

TRAINING SESSIONS WITH 13-14 YEAR-OLD PLAYERS

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- Methodical Advices
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 - Session-2: Passing Technique and Individual Tactics
 - Session-3: Practising Fast-Break Fundamentals
 - Session-4: Defensive Fundamentals
 - Session-5: Practising Screening
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 - Session-7: Practising Defense
 - Session-8: Teaching Screens
 - Session-9: Practising Defense
 - Session-10: Practising Fast-Break and Set Offense with Screens
 - Session-11: Basics of Faking to Receive the Ball, Passing, Using Screens and Disadvantage Situations
 - Session-12: Defensive Tasks: Blocking out, Rebound, Double Team and Positioning According to Ball
 - Session-13: Teaching the Passing Technique
 - Session-14: Continue Teaching of Passing with Stopping and Pivoting. Defense: Distance and Positioning
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 - Session-19: Teaching Fundamentals of the Fast-Break
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 - Session-22: Practising Fast-Break, and Contest Drills
 - Session-23: Transition and Fast-Break Drills
 - Session-24: Fast-Break and Contest

Methodological Advices

- Forget about tactics until your players have learned the technique because knowing the tactics without having the technique turns out to be a bad basketball product.
- Always ask for a full commitment, high concentration and discipline from young players.
- The teaching process starts with simple tasks that gradually become more complicated.
- Details must be stressed, demonstrated and demanded in the execution.
- A maximum of a 25% of new elements can be incorporated in every practice.
- Offense and defense must be trained parallel.
- Drills must be executed in a small area first, and then in a bigger one.
- You can influence the speed by expanding the space and decreasing the time.
- Tall players must work on the same drills as the smaller ones in order to learn the basic techniques.
- Exclusively individual defense must be trained.
- Special attention must be placed on stopping and pivoting.
- Stress the balance of the player's body, positioning of the feet, arms and body.
- «Triple threat» (ball ready to either shoot, dribble or pass) is crucial in offensive play.
- When scrimmaging insist on a fast game with simple actions between two or three players at the must.
- Be strong when criticising and loud when supporting players.
- Allow players to ask when they do not understand something. Your explanations must be short and clear.
- Maintain a high working level and a high concentration level among your players.
- Demand from the players a complete mental presence.
- Do not forget: a good game is the result of hard practices, more mentally than physiologically.
- Do not try to find «gifted» children, they will show up if you work well.
















	player with the ball
	offensive player without the ball
	coach
	coach with the ball
	defensive player
	new position of the defensive player
	movement of offensive player without the ball
	defensive movement
	pass
	dribbling
	one-count stop (one-step stop)
	two-count stop (two-step stop)
	count leg (step leg)
	pivoting
	flight of ball
	jump shot or lay-up
	step-step
	feigned shot
	advance step
	delivering the ball
	screen

Table 19. Legend to follow the diagrams of this chapter.

Session-1

120 minutes

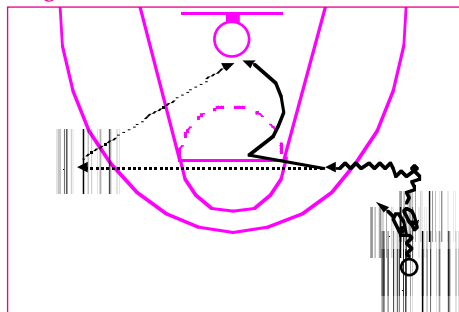
Goal: Teaching Dribbling Technique**Drills:**

- warm-up: ballhandling drills (drills for handling the ball in movement); (10 minutes)
- dribble, step-fake with left foot, continue with roll dribble with right hand, pass to teammate for a cut and double pass (work on both sides); (see Diag.-1)
- offensive player dribbles sideways, changes hands in one dribble and two wide steps, and then passes and cuts for a double pass with loose defense. Passer is in «triple threat» position before the pass; (see Diag.-2)
- after passing to coach and stopping in two steps, back pivot with right foot and penetrate to the left side with crossover step (work on other foot and other side); (see Diag.-3)
- dribble back and forth using same-foot-same-hand technique with change of pace in the penetration (stronger); (see Diag.-4)
- left-handed dribble to middle, stop on right foot, drop step with left foot, right-handed shoulder pass to next player in line counter clockwise. Passer goes to the end of his/her line (work in both directions); (see Diag.-5)
- 1 on 1 half court. Dribble starts with cross-over step after combining front and back pivot. Defense does not try to steal but follows the offense sliding in correct defending position;
- free throws: 2 times 2 shots made in a row.

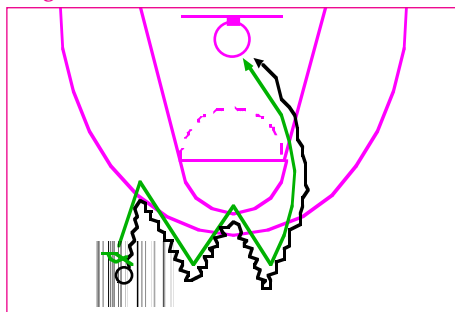
Remarks:

- dribble is executed without looking at the ball;
- it is compulsory to dribble to the left side with left hand and to the right side with right hand;
- it is useful to start dribble with weaker hand so that the player can save the stronger one for more difficult situations;
- dribble should be made using the hand furthest from the opponent.

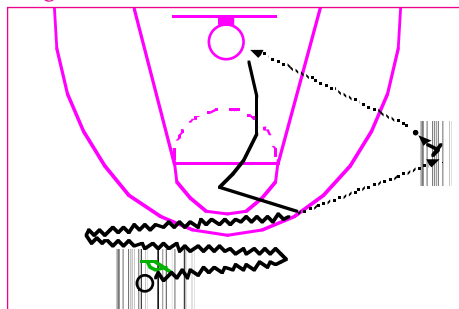
Diag. 1 15 min.



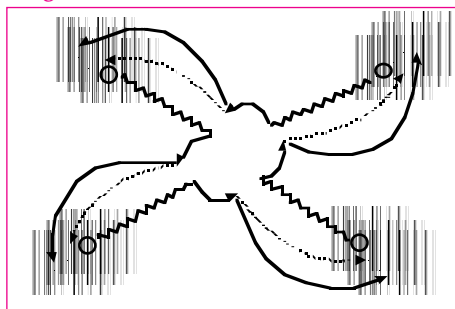
Diag. 4 20 min.



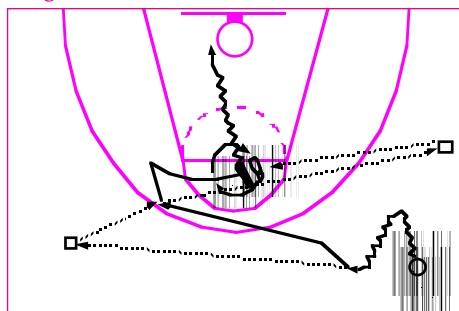
Diag. 2 15 min.



Diag. 5 15 min.



Diag. 3 20 min.



Session-2

120 minutes

Goal: Passing Technique and Individual Tactics**Drills:**

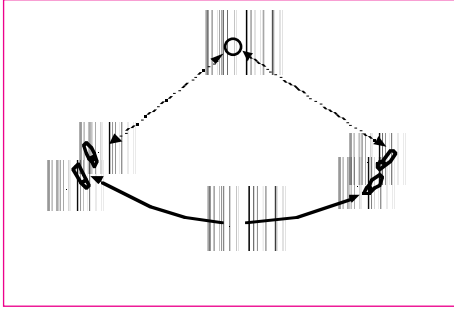
- warm up: ballhandling drills in movement; (10 minutes)
- receive the ball in two-count step and then pass with one-hand shoulder pass; (see Diag.-6)
- after passing to coach, receiving is made in two-count step, then after back pivot, pass to coach. Finish with a cut for a return pass and lay-up; (see Diag.-7)
- getting open for the pass by moving in a triangle with two balls; (see Diag.-8)
- one hand pass and move; (see Diag.-9)
- 2 on 2 half court, passing after pivot and cut for a return pass, complete action without a dribble; (20 minutes)
- practise timing for a pass when defensive player is coming from the opposite side, then pass from a back pivot and cut for a return pass with a loose defense; (see Diag.-10)
- jump shoot after double pass with one-step stop; (see Diag.-11)
- free throws: 2 times 2 shots made in a row.

Remarks:

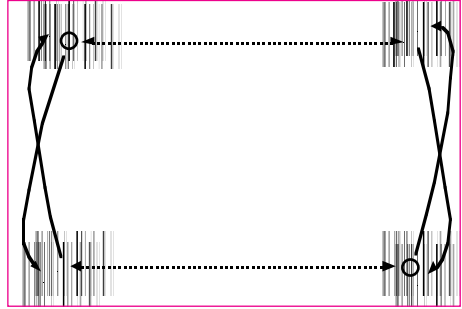
- when passing two-step balance is very important;
- when back pivoting protect the ball with elbow above the shoulder;
- all passes should be sharp and made in straight line.



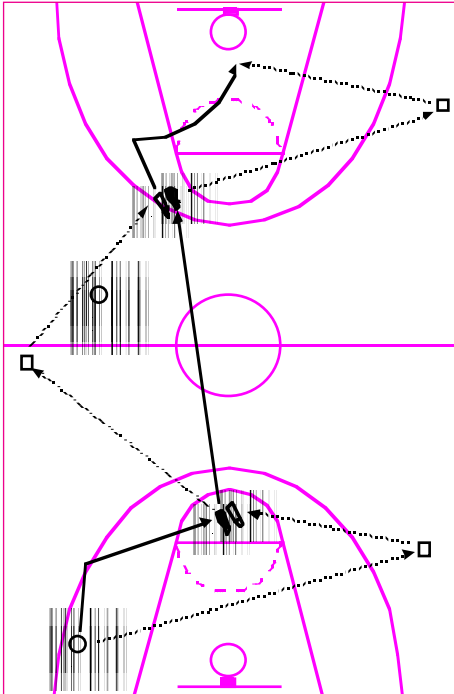
Diag. 6 10 min.



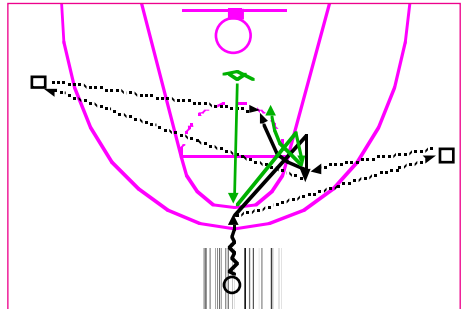
Diag. 9 10 min.



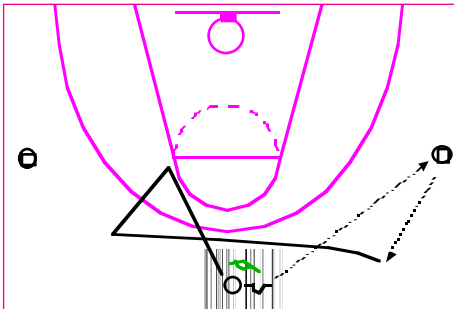
Diag. 7 15 min.



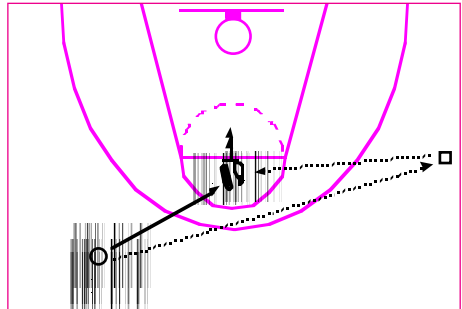
Diag. 10 20 min.



Diag. 8 20 min.



Diag. 11 10 min.



Session-3

120 minutes

Goal: Practising Fast-Break Fundamentals**Drills:**

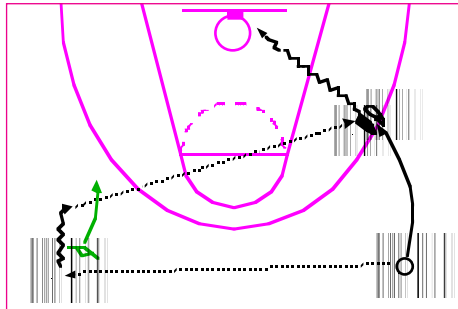
- warm up: stretching and ballhandling drills in movement; (10 minutes)
- crisscross drill with 5 players, 3 on 2 in return. When return shooter and passer are on the defense; (15 minutes)
- 1 on 1+1 on 0; last pass to a player who stops in two-count step and then drives to the basket (work on both sides); (see Diag.-12)
- 2 on 2 Fast-Break situation; (see Diag.-13)
- 1+2 on 2; Fast-Break with «man to man» principles. The players on the first and second pass are closely guarded. In return players change roles; (see Diag.-14)
- 4 on 0; (see Diag.-15)
- free throws: 3 foul shots made in a row. Player who misses is out. Continue playing until you have a winner (15 minutes).

Remarks:

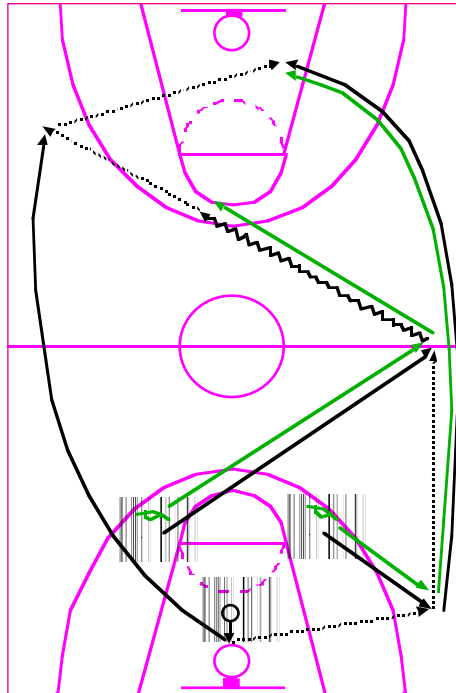
- players without the ball should try hard to be ahead of the ball;
- when running, player should have head turned towards the ball at every moment;
- when offense and defense are running side by side, offense should come out in front of the defensive player presenting a better angle for receiving the ball.



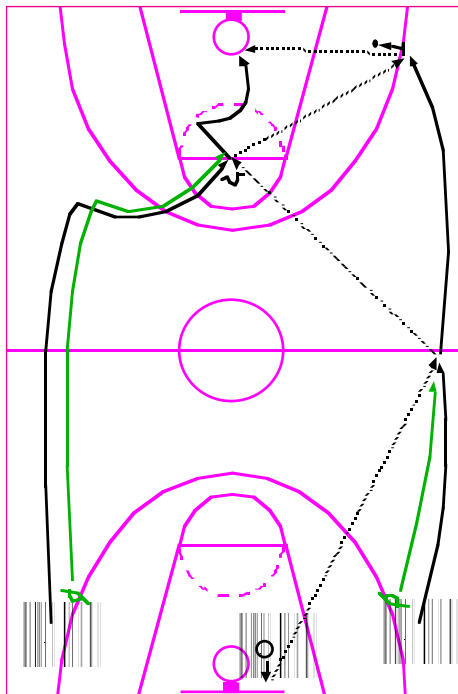
Diag. 12 20 min.



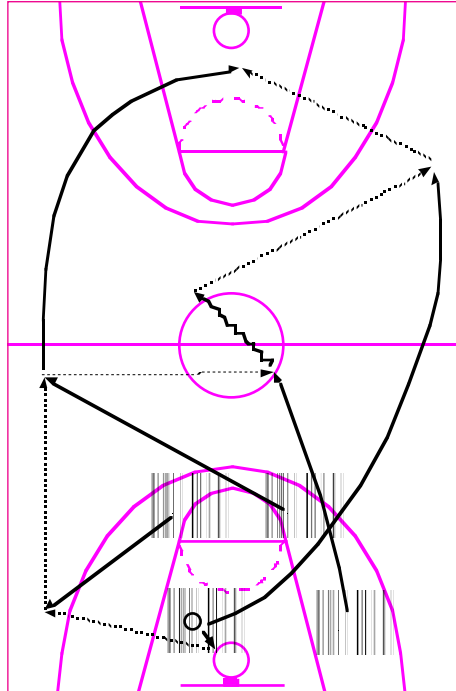
Diag. 14 20 min.



