

WERRIBEE
basketball

THE WERRIBEE WAY

WERRIBEE DEVILS CLUB CURRICULUM

REECE POTTER
PLAYER & COACH DEVELOPMENT MANAGER



9742 5440



www.werribeebasketball.com



Eagle Stadium, 35 Ballan Rd, Werribee



reece.potter@werribeebasketball.com

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THE WERRIBEE WAY FRAMEWORK

VALUES

TEAMWORK

COMMITMENT



HARD WORK

RESILIENCE

STYLE OF PLAY

OFFENCE

Pace and Space
Ball and player movement
Extra pass
Inside/out action



DEFENCE

Full court - disrupt
Half court - contain and contest
Box/Board/Run

SYSTEM

1. Transition Offence
4. Transition Defence

2. Motion Offence
5. Man-to-man defence

3. Half court offence
6. Press/Zone defence



PLAYER ATTRIBUTES



SKILLS



CONCEPTS

1. Physical
2. Technical
3. Tactical
4. Psychological
5. Social
6. Intellectual

1. Footwork
2. Passing and catching
3. Ball handling
4. Shooting/finishing
5. Individual defence
6. Weak hand development

1. Advantage/disadvantage
2. Receiver rules
3. 2 man game
4. 3 man game
5. Shell drill principles
6. Defending pick and roll

OUR VALUES

As part of our ambition to become the association of choice in Melbourne's West, Werribee Basketball strives to develop good people. The holistic development of our athletes helps ensure we instil strong values that last with athletes beyond their playing days and into their adult life.

Our values create our club culture, our culture is who and what we are!

TEAMWORK

Werribee players are 'team first' players. They make sacrifices and buy into doing what is best for the team on both ends of the floor. This extends to the club off the court. Werribee teams huddle on stoppages, give high fives, encourage and communicate positively to each other. Werribee players are great teammates!

"Talent wins games, but teamwork & intelligence wins championships" – Michael Jordan

COMMITMENT

Werribee players are committed to their team and our club. Werribee players make rep basketball a priority and take it seriously. Werribee players attend all practices, games and are always on time and wear their uniform with pride.

"There are only two options regarding commitment. You're either IN or you're OUT! There is no such life as in-between" – Pat Riley

HARD WORK

Werribee players understand the importance of hard work. Werribee players work hard at practice to make each other better and work outside of team commitments to improve individually to be the best they can be. Werribee players take accountability for their own development and work hard to make each player on their team better.

"Confidence is what happens when you've done the hard work that entitles you to succeed" – Pat Summitt

RESILIENCE

Werribee players are mentally tough and handle setbacks. When things don't go their way, they stick together with their teammates, take accountability and find ways to develop and improve.

"Hardships often prepare ordinary people for an extraordinary destiny" – C.S. Lewis



OFFENSIVE STYLE OF PLAY

Our offensive style of play is based on:

- Playing with great pace and great spacing
- Having purposeful ball and player movement
- Playing inside/out
- Making the extra pass

1. “Pace & Space”

With everything we do on offence there must be great pace and spacing, this includes transition and half-court offence situations. Playing with great speed and spacing makes it harder for the defence and open up higher percentage scoring opportunities.

2. “Ball & Player Movement”

In the half court we want to have purposeful execution with great ball and player movement. This means that all cutting and screening action is completed with purpose and that the ball moves from side to side getting through sets of hands. Again having great ball and player movement makes it harder for the defence and opens up better scoring opportunities.

3. “Inside/out Action”

There must be pressure put on the defence and the only way to do this is to have some form of penetration from either the pass or the dribble. We want to play from the inside to out, meaning that as a general rule the ball must be driven into the paint, passed to the post, passed to a roller or a cutter before an outside shot is taken. Playing inside/out collapses the defence and opens up higher percentage shots.

4. “Extra Pass”

We want to encourage our players to share the ball and work for the highest percentage shot each possession. One way to do this is to encourage the “extra pass” where athletes give up a good shot for a better one. If an athlete with the ball draws two defenders, they should look to pass the ball to an open player. This again makes it harder for the defence, increases shooting percentages and fosters a sense of team cohesion through the style of play.

DEFENSIVE STYLE OF PLAY

Our defensive style of play is based on:

- Delaying and disrupting the offence in the full court
- Containing & contesting in the half court
- Boxing out, rebounding and then running out of that

1. “Delay & Disrupt”

In the full court our focus is on building pressure on the opposition. This does not mean we have to gamble or take risks, however we want to make the opposition team uncomfortable and take them away from what they wish to do. We use the mantra “delay & disrupt”.

2. “Contain & Contest”

In the half court, we want to buckle down and force as many long, contested shots as possible. We avoid over-helping and limit fouling making the opposition players make tough finishes over hands. We use the mantra “contain & contest”.

3. “Box/Board/Run”

Each possession we only want to let the opposition take one shot. To ensure we can reach this goal, we must box out and team rebound each and every possession. From a defensive stop we then transition quickly to offence with our lane runners sprinting the floor and looking to attack in early offence. We use the mantra “box/board/run”.



SYSTEM OF PLAY

Dependent on the age group, each team's system may be made up of many different elements, including:

Transition offence

Roles and spacing when transitioning from defence to offence.

Transition defense

Rules when transitioning from offence to defence.

Motion offence

Principles of play that teach players how to read and react to the defence.

Man-to-man defence

Concepts of how we defend when playing 'man' defence.

Offensive sets and out of bounds plays

Set baseline and sideline out of bounds plays set specific to age groups.

Press-break and zone offence

Offensive concepts against trapping and zone defence.

Zone press and defences

Full and half court zone presses and zone defensive principles in the quarter court.

PLAYER ATTRIBUTES

There are many attributes that make up an elite athlete. The WBA's program aims to develop these attributes in athletes and provide the best opportunity to progress through player development pathways and onto the elite level. We aim to develop the following attributes in our athletes:

Physical

- Height and wingspan
- Vertical jump
- Sprint speed and agility
- Flexibility and core strength
- Conditioning and endurance

Tactical

- Understanding basketball concepts
- Ability to read the play
- Decision making

Social

- Being a good teammate
- Fitting into a team on and off the court
- Celebrating teammates success
- Controlling and regulating emotions

Technical

- Footwork
- Shooting and finishing
- Dribbling
- Passing and catching
- Ability to defend 1 v 1

Psychological

- Confidence
- Mental toughness and concentration
- Resilience
- Commitment

Intellectual

- Ability to learn quickly and adapt in various situations
- Ability to learn in various ways (video analysis, on court or written information)
- Emotional intelligence

SKILLS

For players to be able to play effectively at a high level, it is important for them to develop a well-rounded skill set.

