



OFFENSIVE GUIDELINE
METHODOLOGY FOR U14 CATEGORY
“Let’s Swiss it!”

TECHNIQUE

TACTIC

SYSTEM
OFFENSE

PLANNING

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C O N T E N T

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1. INTRODUCTION

Working with U14 category is at the same time the most rewarding job, but also very complexed for basketball coaches.

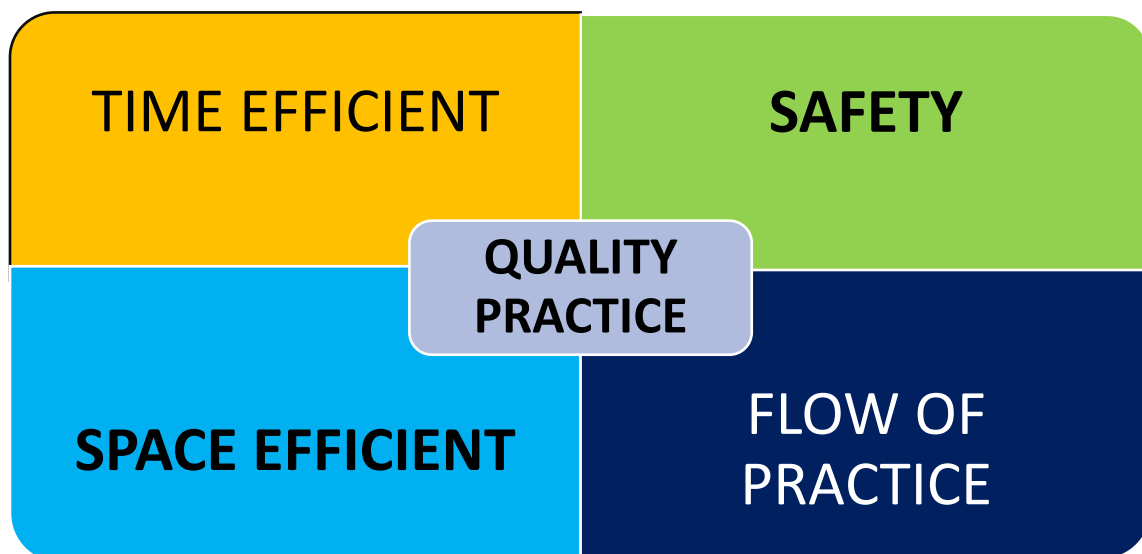
Rewarding, because we have a great opportunity to build a solid foundation for young player's future, and difficult because it requires a lot of "D P P" = DETAILS & PERSISTENCY & PATIENCE.

Coaches in this category have a great opportunity to:

- ❖ create passion for beautiful and dynamic sport of Basketball
- ❖ teach important Fundamentals that are crucial for later development of players.
- ❖ help players to improve their sports culture, educate young people on how to be a part of the group & responsibility within the group.
- ❖ We can impact their general interest in sports, and educate them about their bodies (sensitive for this age: endurance, flexibility, coordination, strength, and fundamentals of specific basketball footwork)

Before we talk about mandatory content and targets for this category, it is important to understand basic principles of training process in this category.

How can we impact the quality of practice?



- ✓ SAFETY = floor not slippery, glass around, contact control
- ✓ TIME EFFICIENT = NO long introduction speech, corrections during drills no longer than 30-45 seconds
- ✓ SPACE EFFICIENT = use all the space on the court, all the baskets available, use parts of court for group strength or athletic training
- ✓ FLOW OF PRACTICE = smart selection of exercises with compatible targets, make sure all players work and are active all the time during practice, mind the intensity curve during practice

Role of the Coach U14 :

- It is not important to be focused on collective systems and playbooks, **priority is players development.**
- Let's not focus only games, focus on smart selection of exercises that will lead to individual progression of technical skills of all players.
- **Encourage** and **inspire** all players to find passion for basketball. Let's not focus only on dominant players who will help you win few games, but also recognize those who are able to learn fast, reward those who always give their maximum efforts!
- Communicate in positive way with players and parents.
- Make a practice time – an enjoyable time.
- Understand and follow *Swiss Ethic Chart* in your process of training.
- “COOL & CLEAN “concept Swiss Olympics
- Create a *Team guideline* – rules and rituals for practice and behaviour for coaches, **players and parents**

PHASES / STAGES of learning new technical elements

Phase 1 - COGNITIVE STAGE

Players receive basic information - with precise information demonstration of the task. They are performing the movement in controlled pace.

Phase 2 - ASSOCIATIVE STAGE

Players are stabilising movement after many repetitions. Mental engagement of players; problem solving – how to perform a movement with more quality and why? Refined movement that allows CREATIVE PROCESSES. Coaches need to encourage and support the effort and progress.

Phase 3 - AUTOMATISATION STAGE (AUTONOMOUS),

After many repetitions, player can perform a task in high speed, in game like situations, without consciously thinking about the details of the technical element.



