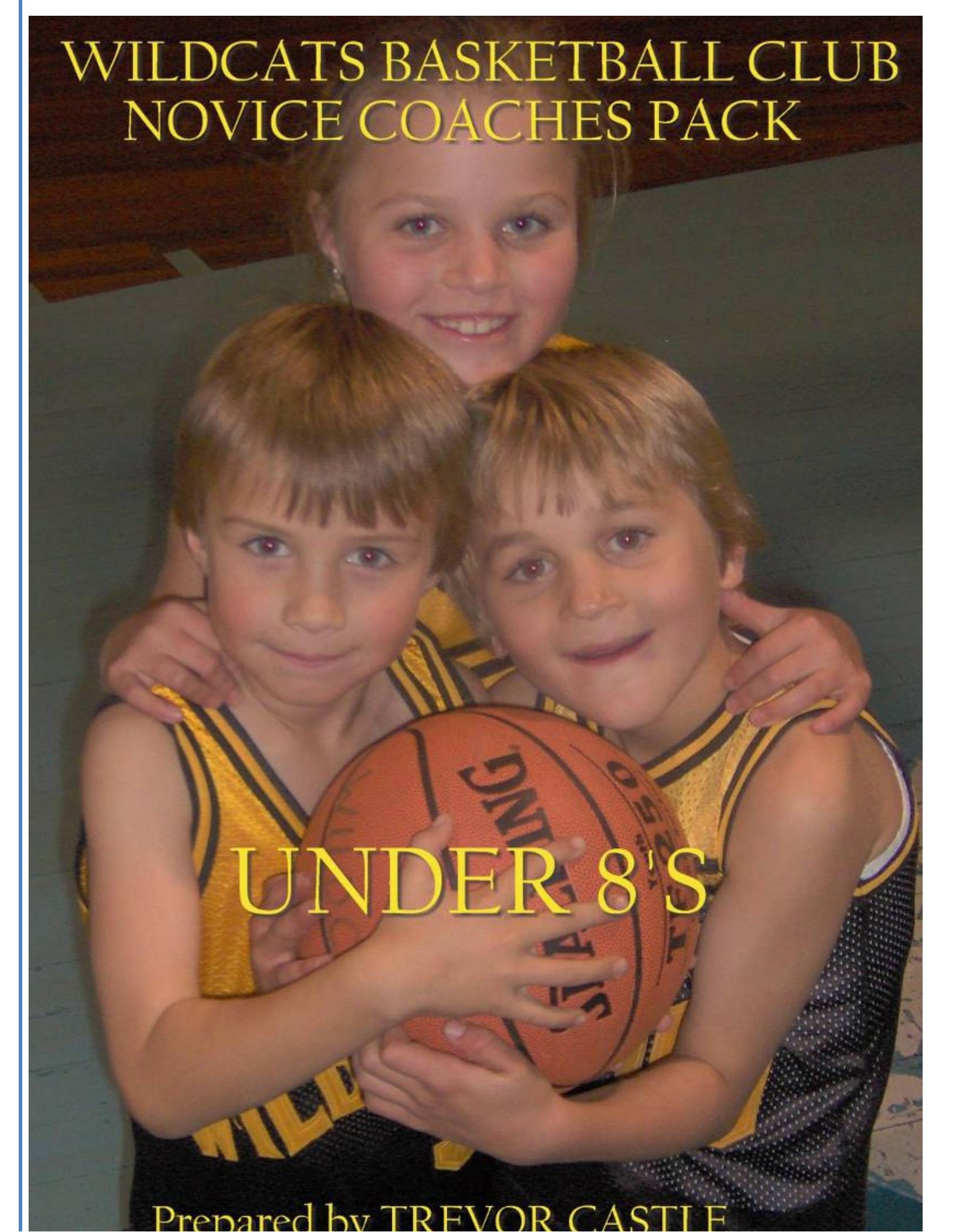


# WILDCATS BASKETBALL CLUB NOVICE COACHES PACK



UNDER 8'S

Prepared by TREVOR CASTLE



# WILDCATS BASKETBALL CLUB

## ↻ SKILL SHEET ↻



### Contents -

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*Grade: Under 8's*

### Agility / Body movement fundamentals

The **expected outcomes** for exercises in this area are as follows-

- 1) Players have correct posture when they run, change direction, or stop.
- 2) Players maintain balance through changes of direction.
- 3) Players can change direction at pace in a sharp angle.
- 4) Players can stop quickly using “Jump Stop” without losing balance.

**Key factors** for coaches to look for are –

1) Players have their head up, and over the centre of their body (they look balanced)



2) Player movements are in straight lines, no curves, so that changes of direction are sharp.

Emphasis on “pushing off” with outside foot.



3) Players are able to stop quickly on two feet, without losing balance.





