



Coaches Manual

2024

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WELCOME

Thank you for volunteering to be a basketball coach with South West Metropolitan Basketball Association and/or its affiliated clubs. Coaches are instrumental to the development and enjoyment of our players and families. We aim to provide guidance and support throughout your coaching journey.

This coaching manual provides coaches with knowledge and strategies to deliver a fun basketball experience for their team. Please let us know any additional support you require by emailing us at doc@southwestmetro.com.au

VALUES

One Ship

All players, team staff and parents are privileged to represent South West Metro Pirates and uphold its positive, professional and inclusive culture.

One Crew

South West Metro Pirates have a Team-first mentality and value teamwork over individual success.

South West Metro Pirates respect their teammates, coaches, managers, parents and carers, and also show respect for opponents, referees, score bench officials, volunteers, staff, and spectators.

SOUTH WEST METRO COACHES CODE OF HONOUR

- ✓ I will strive to make each session **FUN** for everyone
- ✓ I will provide the opportunity for all players to develop their skills, fitness, and game strategy
- ✓ I will reinforce positive behaviour with praise
- ✓ I will provide constructive feedback privately and respectfully
- ✓ I will challenge players to grow together as a team
- ✓ I will encourage parents to be a positive influence on the sidelines through praise for the whole team, not just their player
- ✓ I will communicate regularly and respectfully with players, coaches, managers, parents, and club officials.

For Basketball Queensland's **Codes of Behaviour**, please [click here](#)

For Basketball Australia's **Codes of Conduct**, please [click here](#)

PREPARING TO COACH

South West Metro Pirates supports Basketball Queensland (BQ) coaching pathways. Basketball Queensland (BQ) has partnered with [etrainu](#) to enhance coach development and accreditation processes across the state, and to align with Basketball Australia's accreditation system.

Logging in to etrainu:

Coaches from OwnUrGoal and the BQ Coach app have been manually imported into the etrainu platform. Please follow the process below to log in.

1. Click here to get to [etrainu](#)
2. Under *username* enter your (firstname)(lastname).BQLD (eg: JohnSmith.BQLD)
3. Select "Forgot Password?" and you will be sent an email to reset your password.

Once you are logged in, go to "*Skills Passport*" and check if your accreditation is correct. If you require assistance or more information about your profile, please email patrick.mcinerney@basketballqld.net.au and provide your full name, email, certificates and any additional information.

If you have an existing etrainu profile and want to merge your OwnUrGoal information over to your current profile please email Kartik.deodhar@australia.basketball and provide your full name and email.

If you are an accredited coach in Queensland but didn't have an OwnUrGoal account please contact Patrick McInerney via patrick.mcinerney@basketballqld.net.au and provide your full name, email, certificates and any additional information.

Getting Started

If you want to start your coaching journey and get accredited, sign-up for etrainu now and follow the below steps. All coaches should look to undertake the Community Coach Course as a starting point.

Become a Community Coach:	Become a Club Coach*:
1. Sign-Up to etrainu - click here	1. Select " <i>Training Library</i> "
2. Select " <i>Training Library</i> "	2. Select " <i>Basketball Australia Coaching</i> "
3. Select " <i>Basketball Australia Coaching</i> "	3. Select " <i>Club Coach</i> "
4. Select " <i>Community Coach</i> "	4. Complete course & theory requirements
5. Complete the course and requirements	5. Book a Club Course practical session
*Please note: prior to becoming a Club Coach you must complete the Community Coach Accreditations.	

GAME SENSE COACHING

At South West Metro Pirates we encourage a **Game Sense** approach to basketball, particularly in our developmental age groups (U8-U14). This coaching style allows players to learn through play using game related activity to promote:

- games before drills & skills
- high-activity levels that are disguised within fun and challenging activities to develop both skills and an understanding of the tactics of the game.
- asking for player feedback that prompts player thinking

For more on Game Sense please [click here](#)

STYLE OF PLAY

South West Metro Pirates **Style of Play** outlines the key values, principles and strategies for Coaches and Players to develop successful basketball knowledge, skills and habits. It includes:

- ▶ Values
- ▶ Principles
- ▶ Defensive Strategies
- ▶ Offensive Strategies
- ▶ Quality Shots
- ▶ Key Terms

Contact the Director of Coaching for a copy on email doc@southwestmetro.com.au

ONLINE COACHING RESOURCES

There are some great online resources for coaches. Below are recommended sites:

- **Basketball Queensland resources:** via the [etrainu resources library](#)
- **Basketball Australia videos:** <https://www.play.aus.basketball/coach/videos>
 - Aussie Hoops at Home: <https://www.youtube.com/playlist?list=PL8gR7CCEdQVOxNse4WgFOYyOHAnkmzqFP>
 - Engaging Body Warmups and Ballhandling: <https://www.youtube.com/watch?v=aEpd970dFME>
 - Teaching Lay-Ups: <https://www.youtube.com/watch?v=30BG2qz5qrc>
 - Skill development for juniors: <https://youtu.be/sWen-gsZzEE>
- **Junior NBA:** <https://jr.nba.com/category/basketball-skills-and-drills/>
- **Breakthrough Basketball:** <https://www.breakthroughbasketball.com/drills/basketballdrills.html>
- **Coaching Made Easy – Training Drills:** <https://www.facebook.com/groups/662117011422909/permalink/1204663167168288/>

SKILL DEVELOPMENT GOALS

Coaches should aim to develop age-appropriate skills to ensure players are provided with the best fundamentals at an early age, and the opportunity to develop their decision making and strategies as they progress throughout each age group. For a list of what skills to focus on at each age group, please see

Appendix 4 - SKILL DEVELOPMENT GOALS FOR EACH AGE GROUP

PLANNING YOUR SEASON

Effective coaches have a clear understanding of what they want to achieve across the season, right down to what they want to achieve in a training session. The Season Plan below gives an example of what coaches can focus on at each stage of the season.

SEASON PLAN																			
GRADING				FIXTURES													FINALS		
Wk1	Wk2	Wk3	Wk4	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	BREAK	Rd7	Rd8	Rd9	Rd10	Rd11	Rd12	Rd13	SF	GF
Evaluate skill levels Consider skill strengths within the team				Develop skills of players			Apply basic offensive and defensive strategies					Refresh and build skills of players			Increase competition Develop counter plays			Performance focus	

GETTING STARTED

COACHING TIPS

- Plan your season goals based on your team and their strengths and areas for growth
- Plan each training session to identify focus areas and how to develop them
- Welcome your players at each session with energy and enthusiasm, and give them a brief summary of the session ahead
- Provide clear expectations each activity eg. "Stay in stance, move to space, make strong passes" and reinforce regularly
- Players respond more to positive reinforcement, so praise players for showing effort and doing something well.
- Coach on the fly, providing feedback to players individually after their turn in a simple, clear, respectful way.
- Stop an activity once or twice to ask questions of the team to check understanding and reinforce expectations - encourage the team to identify desired techniques and strategies.
- Use positive reinforcement to help players identify the best technique or strategy.
- Remember to keep it **FUN!**

TRAINING SESSION PLAN STRUCTURE - The following is a suggested structure for a training session.

NO.	ACTIVITY	TIME	INSTRUCTIONS	EQUIPMENT
1	WELCOME	1 min	<ul style="list-style-type: none"> • Start your training session on time with a warm welcome, and give a brief summary of the session 	
2.	WARM UP GAME	5 mins	<ul style="list-style-type: none"> • Utilise a game that will increase players heart rate quickly • Add progressions if players show competency to keep them challenged 	
3.	SKILL DEVELOPMENT	20 mins	<ul style="list-style-type: none"> • Choose skills that need to be practiced for your team that align with skill development goals • When giving feedback, praise the things the player is doing well, and give one to two corrections for them to introduce at time. Recognise their effort in making corrections. 	
4.	GAME PLAY WITH FOCUS	20 mins	<ul style="list-style-type: none"> • Game against another team OR play modified game (3v2, etc) to consolidate skills from session • Reward players for correct technique/strategies by modifying the scoring eg. Point for a stop 	
5.	FUN SHOOTING GAME	8 mins	<ul style="list-style-type: none"> • Team focused game that is challenging and fun, and may incorporate skills from the session. • Encourages players who may be tired and fatigued to work hard to the very end. 	
6.	DEBRIEF	2 mins	<ul style="list-style-type: none"> • Recognise player's effort and praise them on improving their game by working hard at training • Discuss the skills that were worked on and the use of these skills in the upcoming game • Confirm game time (if known) and conclude with hands in – PIRATES (or Club team name) ON 3! 	