Principles of teaching new technical elements

1. **Rule of progressivity** – Raise the intensity progressively.
2. **Rule of graduality** - start with simple elements to more complexed
3. **Rule of wholeness** – everything you teach to the right side – teach to left side as well, work on all technical elements with future guards, forwards and centers, regardless of the position.
4. **Rule of mental engagement** – make sure players understand **Why** we do things we do. They should be challenged to think and show pro-active engagement in the process.



◆ **Methods of introducing the TE _ TA content :**

G A G - Global → Analytic → Global

◆ **Types of EXERCISES**

a) Single targeted exercises (better for beginners)

= drills with only one target/goal

(For example changes of direction full court)

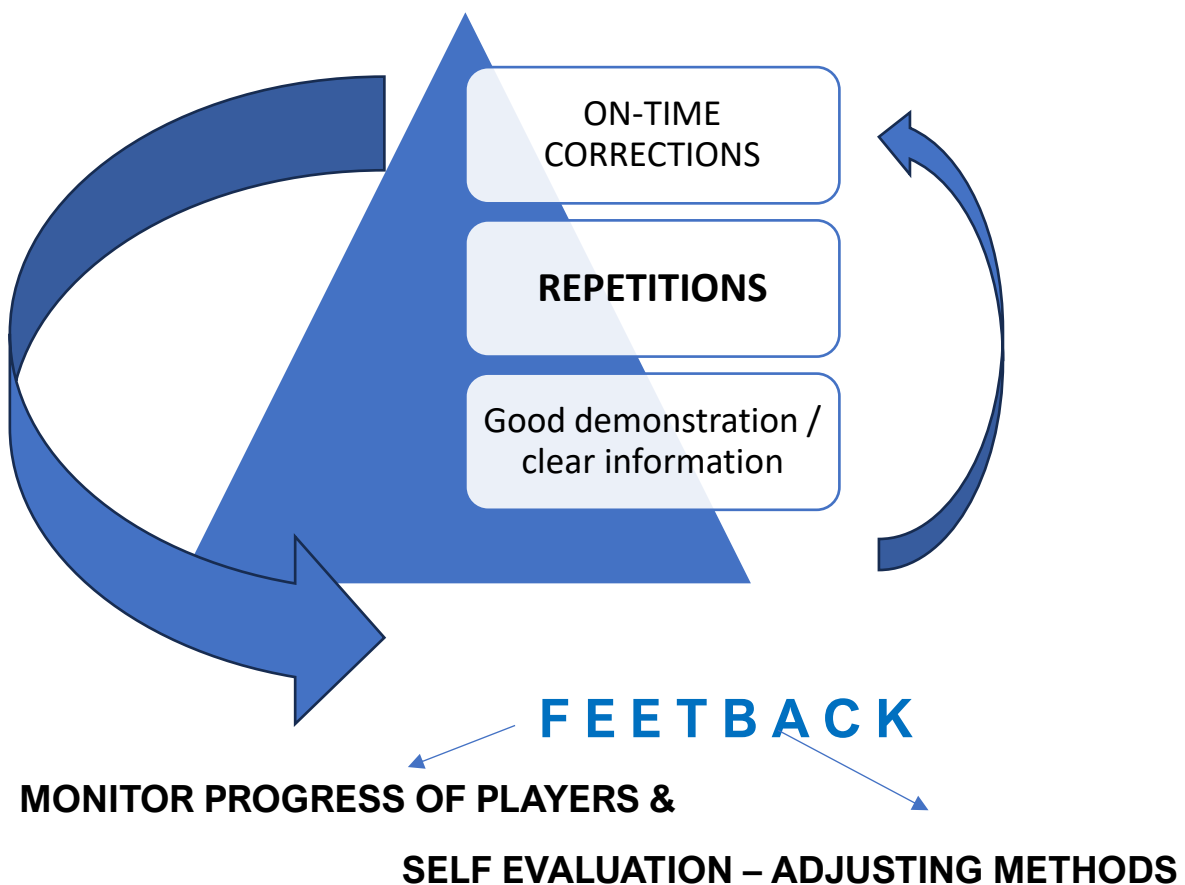
a) Integrated exercises

= drills with 2 or more targets

(For example, change of direction + shooting power layup)

U 14 category **do not combine more than 2 targets** in same exercise 1st trimester

◆ **Formula to successful training process**



2. INDIVIDUAL TECHNIQUE OFFENSE

2.1 TECHNIQUE OF DRIBBLE

Mandatory content that players need to learn in U14 category:

- Straight line dribble full court with change of pace with left and right hand without visual control of the ball, ability to make a *push dribble*
- Side dribble with left and right hand without visual control of the ball
- Defensive (passive dribble) with left and right hand + push dribble

Attention: position of the wrist on the ball (control the ball from the top) Spinal cord aligned. Body weight balance distribution equally on both feet. Strong dribble, keep the elbow line with ball line.

