

Dear Coach,

Thank you for assisting with the BVC 2012 Under 14 Skills Days.

Firstly I would like to acknowledge and thank the following Head Coaches & Administrators for being part of our 2012 Program:

#### ACADEMY

**Central Academy**  
**East Gippsland**  
**North Central**  
**North East**

**North West**  
**South Central**  
**South Gippsland**  
**South West**

#### HEAD COACHES

Ray Pitts & Peter Cunningham  
Wayne Royal  
Lukas Carey  
Emma Henry (Skills day only)  
**Jacqui Henry (Academy)**  
Tony Jones  
Col Darrington  
Bill Jeffs  
Will Blake

#### ADMINISTRATORS

Pat Pitts  
Sharon Pyle  
Karla Coulson  
Bev Suter  
  
Darren Wilson  
Bev Bauer  
Kerryn Heylen  
Janette Lakin

I would like to welcome Craig Hockley (BVC Participation Officer), he has only been in the role for a few weeks and has fitted in really well.

I would also like to thank the support coaches that have given up their time to assist at these days.

Please find following the program, where I have placed a lot of focus on:

- Defensive containment, players to take responsibility for their own player
- Take care of the basketball
- Offensive transition
- If you are going to dribble, go somewhere, if you have passed the basketball, move

Today's program is certainly aimed at achieving the above, we as coaches need to make sure this happens. **"The players will be good at exactly what you want them to be good at"**.

Today's program also ensures that the players have an enjoyable experience and develop/learn skills that will assist in their overall development. This program is designed for not only the experienced players, but players of all abilities.

However there is a selection component and some discussion and informal meetings will be held with this task in mind. **No parents that have children attending the sessions are permitted to take part in the selection discussions for that age group/gender.**

Each athlete will be numbered and you will be supplied a list of corresponding names.

It's vital that you as coaches also enjoy your time on the floor and learn from our Regional Head Coaches. Please make sure you are positive as body language plays a huge role in the player's ability to learn and implement what we want them to do.

The Academy sessions throughout the year requires assistance in coaching over the year. If you would like to be involved, please speak to the Regional Head Coach.

Enjoy your day, and I look forward to meeting and working with you throughout the year.

Regards,

**Andrea Walsh** Victoria Country - Head Coach

Tel: 03 5440 6301. Mob: 0432 347 999. Fax: 03 5441 1229  
P.O.Box 463, Bendigo, Vic, 3552 [www.bvcc.net.au](http://www.bvcc.net.au)

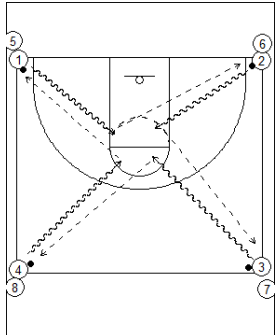
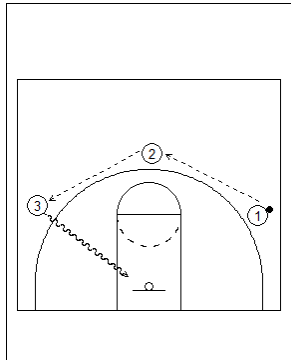
## TRAINING SCHEDULE

**9.30am**                    **Player registration & Coaches briefing**  
 Administrators will distribute resources, register & number players  
 Coaches will meet with Head Coach

**9.55am**                    **Welcome from Academy Head Coach(s)**

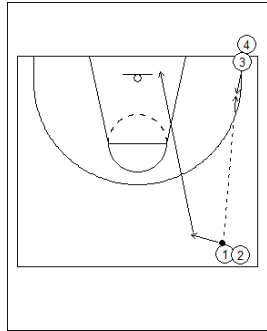
- Brief outline for the day
- Introduction of support coaches and staff
- Brief outline of selection process
- Emphasis on skill development and enjoyment

