



## Maroondah Magic Miniball Key Basketball Skills and Sample Training Plan SHOOTING AND LAYUPS

### Shooting

To instil the fundamentals of shooting and encourage your players to learn them, tell them they'll **SCORE** if they do these things:

- S - Select only high-percentage shots (shots that are likely to go in).*
- C – Concentrate on the basket.*
- O - Order their movements to gain balance: face the basket (square up), bend knees and elbows, cock wrist.*
- R - Release and wave "good-bye" to the ball (flick the wrist forward).*
- E - Extend the shooting arm up and out toward the basket (follow through)*

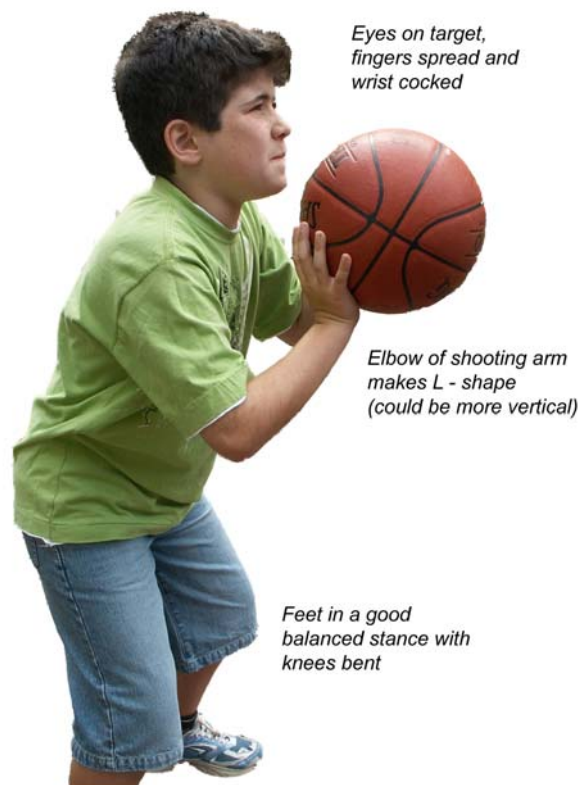
### Holding the Ball to Shoot

- Hold the ball with fingers, not palm
- Fingers comfortably spread
- Shooting hand behind and slightly underneath the ball
- Ball just below eye level
- Wrist cocked
- Non shooting hand balancing the ball from the side
- Keep ball on shooting hands side of body



### Stance

- Right foot and right shoulder forward, aiming towards basket (opposite for left handers)
- The foot on the shooting-hand side can be slightly in front of the other foot so that the shooter is comfortable and balanced.
- Bend the knees for balance and comfort and to get momentum for the shot. Let the legs, not the arms, be the primary power source for the shot.
- Bend the shooting-arm elbow to approximately a 90-degree angle, forming an "L-shape" in the arm.





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- ☀ Focus on a specific target, usually the rim or backboard
  - Extend legs and arms in one smooth action – watch that players don't move the ball down then up again in an effort to gain more power. Common fault of youngsters.
  - The player snaps the wrist forward as they release the ball
  - The non shooting arm and hand should maintain their position on the side of the ball until after the release.
  - Follow through after the release by keeping the shooting arm extended and the wrist bent forwards.



### Error Detection and Correction for Set Shots

ERROR	CORRECTION
Shots are short	The player should generate more force from her legs. She may also need to speed up her rhythm or make it more even paced.
Shots are long.	The player needs to put more arc into the ball. Her shoulders should be relaxed and in a forward position; she should move her hands closer together if they are too far apart; and she should raise her shooting arm higher to provide more arc.
Shots hit the sides of the rim.	The player should square up to the basket. Her shooting arm, wrist, and fingers should go straight toward the basket.



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The layup is the highest-percentage shot. A layup is a one-handed shot taken within about 1 m of the basket. Teach players to use their left hands when shooting layups from the left side of the basket and their right hands when shooting from the right side of the basket.

The layup motion begins with the player approaching the basket on an angle of about 45°.

As they player dribbles toward the basket, they catch the ball and land one foot. Take another step to land on the other foot and jump off this foot. This is the foot opposite the shooting hand. It is also closest to the basket, the inside foot.

The player explodes off the inside foot straight up into the air.

At the same time, they lift their shooting knee and arm up. At the top of the jump, the player releases the ball by bringing the shooting hand, which is underneath the ball and near the shoulder, up toward the basket.

- **For a right handed layup**, catch the ball and land on the right foot then land and jump off the left foot.
- **For a left handed layup**, catch the ball and land on the left foot then land and jump off the right foot.

