

Basketball Queensland Skills Day

'A Program of Basketball Queensland High Performance Program with the support of the Queensland Academy of Sport'

The Skills Day Camps are an entry level activity for athletes wanting to be involved in Basketball Queensland High Performance Programs in the future. This program focuses on introducing junior athletes to the content based around Basketball Queensland philosophy and themes associated with what it means to be a basketball player from Queensland.

The primary objectives of the skills day are;

- Introduce athletes to fundamental offensive and defensive skills, both individual and team
- Identify young talented athletes from the top age (1998) under 14 age group
- Provide an education opportunity for Association based rep and club coaches
- Provide training opportunities for athletes to prepare them for further basketball development
- Provide a pathway for identification and selection of U15 Queensland Development Team

Camp themes should include (these things should be stressed during every drill)

- Footwork
- Containment
- Shooting
- Spacing
- Cutting at pace
- Communication

Suggestions for Lead Coaches and Network Coaches:

- Be positive at all times. Coaches correct they don't criticise
- Establish different tempos for the trainings, Teaching, Learning, Game. Please ensure the players are aware of which tempo they should be working at in each drill/activity/game
- When correcting try and utilise the "Sandwich Method", that is
"Positive – improvement – positive"
- Try and establish an individual rapport with the players, learn their names and personalities as quickly as you can
- Teach the game through brief explanations and demonstrations. Avoid interrupting the drill unless it can't be ignored. **COACH ON THE RUN!**
- Be active during sessions. Provide feedback to players and encourage
- Be reasonable on your demands on players
- Ensure the "average" performer gets equal feedback as the "elite"
- Make sure players hustle between drills
- Be on time! must finish on time!
- If you are unsure, ask! Coaches don't know everything
- Do not spend all the time with athletes you know or coach meet and work with new individuals
- If there is more than once coach at a station have one of you coach the defensive component of the drill whilst the other coaches the offensive component
- Enjoy the camp!
- Ensure the players enjoy their experience at the camp



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MACKAY SKILLS DAY SCHEDULE

May 28th & 29th

8:30 – 8:50am	Player Registration & Introduction	Bec
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Head Coach

Shane Froling

Saturday:

Session 1 Girls & Boys - 9am – 11am

Morning Tea 11 - 12

Session 2 12 – 1:30

Lunch 1:30 – 2:30

Session 3 2:30 - 4

Break 4 – 4:30

Session 4 4:30 – 5:30

Sunday: Arrive by 8:10am for 8:30am start

Session 5 8:30 – 10:30 - Camp coaches to plan session.

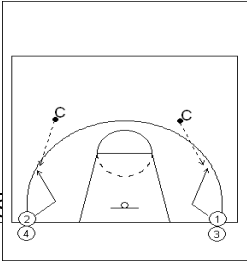
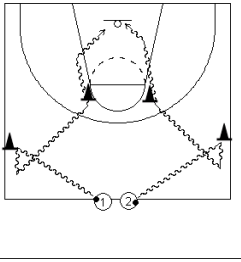
Skills Day 10:30 – 10:45
Debrief



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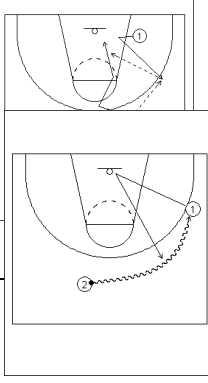
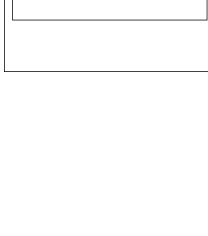
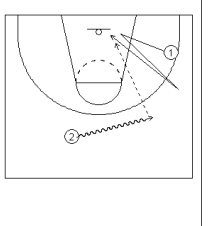
Mackay Skills Day Session 1 - 9am -11am

