



Coaching Basketball

Course Objectives:

- Learn essential skills needed to facilitate practice and communicate with players and administrators
- Teach skills for offense and drills for improvement – including 5 man weave, half court 4-corner passing, keyhole shooting, jab step and others
- Teach skills for defense and drills for improvement
- How to organize the game and techniques for creating an appropriate post-game atmosphere

Unit 1: Introduction to Coaching Basketball

- Coaching
- Communication
- Game Management
- Practice Sessions
- Teaching Skills

Unit 2: Teaching Skills for Offense

- Unit Introduction
- Basic Stance
- Footwork
- Dribbling
- Passing
- Shooting
- Rebounding
- Fast Break
- Screening
- Offensive Plays

Unit 3: Teaching Skills for Defense

- Unit Introduction
- Stance and Slide
- Guard the Dribbler
- Help-side Defense
- Team Defense
- Zone Defense
- Defense Rebounding
- Post Defense
- Defending Screens

Unit 4: Game Organization

- Unit Introduction
- Game Plan
- Pre-game
- Communication
- Game Adjustments
- Game Behavior
- Post-game

Resources:

- Offense: 37 drills and plays focused on skill development of shooting, rebounding, dribbling, passing and preparing for competition including: Rebounding; Competitive Shooting; Drills; 3 Line break; 3-Man 2-Ball Shooting; 3 Man Cut-and Fill Drill; 3-on-2on-1; 4-Man Cut-and Fill with Post Drill; 55 Second Shooting; Dribble-Pivot-Pass; Dribbling: Full Court Pass with Jump Shots; Fast Break Plays; Footwork; Form Shooting; Half Court 4-Corner Passing; Inside-Out Rebounding; Keyhole Shooting; Mass Jab Step; One Hand Shooting; One Line Rebounding; Partner Passing; Screening 2-Man Ball Screen; Screening Backdoor Screen 4-Man; Weak-Side Rebounding
- Defense: 30 drills and plays including: 1-2-2 Zone; 1-3-1 Zone; 1-on-1 Defensive Rebounding; 1-on-1 Help- Side; 1-on-1 No Ball Full Court; 1-on-1 Post Defense; 2-3 Zone; 2-on-2 Ball-Side to Help-Side; 2-on-2 Down Screen; 2-on-2 Post Screen; 3- Man Defensive Rotation; 3-on-3 Movement;; 4-on-4 Cut Throat; Black and Gold Rebounding; Box 1(2-2 Zone) Combination; Lane Touch; Mass Defensive Slide; Post Defense with Passes; Rebounding Technique; Run and Slide; Mirror; Triangle 2(3 Zone 2 Man) Combination