

WELCOME TO VARSITY VIPERS BASKETBALL CLUB



**Introduction to the Varsity
Vipers Basketball Club and
the fundamentals of
basketball for new and
inexperienced players,
coaches, and fans of
basketball**



**VARSITY VIPERS
BASKETBALL CLUB**

The Varsity Vipers Basketball Club competes in the Gold Coast Basketball's Junior Basketball League.



The Varsity Vipers Basketball Club is an entry-level club-based association devoted to providing basketball to any young person who wishes to get involved in the sport of basketball.

**GOLD COAST
BASKETBALL**

The Gold Coast Basketball Association competes in the Southern Queensland Junior Basketball Competition.



The Varsity Vipers Basketball Club is well-represented in Gold Coast Representative teams across all age groups.

**BASKETBALL
QUEENSLAND**

The Basketball Queensland Association represents Queensland in nationwide interstate competition.



**BASKETBALL
QUEENSLAND**

The Varsity Vipers Basketball Club has produced numerous players in Queensland Representative teams across all age groups.

DIAGRAM KEY

- * Dribbling/Moving -
- * Cutting/Running -
- * Pass -
- * Shot -
- * Player - * Ball - * Cone -

VARISTY VIPERS

- * Club President – Adam Darragh
- * About Us
- * Club Values
- * Style of Play
- * Saturday Skills program

Page
3
4
5
6
7

BASKETBALL TERMS/LANGUAGE

- * Court Terms
- * Skills related terms
- * Offence related terms
- * Defence related terms

8

TECHNIQUE FOR SKILLS

- * Ball control
 - Triple threat
 - Rip through/sweep through
 - Pivoting
- * Shooting
 - Layup technique
 - Jump shot technique
 - Layup lines
 - Shooting lines
- * Dribbling
 - General dribbling technique
 - Focus points
 - Types of crossovers
 - Ability checklist
- * Passing
 - General passing technique
 - Types of passes
- * Defence (On-ball & Man on Man)
 - On-ball technique
 - Sliding
- * Defence (Off-ball & Zone)
 - Off-ball technique
 - Zone
- * Rebounding (Boxing out)
 - General boxing out technique
 - Free throw boxing out technique
- * Basic offensive structure
 - Playing with space
 - Cutting
 - Court spacing – Cutting and filling spaces
 - Screening
 - Court spacing - Screening
 - Court spacing – Fast break

9

10

11

12

14

16

18

20

NOTES

22



PRESIDENT'S STATEMENT

"The Varsity Vipers Basketball Club was founded in 2010 and is now the largest and fastest growing junior Basketball club competing in the Gold Coast City Regional Basketball Association. Since its inception, the Varsity Vipers have aimed to promote, encourage and develop active participation in the game of Basketball within the Varsity Lakes and surrounding communities creating a junior pathway for boys and girls to follow their Basketball dreams of competing at the club, representative, state and senior level.

We have always strived to promote and manage the development of not only basketball skills in our young people but more importantly develop leadership and citizenship skills through regular club activities such as our Saturday Skills program that allow our junior players to thrive in all aspects of the game on and off the court.

Based at the Varsity College Senior Campus sports centre, the Varsity Vipers Basketball club caters for all ability levels with beginners and elite players all having the opportunity to take to the court in the Vipers Purple and Gold. At the Varsity Vipers we believe that coachable kids can become employable adults and through Basketball we hope to instil and nurture the qualities required for our players to successfully contribute to our local community.

We thank you for choosing to be a part of the PURPLE ARMY and we look forward to seeing you out on the court with us." – Adam Darragh (Club President)



COMMITTEE MEMBERS

The Varsity Vipers utilise volunteers to fulfil important roles and support in various club tasks. These specific volunteers have been with the viper's organisation for many years and are an integral part of making our club a successful provider in giving children of many ages the opportunity to participate in and fall in love with the sport of basketball.

The Varsity Vipers organisation is always accepting more volunteers to help with the smooth running of the organisation. Anyone who wishes to be a Varsity Vipers volunteer can contact the club through the information provided (Back cover).



