

WILDCATS BASKETBALL CLUB NOVICE COACHES PACK



UNDER 10's

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Grade: Under 10's

Agility / Body movement

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 with the ball, using “Jump Stop” without committing a “travel” offence.

Key factors for coaches to look for are –

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

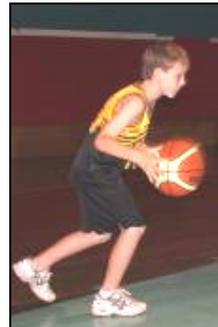


2) Player movements are in straight lines, no curves, so that changes of direction are sharp.

Emphasis on “pushing off” with outside foot.



3) As he finishes the dribble he makes a low flat jump, landing with balance on both feet as he catches the ball.





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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 with the ball** - demonstrate by dribbling at slow pace – run about three steps, then **STOP** with a **LOW, FLAT JUMP**, catching the ball in both hand and **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 control of the ball and with body balance.

Drill -Players to dribble from baseline to baseline, but must come to a complete stop (picking up the ball from the dribble) using “Jump Stop”, at either designated points (level with foul line, half court foul line) or on a signal from the coach.



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Grade: Under 10'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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5) Waist wrap around - the ball is passed from one hand to the other around the waist, (trying to keep the ball from touching the body) for 30 seconds in each direction.

Count number of laps in one minute.



6) Figure 8 dribble – dribble the ball around one leg, through the middle, then around the other leg in a figure 8 pattern for 30 seconds in each direction.

Count number of laps in one minute.





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Dribbling

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

- Players can dribble with both L and R hand, on speed dribble and control dribble.
- Players can dribble with their head up, on speed dribble and control dribble.
- Players can change hands using cross over technique.

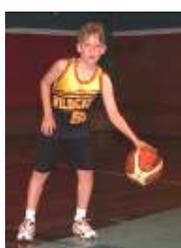
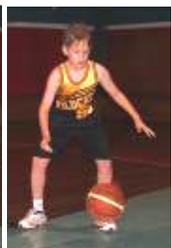
Key Points for coaches to look for –



- Dribble is controlled with upper palm and length of fingers (not flat hand or just finger tips).
- Ball bounces to approximately waist height, slightly in front of hips.
- The ball is always dribbled on the side of the body away from the defender, or where the defender will be. Players should be looking up, rather than watching the ball.
- The faster the player is running, the higher the dribble.
- The closer the defender is the lower the dribble.



- The control dribble the ball is protected by the dribblers body.
- The feet shuffle to maintain this protective position.
- The dribbler must always look towards their basket.



- The cross-over dribble switches the ball from one side of the body to the other with one dribble.

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



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- 1) Dribble from Baseline to Half court and return in relay type race. Use L hand going one direction, R hand going the other way.
 - Do these exercises with both the speed dribble and control dribble technique.
 - Do these exercises from baseline to foul line for more changing of hands and acceleration –deceleration practise.

- 1) Play “Last man standing” -every player has a basketball and stands inside the jump ball circle. They all must keep dribbling whilst staying inside the circle and trying to knock the other balls out of the circle. The winner is the last player still dribbling inside the circle.

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

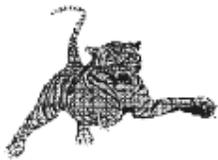
Key Points for coaches to look for –



- 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.
- On a bounce pass they are pointing to the spot on the floor where the ball was aimed, about 2/3 of the way between the passer and the receiver.
- 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.

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



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



- 2) 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-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.

- 3) 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
- 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.



To practice bounce passing, make it a rule that only bounce passes can be used.



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Rebounding

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

- 1) Players can **jump and catch the ball** above his / her head.
- 2) Players can catch the ball in the air, then **land with balance**.
- 3) Players can select appropriate **pivot foot** for offensive and defensive rebounds

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, knees bent, head up.
- On Defensive rebound, player can then pivot on his / her “outside” foot, then pass to player outside keyway



- On Offensive rebound, player pivots on his/ her “inside” foot, (the foot nearest the basket) then takes the shot, using the backboard.



