



AUSTRALIAN DEVELOPMENT CAMP

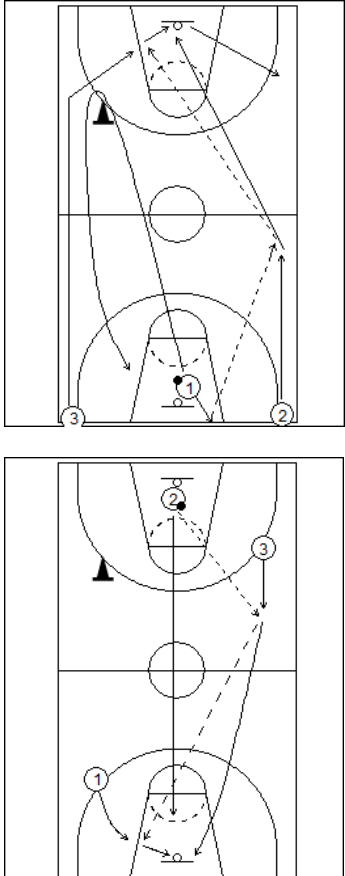
21 - 24 JUNE 2010

AIS CANBERRA

Australian Development Camp June 2010

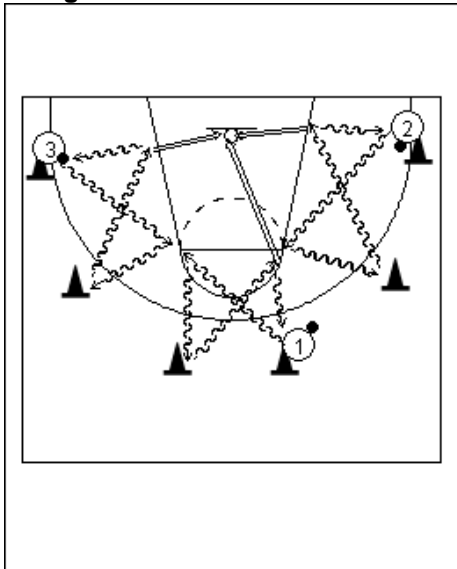
Monday

2.00pm to 3.30pm **Session 1 – Ball Handling / Individual Offence**

2.00pm	<p>Ball Handling Maravich Drills</p> <ul style="list-style-type: none"> • Body Wraps • Figure 8 • Spider <p>2 Ball Ganon Baker</p> <ul style="list-style-type: none"> • Crossovers • Machine Gun • Octopus • Pairs with passing to outside hand
2.15pm	<p>Dynamic Stretch</p> <ul style="list-style-type: none"> • Inch Worm • Hip Flexor • Glute • March • Hamstring • Quad
2.25pm	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Jacobs Drill</p>  </div> <div style="width: 50%; border: 1px solid black; padding: 5px;"> <p>Drill</p> <ul style="list-style-type: none"> • Player 1 makes a basket to commence • Player 2 and 3 sprint wide • 1 takes ball out of net, snaps head over shoulder takes 2 steps out of court to outlet ball • 2 receives outlet • 3 runs around the cone or object to complete a lay up • 2 rebounds takes it out of court if lay up made and • 3 sprints to sideline for outlet • 2 passes back to 3 • 1 runs around cone and sprints outside lane to complete lay up • 3 passes to 1 for the lay up <p>Target</p> <ul style="list-style-type: none"> • 12 up and back's without any missed lay ups or the ball hitting the floor. • On made baskets ball must be taken out of court • Score returns to 0 on any error. </div> </div>
2.30pm	<p>Handles</p> <p>Routine completed in lines down court</p> <p>A. 1 bounce in between B. Cant complete same twice C. Eyes closed D. No safety bounce in between</p> <ul style="list-style-type: none"> • Crossover technique – In Out Dribble • Behind Back • Through Legs • On-Side – Fake Crossover

2.40pm

Change of Pace Drill



Drill

Players commence beside cones.

Player 1 rips through and accelerates to elbow then changes pace to drag and separate back to cone above elbow.

As they reach cone they square up, hesitate and accelerate again at opposite elbow.

This continues and player shoots at elbow on fourth go.

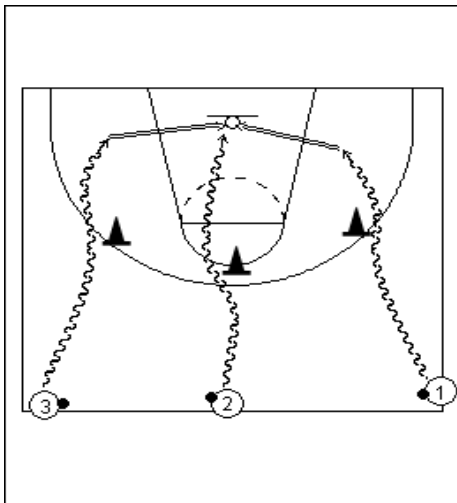
Points

- Stay low till you shoot the ball
- Do not slow down
- Wide and rip it through on the crossover
- Keep the ball outside feet
- Hesitate – stand up
- Shoulder to hip of defender

Player 2 and 3 complete attacking the block and the elbow.

2.45pm

Moves off Dribble 1 V 0



Drill

Players start in three lines, place a cone or line in front of each line around the three point line.

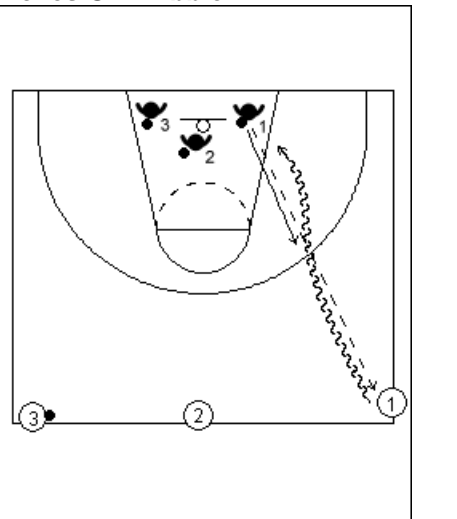
Stagger the lines so not going at the same time

Emphasis

- Shift the weight of the defender
- Read D
- Change of pace
- Stutter Step, short, sharp steps
- Hesitate
- Blast to basket
- Shoulder to hip of defender
- One dribble only past three point line

2.55pm

Moves Off Dribble 1 V 1



Drill

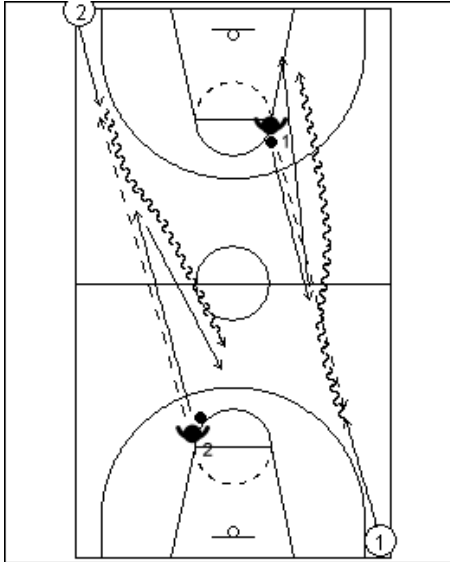
Same as above except this time the ball is passed to the dribbler.

Defender must challenge the dribbler to force them to make a move

Emphasis

- As above read defence

Roll It Drill 1 v 1



Drill

The ball commences with athletes at the elbow as diagrammed. The ball is rolled down court and is picked up by the player in the corner who is building up speed.

Emphasis

Offence

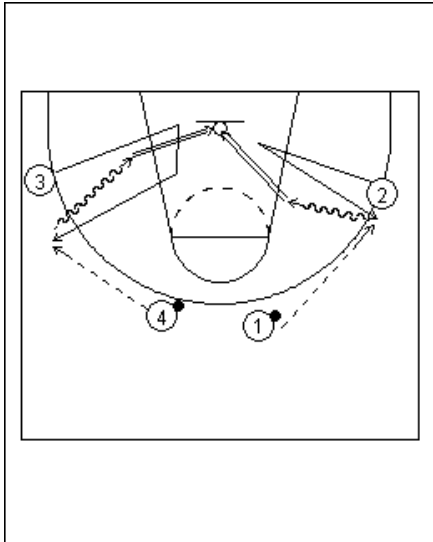
- Moves off the dribble
- As per previous drills

Defence

- Contain and slow down the dribbler
- Channel to side and short corner
- Do not allow in the key way
- Keep head back
- Body balance

3.05pm

Forward Lead 1 v 0



Points of Emphasis:

- Change of pace
- Catch Fake
- Seal and Slash
- Target hand
- Close Gap, Step, Reverse Spin

3.15pm

Reading Defence

Head Coach to Drill:

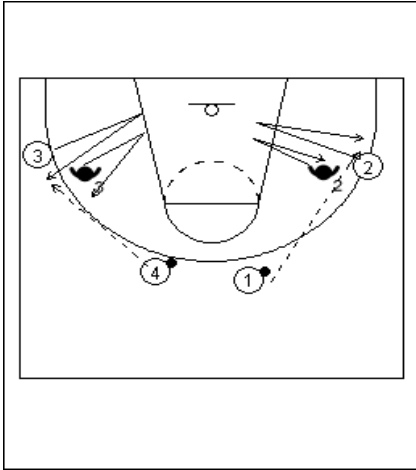
- Opals Roll in
- Jab Step
- Shot Fake
- Air Catch
- Spin move off inside foot V 'D'
- Spin move to fade away V 'D'

Drill 1 V 0 mass Jab Step, Shot Fake

- Jab Step (drive fake)
Short Sharp Step, Shift ball to knee, make realistic, sell with eyes
- Shot Fake
Quick ball movement, ball to forehead, make realistic, sell with Eyes

Drill 1 V 1

- 1 dribble unless Defence beats to spot then 2 max



Emphasis:

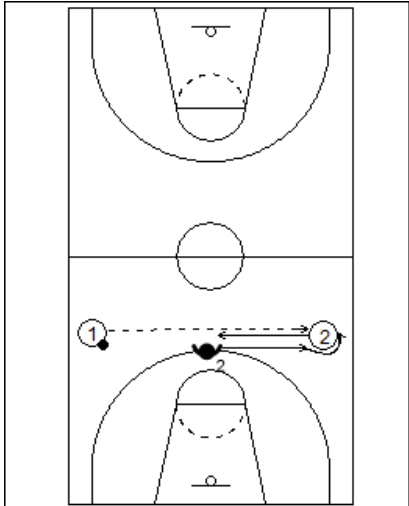
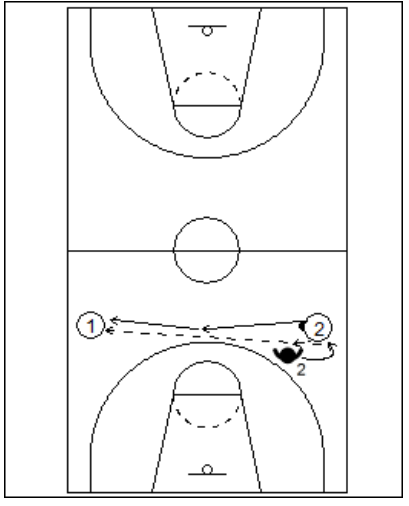
Read Defence and attack

- Lead Foot
- Shift in weight, forward, side
- Go on 2nd or 3rd fake
- Change pace and roll in to gain advantage if gap closed

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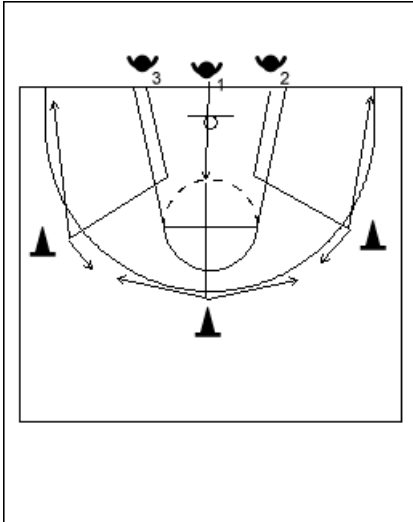
Monday

