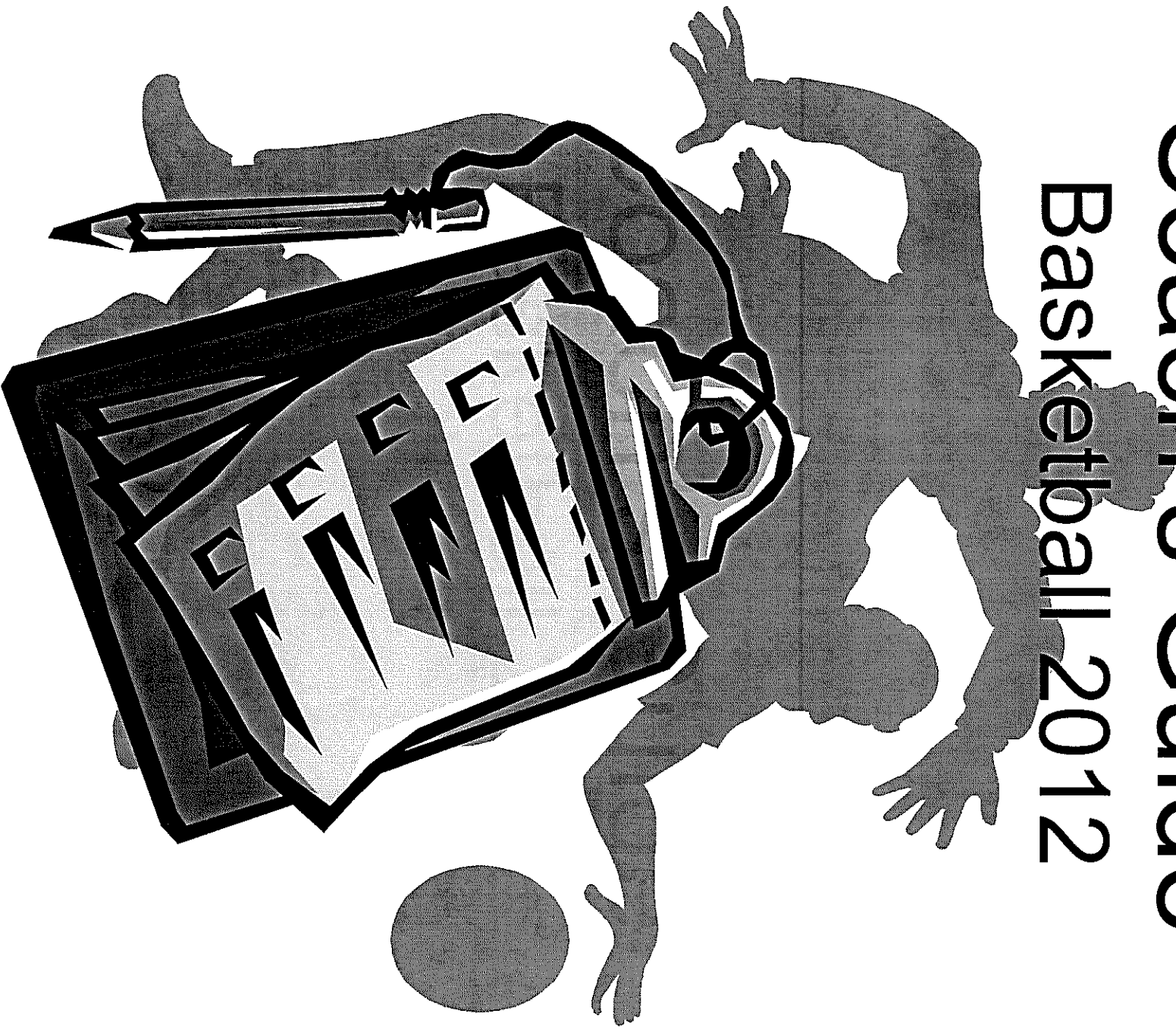


Coach's Guide Basketball 2012



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COACHES' CODE

- BE IN PROPER UNIFORM.
- MAINTAIN GOOD ATTENDANCE TO GAMES, PRACTICES, AND MEETINGS.
- INVOLVE YOURSELF IN PRACTICES AND GAMES.
- MAINTAIN PROPER PAPERWORK STANDARDS: BE NEAT, COMPLETE AND TIMELY IN REGARDS TO ROSTERS, WAIVERS, ETC...
- HAVE KNOWLEDGE OF SPORTS SKILLS (RULES, TECHNIQUES, STRATEGIES AND FUNDAMENTALS) AND KNOWLEDGE OF SPORTS SCIENCES (INCLUDING PRINCIPLES OF TEACHING, MOTIVATION, REINFORCEMENT AND PHYSICAL CONDITIONING.)
- TEACH AND EMPHASIZE THE FUNDAMENTALS.
- KEEP INFORMED ABOUT RULE CHANGES. KNOW THE RULES .
- ALWAYS REMEMBER THE GAME IS FOR THE PLAYERS. PLAYER SAFTEY AND FAIR PLAY COME FIRST.
- RECOGNIZE THE VALUE OF OTHER COACHES AND OFFICIALS, GIVE THEM THEIR DUE RESPECT. DO NOT PUBLICLY CRITICIZE ANY MEMBER OR PATRON OF THE PROGRAM. APPROACH THEM IN A PROFESSIONAL MANNER IF YOU HAVE A QUESTION. WE ARE ALL ON THE SAME TEAM
- ENCOURAGE AND ENFORCE THESE PHILOSOPHIES TO THE YOUTH IN THE PROGRAM.

BASKETBALL CHECKLIST

PER COURT

- BASKETBALLS FOR EACH DIVISION (1 WARM UP, 1 GAME)
- FLIP SCORE
- 2 SETS PINNIES
- POSSESSION ARROW
- ROLL(S) GYM TAPE
- STOP CLOCK
- TAPE MEASURE
- FIRST AID KIT (ICE, BAND AIDS, NAPKINS)

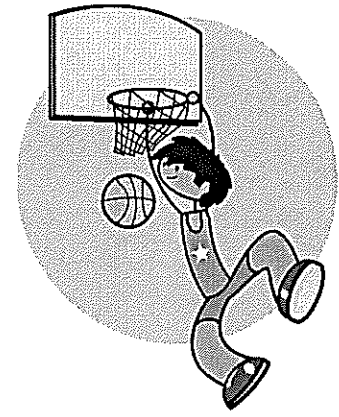
CLIPBOARD MATERIALS

- SCOREBOOK (PRE-FILLED)
- PENCILS/PENS
- TIMECARDS!
- COPY OF PERMIT FOR SCHOOL SITE
- GAME SCHEDULES (DAY AND MASTER)
- ADD SHEETS
- PATRON ACCIDENT FORM
- MASTER LIST
- RULEBOOK

GYM MONITOR DUTIES

Check equipment before and after games (see checklist). Notify coordinator of any missing equipment.

