



BASKETBALL VICTORIA

NUNAWADING KANGAS



# TOPICS FOR DISCUSSION

- PRESSING & ZONING IN YOUTH BASKETBALL
- WHAT SKILLS, AND WHEN TO INTRODUCE THEM?
- TEACHING ATHLETES TO MAKE DECISIONS
- PLAYER RETENTION



# PRESSING & ZONING IN YOUTH BASKETBALL





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# PRESSING & ZONING IN YOUTH BASKETBALL

- IS WHAT YOU'RE DOING DEVELOPING ALL PLAYERS?
- WHY DON'T WE SEE IT IN THE PROFESSIONAL LEAGUES?
  - IT'S NOT BANNED, SO WHY NOT USE IT?
  - WHAT IS FUN FOR THE ATHLETES?
  - HOW DO YOU PLAY AGAINST IT?



# PRESSING & ZONING IN YOUTH BASKETBALL

- SHORT CORNERS, HIGH POSTS AND SKIP PASSES MOST EFFECTIVE
  - BEAT IT IN TRANSITION BEFORE IT'S SETUP
  - CAN YOU MAKE 2 PLAYERS HAVE TO GUARD 1?
- AVOID CORNER CATCHES FACING AWAY FROM BASKET
  - PASS 1<sup>ST</sup>, DRIBBLE 2<sup>ND</sup> – ALWAYS HAVE A TRAILER





# WHAT SKILLS, AND WHEN TO INTRODUCE THEM?

- BODY MOVEMENT
  - PASSING
  - DRIBBLING
  - SHOOTING
- GUARD YOUR PLAYER



# WHAT SKILLS, AND WHEN TO INTRODUCE THEM?

- FAB 5 SKILLS FROM AS EARLY AS POSSIBLE
- SHOULD APPEAR IN AS MANY “DRILLS” AS POSSIBLE - EFFICIENCY
  - LOVE THE GAME FIRST, TEACH THE GAME SECOND
- PLAYERS CAN SELF-DISCOVER, AND COACHES CAN REFINE
- LEARNING THROUGH PLAY IS MORE LIKELY TO BE REPLICATED





# TEACHING DECISION MAKING

- BEST FORM OF TRAINING, IS DOING EVENT SPECIFIC WORK
- BEST FORM OF EVENT SPECIFIC TRAINING, IS COMPETING
- PICKUP BASKETBALL – IT'S FUN, CREATIVE & RECKLESS
- 2 OUT OF 3 DRILLS SHOULD REPLACE SOMETHING IN GAME FORM
- DEFENCE WILL TELL THE OFFENCE WHAT TO DO



# TEACHING DECISION MAKING

- PLAYER LED, PLAYER INVOLVED, PLAYER ENJOYED – IT'S FUN
- EFFICIENCY OF SKILL ACQUISITION AND TRANSITIONS IN PLAY
- TRIAL AND ERROR ON MULTIPLE SKILLS, HIGHLY ADAPTABLE
- MORE TIME, MORE SPACE, MORE TOUCHES, MORE DECISIONS
- CREATE PLAYER INDEPENDENCE, NOT A RELIANCE ON COACHES



