



# YBL Coach's Packet

Dear YBL Coach,

First of all we would like to thank you for volunteering your time coaching the youth of the Tri-Cities! Without our volunteer coaches, this league would not be possible. Please review the following, as it contains new information as well as reminders about our YBL program. Attached is a coaching application, background check, and an online concussion test for you to complete and return as soon as possible.

## ALL LEVELS:

- Each team is allotted one 1 hour practice per week. Each team is scheduled for a single hoop or a quarter courts. We understand that that places you in a difficult situation. We suggest that either you request the later evening practice time slots or you use this to your advantage by scrimmaging more and/or doing skill stations with the team you share a court with. Please **DO NOT** go over your scheduled time slot.
- We will try our best to accommodate practice times and day selections. Please indicate when you are available on your application. Once schedule is set, it's near impossible to change days/times so be certain.
- If you have an assistant coach whom you would like to coach with, please indicate that on your registration card. If you don't have an assistant, one may be assigned to you if available.
- A **REMINDER**: all of our YBL referees are high school to college aged. They will do their best to make correct calls for the age levels, but just like any referee they may miss a few calls. Each of them has gone through training and are being reviewed weekly. If you (or parents) have a specific concern about a referee, please come directly to one of us.

## DINKY DUNKERS (Y5's & Kindergarten):

- This is a CO-ED league.
- Saturday January 17<sup>th</sup> is a skill clinic. Games will start the following week.
- You are given 1 hour for practices; we realize it may be difficult to keep their attention for that long at this level. Shorten practices at your discretion.
- We will choose teams; there is no draft for this level.

OVER



### **ROOKIES (1<sup>st</sup>-2<sup>nd</sup>):**

- Both a Girls and a Boys division
- January 17<sup>th</sup> is a skill clinic/scrimmage
- Most players at this level need a lot of work on their fundamentals so NO PLAYS will be allowed.

### **WINNERS (3<sup>rd</sup>-4<sup>th</sup>):**

- Both a Girls and a Boys division
- Saturday January 17<sup>th</sup> we will have a mock game/clinic to get players, coach's, and refs adjusted to YBL setup.
- A MANDATORY Evaluation Night for Players and Coaches
  - Winner Girls: 6:00 December 16<sup>th</sup> or 17<sup>th</sup> (Coaches meeting 17<sup>th</sup> @ 7).
  - Winner Boys: 7:30 December 16<sup>th</sup> or 6:00 the 18<sup>th</sup> (Coaches meeting 18<sup>th</sup> @ 7:00).

### **CHAMPIONS (5<sup>th</sup>-6<sup>th</sup>):**

- This is a CO-ED division
- Saturday January 17<sup>th</sup> we will have a mock game/clinic to get players, coaches, and refs adjusted to YBL setup.
- A MANDATORY Evaluation Night for players and coaches.
  - 7:30 December 17<sup>th</sup> or 18<sup>th</sup> (Coaches meeting the 18<sup>th</sup> @ 8:30).
- Draft to pick teams
- Score and statistics will be kept.

### **A note on EVALUATION NIGHT:**

It is MANDATORY that ALL PLAYERS AND COACHES attend. Each coach for Winners and Champion teams will be watching drills and game play to grade each player based on their skill level. After the evaluation we as the coordinators will divide each of the players based on their skill level, size, practice availability, school, grade, and requests. NO request for a player is GUARANTEED. This change was made to try and keep the teams more evenly matched ☺. We will inform you of your team as soon as possible!

Again, we greatly appreciate you taking your time and coaching this year! If you have any questions, comments, or concerns please contact us. We look forward to another great YBL season!

Thanks!

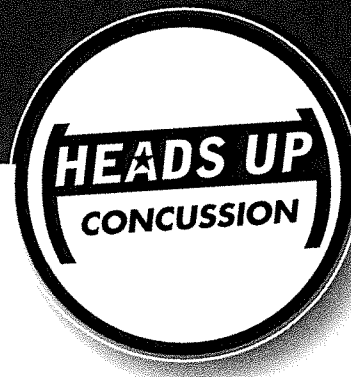
Tori and Ellie Holman  
youthsports@tcfymca.org





# Please take test online!

## FAQs ABOUT CONCUSSION BASELINE TESTING



### WHAT IS BASELINE TESTING?

Baseline testing is a pre-season exam conducted by a trained health care professional. Baseline tests are used to assess an athlete's balance and brain function (including learning and memory skills, ability to pay attention or concentrate, and how quickly he or she thinks and solve problems), as well as for the presence of any concussion symptoms.

