

BASKETBALL COACH HANDBOOK



Chugiak Youth Sports Association
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WELCOME TO CYSA!

We would like to take this opportunity to welcome you to Chugiak Youth Sports Association. CYSA offers an array of activities in a fun, and safe community environment, providing children with the opportunity to reach their potential. **Our mission is to develop healthy, confident kids in our community through recreational team sports.** We believe in putting "Kids First!" in all of our activities.

What CYSA is About

CYSA was founded in 1991 to provide recreational team sport opportunities to the youth of Chugiak and Eagle River. Over the years we have grown and now offer five team sports throughout the year. We had over 1600 participants in our programs last year, ranging from 3-18 years old.

CYSA Sports

- indoor soccer
- volleyball
- outdoor soccer
- flag football
- basketball

CYSA Philosophy

Throughout all of our programs, CYSA strives to emphasize participation over competition and education over performance. Our programs are open to participants of all abilities with no try outs and everyone gets to play equally. CYSA instills in our youth a lifelong appreciation for and involvement in sports and a desire for participation that will serve as a future commitment to the community.

Our objective is to make sure that every child, no matter the skill level, has a positive and fulfilling experience in this league. In our league, if you participate...you win!

To learn more about the programs offered by CYSA, please visit our website: www.cysa-ak.org.

We regard our coaches as one of our most valuable resources. Each youth coach enjoys a rare privilege--becoming a surrogate parent to a team of kids who are looking to have fun. CYSA needs all of its coaches to be their BEST-as leaders, teachers, and friends to every player.

The CYSA "Coach's Handbook" is designed to assist you in creating an environment in which each child can reach his/her full potential as a basketball player and as a child. You are an assistant to the GAME in teaching players and an assistant to players in their understanding of the GAME. This handbook provides the support that you need to best accomplish these goals.

Good luck with your team this year! If you need help, do not hesitate to contact us at 694-6559 or by email at admin@cysa-ak.org.

TEAM ORGANIZATION

Parent Orientation Meeting

All coaches are encouraged to establish effective lines of communication with the team parents early in the season by holding a parent orientation meeting. This is often best accomplished just before or immediately following your first practice. Whatever the format, the time you invest will pay dividends for all concerned throughout the season. If a meeting is impossible, then the following information could be put in a letter to parents/players. But, a face-to-face meeting is preferred.

Purpose of a Parent Orientation Meeting

- Enables parents to understand the objectives of the team.
- Allows parents to become acquainted with you, the coach.
- Inform parents about the nature (and inherent risks) of the sport.
- Articulate your expectations of them and of their children.
- Enables you to address any parents' concerns.
- Establishes clear lines of communication between you, parents, and players.
- Allows you to obtain parental support (assistant coaches, team parents, etc.).

Things to Consider When Organizing the Meeting

- Hold it early in the season, preferably before or immediately following the first team practice.
- Having the players present is optional. However, if they are not present then it is advisable to hold a meeting with your players and clearly explain to them what you explained to the parents.
- Be prepared and be organized to conduct the meeting efficiently.
- Prepare any handouts you would like to distribute, for example:
 - Team roster
 - Schedule of practice and games
 - Team goals
 - Summary or outline of the meeting

Important Points to Cover

Coach introduction

- Introduce yourself and assistant coaches (or ask for volunteers at this time).
- Give background information about yourself.

Coaching philosophy

- Discuss the value of the sport and the health benefits to the children.
- Discuss the philosophy of age appropriate activities.
- State the importance you assign to having fun and developing technique.
- State how you evaluate player development through skills and not winning.
- Discuss any team guidelines (e.g., must be there 15 min. before game start).
- Let them know that all players will receive equal playing time.

Team guidelines

- Practice schedule
- Game schedule
- Discuss how players must respect opponents, coaches, officials, and the game itself.
- Required equipment (shirts, shorts, water bottle).
- Recommended size of ball and shoes (non marking gym shoes).
- Medical insurance (CYSA insurance provides secondary coverage).
- Briefly discuss rules of the game.

Team Management

- Request volunteers as assistant coaches if needed.
- If no team parent has been assigned, request volunteer to assist with team duties (snack schedule, phone calls, etc.).
- Set up telephone tree, car-pooling system.
- Rosters will be available on our website – parents must login to their account. They should contact CYSA if they have questions.

Coaches' responsibilities

- Demonstrate leadership, good sportsmanship, respect, and coach with humility.
- Treat each player fairly.
- Organize practices and teach the game through age appropriate activities/games.
- Arrive at practice on time and remain until a parent picks up every child.
- Contribute positively to the development of each player's self-esteem.
- Give regular feedback to players.
- Allow each player to play equally in every game.
- Respect referees, know the rules, and conduct yourself respectfully on the field.
- Continue to seek coaching education.

Player Responsibilities

- Attend practices/games regularly, and arrive on time.
- Bring proper equipment to each practice and game.
- Inform the coach in advance if it is necessary to miss a practice or game. Try your best at each practice.
- Work toward good sportsmanship and teamwork.
- Respect the referees.
- Be supportive of teammates all of the time.

Parent responsibilities

- Refrain from coaching your child during games.
- Transport your child to and from practices and games on time.
- Be supportive of all the players (criticism does not improve performance).
- Help your child understand that he/she is contributing to a team effort.
- Focus on mastering skills and having fun, not winning.
- Avoid material rewards for your child (The reward is the fun of playing!).
- Attend games and cheer for the team.
- Refrain from criticizing the opponents; be positive with all players.
- Respect the referees (They will make mistakes, but they are doing their best).

EQUIPMENT

CYSA will distribute to each coach a large bag with the following items:

MEDICAL KITS - A simple kit for games and practices which includes ice pack, band aids, etc.

BALLS – if you need more balls for practices, please contact the CYSA office; ball sizes are as follows:

K, 1/2 Grade Boys & Girls	Junior
3/4 Grade Boys	Intermediate
3 – 8 Grade Girls	Intermediate
5 – 8 Grade Boys	Official

PUMP and inflating needle

PINNIES for practices

Other Equipment:

WATER should be available during practice and at the game. Have the players bring their own water bottles (bring an extra bottle in for the occasional forgetful player).

If the team desires snack for game day, the team parent should organize a simple, healthy snack schedule. Discourage turning snacks into a financial hardship for some parents. Orange or apple slices, or seedless grapes are good choices. Make sure all garbage is picked up and placed in an appropriate receptacle. Please remember the only liquid allowed in the ASD gyms is WATER.

SHIRTS CYSA will provide all players with a team shirt. The team shirts should be worn to all games and must be tucked in during games.

SHORTS – Most players find it most comfortable to wear athletic type shorts for practices and games. Sweat pants can easily be worn over the shorts for transport to and from practices and games.

CODES OF CONDUCT

COACHES

Chugiak Youth Sports Association (CYSA) is committed to creating positive opportunities and experiences through our sports programs that are fun and will foster the development of positive moral and ethical standards within the youth of our communities and promote good sportsmanship among all participants. The achievement of those goals, in large part, depends on the character and conduct of persons involved in those programs as administrators, officials, and coaches.

In order to assure CYSA's commitment to those goals, all coaches hereby agree to abide, and be bound, by the following standards of conduct and further agree to the authority of CYSA to enforce those standards:

The coach shall:

- Be aware that he or she has an influence on the education of the athlete and, thus, shall constantly display and demand good sportsmanship in practice and in games, including, but not limited to, accepting decisions of game officials in a professional manner; refrain from criticizing opposing coaches, players, and fans; congratulate opposing players and coaches following a game; and refrain from teaching unsportsmanlike strategies.
- Master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- Respect and support the contest officials. The coach shall not indulge in conduct that would incite players or spectators against the officials.
- Refrain from using abusive or profane language in or around the playing field or the gym.
- Provide opportunities for all players regardless of race, color, ethnic background, or religion.
- Strive to promote good mental and physical health in all aspects of participation and refrain from any type of verbal or physical abuse of any players.

- Refuse to permit a player to participate in a practice or game when in doubt as to the player's health or physical condition and abide by a doctor's decision in all matters relating to a player's health and physical ability to participate.
- Avoid the use of alcohol and tobacco products when in contact with players, or in view of players at the playing field.
- Provide approximately equal playing time for all team members that are present and physically able to play in each game regardless of ability.
- Provide players with additional challenge (such as playing with the left foot, or non-dominant hand) rather than "running up the score" against another team.

