

BMBA Skills / Technique Program **Domestic Teams – U10/U12/U14 age groups**

So welcome to our BMBA Coaching Assistance Manual – as a Coach you assume the responsibility of doing everything possible to ensure that all team members will have an enjoyable and safe sporting experience while under their care, whilst learning the correct technique/skills of basketball.

In becoming a Coach, you take on the role of TEACHER. You must teach your players the fundamental technique/skills and game strategies necessary for achieving long term success. In the following pages, you will find a wide range of information aimed at making it easier for you to succeed in this regard.

You will find that Coaching basketball is a rewarding experience and is one that will change your life forever. The Players you come in contact with will appreciate your efforts and will share their successes with you. The more you learn about basketball and basketball Coaching will result in you becoming a better Coach, in turn making your players better players. Enjoy the journey that you have now started and please contact your BMBA Coaching coordinator if you need any further assistance.

In particular we want all U10/U12/U14 players to develop correct technique in all the fundamental skills required to play the game of basketball, so as they can progress via the VJBL program for many years to come. This can only be achieved by your patience and understanding that all kids develop at differing speeds, some will pick things up immediately whilst many others very slowly.

The following guide has been put together to highlight the basic skills identified as the most important and basic techniques required at U12 level and as such we request you concentrate at least 40 minutes of your training sessions on the successful development of these skills by introducing the following drills.

Should you need any further assistance in regard to the introduction or player development with any drill mentioned below, please contact your appropriate Coaching Co-Ordinator or go online to BMBA Website where you can find other links to drills, plays etc the BMBA have sanctioned for its Coaches to utilise.

Regards,
BMBA Committee



'The BMBA believe that the true long term success for any player, is truly enhanced by the quality of their early Coaching and their capacity to learn, master and continue to improve their skills and appropriate technique, from the earliest possible age.'

In this regard the following drills have been chosen to introduce some appropriate basics skills and techniques the BMBA wish you to teach all your young players – therefore FYI each drill has a short explanation as to why it has been selected for these age groups and/or in some cases also a link is provided to the BMBA Website where a video may be viewed.

BALL SKILLS

The BMBA have recommended a standard beginners (5) minute ball handling skills development routine for each Coach to introduce as part of their training each week and in particular each player should be encouraged to practice these movement as homework during the week – it is important that players are to be encouraged to improve this routine in their own time away from training.

This BMBA has 3 ball routines, 5 min beginners – 3 min pre game warm up – 3 min increased intensity routine on line all which can be viewed on line at BMBA website via link:

<https://www.bacchusmarshbasketball.com.au/player-skills-development/>

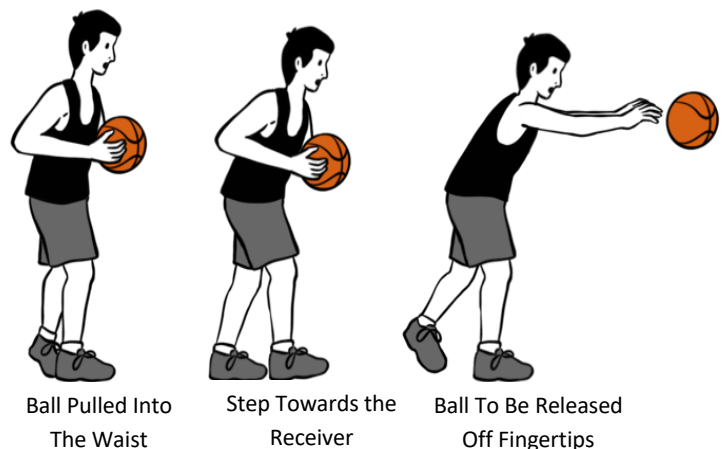
General Ball Skills Required

- Ball Control – both hands – ensuring each player become proficient using both sides of their body over time.
- Passing - both hands – ensuring our players become proficient in using both hands.
 - o Chest
 - o Bounce
 - o One Hand
 - o Introduce the wall as a practice partner

PASSING

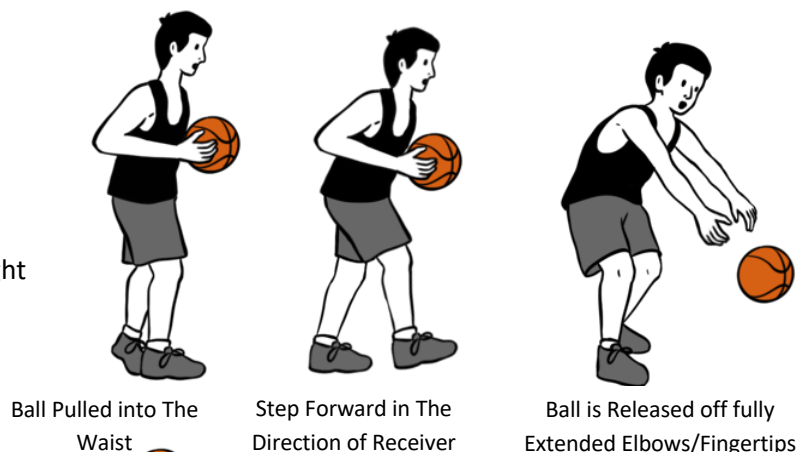
Two Handed Chest Pass

- Hold ball with fingers, not palm
- Step in direction of other player
- Snap wrist when releasing ball
- Follow through with fingers pointed at target
- Other player should catch ball at chest height



