



# **YBL COACH HANDBOOK**

**(Rookies)**



# RESPONSIBILITIES & EXPECTATIONS

## As a COACH, please...

1. Be welcoming! Contact players by December 31, to welcome them and confirm practice times/dates/location.
2. Be accessible and approachable to players and parents before and after practices and games. Arrive early to help build relationships.
3. Be informative and distribute all printed materials and communicate any changes in the schedule or special announcements, such as Picture Day.
4. Take attendance and call players who have missed two practices or games in a row.
5. Promote good sportsmanship and respect for others regardless of race, sex, creed or ability.
6. Assure safe and fair play at all times.
7. Plan practice sessions and game plans.
8. Encourage and be positive in correcting and instructing.
9. Listen to players.
10. Know the rules of the game and pass that knowledge on to other players.
11. Make it a rewarding and worthwhile experience.
12. Understand that you are a representative of the YMCA during all events.
13. Lead by example among program parents to support the duties and responsibilities of the referees and league leadership.
14. Remember you are a role model spiritually, mentally and physically.
15. Have fun!!

## Coaches: THINGS TO REMEMBER

Sick: If you are sick get your assistant or another parent to coach for that day and send an email to YBL Coordinators. IF no parent is willing to coach, CONTACT Ellie or Tori as soon as possible. Call ALL parents, please.

Players not able to make your team scheduled practice times: We understand not all parents are able to make your scheduled practice so if you have any parents that are unable to make the practice time please have that parent call the YMCA and we will switch them to another team that has an opening and a practice that works with their schedule.

Awards: Medals will be given from the YMCA at your last game.

End of Season Party: The end of season party is voluntary, and is up to you to have. If you decide to have an end of season party try to plan it ahead of time because local businesses can be pretty busy.



# IMPORTANT DATES

January 11-15:	First Week of Practices
January 16:	1 <sup>st</sup> Week Clinics/Scrimmage
January 23:	1 <sup>st</sup> Week Games
January 30:	Winter Fest (NO GAMES)
February 6:	Picture Day
March 12:	Last Week of Games



# PRACTICE SCHEDULE

Practice Component: \_\_\_\_\_ Time: \_\_\_\_\_

**WARM-UP**

**MIN:**

**REVIEW PREVIOUSLY TAUGHT SKILLS**

**MIN:**

**TEACH NEW SKILLS/STRATEGIES**

**MIN:**

**COMPETITION / STRATEGIES**

**MIN:**

**COOL-DOWN**

**MIN:**

**PRACTICE CLOSURE**

**MIN:**



# SNACK SCHEDULE

**Team:** \_\_\_\_\_

**Division:** \_\_\_\_\_

**PLEASE ASK IF ANY CHILD HAS ALLERGIES BEFORE CHOOSING SNACK CHOICES**

Game 1: \_\_\_\_\_

Game 2: \_\_\_\_\_

Game 3: \_\_\_\_\_

Game 4: \_\_\_\_\_

Game 5: \_\_\_\_\_

Game 6: \_\_\_\_\_

Game 7: \_\_\_\_\_

Game 8: \_\_\_\_\_

Please have each parent sign up for a game or practice. The kids LOVE snack time!

The YMCA encourages all parents/coaches to make healthy snack choices for children some recommended items include:

Pretzels

Water

Fruit Snacks

Fruit Juice

Fruit bars/Granola bars

Gatorade

Trail Mix

Carrot Sticks

Sunflower Seeds / Nuts

Light Popcorn



# BASKETBALL BASICS

## **READY POSITION**

When you play basketball, you need to be ready to throw or catch a pass, dribble the ball, or shoot. In the ready position, you're alert and ready to move in any direction. Every time you pass, dribble, or shoot, you do so from the ready position.

To start in the ready position, you hold the ball with your fingertips instead of grabbing it with your whole hand. Your thumbs keep the ball from slipping back through your hands.

It's easy to throw and catch the ball this way. Play catch with a teammate and use all your fingertips on both hands when you throw and catch the ball. Your fingertips cup the ball every time you hold it.

## **PASSING**

Passing involves throwing the ball to a teammate. You throw and catch passes all the time when you play basketball.

### **Types of Passes**

- **Chest Pass**

The four key points about the chest pass:

1. Start in the ready position.
2. Look at the player to whom you are going to pass.
3. Bring the ball up in front of your chest.
4. Step forward and snap the ball to the other player.