Club Treasurer
Elizabeth Albany



Club Secretary
Jerrell Niu



Director of Coaching
Scott McGregor



Saturday Skills Coordinator
Stuart McKenzie



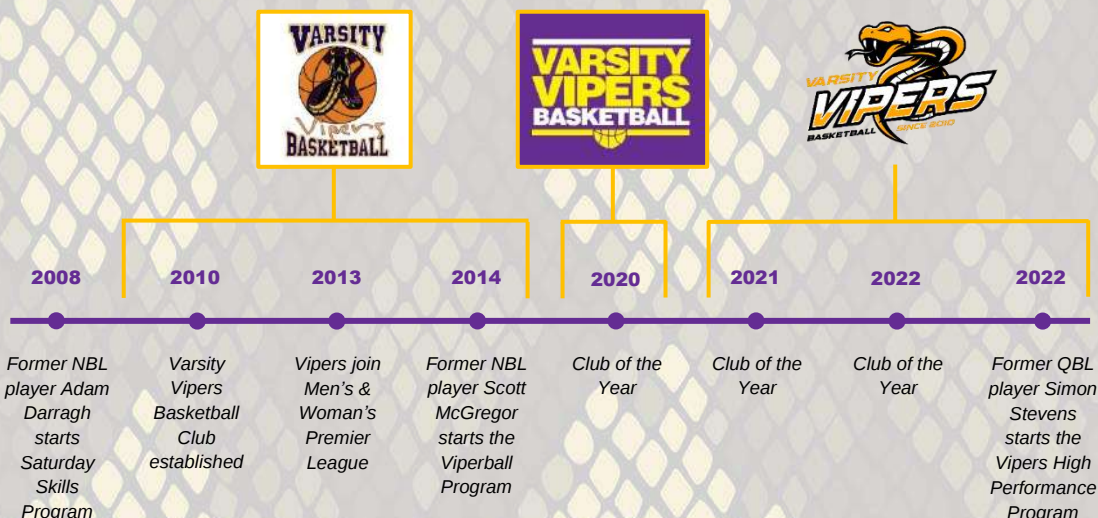
Uniform Coordinator
Rachel Hill



High Performance Coach
Simon Stevens



VARSITY VIPERS BASKETBALL CLUB TIMELINE



VARSITY VIPERS BASKETBALL CLUB BY THE NUMBERS

- * Active club members
- 1200+
- * 2022 JBL players
- 500+
- * Saturday Skills sessions members
- 350+
- * Volunteers
- 100+
- * JBL teams
- 60+
- * Club of the Year awards
- 3
- * High Performance Program
- 1
- * Largest + Fastest growing junior club on the Gold Coast
- * Largest Saturday Skills program on the Gold Coast



BEING A VARSITY VIPER

Being a Varsity Viper is more about becoming a good, great or elite Basketball player. Anyone who wears the Purple and Gold aims to play and live by the standards of which our club was founded. Being a Viper comes with an unparalleled opportunity to develop towards an 'elite' Basketball player through high quality coaching opportunities and specialised programs that target and support our players and provide and encourage our players and families to reach their full potential. From players and coaches to volunteers and fans in the stands, whether you are on the court or off the court, everything we do represents the core values of the PURPLE ARMY!

1. Respect

- *Respect your team, team-mates, coaches, family, club and yourself through the demonstration of a strong work ethic and honourable behaviour.*

2. Integrity

- *Adhering to our Vipers core set of values and principles and conducting yourself with pride.*

3. Responsibility

- *Being accountable for your actions on and off the sporting field at all times.*

4. Sportsmanship

The continuous demonstration of a positive attitude and respect for our team, the opposition players, coaches and the game of basketball.

5. Leadership

- *The ability to lead by example, to accept direction from others and to support and encourage player development fostering a love for the game.*

Varsity Vipers Code of Behaviour – Coaches and Managers

*** Always be respectful, courteous and in control**

- *Coaches and managers must always be respectful, courteous and in control of your interactions with opponents, coaches, officials, administrators, parents, spectators, and the media. Encourage your players to do the same.*

*** Be professional**

- *Be professional in all actions and accept responsibility of your behaviour and that of your players.*

*** Get qualified**

- *Obtain coaching qualifications and keep up to date with the latest practices and principles of growth and development of young people.*

*** Respect your players**

- *Respect the rights, dignity and worth of every young person.*

*** Be appropriate**

- *Any physical contact with a young person must be appropriate to the situation and necessary for player's skill development.*

*** De-escalate conflicts**

- *If a conflict arises during training or a game you should always work to de-escalate the conflict, moving your players away from opponents and obeying the instructions of officials.*

- *GCBA has a zero-tolerance policy towards the abuse of players and officials.*

*** Obtain and maintain your Blue Card**

- *A Working with Children Check (Blue Card) or exemption is required for all coaches and managers. The club maintains a register for all coaches and managers.*

STYLE OF PLAY – BASKETBALL QUEENSLAND

Varsity Vipers Basketball Club aligns itself with Basketball Queensland's Style of Play guidelines.

"Style of Play is a framework used to give direction to our players and coaches on the areas we believe are most important when preparing a team for National and International competition. It sits above "offence" & "defence"—it is the fundamental concepts of play and our collective objective on how we want to play. It is further reinforced by key principles and skills. The Basketball Queensland Style of Play aligns with the main core concepts of the Basketball Australia Style of Play, with some strategic technical and tactical deviations designed to differentiate Queensland coaches, athletes, and teams at Australian Junior Championships." – **Basketball Queensland**

STYLE OF PLAY – VARSITY VIPERS

At the Varsity Vipers Basketball club we teach the offensive philosophy of 'Play with Pace, Play with Poise' and on the Defensive end "BASELINE / SIDLEINE" where we look to push the offensive player with the ball towards the closest Baseline or Sideline. We want our defensive structure to be one that is Disruptive, Determined & Aggressive.

OFFENSIVE CONCEPTS

* Pace

- Bust outs / High outlets / Sprint the floor / Rim runners
- Kick ahead passes
- Attack the rim aggressively for lay ups
- Get fouled
- Kickout uncontested 3's
- 3 pace shots per quarter

* Space

- Run offence
- Pass penetration – Play off posts
- Dribble penetration
- Hit cutters
- Quick ball movement
- Split, kick, extra pass – Receiver spots
- Shoot uncontested shots out of offence

* Create

- Pass penetration – Play off posts
- Cutting penetration
- Dribble penetration – Get 2 feet in the paint
- Don't settle for jump shot
- Get to the rim
- Get fouled
- Split, kick, extra pass – Receiver spots
- Mindset = Great time to score (Don't panic)

DEFENSIVE CONCEPTS

* Tag Up and Defensive Transition

- Guard who guards you
- Scrum opponent into rebounding position
- Force opposition to box us out
- Take care of early threats
- Dogger, Plugger, Denier, Interceptor, Safety

* Contain

- Stop/slow the ball
- No "blow bys"
- Channel the ball to sideline
- Keep to split court
- Ball handler must feel defensive presence

* Disrupt

- Battle defence
- Disrupt initial entry passes
- Appropriate pack reads
- Trust the on ball defender – avoid over helping
- Show help, don't provide help
- Force the opposition out of rhythm, out of position, out of offence

* Box Out

- Contest shot/forward movement
- Create contact – Take away space
- Complete for the rebound – Be prepared to wrestle
- Win the possession game



BASKETBALL SKILLS FOR KIDS

Join the biggest, friendliest, most fun basketball skills program on the Gold Coast.