Baseline testing should take place during the pre-season—ideally prior to the first practice. It is important to note that some baseline and concussion assessment tools are only suggested for use among athletes ages 10 years and older.

### HOW IS BASELINE TESTING INFORMATION USED IF AN ATHLETE HAS A SUSPECTED CONCUSSION?

Results from baseline testing (or pre-injury tests) can be used if an athlete has a suspected concussion. Comparing post-injury test results to baseline test results can assist health care professionals in identifying the effects of the injury and making more informed return to school and play decisions.

Education should always be provided to athletes and parents if an athlete has a suspected concussion.

This should include:

- Information on safely returning to school and play
- Tips to aid in recovery (such as rest)
- Danger signs and when to seek immediate care
- How to help reduce an athlete's risk for a future concussion

### WHO SHOULD ADMINISTER BASELINE TESTS?

Baseline tests should only be conducted by a trained health care professional.

### WHO SHOULD INTERPRET BASELINE TESTS?

Only a trained health care professional with experience in concussion management should interpret the results of a baseline exam. When possible, ideally a neuropsychologist should interpret the computerized or paper-pencil neuropsychological test components of a baseline exam. Results of neuropsychological tests should not be used as a stand-alone diagnostic tool, but should serve as one component used by health care professionals to make return to school and play decisions.



## WHAT SHOULD BE INCLUDED AS PART OF BASELINE TESTING?

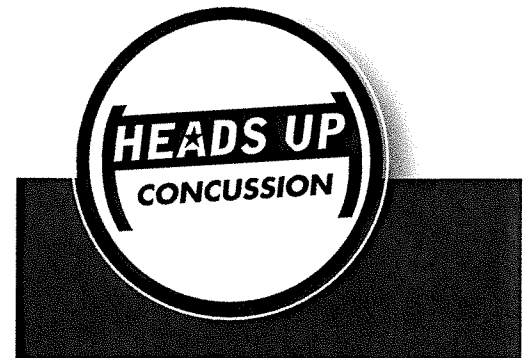
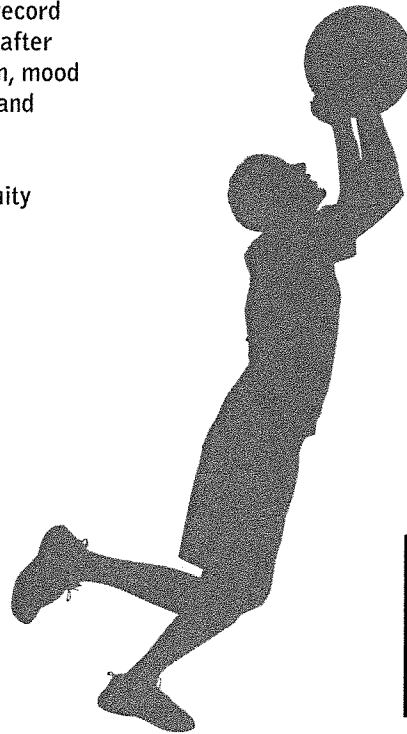
Baseline testing should include a check for concussion symptoms, as well as balance and cognitive (such as concentration and memory) assessments. Computerized or paper-pencil neuropsychological tests may be included as a piece of an overall baseline test to assess an athlete's concentration, memory, and reaction time.

During the baseline pre-season test, health care professionals should also assess for a prior history of concussion (including symptoms experienced and length of recovery from the injury). It is also important to record other medical conditions that could impact recovery after concussion, such as a history of migraines, depression, mood disorders, or anxiety, as well as learning disabilities and Attention Deficit/Hyperactivity Disorder.

Baseline testing also provides an important opportunity to educate athletes and others about concussion and return to school and play protocols.

## HOW OFTEN SHOULD AN ATHLETE UNDERGO BASELINE TESTING?

It is recommended that most components of baseline testing be repeated annually to establish a valid test result for comparison. Baseline computerized or paper-pencil neuropsychological tests may be repeated every 2 years. However, more frequent neuropsychological testing may be needed if an athlete has sustained a concussion or if the athlete has a medical condition that could affect results of the test.



