

DOMESTIC COACH GUIDE



@SPORTSIMAGERYAU

DOMESTIC STYLE OF PLAY DOCUMENT

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INTRODUCTION

Why This Document?

As WA starts to recover from the COVID pandemic basketball activities will start to resume. This is an exciting time for coaches and athletes alike. As we restart our basketball activities, it's a great time to evaluate our coaching habits and assess how we can provide better support to our athletes. Domestic basketball will be one of the first formal competitions to restart, as it should. Domestic basketball is often the first exposure athletes have to playing this wonderful sport. Domestic coaches are often the first coach or influence, young kids have on their basketball journey. We have a responsibility to provide the best experience and help kids fall in love with the game.

This document aims to provide teaching points and strategies to coaches at the domestic level. Whether you are an experienced coach or a parent stepping in to help out, this guide will provide coaching tools and practices that will help coaches & athletes progress.

The Role of the Domestic Coach

As we've established the most important part of being a domestic coach is create a safe and fun environment for athletes. This attitude will create a failsafe environment and allow athletes to stay in the sport and create a passion that will grow.

For athletes who want to take the next step and play representative basketball, it is integral they are given the opportunity to develop in a failsafe environment.

Domestic coaches should not be expected to run fantastic plays, win games & trophies. The primary job of a domestic coach is to keep kids engaged in the sport. Whilst encouraging a fun environment seems simple, there are a variety of factors that this includes.

- Managing playing time so every athlete is involved
- Challenging the better athletes and keeping them engaged
- Setting mini goals within games to take the focus off the score
- Managing the expectations of parents and 'sideline coaching'

A wide variety of athletes play domestic. They range from the kid playing for the first time, to the semi elite athlete who just wants to play with their school friends.

Goals of Domestic Basketball

We've established that fun is integral at this stage in an athlete's life. Once this has been achieved, there are other goals that a domestic coach can look to achieve.

- Basic skill development
- Developing multifaceted athletes
- Challenging athletes to play out of position/work on other aspects of their game
- Spark curiosity about the game for athletes to pursue at a higher level

A happy athlete is one that is willing to develop and grow. When the kids are having fun, we can start to aid in their skill development. If an athlete can use domestic to work on their

overall skill development they will be better for it. When targeting skill development we will look at the FAB 5 Skills.

If you'd like other resources that aren't included in this document, BWA have their own high performance [YouTube Channel](#). This is where they upload clinics and drills for coaches. We also have a coaches [Facebook](#) page, this is where coaching information, course, clinics, resources and articles are published. If you have any further coaching questions feel free to contact keegan.crawford@basketballwa.asn.au

THE FAB 5

FOOTWORK

At a domestic level footwork combines moving with and without the ball. Every basketball action includes footwork. The most common footwork actions that require attention at the domestic level are our catching/stopping patterns and our stance (this also links in with guarding your man).

Catching/Stopping Patterns

This footwork involved how we want the athletes to stop in a balanced stance. The most common violation at the domestic level is a travel. Sound footwork is the first step in limiting this. The two most common patterns are the **jump stop & stride stop** (check out this video for examples of both <https://youtu.be/TLgxlBrh3Zc?t=14>)

A jump stop is where an athlete comes to a balanced two-foot stop. Knees are bent, ball is gripped tightly.

A stride stop is where the player stops in a '1-2' pattern with one foot hitting the ground before the other. When this happens the first foot that touches the ground will be the **pivot foot**.

Our pivot foot is the foot that must stay attached to the ground when we have the basketball. When we lift this foot we are called for a travel. There are two main types of pivots the forward pivot & the reverse pivot (<https://youtu.be/TLgxlBrh3Zc?t=28>). When executing the forward pivot the athlete leads with the toe/ On a reverse pivot the athlete leads with the heel.

SHOOTING

At domestic we want to introduce the idea of shooting for to athletes. As athletes grow and mature their shot technique and mechanics will inevitable change. The way they grow will alter the way they hold and release the ball. However, we want to instil good habits for athletes when thinking about shot technique. A good way to teach shooting technique is the B.E.E.F method.

Balance

Eyes

- Feet are shoulder width apart with knees bent in a shooting stance
- Eyes identifying and aiming at the target

Elbow

- Focus on a smaller target like the back of the rim
- Hand underneath the ball and elbow in an 'L' shape
- Finish with elbow high

Follow Through

- Flick and snap wrist
- Hold your hand high

DRIBBLING

At a domestic level we want kids to play and dribble with both of their hands. Anything a right-hand dominant athlete can do; we want them to practice on their left.

Whenever athletes perform a dribble move, we want them to change their speed and direction. When athletes are dribbling, they should be able to do the following...

- Change speed and direction
- Dribble whilst looking up
- Dribble under control
- Perform a crossover move to be able to change hands with the basketball

When dribbling we want to encourage athletes to dribble with their finger tips/pads and get the ball off their palms. This allows for more control and manipulation of the ball. Another common violation in domestic basketball is the 'carry'. This is where an athlete will have their hand at the bottom of the ball when they are dribbling. Athletes often do this because of their inability to handle the ball under pressure. When an athlete is facing defence and doesn't have the ball handling skill, they will often 'carry' the basketball to avoid conflict.

We want to introduce the idea of a **speed dribble**. A speed dribble is an action performed in the open court where the athlete dribbles the ball out in front of them to run onto it (<https://youtu.be/TLgxlBrh3Zc?t=220>).

PASSING

Much like dribbling we want athletes to be able to pass with both hands. We want domestic athletes to be able to pass to running targets and be able to make passes whilst running.

Common passes we see at the domestic level include

- Chest Pass
- Bounce Pass
- Over Head Pass
- Pivot Pass

When throwing most passes, we want to ensure the athlete is stepping through the pass. This ensures they have enough power to throw the ball. We also encourage athletes to flick their wrists with their thumbs pointing down. Whilst this seems like a strange command, it ensures the ball is thrown in a straight line.

The **chest pass** (<https://youtu.be/TLgxlBrh3Zc?t=98>) is executed by throwing the ball on the full to a target aiming at their chest or **target hands**. When coaching young athletes we want them to get into the habit of putting their hands up where they want to catch the ball, this is called the target hand. This gives the passer a visual cue where to throw the ball.

The **bounce pass** (<https://youtu.be/TLgxlBrh3Zc?t=81>) is a pass where the ball is bounced once before it hits its target. Bounce passes require more power to execute. They are often

used to get the ball passed a taller defender or when the athlete can't accurately throw a chest pass at distance.

The **over head pass** (<https://youtu.be/TLgxIBrh3Zc?t=112>) is often used to throw the ball over long distances or directly off of a rebound. On this pass the athletes hold the ball above their head with two hands before executing the pass.

The **pivot pass** (<https://youtu.be/TLgxIBrh3Zc?t=120>) is a more difficult but valuable pass at the domestic level. This combines footwork and passing. This is often used when an athlete is crowded by a defender and doesn't have an angle to throw a pass. They must pivot to get open and create space before throwing the pass.

Another important part of passing is catching. We want the receivers of a pass to be as proactive as possible. Encourage your athletes to move towards the pass whilst the ball is in flight, this shortens the length of the pass. This gives the defence less time to intercept the ball and it places the receiver on the move in a much more difficult position to guard.

1 ON 1 DEFENCE

1 on 1 defence or guarding your man is a wildly under taught skill at a domestic level. The ability to contain your player 1v1 is as valuable as an offensive skill. At a domestic level most offense is created from a Fastbreak or from a player dribbling by their defender on the wing. We want athletes to be able to contain their player off the dribble. Defending your man incorporates a lot of small defensive skills including...