Diag. 13 20 min.



Diag. 15 20 min.



Session-4

120 minutes

Goal: Defensive Fundamentals**Drills:**

- warm up: ballhandling drills in movement; 10 min.
- a)-offensive player steps to one or the other side. Defensive player slides in front of the possible penetration; (see Diag.-16)
 - b)-same as previous but offensive player throws ball to one side for two step stop. Defense protects drives; (see Diag.-17)
 - c)-step out after flashing and receiving the ball from a teammate (see Diag.-18)
- 1+2 on 2; player with ball in point guard position dribbles side to side with wing players trying to get open. Defensive players are in open or closed stance according to ball position. After receiving the ball play 1 on 1; (see Diag.-19)
- 3 on 2 half-court; after shooting, shooter plays defense and defenders play offense (2 on 1) to the other end of the court; (see Diag.-20)
- 1 on 1; defense against cutting: setting the body to a line of the offensive movement. Player with ball tries to pass from a dribble. After the shot, offense goes to defense and plays 2 on 1; (see Diag.-21)
- 5 on 5 scrimmage; offense: no dribble, use pivoting; defense: pressure with special attention to the ball; (20 minutes);
- free throws: 2 times 3 shots made in a row.

Remarks:

- when offense is stepping out, defense should be in front with half of a body width to a ball;
- on ball side take closed stance, and on help side open stance;
- when setting 3 on 2 defense, second defender in vertical order always goes for the first pass and front player goes to middle of the paint;
- player with ball is guarded in almost parallel stance.

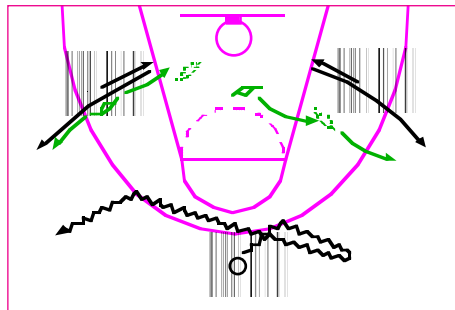
Diag. 16

8 min.



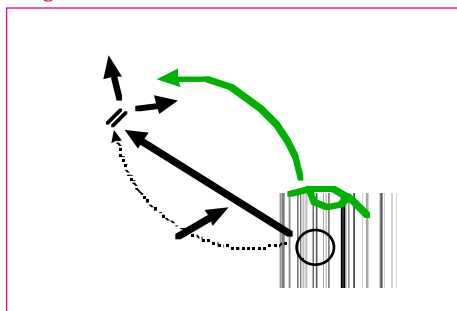
Diag. 19

20 min.



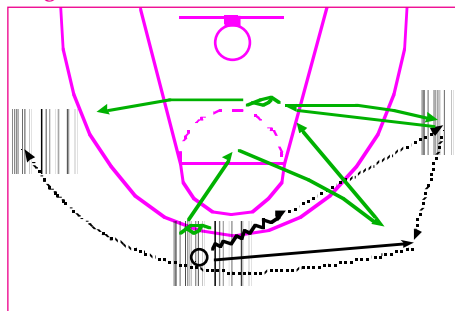
Diag. 17

8 min.



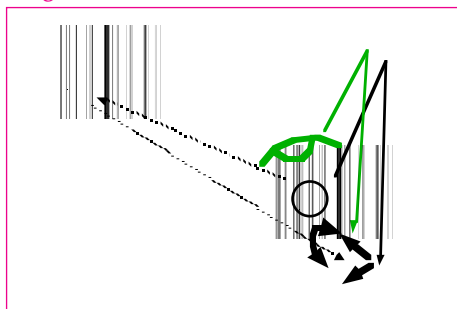
Diag. 20

20 min.



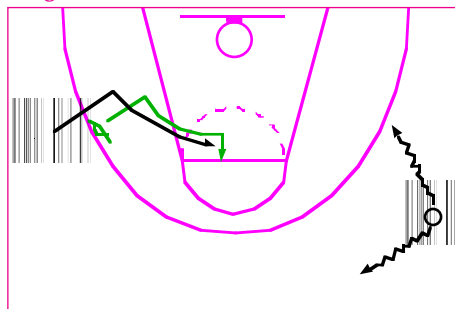
Diag. 18

9 min.



Diag. 21

20 min.



Session-5

120 minutes

Goal: Practising Screening**Drills:**

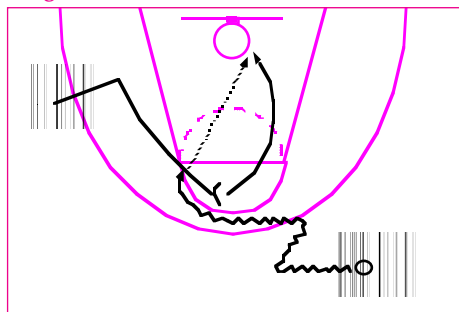
- warm up: stretching and ballhandling drills in movement; (10 minutes)
- a)-2 on 0; leading to a pick with a dribble and picker roll-off to a basket; (see Diag.-22)
 - b)-1 on 1+1 on 0; dribble lead to a pick; pass to a picker after roll-off toward the basket; (see Diag.-23)
- a)-3 on 0; screen away and cut, leading to a screen; (see Diag.-24)
 - b)-screen away with defense on a screened player; (see Diag.-25)
 - c)-defensive player on a screener pops out and stops screened player; (see Diag.-26)
- 1 on 1+1; sliding defense in front of the screen. Player dribbling passes to the screener after roll-off to the basket; (see Diag.-27)
- 3 on 3 full court both sides. Offense: no dribble, only pivot. Defense: press; (20 minutes)
- jump shot after passing to coach. Defense loose; (15 minutes)
- free throws: 3 times 3 shots. Player who makes three in a row finishes.

Remarks:

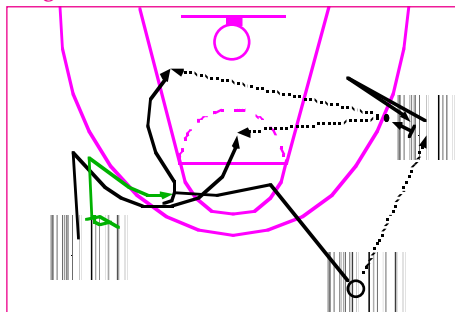
- player who will be screened leads defense to screen level;
- to have successful screen, screened player at the moment of changing direction should not be too far or too close to the screen;
- screener, when rolling-off, must see the ball whole time.



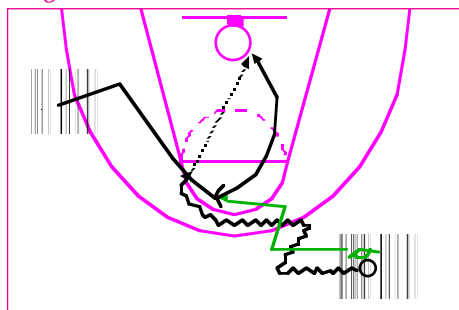
Diag. 22 10 min.



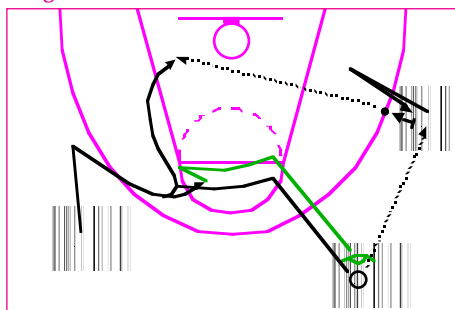
Diag. 25 10 min.



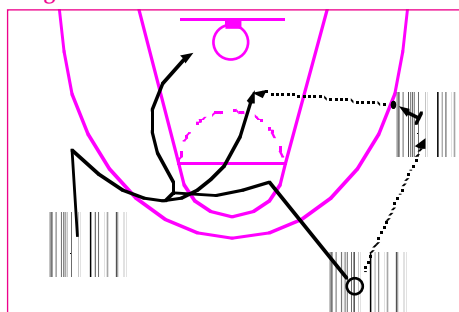
Diag. 23 10 min.



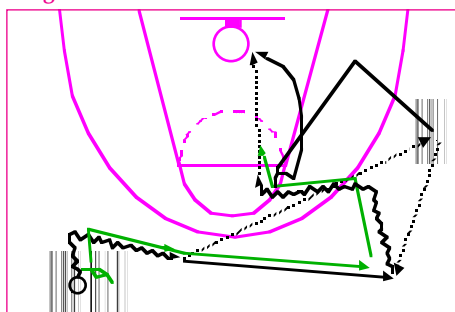
Diag. 26 10 min.



Diag. 24 10 min.



Diag. 27 20 min.



Session-6

120 minutes

Goal: Practising Fast-Break**Drills:**

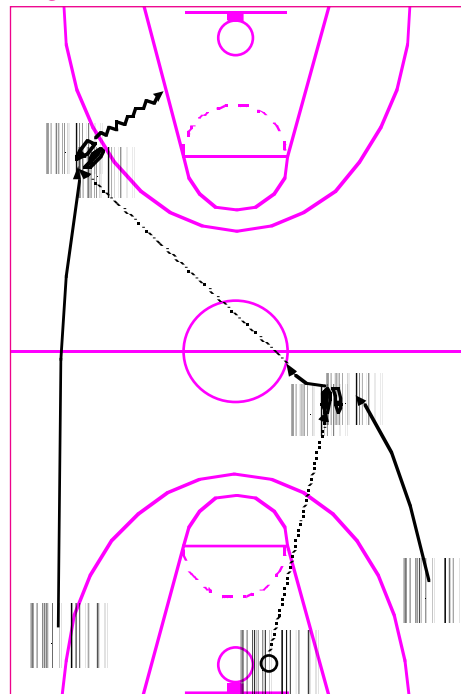
- warm up: ballhandling drills in movement; 10 minutes
- receive the ball in a fast-break with two-step stop and after a step forward pass to the player at the other side who also stops with two counts and then drives to the basket; (see Diag.-29)
- 3 on 2; starting the fast-break. One defender is coming from disadvantage position; (see Diag.-30)
- 3 on 0; fast-break with two passes; (see Diag.-31)
- 3 on 3 in both directions. Offense: no-dribble game; (see Diag.-32)
- fast-break 4 on 4 with outlet pass to a side line. Defense just «follows»; (see Diag.-33)
- scrimmage game. Offense uses short passes to a first open man and dribbles only for penetration. Defense: fast transition and play aggressively on player with ball; (20 minutes)
- 3 times 3 free throws.

Remarks:

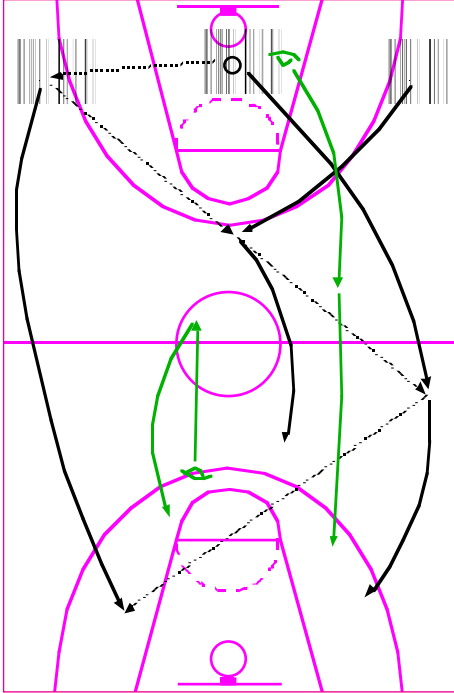
- players in front of the ball should always have head turned towards the ball and at the moment of passing be ready to receive it;
- when stopping to catch longer passes feet should be in full contact with ground.

Diag. 29

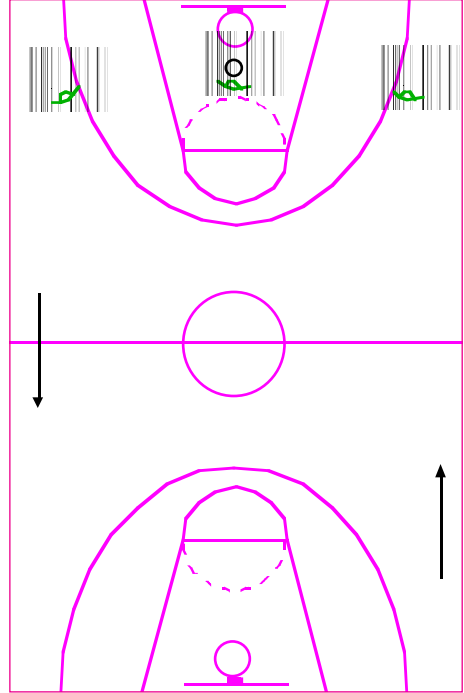
15 min.



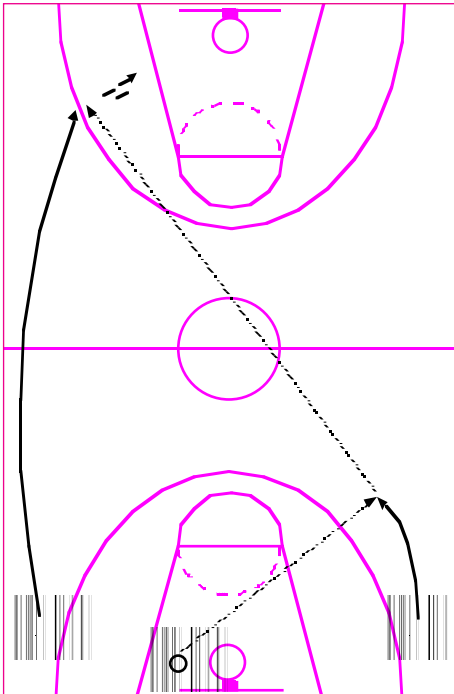
Diag. 30 20 min.



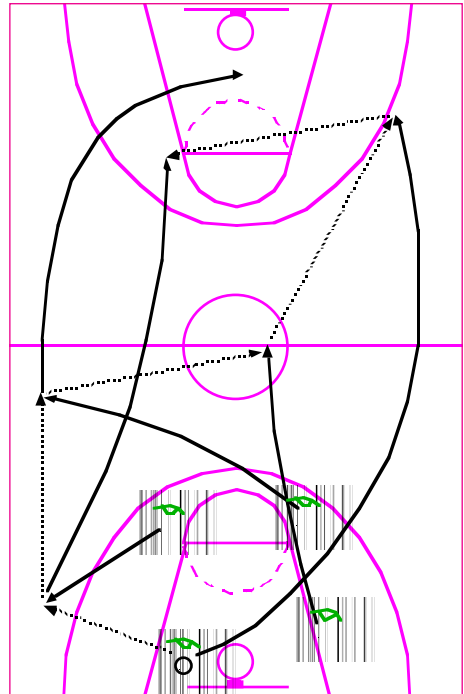
Diag. 32 10 min.



Diag. 31 20 min.



Diag. 33 20 min.



