



East Galway Celtics Coaches Manual

2023-2024 Season



Introduction.

In follow up to the coaches meeting, lead by Dr. Mike Lynch on the 30th November 2022 the following is the first iteration of the player development pathway. This document will serve as an initial structure and guide for the player development pathway which can be utilized for annual planning and specific training session planning.

This document is divided into two parts. The first part provides information on coaching for the different age groups in East Galway Celtics Basketball Club. The second part provides information on technical and tactical development components of the game (courtesy of Basketball Ireland). This supports the management team insight into how to coach their players whilst providing a video clip to introduce the skill / tactical concept, how to teach it, and what to emphasize to help players get consistently better.

The YouTube videos referenced within this document can be shared with the players to assist them with continued learning outside of the training sessions. In addition to the YouTube videos provided within this document, Coaches have access to the club video library. The password is available via the Club Executive. Please email eastgalwayceltics@gmail.com.

COACHING DIFFERENT AGE GROUPS

Under 6's (Celtic Cubs) – Active Start

Our main focus is attracting a younger cohort and their parents to the club, having fun and a safe environment for younger children to make friends and learn basic functional movements that will benefit them in life and basketball.

- Fun games focusing on running, jumping and stability using balls and balloons.
- Learning the concept of moving to named spaces on a court.

Under 8's & Under 10's – Fundamentals to Learning to Train

Our main focus is delivering high quality fun-based skill development sessions where the players have fun. The players are taught good fundamentals and concepts of the game as appropriate to the age group.

- Basic ballhandling, shooting and passing drills.
- Fun games in training include 0 on 1, 1 on 1, 2 on 1 and 2 on 2 fun games.
- Basic movement and spacing.
- Penetrating the defence with and without the ball.
- Basic defence with focusing on stopping penetration.
- Introducing the importance of communication on court.

Methodology

- Delivering fun skills and drills. The drills are designed to be fun while teaching good fundamentals.
- Games formats designed to reinforce the skills which enables the players to understand when to dribble, pass, move and shoot.

Under 12's – Learning to Train

Our main focus is delivering high quality fun-based skill development sessions where the players have fun. The players progress the fundamentals and concepts of the game as appropriate to the age group.

- We introduce the concepts of Offense and Defence.

Offense

- Progress ball handling, passing and shooting skills.
- Expand on the game concepts introducing formal offence and defence structures (Read and React as per East Galway Celtics Strategy).
- Progressing movement and spacing including the following:
 - Players are taught movement and spacing on and off the ball.
 - Pass off the dribble, catch and cut.
 - Right and left hand lay-ups

Defence

Some of the topics covered include:

- Progressing defensive stance and positioning.
- Introduce help and recover.
- Progressing the importance of communication on defence.
- Rebounding techniques including boxing out, stance, timing and controlling the ball.

Methodology

- Utilizing fun games that provide all players the opportunity for decision making between dribbling, passing, moving and shooting.
- Using game-based drills for skill development and 0 v 1, 1 v1, 2 v2 and 3 v 3 game formats for practice and proficiency.

Under 14's – Learning to Train

Deliver high quality fun-based skill development sessions where the players have fun and progress their learnings in readiness for competition.

- Progress the offence and defence skills development.

Offense

- Progress ball handling, passing and shooting skills and drills.
- Progressing game concepts in readiness for competition.
- Players continue to be taught to Read and React to ball and player movement.
- Some of the other topics covered include:
 - Basic numeric advantage.
 - Basic screening.
 - Timing of cuts.
 - Intermediate game moves.
 - Post and guard moves.
 - Fast breaks

Defence

- Man to Man defensive positioning.
- Slow/ Stop Ball progression.
- Helping and rotating.
- Defending numerical disadvantages.
- Closing out on the ball.

Methodology

- Using game-based drills for skill development
- 2v2, 3v3, 4v4 games with focus on decision making and skills proficiency.

