

SBA Domestic Coach Manual

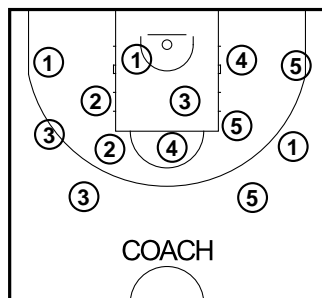
Table of Contents

1.	SBA Drills	
2.	Ball-handling	2
3.	Passing	3
4.	Shooting	4
5.	Defense	6
6.	Lay-Ups	7
7.	Small Sided Games	8
8.	Offensive Principles of Play	10

SBA Domestic Coach Manual

Ball-handling

Stationery Ball-handling



The players are spread out in front of the coach. Each player has one basketball.

Player stance should be balanced – the ball should be bounced no higher than their hip.

- 50 pound down dribble (RH/LH)
- 25 windshield wiper dribble (RH/LH)
- 25 forwards/backwards dribble (RH/LH)
- 50 on-side dribble (RH/LH)
- Cross-overs back and forth with one dribble in between.
- Cross-overs without an extra dribble

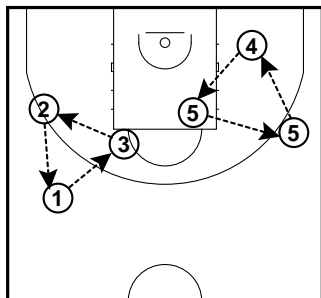
Variations:

Get the players to start bouncing the ball hard so it reaches shoulder height, then softer so the ball is back down to ankle height, so they vary the force they are using. Again, use RH and LH.

SBA Domestic Coach Manual

Passing

2 Ball Triangle Passing



Get your team into groups of 3 (pairs if necessary)

Each group has 2 balls

Spread them around the court in triangles

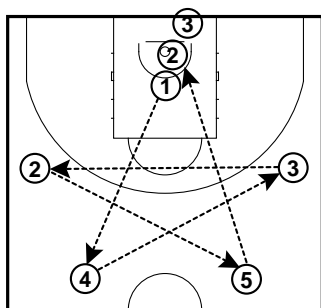
Pass the ball in one direction.

After passing, the players need to be ready to catch the next pass

Cover all passes:

- 1) Chest pass
- 2) Push pass – LH/RH
- 3) Bounce Pass
- 4) Overhead pass

Star Passing



STAR PASSING

Players ALWAYS need to follow their pass = "run to behind the person you pass to"

Pass and move.

Catch the ball in stance

Pass the ball in stance

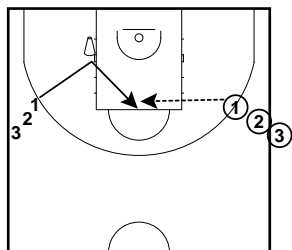
Get players to call names

Players must show their hands to the passer when receiving.

SBA Domestic Coach Manual

Shooting

2 Lines across the top



Players are catching and shooting off a cut.

Player 1 makes a V-Cut to get open – use a cone where the players make a hard change of direction.

IMPORTANT: Inside Pivot to get open. In this case, left foot, right foot.

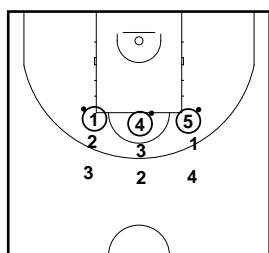
PASSER: Deliver to hands – somewhere between the shooters' shoulder and their hip.

Swap lines.

Make 20 as a team or first to make 5 baskets.

Swap Sides.

3 Line Shooting – ARIZONA



Line up as shown

Each line has one basketball.

2 minute limit.

Count each make. 20 could be your first target for domestic level basketball.

