



# Montrose Vikings Basketball Club

## Coaches Clinic

**Training Plan: Be organised & productive.**

Divide your training time up (**see attached 30min sample**)

Structured named drills

3-10min Drills depending on time restraints, drill & age of players

Try to keep as many players involved as possible (**No boredom**)

Explain drill, encourage & critic as they go (**Don't keep stopping drill**)

Direction & advise short & precise (**not too much information at once**)

Concentrate on finer points & breakdowns too make better fundamentals in players.

### **DRIBBLING**

**Stationary & Moving 5-7min**

**Stationary Dribbling**

Feet shoulder width apart

Knees bent

Eyes up

Push ball to ground **No slapping ball**

Fingers spread

No palm contact on ball

Ball return no higher than hip then push back down

Mix up 20-30secs each

**Left hand**

**Right hand**

**Crossover**

1 or 2 dribbles each hand Crossover in between

Looking to transfer weight on balls of feet & left to right dribble outside of foot

**Through legs**

1 or 2 dribbles each hand through legs

**Behind back**

1 or 2 dribbles each hand through legs

**Combination**

Crossover, through legs, behind back

## **Dribbling across court or up court**

Left hand up & back speed control  
Continue to set point on court Example  $\frac{1}{2}$  court

### **Crossover**

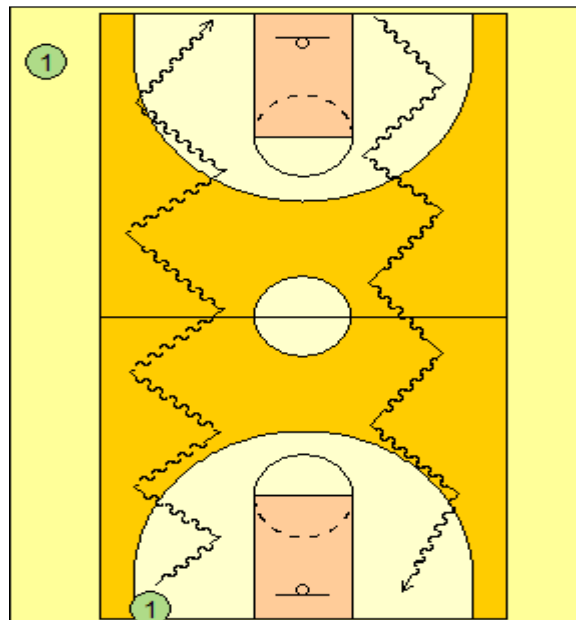
Zig Zag 2 dribbles RH heading right  
Plant outside foot crossover to left changing direction  
Push hard left LH dribble continue 2 dribbles then crossover back to right  
Continue to set point on court

### **Through Legs**

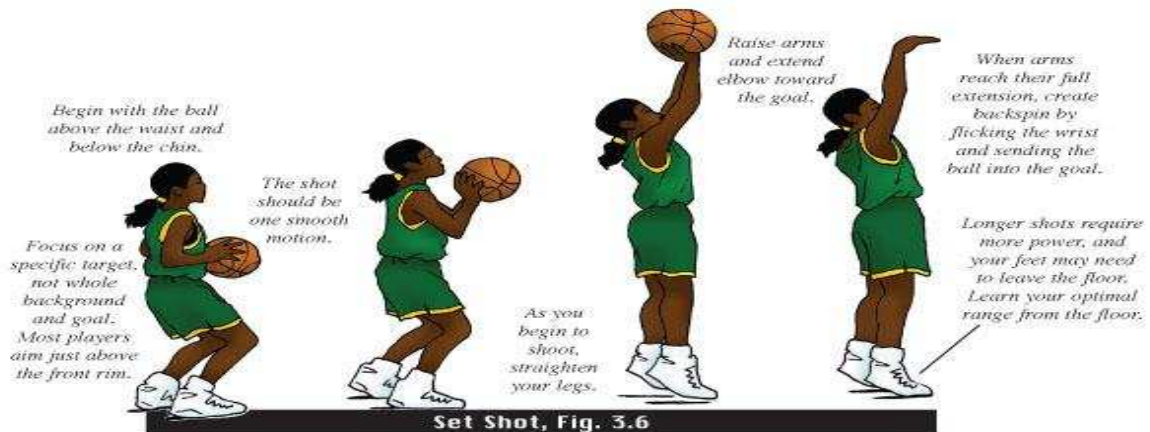
Zig Zag 2 dribbles RH heading right  
Plant right foot, step left foot & pass ball between legs to LH  
Changing direction LH dribble 2 bounces  
Plant left foot, step right foot & pass ball between legs to RH  
Push hard left RH dribble 2 bounces  
Continue to set point on court

