

TNBA COACHES CLINIC MANUAL



TNBA

TAMIL NADU BASKETBALL ASSOCIATION

(Affiliated to Basketball Federation of India, TNOA, SDAT)

Registered Under Societies Act

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FROM THE DESK OF GENERAL SECRETARY



Mr.Aadhav Arjuna
General Secretary
Tamilnadu Basketball Association

Tamilnadu Basketball Association have been thriving hard to improve the standard of the game in the State. On analysing we understood that uniformity in Coaching pattern has to be implemented among all the Coaches in Tamilnadu.

*To kick start we conducted the first **Coaches Clinic @ Jawaharlal Nehru Stadium Chennai from 23.08.2018 to 25.08.2018**. We invited **Mr.Marc Pullés Llopis - Director of Basketball Operation in National Basketball Association (NBA)** to head the **Coaches Clinic & Ms.Arnika Gujar Patil CEO Arnika's Sports Academy (OPC) Private Limited** to assist in the Clinic. About 350 Coaches participated in the Clinic & benefitted.*

*To recap what the Coaches learnt in the Clinic we prepared in simple language the **Coaches Manual** for easy reference to Coaches. Hope the **Coaches Manual** will be useful to all the Coaches to bring up young players.*

We are developing grassroot level players so that we achieve all levels of playing at Nationals.

BEST WISHES !!!

CONTENTS

1. Introduction
2. Triple Threat
3. Ball Juggling
4. Dribbling
5. Passing
6. Shooting
7. Decision making
8. Defense
9. Offense / Transition
10. Sample Practise Schedule



Mr.MARC PULLÉS LLOPIS

Tamilnadu Basketball Association organised Coaches Clinic @ Jawaharlal Nehru Stadium Chennai from 23.08.2018 to 25.08.2018. Mr.Marc Pullés Llopis- Director of Basketball Operation in the National Basketball Association (NBA) was invited by Tamilnadu Basketball Association to head the Coaches Clinic. He has a University education in Sports Marketing & Management. He is a Basketball Coach for the past 20 years and has been the head coach of leading teams such as Barcelona, Real Madrid, Catalan National Teams and Andorrana National Team. Marc explained the various ways of 'Coaching Basketball for Beginners' and its importance to our coaches.



Ms.ARNKA GUJAR PATIL

Ms.Arnika Gujar Patil - CEO Arnika's Sports Academy (OPC) Private Limited was too invited to assist in the Coaches Clinic.

COACHING BASKETBALL FOR BEGINNERS



INTRODUCTION

Coaching Basketball for Beginners is much more different from coaching High School, College and Professional basketball. Players must be considered important while Coaching. A Coach must be capable of identifying the players talent & reform their inabilities. A Coach has to identify & make the players do what the team needs. A good player will believe, respect the Coach & perform as per the Coach expectation.

Keep the following in mind when coaching players less than 14 years:

- Keep it Simple (Teach fundamentals without complication)
- Develop Athletic Abilities (Running, Jumping, Stopping etc.)
- Let them have fun (No structured patterns of playing)

Give chances to every player and make everyone play. Keep emphasising on important things again and again. Make them do things creatively. Make them take their own decision. Never force them. We have to focus in developing **smart basketball players**.

TRIPLE THREAT

Make the players understand the importance of Triple Threat. The below mentioned drills can be used to develop the habit of Triple Threat. As the players are being challenged (higher level of difficulty) they tend to forget the areas of focus. Keep saying the players again and again to stay in triple threat as the difficulty level increases.

- Toss, Catch and Triple Threat.
- Toss, Clap, Catch and Triple Threat (Number of claps to be challenged)
- Toss, Turn, Catch and Triple Threat (Number of turns to be challenged)
- Toss, Turn, Clap, Catch and Triple Threat (Both claps and turns to be done simultaneously and their numbers can be challenged).



BALL JUGGLING

Make the players do Ball Juggling drills quite often so that they get adapted to the touch and feel of the ball. The players have to stay in their player stance (Parallel Stance) while doing Ball Juggling Drills. The below mentioned drills can be used to develop the feel & control of the ball in players.

Wraps/Circles

- Around Head (Clockwise/Anti-clockwise)
- Around Waist (Clockwise/Anti-clockwise)
- Around One Leg (Clockwise/Anti-Clockwise)
- Around Both Legs (Clockwise/Anti-Clockwise)

Tell the players to combine these drills. Mostly players tend to do the drill in the order in which it is taught to them. Don't make them do it in order. Make them to be creative. Let them decide the order and the number of repetitions in every variation. Challenge them to do it as fast as possible without losing control of the ball.

DRIBBLING

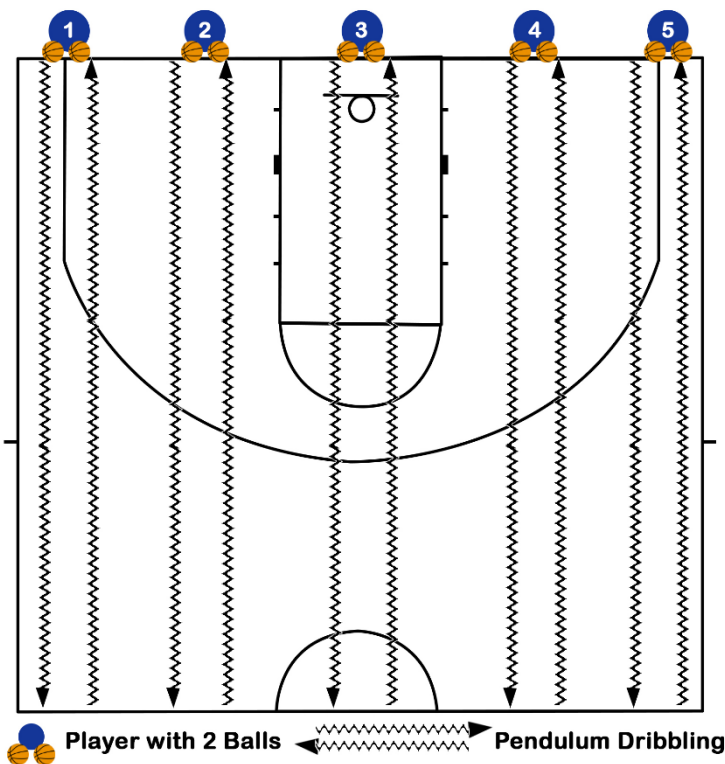
Coaches must ensure that their players do not develop the habit of looking at the ball while dribbling. They must also focus on making the players stay low and dribble the ball as hard as possible. The following basic dribbling drills can be used to develop stationery dribbling control of the players.

- Sit and Dribble
- Stand (Parallel foot)and Dribble
 - High Dribble
 - Low Dribble
 - Medium Dribble
 - Crossover

Show the players numbers so they stay engaged shouting out the numbers loudly as they keep Dribbling the ball. Combination of sitting and standing Dribbling drills can also be done.

Once players develop control of the ball while Dribbling, they can progress to other Dribbling drills which can be stationary and dynamic. The following are some of the drills and games to work on their Dribbling.

Two-Ball Pendulum Dribbling Drill



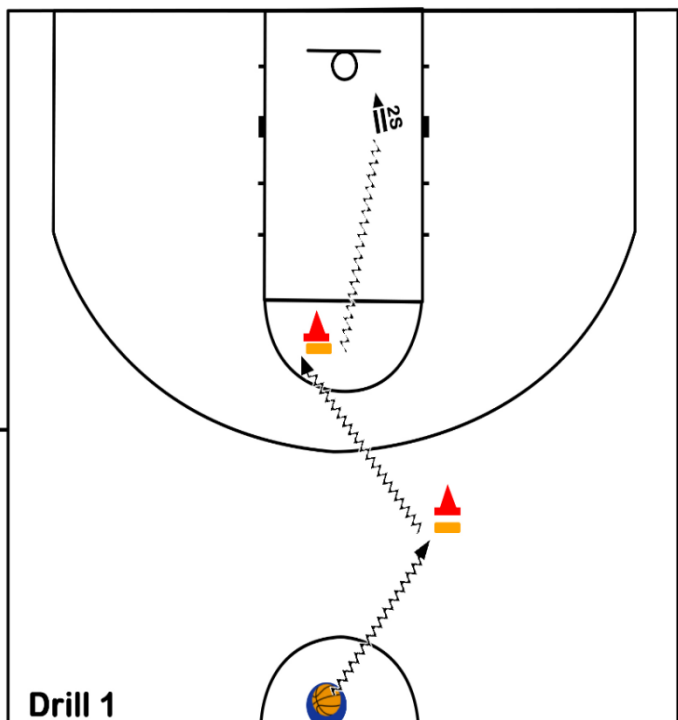
Players are supposed to have two balls each. They are supposed to do pendulum dribbling (forward and backward) on both sides with the respective balls. Players can start with stationary dribbling and then they may progress to walking, jogging and running as they gain control of the ball. The pendulum dribbling on both hands must be alternative i.e. when the right hand dribble in forward motion, the left hand has to dribble in backward motion.

Crossover Drills

Coaches must teach the players about the types of crossovers and its uses

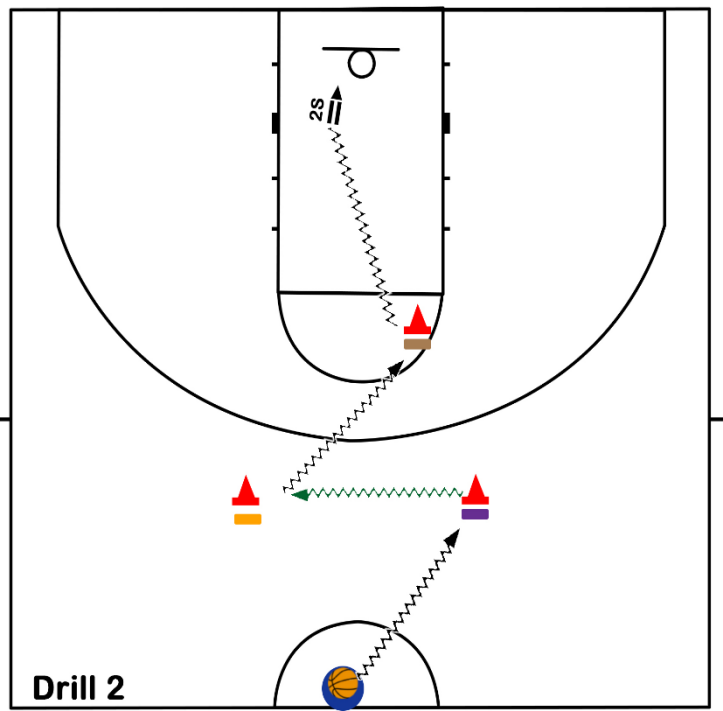
- **Step-up Crossover-** Change of hand and direction without retreating from the defender (Used in transition/fast break when the defender is not very close and the dribbler is in his maximum speed)
- **Step-down Crossover-** Retreating away from defender in order to create space, then change hand and direction to progress(Used when a ball man is being guarded close and there is a need to retreat in order to progress forward)

The following drills can be used for players to develop their step up crossover, step down crossover & behind the back dribble . While performing drills, Coaches are expected to keep challenging the players on doing better and provide feedback on their mistakes. Player must perform drills in game speed as they get better. After progressing all the cones, the player will finish the drill with a lay-up.



Drill 1

 Player with ball
  Cone
  Dribbling
 2S => Lay-up Shot
  Step-up Crossover



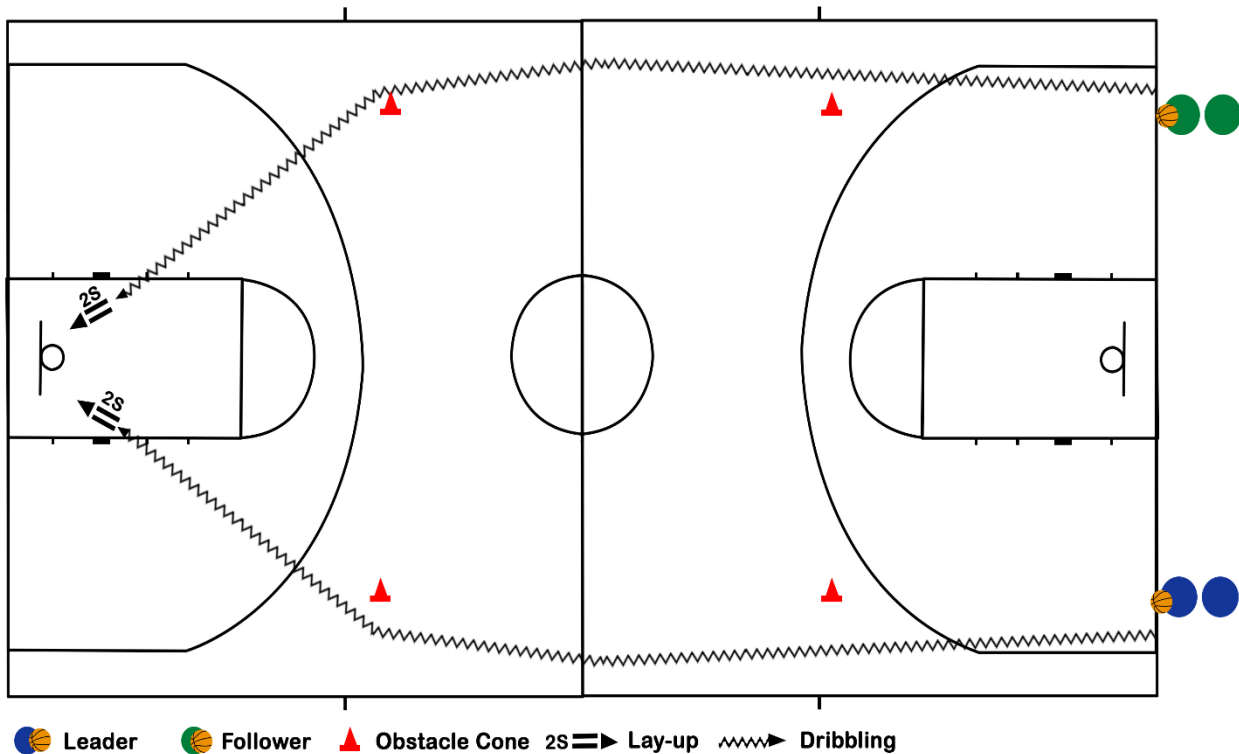
Drill 2

 Player with ball
  Slide & Dribble
  Dribbling
 2S => Lay-up Shot
  Cone
  Behind the back
 Step-down Crossover
  Step-up Crossover

King of the Ring (Dribbling Game)

