



# UNDER 12 SHOOTING STARS PROGRAM

OCTOBER/NOVEMBER 2011

Geraldton  
Katanning  
Kalgoorlie  
Collie  
WA Basketball Centre

**Session 1****Ball Handling, Stopping, Pivoting, Catching, Passing, Dribbling, Shooting.**

00:00 – 00:15	Warm Up and Stretch Body Movement Fundamentals
00:15 – 00:25	Ball Handling
00:25 – 00:35	Stopping and Pivoting Catching and Receiving
00:35 – 00:45	Quick Hands Drills
00:45 – 01:00	Dribbling
01:00 – 01:15	Passing
01:15 – 01:30	Shooting

**Session 2****Individual Offence, Individual Defence, Team Defence**

00:00 – 00:15	Warm Up and Stretch
00:15 – 00:20	Dribble Tag
00:20 – 00:30	Lay Up Technique
00:30 – 00:50	Individual Defence
00:50 – 01:10	Individual Offence
01:10 – 01:20	1 V 1 Quick Games
01:20 – 01:30	Team Defence 3 V 3
01:20 – 01:30	3 V 3 Games

**Session 3****Defensive Containment, Games**

00:00 – 00:05	Mirror Defence Drill
00:05 – 00:15	Beltramo Drill
00:15 – 00:25	Outlet & Dog
00:25 – 00:35	Roll Out & Dog
00:35 – 00:45	1 v 1 Containment
00:45 – 00:55	Texas Containment Drill
00:55 – 01:05	2 v 2 Dog and Plug
01:05 – 01:15	4 v 4 Dog, Plug and Deny
01:15 – 01:30	Games

## **Selection Format and Criteria**

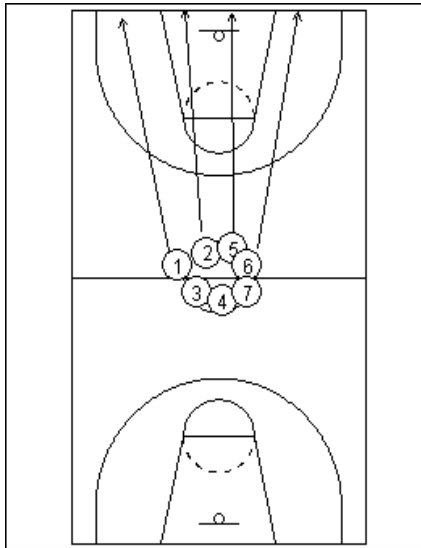
- Program coaches attending the camp will have the opportunity to have input into selection in an initial coaches meeting at the conclusion of the first session unless they have a child involved. **Any coach who has a child, grandchild or sibling involved will have no involvement in the selection process.**
- The Camp Head Coach will have the final say on selection of athletes
- Regular feedback meetings will be held during the day in which camp coaches are to be involved.
- Coaches are reminded of the importance of making decisions for the good of the whole, not for individuals or regions.
- The Camp Head Coach will chair these meetings and all coaches are to pay the people the respect they are due.
- The Head Coach will complete the appropriate forms and hand to Vanessa Locke.
- All players will receive notification of selection or non-selection on the internet the week following the last Under 12 Shooting Stars Camp that is conducted within the state.
- Coaches are reminded of the importance of maintaining integrity of the selection process. The selections and any aspect of the selection meetings are not to be discussed outside the selection room. This includes on-court with other coaches during the course of the camp and at any time after the conclusion of the camp. This includes after the selection letter has been received.
- Selections must not be revealed until all players have received notification and MUST never be discussed within home associations or with parents.
- While the selection is an important aspect of the camp, it is not to deter from the coaching of players on the floor. This remains a development camp.

David Herbert  
High Performance Coach/Manager  
Basketball WA

## Session 1

00:00 – 00:15

Warm Up and Stretch

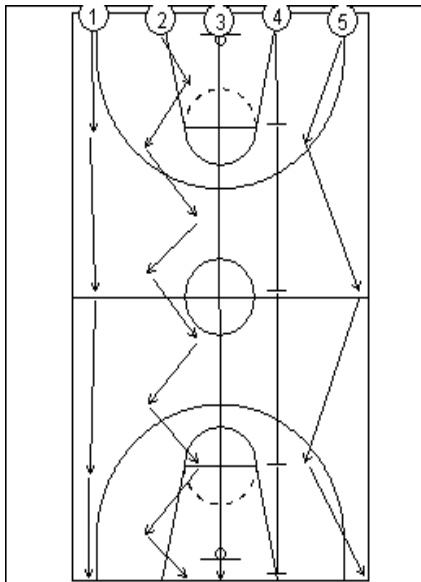


### **Court Familiarisation Drill**

All players to commence in the middle of the court  
On the coaches command he calls the following and player have to run to these spots.

- Baseline
- Centre Line
- Side Line
- Foul Line
- Players Bench
- Keyway
- Score Bench
- Block (painted area edge of keyway)
- Elbow (of the keyway)

Have players run continuous to warm them up during the above drill.



### **Body Movement Fundamentals**

Have players complete the following Body Movement Fundamentals in corridors as per the diagram

#### **Running Technique**

- Arms at 90 degree throughout, power from biceps
- High Knees
- Extend Out
- Lean Slightly Forward

#### **Change of Pace**

- Slow to fast running

#### **Jump Stop**

- Two foot stop
- Two feet land together
- Knees flexed bent
- Hands up and ready
- Balls of the feet
- Heels up

#### **Stride Stop**

- Running Stop
- Can't move back foot once established
- Lift front foot to take off and run again
- Knees Flexed
- Hands up and ready
- Balls of feet, off your heels

#### **Pivoting – Forward and Reverse**

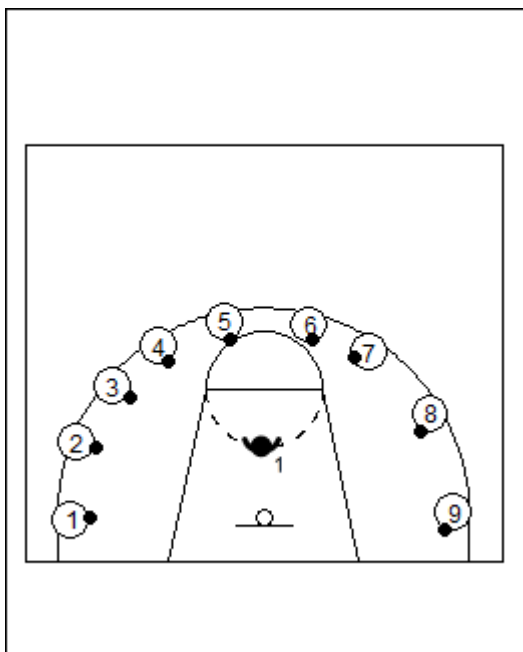
- Forward = Head first
- Reverse = Back first
- Stay low throughout
- Do not bounce
- Eyes at one level throughout
- Hands up and ready

#### **Stutter Step**

- Succession of Short/Sharp Steps
- Stay low throughout
- Used for a Close Out on Defence or an Offensive Move

**BALL HANDLING**

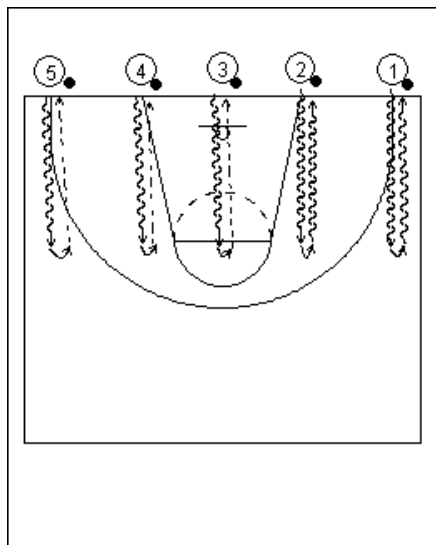
- Athletes complete skills list below
- All call name of drill eg “Straddle” and when changing direction call “Change”

**Ball handling pro ked set up****Pro Ked Ball Handling Drills**

- Body Wraps - Ankles/Waist/Head
- Figure 8 Leg Wrap
- Double Leg/Single Leg
- Toss and Catch Behind
- Richochet
- Back Roll
- Blurr
- Straddle Flip
- Figure 8 Speed Dribble
- Spider Dribble
- Side to Side
- Figure 8 Single bounce
- Figure 8 three bounce
- Isiah
- Spin and Finger
- Impossible Catch
- Wrist Breaks
- Two Ball Drills

**KEY TEACHING POINTS**

- Triple Threat Stance
- Ball held in upper part of palm and finger tips
- Eyes Up and not on ball
- Speed and Quickness
- Faster each time
- Challenge yourself
- Stance throughout, knees flexed

**Stopping and Pivoting  
Catching and Receiving**

Players commence in 5 lines on the baseline as diagrammed.

