



Cairns Basketball Inc

Coaching Concepts



What do we want to achieve at the club level?

Club basketball is the first stage of structured competition in a player's basketball development pathway. Establishing the right habits at this level is critical for a development and if coached correctly it will set them up for success down the track. Currently there is too much of an emphasis on winning and not enough focus on developing fitness, skill level and understanding of the game.

Here lies the role of a club coach, you need to focus on the big picture and developing each player on your team. Have a critical eye for technique and find ways to constantly challenge your players to do more and get better.

At the club level we want our coaches to focus on concepts, not necessarily the X's and O's. Making sure your team understands how to play the right way and your players can make the right read on offence and defence is more important than being able run a play correctly.

Below are some concepts which are often overlooked and under coached at the club level;

Skills

- Develop listening skills
(eye contact, ask questions if you don't understand)
- Finishing around the hoop
- Perform skills (passing and dribbling) with both sides of body

Defence

- Tagging up on your man when your team shoots the ball
- Picking your player up full court
- Containing player and distance between you and them
- Having good positioning off the ball
(below level of ball, vision of your man and the ball at all times)
- Jumping to the gap and being inside pack line whenever a pass is made. Not getting face cut and giving up good position inside
- Applying good hand pressure when you are defending the ball. Not allowing your player to go baseline or a straight line drive to the hoop
- Not ball watching when a player shoots. Making a hit, blocking out and driving your player out when a shot goes up
- Put distance between your team and the opposition by getting multiple stops in a row... Not trading baskets

Offence

- Quick inbounds and pace into offence every possession
- Spacing; play off a floor spot. Starting away from the ball when we are inbounding. Don't just run to the ball, post your player up for catch.
- Movement; don't pass and stand still or set an on ball screen for no reason. Cut, post up, screen away, do something!
- 1v1 skills; how to attack your player on a closeout and break your man down off the dribble
- Taking care of the ball, reading eyes of defender and anticipating what they are going to do
- Making the most of advantage situations
(driving lane & passing lane)