



Supported by:



AREAS OF EMPHASIS
GUIDELINES FOR COACHES

What are the Areas of Emphasis: guidelines for coaches?

There are Nine (9) areas deemed to need immediate emphasis. They are:

1. Athletic Development
2. Footwork and Movement for Basketball.
3. ON-Ball Defence, Movement and Footwork
4. Shooting
5. Passing and Receiving (technically and tactically)
6. Use of the Dribble
7. Offence (individual and team)
8. OFF-Ball Defence (position, vision, tactics)
9. Point Guard Play