SECTION 13

TEACHING THE GAME

13

13.0 TEACHING THE GAME

This section is designed to outline some basic principles and philosophies about teaching the game of basketball to children and youth. Its purpose is to guide you through concepts and ideas on effective development of basketball for athletes in Steve Nash Youth Basketball.

13.1 - TECHNICAL BASKETBALL SKILLS

Development Principles for Steve Nash Youth Basketball.

This list is a quick outline of what basketball skills are to be taught in Steve Nash Youth Basketball:

1. Footwork
• Ready Position/ Triple Threat Position
• Starting Movement
• Running – Change of Pace, Change of Direction
• Stopping – Stride Stop, Jump Stop, Stutter Stop
• Pivoting – Front Pivot, Reverse Pivot

2. Passing and Receiving
• Types of Passes – Chest Pass, Bounce Pass, Overhead Pass, One Handed Push Pass
• Passing techniques
• Receiving techniques
• Faking

3. Ball Handling / Ball Familiarization
• Ball familiarity
• Ball control
• Ball positioning

4. Dribbling
• Dribbling techniques
• Types of Dribble – Static Dribble, Dribbling with Movement, Change of Direction Dribble, Change of Pace Dribble

5. Shooting
• Shooting techniques
• Form shooting
• Shooting from a pass
• Shooting off the dribble

6. Lay-Ups
• Lay-Up techniques
• Footwork

7. Rebounding
• Rebounding techniques
• Boxing out

8. Offensive Concepts
• Straight Ball Cut, Change of Direction Ball Cut
• Give and Go cut, V-Cut, L-Cut, Backdoor

• Cut and Replace
• 4-on-4 / 5-on-5

9. Defensive Concepts
• Defensive Ready Position
• Defensive Footwork
• Defending player with ball/ without ball
• Turning
• Channeling
• Close Out
• Deny
• Communication

10. Transition
• Break-out dribbles
• Outlet
• Running the lane

13.2 - LOADING

Loading in a basketball context refers to the continual progression of a drill or activity to increase the level of difficulty and thus increasing the challenge level for the participants. One of the most effective ways to develop athletes is through this balance between challenge and boredom that is accomplished through loading.   Loading also allows the coach to effectively utilize training time. This is because time is not wasted changing between drills or teaching new ones.

The idea is to start with a basic drill or activity and as the participants begin to gain a certain level of success the coach adds, or loads, more components or requirements needed to complete the drill so as to increase the challenge and thus increase the level of development.

13.3 - GAMES APPROACH

Games approach is another teaching principle that can be very effective when coaching youth. The idea behind a games approach is to use mini or modified games during training as opposed to constant, specific drills to teach the game. Drills can become repetitive and athletes can start to lose interests by continually doing drills during practices. As we know all children love to play games and implementing that into basketball training is crucial, especially at a young age.

There are also numerous other benefits from using a games approach for teaching, including the development of various other skills during game play; such as vision, decision making, etc.

The key in finding success using a games approach to teaching is to develop specific rules to modify how the game is played to develop certain skills. For example, if you wanted to work on passing, one way would be to partner everybody up so they can pass back and forth. A games approach to developing passing would be to play a game of 3-on-3 or 4-on-4 or 5-on-5 with the rule that there is no dribbling allowed. Every time a player dribbles the ball it is a violation and a change of possession. Players would develop a variety of different passing skills as well as decision making, vision, getting open, defense, etc.

It is also imperative to monitor the game to ensure that the players have the necessary fundamental skills to achieve some level of success. This refers to the principle of loading in that you may need to stop the game and go back and work on some basic fundamentals before continuing the game. It is imperative to continue to modify or load the drill to provide sufficient challenge to the players.