

Basketball Queensland Club Coach Course



HOW TO BOOK AN EVENT?

- Click the link: <https://bqcoach.ownurgoal.net.au/Start/>
- Select Product:
 - I am already a member of the coaches
 - Join the coaches
- Do you have OwnUrGoal login details
 - Enter Details if you do
 - Enter Email address and get access code to create OwnUrGoal Details
- Press OK once details are entered and move to next page.
- Check your details are up to date and Blue Card is entered
- Click I want to book a course
- Choose your booking click the 1 arrow to move across to right box.
- Click Save and you have registered.

ONLINE COMPONENT

- 50% practical and 50% online
- Link to online course:
https://ownurgoal.net.au/Files/Courses/Club_Course/#/
- Once the above is complete Login to OwnUrGoal App
- Press Menu in the Top Right Corner
- Coach App is located at the bottom the Menu Bar
- Once into the Coaches you will be to access the following:
 - Videos
 - Course Content – Online Tab
 - Documents
 - Calendar

OVERVIEW OF TODAY

- BQ Style of Play
- Communicating with young athletes
- Running an efficient training session
- Offensive concepts
 - Individual Offence
 - Team Offence and Spacing
- Developing shooters
- Defensive concepts
 - Individual defense
 - Team defense

BQ STYLE OF PLAY - OFFENCE

- PACE – Bust out dribbles, kick ahead passes, feet in the paint & ‘heat on the rim’
- SPACE – More structured, generally system based (flow, flex, triangle etc.)
- CREATE – Finding a way to get a high % shot, cuts and screening action (high on-ball focus)

BQ STYLE OF PLAY - DEFENCE

- TAG UP – Front foot mindset, creates more rebounding contests
- CONTAIN – Keep the ball in front, chest blows, 'wall up'
- DISRUPT – Varies depending on other teams strength, trap on-ball screens, deny certain players or passes, press/zone etc.
- BOX OUT – Find a man and protect space 'hit & sit'

Five P's

- Have a Plan
- Use games of purpose
- Coach in prompts, not lectures
- Punctuality
- Praise
- +
- Players



Philosophy

- Tell them what you want
- Demonstrate or let them demonstrate
- Correct in slow motion (reinforce and clarify)
- Clean it up before going fast
- Repetition

“Tell em, Show em, Have them show you”

Lord and master = repetition



Time out - 100 Marbles

- In pairs, discuss what do you think your 100 marbles is made up of?
- What will you hang your hat on or be known for ?
- You cant be good or great at everything !



COMMUNICATING WITH YOUNG ATHLETES

- Junior players are not “mini-coaches” – have realistic expectations around assumed knowledge
- Children respond to varying types of communication
- Societal expectations have changed of the role of the volunteer coach – your language and communication needs to be appropriate at all times
- Communication is a two-way street – listening to young players is part of your role



HOW DO YOU COMMUNICATE?

- Use of tone to emphasise various points
- Appropriate volume for the space/confines
- Balance of tone, volume and body language
- “Sandwich approach” – positive, instruction, positive
- Instruction and teaching versus criticism
- Making use of the “teachable moment”
- Awareness of who else is listening

STRATEGIES FOR EFFECTIVE COMMUNICATION

- Have a plan – spend some time prior to the game or training thinking about what you want to say
- Think about your communication balance in your last training or game – positive v negative, instructive v constructive
- Have a friend or mentor provide feedback on your communication after a game or practice
- Make notes prior to training or games – take time to organize your thoughts

COMMUNICATION ‘DONT’S’

- Use of profanity – this is not acceptable in junior sport
- Sarcasm – usually wasted & can be detrimental
- “Coaching by commentating” – “pass it, shoot it, dribble, throw it to him”
- Embarrassing the individual or team by comments
- Berating referees or game officials

COMMUNICATION ACTIVITY

- BREAK INTO SMALL GROUPS
- 3-5 minutes on how to deal with your coaching (tactical and playing time) being challenged by a player and parent



RUNNING AN EFFICIENT TRAINING SESSION

- Limited practice time means planning important
- Practice plans act as a check-list for what has been covered
- The plan will ensure the practice session is active and varied
- Practice plans act as a record for future reference
- Time is such a crucial aspect of our game



TRAINING BLOCKS AND TIMING

- Limited time means it is important to stay on time
- 8-10 minute “training blocks” a good way to cover a variety of skills & concepts in each sessions
- “Get more drill out of the drill, get more practice out of practice”
- Combine skills in drills where possible
- Avoid trying to “get it right” – be prepared to move on
- “Game sense” and small-sided games link the skill to the game
- Less standing and more basketballs.

