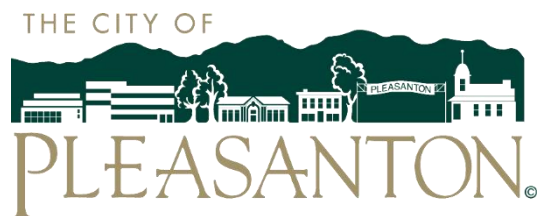




# Pleasanton Youth Basketball (PYB) 23/24 Handbook Grades 4-7



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## **Introduction**

Welcome Pleasanton Youth Basketball (PYB) Players, Parents, and Coaches:

The City of Pleasanton is proud to offer a youth basketball league and appreciates your participation. This is more than just a sports league, provides participants with a positive introduction to basketball in a caring and fun environment. Through this league, participants will not only learn the sport of basketball, but also about themselves, sportsmanship, and being a team player.

The purpose of this handbook is to provide a comprehensive overview of PYB. PYB is a recreational league for youth in grades 1-12. The season consists of twelve (12) practices, and seven (7) games. PYB is strictly recreation based and no standings will be kept. Jerseys are provided for each participant. No awards will be given at the end of the season.

This handbook contains pertinent information for anyone looking to volunteer or serve as a volunteer coach.

## **Library and Recreation Department Vision, Mission, and Values**

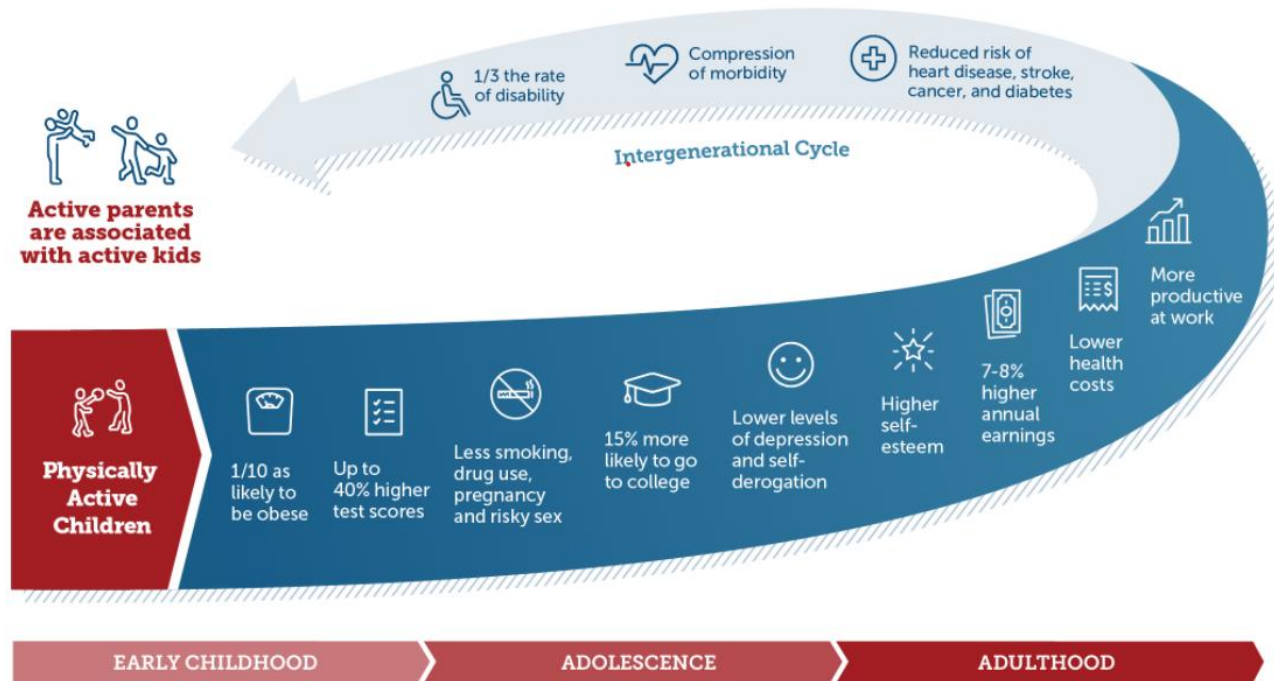
- Vision Statement: Inspiring a vibrant community
- Mission Statement: Start your journey here. Discover, Connect, Play
- Values: Integrity, Collaboration, Customer Service, Inclusiveness, Innovation

## **Contact Information**

- Sports Office – (925) 931-3437
- Thomas Myers, Library and Recreation Coordinator, League Director, (925) 931-3441, [tmyers@cityofpleasantonca.gov](mailto:tmyers@cityofpleasantonca.gov)
- Jack Hettinger, Recreation Supervisor, (925) 931-3440, [jhettinger@cityofpleasantonca.gov](mailto:jhettinger@cityofpleasantonca.gov)

# ACTIVE KIDS DO BETTER IN LIFE

What Research Shows on the Lifetime Benefits



Learn more at [as.pn/sportsfacts](http://as.pn/sportsfacts)

### Player Goals

- Have fun
- Work toward a goal as an individual and team
- Practice good sportsmanship
- Experience the thrill of basketball participation
- Make new friends
- Develop lifelong social skills

### Coach Goals

- Have fun
- Provide a positive and safe environment for all players
- Develop players fundamentals throughout the season
- Practice good sportsmanship
- Develop two-way communication between coaches and parents

### Parent Goals

- Have fun
- Provide a positive and safe environment for all players
- Positively encourage all players
- Practice good sportsmanship
- Develop two-way communication between parents and coaches

### Program Goals

- Have fun
- Provide a positive and safe environment for all players, coaches, and parents.
- Practice good sportsmanship
- Assist coaches and help develop players fundamentals throughout the season
- Develop open communication between coaches, players, and parents
- Build and strengthen community participation and engagement

### Volunteer Coach Overview

- The Pleasanton Library & Recreation Department would like to thank all the volunteer coaches for accepting the responsibility of coaching. Youth sports programs cannot be successful without good leadership and a solid coaching foundation
- Coaches will be building the moral fiber, mental health, and physical strength of tomorrow's leaders
- Coaches have tremendous influence on participants. The emphasis of this program is fun, basic skill development, and sportsmanship. The coach is expected to provide an atmosphere in which all participants are

treated in a fair and equitable manner. The coach must be aware of all safety issues and hazards associated with basketball and devote full effort in providing an atmosphere where participants are physically and emotionally safe

- To ensure the safety of all players, coaches must stay with their players after practices and games until all players have been picked up by their parent/guardian. Under no circumstance shall a coach leave a player unattended and/or with someone not cleared by the City to supervise youth
  - If the same parent(s) are consistently late, please let the League Director know. The League Director will talk to the parent(s) regarding the issue
- Coaches are responsible for the parents and spectators of their team. Officials may penalize a team for the behavior of its parents and spectators
- Youth athletes are at an impressionable age and the training that coaches provide will have a lasting effect on their lives
- All requirements must be completed before volunteering
- Without coaches, this program would not be possible. On behalf of the players, parents, and the City of Pleasanton, thank you!

### **Coach Requirements**

All individuals who will be supervising youth (coaches, team assistants, team parents, etc.) must complete an application, pass a background check, and complete concussion and sudden cardiac arrest trainings prior to assuming their role.

### **Application**

- All volunteer coaches must complete an application. Applications may be found here: [Volunteer Coach Application](#)- Click "Fill in an application" tab. You must create an account to apply

### **Background Check**

- All coaches must complete a Department of Justice background screening, scheduled through the League Director

### **Coaches Trainings**

- Concussion training
  - Visit: <https://www.cdc.gov/headsup/youthsports/training/index.html>.
  - Scroll down to "Launch the Training"
  - Select the "Coaches" course
    - Coaches will be prompted to create an account through CDC Train
    - After coaches create an account, they will need to take the pre-assessment and then complete the actual training
    - After the training, coaches will need to complete the quiz
- Sudden cardiac arrest training
  - Visit: <https://epsavealife.org/sca-prevention-training/>.
  - Scroll down and create an account
  - Coaches will then be prompted to watch a video, take a pre-quiz, and complete a post quiz
- Mandated reporter
  - Visit: <https://www.mandatedreporterca.com/training/volunteers>
  - Scroll down to "Start Training"
  - Select the "Sign Up" or "Sign In" Option
  - Select the "Volunteers" course and then click the "Next" button
  - Fill-in contact information

Once coaches have completed all three (3) trainings, they will be required to upload their certification to Better Impact

- Visit: <https://app.betterimpact.com/Volunteer/Main>.
- Sign into account
- Click "My Profile" on the top right of the page.
- Click "Additional Info"
- Scroll down, under the Certifications Tab you will be able to upload your training certificates
- Once you have uploaded your certificates, click save

Once coaches have completed and submitted all the aforementioned requirements, the League Director reviews and informs coaches of their status in the volunteer process. Coaches are not eligible to start until they have received clearance from the League Director.

**Coaches Clinics**

- The Pleasanton Library and Recreation Department will be offering a variety of free Coaching Clinics to be held in October on Saturdays. Several basketball coaches from the Tri-Valley area have generously volunteered their time to put on each of these clinics
- All coaches are highly encouraged to attend all clinics, as each clinic will have a different emphasis. They will provide coaches with the necessary tools for coaching
- Coaches will receive training on how to run an effective and efficient practice for their team
- The clinics

**Codes of Conduct**

- A code of conduct for coaches, players, and parents provides guidelines for the behavior of everyone participating and spectating
- The purpose of the codes of conduct is to secure a certain standard of playing, coaching, and spectating. It also protects the welfare of all individuals and gives everyone involved reference points in reacting to difficult situations
- The codes of conduct promote fair and responsible behavior by the coaches, players, spectators, and parents towards others, including City staff
- Coaches are encouraged to have all players and parents sign the applicable codes of conduct at the start of the season

## Coaches Code of Conduct

As a coach of PYB players, coaches pledge to be responsible for any (parent, guardian, or guests of the team). Words and actions while coaching PYB and shall conform their behavior to the following code of conduct:

- Coaches will remember that the primary reason children participate in this program is to have fun!
- Coaches will be a positive role model for players and encourage sportsmanship by showing respect, courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice, or any other sporting event
- Coaches will not engage in any kind of unsportsmanlike conduct with any official, coach, player, parent, or staff such as booing and taunting; refusing to shake hands; verbal or physical threats; or using profanity and/or inappropriate gestures
- Coaches will not participate in, nor encourage the engagement of any behaviors which may endanger the health, safety, or well-being of any coach, parent, player, participant, City staff member, official, or any other attendee
- Coaches will ensure any coach, parent, player, participant, official or any other attendee are treated with respect regardless of race, creed, color, national origin, sex, sexual orientation, game play, or ability
- Coaches will promote the emotional and physical well-being of all the players ahead of any desire to win
- Coaches will teach the skills of the game to the best of their ability and emphasize the values of teamwork and sportsmanship
- Coaches will always respect the officials and their authority during games
- Coaches will know and adhere to the PYB rules
- Coaches will communicate with parents and inform them of all practices and games
- Coaches will respect all facilities and equipment made available for teams to practice and play games
- Coaches will uphold PYB tradition and ensure all players play an equal amount of time each game
- Coaches will remember that City staff are there to improve the overall experience and are not professional basketball officials
- Coaches will ensure that all players and coaches shake hands at the end of each game



## Player Code of Conduct

As a player in the PYB League, players pledge to be responsible for their words and actions while participating in the league, and shall abide by the following code of conduct:

- Players will be a positive role model for each other and encourage sportsmanship by showing respect, courtesy, and by demonstrating positive support for all teammates, opponents, coaches, officials, and spectators at every game, practice, or any other sporting event
- Players will not engage in any kind of unsportsmanlike conduct with any official, coach, teammate, opponent, or parent such as booing and taunting; refusing to shake hands; verbal or physical threats; or using profanity and/or inappropriate gestures
- Players will not participate in, nor encourage the engagement of any behaviors which may endanger the health, safety, or well-being of any coach, parent, teammate, opponent, City staff member, official, or any other attendee
- Players will ensure any coach, parent, player, participant, official or any other attendee are treated with respect regardless of race, creed, color, national origin, sex, sexual orientation, game play, or ability
- Players will promote the emotional and physical well-being of all the teammates and opponents ahead of any desire to win
- Players will always respect the officials and their authority during games
- Players will remember that all coaches are volunteers
- Players will remember that City Staff are there to improve the overall experience and are not professional basketball officials
- Players will respect all facilities and equipment made available for teams to practice and play games
- Players will ensure to shake opponents' hands at the end of each game
- Players will have fun!

## Parent Code of Conduct

As a parent or guardian of a PYB player, parents/guardians pledge to be responsible for their guests' words and actions while attending or participating in the PYB program. Parents/guardians will abide by the following code of conduct:

- Parents/guardians will remember that the primary reason children participate in this program is to have fun!
- Parents/guardians will be a positive role model for players and encourage sportsmanship by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, or any other sporting event
- Parents/guardians will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; verbal or physical threats; or using profanity and/or inappropriate gestures
- Parents/guardians will not participate in, nor encourage the engagement of any behaviors which may endanger the health, safety, or well-being of any coach, parent, player, participant, City staff member, official, or any other attendee
- Parents/guardians will ensure any coach, parent, player, participant, official or any other attendee are treated with respect regardless of race, creed, color, national origin, sex, sexual orientation, game play, or ability
- Parents will promote the emotional and physical well-being of all the players ahead of any desire to win
- Parents will always respect the officials and their authority during games
- Parents will remember that all coaches are volunteers
- Parents will remember that City Staff are there to improve the overall experience and are not professional basketball officials
- Parents will respect all facilities and equipment made available for teams to practice and play games

## Administrative Rules

### League Director Authority

- All situations are not foreseeable and personal judgment will be needed
- Rules and regulations will be interpreted and enforced as deemed necessary to ensure a smooth and consistent program in keeping with the standards and intent of fair and safe recreational play
- May change or revise the league schedule if it is in the best interest of the program
- Will determine all rules and regulations and reserves the right to establish, modify or eliminate regulations at any time that are deemed necessary for the efficient operation of the league

### Disciplinary Actions

- Any player, coach, or spectator guilty of an abusive verbal attack, including "trash talking" or taunting any participant, official, agency representative, or spectator will be required to leave immediately
- Any player, coach, or spectator guilty of a physical attack, lay a hand upon, push, shove, strike or kick an official, participant, coach, or spectator will be required to leave the facility immediately
- Any player, coach, or spectator guilty of leaving his or her bench area to further incite any verbal or physical confrontation between players on the court will be required to leave the facility immediately
- Any player, coach, or spectator guilty of damaging or defacing school district or City property will be required to leave the facility immediately
- Any player, coach, or spectator guilty of deliberate rough tactics during a game against the body and person of an opposing player will be immediately removed from the game and will be required to leave the facility immediately
- Any player, coach, or spectator refusing to abide by an official's decision or be guilty of verbal or forceful demonstrations of dissent towards an official's decision will be required to leave the facility immediately

### Ejections

- Ejected players/coaches are required to leave City/Pleasanton Unified School District (PUSD) property (parking lot included) immediately
- Failure to comply will result in the game being forfeited and add to the initial penalty. For any ejection, the player/coach will be suspended for a minimum of one (1) game
- The game clock will continue to run until the ejected player/coach has left City/PUSD property
- Ejected player/coach are not eligible to play, coach, nor sit on the team bench until approved by the League Director
- Ejected player/coach (or their guardian) may submit their written account of their ejection to the League Director within 24 hours of the ejection. No account may be submitted after 24 hours has passed
- Coaches who are ejected are subject to removal as head/assistant coach and additional penalties for the specific violation

### Appeal Process for Suspended Players/Coaches

- Should a player/coach wish to appeal their suspension, they must submit their intent to appeal by email or letter within five (5) business days of the date on the suspension letter
- A player/coach who has been suspended for two (2) weeks or less may appeal to the Recreation Supervisor by email or letter. The League Director will setup an in-person meeting with the player/coach and the Recreation Supervisor to consider the appeal. Suspended player/coach is not eligible to play while the appeal is pending
- A player/coach who has been suspended for more than two (2) weeks, but less than five (5) weeks may appeal to the Recreation Manager. The suspended player/coach must email or send a letter to the Recreation Supervisor who will be responsible for setting up an in-person meeting with the player and Recreation Manager to consider the appeal. Suspended player/coach is not eligible to play while the appeal is pending
- A player/coach who has been suspended for more than five (5) weeks may appeal the length of their suspension by email or letter to the Recreation Supervisor. The Recreation Supervisor will then set up an independent appeal board made up of managers, officials, or other parties. Suspended player/coach is not eligible to play while the appeal is pending. The decision of the appeal board is final

### Forfeits

- Teams that know ahead of time that they are unable to play must call the Sports Office at (925) 931-3437 or email the League Director
- Forfeited games will not be rescheduled or refunded
- In the event of a forfeit, teams may use the court for practice. Teams must vacate the court fifteen (15) minutes prior to the next scheduled game
- Officials are not permitted to officiate unofficial games
- A game may be declared a forfeit by an official in favor of the team not at fault in cases of unsportsmanlike conduct

**Special Information**

- No smoking (combustion and vaping) and/or drinking alcoholic beverages is permitted in any City/PUSD facility. This includes the parking lot and any adjacent fields/buildings. Players, coaches, or spectators that are caught smoking or believed to be under the influence of drugs or alcohol will be asked to leave the premises
- Please leave the facility promptly after game(s) have concluded. This will make room for the other teams that still have to play and/or speed up the closing process of the facility
- No climbing on gym bleachers or other equipment
- Officials/City staff will always check for safety measures

## PYB League Rules

### What's Provided

- The league will provide a game ball, scorekeeper, officials, scoreboard, gymnasium, gym maintenance, lights, league rules, and other such equipment or materials as required for the efficient operation of the league

### Team Formation / Roster Management

- Teams are formed by the League Director following player observations.
  - Player requests will not be accepted
  - Head coaches are permitted to select their child and one additional player to play on their team. Please note, both players must be registered in the same course code for the request to be honored
  - Player observation schedule may be found at: [www.teamsideline.com/pleasanton](http://www.teamsideline.com/pleasanton)
- PYB utilizes team snap for roster management and team communication

### Governing Body Rules

- All City rules outlined in this handbook supersede the governing body rules
- Should a rule not be listed in this handbook, standard California Interscholastic Federation (CIF) high school rules apply

### Team Roster

- Only the League Director has the authority to add/change/remove players/coaches on a team
- Each team will have approximately the same number of players
- Participants must officially register and be assigned to a team by the League Director
  - Coaches and players who do not abide by this rule may be subject to disciplinary action
- Coaches will not, at any time be guilty of utilizing a non-roster or ineligible participant; or falsify the identification or age of any participant or person on an official league roster. Such falsification, intentional or otherwise, and with or without that participant or person's knowledge, shall be just cause for disciplinary action. The infraction will be reported to the League Director.

### Jerseys

- The League Director will provide coaches with a jersey for each member of their team. Once the coach issues the jersey to the player, the jersey belongs to the player and must be worn at all games

### Shoes

- Athletic shoes with non-marking soles must be worn on the gym floor

### Jewelry

- For the safety of all players, all jewelry must be removed before playing
  - Medical emergency bracelets, religious medallions, and any jewelry that cannot be removed must be taped down
  - If a player is found to be wearing jewelry during a game, a timeout will be charged to their team (if available), and they will have to remove/tape down the jewelry

### Schedules:

- Game schedules may be found at [www.teamsideline.com/pleasanton](http://www.teamsideline.com/pleasanton)

### Schedule Changes

- Games that are to be made up due to weather, power failure, or other circumstances will be re-scheduled at the conclusion of the season, or sooner if the schedule allows. Make-up games may be played on a different day and location
- If there are no officials for a game, it will be postponed and made-up according to the above rule
- Game schedules will not be adjusted to accommodate other extracurricular activities
- The League Director will do their best to accommodate schedules for teams with coaches who coach multiple PYB teams

### Lineup

- Team managers are required to submit a legible line-up card listing all players (first and last name) and uniform numbers five (5) minutes prior to game time
- Line-up cards are available at the score table and online at [www.teamsideline.com/pleasanton](http://www.teamsideline.com/pleasanton)

### Injury Time

- In the case of a serious injury, the official may stop the game clock

### Timing

- A game consists of two (2) twenty-minute halves

- The clock stops every five (5) minutes for mandatory substitutions
- Each substitution period is fifteen (15) seconds
- A running clock format is used except for timeouts and player injuries
- Each team is allowed two (2) thirty second timeouts per half. Timeouts do not carry over from one half to the next
- There will be no overtime periods (a game can end in a tie)
- Halftime will be (3) minutes

### Grades 1-2

- Game scores are not displayed. The scoreboard is used for timing purposes only
- Please note for grades 1-2, the game score is not projected, however, scores are maintained in the scorebook along with player playing time

