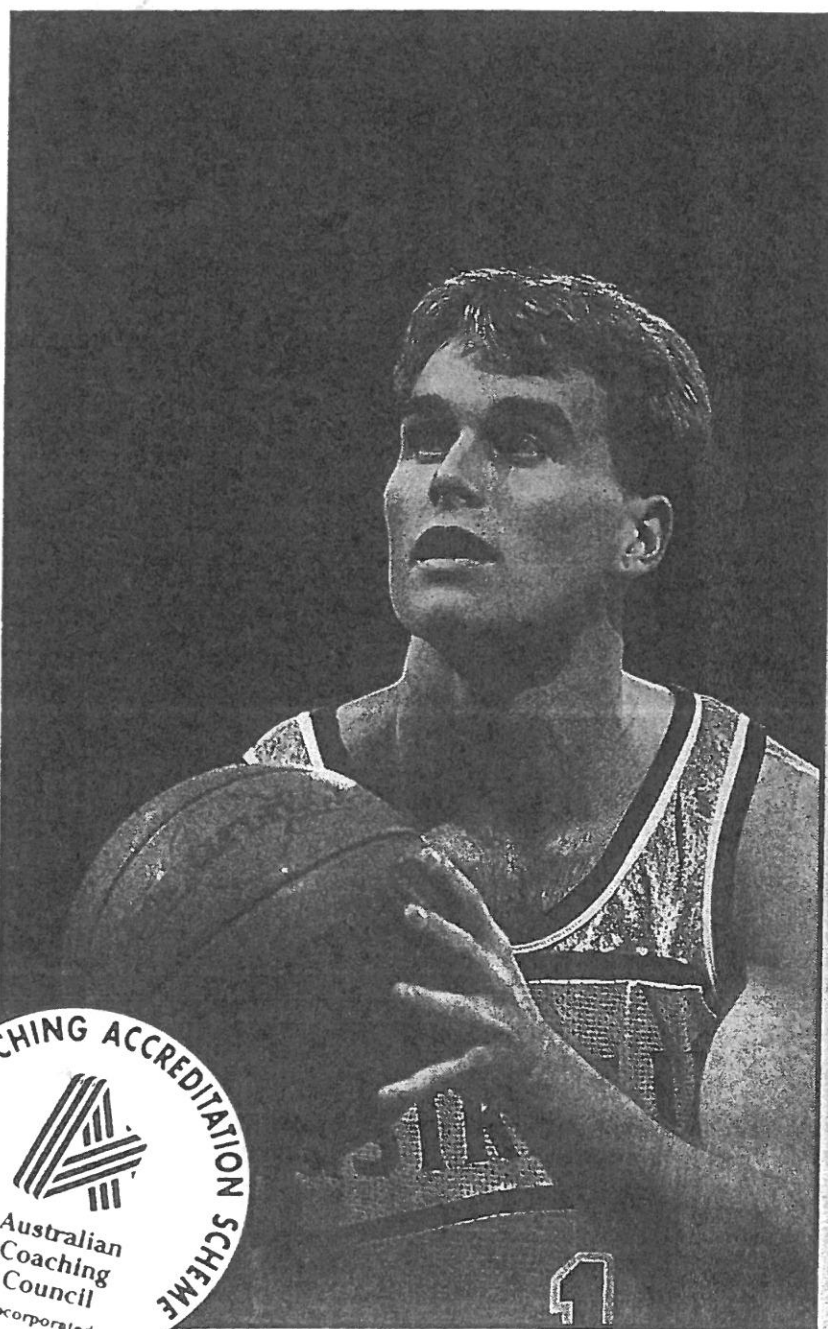


LEVEL 1 BASKETBALL COACHING MANUAL



PUBLISHED BY BASKETBALL AUSTRALIA

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Chris White Manager,
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COVER: Shane Heal prepares to shoot.
PHOTO COURTESY: Sport the Library.

YEAR 4 - LESSON 1

1 WARM-UP *Don't forget to perform the Fast Break stretching exercises*

5 mins

Ball Handling

Perform each drill 15 times



figure 8's



waist circles



finger tipping

- One ball per pair
- Free spacing

2 ACTIVITIES

5 mins

“Free” Running

Free running in a defined area and on whistle command players must stop, using;

1. jump stop,
2. stride stop.

ALWAYS stop in the “ready position”.

- Whistle
- Free spacing

2 mins

“Discovery Dribbling”

Perform 10 bounces using each of the following;

1. heel of hand only,
2. fingertips only,
3. fingers and cupped hand (no heel).

- One ball per pair
- Free spacing

Question: “Which is the best way to dribble?”

3 mins

“Free Dribbling”

Dribble around the court while partner stands still. Alternate hands as you move around, changing direction and pace.

- One ball per pair

3 mins

“Flash Fingers”

One player dribbles while the other holds up fingers (one to five) on one hand. Dribbler calls out the number of fingers raised. If leader changes hands, dribbler must also change hands, using a crossover dribble. The aim of this activity is to encourage players to dribble without looking at the ball.

- One ball per pair

2 mins

“Keyboard Dribbling”

Dribble the ball as low and as fast as possible alternating hands as if playing the bongo drums on top of the ball.

- One ball per pair

3 GAME

10 mins

“Dribble Swat”

Players must dribble around continuously within the area, attempting to “swat” other players’ balls out of their control with their free hand. Players are eliminated from the game by;

1. having their ball swatted out of their control
2. going outside the defined area, or
3. double dribbling.

If eliminated, either;

1. sit on the sideline and continue to dribble, or
2. dribble continuously around the outside of the area.

Reduce the size of the playing area as the numbers decrease.

- One ball per player
- Divide into groups if insufficient balls
- Half court or other defined area

YEAR 4 - LESSON 2

1 WARM-UP *Don't forget to perform the Fast Break stretching exercises*

5 mins

Ball handling

Perform each drill 15 times



figure 8's



ankle circles



cupping



finger tipping

- One ball per pair
- Free spacing

2 ACTIVITIES

5 mins

“Free” Running

Free running, on whistle command players must stop, using;

1. jump stop, then perform a forward pivot and a reverse pivot back to the ready position,
2. stride stop, forward pivot, reverse pivot.

- Whistle
- Free spacing

3 mins

“Free Dribbling”

Dribble around court while partner stands still. Alternate hands, change direction and pace. On the whistle command, stop with stride or jump stop and catch the ball to cease dribble.