The first player in each line commences with a basketball.

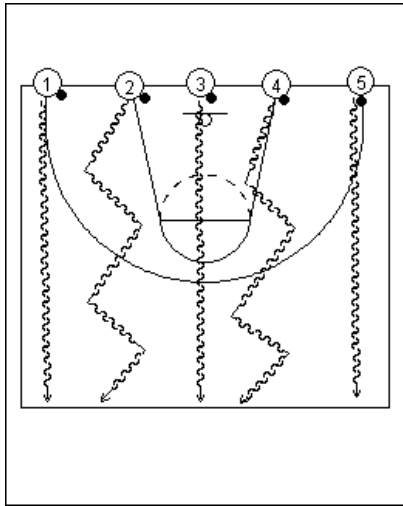
To commence the drill each player dribbles to the Foul line and completes a stop either a ‘Stride Stop’ or a ‘Jump Stop’ as desired by the coach.

Once a stop has been completed the player with the ball will then pivot (either Forward or Reverse) and pass to the next person in the line. They will then run back and re-join the line while the next person goes.

**KEY TEACHING POINTS**

- Knees Flexed
- Balls of feet, off your heels
- Forward = Head first
- Reverse = Back first
- Stay low throughout
- Do not bounce
- Eyes at one level throughout

## Quick Hands Drills



00:45 – 01:00

Dribbling

Players commence in 5 lines as diagrammed. Each person has a Basketball and will follow the leader as the drill commences. Each player must change hands to come back down court

Side of the body

- Players dribble the ball with one hand on the side of their body from front to back as they progress down court. The ball should be as low as possible. Ankle height

In front of the body

- Players dribble the ball with one hand in front of their body and move the ball from side to side as they progress down court. The ball should be as low and as wide as possible. Ankle height

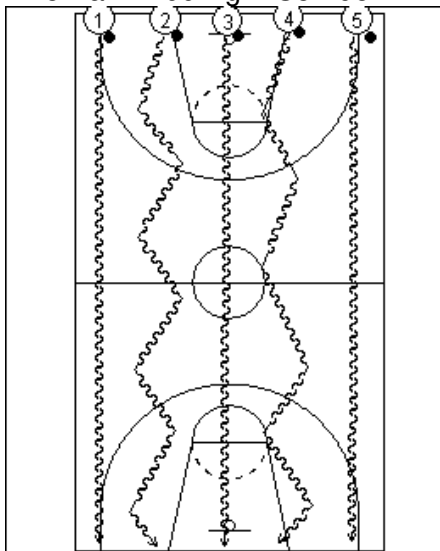
Behind

- Players dribble the ball with both hands crossing over behind the back. Keep the ball low and wide and dribble when you step.

On Side

- Players dribble down the sideline this time and complete a fake crossover. Step and look away and then come back and continue in the same direction.

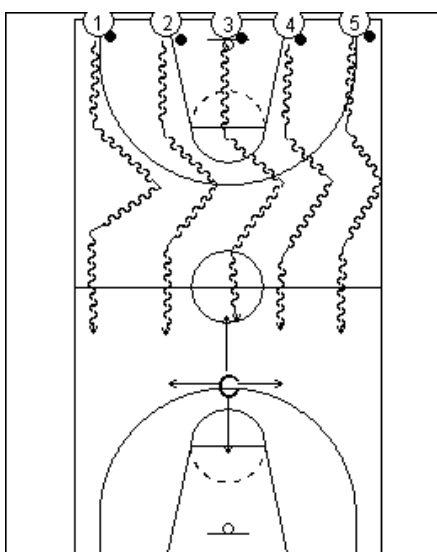
## Two Ball Dribbling – Corridor Drill



Complete the following Dribbling drills with 2 balls

- 2 Balls Together
- 2 Balls each ball Alternating
- One Behind the back, One Crossover in front
- One Through the legs, One Crossover in front
- Two Through the legs at same time
- One ball Thrown up the other ball bouncing

## Mass Drill

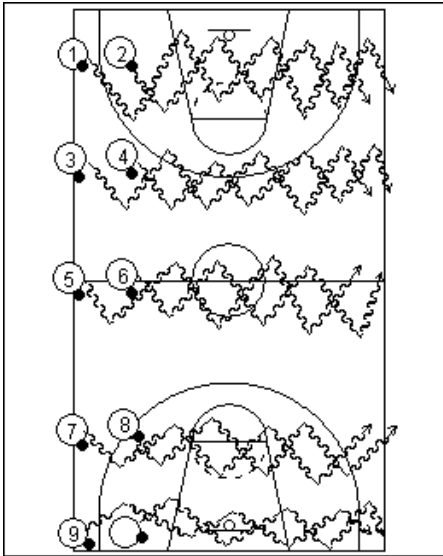


In five lines players dribble 2 balls while the coach in front of the group points directions as to which way they wish the group to dribble...

Forward, backward, right, left

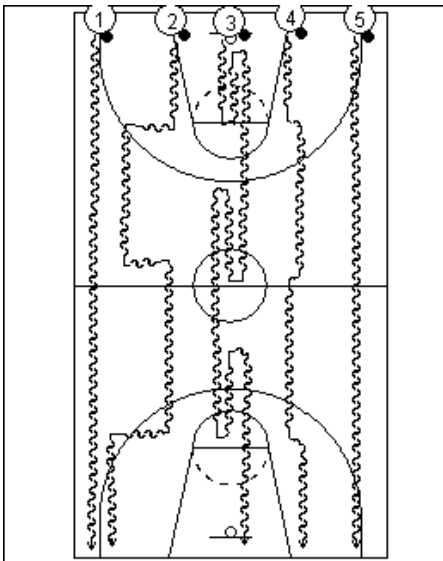
- Coach points direction athletes follow dribbling 2 balls
- Vary direction making a different move  
*ie. One through legs/one in front*

## Mirror Dribbling Drill – Across Court



Commence in pairs with each player with a Basketball  
One player dribbles forward the other player mirrors this and dribbles backwards.  
At all times the Basketball's must stay on the same side and mirror each other.  
Players can crossover as much as they like across the court and increase the speed and difficulty as they go.

## Moves off the Dribble – Corridor



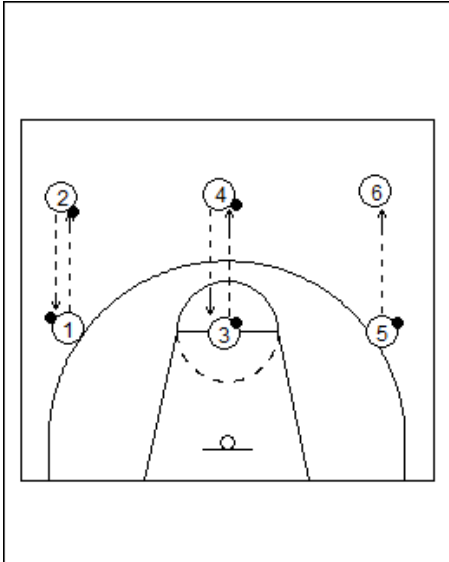
In five lines players complete the following dribbling drills:

- Turn out Dribbling
- In - Out, rip it through, wrist snap
- On-Side (Fake Crossover)
- Crossover
- Behind Back
- Through Legs
- Reverse Dribble
- Side Drag to crossover (feet leave ground)
- Back Drag to crossover (feet leave ground)

## PASSING

Pair Passing – Complete the following passes:

- Chest
- Bounce
- Overhead
- One Hand Push Pass
- Baseball Pass



Chest/Bounce/Overhead/One Hand Push/Baseball

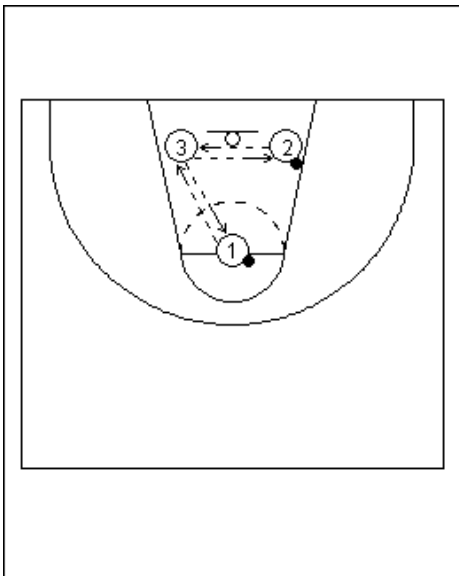
### Key Teaching Points

- Stance
  - Low, wide & strong
  - Hips locked down
  - Feet greater than shoulder width
- Step to pass / receive
- Thumbs up / thumbs down
- Provide a target for ball
  - Hands ready for the ball
- Catch the ball in the air

### Add 2 Basketballs

- Chest bounce while partner bounce passes
- Right leg forward both players. Through front of the leg and flick to partner who is completing same action
- Shoulder pair pass. Ball starts in one hand above shoulder passes are made

## Three Player Triangle Passing Drill



Player in groups of three.