7.00pm to 9.00pm Session 2 Individual Defence

7.00pm	<p>Mass Close Outs</p> <p><u>Key Focus Points:</u></p> <ul style="list-style-type: none"> • Watch the eyes of the player you are closing out on. • Eyes up for shot - Long Close Out, 2 hands up. • Eyes down for drive - Short Close Out, 1 hand trace, 1 hand spear. <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div style="width: 45%;">  </div> <div style="width: 50%; padding-left: 10px;"> <p>01 commences with the ball. X2 defender commences on the split line. 01 passes to 02. X2 closes out to 02 as they receive ball. Add a dribble either left or right, contain one or two dribbles. See below for close out key points.</p> <p>As 02 catches the ball in the air have them imitate either of the following:</p> <ol style="list-style-type: none"> 1. Eyes up for a shot 2. Eyes down as if to drive <p>02 hands the ball to x2 and then moves to the split line. x2 waits until 02 reaches the split line and then skips the ball to 01, 02 closes out to 01 and the drill continues</p> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div style="width: 45%;">  </div> <div style="width: 50%; padding-left: 10px;"> <p><u>Long Close Out:</u></p> <ul style="list-style-type: none"> • Stutter step into stance, throwing head back, nose behind toes • Lock hips down • 'Feet defend feet' straddle the lead foot • 'Hands defend the ball' both hands up to challenge shot • Big to Bigger • Mirror three point line • Do not reach <p><u>Short Close Out:</u></p> <ul style="list-style-type: none"> • Stutter step into stance, throwing head back, nose behind toes • Pick spot on floor to beat the driver to • 'Feet defend feet' straddle the lead foot and contain drive • 'Hands defend the ball' 'trace hand' to defend pass and shadow ball. 'Spear hand' to defend the crossover • Big to Bigger • Mirror the three point line • Do not open up and give a driving lane </div> </div>
7.15pm	<p>Dynamic Stretch</p> <ul style="list-style-type: none"> • Inch Worm • Hip Flexor • Glute • March • Hamstring • Quad

7.25pm

3 Line Close Out



Drill

Players commence in three lines on the baseline sprint and stutter at mid point of keyway.

On coaches command close out to respective spots and then rehearse containing 1 to 2 dribbles

On the wings one hard step to middle to simulate taking this away.

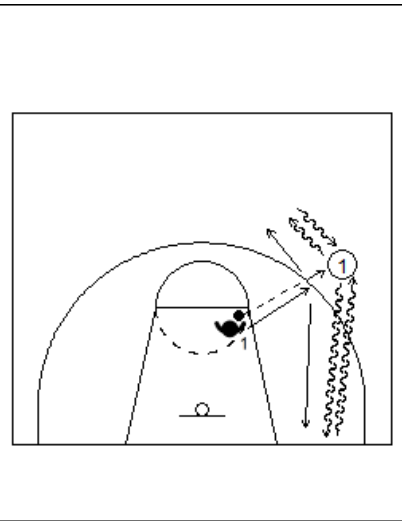
Then hard containment to short corner

Emphasis

- As above for close outs
- Mix up Long and Short Close Out through coach command

7.30pm

Close Out X 3 Drill



Drill

X1 commences with the ball on the edge of the keyway and passes to O1.

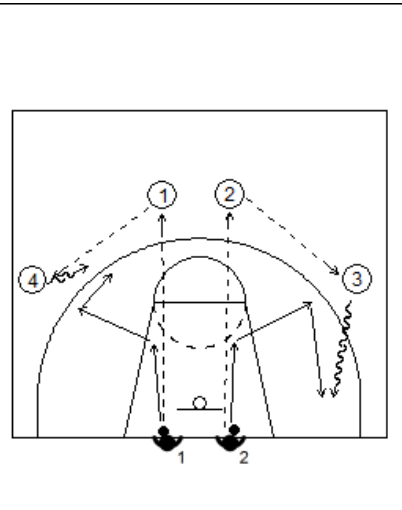
X1 then proceeds to close out long or short depending on the eyes and movement of the offence.

O1 then proceeds to drive middle then retreat to original start point. Then O1 penetrates baseline and retreats again to starting point.

This is repeated three times and then becomes live 1 v 1 till a stop or a score.

7.25pm

Close Outs with feeder



Drill

Drill commences as diagrammed

Pass is made to guard spot passers move to mid keyway.

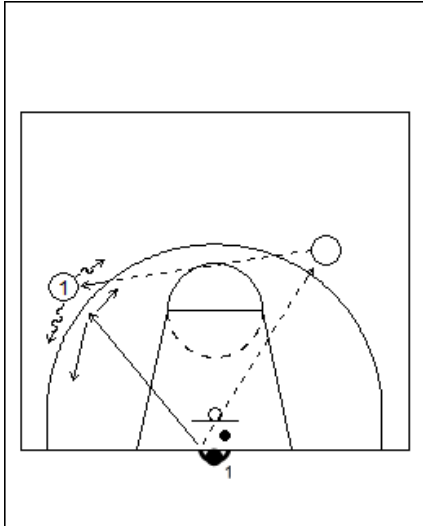
When ball is passed to forward spot a close out is completed with an emphasis on reading defence and containing one or two dribbles

Emphasis

As per long and short close out in previous drills

7.25pm

Drexel Close Out Drill



Drill

Pass is made wing and then the ball is skipped as diagrammed.

A close out is completed.

This time it is 1 v 1 to a score. If defender steals ball or

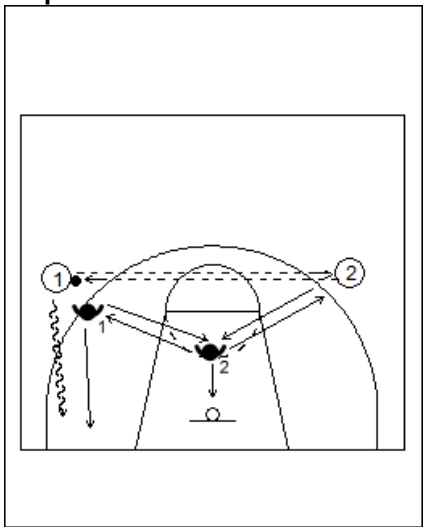
Offence is allowed 1 dribble, 2 dribbles if defended well on drive

Emphasis

- Defend 1 to 2 dribbles

7.35pm

Skip Pass Close Out Drill



Drill

Ball is skipped twice across the floor.

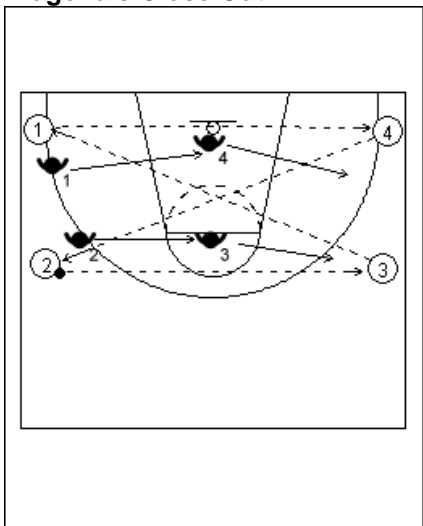
Once this happens it become live 2 V 2

Emphasis

- Close Out Technique
- Long and Short Close Outs
- As per teaching points
- Defend 1 to 2 dribbles
- Do not allow the ball in the keyway

7.45pm

Diagonals Close Out Drill



Drill

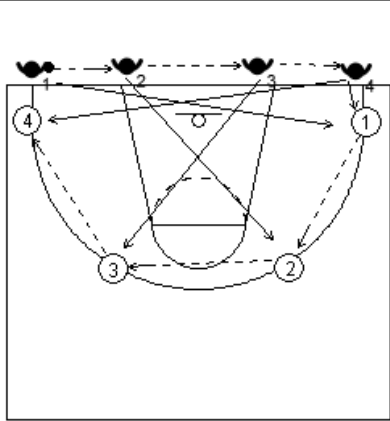
Players commence as diagrammed.

Contain the ball, deny pass and top and bottom of split.

If a straight pass is made a diagonal pass must be thrown next then back to a straight pass.

7.55pm

Baseline Diagonal Close Out Drill



Drill

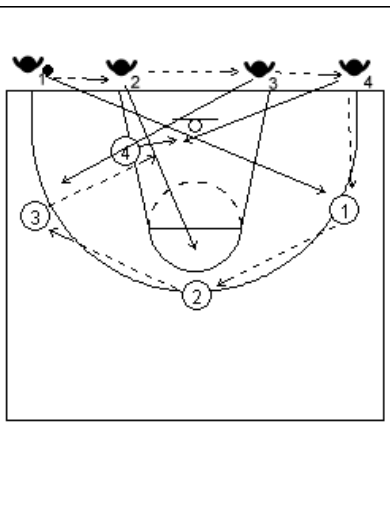
Athletes line up as diagrammed
The ball is passed along the baseline and then passed around the perimeter as diagrammed.
The athletes on the baseline close out diagonally opposite to their respective player and in this instance number.
After the ball has been reversed it becomes live and played out 4 V 4

Emphasis

- Close Out Technique
- Defensive Adjustments
- Beating the ball to the spot
- Jumping to the ball

8.05pm

Baseline Diagonal Close Out + Post D



Drill

Athletes line up as diagrammed except this time with a post player.
The ball is passed along the baseline and then passed around the perimeter as diagrammed.
The athletes on the baseline close out diagonally opposite to their respective player and in this instance number. Player 4 sprints to defend the post and works to gain front position and $\frac{3}{4}$ front the post with toes in.
The Post player on Offence should seek out the post defender and attempt to seal them under the basket.
After the ball has been reversed it becomes live and played out 4 V 4.

Emphasis

- Close Out Technique
- Defensive Adjustments
- Beating the ball to the spot
- Jumping to the ball
- Post Defensive principles

Post Offence

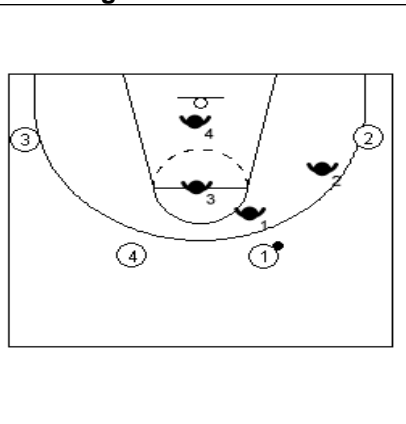
- Attempt to seal the defender
- Lock feet and slash arm
- Seal as close to basket as possible

Post Defence

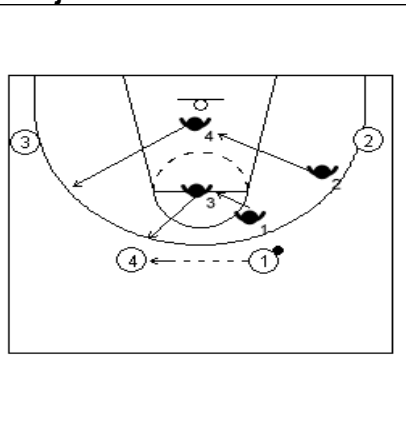
- Keep feet clear at all times
- Work around to $\frac{3}{4}$ front the post
- Do not wrestle use feet to gain position

Shell Drill Principles

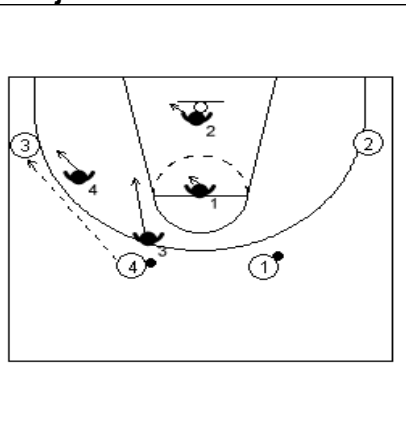
Basic alignment



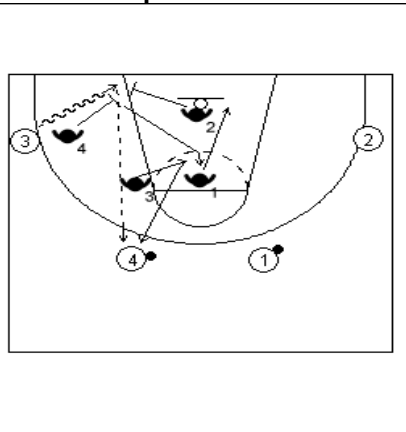
D Adjustments



D Adjustments



Baseline trap and rotation



Drill

- Shell Drill 4 V 4

Key Focus Points

- Defensive adjustments
- Jump To Ball
- Flat Triangle

On Ball Defence

- Nose to shoulder, force to baseline corner, mirror three point line
- Nose behind toes
- Feet wider than opponents
- ABSOLUTELY NO MIDDLE PENETRATION
- Spacing, gap the ball with hand pressure, arms distance, enough to mirror the ball
- Spear and Trace Hand
- Communication – "BALL"