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**Some Drills** that can be used to develop correct fundamentals in this area are –

- 1) Relay type races, from Baseline to Half-court to develop **speed, acceleration, quick turns.**
- 2) Relay races around obstacles / witches hats, which are set up to encourage tight turns.
- 3) **To teach the Jump Stop-** demonstrate at slow pace – run about three steps, then **STOP** with a **LOW, FLAT JUMP** landing on two feet, with feet about shoulders width apart and knees bent. (Emphasise this is not a high jump or a long jump) The aim is simply to quickly come to a stop, with balance.



Drill -Players to run from baseline to baseline, but must stop using “Jump Stop”, on coaches signal.



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*Grade: Under 8's*

### Individual Ball Handling drills

The **expected outcomes** for exercises in this area are as follows-

- 1) Improved ball handling skill and confidence

**These drills can be included in practise sessions and /or at home –**

1) Head wrap around – ball is passed around the head from one hand to the other, for 30 seconds each direction.

*Count number of laps in one minute.*

2) Leg wrap around - ball is passed around the legs, below knee height from one hand to the other, for 30 seconds each direction.

*Count number of laps in one minute.*

3) Reflex – ball is held between the legs with R hand in front & L hand behind. The ball is dropped (allow 1 bounce) and the hands reversed, catching the ball now with L hand in front and R hand behind.

*Count how many reps in one minute.*

4) Ball tipping- ball is tipped from one hand to the other above head height.

*Count number of tips for 1 minute.*





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### Dribbling

The **expected outcomes** for exercises in this area are-

- Players can dribble with both L and R hand, in stationary position.
- Players can dribble with their head up, in stationary position.
- Players can dribble with each hand, with their head up, while running in straight lines.

**Key Points** for coaches to look for –



- Dribble is controlled with upper palm and the length of the fingers.
- Ball bounces to approximately waist height, slightly in front of hips.
- The faster the player is running, the higher the dribble.



- Players should be looking up, rather than watching the ball.
- On the run, ball is dribbled a little further in front.

**Drills** that can be used to develop correct fundamentals in this area are-



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1) Players stand with knees flexed, dribble the ball with R hand. Players must watch coach, for signal to stop dribbling. Coach can also give a signal for players to change hands.



- 2) Dribble from Baseline to Half court and return in relay type race. Use L hand going one direction, R hand going the other way.
- 3) Play “Dribble Tag” – all players in confined space, i.e. half court, 3 players with a ball must dribble the ball and try to “tag” a player without a ball.
- 4) “Dribble Virus” – all players have a ball and must dribble within the half court. Nominate one player as “it”. This player must try to tag another player whilst still dribbling. Each time a player is tagged he / she joins also begins trying to tag other players until all players have been tagged.

***Always provide opportunities for all players to practise their dribbling skills with each hand.***

Always encourage players to look up (don't watch the ball) while they practise their dribbling skills.



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### Passing and Receiving

The **expected outcomes** for exercises in this area are-

- 1) Players can make a chest pass to a team-mate
- 2) Players can receive a pass, in their hands
- 3) Players can make a decision about whether a passing option is good.

**Key Points** for coaches to look for –



- Ball is held in two hands prior to pass, hands on sides of the ball, thumbs pointing up, fingers pointing forward.
- The passer steps forward with one foot as they pass, also rolling the thumbs back towards the face and fingers up
- At the end of the pass, follow through with both hands equally, so that thumbs are pointing down, palms are facing out, and fingers are pointing towards the target. Both arms should be fully extended and not favouring either side.

*Note -Receiver should take a step forward to receive the ball in his / her hands.*



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**Drills** that can be used to develop correct fundamentals in this area are-

- 1) Line players up in pairs, 2 – 3 meters apart. They make chest passes to each other, with emphasis on technique, not on speed.



- 2) Any passing type games, i.e. “Corner spy”, so long as correct technique is encouraged.
- 3) Half court game of “keep the ball away” with 3 or 4 players on each team, one team to keep the ball away from the other. Rule for offensive team, is No Dribbling. Rule for defensive team is No taking the ball out of people’s hands, they must intercept a pass to regain the ball.
- 4) A game of “Cat and Mouse”(very similar to “piggy in the middle”). Players stand around the centre circle, one player is nominated to start in the middle of the circle, this player is the “Cat”. The players on the edge of the circle have to keep the ball, also known as “the Mouse”, away from the “Cat”.  
The rules for the game are – “Cat” is the only player allowed to move as he attempts to touch the ball. All others players must keep their feet on the edge of the circle. The players must pass the “mouse” (ball) around without letting the “Cat” touch it but they cannot pass the ball to the player directly next to themselves and they cannot pass over the head of the mouse.  
The player responsible for the “Mouse” being touched by the “Cat” must replace the “Cat” in the middle of the circle.