Session-7

120 minutes

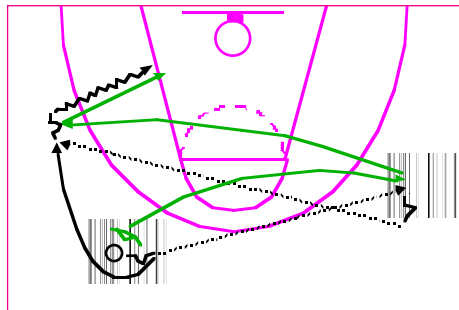
Goal: Practising Defense**Drills:**

- warm up: ballhandling drills in movement; (10 minutes)
- 2 on 1; defensive player defends offensive player with ball. Offensive player with ball pivots and passes to the teammate, then changes position. Player who catches the ball also pivots and returns the ball to the first player; this player penetrates against defensive player. Defense follows the ball from one offensive player to another; (see Diag.-34)
- catching the offensive player from a disadvantage position; (see Diag.-35)
- 1 on 1; offensive player is stopped while cutting and after that flashes away from the ball. After pass, player from other side sets a screen to let him drive; (see Diag.-36)
- 1+2 on 2: against the screen on a help side. Creating the space for defensive player 2 so that he/she can avoid the screen; (see Diag.-37)
- 3 on 1; two defensive players act from disadvantage position; (see Diag.-38)
- defensive player meets the offensive player in the dribble. Then offensive player passes to a teammate and receives the ball back for a jump shot. Defense follows the ball from one offensive player to another; (see Diag.-39)
- 2 times 3 made free throws.

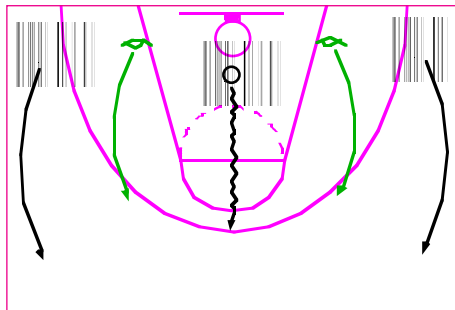
Remarks:

- in disadvantage situations teach defense to find good positions and to be very strong in that;
- when cutting, defensive player must use his body to stop movement in that direction;
- when leading to a pick with a dribble, defense must slide in front of the set pick.

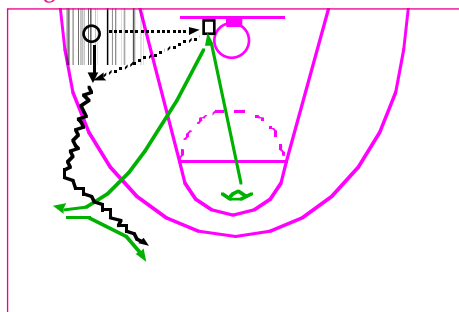
Diag. 34 15 min.



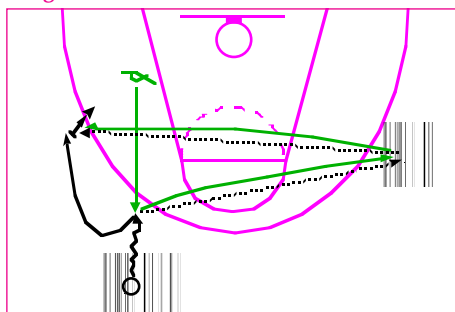
Diag. 38 20 min.



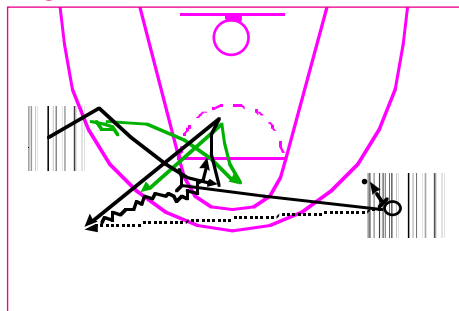
Diag. 35 10 min.



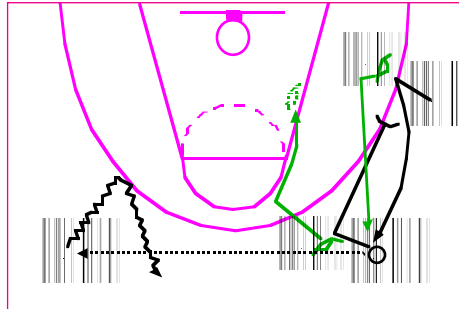
Diag. 39 15 min.



Diag. 36 20 min.



Diag. 37 20 min.



Session-8

120 minutes

Goal: Teaching Screens**Drills:**

- warm up: stretching an ballhandling drills in movement; (10 minutes)
- vertical movement using a screen with roll-off of a blocker; (see Diag.-40)
- back door cut on the help side; (see Diag.-41)
- leading to a screen away from the ball; (see Diag.-42)
- involving a third man in pick and roll; (see Diag.-43)
- scrimmage game. Offense: setting and using screens, 2 on 2 and 2 on 2+1 game;

Defense: defending with sliding in front of a pick and helping with body in front of an offensive player and body-checking the screener; (20 minutes)

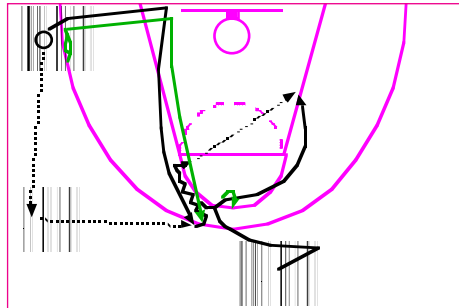
- 2 times 3 free throws.

Remarks:

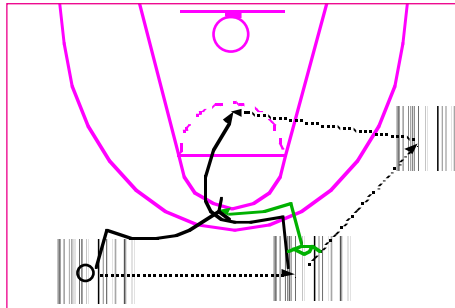
- angle for setting a screen is related to the angle of the player wishing to use that screen;
- at the moment of leading to a screen or a pick, player should change pace of his movement.



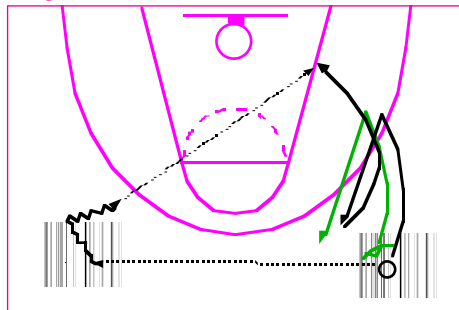
Diag. 40 20 min.



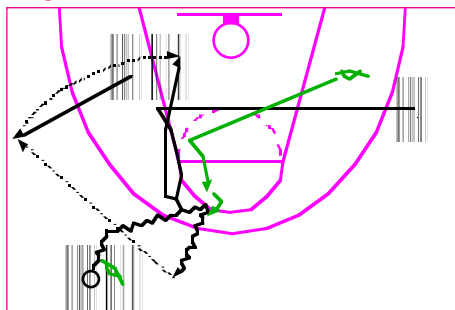
Diag. 42 20 min.



Diag. 41 20 min.



Diag. 43 25 min.



Session-9

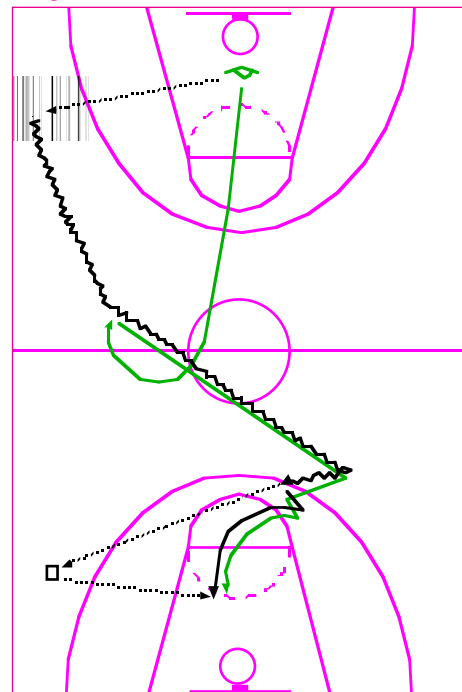
120 minutes

Goal: Practising Defense**Drills:**

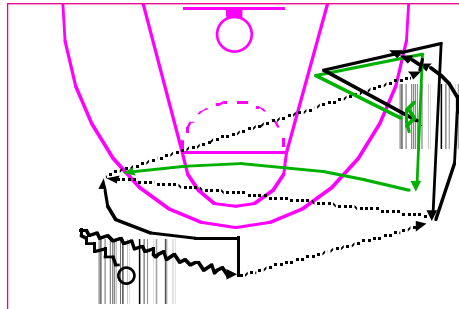
- warm up: stretching and ballhandling drills in movement; (10 minutes)
- defense from a disadvantage situation after a pass, then pass to coach and cut; (see Diag.-44)
- 2 on 1: overplay on a player without ball. After faking, receive the ball and return it to a free teammate. Defense follows ball and one of the offensive players executes a jump shot; (see Diag.-45)
- double team drill with transition to opposite side; (see Diag.-46)
- 3 on 3: after inbound pass from the side line, defensive players 3 and 1 double team while defensive player 2 plays defense on offensive player X2. After inbound pass X3 cuts. Double team is executed with a player who can see position of the ball; (see Diag.-47)
- 1 on 1 game using 1/4 of the court until 5 made shots. First ball goes to the player winning free throw competition. Winner ends drill. Other players out of bounds waiting for their turn; (see Diag.-48)
- 2 times 3 free throws.

Remarks:

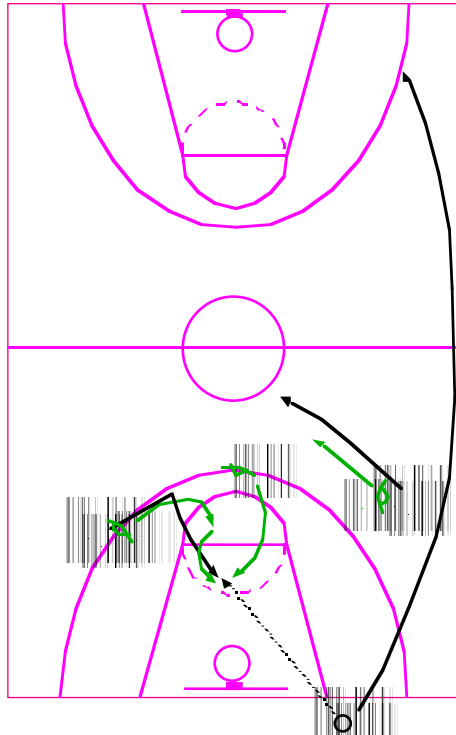
- player in a dribble should be forced to play in a smaller area;
- at the moment of holding the ball, another defensive player approaches to carry out double team;
- double team is always executed with a player who can see position of the player receiving the ball.

Diag. 44 20 min.

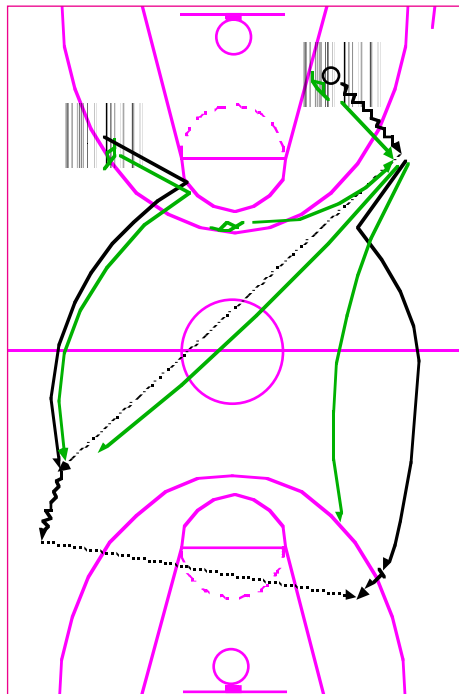
Diag. 45 20 min.



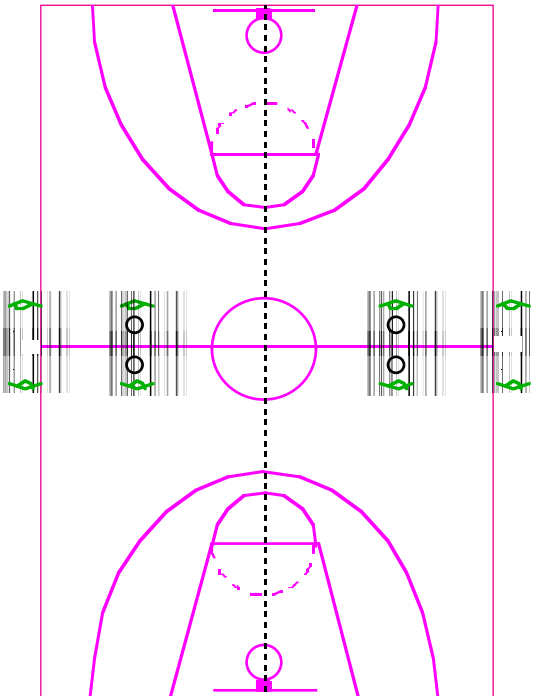
Diag. 47 20 min.



Diag. 46 20 min.



Diag. 48 25 min.



Session-10

120 minutes

Goal: Practising Fast-Break and Set Offense with Screens**Drills:**

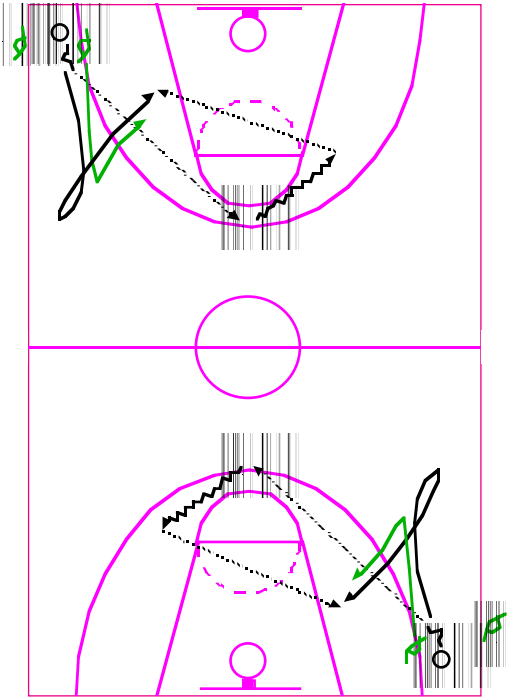
- warm up: stretching and ballhandling drills in movement; (10 minutes)
- 1 on 1 + 1; back door (15 minutes) (see Diag.-49)
- a)-3 on 0, 3 on 3; offensive player X2 passes to X3 and sets a screen for X1 who cuts. If he does not receive the pass, X3 passes to X2 and screens X1 at low post. X1 uses this screen for a jump shot from wing position. After screen X3 roll-off to the basket for a pass; (see Diag.-50)
 - b)-continuing X3 sets a screen for X2 who cuts (work with and without defense); (see Diag.-51)
- a)-fast-break 5 on 0 and secondary fast-break; (see Diag.-52)
 - b)-continued movement from secondary fast-break; (see Diag.-53)
- scrimmage game (4 teams contest - direct elimination): offense uses only one dribble for a drive, using fast-break and screens in two-man game. Defense forces to side line, overplays the pass and passing lanes; (30 minutes);
- free throws: 3 foul shots made in a row.

Remarks:

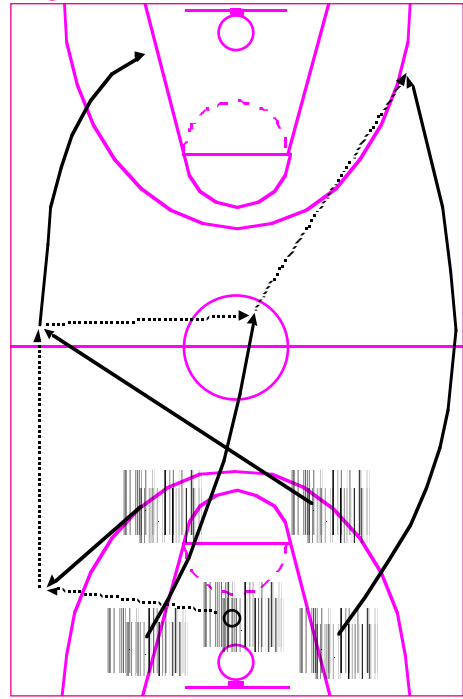
- when executing back door, stress longer leading movement so that defense comes further away from the basket;
- screener always waits for teammate to use the screen and then rolls-off;
- depth in setting the players in final phase of fast-break allows easier cutting and transformation to secondary fast-break.