PLAYERS

It is the view of Chugiak Youth Sports Association (CYSA) that hard work, good sportsmanship and respect for others are key aspects of a successful athlete. In this spirit, I recognize that I must conduct myself, both on and off the field, in a way that demonstrates respect for my coach, team, others, and myself. I therefore resolve to:

- Accept accountability for my behavior and its outcomes.
- Honor my obligations to my coach and my team.
- Exercise self-control.
- Take pride in my team, our accomplishments, and myself but never at the expense of demeaning another person or group.
- Respect the efforts of others.
- Respect authority.
- Play by the spirit, not just the letter, of the rules of the game and the rules of life.

PARENTS\SPECTATORS

CYSA seeks to instill positive character-building traits in our communities' youth through the demonstration of good sportsmanship, respect for others, responsibility, fairness, caring and good citizenship. We ask that parents and their guests attending CYSA sponsored events help us by reflecting these character traits at games. When attending CYSA sponsored events, I therefore agree:

- I will be a positive role model for my child and encourage sportsmanship by showing respect, courtesy and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing, taunting or using profane language or gestures, etc.
- I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
- I will teach my child to play by the spirit of the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, sex, or ability.
- I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
- I will respect the officials and their authority during games and will never question, discuss, or confront coaches or referees at the game field, and will take time to speak with coaches at an agreed upon time and place.
- I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, and/or member of league organization

- Written warning
- Parental game suspension with written documentation of incident
- Parental season suspension

REFEREES

Referees are responsible for the safety of the players and coaches during a match. Referees must know the laws of the game and enforce them fairly. They have the responsibility for upholding the laws and spirit of the game. Referees should show respect for the players, coaches, spectators, and the game itself.

- Referees are expected to always maintain the utmost respect for the game.
- Referees are expected to conduct themselves honorably at all time and maintain the dignity of his/her position.
- Referees are expected to always honor an assignment or any other contractual obligation.
- Referees will not tolerate nor allow abusive behavior or language.
- Referees are expected to attend training meetings and clinics so as to know the rules and regulations of CYSA, their proper interpretation and their application. Referees are expected to know the rules and regulations of the games and divisions to which they are assigned.
- Referees are expected to strive to achieve maximum teamwork with fellow officials.
- Referees are expected to show respect for other referees, coaches and players and never promote criticism of them.
- Referees are expected to control players, coaches and Parents/Spectators effectively by being courteous and considerate without sacrificing fairness. Referees will handle disputes with coaches, players and parents calmly and respectfully.
- Referees are expected to do their utmost to assist fellow officials to better themselves and their work.
- Referees are expected to not make statements about any game except to clarify an interpretation of rules.
- Referees are expected to not discriminate against nor take any undo advantage of any individual group on the basis of race, color, religion, sex or national origin.

PLAYER MANAGEMENT

Look Out for the Kids!

Come to practices a few minutes early to set up and to be there for early drop-offs. The coach (or another parent) must stay at the practice site until all children are picked up. If parents are persistently late, then settle the problem with the parents; don't gamble with the safety of the kids. Consider having a contingency plan (e.g. pickup the player at your house?) and announce it at the Parent Orientation Meeting.

Team Discipline

At the first practice it is valuable to establish team rules concerning attendance, listening carefully, respecting teammates, etc. You will be most successful if you do this with the cooperation and consent of the players themselves. Make it clear to all what the penalty will be for breaking team rules (e.g. time out from practice or a scrimmage). This is also a good time to set realistic team goals for the season (e.g. to have fun, to work together as a team, to practice good sportsmanship).

Some other ideas on team discipline:

- Keep your players busy so they don't have time for mischief if you have kids standing in line all the time, you are inviting disaster!
- Be positive: say, "Please walk" instead of "Don't run".
- Try to deal with problems before they get worse.
- Speak with the culprit first, before resorting to other disciplinary measures.

If time outs don't work, then talk to the parents. Ask them to attend practice if necessary.

Work on your communication skills. Many coaches can speak clearly, use appropriate words well enough and have content that is appropriate to young players. However, most coaches need a great deal of work on listening to young players, controlling and reading nonverbal cues, and understanding the emotional responses of different athletes to what they say. The better you understand your players, the less trouble you are likely to have with misbehavior.

The MAIN POINTS to remember for a successful practice are:

BE PREPARED. Have a plan for what you will cover during the practice.

Keep it **SIMPLE.** Give a short demonstration with a minimum of talk, and then have the players work on the drill. **MAXIMIZE** touches for each player.

Make it **FUN.** Sometimes the drills in books just don't work for you and/or your players. Don't fight it to the point of frustration. Be prepared to switch to something you know they can handle.

Strive for a **PROGRESSIVE** acquisition of basic skills. Begin with relatively simple drills. Add movement and then opposition to simulate game conditions. Always consider the age and skill level of your players. The percentage of time spent on practice without opposition should decrease as players become older and more skillful. Restricting space and number of touches are other ways to make drills more demanding.

Always have time when the players **JUST PLAY** ("THE GAME").

Always **BE SAFETY CONSCIOUS** with your players.

Every once in a while **ASK YOURSELF**, "Why am I coaching?" and "HOW do I measure my success?" This will help you evaluate your techniques and your progress.

Ask yourself repeatedly "Are the kids having fun? If the answer is yes, you are achieving success.

PRACTICE PREPARATION

Planning is the key to having successful practices. Your practice planning should

Be realistic in selecting your objectives! Consider the age and experience of your players. Decide on your priorities - what are the most important things you want to cover? If you have doubts about whether your team is ready for a new tactic, skill or concept, introduce it after you have seen it used by some of your players.

Identify one or more assistant coaches. Assistant coaches are extremely valuable. They make it possible to divide players into smaller groups so that each player gets individual attention. Parents who would like to help but feel they lack the necessary skills should be encouraged to attend practice to help shag balls and direct traffic. It is hard to have too many helpers, especially with younger players. The preseason Parent Orientation Meeting is an excellent time to solicit help!

Practice Plans

Have a written lesson plan for each training session or practice. You cannot have a good practice if you do not have an idea of what you want to accomplish during that practice. The plan may be written out in detail on a practice planning form (see sample in this handbook).

Writing down your plan will help you think through the equipment and setup you will need for the topics to be covered.

As you plan your practices, remember these tips to keep players' interest and avoid boredom:

- Give players many touches on the ball.
- Get all of the players involved.
- Turn "Drills" into games
- Let the kids PLAY!
- Perform the skill in the way it would be used in a game.
- Minimize the amount of talking that you do

After the season starts, it is helpful to take a few minutes of practice to discuss the previous game, emphasizing what your team did well,

what can be improved upon, and what the goals should be for the coming week.

The two main objectives for any practice are to have fun, and to learn to become better players. In order to achieve the second objective, it is important that you develop teaching goals for the season. Since you will not have time to teach everything, choose topics you want to focus on and build your practices around these topics.

No-No's

- false praise
- prolonged stoppages
- associating fitness with punishment
- lines, laps, and drills
- idle time

Yes's

- Incorporate games that players are already familiar with, into your training session (playground games, physical education games, etc.)
- Stretching, and selecting certain players to lead stretches are chances to develop leadership in your players
- Do you refer to what you worked on in your last practice before your next game?
- Pause for brief coaching messages
- Coach the positive!
- Encourage decision making and problem solving by allowing groups to "strategize" before beginning and in between activities
- Send them away with "basketball homework"

Designing a Practice Session

Helpful questions to ask yourself when planning a practice session:

- are the activities fun?
- are the activities organized?
- are all of the players involved in all of the activities?
- is creativity and decision making being used?
- are the spaces being used appropriate?
- is the coach's feedback appropriate?
- are there implications for the game?
- Are the players having fun?

GAME PREPARATION

Prepare the lineup and substitution schedule. Remember that over the course of the season, all players should have the chance to: 1) play different positions; 2) be captain; and 3) start and finish games. These things are important to your players (ask them!); they will notice.

Game Day: Remember to bring your equipment bag and substitution schedule, Have a good quality ball with you to use for the game (some clubs will provide the game ball).

Have your team arrive 15 minutes before your scheduled kick-off time to properly warm-up. It is important to stress this message to parents as well as players.

Team Warm-Up: Simple passing, dribbling, shooting exercises, maximize touches. Have an assistant work with the players who will be goalkeepers for this game. Introduce stretching and flexibility, so players understand how to prepare their body in the future.

Rules: It is your responsibility as a coach to know what is expected of you, your players, the officials, and the spectators. You should know the rules and should carefully consider the spirit, which underlies them.

