

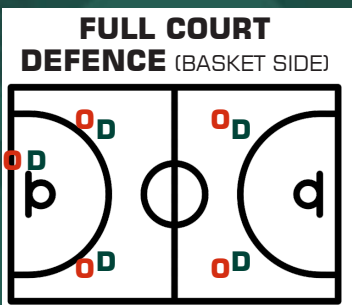
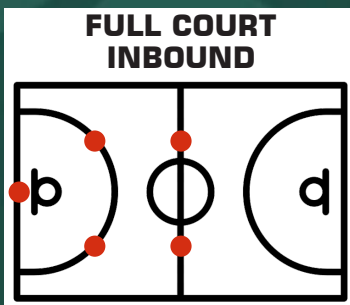
# GAME DAY

- H** **HAVE A GAME PLAN.** What will be your points of emphasis for today's game? What warm up will you do? Have a subbing plan ready.
- O** **OFFENCE.** Space the floor. Eyes up and pass ahead. Pass and move. In the half court square up to the basket and look to score open shots or drives to the basket.
- R** **RESPECT.** All players, officials, spectators, staff and the game itself. Should you ever require assistance on game day see our staff at reception who will notify a supervisor to attend your court.
- N** **NO ZONE.** Teams must play man to man defence. Each player marks 1 person on defence. Once on defence we want to encourage our team to find their players quickly and guard them.
- E** **ENCOURAGE EVERYONE.** Always be positive and encourage players to do their best. Encourage every player to get involved. Be inclusive of everyone. When giving feedback keep it positive and constructive.
- T** **TIME OUTS.** Use them every game. In time outs players get a rest but it also gives you an opportunity to educate your players, review game plan, make changes if required or sometimes just to give praise.
- S** **SUB EQUALLY.** Give all players an equal opportunity to develop as athletes. With player ability usually at a variety of levels you may need to be strategic with your subbing. Using a template helps. Also rotate your starting 5 weekly.

**POINTS OF EMPHASIS:** On game day, have simple and easy to communicate goals and directives for your team. Limit instructions to 2-3 points for each offence and defence.

- OFFENCE:**
- DRIBBLE WITH EYES UP.
  - USE JUMP-STOPPS.
  - PASS AHEAD.
  - SPACE THE FLOOR.
  - LOOK FOR OPEN SHOTS.

- DEFENCE:**
- MARK 1 PLAYER AND FIND THEM QUICKLY.
  - MOVE FEET ON DEFENCE.
  - ARMS WIDE OR UP (NO FOULS).
  - BE ON BASKET SIDE OF YOUR PLAYER.
  - REBOUND.





# JUNIOR TRAINING U9 -18'S COACHING TOOL

## BE PREPARED:

Have a training plan, goals and points of emphasis for the session. Prepare to be flexible and change things up if required. Less talk and more action. Maximum ball touches for all players during the session.

## TRAINING SESSION COMPONENTS:

**WARM UP & BEGINNING:** Waste no time. Get started quickly. Start with a warm up and build into the intensity. The beginning of the session is the best time to cover your super 6 skills. Drills may contain multiple skill sets. Have kids working at a pace where they can make mistakes. Drills should allow for multiple ball touches, we don't want any players standing around waiting for a turn. Drills should go for 6-8 minutes.

**MIDDLE - SMALL SIDED GAMES:** Break down the 5V5 game into smaller groups of play. 1V1, 2V2 and 3V3. Also using advantage drills during this stage will test and grow the players decision making skills. So 2V1, 3V2 or 4V3. You could make drills competitive by players keeping score or having a time or dribble limit.

**END - GAME PLAY:** Let them play. If you want to give some guidelines to the game you can. Step back and observe. Are they using the skills we have learnt? Are they having fun? Are they hitting our sessions goals? You may call a time out or half time of play. You can provide positive & constructive feedback and review the original games guidelines, you may adjust these to assist the team.

## THE SUPER SIX SKILLS

### 1. DRIBBLING

### 2. PASSING

### 3. FOOTWORK

### 4. SHOOTING

### 5. 1 ON 1 DEFENSE

### 6. DECISION MAKING

*\* Try and use drills that incorporate these skills at your practices. These skills help build well rounded players.\**

## DOES MY SESSION HAVE THE FOLLOWING?

### SAFE

Area, equipment, & practices.

### ORGANISED

Session is pre planned, starts quickly, flows & progresses & is age appropriate.

### ENJOYABLE

Lots of ball touches, less talk more action, provide positive feedback. Did players enjoy the session?

### ENGAGING

Everyone participating, all players engaged, allowing for all skill levels.

**SESSION REFLECTION:** Have basketball skills & rules been taught throughout? Did players get plenty of ball touches? Was the session inclusive of all players and skill level? Did you observe player improvement & engagement? Did you give positive feedback? Always reflect on every session.

## FURTHER EDUCATION & COACHING TOOLS:

EDUCATION COURSES | [hillshornets.com.au/coaches/coaching-courses/](http://hillshornets.com.au/coaches/coaching-courses/)

COACHING RESOURCES | [hillshornets.com.au/coaches/resources/](http://hillshornets.com.au/coaches/resources/)

For any further questions please contact [coach@hillshornets.com.au](mailto:coach@hillshornets.com.au) or 9894 8944.

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Visit [hillshornets.com.au](http://hillshornets.com.au) or phone 9894-8944 for further information.