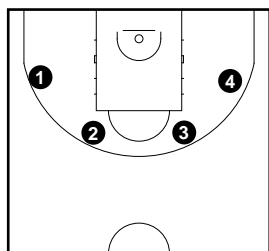
Players need to have their hands ready to catch and shoot. **MUST SHOW HANDS TO PASSER AND BE IN SHOOTING STANCE**

Once they have shot it, they rebound their own shot and get it back to the same line.

Player then runs back and gets a foot in the centre circle before joining another line.

Communication and organisation limits time wasted chasing after balls that bounce away/knock into other balls.

One Bounce Jump Shot



Footwork = Cross over step to create separation from the imaginary defender.

Players need to attack with one aggressive dribble

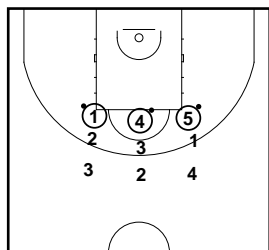
Heading Right: Left – Right – Left.

Heading Left: Right – Left – Right.

SBA Domestic Coach Manual

Shooting

3 Line Shooting – ARIZONA



Line up as shown

Each line has one basketball.

2 minute limit.

Count each make. 20 could be your first target for domestic level basketball.

Players need to have their hands ready to catch and shoot. **MUST SHOW HANDS TO PASSER AND BE IN SHOOTING STANCE**

Once they have shot it, they rebound their own shot and get it back to the same line.

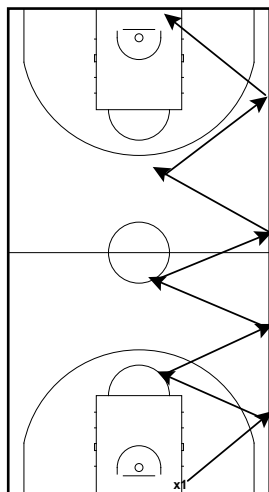
Player then runs back and gets a foot in the centre circle before joining another line.

Communication and organisation limits time wasted chasing after balls that bounce away/knock into other balls.

SBA Domestic Coach Manual

Defense

1 v 0 Slides



Start players on the Block

Stance:

bum down

head and shoulders back

"nose behind line of toes"

feet shoulder width apart

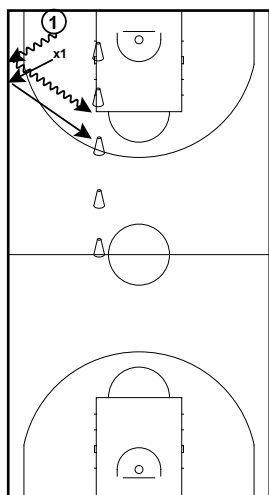
hands = one in passing lane/one on the ball.

Slides:

"Big to Bigger" – feet don't meet.

Take up space laterally

1 on 1 Full Court (Alley Drill)



Cones are placed in line with the edge of the key to half court, creating an "alley".

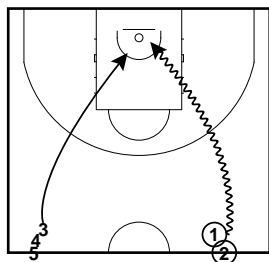
The offensive player can use the width of the alley to advance the ball, with the defender staying in a stance and in front of the ball.

Once the ball crosses half court, the offensive player is looking to score (priority is to get a lay-up), while the defense wants to keep the ball angled towards the sideline, not allowing it back to the middle of the court and making sure the offense takes a contested shot,

SBA Domestic Coach Manual

Lay-Ups

2 Line Lay-Ups



Two lines back at half court.

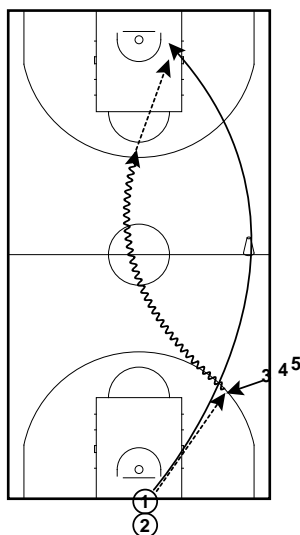
One Lay-Up line, one rebounding line.

