Wallan Basketball Association
Incorporated
(WBI)

Player Development Programme
(PDP)
(September 2014)

“The goal of every basketball coach should be to develop a group of players whose play proves that they believe that the star of the team is the team.”

John Wooden
Former UCLA Basketball Coach
Winner of record 10 NCAA Championship Teams
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1. **Introduction**

The Wallan Basketball Association is on the fringe of metropolitan and country Victoria and has junior representative teams participating in both the Victorian Junior Basketball League (VJBL) and the Basketball Victoria Country (BVC) Junior Championships.

The Association also has a healthy junior Domestic program with participants from Wallan and the surrounding regions, such as Craigieburn, Kilmore, Broadford, Wandong and Whittlesea.

2. **Vision - Wallan Basketball Association**

The Vision of Wallan Basketball Association Incorporated is to be admired and respected for being a competitive Victorian basketball association founded on:

1. A commitment to ensure local kids always **Enjoy** the experience of playing **Basketball** in a **Safe environment**.

2. Skilled, accredited and respected basketball coaches able to teach and deliver player **Improvement** and team **Excellence**;

3. **Tenacious** players who **Execute** the fundamental skills of basketball, unselfishly **Assist** their team and are **Mindful** of being composed, coachable and good sports.

4. A healthy junior domestic basketball competition with players from all surrounding regions in all age-gender groups; and

5. Wallan Panthers representative teams regularly qualifying and competing in the highest divisions of the VJBL and the BVC Country Championships.
3. Purpose – Wallan Player Development Programme (PDP)

The purpose of the Wallan Player Development Programme (PDP) is to set the Association’s expectations and directions for the effective development of its junior players and coaches, in alignment with the Association’s Vision.

The Wallan PDP has been devised to align with the *BV Victorian State Curriculum (October 2013)*. It sets outs and guides the **Wallan Basketball Association’s**: 

1. Player Development Goals;
2. Coaching Philosophies;
3. Player Development Programs;
4. T.E.A.M. Values;
5. Team Rules;
6. High Performance Player Pathway;
7. Wallan Playing Principles and Structures;
4. **Goals – Wallan Player Development Programme (PDP)**

1. To devise and implement a Player Development Programme that always aims to:
   - Teach young kids and U10 players the fundamental skills of basketball;
   - Develop team-oriented U12 and U14 players that are coachable, well-drilled and fundamentally-skilled basketballers; and
   - Develop U16, U18 and U20 players that are coachable, athletic, fundamentally-skilled, competitive, team-focused and of good character.

2. To have both senior men’s and senior women’s Panther teams successfully competing, and commendably representing the Association, in the BVC Country Basketball League (CBL) or BV ‘Big V’ League.

3. To grow Wallan domestic competitions by helping all registered players to improve.

4. To encourage and develop talented Wallan domestic players with aspirations to achieve representative honours in a Wallan Panthers basketball team.

5. To ensure high levels of participation of players and coaches in BVC Skills Days.

6. To develop the accreditation credentials, experience and number of quality Wallan Basketball Coaches and ensure they are well-educated in BV-aligned basketball skills, drills and team structures.

7. To provide quality player and coach development programs to ensure Wallan basketballers have an opportunity to reach their full potential.

8. To have competitive, male and female, junior representative Wallan Panthers teams in the highest divisions of the Victorian Junior Basketball League (VJBL) and the BVC Championships.
5. Programs - Wallan Player Development

BV-aligned WBI player development programs will include the following:

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<th>BV Development Stage</th>
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<td><strong>U12 &amp; U14 Domestic</strong></td>
<td>U12 &amp; U14 Domestic Players (10-13 years)</td>
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6. Wallan Coaching Philosophies

Three (3) Coaching Philosophies underpin player development at Wallan Basketball:

1. Team Improvement.
2. Team Enjoyment.
3. Team Excellence.

6.1. Team Improvement - “Let’s See How Good We Can Get”.

- Every WBI coach should create energy and motivation in every player in the team to continue improving. Coach focus should be on the effort needed to be the best that the team they can be, and not comparing itself to the opposition or grading itself by the scoreboard alone.

- WBI coaches should focus their players on producing a ‘winning effort’ rather than simply winning itself. A winning effort is about work ethic and competing as hard as you can in games, and equally in training, every week. When this type of improvement thinking is practised by WBI coaches and their players, out-scoring the opponent will become a by-product of the pursuit of basketball excellence.

6.2. Team Enjoyment - “Let’s Have Fun By Competing Hard”.

- WBI coaches emphasise “real fun” is achieved by competing as hard as you can.

- The most enjoyment and satisfaction from basketball occurs when all players on the team are giving their all against their opponent.

- A little mucking around and joking from time-to-time is tolerated of course, but the enjoyment is not at the same level as the fun obtained from each player competing hard for their team and their own improvement.

6.3. Team Excellence - “The Star of the Team is the Team.”

- WBI coaches must teach ‘team before the individual’. A cooperative, excellent team spirit must be cultivated and fostered by every WBI coach, both on and off the court.

- WBI coaches should aim for their team to arrive at the notion of a singleness of purpose and dedication to team excellence and team-set goals. Players must commit to lead by example by practising the right skills to be the best player they can be, and by always giving their best for their teammates - by keeping their heads-up and staying focused on their team role and team expected efforts.

- Wallan coaches must include themselves in the pursuit of team excellence - by regularly improving their own basketball skills and knowledge, as well as their communication skills for interacting with players, opponents, referees and officials.
7. Wallan T.E.A.M. Values

The four (4) Most Valued Attributes of a Wallan Basketball Player are:

**TENACIOUS:**
- We compete hard and never give up.

**EXECUTER:**
- We show true skill, great footwork and play our team role.

**ASSISTER:**
- We have court vision, pass well and are stingy defenders.

**MINDFUL:**
- We are coachable, composed, respectful, fair and good sports.

Wallan Panthers Team Selection Criteria and Most Valuable Player (MVP) and Coaches Award Criteria are to be always founded on the Wallan T.E.A.M Values.

If Wallan basketball players work hard to practise and adopt these Wallan TEAM values, they are guaranteed to help their team to perform at its best.

And whether their team win or loses, Wallan players who work hard to practise and adopt the Wallan TEAM values will:
- Win the respect of team-mates and coaches;
- Represent the Wallan Basketball Association with distinction, and
- Create a great deal of pride for their parents and supporters.

Most importantly, Wallan players who come to understand that they are part of something more important and bigger than their individual considerations - who become selfless in their basketball thinking - are guaranteed to achieve a high level of enjoyment and satisfaction from their experience of playing basketball.
8. **Wallan Team Rules**

**TRAINING:** Wallan teams are taught to ‘*Train as you Play, Play as you Train*’ to develop the right habits in games. Wallan players must be willing to do what their coach asks, for their own and their team’s benefit, and lead by example at practice sessions.

**WARM-UP:** Wallan players must arrive at games early, switched-on and ready to play. This is critical to set the tone for the team’s attitude and effort on court. Wallan players must execute warm up drills with precision and energy so that their team unit is fully focused, vocal and clicked-into-place right from the centre tap.

**GAMES:** And the following Team Rules apply to every Wallan Basketball team during games and MUST be enforced by coaches and followed by every player, no exceptions:

1. **“NO CRITICISM”**.
   - A Wallan Player NEVER criticises another teammate.
   
   Selfishness, in-fighting, ego, envy and criticism will kill team-spirit, will be reflected on-court and should not be tolerated by Wallan coaches.

2. **“THANK THE PASS”**.
   - A Wallan Player ALWAYS acknowledges a teammate’s role in scoring.
   
   Wallan players must be willing to sacrifice personal glory for the team. Acknowledging a team-mate’s role in a score is critical for building Wallan team camaraderie and spirit.

3. **“PLAY YOUR ROLE”**.
   - A Wallan Player ALWAYS plays their role in the team.
   
   If a Wallan player is unwilling to play their coach-assigned role for the team, they will not play as much time as players who play their coach-given role. In particular, nothing justifies a player with the tools to be highly successful on offence playing defence poorly or with anything less than 100% effort.

4. **“REACT SMART - KEEP YOUR HEAD”**.
   - A Wallan Player ALWAYS chooses to remain composed and disciplined.
   
   Wallan players must have the mental discipline to choose to react positively to any challenging situation. No matter how frustrated, riled or unjustly treated they feel they may be, every player is expected to ‘keep their head’ by fully focusing on their very next required effort, their very next role for the team and on the team’s need for them to quickly ‘move on’ to the next on-court challenge.

5. **“NEVER TAUNT”**.
   - A Wallan Player NEVER taunts an opponent.
   
   Wallan players must know the right balance between being vocal and supportive of their team-mates, while showing good sportsmanship, due respect to their opponents and the mental discipline to rise above any fracas with the opposition.
9. **Wallan High Performance Player Pathway**

Talented Wallan junior basketball players will be actively encouraged by the Association to maximise their basketball potential via the Basketball Victoria Player Pathway.

By playing a variety of Basketball Victoria’s championship competitions and representative programs, Wallan players may be identified by the Wallan Coaching Director, BV’s High Performance selectors and other BV coaching staff.

The primary competitions and camps Wallan players can attend include: the VJBL, Australian Country Junior Basketball Championships, NITP Selection Camps, Gold Nugget Camps, Regional Academy, Southern Cross Selection Camps, and East Coast Selection Camps.

Refer [Basketball Victoria Player Pathway](#) in Appendix 1.

### 9.1. National Performance Program (NPP)

The BV National Performance Program (NPP) is designed to assist Basketball Australia to identify athletes who are members of, or on the fringe selection of, National Junior Teams.

The **Victorian NPP** is held during **September to May** on a **Sunday afternoon** at the **State Basketball Centre** and is coached by elite coaches who are also involved with, or on the fringe of, National team selections.

Additional trainings may be scheduled for Wallan athletes selected who have to contend with travel, family or other commitments.

### 9.2. National Intensive Training Program (NITP)

Underpinning the NPP is the National Intensive Training Program (NITP).

The NITP is separate to State Team selection. The NITP works with around 10-15 Metro and 8-10 Country identified athletes in the Under 16 and 18 women's and men’s age groups. These athletes work under the new Basketball Victoria High Performance curriculum.

**Country NITP athletes** work with identified coaches under the direction of the **High Performance Coach Country** in regional **satellite hubs** and at regular combined **training camps**.

### 9.3. State Performance Program (SPP)

The BV **State Performance Program (SPP)** is a **talent identification program** which feeds Victorian High Performance (HP) Programs.

The SPP has been designed to underpin the teachings and philosophies of the NPP and the Victorian NITP. It allows for systematic and progressive identification, selection and development of Victorian athletes from 14 to 19 years old on the fringe of, or with the potential to push toward, the NPP, the NITP and/or State team involvement.

