

A young basketball player in a red jersey with 'Seville Dragons' on it is jumping in the air, holding a basketball with both hands above their head, ready to shoot. The player is wearing dark blue shorts and black sneakers. The background shows a large indoor basketball court with a high, vaulted wooden ceiling and yellow walls. In the distance, three other players in different colored jerseys (yellow, blue, and red) are standing on the court. The floor is polished wood with red and green court lines.

Coaching Guideline for Under-8s and Under- 10s

Seville Dragons Basketball ©

“Coaching young basketball players requires imparting not just fundamental physical skills, but also a profound understanding of teamwork, enjoyment, and respect for the game. This booklet aims to cover essential skills such as finding space, changing direction, stopping, dribbling, passing, shooting, pivot skills, defence, and team offence and defence. Each section offers detailed explanations and drills targeted at developing these foundational skills”

Coach Rick Batista



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Introduction

Basketball is thriving at the primary school level, with countless teams energetically competing in interschool, club, and association competitions. Over the years, the game has undergone significant changes, leading to a greater emphasis on teaching correct fundamentals from the very start of a player's journey.

As coaches, we often have specific goals in mind when guiding young players. These goals typically fall into three main categories:

- **To have a winning team**
- **To help young players have fun**
- **To help young people develop in several key areas:**
 - **Physically:** By learning skills, improving fitness, developing healthy habits, and avoiding injuries.
 - **Psychologically:** By learning to control their emotions.
 - **Socially:** By encouraging good sportsmanship.

At the Under-8s and Under-10s levels, it's important that coaches don't make winning the top priority. Instead, we should focus on developing the fundamental skills of basketball while creating a fun and enjoyable environment for the kids. It's essential for them to look and feel like basketball players, especially if they have dreams of advancing in the sport. Winning should be a bonus, not the main goal.

This booklet outlines what to teach players in the Under-8s and Under-10s age groups, but the principles can apply to all ages. It walks through various important skills for the game, with the hope that a mix of these drills will help you plan your training sessions better and make your job easier. I don't claim to know everything, but I hope this guide can be a useful resource.

By focusing on development—physically, mentally, and socially—coaches can create a great experience for young players. This not only helps them master the basics of basketball but also encourages a love for the game that can last a lifetime.



1. Finding Space

Importance of Finding Space

Finding space is fundamental in basketball because it:

- **Facilitates Offence:** Enables players to receive passes, make shots, and create scoring opportunities, hopefully unguarded or in easier positions.
- **Reduces Defensive Pressure:** Allows for safer play and better ball control.
- **Encourages Team Play:** Players are much more likely to pass the ball if their team mates are completely open.

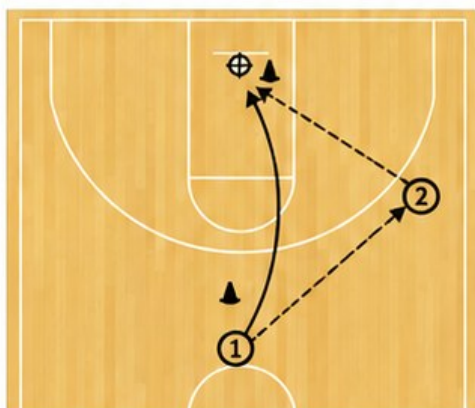
Drills to Teach Finding Space

a. Dribble Tag

- **Objective:** Teach players the importance of finding and moving to open spaces to avoid being tagged.
- **Setup:** Pick a playing area based on the number of players. Two players to be taggers.
- **Execution:**
 - Players must dodge taggers by running to open spaces and avoiding being tagged. (vary the game by giving the taggers balls also, or just use one ball and make them pass and not be caught in possession)
 - Tagged players must sit out on the sideline. The game continues until only one player remains.
- **Tips:** Encourage players to keep their heads up to spot open areas. Remind them to use quick movements and changes in direction.

b. Give-and-Go Drill

- **Objective:** Combine passing with movement to find space.
- **Setup:** Two cones mark the passing areas.
- **Execution:**
 - A player passes to a teammate, then cuts towards the cone for a return pass.



- **Tips:** Instruct players to make eye contact, and cut over the cone not behind it, to encourage catching in front of a defender in the smart space.

