



# WYNDHAM WAY 2025-2026

## PURPOSE

The Wyndham Way 2025-26 aims to align with the basketball curriculum and establish a clear Style of Play and Non-Negotiables for all teams and coaches at Wyndham Basketball Association. It focuses on creating a unified approach to offensive and defensive concepts, skill development, and game preparation to elevate our teams' performance and consistency across all age groups and levels.

## "PACE, PURPOSE & POISE"

## PREVIEW

### 1.0 OVERVIEW

Over the next 3 months, a comprehensive review of all Wyndham Basketball Association (WBA) programs will be conducted. This review will include our development programs, junior and senior representative programs, coach education & development plans, and our high-performance pathway for elite athletes and coaches.

The key areas for assessment will be as follows:

1. **Program & Pathway Analysis:** Understand the current programs and pathways within the WBA.
2. **Validity & Purpose:** Evaluate whether these programs and pathways remain effective and purposeful.
3. **Program Continuity:** Ensure a seamless flow from entry-level through to elite-level opportunities.
4. **New Opportunities:** Identify potential new programs and pathways for future implementation.
5. **Enhancement Initiatives:** Recommend changes to help the WBA evolve into an elite basketball program.

As part of this review, meetings will be held with Directors of Coaching from similar-sized associations and demographics. These interactions will provide valuable insights into our current standing within the broader basketball community and help identify new programs, pathways, and ideas worth considering.

Additionally, meetings will be scheduled with Basketball Victoria High Performance - Head Coaches and Basketball Australia's Player & Coach Development Manager. These discussions will ensure our new direction and vision align with state and national standards while also building support for our vision and pathways within the basketball community.



## 1.1 WYNDHAM WAY FOCUS SESSIONS SUMMARY AND UPDATES

### Purpose:

The Wyndham Way Focus Sessions aim to support player and coach development by providing structured learning and reinforcement of the Wyndham Way Curriculum.

### Session Structure:

- **Sunday Workshop**
- **30-45 Minutes:** Director of Coaching to co-ordinate and align with VJBL Curriculum.

### Session Goals:

#### 1. For Players:

- a. Introduce new content and concepts
- b. Reinforce program standards and expectations
- c. Provide regular player evaluations

#### 2. For Coaches:

- a. Demonstrate teaching points and implementation methods
- b. Support planning and progression of player development
- c. Build familiarity with the Wyndham Way Curriculum

### Additional Support:

- Sessions will be filmed and uploaded online to create a resource library for coaches.
- Coaching Leads will focus solely on reinforcing teaching points and supporting coaches on the court.
- No parent interactions during Sunday sessions unless it's an emergency. All non-urgent communications will occur during the week via phone, email, or scheduled meetings.

## 1.2 PLAYER DEVELOPMENT TEACHING POINTS & TRAINING CONTENT

During recent reviews of our coaches' training sessions, it's been observed that many are spending significant time on skills or concepts that aren't directly relevant to the game. This is not due to a lack of effort but rather an indication that our coaches may not fully understand the areas that need attention. To enhance the effectiveness of their training, we need to improve their basketball IQ, which will allow them to transfer knowledge more effectively to our players.

To support player development, it's crucial that we provide the most relevant teaching points during training. While this will be overseen by the Director of Coaching (DOC), it must be actively driven by our VJBL coaches and program coaching leads. The key areas for coaches to focus on when preparing their session plans are as follows:

- 1. Elite Fundamental Skill Set Development:** Ensure sessions align with these core skills.
- 2. Decision Making Development:** Prioritize drills that enhance players' ability to make effective decisions.
- 3. Small Sided Games within Wyndham System of Play:** Incorporate these as key elements of training.
- 4. Wyndham System of Play:** Ensure all sessions are reflective of our established system.

This structured approach will align coaching efforts with our overall player development strategy, ensuring a consistent and relevant progression for all players.