Wing Lead Denial

- Deny the entry pass to wing
- Closed Stance
- Head on shoulder
- Hand in passing lane
- Carry an arm bar
- 1/3 to 1/2 separation from cutter
- Head in middle – do not shift weight
- Communication – "Deny"

Guard Lead Denial

- Jump to the ball in Open Stance
- Sink in to help on middle penetration
- Nose to inside shoulder
- Point hip to the ball
- Carry hands – point pistols
- Head in middle – do not shift weight
- Communication – "Deny"

High and Low Help Off the Ball

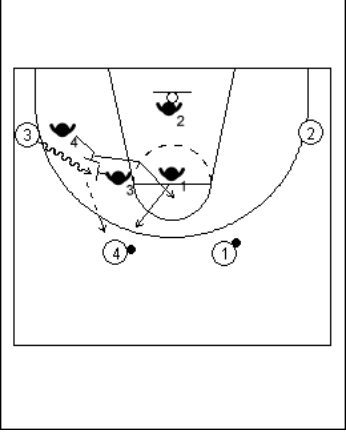
- Open Stance
- Hip to Ball
- Carry Hands
- Stay low, ready to react
- 60 - 40 vision
- Communication – "High" "Low"

Trapping Baseline

- Cue's
- One dribble = One hard step
- Two dribbles = ready to trap
- If Low defender can see chest of dribbler trap
- Communication to beaten defender "go"
- Beaten defender to sprint find open man (second pass)
- Trapper stays with ball / opponent
- High help, drops to lane line to cover weak side corner
- High help aim to steal or deflect
- Guard defender sink in and play 2 (guard first pass out)

Trapping Middle

- If ball is penetrated middle from wing
- Step hard to ball
- Show number and then step and recover to player
- If trap, call "go"
- Beaten defender to sprint and find open man.

	<p>Shell Drill continued:</p> <p>Middle Trap and Rotation</p> 
<p>8.15pm</p>	<p>Shell Drill 4 V 4 Play on coach command</p> <p>Scoring during Shell Drill</p> <ul style="list-style-type: none"> • You can only score with a Defensive stop • To be able to play Defence you must score Offensively • When Offence score automatic change over • If Defence gain possession from a stop or turnover they stay on Defence and gain a point • Play first to 7
<p>8.25pm</p>	<p>Shot Technique Palubinskus</p> <p>Technique breakdown</p> <ul style="list-style-type: none"> • Index finger, L of molten, valve, pointed at rim • Fingers spread as wide as possible • Straight line from finger • Arms Out • Break of knees, elbow and wrist • Shot technique in pairs • Against the wall • At basket • Free Throws • Off a straight lead from the baseline • Free throws as a squad three baskets, count made shots, set target
<p>8.55pm</p>	<p>Warm Down</p>

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Tuesday

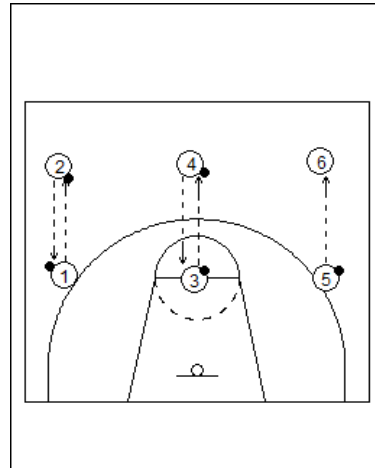
9.00am to 11.00am Session 3 – Fast Break / Transition

9.00am

Passing

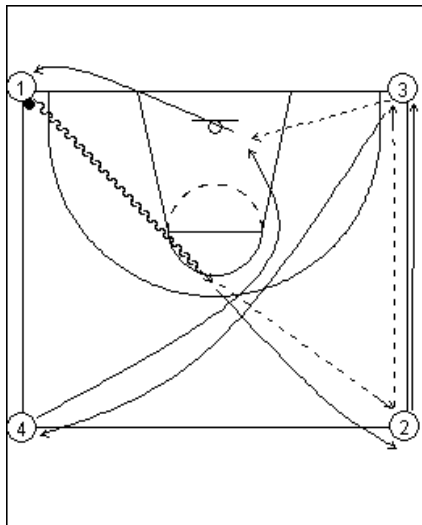
Pair Passing (2 ball)

- Bounce Pass / Chest Pass
- Circle (Right / Left)
- Through Legs
- Finger Tip Control
- Behind Back



4 Corner Passing Drill

4 Corner Dribble / Pass / Lay Up Drill



Drill

Player 1 dribbles to three point line and completes a jump stop and pass to 2.

2 passes down the side line to 3 while 4 sprints around the elbow of the keyway to received the ball from 3.

Drill rotation follow your pass, 1 to 2, 2 to 3, 3 to 4 and 4 to 1.

Emphasis

- Communication
- Vary type and style of pass
- Complete a lay up and elbow jump shot with a target given
- Change sides and go left as well

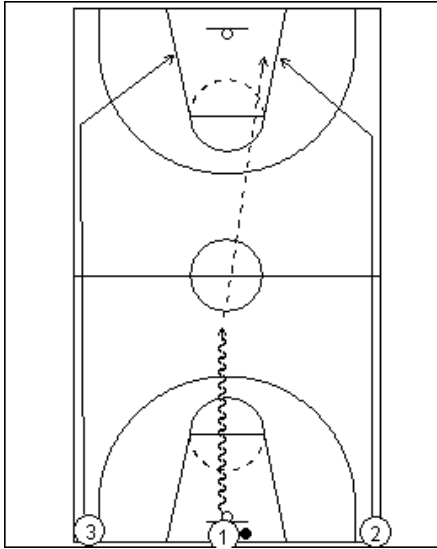
9.15am

Dynamic Stretch

- Inch Worm
- Hip Flexor
- Glute
- March
- Hamstring
- Quad

9.25am

Train Line Drill



Drill

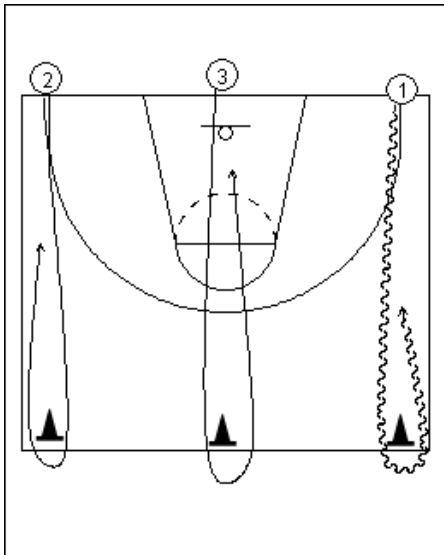
3 lines commence on the baseline
 Ball starts in the middle line
 Middle line punches ball down court
 2 and 3 race down their lane
 Player in front is rewarded with the ball and completes a lay up.

Emphasis

- Running lanes
- Sprinting to stretch defence and put pressure on the rim

9.30am

2 On 1 Half Court



Drill

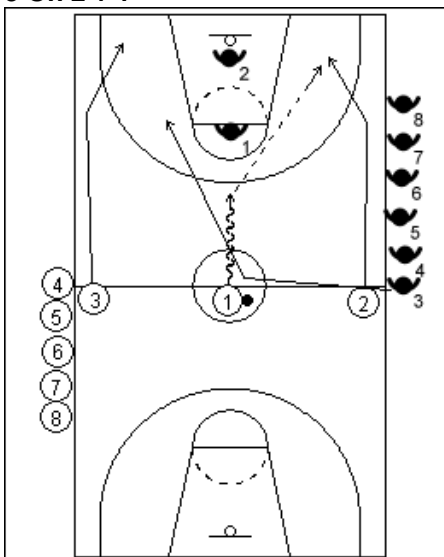
The two outside lines are on Offence the middle line is back on Defence

Emphasis

- One Defender, one pass
- Driving Lane
- Passing Lane
- Commit the Defence to make pass

9.35am

3 On 2 + 1

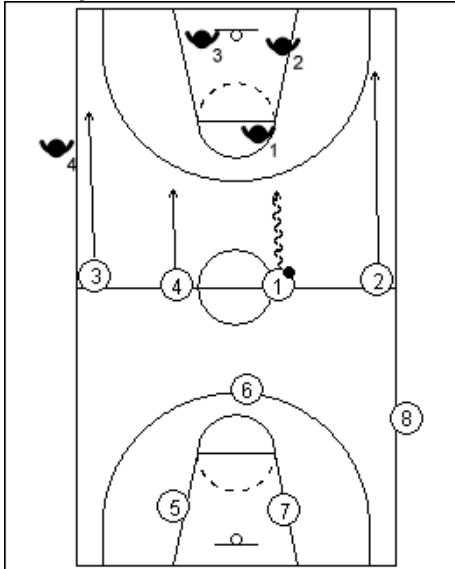


Two teams at half way light and dark...

Head Coach to run through drill

9.45am

4 v 3 plus an Outlet



Drill

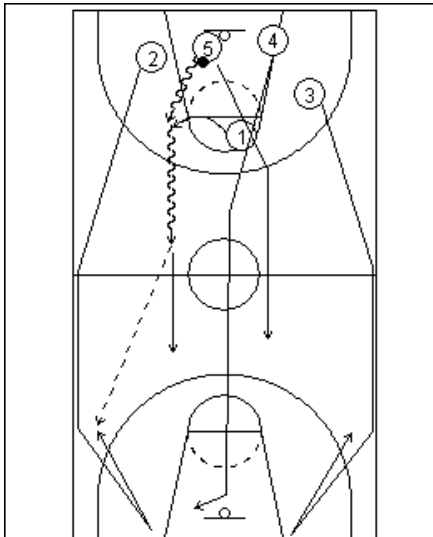
- Player 1, 2, 3 and 4 commence with a ball and go 4 on 3.
- If the Offence scores or Defence gains possession of the ball the defensive team will outlet it to the player foul line extended who will progress to the other end 4 on 3.

Emphasis:

- Ball must be reversed before a score
- Receiver principles on drive
- Catch and square utilise fakes

9.55am

5 V 0 Transition



Drill

Teach 5 V 0 who to run the floor

Absolute sprint each time

- Secure rebound (5 in this case)
- 1 circle punch ball up floor 1 to 2 dribbles
- 2 and 3 wide, sprint to half way, then turn looking for ball, foot on sideline bounce off edge of backboard
- 4 (or first post down court) sprint to point of rim open to ball
- 5 is the trailer who stays one pass away behind the line of the ball

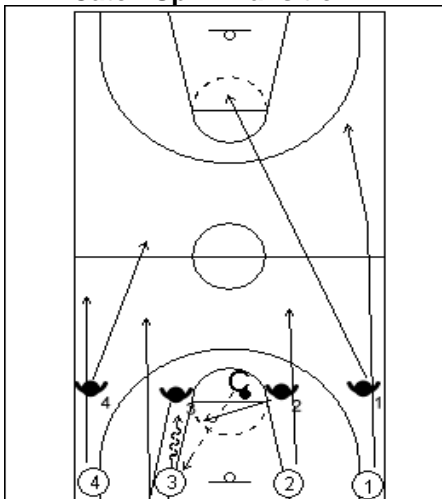
10.05am

Secondary Break

Please see attached notes:

10.10am

4 v 4 Catch Up D Transition Drill



Drill

Coach commences with the ball

Passes to one of the players on the baseline

The player who stands above the receiver on the elbow must sprint touch the baseline and then catch up and join the defensive effort.

