



# BASIC COACHING MANUAL



# The Guide

This coaching manual is an instructional guide for teachers, parents and coaches. It is designed to provide a framework for introducing primary school aged children to the game of basketball.

It is a non – threatening approach to enjoy and learn the game of basketball. The games and activities are designed with two important aspects in mind, FUN and PARTICIPATION and to provide a positive environment for everybody regardless of his/her playing ability.

The manual is designed to be easy to read and user friendly. There are 5 different sections:

**Warm – up games**

**Dribbling games**

**Passing games**

**Shooting games**

**Modified games**



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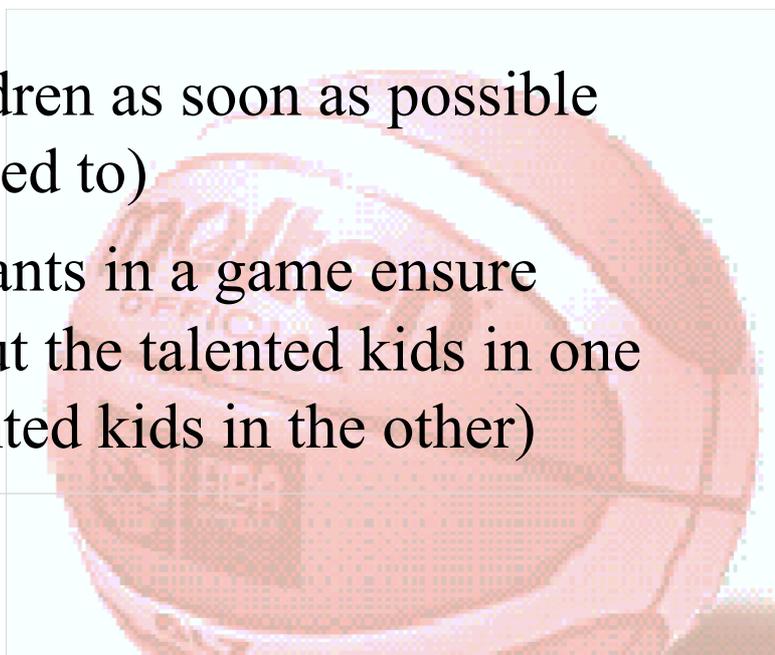
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## **Tips for an effective basketball session**

When designing, preparing and delivering a session, the coach should consider the following aspects:

- Maximise the practical time (limit lengthy instructions)
- Maximise the variety of activities provided in the sessions with lots of fun, different skill based activities and games
- Always provide positive and helpful feedback to all children to encourage involvement
- Be well organised, arrive 15 minute before a session begins to set up training plan
- Be very enthusiastic and joyful to set a good example for kids
- Learn the names of children as soon as possible (use name tags if you need to)
- When selecting participants in a game ensure team are even (do not put the talented kids in one team and the non – talented kids in the other)



- Don't just play favourites, give everyone a good run

## Helpful Coaching Hints:

- “**Do**” instead of “**don't**”. Try and use positive reinforcement of children's actions (i.e. instead of saying “don't run”, say “walk”)
- Only offer assistance when children are unable to do it themselves
- Praise children for good actions, both in skills as well as good sportsmanship.
- Ensure that children are using positive and encouraging language towards each other at all times.
- Try and keep instructions short and simple without being patronising



## **Warm – Up Tips:**

Warm – up games are generally expected to get the participants body and mind prepared and to increase the bodies’ temperature. Warm – ups enable players to perform more efficiently.

The warm up creates a base of fitness that helps player’s performance improve. When players progress, more specific trainings can be added. Warm ups should consist of more than a “jog around the court twice, then stretch”. Try to incorporate some basic skills and movements as well. Variety will make it fun and keep it interesting!

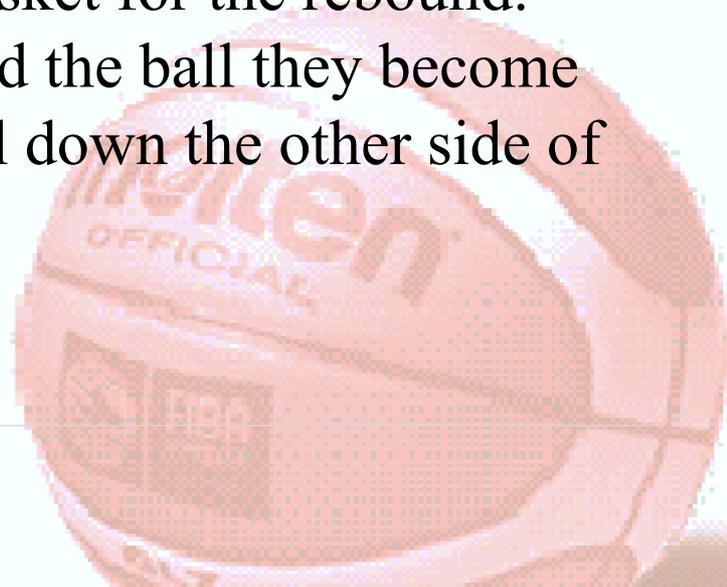
In the following section there are many games that can be used or modified for the warm up stage, however they can also be used at any stage throughout a session.



Each game focuses on one or more skills as well as body movements and can therefore be used for specific focus training if needed.

## **Netball passing drill**

- One player starts underneath the basket
- The other players form equal lines on the foul line extensions and just outside the jump circle.
- The player who started under the basket (player 1) must pass to the player standing on the foul line extended side line, before receiving the ball back. Player 1 then passes to the player standing outside the jump circle, before receiving the ball back. Player 1 then passes to the player on the other foul line extended, before receiving the ball back. After receiving the ball back from the second foul extended line Player 1 takes a shot (either a lay up, reverse lay up or block shot)
- The player from the second foul extended line follows player 1 to the basket for the rebound. After they have rebounded the ball they become player 1, and pass the ball down the other side of the court.