02 passes to 03 and returns same pass type to 02.

01 passes to 03 and 03 return same pass to 01.

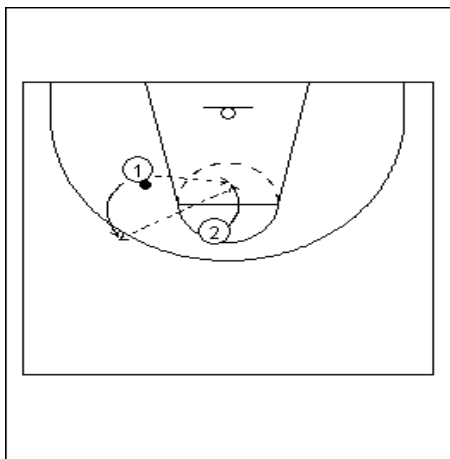
Complete Chest, Bounce, Overhead, One Hand Push Pass

### Key Teaching Points:

As per pair passing.



## Circle Pass and Square Up Drill



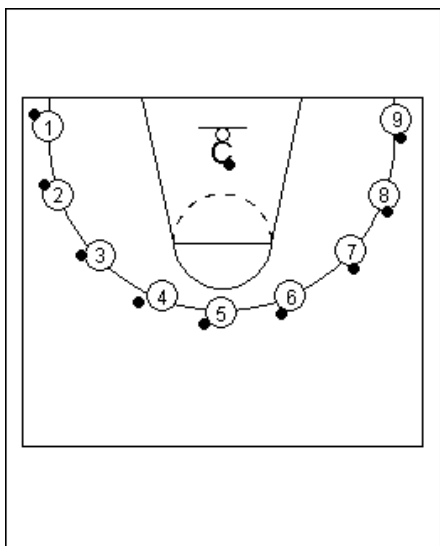
Players circle around each other passing between, catching and squaring up.

### Teaching Points:

- Catch the ball in the air
- Turn on the inside foot
- Triple Threat Stance (Pass, Shoot or Drive)
- Feet greater than shoulder width apart
- Lock down Hips
- Square up to your partner
- Shot Fake / Jab Step before completing next pass
- Move low and strong

01:15 – 01:30      Shooting

Mass Teaching Drill    Please See shooting notes at end of the program:



Simplified process for teaching:

2 key things – Feet and Head Position locked in.

**Feet:** Shoulder width or greater throughout

**Knees:** Bent to provide power

**L-Shape:** Elbow under ball

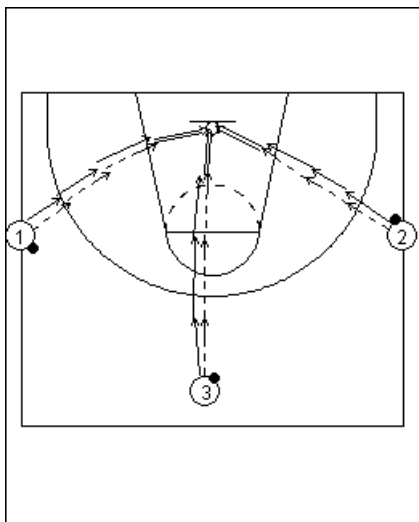
**Wrinkle:** Appear at wrist

**Power:** Firm legs

**Lock:** Elbow at end of follow through

**Snap:** Wrist towards basket

## 3 Line Rhythm Shooting Drill



Commence in 3 lines as diagrammed

Toss ball out in front 3 times

Check feet

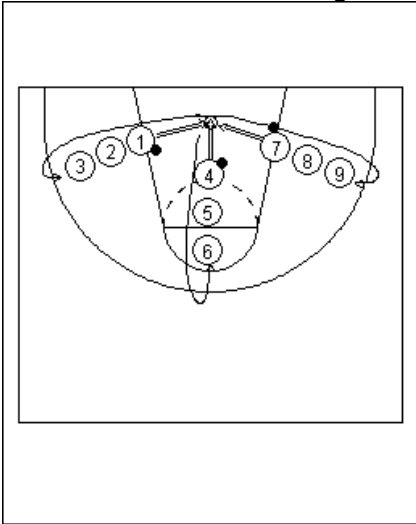
Shoot the ball on third toss

*\*Important: Catch the ball in the air*

Key Teaching Points:

As per drill 1

### 3 Line Process Shooting Drill

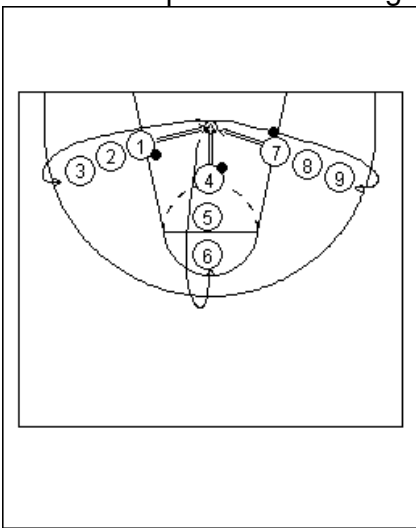


Commence with three lines as diagrammed  
1 ball in each line

First player to shoot and chase their rebound, pass back to next available player in their line.

Continue as per first player until a team reaches 20

### 3 Line Competitive Shooting Drill



Commence with three lines as diagrammed  
1 ball in each line

First player to shoot and chase their rebound, pass back to next available player in their line.

Continue as per first player until a team reaches 20

# SHOOTING TECHNIQUE

You don't have to be a great athlete to be a great shooter what you must do is master the basic shooting fundamentals.

Many shooters are great during practice but poor at shooting in games. Where possible you must always simulate game conditions when you practice. This means shooting when you are tired, shooting under pressure and shooting with distractions.

Mental application is crucial when shooting the ball if you are unable to relax and concentrate mastering the basic fundamentals. Work on this area is just as important as the physical application of shooting.

## The technique of a shot

What are the most important things when looking at shot technique?

2 key things

- 1. Head Position**
- 2. Feet Position**

Nothing will function correctly without these two things in place.

What else is important when shooting?

Consistency of execution

Mental Application to shooting to achieve consistency

Always prepare to shoot the ball before you catch it this way you are mentally ready as it touches your hands.

## **GET EVERYONE UP ON THE FLOOR TO RUN THROUGH THE STANDARD TECHNIQUE**

Key components of a shot technique

<b>Feet</b>	– Shoulder Width balanced, right foot forward for right hand shooter, left hand left foot forward
<b>Knees</b>	– Should be bent, back straight
<b>L-Shape</b>	– underneath the ball
<b>Wrinkle</b>	– allow a wrinkle to appear at your wrist
<b>Power</b>	– From Legs
<b>Lock</b>	– Elbow so it finishes above your eye
<b>Snap</b>	- Snap your wrist to and point your index and middle finger at the rim

Other key points to identify as a player or coach

- Do not let your palm touch the ball. The Ball should be controlled by the fingertips at all times. This will help in controlling the direction and obtaining a good backspin on the ball.
- Look between your arms when you release the ball
- Shoot through your line of vision, keep the ball in front of you
- Keep your fingers spread when releasing the ball
- Weak Hand or guide hand simply guides the ball. It helps balance and control the ball up until the release.
- A shooting aid can be used to ensure that your left hand does not do too much work.
- Lock you elbow on your shot so it finishes above your eye as you release the ball.
- Watch the ring as your target do not watch the ball
- Keep your feet apart when shooting the ball
- Bend knees like completing a squat; don't let your knees go over your feet.
- Rhythm and timing Jump Shot compared to Stride Stop
- Catch on either foot or both
- Don't lift your body early stay in the shot
- Rotation of the ball, the ideal shot has backspin on it allowing it to stay in the air longer and have a softer touch around the rim.