Basketball Practice



Equipment List

- “Rookies” and “Minors” 27.5 size basketballs (2)
- “E” Division 27.5 size basketballs (2)
- “D” Girls 27.5 Size basketball (2)
- “C” Girls and “D” Boys, 28.5 size basketball (2)
- “C” Boys Official Size basketballs (2)
- Cones (15)
- Whistle
- Roster List
- Waivers (Signed by the parents)

Before Practice

Set up your court area at least 10 minutes before the practice time, so you do not waste practice time. Make sure that you have the correct size basketball with enough air so it bounces well. Before practice starts check to see what kids are there and hand out waivers to parents. Answer all questions that the kids and parents may have.

Practice Schedule Time Break Down

- Warm-Up (5 minutes)
- Dribbling & Ball handling (10 minutes)
- Passing (10 minutes)
- Shooting (10 minutes)
- Offense & Defense (10 minutes)
- Scrimmage (12 minutes)
- Closure (3 minutes)

Warm –Up

Have the kids jog a lap to warm up their muscles before stretching. Do a few stretches that target some of the muscles they will use during the practice. Examples of some stretches include:

- Arm Circles
- Trunk twists
- Hamstring (Touch toes with out bending knees)
- Quadriceps (Flamingo stretch)

After the stretches the kids can then do some agility drills that target specific skills used in basketball such as:

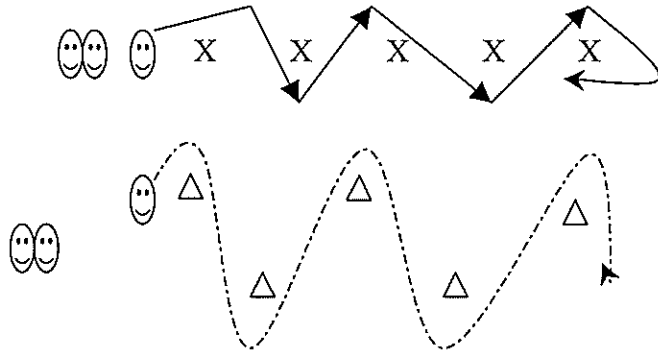
- Jump Stops
- Defensive Slides
- Suicides (Running Lines on the court)
- Running backwards

Dribbling Drills

The most basic dribbling drill is to have the kids dribble the ball around a cone and back. As the participants get more practice you want to add in different obstacles or challenges to improve their dribbling. You also want to have them practice dribbling with their right, left and crossover dribble (switching hands).

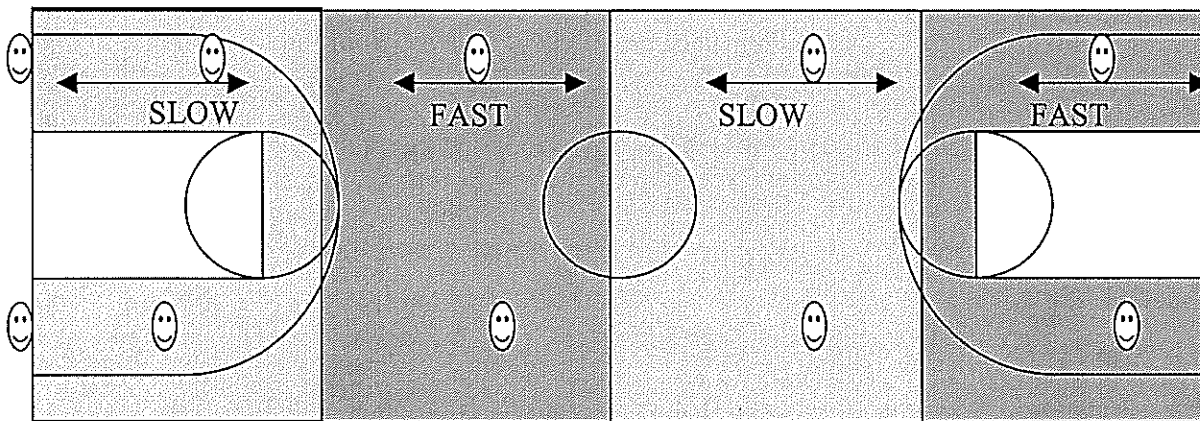
Cone Dribble –

Weaving through cones while dribbling. Remind them to keep their head up and watch where they are going. This will help them not look down at the ball and focus on what is in front of them.



Change of speed Dribble –

Have them start at one end of the court on the baseline. They will dribble the ball up the court changing their speed at different points on the court. In the game they may need to slow down and speed up to avoid defenders, this drill will help with ball control as they change speed while dribbling the ball. Have them repeat going back to their line.



Dribbling with a defender

The first person in line will be on offense and will dribble the ball in a zigzag motion up the court. While dribbling they will put their non-dribbling arm out towards the defender to protect the ball. The second person in line will be the defender. The defender will slide his/her feet and stay in front of the person dribbling the ball. The defender's job is to stay in front of the person dribbling; they do not try to steal the ball. When they get to the other end of the court they switch positions, the defender becomes the dribbler and the dribbler becomes the defender. This drill will teach them how to protect the ball from a defender. This will also help them learn how to move and slide their feet when playing defense.



Passing

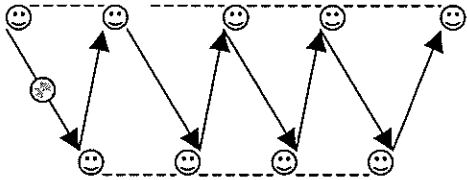
There are three basic passes used in basketball, chest pass, bounce pass, and overhead pass.

When teaching the **chest and bounce** pass you may use some cues to help your players remember the proper technique to pass the ball.

1. Arms in front of chest with elbows out (CHICKEN WINGS)
2. Step and Push arms out toward your target.
3. End with your palms facing out away from your body

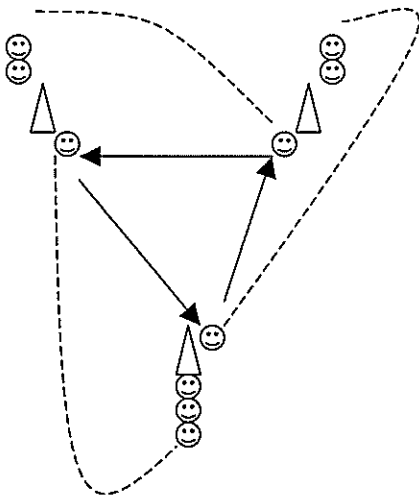
Partner Passing

This is the basic pass and move drill. Form two lines at the baseline. The first two people in the lines will pass the ball to each other, then move, sliding their feet the length of the court and back. The purpose of this drill is to practice moving, catching, and passing the ball, which they will need to be able to do in the game.