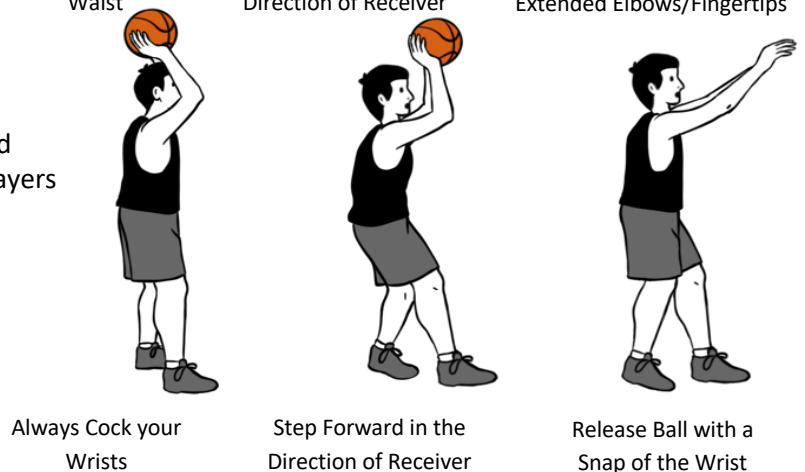
Two Handed Bounce Pass

- Same technique as chest pass
- Follow through this time to floor
- Other player should catch ball at waist height



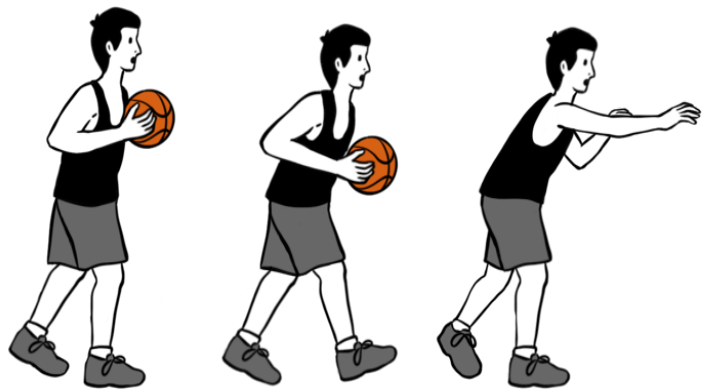
Two Handed Overhead Pass

- Hold above head with fingers only
- Make sure the ball is directly above the head
- Throw ball using both hands to the other players chest



One Handed Push Pass

- This time one hand directly behind the ball
- Push with that hand from the chest
- Snap hand upon release



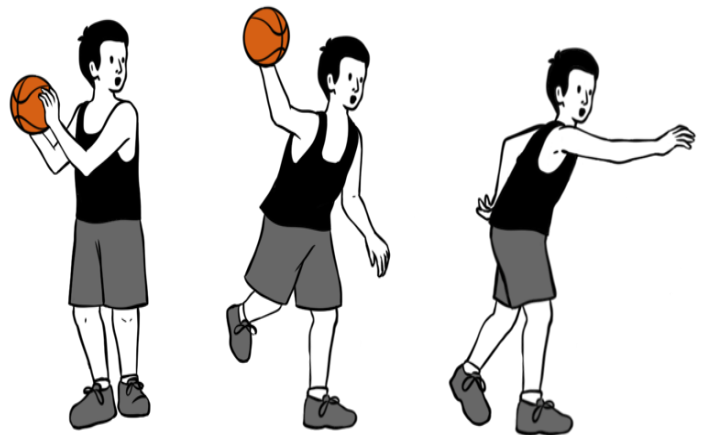
Ball Held on Chest

Step Forward in Direction of Receiver

Ball Released from Fingertips

Baseball Pass

- Hand behind the ball positioned at shoulder height
- Step forward and release the ball
- Follow through has your hand pointing directly at your target's chest
- Players should be top age U10 at least, to have the strength to master this pass successfully



FOOTWORK/BASIC BALL SKILLS

Begin teaching some foot/body movement with base line activities, such as basic ball handling skills, include basic stationary dribbling, footwork, pivoting by numbers if newbies, drop steps and final, the capacity to switch sides/hands on command.

Refer to: BMBA Video 1 Beginners ball Routine for initial elements without dribbling – these ball movements are a great place to start newbies.

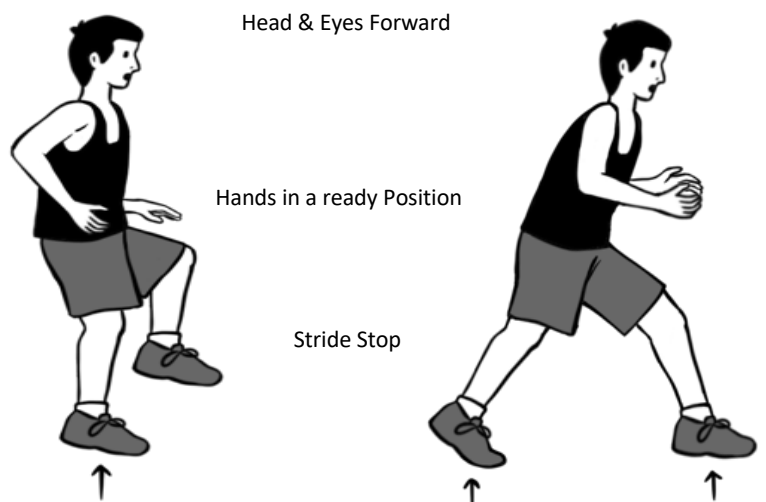
Link: <https://www.bacchusmarshbasketball.com.au/player-skills-development/>

