

REGIONAL ACADEMY

COACHING MANUAL

August 2022

Developing Scottish Basketball Together



Regional Academy Coaching Manual Contents

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1. Values

TAKE RESPONSIBILITY: Attend all sessions for your team

BE BRAVE: Try new things

WORK AS A TEAM: Learn with and from others

ALWAYS IMPROVE: Develop your skills as a coach

2. Coaching Approach

Priority: Players leave each session excited about coming back next time.

This is a development environment where everyone (players, coaches and officials) should feel safe to learn through making mistakes, asking questions and having open conversations.

Five Ps Approach:

1. Planned curriculum and practice themes
2. Purposeful games
3. Prompts to players, not lectures
4. Praise success
5. Patience in the process

Coaches will be required to deliver the Regional Academy Curriculum, provided in this document, following the session themes outlined in the Session Outlines for each Phase. As the programme goes on, coaches will be given increasing autonomy in the planning and delivery of practice sessions in line with the themes and Curriculum content assigned to the sessions.

The programme will also include Retrieval Sessions where coaches can assess how well concepts from previous sessions have been learned. In Retrieval Sessions, the players will be asked to perform concepts or drills identified by the coaches without the coaching staff stepping in until after the players have had an opportunity to find their own solutions. This process will help to distinguish what has been learned compared to what has been taught.

Once the Competition phase of the Regional Academy begins, coaches will have the opportunity to deliver practice with their Region in the morning and will then have two games in the afternoon. The games may have specific conditions assigned to them on certain weeks in order to emphasise certain aspects of play. For coaches, the games should be seen as an opportunity to assess learning of previously learned concepts and to work on coaching technique during games.

Coaches will be supported in their development by **basketballscotland** staff through a blend of formal and informal learning opportunities. Each day will have Coach Development and Reflection time built in to maximise this opportunity.

3. Curriculum Areas of Emphasis

The Regional Academy Curriculum has been developed through 12 areas of emphasis, with each area linked to key features that make up the future Scottish basketball athlete:

1. SCO CULTURE - Proud, Passionate, Warriors
2. PHYSICAL: ATHLETIC DEVELOPMENT - Mobile, Resilient & Robust
3. PHYSICAL: FOOTWORK & MOVEMENT - Balanced, Quick & Agile
4. TECHNICAL: INDIVIDUAL DEFENCE ON-BALL - Tough, Active & Disruptive
5. TECHNICAL: SHOOTING: THE MASTER SKILL - Accurate, Consistent & Confident
6. TECHNICAL: FINISHING - Composed, Adaptable & Clinical
7. TECHNICAL: PASSING & RECEIVING - On Time, On Target, On Point
8. TECHNICAL: USE OF DRIBBLE - Controlled, Unflustered and Dangerous
9. INDIVIDUAL TACTICAL - Read, Respond & Execute
10. TEAM TACTICAL: OFFENSE - Pace, Space and Smarts
11. TEAM TACTICAL: DEFENCE - Connected, Active and Disruptive
12. GAME STYLE - Our Opponents Dread Playing Us!!

4. Outcomes, Culture & Game Style – U14

Learning Outcomes:

By the end of Phase 1, players will:

1. Understand the value of being hard-working, demonstrate the characteristics of a great teammate, and have a positive attitude.
2. Have an endurance and quickness base necessary for the game, moving fluently in all directions and executing the required footwork on offense and defence.
3. Have a developing technique in a range of shooting, finishing, passing and dribbling situations.
4. Be able to make appropriate decisions in advantage situations, create space from cuts and screens, and work within a team system on offense and defence
5. Compete hard and make quick decisions within a modified game format.

SCO Culture Fundamentals:

Phase 1:

1. Love of the FIBA game
2. Fully focused and doesn't complain (*Resilience*)
3. Gives maximum effort (*Intensity*)
4. Humble, Hungry & Smart (*Teamwork*)
5. Pushes self to work hard (*Dedication*)
6. No excuses (*Responsibility*)
7. Talks and listens to teammates, positive non-verbals (*Communication*)
8. Identifies what went well for self & team

Game Style:

Phase 1:

- Start with MiniBasket 3 point line
- Emphasise quick decisions and transition
- Spacing and movement – House Concept with circle movement
- Half-court offense – Post and Off-screen Stage 1
- Full-court P2P team defence

CONDITIONS SHOULD INCLUDE:

- Keep defensive 3 seconds
- Only one player inside 3 pt line
- Get ball back on fastbreak score with 1 dribble or less total
- Must include single post or off-screen concept

5. Session Themes & Content – U14

Week	Theme	Technical Content Introduced	Shape
1	Selection Camp	Playing straight up - chest to chest; feet outside feet; active hands	5 Out
		Lateral power step	
		Full court pressure	
		Crossover dribble	
		Behind the back dribble	
		Between the legs	
		Two dribble moves combined	
		Targets hands for catch	
		Form shooting - ROB	
		Run - Lateral Power Step - Run	
		Getting the ball back in play quickly	
2	Converting Advantages	Staying in front, body contact	5 Out
		Lay-ups - inside foot; outside foot	
		Reverse layups - inside foot; outside foot	
		Finger roll (underhand)	
		Shooting - Set position	
		Shooting - Moving into Set position	
		Shooting - Step into the shot (ROB)	
		Shooting - Range variation inside 3 pt line (ROB)	
		Situation variation - off catch; off dribble, ROB	
		Lateral dribble	
		Change of pace dribble	
		1v1 with advantage	
		One second decisions on catch	
3	Structured Transition Play	Player ahead pass and catch	5 Out
		Baseball pass	
		Retreat dribble	
		Push-pass off a dribble - one hand	
		Free throw form	
4	Keeping Advantage 1 - Spacing, Passing & Moving	Short closeouts - lateral power step	5 Out
		Set-up cut to get open	
		Back-cuts	
		Pivoting to sprint (without ball)	
		Creating space without the ball	
		Front cut reads	
		Backdoor reads	
		Bounce pass	
One hand bounce pass off dribble			

5	Keeping Advantage 2 - Spacing, Using the Dribble & Moving	Sealing/Keep on Back	5 Out
		Jab steps	
		Cross step	
		Onside step - on move only	
		Onside attack dribble	
		1v1 drive to create advantage	
		Rip and go	
		Cross step and go	
6	Retrieval 1		
7	Introduction to Post Play	Holding position behind	4 Out 1 In
		Walling up	
		Power lay-ups - 1-2 stop; jump stop	
		Overhead pass, including use of fakes	
		Post footwork - catch and pivot	
		Game slows down	
		Seal back to basket	
		Jump to ball for catch; land in jump-stop	
		Pivots to attack or shoot	
		Pivoting to square up (with ball)	
		Pivoting to shoot - ROB	
8	Facilitating from the Post	Front cut reads	4 Out 1 In
		Backdoor reads	
9	Retrieval 2		
10	Off-Screen Technique	Setting screens footwork/stance	
		Using screens - straight; curl; flare	
		Setting and using off-screens	
11	Off-Screens Within Offense	Decision-making focus	
12	Creativity with Off-Screens	Decision-making focus	
13	Retrieval 3		
14	Competition	3x3; Skills Challenge; Shooting Contests; Speed; Jump	

6. Outcomes, Culture & Game Style – U16

Learning Outcomes:

By the end of Phase 2, players will:

6. Be self-motivated in their development, manage conflict positively, and demonstrate purposeful communication on and off court.
7. Have developing quickness, jumping and change of direction ability, strong footwork for offense and defence, and an ability to comfortably deal with physical contact in game situations.
8. Have consistent technique in a broadening range of shooting, finishing, passing and dribbling situations.
9. Be able to create advantages and make appropriate decisions from them, retain the advantage once it is created, and make appropriate situational reads within a team system on offense and defence.
10. Play with pace and space in full-court and half-court, utilising a range of offensive concepts.

