



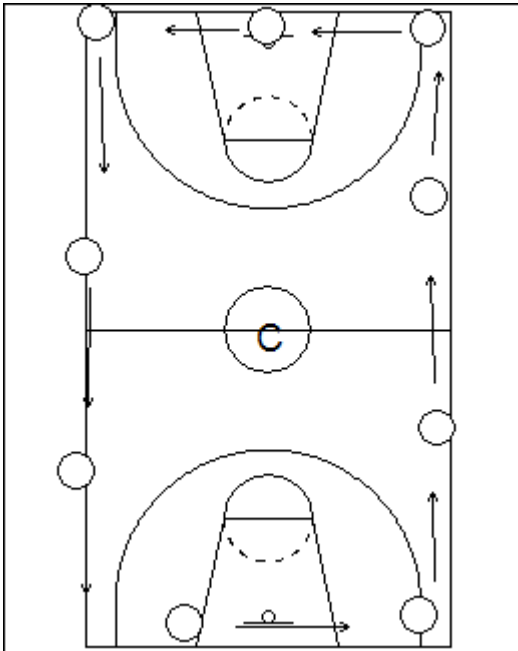
Be One Coaching clinic



1

FUNDAMENTAL MOVEMENTS

pushing, pulling, bending, twisting, lunging, squatting and the gaits (walk, run, sprint)



Warm up

The goal is to increase the body temperature and introduce the body to movements in different planes of the body.

Gunner (to work on gaits)

Jogging around the perimeter of the court the players execute the different types of movements as called out by the coach.

- a) jog b) skip c) backward d) high skip e) double leg hop f) alternate one foot hop g) full speed to the corner h) double leg hop i) hops side to side over the line j) backward running k) butt kicks l) carioca m) straddle run (swing legs) n) high leg carioca o) skip with knee outs p) indirect cuts q) drop and spin r) inside cuts

Once players learn the correct movements you can add a ball

2

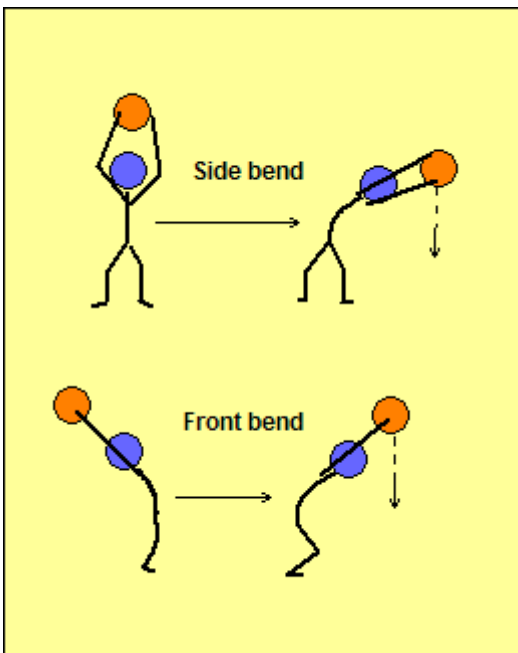
Bending and twisting

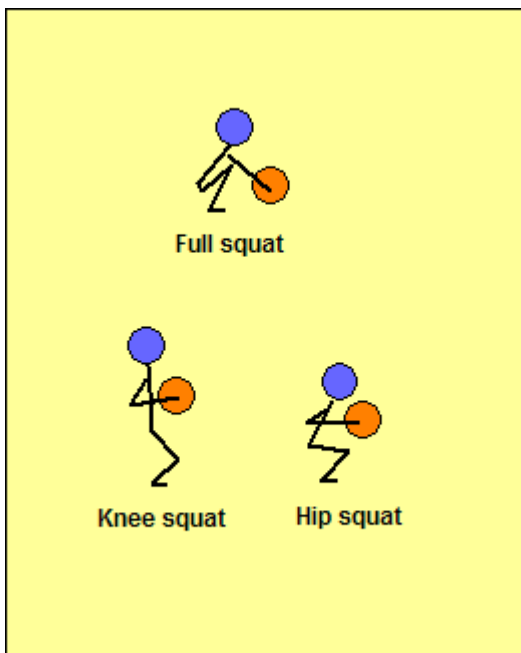
These can be done with or without a ball

Side bends - facing forward bend to the side and bounce the ball with a hard two hand dribble. Catch the ball and repeat to the other side.

Front bends - the above action is repeated only bending forward and backward

We want the athletes to pound the ball hard on the floor as this will also prepare the hands for catching.





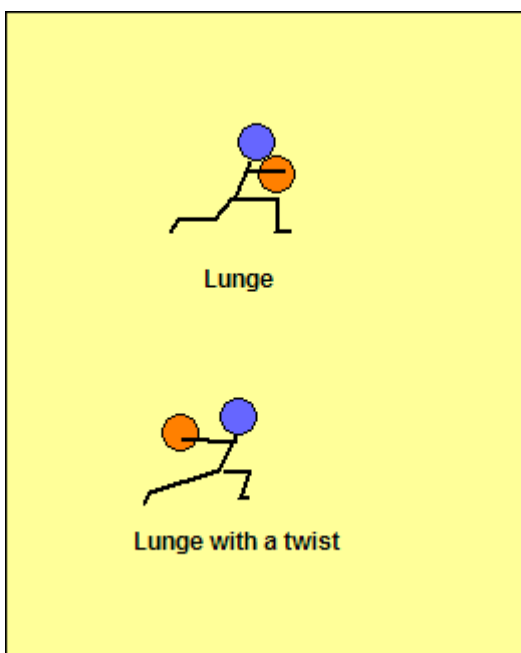
Squats

The player squats to pick the ball up. Ideally the player should have the butt touch the back of the ankles. Players with poor calf flexibility will have problems. Also players with longer legs will struggle. The action of the squat should be started by the hips first not the knees.

The player stands and swings the ball high above the head getting a full stretch.

The second time the player swings the ball out over the left shoulder. The third time over the right shoulder.

It is important to watch for the connection between the upper and lower body. The movement should be coordinated in one smooth movement.

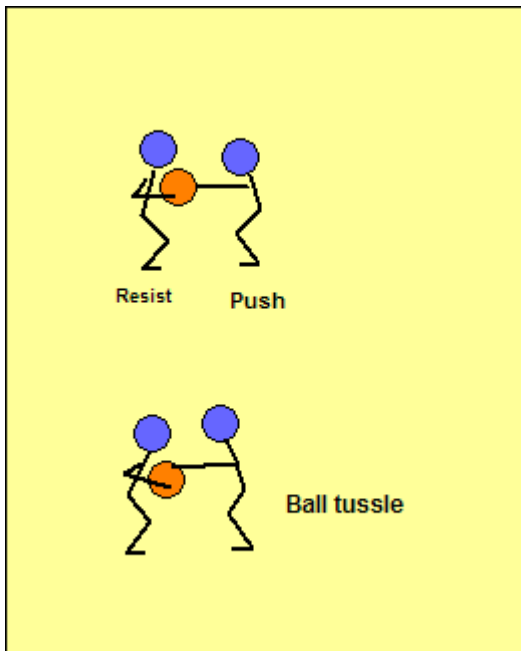


Lunges

The player takes a lunge step forward. The front leg should be at 90°. Do not lose sight of the toe. Once in the lunge position the player moves the ball out to a position above the head. Return to a standing position.