These activities are valid for both offence with a ball and for defence without a ball – all players should be reasonably fluent with these drills before proceeding

FOOTWORK

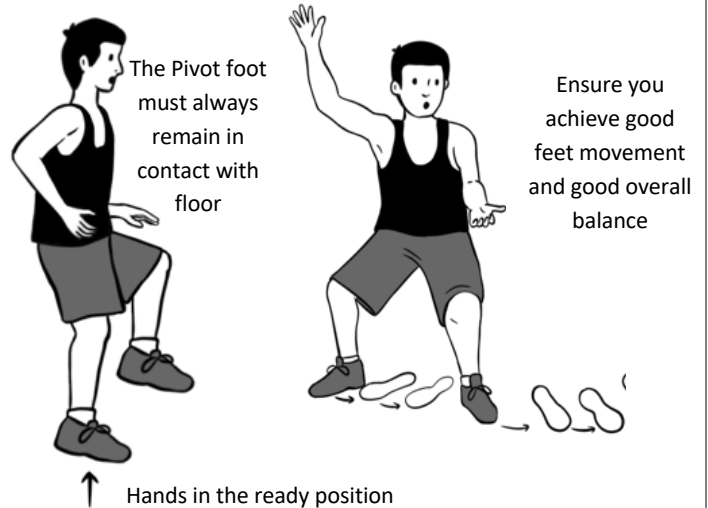
Stopping with a Stride Stop

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



Pivoting

- Pivot foot remains on the floor
- Stepping foot may move in any direction
- Knees bent
- Pivot on the ball of your selected pivot foot
- Feet remain wide apart

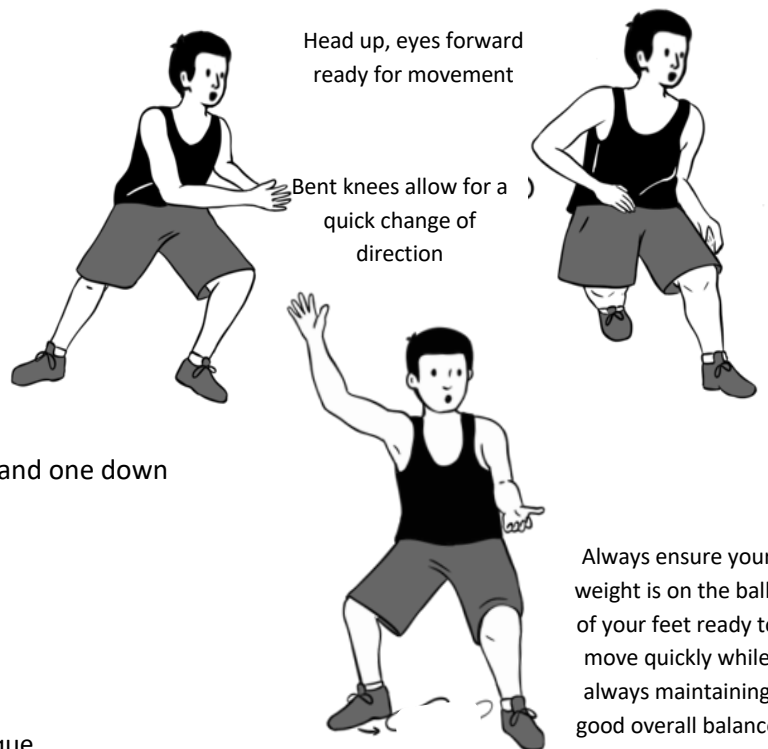


Defensive Slide

- Athletic stance
- Never touch feet together
- Short sharp sliding steps
- Knees bent always
- Head up looking forward at all times
- Hands up and down in line with player ball carry

Change of Direction with Side Jab Step

- Push off rear foot the direction required (fake direction)
- Transfer body weight forward with new direction
- Knees bent with front toe pointed in new direction
- Push in other direction with speed



General Footwork and body movement

- General Stance
 - o Feet Shoulder width apart, boxer's stance
 - o Back Straight, Head up and in middle of stance
 - o Knees bent – Arms bent at side one up and one down
- Teach Stride Stop
- Understand Jump stop
- Teach Defensive Stance
- Defensive pivot
- Defensive slide
- Defensive body movement – knees bent.
- Good hand positions
- Use footwork & slide drills to improve technique
- Team Defense - Teach 'Shell Defensive' drill

DRIBBLING

Dribbling – both hands

- Ensuring correct dribbling technique – ensuring each player masters the BMBA Beginners 5 min ball routine to the best of their ability.
- Ensure Correct footwork and body movement
- Practice & Homework Drills are to be given out at times
- Also include speed dribbling with half and full court movement

Dribbling and passing – both hands

- Correct technique and balance
 - o 2 player passing drill
 - o Tennis ball drill
 - o Emphasise correct timing with passes
 - o Use Passing drills
 - o Using cones to establish correct dribbling, body movement, footwork, balance and ball control