SCO Culture Fundamentals:

Phase 2:

9. Understanding adversity as an opportunity to improve (*Resilience*)
10. Pushing self to give maximum effort (*Intensity*)
11. Building trust and using conflict positively (*Teamwork*)
12. Doing extra work (*Dedication*)
13. Holding self to account (*Responsibility*)
14. Purposeful positive communication (*Communication*)
15. Identifies areas for improvement for self & team.

Game Style:

Phase 2:

- “Transition first” principle
- Pace and Space
- Layered ball-side concepts
- Keeping advantage – Dominoes
- Early post-up

CONDITIONS SHOULD INCLUDE:

- Must get paint touch if no transition
- Ball must go through post if no transition
- Must layer 2 concepts each offense if no transition

7. Session Themes & Content – U16

Week	Theme	Technical Content Introduced	Shape
1	Selection Camp - Ball-Pressure & Tagging Up	Full court containment and pressure Recovering back under the ball Sprint - up to 3 lateral power steps - Sprint Scanning the floor, using both hands against contact Retreat dribble - multiple steps Spin dribble	4 Out 1 In
2	Transition Play	Balance through shot action (avoid twist, fade, jump forward) Shooting - Knees stay in line with ankles & hips Jump stop - step through Creative finishes in 1v1 Scoop pass off dribble Leading and receiving Hesitation dribble Creativity in 1v1 Free throw routine	
3	4 Out 1 In Half-Court Spacing & Movement (Perimeter Focus)	Creating separation Post footwork – drop-step; step through Defending in the half court - staying in front, pressuring the ball Long closeout - lateral power step Outside the body pass - one hand Side pass Getting open within half-court offense structure Lateral dribble - multiple steps 1v1 moves to create advantage Attacking from perimeter - 1 dribble 2 steps; 2 dribbles 1 step Crossover move finishes and shots	
4	4 Out 1 In Half-Court Spacing & Movement (Post Play Focus)	3/4 defensive position Contact within cylinder Seal T-position 3 Cs - Catch, Chin, Check Drop step Step through	

5	Off-Screens Play	Setting screens - rescreen; second cut	4 Out 1 In
		3pt shot off catch (ROB)	
		Ball in air, feet in air - 1-2 stop	
		Situation variation - approach speed; curling; flaring - ROB	
		Shot fake - eyes, wrist, knees	
		Jab and shoot	
		Onside move finishes and shots	
		Read defender for shot or pass	
		Off-screen decision-making	
6	Introduction to Ball-Screen Play	Eurostep	4 Out 1 In
		Setting screens - rescreen; second cut	
		Shading to one side	
		Extended lay-in - first step	
		Inside hand lay-in	
		Sealing for pass	
7	Combining Screens	1 foot floater	4 Out 1 In
		Multiple moves combined	
		Moves on the move at speed	
8	Consolidation		

8. Outcomes, Culture & Game Style – U18

Learning Outcomes:

By the end of Phase 3, players will:

11. Find the positives in adversity, be outwardly focused, and positively engage in critical conversations with teammates and coaches.
12. Have the strength, speed and power necessary to compete, excellent footwork for offense and defence, and be able to positively manipulate physical contact in game situations.
13. Have strong technique in a wide range of shooting, finishing, passing and dribbling situations.
14. Be able to punish opposition strategies, utilise a range of tactical strategies to create and maintain an advantage, and play with confidence within a team system on offense and defence.
15. Play with pace and space whilst executing more complex concepts on offense and utilising a range of defensive strategies.

SCO Culture Fundamentals:

Phase 3:

16. Finding positives in adversity for self and team (*Resilience*)
17. Pushing others to give maximum effort (*Intensity*)
18. Holding teammates accountable to standards (*Teamwork*)
19. Using effective time management strategies (*Dedication*)
20. Disciplined approach to balancing life demands (*Responsibility*)
21. Leading positive critical conversations with teammates and coaches (*Communication*)
22. Reviews own & team performance in balanced & specific manner.

Game Style:

Phase 3:

- Layered concepts (ball-side and weak-side)
- Variations in defence
- Emphasise reading the defence and understanding mismatches

CONDITIONS SHOULD INCLUDE:

- Must run concept on ball-side and weak-side on offense
- Must layer 3 concepts on offense
- Layups, 3s and post-ups only
- Zone defensive concept after score

9. Session Themes & Content – U18

Week	Theme	Technical Content Introduced	Shape
1	Selection - Ball Pressure & Tagging Up	3pt shots off dribble (ROB)	
		Scanning the floor, using both hands and exploiting contact	
		Multiple moves combined whilst on the move	
		Break defender down with use of the dribble	
2	Transition into 4 Out 1 In - Containment Defence	On-ball positioning v individual tactics	4 Out 1 In
		Closing out and containing the drive	
		Fronting Post	
		Situation variation - closeouts; reading defence - ROB	
		Lob pass	
		Post-up T position on wing	
		Movement without ball halfcourt - punish the help	
		Movement without ball full-court - exploiting space	
3	Off-Screen Play	Using screens directly into shot	4 Out 1 In
		Staying connected on defence to player using off-screen	
		Navigating the screen	
		Ball in air, feet in air - jump stop	
		Screen angles to dictate coverage	
4	Ball-Screen Play	Setting screens - slipping; flipping	4 Out 1 In
		Getting over/under ball-screens & back to ball on defence	
		Shooting off ball-screens - ROB	
		Pocket pass	
		Skip pass	
		Ball-screen decision-making	
5	Half-Court Zone Play	Differentiated finishes - reading defence	Mixed
		2-foot floater (push shot)	
		Passing offence with spacing movement, and timing	
6	Full-Court Zone Play	Forcing to one side	Mixed
		Tactical transition defence	
7	Advanced Screening	Shooting off handoffs - ROB	5 Out
		Put-back in air	
		Dribble handoff decision-making	

8	Flowing Offense	Pressure free throws	5 Out
		Creative finishes in game situations	
		Creative passing in game situations	
		Creativity in game situations	

10. All Content – U14

PHYSICAL: Athletic Development	PHYSICAL: Footwork & Movement	Technical: Individual Defence On-Ball	TECHNICAL: Shooting	TECHNICAL: Finishing	TECHNICAL: Passing & Receiving	TECHNICAL: Use of Dribble	INDIVIDUAL TACTICAL	TEAM TACTICAL: Offense	TEAM TACTICAL: Defence
<ol style="list-style-type: none"> 1. Exploration of movement 2. Endurance 3. Athletic stance 4. Running technique 5. Sprinting technique 6. Decelerating & stopping 7. Moving forwards, back, lateral, diagonals 8. Up & down from floor 	<ol style="list-style-type: none"> 1. Change of pace 2. Jump stop 3. 1-2 stop 4. Forward pivot on L & R foot 5. Reverse pivot on L & R foot 6. Ready stance 7. Defensive stance 8. Pivoting to square up (with ball) 9. Pivoting to sprint (without ball) 10. Jab steps 11. Cross step 12. Onside step (on move only) 13. Sealing/Keep-on-back (KOB) 14. Run-Lateral power step-Run 15. Setting screen footwork & stance 16. Using screens – curl; flare; straight 17. Post footwork – catch & pivot 	<ol style="list-style-type: none"> 1. Ball→You→Basket 2. Spacing to ball – arm’s distance 3. Matchup 1v1 – staying in front; pressure 4. Active feet, hands & voice 5. Tagging Up for transition 6. Boxing out/ hitting someone before rebound 7. Playing straight up – chest to chest; feet outside feet; active hands 8. Lateral power step 9. Short closeout → lateral power step 10. Staying in front with body contact 11. Full-court pressure 12. Holding position behind 13. Walling up <p>PERIMETER:</p> <p>POST:</p>	<ol style="list-style-type: none"> 1. Balance/Base 2. Hand under middle of ball 3. Shoot upwards - elbow finishes above eyes 4. Spinning the ball – push through target line 5. Set shots (ROB) 6. Set position 7. Moving from catch to set position 8. Form shooting 9. Step into shot (ROB) 10. Pivot to shoot (ROB) 11. Range variation inside 3 point line (ROB) 12. Situation variation – off catch; off dribble (ROB) 13. Free-throw form 	<ol style="list-style-type: none"> 1. Hook shot over front of rim – inside foot 2. Running hook shot around basket off backboard – inside foot 3. Lay-in off backboard – inside foot 4. Running hook shot over front of rim – inside foot; outside foot; jump stop 5. Running hook around basket off backboard – inside foot; outside foot; jump stop 6. Lay-in off backboard – inside foot; outside foot; jump stop 7. Lay-up – inside foot; outside foot 8. Reverse lay-up – inside foot; outside foot 9. Finger-roll (underhand) 10. Power lay-up – 1-2 stop; jump stop 	<ol style="list-style-type: none"> 1. Chest pass – 2 hands 2. Passing on the run 3. Player ahead pass and catch 4. Catching on the run 5. 1-2 stop catch 6. Jump stop catch 7. Leading catching & stopping 8. Bounce pass – 2 hands 9. Overhead pass inc. use of fakes – 2 hands 10. Push pass off dribble – 1 hand 11. Bounce pass off dribble – 1 hand 12. Baseball pass 13. Target hand(s) for catch 14. Set-up cut to get open 15. Back-cuts 	<ol style="list-style-type: none"> 1. EYES UP – scanning the floor 2. Use of left & right hand 3. Variation of rhythm 4. Variation of height 5. Speed dribble (push ahead) 6. Scanning the floor, using both hands while under pressure 7. Onside attack dribble 8. Retreat dribble 9. Lateral dribble 10. Change of pace dribble 11. Crossover dribble 12. Behind the back dribble 13. Between the legs dribble 14. Two dribble moves combined 	<ol style="list-style-type: none"> 1. Triple threat – dynamic feet with and ball 2. Pivoting out of pressure 3. Protecting the ball in stance 4. Pass & cut/space 5. Pass ahead 6. Drive for finish 7. Getting the ball back in play quickly 8. 1v1 with advantage 9. 1v1 drive to create advantage 10. One second decisions 11. Rip & go 12. Cross step & go 13. Creating space without the ball 14. Front-cut reads 15. Backdoor reads 16. Setting & using off-screens 17. Attacking off Gets action <p>PERIMETER:</p> <p>POST</p> <ol style="list-style-type: none"> 18. Game slows down; patience 19. Seal – back to basket 20. Jump to ball for catch; land in jump stop 21. Pivots to attack or shoot 	<ol style="list-style-type: none"> 1. Fast break with passing 2. Spacing – 4 out (4v4)/5 out (5v5) House Concept 3. Pass & create space – cut or away 4. Transition lanes – left; right; rim; trail 5. 2v1 decisions 6. 5 out cutting game – House Concept 7. Circle movement on penetration 8. 4 out 1 in – House Concept 9. Off-screen 1st cut & 2nd cut 10. Off-screen – Stage 1 11. Pass & cut triangles – sealing position 12. Movement off post – ball-side & weak-side 13. Gets action 	<ol style="list-style-type: none"> 1. Split vision (player & ball); ball-side foot up 2. Protecting basket in transition defence 3. Line of pass 4. Read ball and adjust position – pass/drive 5. Jump to ball on flight of pass; arrive with ball 6. Line of pass denial; line of backdoor help 7. Bumping the cutter 8. Full-court matchup P2P 9. Transition defence – Tagging Up 10. Transition 2v1 – protect basket; fakes/stunts 11. Rotating to the ball and switching out 12. Off-screen defence

11. All Content – U16

Retrieval of culture and content from Phase 1, building up to the following:

PHYSICAL: Athletic Development	PHYSICAL: Footwork & Movement	Technical: Individual Defence On-Ball	TECHNICAL: Shooting	TECHNICAL: Finishing	TECHNICAL: Passing & Receiving	TECHNICAL: Use of Dribble	INDIVIDUAL TACTICAL	TEAM TACTICAL: Offense	TEAM TACTICAL: Defence
9. Core stability 10. Jumping for height – 1 foot; 2 feet 11. Quickness 12. Explosive change of direction 13. Repeated sprint endurance 14. Comfortable with physical contact	18. Creating separation 19. Eurostep 20. Post footwork – dropstep; step through 21. Setting screens – rescreen; 2 nd cut	14. Full-court containment & pressure 15. Recovering back under the ball PERIMETER: 16. Defending in the half-court – staying in front, pressuring the ball 17. Sprint→3 lateral steps→sprint 18. Long closeout→lateral power step 19. Shading to one side 20. POST: 21. 3/4 position 22. Contact within cylinder	15. Balance through action (avoiding twist/fade/jump forward) 16. Knees stay in line with ankles and hips 17. Ball in air, feet in air – 1-2 stop into shot 18. Free-throw routine 19. 3 point shot off catch (ROB) 20. Situation variation – approach speed; curling; flaring (ROB)	11. Extended lay-in – first step 12. Inside hand lay-in 13. 1 foot floater 14. Jump stop-step through 15. Creative finishes 1v1	16. Outside the body pass – 1 hand 17. Swing pass (sideways) 18. Scoop pass off dribble 19. Creative passing in drills 20. Leading & receiving 21. Getting open within half-court offense structure 22. Sealing for pass	15. Scanning the floor, using both hands against contact 16. Retreat dribble – 1 dribble, multiple steps 17. Lateral dribble – 1 dribble, multiple steps 18. Hesitation dribble 19. Spin dribble 20. Multiple moves combined 21. Moves on the move at speed 22. Creativity in 1v1	PERIMETER: 22. 1v1 moves to create advantage 23. Attacking from perimeter – 1 dribble 2 steps; 2 dribbles 1 step 24. Shot fake – eyes, wrist, knees 25. Jab & shoot 26. Onside move finishes & shots 27. Crossover move finishes & shots 28. Off-screen decision-making POST: 29. Seal in T-position 30. Low power stance 31. 3Cs – Catch→Chin→Check 32. Drop step 33. Step through	14. 3v2 – ball in middle & at side 15. Movement without ball full-court & half-court 16. Off-screens Stage 2 17. Ball-screens Stage 1 18. Ball reversal/keeping advantage	13. Effective half-court P2P – denial 14. Read ball & adjust position – weakside 15. Ball-side stunt & recover on penetration 16. Helping – 1 st help; 2 nd help; zoning 2 17. Help rotations in half-court → X-out 18. Full-court P2P – Run & Jump 19. Transition defence – Tag, Hold, Deny 20. Transition numbers disadvantage – basket→ball 21. Ball-screen defence – Flat; Hedge; Under 22. Off-screen defence – Force curl; Force flare


