

Technic Baggage for players categories (U13-U20)

U13 - Learn to practice

Physically:

1. General (spacing-timing and specific coordination skills)
speed of execution – coordinated in the game; repetition speed – coordinated in the game; speed of anticipation – coordinated in the game; ambidexterity.
2. Running school
3. Jumping school
4. to be able to have the correct basic position (center of gravity)
5. start the physical reinforcement body load / medicine ball (heavy ball)

Technically:

Individual - offense

without the ball

1. to be able to get free and to receive the ball in a dynamic position
2. To be able to cut in front or in back-door after reading the defense
3. knowledge of give and go and give and go away
4. spacing concept relating to the ball and to the teammates

with the ball

a) shot

1. global static movement with basic points memorized (finger, hand, kinetic chain, feet / support)
2. lay-up after dribble
3. lay-up after a pass
4. one step after dribble
5. one step after a pass
6. mid-distance shot after a dribble
7. mid-distance shot after a pass
8. power move

b) dribble

1. all kind of movement ball handling
2. all kind of dribble departs
3. all kind of dribble (facing an opponent, fast-break, hesitation)
4. all kind of changing direction (front, between the legs, behind the back, etc.)

c) Pass

c1) passer

1. understood and assimilated the timing concept
2. understood and assimilated the spacing concept what and who i must see to make the pass
3. all the technics (exception for the base-ball pass, related with the physical individual development)
4. pass-fake and pass

c2) receiver

1. understood and assimilated the timing concept
2. to be able to receive in all the ways (1 time, 2 times etc.)

d) 1C1

1. work on dynamic 1C1 in shooting range distance (related to the player's developpement)
2. to be able to score in 2-3 dribble max
3. to be able to read the basic situations and find a solution

Individual - defense

Generally

1. troublemaker concept
2. understood the individual responsibility concept
3. do not get beaten
4. fight concept (individual duel)

Vs player without the ball

1. understood the deny concept (do not let the opponent get the ball)
2. understood the concept to have a position related to the ball and the opponent
3. understood the box-out concept (do not let my opponent get the rebound)

Vs player with the ball

1. Understood the wall concept (do not let my opponent move forward)
2. understood the on ball position related to the basket
3. understood the right distance to have related to the ball

Pre-collective – offense

Generally

1. Understood the spacing concept relating to the ball
2. move, do not watch

2C2

1. understood we have to move after a pass
2. give and go
3. give and go away
4. to be able to attack the basket if pass not possible

3C3

1. spacing concept related to the ball and the other teammates (balance)
2. give and go (balance)
3. give and go away (spacing, balance)
4. play in all positions (inside - outside)

Pre-tactic – defense

Generally

1. individual responsibility concept

2C2

1. push my opponent to change his plan
2. understood the 1C1 duel concept
3. give and go defence
4. back-door defense
5. understood the box-out concept (to prevent the opponent from grabbing the ball)

3C3

1. same as 2C2. If comes naturally, week side concept.
2. deny concept
3. pressure on the ball

Collective situations

Offense

Fast-break

To be able to play fast break while respecting the following rules

1. fast-break spirit
 2. give the ball to teammates in front
 3. Run if i am behind the ball
 4. aisle / corridor concept
 5. Push the ball in the middle quickly from defensive to the offensive half court
- a) ending 2C1 => spacing – fix and read the defender – 1 pass max
- b) ending 3C2 => Spacing – play in the empty spaces – 2 passes max

To be able to play 5C5 respecting the following rules

1. use all the inside – outside positions in the offensive half court
2. priority to the ball handler
3. concet of spacing
4. concept of timing
5. move, do not watch

U15 – practice to practice

To consolidate the U13 previous technic and.....