- Knees bent – ball at hip height – eyes forward at all times

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

Basic Dribble

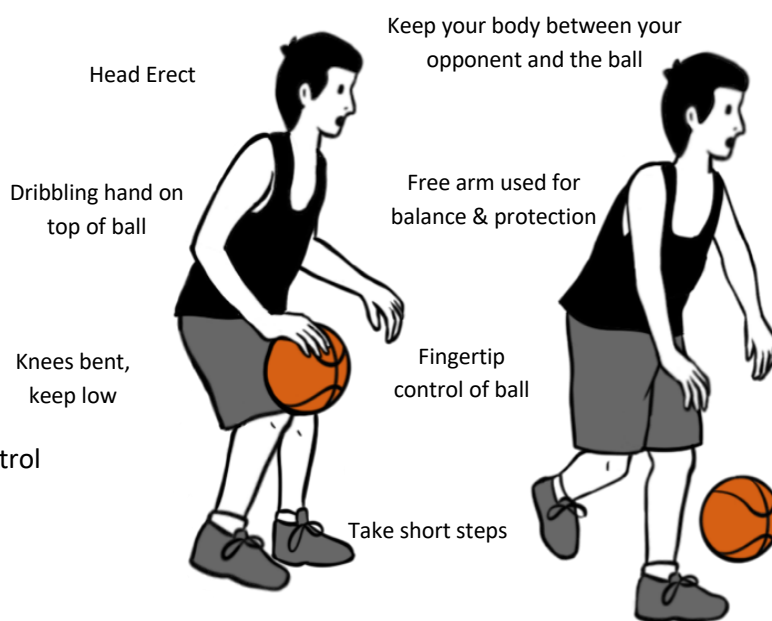
- Control ball with fingers
- Keep ball in front but side of body
- Eyes looking straight ahead
- Keep ball below waist height

Control Dribble

- Push ball down using fingers
- Ease ball back in hand
- Keep ball below waist height
- Eyes straight ahead
- Knees bent
- Push ball around feet both sides with control

Changing Direction with Cross-Over Dribble

- Body movement same as sidestep
- Push ball across body to other hand
- Keep ball low and knees bent
- Control ball with fingers



BALL HANDLING

The following drills are designed to give the players better confidence when handling the ball. Each drill is also included in the BMBA 5 min beginners ball skills routine online on the BMBA website.

Refer to Link: <https://www.bacchusmarshbasketball.com.au/player-skills-development/>

Wrap

- Push ball around body as fast as possible
- Control ball with fingers
- Feet shoulder width apart
- Keep middle of body still
- Start at head and then stomach and then around legs
- Then repeat back up

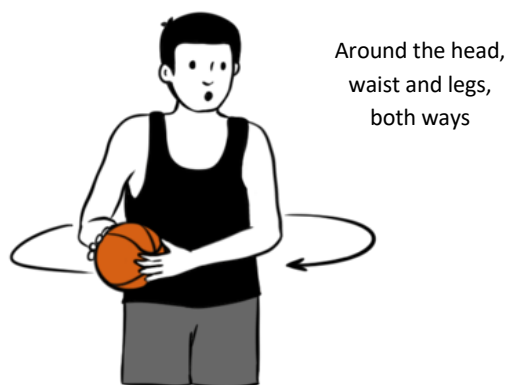
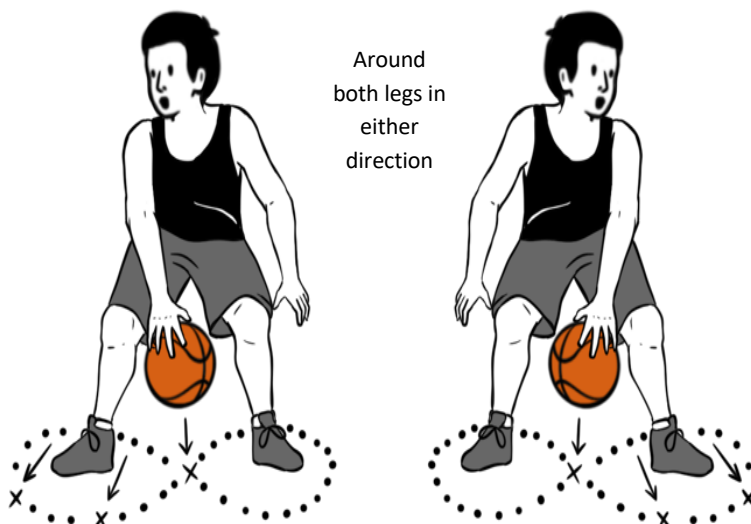


