

TRAINING KEY WORDS



CATCHING & PASSING

HUNGRY HANDS

HANDS IN FRONT, TARGET HAND READY TO CATCH

STEP TO PUSH & CATCH

STEP TO PASS, JUMP TO CATCH & PUSH THE BALL TOWARDS YOUR TARGET.

PASS & MOVE

AFTER PASSING, MOVE TO SPACE OR CUT. DON'T STAND STILL

SHOOTING

HIGH & SOFT

SHOOTING THE BALL HIGH AND SOFT OFF THE BACKBOARD.

SET

STANCE, ELBOW IN, BALL IN THE SHOT POCKET

LIFT

LIFT THE BALL READY TO SHOOT

RELEASE

PUSH THE BALL WITH THE SHOOTING HAND

DRIBBLING

EYES UP

EYES AHEAD TO SEE IN FRONT OF YOU

WAIST HEIGHT

DRIBBLE THE BALL AT WAIST HEIGHT TO KEEP THE BALL UNDER CONTROL

FINGERTIPS

DRIBBLE THE BALL WITH YOUR FINGERTIPS & DOWNWARD PRESSURE

DEFENCE

STANCE

KNEES BENT, BACK STRAIGHT, WEIGHT ON TOES, ARMS WIDE (ON DEFENCE)

F.O.F

FEET OUTSIDE FEET IS HAVING YOUR FEET ON THE OUTSIDE OF YOUR OPPONENTS FOR BETTER MOBILITY

BALL

WE YELL 'BALL' WHEN MARKING THE BALL

GAP

IS THE DISTANCE BETWEEN YOU AND YOUR PLAYER. KEEP ARMS WIDTH APART TO KEEP IN FRONT

HELP

IS SPLIT LINE DEFENCE. WHEN THE BALL IS ON THE OPPOSITE SIDE OF THE FLOOR TO YOUR PLAYER, WE WANT TO BE 'HELP'

ROTATE

THE WORD USED TO DESCRIBE PLAYERS SHIFTING TO HELP ON DEFENCE



GAME DAY KEY WORDS

OFFENCE

EYES UP

EYES AHEAD TO SEE IN FRONT OF YOU

ADVANCE THE BALL OR KICK AHEAD

PASSING THE BALL AHEAD IN OFFENCE TRANSITION, USUALLY EARLY AND QUICKLY BEFORE THE DEFENCE HAS TIME TO SET UP.

SPRINT THE LANES

THE LANES ARE ALONG THE SIDELINE, ATHLETES SPRINT TO GET AHEAD OF THE BALL CREATING SPACE AND PRESSURE ON THE RIM.

SPACE OUT

SPACING OFF OR AWAY FROM THE BALL IN A POSITION OF ADVANTAGE FOR THE TEAM.

REBOUND

WHEN YOUR TEAM SHOOTS THE BALL PLAYERS CAN LOOK TO CHASE MISSED SHOTS (REBOUND) AND CREATE A SECOND OPPORTUNITY TO SCORE.

DEFENCE

MATCH UP

FIND YOUR PLAYER, EVERYONE SHOULD BE GUARDING 1 PLAYER EACH

BASKETSIDE

THE TERM USED TO DESCRIBE THE SIDE THE DEFENCE SHOULD BE GUARDING. YOU SHOULD KEEP YOUR PLAYER INFRONT OF YOU, SO YOUR BODY IS BETWEEN YOUR PLAYER AND THE BASKET.

INFRONT

THE TERM USED TO DESCRIBE HOW YOU WANT TO GUARD THE BALL. KEEP YOUR BALL & YOUR PLAYER IN FRONT OF YOU.

HELP

IS SPLIT LINE DEFENCE. WHEN THE BALL IS ON THE OPPOSITE SIDE OF THE FLOOR TO YOUR PLAYER, WE WANT TO BE IN A 'HELP' POSITION. TAKING AWAY THE OFFENCES SPACE.

WALL UP

DEFENDING AROUND THE RIM ONCE THE BALL HAS BEEN PICKED UP. 2 ARMS & BODY STRAIGHT IN THE AIR TO PRESSURE THE SHOT AND LIMIT FOULS.

BOX OUT

WHEN ON DEFENCE AND A SHOT GOES UP, DEFENDERS WANT TO MAKE CONTACT WITH THEIR PLAYER THEN PIVOT & KEEP THEIR BODY INFRONT.

REBOUND

AFTER BOXING OUT, GOING TO GET THE BALL AND SECURING IT FOR YOUR TEAM. DEFENCE REBOUNDS ARE IMPORTANT SO YOU DON'T PROVIDE TEAMS SECOND CHANCES TO SCORE.