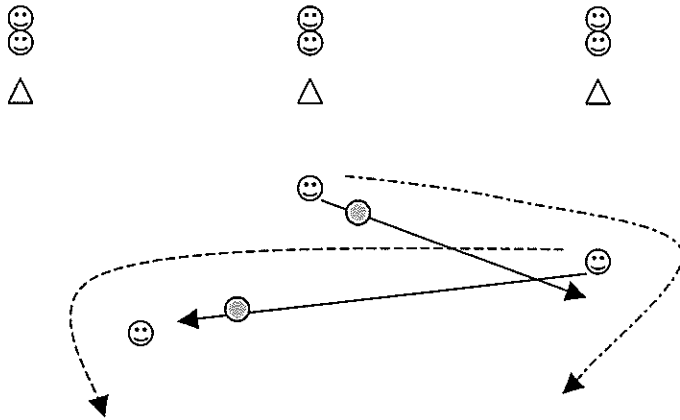
Triangle passing

Have your team form three lines. Have them pass the ball to the line to the right, and then they follow their pass and get into the line they passed the ball to. The coach should give them a goal they have to reach, for example they have to make 20 passes in a row without dropping the ball. If they drop it before then they have to run a lap, do push ups, or some physical activity. As they get better change the type of pass, or set the goal higher. The object of this drill is to pay attention and make good passes, and also to move after you pass the ball.



Three man weave

There are three lines at the baseline of the court. The middle line starts with the ball. They will pass the ball and run behind the person they passed it to. This will continue the length of the court and back.



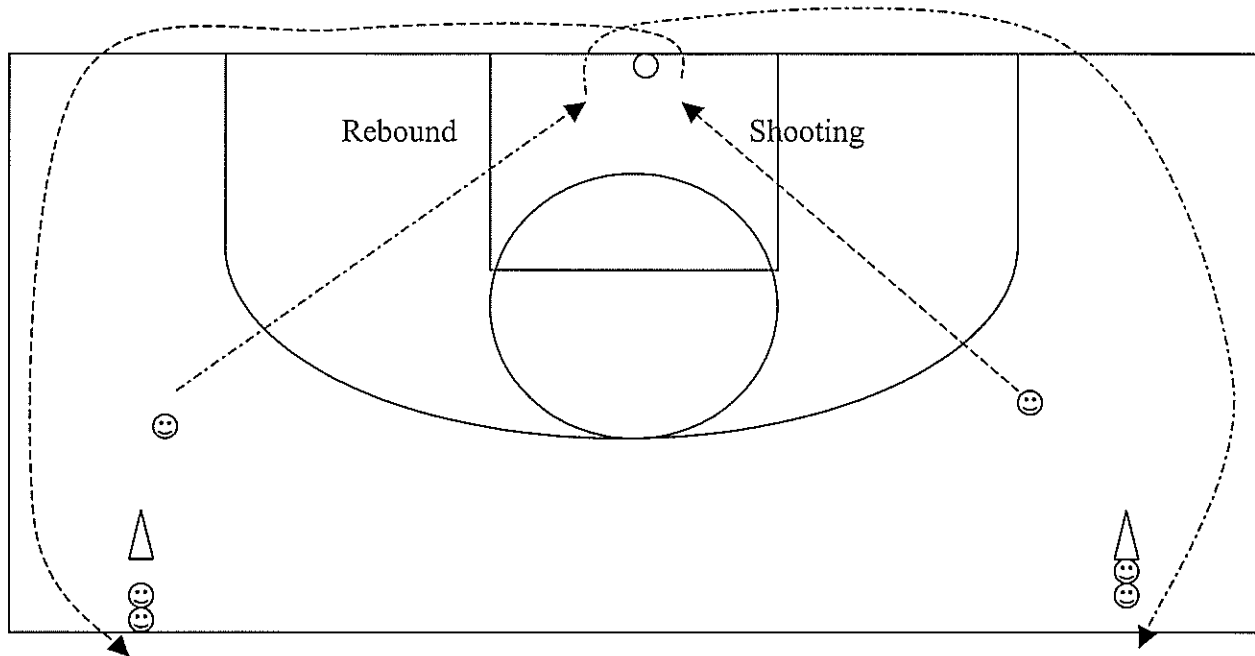
No Dribble basketball

This is a modified version of basketball and ultimate Frisbee that encourages passing. The object of the game is to pass the basketball to your teammates and score a basket. However, you may not dribble the ball. If you have the ball you may not move with it. If you move with the ball it is a turnover. If you drop the ball it is a turnover. The goal is to pass the ball to your team until someone has a good shot and makes a basket. You only have 5 seconds to pass the ball or it is the other team's ball. The defending team may not steal the ball out of your hand but they can intercept a pass. The game starts with a jump ball just like in regular basketball.

Shooting

Shooting Lines

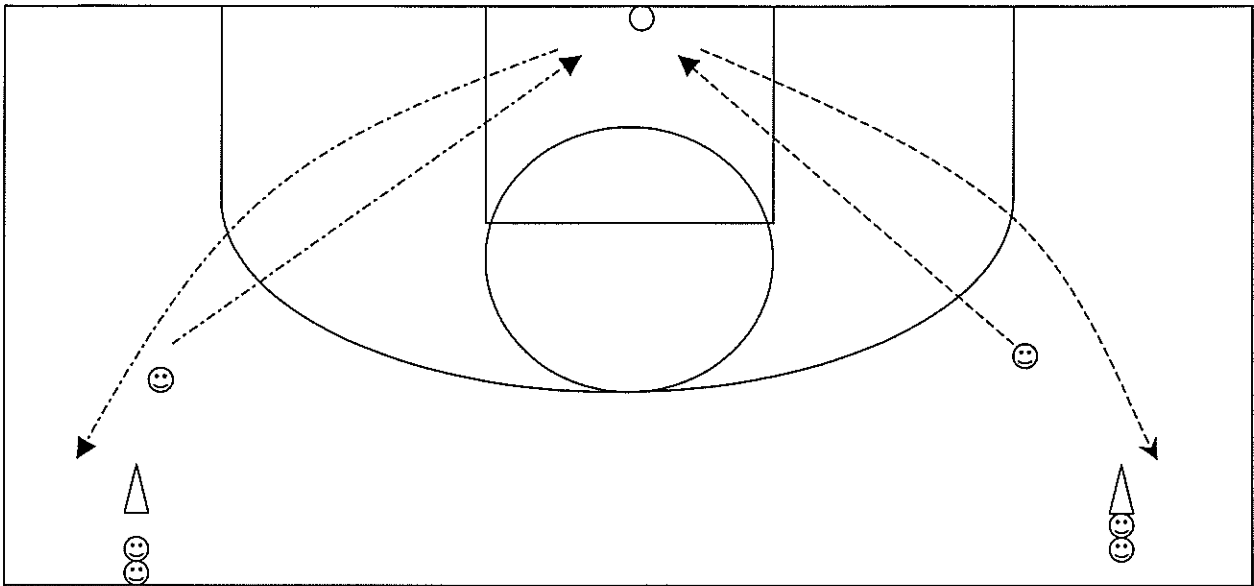
This is the basic lay-up drill. Form two lines at half court. One line will dribble to the basket and shoot, in the other line will get the rebound and dribble it back to the shooting line. After their turn they will switch lines so all players will get a chance to shoot and rebound. When they are going for the rebound you want to remind them to catch the ball before it hits the ground!!