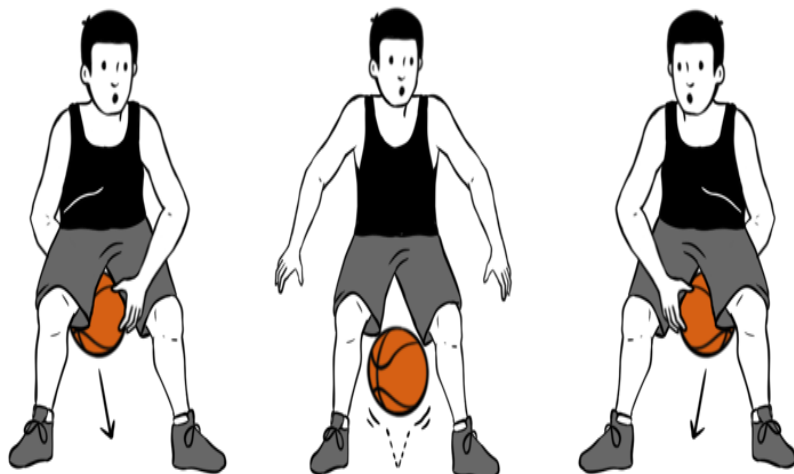
Figure 8 Speed Dribble – Spider

- Feet wider than shoulder width
- Weave ball around legs in figure 8
- Start slowly then increase speed
- Keep ball close to ground as much as possible
- Control ball with fingers
- Over time ensure your eyes are up and looking ahead
- Remember with U8 beginners start with rolling the ball around their feet on the court surface- still changing hands



Straddle Grad

- Hold ball at crutch height between legs
- Continue to Drop ball between legs while swapping hands
- Catch with one hand in front and one behind back
- Reverse hands back from front to back with next catch
- Vary as needed or in line with player capacity



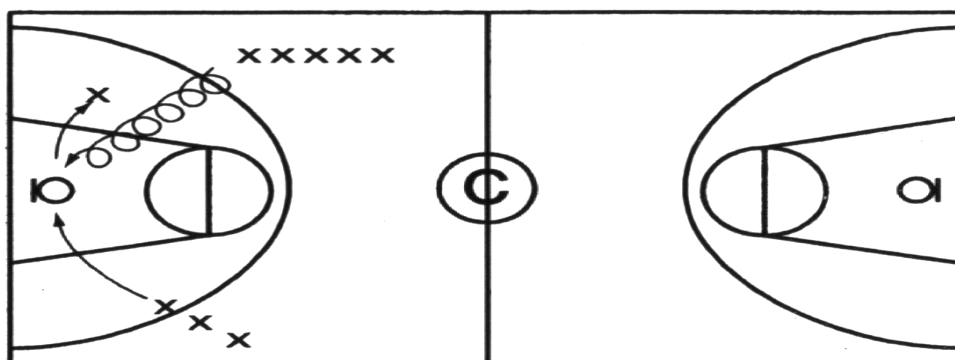
LAY UP

Lay Up technique -

Refer Link: <https://www.bacchusmarshbasketball.com.au/programs/Coach-development/>

Aim – To create good balance and technique

- Use puppetry motion for guidance
 - Start slow with walk through - but get the technique correct – who cares if the shot doesn't go in – get the technique and footwork correct
 - Progress to quality dribbling and correct timing of lay-up
 - Use both hands/side of body once enough technique/body strength has been achieved to achieve same.
- Layups are the single most important scoring aspect of any team and providing a strong technique in this regard is paramount in a player enjoying their basketball.
 - An emphasis on correct technique in particular footwork, is critical in getting players to utilise both sides of their body correctly in this regard.
 - Basic lay-up drill requires players form two lines at half court either side of the court facing the same ring. First player from one-line dribbles in and makes a layup, vary the intensity as the players skill levels progress – the first player in opposite line must run in and rebounds the ball without it touching the court surface and then they pass it to next player in the shooting line. The two players continue one and move to the end of the opposite line.



- Note: This drill can be varied in many ways as your team progresses, including such things as a jump shot by using all the same principles just the player with the ball taking a jump shot from a place pre-determined by the Coach.
- Other layup drills are available online at www.bacchusmarshbasketball.com.au within the Coaching Section

SHOOTING

Shooting – good technique essential

- Link: <https://www.bacchusmarshbasketball.com.au/programs/Coach-development/>
- Starting quite close to ring – get body technique correct using BEEF methodology
- Gradually move further out once overall technique is correct
- Then work slowly with foul shot – must become a standard routine each and every time
- Emphasise importance of knees doing all the work – arms just guiding the direction of the ball and proper wrist snap

Shooting with penetration/movement

- Triple Threat and the principles of rip and drive technique
 - o Teach Triple threat body position
 - o Teach Jab/Rip and Drive
 - o Teach to always catch ready to shoot
- Work on mid-range set/jump shot technique
 - o Good footwork
 - o Good release
 - o Good knees push
 - o Good wrist snap

Note, for U8/U10 or newbies please refer (BEEF) video online at BMBA Website.

Link: <https://www.bacchusmarshbasketball.com.au/programs/Coach-development/>

Also, there are other videos also available for slightly more advanced players re shooting technique.

Spot up shooting (Usually Referred to as 21 being the no of successful shots required to win)

- Players break into four groups. The first player in each group shoots the ball, rebounds it if it misses and if they catch it before it touches the court they shoot again. Once they have made the shot, they pass the ball to the next player in the line and they go to the rear of the line.
- Other is to Practice catching the ball and shooting and shooting off the dribble to achieve a set target of made shots.
- Winning team – usually first to 21, which can be reduced for younger age groups.

Horseshoe Drill

- Please refer to BMBA Coaches Session Notes for exact details of this drill.
- This drill concentrates on footwork and dropping inside foot then squaring up to the basket

Around the World – game

- The Coach marks out the 9 spots around the key area, from which the players must shoot. The players begin at the first spot and attempt to make a goal. Each player counts the number of shots it takes them to complete all nine spots. The player must remain at each spot until the shot is made.
- The winner is the player who gets around with least number of attempts

Note: Correct Shooting technique is critical to get correct at a young age.