2. Changing Direction

Importance of Changing Direction

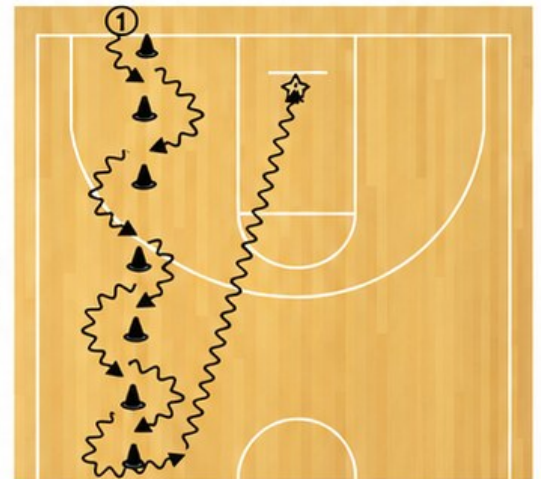
Changing direction is vital as it:

- **Helps Evade Defenders:** Players can navigate around opponents effectively.
- **Creates Scoring Opportunities:** Changing direction allows for drives to the basket or open shots.
- **Maintains Control:** Helps players retain possession while moving.

Drills to Teach Changing Direction

a. Cone Dribble Drill

- **Objective:** Enhance dribbling control and directional changes.
- **Setup:** Set cones in a zigzag or straight pattern.
- **Execution:**
 - Players dribble around the cones, practicing quick changes of direction.
- **Tips:** Encourage players to keep their heads up and their bodies low during the drill. Remind them that the cones represent a player and not to dribble too close to it or the ball may be stolen.



b. 1-on-1 Change Direction Challenge

- **Objective:** Practice changing direction while defended.
- **Setup:** Designate a small area for 1-on-1 matchups.
- **Execution:**
 - The offensive player attempts to score while the defender tries to cut off their path. I like to start with the ball on the players back for a greater offensive advantage
- **Tips:** Emphasize quick fakes and sharp changes of direction to outmanoeuvre the defender. Once mastered one on one add a chair as a secondary defender and force them to move again once the help defender arrives.



3. Stopping



Importance of Stopping

Stopping skills are essential because they:

- **Maintain Control:** Allow secure handling of the ball.
- **Prevent Violations:** Help avoid traveling calls.
- **Facilitate Transition:** Enable quick movement to shooting or passing stances.

Drills to Teach Stopping

a. Controlled Jump Stop Drill

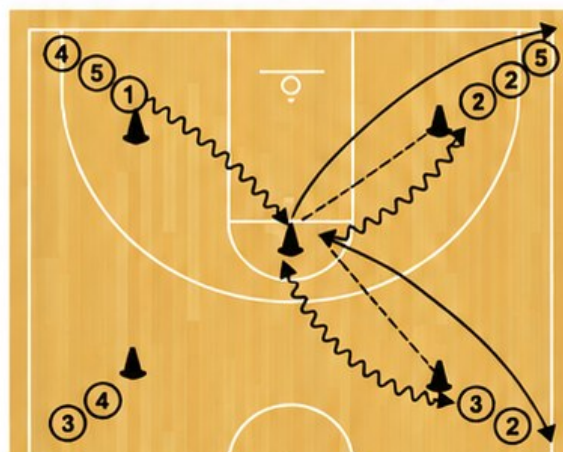
- **Objective:** Teach proper jump stopping techniques.
- **Setup:** Players line up in a designated area.
- **Execution:**
 - Players run and then perform a jump stop or stride stop when instructed.
- **Tips:** Encourage soft landings with bent knees for balance. Remind players not to jump over a brick wall but a sheet of paper instead so not to be off balance.

b. Jump Stop and Pass Left Drill

- **Objective:** Combine stopping with quick decision-making and brain engagement.
- **Setup:** Player's form 4 groups in corners facing each other.
- **Execution:**
 - One-line dribbles toward the cone performs a jump stop and pivots to their left and passes to the next group then joins the back of that line.

Tips: Encourage players to choose one foot to pivot on—either foot is acceptable at this age.

Emphasize that passes should be directed to the chest level, discuss the importance of teamwork: encourage players to pass the ball in the same way they would like to receive it. For instance, if they deliver a well-placed pass to a teammate's chest, they should expect similar quality in return; poor passing can lead to mistakes and make it harder for their teammates to succeed.



4. Dribbling

Importance of Dribbling

Dribbling is a foundational skill as it:

- **Enables Ball Advancement:** Allows players to move the ball effectively.
- **Maintains Control:** if execute properly it can ensure possession under defensive pressure.
- **Facilitates Team Play:** Good dribbling supports overall offensive strategies.