- All other players follow the direction of the ball and move onto the next position.

## **Variations:**

Starting on the left hand side





## 5. Man – Weave

- Players line up in 5 lines on the baseline. Lines are situated where the baseline intersects both 3 point lines, both spots where the keyway intersects the baseline and where the split line intersects the baseline.
- The ball starts with the player in the middle (player 1) and the first pass is made to the right hand side. The player on the keyway intersect runs to the block to receive the pass (player 2).
- The player from the other keyway intersect (player 4) receives the next pass, on the 3 point line, in line with the edge of the keyway.
- Player 3 receives the next pass at the half way line where it intersects the circle.
- Player 5 then receives the ball on the opposite side of the circle.
- Player 1 receives the ball on the 3 point line, in line with the edge of the keyway
- Player 2 receives the ball at the block and finishes with a lay-up

### Variation:

Starting on the left hand side

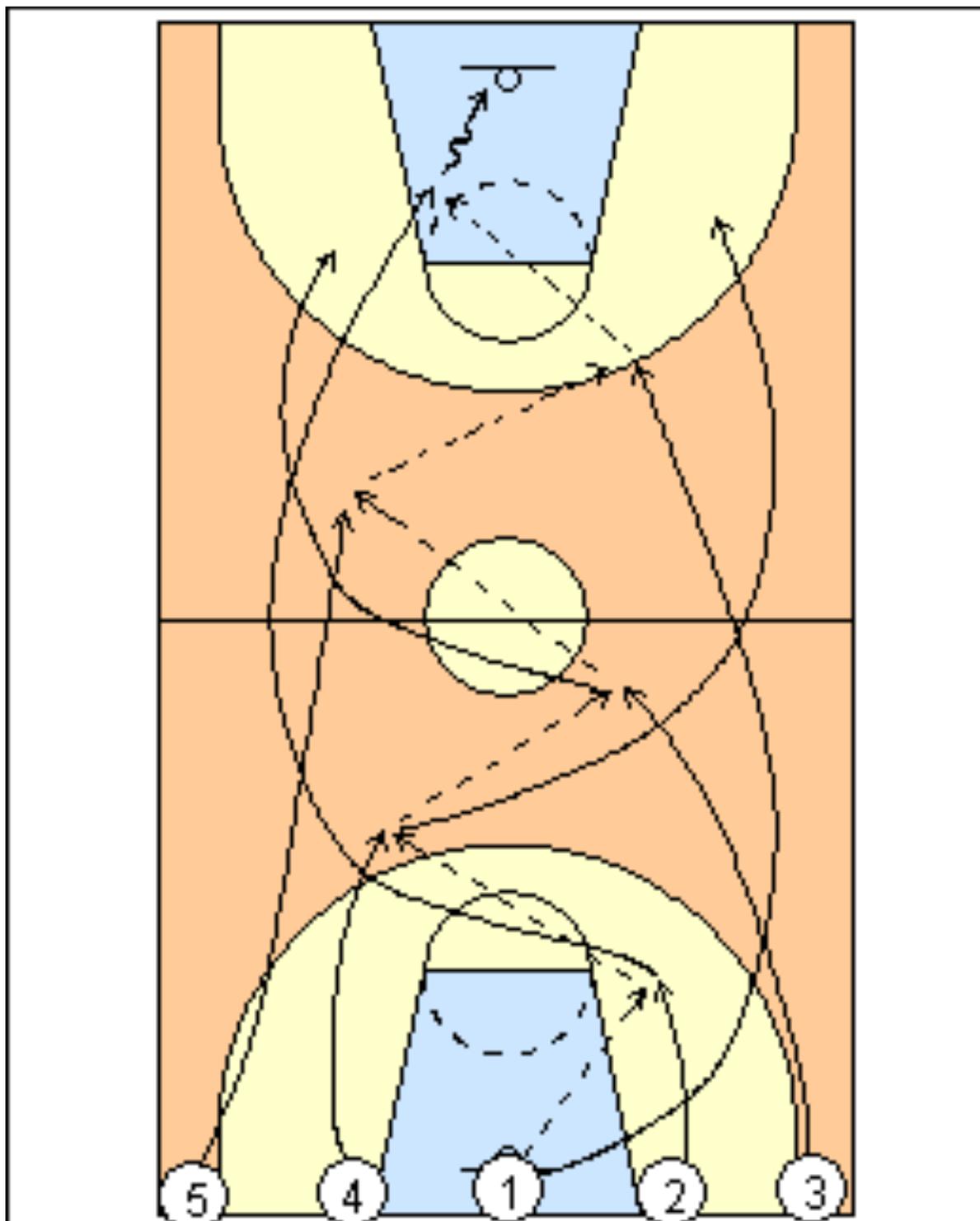


## Teaching Points:

Catch ball in the air

Run behind the player you pass too.

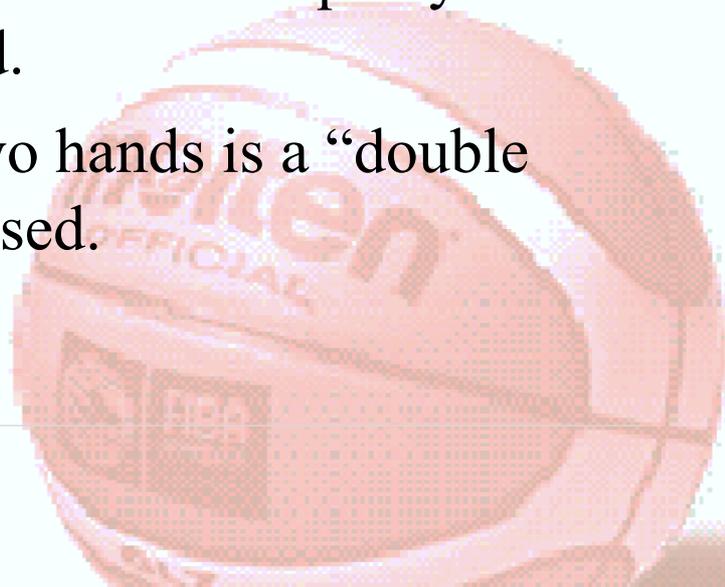
Touch the sideline after each pass or shot