TRAINING SESSION PLAN EXAMPLE:

NO	ACTIVITY	TIME	INSTRUCTIONS & KEY TEACHING POINTS	EQUIPMENT
1	WELCOME	1 min	<ul style="list-style-type: none"> Welcome and focus areas for the session 	
2	DRIBBLE TAG WARM UP GAME	5 mins	<ul style="list-style-type: none"> Each player with a basketball - dribble and move around half court area (can dribble either hand). One player is "up", and dribbles to chase other players to try and tag someone. Player tagged is then "up" and other players dribble to avoid them. Encourage use of crossovers, fakes, dribbling and moving to open space Progressions: only use right hand, only use left hand, reduce game zone size 	1 basketball per player
	DRINK	1 min		
3	SHOOTING TECHNIQUE	3 mins	<ul style="list-style-type: none"> Players stand in circle with a basketball each In stance - feet shoulder width apart, foot on shooting hand side slightly forward, knees bent slightly Shooting hand under ball, fingers spread wide Rotate hand up so ball sits on top of hand, elbow is bent at 90 degrees and is under ball Shoot by pushing through legs and extending shooting arm up until straight and flicking wrist so fingers point towards ground (fingers wide – index and middle fingers last to touch ball) Explain success is correct follow through, high arc, and backspin of ball Challenge players to get ball to bounce once and spin back to hit their shooting hand held high in follow through pose – first to get 3 "hits", then swap hands (important to work on off-hand too) 	1 basketball per player
4	SHOOTING	7 mins	<ul style="list-style-type: none"> Four lines – 1 on each block on edge of keyway, 1 on each elbow (corner of free throw line) First player with a basketball takes one step inside keyway Players to practice shooting with one hand – in stance as before, with eyes focusing on back of rim Hand under ball, fingers spread wide, rotate ball up so it sits on top of hand, elbow under ball Shoot using legs and high follow through as before, and reinforce success is correct follow through, high arc, and backspin of ball (not shot going in) Players rebound shot, pass to next player in line (step into keyway), and rotate lines each go Once players have practised, add in a challenge (first player to make 1 shot at each spot?) Progressions: after 10 shots each, add guide hand, lines step further out after 10 shots, add one bounce and quick step to side before shot, game pace shooting, passer to close out on shooter. 	4 basketballs
	DRINK	1 min		
5	10 PASSES	10 mins	<ul style="list-style-type: none"> 2 teams & one ball in half court area. Team with ball must complete 10 passes in a row to win. Dropped ball or deflection results in a turnover – other team to take ball & pass straight away Encourage strong passes using a variety of passes (chest, push, bounce) – reinforce no loop passes 	1 basketball

			<ul style="list-style-type: none"> • Encourage strong cuts to space to get open, calling for ball and showing target hand • Encourage strong catches with jump or stride stop, and pivoting to keep ball secure and make pass • Defence to match up and to deny the pass to their player – see the ball and their player • Defence to bump cutter using arm bar if leading to the ball • Praise effort cutting to space, making strong passes, and denying the ball on defence. • Progressions: one dribble before pass, bounce pass only, left (off) hand only, 10 passes then shoot 	
	DRINK	1 min		
6	ONE ON ONE FROM WING	10 mins	<ul style="list-style-type: none"> • Passer at top of key with basketball, offensive player and defensive player on wing (45) • Set up both sides, but alternate turns so no collisions in keyway (split into 2 groups - size or skill) • Offensive player to lead for the ball – take defender in toward keyway, then cut out to receive ball near three point line in line with free throw line. • Encourage players to catch ball in balanced stance facing the basket ready to attack (not on backfoot) • Defender to try to deny the ball to the offensive player – use defensive stance, back to basket, hand closest passer in the passing lane between passer and receiver. Other arm is arm bar for “bumping” • Praise balance, change of direction, use of fakes, and attacking space for offence • Praise balance and successful denial for defence • Rotation – defender to offence, offence to point, point to baseline - waiting to be defender. • Trial and correct if necessary, and then add in scoring - first player to 3 (adjust to age / skill level) • Groups swap sides when someone gets to target. • Progression: Defence on passer, play 2 on 2 after pass to wing 	2 basketballs
	DRINK	1 min		
7	3 ON 2	10 mins	<ul style="list-style-type: none"> • Three lines at halfway, ball with middle player, and two defenders in keyway • First three players in line attack the hoop and try to score as quickly as possible • Defender at top of key to take ballhandler, defender behind to close out to first receiver, and then to keep alternating who takes the ball – help defender off ball to protect the hoop. • Ballhandler to draw defender and pass before defender is too close • Players without ball to cut to space closest to hoop • Strong passes and cuts = easy scores • Shooter and last passer to stay on defence ready for next three players • If team scores each player gets a point – first individual to get 5 points • Praise stance on defence and offence (be ready), aggression on offence and rotation on defence • Progression: Time limit to score to promote aggressive offence eg. 7 seconds with coach counting 	1 basketball

	DRINK	1 min		
8	CLOSEOUT SHOOTING GAME	8 mins	<ul style="list-style-type: none"> • One player at each elbow (end of free throw line), 2 players under hoop with a basketball each • 2 lines on baseline • Player under hoop to pass ball to player at elbow and close out quickly with a hand up • Player at elbow to catch ball in shooting stance and shoot in a quick, smooth rhythm. • Reinforce defender's feet must not be near shooters landing zone to avoid any ankle injuries • Passer becomes the shooter. Shooter rebounds shot and passes to next player in line as passer • Players to alternate lines • First player to make 4 shots (change based on level of players) • Change shooting location to wing and baseline depending on time. • Progressions: one quick dribble to side and quick, balanced shot, 3pt shot 	2 basketballs
9	DEBRIEF	2 mins	<ul style="list-style-type: none"> • Acknowledge effort, energy, and execution of players • Game time on weekend • PIRATES (or club team name) ON 3! 	