Drills to Teach Dribbling

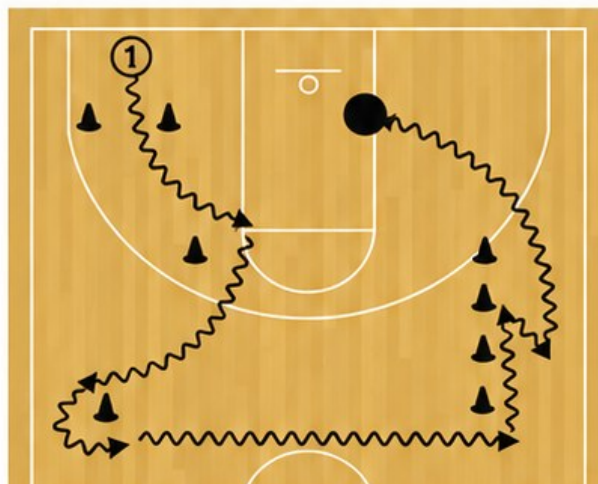
a. Stationary Dribbling Drill

- **Objective:** Develop ball control while stationary.
- **Setup:** Players spread out in a circle.
- **Execution:**
 - Each player practices dribbling with both hands while standing still.
- **Tips:** Instruct players to use only their fingertips in a kneading motion, I demonstrate with my hand by telling them it looks like a spider. Encourage heads up and a low stance for better balance. Add two cones should be width apart and practice jab stepping towards the cones with either foot, practice figure 8s around the cones, practice high dribble and low dribbles.



b. Obstacle Course Dribble Drill

- **Objective:** Enhance agility and control while dribbling.
- **Setup:** Create an obstacle course using cones.
- **Execution:**
 - Players dribble through the course, employing various dribbling techniques.
- **Tips:** Stress staying low and using soft touches with the ball.



5. Passing

Importance of Passing

Passing is critical as it:

- **Facilitates Team Play:** Enables scoring opportunities for teammates.
- **Enhances Ball Movement:** Keeps the defence off balance.
- **Builds Trust:** Encourages teamwork and cooperative play.

Drills to Teach Passing

a. Partner Passing Drill

- **Objective:** Develop passing accuracy and technique.
- **Setup:** Players pair up and stand 3-4 metres apart.
- **Execution:**
 - Practice different passes (chest, bounce, overhead) to each other.
- **Tips:** Instruct players to step into their passes with the same foot for greater power and accuracy.



b. Dragon in the Middle Drill

- **Objective:** Combine movement with quick passing and avoiding defenders.
- **Setup:** 3 players with one basketball and one defensive player in the middle.
- **Execution:**
 - Players pass the ball around using pivots to avoid the defender once caught swap positions.
- **Tips:** Emphasise how this drill mirrors real-game situations. Players should focus on drawing the defender and creating space effectively. Encourage players to call for the ball and communicate with each other about positioning. Stress the importance of constant movement without the ball (pivoting) to create passing lanes and keep the defender guessing



6. Shooting, Lay-Ups, Set Shots

Importance of Shooting

Shooting is essential because it:

- **Score Points:** Fundamental skill for success in games.
- **Builds Confidence:** Regular practice leads to improved scoring ability.
- **Establishes Technique:** Consistent practice fosters a reliable shot.

Drills to Teach Shooting

a. Lay-Up Lines Drill

- **Objective:** Master the lay-up technique.
- **Setup:** Player's form two lines at the basket.
- **Execution:**
 - Players dribble towards the basket for a lay-up. Master the overhand jump stop layup first, before teaching them the 1-2 step
- **Tips:** Emphasize using the appropriate foot for the lay-up and the correct hand to finish. Various layups can be employed, Jump Stop (use a Hula hoop to show them where to land) reverse, over hand, under hand, goofy footed, floater and many many more no need to be robotic.

b. Set Shot Practice

- **Objective:** Develop consistent shooting technique from various distances.
- **Setup:** Players spread out around the key and three-point line.
- **Execution:**
 - Players practice set shots with a focus on form, foot placement, and follow-through.
- **Tips:** Reinforce balance and ensure players shoot with their feet correctly placed. Try teaching BEEF it's a great acronym for beginners.

B - Balance: Feet shoulder-width apart with bent knees.

E - Elbow: Maintain a 90° elbow angle underneath the ball.

E - Eyes: Focus on the basket.

F - Follow Through: Straighten the arm with the hand pointed downwards.

7. Shooting - Correct Footwork and Technique

Importance of Proper Footwork and Technique

Proper shooting form is vital for:

- **Accuracy:** Consistent technique increases shooting reliability.
- **Confidence:** Solid mechanics boost players' shooting confidence.
- **Proper Transition:** Ensures players can transition smoothly from dribbling or passing to shooting.