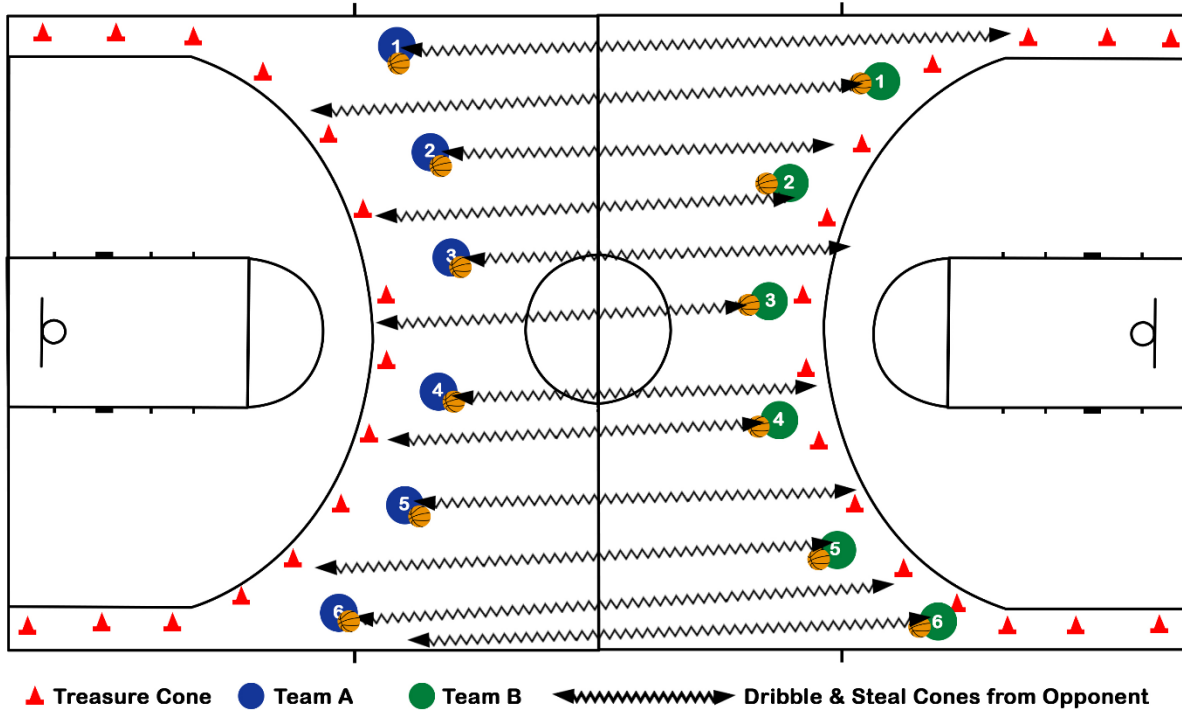
King of the Ring is a fun/recreation dribbling in which the players keep dribbling the ball and try to steal the other players' ball by tapping it with their non dribbling hand. A player is out only if his ball is stolen and has gone out of the boundary lines. Players are supposed to keep dribbling and are not supposed to hold their ball in two hands or with any part of the body. As the player get out, the area of boundary lines also gets smaller. For example, the game will be started within half court, then will be reduced to within 3point line and finally within the restricted area. The player who manages to be not out till the end will be the winner.

Dribbling Imitation Drill



The Drill consists of two players with the ball. One will be the leader and the other will be the follower. The leader will make change of direction / fakes etc. on approaching the obstacle cones and can finish lay-up on any side of the court. The follower has to imitate and do whatever the leader does and try to make the lay-up before the leader makes it. A made lay-up will have 1 point and a lay-up made by a follower before the leader will have 2 points. Leader and follower interchange their position after every turn. The first player to make 10 points wins. A missed lay-up will not have any point and not imitating the leader will also not have any points.

Dribbling Pirates Game



Players should be divided into **Team 'A' and 'B'**. Each Team should be provided with equal number of treasure cones. Players should steal treasure cones from the opponent side and keep it in their side (outside the 3pt line). Players are not allowed to defend their cones. Players can steal only one cone at a time and the team which has higher number of cones within the given time wins the game.

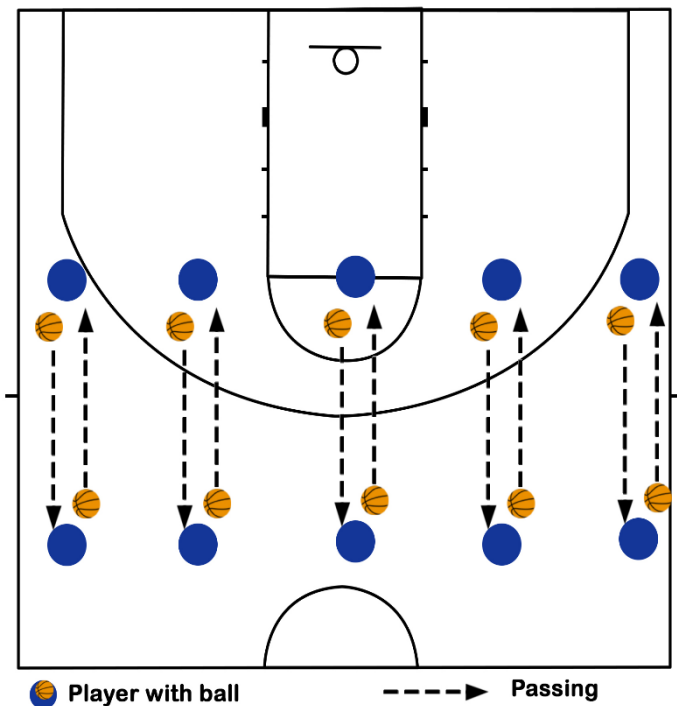
PASSING

Coaches must keep in mind that the two hand chest pass and two hand bounce pass is very rarely used in a game situation. They are only used in the transition and fast break situation where the receiver is free from any defense. So, the focus must be to make the players learn one handed passes. The following points must be closely observed while performing passing drills:

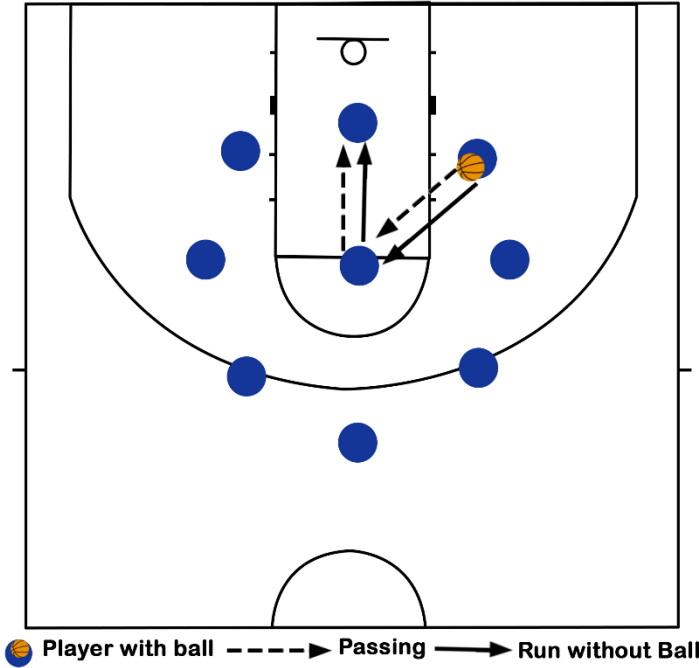
- Passing to the target
- Eye contact and Verbal Communication calling names
- Flat and Sharp Pass
- Timing

Two Ball Partner Passing Drill

Pair up players with a ball for each one. Players start making one hand chest passes. Players change passing according to the command of the coach. For example, “Right Chest, Left Chest, Right Bounce, Left Bounce,” are the commands that a coach can use and the players are supposed to communicate within themselves about the timing and which player has to make which pass and execute it accordingly. This develops their one hand passing as well as their communication skill.

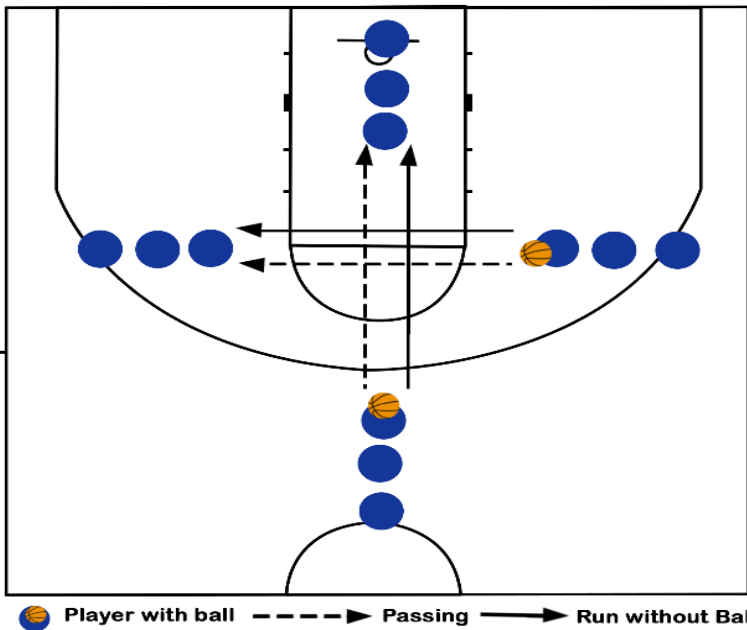


Circle Passing Drill



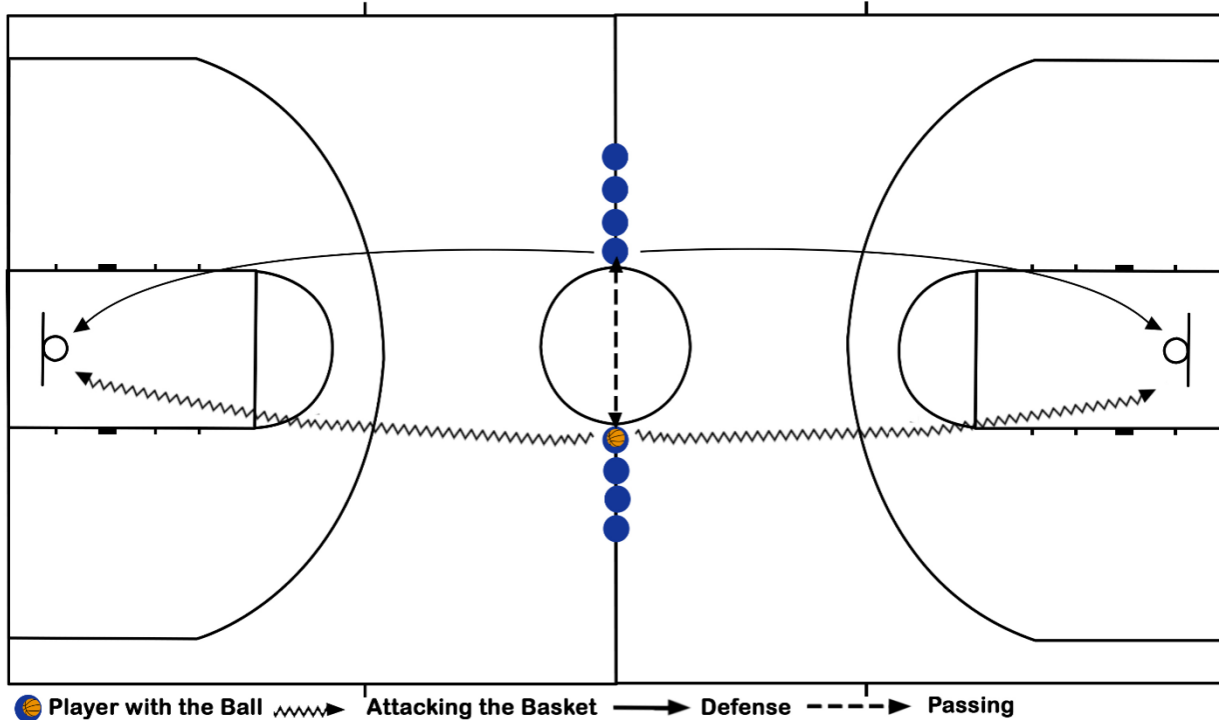
The player with the ball in the circle will pass to the centre and move there. The centre player after receiving the ball must pass to the next person in the circle and runs to join there. Now the first passer will be the centre to receive the ball. This keeps happening in a sequence. Coaches can challenge the players by adding two balls.

Plus Passing Drill



Players keep passing and running to join the opposite line. This drill seems to be resulting in players bumping to each other or the ball hitting the players but as they keep practising it the players get adapted to the timing.

Passing One on One Drill

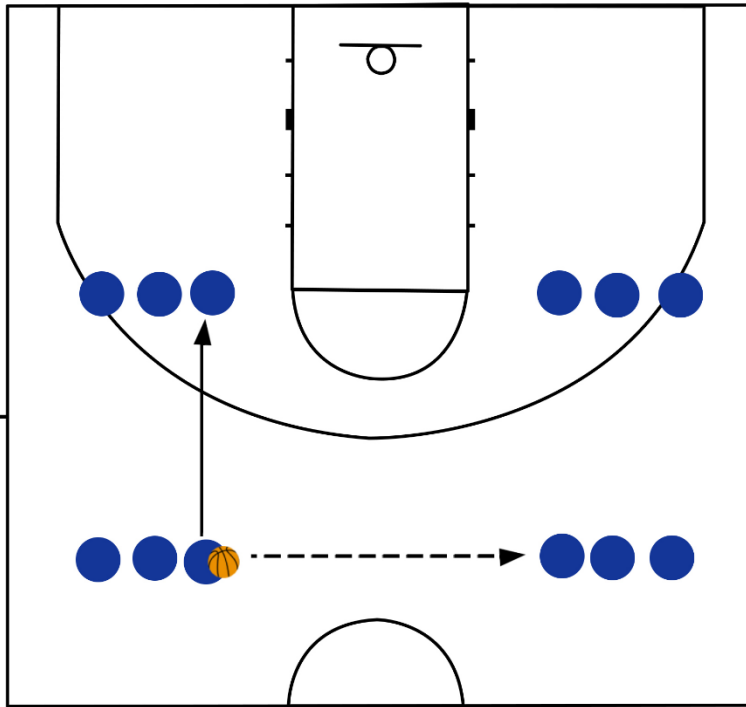


Players keep passing on the centre circle and on whistle from the coach they will start playing 1 on 1. The player with the ball during the time of whistle will play offense and other will play defense. The offensive ball man can play 1 on 1 in any of the two baskets and he is restricted in accordance to the condition of the coaches.

Variations & Conditions:

- **NO FAKE** : Player should not make any fakes. He must progress to one side of the basket in his maximum speed.
- **SHOULDER FAKE** : Player can make shoulder fakes to distract the defense, but once he starts to attack any of the side, he cannot change the side of attack.
- **DRIBBLE FAKE** : Player can progress to one side by dribbling and then fake his defense by changing the side of attack. Restricted to one dribble fake.
- **ANY FAKES** : Player can make any number of shoulder and dribble fake to distract his defense. This condition is to mainly develop the player's creativity.