See Appendix 3 – Training Session Plan Template to plan your own sessions

ADDITIONAL SUPPORT

South West Pirates Coaching Community Facebook group

South West Metro Pirates also has a coaching community page that shares valuable information, events, and discussions on getting the best out your coaching.

[South West Pirates Coaching Community | Facebook](#)

Club Facebook group

Your basketball club may have a Facebook page or coach facebook group that you can utilise to source useful resources and connect with other coaches. Please ask your Club President for more information on what channels exist within your club.

Coaching Equipment

Some coaching equipment may be provided by your club or at the venue you train at to assist you with training sessions. Please ask your Club President what equipment they have for coaches to utilise, or you can ask the venue staff if you are Pirates rep Coach.

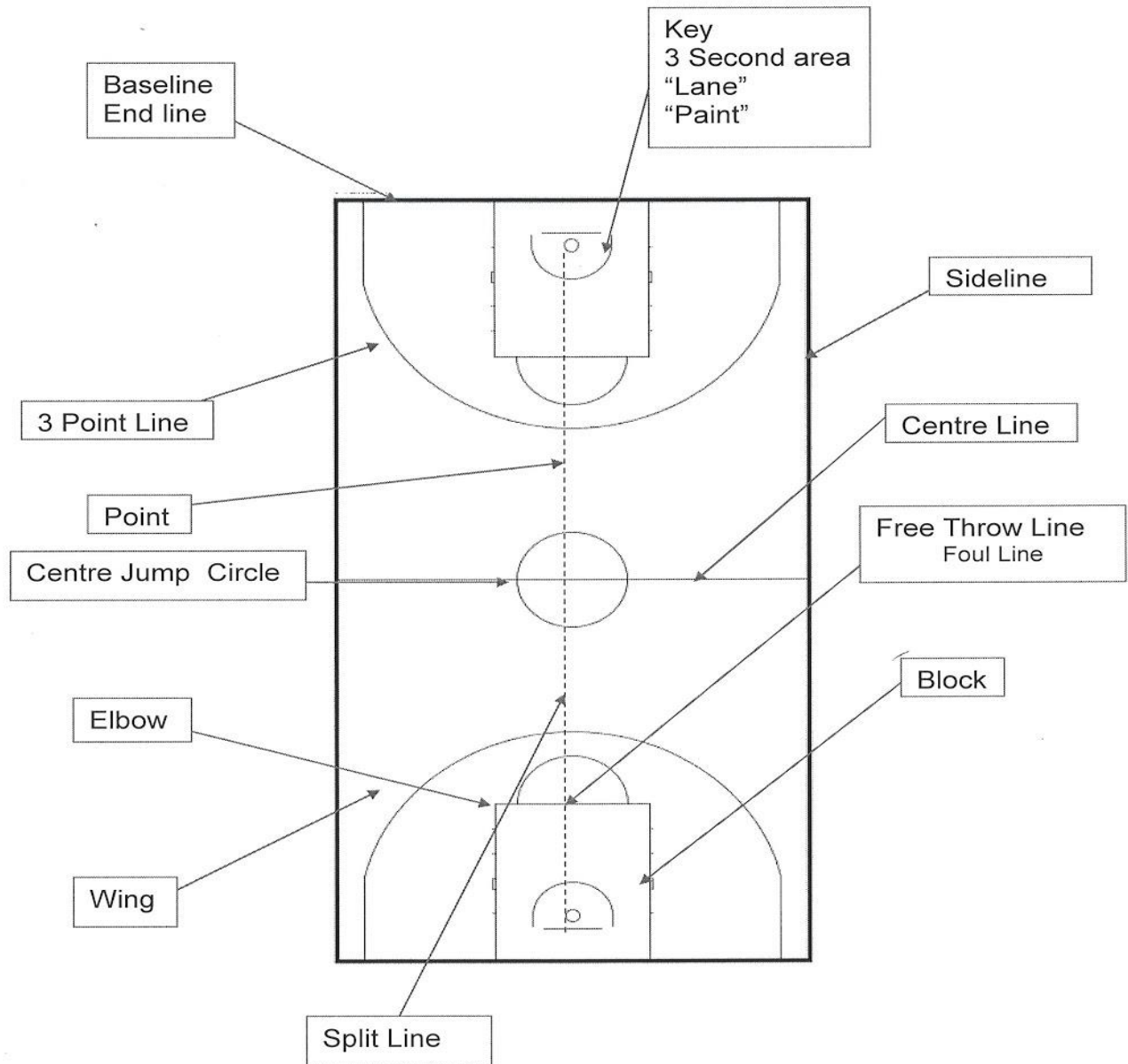


Team / Player Evaluation Form

This tool can help to provide a snapshot of your team's skills and areas for development. It can also provide a valuable feedback tool to share with individual players what their strengths and areas for growth are.

See Appendix 4 – Team and Player Evaluation Form

APPENDIX 1 - COURT AWARENESS AND COURT MARKINGS



APPENDIX 2 - BASKETBALL RULES AND TERMINOLOGY

TRAVEL	To run or move without bouncing (Dribbling) the ball or to move the 'Pivot' foot without bouncing the ball
DOUBLE DRIBBLE	1) Once a dribble has been completed a player may not start to dribble again. 2) To bounce the ball (Dribble) with both hands or in a manner that has both hands touching the ball.
OUT OF BOUNDS	When the ball goes out of the court. The team last to touch the ball will lose possession
FOUL	A foul is called on a player after illegal contact with an opposing player. A player fouled in the act of shooting will be awarded two free throws or one free throw if the shot was made
3 SECOND RULE	A player may only be in the offensive end key for 3 seconds at a time <i>(This rule is not applicable in min ball OR under 10's)</i>
JUMP BALL	A jump ball (or alternating possession) will occur when two players from opposing teams grasp and tug at the ball for possession (in juniors called quickly to protect the players)
TEAM FOUL	A team may be given 4 team fouls each quarter. Each foul after 4 the opposing team will be given two free throws