Skill/Drill	Set Up/Description	Points of Emphasis/Diagrams
<p>Warm up 9:00 – 9:10</p>	<p>Running High Knees Grapevines Change of Direction Stride stops & pivot 2 foot stops & Pivots Sprint outs and square up. STRETCH</p>	
<p>9:10 – 9:35</p> <p>Individual offensive stations 4 stations x 5 minutes (1min rotation & instruction - 5 min drill)</p>	<p>Station 1: Dribbling – Retreat & Crossover Retreat Dribble – Ball away from defender, head looking forward, arm bar. Cross over in front – Bounce long & low Between legs – low athletic stance Behind back – Get body in front of the ball first Execute both sides – ALL crossovers to be below knee level. Head & eyes up</p> <p>Station 2: Lay – up technique – Correct hand shooting / footwork</p> <p>Station 3: Passing R & L hand Sharp</p> <p>Station 4: Shot Technique Emphasis on stance (dominant foot forward) form & follow through Keep it straight</p>	
<p>9:35 - 9:50</p> <p>Individual offence</p>	<p>Lead Footwork/Shooting footwork – Catch & Face. Head Coach to clinic forward lead & squaring up on inside foot. Cover on side & cross over moves off forward lead V – Cuts movement for catch & shoot Lead from baseline Show a target Shoulders square to the ball to catch Inside foot pivot. Non pivot foot forward</p> <p>Catch in a low stance – be a threat. Shot technique 1 – catch & shoot 2 – Catch, one bounce lay – up 3 – Catch, shot fake, onside, 1 bounce, shot</p>	
<p>9 :52 – 10: 05</p>	<p>1 v 1 Defence Lead coach to demonstrate defensive stance & foot work Drill 1 v 1 corridor defence Emphasis on not “STEALING the ball “but being in correct position. Low stance – big to bigger footwork. Moving the correct foot first is vital.</p>	



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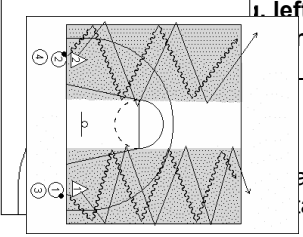
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<p>10:05 – 10:20 Offensive Movement – Cutting & Defending</p>	<p>Forward Lead, inside cut (give & go) 2 v 0 Use dribble swing to enter the ball (Choose one side, shorten pass) -Pass to wing after forward lead completed' -Passer steps away executes inside cut (give & go) receiving pass for layup/shot -Emphasis on lead footwork, firm passes, Catch & Face & cutting with a purpose (intention to score)</p>	
<p>Defending the forward lead and inside cut 2 v 2</p>	<p>Head Coach to demonstrate principles of denial 1 pass away & jumping to the ball to defend cut. -Offensive Emphasis – Cath & Face, inside cut - Technique of V cuts, catch & face, passing, catching, & shooting must be maintained. - Pass the ball to the advantage of the receiver</p>	
<p>10:25 – 10:50 Back cut - 2 v 0 Defending the back cut 2 v 2</p>	<p>- Dribble to one side to enter drill - Wing to lead beyond 3 pt line 45 angle -Cutter to react to defensive pressure -Catch fake – Back cut Emphasis on lead footwork, firm passes & cutting with a purpose (intention to score) -Drill 2 v0 build to 2 v 2 (D must get into the lane) Head Coach to demonstrate defensive technique – Show both Head snap & Open up techniques -Pass the ball to the advantage of the receiver.</p>	
<p>10:50 – 11:00 Dribble Entry - shallow cut 2v0 – 2 v 2</p>	<p>Use dribble swing to enter the ball (Choose one side, shorten pass) -Communication on entry -Hard back cut to basket, turn & seal facing the ball. -Lead back out just below the elbow to maximise passing angles for ball reversal. -Emphasis on lead footwork, firm passes, Catch & Face and cutting with a purpose(intention to score) -Ball Handler is to not creep into the elbow</p>	



