



BOW RIVER SOUTH BASKETBALL ASSOCIATION

COACHES HANDBOOK (VERSION 2)

Table of Contents

1.	PRESIDENT’S MESSAGE	1
2.	BOW RIVER MISSION STATEMENT.....	2
3.	LONG TERM ATHELETE DEVELOPMENT	3
3.1	What is Long Term Athlete Development.....	3
3.2	Stages of Long Term Athlete Development	3
4.	COACHING FOR BOW RIVER.....	7
4.1	Your Role as Coach	7
4.2	Defining Success for Your Team.....	8
5.	PLANNING YOUR SEASON	10
5.1	Early Season Plan	10
5.2	Mid Season Plan.....	11
5.3	Late Season Plan	12
6.	POINTS OF EMPHASIS	13
6.1	General Developmental Considerations.....	13
6.2	Minis	14
6.3	Bantams.....	17
6.4	Midgets	20
6.5	Juveniles	26
7.	PRACTICE PLANS	33
7.1	What is a Practice Plan	33
7.2	Designing a Practice Plan.....	33
7.3	Sample Practice Plan	34

1. PRESIDENT'S MESSAGE

Dear Bow River Coaches:

Thank you for taking time to volunteer as a coach with the Bow River South Basketball Association.

This Coaches Handbook has been prepared as a guide to help our coaches develop an organized and consistent method to teaching the game of basketball to our players. Our intent is to create a unified coaching system, starting with our Tykes and following all the way through to our Juveniles. We will emphasize Canada Basketball's Long Term Athlete Development Model in an effort to develop players that are fundamentally sound, highly skilled and highly intelligent.

We invite coaches at all levels to review and apply the principles in this Handbook to the greatest extent possible. Our expectation is that as coaches and players implement this system, the quality of basketball and participants' love of the game will increase.

And as always, remember to work hard, have fun and do your best.

Sincerely,

A handwritten signature in cursive script, appearing to read "Clark Schow". The signature is written in black ink and is positioned below the word "Sincerely,".

Clark Schow

President, Bow River South Basketball Association

2. BOW RIVER MISSION STATEMENT

The mission of the Bow River South Basketball Association is to instill a love of basketball in our players and to help all of our participants (players and coaches) understand and achieve their potential through the following objectives:

1.	Organizational Level	Implement Canada Basketball's Long Term Athlete Development Model.
2.	Team Level	Support coach and player development by providing regular training opportunities.
3.	Player Level	A. Help players identify where they fit on the recreation-competition continuum. B. Focus on developing each player's "Basketball IQ" and performing to the best of their ability.

3. LONG TERM ATHELETE DEVELOPMENT

3.1 What is Long Term Athlete Development

Canada Basketball uses the Long Term Athlete Development Model¹ as a guide for its program. The overall purpose of the Long Term Athlete Development Model are two-fold²:

- (a) The delivery of an aligned, consistent, and systematic development system that ensures everyone's needs are being met at every level of programming; and
- (b) Every participant in the game will be able to see the pathways which will lead him or her to their own level of self-fulfillment.

3.2 Stages of Long Term Athlete Development

3.2.1 The stages of Long Term Athlete Development applicable to Bow River consist of four parts. Each stage provides different levels of emphasis on fundamental skills (movement skills or basketball skills); technical skills (individual or multi-player); strategy (offence and defence); and tactics (situational adjustments).

3.2.2 More specially, the skills that are being taught break down as follows³:

- (a) **Fundamentals** - The foundational skills or principles. We are teaching players "the how and why of the basic basketball skills".
- (b) **Technical** - More specific in nature involving decision making. Coaches emphasize "when" to use skills. Coaches should emphasize repetition to enhance players learning of technical skills.
- (c) **Strategies** – This is the coach's long term plan for a game. Players learn strategy through exposure to real game like conditions; they learn what to do and when to do it.
- (d) **Tactics** - Short term/moment-to-moment adjustments to the long term strategic plan.

¹ Modeled after the Canadian Sport for Life Resource Paper.

² See: Steve Nash Youth Basketball Coaches Manual, Section 2.0 "Long Term Athlete Development Model".

³ See: Steve Nash Youth Basketball Coaches Manual, Section 3.1 "Basketball Skills".