Square Passing Drill



Players must listen to the command of the coach and act accordingly. For Example, if the coach says” ‘Right, Left’, the player is supposed to pass to his right side and run to join the line to his left side (As shown in the diagram). The next player receiving the ball must perform the same in accordance to his side. The Coach can change his command periodically. The commands can be ‘Right Left (Pass Right & Join Left)’, ‘Left Cross (Pass Left & Join Diagonal)’ and ‘Right Right (Pass Right & Join Right)’”.

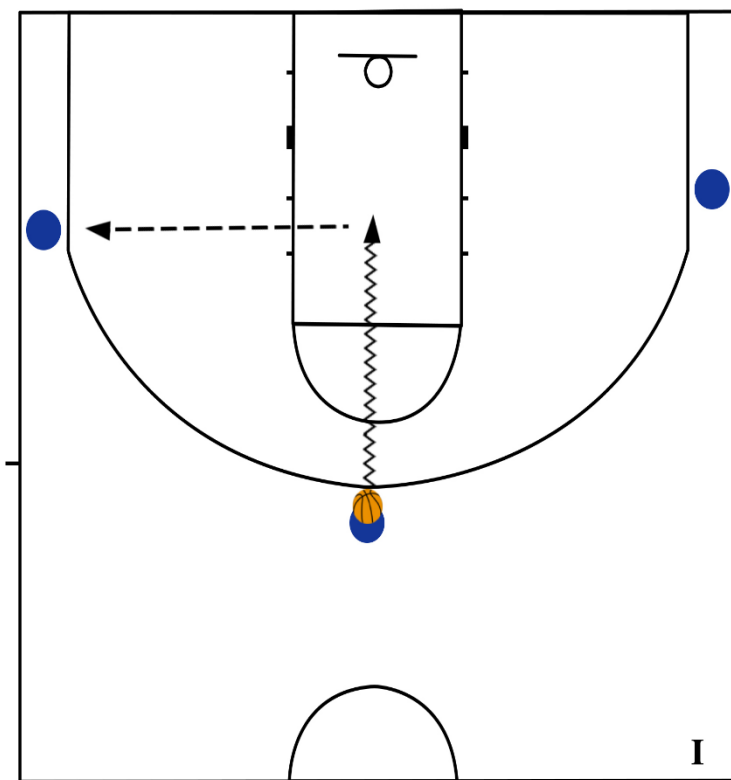
Drive and Kick Out Drill

Ball man must drive-in to the basket and as he approaches to the basket, he kicks the ball out to the open man and moves to any vacant space in the court. The new ball man repeats the same once again. Finally, on command of the coach the player converts the lay-up.

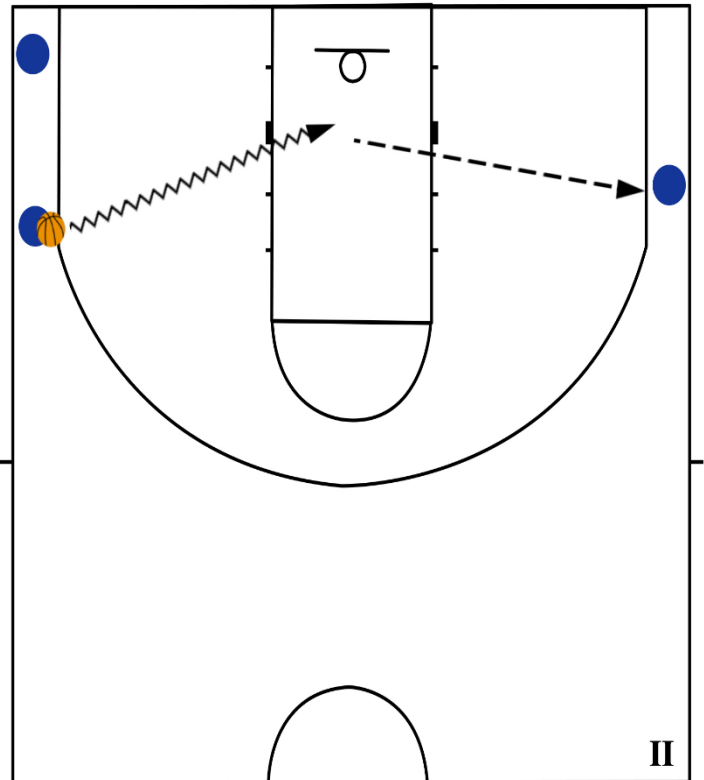
Coaches can make few variations in the drill to make it more challenging and competitive.

Variations & Conditions:

- Number of drive-in/kick-out can be fixed by the coach
- Number of dribbles for the drive-in can be restricted
- Shooting Range can be fixed by the coach. (Lay-up, Mid-range, Long Range etc.)



 Player with ball - - - ▶ Passing w w w ▶ Drive to Basket



 Player with ball - - - ▶ Passing w w w ▶ Drive to Basket



SHOOTING

Coaches must clearly explain the shooting techniques and the important aspects to be observed when training players under the age of 13 years. Corrections can be made if the shooting form and mechanism of the player needs to be fixed. The following are the aspects to be focussed:

- Feet facing the ring
- Shoulder Width
- Spin
- Arch (45° to 50°)
- Follow Through

Form Shooting Drill

Form Shooting Drills is used to identify and correct the major errors in the shooting techniques and the mechanism of a player. The player has to stand very close to the rim and start making shots in his shooting form. Variation include shooting with one hand (shooting hand) and shooting with both hands (shooting hand and guide hand). The coach must focus on making perfect shots (Swishes) as the player is comfortable to make baskets.

Sit, Stand and Shoot

The player must sit on a chair which is placed in front of the rim. He must stand up and make a shot in his continuous motion. This drill is to make the players realise the importance of using legs while shooting.

Jump Shot Drill

Jump shot is very important and crucial for a player especially in the U-16 level & above. Without learning Jump shot a player cannot be successful in playing advanced level game. The Jump shot Drill is used to teach players the fundamentals of jump shooting. Player will stand up on the chair / bench which is placed in front of the ring. He will jump down to the floor from the chair. After landing on the floor, he immediately jumps up for the jump shot. Coach must challenge the players on taking the immediate jump after landing down.

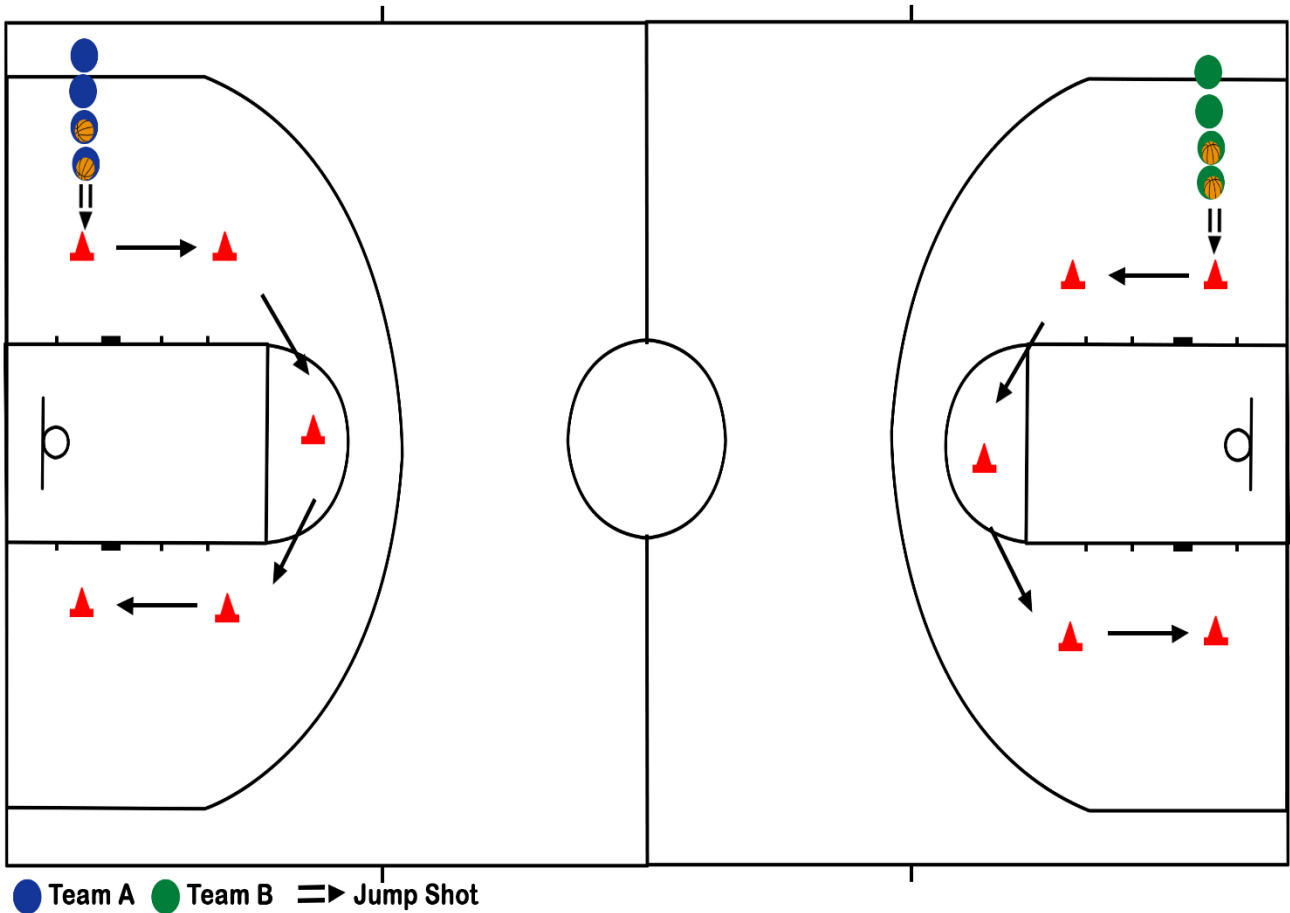
Pivot and Shoot Drill

Players should stay in their player stance (Parallel leg). On command of the coach, the player make 'quarter turns', 'half turns' and 'full turns' and then go for shooting. Pivoting turns can either be front or reverse and they can be done with either legs which is decided by the coach. This drill mainly focuses on the body balance and stability of the players while shooting.

Partner Shooting Drill

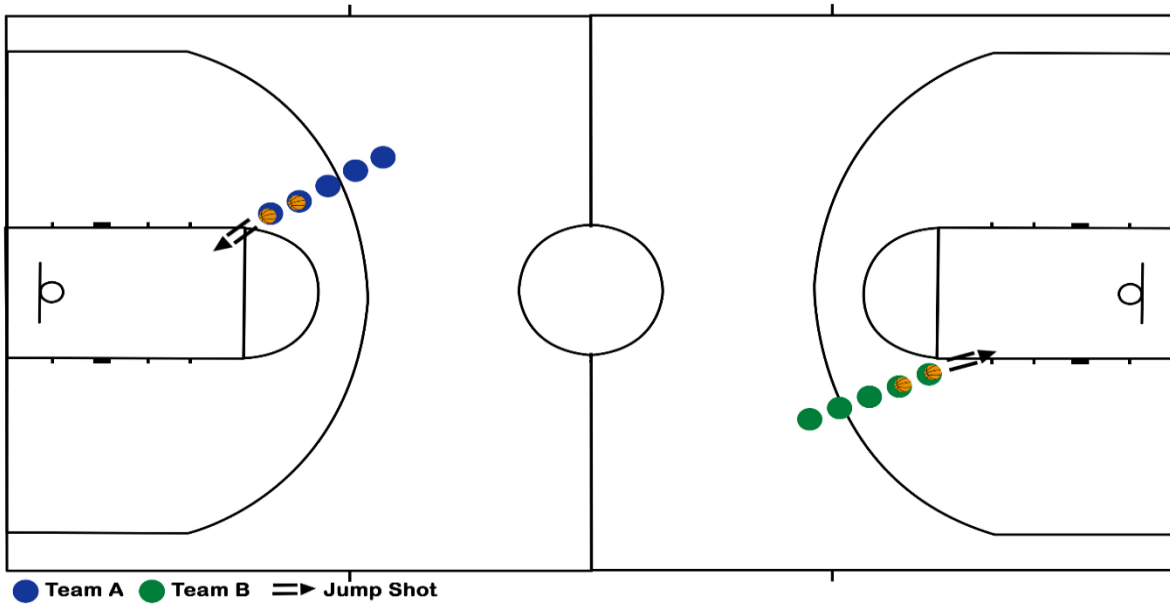
Players will form partners and start shooting. One will keep making shots and the other will be rebounding for a specified number of shots. After completion of it player can interchange their places (Shooter becomes Rebounder and vice versa). The partner can provide feedback on the shooting mechanism and technique of the shooter so that he can rectify it and get better. Players can also challenge with themselves on the number of made shots, maximum streak (baskets made continuously without missing), swishes (baskets made without touching any part of the ring) etc.

Five Spots Shooting Drill



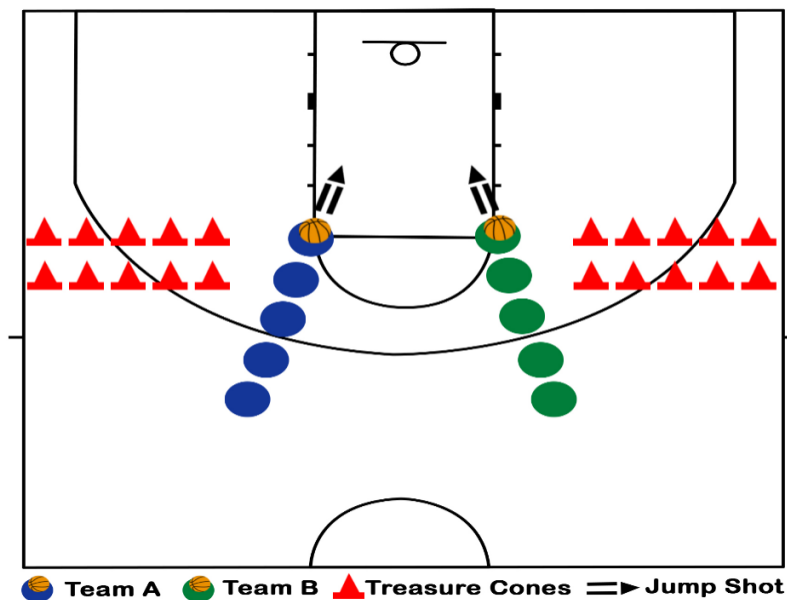
Players are divided into two equal teams on both sides of the court. Players keep making Jump shots in orders of their line (Self-Rebound). If a team makes Five baskets then they will shift to next cone where they will make another Five baskets and proceed to the next cone. The team which completes all the five spots first wins (Five baskets in each Five spots). Players are supposed to count the scores loudly and must encourage their team mates in making shots.