- Closeout technique
- Defensive stance
- Defensive slides

Closeouts occur in every possession of basketball. Every time a defender approaches a player with the ball, this is a closeout (<https://youtu.be/TLgxIBrh3Zc?t=278>). Without a proper closeout athletes are open to shoot the basketball or have an easy drive to the rim. When teaching closeouts we want to encourage athletes to use 'small choppy steps' to keep their feet attached to the ground. This allows them to react quickly to any dribble penetration from the offense. We want athletes to approach the ball with knees bent in a low stance and with high hands over the basketball, this applies pressure to any shooting or passing actions.

An on ball **Defensive stance** refers to the stance an athlete is when guarding the basketball. We want our athletes to have their knees bent ready to react to what the ball handler does. After the closeout we want the athlete to stay down low in this defensive stance.

When teaching **defensive slides** a great technique to encourage is the **push slide** (<https://youtu.be/TLgxIBrh3Zc?t=284>). This technique ensures that athletes are taking a wide stance with their feet and not crossing them over. When our feet are crossed over, we are not balanced, and we are very easy to beat.

PLAYING TIME & ROTATIONS

As a coach you need to come up with your own philosophy around playing time. Every coach has uttered the saying “You need to earn your playing time”. Whilst this sentiment is often true, what does that mean for each individual athlete? If we’ve established that the primary goal of domestic is for athletes to have fun, earning your playing time can mean a verity of different things.

Regardless of your stance, playing time in domestic basketball should be fairly even across all of your athletes. Remember the primary goal is **NOT** to win at the domestic level. Each athlete needs to have a significant opportunity to affect the game in each quarter/half (however your domestic competition works). Throwing an athlete on for the last 20 seconds of a half is not a significant impact. That athlete might be the least developed, but as discussed, they deserve every opportunity to fall in love with the game as everyone else.

An often-underused tactic at the domestic level is ‘Platoon subbing’, this entails subbing a large amount of your bench into the game at once. Usually 3, 4 or even 5 players sub onto the floor. This is an easy way to get everyone into the game evenly. Try to rotate the large groups that you sub into the game, so your athletes play with different combination of kids on the floor, not just the same 4 team mates every time.

Almost every domestic team has the stand out athlete. This might be the kid that plays WABL or the kid that has natural athletic ability. Often in domestic games they can become bored or complacent when playing with lower skilled players. This is where you can set mini goals for that athlete when they are subbed into the game.

Example: There’s 4 minutes left in the quarter; Little Timmy must attempt 3 left hand layups in that time.

This method of subbing provides games within the game for your talented athletes. This is also an exercise you can challenge your entire team with. Often domestic games have very lopsided results. You might be one of the teams that wins every game by 40 or loses every game by 40. In both of these scenarios, athletes need to be distracted from the scoreboard or be given another challenge. No kid wants to walk away from a game thinking that they’ve achieved nothing.

If you’re a team that is really struggling, removing the emphasis on scoring points. Change the goals to things like completing 3 successful passes in a row, successfully getting the ball over halfway, or executing a good closeout every quarter.

COACHING POINTS OF EMPHASIS

Compliment Sandwich

When coaching domestic athletes, we still want to be giving constructive feedback in game. We want to use the 'Praise, Prompt, Leave' or Compliment Sandwich method. We want to hide the constructive criticism between two positive elements of feedback.

Example: Great job passing the ball Stacey, remember to stay in a stance on defence, keep staying aggressive.

We want to keep athletes accountable but encourage them to stay positive. The most important part of this feedback loop is leaving the athlete afterwards. If we continually keep talking to the same athlete and providing sentences on sentences of feedback we will discourage them or they will feel like they are being picked on. This system of feedback allows the athlete to reflect on what they've done well and what they need to keep working on. Leaving them gives them time and space to process and follow through with that feedback.

Skill v Structure

At domestic basketball there should be very little structure or set plays. We want our feedback and emphasis as coaches to be largely focused on skill development. We will make a much bigger difference in an athlete's development by making them a more skilled player. We need to be comfortable with the 'mess' of basketball. Teaching set plays shows athletes patterns. We don't want athletes to memorise patterns and play as robots. We want the athletes to be able to make decisions instinctively based on what happens in the game. If the perfect pattern is disrupted or one player isn't in the right spot, a whole set play is ruined. We want players to be able to play when structure is broken down and when basketball is 'messy'.

Positionless Basketball

The modern athlete needs to be multiskilled. Gone are the days where athletes can excel from just doing one thing. Avoid 'pigeon holing' your athletes as traditional basketball positions. The lines between the '1' or the 'Power Forward' are very blurred in today's basketball landscape.

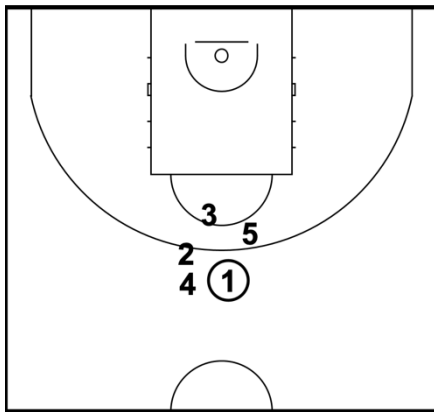
One of the most common mistakes that stunts athlete's development potential is assigning them a position based on their height. Your tallest player doesn't need to be labelled as a 'Post Player'. Your tall athletes need to learn to handle the ball and play on the perimeter. Your shorter players need to be able to play around the basket. Both aspects of the game provide unique skillsets with multiple Fab 5 skills.

GAME SCENARIOS

Spacing

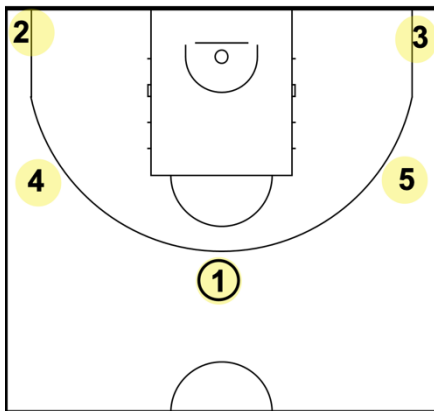
At times youth basketball can be very frustrating when it comes to spacing. When athletes are first introduced to the game, the ball is the most important thing. Players are often caught in clumps all around the ball calling for them to pass. This crowds the ball handler, putting them under pressure and making it much easier for the defence to force a turnover.

To avoid this, try to use visual aids on the court of where to run towards. The below diagrams show the congested nature of a domestic and potential cues on fixing it.



'Clump Spacing'

This diagram shows how all the athletes are gathered around the ball. There is no room to drive, pass or shoot. This can happen anywhere on the court in domestic. Most commonly it happens when a pass is made or when inbounding the ball.



'Five Out Spacing'

In this example all 5 athletes are outside the 3-point line (Player 1 has the ball). There is plenty of room for player 1 to pass or dribble if they choose. Coaches that have training sessions can place chairs or dots around the 3 point line in these spots. Getting athletes used to running to space is invaluable at domestic.

Sometimes the most important player on the court can be the one who doesn't touch the ball. In this example players 2 and 3 have run to the corner. If their players run with them, they have created more space for their teammates to make a move. IF their players stay with the ball, they are wide open to receive a pass.