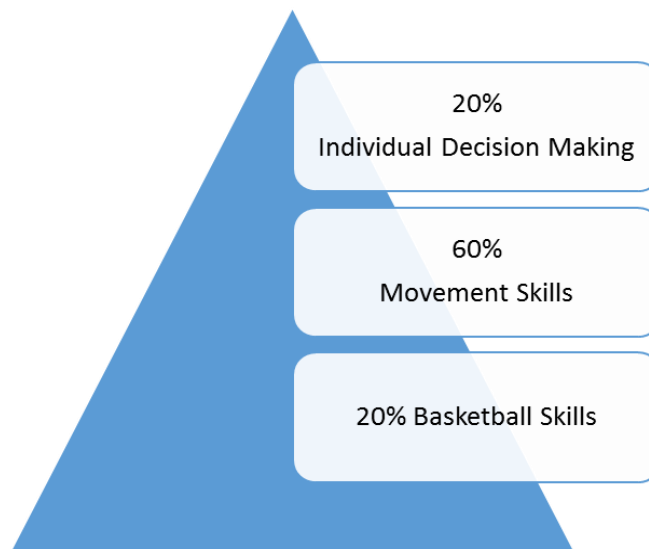
3.3 Training Versus Competition

Coaches should strive for balance between training and competition. The concepts of competition and training can be taught of as follows:⁴

“. . . competition [can be considered] as the act of competing against another team, or imparting team strategies to prepare to compete against another team. Conversely, . . . training [can be considered] to include all activity related to a player’s technical skill development.”

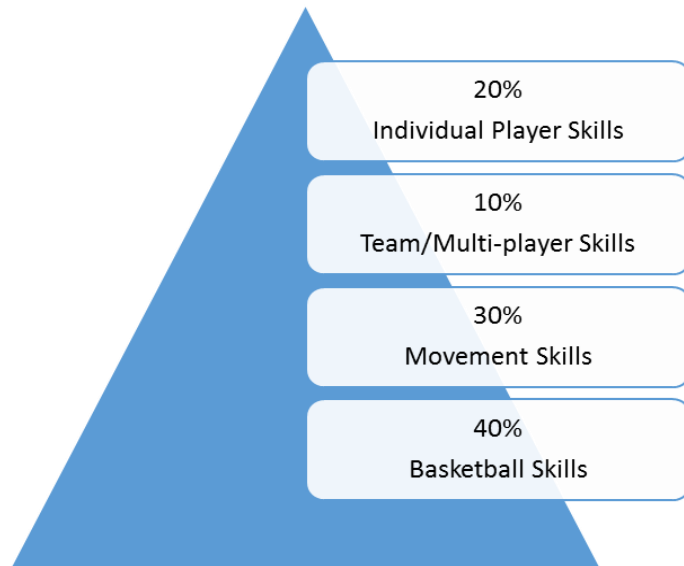
3.4 Skill Pyramids

(a) Fundamentals (Jr. Tykes) (Ages 5-7)



⁴ USA Basketball Youth Development Guidebook at page 34.

(b) Fundamentals (Sr. Tykes) (Ages 8-9)

