

## Coaches Corner:

One of the biggest deficiencies I see in young people playing the game of basketball is the lack of movement in offence.

Fast ball movement to team mates that are on the move will create more scoring opportunities than even the most brilliant set plays at the lower levels.

The secret is getting your players to have trust in each other. The Receiver needs to Trust that the passer will put the ball into the space they wish to go and the passer needs to trust that the receiver will move into the space.

Once the kids have faith in each others movement and passing, both fast break and scoring from hard cuts will rapidly improve.

### So what to do if you have a stagnant team?

Firstly cut out all drills at training that have the receiver catching the ball whilst stationary.

Secondly talk to your team about what is required, ie ball must always be passed in front of the receiver.

Thirdly, the receiver should always move with a lead hand to give the passer greater confidence of where to put the ball.

Fourthly, in drills do not tolerate passes that go to where the player is, only to where they will be.

Finally show them how in transition when a pass is too far in front, the receiver can still run on to the ball, but a pass to a static receiver or behind a running receiver stifles any chance for a fast break.

And one more thing that should be at the bottom of all sporting advise.

Heap on the praise when the skill is executed correctly