Referee: Meet the referee and make note of his or her name. Ask any questions you may have about game duration, allowable substitution times, etc. Make sure you have your game card to give him if you are the home team.

Coaching From the Sidelines

Simple, even-keeled, encouragement from the sidelines is preferred. It is important to realize that although we as coaches are permitted to instruct from the sideline, this is not a license to take over the game from the players.

Coaching is best done during practice time, not during the game. Let the players make their own decisions on the field, so they develop a feel for the game.

Pacing up and down the sideline is not a great idea under the best of circumstances; if you must pace then you should remember to stay

on your side of the court and no closer than 5 feet from the center line. You are not allowed to cross the center line onto the opponent's side.

A Few Things to Avoid:

Don't continually shout instructions - they often reach the players too late (the action has moved to a new situation), and may be distracting.

Don't send one of your assistants to instruct from the opposite sideline to "cover the court." It is doubly distracting to the players (often the instructions coming from opposite sides of the field differ!). It is irritating and disrespectful to the spectators that are located there.

Don't send a parent or assistant to coach from behind the basket. Coaches and spectators do not belong there! The coach can be "cautioned" for allowing this infraction to occur.

POSITIONS

In the younger age groups, each player should be given the opportunity to play both offense and defense. The idea of a 7 or 8-year-old defensive specialist is absurd.

Don't emphasize positions too much. Younger players often get the erroneous belief that they are assigned to a particular place on the field and are not allowed to leave it, no matter what the situation. This does not mean that players should all wildly chase the ball, but don't inadvertently teach your players inflexibility in the name of positions.

In the younger age divisions, the kids will tend to follow the ball like bees around honey. Give them either a forward or defending name (so they get used to the terminology) but don't get too worried if they are not staying in their positions. They don't have the psychological capacity yet to understand conceptual ideas and tactics.

HALFTIME

- Make sure they all have their water bottle.
- Keep the team together, away from the parents, so you are able to focus the group.
- Give positive feedback about the team's performance.
- Do not criticize individual players.
- Make only one or two statements regarding points to concentrate on in the second half.
- Ask the players if they have any questions.
- Have a team huddle and cheer before restarting the game.

AFTER THE GAME

- Immediately after the game, applaud both teams.
- Line up with your team to shake hands with the opponent.
- Shake hands with and thank the referee.
- Have the players congratulate the other team with a cheer.
- Forget about the game results and only give praise and encouragement.
- Do not criticize and recap the game.
- Check for injuries.
- Have everyone clean up the area before leaving.
- Remind them the time of the next game or practice.

REFEREE RELATIONS

The referees in our program have varying degrees of experience and ability. There may be times when your game is in the hands of a novice referee, possibly handling a game for the first time. Go easy on the referee! He or she has a hard job and they are usually teenagers. Just remember, it could be your child out there someday. How would you want them to be treated?

Set the example by treating all referees with respect, and insist that your players and parents do the same. Accept their decisions as part of the game. Don't make calls for them, shout at, or argue with them. Teach your players to focus on improving their own play and that of the team, not on criticizing the officials.

Coaches (and especially parents) need to be careful not to overreact to some of the inevitable bumping and incidental contact that

occurs in a basketball game. Contrary to some misconceptions, basketball can be a contact sport. Legal contact is clearly defined in the rules of the game.

There will inevitably be calls with which you disagree. Don't let it become a distraction for you or your team. Over the course of the game the "bad" calls will probably even out. If the referee does a good job, be sure to let him/her know and thank them after the game, regardless of the result.

The referee is in charge. Dissent is not allowed or tolerated. Unfair or unsportsmanlike advantage is not sought nor taken.

GRADE APPROPRIATE SKILLS AND KNOWLEDGE

Below is a list of knowledge and skills that we feel is appropriate for each age level. Individual player's capabilities and experience level vary greatly. This list may be either too basic or too advanced but should serve as a good starting point for planning your practices. All of your players will certainly not master all of these skills, but they should at least be introduced to them. Practice time is always the biggest constraint, so an organized plan is imperative.

Basic fundamental skills are the building blocks for success at high levels. Fundamental skills that are appropriate for the age level are much more valuable than a complex drill that takes two practices to teach. Realize that whatever skills you choose to teach are going to be impressed upon your players for a long time. If you don't know something, research some of the many sources or call someone more knowledgeable than yourself for an answer.

K, 1, 2 GRADES

- Basic rules
- Fouls and Infractions ("over and back", three seconds in the lane, five seconds, etc.)
- Court boundaries and staying within them
- Taking the ball out of bounds after opponent scores
- Jump ball to start the game – how it works
- Dribbling without double dribbling.
- Passing (chest, bounce, and two-hand overhead pass)
- Leading the receiver
- The concept of man-to-man defense (staying between your man and the basket, not chasing the ball)
- The concept of team play vs. individual play
- What rebounding means and how to approach it
- Good sportsmanship (a skill that needs reinforcement)

Advanced skills:

- Passing while moving
- Blocking out
- Lay-ups with the dominant hand

3, 4, 5 GRADES

All skills and knowledge from the younger age divisions plus:

- Footwork (pivoting, jump stop, passing while moving without traveling)
- Proper shooting fundamentals, including what a good shot is
- Blocking out while rebounding
- The concept of "Help Defense"

Advanced Concepts/Skills:

- Using the non-dominant hand to dribble
- Offensive concepts of court balance, spacing, moving the ball, finding the open man, etc
- Simple plays
- Screening, "pick and roll", "give and go" concepts can be introduced
- One or more of the various positions (post, wing, point guard) and the responsibilities of each
- Fast break concepts such as the outlet pass and filling the lanes

6, 7, 8 GRADES

All skills and knowledge from younger age divisions, plus:

- Proper defensive position and footwork (sliding, drop step, etc.)
- Zone and Full Court Press Defenses
- Offensive Patterns and Advanced Plays

Advanced Concepts/Skills:

- More advanced man-to-man defensive concepts such as switching, ball side/help side, and "triangle" concept (forming a triangle between you, your man, and the ball when your man doesn't have the ball)
- Shooting with one hand and jump shots
- Lay-ups with the non-dominant hand
- Court Terminology (low block, high post, wing, elbow, etc.)

CYSA RULES AND REGULATIONS

Listed below are the specific rules that pertain to play in the CYSA League. We ask all coaches and parents to remember two key points:

- First, this is a recreational league designed for the purposes of helping all of the players improve their skills through participation in both practices and games.
- Second, it would be impossible to operate this league without the use of the facilities of the Anchorage School District. All of us must treat these facilities with the utmost respect at all times. We expect each of you to be responsible for the cleanliness of the gyms you use.

Roster and Uniform Requirements

- No player may participate without being a CYSA registered player.
- Only players listed on the official roster are eligible to play.
- Each player must wear the uniform jersey during league games. No other uniform will be permitted.
- No uniform modifications. Appropriate names or nicknames can be printed on the back (optional).

Coaches Responsibilities

- The coach or his/her assistant must be present at all games. If circumstances arise where either is not available, then another individual, who has been cleared with CYSA, may substitute.
- Coaches are responsible for the conduct of their players before, during, and immediately after the game until parents assume responsibility for their child. Players must stay off the gym floor until the preceding game is over.
- The head coach is responsible for the conduct of his/her staff.
- **Coaches should ensure that all children play equitably in terms of time per game.**

General Playing Rules

The High School Federation Rules of Basketball will apply except as amended below:

Ball Sizes

K, 1/2 Grade Boys & Girls	Junior
3/4 Grade Boys	Intermediate
3 – 8 Grade Girls	Intermediate
5 – 8 Grade Boys	Official

Time Considerations

Games must start on time to stay on time. Please keep the game moving: **STAY ON TIME** so we do not have to reduce the quarter time.

Regulation play for all games will be:

K Coed

20-25 minute practice/warm up
4-six (6) minute running quarters, 5 minute halftime

1-2 Grade Coed

Warm-up for 10 minutes
Games consist of 4 quarters of 8 min each
2 minutes between quarters
5 minute halftime

3-8 Grades, Boys & Girls

Warm-up for 5 minutes
Games consist of 4 quarters of 8 min each
2 minutes between quarters
3 minute halftime

The clock will **NOT** stop for foul shots. The clock will run without stoppage (unless due to injury or time out).

Each team will be allowed 2 30 second time outs per game. The clock stops for time outs.

No overtimes. Tie games end as a tie.