Rules

- Always inside to out on the close out
- Player closest ball defend the ball
- Player furthest defend the basket
- Next player defend first pass
- Match up quickly
- Communicate

10.30am	<p>5 V 0, 5 V 5 Stop the Lay Up Drill</p> <ul style="list-style-type: none"> • First team commences down court 5 V 0 with transition • Second team meets the first on their way back and plays 5 V 5 • The object of the first team is to execute 5 V 0, then 5 V 5 and then stop the lay up with great defensive transition • The object of the second team is to gain a stop and then run and score a lay up • Penalties are awarded if a team scores a lay up during the last phase of the drill
10.45am	<p>Shooting Games Attack Lead foot Drill Elbows 31</p>
11.00am	<p>Session Overview</p>

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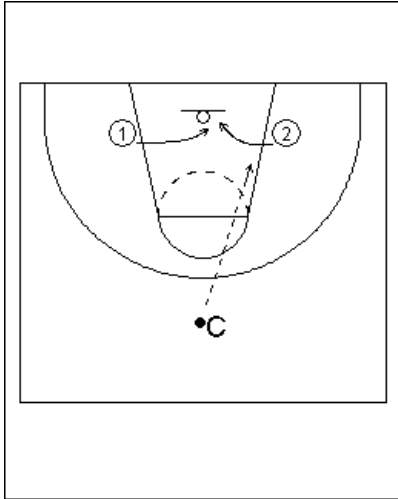
Tuesday

2.00pm to 3.30pm Session 4 – Big Man / Post Up Session

2.00pm	Revise Palubinkus Technique	
2.10pm	Pair Shooting	
2.15pm	Dynamic Stretch <ul style="list-style-type: none"> • Inch Worm • Hip Flexor • Glute • March • Hamstring • Quad 	
2.25pm	Blasone Drill	Drill <ul style="list-style-type: none"> • Player 1 and 2 at the start of each line commence drill without a ball. • 3 and 4 second in line commence with a ball. • Player 1 and 2 sprint to point of the rim and then plant outside foot (closest sideline) and open to the ball. • Imagine defender in front plant foot inside their feet and seal for Ball. • Ball is passed to 1 and 2 who shoot the ball. • Play first to 15 made baskets then repeat but after opening to ball sprint for mid range shot X 15 and then three point shot X 10
2.30pm	High Post Back to Baseline Moves <ul style="list-style-type: none"> • McHale • Worthy • Drop Step 	<p>Players present target up the lane then complete</p> <p>McHale</p> <ul style="list-style-type: none"> • rip through and play, defender steps off <p>Worthy</p> <ul style="list-style-type: none"> • Forward spin to outside, defender heavy contact in back <p>Drop Step</p> <ul style="list-style-type: none"> • Reverse pivot to basket, defender caught one side <p>Points Wide target Elbow in chest / throat of defender Read Defence</p>

2.35pm

1 v 1 reaction drill



Players 1 and 2 start on the low block with their back to the coach.

When the coach calls out a go, both players pivot and the coach passes to either player.

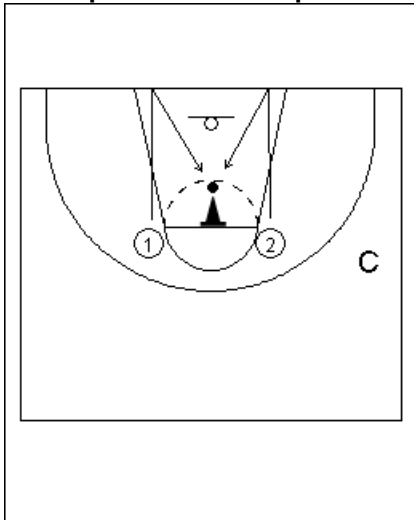
The player who receives the ball attacks the rim hard trying to score.

The other player becomes the defender and scrambles to stop the score without fouling.

The objective is for both players to react quickly to get a score or a defensive stop

2.40pm

1 v 1 Sprint and Post Up



Coach calls "go" and both players sprint, touch the baseline and sprint back. The first player to pick the ball up off the ground is on offence while the other player is on defence.

The offensive player should look to make a post move.

Variation:
Change the position of the ball.

2.45pm

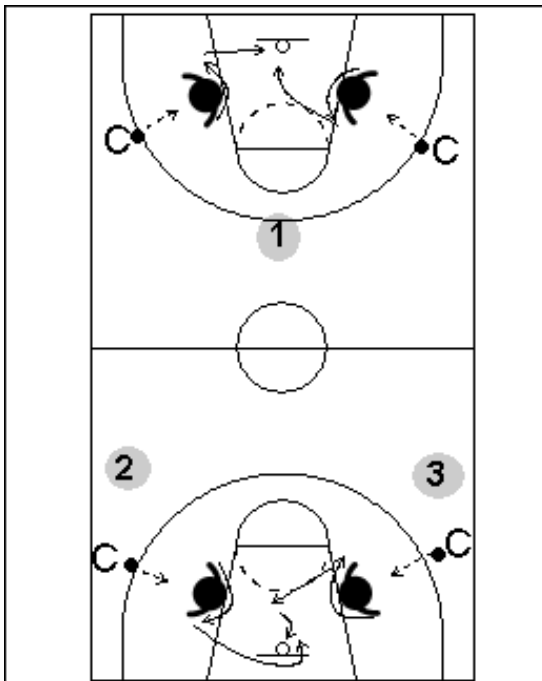
POST PLAY CLINIC

- Every player whether guard or forward to complete
- Post Moves to be shown in clinic style with emphasis on reading the defence and reacting accordingly.
- McHale, Worthy and Drop Step Moves to be shown and then worked on separately
- Back to Basket moves ball below foul line
- Back to Baseline moves above foul line

Points of Emphasis:

- Sealing Technique
- Slash Arm
- Up and Under
- Catch Fakes
- Reverse Spin
- Lever / Weight Shifts
- Spin hard at basket
- If defender beats to split line Spin
- If defender does not beat to split line baby hook

McHale Moves



Coach passes the ball into the post player who posts low, wide & strong. The post player makes a hard rip through step (which is a drop step either to the base or middle) to face the basket.

When this step is made it is important that the ball is kept high and ripped through hard to protect it from defence. You can add a shot fake to help draw the defence then drive. Jab steps, crossovers & quick rip'n'drive steps can be used.

Methods:

Rip through pivot, shoot.

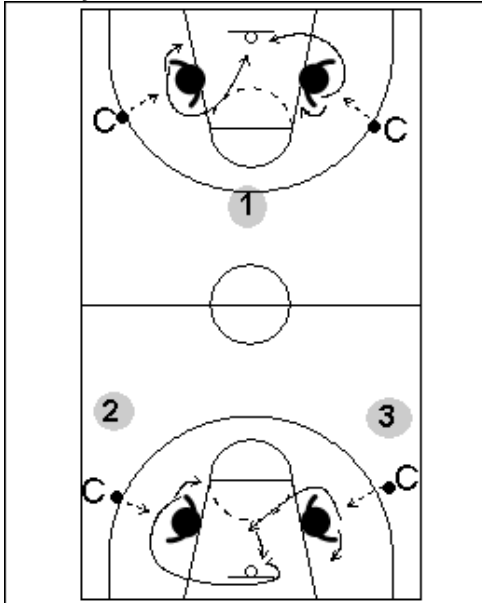
eg 1. Rip through pivot and lay-up.

eg 2. Rip through pivot, drive under basket for reverse lay-up.

eg 3. Rip through pivot, drive to a 2 foot jump stop and make a counter move. Hook shots, step throughs & reverse pivot lay-ups are good counter move examples.

Play 1 on 1 when coach satisfied with action

Worthy Moves



Coach passes the ball into the post player who is posting low wide & strong

The post player makes a hard head and shoulder fake either to the base or middle. The post player then wheels around on the pivot foot opposite to the direction of their fake to look for the shot or drive to the basket trying to get fingers to rim or as high as possible.

Methods:

Fake, pivot, shoot.

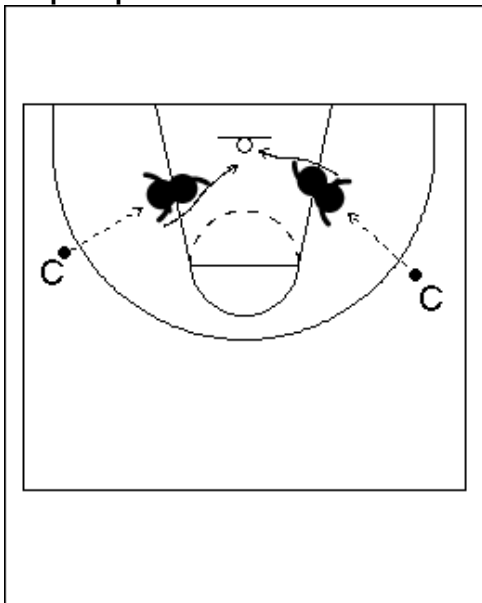
eg 1. Fake, pivot and lay-up.

eg 2. Fake, pivot, drive under basket for reverse lay-up.

eg 3. Fake, drive to a 2 foot jump stop and make a move. Hook shots, step throughs & reverse pivot lay-ups are good counter move examples.

Play 1 on 1 when coach satisfied with action.

Drop Steps



Coach passes the ball into the post player who posts low, wide & strong. The post player makes a hard drop step (base or middle) to the basket & powers up strong to score.

Make sure the offence makes a quick, long powerful sliding step to the basket keeping the defence on their back.

Methods:

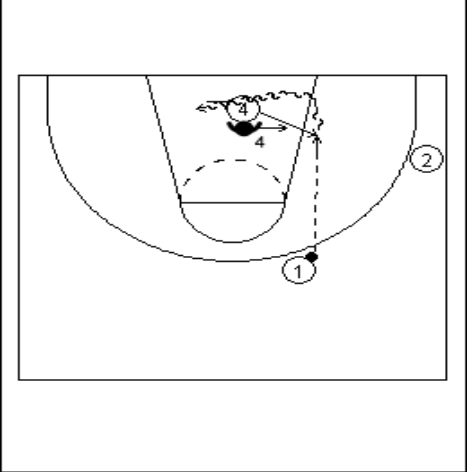
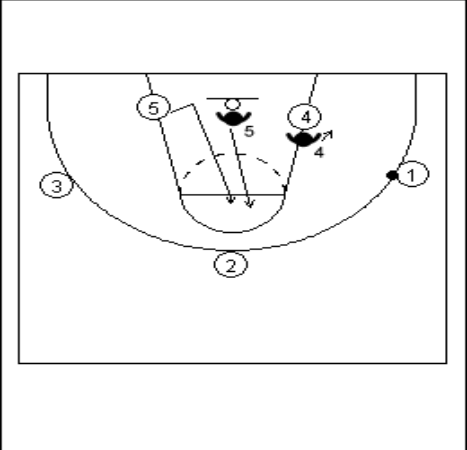
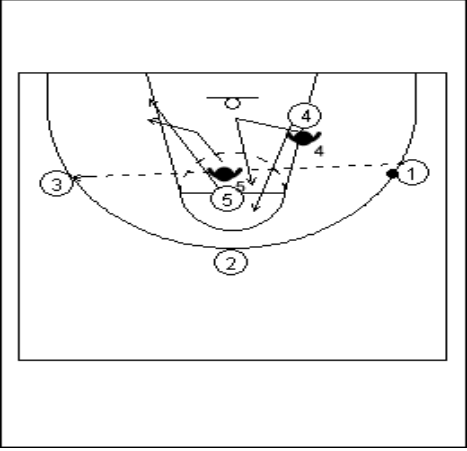
1. The drop step can be a quick, long drop step and power up off the one leg.

2. It can also be executed as a quick, long drop step with a low quick power dribble to a 2 foot jump stop into a shot or counter move.

Hook shots, step throughs & reverse pivot moves are good examples of counter moves.

Play 1 on 1 when coach is satisfied with action.

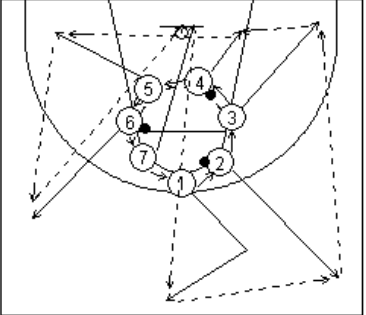
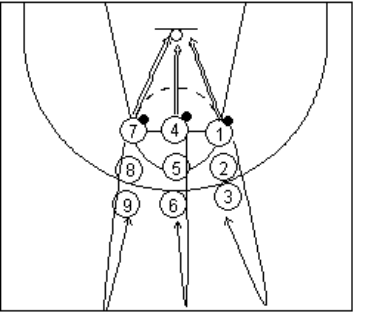
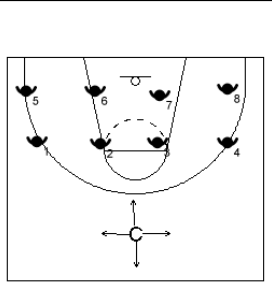
*Note; Diagram shows 1 player on each side showing the action of the drop step, sealing & drive.