- It is crucial to get the correct technique in a player's mind set as young as possible (BEEF is a great place to start) and whilst they may not be able to even reach the ring they must be shooting with correct technique and as their body gets stronger, they will of course be able to make the shot itself.
- U8 and even some U10 players, will benefit greatly if the ring height is reduced to 7 feet to get the technique correct before raising the ring.

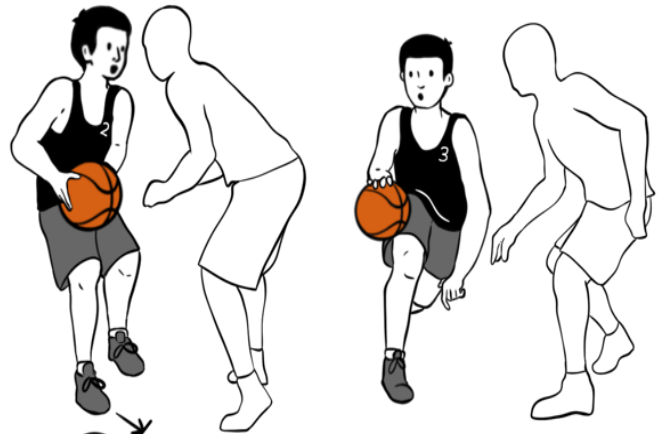
INDIVIDUAL OFFENCE

Beat the Champ - Triple Threat technique

In order for a player to get open to shoot the ball the player must be able to get past the person guarding them. This is best done by “squaring up” in a balanced triple threat position immediately upon receiving the ball and then making that decision on your next move, taking into account how the defensive player has defended your triple threat options. Your options are: shooting, passing or driving, hence why it is called triple threat.

So, you must teach a number of individual moves from that basic triple threat catching position

- Quick Shot Fake movement – should always be 1st option
- Quick Pass Fake movement
- Push Through Drive movement (Strong on side Drive)
- Rip then Drive movement (Crossover - Other side Drive)

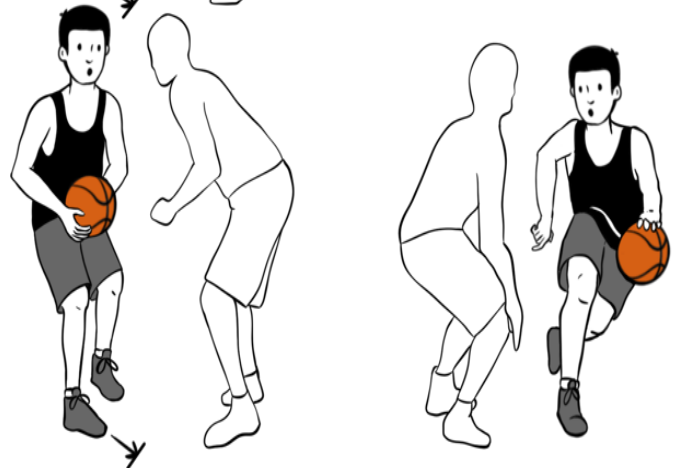


Jab Step and Drive same side

- Quick jab step forward in a direction by player
- Defence does not react to jab step
- Player continues with forward direction

Jab Step, Rip and Drive other side

- Quick jab step forward this time as fake by player
- Defence reacts and moves in that direction
- Player rips & crosses – using inside foot across body to protect ball



REBOUNDING

The recovery of missed shots:

- Always get the in-side position on opposition (between them and basket)
- Make contact with your hand to locate them then put rear of your body (bottom) in oppositions stomach – knees bent, and arms extended back to lock them way behind you.
- Block oppositions path to the basket
- Wait for ball to bounce off ring or board and then move hands forward into a position to catch the ball.
- Grab ball with two hands and extend elbows to protect it before out-letting it to one of your players
- Don't be caught ball watching without making a contact with your player first

Drills for Practicing Quality Rebounding – Typically called 'Boxing out'

Player passes in ball from end of court under ring into a player about foul line who will come into key to shoot it immediately. Defensive player must get to shooter close them out by correct boxing out to get the rebound. Ideally the ball will drop in front, and they can then just pick it up.

Other drill - the Coach can shoot the ball with players lined up as for Free Throws - defensive players must block their direct opponent out and rebound the ball, once rebounded back to Coach they shoot again - note players can switch between offense/defense when required by the Coach.

Another drill - Three players stand inside the key area, player shoots the ball, whichever player rebounds they must try to get the ball back to shooter to shoot again – once a player makes 3 rebounds you can rotate players accordingly and this drill also assist in creating a better quick response repetitive shooting technique.

