

BASKETBALL FUNDAMENTALS

Associate Professor Nenad Trunić, Ph. D.
FIBA EUROPE Coaching Certificate Program
FIBA EUROPE Coaching Clinic lecturer
Faculty of Physical Education & Management in Sport,
Singidunum University, Belgrade, Serbia,

Methodology:

1. Explanation.
2. Demonstration.
3. Improvement through intensive drills.

After acquiring all the techniques you can start to use them.

Then you can reach your individual tactic.

When you have individual tactic you become a player.

Individual practice depends on:

- Why and how drills are used
- Choosing the method; drills selection for each player and group of players
- Choosing adequate technical elements (skills); shot, passing, dribbling, stance, defensive technique.

ONLY CORRECT PRACTICE WILL BRING PROGRES.

Theme

PRACTICE GOALS:

1. **PASSING TECHNIQUES AND TACTICS**
2. **AGILITY, COORDINATION**
3. **CATCHING CHEST AND BOUNCE PASSES**
4. **CATCHING AND SHOOTING**
5. **THE GIVE & GO FRONT CUT AND BACK DOOR CUT**
6. **HOW TO GET OPEN**
7. **WHEN ARE YOU BEING OVERPLAYED**
8. **SPACING, BALANCE, AND OFFENSIVE POSITION**

Min

PrePractice

- 2 players passing (stopping, change direction, fake before passing).
- 2 players passing and moving backward
- Zig-zag movement before receiving and passing
- Stopping, pivoting, passing (different passing technique, bounce passing).

DIAGRAM 1

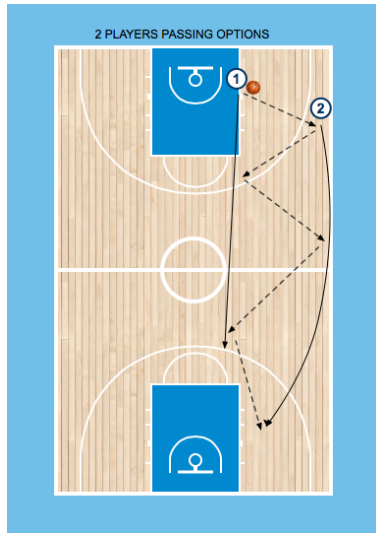
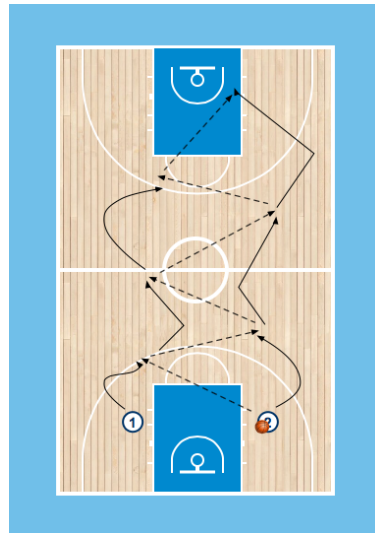
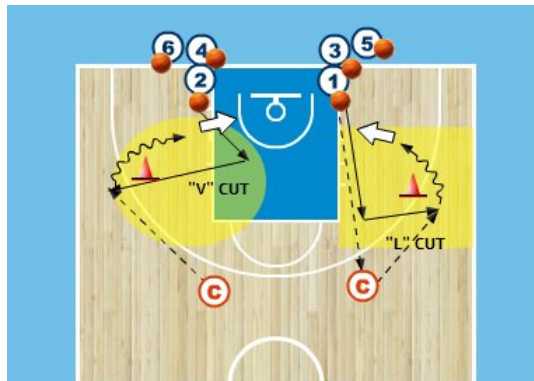


DIAGRAM 2



- Getting open using “V” or “L” cuts; one hand direct chest passing, cross step and dribble drive

DIAGRAM 3

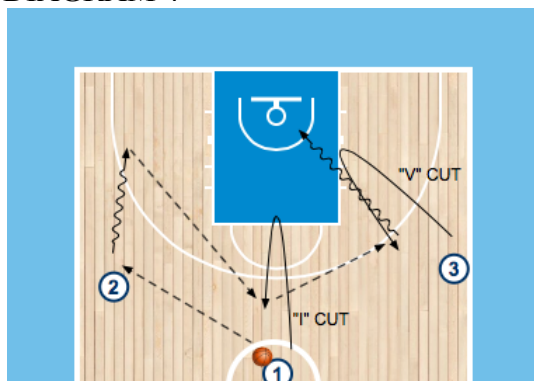


Min **Practice - Main part**

BLOCK 1

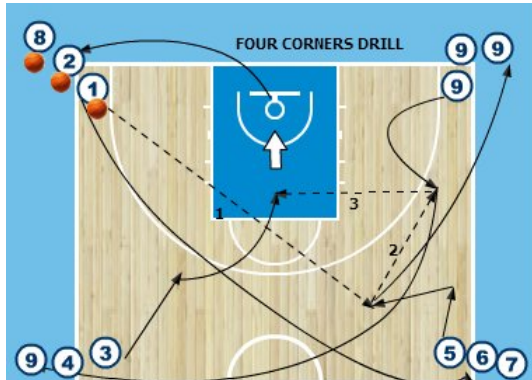
- 3 players complex fundamentals drill (different options): back door and front door cut, give & go game, cut & replace

DIAGRAM 4



- Four corners drill: two hands chest passing, one hand chest direct passing, one hand bounce passing, getting open, different ways of finishing