Ten Shots Shooting Drill



Players should be divided into two equal teams on both sides of the court. Teams keep shooting 2point shot on any spots in order of their line. After making the number of specified 2points (eg. 5 2pts shots), the team will shift to make 3point shots and make the remaining number of shots required (eg. 5 3pt shots). The team which finishes 10 shots first will be the winner. Players must shout out their scores loudly so that the opponents are aware of their scores. For Example, it maybe 6 2pt shots and 4 3pt shots, 7 2pt shots and 3 3pt shots, 8 2pt shots and 2 3pt shots etc.

Pirates Shooting Game

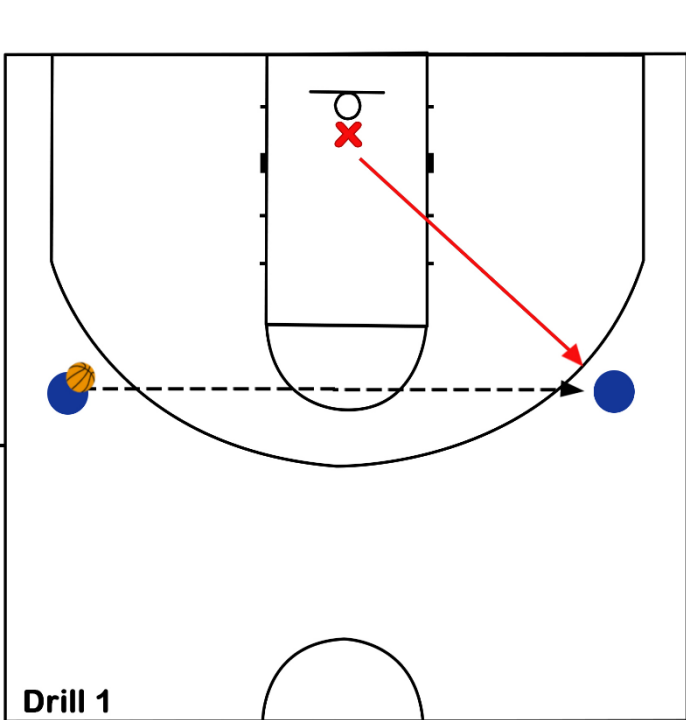


Players are divided into two equal teams. Players keep making shots in the order of their lines (Self-Rebound). For every made basket the player who made the basket can steal one cone from their opponent's treasure. The team which runs out of cones or the team which has the maximum number of cones within the stipulated time wins.




DECISION MAKING

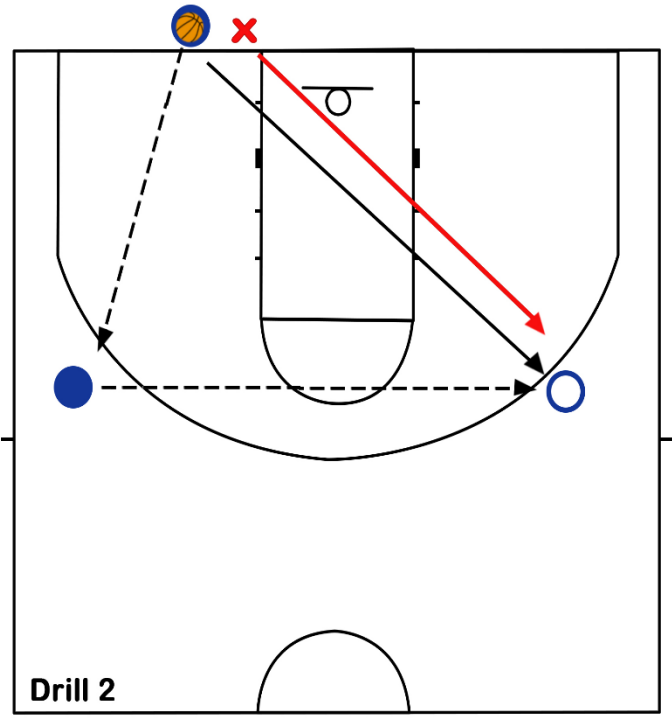
Drive or Shoot Drill

In Drill 1, Player with the ball will make a chest pass to the receiver. During the flight of the pass the defender who stays below the ring has to close-out the receiver. The receiver must make a decision to drive or shoot depending on reading the defender's action. If the defender leaves the receiver unguarded, he can go for an outside shot. If the defender closes him out, he is supposed to drive-in. This drill is mainly for players below the age of 13 to develop the decision making skill of when to shoot and when to drive.







Drill 1

 Player with ball - - - - -> Passing - - - - -> Closeout
 Receiver  Defender



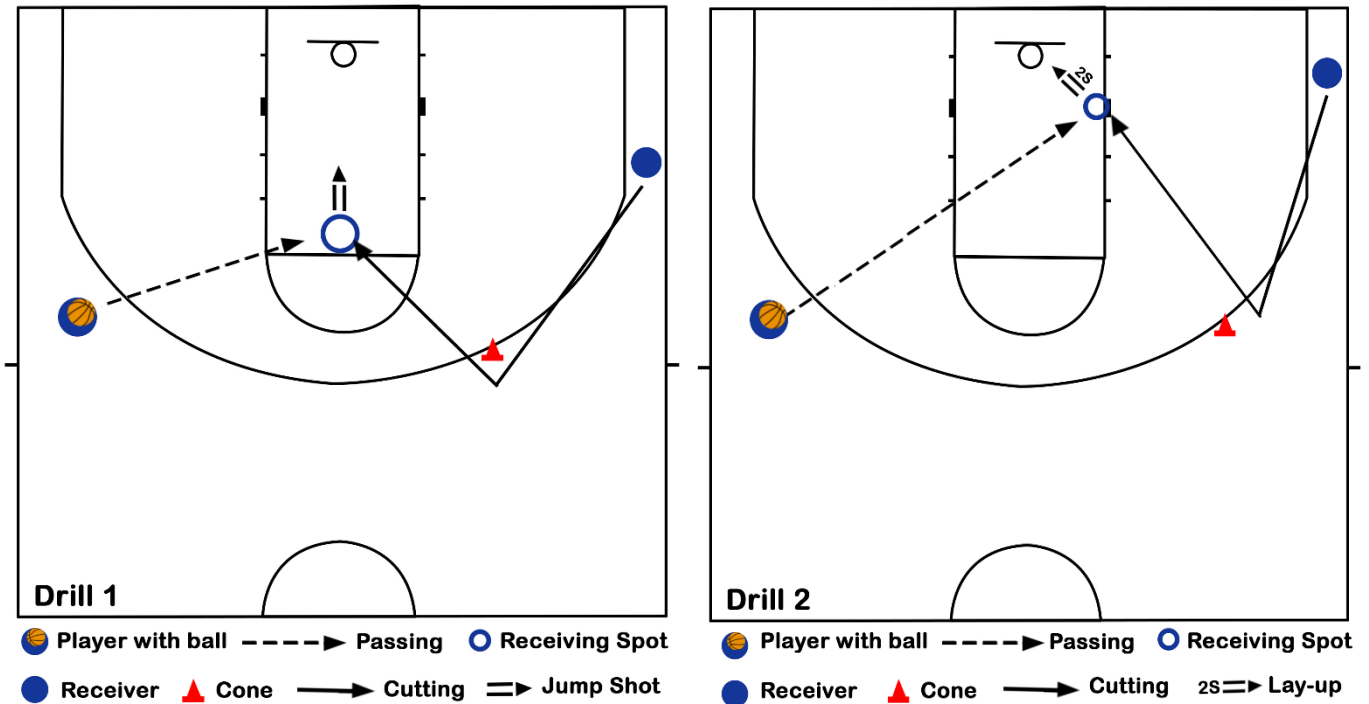
Drill 2

 Player with ball - - - - -> Passing - - - - -> Closeout
 Receiver  Defender - - - - -> Cutting  Receiving Spot

In Drill 2, Player with the ball (on base line) will pass it to the receiver (wing) and cuts to get the pass in the designated spot. While he is cutting to receive the pass, the defender in the baseline will also run along and close him out. After receiving the pass, the player with the ball has the following options:

- If unguarded by the defender, he can go for an outside shot.
- If the defender closes him out with right foot as lead foot he is supposed to drive to his left sidewith right foot forward & by dribbling with left hand.
- If the defender closes him out with left foot as lead foot he is supposed to drive to his right sidewith left foot forward & by dribbling with right hand.
- If the defender closes him out with both feet parallel, he can drive-in any of the two sides

Cut, Receive and Shoot Drill

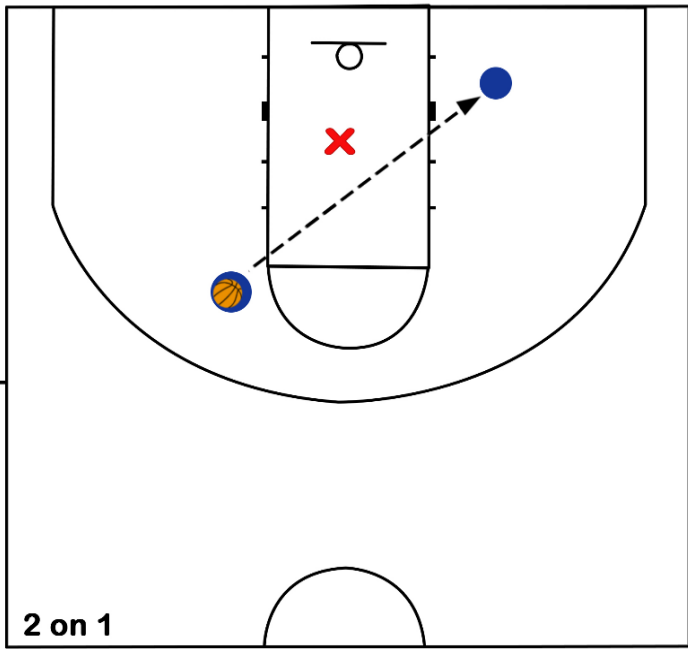


In Drill 1, Player must cut front door to receive the pass in the high post and as soon as he receives the pass must attempt for a jump shot. The passer must give a chest pass for every front door cut. In Drill 2, Receiver must cut back door to receive the pass in the low block and complete a lay-up. The passer must make bounce pass for every back door cut.

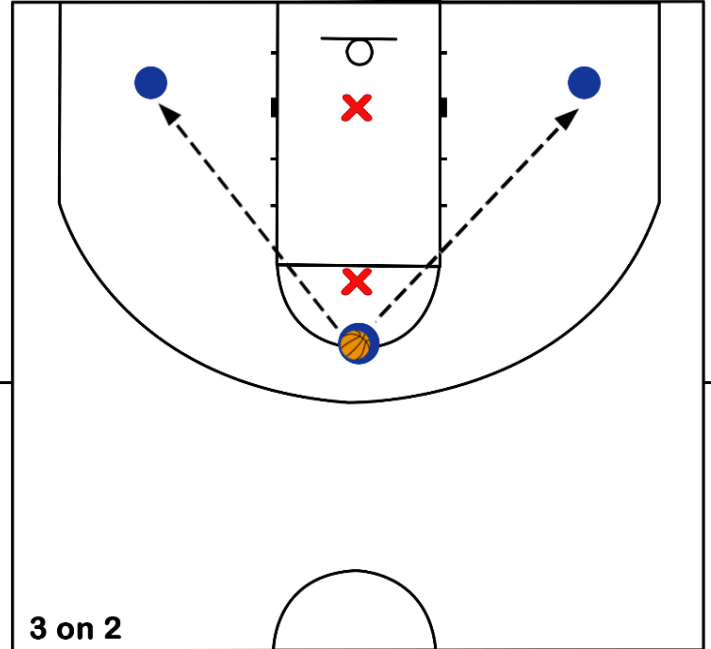
Later, the Coach has to challenge the players by combining Drill 1 and Drill 2 where the player with the ball has to decide which pass (bounce or chest) to make depending on the player cutting to receive the ball (backdoor or front door).

Outnumbered Shooting Drill

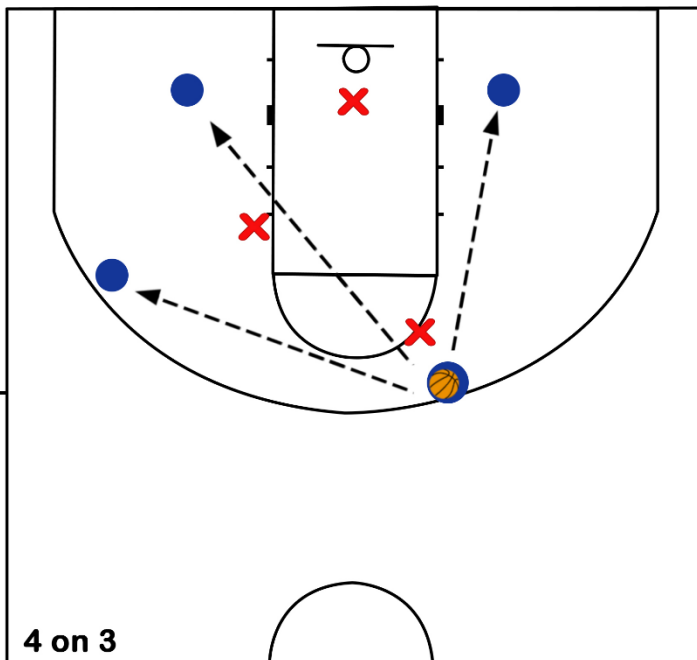
The drill is for players to develop their decision making skill with regard to shooting. The offensive team has to pass and go for the free shot by any of the players with their outnumbered strength. The defensive team which is less in number compared to the offense has to make all its efforts to prevent the offense from scoring a basket. Both the offensive and defensive players can move anywhere on the court freely without any restriction. Baskets converted from shots taken inside the restricted area will not be counted (as the drills is to improve the shooting of players from outside the restricted area). Offensive team have to give the ball to Defensive team for check ball. Defense must always first attack the ball man & keep sliding movement to continue the defense with other players. Defensive players must keep moving towards the offensive players to collapse the play. Offensive limitations such as time countdown, limiting the number of passes, denying repetition of pass between two players etc. can be used to increase the level of difficulty. This drill can also be transformed into a game by dividing players into teams and see which team scores the most number of baskets first. The drill can be started with 2 on 1 (2 Offense and 1 Defense) and later followed by 3 on 2, 4 on 3 and 5 on 4.