Developing Rhythm and Timing:

- Learn to catch the Ball in the air in rhythm.

## **Jump Shot Technique:**

The Jump Shot should only be mastered once you have the basic fundamentals of the Set Shot down pat and you have developed the physical strength to shoot this shot.

It begins by incorporating the legs into the shot. The jump is used to gain momentum and rhythm into your shot. It is often used to shoot over an opponent.

The most difficult aspect of a jump shot is the timing of the jump and getting your shooting motion to coordinate with the jump.

- Your stance should be at least shoulder width apart and be balanced and comfortable
- You should release the shot at the peak of your jump and not on the way down
- You should always land in the same spot you started this will create consistency when shooting the Basketball.

Never start too far away from the basket when learning the jump shot and begin with a small jump. Do not attempt to jump too high to start with. The power generated for your shot is the key so do not move too far out and have to rely on your arms to do the work. Remember that your arms guide and shoot the ball but it is your legs that generate the power.

## **Lay Up Technique:**

One of the most used shots in the game of Basketball is the Lay Up.

- When completing a right handed lay up you must always shoot the ball off the left foot.
- When completing a left handed lay up you must always shoot the ball off the right foot.

You must always bring your opposite knee up toward the basket so that you can extend high and finish your lay up. On a left hand lay up this would be your left knee and on your right it would be your right knee.

## **Free Throw Technique:**

Free throws in a game of Basketball should never be missed as they are often the deciding factor for a win or a loss.

It is important not to change your normal technique and to develop a set routine when shooting the free throw. The set routine should be completed every time you walk to the foul line regardless of the time and situation in the game. If you dribble it three times before you shoot complete this every time. This is the only way to become truly consistent from the Foul Line.

The process of Feet, Knees, L-Shape, Wrinkle, Power, Lock and Snap is something that must be completed so that it becomes second nature when shooting a free Throw.

Key components of a shot technique

**Shooting Evaluation:**

<b>Key Areas:</b>	<b>Rate the following out of 10 and evaluate areas to improve</b>
<b>Feet</b>	
<b>Knees</b>	
<b>L-Shape</b>	
<b>Wrinkle</b>	
<b>Power</b>	
<b>Lock</b>	
<b>Snap</b>	

## Other key points to identify as a player or coach

• Is your Elbow under the ball?	Yes	No
• Does your palm touch the ball?	Yes	No
• Does the ball leave the fingertips when shot?	Yes	No
• Does your shot have good backspin on it?	Yes	No
• Do you look between your arms when you release the ball?	Yes	No
• Do you shoot through your line of vision?	Yes	No
• Does the ball stay in front of you?	Yes	No
• Do your fingers stay spread when releasing the ball?	Yes	No
• Does your weak hand or guide hand turn when you shoot?	Yes	No
• Does your weak hand guide and balance the ball during a shot only?	Yes	No
• Do you Lock you elbow so it finishes above your eye as you release the ball?	Yes	No
• Do you watch the ring during your shot?	Yes	No
• Do you keep your head still during your shot?	Yes	No
• Are you able to keep your feet shoulder width apart when shooting the ball?	Yes	No
• Do you use your legs when shooting the ball?	Yes	No
• Do you have great rhythm when shooting the ball?	Yes	No
• Do you lift your body early in the shot?	Yes	No

### Developing Rhythm and Timing:

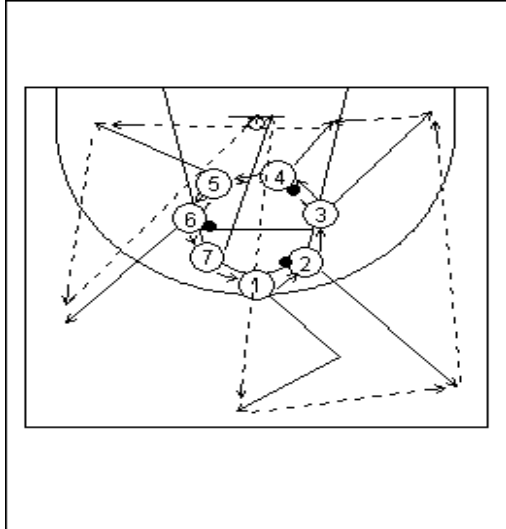
- Learn to catch the Ball in the air in rhythm.

## Session 2

00:00 – 00:15

Warm Up and Stretch

### Duke Passing Drill



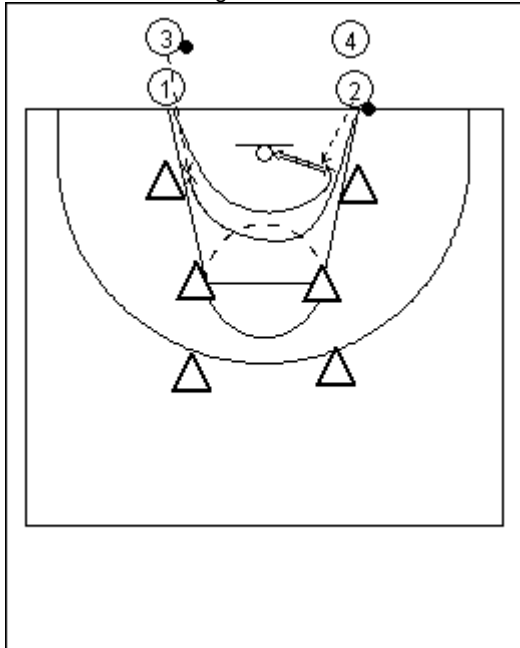
Players form a circle.

Ball starts with 01 who hands off to 02. 02 hands off to 03, 03 to 04 etc. Ball continues around circle as each player must not pass to the player they handed it to.

Upon the coaches signal, players break from circle and scatter in the half court.

Each player must locate and pass to the person who they handed the ball to in the initial circle. Each player must call and move for the ball. All players must continually move

### Continuous Shooting Drill



Players commence on the baseline in 2 lines as diagrammed.

One line commences with the ball at the front of the line the other line starts the ball with the second person in the line.

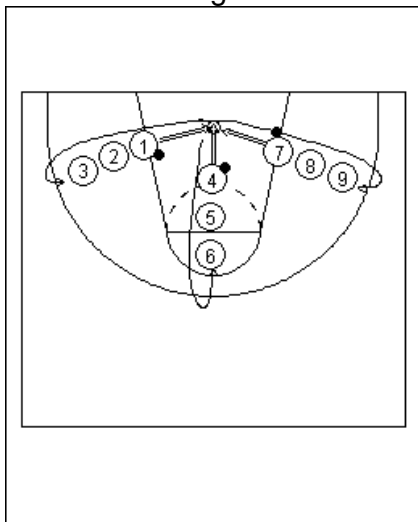
The player without a ball circles to receive the ball from the opposite side as diagrammed. They receive the ball, square up, shoot it, rebound it and pass it back to the line in which they received it from. They will then join the opposite line to which they started.

The player who has just completed the pass will run around the shooter and receive the ball now at the start of the other line. The same process happens. They catch it, square up, shoot it and rebound it. The drill continues.

Shots from designated spots out until the elbow can be taken.  
Eg: block, mid post, elbow

Play first team to make 10 from the block, 10 from mid post, 10 from elbow.

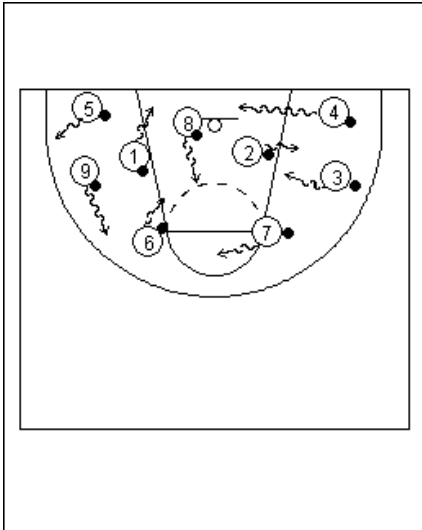
### 3 Line Shooting Drill



Form three lines as per previous session and compete first to 20 baskets against other courts.