Under 16's Training to Train

Deliver high quality fun-based skill development sessions where the players have fun and progress their learnings in readiness for competition.

- Progress the offence and defence skills development.
- Players are taught all options on 2 v 2, back door, hand off, on and off ball screens.

- Game concepts are developed including zone defence, pressing, help defence, positioning and decision making.
- Advancing dribbling, passing and shooting skills.
- Development of footwork for post and guard players.
- Introduce the role of the point guard.
- Continue the Read and React strategy with the introduction of set plays.
 - Players are taught continuity offenses, side line plays and end line plays.

Offense

- Progress ball handling, passing and shooting skills and drill.
- Screens are taught in more detail.
- Getting open again in more detail.
- Foul count awareness.
- Game and shot clock awareness.

Defence

- Defensive lanes and rotation.
- Containing the ball.
- Defending cutters and screens (hedging, over and gap).
- Help defence.

Methodology

- Using game-based drills for skill development
- 2v2, 3v3, 4v4, 5v5 games with focus on decision making and skills proficiency.

Under 18's Training to Compete

Deliver high quality fun-based skill development sessions where the players have fun and progress their learnings for competition.

- Understanding shot selection.
- Use of Pass, Cut and Screen in transition offense.
- Intermediate and Advanced game moves for Posts, Guards and Point guards.
- Refining the role of the point guard.
- Game concepts are further developed for offense and defence.
- Development of footwork for post and guard players.
- Development of transition offence and defence.

Offense

- Ball handling, passing and shooting skills and drills at intermediate and advanced levels.
- Progress knowledge of use and defence of different screen types.
- Progress knowledge of shot selection off different screen types.
- Special situations; end of game (clutch) plays, team fouls, full court press, time clock management.
- Progress rebounding techniques (blocking out, reading the rebound etc)

Defence

- Trapping and scrambling.

- Help and rotation.
- Understanding and explanation of full court press, half court press, zone, man to man and match up defensive systems.

Methodology

- Using game-based drills for skill development
- 2v2, 3v3, 4v4, 5v5 games with focus on decision making and skills proficiency.
- Conditional games to develop decision making and clutch plays eg: 10 seconds to go, 2 points down, on team fouls, strategy is ???. Coaching and player decisions required to achieve the desired outcome.

Under 20's / Senior Level – Training to Win

Deliver high quality skill based development sessions where the players have fun and progress their learnings for competition and winning.

- Understanding shot selection.
- Use of Pass, Cut and Screen in transition offense.
- Advanced game moves for Posts, Guards and Point guards.
- Game concepts are further developed for offense and defence.
- Continued development of transition offence and defence.

Offense

- Intermediate/Advanced ball handling and game moves.
- Special situations – end of game, end of shot clock, baseline, sideline etc.
- Transition offence, defence and scramble situations.
- Fast break movement and shot selection.
- Creating mismatches.
- Reading the defence.

Defence

- Defending special situations.
- Mastering different defensive options i.e. different zones, press, traps, switches etc.
- Help defence.
- Transition between defensive formations.

Methodology

- Using game-based drills for skill development
- 2v2, 3v3, 4v4, 5v5 games with focus on decision making and skills proficiency.
- Conditional games to develop decision making and clutch plays eg: 10 seconds to go, 2 points down, on team fouls, strategy is ???. Coaching and player decisions required to achieve the desired outcome.

Social Ladies and Mens – Active for Life

We provide social outlets for ladies and men for return to basketball or learn basketball.

Programmes are adjusted to meet the needs. Social games are facilitated with other clubs to ensure continued fun and social engagement.