We're on every Saturday of the school term, from 8am till 11, teaching kids how to have fun and learn the best sport in the world.

LEARN REAL SKILLS

Learn fundamental basketball skills in a group training environment designed for both new players and experienced ballers.



EXPERT COACHES

Our expert coaches draw from a wealth of experience including current and former NBL, NBL1 and QSL players and coaches.

FAMILY FRIENDLY AND FUN

Our focus is on providing a fun, family friendly environment for you and your children. Come in, watch your kids have fun and get involved.

SESSION TIMES

Can be found on your website and on social media outlets.

VARSITY VIPERBALL

Varsity Viperball is a program created by former NBL player Scott McGregor in 2014 which serves as an introductory program for the club's youngest basketball players (Ages 4-7). The program focuses on teaching the rules and regulations of basketball as well as the fundamentals of basketball which include, but are not limited to dribbling, shooting, and passing but ultimately, having fun.



COURT TERMS

* "Middle, Wing"

- Middle refers to the centre portion of the court, the line from hoop to hoop.
- Wing refers to either side of the centre portion of the court, next to the sidelines.

* "Forty-Five/Free throwline extended"

- The area on the three-point line that is an extension of the free throw line.

* "Split line/Help line, help side"

- Imaginary line that runs down the middle of the court, connecting the two hoops.
- Help side is the side of the court opposite to the side the ball is on.

* "Keyhole/Paint"

- The outlined area under the basket, it looks like a keyhole and is sometimes painted a different colour.

* "Midrange, Top"

- Midrange refers to the area between the keyhole and the three-point line.
- Top is the area behind the three-point line which is above the free throw line.

SKILL TERMS

* "Driving"

- Driving, or driving to the basket, is when a player attacks the hoop off the dribble and gets into the keyhole/paint.

* "Go move"

- The first step/dribble that a player starts to drive. It refers to first step where a player properly starts their aggressive drive to the basket.

* "High foot"

- A player's high foot is the foot closest to the opposite baseline.

* "Inside foot/Outside foot"

- Inside foot closest to the split line.
- Outside foot is closest to the sideline.

* "Shoulder to Shoulder"

- A player using a screen will dribble close enough to "rub shoulders" with the player setting the screen.

OFFENCE TERMS

* "Fast break"

- Very fast transition offence, an attempt to outrun the other team to score before they get back on defence.

* "Outlet"

- The first pass after a defensive rebound, usually to a player on the wing.

* "Give and go"

- Where a player passes to a teammate then cuts to the hoop hoping to get the ball passed back.

* "High-Low"

- One player at the free throw line (High), another player under the hoop (Low).

* "Reverse/Swing the ball"

- Passing the ball around the 3-point line quickly through short passes.

* "Flash, Flash to the ball"

- Turning to and moving directly towards the player with the ball looking to receive a pass.

DEFENCE TERMS

* "On-ball"

- Guarding the player with the ball.

* "Off-ball"

- Guarding a player without the ball.

* "Man on man"

- Type of defence where all players guard their own opponent.

* "Zone"

- Type of defence where all players guard their own designated area of the court.

* "Help defence"

- Opposite side players stepping over to help teammates guard a driving/cutting player.

* "One/Two passes away"

- One pass refers to a defender's player only requiring one pass to get the ball to them
- Two pass refers to a defender's player requiring the ball to be passed to an intermediate player before the ball gets to them.





TECHNIQUE (TRIPLE THREAT)

* Feet shoulder width apart, knees bent with back straight (Like you're sitting on a chair), this position gives the attacking player the options of passing, shooting, or dribbling.

* Triple threat should be used whenever a player receives the ball, is closely defended by an opposing player or is about to make a pass or shot.

* Players can use various fakes and other moves in this position to outsmart defenders such as:

- Jab step
- Pump/Shot fake
- Pass fake
- Rip throughs



Jab Step



Shot Fake



Pass Fake

TECHNIQUE (RIP THROUGH/SWEEP THROUGH)

* **"RIP"** – Ball moves across the players waist

- Ripping the ball across a player's body starts with a player in triple threat.
- The ball is swapping from hip to hip in a fast and strong movement (A ripping motion).
- If a player is using the rip through as a "Go" move (Starts to dribble) the ball should be put out far ahead of the player as this gives momentum for the move and makes the ball harder to be stolen.

* **"SWEEP"** – Ball moves under the players knees

- Sweeping the ball is the same as a Rip through except the ball moves under the players knees.
- The ball still moves from hip to hip but travels in an indirect line to avoid the defender's hands.
- If used as a "Go" move (Starts to dribble) the technique is the same as a Rip through.



Rip



Sweep

TECHNIQUE (PIVOTING)

* While in triple threat a player is allowed to move/pivot while keeping one foot planted/still.

* A player can use this foot as a pivot point to rotate around defenders to protect the ball and get open for a pass.



Triple Threat



TECHNIQUE (LAYUP)

- * As a player is dribbling towards the hoop, the **FIRST** of their two steps will be with their **OUTSIDE** foot (Foot closest to the sideline) and should be on the block.
- * The **SECOND** step with their **INSIDE** foot (Closest to the middle of the court) and should be between the block and the hoop.
- * As the player jumps off their inside foot, they should bring the ball up with two hands and shoot the layup with their outside hand (Right side = Right hand, Left side = Left hand).
- * The player should aim for the closest top corner of the box as hitting this spot will practically guarantee the ball will go in the hoop.

TECHNIQUE (JUMP SHOT)

- * Start in triple threat stance with the ball on the player's hip.
- * Bring the ball up to the face and start to extend legs to start the jumping motion.
- * With shooting elbow pointing towards the hoop, extend arm till it is locked out and flick the wrist to release the ball.
- * After releasing the ball, hold follow through in place. If the follow through doesn't line up with the hoop the player can adjust next shot.



Step 1



Step 2



Step 3

FOCUS POINTS – “B.E.E.F”

* B – “BALANCE”

- The basketball should be able to balance nicely on the finger pads and front part of the palm with one hand out in front of the players face. The player's feet should be shoulder width apart with the shooting foot (Same as shooting hand) slightly in front of the other.

* E – “ELBOW”

- The shooting elbow should be directly below the ball with the upper arm parallel with the floor. The shooting hand and the elbow will make a “C” shape. The Shooter can now place the opposite hand on the ball as the “Guide hand” – this hand does not provide any force to the ball only security.

* E – “EYES”

- The player should be able to see the target – the basket. This is where the player will need to bend their knees and “Sit” in a crouched position with their eyes viewing the target over the ball.

* F – “FOLLOW THROUGH”

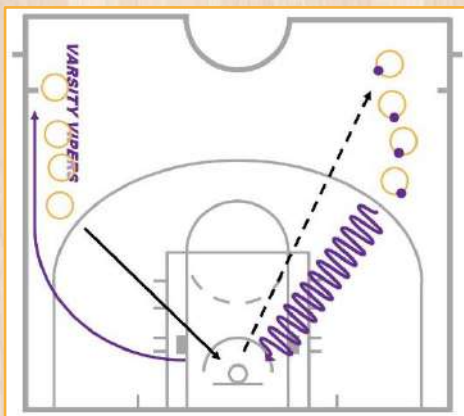
- The act of shooting will see the player jump into the air, extend the shooting arm and “Lock” the elbow and “Snap” the wrist. For younger players we tell them to create a “Goose neck” with their shooting arm and hand – “LOCK AND SNAP”



LAYUP LINES

PROCESS

- * Two lines starting at both wings with one line having all the basketballs.
- * The player at the front of the line with the ball performs a layup with the player at the front of the other line being the rebounder.
- * Once the layup is done the players swap lines with the rebounder passing the ball back to the layup line.
- * Repeat until every player has taken ten-fifteen layups then switch sides.



ADVANCED PROGRESSION

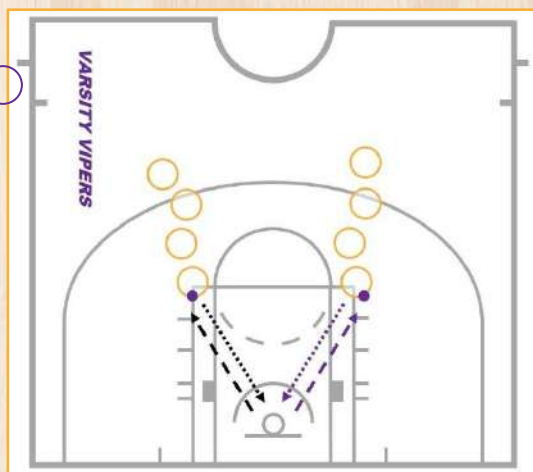
- * Advanced layups (Eurosteps, Floaters, ETC).
- * Advanced drives (Dribble moves into layups).



SHOOTING LINES

PROCESS

- * Multiple lines start at a set distance from the hoop with balanced lines.
- * The first player shoots and grabs their own rebound.
- * The shooter passes back to their line for the next player and then re-joins the line.
- * The next player shoots and grabs their own rebound.
- * Repeat until each player has taken five-ten shots.
- * Continuously move spots after every player has taken five-ten shots.



ADVANCED PROGRESSION

- * Harder/deeper shooting spots. (Corners, 3-point line, ETC)
- * Dribble pull up shots. (Start 3-point line and dribble into mid-range shot)



TECHNIQUE

- * Start in triple threat stance with the ball on the player's hip.
- * Push the ball towards the ground without slapping the ball.
- * When the ball bounces back up, control the ball, and push it back down.
- * The ball should be dribbled at or below waist level for greater control.
- * When dribbling while moving the ball should be pushed out in front of the player and to the side of their body.



"Fingertips"



"Eyes Up"



"Stay Low"



FOCUS POINTS – "Fingertips, Eyes Up, Stay Low"

* "FINGERTIPS"

- Dribbling while using your fingertips instead of open palm gives greater control of the ball.

* "EYES UP"

- Dribbling with your head up is essential to see what's happening on the court and to see the obstacles you may encounter.

* "STAY LOW"

- The lower you are whilst dribbling the better, you have more control over the ball the lower it is, and the ball is also harder to steal as the defender has less time to react.

TYPES OF CROSSOVERS

- * **Standard crossover (Inside the box)**
- Simple crossover where the ball stays within the legs of the player (Narrow), best used when under pressure as the ball is easier to control.
- * **Standard crossover (Outside the box)**
- Simple crossover where the ball extends outside the players legs (Wide), used to both distract defenders who "ball watch" and make the "Go dribble" during/after a move faster.
- * **Between the legs**
- Crossover between a player's legs.
- * **Behind the back**
- Crossover behind a player's back.
- * **Spin move**
- "Spinning" around a defender to keep the ball protected behind the player, the best move to use when bringing the ball up the court under pressure in single coverage (One defender).
- * **Onside dribble**
- Fake crossover, ball stays in one hand and is moved across the body line and back to simulate/fake the start of a crossover move.



ABILITY CHECKLIST

* Dribbling on the spot

- Right hand
- Left hand
- Changing hands
- Full control of the ball
- Not looking at the ball

* Dribbling while moving

- Right hand moving forward
- Left hand moving forward
- Right hand moving backwards
- Left hand moving backwards
- Not looking at the ball

* Two ball dribbling

- Two balls low dribble
- Two balls high dribble
- Alternate dribble
- Not looking at the ball



PARTNER DRIBBLING

PROCESS

* Partners start with one ball each and face each other.