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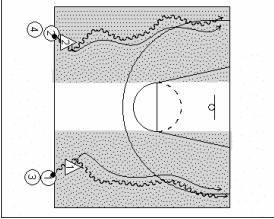
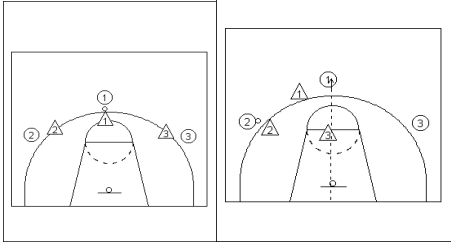
Mackay Skills Day Session 2 - 12:00 -1:30pm

Skill/Drill	Set Up/Description	Points of Emphasis/Diagrams
12:00 – 12:10 Warm Up	Dynamic warm-up & stretch: Body Warps on the move, 30 second dribbles, Pound, speed Left hand left leg, figure 8, on the move wave dribble, between and combination.	
12:10 – 12:20 Individual Defense	 balanced stance Slide technique Push Step Slide Drop step	Bucket Down, Butt Out • Feet slightly wider than shoulders • Knees bent • Move push with inside trail foot • Point lead toe (wide to wider) • Head middle of body between legs • Hand positioning (spear and deflection hand up) • Use lead hand and shoulder to assist with movement
12:20 – 12:30 Defense – On Ball Stance (Spear hand deflection & gapping)	Set Up • In Pairs • Ball between 2 • Work from FT extended outside the 3pt line • Offence works the ball	<ul style="list-style-type: none"> • Push points: nearest sideline then baseline • Communicate • On the balls of your feet • Maintain balanced stance • Anticipate movements • Ball pressure
12:35 – 12:45 Closing out	Teach Closing out on the ball First 3 steps sprinting get there quick Last few steps stutter to a balanced stop Challenge the shot don't jump!!! Be squared on the ball Both hands up Communicate Spacing and contain the ball	Set Up: Coaches at the 45 with a ball, 2 lines of players on the base On the whistle the first player in each line closes out The players then D- push step slide to elbow or base line Joins in the back of the opposite line
12:30 -12:35 Run – Slide – Run Technique	Coach to explain	Teach the players to get ahead of the ball if beat and contain again. DO not run next to player and reach
12:35 – 12:45 Individual Defense	1 v 1 containment in the ½ Court Defence to turn the dribbler - Beat the offence to a spot - Force the dribbler to change - Work in corridors - Drill from baseline TOWARD half court	



