low with the cross over
- Keep your balance
- Get around the defence
  - Get somewhere
  - Big side step with the cross over dribble
- Get your rebound fast

## Live defence variation

- Defence - run hard then slow down as they approach the offence and get down low into their defensive stance

# Catch, turn & shoot drill

## Setup

- Groups of three or more on each ring you have available
- At least two basketballs with each group

## Variations

- Recommend setting up on multiple rings and turning it into a competition
  - Either first to a set number of shots
  - Or
  - A set time with the highest number of shots in winning
- Different spots on the court

## Straight shooting

- Groups at each ring behind a cone
- One ball with each group
- Shoot – get your rebound – get out of bounds and pass to the next shooter
- Run as a competition (First to ten or fifteen)
- Focus on
  - Being ready to catch the ball and shoot
  - Knees bent when you catch the ball
  - Good passes straight to the hands



Channel: Jr NBA  
Video: Catch, Turn, & Shoot Drill

## Coaching on the run

- Plant your foot and turn
- Keep your balance
- Straight cuts
- Pass and go
- Good two handed passes straight to the receivers hands
- Get your rebound fast



# Passing drills

# Three player weave – Passing and spacing

## Setup

- Three lines on the baseline
- Players in the middle line have a ball

## Coaching on the run

### Weave

- Don't run across the court – run up the court – run along 45 degree angle
- Quick passes
- Stay inside the corridor  
(Set by the width of the lines)

## Coaching on the run

### Two on One

#### Offence

- Player with the ball picks the side of the court they want – second offensive player gets to the opposite side
- Player with the ball to pass as soon as the defence commits (Before the defence is on them)
- Should get a layup every time

#### Defence

- Run hard back to the ring
- Stay middle – commit last minute
- Stop the layup – give up the jump shot



Channel: Brant Llewellyn 17146  
Video: Perfection drill 3 man weave

## Variations

- **Two on one on the way back**
  - Player who does the layup is on defence
  - Offence to inbound from the baseline if the layup is successful
- Vary the spacing between the three lines (Players to stay within the width of the lines)
  - Close – quick passes
  - Medium – long passes
  - Far apart – one or two dribble passes
- Limit the number of passes allowed to get to the other end

# One handed passing

## Drill List (All passes with one hand)

### 1 basketball per pair

- Right Hand Dribble - Right Hand Pass
- Left Hand Dribble - Left Hand Pass
- Right Hand Two Dribbles - Right Hand Pass
- Left Hand Two Dribbles - Left Hand Pass
- Left Hand Dribble – Cross Over – Right Hand Dribble – Right Hand Pass
- Right Hand Dribble – Cross Over – Left Hand Dribble – Left Hand Pass

### 2 basketballs per pair

- Scoops – low passing left hand then right hand
- One Dribble Scoops – low passing left hand then right hand
- Two Dribble Scoops – low passing left hand then right hand
- Air passing (High) left hand then right hand
- One Dribble Air passing left hand then right hand
- Two Dribble Air passing left hand then right hand
- One Dribble, Cross Over Dribble – Air passing left hand then right hand
- Right Hand - Behind the back bounce passing
- Left Hand – Behind the back bounce passing



Channel: R Govind

Video: Passing Drill for Youth Basketball Baker Drills Review by George Karl

### Setup

- In pairs – one basketball between each pair start – will need two basketballs per pair for the second half of the drill

### Variation

Groups of three or more - one basketball in each group

- Setup across the width of the court
- Adding running across the court to the 1 basketball per pair drills only

# Four corner passing

## Setup

- Four cones arranged in a square (8 or more players)
- Single cone in the centre of the square
- Groups of 2 or more at each cone
- Basketball at each cone (Four basketballs)

## Coaching on the run

### Dribble

- Down low
- Bouncing the ball below your waist
- Eyes up

### Pivot

- Jump stop
- Pivot – step forward into the pass

### Passing

- Flat hard passes
- Pass straight to the hands of the receiver

### Receiving

- Call out for the ball
- Hands out ready to catch the ball
- Down low in position – ready to attack when you catch the ball



Channel: Jr NBA  
Video: 4 Corner Passing Drill

## Variations

- Change direction
- Change dribbling hand
- Change passing type
  - Two handed pass
  - Bounce pass
  - Overhead pass (Two hands)
  - Single handed pass off the dribble

# One on one drills

# Chase layup drill – Defence & Offence skill

## Setup

- Players in pairs with a one basketball per pair
- Two cones position between the three point line and half way. The inside cone placed further away from the ring

## Coaching on the run

### Defence

- Run straight to the ring – get in front of the offence between them and the ring.
- Don't run along side the offence
- Don't run straight towards the offence – run straight to the ring and get in a good position first

### Offence

- Drive straight at the ring
- Keep the defence on your back or shoulder
- Dribble in front of the defence – get them on your back



Channel: Jr. NBA  
Video: Chase Layup Drill

## Variations

- Play around with the positions of the cones to give either the offence or the defence the advantage
- If you have a pair that is mismatched in player speed. When the faster player is on offence they have to start with a dribble move (Cross over, between the legs, spin move, etc)