With the second lunge twist the ball over the right shoulder. On the third lunges over the left shoulder. You can also twist to the left and right

Players should lunge in all directions of the clock, stepping forward to the side and backward.

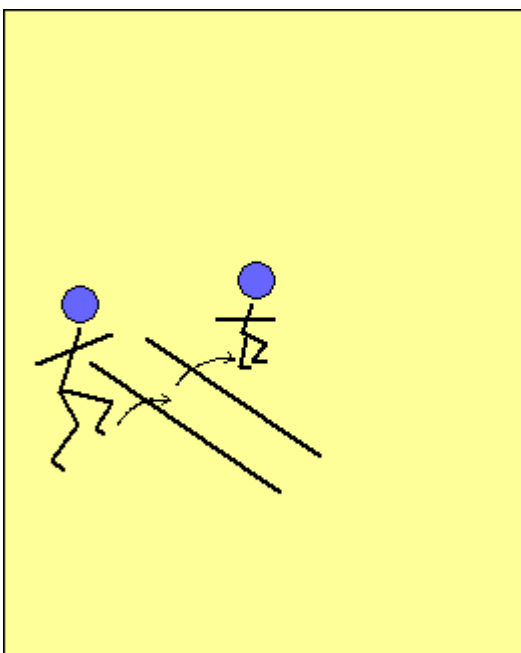


Pushing

Two players partner up with a ball. One player is designated the pusher the other is to resist. On a signal from the coach the pusher attempts to push the resister. On a signal from the coach the resister should step back, the pusher must quickly regain balance and assume the position again. This is to make sure players do not over extend. Be careful when teaching to young players. You should also do some pushing side to side and back to back.

Pulling

Both players grab onto the ball. On the signal from the coach they wrestle with the ball. On a second signal they attempt to secure the ball.



Balance and agility

A) Players stand on their outside foot near the doubles court badminton lines. On a signal the player puts "two in the hole" (both feet step in between the two lines) and then balances on the opposite foot outside the other line.

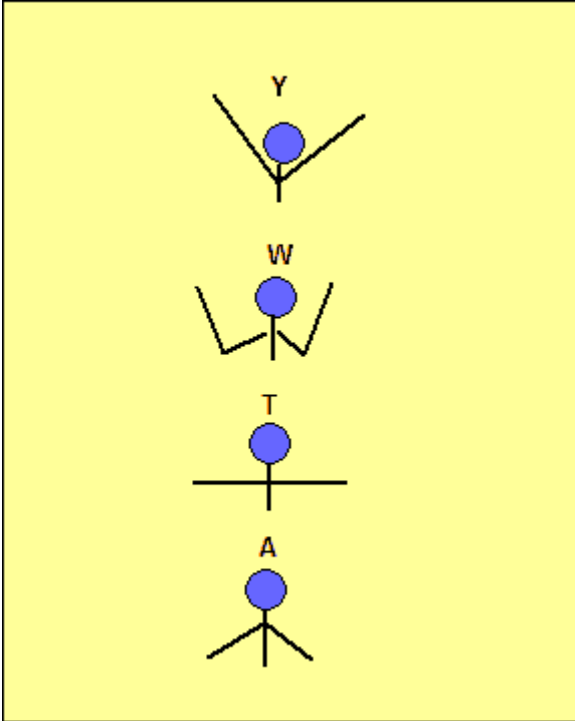
In the example shown the player is balancing on the right foot to begin. On the signal to go the player **quickly** steps the left foot followed by the right foot in between the lines. The final step with the left foot has the player balancing on the left foot.

B) Add instability

- have the players make YWTA shapes with their arms
- move your head
- close your eyes (just in the balance portion)
- 747's – move your body forward to look like an airplane

C) Move in different planes and different action

- front to back
- do a drop step through the lines
- "one in the hole" this promotes a cross over step

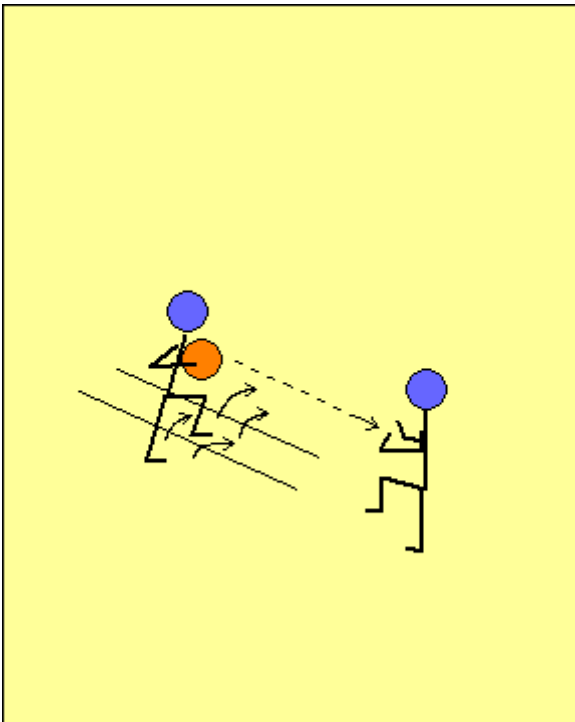


YWTA

These are excellent arm actions to work on movement prep for the upper body and to add some instability. Many players do not activate the back muscles. They spend too much time with their arms in front of their body and carrying backpacks. These movements can be done in combination with the balance drills.

Also lying on the floor is another good way or on a stability ball.

Make sure that the body stays straight. Players will tend to stick out their chin.



Add a ball

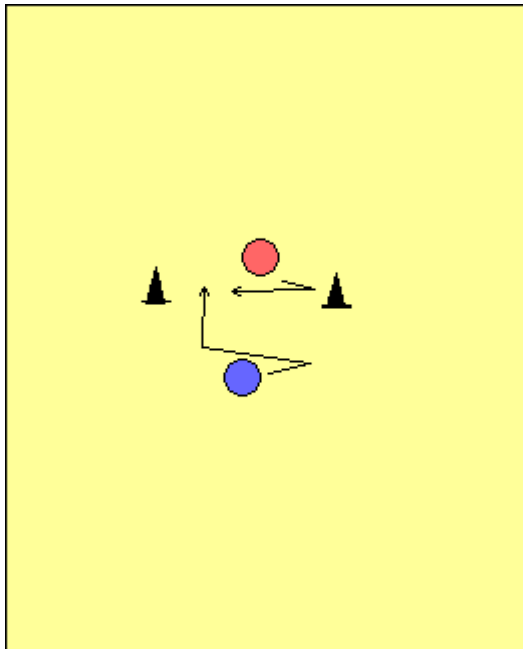
- a ball to be passed
- a ball to be dribbled
- dribble and pass the ball
- two players at the same time

Remember to change the movement plane – forward back

Also work different types of footwork

Chest shoulder reading drill

To work on the movement prep for this skill two players line up between two pylons. The space can vary depending on the skill level of the players. One is designated defense, one offense. The offensive player moves laterally back and forth the defense mirrors this movement. The offensive player then attempts to cut between the two pylons. The defender attempts to keep his/her chest in the line of the cut. Read the body of the defense. Have the defense keep the arms up by the shoulder area. This is a great drill to teach offensive and defensive footwork. It also teaches faking.