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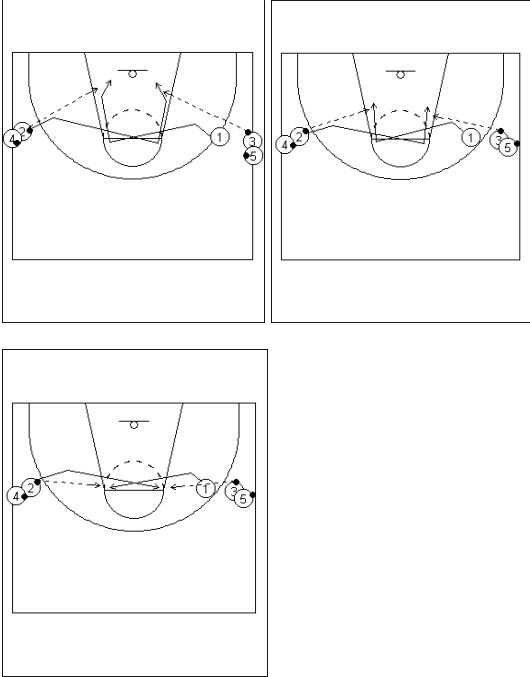
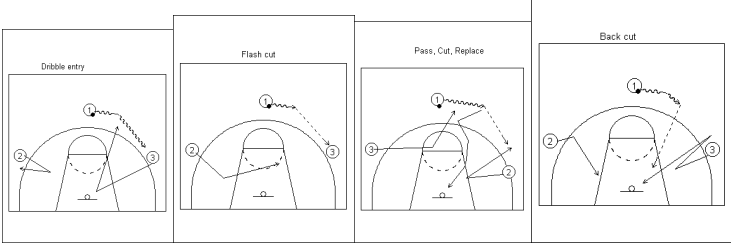
	<p>1 on 1 containment in the front court- Contain the dribbler</p> <ul style="list-style-type: none"> - Channel the dribble to the side line - NO middle! - No risk taking, control the direction of the ball <p>Work in corridors Drill from half court TOWARD baseline</p> <p>1 on 1 Turn & Channel full court Turn the dribbler to the back court</p> <ul style="list-style-type: none"> - Channel the dribbler in the front court - No middle -Understand when stop turning your man and to start channelling toward the side. This may vary due to proximity to centre line or difference in quickness between the offensive and defensive players - Play live once over the centre line - NO MIDDLE! 	
<p>12:50 – 1:05 3 v 3 Shell Drill</p>	<p>3 v 3 Defence – Reinforce split lanes concepts</p> <ul style="list-style-type: none"> -Introduce defender 2 passes away -Concept of positioning in relation to the basketball -Offensive – emphasis introduction to pass, cut, replace - Drill 3 v 3 static to start. 	
<p>1:10 – 1:30 10 min Offensive movement</p>	<p>Review Offensive Stance Low Work the ball: Hip to Hip Shoulder to Shoulder</p>	<p>Set Up Line up on the base line First player takes a dribble comes to a jump stop Rips the ball in a pivot and passes to the line Repeat, pivots forward right & left and reverse</p>
<p>10 min 1 on 1 Perimeter</p>	<p>Offence</p> <ul style="list-style-type: none"> -Drilling O & D -Forward lead to get open -Catch & square up –challenge the D -Onside & crossover moves -Ball & foot on the floor at the same time on take off -Correct footwork no travels -shoulder past hips -Use of fakes <p>Attack</p> <ul style="list-style-type: none"> -Alternate sides 	
<p>STRETCH DOWN</p>		



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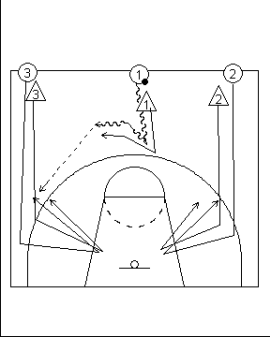
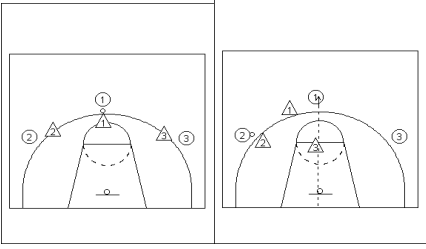
Mackay Skills Day Session 3 - 2:30pm - 4pm

Skill/Drill	Set Up/Description	Points of Emphasis/Diagrams
2:30 -2:40 Warm up	Passing	Piggy in the middle set up Defender stays stationary O with ball, D puts ball pressure on pass. O to fake a pass, strong crisp passing. Other O person passes ball back. Repeat 5 times and switch.
2:40 -2:50 Shooting Drill	<p>Free Throw Line, Continuous Shooting Drill</p> <p>-2 lines each at free throw line extended -4 balls 2 at each side -Done at pace – 1.5 min each shot</p> <p>1 Pass down the lane for lay up 2 Pass down the lane for power lay up 3 Catch & shoot down the lane 4 Catch & shoot at the elbow 5 Catch at the elbow, shot fake & crossover 6 catch at the elbow shot fake, outside.</p> <p>Reinforce all shot technique and footwork.</p>	
2:55 – 3:10 Offensive Movements 2 v 0 2 v 2	Cutting without the Ball Straight Lead V Cut Back Door UCLA Flash	Set Up 2 lines on either side of the floor Coaches with the ball Have the players execute each one of these cuts Quick movements to get open Catch and attack with the ball
3:15 – 3:30 Motion Principles	3 v 0 motion Head Coach to Clinic -Start at centre line, & run lanes into slash & seal – - Point guard to protect --the ball before determining a side. -Catch & face -Pass, cut, replace (using v cuts) -Understanding of ball reversal -Dribble entries - Flash Cut /Back cut -Give athletes instruction on entries to help with recognition of cuts /ball reversal.	
3:30 – 3:40	Motion Cont... 3 v 3 Start at centre line, & run lanes into slash & seal –	