12. All Content – U18

Retrieval of culture and content from Phase 1 and 2, building up to the following:

PHYSICAL: Athletic Development	PHYSICAL: Footwork & Movement	Technical: Individual Defence On-Ball	TECHNICAL: Shooting	TECHNICAL: Finishing	TECHNICAL: Passing & Receiving	TECHNICAL: Use of Dribble	INDIVIDUAL TACTICAL	TEAM TACTICAL: Offense	TEAM TACTICAL: Defence
15. Speed 16. Strength 17. Power 18. Rotational stability 19. Prehab 20. Control the physical contact	22. Setting screens – slipping; flipping 23. Using screens directly into shot 24. Getting over/under ball-screens and back to ball on defence 25. Staying connected on defence to player using off-screen	23. On-ball positioning vs individual tactics 24. Closing out and containing the drive 25. Navigating the screen 26. Forcing to one side 27. Tactical transition defence 28. Fronting post	21. Pressure free-throws 22. Ball in air, feet in air – jump stop into shot 23. Jump shots (ROB) 24. 3 point shots off dribble inc. side-step (ROB) 25. Shooting off ball-screens (ROB) 26. Shooting off handoffs (ROB) 27. Situation variation – closeouts; reading defence (ROB)	16. Differentiated finishes reading defence 17. 2 foot floater (push shot) 18. Put-back in air 19. Creative finishes in game situations	23. Lob pass 24. Pocket pass 25. Skip pass 26. Creative passing in game situations 27. Post-up T-position on wing 28. Passing offence with spacing, movement & timing	23. Scanning the floor, using both hands and exploiting contact 24. Multiple moves combined whilst on the move 25. Break defender down with use of dribble 26. Creativity in game situations	27. Movement without the ball in half-court – punish the help 28. Movement without the ball in full-court – exploiting space 29. Screen angles to dictate coverage 30. Ball-screen decision-making 31. Dribble handoff decision-making	19. Off-screens Stage 3 20. Ball-screens Stage 2 21. Dribble Handoff with structure 22. Post-up triangles 23. 5 out offense with screens 24. Zone offense 25. Zone press break principles 26. Special plays in game situations	23. Transition switching matchups 24. Effective half-court P2P – containment and denial 25. Ball-screen defence – Blitz/Trap; Switch; Ice 26. Dribble handoff defence – Blow-up; Under 27. Off-screen defence – multiple player roles 28. Fronting post and helping 29. Double teaming 30. Zone defence 31. Zone presses

13. Glossary


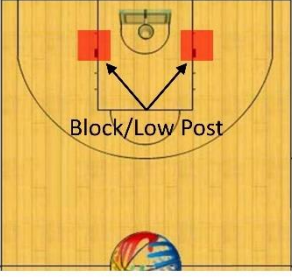
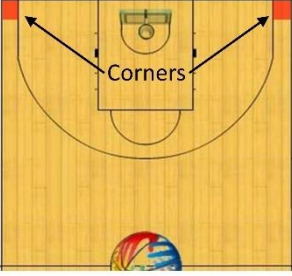
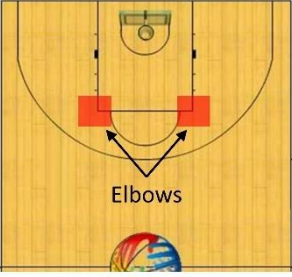
TALENT BEHAVIOURS



Term	Definition	Link/Image
Communication	We talk on court and we can take and give feedback.	 basketballscotland video
Dedication	We work hard all the time and display a positive work ethic.	
Intensity	We devote total intensity to every aspect of playing and training.	
Resilience	We handle adversity, stay focussed and never quit.	
Responsibility	We take ownership of our actions and never make excuses.	
Teamwork	We compete for the team above the individual.	

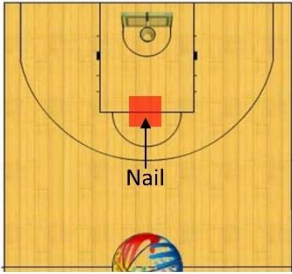
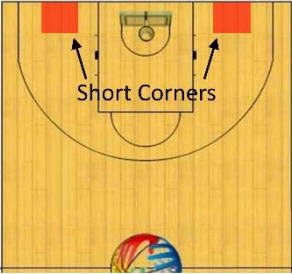
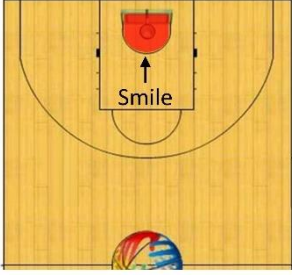

SCO CULTURE

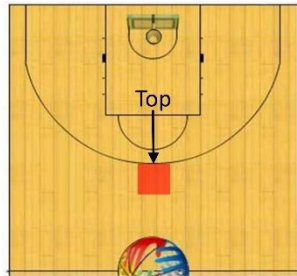

Term	Definition
After Action Review (AAR)	A structured review or debrief analysing what happened, why it happened, and how it can be done better by the participants and those responsible for the project or event.
ERN	A team communication method: Encourage – when teammate has done something worth celebrating Remind – if you know someone often forgets something, remind them beforehand Notify – point out to someone that they have not done something in a non-judgmental manner
Humble	Thinking about oneself less without thinking less of oneself. One of the virtues of an Ideal Team Player
Hungry	To aggressively pursuing goals. One of the virtues of an Ideal Team Player
NITE	An individual communication method: Name - start every interaction with a name to gain the attention of the right person. Information - should be direct and to the point, allowing the receiver to process what needs to be done quickly. Tone - The way we say something is just as important as the actual words being said. Tone of voice should be enthusiastic and energetic, which allows the person you are talking to establish trust and a sense of urgency in the situation. Eye Contact - maintaining eye contact gives others the perception that someone is confident and trustworthy.
Positive conflict	A constructive process which produces new ideas, solves continuous problems, provides an opportunity for people and teams to expand their skills whilst fostering creativity. When opposing ideas are explored, a breakthrough of new thinking can occur.
Smart	Emotionally intelligent in interactions with others. One of the virtues of an Ideal Team Player

COURT LANDMARKS










Term	Definition	Link/Image
45	The area beyond the 3-point line in line with the basket on a 45 degree angle from the baseline.	
Block/Low-post	On the lane line between on the court markings between the two free-throw rebounding spots closest to the basket.	
Corner	Between the 3-point line and the sideline, close to the baseline.	
Elbow	The corner of the lane line and the free-throw line.	