The Wallan SPP Year dates fall between: 1st September and 30th June.
Wallan SPP athletes are selected on the basis that they are willing, committed and available to develop their basketball skills, athleticism, IQ and game by additional training, specifically:

i. Fifteen (15) x 2-hour sessions per fortnight at Wallan on Sunday mornings (Sep-Jun);
ii. Three (3) x 1-day Regional camps (eg. Wangaratta or Bendigo); and
iii. Four (4) x NPP Coach Clinics at Wallan on Thursday evening.

The program is primarily run from the Wallan Stadium by Wallan representative coaches under the direction and guidance of the BV High Performance Coach (Country) and NPP Curriculum.

### BV SPP COUNTRY STATE PERFORMANCE PROGRAM - PLAYER SELECTION CRITERIA

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<tr>
<td>1.</td>
<td>Players between <strong>14 and 19 years old</strong> who are not already involved with the NPP or NITP.</td>
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<tr>
<td>2.</td>
<td>Players that display <strong>characteristics and ability required of an elite athlete</strong>.</td>
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<tr>
<td>3.</td>
<td>Players who have a <strong>strong desire to improve and become future State team representatives</strong>; and</td>
</tr>
<tr>
<td>4.</td>
<td>Players who have the <strong>potential capacity and ability to meet State team standards</strong> and be selected for future state / national / international opportunities.</td>
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<tr>
<td>5.</td>
<td>Players <strong>committed to developing their game by additional training</strong> in a group environment.</td>
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### 9.4. Country Basketball League – Senior Panthers Teams (CBL)

Talented junior Wallan Panthers players in U18 and U20 teams will be given priority in the selection of the Wallan Panthers Senior Men’s and Women’s Country Basketball League (CBL) squads and teams to further their development and increase opportunities for their progress along the BV Player Pathway.
10. Wallan Team Defence - Principles and Structures

10.1. Defensive Principles

**“Nothing Easy”**: Wallan teams will be known for having a **miserly, stingy defensive attitude** and for making the opposition work hard for every scoring opportunity.

**Constant basket protection** and a commitment to **disrupt the opposition** is a must.

Opponents must be allowed to move wherever they want to on the floor. No easy cuts. No easy drives. No easy shots. No easy passes. No easy rebounds.

Opponents may score but if they make a tough basket despite the best defensive efforts of the team, Wallan players will keep their heads, stay positive and move on.

**“Stance and Hands”**: Wallan teams must be able to defend their player when they have the ball. To do this, correct athletic stance with proper footwork (with trace & dig hand pressure) is a non-negotiable for any Wallan player on the court - every time, all the time. Wallan teams will therefore play defence without fouling, except when game circumstances require it (in accordance with coach instructions).

A Wallan player must also be able to maintain appropriate defensive stances throughout the opponent’s possession, and be able to go from one stance and one position on the floor to the correct stance and hands position on the flight of the ball, with explosive quickness.

A Wallan player should understand and practise the following principles for defensive play:

- Containment and Pressure (stances);
- Jump-to-the Ball;
- Contest dribble and pass penetration;
- Low post defence (ie. full front = toes out; side front = toes in);
- Denial (ie. one pass away – prevent reversal);
- Help (ie. split line / help-side positioning);
- Rotation;
- Basket Protection;
- Boxing Out; and
- Conversion to Offence (ie. transition offence)

**“Box-Out”**: All five Wallan players on the court must be willing and able to block-out their opponents and rebound (at both ends). The ability to **Box-Out** is an essential requirement of all Wallan players. Players must be skilled in taking up space, being strong, staying low, absorbing contact and pushing back. And they must be desperate to grab the ball.

**“Talk and Point”**: Wallan teams will be known for having a vocal, cooperative defensive mindset. There must be concise defensive communication from team members at all times, clearly-directed to particular team-mates (so that they know it is directed at them).
10.2. Defensive Structures

The primary stopping strategy of any Wallan Basketball team is **Disruptive, Full-Court Pressure Man-to-Man defence**, underpinned by defensive principles of ball-pressure, dribble penetration containment, help-and-recover and right positioning relative to the opponent and the ball.

**Man to Man** defence principles offer the best mechanism to **pressure the opposition** and will be the **principal, preferred, ‘go-to’ defensive structure** of all Wallan teams. **Zone defence principles** offer the best mechanism for **basket protection**.

**Wallan Panthers Teams** will therefore **seek to combine M2M and Zone defence concepts** with the primary aim of being **disruptive** to the opposition. Regardless, **a Zone Defence will only be played by Wallan teams on the basis as outlined below**:

Wallan Basketball has a **No Zone Policy** for its domestic and younger age groups, meaning:

- For all **Wallan Domestic Teams** - no form of zone defence or zone press is to be played, except if only four (4) or three (3) players are available, in which case a ‘Box’ or ‘Triangle’ zone may be played in the opponent’s offensive half-court;

- **For U10, U12, U14 and U16 Representative (Panthers) Teams:**
  - No form of zone defence (ie. 2-3; 1-3-1 or 3-2 zone set-ups) is to be played in the opponent’s offensive half-court, except if only four (4) or three (3) players are available where a ‘Box’ or ‘Triangle’ zone may be played; and
  - Zone presses and trapping defences may be played in the opponent’s defensive half-court, so long as players are capable of reverting to a M2M defence in the opponent’s offensive half-court.

- **For U18 and U20 Representative (Panthers) Teams:**
  - Zone defences (ie. 2-3; 1-3-1 or 3-2 zone set-ups) may be played at times during games in the opponent’s offensive half-court, so long as there is alternation with a man to man defence (ie. no zones, all game); and
  - Zone presses and trapping defences may be played in the opponent’s defensive half-court, so long as players alternate in reverting to a M2M defence or a zone defence in the opponent’s offensive half-court.