The Fundamental Five Skills:

These are the core skills that need to be developed in all Werribee Devils Representative athletes:

FOOTWORK

- Footwork is the “fundamental skill” as every aspect of the game requires footwork
- Skills = forward and reverse pivot, jab step, onside and crossover step
- Stance and balance

SHOOTING AND FINISHING

- Shot technique
- Layups
- Adaptive/creative finishing
- Dead ball moves

BALL HANDLING/DRIBBLING

- Stationary dribbling
- Crossover moves
- Handling under pressure

PASSING AND CATCHING

- Push pass
- Bounce pass
- 1 and 2 bounce flick pass
- Skip pass/overhead pass
- Receiving skills

INDIVIDUAL DEFENCE - “ABILITY TO GUARD YOUR MAN”

- Closing out
- 1 v 1 containment full court
- 1 v 1 containment half court
- Foul discipline

When focusing on the Fundamental Five athletes should keep in mind:

WEAK HAND DEVELOPMENT

2:1 ratio on non-dominant hand over dominant hand in all skills, to ensure athletes develop the ability to use both sides of their body.

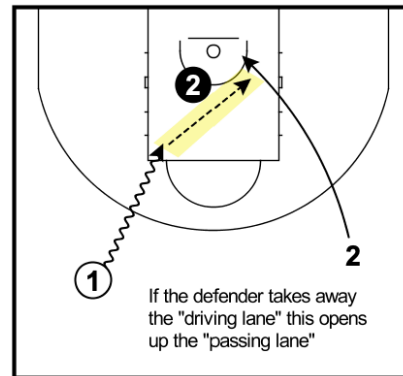
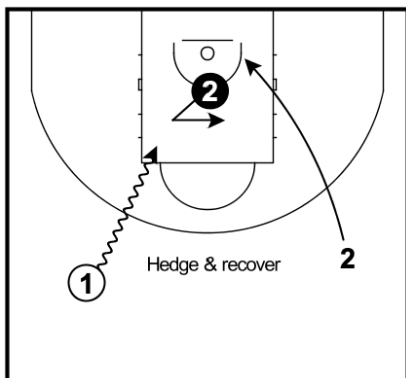
OFFENSIVE CONCEPTS

Advantage/Disadvantage

It is imperative our athletes learn to make decisions in advantage situations (2v1, 3v2, 4v3 & 5v4). Players must learn to find the open player, understand good shot selection, appropriate spacing, cutting and receiver spots in advantage situations. Coaches must utilise various drills to develop decision making in these situations.

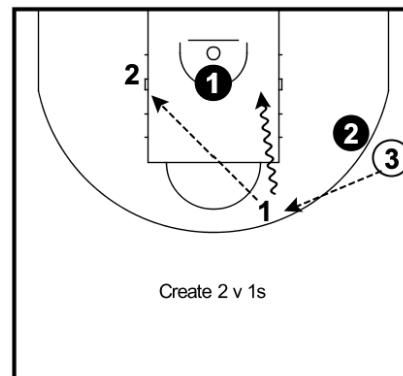
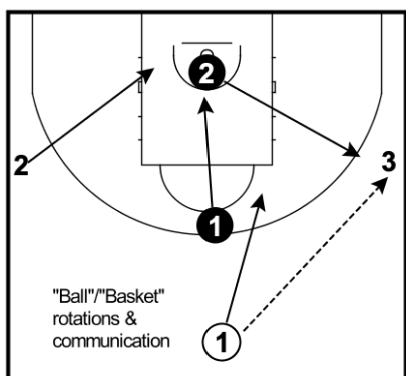
2 v 1 concepts

Teaching points - "Driving lane/passing lane"



3 v 2 concepts

Teaching points - Spacing, kick ahead and get to "ball side elbow", create 2v1s



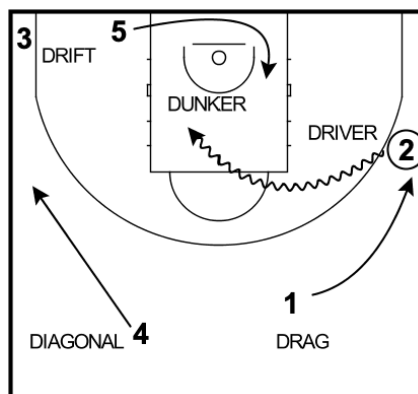
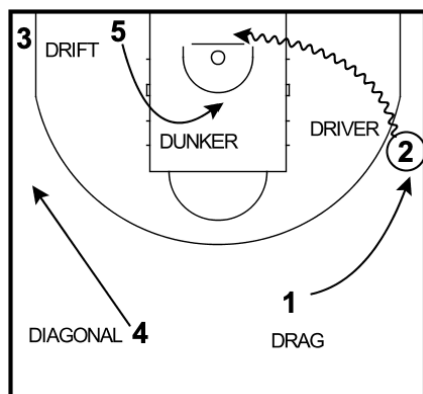
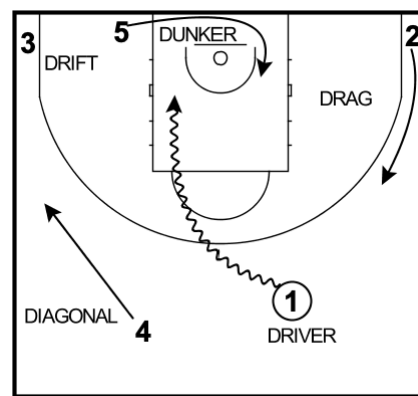
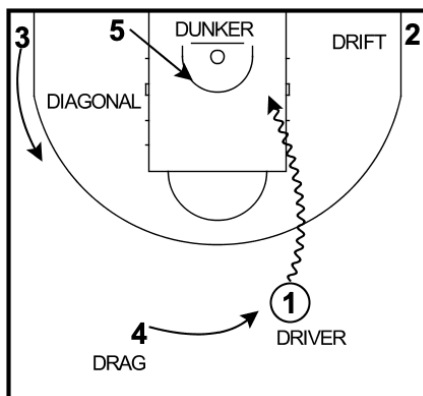
OFFENSIVE CONCEPTS

Receiver spots - The 5 Ds

All teams/athletes need a strong understanding of “receiver spots” (where to move when the ball is driven). We teach the “5 D’s” - “Driver”, “Drift”, “Diagonal”, “Dunker” and “Drag”. These rules build into our pick and roll spacing, help us create advantages and allow us to easily teach “extra pass” concepts (split and kick).