▶ **“WHEN IN DOUBT, SIT THEM OUT!”**

JOIN THE CONVERSATION → [www.facebook.com/CDCHeadsUp](http://www.facebook.com/CDCHeadsUp)

TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

**HEADS UP**

Please take

Concussion test and print out certificate at the end!

# DINKY DUNKER LEAGUE RULES AND GUIDELINES

1<sup>st</sup> practice- If a player is absent from first practice, make sure you CALL the parents by the next day to make sure they are aware of practice Date, time, and location.

## Game information:

1. Games will be 8, 5 minute periods lasting a total of 40 minutes. Please play the players as equal as you possibly can. After the 5 minute period is up, it is a time for substitution, not a timeout (We need to keep the games moving and on schedule). There is a 3 minute halftime where you can talk to all the players.
2. Games will be played 4 on 4.
3. No double teaming and no stealing at all (not even the pass). Exception to the rule: if a ball is thrown right to the wrong team, they are allowed to catch it.
4. 1 coach is allowed to carry a whistle and be on the court during the game to help their players.
5. Half court defense.
6. First couple of weeks after mistakes referees will be giving the ball back to the offensive player. After half the season those will be turnovers and the other team's possession
7. No free throws will be shot at this level.
8. Basketball Rims will be at 8 feet, and ball will be junior sized.
9. Screens and picks are NOT allowed at this level

## Referees will be looking for:

1. All double teams aren't allowed.
2. Stealing
3. All fouls will be called.
4. Out of bounds.
5. Violations that the player has been warned and the player gets a clear advantage.

Please call Ellie or Tori, the YBL and Youth Sports coordinators with additional questions or concerns 616 842-7051 ext. 223 or [youth.sports@tcfymca.org](mailto:youth.sports@tcfymca.org)



## *Basketball Guidelines for Y5's & Kindergarten*

### I. Overall Goals:

- \* Should be an enjoyable experience for the kids
- \* Should be a great opportunity to learn more about the game
- \* Should be an introduction to the sport and the rules

### II. Key Things for grades K

- \* The kids NEED to have fun
- \* Teach the rules – Out of Bounds, Half court, fouls, travelling, double dribble, etc.
- \* Keep drills simple and short
- \* Ample scrimmage time – Teach during the scrimmage
- \* Make it instructional
- \* Create challenges often to keep it fun (Challenges can be different for different kids)
- \* Water breaks often
- \* Keep moving...do not stay on any one drill for great lengths (kids get bored) Maximize repetitions
- \* Use the whistle
- \* Encourage parents to help and be present (more with younger kids)
- \* Keep encouraging to “get better”
- \* Teach kids how to play NOT how to run plays

### Objectives for Dinky Dunkers:

#### A) BASIC DRIBBLING AND BALLHANDLING

##### Teaching Points:

- Use your finger tips to dribble, never the palm
- Dribble on the side of your body, never bounce the ball in front repeatedly
- Get used to bouncing the ball hard off the ground
- Lower your body slightly so that the ball is bouncing rapidly at waist level
- Look up when you are dribbling, not on the ground or on the ball
- When switching the ball from one hand to another, bounce the ball across hard and quick
- Use off arm to guard the ball when dribbling

##### Drills:

- Dribble tag
- Dribbling Commands – stop on whistle (hesitate, pivot, switch hands)
- Stationary Ballhandling (ball slaps, high and low dribbling) ***ALWAYS USE BOTH RIGHT AND LEFT HANDS!***
- Dribble lines – keep head up (3-4 lines and give everyone a ball, if possible)

#### B) PASSING – NO RAINBOW PASSING

##### Teaching Points:

- Chest Pass
- Receive the ball with 2 hands – Always ready

- Hold the ball at chest level
  - Push off your back foot.
  - Take a step with your front foot.
  - Extend your arms in a quick motion to pass the ball.
- Bounce Pass
    - Receive the ball with 2 hands – Always ready
    - Hold the ball at waist level
    - Aim for a spot in the middle of you and your teammate.
    - Push off your back foot.
    - Take a step with your front foot.
    - Extend your arms in a quick, downward motion to pass the ball.

