

# WONTHAGGI BASKETBALL GUIDING & COACHING PRINCIPLES



**Wonthaggi Basketball** is characterised by respect, absence of blame, and self-sacrifice. To achieve this our players must be dedicated, supportive and committed to the goals and objectives of Wonthaggi Basketball, their team, their team-mates, and supporters.

## Style of Play:

We want to play a style of basketball that is exciting and enjoyable for our players and for those supporting our teams. We are committed to developing this style through reference to the following Guiding & Coaching Principles:

GUIDING PRINCIPLE	COACHING PRINCIPLES
<b>'WE' Teams</b> <i>We expect our players and teams to compete with the idea of "team" above the individual. Teamwork and self-sacrifice are essential when developing a winning attitude and a successful program. Individually we strive to impact the game, so that the team can succeed.</i>	<ul style="list-style-type: none"> <li>• <i>Be willing to make the extra pass to get the team a great quality shot - "Give up the good for the great"</i></li> <li>• <i>Understanding that it's the team that scores</i></li> <li>• <i>Celebrate teammates efforts &amp; accomplishments</i></li> <li>• <i>Great communicators</i></li> <li>• <i>The team is always before the individual - "Team before me"</i></li> <li>• <i>Always maintain a positive attitude towards your teammates</i></li> </ul>

GUIDING PRINCIPLE	COACHING PRINCIPLES	
<b>Highly Skilled Teams</b> <i>We want to be highly skilled in basketball fundamentals;</i>	WHAT DO WE WANT TO BE HIGHLY SKILLED AT?	HOW DOES THIS LOOK?
<b>Offensively</b> <i>We desire competency in shooting, dribbling, passing, catching and rebounding, which will allow our players to be flexible and be able to adapt to different playing styles.</i>	<b>INDIVIDUAL</b> <ul style="list-style-type: none"> <li>• <i>Ball Handling</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Able to use both hands</i></li> <li>• <i>Eyes always up</i></li> <li>• <i>Be proficient at all dribble moves</i></li> </ul>
	<ul style="list-style-type: none"> <li>• <i>Passing &amp; Catching</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Stationary &amp; off the dribble</i></li> <li>• <i>Outside hand to outside hand</i></li> <li>• <i>Do not pass through defensive players hands</i></li> <li>• <i>Fake a pass to make a pass</i></li> <li>• <i>Pass to advantage</i></li> <li>• <i>Move to meet the pass</i></li> </ul>

	INDIVIDUAL	<ul style="list-style-type: none"> <li>Shooting</li> </ul>	<ul style="list-style-type: none"> <li>Focus on technique over results</li> <li>Understand difference between good shots and great shots</li> <li>Get feet under you early and shoulders parallel to the basket</li> <li>Line of sight = Eye, ball &amp; basket</li> <li>Shoot to land the ball in the basket</li> </ul>
		<ul style="list-style-type: none"> <li>Adaptive Finishing</li> </ul>	<ul style="list-style-type: none"> <li>Be able to finish through contact</li> <li>Play off two feet</li> <li>Start, stop, balance, pivot</li> <li>Finish with either hand</li> </ul>
		<ul style="list-style-type: none"> <li>Penetrate via dribble, cut or pass</li> </ul>	<ul style="list-style-type: none"> <li>Catch and square up to the basket</li> <li>Non dribble moves, i.e., jab, fake, etc.</li> <li>Beat your player off the dribble</li> <li>Cut in front, over cutting behind</li> <li>Read the defence and react</li> </ul>
	TEAM	<ul style="list-style-type: none"> <li>Minimise turnovers</li> </ul>	<ul style="list-style-type: none"> <li>Value the ball</li> <li>Make good decisions</li> <li>Do not force the pass</li> <li>Know when to push and when to pull back</li> <li>Know your limitations</li> </ul>
		<ul style="list-style-type: none"> <li>Play at pace/Offensive transition</li> </ul>	<ul style="list-style-type: none"> <li>Run the lanes</li> <li>Head up and pass to advantage</li> <li>Passing lane/Driving lane</li> </ul>
		<ul style="list-style-type: none"> <li>Create &amp; maintain good spacing</li> </ul>	<ul style="list-style-type: none"> <li>One defender cannot guard two</li> <li>Fill the corners</li> <li>Be outside the three point line, not on it</li> </ul>
		<ul style="list-style-type: none"> <li>Create for others</li> </ul>	<ul style="list-style-type: none"> <li>Penetrate to attract a second defender, then find the open player</li> <li>Cut to create space</li> <li>Set good screens</li> </ul>
		<ul style="list-style-type: none"> <li>Be good decision makers</li> </ul>	<ul style="list-style-type: none"> <li>See the floor</li> <li>Know both your and your teammate's limitations</li> </ul>