Physically :

1. Muscle reinforcement of the whole body with stabilization
2. Flexibility

Technically :

Individual - offense

without the ball

Individual - offense

without the ball

1. To be able to get free and to receive the ball in a dynamic position after a contact
2. To be able to cut in front or in back-door after reading the defense after a contact
3. Respect the timing rules on without ball situations (cut to receive, rebounds etc.)
4. respect the spacing rules relating to the ball and to the teammates with the ball in game situations

with the ball

a) Shot

1. Long distance shot
2. Being able to correct himself his own shot
3. Create his shot after a contact with the opponent
4. lay-up after dribble with contact
5. lay-up after a pass with contac
6. one step after dribble with contact
7. one step after a pass, with contact
8. mid-distance shot after a dribble with contact

b) dribble

1. all kind of dribble departs with contact
2. all kind of dribble with contact (facing an opponent, fast-break, hesitation)
3. all kind of changing direction with contact
(front, between the legs, behind the back, in-out etc.)
4. dribble facing 1 or 2 opponents

c)Pass

c1) passer

1. Timing in the game situations
2. Spacing in game situations
3. understood and assimilated what and who i have to see before passing
4. all the technics (exception for the base-ball pass, related with the physical individual developpement)
5. pass-fake and pass in game situations

c2) receiver

1. reactivity in the catch and play situations
2. Respect the timing and spacing rules to receive the ball

c) Dribble

1. all kind of movement ball handling
2. all kind of dribble departs with a contact
3. all kind of dribble with a contact (facing an opponent, fast-break, hesitation)
4. all kind of changing direction with a contac (front, between the legs, behind the back, in-out etc.)
5. dribble against two defenders

Individual - defense

generally

1. Wall concept (do not get beaten)
2. Assure the individual responsibility concept
3. fight concept (individual duel)

Vs player without the ball

1. defense before and after the dribble
2. defense against cuts using the body (ball side – week side)
3. back-door defense
4. box-out
5. spacing during the pass
6. deny

Vs player with the ball

1. defense during the dribble
2. stop the first dribble (wall)
3. understood the right distance to have related to the ball and my man

Pre-collective – offense**Generally**

1. Understood the spacing concept relating to the ball and my teammate
2. Understood the timing relating to the ball and my teammate
3. move, do not watch

2C2

1. hesitation-penetration-passe
2. back- door
3. replace / push (different positions)
4. to be able to drive and pass
5. 2 outside players
6. 1 inside 1 outside player

3C3

1. spacing concept related to the ball and the other teammates (balance)
2. give and go (balance)
3. give and go away (diagonal cut)
4. replace / push (different positions)
5. 3 outside players
6. 2 outside 1 inside player (all the players in all the positions). concept ball inside/outside

Fast-break

Fast break mentality: after a steal, after a rebound, after a basket

1. Finishing the fast break (2-3 players)
2. Be able to run a fast break using the passes
3. Understand and assimilate the how to use the aisles / corridors
4. Push the ball in the middle quickly from defensive to the offensive half court
 - a) ending 2C1 + 1 => spacing – fix and read the defender – 1 pass max
 - b) ending 3C2 + 1 => Spacing – play in the empty spaces – 2 passes max
5. Box-out + outlet pass

Pre-tactic – defense

Generally

- ✓ individual responsibility concept

2C2

1. understand the opponent's goal and to be able to make him change his plan
2. understood the 1C1 duel concept
3. give and go defence
4. back-door defense
5. understood the weak side – ball side concept (related to the players' sport age)
6. understood the box-out concept – start using technical moves
7. Fast break situations

3C3

1. understand the ball side and the weak side concept
2. Help and recover

Collective situations

Offense

To be able to play 5C5 respecting the following rules

1. use all the inside – outside positions in the offensive half court
2. priority to the ball handler respecting the spacing
3. respect the spacing rules
4. respect the timing rules
5. move, do not watch

U17 – practice to compete

To consolidate the U15 previous technic and.....

physical :

1. beginning with practice in the weight room / with weights
2. force practice; workout with weights
3. athletics specifically for basketball
4. workout anaerobic / lactic
5. aerobic endurance work
6. flexibility

Technic :

Individual - offense

without the ball

1. first time specialization inside - outside
2. able to get free using the contact
3. off ball screens (how to set)
4. on ball screens (how to set)

with the ball

a) shot

1. drills for the jump shot
2. create shots out of 1 on 1 situations
3. increase quality of fast shots
4. hook shot and other scoring possibilities for the inside game
5. scoring with contact

b) dribble

1. drills for all kinds of changing side
2. drills for changing rhythm
3. in-out / double cross over
4. dribble in screen situations
5. dribble in special situations (double team / contact)
6. dribble for inside / outside players

c) Pass

c1) passer

1. passes in special situations (pick and roll) / lob passes / low post / penetration and pass / double team
2. special passes against zone
3. use the pass-fake vs m. to m. and zone
4. specialize the pass from the dribble

c2) receiver

1. able to create a contact with the passer the ball
2. able to decide next action before receiving