### **Behind Back**

Zig Zag 2 bounces RH heading right  
Plant outside foot bounce ball behind back to LH  
Push hard left LH dribble 2 bounces  
Plant outside foot bounce ball behind back to RH  
Push hard left RH dribble 2 bounces  
Continue up to set length



## SHOOTING FORM



Shooting is all about certain mechanics & movements that complement each other to achieve the perfect shot. Many different examples on line of this. Mistakes are made by concentration on hands, but all shots start in with the feet.

Feet shoulder width apart with dominant hand foot forward slightly.

Bend knees Lower stance with bum down back straight

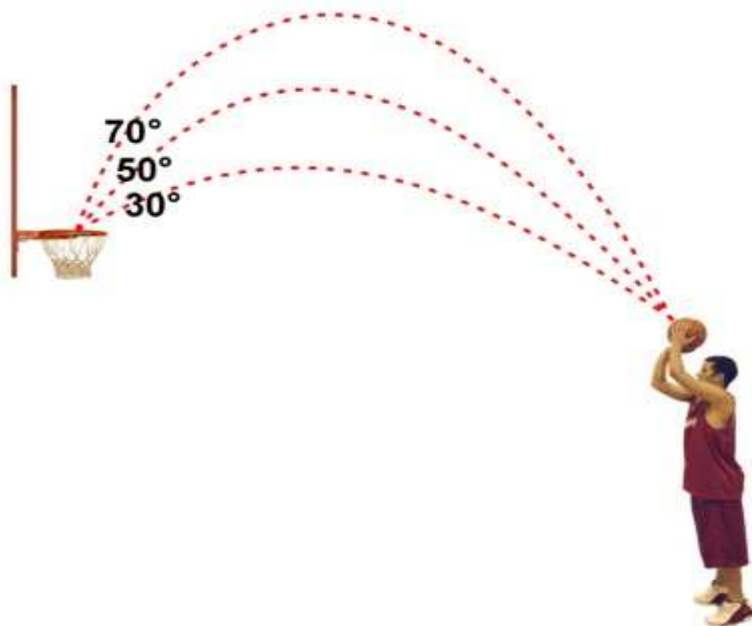
Load ball in shot pocket or set position with dominant elbow under ball, fingers spread (**No palm on Ball**). & other hand on side of ball (**guide hand**)

Eyes over the ball

Then as you stand bring ball up in a motion (**not separating actions**)

Ball up past chin above head (**eyes under ball**) once elbow above nose locking elbow @ 10'clock & snapping the wrist (**create back spin**) with fingers being last thing to touch the ball, as this happens guide hand balances ball on dominant hand & wrist cocks over toward basket.

When the ball leaves your hands it should be on a high angle to fall into the basket please diagram below.





## Teaching Points

Shooting action  
 Correct as you go  
 Feet shoulder width  
 Knees bent weight on balls of feet  
 Elbow under ball fingers spread No Palm contact  
 Chin ball  
 Stand tall lock elbow snap wrist  
 Start 1 hand

## Shooting Drills

### Layup footwork

Start on Block RHS with Ball in RH elbow under ball  
 Step with Right foot then Left & jump reaching out scoring with RH, rebound & head to Left  
 Block  
 Ball in LH elbow under ball  
 Step with left foot then Right & jump reaching out scoring with LH, rebound & head to start  
 Continue until target hit or allocated time.