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### Rebounding

The **expected outcomes** for exercises in this area are-

- Players can **jump and catch the ball** above his / her head
- Players can catch the ball in the air, then **land with balance**.

**Key Points** for coaches to look for –



- Players to watch the ball in the air, and time their jump, so they catch the ball while still in the air.
- Players catch the ball in their hands above their head
- When they land, they should be balanced, feet about shoulder width apart, parallel with the baseline, with their knees bent, and head up, not looking at the floor.

**Drills** that can be used to develop correct fundamentals in this area are -

1. Players line up from Under 10's / U8's foul line with 2 players standing just outside the keyway to receive the "outlet pass".
  - Coach tosses the ball against backboard so the first player on the line can attempt to catch the rebound.  
*(Encourage the players to attempt to catch the ball above their head)*





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### Shooting

**Expected Outcomes** for exercises in this area are-

- Players can **demonstrate correct shooting technique** for close range set shot.

**Key Points** for coaches to look for (R hand shooter) –



- Players stance is balanced, R foot slightly forward, feet shoulder width apart, knees bent.
- Non-shooting hand is on the side of the ball, with thumb pointing back at shooters face.
- This hands stays on the ball to support it through the shot, but does not follow through towards the basket.



- Sight the target over the top of the ball
- Ball sits on length of fingers, and upper palm of shooting hand, with the wrist cocked
- The elbow on the shooting arm is tucked in, so that it is right under the ball



- As legs straighten, the R arm pushes through the ball, towards the basket and the wrist comes over, so that a gentle back-spin is placed on the ball
- At the end of the shot, the right arm should be high, straight in front and the fingers pointing towards the target.



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**Grade: Under 8's**

### Shooting

**Drills** that can be used to develop correct fundamentals in this area are-

- Line players up in pairs, 2 – 3 meters apart. They “shoot” the ball towards each other. Aim to shoot the ball as high as they can, using correct technique.



Observe and give feedback on each component of the shot mechanics.

1. Are the feet positioned correctly?  
*(Many players try to shoot with their feet too close together, giving them poor balance)*
2. Is the elbow under the ball?  
*(Many players will try to shoot with both elbows sticking out like a chest passing action)*
3. Is the shooter sighting the target over the top of the ball?  
*(Many smaller players will tend to shoot from their shoulder, instead of in front of their face)*
4. Does the shooting arm go straight up?  
*(Many players will push their arm across their body in an attempt to get extra strength)*
5. Does the wrist follow through, placing a gentle backspin on the ball?  
*(Many players will “squeeze” the ball out of their fingers instead of rolling the ball off the ends of their fingers)*



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### Individual Defence

The **expected outcomes** for exercises in this area are-

- 1) Players can **demonstrate correct defensive stance** for guarding the player with the ball.
- 2) Players can **demonstrate defensive shuffle**.
- 3) **In games** players can **stay with their opponent**, rather than follow the ball.

**Key Points** for coaches to look for –

- Players stance should include knees bent (bend at knees not waist) “Sit on the invisible chair”
- Balanced with feet about shoulder width apart



- Guarding a R hand dribbler, have R foot forward, inline with the middle of the dribblers body, L foot is then back and slightly across in front of the ball.





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**Drills** that can be used to develop correct fundamentals in this area are-

- 1) **To practice defensive stance and movement** - Players can practise moving in the defensive stance (shuffling), as part of their warm up drills at training.

**Drill** - Players shuffle from Base line to foul line and return. Maintain low stance, knees bent, feet shoulder width apart.



*In Matches allocate an opponent for each player to guard, then encourage them to stay within one step of their opponent at all times. Ensure substituted players are allocated an opponent when they go into the game.*



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### Individual Offense

The **expected outcomes** for exercises in this area are-

- 1) Players can identify a pivot foot.
- 2) Player can pivot without travelling.
- 3) Player can protect the ball by pivoting.

**Key Points** for coaches to look for –

- Players should be balanced at all times.
- Players need to be able to pivot on either foot.
- Pivoting should allow the player to keep his / her body between the ball and the opponent.
- Pivoting player must keep his / her head up so as to see an opportunity to pass or dribble out of trouble.





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**Drills** that can be used to develop correct fundamentals in this area are-

- 1) Line players up in pairs, 2 meters apart. 1 player passes the ball to the other, then run to them and has 1 minute to try to get 2 hands on the ball. The player receiving the ball must choose one foot to remain grounded (The pivot foot). They then try to keep the ball away from their opponent by turning their body, moving only one foot. After 1 minute they change roles.



**Encourage all players to ALWAYS pivot towards their offensive basket before beginning any dribble i.e. turn so that their body is facing their basket.**