



HOW TO COACH BASKETBALL

**An introductory guide
for novice coaches
to develop player skills and
teach the rules of basketball**



INTRODUCTION

The principal aim of this booklet is to introduce novice basketball coaches to the game of basketball. The booklet is a basic guide for coaches to teach the skills of the game of basketball, team structure and the rules. It also contains a guide for training sessions.

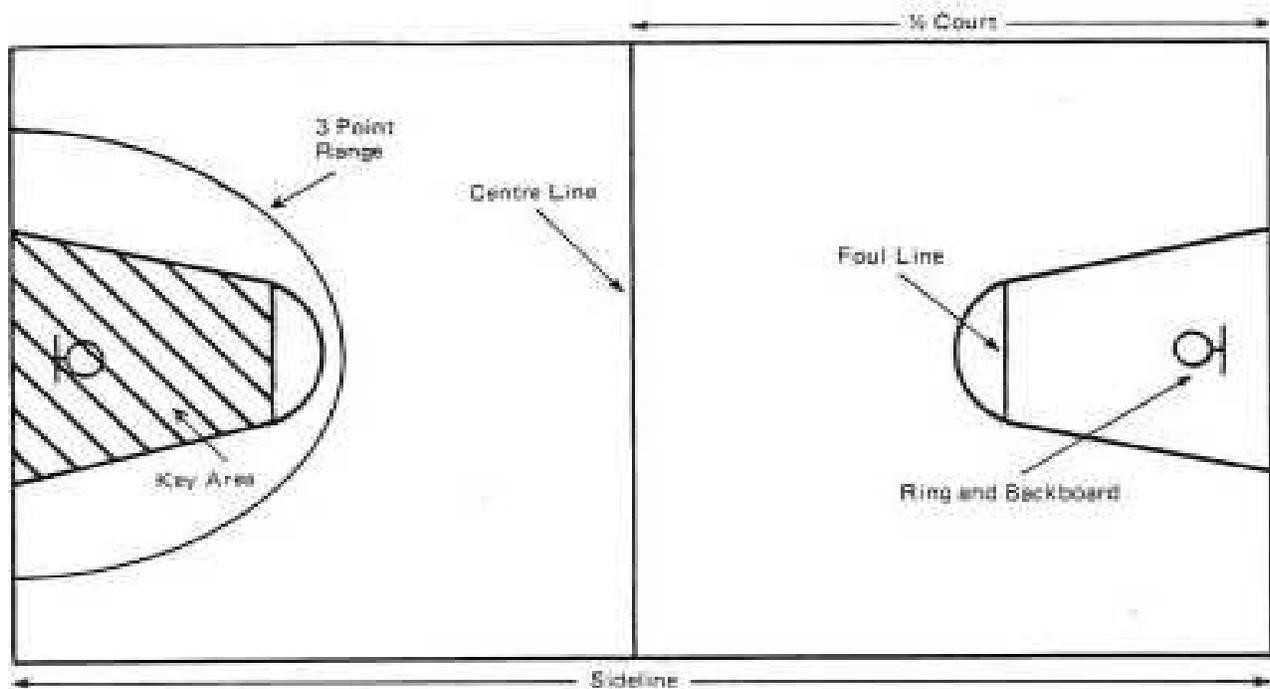
INDEX

Page

3	The Basketball Court
4	Rules a Coach needs to know
6	Fundamentals of the game and drills for teaching
9	Ball handling
10	Dribbling
12	Passing
14	Shooting
16	Individual offence
17	Defense
18	How to plan a training session
	Terminology



THE BASKETBALL COURT



BASKETBALL TEAM STRUCTURE:

GUARDS — Guards are usually the smaller, quicker players on the team, with good ball handling skills and outside shooting ability. Their primary roles lie in advancing the ball up the court, penetrating (getting past the man guarding them) by pass or dribble and being the first line of defense in protecting against a fast break (a situation in which the defensive team gain possession of the ball and moves into scoring position so quickly that its members outnumber their opponents) if possession of the ball is lost.

FORWARDS — Forwards are the taller players on the team who generally operate in the wing or baseline areas and sometimes in the key area. Reasonable outside shooting ability is required and good ball handling skills to enable them to dribble to the basket. The forwards are also one of the main rebounders (a rebound is an attempt to recover the ball after a missed shot) in the team.

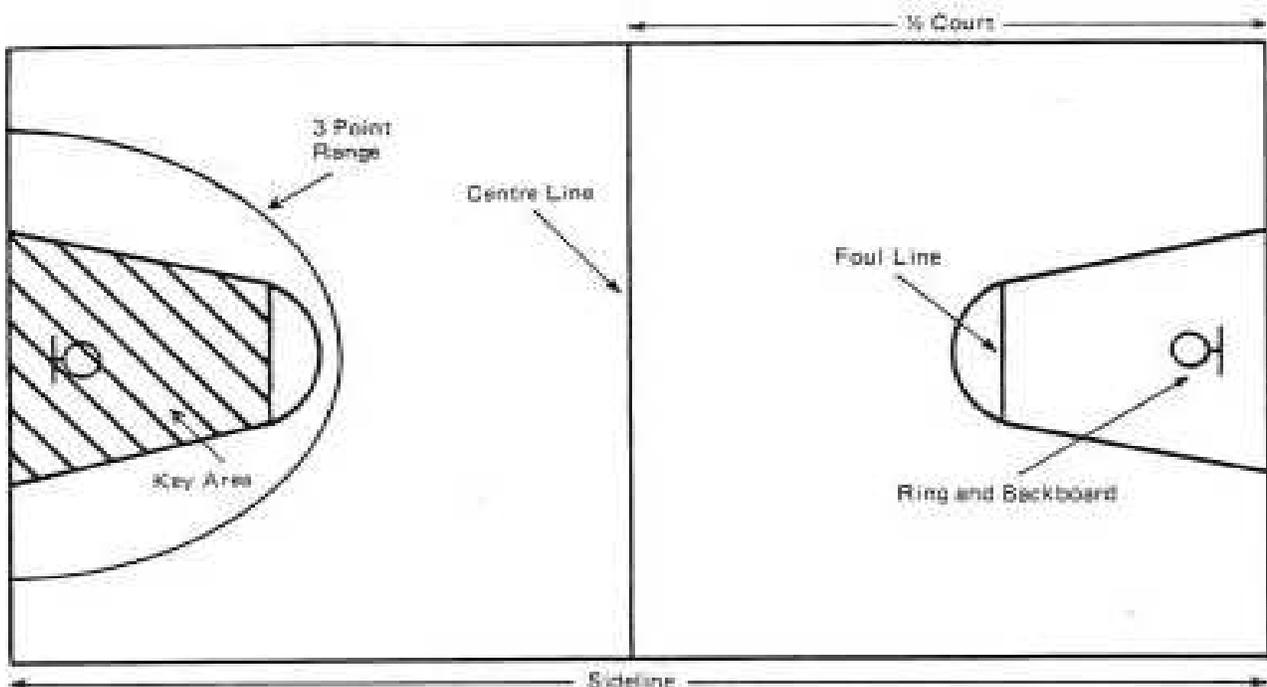
CENTRES — The centre's are usually the tallest players on the team and work closest to the basket to take advantage of their height, generally around the key area. Playing where they do the centre is in the primary rebounding position and should attempt to win all rebounds.

The positional placements of players will vary from team to team according to the type of players on a team or the type of defense opposing teams play. Generally a coach will have 2 guards, 2 forwards and 1 centre on the court at one time.

The positional placements of players will vary from team to team according to the type of players on a team or the type of defense opposing team's play. Generally a coach will have 2 guards, 2 forwards and 1 centre on the court at one time.

A GAME TO TEACH PLAYERS ABOUT THE COURT:

The coach stands in the middle of the court and call out various parts of the court and the players must run to that spot. Each player counts the number of time they arrive at the correct spot first.



RULES A COACH NEEDS TO KNOW

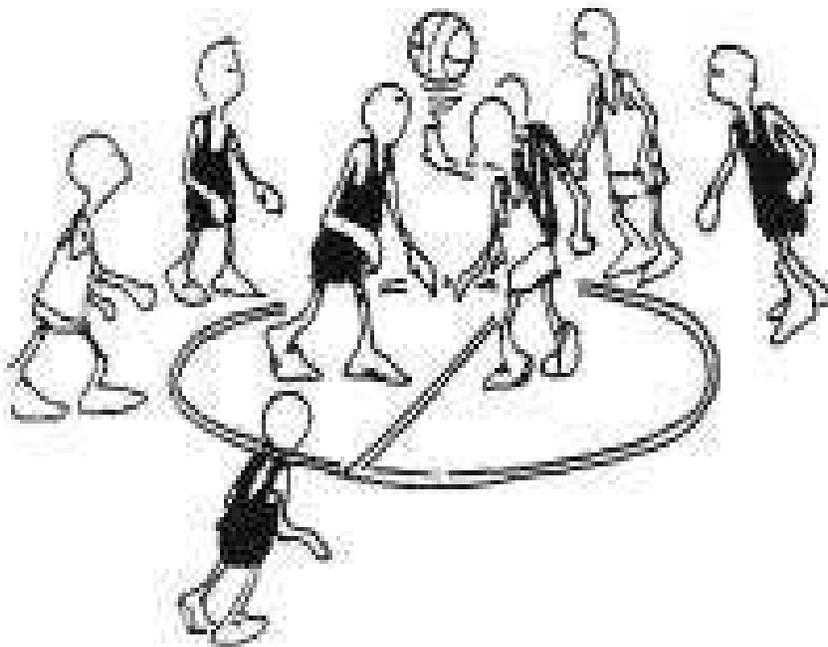
Length of a Game:

A basketball game consists of 4 x 10 minute quarters. At the end of the first and third quarters teams have a 2 minute break. At half time teams have a 5 minute break. Timing rules may vary somewhat depending on the level of the competition.

Start of a Game:

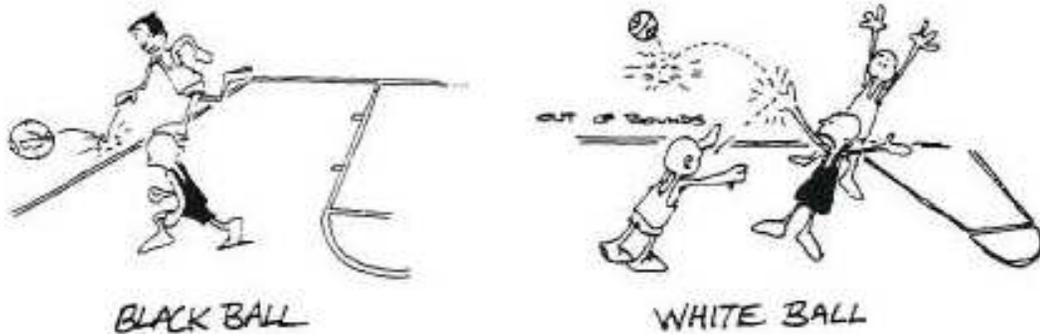
The game begins with 5 players from each team on the court. The referee starts the game with a jump ball. A jump ball is taken between 2 players inside the centre circle. The remaining players must stand still outside the circle until the ball is tapped. Players involved in the jump ball must attempt to tap the ball on its downward flight to players from their team. Any member of the team may take the jump ball.