## Horseshoe/ Egg Beater

Shooting Lay ups off correct foot

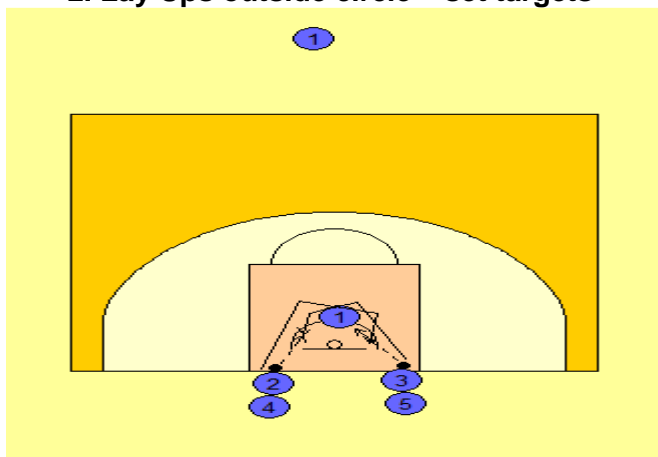
Knee up & step up

3 passes to 1 for shot, 3 runs around 1

2 passes to 3 for shot, 2 runs around 3, 5 passes to 2 etc.

**1. Lay Ups in side circle – set targets**

**2. Lay Ups outside circle – set targets**



## Spin Ball Out Shooting

Throw ball up high

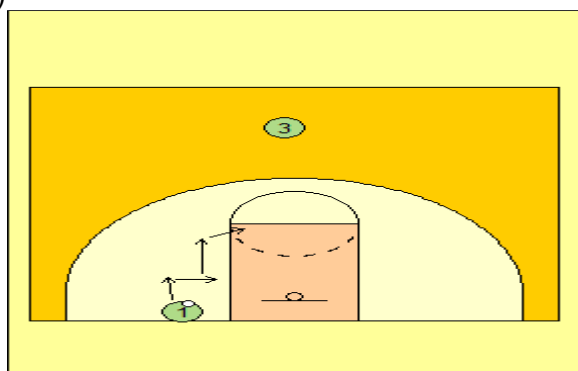
Catch on chin & pivot into shooting stance

SET position, Hips Down, Shot Pocket

Jump shot land in same spot no fades

1. On Block (first to 10)

2. On Elbow (first to 7)



## Triple Threat

As you receive ball ready to pass, dribble or shoot.

Good practise, lead out to receive, outside hand, inside foot receive & turn to triple threat.

Ball in shot pocket ready to shoot.

Pass as below or throw ball down to dribble don't waste the dribble **Go Somewhere**

## Passing

### Push Pass

Start the Push Pass from a Triple Threat Stance; in all passing situations, and just in general, when practicing different techniques have players start in a Triple Threat Stance so they become familiar with the habit

Step towards the Intend Target

Maintain low stance during step maintain bend at the knees

During the Step the Ball moves up the side of the body to the Chest; this movement will force the elbow of the arm on which the ball is to move behind the line of the body. This places the arm behind the ball ready to push through the ball to execute the pass. This action will also see the wrist 'cocked' behind the ball with the fingers of the hand pointing up. The Off Hand should remain on the Ball; the offhand should remain on the ball to help with stability and control of the ball

The Ball side Arm now pushes through the Ball; the arm should extend so there is a straight line is created from the shoulder, elbow wrist and middle finger all pointing at the intended target

As the Arm fully extended, the Wrist is 'snapped' to put backspin on the ball; the 'cocked' wrist should help generate the backspin desired as the wrist is flicked in a downward motion at the end of the arm extension

### Chest pass

Hands on side of ball thumbs up

Step forward with non-Pivot foot

Push through ball from chest toward target with even pressure left to right

As ball leaves hands turn hands so they are back to back thumbs down.