The **Rationale for the Wallan No-Zone Policy** is that zone defences at the younger, junior levels can limit the development of individual and team skills.

For example, driving opportunities are limited and players often do not have the muscular strength and coordination to shoot, with good technique, from the perimeter, or to throw ‘skip’ passes. This reduces the need and player development opportunities for defensive skills such as ‘closing out’ and ‘ball-deny-help’ positioning.
11. **Wallan Team Offence - Principles and Structures**

11.1. **Offensive Principles**

- The objective of any Wallan offensive structure is to create smart, high-percentage shots.
- The pre-requisites for any Wallan team to be consistently productive are that its players must be: (i) in good physical condition; (ii) well drilled in the fundamental skills of basketball; (iii) unselfish and team-oriented; and (iv) able to execute as a smooth-working unit.
- Wallan teams must be skilled at transitioning quickly from defence to offence. Wallan players must be willing and physically conditioned to quickly sprint on every defensive rebound or interception to gain numerical advantage.
- Wallan offences used should be structured to create proper spacing and balance and include effective plays that take advantage of both man-to-man defence and zone defences.
- Highly functional Wallan offences that provide both a structure to facilitate team-play whilst also creating opportunities to maximise the talents of all (or specific) individuals on the team will be based on the key principles outlined below:

  - **Proper Spacing:**
    - Proper spacing should be taught to: (i) facilitate safe passing; and (ii) to provide operating room for the player with the ball.
  - **Penetration and Passing:**
    - At the heart of any Wallan offence should be unselfishness, confidence and constant penetrating movements, from spread and balanced areas of the floor.
    - Wallan teams should use both passing and dribble attack to get smart, high-percentage shots, given that passing moves the basketball faster than dribbling and consequently, allows the offence to stay ahead of the defence.
    - Quick but unhurried ball movement (by the passer) and player movement (by the receiver) are of the essence.
    - ‘Assists’ (ie. passes to a team-mate that scores) must always be acknowledged by Wallan coaches and team-mates.
  - **Balance on both the Strong and Weak Sides:**
    - Wallan offences should be structured to provide quick, strong and mobile weak-side action in order to:
      - help make strong-side action work - by occupying and stretching strong-side defenders; and
      - create immediate weak-side attack, should the ball be reversed or skipped (without the need for ‘re-setting’ the offence).
Flexibility and Timing:

- Wallan coaches are discouraged from running mechanical offences where players are forced to follow set patterns which tend to be easily defended.

- Giving players freedom to break from pattern helps make an offence flexible, unpredictable and effective against a variety of defences. Everyone has a role to play, however, Wallan offences should also encourage initiative.

- Players should be encouraged to see and take openings or a better opportunity to penetrate, draw a defender and dish, kick or score - other than the original play design. Wallan coaches should provide a system of play and options, and an atmosphere of trial and error and risk-taking during practice sessions.

- Individual initiative must also, however, occur within team guidelines for proper spacing, ball movement and to create smart, high percentage shots.

Smart use of the 24 Second Shot Clock – Pace; Poise; Penetrate:

- Wallan offences at senior levels should effectively use the 24 second clock:
  a. Pace = 01-08 sec -> Push the Ball - Get numbers in front, rim runs and lay-ups.
  b. Poise = 09-16 sec -> Execute - Roles, Structures, Screens/Cuts, Lay-ups & 3’s.

Timing:

- Creating a smooth-working unit should be the goal of any Wallan offence. This is to be accomplished by Wallan players practising hard and regularly playing together so players are familiar with the particular skills, tendencies and preferences of the others within the overall offensive structure.

Equal Opportunity:

- Wallan offences should operate on a principle of ‘equal-opportunity’ meaning scoring opportunities are created and equally distributed across all players on the team over the course of several games. Any offence that places the basketball only in the hands of its more gifted scorers and freezes out the others is not to be played by any Wallan team.

- Such offences become predictable, are limited in their options and are therefore easy to defend. This doesn’t mean that all Wallan players should average the same number of points per game. It does mean that every Wallan player on the court must be made to feel that they are a contributing member of the offensive attack, even if a player’s contribution is mostly by passing, cutting, stretching the defence (e.g. setting up in corners) or by screening to allow team mates to get good shot opportunities.
### 11.2. Offensive Structures

**The primary offensive approach against M2M defence for U10, U12 and U14 Wallan representative teams will be ‘5-out’ motion, but with an emphasis on having the ability to run motion offence principles within a ‘5-Out’, ‘41’ or ‘32’ set-up, depending on the strengths of the team and the defence.**

**The offensive approaches against a M2M defence for U16, U18 and U20 Wallan teams will be based on a combination of motion offence and dribble-penetration (eg ‘Split and Kick’) set-up structures, and ‘make-the-extra-pass’ (ie. find the open man) principles - with the aim of getting smart, high percentage shots.**

**The offensive approach of any Wallan team against a Zone Defence should aim to get movement behind defenders, quick ball reversal and dribble penetration through the gaps between defenders – again, with the aim of getting smart, high percentage shots.**

**Any motion or dribble-penetration offences implemented by Wallan coaches MUST be in alignment with both current BV guidelines and the Wallan Offensive Principles (refer above).**

**Refer to the Wallan Coaching Director for information on executing Wallan’s fundamental offensive approaches which are currently endorsed by the BV NPP Country Program:**

- **‘Motion’ Offence** (for M2M defence);
- **Fundamental Dribble Drive Offence** (for M2M defence)
- **‘Split and Kick’ Dribble Penetration Offence** (for M2M defence)
- **‘Gaps’ Dribble Penetration Offence** (for Zone defence).
12. Fundamental Skill Requirements of Wallan Basketballers

“The first objective of every coach should be to ground the players in the automatic execution of the fundamentals of the game. The second objective naturally follows – to integrate fundamentally sound players into a smooth-working unit. These priorities are often, mistakenly, reversed”.