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

- 1) Line players up in keyway, facing the basket. The coach tosses the ball up against the backboard and the first player on the line tries to jump up and catch the ball above his / her head. They should land with both feet parallel to the base line, about shoulder width apart, knees slightly bent. Player hands the ball back to the coach then goes to the back of the line. As players gain confidence this drill can become competitive with two or three players competing for the rebound.
- 2) Defensive Rebound –after completing the rebound (catching the ball above their head, landing with both feet parallel to the base line, about shoulder width apart, knees slightly bent) player must pivot towards a player outside the key (pivot on the outside foot) and make the “outlet” pass to the team-mate outside the key (pic 3)



(pic1)



(pic 2)



(pic3)

The player receiving the outlet pass then passes the ball back to the coach and goes to the end of the rebounding line. After making the outlet pass, the rebounder then takes the position of the player to receive the next outlet pass.

- 3) Offensive Rebound - after completing the rebound (catching the ball above their head, landing with both feet parallel to the base line, about shoulder width apart, knees slightly bent), player must pivot towards the basket outside (pivot on the inside foot -the foot closest to the basket) and then take a shot.

When shooting from this close range always encourage players to try to use the backboard to soften the shot.



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Shooting

Expected Outcomes for exercises in this area are-

- Players can **demonstrate correct shooting technique** for close range set shot.
- Players attempt correct shooting technique from extended range such as Foul shots.

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 backspin 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 10'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.



- One group of players on each side of the basket, just inside the keyway. Player on the front of the line shoots (concentrating on technique), then chases the rebound and passes the ball to the next player in the line and joins the back of the line.

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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Lay-ups

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

- 1) Players can perform a one dribble R hand lay-up at game pace.
- 2) Players can demonstrate the correct footwork for L hand lay-up but may not be able to complete the shot with L hand.

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

Lay ups-

- R hand lay-up involves the first step with the R foot (pic 1), then jump off the L foot (pic 2).
- As the player jumps off his left foot and stretches up with his R arm, his R knee should come up in front to about hip height.(pic 3)
- Players shoot the ball into the backboard, not straight at the basket.



(pic 1)



(pic 2)



(pic 3)



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

- 1) Breakdowns of standard Lay-up drills should be used - see descriptions below. Increase the pace and distance of the approach as competence levels increase.

Drill – *foot work only* - begin with players lined up on the edge of the keyway on the right side of the court. Each player in turn practises the last two steps and the jump involved in a R hand lay up. Step R foot then L foot the jump towards the ring, reaching up with the R hand.
Repeat this drill (reversing the footwork) for a L hand lay-up on the left side of the court.

Drill – *last step only* - begin with players lined up just inside the edge of the keyway on the right side of the court. Each player in turn practises the last step and the jump involved in a R hand lay up. Holding the ball on the R side the body step with the L foot the jump towards the ring, and shoot the ball into the backboard with the R hand.
Repeat this drill (reversing the footwork) for a L hand lay-up on the left side of the court.

Drill – *last two step only* - begin with players lined upon the edge of the keyway on the right side of the court. Each player in turn practises the last two steps and the jump involved in a R hand lay up. Holding the ball on the R side the body step with R foot (fig 1), then the L foot (fig 2), then jump towards the ring, and shoot the ball into the backboard with the R hand.



(Fig 1)

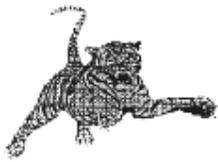


(Fig 2)



(Fig 3)

Repeat this drill (reversing the footwork) for a L hand layup on the left side of the court.



