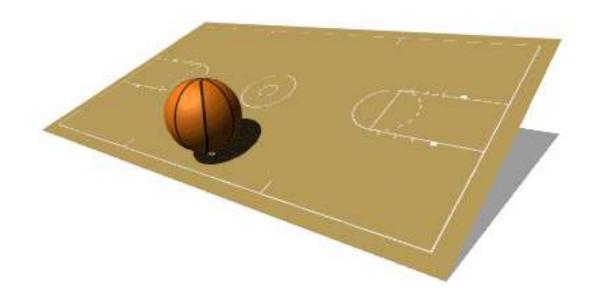
U18 Block coaches instruction



2017年11月24日

NTC

COACH BOOK

U18 age category

Contents for offense:

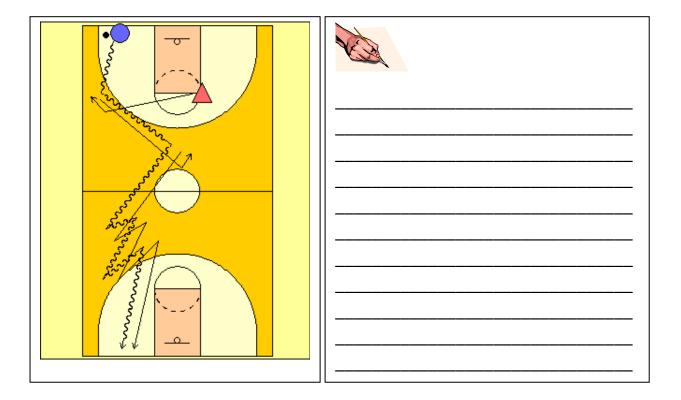
- 1on1 game
- Motion automatics (2men, 3 men) going into 5men motion
- Advanced drive & kick game (Corner kick passes, extra pass, ball movement with one hand snap passes – decision making)
- Floor spacing in transition
- Fast break into 5men motion offense

Contents for defense:

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

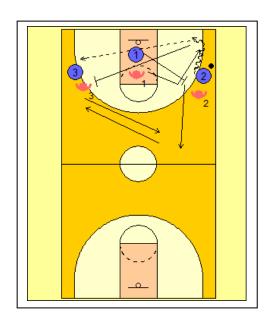
<u>Drills</u>

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

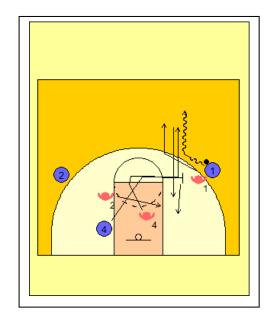


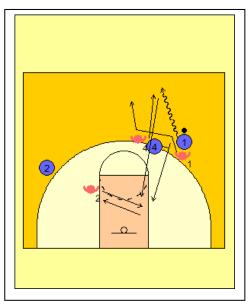
Ball screen defense

Full court 3on3 (vision/mobile help)

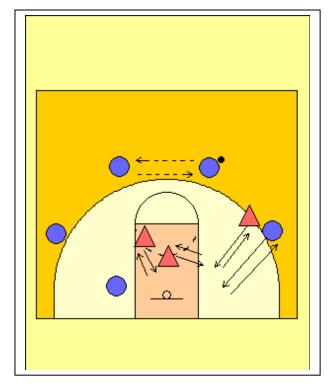


3on3 Half court



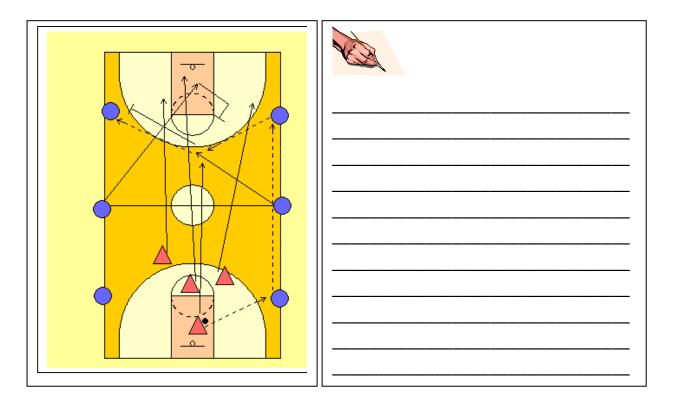


3on3+2 Drill

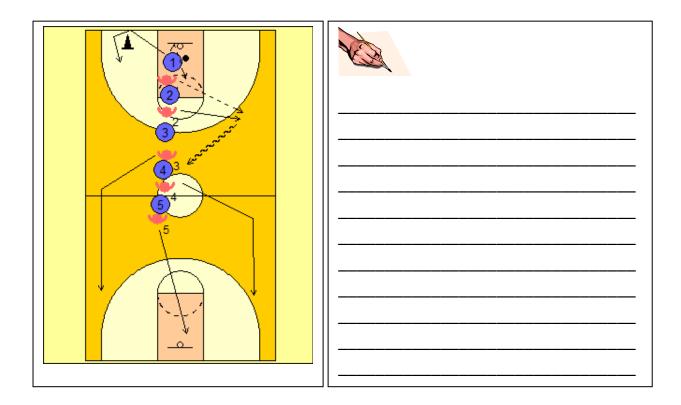


3on3 / 4on4 Transition defense

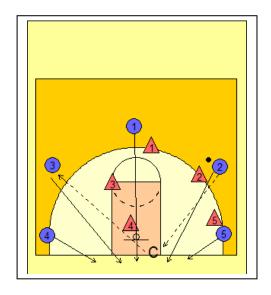
4on4 drill included 4 men motion offense (2en/2men)



5on4+1 Transition defense



5on5 Communication drill



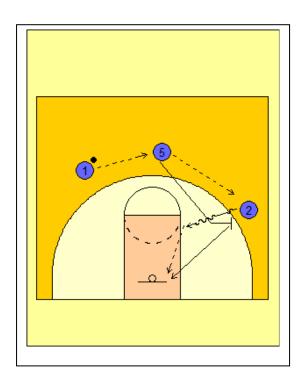
Competition tasks:

- o Communication + Deny
- Communication + Deny + Cut defense
- Communication + Deny + Cut defense + Penetration defense
- Communication + Deny + Cut defense + Penetration defense + Ball screen defense

OFFENSE:

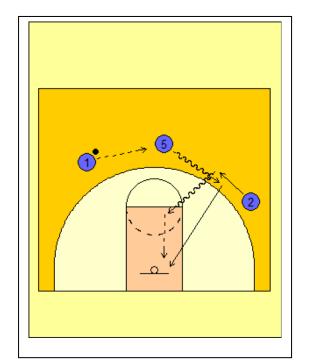
MOTION OFFENSE AUTOMATICS - National Team concept

2 men automatics: 2on0 /2on2 (Ball screen entry)



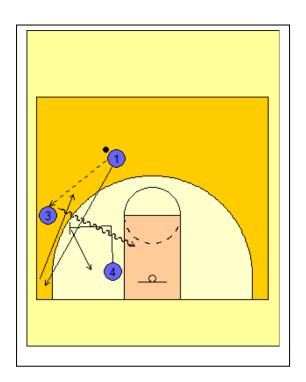
W. S. C.		
	_	

2men game / Dribble hand off

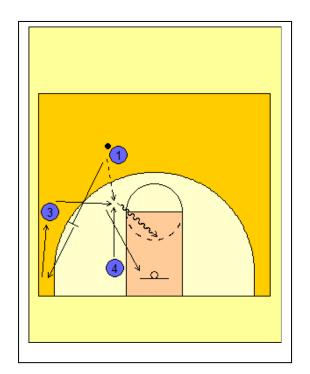




3on0/ 3on3 (Ball screen entry)

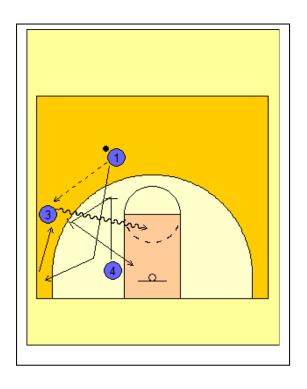


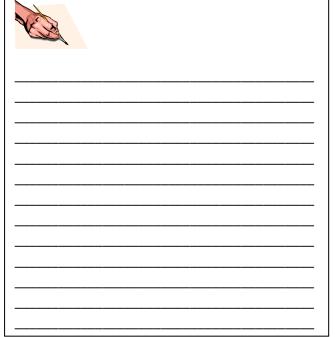
3on0/3on3 (Hand off)



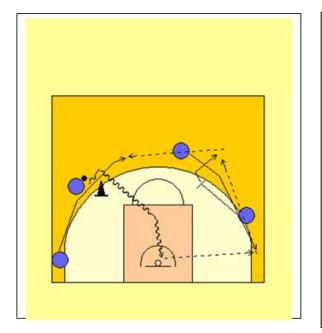


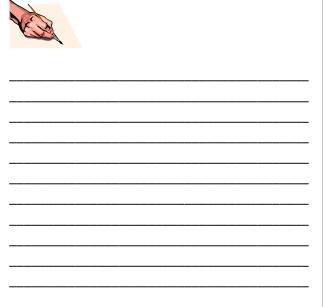
3on0/3on3 (UCLA Cut)





Drive – kick – extra pass





4on0 Full court transition drill