### **1.3 PLAYER DEVELOPMENT EXTENDED**

The WEST program, Wyndham Basketball Association's internal high-performance initiative, is a well-executed and successful program linked to the Basketball Victoria SDP and NPP pathways. The program focuses on developing identified representative players with potential to progress to higher levels.

- U12 WEST: 60 minutes per week
- U14 WEST: 60 minutes per week
- U16 & U18 WEST: 60 minutes per week

The program delivers a curriculum that mirrors the weekly training sessions of the Basketball Victoria SDP and Basketball Australia NPP to aid player development.

### **1.4 PLAYER & FAMILY COMMUNICATION**

A key priority for the Junior Representative Program is maintaining strong communication channels between the WBA office/staff and our program members. As technology continues to evolve and communication habits shift, it's vital that we stay ahead of the curve to ensure clear and effective interactions.

To support this, the StackApp platform has already been integrated as our primary communication tool for both player attendance tracking at weekly training sessions and direct communication with players and families. The app allows the WBA to send notifications through the platform, including direct text messages to members' phones, ensuring that important updates are received promptly.

StackApp has proven to be an effective solution, streamlining communication and engagement for all involved. It offers features such as attendance tracking, event reminders, and messaging capabilities, which are crucial for maintaining smooth operations. By using StackApp, we have already noticed improvements in engagement and communication within the program.

Moving forward, we will continue utilizing StackApp to its full potential and explore any new features or updates that may further enhance our ability to communicate and manage the Junior Representative Program.

### **1.5 PACE, PURPOSE & POISE**

#### **1.5.1 PACE - HOW FAST WE PLAY**

- We value an up-tempo style that emphasizes transition offense, early decision-making, and playing with energy on both ends.
- **Program Application:**
  - Push the ball quickly in transition.
  - Create early advantages before the defense sets.
  - Teach players to flow from transition into half-court offense without slowing down.
- **Outcome:** Our teams dictate tempo, forcing opponents to react to us, not the other way around.



### **1.5.2. PURPOSE – WHY WE MAKE EACH DECISION**

- Every action has a reason. Players understand the concepts behind the style of play/s, not just the patterns.
- **Program Application:**
  - Develop decision-making (drive, pass, shoot) based on reading defenders.
  - Emphasize spacing and timing to create advantages.
  - Reinforce concepts like split, kick, extra to maximize good shots.
- **Outcome:** Players are disciplined, deliberate, and always moving the game towards quality scoring opportunities.

### **1.5.3. POISE – HOW WE HANDLE PRESSURE**

- Confidence, resilience and control in all situations.
- **Program Application:**
  - Teach composure against full-court pressure and aggressive defence. Encourage patience late in the shot clock — not rushing, but still attacking with intent.
  - Reinforce positive body language, communication, and leadership.
- **Outcome:** Wyndham teams are calm, confident, and consistent. No matter how great the challenge.