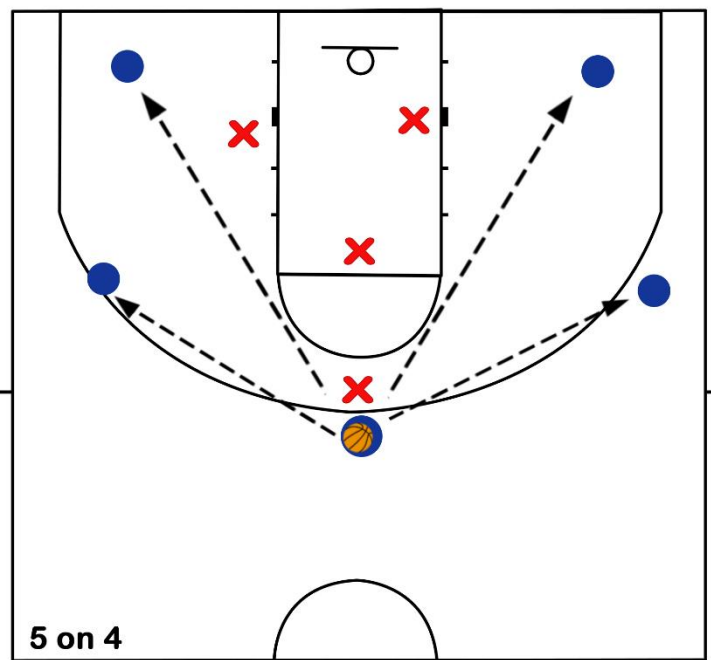
2 on 1
 ● Player with ball - - - - -> Passing Options ✕ Defender
 ● Receiver



3 on 2
 ● Player with ball - - - - -> Passing Options ✕ Defender
 ● Receiver



4 on 3
 ● Player with ball - - - - -> Passing Options ✕ Defende
 ● Receiver



5 on 4
 ● Player with ball - - - - -> Passing Options ✕ Defender
 ● Receiver

DEFENSE

Make players to understand the importance of defense. Defense is not about talent but is all about determination. Coaches have to spend more time on defense during the training. Make players realize their individual responsibility of guarding a player and preventing him from scoring a basket. Make the players feel more comfortable & be in their natural way while playing defense. The ball man must be concentrated by all players in defense. Coach must make players understand that it is not necessary to jump and contest every shot while playing defense. Players must mostly contest shots with their hands fully extended and must jump only when it is really needed. All the players in defense must learn to box out & the defense player nearest to the ball must go for the ball to gain possession as quick as possible. Players must play defense till the end i.e., until they get a rebound.

“Defense is all about making the court smaller for the offensive team to play. When the ball moves, move along with the ball and not after the player receives the ball.”

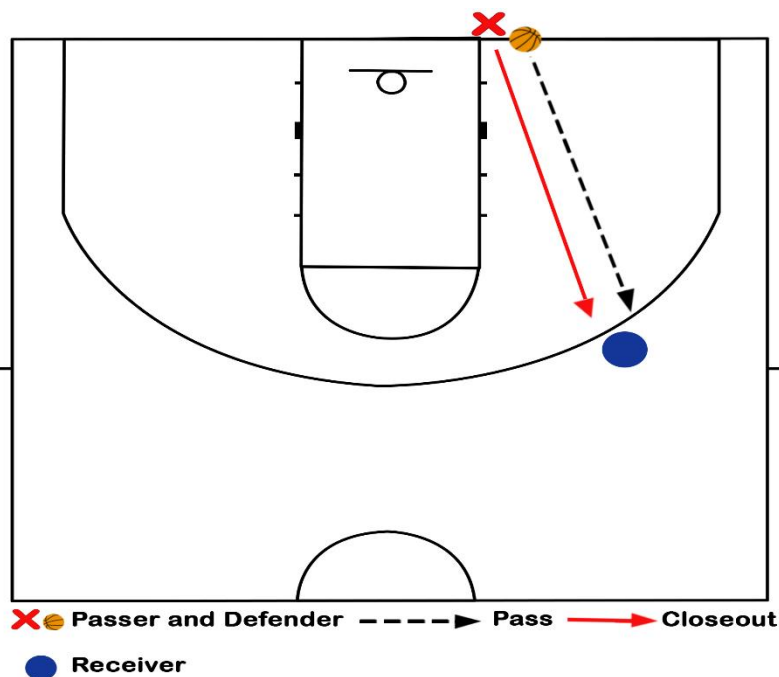
How do you measure the distance between the defender and the ball man?

- Speed & Agility of the Defender
- Speed & Agility of the Ball man
- Shooting ability of the Ball man

How does your hand and feet play defense?

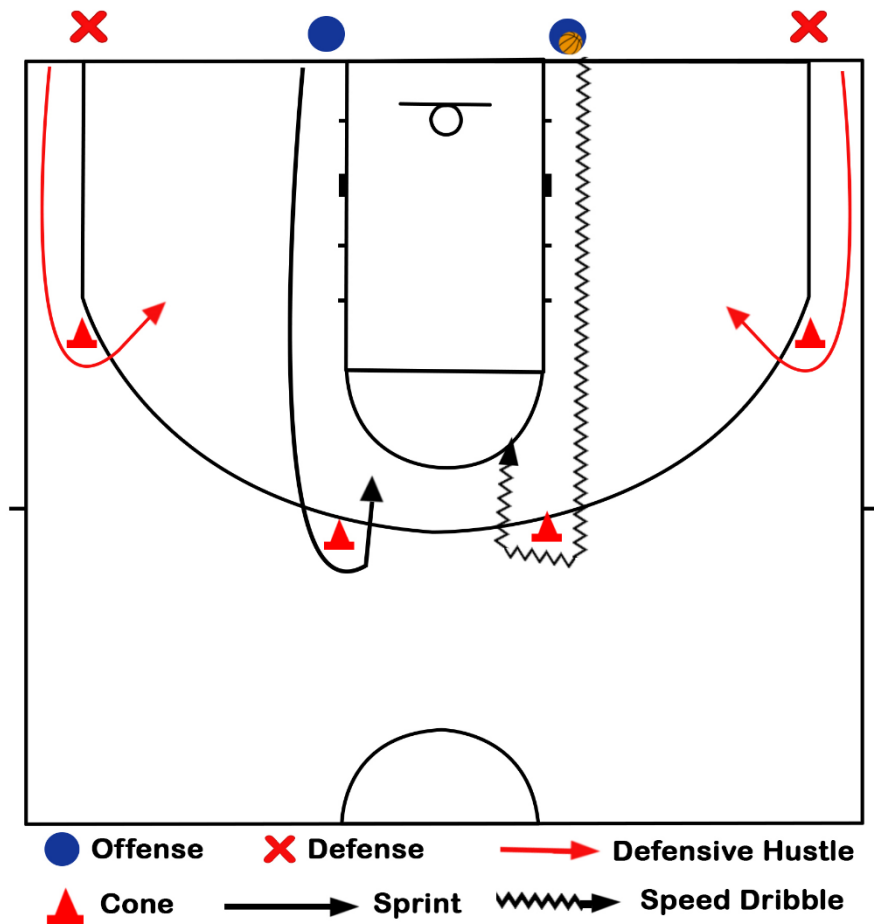
- One hand to disturb the shot(Shooting line)
- One hand to make a steal(Passing line)
- Stay on the balls of your feet (Be Quick)

Close-Out Drill



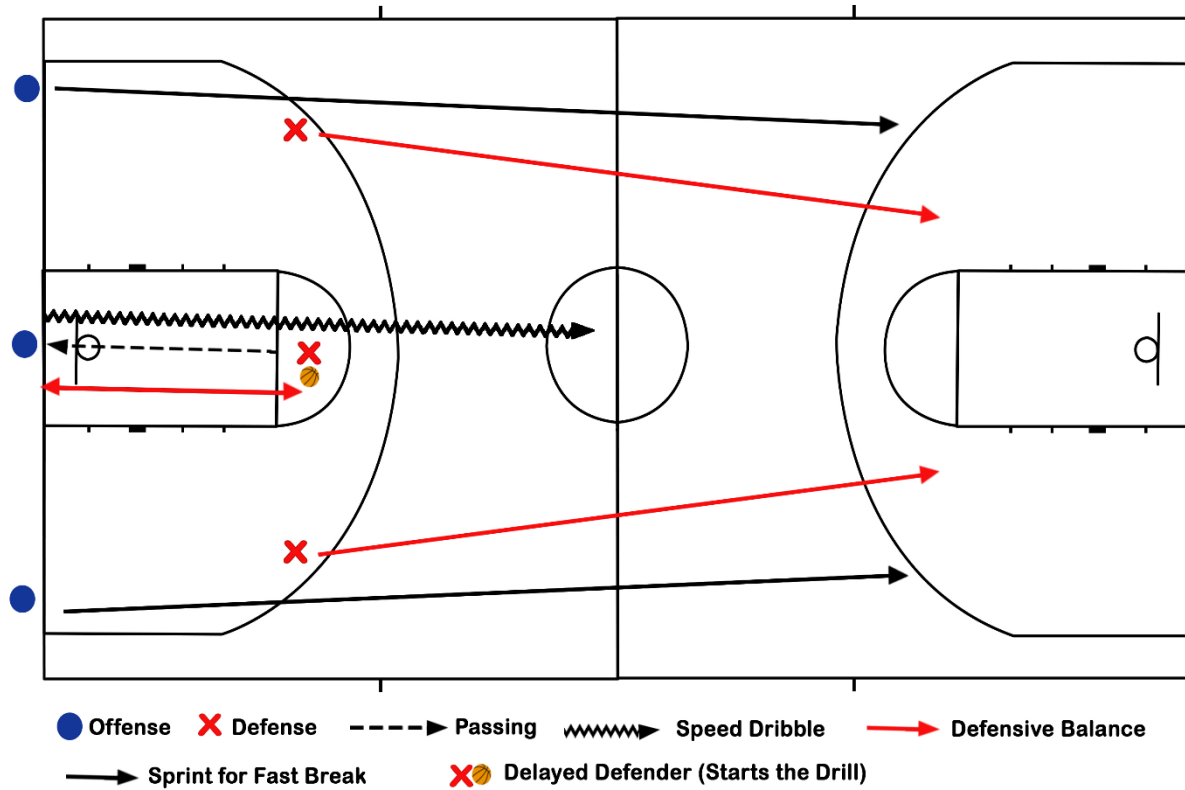
The Drill consists of two players, One on the base line with the ball and the other one on the wing beyond the arc. The player with the ball is supposed to make a pass to the receiver on the wing and start closing him out as he receives the ball (close-out immediately after passing the ball). The receiver has to play 1 on 1 after he receives the ball on the wing. The drill should focus on the players not to jump while defending but only raise hands to contest the shot. It should also make the players understand that he shouldn't steal or play for the ball in a close-out as it gives more advantage for the offense to drive-in or draw an easy foul.

Four Man Defensive Drill



The players will line-up on the endline and the two players in the outer edge will be the defense and the two players in the inner edge will be the offense of which one will be having a ball. On whistle from the coach, players in the offense have to sprint around the marking cone outside the arc and attack the basket before the defense settle down after hustling around their respective marking cones. This drill focuses on defensive hustle and recovering back quickly to guard the basket.

Transition Defense Drill



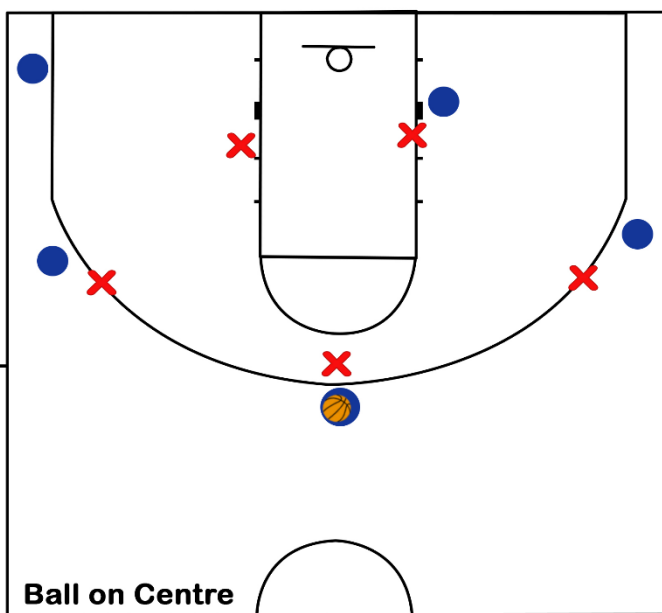
The drill consists of 3 Defensive players and 3 Offensive players. The offensive players will line-up wide spread on the end line and the defensive players will stand facing their respective man on the free throw line and its extension. The Defensive players with the ball has to pass it to his respective man, sprint and touch the endline before recovering back to defense. The offensive team can attack the opposite side basket as soon as they receive the ball who will be guarded by the other two defenders. This drill leads to an outnumbering situation and players learn ways in which they can stop an outnumbering attack. Defense must prioritize on stopping the ball man first and guarding the basket.

5 on 5 Defensive Drill

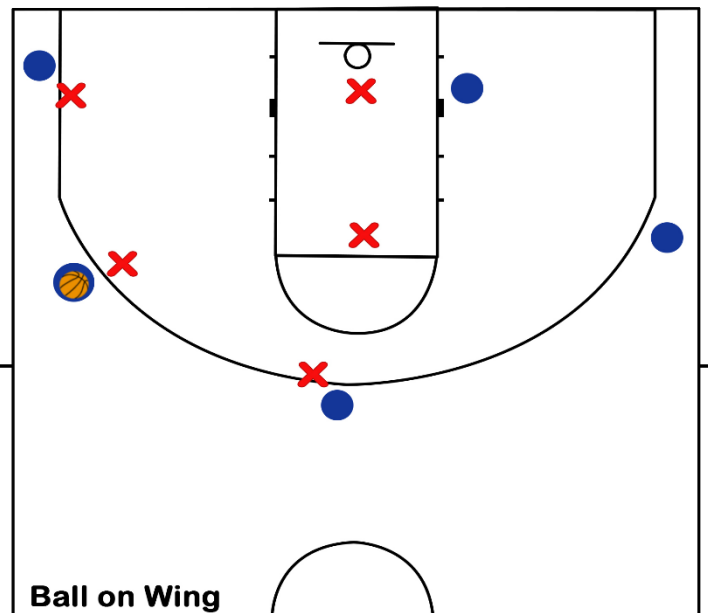
This drill teaches the players on how to position themselves while guarding a player without the ball. Players should understand that they must be in any of the three positions while playing defense:

- On-Ball Defense (Ball Man)
- Deny Defense (One pass away)
- Help Defense (Two pass away)

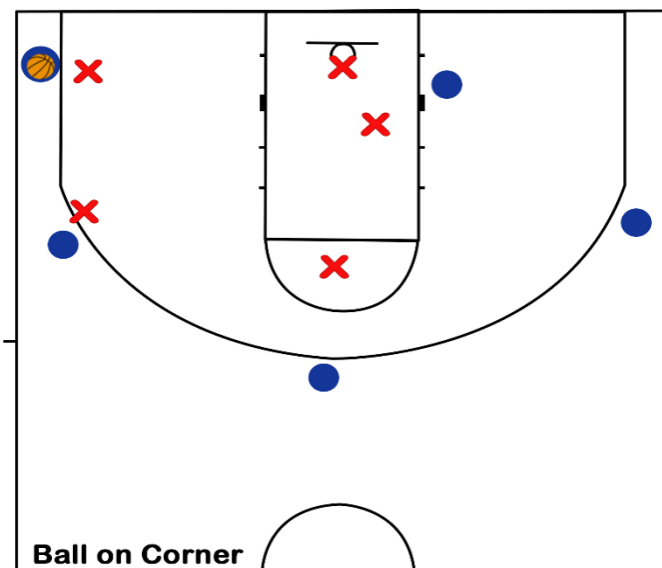
Players must realise when and where they are supposed to play in the above mentioned defense by explaining the concepts of one-pass away & two pass away. They must also be able to identify on the ball side and help side so that they can play accordingly. Coaches must explain who will be the 1st help, 2nd help and 3rd help for every particular situation. 'Help and Recover' and 'Help and Switch' must also be taught to the players.