Guard and wing drive situations and receiver spots (5 Ds)

Teaching points - “The ball has eyes”



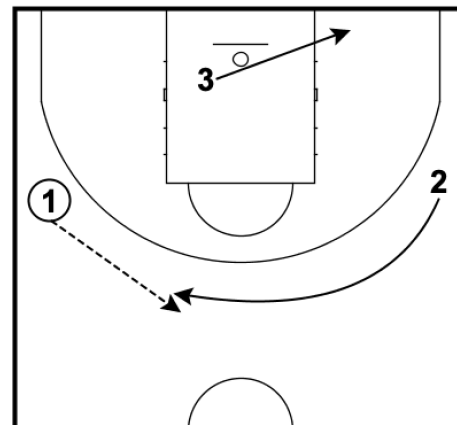
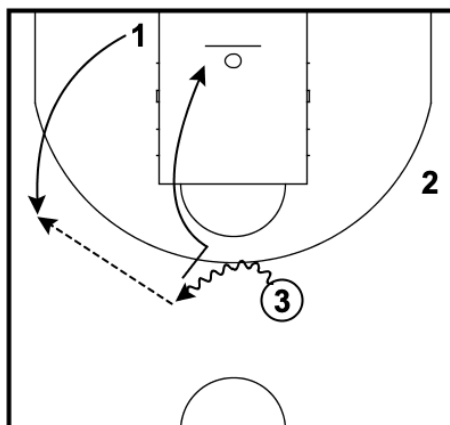
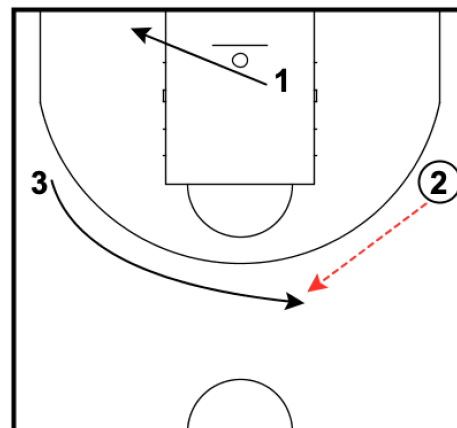
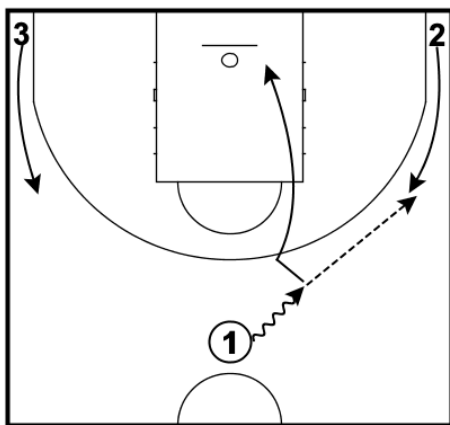
OFFENSIVE CONCEPTS

Pass, Cut, Replace

It is important for all athletes to understand the importance of basic basketball concepts of spacing and purposeful ball and player movement. For our athletes to understand this, they must be taught the concept of “pass and cut”.

3 v 0 and 3 v 3 pass and cut

Teaching points - “Set up your cut” / “Can I score?” on every catch



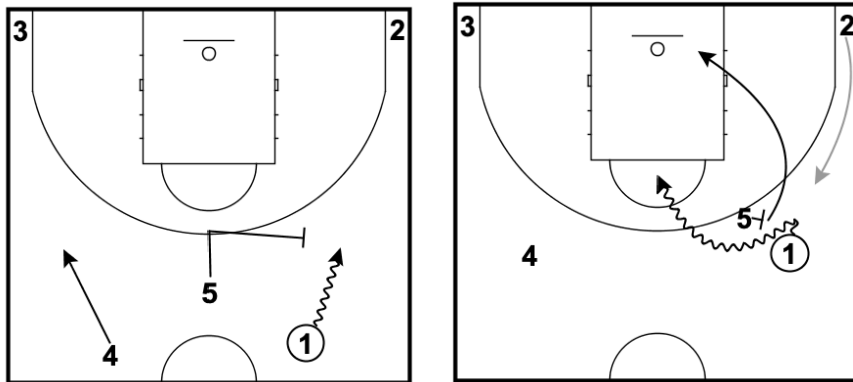
OFFENSIVE CONCEPTS

Transition Ball Screens (“Punch” and “Drag” Actions)

One of the key offensive concepts we want our athletes to utilize are ball screens in transition. Transition ball screens are extremely effective as they allow the offensive player to get “down hill” and put pressure on the defence before it gets established.

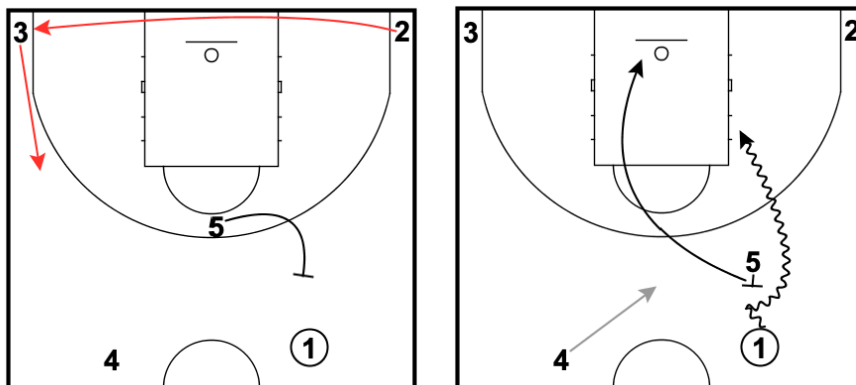
“Drag” screen

Teaching points - “Screen the back pocket” / “Sprint - Smash - Separate”



“Punch” screen

Teaching points - Screen is set “flat” (back to the baseline) / Same concept of “Sprint - Smash - Separate” for the screener



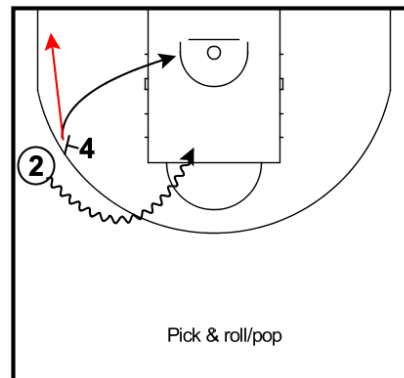
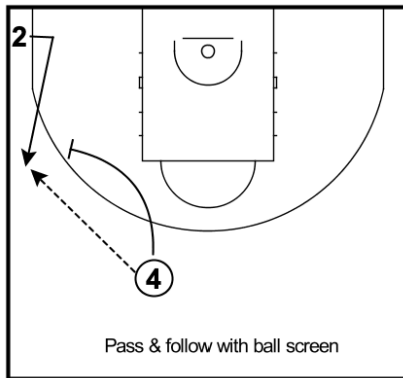
OFFENSIVE CONCEPTS

“2-Man Game” Concepts

We want players to understand “two-man game” concepts so they can succeed in any offensive system.