! KEY WORDS! push dribble, control the ball from the top, spine aligned, dribble without looking at the ball

- **Basic changes of direction:**
 - a) Cross over – below the knee level with push dribble after
 - b) Between the legs: hip rotation 45 degrees, rotation of the front foot in the moment of change, rotate the shoulders, ball protection with the other hand.
 - c) Behind the back, rotation of the shoulders in moment of change
 - d) Rolling (spin), start low /stay low, with same hand, last stabilisation dribble is the strongest one before the spin.

3 GOLDEN RULES OF CHANGING THE DIRECTION: **KEY WORDS**
CHANGE OF SPEED, WIN SPACE (separation), **PROTECT THE BALL**

video link: <https://www.youtube.com/watch?v=kytdZrnVGD4>

2.2 TECHNIQUE OF START (DEPARTURE TECHNIQUE)

& TRIPPLE THREAT POSITION

Before we start to talk about departure technique it is important to mention the technique of catching the ball.

Important points when we teach the players to catch the ball:

- a) Always have the hands ready to catch (*open hand, show 10 fingers*)
- b) “*Ball in the air – feet in the Air* “
- c) On the half court, players need to *Catch and Square* up to the basket (turning both feet towards the basket in the moment of the catch)
- d) when catching the ball during the running phase (dynamically), players need to be ready to connect the dribble with the catch in the shortest possible time while using the “*hop catch technique*” (*cloche pied*), avoiding *travelling*.

U14 Category players must know how to:

- catch the ball in **triple threat** position and start with **cross step** technique.
- catch the ball into **catch and go** position and start with cross step technique.
- Ability to catch the ball into the triple threat position and start with **open step** technique (*same hand – same leg*)

Attention! – In the beginner level do not make things complicated on practice and choose the **cross-step** technique as a basic departure technique. After you see progress in the *cross step*, then start teaching the **open step** technique. Let’s not confuse beginners trying to teach both techniques in the same exercise.

Most common errors in methodology of teaching technique of start:

a) Position of the wrist on the ball (photo 1 & 3. = good, photo 2 & 4. = bad)

Photo 1.



Photo 2.



Photo 3.



Photo 4.



b) Bad balance with feet too far apart, or too close.

c) Spinal cord not aligned

2.3 TECHNIQUES OF STOPS & TRIPLE THREAT POSITION

*Very important element that we also can teach and improve in exercises without the ball during footwork exercises outdoor.

There are 2 basic techniques of stopping footwork:

- a) 1 contact stop (Jump stop)
- b) 2 contact stop (1-2 stop) that can be done in from 2 sides:
Left + right foot or Right + left foot

! both footwork requires first step long and second step short!

! KEY WORDS!

Balance, stay low – knees bent, stabilisation dribble, strong grip on the ball, ball never in the middle at the belly - Rule “*HEAD - POCKET*”

Use terminology *STABILISATION DRIBBLE* – last dribble before stop!

*In today's basketball on senior level, naturally it is important to master the 1-2 stop after the dribble, because it is the quicker way to shoot of the dribble. However, U14 category we will introduce the jump stop as well

When players stop after the dribble - IT IS IMPORTANT TO CORRECT:

- body balance, stance, spinal cord aligned
- holding the ball properly (*triple threat*, or ball on the *hip – pocket*)

*Progression of teaching techniques of stop:

In the first phase of teaching techniques of stop - use cross court exercises without shooting as part of warmup with ballhandling. Teach stopping after 3-4 dribbles first into 3-ple threat position. After integrate stopping techniques with starting techniques.

All footwork techniques of stop are going to be part of both shooting and finishing drills as well.

2.4 TECHNIQUES OF PASS

In U14 category when we teach the technique of pass it is very important to respect the rule of PROGRESSIVITY AND GRADUALITY.

Quality of our team offense (timing, easy scoring opportunities in *fast break* and transition) will depend on players ability to pass.

Players should stabilise the technique of BASIC **Two hand passes**:

- **Push pass** – direct pass with both hands chest pass
- **Bounce pass** – pass on the ground
- **Overhead pass** – direct pass, introduce fakes when teaching overhead pass. Ball fakes and eye fakes

! ATTENTION!

Correct from the beginning the way the players hold the ball, Equally with both hands. Make sure that from the beginning they have active feet while catching and passing. Start with simple exercises and teach basic passes first, and **not** advanced passes like single hand push pass of the dribble. Correct and see the position of the wrist on the ball, position of the elbow, spinal cord aligned, extension of hands when pass.

BASIC **One hand passes**:

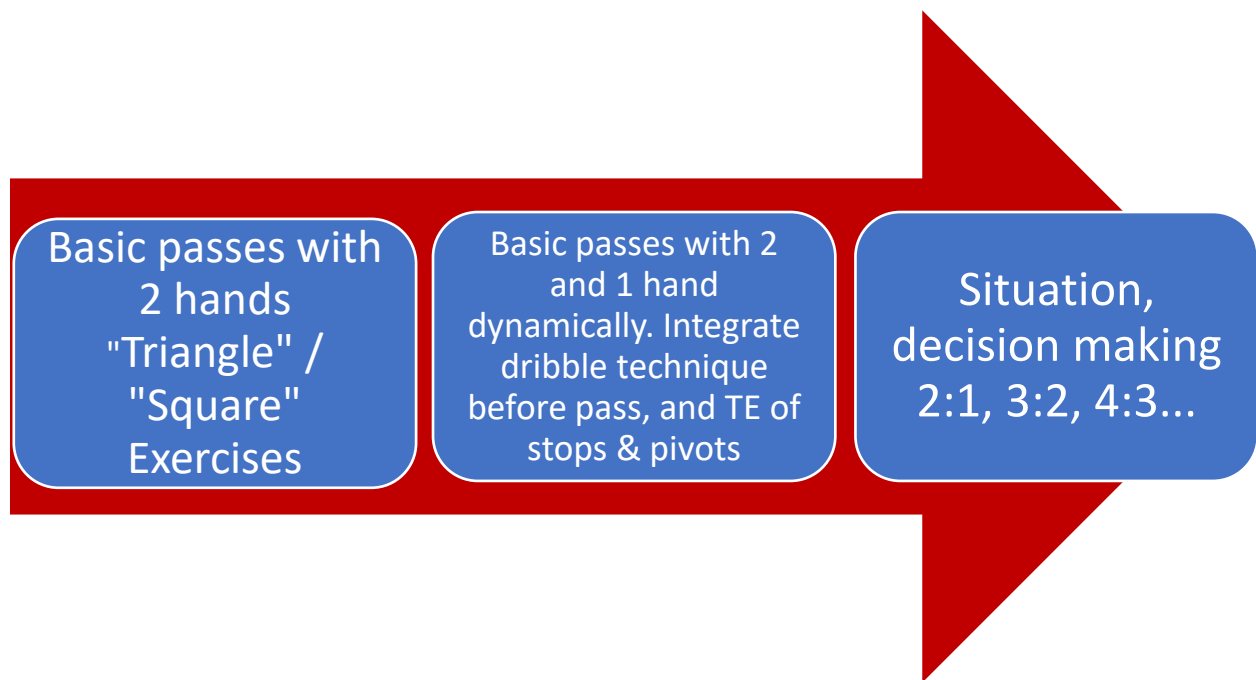
- Single hand push pass with right and left hand, only after stabilising the ball with both hands, use dominant hand on the dominant side of the body where is the ball.
- Single hand bounce pass – only after stabilising the ball with both hands, for example pass to the post, or **pocket pass** in situation of drive & dish.
- *Baseball pass*

Only after stabilisation of basic basis, we can teach advanced passes like: Behind the back & Whip pass & Shavel Pass etc.

ATTENTION! Progression method in passing skills development.

Correct from the beginning the way the players use footwork, hold the ball, position of the wrist and position of the spinal cord in the moment of the pass. Passes must be sharp and precise. Elbow position. CATCHING the ball – OPEN hands – show 10 fingers! Knees bent and ready to catch. Always insist on pass quality. Introduce FAKES into Passing exercises, BALL FAKES, EYE FAKES.

Progression for beginner level:



“Great creators and decision makers have the best fundamental passing skills.”

Don't expect that players are able to make precise full court passes right away, so in the first phase of development make the distance shorter and emphasise on important details.

3. TECHNIQUES OF SHOOTING

3.1 CATCH AND SHOOT

We cannot expect the players in the U14 category to have a strength and ability to shoot as they will in the future. So, it is important that we focus on 3 basic Elements of Shooting Technique. Most important is to educate players that shooting motion is connected in the **one movement; that starts with feet and ends with release of fingertips.**

- a) Rythm of the shot (*Flow of the shot*), that means that players understand that Shot starts with feet, and finish in the release of fingertips, all connected in the 1 motion.
- b) Good grip on the ball – player in the moment of the catch (Photo1) - wrist is “*cocked and locked*”, body leaned forward
 - Knees flexed and in the same moment as player catch the ball – he positions his elbow under the ball. Alignment: foot-knee-elbow-*ball* (Photo 2).
 - Good grip – dominant shooting hand cover the surface of the ball and other hand is on the side. start the elevation with position of elbow underneath the ball (Photo 3)

