



Changing Baskets after Halftime

Athlete Readiness

- Athlete can identify a teammate by the color of scrimmage vest he or she is wearing.
- Athlete can identify the basket at which he/she shoots and the basket at which he/she defends.

Teaching the Concept

1. The team stands behind the coach at the team's bench area; each athlete should be able to see the court and baskets.
2. The coach points to and identifies the basket farthest from the team as the shooting basket - Offense.
3. The coach asks the team at which basket they are shooting; the team responds by pointing and saying "Offense."
4. If necessary, the coach then physically assists the athletes into their team offense positions on the court.
5. At the beginning of the second half, the team and the coach return to the bench.
6. The coach points to the basket closest to the bench, which is now the new shooting basket.
7. The coach asks the team at which basket they are now shooting; the team responds.
8. The coach asks the team at which basket they are now defending; the team responds.
9. If necessary, the coach then physically assists the athletes into team offense positions.

Key Words

- Offense
- Defense

Coaching Tips

- A tool that is quite helpful is a clipboard with a picture or diagram of a basketball court. When the coach identifies the shooting basket, he/she points to the basket on the clipboard and then the basket on the court.
- After halftime when the coach is identifying the baskets, the coach points out the baskets as they were during the first half. Then the coach physically moves the clipboard so that basket is now at the other end.
- The coach then asks the athletes at which basket the team is now shooting. The coach then instructs or physically assists the athletes to run to their Set-Up spots, their positions on offense.
- Ask your athletes:
 1. At which basket must we shoot?
 2. At which end do we play defense?