



Skill Development

Level I
Coaching Education and Training Program



This program is made possible through a
generous grant from the
Craig H. Neilsen Foundation

Established in 2002, the Craig H. Neilsen Foundation is the largest private foundation dedicated to improving the quality of life for those living with spinal cord injury (SCI), by supporting innovative program services, specialty training and research on effective therapies, interventions and treatments, leading to a cure. Today, the Foundation funds SCI scientific research (basic, translational, clinical and psychosocial research); quality of life programs; postdoctoral and SCI medicine fellowships; and other projects to support the SCI community throughout the United States and Canada.



Presentation Objectives

- Understand all the numerous skills categories that need to be addressed throughout the season
- Understand the basic drills that can be used to teach skills



Skills Development

- Identify the skills your athletes need
 - Physical Skills
 - Mental Skills
 - Communication Skills
 - Character Development
 - Technical Skills
 - Tactical Skills



There are six skill areas that your athletes need to develop and you, as a coach, need to be able to identify the essential skills that your athletes will need in each area in order to be successful.

Let's take a look at each area.

Skills Development

- Identify the skills your athletes need
 - Physical Skills
 - Flexibility
 - Agility
 - Balance
 - Strength
 - Speed
 - Quickness
 - Power
 - Endurance
 - Nutrition & Weight Control



A community team that practices only 1-2 times per week is somewhat limited in what can be directly accomplished in terms of physical skills. With limited practice time, you will want to develop practices that incorporate physical skill development and provide information that can be used as “homework” to further develop those skills.

Skills Development

- Identify the skills your athletes need

- Physical Skills

- Nutrition & Weight Control

- Lead by example
 - Set rules for travel
 - No soda
 - Limit sport drinks
 - No sweets
 - Eat breakfast
 - Good choices for breakfast



A community team that practices only 1-2 times per week is somewhat limited in what can be directly accomplished in terms of physical skills. With limited practice time, you will want to develop practices that incorporate physical skill development and provide information that can be used as “homework” to further develop those skills.

Skills Development

- Identify the skills your athletes need
 - Mental Skills
 - Self-Awareness
 - Productive Thinking
 - Self-Confidence
 - Attentional Focus
 - Energy Management
 - Leadership
 - Communication
 - Cohesion
 - Team Confidence



Mental skills are perhaps the most overlooked area of skill development. There are a number of areas that you can address in terms of Mental Skills.

Skills Development

- Identify the skills your athletes need
 - Communication Skills
 - Sending and receiving verbal and non-verbal messages to and from coaches and teammates



While athletes need to learn positive communication skills, this is one area where coaches must be very aware, especially if you are coaching younger athletes.

You must be mindful not only of your message but also your delivery. Kids will often “hear” your actions before your words. Even while you are on the sideline you must be mindful of your actions as they communicate to your athletes and are open to THEIR interpretation of how you feel about them, not necessarily their play.

Skills Development

- Identify the skills your athletes need
 - Character Development
 - Good Sportsmanship
 - Responsibility
 - Respect
 - Trustworthiness
 - Citizenship
 - Caring
 - Fairness



The last skill area that we are going to discuss is Character Development.

No matter what age of athlete you are coaching, you have a responsibility to set a good example and teach your athletes good sportsmanship.

Components of good sportsmanship include:

Responsibility: Be accountable for your actions, take ownership of your future

Respect: Your coach, teammates, opponents, officials, volunteers, facility, etc

Trustworthiness: Be dependable and honest.

Citizenship: Be a good steward of the sport and the movement.

Caring: How do your actions impact other people?

Fairness: If you cannot win a fairly, what is the purpose of competing?

By developing good sports, you will ultimately have a hand in developing good people.

Skills Development

- Technical Skills
 - These are the skills that every player must possess in order to play the sport at the appropriate level of competition.
- Fundamental skills
- Advanced skills



Technical skills are the skills that every player must possess in order to play the sport at the appropriate level of competition. The area of Technical skills can be broken down into two categories; Fundamental and Advanced skills.

Fundamentals are the foundation on which all other skills are built.

Advanced skills build upon the fundamentals and when mastered, provide more individual and team options during the course of a game.

Skills Development

- Wheelchair Basketball Technical Skills

- Chair Skills
- Ball Handling
- Passing
- Shooting
- Fakes
- Offensive
- Defensive
- Rebounding
- Transition



For wheelchair basketball, technical skill areas include:

Chair Skills: Propulsion, position, hops, tipping, ups

Ball Handling: Right and left, bounce stops & spins, crossovers

Passing: Two handed, bounce, chest,
one handed, baseball, long outlet

Shooting: set shots, lay-ups, free throws, reverses, 3-pointers

Fakes: ball, head, hand, shoulders, eyes, voice

Offense: Space, dive, screen, pick & roll, seal

Defense: 1-1, 2-2, zone, man-man, teacup, switching, triple
press switch,

Rebounding

Transition: crossing, backpacking, reads

Communication

Skills Development

- Communication
 - Verbal and Non-Verbal
 - Senders and Receivers
 - General Terms
 - Defensive Terms
 - Offensive Terms



Refer to Cue Words and Communication Glossary

Skills Development

- Chair Skills



Skills Development

- Wheelchair Basketball Technical Skills

- Chair Skills

- Chair Propulsion
 - Hand Position
 - Start at 11 or 12
 - End at 2 or 3
 - Thumb Placement
 - Trunk Use
 - Recovery