<p><b>Defensively</b></p> <p>We want players who are conditioned both physically and mentally to play truly great defence. We want to establish a standard of defensive play that Wonthaggi Basketball is recognised for.</p>	INDIVIDUAL	<ul style="list-style-type: none"> <li>Individual man to man defence</li> </ul>	<ul style="list-style-type: none"> <li>Stay between your player and the basket</li> <li>Maintain defensive stance and be wide</li> <li>Feet guard the player, hands guard the ball</li> <li>Footwork = "Big to Bigger"</li> <li>Maintain pressure through containment of the ball handler</li> <li>Move on the pass, not on the catch</li> <li>Close out to contain</li> </ul>
		<ul style="list-style-type: none"> <li>Foul discipline</li> </ul>	<ul style="list-style-type: none"> <li>Have active hands to get deflections</li> <li>Do not reach</li> <li>Wall straight up</li> </ul>
		<ul style="list-style-type: none"> <li>Boxing out</li> </ul>	<ul style="list-style-type: none"> <li>Find a player and initiate contact</li> </ul>
	TEAM	<ul style="list-style-type: none"> <li>Man to man</li> </ul>	<ul style="list-style-type: none"> <li>Point of pick up</li> <li>Half court &amp; full court</li> <li>Trapping</li> <li>Run &amp; switch (jump)</li> <li>Zone defence should only be used as a change up, not permanently</li> <li>No zone presses</li> </ul>
		<ul style="list-style-type: none"> <li>Defensive transition</li> </ul>	<ul style="list-style-type: none"> <li>Transition starts on the shot, not the outcome of the shot</li> <li>Fill Safety, Ball &amp; Plugger positions</li> <li>Point of pick up</li> <li>Slow the opposition down</li> <li>Contain opposition to one side and shrink the court</li> </ul>
		<ul style="list-style-type: none"> <li>Split line/Help defence</li> </ul>	<ul style="list-style-type: none"> <li>Be a visual presence</li> <li>"Stay"/"Go" communication</li> <li>Rotations</li> <li>On rotation pick up the offensive player before the edge of the key</li> </ul>
		<ul style="list-style-type: none"> <li>Keep the opponent to a score we can get</li> </ul>	<ul style="list-style-type: none"> <li>Know your teams capabilities</li> <li>Play to your team's strengths</li> </ul>

GUIDING PRINCIPLE	COACHING PRINCIPLES
<p><b>Competitive &amp; Assertive Teams</b></p> <p><i>We want to exhibit a high degree of spirit and respect. We want to display great tenacity and we will apply ourselves confidently and relentlessly, even when the outcome is unknown.</i></p>	<ul style="list-style-type: none"> <li>• <i>Continuous hustle</i></li> <li>• <i>Repeated efforts</i></li> <li>• <i>Be willing to take on tasks asked of you</i></li> <li>• <i>Always looking to impact the game</i></li> <li>• <i>Train as you play</i></li> <li>• <i>When beaten never “give up” - “Effort does not require ability”</i></li> <li>• <i>Play with a “What’s next?” mentality</i></li> </ul>