John Wooden
(Former UCLA and Most Successful NCAA Coach)

- WBI basketball players should be fundamentally-sound and “well-drilled”, meaning that their execution of the basics of the game of basketball is correct, quick and unconscious.

- In teaching WBI players basketball fundamentals, WBI coaches must therefore be patient and prioritise the practise the quick and proper execution of these fundamentals in training and games, over and above team ‘scoring output’ during games.

- WBI will focus on players excelling in the following Basketball Fundamentals:

  - Individual Body Movement and Body Skills
  - Individual Rebounding, Offensive and Defensive Skills
  - Team Offensive and Defensive Skills

Refer Fundamental Skills - Wallan Basketballers in Appendix 2.

13. Wallan Training Drills

It is said that drills don’t teach, they only provide a platform for instruction.

It is the proper teaching of the fundamental skill requirements of a Wallan Basketballer (outlined in this WBI Player Development Programme) that will help WBI players to understand their importance and that will make the difference between poor and excellent individual and team execution and performance.

Refer Fundamental Drills for teaching the Fundamental Skills in Appendix 3.
14. Wallan Coaches – Development, References and Expectations

It is recommended that Wallan coaches aim to grow their knowledge and skills from the following:

14.1. NCAS Basketball Coach Accreditation and ASC Youth Coach Training

- Basketball Victoria regularly runs a number of Player and Coaching Clinics each year, as well as NCAS Level One and Level Two Coach Accreditation Training Courses:
  
  

- The Australian Sports Commission has a very good Community Coaching General Principles Online Course that has been developed to assist coaches to learn the basic skills of coaching, particularly those coaches working with children. The course is free of charge:
  

- The course contains four modules, covering a range of general coaching topics including; the role and responsibilities expected of a coach, planning, safety, working with parents, communication, group management and inclusive coaching practices. It takes approximately 4 hours to complete, with an assessment at the end of each module.

- There are also a range of ‘Tools and Tips’ for coaching, training, safety and ethics:
  

14.2. Recommended Reference Material and Links

- Many of the philosophies and principles of the Wallan Player Development Programme have been adopted and adapted, with due acknowledgement, from the following book:


  This book and DVD presentation features the famous UCLA high-post and high-low attacks, many special play options, sideline and under-the-basket in-bound plays, and press-breaking tactics, as well as insights on each facet of offensive play, the fundamentals for success as an individual and team on the offensive end, and the strategic nuances and teaching points that result in consistent, precise execution.

- The Coaches Clipboard is a free basketball coaching website and resource for junior basketball coaches and players. Included are plays, drills, strategies, offences, defences, player tips, animated play diagrams, and video clips of player fundamentals:
  
  http://www.coachesclipboard.net/index.html

  Coaches may also wish to recommend specific sections in this site to their players to support the teachings and drill instructions given at training.
14.3. Communicating with Players – Key Tips for Wallan Coaches

- Always be Prepared – for Practice (team training plans) and Games (team instructions).
- Always Look like a Coach – by wearing the designated Wallan Coach Uniform.
- Always Be a Leader and Role Model – for your team and staff – on and off the floor.
- Always Stay Focused on your Team. Don’t be on your phone or talking with others.
- Always Send Effective Messages to your players, by:
  - Always Being Positive;
  - Stating your message Clearly and Simply;
  - Saying it Loudly enough, and then saying it again. Repetition and reinforcement are key;
  - Saying it Consistently and with Conviction. Be the Coach. Make the Team Decisions;
  - The use of appropriate, non-offensive language.
- Always Be Aware of your Non-Verbal Messages:
  - Facial Expressions - don’t be afraid to Smile - it’s a great boost for an unsure player:
  - Body Language – don’t be slouched over with your head down or shoulders slumped.
- Always Be Aware of your Receiving Skills, by:
  - Paying Attention and Maintaining Eye Contact with your players;
  - Listening Carefully to your players.
- Always Remember why you are Coaching, by:
  - Reminding yourself it’s about team Improvement, Excellence and Enjoyment;
Appendix One (1) - BV Player Pathway for Wallan Basketballers

[Diagram of the BV Player Pathway]

- Australian Team Selection
  - Boomers, Opals, Rollers, Gliders, U25 Men & Women Wheelchairs, Emus, Gems, U17 Men & Women, Boomerangs, Pearls, University Men & Women

- NBL, WNBL, SEABL, BIG V

- National Performance Program (NPP)
  - State Team Selection
    - U16, U18, U20, Ivor Burge, NWBL

- Country Development
  - NTP Selection Camps
    - U14 - U17

- Australian Country Junior Basketball Cup (ACJBC)
  - U14, U16 - U18

- Gold Nugget Camp
  - U14

- Regional Academy
  - U14

- Skills Days
  - U14

- Great Murray River Basketball Jamboree (GMRBJ)
  - U12

- BVC Jamboree
  - U12

- Skills Days
  - U12

- Southern Cross Challenge (SCC)
  - U14 + U15

- State Performance Program (SPP)
  - VBL U2 - U20

- Domestic Club Basketball U8 - U20

- McDonald's Hoop Time + School Basketball

- Aussie Hoops
  - (5 – 10 Year Olds)

- Skill, Fun & Play Classes Grades 1 – 4

- Metro Development
  - NTP Selection Camps
    - U14 - U17

- East Coast Challenge (ECC)
  - U16 - U18

- SCC & ECC Selection Camps
  - U13 - U16

- SWISH Training Program
  - U12 - U14

- Camps
  - U2 - U18

- Player Development

- Talent Identification

- Specialist: Shooting, Guards, Bigs/Posts, Strength & Conditioning
Appendix Two (2) - Fundamental Skills - Wallan Basketballers

1. Individual Body Movement and Body Skills

1.1 STOPPING

❖ Jump Stops: where two feet land at same time as catch is made -> either become pivot foot.