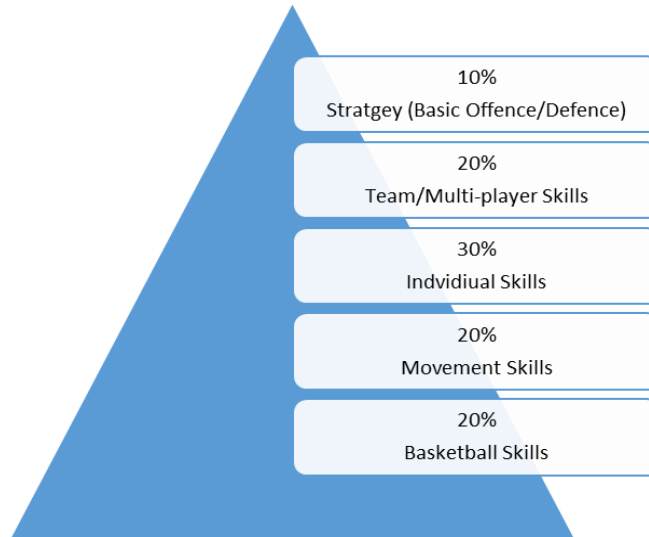


(c) ***Learn to Train (Minis/Certain Bantam) (Males 9-12; Females 8-11)***

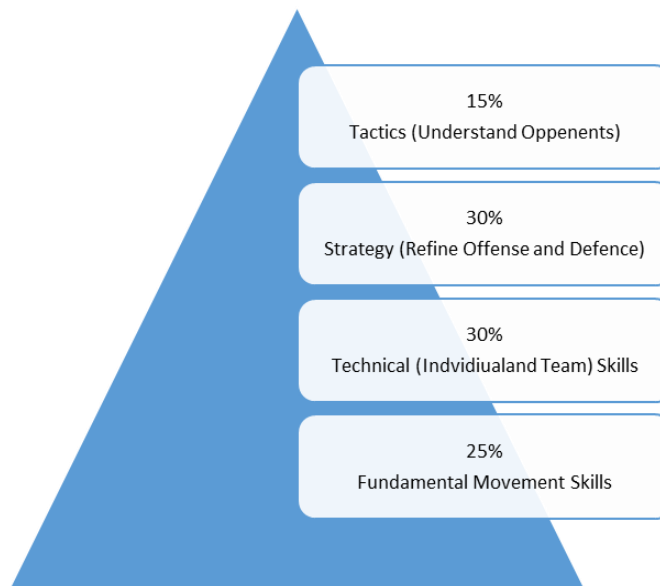
When coaching at this age group, coaches should focus on⁵:

- To learn basic basketball skills while still emphasizing fundamental movement in a fun inclusive environment.
- The introduction of basic offensive and defensive principles and philosophies.
- Fundamental movements should be developed and refined.
- Basketball fundamentals: ready position (without ball), and ready stance (with ball).
- Emphasize applying basic skills to game-like situations.
- Players must learn how to make decisions on when to use the skills and how to properly apply it.

⁵ Steve Nash Youth Basketball Coaches Manual, Section 3.1 – Basketball Skills.



(d) Train to Train (Certain Bantam, Midget and Juveniles) (Ages 12-15)



4. COACHING FOR BOW RIVER

As coaches and assistant coaches for Bow River, you will have a number of roles.

4.1 Your Role as Coach

4.1.1 **Managing Competition.** Managing competition can apply to the game itself, but also to game day logistics (if you are travelling for a tournament). Managing in game competition involves a number of different roles for coaches (and hopefully their assistants), including:

- (a) Strategy (the overall plan for the game);
- (b) Tactics (in game adjusts that can change on each possession);
- (c) Manager (communicating organizational matters with players and parents);
- (d) Teacher (teaching the game of basketball to players, being a motivator and sometimes a disciplinarian);
- (e) Debriefer (ask questions from team and staff to improve the team's performance); and
- (f) Consultant (seek feedback from assistants and manager).

4.1.2 **Working with Assistants.** What responsibilities during the game can be delegated to assistant coaches? Which aspects of the game should assistant coaches focus on? How does information about the game flow back to the coach? How do we handle communications with players who are in the game or on the bench?

4.1.3 **Preparing the Bench.** Make sure players and assistants are engaged in the game. Ask questions of players before they go into the game, have players think about the opponent they may be guarding (or who will be guarding them), how is the team defending us, what actions plays is the other team running (and how should we respond).

4.1.4 **Debriefing Players.** Players have important information that they can share with coaches and assistants. When is an appropriate time to debrief players? How can we help players learn to communicate what they are seeing or experiencing during the game? Can we describe, in detail, our expectations for players during the game?

4.2 **Defining Success for Your Team**

These are a few questions you can consider when defining success for your team this season:

- (a) What do we want to achieve as a team this year? This can include: certain number of victories in a season; maintain a certain free throw percentage; keeping turnovers to a minimum, etc.
- (b) What is the criteria for success? In other words, how will we know if we have achieved our goals? How should we monitor and evaluate the team?
- (c) What behaviours are necessary for our team to reach its goals? Your strategies/roadmap for reaching goals must be very specific.

4.3 **Promoting a Culture of Excellence and Achievement**

4.3.1 One of your most important roles as coach for Bow River will be to help promote a culture of excellence and achievement in our players.

4.3.2 Bow River has adopted (and adapted) the “Norway Model” as a means of promoting excellence.⁶ This model was showcased by Norway in the 2018 Pyeongchang Winter Olympics and explained as follows by Tore Ovrebo, the Norwegian Olympic Committee’s director of elite sports:

“We go abroad as a big team that wants to have fun, and we should be even better friends when we come back home than when we leave Norway,” Ovrebo said. “We also have a very high ambition for results. So it’s those three elements that we really want to succeed in: Fun, friendships and medals.”