Your arms will go straight in front of you.

- **Overhead Pass**

**You throw this pass from over your head. Use the overhead pass to throw the ball over a player on the other team.**

- **Bounce Pass**

A third kind of pass is called the bounce pass. You do the bounce pass just like you do the chest pass. Instead of snapping the ball to your teammate's chest, throw it so the ball bounces on the floor and into your teammates' hands!

## **DRIBBLING**

Dribbling is equally as important as passing. In order to move the ball down the court, you want to be able to dribble to your teammates. Here are four key points to dribbling.

1. Dribble from your ready position.
2. Push the ball down with your fingers and wrist. When the ball comes back, let it push your hand up. Then push it down again.
3. Get the "five-finger feel". Dribble the ball with your five fingertips instead of using your whole hand.

### **Dribbling Do's**

- Do #1            Maintain the dribble until a pass or shot opportunity is created.
- Do #2            Vary the speed and direction of the dribble so defenders cannot anticipate steal opportunities.
- Do #3            Keep a ball-body-defender relationship when dribbling the ball near an opponent.
- Do #4            Cross-over or switch dribbling hands, after dribbling past an opponent to protect the ball.
- Do #5            Stay in the middle areas of the court and away from the corners when dribbling, to avoid getting trapped.

### **Dribbling Don'ts**

- Don't #1        Don't automatically put the ball on the floor and begin dribbling after receiving the ball.
- Don't #2        Don't pick up or stop the dribble with no apparent option (shoot or pass) available.
- Don't #3        Don't dribble into a crowd because the ball is likely to be stolen by a defender.
- Don't #4        Don't try to get fancy, when the basics of dribbling are difficult enough.
- Don't #5        Don't be a ball-hog, nobody likes watching one person and this is not good sportsmanship.

## **SHOOTING**

Shooting a basket is like making a pass to the basket. But every shot doesn't go in. That's what makes basketball an exciting game. Players in high school, college and professional games miss shots all the time. Practice and more practice will make for better shooters.

### **Types of Shots**

#### **Set Shot**

Bring the ball up near your face with one hand slightly behind the ball. Be sure you're still in the ready position. Now, look up at the basket and shoot the ball up toward the hoop. Shoot the ball right off your fingertips. When you shoot, your shooting arm goes straight out, just like when you pass. You snap the ball with your wrist and fingertips, just like when you pass. Your whole body straightens as you make your shot.

#### **Jump Shot**

The jump shot is great for when you're being guarded. To do the jump shot you quickly jump straight up and shoot. You can use the jump shot when you're set or by suddenly stopping when you're moving. The jump shot works best when you shoot right as you get to the top of your jump.

The jump shot is effective because it surprises players on the other team. They don't have time to try to block the shot. So practice shooting as quickly as you can. When you're not being guarded closely, you'll usually do better shooting a set shot.

## **PUTTING IT ALL TOGETHER**

Now it's time to take these skills and put them all together to play the game of basketball. When your team has the ball and you're trying to score, you're playing offense. When the other team has the ball and you're trying to keep them from scoring, you're playing defense.

In basketball, everyone plays offense and everyone plays defense. You switch back and forth all the time. Some players only want to shoot the basketball. But good basketball players work on playing defense just as hard as playing offense. This is good teamwork. Be a "team" player - play both offense and defense.

### **Be a Triple Threat**

The most important part of playing a good offense is to use a good stance. This means playing from the ready position that you use for passing, dribbling and shooting. Using the ready position makes you a "triple threat". That means you can choose to pass, dribble, or shoot. You're also a threat because the players on the other team don't know which one you'll do.

### **Move with the Ball & Move without the Ball**

When you've got the ball, keep the ball moving. Dribble it or pass it. Remember: A good pass is the best way to move the ball and keep moving when you don't have the ball. As soon as you pass the ball, move toward the basket and away from players on the other team.

This puts you in a good position to receive a pass. Keep your eyes on the ball as you are moving so you're ready to catch it if a teammate passes to you.

### **Pivoting**

You can't walk with the ball, but you can pivot while you're holding the ball. Pivoting is moving only one foot.

The foot that stays planted on the floor is called your pivot foot. You can't pick up your pivot foot once it is set. The other foot can be moved forward or backward. Pivoting is an important part of offense. It will help you look for teammates when you're going to pass the ball or dribble around the player guarding you.

