

The Areas of Emphasis; an Overview for Understanding

The Physical

1. Athletic Development and Conditioning

- Better coaching and understanding of physical fitness at the Junior level
- Plan for the physical components in training sessions
 - Cardiovascular fitness
 - Muscle memory (movement patterns)
 - Strength
 - Speed
 - Power
 - Endurance
- Test the physical components of basketball
- Conduct better warm up and cool down phases for training and playing
- Emphasise nutrition and physical education
- Understand recovery and nutrition
- Use qualified professionals to assist with the physical aspects

2. Footwork and Movement for Basketball

- Recognise the need to coach efficient movement
- Better planning / teaching / rehearsing of good footwork and balance
- Confirm the value and advantage of the triple threat position
- Recognise that pivoting is the basis for offensive techniques

3. ON-Ball Defence, Movement and Footwork

- Change our attitude to defence, particularly ON-Ball defence
- Understand the differences and interrelatedness of “containment” and “pressing” or pressure defence
- Coach and develop a full court defensive mindset and capability
- Routinely provide more one-on-one drill situations in training sessions

The Technical

4. Shooting

- Create more time in training dedicated to shooting and regular testing
- Practice shooting within game situations
- Practice under pressure
- Use the Free throw to help develop shooting form
- Develop a variety of finishing moves close to the basket

5. Passing and Receiving

- Passing as a skill and technique is a movement sequence from feet to hands (coach all the detail)
- Coach passing and receiving under game-like pressures
- Ensure players pass out of stance
- Commit to coaching a game style with better player movement without the ball
- Coach the detail of footwork for the lead
- Teach players how to move the defence with fakes

6. Use of the Dribble

- Deliberate and situational dribbling practice is needed at all junior training sessions
- Players will have to commit to additional individual dribbling practice
- Master the speed dribble technique and phase in the full court
- Master the control dribble phase and dribbling techniques in the half court
- The dribble has situational use which requires different techniques

The Tactical

7. Offence

- Reaffirm the concepts and principles of the British game style:
 - Spacing
 - Ball Movement
 - Movement without the ball
 - Vision and Timing
- Prepare players to execute under pressure
- Coach game context awareness
- Stress the 'ready' and 'triple threat' positions
- Teach 'sealing', 'leading' and 'receiving' as part of individual offence

8. OFF-Ball Defence

- Positioning with vision in stance
- Moving and repositioning as the ball moves
- Helping teammates to defend the ball
- Rotating and recovering to a different player

9. Point Guard Play

- Define the attributes we seek in British Point Guards
- Use these attributes as the basis for identification and development of Point Guards
- Coaches must be prepared to develop the Point Guards
- A clear understanding of offensive capability
- A clear understanding of defensive capability