

ROWVILLE ROCKETS

LEVEL 2 TRAINING PLAN



SESSION 3: (Passing and Defence)

QUOTE OF THE SESSION: "Defence wins games"

TIME:	SKILL/DRILL:	COACHING POINTS:
5 MINUTES	WARM UP: <ul style="list-style-type: none"> Jog throughs, high knees, butt kicks, grapevine etc and stretch Play an innovative and fun game to get the kids engaged E.g. 1 or 2 ball Knockout 	
10 MINUTES	2 BALL PASSING: <ul style="list-style-type: none"> Have your players partner up with a 2 balls per pair Start by standing close together (1 metre apart) and work through the following exercises <ul style="list-style-type: none"> ⇒ Right hand handoffs ⇒ Left hand handoffs ⇒ Right to left tips Step back from your partner and work through the following exercises <ul style="list-style-type: none"> ⇒ Right hand push passes ⇒ Left hand push passes ⇒ Alternating left to right push passes ⇒ One partner bounce pass, one partner chest pass ⇒ Alternating bounce and chest pass 	<ul style="list-style-type: none"> Emphasis snapping the wrist on every pass because that is where the power comes from Ensure players remain in a good stance and shift their body weight depending on what pass they are making Communication and working together as a team is important
10	STAR PASSING DRILL: <ul style="list-style-type: none"> Players will set up in 5 different spots on the floor as represented in the diagram, with the remainder of the players waiting under the basket. The spots on the floor are both elbows and both short corners in a star shape. Player 1 starts with the ball under the basket. They will the pass to player 2 on the elbow. Player 2 will pass the ball to player 3 on the opposite short corner. Player 3 will pass the ball to player 4 on the opposing short corner. Player 4 will the pass to player 5 on the opposite elbow who will then lay the ball up. Each player will follow their pass after making it and move to the next spot 	<ul style="list-style-type: none"> Emphasis low, flat and hard passes Ensure players are giving good target hands and calling for the ball Set different targets for the team to achieve for example: ball isn't allowed to hit the ground for 2 minutes or the team needs to make a certain number of consecutive layups To make the drill more complex try adding in another ball
5 MINUTES	CLOSEOUT PRACTISE: <ul style="list-style-type: none"> Have the players line up on either side of the keyway on the baseline 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. 	<ul style="list-style-type: none"> Emphasis short choppy steps Focus on the players having 2 high hands Ensure they stay low in a stance when defensive sliding and their feet do not cross over
10 MINUTES	2V2 DEFENSIVE PRACTISE: <ul style="list-style-type: none"> 2 offensive players will start on both wings of the 3-point line Defence will start on the baseline and pass the ball to one of the offensive players and close out. The offensive player who receives the pass will wait for the close out and then skit pass it over to their offensive teammate. Defence will make adjustments covering both the ball and the split line Offence is live on the second closeout 	<ul style="list-style-type: none"> Emphasis low close outs with short choppy steps Ensure both defensive players are communicating and getting to the correct defensive positions Encourage blocking out once the shot has gone up and make sure they keep playing until a stop or a score
10 MINUTES	3 V 3 ADVANTAGE DRILL: <ul style="list-style-type: none"> 3 offensive players will start on both wings and the point position Ball will start with one of the wing offensive players and their corresponding defender will turn around and face the basket. 	<ul style="list-style-type: none"> Emphasis talk on defence especially on the split line It is a stay or go situation. Does the split line player need to GO and help or has their teammate recovered and

	<ul style="list-style-type: none"> • Offence will place ball on the back on that defend and when they are ready attack the key. • Defence off the ball, will be in the help positions ready and will need to scramble and communicate to try stop a score 	<p>they therefore can STAY on their own player?</p> <ul style="list-style-type: none"> • Offence needs to be aggressive when attacking the hoop and take utilise the defensive disadvantage in the drill.
<p>10 MINUTES</p>	<p>4 V 4 SHELL DRILL:</p> <ul style="list-style-type: none"> • 4 offensive players will start positioned around the 3-point line. Have 2 players start as a 2-guard front and 2 wing players. • 4 defensive players match up on them • The offensive team will make 5 passes without moving, holding the ball for 3 second count so the defence can adjust and react • Defence will shift as each pass is made making sure there is on ball defence, help side defence and split line defence at all times <p>Once 5 passes have been made, it is then live, and the offence will try and score.</p>	<ul style="list-style-type: none"> • Emphasis players remaining in a defensive stance for the entire drill • Players need to communicate loud, clear and continuous • Ensure as the ball shifts, the defence adjusts their positioning • Ensure players close out to the ball with short choppy steps