⁶ <https://www.usatoday.com/story/sports/winter-olympics-2018/2018/02/18/norway-dominating-2018-winter-olympics-medal-count/350369002/>

5. PLANNING YOUR SEASON

5.1 Early Season Plan

Consider how many hours of practice you will have this season, how many games and the number of practices per week.

Early Season Plan	
Objectives (what are your goals)	
Athletic Abilities	
Individual Skills	
Offensive Concepts	
Defensive Concepts	

5.2 Mid Season Plan

Mid Season Plan	
Objectives (what are your goals)	
Athletic Abilities	
Individual Skills	
Offensive Concepts	
Defensive Concepts	

5.3 Late Season Plan

Late Season Plan	
Objectives (what are your goals)	
Athletic Abilities	
Individual Skills	
Offensive Concepts	
Defensive Concepts	

6. POINTS OF EMPHASIS

6.1 General Developmental Considerations

- 6.1.1 Physical Considerations.** Be aware that growth spurts can occur during Bantam and Midget ages and affect coordination. Be patient with players as they may have a difficult time now performing skills that they have already mastered. Introduce some strength training at appropriate ages.
- 6.1.2 Developing Speed.** Short repetitions (5-8 seconds each). 10-12 total repetitions. Rest intervals will be high (i.e. 5 seconds on sprinting followed by a 60 second recovery).
- 6.1.3 Developing Speed Endurance.** This is not recommended before puberty. Movements are performed at high speed, but below maximum speed. Effort should be for up to 60 seconds without any drop in intensity. 6-12 total repetitions. Rest intervals will be high (20 seconds of effort followed by two minutes of rest).
- 6.1.4 Developing Aerobic Stamina.** Effort should be sustained for a few minutes (typically 3-5 minutes). Speed of execution should be moderate. Rest periods are shorter (2 minutes of effort followed by 1 minute of rest).
- 6.1.5 Developing Coordination.** Linking together a series of actions that are performed in a certain order. The younger the player, the fewer the movements that are linked together. Sequence of movements should be executed in the correct order as this creates "muscle memory" for players. Movements can be performed at low speed and low intensity until mastered and then accelerate to full speed.
- 6.1.6 Developing Balance.** Have players perform normal movements in unusual conditions (walking or dribbling backwards). Teach players to lower their centre of gravity and widen their base to improve balance.
- 6.1.7 Developing Flexibility.** Flexibility exercises should be preceded by a light warm up. Muscle groups are stretched in a controlled and gradual manner. Perform stretching exercises on both sides of the body. The cool down period of practice is an ideal time to perform flexibility exercises as the muscles are adequately warmed up.

6.2 Minis

6.2.1 Speed Window (Mini Boys). Emphasize development of Speed.

Fundamental Movement Skills	<ul style="list-style-type: none">• Proper Footwork• Athletic Stance• Proper Running Form• Starting and Stopping• Change of Direction• Hopping and Skipping• Jumping• Catching• Balance
Individual Defence	Proper athletic stance Aggressive closes out Emphasize ball pressure Proper positioning – don't reach Control your body on defence Contest shots and passes – don't jump and swing
Team Defence	Communication Learn about help, rotation and recovery <ul style="list-style-type: none">• All players on the floor are responsible for defence and protecting the basket Transition Defence (understand priorities) <ul style="list-style-type: none">• Sprint Back• Protect the basket• Stop the Ball• Match Up• Defend 1.5 players
Dribbling	Proper use of the dribble Dribble with eyes up

	<p>Dribble Against Pressure</p> <p>Weak Hand Development</p> <p>Dribble while scanning the court</p> <p>Expand Dribbling Repertoire</p> <ul style="list-style-type: none"> • Cross Over Dribble • Escape Dribble • Maravich Drills
<p>Passing</p>	<p>Develop relationship between passer and receiver</p> <p>Expand Passing Repertoire</p> <ul style="list-style-type: none"> • Bounce Pass • Chest Pass <p>Pass Under Pressure</p> <p>Improve passing velocity and accuracy</p> <p>Passes are on time and on target</p>
<p>Shooting</p>	<p>ROB (Good Shots and Bad Shots)</p> <p>Lay ups</p> <ul style="list-style-type: none"> • One foot • Two foot <p>Jump Shots</p> <ul style="list-style-type: none"> • Stationary