### C) PIVOTING

Teaching Points:

- Enforce that one foot is “stuck” and only the other foot can move
- Teach either front or reverse pivot foot, whatever is easiest for the player
- A lot of repetitions

Drills: (for passing and pivoting)

- Dribble out, jump stop, pivot and then chest pass/bounce pass
- Partner Passing – Stationary
- Partner Passing – On the move
- Group Passing – Large circle – Encourage quick good passing

### D) SHOOTING

Teaching Points – At this age, teaching proper form is difficult

- Teach the layup – Target jumping off one foot and lifting the other – Always use the backboard
  - Teach with one step and running
- Teach kids how to bend their knees while shooting
- Wrist, Elbow, Knee, Toe – They should all line up when shooting
- Try to teach pushing with one hand and using the other as a guide

Drills:

- Shooting games
- Push the Elbow Button
- Shoot against the wall
- Combine dribbling and shooting drills

### E) DEFENSE – Teach Man to Man Defense

Teaching Points:

- 1) Defensive Stance:
  - Knees bent, stay low
  - Hands out and active
- 2) Guarding your man with the ball:
  - Stay lower than offensive man
  - Stay between man and the basket
  - Move feet, do not reach with hands
- 3) Guarding your man away from the ball
  - Stay with your man
  - Stay low in a good stance
  - See the ball and your man
- 4) Rebounding
  - Teach concept of rebounding

Drills:

- 1-1 from the wing
- Foot Fire Drill – Mass Drill
- Zig Zag with coach dribbling
- 2-2, 3-3 play and emphasize these concepts

F) OFFENSE

Teaching Points:

- Share the Ball
- Praise kids for passing, make it “cool” and desirable
- In practice, limit dribble
- Spread Out – Spacing – No grouping together – Try to have players come to the ball and then move away
- Make players pass a certain number before shooting
- Pass and then move

Drills:

- 2-2 play
- 3-3 play
- 4-4 play

# ROOKIES RULES AND GUIDELINES

1<sup>st</sup> practice- If a player is absent from first practice, make sure you CALL the parents by the next day to make sure they are aware of practice Date, time, and location.

1. Games will be 8, 5 minute periods lasting a total of 40 minutes. Please play the players as equal as you possibly can. After the 5 minute period is up, it is a time for substitution, not a timeout (We need to keep the games moving and on schedule). There is a 3 minute halftime where you can talk to all the players.
2. Half-court defense.
3. No free throws will be taken.
4. 5 on 5 games with wristbands to help them know who they are guarding.
5. No double teaming.
6. NO STEALING THE DRIBBLE. The pass may be stolen. If the ball is still in the hand of the offense, it may not be touched
7. Basketball Rims will be set at 9 foot (boys) 8.5 foot rim (girls) and a 28.5 sized basketball will be used.
8. Screens and picks are NOT allowed at this level.

Referees will be looking for:

- All fouls will be called at this level. Most typical foul is running into a player and them losing their dribble.
- Double Dribbles and travels after the player have been warned and it gives the offense a clear advantage.
- Explain every call that is made so the player knows what they did wrong.
- When a violation has occurred and the referee has called it/ blown the whistle, it is a turnover and the other team's ball.

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## **Basketball Guidelines for grades 1st-2nd**

### I. Overall Goals:

- \* Should be an enjoyable experience for the kids
- \* Should be a great opportunity to learn more about the game
- \* Should be an introduction to the sport and the rules

### II. Key Things for grades 1st-2nd

- \* The kids NEED to have fun
- \* Teach the rules – Out of Bounds, Half court, fouls, travelling, double dribble, etc. – Stop play to reinforce the rules
- \* Keep drills simple and short
- \* Ample scrimmage time – Teach during the scrimmage
- \* Make it instructional – Teach the skills – It is what you emphasize that matters, not the drill!
- \* Create challenges often to keep it fun (Challenges can be different for different kids)
- \* Water breaks often
- \* Keep moving...do not stay on any one drill for great lengths (kids get bored) Maximize repetitions
- \* Use the whistle – Work to enforce the rules
- \* Encourage parents to help and be present (more with younger kids)
- \* Keep encouraging to "get better"
- \* Teach kids how to play NOT how to run plays

### Objectives for Rookies:

#### A) BASIC DRIBBLING AND BALLHANDLING

##### Teaching Points:

- Use your finger tips to dribble, never the palm
- Dribble on the side of your body, never bounce the ball in front repeatedly
- Get used to bouncing the ball hard off the ground
- Lower your body slightly so that the ball is bouncing rapidly at waist level
- Look up when you are dribbling, not on the ground or on the ball – enforce the need to see the floor when dribbling
- Always use the off arm as your guard arm to protect the ball
- When switching the ball from one hand to another, bounce the ball across hard and quick