DIAGRAM 5

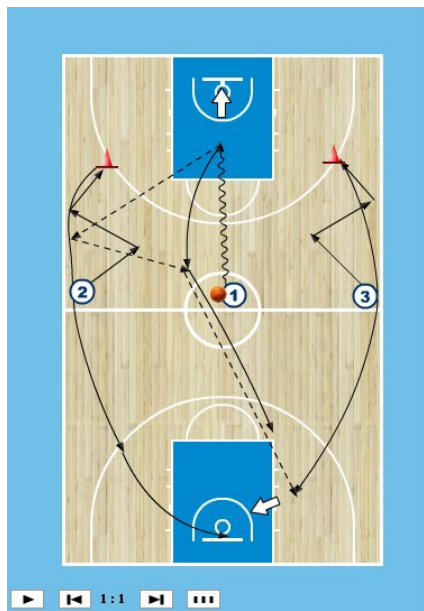
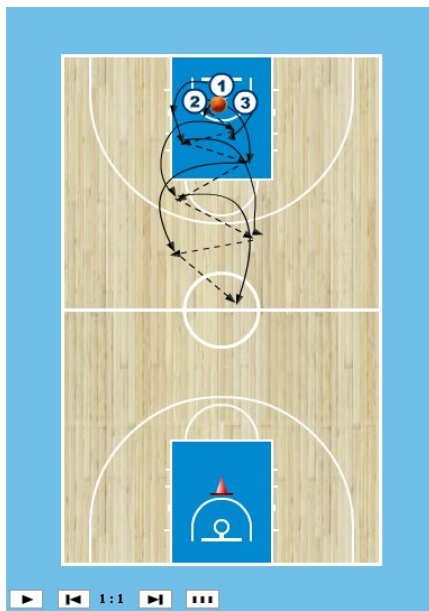


BLOCK 2

- 3 players fast break drill: two hands chest direct passing, slide, filling the fast break lines with three players

DIAGRAM 6

DIAGRAM 7



- 1 on 1 combination drill: one hand off the dribble passing, getting open, 1 on 1 game
- 2 on 2 plus coach drill: two hands chest and one hand off the dribble or bounce passing

DIAGRAM 8

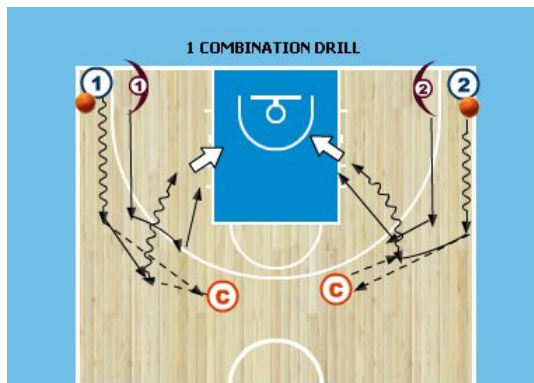
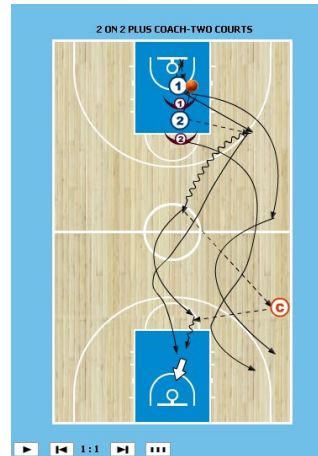
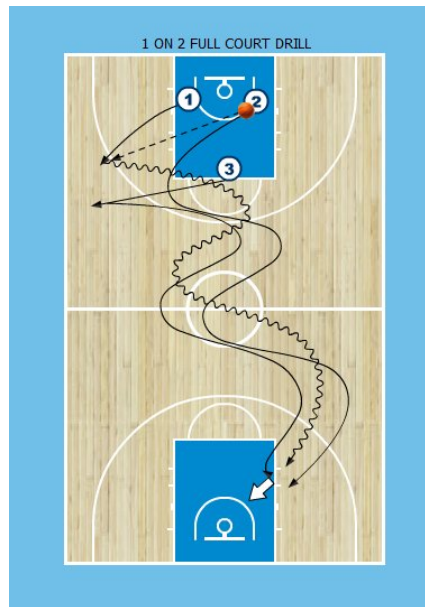
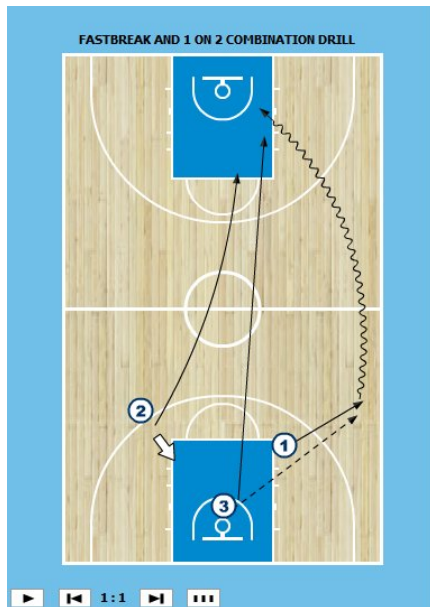


DIAGRAM 9



BLOCK 3

- Fast break and 1 on 2 full court combination drill /DIAGRAMS 10, 11/
DIAGRAM 10



Min

Practice - Final part

- Free throws
- Dynamic stretching