Once a team has possession of the ball from the jump, the directional arrow on the score bench is pointed towards the shooting basket of the team that win the ball from the jump. At other times in the game when a jump ball is called, the team with the arrow pointing to their shooting basket will be awarded the ball out of bounds. The directional arrow changes to the opposite direction once the inbound pass has been made.



Out of Bounds:

The ball is considered out of bounds once it hits something on or outside the boundary lines (sidelines and baselines).



A Field Goal:

A player throwing the ball through their opponent's basket scores a field goal. That player's team's score is increased by two points for a successful field goal. After a field goal the opposing team must inbound the ball from behind the baseline.

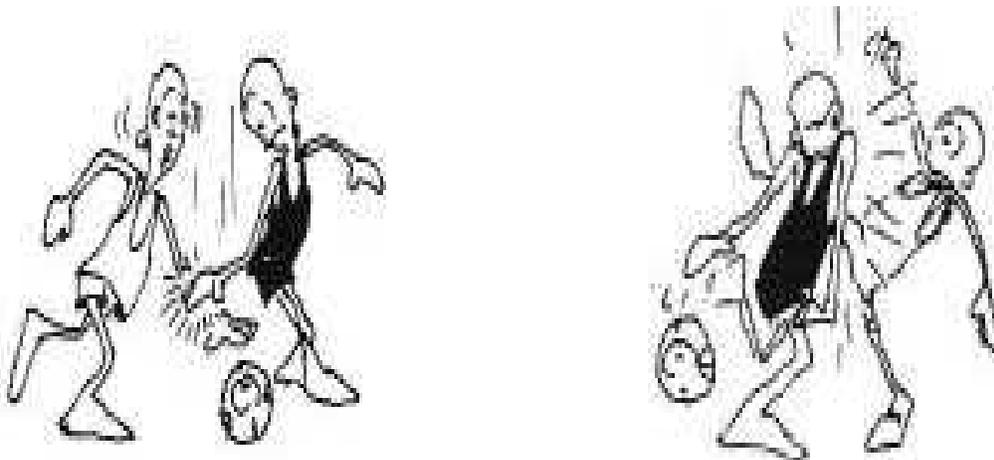
Foul Shots:

A player who is fouled whilst trying to shoot a field goal is awarded 2 free shots from the foul line. Each foul shot is worth 1 point. If the last foul shot is missed the game goes on as if it were a normal shot, if it is made the other team passes the ball inbounds from behind the baseline.

Fouls:

No player may use contact to "put off" an opposition player. If he does, he has fouled. Once a player has five personal fouls called on him he can take no further part in the game.

FOUL ON DEFENSE – Illegal use of hands FOUL ON OFFENSE – Charge



Inbounding the Ball:

After a violation or a foul the team getting the ball throws the ball inbounds from behind the sideline of the court nearest to where the violation happened.

When inbounding the ball at the side of the court you are only allowed 1mtr to move. When inbounding the ball from the base line you are able to run along the length of the baseline only after the other team scores.

Travelling:

A player holding the ball must always keep one of his feet on a spot on the floor, unless he passes, dribbles or shoots. The player may pivot on this foot. If a player moves this foot off the spot without dribbling, passing or shooting he has committed a travelling violation and the other team gets the ball from the sideline.

Time-Outs:

A coach may request a time-out from the scorers bench anytime the referee blows his whistle. He may also call for a time-out when the other team scores a goal, before his team throws the ball inbounds. One minute is allowed for a time-out and a coach is allowed 2 timeouts in the first half and 3 timeouts in the second half of the game.

Substitutions:

A coach may substitute his players in the following instances:

1. Anytime a foul is called.
2. Anytime his team has a sideline possession.
3. A jump ball (except if the player he wants to sub is in the jump ball).
4. Time-outs.
5. When the other team subs on their possession from the sideline, you may also sub.
6. If a player is injured he may be subbed out.
7. Half time.

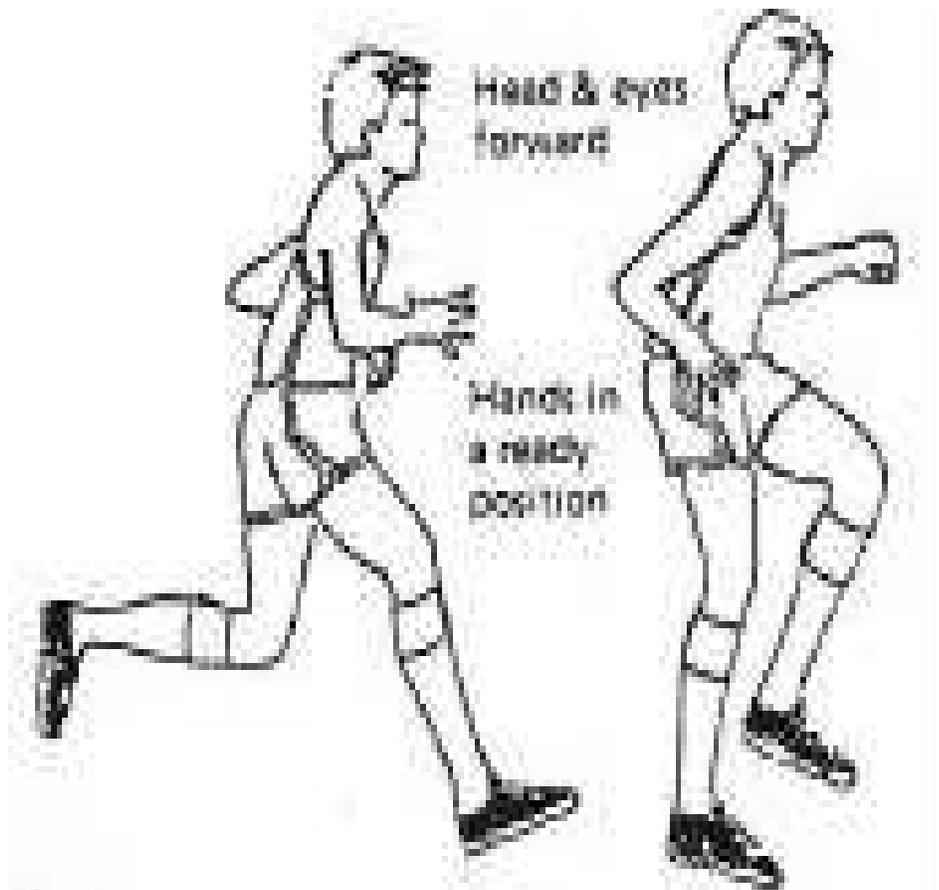
A team can consist of 12 players. 5 players only are allowed on the court at one time. A player who has been subbed off may be put back in the game anytime a coach wants.

FUNDAMENTALS OF THE GAME AND DRILLS FOR TEACHING

BODY MOVEMENT AND CONTROL

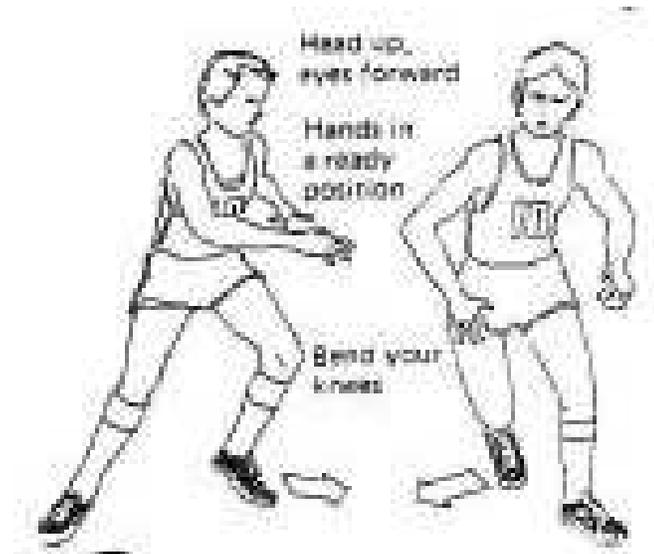
Running

- Body weight slightly forward
- Run on balls of feet
- Head always in centre of body
- Eyes up



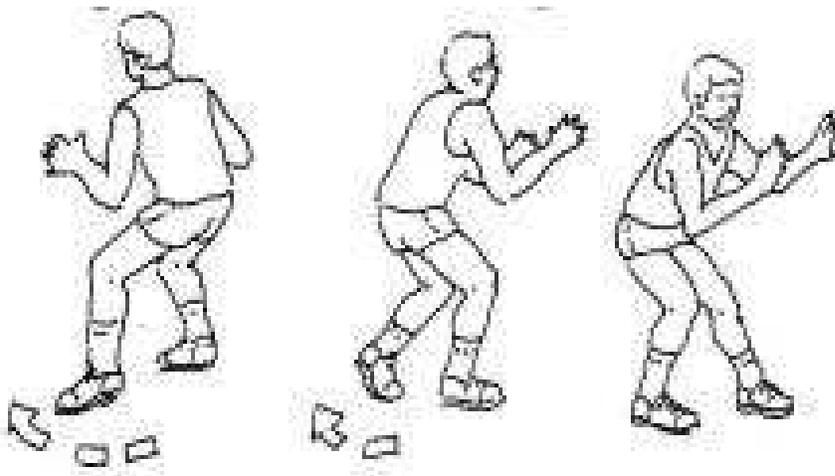
Change of Direction with Side Step

- Push off rear foot the direction required
- Transfer body weight forward
- Knees bent



Change of Direction with Reverse Pivot

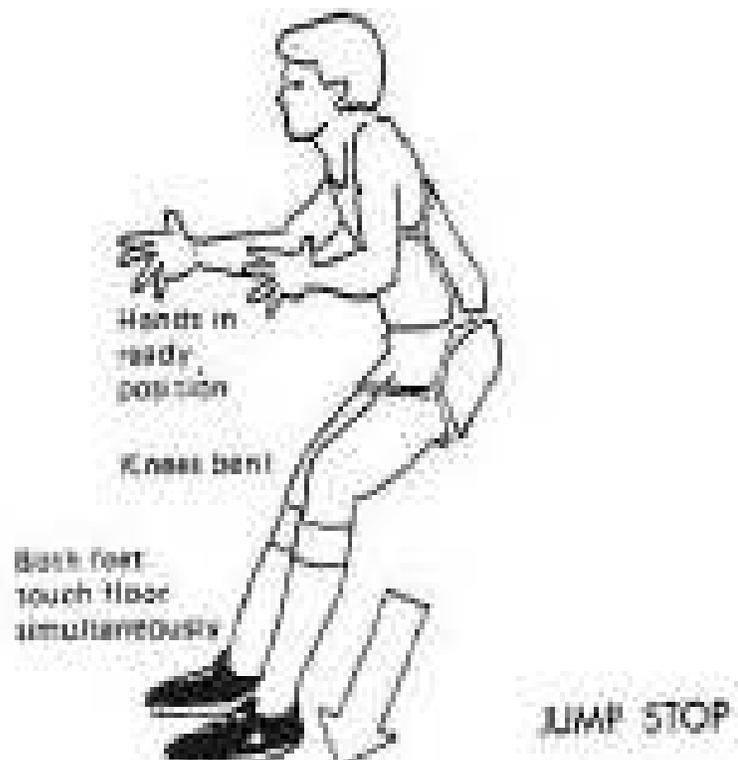
- Turn away from opposition
- Thrust off pivot foot
- Knees bent