### Grades 3-12

- Stop Clock Timing will be used during the last two (2) minutes of the game unless a team is leading by more than fifteen (15) points

### Court Grades 1-3 Girls/Grades 1-3 Boys

- Games are played on a smaller version of the regulation shaped court (cross-court style)

### Court Grades 4-12 Girls/Grades 4-12 Boys

- Games are played on a regulation shaped court

### Location of Coach Grades 1-3 Girls/Grades 1-3 Boys

- Coaches are allowed on the court briefly and only at the start of each substitution period but then must return to the sideline, in front of their designated bench (coach's box)
- Coaches will be issued a warning for the initial violation. Any violation following the warning may result in a technical foul being issued
- No "coaching from the corners" or any part of the gym/court, outside the coaches' bench. The only exception to this rule is when coaching on the second court at Thomas Hart Middle School. Coaches may be on one (1) end of the baseline, not on both

### Location of Coach Grades 4 Girls / 4 Boys and Up

While games are in progress:

- Coaches are not allowed on the court
- Coaches must stay on the sideline, in front of their designated bench

### Basketball Sizes and Rim Heights

- |   |            |            |      |        |  |           |            |      |         |
|---|------------|------------|------|--------|--|-----------|------------|------|---------|
| <ul style="list-style-type: none"> <li>• <b>Grades 1-2</b></li> </ul> <table border="0"> <tr> <td>Ball Size</td> <td>Rim Height</td> </tr> <tr> <td>27.5</td> <td>8 Feet</td> </tr> </table>    | Ball Size  | Rim Height | 27.5 | 8 Feet | <ul style="list-style-type: none"> <li>• <b>Grades 4-5 Boys</b></li> </ul> <table border="0"> <tr> <td>Ball Size</td> <td>Rim Height</td> </tr> <tr> <td>28.5</td> <td>10 Feet</td> </tr> </table>   | Ball Size | Rim Height | 28.5 | 10 Feet |
| Ball Size   | Rim Height |            |      |        |  |           |            |      |         |
| 27.5  | 8 Feet     |            |      |        |  |           |            |      |         |
| Ball Size   | Rim Height |            |      |        |  |           |            |      |         |
| 28.5  | 10 Feet    |            |      |        |  |           |            |      |         |
| <ul style="list-style-type: none"> <li>• <b>Grade 3 Girls</b></li> </ul> <table border="0"> <tr> <td>Ball Size</td> <td>Rim Height</td> </tr> <tr> <td>27.5</td> <td>9 Feet</td> </tr> </table> | Ball Size  | Rim Height | 27.5 | 9 Feet | <ul style="list-style-type: none"> <li>• <b>Grades 4-12 Girls</b></li> </ul> <table border="0"> <tr> <td>Ball Size</td> <td>Rim Height</td> </tr> <tr> <td>28.5</td> <td>10 Feet</td> </tr> </table> | Ball Size | Rim Height | 28.5 | 10 Feet |
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| Ball Size   | Rim Height |            |      |        |  |           |            |      |         |
| 29.5  | 10 Feet    |            |      |        |  |           |            |      |         |

### Substitutions

- The clock stops every five (5) minutes for mandatory substitutions
- Each substitution period is fifteen (15) seconds
- Players must line-up and kneel in front of score table one (1) minute prior to substitution periods
- Modification of player substitution is allowed only due to player injury or removal from game
- If substitutions have not been made within the ten (10) seconds allowed, the clock will start, and the ball will be put in play
- Illegal substitutions are penalized with a technical foul on the coach
  - Two (2) free throws will be awarded, and the opposing team will inbound the ball at mid-court

### Playing Time

- Every player must play an equal amount of time. Playing time begins when the player arrives to the game
- Please refer to the PYB player substitution schedule on pages 16 and 17

### **Possession After Substitution Mark**

- The ball will be put back into play where it was previously in play
- The team with possession of the ball immediately prior to substitution retains possession of the ball when play is resumed. A team does not have to “beat” the clock by shooting before these substitution marks
- If a shot was attempted or made at the substitution mark, the defensive team will be awarded the ball at the mid-court line when play is resumed

### **Key Violations**

1. **Grades 1-2:** Instruction will be given, and the ball will be given back to the offensive team
- **Grades 3-4:** Five (5) seconds in the key
  - **Grades 5-12:** Three (3) seconds in the key

### **Fouls Grades 1-2**

- Fouls are not recorded. Officials will instruct players on proper technique
- If an official believes a player is continuing to play too aggressive, the coach will be asked to further instruct the player on proper technique

### **Fouls Grade 3-12**

- A player with five (5) personal fouls will be considered as having “fouled-out” and immediately replaced with an eligible player
  - If there are no eligible substitutions available, the team will continue to play with four (4) players for the remainder of the game. If there are less than four (4) eligible players, the game will be forfeited
- A player charged with a technical foul will be removed for the remainder of the current substitution period and the next
- Any player or coach with two (2) technical fouls will be removed from the game and must promptly leave the facility and may be subject to further discipline. This rule does not apply for technical fouls given for illegal substitutions
- A technical/flagrant foul will result in two (2) free throws and the ball awarded at the mid-court line. The fouled team retains possession of the ball

### **Free Throws Grades 1-2**

- Will not shoot free throws. Instruction will be given, and the ball will be awarded to the fouled team

### **Free Throws Grade 3 Boys/3-4 Girls (on the release)**

- Free throws shall be taken from the taped mark on the floor (30” up from the permanent free throw line)

### **Free Throws Grades 4-12 Boys/Grades 5-12 Girls (on the release)**

- The “One and One” free throw rule is in effect starting on the seventh (7th) team foul in a half
- The “Double Bonus” free throw rule (2 free throws) is in effect on the tenth (10th) team foul in a half
- A technical/flagrant foul will result in two (2) free throws and the ball awarded at the mid-court line

### **Defense Grades 1-4/ & 5 Boys**

- Cannot defend in the backcourt (no press). If a team is leading by fifteen (15) or more points, they also may not defend outside of their defensive 3-point line

### **Defense Grade 5 Girls & 6-12**

- May defend in the backcourt. If a team is leading by fifteen (15) points, they cannot defend in the backcourt
- If a team leads by (20) or more points, they cannot defend outside their defensive 3-point line

All grades are permitted to play any type of defense. Any violation will be considered illegal defense

### **Illegal defense**

- For all grades - the first illegal defense will be a warning
- After the initial warning, the following will apply:
  - **Grades 1-2:** Warning will be continued to be issued
  - **Grades 3-12:** A technical foul on the coach will be issued. Two (2) free throws and the ball will be awarded to the opposing team

**Rules at a Glance**

	<b>Boys 1-2</b>	<b>Girls 1-2</b>	<b>Boys 3</b>	<b>Girls 3</b>	<b>Boys 4</b>	<b>Girls 4</b>	<b>Boys 5</b>	<b>Boys 6-12</b>	<b>Girls 5/6-12</b>
<b>Ball Size</b>	27.5"	27.5"	28.5"	27.5"	28.5"	28.5"	28.5"	29.5"	28.5"
<b>Court Size</b>	Cross	Cross	Cross	Cross	Full	Cross	Full	Full	Full
<b>Basket Height</b>	8 ft.	8 ft.	9 ft.	9 ft.	10 ft.	10 ft.	10 ft.	10 ft.	10 ft.
<b>Key Violation</b>	No	No	5 sec.	5 sec.	5 sec.	5 sec.	3 sec.	3 sec.	3 sec.
<b>3 Point Shot</b>	No	No	No	No	No	No	No	Yes	Yes
<b>Back Court Press</b>	No	No	No	No	No	No	No	Yes	Yes
<b>Free Throws</b>	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes



## PYB Player Substitution Schedule

### 6 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x	x	x	x	x		30
		2	x	x	x	x	x		x	x	35
		3	x	x	x	x		x	x	x	35
		4	x	x	x		x	x	x	x	35
		5	x	x		x	x	x	x	x	35
		6		x	x	x	x	x		x	30

### 7 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x	x	x		x	x	30
		2	x		x	x		x	x		25
		3	x	x	x		x	x		x	30
		4	x	x		x	x	x		x	30
		5	x	x		x	x		x	x	30
		6		x	x	x		x	x	x	30
		7		x	x		x	x	x		25

### 8 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x	x		x		x	25
		2	x		x	x		x	x		25
		3	x		x		x	x		x	25
		4	x	x		x	x		x		25
		5	x	x		x	x		x		25
		6		x		x		x	x	x	25
		7		x	x		x	x		x	25
		8		x	x		x		x	x	25

**9 Players**

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x	x		x		x		x	25
		2	x		x	x		x		x	25
		3	x		x		x	x		x	25
		4	x		x		x		x	x	25
		5	x		x		x		x		20
		6		x	x		x		x		20
		7		x		x	x		x		20
		8		x		x		x	x		20
		9		x		x		x		x	20

**10 Players**

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x		x		x		20
		2	x		x		x		x		20
		3	x		x		x		x		20
		4	x		x		x		x		20
		5	x		x		x		x		20
		6		x		x		x		x	20
		7		x		x		x		x	20
		8		x		x		x		x	20
		9		x		x		x		x	20
		10		x		x		x		x	20