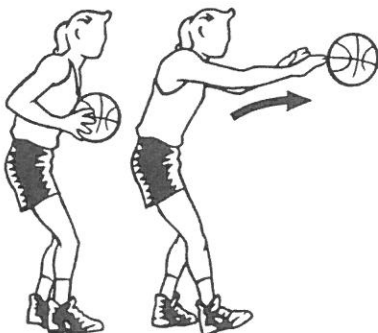
- One ball per pair
- Whistle
- Free spacing

7 mins

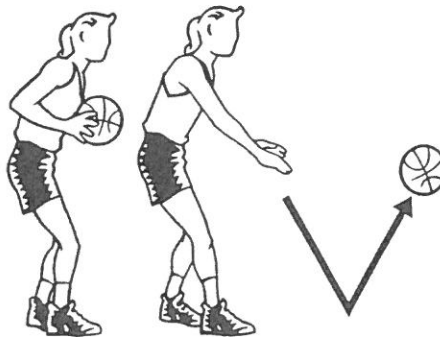
“Partner Passing”

Partners stand three to four metres apart passing and catching 20 times, using chest pass, bounce pass, overhead pass and baseball pass.

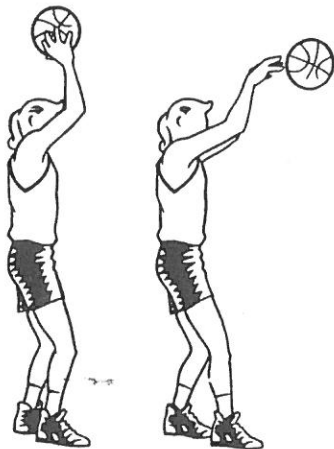
- One ball per pair



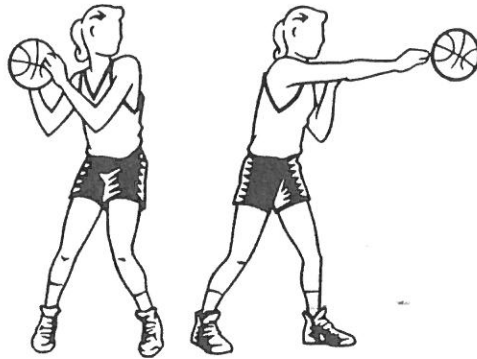
chest pass



bounce pass



overhead pass



baseball pass

Quick teaching tips -

1. pass and receive from the ready position
2. step to pass, step to receive
3. catch with the eyes first, the hands second
4. fingers spread and relaxed for passing and catching
5. receive the ball in target area
6. snap wrists in follow through to the target

3 GAME

10 mins

“Tallyball”

Rules - Two teams of 6 to 8 players per area. The aim is to complete six consecutive passes. Start with a jumpball. Each time a pass is completed, the person who catches the ball calls out the number of passes so far. One point is scored when six consecutive passes are made. After a point is scored, the opposing team takes possession at the centre line. A new count starts each time there is a bad pass, fumble or interception. No dribbling, no travelling, no body contact (fouling). If one of these violations occurs, possession is taken from the sideline.

Quick teaching tips -

1. lead for the ball
2. keep spacing, don't crowd the ball
3. defend one player each
4. move (cut) to an open space after you pass

- One ball
- Half court or defined area
- Divide class into groups if required

"Dribble and Slap"

EQUIPMENT: *Class set of basketballs.*

AREA: *Hard flat surface - basketball court.*

PLAYERS: *Whole class activity.*

GAME:

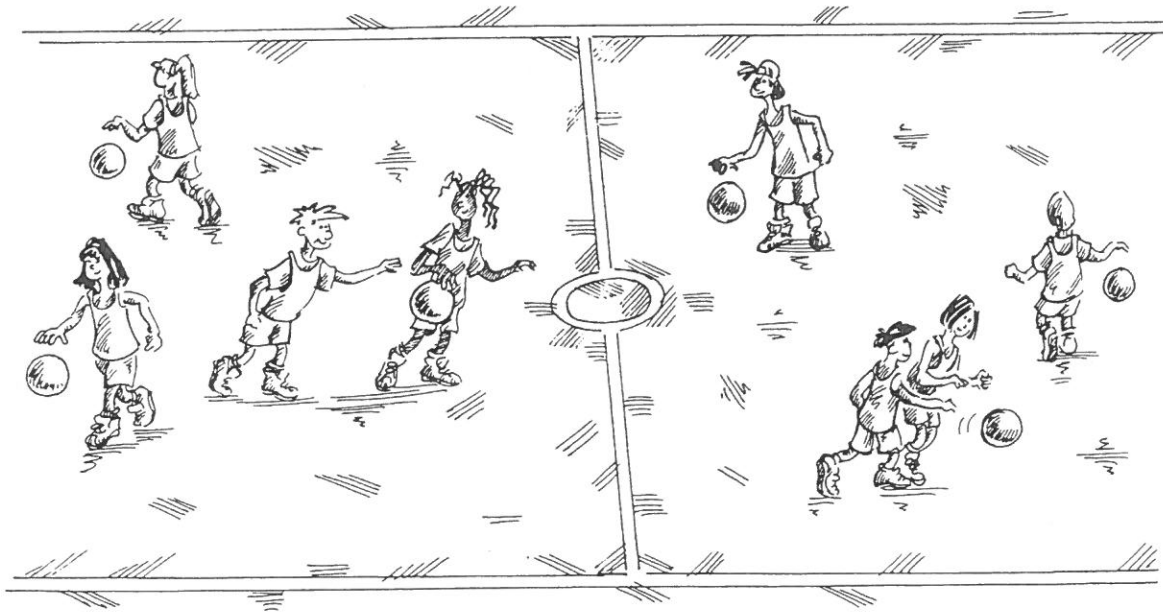
Appoint one child as the slapper. The remainder of the children collect a basketball and are directed to dribble and retain control over the basketball.

The slapper must attempt to slap the basketball away from the children dribbling.

When a child has had the basketball slapped away they then become a slapper.

No body contact can be made while slapping the basketball.

A winner should be left after all other players are eliminated.



