

# **TCYBA Basketball Coaching Guide:**

## **Instructions for use as follows:**

- 1. There are five categories of instruction including Basic Movements, Fundamentals, One on One Play, Team Play (Basics) and Team Play (Advanced).**
- 2. Basic Movements are meant to precede Fundamentals as Basic Movements allow a player to perform the Fundamentals. Fundamentals covers a wide range of skills in basketball and form the cornerstone for player development. One on One Play is simply the use of Fundamental skills in the simpler setting of one on one play. Players need confidence in their one on one play prior to moving to team play concepts. Team Play (Basics) can overlap the Fundamentals stage however the individual skills are more important in player development than team play at the younger ages. Team Play (Advanced) as implied in the name is intended for players that are well grounded in the basics of Team Play. There can be an overlap of one category onto another. There is also a progression of skills within each category indicated by a number starting with 1. In other words, if you needed to chose between different skills or concepts within a given category, you would arrange the order of instruction to cover them in the suggested number order.**
- 3. Consider the age of the players you are working with and find the skills that are for their age or younger. The players should work through the skills listed in the order and age progression shown. Keep in mind that the categories noted above are a progression of development as well and it would not be appropriate to work on team play at the expense of fundamentals. You can work on more than one category at once but the player must know and master the fundamentals ahead of the other more advanced skills.**
- 4. It is expected that players will repeat skills every year after learning it the first time. As players develop their skill they should be executing the skills better and better. Do not accept mediocre performance of skills from players that have been taught the skill for several years. Refine their skills each year that it is repeated and look for ways that they can improve. As you repeat skills over a season or from year to year, introduce greater challenges in your drills to motivate players to continue to improve.**
- 5. Each of these skills will be linked to a coaching manual with drills that show ways to instruct and work on development of the skill. In many cases the manual discusses the skills in general and gives good advice on to instruct and what is most important. The primary manual that is being used is the Steve Nash Youth Basketball Manual as posted to the TCYBA website in 2008. This manual is available to all coaches in TCYBA either on-line or in print version. This coaches guide is intended to a living document and will amended and added to as coaches use it and the Steve Nash manual. Note the Steve Nash manual is not a complete source for drills for the various skills being taught and other resources are needed. Refer to the TCYBA website at**

<http://www.tcyba.org/index.pl?section=Coaches&page=Resources>

6. The definitions of the terms used in the following table is explained in greater length in the glossary at the back of the Steve Nash coaching manual.
7. Teaching team offense to players can be started at an earlier age, say age 9 or 10, than noted in the following table as some form of team offense is needed for playing games. However it is suggested that a basic motion offense is used as opposed to a set offense with rigid plays and formations. A very basic form of motion offense is described in the Steve Nash Manual in Section 10.1.2 page 68 to 70. This offense teaches all players to play every position and in every location on the court. It is either a “5 out” or “4 out and 1 in” formation. If your players are more advanced then more options can be run out of the motion offense formation than is noted in the Steve Nash Manual. The team offensive skills noted in the table below can be done at younger ages than shown, however it should not come at the expense of the players having well developed shooting, passing and dribbling skills.

<b>Skill Development Chart</b>	<b>Learning order within a given category</b>	<b>Age to start</b>	<b>Links to Steve Nash Youth Basketball Coaching manual or other manuals as noted</b>
<b>Skill</b>			
<b>Basics Movements (Step 1)</b>			
<b>Footwork</b>			
forward/backward running	1	5	9.1, 9.2, 9.2.3, 9.2.4
stopping/starting	1	5	9.1, 9.2.5, 9.3
change of direction	1	5	9.1, 9.2.4
shuffling/sliding	2	7	
Body control	2	7	9.3 p. 39-42
pivoting-front and back	2	7	9.26 p. 47
Jumping	3	7	9.1
jump stops	3	7	
Stride stops-1,2	3	7	
offensive triple threat	4	8	9.2.2 p. 44
defensive stance	4	8	10.2.1
<b>Fundamentals (Step 2)</b>			
<b>Dribbling</b>	1	7	9.5 p. 53
Dribbling basics	1	7	9.4
Maravich drills (figure 8's, drop&catch, Spider dribble, etc)	1	7	9.4
ball familiarization (hand gets feel for ball by contact drills)	1	7	9.4
right hand/left hand stationary dribble	2	8	9.5.3
on the move dribble	2	8	9.5.3 p. 55
change direction while dribbling	2	8	9.5.3 p. 55
Dribbling moves on the move			9.5.3 p. 55
Stutter step	3	9	
cross over	3	9	
hop back	3	9	
between legs	4	10	
behind back	4	10	
reverse spin	4	11	
Combination	5	11	