<p>3.00pm</p>	<p>1 V 0 Drop Step Moves</p> <ul style="list-style-type: none"> • Pass from Forward Spot then from Guard Spot <p>1 V 0 Worthy Moves</p> <ul style="list-style-type: none"> • Pass from Forward Spot then from Guard Spot <p>1 V 0 McHale Moves</p> <ul style="list-style-type: none"> • Pass from Forward Spot then from Guard Spot •
<p>3.10pm</p>	<p>1 V 1 Play with 2 feeders</p>  <div data-bbox="842 383 1497 853" style="border: 1px solid black; padding: 10px;"> <p>As above read Defence Play Live from point of rim.</p> <p>Also commence 4 as a running post from half way</p> </div>
<p>3.25pm</p>	<p>Post Defence</p>   <div data-bbox="842 954 1497 1883" style="border: 1px solid black; padding: 10px;"> <p>Play 2 V 2 with 3 feeders</p> <p>Offence</p> <ul style="list-style-type: none"> • Post players can flash can high • Step to short corner • Reverse seal • Dive at basket <p>Defence</p> <ul style="list-style-type: none"> • Fronting • Split line • Flash Cuts • Dive Cuts • Back Cuts <p>Show</p> <ul style="list-style-type: none"> • ¼ fronting • ½ fronting • Full fronting <p>Emphasis</p> <ul style="list-style-type: none"> • Toes in V'S Toes Out • Keep feet clear • Do not wrestle • Split line help • Bump Flash cut force away • Techniques for fronting </div>
<p>3.30pm</p>	<p>Warm Down</p>

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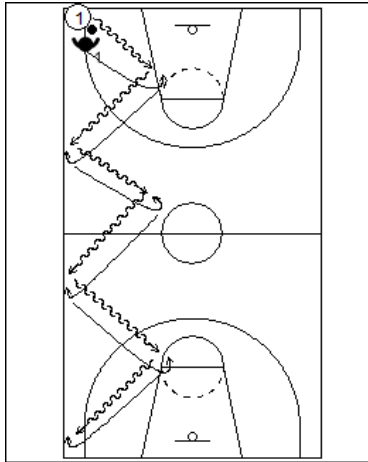
Tuesday

7.15pm to 9.15pm Session 5 Extended Defence to Half Court Defence Review

<p>7.15pm</p>	<p>Duke Passing Drill</p> 	<p>Drill Players start around a circle and hand off ball to player next to them, each ball in the same direction. Communicate names both the passer and receiver. Coach yells 'Go' everyone splits however ball continues to be passed in the same order.</p> <p>Emphasis Communication Pass and Move</p>
<p>7.20pm</p>	<p>Titan Drill</p> 	<p>Drill Players commence in three lines as diagrammed Each player at the front of the line shoots the ball, rebounds throws it back to next person in line They then sprint to half way and then join the end of the line.</p> <p>Emphasis</p> <ul style="list-style-type: none"> • Shot technique • Index finger • Break at knees, elbow and wrist • Finish 45 degree • Do not break at knuckles or fingers • Keep fingers spread • Lock elbow • Back spin rotation of ball
<p>7.25pm</p>	<p>Dynamic Stretch</p> <ul style="list-style-type: none"> • Inch Worm • Hip Flexor • Glute • March • Hamstring • Quad 	
<p>7.35pm</p>	<p>Mass Defensive Slides</p> <ul style="list-style-type: none"> • Left / Right • Spear / Trace • Drop Step • Roll and Get Up • Block Out – Rebound • Take Charge • Stutter Step 	

7.40pm

Extended Defence Turn the Dribbler



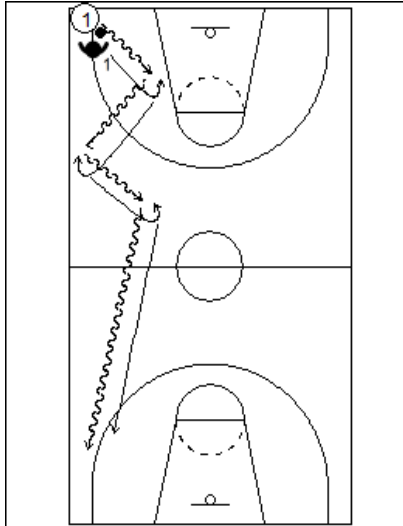
Drill

Play 1 v 1 in the corridor

Emphasis

- Stance
- Spear hand / trace hand
- Nose behind toes
- Keep head centred
- Turn the dribbler
- Run/slide/run
- Nose to ball
- Take Charge
- Pick spot of court down court
- Lock in shoulder to pressure pass

Turn and Channel the dribbler



Drill

Play 1 v 1 in the corridor
Turn and Channel the dribbler

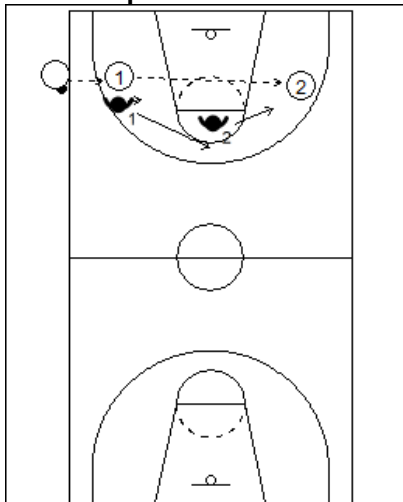
Emphasis

- Stance
- Spear hand / trace hand
- Nose behind toes
- Keep head centred
- Run/slide/run
- Nose to ball
- Take Charge

Channel

- Nose to inside shoulder
- Channel ball to base line corner
- Pick spot of court down court
- Lock in shoulder to pressure pass

2 v 2 Jump to the Ball



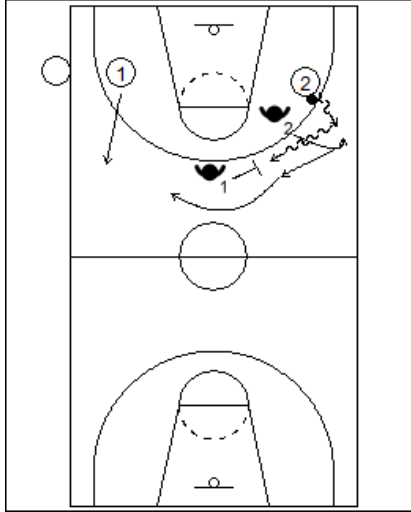
Drill

Coach to commence with ball on side line
Players positioned as diagrammed
2 skip passes between Offence with Defence shifting
Play 2 on 2 after skip passes

Emphasis

- Beat the ball to the spot
- Channel the ball to the side line
- Nose to inside shoulder of defender, plugger role
- Communicate
-

2 v 2 Run and Jump



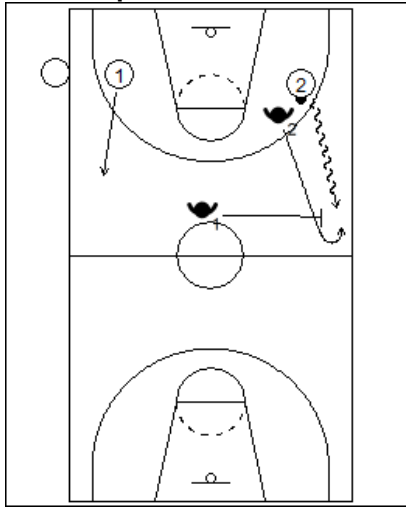
Drill

Turn the dribbler
Run and Jump to middle of floor

Emphasis

- Beat the dribbler to the spot
- Nose to ball
- Take the charge
- See shoulders of dribbler
- Read cues – head down, reverse dribble
- Run and Jump or 'Jump Switch'
- Find open player, possible shoot the gap

2 V 2 Trap Sideline



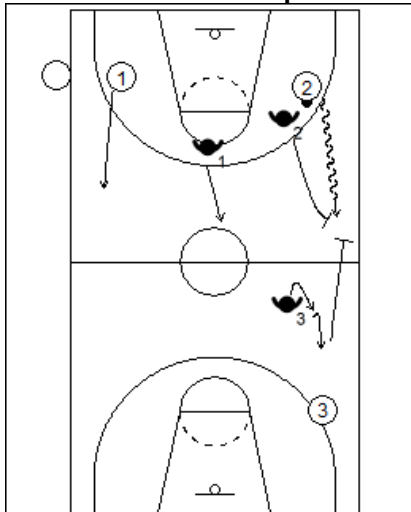
Drill

Channel ball to the side line
Split line defender call it and to trap

Emphasis

- Be aggressive
- Stay line of Ball
- Split line defender to call 'Go' and trap
- On ball defender to sprint in front and turn dribbler on side line
- Split line defender to aggressively trap
- Do not foul
- Lock hip to hip
- Shadow ball with 2 hands
- Form an L shape with sideline

3 V 3 Channel and Trap Sideline



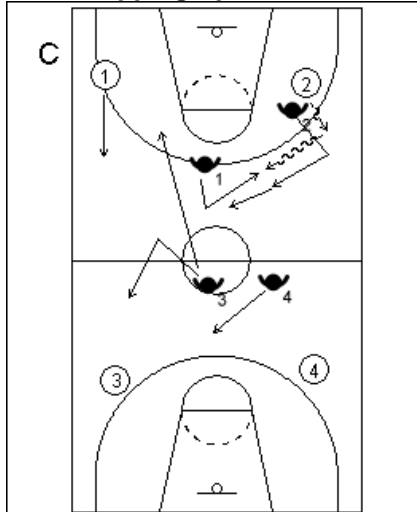
Drill

Channel the ball to sideline
This time sideline defender reads and traps up the line when the ball is in the trapping zone

Emphasis

- Channel the ball
- Nose to shoulder
- 1/3 Rule
- Hedge and Recover
- Trap when ball in trapping zone
- Read Cues, head down, dribbler out of control
- Communicate Trap
- Be aggressive with hands and feet
- Lock off side line.

4 V 4 Trapping Split Line Rotations



Drill

Work through process of rotations and trapping in a 4 on 4 situation

Emphasis

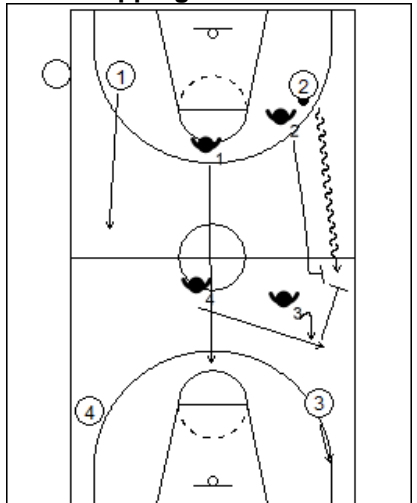
Shoot the gap

1/3 Rule

Rotations:

- Jump Switch
- As diagrammed X3 has a choice to shoot the gap and look to steal the pass or hedge and recover or channel and pressure the dribbler
- Beaten player in the Jump Switch situation sprints to find open player

4 V 4 Trapping Side Line Rotations



Drill

Work through process of rotations and trapping in a 4 on 4 situation

Emphasis

Shoot the gap

1/3 Rule

Pressure the ball up and in

Rotations:

- Side line Trap
- As diagrammed X4 must shoot the gap if X3 decides to trap up the line
- X1 must stay in front of the line of the ball and rotate to defend the basket

8.20pm

Play 4 on 4 games any stop in play or score coach must take the ball and allow the D to become organised