Skills Development

- Wheelchair Basketball Technical Skills
 - Chair Drills
 - Power Start/Stops - to develop the first two pushes needed for picking and defense.
 - Hand speed
 - An explosive first push
 - Complete stop
 - Speed of trunk movement
 - Speed of recovery to pushing position
 - Advanced Level
 - Increase the size of the person being towed
 - Increase the number of people being towed



Skills Development

- Wheelchair Basketball Technical Skills

- Chair Drills

- Power Start/Stops

- Each person has a partner with both individuals in wheelchairs. One partner lines up on the baseline of the basketball court facing the other baseline. The second partner holds on to the back of the first person's wheelchair. The person in front begins by taking two maximal pushes and then immediately comes to a stop. They stop as quickly as he/she can. The first person repeats this until they reach the far baseline. The person behind holds on to the wheelchair the entire time. The person holding on behind should be careful of contact with the first person when the first person leans back to stop. The second person should also keep his/her arms straight to prevent contact between chairs when the first person stops.



Skills Development

- Wheelchair Basketball Technical Skills
 - Chair Drills
 - Half Court Tow - to develop the ten push sequence needed in offensive and defensive transition
 - Get to top speed as quickly as possible
 - Maintain high hand speed
 - Push all the way through to the end of the court
 - Stop sharply at the end of the court
 - Advanced Level
 - Increase the size of the person being towed
 - Increase the number of people being towed



Skills Development

- Wheelchair Basketball Technical Skills

- Chair Drills

- Half Court Tow

- Each person has a partner with both individuals in wheelchairs lined up on the baseline facing the opposite baseline. One partner is in front of the other with the person behind the first holding onto the back of the first person's wheelchair. The first person begins pushing as quickly as they can to half court. At half court the person who is holding onto the wheelchair releases while the first person continues to push as hard as they can, concentrating on maintaining hand speed and power. When the two people reach the baseline they switch positions and come back.



Skills Development

- Wheelchair Basketball Technical Skills
 - Chair Drills
 - U-Turns (Power Pivot) – to develop wheelchair control and the spatial awareness needed in picking and jump and recover defense
 - Focus on the rear wheel position and not hitting rear wheels
 - Quick pivot
 - Explode out of the pivot and into the stop
 - Maintain speed
 - Advanced Level
 - Add time for any contact with the stationary wheelchair
 - Move the wheelchair during the drill ,instead of it being stationary



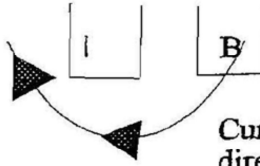
Skills Development

- Wheelchair Basketball Technical Skills
 - Chair Drills
 - U-Turns
 - This drill is done individually in a wheelchair. Place an empty chair or wheelchair on the baseline of the court. Begin with your wheelchair on the right side of the chair facing in the same direction as the chair. The two wheelchairs will be side by side. Pull back, making sure you clear the chair with your wheel, and turn your chair to the right 360 degrees and push forward so that you now have your wheelchair on the left side of the chair. Repeat this for the left side so that you begin by pulling back and clearing the wheel and turning 360 degrees to the left. You should end up where you originally started. Repeat this exercise as quickly as you can for the entire time of the station.



Skills Development

Initial Starting Positions for U-turns



Curved line indicates
direction of travel

A. Stationary Wheelchair with Open end
facing forward

B. Players Wheelchair with Open end facing
forward



Skills Development

- Wheelchair Basketball Technical Skills
 - Chair Drills
 - Clovers – to develop motor learning patterns and the power in the movement needed in picking and jump and recover defense
 - Explode into the turn with either a push or a pull
 - Stop sharply and go right into the next turn
 - Turns should be one push in length
 - Advanced Level
 - Make the clover smaller
 - Change directions during the station



Skills Development

- Wheelchair Basketball Technical Skills

- Chair Drills

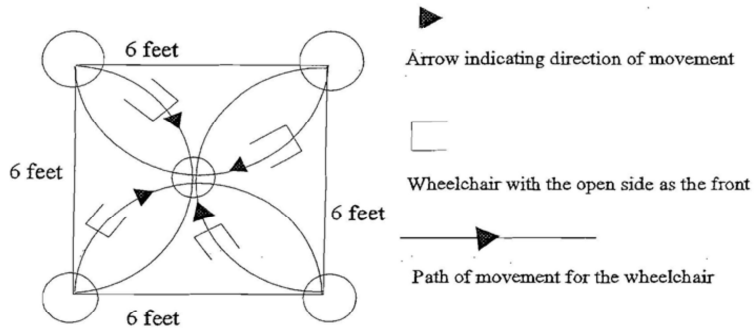
- Clovers

- This drill is done individually in a wheelchair. Mark four spots on the floor in the shape of a square. The square should be approximately six feet by six feet. You can also use the circles at center court and the free throw lanes. Mark the center of the square with a spot. Beginning at one corner, push to the corner immediately to your right in such a way that the outside rear wheel of the wheelchair rolls over the center mark of the square. This is a simple right turn. Once the opposite corner is reached, pull backwards to the corner immediately to your left.