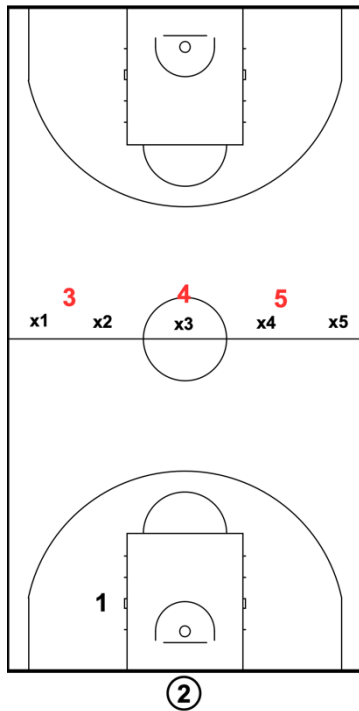
For coaches that only coach games, try to use visual aids on the court. Most recreational facilities are multi-purpose and often have intersecting lines on the court. Use these lines as visual cues for athletes, "Get to the red line".

Avoid designating players to certain spots. We want to be as inclusive as possible. Sometimes at younger levels players in the corners tend to be underutilised. Younger athletes might not have the strength to throw these longer passes or even be able to see their teammates over the defenders. Encourage the spots to be filled by the closest player to them.

Inbounding the Ball & The Half Court Line

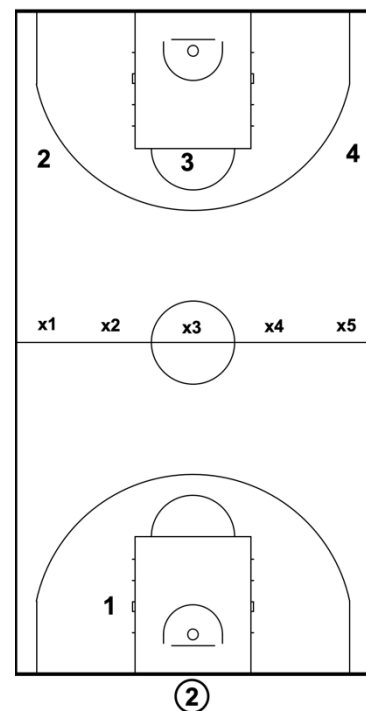
One of the most common problems at the domestic level is surrounding inbounding the ball. Often, all players want to dribble the ball up the floor. This may be there only chance to touch the ball and want an opportunity to dribble.

Most league at an U10's level have a mandatory halfway defence rule. This ensures that teams can at least inbound the ball without pressure. If your league has this rule, there is no reason for all five players to huddle together.

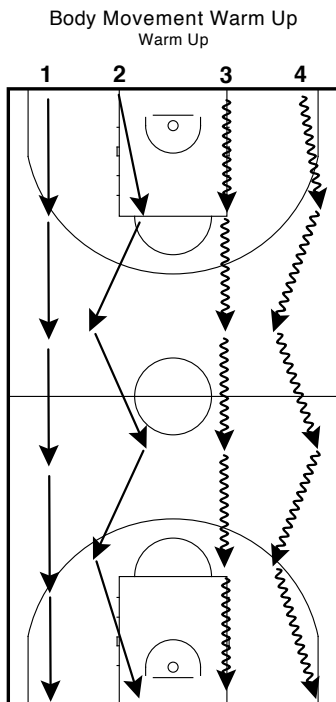


The next scenario that usually happens is the cluster of players around the halfway line. If your teammates (Players 3,4&5) line up at half way with the defenders, it creates a really tough wall get the ball over/through.

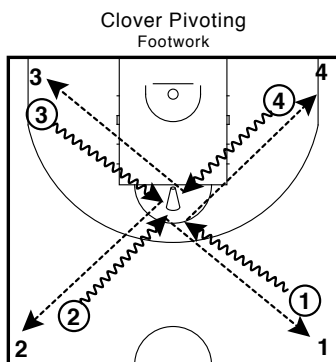
Instead Instruct your athletes to spread out further behind the halfway line. This will pull defenders away from the halfway line making it easier to dribble over. Or provide easy passing targets away from the defence.



Footwork



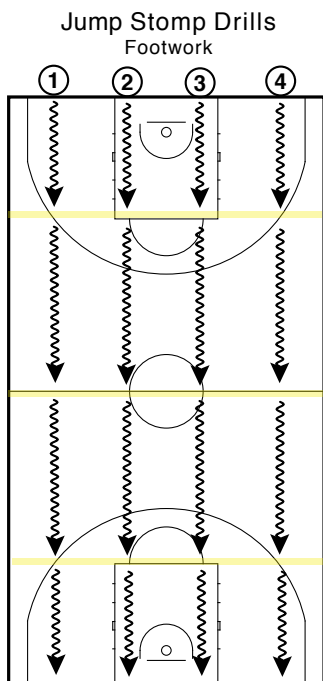
Athletes Run in a 4 separate styles to warm up. In a Straight Line (1), Zig Zag (2), Dribble Straight (3), Zig Zag Straight (4).



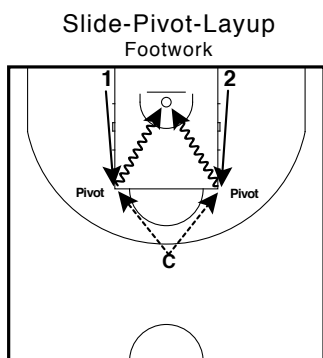
Athletes start in one of four lines. At once they dribble to the cone and perform a jump stop. They perform a pivot as instructed by the coach and then pass to the next line. They follow the pass and join the line. Drill can also be done by using stride stops.

- Pivot Progression
- Right foot forward Pivot
 - Left foot forward Pivot
 - Right foot reverse pivot
 - Left foot reverse pivot

Footwork



Athletes start in 4 lines. At each line they perform a balanced jump stop staying in stance. Change the stopping patterns to stride stops (1,2) stops and change up the pivot feet.



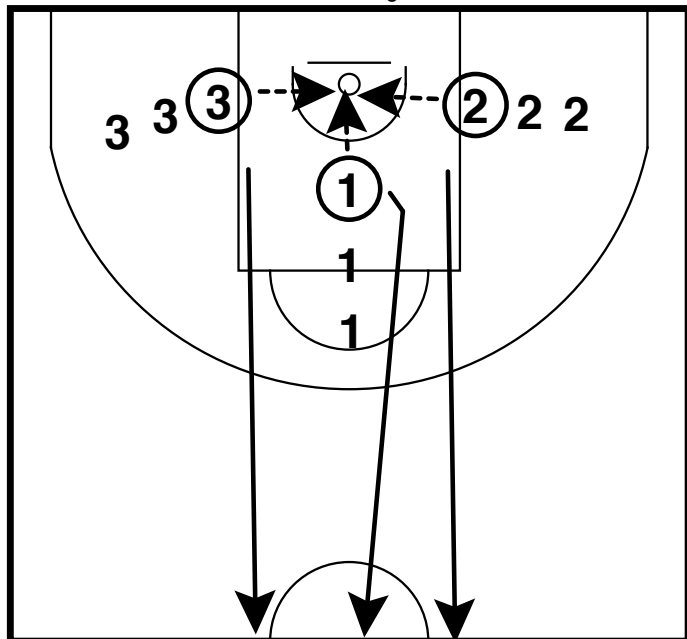
Athletes start on the baseline. They slide up the key way line and catch a ball from the coach on the elbow.

On the catch they perform a pivot as instructed. They square up to the basket and complete a lay-up.

Change up the types of pivots of both feet & the finishes.