Rebounding	Basic Principles Boxing Out
Getting Open	Back Cut V-Cut or L-Cut
1-on-1 Skills	Players recognize when they have an advantage Green Light, Yellow Light, Red Light (Cardinal Principles) Attack Moves: <ul style="list-style-type: none"> • Pump fake • Rip and Go B1, E2 (Second Line of Defence)
Transition Offence	Control (secure possession) Get it and Go
Conceptual Offence	Spacing and Timing Pass and Cut Attack Dribble/Circle Movement Baseline Drives

	Combinations
Set Plays	SLOBS and BLOBS Quick Hits Danger Zone (less than 10 seconds on the shot clock)

6.3 Bantams

6.3.1 Stamina Window (Bantam Boys -Second Year). Emphasize development of Aerobic Stamina.

6.3.2 Speed Window (Bantam Boys – Second Year). Emphasize development of Speed and Speed Endurance.

Fundamental Movement Skills	<ul style="list-style-type: none"> • Proper Footwork • Athletic Stance • Proper Running Form • Starting and Stopping • Change of Direction • Hopping and Skipping • Jumping • Catching • Balance • Pivoting • Lunging • Squatting • Twisting • Pushing and Pulling
Individual Defence	<p>Proper athletic stance Aggressive closes out Emphasize ball pressure Proper positioning – don't reach Control your body on defence Contest shots and passes – don't jump and swing</p>
Team Defence	<p>Communication</p> <p>Refine help, rotation and recovery</p> <ul style="list-style-type: none"> • All players on the floor are responsible for defence and protecting the basket

	<p>Defending Screens</p> <p>Transition Defence (understand priorities)</p> <ul style="list-style-type: none"> • Sprint Back • Protect the basket • Stop the Ball • Match Up • Defend 1.5 players
Press Break	<p>Refine Principle-based Press Break</p> <p>Refine Set plays</p>
Dribbling	<p>Proper use of the dribble</p> <p>Dribble with eyes up</p> <p>Dribble Against Pressure</p> <p>Weak Hand Development</p> <p>Dribble while scanning the court</p> <p>Expand Dribbling Repertoire</p> <ul style="list-style-type: none"> • Cross Over Dribble • Escape Dribble • Maravich Drills • Two Ball Dribbling • Behind the Back • Between the Legs • Spin Dribble
Passing	<p>Develop relationship between passer and receiver</p> <p>Expand Passing Repertoire</p> <ul style="list-style-type: none"> • Bounce Pass • Chest Pass • Push Pass • Baseball Pass <p>Pass Under Pressure</p> <p>Passing on the move and passing to cutters</p> <p>Improve passing velocity and accuracy</p> <p>Passes are on time and on target</p>
Shooting	<p>ROB (Good Shots and Bad Shots)</p>

	<p>Develop a Shooting Rhythm/Muscle Memory</p> <ul style="list-style-type: none"> • Free Throw Shooting Routine <p>Being Shot Ready</p> <ul style="list-style-type: none"> • Hands Up • Footwork (two foot, stride stop) • Loading your shot • Rhythm • Visualization <p>Lay ups</p> <ul style="list-style-type: none"> • One foot • Two foot • Stride Stop <p>Jump Shots</p> <ul style="list-style-type: none"> • Off the Pass • 3 Point Shots
Rebounding	<p>Basic Principles Boxing Out Rebounding Priorities (Hot Spots) Offensive Rebounds</p>
Getting Open	<p>Back Cut V-Cut or L-Cut Bully Step</p>
1-on-1 Skills	<p>Players recognize when they have an advantage</p> <p>Green Light, Yellow Light, Red Light (Cardinal Principles)</p> <p>Attack Moves:</p> <ul style="list-style-type: none"> • Jab step • Pump fake • Rip and Go • Cross step • Go Step <p>B1, E2 (Second Line of Defence)</p>

Post Moves	<p>Establishing Post Position</p> <ul style="list-style-type: none"> • T-Post <p>Post Moves</p> <ul style="list-style-type: none"> • Drop Step • Up and Under <p>Passing into the Post</p> <ul style="list-style-type: none"> • Entry passes against pressure
Transition Offence	<p>Control (secure possession)</p> <p>Get it and Go</p> <p>Pace</p> <p>Attack the Middle or Alley</p> <p>Balance</p> <p>Communication</p> <p>Use your advantage</p>
Conceptual Offence	<p>Spacing and Timing</p> <p>Pass and Cut</p> <p>Attack Dribble/Circle Movement</p> <p>Baseline Drives</p> <p>Post Entry</p> <ul style="list-style-type: none"> • Low Post <p>Combinations</p>
Set Plays	<p>SLOBS and BLOBS</p> <p>Quick Hits</p> <p>Danger Zone (less than 10 seconds on the shot clock)</p>