❖ The Jump Stop is best employed for moves away from the basket (eg. forward or centre cuts to the high post). The ball should be close to the body, elbows tucked in, the centre of gravity low and in tight enabling quick turning and pivoting.

❖ Stride Stops: where trail foot lands first as catch is made -> trail foot becomes pivot foot.

❖ The Stride Stop is best employed when defence is slack and a quick turn for a shot is on. It is primarily used when the wing player receives the ball and the front foot swings around to square the player to the basket (ie. outside or front pivot).

1.2 CATCHING (RECEIVING)

❖ In all stopping and catching of the ball, Wallan players will exhibit a balanced stance, forearm parallel to floor, shot-wrist-back, fingers-spread and ball in 'shooting pocket' ready to shoot, pass or dribble-drive.

1.3 TURNING AND PIVOTING

❖ WBI players should be taught that the pivot foot should be, wherever feasible, the left-foot for right-handers and the right foot for left-handers.

❖ WBI coaches should emphasise one style of pivoting – the Reverse or Inside pivot because it is generally applicable in more situations than the front pivot.

❖ The Reverse Pivot is executed by swinging the non-pivot foot behind, with feet parallel and slightly wider than shoulder-width apart.

❖ The head remains above mid-point between two feet, chin and eyes are up.

1.4 DRIBBLING AND BALL-HANDLING

❖ Control Dribbling:

❖ Dribble with Vision and Purpose. See floor, teammates and defenders;

❖ Keep the ball Below the Knees for maximum control and acceleration;

❖ Stay Low – Athletic Stance and low base for better acceleration;

❖ Power the Ball with Wrist and Finger Pads – strong and controlled.

❖ Keep dribble hand outside elbow, elbow close to hips.

❖ Head remains above mid-point between two feet, chin and eyes are up.

❖ Non-Dribbling Arm extended – Protecting the Steal.
Speed Dribbling.

- Push the ball out in front with hand behind the ball;
- Keep the Ball below the Waist for better control and acceleration.

The WBI Ball Handling Home Practise Guidelines are detailed in Appendix Four for WBI players to improve their ball-handling skills outside of training sessions. Coaches should encourage the use of these drills and occasionally run them at training to test progress.
1.5 Passing

“Passing is the most important offensive fundamental because high-percentage shots usually result from a series of good, quick passes. It is no surprise that teams that pass the ball best shoot more accurately than those that rely on the dribble”

John Wooden
(Former UCLA and Most Successful NCAA Coach)

Passes should be made quickly, accurately and, when possible, with some deception. Four different types of should be practised regularly:

- **Two-Handed Push Pass**
  - Used when defender has no chance of deflecting it. Straight with flight of the ball parallel to the floor. Thrown quickly with a snap of the wrists. Backspin is produced when the hands turn inwards, palms end-up facing out with thumbs pointed at the floor.

- **One-Handed Push Pass**
  - From a ball-security stance, the player checks the positioning of his defender’s hands.
  - If the defender’s hands are up, the passer uses head, lead foot or ball to fake up, then point the passing hand by the defender’s waist and deliver a one-handed bounce pass;
  - If the defender’s hands are down, the passer should fake down and deliver a one-handed air pass. The passer may step forward on passing, but it is more deceptive if no step is taken.

- **Hand-Off Pass**
  - Often used when guard passes to a post, cuts and receives. The passer simply releases the ball into hands of the receiver, with the two players never touching the ball simultaneously.

- **Two-Handed Overhead Pass**
  - With the hands toward the back of the ball, the passer fakes down, the hands go straight up (never behind the head because it will delay the pass and may be stripped) and the passer snaps the wrist to deliver the pass.
2. **Shooting**

2.1 **TWO-POINT SHOOTING:**

Wallan players will be known for shooting the basketball effectively and for being an offensive threat every time they catch the ball. The basis for all WBI shooting instructions will be underpinned by these fundamental “Catch and Follow-Through” teaching points:

- The exact technique in preparation for the shot is less important than what happens at release and follow-through. All good shooters keep their straight elbows moving up as they snap their wrists for the follow-through on release. However, proper preparation in catching the ball will put the player into a more favourable position for the release.

- “Catch”. Players should “Grip” the ball with:
  - Shooting Wrist = Tilted and Wrinkled is essential.
  - Quick Step into the Ball - ‘Heel, Toe, Toe’. Comfortable Stance;
  - Knee, Elbow, Index Finger on ball and Eye – in a Straight Line;
  - Fingers Spread with Thumb Out. Ball on Pads not in Palm.

