

PGMBA Coaching Ideas Session with Loralyn Murdoch

October 30, 2016, Duchess Park Secondary School

Resources

- Gooroo (available at the App Store for free) 
- Sport for Life – Long Term Athlete Development: <http://canadiansportforlife.ca/coaches>
- Ebasketballcoach.com (you will be asked to enter your email address)
- Contact Loralyn at: murdoch@unbc.ca

Key principles

- The ball should be in everyone's hands as much as possible, and everyone should be involved. Keep the kids active. Limit the lineups (unless they are needed because of a shortage of hoops in the gym). Maximize the number of repetitions of a skill that the kids get. Make the length of the drill appropriate to the age group – shorter for the youngest kids. No more than 10 minutes on a drill.
- Introduce situations where players need to make decisions. Traditionally we practice with no defense, or defense that does the same thing over and over. We know that kids, even in the youngest divisions, should be practicing in situations when they need to make decisions.'
- Encourage kids to go fast. It's OK if they lose the ball – just go get it and keep going.
- Encourage kids to ask "why?" something is done, so they understand.
- Change of pace and change of direction are critical things to work on. You are easy to defend if you do everything at the same pace and in the same direction. (e.g., slow down, make a move to change direction, accelerate past defender)
- You want the ball in the "red zone" (area close to the hoop in the key) – you are either scoring or getting fouled if you are in the red zone.
- Every child learns differently – know your kids.

Warm up

- Dynamic warm up. Line up at the sideline. Jog, kick your butt, turkeys, high knees, side shuffle.
- Progress the dynamic warm up by adding a ball (e.g., dribble while skipping)
- Play a game (e.g., line tag, ultimate Frisbee, soccer)

Getting the players' attention and Discipline

- Say "eyes" and all players look at you
- Say "ears" and all players stomp their feet and look at you
- Use "freeze" to stop in a drill or game to do some teaching
- Once triple threat position is introduced, add that they have to get into triple threat position when you say 'eyes' or 'ears'. Don't hold the ball still in triple threat position – keep it moving.
- Discipline is important, in moderation. Be sure to incorporate our sport into discipline by doing physical activity. Everyone should do the activity (e.g., if a child drops the ball again, they do 2 pushups and everyone else does 1). If you have a competition, winners and losers both do the physical activity, but the losers do more.

Dribbling

- Can start with rolling the ball with your fingertips (right hand, left hand)
- Use sideline to sideline, or end line to centre
 - Dribble right hand, dribble left hand
 - Advance/progress with crossover, through the legs, behind the back
 - Use 2 balls. Alternate (one up, one down) and Same Time
 - Progress with crossover, one ball behind the back
 - Face the wall. Use the wall as a partner. Dribble 2 balls, then pass 1 ball against the wall, catch it, keep control of 2 balls dribbling

Passing and catching

- Don't have to use balls to start with the younger divisions, or use smaller, lighter balls. Want kids to be comfortable catching.
- As a receiver, you need to be ready to catch (hands in a funnel, athletic stance, looking at the passer). Only pass when teammate is ready.
- Partner passing (stationary). Step, push pass (right hand and left hand)
 - Progress by adding defense. Someone stands in front of the passer. Close to the passer, standing still. Then allow them to wave their arms.
 - You will have an opportunity to talk about travelling (as passers panic and move their feet when a defender appears in front of them). Slow down. Teach 'ball fakes' (move the ball).
- Passing triangle

Shooting

- Teaching form: hold the ball out in one hand (arm straight), turn it up to the ceiling, shoot/follow through. Do this all with one hand. When you add the guide hand, be sure it doesn't change the shot.
- With the younger divisions, they may not be strong enough to get it to the hoop. Shoot at each other, or use the wall.
- As they get older, the players will figure out what works for them. There are different shooting styles – as long as they are practicing what works for them, don't stress about the two-handed shots or shots that look odd to you. What is important is that they are keeping the shot in line, and have a good stance.
- Teach them to jump when they shoot – this is more realistic than the 'set shot' that was traditionally taught.
- Add a partner to stand in front of the shooter. The defender doesn't use their hands or try to hit the shot –they are just a body in front of the shooter.
- Drill: have a passer at the top of the key, with a defender, and a second offensive player on the block with a defender. The offensive player on the block cuts out to receive the pass, squares up and shoots. Progression: the defender can choose to stay on the block, or follow the offensive player; the offensive player reads the defense and either takes the shot or cuts behind the defender to the basket for a layup. The passer also needs to learn to read the situation to execute the pass.
- Players need to learn to shoot from everywhere on the court – we don't need to set up our drills to shoot only from the block and in front of the basket.

Layups

- An important skill to learn – need to spend some time on it. Break it down.
- Idea: players remove one shoe (right shoe when working on right hand layups), and players learn to take off on the foot with the shoe.
- Progress by adding a defender so they learn to get to the basket with someone there. Then progress further by having a defender that moves and the player needs to decide which side of the hoop to do a layup.

1 on 1, 2 on 2

- Why do we practice 1 v 1? We are working on offensive moves like jab steps, jab & go, jab & crossover, ball fakes, reading defense, getting to the hoop. Excellent defensive practice as well.
- Why do we do 2 v 2? We are working on spacing, passing, teamwork, getting open with out the ball (e.g., V cuts, L cuts, back door. Teach cutting right to the rim, planting, and cutting back out (change of pace, change of direction)). Allow creativity with cuts (does not need to be a literal "V" cut every time).

Ideas to introduce in your games

- Limit dribbling to 3 dribbles per player
- You can't pass back to the person who passed to you