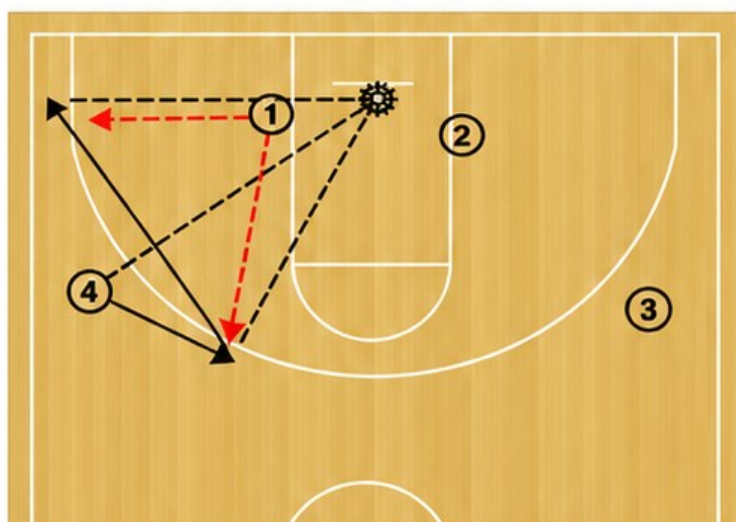
Drills for Footwork and Technique

a. Slide shuffle drill

- **Objective:** Teach correct footwork in athletic stance, build muscle memory.
- **Setup:** Players stand in a line and slide from cone to cone in which ever pattern you'd like.
- **Execution:**
 - Each player takes turns in sliding to the cones with coach making sure they're all low enough when they slide, heels don't touch and heads are up.
- **Tips:** Ensure players develop a consistent routine for foot placement.

b. ball, ball, ball, ball, ball

- **Objective:** Combine catching with shooting technique.
- **Setup:** Players pair up around the perimeter. Pass when the player is in proper shooting stance, ball ball ball is called loudly and hands are prepared for the ball.
- **Execution:**
 - One player passes the ball while the other catches and shoots in one motion.



- **Tips:** Encourage the use of communication to tell the rebounder where you are on the court, shouting Ball, ball, ball, ball means you can only be after one thing. Player take in turns of 1 minute shooting from a different spot each time.

8. Pivoting

Importance of Pivoting:

Pivoting is key in basketball as it:

- **Protects the Ball:** Keeps defenders at bay while maintaining possession.
- **Enhances Decision-Making:** Allows players to assess the court effectively. Without travelling.
- **Creates Space:** Helps navigate around defenders for good passing or shooting opportunities.

Drills to Teach Pivoting

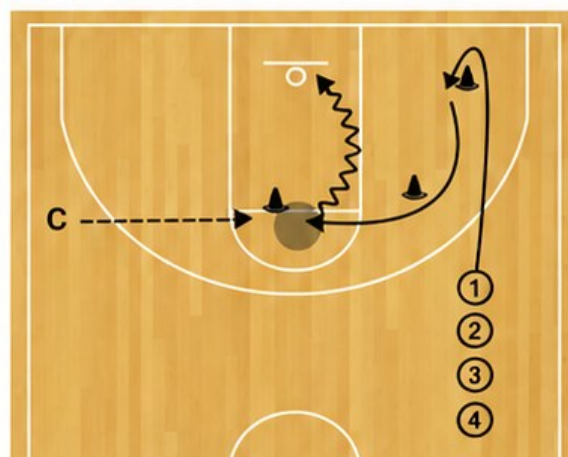
a. Pivot & Pass Drill

- **Objective:** Integrate pivoting with passing.
- **Setup:** Set up a cone to simulate a defender.
- **Execution:**
 - Players dribble toward the cone, pivot in front of it, and pass back to the starting point.
- **Tips:** Emphasize locating teammates before executing the pivot to improve quick decision-making. Tips make the team mate move and stop at different cones and add different types of passing. *Reinforce the importance of putting weight on the forefoot for balance.*

b. Shooting After Pivot Drill

- **Objective:** Practice silent shooting after pivoting.
- **Setup:** Players begin at a designated starting spot.
- **Execution:**
 - Working their way tightly around the cones, players perform a jump stop facing the coach, ready to receive a pass. Then they perform a pivot (inside the circle) and follow instructions for a drive or shot.

- **Tips:** Encourage quick, decisive movements directly into a shooting motion. Younger age groups either foot is fine, for older it should be left foot down for a right-handed player and vice versa.



9. Defence

Importance of Defence

Defensive skills are vital as they:

- **Prevent Scoring:** Disrupt offensive plays and limit scoring opportunities.
- **Encourage Teamwork:** Effective defence necessitates collaboration and communication.
- **Foster Discipline:** Promotes consistent effort and respect for the game.