Playing Time and Substitutions

All players must play a minimum of 2 quarters of each game. Each player must play at least one quarter per half that they are present for. If a player comes late (after 2nd quarter has started to play), player can only play 1 quarter in the 2nd half. No player can play 4 quarters until all players have played 3 quarters. Once a player starts a quarter he/she must remain in the game for the full quarter except for injury. CYSA advises that the same players not play extra quarters every week. This League is to be used for the development of **all** the players.

If any deviations of the substitution policy are needed, it must be agreed upon by both coaches before the start of the game. Once a game starts, the stated substitution rules apply.

Home and Visiting Teams

The Home team is listed 1st on the game schedule (ex, 1 v 2 means team 1 is home).

If extra officials are not available, the designated home team should provide a parent/volunteer to run the clock.

Forfeits

There are no forfeits. If a team is short players, the opposing team must reduce their on-court player numbers to balance the teams OR players can be shared from the opposing team only for teams that are short during that game.

Grade Specific Rules

Kindergarten, 1/2 Grade Boys & Girls

- Man-to-Man Defense ONLY (no Zone Defense)
- No Double Teaming (two defenders on the offensive ball handler at the same time)
- No Full Court Defense (defense begins at half court)
- No stealing the ball from the dribbler (you may block or steal the shot or pass)
- Foul shots will be taken from the 8 ft. mark
- Fouls per player will be tracked by the referee, and a player can foul out (5 fouls)
- One coach is allowed on the court for each team during games. Coaches are there for teaching purposes only and must not

interfere with play. Other coaches must remain on the sideline.

3/4 Grade Boys and 3/4/5 Grade Girls

- Man-to-Man Defense ONLY (no Zone Defense).
- No Double Teaming (two defenders on the offensive ball handler at the same time).
- No Full-Court Defense; Defense begins at half court.
- Foul shots will be taken from the 10 ft. mark.
- Fouls per player will be tracked by the referee, and a player can foul out (five fouls).

5/6 Grade Boys and 6/7/8 Grade Girls

- Man-to-Man Defense (no Zone Defense except in the backcourt during full-court press).
- Help Defense (double team) is allowed.
- Press Defense: Full-court press defense must be stopped at the point that a team is ahead by 20 points. You are not allowed to press again until the score is within 10 points.
- Fouls per player will be tracked by the referee, and a player can foul out (five fouls).

7/8 Grade Boys

- Any form of defense within high school rules is allowed.
- Press Defense. Full-court press defense must be stopped at the point that a team is ahead by 20 points. You are not allowed to press again until the score is within 10 points.
- Fouls per player will be tracked by the referee, and a player can foul out (five fouls).

YOUTH BASKETBALL DRILLS AND SAMPLE PRACTICE PLANS

We all know that children, especially young children, have short attention spans. That's what makes them children! It is your job as coach to keep them focused and interested in what's going on. Keeping a 5-8 year olds' attention may be the most difficult thing you will encounter in coaching.

The best way to keep the players focused is to have constant movement and change. You should attempt to have all the players involved with an activity/drill at the same time. That will cut down on the amount of time that a player is only standing around watching the other players go through the activity. The time that a player is not engaged in activity is the time you will "lose them".

Also, to keep everything new and exciting, each drill should last no more than 5-10 minutes. Gauge your team's attention span and adjust the length of each drill accordingly.

We have included a number of drills in this book so that you won't find yourself running out of things to do.

STRETCHING & WARM UP

It is very important to have a short 5-minute warm-up before you get into the heart of your practice. The warm-up should consist of stretching and light cardio exercises. The drills found under the Coordination/Conditioning Drills Section, can serve as good warm up exercises. Stretching is very important and will help loosen tight muscles and help prevent muscle injuries.

Leg Straddle

For this stretch, the legs should be slightly more than shoulder length apart. The players should start by attempting to touch the ground with their hands. On the coach's command, the players then attempt to touch their right foot with both hands. Then, once again on the coach's command, players should switch and attempt to touch their left foot with both hands. The players should then attempt to move their legs further apart and repeat the above actions.

Remember to have the players keep their legs straight and not bend their knees.



Toe Touches

This is a simple stretch where players stand straight with their legs together and feet flat on the ground. The player then SLOWLY attempts to touch their toes while keeping their knees/legs straight. The players should not bounce when attempting to touch their toes.

Quad Stretch

In this stretch, the players start from a standing position. Balancing on one foot, the players grip their foot and pull their leg up towards their back.



Hurdler Stretch

In this stretch the players start from a seated position extending one leg forward while having the other leg back (see photos). The players then lean forward, attempting to touch the foot of the leg which is forward. After a few seconds, the players should switch legs and stretch the other leg. The players need to keep the leg which is forward, straight and not bend the knee.



Knee-to-Chest

In this stretch, the players lay flat on their backs with their legs extended straight. On the coach's command, the players should bend one leg at the knee and bring their knee into their chest. After a few seconds, the players return the leg to the ground and then pull the other leg toward their chest.

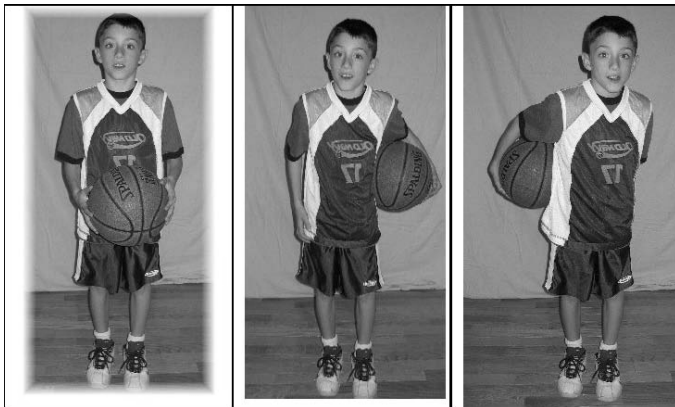


COORDINATION & CONDITIONING DRILLS

Basketball is a sport of constant motion. If a player is not in the proper condition, they will find it difficult to keep up with other players, and the offense and especially defense will suffer. It is essential that your players be in good physical condition. While many younger players can run all day long and seem to never get tired, many children today are out of shape. Conditioning should be part of every practice.

Circle Basketball Around Waist

Players stand facing the coach while holding their basketball with both hands, waist high. On the coach's command, the player circles the basketball around their waist. After a few times, have the players stop and then circle the ball in the opposite direction. This drill may seem very easy, but you will be surprised how difficult yet fun it is for small players.



Circle Basketball Around Legs

This is a variation of the "Circle Basketball Around Waist Drill" Once again, the players stand facing the coach. On the coach's command, the player circles the basketball in and out of their legs in a figure 8 pattern. Have the players stop and then circle the ball in the opposite direction.

Throw ball in air & catch

In this drill the players stand facing the coach, holding their basketball with both hands, waist high. On the coach's command the players throw the ball up in the air and then catch it. Have the players start by throwing the ball up only a foot or two into the air. Once they master this, have the players increase the height of the throw.

Throw ball in air, clap & catch

This is a variation of the previous drill with some added complexity. Simply add a clap. The players are to throw the ball in the air, clap, and then catch the ball. Have the players then increase the height they throw the ball AND have them increase the number of claps before the catch.

Stuck in the Mud Drill

Designate a boundary area on the court where all the action will take place (usually on one half of the court). All players must stay in this area. Designate 1-2 players that are "it". At the start of this drill, all the players that are not "it" will begin to run and avoid the "it" players. It is the "it" players' job to tag the other players. When a player is tagged, the player is "stuck in the mud" and must stand still. The stuck player can get unstuck when another player crawls under his/her legs. The game ends after a certain time has elapsed or when all the players are stuck in the mud. This game can be done with or without using the basketball.

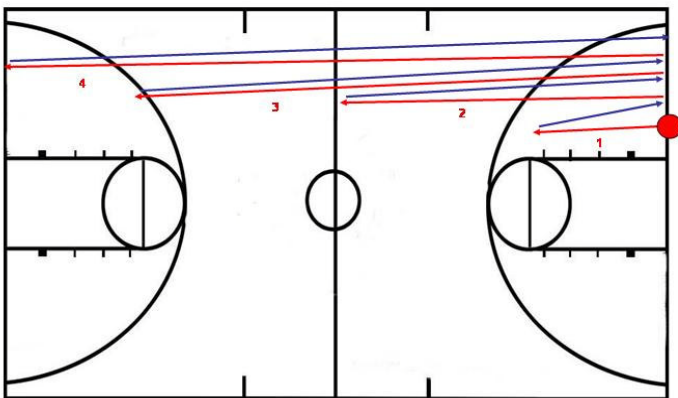
“Coach Says”

This is a way to break away from the traditional basketball drills. It teaches players to listen and to pay attention. This drill is just like the game “Simon Says”; however, instead of Simon it is “Coach Says”. The players only react to the coach’s commands if the coach starts the command by saying “Coach Says.....”. (example “coach says to hop on 1 foot”) When a player reacts to a command that does not start with the statement “Coach Says” then that player is out and must sit down until the game is over. The last player in the game is the winner.

