

LESSON 9

BEGINNER

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

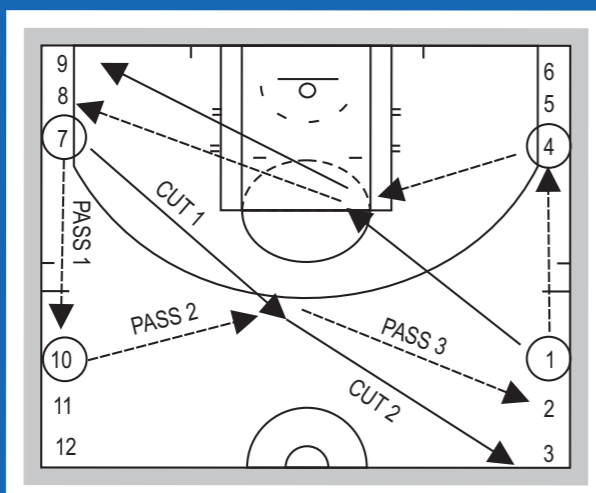
BALL ROLL DRILL (TO DEVELOP LEG STRENGTH MUSCLE ENDURANCE, AND DEFENSIVE TECHNIQUE)

- 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

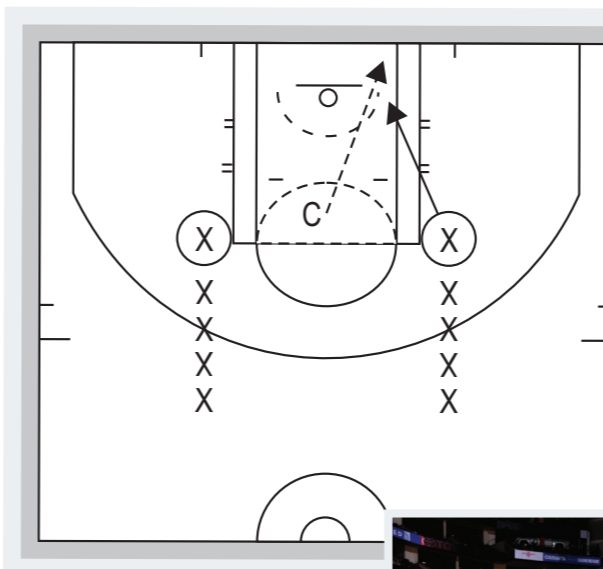
Boxing Out

- 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



Toss off the backboard Drill

- 2 lines at elbow facing the hoop
- Coach will throw the ball off the backboard
- Player will try and grab the rebound off the backboard
- Stress idea of going and getting the ball
- Player lands he should yell "ball" and land in a wide, secure position.



Boxing Out Drill

- There will be one line of players with the first players facing the second.
- When the coach blows the whistle the first players will turn his/her back to the second players and by moving his/her feet attempt to stop the second players from grabbing or hitting the basketball that is on the floor in front of them.
- The second players will be manoeuvring to get the basketball on the floor



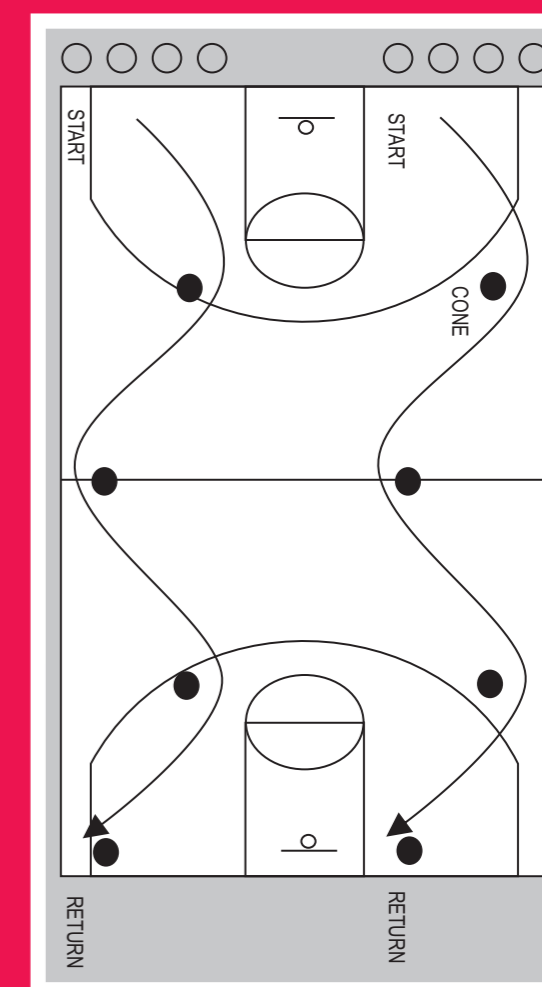
PLAY

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