

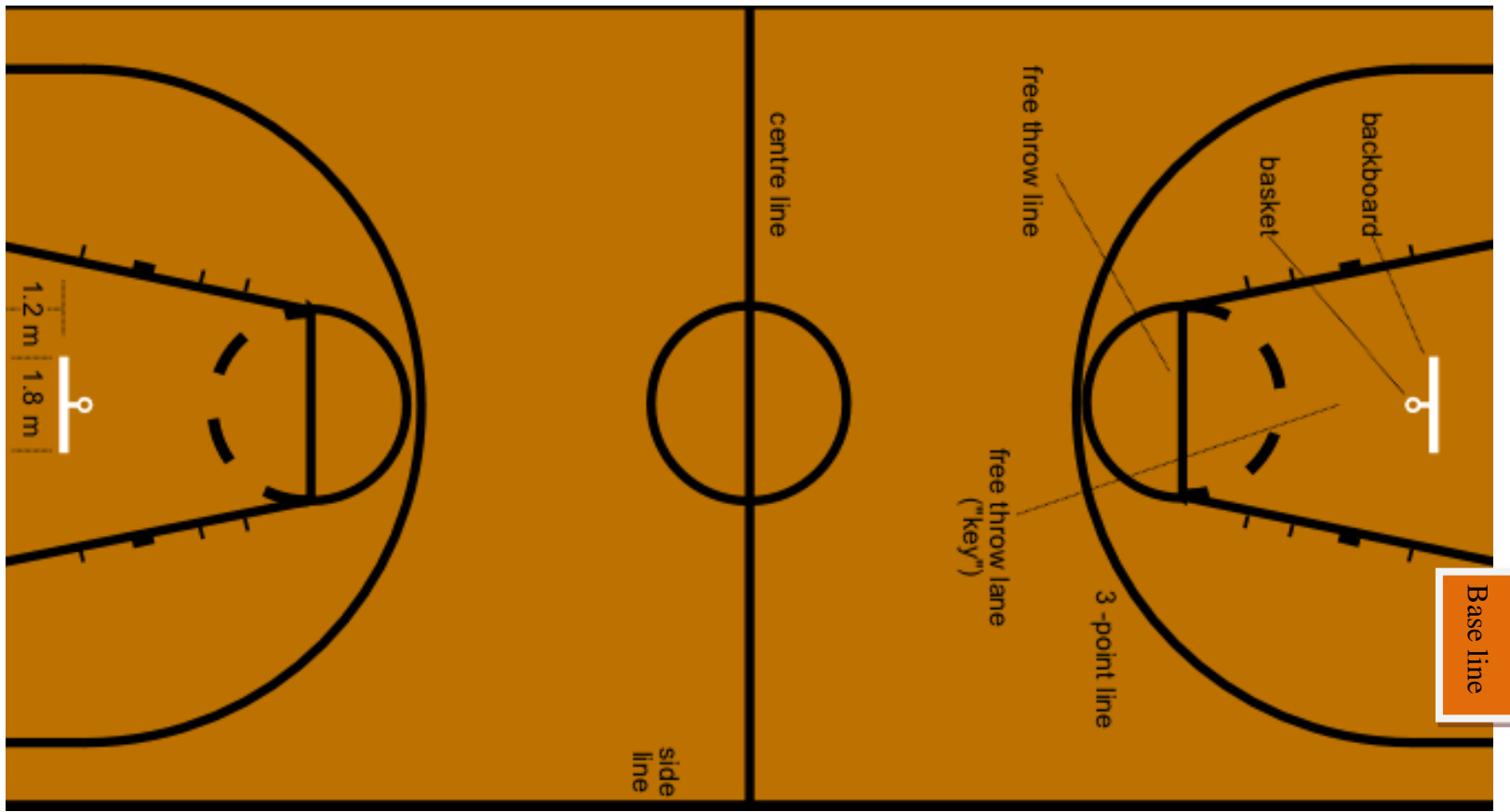


**TOP
SECRET**



Basketball
Training





under 8's Cool team



Hi _____!

Thanks for playing in the under 8's Scorpions team!

You're doing a great job, and we can see that you are improving every week - so keep up the great work!

Now that you've been playing awhile, we want you to keep up the good work and do what _____ asks of you at training... OK?