* While dribbling the partners hold up numbers for each other to count.

* Every thirty seconds the partners change what type of dribble they are using.

- Right hand
- Left hand
- Crossover

* Continue until each dribble move has been performed then one partner gets two balls.

* Partner one dribbles with both balls while the other holds up numbers for the other to count.

* Every thirty seconds the partners switch roles and continue.

* After each player has performed the dribble, they will switch to the next move.

- Simultaneous (Same time)
- Alternating (different time)
- Crossover

ADVANCED PROGRESSION

* Advanced dribble moves
(Between the legs, Behind the back, ETC)



Right Hand



Left Hand



Crossover



Simultaneous



Alternating



Crossover

ZIG ZAP DRIBBLING

PROCESS

* First player in line dribbles directly up to the first cone.

* Perform a crossover move at the cone (Crossover, Between legs, ETC).

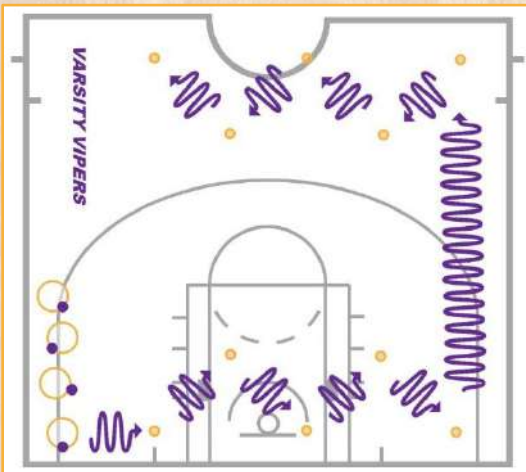
* Touch the top of the cone.

* Dribble to the next cone.

* Repeat.

ADVANCED PROGRESSION

* Advanced dribble moves
(Between the legs, ETC)





TECHNIQUE

CHEST PASS

* Start in triple threat stance with the ball on the player's hip.

* Step one foot forward into the pass with knees bent as this is where most of a pass's power come from.



Step 1



Step 2



Step 3

BOUNCE PASS

* With both hands behind the ball and elbows high, fully extend arms and flick hands outwards with thumbs pointing downwards to give an accurate and powerful pass.



Step 1



Step 2



Step 3

TYPES OF PASSES

* Chest pass

- Most common pass, a straight pass coming directly from a player's chest.

* Bounce pass

- Same as a chest pass except the player bounces the ball before their teammate, intended to get by defenders.

* Overhead pass

- Passing overhead with two hands, much like a rugby lineout, used for long distance passes (Not recommended).

* Push pass

- A chest pass using one hand, used for passes off the dribble or to reach out and pass around defenders.

* Shovel pass

- A single-handed underarm pass, used to pass quickly off the dribble (Usually a last resort/escape pass).



NOTES

* A pass should preferably never be "loopy", it should always be in as straight as a line as possible as this is the fastest form of passing and the hardest for defenders to steal.

* Various passing types (Chest pass, Bounce pass, ETC) while being performed differently have the same basic technique when it comes to both footwork and follow through.



PARTNER PASSING

PROCESS

* Partners start standing opposite each other at a fair distance (3-5m).

* Partners pass the ball back and forth between themselves.

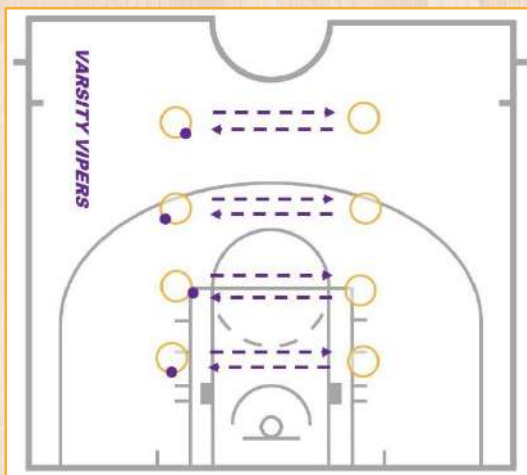
* After 5 passes each, switch pass type.

- Chest pass
- Bounce pass
- Overhead pass
- Push pass
- Shovel pass

ADVANCED PROGRSSION

* Incorporate dribble moves before passing (Dribble – pass, crossover – pass, ETC)

* Partners moving around the court (Dribble and pass while moving around the court)



THREE-MAN WEAVES

PROCESS

* Group of three start at three separate spots along the baseline, the player in the middle starts with the ball.

* The ball is passed to a player either side then they follow their pass (Run behind the player they just passed to).

* The ball is now passed to the player on the other side of the court and the passer follows their pass.

* Player must be always moving forward.

* Repeat until the group has reached halfway, where they will then return to the beginning.

FIVE-MAN WEAVES

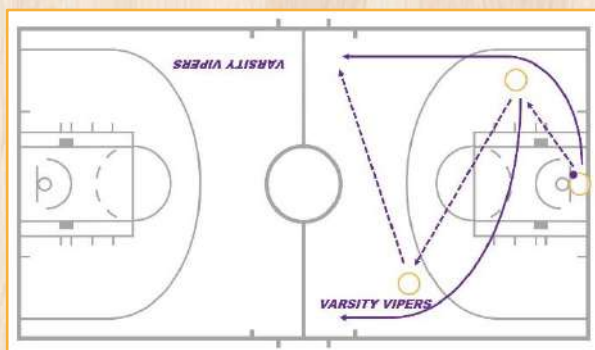
* Two more lines are added to either side.

* The ball gets passed to either of the inside (Closest) players. The player now runs around both players on the side they passed to.

ADVANCED PROGRSSION

* Turn the drill into a game by having the players play 2 on 1 back.