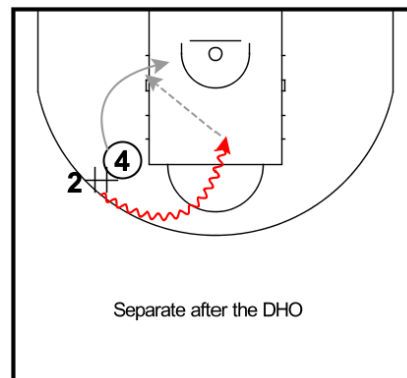
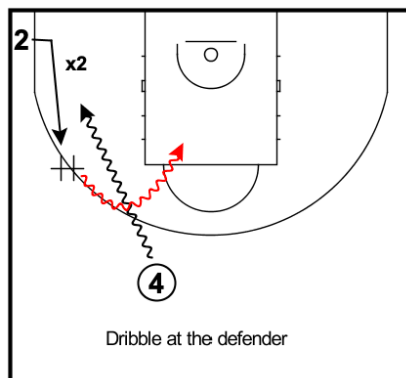
Side ball screen

Teaching points - “Sprint - Smash - Separate” and “Screen the back pocket”



Dribble hand off (DHO)

Teaching points - “Dribble at the defender”, “North/South” action, guard cut late/hard.



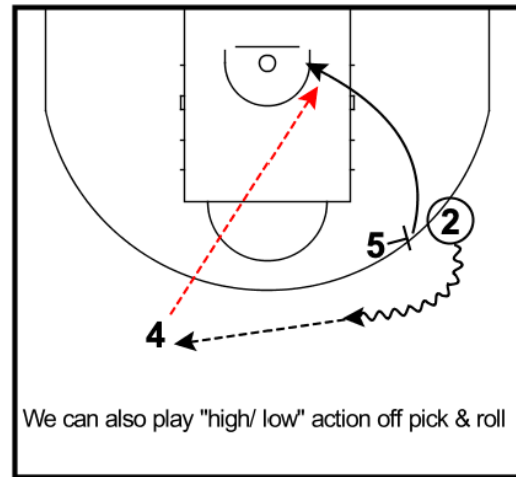
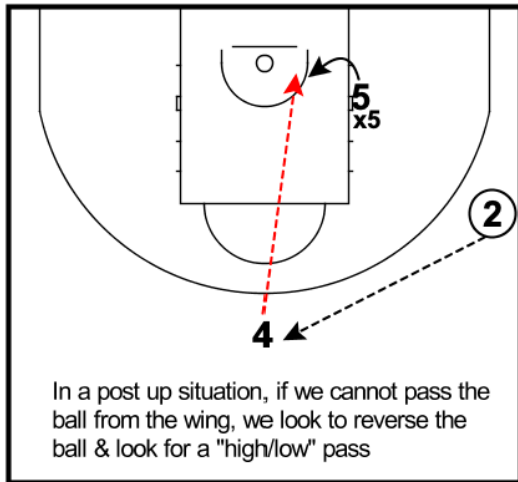
OFFENSIVE CONCEPTS

“3-Man Game” Concepts

Similar to how we want our players to understand basic concepts of cutting, spacing, ball movement, transition ball screens and “2-man game” so that they can succeed in any system – we want them to understand common “3-man game” concept. Concepts such as post triangle (high/low), rules on post catches and “loaded side” actions are important for our players to understand.

High-low action

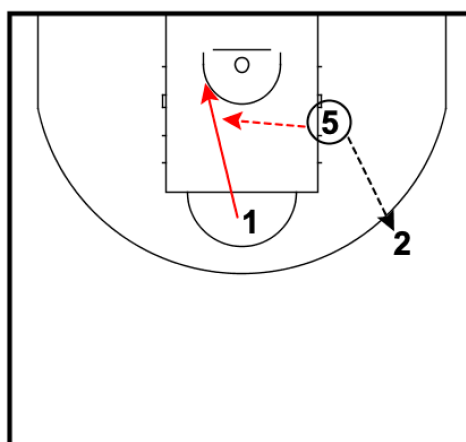
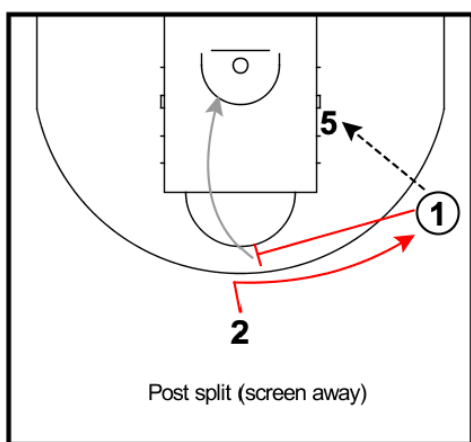
Teaching points - Pass to the edge of the backboard.



OFFENSIVE CONCEPTS

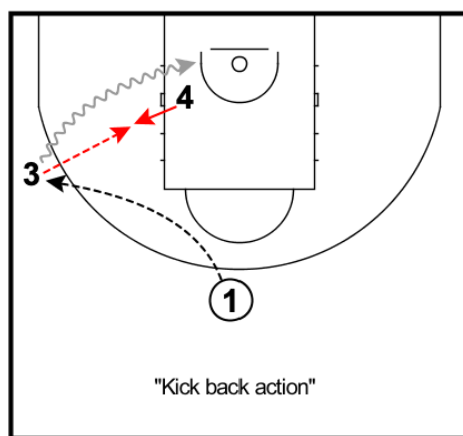
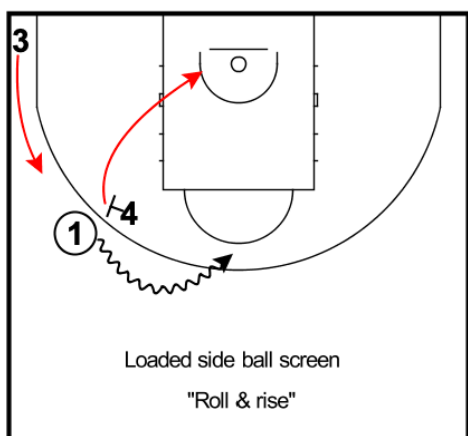
Post split (rules on a pass to the post)

Teaching points - On a post catch the passer must screen away. One cutter cuts to the basket, one towards the wing.