You may also use this for jump shots. Have them dribble to a spot jump stop and shoot instead of dribbling all the way to the basket. Have them follow their shot to get the rebound.

Shooting Relays

Depending on how many courts you have will determine the number of lines you will have. Set up just like the lay-up lines drill. Except each line will have a ball. Each line is its own team. You will give them a number if lay-ups they have to make, for example first team to make 7 shots wins. Each person will dribble to the basket and take one shot; they will get their own rebound and then dribble the ball back to their line. You may also do this drill with jump shots; just choose different spots they have to shoot from.



Jump Shots

Before the participants begin to shoot they need to learn the proper form to shoot the basketball. Any easy way to teach it so they will remember is BEEF.

Balance (Knees bent about shoulder width apart)

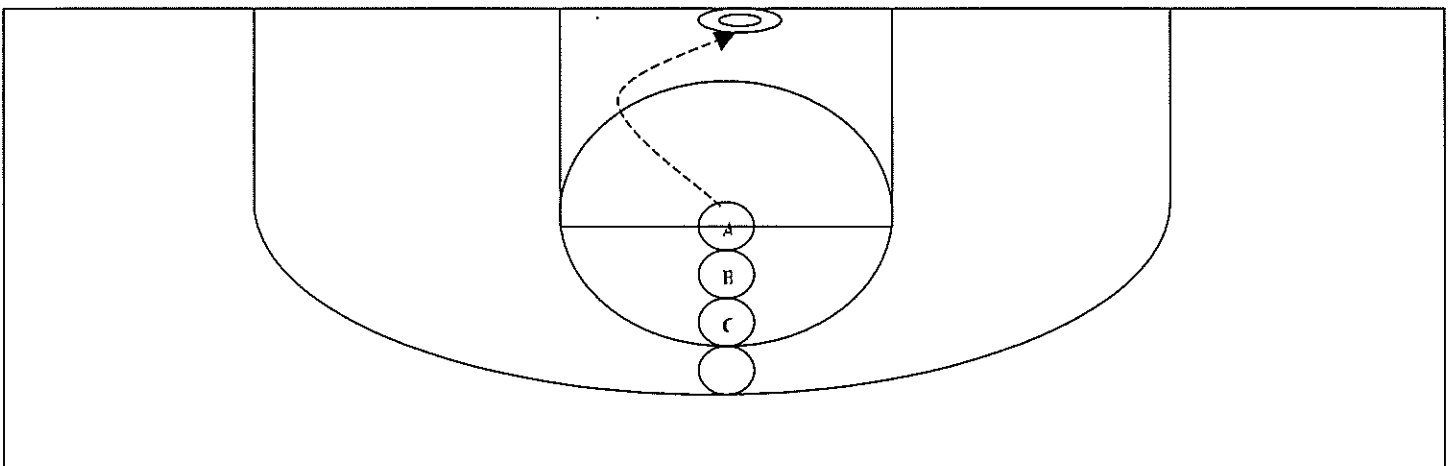
Elbow in (No chicken wings, like you are serving a pizza)

Eyes on the rim

Follow through (Like you are stealing cookies from a cookie jar)

Knock out

Form a line at the free-throw line. You will need two balls for this game. Both person (A) and (B) start with a ball. The first person in (A) line shoots their first shot from the free throw line; if they make it they give the ball to the next person in line (C). If person (A) misses their shot they may shoot from anywhere (a lay-up) until they make it, unless the person behind them (B) makes their shot before them. Person (B) may shoot the ball after person (A) shoots their first shot. The game continues until there is one person left. The object of this game is to make your shot before the person behind you makes their shot or you are out.



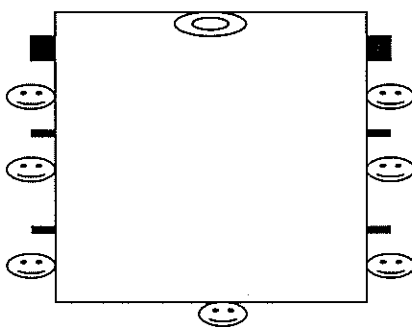
If you have two baskets instead of getting out they can just get bumped off to the other court, so you don't have kids sitting out. So you would have two games going on at the same time.

21 (Shooting game)

Mark off two spots on the court you would like them to shoot from. They will then form lines behind those spots. The object of this game is to score 21 points before the other team does, by shooting a jump shot and lay-up. Each jump shot is worth 2 points; each lay-up is worth one point. The first person in line (A) will take a shot from the spot if they make it their team will yell out "2" because they have two points; if they miss their team will yell out "0". Whether they make the first shot or not they still get a second shot which will be a lay-up. If they make it they get another point for their team. They then get the ball and give it to the next person in line to go. Their team continues to add their points until one team gets to 21 points. You can also adjust the points they need to get so the game will not last too long depending on the ability level of your players.

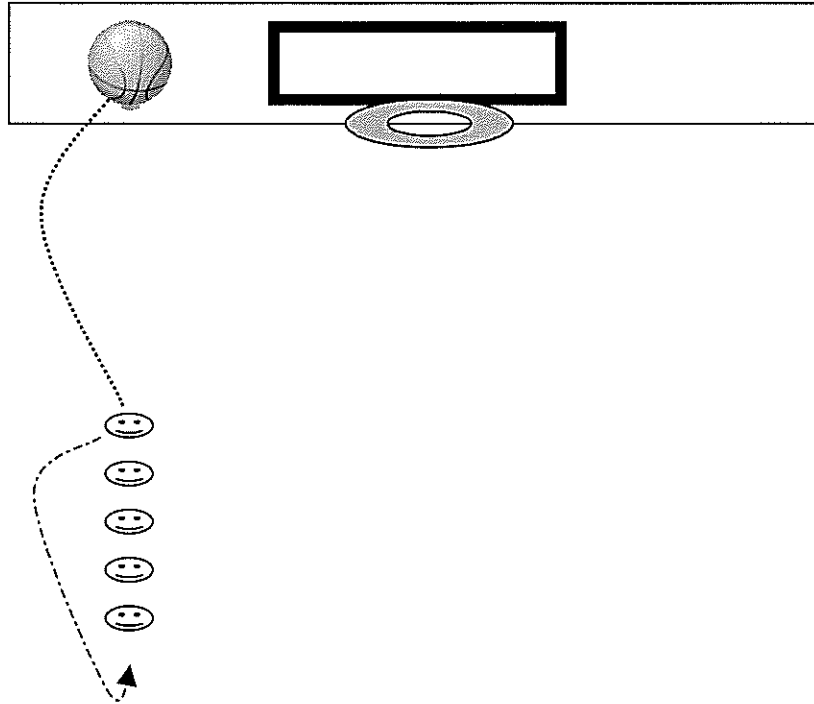
Free throws

You want to practice free throws with your teams so they will know how to line up and what to expect when a free throw occurs. Have your player's line up around the key in the proper spots, behind the line. Give your team a goal of how many free throws they will have to make combined as a team. If you have 10 players I like to have the goal be ten baskets, one for each of them. Each player will shoot 2 free throws. After they shoot their two they will rotate around the key. If they do not reach the goal then they will run lines, or push-ups. If they reach the goal, the coach gets a chance to shoot a free-throw and if the coach misses they do not have to run, if the coach makes it they still have to run.



