



Train to Train Stage (T2T)

(Ages 11-15 females, 12-16 males)

Train to Train, Phase 1: Females 11-13 and males 12-14

The physical capacities that need to be trained are now completely dependent on the developmental age of the individual. Coaches must be aware of the differences in maturation rates and allow for appropriate accommodation. The goal at this stage is to continue to build the athletic base. Many skills will be introduced here and these skills will be emphasized. Avoid the temptation to compensate for the lack of skills with higher level tactics. The use of zones and presses will be introduced in the second phase, at the end of this stage, when players have acquired a complete grounding in the basic skills. We want to develop basketball players as opposed to positional players. This stage can still be an entry level for many players. Recognize this fact and be aware of the stage below in order to assist the athlete in accelerating his/her learning.

POINTS OF EMPHASIS

Fundamental Movement Skills

- Refine skills previously identified in FUNdamentals

Fundamental Skills

Ready Stances - Without Ball

- Develop and refine
- Refine defensive stance
- Vision - play with eyes up, scanning

Ready Stance - With Ball

- Refine footwork-pivoting (front and reverse), using both feet for pivots
- Early decision making before the catch
- Refine movement with ball - jump stops, stride stop
- Ball handling - becoming comfortable with the ball, ball protection, vision, handling ball under defensive pressure and refining ball movements

"We need to train our young players as athletes first – develop their athletic base. Then we need to add "basketball" skills and concepts. But mostly we need to quit playing so many games and start teaching the fundamentals of the game. Kids want to learn – it is up to us to teach them."

-- Canadian Women's National Team Head Coach, Allison McNeill



Dribbling/Ball Handling

- Expand the dribbling repertoire
- Refine and develop speed, control, change of direction, retreat, and change of pace with the right and left hand
- Refine and develop the concept of dribbling against a guided defender
- Making proper reads and reactions
- Refine ability to handle the ball while scanning the floor

Passing and Catching

- Expand the passing repertoire. Add variations to the basic passes (ex. chest, bounce, overhead, baseball)
- Increasing the speed at which the ball can be passed and received
- Developing ball and pass faking concepts
- Passing and catching in guided defensive situations
- Making proper reads and reactions

Shooting

- Review and refine the BEEF (balance, elbow, eyes, follow through) concepts of shooting
- Execution of the “perfect” form shooting
- Develop shot-ready techniques - catch and shoot from a pass in a variety of directions
- Develop catch and shoot off a dribble - in a variety of directions
- Review and refine a lay-up repertoire (ex. baby hook, reverse, right hand, left hand, power, zig zag)
- Develop free throw shooting routine
- Shooting and lay-ups with a guided defender and making the proper reads
- Expand shooting repertoire (ex. off dribble, off catch, different angles, different speed, range). The emphasis should be on the above progressions

Getting Open

- Using change of direction, change of pace, sealing and a teammate
- Read and react to guided defence
- Move to the pass
- Get open in a variety of positions (ex. wing, post, guard, top, baseline)

Developing 1-on-1 Skills

- Squaring to the hoop aggressively to be a scoring threat
- Develop a one-on-one repertoire (ex. off dribble, jab fakes, shot fakes, combinations)
- Read and react to guided defence
- Play from a variety of positions

Multi-Player Manoeuvres

- Develop and refine
- Pass and catch
- Penetration principles
- Pick (ball screen)
- Screen away from the ball
- Playing without the ball
- Read and react to guided defence
- Play from a variety of positions
- Emphasize ball movement (reversals)

Transition Offence

- Develop the concept of lanes and outlets
- Recognize advantages while attacking the basket
- Read and react to guided defence
- Emphasize all players playing all positions
- Emphasize ball movement

Defence

- Introduce the concept of ball, ball-side and help-side defence

Defence on the Ball

- Refine defensive stance against an offensive player in triple threat with emphasis on ball pressure
- Develop and refine maintaining the gap and change of direction against a ball handler with emphasis on ball pressure
- Introduce and develop the concept of contesting a shot, pass and dead ball
- Introduce the concept of influencing (perimeter and post)
- Introduce and develop defending picks (on the ball screens)

Defence off the Ball

- Refine and develop stance - open and closed
- Introduce the concept of influencing (perimeter and post)
- Introduce and develop denial - open and closed
- Introduce and develop help, rotate and recovery
- Introduce and develop defending off the ball screens
- Moving from one defensive stance to another (ball stance to help stance, help stance to deny stance, etc)

Rebounding

- Introduce and develop skill of defensive rebounding (boxing out)
- Introduce and develop the skills of offensive rebounding

Transition Defence

- Introduce and develop the concept of team defensive balance (offensive rebounding and safeties)
- Defending the basket, ball and lanes in transition
- Sprinting to recovery



PLAYING PRINCIPLES

Offensive Concepts

- Reading and reacting to the defence
- Playing 1-on-1
- Penetration principles - using the dribble and pass wisely, movement without the ball
- Spacing of 3 to 4 metres
- Cutting - basket cuts, ball cuts and spacing cuts (replacement)
- Introduce and develop ball screen (pick) and screens away from the ball
- Emphasize ball movement (reversals) and player movement without the ball
- Rebounding
- Communicate with teammates

In Transition

- Attacking from the middle
- Outlet passes, catching and passing the ball to the person ahead who has an advantage
- Running fast and wide
- Communicate with teammates

Defensive Concepts

- On the ball strategies - staying in stance; staying between the person being guarded and the basket (maintaining the gap), maintaining ball pressure, defending picks
- Off the ball strategies - staying near the player being guarded but always seeing the ball, using the defensive triangle, defending screens
- Concept of influencing (perimeter and post)
- All players have a responsibility in team defence
- Challenging all shots
- Rebounding
- Communicate with teammates

In Transition

- Defending the basket, defending the ball and defending a player
- Communicate with teammates

TECHNICAL SKILLS

Offence

- 1-on-1 attack to finish/to set up team-mate
- Expand on reading defender - with and without ball
- Post play - sealing
- Getting open
- Passing-entry versus pressure, post entry
- Expand ball reversal
- Pass, cut, replace

- Concepts of passing angles/lanes and create lanes
- Purposeful and efficient dribble
- Introduction of shooting footwork (right, left, etc)
- Introduction: shot selection and time/score
- Offensive spacing: 3-point line - balance out
- Rebound - follow shot
- Making use of 3-on-3 to demonstrate and practice these concepts

DEFENCE

Team Defence

- Introduce and review defensive stances - ball, deny and help
- Individual "D" to team "D"
- Concepts - deny cutter, shift/react to the ball
- Communicate your actions (cue words - ex. ball, shot, help, etc)
- Protect basket - take a charge
- Attack penetration with help
- Refine - see the ball
- Challenge shooter under control: close-out, contest
- Concept of recovery
- Footwork: shuffle to run (help)
- Full court 1-on-1 pressure
- Rebound (contact)
- Play "D" without fouling

Transition Defence

- Floor recognition
- Stop advancing of ball
- Protect basket
- Defensive responsibility
 - Communicate
 - Definition of roles
 - Ball, basket
- Sprint to passing lanes
- Sprint to half court and turn to face oncoming ball
- Stop ball, pick up checks

GAME MODIFICATIONS

- No zone defence or zone presses;
- Practice to game ratio of 4:1;
- Use a number 5 or 6 ball;
- Baskets should be 10 feet;
- Train by playing 1-on-1, 2-on-2, 3-on-3 so players can touch the ball more.