# Dribbling Tips

## When dribbling have:

- Good stance and balance
  - knees bent
  - having your head up
  - back straight
  - feet shoulder width apart
  - dribble with eyes up
- Dribble the ball no higher than waist height. This makes it harder for the defence to steal the ball and gives the dribbler better control of the ball.
- Spread fingers to maximise control
- Dribble with one hand on top of the ball and other arm in an arm bar to protect the ball.
- Dribble with pads of the fingers (fingertips)
- Push the ball into the ground (do not slap)
- Always practice dribbling with the left and right hand. Encourage players to become equally skilful dribbling with either hand.
- Bouncing the ball with two hands is a “double dribble” and this is penalised.



# Dribbling games

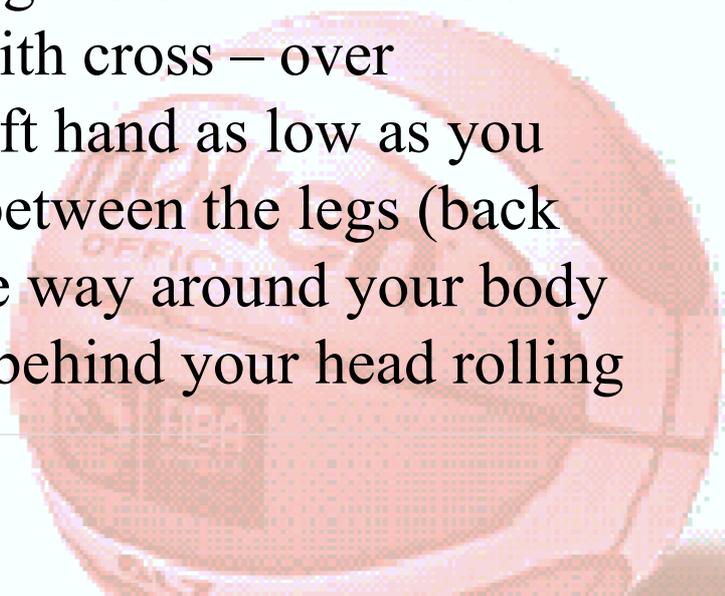
## What you need:

1 basketball per player

## Rules:

Set up in a big circle with the demonstrator in the middle.

Players than copy the demonstrator some skills include: Wrapping ball around your waist, wrapping ball around his knees (knees together) Finger tips (hold ball above the head and tap it back and forth between finger tips of each hand), around the world (Wrap the ball around the head, waist and legs going up and down your body), Figure 8 wrap (stand with legs wide apart and wrap the ball in a figure 8 motion through your legs), figure 8 dribble (as above, it is similar to the figure 8 wrap but all your doing is dribbling in the figure 8 motion), Stationery dribbling left and right, kneeling, sitting, laying down bouncing the ball in a V shape, bouncing the ball with onside movement, bounce the ball with cross – over movement, bounce the ball left hand as low as you possibly can, bounce ball in between the legs (back and forth), Bounce ball all the way around your body (keeping your feet still), ball behind your head rolling



it down your back and catching it again at the base of your back, Throwing the ball in the air and seeing how many claps you can do before you catch it

### **Variations:**

**Partner Ball Skills:** Standing back to back with one ball between the pair, **perform the following skills:** Passing the ball side to side, Pass the ball so that one person in the pair passes it through their legs and the other passes it above their legs (Under and Over), Dribble in a circle motion to your partner (partner does not pick up the ball but continues bouncing it) \*Pretend the kids feet are in cement, you can only move upper body \*When you blow the whistle they must change direction

### **Teaching Points:**

Dribble with pads of the hand Push the ball into the ground (do not slap) Dribble with eyes up



# Dribbling Games

**What you need:** At least 2 teams 1 basketball per team

## **Rules:**

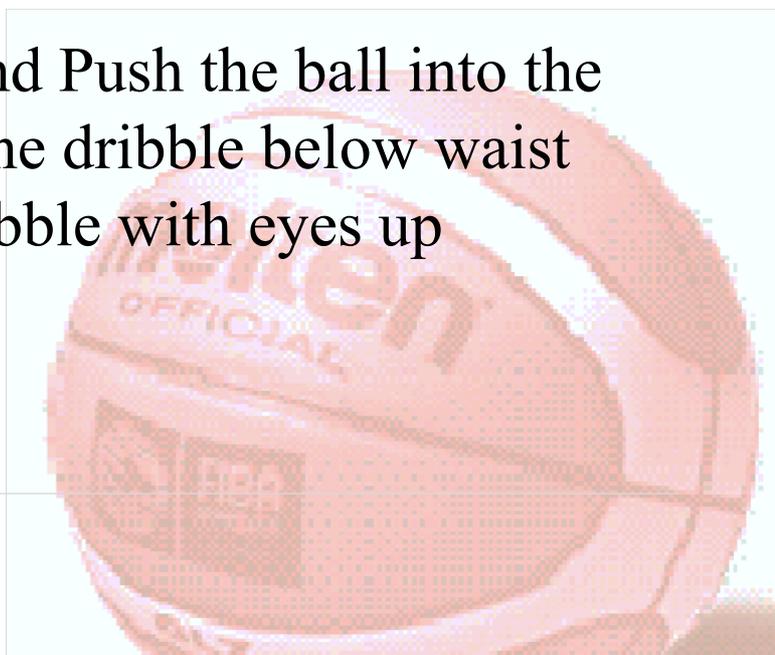
Teams line up in a line at the baseline. The first player in line dribbles to the halfway line or baseline and back to their line, they then “High Five” the next person in line, and transfers the ball to that person. It is then their turn to dribble. The first team to finish wins

## **Variations:**

Use right hand only, left hand only or alternate hands on every dribble, Players must put the ball between legs/wrap around body/behind back, etc. At the foul line, half way line and other foul line. Have players dribble through cones (placed approximately 2 metres apart). They must dribble the ball while weaving through the cones

## **Teaching Points:**

Dribble with pads of the hand Push the ball into the ground (do not slap) Keep the dribble below waist height for better control Dribble with eyes up



# Passing Tips

## **What you need to do:**

Have good court positioning, and a good shooting position

## **Passing tips:**

Good stance and balance, knees bent, having your head up, back straight, Feet shoulder width apart and dribble with eyes up.