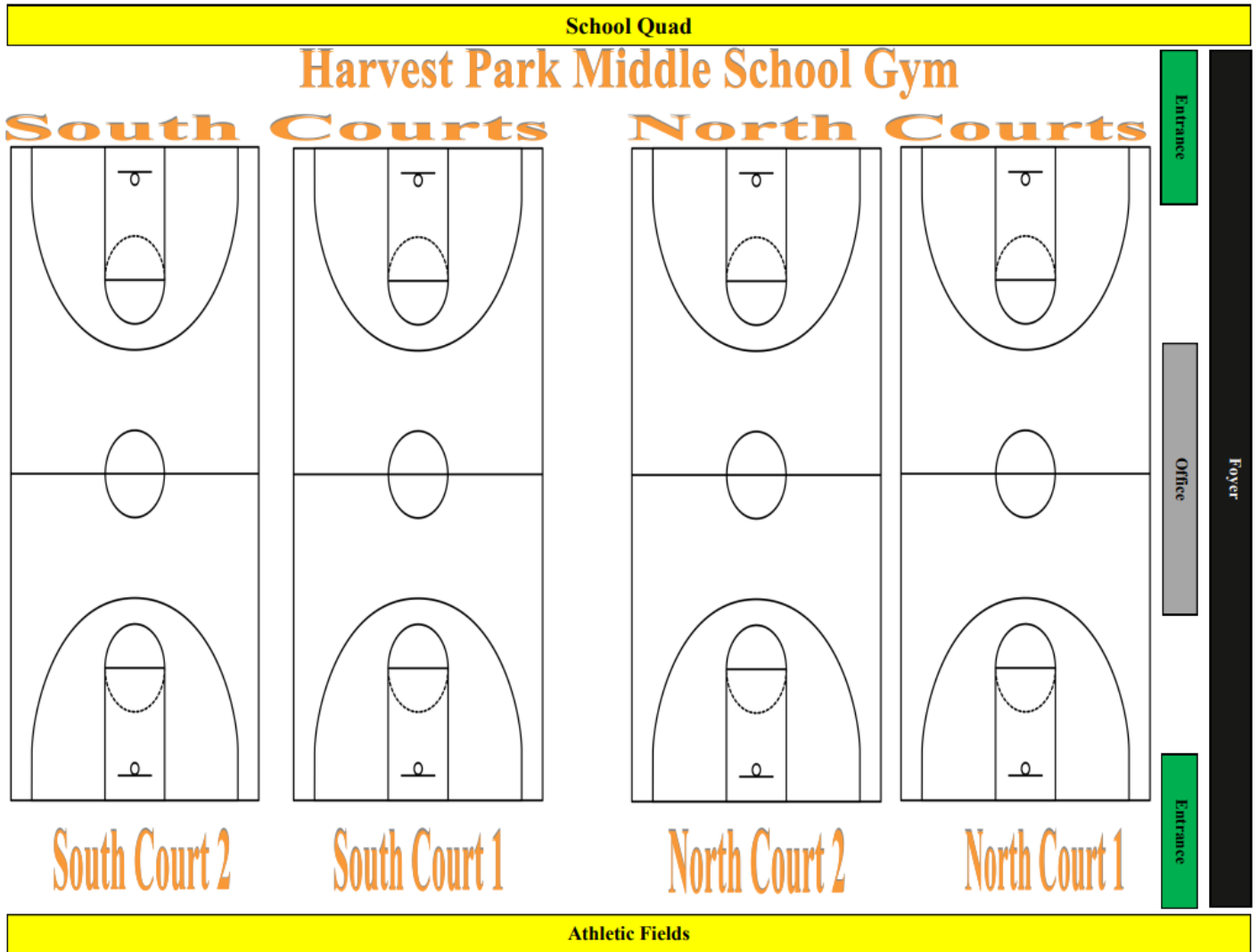
**11 Players**

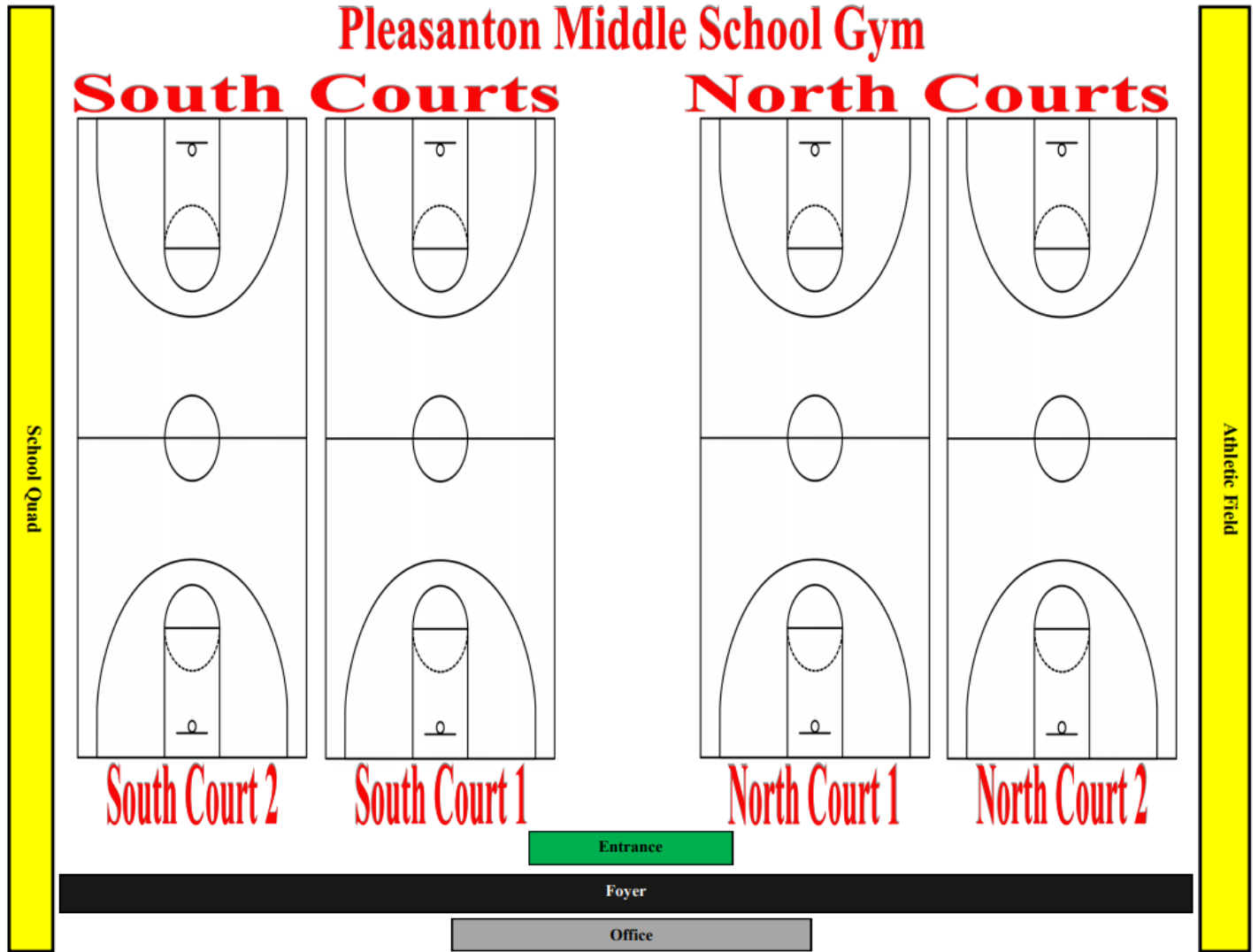
Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x		x		x		20
		2	x		x		x		x		20
		3	x		x		x			x	20
		4	x		x			x		x	20
		5	x			x		x		x	20
		6		x		x		x		x	20
		7		x		x		x		x	20
		8		x		x		x			15
		9		x		x			x		15
		10		x			x		x		15
		11			x		x		x		15

Appendix

Gymnasium Locations

Harvest Park Middle School (4900 Valley Avenue, Pleasanton, CA 94566)

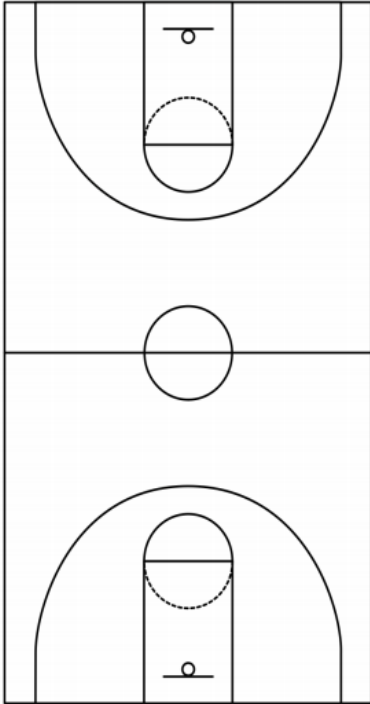




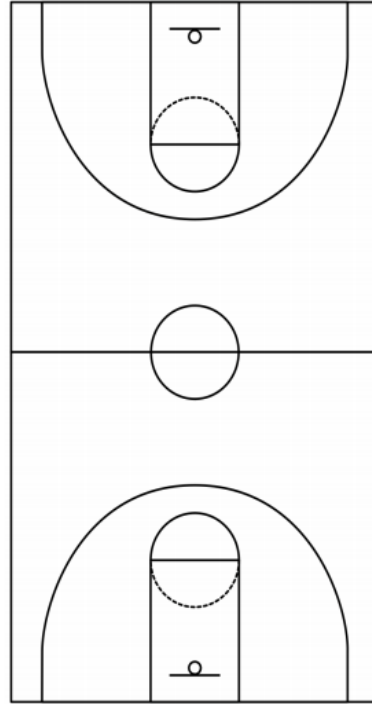
Athletic Fields

# Thomas Hart Middle School

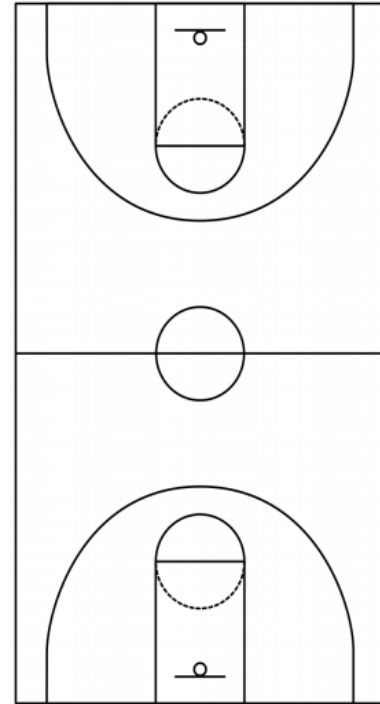
Office  
Entrance  
Foyer



**Court 3**



**Court 2**



**Court 1**

School Quad

Defense:

The team without the ball is called the defense. They try to steal the ball, contest shots, steal and deflect passes, and garner rebounds.

Offense:

The team with possession of the ball and with the goal to score. Offense can move the ball towards their goal by dribbling or passing and ultimately shooting to try to score.

Baseline:

End line beneath each basket.

Foul Line:

Free throw line.

Key or Foul Lane:

Also known as the "paint." Rectangular area from baseline to foul-line with circle at top.

Elbow:

Area of court where foul-line and side of key meet.

Crossover Dribble:

A dribble in which the ball is moved from one hand to the other while dribbler changes directions.

Pivot Foot:

Foot staying in contact with a spot on the floor while moving the other foot to adjust position of the body or to evade a defensive player.

Jump-stop:

Action of coming to complete stop where both feet land in a spot simultaneously.

Assist:

Pass that leads directly to a teammate scoring a basket.

Bank Shot:

Also called "using the glass" means a player shoots so that ball hits the backboard prior to going in.

Wing:

Area just on or outside 3-point line even with the foul-line. (foul line extended)

Block:

Rectangular block on outside of key by baseline.