### Over Head Pass

Hands on side of ball

Ball over head

Step with non-pivot foot

Even force both arms extend & pass through ball with ball projecting flat as possible

### Bounce Pass

Two-handed bounce-pass, start the ball at your chest, step toward your teammate and push the ball (flicking your wrists) to your teammate, you want the ball to hit the floor three-quarters of the way between you and your target, so the ball rises to your teammate's chest level.

You can use a one-handed bounce pass to feed the post, swing the ball, or hit a backdoor cutter. When you have a defender on you, it's difficult to use a two-handed pass. Most of the time, players use their bodies to shield defenders from the ball and their opposite hand to throw the pass.

### Baseball pass

One handed pass primarily for making a long-distance **pass**. A lot of times it's used going from one end of the court to another, where you might have the **basketball**, and you look down the court, and you see a teammate open, and you want to throw the ball over the top of the defender's head

## **Defence**

### **Man to Man**

#### **Close out/Closing out**

Run at your man

As approach small steps (**keep reaction quick**)

Stop at arm distance to ball **Spear Arm**

#### **Bum to basket**

Lower stance, feet wide, on toes, non-spear arm pointing where you will let them go.

Concentrate on core of player not ball

#### **Ball me basket concept**

While player hasn't dribbled or still dribbling maintain this stance

If offensive player drives give space but step where you want to cut them off.

If offensive player picks up ball close gap hands up to stop shot or pass **NO REACHING FOR BALL**

### **Pack D**

Gap 2/3- 1/3 rule triangle

JUMP TO BALL

### **TRIANGLE**

can be used on all size of gaps adjust size to suit

Bump cutters no ball side cuts

### **SHELL DRILL**

ball player in close out stance

Gap triangle here to help

Nail split free throw line

Split under basket must always see both

### **BOX OUT**

Contact

Step across

Bum in tummy

Elbows or arms up to contain body keep contact

# Training Plan 30minutes

## 3 min Warm up

**High Knee walk:** Lift knee up and pull the knee towards chest without leaning forward with upper body

**High Knee Skip:** integrating the upper & lower body coordination. Easy skipping to begin with loosening up the body.

**High knee run:** Flexing the hips as fast as possible. Not working on running just warming athletes up.

**Butt Kicks:** Flexing Knees as fast as possible whilst bringing heels up to backsides.

**Straight Leg Walk:** A great Hamstring stretch. Hold hands out in front of body keeping straight legs trying to kick hands as you walk.

**Backward High Knee Skip:** Done as per High Knee skip but movement is backwards.

**Backward run:** Lean forward as you run backwards.

**Carioca/Grapevine:** lateral steps front to back focusing on lower back & hips

**Defensive slide:** warms up the Adductors in legs

## Dribbling: 5min

Set up cones in 2 lanes up the court. 1 at the elbow of key, 1/3 court side line, edge of centre circle, 2/3 court side line & elbow. Split into 2 groups one at one end & 1 at the other on opposite sides start in the corner. Starting left hand dribble to elbow then cross over to right dribble to 1/3 side line then cross over back to left dribble to centre circle, cross over then to 2/3 court, back to elbow cross over again then to corner of court on baseline. Then move to opposite corner (back of line) & repeat. Once they have gone up & back get them to change to cross over through the legs (up & back). Then change to around the back (Up & back). Last of all then add them all together so they can go cross over, through the legs then round the back to go to the next spot.

## Shooting: 5min

3 lines around dunkers

Each player with ball if possible

shooting one hand under ball 2min

Add guide hand shooting 2 min

Move to block & small foul line 1min

## 3 or 5 Man weave: (2 on 1 back or 3 on 2 back) 8 min

Just run them 1 way depending on space around court. \*If numbers permit run the last 2 that touch the ball into defenders that run to the starting end & other 3 offense

