

# RAAA Practice & Game Concepts and Drills

- Practice should be fun and something the players don't want to end and also want to come back to...Bring energy and a positive attitude!
- Each practice have a plan. Place an emphasis on teaching the skills to play the game the right way.
- Practice breakdown: 35-40 minutes skills/drills, 10-15 minutes small sided games, situations and O/D breakdown. Drills should be 3-8 minutes long. Teach a new concept/skill at the beginning of your practice. Always end practice on a fun note and as a team.
- Keep things simple and repetitive..Repeat, Repeat, Repeat..Build good habits
- **Avoid the 3 L's Laps, Lines(don't make kids wait), and lectures(avoid too much talking)**
- Have a cue(whistle) or word(freeze) that players know when to stop and listen. When talking players need to hold the ball or place the ball by their feet but never have kids sit on the ball.
- **Describe it, Demonstrate it , Do it!**
- **Jr.NBA coach a great app to help teach/coach/practice plan**
- Teach players how to play the game not run a play. Focus on moving with and without the ball, pass and cut, pass and screen and always moving as the hardest offense to guard is a moving offense.
- Players need to know **Triple threat position as they can pass, dribble or shoot out of the position. Key position in basketball as an offense player.**
- Use multi-faceted drills-this allows you to get more done in less time. Use drills that incorporate multi skills, for example, footwork, ball handling and shooting.
- Provide lots of positive reinforcement. This is one of the best skill development and motivation tools you have. When correcting focus on the sandwich technique. Also sometimes let players work things out on their own sometime

## OFFENSIVE CONCEPTS

- At this level on offense, we really want the kids to learn:
  - Spacing on the floor. Being spread out on the floor is harder to defend.
  - Do every action with a purpose. If cut, cut hard. Screen, be set and hold.
  - Quick passes, and make the extra pass. Chest pass and bounce pass.
  - Learning to read a defense
  - After pass you never stand but have options, A)basket cut,B)screen away, C) replace self/or ball screen.
  - Go directly to the lane with your dribble.
  - Don't force a shot if it isn't there.
  - Try to work the ball around and get a shot in and around the lane. Ball reversal is another great tool. Don't just keep it one side of the floor.
  - Minimize the fast breaks and focus on running a disciplined, team oriented offense.
  - **WE DRIBBLE TO SCORE, TO CREATE A BETTER PASSING ANGLE, TO GET OUT OF TROUBLE AND TO MOVE THE BALL UP THE FLOOR.**
  - Don't dribble as soon as you get the ball. Triple threat see what you have
  - Use your dribble to go directly to the basket, **not to the corners of the court.**

- What is faster: **Passing or Dribbling?**
  - Demonstrate that you can get the ball to the basket faster by passing vs. dribbling. This is something kids need to see and understand.
- What should you do as soon as the defense gets the ball, either from a steal or off a rebound? Immediately run back to protect the basket. No pressing. Pick up at the top of the key.
- What type of offense should we run? **The motion offense** is governed by 5 rules that players must follow at all times for the offense to run smoothly.
  - **If your being denied and the player with the ball looks at you, back cut immediately** – Never hesitate. This assumes you're only being denied one pass away from the basketball.
  - **If you believe you can attack the basket and score on your defender, do it** – Players must understand their own abilities and the abilities of their defender. If a player thinks they can attack, they should do it immediately on the catch.
  - **Players must square up to the rim when they have the basketball** – A player can't telegraph what they're going to do by facing a certain direction. By squaring up, players can shoot, pass, or dribble.
  - **Every action must be performed with purpose** – If you cut, cut hard. If you're screening, focus on setting a great screen. Never pass and stand still.
  - **Spacing is always on the three-point line – Being spread out and further away from basket makes it harder to defend and opens the lane up for drives. Also on the shot fill rebounding spots.**
  - Take part of your offense and turn into skill development drill. Example: take common cut from your offense and have players run that cut and shoot or make a move at the end of the cut. Can use chairs as defenders
- Simulate game like as much as possible.

## ● DEFENSIVE CONCEPTS

- What is your job on defense?