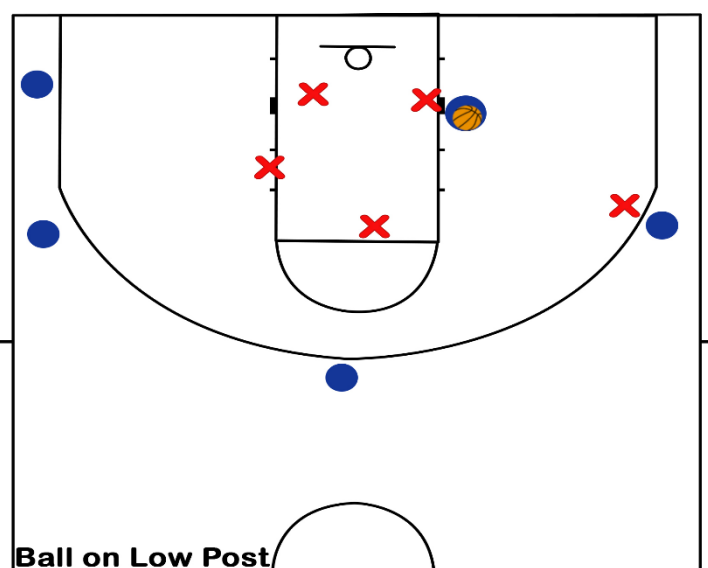
● Ball Man ● Offense × Defense



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● Ball Man ● Offense × Defense



● Ball Man ● Offense × Defense

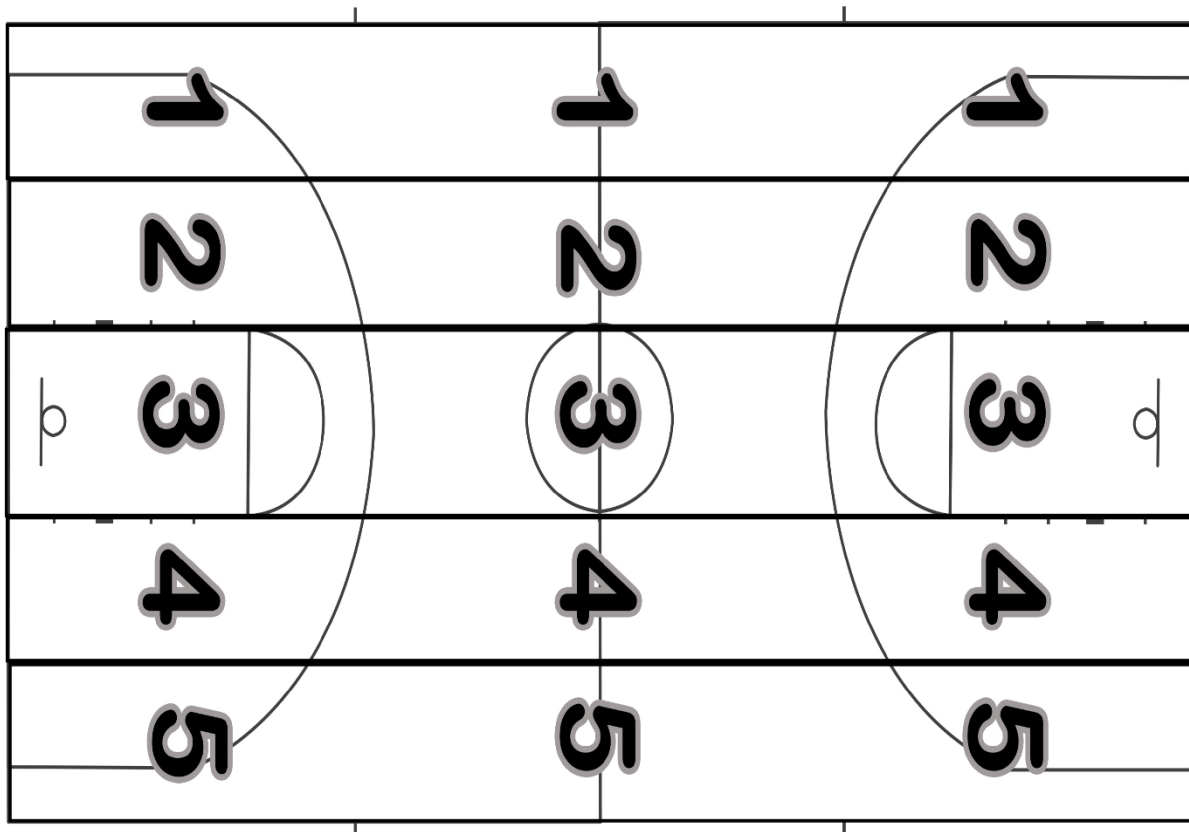
Transition Offense Drill

Offense is all about making the court look bigger so that it is easier to attack. Fastbreak and Transition scoring account to almost 60% of a team's score and is one of the easiest way to score as there is lesser or no defense during the attack. Fast Break in general is more of passing and less of dribbling.

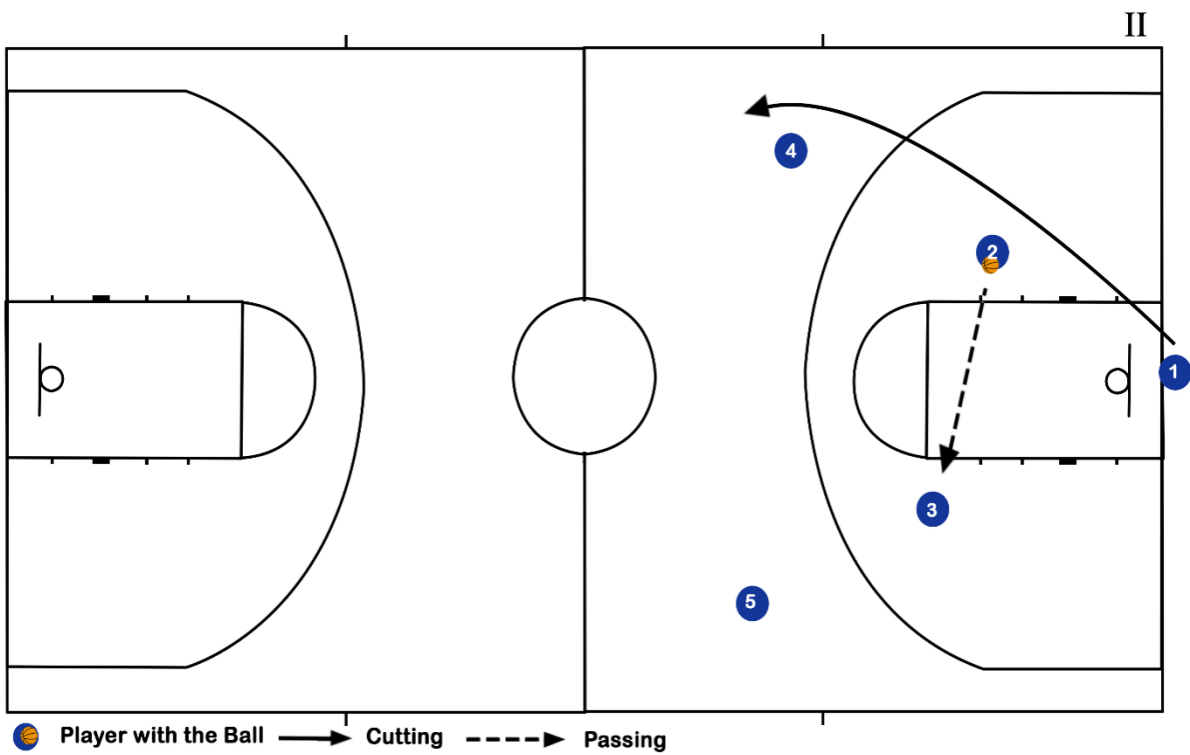
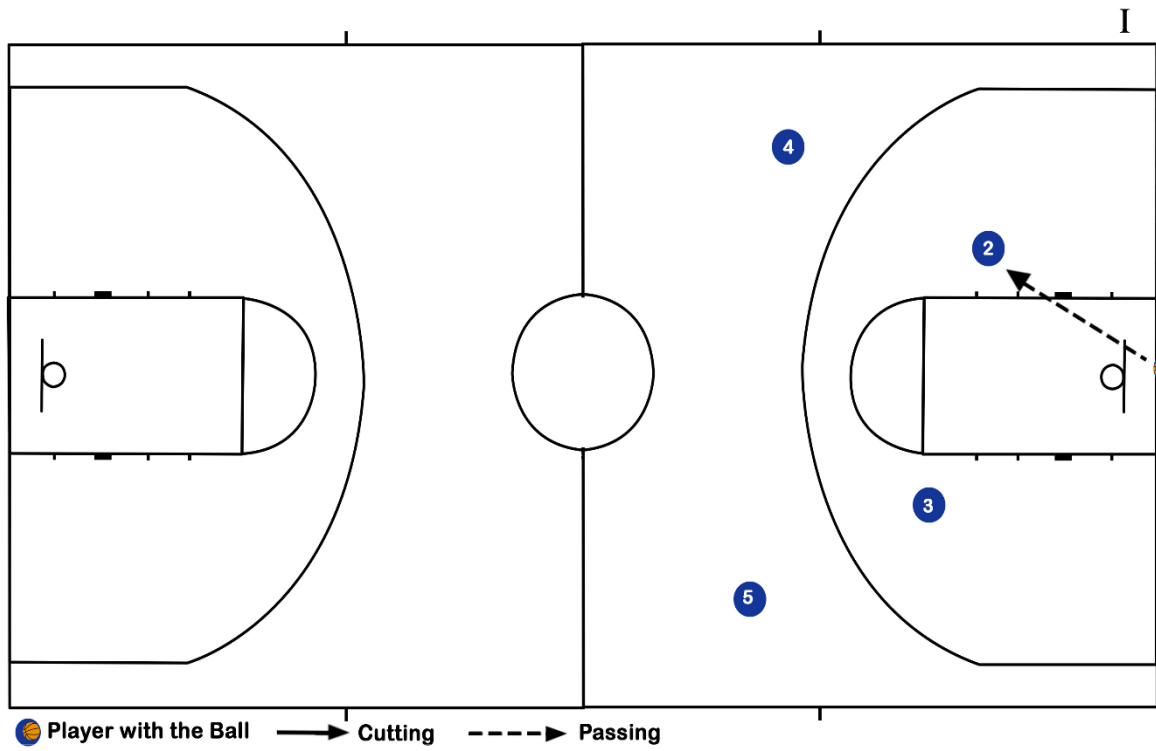
Chances of scoring in fast break opportunities

- 1 on 0 - 100% (1 Offense and 0 Defense)
- 2 on 1 - 90%
- 3 on 2 - 80%
- 4 on 3 - 70%
- 5 on 4 - 60%