Rebounds

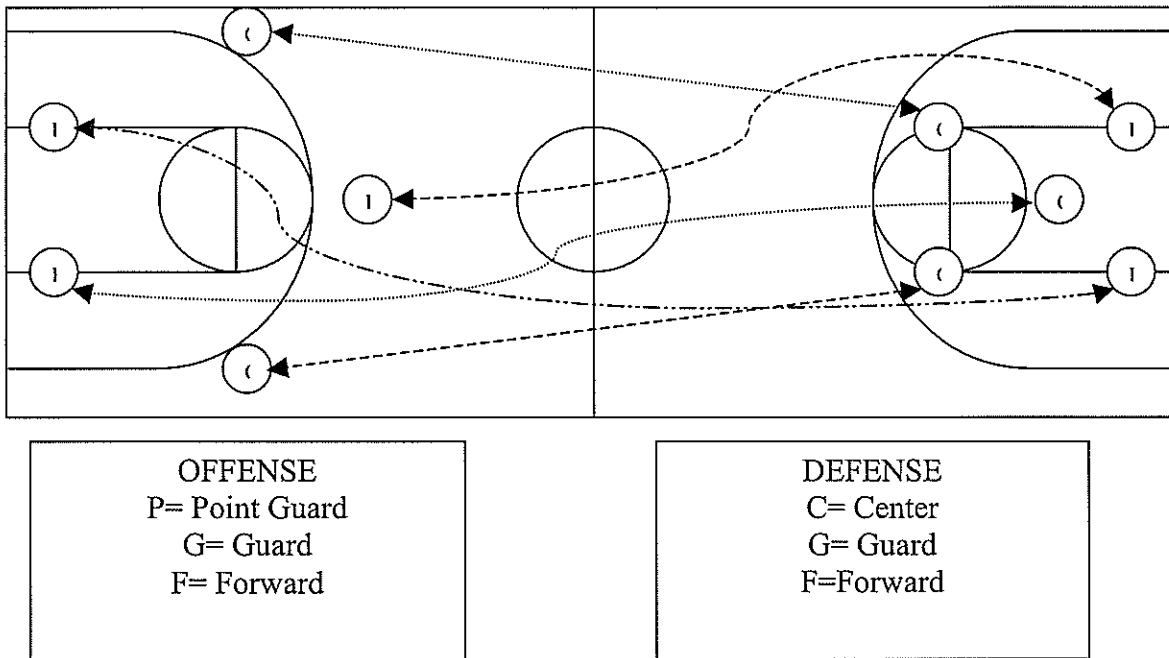
Form one line to the left or right of the rim facing the basket. Or you may use a wall if available. The first person in line will shoot the ball at the back board (not trying to make a basket) they will then jump and catch the rebound. After catching it they will throw it back up and move to the end of the line. The next person in line will jump and catch the ball before it hits the ground. Then they will do the same, and the next person and so on will repeat. If the ball hits the ground they have to do some physical activity. The object of this drill is to jump and catch the ball before it hits the ground.



Offense and defense

It is important your players know where their positions are on the court. One way to get them to get to the correct spots on the court is to just have them practice running from offense to defense with out the ball involved. Say offense and they will have to run to get in their offensive positions, say defense and they will have to run to get into their defensive positions.

Use this time to also go over zone defense. Teach them where to move on defense when the offensive team moves the ball around.



Scrimmage

At the end of your practice you should always end with a scrimmage. During the scrimmage is the time you can go over rules, correct skills, and go over defensive and offensive strategies. During the scrimmage time you want to be the referee and the coach. Do not just make the call, you want to correct and explain what happened so they will all understand the call and what to do next time. You also want to cover some of the hand signals or calls the referees may use so your players know what the referees are talking about during the game. This is a good time to go over fouls and what happens when a foul occurs. The scrimmage is a simulated game that should be used to teach your team how to play basketball in a game situation.

