

## **Level 1–Training**

Because of the limited time we have with our players at domestic level it is essential that we focus on basketball fundamentals. All the set-plays in the world are worthless if your team is easy to score against, misses easy shots and cannot pass or dribble correctly.

We are aiming for a club-wide focus on fundamental skills which will travel with each player from coach to coach, grade to grade and later in their basketball enjoyment beyond NVBC. Your commitment to and help with these skill developments is crucial to the ability of each player to progress and grow.

Every team should do Level 1 training initially each season. More advanced teams will simply move through it quickly.

We also recommend that you use the [provided form](#) to assess each player in the first training or two. This will give you real evidence of strengths and weaknesses, and if the data is re-assessed mid and end of season, gives a real indication of progress or decline.

Suggested Structure For Training:

6:00-6:05	<a href="#">Warm-up</a>
6:05-6:15	<a href="#">Lay-Ups</a> . Both sides...both hands
6:15-6:20	<a href="#">Passing</a>
6:20-6:25	<a href="#">Defensive footwork and stance</a>
6:25-6:35	<a href="#">Form shooting</a>
6:35-6:45	<a href="#">Dribbling</a> . Both hands
6:45-6:55	Scrimmage (Put the training into practice)
6:55-7:00	<a href="#">Cool-Down</a> (This is an opportunity for game and training discussion)

Obviously you will be best place to determine what your team needs the most work on but it is very important to make training interesting and game-related. Remind your players that the drills are an aid to actual game play and all that you have worked on at training should be put immediately into scrimmage and at the next game.

Whenever possible, try and make drills fun and competitive. Try and avoid having kids standing around waiting in line. They will just be bored and will lose concentration.

As a coach, be consistent and positive. If a child says they can't do a particular skill, remind them that is **exactly** why we practice those skills!

Remember that you have volunteered your time to coach and the players should be respectful of this and pay attention.

### **Training Aids:**

We are rolling out venue-dependent training aids for use by all our teams.

These will include Dribble Goggles, Cones, Discs and Agility Ladders.

These will enhance the training experience by introducing more fun and structure into training as well as providing many additional types of drills.