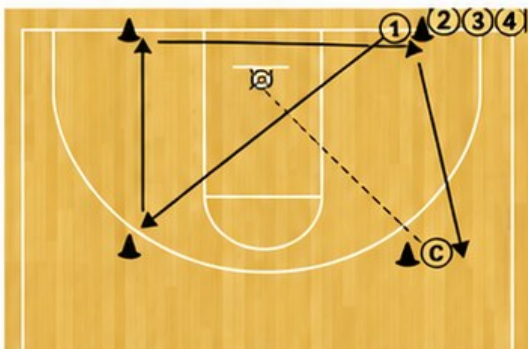
Drills to Teach Defence

a. Defensive Stance Drill

- **Objective:** Teach proper defensive positioning.
- **Setup:** Players stand in pairs.
- **Execution:**
 - Practice defensive stances and shuffle movements together.
- **Tips:** Encourage keeping a low stance and using hands to create barriers.

b. Defensive 4 Corner Slide Drill

- **Objective:** Improve lateral quickness and close outs.
- **Setup:** Set cones to guide positions.
- **Execution:**
 - Players start at one cone and closes out diagonally to the first cone but must not make contact with the cone, they next run backwards with their heads up, then slide shuffle and last of all sprint to a game winning close out.
- **Tips:** Reinforce speed and positioning during lateral slides. Encourage a sprint to all close outs, encourage heads up at all times to be assessing the floor and make hands active. Make it fun by adding push ups if coach makes the shot at the end.



10. Defending the Dribbler

Importance of Defending the Dribbler

Defending against dribblers is critical to:

- **Create Turnovers:** Disrupt offensive plays, leading to scoring opportunities.
- **Instil Pressure:** Force offensive players into mistakes through effective defence.
- **Develop Game Awareness:** Enhance anticipation and reaction skills in defensive players.

Drills to Teach Dribbling Defence

a. 1-on-1 Defensive Drill

- **Objective:** Focus on defending against a dribbler.
- **Setup:** Mark a small area for 1-on-1 play. I like to use the keyway lines and sidelines as boundaries and have three lines going.
- **Execution:**
 - Offensive players attempt to go baseline to halfway while defenders practice staying in front and cutting off their path. No stealing the ball here this is about beating the opponent to the spot
- **Tips:** Stress maintaining a low defensive stance and reactive movements.

b. Closeout Kobe Drill

- **Objective:** Teach players how to approach dribblers effectively.
- **Setup:** Dribbler starts on baseline, defenders around 2-3 meters away depending on the age group.
- **Execution:**
 - Upon getting the signal, defenders close out on the dribbler but are not allowed to steal the ball, once that dribbler makes it to the halfway line, the Defenders sprints back and picks up the next dribbler, until they have guarded all the players at practice. This is important to stop players praying on the weaker team mates and allows you to assess where everybody is.
- **Tips:** Reinforce balance and readiness, instructing defenders to stay low while approaching. Add a towel to the defenders' hands and make them play defence with their hands held high to encourage foot work. Good terminology from the coach could be "keep your chest in front of their chest"



11. Denying the Ball to Other Players

Importance of Denying the Ball

Denying the ball teaches players essential skills:

- **Control:** Prevents offensive players from accessing the ball.
- **Awareness:** Increases court awareness and positional tactics.
- **Team Dynamics:** Encourages communication and collaboration in defence.

Drills to Teach Denying the Ball

a. Denial Drill

- **Objective:** Reinforce ball denial techniques.
- **Setup:** Position players in a line in pairs on the baseline. Coach has the ball above the three-point line.
- **Execution:**
 - The offensive player must use tricks and spins to evade the defender while the defender works to deny the pass. If the player makes the catch successfully, they can then play one on one to the ring.
- **Tips:** Stress staying between the coach and the offensive player while maintaining good stance. Change up this drill for the older children by forcing a limit on dribbles after the catch, or make them shoot immediately.



b. 2 on 2 Denial drill

- **Objective:** Utilize strategic movements to deny the ball.
- **Setup:** 2 players start out on the Perimeter and two defensive players pick them up.
- **Execution:**
 - The coach throws the ball to one of the offensive players, who begins playing offense. If the offensive team scores, the defensive team must inbound the ball from the baseline and attempt to cross half court, just as in a normal basketball game. The original offensive players must now defend, with one player guarding the inbounder and the other denying the catch.
- **Tips:** Encourage defenders to communicate and adjust to maintain coverage on their assigned players. Players must be in good denial position after the score with one of their feet in the middle of the offensive players feet and one arm touching the defender, eyes on the ball.

12. Team Offence and Defence

Importance of Team Offence and Defence

Team concepts are critical as they:

- **Encourage Collaboration:** Effective teamwork fosters strong relationships among players.
- **Support Strategy:** Mixing offensive plays and defensive setups keeps opponents guessing.
- **Role Understanding:** Helps players grasp their contributions to team success.

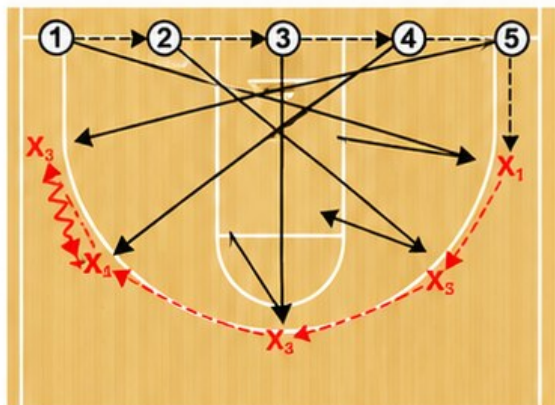
Drills to Teach Team Offence and Defence

a. Team Offence Drill: 3-on-2 Fast Break

- **Objective:** Improve fast-paced offensive play.
- **Setup:** Place 3 offensive players against 2 defenders on a half-court setup.
- **Execution:**
 - One offensive player will receive a catch from the coach; the offensive team then moves quickly to score within 7 seconds (more for under 8s) before the defence establishes position.
- **Tips:** Stress ball movement and proper disciplined spacing as they attempt to create scoring chances. Blow your whistle if they end up in a phone box make them freeze and show them proper court spacing.

b. Team Defence Drill: Serbian Closeout Drill

- **Objective:** Instil fundamental defensive principles.
- **Setup:** 4 or 5 defenders on the baseline, 4 or 5 offensive players spread out.
- **Execution:**
 - Ball starts in a corner; defenders pass it down the line. After passing, defenders sprint to close out on the opposite offensive player. Last defender passes to offense, which swings the ball; once it reaches the last player, the ball is live.
 - For under 8s don't have them close out start them against their opposition player and make the offensive team pass the ball around the outside until you blow your whistle, encourage them to drive.



- **Tips:** Emphasize communication and adherence to defensive responsibilities. Progression: Allow skip passes, or add a constraint like no dribbling.

13. Model Training Session (Scale Up or Down for Age Group)

1. Introduction (5 minutes)

Greet the players.

- **Focus:** Help them analyse their mindset and establish that training starts now.

2. Dynamic Warm-Up Led by a Player (5 minutes)

- **Activity:** Dynamic stretches led by a trusted player, including high knees, grapevines, butt flicks, lunges, bear crawls, crab walks, and kangaroo hops, to name a few.
- **Focus:** Engage the players and get them moving.

3. Warm-Up Drills (10 minutes)

Pick a fun drill that requires no basketballs.

Option 1: Human Rock, Paper, Scissors

Players show rock (ball up), paper (arms out), or scissors (crocodile pose); the winner gets chased to their sideline.

Option 2: Head, Shoulders, Knees, and Cone

Pair the players with a cone between them. Call out a series of instructions, ending with "cone." The player without the cone must do a push-up.

Option 3: Caterpillar Drill

Five defenders link arms like and must move like a caterpillar, while the player at the front uses various dribbling skills to touch the person at the back of the line.

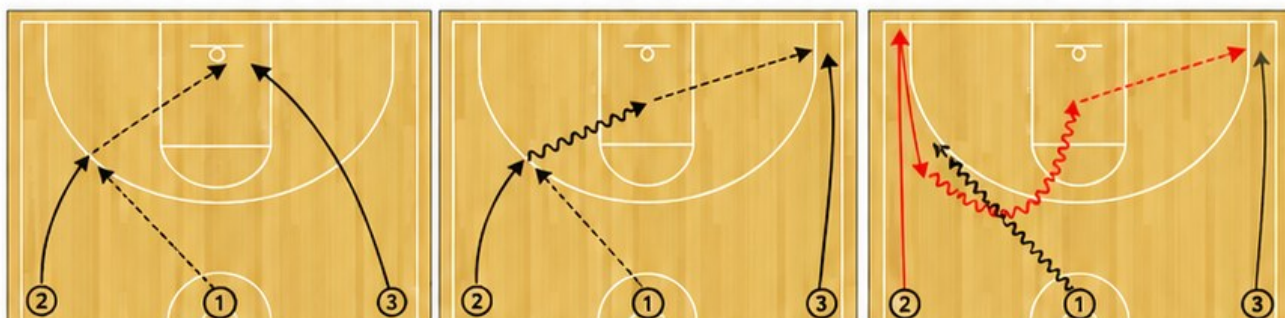
4. Three-Man Transition Drill (10 minutes)

- **Set-Up:** Create three lines at the halfway line.
- **Focus:** This drill covers triple threat, passing, rip throughs, dribbling, different types of layups, BEEF shooting, rebounding, and footwork (jump stops for passing and shooting).

NOTE: Each time you conduct this drill, highlight the specific area you are focusing on.

- **Instructions:**

1. The first player (1) in the middle line has the basketball.
2. Player (2) cuts to the top of the three-point line, calls for the ball, and receives it.
3. Player (3) sprints for a layup, while player (2) passes the ball out in front of them.



Variations: The possibilities are endless. Player (2) can drive into the keyway and pass to the corner (see Picture 2), or you can add a dribble hand-off from player (1), who then drives and passes for a shot (see Picture 3).

NOTE: Emphasise communication by using hand signals, making eye contact, raising hands, and turning the chin to the shoulder when running away from the ball.

