

# U18 Block coaches instruction



2017年11月24日

NTC

# *COACH BOOK*

## **U18 age category**

### **Contents for offense:**

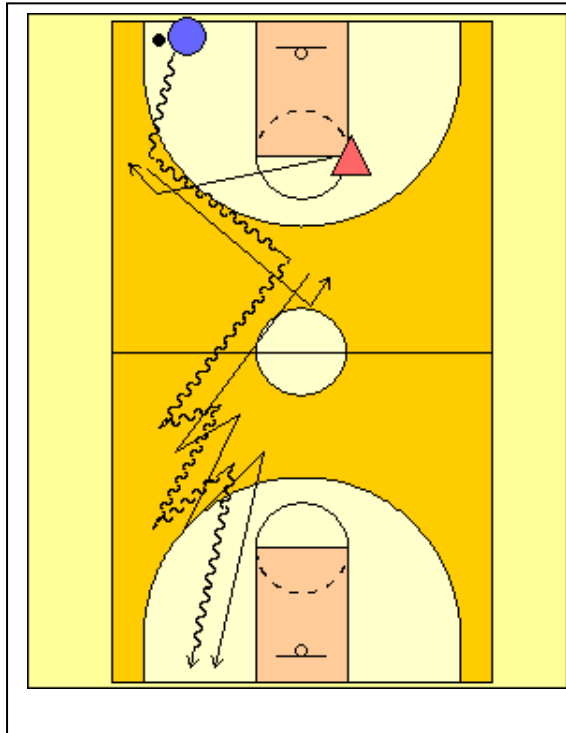
- **1on1 game**
- **Motion automatics (2men, 3 men) going into 5men motion**
- **Advanced drive & kick game (Corner kick passes, extra pass, ball movement with one hand snap passes – decision making)**
- **Floor spacing in transition**
- **Fast break into 5men motion offense**

### **Contents for defense:**

- **Ball screen defense 3on3, 5on5 situations (communication, help rotation)**
- **Rebounding (complex situations 3on3 – 5on5)**
- **Transition defense**

## Drills

### 1on1 Stop ball (6 sec. "coast to coast")



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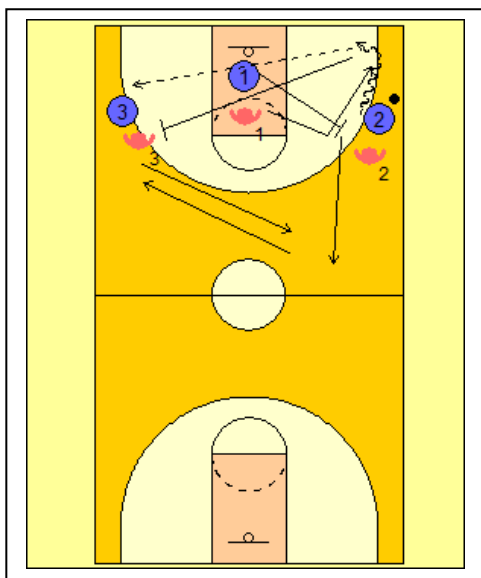
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### Ball screen defense

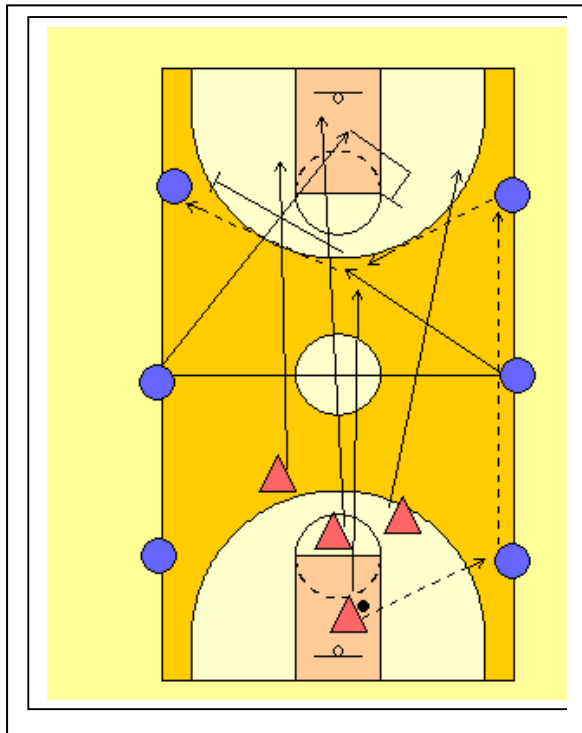
#### Full court 3on3 (vision/mobile help)





### 3on3 / 4on4 Transition defense

4on4 drill included 4 men motion offense (2en/2men)



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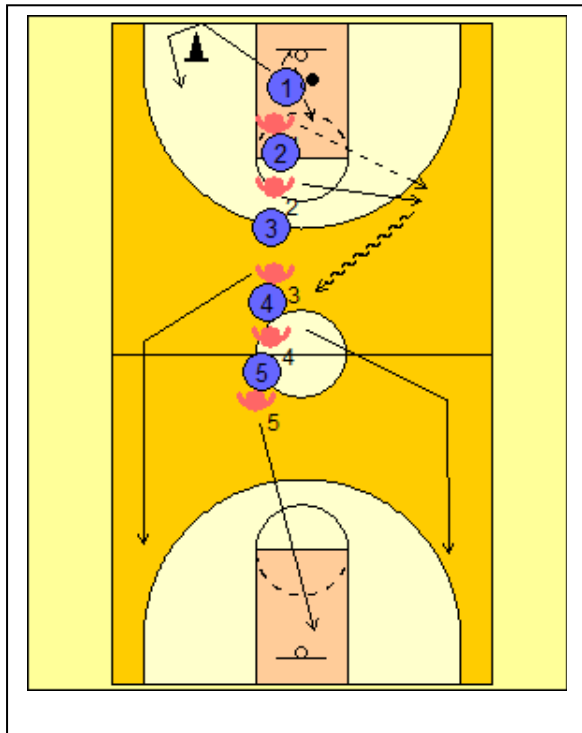
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### 5on4+1 Transition defense



