



SYRIAN ARAB BASKETBALL FEDERATION YOUTH BASKETBALL PROGRAM 2011/2015

The goal of this program is to help the youth program coaches in Syria to better and correctly improve the kid's fundamentals therefore bring the kids to a high level of preparation.

The main assignment and goal in the youth teams and youth players is a really simple one, that is preparing the kids so they can one day be capable of playing at the senior basketball national team which can compete at the highest level in Asia and the world.

With that in mind, we have developed 3 programs. Program A,B,C.

- **A** for players 10, 11, 12 years of age
- **B** for players 13, 14, 15 years of age
- **C** for players 16, 17, 18 years of age

PROGRAM **A**

This program intended for kids that are 10 to 12 years of age, with a minimal level of basketball knowledge and skills.

This group of kids should have 3-4 practice sessions per week. Practices should be 60 to 80 minutes.

Systematically, the practices should include

- **50 % Play**
- **30 % Offence**
- **20 % Defence**

The focal point should be basketball fundamentals but all that should be taught through play and fun for the kids.

Basic elements in basketball, such as:

PASSING

Two handed chest pass (directly and bounce pass)

Over the head pass (directly and bounce pass)

Push pass (directly and bounce pass)

DRIBBLING

Front (cross over)

Back

Spin

Between legs

Combination

STOPPING

In one contact (Jump stop)

In two contacts

PIVOTING

Front Pivot

Back pivot

LAY UPS

Right

Left

JUMP SHOT

Will be the main target of teaching and studied by this program. Each coach must clearly explain and demonstrate these elements so a kid can comprehend both audio and visually how a specific element is done properly.

Each coach must have a practice plan ready. Practice plan that will include:

- Warm up drills
- Stretching
- Main portion of the practice
- Competition drills
- Closing portion of the practice
- Analysis

(Listed are around 50 drills from the Program A that the coaches can use)

PROGRAM B

This Program is intended for kids 13 to 15 years of age. Kids that already have some level of basketball knowledge and skills or kids that have already went through Program A.

In Program B, they continue to improve on the specified elements and are slowly stepping in to technical-tactical tasks.

The practice is systematically divided in:

- **40 % Game**
- **30 % Offence**
- **30 % Defence**

Typical for this program is that, while improving of all the elements of basketball while a game 5 on 5 is played, a PASSING GAME is insisted on as a primary goal of play. Sometimes, in order to break the monotony of it, 1 or 2 dribbles are allowed. This is solely decided by the coach and his judgement. The coach should always point to the kids that they need to move on the court because the specific rules of NO DRIBBLING. With this kind of system, the kids are learning and improving on their passing skills (they are choosing the right way to pass), they are learning and improving on stopping, ball protection and most importantly-moving without the ball. To avoid isolating the dribble from the practice, the 1 on 1, 2 on 2, 3 on 3 and 4 on 4 drills should be introduced on the practice by the coach.

In this program, the kids are starting to learn the tactical tasks such as:

- Fast break
- Secondary fast break
- Paths of movement
- Basic UCLA cuts
- Using the Pick and Roll
- On ball defence
- Deny
- Help side defence
- Shell drill

The kids in this program should have practices 4-5 times per week. Practice sessions should be 80-90 minutes in length.

Practice plan is a must for each coach.

(Listed are around 50 drills from the Program B that the coaches can use)

PROGRAM C

This program is intended for kids 16 to 18 years of age, kids that already went through Programs A and B.

The practice systematically divided in:

- **40 % Offence**
- **40 % Defence**
- **20 % game and other tasks**

In this program, kids should improve tactically and be trained to a higher level so they can be ready, at 18 years of age, to play for the senior team. Understandably, there will be a transitional phase of U20 where they will fully develop as senior team players. The tactics are mainly present in this program but there is also accent on the technical elements as well. Technical elements must be improved on constantly, for example, at the start/first portion of the practice the 1 on 1 game should be practiced at all places of the court. The Pick and Roll game should also be present in this program and most importantly-coaches should pay attention to individual workouts.

BASKETBALL TECHNIQUE

Dribbling (all kinds)

Passing (all kinds)

Jump shot (improvement)

Stopping, pivoting, ball protection

Movement without the ball

Cuts (all kinds)

OFFENSE

Fast break

Lines of movement

Secondary fast break

UCLA cut

Passing game

Pick and Roll

FLEX

Attacking the press

Attacking the zone

Inbound plays

DEFENSE

Man to man half court

Man to man full court

Zone 2-3

Zone 3-2

Zone 1-3-1

(Listed are around 50 drills from the Program C that the coaches can use)

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July 2011
Damascus, Syria