Hold the ball with fingers relaxed and spread, thumbs behind the ball and elbows bent

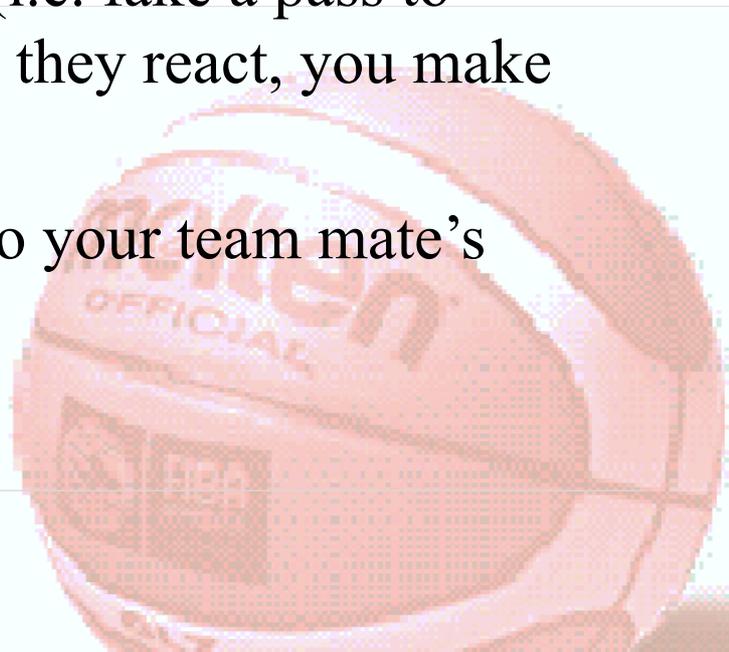
Always step towards the receiver when you pass (this helps to give the pass power.)

Extend your arms on the pass

“Snap” your wrist and fingers on the release - the palms should now be facing outwards and the thumbs pointing down

‘Fake a pass to make a pass’ (i.e. fake a pass to deceive your opponent, when they react, you make the pass you want to make)

Pass away from the defence to your team mate’s advantage.



# Passing Games

## Rules:

Players pair up with 1 ball for each pair. Player with the ball start in passing stance.

Partner then leads sideways to passer. Pass is made in front of the player leading Receiver catches in the air and lands on the foot closest to the passer in a stride stop.

The receiver then squares up to the passer. The roles are then reversed.

## Variations:

Change the style of passing when the participants pass back to you, i.e. chest pass, bounce pass, push pass (one arm pass from the shoulder)

## Teaching Points:

Pass to outside of player who is leading, step to pass in stance, lock the elbows and snap the wrists on the pass (palms face out, thumbs face down) Have hands up ready to catch.



# Passing Games

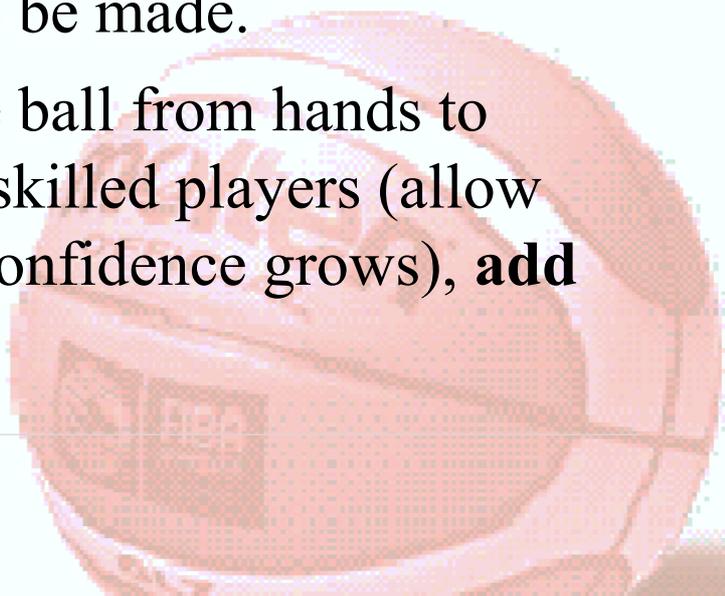
## Rules:

In groups of four or more, even teams compete against each other and the players move freely in a designated area. Team A. Starts with the ball and they have to pass it around among their team, they cannot pass back to the person who passed it to them. No dribbling is allowed and they must count out loud how many passes they make in a row. The aim is to make 20 passes without it being stolen or dropped. Meanwhile, Team B attempts to intercept and steal the ball. If Team A. Drops the ball or has it stolen, Team B takes possession of the ball and then counts how many passes they get in a row, team A score goes back to zero and players cannot snatch the ball out of another players hands.

## Variations:

Allow the counting of passing to continue when possession is changed Increase or decrease the number of passes that have to be made.

Do not allow snatching of the ball from hands to protect less confident or less skilled players (allow snatching from hands when confidence grows), **add**



**dribbling** - players are allowed to take one, two or three dribbles every time they catch the ball

### **Teaching Points:**

Spacing (team with the ball should avoid crowding), leading to spaces, Pivoting (moving one foot only) while in possession of the ball, (to protect the ball from defence and to execute a good pass. (See pivoting in definitions) Encourage faking the passes to gain an advantage over the defence.