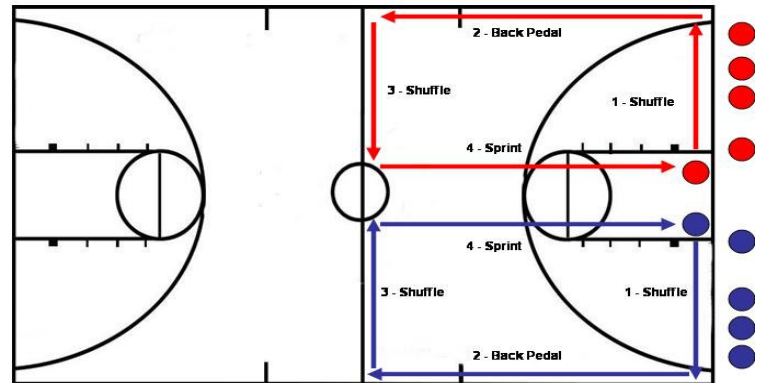
Gasers or Line Runs

In this drill, all the players line up at one end of the court. On the coach’s command, all players proceed to run: 1) as far as the nearest foul line and back, 2) to ½ court and back, 3) to the furthest foul line and back, and 4) to the opposite end of the court and back.

“Gasers or Lines”



Box Run Relay



Box Run Relay

For this drill, divide your team into equal teams. On the coach’s command the first player from each team will shuffle down the baseline. Once they reach the corner of the court, the players will then back pedal to half court. At half court the players will then shuffle to the jump ball circle. Once they reach the jump ball circle, the players will sprint back to the starting line, tagging the next player who then continues the relay.

Sprint Past the Pack Run

In this drill, have your entire team line in a straight line outside the court. The team is to jog around the exterior of the court. On the coach’s command the player at the end of the line should sprint to the front of the line (passing the other players). At each command the new player at the end of the line sprints to front. This continues until all players have run to the front.

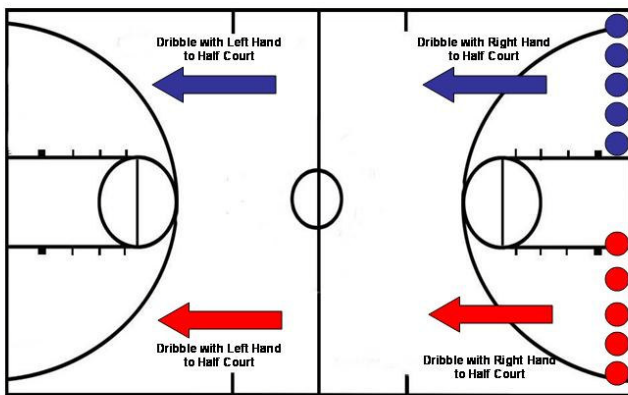
DRIBBLING DRILLS

One of the most difficult things for young players to do is to control the ball. When dribbling a basketball, most new players kick the ball too hard, causing the ball to go too far away from them; therefore, losing the ball to another player. The key to proper ball control is to have the player keep the ball at a close distance while running in the direction that they want to go.

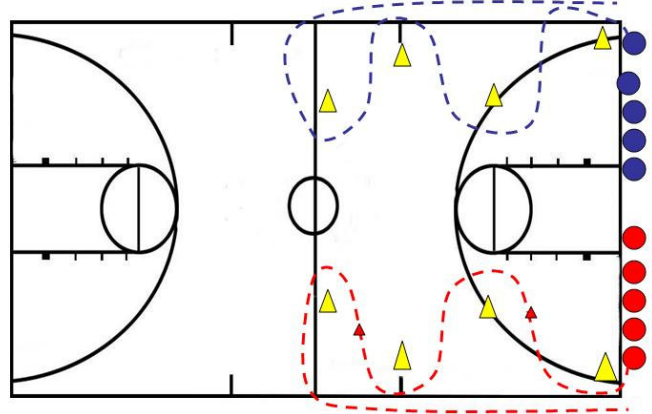
Righty – Lefty Drill

All the players can do this drill at the same time (if you have enough basketballs). For this drill, have the entire team line up at one end of the court. On the coach's command the players are to dribble to half court with their Right Hands. Once the players pass half court they should switch hands and dribble the rest of the way with their Left Hand.

Righty – Lefty Drill



Cone Dribbling Drill



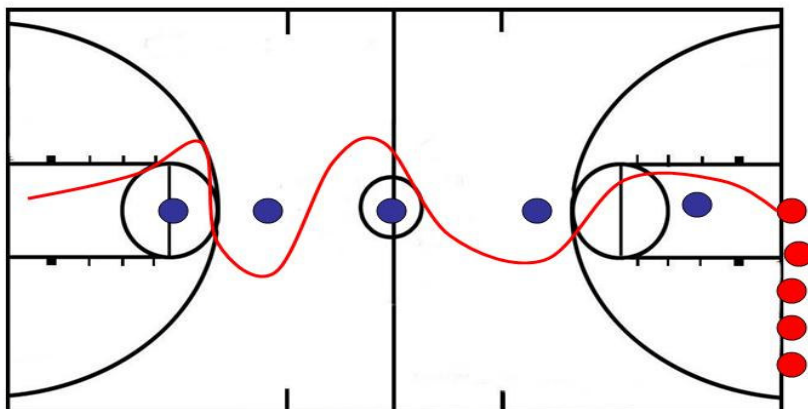
Dribbling Around Cones

This is a simple drill that helps develop ball control and coordination. Divide your team into 2-3 groups. Each group lines up in a straight line. Setup cones every 5 yards (3-4 cones per group should be fine for this age group). Then on the coach's command, have the players dribble around the cones. Variations of this drill: have the player shoot at the basket when they pass the last cone, or make the game into a relay race, the first team to finish dribbling through the cones, shoots and then sits in a straight line wins the game.

Dribble Around Defenders Drill

For this drill, have a number of players (depending on your area and the spacing you want between the defenders) line up straight down the middle of the court. These players will be the defenders. The defenders cannot move their feet, but can move their hands and lean for the ball. The defenders should have their hands up at all times. The ball handlers will dribble the ball between the defenders in a weaving like pattern. The goal is for the ball handler to successfully get to the other side of the 16. One on One Dribbling For this drill, have the players pair up. Each pair has 1 basketball. One player from each group starts on the base line with the ball (this group is on offense). The other group lines up approximately 3 feet away and they are on defense. The object of the game is for the offense to dribble the ball to the half court line. The goal for the defense should be to steal the ball or stop the dribble of the player on offense.

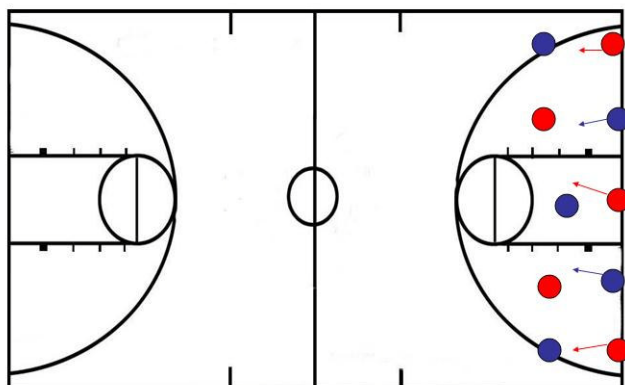
Dribble Around Defenders Drill



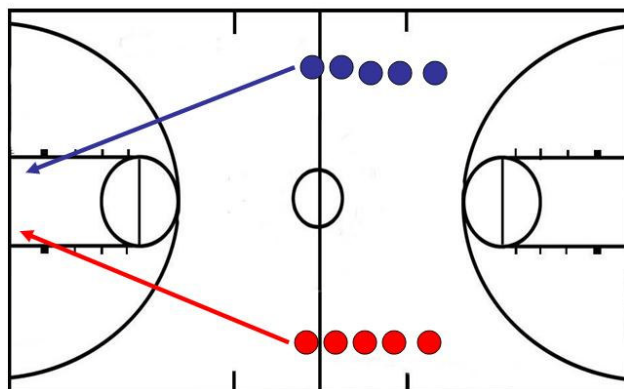
One on One Dribbling

For this drill, have the players pair up. Each pair has 1 basketball. One player from each group starts on the base line with the ball (this group is on offense). The other group lines up approximately 3 feet away and they are on defense. The object of the game is for the offense to dribble the ball to the half court line. The goal for the defense should be to steal the ball or stop the dribble of the player on offense.