<p>Free-throw extended</p>	<p>The area beyond the 3-point line directly in line with the free-throw line.</p>	 <p>Free-Throw Line Extended</p>
<p>House Concept</p>	<p>A system for teaching spacing on offense, whereby the court is broken up into a series of "rooms" with only one player per room.</p>	 <p>Low Paint Low Wing Middle Wing</p>
<p>Lane line extended</p>	<p>The area beyond the 3-point line directly in line with the lane line.</p>	 <p>Lane Line Extended</p>
<p>Mid-post</p>	<p>The area of the free-throw rebounding spot furthest from the basket.</p>	 <p>Mid Post</p>



<p>Nail</p>	<p>The middle of the free-throw line.</p>	
<p>Short Corner</p>	<p>Between the lane line and the 3-point line, close to the baseline.</p>	
<p>Smile/Charge Circle</p>	<p>The semi-circle marking under the basket.</p>	
<p>Split line</p>	<p>Between the two baskets, splitting the court down the middle.</p>	

<p>Top</p>	<p>The area on the 3-point line in the middle of the court.</p>	
<p>Transition Lanes</p>	<p>Lanes for transition offense, differentiating where people sprint ahead of the ball (wide and middle) and where the ball-handler and trail player go.</p>	








PHYSICAL – FOOTWORK & MOVEMENT

Term	Definition	Link/Image
1-2 step	The physical movement of coming to a stop in 2 steps, most commonly with the foot furthest from the basket or the split-line of the court taking the first step and the inside foot the second step.	 Example video
Cross step	A step when in possession of the ball where the foot on the same side as the ball is the pivot foot and a step is taken forwards and across the body with the opposite foot to allow for protection of the ball with the body.	 Example video
Defensive stance	The body position of a defensive player where feet are spaced wider than hips, knees and hips are flexed, head and chest are up, and hands are active	
Drop-step	A movement by a player in the post from a back to the basket position where a backwards step is taken with one foot towards the basket in order to get around their defender.	 Example video
Drop-step – step through	A combination of footwork where a post player executes a drop-step to the basket before front pivoting to a different spot on the floor in order to create more space to shoot or pass.	 Example video
Eurostep	A footwork move in which an offensive player picks up their dribble, takes a step in one direction, and then quickly takes a second step in another direction in order to evade a defender.	 Example video
Front pivot	The physical movement by the player with the ball of changing the direction they are facing by bringing one leg through in a forward direction whilst pivoting on the other foot.	 Example video
Jump stop	The physical movement of coming to a stop in 1 movement with both feet coming into contact with the ground simultaneously.	 Example video
Jump stop - step through	A movement by an offensive player with the ball after making a jump stop, where 1 further step is taken in order to take a shot or make a pass.	 Example video














<p>Lateral power step</p>	<p>A movement by a defensive player guarding the ball to stay in front of the ball-handler and/or force them to change direction. The movement involves an explosive step with the foot on the side the player is moving towards whilst pushing strongly off the other foot.</p>	<p> Example video</p>
<p>Pivot to sprint</p>	<p>A movement by a player without the ball where they pivot on 1 foot to turn whilst using the movement to immediately move into a sprint in the opposite direction to which they were originally facing.</p>	<p> Example video</p>
<p>Pivot to square up</p>	<p>A movement by a player with the ball where they receive the ball with their back to the basket they are attacking and they pivot on 1 foot to face the basket. This can be a front pivot or a reverse pivot.</p>	<p> Front pivot example video  Reverse pivot example video</p>
<p>Post 3 Cs – Catch, Chin, Check</p>	<p>A series of actions where an offensive player in the post receives of a pass, they protect the ball and read the play. The ball is caught and immediately brought to in front of their chin, keeping elbows up and wide for protection, before turning the head to look for options.</p>	<p> Example video</p>
<p>Onside step</p>	<p>A step when in possession of the ball where the foot on the opposite side to the ball is the pivot foot and a step is taken forwards with the foot on the same side of the ball. Most effective from a dribble start to avoid a travelling violation.</p>	<p> Example video</p>
<p>Ready stance</p>	<p>The position of an offensive player away from the ball where they are ready to receive the ball, with a balanced base, knees slightly flexed and hands up ready to catch.</p>	
<p>Reverse pivot</p>	<p>The physical movement by the player with the ball of changing the direction they are facing by bringing one leg through in a backwards direction whilst pivoting on the other foot.</p>	<p> Example video</p>
<p>Run – lateral power step – run</p>	<p>A combination of movements on defence where the defender must run to a position, pivot into defensive stance and take up to 3 lateral power steps before pivoting once again and running to a different spot on the floor.</p>	<p> Example video</p>






T-position	A position taken by an offensive player in the post or in the perimeter to create separation from their defender to receive a pass, where the offensive player is at 90 degrees to the defender with a shoulder on the defender's sternum.	
Triple threat	The position of an offensive player with the ball where they are primed to shoot, pass or dribble, with a balanced base, knees and hips flexed, head and chest up, and the ball above one of the hips.	

TECHNICAL: SHOOTING












Term	Definition	Link/Image
Base	The position of the feet during the shooting action.	 Coach Dave Love tutorial
Guide hand	The non-shooting hand, which is used to support the ball whilst moving into the set position.	 Coach Dave Love video
Hand under ball	The position of the shooting hand in the Set Position.	 Coach Dave Love tutorial
Set position	The position in the shooting action immediately before the body starts to extend upwards.	
Spin	The rotation on the ball during its flight towards the basket on a shot. The spin of the ball indicates if the player is pushing through the ball on the target line or if they are pushing to one side or the other	 Example video
Target line	The line between the set position and the basket.	 Example video
ROB	Range, Open, Balance – a key feature of every shot taken to allow for consistency and success. Each individual player will have different capabilities for each type of shot they take based on their experience, physical capabilities and skill level.	 Video demonstrating ROB for a variety of professional players


TECHNICAL: FINISHING








Term	Definition	Link/Image
Alley-oop	An offensive play in which one player throws the ball near the basket to a teammate who jumps, catches the ball in mid-air and scores it before touching the ground.	 Candace Parker example video
Extended lay-in	Underhand shot rolling ball off fingers onto backboard, reaching forward horizontally close to basket, jumping off 1 foot.	 Example video
Finger roll	Underhand shot rolling ball off fingers over rim directly into basket, reaching up close to basket.	 Example video
Floater	A high arcing 1-handed shot over the reach of taller defenders, usually in the paint area.	 1 foot example video  2 feet example video
Hook shot	A shot in which the offensive player, turned perpendicular to the basket, shoots the ball from the side of their head with the arm farther from the basket in an upward arc, using their body to create separation from their defender and following through over the head.	 Stationary example video  Inside foot (2 steps) example video  Outside foot (1 step) example video  Jump stop example video
Lay-in	Underhand shot rolling ball off fingers onto backboard, reaching up close to basket, jumping off 1 foot.	 Inside foot (2 steps) example video  Outside foot (1 step) example video
Lay-up	Overhand shot off backboard, reaching up close to basket, jumping off 1 foot.	 Inside foot (2 steps) example video  Outside foot (1 step) example video

Power lay-up	Overhand shot off backboard, reaching up close to basket, jumping off 2 feet.	 1-2 stop example video
		 Jump stop example video
Put-back	A double play by the offensive player where they gather the rebound in the air and shoot at the basket before their feet return to the ground.	 Example video
Reverse	A shot close to the basket in which the player starts on one side of the basket, but shoots the ball underhand towards the opposite side of the rim.	 Inside foot (2 steps) example video
		 Outside foot (1 step) example video