"Cross Ball"

EQUIPMENT: *Two basketballs*

AREA: *Half basketball court*

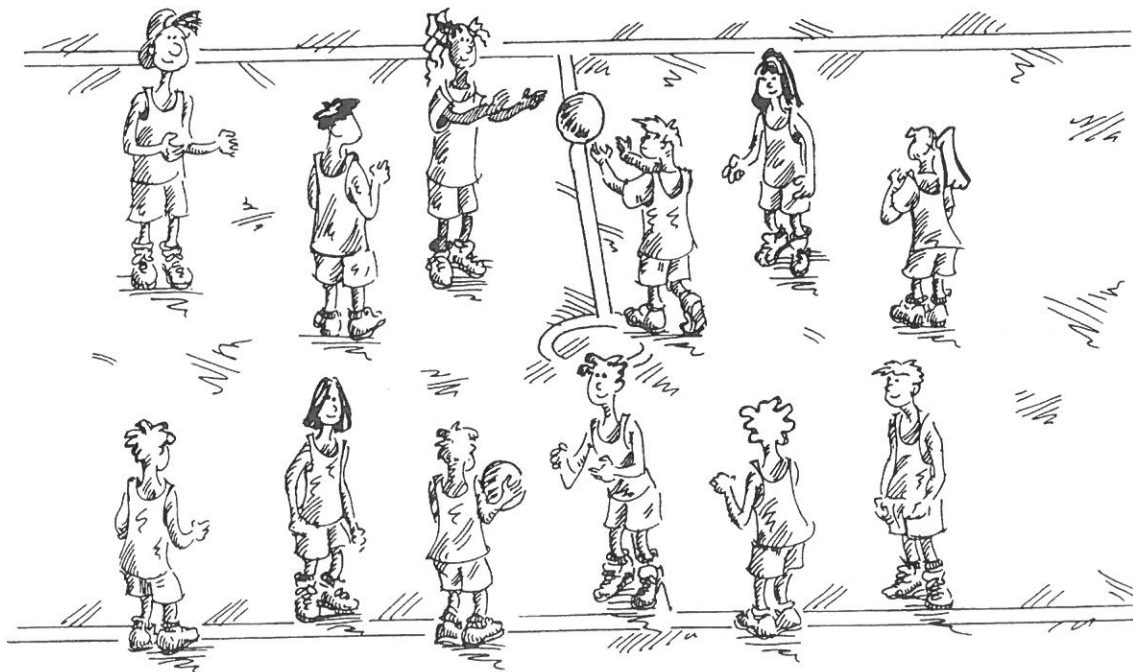
PLAYERS: *Organise children into two separate teams.*

GAME:

Organise the children as illustrated. The aim of the game is for the children to chest pass the basketball down the line and back again.

Dropped passes must be repeated.

The first team finished is the winner.



"Bridge Stone Tree"

EQUIPMENT: *Four basketballs.*

AREA: *Hard flat surface - basketball court.*

PLAYERS: *Four teams of approximately seven or eight members.*

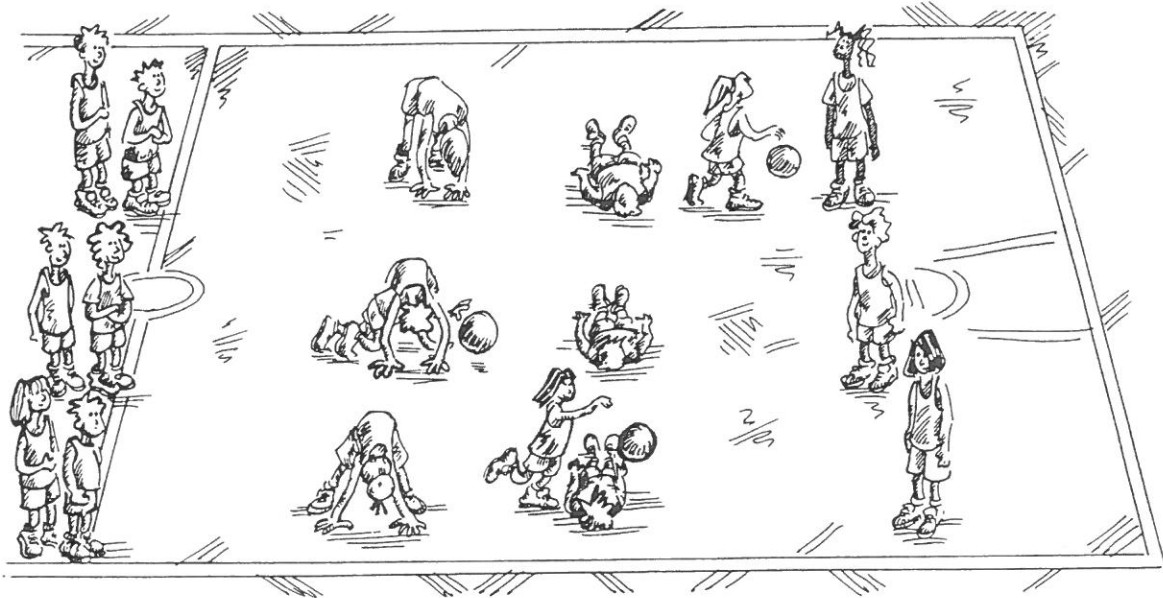
GAME:

Three team members are required to make a bridge, a stone and a tree. (See illustration). The other team members are involved in a relay race where they must dribble under the bridge, over the stone, around the tree, over the stone and under the bridge again.

Each member must complete one journey and the team that completes it the fastest is the winner.

The relay members then swap over with their team mates and become bridge, stone, tree.

Allow for as many relays as possible.



"Basketball Steal"

