

# Sacred Heart Basketball Club Under 13's

## Dribbling:

- 1) Arm bar always protecting ball
- 2) Head always up looking forward and for open players
- 3) Players should always be using their "Left" hand on Left hand side of court ...and They should always be using their "Right" hand on Right hand side of court
- 4) Using Spin Dribbles, Cross-Overs, Behind the Backs and Sprint Dribbling to get around defenders

## Passing:

- 1) Hard, Strong, Fast and Flat passes
- 2) Most important pass is the Bounce Pass, "Bounce Pass, Bounce Pass, Bounce Pass"
- 3) Long passes should be aimed in front of receiving player so the receiving player can run onto the ball

## Shooting:

- 1) FOCUS is driving into the basket and doing Lay-Ups, using 1-on-1 skills to get around your defender
- 2) No Crazy or Silly shots and only Long Shots when open and balanced... {If you shoot a crazy silly or unbalanced long shot you get subbed off the court, for 1-minute chill out}
- 3) Outside shots should be taken using correct shooting technique, balanced, one hand under ball, holding follow through

## Defence:

- 1) ALL players need to mark/guard one player each, "Shadowing". Players need to stand super close, hip to hip, to their player on the other team ... Coach yell out any players name who isn't shadowing i.e. "Joe ... Find a shadow"
- 2) Players defensive stance should be "Sumo Stance" and they should be doing a "Sumo dance" on defence
- 3) Safety Player... If required a coach can nominate one player who stands further back protecting the ring, in this case no-one marks the passer from other team.
- 4) When player on opposition team is shooting ball, the person defending them should be doing "Tree Trunks" they should be standing "Nose to Nose" with their hands and arms straight up. Coach should be encouraging "HANDS UP!!" the whole game.
- 5) When other team is dribbling or holding ball, their defender should be "SNATCHING or WHACKING" at ball.

## Passing Ball in: Transition or Sideline Transition:

- 1) Passer MUST be TWO Giant steps behind the inbound line, so they can step and pass Passer  
MUST Yelling Loudly "TRANSITION"
- 2) Each team should have two nominated players who always pass ball in
- 3) The Four players on the court should be standing in correct Transition positions 2 x Ball Handlers and 2 x Lane Runners
- 4) For "Side-Line" Transition, Ball Handlers stand in line with passer near middle of court, Lane Runners stand further up court
- 5) For Short passes need to use bounce pass, for Long passes need use over the top or lob passes
- 6) When passing ball in after other team has scored, THE FOCUS, is trying to get ball back on court as fast as possible, NOT setting up transition, i.e. Focus is Two seconds "One thousand, Two thousand" the ball should be on court after Two seconds, this is very important!!

## "Motion" "5 Out" Offence

- 1) 5 spots for Motion. 1 x Point, 2 x Wing, 2 x Corner
- 2) No matter where you are on court a player can Yell out "Motion" and all players must run to one of the 5 Motion Spots
- 3) Number 1 Focus is if all players are in 5 Motion spots and the defence is spread out that the player with ball drives hard to basket
- 4) "Pass and Cut" After every pass, the passing player cuts/runs to basket looking to receive ball back. The player that receives a pass must always be looking to pass ball back to the cutting player.
- 5) "Dribble and Cut" If a Player X dribbles at Player Y when in motion spots, Player Y cuts to basket
- 6) After any cut all players move and fill the open Motion spots

## "Shoe Lace" Attacking Baseline Inbounds:

- 1) Passer MUST stand Two steps back, Passer MUST be Yelling "Shoe Lace. Corner, Corner, Low Block, Low Block"
- 2) The 4 players on court must quickly stand in the 4 Shoe Lace spots, Corner, Corner, Low Block, Low Block.
- 3) Passer Slaps ball. Player X opposite passer runs back to elbow, other low block player Y runs across to elbow and sets a sumo screen, Player X runs over top of screen around to Hot Spot Y and Player Y Rolls down after setting screen to Hot Spot X
- 4) If Low Block players aren't open, the corner players run around to wing and low block players move out of key to get open

## Timeouts:

- 1) Coaches have 1 time-out per half to use, and should use both EVERY game
- 2) Use timeouts as teaching time and re-enforcing ideas and correct techniques and making reminders and adjustments to play