

LEVEL 2 CLUB COACH TECHNICAL CONTENT (FACE TO FACE DELIVERY)



MOG: OFFENCE

Principle Of Game (POG)	Description	Example basketball activity....	Technical Elements	Able to Coach & Demonstrate
Getting Open	Movement fundamentals, footwork and body shape. Getting open in a variety of ways and situations, different ways to receive the ball, and the creation of advantages	1v1, 2v1, 3v2 etc.	Individual Offence without the Ball Footwork	Starting, stopping, pivoting, change of direction and speed.
Spacing	Importance of movement off the ball – appropriate spacing, no bunching up, development of spatial awareness, utilizing space, moving into and out of space	1v1, 2v1, 3v2 etc.	Individual Offence without the Ball Footwork Passing and receiving the ball	Starting, stopping, pivoting, change of speed and direction
Ball Circulation	Footwork, stance, body shape, mechanics Identification of passing lanes, angles Range of passes, use of ball fake, control of the ball	2v1, 3v2, 4v3 etc.	Footwork Passing and receiving the ball	Various passes including use of appropriate passes in context. Preparation to receive a pass, grasping the ball When, where and how, and valuing the pass.
Penetrating the Defence	The offensive players with or without the ball must look to <i>penetrate the defence</i> by creating and preserving space.	2v0, 2v1, 3v2 etc.	Individual Offence without the Ball Individual Offence with the Ball	Footwork - Use of various cuts Backdoor, L, C V etc Use of both hands (dominant and non-dominant), direction, speed, starting a dribble and stopping at the end of a dribble.
Extending the Advantage	Identifying and exploiting numerical advantages Use of the pass, dribble and cut to promote, extend the advantage	2v1, 3v2, 4v3 etc.	Decision Making Cooperative Play	Penetrate and pass, simple screen, give and go, screen on the ball, off ball screens and backdoor cuts. Special Situations.
Shot Selection	Shooting and finishing: Shot identification, preparation and readiness, body shape, movement pattern, execution and scoring.	1v1, 2v1 etc.	Shooting, including layup, set and jump shots, footwork and decision making	Understanding and execution of a good shot, right place and right time Finishing under pressure

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MOG: DEFENCE

Principle Of Game (POG)	Description	Example basketball activity....	Technical Elements	Able to Coach & Demonstrate
Disrupting Ball Movement	On-Ball defence, active hands, feet, distance control and communication. Position in relation to the ball, basket. Containment, pressing the ball.	1v0, 1v1, 2v1 etc.	On ball defence Off ball defence	Stance On-ball, Disruption - Active hands, Active feet, Distance control, head position Communication Effective hand position / pressure Help side - line of the ball, distance control Hedging / trapping Rotations Containment footwork Flat triangle - ball denial Preventing ball reversal Closing down passing angles Defending the post Defensive cues - transition through pressure, structure, organisation
Stopping Penetrating Moves	Containing the ball/dribble drive action, close out, gap defence / help position in relation to the ball, stopping the penetrating pass	1v1, 2v1, 3v2 etc.	On Ball Defence	Defending the ball handler Closing out Help / Home Mirroring the ball
Helping & Rotating	Position in relation to the ball and the basket, when to help, when to stunt and recover, movement off the ball, defending the basket.	2v1, 3v2, 4v3 etc.	Off Ball Defence Team Defence	Establish and defend 'Home' Rotations Scrambling Communication
Defending Special Situations	How to guard ball screens in relation to position on the floor, game plan, level of competition. What does post coverage look like, where does the help come from.	1v1, 2v2, 3v3 etc.	Team Defence	Hedging and trapping Full-court Half-court See player and ball Defending/bumping cutters
Rebounding	Locate offensive player, body shape, position in relation to the basket. Critical features of a rebound.	1v0, 1v1, 2v1 etc.	Individual Defence	High hands – low centre of gravity – wide base Vertical elevation – deep squat Blocking out

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MOG: OFFENSIVE TRANSITION

Principle Of Game (POG)	Description	Example basketball activity....	Technical Elements	Able to Coach & Demonstrate
Rebounding & Outletting	Blocking out, locating the ball, recognition of ball trajectory, positioning, body shape, footwork, moving to receive the ball.	1v0, 1v1, 2v1, 3v2 etc.	Individual defence without the Ball	Look ahead - pass ahead Understanding of the Fast break Creating space and width Filling lanes Transition speed of individual player Catching on the move
Progressing up the Court	'Pass ahead' mentality, vision, identification of passing lanes, understanding what an offensive advantage is.	1v0, 1v1, 2v1, 3v2 etc.	Individual offence without the Ball Individual offence with the Ball	Look ahead - pass ahead Filling lanes Transition speed of individual player Catching on the move Fast break Trailers
Exploiting Numerical Advantages	Identification of numerical advantages, effective use of ball circulation and penetrating moves, creating easy baskets	2v1, 3v2, 4v3 etc.	Individual offence without the Ball Individual offence with the Ball	Passing off the dribble Driving lane - passing lane Trailers Fast break
Exploiting Spatial Advantages	Use of space (depth and width), moving into and out of space, direction of play (ball reversal), predicting movement, reacting to advantages, speed and temporal advantages.	2v1, 3v1, 3v2 etc.	Individual offence without Ball Individual offence with the Ball	Passing Cutting Creating space Floor balance

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Transitioning to Half-Court	Building on the outlet pass, use of the court (width & breadth), pass ahead mentality, effective use of the pass and dribble penetration.	1v1, 2v2, 3v3 etc.	Individual offence without Ball Individual offence with the Ball	Receiver spots Dribble penetration Pass penetration Off Ball screens On Ball screens Ball circulation (reversal)
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MOG: DEFENSIVE TRANSITION

Principle Of Game (POG)	Description	Example basketball activity....	Technical Elements	Able to Coach & Demonstrate
Offensive Rebounding	Challenge for the rebound, getting open, use of the swim stroke (and/or alternative strategies), floor positioning, origin of the shot, ball position.	2v2, 3v2, 4v3 etc.	Individual offence without the ball	Attacking the offensive boards Use of footwork, contact and blocking out Body positioning (high hands, low base) Safety - 'Home'
Protecting the Basket	Locate and stop the ball early in transition, locate basket (Home), pick up a player, establish help positions, manage distance control in relation to position of the ball.	1v1, 2v1, 2v2, 3v2 etc.	Individual defence off ball	Ball containment Channel the ball Sprint to recover Athletic stance / defensive position
Slowing / Stopping Ball Progression	Locate ball early, challenge forward passing, stop progression of the ball, establish help positions as quickly as possible, locate basket (Home), rotate to furthest offensive player.	Various disadvantage, recovery-based sets 3v2, 4v3 etc	Individual defence on ball	Distance control / channelling Line of the ball
Defending Numerical Disadvantages	Establish a suitable form of coverage (tandem defence), closedown initial pass, establish help position, sprint to the recovery position.	Various disadvantage, recovery-based sets	Team defence	Establishing player numbers behind the ball (defensive 'I')
Defending Spatial Advantages	Sprint to recover, establish effective help positions ('split', defensive 'I' etc.), promote scrambling until all defenders are behind the ball, attempt to reduce the space available to the offence.	Various disadvantage, recovery-based sets	Individual defence off ball Individual defence on ball Team defence	Player rotations – who goes first – first pass