EQUIPMENT: *Six basketballs, five hoops.*

AREA: *Half basketball court.*

PLAYERS: *Four equal teams - children numbered one to*

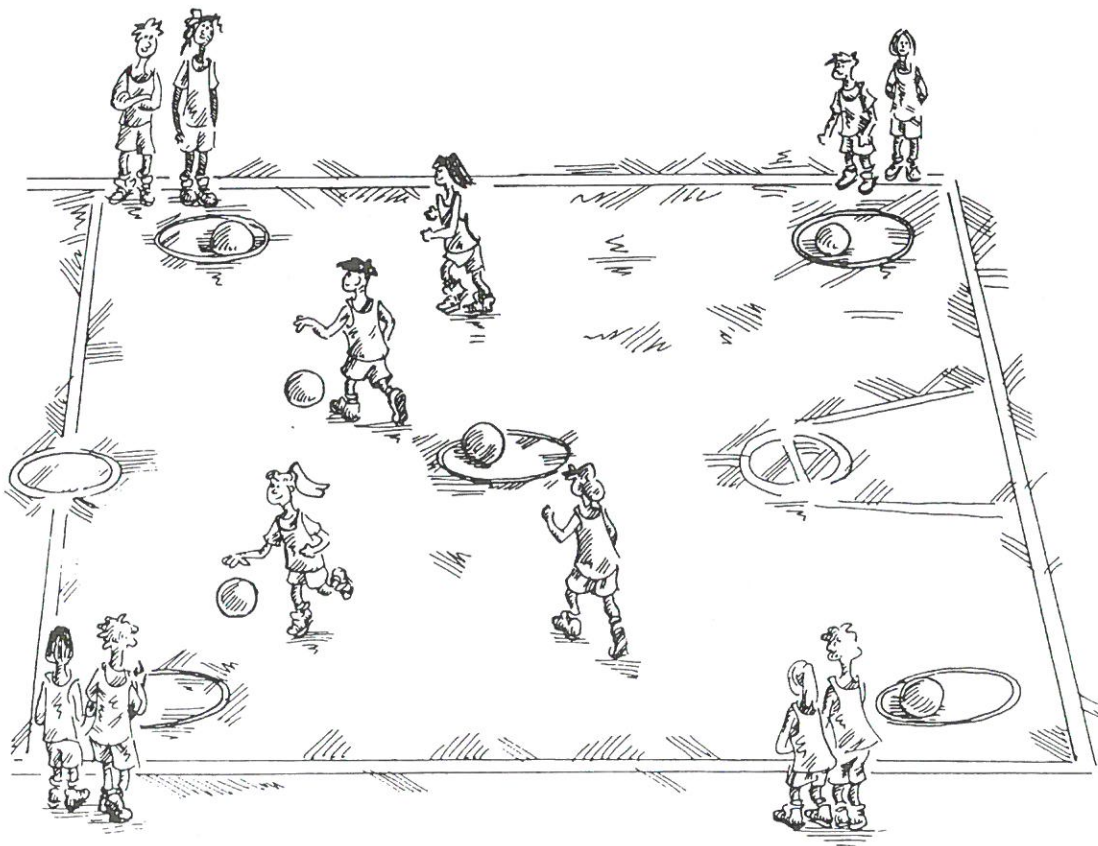
GAME:

The teams form the corners of a square of approximately half of the size of the basketball court area.

The teacher places six basketballs in a hoop in the centre of the square and one hoop in front of each team.

The teacher calls out a number and each child with that corresponding number runs to the centre to collect a basketball. The child must then dribble the basketball back to their team and place the basketball in a hoop. The child may then steal other basketballs from the centre or another team's hoop. The first team to have two basketballs in their hoop is the winner.

A guideline for this game is six basketballs in the centre and a fifty second limit to each game.



13. DRILLS

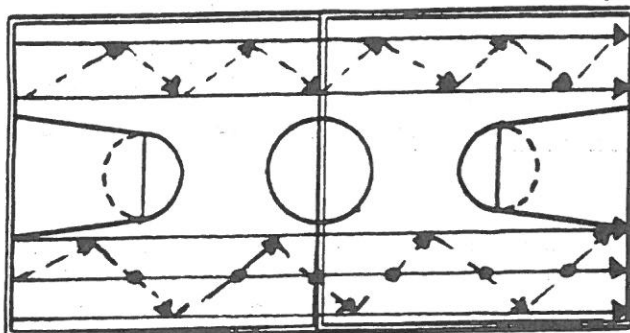
The following drills concentrate on the offensive skills of passing shooting and dribbling. Coaches should consult texts, magazines, videos and other coaches to build up their repertoire. Coaches are also encouraged to use their imagination and design their own drills.

1. PASSING DRILLS

a) **Bullseye:** Simply have athletes pass at a target against a wall. This can be done individually or in pairs, with the second person catching the ball off the wall after the first player passes it and so on. Record score after 30 seconds. Ball does not hit floor.

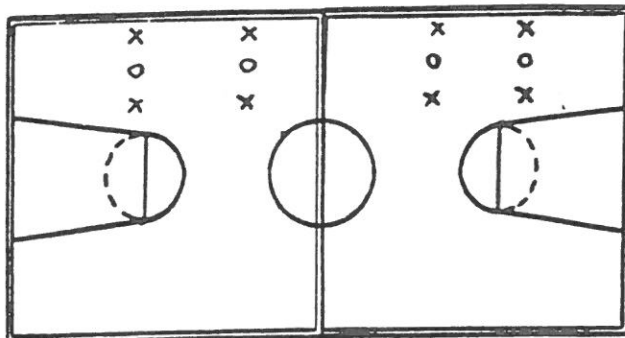
b) Chest Passes (Diagram 1)

Have players run up and down court in pairs about 4-5 metres apart, passing the ball as they move. A third line can be added for variety.



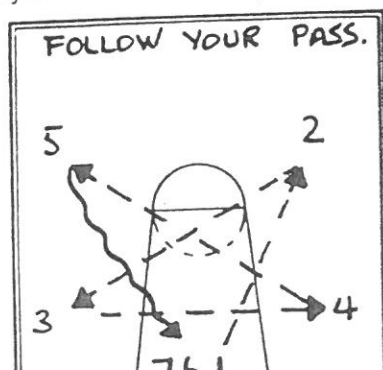
c) Cat and Mouse (Diagram 2)

The object of this drill is to keep the middle man 'O' from touching the ball. Use any type of pass to get the ball to the other man 'X'. Once middle man touches the ball the one who threw the pass goes to the middle.



d) Star Drill (Diagram 3)

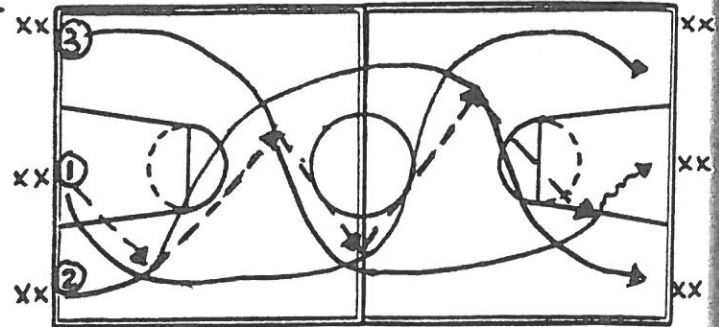
Use any type of pass and 2 balls. Have three players stand behind 1. The idea is to follow your pass. 1 passes to 2, 2 passes to 3, 3 passes to 4, 4 passes to 5 who goes in for the lay-up. The next player behind 1 retrieves the rebound. To keep continuity, 1 with the second ball should pass to 2 immediately after the ball passes in front of him after being thrown from 3 to 4. The best way to assure continuity is to begin the drill with at least two players at each of the five positions. Remember pass the ball and follow it.