Skills Development

Figure 1. Clovers path of movement.



Skills Development

- Wheelchair Basketball Technical Skills
 - Chair Drills
 - Jump and Recover - to develop the mechanics needed for defensive jumping to the ball, contesting the ball and recovering following the release of the ball
 - Explosive push to start
 - Taking an angle to the stop
 - Sharp stop
 - Getting the hand to the passing lane high
 - Yelling "ball, ball, ball" all three times
 - Check your shoulders on the recover
 - Stop in the help position



Skills Development

- Wheelchair Basketball Technical Skills
 - Chair Drills
 - Jump and Recover - to develop the mechanics needed for defensive jumping to the ball, contesting the ball and recovering following the release of the ball
 - Advanced Level
 - Have a offensive player change spots so the jump has to be read
 - Have a ball to contest in the hands of the offensive player



Skills Development

- Wheelchair Basketball Technical Skills

- Chair Drills

- Jump and Recover

- The individual begins in the help spot in the middle of the key facing the top of the key. At the beginning of the drill, the defensive player jumps to the spot to his/her right. As the player pushes to the first spot, he/she takes an angle so that the width of the wheelchair faces the spot. As the person comes to a stop at this angle, the outside hand is raised above the head, as if to contest a ball held by an offensive player, and the defensive player yells, "ball, ball, ball" as loud as he/she can. The defensive player then turns the wheelchair and pushes quickly back to the help spot, checking the shoulders as he/she recovers. The defensive player stops on the help spot and pivots.



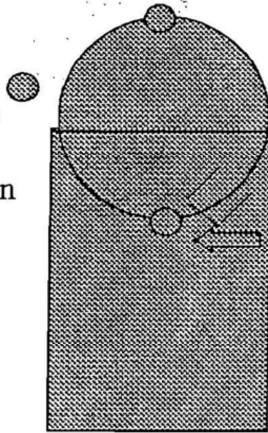
Skills Development

- Wheelchair Basketball Technical Skills
 - Chair Drills
 - Jump and Recover
 - The defensive player then jumps to the middle spot, repeating the actions used during the first jump. The procedure is repeated for the third spot. Once the third spot has been touched the defensive player begins again by jumping to the first spot and repeating the entire exercise again.



Skills Development

Each spot indicates
the spot which
the defensive person
should jump to



The arrow indicates
the help spot



Skills Development

- Ball Handling Skills



Skills Development

- Wheelchair Basketball Technical Skills
 - Ball Handling Drills
 - Regular Dribbling with your dominant and non-dominant hands
 - Big dribbling
 - Where the ball bounces up to your shoulder, with your right and left hands
 - Little dribbling
 - Where the ball bounces as low as possible with your right and left hands
 - Rocker dribbling
 - Where you dribble the ball straight forward and straight backward on one side as far as you can with your right and left hands



Skills Development

- Wheelchair Basketball Technical Skills
 - Ball Handling Drills
 - Cross-over dribble
 - Where you carry the ball over your lap and bounce it once on the opposite side before changing your dribble to the hand of the side the ball is on and crossing back over
 - Dribbling around your back in both directions
 - Bounce Stops
 - Bounce Spins
 - Ball Pick Ups
 - Soft Taps
 - Power Slaps



Skills Development

- Wheelchair Basketball Technical Skills
 - Ball Handling Drills
 - Figure Eights
 - Toss, Clap and Catch
 - Advanced Drills
 - Combinations where you use your imagination and put together one drill with another one
 - Use more than one basketball
 - Close your eyes for some of the drills and see if you can do them
 - Create a game-like drill that utilizes ball handling skills
 - Tag, everyone with a ball



Skills Development

- Wheelchair Basketball Technical Skills
 - Ball Handling Drills
 - Ball Pick Ups - to improve strength in picking up the ball and maintaining ball control
 - Slam the ball on the ground
 - High rate of speed of pick-up
 - Use the full range of the pick-up
 - Bring the ball above the head
 - Advanced Level
 - Use a heavier ball
 - Have a spotter put a hand on the ball to add resistance
 - Set a rep goal and increase the rep goal



Skills Development

- Wheelchair Basketball Technical Skills
 - Ball Handling Drills
 - Two Hand Overhead Rebounding - to improve rebounding strength and trunk stability
 - Keep the hands above the head
 - Keep the speed of the bounces high
 - Advanced Level:
 - Use a heavier ball
 - Do the drill with two balls



Skills Development

- Passing Skills



Skills Development

- Wheelchair Basketball Technical Skills
 - Passing Skills
 - Chest Pass
 - Bounce Pass
 - One Hand (Baseball) Pass
 - Hook Pass
 - The Baseball and Hook passes are the MOST important passes in wheelchair basketball



Skills Development

- Wheelchair Basketball Technical Skills

- Passing Drills

- Caterpillar Passing

- Players divide into two evenly numbered groups and line upon either side of the free-throw lane facing one another. The balls starts with one of the players along the baseline. Player 1 passes to 2, spins to the outside, and pushes to the end of the line, just to the left of player 9. Similarly, player 2 passes to 3, spins to the outside, and goes to the end of the line to the right of player 10. This continues until the lines get to the opposite end of the court. At that time the action reverses, and the players return to the point of origin using the same process.