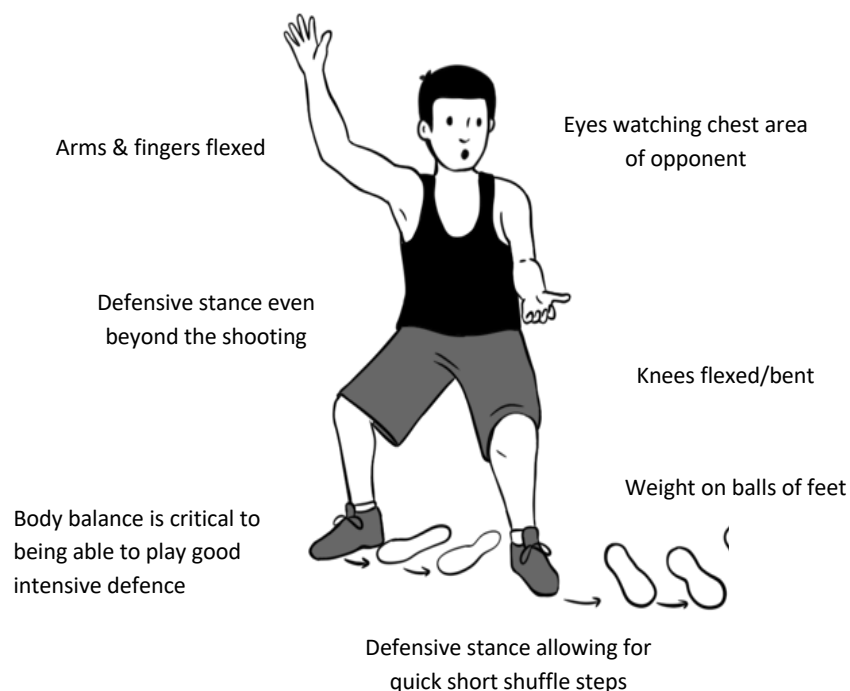
DEFENCE

Coaches are reminded that each player must learn capable Man to Man Defence, in addition to the normal Zone Defence. While a Zone teaches good positioning and defence against space, teaching man to man will enhance and hasten your player's learning curve of the game of basketball, both defensively as well as offensively. (Note in VJBL Zone is outlawed in most age groups) and in all BMBA Competitions it is banned for the 1st half of any games.

However, there are many different forms of playing non-zone defense and these can consist of full court and half court trapping defenses, half court man to man and even inside the 3 point line man to man. Remember, the rule is No Zone defence, so there are plenty of alternative options available to you.

Man to Man Defence

- Each player must guard only one player
- Players must always stay between their man and the basket, including if they have the ball or not.
- Players must always be closer to the ring but slightly towards the ball when the player they are guarding does not have the ball.
- This Triangle effect is often called 'pistol pointed' directed with fingers at man and ball at same time.
- Players must always be able to see both their opponent and the ball.
- Players must always be in athletic stance when playing defence
- Players should sag off player towards middle of court as ball gets further away to help defense with any 'split line' penetration
- Always keep the court balanced (even spacing between each player, (never crowded around the ball – unless trapping is in play)
- Continual movement required without the ball
- Teaching players to learn to always play defence on the centre of the opposition players chest, will provide significant benefits as they try to hold out players rip and driving in the game.
- This also improves denying opponents' opportunity to cut to the basket by blocking their line of penetration
- Man to man defence is about putting pressure on a single player and creating confusion and even a bad pass - not necessarily to dislodge the ball.



OFFENCE

General Offensive Alignment

- Players should always move the ball as quickly as possible up the middle of the court
- Other players should always be running side lanes and presenting as options to lay up
- The biggest or most athletic players should play the teams inside positions
- If opposition goes to zone quickly look to dribble into the zone and then pass off to shooters.
- Quick scoring from outside will always bring them opposition out of their zone defence
- Otherwise run your zone plays as practiced but certainly do not panic.
- Quick ball reversal will most likely always present scoring opportunities
- Note patience is normally rewarded with a score

Man to Man Offensive Alignment

- Continual movement required in accordance with your set M to M defensive plays
- Always continue to look for open players - Never stand still
- Quick ball movement will most likely always present scoring opportunities

DRILLS THAT CREATE BETTER DEFENCE & MAN TO MAN TECHNIQUE

Zig Zag Drill

- Players pair up, one player with the ball, player with ball attempts to dribble past defensive player, person on defence must attempt to block offensive players path down court in a zig- zag motion.

Two on Two

- Start with two offensive players and two defensive players at half court.
- Player on the ball stays between their man and the basket, player off the ball sags towards ball, points pistols and forms flat triangle to be in a position to help & recover.
- The Two offensive players attempt to score.

Three on Two Drill – Up and down the court

- Start with ball in point guards' hands - pass to wings, ensuring that defence jumps to the ball, with flat triangle formed. Then have offence dribble to elbows, with defence again in a position to help out.
- Coach watches for good stance, position, vision and blocking out when offence shoot occurs.

Four on Four Shell Drill

- Players play half court with offence without trying to score.
Coach must watch and see if players on defence are in good position and block out when offence shoots.
- Player 2 passes away must be on split line
- Players must learn how to protect driving lanes
- Can be used with scoring once the principle of team defence have been created/learnt.