- Person who catches the ball at halfway puts the ball on the halfway line, they are now the defender.
- Other players grab the ball and try to score a basket.
- The offensive team only gets one shot attempt to score.





TECHNIQUE

- * Sink down into a defensive stance (Similar to triple threat) with your feet shoulder width apart, knees bent and back straight.
- * To start moving, the player's first step is with the foot closest to the direction they are going with their toe pointed in the same direction.
- * The player's next step is sliding the back foot to catch up with the front foot (Movement should look like a crab walking).
- * While sliding a player should have both arms out sideways like an airplane.
- * More advanced players should have the lead hand extended to be ready for passes while the other hand is by the offensive players hip, ready for dribble moves.



"Wide"



"Wider"



"Wide"



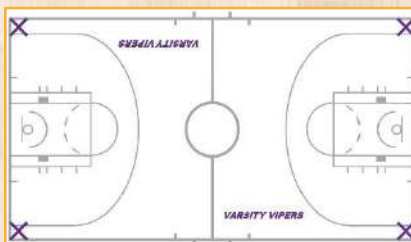
"Wider"

SLIDING

- * While sliding your feet should go from "Wide to wider", when you start in a defensive stance your feet are automatically wide and your first step/slide should be widening the gap between your feet.
- * A player should never cross their feet over or bring their feet together, your feet should always be apart, this makes the player faster as well as being better balanced.
- * A player should be guarding a person and not the ball. The ideal way to play on-ball defence is to guard the torso of an opponent as a player can't move without their torso, guarding the ball can lead to the defender falling for ball fakes and various dribble moves.

VIPERS DEFENCE RULE

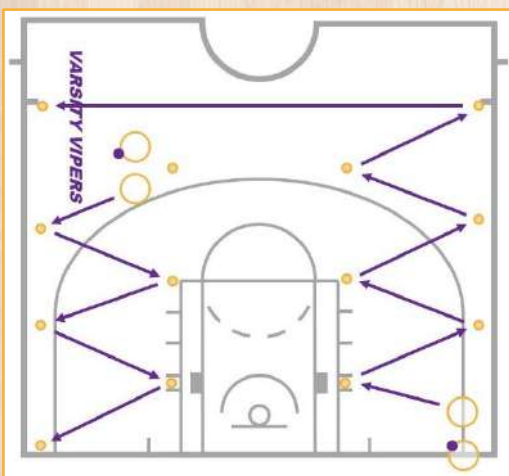
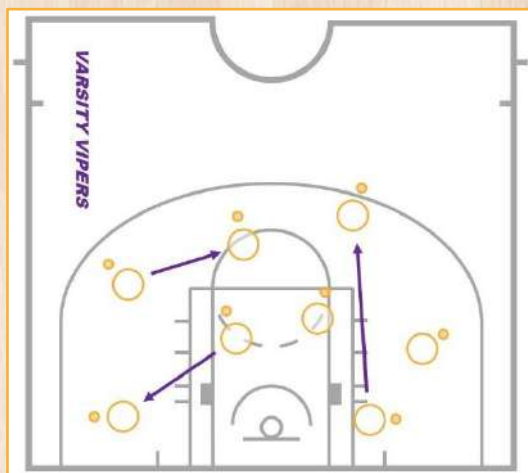
- * The Varsity Vipers rule for on-ball defence is BASELINE – SIDELINE, this means we want to send our player to the point where the baseline and sideline meet, AKA the corner. This puts more "defenders" around the player and is a spot where an offensive player can get stuck.



FIND YOUR PLAYER

PROCESS

- * A set of sports cones are randomly placed on the court and the players need to guard a cone.
- Players will be between the cone and hoop with their body facing the cone in a defensive stance.
- * On a whistle blow the player will switch to a random cone and play defence on that new cone.
- * Repeat once every player gets to a new cone.
- * Coach should move a few cones around during every whistle so the players can't memorise cone placement.



ZIG ZAG SLIDING

PROCESS

- * Offensive partner dribbles from cone to cone in a zig zag fashion, doing a single crossover move at each cone.
- * Defensive partner slides with their partner with the goal of staying in front of their partner.

ADVANCED PROGRESSION

- * Cones can be placed at differing widths/positions.
- * The drill can turn competitive by allowing the defenced to steal the ball or allowing the offensive player to try and get past the defender.





OFF-BALL/HELP DEFENCE TECHNIQUE

* One Pass away

- "Deny" – Defensive player stands close to the passing lane with their arm extended between their player and the person with the ball (Denying the pass).

- "Gap" – Defensive player steps off their player and guards the area between their player and the ball (Guarding the gap between players).

* Two Passes away

- "Help defence/Helping" – Standing on the split line ready to slide over and help other teammates defend their player if required.

* Help defence positioning

- Defender stands on the split line at the same level as the player they are defending. The defender should be able to see both their player and the ball.

- If the offensive player the help defender is guards repositions/moves the defender must reposition themselves to match their player. E.g.: If the offensive player moves from corner to the "Forty-Five" the defender must move up from the baseline to free-throw line.

ZONE DEFENCE

* Players defend an area of the court. They guard a player within there area and switch whom they are guarding when an offensive player changes to an area defended by a different player.

* Zone defence is in essence a switching "Man on Man" defence. Players must communicate to properly switch whom they are guarding and locate where open players are.

