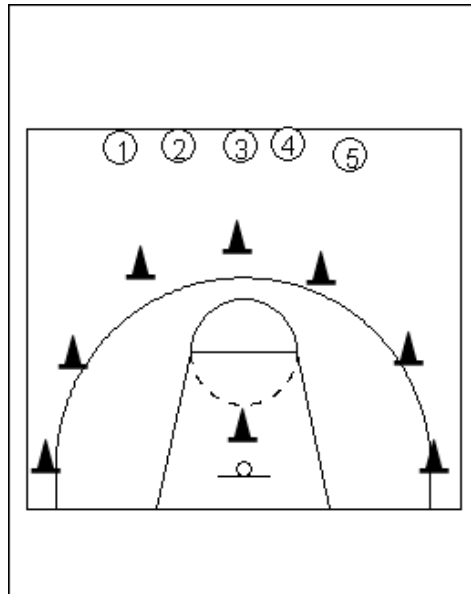




## Beginners offense

Mike MacKay - Manager Coach Education and Development  
mmackay@basketball.ca

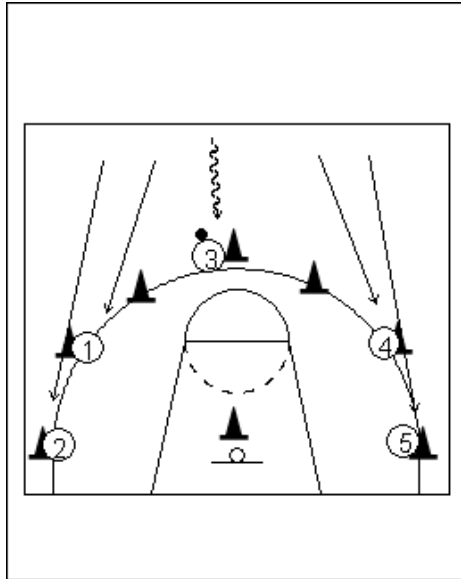


### 1) Beginners Offense

The key thing with young athletes is spacing. Every player should learn to play every position. Offense is not about learning a pattern, it is about learning to use their skills to work together to put the ball in the basket.

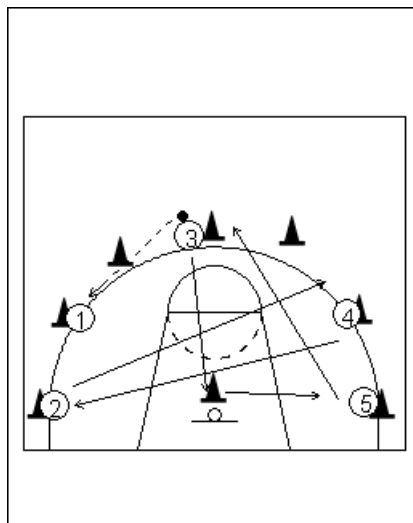
#### Step One

Eight pylons are positioned around the floor. One at the top, two on the swing, two on the wing (foul line extended), one at the front of the basket and two in the corner (the 3 point line straightens out). The younger the players the closer you can move the pylons to the basket. But remember that these do not have to be in the players shooting range. When the coach says go the players fill five of the eight spots (no basketball). When the coach says change the players move to a new pylon.



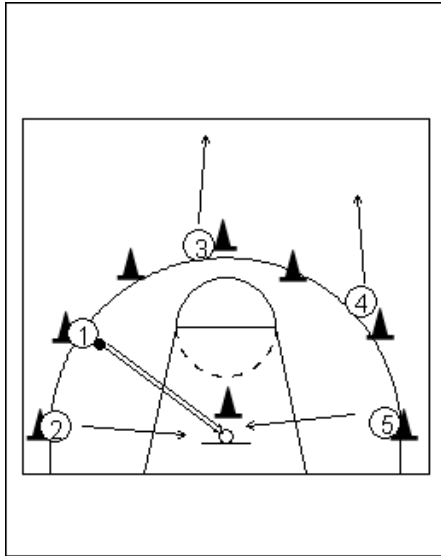
## 2) Step Two

This time the players start at half with a ball. The player with the ball takes it to the top or one of the swing spots. The other players fill the open spots. Ideally we want to have some balance. It is not a good ideal to have the right corner, right wing right swing and top all filled at the same time. Make a pass, count to 3 and everyone without the ball must move to a new spot. The reason you wait is to allow the person with the ball to time to get ready.



## 3) Step Three

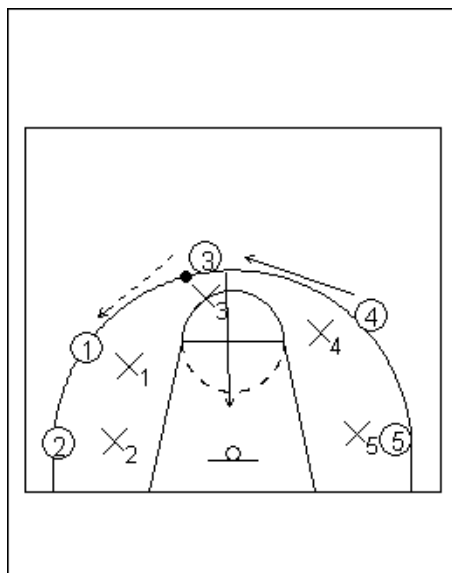
Now the player who passes the ball cuts to the basket. Count to three, everyone finds a new spot. The player with the ball is taught to scan the rim first, and then look to the right and left. This is teaching players "global" basketball. Everyone plays every position.



#### 4) Step Four

##### Rebounding

Anyone above the foul line extended goes back on defense, anyone below goes for a rebound. You now have a great little offense for beginning basketball players. To score the players incorporate the skills they have been taught. Avoid the temptation to teach a set play and putting players in assigned positions. Each time the players are on the floor let different players bring the ball up the floor and inbound the ball.



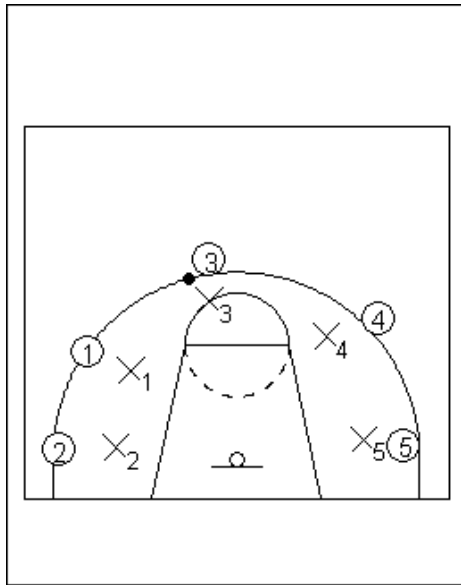
#### 5) Games Approach

#1 - Control - No dribbles

The players play five on five basketball (note: if you have 12 players play 6 on 6 with younger players) with no dribbling.

load

- score by passing to a player in the key
- play full court
- have a violation if two offensive players are in the key at the same time (only if they are stopped and looking for the ball)
- make the defense play close to the offensive to put more pressure on the ball.
- violation for not squaring to face the basket
- violation for holding the ball above the head



#### 6) #2 Attack - One second rule

In this version the offensive player must make a decision with the ball within one second upon receiving the ball. The player must pass dribble or shoot. This forces the players to think quickly and make decisions off the dribble.

This can be loaded the same way with a few additional rules:

- must use weak hand dribbles
- give extra points for a pass pass