

Example of training session

5 areas to always cover (FANTASTIC 5):

Dribbling, Footwork, Shooting, Passing and Defence....and Rebounding somewhere in there, but it comes with all of the 5 areas anyway 😊

DRIBBLING

Emphasise technique – eyes up, hip height, dribble with finger tips (not on palms)

Ball handling – eyes up, back straight etc. Figure 8s, single bounces, wrap arounds, between the legs, behind the back, 2 legs/1 leg, spider dribble

Dribbling – right up, left back, behind the back, between the legs, retreat, crossover

2 ball dribbling – together bounces and alternative bounce, partner dribbling and catch the pass one hand

Cone work – change of direction, change of pace

Drills Eg. Dribble tiggy, coach holds number up and kids dribble shouting out numbers

FOOTWORK

Jump stop, pivot, reverse pivot, always in stance

Triple threat (holster) position – pivot with the ball, knuckles to ground, windscreen wipe etc.

Lay-ups - footwork

Drills Eg. Coach yells stop for kid to do pivot, if they don't stop or move they start again, jumping lines for quick feet, do it in a group

SHOOTING

Technique

One hand shooting on the wall – aim for target

Soft touch shots, catch and shoot with partners to shoot always in a competitive sense even with dummy defence

PASSING

Emphasise technique – stepping through, eyes up, outside hand to outside hand, target at chest – chest pass OK for learning but not used much in game situations. Bounce passes

Drills eg. Partner passing, slide up and down middle of court passing, one hand to one hand (Bryce's warm up drill), 3-on-3 passing drill in corner (helps with defence too)

DEFENCE

Technique – stance, hand pressure, COMMUNICATION

NO ZONE – 12s and under I don't advocate this as it is setting kids up to fail when they're older, not understanding defence, footwork, full court pressure, stealing etc.

Drills eg. Partner mirror drill sliding and with hands following ball, sliding drill across court, close out, take charge etc. in between cones, with a partner then 1-on-1 from half court, ball on back of partner, learn to react, how to sprint not slide, cut off sideline, 2 on 1, 3 on 2, shell drill etc.

REBOUNDING

Wide stance, hands up, reading the shot – hard to teach anticipation of where a shot will land.

Blocking out

Drills eg. Partner passing, slide up and down middle of court passing, one hand to one hand (Bryce's warm up drill)