# Passing Games

## Rules:

Three player start in the centre and key way circles as the “piggies.” Three players line up on the baseline, one on the split line and the other on either point where the 3 point line touches the baseline. The ball starts in the middle line. The players start running down the court on the first pass. The players passing, pass the ball from side to side through the middle person as they run down the court. The “piggies” try and intercept each pass. The “piggies” are not allowed to leave their circle.

## Teaching Points:

Fake a pass to make a pass (fake the pass to deceive the piggy in the middle) Step forward to make a pass Catch in the air and land in a stride stop No lob or “lollipop” passes Lock elbows and snap wrists on pass Bounce passes allowed



# Shooting Tips

**Shooting Grip:** ball off the palm (small gap), fingers spread to cradle the ball.

**BEEF** = (Balance, Eyes, Elbow, and Follow through):

## **BALANCE:**

If right hand shooter, places the right foot slightly forward of the left (vice versa for left hand shooters) for example, Instep of right foot about level with the toe of the left foot.

When shooting Have feet shoulder width apart, toes facing the basket, “nose behind the toes” and head in the middle

## **EYES:**

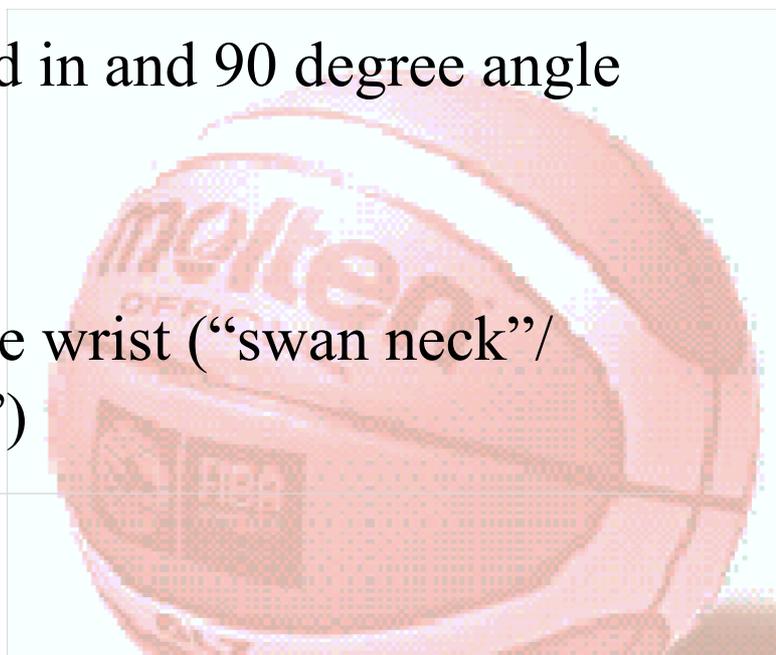
Eyes on the target and place ball just under the right eye (if right hand shooter, vice versa for left hand shooter.)

## **ELBOW:**

Under the ball, elbow tucked in and 90 degree angle in elbow

## **FOLLOW THROUGH:**

Lock the elbow and Snap the wrist (“swan neck”/ “octopus”/ “hanging spider”)



# Shooting Games

## **Rules**

Have the players form groups to shoot in the first player from each group would shoot and then get their own rebound, they would then pass out to the next person in the group and join the end of the line. (The next person shoots and repeats)

The first shot is taken from the bottom hash mark. If the shot is missed the next shot is taken from the same spot you are at, if you make the shot then you go to the second spot. These rules go are repeated throughout the game

## **The spots to shoot:**

The first spot is the block.

The second spot is the next hash mark

The third spot is the top hash mar

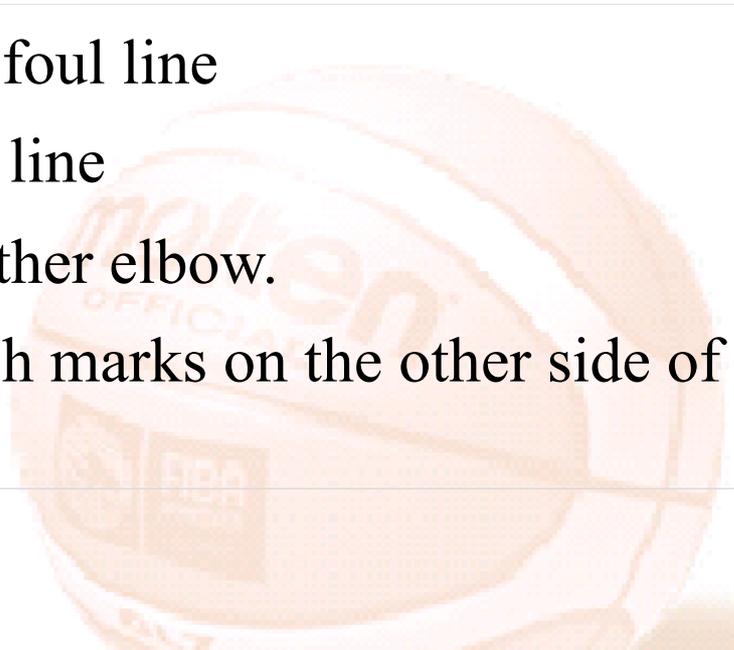
The fourth spot is the elbow

The fifth spot is the U10 foul line

The sixth spot is the foul line

The seventh spot is the other elbow.

Then move down the hash marks on the other side of the key.



**If you miss two shots in a row you lose and start again on the opposite side.**

**Teaching Points:**

“BEEF” for good shooting technique

Refer to shooting techniques

**Shooting Games**



## **What you need:**

1 ball per pair

You need a basketball ring where each pair can shoot at.