So here are the rules:

1/ when _____ asks you a question, you **must** reply with **"Yes Coach!"** or, if you don't understand you must say **" I don't understand Coach"**...please help _____.

2/ follow the following training drills when asked!

3/ **Have lots and lots of funs**

....."oh yeah!.....One last thing..."don't get benched!"

The ball pound



Pound the ball down

- knees bent
- use fingers and shoulders
- don't bounce above hip height
- look up
- bounce catch, bounce catch, until you can bounce, bounce, bounce.
- 10 pounds 1 cross over, 8 pounds 1 cross over, 6...

then do again, but swap hands!

FREE THROW SHOT..... Don't forget to yell " Good Shot!" Even if they miss!

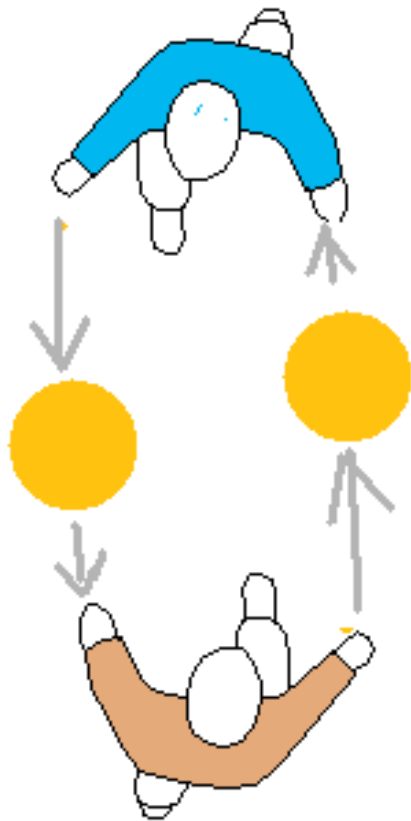
The opposite throw

Players pair off with one ball each person.

- Each player must put up their left hand up before they begin. This is the hand you pass to. And this is the hand that will receive the ball.

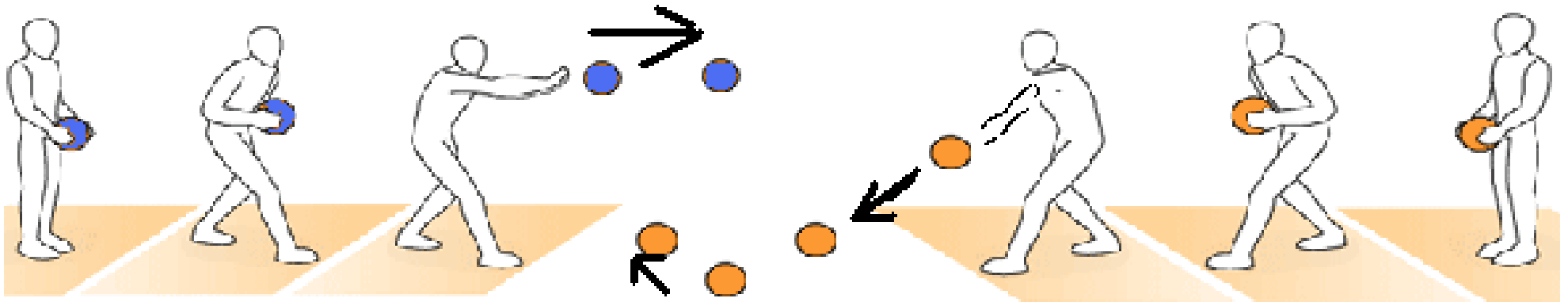
- Catch in left hand, swap the ball to right hand pass... catch in left hand, swap to right pass.....

- remember to keep knees bent. Always! **STOP**, put right hand up! now this is the hand you now pass to- catch in right hand, pass ball to left hand pass, catch ball in right hand, pass ball to left hand pass.....



FREE THROW SHOT..... Don't forget to yell " Good Shot!" Even if they miss!