## **KEY FOCUS AREAS**

### **1. OFFENSIVE CONCEPTS**

### **2. DEFENSIVE CONCEPTS**

### **3. SKILL DEVELOPMENT & DECISION MAKING**

### **4. FAST BREAK & TRANSITION DRILLS**



## 1. OFFENSIVE CONCEPTS

- **Core Principles:**
- **Increase Small-Sided Games (SSG)**
  - **Purpose:** Improve decision-making, adaptability, and game intelligence.
  - **Execution:** Small-sided drills (2v2, 3v3, 4v4) that focus on fast decision-making, transitioning between offense and defense, and learning how to create advantages in tight spaces.
  - **Benefits:** Maximizes touches for each player, enhances reading the defense, and fosters individual creativity and team coordination.
- **Advanced Offensive Concepts:**
- **Implement Additional Reads and Triggers**
  - **Purpose:** Empower players to read and react to the defense in a dynamic way.
  - **Execution:** Incorporate multiple trigger points into the offense where players must quickly identify mismatches or defensive breakdowns. This includes:
    - **Pick-and-roll** decisions (e.g., reading the hedge or the drop coverage).
    - **Backdoor cuts** when defenders overcommit to the ball.
    - **Weak-side actions** (e.g., slips and screens) to keep the defense off balance.
- **Benefits:** Players become more autonomous and skilled in creating scoring opportunities and exploiting defensive weaknesses.
- **Emphasize Spacing and Receiver Spots in Offensive Sets**
  - **Purpose:** Ensure a fluid, scalable offensive system that creates room for both individual and team success.
  - **Execution:**
    - Utilize spacing drills that focus on keeping the court open, ensuring players are positioned to receive the ball in high-quality spots (elbow, wings, top of the key).
    - Emphasize spacing on the weak-side, ensuring the defender cannot help without leaving a scoring opportunity.
    - Ensure offensive players are constantly moving to high-value spots—this includes spots for shooters (three-point lines), cutters, and post players.
- **Benefits:** Efficient use of space allows for better ball movement, cutting lanes, and scoring opportunities from different areas of the court.



- **Offensive Transition Refinement:**
- **Focus on Spacing, Receiver Spots, and Quick Situations**
  - **Purpose:** Ensure that offensive transition is as effective as possible, taking advantage of open lanes and fast breaks.
  - **Execution:**
    - **Spacing:** Players should immediately sprint to their spots, filling lanes, and finding open spots behind the defense. The ball should be pushed quickly to the wing or middle to capitalize on fast-break opportunities.
    - **Receiver Spots:** As players transition, they should identify and move to specific spots that maximize their ability to either receive the ball for a quick score or set up a secondary action (e.g., ball screens, cuts, or hand-offs).
    - **Quick Decisions:** Players should focus on reading the defense in transition and making quick, decisive decisions—whether it's pulling up for a three, attacking the rim, or passing to an open teammate.
- **Benefits:** Fast-paced transition with clear, concise decisions increases scoring opportunities while keeping the defense on their heels.
- **Fast-Paced “BOLT” Transition:**
- **Purpose:** Maximize scoring potential through speed and creativity during transitions.
- **Execution:**
  - **Ball in Transition:** Push the ball at high speed, moving it quickly up the floor using precise passing or fast dribbling. The team should focus on quick ball reversal to catch the defense off-guard.
  - **Spacing in Transition:** Maintain offensive balance by filling lanes quickly and intelligently. Set up early spacing for open shots or driving lanes.
  - **Look for Advantageous Situations:** Take advantage of any mismatch (e.g., getting the ball to a fast player in the open floor or forcing the defense into a scramble).
- **Benefits:** High-scoring opportunities in transition help control tempo and keep opponents from setting up their defensive systems.
- **Clear and Concise Decision-Making:**
- **Purpose:** Empower players to make high-level decisions with clarity, enhancing team efficiency and confidence.
- **Execution:**
  - **Simplified Reads:** Provide players with a clear framework for decision-making (e.g., "If the defense collapses, look for the open shooter; if they switch, attack the mismatch").
  - **Communication:** Constant communication between players, especially during transitions and fast breaks, to avoid confusion and guarantee execution.
- **Benefits:** Ensures that players can think on their feet without overthinking, leading to quicker and more effective actions on the court.



- **Scoring Threats Across the Floor:**
- **Purpose:** Maintain an unpredictable offense with multiple players who can score from various areas.
- **Execution:**
  - **Player Movement:** Encourage off-ball movement to generate scoring opportunities for teammates. This could include off-ball screens, backdoor cuts, and relocating after passes.
  - **Multiplying Scoring Options:** Ensure each player has a clear scoring role (e.g., post-ups, pick-and-pop shooters, off-ball cutters).
  - **Multiple Playmakers:** Encourage more than one primary ball handler (such as the point guard and shooting guard) to keep the defense uncertain about who will take the shot.
- **Benefits:** Ensures the defense can't key in on one player, creating opportunities for every team member to contribute.
- **Conclusion:**
  - This system blends fast-paced transition, spacing, creative decision-making, and high-level offensive concepts to create an adaptable and dynamic offensive style of play. With a focus on small-sided games and refining player decision-making, this system prepares junior players for elite-level competition by equipping them with the skills needed to thrive in fast-paced, high-pressure situations.