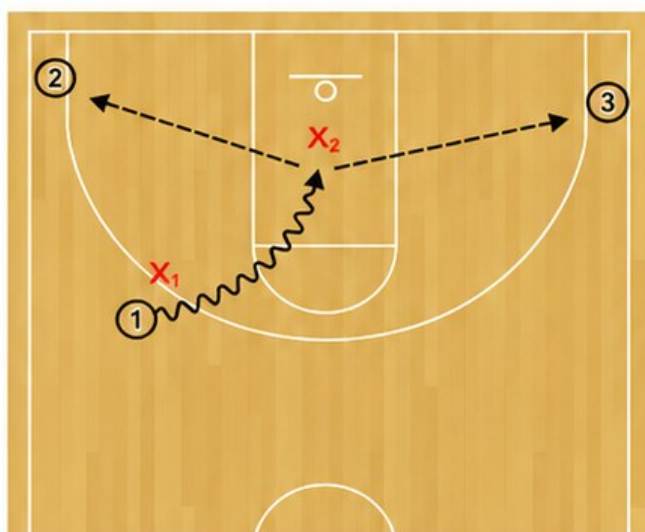
5. Decision-Making Drill (10 minutes)

Drill: 3-on-2 Half-Court Drill (Small-Sided Games)

- **Set-Up:**
 - Arrange two defenders: one on the ball and one in low help, with three offensive players positioned around the perimeter.
 - The ball is placed on the on-ball defender's back (X1), who is facing away to create an advantage for the dribbler.
- **Focus:** This drill covers triple threat, passing, rip throughs, dribbling, different types of layups, BEEF shooting, rebounding, footwork (jump stops for passing and shooting), quick thinking, defence, and teamwork.
- **Instructions:**
 1. The offensive player with the ball (on the defender's back) must rip the ball and attack the paint.
 2. The player with the ball must decide whether to drive to the basket and score or pass.

NOTE: Depending on the emphasis for the session, this drill can be adjusted with various constraints, such as forcing a first shot, limiting to two dribbles, requiring a pass instead of a finish, going 4-on-3, adding a dunker spot, or implementing a time frame.

Focus on defensive play during this drill as well; it serves as a great opportunity for communication among defensive teammates, teaching them to identify the most important offensive player and implement recovery movements, such as help defence.



5. Serbian Closeout Drill (10 minutes) (adjusted for younger age groups)

Drill: Serbian Closeout Drill

- **Set-Up:**

Position five offensive players around the perimeter and five defenders lined up opposite them. For smaller groups, adjust to 4-on-4 or 3-on-3. Do not start them on baseline until you think they are ready for the progression.

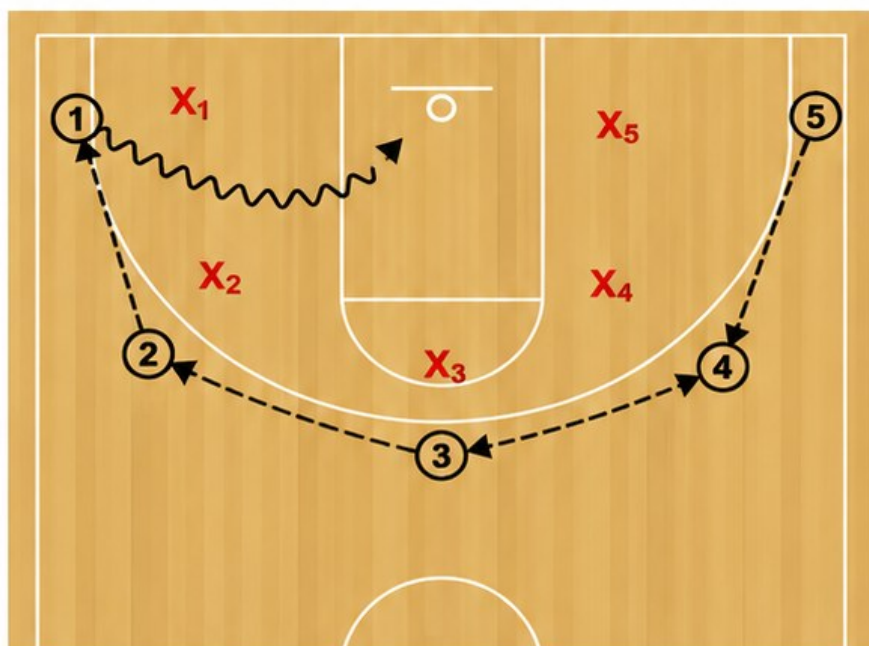
- **Focus:** This drill emphasises the development of fundamental skills, including:

- **Basic Defensive Positioning:** Teaching players how to stand and prepare with finger guns (shoot the ball and shoot their man) against their opponent.
- **Movement and Reaction:** Encouraging quick lateral movements and reactions if your team mate is beaten.
- **Encouraging Offense:** Offensive players will focus on passing and driving toward the basket after receiving the ball.
- **Team Play:** Reinforcing communication and teamwork.