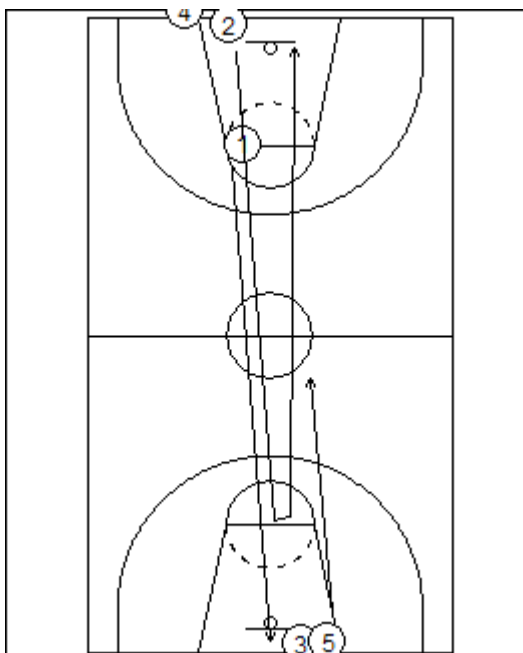


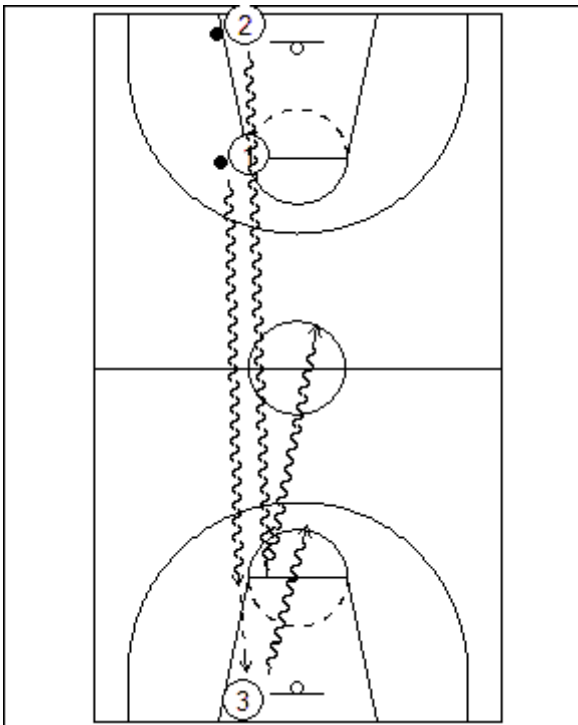
Run rabbit run

Player #1 starts at the foul line. On a signal he/she takes off running to the far end. #2 is trying to tag the back of #1. Once #2 hits the foul line he/she changes direction and head back to the other basket. #5 now enters the contest try to tag #2

You may have to change the distances for the age of your players.

A great fun drill to teach speed with a change of direction.



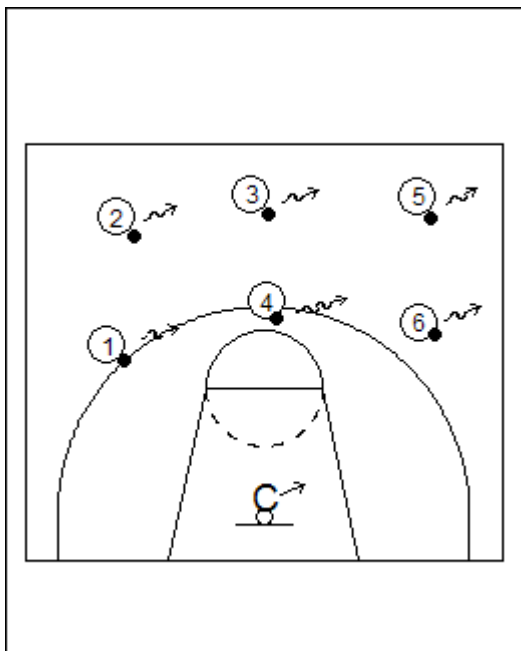


Run rabbit run with a ball

#1 and #2 start with a ball. #1 is on the foul line, #2 is on the baseline. When #1 starts to dribble, #2 dribbles attempting to tag #1's back. When #1 crosses the foul line he/she passes a ball to #3. #3 can go when #2 touches the foul line (you could have three balls and eliminate the pass from #1 to #3).

The players are working on a speed dribble and a quick change of direction.

Fundamental skill of dribbling with the your eyes up



Wave dribble

This is a basic drill, but still very effective for all ages. The players must react to the directions the coach points.

Keys:

- Do not change too quickly at first, you want the players to move in the desired direction with some speed. If you change too fast they end up standing
- use crab dribbles (perpendicular to the coach) and parallel (where the feet face the coach).
- The ball should be positioned behind the foot in a crab dribble and outside the foot in a parallel dribble.
- The body should be low with the back straight.

Coaches' signals

Here are some suggested signals to help the athletes learn to keep their eyes up. Reading clockwise from the top left.

Hesitation dribble - one hand up above head with an open palm. (two hands may signal stop pivot and protect the ball)

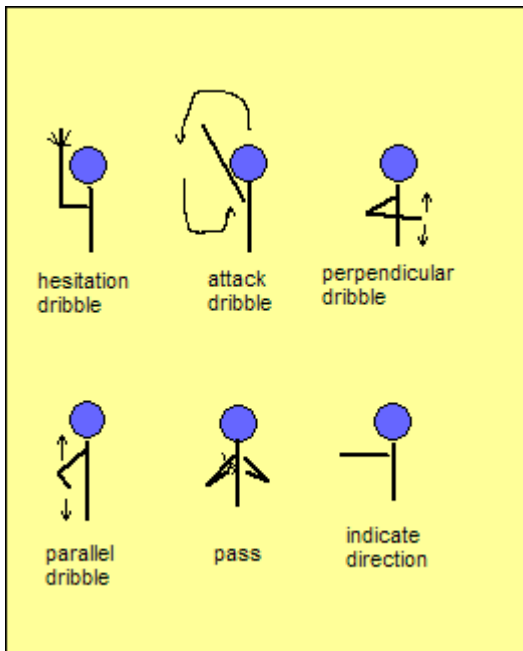
Attack dribble - circle the arm like the third base coach in baseball

Perpendicular dribble - dribble action with the arm across the chest

Direction - point in the direction you want the dribble

Pass - both hands up in front of chest

Parallel dribble - dribble action beside body

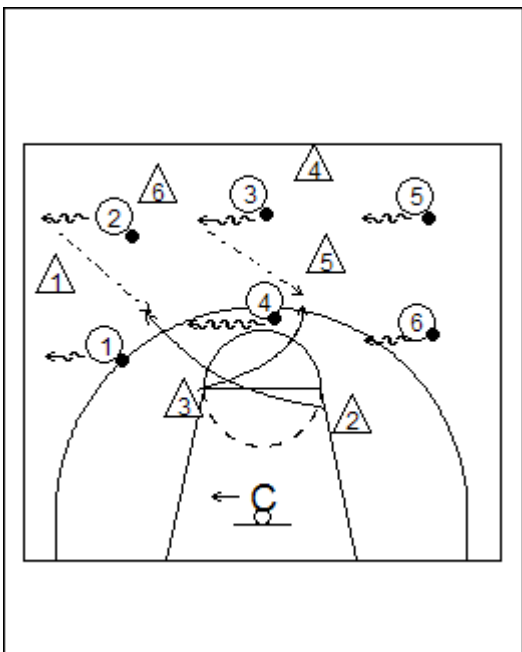


Random passers

To increase the psychological load on the players have a partner call for a random pass. Once the ball is passed the ball could be passed back or the player with the ball must know join the wave dribble drill.