00:15 – 00:20

## Dribble Knock Out



All players commence with a ball within the three point line and the baseline.

Players commence dribbling the ball and the aim of the drill is to knock the other players who are dribbling, ball away and outside the designated area.

As players go out they must sit down where the coach wishes

Reduce the area as numbers decrease from three point line to keyway to the free throw circle.

Play until you have a winner. Winners from courts will play off

00:20 – 00:30

## Lay Up Technique

### Lay Up Technique

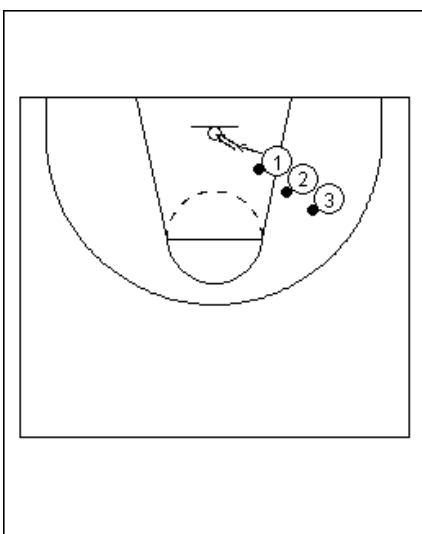
All young players need to be able to execute a lay up on either hand

### Key points to teach

- Right Hand Lay Up – Shoot the ball off the Left Foot, Right Knee Up. Jump off the inside foot.
- Left Hand Lay Up – Shoot the ball off the Right Foot, Left Knee Up. Jump off the inside foot.
- Position of Ball – Keep it under your chin
- Hands – Two hands on the ball to the height of jump. Non-shooting arm to protect shot.

### Teaching Lay Ups

### Off one Step

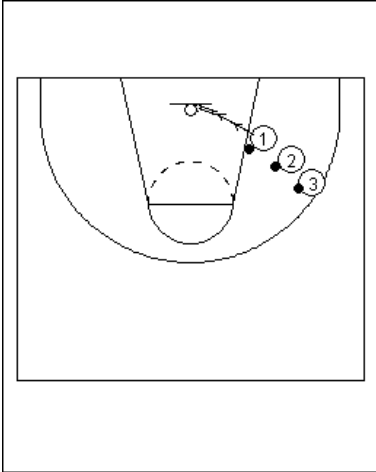


Each player is to step forward at the front of each line and take one step with the correct foot to make a lay up.

They must bring the opposite knee up and extend high toward the basket.



## Off two Steps

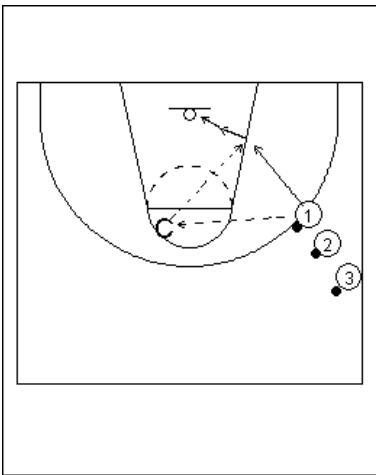


As above this time two steps.

Players take a dribble pick the ball up and proceed to do a lay up.

- Right Hand Lay Up – Shoot the ball off the Left Foot, Right Knee Up. Jump off the inside foot.
- Left Hand Lay Up – Shoot the ball off the Right Foot, Left Knee Up. Jump off the inside foot.

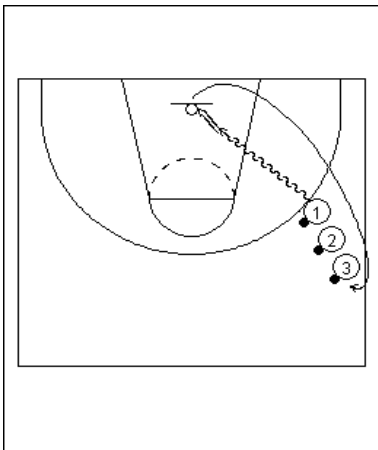
## Off pass from coach



Player commences with the ball at the three point line and makes a pass to the coach. The coach then makes a return pass for the athlete to make lay up as diagrammed.

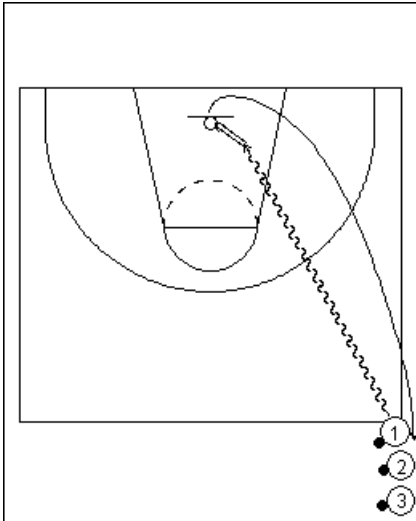
If not enough coaches available do this off tossing it out in front.

## From three point line



Players complete lay ups from the three point line as diagrammed and complete lay ups

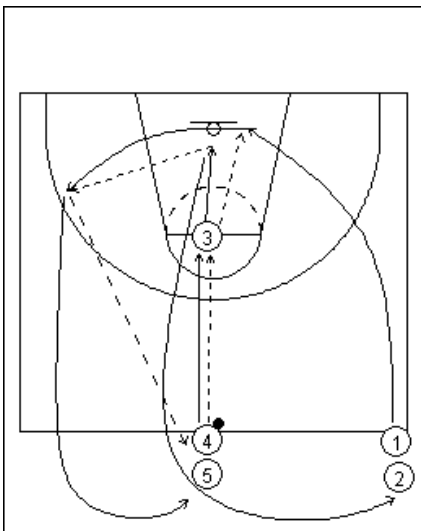
## From half way line



Slowly progress players out and make them complete lay ups from half way as diagrammed. When starting from a distance further out timing of the steps becomes important.

Players should take off before the keyway as they commence their lay up.

## Cincinnati Lay Up Drill



Players commence as diagrammed.

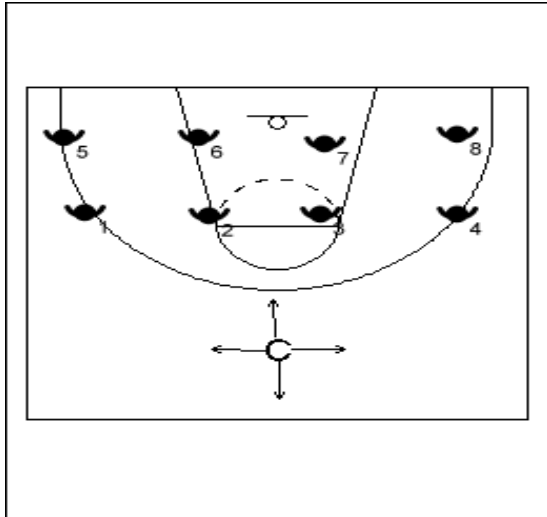
04 passes to 03. At the same time 01 commences to run in and receive the ball from 03.

03 passes to 01 who makes a lay up.

04 moves to top of foul line following their pass, 03 rebounds, 01 runs wide for an outlet pass, 03 passes back to 01.

01 passes to 05 and joins that line while 03 runs all the way around to join the line behind 02.