Post-up:

Getting an offensive position near the basket along the key.

Drop Step:

Also called "Reverse pivot". When posting-up, taking a step backwards, towards the basket and behind the defender in order to move around him/her.

1+1:

Free throw were making the first shot earns a second shot. If the first shot is missed, the ball becomes live.

Violation:

is the most minor class of illegal action. Most violations are committed by the team with possession of the ball, when a player mishandles the ball or makes an illegal move. The typical penalty for a violation is loss of the ball to the other team.

Triple Threat position:

The position when a player facing a defender receives a pass but has not dribbled yet. The offensive player's feet are slightly wider than shoulder width and slightly on the balls of their feet, their knees flexed, with both hands on the basketball in front of them or almost resting on their thigh, presenting the defender with an opponent able to move in any direction. One foot is held as the pivot and the other slightly ahead. From this, the player can choose from three options: to shoot, to dribble (drive) past the defender or to pass it to a teammate. There are also options to get the defender out of their defensive stance by using jab steps and shot fakes.

# WEEK 1

## Skill of the week: Dribbling

### Warm-up/Stretches (6 Minutes)

Begin each practice with warm-up activities and stretching to get players loosened up and ready to go.

### Stationary Dribbling (12 Minutes)

#### Equipment:

One basketball per player

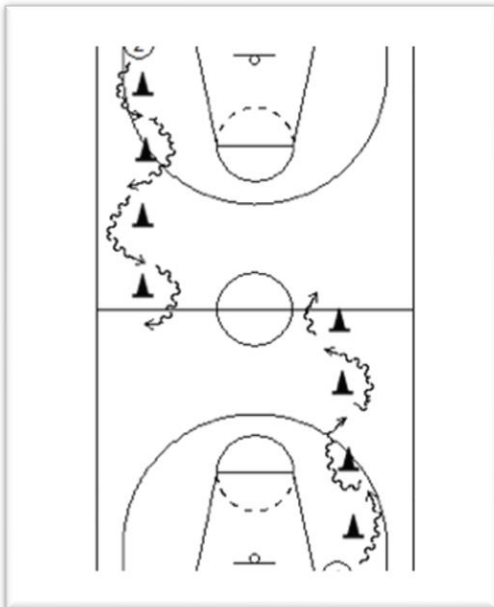
#### Drill Instructions:

1. Players spread out on the basketball court in 1-3 lines, facing the coach.
2. Players will be in a good basic offensive basketball position.
3. Players will dribble the basketball in place with their dominant hand for 60 seconds.
  - a. Ankles (20 sec)
  - b. Hips (20 sec)
  - c. Shoulders (20 sec)
4. Players will dribble the basketball in place with their non-dominant hand for 60 seconds.
  - a. Ankles (20 sec)
  - b. Hips (20 sec)
  - c. Shoulders (20 sec)
5. Repeat two or three times.



#### Drill Purpose:

The purpose of the drill is to practice getting a feel for the basketball and maintaining control while dribbling.



### Dribble Relay (12 Minutes)

#### Equipment:

One basketball per group and cones

#### Drill Instructions:

1. Players will form 1-3 lines at one of the baselines, facing the coach at half court.
2. The first person in line has the basketball.
3. They will speed dribble to the opposite baseline and back, using their right hand down and left hand back.
4. They will then pass the ball to their teammate for their turn.
5. The first team to return all their players wins the race.

#### Drill Purpose:

The purpose of this drill is to practice dribbling and controlling the ball in a fast, full-court situation.

## Ball Handling (15 Minutes)

### Equipment:

One basketball per player

### Drill Instructions:

Players spread out on the basketball court in 1-3 lines, facing the coach.

Players will be in a good basic offensive basketball position.

Players will dribble the basketball in place with their dominant hand for 30 seconds. After 30 seconds switch and do another rep with opposite hand for 30 seconds. (emphasize having eyes up)

Players will perform a one dribble cross while advancing forward touching half court and coming back doing the same move. They will start out taking one dribble with whatever hand. After that one dribble they will immediately perform a crossover dribble into their opposite hand.

Once they touch half court and back, the next move will be a between the legs followed with a crossover. Repeat the same movement as completed in step 5. (half court & back)



## Sharks & Minnows Drill (12 Minutes)

### Equipment:

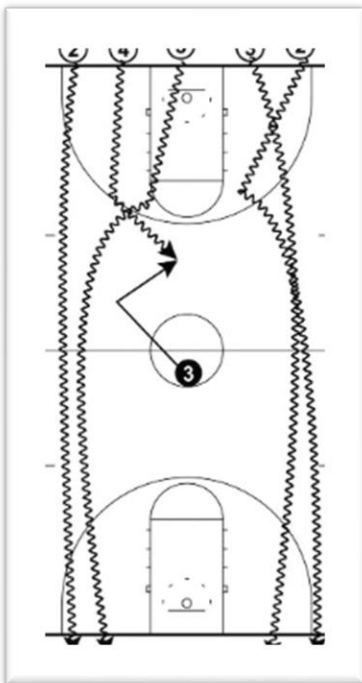
Basketballs (5-10)

### Drill Instructions:

1. The game starts when either the taggers or coach call out 'go'. On this signal, all the minnows (offensive dribblers) attempt to dribble from one side of the court to the other without getting tagged by the sharks (defensive players).
2. If a shark does tag them, they must stand in the spot they were tagged, place the basketball between their feet, and now are scarecrows. If a minnow comes within reach of them, they can tag them to get them out.
3. The last minnow that hasn't been tagged is the winner.

### Drill Purpose:

A fun drill that forces the dribblers to keep their heads up and dodge the defenders in front of them.





# WEEK 2

## Skill of the week: Passing

### Warm-up/Stretches (6 Minutes)

Begin each practice with warm-up activities and stretching to get players loosened up and ready to go.

### Stationary Passing (12 Minutes)

#### Equipment:

One basketball per group

#### Drill Instructions:

1. Have each player get a partner, and each pair has a ball, so they can "play catch" with each other. Have the partners separate about 12 - 15 feet (comfortable passing distance), and face each other.
  - a. **Chest Pass:** Demonstrate the proper techniques with "stepping into" the pass with one foot forward. Snap the pass, with the thumbs going through the ball and extending toward the receiver.
  - b. **Bounce Pass:** The ball should hit the ground about three-quarters from the receiver and bounce right to their chest.
  - c. **Overhead Pass:** Have the partners move a little farther apart, so they are working on a longer pass. Players should snap their passes with some arc but be sure that they are not lobbing their passes too high.
2. Repeat between the different types of passes.



#### Drill Purpose:

Partner passing teaches the absolute basics of passing and allows your players to practice different types of passes and the correct technique.

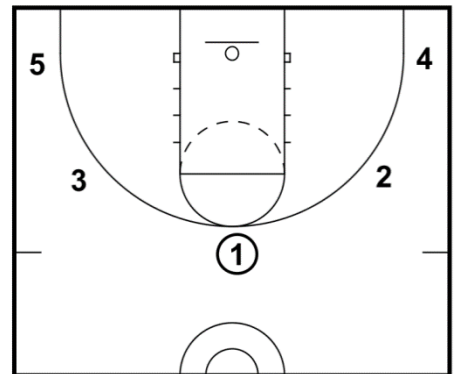
### Position Passing (10 Minutes)

#### Equipment:

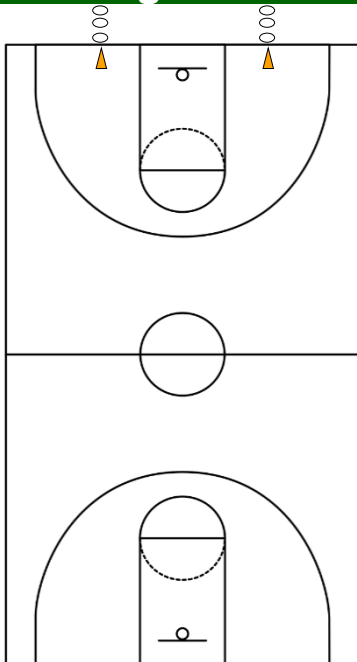
One basketball per group

#### Drill Instructions:

1. Select one or two players to be the defenders and get the rest of your players to spread out in a small area like the three-point line.
2. When the drill begins, the defenders will run around trying to steal the basketball from the offensive team. The defenders goal is to get a deflection or a steal.
3. The offensive players must stay in one space and pass the ball around to each other keeping the basketball away from the defenders.
4. After a minute or two, swap out the defenders.



## Passing the Ball Relay (12 Minutes)



### Equipment:

One basketball per group

### Drill Instructions:

1. Divide the team into two groups. Position each group behind the baseline in straight lines and 10 feet apart.
2. The two inside lines turn outward and face the other group. A basketball is given to the pair (first two players in line).
3. When the signal is given, the first two players of each team quickly move up the court to the baseline and back while chest passing the ball back and forth to each other.
4. Upon returning, they hand off the ball to the next two player in line.
5. This continues until all players have participated.  
(This relay can also be performed using a bounce pass up and down the court.)

### Drill Purpose:

This is a traditional relay that sparks fun and helps the players improve their balance and ball control.

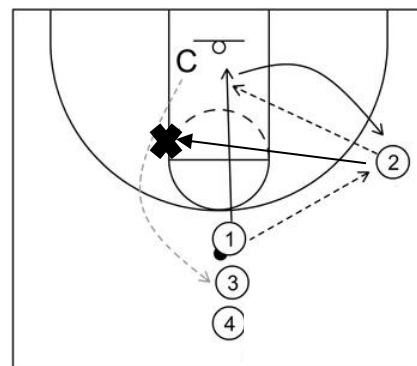
## Laker Cut Drill

### Equipment:

4-5 balls

### Drill Instructions:

1. Two lines are formed, one on top of the key (Line A), the other on the wing (Line B)
2. Player 1 (Line A) passes to Player 2 (Line B), then cuts towards the hoop. After receiving the pass, Player 2 gives a bounce-pass back to Player 1, who then does a layup.
3. After Player 2 passes back to Player 1, they will run to the adjacent elbow, where the coach will pass the ball and Player 2 shoots the ball.
4. After completing the layup, Player 1 will give the ball to the coach and go to Line B. After Player 2 shoots, they will get their rebound and get in Line A and give the ball to the next person without a ball.



### Drill Purpose:

- The purpose of this drill is to practice on making strong passes, a cutting to the hoop, as well as working on a shooting form.

## Recap (5 Minutes)

What was learned from today's session passing? Why it's important? What we will be going over next session?