## 2. DEFENSIVE CONCEPTS

- **Core Principles:**
- **Match Up Principles:**
  - **Purpose:** Develop individual defenders and team defense to work together cohesively, creating a defense that stifles the opponent's offense.
  - **Execution:**
    - **Strong On-Ball Defense:** Players must apply consistent pressure on the ball handler, staying low, moving their feet, and maintaining a strong defensive stance. Force the ball handler into areas where help is available.
    - **Help-Side Positioning:** Off-ball defenders must maintain strong help-side positioning, anticipating and supporting teammates when they are beaten or when the ball is in scoring areas.
    - **Communication:** Constant verbal and non-verbal communication between teammates to signal switches, help, screens, and ball movement. This is key for both individual and team defense to be effective.
    - **Competing at a High Level:** Players need to be relentless, competitive, and mentally tough. Every possession is a battle, and players must focus on outworking their opponent.
    - **Physicality:** Be aggressive without fouling. A physical defense wears down opponents, especially on the ball. Use body positioning, hand placement, and strength to contest shots and disrupt ball movement.
- **Benefits:** High-level on-ball defense, strong rotations, and effective communication make it hard for the opponent to create clean scoring opportunities.



- **Full Court Shell Defense:**
- **Smoother: Apply Consistent On-Ball Pressure to Disrupt Opposition Play**
  - **Purpose:** Keep the ball handler under constant pressure, forcing them into difficult decisions and mistakes.
  - **Execution:**
    - **Close-Outs:** Defenders should close out hard to the ball, forcing the ball handler into tough spots or limited options. On-ball defenders should always be ready to contest the shot or deny penetration.
    - **Pressure Off the Ball:** Work to deny easy passes or force turnovers by applying pressure on the ball handler and making passing lanes more difficult.
    - **Disrupt Offensive Rhythm:** The goal is to prevent the opposing team from running their offense effectively. Apply constant pressure to make the offense uncomfortable and force rushed decisions.
- **Benefits:** A consistent on-ball defense disrupts the opponent's offensive flow, increases turnovers, and creates transition opportunities.
- **Seam Safety: Protect Seam Areas and Anticipate Passes**
  - **Purpose:** Protect the "seam" areas of the defense, typically where the gaps are between defenders, to limit the opponent's ability to penetrate or find open teammates.
  - **Execution:**
    - **Gap Control:** Help defenders must be aware of seams (gaps between defenders) and position themselves to cover potential passes. When defending the paint, maintain an active stance to deny passing lanes into the post or paint.
    - **Anticipate Passes:** Defensive players should anticipate the ball's movement and be ready to rotate into the passing lanes. Understanding offensive players' tendencies helps in positioning.
    - **Ball Awareness:** Help defenders should always have one eye on the ball, reading the offense and looking to intercept any potential passes.
  - **Benefits:** Protecting seams prevents easy scoring opportunities, especially on quick ball movement and post-entry passes.
- **Plug: Rotate Help Defence to Maintain Defensive Integrity**
  - **Purpose:** Ensure that help defence is always available when needed, and that rotations are smooth and timely to keep the defence intact.
  - **Execution:**
    - **Quick Rotations:** Defenders must quickly rotate over to provide help when the ball handler beats their player or drives toward the basket. This requires anticipation and communication.
    - **No Middle Drives:** On defence, guide offensive players toward the baseline or sideline to limit their options. This helps when rotating, as you funnel players into fewer directions.
    - **Close-Out on Help:** After a help rotation, close out hard on the ball handler to contest shots or force them into difficult decisions.
  - **Benefits:** By rotating help defense, the defense remains strong, preventing breakdowns and giving less opportunity for easy scoring.