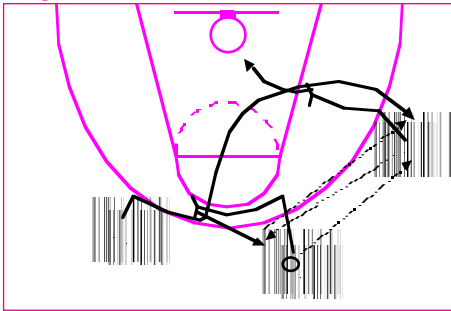
Diag. 49 15 min.



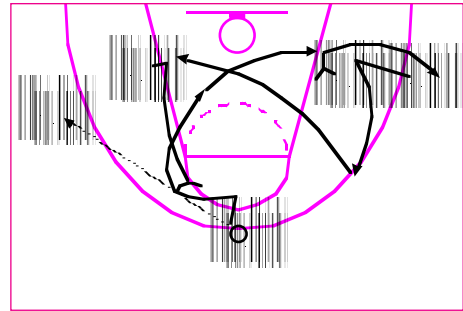
Diag. 52 10 min.



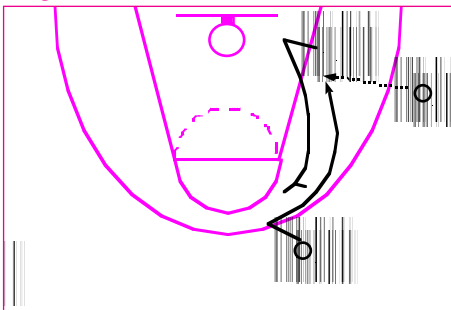
Diag. 50 15 min.



Diag. 53 15 min.



Diag. 51 15 min.



Session-11

120 minutes

Goal: Basics of Faking to Receive the Ball, Passing, Using Screens and Disadvantage Situations

Drills:

- warm up: stretching and ballhandling drills in movement; (10 minutes)
- 1 on 1; offensive player without the ball flashes in movement along the court. Coach holding ball at his side passes to offensive player who returns the ball and proceeds to the next coach. When third ball received, offensive player plays to score; (see Diag.-54)
- 2 on 2; two man game with screens. Screens are set on off-ball side; two coaches help; (see Diag.-55)
- disadvantage drill 4 on 5; offense with quick passes creates free lanes for a drive. After penetration offensive player with ball passes to an open teammate.

After the shot defense plays offense on other basket against 3 defensive players (4 on 3) using same principles. First shooter goes to one side and waits for next offense.

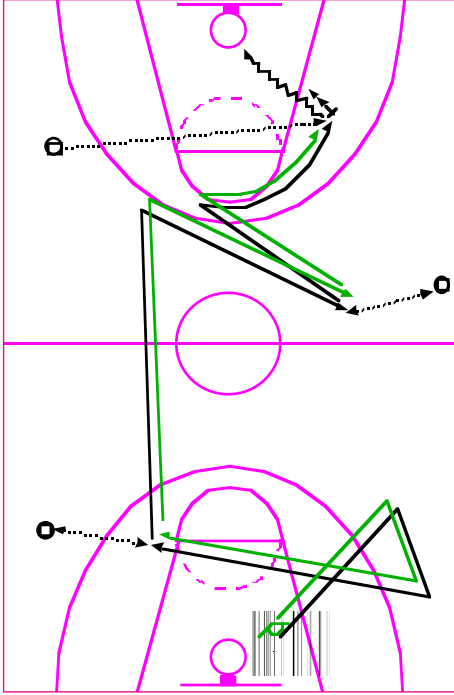
After completing 4 on 3, new 5-man team is created with two new players from the side; (see Diag.-56)

- 2 on 2 contest using pick and roll. On each half court two pairs play for the same amount of time to 5 made shots. At the end winners play for champion; (15 minutes)
- free throw contest. Player is eliminated if he does not make three in a row.

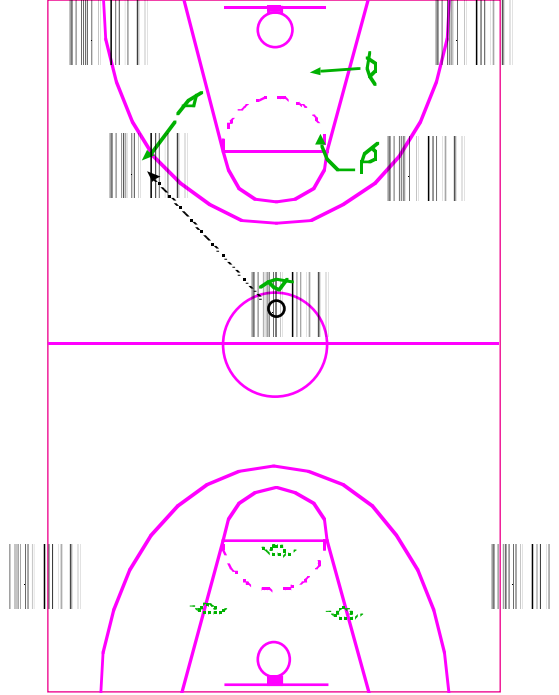
Remarks:

- in disadvantage situation, rotation in defense is executed;
- after passing to coach, offense should spread out moving from the ball for the next action;
- when leading to a screen, change pace.

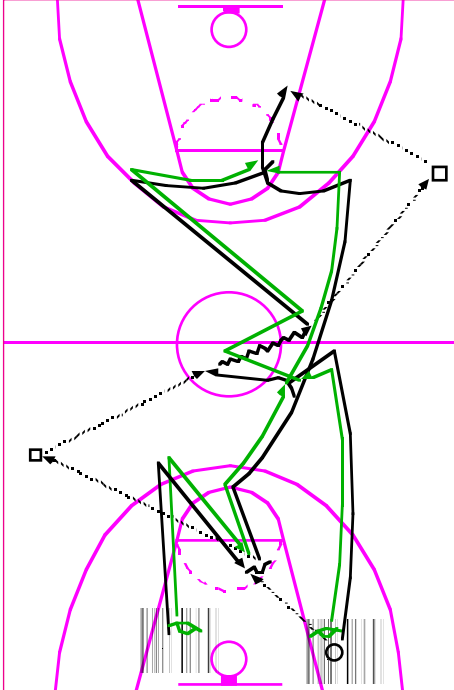
Diag. 54 20 min.



Diag. 56 25 min.



Diag. 55 20 min.



Session n. 12

120 minutes

Goal: **Defensive Tasks: Blocking Out, Rebound, Double Team and Positioning According to Ball**

Drills:

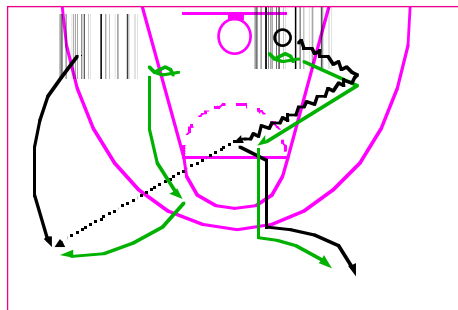
- warm up: stretching and ballhandling drills in movement; (10 minutes)
- 2 on 2; after drive, defense plays help and recover: offense must spread when defense helps. Full court; (see Diag.-57)
- 4 on 4; four corner drill: Offensive players pass. When the ball is received, «triple threat» position is a must (ball ready to shoot, dribble or pass). After pass, cut. If is possible, pass to cutter. Defense overplays. (see Diag.-58)
- 3 on 3 half court, after shot defense blocks out, rebounds and runs fast-break. On other half court, 4 defensive players wait and double team the ball. When offense finishes, coach points to the worst defensive player who stays in defense while the rest go to offense on other basket; (see Diag.-59)
- scrimmage game contest (four teams-direct elimination): Offense: use one dribble for penetration, fast-break and pick and roll. Defense: aggressive to player with ball, double team the ball, block out and rebound; (35 minutes)
- free throw contest. Player is out if he does not make three in a row.

Remarks:

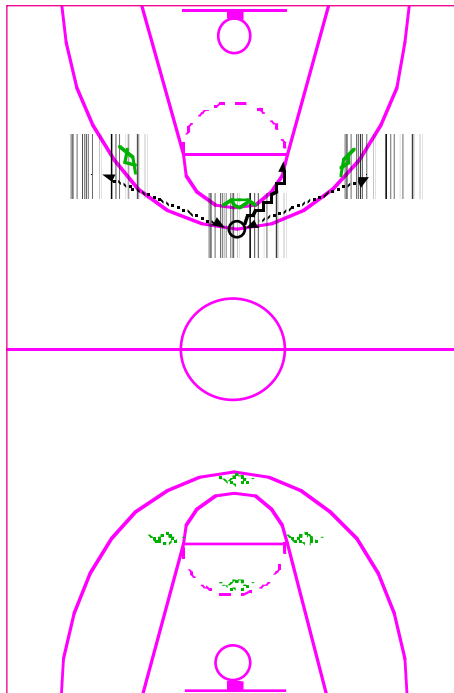
- offensive player along a base-line is guarded keeping the ball in sight while not losing control over the player;
- double team is executed when offense picks up ball or when area for handling the ball is small.



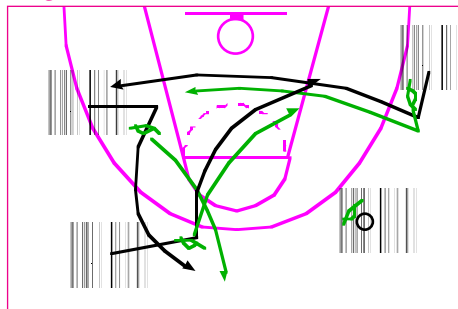
Diag. 57 15 min.



Diag. 59 25 min.



Diag. 58 25 min.



Session-13

120 minutes

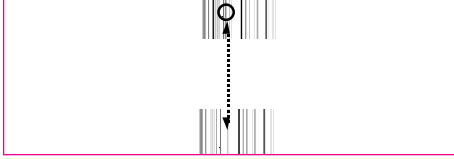
Goal: Teaching the Passing Technique**Drills:**

- warm-up: ballhandling drills (drills for handling the ball in movement); (10 minutes)
- a)- one-hand pass with cross-over step using both hands;
b)- two-hand chest pass with continuous movement to the ball. (see Diag.-60)
- toos the ball, stop and catch, pivot combination (back and front pivot), one-hand pass; (see Diag.-61)
- move towards the thrown ball to the floor, stop and catch, one hand shoulder pass to the coach. «L» cut and after receiving the ball lay-up. (see Diag.-62)
- one-hand stationary pass with a step forward; two-hand chest pass from the movement and lay-up after receiving the ball. (see Diag.-63)
- 1 on 1 defensive sliding. Change roles on coach's signal.
 - a)- without the ball;
 - b)- with a dribble move. (see Diag.-64)
- pivot, pass, flash and cut. Defense follows. (see Diag.-65)
- fast-break 2 on 1 situation; (see Diag.-66)
- game contest: Offense: two-hand chest passes and one-hand shoulder passes. Play with only one dribble for the penetration. Pass to closest teammate. Must pivot upon stopping. Move after every pass.
Defense: create responsibility for your own man. Be aggressive with the ball. Get the best position to see your man and the ball.
- free throws: make 3 in a row

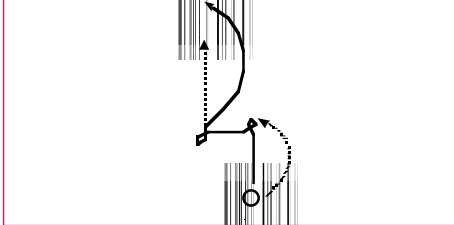
Remarks:

- complete follow up with one hand at pass;
- elbows should not be too far out when holding the ball;
- pass must be strong and fast;
- moving is compulsory after a pass, and very recommendable before receiving the pass;
- one step stop must be executed in full balance (knees and hips semi-bent);
- pivoting wide and in balance (body weight equal on both feet).

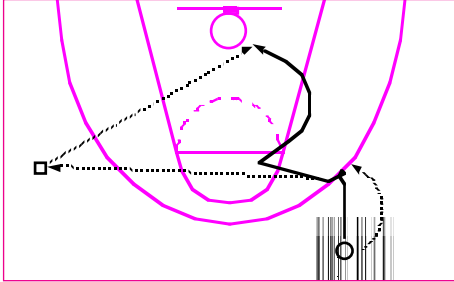
Diag. 60 5 min.



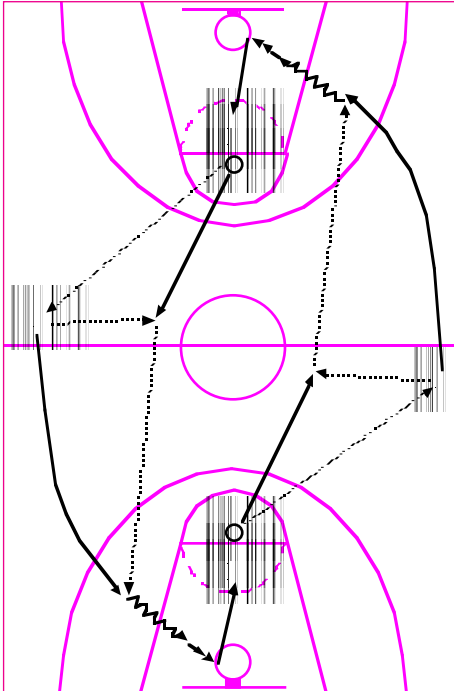
Diag. 61 5 min.



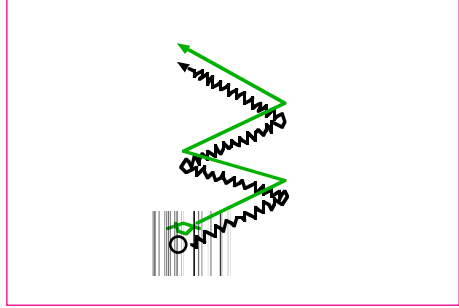
Diag. 62 10 min.



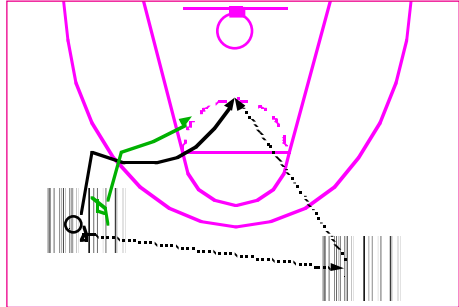
Diag. 63 10 min.



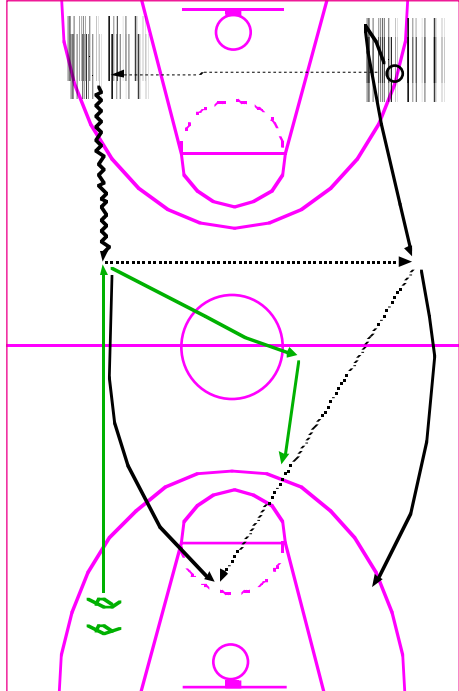
Diag. 64 15 min.