PERSONAL FOULS	Each player is allowed 4 personal fouls in each game. After any player reaches their 5th personal foul, that player may not take any further part in that game.
BACK COURT	Once offensive team has moved ball into front court, they cannot back across the halfway line. <i>(This rule is not applicable in mini ball)</i>
8 SECOND RULE	Once defensive team takes possession of ball in their half of court, they have 8 seconds to move ball across halfway line into their offensive half court. <i>(This rule is not applicable in mini ball OR under 10's)</i>

THE DIFFERENCE BETWEEN A FOUL AND A VIOLATION?

VIOLATIONS	FOULS
Are NOT recorded against the individual. The result of a violation is a turnover or possession	Are recorded alongside the player who committed them on the score sheet. Players are allowed only 4 fouls per match and on the 5 th are ejected from the game
Travel, double dribble, carry ball, back court, and 3 seconds in the key	Pushing, charging, blocking, hands foul and holding

SUBSTITUTIONS AND TIME OUTS

SUBSTITUTIONS	TIME OUTS
Players of either team can be substituted when there is a stoppage in play. For example, if a travel is called the ball is awarded to the sideline either or both teams can sub	The coach calls Timeouts. Coaches ask the score bench for the next available time out. After the opposing team scores (TEAM B) the other team (TEAM A) may be granted a time out. Time outs can also be granted at any stop in play

SOUTHWEST METRO JUNIOR GAME MODIFICATIONS

MINIBALL	U10s	U12s and up
No Scoring Modified court - Play across the court Modified hoop height – 9ft Introduction of basic violation rules - Travel, double dribble, carry ball, out of bounds, pushing and hands foul and jump ball 3 v 3	No Score Displayed on electronic scoreboard Full Court Full hoop height – 10ft (Red division 8ft) Build on Rules – including the introduction of back court 4 v 4	Score displayed Full Court Full Rules – Including the introduction of 3 secs in the keyway, 8 secs to get over halfway, Foul types 5 v 5

BASKETBALL QUEENSLAND ‘NO ZONE’ RULE

In accordance with national guidelines for players under the age of 14, Basketball Queensland instigate a “No Zone” policy. This is to encourage the development of defensive and offensive skills in the younger athletes.