##### Drills:

- Dribble tag
- Stationary Ballhandling (ball slaps, high and low dribbling, 2 ball dribbling) **ALWAYS USE BOTH RIGHT AND LEFT HANDS!**
- Cone dribbling – Teach technique – Make this in to a relay
- Zig Zag dribble with coach or defense
- Boss to the ball – spin the ball, catch with jump stop, dribble to lay up

#### B) PASSING

##### Teaching Points:

- Chest Pass
  - Receive the ball with 2 hands – Always ready – introduce "triple threat" – catching the ball and being ready to shoot, pass, or dribble
  - Hold the ball at chest level
  - Push off your back foot.
  - Take a step with your front foot.
  - Extend your arms in a quick motion to pass the ball.
- Bounce Pass
  - Receive the ball with 2 hands – Always ready
  - Hold the ball at waist level
  - Aim for a spot in the middle of you and your teammate.
  - Push off your back foot.

- Take a step with your front foot.
- Extend your arms in a quick, downward motion to pass the ball.

### C) PIVOTING

#### Teaching Points:

- Enforce that one foot is "stuck" and only the other foot can move
- Teach either front or reverse pivot foot, whatever is easiest for the player
- A lot of repetitions

#### Drills: (for passing and pivoting)

- Dribble out, jump stop, pivot and then chest pass/bounce pass
- Partner Passing – Stationary
- Halo Passing – Passing vs defense – teach the use of chest and bounce passes with balance
- Group Passing – Large circle – Encourage quick good passing

### D) SHOOTING

Teaching Points – At this age, you can begin to teach form, but it is difficult because of the size and strength of the kids

- Teach the layup – Target jumping off one foot and lifting the other – Always use the backboard – Teach with one step and running – Start working on both sides of the basket
- Teach kids how to bend their knees while shooting
- Wrist, Elbow, Knee, Toe – They should all line up when shooting
- Try to teach pushing with one hand and using the other as a guide
- Begin to teach the free throw – a kids strength will dictate the shot, but enforce good shooting form
- Encourage only shots within the players range

#### Drills:

- Shooting games
- Stationary shooting form – standing up and laying down
- Lay-ups – proper footwork – teach as a 2 step drill and a full running drill
- Combine dribbling and shooting drills – Dribble to a spot and shoot – create good competition games
- Lightning

### E) DEFENSE

#### Teaching Points:

- 1) Defensive Stance:
  - Knees bent, stay low
  - Hands out and active
  - Slide your feet – Do not run
- 2) Guarding your man with the ball:
  - Stay lower than offensive man
  - Stay between man and the basket
  - Move feet, do not reach with hands
- 3) Guarding your man away from the ball
  - Stay with your man
  - Stay low in a good stance
  - See the ball and your man
- 4) Rebounding
  - Get to the ball and take time for "traffic" to clear
  - Get position in front of your player
  - Introduce the concept of yelling "shot" so the team knows to rebound

#### Drills:

- 1-1 from the wing
- Zig Zag with coach dribbling – add another player dribbling
- 2-2, 3-3 play and emphasize these concepts

- 3-3 with Offense stationary (Teach how to move to the ball)

## F) OFFENSE

### Teaching Points:

- Share the Ball
- Praise kids for passing, make it "cool" and desirable
- In practice, limit dribble
- Spread Out – Spacing – No grouping – Try to have players move to the ball and then away
- Make players pass a certain number before shooting
- Pass and then move

### Drills:

- 2-2 play
- 3-3 play
- 4-4 play

# WINNERS RULES AND GUIDELINES

1<sup>st</sup> practice- If a player is absent from first practice, make sure you CALL the parents by the next day to make sure they are aware of practice Date, time, and location.

## Game Information:

1. Games will be 8, 5 minute periods lasting a total of 40 minutes. Please play the players as equal as you possibly can. After the 5 minute period is up, it is a time for substitution, not a timeout (We need to keep the games moving and on schedule). There is a 3 minute halftime where you can talk to all the players.
2. Half Court Defense.
3. Stealing is **permitted** both from the dribbler and on the pass.
4. Most of the Violations will be called. Exception: if a player is attempting a basketball move (ex. Jumpstop or pivot) but doesn't do it correctly, it may be a no call.
5. Players may HELP defense in the lane, but there is NO double teaming.
6. No free throws will be shot at this level.
7. Screening is **allowed**; try to teach kids to fight through screens rather than switching.
8. Basketball hoops will be at 10 foot, and will be using a 28.5 sized ball.

