

Coaching Seminar

Glossary Terms/Concepts

Blocked Constant Practice	<p>Method where player practices same technique within a same particular basketball action - such as dribbling, passing, finishing</p> <p>This is practiced over and over again with very little variation</p>										
Blocked Variable Practice	<p>Method where player practices same technique within a same particular basketball action - such as dribbling, passing, finishing</p> <p>But with a different action being performed every time.</p> <p>Finishing with either hand, underarm, reverse layup, little floater, too foot stop</p>										
Bursts	<p>Quick 45 secs whereby the offensive team keeps playing offence. This allows for multiple reps and more time on task (rather than constantly switching offence and defence)</p>										
Constraints	<p>Boundaries we can put on drills to force players to figure out solutions.</p> <p>We can limit space, apply rules such as only using left hand or limit to certain types of shots, setting time limits</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Space used</td> <td style="width: 50%;">Height</td> </tr> <tr> <td>Rules</td> <td>Weight/Strength</td> </tr> <tr> <td>Scoring System</td> <td>Wingspan</td> </tr> <tr> <td>Time</td> <td></td> </tr> <tr> <td>Number of Players</td> <td></td> </tr> </table>	Space used	Height	Rules	Weight/Strength	Scoring System	Wingspan	Time		Number of Players	
Space used	Height										
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Optimal Challenge Point	<p>The “healthy” struggle. Can’t be too easy of a challenge but can’t be too hard. The optimal challenge point is where most learning occurs.</p>										
Random Practice	<p>Player performs different techniques and basketball specific actions in a random order which is unpredictable. Opposite to blocked training.</p>										
Static v dynamic starts	<p>Static (players begin offence in perfect spacing)</p> <p>Dynamic (players start with a movement or pattern and then try to get to their starting spots)</p>										
SSG	<p>Small sided games. These can be 3v3, 4v4 or have a numerical advantage for the offence or defence.</p>										

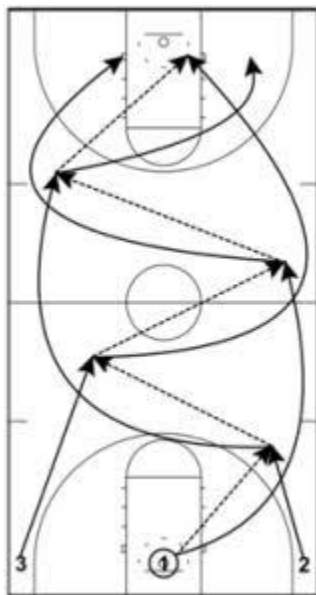
“Be comfortable with the mess”

Players doing random drills during training will perform on average poorer than those doing blocked drills. However, they will improve faster in game play.

Drills shown today

BLOCKED TRAINING	RANDOM TRAINING
- 3 Man weave	- 3 v 1 Transition Drill (3 v 2) - Half Court Transition Drill
- Pivot Lines and Pass	- Pivot 5 second pressure drill - Box Passing Drill
- Spot Shooting Drills	- Mosquito Shooting <ul style="list-style-type: none">- Handoff- Screen- Closeout - Shot fake into shot
- Zig Zag Defence	- Gauntlet Drill - Touchdown Tag
- Shell Drill	- 4 on 4 Defensive Shutdown
- 1 on 0 Layups	- 1 v 1 + 1 (Game winner) - 3pt Line 1 v 1
- Scrimmage whoever gets the most points wins	- 5 on 5 with lives <ul style="list-style-type: none">- Highest score or the team who doesn't lose all their lives

1. 3 Man Weave



This is a passing drill whereby players pass to their teammates and run around their back to receive the next pass.

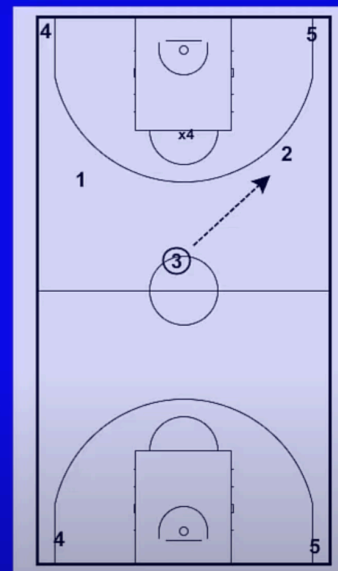
- This is a blocked constant practice
 - Players continue to make the same decision
 - It is also an unrealistic movement in basketball
 - Layup finish has no decision, no dribbling
 - [More information on why 3-man weave isn't the best](#)

2. 3 v 1 Transition Drill

3-ON-1

RULES

- Set up with two lines in the corners at both ends.
- There are no set teams.
- Play 3-on-1 (One shot or play until a score/defensive possession).
- On a change of possession the single defender rebounds & outlets to either side to start the 3-on-1.
- The player that becomes the defender can be determined by a coach's call or from the same spot all the time.



3. Half Court Transition Drill

https://youtu.be/sJDYa7McaGA?si=egUfKCgr8q9VUA_W&t=159

4. Pivot Line and Pass

<https://www.youtube.com/watch?v=jgqdv9ySjYM>

5. Pivot 5 x 5 x 5 Pressure Drill

- Players will be in groups of 3's on the coaches whistle players will dribble out from the sideline, followed by a defender.
- On the whistle players will jump stop and pivot, defender is trying to strip the ball off them
- After 5 seconds, players will need to dribble and protect the ball from the defender
- After another 5 seconds, players will return to pivoting

6. Spot shooting Drills

- a. Players will run to a spot and will receive a pass and then shoot
- b. [Example](#)

7. Mosquito Shooting Drill

- One shooter will remain on offense in a burst, with a passer and contesting defender passing and closing out from different angles.
 - Can add hand-off, no closeouts, pass and screen
 - Random shots and decision making
- <https://www.youtube.com/watch?v=EpDwzeXWaGU>

8. Zig Zag Defence

- Zig-Zag defence is scripted, it limits the offensive player and the defence player runs to a spot then by playing actual defence
- Also teaches bad habits like drop stepping
- https://www.youtube.com/watch?v=OJA552n_S6I

9. Gauntlet Defence

- Offence has 12 seconds to beat three defenders
- Forces players to play real life defence
- Turning and sprinting, trying to keep their player in front
- <https://www.youtube.com/watch?v=w5DouOxWCi8>

10. Touchdown Tag

- The handler begins on the baseline, with a defender on the FT line. The handler can begin at any time, and must advance to the HC line in seven seconds. The defender must achieve a two-handed tag to stop them!
- Can change to defender with ball
- Back to back

- <https://www.youtube.com/watch?v=zK98PH6gC6E>

11. Shell Drill

- A great drill to learn defensive principles initially but doesn't really translate to games
- 4 v 4
- Players on the ball stay arms distance away
 - Players off the ball stay in the gaps
- Players pass on coaches call
- <https://www.youtube.com/watch?v=t9GWqQI-XVM>

12. Defensive Shutdown 4 v 4

- Three teams of four play in the half-court, with one team waiting on the baseline. The first team to win is the first team to get five defensive stops. A stop is classified as a turnover or a contested shot secured with the defensive rebound. If the offense scores, they shift to defense, while the old defense runs off.
- <https://www.youtube.com/watch?v=5jfYMC178cE>

13. 1 v 0 Layups

- <https://www.youtube.com/watch?v=aOOcxybK5WY>
- Repetitive layup drill where players perform a left and right layup.

14. 1v1 + 1 Game Winner or Curry Shooting

- The passer gives the shot clock count once the ball has been inbounded, with the offense constrained to only playing in half of the half court area. The winner is the first player to either score three game winners or achieve three defensive stops.
- <https://www.youtube.com/watch?v=OkFgoPUH2JE>
- <https://www.youtube.com/watch?v=6RKtjCzGpwc>

15. 3pt Line 1v1

- The offense and defense begin in the deep corner with both feet outside the 3PT line, facing the half-line. The offense dribbles around the 3PT arc, with the defender trailing them. The defender can only enter the 3PT line when the offense breaks the arc.
- <https://www.youtube.com/watch?v=reEngxa2Xzl>

16. 5 on 5 with lives

- Players play for a set amount of time with the highest score winning. The catch is they only have 3 lives
- For example
 - If opposing team gets an offensive rebound (lose a life)
 - If players aren't spaced correctly (lose a life)