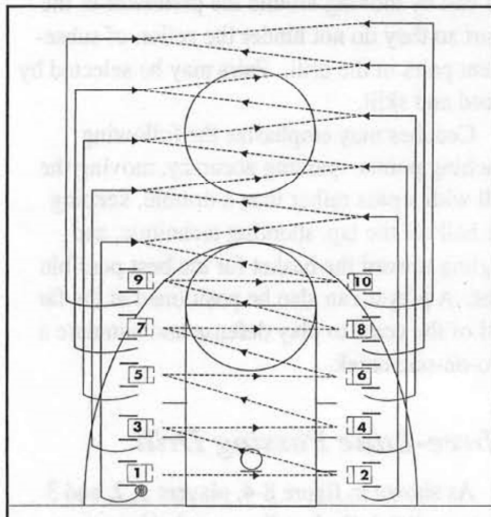
Skills Development

- Wheelchair Basketball Technical Skills
 - Passing Drills
 - Caterpillar Passing
 - Players should throw chest passes, baseball passes, and hook passes. Unlike the baseball and chest passes, hook passes require players to line up along the free-throw lane with the sides of their wheelchairs turned toward the lane rather than with their footrests facing the lane.



Skills Development

Caterpillar Passing Drill



Skills Development

- Wheelchair Basketball Technical Skills
 - Passing Drills
 - Four Corner Passing
 - This drill requires a minimum of eight players. Two players are situated at both of the top corners of the lane, and two other players are situated at the two box areas along the lane. Additional players line up behind each of these players so there are an equal number of players at each corner. Start out with two balls in corners opposite each other.



Skills Development

- Wheelchair Basketball Technical Skills

- Passing Drills

- Four Corner Passing

- To initiate action, 1 and 3 pass and move as follows: 1 passes to 2 and moves toward 2 for the return pass. Player 1 catches the return pass and keeps moving to the inside of 2 for a hand off type pass. Player 1 then goes to the end of the line. Players 3 and 4 perform the same moves simultaneously in the same direction. All of this action is repeated from corner to corner. Players must keep moving between passes. Alertness and communication are essential to successful execution.

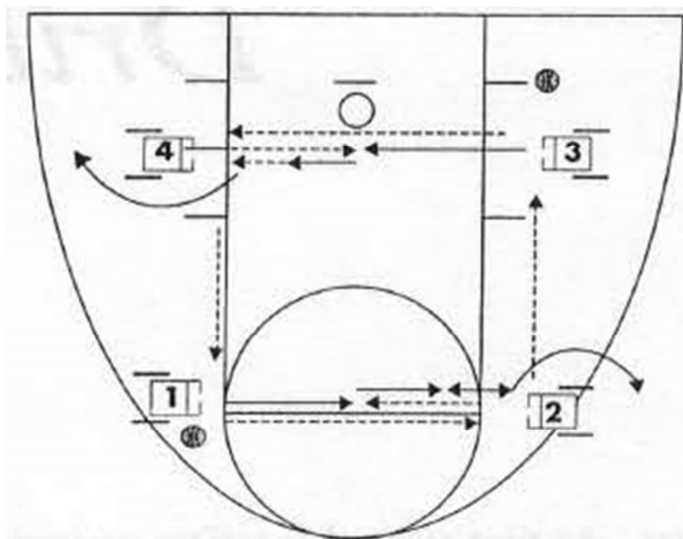


Skills Development

- Wheelchair Basketball Technical Skills
 - Passing Drills
 - Four Corner Passing
 - Coaches may incorporate the following teaching points into the drill:
 - Ask players to call out teammates' names when passing and catching to encourage communication.
 - Call out different types of passes such as baseball, bounce, or non-dominant hand to maintain or develop skills and alertness.
 - Add a third ball when proficiency with two balls has been developed.
 - Initiate a change in direction by having either a player or the coach call "Change." At this command, all players with a ball change direction so all ball movement is reversed.



Skills Development



Skills Development

- **Shooting**
 - Two-Hand Shooting
 - Cowboy Shooting
 - BEEF
 - Balance
 - Elbow
 - Eyes
 - Follow through



Two-Hand Shooting – Just like a chest pass

Cowboy Shooting – relax, draw, eyebrow, cock, guide hand, follow through

BEEF

Balance – you in your chair, ball in your hand

Elbow – L shape, hand over shoulder, vertical plane

Eyes – Aim small, miss small

Follow through – extend arm and snap wrist

Skills Development

- Shooting Skills



Skills Development

- Wheelchair Basketball Technical Skills
 - Shooting Skills
 - Set Shots
 - Overhand Lay Ups
 - Free Throws
 - Advanced Skills
 - Moving Shots
 - Underhand Lay Ups
 - Reverse Lay Ups
 - Dominant and Non-Dominant Hands



Skills Development

- Wheelchair Basketball Technical Skills
 - Shooting Drills
 - Lay-ups
 - Overhand right and left
 - Underhand right and left
 - Reverse right and left
 - Center overhand and center underhand
 - Shoot these in groups of 25 or 50