### SESSION NO 1 – INDIVIDUAL OFFENCE AND INDIVIDUAL DEFENCE 10.05AM – 12.30PM

TIME	DRILL, inc Points of Emphasis
<p><b>10.05am – 10.20am</b></p>	<p><b>Pivoting passing drill</b></p> <ul style="list-style-type: none"> <li>• Continue with the passes being flat chest passes, now they have to think about their footwork as well</li> <li>• Protect the ball</li> <li>• Step to pass</li> <li>• Communication</li> </ul> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%;">  </div> <div style="width: 50%; border: 1px solid black; padding: 5px;"> <p>At the same time O1, O2, O3 and O4, dribble to inside the key and land in a two foot jump stop.          Coach then yells out forward pivot, as they are passing to the line left of them, their left foot will be their pivot foot. Everyone will be passing to their left, they need to swing the ball from their right hip over the D and then step to pass with their right foot. Receivers must catch the ball in stance and takeoff, with chest over knee <b>LONG DRIBBLE</b></p> <p><b>Rotation</b>          Follow the person who you pass to.</p> <p><b>VARIATIONS TO THE DRILL</b></p> <ul style="list-style-type: none"> <li>• Forward and reverse pivots</li> <li>• Change direction, so now you pass to your right, so now their right foot is their pivot foot</li> </ul> </div> </div>
<p><b>10.20am – 11.00am</b>  <i>(Coaches to stay at basket, players to rotate)</i></p>	<p><b>Offensive Moves</b>  <b>4 stations x 9 minutes (includes 1 minute rotation and instruction)</b></p> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%;">  </div> <div style="width: 50%; border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> <li>• O1 makes a RH push pass to O2</li> <li>• O2 catches, steps with right foot and makes RH push pass to O1</li> <li>• O3 catches (away from D)</li> <li>• <b>Inside/low foot is pivot foot vs close outs</b></li> </ul> <ul style="list-style-type: none"> <li>• rips ball through basket for RH lay up</li> <li>• Catch rip through drive to basket, reverse lay up two dribbles</li> <li>• Catch rip through drive to basket, one dribble jump shot</li> <li>• Be strong and tight with the ball</li> <li>• Low sweep of ball on shoelaces (Ear to shoelaces)</li> <li>• Chest over knee</li> </ul> <p><b>Depending on your group on how far you get with the moves, if possible use both sides of the floor</b></p> </div> </div>

## 2 line lay – ups Both sides of the floor

- Firm flat passes
- Target hand
- Eyes up on target
- Use of backboard
- Rebounder jump to get rebound, don't let the ball hit the floor



- O1 passes to O3, as they move towards the basketball
- O3 passes back to O1, **just before the block**
- O1 then finishes with a lay – up
- Don't rock the ball, keep ball on hip, away from D
- O3 then rebounds the shot, takes two dribbles and passes to O2

**VARIATION** – Catch ball outside the 3pt line, one bounce lay up

### Rotation

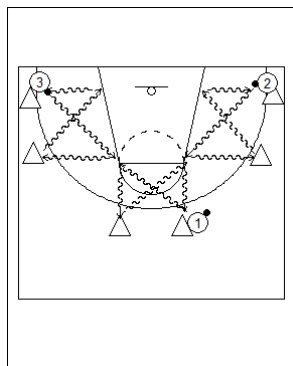
- O3 goes to the half way line
- O1 after finishing the lay up joins the baseline
- Lay - ups to include normal and power lay - ups
- Catch and shoot from the elbow

### (DOMINANT FOOTWORK)

Players to complete correct footwork

## Dribbling – change of pace

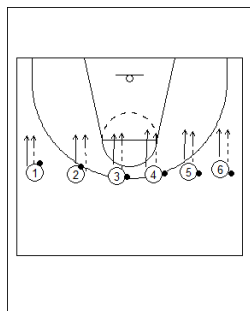
- Stay low
- Rip thru on the crossover
- On the hesitation, stand up, eyes on the ring
- Keep the ball outside feet



- O1, O2 & O3 start beside the cones.
- O1 rips thru and speed dribbles with their left hand to the elbow, then changes pace to drag away from the elbow and separate back to the cone, above the 3pt line
- As they reach the cone, they square up, crossover to their right hand and then speed dribble to the opposite elbow.
- They complete 3 sets, and on the 3rd, they pull up for a jump shot at the elbow

Rotation is move in anticlockwise direction

## Shooting Spinouts



Every player has a basketball, they then complete 3 drills:

1. Spin outs, WITH 1 BOUNCE drill, 20 tilts
2. Spin outs, wrist tilt, one bounce, wrist tilt
3. Spin outs, shoot, thumb out

## Shooting Technique

### Grip & hand position

- Fingers spread, strong, thumb out
- All shooters have great finish
- Ball off the palm
- The only role the thumb has in the shot is to stabilize the ball
- Guide hand on the side
- Wrist tilt significant area of deficiency in young players - "point the ball up, not down"
- Elbow is not tucked in, focus on the hand position in line with the basket forget elbow

### Stance & footwork

- Alignment, shot line
- Square stance, hard to get shooting hand in line, stress on shoulder and it releases the elbow
- Comfort is the key, an open stance is more comfortable
- Similar to the way a boxer would stand to throw jabs
- Shooting foot forward
- Catch the ball in the air
- Soft land, quick feet, heel (stop), toe (stabilize), toe (drive)