Your right-handed players are likely to find left-handed layups troublesome, just as your left-handed players are going to find right-handed lay-ups difficult. Point out to them the **reason** for using the hand farthest from the basket to shoot the ball: The ball is more easily protected.



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### PASSING AND CATCHING

#### Passing

Passing and catching are the keys to moving the ball effectively into position to take high-percentage shots.

Illustrate this by;

- picking the fastest runner in the group to race against the ball. Dribble the ball to the top of the key and back while he/she runs. The end result is usually close.
- Race again, but this time put another person at the top of the key and pass the ball to them and they pass it back while the opponent runs - the end result is anything but close!
- Do this to emphasise how much easier and quicker it is to move the ball using a pass.

Players pass the ball to maintain possession and create scoring opportunities. Passes should usually be short and crisp, because long or slow passes are likely to be stolen.

Try not to teach passing in isolation. Teach players how to pass off the dribble, pass on the run, pass and cut, pass after pivoting (in a stance of course).

Here are key areas to cover in relation to passing:

- "Fake to make" In this context 'make' means to create. If you don't have a safe pass, use a shot/drive or pass fake, shift the defence and 'create' a passing lane.
- Pass to a target. Using the above rules, learn to pass to a target. For juniors this should be the receiver's hands or a spot on the floor. They are passing for their team-mate not just to our team-mate. Pass the ball so the receiver is in a good position to execute the next part of the game. The quality of a pass affects how quickly (if at all) and how well, they can shoot, pass or dribble. If the player is on the move, pass it in front so they can move onto the ball and continue.
- Passer needs to step into the pass to deliver extra energy to make it a short, sharp pass. A looping ball in the air is anyone's ball - passes must be sharp.
- Pass away from the defence. (Difficult for beginners) Teach your players to make their decision on when and where to pass based on that rather than their own predicament or the receiver's insistence. Possession is vital!

#### Two Handed Chest Pass

- Hold ball with fingers, not palm
- Step in direction of receiver when passing
- Snap wrist when releasing ball
- Follow through with fingers to target
- Receiver should catch ball at chest height



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### Two Handed Bounce Pass

- ☀ Same technique as chest pass
- Follow through to ground or floor
- Receiver should catch ball at waist height

### Two Handed Overhead Pass

- Hold ball with fingers
- Hold ball directly above head
- Deliver ball to chest

### Catching

A pass is only complete when it reaches its destination. The receiver must share the responsibility in regards to this.

The sequence of catching is "**Eyes, feet, hands.**"

- use your **eyes** to follow the ball,
- move your **feet** to 'meet' the ball and then,
- using **10 fingers** (hands outstretched, 10 fingers to the ball), catch the ball.

By using this sequence, we put our body in a better position to execute the next skill.

Players should move to meet the ball to reduce the air-time of the pass, decreasing the risk of a turnover. If you stand and wait or fail to move onto the ball, a defender will shoot the gap and steal it!

Receivers should communicate both verbally and visually when and where they want the ball. The call and body language used should be assertive.

Make sure players always catch the ball before dribbling. Beginners like to dribble without catching the ball by just tapping it in front of them and running on. They need to be prevented from getting into this habit.

1. They do not get proper control of the ball.
2. They have reduced their options to one, eliminating a chance for a shot or pass.
3. That dribble tends to be with limited control.



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### Dribbling

Dribbling is a vital skill to master and can allow a player to;

- Improve the opportunity for passing or shooting
- Make an offensive move

However, it can also be overused to the detriment of the team. Overuse by a player can;

- Slow a team down – a pass is faster than a dribble.
- Makes the team easy to defend if it is executed without vision. Dribbler gets trapped by players or loses the ball.

### Three simple rules of dribbling

- Don't dribble as soon as you get the ball.
- Dribbling should only be used when a pass is not possible.
- If you have begun dribbling, don't stop until you can pass or shoot the ball.

To legally commence dribbling the player must release the ball from his hands before his pivot foot leaves the ground.

Some key aspects of dribbling that should be taught to beginner players:

**Ball Height** - If the player is in the clear then bouncing the ball at waist height is comfortable. As defence gets closer, bounce the ball lower. It is easier to move the ball around, there is less air time for the defence to steal it.

**Ball Position** - Bounce the ball next to the body and slightly out in front

**Hand Position** – The dribbling hand must be on top of the ball, rather than on the side or slipping underneath.

**Dribble With Both Hands** – Against poor defence you may be able to get away with using your dominant hand only – but you are only half as good as you could be! In speed dribble situations, it is advantageous if you can alternate hands to allow a more balanced (and therefore quicker) run.