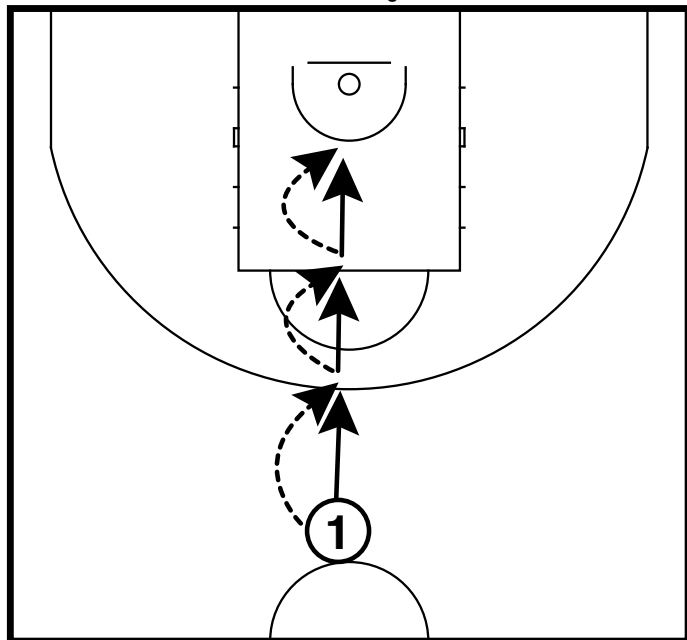
Shooting

Titan Drill
Shooting



Athletes start in three lines around the basket. If they make the shot they join the end of their line. If they miss they must run to halfway and back. When receiving the pass for the shot, athletes must stay low in stance and step into it with '1-2'. First team to 7 wins. Change up the distance and type of shot.

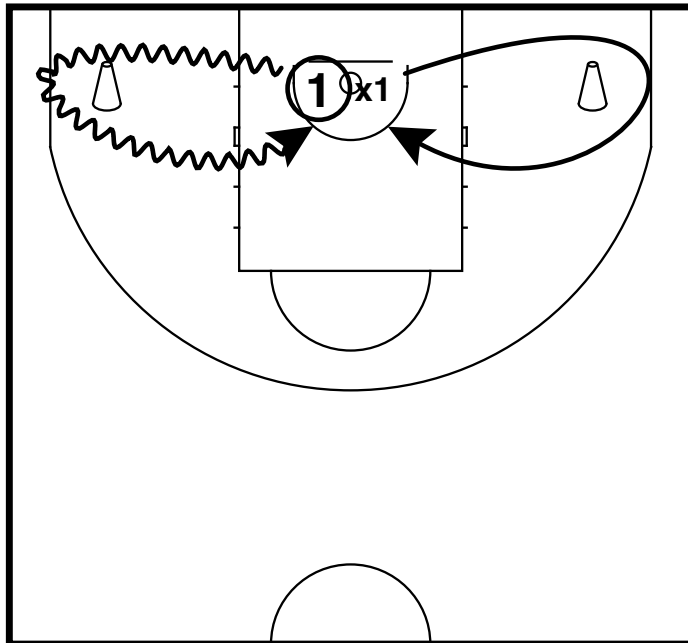
Toss Out Shooting
Shooting



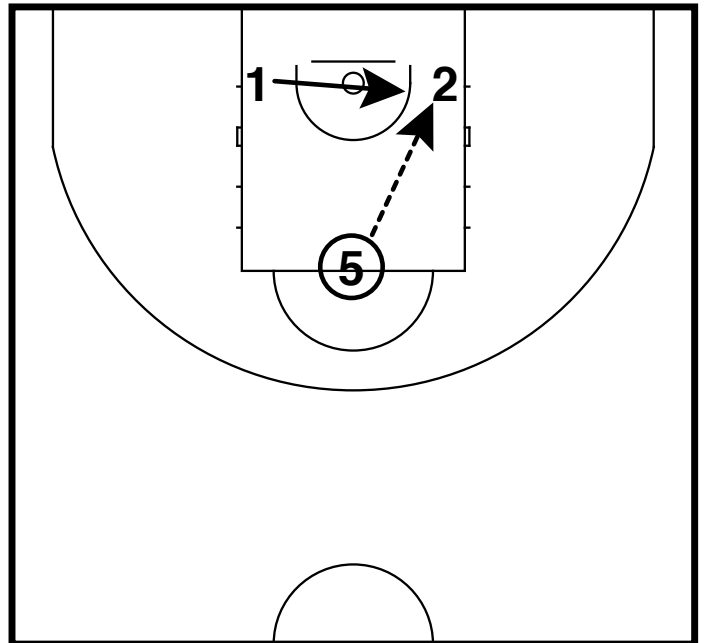
Athletes start at half way. They spin the basketball out and catch it in a '1-2' stance'. They must sit low in stance before spinning the ball out again. After 3 spin outs the athletes can rise up and shoot. Change the drill up from different spots and ranges.

Shooting

Contested Lay up Finishing
One on One's



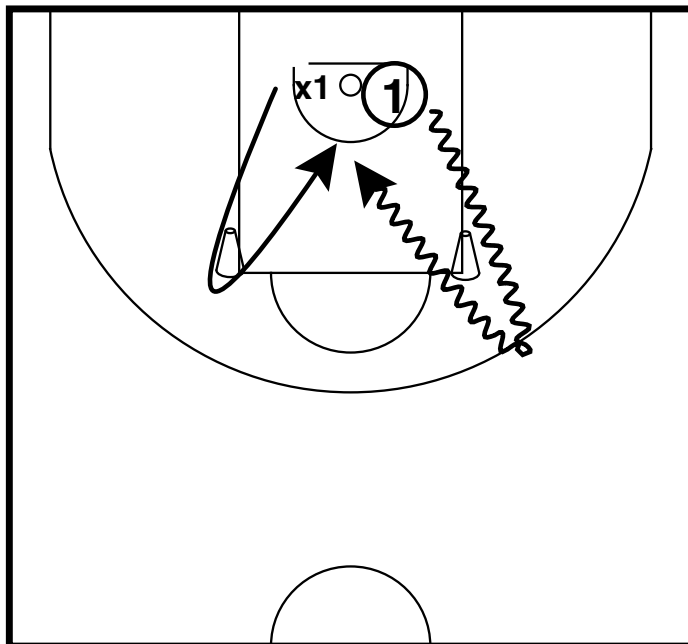
Contested Lay up Finishing
One on One's



Athletes start next to each other on baseline. On coach's command, offense dribbles around the cone and back to the basket to finish. Defense sprints around the cone and looks to wall up.

Can add a coach as a passer. They pick who gets to play offense.

Contested Layups Elbows
One on One's

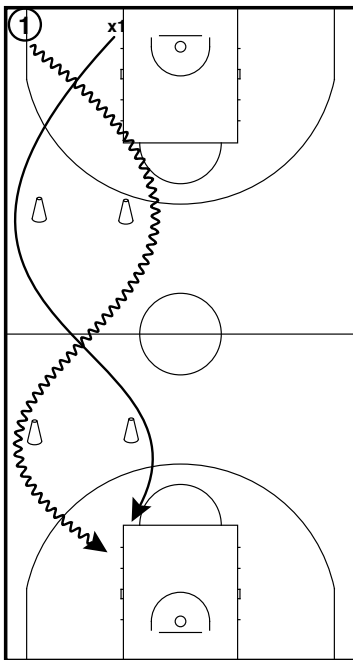


Athletes start on baseline. On coaches command offense dribbles around the cone (or to the elbow) and looks to finish at the rim. The defense sprints around the opposite cone and tries to get in front or wall up.

Can add a coach as a passer to pick who plays offense.