### Arm action

- Ball must go UP to go IN – shoot the ball IN the basket, not AT the basket
- “Tilt, tuck and lift” in the arm action
- Lift and shoot – point of release must be above the eye level
- **Start the shot looking over the ball – Finish the shot looking under the ball**
- Ball dip, ball doesn’t go below the waist
- Consistency of the “set point” – have the shot start at the same point every time
- Shoot on the way up
- 

### Wrist action & follow through

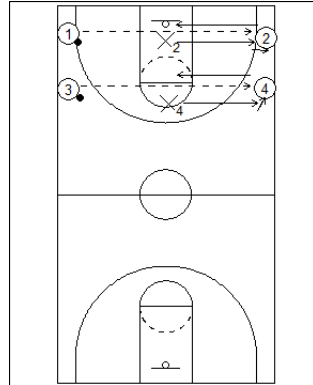
- Keep hand spread
- Wrist “broken”
- Index finger last fingers to touch – Ed Palubinskas
- Player should hold the follow through until the ball is through the net
- Firm, flop
- Arm straightens (elbow locks) as the ball is released

	Station 1	Station 2	Station 3	Station 4
Station allocations				

11.00am – 11.15am

**Mass Closeout drill**  
**HEAD COACH TO CLINIC**

- Watch the eyes of the offensive player when they receive the ball
- If eyes are up, Long closeout, throw 2 hands up
- If eyes are down, short closeout, 1 hand (stick) on the ball, other hand deflection hand
- Stutter steps, throw head back, weight back on toes
- “Feet defend feet, straddle the “pivot foot” **(Ball is dead)**
- Rule of thumb, always maintain arms length distance to player



O1 starts with the ball.  
X2 is on the split line (Flat triangle)  
O1 passes to O2  
X2 closes out to O2 as the ball is in the air.  
After you have completed this a few times, add 1 or 2 dribbles.

Offensive player has two options when they catch the ball:

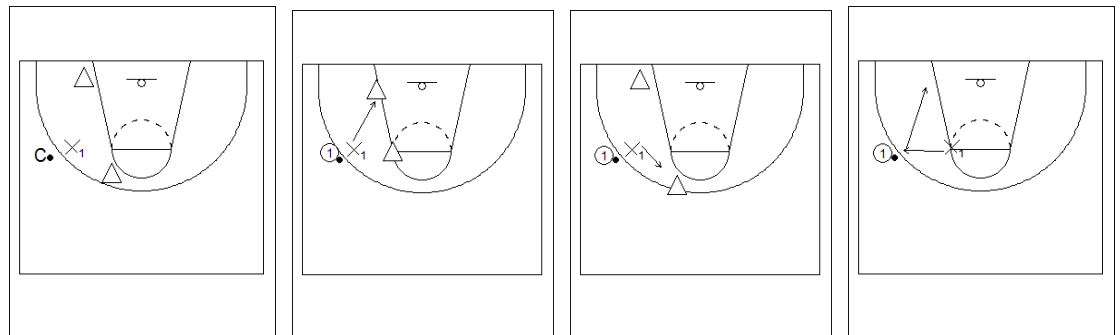
- Eyes up for a shot
- Eyes down to drive

Rotation of the drill is O2, gives the ball to X2, then O2 goes to the split line and then is in D and you can continue rotating

11.15am – 11.25am

**Defensive footwork from wing into 1 on 1**  
**HEAD COACH TO CLINIC**

- Back to the basket
- Feet to defend outside offensive player’s feet, however not too wide, only shoulder width apart
- One hand “stick” on the ball, other hand deflection hand
- Point the toe, big to bigger, slide
- Push chest out, keep hands out

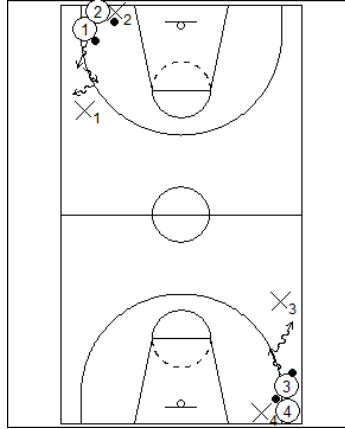


1. Coach to start with the basketball, so they can coach the correct footwork  
**COACH TECHNIQUE**
2. O1 triple threat position, don't dribble yet  
X1 must force ball handler to baseline cut off point  
**COACH TECHNIQUE**
3. O1 triple threat position, don't dribble yet  
X1 must force ball handler to middle cut off point  
**COACH TECHNIQUE**
4. X1 will start from the elbow, make a short closeout and force to baseline cut off point