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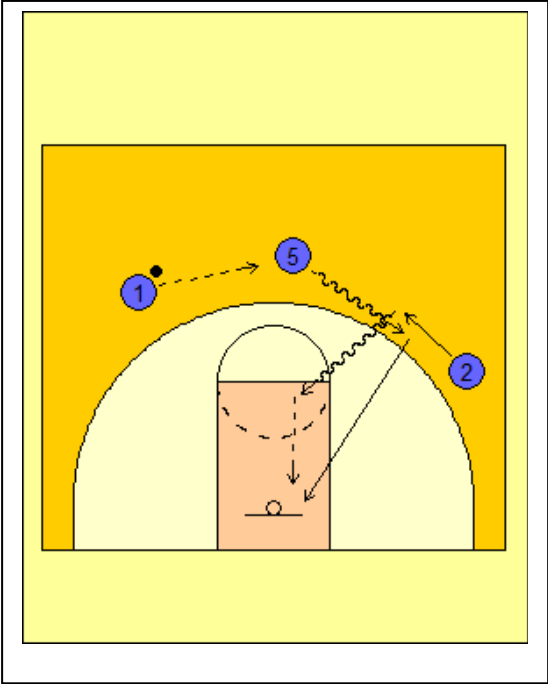
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**2men game / Dribble hand off**



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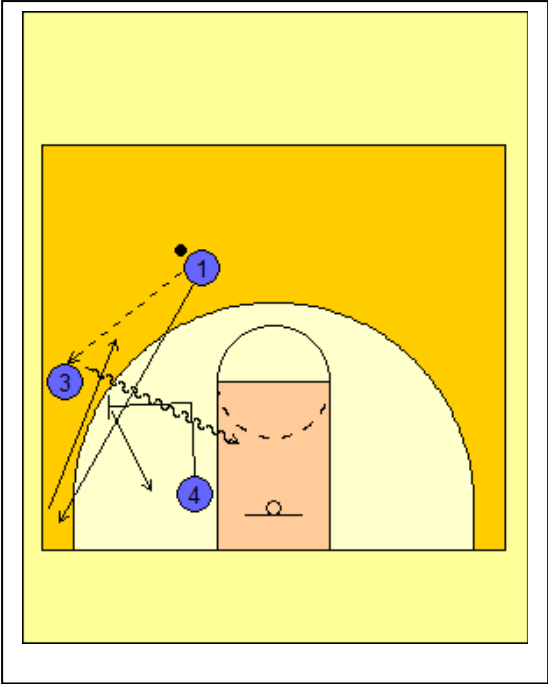
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**3on0/ 3on3 (Ball screen entry)**



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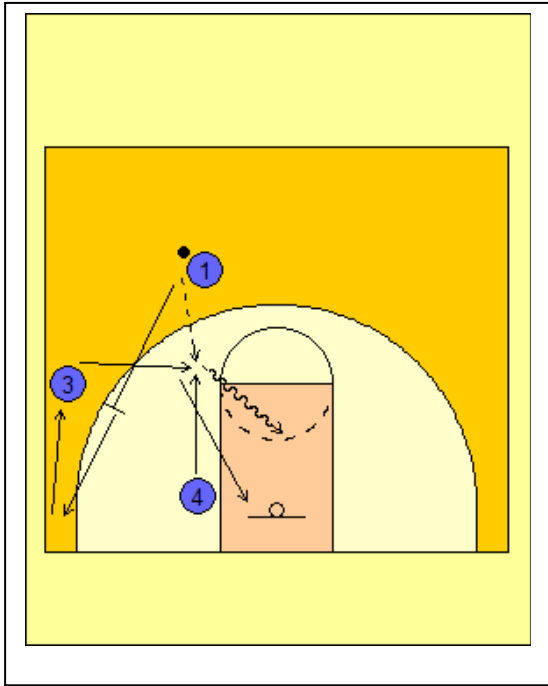
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### 3on0/3on3 (Hand off)



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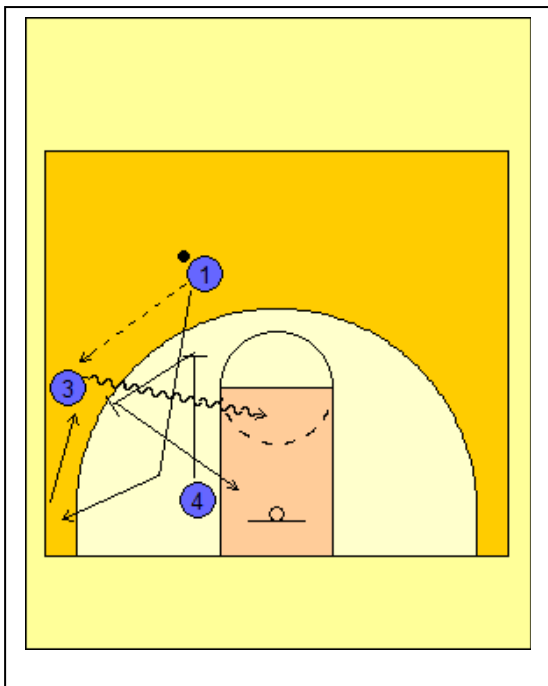
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### 3on0/3on3 (UCLA Cut)



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