13. DRILLS - Cont'd

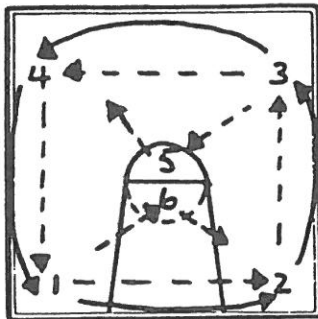
e) 3 Man Weave (Diagram 4)

Form 3 lines at end of court. 1 passes ball to 2 using a chest pass. 1 then cuts behind 2 and fills the outside lane as 2 is progressing towards the middle lane. 2 passes to 3 and cuts behind him, filling the opposite outside lane. 3 is now filling the middle lane and should be passing to 1 and going behind him. The sequence continues up the court until one player is in position for a lay-up. Ball does not hit floor. Teaches passing on the run, lay-ups off the pass and outlet passing.



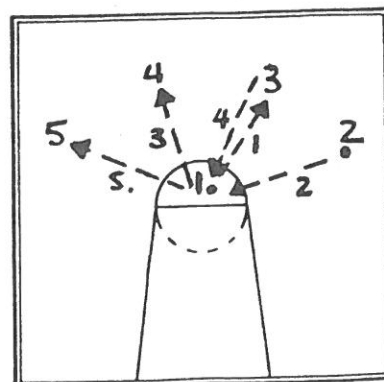
f) Four Corner Passing Drill (Diagram 5)

Start pass from any corner. 1 passes to 2 and follows pass to line 2. 2 passes to 3 and follows pass to line 3 and so on. Use as many balls as the athletes can handle. Also teaches receiving and pivoting to pass. Add two players 5 and 6 for more variety.



g) Pepper Drill (Diagram 6)

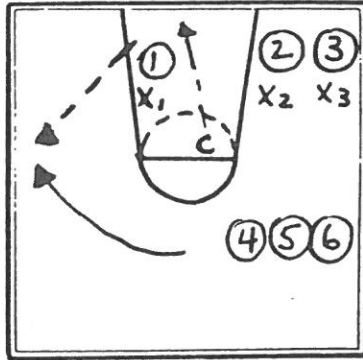
1 and 2 each have a ball: 1 passes to 3 as 2 passes back to 1. 1 passes to 4 while 3 passes back to 1. Continue back and forth until ball has been passed to each man 5 times. Change positions.



13 DRILLS - Cont'd

h) Outlet Passing Drill (Diagram 7)

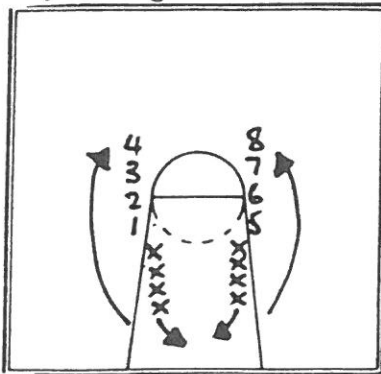
This drill is good for rebounding, outlet pass and fast break. Three lines are formed, two offensive, one defensive. The coach shoots ball against backboard. 1 takes rebound and outlet passes to 4 at outlet position: X1 attempts to deflect the pass. For continuity 4 relays ball to coach and goes behind x 3, 1 goes behind 6 and X1 goes behind 3. 2 and X2 step into key area for next rebound and outlet.



2. SHOOTING DRILLS

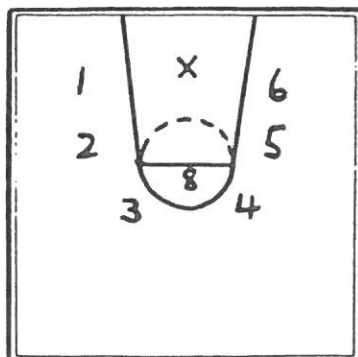
a) Rebound and shoot (Diagram 8)

Each player throws ball against backboard, rebound, puts shot up and passes ball back to next in line. Players may change lines after shooting.



b) Perimeter Shooting (Diagram 9)

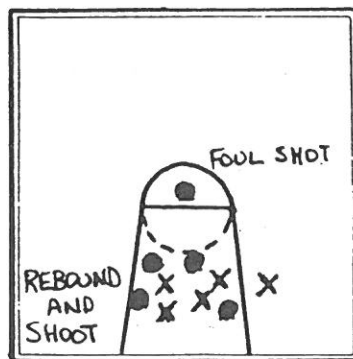
One rebounder for all team players. After each player has had one shot the team rotates clockwise. Use as many balls as practical and two rebounders if necessary. Alternatively have the shooters rebound their own shot and then pass back out to free player.



13. SHOOTING DRILLS - Cont'd

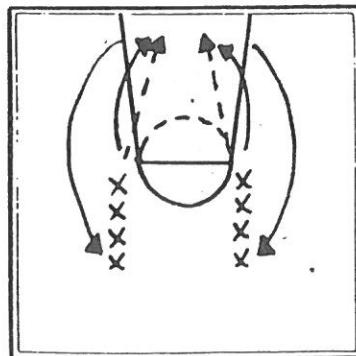
c) Penalty shooting

A player may make no more than 5 consecutive throws from the line. When an attempt is missed, players from both teams attempt to recover the ball. Whoever recovers, shoots from the position of recovery. When that shot is made, that player goes to the free throw line to shoot. Score one point for each free throw made and two points from the floor. First players to score 11 points wins. Nearest player to recovery shooter puts hands up on him to make shot more difficult.



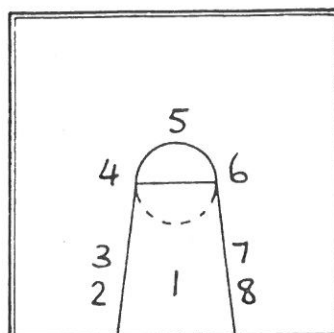
d) "21" (Diagram 11)

Players are divided into two teams, each team has a basketball and lines up on the "elbow". One the whistle players shoot, get their own rebound, pass it back to the next person on their line and then go to the end of that line. Score 2 points for a successful shot and one point for successful rebound shot provided rebound is caught before ball hits the floor. First team to reach 21 points wins. Losers do one lap of court for each point they lost by.



e) Around the World (Diagram 12)

Each player has a ball and starts directly under the basket. The player does not move to the next position until he has made that shot. Shoot two consecutive shots at the foul-line. First players home wins.

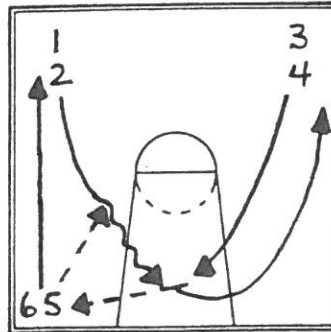


f) Horse

This is a game of matching shots. The first player takes any shot he wants. If he sinks it the second player must do the same shot. If the first player misses, the second player has his chance to do any shot. If the player fails to match a successful shot he receives a letter, 'H'. The first time, 'O' the second time and so on. The first player to become a 'HORSE' loses.