Stopping with Jump Stop

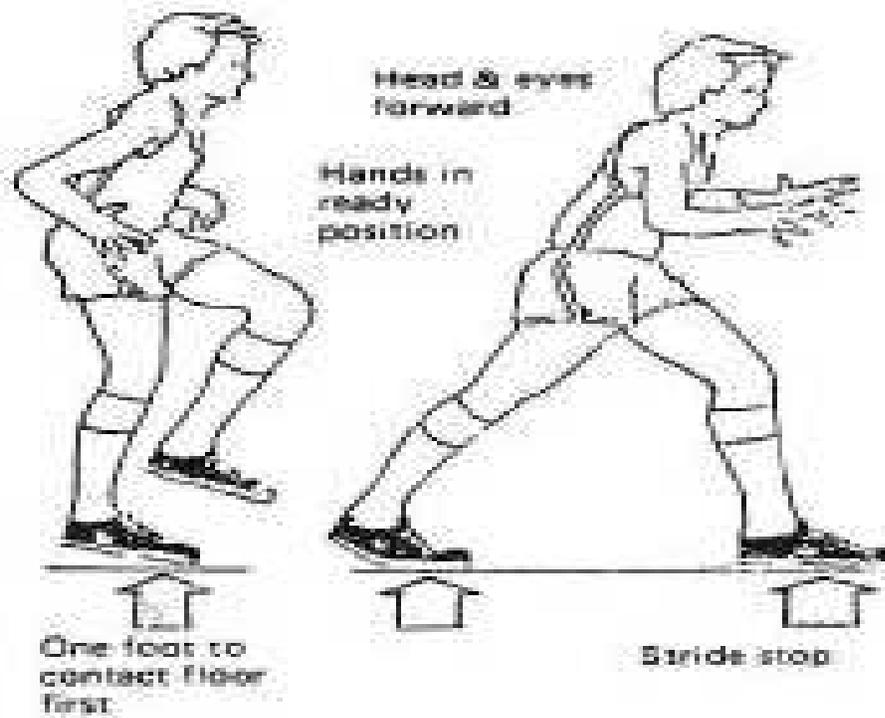
Upon gaining possession of the ball either by receiving a pass or by picking up a dribble the player must establish a pivot foot. The first foot to touch the ground after gaining possession is the pivot foot. A jump stop enables the player to use either foot as his pivot foot.

- Both feet land simultaneously
- Knees bent to absorb stop
- Head in centre of body
- Feet shoulder width apart



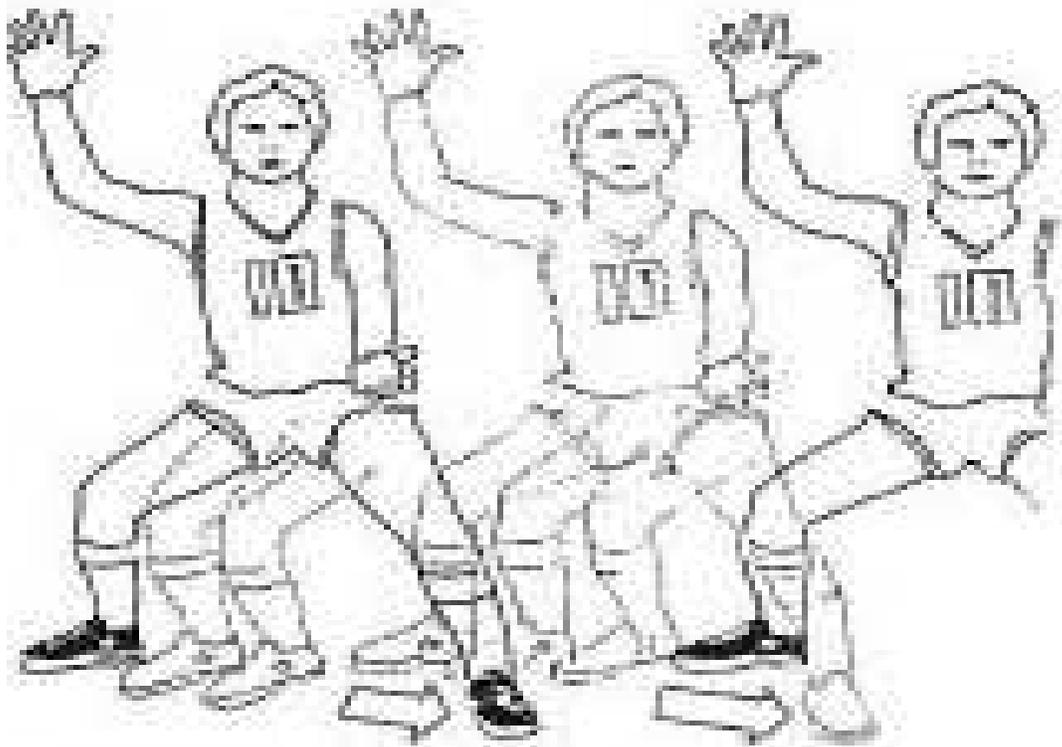
Stopping with Stride Stop

- First foot to land is pivot foot
- Second foot is stopping foot
- Second foot restores body balance



Shuffling (Defensive Movement)

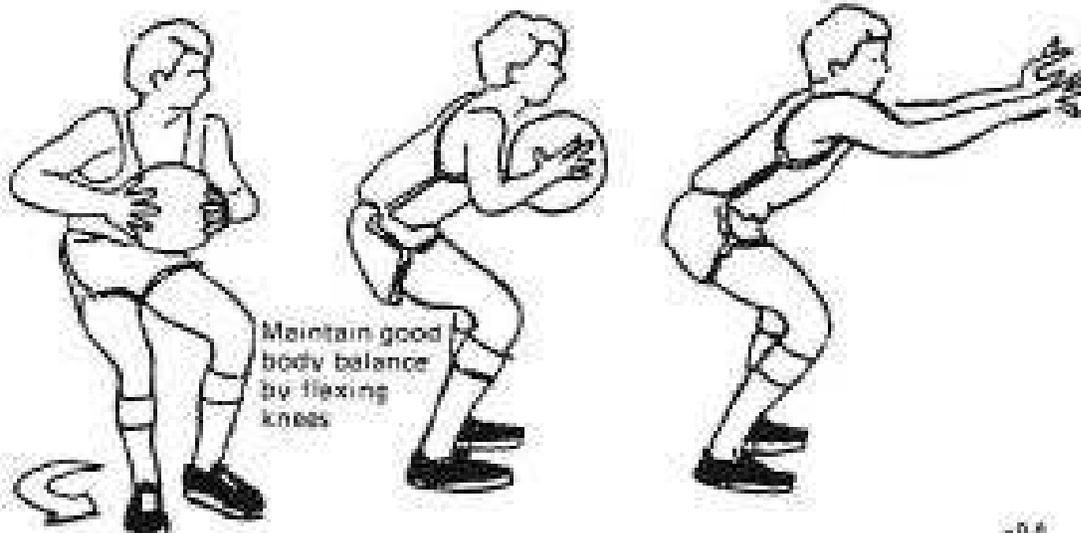
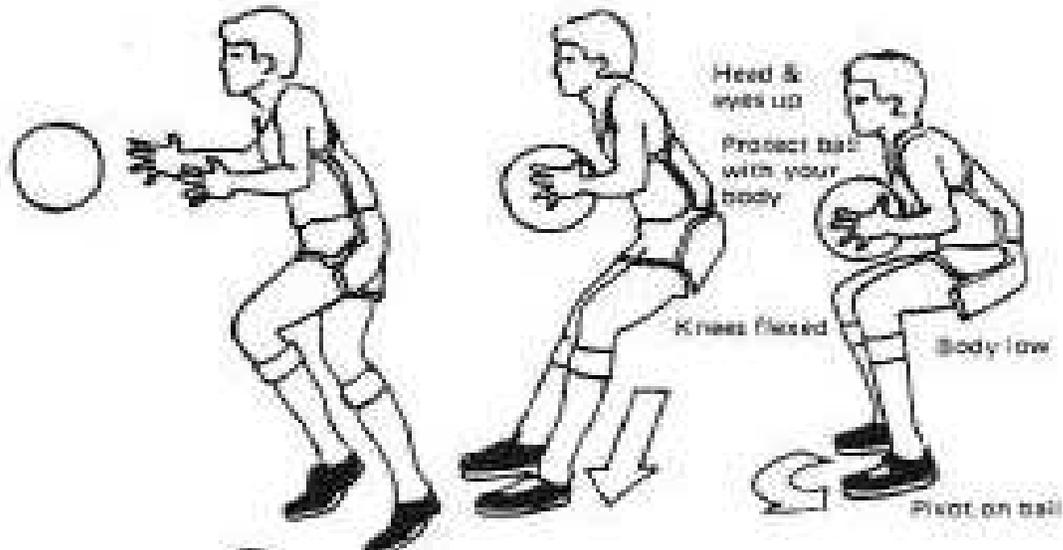
- Athletic stance
- Never touch feet together
- Short sharp steps
- Knees bent always



Move on the balls of the feet.
A step with the lead foot, slide
with the trailing foot.

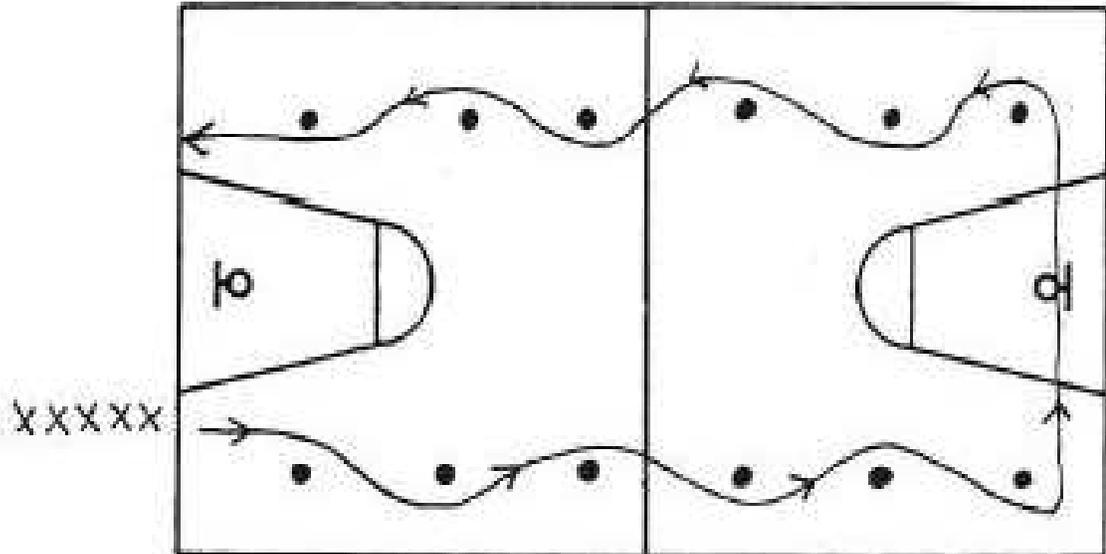
Pivoting

- Pivot foot remains on floor
- Stepping foot may move in any direction
- Knees bent
- Pivot on ball of foot