- **Deny Down the Line: Prevent Direct Passing Lanes and Force Turnovers**

- **Purpose:** Cut off the passing lanes, especially those that allow direct entry passes or easy ball movement to shooters.
- **Execution:**
  - **Deny Ball Pressure:** When the ball is on the opposite side of the court, deny passing lanes to the ball handler's teammate by positioning yourself between the ball and your assigned player.
  - **Active Hands:** Use active hands to deflect or intercept passes. Defenders should be aware of the ball and constantly work to disrupt any attempted passes.
  - **Deny the Middle:** Position yourself between the ball handler and the basket. Always force them to dribble towards the sideline or baseline, where they are less effective.
- **Benefits:** By denying passing lanes and forcing turnovers, the defense creates fast-break opportunities and disrupts the opponent's offense.

- **High-Level Match Up Defensive Approach:**

- **Physicality and Competing to a High Level**

- **Purpose:** Create a physically tough defense that wears down the opponent and doesn't give them easy opportunities.
- **Execution:**
  - **Fight Through Screens:** Defenders must be aggressive when navigating screens—fighting through them or switching as needed, ensuring that offensive players cannot get open.
  - **Contest Every Shot:** Whether it's a jump shot, layup, or drive to the basket, contest every attempt. Make it difficult for opponents to get easy points.
  - **Active Hands and Feet:** Whether on-ball or in help, defenders should have active hands to challenge passes and shots and active feet to stay in front of their player.
- **Benefits:** A physical, aggressive defence forces the opponent to work harder for every point, making it more likely they will make mistakes.

- **Competing and Communicating**

- **Purpose:** Foster a team-first mentality where all players are committed to executing the defensive scheme and talking constantly to stay connected.
- **Execution:**
  - **Team Talk:** Defenders must always communicate—whether it's calling out screens, switches, or when help is coming. This keeps the defense cohesive and organized.
  - **Help & Recover:** When help defense comes, players need to be vocal and aware of who is rotating, ensuring everyone knows their assignment.
- **Benefits:** Strong communication ensures everyone is on the same page, leading to tighter rotations, fewer breakdowns, and more effective team defense.

- **Conclusion:**

- This elite defensive system focuses on creating a tough, physical, and communicative defense with an emphasis on high-level match-up principles, help defense, and aggressive full-court pressure. The key concepts ensure that players are not only skilled individually but are also able to work together cohesively as a team to deny the opposition easy scoring opportunities, force turnovers, and create fast-break chances. Through intense on-ball defense, quick rotations, and proactive communication, this style of defense fosters high-level competition and maximizes defensive efficiency.