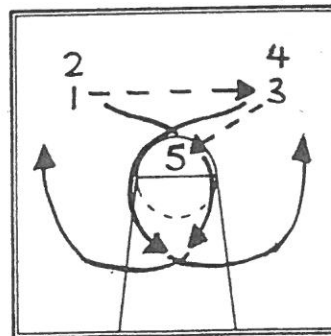
g) Continuous Lay-ups (Diagram 13)

2 runs to basket and receives pass from 5 for lay-up while 4 rebounds shot and passes to 6. The corner man 5 goes to lay-up line, 2 goes to rebounding line and 4 goes to corner line. Continue in this fashion then switch drill to other side of court for left hand lay-ups. Ball does not hit floor. Count successive baskets made. Try and break records. Use more than one ball if needed to speed it up.



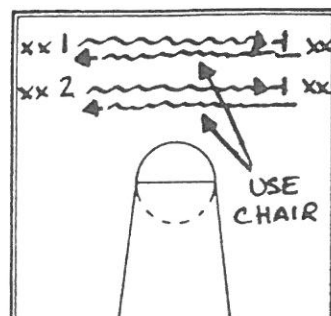
h) Split The Pivot (Diagram 14)

1 passes to 3 who passes to 5.
 1 and 3, both criss-cross past 5.
 5 hands the ball off to either 1, or 3 who lay-up. The non-shooter rebounds and passes back to 2 or 4.
 5 stays in position for five hand-offs, then is replaced by another player.



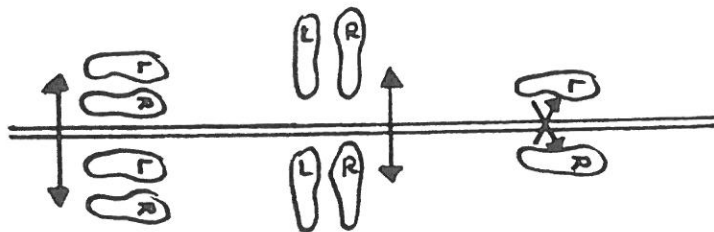
i) Dribble-relay (Diagram 15)

Form two lines on both sides of the court as shown. On the whistle 1 and 2 dribble to team mate on the other side of the court, come to a jump-stop and hand off the ball. Team-mate repeats this procedure. First team to cross the court ten times wins. Use left and right hand dribbles. For variety, players can dribble around a chair in the middle of the court, do a cross-over dribble, a reverse or behind the back dribble when they reach the chair.



j) Footwork drill: (Diagram 16)

Players line up along the side-line and face the end-line. On the whistle they jump side-ways over the side-line and back, repeating the process for 15 seconds. Alternatively they may face the opposite side-line and jump back and forth for fifteen seconds. Count the number of jumps completed. A more difficult jump is the criss cross.

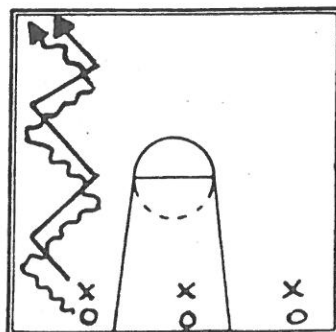


Protect the dribble

Two players, each with a ball, go into the centre jump ball circle. While maintaining a dribble they each attempt to knock the other player's ball away. Use the jump ball circles at either end of the court as well.

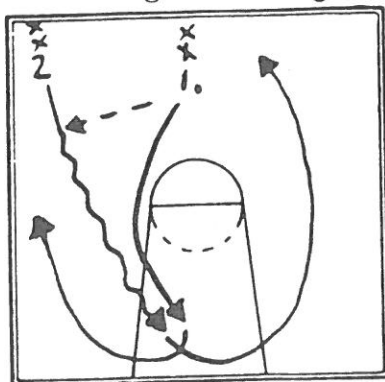
Defend the dribbler: (Diagram 17)

Form three lines along the baseline. Offensive player dribbles the ball in a zig-zag fashion while the defensive player shuffles across the lane maintaining correct body position, knees flexed, nose on the ball and palms up. Change over at other end of the court. Initially have defensive player with hands behind the back to emphasise footwork rather than reaching with the hands.



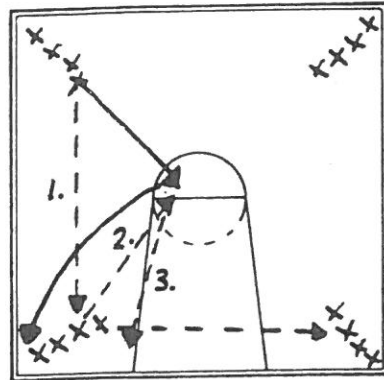
Pass - Drive (Diagram 18)

Split squad into two groups as shown with the middle group having two basketballs. Player 1 passes to 2 who drives hard for the lay-up. The passer chases the dribbler, trying to distract him but not touching or fouling. Both players swap lines.



Four Corner Passing (Diagram 19)

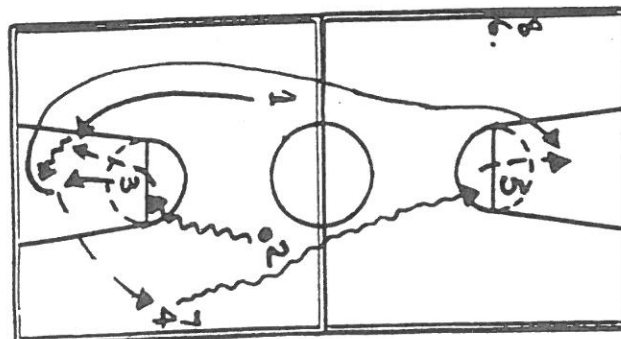
Divide the squad into four groups as shown with a ball in the front of each line. On the whistle each player with a ball passes to the second player in the line at the right. (First player has a ball and is passing to his right). The passers then move to the key area and receive a return pass with one foot in the key. They then return pass the ball back to the man they received from and they then go to the end of the line they originally passed to. Beware of passes to your right when moving to the end of the line.



Two on One: Full court (Diagram 20)

Players are positioned as shown with 1 and 2 at centre court, one of which has the ball. Defensive players 3 and 5 are in the key area and outlet receivers 4 and 6 on the side-line. Player 2 dribbles towards defence with player 1 and they play two on one against defensive player 3. When a score is made or 3 rebounds, he outlets to 4, who dribbles down-court to defensive man 5. Player 3 chases and plays two on one against player 5. 5 outlets to 6 when he gets the ball after a score or rebound, the drill continues. Each time a score is made or the defensive man rebounds, the shooter becomes the new defensive man and his team-mate the new outlet pass receiver.

