



Coach Education
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Basketball: Fundamentals of Coaching Basketball

The NFHS Fundamentals of Coaching Basketball Course includes content developed by the 2009 USA Basketball Developmental Coach of the year, Don Showalter. This course includes basic and some advanced skills in offense and defense. But, more importantly, they guide you in developing a coaching philosophy that is appropriate for students. You'll learn how to communicate effectively as a basketball coach with an emphasis on creating a positive learning environment. Regardless of when the coach completes the course they will have up to one year after purchase to review and access all printable resources.

Unit 1: Introduction to Coaching Basketball

- Coaching
- Communication
- Game Management
- Practice Sessions
- Teaching Skills

Unit 2: Teaching Skills for Offense

- Unit Introduction
- Basic Stance
- Footwork
- Dribbling
- Passing
- Shooting
- Rebounding
- Fast Break
- Screening
- Offensive Plays

Unit 3: Teaching Skills for Defense

- Unit Introduction
- Stance and Slide
- Guard the Dribbler
- Help-side Defense
- Team Defense
- Zone Defense
- Defense Rebounding
- Post Defense
- Defending Screens

Unit 4: Game Organization

- Unit Introduction
- Game Plan
- Pre-game
- Communication
- Game Adjustments
- Game Behavior
- Post-game

Resources:

- Offense: 37 drills and plays focused on skill development of shooting, rebounding, dribbling, passing and preparing for competition including: Rebounding; Competitive Shooting; Drills; 3 Line break; 3-Man 2-Ball Shooting; 3 Man Cut-and Fill Drill; 3-on-2on-1; 4-Man Cut-and Fill with Post Drill; 55 Second Shooting; Dribble-Pivot-Pass; Dribbling: Full Court Pass with Jump Shots; Fast Break Plays; Footwork; Form Shooting; Half Court 4-Corner Passing; Inside-Out Rebounding; Keyhole Shooting; Mass Jab Step; One Hand Shooting; One Line Rebounding; Partner Passing; Screening 2-Man Ball Screen; Screening Backdoor Screen 4-Man; Weak-Side Rebounding
- Defense: 30 drills and plays including: 1-2-2 Zone; 1-3-1 Zone; 1-on-1 Defensive Rebounding; 1-on-1 Help-Side; 1-on-1 No Ball Full Court; 1-on-1 Post Defense; 2-3 Zone; 2-on-2 Ball-Side to Help-Side; 2-on-2 Down Screen; 2-on-2 Post Screen; 3- Man Defensive Rotation; 3-on-3 Movement;; 4-on-4 Cut Throat; Black and Gold Rebounding; Box 1(2-2 Zone) Combination; Lane Touch; Mass Defensive Slide; Post Defense with Passes; Rebounding Technique; Run and Slide; Mirror; Triangle 2(3 Zone 2 Man) Combination