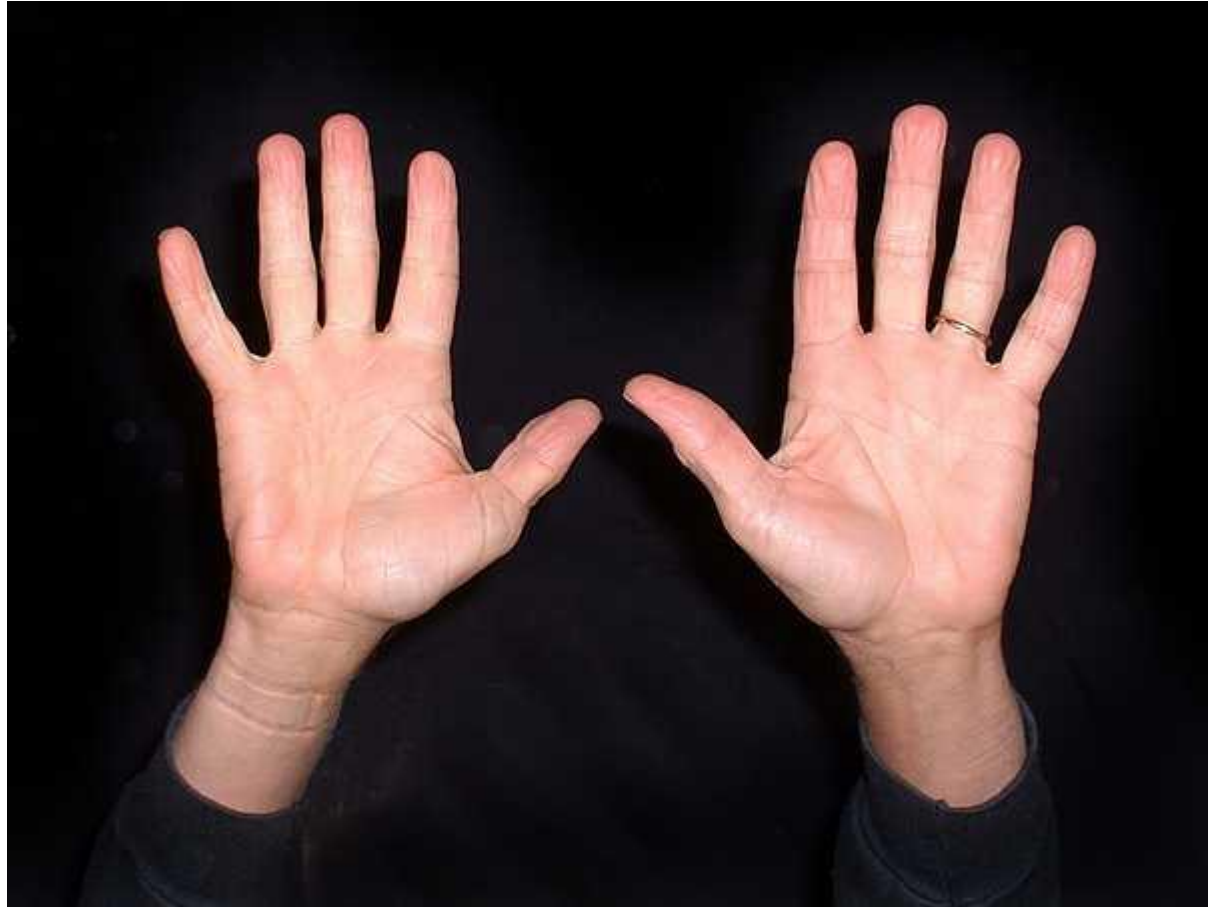
Chest/bounce pass



In 'Stance' both with balls, one player bounce passes the other chest passes the ball to their teammate. Continue the drill, then swap the throw. Pounding the ball on the bounce pass will increase the speed of this drill. Don't forget the step, so make sure you're far enough away from each other!

FREE THROW SHOT..... Don't forget to yell " Good Shot!" Even if they miss!

Tip!