# One on one – Structure (U12+)

## Setup

- Groups of two with one basketball per group
- Simple one on one drills with different setups

## Variations

### Reading the defence

- Two cones spaced ~1 meter apart in front of the offensive player
- Defensive player starts with the ball
- Defensive player holds the ball out in front
- Offensive player takes the ball – they can't drive until the defence touches one of the cones
- If the defence touches the
  - left cone – offense drives right
  - Right cone – offense drives left
- Offense to drive hard and straight to the basket

### Close out defence

- Two cones placed at different locations on the court
  - One for the offensive player
  - One for the defensive player
  - Think about game situations and place the cones accordingly
- Ball starts on the ground in front of the offensive player
- Offensive player picks up the ball and drives hard to the basket
- Defensive player is "live" as soon as the offensive player touches the basketball
- Change cones positions to give the offense the advantage or the defence the advantage depending on what you are working on

## Coaching on the run

### Defence

- Bend your knees not your back
- Plant your foot and pivot
- Don't bring your feet together
- Head on the ball

### Offense

- **Don't shy away from contact**
- **Drive hard at the basket**
- Make contact with the defence and drive through
- The first step is the most important
  - try get your foot past the defensive players foot in the first step
- **Don't dribble around the defence**
  - Offense should always drive in straight lines
- Don't be afraid to take the shot with contact
- On a foul – count it as a score

# One on one – Minimal structure (U16+)

## Setup

- Groups of three with one basketball per group
- Simple one on one drills with different setups

## Drill list

- **Outcuts**
- **Over the shoulder catch**
- **Baseline 1 on 1**
- **Up cut 1 on 1**



Channel: ShotMechanics  
Video: Best 1 on 1 Basketball Games



# Rebounding drills

# Animal – Rebounding and playing with contact

## Setup

- One basketball
- 3 or 4 players inside the key
- 1 player or a coach with the basketball at the free throw line
- Coach or player at the free throw line shoots the ball
- Players inside the key are all on offence
  - Rebound and try to get the shot in
  - Play is continuous until one player has scored three shots
  - If the ball goes outside the key – person at the free throw line shoots again (Players keep their current score)
  - First player that gets to three becomes the shooter
  - Shooter goes into the key – repeat
- No fouls but encourage using your body and discourage hand fouls (slapping)
- Double dribble is allowed
- No travelling

## Coaching on the run

### Offence

- Attack the basket
- After the rebound get the shot straight back up (Players often dribble away from the ring – this should be discouraged)
- Shoot with contact
- Pivot and “rip the ball” if contesting the ball

### Rebounding

- Box out – get another player on your back and push them back to make space for yourself
- Jump towards the rebound – don't stand a wait for the ball
- Watch the ball and try to anticipate where it will go

# Box out drill

## Setup

- Groups of two – each group with one basketball
- Try to match the size and speed in each group
- One cone for each group
  - Cones per the image on the left as the basketball needs to sit on the cone



Channel: Jr NBA  
Video: 3-Second Box Out Drill

## Coaching on the run

- Start with contact
- Maintain the contact
- Low base
  - Knees bent
  - Wide stance
- Arms out nice and wide

## Variations

### Push out of the circle

- Each player has a basketball
- Start inside a circle (Key or half way)
- Both players back to back - contacting
- Both players dribbling while trying to push the other player out of the circle
  - Must stay back to back

# On the board or Rebound relay

## Setup

- Two cones at the three point line
- One basketball with the coach

## Coaching on the run

- Box out - make contact
- Low base
  - Knees bent
  - Wide stance
  - Arms out nice and wide



## Rebound relay

Channel: yougotmojo

Video: 10 Best Basketball Drills for 14 Year Olds

## Setup

- Four cones
  - On each corner of the key (Forms a square)
- Offense on the free throw elbows
- Defence on the baseline
- Defence passes to the offense
- Offence shoots then live
  - One point for a score
  - One point for a defensive rebound



## On the board

Channel: yougotmojo

Video: 10 Best Basketball Drills for 14 Year Olds

# Game play drills

# Three on three continuous (Simple version)

## Setup

- You need at least 9 players
- One basketball
- Players in groups of three
- 3 groups of three on the court
  - **Start** – One group on each free throw line and one group at half way
  - The group at half way starts with the basketball
- **3 on 3 continuous**
  - On a turnover or a score
    - Offence goes to defence
    - Defence goes to offence and attacks the opposing ring
    - On a score the defence must inbound the ball
- If you have more than 9 players - just rotate players as required
- If you have 12 or more
  - At one end - have three lines on the baseline
  - Three players step in and the defence steps out and goes to the back of the line

## Variations

- Limit the number of dribbles (2 or 3 max)
- Limit the time to score (10-15 seconds)
- Set a minimum number of passes

## Coaching on the run

### Offence

- Spacing, spacing, spacing!
- Attack the ring
- Drive hard - straight to the basket – shoot or pass
- Cut hard and get open