### **Rebounding**

When your team makes a basket, the other team gets the ball. If you shoot and miss, either team can get the ball. It all depends on who gets the rebound.

As soon as you shoot, move toward the basket to get the rebound. Don't wait to see if you made the shot. If you do wait, the other team already will be there! Do the same thing if a teammate takes a shot when you're near the basket. As soon as your teammate shoots, move toward the basket to get the rebound.

When the other team has the ball, you're playing defense. You're trying to get the ball from the other team and trying to keep them from scoring. As you know, when you play defense, you cannot hit or grab other players. You play good defense in other ways.

### **Stance**

A good stance is just important for defense as for offense. Always play defense in your ready position.



You'll be ready to go for the ball. A good defensive stance is one where you have good balance and can quickly move forward, backward, or the other side.

## Feet

When you're on defense, you'll be moving backwards and sideways a lot. The best way to do this is to shuffle. The shuffle helps you move around quickly. To do the shuffle you slide your feet along the floor without one foot crossing over the other.

## Position

In YMCA Basketball, every team plays **one-to-one** (or) **man-to-man** defense. You guard one other player on the other team. This player is "your player" to guard. Whenever your team is on defense, you guard your player all the time.

Most of the time, you want to stay between your player and the basket. This makes it harder for the player to take a shot or pass toward the basket. When the player you are guarding doesn't have the ball, make sure you can see the ball and your player at the same time.

## Screens

Screens may be set for a player with or without the ball; they help players get open for passes and shots. First, screens must be done properly (with feet planted and arms down at the sides or crossed over the chest). Do not allow any pushing or movement. Second, allow the switch as long as players go back to their color band as soon as possible after the play. This ensures that we don't have mismatched players in terms of size and/or ability.

## Hands

Using your hands and arms is important on defense. Putting your hands up makes it harder for the player you are guarding to throw or receive a pass, or make a shot. Think of holding your arms in a "V". Remember, you can use your arms and hands to block the ball, but you can't touch the other player. You can use only your arms and hands, you can't kick the ball.

If the player you're guarding holds the ball high, have your hands up. If he or she holds the ball low, have your hands low at your sides.

## Tips On Guarding

1. Keep about an arm's length away from the player you are guarding. Force the player to go around you.
2. Don't reach at the player and don't jump off the floor unless the ball is in the air. Doing these things makes it easier for the player you are guarding to get the ball past you.
3. Always keep your arms in a "V", ready to block the ball. If your arms aren't up in the air, especially if you are moving fast, have them ready in a "V" at your sides.
4. Stay between "your player" and the basket as much as you can.



# BASKETBALL DRILLS

Basketball drills for kids should be simple, fun, and educational. Drills need to be easy to set up and take down, as coaches will have little time during practice. As kids lose focus easily, the drills need to be fun as well as educational. Basketball drills for kids must teach important basic basketball skills while building social skills, physical fitness, and self-esteem.

## **SIMPLE BASKETBALL DRILL: MOUNTAINS**

Players start on the foul line, facing the court. Each has a basketball. On the coach's whistle, the athletes jog while dribbling to the free throw line. They then turn around, while still dribbling, and dribble back to the starting point. Next, players dribble to the half court line and back to start. They continue to the opposite free throw line and back, and finally to the other foul line and back to start.

This drill builds basketball dribbling skills and mental endurance, as athletes have to know when to start and stop, how to keep the ball dribbling at the same speed and height, and how to maneuver around other players. This drill can be made more difficult by increasing the speed at which players jog.

## **KEEP AWAY**

The classic game of keep away is perfect for practicing defense. Two players stand opposite each other; one has a ball. A third player stands in the middle of them, acting as the defender. It is the defender's job to keep the other players from being able to pass to each other, with the intention of stealing the ball if possible.

The defender can guard the player with the ball until he gets a pass off and then switch to the other player. This drill can include everyone by forming a circle with several defenders in the middle. They practice a "zone defense," where they each have a few players to guard. When the defender steals the ball, he replaces the player who threw the unsuccessful pass.

## **QUICK SHOT DRILL**

One of the most important parts of being a good shooter is having a quick shot, and a quick shot release. Even if the defense is playing you close, a quick shot release will allow you to still take the shot, even under lots of pressure. The next time you go out to the court to shoot around, make a point to work on the quickness of your shot release. Take a few jump shots like you regularly do (at your regular speed). Now, concentrate on shooting the ball much more quickly. Speed up your shot, all the way from bringing the ball through your shooting pocket, to the actual shot, and the release of the basketball. Concentrate on speeding up the process, but without sacrificing or changing your shooting form at all.