Photo 1



Photo 2

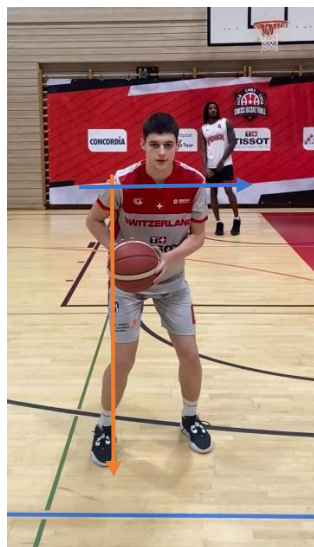


Photo 3

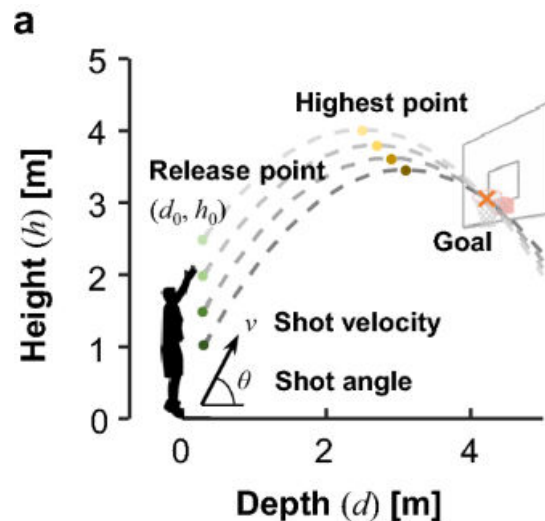


- c) Release – final phase of shooting motion. Extend the arm and *close* the wrist with release (Photo 4). Last contact with ball is made with fingertips (index & middle finger)

Photo 4 – release



diagram of optimal arc (parabole)



! KEY WORDS! Balance feet, ready to catch, good grip (*wrist loaded + pocket*), alignment, hand extension, *follow-trough*, ONE MOVEMENT. Position of feet, parallel stance or dominant foot in front for ½ footstep

Video Ink : <https://www.youtube.com/watch?v=RLZ8FKAEpAE>

After stabilising the catch and shoot form and technique of shot facing the basket. We can **progress** with integrating other elements with shot:

- Running into catch and shoot; catching the ball from different angles. When we shoot from angle of 45* - use the backboard
- Shooting after 1 dribble, 2+ dribbles (integrate jump stop technique)
- Shooting after technique of departure (start)
*For example: catch + triple threat + cross step + 2 – 3 dribble stop and shot
- Shooting after pivot moves (catching the ball back to basket, turn with back pivot + shot)

3.2 LAYUPS and Power layups – mandatory base

Layups and power layups are most important scoring techniques in U14 category. It is basically shot with one hand close to the basket, running dynamically towards the rim. Footwork and rhythm of dribble are the key elements.

- from the right side able to finish the shot with right hand
*Footwork: right + left
- from the left side able to finish the shot with the left hand
*Footwork: left + right

ATTENTION! Teach release from the top and *finger roll* at the beginning. Do not allow players to expose the ball during a layup, with waiving the ball left and right.

In the first trimester of training process with U14 layups must be stabilized and when players learn the basic layup footwork – they can progress with integrated type exercises where they make layups after full court dribble, pass received, changes of direction etc...

- **Power layups** – after we stabilized basic layup technique from right and left side, we introduce a *power layup*.
It is a technique where player jump stops and shoots. Has different footwork rhythm. Gives more balance in the shot and better ability to absorb contact before shot release in the future.
In this case release of the ball should be made from the top – it allows better ball control and better flow of the shot.

! KEY WORDS! : “ *Strong power dribble*” “*Chest to the board*” or “*Shoulder to the rim*”. “Protect” the ball in the moment of the shot with non-shooting hand.

ATTENTION!

Respect the rule of ***Graduality and Progressivity***. Only After stabilisation of layup and power layup, we proceed in teaching: *First step – layup with opposite hand, Reverse layup, Floater, “Runner up”*

THESE ADVANCED TECHNIQUES **ARE ONLY THE NEXT PHASE** AFTER THE LAYUPS AND POWER LAYUPS STABILISED.

*Most common errors in teaching the layups.

- Players expose the ball (waive the ball in the moment of 1st step)
- ▶ Keep the ball close to body on the side of the layup + firm grip.
- Footwork steps are too short, and players jump toward baseline instead of jumping vertically with knee upwards.
- Players hold the ball in one hand after they stop with dribble.
- Wrist on the ball is not in the good position to make release and gives ball a wrong spin.
- Coaches try to teach a layup with footwork of a floater (shot after first step)

4. TECHNIQUE OF MOVEMENT WITHOUT THE BALL

We left this chapter on the end of offensive technique because it is very often forgotten that we need to educate players on basic techniques of movement such as: running, changing the speed and direction (important for cutting technique), jumping, sliding, back paddling, falling, stopping, and one of the most important techniques for basketball offensive game – PIVOTING.

These techniques of movement we need to implement into our week program as part of practice (first part of practice, or warmup routine).

Majority of Clubs in U14 category has limited access to the training facilities, so let's be proactive and creative and add extra training session outside on the playground and in the parks, as addition to our indoor basketball practices. In this way we will save valuable time for practice with the ball, but also improve their footwork and general basketball coordination with outdoor practices.