- **Instructions:**

1. Start the drill with the offensive team passing the ball around the perimeter.
2. Defenders will be positioned against their corresponding offensive player but will not close out or steal the ball until you blow your whistle or call "live".
3. When the whistle is blown, the offensive team is encouraged to drive toward the basket or make quick passes to OPEN players only.
4. After completing a few rounds, you can introduce closeouts for older or more advanced players.

Note: Remind players to communicate with each other, calling for the ball and helping each other understand when to drive or pass and cut. This will enhance their understanding of teamwork and positioning on the court.



14. Coaching Tips for Effective Basketball Training Sessions

1. Dress Professionally:

- **Dress Like a Coach:** Avoid wearing slides or thongs, as this can convey a lack of unprofessionalism. Opt for athletic gear that shows you take your role seriously.
- **Whistle On Hand:** Always have a whistle handy; it helps with communication and signal management during drills.

2. Establish Your Philosophy:

- **Know Your Style:** Once you've met your team, be clear about your coaching philosophy. This sets the tone for your training sessions and helps players understand expectations.

3. Plan Ahead:

- **Schedule Preparation:** Spend 10 minutes the night before crafting a training plan. A well-structured session maximizes efficiency and player engagement.

4. Incorporate the Five Fundamental Areas:

- Ensure your drills cover:
 - **Footwork**
 - **Shooting**
 - **Passing**
 - **Dribbling**
 - **Defence**
- Every drill can integrate these fundamentals. For example, during a shooting drill, incorporate rebounding techniques and discuss their importance at the beginning of the session.

5. Focus on Individual Instruction:

- As players execute skills and head to the back of the line, use those moments to correct individual techniques. If a player struggles with rebounding, pull them aside and explain how to stretch their arms effectively, emphasising the advantage, especially for bigger players.

6. Research and Implement Drills:

- Investigate various drills that align with the five fundamental areas. Incorporate diverse drills to keep sessions dynamic and engaging.

7. Engage and Ask Questions:

- **Seek Mentorship:** Reach out to trusted mentors for advice. Be open to feedback and new ideas, as this will enhance your coaching skills.
- **Foster Curiosity:** Encourage players to ask questions during sessions, promoting a culture of learning and improvement.

8. Trust Your Teaching:

- **Be Confident:** Have faith in your coaching methods and the principles you teach. Confidence inspires players and enhances their trust in your guidance.

Conclusion

By following these strategies, you can create effective and engaging basketball training sessions that focus on developing essential skills while building a strong team dynamic. Remember, a well-prepared coach fosters a positive learning environment and promotes player development.

Importance of Fundamental Skills in Basketball

A survey I conducted with 307 basketball coaches revealed the varying levels of emphasis placed on key fundamental skills necessary for success on the court. The results show a consensus on several critical areas where coaches believe players should focus their training efforts. Here's an overview of the importance assigned to different skills, reflecting the priorities shared among coaches at various levels.

The following table summarizes the approximate weight given to each fundamental skill as expressed by the coaches surveyed:

Fundamental	Approximate Weight (Coach Emphasis)	Notes
Shooting	★★★★★ (Very High)	Most frequently named as #1 skill.
Decision-making	★★★★☆ (High)	Especially valued by experienced coaches; tactical focus.
Defence	★★★★☆ (High)	Consistently in the top 5; essential for winning.
Passing	★★★★☆ (High)	Critical for team play; often emphasized in drills.
Dribbling/Ball-handling	★★★★☆ (High)	Top priority for young players; less emphasized at higher levels.
Finishing	★★★☆☆ (Moderate-High)	Important, especially for guards and wings.
Footwork	★★★☆☆ (Moderate)	Foundation for all skills; sometimes underemphasized in surveys.
Rebounding	★★★☆☆ (Moderate)	Important but often position-dependent.
Screening	★★☆☆☆ (Moderate-Low)	Valued in team concepts; less for individual skill.
Catching & cutting	★★☆☆☆ (Moderate-Low)	Building blocks for offense; less frequently surveyed.

These results provide a valuable insight into the priorities that coaches hold when developing players' skills. Do these insights align with your training objectives and philosophies?

Conclusion

This detailed coaching manual provides a comprehensive approach to teaching Under-8s and Under-10s basketball players essential skills across various key areas. Each section emphasizes the importance of fundamentals, teamwork, and character-building through the sport. By practicing these drills and principles consistently, coaches can cultivate skilled, well-rounded players who not only improve in their abilities but also develop a lasting love for basketball.