Loaded side ball screen

Teaching points - As the screener rolls the corner player must lift.

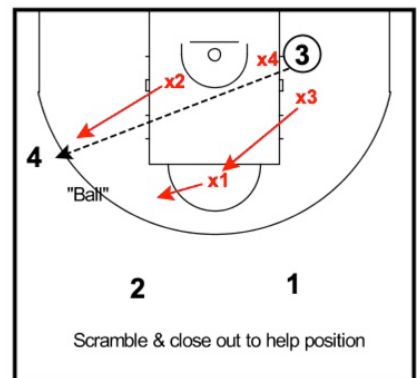
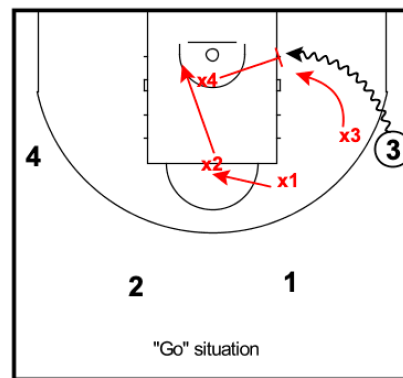
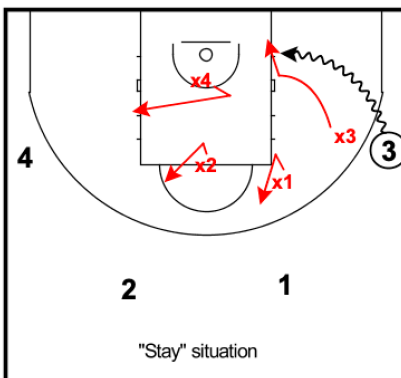
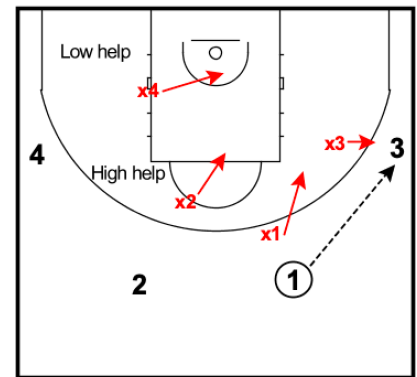
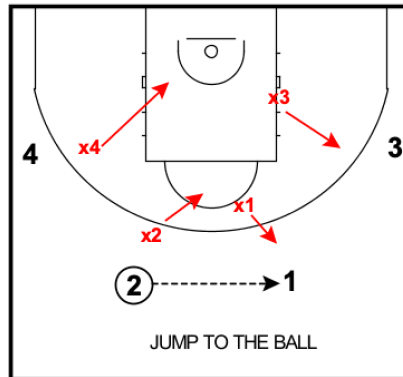
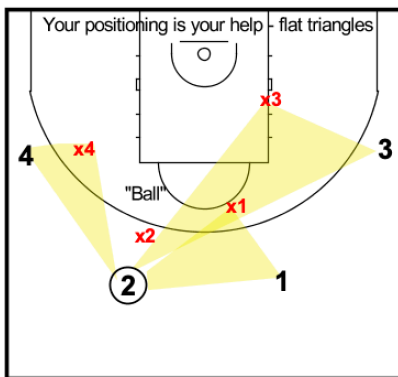


DEFENSIVE CONCEPTS

Shell Principles (half-court)

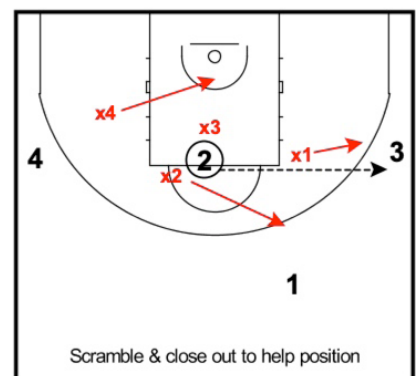
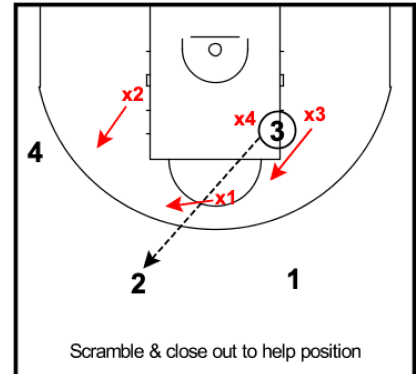
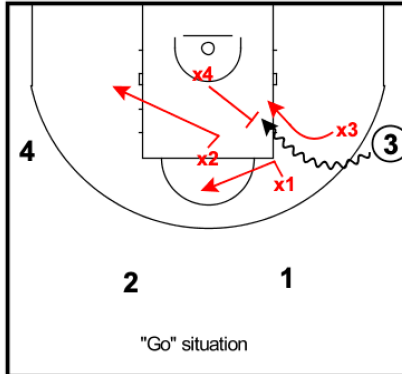
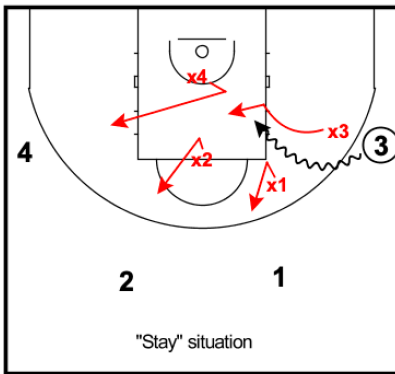
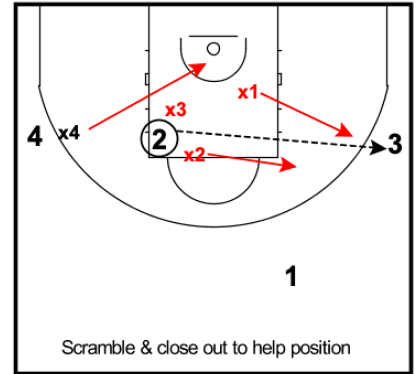
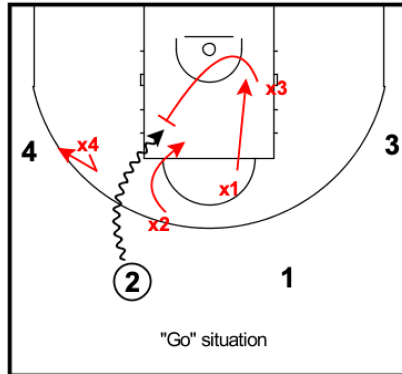
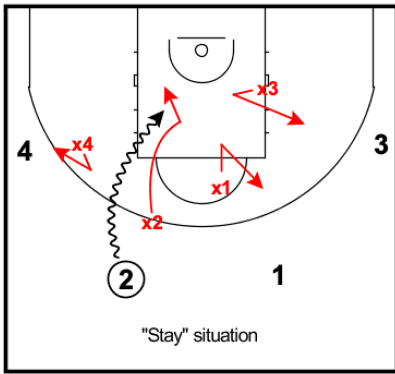
One of the most important concepts for athletes to understand on defence is positioning. Being in the right position is how you ensure you are a good defensive player and good defensive team. "Shell" principles are integral to developing our core and advanced defensive concepts. We use the communication "Stay" or "Go" to signal when we are in rotation or not. There are 4 non-negotiable words on defence – "ball", "stay", "go" and "shot". We refer to this as purposeful communication.

