

SECTION GUIDELINES

Overview Of The Nine Areas Of Emphasis:

Physical

- Athletic Development
- Footwork and Movement for Basketball
- ON-Ball Defence, Movement and Footwork

Technical

- Shooting
- Passing and Receiving
- Use of the Dribble

Tactical

- Offence
- OFF-Ball Defence
- Point Guard Play

The Eight Basic Fundamentals That Underpin Our Areas of Emphasis

While there is an overview of the Areas of Emphasis (AoE) for the Physical, Technical and the Tactical there are also eight “Basic” Fundamentals that all coaches whatever their level of qualification and involvement should address.

These “Basic Fundamentals” underpin these Areas of Emphasis: Guidelines for Coaches. They are both physical and skill FUNDAMENTALS which underpin the AoE and Club Skills Guide (CSG).

1. Vision: Players Need Better Vision, At All times When Playing

- Vision when playing or performing a skill is critically important for decision making.
- Having “eyes for the ball” will always help good defence. In transition defence players should keep their eyes on the ball. When running back on offence we react to both the ball and the defence. This peripheral vision (splitting vision) is an important skill or attribute which should be highlighted by coaches.
- Good vision is required equally on offence.

- Being in a defensive stance, whether open or closed, requires good vision by the player. The extension is then “splitting vision” when playing defence, with back to the basket, watching the ball and your man.
- Passing and decision making have been identified as problem areas. Once again it requires good vision, be it split or on the defender. However from an early age players must “watch the ball”.
- Better vision will result in better positional play. Vision when in the triple threat stance makes the decision, whether it is watching the defenders feet or other cues.
- “Head up” means vision of the court and all the players.

2. Physical Development Underpins Skills Execution

- Understand that players need the physical competences to perform the technical skills in order to perform the tactical. At junior and development levels there needs to be an understanding of the ability to move and the execution of a skill.
- Skills can be improved by developing physical competencies. The easiest examples are:
 - The ability to squat to a defensive position or a shooting stance.
 - The ability to stop quickly when running into a two foot or balance stride stop position in order to make a second movement.
- The physical capability of each and all players can be developed through teaching and coaching.

3. Stance Is Our Key Skill

- Teach the “basketball stance” more effectively. Make the ready position the home base from which all controlled movement comes. Demand that players stay in stance longer (use a count). Stay lower longer in all that we do, this will result in better balance and ultimately better controlled speed and reaction within the game.

4. Movement Includes Footwork and Balance

- More coaching emphasis on, and teaching of, movement, footwork and balance.
- Specifically more detail in teaching and player understanding of running/stopping (jump and stride stops); pivoting (inside foot, forward & reverse pivots); stepping (to pass/jab/crossover to drive. All of these to be performed out of the ready stance. The result will be that players will be able to move more efficiently and maximise their natural athleticism, which will lead to more controlled decision making.

5. Effective Movement Includes The Use and Placement Of Player's Hands

- Better coaching of the use and position of the hands (as well as feet) in all that we do.
- Teach the use of hands in all that we do in the basketball game, with fundamentals and with skills. Teach why hands are important. "Target hands" in catching the ball when running, leading or in the ready position. "Hands as targets" always. This will result in better passing and less turnovers.
- Defensive hand position - "hands up on defence", "hand close together trace the ball", "pistols positions" in off ball defensive positioning. Hands up to rebound, "elbows out" to take up space and be ready for anticipation of a rebound. "Hand in face" of shooter when defending the shot. Inside "dig hand" versus all crossovers back to the middle. "Hand in the passing lane" on ball vs dribble pass threat and in denial. Emphasise the use of hands in all we do. However make sure it is out of stance or in stance. The result will be better defensive players.
- Offensive hands - use "slash arm" or "swim stroke" when cutting or going body to body in a game. With an "arm bar" we will get better offensive players. "Open the window" when posting. "Ball quick" with ball in stance.

- Being "ball quick" when moving the ball in triple threat stance combined with stepping and pivoting against pressure defence, rather than just dribbling the ball into a bad situation. Shooting or triple threat "pocket to pocket", "left to right then right to left".

6. More Effective Dribble Technique Will Underpin Tactical Use Of Dribbling

- For dribbling, coach better posture and form when speed dribbling and in the control dribble. Coach the control dribble, retreat and advance control dribble, from the "ready" stance position.
- This will result in better ball protection against pressure and better position to counter and make "passes out of dead ball" situations, with less poor decision making caused by panic or timing after a misuse of a dribble.
- Dribbling for penetration must take the ball into a better situation to score, not a worse one. Currently we are frequently misusing the dribble in the British game. Space and advantage need to be created through offense. The use of the dribble must create advantage.
- Better use of the dribble as an alternative to passing but minimising the misuse of the dribble in team offence.

7. Passing Is a Team Fundamental Which Creates Space and Advantage

- The dribble to a receiver will seldom equal the speed and time of a pass to a receiver.
- Better vision of the ball and the defence/offence is required at all times by the players.
- Passing for advantage in fast break and half court, passes to the post, ball reversal (half court) and Man ahead (full court) are fundamental team offence concepts.
- Dribbling the ball from side to side as part of team offence (to create an offensive advantage) is very limited compared to ball reversal through better passing.

8. Shooting, Shooting, and More Shooting Makes a Great Player

- Coaches should follow the principles of shooting and coach good technique.
- Players should shoot the ball daily to improve this key skill.
- Coaches should encourage and provide for shooting practice for all players.
- The specialising ages from 14 to 17 years and the investment years from 18 to 22 years are about perfecting the art of shooting the basketball.
- Coaches will help but the drive of the player will determine where the player will finish and what they will achieve.

Nine Individual Areas Of Emphasis

The following nine sections of the Areas of Emphasis discuss the importance of the AoE and provide some recommendations relating to each area for coaches.

Please read and implement the re-emphasis of these areas.

Each section contains a discussion of **“why it is important”** and **“the technical aspect”** involved with each area.

“How we can make the biggest improvements” is an important discussion of where the strategic advantage and focus exists.

“The coach quotes” alerts us to the area of emphasis and themes that are important.

Finally these are followed by some **“Recommendations for consideration and implementation”**.

The recommendations provided should be considered by all. They are broken into recommendations for the club, schools, coaches and the national system.

Good coaching from the best of British.

Warwick

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