TECHNICAL AND TACTICAL DEVELOPMENT (BASKETBALL IRELAND)

TECHNICAL DEVELOPMENT

The following section outlines each of the technical components of the game of basketball. These fundamental technical aspects will help athletes to step onto a court with confidence that they understand the skills required to be able to play the game. These fundamental technical skills are:

1. Ball handling.
2. Passing.
3. Rebounding and Boxing out.
4. Individual Defence.
5. Offensive Footwork.
6. Shooting

Each technical introduction will assist coaches and club leaders to gain an insight into how to coach their players. A link to a video clip is included to introduce the skill, how to teach it, and what to emphasize to help your players get consistently better. Additional links with tips and drills are also included.

1. Ball Handling

The ability of a player to control the ball under pressure with either hand, and/or in multiple planes of motion. The ability to use dribbling to gain an offensive advantage.

Skill Emphasis: Power – Speed – Vision – Symmetry – Ball Protection.

Crossover types (to be utilized in all levels of drilling): Hesitation – inside out – front change (front cross) – between the legs – behind the back – spin dribble – double/triple cross variations.

Drills:

Skills at home series – CJ Fulton Ball Handling: <https://youtu.be/4D6eTEvB2ZY>

Skills at home series – Sorcha Tiernan Dribbling: <https://youtu.be/D9jF4lza72I>

Skills at home series – Annaliese Murphy Advances Dribbling: <https://youtu.be/B5HMGO-0DPE>

10 Minute ball handling workout: <https://youtu.be/Zix5EP74jTs>

Nike Elite Camp Level 1 Ballhandling Workout: <https://youtu.be/x4cZ5xJd3t8>

Elite ball handling workout: <https://youtu.be/O3yFH7gZFJw>

Zig Zag ball handling: <https://youtu.be/fEiHcKoifb8>

2. Passing

The ability to distribute the ball amongst teammates, while maintaining balling security, and generating scoring opportunities.

Skill Emphasis: Power – accuracy – vision – ball protection – misdirection – footwork (crossover step right & left).

Passing Types: Chest pass (two handed) – Bounce pass (two handed) – Overhead pass (two handed) – Hook pass (one handed R & L) – push chest pass (one handed R & L) – push bounce pass (one handed R & L).

Drills:

Skills at home series – Stefan Zecevic passing: <https://youtu.be/vperEeX197k>

John Calipari introduction to passing drills: <https://youtu.be/SbOxamKyzY>

4 corners passing drill: <https://youtu.be/fNWb5dbHzks>

5 tips to be a better passer: <https://youtu.be/PukmYnApL2Y>

WABC passing and catching with Patrick Mutombo: <https://youtu.be/y-f7FQkT4x0>

WABC Passing skills improvement with Luca Banchi: <https://youtu.be/si05aatjYkl>

3. Rebounding & Boxing Out

The ability to secure a loose ball after a shot attempt on the defensive and offensive end of the floor. Impacting on the +/- balance of shot attempts in any game.

Skill Emphasis: Position – Vision – Timing – Desire – Boxing Out (first contact).

Drills:

USA Basketball Rebounding: <https://youtu.be/fvu-QCVfBzU>

Individual rebounding drill: <https://youtu.be/efqrY2zwc84>

Team rebounding drill: <https://youtu.be/BJpCdFzdJ48>

Team rebounding drill: https://youtu.be/97_wjOSSHko

Offensive rebounding actions: <https://youtu.be/4DOEt6L2nGY>

WABC how to box out and rebound with Robert Bauer: <https://youtu.be/Gwx3qFRgsQo>

4. Individual Defence

The ability to move laterally in an established and successfully maintained position between an opponent and the basket with regard to the ball.

Skill Emphasis: Strength, power, and endurance capacity of the lower body (defensive stance position)
- Anticipation - Controlled aggression - Defender's sternum is positioned in front of the ball and players path.