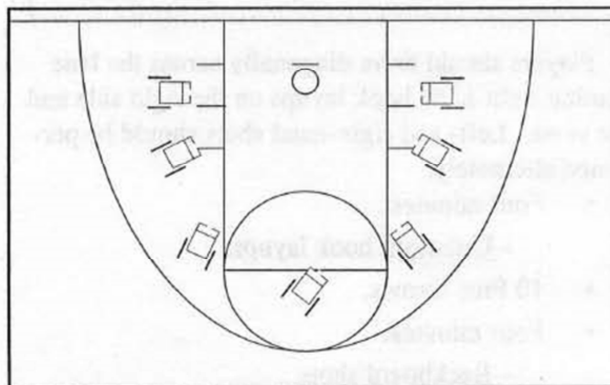
Skills Development

- Wheelchair Basketball Technical Skills
 - Shooting Drills
 - Foundation Spot
 - The spot on the court you most like to shoot from
 - If everything else is going wrong, this is the spot you know you can go to and hit your shot
 - Shoot these in groups of 200-500
 - Free Throws
 - Shoot in groups of 100



Shooting Spots

Spot Shooting



Skills Development

- Wheelchair Basketball Technical Skills
 - Shooting Drills
 - **Stationary Jumpers**
 - Shoot these with *slight* forward movement from any one of the seven spots Use proper range for you
 - Groups of 25-50 from each spot



Skills Development

- Wheelchair Basketball Technical Skills
 - Shooting Drills
 - Shot Generation
 - Shoot any of these shots from the seven spots or spots of your choosing
 - Shot fake then shoot
 - Shot fake then drive
 - Shot fake then reset
 - Use one dribble opposite the side of the defensive jump, take one push away from the defender would be, stop and shoot



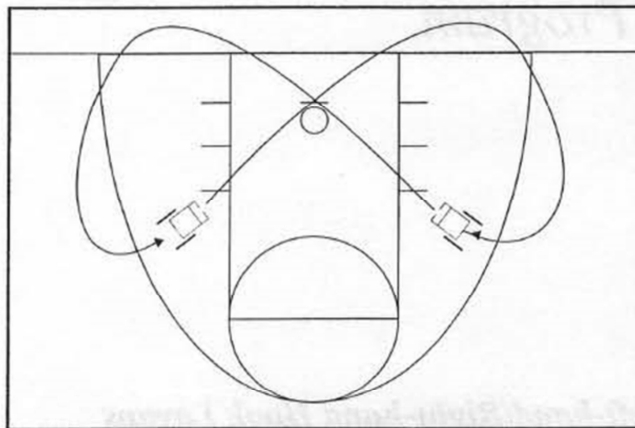
Skills Development

- Wheelchair Basketball Technical Skills
 - Shooting Drills
 - Figure Eights
 - Start on the third block on the right side of the free throw lane
 - Push towards the basket on a good lay up angle
 - Shoot with the right hand
 - Rebound shot, loop around to the left side of the lane
 - Shoot with the left hand and repeat for at least one minute



Skills Development

Backboard Shots



Skills Development

- Wheelchair Basketball Technical Skills

- Fakes

- Head & Eyes
 - Use your head and eyes to misdirect the defense
 - Hands
 - Use your hands to misdirect the defense by faking a pushing motion
 - Shoulders
 - Use your shoulders to misdirect the defense
 - Voice
 - Use your voice to misdirect the defense
 - Use fakes in combination with all other drills



Skills Development

- Wheelchair Basketball Technical Skills
 - Offense
 - Picking
 - Seals
 - Rebounding
 - Transition



Skills Development

- Wheelchair Basketball Technical Skills
 - Offense
 - Picking
 - Lo-Hi
 - Hi-Lo
 - Cross
 - Reverse



Skills Development

- Wheelchair Basketball Technical Skills
 - Offense
 - Pick Mechanics
 - Space
 - Set up the pick
 - Banana cut
 - Chair position
 - Reads



Skills Development

- Wheelchair Basketball Technical Skills
 - Offense
 - Seals
 - Hi-Lo
 - Creating the stack
 - Pressure in the seam
 - Control the space, push your teammate through



Skills Development

- Wheelchair Basketball Technical Skills
 - Offense
 - Seals
 - Five reads offside – seal hi, seal lo, power pivot, power cut, one-on-one cut/post up
 - Proper space and location, fakes, waiting until the defender looks away, pivot away, push through the sealer, seal at post defender, announce and communicate post getting in (work on timing)
 - Stop on a good spot
 - Power pivot and power cuts out of failed seals (read mismatches and overplay by defense – part of five reads)



Skills Development

- Wheelchair Basketball Technical Skills
 - Offense
 - **Rebounding in the Post**
 - Move for position when shot goes up
 - Secure rebound
 - Keep ball high and put shot up
 - **Rebounding on the Wings and Point**
 - Read defense
 - Protect against the fast break



Skills Development

- Wheelchair Basketball Technical Skills
 - Offense
 - **Transition**
 - Secure rebound
 - Create outlets
 - Cross the face of the ball, sideline to sideline
 - Back-pick
 - Attack



Skills Development

- Wheelchair Basketball Technical Skills
 - Defense
 - Hands on Wheels
 - Communicate (TALK)
 - Chair Position
 - Man-Man Switching
 - HELP Position
 - Rebounding



Skills Development

- Wheelchair Basketball Technical Skills
 - Defense
 - Hands on Wheels
 - If your hands are not on your wheels you cannot play defense!!
 - Communicate (TALK)
 - Specific, constant, action oriented
 - Chair Position
 - Axle to caster
 - Cushion
 - Anticipate the hook