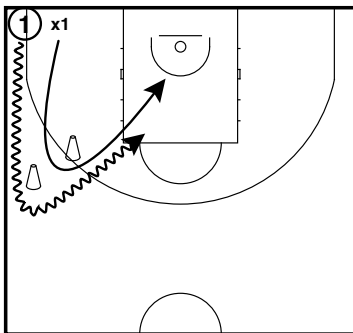
Shooting

Chaser Full Court
One on One's



Athletes start as diagrammed. They weave around the cones as speed (One dribbling one running). After rounding the last cone. Offense looks to score at the basket on transition. Defense looks to get in front or **WALL UP**.

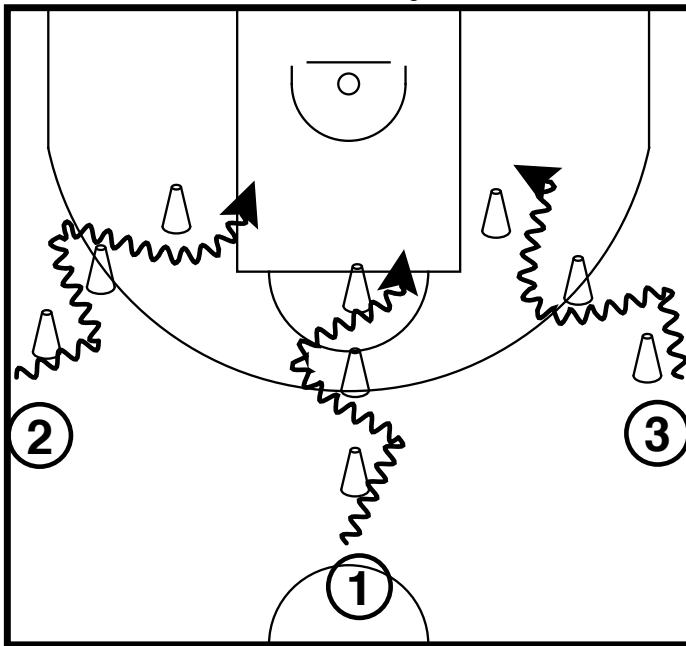
Chaser Halfcourt
One on One's



Offense starts on the outside, defence on the inside. On the dribble they run around the cone in front of them. Offense tries to get a lay-up, defense walls up if beat.

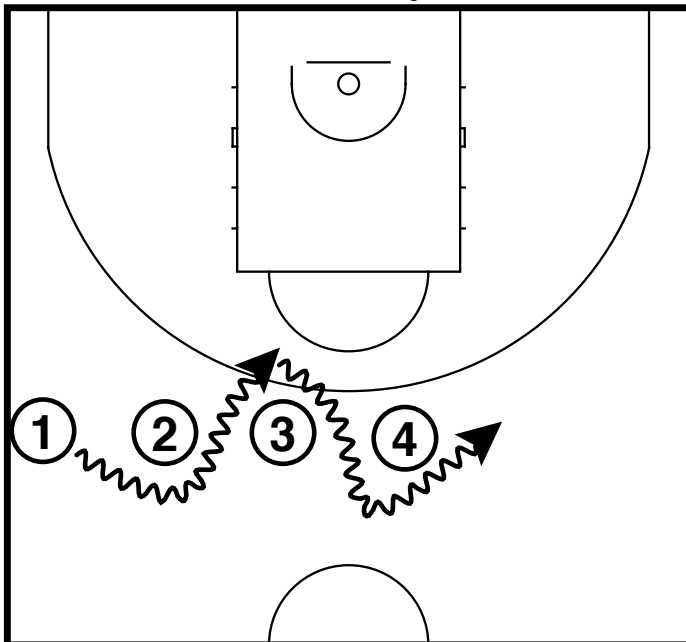
Dribbling

3 cone Ball Handling
Ball Handling



Athletes start in three lines. They perform a dribble move at each cone and then finish in a layup. Change up the dribble moves and the types of finishes

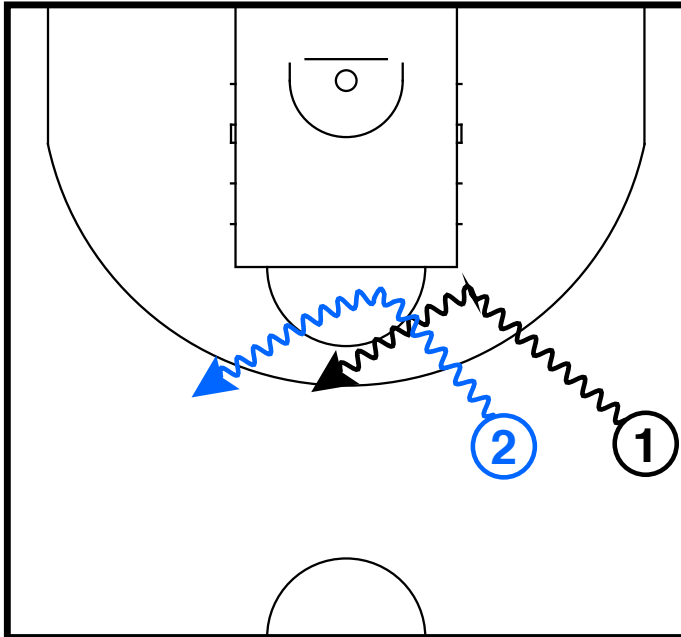
Catapiller Relay
Ball Handling



Athlete at the back must dribble weave through all team mates to get to the front. When they get to the front. The next team mate is able to go. Compete until all athletes get across the court.

Dribbling

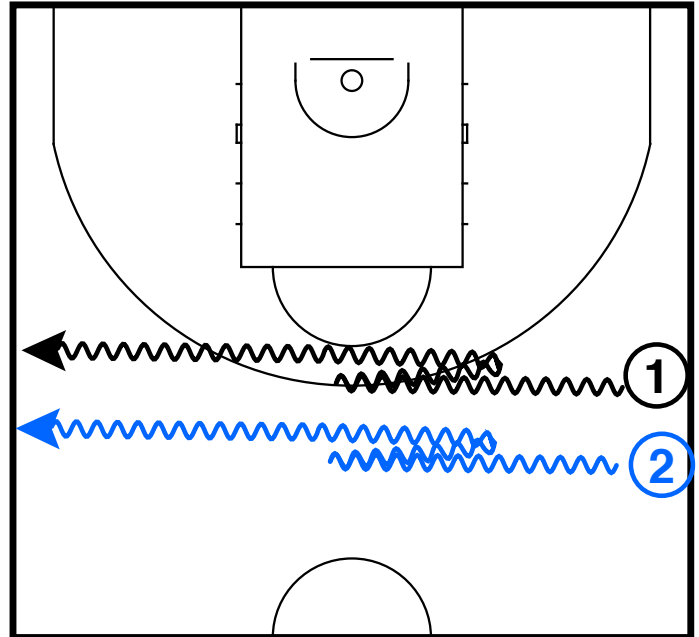
Cross Court Dribble Series
Ball Handling



Mirror Dribble

In partners 1 advances and makes a variety of dribble moves. Dribbling backwards 2 must mirror the dribble moves.