4 v 4 Shell Principles



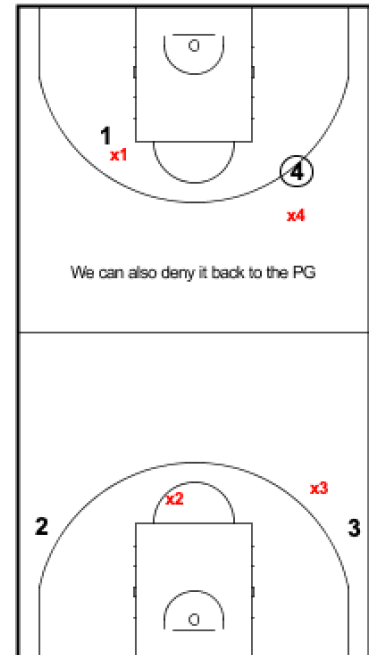
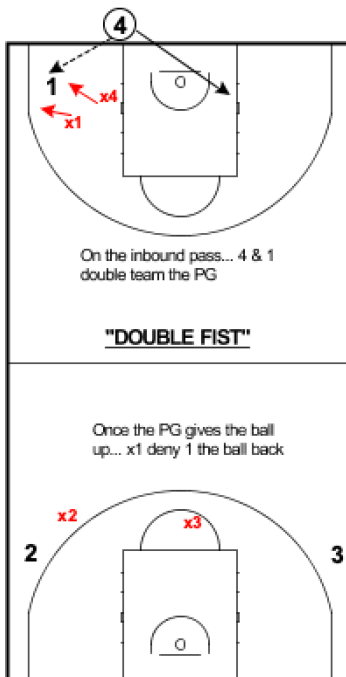
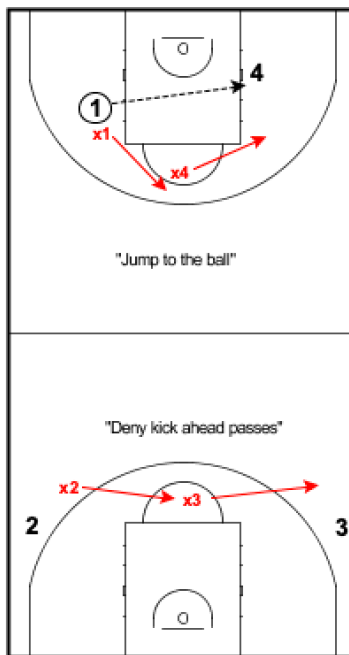
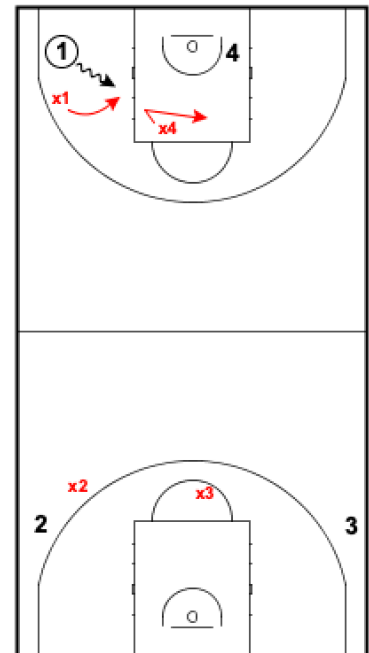
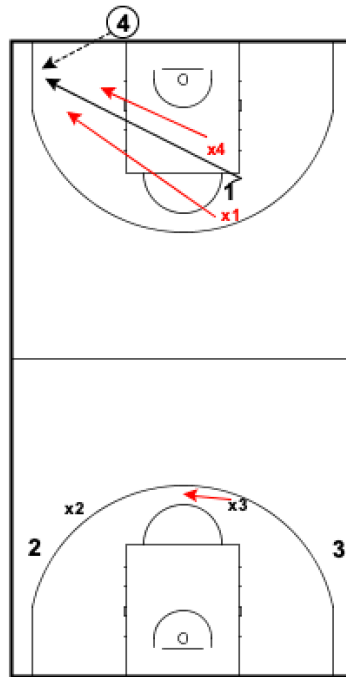
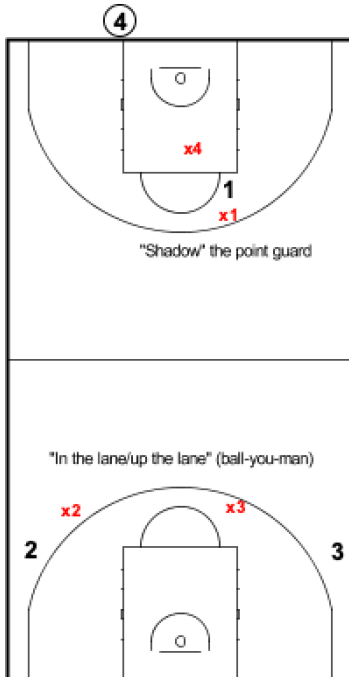
DEFENSIVE CONCEPTS

4 v 4 Shell Principles (continued)