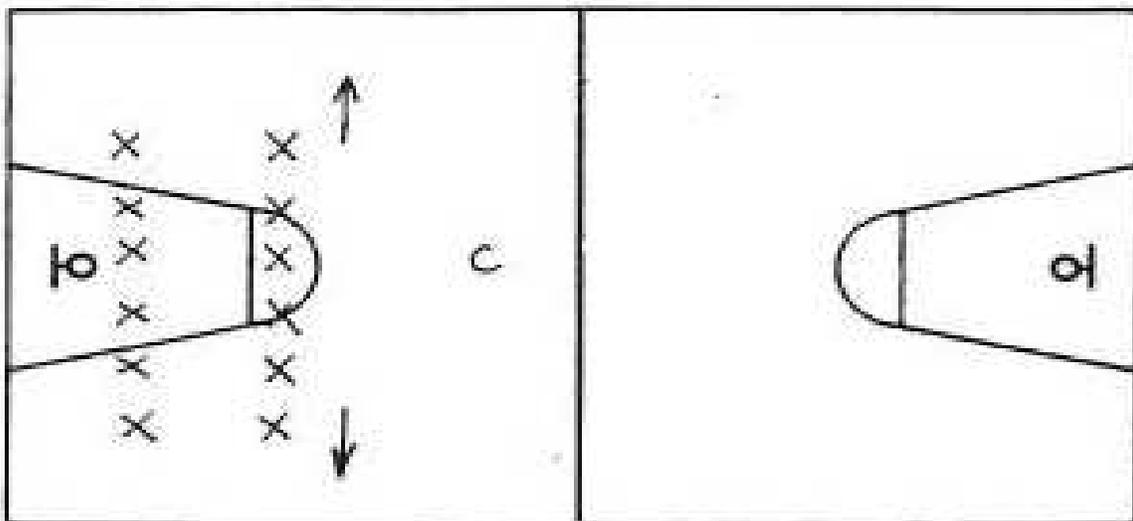


Drills for Practicing Body Movement and Control:

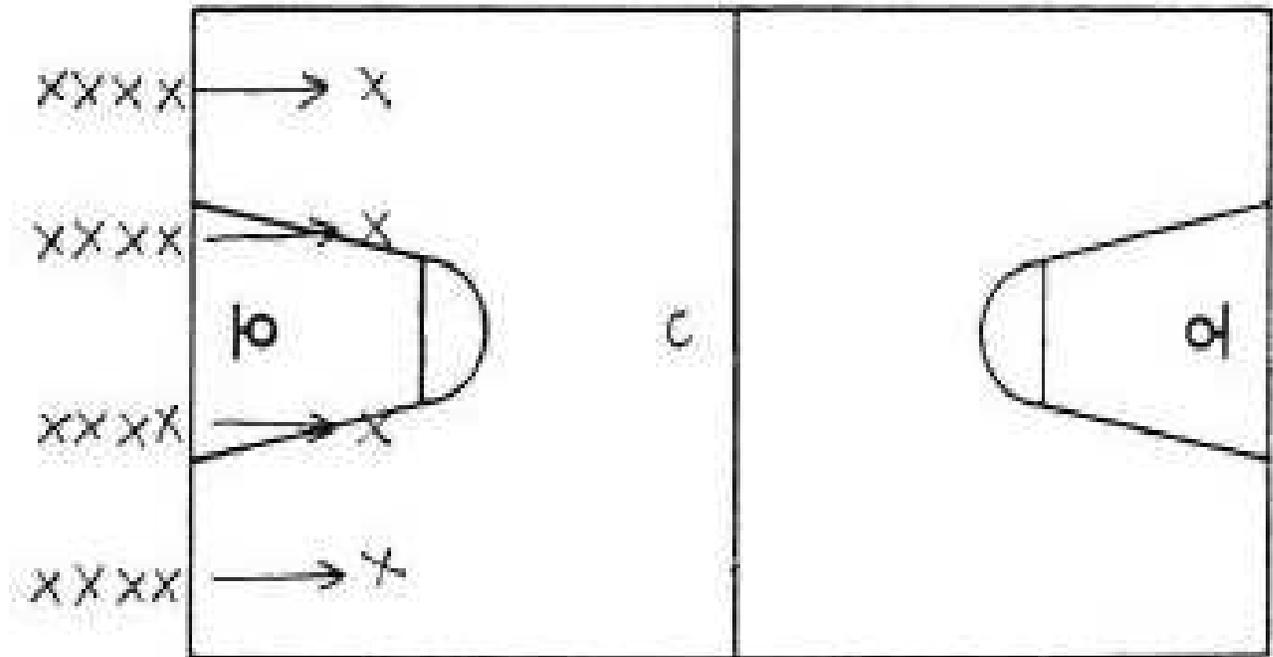
1. Two lines of cones are placed along the court. Players line up at first cone. Players run through cones changing direction at each cone, running, side step, jump stop and reverse pivot.



2. Players line up on court as shown, begin in athletic stance, the coach will point to one side and the players slide in that direction, he may then point to the other side and the players must react by changing direction and sliding the other way.



3. The players form 4 lines across the baseline. On the coaches command the first player from each line must run forward, when the coach raises his hand all must either come to a jump or stride stop (depending on coaches instruction) and then pivot forward, backward, right then left and begin running again, if coach raises his hand again they must repeat stop and pivot.

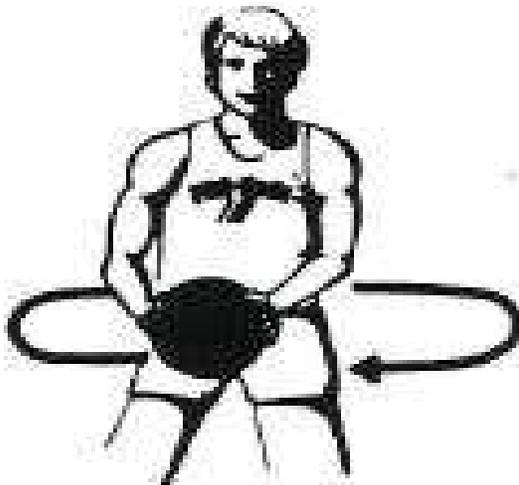


BALL HANDLING

The following drills are designed to give the players better confidence when handling the ball. Each drill should be done for 30 seconds.

1. Body Wrap

- Push ball around body as fast as possible
- Control ball with fingers
- Feet shoulder width apart
- Keep middle of body still



Around the waist

2. Figure 8 Speed Dribble

- Feet wider than shoulder width
- Weave ball around legs in Fig. 8
- Keep ball close to ground
- Tap ball with fingertip

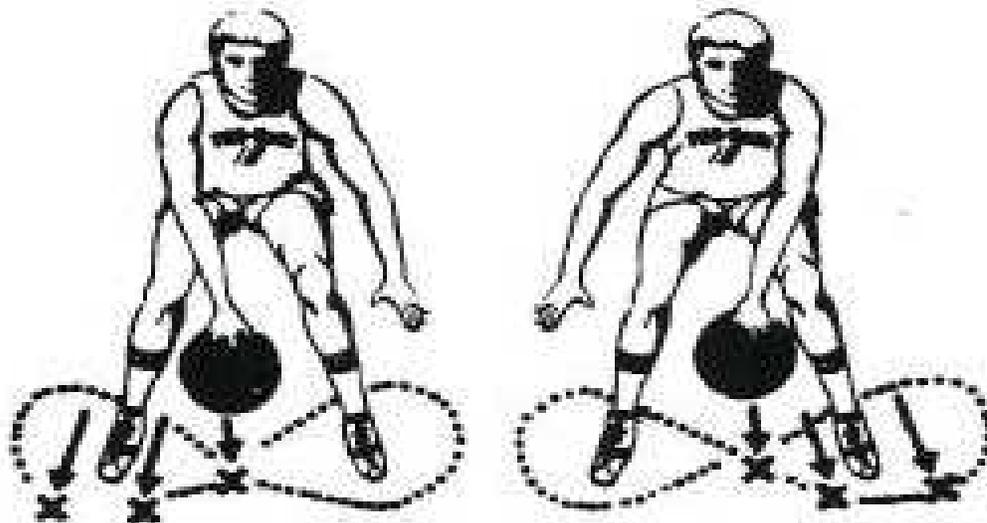
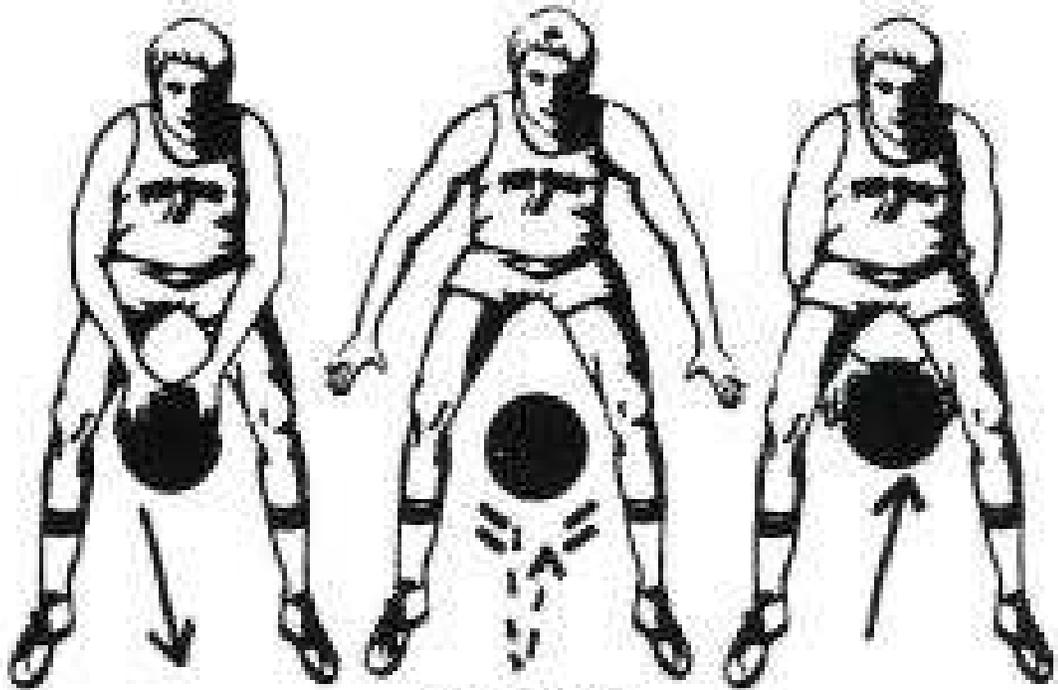


Figure eight speed dribble

3. Straddle Flip

- Hold ball at waist height
- Bounce ball between legs
- Catch with two hands behind back
- Bounce forward from behind back



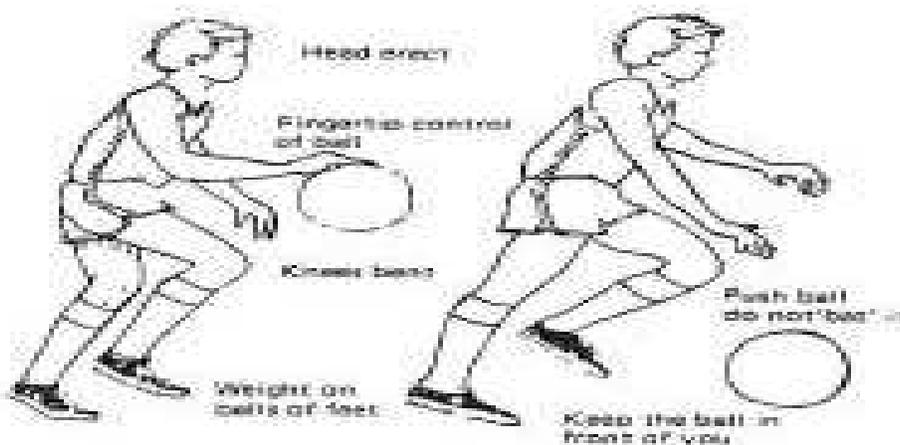
Straddle flip

DRIBBLING

To legally commence dribbling the player must release the ball from his hands before his pivot foot leaves the ground.