The players in the lay-up line have one ball each.

The players attack the basket with a right hand dribble and execute a right handed lay-up with the correct footwork ("Outside foot, Inside foot")

The rebounder rebounds the ball. The players switch lines.

2 player series



Outlet and fill.

2 lines. One under the basket, one at the foul line.

Get 1 to throw the ball off the backboard and rebound it – protect the catch and pivot towards the receiver

3 sprints to the wing as an OUTLET

1 needs to run wide and run hard to get ahead of the ball.

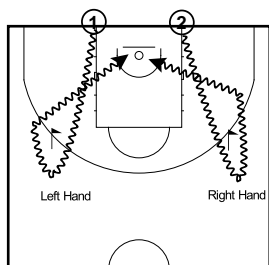
3 needs to dribble the ball through the middle of the floor. 2 foot jump stop at the top of the key and pass to the wing.

Options: 20 lay-ups,

Put a time limit on the drill with a target?

Groups going to both baskets.

Pole Lay-Ups



The players begin on the baseline.

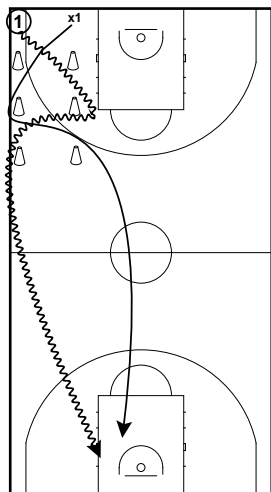
They dribble around the cone and execute a lay-up with the correct footwork.

Always "Outside foot, Inside foot"

SBA Domestic Coach Manual

Small Sided Games

1 v 1 Full Court



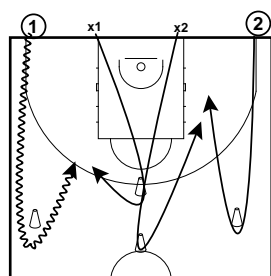
Offense (player 1) starts in the corner with the ball
The defender x1 starts opposite.

Cones are spaced about 2 metres apart, 3 in each line.

The offensive player dribbled around the cone – their objective is to get a lay-up.

The defender is racing to get in front of the ball – their objective is to make the offense shoot a contested jump shot.

2 on 1 + 1



Player 1 starts with the ball. His/her team-mate is Player 2.

x1 and x2 are defenders.

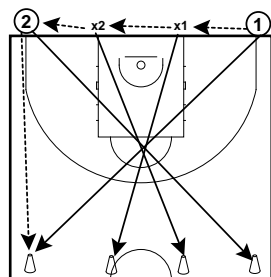
On the coach's call of "GO", player 1 dribbles around the nearest cone. The closest defender (x1) runs around the first cone.

Player 2 runs around their cone and makes the game 2 v 1.

x2 runs around the furthest cone and sprints back to help their team-mate, turning the momentary 2 v 1 into 2 v 2.

We are teaching decision making at game tempo – the player with the ball will drive in for a lay-up if they aren't defended, or pass the ball to their team-mate if they are being defended.

2 v 2 (Half Court)



Players line-up on the baseline opposite cones spaced out at half court.

The two inside lines are defenders. The two outside lines are offensive players.

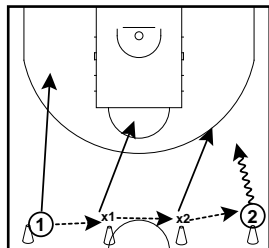
As the ball is passed along the baseline, the players run diagonally as shown in the diagram.

They could make a chest pass or a bounce pass.

SBA Domestic Coach Manual

Small Sided Games

2 v 2 (Half Court)



The ball is passed until Offensive Player #2 has the ball again. The two inside lines now defend while the outside lines play offense 2 v 2.