## **Rules:**

Each pair sets up at a basket one person is the shooter, the other is the rebounder .The shooter selects a position to shoot from. The rebounder starts under the basket with the ball. When the time starts the rebounder passes the ball out to the shooter. The shooter catches the ball in the air, lands and shoots. The rebounder gets the rebound and repeats the process

**The aim:** Of the game is to get as many people home as possible in the time Rebounder counts for the shooter swap the partners and repeat. The better the shooter, the further out the shooting spot.

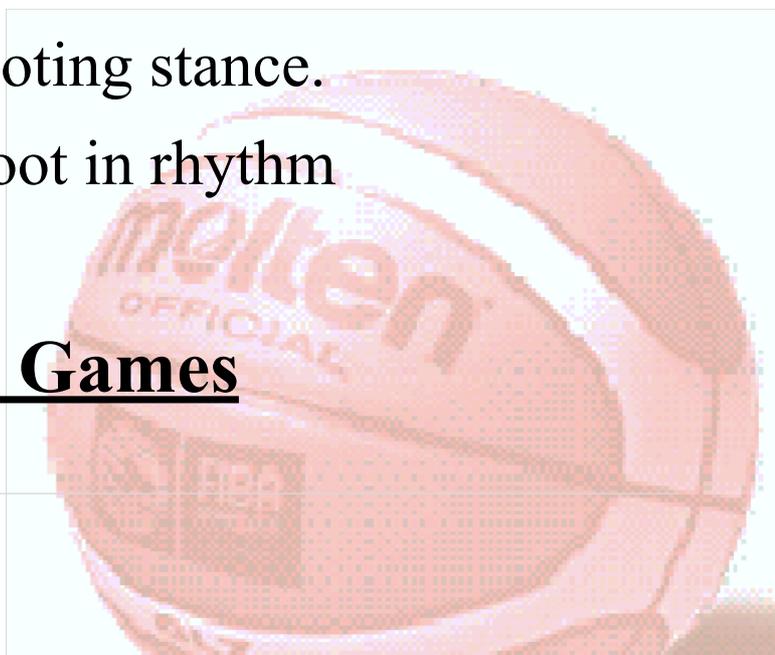
## **Teaching Points:**

Catch ball in the air, in shooting stance.

“BEEF” Hands ready to shoot in rhythm

Dribble with eyes up

## **Shooting Games**



## **What you need to do:**

2 equal teams

## **Rules:**

Both teams line up at opposing ends in a straight line. When the coach yells “GO” both teams start shooting the ball, taking it in turns and shooting one shot at a time.

**The aim:** to score 5 goals before the other team does. Once a team makes 5 goals the teams swap ends and start shooting again straight away, starting again at zero. Players must NOT bounce the ball when changing ends Players must call out their score after every basket. If they do not yell them out, their points will go to the other team. If the game is taking too long in between changing ends, change it to the first to 3 baskets Shooter must rebound the shot and pass to the next player in line.

**Variations:** Change the position the players shoot from

## **Teaching Points:**

“BEEF” for good shooting technique (Balance, Eyes, Elbow and Follow through)

## **Shooting Games**



## **What you need to do:**

Teams of 4+ players

## **Rules:**

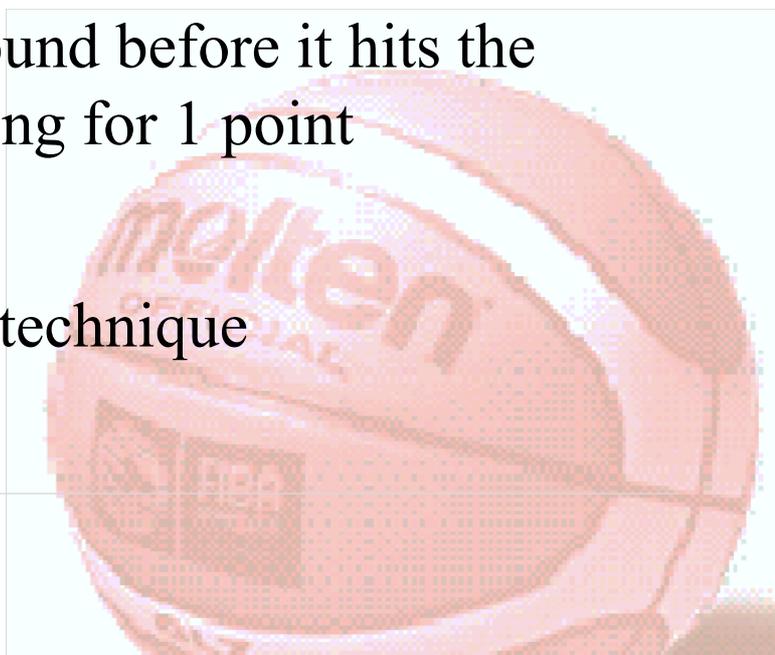
Divide the group into two even teams and line them up on opposing blocks with one ball per team. When the coach yells “go”, the first person in each line (from Team 1 and Team 2) shoot the ball if they make the first shot they get 2 points If they catch the rebound BEFORE the ball hits the ground they get one more shot from where they catch it for 1 point (making a maximum of 3 points). If they miss their first shot, and get the rebound BEFORE it hits the ground, they can take another shot. If the ball hits the ground after the first shot. They must pass it straight back to the next person in their line the first team to 11 / 21 (whatever number you choose) wins! \* You might have to count for them.