In this diagram I have shown six random pass receivers. This may be because the coach only has six balls. You could only have one person. You could also use assistant coaches.

Note: it is crucial that players are able to do this drill in both the crab and parallel position.

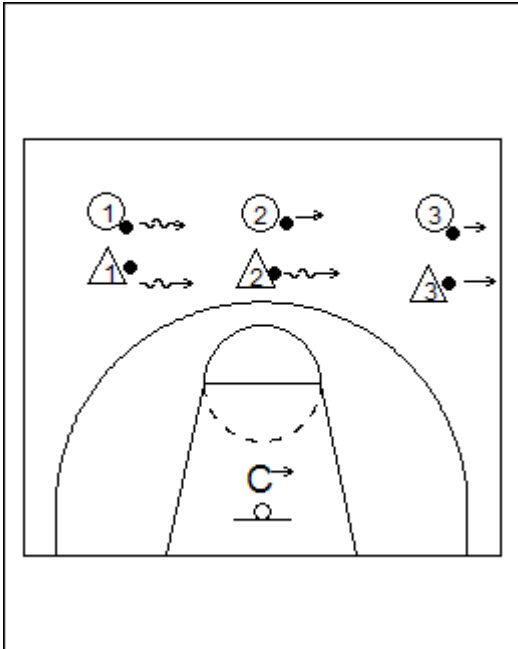


Mirror Mirror

In this drill everyone has a ball. The players facing the coach react to his/ her wave. The other player is facing the ball handler and reacts to his/her movement.

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- Add the random pass - the player would pass the ball and immediately get a return pass
- be sure to use both the crab and the parallel

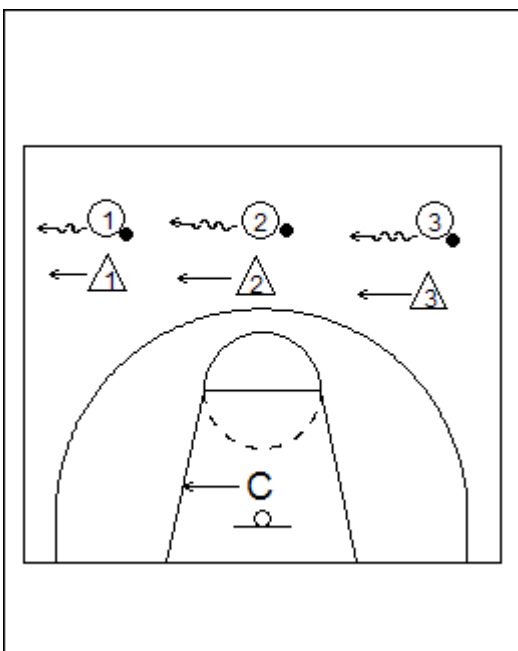


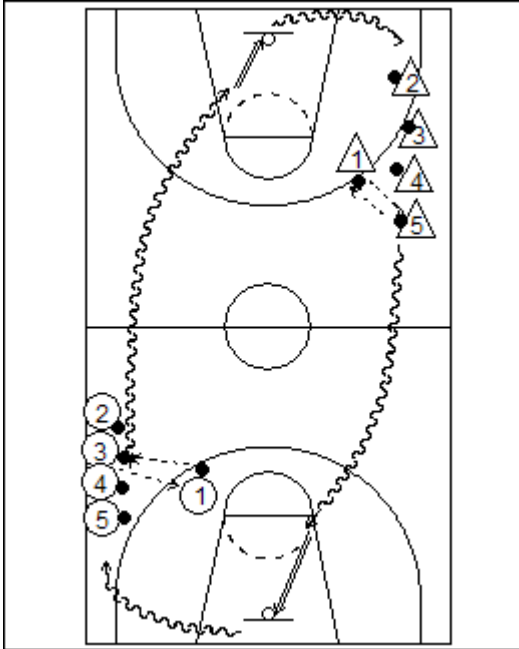
Mirror with guided defense

Now we add a guided defender who is moving to the dribble.

Loading

- The random pass rule can still be used.
- Have the players attempt to beat the defender with a dribble move (You may have to designate a confined space. I like using badminton courts. too many players will just put his/her head down and dribble hard with the right hand)





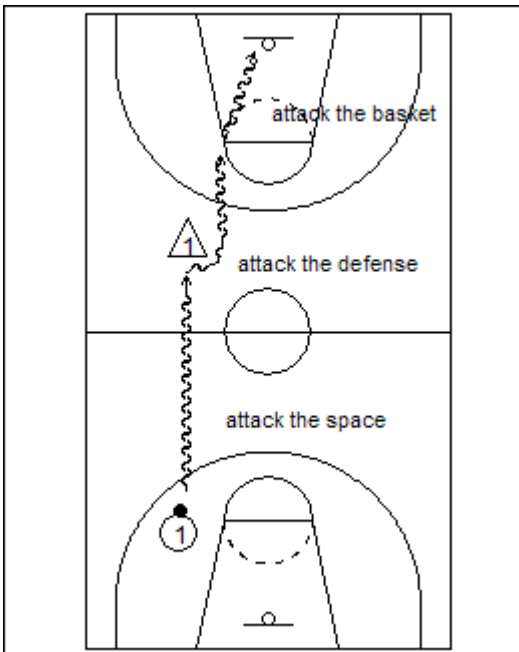
Peripheral vision dribbling

Every player has a ball and is dribbling with their left hands to begin. The passer makes a one handed flick pass to the receiver who flick his/her ball back to the passer. Upon receiving the new ball the receiver goes for a left hand lay up. After completing the lay up the receiver goes to the next line. The passer can pass to a second receiver once the group is ready. The key is to make the passes randomly. After a certain number of passes or a time limit have a new passer.

Work both hands in this drill. You can also start from different positions on the floor. It can be full court, baseline, and 1/2 court. Mix it up. Also make different types of passes. The players could also start moving in a circle or up and back in a wave dribble format.

You could also add a guided defender.

The technical skill of dribbling. Knowing when to use what type of dribble



Attacking dribble

Players need to understand the importance of attacking. With the 24 second shot clock and 8 second backcourt wasting time is not a wise strategy.

Attacking space

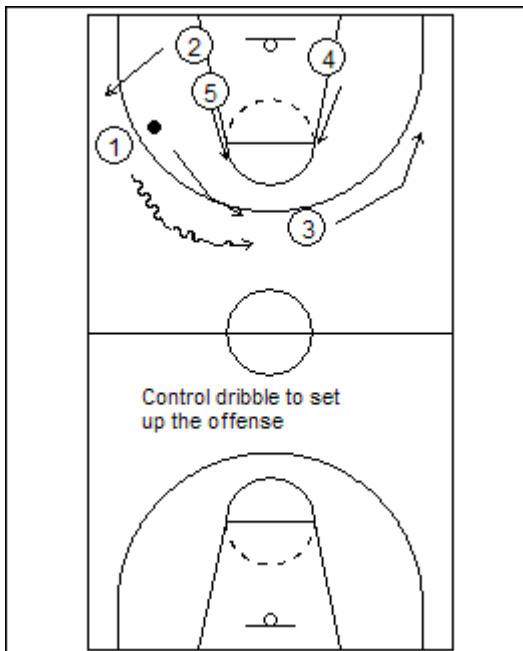
When a player with the ball has open space and no shot or pass opportunity he or she needs to close that space quickly and under control.