## Referees will be looking for:

-All violations (few exceptions)

-All fouls, Especially Reaching in!!

-Jump balls will either be defensive possession or alternating depending on referee preference.

-All double teams

- Moving Screens will be looked for.

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## **Basketball Guidelines for grades 3rd-4th**

### I. Overall Goals:

- \* Should be an enjoyable experience for the kids
- \* Should be a great opportunity to learn more about the game
- \* Should begin to embrace the sport and the rules of the game

### II. Key Things for grades 3rd-4th

- \* The kids **NEED** to have fun
- \* Teach **ALL** of the rules – Out of Bounds, Half court, fouls, travelling, double dribble, etc. – Stop play to reinforce the rules
- \* Keep drills simple, short and precise
- \* Ample scrimmage time – Teach during the scrimmage – Start to introduce plays
- \* Make it instructional – Teach the skills – It is what you emphasize that matters, not the drill!
- \* Create challenges often to keep it fun (Challenges can be different for different kids)
- \* Water breaks often
- \* Keep moving...do not stay on any one drill for great lengths (kids get bored) Maximize repetitions
- \* Use the whistle – Work to enforce the rules
- \* Encourage parents to help and be present (more with younger kids)
- \* Keep encouraging to “get better”
- \* **Teach kids how to play NOT how to run plays**

### Objectives for Winners:

#### A) DRIBBLING AND BALLHANDLING

##### Teaching Points:

- Use your finger tips to dribble, never the palm
- Dribble on the side of your body, never bounce the ball in front repeatedly
- Get used to bouncing the ball hard off the ground – Taught as “pounding the ball”
- Lower your body slightly so that the ball is bouncing rapidly at waist level
- Look up when you are dribbling, not on the ground or on the ball – enforce the need to see the entire floor with your eyes up
- When switching the ball from one hand to another, bounce the ball across hard and quick
- Always use the off arm as your guard arm to protect the ball
- Begin to teach the hesitation dribble, crossover, spin, between the legs, etc
- Enforce the need for controlled dribbling during the game – Look first, then dribble

##### Drills:

- Dribble tag – Can introduce a defender as well
- Stationary Ballhandling (ball slaps, high and low dribbling, 2 ball dribbling) **ALWAYS USE BOTH RIGHT AND LEFT HANDS!**
- Boss to the ball – spin the ball, catch with jump stop, dribble to lay up (add in other types of dribbles)
- Zig Zag dribbling with the defense
- Gauntlet – Dribble through defense, make good pass, receive a pass, dribble to lay up around defense
- Speed Dribble – Dribble with control while moving in all directions

#### B) PASSING

##### Teaching Points:

- Chest Pass
  - Receive the ball in **triple threat** position. Shooting hand on top of the ball ready to shoot or dribble or pass

- Hold the ball at chest level
  - Push off your back foot.
  - Take a step with your front foot.
  - Extend your arms in a quick motion to pass the ball.
- Bounce Pass
    - Receive the ball in **triple threat** position. Shooting hand on top of the ball ready to shoot or dribble or pass
    - Hold the ball at waist level
    - Aim for a spot in the middle of you and your teammate.
    - Push off your back foot.
    - Take a step with your front foot.
    - Extend your arms in a quick, downward motion to pass the ball.

### C) PIVOTING

#### Teaching Points:

- Enforce that one foot is “stuck” and only the other foot can move
- Teach either front or reverse pivot foot, whatever is easiest for the player
- A lot of repetitions

#### Drills: (for passing and pivoting)

- Dribble out, jump stop, pivot and then chest pass/bounce pass – change to dribble back with protecting ball or crossover dribbles
- Partner Passing – Stationary – use and teach the “triple threat” position
- Halo Passing – Passing vs defense – teach the use of chest and bounce passes with balance
- Group Passing – Large circle – Encourage quick good passing – use a defender in the center to encourage quick decisions
- Pass and cut drills

### D) SHOOTING

#### Teaching Points – At this age, you need to start to teach form shooting

- Teach the layup – Target jumping off one foot and lifting the other – Always use the backboard – Teach with one step and running – Work on both sides of the basket – Start to push the off hand lay ups
- Teach kids how to bend their knees while shooting and shoot with fluid form
- Wrist, Elbow, Knee, Toe – They should all line up when shooting
- Teach pushing with one hand and using the other as a guide – Guide hand on the side of the ball
- Teach the free throw – a kids strength will dictate the shot, but enforce good shooting form
- Begin running drills that concentrate on shooting technique