Then allow to play by putting ball back in play quickly

8.35pm

3 v 4 + Coach

Drill

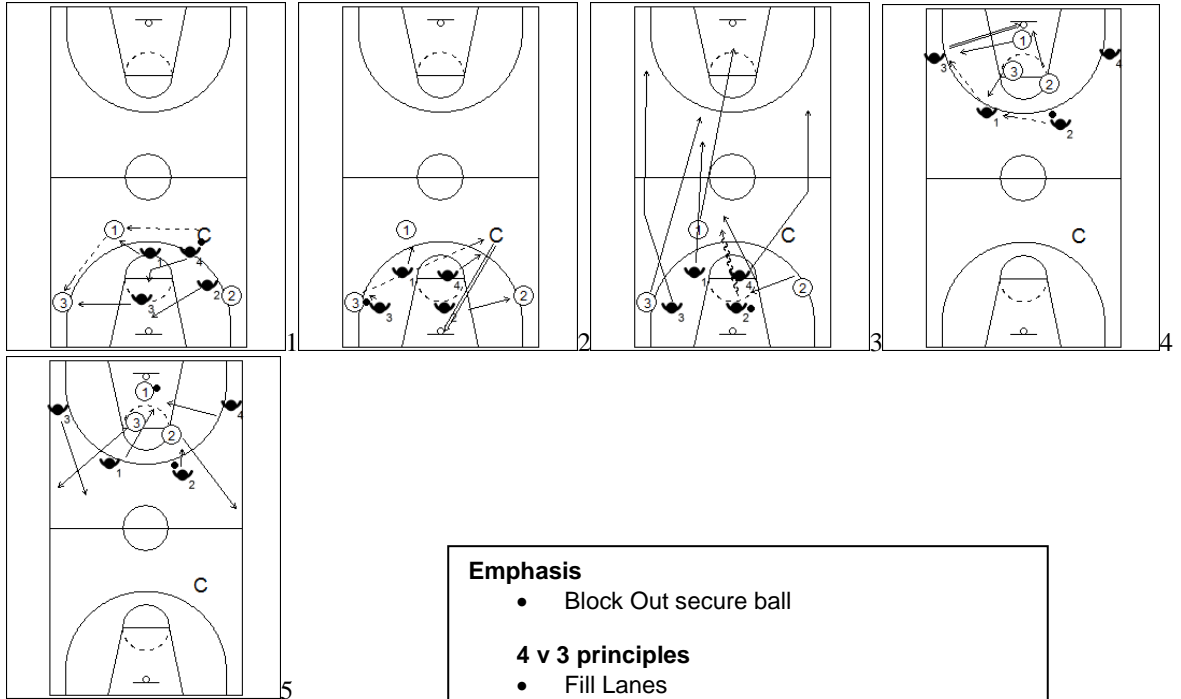
(Diag 1) 3 players on Offence plus the coach
 4 players on Defence
 Start just like Shell Drill

(Diag 2) Coach is the only player allowed to shoot the Ball

(Diag 3) When defence secures the ball it become 4 on 3 to the other

(Diag 4) Ball must be reversed

(Diag 5) On a score or a stop Ball must be thrown to coach play 3 V 4 on return



Emphasis

- Block Out secure ball

4 v 3 principles

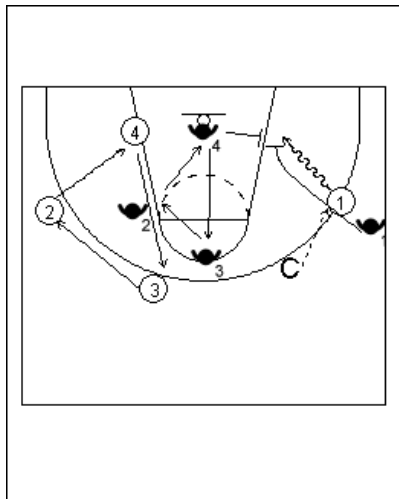
- Fill Lanes
- Ball Reversal
- Receivers on any drive

3 V 4 principles

- Trapping and Rotations
- 2 to ball

8.45pm

Kansas Drill



Drill

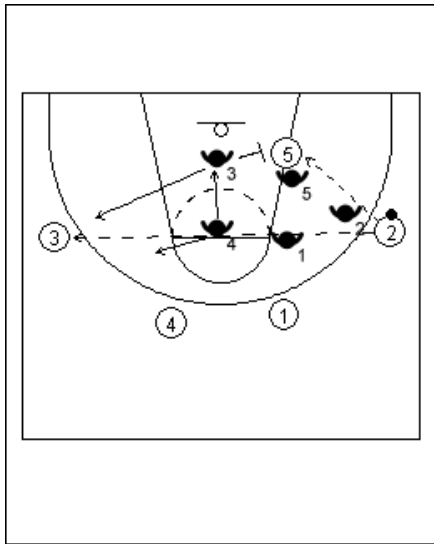
Players commence as diagrammed.
 2,3 and 4 Flare and Flash Cut Continually
 Defenders move to Split line and then defend cutting action.
 Coach will make a pass to 1 who will attack the basket. The split line defender must react and not allow the ball in the keyway. An attempt to trap the ball is made. All defenders must rotate and scramble to gain a stop

Emphasis

- Communication
- Vision of ball
- Rotations
- Beaten player must go

8.55pm

Advantage / Disadvantage



Drill

Start 5 V 5.

Ball can be thrown at Post into trap and rotation or Ball can be skipped to opposite wing and penetrated into rotation.

Emphasis

- Help Defence
- Split line communication
- Trapping and Rotations.

9.00pm

Warm Down

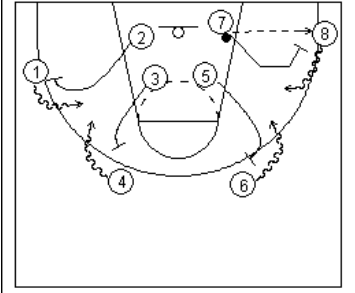
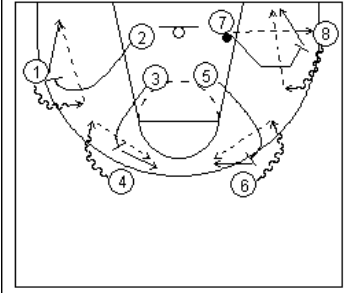
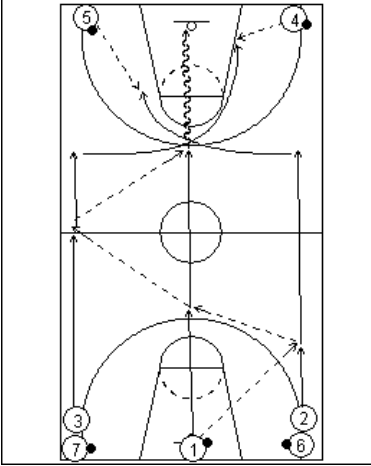
9.10pm

Conclude and Review

Australian Development Camp June 2010

Wednesday

9.00am to 11.00am **Session 6** **On Ball Screening Defence and Offence**

<p>9.00am</p>	<p>Pair Shooting – Shot On Ball Screen</p> 	<p>Pair Shooting – Hit Screener Popping</p> 
<p>9.05am</p>	<p>Tennessee Drill</p>  <p>70 made in 4 minutes is the target. -1 for missed lay up</p>	
<p>9.10am</p>	<p>Dynamic Stretch</p> <ul style="list-style-type: none"> • Inch Worm • Hip Flexor • Glute • March • Hamstring • Quad 	
<p>9.20am</p>	<p>Jacobs Drill 12 in a row up and back</p>	

9.30am

Notes for Screening:

Screener:

- Eye contact with the handler
- Stop with a jump stop, strong, low, wide stance to set screen
- Always present to the passer and move in an opposite direction to the handler.
- Sprint into screen to separate from the 'D'

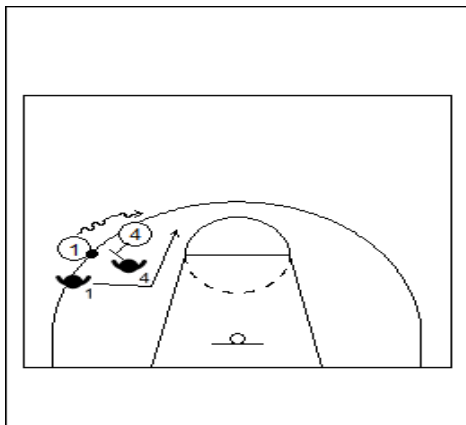
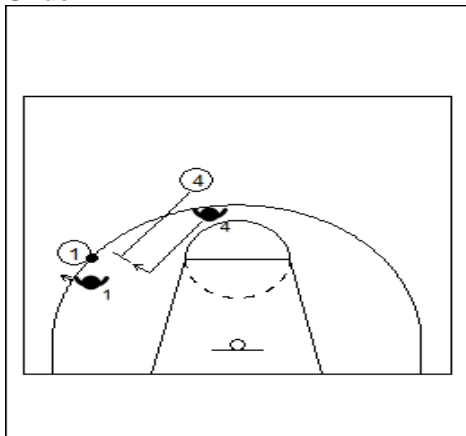
Handler:

- Vision of the court and other four team mates
- Set up move to help someone set a good screen
- React to the angle and placement of the screen
- Read the defender and move accordingly
- Fake to base if you want to go to the middle and vice versa
- Make the defender lean away from the screen, shift the ball to make the defender lean.
- Come off the screen shoulder to shoulder
- Come off the screen in attack mode
- Use minimal dribble when coming off screens
- 3 s's Square, Set Up, Shoulders.

Key Points:

- Communicate screen
- Take away baseline drive
- Jam Pressure on the screen
- Release and go under the screening action
- Carry hand over the screener
- Contain and pressure the handler quickly

Under



'Under'

When the screen is called by defender of 4
Call: Screen Coming and player's name.

Defender 1 must adjust their stance and take away the baseline drive.

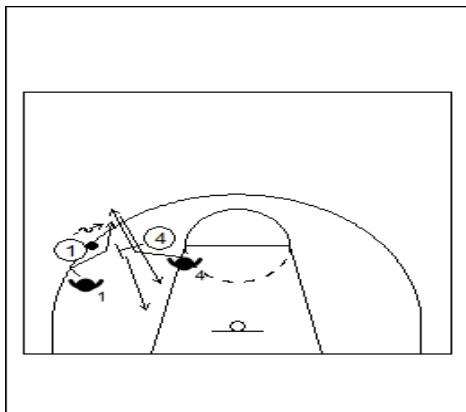
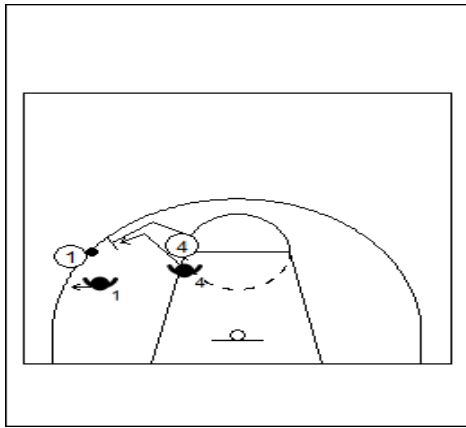
Defender 4 must jam up on the screen 'JAM PRESSURE' and force the screener off their line.

Once **Defender 1** has taken away the drive and Defender 4 has jammed up.

Defender 1 can go '**UNDER**' the screening action and proceed to contain and pressure the handler.

Defender 4 must ensure they carry a hand over the screener to attempt to deter the shot from the handler.

Over



Key Points:

- Communicate screen
- Take away baseline drive
- Shoulder to shoulder with screen
- Step into dribbler
- Width to skinny
- Hard show and release find roller

'Over'

When the screen is called by defender of 4
Call: Screen Coming and player's name.

Defender 1 must adjust their stance and take away the baseline drive.

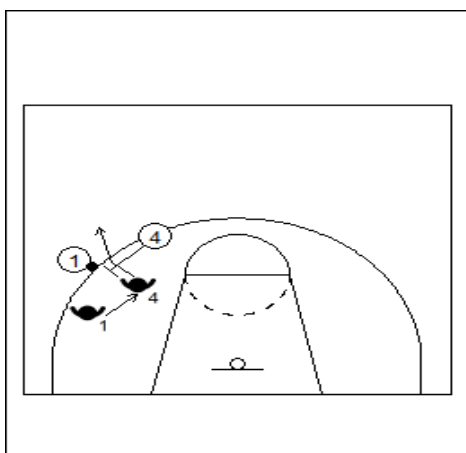
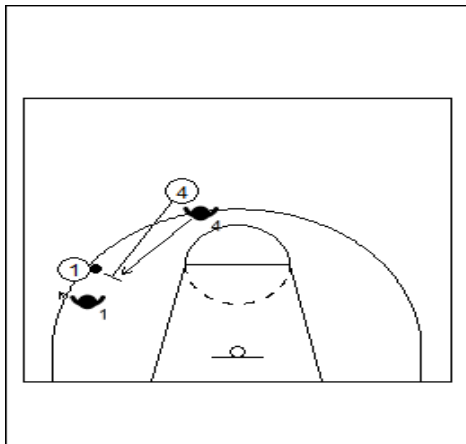
Defender 4 will go behind the screen and be shoulder to shoulder with the screener.