# WEEK 3

## Skill of the week: Shooting

### Warm-up/Stretches (6 Minutes)

Begin each practice with warm-up activities and stretching to get players loosened up and ready to go.

### Shooting Fundamentals (12 Minutes)

1. Player should be properly balanced, with feet shoulder width apart and a ball in his/her hands.
2. Keep the knees bent (use your legs to shoot).
3. Keep shooting hand under the ball with elbow locked (elbow should be in – never outward, away from the body), opposite hand should be to the side of the ball helping to “balance” the ball, never helping to “shoot” the ball.
4. Find the target (front or back of the rim – differs from coach to coach), and focus on a “consistent” target (the rim) every time.
5. Square Up to the basket – Which means your shoulders are “square” (parallel) to the basket (toes pointing straight at the basket).
6. Shoot with lots of “arc” on the ball (60 degrees is the preferred arc), try to get lots of “rotation” on the ball.
7. And most importantly – Follow through: Keep the shooting hand up and fully extended, keep your fingers pointed at the rim, and keep your arm up until the ball goes in the basket or misses.



### Perfect Shooting Drill (12 Minutes)

#### Equipment:

One basketball per group

#### Drill Instructions:

1. Players form a single line of no more than 5 players a couple of feet out from the basket. Use both ends of the court if possible so kids get to take more shots. Every player has a basketball.
2. Players then take turns shooting with the aim to swish each shot through the net.
3. The swish is important because we’re trying to teach the players how to shoot with enough arc on the shot.
4. After a player has taken a shot, they can either return to the end of the same line or rotate lines either clockwise or counterclockwise.

#### Drill Purpose:

This is a great drill for players to practice shooting with perfect form and for coaches to teach and correct shooting form.



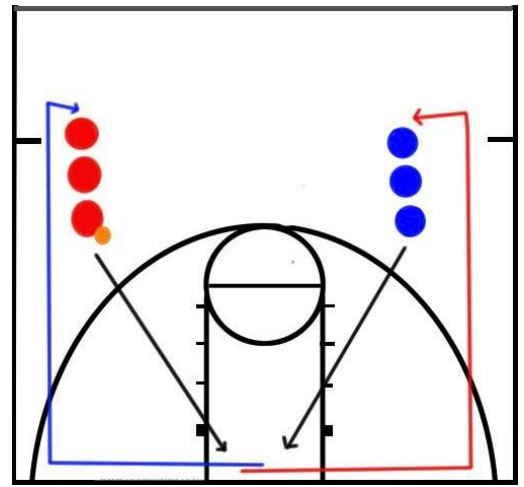
## Line Lay-up Drill (12 Minutes)

### Equipment:

3 basketballs

### Drill Instructions:

1. Split the players into two separate lines on each side of a half-court, a shooting line and a rebounding line.
2. The drill starts with the first shooter dribbling up to the basket and doing a simple layup, the first rebounder rebounds and passes to the next shooter. The shooter goes to the rebounding line and the rebounder goes to the shooting line.
3. After a few minutes switch sides, so that the left line is now the shooting line, and players must do a left-handed layup.



## Knockout (12 Minutes)

### Equipment:

2 basketballs

### Drill Instructions:

1. All players line up in a straight line behind the free throw line.
2. The first two players in line have a basketball.
3. The drill begins with the first person in line taking a shot. If they make it, they quickly rebound their ball and throw it to the next person in line. If they miss, they must rebound the ball and score as quick as possible.
4. As soon as the first player has shot, the second player can begin.
5. If the player behind scores before the player in front, the player in front is out.
6. The drill continues until there is one person left and they are crowned the winner.



on the floor.

## Recap (6 Minutes)

What was learned from today's session shooting? Why it's important? What we will be going over next session?

# WEEK 4

## Skill of the week: Defense

### Warm-up/Stretches (6 Minutes)

Begin each practice with warm-up activities and stretching to get players loosened up and ready to go.

### Defensive Ready Position (12 Minutes)

Introduce and demonstrate proper defensive ready position. When in a defensive ready position, emphasize the following:

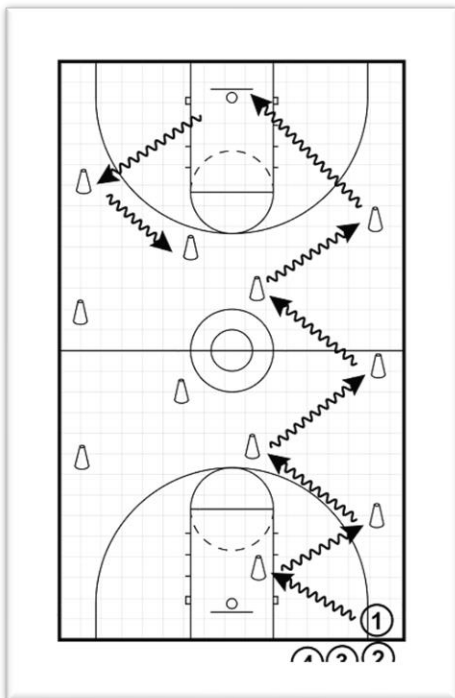
- Feet shoulder width apart, slightly staggered.
- Weight distributed evenly on balls of both feet.
- Bend ankles, knees and hips.
- Head upright and looking forward, back fairly straight.
- Arms are extended out to side in position to intercept a pass.
- Hands are above elbow and below shoulder.
- Must be balanced.



### Zig Zag Drill (12 Minutes)

#### Equipment:

Cones



#### Drill Instructions:

1. The player starts on the baseline in the corner with their back to the opposite baseline.
2. The player begins at an angle and begins to step-slide towards the middle of the floor.
3. After a few step-slides, the player will perform a drop-step and begin sliding back to the sideline.
4. Repeat this drill.

#### Drill Purpose:

The Zig-Zag Slide drill teaches players to change direction in a low, defensive stance. This drill simulates guarding an offensive player who has the ball. This drill also builds endurance in the feet and legs.

## Partner Zig Zag Drill (12 Minutes)

### Equipment:

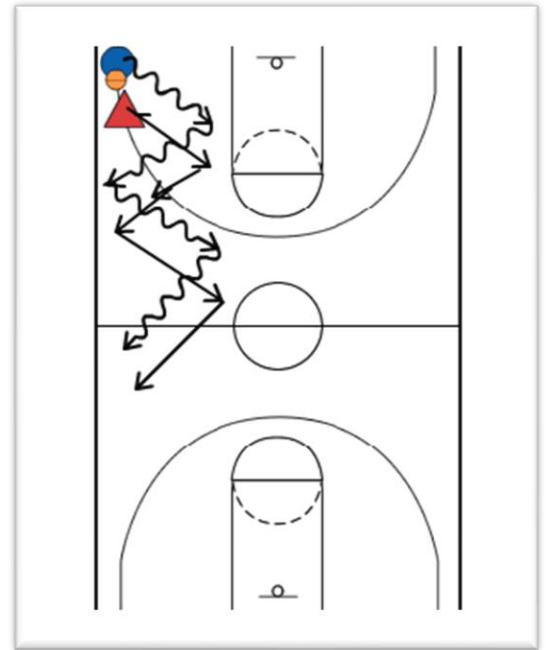
Basketball and Cones

### Drill Instructions:

1. Players form pairs: one offensive and one defensive player.
2. The offensive player dribbles the length of the court in a zigzag pattern while the defensive player uses drop steps and defensive slides.
3. Defensive player should stay one arm's length away from the ball-handler.
4. When players reach the baseline, reverse roles and continue the drill. As players become better at this drill, they can increase the speed and intensity at which it is performed.

### Drill Purpose:

The purpose of this drill is to apply pressure on the ball handler in a full court situation by forcing the ball handler in the direction that you want him to go. It also focuses on closing out in a full court situation and containing the dribble.



## Sharks & Minnows Drill (12 Minutes)

### Equipment:

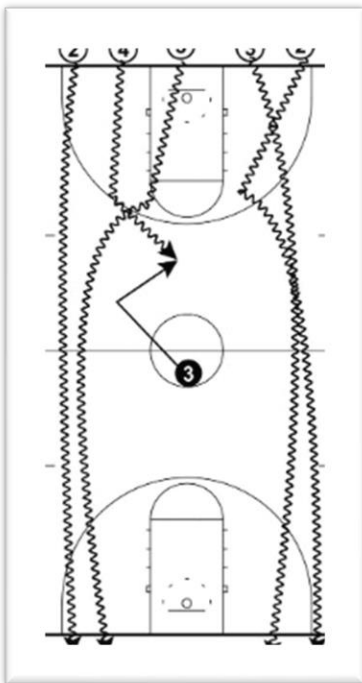
Basketballs (5-10)

### Drill Instructions:

4. The game starts when either the taggers or coach call out 'go'. On this signal, all the minnows (offensive dribblers) attempt to dribble from one side of the court to the other without getting tagged by the sharks (defensive players).
5. If a shark does tag them, they must stand in the spot they were tagged, place the basketball between their feet, and now are scarecrows. If a minnow comes within reach of them, they can tag them to get them out.
6. The last minnow that hasn't been tagged is the winner.

### Drill Purpose:

A fun drill that forces the dribblers to keep their heads up and dodge the defenders in front of them.



# WEEK 5

## Skill of the week: Rebounding

### Warm-up/Stretches (6 Minutes)

Begin each practice with warm-up activities and stretching to get players loosened up and ready to go.

### Grab Ball Rebounding Drill (12 Minutes)

#### Equipment:

One basketball per group

#### Drill Instructions:

1. Players will divide into pairs and spread out on the basketball court.
2. One player (rebounder) will start with the basketball. The other player (defender) will be positioned directly in front of the rebounder.
3. The rebounder will hold the basketball overhead with a firm grip. The defender will grab at the basketball attempting to steal it away from the rebounder.
4. The rebounder will pull the ball away, pivot away from the defender, and keep the ball overhead simulating an overhead pass.
5. Players will grab five rebounds each and then switch positions.

#### Drill Purpose:

To practice the skills needed to grab and hold the basketball after a rebound.

