

LESSON 8

Theme: Be confident in yourself and what you are teaching.

ADVANCED

Homework: Do something to make someone else smile everyday.

Don't forget to submit your daily training session data SMS 'NBA #SESSIONS #STUDENTS' to +919248006202 (e.g. NBA 3 243)

FIT

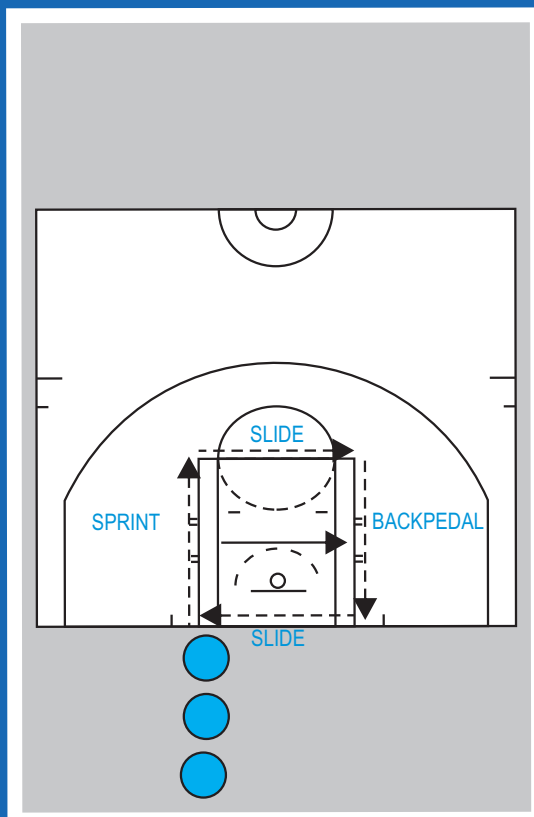
FREE THROW LANE DRILL (WORK ON QUICK CHANGES OF DIRECTION AND PROPER FOOTWORK)

- Players line up at the bottom corner of free throw lane line
- At the coach's whistle, 1st player sprints to the top corner of lane (elbow)
- When player touches corner, player assumes defensive stance and defensive slides to the opposite side elbow
- After touching the elbow, the player will backpedal towards the bottom corner of the lane
- After touching the bottom corner (baseline), players in a defensive slide will return to the original starting position.
- The area covered in drill is the free throw lane
- The footwork pattern is forward sprint, defensive slide, backpedal, defensive slide
- Drill players to see how many trips around the free throw lane they can make in 30 seconds.



Teaching Points

- Balance is important
- Stay low in athletic basketball position
- Keep feet apart on defensive side. Don't let shoes touch.



LEARN

Defensive Basics

Stance

- Feet should be shoulder width apart
- Balance on the balls or front of the feet
- Knees are slightly bent and player should be balanced and comfortable
- Back should be at 45 degree and player's head should be upright



Hands Up

- One hand low to defend the basketball
- Other hand high to guard against the pass
- Do not reach for the basketball and lose balance



Step Slide

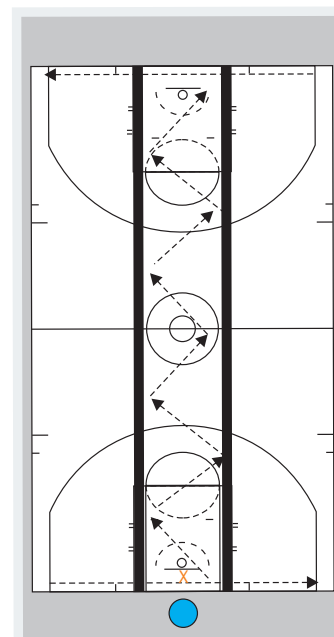
- Feet should remain shoulder width apart
- Feet do not cross or come together when performing defensive step slide
- To move forward, the front foot steps forward while back foot pushes off (step slide)
- Step slides are taken with quick, short movements, feet
- Focus on staying between the offensive player and the basket