This teaches the defensive man to hedge towards ball carrier, forcing the dribble to be picked up and then to recover to the pass receiver. Offensive players should draw the defence and pass off. Keep the ball moving with passes, not dribbles.



13. DRILLS

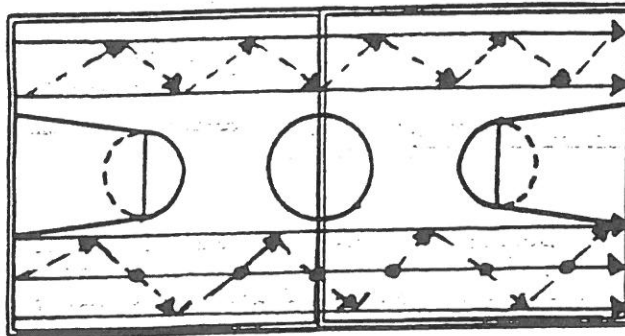
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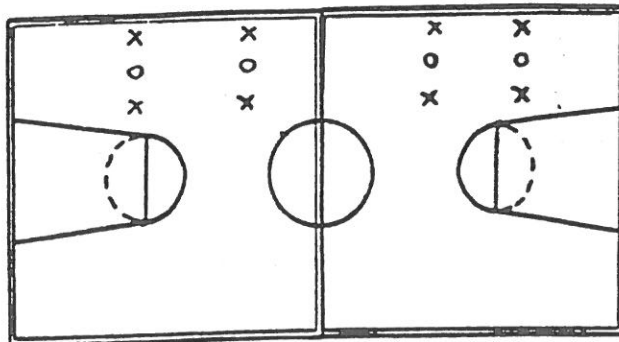
b) **Chest Passes (Diagram 1)**

Have players run up and down court in pairs about 4-5 metres apart, passing the ball as they move. A third line can be added for variety.



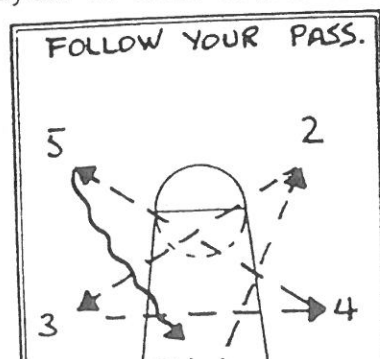
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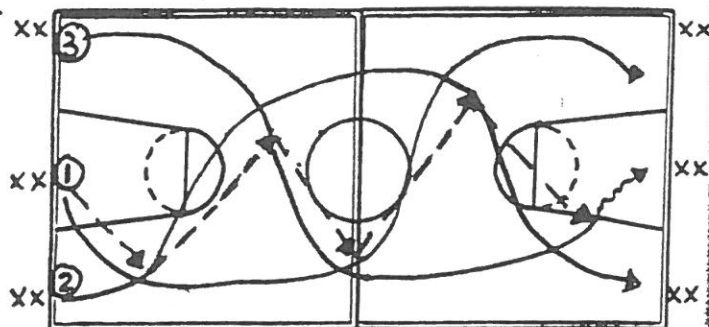
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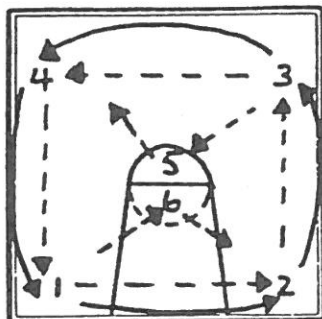
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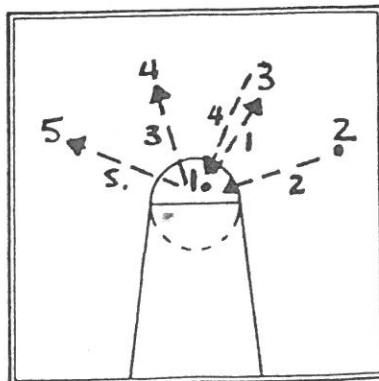
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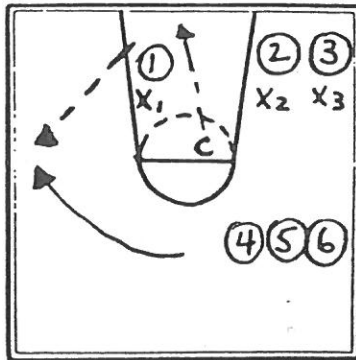
1 and 2 each have a ball: 1 passes to 3 as 2 passes back to 1. 1 passes to 4 while 3 passes back to 1. Continue back and forth until ball has been passed to each man 5 times. Change positions.



13 DRILLS - Cont'd

h) Outlet Passing Drill (Diagram 7)

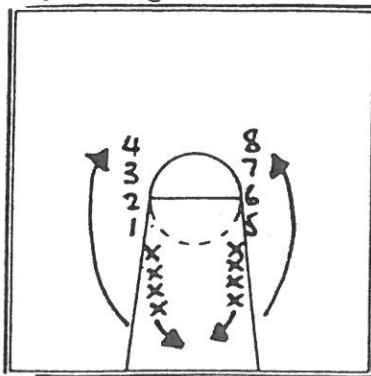
This drill is good for rebounding, outlet pass and fast break. Three lines are formed, two offensive, one defensive. The coach shoots ball against backboard. 1 takes rebound and outlet passes to 4 at outlet position: X1 attempts to deflect the pass. For continuity 4 relays ball to coach and goes behind x 3, 1 goes behind 6 and X1 goes behind 3. 2 and X2 step into key area for next rebound and outlet.



2. SHOOTING DRILLS

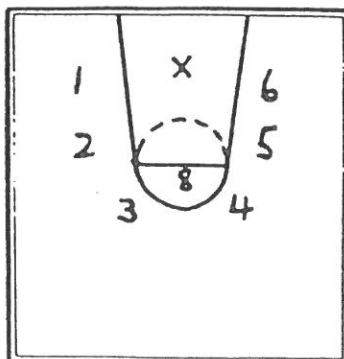
a) Rebound and shoot (Diagram 8)

Each player throws ball against backboard, rebound, puts shot up and passes ball back to next in line. Players may change lines after shooting.



b) Perimeter Shooting (Diagram 9)

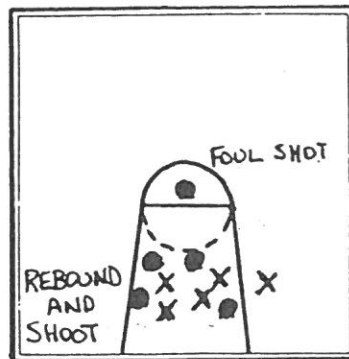
One rebounder for all team players. After each player has had one shot the team rotates clockwise. Use as many balls as practical and two rebounders if necessary. Alternatively have the shooters rebound their own shot and then pass back out to free player.



