
U14 Virtual Coaches Session

Kyle Woodworth

Men's Performance Lead

Basketball New Brunswick



Long Term Athlete Development

Figure 15

Train to Train

11-15 year old females and
12-16 year old males

To introduce the basic technical
and strategies of "global"
basketball with a more
structured approach
to training.



Philosophy

- We are not training skills in isolation
- The decision is as important as the skill
- The best way to create decisions for the offense is to play against defense



Overall Themes

1) Fundamental Skills and Decision Making

2) Team Offensive Concepts

3) Team Defensive Concepts

Fundamental Skills

Decision Making

Ballhandling	Passing	Shooting
Finishing	1 V 1 Play	Getting Open

Team Offensive Concepts

Playing With an Advantage		Creating an Advantage
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Spacing and Penetration Principles	Transition Offense		Off-Ball Triggers to Create an Advantage	On-Ball Triggers to Create an Advantage
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Defensive Concepts

Individual and Team Defense

Individual Defense
General Team Philosophy
Guarding Triggers
Finishing Possessions

Season Planning at U14

Early Season	Mid Season	Late Season
Fundamental Skills	Creating advantages	Individual and team solutions vs different defenses
Spacing and Penetration Concepts	Off ball Triggers	Tactical Situations offensively and defensively
Transition Offense and Defense	On ball triggers	
Decision Making – 0.5 decisions and playing with an advantage	Cancelling Advantages defensively	
Defensive Philosophy		

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- Concept Based vs specific tactics
 - Teach Players How to Play

What is Included

- 6 full practice plans covering conceptual offensive ideas
 - 1 v 1/Finishing Solutions
 - 0.5 Decisions
 - Spacing and Penetration Principles
 - Transition Offense Concepts
 - Playing through the post
 - Creating an Advantage – Stampedes and Blast Cuts

What is not Included

Specific Tactical Breakdowns

Set Plays

Defensive Focused Practice

Breakdown of how to teach skills

Documents

Skills and Concepts

The diagram consists of two horizontal rectangular boxes. The top box is teal with rounded corners and contains the text 'Skills and Concepts' in white. The bottom box is orange-red with rounded corners and contains the text 'Sample Practice Plan' in white. Both boxes are connected to a thin vertical line on their left side, which then extends horizontally to the right, forming a bracket-like structure for each box.

Sample Practice
Plan

Questions

- Kyle.Woodworth@basketball.nb.ca