**Keep Your Head Up** – You don't need to watch the ball. Keep your head up to watch the things that do change; your position, the defenders positions and your teammates.

**Use Changes Of Pace And Direction**- Playing at one pace and on the same line is easily guarded, incorporate changes of pace and direction to beat your opponent.

**Control Is Better Than Speed** - With the importance of possession, it is important that we maintain control, not only to protect the ball whilst dribbling but also so we can execute a better shot or pass.

**Beat your defender** – Get past a defender rather than go around them. Different cues to encourage players to dribble past rather than around include;

- “brush your shoulder past the defenders shoulder”,



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- “brush their hip as you pass by”,

### Effective Dribbling

- Head and eyes up – not on the basketball
- Use pads of the fingers and upper portion of palm
- Hand on top of the ball, not the side or underneath it
- Position the ball to side of the body and slightly in front
- Keep ball below waist height
- Use a change of pace



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Time (min)	Drill/Skill	Comment
3	Talk	<ul style="list-style-type: none"> <li>• Talk about Saturday's game. Reinforcing a positive thing that each player did. Make a conscious effort during the game to write down one positive thing each player did.</li> </ul>
7	Ball Handling	<ul style="list-style-type: none"> <li>• Ball control Stand upright and move the ball around the waist, then around the head, then around the left leg, right leg, then a figure 8 in and out of the legs then work back up to the waist.  Kids will have difficulty with it but you do see an improvement over the season.</li> <li>• Catch and release Throw ball in the air and catch it. Throw again and clap once before catching it. Keep increasing the number of claps.</li> </ul>
7	Dribbling	<ul style="list-style-type: none"> <li>• Key pointers for dribbling               <ul style="list-style-type: none"> <li>○ Control ball with fingers</li> <li>○ Keep ball in front but to side of body</li> <li>○ Keep the hand on top of the ball</li> <li>○ Push the ball to the floor – do not pat it</li> <li>○ Eyes up, looking for passing or shooting options</li> <li>○ Keep ball below waist height</li> </ul> </li> <li>• Follow the leader Where you or an older player would vary how you can dribble the ball and the players had to follow. Variations include;               <ul style="list-style-type: none"> <li>• standing upright and dribbling high bounces and low bounces both left and right hand,</li> <li>• crossover dribbles,</li> <li>• behind the back</li> <li>• squat to your haunches and dribble left hand and right hand, really low fast dribbles, then continue dribbling and stand up.</li> </ul> </li> <li>• Knockout Each player has a ball and is placed in an area that is bounded by the three point line and the base line. (Less kids smaller area).</li> </ul>





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		<p>One player is it and all players have to dribble whilst the player who is it dribbles and tries to knock the ball away from the other players.</p> <p>Once they lose their ball, they must stand with their legs apart and ball held up high until another player can release them by rolling their ball through their legs.</p> <ul style="list-style-type: none"> <li>• Eyes Up           <p>Players line up with a ball along one side line and the coach is on the opposite sideline. Players watch the coach's signal and dribble accordingly.</p> <p>If coach holds up left hand high in the air, players dribble right hand (as they see it.. not mirror image) high toward the coach. When coach holds hand right hand low, players change to dribble left hand low. When coach holds both hands up, players stand still and continue bouncing.</p> <p>(Idea is to get them to keep their eyes up).</p> </li> <li>• Beat your man           <p>In pairs, players attempt to dribble past their defender across the length of the court. Swap dribbler and defender on the way back.</p> </li> </ul>
7	Layups	<ul style="list-style-type: none"> <li>• Key Pointers for the Layup           <ul style="list-style-type: none"> <li>○ Eyes on target</li> <li>○ Jump off inside foot, opposite shooting hand</li> <li>○ Jump up, not forward, as high as possible, lifting the shooting knee as high as possible</li> <li>○ Extend shooting arm, releasing ball at peak of jump</li> <li>○ Lay ball onto backboard.</li> </ul> </li> <li>• Layups           <p>Players form 2 lines. First player from one line dribbles in and shoots ball. First player in other line rebounds the ball and passes to next player in shooting line. The two players then go to the end of the opposite line.</p> </li> </ul>
5	Water Break	



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Shooting

- Advisable to spend a lot of time teaching the players correct shooting technique each training session.
- Key Pointers for a set shot
  - Feet balanced and knees slightly bent, shooting foot slightly in-front of non shooting foot
  - Ball held comfortably in the fingers of the hand, fingers spread, just below the level of the eyes
  - Shooting hand beneath the ball with wrist cocked
  - Elbow makes an “L – shape”
  - Non shooting hand provides balance on the side of the ball
  - Eyes on target
  - Thrust from legs and movement of arm in one smooth action
  - Snapping of wrist forward as the ball is released.
  - Non shooting arm and hand remains on the side of the ball until after the release.
  - Shooting arm follows through with fingers.