### 3. SKILL DEVELOPMENT & DECISION MAKING

- **Core Principles:**
- **Skill Development:**
  - **Purpose:** Improve individual player skills and decision-making abilities to enhance overall basketball IQ and in-game adaptability.
  - **Execution:**
  - **Footwork:**
    - **Offensive Footwork:** Focus on using effective footwork to create separation, drive past defenders, and set up plays. Key drills can include jab steps, pivoting, and change of direction with and without the ball.
    - **Defensive Footwork:** Emphasize lateral movements to stay in front of the ball handler. Develop the ability to close out on shooters and maintain defensive stance to pressure offensive players effectively.
  - **Ball Handling:**
    - **Guarding the Ball:** Encourage players to work on controlling the ball under pressure and in transition. Drills should focus on dribbling with both hands, changing speeds, and using different types of dribbling techniques (e.g., crossover, behind-the-back, spin moves).
    - **Attacking the Basket:** Encourage players to develop their ball-handling skills to drive to the basket. Drills should include finishing with both hands and maintaining control while drawing fouls.
  - **Shooting Mechanics:**
    - **Fundamental Form:** Players should maintain proper shooting form through consistent repetition. Focus on shooting balance, hand placement, and follow-through.
    - **Off-the-Catch & Off-the-Dribble:** Players should be equally effective at shooting off the catch and off the dribble. Drills should encourage a quick release, shooting from different spots on the court, and under defensive pressure.
  - **Benefits:** Focusing on these skills helps players become more proficient in handling the ball, executing offensive plays, and being consistent scorers. It improves confidence and performance across various aspects of the game.
- **Decision Making:**
  - **Purpose:** Develop a high basketball IQ, emphasizing the importance of making smart and quick decisions under pressure.
  - **Execution:**
  - **Read and React Offense:**
    - **Reading the Defense:** Teach players to recognize different types of defences (match ups, zone, full-court pressure) and adjust accordingly. For instance, players should be able to recognize when to attack a close-out or pass to an open teammate.
    - **Decision-Making Triggers:** Players should be taught to recognize key cues such as the defender's stance, position of teammates, and court spacing to make quicker, smarter decisions. For example, when a defender is over-committing, the offensive player should immediately recognize the opportunity for a drive or a pass.
  - **Making Quick Passes:**
    - **Improved Passing Vision:** Teach players to develop court vision and quickly find open teammates in fast-paced situations. This includes both simple passes (e.g., chest, bounce, and overhead) and advanced passes (e.g., no-look, behind-the-back, and skip passes).
    - **Passing Under Pressure:** In high-pressure situations, players should develop the ability to make smart passes even with defensive pressure. Drills should simulate these conditions to help players feel more confident in executing passes under duress.



- **Shot Selection & Awareness:**
  - **Smart Shot Selection:** Players need to understand when to shoot and when to pass based on game situations. Encourage taking high-percentage shots and recognizing when the defense is off balance or out of position.
  - **Situational Awareness:** Create scenarios where players must make decisions based on the game context, such as the score, time remaining, and the defense's setup. This helps players understand the bigger picture during the game.
- **Defensive Decision Making:**
  - **Help and Recover:** Teach players when to help on defense and when to recover to their assignment. Decision-making drills should focus on reading offensive actions and anticipating the next move.
  - **Anticipating Passes:** Develop players' ability to read the ball handler's intentions and anticipate passing lanes. Encouraging active hands and smart positioning is key to improving defensive decision-making.
- **Benefits:**
  - **Skill Development:** Improved footwork, ball handling, and shooting mechanics provide players with the tools needed to perform at a high level. These foundational skills create more versatile players who can contribute in multiple facets of the game.
  - **Decision Making:** Teaching players to read the game, make quick decisions, and execute the right play in the right moment boosts basketball IQ, allowing the team to play cohesively and efficiently. Players who can read the defence and react accordingly will make better choices during crucial game moments.
- **Conclusion:**
  - Focusing on **Skill Development & Decision Making** ensures that players not only have the technical skills to execute but also the mental sharpness to adapt in high-pressure situations. Developing these core skills early in a player's development sets them up for success in both individual performance and team dynamics, fostering a team that is reactive, adaptable, and consistently competitive.

#### 4. FAST BREAK & TRANSITION DRILLS

- **Core Principles:**
- **Fast Break & Transition Drills:**
  - **Purpose:** Develop players' ability to transition quickly from defence to offense, focusing on creating scoring opportunities in the open court. Players need to recognize numerical advantages and capitalize on them effectively.
  - **Execution:**
  - **Fast Break Drills:**
    - **3v2 or 4v3 Drills:** Set up a fast break scenario with three offensive players versus two defenders (or four offensive players versus three defenders). Emphasize quick ball movement, spacing, and making the right decisions in transition. Players must decide whether to finish the layup, pass to an open teammate, or set up a high-percentage shot.
    - **Two-Pass Fast Break:** Emphasize that the ball must move quickly down the court using two passes. This promotes quick decision-making and forces players to find open teammates in fast-paced situations.
    - **1v2 Fast Break:** Start with one offensive player sprinting against two defenders. The offensive player must decide whether to finish the layup, kick the ball out for a shot, or make a quick decision to pass to an open teammate. This drill focuses on decision-making when outnumbered.