6.4 Midgets

6.4.1 Stamina Window (Midget Boys). Emphasize development of Aerobic Stamina.

6.4.2 Speed Window (Midget Boys). Emphasize development of Speed and Speed Endurance.

Fundamental Movement Skills	<ul style="list-style-type: none"> • Proper Footwork • Athletic Stance • Proper Running Form
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	<ul style="list-style-type: none"> • Starting and Stopping • Change of Direction • Hopping and Skipping • Jumping • Catching • Balance • Pivoting • Lunging • Squatting • Twisting • Pushing and Pulling
Individual Defence	<p>Proper athletic stance</p> <p>Aggressive closes out</p> <p>Emphasize ball pressure</p> <p>Proper positioning – don't reach</p> <p>Control your body on defence</p> <p>Contest shots and passes – don't jump and swing</p>
Team Defence	<p>Communication</p> <p>Refine help, rotation and recovery</p> <ul style="list-style-type: none"> • All players on the floor are responsible for defence and protecting the basket <p>Defending Screens</p> <p>Transition Defence (understand priorities)</p> <ul style="list-style-type: none"> • Sprint Back • Protect the basket • Stop the Ball • Match Up • Defend 1.5 players
Press Break	<p>Refine Principle-based Press Break</p> <p>Refine Set plays</p>

<p>Dribbling</p>	<p>Proper use of the dribble</p> <p>Dribble with eyes up</p> <p>Dribble Against Pressure</p> <p>Weak Hand Development</p> <p>Dribble while scanning the court</p> <p>Expand Dribbling Repertoire</p> <ul style="list-style-type: none"> • Cross Over Dribble • Escape Dribble • Maravich Drills • Two Ball Dribbling • Behind the Back • Between the Legs • Spin Dribble • Hesitation Dribble • Stutter Step • Inside Out • Hop Back
<p>Passing</p>	<p>Develop relationship between passer and receiver</p> <p>Expand Passing Repertoire</p> <ul style="list-style-type: none"> • Bounce Pass • Chest Pass • Push Pass • Baseball Pass <p>Pass Under Pressure</p> <p>Passing on the move and passing to cutters</p>

	<p>Read the defense and make the appropriate pass</p> <p>Improve passing velocity and accuracy</p> <p>Passes are on time and on target</p>
Shooting	<p>ROB (Good Shots and Bad Shots)</p> <p>Develop a Shooting Rhythm/Muscle Memory</p> <ul style="list-style-type: none"> • Free Throw Shooting Routine <p>Being Shot Ready</p> <ul style="list-style-type: none"> • Hands Up • Footwork (two foot, stride stop) • Loading your shot • Rhythm • Visualization <p>Lay ups</p> <ul style="list-style-type: none"> • One foot • Two foot • Stride Stop • Reverse Lay up • Baby Hook <p>Jump Shots</p> <ul style="list-style-type: none"> • Off the Dribble • Off the Pass • 3 Point Shots • Contested Shots <p>Floater/Tear Drop</p> <p>Pull Up Jump Shot</p>

Rebounding	<p>Basic Principles</p> <p>Boxing Out</p> <p>Rebounding Priorities (Hot Spots)</p> <p>Offensive Rebounds</p>
Getting Open	<p>Back Cut</p> <p>V-Cut or L-Cut</p> <p>Bully Step</p> <p>Pin Screen</p> <p>Flare Screen</p> <p>Curl Screen</p>
1-on-1 Skills	<p>Players recognize when they have an advantage</p> <p>Green Light, Yellow Light, Red Light (Cardinal Principles)</p> <p>Attack Moves:</p> <ul style="list-style-type: none"> • Jab step • Pump fake • Rip and Go • Cross step • Go Step • Check Step