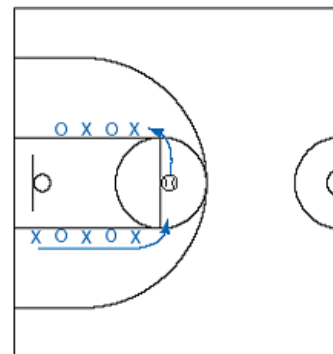
- Shooting practice

Players in pairs shoot from various positions around the key. One player shoots and the other rebounds and passes to the shooter who has moved to a new position. Players change roles after a couple of minutes.

- Free-Throw Shooting Game

Split your squad into two even teams. Each player shoots two free throws: first a player from team A, then one from team B (see figure).

Each team can determine its own shooting order. Continue in this fashion until all players have shot their two free throws, and total the points to determine the winner.



- To make the game easier:  
Move the free-throw line closer to the basket.
- To make the game more challenging:  
The winning team also needs to make at least four consecutive free throws



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Passing

- Try not to teach passing in isolation. Teach players how to pass off the dribble, pass on the run, pass and cut, pass after pivoting.
- Key pointers for passing are:
  - Fake a pass to make a pass.
  - Players need to look at the hands of the receiver as a target.
  - Move forward to make a pass.
  - Pass away from the defence.
  - Receiver needs to follow the ball and move their feet toward the ball to receive a pass.
  - Receiver must have arms and hands extended to passer ready to receive.
- Cat and Mouse  
Players in groups of 3. Players stand in straight line with 1 in middle. 2 players on outside must attempt to pass the ball to each other past the player in the middle. If the player in the middle touches the ball, the passes must replace him. Players in the outside must be 4-5 metres apart and must keep a pivot on the ground at all times.
- 2 line relay passing.  
Divide players into two groups. Players one behind the other and each group faces the other group which is about 10 m away. One ball is given to the front player who passes across to the first player in the other group. He then follows the ball and lines up at the end of the second group. The receiver passes to the next player in the first group and runs and lines up behind that group. Relay continues.  
If you have 8 or more players, then two teams can compete against each other in a relay race.
- Run and pass length of the court  
Players run in straight line up court and back passing in pairs.
- Pig in the Middle  
Players form a circle around one player in the middle. The outside players cannot pass to the person next to them. The person in the middle has to deflect the ball. The person who makes a bad pass goes in the middle.  
Emphasis on all players having hands out, looking at receiver before passing and faking a pass (try to deceive



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		<p>the defender) before they actually make a pass.</p> <ul style="list-style-type: none"> <li>• Baseball</li> </ul> <p>Set out some markers on the half court to resemble a baseball diamond. Split the players into two teams. One team is the batting team and line up along the side line.</p> <p>The others position themselves on the field.</p> <p>One of the batters gets a ball and throws it into the field. If it is caught on the full by fielder, then they are out. If it doesn't, then they have to run around each marker (base) and make it back to the home plate.</p> <p>The fielding team have to pass the ball to each player in the team before it goes back to the coach to get the batsmen out. Focus here is on the players always moving forward (down court towards the coach) to receive a pass.</p>
10	Game	<ul style="list-style-type: none"> <li>• Man on man             <ul style="list-style-type: none"> <li>○ Each player must guard one man</li> <li>○ Players must always be closer to the ring and ball than player they are guarding</li> <li>○ Players must always be able to see both their man and the ball</li> <li>○ Players must always be in an athletic stance when playing defence</li> <li>○ Sag off man towards middle of court as ball gets further away</li> </ul> </li> <li>• Try to avoid seagulling where all players ran after the ball. Difficult for young kids as that is all they want – the ball.</li> </ul>
3	Talk	<ul style="list-style-type: none"> <li>• Remind players when the game is on Saturday and hand out any awards/lollies etc.</li> <li>• The idea is to keep the kids interested and looking forward to the game and training. The award can be just a simple certificate that recognises an effort by one player each week – passing, dribbling, shooting, sportsmanship etc.</li> </ul>

Comments:

Handouts: