



Mill Park Rebelz Basketball Club

Coaches Clinic Program 2024

Mill Park Rebelz Coaches Clinic Program 2024

To provide all ages and grade level players with various basketball skills from coaches wanting more information and examples of how to deliver these various skills as part of their training program for their teams to expand their knowledge of the sport.

Wednesday's 7 - 8pm Mill Park Secondary Court 1 - 1 Hour sessions.

May 1st	DRILLS	Shooting, Dribbling, Passing, Defense, Offence, Rebounding, Combinations, Half Court, Full Court.	10 Players
May 29th	DEFENSE	Squaring up, Hands Out, Screening, Boxing Out, Zone, Shell, Man on Man, Full Court Press, Half Court Press, Split Line Press.	10 Players
June 12th	OFFENSE Part 1	Beginners Skills (Star Academy - Dan)	10 Players
July 3rd	SCHOOL BREAK		
July 31st	OFFENSE Part 2	Advance Skills (Pro Precision - Nathan)	10 Players
Aug 14th	FOOTWORK	Scott Ryan - Stance, Lay-ups, Pivots and Counters, Step Through, Sweep, Back Pivots, Jump Stops, Inside Pivots,	10 Players
Sept 4th	SHOOTING	Court positions, 3 Point, Loading the shot, Guiding Hand, Squaring up,	5 Players
Sept 25th	SCHOOL BREAK		
Oct 16th	TERMINOLOGY	Court Identification, Offense Names and meanings, Defense Names and meanings, Simple game names.	
Nov 6th	PASSING	Chest pass, Post-up Pass, Bounce Pass, Passing Drills	6 Players
27th Nov	INJURY PREVENTION	Physio (TIM) warm-up, cool down processes, types of basketball injury's, what to do when injured. Ice, Rest, Compress and Elevate.	2 Players
11th Dec	GAME RULES	Analise game rules and violations from associations and when to challenge them.	

Reference links:

<https://www.breakthroughbasketball.com>
<https://www.basketballforcoaches.com/basketball-terms/>

DRILLS

May 1st Mill Park Rebelz Coaches Clinic Program

U8's Making it fun:

- Floor is Lava -
- Duck Tails -
- Dribble Chess -
- Red Light / Green Light -
- Dribble Knockout -
- Numbers -
- Shooting Knockout -
- 1 on 1 first to 10, best of 3 -

Dribbling:

- Technique -
- Pound Dribbles -
- Crossovers -
- Through-the-Legs -
- Behind the Back -
- Combination for changing direction -

Shooting:

- Technique -
- 2 Players -
- 5 Players -
- Full Team -

Passing:

- Technique -
- Chest Pass -
- Bounce Pass -
- Hand Off -

Defense:

- 1 on 1 Lock Up -
- Shell -
- Man on Man -
- Split Line -
- Half Court Press -
- Full Court Press -

Offence:

- Back door Cut -
- Back Screen -
- Motion -
- 5 Out -

Rebounding:

- Off the Backboard -
- Boxing Out -
- Offensive rebounding -

Combinations:

Half Court:

- Turnouts – Under Hoop, Block, Short Corner, Wing 3 Point.
- 5 Closeout Continuous Layups -
- Half Court Momentum Drills -
- Continuous Half Court Motion 1 -
- Continuous Half Court Motion 2 -
- Continuous Half Court Motion 3 -
- Screen Back Cut Meet Out -

Full Court:

- 3 Player Full Court Transition 3 Point
- Shot and Layup -
- 3 x 3 x 3 Continuous Transition Play -
- Full Court 2 on 1 Transition -
- Full Court Transition Motion -

21 Basketball Dribbles to Practice for Advanced Ball Handling Skills

By: Author Timeless Basketball

Pound dribble – a type of dribble in basketball in which the ball-handler uses a quick, forceful dribble to move the ball down the court or create space. The ball-handler will typically use the fingertips of both hands to dribble the ball hard and fast, often bouncing it low to the ground. The pound dribble is often used to gain speed or momentum, or to break through a defender's pressure. It can also be used as a quick, powerful move to get past a defender or create an opening for a shot or pass.

Crossover dribble: a move in which the ball-handler dribbles the ball from one hand to the other in front of their body, using a quick change of direction to create space.

Behind-the-back dribble: a move in which the ball-handler dribbles the ball behind their back, using their body to shield the ball from the defender.

Through-the-legs dribble: a move in which the ball-handler dribbles the ball between their legs, using their body to shield the ball from the defender.

Spin dribble: a move in which the ball-handler dribbles the ball and simultaneously spins their body, using the momentum to create space or change direction.

Hesitation dribble: a move in which the ball-handler briefly pauses or slows their dribble, using the hesitation to misdirect the defender.

In-and-out dribble: a move in which the ball-handler dribbles the ball in and out of their legs, using quick changes of direction to create space.

Between-the-legs dribble: a move in which the ball-handler dribbles the ball between their legs, using their body to shield the ball from the defender.

Behind-the-back crossover dribble: a combination of the behind-the-back dribble and the crossover dribble, using a quick change of direction to create space.

Step-back dribble: a move in which the ball-handler takes a step back from the defender while dribbling the ball, creating space for a jump shot or drive to the basket.

Change of pace dribble: a move in which the ball-handler changes the speed of their dribble, using the sudden change to create space or misdirect the defender.

Side-step dribble: a move in which the ball-handler takes a lateral step away from the defender while dribbling the ball, creating space for a jump shot or drive to the basket.

Crossover step-back dribble: a combination of the crossover dribble and the step-back dribble, using quick changes of direction and body positioning to create space.

Euro-step dribble: a move in which the ball-handler takes a long step in one direction, then quickly changes direction and takes another step, using the momentum to create space for a layup or shot.

Half-spin dribble: a move in which the ball-handler dribbles the ball and simultaneously half-spins their body, using the spin to create space or change direction.

Triple threat dribble: a move in which the ball-handler faces up to the defender and dribbles the ball while maintaining the option to shoot, pass, or drive to the basket.

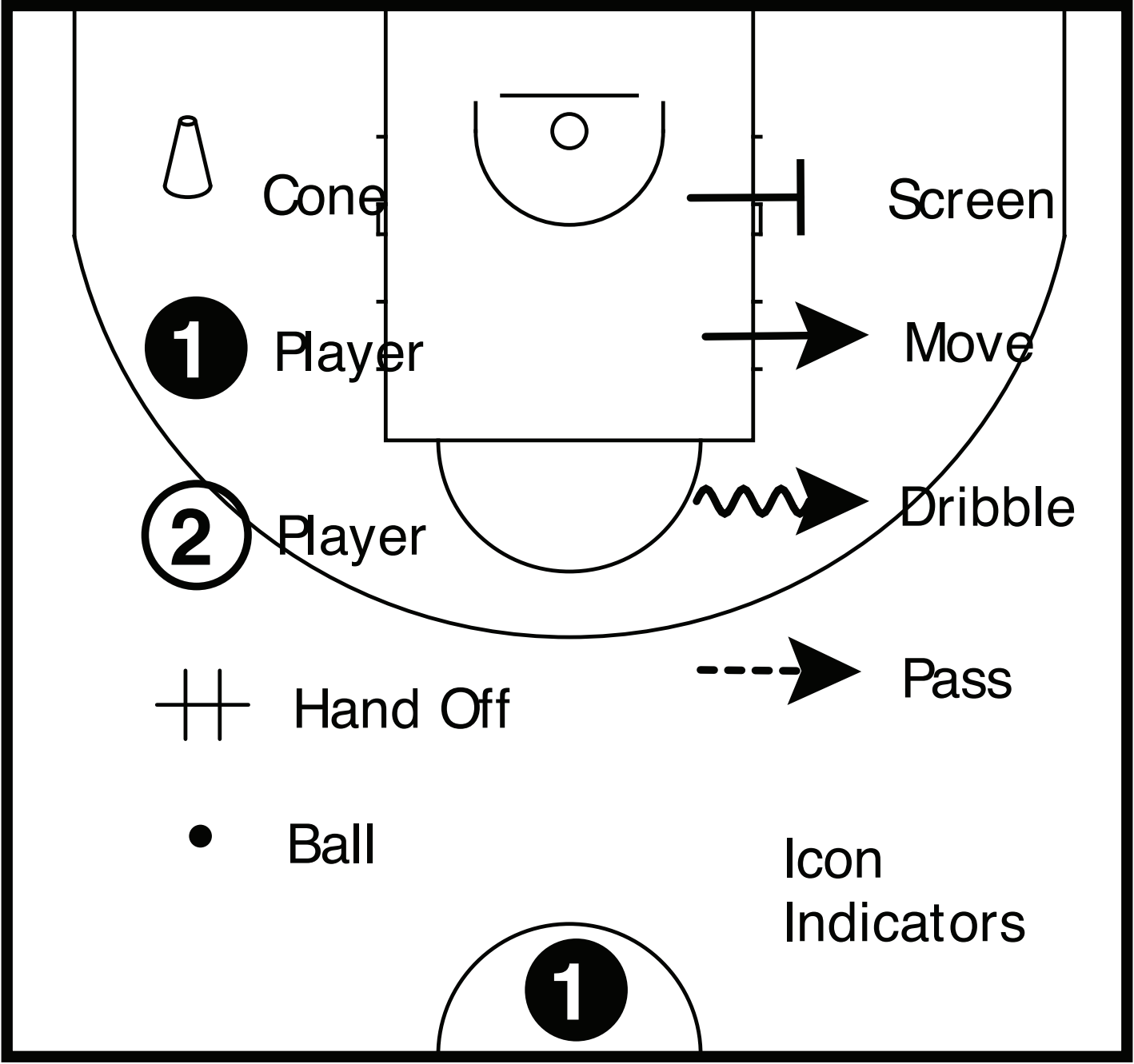
Hesitation crossover dribble: a combination of the hesitation dribble and the crossover dribble, using a pause and a quick change of direction to create space.

In-and-out crossover dribble: a combination of the in-and-out dribble and the crossover dribble, using quick changes of direction and body positioning to create space.

Through-the-legs crossover dribble: a combination of the through-the-legs dribble and the crossover dribble, using quick changes of direction and body positioning to create space.

Key Indicators

Frame 1



Shooting:

Technique -

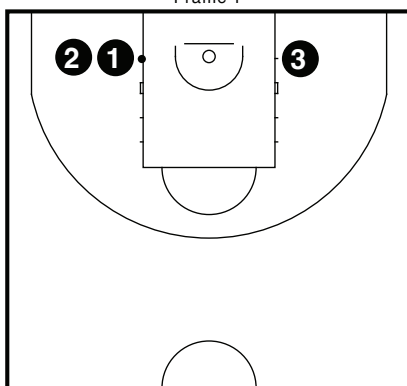
2 Players -

5 Players -

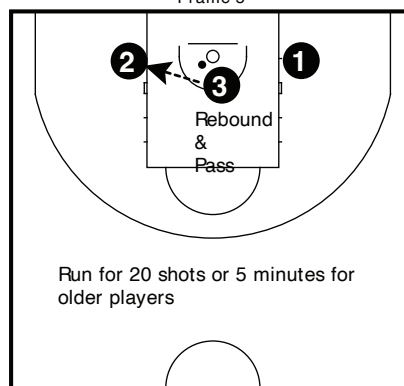
Full Team -

2/3 Player Shooting

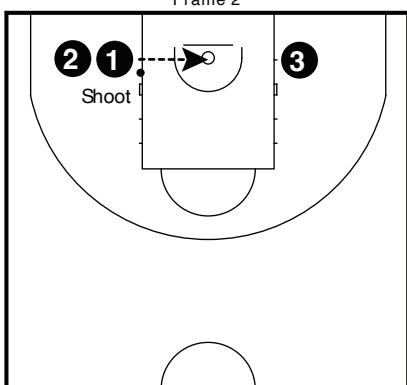
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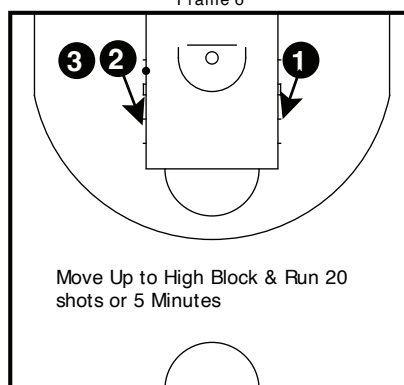
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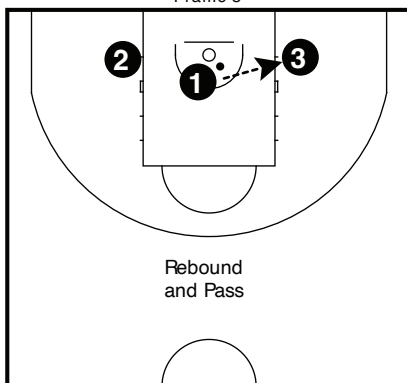
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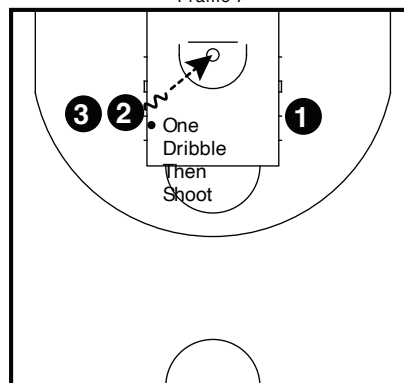
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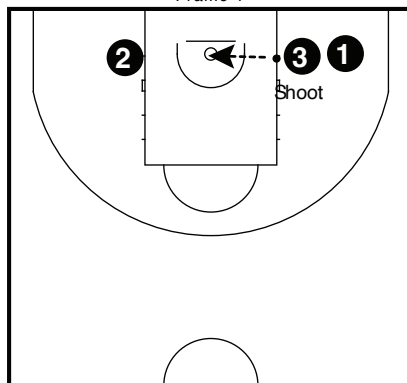
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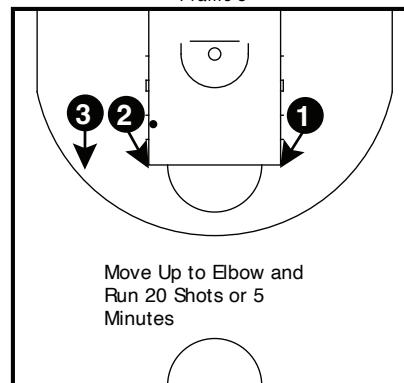
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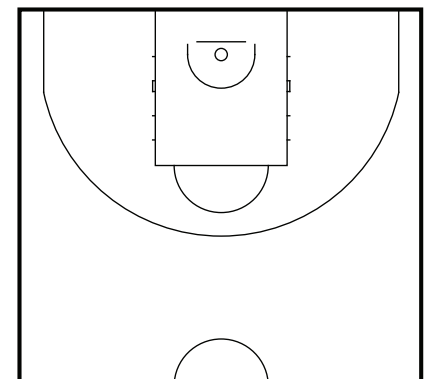
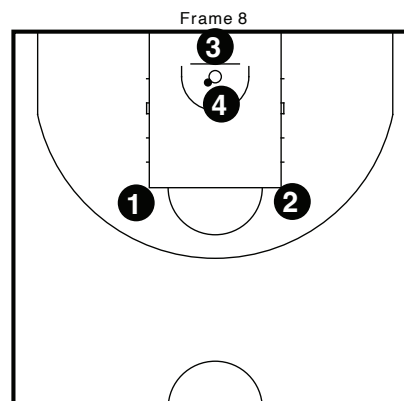
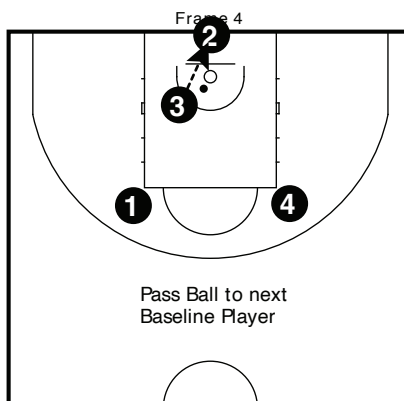
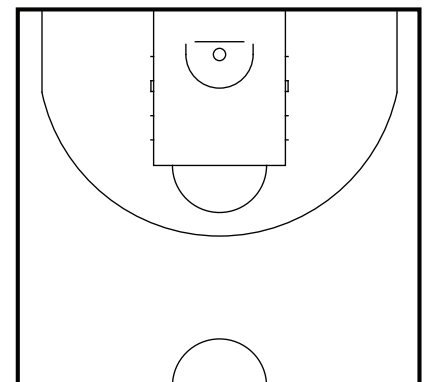
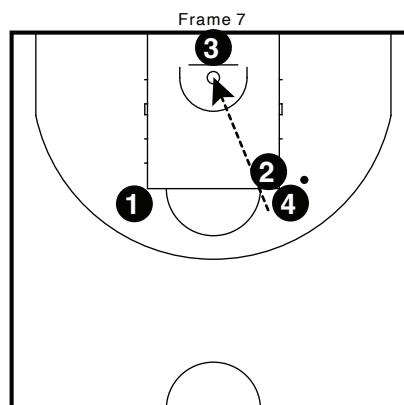
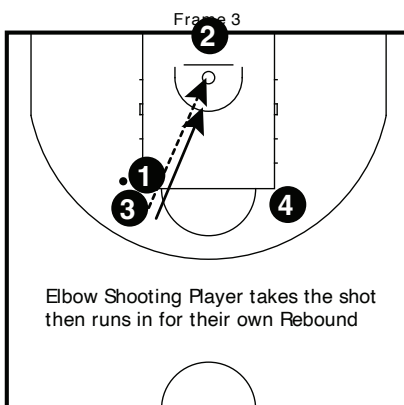
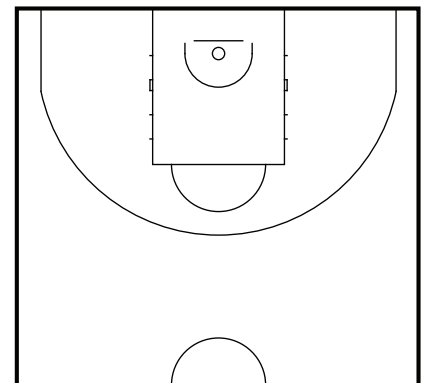
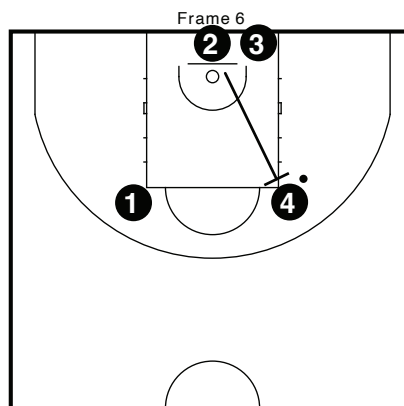
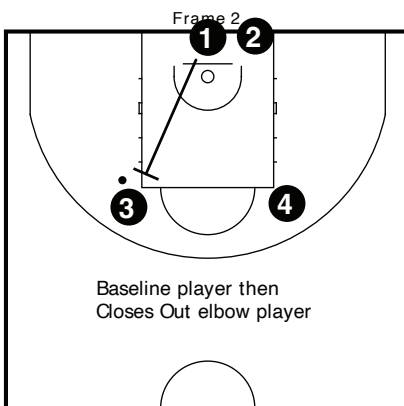
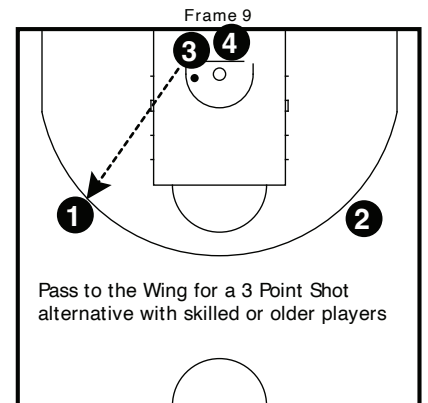
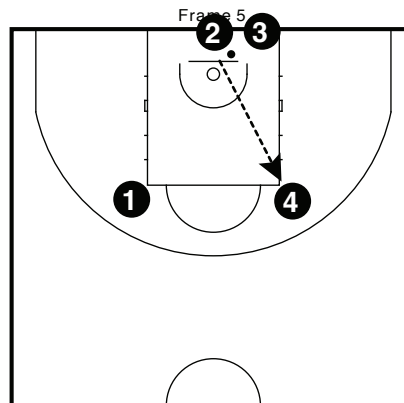
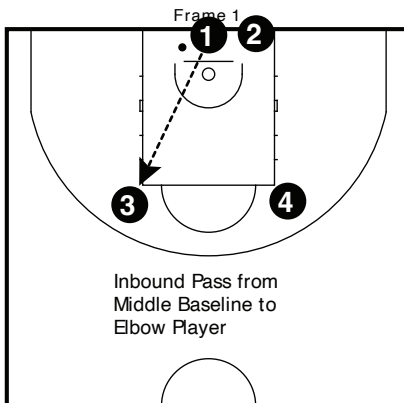
Frame 4



Frame 8

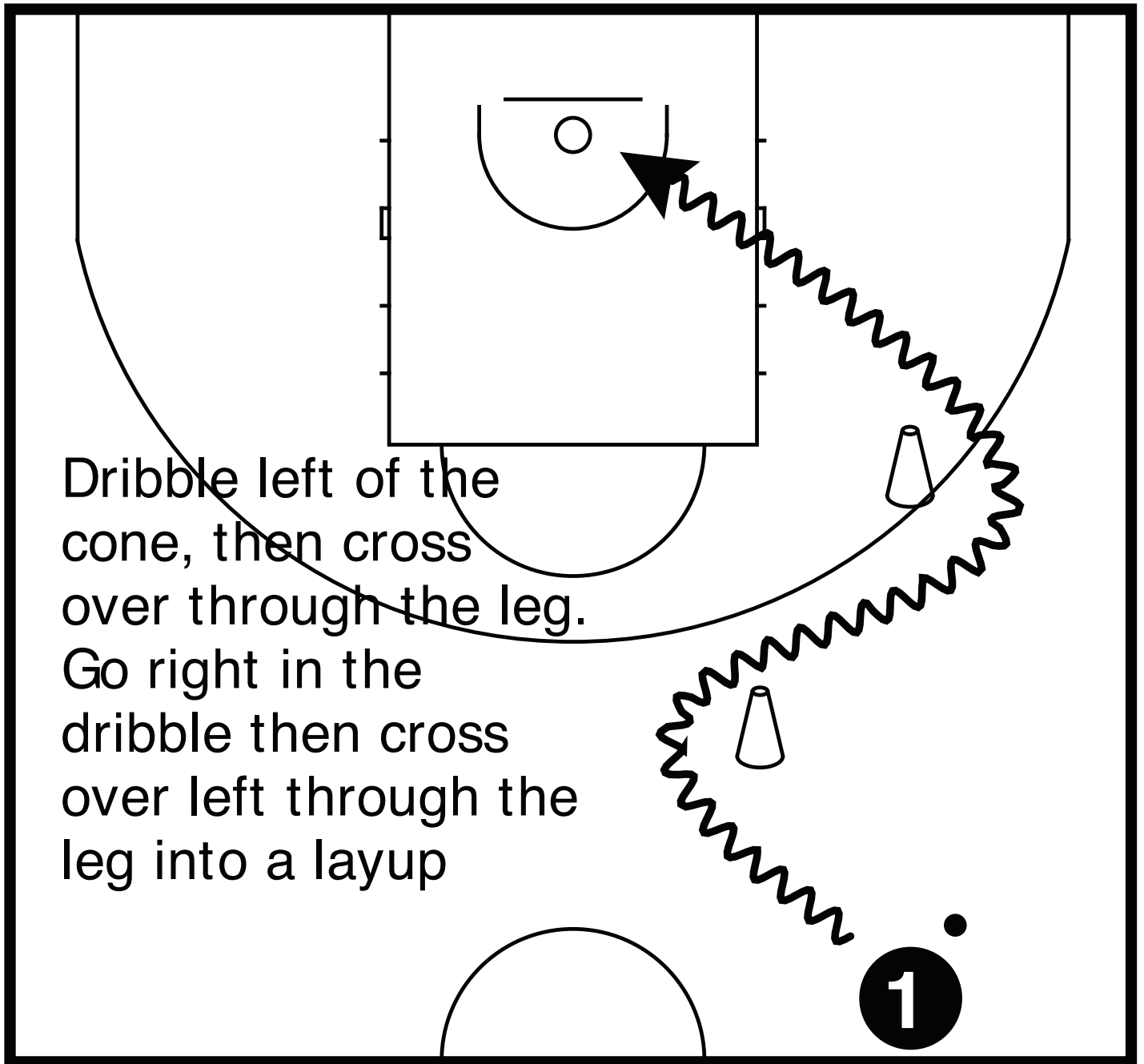


Baseline Pass Elbow Shot



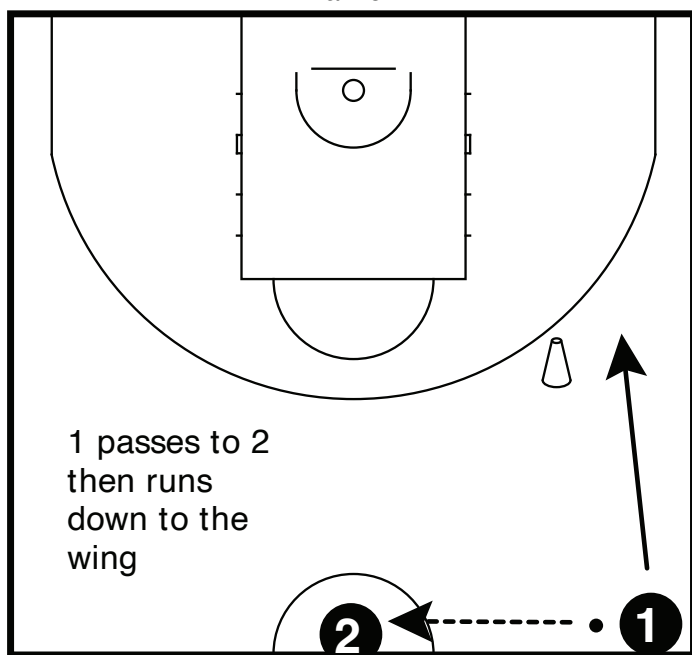
Change Direction

Frame 1

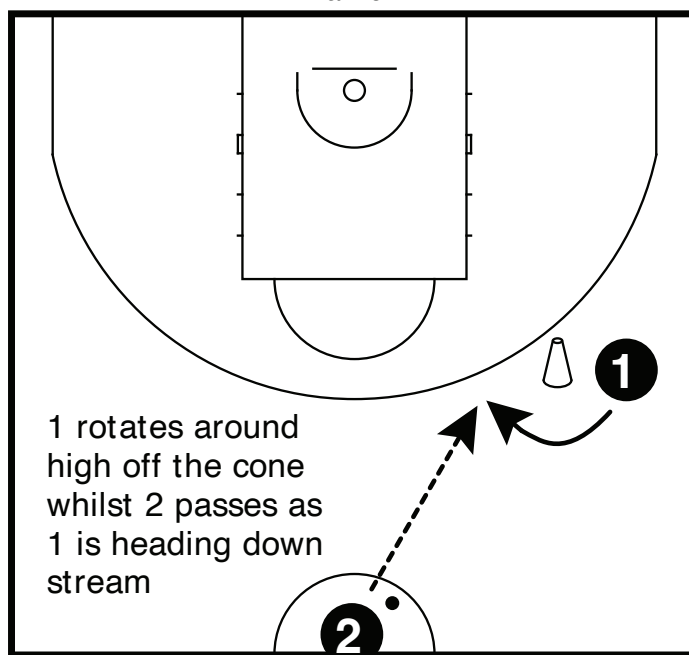


In Out Pass and Play

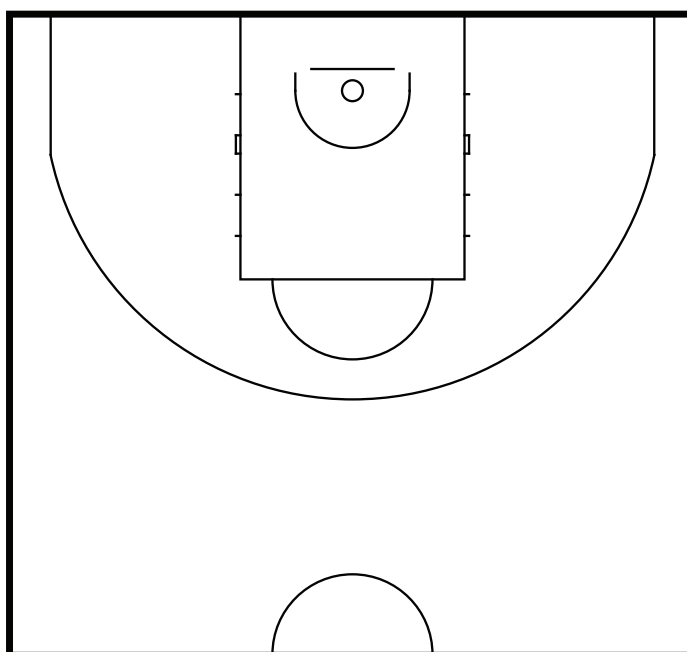
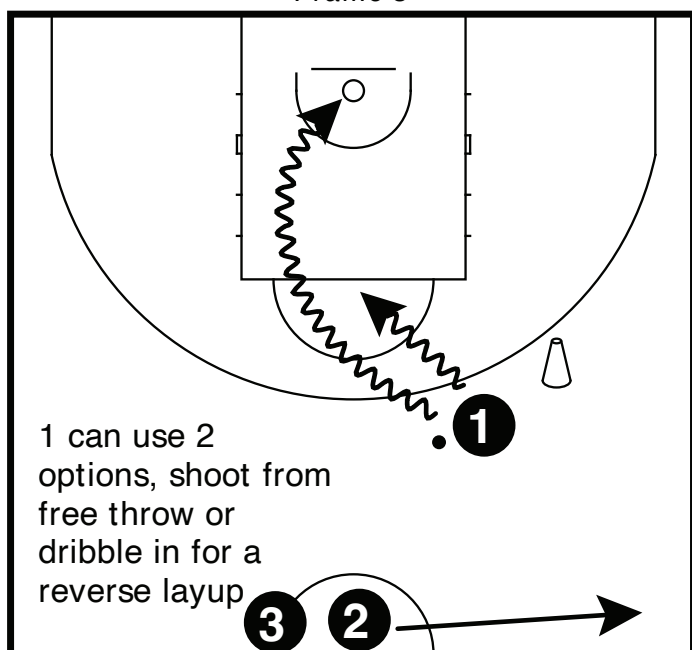
Frame 1



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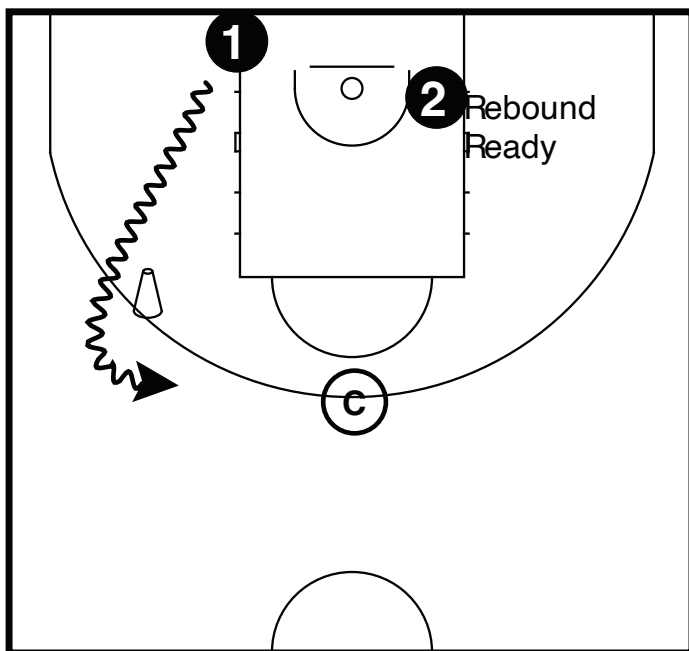


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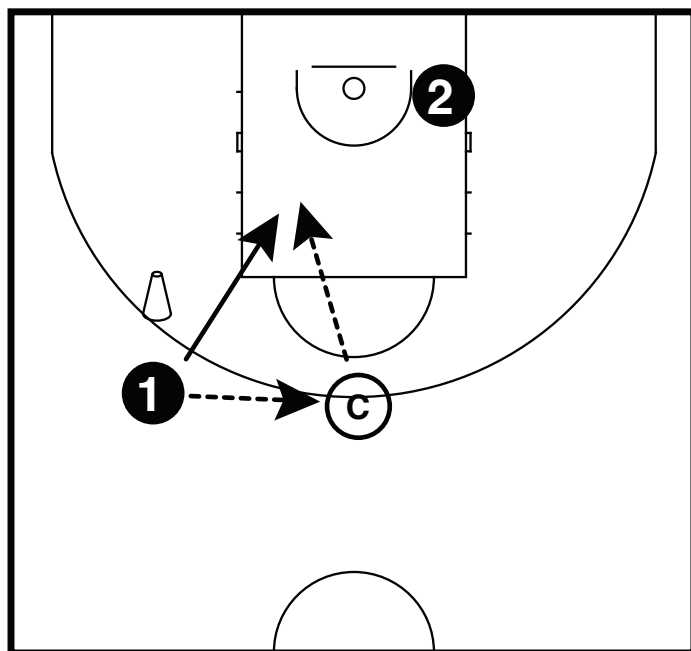


Low Hi Dribble Shot

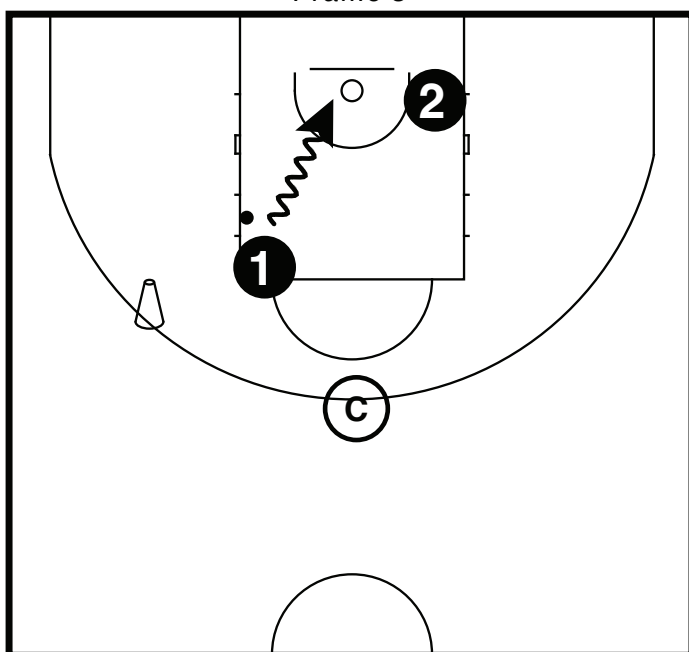
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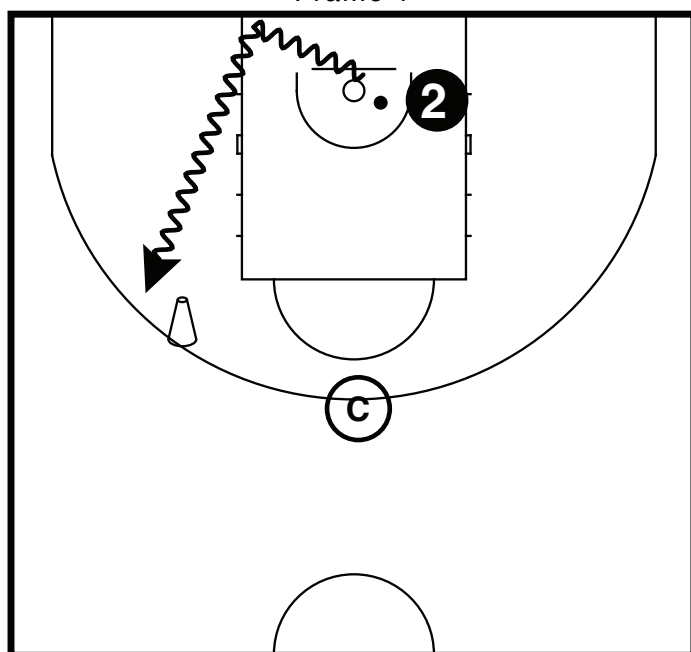
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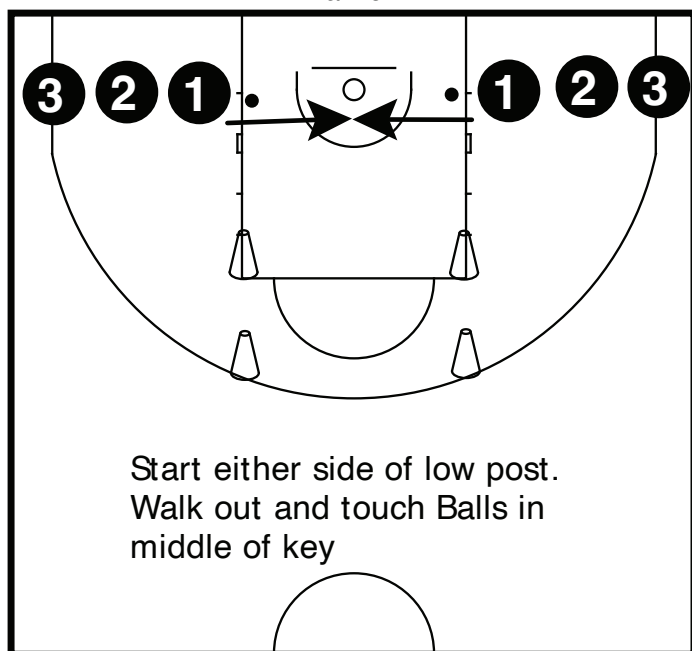


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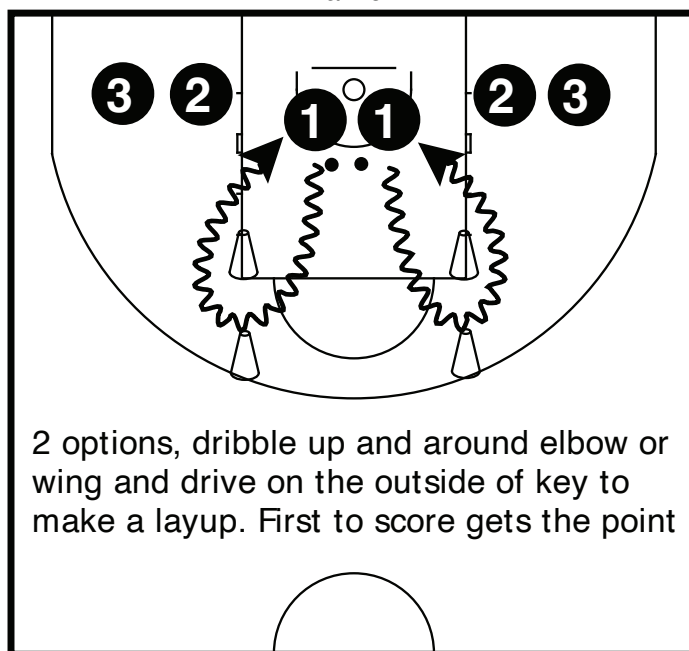


Low Post Take Off

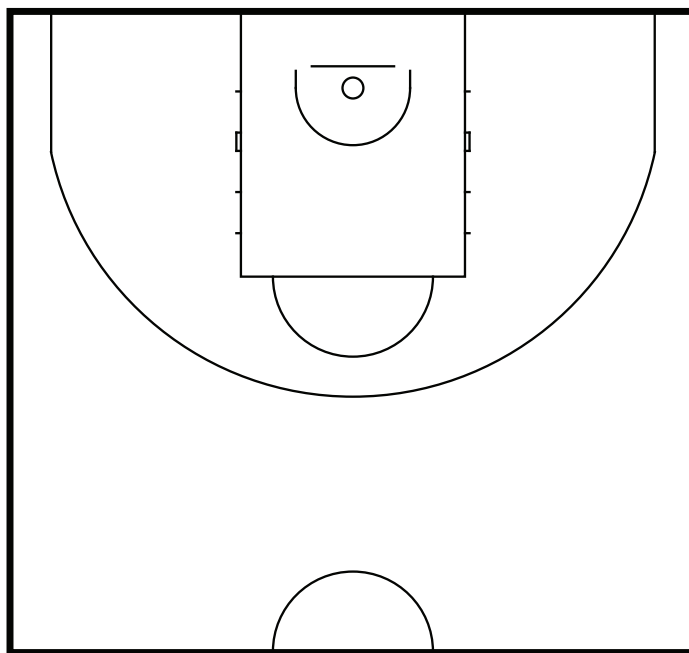
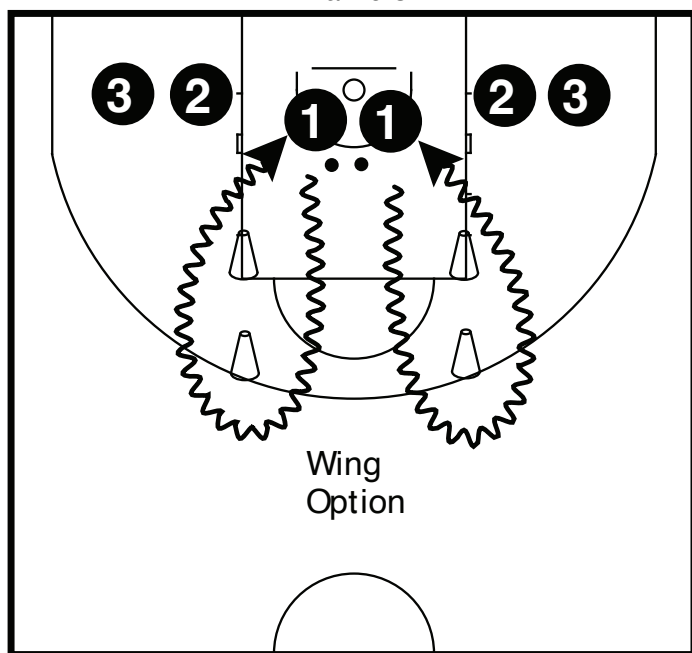
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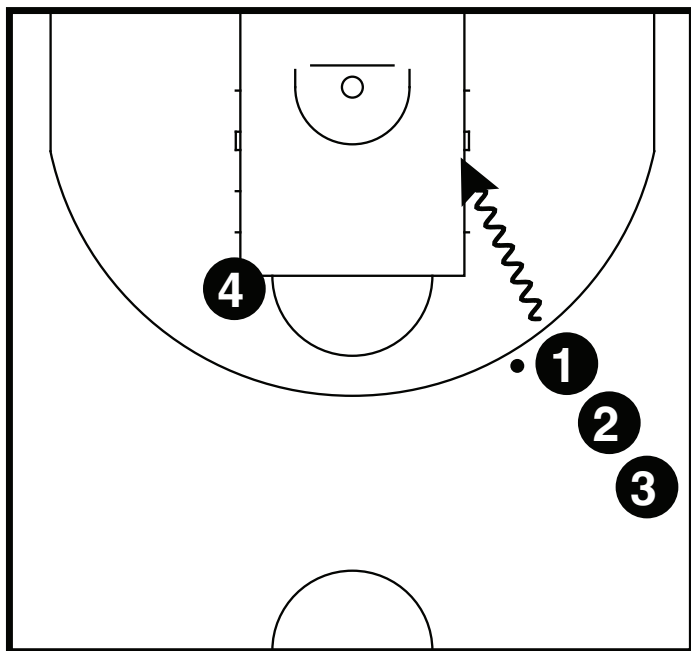


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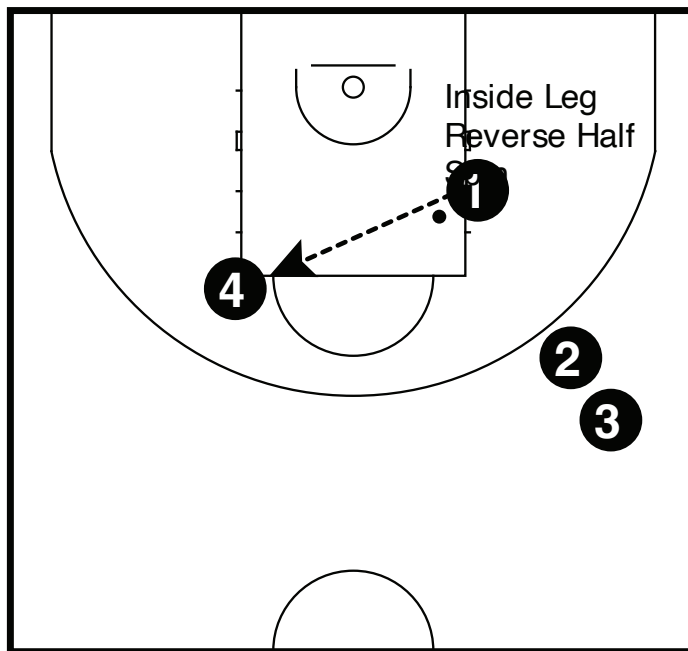


Reverse spin pass layup

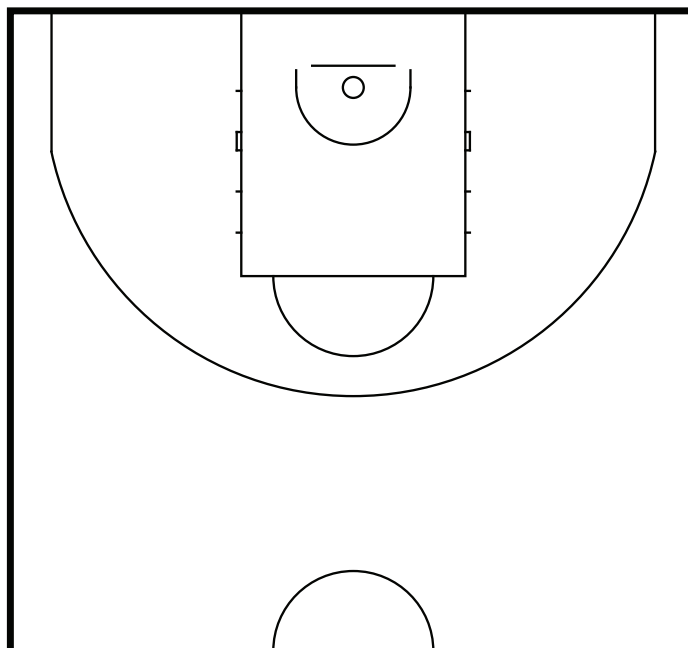
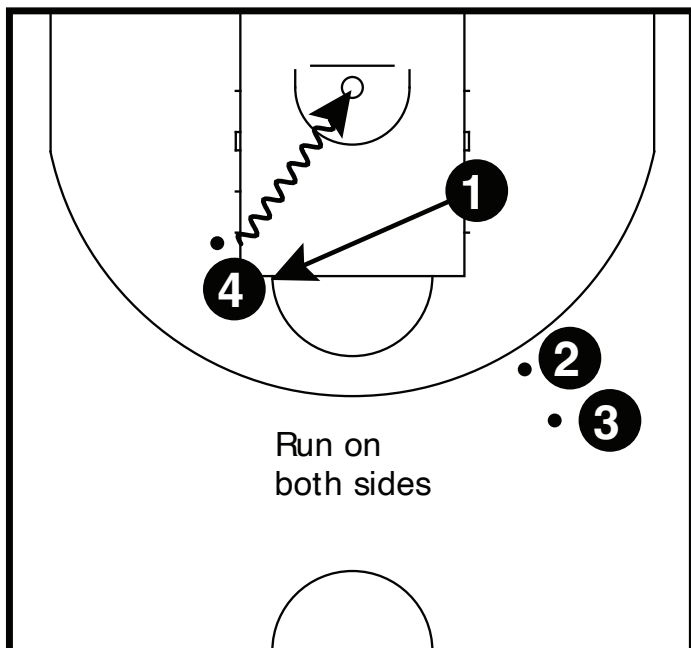
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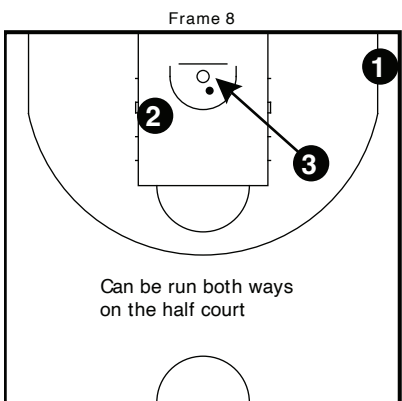
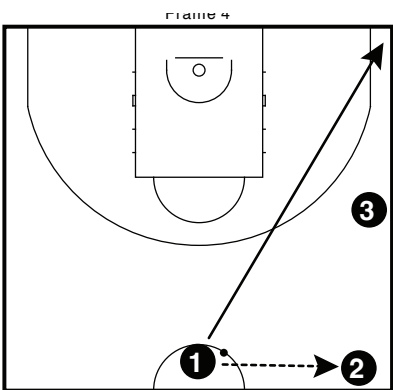
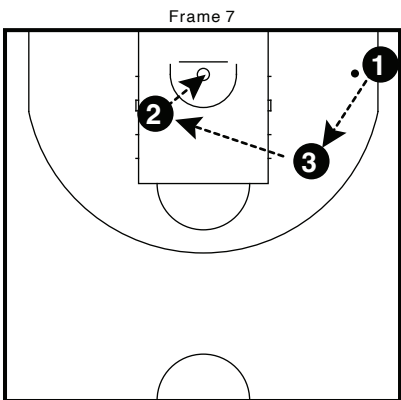
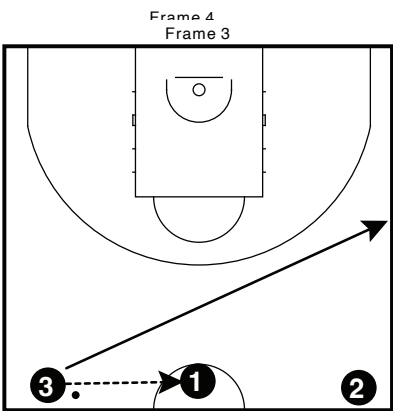
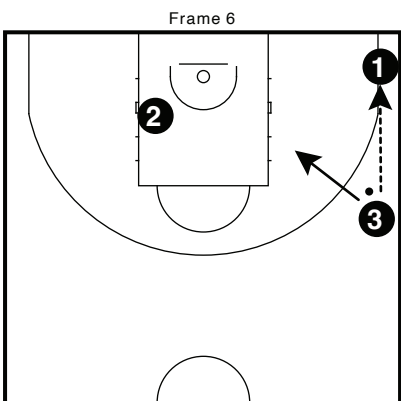
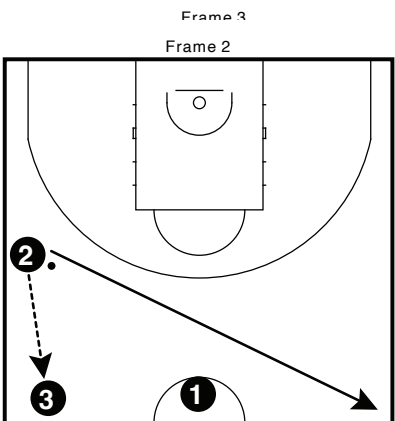
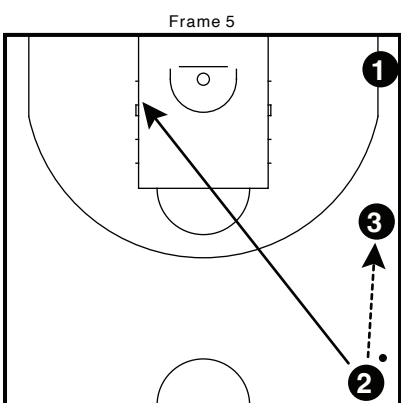
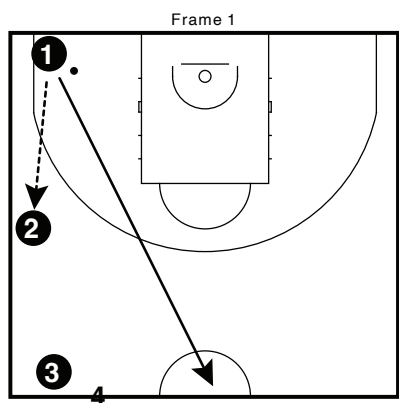
Frame 2



Frame 3



Half Court Transition 3 Play



Can be run both ways
on the half court

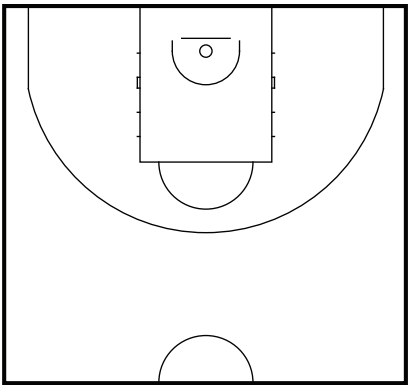
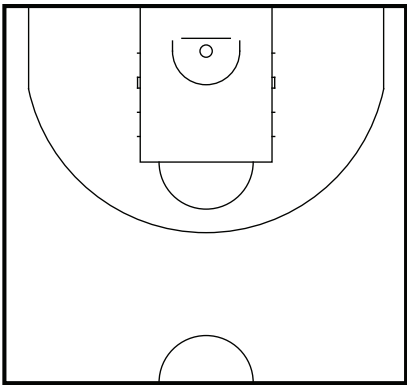
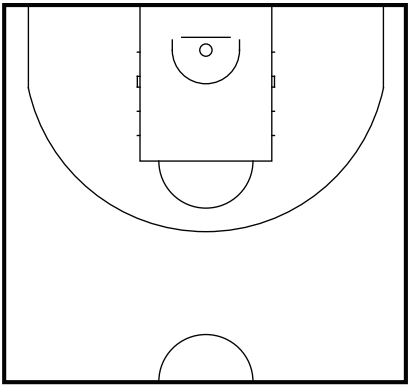
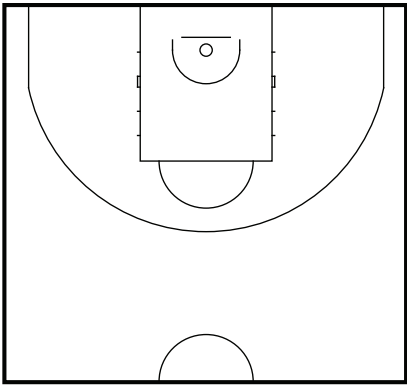
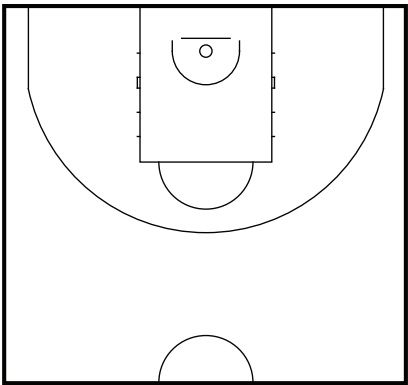
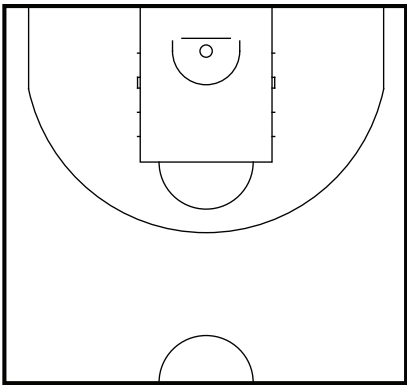
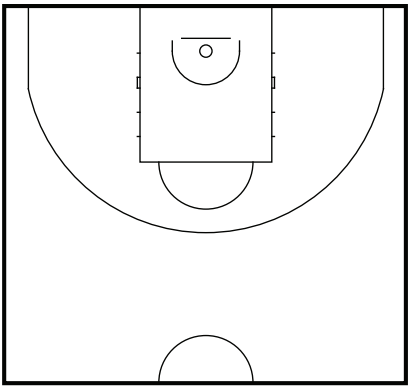
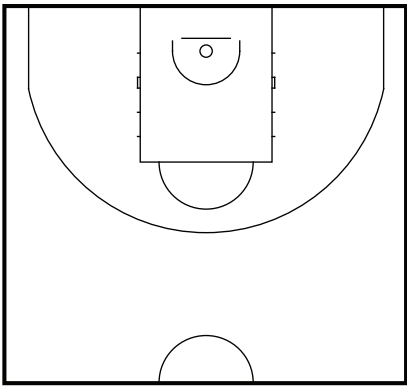
Passing:

Technique -

Chest Pass -

Bounce Pass -

Hand Off -



Defense:

1 on 1 Lock Up -

Shell -

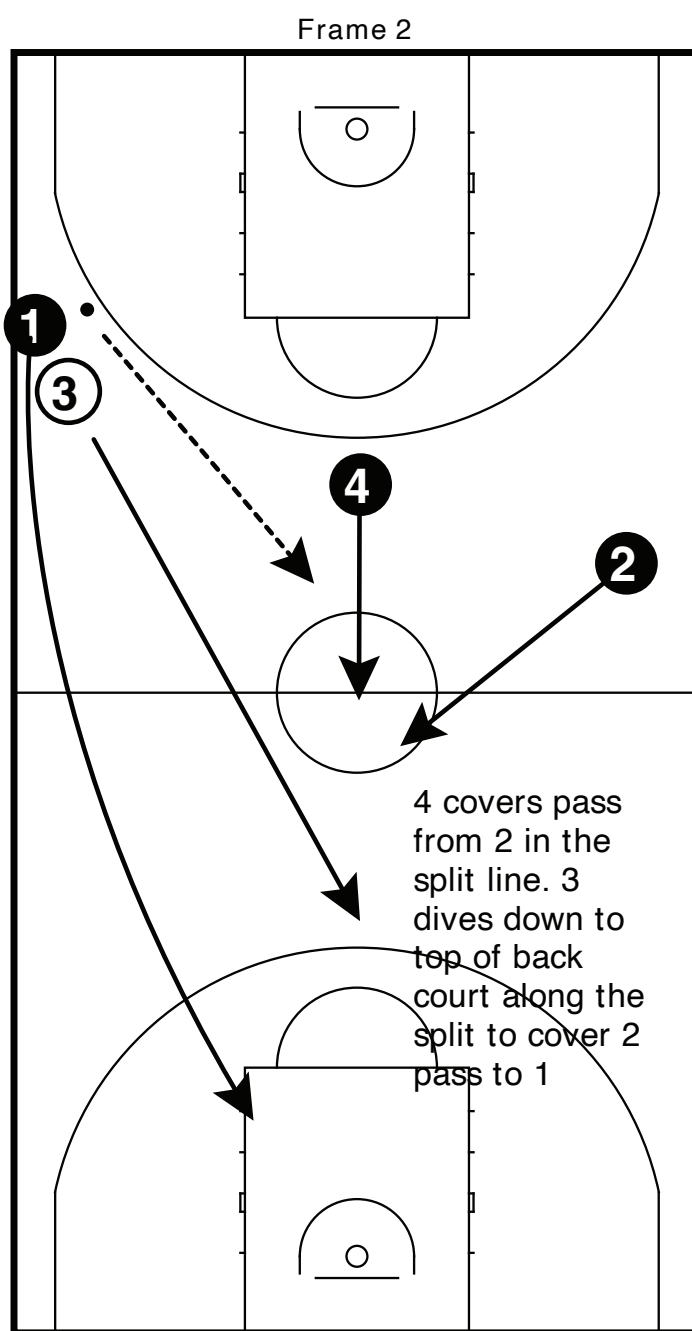
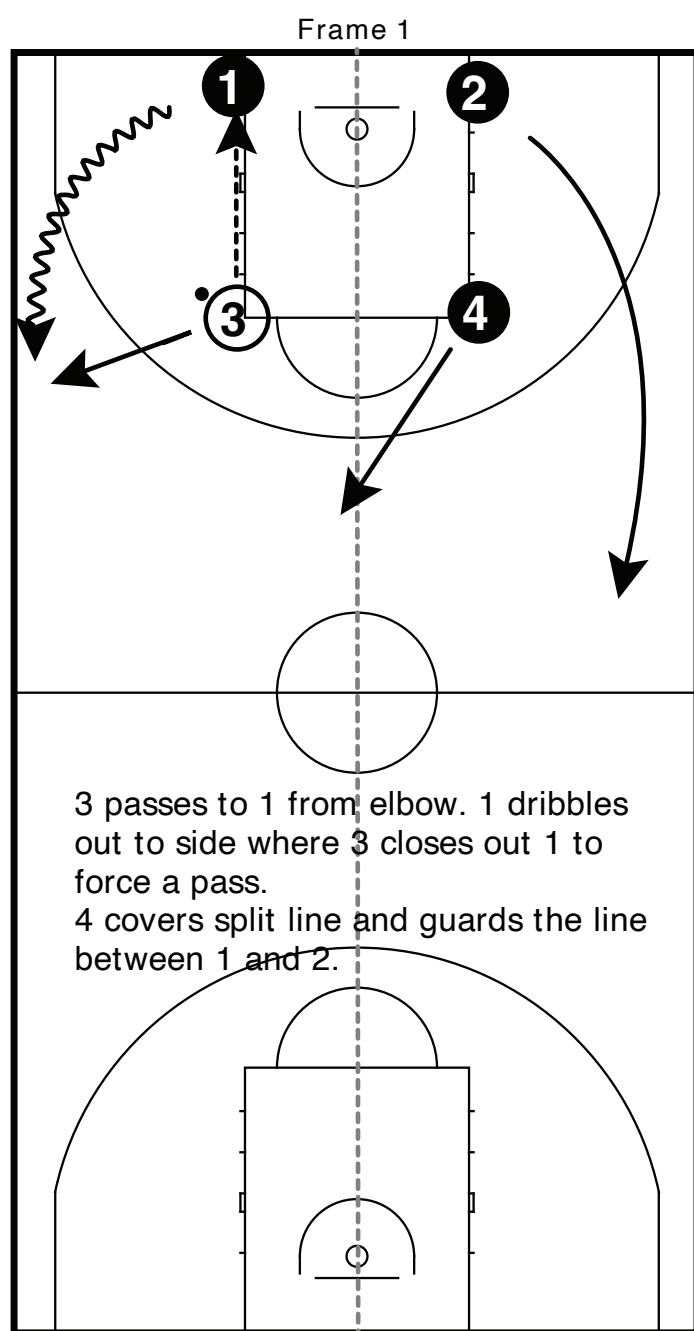
Man on Man -

Split Line -

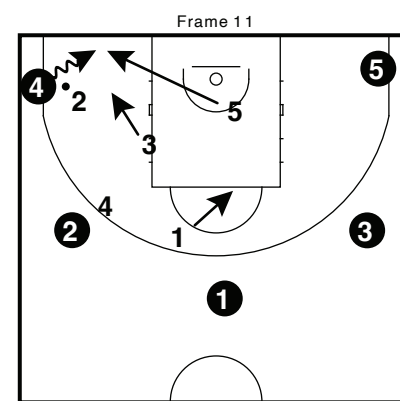
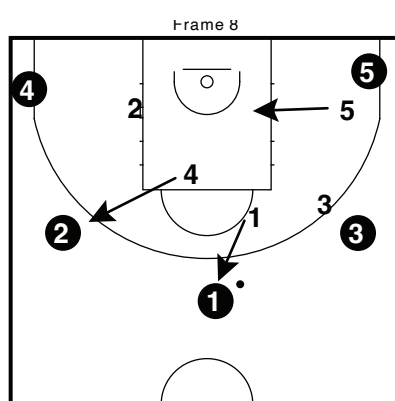
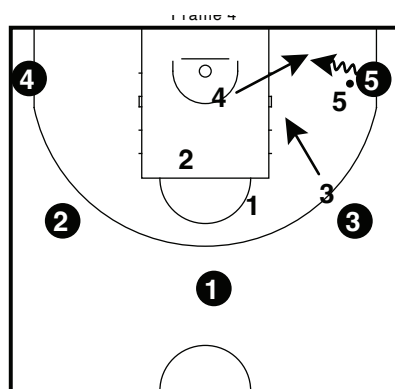
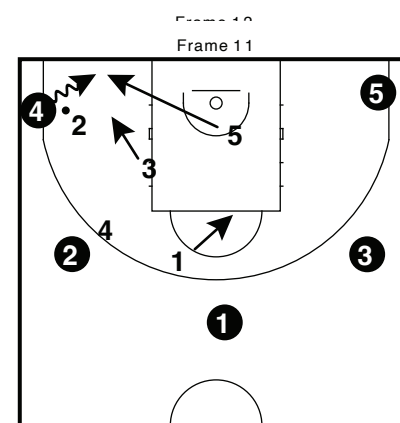
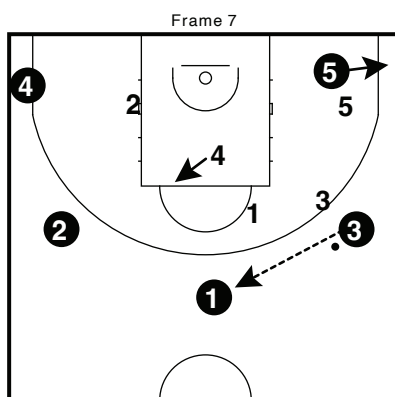
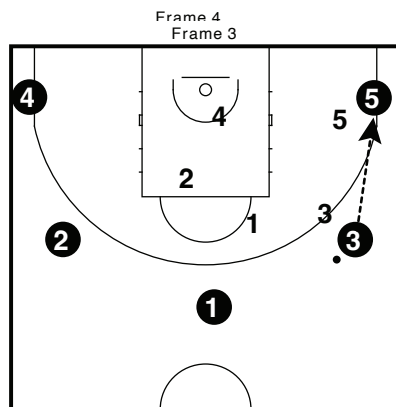
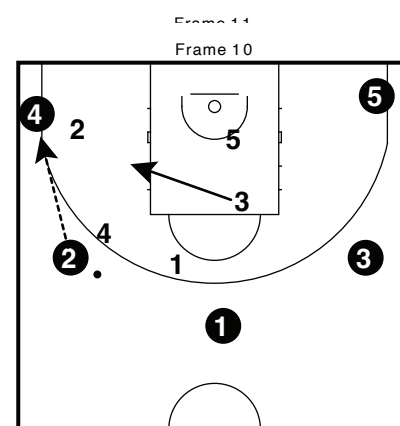
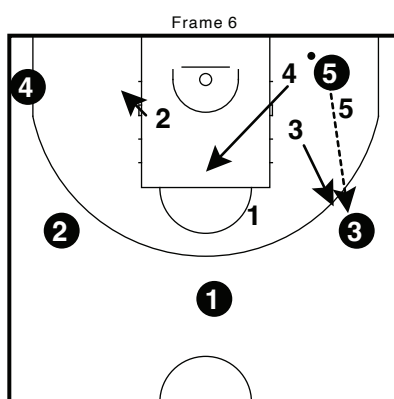
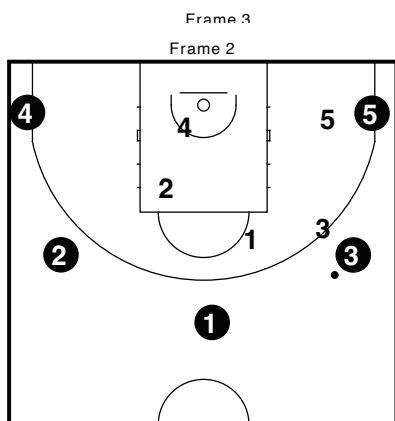
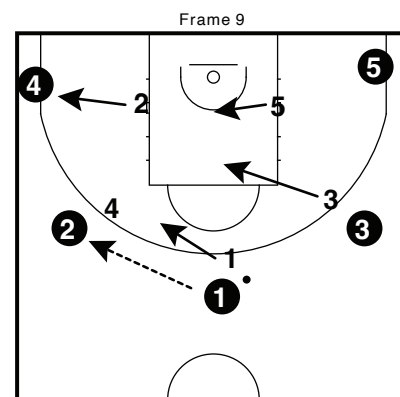
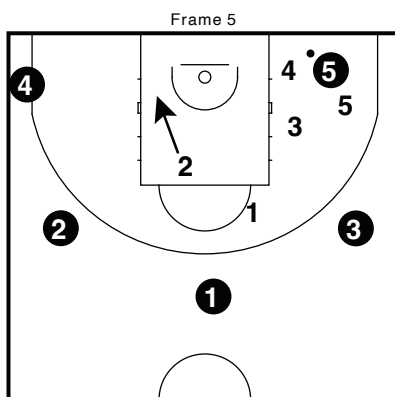
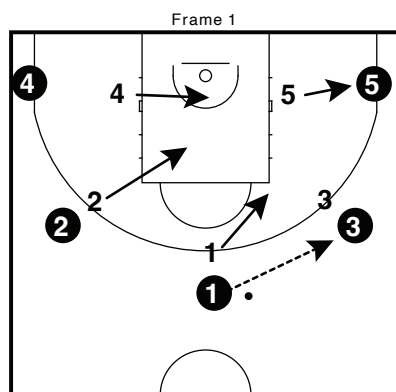
Half Court Press -

Full Court Press -

Split Line Closeout Press



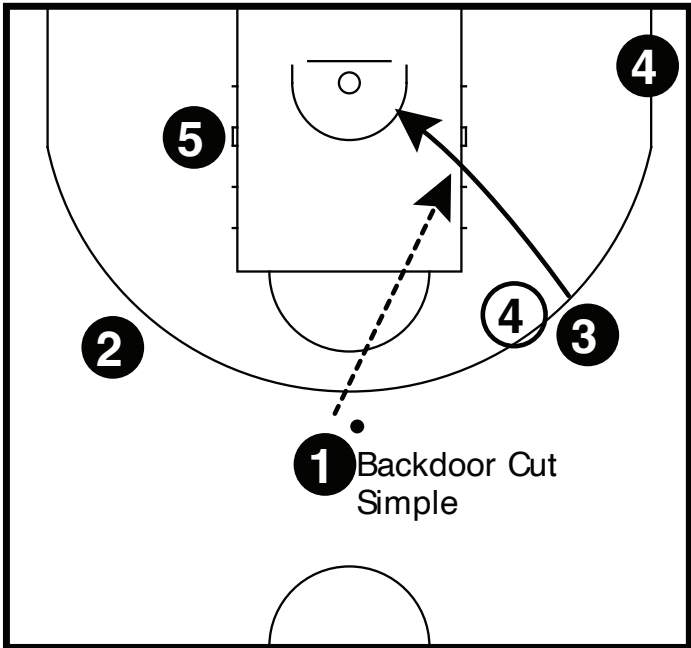
Shell Defence



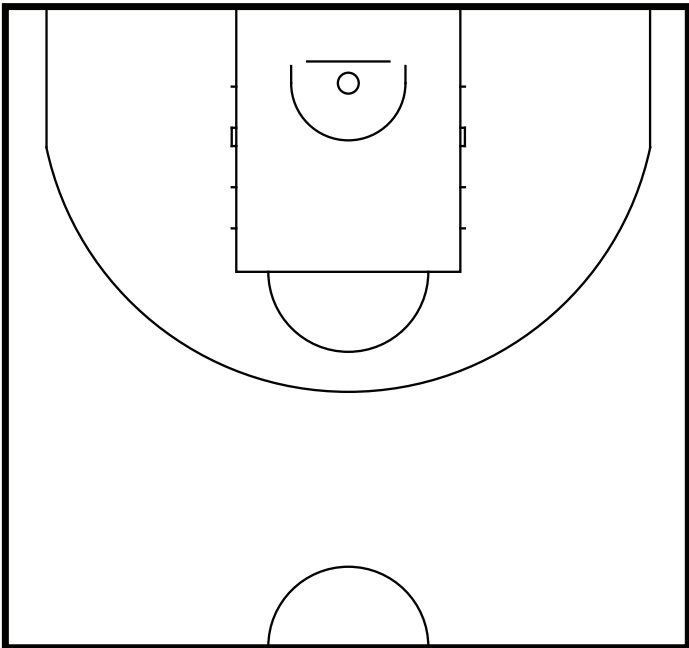
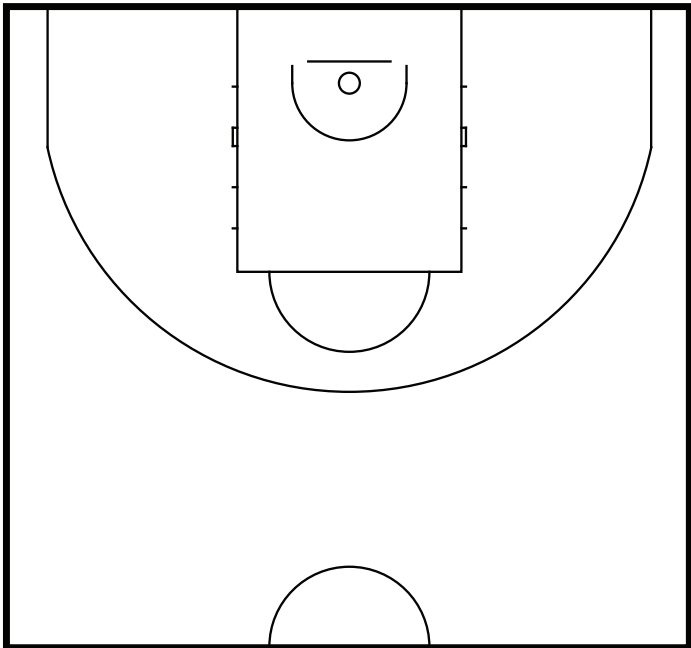
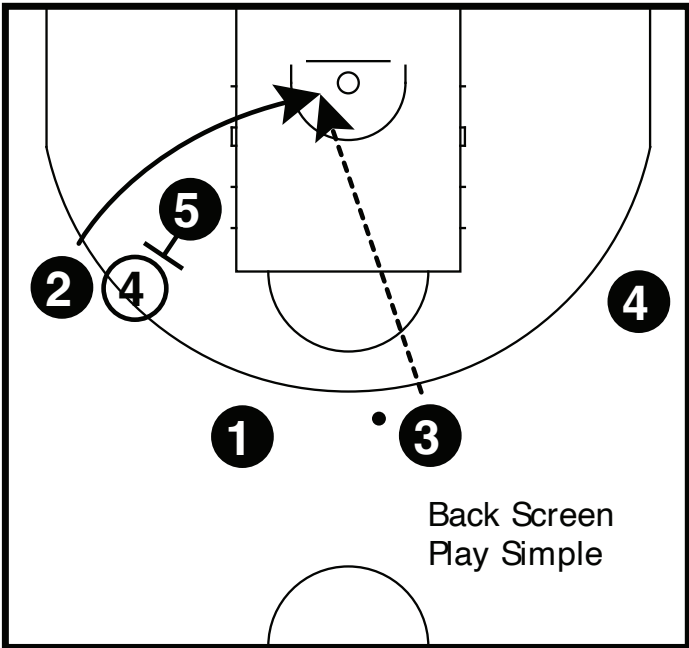
Offence:
Back door Cut -
Back Screen -
Motion -
5 Out -

Backdoor Cut Simple

Frame 1



Frame 2

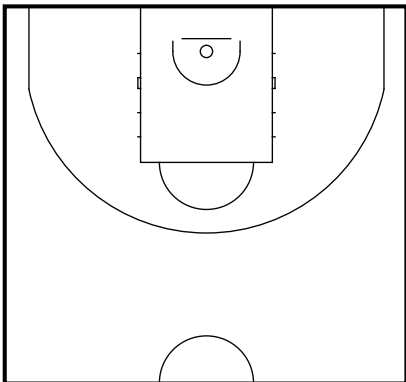
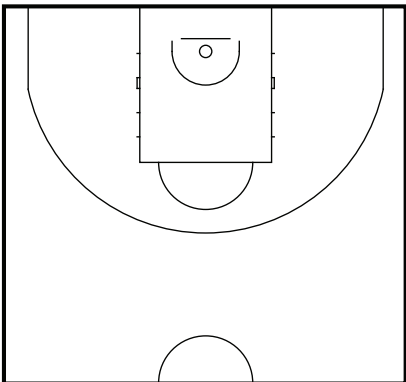
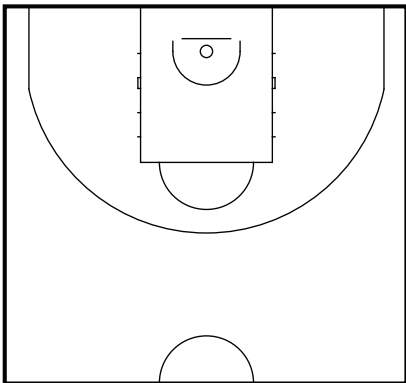
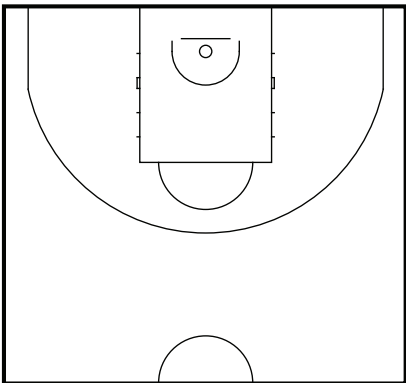
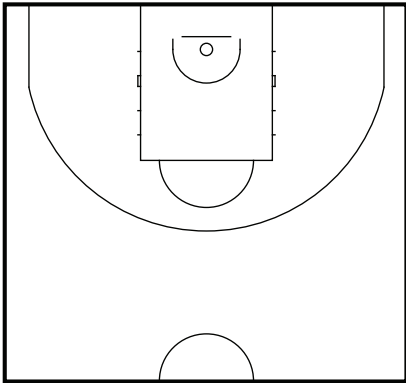
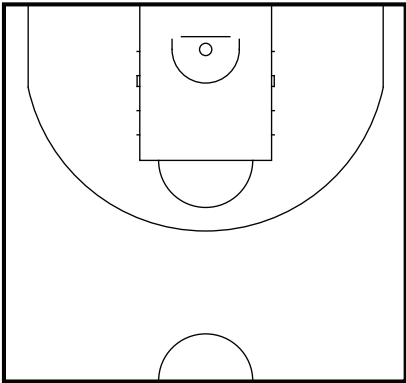
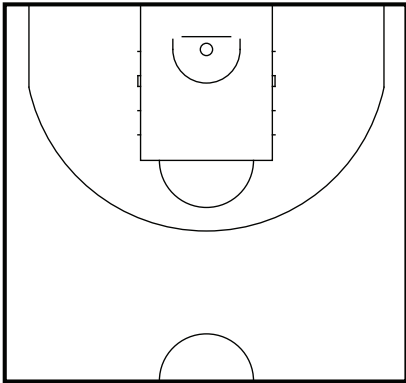
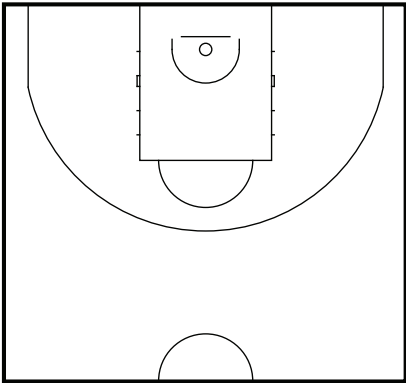


Rebounding:

Off the Backboard -

Boxing Out -

Offensive rebounding -



Combinations:

Half Court:

Turnouts – Under Hoop, Block, Short Corner, Wing 3 Point.

5 Closeout Continuous Layups

Half Court Momentum Drills

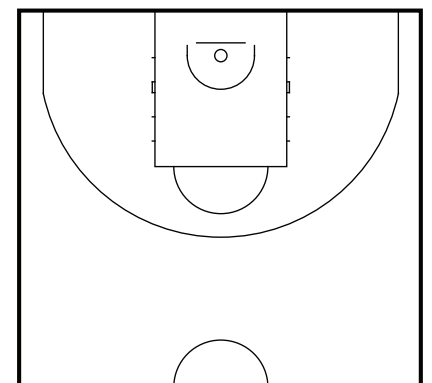
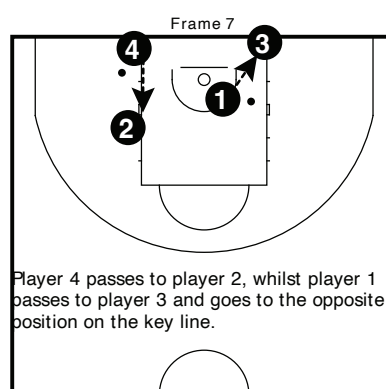
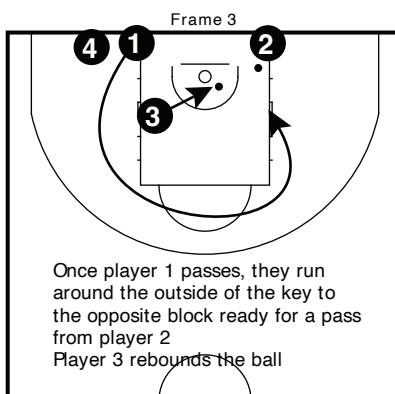
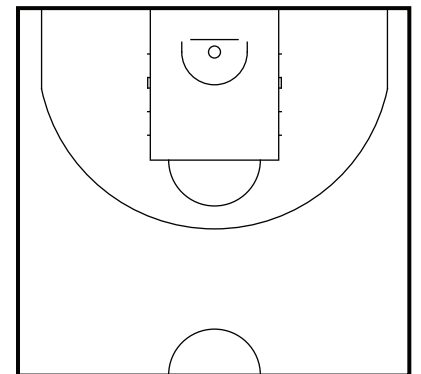
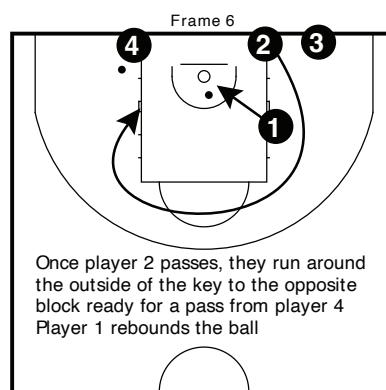
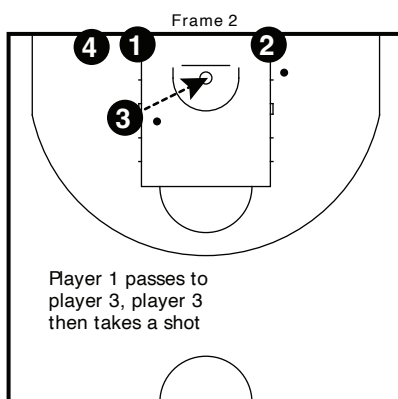
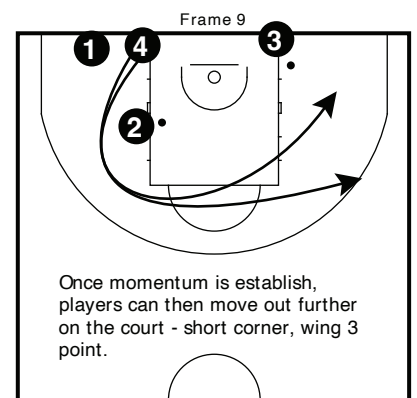
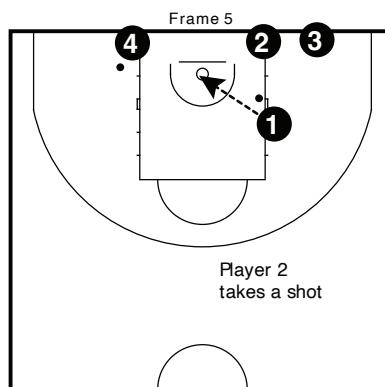
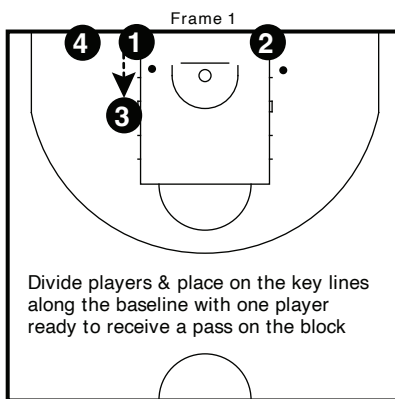
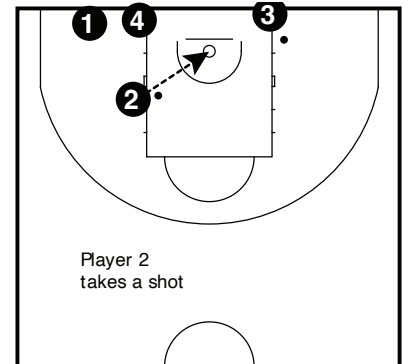
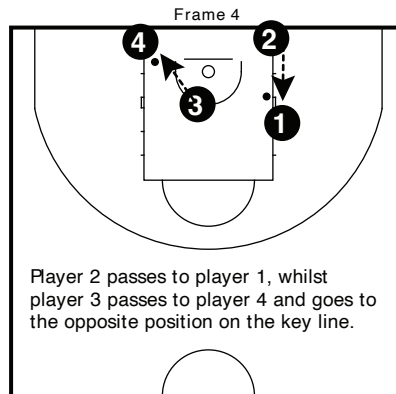
Continuous Half Court Motion 1

Continuous Half Court Motion 2

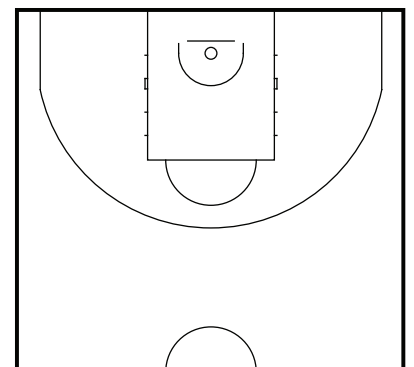
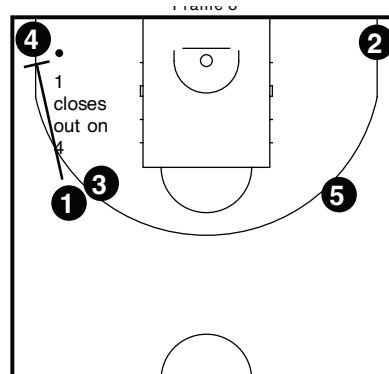
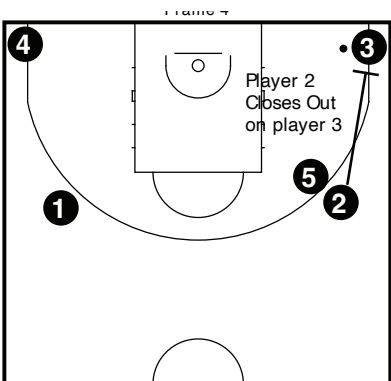
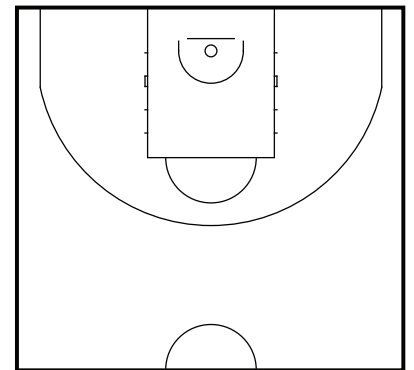
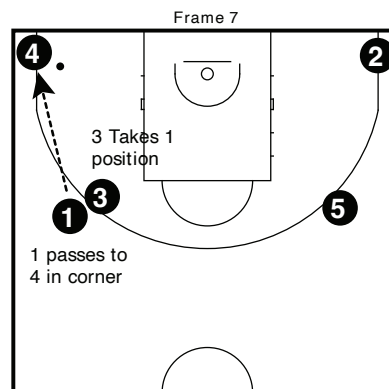
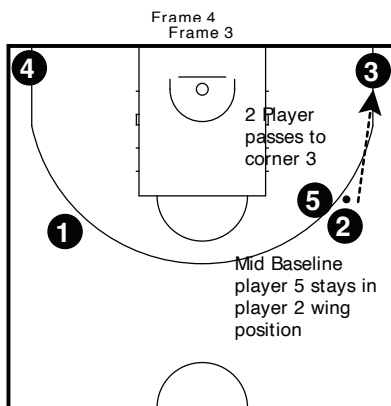
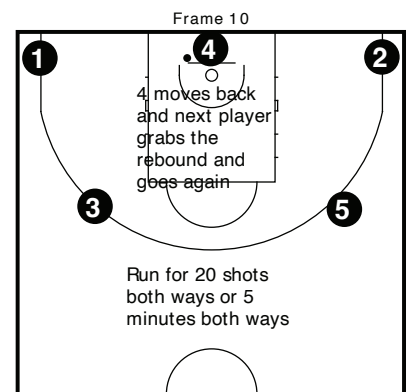
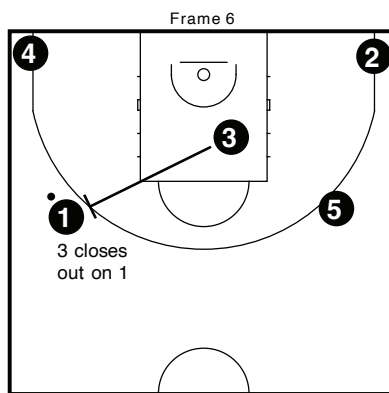
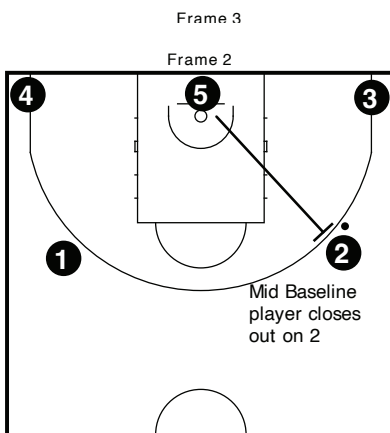
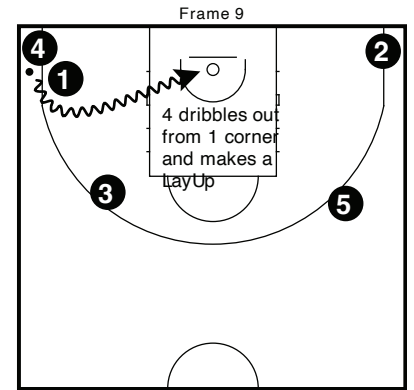
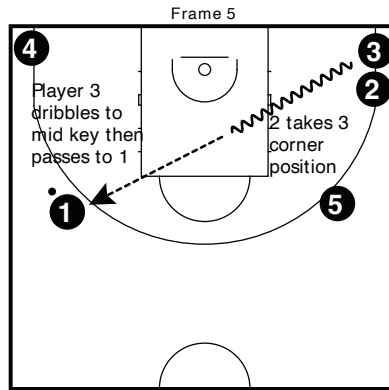
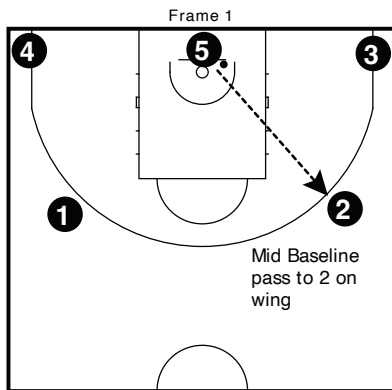
Continuous Half Court Motion 3

Screen Back Cut Meet Out

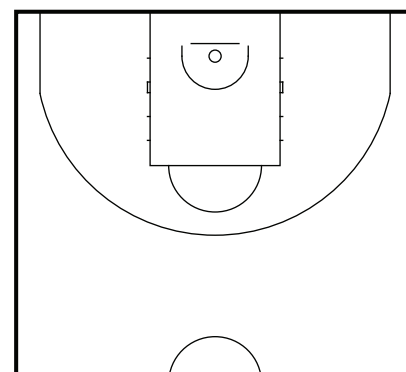
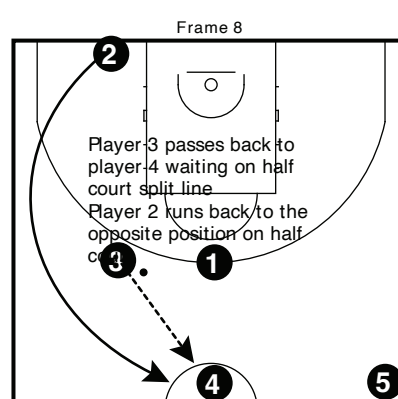
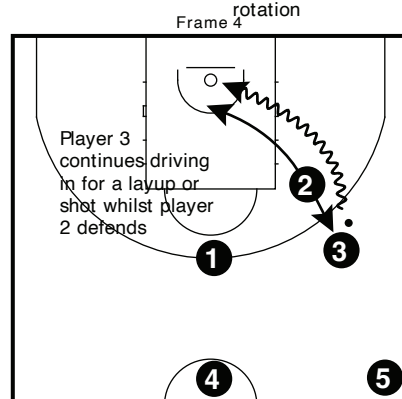
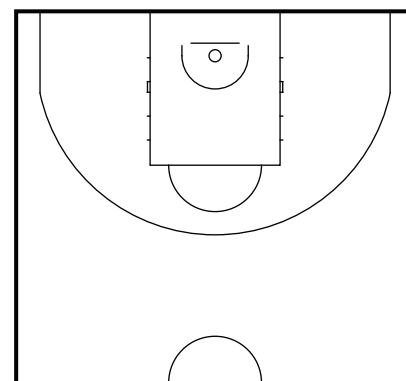
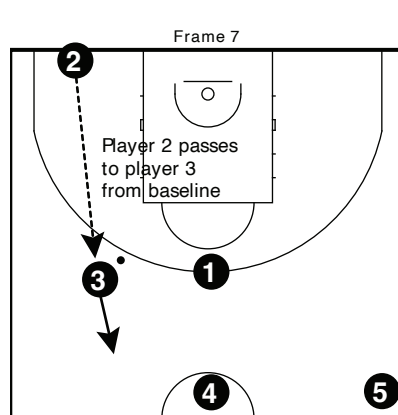
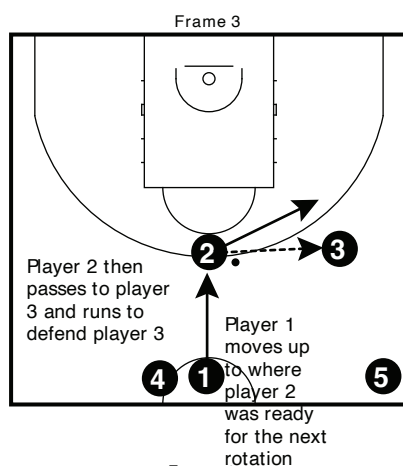
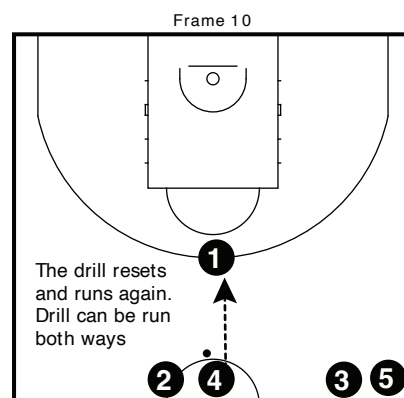
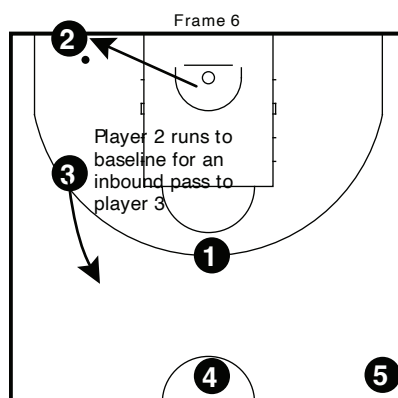
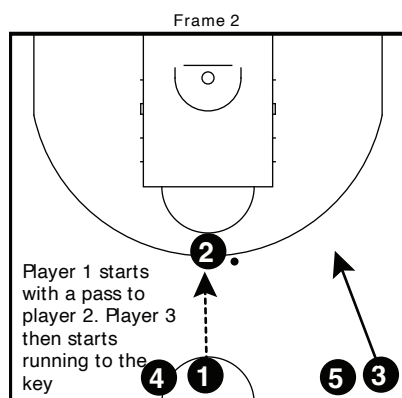
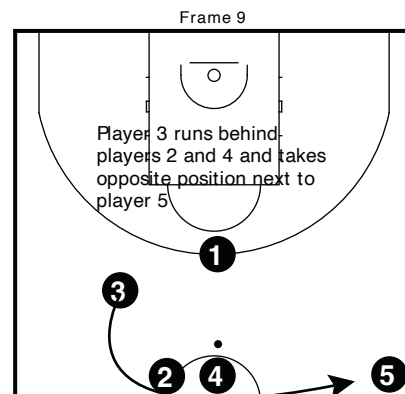
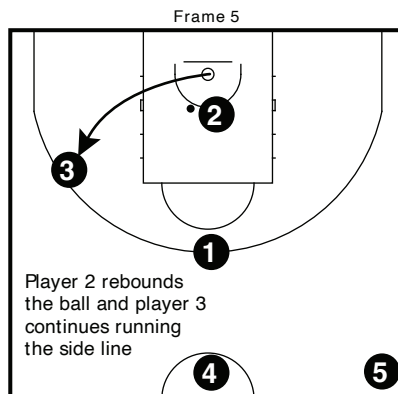
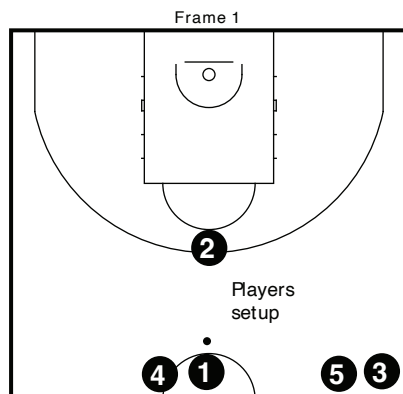
Turn Outs



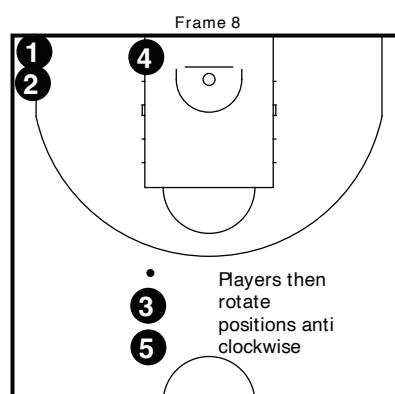
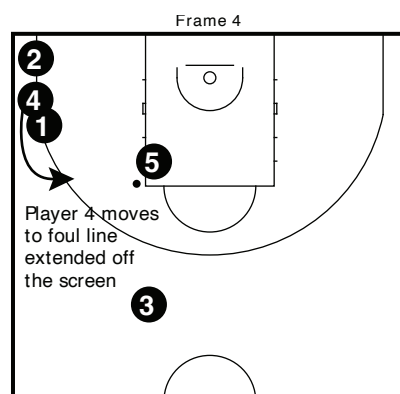
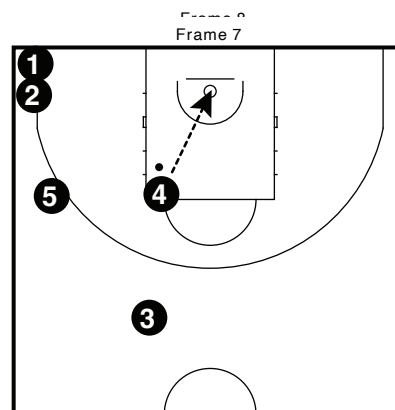
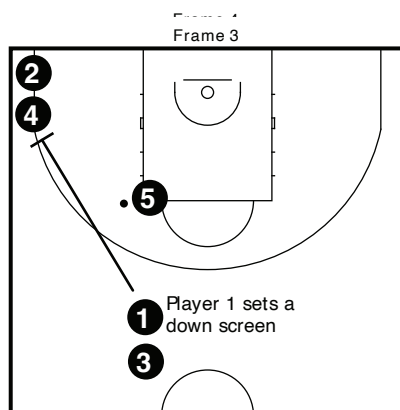
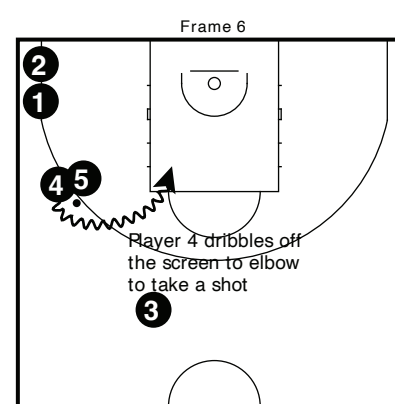
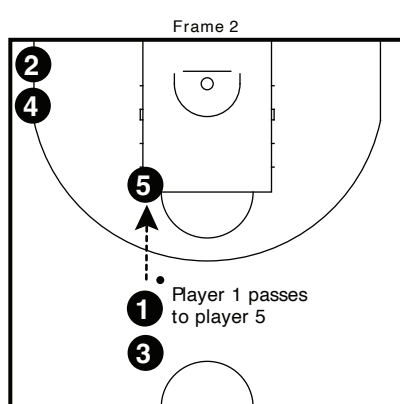
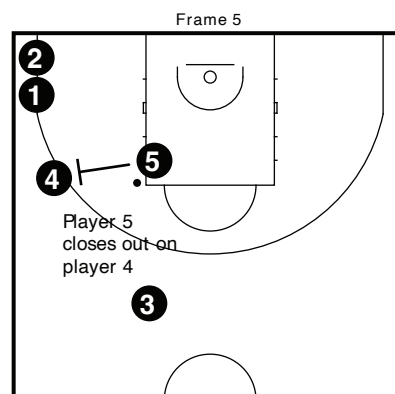
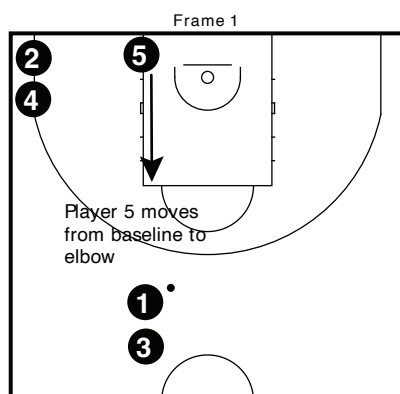
5 Closeout Continuous LayUp



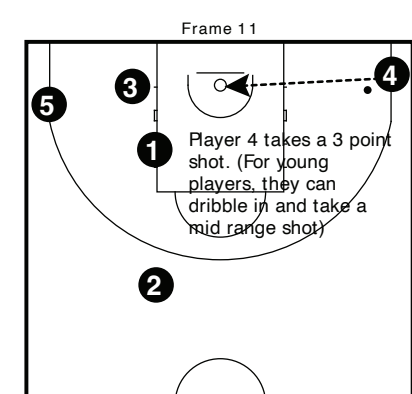
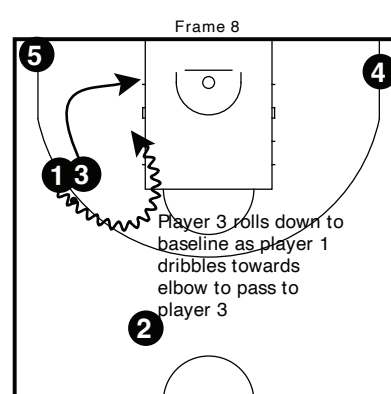
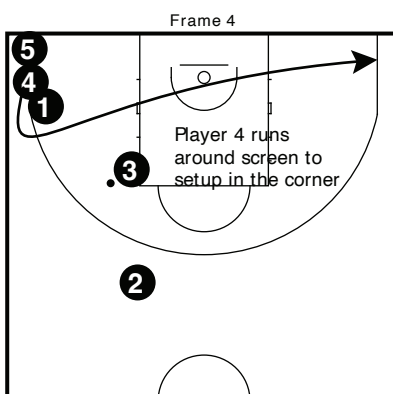
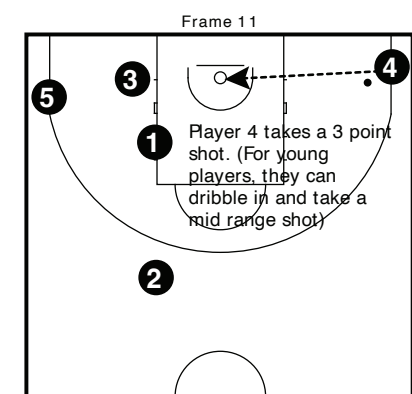
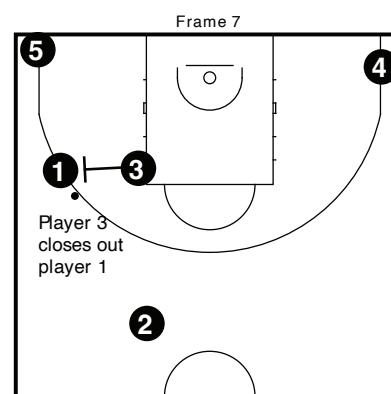
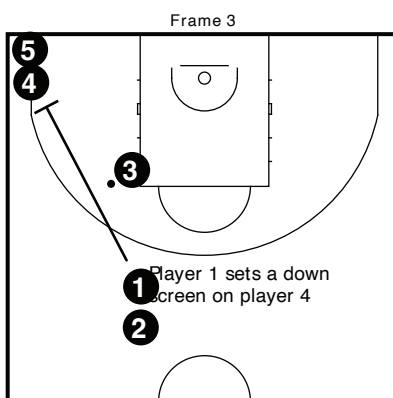
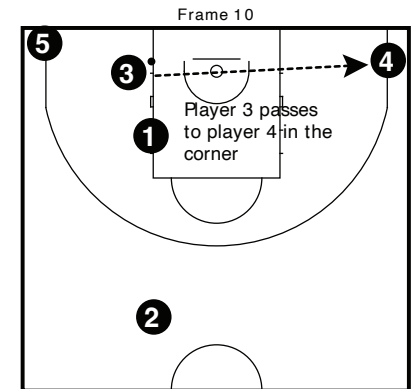
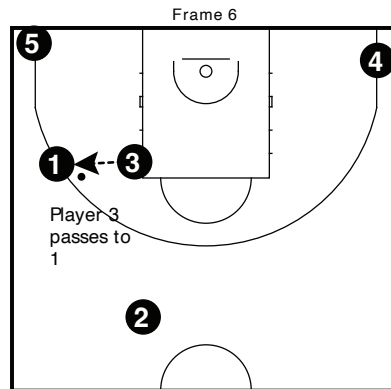
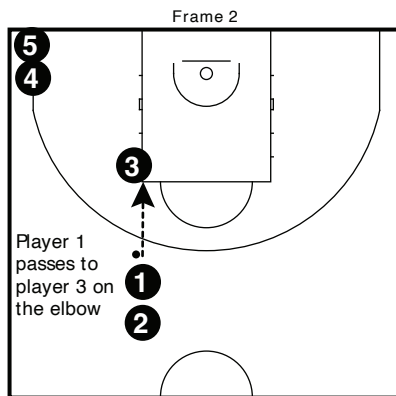
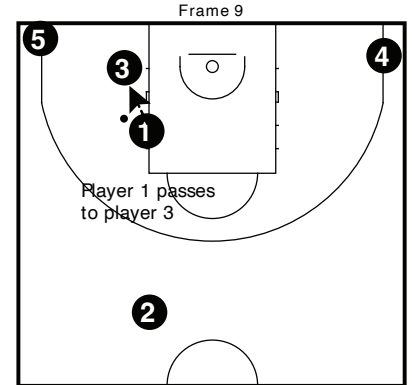
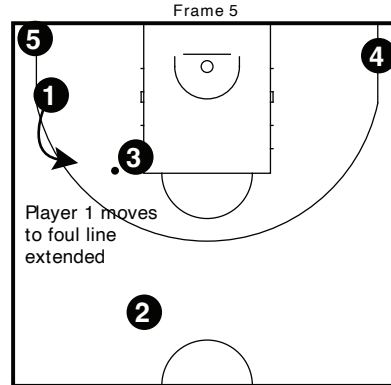
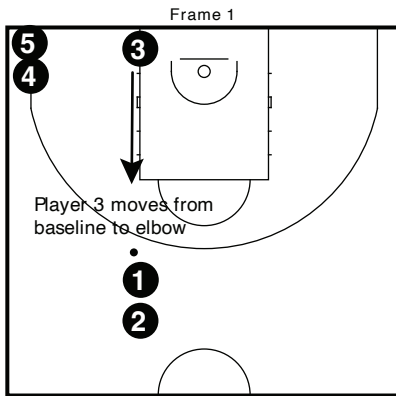
Half Crt Full Momentum Drills



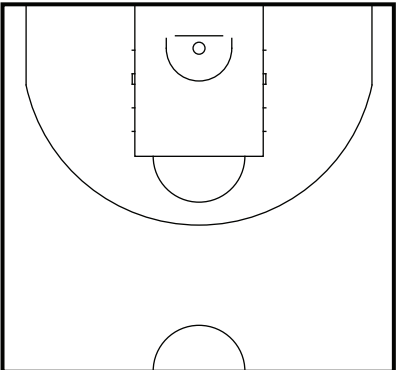
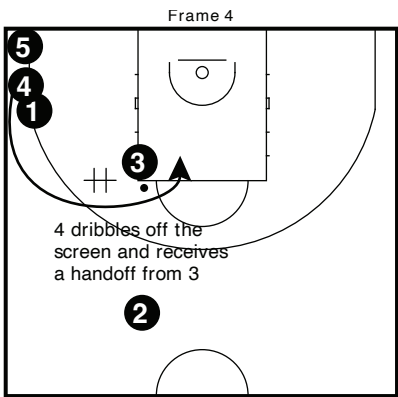
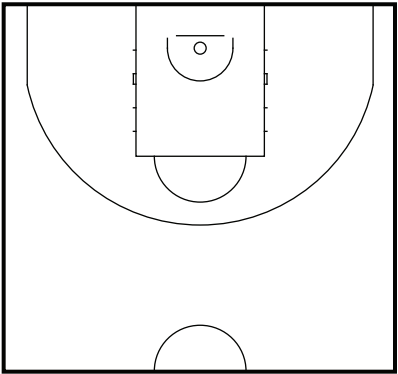
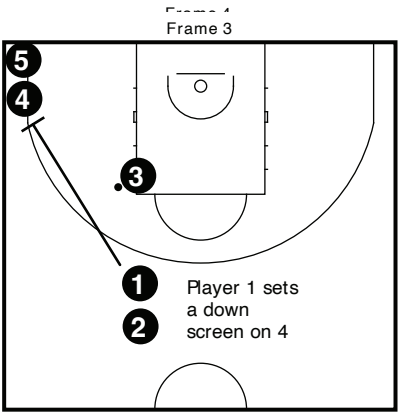
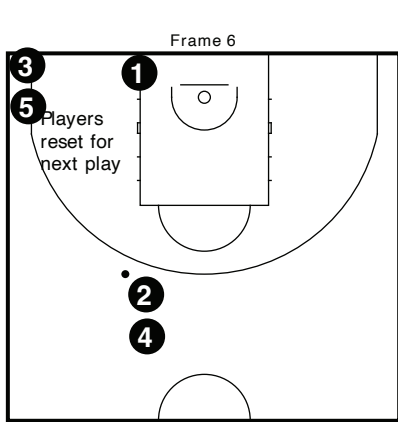
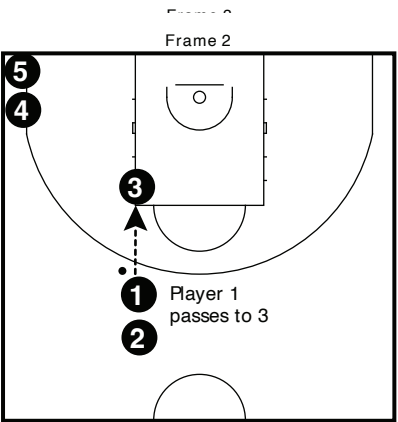
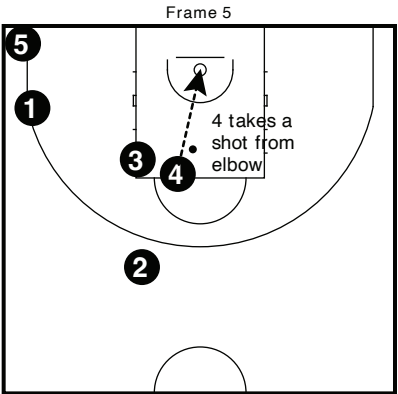
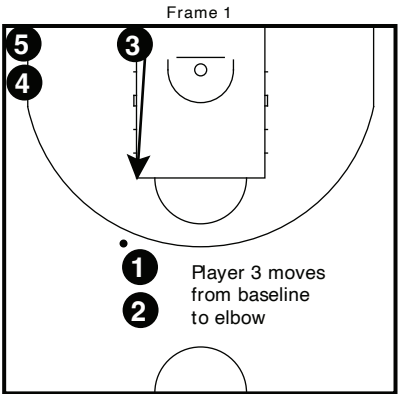
Continuous Half Crt Motion 1



Continuous Half Crt Motion 2

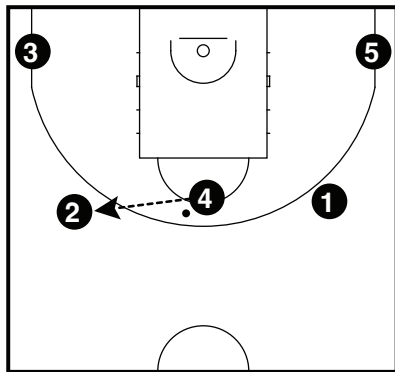


Continuous Half Crt Motion 3

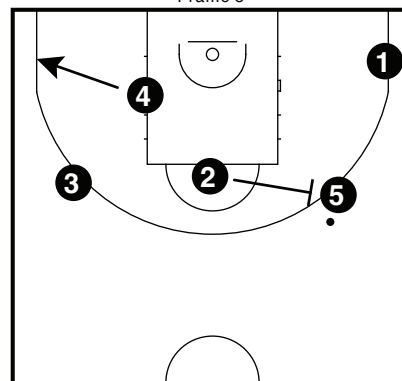


Screen Back Cut Meet Out

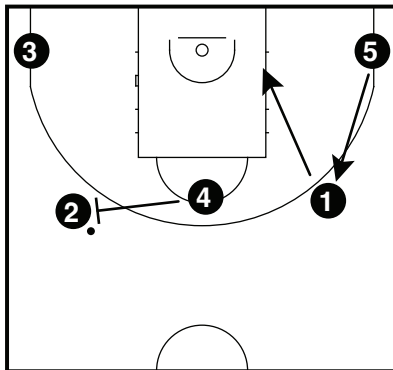
Frame 1



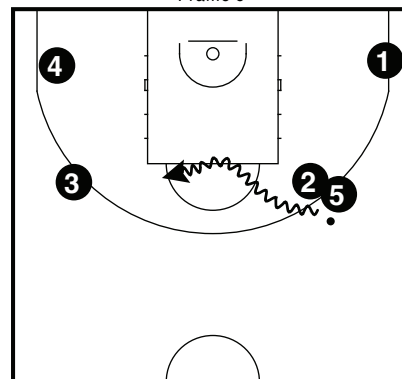
Frame 5



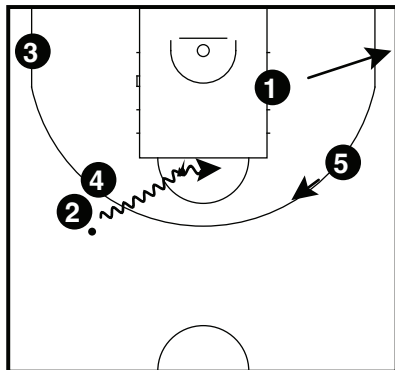
Frame 2



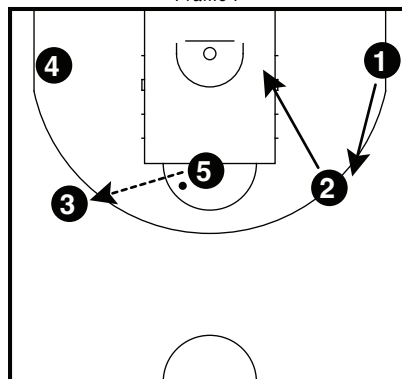
Frame 6



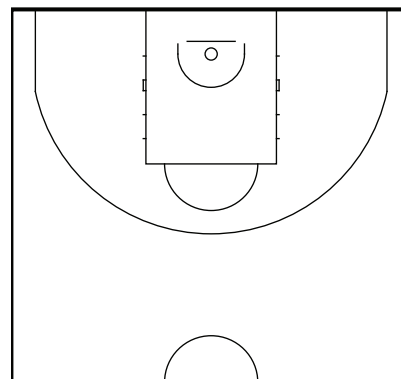
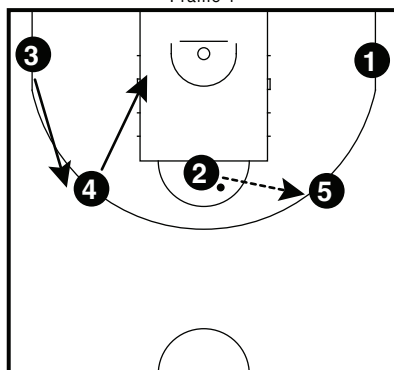
Frame 3



Frame 7

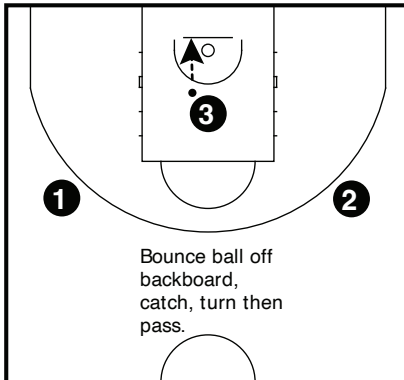


Frame 4

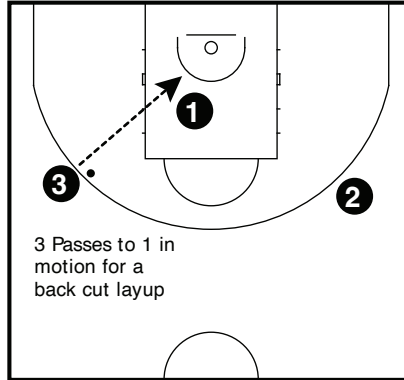


Continuous Pass Cut Layup

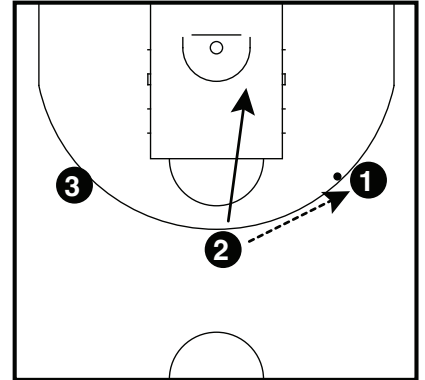
Frame 1



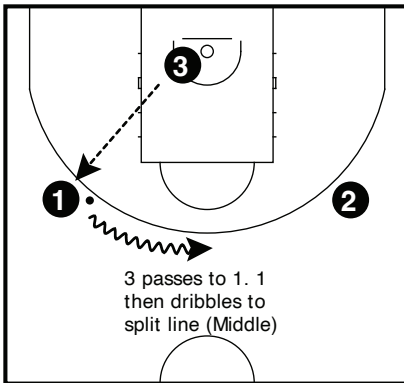
Frame 5



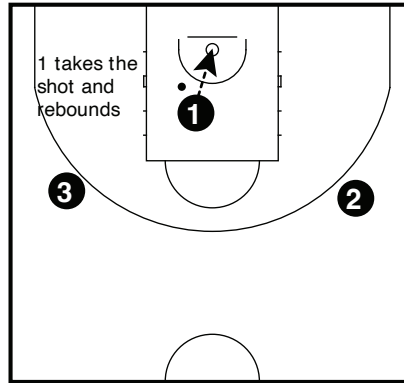
Frame 9



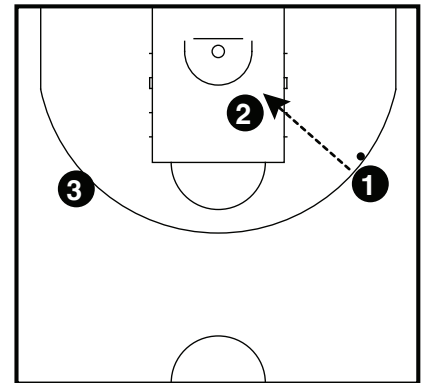
Frame 2



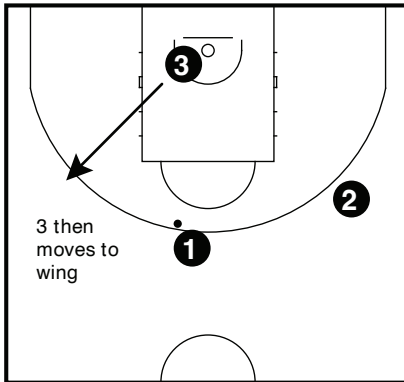
Frame 6



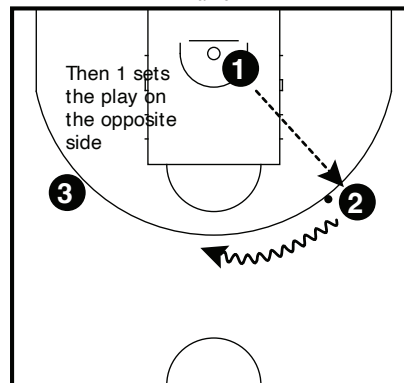
Frame 10



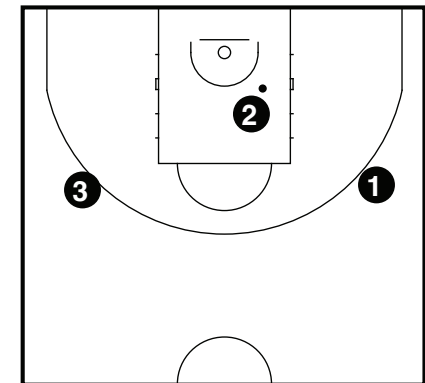
Frame 3



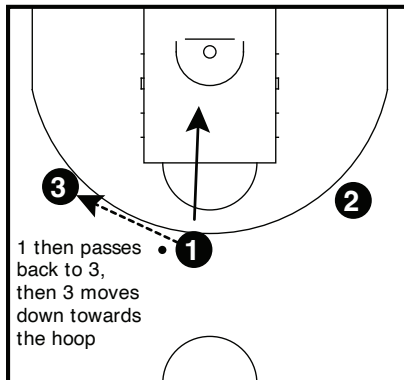
Frame 7



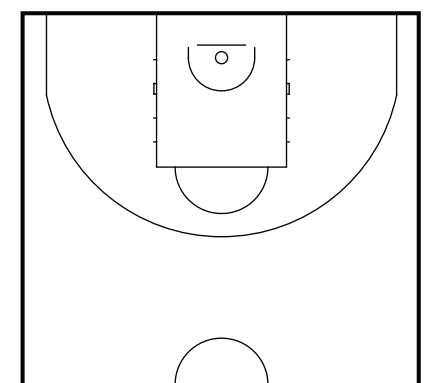
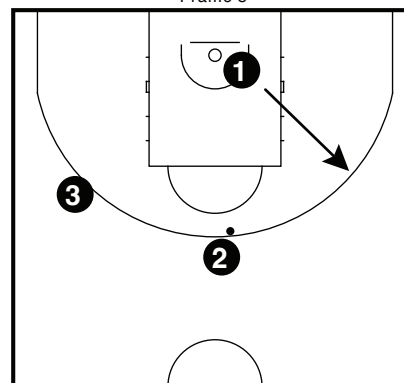
Frame 11



Frame 4



Frame 8



Combinations:

Full Court:

3 Player Full Court Transition 3 Point

Shot and Layup

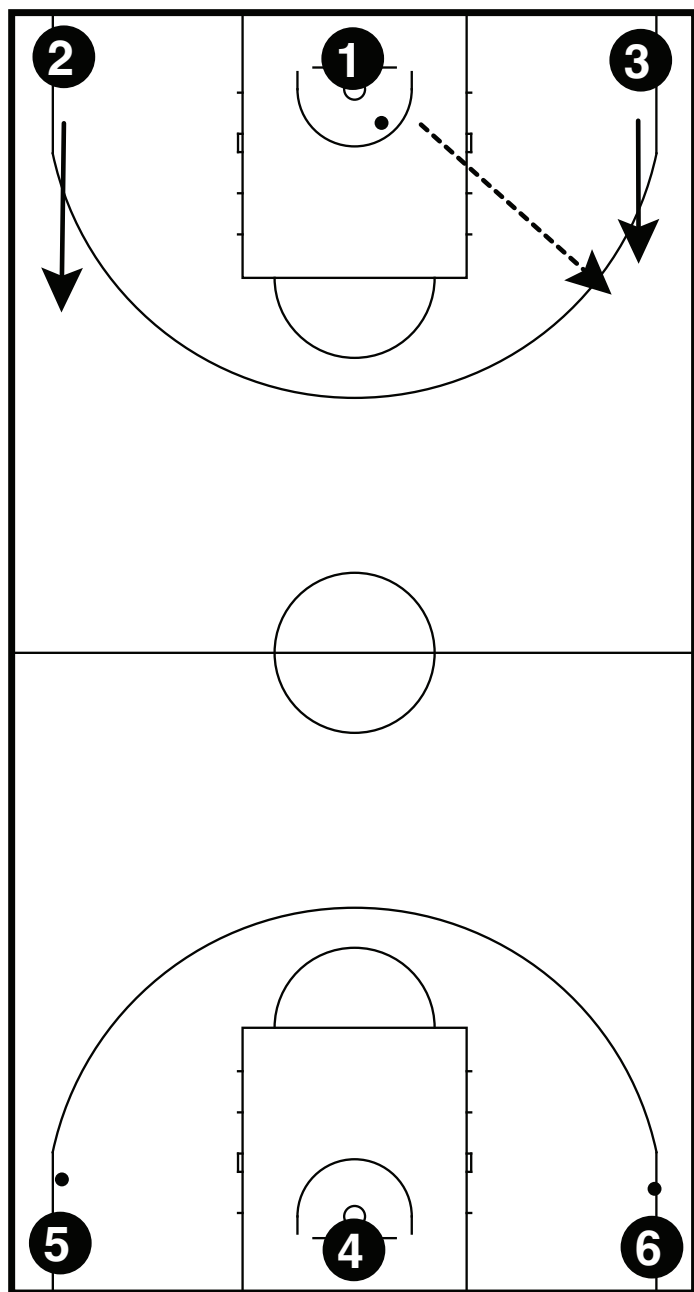
3 x 3 x 3 Continuous Transition Play

Full Court 2 on 1 Transition

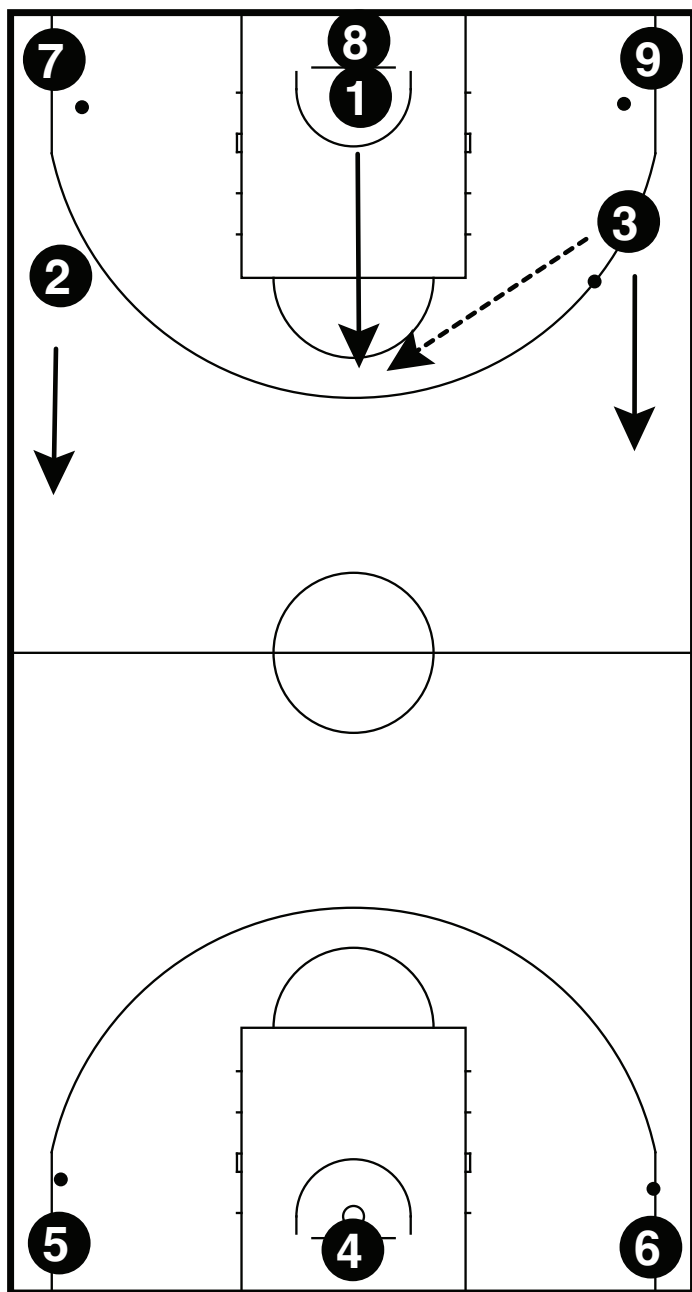
Full Court Transition Motion

3 Player Full Crt Trans 3 Point Shot and LayUp

Frame 1

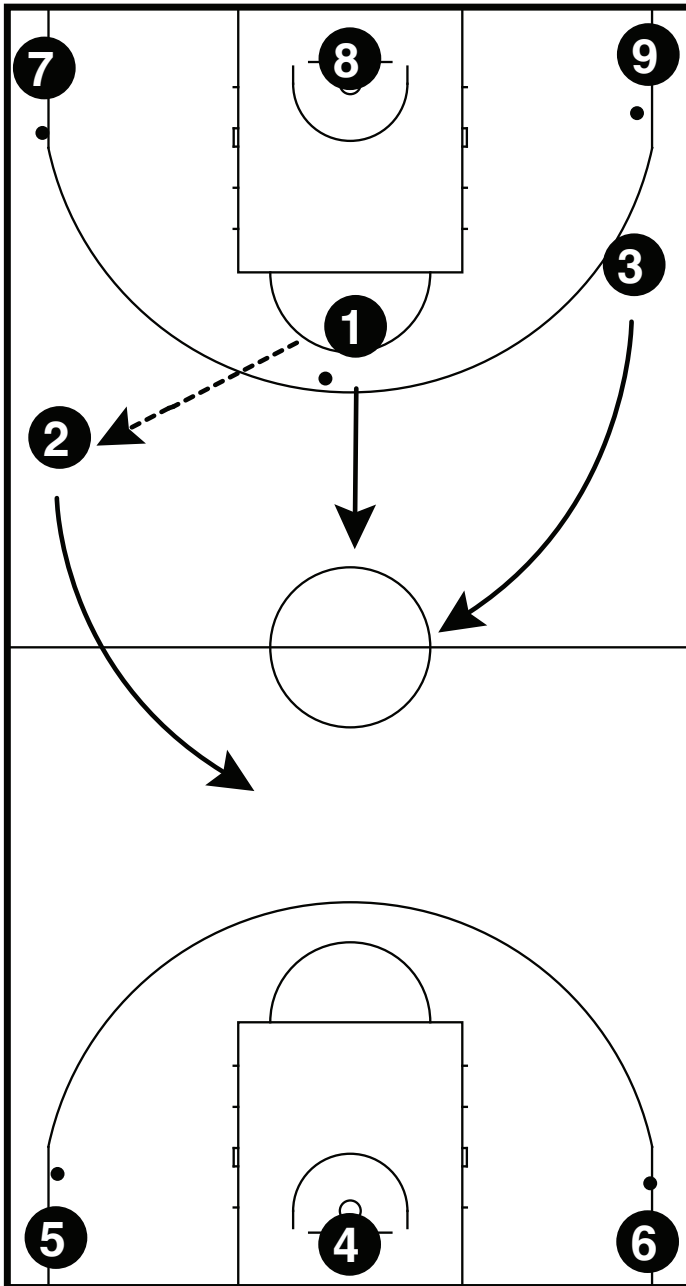


Frame 2

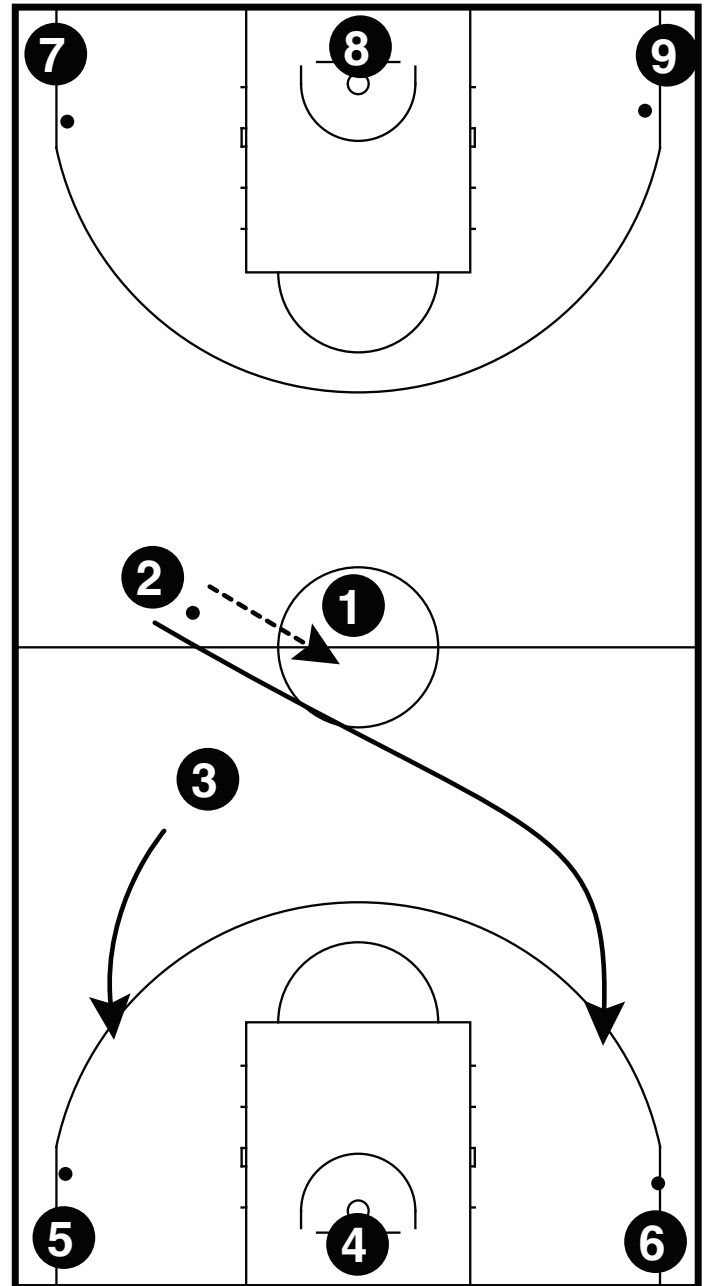


3 Player Full Crt Trans 3 Point Shot and LayUp

Frame 3

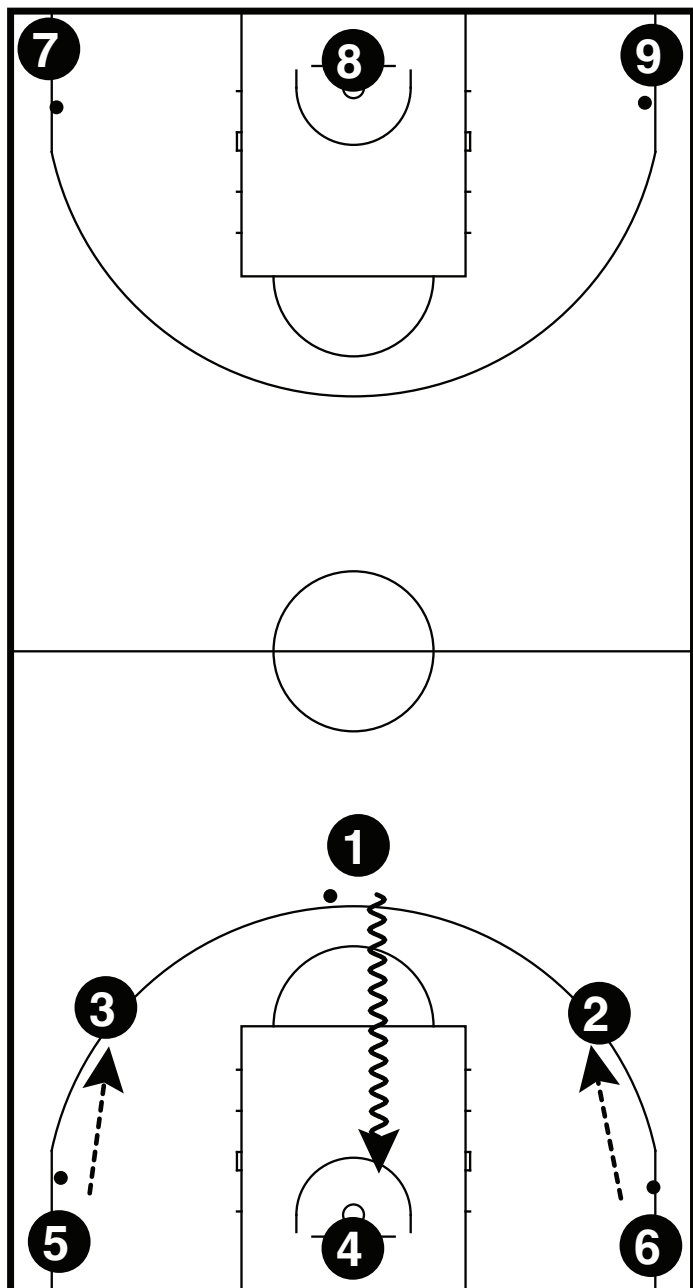


Frame 4

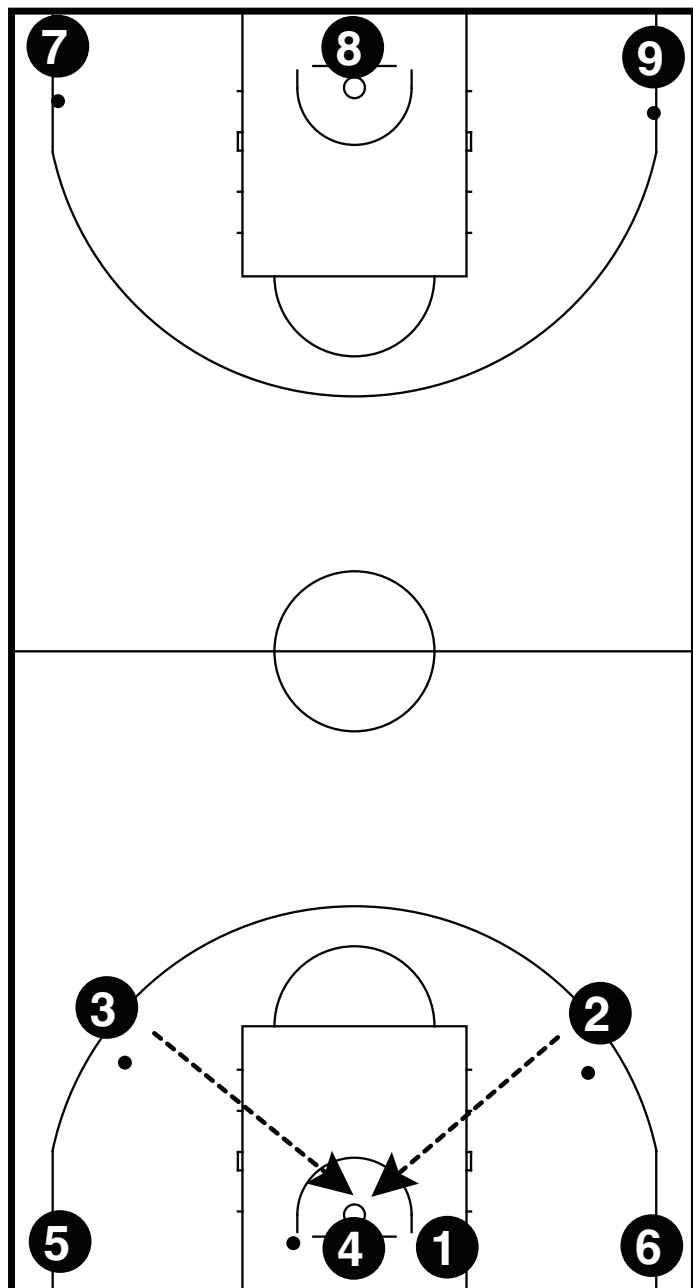


3 Player Full Crt Trans 3 Point Shot and LayUp

Frame 5

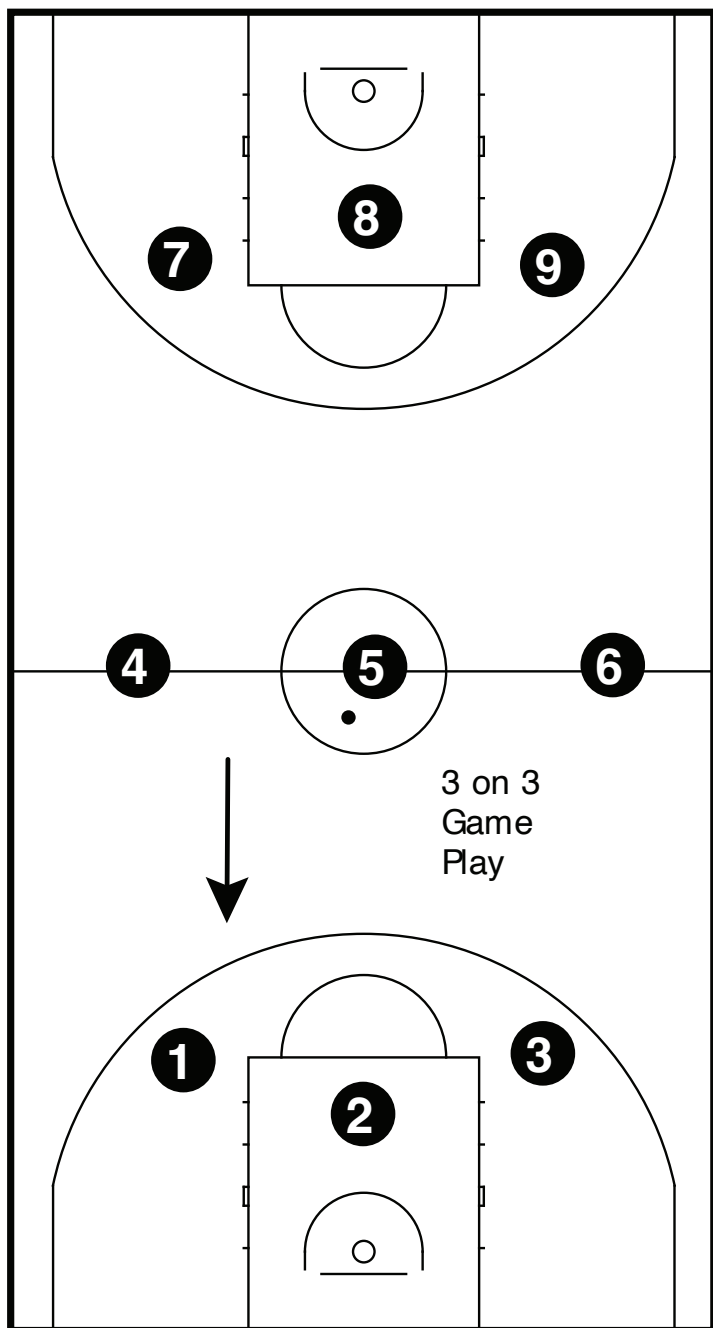


Frame 6

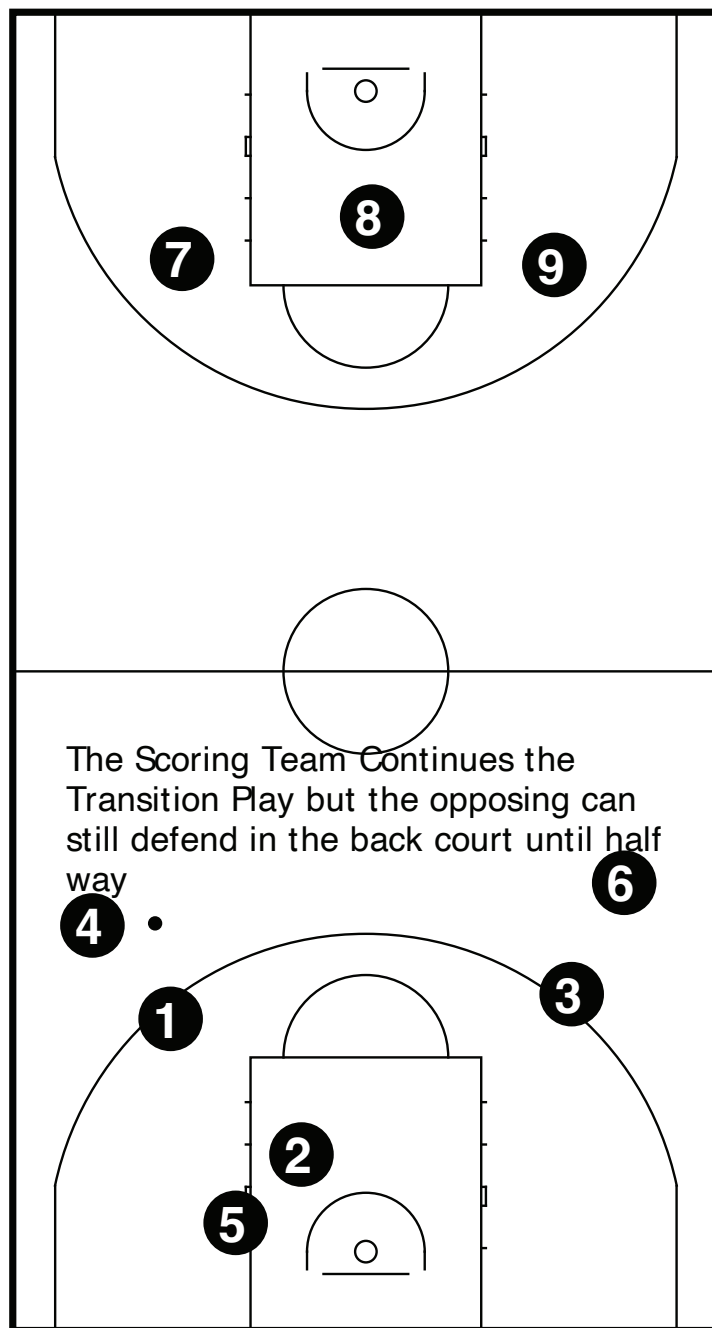


3 x 3 x 3 Continuous Transition Play

Frame 1

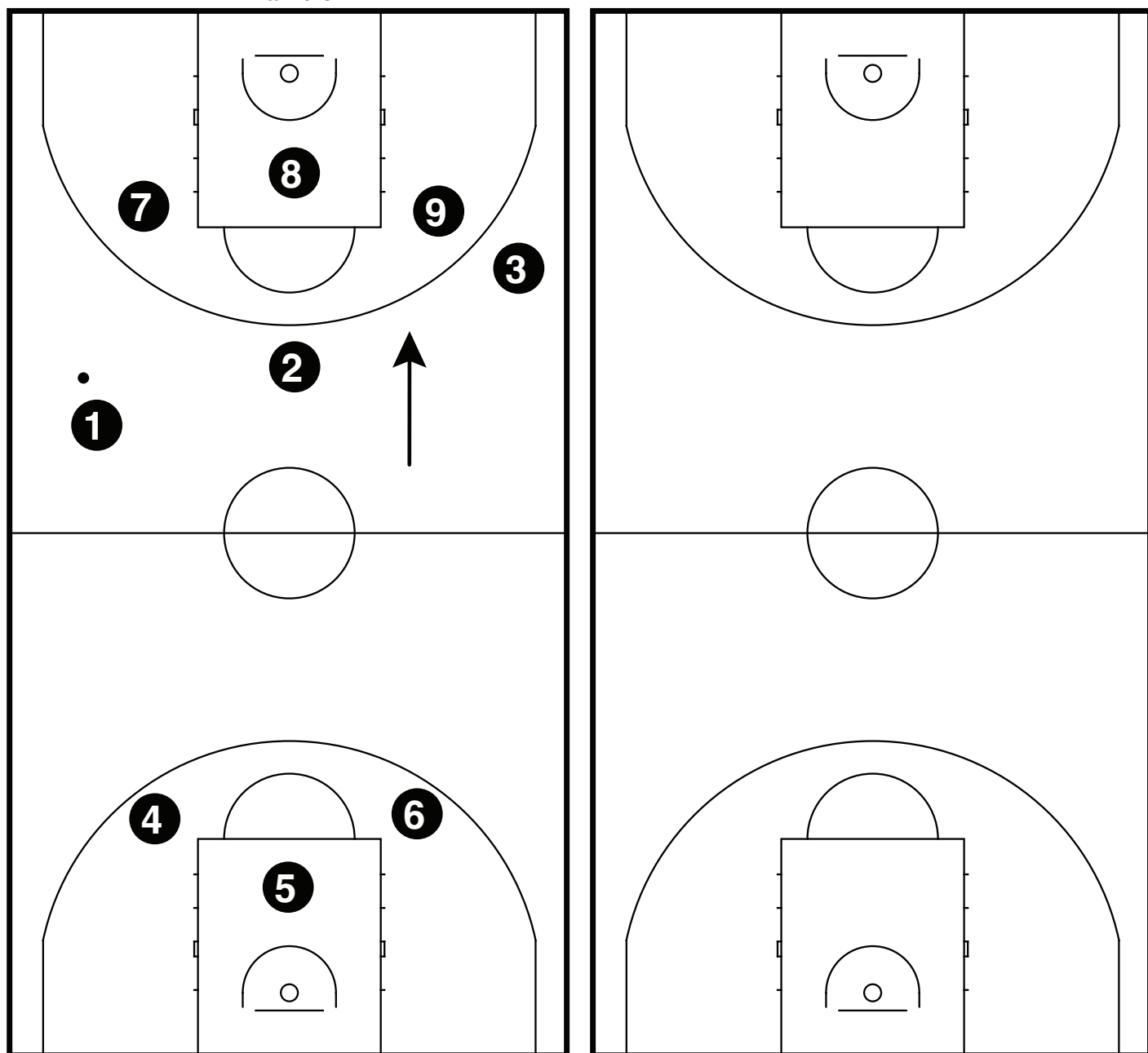


Frame 2



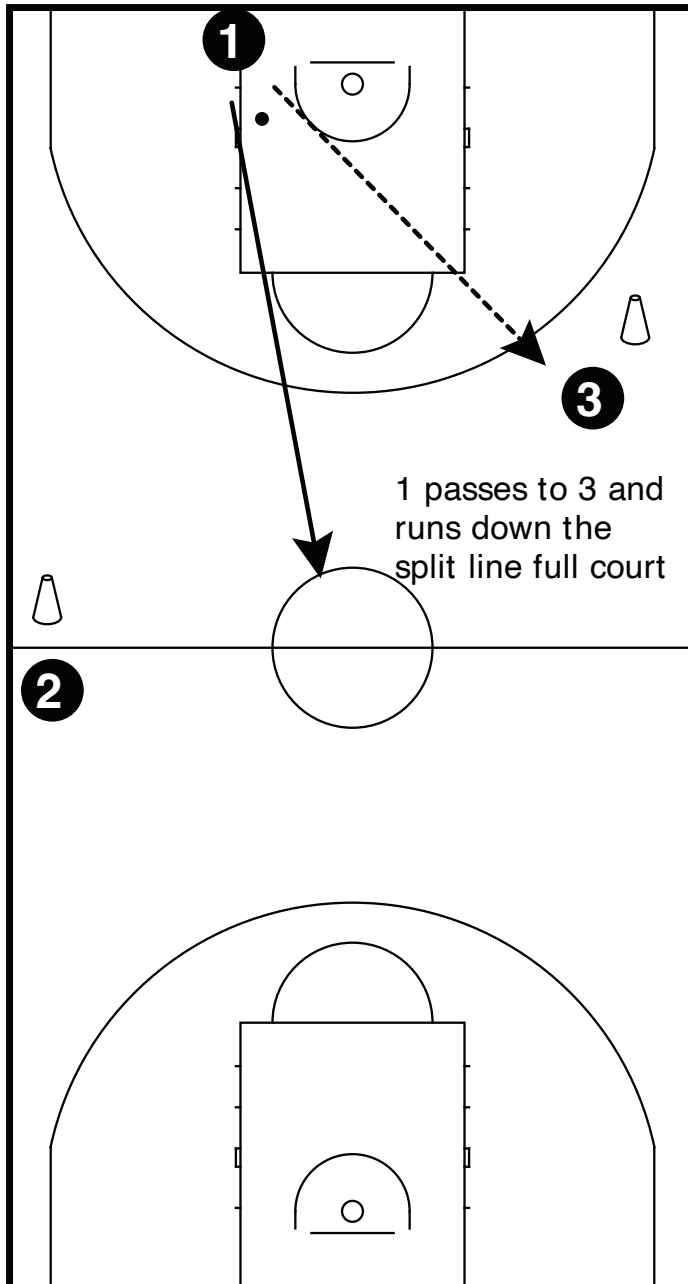
3 x 3 x 3 Continuous Transition Play

Frame 3

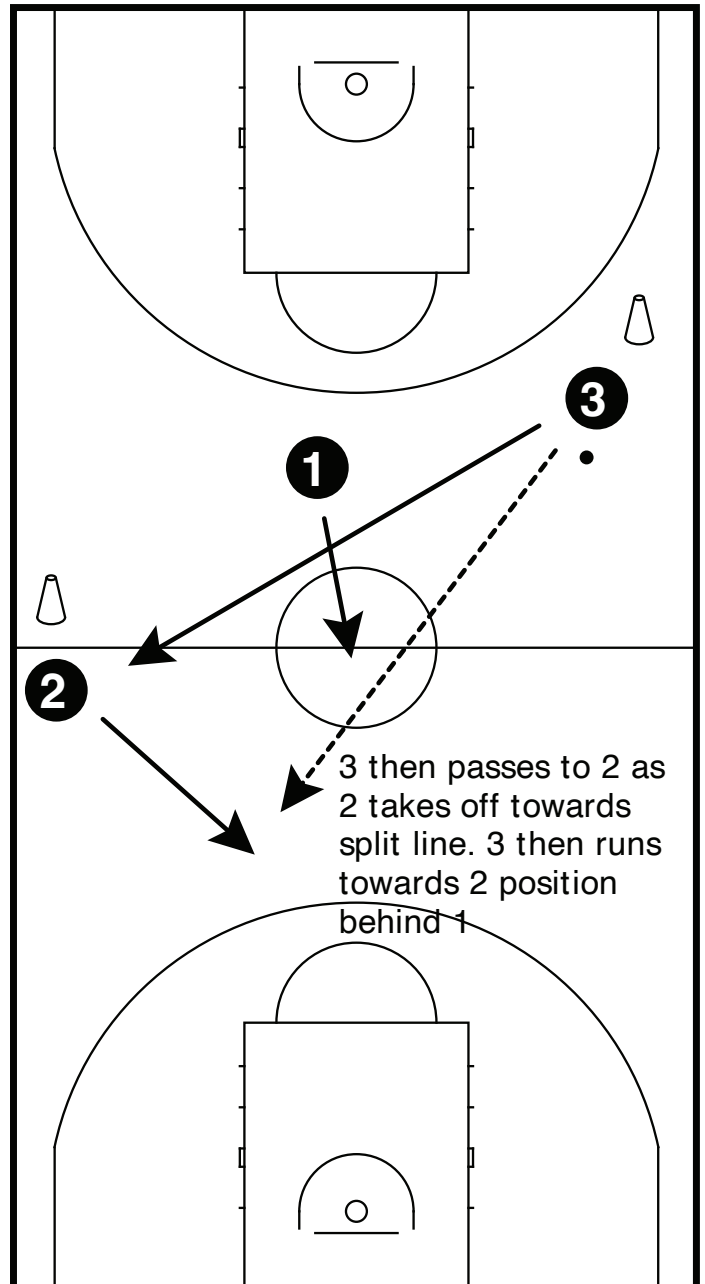


Full Court 2 on 1 Transition

Frame 1

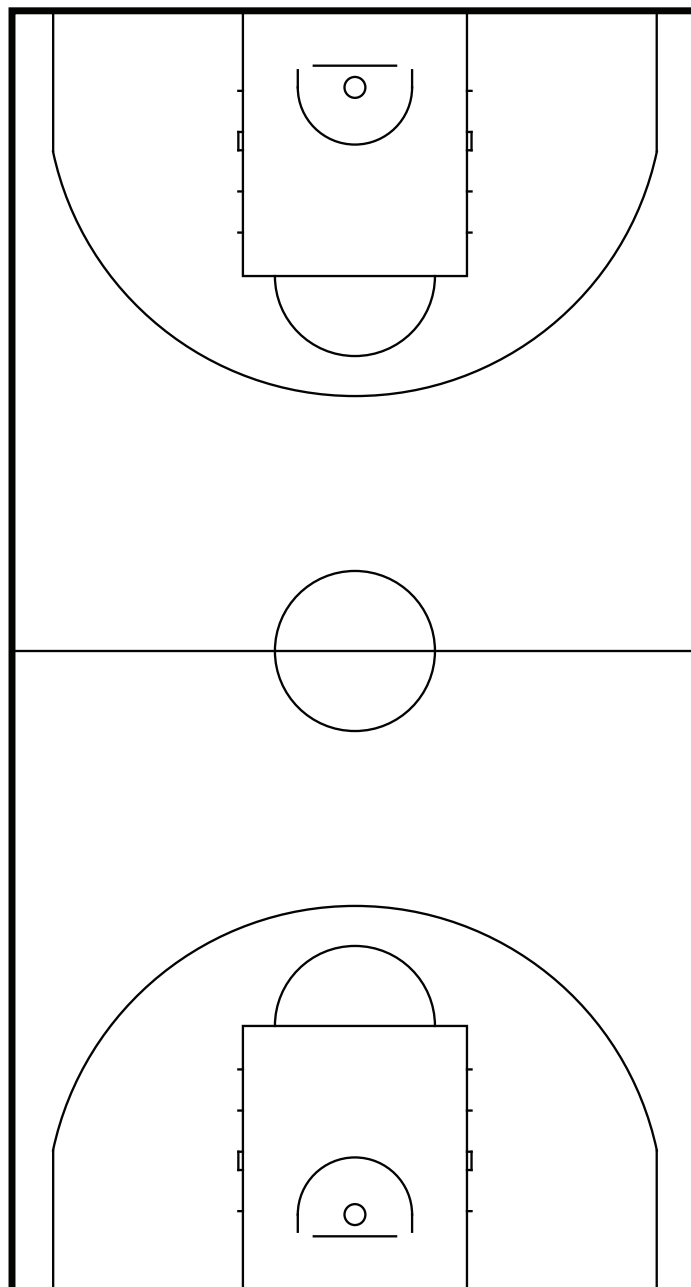
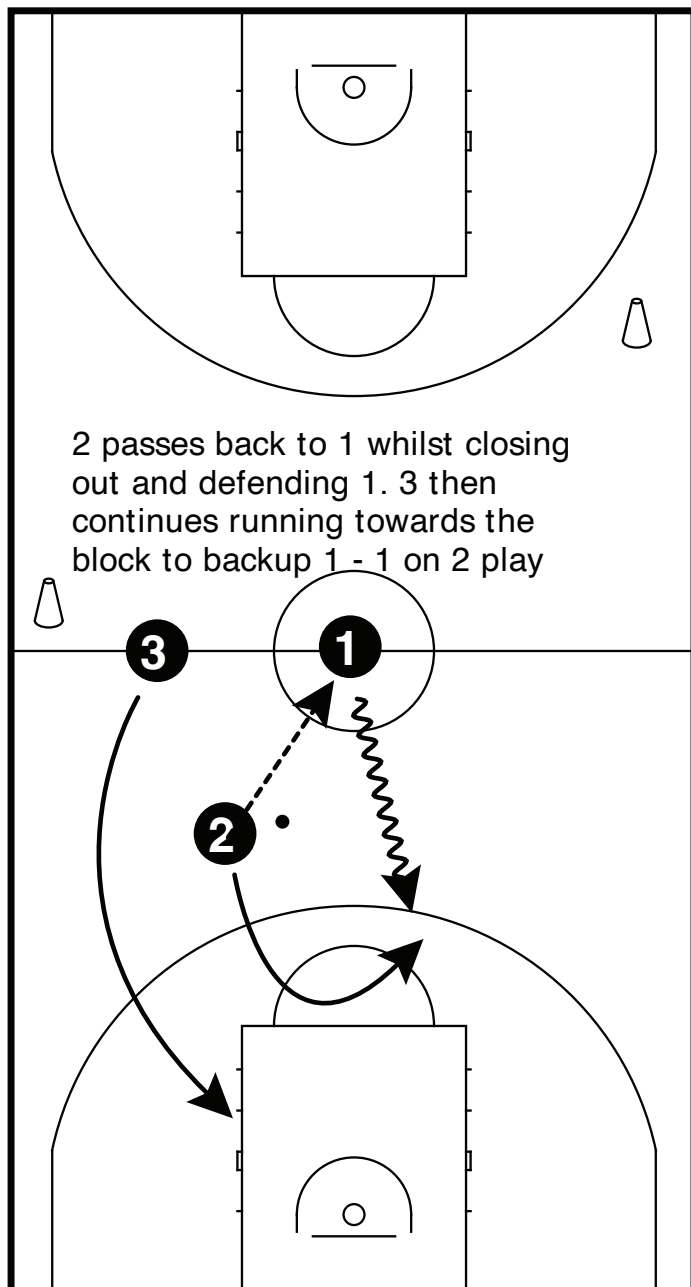


Frame 2



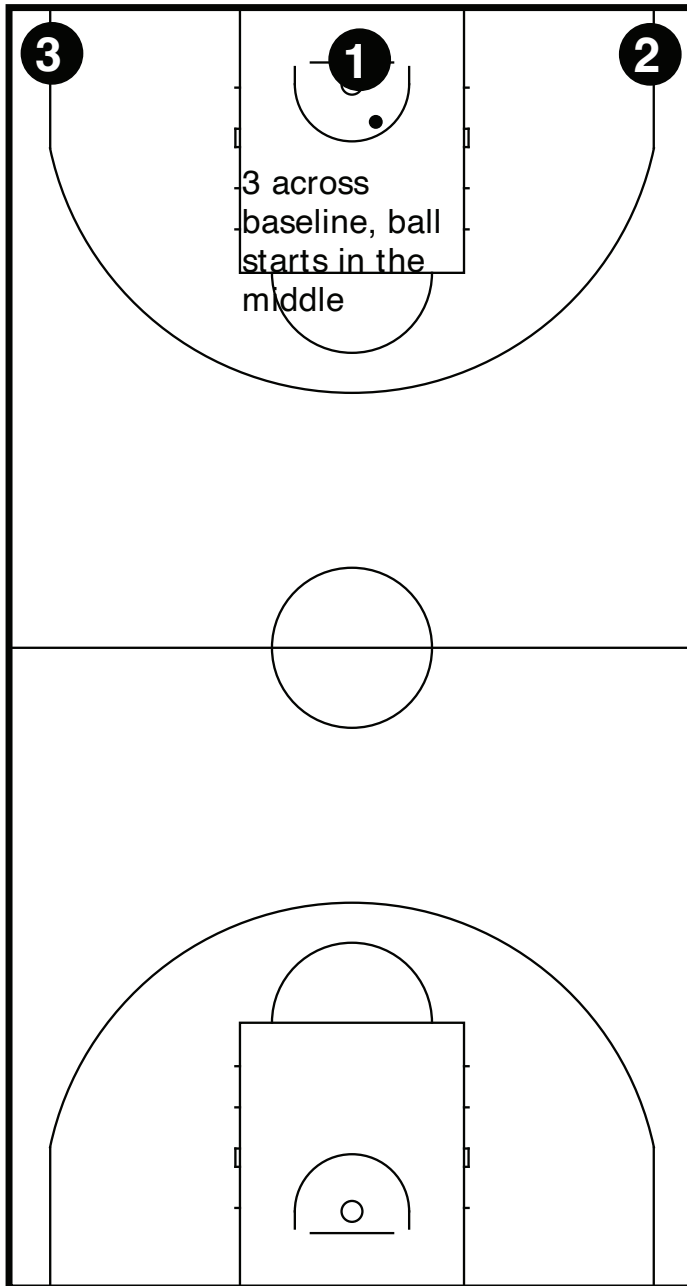
Full Court 2 on 1 Transition

Frame 3

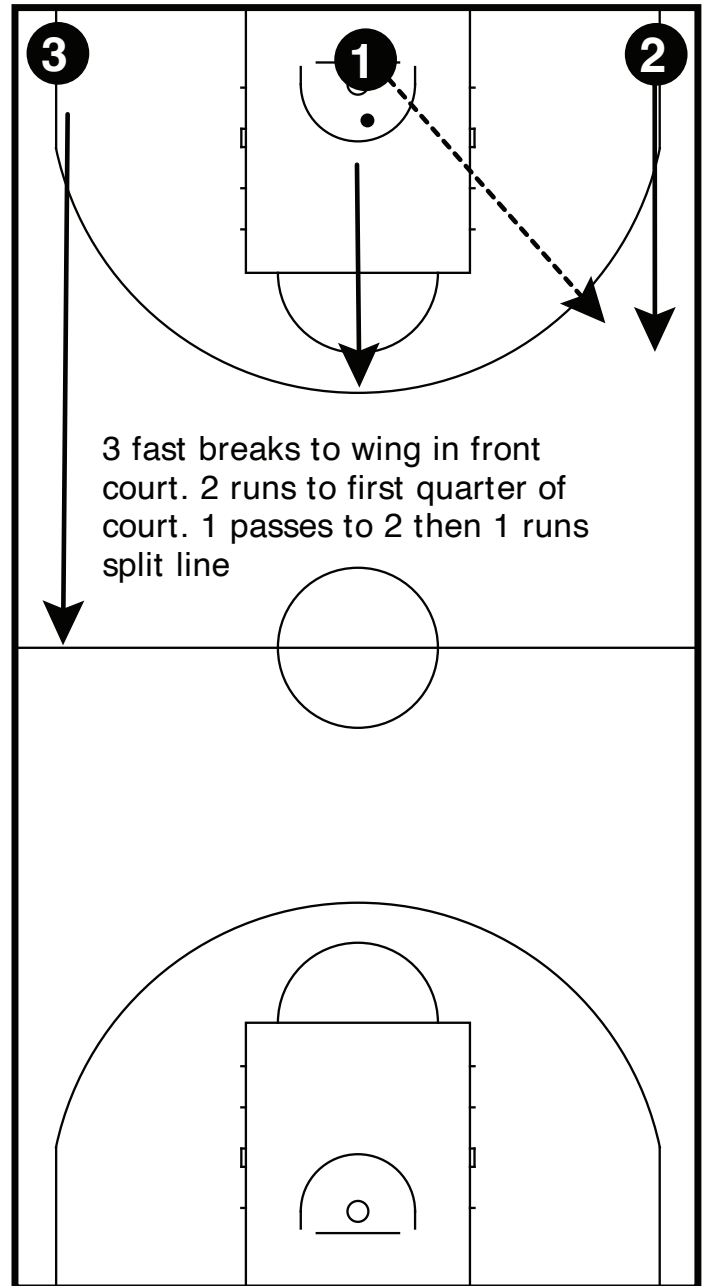


Full Crt Transition Motion

Frame 1

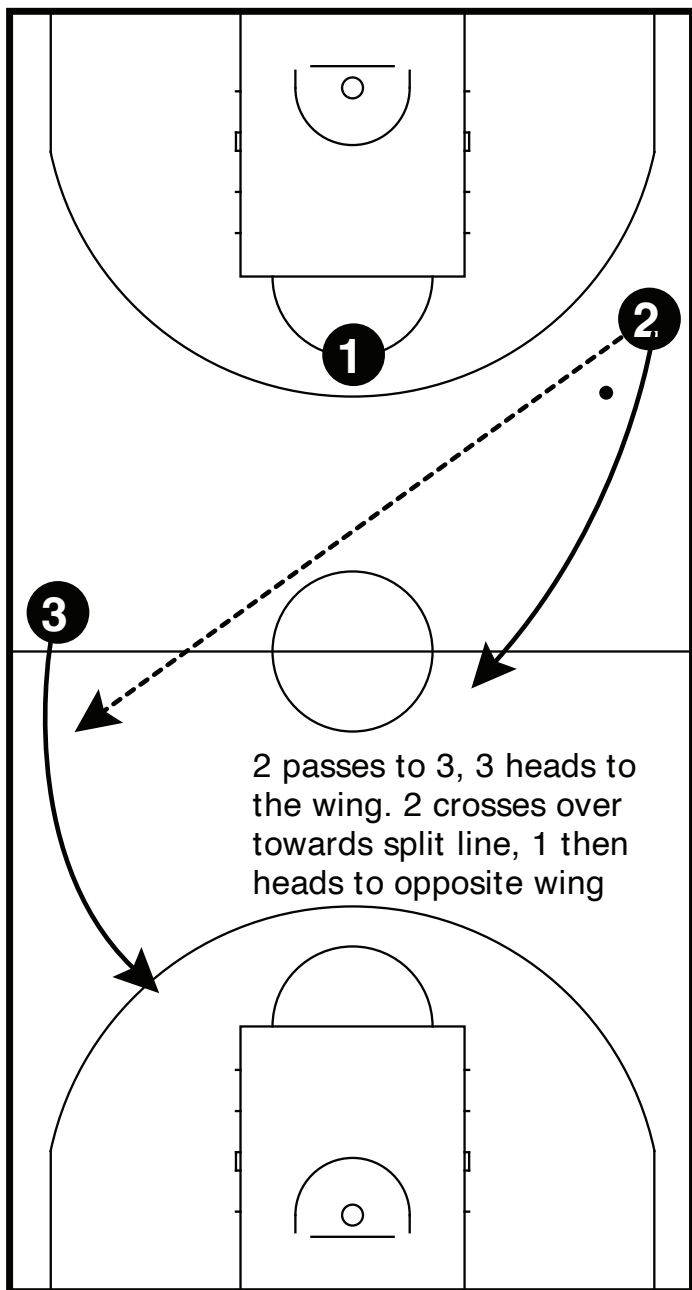


Frame 2

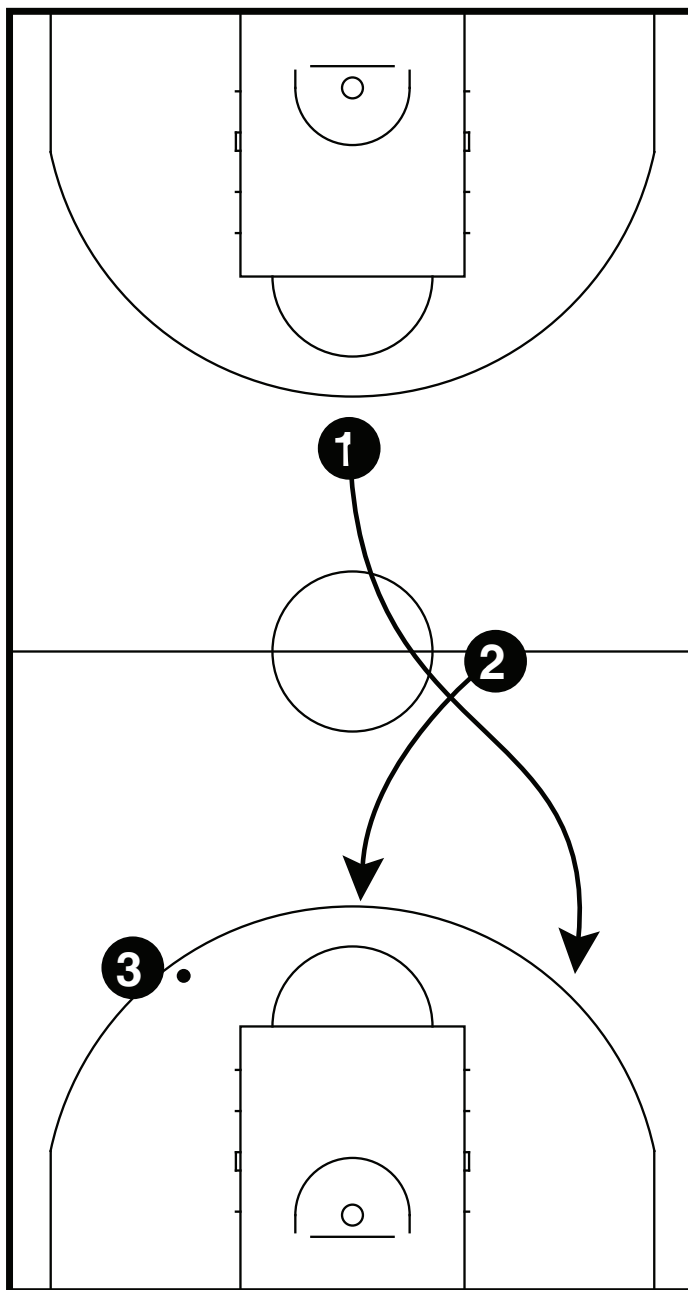


Full Crt Transition Motion

Frame 3

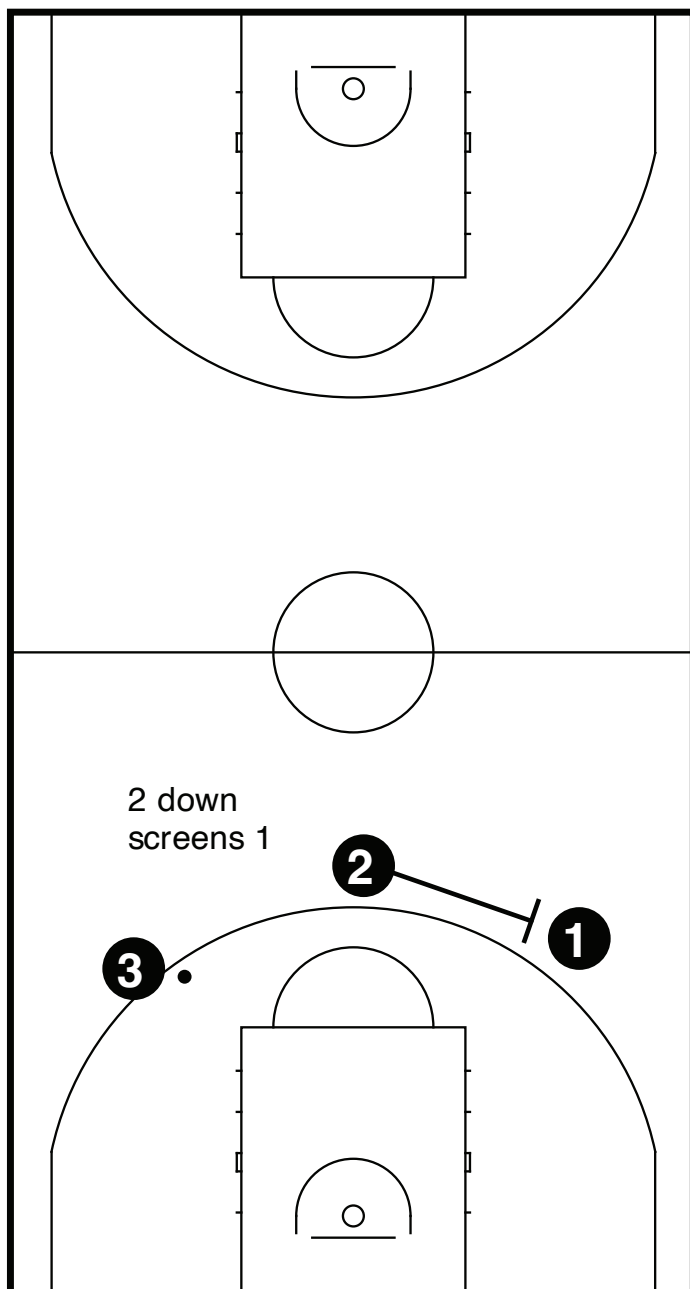


Frame 4

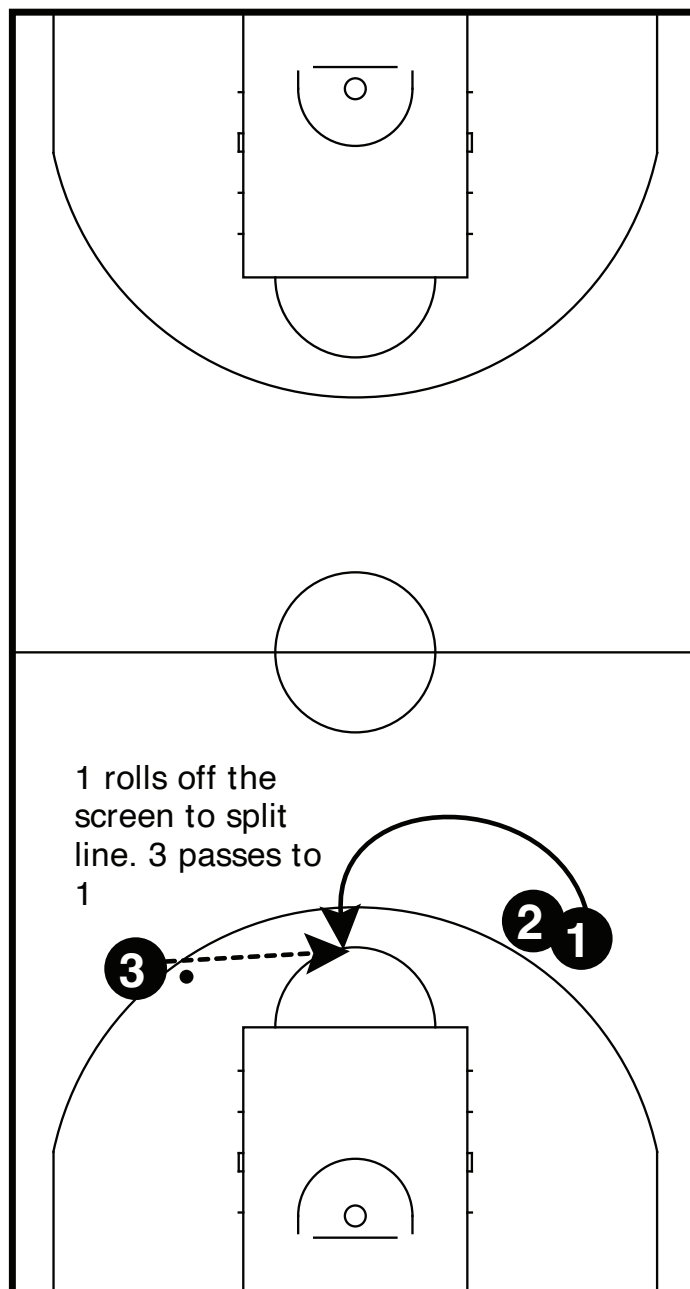


Full Crt Transition Motion

Frame 5

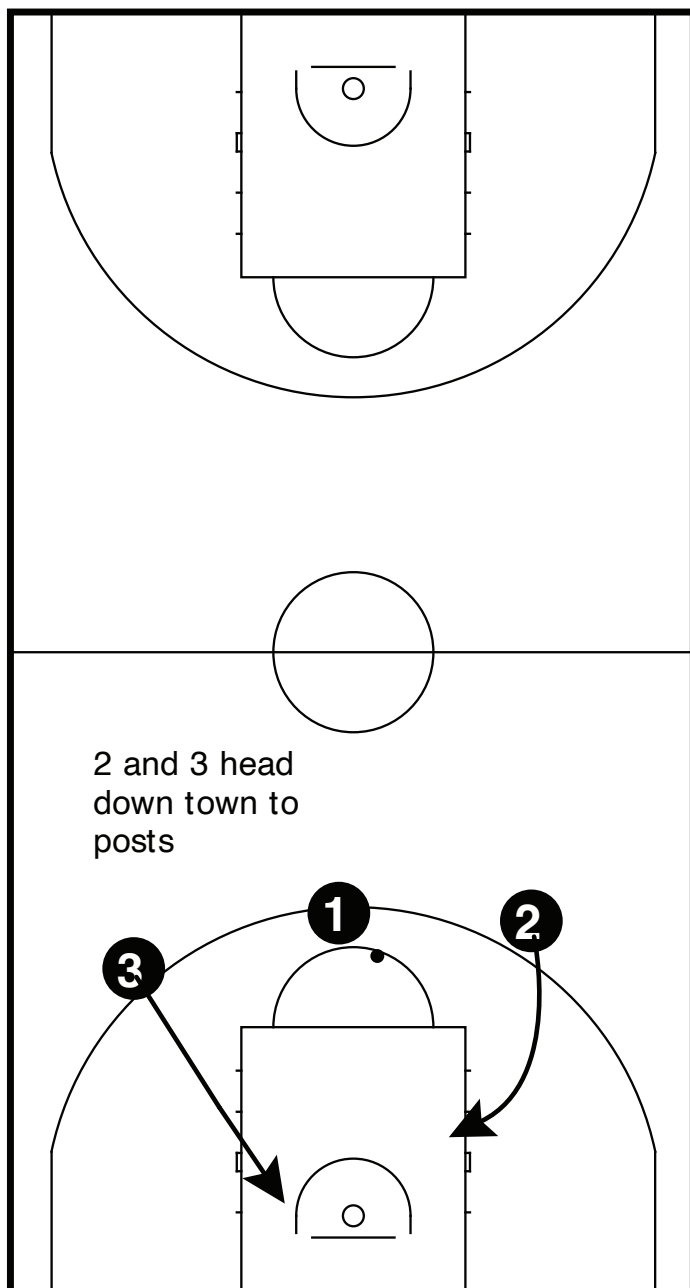


Frame 6

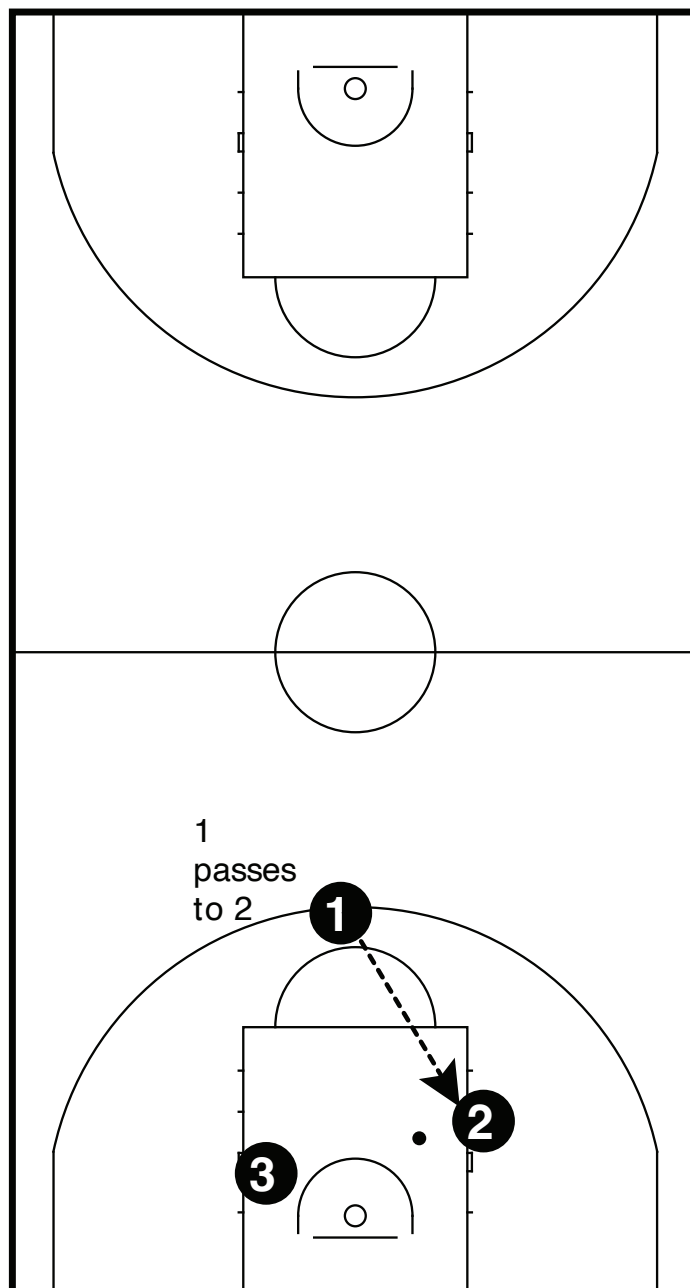