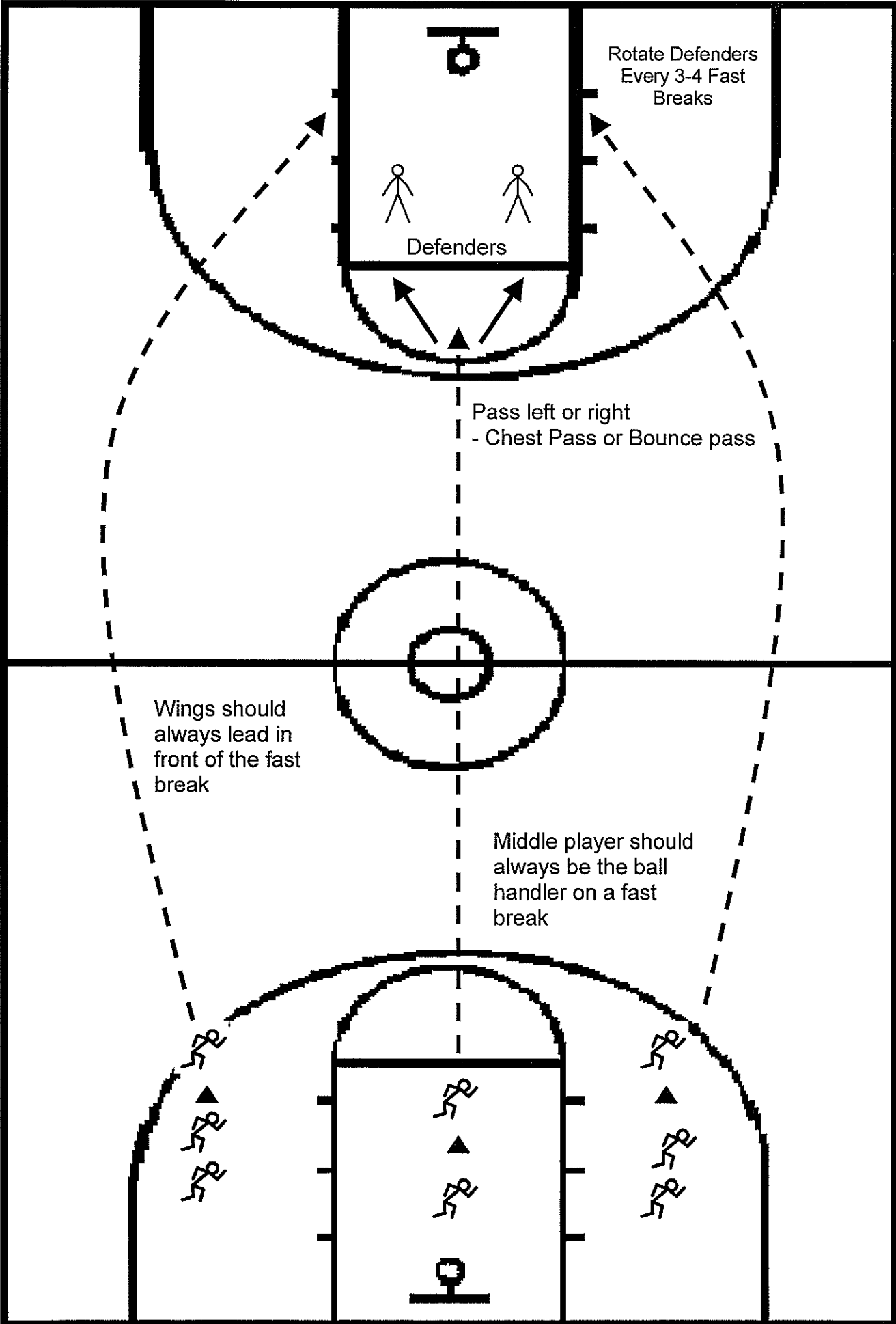
Closure

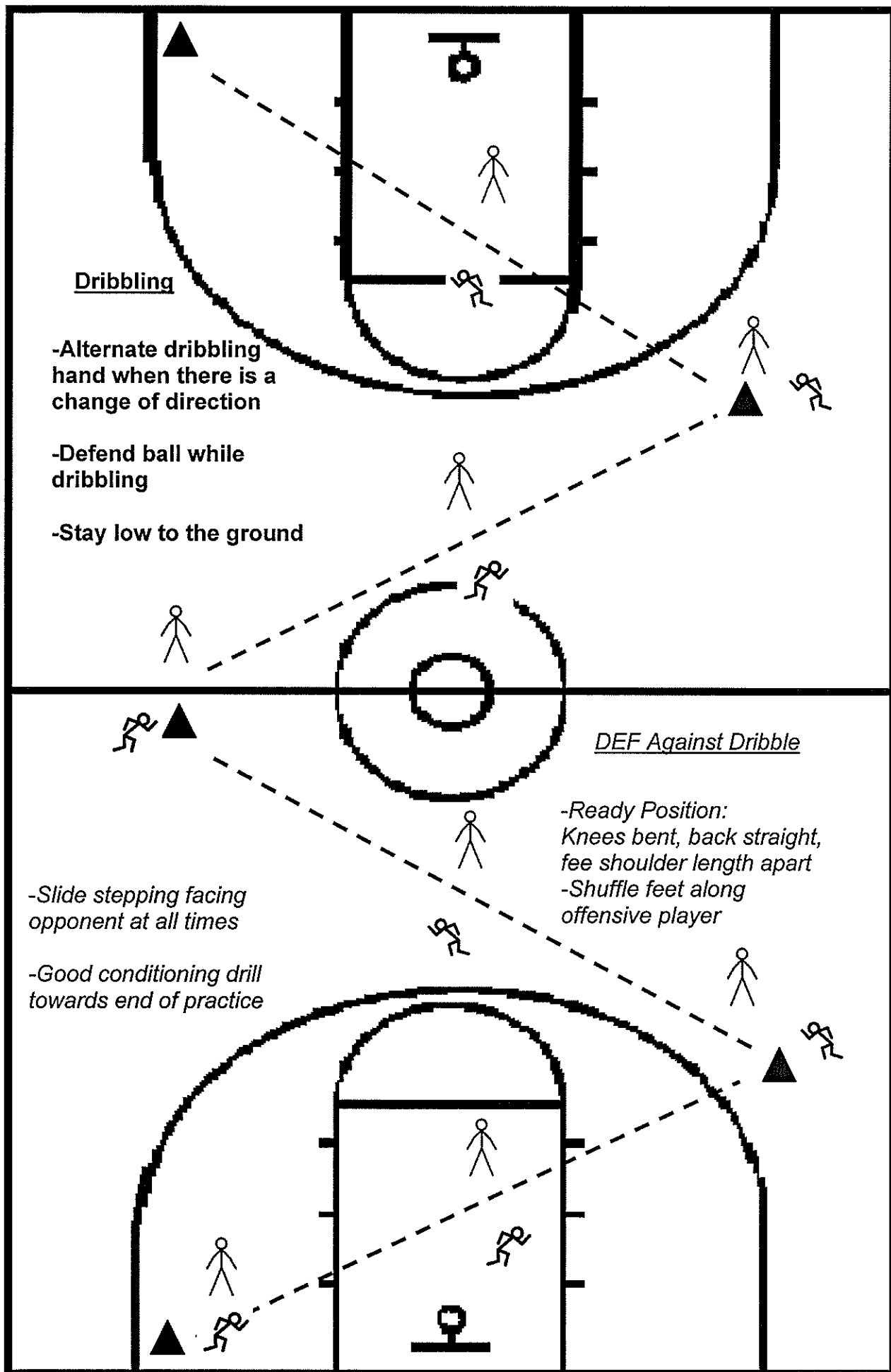
At the end of practice get your team together and do a quick review of the skills you learned that day. Ask them questions about the skills. Also, tell your players and their parents or guardians what time the next practice will be, or the game time and location. Ask parents to bring snacks for the game, or create a snack schedule. Hand out any games schedules to parents.

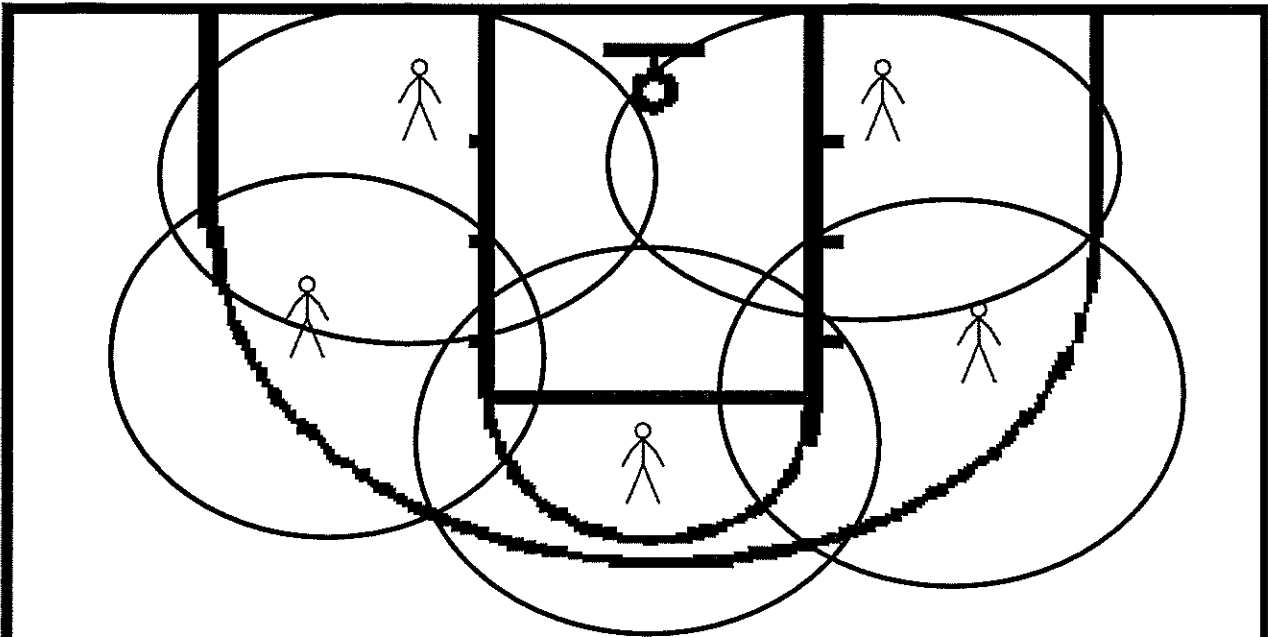
After Practice

Clean up all equipment so it does not get lost. Call any players that were not there and remind them about the game or next practice. Reflect on how practice went, and think about what the team still needs to work on for the game, or next practice.