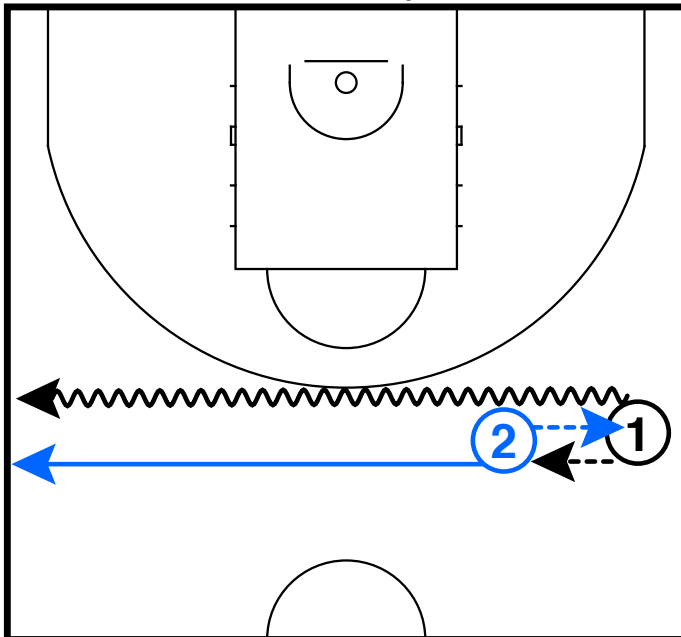
Cross Court Dribble Series
Ball Handling



Acceleration

1 sets the pace by continually exploding and retreat dribbling in random intervals. 2 must mimic and try to keep up. This process is completed to the other side of the court.

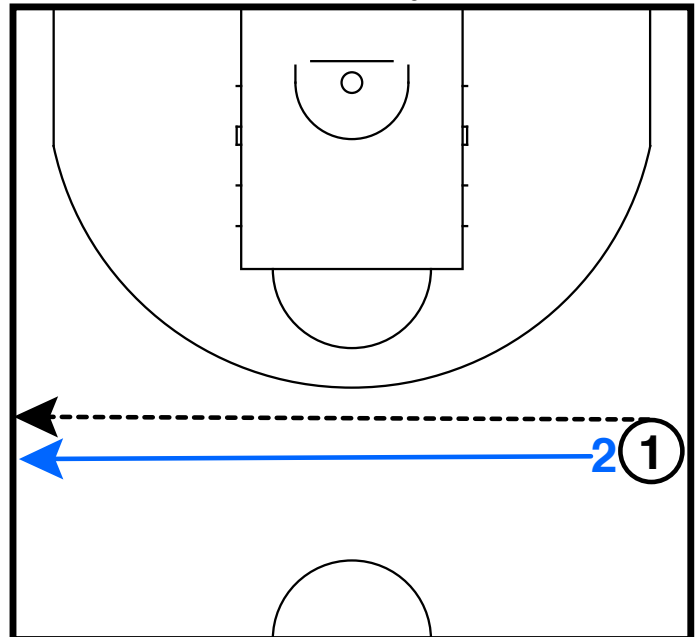
Cross Court Dribble Series
Ball Handling



2 Ball Loops

1 is the ball handler and 2 is the passer. The following series is performed on the move. Starting on the right hand, 1 two crosses between their legs and makes a left handed push pass to 2. 2 passes the ball with their left hand to 1's right hand. The athletes perform this loop on the move until they reach the sideline.

Cross Court Dribble Series
Ball Handling

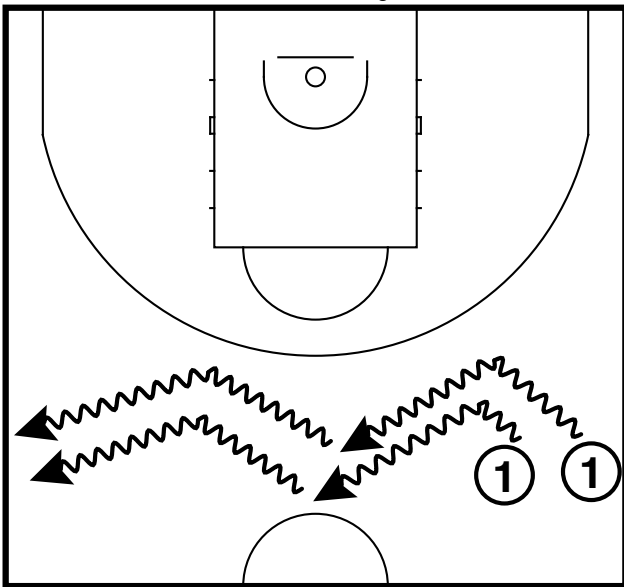


Resistance Dribbling

1 has both basketballs. 2 starts by putting both hands on 1's shoulders. 2 provides slight resistance as 1 dribbles. Repeats the drill with 2 holding 1's shirt from behind as drag resistance.

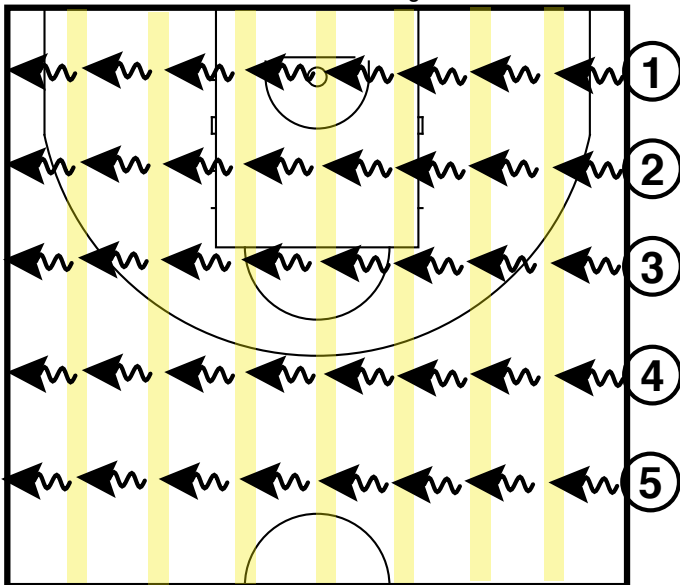
Dribbling

Mirror Dribbling
Ball Handling



Have one athlete dribbling forward and the other dribbling backwards. One athlete must make hand signals with their hand. The other must copy whilst dribbling E.G spelling out his/her name.

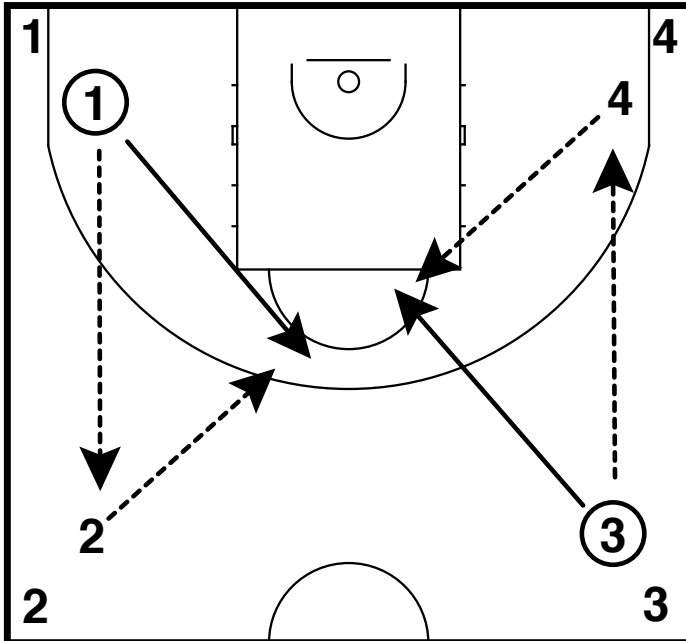
Explosive Stationary Dribbling
Ball Handling