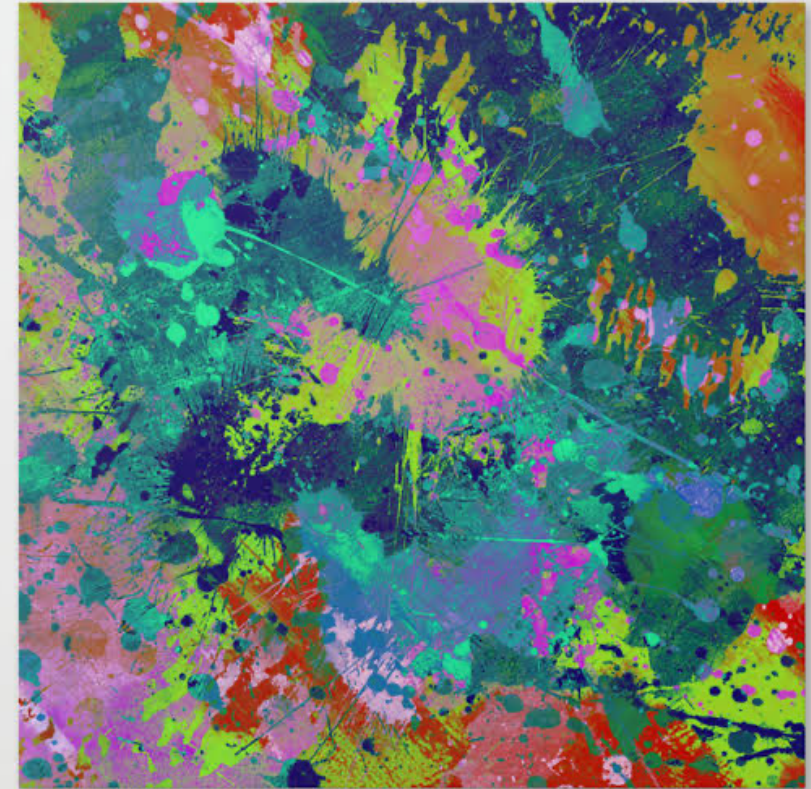


# THE GAMES APPROACH – WHY USE IT?

HOW TRAINING IS USUALLY CONSTRUCTED



HOW GAMES ARE PLAYED





# THE GAMES APPROACH – THE MYTHS

- COACHES STOP COACHING: IT'S JUST 5 v 5
- DETAIL IS MISSED IN PLAYER DEVELOPMENT
- SKILL ACQUISITION & FUNDAMENTALS ARE LOST
- PLAYERS RUN THE SHOW, NOT COACHES
- REPETITION IS THE BEST WAY TO REINFORCE A SKILL





# THE GAMES APPROACH – THE MENTAL

- ATHLETE MOTIVATION DIRECTLY INFLUENCES THE LEARNING PROCESS
- RATE OF TRANSFER FROM SELF DISCOVERY GREATLY INCREASES RETENTION
  - FOCUS ON PROVING ABILITY = FIXED MINDSET
  - FOCUS ON IMPROVING ABILITY = GROWTH MINDSET
  - WHEN DO WE NEED OUR PLAYERS TO PERFORM?



# THE GAMES APPROACH – TRAINING: THEN & NOW

## THEN

WARM UP – LAPS, STATIC STRETCH  
LINE PASSING (NO DEFENDER)  
3 PLAYER WEAVE  
3 PLAYER WEAVE – 2 v 1  
WARM DOWN – JOG & STRETCH

“JUNK FOOD DRILLS”

## NOW

GAME SENSE WARMUP  
GAME PLAY WITH MODS (3x3)  
FREEZE PLAY & ANALYZE (Q&A)  
RETURN TO PLAY  
DISCUSS AREAS FOR IMPROVEMENT

“WHEN CAN WE PLAY A GAME?”





# PLAYER RETENTION

“IT’S THEIR PREFERRED SESSION  
BECAUSE ITS PROPER COMPETITIVE. IT’S  
A SMALL SPACE, IT’S A LOT OF  
SHOOTING, A LOT OF DEFENDING, A LOT  
OF FINISHING, ITS PHYSICALLY AND  
METNALLY DIFFICULT...SO THEY LOVE IT”  
– JURGEN KLOPP





# PLAYER RETENTION

- HAVE YOU ENGAGED WITH THE PARENTS?
- HOW WELL DO YOU KNOW YOUR PLAYERS DRIVING FORCE?
  - WHAT DO THE ATHLETES FIND ENJOYABLE?
  - HOW CAN BASKETBALL BE A GRAVITATIONAL FORCE?
- BOYS AND GIRLS HAVE DIFFERENT MOTIVATION FACTORS





# PLAYER RETENTION

- AS MANY, FOR AS LONG, IN BEST SHAPE AS POSSIBLE
- COMPETENCY DRIVES PARTICIPATION – COMFORT & PERFORMANCE
- ATHLETE THAT DOESN'T IMPROVE IS THE ONE THAT ISN'T THERE
- TAILORED APPROACH TO AGE GROUP – WE DON'T DO KIDS DRILL WITH ADULTS, WHY DO WE DO ADULT DRILLS WITH KIDS?
- “WINNING” AND “SUCCESS” ARE NOT THE SAME THING





# BASKETBALL VICTORIA COACH DEVELOPMENT OFFICER

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