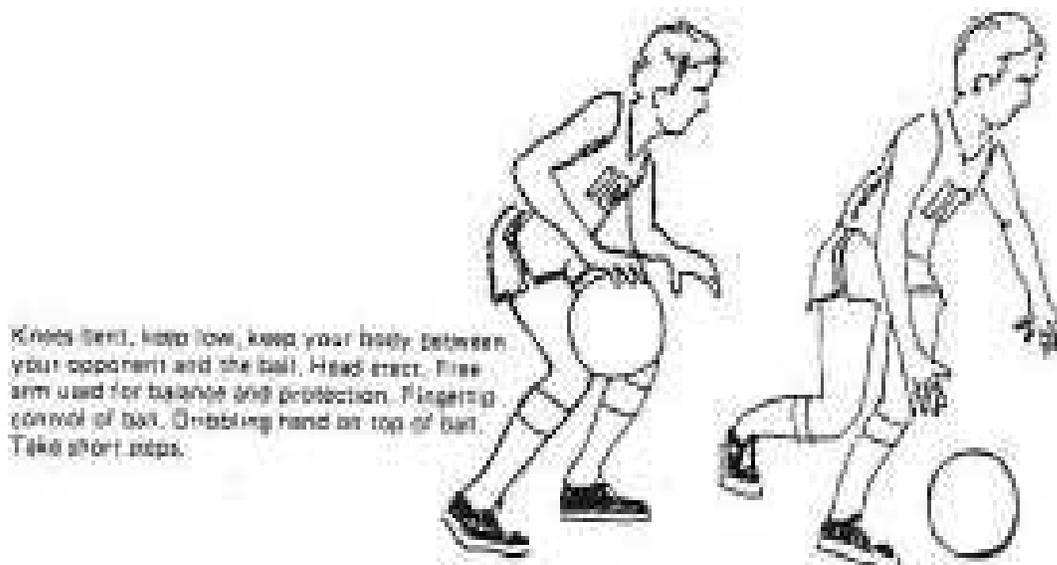
SPEED DRIBBLE

- Control ball with fingers
- Keep ball in front but to side of body
- Eyes up
- Keep ball below waist height



CONTROL DRIBBLE

- Push ball down using fingers
- Ease ball back into hand
- Keep ball below waist height
- Eyes not looking at ball
- Knees bent



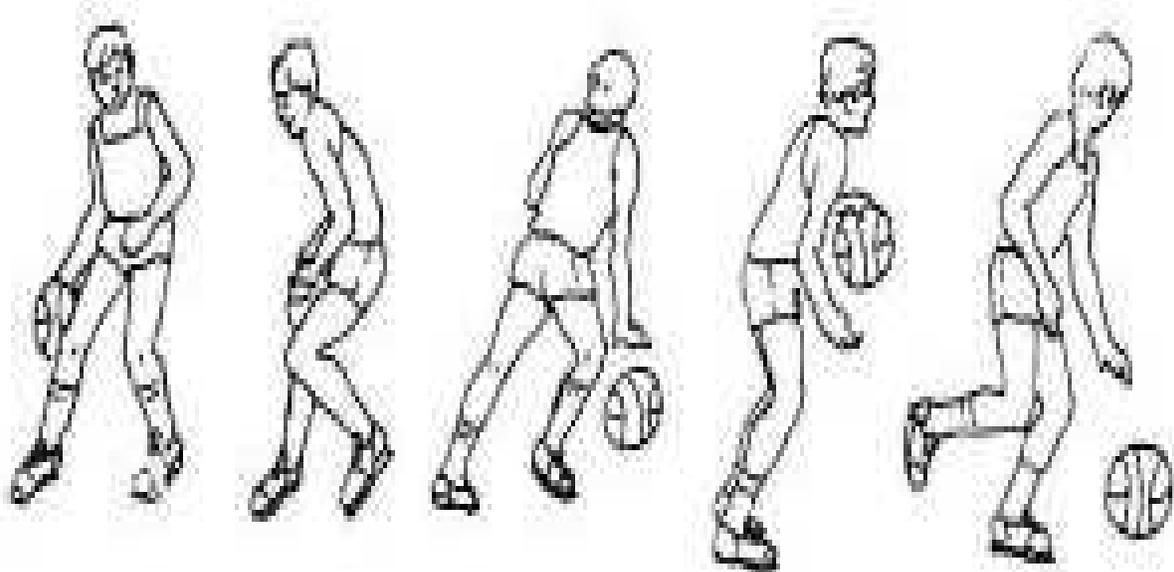
CHANGING DIRECTION WITH CROSS-OVER DRIBBLE

- Body movement same as side step
- Push ball across body to other hand
- Keep ball low
- Control ball with fingers



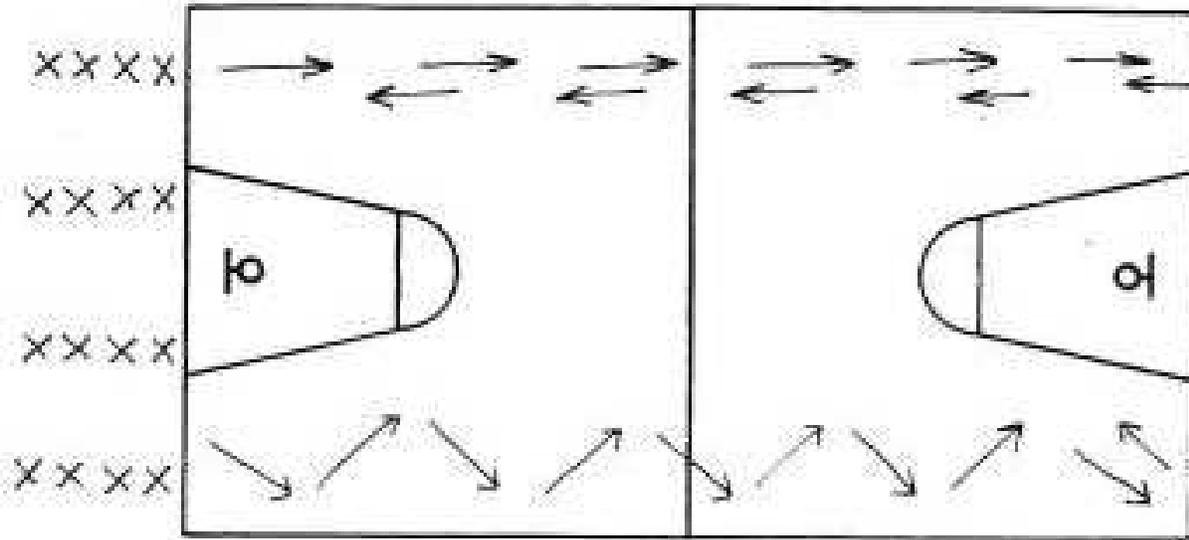
CHANGING DIRECTION WITH REVERSE DRIBBLE

- Body movement same as reverse pivot
- Transfer ball between hands when back is to defender
- Control ball with fingers

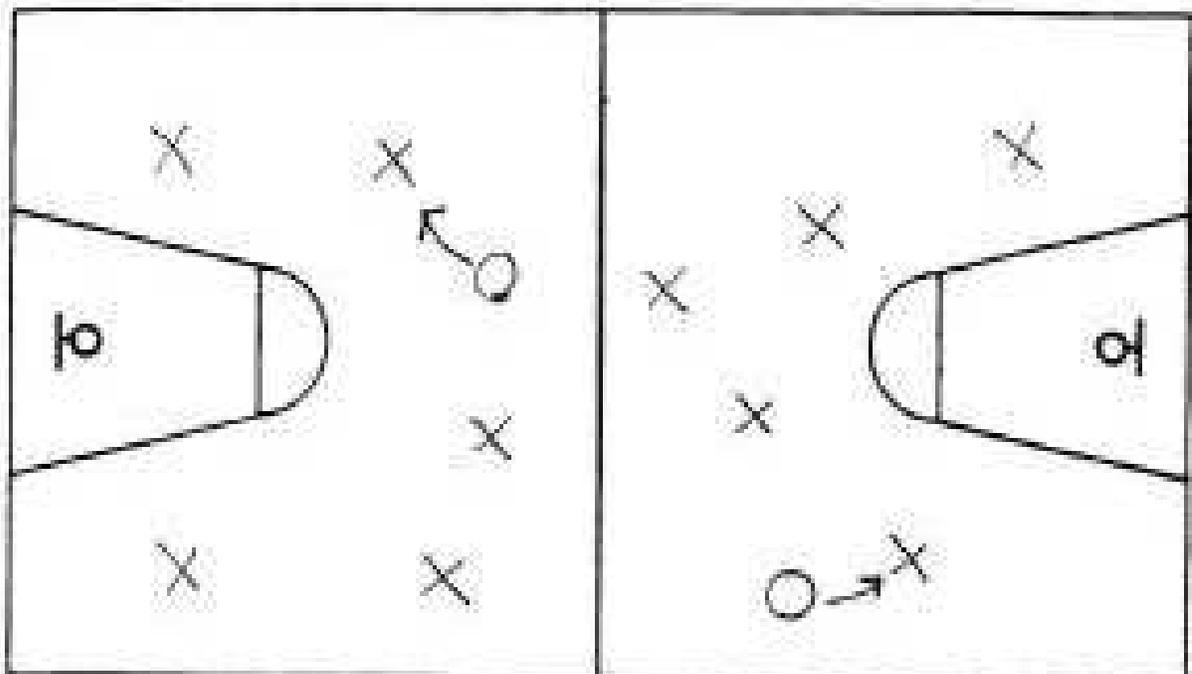


Dribbling

1. Alley Drill — Players form lines across end line and dribble full length of court and back again, first dribbling in straight line and then zig zaging to practice changes of direction.



2. **Dribble Chasey** — Give ball to two or three players and they must dribble and chase rest of team over court area and attempt to tag with non-dribbling hand. If they tag a player that player must take over the ball.