APPENDIX 3 – TRAINING SESSION PLAN TEMPLATE

NO	ACTIVITY	TIME	INSTRUCTIONS & KEY TEACHING POINTS	EQUIPMENT
1	WELCOME		<ul style="list-style-type: none"> • • • 	
2	WARM UP		<ul style="list-style-type: none"> • • • <p>Progressions:</p>	
	DRINK	1 min		
3			<ul style="list-style-type: none"> • • • <p>Progressions:</p>	
	DRINK	1 min		
4			<ul style="list-style-type: none"> • • • <p>Progressions:</p>	
	DRINK	1 min		
5			<ul style="list-style-type: none"> • • • <p>Progressions:</p>	
	DRINK	1 min		
6			<ul style="list-style-type: none"> • • • <p>Progressions:</p>	
7	DEBRIEF		<ul style="list-style-type: none"> • • 	

APPENDIX 4 – TEAM AND PLAYER EVALUATION FORM

Training sessions need to reflect the skill development goals of the age group. The best way to identify what coaches need to work on is team and player evaluation. This will identify what priority of skills should be focussed on during training. It's impossible to do everything, but identifying focus areas ensures players are working on different aspects of their game. Player and team evaluations can be completed multiple times during a season. End of season evaluation can be completed and passed onto the your club Age Group Co-ordinator to assist with grading for the next season, or for rep to the Director of Coaching.

Team and Player Evaluation Form															
Team Name					Coach					Age Group			Division		
Rating Scale: 5 = Excellent ; 4 = Good; 3 = Satisfactory; 2 = Below level required; 1 = Needs improvement															
PLAYERS NAME	Coachability	Fitness	Defence	Rebounding	Dribbling		Passing		Lay Ups		Shooting	Total	Comments		
					RH	LH	RH	LH	RH	LH					

RATING LEGEND

- **Coachability:** Ability to listen to coach and put instructions into action (listening and doing), effort, teamwork, ability to run a play.
- **Fitness:** Cardiovascular fitness, ability to keep playing and spring up and down court and repeated efforts with and without the ball.
- **Defence:** In stance at all times, position on and off the ball, defensive slide technique, ability to stay in front of the ball, swift help defence and rotation.
- **Rebounding:** Box out every time, jumps for the ball with arms extended and secures the ball with two hands, busts out with strong dribble, strong outlet pass.
- **Dribbling:** Maintains control under pressure and on the run, dribbles with purpose, variety of crossovers, retreat, and hesitation dribbles.
- **Passing:** Strong, flat passes to target area of receiver, good technique with a range of passes (chest, push, bounce, step-around, overhead, baseball)
- **Lay-ups:** Correct footwork, accuracy, variety of overhand and underhand finishes.
- **Shooting:** Strong base, balanced, elbow under ball, follow through with shooting hand only, accuracy from appropriate range for age group.

APPENDIX 5 – SKILL DEVELOPMENT GOALS FOR EACH AGE GROUP

Player development is broken down to identify certain skills that every player and Coach should be working on during a player's development through the club at each age group level. .

Area of Emphasis (AoE)	Under 10s	Under 12s	Under 14s	Under 16s	Under 18s	Under 20s
PHYSICAL: Athletic development	<ul style="list-style-type: none"> • Exploration of movement 	<ul style="list-style-type: none"> • Exploration of movement 	<ul style="list-style-type: none"> • Athletic stance • Running • Stopping • Athletic development 	<ul style="list-style-type: none"> • Athletic development • Functional movement • Jumping • Lateral movement 	<ul style="list-style-type: none"> • Athletic development • Strength • Power • Endurance 	<ul style="list-style-type: none"> • Athletic development
PHYSICAL: Footwork and movement	<ul style="list-style-type: none"> • Running technique • Change of pace • Change of direction • Stride stop • Jump stop • Stance, ready position • Triple threat • Defensive stance • Footwork • In 1 v 0 	<p>As per Under 10s</p> <ul style="list-style-type: none"> • Stride stops • Jump stops • Pivoting forward/reverse off L and R foot • Stepping, jab step • Triple threat • With/without ball • In 1 v 0 	<ul style="list-style-type: none"> • Stops, pivots, steps using the ball • Leading for the ball to the perimeter/basket • Combined with <ol style="list-style-type: none"> 1. Use of dribble 2. Passing and receiving • 1 v 0 • 1 v 1 • 2 v 0 • 2 v 2 	<p>One-on-one tactics/footwork</p> <ul style="list-style-type: none"> • Triple threat • Pivoting/squaring up • Setting screens footwork/stance • V cuts • L cuts • Posting up footwork • 1 v 1 • 2 v 2 • 3 v 0 • 3 v 3 	<ul style="list-style-type: none"> • Warm-up and correct footwork with the basic technical skills • Individual tactics footwork <ul style="list-style-type: none"> Posting/footwork <ol style="list-style-type: none"> 1. Leading and receiving to the perimeter Individual defence tactic <ol style="list-style-type: none"> 1. Defending/on-the-ball 2. Denial and off-the-ball positioning footwork Team tactic <ul style="list-style-type: none"> • No dribble play/moving without the ball <ol style="list-style-type: none"> 1. 3 v 3 2. 4 v 4 3. 5 v 5 	<ul style="list-style-type: none"> • Still part of skills focus • Correct habits in warm-ups • Important with individual and team defence • Important with individual tactics on offence