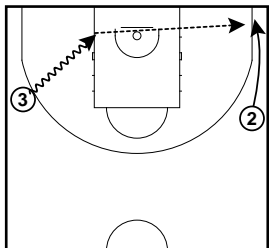
The defender on the ball needs to slow the ball down whilst the defender off the ball is ready to help

SBA Domestic Coach Manual

Offensive Principles of Play

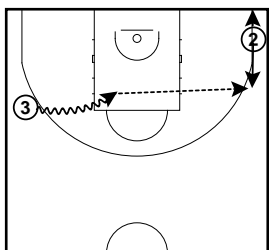
Dribble Drive 5 Ds Movement

Wing Baseline Drive to Drift (Dead Corner)



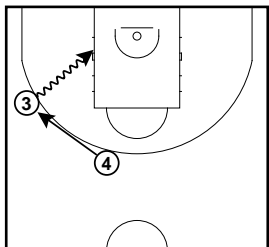
Dribble Drive 5 Ds Movement

Wing Middle Drive Corner Lift (Diagonal)



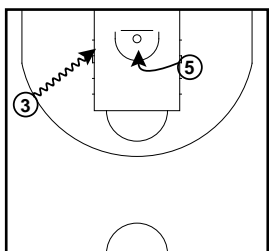
Dribble Drive 5 Ds Movement

Wing Baseline Drive Top Drag



Dribble Drive 5 Ds Movement

Wing Baseline Drive Post to Dunkers Spot

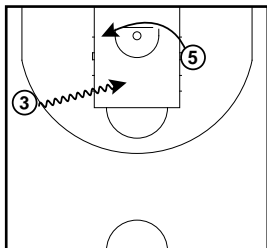


SBA Domestic Coach Manual

Offensive Principles of Play

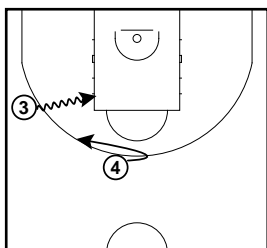
Dribble Drive 5 Ds Movement

Wing Middle Drive Post Circle to Dunkers Spot



Dribble Drive 5 Ds Movement

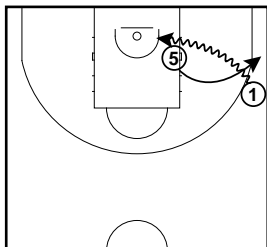
Wing Middle Drive Top Slide & Drag



Dribble Drive 5 Ds Movement

Ball Side Post

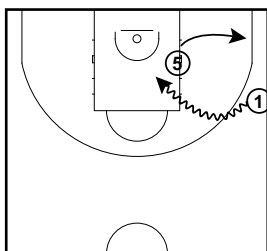
Wing Baseline Drive, Post Drags Behind.



Dribble Drive 5 Ds Movement

Ball Side Post

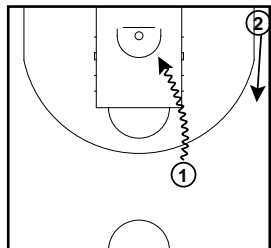
Wing Middle Drive, Post Circles to Short Corner.



SBA Domestic Coach Manual

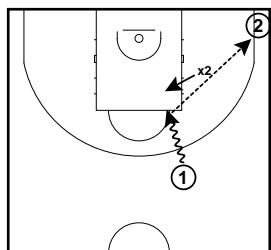
Offensive Principles of Play

Dribble Drive 5 Ds Movement



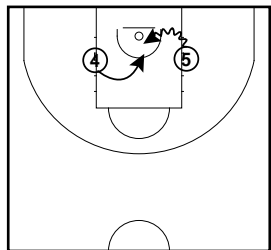
Seam Penetration:
Ball-Side Corner Lift

Dribble Drive 5 Ds Movement



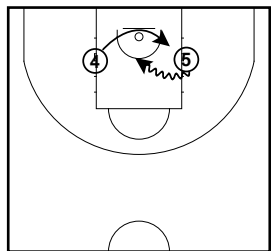
Seam Penetration:
Early Help from x2, Dead Corner 3.