#### Drills:

- Shooting games
- Stationary shooting form – standing up and laying down
- Lay-ups – proper footwork – teach as a 2 step drill and a full running drill
- Combine dribbling and shooting drills – Dribble to a spot and shoot – create good competition games
- Lightning
- Partner Shooting
- Pass, Cut and Shoot

## E) DEFENSE – Teach Man to Man Defense

### Teaching Points:

- 1) Defensive Stance:
  - Knees bent, stay low
  - Hands out and active
  - Slide your feet – Do not run
- 2) Guarding your man with the ball:
  - Stay lower than offensive man
  - Stay between man and the basket
  - Move feet, do not reach with hands
  - Move through picks as much as possible
  - Introduce the concept of switching defenders on a pick
- 3) Guarding your man away from the ball
  - Stay with your man
  - Stay low in a good stance
  - See the ball and your man
- 4) Rebounding
  - Get proper position for rebounding
  - Introduce the concept of boxing out your man
  - Teach to step to your man before turning to box out
  - Teach to have traffic clear prior to dribbling or passing from a rebound
  - Always keep the ball high and do not drop the ball low

### Drills:

- 1-1 from the wing
- Zig Zag with a player dribbling – limit space
- 1-1 close out – Play off ball until your man receives the ball
- 2-2, 3-3 play and emphasize these concepts
- 3-3 with Offense stationary (Teach how to move to the ball)

## F) OFFENSE

### Teaching Points:

- Share the Ball
- Praise kids for passing, make it “cool” and desirable
- In practice, limit dribble
- Spread Out – Spacing – No grouping – Try to have players move to the ball and then away
- Introduce positions and spacing for those positions. Keep wings/forwards below the free throw line
- Make players pass a certain number before shooting
- Pass and then move
- Introduce the concept of a pick – Make sure picks are stationary and dribbler must use picks

### Drills:

- 2-2 play
- 3-3 play
- 4-4 play

# CHAMPIONS RULES AND GUIDELINES

1<sup>st</sup> practice- If a player is absent from first practice, make sure you CALL the parents by the next day to make sure they are aware of practice Date, time, and location.

## Game Information:

1. Games will be 8, 5 minute periods lasting a total of 40 minutes. Please play the players as equal as you possibly can. After the 5 minute period is up, it is a time for substitution, not a timeout (We need to keep the games moving and on schedule). There is a 3 minute halftime where you can talk to all the players.
2. You MUST have at least 2 girls on the court at a time
3. Half Court Defense.
4. Stealing is permitted both from the dribbler and on the pass.
5. All violations will be called at this level. This includes 5 sec. inbound, 10 second half court, 3 sec. in the lane.
6. Screening is permitted. Players may HELP defense in the lane, but there is NO double teaming.
7. Free throws ARE shot at this level on shooting fouls. Automatic point and 1 shot.
8. Player stats, Team score, team fouls, player fouls are kept at this level. Players CAN foul out at 5 person fouls.
9. Basketball hoops will be at 10 foot, and will be using a 28.5 sized ball for girls, official size for boys.

## Referees will be looking for:

- All violations.
- All fouls, Especially Reaching in!!
- Jump balls will either be defensive possession or alternating depending on referee preference.
- All double teams
- Moving Screens will be looked for.

Please call Ellie or Tori, the YBL and Youth Sports coordinators with additional questions or concerns 616 842-7051 ext. 223 or [youth.sports@tcfymca.org](mailto:youth.sports@tcfymca.org)



## Objectives for Champions:

### A) DRIBBLING AND BALLHANDLING

#### Teaching Points:

- Use your finger tips to dribble, never the palm
- Dribble on the side of your body, never bounce the ball in front repeatedly
- Get used to bouncing the ball hard off the ground – Taught as “pounding the ball”
- Lower your body slightly so that the ball is bouncing rapidly at waist level
- Look up when you are dribbling, not on the ground or on the ball – enforce the need to see the entire floor with your eyes up
- When switching the ball from one hand to another, bounce the ball across hard and quick
- Always use the off arm as your guard arm to protect the ball
- Begin to teach the hesitation dribble, crossover, spin, between the legs, etc
- Enforce the need for controlled dribbling during the game – Look first, then dribble