Closeout

- When the defensive player is coming to defend an offensive player from a distance away
- Defender, in a low stance, rushes towards offensive player
- Last few steps for defender should be quick, choppy steps to slow momentum
- Balance should be back, back at 45 degree, head up, one hand should be up to defend shot, one hand low to defend a dribble

ALLEY DRILL

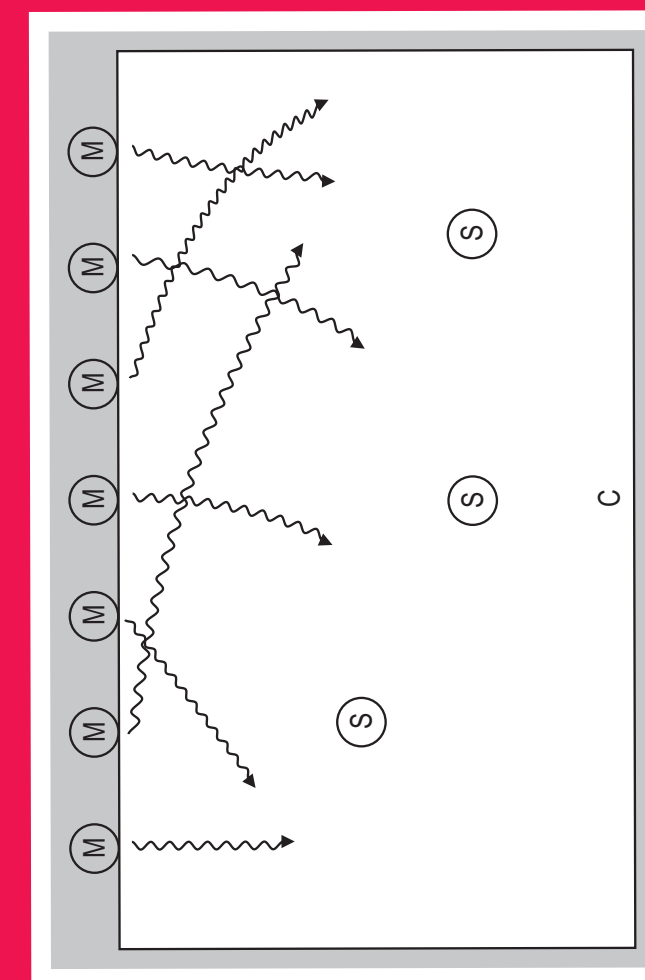
- 1 single-file line on the baseline underneath the basket
- 2 players of similar position and size partner-up for the drill (1 offensive (•)/1 defensive (X))
- The first player in line assumes the defensive position — the other player is on offense with a basketball
- Offensive player dribbles down the court, taking three dribbles to the right then crossovers and takes three dribbles towards the left
- Defensive player stays in front of offensive player during this action, performing the proper defensive stance and slide
- After players reach the opposite baseline, the defensive player switches to offensive and the offensive player now plays defense



PLAY

Sharks and Minnows

All players have a basketball and line up along the sideline of the court. They are called the 'minnows'. The coaches select two players who each have a basketball and are in the middle of the court. They are called the 'sharks'. When the coach blows the whistle the 'minnows' on the sideline have to dribble to the other sideline without getting tagged by a 'shark'. Once players reach the other side they stop dribbling and wait on the sideline. If a 'minnow' was tagged by a 'shark' crossing the ocean they have now become a 'shark'. For example: If two players were tagged now there are 4 'sharks' in the middle. Then the coach blows the whistle and the 'minnows' have to go back to the other side again without getting tagged. The last 3 'minnows' are the winners.



- Also play 3x3, 5x5, and/or Hot Shot, if time permits.

Basketball is a great form of exercise and teaches youth the importance of teamwork, hard work, communication and discipline.

For more information visit www.rf.jrnba.com