TYPES OF ZONE DEFENCE

* 2-3 (Most common)

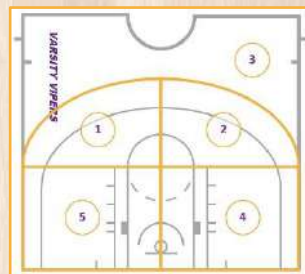
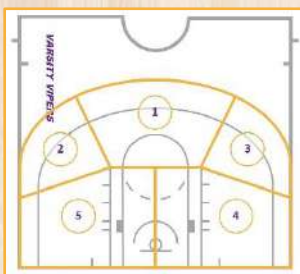
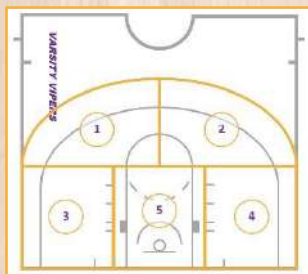
- 2 guards covering the top, 2 forwards covering the baseline and corners, centre guarding the keyhole.

* 3-2

- 3 players guarding the entire 3-point line with 2 bigger players covering either side the keyhole and baseline.

* Box and 1

- 4 players create a box around the keyhole while one player plays man on man defence on an offensive player.



ADVANCED FORMS OF ZONE DEFENCE

* 2-1-2

- 2 player covering the top, centre guarding the free throw line, 2 bigger players covering the baseline and corners.

* 1-2-2

- 1 player guards the top, two players cover either wing and two forwards cover the baseline and corners.

* 1-3-1

- 1 player cover the top, 1 player cover the free-throw line, 2 players guard either wing and corner and the centre guards directly under the hoop.





TECHNIQUE (GENERAL)

- * Sink down into a defensive stance with your legs shoulder width apart, knees bent and back straight.
- * Step across and using your back, create contact with an offensive player.
- * Player moves their feet to keep the offensive player behind you and keep them at their starting distance (You can't strongly/quickly push them out or under the hoop).
- * A player CAN'T wrap their arms around the offensive player so the player will keep the arms extended out to the sides (Like a defensive stance).

TECHNIQUE (FREE THROW BOXING OUT)

- * The act of boxing out is the same, but the setup is different.
- * The player starts in their zone with feet close together at the edge of the lines with arm leaning out across their offensive player.
- * As the player shoots their free throw the player takes a large step with their high foot (Closest to the opposite baseline) across their offensive player and drops into their defensive stance (Going into the box out should be a single motion/step).



Step 1



Step 2



Step 3

HIT & STICK

- * A big part of boxing out is "feeling" the opposition player, which means a player who is performing a box out is to make contact with the opposition player to identify where the offensive player is. Boxing out requires a player to 'HIT' their opposing player and 'STICK' to them while they secure the ball.
- * To be efficient at boxing out and rebounding a player's "work" should be done early, meaning a player should find who they are boxing out and clear space as soon as they see the shot is put up. HITTING & STICKING gives the rebounder more time to see where the rebound is going to land and therefore make the rebound easier to secure.



PLAYING WITH SPACE

"We encourage good player spacing including a post threat, with all other players taking up the best space offered by the defence outside the 3-point line." – *Basketball Queensland*

Basic offensive structure is part of playing in the Space phase of Queensland Basketball's Style of Play framework. The space phase carries over some key points from both the Pace and Create phases while introducing new specific key points that relate exclusively to offensive spacing, they are as follows.

* PACE

- Play fast but play with poise.

* SPACE

- Fill the 5 spots beyond the 3-point line.
- "Read and React" to both ball and player movements.
- Utilise cutters and screeners to create space.

* CREATE

- Efficient and quick decisions out of planned and organised actions.
- Attack the keyway to draw defenders.
- Dribble – Probe and get two feet in the paint.
- Create scoring opportunities for yourself or teammates.
- Force rotations to create openings and mismatches.



CUTTING

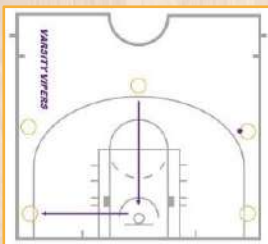
* Cutting is the act of moving to the hoop hoping to receive a pass.

* A player should "Cut" to the hoop directly with their eyes on the player with the ball the whole time and their lead hand out in front to show where they would like to receive a pass.

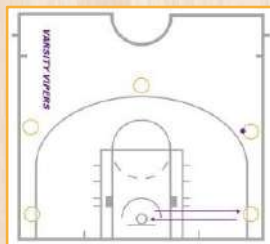
* Once the player reaches the hoop and waits for half a second, they should then fill to the open spot (It should always be one of the two corners).

COURT SPACING – CUTTING AND FILLING SPACES

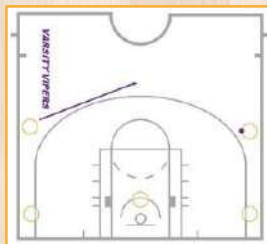
After an offensive player cuts to the basket they will be an open space left by the cutting player. The new open space should be filled by the next available offensive player.



General Cutting



Corner Cutting



Filling Cutter's Spot



SCREENING

* There are two main rules when screening

- You must always screen a player and not an area.
- Both dribbler and screener must ensure the screen is set before using it.

* On-ball screens are screens used to either get the player with the ball open, the screener open or create a defender switch (Mismatch).

- Player setting the screen must set their feet by the defender they are screening and brace for contact.
- The player with the ball must wait for the screener to get into position and get set.
- When the dribbler uses the screen, they go around the screen going "Shoulder to Shoulder" (Bumping shoulders with the screener to disallow space for defenders) with their screener and traveling a decent distance from the screen.
- The screener then does a reverse pivot to see his dribbler and then "Roles" directly to the hoop.

* Off-ball screens are used to get a player without the ball open, usually attempting to get that player an open shot.

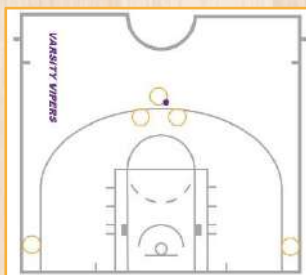
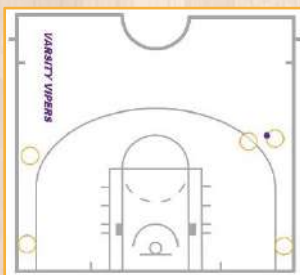
- Same technique as setting an on-ball screen, but the player must find the defender of the player they are trying to get open.