- Release and “Follow Through” – **“Lock and Snap”**:
  - Quick Release must be insisted upon, in one smooth action. The ball must never stop, but rather, continue up and forward;
  - As the ball moves up, the Elbow continues on a path in line with the basket. It is essential that as the shot is released the elbow continues up and ends up above the ear. Arm straightens (elbow locks) as ball is released. The most important function of the Elbow is that it is moving up when the ball is released, making it a “lift” rather than a “push”. To ensure this happens, when returning to the original position, the hand should retreat along the identical path it used to release the shot.
    - Wrist with spread Fingers follows through, strong and firm (flopped-broken);
    - Index Finger is straight and last to touch ball. ‘Wave’ the ball into basket.

2.2 **THREE-POINT SHOOTING:**

Step into the ball on the Catch. **Tilt, Tuck, Lift.** Tilt (wrist), Tuck (elbow) and Lift (elbow and arm). Ball must go up to go in. Wrist and Fingers follow through strongly.
3. Individual Rebounding Skills

3.1 DEFENSIVE REBOUNDING:

- Assume every shot is missed. Attitude = “The ball belongs to me !!!!”
- Make contact with your opponent using your forearm;
- Reverse Pivot to ‘make contact and box-out’ your opponent.
- Stay low, balanced. Stance is strong and wide;
- Hands at shoulder height with elbows wide - feel if opponent coming;

3.2 OFFENSIVE REBOUNDING:

- Assume every shot is missed. Attitude = “The ball belongs to me !!!!”
- Anticipate where the ball is going. Quick fakes - away from target spot;
- Move inside hand past opponent shoulder.
4. Individual Offensive Skills

4.1 GETTING OPEN - LEADING FOR THE BALL:

**V-CUT**

- Low and balanced movement - Stance strong and wide.
- Sharp, deceptive changes of direction;
- Seal and Lead – seal by stepping over defender’s lead leg;
- Swing arm (up or down) to knock defender’s arm out the way;
- Head-up and eyes focused on the ball;
- Target Hand is furthermost from the opponent;
- Shooting Footwork (1st foot pivot) and Driving Footwork (2nd foot pivot).

**BACK-CUT**

- Push off = foot closest to sideline. Step = foot closest to basket;
- Low and balanced movement Stance strong and wide;
- Read the defender. Sharp, deceptive changes of direction;
- Eyes focused on the ball;
- Target Hand is furthermost from the opponent - Catch-Fake
- Aggressive Reverse Pivot to the basket;

4.2 INDIVIDUAL OFFENSIVE MOVES:

- Two simple rules:
  - If a defender commits to your driving lane -> PASS.
  - If a defender commits to your passing lane -> DRIVE

- Teach the Drive Fake Series:
  - Drive Fake And Drive (Onside).
  - Drive Fake and Crossover.
  - Drive Fake and Shot.
  - Shot Fake and Drive (Onside).
  - Shot Fake and Crossover.
  - Shot Fake and Shot.
5. Individual Defensive Skills

5.1 DEFENSIVE STANCE AND MOVEMENT:

**Defensive Footwork (For quick feet movement to defend any situation):**

- Take short, sharp steps in a low, balanced stance; Not a ‘slide’ but a lateral movement out of a defensive stance.
- 1st Step - Point Lead Foot in dribbler direction. Push off with Trail Foot while stepping with the Lead Foot (Bigger Stance)
- 2nd Step - Step quickly with the Trail Foot (Big Stance).
- Two steps are the same size – fast, choppy – puts defender ‘in charge’.
- “Stance and Hands” - Maintain Hand Pressure on the ball (Trace and Dig).

**Drop Step (Changing direction in defensive stance to keep up with dribbler):**

- Strong and balanced stance; Reverse Pivot on Trail Foot; Front foot now Lead Foot in new direction; Heel of the drawn back (dropped) Lead Foot should be level with the toe of the Trail Foot. Don’t ‘Open the Gate’.
- Quick reactions - short, sharp steps, Carry the Trace Hand and Dig Hand and switch roles on Drop Step.

**Stance-Run-Stance (To catch up with dribbler):**

- Keep adequate spacing to contain the dribbler (prevention); Strong and balanced stance. Swing Trail Foot through. Sprint to catch up. Get shoulders past dribbler; Resume defensive Stance and Hands.

**Defending the Dribbler (To defend the first step of the dribbler):**

- Turning the Dribbler (to slow down dribbler - force error or trap):
  - Beat the dribbler to the spot and be ready to drop step quickly; Pressure the ball; Strong defensive stance and hands; Head to Ball (in line with the ball). Chest facing Chest.
- Channelling the Dribbler (to force the dribbler in target direction):
  - Force dribbler to non-preferred hand;
  - Back-Court – Often force to sideline and out of middle (team traps).
  - Front Court – Often force to baseline or where help is available;
  - Strong defensive stance and hands throughout; Channelling along sideline = Nose to Ball, Shoulder forward of dribbler.
Defending the Back-Cut (To defend an opponent cut behind to the basket):

- **Head and Hands Snap:**
  - Denial Stance with back to the passer; Head Snap - from one shoulder to the other. Quickly locate ball. While snapping head and locating ball, denial hand alternates; Maintain vision on the ball.

- **Opening to the Ball:**
  - Drop step to face the ball. Forward pivot back to denial stance; Mirror image of initial denial stance.

Close-Out Technique (To move to opponent when they receive the ball):

- Succession of short, sharp Stutter Steps for transitioning into defensive stance.
- Demanding – requires practice. First priority – Carry a hand to deny the shot.
- Strong defensive stance and hands.
- Nose behind toes.
- Stay down ready to contain the drive.
6. Team Offensive and Defensive Skills

6.1 TRANSITION BASKETBALL:

**Offensive Rebounding into Defensive Transition**

- WBI teams must demonstrate an understanding that the offence does not end until the other team gains possession of the basketball. After any shot attempt, WBI players must make the effort to obtain offensive rebounds.