#### Drills:

- Dribble tag – Can introduce a defender as well
- Stationary Ballhandling (ball slaps, high and low dribbling, 2 ball dribbling) ***ALWAYS USE BOTH RIGHT AND LEFT HANDS!***
- Boss to the ball – spin the ball, catch with jump stop, dribble to lay up (add in other types of dribbles)
- Zig Zag dribbling with the defense
- Gauntlet – Dribble through defense, make good pass, receive a pass, dribble to lay up around defense
- Speed Dribble – Dribble with control while moving in all directions

### B) PASSING

#### Teaching Points:

- Chest Pass
  - Receive the ball in **triple threat** position. Shooting hand on top of the ball ready to shoot or dribble or pass
  - Hold the ball at chest level
  - Push off your back foot.
  - Take a step with your front foot.
  - Extend your arms in a quick motion to pass the ball.
- Bounce Pass
  - Receive the ball in **triple threat** position. Shooting hand on top of the ball ready to shoot or dribble or pass
  - Hold the ball at waist level
  - Aim for a spot in the middle of you and your teammate.
  - Push off your back foot.
  - Take a step with your front foot.

- Extend your arms in a quick, downward motion to pass the ball.

### C) PIVOTING

#### Teaching Points:

- Enforce that one foot is "stuck" and only the other foot can move
- Teach either front or reverse pivot foot, whatever is easiest for the player
- A lot of repetitions

#### Drills: (for passing and pivoting)

- Dribble out, jump stop, pivot and then chest pass/bounce pass – change to dribble back with protecting ball or crossover dribbles
- Partner Passing – Stationary – use and teach the "triple threat" position
- Halo Passing – Passing vs defense – teach the use of chest and bounce passes with balance
- Group Passing – Large circle – Encourage quick good passing – use a defender in the center to encourage quick decisions
- Pass and cut drills

### D) SHOOTING

#### Teaching Points .

- Teach the layup – Target jumping off one foot and lifting the other – Always use the backboard – Teach with one step and running – Work on both sides of the basket – Start to push the off hand lay ups
- bend knees while shooting and shoot with fluid form
- Wrist, Elbow, Knee, Toe – They should all line up when shooting
- Teach pushing with one hand and using the other as a guide – Guide hand on the side of the ball
- Teach the free throw – a kids strength will dictate the shot, but enforce good shooting form
- Begin running drills that concentrate on shooting technique

#### Drills:

- Shooting games
- Stationary shooting form – standing up and laying down
- Lay-ups – proper footwork – teach as a 2 step drill and a full running drill
- Combine dribbling and shooting drills – Dribble to a spot and shoot – create good competition games
- Lightning
- Partner Shooting
- Pass, Cut and Shoot

### E) DEFENSE – Teach Man to Man Defense

#### Teaching Points:

#### 1) Defensive Stance:

- Knees bent, stay low
- Hands out and active

- Slide your feet – Do not run
- 2) Guarding your man with the ball:
  - Stay lower than offensive man
  - Stay between man and the basket
  - Move feet, do not reach with hands
  - Move through picks as much as possible
  - Introduce the concept of switching defenders on a pick
- 3) Guarding your man away from the ball
  - Stay with your man
  - Stay low in a good stance
  - See the ball and your man
- 4) Rebounding
  - Get proper position for rebounding
  - Introduce the concept of boxing out your man
  - Teach to step to your man before turning to box out
  - Teach to have traffic clear prior to dribbling or passing from a rebound
  - Always keep the ball high and do not drop the ball low

**Drills:**

- 1-1 from the wing
- Zig Zag with a player dribbling – limit space
- 1-1 close out – Play off ball until your man receives the ball
- 2-2, 3-3 play and emphasize these concepts
- 3-3 with Offense stationary (Teach how to move to the ball)

**F) OFFENSE**

**Teaching Points:**

- Share the Ball
- Praise kids for passing, make it “cool” and desirable
- In practice, limit dribble
- Spread Out – Spacing – No grouping – Try to have players move to the ball and then away
- Introduce positions and spacing for those positions. Keep wings/forwards below the free throw line
- Make players pass a certain number before shooting
- Pass and then move
- Introduce the concept of a pick – Make sure picks are stationary and dribbler must use picks

**Drills:**

- 2-2 play
- 3-3 play
- 4-4 play