Full Crt Transition Motion

Frame 7

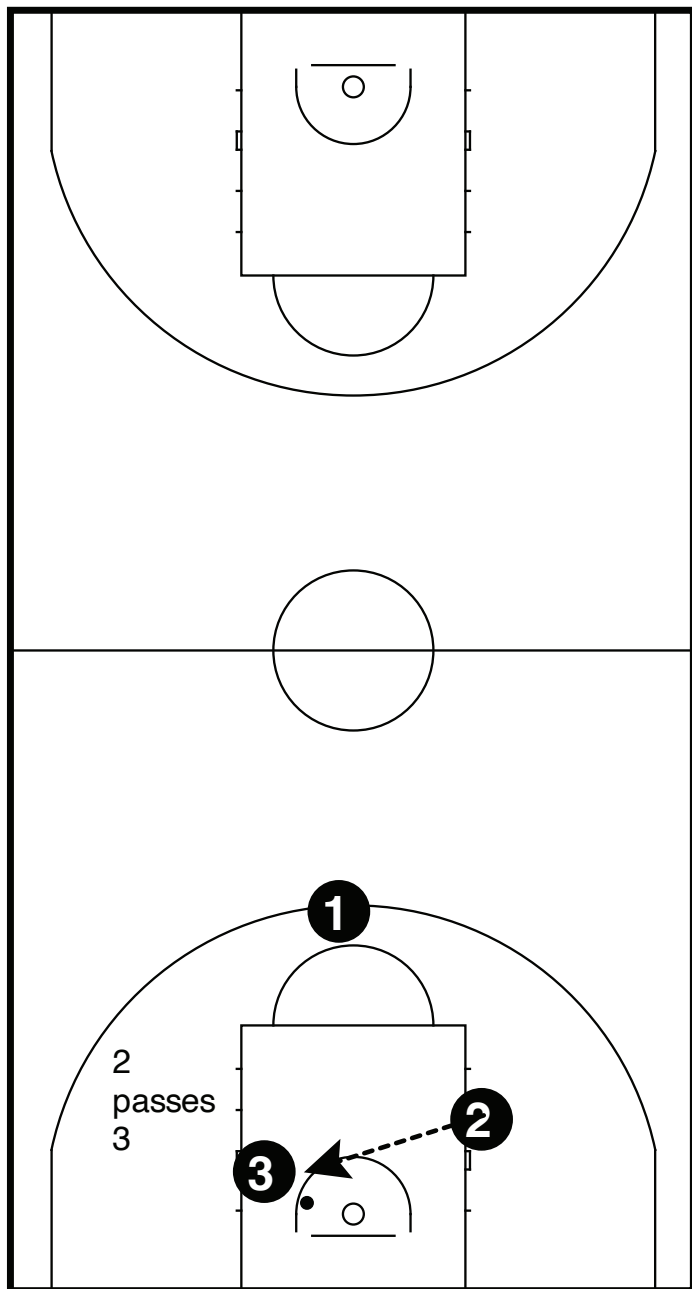


Frame 8

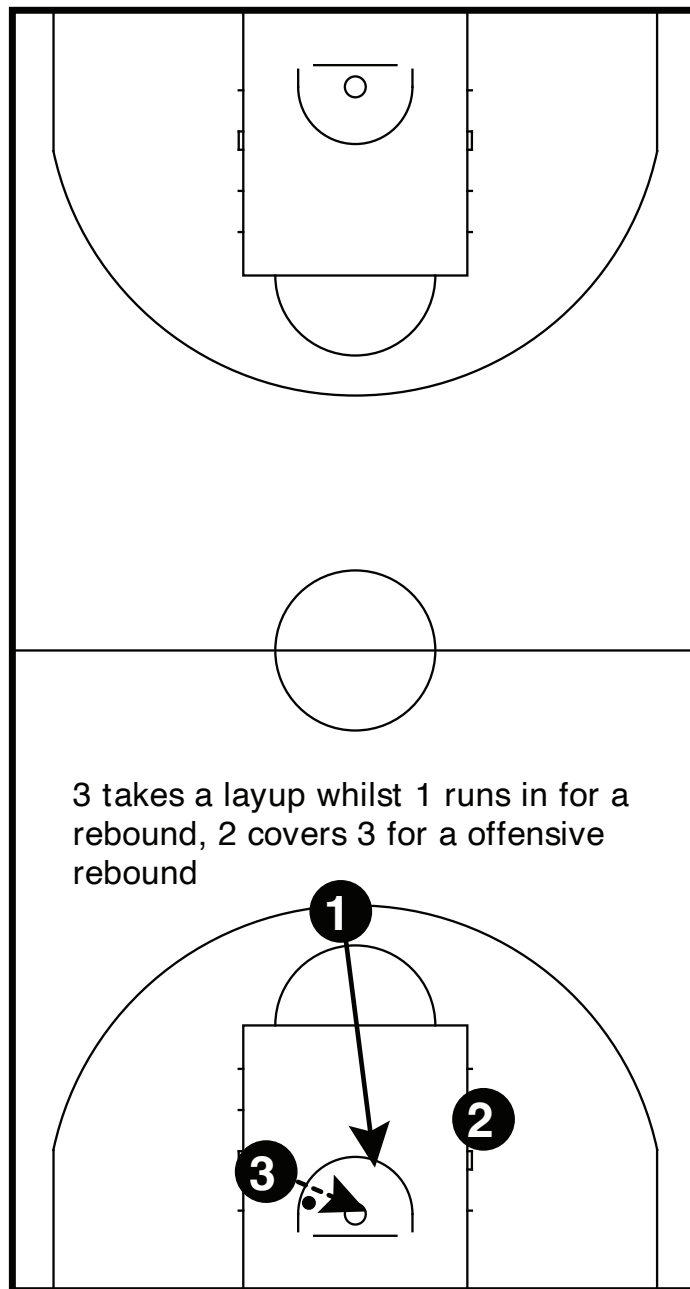


Full Crt Transition Motion

Frame 9

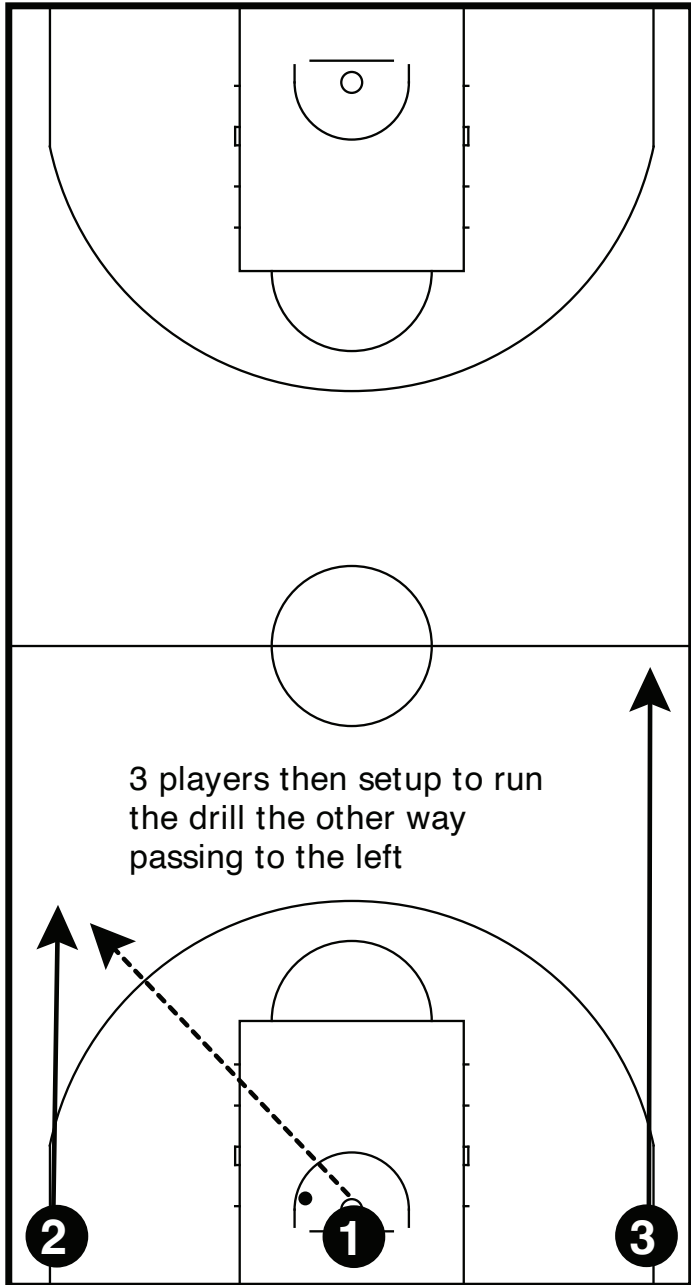


Frame 10

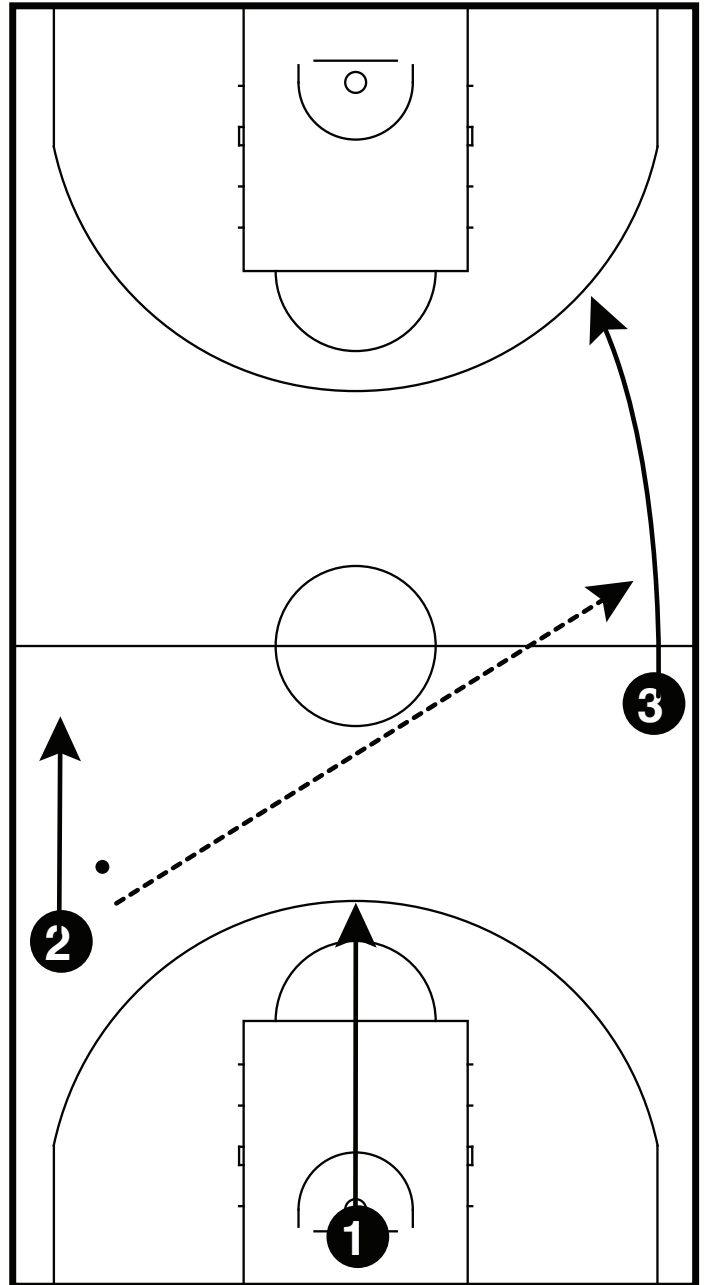


Full Crt Transition Motion

Frame 11

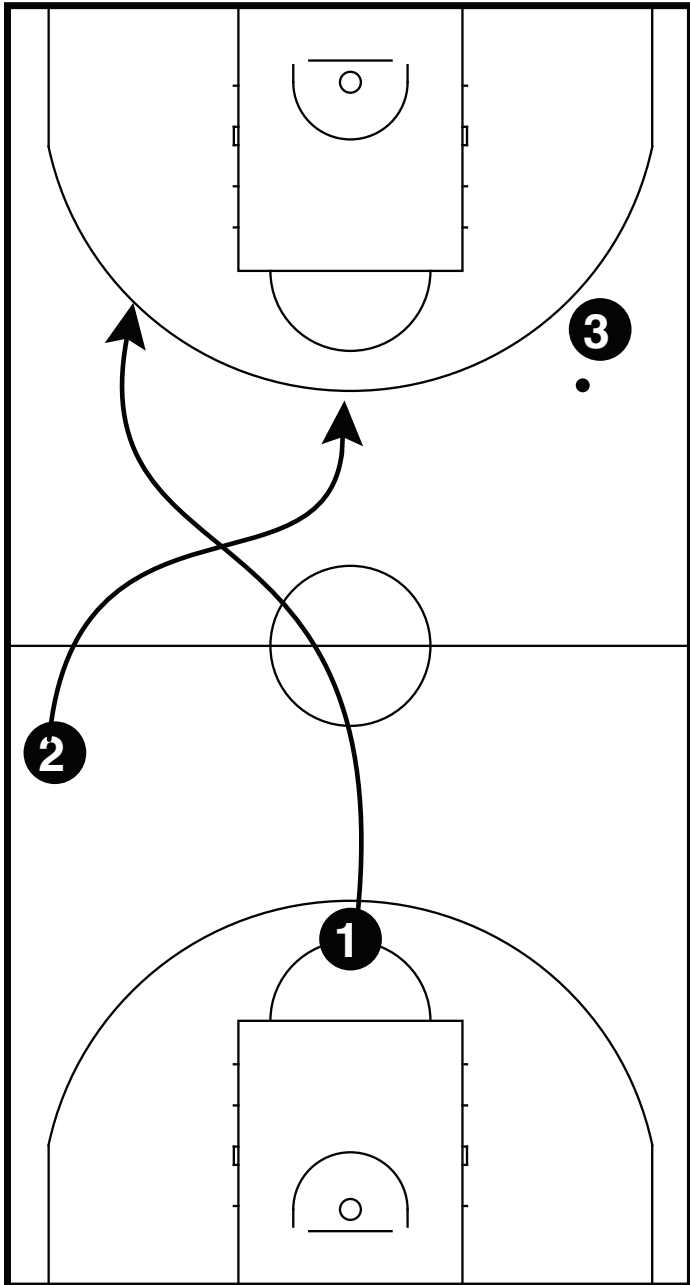


Frame 12

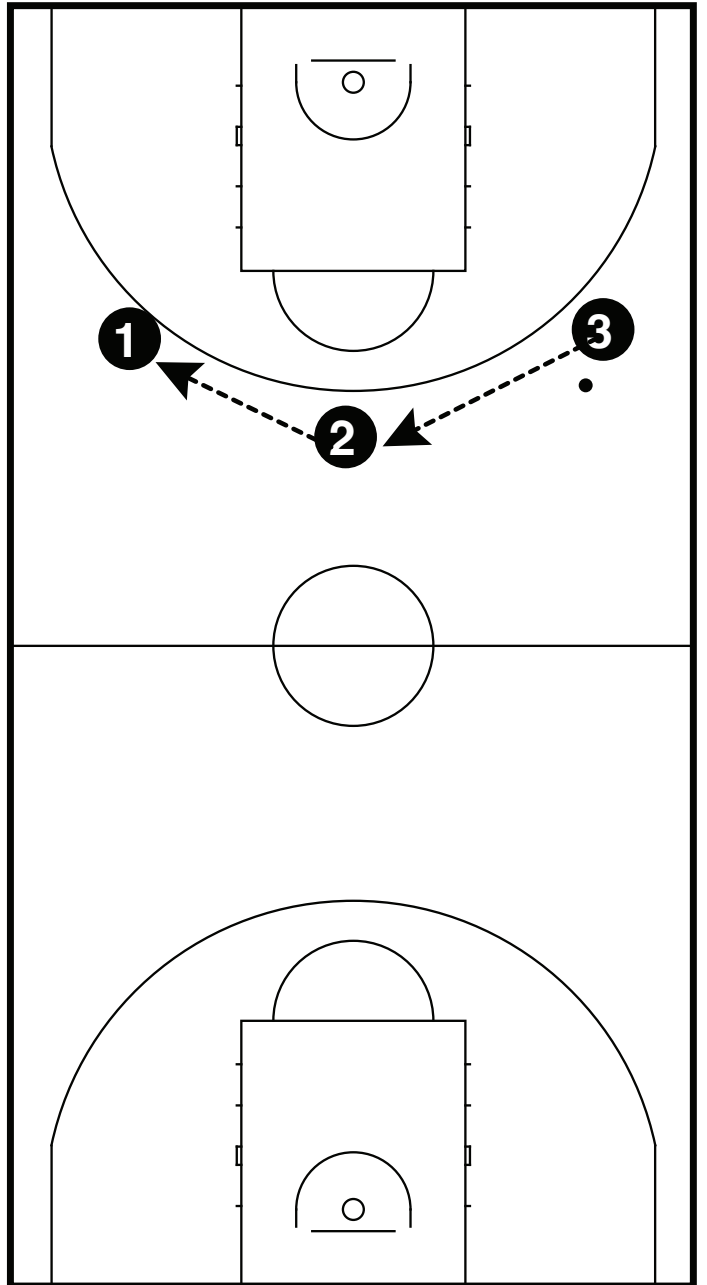


Full Crt Transition Motion

Frame 13

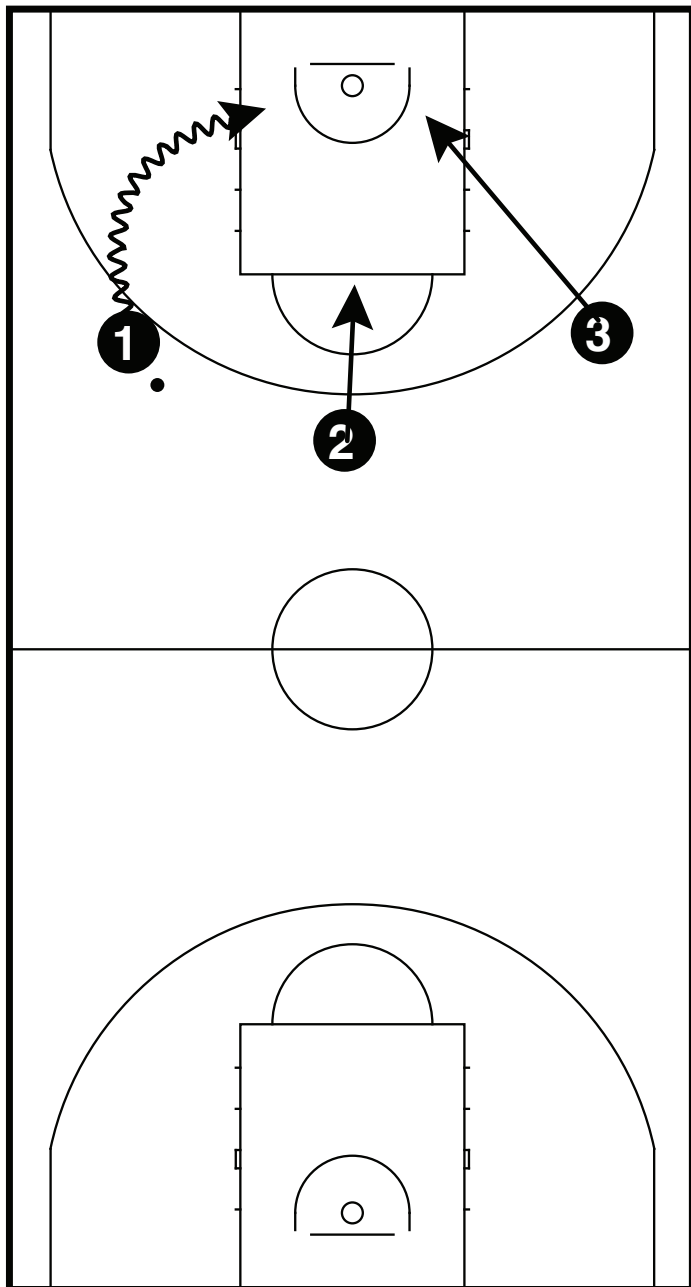


Frame 14



Full Crt Transition Motion

Frame 15



Frame 16