	<ul style="list-style-type: none"> • Euro Step <p>B1, E2 (Second Line of Defence)</p>
Post Moves	<p>Establishing Post Position</p> <ul style="list-style-type: none"> • X-Post • T-Post <p>Post Moves</p> <ul style="list-style-type: none"> • Drop Step • Up and Under • Rip and Go • Rip and Spin <p>Passing into the Post</p> <ul style="list-style-type: none"> • Entry passes against pressure • Baseline Pass • Middle Pass • Lob Pass
Transition Offence	<p>Control (secure possession)</p> <p>Get it and Go</p> <p>Pace</p> <p>Attack the Middle or Alley</p> <p>Balance</p> <p>Communication</p> <p>Use your advantage</p>
Conceptual Offence	<p>Spacing and Timing</p> <p>Pass and Cut</p>

	<p>Attack Dribble/Circle Movement</p> <p>Baseline Drives</p> <p>Post Entry</p> <ul style="list-style-type: none"> • Low Post • High Post <p>Post Slides</p> <p>Pin Screens and Back Screens</p> <p>Combinations</p>
Set Plays	<p>SLOBS and BLOBS</p> <p>Quick Hits</p> <p>Danger Zone (less than 10 seconds on the shot clock)</p>

6.5 Juveniles

Fundamental Movement Skills	<ul style="list-style-type: none"> • Proper Footwork • Athletic Stance • Proper Running Form • Starting and Stopping • Change of Direction • Hopping and Skipping • Jumping • Catching • Balance • Pivoting • Lunging • Squatting • Twisting • Pushing and Pulling
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Individual Defence	<p>Proper athletic stance</p> <p>Aggressive closes out</p> <p>Emphasize ball pressure</p> <p>Proper positioning – don't reach</p> <p>Control your body on defence</p> <p>Contest shots and passes – don't jump and swing</p> <p>Influence perimeter and post players</p>
Team Defence	<p>Communication</p> <p>Refine help, rotation and recovery</p> <ul style="list-style-type: none"> • All players on the floor are responsible for defence and protecting the basket <p>Defending Screens</p> <p>Transition Defence (understand priorities)</p> <ul style="list-style-type: none"> • Sprint Back • Protect the basket • Stop the Ball • Match Up • Defend 1.5 players
Press Break	<p>Refine Principle-based Press Break</p> <p>Refine Set plays</p>
Dribbling	<p>Proper use of the dribble</p> <p>Dribble with eyes up</p> <p>Dribble Against Pressure</p>

	<p>Protecting the ball</p> <p>Dribble while scanning the court</p> <p>Weak Hand Development</p> <p>Expand Dribbling Repertoire</p> <ul style="list-style-type: none"> • Cross Over Dribble • Escape Dribble • Maravich Drills • Two Ball Dribbling • Behind the Back • Between the Legs • Spin Dribble • Hesitation Dribble • Inside Out • Stutter Step • Hop Back
<p>Passing</p>	<p>Develop relationship between passer and receiver</p> <p>Expand Passing Repertoire</p> <ul style="list-style-type: none"> • Bounce Pass • Chest Pass • Push Pass • Baseball Pass <p>Pass Under Pressure</p> <p>Passing on the move and passing to cutters</p> <p>Read the defense and make the appropriate pass</p> <p>Improve passing velocity and accuracy</p>

	<p>Passes are on time and on target</p>
Shooting	<p>ROB (Good Shots and Bad Shots)</p> <p>Develop a Shooting Rhythm/Muscle Memory</p> <ul style="list-style-type: none"> • Free Throw Shooting Routine <p>Being Shot Ready</p> <ul style="list-style-type: none"> • Hands Up • Footwork (two foot, stride stop) • Loading your shot • Rhythm • Visualization <p>Lay ups</p> <ul style="list-style-type: none"> • One foot • Two foot • Stride Stop • Reverse Lay up • Baby Hook <p>Jump Shots</p> <ul style="list-style-type: none"> • Off the Dribble • Off the Pass • 3 Point Shots • Contested Shots <p>Floaters/Tear Drop</p> <p>Pull Up Jump Shot</p>
Rebounding	<p>Basic Principles</p> <p>Boxing Out</p> <p>Rebounding Priorities (Hot Spots)</p>

	Offensive Rebounds
Getting Open	<p>Back Cut</p> <p>V-Cut or L-Cut</p> <p>Bully Step</p> <p>Pin Screen</p> <p>Flare Screen</p> <p>Curl Screen</p>
1-on-1 Skills	<p>Players recognize when they have an advantage</p> <p>Green Light, Yellow Light, Red Light (Cardinal Principles)</p> <p>Attack Moves:</p> <ul style="list-style-type: none"> • Jab step • Pump fake • Rip and Go • Cross step • Go Step • Check Step • Euro Step <p>B1, E2 (Second Line of Defence)</p>
Post Moves	Establishing Post Position