Diag. 65 15 min.



Diag. 66 15 min.



Session 14

120 minutes

Goals:

- Continue Teaching of Passing with Stopping and Pivoting
- Defense: Distance and Positioning

Drills:

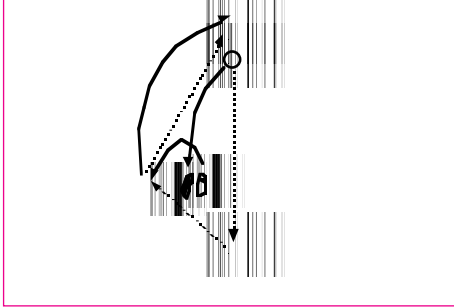
- warm up: ballhandling dribbling drills. (10 minutes)
- pass, move, one step stop, back pivot and chest two-hand pass (front pivot); (see Diag.-67)
- one-hand shoulder pass, one step stop, shot fake, back pivot, front pivot and lay-up to the left (right) side; (see Diag.-68)
- dribble, one step stop, back pivot, one-hand shoulder pass and move after the pass; (see Diag.-69)
- 2 on 1 continuous from both sides. Shooter becomes defensive player in the next action. One hand passes from the dribble. Offense must stay at same level. Defense runs from one offensive player to another; (see Diag.-70)
- two-man team: players receive the ball after the move and stop, then one-hand pass and movement again. Combine front and reverse pivoting; (see Diag.-71)
- a)-1 on 1: defense of offensive player with ball. 1 on 1 defense of offensive player without ball in ball or help side; (see Diag.-72)
- b)-1 on 1: defense of offensive player without the ball (see Diag.-73)
- 5 on 5 on 5 Defense is waiting on half court line. Offense uses only one dribble for the penetration. Stress the pivoting and passing. Scoring offense stays in offense on the opposite side. If miss, goes to defense;
- Free throws: 2 times 3 shots in a row

Remarks:

- when pivoting protect the ball further from the defense and hold it on a far hip. Elbows in front of defensive player;
- in defense player always has responsibility for guarding his man but at the same time must see position of the ball;
- distance between defensive and offensive player depends directly on distance of the ball;
- as the ball gets closer, defense is closer and more aggressive on a player and viceversa.

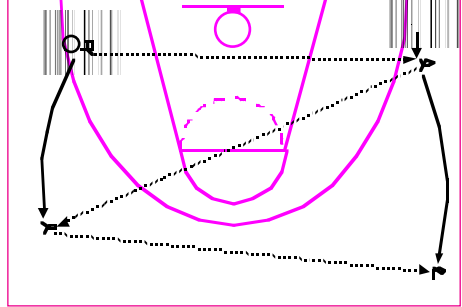
Diag. 67

5 min.



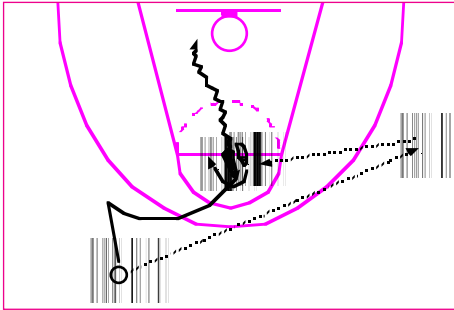
Diag. 71

10 min.



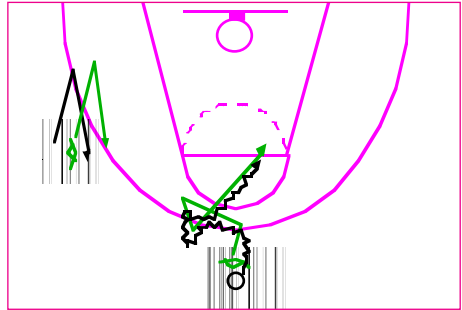
Diag. 68

2 x 5 min.



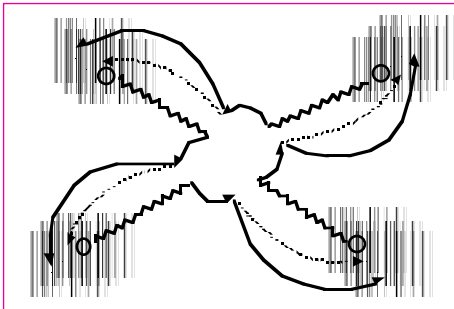
Diag. 72

10 min.



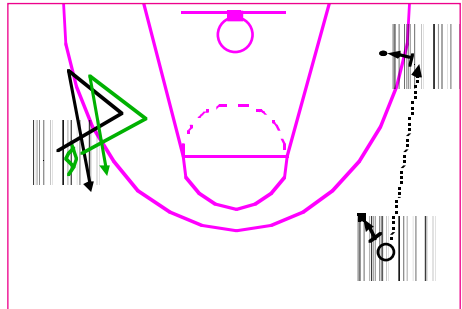
Diag. 69

10 min.



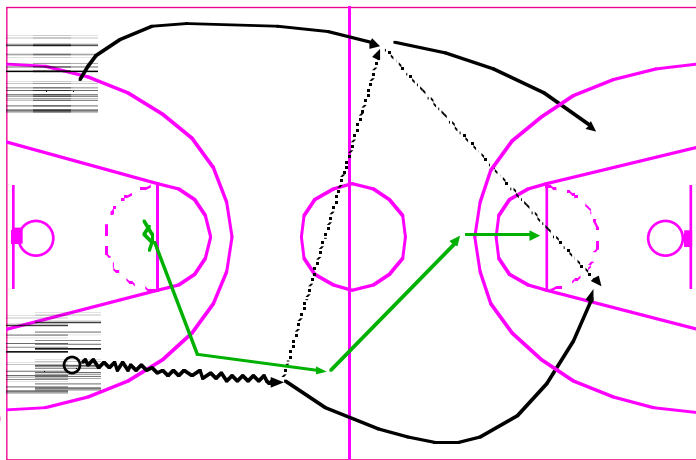
Diag. 73

10 min.



15 min.

Diag. 70



Session-15

120 minutes

Goal: Elements for Organised Fast-Break**Drills:**

- warm-up: ballhandling in movement. (10 minutes)
- two-step stop after the dribble, front pivot around pivot foot, one step forward (left foot) and one-hand pass to teammate; (see Diag.-74)
- 2 on 0 fast-break situation one way; and return 1 on 1; (see Diag.-75)
- 1 on 1 offensive player rolls the ball and chases it, followed by the defensive player; when offensive player catches the ball, pivots, passes to teammate and changes to defense. Drill repeated on the other side; (see Diag.-76)
- fast-break 3 on 0: on return shooter runs to the free throw line and plays defense against teammates (2 on 1); (see Diag.-77)
- return pass after the dribble, then stop and jump shot; (see Diag.-78)
- jump shot to end fast-break; (see Diag.-79)
- 2 on 2 on 2: flash, going into «triple threat» position while other player also flashes. After the pass players cut to the basket. Defense goes to offense on the other side of the court. Basic principle is flashing and cutting for the pass; no dribble; (see Diag.-80)
- offense changes direction in dribbling and stops in front of the defense for jump shot over the defense ; defensive player stands with arms up; (see Diag.-81)

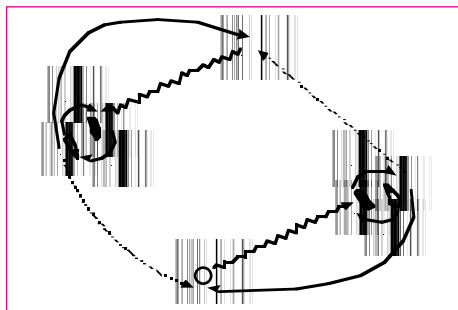
Remarks:

- in fast-break players without the ball should be in front of the ball;
- for successful fast-break depth and width of movement are important;
- good timing when passing the ball is half of good offense;
- final pass before the lay-up usually is bounce pass.



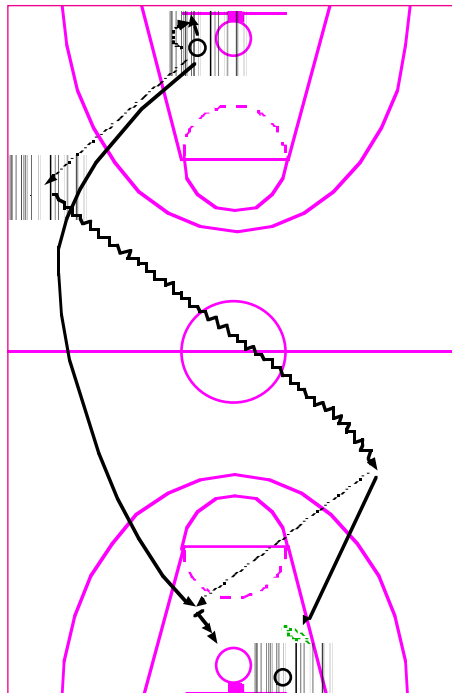
Diag. 74

5 min.



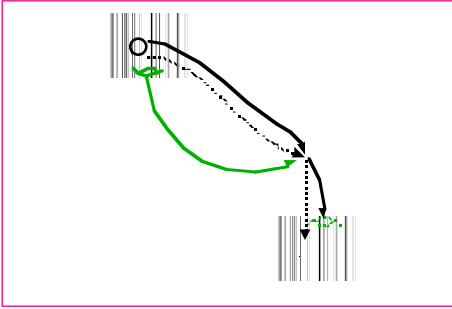
Diag. 75

15 min.



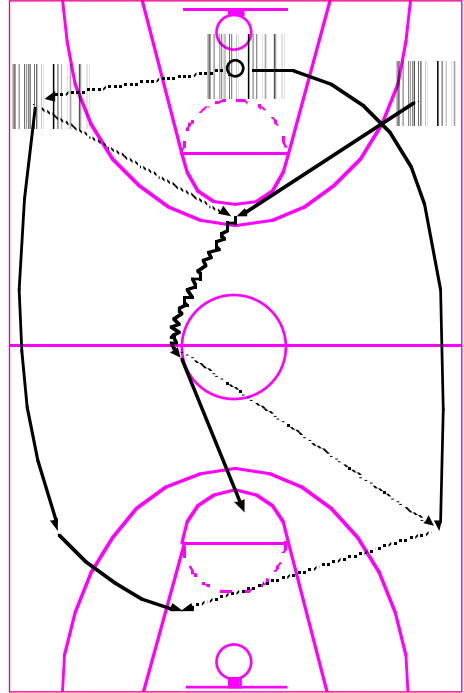
Diag. 76

10 min.

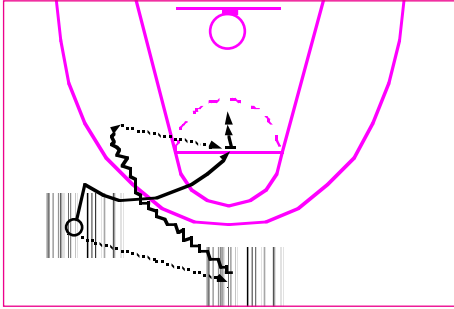


Diag. 77

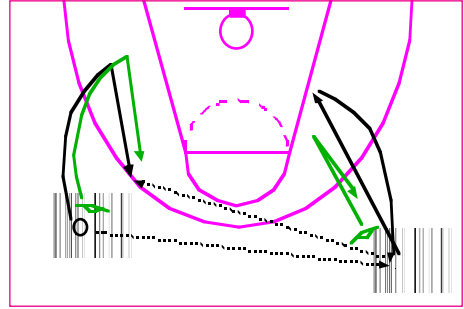
15 min.



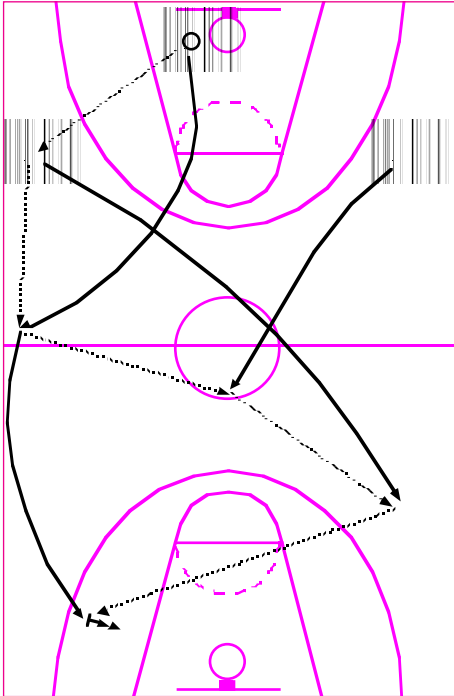
Diag. 78 10 min.



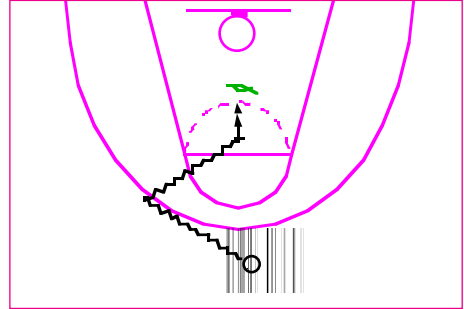
Diag. 80 30 min.



Diag. 79 10 min.



Diag. 81 10 min.



Session-16

120 minutes

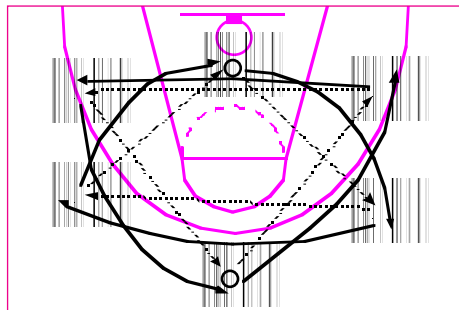
Goal: Practising Defense Elements**Drills:**

- warm up: players are divided into two teams. Using passes only, try to approach opposite players and hit them with the ball; every hit counts as a point;
- passing and moving drill into the hexagon; two-hand chest pass is used. Drill is executed with two balls and in two directions; (see Diag.-82)
- 1 on 1 position: offensive player dribbles back and forth using crossover dribbling, then passes to teammate and cuts for the ball. Defense only guards, without trying to steal or intercept the ball; (see Diag.-83)
- defense in disadvantage situations; (see Diag.-84)
- 1 on 1 without ball: offensive player cuts from the help side to the ball side. Defensive player always stays in front of offensive player; (see Diag.-85)
- 1 on 1 without ball; (see Diag.-86)
- 3 on 2 in triangle; offense may pivot and fake. While one defensive player is aggressive on the ball, the other positions himself between two offensive players. If defense touches the ball, play 2 on 1 to the opposite basket against offensive player who made the mistake; (see Diag.-87)
- 2 on 1: defensive player defends player with the ball and after the pass runs for the other offensive player who returns the ball to his teammate. This player plays 1 on 1 against the defensive player. (see Diag.-88)
- full court game; defense: full court pressing; offense: Fast-Break, no dribble game.

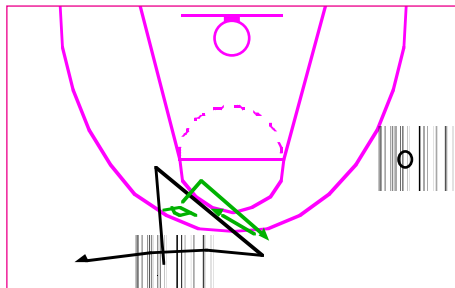
Remarks:

- aggressive defense on player with ball in parallel stance;
- in defensive stance use sliding and running;
- never cross legs while moving in defense;
- always be prepared to approach the player at the same time as he receives the ball;
- good balance in the stance allows quick change of position and easy retrieving backwards.