- Rebounding balance in offence is essential for increasing chances of obtaining offensive rebounds and therefore, additional shots.

- WBI coaches should ensure that, when an offensive shot is taken, there are three ‘inside-boarders’ surrounding the basket – plus a ‘long-rebounder’ going to the foul-line area and a ‘safety’ going back to the half-court line. If the shot is taken from the perimeter, the shooter is the long-rebounder.

- When the opponent obtains the rebound, the WBI rebounding balance alignment (as stated above) also serves as a solid defensive balance for effective transition back into man-to-man defence.

- As a basic transition approach, WBI coaches should teach:
  - the ‘Long-Reounder’ to pressure and slow the outlet pass receiver, knowing there is a safety in place; the ‘Safety’ to protect the basket; and the tall ‘Inside Boarders’ to sprint back to relieve the safety and match up with their players asap.

**Fast-Breaking:**

- Fundamentals: Quick pivot to outlet pass or quick inbound pass; A guard gets the ball on the fly, “sweeps” ball and forward pivots to open the floor; Lane runners sprint wide on the break, then create an angle to basket.

**Press-Breaking**

- Stay calm; Think "attack!". Think positive and attack the pressure;

- Three "Looks". When receiving ball, before dribbling: 1. Look up (see the floor; 2. Look before you pass (make good, quick safe passes) and 3. Look before you dribble (don't dribble unless you have to);

- You beat a press by quick, sharp passing usually not dribbling.

6.2 SCREENING

- Fundamentals -> Show fist to indicate screen; Call name of the cutter; Head-Hunt defender being screened. Pop opposite cutter to be a receiver.

- Down screen – Back towards the ball (strong) side elbow. Cut Options:
Wallan Basketball Incorporated – Player Development Programme (PDP)

- Straight (defender caught); Curl (defender trails); Back (defender goes over); Flare (defender goes under).

- Back screen – Position back to the basket. Cut options:
  - Back (defender goes over)

6.3 **DEFENSIVE POSITIONING (M2M DEFENCE)**

- Ball Position - Jump to and call “Ball” - Refer Closing-out and Stance and Hands above;
- One-Pass Away - Deny Position – Refer Defending the Cutter above;
- Two Passes Away - Help Position – Pistols.
- Always in “Flat Triangles”.

September 2014
### Appendix Three (3) - Fundamental Drills for teaching Fundamental Skills

#### 1. Defensive Drills

🔗 Listed below are the core Association’s recommended drills for teaching the fundamental defensive skills of basketball.

🔗 Coaches are expected at a minimum to teach these drills and are encouraged to include their own drills to meet the style of the team.

🔗 Refer also the BV Level One coaching manuals.

<table>
<thead>
<tr>
<th>Key Coaching Drills – Wallan Defensive Game</th>
<th>U10</th>
<th>U12</th>
<th>U14</th>
<th>U16</th>
<th>U18</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Zig Zags – swing step, mirror (combination with offence)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>2. ½ Court Slides (Ball, Dead, Swing, Deny)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>3. Close-Out Drill</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Forward Lead &amp; Back Cut Denial Drills</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Lanes</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>6. Shell Drill (Ball, 1pass, 2 pass, 3 pass)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>7. Box-Out Drills (Sumo, 2-Box-out, Hamburger, Circle)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>
2. **Ball-Handling and Offensive Drills**

Listed below are the core club drills for ball-handling and offensive skills. Coaches are expected at a minimum to teach these drills and are encouraged to include their own drills to meet the style of the team. Refer also the BV Level One coaching manuals.

<table>
<thead>
<tr>
<th>Key Coaching Drills – Wallan Offensive Game</th>
<th>U10</th>
<th>U12</th>
<th>U14</th>
<th>U16</th>
<th>U18</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Zig-Zags – X-over, through legs, behind back, reverse pivot, do in combination with defence</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>2. V Cut – feet position and drive to the basket</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>3. Body Wraps</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Series Layups (build to include outlet passes)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>5. Motion Offence (5 Out, 4 Out 1 in, 3 Out 2 in)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>6. Transition Drills (2-0, 2-1, 3-2, 4-3/ 3 on 2 + 1)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>7. Tennessee/Army Drill</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>8. Lanes (4 lanes with speed, control, 2 ball, 1 ball, zig zag)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>9. Four Corners (Passing)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>10. 3 and 5 man weave into motion (Passing)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>11. Passing Lanes (Passing)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>12. Star Drill (Passing)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>13. Point Drill (Passing)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>14. 5-Ball, 3-Lane Transition (Passing)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>
3. **Shooting Drills**

 Listed below are the core club drills for shooting the basketball at Wallan.

 Coaches are expected at a minimum to teach these drills and are encouraged to include their own drills to meet the style of the team. Refer also the Level one coaching manuals.

<table>
<thead>
<tr>
<th>Key Coaching Drills – Wallan Shooting</th>
<th>U10</th>
<th>U12</th>
<th>U14</th>
<th>U16</th>
<th>U18</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. One and a ½ Step Lay-Ups</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>2. Imaginary Shooting</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>3. Series Lay-Ups</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>4. King of the Mountain</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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</tr>
<tr>
<td>5. “21”</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>6. Free throws (1 and 2 ball knockout)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>7. 2-1-3</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>8. Full court lay up elimination</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>9. Horse shoe shooting</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>10. 3 in a row</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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</tr>
</tbody>
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