TECHNICAL: PASSING & RECEIVING

Term	Definition	Link/Image
Baseball pass	A long pass thrown with 1 arm overhand for maximum distance.	 Nikola Jokic example video
Boomerang pass	A passing situation in a ball-screen where the defence switches. The ball-handler passes forward from the screen and the ball is immediately passed back to them in order to attack the mismatch on the perimeter.	 NBA example video
Bounce pass	A pass made with either 1 or 2 hands where the ball is bounced on its path to the receiver.	 2-handed example video
		 1-handed example video
		 1-handed off dribble example video
Chest pass	A 2-handed pass made at chest level, pushing the arms forward in front of the body.	 Example video
Lead pass	A pass made to a player who is on the move which is directed towards the spot on the floor they are running to.	 Transition example video
Lob pass	A high arcing pass over a defender who may be denying a straight pass. The pass is commonly used to feed a post player, in a ball-screen situation or as a lead pass for an alley-oop.	 Post feed example video
Outside the body pass	A 1-handed pass made with the arm extended laterally from the body with the power coming from a flick of the wrist and a small movement of the shoulder.	 Example video
Overhead pass	A 2-handed pass made above the head with the power coming from flicking the wrists and a very small movement of the elbows and shoulders.	 Example video
Pocket pass	A form of bounce pass made in a ball-screen situation between the on-ball and screener's defenders with the hand nearest to the screener, who is beginning their roll to the basket.	 Chris Paul example video

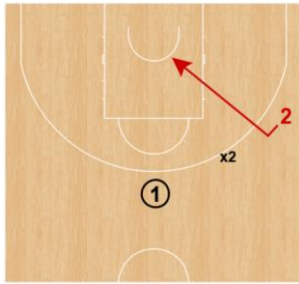

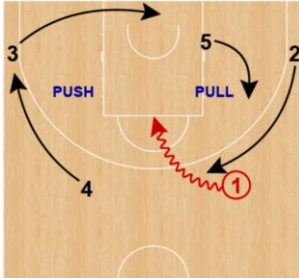

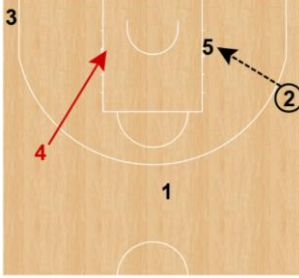

Push pass	A 1-handed pass made at shoulder height, pushing the arm forward away from the body.	 Stationary example video
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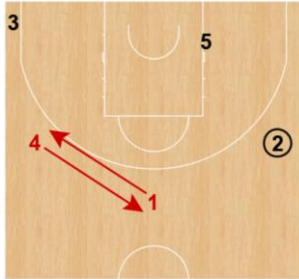
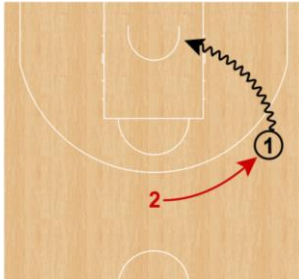
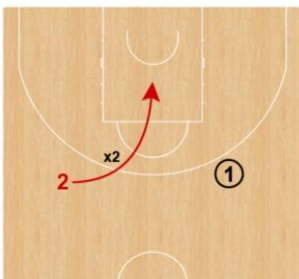
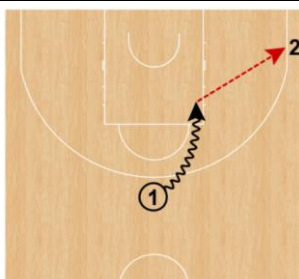
		 Off dribble example video
Scoop pass	A 1-handed underhand pass with backspin, most commonly made off the dribble.	 Example video
Skip pass	A pass made to a player who is 2 or more spots on the floor away from the ball.	 Fenerbahce men example video
Straight pass	A direct pass from one player to another that does not touch the floor and has very little arc	 Example video
Side pass	A pass made in a sideways direction without turning the body towards the receiver.	 Example video
Triangle passing	A combination of 2 passes to improve the angle of a pass to a player closer to the basket where their defender is denying the line of a single pass.	 Fronted post example video  Pass & cut example video

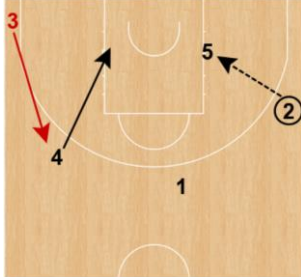
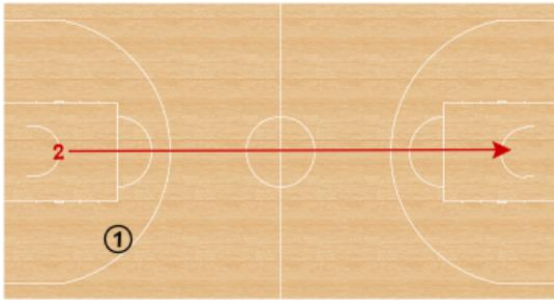
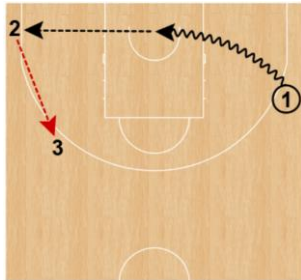
TECHNICAL: USE OF THE DRIBBLE

Term	Definition	Link/Image
Behind the back dribble	A ball-handling move where the ball is dribbled from one hand to the other behind the back.	 Example video
Between the legs dribble	A ball-handling move where the ball is dribbled from one hand to the other between the legs.	 Example video
Crossover dribble	A ball-handling move where the ball is dribbled from one hand to the other in front of the body.	 Example video
Hesitation dribble (Hesi)	A change of pace dribble move where the ball-handler in on the move and momentarily hesitates before accelerating once again. Can be combined with a skip step or with a fake to pick up the ball.	 Steph Curry example video
Lateral dribble	Where the ball-handler makes a sideways movement dribbling the ball towards the same side that they have the ball.	 Example video
Onside dribble	A ball-handling move where the ball is pushed forwards with one hand and a step forward is taken with the same foot such that the ball and foot hit the ground at approximately the same time.	 Example video
Protect dribble	Where the ball-handler positions themselves in a T-position with their defender, keeping the ball near the hip furthest from the defender in order to create maximum difficulty for the defender to attempt to steal the ball.	 Spanish example video
Retreat dribble	Where the ball-handler creates space from their defender by dribbling the ball in a backwards direction from the basket they are attacking, most commonly in the Protect Dribble position.	 Example video
Speed dribble	Where the ball-handler pushes the ball far enough in front to be able to move at as close to full speed as possible whilst maintaining control of the ball.	 Example video
Spin dribble	A ball-handling move where the player avoids their defender by undertaking a reverse pivot whilst dribbling the ball and changes the dribble from one hand to the other.	 Kyrie Irving example video



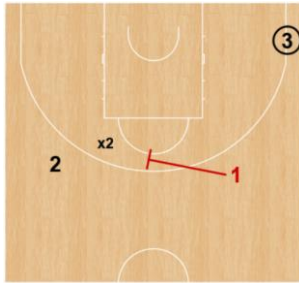
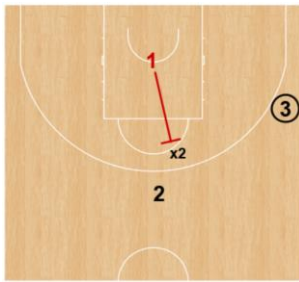