1 one 1 Dribbling



Half Court Layup Relay



Half Court Layup Relay

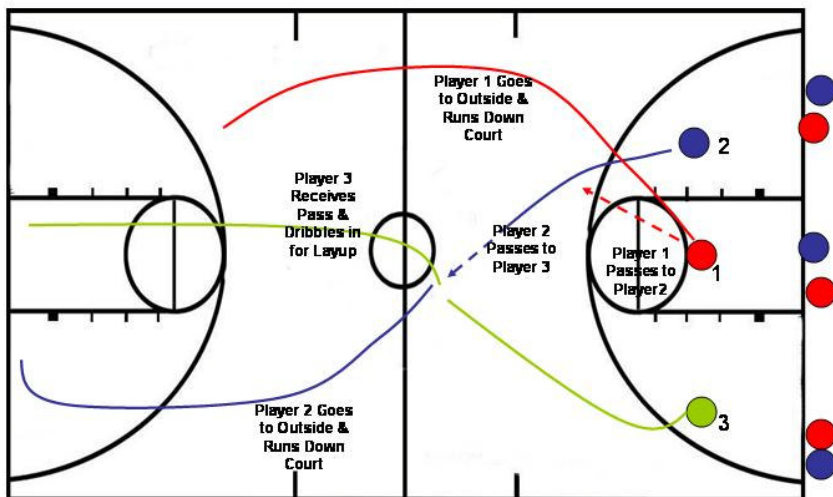
For this drill, divide your team into 2 groups. Each group lines up in a straight line at half court and the first person in each group has a ball. At the coach's command, the first person in each group dribbles down court towards the basket and shoots a layup. After making the shot (or after 2 attempts at making a shot) the players rebound their basketball and dribble back to half court, passing the ball to the next person in line. The next players in line then repeat the drill, until all have had a turn.

3 Player Weave Drill

This is a more advanced drill. Three players start lined up across the court. The player in the middle starts with the ball (Player 1). Player 1 then passes the ball to the player on the right (Player 2). Player 1 then runs to the right side of the court while Player 2 goes to the middle of the court. Player 2 then passes the ball to the player on the left side of the court (Player 3). Player 2 then runs to the left side

of the court while Player 3 goes to the middle of the court. Player 3 continues to dribble and then shoots a layup.

3 Player Weave Drill



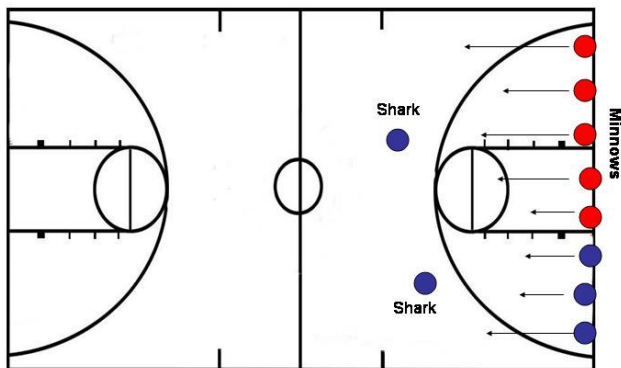
Follow the Leader

This drill can be done with or without the basketball. In this game, have your entire team line-up in a straight line behind the coach. The players are to do exactly what the coach or designated "leader" is doing. Without the basketball the coach can: Hop, Jump, Skip, Run with legs high, etc. With the basketball the coach can: Dribble the ball with their right hand, with their left hand, dribble while walking backwards, cross-over dribble, etc.

Sharks & Minnows

For this game, designate an area on the court for play (usually half court). All players must stay within this designated area. Start with one player designated as the "Shark". The rest of the players are the "Minnows". The object of the "Shark" is to kick the ball away from the "Minnows" (the ball needs to be kicked out of the designated area of play). Once a "Minnow" has their ball kicked away, they then become "Sharks", and attempt to take the ball away from the other "Minnows". At the start of the game the "Minnows" should be on the run trying to avoid the "Sharks" AND maintaining ball control. The game ends when there is only 1 "Minnow" remaining. This is also a great defensive drill.

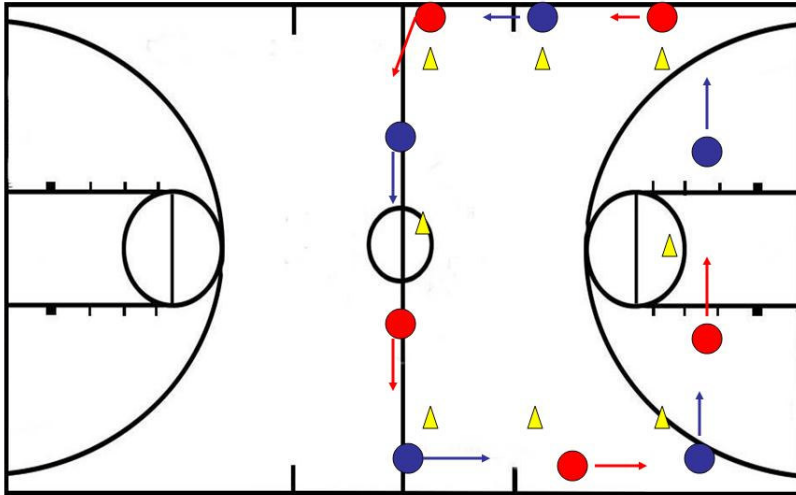
Sharks & Minnows



SPACE MAN Drill

Evenly space players around square boxed area. Have players dribble around the area, maintaining ball control. The players should also have their heads up. The goal to this drill is for players to maintain ball control and maintain the same distance apart from each other as from the start of the drill.

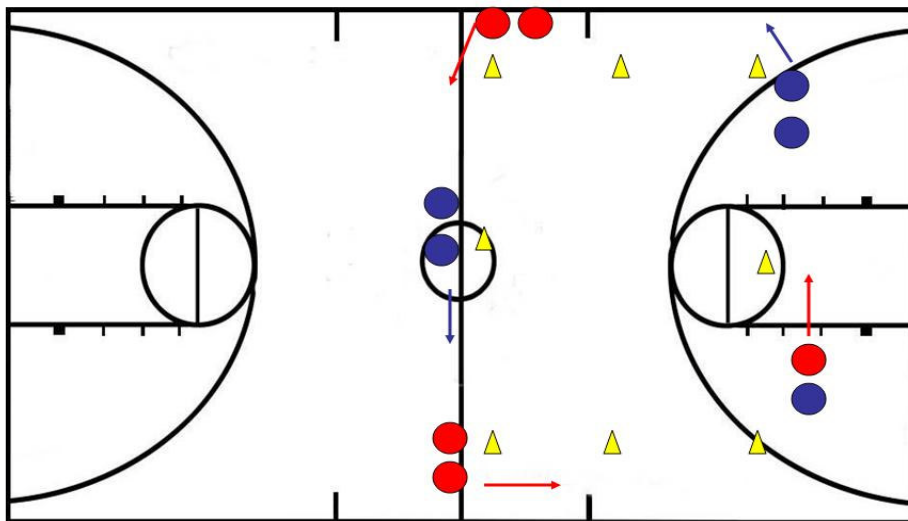
SpaceMan Drill



Engine & Caboose Drill

This drill is somewhat like the "Space Man Drill". Players pair up and each player has their own ball. Each pair of players is a "train". One player will be the Engine and the other will be the Caboose. The Engine player is in front and the Caboose player lines up 1-2 yards behind the Engine Player. On the coach's command, the players should dribble their basketballs around a designated area. The object of the drill is to maintain ball control and for the players to stay within the same distance (1-2 yards) of each other as they were at the start of the game.

Engine & Caboose Drill



Change Direction Drill

The object of this game is for the players to “sneak up” behind the coach while the coach has his/her back turned. However, if the coach turns around the players must reverse direction and run back to the starting line. To start this game, the coach turns his/her back to the team and begins to walk up field. As the coach’s back is turned, the players should dribble their basketball down court after the coach (while maintaining control of the basketball). The coach should then turn to face the players and chase them back to the starting line. Once the coach turns, the players should Stop, Reverse Direction and quickly dribble the ball back to the starting line.