## **Variations:**

If they keep getting the rebound before it hits the ground they can keep shooting for 1 point

## **Teaching Points:**

“BEEF” for better shooting technique



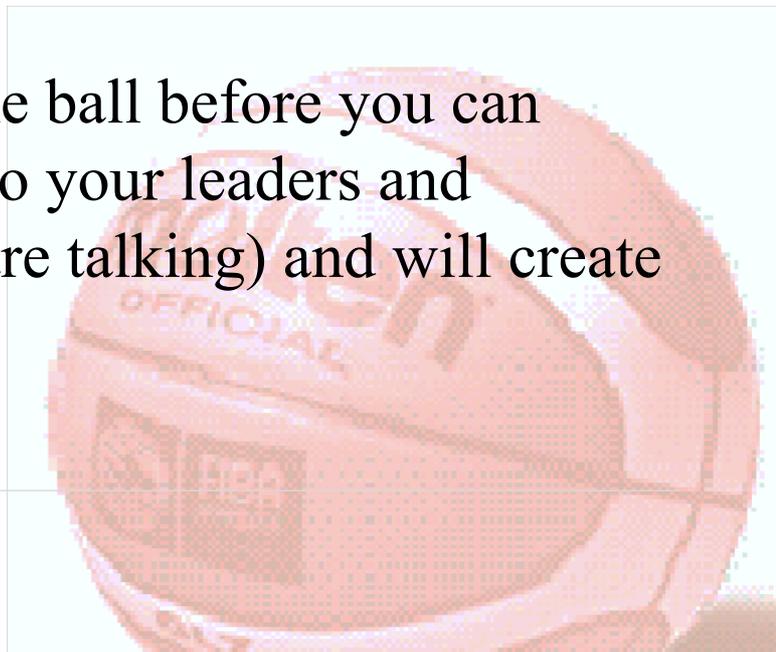
## **Modified Games Tips**

Modified games allow you to vary your sessions keeping the focus on game. Play but keeping your players interested when playing a modified game (or any of the others in this book) keep in mind what your players need to work on and see if you can modify the game again to focus on this point.

### **A couple of hints are:**

No bounces allowed during the game - this increases the number of passes naturally and players have to lead to get the ball. If you also focus on keeping the feet still or pivoting properly you are practicing not travelling. Maximum number of dribbles players are allowed to take (1, 2 or 3) before they have to pass the ball, this makes the players concentrate on one more thing and also makes them more aware to look to make the pass.

Every player has to touch the ball before you can score this will show you who your leaders and thinkers are (the ones who are talking) and will create teamwork.



Modified games should be fun and competitive to keep the players interested in the game so all modified games should have some form of winning or scoring.

Always try to split the group up evenly and change around how you split the group up, don't always put best friends together. Most importantly this part of the session should be FUN!



## Modified Games

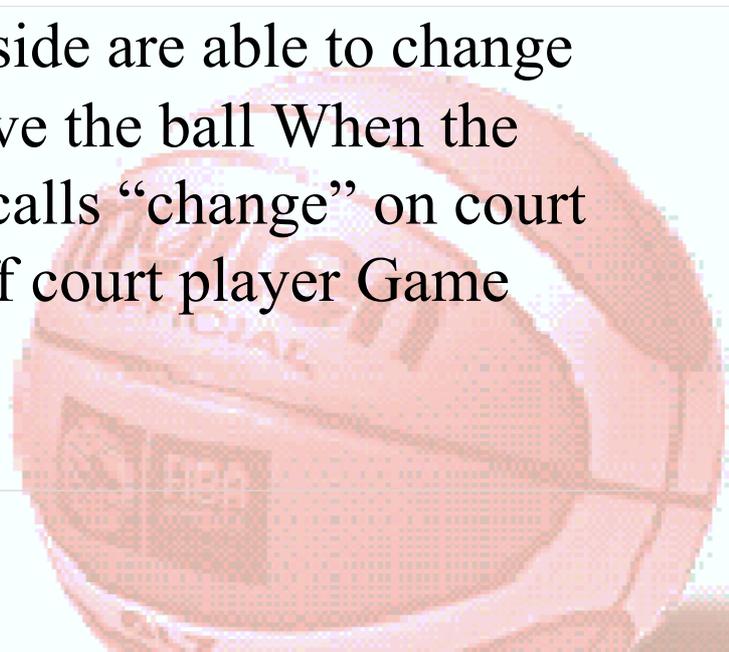
### What you need:

Full Court

Bibs

Whistle Recommended for Large Groups e.g. 12—20  
+

**Rules:** Divide group into two even teams (A & B) and allocate bibs to one team Then divide each team into two teams (1 & 2) A1 and B1 begin the game as on court teams A2 and B2 spread themselves evenly around the outside of the court Standard game of basketball commences between A1 and B1 On court players. (A1 & B1) can pass to their team mates on the outside (A2 & B2) to advance the ball or get out of difficulty Players on the outside cannot: Move with the ball Shoot Defend each other or take the ball from each other Players on the outside are able to change position when they do not have the ball When the coach blows the whistle and calls “change” on court players must swap with an off court player Game continues.



**Variations:** Play without allowing dribbling to ensure all players participate, do not allow snatching of the ball from an opponent's hands (this can be varied as confidence grows) Introduce 1, 2, 3 or unlimited dribbling on each possession by a player Play the game in silence (i.e. do not allow talking, clapping, false coughing to gain attention). The aim is to heighten awareness.

**Teaching Points:**

Lead to space, pass and relocate

Defensive team guards one player each

Eye contact when communicating”.