Our job is also to advise our S & C coaches who are not aware of how these exercises will improve the players OFFENSIVE TECHNIQUES IN THE FUTURE

Basic basketball techniques of movement without the ball are:

- Cutting towards the rim – have eye on the ball and extended inside hand (HAND CLOSER TO THE RIM) with open wrist showing open palm with 5 fingers.
- Technique V – cut opening to receive the ball
- Box out technique and setting screens (u16)
- One of the techniques of opening to receive the ball:
On the perimeter (démarquage) & on the post (swimming TE)

Teaching points in when players open to receive the ball:

- Initiate contact with defender, “attack his leg space”.
- Separate after contact with speed, showing the outside hand.
- Catch and square up, ready to attack with drive, pass or shot.
- 4 options to move without the ball: CURL (cut front the defense), FLARE (contact and separate), BACK DOOR (cut in the back of the defense), POST UP

5. TEAM OFFENSIVE CONCEPT U14

PILLARS IN METHODOLOGY FOR U14 TEAM offensive system

- ❖ 60% + OF OFFENSE possessions IS TRANSITION based offense
- ❖ WE DO NOT PLAY MULTIPLE HALF COURT SETS
- ❖ PRIORITY IS TO TEACH PLAYERS BASIC TRANSITION WITH TENDENCY TO IMPROVE THEIR 1vs1 GAME
- ❖ “GIVE AND GO” basic with accent on 1vs1 game.
- ❖ “CUT AND REPLACE “basic
- ❖ BALL ALWAYS MOVES – PLAYERS READY TO ATTACK
- ❖ SPACING 5 FEET between players
- ❖ Repetitions are the key to progress- therefore use analytical method (3:0, 3:3, 4:0,4:4) more than Global method (5:0, 5:5)



MORE REPETITION = FASTER PROGRESS



Secondary transition / Early offense is based on GIVE & GO, CUT & REPLACE principles with

1 IN - 4 OUT spacing

! OFF-BALL SCREEN IS ALLOWED, BUT NOT AS PRIMARY OFFENSIVE CONCEPT, AND ONLY 1 SET PER POSSESSION

! HANDOFF IS ALLOWED BUT NOT AS PRIMARY OFFENSIVE CONCEPT



LET'S BE CONSISTENT WITH TENDENCY TO INITIATE TRANSITION AFTER:

- REBOUND
- STEAL (leads to Fast break)
- BASKET RECEIVED

always put pressure
to **"Race"** and pass ahead
we run **WIDE & DEEP**

! KEY WORDS!

"LETS RACE" - WE WANT TO RACE AND OVER RUN THE OPPONENTS

"WIDE AND DEEP" – Running lanes

"PASS AHEAD" – RESPECT THE MEN IN BETTER POSITION IN FRONT OF YOU

Let's build good habits - "Swiss Style"



MOVE FAST - RACE & CUT QUALITY PASSES ACTIVE ATTACK

ACTIVE ATTACK = ALL PLAYERS AFTER THEY CATCH THE BALL ARE READY TO ATTACK AND PLAY 1:1 AND CREATE OPORTUNITY TO SCORE OR PASS TO PLAYER IN BETTER POSITION. AS WE PROGRESS IN INDIVIDUAL TE – WE WILL PROGRESS IN BETTER AND FASTER DECISION MAKING. EVERY DRIBBLE IS TO CREATE ADVANTAGE. DO NOT ENCOURAGE PASSIVE AND NON-ACTIVE DRIBBLES.

Terminology in teaching the team offensive concept (U14 + U16)

- **Fast break** = (every situation of space and number advantage; from 1:0 to 5:4)
- **Secondary break or Early offense** = (continuation of fast break with 5 on 5 game without changing positions and fast break corridors and spacing)
- **Motion offense** = (continuation of Early offense with: swing and initiate drive & *kick, give & go, cut & replace* principles)
- **1 BLOB and 1 SLOB ready for team**

Teaching points

1. WE RACE – ALL PLAYERS EXCEPT REBOUNDER AND PG ARE RACING AND RESPECTING THE RUNNING LINES
2. PRINCIPLE “WIDE + DEEP “when running in transition
3. PASS AHEAD TO MEN IN BETTER POSITION
4. CREATE AN OPPORTUNITY FOR LAYUP OR OPEN SHOT ASSISTED 3), or foul drawn.
5. OUTLET PASS – EVERYONE SHOULD BE ABLE TO INITIATE FAST BRAKE WITH 1 DRIBBLE, IN THIS CASE PG RUNS AS WELL

EXPECTED PROBLEMS IN TRAINING PROCESS:

- MANY TURNOVERS IN THE BEGINNING OF THE PROCESS,
“BE PATIENT – ENCOURAGE AND SUPPORT PLAYERS WILLINGNESS TO PASS “
- TECHNICAL SKILLS NOT DEVELOPED YET, THAT MEANS OUR PASSES ARE WEAK AND NOT ON POINT *“DON'T FORGET = AS PLAYERS PROGRESS IN INDIVIDUAL TECHNIQUE (DRIBBLING + PASSING + SHOOTING + MOVEMENT WITHOUT THE BALL) = WE WILL IMPROVE OUR TEAM OFFENSE”*
- “HOW DO I BALANCE TIME WHEN I HAVE ONLY 2/3 PRACTICES PER WEEK? *STEP BY STEP PROGRESSION. WE PUT FOCUS ON INDIVIDUAL DEVELOPMENT AND MANDATORY CONTENT. PLANNING AND PROGRAMMING*

6. PLANNING AND PROGRAMMING

After analysis of Swiss basketball training volume in all Cantons in U14 category, we came to conclusion that we do not have enough practice time. Standard weekly hours for U14 category in EU countries is between 10 -12 h / week. Switzerland u14 players train in average between 3 - 4.5 hours / week. Let's plan smarter and work in same direction.

Here are few examples of long-term planning and short-term planning.

First, based on School and Season competition calendar we create a basic PERIODISATION of a Year.

Planning a Year (divided into 4 phases)

PHASE 1	PHASE 2	PHASE 3	PHASE 4
Preparation period PP	Competition period CP	Final period FP	Off - season period OP

Cumulative numbers in Year Cycle – example of Macro-planning

*Based on calculation that teams train in average 3x/week (90 min practice)

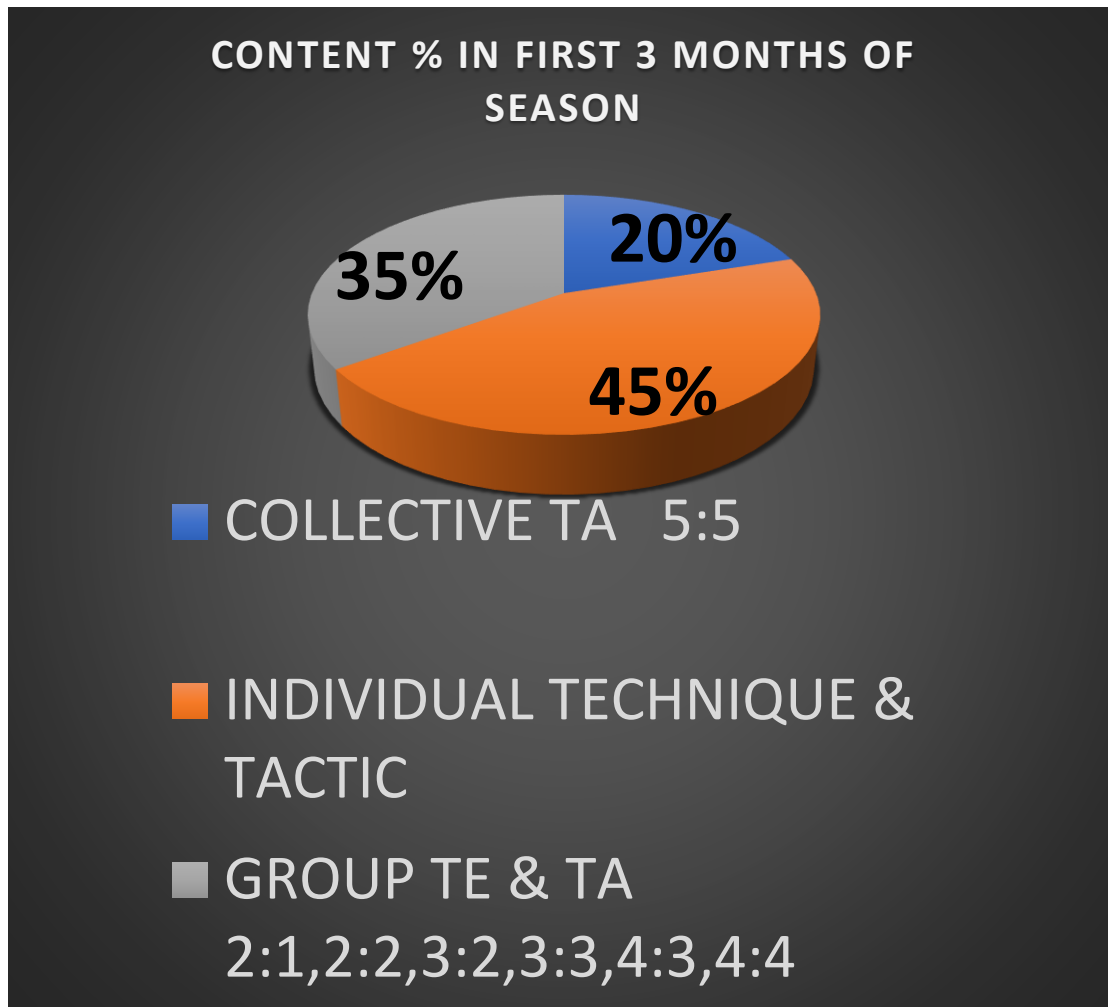
Months *	VIII	IX	X	XI	XII	I	II	III	IV	V	VI
Period	OP / PP	PP	CP	CP	CP	CP	CP	CP	CP / FP	FP	OP