Individual - defense

general

1. Individual responsibility
2. able to adapt to all the situations
2. easy to check rules
3. able to read the situation and react
4. enforce mentality in help
5. no ball inside

without the ball

1. close-out technic
2. emphasize the pass line defense (deny) in all situations, ball side-help side
3. able to deny passes in the key (defense vs post)
4. box out technic (all positions)
5. destroy spacing and timing
6. play with legal body contact

with the ball

1. wall concept no direct the opponent
2. two dribbles rule
2. acquired the right position (ball-player)
2. play with legal body contact
4. defense low post after receiving the ball

Pre-collective – offense

general

2C2

1. collaboration inside - outside
2. off ball screens – read the situation and find the right solution
2. on ball screens – read the situation and find the right solution

3C3

1. enforce setting indirect screens, reading them, using them
2. spacing and timing in screen situations

Pre-collective – defense

General

assure the individual defensive concepts in the 2C2 and 3C3 situations

2C2

1. make difficult the relation outside-inside player
2. able to help (ball side) when the ball is to the post
3. off ball screens - ball side => force weak side => slide in between communication
4. on ball screens – pressure on the ball, force – step out communication
5. on ball screens outside the 3points line => pass in between
(once the step out technic acquired, we can pass to other technics, see the concept de la relève U17-u20)

3C3

1. work together to break the opponent's timing
2. work together to break the opponent's spacing
3. off ball screens - ball side => force weak side => slide in between communication
4. on ball screens – pressure on the ball, force – step out communication
(once the step out technic acquired, we can pass to other technics, see the concept de la relève U17-u20)

Collective

offense

1. offensive concept with screens / transition / fast break / set play
2. taking decisions practice (when patience, when force)
3. offense against pressing
4. ready to manage autonomously various game situations

fast-break

1. always our first option in offense
2. enforce fast break philosophy (vertical passes – ball inside)
2. fast break with trailer 1 and 2
3. switch from fast break into transition game but always keep the focus in the primary fast break
4. fast break against pressing (zone, individual)

5C5

1. prefer the high percentages shots on early shots situations
2. 4 outside – 1 inside players
3. same principals vs m. to m. and zone
4. understand the game and be able to control the game changing rhythim
5. ball inside
6. do not keep long the ball between the hands
7. game without the ball
8. inbounds vs full court press

collective

defense

1. defensive concept against screens / transition / fast break / set play
2. full court defenses
4. understand how to spend a foul during the game
5. special situations

U20 – practice to win

To consolidate the U17 previous technic and.....

physical :

1. follow on with the work out
2. Individual programs
3. Individual programs for recover

Technic :

Individual – offense

3. In this period the focus is on the players specialization per position (see the player positions characteristic in the concept de la relève)
4. share the goals and the work principals with the coach to have the best cooperation Coach/player/team possible

a) shot

1. All shots under pressure
2. able to make the right choices in the game situation
3. shooting after a staggered
4. shooting with time/performance/opponent pressure

b) dribble

1. All the dribbles under pressure
2. Ability to earn space to have the time to pass to a teammates
3. pre-collectives situations (Pick and roll – special situations)

c) Pass

All the passes in game situations – ability to read the defense and take the right decision

Individual - defense

general

1. share the goals and the work principals with the coach to have the best cooperation, Coach/player/team, possible

Vs player without the ball

1. Chasing
2. Use the body to stop a cut
3. JAB Step
4. contain the paint
5. box out

Vs player with the ball

1. ability to have a solid defense against the ball in every single game situation
2. able to adapt and stop the opponent's quality

Pre-collective

All the situation are related to our principals and to our collective options

collective

offense

5C5

1. read the game with screens on players without the ball (4-0, 4-4, 5-0, 5-5)
2. game understanding and ball management in every situation
3. able to change the pace of the game related to the situations