## Modified Games

### What you need:

Maximum of 3 teams of at least 3 players

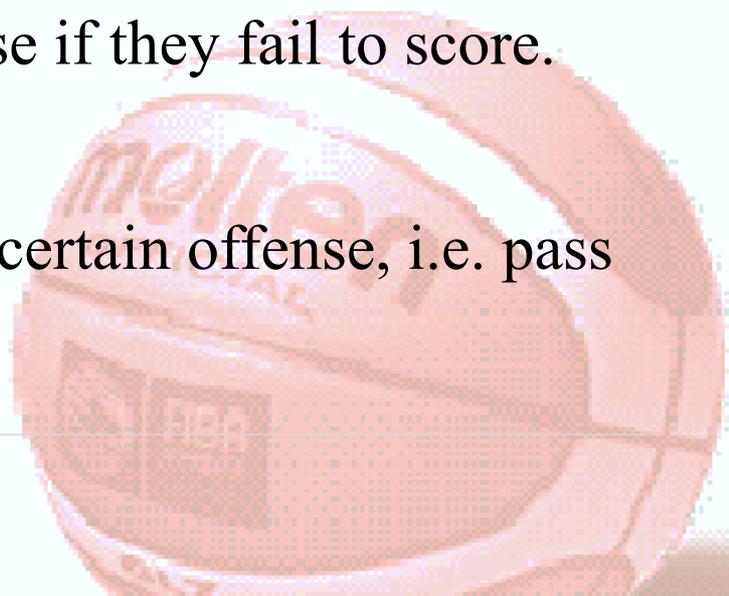
Half a court

**Rules:** Team 1 starts in offense with all 3 players outside the 3 point line. Team 2 starts in defense and line up on the baseline. The coach passes the ball to the offensive team and the defense then closes out to the offence. The game is played until offense scores or defense gets the ball. The winner is the next team in offense. Team 3 is the next team into defense. The losing team joins as the next team defense. The game begins again when the coach passes the ball back to the next offensive team.

**Variations:** The team must win defense to get out and the offense moves into defense if they fail to score.

### Teaching Points:

Team in offense must follow certain offense, i.e. pass and cut rules.



Team in defense must follow certain defensive rules, i.e. split-line help.

## **Modified Games**

### **What you need:**

Form into 2 teams, maximum of 4 players

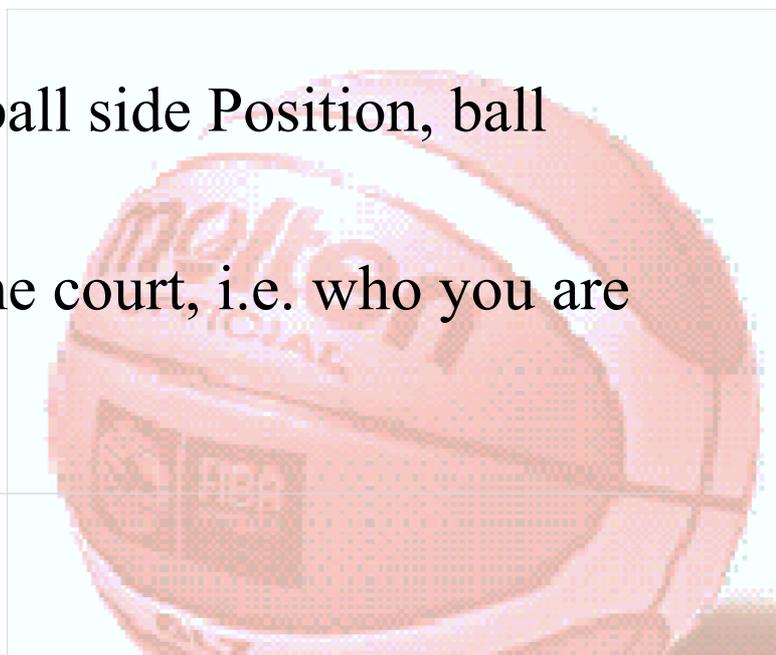
### **Rules:**

Offense takes up position outside the three point line with each player starting in either a guard or wing position. The defense starts on their player, the player guarding the ball stands between their player and the basket in defensive stance. Defenders one pass away are in denial stance. Defenders two passes away are in help position. The ball is passed from one player in offence to another. Defenders jump in the direction of the pass. Defense re- establishes the position on defending the ball, being in denial and help position.

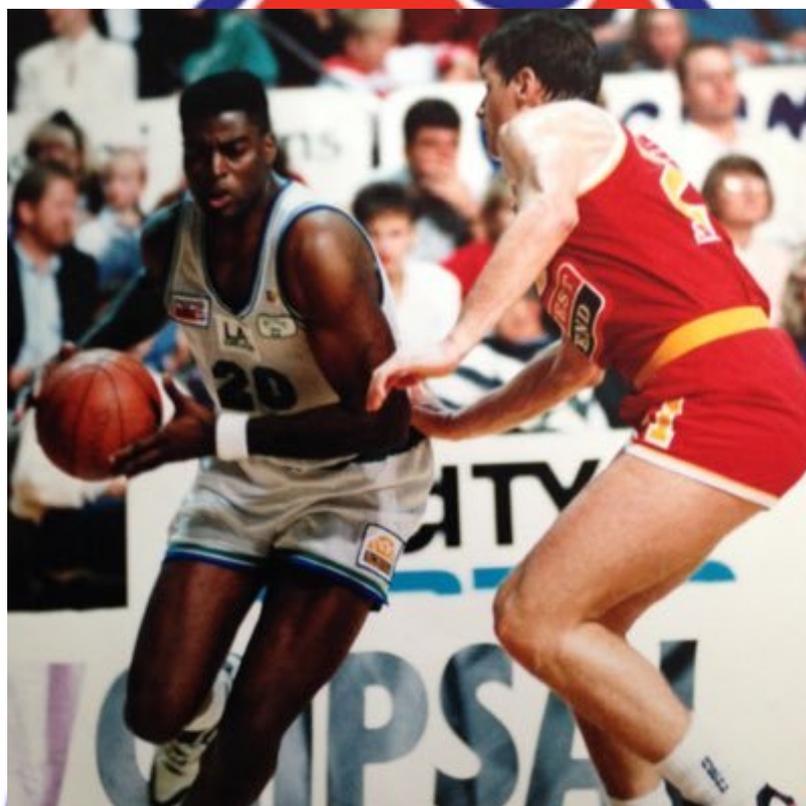
**Variations:** Offense pass, cut, replace and defense helps and rotates.

**Teaching Points:** Jump to ball side Position, ball denial and split line help.

Communicate position on the court, i.e. who you are guarding.



Hope you like these easy,  
simple and fun drills.



**Willie Jennette**  
*Norwood Flames Player and  
Coaching Director*