## Mass Defensive Slides Drill

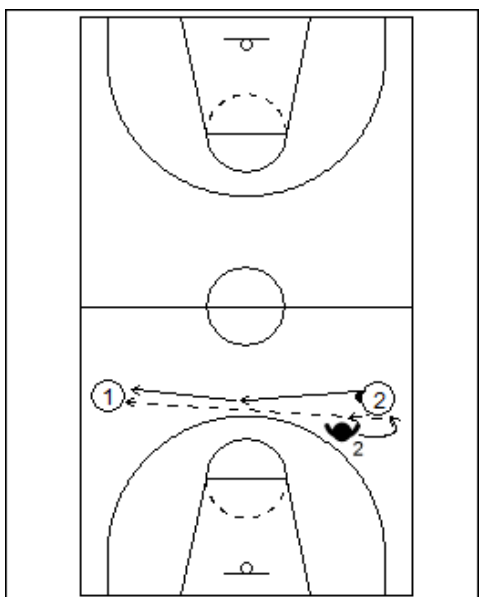
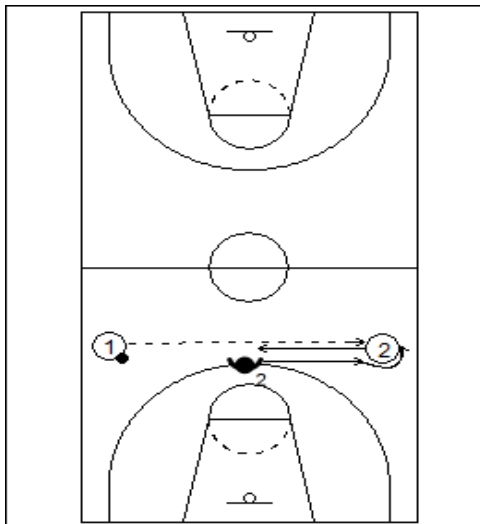


Players line up as diagrammed

Things to include in the drill:

- Stance
- Slide
- Drop & Roll
- Block out & rebound
- Stutter Step
- Close outs

## Mass Close Outs

**Drill**

- 01 commences with ball
- X2 the defender commences on the split line
- 01 passes to 02, X2 closes out
- 02 then moves to split line and becomes the defender
- X2 passes to 01, 02 closes out, drill continues
- Have player imitate shot on catch
- Add a dribble to teach Short Close Out

**Key Focus Points**

- As you commence close out watch the eyes of the player you are about to defend
- Eyes down for drive, SHORT CLOSE OUT
- Eyes up for shot, LONG CLOSE OUT

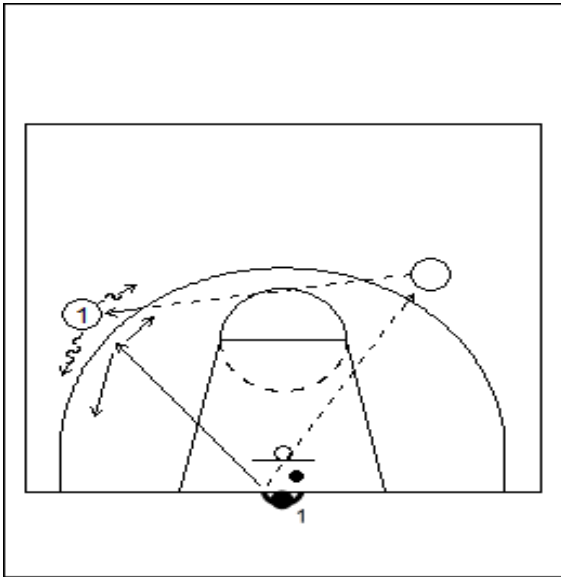
**LONG CLOSE OUT**

- 2 hands up to challenge shot
- Throw head back, back momentum
- Stutter into stance
- 'Feet outside feet'
- Mirror 3 point line
- Active Feet
- Nose Behind Toes
- Do not reach

**SHORT CLOSE OUT**

- Commence channelling
- Nose to high shoulder
- Keep it out of the middle
- Pick spot on floor where you can contain if they are on move– Spacing correct
- Arms distance if they are yet to drive
- Spear and trace hands active
- Do not react to fakes channel
- Stutter Step into Stance
- Nose behind toes
- Mirror 3 point line

## Drexel Close Out Drill



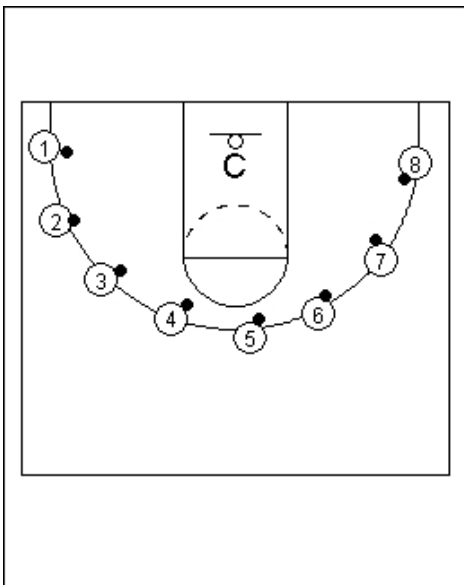
X1 passes to the coach  
 Coaches passes across court to 01 opposite  
 X1 Closes Out to 01

### Key Teaching Points:

- Read the eyes of the Offence
- Long or Short Close Out
- Spacing / Gaping
- Feet defend Feet
- Hands Defend the Ball
- Jam Pressure

00:50 – 01:10 Individual Offence

## Mass Individual Moves



Players commence on the three point line as diagrammed and are instructed on the following moves.

Shot Fake  
 Jab Step

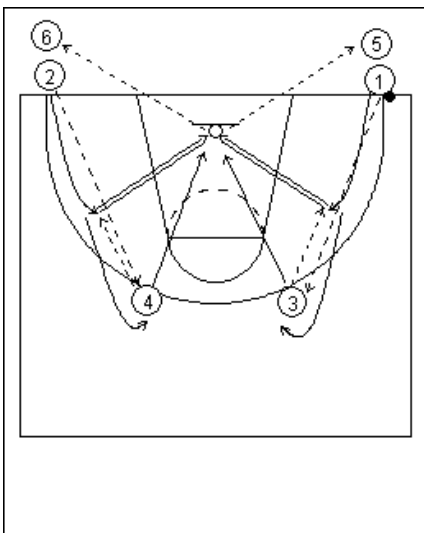
Shot Fake and Drive (onside)  
 Shot Fake, Crossover and Drive  
 Shot Fake and Shot

Jab Step and Drive (onside)  
 Jab Step, Crossover and Drive  
 Jab Step and Shot

### Key Teaching Points

- Triple Threat Stance
- Shot Fake
- Stay low and in stance throughout
- Make it realistic
- Ball to forehead
- Lift Eyes as if to shoot
- Jab Step
  - Short, Sharp Step to shift the Defence
  - Stay low and in stance throughout

## Catch 'n' Square (On-Side/Cross-Over)



Players lead from baseline as diagrammed

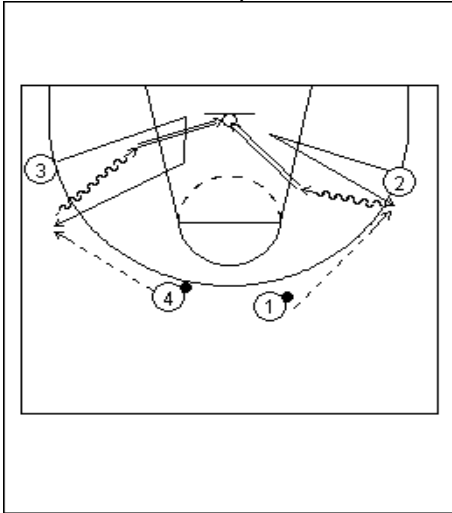
Catch inside foot and square and then make individual offence moves.

### MAKE SURE

- Stance is correct
- Catch the ball in the air
- Play with rythmn and power
- Use realistic shot fake and jab steps to attack Defence.

Use a bunny hop to gain separation from your defender.

## V-Cut Catch 'n' Square



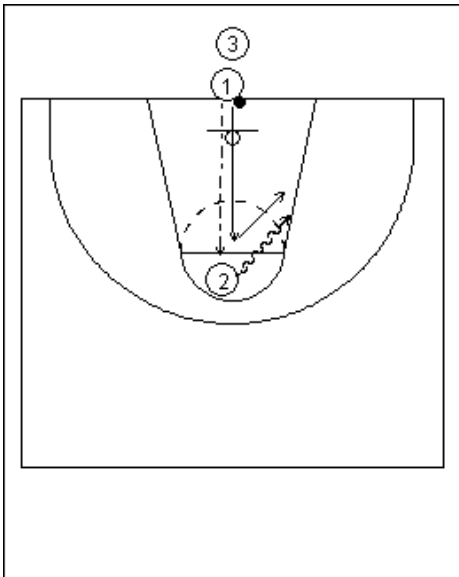
As per the above drill

Change the angle by making players use a V-Cut prior to catching and squaring.