13. SHOOTING DRILLS - Cont'd

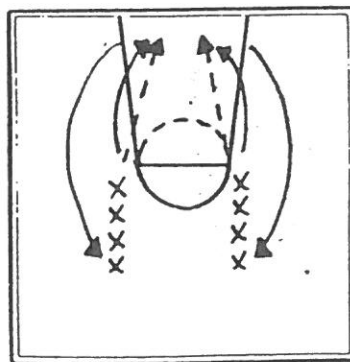
c) Penalty shooting

A player may make no more than 5 consecutive throws from the line. When an attempt is missed, players from both teams attempt to recover the ball. Whoever recovers, shoots from the position of recovery. When that shot is made, that player goes to the free throw line to shoot. Score one point for each free throw made and two points from the floor. First player to score 11 points wins. Nearest player to recovery shooter puts hands up on him to make shot more difficult.



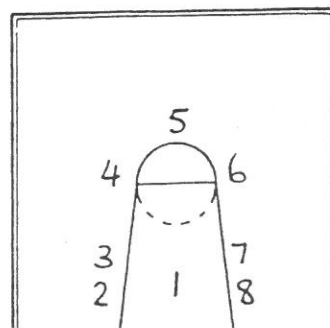
d) "21" (Diagram 11)

Players are divided into two teams, each team has a basketball and lines up on the "elbow". On the whistle players shoot, get their own rebound, pass it back to the next person on their line and then go to the end of that line. Score 2 points for a successful shot and one point for successful rebound shot provided rebound is caught before ball hits the floor. First team to reach 21 points wins. Losers do one lap of court for each point they lost by.



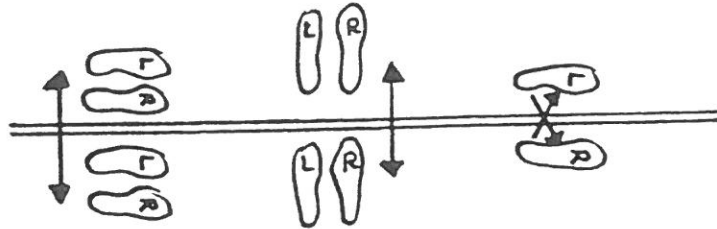
e) Around the World (Diagram 12)

Each player has a ball and starts directly under the basket. The player does not move to the next position until he has made that shot. Shoot two consecutive shots at the foul-line. First player home wins.



j) Footwork drill: (Diagram 16)

Players line up along the side-line and face the end-line. On the whistle they jump side-ways over the side-line and back, repeating the process for 15 seconds. Alternatively they may face the opposite side-line and jump back and forth for fifteen seconds. Count the number of jumps completed. A more difficult jump is the criss cross.

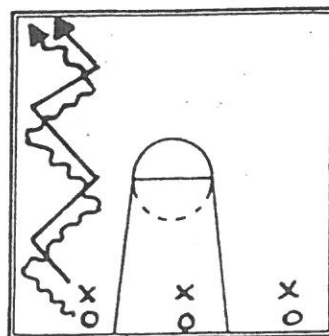


Protect the dribble

Two players, each with a ball, go into the centre jump ball circle. While maintaining a dribble they each attempt to knock the other player's ball away. Use the jump ball circles at either end of the court as well.

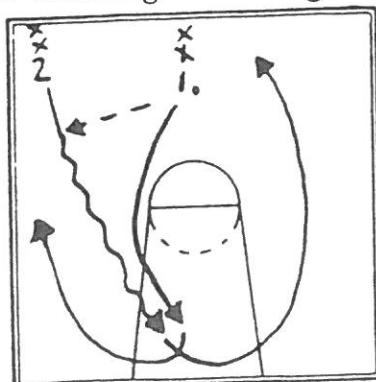
Defend the dribbler: (Diagram 17)

Form three lines along the baseline. Offensive player dribbles the ball in a zig-zag fashion while the defensive player shuffles across the lane maintaining correct body position, knees flexed, nose on the ball and palms up. Change over at other end of the court. Initially have defensive player with hands behind the back to emphasise footwork rather than reaching with the hands.



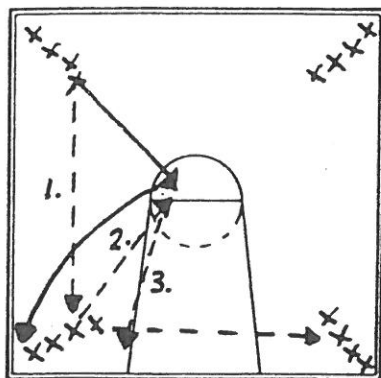
Pass - Drive (Diagram 18)

Split squad into two groups as shown with the middle group having two basketballs. Player 1 passes to 2 who drives hard for the lay-up. The passer chases the dribbler, trying to distract him but not touching or fouling. Both players swap lines.



Four Corner Passing (Diagram 19)

Divide the squad into four groups as shown with a ball in the front of each line. On the whistle each player with a ball passes to the second player in the line at the right. (First player has a ball and is passing to his right). The passers then move to the key area and receive a return pass with one foot in the key. They then return pass the ball back to the man they received from and they then go to the end of the line they originally passed to. Beware of passes to your right when moving to the end of the line.



Two on One: Full court (Diagram 20)

Players are positioned as shown with 1 and 2 at centre court, one of which has the ball. Defensive players 3 and 5 are in the key area and outlet receivers 4 and 6 on the side-line. Player 2 dribbles towards defence with player 1 and they play two on one against defensive player 3. When a score is made or 3 rebounds, he outlets to 4, who dribbles down-court to defensive man 5. Player 3 chases and plays two on one against player 5. 5 outlets to 6 when he gets the ball after a score or rebound and the drill continues. Each time a score is made or the defensive man rebounds, the shooter becomes the new defensive man and his team-mate the new outlet pass receiver.

This teaches the defensive man to hedge towards ball carrier, forcing the dribble to be picked up and then to recover to the pass receiver. Offensive players should draw the defence and pass off. Keep the ball moving with passes, not dribbles.

