

Coach David Akin's "Basketball Skills/ Objectives/Tips - by Age Group"

Coaching Ages 11-12

Offense:

- dribbling with offhand with eyes up
- learning to throw the ball to block
- how to recognize zone vs. man
- catching and squaring to the basket
- cutting to the basket
- flashing to the ball
- one hand passes with dominate hand

Defense:

- Man-Man principles (help side) deny
- always staying down in a stance
- boxing out

Rules:

- Over the back
- 3 seconds in the lane
- 5 seconds in possession of the basketball
- 5 seconds on an inbound play
- Illegal Screen
- Over-the-Back

Player Characteristics:

- Honesty

Drills:

- 3-2/2-1
- Shell Drill
- man in the middle
- Rapid Fire Passing Drill

Set Plays:

- Pass and screen away
- give & go

Footwork:

- V-Cut
- L-Cut
- closing out on offensive player

Shooting:

- Spread your fingers
- Don't let ball rest on your palm
- Index finger in the center of the ball
- Elbow in
- Feet balanced (dominate foot slightly in front of the other)
- One fluid motion up
- Finish on toes
- Make a "t" with your hands
- Off hand is your guide hand
- Feet shoulder width apart
- Snap wrists

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- Keep follow through up
- Use your legs to get power
- Extend your arm up
- Use the back board (high off the back board)
- Top outside corner of backboard
- Knees bent

Passing:

- Hands on the outside of the ball/elbows pointed out
- Knees bent
- Take a step towards the teammate you are passing the ball to
- Extend your arms
- Step into pass while receiving the pass
- Have hands up and ready when pass is being thrown to you
- Look the ball into your hands
- Bounce pass should land $\frac{3}{4}$ of the way toward your teammate

Dribbling:

- Spread your fingers
- Snap your wrists
- Knees bent
- Eyes up
- No palms
- Ball should not bounce above your waists

Screening:

- Screener should position their body in such a way that the defender's body is in the center
- Hands placed on chest
- Make a fist with both hands
- Arms up and Elbows out
- Knees bent in a ready position
- Defender must be able to take one step before contact

Ready Position

- Knees bent
- Toes pointed forward
- Back straight
- Butt down
- Arms?

Boxing Out

- When ball leaves the shooters hands, call out shot
- Locate the offensive player you are to box out
- Close out into a ready position and make contact with offensive player
- Turn and seal him, placing your butt into his gut.
- Use your legs to drive the offensive player back and away from the ball/goal.

Transition

- Outlet pass to side off made/missed basket
- Ball is either then passed to middle or dribbled to middle of the floor
- Guards run down wide towards sideline
- Opposite post player runs down the middle of the court and then selects a side pending the location of the ball
- Rebounding post player is the trail and finds the open spot in the offense

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Rebound

- Time jump in order to reach ball at its highest point
- Grab ball firmly and keep ball above your head/chin it
- Pivot outside towards respective sideline
- Overhead pass to teammate