

**Basketball Australia High Performance Pathway Coach Development  
Two-way Teaching for Decision Making  
Presentation to Marist College Basketball Coaches – Wednesday, May 15, 2024**

**Introduction –**

- Two-way teaching provides context for players when developing skill
- With limited practice time, teaching and drilling both sides of the ball can be an efficient method
- Teaching method – the five laws of learning
  - o Tell them (instruction)
  - o Show them (demonstrate)
  - o Have them show you
  - o Correction/add some detail
  - o Repetition
- Don't be in a hurry in the teaching – allow them to absorb the information
- “Clarity is the new clever” – keep the instruction and elements simple and easy to absorb
- The learning will be in the doing
- Once the drill is live, “silent time” for the coach

**Drill One - 2 v 1 Shot, pass, drive decisions**

- 2 offensive players at either elbow, one defender with the ball in the charge halo
- Pass and close-out
- If first player is open, shoot it
- If not open, pass it
- 2<sup>nd</sup> player must shoot
- Build to allowing drive by second player

**Drill Two – 3 v 2 Shot, pass, drive decisions**

- As above, now add third offensive player on the wing
- Add 2<sup>nd</sup> defender in charge halo
- Pass and close-out, 2<sup>nd</sup> defender close out to second
- 3<sup>rd</sup> offensive can shoot, pass or drive
- Build to more live decisions – start to limit constraints
- Teach the detail on close-outs and containing first bounce

**Drill Three - 3 v 2 rip and go drill**

- Coach with basketball on wing
- Offence and defence start in ball-side corner
- Defence on the split-line, 2<sup>nd</sup> and 3<sup>rd</sup> defender opposite
- Offence lifts out of corner to receive from coach, ripping into drive
- Offensive decision is to score or pass
- Defensive decision is stay or go
- Concepts in split, kick, extra opposite
- Play everything to a result

#### Drill Four – 4 v 3 plus 1 Nova drill

- 4 v 4 perimeter
- Defender on the ball starts on the hip of the handler to create a momentary advantage
- Handler drives until help presents, make a decision and play out of it
- Handler can only score in lane and off two-feet
- Move the ball to the open player
- Defence communicate and work together to find a solution
- Multiple close-outs and defensive decisions

#### Introduction to Concepts in 5 out

- Spacing and geography of the floor
- Passing, catching and squaring up
- Cutting – all cuts start and finish at the 3-point line
- Penetration and receivers' rules
- Use of back cuts