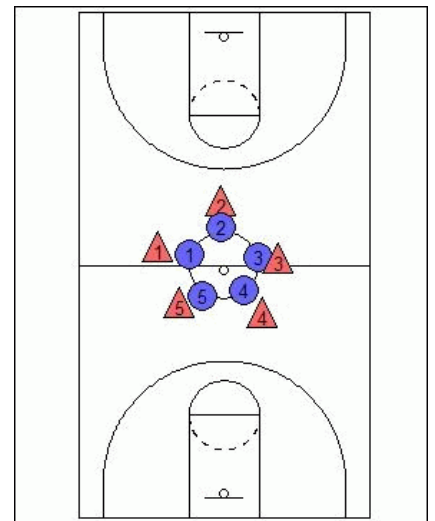
### Circle Rebounding Drill (12 Minutes)

#### Equipment:

One basketball per group

#### Drill Instructions:

1. Players will divide into groups of six or more and position themselves around one of the jump ball circles.
2. The players should pair up with teammates that are the same size and preferably the same position.
3. One partner will be the offensive player and the other will be the defensive player.
4. The offensive players in the group will stand on the outside of the circle, while the defensive players will stand on the inside of the circle. The offensive and defensive players should face each other.
5. The basketball is placed in the center of the circle. When the coach blows the whistle, the offensive player makes a move to get past the defender and to the ball.
6. The defensive player should use the proper footwork to pivot and box out the offensive player. The defender should continue to box out for five seconds.
7. The players then switch positions.



#### Drill Purpose:

To practice the skills needed to properly box out and rebound the basketball.

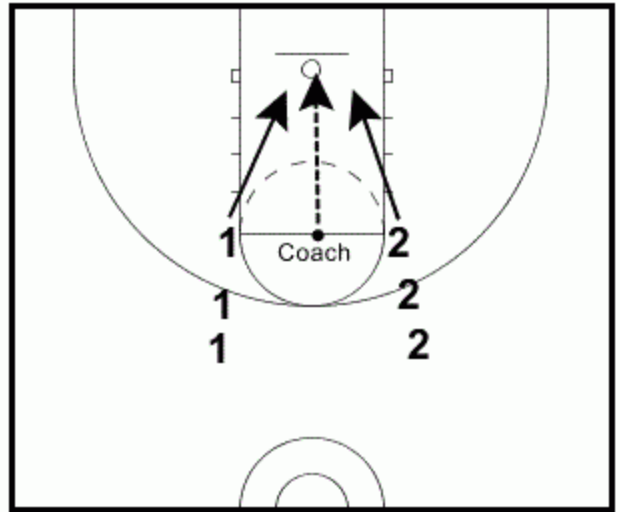
## Two Line Rebounding Drill (12 Minutes)

### Equipment:

One basketball per group

### Drill Instructions:

1. Players will form two lines at each of the main baskets. One line (offense) will be positioned past the top of the key; the other line (defense) will be positioned at the baseline.
2. The coach will stand at the top of the key with a basketball.
3. The first offensive player will start at the free-throw line and the first defender will be directly in front of them in a good defensive position.
4. The coach will shoot the basketball, attempting to miss it, and the offensive player will aggressively move to get past the defender for a rebound.
5. The defender will perform the proper footwork and technique to pivot and box out the offensive player.
6. If the defender gets the rebound, they should pivot and make a quick outlet pass to the coach.
7. If the offensive player gets the rebound, they would make an offensive move to score.
8. The drill is continued until the defender gains possession of the ball.



### Drill Purpose:

To practice the skills needed to properly box out, go aggressively toward the basketball and rebound.

## Two on Two Box Out Drill (20 Minutes)

### Equipment:

One basketball per group

### Drill Instructions:

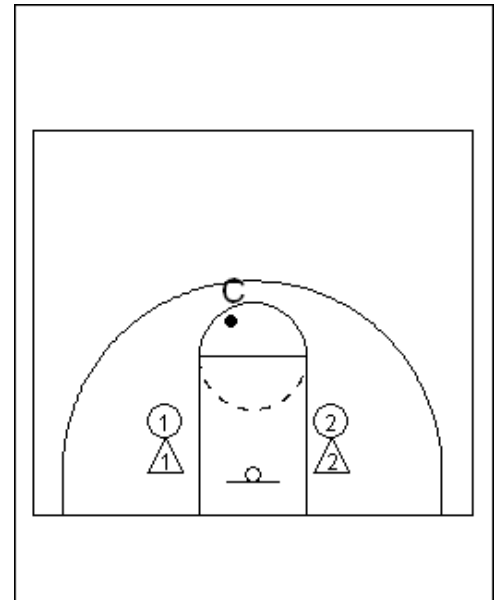
Offensive and defensive player on each side of the lane.

The coach throws up the ball, defense blocks out, offense goes after the rebound.

If the offense gets rebound, they try to score. If the defense rebounds, they pass the ball out to the coach.

## Recap (6 Minutes)

What was learned from today's session rebounding? Why it's important? What we will be going over next session?





# WEEK 6

## Skill of the week: Zone & \*Press Defense

\*Grades 5-7 Girls & 6-7 Boys

### Warm-up/Stretches (6 Minutes)

Begin each practice with warm-up activities and stretching to get players loosened up and ready to go.

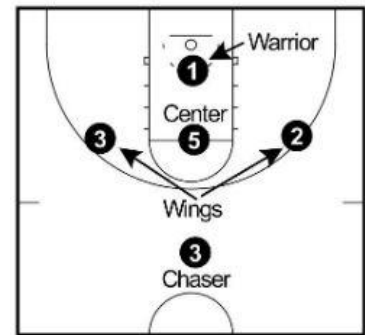
### 1-3-1 Half Court Zone Press (16 Minutes)

#### Equipment:

One (1) basketball

#### Drill Instructions:

1. Have 5 player setup on defense (as pictured on right); remaining players will play offense.
2. To start the drill, the offense will begin with ball at half court.
3. Offense will then dribble in any direction they choose. "Point" or "Chase" defender will attempt to force them to one of the sidelines.
4. Once player is forced to the sideline, the "Wing" defender will come up and help trap the offense.
5. When the "Wing" moves up to help, "Center" and the other "Wing" defenders shift their positioning to the ball.
6. If the offense gets past the "Point/Chase" and "Wing" defender, the "Center" will slide over to help trap the offense in the corner.



#### Basic Pointers:

1. Be vocal, talk to each other.
2. Get your hands up and out, to shrink the passing lanes.
3. Trap the corners.
4. No fouls... play good defense without fouling.
5. Defense should never stop moving.

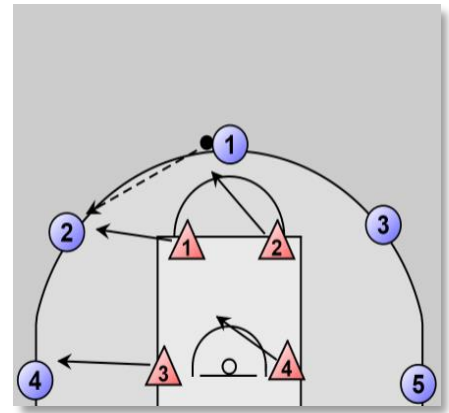
#### Drill Purpose:

The 1-3-1 press defense is a type of basketball defensive strategy that implements on-ball pressure, particularly in the backcourt, and traps near the sidelines, to limit or prevent offensive scoring opportunities.

## Zone Defense (16 Minutes)

### Basic Pointers:

1. No lay-ups. Try to keep the ball outside. Double-team the ball in the paint.
2. Be vocal, talk to each other.
3. Get your hands up and out, to shrink the passing lanes.
4. Close-out on the shooter with high hands, to pressure the shot and the pass. We are less concerned with dribble-penetration since the zone creates too much congestion inside for the dribble-drive.
5. Stay in your defensive stance.
6. No fouls... play good defense without fouling.
7. No second shots... be aggressive rebounders
8. Trap the corners.
9. Especially if you are ahead, don't gamble or get too zealous about trapping the wing and point guard positions. Keep pressure on the ball, but also protect the paint and force the outside, low-percentage shot.



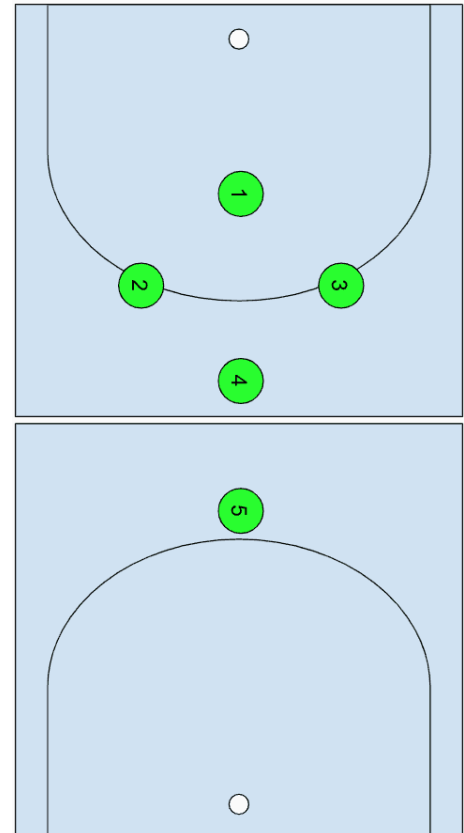
## Full Court Diamond Press (16 Minutes)

### Equipment:

One (1) basketball

### Drill Instructions:

1. Have the defensive players set up in a 1-2-1-1 formation as shown to the right.
2. Once ball is inbounded (i.e. to the left), players 1 and 2 will converge on the ball handler and attempt to trap the offense in the corner or along the sideline.
3. Once players 1 and 2 move to trap the offense, player 3 will then slide toward the middle of the floor to take away the passing lane.
4. Player 4, lines up just above halfcourt and will try to stop the dribbler, forcing them to the sideline, if they do break through the initial trap.
5. If the initial press is broken the players on the wing (2 or 3) will slide back down to assist Player 4 with the trap along the sideline.
6. Player 5 (safety), lines up at top of the arc and their job is to stop the long passes and be great at defending in 2 on 1 situations.



### Drill Purpose:

To force the ball to be inbounded to the strong-side corner and then immediately trap the offensive player that catches the basketball using the inbounder and the closest wing player. In addition, no ball should be dribbled down the sideline nor should passes be made to the offensive player in the middle of the floor.

## Recap (6 Minutes)

What was learned from today's session defense? Why it's important? What we will be going over next session?

## **Drill List: PRIMARILY FOR GRADES (4-7)**

### **DRIBBLING**

#### Red-light/Green light:

Have all players line up on the baseline with a ball. On your whistle the players begin dribbling towards the other baseline. Have them walk for the first couple of rounds. On the next whistle the players must stop either with a stride stop or jump stop and get into the “ready-triple threat” position. If they lose control of their ball or don't immediately stop they must return to the baseline. The first player to make it to the opposite baseline is the winner. On the return trip have them use the left hand. Progress to having them run and dribble.