DEFENSIVE CONCEPTS

FULL COURT - 4 v 4 Shell Principles



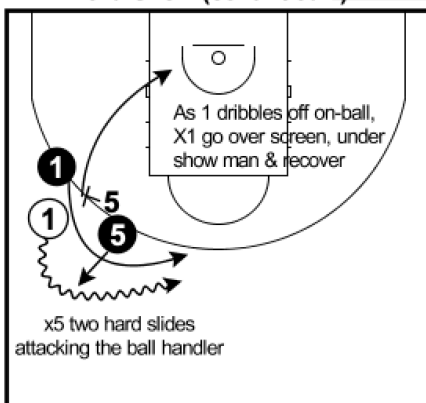
DEFENSIVE CONCEPTS

Defending On-Ball Screens

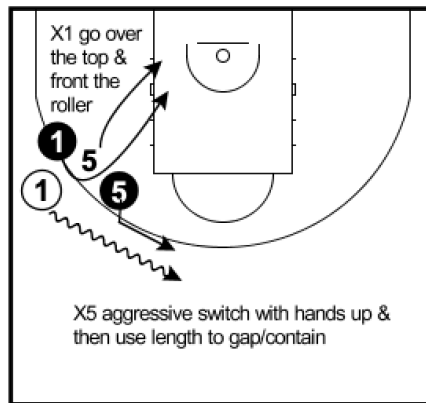
The pick & roll is one of the most used offensive actions in the game. It is imperative that our athletes learn to navigate screens and to execute team defensive schemes against ball screens.

Defending Ball Screens (Pick and Roll)

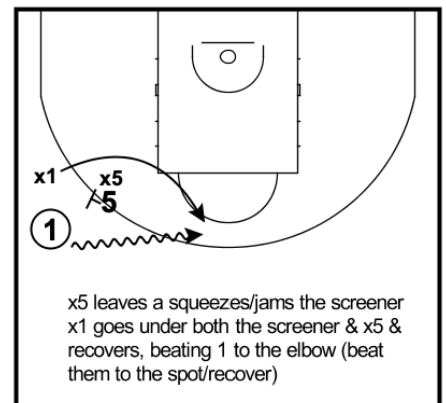
Hard Show



Hustle (switch)



Squeeze



POINTS OF EMPHASIS

Key aspects to focus on for coaches:

UNDER 12s

- *Shot technique*
- *Core skill development*
- *Individual defence*
- *Fast-break (advantage/disadvantage)*
- *Transition offence*
- *Receiver rules*
- *Spacing, ball reversal, passing and cutting*
- *Box out/rebounding*
- *No screening (guideline)*



POINTS OF EMPHASIS

Key aspects to focus on for coaches in:

UNDER 14s

- *Shot technique*
- *Core skill and advanced development*
- *Individual defence*
- *Fast-break (advantage/disadvantage)*
- *Transition offence*
- *Receiver rules*
- *Two-man game options*
- *Transition defence*
- *Shell defensive principles (full and half court)*
- *Boxing out/rebounding*



POINTS OF EMPHASIS

Key aspects to focus on for coaches in:

UNDER 16s and UNDER 18s

- *Shot technique and shooting*
- *Core skill and advanced development*
- *Individual defence*
- *Fast-break (advantage/disadvantage)*
- *Transition offence*
- *Receiver rules*
- *Two-man game concepts*
- *3 man game concepts*
- *Transition defence*
- *Shell defensive principles (full and half court)*
- *Defending on-ball screens*
- *Boxing out/rebounding*



TECHNICAL AND TACTICAL PLAYER DEVELOPMENT MATRIX

Key: I = Introduce; D = Develop; M = Master; E = Extend

Footwork and athletic development	U/8	U/10	U/12	U/14	U/16	U/18	U/21
Running technique	I	D	D/M	M			
Change of pace	I	I/D	D	M			
Change of direction	I	I/D	D/M	M			
Jumping/ bounding	I	I/D	D/M	M	E		
Stopping – jump stops & stride stops	I	I/D	D/M	M	E		
Pivoting – forward & reverse	I	I/D	D/M	M	E		

Jargon/terminology	U/8	U/10	U/12	U/14	U/16	U/18	U/21
Court terminology	I	I/D	D	M	E		
Player positions/roles			I	I/D	D/M	M	E

TECHNICAL AND TACTICAL PLAYER DEVELOPMENT MATRIX

Key: I = Introduce; D = Develop; M = Master; E = Extend

Rules of the game	U/8	U/10	U/12	U/14	U/16	U/18	U/21
Scoring (2s, 3s, 1 for free-throws)		I	D/M	M			
Double Dribble	I	D	M				
Traveling violation	I	D	M				
Backcourt violation (cross-court)		I	D/M				
Jump ball	I	D	M				
Fouls - hands/hand checking	I	D	M				
Fouls - blocking	I	D	M				
Fouls - shooting	I	D	M				
Five fouls on a player (fouling out)		I	D/M				
5 team fouls (bonus situation)		I	D/M				
3 seconds in key		I	D	M			
8 seconds in backcourt			I/D	D/M			
Jump balls - held ball (possession arrow)	I	D	M				
Out of bounds	I/D	M					
24 second shot clock				I/D	D/M		
Free throws (how to line up)		I	D	M			

TECHNICAL AND TACTICAL PLAYER DEVELOPMENT MATRIX

Key: I = Introduce; D = Develop; M = Master; E = Extend

Dribbling and ball handling (dominant and non-dominant hands)	U/8	U/10	U/12	U/14	U/16	U/18	U/21
Fundamental ball control (Maravich drills)	I	D	M	E			
Speed dribble		I	D	M	E		
Control dribble	I	D	M	E			
Straddle/protection dribble		I	I/D	D/M	M/E		
Retreat dribble		I	I/D	D/M	M/E		
Freeze/hesitation dribble		I	I/D	D/M	M/E		
Crossover dribble	I	I/D	D	M	E		
Reverse (spin) dribble			I	D	M	E	
Behind back dribble			I	D	M	E	
In and out dribble (fake the crossover)		I	D	M	E		
Between legs dribble			I	D	M	E	

TECHNICAL AND TACTICAL PLAYER DEVELOPMENT MATRIX

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Passing and catching (dominant and non-dominant hands)	U/8	U/10	U/12	U/14	U/16	U/18	U/21
Ready position/stance	I	I/D	D	M	E		
Catching/receiving ("Show ten/block and tuck")	I	I/D	D	M			
Move to ball/meet the pass	I	I/D	D	M			
Chest pass	I	I/D	D	M			
Bounce pass	I	I/D	D	M			
Overhead/skip pass			I	D	M	E	
Baseball pass (long outlet)			I	D	M	E	
Push pass		I	D	M	E		
Pass fakes (fake a pass to make a pass)		I	D	M	E		
Over the bottle (step around)			I	D	M	E	
Swing step			I	D	M	E	
1 bounce flick/push pass			I	D	M	E	
2 bounce flick/push pass			I	D	M	E	
Curl pass (to the post)				I	D	M	E
High/low "touch pass" (to the post)				I	D	M	E
Lob pass (to the post)				I	D	M	E
Drag and kick i.e. off a ball screen				I	D	M	E
Hook pass i.e. off dribble penetration				I	D	M	E
Creative passing - "behind the back"				I	D	M	E
Creative passing - "between the legs"				I	D	M	E