Skills Development

- Wheelchair Basketball Technical Skills
 - Defense
 - Man-Man Switching
 - Why not ZONE DEFENSE???
 - HELP Position
 - When in doubt – go to the Help Position
 - When guarding someone that is not a threat – sag to Help Position
 - When picked out – go to Help Position



Skills Development

- Wheelchair Basketball Technical Skills

- Defense

- Rebounding Mechanics

- Player must position themselves so that their wheelchair lies on the line between their respective offensive assignment and the basket
 - Defensive player should have the widest barrier to an offensive player's move toward the basket, the side of the wheelchair is possible, not in a footplate to footplate configuration
 - Defensive player should 'put a chair' on the offensive player defined as tactile defense, referring to the use of controlled contact
 - This position, between the offensive player and the basket, must be maintained until the rebound is secured



Skills Development

- Wheelchair Basketball Technical Skills
 - Defense
 - **Rebounding**
 - Rather than size and strength, rebounding is accomplished through:
 - » Desire
 - » Anticipation
 - » Hustle
 - » Position



Skills Development

- Wheelchair Basketball Technical Skills
 - Defense
 - Rebounding
 - Position is established through:
 - » Maintaining proper line between opponent and the basket
 - » Position of wheelchair such that the side of the chair is used to block-out
 - » Contact with opponent established and maintained to "feel" the opponent.



Skills Development

- Wheelchair Basketball Technical Skills
 - Defense
 - Rebounding
 - Once position is established:
 - » *Maintain* defensive positioning
 - » As a shot is taken, locate the opponent (don't follow flight of ball)
 - » YELL SHOT
 - » Go to opponent and block him/her out
 - » Locate the ball and secure rebound



Skills Development

- Wheelchair Basketball Technical Skills
 - Defense
 - **Characteristics of an appropriate Defensive System**
 - Relatively complex options
 - Remain SIMPLE to communicate and implement
 - Responds to game strategy/scouting
 - Utilization of own strengths
 - Exploits opponents weaknesses
 - Incorporates both man-to-man and "combination" options
 - Does NOT use pure zone defenses due to the lack of quick lateral movement



Skills Development

- Wheelchair Basketball Technical Skills
 - Defense
 - **Defensive System**
 - The ability to engage in a variable defensive strategy is essential to allow teams to meet the demands of the game flow in terms of time and score. The defensive system must be relatively complex in its options, yet remain simple to communicate and implement.
 - The defensive systems, with a variety of options, addresses building a team system by incorporating two basic defensive strategies;
 - Switching player-to-player defense



Skills Development

- Wheelchair Basketball Technical Skills
 - Defense
 - **Defensive System**
 - Combination defenses
 - The latter combination defenses incorporates both the switching player-to-player defensive tactics in combination with “zone defensive principles.” To build the system determine a numbering/identification code that includes/designates:
 - The point of origin on the floor for the defense
 - The number of players to initiate the point of origin action at the various defensive levels on the court



Skills Development

- Wheelchair Basketball Technical Skills
 - Defense
 - **Transition to Defense**
 - Release upon recognition of loss of possession
 - » Missed shot
 - » Made Shot
 - » Turnover
 - Release through the middle of floor
 - » One wheel touches jump circle at midcourt
 - Constant awareness - "head on a swivel, check your shoulders"
 - Communication is critical



Skills Development

- Wheelchair Basketball Tactical Skills
 - These are the decision making skills needed within the sport.



The next skill area is Tactical Skills.

Developing tactical skills allows athletes to read the situation and make decisions based on certain cues.

Skills Development

- Tactical Skill Development
 - Step 1: Identify the important decisions needed to play the sport.
 - Step 2: Determine what knowledge is needed to make a good decision regarding the situation.
 - Step 3: Identify the cues that should be recognized and acted upon and help determine a course of action for each cue.



Tactical skills can be developed by using a five step plan.

Skills Development

- Tactical Skill Development
 - Step 4: Identify the appropriate tactical options, guidelines or rules your athletes should follow to make the tactical decision.
 - Step 5: Design at least one practice game that gives your athletes the opportunity to work on reading the situation and selecting the appropriate tactic.



Skills Development

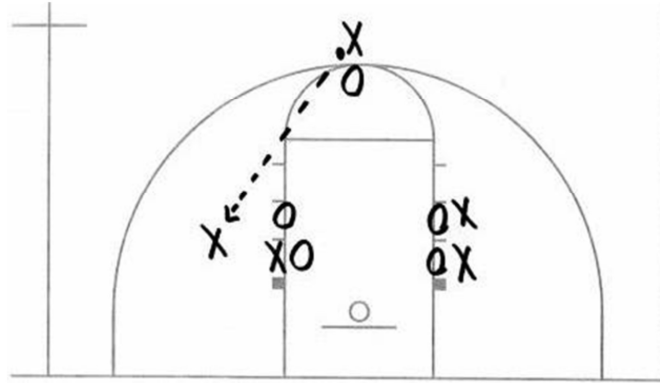
- Tactical Skill Development
 - Example: Point guard positioning without the ball
 - **Step 1:** Identify the important decisions needed to play the sport.
 - Stay
 - Create passing lane
 - Pick away
 - Move in to catch and shoot



Example: Point guard positioning at the top of the key without the ball

Step 1: Identify the important decisions needed to play the sport.
Once the point guard gives up the ball, he must decide to:
Stay
create a passing lane
pick away
move in to catch and shoot

Skills Development



Example: Point guard positioning at the top of the key without the ball

Step 1: Identify the important decisions needed to play the sport.