Same principles apply as above...

01:10 – 01:20

1 V 1 Quick Games



One player commences on the foul line and a line of players commence on the baseline.

The basketball starts with the first player at the start of the line.

They roll the ball to the player on the foul line and then defend the ball.

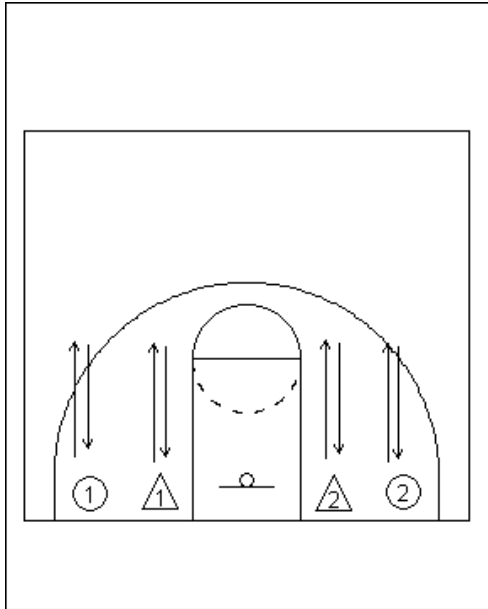
It is 1 v 1 until a score.

We are looking for king of the court.

## Session 3

### Defence Containment Drills

00:00 – 00:05 Mirror Defence Drill – Warm up



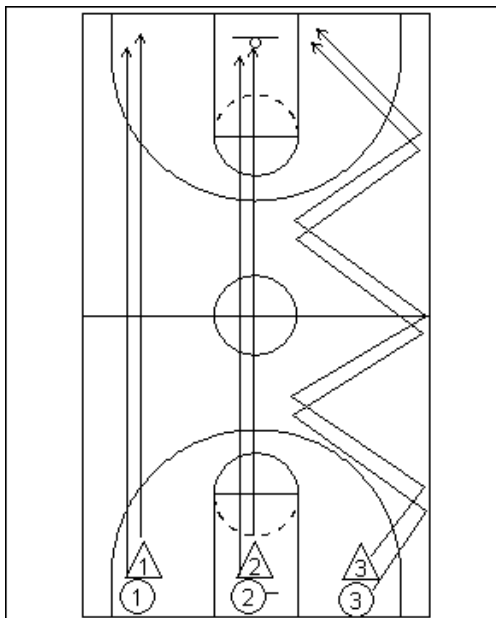
Group the players into pairs. Each pair will face each other as diagrammed.

One of the pair is designated as the leader the other as the chaser. The leader must side changing direction between the foul line and the baseline.

Emphasis:

- Stance maintain throughout
- Keep head centered
- Bigger to big with movement
- Nose Behind Toes
- Carry hands

00:05 – 00:15 Beltramo Drill



Drill:

Commence this drill in pairs with the defender facing the offensive player. The defender should have their back to the basket they are defending.

- The offensive player commences without a ball and runs down court while the defender maintains a perfect gap
- The offensive player commences without a ball and runs changing pace down court while the defender maintains a perfect gap
- The offensive player commences without a ball and runs down changing pace and direction down court while the defender maintains a perfect gap
- Add a Ball to the above and repeat with Offensive player handling the ball

Emphasis:

Without the ball

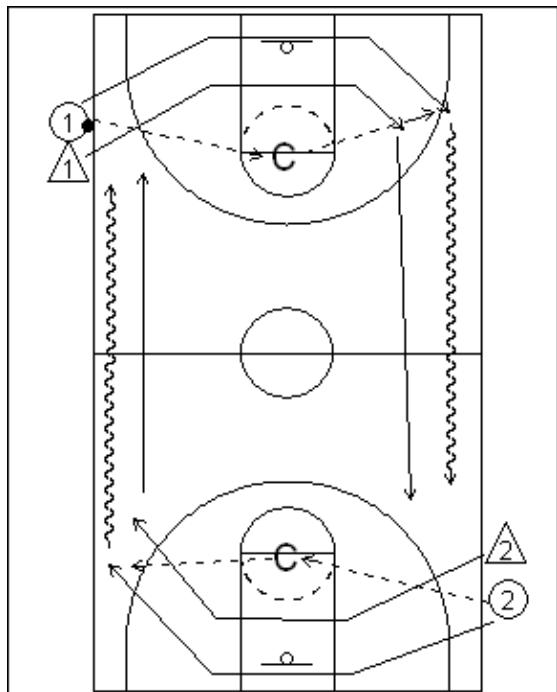
- Maintain an arms distance, gapping
- Feet defend feet
- Hands defend the ball
- Nose behind toes stay low while gapping

When Ball added

- Nose to Ball make the dribbler turn while maintaining gap
- Position body to take the charge

00:15 – 00:25

### Outlet & Dog



#### Drill:

In pairs players commence on sideline with offensive player with a ball. The player with ball passes to the coach at the foul line and then cuts to opposite side of court.

The Defender must jump to ball and maintain gap across.

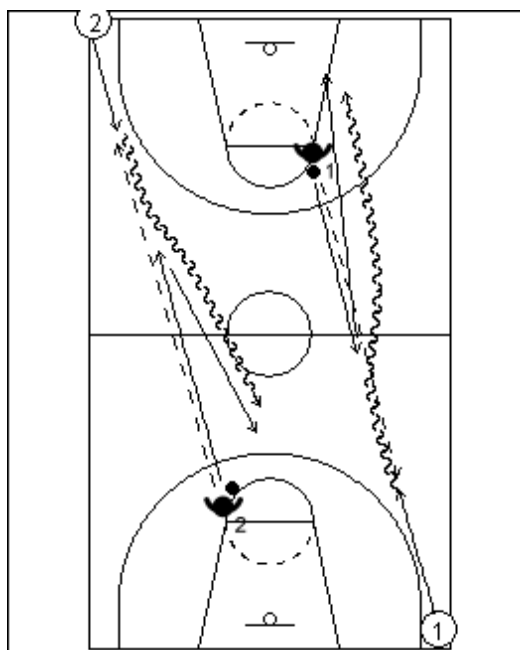
Coach will then pass back to Offensive player and the defender will dog and channel the ball down the sideline.

#### Emphasis:

- Dog the ball
- Nose to shoulder
- Straddle shoulder
- Gapping – enough space to defend attacking foot
- Feet defend feet
- Hands defend the ball

00:25 – 00:35

### Roll & Dog Drill



#### Roll & Dog Drill

##### 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

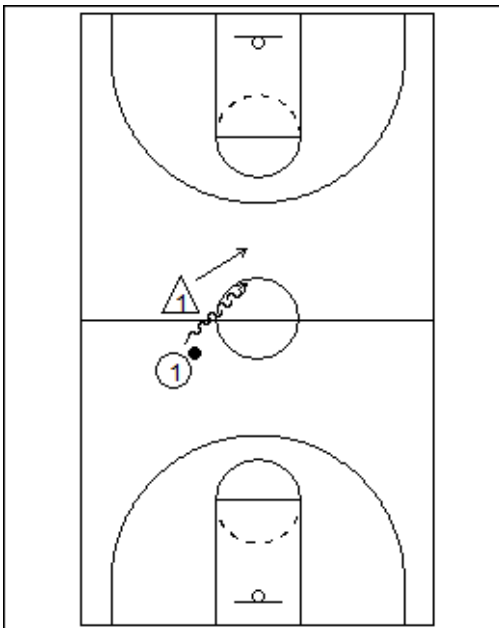
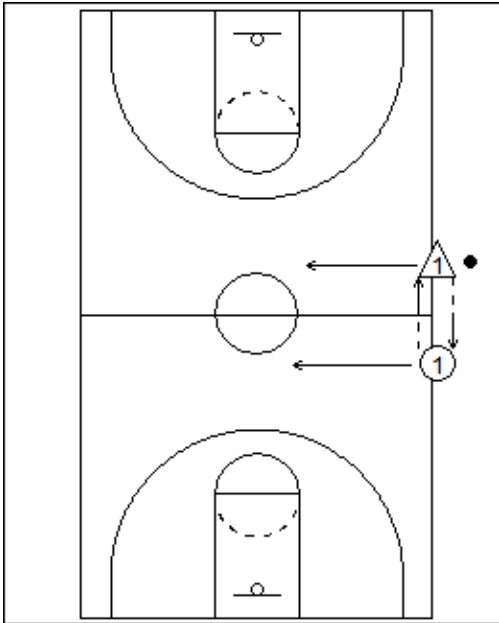
- Moves off the dribble
- As per previous drills

###### 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

00:35 – 00:45

## Brehmer Drill 1 V 1 + Coach



### 1 V 1 Containment

**Focus:**

Containment defence.