Refer link: <https://youtu.be/xzaolBzMPXg>

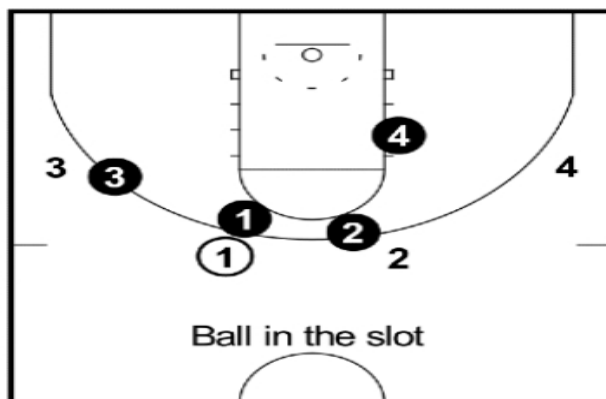
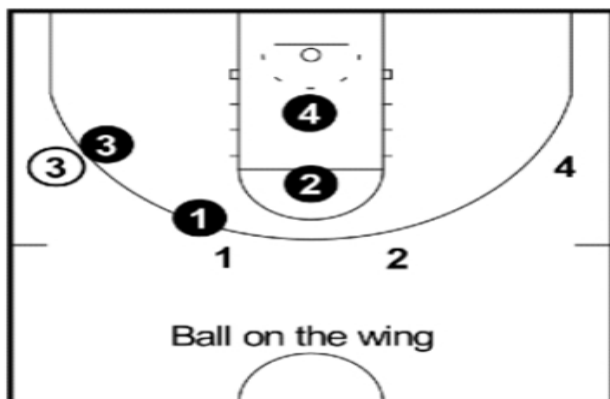
Traditionally, the Shell Drill is run 4-on-4. Place four offensive players around the arc -- one in each slot and one on each wing. The four defenders then matchup with their offensive counterparts.

Here's how it works...

The first thing that must happen when using this drill is a walk-through of the basketball at each offensive position so that all defenders know where they should be.

When the basketball is on the wing, there should be one on-ball defender, one defender denying one pass away, and two defenders playing help-side defense on the split line.

When the basketball is with a player in the slot, there should be one on-ball defender, two players denying one pass away, and one player in help-side defense on the split line.



After walking through each position, get the offensive players to pass around the perimeter (holding for about 3 seconds) while the defense adjusts to the correct positioning.

Repeat from various positions until all players begin to understand the team movement required in the help defense drill and the importance of defending 'split line penetration'.

Then finally, go live. Do this by getting the offensive team to rotate the ball around the perimeter twice and then transition into a competitive 4-on-4 game with focus on defensive positioning.

The following are some examples of some generic Practice Drills and the suggested time limits, which can be incorporated into your training from time to time – remember it is important to vary training as often as possible and limit most activities to about 15-20 mins max, to ensure you keep the players attention: These examples are in no pre-determined order.

Timing	Activity	Notes	Drills to Use
10/15 Mins	Ball Skills Drill	Typically done 10 minutes at start of training – with increased intensity once mastered.	There are BMBA Video online for a 5 min beginners skill development routine
15 mins	Shooting	Footwork and shot technique	Horseshoe with rules on footwork and shot technique. See other shooting drills listed.
15 mins	Shooting and Communication	Layup technique with good control and Communication. Drill can also be used to teach basic pick and roll technique and much more.	Corners Drill – details shown at BM Coaches Session (also sometimes referred to as Star drill)
15 mins	Communication and Footwork	Good communication whilst creating good player movement	3 or 5 man weave – full court with emphasis on making good passes and finishing with the layup.
15 mins	Court Movement technique	Creating strong dribbling and body movement and development of good communication	Boston or Cincinnati or using the lanes running drill – See at BMBA Coaches Sessions.
15 mins	Shooting	Shooting technique Coaches quick call – players divide into teams. Ideally used when players are tired.	2 Team - 21 shooting and rebounding drill with losing team running laps. Usually from foul line area.
			Every shot made earns 1 point plus if rebounded without it hitting the floor a second shot can be made also scoring 1 point. First to 21 wins.

15 mins	Individual offence	Perimeter triple threat with jab and drive options	Various set ups available for jab and drive ensuring a proper rip with ball from high to low is included. See section in this doc .
15 mins	Team Defence	Teaching help options and the understanding of teamwork in defence	Use either shell drill or ½ court game to introduce defensive rules of help and trapping.
20 mins	Team Offense	Creating scoring options and set offensive plays	Your choice - set up and practice your preferred plays against both Man to Man and Zone defence – depending on age group please keep this quite simple to start with.
15 mins	Foul shooting	Good technique (BEEF) best used towards end of session when player is tired	Options include use of penalties maybe hit 2 from 3 to be able to go. Penalty used should be relative to experience of age group and skill level.
15 mins	Individual defence footwork	Body movement and foot/hand technique	Initially, use stance and footwork drill below working on stance and balance and coordinating drop foot technique. Bit more advanced - use 5 chairs set up around the 3-point line – each player must sprint to close out the chair (player) with good balance and then move backwards to where they came from and so on till each chair has been addressed - each player takes their turn and does it as quickly as possible.
15 mins	Individual defence footwork	Footwork - Defence technique	Line up end of court and address stance hand positing etc with a variety of footwork movement tests. Using combined footwork, balance, and hand movement as the basis of achieving good quality defensive structure. Can also be combined with other movements like a defensive slide around the half court to get player back to line to do it all again in turn.

IN SUMMARY:

This document has been created to simply assist newbie and less experienced Coaches get a better understanding of the very basic skill training and about how they can better teach/prepare young ballers to be able to play the game of basketball.

So, on behalf of the BMBA, we take this opportunity to say a big thank you for your commitment to Coaching our younger players and remember, there is no greater ‘buzz’ than seeing a player later in life, playing at a good level, showing good skills and technique and know that you had a little bit to do with that player’s development, at the start of their basketball journey.