Once the point guard gives up the ball, he must decide to:

Stay

create a passing lane

pick away

move in to catch and shoot

Skills Development

- Tactical Skill Development
 - **Example: Point guard positioning without the ball**
 - **Step 2:** Determine what knowledge is needed to make a good decision regarding the situation.
 - Time on shot clock
 - Skills possessed by teammate with the ball
 - Skills of person defending the point guard



Step 2: Determine what knowledge is needed to make a good decision regarding the situation.

Time on shot clock, skills possessed by teammate with the ball, skills of person defending the point guard

Skills Development

- Tactical Skill Development
 - **Example: Point guard positioning without the ball**
 - **Step 3:** Identify the cues that should be recognized and acted upon and help determine a course of action for each cue.
 - Position of the defender
 - Close man-man
 - Sagging slightly
 - Sagging to HELP position



Step 3: Identify the cues that should be recognized and acted upon and help determine a course of action for each cue.

Here we are looking for the position of the defender. The defender could take up the following positions:

Close man-man
Sagging slightly
Sagging to the HELP position

Skills Development

- Tactical Skill Development
 - **Example: Point guard positioning without the ball**
 - **Step 4:** Identify the appropriate tactical options, guidelines or rules your athletes should follow to make the tactical decision.
 - Close man-man
 - Pick away
 - Create Passing Lane



Identify the appropriate tactical options, guidelines or rules your athletes should follow to make the tactical decision.

Close man-man; pick way or create a passing lane

Skills Development

- Tactical Skill Development

- Example: Point guard positioning without the ball

- Step 4: Identify the appropriate tactical options, guidelines or rules your athletes should follow to make the tactical decision.

- Close man-man

- Pick away

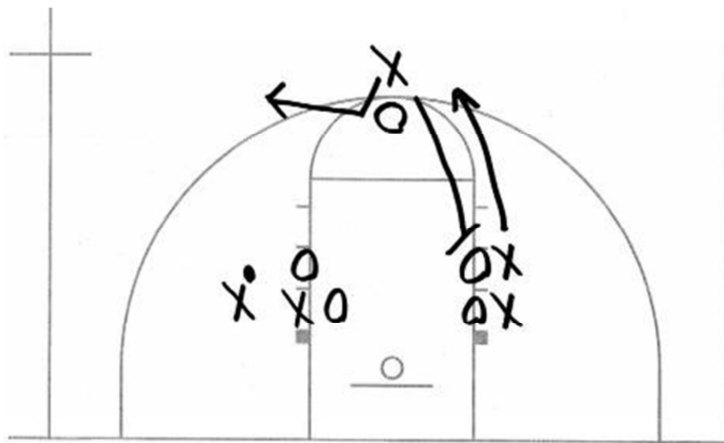
- Create Passing Lane



Identify the appropriate tactical options, guidelines or rules your athletes should follow to make the tactical decision.

Close man-man; pick way or create a passing lane

Skills Development



Identify the appropriate tactical options, guidelines or rules your athletes should follow to make the tactical decision.

Close man-man; pick way or create a passing lane

Skills Development

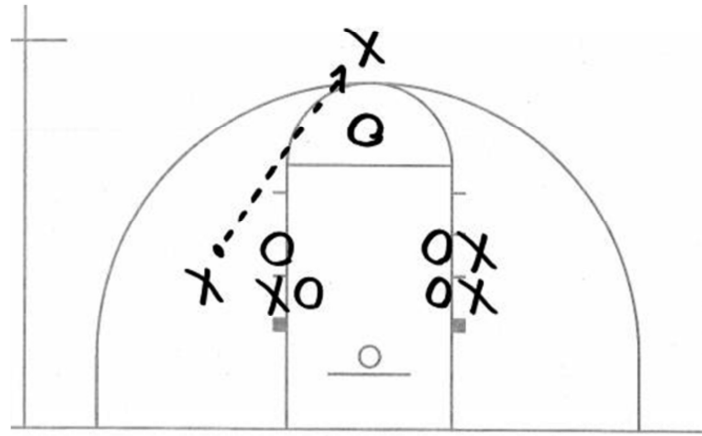
- Tactical Skill Development
 - **Example: Point guard positioning without the ball**
 - **Step 4:** Identify the appropriate tactical options, guidelines or rules your athletes should follow to make the tactical decision.
 - Sagging slightly
 - Stay



Identify the appropriate tactical options, guidelines or rules your athletes should follow to make the tactical decision.

Sagging a little; stay

Skills Development



Identify the appropriate tactical options, guidelines or rules your athletes should follow to make the tactical decision.