in and out	5	12	
against pressure	4	9	
Game Strategy for dribbling			9.5.5 p. 56
<b>Passing</b>			
Passing Basics	1	8	9.3.1, 9.3.2, 9.3.5
Chest	1	8	9.3.4, 9.3.6
Overhead	1	8	9.3.4
Bounce	2	9	
push-left and right hand	2	9	9.34
passing on the move	2	11	9.35, 9.36
passing against pressure	2	10	9.3.6 p. 51
Head up while dribbling or moving	2	10	9.3.6, p. 51
Faking	3	10	9.3.6 p. 51
Hand-off	4	11	
Skip (not the same as bounce pass)	5	12	
post entries	6	13	
Game Strategy for passing			9.3.6 p. 50
<b>Catching</b>			
2 hand reception	1	8	9.3.3
Lead up (go to the ball)	2	10	9.3.3
<b>Shooting</b>			
Form/mechanics basics	1	7	9.6.1, 9.6.2, 9.6.3
jump shot			
Stationary shot	2	8	9.6.4
off the pass	4	10	9.6.4 #7 & 8
off the cut	4	11	9.6.4 #9
off the bounce	4	11	9.6.4 #10
Basics of layups	1	7	9.7.1, 9.7.2
lay-up	2	7	9.7.2 p. 63,
Multipule step lay-up	3	10	9.7.2 p. 64
reverse lay-up	4	12	
Game Strategy for passing			9.3.6 p. 50
<b>Rebounding</b>			
Lead up (where is the ball going and catch the ball in the air)	1	9	9.8.1
chinning the ball	2	10	9.8.1
outlet passing	3	12	10.3 p. 80, 81

front turn	4	13	10.3 p. 80
reverse turn	4	13	
<b>One on One Play (Step 3)</b>			
<b>Offense</b>			
squaring up to basket	1	10	
getting open	2	11	
Sweeping	3	11	
jab step	4	12	
ball fake	4	12	
push back	4	12	
pro hop (pick up and land on two feet)	5	13	
shot fake	4	12	
<b>Defense</b>			
Stance	1	10	
Movement while defending	1	11	10.2.4
Guard the dribbler	2	12	10.2.4
guarding the shooter	2	12	
guarding the passer	3	13	10.2.5 p. 77, 78
forcing the ball	3	13	10.2.4 p. 75
<b>Team play (Basics) (Step 4)</b>			
			(See note 7 in the Instructions section)
<b>Offensive movements</b>			
Basics about offense			10.1 Concepts
2 player movements			
give and go	1	10	10.1.2 p. 68
back door	2	12	
L, V-cuts	2	12	10.1.2 p. 68
Ball screen	3	13	
Penetrate dribble and pass	3	13	9.5.5
3 player movements			
floor balance	1	10	
screen away	2	13	
5 player movements			
Spacing	1	11	
player positioning	2	13	

Advantage situations			
2 v 1	1	12	
3 v 2	2	12	
<b>Defensive movements</b>			
guarding screens	1	13	10.2.5 p. 77
Transition			10.3
1 v 2	1	13	10.3 p. 81, 82
2 v 3	1	13	
<b>Team play (advanced) – (Step 5)</b>			(See note 7 in the Instructions section)
<b>Offensive movements</b>			
Concepts			10.1
2 player movements			
Following pass	2	14	
3 player movements			
ball reversal	1	13	
down screen	1	13	
pin screen	1	13	
Back screen	1	13	
cross screen	1	13	
Looping	2	14	
Curls	2	14	
Fades	2	14	
5 player movements			
5 man break	4	14	
motion concepts	3	13	
zone concepts	4	14	
press break	3	13	
special situations	5	15	
Advantage situations			
4 v 3	5	15	

<b>Defensive movements</b>			
help side defense	1	13	
Closeouts	1	13	
Transition			
1 v 2	2	14	
2 v 3	2	14	
3 v 4	2	14	
Pressing	3	14	
Zones	4	15	
rotations in 5 man game	5	16	
<b>Specialized positional play</b>			
<b>Post Play</b>			
position-stance	1	14	
Sealing	2	15	
offensive moves	2	15	
defensive moves	2	15	