



THUNDERBIRD BASKETBALL 2016

COACHES CLINIC HANDOUT



What we will cover today

- General Discussion
 - What does a successful season look like?
 - Tips on Coaching:
 - Confidence, Repetition, Keep it Simple, Discipline
 - Keep it positive, develop strong teamwork
 - Dealing with parents and referees
 - Focus on Fundamentals

- Basketball Fundamentals
 - Ball Handling
 - Example Drills
 - Passing
 - Example Drills
 - Shooting
 - Example Drills
 - Defense
 - Example Drills
 - Transition
 - Example Drills

GENERAL BASKETBALL TERMINOLOGY: (Please make sure your team understands what you're telling them)

● **Basic Terminology**

- **Pick (screen)** – offensive player positions themselves in a position to allow a teammate to break free, also known as screening.
- **Jump Stop** – coming from a moving position while dribbling
- **Assist** – passing the ball to a teammate prior to them scoring a basket
- **Front Court** – the area from midcourt to the baseline of the offensive basket
- **Back Court** – the area from the midcourt to the baseline furthest from the offensive basket
- **Baseline** – out of bounds line at the ends of the court under the basket
- **Sideline** – out of bounds line on the sides of the court
- **Over and back violation** – A violation occurs when the offensive team returns the ball to the back court once they've crossed into the front court.
- **Triple Threat** – a position at which a player can dribble or drive, pass, or shoot
- **Post / Block** – the block drawn on the court under / near the basket
- **Pump fake** – a fake shot to the basket to get the defender to leave her feet.
- **Rebound and Boxing Out** – act of positioning your body between the player your guarding and the basket to get the rebound
- **Foul** – a violation resulting in illegal contact with the opposing player
- **Foul Shot** – An unguarded shot taken from the foul line, if made counts for one point
- **Three point line** – the arched line nineteen feet nine inches from the basket, if made results in 3 points.
- **The Paint or Key** – area located from baseline to foul line and 12 feet wide
- **Three Second Violation** – if you stay in the paint or key for more than three seconds at a time
- **Traveling** – a violation where the ball handler takes too many steps without dribbling, also called walking
- **Double Dribble** – Using two hands at one time to dribble the ball
- **Double Team** – Two defenders guarding the same offensive player
- **Fast Break** – begins once the defense rebounds or steals the ball, they quickly sprint to their basket and try to score before the defense can set up.
- **Man-to-Man Defense** - a player is assigned to a specific player and stays with the player
- **Zone Defense** – a player is assigned an area of the court and guards anyone who comes into that area.

● **Advance Terminology**

- **Pivot Foot** – establishing one foot on which to rotate
- **Screen away** – set a screen away from the ball.
- **Dribble Penetration / drive to the basket** – usually to dribble the ball into the defense "dish" – to pass the ball to the post during a drive to the basket
- **Drop step** – for post players, dropping one foot to the basket to make a layup
- **Down screen** – usually, the wing sets a screen on the post.
- **Power dribble** – making one, very aggressive and low dribble while making a drop step to the basket.

Basics all youth basketball players should learn

Establishing a pivot foot

Triple Threat

- drive / dribble
- pass
- shoot

Passing the basketball

- Pass with 2 hands
- palms out, thumbs down
- step when passing the basketball
- player receiving the pass should come to the ball

2-on-2 play

- Give n go
- pick and roll

Defense (Man-To-Man)

- Good athletic stance
 - feet shoulder width apart
 - knees bent
 - hands / palms out
- Your man has the ball
 - good athletic stance
 - eyes on waist
 - hands mirror ball
- One pass away
 - good athletic stance
 - butt to ball
 - ball side hand in passing lane
 - step back from man and step to the ball
- Help side defense
 - good athletic stance
 - split distance from your man and the ball
 - use index fingers as pointers to man and ball

TEMPLATE FOR A PRACTICE PLAN

Warm ups 6:30-6:40

- Instead of the traditional toe touches try these warm up drills:
- <http://www.youtube.com/watch?v=BXYFagdQD88>

Ball Handling 6:40-6:50

- Ball handling moves
 - Hesitation or stutter
 - Crossover
 - Scissors
 - Behind back
 - Spin
- Head 2 head cone drill
- Drive around cone to Layups
- 2 ball dribbling drill
- Triple threat dribble drill

Break 6:50-6:55

Transition Drills 6:55-7:10

- 3 man weave
- 3on2 / 2on1
- 5on5 or 4on4 transition drill

Break 7:10-7:15

Defense 7:15-7:35

- 1on1 drill
- Shell drill (man2man)
 - Your man has the ball
 - 1 pass away
 - Help side

Break 7:35-7:40

Offense 7:40-8:00

- 2on2 (pick-n-roll / give and go)
- Introduce / Review motion offense
- Introduce / Review set plays
- Introduce / Review inbounds plays
 - Baseline
 - Sideline