: Staying wide in lanes

: Middle drive

: No more than 2 dribbles

: No more than 3 passes in ½ court

## 3 on 3 9min

2 Teams of 3 Even up so teams are balanced

Out to 3 point line

Start ball on wing move ball passing ball to top then other wing & back

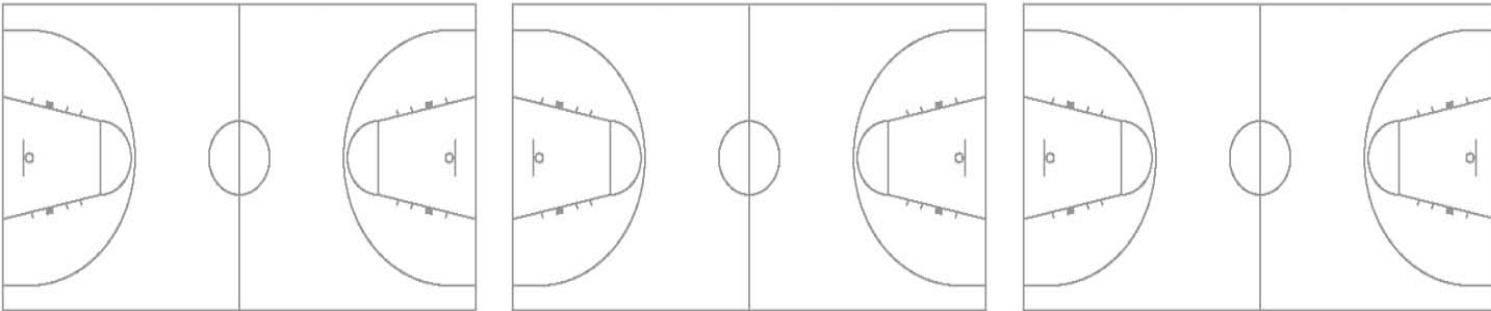
When it gets back ball is live play.

Defensive rules are split D or Help D

3 positions their player with ball close out, 1 pass away Gap & 2 passes away Split line

# Practice Plan

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_ Pre-Practice  
\_\_\_\_\_



5 min \_\_\_\_\_

10 min \_\_\_\_\_

15 min \_\_\_\_\_

20 min \_\_\_\_\_

25 min \_\_\_\_\_

30 min \_\_\_\_\_

35 min \_\_\_\_\_

40 min \_\_\_\_\_

45 min \_\_\_\_\_

50 min \_\_\_\_\_

55 min \_\_\_\_\_

60 min \_\_\_\_\_

65 min \_\_\_\_\_

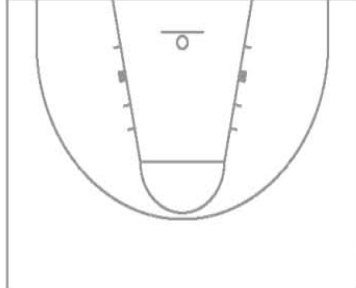
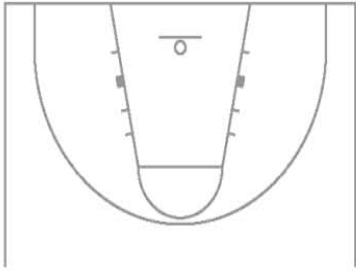
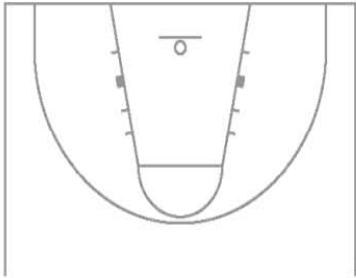
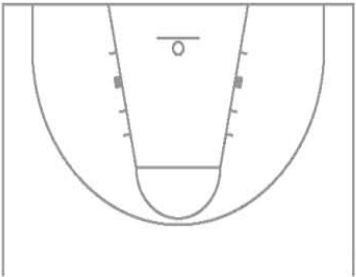
70 min \_\_\_\_\_

75 min \_\_\_\_\_

80 min \_\_\_\_\_

85 min \_\_\_\_\_

90 min \_\_\_\_\_



Notes \_\_\_\_\_