Drills:

Zig Zag defence drills: https://youtu.be/OJA552n_S6I & <https://youtu.be/3DZjefp1Oqw>

Laker zig zag defence: <https://youtu.be/D17CmTHQEKA>

Close out and contain drill: <https://youtu.be/OgMiQR0QIY4>

Defence footwork progressions: <https://youtu.be/s46bufWWJ6c>

WABC Close out defence with Dan Burke: <https://youtu.be/4RuYhzwnzDE>

5. Offensive Footwork (Guard and Post)

The ability to use one's foot movements to gain an advantage and/or improved positioning over an opponent. Guard play: player facing the basket. Post play: players back to the basket.

Skill Emphasis: First step intelligence. Ball protection. Misdirection.

Guard Footwork: Square up (thrapple threat) - Crossover step - Jab step - Jump stop - European step through - Spin move - Layup step - Quick step/floater step - Up and under - Step back - Step back and attack (hesitation and cross over).

Post Footwork: Drop step (L&R) – drop step (baby hook) – Power hop – Up and under – face up and shoot (forward and reverse pivot) – face up and attack L&R (forward and reverse pivot) – face up (forward and reverse pivot) and step back (create separation).

Drills:

USA Basketball Triple Threat: https://youtu.be/KYct_U274JA

Coach Calipari attacking the basket: <https://youtu.be/cKyw7iVYgOc>

WABC Top basketball drills with Ettore Messina: <https://youtu.be/YNjOn-Vq9VQ>

WABC basic skills of inside players with Ganon Baker: <https://youtu.be/twKFHFRWNdl>

6. Shooting

The ability to make a high percentage of one's shots, create shot opportunities, and have an array of shot methods.

Skill Emphasis: Form development (Balance Eye Elbow Follow-through) - Consistency (only shoot a shot you intend to score).

Drills:

Alan Houston Shooting Fundamentals: https://youtu.be/t7ciq_x4138

John Calipari shooting: <https://youtu.be/nWgcOIUQM4U>

Shooting series

Stop and pop – step back – step back and attack – side step left & right – shooting while coming off a screen (curl) catch and shoot – coming off a screen (curl) dribble pullup – coming off a screen (flare) catch and shoot – coming off a screen (flare) dribble pullup – screen and roll (screener rolls) catch and shoot – screen and pop (screener pops) catch and shoot.

Drills:

Skills at home series – Andrew McGeever Shooting: https://youtu.be/hRyRmRI_sU4

WABC shooting footwork with Rick Carlisle: <https://youtu.be/FWc2TFi2a9A>

Layup series

Layup – reverse-layup – two-foot floater – one-foot floater – runner – euro step – power hop – spin layup – spin and reverse layup – half spin – step through – drop steps.

Drills:

Mikan drill – 12 variations: <https://youtu.be/HaLqI0ueNpY>

Essential Layups: <https://youtu.be/sNraRLwDRIs>

TACTICAL DEVELOPMENT

The Following section outlines each of the tactical components of the game of basketball. These fundamental tactical aspects will help athletes to step onto a court with confidence that they understand how to play as part of a team and work together in pursuit of success. These fundamental technical skills are:

1. 2vs2 and 3vs3 Offensive basketball.
2. 2vs2 and 3vs3 Defensive basketball.
3. Offense against Zone Defence.

4. Offensive movement against Man to Man Defence.
5. Help Defence (Man to Man).
6. Zone defence.
7. Transition Offense and Defence.
8. Team Pressing and Press Breakers.
9. End of Game Management.
10. Out of Bounds Play.

Each tactical introduction will assist coaches and club leaders to gain an insight into how to coach their players in the tactics of the game whilst providing a video clip to introduce the concept, how to introduce it, and what to emphasize to help your players gain a fuller understanding of its construct.

1. 2vs2 & 3vs3 Offensive Basketball

The partnership of two or three teammates to generate multiple scoring options for one another and their teammates.

Skill Emphasis: Communication – Technique over speed – Recognize mismatches.

2vs2 offense: give and go – pick and roll – pick and pop – slip the pick – back door cuts – screen and rescreen – dribble handoff – fake handoff – iso spot up basketball.

3vs3 offense: pass and screen away (attack paint) – pass and screen away (flare screen) – pass cut and replace – double cut – back door cut and replace – horns screen – staggered screen – down screen – up screen.

Drills:

USA Basketball Pick and Roll Offense: <https://youtu.be/ffjo8ReDzhA>

WABC Off the ball screens with Joan Plaza: <https://youtu.be/obv2YyGv9oU>

2. Offense Against Zone Defence

The ability of a team to work together and break down oppositions zone defences.

Skill Emphasis: play the negative space - Ball rotation (ball reversal) opens up zone defences – Penetration (pass or dribble) collapses zone defences – an offensive focal point (player that everyone is looking to play through) creates collective vision and team offensive purpose.

Even fronted zones 2/3, 2/2/1, or 2/1/2: Offence plays a 131 set up (the negative space) – focal point being the baseline player (behind the defence).

Odd fronted zones 3/2, 1/3/1, or a 1/2/2: Offense plays a 2/3, or a 2/1/2 set up (the negative space) – focal point being the free throw line player (in the middle of the defence).

Drills:

WABC fundamentals of zone offense with Ettore Messina: <https://youtu.be/G5FacCbOubw>

WABC Zone Offense against a 2/3 zone with Patrick Hunt: <https://youtu.be/2kMwc3CxCV8>

3. Offense Movement Against Man Defence

Applying the theory of unselfish ball and player movement to assist in creating scoring opportunities for teammates and in return have them assist you.

Skill Emphasis (5 out offense and/or 4 out 1 in offense): Spacing - Cutting and filling – player penetration (dribble and pass) – ball reversal – player movement with a purpose (activity in pursuit of accomplishment).

Drills:

5 out offense and 4 out 1 in offense: <https://youtu.be/7xAzANFC74c>

4. Help defence (Man to Man)

The ability of a team to work together to keep an opponent's offense in front of their collective defensive wall. 5 players defending 1 ball!

Skill Emphasis (shell defence): Ball pressure and footwork to force the direction of ball movement (out of the middle, down the sideline, and to the baseline) – stay at home on the strong side – deny (quarter, half, and full denial) the ball pass to a post – help from the weak side – help the helper, help the helper, help the helper, help the helper.

Drills:

Bill Self's Shell Defence Drill: <https://youtu.be/KR0MGDd3ivM>

WABC Fundamentals of Half-court defence with Jim Boylan: <https://youtu.be/zC82h33ZXMg>

WABC man to man defence with Torsten Loibl: <https://youtu.be/olmd0BQba4s>

Tony Bennett's pack line defence: <https://youtu.be/9xicOzvbB6A>

5. Zone Defence

A collective effort established by players taking individual responsibility of each specific zoned area of the basketball court. 5 players defending 1 basketball.

Skill emphasis: odd fronted zones (122, 131, 32, 1211, 1121, triangle & 2) – even fronted zones (23, 212, 221, box and 1) – transfer of Man to Man principals – know your zone and responsibilities – help your teammate – know the opponents strength against zone (specifically shooting threats and penetration threats) – know the opponents weaknesses – communication.

Drills:

2/3 zone defence: <https://youtu.be/Cs2vk3GRU-o>

WABC 131 Zone Defence with Denis Felton

& Konstantios Keramidas: <https://youtu.be/xkk62UK4e9g> & <https://youtu.be/veU3mVYthlo>

6. Transition Offense & Defence

The ability to take advantage of the periods in between offensive and defensive play at a quicker and more efficient manner than one's opponent.

Transition offense is like 5 people jumping on a moving steam engine train, i.e. some are fast enough to get on at first attempt while some need to grab on and hold on.

Transition defence is like 5 people stopping a moving steam engine train, i.e. somebody needs to take responsibility for stopping the driver, another needs to find the fuel guy and stop them from shoveling coal, while the other 3 hustles to find solutions to the individual characteristics of the conductors.

Skill Emphasis on Offense: Individual responsibility in developing collective results – speed of thought – efficiency of movement – role clarity – make mistakes – get comfortable being uncomfortable.

Skills Emphasis on Defence: slow down the ball handler (driver) – find the open court threat (the coal guy) – slow down the ball by denying the easy outlet and hustling back to create numerical advantage (conductors).

Drills:

WABC Fast Break with Joan Plaza: https://youtu.be/7vo9CKaZ_jl

WABC Transition Offense with Ibon Navarro: <https://youtu.be/lwg8eDupWCE>

WABC Transition Defence with Don Showalter: <https://youtu.be/PuMNDbahwt8>

WABC Golden State Warriors transition defence with Ron Adams: <https://youtu.be/XAawslw-p8Bg>

7. Team Pressing & Press Breakers

Controlling the game tempo and generating/breaking down full court pressure situations.

Skill Emphasis: Control the negative space (offense and defence) – proactive not reactive play – take away the middle of the floor (defence) – find penetration points to the middle of the floor (offense).

Defence (Man to Man presses): defensive principals for man presses (force ball, deny middle, help rotation).

Defence (Zone presses): Zone defensive principals - odd fronted zones (122, 131, 32, 1211, 1121) – even fronted zones (23, 212, 221). Presses to be utilized full-court, half-court, and $\frac{3}{4}$ court.

Offense (against man pressure): Man to Man offensive principals, 5 out offense and/or 4 out 1 in spacing with point guard controlling the offensive tempo.

Offense (against zone pressure): Zone offensive principals (negative space, odd vs even and even vs odd) - dribble or pass penetration (to the middle of the floor), ball reversal (to open up the defence), and collectively finding an offensive focal point (often a player in the middle of the floor). Ball should always be reversed from the strong side to the weak side (preferable through the focal point).

Drills:

WABC full court pressing defence with Gary Waters: <https://youtu.be/jFAekaj37i8>

WABC 122 & 212 & match up Pressing Defence with Rick Barnes: <https://youtu.be/UFgpSlpumyQ>

WABC 221 press with Aleksandar Dzikić: https://youtu.be/nyWY_X51K9o

WABC full court man pressing with Dean Demopoulos: https://youtu.be/DKh4t-Z_A24

8. End of Game Management

Preparation for clutch performance. Managing emotions, handling pressure, delivering on expectations, in a multitude of game situations, and during the critical moments of a game.

Skill Emphasis: Best decision maker should have control of the ball.

Situational requirement: simplify the scenario – generate the highest

potential percentage opportunities, i.e. Layup 90% - contested layup 70% - bank shot 70% - contested bank shot 50% - mid range shot 50% - contested mid range shot 30% - dribble pull up mid-range shot 40% - contested dribble pull up mid-range shot 20% - 3pt shot 30% - contested 3pt shot 15 to 20% - no shot 0% - contested no shot, still 0%.

Drills:

Practicing late game situations: <https://youtu.be/94ZdcPHOqzg>

9. Out of Bounds Play

Sideline out of Bounds (SLOB) & Baseline out of Bounds (BLOB)

The ability to generate scoring opportunities from dead ball situations. Coaches should identify primary out of bounds offenses that they run consistently, while also having 'back pocket' inbounds plays for special situations.

Skill Emphasis: Team unity (focal point) – simplicity – read and react.

***Special situation SLOB and BLOB plays should be practiced in the 'end of game management' section of practices.

Drills:

WABC Out of Bounds plays with Anne Donovan: https://youtu.be/Xk_LM7ffRcs

BLOB Stack Series: <https://youtu.be/LXn9XolamiY>

SLOB Inbounds: <https://youtu.be/Q8KN-DyQ0rY>

SLOB continuity with your offense: <https://youtu.be/iH3Xtn0VnR8>

SLOB Tom Izzo - Golden: <https://youtu.be/rH81G-9zkmg>