Area of Emphasis (AoE)	Under 10s	Under 12s	Under 14s	Under 16s	Under 18s	Under 20s
PHYSICAL: On-the-ball defence	<ul style="list-style-type: none"> Defensive on-the-ball stance Ball/you/basket positioning Finding your player Defensive foot positioning Active hands in defensive stance 	<ul style="list-style-type: none"> On-the-ball stance On-the-ball spacing to the ball Ball/you/basket positioning Match-up 1 v 1 Active stance Lateral power step Forward and back steps Recovery stance/run/stance Containment defence 	<ul style="list-style-type: none"> Active stance Lateral movement power step Advancing steps in stance Retreating steps in stance Stance/run/stance Close-outs 1 v 0 1 v 1 full court/half court 2 v 2 full court 	<ul style="list-style-type: none"> Under 14s list Plus close-outs Full court containment and pressure Defending in the half court 1 on 1 half court/full court 2 v 2 full court 3 v 3 full court 	<ul style="list-style-type: none"> Under 16s list On-the-ball positioning v individual tactics Closing out and containing the drive Long close-outs Short close-outs Navigating the screen On-the-ball 1 on 1 2 v 2 3 v 3 4 v 4 	<ul style="list-style-type: none"> Proficiency of all the age group skills Full court pressure on-the-ball

Area of Emphasis (AoE)	Under 10s	Under 12s	Under 14s	Under 16s	Under 18s	Under 20s
TECHNICAL: Shooting	<ul style="list-style-type: none"> • Ready position • Stance and balance/feet and knees shoulder-width apart • Form shooting • Wrist cocked/fingers spread under the ball • Elbow under the ball • Rhythm and timing • Step into the shot • Set shots • Free throw from the dotted circle • Power lay-ups (jump stop) • Running lay-up off the backboard 	<ul style="list-style-type: none"> • Under 10s introduction • Catch the ball in the air into shooting stance • Free throw from the dotted circle • Jump stop lay-up off pass • Pivoting to shoot 	<ul style="list-style-type: none"> • Free throw form • Lay-ups • Reverse lay-ups • Finger roll lay-up (underhand) • Power lay-ups • Set shots 	<ul style="list-style-type: none"> • Reverse lay-ups • Finger roll lay-ups • Set shots mid range off pass • 3 pt shot 	<ul style="list-style-type: none"> • Free throws • Differentiated lay-ups • Set shots • Jump shots • 3 pt shots range • Consider individual tactic situations for shooting 	<ul style="list-style-type: none"> • Good form with the shot • Able to make lay-ups under pressure • Shoot free throws at 80% • Can take and make a three regularly in each game

Area of Emphasis (AoE)	Under 10s	Under 12s	Under 14s	Under 16s	Under 18s	Under 20s
TECHNICAL: Passing and receiving	<ul style="list-style-type: none"> • Hand positioning to pass and catch • Catching and passing from a ready position 	<ul style="list-style-type: none"> • Catching on the run • Chest pass • Baseball pass • Consider baseball pass • Consider pass off the dribble (one hand) • Stride stop catch • Jump stop catch • Two handed catch • Passing and catching on the run • Leading catching and stopping • Man ahead pass and catch 	<ul style="list-style-type: none"> • Bounce pass • Chest pass • Overhead pass • Push pass off a dribble • Target hands for catch • Passing and catching on the run in front court • Backcuts • V cuts lead to receive • 2 v 1 half court/full court • 2 v 2 half court/full court • 3 v 2 half court/full court 	<ul style="list-style-type: none"> • Passing off the dribble • Leading and receiving • V cuts • L cuts • 2 v 2 • 3 v 3 • 4 v 4 • 5 v 5 No dribble run offence 	<ul style="list-style-type: none"> • Proficient at all age level skills • Able to lead versus denial defence • Team is able to run a passing offence with spacing and timing 	<ul style="list-style-type: none"> • Team runs an effective passing oriented fast break • Team runs a motion offence with timing and spacing • Players can all get the ball under pressure when they need to get it