- **Transition Defence Drills:**
  - **Defensive Sprint & Recovery:** Players sprint back on defence as soon as the shot is missed or a turnover occurs. Emphasize quick transitions to prevent fast-break points. Coaches can add game-like pressure by having the offense immediately push the ball after a turnover.
  - **Match-Up Drills:** In transition, players must find their defensive assignment quickly. Use drills that encourage players to identify and communicate defensive responsibilities while sprinting back to the half-court.
- **Advantage/Disadvantage Drills:**
  - **Purpose:** Challenge players to make smart decisions under pressure and capitalize on numerical advantages in fast-break situations.
  - **Execution:**
    - **2v1/3v2 Advantage Drills:** Set up drills with a numerical advantage on offense, such as 2 offensive players versus 1 defender (2v1) or 3 offensive players versus 2 defenders (3v2). Encourage the offensive players to make the best decision by reading the defence and creating scoring opportunities based on the numbers. Focus on ball movement, spacing, and patience.
    - **3v2 Transition:** In this drill, offensive players must push the ball quickly and make decisions based on defensive positioning. Focus on taking advantage of the 3v2 situation, making quick passes, and exploiting the defensive weaknesses to get an easy score.
    - **1v1 to 2v1 Drill:** Start with a 1v1 situation, where one player pushes the ball against one defender. After the initial 1v1, the second offensive player (from the bench) enters to create a 2v1 situation, and the first offensive player must decide whether to finish the drive, pass, or kick out for an open shot. This drill focuses on recognizing advantages in real-time and making quick decisions.
    - **4v3 Disadvantage Drill:** This drill is used to simulate a situation where the offense is outnumbered. With 4 offensive players against 3 defenders, the offensive players must use quick passes and movement to create an open shot or drive. It challenges players to overcome defensive pressure by making smart, quick decisions.
  - **Benefits:** These drills develop players' ability to think quickly under pressure, making them more effective at capitalizing on advantages and minimizing mistakes when they have fewer numbers.
- **Basketball IQ Development:**
  - **Purpose:** Develop players' strategic thinking by challenging them to read and react to game situations. The goal is to build players' basketball IQ and their ability to make smart decisions, not just fast ones.
  - **Execution:**
    - **Decision-Making Under Pressure:**
      - **3v3 Half-Court Scrimmages with Constraints:** In this drill, players are tasked with playing 3v3 half-court basketball, but with a specific constraint (e.g., every player must touch the ball before a shot is taken, or they must pass twice before shooting). This forces players to think strategically about when and where to pass, shoot, or drive to the basket.
      - **Fast Break with Delayed Numbers:** Set up a fast break scenario where the defence is slow to recover or the offensive players are delayed in getting to the ball. The offensive players must make decisions about whether to push quickly or slow down and reset for better shot opportunities. This helps develop decision-making when the fast break doesn't unfold as expected.
    - **Game Scenario Drills:**
      - **Late-Game Situation:** Set up specific game scenarios, such as being down by 2 points with 30 seconds left on the clock. Players must execute the fast break, decide whether to go for a quick 2-point shot or work for a 3-point shot, or decide when to foul. This scenario challenges their decision-making under game pressure and time constraints.
      - **Fast Break to Set Play:** Begin with a fast break opportunity, and as the defense sets, transition into a set offensive play. The drill emphasizes the importance of reading the defense during transition and understanding when to flow into structured offensive sets after a fast break.