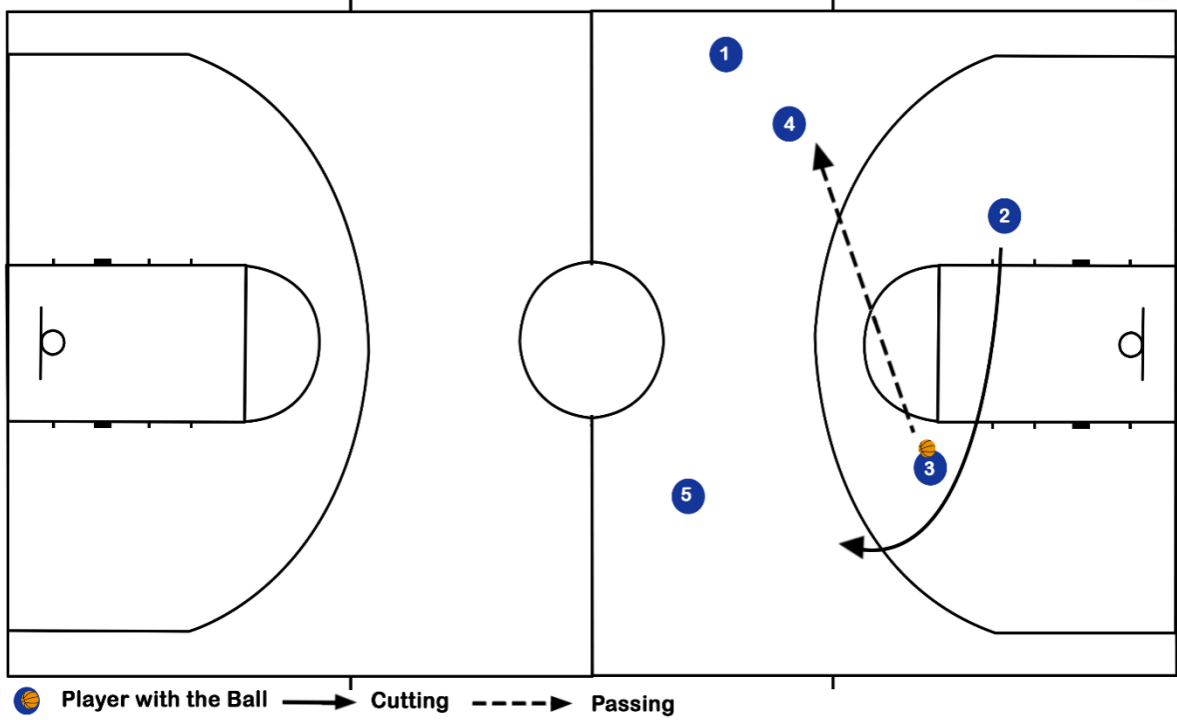
Fast Break Lanes



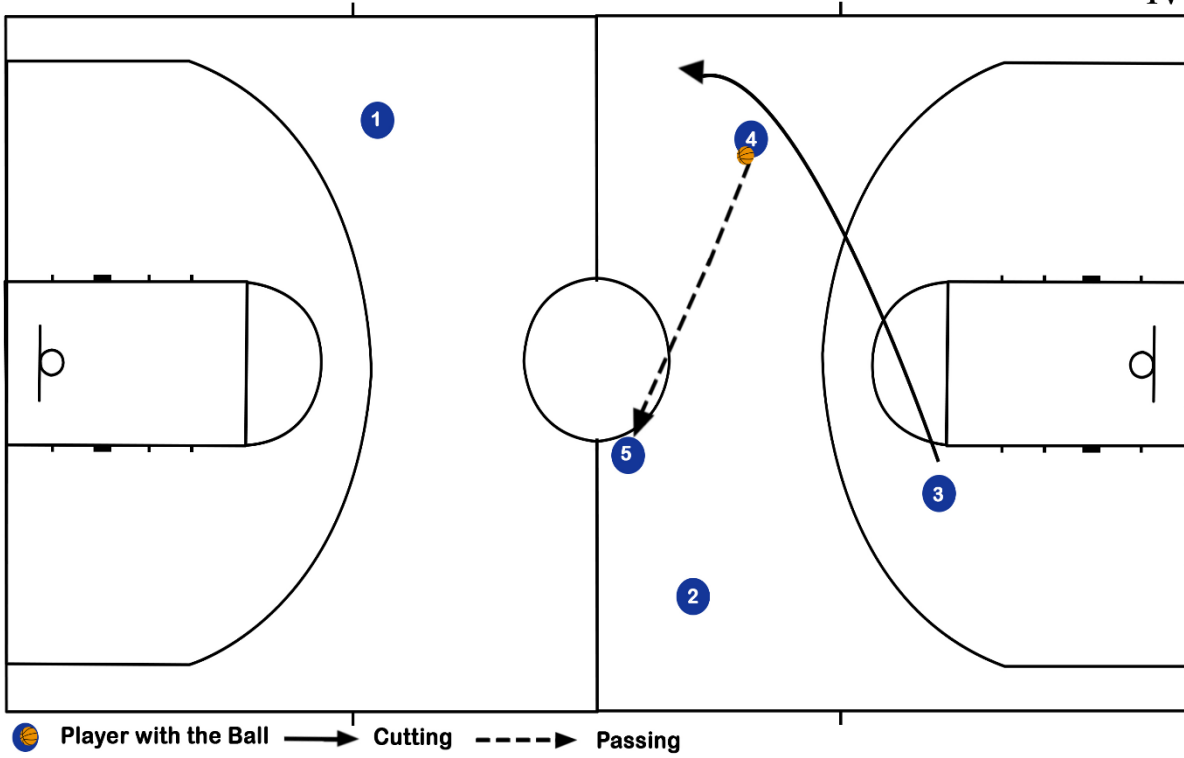
Five Man Weave Drill



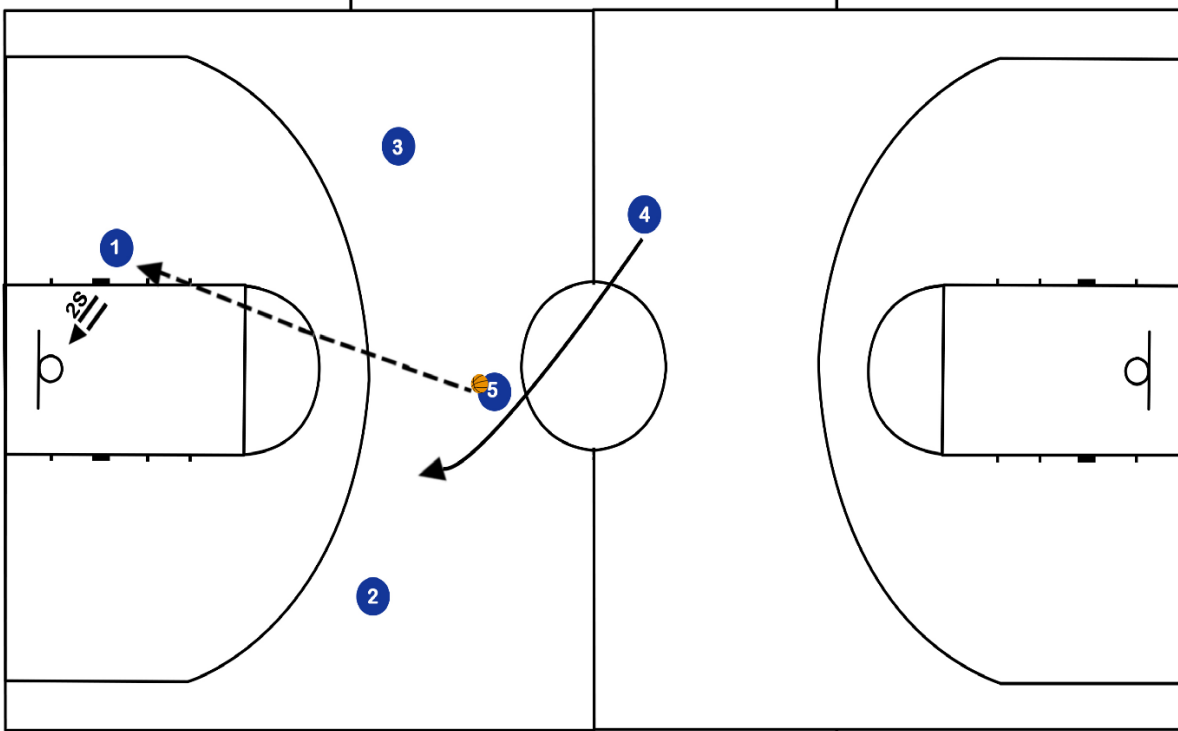
III



IV

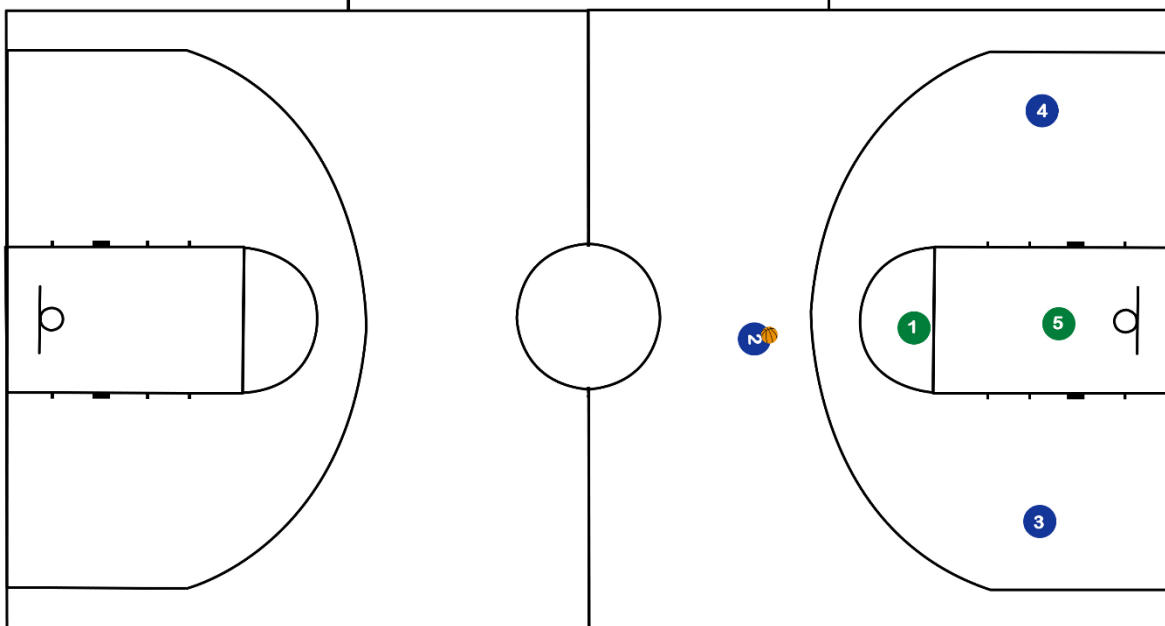


V



Player with the Ball
 Cutting
 Passing
 2S Lay-up

VI

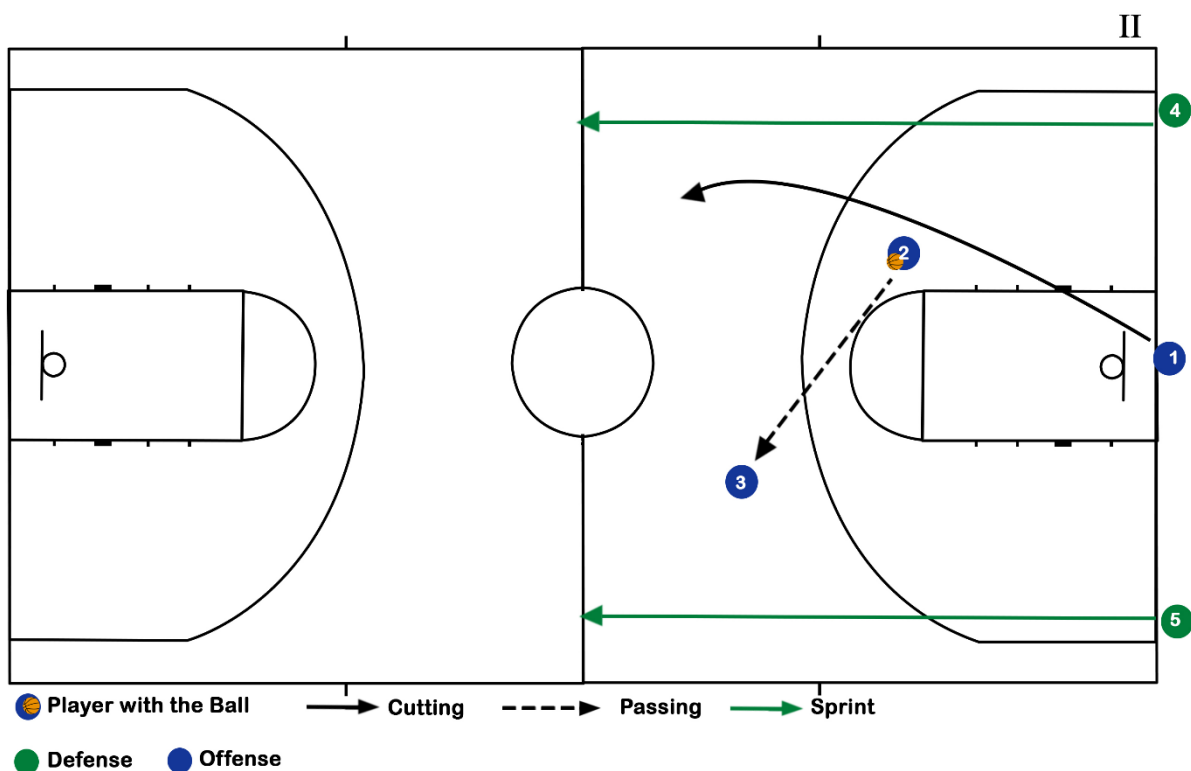
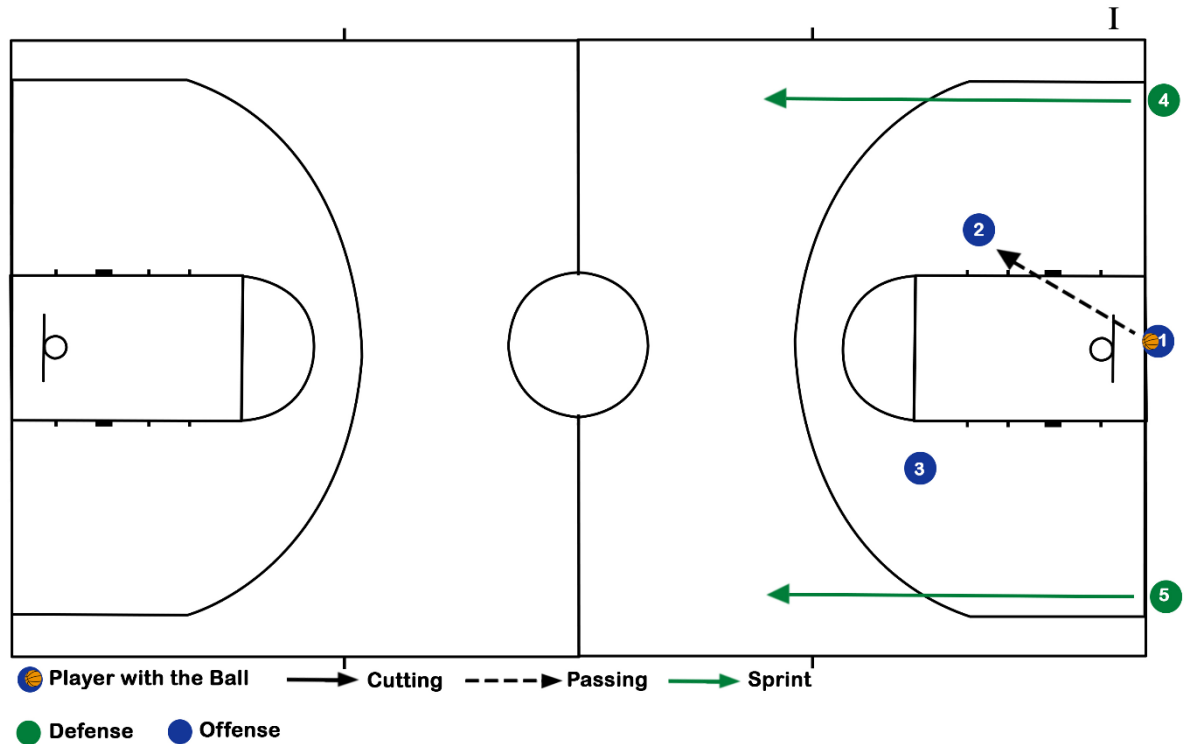