Practice Days	**16	**16	*13	12	12	12	12	12	12	12	12
Game Days	0	1	3	3	3	3	3	3	3		
Practice hours	19.5	19.5	19.5	18	18	18	18	18	18	18	18
School Holidays Planning			7days No School		14days No School		7days No School		7days No School		
Parents Meeting		1x				1x					1x
Video / Theory session	1-2	2-3			2-3 Mid season eval	2-3 Mid season eval					

JULY - Off season period need a planning as well; Club activities and school is over, players plan family holidays. Availability of the basketball gyms can be replaced with outdoor courts and also training camps in regional associations or internationally. Ideally OP = 2 weeks rest + 2 weeks work.

**3 practices on basketball court + add 1 practice outdoor

Distribution of training content in U14



*Difference between u14 and u16 category

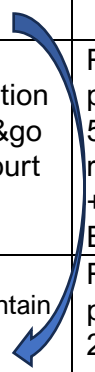
U16 week basketball content for 1 year

Period →	Preparation period	Competition period	Post season period
Ind. TE-TA	30%	20%	60%
Group TE-TA	35%	30%	20%
Collective TE-TA	35%	50%	20%
Athletic skills Core / Flexibility	2x / week homework	2x / week homework	2x/ week Homework

U14 Example of Programming the mesocycle with targets we want to achieve

Period of August – September – October (PP – early CP)


Month →	August	September	October
INDIVIDUAL TECHNIQUE DRIBBLE / Ballandling skills	a-Dribble stability L&R Straight line, lateral, defensive dribble Departure TE / Cross over + Between legs change of direction Stop TE to 3-ple threat Layups	Repeat a- and progress with b): Behind the back change of direction L&R hand / spin move Layups after multiple dribbles and changes of dir.	Monitor progress, evaluation Repeat a + b, progress with c?
INDIVIDUAL TE. Passing skills *Elements of pass in this exercises as well	a-Basic 2 hand passes 2:0 3:0 Controlled dynamics Back pivot + pass Ball protection	Repeat a- and progress with b): Integrate dribble TE + pass TE	Monitor progress, evaluation Repeat a + b, progress with c?
INDIVIDUAL TECHNIQUE Shooting skills	a-Shooting form statically / Catch and shoot dynamically, Layups	Repeat a- and progress with b): Shooting after dribbles and jump stop / layups progress.	Monitor progress, evaluation Repeat a + b, progress with c?
GROUP TE – TA	a-Give & go Cut & replace 2:0,3:0 → 2:2, 3:3 2:1 Half court	Repeat a- and progress with b): Full court 2:1, 3:2 Def. Positioning Ball side/ help side	Monitor progress, evaluation Repeat a + b, progress with c?
COLLECTIVE TE-TA offense / defense	a-Introduce Spacing in transition 4:0 5:0, 4:4 give&go Fast brake full court	Repeat a) and progress with b): 5:5 Give & go Cut & replace in transition +Transition D BLOB 1x SLOB 1x	Monitor progress, evaluation Repeat a + b, progress with c?
DEFENSE *elements of defense can be taught in Group TE-TA drills as well	a-Technique of movement, 1:1 contain and ball pressure when ball stops/ Denial position 1 st pass away	Repeat a and progress with b): 2:2, 3:3 with emphasis on 1vs 1 D Teach denial when defending BLOB and SLOB 3:3 without screens	Monitor progress, evaluation Repeat a + b, progress with c?



Programming a Microcycle

Example when U14 have training 3x per week

“BLOCK training concept” = *block* of this week will be repeated 3 weeks in a row, while keeping the same targets, coach can choose 2-3 different exercises

Period: Competition period Week: October 7 th – 13 th Block 1			
Day	Monday	Wednesday	Friday
General practice targets	Ballhandling / Departure TE Lay-ups Fast brake 3:0, 2:1, Defense 1:1 TE/TA Shooting Te	Passing Stop TE Spacing & timing 3:0 Give & go Cut& replace 3:3 Play games Core & flexibility	Ballhandling + Layups <i>Fastbrake</i> opening Spacing give & go 4:0, 5:0 5:5 Shooting Te
*Extra activities Example 	Video: Feedback or inspirational with high level players performing moves that we teach Monday 20 min before practice	Thursday, Saturday or Sunday Extra session outdoor footwork & coordination & aerobic base	Additional Sport – like judo, track & field, football, are good complementary Activity 1x / week next to Basketball until they are 14 years old