As **Offence 1** commences their move off the screen, **defender 4** will step hard in this case to their right and show their number to the handler.

Defender 1 must step with left foot to ensure baseline is taken away and then knife through becoming skinny to get over the top of the screen.

Defender 4 releases pressure on the dribbler to allow **defender 1** to catch up and defend the ball.
Defender 4 must recover quickly and head snap to find player

Switch



Key Points:

- Communicate screen
- Take away baseline drive
- Shoulder to shoulder with screen
- Step under the screen
- Hard show and switch with on ball defender Jam Up on Screen Contain Ball

'SWITCH'

When the screen is called by defender of 4
Call: Screen Coming and player's name.

Defender 1 must adjust their stance and take away the baseline drive.

Defender 4 will go behind the screen and be shoulder to shoulder with the screener.

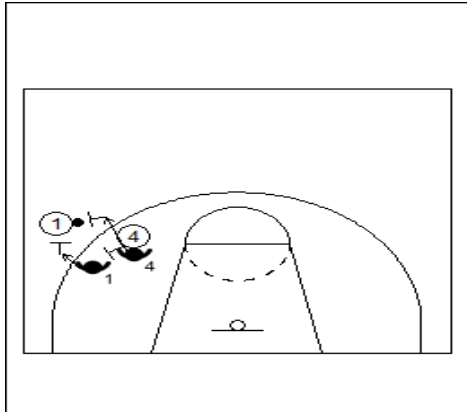
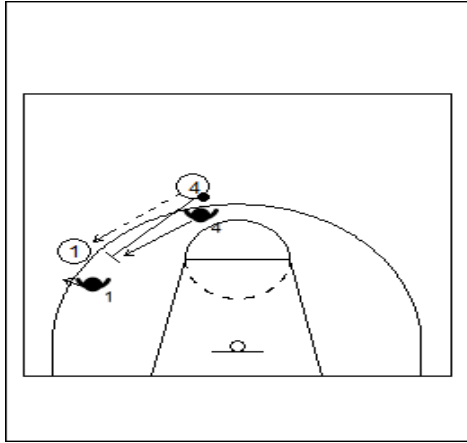
As **Offence 1** commences their move off the screen, **defender 4** will step hard in this case to their right and show their number to the handler.
As **Defender 4** calls 'switch' they contain **Offence 1** and defend and switch with **defender 1**

Defender 1 must step with left foot to ensure baseline is taken away. Once the switch is called you defender 1 must go under the screen and jam up and switch with defender 4.

Key Points:

- Communicate screen
- Take away baseline drive
- Shoulder to shoulder with screen
- Step into dribbler
- Width to skinny avoid screen
- Hard show and trap with on ball defender
- Do not foul
- Keep hands in the cylinder
- Two hands to shadow the ball

Double



'Double'

When the screen is called by defender of 4
Call: Screen Coming and player's name.

Defender 1 must adjust their stance and take away the baseline drive.

Defender 4 will go behind the screen and be shoulder to shoulder with the screener.

As **Offence 1** commences their move off the screen, **defender 4** will step hard in this case to their right and show their number to the handler.

Defender 1 must step with left foot to ensure baseline is taken away and then knife through becoming skinny to get over the top of the screen.

Defender 4 and **defender 1** are then into TRAP mode and must be aggressive without fouling. Shadow the ball with two hands but stay within the cylinder. Stay low and be hip to hip. Utilise the side line to ensure and have the trap form an 'L' shape.

10.00am

Play 2 on 2 Games from each forward spot

10.15am

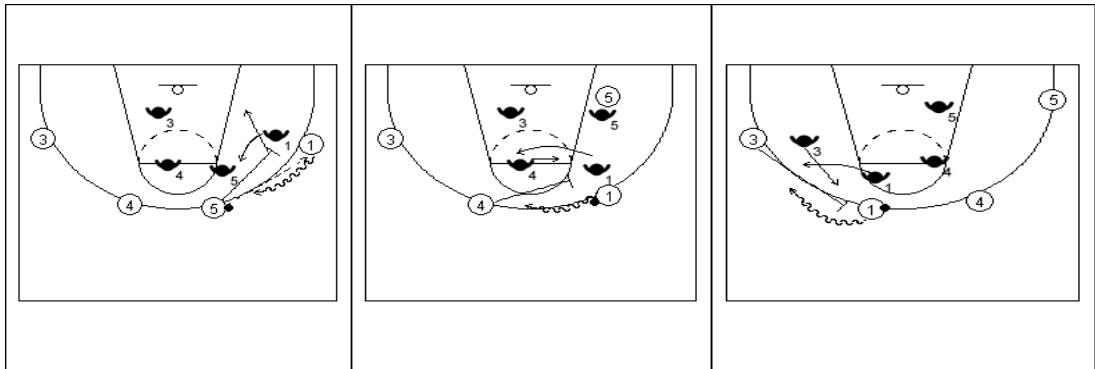
4 V 4 On Ball Screen Drill

Practise

- Over
- Under
- Double
- Switch

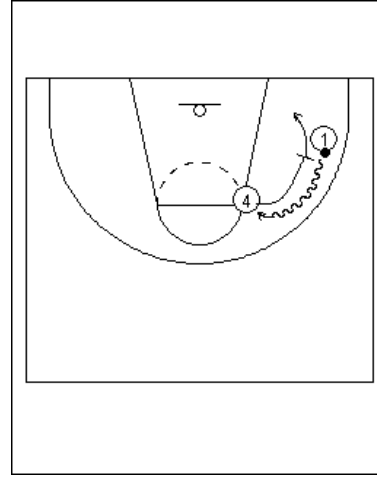
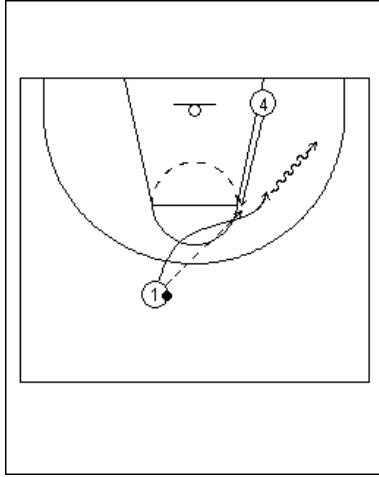
Head Coach to Demonstrate drill as diagrammed below

- Play 4 V 4 live after three On- Ball Screens have been set
- Designate which of the above methods you are going to use to defend the action
- Work on help Defensive Principles



10.25am

Hand off



Drill

- 4 flash cuts
- 1 passes to 4
- 1 then completes a handoff
- 4 comes back and sets an On Ball Screen
- Utilise both sides to complete drill

10.35am

5 V 0 Review Trans O Up & Down

10.45am

Play 5 V 5 Up and Back's

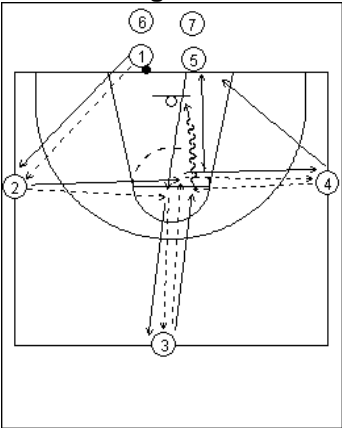
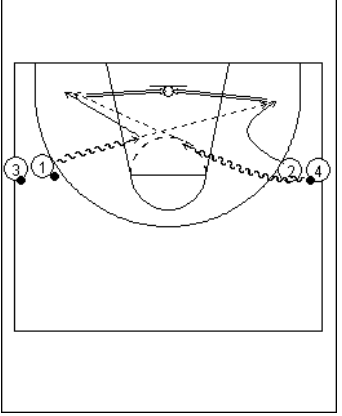
11.00am

Warm Down

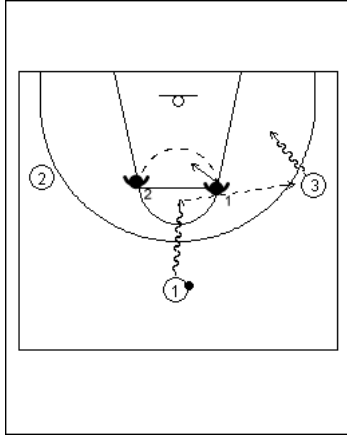
Australian Development Camp June 2010

Wednesday

2.00pm to 3.30pm Session 7 ½ Court 3 on 3 principles Offence and Defence
Zone O and Zone D

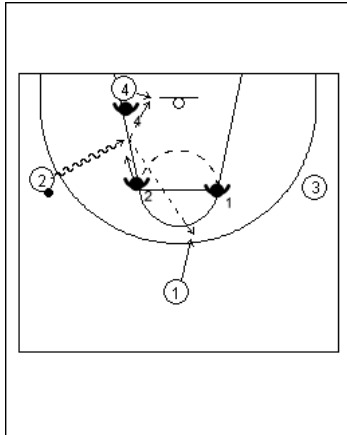
2.00pm	<p>Barr Passing Drill</p>  <p style="text-align: right;">as per diagram</p>
2.05pm	<p>Penetrate and Kick Shooting Drill</p>  <p style="text-align: right;">Head Coach to demonstrate</p>
2.15pm	<p>Dynamic Stretch</p> <ul style="list-style-type: none"> • Inch Worm • Hip Flexor • Glute • March • Hamstring • Quad
2.25pm clinic	<p><u>Zone Offence</u> notes by Patrick Hunt</p> <p>5 principles</p> <ol style="list-style-type: none"> 1. Gap the Zone 2. Place posts behind the zone 3. Flashing from behind the zone 4. Dribbling and Post Play against the zone 5. Screening the zone <p>Other thoughts</p> <ul style="list-style-type: none"> • Ball Reversal • Have a player opposite the ball on the three point line • Before passing the ball back to a player on the same side the ball should cross the split line • Take the ball away from your best shooter then bring it back • Dribble the ball one way then pass it the other <p>Use pass fakes to shift the zone</p>
	<p>Posts must start level with the backboard</p> <p>Short corner</p> <p>Long corner</p>

