

## Recreational Coaches Clinic 27-10-2024

- Coaching Resources
  - [NBBA Coaches Corner](#)
    - Includes links to Clinics, Coaching Hacks, Rules.
    - [Basketball Practices – Resources](#) (including [www.hoopsplaybook.ca](http://www.hoopsplaybook.ca)).
  - NEW TeamSnap Coaches Pack of drills and practice plans (four age groups), available to NBBA coaches on the TeamSnap mobile app.
- Skills
  - [Skills Checklists for Youth Players](#)
    - Checklists by age group e.g. from Jr. NBA. Skills checklist are notional curricula.
    - A table of [U8 to U14 player skills](#) has links to skill videos.
    - [WABC Coaches Manuals](#) have skill descriptions, some video links.
- How to Run a Practice
  - [Canada Basketball Daily Practice Plan](#)
    - Warmup, individual fundamentals, break down offence-defence, halfcourt and fullcourt offence-defence, cool down
  - See [Basketball Practices – Resources](#).
- Pre-game warmup
  - See halfcourt drills from [Recreational Coaches Clinic 01-10-2023](#) (also [Coaches Handbook](#) > [Pre-game Warm-up](#)).
- Rebounding
  - [No-ball box-out](#) (did not get to tagging on the perimeter).
  - [Hanlen war rebounding](#).
- Scrimmage
  - Did not cover scrimmage options, see Blog post – [Scrimmages](#).
- Offence
  - Concepts
    - Spacing, cutting, passing (share the ball), dribble penetration, play fast (pace).
  - 5-out motion
    - [3-spot pass-cut-fill](#)

- With progressions (3 on 0, 5 on 0).
  - Emphasis on blast cuts.
  - See Blog post - [Blast Cuts](#), Offence - [5-out youth motion](#).
- Player roles
  - Designate offensive positions, or positionless (e.g. the closest player inbounds after the other team scores).
- [Youth Defence](#)
  - [Youth Gap Defence](#) (with links to drills)
    - Play the ball straight up, not shading or forcing – simple and accountable.
    - Gap on each side of the ball.
    - 4 on 4 shell drill – positions, drive gaps (help and recover), peel switch on baseline drives, gap (then switch) on dribble handoffs.
    - Use breakdown drills, e.g. on-ball stance and slides, close-outs, jump to the ball, screens.

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