11.25am – 11.35am

### Full court 1 on 1

- D to stay in front of the ball, don't go for the steal
  - Beat your player to the spot, make them change direction
- Big to bigger footwork, use the correct foot first to slide



Players to find a partner

In the backcourt, turn the dribbler, when you get to half way, channel to the sideline

Use the corridors

Play 1 on 1, then change sides and change from offence to defence

11.35am – 11.45am

### Break

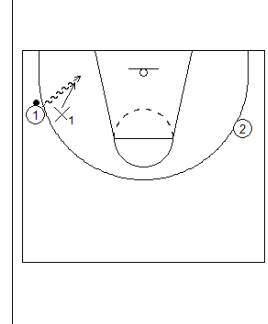
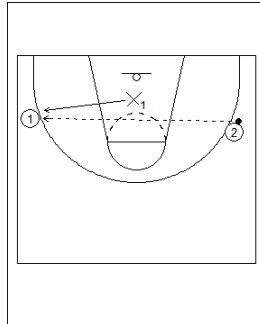
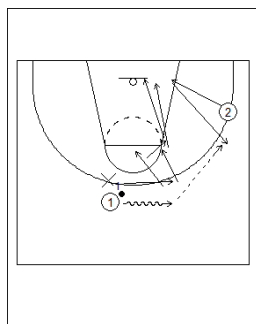
11.45am – 12.20pm

### Teach 3 on 3 , how to defend the following cuts:

- **Inside cut and closeout**
- **Flash cut**
- **Back cut**

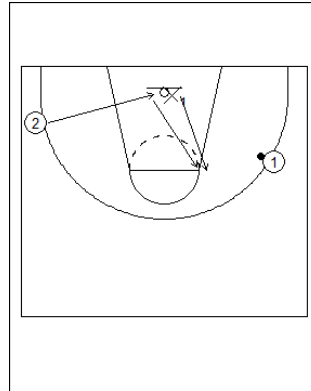
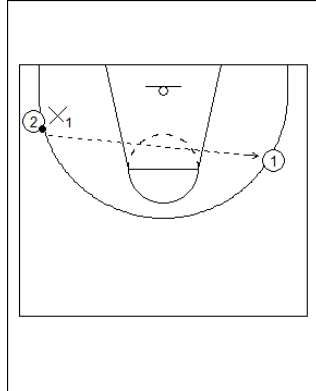
#### Inside cut and close out

- D to jump to the ball
- Stay active on split line
- Don't go too early, (Offensive players, eyes down for drive, eyes up for shot)
- Close out short
- Use footwork technique shown in previous drills – **Play 1 on 1**



## Defend the flash cut

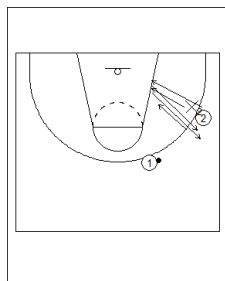
- Catch the cutter in stance, use arm bar, **BE PHYSICAL**
- Meet the cutter at the line of the backboard, force to ball side elbow
- Vision on the ball and the cutter – **Play 1 on 1**



X1 starts playing defence on the ball, then as the ball is passed will hustle to the split line and stay active  
They will then defend the flash cut of O2  
Rotation is O1 to O2 to X1 to out

## Defend the back cut

- Coaches show “open up and “head snap” techniques
- Defenders see the ball, use arm bar when defending forward lead



O2 V - cut to get open, then back cut  
X2 to defend, the forward lead and the back cut  
Rotation is O1 to O2 to X2 then out

## OFFENSIVELY

### How do we get open

#### Forward Lead 1 vs 0

- Cut hard, change of pace
- Slash arm and seal
- Catch outside 3 point line, showing a target hand and shoulders square to passer
- Be in a low stance
- Go somewhere with your dribble, and go at the basket

Eyes on the target early

**IF TIME PERMITS, PLAY 3 ON 3**

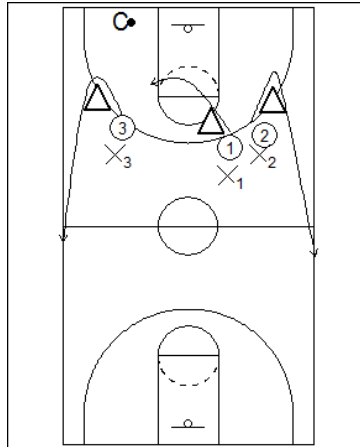




1.35pm – 2.00pm

## TRANSITION 3 ON 0 to 3 on 3 HEAD COACH TO CLINIC

- Look after the basketball
- Firm/Flat passes
- Driving lane/Passing lane principles
- Don't attack the basket from wing lower than the block