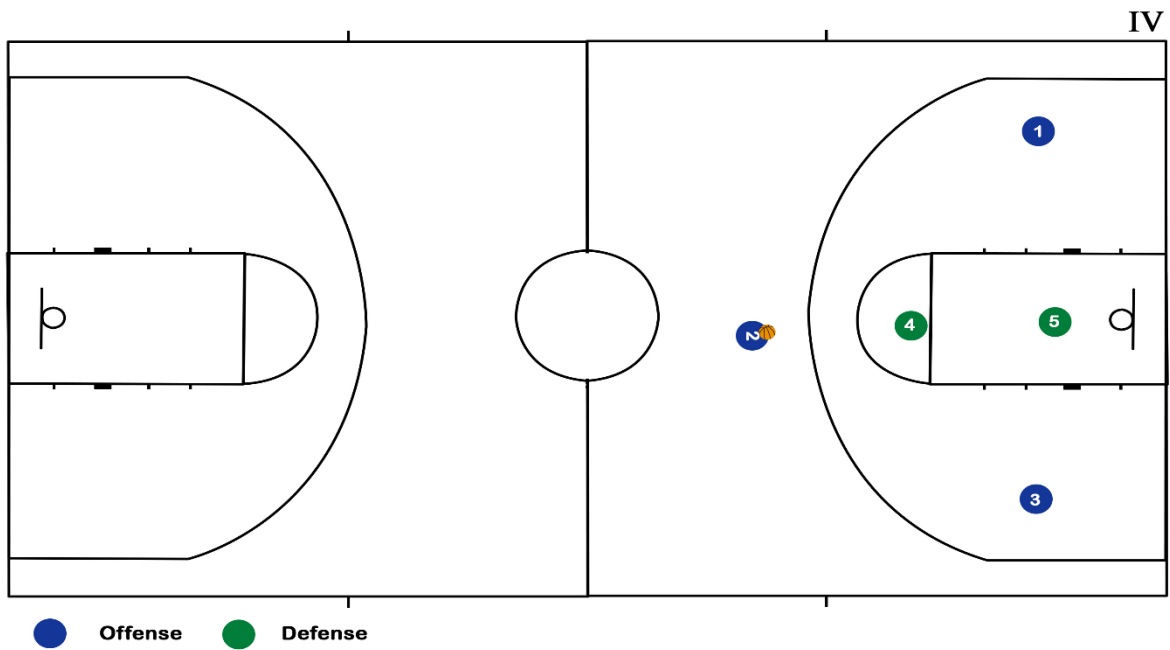
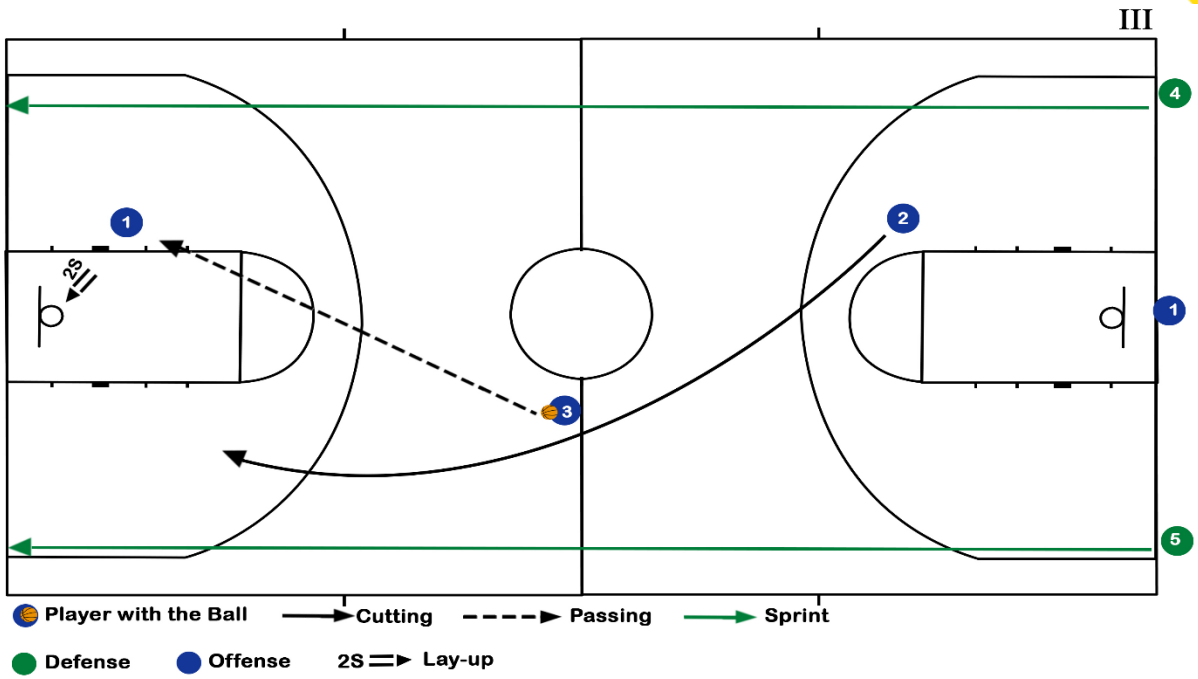
Offense
 Defense

This drill consists of 5 players who weave as they go onwards. While returning the last passer & shooter will play defense and the other players will play offense. This drill focuses on quick attack after the basket & decision making in out-numbering situation for the offense.

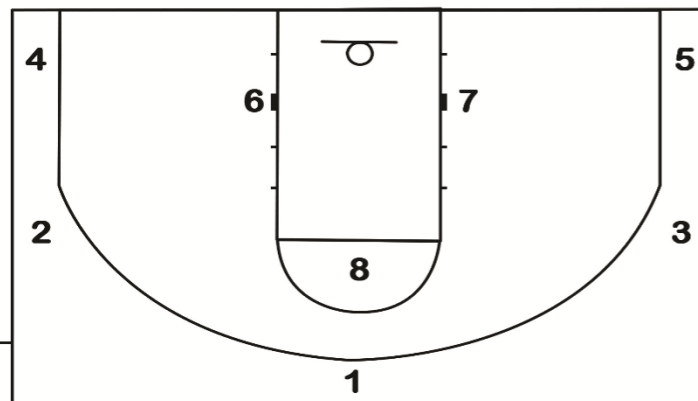
3 on 2 Outnumbering Drill

The 2 players in the outer edge will sprint to touch the endline and recover back for defense. While doing this, the 3 players in the middle will do 3 man weave which is completed by a lay-up shot. While returning back the 3 players in the middle will play offense while the other two players on the outer edge will play defense. This drill also focuses on quick attack and handling outnumbering situation.





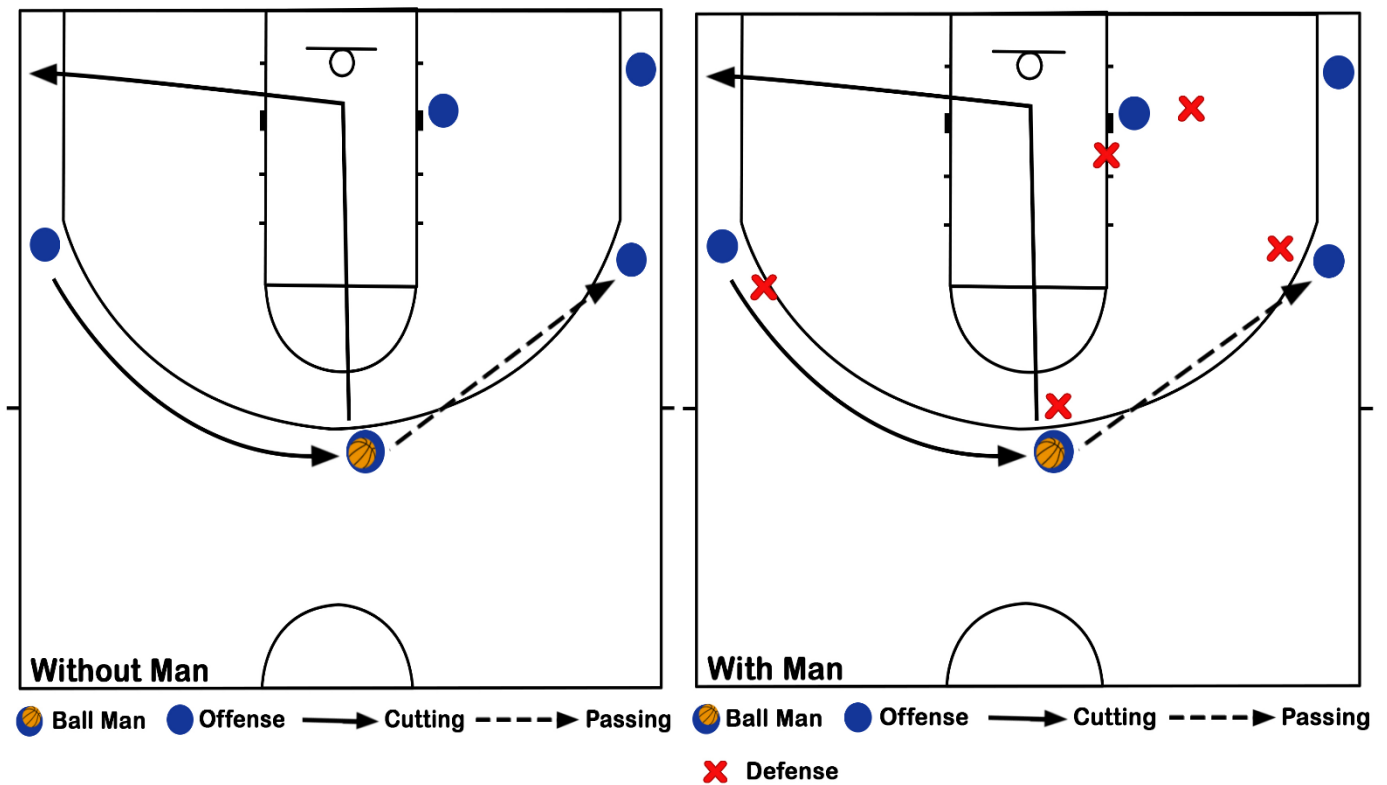
8 Spots on the Court



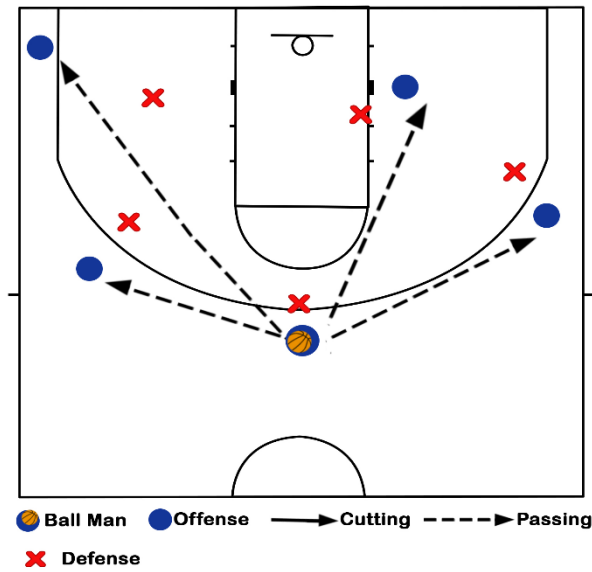
- 1** Centre
- 2 & 3** Wing
- 4 & 5** Corner
- 6 & 7** Low Post
- 8** High Post

Filling the Spots Drill

The Drill consists of 5 players who will pass the ball, cut to the basket asking for the ball and then fill a new spot on the court which is empty. The spot can be any of the above mentioned 8 spots but it must be free without any preoccupied players. Other players without the ball can replace any spot which is empty to receive the ball if there is such a necessity. Players keep passing, cutting and filling spots. Finally on command of the coach the player with the ball will go for a lay-up. This drill can be done initially without defense and later defense can be added. While playing with a defense players can attack and score if they are open.

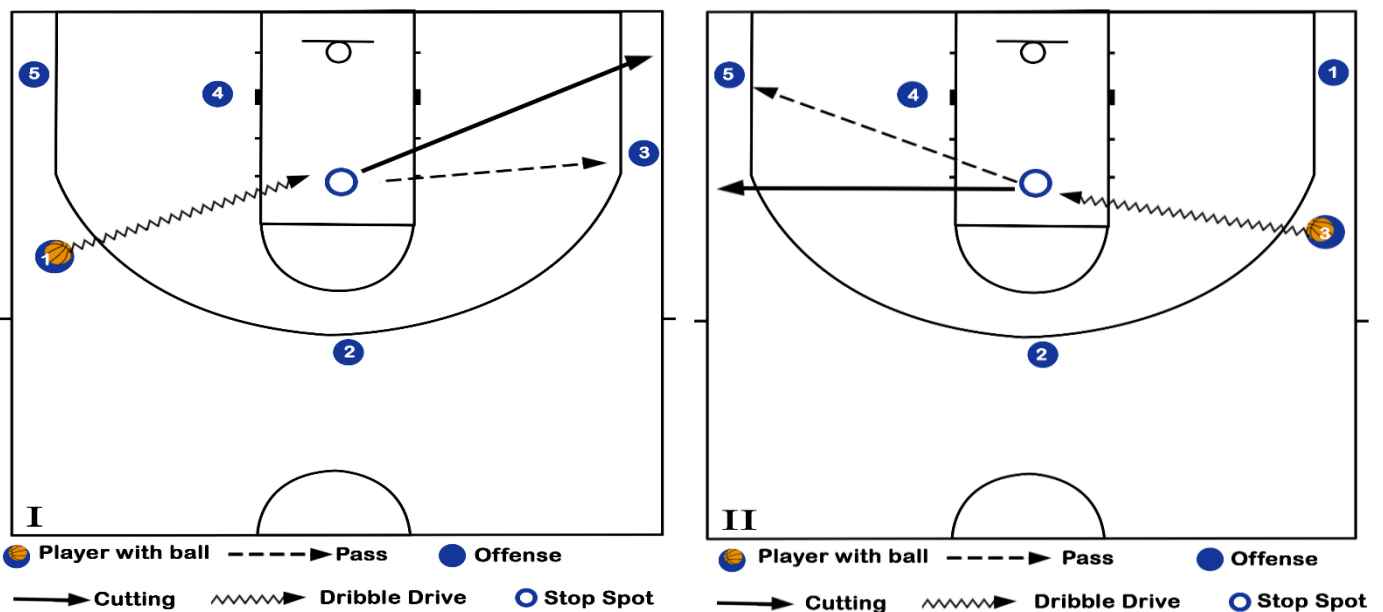


10 Passes (Game)



This game consists of 5 offensive players and 5 defensive players. The 5 offensive players can attack the basket only after making 10 passes within their teammates. This game can be played with half court for the bigger kids and full court for the smaller kids. The game emphasize on moving to receive the ball and to move to a new spot after passing the ball. The defensive team will turn into offense after a violation / turnover or when a rebound is gained. Players can be challenged by placing difficult levels such as no repeating passes between two players, passes between two players will be counted as one, reducing the court space to 3 point arc etc.

5 Man Drive & Kick-Out Drill



Player with the ball drives and kicks it to the open man. After kicking he is supposed to go and fill in a new spot. The receiver also drives and kicks out once again. The number of drive-in / kick-out before going for the shot can be decided by the coach. The type of shot taken can also be changed such as lay-up shot, 3point shot, 1 dribble jump shot etc.



Sample Practise Schedule

Warm-up (15 Mins)

Ball Handling and Shooting Drills

Decision Making and Transition Drills

Minor Game (20 Mins)

1 vs 1

2 vs 2

3 vs 3

Water Break (5 Mins)

Teach New Things (Building Skills) (20 Mins)

Game (Focus on the new things taught) (20 Mins)

3 vs 3

4 vs 4

5 vs 5

Cool Down (10 Mins)

Note: Conditioning and Strength workouts must be done with the ball and in relevance to the game of basketball.

For Video Reference : <https://www.youtube.com/channel/UC3t-nV7fuNWRwZICSsdm1Aw>

... END ...