Take one step forward after completing each of the combinations... - 10 right hand
- 10 left hand
- 10 crossovers
- 10 onside right - 10 onside left
- 10 leg wraps right - 10 leg wraps left - 10 figure 8

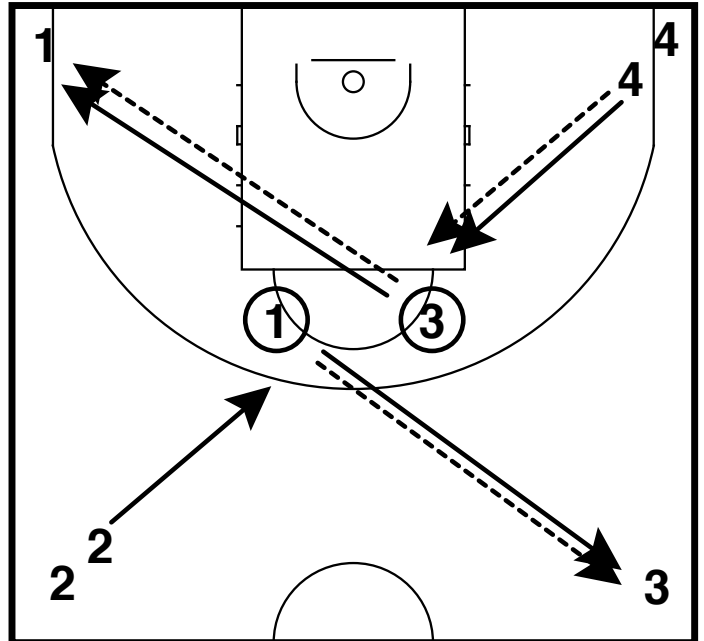
Passing

4 Corner Passing
Passing



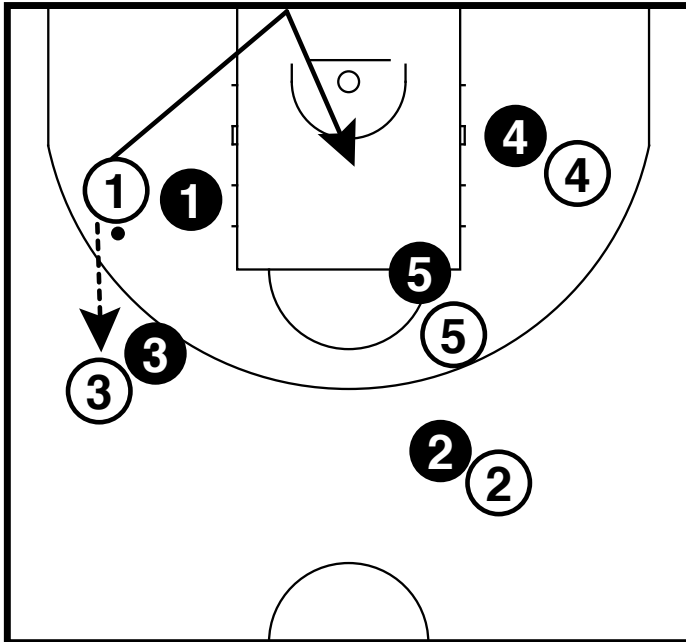
Balls start in opposite corners. Players pass to the right and run in a straight line. They receive the ball back as the run through the middle.

4 Corner Passing
Passing



As players '1' and '3' receive the ball back they pass to the corner and continue running to join that line. After passing the ball, players '2' and '4' repeat the same process and run through the middle to receive the ball.

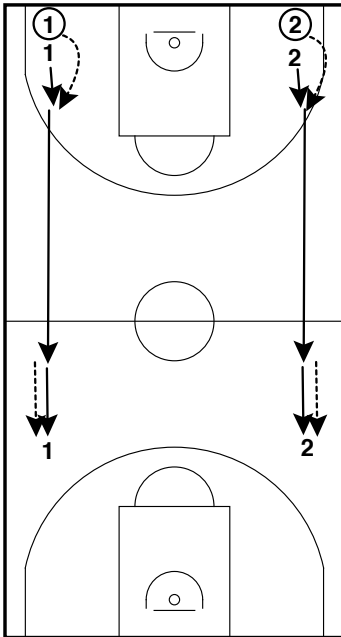
Netball Pass and Cut
Passing



Athletes match up on two teams. The goal is to be the first team to 25 passes. There is no dribbling allowed, after every pass the passer must sprint and touch the baseline before coming back into the drill. Any interception or steal results in possession for the other team. When regaining possession you continue on from your previous score.

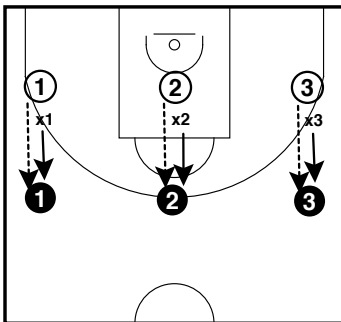
Passing

Kick Ahead Passing
Passing



Player with the ball lobs the pass over teammates head. The chaser needs to run onto the ball as it 'drops in'.
Runner then passes to the next side, touches the ball and repeats the drill.
Running goes 4 x then switches out.

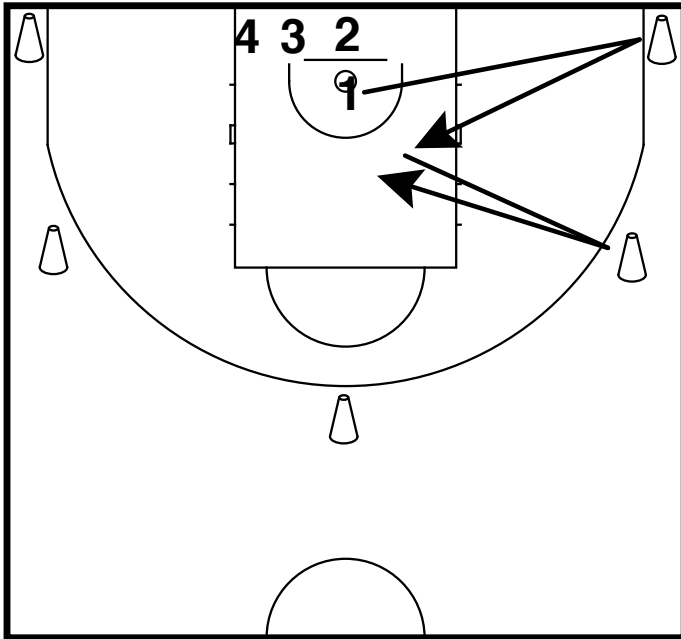
Piggy In the Middle
Half Court D



Defence starts in-between two players. On the pass of the ball they demonstrate a closeout. Using two hands, short choppy steps and down in stance. Defender must shadow the ball with one hand and interrupt the passing lane with the other. Offense keeps basketball for around 5 seconds before passing it to team mate. Same defender goes until coach blows the whistle.