PASSING

Two Handed Chest Pass

- Hold ball with fingers, not palm
- Step in direction of receiver when passing
- Snap wrist when releasing ball
- Follow through with fingers to target
- Receiver should catch ball at chest height
- Two Handed Bounce Pass
- Same technique as chest pass
- Follow through to ground or floor
- Receiver should catch ball at waist height



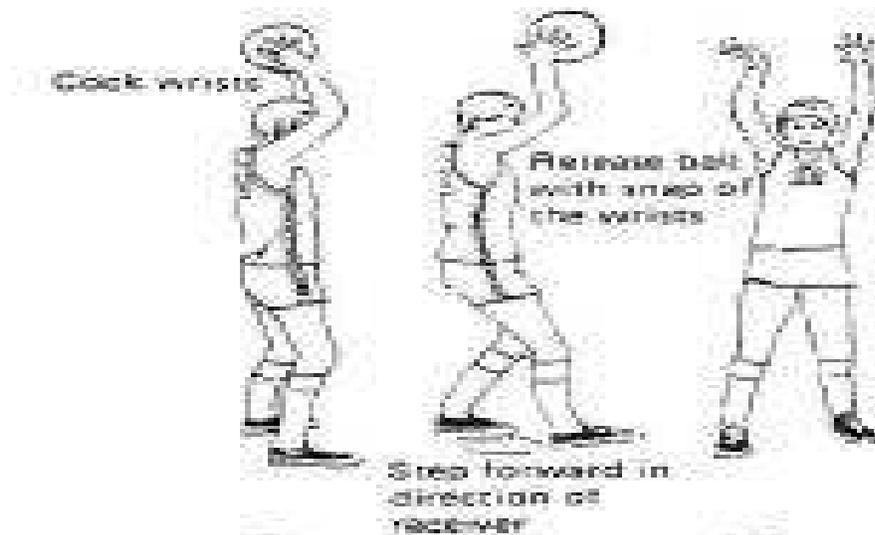
Two Handed Bounce Pass

- Same technique as chest pass
- Follow through to ground or floor
- Receiver should catch ball at waist height



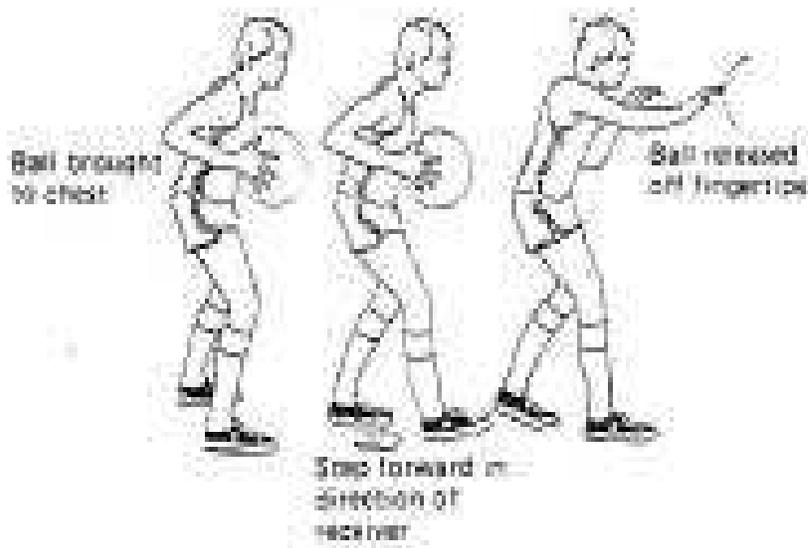
Two Handed Overhead Pass

- Hold ball with fingers
- Hold ball directly above head
- Deliver ball to chest



One Handed Push Pass

- Right hand directly behind ball
- Push ball from chest
- Snap wrist upon release



PASSING

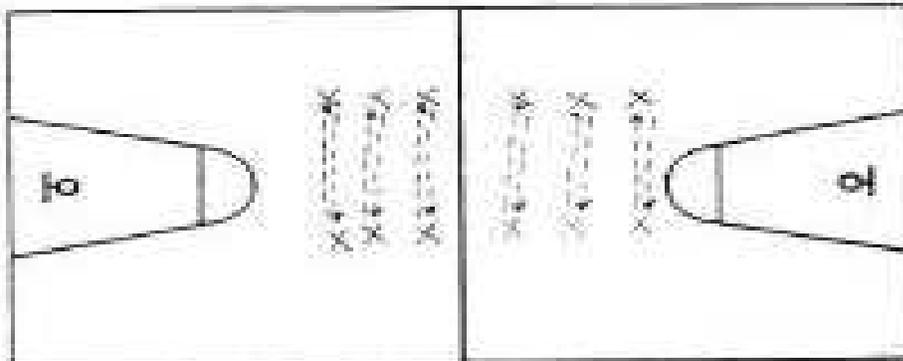
Baseball Pass

- Right hand behind ball
- Step forward when releasing ball
- Follow through to receiver

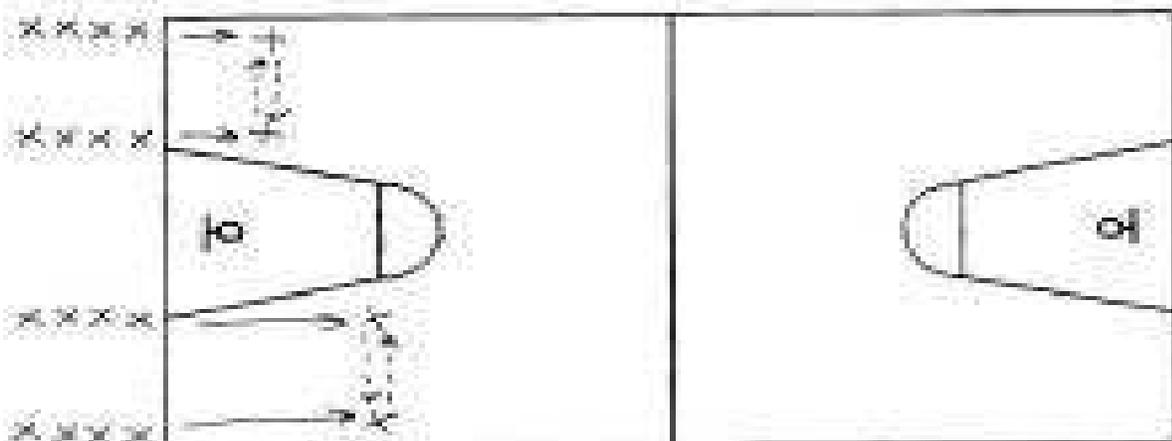


Drills for Practicing Passing

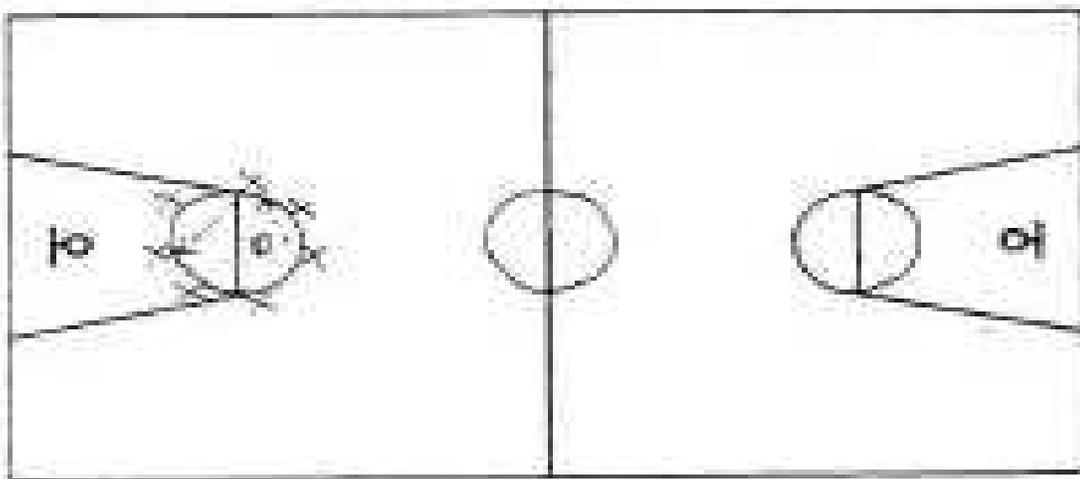
1. Two lines down centre of court, passing between pairs. Practice all passes.



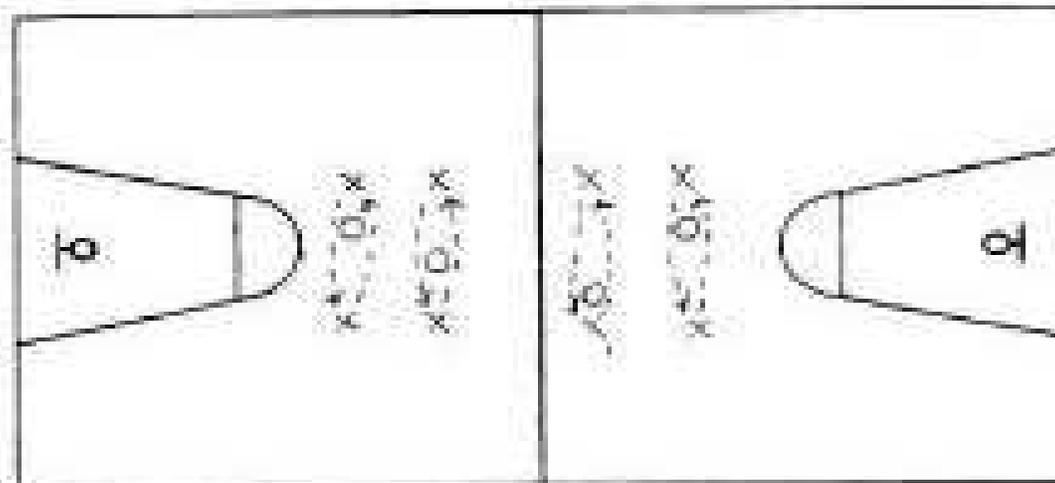
2. Four lines across baseline. Players run xx~x in straight line up court and back passing in pairs.



3. Player-in-the-middle: Using the centre circle and keyway circles, five (or more) players line up around the edge of the circle. One player in the middle attempts to stop the player with the ball passing. If he touches the ball, those two players exchange positions. Players around the circle may not pass to players directly beside them.



4. Cat and Mouse Drill. Players in groups of three. Players stand in a straight line with one in the middle. Two players on the outside must attempt to pass the ball to each other past the player in the middle. If the player in the middle touches the ball the passer must replace him. Players in the outside must be 4- 5 metres apart and must keep a pivot on the ground at all times.



SHOOTING

Holding the Ball to Shoot

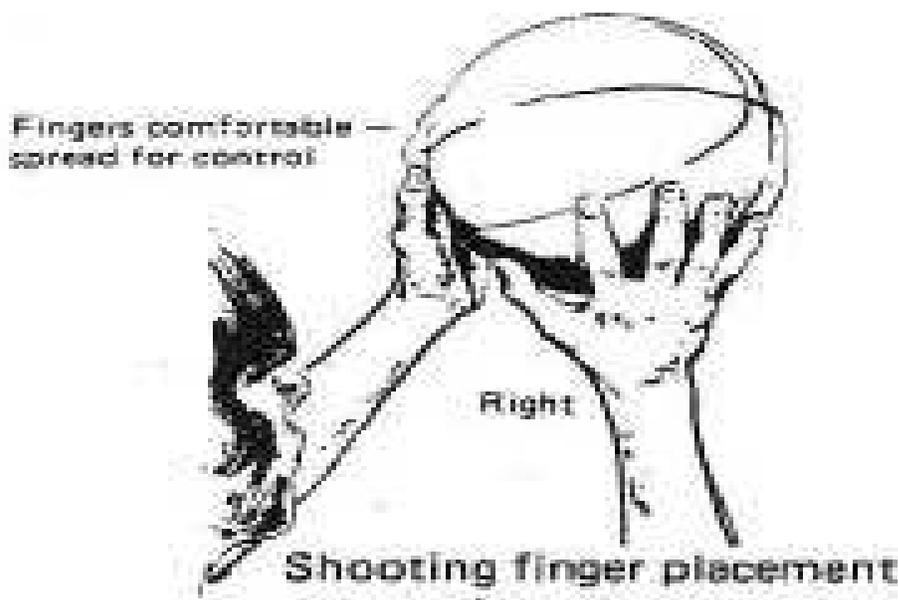
- Hold the ball with fingers, not palm
- Fingers comfortably spread
- Non shooting hand on side of ball
- Keep ball on shooting hands side of body