TECHNICAL AND TACTICAL PLAYER DEVELOPMENT MATRIX

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Shooting and finishing	U/8	U/10	U/12	U/14	U/16	U/18	U/21
Lay-up - dominant hand	I	I/D	D	M	E		
Lay-up - non-dominant hand		I	D	D/M	M/E	E	
Reverse lay-up (both hands/sides)			I	D	M	E	
Power lay-up			I	D	M	E	
Running hook shot				I	D	M	E
Dead ball move (off 2 feet) - "hook"			I	I/D	D/M	M/E	E
Dead ball move - "step through"			I	I/D	D/M	M/E	E
Dead ball move - "step across"			I	I/D	D/M	M/E	E
Dead ball move - "reverse pivot"			I	I/D	D/M	M/E	E
Dead ball move - "Forward pivot"			I	I/D	D/M	M/E	E
Format shooting and shot technique			I	D	D/M	M/E	E
Jump shot and shot technique			I	D	D/M	M/E	E
Free throws (routine)			I	D	M		
Catch/shoot - 2s			I	D	M	E	
Shooting off the dribble - 2s (1/2 bounce jumpers)			I	D	M	E	
Catch/shoot - 3s				I	D	M	E
Shooting off the dribble - 3s				I	I/D	D/M	M/E

TECHNICAL AND TACTICAL PLAYER DEVELOPMENT MATRIX

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Individual offence	U/8	U/10	U/12	U/14	U/16	U/18	U/21
Triple threat position - "ready position"	I	I	D	D/M	M	E	
Jab step - onside move/step			I	D	M	E	
Jab step - crossover move/step			I	D	M	E	
Jab step - shoot				I	I/D	D	M/E
"Throw down" dribble			I	I/D	D/M	M	E
Shot fakes		I	I/D	D	M	E	
Posting up technique and target hand				I	D	M	E
Post moves - dropstep moves				I	D	M	E
Post moves - spin moves				I	D	M	E
Post moves - face up moves				I	D	M	E
Post moves - low and slow moves				I	D	M	E
Getting open - making a lead (v-cut, L-cut, inside cut and flare)		I	I/D	D	D/M	M	E
1/2 dribble and change moves			I	D	M	E	

TECHNICAL AND TACTICAL PLAYER DEVELOPMENT MATRIX

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Individual defence	U/8	U/10	U/12	U/14	U/16	U/18	U/21
Defensive stance	I	I/D	D	D/M	M		
Guarding the ball - maintaining a gap	I	I/D	D	D/M	M		
Footwork - big to bigger		I	I/D	M	M/E		
Footwork - don't open the gate			I	I/D	M	M/E	
Use of hands (spear/deflection hand)			I	D	M	M/E	
Turning the handler			I	D	M	M/E	
Channeling/shading the handler			I	D	M	M/E	
"Pointing pistols" off the ball (ball-you-man)			I	I/D	M	M/E	
Jumping to the ball			I	D	M	E	
Closing out			I	D	M	E	
Defending cutters (jump to ball/bump cutter)			I	D	M	E	
Defending screens (avoiding picks)			I	I/D	D/M	M/E	E

Rebounding	U/8	U/10	U/12	U/14	U/16	U/18	U/21
Protection of ball ("chin the ball")		I	I/D	D	M	E	
Anticipation ("assume every shot will miss")	I	I/D	D	M	E		
BOXING OUT		I	I/D	D	M	E	
Offensive - swim technique/positioning		I	I/D	D	M	E	
Defensive - outlet pass, bust out		I	I/D	D	M	E	
Team rebounding	I	I	I/D	D	M	E	

TECHNICAL AND TACTICAL PLAYER DEVELOPMENT MATRIX

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Team offence	U/8	U/10	U/12	U/14	U/16	U/18	U/21
Transition offence - floor spots	I	I	I/D	D	M	E	
Transition offence - advanced (ball screening in transition)					I	D	M/E
Fast break principles - 2 v 1	I	I	D	D/M	M	E	
Fast break principles - 3 v 2			I	D	M	E	
Fast break principles - 4 v 3				I	D	M	E
Spacing (floor spots)	I	I/D	D	D/M	M	E	
Pass, cut and replace			I	D	M	E	
Ball reversal		I	I/D	D	M	E	
Receiver spots - 5 Ds			I	D	M	E	
2-man game - ball screens				I	D	M	E
2-man game - dribble handoff				I	D	M	E
2-man game - pinch post (high post HO)				I	D	M	E
Post triangle (wing pass to post)				I	D	M	E
Post triangle (high/low pass)				I	D	M	E
Down screens				I	D	M	E
Back screens/up screens				I	D	M	E
Flare screens				I	D	M	E
Staggered (double) screens				I	D	M	E
Zone offence (high/low, triangle/diagonal)					I	D	M
Press-break			I	D	M	E	

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Team offence	U/8	U/10	U/12	U/14	U/16	U/18	U/21
Communication - declare "ball"		I	I/D	D	M	E	
Communication - "shot" (box out prep)			I	D	M	E	
Communication - "stay" or "go" (rotations)			I	I/D	D	M	E
Communication - advanced				I	D	M	E
Transition defence			I	D	M	E	
On the line/up the line			I	D	M	E	
Advantage/disadvantage - 2 v 1		I	D	D/M	M	E	
Advantage/disadvantage - 3 v 2			I	D	M	E	
Advantage/disadvantage - 4 v 3				I	D	M	E
Shell drill principles - positioning			I	D	M	E	
Shell drill principles - rotation			I	D	M	M/E	E
On-ball screen (side) defence				I	D	M	E
On-ball screen (middle) defence				I	D	M	E
On-ball screen (various angles) defence					I	D	M
Defending down screens				I	D	M	E
Defending back/up screens				I	D	M	E
Defending flare screens				I	D	M	E
Defending staggers (double screens)					I/D	D/M	M/E
Zone defensive concepts					I	D	M



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www.werribeebasketball.com



Eagle Stadium, 35 Ballan Rd, Werribee



reece.potter@werribeebasketball.com