**Drill:**

Two teams start at half way, one ball between each pair.

Drill commences with pairs passing between each other. Coach will yell 'go' Player who catches the ball after this call is on Offence opponent is on Defence. Play to a score or Defence has the ball. Keep a score for 5 minutes. You score on a stop.

**Penalties:**

Ball allowed to middle 10 push ups

No attempted block out 10 push ups

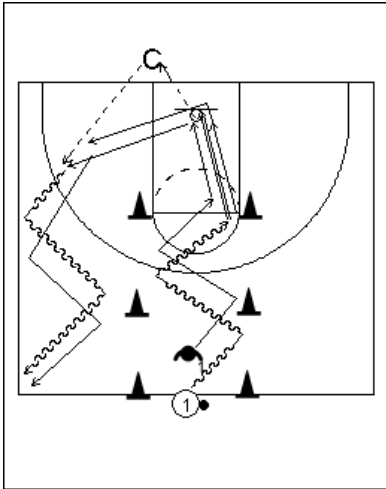
**Emphasis:**

- Stance
- Nose Behind Toes
- Hand Pressure – Spear and Trace
- Force to weak hand keep ball out of middle
- Block Out to gain possession



00:45 – 00:55

## Texas Containment Drill



### Texas Containment Drill

**Focus:**

Containment Defence and Footwork.

Turning the Dribbler

Moving from Offence to Defence quickly

**Drill:**

Players start in pairs at half court, one player with a ball the other on defence. The drill commences with the Offence first dribble. The Offence can play within the designated area between the cones and can only change direction three times and then must shoot the ball. The Defenders job is to make the handler change direction three times and force a shot, block out and secure possession.

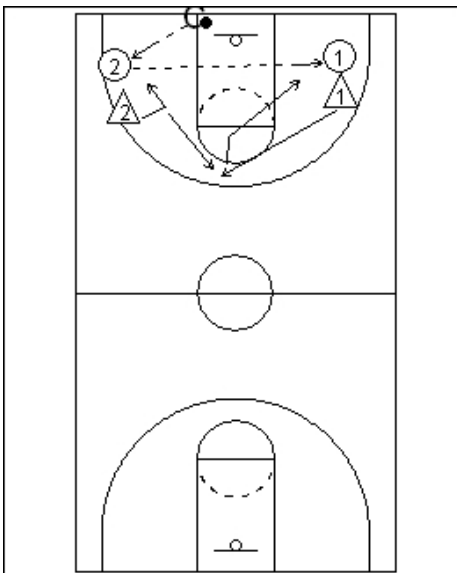
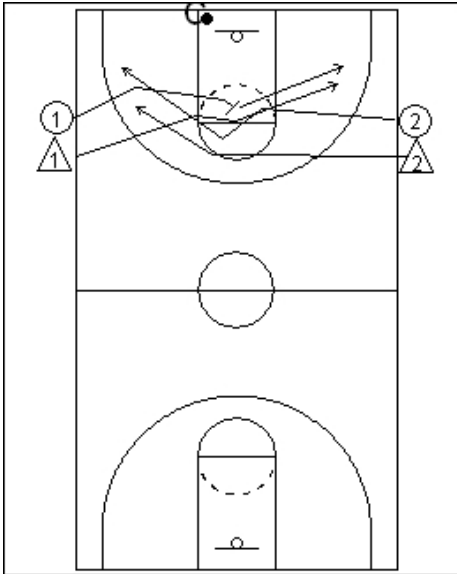
Phase 2 of the drill is when the Defence secures possession they pass to the coach out of court and instantly become Offence and lead for the ball. The player who has just shot the ball must instantly become defence and attempt to deny the ball in. Once the ball comes in it becomes live down the side corridor. This can be played out until a score at the other end. If the Defence deflects or steals the pass the drill ends.

**Emphasis:**

- Stance
- Nose Behind Toes
- Hand Pressure – Spear and Trace
- Force to weak hand keep ball out of middle
- Block Out to gain possession
- Transfer from O to D and D to O

00:55 – 01:05

2 v 2 Dog & Plug



**Drill:**

Commence the drill with pairs outside the sideline as diagrammed.

Designate the Offensive and Defensive Players.

The Offence will set a screen across court as diagrammed and both offensive players will open to the ball.

As one player catches the ball the defence must 1. Dog the ball 2. Jump to the split line. The ball is then progressed using 2 skip passes and then the ball becomes live.

**Emphasis:**

Dogging

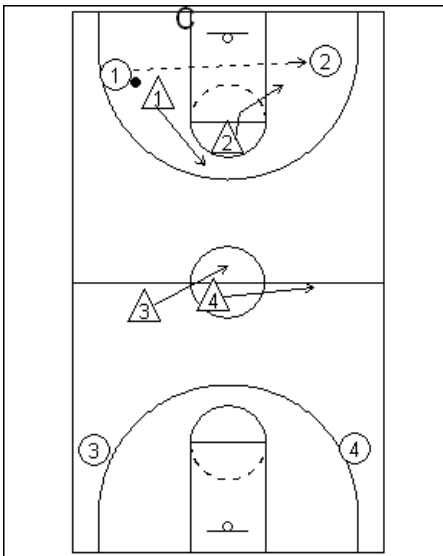
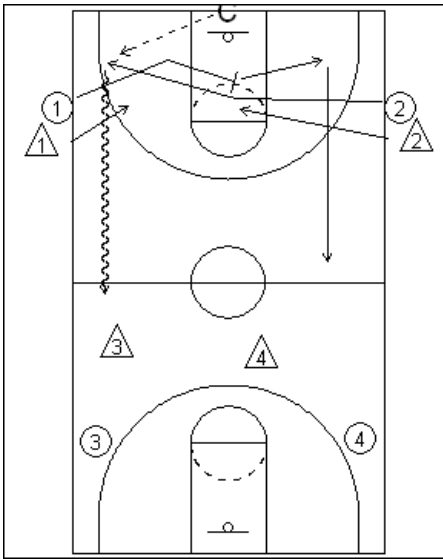
- Nose to shoulder, channel the ball
- Carry active hands

Split line defender

- Drop below line of ball
- Nose to inside shoulder of defender
- Triangle to ball and man
- Plug the middle

01:05 – 01:15

## 4 v 4 Dog & Plug & Deny



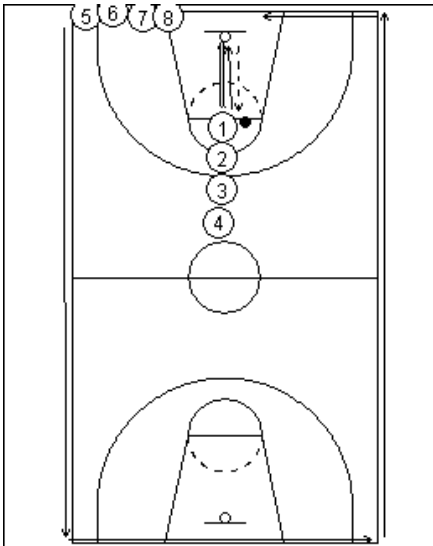
### Drill:

As above for the 2 on 2 situation, except this time 4 on 4 with players added down court.

This time as the ball shifts the players directly down court on the side line must deny the side line and the player defending the opposite corner on the weakside must defend the middle. As the ball shifts so do the responsibilities of each defender as diagrammed.

### Emphasis:

- 1/3 rule toward the ball
- Back to split line
- Jump to the ball
- Beat the ball to the spot
- Deny Sideline, deny middle
- Carry hands
- Maintain stance



One team commences on the Foul Line the other along the baseline as diagrammed.

The team on the foul line must shoot and make free throws to stop the runners completing laps of the court.

Once a free throw is made runners progressing around the court must stop where they are and stand still. The next runner can then go.

The last runner is known as the Golden Child when they run they release all other runners as they pass by and can allow their entire team to make it home.

Every runner who makes it home receives a point for their team.

Change over once this process is completed.