Dribble Drive 5 Ds Movement



Post Baseline Drive
Opposite Post Circles to Dunker Spot

Dribble Drive 5 Ds Movement



Post Middle Drive
Opposite Post Circles Under.

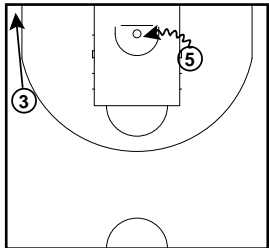
SBA Domestic Coach Manual

Offensive Principles of Play

Dribble Drive 5 Ds Movement

Post Baseline Drive

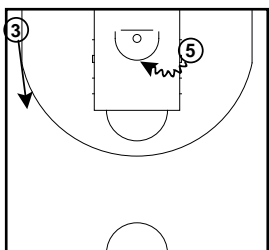
2 Drifts for Dead Corner 3



Dribble Drive 5 Ds Movement

Post Middle Drive

Corner Lift for Diagonal 3



Motion

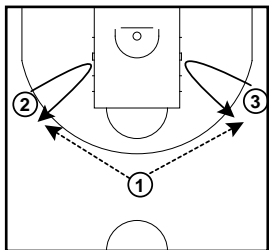
This is to be used primarily as a teaching tool, not an offense in itself, although it can be used that way.

Teaching 3 out motion gives the players an appreciation for spacing.

It also gets them to understand the concepts of cutting and passing with either hand.

Moving without the ball is just as important as moving with the ball.

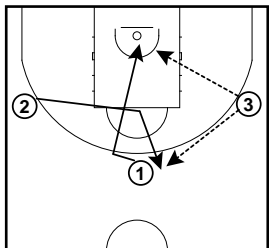
In this instance, 2 and 3 are both 1 pass away so they execute a "V-Cut" to get open, using the block as their reference point.



SBA Domestic Coach Manual

Offensive Principles of Play

Motion



The ball is with 3.

1 takes 2 steps away from the ball and cuts hard to the basket = BASKET CUT

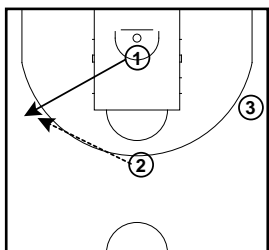
3 is looking to pass him the ball.

3 needs to be in a stance with the ball, ready to either pass, drive or shoot the ball.

2 replaces 1 with an "L – CUT" across to the foul line and and to the top of the key. He will cut once 1 passes underneath the foul line.

3 can also pass to 2.

Motion



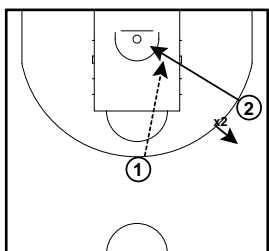
1 now cuts out to the available space.

If the ball is with 2, it now gets reversed to 1.

When the ball gets swung from one wing to the other, we call that "ball reversal" – it makes the defense jump to the ball and help, shifting them around. It opens up driving lanes and passing lanes for the offense.

A good idea is to go through 2 reversals and then get a score from a lay-up (hitting a cutter) – ensuring the cuts are executed properly and they are passing with the correct hand.

Motion



BACK-DOOR CUT:

If at any time a player is being denied by the defense, he needs to back-cut.

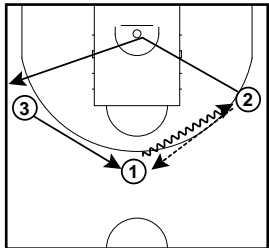
This is a "read" – he needs to read what his defender is doing and react accordingly.

1 needs to be ready to pass.

SBA Domestic Coach Manual

Offensive Principles of Play

Push / Pull



Push Pull Dribble Entry:

If we are struggling to enter the ball to the wing, we can also execute a "Push Pull" dribble entry.

Dribble at the player being denied and get them to back-cut to the basket

The opposite wing (3) lifts to the point spot.

Now the ball can be reversed back to 3 at the top of the key