Attacking the defense

Once the defense is engaged and no pass is open and the clock is winding down, the player may need to attack the defender. This would require a different form of dribbling than attacking space.

Attacking the basket

Once an open drive line to the basket has been established the ball handler must quickly go to score before a defender can take away the drive line.



Control dribble

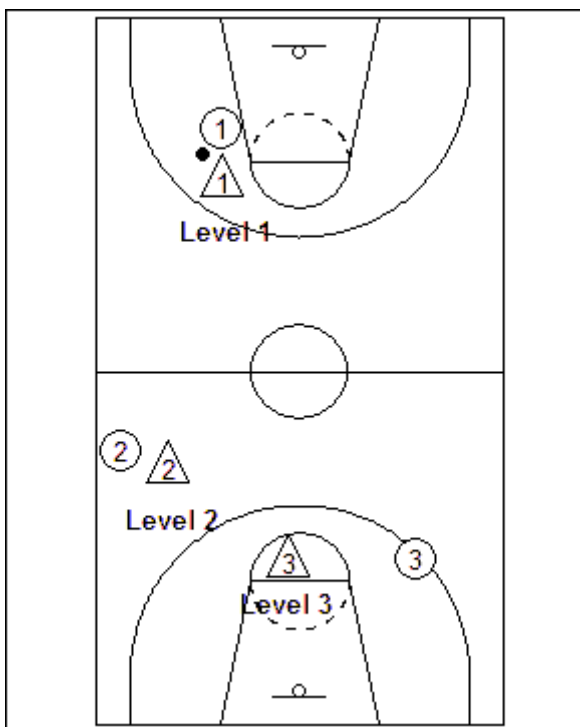
This form of dribble is when a player is using the dribble to improve a passing angle, to relieve pressure or to advance the ball vs. defense. It is crucial that the head is up and the ball is protected.

Control in space

This is used to set up the offense to work time off the clock

Control vs. a defender

This is a protection dribble. The player must look through the defender to see options that may appear



Vision of the dribbler

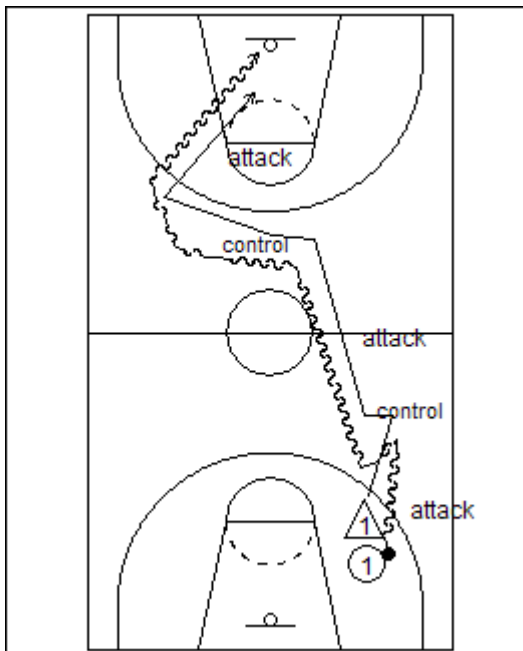
Three levels of vision

- Level 1 - Read your defender – be able to sense how close the defender is to your body. Do you need to crab dribble or can you stay parallel? Do you see a chest or a shoulder?
- Level 2 - Read the ball side defense which might become help or a trapper on an attack dribble.
- Level 3 - Read the help defense, which will be helping the helper. Is this defender going to be able to rotate quickly enough to affect the pass?

Changing from one type of dribble to the next

Players must constantly be changing from attack to control and vice versa. The ball handler must also be ready to pass at any time. "When" to use each type of dribble is the key.

The drills that follow will attempt to help the player understand the "when".



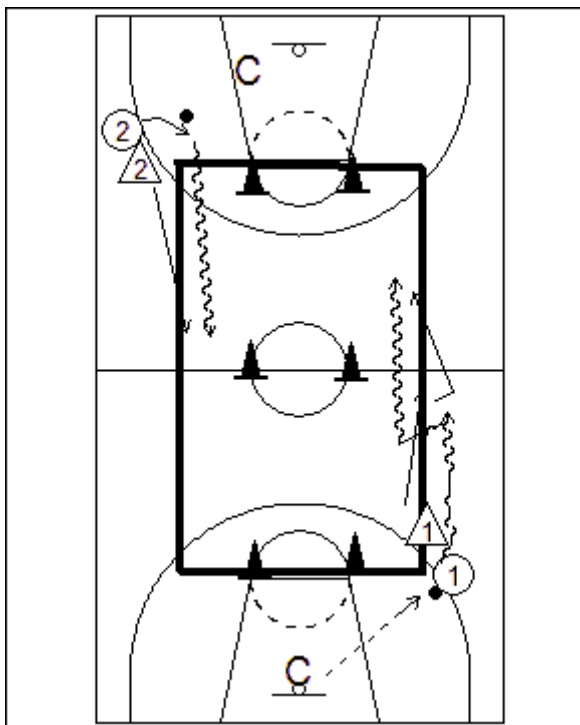
Crossing half in the middle third of the floor

In all full court dribbling drills we want the offensive player working to take the ball across half with his/ her inside hand.

The volleyball court that is in the middle of many basketball courts is a good reference point. We want the ball dribbled between the volleyball line and the pylons placed at the centre circle.

In the example you can see that #1 does a pull back cross over at half when he/she realizes that X1 is forcing him/her to cross half near the sideline.

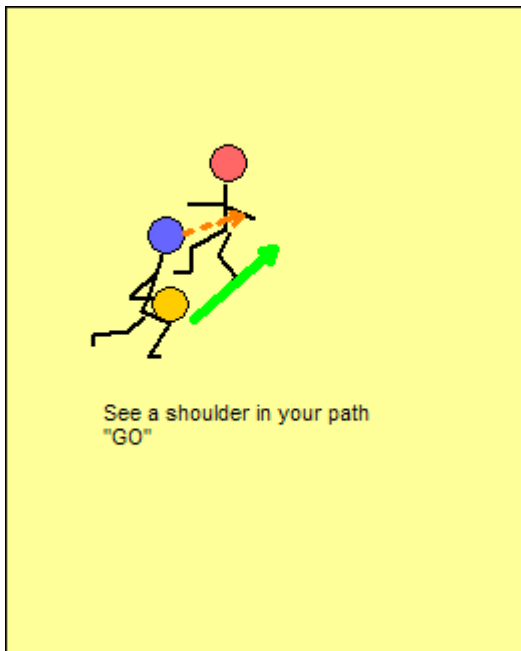
#2 uses a hard dribble with the inside hand after receiving the outlet pass.



Shoulder and chest

When attacking the defender the ball handler must learn to read how the defense is guarding him/her and when should he/she change direction and when to continue going in the same direction.

When a shoulder (hands, arms and elbows) presents itself 'go". The player needs to KOB (keep on the body) the defender to prevent recovery.