- Stop the other team from scoring. Keep them out of the middle of the lane, steer to the baseline and helpside defenders.
- Everyone has a player to guard, but the ball is the #1 priority on defense.
- Remember ball, you, man. Jump to the ball (show your back numbers)..move on the flight of the ball.
- Close-out on player with choppy steps and High hands.
- On defending the shooter, get hands up on the ball not on the face.
- Always talk on defense as that helps your teammates know where they should be.
- Call “Ball, Ball” when your player has the ball and “dead, dead” when pick it up
- **Great Defense is recognition, anticipation, reaction and communication!**
- Good defensive position
  - Feet shoulder-length apart, knees bent slightly, and arms out
  - Watch belly button of offensive player. Only body part that can’t fake you out!
  - Stay within touching defense on defending a screen.
  - Don’t reach with hands, move your feet, beat your opponent to the spot.
- What should you be watching on defense?
  - #1 – the ball
  - #2 – your player you are guarding
  - Butt to the baseline when in help position. Never turn your back on defender and the ball.
  - Player should ALWAYS be in a position on defense where they can see both the ball and player at the same time. If they can’t see both, it isn’t good defense.
  - *GAME TIP:* Remind your players on defense, “Where’s the ball? Where’s your player? Point to them both.”
  - **REBOUNDING:** When a shot goes up, you should find your player, box them out and then go get the basketball. Use this rebounding method to help players. **Find-Locate your opponent(Finding a player must occur immediately after the shot release during the flight of the ball.), Hit-Make contact with your opponent(Great rebounders find contact on the flight of the shot. Poor rebounders wait and allow the contact come to them., Get-Pursue and secure the. basketball. Attack the basketball!!**
- **SMALL SIDED GAMES**
- 1-on-1 half-court. 1 on 1 close-out
  - You only have 4 dribbles to use on offense. Square up to the basket.
  - Use them to go quickly and directly to the basket.
  - Defense needs to move feet to keep the ball from going to the basket. Don’t reach or foul
- **2-on-2 (2 on 2 ball screens- works on defending ball screen)or 3-on-3 half-court-** No dribbling, just passing. Then add 3 passes before a shot. Also 4 cuts or 4 screens before a basket.
- **4 on 4 Shell drill-** Teach players defense positioning. Teaches ball pressure, help side/recover position, denial and steer to baseline.

- **Turkey defense drill-** Defense must get 3 stops in to a row to get onto offense. Works on communication, positioning and focus.
- **4 on 3 drill-** 4 on offense, 3 on defense. Defense has to talk and cover all areas. Offense can only score on a lay-up
- **4 on 4 switch-**one group on offense and one group on defense. Coach calls "switch" and offense team must touch the lane and match up defensively. after the switch you can't guard the player who was guarding you. Drill forces communication. Offense tries to convert and defense goal is to not give up easy basket or wide open lay-up
- **5 on 5 half court** -No dribbling, just passing. Then can add 4 passes before a shot. Or 5 cuts and lay-ups only.
  - Focus on pivoting and quick passes. Triple threat square up to the basket.
  - Defense is not allowed to steal the ball, but can make it difficult to pass it.
  - Trying to keep the ball moving towards the basket.

### **Lay-ups- Need to be taught how to do correctly**

#### **FOOTWORK – RIGHT SIDE(USE RIGHT HAND)**

- Start with correct footwork and no ball.
- Line up the kids at one end of the court, along the baseline.
- Demonstrate without a ball.
  - Jump off left foot
  - Right knee goes up
- Left, Right, and jump off the Left foot.
- **FOOTWORK – LEFT SIDE(USE LEFT HAND)**
  - Demonstrate without a ball.
    - Jump off right foot
    - left knee goes up
  - Once you demonstrate it to the kids, have them go down the court, without the ball, just practicing the footwork.

### **Fun games to end practice:**

#### **Full court dribble shots:**

Everyone has a ball and for 1 minute dribble up and down the court attempting shots at each basket. The goal is to get a certain amount by the time 1 minute is up. Can score individually or as a team!

#### **Pressure team Ft's**

**5 hits-** Teams of 2-3 players. pick a spot to shoot from and first team to 5 wins. Find a different spot to shoot from. Fun competitive game and work as a team.

**Always end with a team huddle and everyone give a high five!!! Compliment each other!!! We are all Irish!!!**