- **Benefits:**
- **Fast Break & Transition Drills:** These drills develop quick decision-making and teach players how to capitalize on fast break opportunities, enhancing their ability to push the ball and exploit defensive weaknesses.
- **Advantage/Disadvantage Drills:** By working on scenarios where the offense has a numerical advantage or disadvantage, players will become more adept at reading the defence and making the right decisions in fast-paced situations.
- **Basketball IQ Development:** These drills force players to think critically about their decisions, helping them understand the strategic aspects of the game. Players will develop a deeper understanding of spacing, timing, and reading the defence, which translates into smarter play during live games.

Here is a list of 20 basketball drills that Wyndham Basketball will utilise:

**1. 2v2 Continuous (Half-Court)**

- a. **Link:** 2v2 Continuous Drill
- b. **Focus:** Improving decision-making, ball movement, and offensive execution in small-sided games.

**2. 3v2 Fast Break**

- a. **Link:** 3v2 Fast Break Drill
- b. **Focus:** Developing fast break decision-making and advantage situations.

**3. 2v1 Closeout**

- a. **Link:** 2v1 Closeout Drill
- b. **Focus:** Building defensive skills and forcing offensive players to make quick decisions.

**4. Shell Defense**

- a. **Link:** Shell Defense Drill
- b. **Focus:** Developing help-side defense, on-ball defense, and defensive rotations.

**5. 4v3 Transition Defense**

- a. **Link:** 4v3 Transition Defense Drill
- b. **Focus:** Teaching players how to cover the court quickly and effectively in transition defense.

**6. 3v3 Half-Court Scrimmage**

- a. **Link:** 3v3 Half-Court Scrimmage Drill
- b. **Focus:** Building basketball IQ and teaching players to read the defense in real-game scenarios.

**7. Mikan Drill**

- a. **Link:** Mikan Drill
- b. **Focus:** Improving finishing around the basket, footwork, and conditioning.

**8. Spot Shooting**

- a. **Link:** Spot Shooting Drill
- b. **Focus:** Developing consistent shooting technique and improving shooting form.

**9. Passing Drills (Partner Passing)**

- a. **Link:** Partner Passing Drill
- b. **Focus:** Enhancing passing accuracy, timing, and communication between teammates.

**10. Ball-Handling (Cone Weaving)**

- a. **Link:** Cone Weaving Ball Handling Drill
- b. **Focus:** Improving ball-handling under pressure and developing control in tight spaces.



#### **11. Fast Break with Layup**

- a. **Link:** Fast Break with Layup Drill
- b. Focus: Teaching players to finish fast breaks quickly and efficiently.

#### **12. 1v1 Defensive Slide Drill**

- a. **Link:** 1v1 Defensive Slide Drill
- b. Focus: Developing lateral quickness, defensive positioning, and guarding an opponent.

#### **13. Screen Away**

- a. **Link:** Screen Away Drill
- b. Focus: Improving off-the-ball movement and setting effective screens to create space.

#### **14. Pivot and Pass**

- a. **Link:** Pivot and Pass Drill
- b. Focus: Strengthening footwork, pivoting under pressure, and making accurate passes.

#### **15. Closeout and Contest**

- a. **Link:** Closeout and Contest Drill
- b. Focus: Developing defensive skills for closing out on shooters and contesting shots.

#### **16. Pick-and-Roll Execution**

- a. **Link:** Pick-and-Roll Drill
- b. Focus: Teaching the basic principles of the pick-and-roll for both the ball handler and screener.

#### **17. Transition to Set Offense**

- a. **Link:** Transition to Set Offense Drill
- b. Focus: Combining fast break opportunities with the transition into a set offensive play.

#### **18. Deny Passing Lanes**

- a. **Link:** Deny Passing Lanes Drill
- b. Focus: Defensive positioning to deny passing lanes and increase turnover opportunities.

#### **19. Team Rebounding Drill**

- a. **Link:** Team Rebounding Drill
- b. Focus: Developing team-oriented rebounding efforts and boxing out.

#### **20. 5v5 Scrimmage**

- a. **Link:** 5v5 Scrimmage Drill