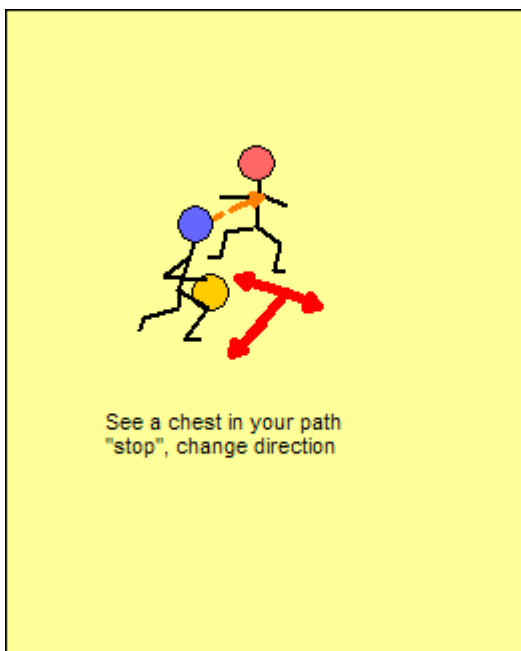


Chest

If your path is impeded by a chest the ball handler must stop moving in that direct and change direction. This could be a back ward dribble, or to either side.

The ability to know where the help defenders are may predicate what type of dribble can be used. A spin dribble is not wise if you know help could quickly appear from the blind side.

Many top players will use a step back dribble. This allows them to move backward and to the side at the same time creating space from the defender.



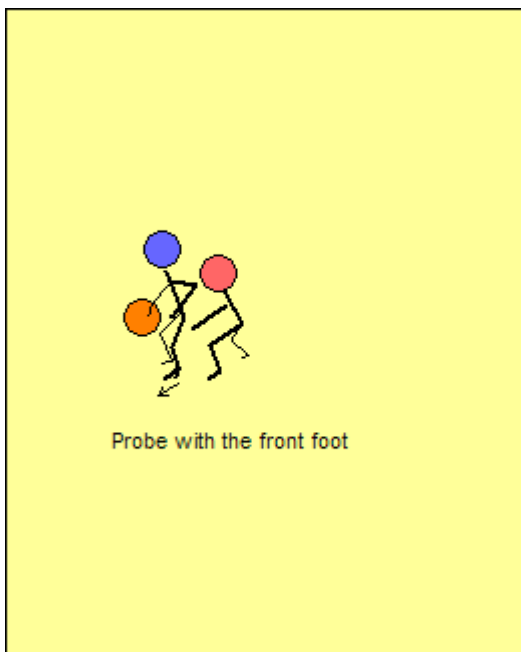
Perpendicular dribble

This is often called a crab dribble. It is used when the defense closes the gap and the dribbler must now use his/her body to protect the ball. The eyes must be up and still looking through the defender to the next levels.

To go too an attack dribble the player must use the crab dribble series. If the defense shows a gap immediately go to a parallel stance.

Probe with lead foot, eyes up and read the shoulder and chest

- if you read a shoulder loop dribble (push the ball and go tight by the defender on the same side)
- spin if you read a chest (if you suspect a trap pull back)
- if the defender drops back square and face



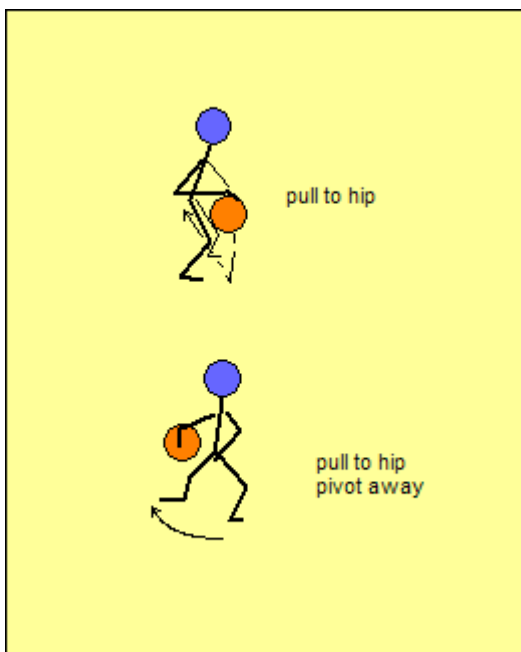
Spin dribble progression

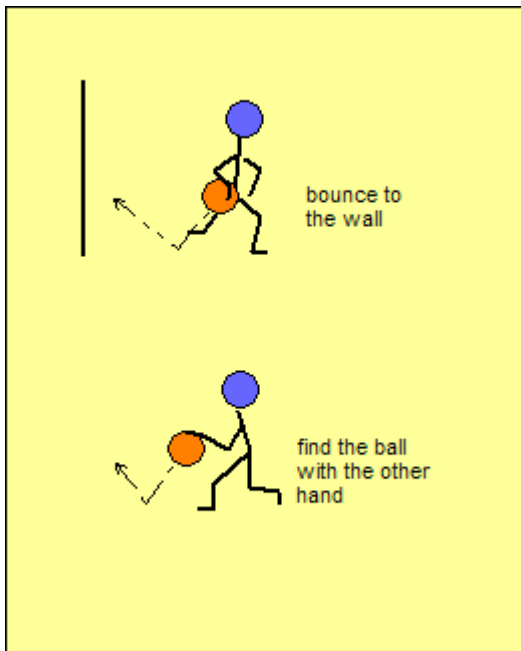
Step 1

Starting with a parallel dribble. The player pulls the ball to the hip. The key is to reach the floor and grab all of the energy of the ball as it comes off the floor.

Step 2

Now as the dribble is coming up off the floor the player pivots the hip away from the ball. The key is to keep chasing the hip with the ball. You want a tight radius.



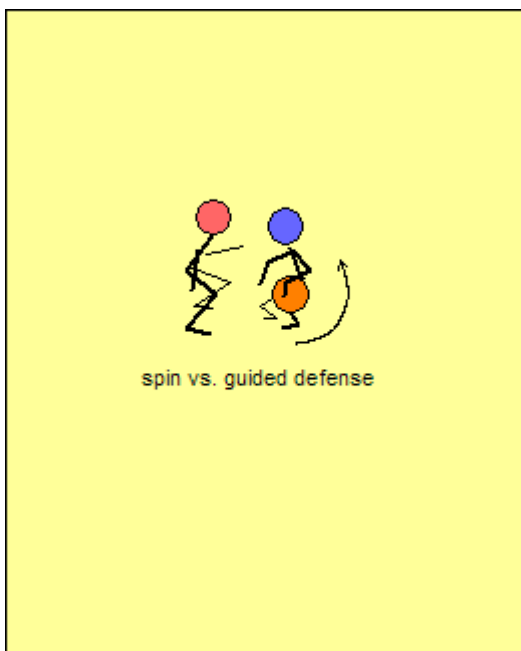


Step 3

As the player is reverse pivoting the ball is bounced to the wall. This helps the players learn when to switch hands. The ball should hit the wall straight on and bounce directly back to the player.

Step 4

Put it all together! The player must know find the ball with the opposite hand. It is best to practice this on a line to see if the player is going straight at the basket.