### Defence

- Know who you are defending
- Pick up your players
- Help defence
  - Where is your triangle (See Shell drill)

# Half court game

## Setup

- You need at least 6 players
- One basketball

## Coaching on the run

### Offence

- Spacing, spacing, spacing!
- Attack the ring
- Drive hard - straight to the basket – shoot or pass
- Cut hard and get open
- Dribble with purpose
  - Dribble towards the ring to score or pass
  - Dribble towards the player you want to pass to
- Passing out in front – away from the defence

### Defence

- Know who you are defending
- Pick up your players
- Help defence
  - Where is your triangle (See Shell drill)
- Box out
- Rebound and dribble hard out of traffic



Channel: yougotmojo

Video: 10 Best Basketball Drills for 14 Year Olds

## Variations

- **Champions & Challengers**
  - Offense versus defence
  - Defence stays if they get a stop
  - Defence stops count as a point
- **Perfect Possession**
  - Offense versus defence
  - Count out a shot clock (14 seconds)
  - Defensive stop counts as a point
- **Criss cross**
  - Defence lined up on the baseline with the ball
  - Ball passes through every players hands before game is live

# Full court game

## Setup

- Two equal team
- One basketball

## Variations (Only apply one constraint at a time)

### Passing constraints

- Each player must touch the ball before you can score
- Three or four passes before you can score

### Dribbling constraints

- No dribbling
- Three or four dribbles maximum

### Time constraints

- Count out a shot clock
- 10 seconds to score once in the half court
- 5 seconds to get over half way

### Shooting constraints

- Must shoot from inside the key
- Must shoot from outside the key

## Coaching on the run

### Offence

- Pass the ball up the courts
- Inbound the ball quickly after a score
  
- Spacing, spacing, spacing!
- Attack the ring
- Drive hard
  - straight to the basket – shoot or pass
- Cut hard and get open
- Dribble with purpose
  - Dribble towards the ring to score or pass
  - Dribble towards the player you want to pass to
- Passing out in front – away from the defence

### Defence

- Know who you are defending
- Pick up your players
- Where is the help defence?
  - Where is your triangle? (See Shell drill)
- Box out
- Rebound and dribble hard up the court and look for the pass



# Fun Games

# List of fun games (Recommend for U12)

## Setup

- Half a court
- Lots of cones
- One basketball per player

## Game List

- **Construction Site**
  - Cones – pickup / knockdown
- **Gimme Five**
  - High five dribbles
  - Right hand
  - Left Hand
- **Pattern dribbling**
- **Red light / Green light**
  - Red light – fast
  - Yellow light – slow down
  - Red light – jump stop – triple threat
  - Add colors and actions
- **Sleeping giant**
  - Cones – more than one per player
  - First person to bring three pieces of treasure
- **Detective Pikachu**
  - Copy drill
  - Person in has to identify the leader
- **Sharks and Minnows**
  - Dribbling across the court trying to avoid the shark
  - If tagged or ball stolen then you become a shark



Channel: yougotmojo  
Video: Best Basketball Drills for 6 Year

## Game List (Continued)

- **Space treasure**
  - Lots of cones and a basketball each
- **Freeze tag**
  - Dribbling around with someone “tagging”
  - Once tagged you freeze
  - To unfreeze set an activity
- **Hungry Hungry Caterpillar**
  - Groups of four – three basketball per group
  - Groups move as one unit with a basketball between each player (No hands)

# List of fun games (Recommend for U12-U14)

## Setup

- Half a court
- Lots of cones
- One basketball per player

## Game List

- **Pass the rock**
  - One group in the paint
  - One group outside the three point line
  - Pass as many times as you can
- **Diamond passing**
  - One basketball
  - Groups at four corners
  - Dribble to centre cone – pivot then pass
- **Passing Tag**
  - Inside three point line (One ball)
  - Split team into runners and passers
  - Passers need to tag runners (No dribbling)
- **Circle Passing**
  - Pass to each player – score then rotate
- **Basketball tennis**
  - Use cones to create a tennis court(s)
  - Bounce passing the ball back and forth
  - Trying to get it past the catcher (Score like tennis)
- **The Weave**
  - Standard three person weave



Channel: yougotmojo  
Video Best Basketball Passing Drills for Kids

## Game List (Continued)

- **Dean Smith**
  - Half court 3 on 3 / 4 on 4 / 5 on 5
  - Players must score of an assist
- **Keep away**
  - Passing trying to keep the ball of the defender
- **Switch Up**
  - Groups of three
  - Dribble passing against defence
- **Cross the river (Same setup as Switch Up)**
  - Dribbling around two defenders to get to the other side

# Reference material

# References

## Newcastle Basketball

Resources page

- [Link](#)

Codes of Behaviour

- [Coaches](#)
- [Players](#)

## Basketball NSW

- [Coaches handbook](#)
- [Coaches Clipboard](#)
- [Special Situations](#)

## Youtube Channels

- FastModel Sports
- Yougotmojo
- Jr NBA
- R Govind
- Brant Llewellyn 17146
- ShotMechanics
- DeepGame
- ILoveBasketballTV