Head Up Dribbling

This drill works on the player’s ability to dribble with their head up. Each player has their own ball. The players are to dribble the ball while keeping their head up and looking at the coach. The coach will make hand motions (no talking) signaling what the players should do next.

- 1 Finger can stand for dribble with Right Hand
- 2 Fingers mean dribble with Left Hand
- Coach pointing to Right means dribble to the Right
- Coach pointing to Left means dribble to Left
- Coach pointing Forward means dribble Forward
- Coach pointing Backwards means dribble backwards

Red, Yellow, Green, Purple Light

This game will help dribbling, coordination AND listening skills. Each player has their own ball and dribbles around the court maintaining ball control and remembering to keep their head up. The coach then calls out a command (“Red Light”, “Green Light”, “Yellow Light”, or “Purple Light”) and the players should react accordingly.

Red Light – Means Stop. The players dribble the ball while standing in one place.

Green Light – Means Go. The players move quickly around the court while dribbling the ball; but in control.

Yellow Light – Means Slow Down. The players move slowly with the ball.

Purple Light – Means -Stop dribbling the ball, place the ball on the ground, then after the ball has stopped, the players run around the ball in a circle.

All different variations can be used in this drill.

PASSING DRILLS

Good fundamental passing is becoming a lost art form in basketball. However, the team that can properly pass the ball and find the open man will be the team that puts themselves in a better position to score. You may find that players do not want to work on passing drills. Many players feel they are boring and want to practice shooting. However, instill in your players that to get in the best position to shoot, they first must learn to pass.

Partner Pass

Have the players pair up with a partner. The pairs should line up approximately 3-5 feet apart from each other (depending on skill level). Facing each other, the pair should pass the basketball to each other. Start with the chest pass then move onto the bounce pass. Emphasize good passing fundamentals.

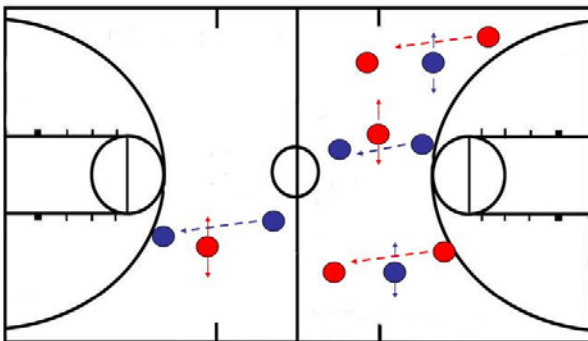
Triangle Pass & Receive

Divide your team into groups of 3 players. Have each group form a triangle. Start by having your players pass the ball to each other in a clockwise rotation. Then have the players switch directions and pass to each other in a counter-clockwise direction. Once again, emphasize proper passing.

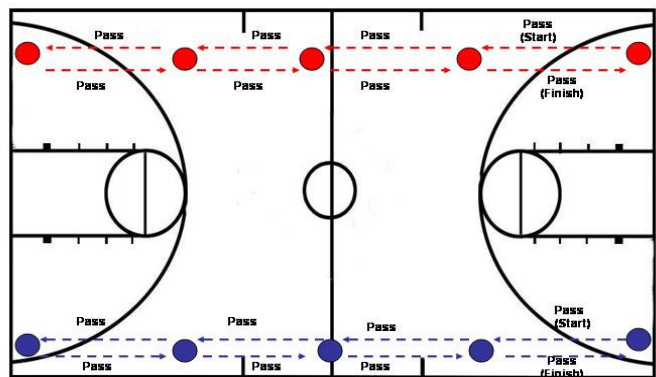
Monkey in the Middle Drill

This game will help your players develop passing skills. Have your players form a circle. Place one player in the middle of the circle. The object of the game is for the players situated around the circle to pass the ball to each other (they can pass the ball to any other player in the circle). The object of the game for the person in the middle is to intercept a pass and take control of the ball. Once the player in the middle steals the ball, choose a new player to go in the middle.

Monkey in the Middle Passing Drill



Passing Relay Race



Passing Relay Race

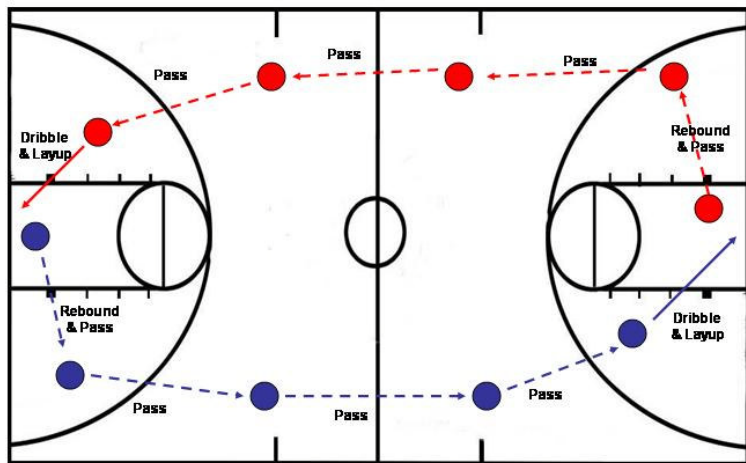
Divide your team into 2 – 3 even groups. The teams line up in a straight line down the court from one base line to the next. At the coach's command the first player passes the ball the second and so on until they reach the last player. The last player then passes it back to the player next to him/her until the ball reaches the person who started the drill. The first team that completes all their passes wins. All types of passes (chest, bounce, overhead) can be utilized in this drill.

Fast Break Pass Drill

For this drill, have all your players line up around the perimeter of the court in an oval. The 2 players located under the baskets start the drill and both have basketballs. On the coaches command the players with the ball outlet a pass to the next player and the passing chain continues until it reaches the 2 players at the opposite basket just outside the key. Those 2 players then shot a layup into the

basket. The players under both baskets (the original starters) then rebound the ball and start the passing again.

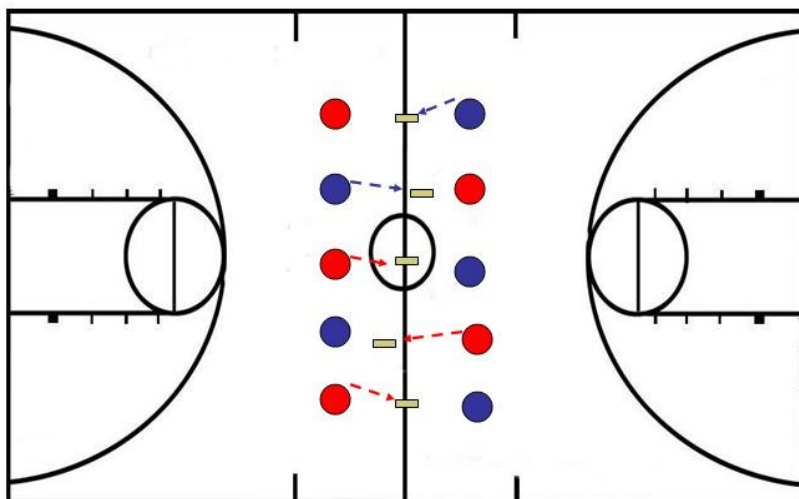
Fast Break Pass Drill



Move the Stick Passing Drill

This drill will introduce and work on bounce passing accuracy. For this drill, have your players break into pairs. Each pair will have 1 basketball. Each player should be approximately 5 feet away from each other. Place a popsicle stick in the middle between the 2 players. The object of the game is for the players to hit the stick, thereby moving the stick towards the other player. Each player gets one turn then it is the other player's turn. As the one player tries to hit the stick, the other should attempt to catch the ball after 1 bounce.