INDIVIDUAL OFFENCE

- Footwork
 - Ability to start and stop with the ball
 - Jump stop and stride stop
 - Pivoting – forward and reverse pivot, both feet
- Ball Handling
 - Hand positioning and height of dribble
 - Change of pace
 - Crossovers and variations
- Passing and Catching
- Technique – hand positioning, stance and footwork
 - Wrist and forearm strength
 - Variations – chest, bounce, push, overhead
 - Use of pivots and fakes to create the pass

INDIVIDUAL OFFENCE CONT.

- Shooting
 - Master Skill
 - Following Slide
- 1v1 play
 - Important to link the fundamentals with execution against defence
 - 1 v 1 skills need to be practiced and refined
 - Key element of “experiential learning”
 - Technique – in the early teaching, don’t sacrifice technique for speed
 - Two-way teaching – teach the offence and defence in this setting

SHOOTING

- Hand positioning
 - Fingers spread
 - “Shooting hand” behind the ball
 - “Guide hand” on the side of the ball (create a “T”)
- Set Point
 - “Comfort is key”
 - “Start the shot looking over the ball, finish the shot looking under the ball”
- The shooting motion
 - Shot starts with the legs, providing power into the shot
 - Bring the ball up to above the eye-level, creating a straight-shooting arm, elbow under the ball
 - Arm straightens into the shooting motion to create the point of release above eye-level (sight the basket “under” the ball)
 - The “guide hand” comes straight off the ball just prior to release
 - Flick the wrist at the point of release to create the “follow through”

TEACHING POINTS IN SHOOTING

- Start the shot from a low, athletic stance
- Power comes from the legs
- Have hands ready prior to the catch
- Shoot the ball “high and soft”
- Aim at the back of the rim (or a consistent point)
- Keep head still throughout the shooting motion

PROGRESSION OF TEACHING

- Can athlete do it with right hand?
- Can athlete do it with left and right hand?
- Can athlete do it with left and right hand with eyes up?
- Can athlete do it with left and right hand with eyes up at speed?
- Can athlete do it with left and right hand with eyes up at speed with contact?
- Can athlete do it with left & right hand with eyes up at speed with contact & make a decision?



INGREDIENTS OF A GOOD DRILL

1. **Rotation** - offence to defence , switch lines etc
2. **Time** - 1:00 on the clock, 5 mins on this drill
3. **Score** - where is the finish line? Make 20 layups, 15 passes, 3 deflections each before we move on
4. **Element of confusion / surprise** - create unpredictability, see how they react (or don't)
5. **Advantage / disadvantage** - 2 on 1, 3 on 2 , 5 on 4
6. **Communication!** Practice as you want to play

Tips:

- Name your drills .. Kids remember, make them funny and the kids will quickly get into position.
- Repetition and repetition



TEAM OFFENCE

- Floor spacing – Outside the 3pt line
- Alignment and floor balance
- Ball movement – via pass and dribble
- Player movement – cutting
- Penetration of the ball into the key – via pass or dribble
- Receiver principles/Split, Kick, Extra
- PACE: https://app.ownurgoal.com.au/app/Play_Drill.html
- SPACE: https://app.ownurgoal.com.au/app/Play_Drill.html

KEYS TO A SUCCESSFUL DEFENCE

- The Foundation of Defence
 - Conversion/transition – changing quickly from offence to defence
 - Containment and ball pressure – slow the ball and keep it in front, use hands and stance to be disruptive
 - Challenge and disruption – take the offence out of what they are wanting to do
- Skills and concepts
 - Stance – establish and maintain
 - Movement/foot pattern – lateral, change of direction
 - Containment – keep the ball in front
 - Vision – see the ball, see your man

KEYS TO A SUCCESSFUL DEFENCE cont.

- Positioning
 - On the ball – back to basket
 - Off the ball – “ball, you, man”
 - One pass away – closed stance denial or open stance help
 - Two passes away – open stance (concept of flat triangle)
 - Jumping to the ball – “ball moves, you move”
- Breaking it down
 - 1 v 1 – technique and “live”
 - 2 v 2 – jump to the ball concepts/positional concepts
 - 3 v 3 – containment, jumping to the ball, positioning and rotations
 - 4 v 4 – containment, jumping to the ball, positioning, rotations, “help the helper”
 - Situational – defending specific actions

Lets Go!



DEFENCE

PLANNING ACTIVITY

- BREAK INTO SMALL GROUPS
- 3-5 MINUTES TO COMPLETE A 60 MINUTE SESSION PLAN