Area of Emphasis (AoE)	Under 10s	Under 12s	Under 14s	Under 16s	Under 18s	Under 20s
TECHNICAL: Use of dribble	<ul style="list-style-type: none"> • Ball handling drills • Stationary dribble • Speed dribble • Consider retreat dribble • Consider cross over dribble • Consider behind the back dribble 	<ul style="list-style-type: none"> • Speed dribble • Control dribble • Change of pace dribble • Consider onside dribble • Consider behind the back dribble • Consider between the legs dribble • Consider spin dribble 	<ul style="list-style-type: none"> • Retreat dribble • Crossover dribble • Behind the back dribble • Between the legs • Spin dribble • Onside dribble • Two dribble moves combined • 1 v 0 • 1 v 1 • Moves on the move full court 1 v 0 • 1 v 1 full court 	<ul style="list-style-type: none"> • Spin dribble • Moves on the move at speed 	<ul style="list-style-type: none"> • Use of dribble technical skills practice <ol style="list-style-type: none"> 1. 1 v 1 2. 2 v 2 3. 3 v 3 4. 4 v 4 • Can break a defender down with good use of the dribble 	<ul style="list-style-type: none"> • Each player uses the dribble effectively to move the ball • Each player can break their opponent down using a dribble to beat their opponent on both sides with each hand equally

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TECHNICAL: Use of dribble	<ul style="list-style-type: none"> • Ball handling drills • Stationary dribble • Speed dribble • Consider retreat dribble • Consider cross over dribble • Consider behind the back dribble 	<ul style="list-style-type: none"> • Speed dribble • Control dribble • Change of pace dribble • Consider onside dribble • Consider behind the back dribble • Consider between the legs dribble • Consider spin dribble 	<ul style="list-style-type: none"> • Retreat dribble • Crossover dribble • Behind the back dribble • Between the legs • Spin dribble • Onside dribble • Two dribble moves combined • 1 v 0 • 1 v 1 • Moves on the move full court 1 v 0 • 1 v 1 full court 	<ul style="list-style-type: none"> • Spin dribble • Moves on the move at speed 	<ul style="list-style-type: none"> • Use of dribble technical skills practice <ol style="list-style-type: none"> 1. 1 v 1 2. 2 v 2 3. 3 v 3 4. 4 v 4 • Can break a defender down with good use of the dribble 	<ul style="list-style-type: none"> • Each player uses the dribble effectively to move the ball • Each player can break their opponent down using a dribble to beat their opponent on both sides with each hand equally

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TACTICAL: Individual tactic	<ul style="list-style-type: none"> • Passing • Use of the dribble • Shooting 	<ul style="list-style-type: none"> • Triple threat • Pivoting • Protecting the ball while in stance • Give and go • Man ahead • Drive for lay-up 	<ul style="list-style-type: none"> • Drive one-on-one • Rip and go • Ball quick pocket to pocket in stance • Jab and shoot • Jab and go • Crossover step and go • Without the ball <ol style="list-style-type: none"> 1. Straight cut 2. Slash arm/swim stroke 3. Back cut 4. V lead 5. Flare lead 	<p>Same as Under 14s</p> <ul style="list-style-type: none"> • Basic one-on-one moves for a shot <ol style="list-style-type: none"> 1. Can lead and shoot from 6 metre 2. Onside move to basket 3. Crossover one dribble jump shot 4. Onside move two dribble jump shot 5. Two dribble move kick back for the shot 	<p>Same as Under 16s</p> <ul style="list-style-type: none"> • Movement without ball • Full court and half court • Setting and using screens • Cutter • Screener 	<ul style="list-style-type: none"> • Player at this stage can make one-on-one moves with the ball • The player can move without the ball and get open to receive the ball • The player has perimeter moves • The player has post moves

Area of Emphasis (AoE)	Under 10s	Under 12s	Under 14s	Under 16s	Under 18s	Under 20s
TEAM TACTIC: Offence	<ul style="list-style-type: none"> • No dribble basketball • 2 v 0 • 2 v 1, 2 v 2 	<ul style="list-style-type: none"> • Fast break with passing 	<ul style="list-style-type: none"> • Fast break • Man ahead • Driving lane/passing lane principle • 2 v 1, 3 v 2 • Spacing: 5 out • Ball movement/movement without the ball • Passing and cutting/leading • No screens • Sharing the ball four out 1 in flex action, for example 	<ul style="list-style-type: none"> • Same as Under 14s • Movement without ball full court and half court • Setting and using screens • Cutter • Screener • Fast break • Half court team offence • Ball reversal • Establish post triangle • Offence versus denial defence • 5 out with/without screens • 4 out 1 in flex or shuffle, for example 	<ul style="list-style-type: none"> • Team offence fast break • Half court team offence ball reversal • 5 out with/without screens • 4 out 1 in flex or shuffle, for example 	<ul style="list-style-type: none"> • The team can fast break off stops • The team runs good half court offence to get a shot