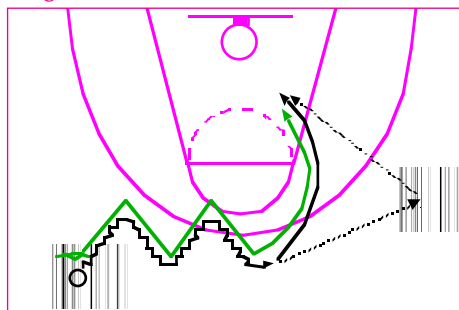
Diag. 82 5 min.



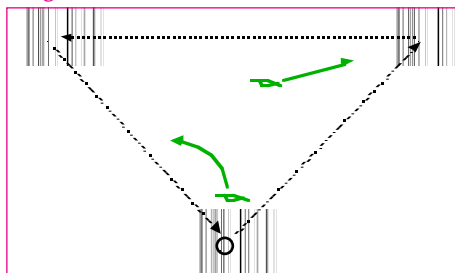
Diag. 86 15 min.



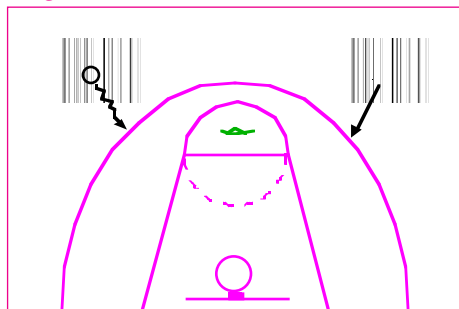
Diag. 83 10 min.



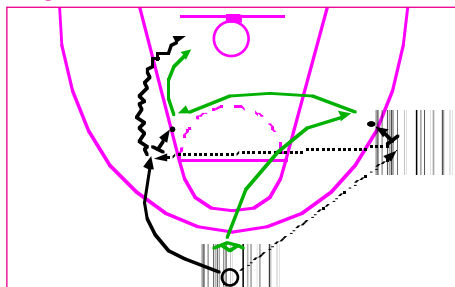
Diag. 87 15 min.



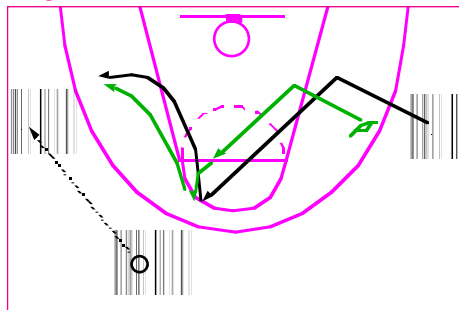
Diag. 84 10 min.



Diag. 88 15 min.



Diag. 85 15 min.



Session-17

120 minutes

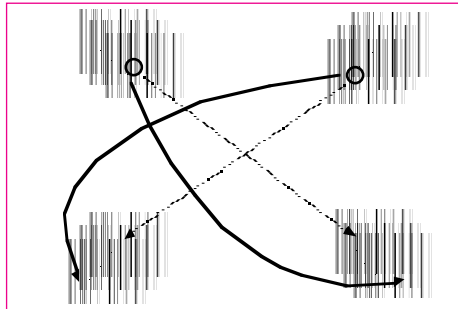
Goal: Moving Around the Court and Practising Fast-Break**Drills:**

- warm up: - ballhandling drills in movement (10 minutes)
- passing in movement, two lines from different sides set into a cross-position. One line uses direct one-hand shoulder pass and the other uses bounce pass with one-hand from the shoulder; (see Diag.-89)
- dribble, moving backwards and using continuous step, dribble the ball diagonally from one side of the court to another using the width of the court; (see Diag.-90)
- sliding drill - offensive player moves in different directions, using change of pace and direction. Defensive player follows aggressively in a close position trying not to let offense change sides easily; (see Diag.-91)
- after receiving the pass dribble and perform one-hand shoulder pass to teammate who uses two-step stop from full speed and then penetrates with cross over lay-up (drill is used from both sides); (see Diag.-92)
- fast-break situation: 2 on 1 with help from disadvantaged defensive player. Continuation in transition game 2 on 2 on the other side; (see Diag.-93)
- 3 on 0 fast-break. In opposite direction transition 2 on 1 with shooter going to defense; (see Diag.-94)
- 2 on 2 game with two balls (one ball on each side of the court). Ball is used for pivoting, give and go game with a coach, and cutting. After playing offense on one side, move to defense on the other side; (see Diag.-95)
- give and go with coach and execution of close jump shot with one count stop. Defense follows loosely. (see Diag.-96)

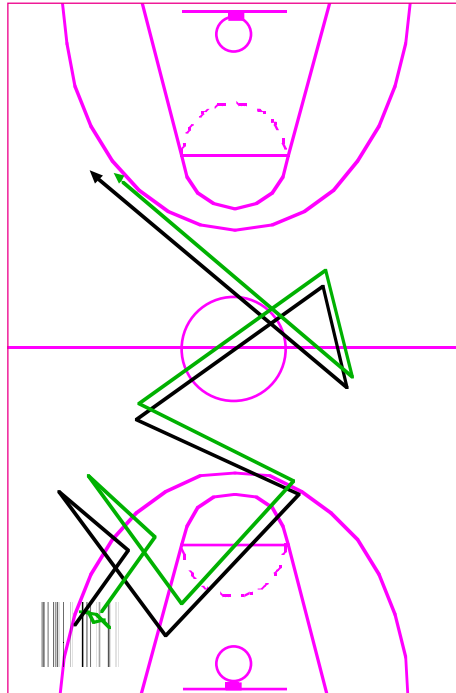
Remarks:

- above all pay attention to details: stopping, reception of the ball and protection of the ball;
- balance when moving, and good timing are always necessary.

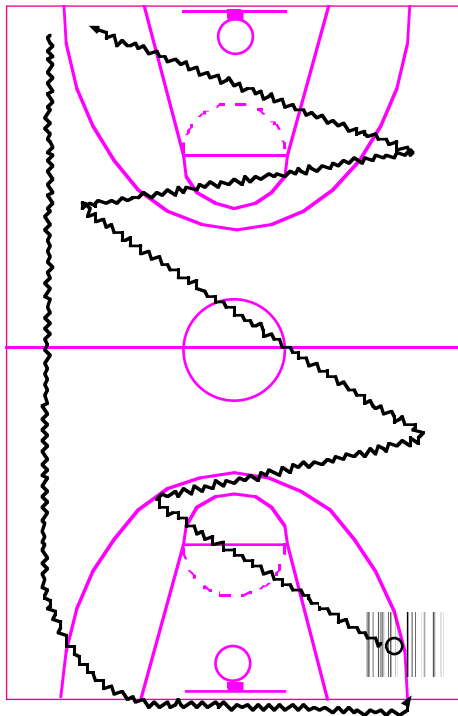
Diag. 89 10 min.



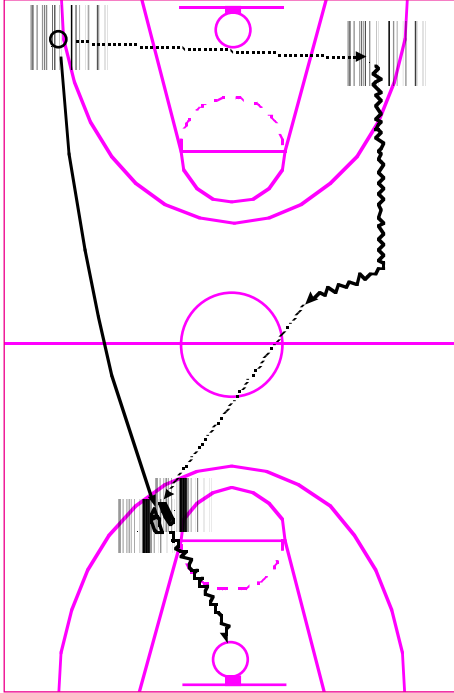
Diag. 91 5 min.



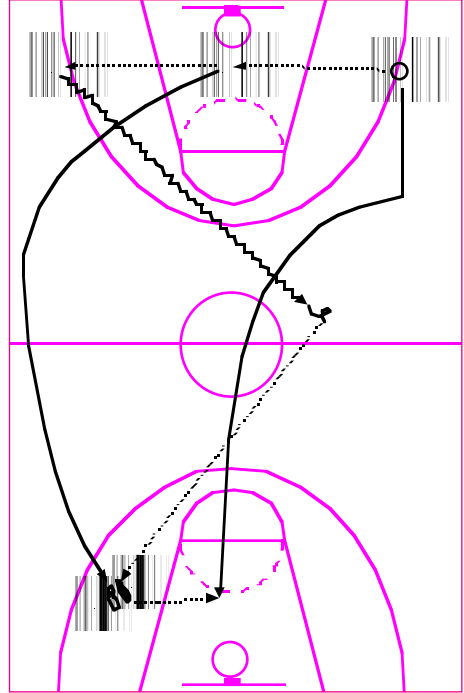
Diag. 90 5 min.



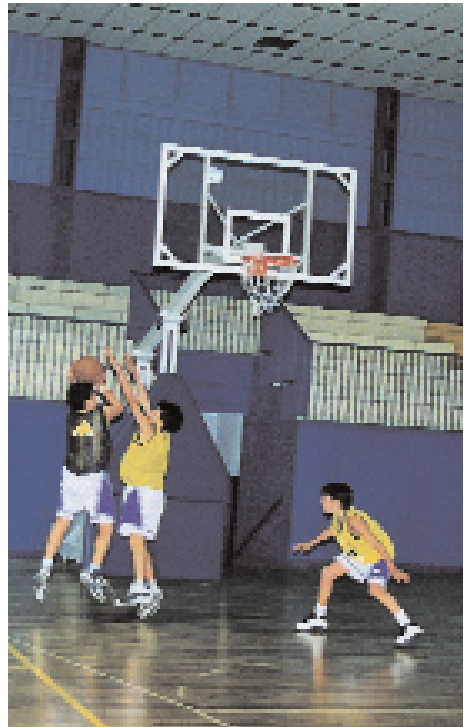
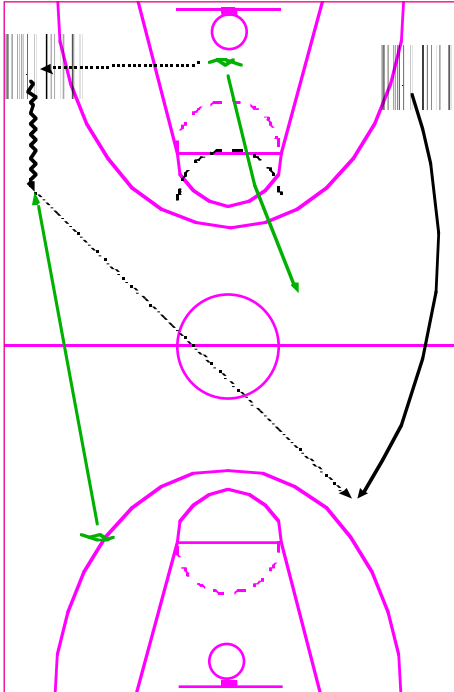
Diag. 92 15 min.



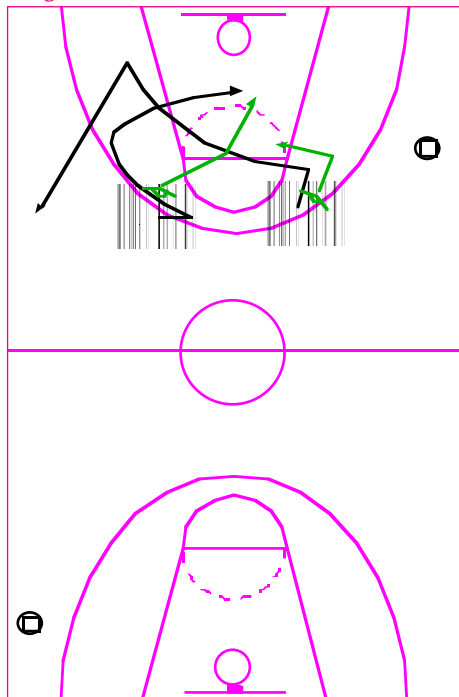
Diag. 94 20 min.



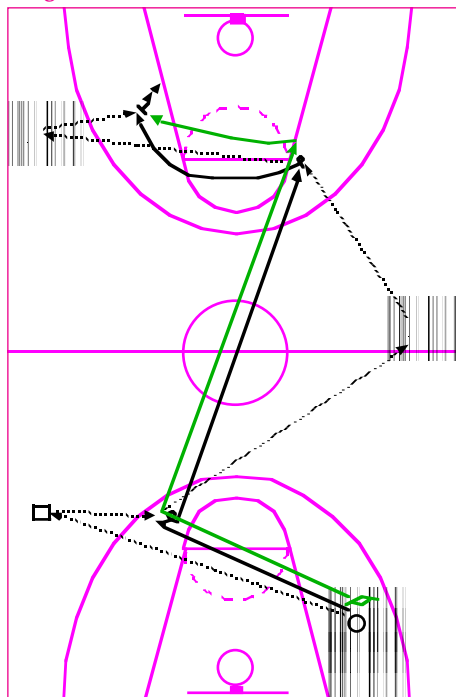
Diag. 93 20 min.



Diag. 95 20 min.



Diag. 96 15 min.



Session-18

120 minutes

Goal: Defense Positioning**Drills:**

- warm up: «touch» game with a ball. Two teams playing on time with counted score;
- flashing on 1/4 of the court and playing 1 on 1; (see Diag.-97)
- 2 on 2 flashing, two man cooperation with double pass, penetration and assisting.

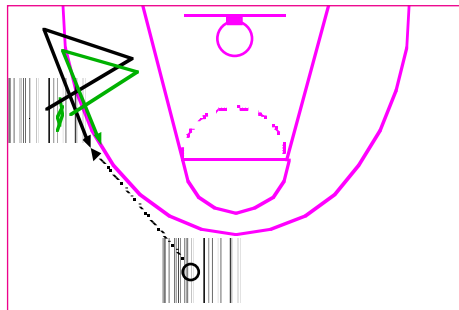
Defense on player without the ball sets up help and follows both the position of the ball and his player; (see Diag.-98)

- give and go with loose defense and cutting to the basket; (see Diag.-99)
- a)-3 on 0 cutting after the pass. Player with ball is in the «triple threat» position. After a few cuts, Fast-Break on other basket; (see Diag.-100)
- b)-same drill; on the other side three defensive players are waiting for the Fast-Break. Drill can be organised in 3 on 3 on 3;
- 3 on 2 on half court; (see Diag.-101)
- scrimmage game.
 - Offensive tasks: continuous movement without the ball in the open spots, cutting with return pass, quick defense-offense-defense transition.
 - Defensive tasks: getting used to being towards the ball on help side; aggressive play on the ball;
- free throws: two-shot contest (should make both; if player misses, he is out).

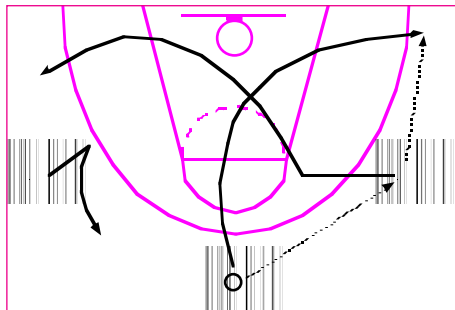
Remarks:

- defensive players should always see the ball;
- distance between defensive player and the player without the ball always depends on distance from the ball;
- player should always be alert and ready to react, even when not close to the ball.

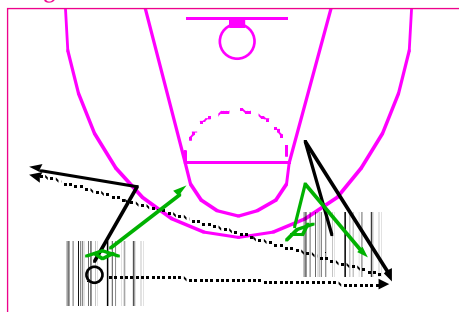
Diag. 97 10 min.