	<ul style="list-style-type: none"> • X-Post • T-Post <p>Post Moves</p> <ul style="list-style-type: none"> • Drop Step • Up and Under • Rip and Go • Rip and Spin • Turnaround Jump Shot • Baby Hook shot <p>Passing into the Post</p> <ul style="list-style-type: none"> • Entry passes against pressure • Baseline Pass • Middle Pass • Lob Pass
Transition Offence	<p>Control (secure possession)</p> <p>Get it and Go</p> <p>Pace</p> <p>Attack the Middle or Alley</p> <p>Balance</p> <p>Communication</p> <p>Use your advantage</p>
Conceptual Offence	<p>Spacing and Timing</p> <p>Pass and Cut</p> <p>Attack Dribble/Circle Movement</p> <p>Baseline Drives</p> <p>Post Entry</p>

	<ul style="list-style-type: none"> • Low Post • High Post <p>Post Slides</p> <p>Pin Screens and Back Screens</p> <p>Combinations</p>
Set Plays	<p>SLOBS and BLOBS</p> <p>Quick Hits</p> <p>Danger Zone (less than 10 seconds on the shot clock)</p> <p>Zone Options</p>

7. PRACTICE PLANS

7.1 What is a Practice Plan

A practice plan is exactly that: a plan for your practice so that you can be more effective in developing your players and your team.

7.2 Designing a Practice Plan

A Practice Plan will have the following basic structure:

- (a) **Warm Up.** Focus on a few fundamental movement skills and/or fundamental basketball skills.
- (b) **Teaching Progression.** Introduce the skill(s) to be developed. Focus on one or two technical skills – don't try to do too much at one time. The teaching progression should include "TLC":
 - (i) **Teaching Activity ("A Phase Teaching").** This is an activity that has low intensity, but requires concentration. Concentration will be on certain "key performance factors" that the coaching staff will emphasize. These activities are typically done with no defence.
 - (ii) **Learning Activity ("B Phase Teaching").** Athletes concentrate on applying the skills in a game-like setting. Athletes should get high repetitions. Coaches can introduce guided defence into the drill to encourage decision making.
 - (iii) **Competition Activity ("C and D Phase Teaching").** Players treat the activity/skill as a game-like situation. Coaches and athletes debrief after the activity. "C Phase" teaching occurs when players engage in live drills that are 1-on-1, 2-on-2 or 3-on-3. "D Phase" teaching occurs when players engage in a live 5-on-5 drill.
- (c) **Debrief and Cooldown.** Reflect on the practice and allow the athletes to cool down and stretch.

7.3 Sample Practice Plan



Practice Section	Time	Key Performance Factors
Warm Up	5:00 minutes	
Fundamental Movements <ul style="list-style-type: none"> • Agility and Balance 	5:00 minutes	
Fundamental Skills <ul style="list-style-type: none"> • Ball Handling (weak hand development) 	5:00 minutes	
Technical Skills – Individual <ul style="list-style-type: none"> • Passing 	9:00 minutes	
Technical Skills – Team <ul style="list-style-type: none"> • Pass and Cut 	9:00 minutes	
Strategy – Defence <ul style="list-style-type: none"> • Transition Defence 	9:00 minutes	
Strategy – Offence <ul style="list-style-type: none"> • Pass and Cut against pressure defence 	9:00 minutes	
Tactics	6:00 Minutes	
Cooldown/Debrief	3:00 Minutes	

7.4 Teaching Progression in Practice

When structuring a practice, consider organizing the teaching progression for activities as follows⁷:

- (a) Early in the teaching progression participants are not tired, so try to plan for:
 - Activities to acquire new techniques, skills, or motor patterns.
 - Activities that develop or require coordination or balance.
 - Activities that develop or require speed.
- (b) In the middle of the teaching progression, try to organize:
 - Activities to develop or require speed-endurance.
 - Activities that develop or require strength.
 - Activities that develop or require strength-endurance.
- (c) Towards the end of the teaching progression athletes may be tired, so try to plan for:
 - Activities to consolidate skills already acquired.
 - Activities that develop or require aerobic endurance.
 - Activities to develop flexibility.

⁷ Steve Nash Youth Basketball Coaches Manual, Section 6.4 – Order of Activities in the Teaching Progression.