

# LESSON 9

## ADVANCED

**Theme:** Lead by example. Your attitude, effort and actions will dictate those of your students.

**Homework:** Say an encouraging word to 1 person each day.

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

### FIT

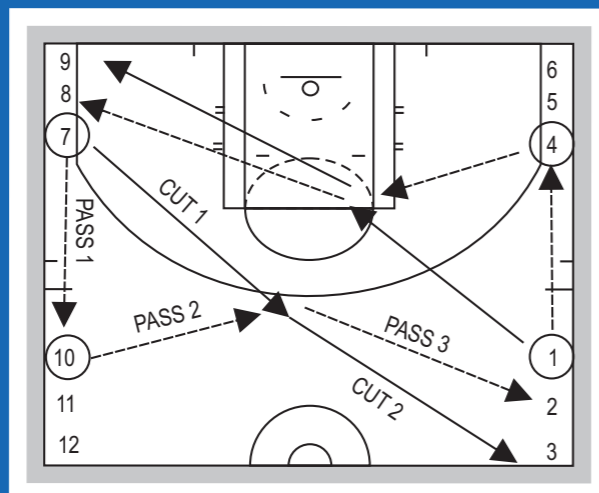
#### BALL ROLL DRILL (TO DEVELOP LEG STRENGTH MUSCLE ENDURANCE, AND DEFENSIVE TECHNIQUE)

- Player partner up facing each other spread out across the court
- Player will roll one basketball at a time at different speeds and locations towards the defensive player
- Player will perform proper defensive stance and slide to recover the basketball and will pass the ball back to the partner
- Partner will then roll the basketball to another location where the defensive player has to change direction, slide step, and retrieve the basketball.
- Drill should last beginning with 20 second sets up to 1 minute sets as players become better conditioned.



#### 4 Corner Pass Cut Drill

- Players spread out in 4 corners on a basketball half court.
- Player calls out teammates name and make a strong chest pass.
- The receiver player will have its hands up ready for the ball
- After player makes the pass, the player makes cut towards the middle of the court
- After the cut the player will receive the ball and then make another pass



### LEARN

#### Rebounding Basics

The keys to rebounding are timing, anticipation, positioning and boxing out. Really focus on teaching the players how to correctly box out and the purpose of doing so. Rebounding really ties into perseverance and giving multiple efforts when going after the ball. Make sure to also explain the difference between offensive and defensive rebounding.

#### Anticipation

- More than 50% of shots are rebound possibilities

#### Timing

- Timing is more important than jumping
- Good position and jump at the right time

#### Position

- Position near the rim and understanding where the ball will come off the rim
- Player must be wide, strong and aggressive

#### Boxing Out

- Most important for great defensive rebounding
- Defensive player must block out his opponent off the board
- Locate the offensive player when the shot is taken
- When the ball is shot the defensive player must box out his opponent by positioning himself/herself between the opponent and the basket
- Grab the ball firmly with both hands



#### Line Taps Drill

- Players form a line at dotted line with ball at head of the line
- Player under hand throws ball off the backboard
- Next player in line jumps and with two hands "taps" the ball against the board.
- Next player in line jumps with two hands and "taps" the ball
- After "tap" the player goes to end of the line
- After two hands, go to one hand "taps"

#### Stance and Box Out Drill

- Players 2 on foul line and 2 on the block
- Players will be in defensive position till coach yells BOX OUT
- Players will locate and box out imaginary player
- Next round incorporate offensive players

#### Tip Drill

- 10 right handed tips (against wall or backboard)
- 10 left handed tips (against wall or backboard)

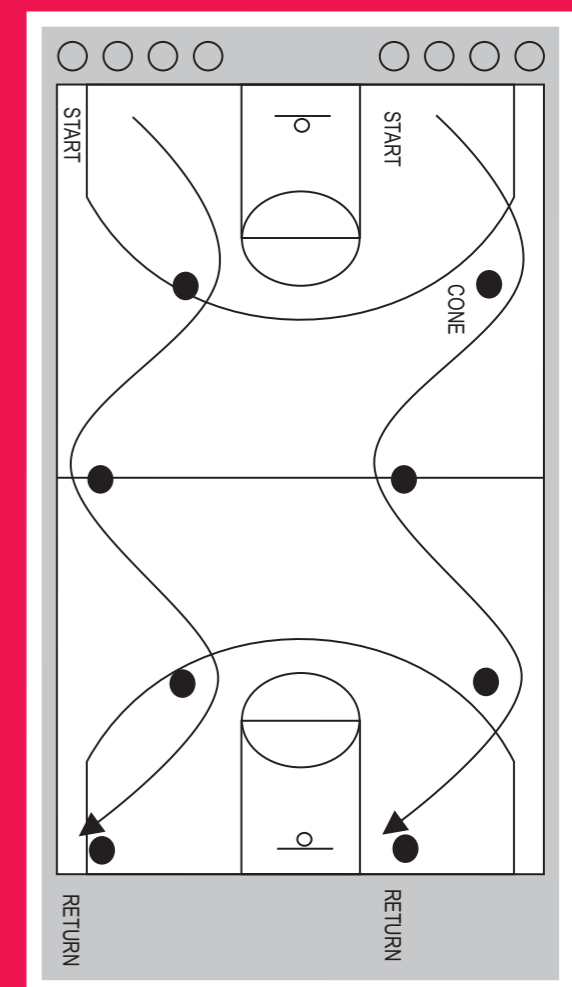
### PLAY

#### Dribble Relays

- First person in each line with a basketball
- Make as many lines as you need
- Can play full court or sideline to sideline
- On the coaches whistle, the relay begins
- The first player dribbles to the opposite baseline and back to the beginning point as fast as possible
- When the first player returns to the line, he/she hands the ball to the next person in line who then continues the same action

#### Options

- Right hand only
- Left hand only
- Switch hands
- Crossover under knees
- Crossover between legs
- Crossover behind back
- Spin move



- Play 3x3, 5x5, and/or Hot Shot

Regional Championships - 2 day event

5x5 - Top 1 boy/1 girl team U16

Exercising 1 hour per day makes your heart stronger and helps prevent disease.

For more information visit [www.rf.jrnba.com](http://www.rf.jrnba.com)