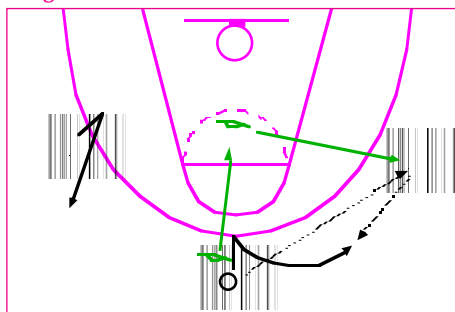
Diag. 100 20 min.



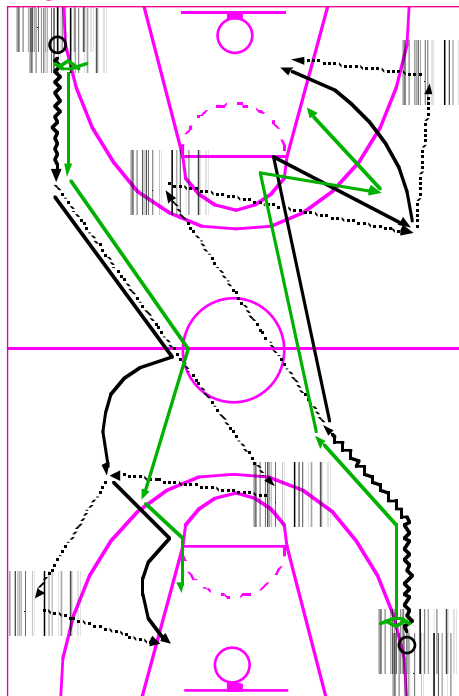
Diag. 98 15 min.



Diag. 101 20 min.



Diag. 99 15 min.



Session-19

120 minutes

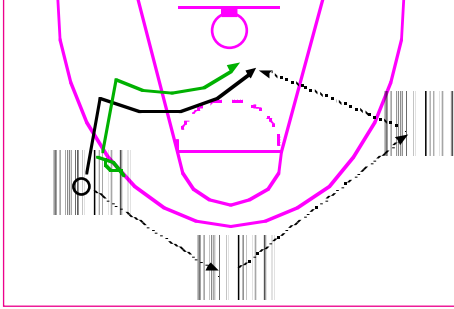
Goal: Teaching Fundamentals of the Fast-Break**Drills:**

- warm up: ballhandling dribbling drills (10 minutes)
- after the pass offense fakes and «V» cuts toward the basket. Defense follows in loose position. Drill es executed from both sides; (see Diag.-102)
- 2 on 1 in fast-break. Defensive player always with same offensive player. Player defended passes and runs to other side of the court. Teammate dribbles to the other side, then looks for the pass. Drill works as a transition in two directions: when return, former defensive player dribbles and former shooter goes to defense; (see Diag.-103)
- defense plays against fast-break in a disadvantage situation. Offense is free to get open; (see Diag.-104)
- defensive players cover space, trying to disturb the offense. Offensive players fast-break, using free space; (see Diag.-105)
- offense flashes using change of pace and direction. Passes to coach after a pivot. Ball can be passed only to coach. Defense should watch ball and man, trying not to permit cuts to the basket; (see Diag.-106)
- 3 on 2 continuous game. Players on one side with defensive players at the opposite side. Shooter goes on one side, two other offensive players go to defense; (see Diag.-107)
- change of direction with cross-over dribble. Retrieve one step back and execute the jump shot from one count stop after dribbling forward. (see Diag.-108)

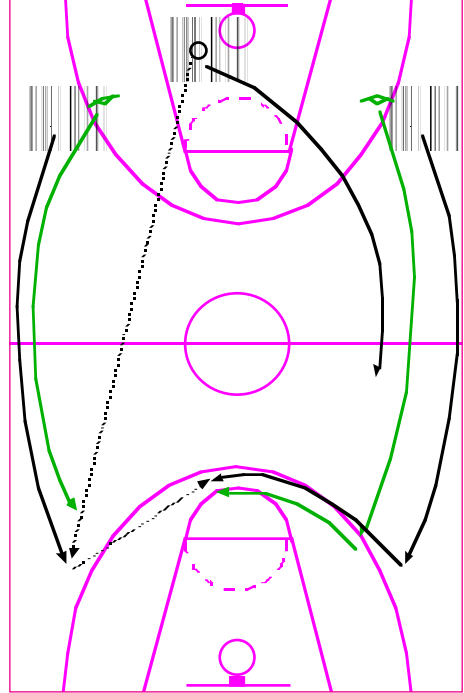
Remarks:

- offensive players without ball must move towards free spot for the ball;
- players without ball must be in constant movement in front of the ball;
- good timing and precision in passing the ball are important for successful fast-break.

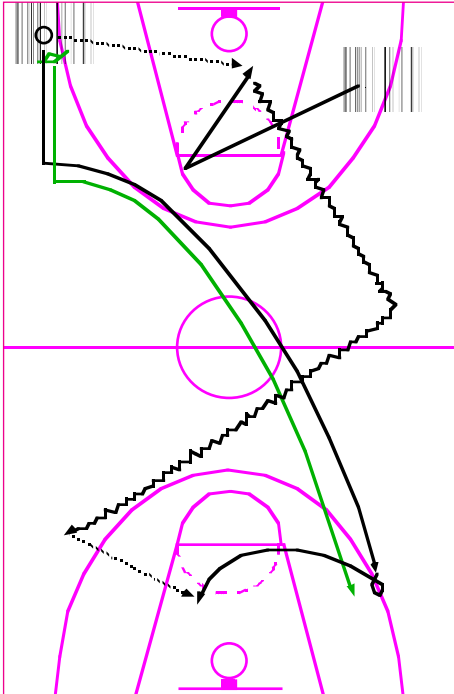
Diag. 102 10 min.



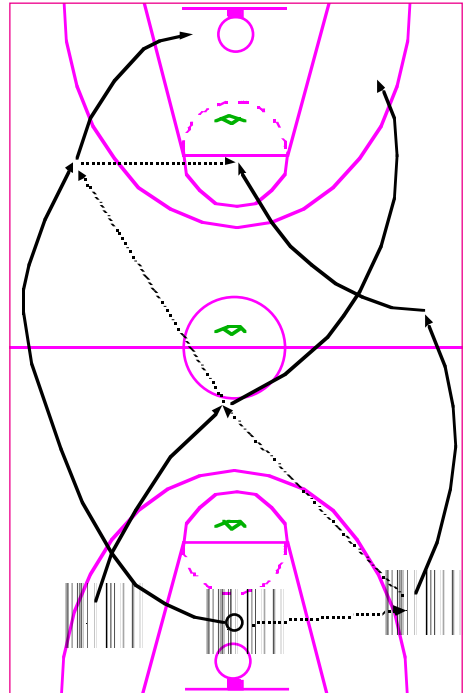
Diag. 104 15 min.

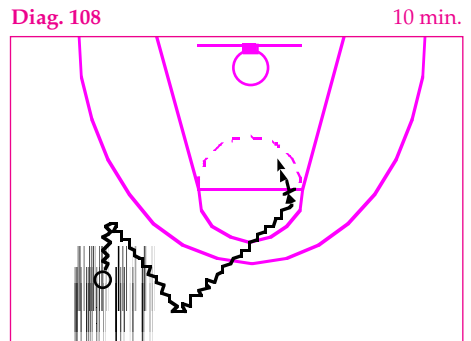
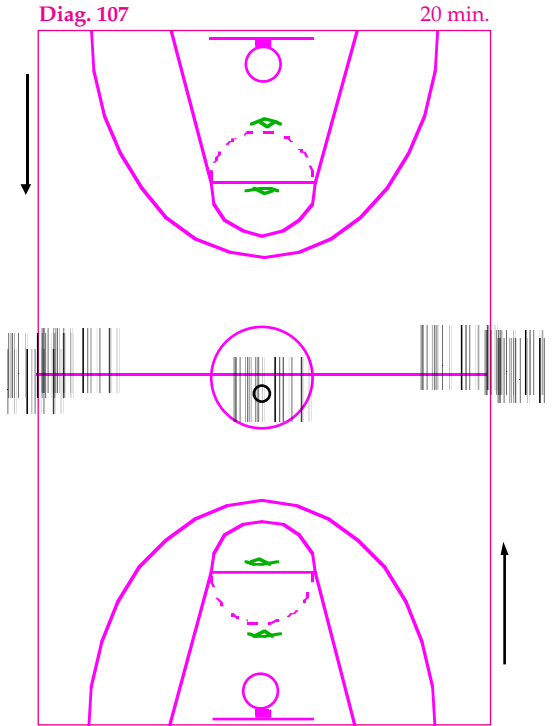
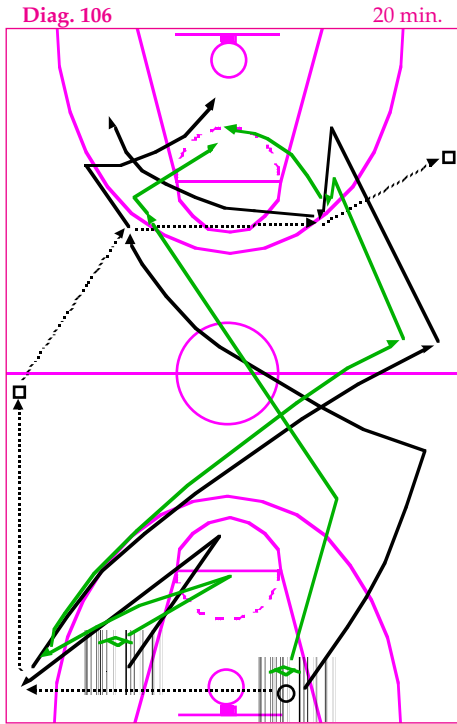


Diag. 103 15 min.



Diag. 105 20 min.







FAST-BREAK RECORDING			
DATE	GOOD PASSES	BAD PASSES	BALLS LOST
DRILL 1			
DRILL 2			
DRILL 3			

Table 20. Tool to record good passes, bad passes and balls lost during fast-break drills.

Session n.20

130 minutes

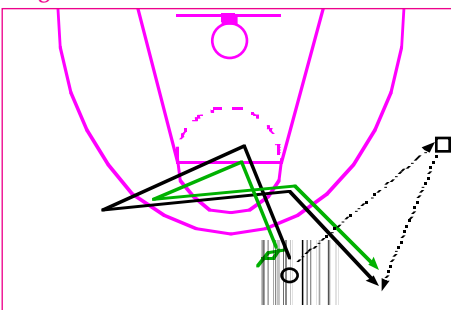
Goal: Defense and Flashing**Drills:**

- warm up: ballhandling skills in movement; (10 minutes)
- 1 on 1+1: flashing from guard position; (see Diag.-109)
- flashing from forward position; (see Diag.-110)
- open a spot for a cut under the basket; (see Diag.-111); after these moves transition to opposite basket.
- two balls and two coaches: 1 on 1 flashing, catch the ball with two step stop, dribble and jump shot. Defense loose, no blocking; (see Diag.-112)
- scrimmage game; offense: Fast-Break, passing the ball to closest teammate and cutting in front of the ball. Use dribble only for lay up. Defense: aggressive on the ball, watching the ball and the player;
- free throws: 3 shots in each round; after the first round those with no points are out; after second round those without two points are out; after third round those who did not make all three shots are out. Continue until one winner left.

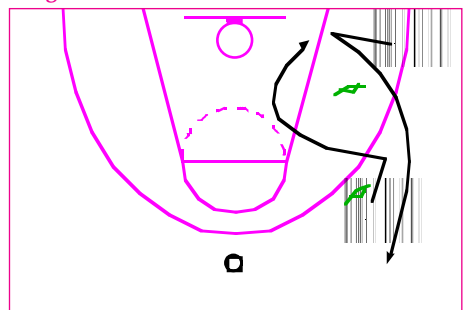
Remarks:

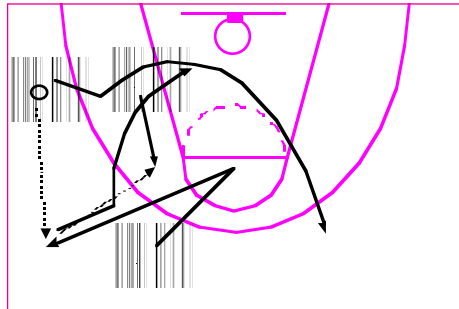
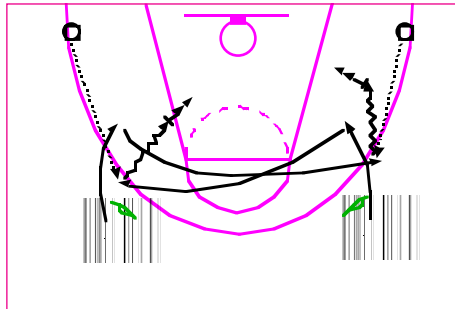
- defensive player must see ball and man in every position;
- on ball side player is guarded in a closed position;
- on help side player is guarded in open position;
- flashing is successful if move is made in sharp angles.

Diag. 109 15 min.



Diag. 110 25 min.



Diag. 111 30 min.**Diag. 112** 15 min.

DATE:	
PLAYER	PLAYERS' PERFORMANCE: COMMENTS
1	
2	
3	
4	
5	
6	
7	
8	
etc.	

Table 21. The coach may use this kind of simple tool to assess players' performance in training sessions.

Session-21

120 minutes

Goal: Cooperation in Offense**Drills:**

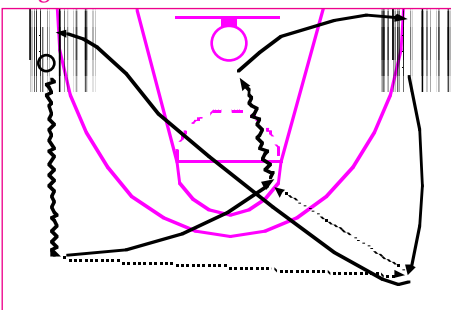
- warm up: ballhandling in movement and stretching (10 minutes)
- cut with a return pass; (see Diag.-113)
- flashing to opposite side and, after return pass, reception of the ball with right hand, back pivot with left foot, shot fake and penetration with a cross over step on right side, dribble and lay up (practise from both sides); (see Diag.-114)
- two-man game after hand-off pass and flashing for return pass; (see Diag.-115)
- 2 on 1; defensive player on offensive player without ball; after flashing and shot, defensive boxes out and gets rebound. After rebound outlet pass to the shooter and 2 on 1 game to the opposite basket; (see Diag.-116)
- 2 on 2: help and recover on a penetration splitting the offense. Fast transition to opposite basket; (see Diag.-117)
- return pass with coach; jump shot after one step stop; (see Diag.-118)
- three consecutive free throws (players that misses is out).

Remarks:

- after hand-off pass player must roll so as to see the ball for the whole time and be ready to catch it again;
- when defense helps, offensive player should go wide and find proper angle to receive the ball.

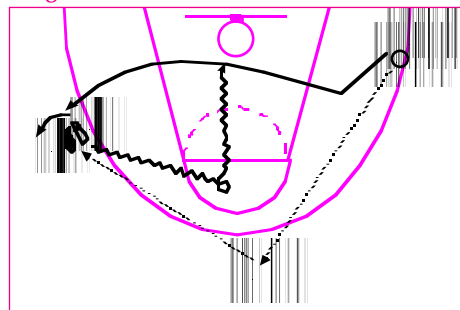
Diag. 113

10 min.

