



Kew East Basketball Coaching Clinic

Session run by: Dion Jewell (2019 Under 20 Men State Team Assistant Coach, NPP and SDP Coach, Head Coach/ Selector Basketball Victoria Talent ID Camps and Under 14.1 Boys Head Coach – Hawthorn Basketball Association).

Structuring a training session: At any level, we are looking to touch on the 5 basic skill development areas of the game. Build the session from slow to fast, skills to competition.

Remember, players have to be able to dribble, pass and finish with both hands.

1. Ball Handling
2. Passing
3. Footwork
4. Shooting/ Finishing
5. Defense

During the session: Coaches have to find a way to challenge every player. We have got to get them out of their comfort levels. Encourage players making mistakes, we learn from mistakes. We have to be ok with training looking ugly, be ok with the mess.

“EXPLAIN IT, SHOW IT, REP IT” – Remember that each player will learn different ways. The best way for them to learn is to get repetitions.

Coaches Rules: Establish your rules at the start of each season. Send an email out to parents and explain to your team what your expectations are towards behaviour at both training and games of each player. Always refer to this when issues arise.

Skills and Drills: Skills and Drills worked on today

Form Shooting	<p>Players in 3 groups around the charge circle. Working on 4 different type of shots.</p> <ul style="list-style-type: none">• One hand with bent knees (Key Teaching Points – “Hips Out” with bent knees. No knees over toes!! Index finger starting on the pump bit of the ball to ensure elbow is straight. Players must hold follow through until the ball hits the floor – make or miss).• Two hands with limited legs (Key Teaching Points – Guide hand is purely a guide, we do not want it turning to shoot the ball. Different with smaller players).
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	<ul style="list-style-type: none"> • Two hands with deep squat (Key Teaching Points – Players to keep heels on the floor in deep squat, up on to toes on the shot. • Ball on the ground (Key teaching Points – players to get hands on the ball with how they feel comfortable shooting and must shoot in rhythm, no pause as they come up to shoot).
Ball Handling	<p>Advancements are crucial here.</p> <ul style="list-style-type: none"> • 1 Ball (Hard pound, eyes up, waist height and through fingers. Hard quick moves. • 2 Ball (together, alternate, Ping-Pong, windmill, juggle and resistant moving were all done today). Challenge players with getting them on the move. Can even add backward movements here. • Basketball and Tennis Ball (full focus on Tennis Ball, players are to trust their ball handling skills, advance to partner passing with moves).
Passing	<p>Partner Passing (2 balls, must always keep your 'target' hand up. Add pounds, moves, flicks and around the back).</p>
Footwork	<ul style="list-style-type: none"> • Stride (1, 2 step) stop • Jump Stop • Forward pivot (left and right). • Reverse pivot (left and right). • Half court rugby – no dribble and 1 dribble.
Finishing	<p>5 Finishes used today-</p> <ul style="list-style-type: none"> • Lay-up • Power lay-up • Reverse lay-up • Euro step lay-up • Step through
Defense	<ul style="list-style-type: none"> • Defensive stance (wide, butt low, back straight, wide hands) • Turn and sprint to stay in front of your player. • We want to force tough contested shots. • NBA Game.

Other key areas of a session: Advantage/ Disadvantage situations (3 on 2 or 4 on 3). Breakdowns (1 on 1, 2 on 2, 3 on 3 and 4 v 4).

Coaches must:

- Be enthusiastic and have lots of passion.
- Encourage hard work. Hard work is FUN. Have fun with your players. Make your environment something they love and want to be a part of.
- Teach skills.
- Over communicate.
- Motivate players. Find out the best way each player is motivated.