



Norwood Basketball Club logo

NORWOOD JUNIORS SKILL DEVELOPMENT

AIMS:

1. To develop a player skills base development program for Coaches of Junior Teams.
2. To implement a scheduled program of coaching clinics to develop Coaches in teaching the required skills for the appropriate age groups.
3. To integrate Senior Players and Interested Parents into the Coaching staff, and to support them with the necessary teaching skills.

METHOD:

1. Develop a Skills Chart, based on age groups U/10, U/12, U/14, and U/16 and above, identifying required skills players should have at the completion of that age group. This Skills Chart should act as a guide for coaches to plan and review their weekly training programs.
2. Develop a Master List of Drills, as a guide for Coaches to use in planning their training sessions, and to develop the fundamentals in the specific age groups in relation to the Skills Chart.
3. The Coaching Directors in conjunction with the Junior Development Officers, to implement a scheduled program, where a rotation of one of the Senior Coaches will assist Coaches in developing key teaching points at clinics for each age group. The Under 10 boys and girls being the first age group. Under 10 Boys and Girls will be combined initially, as numbers don't warrant separate groups and the girls at this age are not physically disadvantaged. The Under 12's would be the following group, but will be separate sessions for Boys and Girls.
4. Issue regular Coaching articles to Junior Coaches on specific areas, ideas and concepts. The aim of trying to develop certain styles of Offence and Defence throughout the Club, with continuity between grades. The Junior Coaches are to be encouraged to be Pro-active in developing these concepts, being mindful of the total picture of all the grades, as well that of the Senior Teams.

NORWOOD JUNIOR DEVELOPMENT SKILLS CHART

SKILL AREA	LEVEL 1 - U/10	LEVEL 2 - U/12	LEVEL 3 - U/14	LEVEL 4 - U/16 & ABOVE
Body Movement	Running - Forward , Backward Running - Change of Direction Balance - Jump Stop, Forward & Reverse Pivot. Layup Jumps.	Running Technique, hi knees Balance - Stride Stop, Drop Step & Slide, Crossover step footwork, Stutter step footwork	Running Technique, etc. Grape Vines Stutter step footwork, with X-over, Stutter step with Onside. Foot speed , line hops, mirror drills.	As for under 14's Jump Shot Footwork Technique. Closeout Technique detailed.
Ball Handling / Dribbling	Individual Ball Skills / Level 1 Speed dribble Control dribble (Crab) Crossover basics	Individual Ball Skills / Level 2 Crossover technique, Reverse , Change of pace hesitate & go	Individual Ball Skills / Level 3 Through the legs, Behind the back, Retreat & X-over	Individual Ball Skills / Level 4 Onside moves, Double X-over, Refine skills with pressure/speed
Passing & Receiving	Basic - Chest, Bounce, Overhead, all 2 hand. - Movement Drills as above.	Basic - Baseball, Push, Hook Pass under pressure, - Movement Drills as above. V cut leads	Lob pass, Behind back, No look pass / Pass fakes, Outlet passes, Post feeds. 5 Step leads with slash arm.	Behind back from dribble, All one hand passes from dribble. Drills under pressure and speed.
Layups -all right & left hand except U/10.	Basic Natural Hand - Balance, Control, Jump . - Under hand shooting action	Side with correct footwork. Hook from split line. Baseline (Power). Layups off the pass.	Reverse strong hand. Hook over the top.	Refine skills under pressure and speed. - Shot-blocker drills. - Power Layups vs Coaches Pad.
Shooting	Basic Technique , Form only - 3 Stage shooting - Shooting Games.	Set shot off pass (straight on). 1 dribble shot. Free throws	Set shot off pass (angles). 2 Dribble shots, - Stride stops, Jump stops.	Jump shot technique, Drive and Jump shot. - 2 Bounce Cross over Jump shot. - 2 Bounce Onside Jump shot
Rebounding	Rebound Concept.	Rebound / Outlet technique. Block out concept.	Block out technique / slash arm, - Forward pivot, Reverse pivot	Offensive rebound technique , - Seal and hold, slash arm.
Individual Defence	Stance, Balance Shuffle Technique 1on 1 concept, spacing.	Shuffle / Drop step. Run / Slide / Run. Close-out technique 1 on 1 drills.	Lead Denial, Defend the cut, Post Defence.	Defending screens, - Cross- Screen, Down-Screen. - Up Screen, Back Screen. - Screen on the ball.
Individual Offence	Start Dribble without Travel, Pass without Travel. Triple Threat Position.	V - lead, & 5 Step lead Triple threat. Jab & go	Jab & X-over. Shot fake & go - Onside, & X-over. Rocker step moves. Basic Post Moves (Outside turns). 1 on 1 play	Post - Inside turns, - Turn around Jump shot. - Hook shots. - Back in moves (See help). Tipping skills
Fast Break	Passing to the Open Player.	2 on 1 half court - Driving & Passing lanes.	2 on 1 , 3 on 1 full court, 3 on 2, ½ court and Full court. Introduce Transition principles Full court.	4 on 3, 5 on 3, 5 on 4 Transition structure. Conversion drills, Offence & Defence.
Team Offence	Spacing Teamwork Concepts	Pass and Cut (V - cuts) 5 out Motion, Timing , Spacing (Push / Pull concepts)	Ball Reversal / Penetrate & Receive. Pass & screen away, Cut & screen. 4 Out 1 In Motion. -Post Feeds.	3 Out 2 In Motion (Post Action) Motion entries, Specific plays. Motion vs Zones.
Team Defence - Half Court	Guard the Ball 1 Player each Concept	Help & recover. Help-Side Concepts. Denial in Keyway (80% area)	Rotation (Shell drill theory). Post Defence (angles & help). Dead Ball denial.	Switching, screens, Run & Jump. Trapping & scramble out. Trapping the Post / Rotations.
Team Defence - Full Court	Containment, 1 player each.	Help & recover. Denial out of bounds. Channelling Sidelines & Containment.	Run & Jump, Trapping. Front court rotation principles.	Inbound pressure - Passer or Receiver. (Pressure On or Off ball). Rotation principles.
Zone Defence	None	None	1-1-3, 2-3, 1-2-2, 1-3-1. Half Court Traps. Scramble to M-M.	Matchup Zones eg. 1-1-3, Zone Press 1-2-1-1 / 2-2-1
Special Situations	Free Throws	Jump Ball Positions - Offence and Defence.	Out of Bounds Plays Free Throw position for fast break.	Pressure Release – vs Full Court Press - vs ½ Court traps etc.