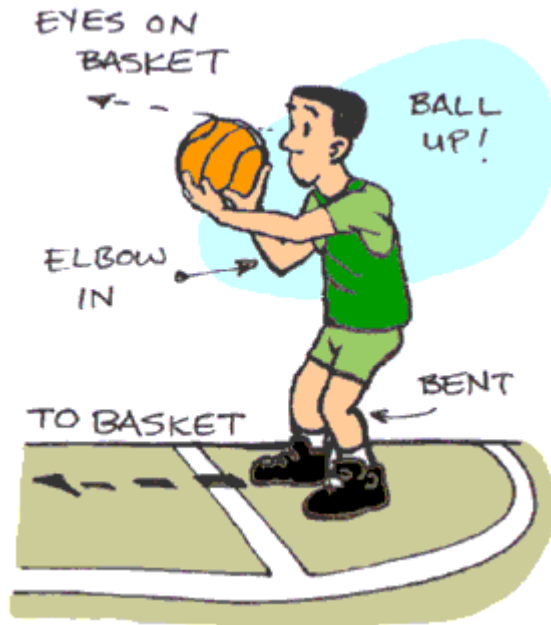


When you are **calling** for the ball, put your hands up. The person with the ball now has a target to aim at! Try it with your mum, dad or best friend!

Don't forget. Call out the person's name....**"NICK! Pass!"** Let's practice this!

Form shooting

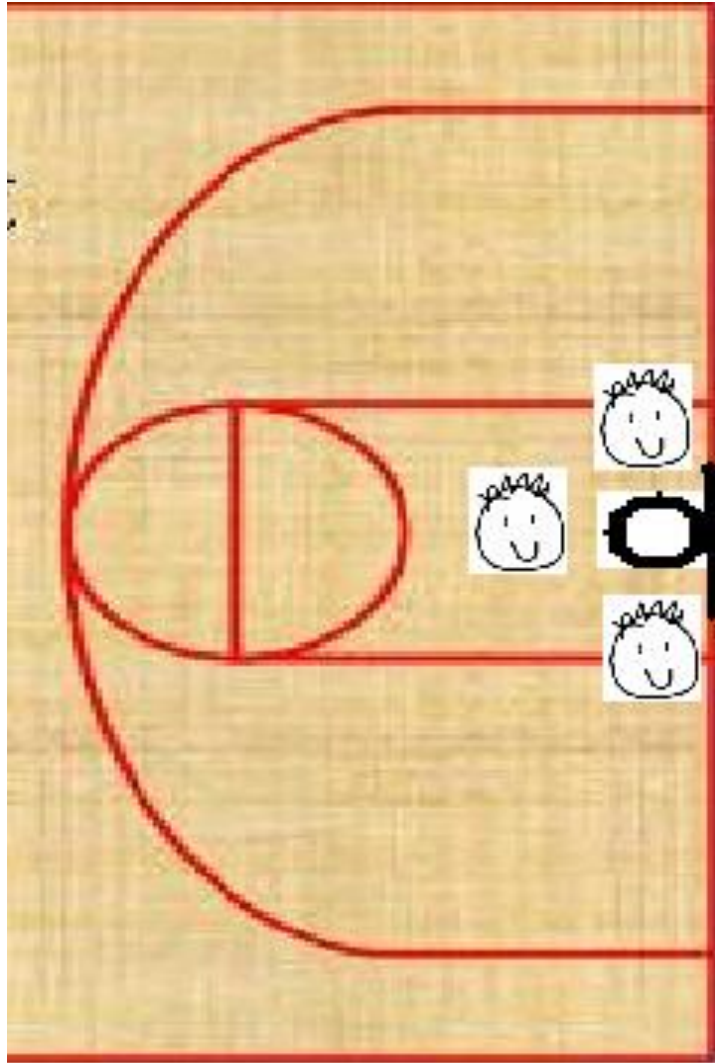
Stand crew along the sidelines as follows:



With a ball each and get them to take a one handed shot, leaving their shooting hand in the air after the shot so Nick can check. Elbow should be at eye level with fingers pointed downwards. Keep hands in air.. Do your hands like an emu??

FREE THROW SHOT..... Don't forget to yell " Good Shot!" Even if they miss!