Sagging a little; stay

Skills Development

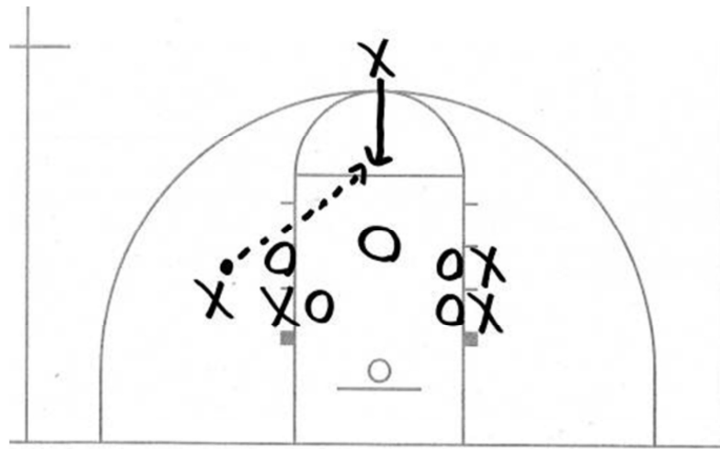
- Tactical Skill Development
 - **Example: Point guard positioning without the ball**
 - **Step 4:** Identify the appropriate tactical options, guidelines or rules your athletes should follow to make the tactical decision.
 - Sagging to HELP
 - Move to FT line for shot



Identify the appropriate tactical options, guidelines or rules your athletes should follow to make the tactical decision.

Sagging to help position; move to FT line for shot

Skills Development



Identify the appropriate tactical options, guidelines or rules your athletes should follow to make the tactical decision.

Sagging to help position; move to FT line for shot

Skills Development

- Tactical Skill Development
 - **Example: Point guard positioning without the ball**
 - **Step 5:** Design at least one practice game that gives your athletes the opportunity to work on reading the situation and selecting the appropriate tactic.



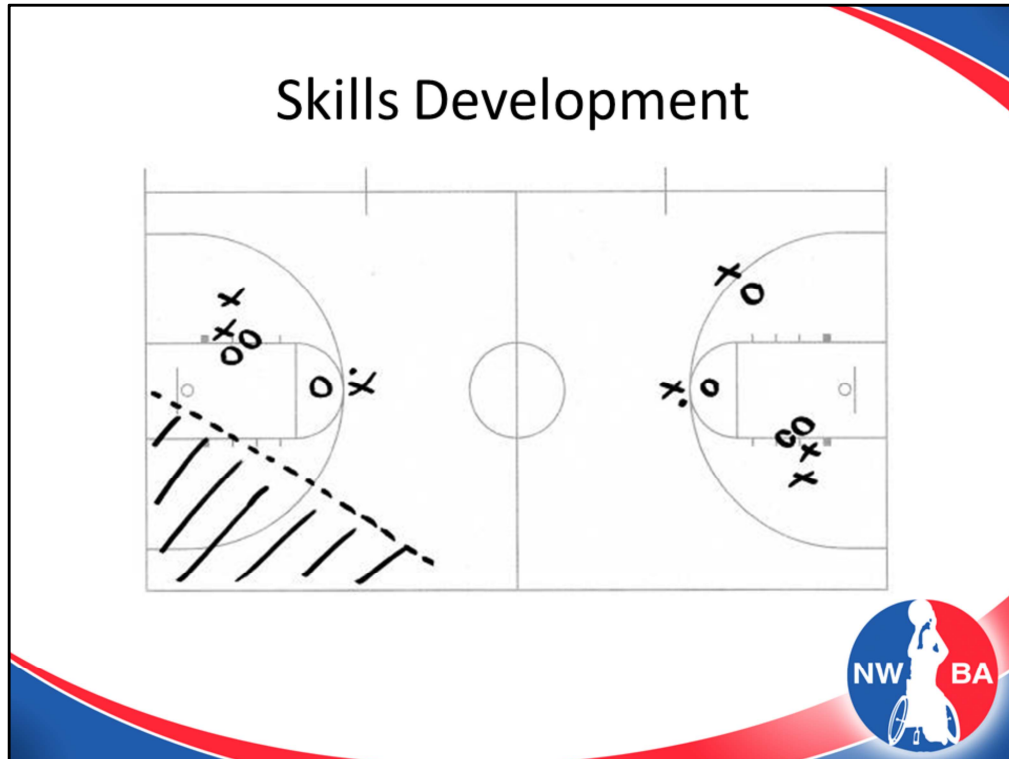
Step 5: Design at least one practice game that gives your athletes the opportunity to work on reading the situation and selecting the appropriate tactic. This should be a game like scenario that allows the athletes to read the situation and make a decision based on the cues.

3-3, $\frac{1}{4}$ court

Will get point guard to work on creating the passing lane or moving in for the shot.

4-4, $\frac{1}{4}$ court with wing

Fourth man can only catch passes and switch positions with point guard. This adds the option to pick away and allows for practicing picking



Step 5: Design at least one practice game that gives your athletes the opportunity to work on reading the situation and selecting the appropriate tactic.

This should be a game like scenario that allows the athletes to read the situation and make a decision based on the cues.

3-3, $\frac{1}{4}$ court

Will get point guard to work on creating the passing lane or moving in for the shot.

4-4, $\frac{1}{4}$ court with wing

Fourth man can only catch passes and switch positions with point guard. This adds the option to pick away and allows for practicing picking

Summary

- Skill Development should include the following 6 skill areas:
 - Physical
 - Mental
 - Communication
 - Character
 - Technical
 - Tactical