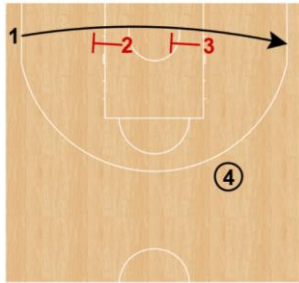
TACTICAL: OFFENSE

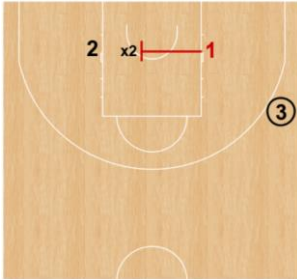
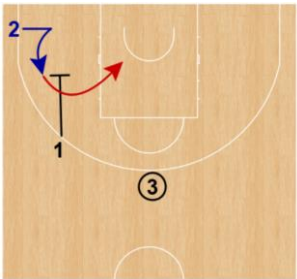
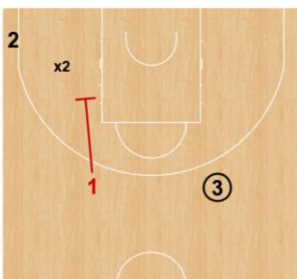
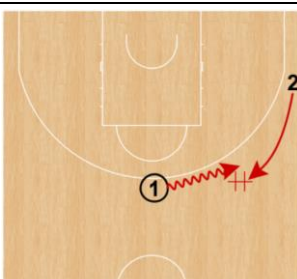
Term	Definition	Link/Image
Back cut/backdoor	A cut to the basket where the cutter's defender is positioned between the cutter and the ball. Most effective when the defender is looking at the ball and does not see the cut.	
Bolt	The combination of a quick reaction and a full sprint by a player without the ball when their team comes into possession of the ball.	 Example video
Circle movement (push & pull)	The movement of players without the ball during dribble penetration to maintain spacing on the floor. Players on the side that the ball is being driven to are pushed in that direction, whilst players on the opposite side are pulled behind the ball-handler into new spots on the floor.	
Clapback	Scoring in transition immediately after being scored against by the opponent.	 New Zealand men example video
Dive	A cut towards the basket from the weakside of the floor when the ball enters the post area.	
Dominoes	A situation where an advantage is created and the offense then drives, kicks, spaces and moves the ball until a great shot is available.	 Efficient Sauce explanatory video

<p>Exchange</p>	<p>Where two players off the ball swap positions on the floor.</p>	
<p>Fill behind</p>	<p>Part of the circle movement, the player nearest the ball-handler on the side opposite to where the drive occurs will fill the position behind the drive for a safe pass back out.</p>	
<p>Front cut</p>	<p>A cut to the basket where the cutter's movement takes them between their defender and the ball.</p>	
<p>Kick</p>	<p>A pass from the interior to the perimeter.</p>	

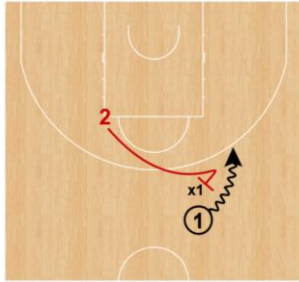

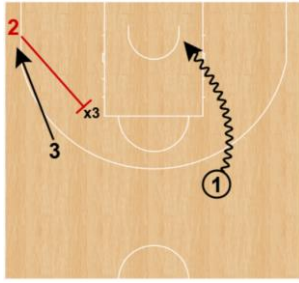

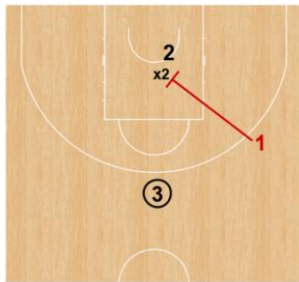

<p>Lift</p>	<p>A movement by a player without the ball where they move out of the corner towards the wing.</p>	
<p>Rim Runner</p>	<p>A player in transition who runs directly down the middle of the floor towards the opponent's basket.</p>	
<p>Swing</p>	<p>A second pass after a kick out where the ball is moved one spot further along the perimeter. Sometimes called an extra pass.</p>	

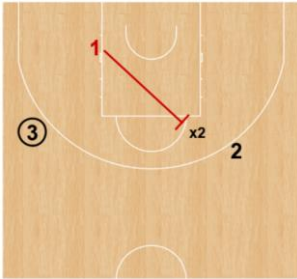
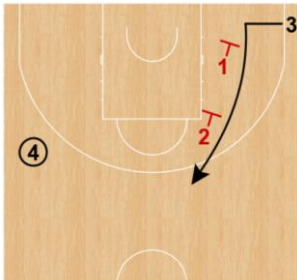
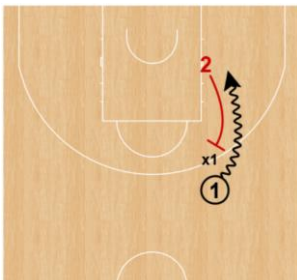
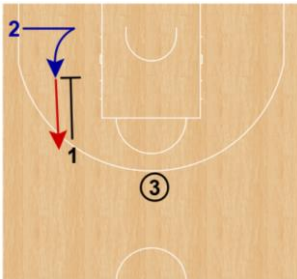
TACTICAL: OFFENSE - SCREENING







Term	Definition	Link/Image
1st cut	In an off-screen action, the cut after the screen by the player who has received the screen.	 Example video
2nd cut	In an off-screen action, the cut after the screen by the player who set the screen, reading the direction of the player who received the screen and finding space.	 Example video
Away screen	An off-screen set in a lateral direction on the perimeter towards the sideline, usually at the top of the key area.	
Back screen	An off-screen set facing away from the basket for a player to make a back-cut towards the basket.	
Ball screen	A screen set for the ball-handler while their dribble is still live.	 Example video
Baseline stagger	2 off-screens set one after the other along the baseline.	

<p>Cross screen</p>	<p>An off-screen set across the paint</p>	
<p>Curl</p>	<p>The action of an offensive player using an off-screen where they turn and cut towards the basket having read that their defender is chasing them on the screen.</p>	
<p>Down screen</p>	<p>A screen set towards the baseline in space for a teammate to set-up and move towards before using.</p>	
<p>Dribble Handoff</p>	<p>Where a ball-handler dribbles towards a teammate who is cutting towards the ball and directly hands the ball to them on the outside to create a situation similar to a ball-screen.</p>	










<p>Elevator screen</p>	<p>An off-screen situation where 2 screens are set side by side with a gap in the middle. When the receiver cuts through between the screens, the screeners sidestep toward each other to close the gap on the defender.</p>	
<p>Flare</p>	<p>A cut away from the basket to create separation from their defender in an off-screen situation, where the player receiving the screen reads that their defender has gone on the other side of the screen.</p>	
<p>Flare screen</p>	<p>An off-screen set for a player on the perimeter who is moving away from the ball.</p>	
<p>Flat screen</p>	<p>A ball-screen that is set with the screener's back facing towards the basket their team is shooting into.</p>	