## **QUICK**

In a circle, you in middle. The kids copy you running on the spot, jumping etc. When you say quick they get into the defensive position. However if you say get down they continue to do what they were beforehand. They are only out if you see them.

## **HEADS UP DIRECTION CHANGE**

Space out 4 to 5 players facing you. Instruct your players to move while dribbling in whichever direction you move – side to side, forward and backwards. Change direction without words so they have to keep their eyes on you. As they progress change directions more quickly and move faster.

## **ADVANCED REDLIGHT-GREENLIGHT**

Have a group of kids start at one baseline, don't bunch them too closely together. Each child in the group has a ball. When the facilitator shouts green light the children dribble forward, blue and they dribble left, yellow they dribble right, and of course red they stop. At during this youth basketball drill the children keep dribbling

## **LINE SHOOTING DRILLS**

Two lines facing basket. First player in shooting line dribbles to basket, shoots a lay-up, then goes to the end of the other line. First player in other line rebounds shot, passes to next player in shooting line and runs to end of this line. Many variations possible depending on the abilities of your players.

**COACHING POINTS:** Drill involves many game skills. Try to be selective and concentrate on improving one or two aspects of play. Keep it simple with beginning players. Stress proper dribbles and take off on one foot.

### **VARIATIONS:**

- a. Vary types of shots (lay-up, set shot, reverse lay-up, etc.)
- b. As skills increase have dribblers fake, drive harder, and approach from all sides of the basket.
- c. Introduce two balls into the drill.
- d. Coach proper rebounding. Rebounders can be asked to rebound, pivot and pass, or rebound, dribble to side, pivot and pass.

**DRILLS AND TIPS:** These sites will be useful in improving or enhancing your players' skill level. The sites contain pages with tips and helpful ideas, which cover many aspects of the game.

- <http://training.ymca.net/>
- [www.degerstrom.com/basketball/](http://www.degerstrom.com/basketball/)
- [www.coachesclipboard.net](http://www.coachesclipboard.net)
- <http://www.coachlikeapro.com/basketball-drills.html>
- <http://www.breakthroughbasketball.com/coaching/youthbasketball.html>

## **FINAL THOUGHTS**

Basketball drills for kids must be simple, so they do not have to spend much time learning. They must also be fun, so kids stay interested. Finally, they have to be educational, teaching an important skill without the kids really knowing they are learning. The drills provided as an example fulfill these qualities and are sure to have a kids basketball team engaged and excited.



# GAME PROCEDURES

Game should be the fun reward for all the hard work put in by both the players and coaches at practice. Games should always be a positive experience for players if parents and coaches keep the right perspective.

## Before the Game

1. Arrive early, so your players have time to find you and the team.
2. Decide who is playing in each quarter/half beforehand, but be prepared to make adjustments if necessary
3. Find any necessary volunteers, and fill out proper line up sheets if applicable.
4. The performance of most athletes will increase if competition pressures can be reduced. A brief pregame talk gives you the opportunity to put the importance of the game in its proper perspective.
  - a. Remind players of the skills they have been practicing and tell them to concentrate on performing these skills rather than worrying about what their opponents will do.
  - b. Emphasize the need to think and play as a team and not to criticize teammates. Above all, stress the importance of behaving properly at all times, not arguing with officials and having fun.

## During the Game

1. Relax and enjoy, remember we are having fun. To be a good coach you do not always have to give advice. It is okay to spend some time smiling and being supportive by clapping and not talking.
2. Try to be enthusiastic and compliment players on good performances. Remember, everyone on your team deserves encouragement, not only the best players.
3. Substitute players allowing everybody to play at least half the game regardless of the score. Make sure no player plays the entire game.
4. When players come out of the game, first try to say something positive about their performance, and then give them ideas and suggestions for improvements, followed by a positive compliment. Do not focus on what a player is doing wrong, focus on what you would like them to do right.
5. Make sure children not participating in the game are supervised. Remind them that they can learn a lot by watching their teammates and they should be helping and supporting them.

## After the Game

1. Always congratulate the other team by shaking their hands and thank them for their participation.
2. Talk to your team about the positive things that happened during the game, regardless of the result of the game.
3. Help us to clear the court following your game of people connected with your team, so the next game can get underway or the staff can clean up.