Shooting



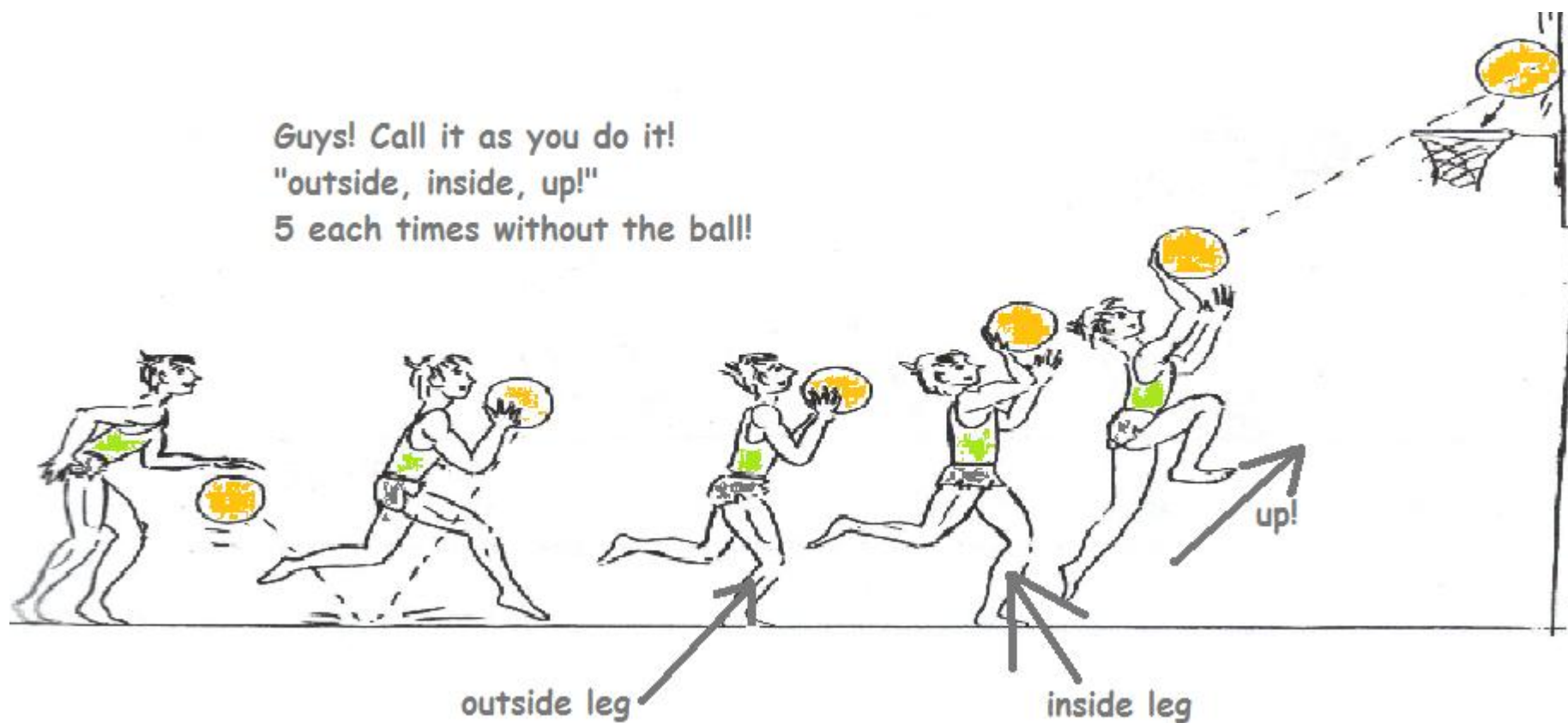
With three players in a triangle, practice form shooting with one hand only aiming for the swish. Try both right & left hands and rotate players around the three spots. Make the shooting position close to the basket.

WHOSE FREE THROW SHOT NOW?..... Don't forget to yell " Good Shot!" Even if they miss!

Layups

Just remember the last 2 steps in a layup are very important.
The second last step is on the "outside" (closest to sideline)
The last step is on the "inside" (closest to the ring)
Practice 5 times without the ball until you get it!
Coach will then give you a goal.. so as you all score, count....
"1,2,3.....(don't forget to yell "well done, good try" to your mates)

Guys! Call it as you do it!
"outside, inside, up!"
5 each times without the ball!



Snatch it



"Snatch it" improves your response Times! So get ready!!!

Think you can catch the ball B4 it hits the ground? - BETCHA CAN'T - It's hard man!

So, here's the deal:

Two dudes stand apart, one holding the ball.

Both guys have knees slightly bent.

The guy without the ball has his hands behind his back.

The guy **drops** the ball and the other guy tries to catch the ball before it hits the deck! Sound easy??? It aint!!

Ps: the dude with the ball....try and psych the guy out, flinch a little, twitch the shoulder, you'll see the other guy try and catch it way too early!

DONT FORGET, play Fast, play Fair & play for Fun!!!