<p>Flipped ball-screen</p>	<p>A ball-screen situation where the screener approaches the ball-handler to set a screen on one side, then quickly makes a movement to set the screen on the other side in order to disrupt the ball-screen coverage.</p>	
<p>Gets</p>	<p>An offensive action where the ball-handler makes a short pass to a teammate and then immediately has it pitched back to them.</p>	<p> Example video</p>
<p>Hammer screen</p>	<p>An back-screen set on the weakside of the floor when there is a drive on the opposite side. Often occurs at the same time as a ball-screen.</p>	
<p>Off-screen</p>	<p>A screen set for an offensive player who does not have the ball.</p>	<p> Example video</p>
<p>Pin screen</p>	<p>A form of down screen, but set inside the paint with the screener "head-hunting" the defender being screened and setting the screen in contact with them or very close.</p>	
<p>Rescreen</p>	<p>A situation where a player receiving a screen and the screener recognise that the player defending the receiver has gone on the other side of the screen, so the screen is reset in the other direction and executed once again. Most common in ball-screen actions, but can be used in off-screens also.</p>	<p> Example video</p>

<p>Shuffle screen</p>	<p>A form of back-screen set in a diagonal direction away from the ball, allowing the receiver to cut towards the basket and ball.</p>	
<p>Stagger</p>	<p>2 off-screens set one after the other.</p>	
<p>Step-up screen</p>	<p>A ball-screen set by a player near the baseline facing towards the middle of the court for the ball-handler to attack the narrow side.</p>	
<p>Straight</p>	<p>The action of an offensive player using an off-screen where they continue on the path they have taken in response to their defender getting screened.</p>	











Term	Link/Image
Ball-Screen Stage 1	 Document illustrating concepts
Ball-Screen Stage 2	 Document illustrating concepts
Concept Teaching Offense	 Full document of all phases of the offense
Off-Screen Stage 1	 Document illustrating concepts
Off-Screen Stage 2	 Document illustrating concepts
Off-Screen Stage 3	 Document illustrating concepts





TACTICAL: DEFENCE

Term	Definition	Link/Image
3/4	A guarding position in the post where the defender plays on a diagonal that allows them to prevent the offensive player from moving to the basket whilst still being able to deny the pass.	
Ball pressure	Where the on-ball defender is within an arm's distance of the offensive player with their body between the ball and the basket.	 International/NCAA example videos
Box out	A movement by a player off the ball when a shot is taken to establish the best position to rebound by sealing their opponent behind them.	 Example video
Front	A guarding position in the post where the defensive player positions themselves fully between the offensive player and the ball.	 Example video
Hit and get it	The action of a defensive player on the perimeter when a shot goes up where they first make contact with the nearest offensive player, to prevent them from going for the offensive rebound, before making a movement to go and recover the defensive rebound.	 Example video
Line of backdoor	Where a defensive player 2 or more spots away from the ball positions themselves in a line between a teammate's matchup and the basket in order to take away a backdoor cut and switch if necessary to prevent an opponent gaining a position near the basket.	 Example video
Line of pass	Where a defensive player away from the ball positions themselves with part of their body in the line between the ball and the player they are guarding in order to deny a straight pass.	 Example video
Recover under the ball	After being passed, the on-ball defender sprints past the ball-handler and pivots to recover their defensive position in between the ball and the basket.	 Example video
Run & Jump	A situation where a defensive player off the ball makes an aggressive movement towards the ball in an attempt to force the ball-handler to make a	 Example video

	pass. The defender will often jump when the pass is made trying to deflect the ball.	
Stunt	A movement by a player 1 spot away from the ball on defence when the ball-handler begins to dribble towards their side, where they fake a movement towards the ball by stepping one foot towards the ball before returning towards their own matchup.	 Example video
Tagging Up	A transition defence system which dictates that when a shot goes up, the offensive players step towards their defender and engage them whilst keeping their body in a position between their opponent and the basket they are about to defend.	 6 Minute Tutorial video
Trap	An aggressive movement by a defensive player without the ball towards the ball to make a situation where 2 defensive players are guarding the ball in an L shape, usually towards the side of the court, leaving very little space for the ball-handler to move into	 Example video
Wall-up	A defensive position, usually inside the paint, where the player guarding the ball makes a tall, straight, extended position with their upper body within their cylinder, whilst maintaining a degree of flexion in their legs, in order to make a shot more difficult for their opponent.	 Post defence example video
X out	The movement on 2 players in help defence where the first player goes to guard the ball and the next defender moves to a guarding position on the offensive player 1 spot away.	 NBA example video

TACTICAL: DEFENCE - SCREENING

Term	Definition	Link/Image
Blitz	An aggressive ball-screen coverage where the screener's defender aggressively double teams the ball-handler with the on-ball defender, who goes over the screen. The trap is maintained until the ball-handler passes the ball.	 Example video
Force curl	An off-screen coverage where the defender of the player receiving the screen chases their player on the outside shoulder, in order to avoid being screened and to create an angle to turn quicker, whilst the screeners defender hedges momentarily to ensure that the screen receiver is not open for a pass when they curl.	 Example video
Force flare	An off-screen coverage where the defender of the player receiving the screen goes on the opposite side of the screen and meets them on the other side, while the screener's defender makes a gap to get through.	 Example video
Drop	A containment ball-screen coverage where the screener's defender stays near the paint protecting the basket and the ball-handler's defender goes over the screen.	 Example video
Flat	A containment ball-screen coverage where the screener's defender stays attached to the screener, keeping their back towards the basket and blocking the line of the drive, while the ball-handler's defender goes over the screen and tries to recover back under the ball.	 Example video
Hedge	An aggressive ball-screen coverage where the screener's defender steps out hard in front of the ball-handler as they use the screen to block their path, whilst the on-ball defender gets over the screen. The screener's defender returns to guard the screener once the on-ball defender has recovered under the ball.	 Example video
Ice	A ball-screen coverage most commonly used on the wing which can be either aggressive or containment. The on-ball defender jumps on the high side of the ball-handler, forcing them towards the baseline and not allowing them to use the screen, whilst the screener's defender can either drop or jump out to pressure the ball.	 Containment example video  Aggressive example video
Over	The movement of the on-ball defender in a ball-screen situation where they avoid getting screened and chase the ball-handler over the screen, recovering back under the ball as quickly as possible.	 Example video
Squeeze	A containment ball-screen coverage where the screener's defender pushes hard up against them to try and displace the position of the screen and to prevent the screener from rolling to the basket. The on-ball defender will go	 Example video

	under both the screener and the screener's defender, meeting the ball-handler on the other side.	
Switch	A coverage for a ball-screen or an off screen where the on-ball defender and the screener's defender exchange the player they are guarding in response to the screen. This can either be a pre-planned coverage or in response to being screened, and can be aggressive or containment.	 Example video
Tag the roller	Where a player not involved in a ball-screen momentarily steps in to prevent the cut of the screener towards the basket before the screener's defender returns to their matchup. Most commonly combined with Hedge or Blitz coverages.	 Example video
Top Lock	An off-screen coverage where the receiver's defender positions themselves to prevent their matchup from being able to use the screen by blocking their path to the screen.	 Example video
Under	The movement of the on-ball defender in a ball-screen situation where they avoid getting screened and go on the opposite side of the screen to the ball-handler, meeting them on the other side.	 Example video