



# Riddells Creek Basketball Club

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## U12-14 COACHES TRAINING PROGRAM

### Training Session Planner

**Session focus – Shooting, Ball handling, dribbling, man to man defence & lay ups.**

### DURATION – DRILL

#### **10 minutes shooting breakdown & drill.**

*Focus- balance, eye, elbow in, follow through.*

*Teach beef technique before each drill. After 3<sup>rd</sup> or 4<sup>th</sup> training session you can just ask the juniors what B.E.E.F means and go straight into drill.*

*B.E.E.F. SHOOTING TECHNIQUE (please push control and click on below link)*

<https://www.youtube.com/watch?v=2f9YBKAxmqQ>

*Below also is a link on what to aim for when shooting. This will give the juniors something to aim for rather than just the whole ring. Steph Curry uses this technique and express this to the juniors as they will relate.*

### WHAT YOU SHOULD AIM FOR WHEN SHOOTING

[https://www.youtube.com/watch?v=M96ZYcsi\\_uY](https://www.youtube.com/watch?v=M96ZYcsi_uY)



Shooting Drill  
Purpose.pdf

#### **20 minutes Stationary ball handling & moving ball handling**

*Focus - finger tips, low dribble, eyes up, bending knees, back straight, coordination, defensive dribbling, and attack dribbling.*

*Once again repetition is key. Keep focusing in all sessions and manipulate drills as you see fit to keep enthusiasm and variety for the juniors. Pick 2-3 drills you think are important from videos and keep working on them until you feel confident to change drills once juniors have accomplished the drills skills. Try and make at the end of every moving drill to complete with a lay-up or jump shot.*

*(Please push control and click on below link)*

<https://www.youtube.com/watch?v=MRrNi7uHmaY>

<https://www.youtube.com/channel/UC5dQbtRQ0Wjux7JKtDjFJTww>

## **10 minutes Zig Zag Dribbling with and without defender.**

*Drill – juniors zig zag dribble defensively without opponent.  
Then add defensive opponent. Defensive opponent is not to reach or turn over ball.  
Defensive opponent to focus on footwork and defensive stance.*

*Focus - Dribbler protecting the ball from defence  
- Defender sliding feet, eyes focusing on chest,*

*Zig Zag drill with defensive opponent.*

*(Please push control and click on below link)*

<https://www.youtube.com/watch?v=3DZjfep1Oqw>

## **10 minutes man to man defensive shell drill.**

*Drill- Actual game day man to man defence as well as drill.*

*Focus – positioning, defensive stance, one pass or two passes away, movement with ball, develop help side movement.*

*(Please push control and click on below link)*

<https://www.youtube.com/watch?v=ES7MVSegkSs>

## **10 minutes lay ups**

*Focus- footwork, execution, balance.*

*Once again repetition is key. Keep focusing in all sessions and manipulate drills as you see fit to keep enthusiasm and variety for the juniors. Pick 2-3 drills you think is important from videos and keep working on them until you feel confident to change drills once juniors have accomplished the drills skills.*

## **Lay ups training videos**

<https://www.youtube.com/watch?v=hI0aUdwBAqw>

<https://www.youtube.com/watch?v=q5cEf6N-qfE>

<https://www.youtube.com/watch?v=Ax22L-vH9H4>

## **Lay ups drills**

<https://www.youtube.com/watch?v=IZ1h5peMrds>