Motion V'S Zone



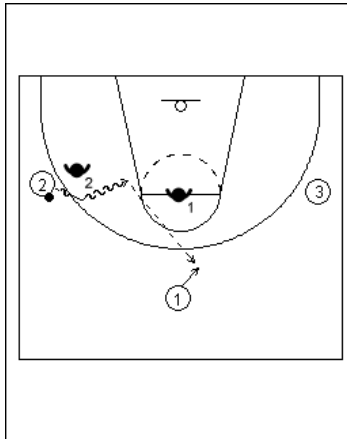
Gap Dribble

Attack the gap in the zone make the Defence shift to open up a team mate

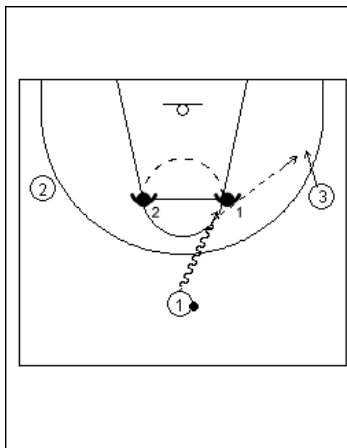


Gap Dribble

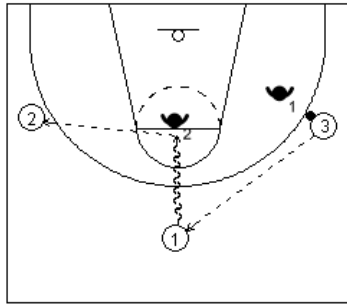
Again attack the



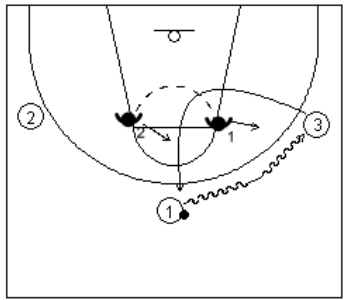
Gap Dribble



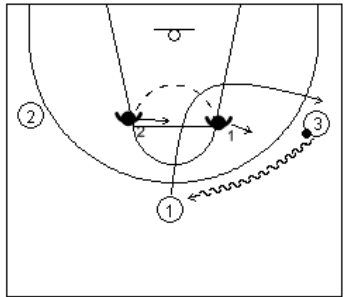
Freeze Dribble



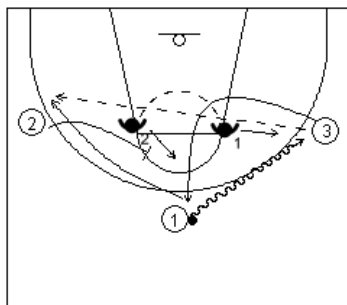
Freeze Dribble



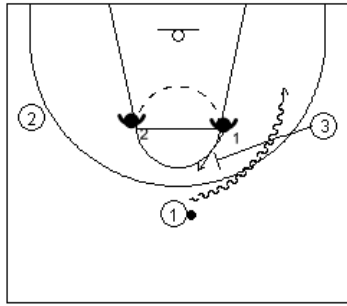
Dribble Entry – Shallow Cut



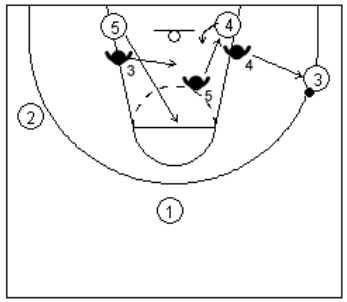
Dribble Entry from forward Spot



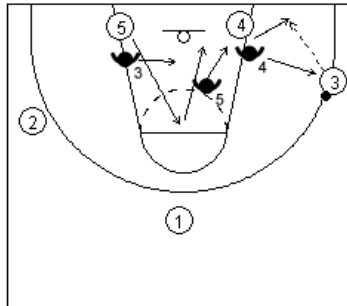
Screening the back of the zone



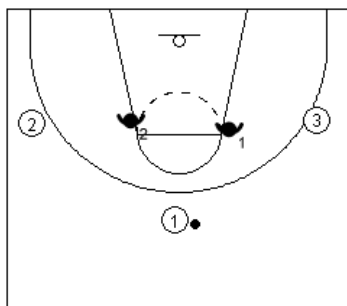
Screening the zone



Post Play



Post Play short corner Flash and Dive Cut



Play 3 V 2

		<p>Screening back of the Zone</p>
		<p>Screening back of zone</p>
<p>3.00pm</p>	<p>Zone DEFENCE teach 2 and play 2 – 3 3 – 2 2 – 1 - 2 1 – 3 – 1 1 – 1 - 3</p>	
<p>3.10pm</p>	<p>5 V 5 half court</p>	
<p>3.30pm</p>	<p>Warm Down</p>	

Australian Development Camp June 2010

Wednesday

7.15pm to 9.15pm Session 8

Review Session

- **5 V 0 Transition**
- **Review Extended Defence**
- **Review Transition Offence**
- **Zone Offence / Defence**
- **Scrimmage**

	<p>Dynamic Stretch</p> <ul style="list-style-type: none"> • Inch Worm • Hip Flexor • Glute • March • Hamstring • Quad
	<p>Review above after discussion with coaches</p>

Australian Development Camp June 2010

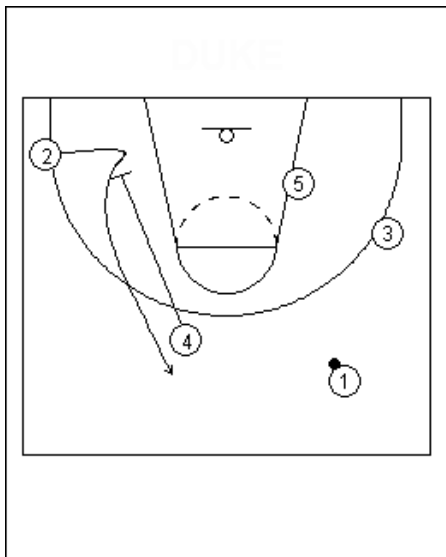
Thursday

9.00am to 11.00am Session 9

Scrimmage

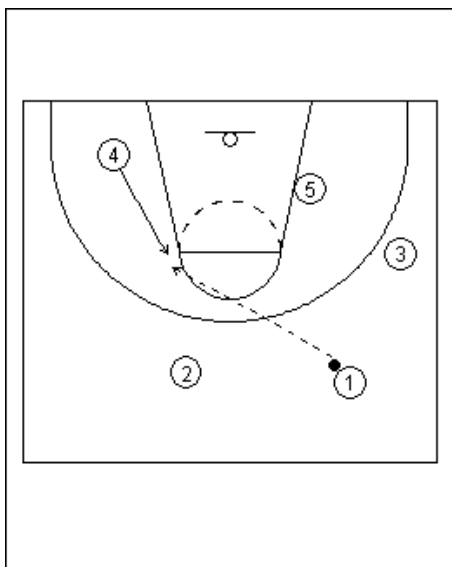
	<p>Dynamic Stretch</p> <ul style="list-style-type: none"> • Inch Worm • Hip Flexor • Glute • March • Hamstring • Quad
	<p>Place group in teams to complete scrimmage games Decide rules and themes for games as a coaching group</p>

Transition Offence



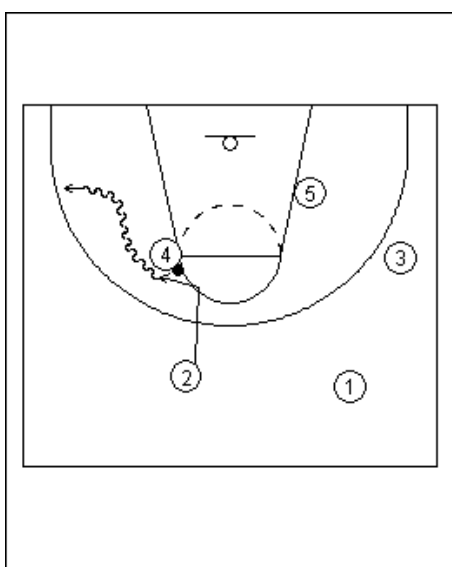
DOWN

4 sets the down screen for 2 who leads up high.



DOWN

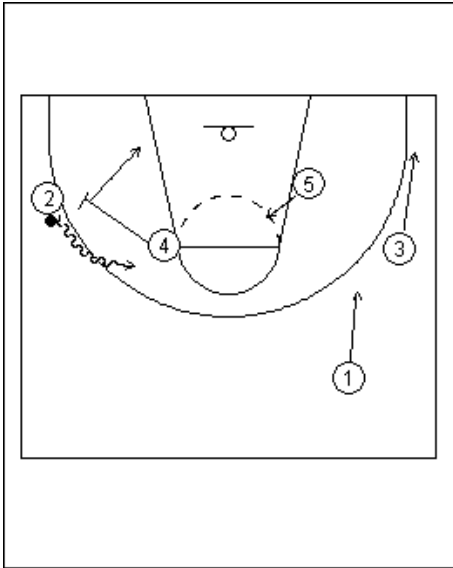
After the down screen, 4 leads up to the weak side elbow to receive the pass from 1



DOWN

2 cuts off for the hand-off or back door pass

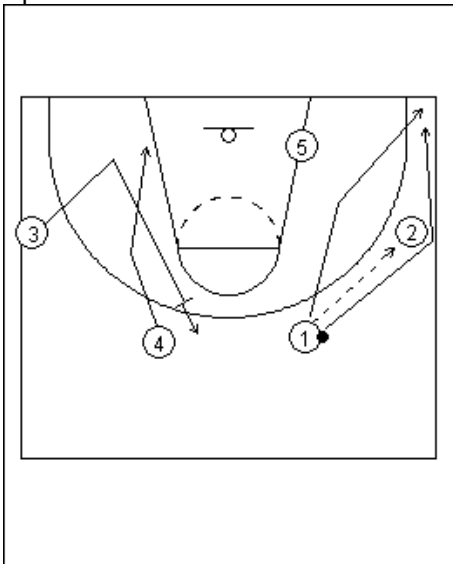
2 looks to drive or dribble to the wing.



DOWN

4 comes back to set an On-Ball Screen

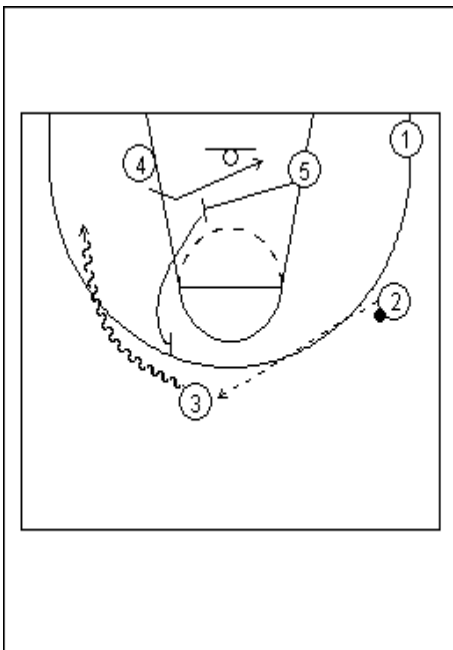
Up



'Up'

1 passes to 2 and cuts to the strong side corner

This time an Up Screen is set on the weak side



'Up'

5 screens away for 4 then flashes high for ball or to set an On-Ball for 3

3 meets the ball from 2 and looks to use the On-Ball

5 and 4 continue and use a high – low action

3.00pm Head Coach to teach 3 v 0 action – “Alford Series”

- Spacing & Pass, cut & replace action
- Ball reversal
- Dribble entry options
- Penetration of the ball into the key
- Receivers’ rules

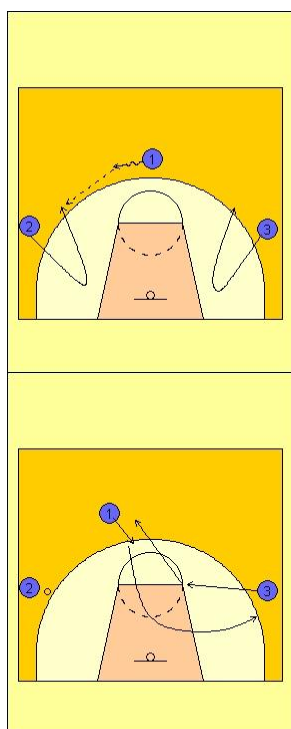
3.05pm 3 v 0 action – “Alford Series”

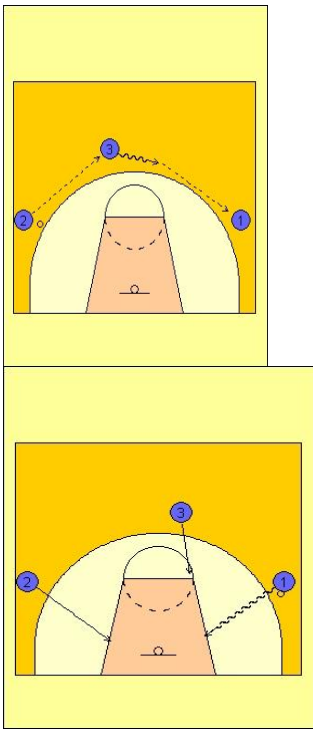
Emphasis on hard cuts and all cuts finish at 3 point line

- Start drill at ½ court, have wings run in and execute forward lead
- Use dribble entry for back door cuts only to create a pass or penetrate for receiver rules
- Score off penetration on ball reversal – lay-up or pass to receiver for shot

3.10pm 3 v 3 Alford Series

- Start at mid-court and flow into it
- Ball must be reversed prior to a shot
- Emphasis on hard cuts & passing to the advantage of the cutter
- Encourage rebounding effort and boxing out
- Defensive emphasis on containment and jumping to the ball & bump the cutter (No inside cuts).





3 on 3 - Down & Cross Screens

- V cuts, Screen Angles, Timing, Hard cuts
- Screener goes opposite cutter
- Help Defence jump to ball no face cuts
- Bump cutter & recover
- Lock & trail cutter & recover to bum on basket

Titan Drill

- Base footwork - Shot preparation – “hips down, hands up”
- “Lift, lock and snap” arm action, appropriate arc.