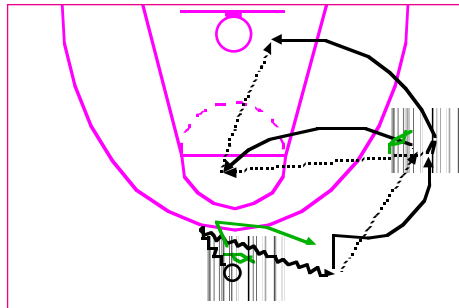


Diag. 114

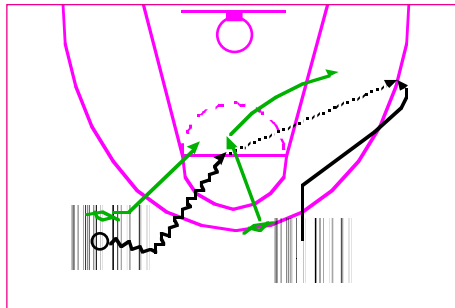
15 min.



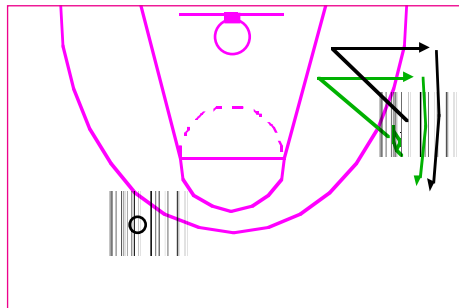
Diag. 115 20 min.



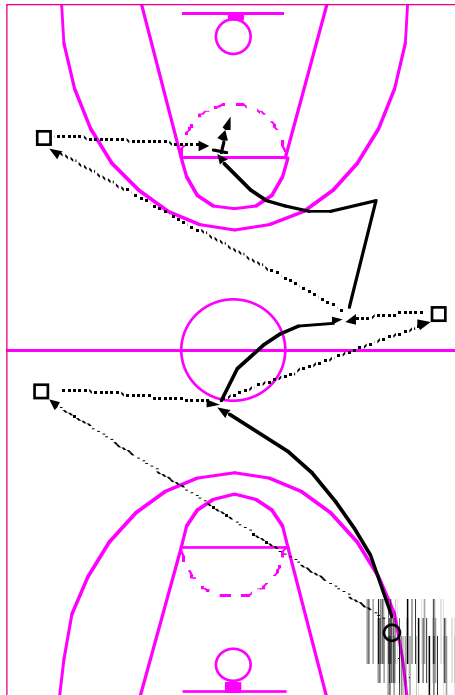
Diag. 117 25 min.



Diag. 116 20 min.



Diag. 118 15 min.



Session-22

125 minutes

- Goals:**
- Practising Fast-Break
 - Contest Drills

Drills:

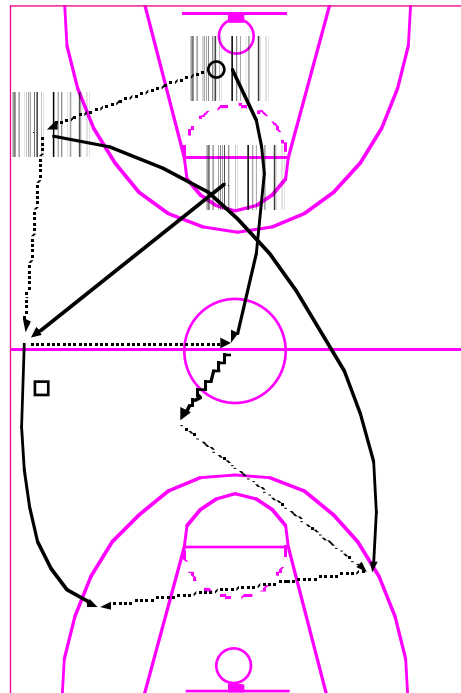
- warm up: handling skills in movement, (10 minutes)
- 3 on 0; organised fast-break; on return 2 on 1: shooter goes to defense; (see Diag.-119)
- 1 on 1: offensive player may use the coach; (see Diag.-120)
- 3 on 2, 3 on 3 continuous drill. After 3 on 2 shooter goes out, and two other offensive players play defense. Two defensive players with a player from the side play offense; (see Diag.-121)
- 1 on 1 contest from half court. Each player gets five attempts. Winner stays in the game;
- 3 on 3 full court to 5 made shots (20 minutes)
- free throw contest. Player not making 3 out of 3 shots is out.

Remarks:

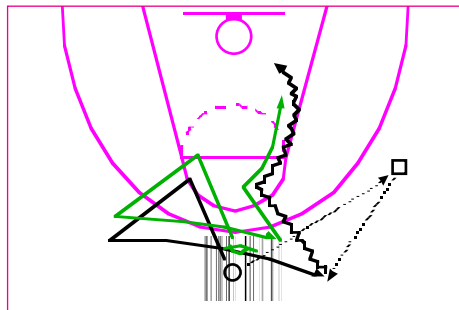
- patience and concentration are key elements for good results in contests;
- in fast-break concentration and reaction speed are important elements;
- in the game players must play until the basket is scored or until they gain possession of the ball in defense.

Diag. 119

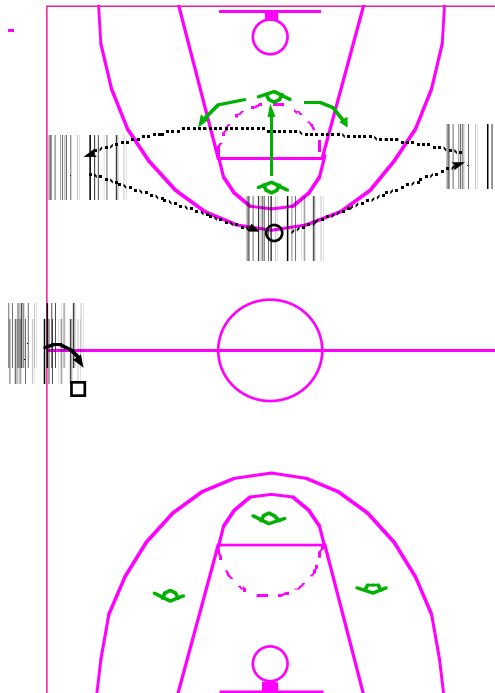
20 min.



Diag. 120 20 min.



Diag. 121 20 min.



FREE THROW CONTEST RESULTS										
PLAYER	DATE OF CONTEST									
	1									
2										
3										
4										
5										
6										
7										
8										
9										
10										
WHOLE TEAM										

Table 22. Example of tool to record the results of free throw contests.

Session-23

120 minutes

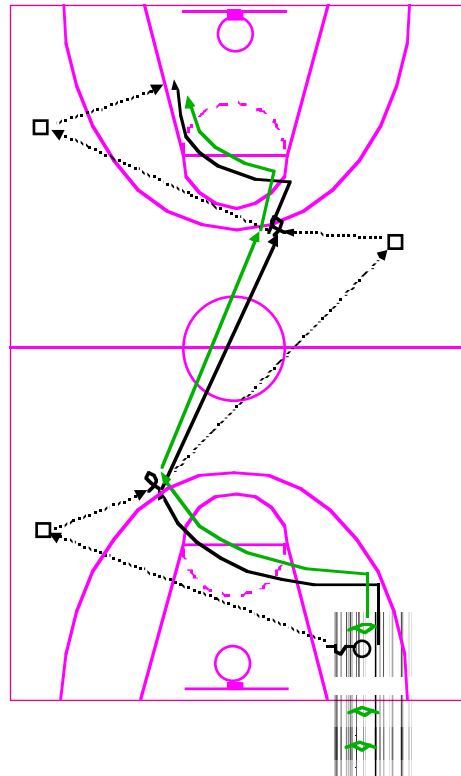
Goal: Transition and Fast-Break Drills**Drills:**

- warm up: ballhandling skills in movement; (10 minutes)
- return pass with the coach after pivoting; loose defense; (see Diag.-122)
- 2 on 2 full court. Offense: as wide as possible. Defense: help and recover; (see Diag.-123)
- a) 4 on 0; b) 4 on 2 continuous drill; two players from side go to defense and two defensive players with two offensive players play on opposite basket. Shooter and passer move to side; (see Diag.-124)
- 1 on 1; loose defense. Offensive and defensive rebound after the shot. Change roles on the other basket; (see Diag.-125)
- 3 on 3 on 3+ free players; team stays in offense if they make shot. Player responsible for the basket goes to one side and new player comes; (see Diag.-126)
- three free throws made in a row. If player misses, he is out.

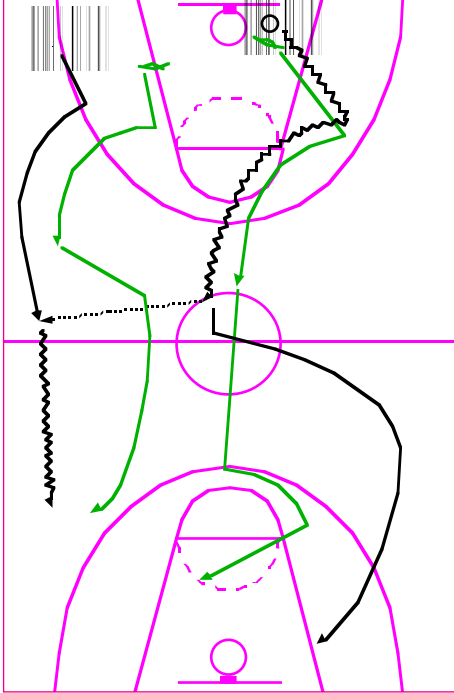
Remarks:

- when blocking out in defensive rebound player can not turn his head and follow the ball; first must make contact with an offensive player and stop him from moving closer to the basket;
- fast-break passing must be fast and sharp;
- try to avoid long passes on width of the court;
- dribble in fast-break is used only for quick conquest of the court.

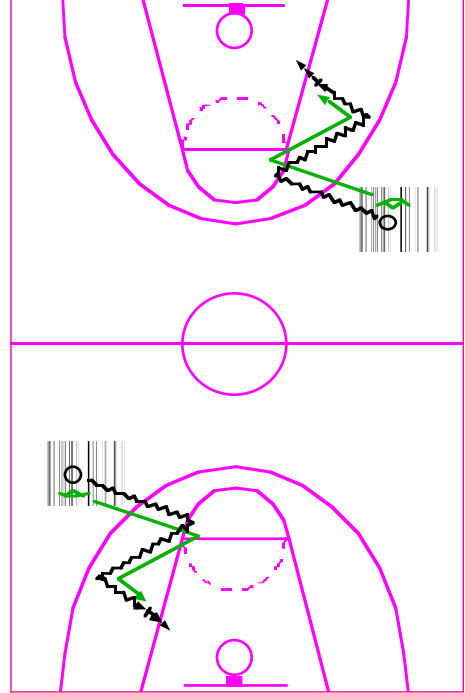
Diag. 122 20 min.



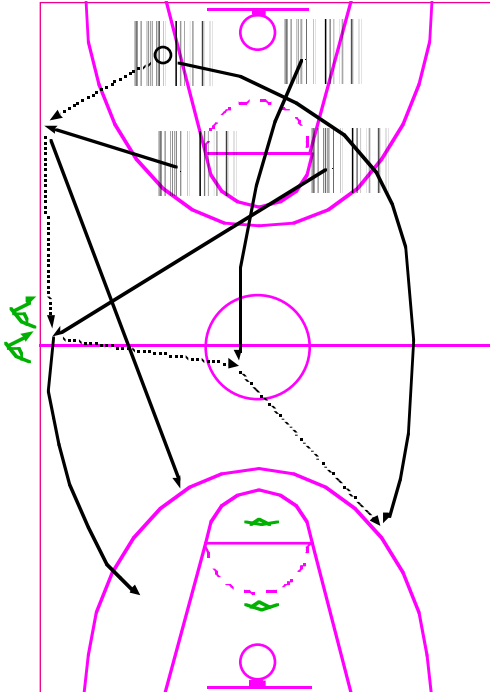
Diag. 123 20 min.



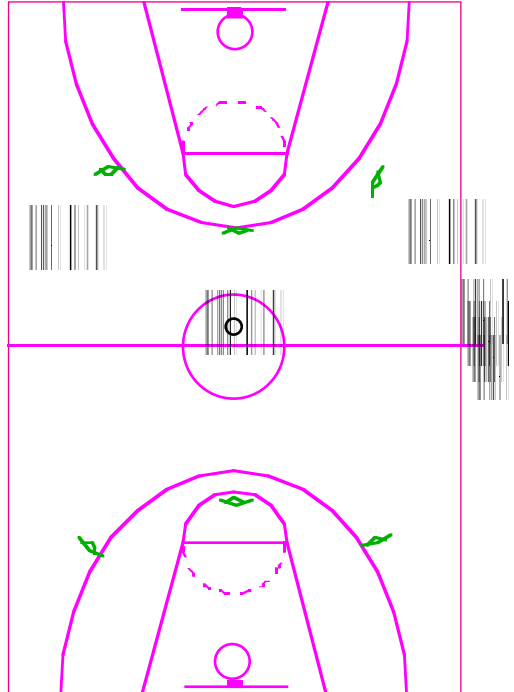
Diag. 125 15 min.



Diag. 124 25 min.



Diag. 126 20 min.



Session n.24

120 minutes

Goal: Fast-Break and Contest**Drills:**

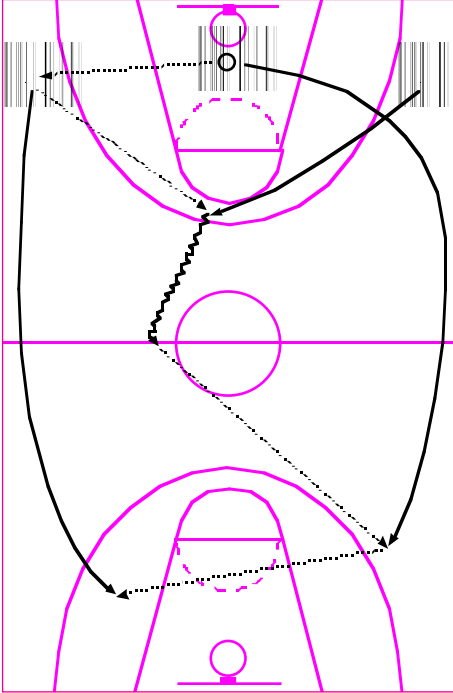
- warm up: ballhandling skills in movement, (10 minutes)
- 3 on 0 one way and 2 on 1 in return: shooter goes to defense; (see Diag.-127)
- 1 on 1: offensive player may use the coach; (see Diag.-128)
- After completed offense on one side, three defensive players and shooter attack other basket. Three new players from side go to defense and three offensive players go to side; (see Diag.-129)
- 1 on 1 contest from half court. Each player gets five attempts. Winner stays in the game;
- 3 on 3 full court to 5 made shots;
- free throw contest. Only those who make 3 times 3 free throws in a row stay in the game.

Remarks:

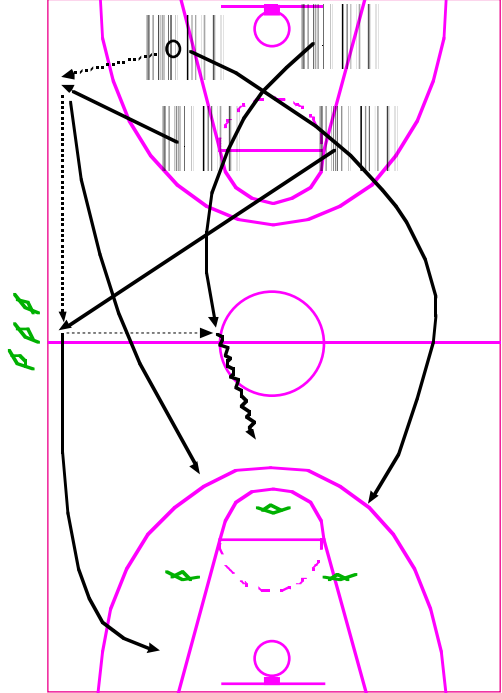
- in contests make sure opponents have similar basketball skill level;
- praise players for their effort.



Diag. 127 15 min.



Diag. 129 20 min.



Diag. 128 15 min.