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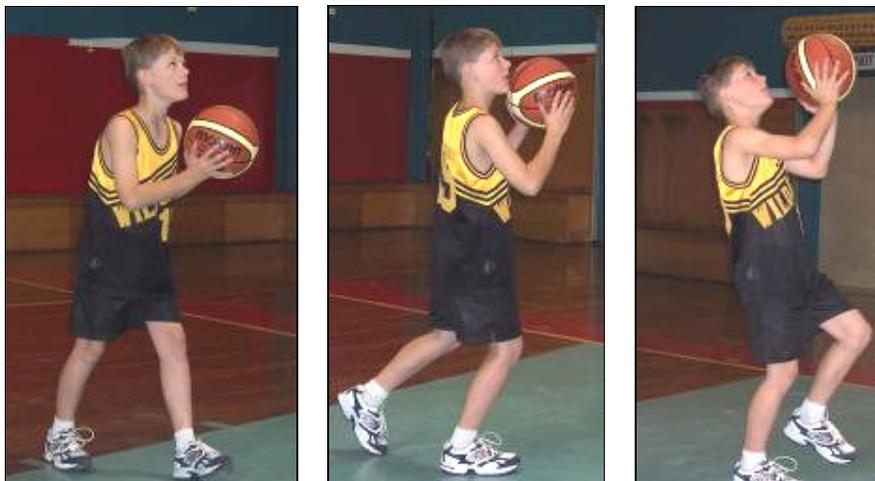


Drill –*one bounce lay-up* - begin with players lined up one step outside the edge of the keyway on the right side of the court. Each player in turn practises the dribble, the last two steps and the jump involved in a R hand lay up. Take one dribble with the R hand at the same time step towards the ring with the L foot. Pick the ball up while stepping with R foot then the L foot then jump towards the ring, and shoot the ball into the backboard with the R hand.



Repeat this drill (reversing the footwork) for a L hand layup on the left side of the court.

i.e. First step with L foot, then R foot, then jump towards basket bringing R knee up and shooting the ball with L hand.





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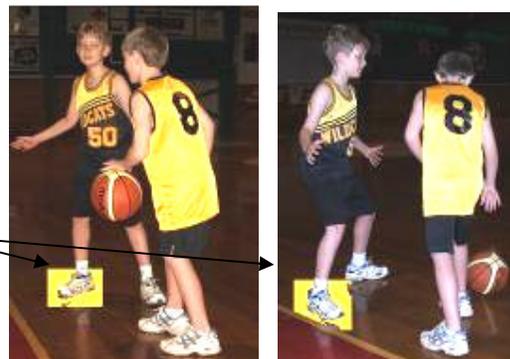
Individual Defence 1

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) Players can **demonstrate drop step** technique for change of direction on defensive shuffle.

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.
- Defensive shuffle is not skipping or jumping, but many small quick steps where the feet do not touch or cross.
- Drop step (Reverse pivot) must be quick and maintain balance. The technique involves pivoting on the back foot so that the leading foot becomes the trailing foot.





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

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



Drill 2- Players shuffle across the court at 45 degrees between two lines. When they reach a sideline they use the drop step technique to change direction. i.e. pivot on the foot that reached the line so that they can now shuffle at 45 degrees back across the court.



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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, 3 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 (this becomes the pivot foot). They then try to keep the ball away from their opponent by turning their body, moving only the one foot. After 1 minute they change roles.



- 2) Line all players up across the baseline, each with a ball. They then dribble to the foul line where they make a jump stop with the ball. Now holding the ball they pivot forward (as if to protect the ball) on their R foot taking about three pivot steps to complete the circle. They then resume dribbling again, now towards the halfway line where they again make a jump stop. This time they pivot (forward) on the L foot. Again they should be facing forward after about three pivot steps. They now dribble towards the next foul line where they make another jump stop and again pivot on their R foot. The coach should nominate whether the players dribble R hand going one way and L hand coming back, or if they change hands after each jump stop.

Encourage all players to pivot towards their offensive basket before beginning any dribble.



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