Step 5

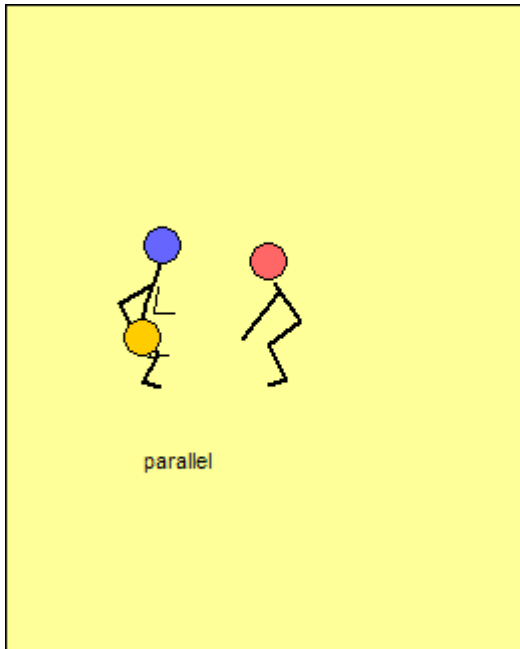
Now use the dribble vs. a guided defender. It is important that the player KOB (keep on the body) of the defender. This prevents the defense from recovering.

Parallel dribble

If the defense presents a safe gap to the dribbler he/she should remain parallel. The head should be up looking through the defender to the next levels.

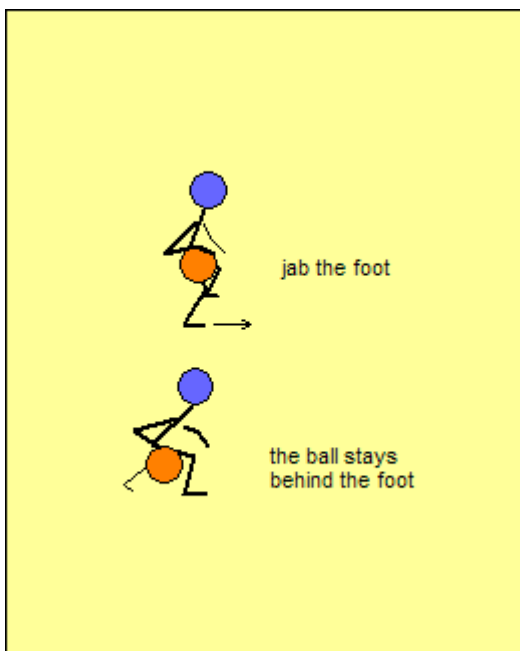
To go from a controlled parallel dribble to an attacking dribble the player will need to work on fakes. Dribble jabs and step backs are two types of foot dribble fakes from a parallel stance. Other players will use ball movement fakes such as crosses and fakes crosses to fake out the defense.

Adding in head and shoulder fakes also help.



Dribble jab

Starting in a parallel dribble the player takes a short jab with the same foot as the dribble. It is very important that the ball stays behind the jabbing foot. Also, a slight "crow hop" is taken with the back foot. We do not want this to be a big lunge. The player has no power for the next movement. Keep the back foot under the body.

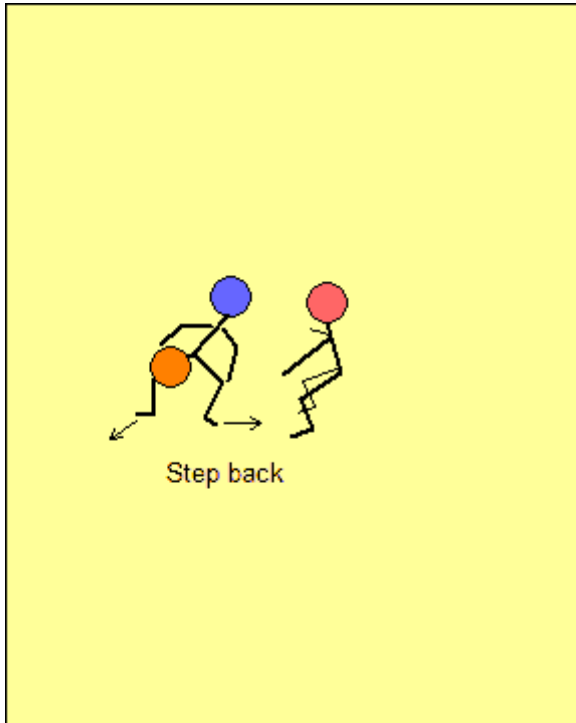


Step back dribble

The other type of dribble jab is to use the opposite foot from the ball. The player drives the foot at the basket leaning forward to indicate a drive to the basket. It is crucial that the ball stays back near the back foot.

When stepping back the back foot moves sideways not forward. This keeps the space when the front foot retreats.

The dribbler now reads the same chest and shoulder. This is an excellent dribble to create space to pass, shoot or free up a parallel dribble.



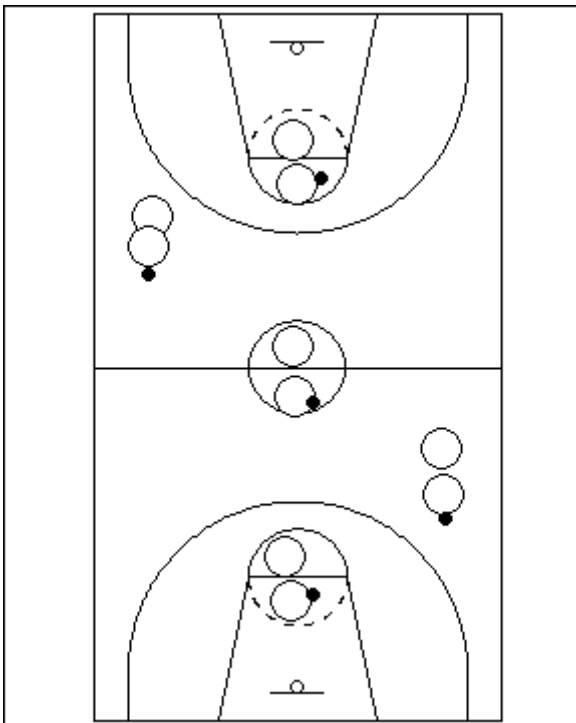
Working on crab and dribble jabs with guided defense

The players spread themselves out and work on the movements of a crab dribble and a parallel dribble to beat the defender. The defense gives different reads to help the dribbler. This works best in a confined space.

Loading

- Decrease the size of the space
- add random passes

This basically the same drill that was used in slide #9 only we have added a ball.



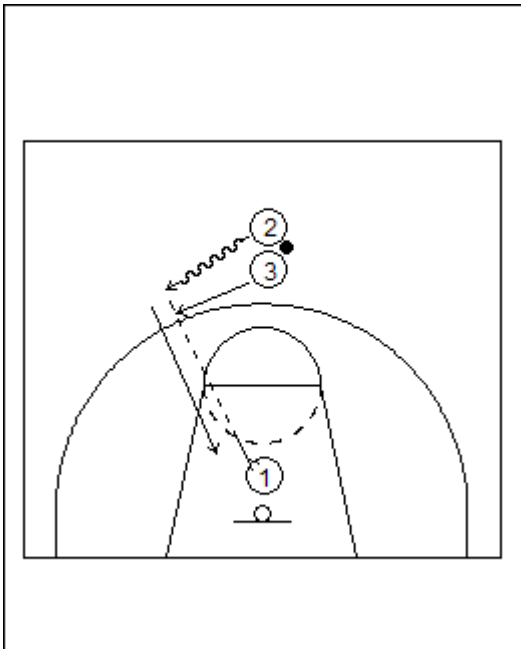
3 player wave - pass and replace

This is just a variation on the old pass and replace drill (keep away)

#1 gives #2 wave dribble signals. When the pass signal is made the ball is passed and #2 becomes the new defender, #3 now gives the directions to #1.

