

# ROWVILLE ROCKETS LEVEL 1 TRAINING PLAN



## SESSION 3: (Defence)

TIME:	SKILL/DRILL:	COACHING POINTS:
10 MINUTES	<b>WARM UP:</b> <ul style="list-style-type: none"> <li>Play an innovative and fun game to get the kids engaged</li> <li>DEFENSIVE – COACH SAYS (Simon says: see attached explanation)</li> </ul>	<b>DEFENCE IS ABOUT <u>EFFORT!!!</u></b>
10 MINUTES	<b>DEFENSIVE ZIG ZAG DRILL:</b> <ul style="list-style-type: none"> <li>Place cones out on the court to mark the following points on the court so that they resemble a zig zag: <ul style="list-style-type: none"> <li>Corner of baseline, elbow, corner of half court and opposite elbow</li> </ul> </li> <li>Each player will start in the corner of the court facing that baseline and defensive slide to each of the cones ensuring they are facing the baseline for the entire time. At each cone players need to drop step and change directions to progress to the next cone (see attached diagram).</li> </ul>	<ul style="list-style-type: none"> <li>Feet wider than shoulder width apart with knees bent in a low stance</li> <li>Arms up/out wide</li> <li>Avoid crossing feet over when sliding</li> </ul>
10 MINUTES	<b>CLOSE OUT PRACTISE:</b> <ul style="list-style-type: none"> <li>Have the players line up on either side of the keyway on the baseline</li> <li>The first players in the line will sprint and close out to the elbows. They will then defensive slide to the sideline and run backwards back to the baseline. Alternate sides (see attached diagram)</li> </ul>	<ul style="list-style-type: none"> <li>Emphasis short choppy steps</li> <li>Focus on the kids having 2 high hands</li> <li>Ensure they stay low in a stance when defensive sliding</li> </ul>
10 MINUTES	<b>LAYUP FOOTWORK PRACTISE:</b> <ul style="list-style-type: none"> <li>Line players up on the right-hand block with a ball each</li> <li>Get the players to step RIGHT foot then LEFT foot and shoot the ball</li> <li>Opposite footwork on the left-hand side</li> <li>Once the players have mastered the stationary layup, have them move out to the 3-point line and practise dribbling into a layup</li> </ul>	<ul style="list-style-type: none"> <li>Emphasis the correct footwork on the layup</li> <li>LEFT/RIGHT on left-hand side</li> <li>RIGHT/LEFT on right-hand side</li> <li>Focus on hitting the corner of the square on the shot</li> </ul>
10 MINUTES	<b>1 V 1 ALLEY DRILL PRACTISE:</b> <ul style="list-style-type: none"> <li>Have you team get into pairs of relatively similar ability/position</li> <li>Offence will start with the ball in the corner of the court. They can only utilise one half of the floor (sideline – split line)</li> <li>The defence is trying to keep the offensive player in front of them and make them change directions as many times as they can in the back court.</li> <li>Offence is not playing “live” in the back court, just trying to make the defender work and practise shuffling their feet</li> <li>After half court it is normal “live” 1 v 1</li> </ul>	<ul style="list-style-type: none"> <li>Emphasis the defender maintaining a good stance whilst keeping their chest in front of the offensive player</li> <li>Continue to reinforce the importance of the drop step particularly in the backcourt when making them change direction</li> </ul>
10 MINUTES	<b>FORM SHOOTING:</b> <ul style="list-style-type: none"> <li>Have the kids line up in 3 lines nice and close to the ring</li> <li>The front player in each line has a basketball</li> <li>They will shoot and get their own rebound, pass to the next player in line and then join the end of the line</li> <li>Progressively move the lines out the more competent your team is</li> <li>Make it competitive in order to keep kids engaged</li> </ul>	<b>BEEF</b> <ul style="list-style-type: none"> <li><b>BALANCE</b> – feet shoulder width apart</li> <li><b>EYES</b> – looking at the ring (their partner)</li> <li><b>ELBOW</b> – elbow tucked in</li> <li><b>FOLLOW THROUGH</b> – high follow through at the end of the shot (“like a goose”)</li> </ul>

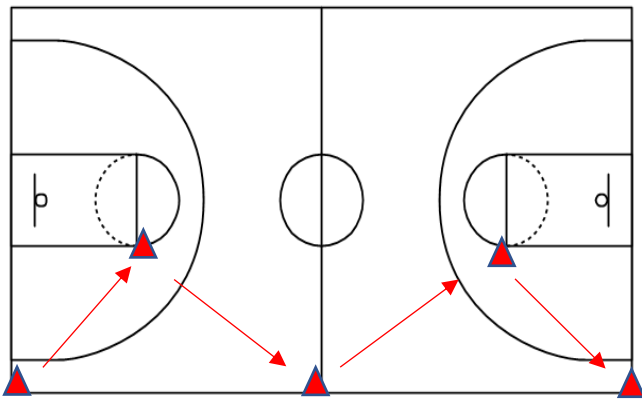
### DEFENSIVE COACH SAYS:

This game is played exactly the same as “Simon says” however its “Coach says”. Coach must tell the group what they have to do, however the players must only obey the commands that start with “Coach says”. For example “Coach says STANCE” then all players must get into a defensive stance. If you the coach just said “STANCE” then all the players who did it are out because coach didn’t say.

### COACH SAYS EXAMPLES:

- “coach says STANCE”
- “coach says PITTER PATT”
- “coach says 3 X SLIDES RIGHT”
- “coach says 3 X SLIDES LEFT”
- “coach says take a charge”
- “coach says REBOUND”
- “coach says CLOSEOUT”
- “coach says SAY BALL BALL BALL”

### DEFENSIVE ZIG ZAG DRILL:



### CLOSE OUT PRACTISE:

