

COACH TRAINING PLAN



Training Theme: The **Fake** for Under 10 and Under 12

Skill Focus: Allowing players to get free to receive a pass or make a positive move with the ball.

Goal: Players to think about their next move without putting the ball to the ground first.

Warm Up Static Dribble Practice **Time** 10 mins
Passing Drills

Activity 1 The Pivot in Triple Threat Position **Time** 10 mins

Details: Have players practice catching the ball on the run and landing. Have them work out their pivot foot and then pivot in a circle ensuring that the ball is held within the triple threat position. Teach your players to land on either their left or right foot and the correct way to pivot.

Triple Threat Position:

1. *Protect the ball*
2. *Ball held at the hip*
3. *Elbow behind the ball and off hand in front*
4. *Knees bent for quick movement*
5. *Upper body leaning forward*
6. *Back straight and head up*

Particular Focus:

Ensure players do not travel by lifting the incorrect foot.

Activity 2 Man on Man “Dodge Fake” with 10 passes **Time** 10 mins

Details: Have players man up and ask them to pass the ball 10 times before allowing a dribble or shot. Players are not allowed to pass the ball back and forth to each other. Every offensive player must touch the ball prior to a dribble or shot taken. Remind the offensive players that this is just like dodge ball or tiggy. Always trying to break free!!!! This exercise will teach your players to fake in one direction and break free to receive the ball. This will also ensure that a great pass is important in all offensive plays. More importantly, they will not be able to put the ball to the ground when they receive it. Swap offence to defence.

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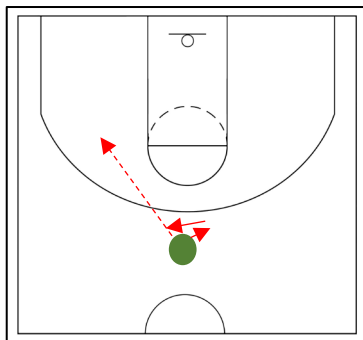
Activity 3

Cross over fake and dribble

Time 10 mins

Details:

A pass is thrown to a player. This player **cannot** dribble straight away. Using their non-pivot foot, they must fake to one-side, cross over with that foot to the opposite side and then dribble. Make sure each player goes left to right and right to left. Once they have this Fake mastered let them dribble to the basket for a lay-up or pull up for a jump shot. Keep Balanced.



Particular Focus:

The Fake movement must be convincing.

Activity 4

Numbers Game

Time 15 mins

Details:

Split players into two teams matching players according to same height and skill. Give them corresponding numbers from 1 to 4 (this is for 8 players, 4 players on each team). Ask players to lie stomach down on the floor at each side line of your half court. The coach stands at the half court and calls out a number while throwing the ball into the air. The two players with the corresponding number race to get the ball. You can call more numbers to make the game 1 on 1, 2 on 2, 3 on 3 or 4 on 4.

Particular Focus:

*Use your **whistle** to ensure players are using:
Triple Threat Position
Fake before putting the ball to the ground
Dodging to get free for the pass*

Cool Down

Time 5 mins

Have players walk it out shaking legs and arms then and stretch