With younger players it may be best to start with a coach in #1's position.

It is important to keep good spacing. It is suggested to stay well outside the 3 point line. On the move to attack #1 can move to make better spacing to receive the pass.



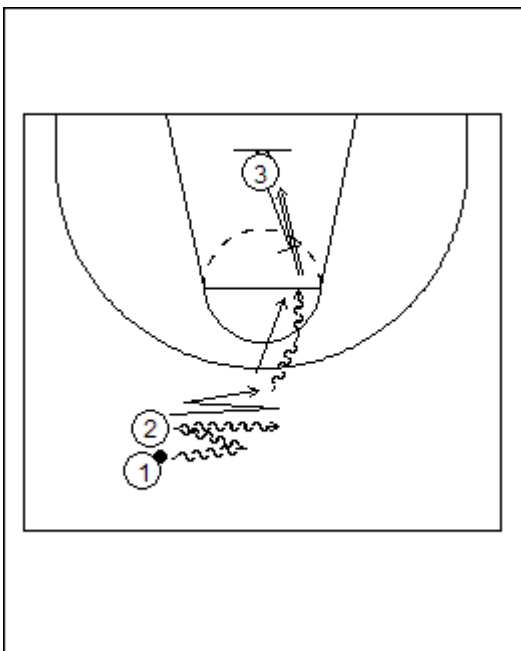
1/2 court wave attack and control

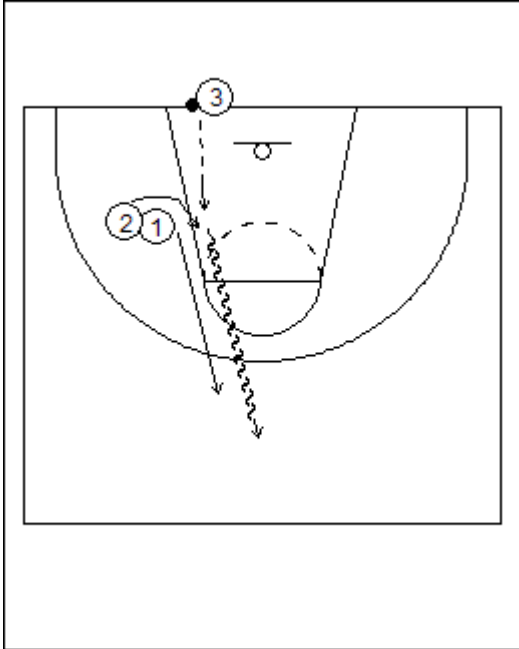
#1 starts by ripping the ball from #2. #3 gives the players wave signals. The defense, #2, works to stay on the ball.

Note: at first you may use a coach in the #3 position.

After about 6 seconds #3 signals an attack dribble. #2 must go to score. (#3 could signal another hesitation dribble). #3 can also be a help defender or call for a pass at any time. Keep it simple at first but build as the player's ability to read improves.

When the ball is shot both #3 and #2 are on defense. Who ever gets the rebound must break out dribble to 1/2 court. #1 defends which ever player has the ball.



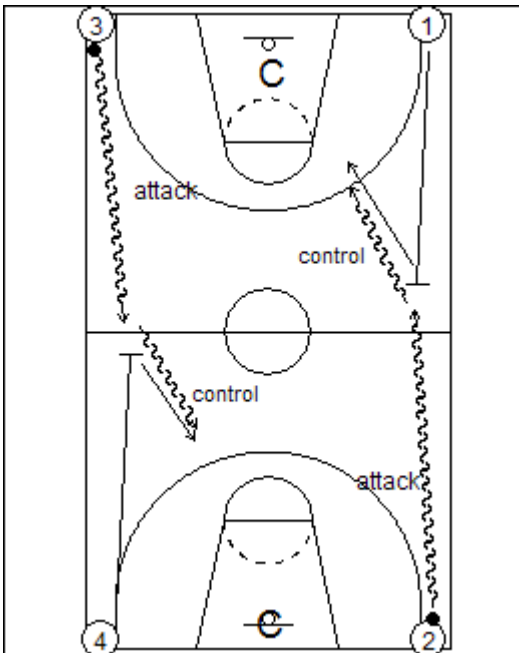


If the ball is scored #3 inbounds and #1 denies #2 and plays defense to 1/2 court.

Once the ball gets to 1/2 court the ball is set down and #1 picks the ball up and the drill begins again.

The coach must decide how many repetitions the player should go. On the last rep the drill should be live.

Note: This is a very demanding drill. The psychological load is very high. Players will not be able to perform this drill with intensity at first. It takes time.



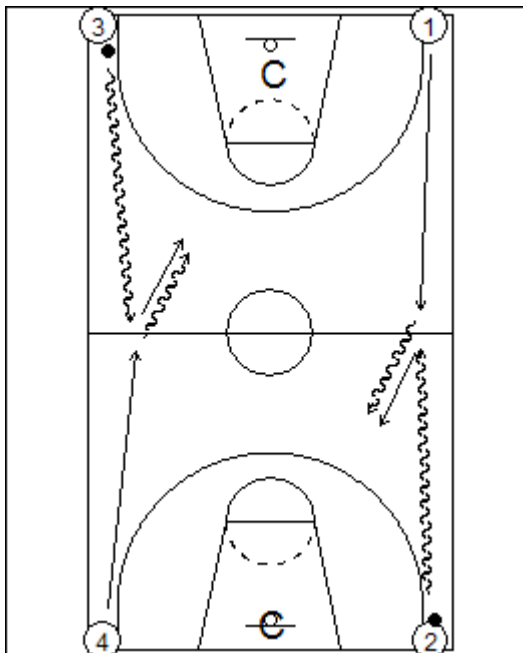
Full court attack and control

#1 sees open space and speed attack dribbles to 1/2 court. #2 is running from the opposite baseline to contain the dribbler. The same action is happening on the other side.

#1 must change into a control dribble. Read the coach under the basket. He/she will give the same signals as the previous drill.

Loading

- Players can return in the other direction after scoring or a rebound
- The players could only go to 1/2 court and set the ball down and return to the same basket.
- Add a random pass, then receive the ball back before scoring



Variation

When #1 dribbles to 1/2 court the ball is set down (or passes to #2) and #2 picks it up and attacks the basket. The defense gives different looks:

- aggressive with no gap - use a protected crab dribble to start
- back pedal - use a speed attacking dribble with inside out moves and roll cross over
- gap - the defense retreats back to the 3 point line - use a attack speed dribble to close space and then go to a control dribble when approaching the defense

Recovery / Cool Down

We need to do activities that involve light movement to get the lactic acid out of the system. The ideal are slow aerobic movements in a pool or on an exercise bike (non-weight bearing). It needs to last about 8 to 10 minutes.

Basketball Specific

- Open foul shooting
- Every one make a foul shot /jog
- Light ball handling
- Kings drill

Also can do non-basketball specific:

- Leg shakes
- Self massage
- Foam roll
- Stretching (?)

Fluids and nutrition immediately!!

Debriefing

"I"

"You "

"We'

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