



**Basketball Western Australia
Coach Development Clinic – Bunbury Cathedral Grammar School
Monday, October 30, 2017**

Developing 1v 1, 2 v 2 & 3 v3 Skills and Concepts

Introduction

- Skill underpins all aspects of basketball – our game may be about skill more than any other
- Important to teach and develop skill in four phases – TECHNIQUE, REPETITION, SITUATIONAL, LIVE
- Coaches need to be excited about teaching, developing and expanding skill in young players
- Skill needs to be linked with concepts and decision making
- “The vision will precede the decision and impact the precision” – teach players to look, decide and execute

Developing 1 v 1 skills

- FEET – pivoting and foot movement underpin all offensive fundamentals
- EYES – what do they see? What do they look at?
- HANDS – dexterity and speed

Drill One – Box handle to 1 v 1

- Offensive player executes low, quick crossovers in a small area
- Defence is at charge halo
- Once the defence moves to close out, drill is live, offence has 2 dribbles to score
- Focus on ball handling, vision and contested finishing
- Defensively, closing out to a live dribble/containment

Drill Two – Alba 1 v 1

- Offence starts with back to basket, heels on the 3-point line
- Defence starts with the ball, hands the ball to offence
- Offence has one pivot & two dribbles to create a shot
- Use of non-dribble moves to create time & space
- Build to offence executing two retreat dribbles, then attacking off live dribble

Drill Three – 2-touch drill

- O & D starts in charge halo, coach out top
- Offence makes a lead to catch the ball at the seam, defence contests
- Pass back to coach, speed cut to opposite wing to get open
- Live on the second catch – play to a result
- Offensive emphasis – catching on the move, footwork/pivoting on the catch and playing off the second catch
- Defensive emphasis – contesting the lead, changing stance, containment

Drill Four – 1 v 1 elbow catch

- 1 v 1 in the low block, coach out top
- Flash to the elbow for the catch
- Offence has pivots and non-dribble moves to create time & space
- If offence scores off no dribbles, shot is worth 3 points
- If offence scores off one dribble, shot is worth 2
- If offence scores off two or more, shot is worth 1
- First player to 7

Developing 2 v 2 skills and concepts

- SHOT, PASS, DRIVE DECISIONS
- Creating your own shot/creating for others
- Relationship/2-man game

Drill Five – 2 v 2 lead relationship

- Coach with the ball at the seam, offence & defence at the seam and opposite wing
- Offence at the seam makes a v-cut to receive the pass from the coach
- Wing player makes a v-cut to receive the next pass ONLY after the guard has received
- Guard now v-cuts again to get second catch, drill is live

Drill Six – Jags 2 v 2 shot fake drill

- The shot fake is one of the most underrated skills in basketball
- Same structure as Drill 5, now on each catch, players must pivot into the shot fake
- Must make 4 passes into a catch and shot fake prior to passing back to Coach
- Once the ball has been passed to coach, cut or screen to create, play live on the next catch

Drill Seven – 2 v 2 advantage rip, go & decide

- Offence and defence in the corner, coach at high wing with the ball
- Other offensive player on the opposite wing being defended
- Offence sprints out to take ball from coach, defence must touch the Coach's hand
- On the penetration or find the open player

Drill Eight – 2 v 2 plus 1 combination screening

- Guard/forward alignment with the Coach at the opposite seam
- Pass to Coach and sprint the down screen – curl, back-cut, straight cut
- If the catch is out top, screener “snap back” to set step-up ball screen, play off it
- Add commands for the coach – 2nd pass to Coach, flare screen action

Developing 3 v 3 skills and concepts –

- Recognise space, create space, exploit space
- 2-side/3-side relationships
- Vision – see the floor in 3-D

Drill Nine – 3 v 3 open side 2 paint touch

- Offence and defence on each, wing, O & D in weak-side post
- Coach passes to wing, look to create paint touch through dribble penetration
- Once the ball has hit the paint, kick out and there must be a second paint touch before a score – post catch, cut penetration – no re-penetration permitted
- Play to a result off the second paint catch

Drill Ten – 3 v 3 “Truth” drill

- Drill starts with a rebound contest from Coach shot
- On the possession, dribble out to 3-point line or “sprint and space” for pass kick-out
- 8 second shot clock
- On a score, possession changes
- Play continuous for 4 minutes
- No screens or hand-offs to start
- Allow screens and DHO's last minute