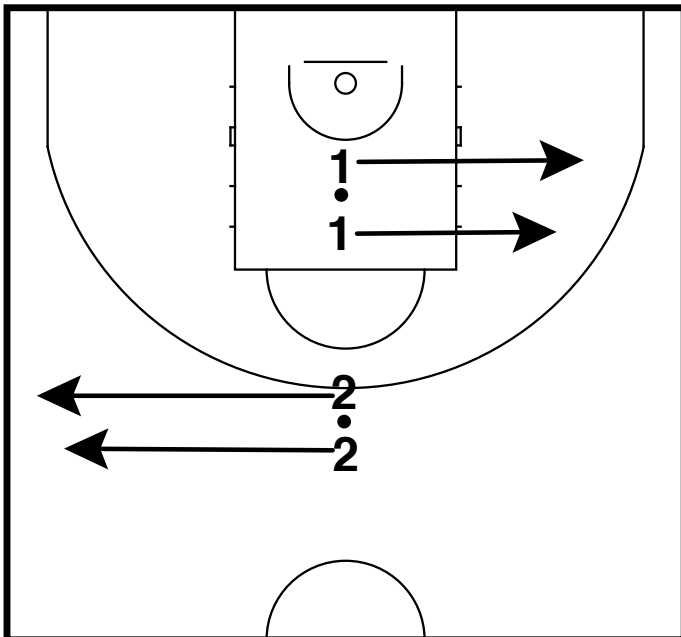
1 on 1 Defence

5 Star Closeout Drill
Half Court D



Athletes line up and take turns performing close outs at the cones. After each cone they must return to the key way before closing out on the next. Each closeout must be performed with two high hands, short choppy steps and bent knees.

Mirror Slides Drill
Footwork



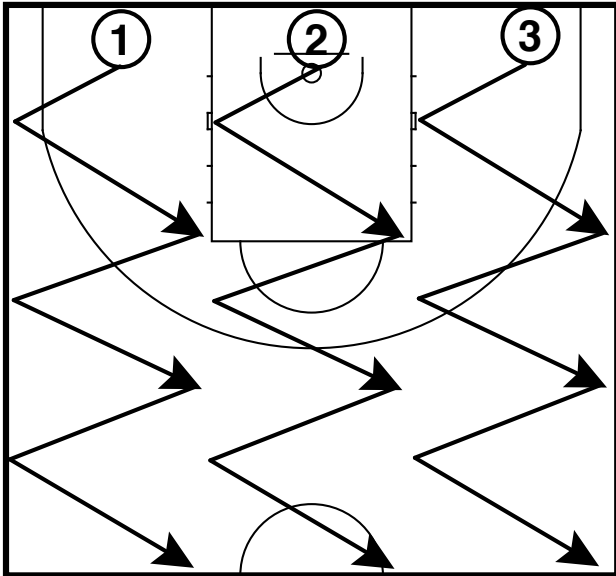
Athletes partner up. One is the leader one is the follower.

They hold the basketball facing each other in a defensive stance. The leader slides one direction and the follower mimics their action as quick as possible.

Athletes must stay low in a stance and work on push slides. Athletes will slide for 10 seconds before alternating leaders and followers

1 on 1 Defence

Push Slide Technique
Footwork

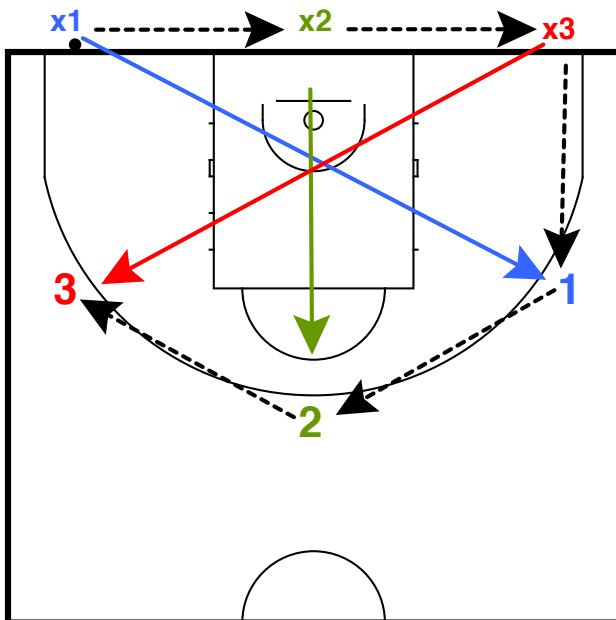


Athletes start in a defensive stance with a basketball between their legs.

They take four slides before drop stepping and repeating in a zig zag manner.

We want to teach the 'push slide'. Athletes push off back foot, keeping their balance and position at a steady level.

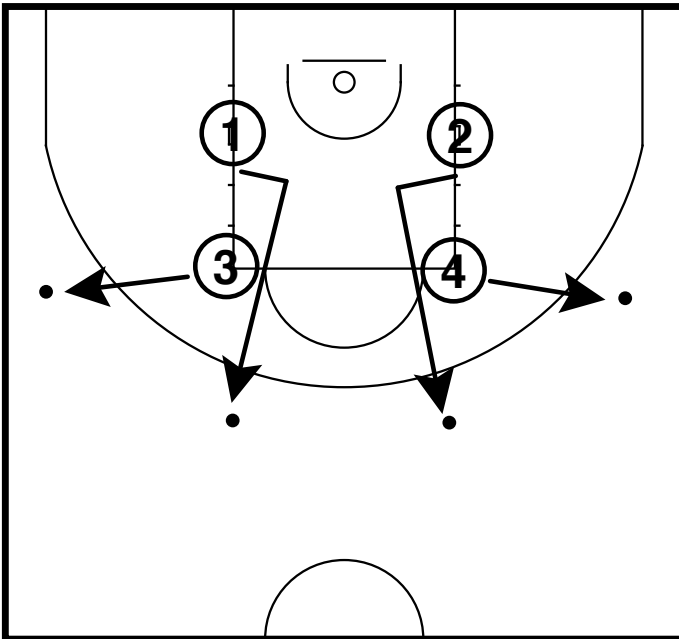
3 Man Serbian Drill
Half Court D



The ball starts on the baseline with the defence. They pass the ball along the baseline and then closeout on the player opposite them. X3 passes to 1 and then offense swing the ball all the way to the opposite wing. When the ball gets to 3, its live 3v3.

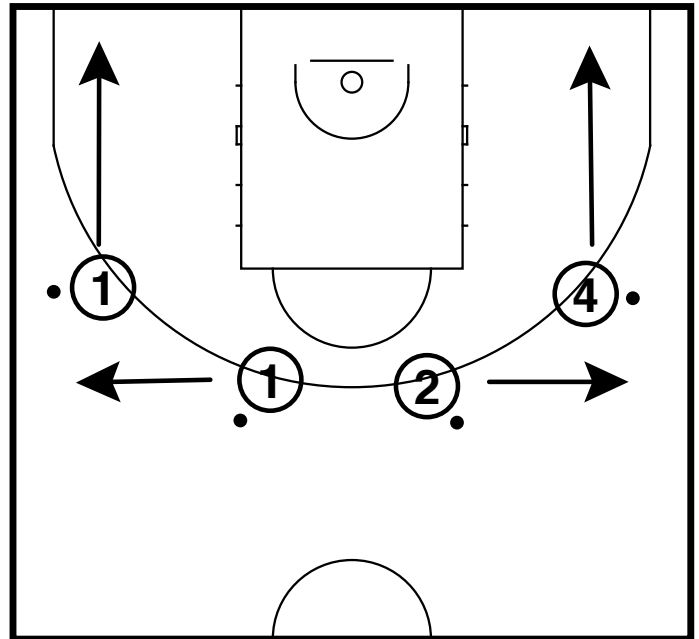
1 on 1 Defence

Cross Closouts
Half Court D



Athletes start in the diagrammed spots in a pitter patter stance. On the coaches whistle they execute a closeout in the diagrammed direction. Athletes are to throw two hands up, keep low wide stance and chop their steps before arriving to the ball.

Cross Closouts
Half Court D



After the closeout athletes are to make three slides to get out of the drill.