Set
Screen



"Shoulder to
Shoulder"



COURT SPACING - SCREENING

- * When a screen occurs, On-ball or off-ball, the spot behind the player setting the screen should be left empty. This gives the person coming off the screen space to move and create opportunities.

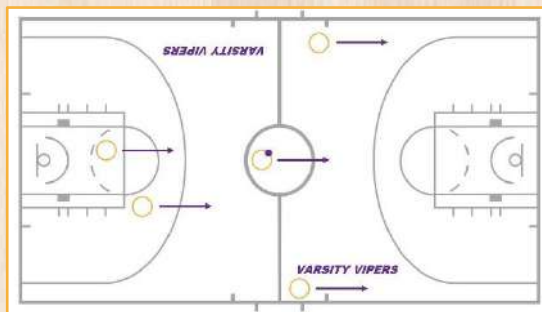
- * If a double screen occurs both spots on either side of the screens should be left clear to allow involved players room to operate.

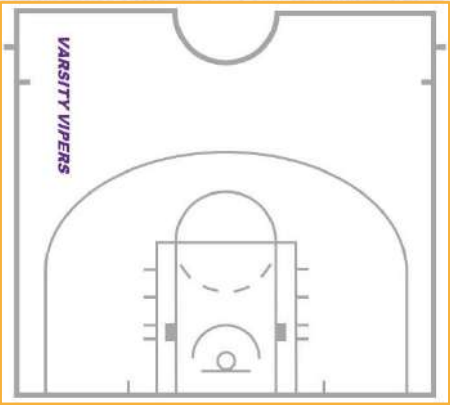
COURT SPACING – FAST BREAK

- * Spacing during a fast break is very important as good spacing forces defenders to be more active in transition and thus leads to easier opportunities offensively.

* A three man or higher fast break all follow a similar structure as one another.

- Dribbler should bring the ball up the middle of the court.
- Two players sprinting wide down either wing then angling into the hoop when they reach the 3-point line.
- Other players trailing the dribbler down the middle of the court.





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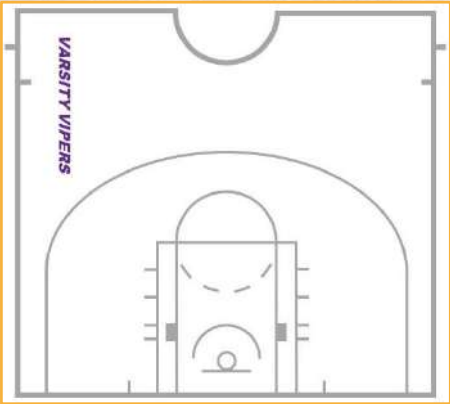
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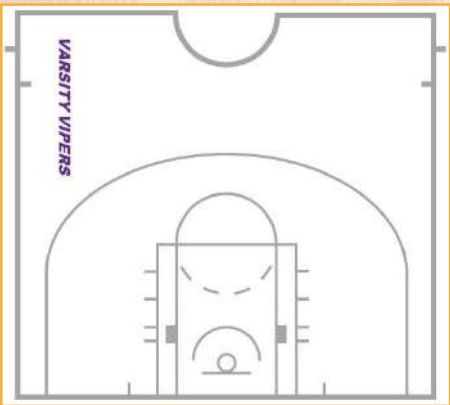
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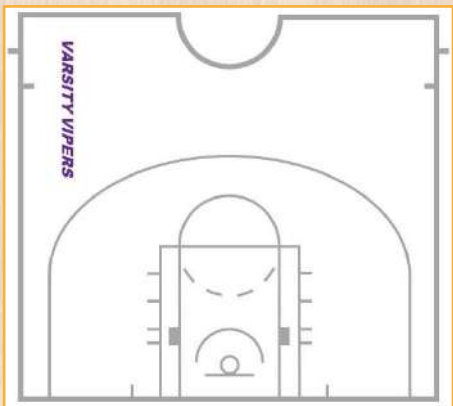
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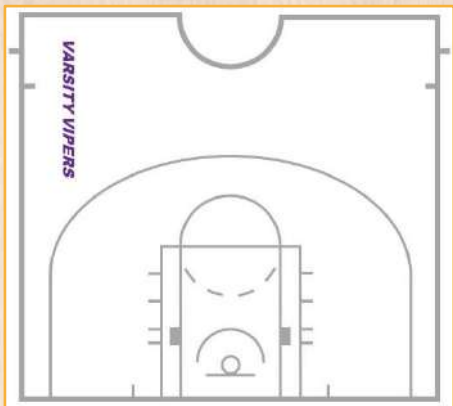
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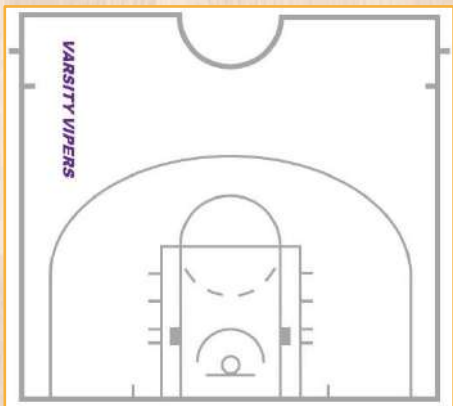
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The official "Welcome to Varsity Vipers Basketball Club" booklet contains background on the Varsity Vipers basketball club as well as an extensive documentation of the basketball fundamentals for new and inexperienced players, coaches, and fans of basketball.

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