#### Snake Dribbling:

All players with a ball. Players form a winding line in the middle of the court; they are spaced a few feet apart. The players all begin dribbling while in the line. The player at the end of the line must dribble through the line weaving in and out of the other players until they reach the front of the line and stop (they continue dribbling in a stationary position) each time a player is at the end of the snake they must work their way to the front and stop. You can progress with this drill to having the snake move around the court, have the players in line try to knock the ball away from player attempting to make their way to the front of the line and have players use their non- dominate hand.

#### Staring Dribble Drill:

Pair up players according to skill and size. Have players face each other and hold the ball in whatever hand they wish. On your whistle the players must begin dribbling and staring into each other's eyes. If a player blinks, looks away or looks down at their ball the other player earns a point. They begin a new game. The first player to 5 points wins. You can use many variations of this drill; use their weak hand only, allow them to move around, switch up partners; add a second ball for more advanced players.

#### SPLAT:

All players have a ball and stand with the coach in the center circle in the middle of the gym. The coach has a soft ball (nerf or other soft skin ball). The coach calls out a player's name and throws the soft ball into the air. The player whose name was called puts down their basketball and runs to get the soft ball. All other players dribble as fast as they can away from the player with the soft ball. When the player catches the ball and yells “stop” all players must stop immediately and put their ball down beside them. The player with the soft ball can take 3 steps towards the closest player and try to throw the ball at them. If the target is hit they have to give their ball to the player who got them out and return to the center circle. If the target catches the soft ball or the player throwing the ball misses, the original person stays in the middle. Everyone returns to the middle and the ball is thrown into the air again.... the coach calls a new name each time.

#### Bird on a Wire:

All players are on the base line with a ball. One player is the “bird” and is standing on a line that goes across from sideline to sideline. On the coaches command all the players speed dribble across the court to the opposite baseline. The “bird” tries to tag the players trying to cross the court but must stay on the line. They can run all along the line. If a player is tagged, they get rid of their ball and become a bird too. Do several rounds. You can vary this by staggering the “birds” on different lines across the court and by having them steal the ball instead of tagging the player.

#### Musical Cones or Hula Hoops:

This is a fun dribbling drill that is a twist on musical chairs. Hula Hoops make the game really fun, but you can substitute cones if you don't have access to 10 Hula Hoops. Each player gets a hula hoop or a cone and a ball. The players spread out around the court. On your whistle (or if you have music in your gym...when the music starts) the players start dribbling around the court. The coach removes one to the hula hoops or cones. On the coach's next whistle (or when the music stops) the players must speed dribble and get one foot inside the hula hoop, or one foot on the cone. The player without a hula hoop or cone is out of the game. Continue until only one player remains. Vary the game requiring certain types of dribbling or allowing players to knock the other player's balls away during the game.

#### Dribble Around Defenders:

Have 4 or 5 players stand down the center of the court. These players can't move their feet, but they can use their hands and lean for the ball. The other players start from one end and try to dribble in a weave pattern through the defenders. The goal is to get through the defenders without losing control of their ball or having it touched by a defender.

#### 1 V 1 dribbling:

Pair up players according to skill and size. Line up pair either along the base line or across the sideline (depending on how many pair you have. You want each pair to have lots of space) One player has the ball and is on offense. The other

player lines up about 3 ft away and is on defense. The object for the offense is to try to dribble the ball across the court, the defense tries to steal the ball or stop the dribble of the offense.

## **PASSING**

### Line Coach Pass:

Line up all players in a line facing the coach. Each player has a ball. Have each player pass the ball to the coach and the coach passes it back to the player. This is a good drill to introduce passing to players. It allows the coach to instruct all players on the proper passing technique. Have players focus on passing and catching with 2 hands, 2 eyes and 2 feet. Watch for players stepping into the pass and snapping the hands towards the target. Make sure that when receiving the pass, the players hands are ready and in the proper position. Do several rounds up and down the line. Show both the chest pass and the bounce pass.

### Wall Pass:

Each player has a ball. Have players find a spot on the wall. Have player start making a bounce pass to the wall and catching the return. Progress to players performing a chest pass and catching the return.

### Give and Go:

Divide team up into 2 lines facing each other about 10ft apart. One ball is needed. The first person with the ball makes a chest pass to the opposite line and then runs to the end the opposite line.

### Passing Line Relay:

Divide team into 2 equal teams. Line them up across the court from sideline to sideline about 5ft apart. The first player in each line has a ball. They pass the ball to the next player in line. That player must turn 180 degrees using a pivot and passes to the next player in line. This continues to the end of the line and then back to the front. If the ball is dropped or the pivot is not done properly the team must send the ball back to the start to begin again.

### Triangle Passing:

Divide players into groups of 3. Have each group form a triangle. Have them pass to each other into a clockwise direction. Then have them pass in a counterclockwise direction. Progress with this drill by having the groups of 3 move around the court while continuing to pass and maintain proper spacing.

### Rapid Passing:

One player is in the center of the key with a basketball. All other players are lined up about 2 feet in from the 3 point arc. On the coaches command the player in the key passes the ball to the player furthest on the left, that player immediately passed the ball back to the player in the center. The player continues passing quickly to the next player all across the line until they have passed to each player. Then the player at the far right takes the center position and the player from the middle gets in line on the far left. Each player rotates through rapid passing. All kinds of passes can be used. Emphasize good form in passing and receiving.

### Ultimate Basketball:

Divide team into 2 teams of 5. The game is played on the full court. The teams cannot dribble and can only take 2 steps. Teams pass the ball down the court and try to get the ball passed to a player behind the baseline, teams get 5 points for each time they do are able to do that. If a pass is dropped the other team gets possession. First team to get to 20 points wins. Emphasize communication, passing under pressure and getting open for a pass.

### 4 Square Passing:

Set up a large square in one half of the court. Have players divide up on each corner of the square. Each corner has a ball. The coach tells the players what kind of pivot (right/left) they will do and what kind of pass (bounce/chest). On the whistle the first player in each line dribbles to the center of the square, performs the pivot and passes the ball back to the line. The player then follows the pass to the back of that line. After they get the hang of it see how many passes they can do in a row or how long they can go without dropping a pass.

### Middleman Passing:

Divide team up into groups of 3. Have the 3 players line up a couple of feet apart in a straight line. Player 1 on the right has a ball and Player 3 on the left has a ball. Player 2 is in the middle. Player 1 passes to player 2; player 2 passes right back to Player 1 and turns to Player 3. Player 3 passes to player 2 who passes it immediately back to Player 3. Player 2 turns back to player 1 to start the whole sequence over again. Do rounds of 30 seconds and then switch positions. Progress to adding a pivot to the drill before the pass.

## **SHOOTING**

### **Pizza Waiter:**

This is a silly drill to introduce and reinforce proper shooting form. Have all players in ready position. Have them show you how a waiter would bring you pizza on a tray. Make sure all players have their palm facing up with their arm bent in an L shape under the hand. The elbow should be over the knee and under the hand. As the players show you their Pizza Waiter position, place a ball on their "tray". Instruct them that a good waiter doesn't drop their food so they need to use their other hand to gently hold the pizza (ball) on the tray. After they are able to show you the proper position have the players toss their "pizza" in the air until you blow your whistle. On the whistle the players should get into their Pizza Waiter position. Make corrections as needed. Do several rounds.

### **Cookie Jar:**

Tell players that at the end of their shots they need to be trying to get cookies out of a cookie jar up high on a shelf. Arm extended, wrist bent, fingers down. Have players go through the shot progression without a ball. Have them show you ready-triple threat position, bent knees, pizza waiter, push up with legs, cookie jar. Have them stand around the basket and shoot an imaginary ball several times, this will help them focus on the technique without having to worry about the ball too.

### **Shoot To Wall:**

Have players stand 3 feet away from the wall and shoot up to the wall. Players catch the ball and repeat. Make brief adjustments. Help them with verbal cues to remember the shooting sequence. Progress to marking a square on the wall and having them shoot to the target.

### **Partner Line Shooting:**

Partners are positioned on a line about 10-15 ft apart. The goal is for the shooter to land the ball on the line. Players should hold the ball in good form, directly over the line. The player shoots the ball up and tries to have it land directly on the line. The partner catches the ball and then it is their turn to try to shoot the ball to land on the line. Teams get a point for every time their ball lands on the line.

### **Dribble and Shoot:**

Divide team up into 2 groups. Have groups lined up at half court. Mark spots on both sides of the basket with a cone. Those are the spots that the players will shoot from. On coach's command, players from each line dribble down the court stops at the cone and shoots. After making the shot or making 2 attempts the player gets the rebound, dribbles back to the line and passes the ball to the next player in line.

### **2 on 1 shooting drill:**

2 lines are formed at half court. These players are the offensive players. One line is formed under the basket. These players are the defense. On the coaches command the offensive players dribble down towards the basket, pass to the open player and shoot at the basket. The defensive player tries to steal the ball. The defensive player is awarded a point for a steal or getting a rebound off a missed shot. Players rotate to a different line after each turn.

### **1-2 Put It Up:**

Have your team line up across the baseline. All players have a ball. Explain & demonstrate the footwork and shot progression of a layup. Have the players begin walking while dribbling their ball across the court. Give them the verbal cue "pick it up", players should pick up dribble. Give second verbal cue "1-2 Put It Up". Players should attempt to step twice...first with the right foot, then the left foot...and then the right-hand w/ball and right leg go UP for the shot. Repeat several times.

## **DEFENSE**

### **Pistol Defense:**

Set team up in a 5 v 5 formation with offense and defensive players. Give one player a ball and have all other defends get into the proper defensive position. Have them point their fingers (or pistols) at their player and the ball. Demonstrate how to move and adjust to stay between their player and the basket, while also being able to see the player with the ball. Have offensive players pass the ball around and have the players adjust for each pass. Do several rounds and then switch teams.

### Stance and Slide

- Where they go: Line players up at lane-line (outside of key), facing mid-court. Right foot touching the lane-line.
- On whistle, player gets in defensive stance.
- Next whistle, players slide to other side of lane and touch line with left foot. Continue back and forth for 30 seconds.
- Key point: Lead foot should be pointing in direction player is sliding.
- Make it a game: coach blows whistle and points left or right to vary direction of players.

### Slide to Side

- Where to go: Two teams lined up in corners. One team on offense, each with ball.
- On whistle, offensive player dribbles to each cone. Defensive player slides in good stance, staying a half step in front of dribbler.
- At each cone, offensive player uses change of direction dribble (crossover, between legs, etc.)
- Key point: Defensive player should be at arm's length from dribbler.
- Make it a game: Upon reaching final cone, offensive player dribbles on breakaway to basket. Defender tries to stop lay-up. Offense and defense then switch.