Balance

Eyes focused on the target

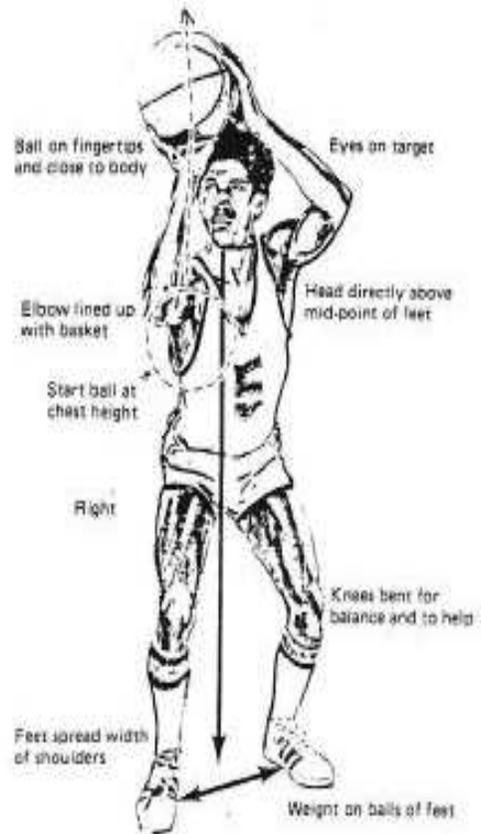
Elbow tucked in

Follow through action with your arm snap wrist

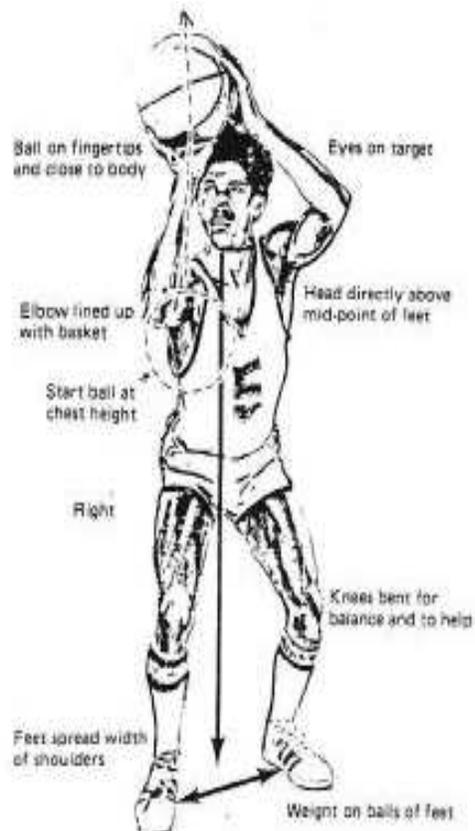


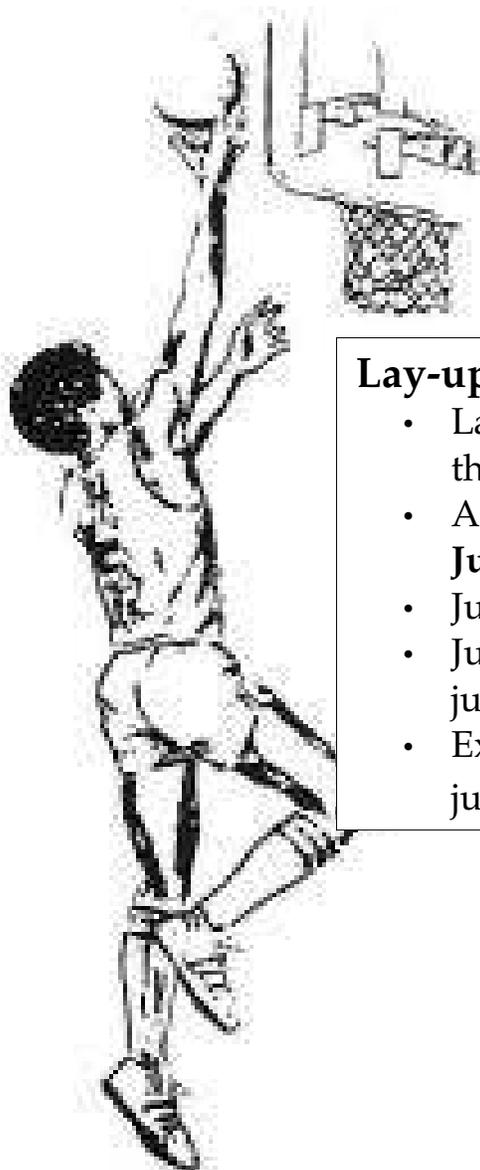
Shooting

- Push ball in one smooth action from chest
- Right foot and right shoulder forward, aiming towards target
- Snap wrist on release of ball and follow through
- Use legs to help push ball upwards



- Release ball before peak of jump





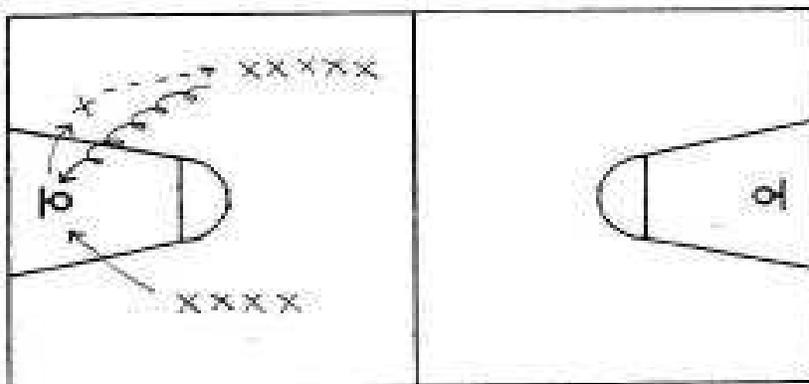
Lay-up Shot

- Lay ball onto backboard aiming for the top of the square, where the white lines meet.
- Always remember Outside foot , Inside foot, **Jump**.
- Jump off foot opposite shooting hand.
- Jump as high as possible, high jump not broad jump.
- Extend shooting arm, releasing ball at peak of jump.

Drills for Practicing Shooting

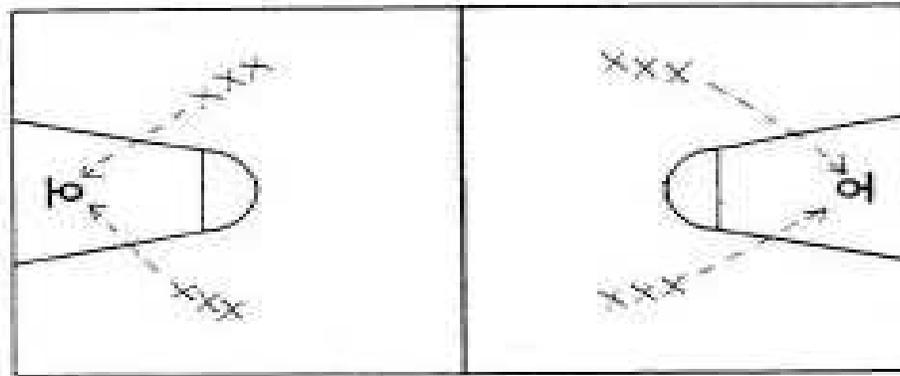
1. Lay-ups

Players form two lines. First player from one line dribbles in and shoots the ball, first player in other line rebounds the ball and passes to the next player in shooting line. The two players then go to the end of the opposite line.



2. Spot Shooting

Players break into four groups. The first player in each group shoots the ball, rebounds it if it misses and shoots again, once he has made the shot he passes the ball to the next player in his line and he goes to the rear of the line. Practise catching the ball and shooting and shooting off the dribble.

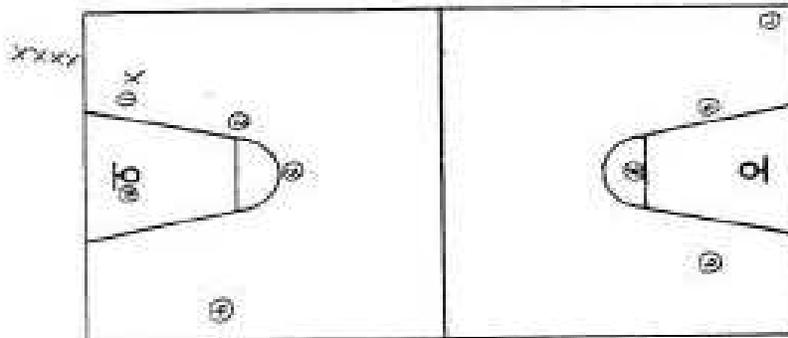


3. Horse —Shooting Game

Can be played by 2 or 3 (or more) players, outside of training sessions. One player will shoot the ball from any position on the court he wants. If he makes the shot he is in control of the ball and the next player in order must also make the shot, if that player misses he is then punished with a "H". The first shooter may then move to another spot on the floor and shoot again, if he makes it again the next shooter must again make that shot, if that player misses again he is then labelled "HO" and the game goes on until one player is labelled HORSE. To gain control of the ball the second player must make a shot after the first player has missed.

4 -Golf Shooting Game

The Coach marks out nine spots over the court area for players to shoot from. The players begin at first spot and attempt to make goal, each player counts the number of shots it takes him to complete all nine spots. He must stay at each spot until he makes a shot.

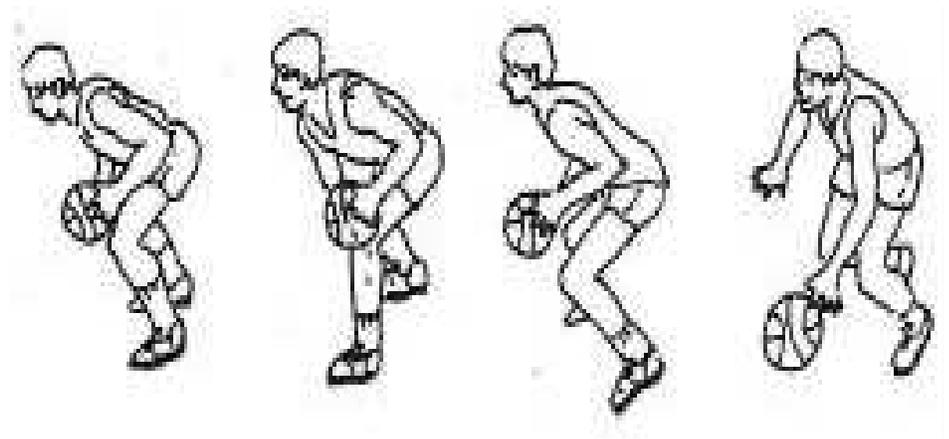


INDIVIDUAL OFFENCE

In order for a player to get himself open to shoot the ball he must be able to get past the man guarding him. Two efficient ways of doing this are:

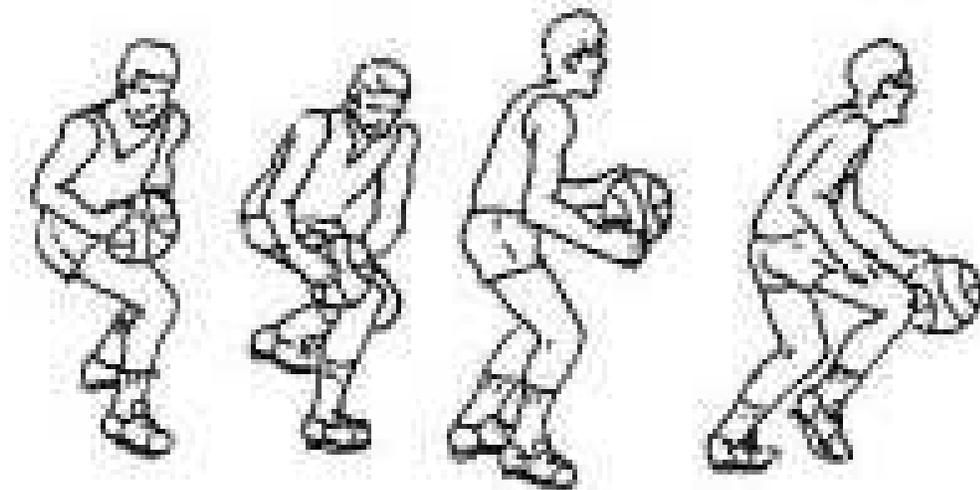
Jab Step and Go

- Quick 1/2 step forward by player
- Defence do not react to step
- Player continues forward in direction stepped



Jab Step Fake and Crossover

- Quick 1/2 step forward by player
- Defence reacts and moves in that direction
- Player crosses stepping foot across body
- Moves in opposite direction to first step



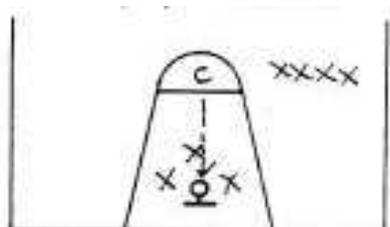
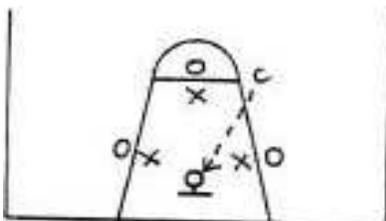
REBOUNDING (Recovery of missed shots)

- Always get inside position on opposition
- Make contact with rear of body on front of oppositions body
- Hands up all the time
- Grab ball with two hands
- Block oppositions path to rebounding area
- Don't ball watch —be sure to block man out and then look for ball.



Drills for Practicing Rebounding

1. Coach -shoots the ball, players on defence must block their man out and rebound ball, if they rebound they become new offence, and coach shoots ball again, if they do not rebound offence keeps shooting the ball until they make a goal and defence remains in for next shot by coach.
2. Three players stand inside key area, coach shoots the ball, whichever player rebounds the ball he must try and score, other two players must try and stop him. The player of the three who eventually scores rotates out of group and a new player comes in.



DEFENCE

Teams can play 2 types of defence, these being **man to man** or a **zone defence**.

Playing good defense in basketball is a lost art. Offense is the name of the game, right? **Wrong!** A good defensive team in basketball will almost **always** beat a good offensive team.

Always remember that 75% of playing good defense in basketball is all about desire, heart, hustle and determination. The other 25 % is technique and footwork.

MAN TO MAN DEFENCE

- Each player must guard one man
- Players must always be able to see both their man and the ball
- Players must always be in athletic stance
- Sag off man towards middle of court and as ball gets further away

Some helpful coaching hints for Man to Man

1. If you are tired rest when your team is in offence. You do not want to rest whilst you are in defence. Why rest on offence? Because you know what your team mates are going to do and you can pick your spot to catch a quick breather. On offence you do not know what the other team will do so you need to be alert always.
2. Overplay your opponent's strengths and put pressure on the player you are guarding to make them work their options. This will cut down on the number of shots they take and lower their shooting percentage because they will be forced into pressured shots and passes.
3. Develop an approach step to more effectively move from initial defence position to the guarding position. Your approach step should be a quick glide into guarding position. Never lunge or jump into your stance or your appointment may suddenly burst by you.
4. Develop your guarding position. Keep your inside foot up and open up your stance toward the side and the baseline so you are in position to stop any drive toward the baseline. Keep your knees bent and lower your centre of gravity so you will be able to switch directions smoothly.

5. Keep a hand in your opponent's face and always watch their waistline, not their eyes. Their waist will tell you where they are moving.
6. Develop an attack step to a more aggressive guarding position. Move quickly, but do not jump or lunge. Slap at the ball with a quick upward hand movement. You might steal the ball or get them to make a pass or a shot they did not want to.
7. Develop a retreat step so you are ready when your opponent goes into a driving position. Slide back with your rear foot and keep your weight back. Watch their waistline to see in which direction they will be going.

Drills for Practising Man to Man

1. Alley Drill.

Players pair up, one player with the ball, player with ball attempts to dribble past defensive player, man on defence must attempt to block offensive players path down court.

2. Four on Four

Players play half court with offence trying to score. Coach must watch and see if players on defence are in good position and block out when offence shoots.

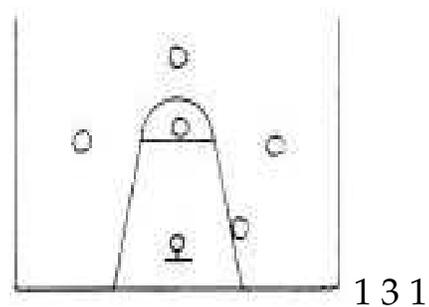
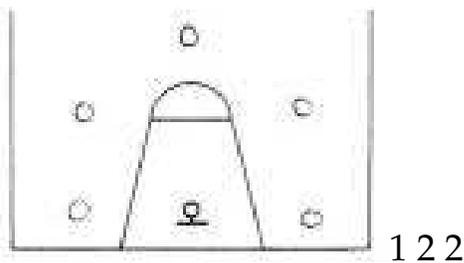
ZONE DEFENCE

- Each player must guard players in their area
- Players must be in athletic stance with hands up
- Players must be concerned with guarding key area
- Players must find opponent to block out when ball is shot
- Players should react and move in the direction of every pass

There are many variation of zone defence, 2,1,2 and 1,3,1 (this shows the layout of defence players in and around the keyway) all keep the core values of the above statements. The key to a good zone defence is to be aware and be prepared to HELP out.

TEAM OFFENCE

- Always be aware of someone being in a better position then you.
- Make good passes
- Always keep the court balanced (even spacing between each player, not crowded around the ball)
- Move without the ball
- Do not dribble too much
- A pass is mostly better than a dribble



These offences are set up to create movement and options for offences players.

HOW TO PLAN A TRAINING SESSION

Preparation — Be prepared, be sure to use all training time to the fullest. Plan each drill and allocate time to be spent on it e.g. dribbling — 10 minutes.

Content — Cover all fundamentals. A team that can perform all fundamentals better than other teams will win, be sure to cover as many fundamentals during each training session as possible.

It may not be possible to do everything in every training session but a coach should in his/her long term plan make sure to cover all the skills as often as possible.

Strategy — Review team offence and defence during training sessions.

*Do not waste training time on fitness work, this should be done outside training time.

* Encourage players to work on individual skills (i.e. dribbling, ball handling, shooting etc.) on their own outside of training sessions. Give them individual programs to train on their own or with partners.

* Introduce 2 on 2 and 3 on 3 halfcourt games which players can enjoy outside of training sessions.

*Respect the skills and age level of your players. Be patient and work for long term improvements, it won't happen overnight

TERMINOLOGY

1. **Backboard** — The rectangular shaped board behind the goal.
2. **Baseline** — The endline running under the basket from sideline to sideline.
3. **Basket** — The goal.
4. **Blocking Out** — The position of a defensive player in such a manner as to prevent the offensive player from going to the basket for a rebound.
5. **Drive** — A quick dribble towards the basket in an effort to score.
6. **Defence** — The team without possession of the ball.
7. **Fake** — A deceptive movement used to trick the defensive player into the wrong position.
8. **Follow Through** — Arm and wrist movement after ball is shot.
9. **Fast Break** — A situation in which the defensive team gain possession of the ball and moves into scoring position so quickly that its members outnumber the opponents.
10. **Jump Ball** — The situation in which the official tosses the ball into the air and two opposing players jump in an effort to tap it toward a teammate.
11. **Key Area** — The area defined by the free throw line and the two lines running to the baseline.
12. **Offence** — The team with possession of the ball.
13. **Penetrating** — Move made by offensive player by dribbling past the man guarding him in an effort to draw more defensive players to create an open offensive man.
14. **Pivot** — Footwork that enables the ball handler to move one foot while keeping the other in the same position of contact on the floor.
15. **Rebound** — An attempt to catch a missed shot.
16. **Sideline** — The lines running up the side of the court.
17. **Substitution** — A player put in the game to replace a player already playing in the game.
18. **Score** — A made field goal.
19. **Scorebench** — Table where scoresheet and clock are kept.
20. **Time-out** — A sixty second period called by the coach when play is stopped.
21. **Cut** — Movement through the key area.
22. **Pick up your player** — Find your player and play defence against them.

OFFICIALS' SIGNALS

1. 1 POINT  flag from wrist	2. 2 POINTS  flag from wrist	3. 3 POINT ATTEMPT 	4. 3 POINTS SUCCESSFUL 	5. CANCEL SCORE  sift arms once across body	6. STOP CLOCK  open palm	7. PERSONAL FOUL  clenched fist palm down
8. TIME-IN  chop with hand	9. 30S RESET  rotate fingers	10. SUBSTITUTION  cross forearms	11. BECKONING  Open palm wave towards the body	12. CHARGED TIME-OUT  Form T finger showing	13. TRAVELLING  Rotating fists	14. ILLEGAL DRIBBLE  Patting motion
15. CARRYING THE BALL  Half rotation forward direction	16. 3 SECOND VIOLATION  Arm extended show 3 fingers	17. 5 SECOND VIOLATION  show 5 fingers	18. 10 SECOND VIOLATION  show 10 fingers	19. 30 SECOND STOP CLOCK VIOLATION  Fingers touch shoulder	20. BALL RETURNED TO BACKCOURT  Finger extended	21. FOOT VIOLATION  Point finger to foot
22. OUT-OF-BOUNDS or DIRECTION  Point finger parallel sideline	23. JUMPBALL  Thumbs up	27. PLAYER NO. 7 	32. PLAYER NO. 12 	36. ILLEGAL USE OF HANDS  Strike wrist	37. BLOCKING  Both hands on hips	38. EXCESSIVE USE OF ELBOWS  Swing elbows backwards
39. HOLDING  Grasp wrist	40. PUSHING OR CHARGING WITHOUT THE BALL  Imitate push	41. CHARGING WITH BALL  Clenched fist strike open palm	42. TEAM CONTROL FOUL  Clenched fist in direction of play	43. DOUBLE FOUL  Wave clenched fists	44. TECHNICAL FOUL  Form T palm showing	45. UNSPORTSMANLIKE FOUL  Grasp wrist
46. DISQUALIFYING FOUL  Clenched fists	AWARDING FREE THROWS			ADMINISTERING FREE THROWS		
47. ONE FREE THROW  Hold up 1 finger	48. TWO FREE THROWS  Hold up 2 fingers	49. THREE FREE THROWS  Hold up 3 fingers	55. ONE FREE THROW  Index finger	56. TWO FREE THROWS  Fingers together	57. THREE FREE THROWS  3 pointed fingers	