

NBBA Coaching Clinic

07/01/2023

Dynamic warm-up

- Jog, backpedal, high knees, butt kicks, power skips, carioca, defensive slides
- Tara VanDerveer “change” series
- [Social connection for girls](#)

How to Run a Practice

- Scott Hughes
 - NBBA [Coaches Corner](#)
 - Canada Basketball [Daily Practice Plan](#)
 - SNYB [Practice Planning](#)
 - Coach Mac on [How to Create a Youth Practice Plan](#)
- [Youth Practice Structure](#) (up to U12)
 - Emphasize development of a strong athletic base
 - [Run Rabbit Run](#), [Team Chase](#) (running, dribbling)
 - [Favourite Drills for Kids](#) > [Motor skills](#)

Simple Offensive Strategies

- U8, U10, U12
- See [Youth Basketball Offence](#) (open-post progression)

Teaching Offensive Fundamentals

- U8
 - 3-out offence
 - [Offensive concepts](#), progressions:
 - Cut to the ball if a pass is too long
 - Drive the paint, pass, players without the ball find a new spot
 - Ball reversal – [Pass and replace layups](#)
 - Top player – step with the outside foot to meet a pass, cross-step to step into and shorten a pass
 - 1 on 1 (Scott)
 - [Pass ahead](#) (YouTube), see [Halfcourt 1 on 1](#)

- [Shoulder to shoulder](#), see [Chase layups](#), [Memphis](#) (option b)
- U10
 - 3-out motion - [3-spot pass-cut-fill](#) (then 5-out for U12)
 - Square up
 - Open up at the basket; read spot, late fill (double gap)
 - [3 on 0](#) – space out & blast cut
 - Layups, guided defender, 1 on 1 (see Layups – [Open-post motion](#))
 - [Give and go from the top](#)
 - [Read spot on the foul line](#)
 - [Get open on a wing](#) (v-cut, blast cut)
 - Drive and kick
 - From the top ([Jr. NBA Kickout](#))
 - Baseline drive, then 1 on 1 ([Kick-out close-out](#))
- U12
 - [5 on 0](#), progressions
 - Wing backcut & replace (pass fake from the top)
 - Late fill, react to drive
 - Dribble-at from the top, wing backcut and clear
 - (advanced – into a [corner dribble hand-off](#))
 - Backcut from read spot (on a pass fake)
 - Corner pass and cut
 - Layups
 - [Dribble-at backcut, then hand-off](#)

Teaching Defensive Fundamentals

- See [Youth Basketball Defence](#)
- On-ball defence
 - Stance – low, wide, arms out, hands up
 - Hot feet, hip turn, drop step, “dead”, “shot”, slide
 - [Nash wave drill](#) (esp. Tara VanDerveer)

Eric Johannsen
Technical Director