Coach to throw the ball inbound or player

### Stage 1

- Use chairs
- As coach slaps the ball O1 to catch the ball on the curl
- O2 & O3 to **sprint** from inside the chair to outside the chair
- O1 to pass to either O2 or O3

### Finish with a lay - up

### Stage 2

#### Include defence

- Concepts of driving lane, passing lane apply

#### Role of O1

- Catch the ball on the curl
- Show a target hand in front
- Your first dribble you need to throw it out long
- Get rid of the ball before halfway line
- Always pass across 1 lane, not 2
- **NO CROSS COURT PASSES**

#### Role of the Lane runners

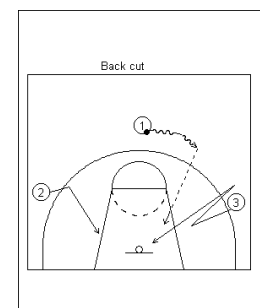
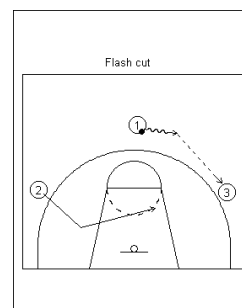
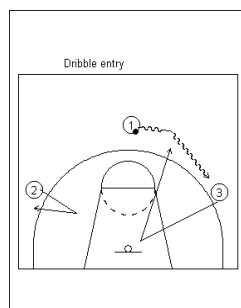
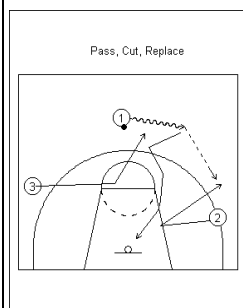
- Sprint and run wide, touch the middle/sideline
- Look over inside shoulder to receive the ball
- Run to the basket (angle), not away, if too early, you may need to swing the wings

Always come back to the basketball

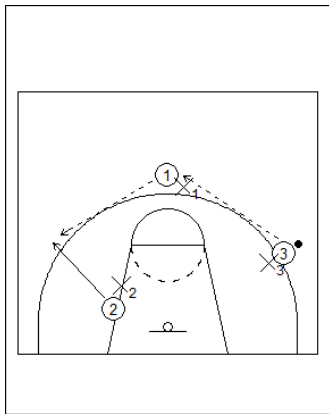
2.00 – 2.45pm

## Alford Series – 3 on 0 to 3 on 3 HEAD COACH TO CLINIC

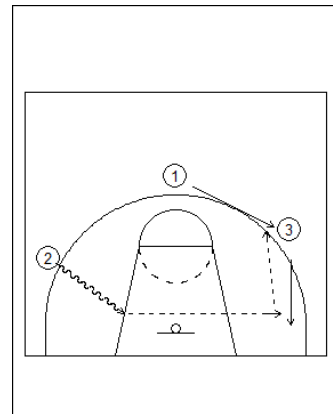
- Pass, Cut & Replace
- Pressure releases including, dribble entries, back cuts, flash cuts
- Court balance and spacing
- Cut hard, timing
- Ball reversal
- Strong leads
- Be a threat



## DRIBBLE RECEIVER SPOTS



- O3 passes outside hand to O1
- O1 passes outside hand to O2



- O2 drives **baseline**
- O3 cuts to baseline corner
- O1 relocates to where O3 was
- **SPLIT, KICK, EXTRA PASS**

### Defensive principles

- Defender 2 passes away (Split line)
- Defender 1 pass away

**3 on 3 games in the half court or full court**

2.45pm – 2.50pm

Cool down

2.50pm – 3.00pm

Afternoon Break

## SESSION NO 3 – TEAM OFFENCE AND TEAM DEFENCE 3.00PM – 4.00PM

3.00pm – 3.20pm	5 out motion
3.20pm – 3.55pm	5 on 5 games – 7 minute scrimmages
3.55pm – 4.10pm	Cool down and coaches meet to finalise selections
4.10pm – 4.20pm	Acknowledgements, review of camp, announcement of selections Players that have been selected must remain to meet with the administrator and Academy Head Coach
4.20pm	<b>CAMP FINISHES</b>







# 2012 U14 SKILLS DAY



# NOTES



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