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	<ul style="list-style-type: none"> - Point guard to protect --the ball before determining a side. -Drill as above with defence -Pre determine first entry i.e. Pass & Cut -Ball reversal -Communicate -Create a lead -Catch & face -Cut with a purpose -Use dribble swing -Timing 	
<p>3:40 – 3:50</p>	<p>3 v 3 Defence – Reinforce split lanes concepts</p> <ul style="list-style-type: none"> -Introduce defender 2 passes away -Concept of positioning in relation to the basketball -Offensive – emphasis introduction to pass, cut, replace - Drill 3 v 3 - D has to get 3 stops and out 	
<p>3:50 – 4:00</p>	<p>3 v 3 ½ court</p> <p>Offensive emphasis - Spacing & movement.</p> <ul style="list-style-type: none"> -Defensive emphasis – positioning & jumping to the ball. -Offence don't rush -Cut with a purpose, look at cutters -V cuts - CSU – catch & square up 	<p>Coaches – apply rules to games</p> <p>I.e. – all players must touch the ball, 3 cuts etc.</p>



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Mackay Skills Day Session 4 - 4:30 – 5:30

Skill/Drill	Set Up/Description	Points of Emphasis/Diagrams
4:30 – 4:40 Warm up	Coaches choice	
4:40 – 5:05 Individual offensive stations 4 stations x 5 minutes (1min rotation & instruction - 5 min drill)	<p>Station 1: Post Moves</p> <ul style="list-style-type: none"> -Drop step low – power bounce (toes to the baseline) -Drop step to middle – power bounce – jump hook (toes to sideline, shoulder under basket) -Turn high & shoot – (forward & reverse pivots) high foot pivot foot -Turn high, rip through and step low. <p>Station 2: Create a lead – Catch & square up & Inside cut.</p> <ul style="list-style-type: none"> -Slash arm technique -Step at the defence to seal -Movement toward the block not elbow -Use hard back cut & catch fake to help get seal. -Change of pace/change direction -Shoulders squared to the ball to catch. Show target. -Inside foot pivot -Catch in a low stance – be a threat -Pass, pause, step away, cut hard -Early Pass- catch, step & reach (no bounce) -Late Pass – power lay up -Build drill to add defender <p>Station 3: Dribbling - Continuous crossover dribble</p> <ul style="list-style-type: none"> -Cross the ball over in front -Through legs -Behind the back -Reverse spin <p>Station 4: Shot Technique Emphasis on stance (dominant foot forward) form & follow through Keep it straight</p>	
5:05 – 5:20 Defensive Positioning 4 v 4 5 v 5 Shell Drill 5:20 -5:30 Scrimmage STRETCH DOWN	<p>Head Coach to clinic shell principles</p> <ul style="list-style-type: none"> -Jump to the ball – Move as the ball moves -Verbal Communication -Drill static to start -Offence to cut on guard to forward pass - Include baseline drive/penetration with defensive rotations. 	



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5:05 – 5:20 Defensive Positioning	Head Coach to clinic shell principles
4 v 4 5 v 5 Shell Drill	-Jump to the ball – Move as the ball moves -Verbal Communication -Drill static to start -Offence to cut on guard to forward pass - Include baseline drive/penetration with defensive rotations.
5:20 -5:30 Scrimmage	
STRETCH DOWN	

Camp Coaches to put session together and each to deliver a drill:
1 hour of Content
1 hour games

Skill/Drill	Set Up/Description	Points of Emphasis/Diagrams
<u>Mackay Skills Day Session 5 - 8:30am – 10:30am</u>		