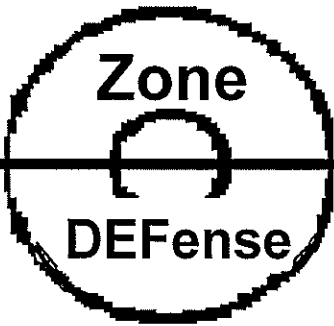
3 vs 2 Fast Breaks (C – Divisions Only)



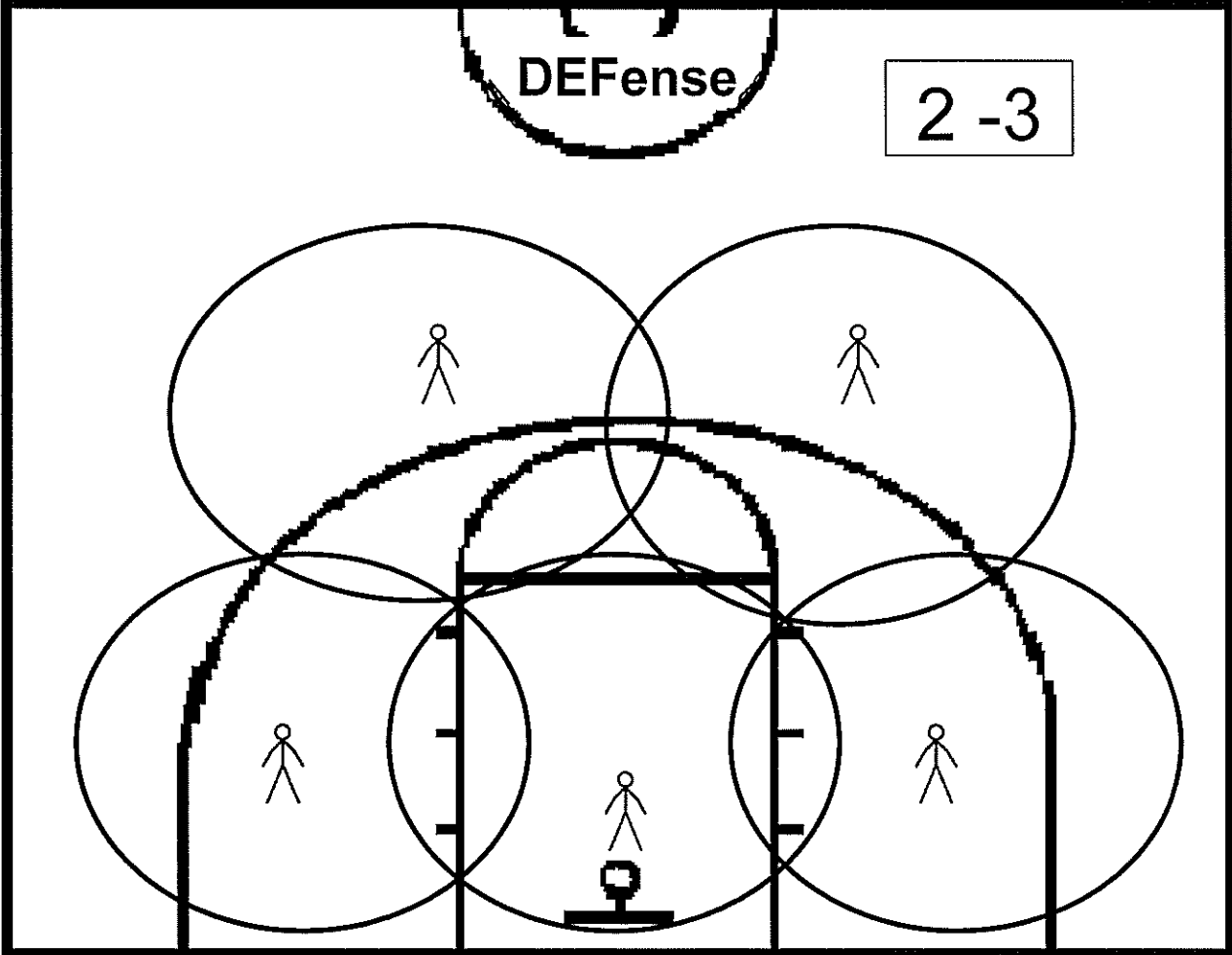


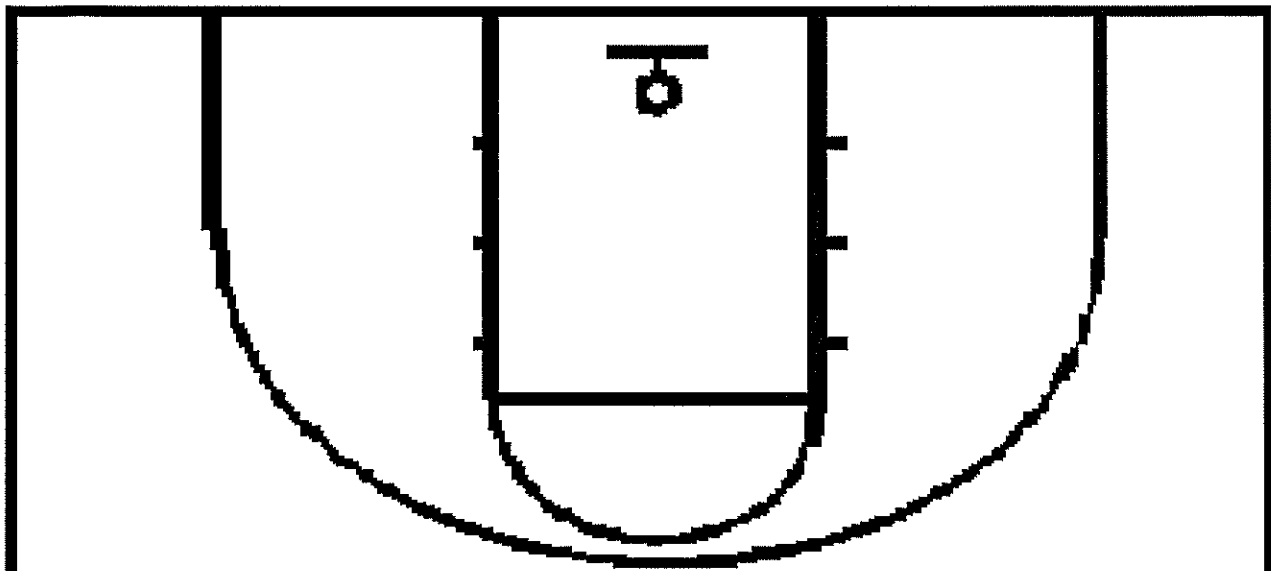


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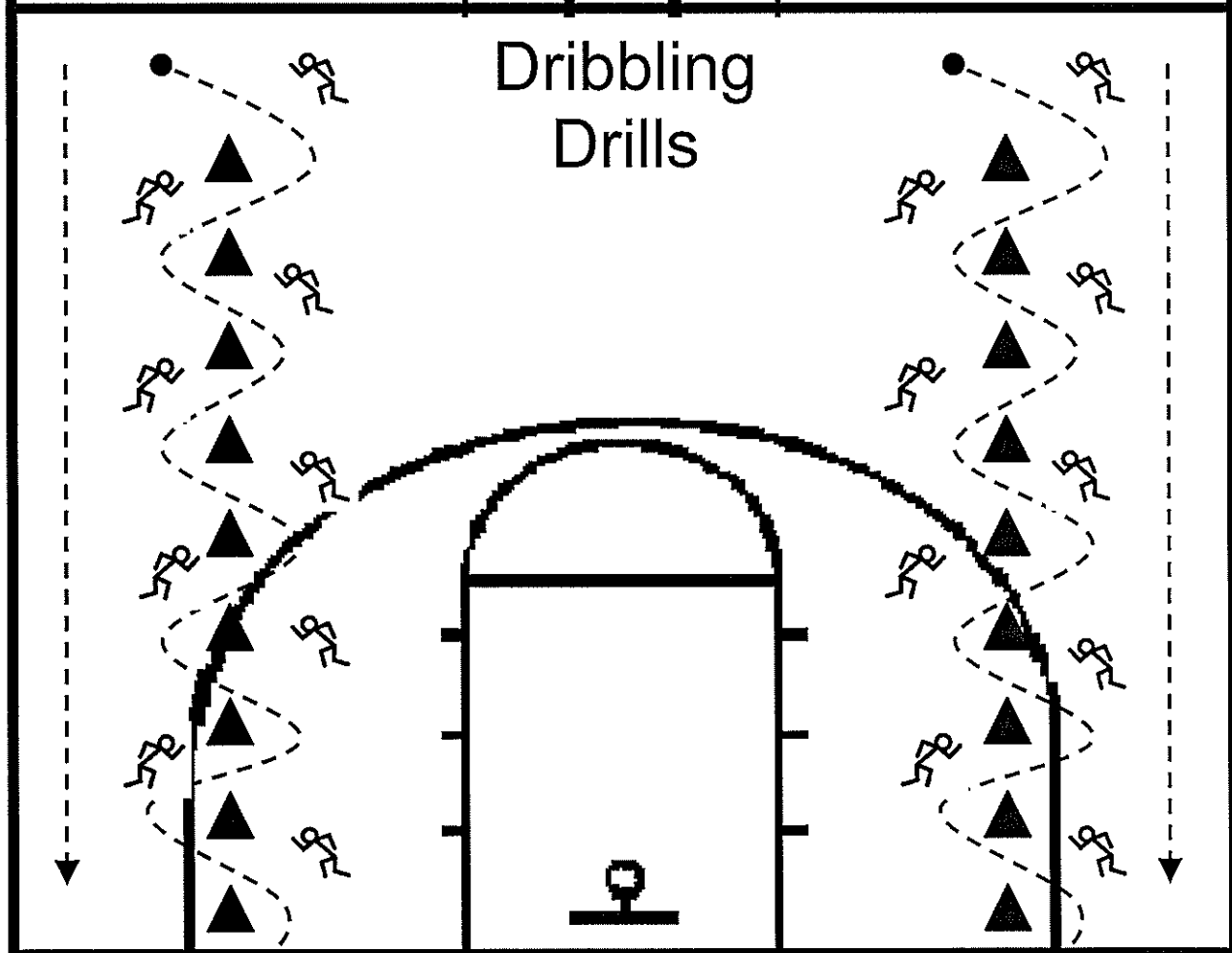
2 - 3





Cone Drill

- Switch hands when changing direction
- Start at a slow pace if at a beginners level
- Stay at a low gravity level when dribbling
- Defend ball with opposite hand while dribbling



Preparation For the Game

Before Game Day

- Calling players that were not at practice and making reminder calls to all players about the game time and location.
- Making contact with parents or guardians about the game time and location, not the kids
- Knowing the bus schedules if you have players that need to take the bus to get to games.
- Good parent contact will help enable kids getting rides to the games, if they do not have a way to get there.
- Fill out add sheets, and have BC and paperwork ready prior to coming to the game sites.

Game Day (Before game)

- Showing up to game sites at least 15 minutes before the game time. (The only exception would be if you are traveling from another game site)
- Game times are set, 10 minutes after game time is a forfeit. (Bus schedules are not exceptions to forfeits)
- Have rosters; add sheets, and waivers with you when arriving to the game site.
- When arriving at the game site make contact with players and parents to be in correct area.
- Make contact with the scorekeeper turn in add sheets and BC's, and sign in the first and last names of your players.
- After you sign in the first and last names of your players, if the other team have not signed in yet give the other coach the score sheet so they can sign their players in.
- Make sure your players have the proper shirts, or pennies on (with numbers if possible.)
- Make sure your players are properly warmed up prior to the game time.
- If you are lacking the number of players prior to the forfeit time, call your players to see if they are coming, or if they are on their way.
- Have a game plan if you know how many players you are going to have at the game, This will help
- speed up the substitution time.

After the game starts

- Communicate with your players before the substitution time so that you will not delay substitution time.
- When you have free subs, try to keep playing time equal among the players.

- During timeouts, quarter and halftime breaks, even though you are working with a limited amount of time, be able to make adjustments or change game plans.
- Timeouts can also be utilized to correct behavior.
- Do not get so drawn into the game to where you do not know what is going on with your players on the bench, in the stands, and in the area around you.
- All staff on site is working together as a unit, and not an individual park site.
- Make sure parents are not on the bench or sideline.
- If there are volunteer coaches they need to go through a youth sports training.

After the game

- Immediately after the game bring your team together.
- Collect pennies at this time if your team used them.
- Give a group cheer for the other team, then form a monitored line and shake hands with the other team to promote sportsmanship.
- Make sure to pull your team together after shaking hands, away from any teams that might be warming up for the next games.
- At this time you might want to bring in the parents in with the kids. Give a quick assessment of the game with positive feedback to players. Acknowledge players by name, going beyond "star" players.
- Making sure the kids and parents know when the next practice day and time is.
- Thank everyone for participating.