Move the Stick

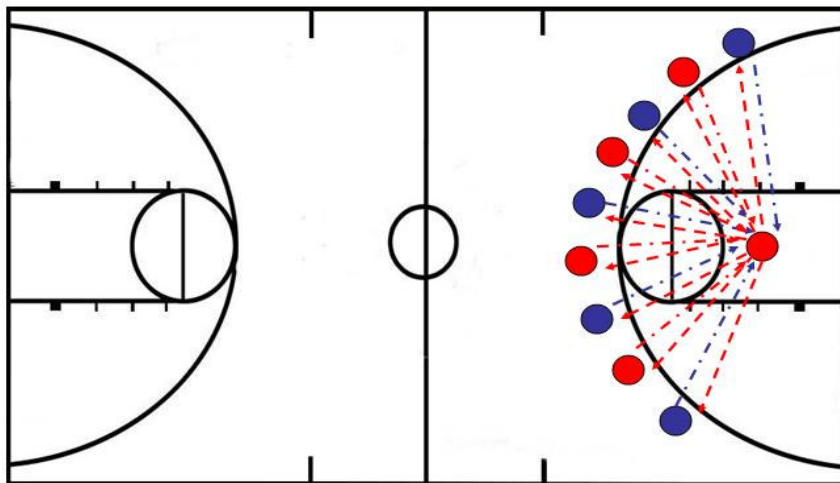


Quick Back & Forth Pass Drill

In this drill, one player is positioned at the center of the key with a basketball. All the other players line up around the 3 point arc (closer if the players are younger and cannot reach each other with a pass). On the coach's command the player in the key passes the ball to the player to their furthest left, that

player immediately passes back to the player in the center. This back and forth passing continues in a clockwise order until all players have gone. A new player then assumes the center position. All types of passes can be utilized in this drill. For a variation you can make a rule that the player returning a pass must use the same pass that the center player used.

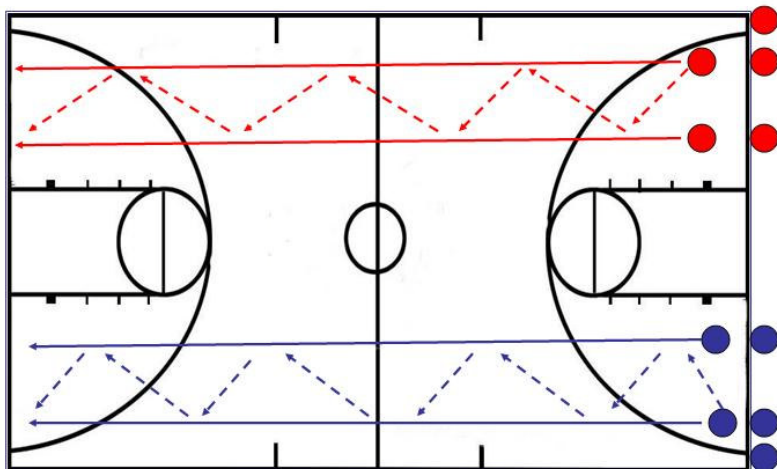
Quick Back & Forth Passing



Shuffle Pass Relay

In this drill, 2 players line up approximately 5-6 feet away from each other with 1 basketball. On the coach's command, the players race down court passing the basketball to each other. Once they reach the opposite baseline, the players should turn and continue back to the starting line, handing the ball off to the next pair. All types of passing can be utilized in this drill (bounce pass, chest pass, etc.)

Shuffle-Pass Relay

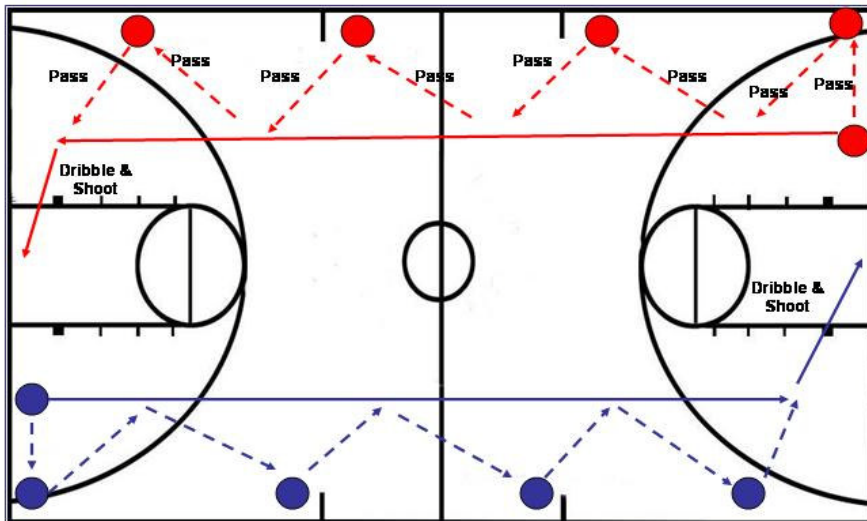


Pass it Down the Line Drill

In this drill, line up a number of players (4-8) on the sideline facing into the court. Another player should have 1 basketball and be approximately 5-7 feet away from the players on the sideline and should also be facing those players. On the coach's command, the player with the ball will run in a straight-line down the court, passing and receiving a return pass from each player. After he/she

receives the last pass, the player should continue towards the basket for a layup.

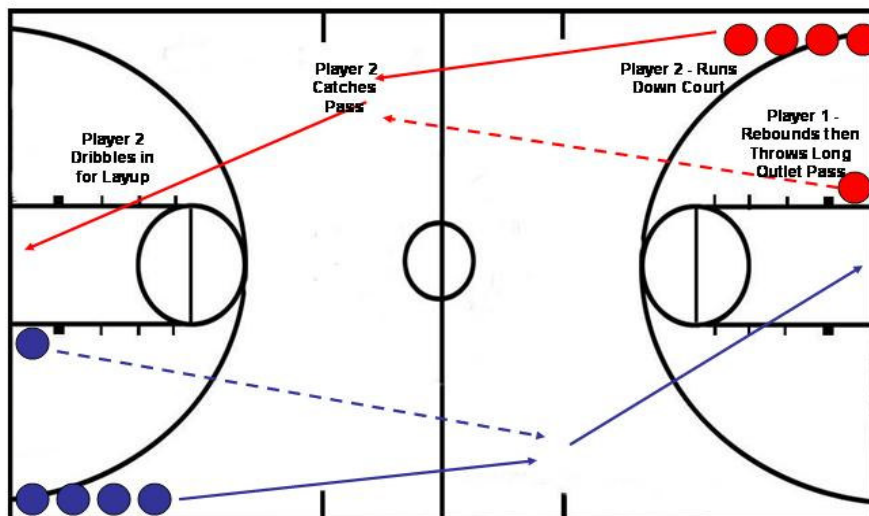
Passing it Down the Line



Touch Down Pass Drill

The object of this drill is for players to develop their long passing skills. The long pass can be essential for fast breaks. In this drill, one player is designated the rebounder/passer. The other players line up towards the baseline, outside the 3 point arc. The rebounder gets the rebound (either a real rebound from another player/coach or an imagined rebound), and then throws a long outlet pass to the player running down court. The pass should be thrown over hand like that of a football throw and should reach over the half court line (depending on the age and strength of your players). The player receiving the pass should catch it and then continue to dribble towards the far basket and perform a layup.

TouchDown Passing Drill



Give & Go / Pass to Coach Drill

This drill combines ball-handling, passing, receiving, and shooting skills. Line up your team one behind the other in a straight line facing the basket. At the coach's command, the player starts to dribble towards the basket. The player then passes the ball to the coach. The player then runs around the coach towards the basket. The coach then passes the ball back to the player. The player receives the pass, dribbles towards the basket and then shoots. After your players become comfortable with this drill, have another player (instead of the coach) involved with the passing.

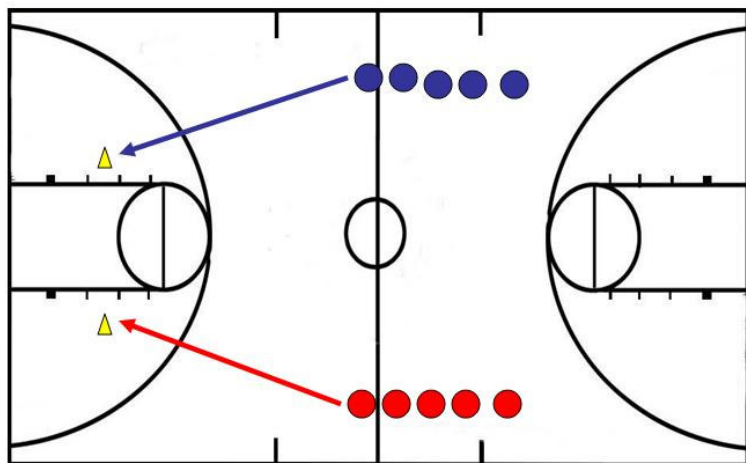
Shooting Drills

The best way to become a better shooter is practice, practice, practice. That, of course is assuming that a player has learned the proper shooting fundamentals. All the practicing in the world will not matter, if a player's technique is wrong. Before having your players do shooting drill after shooting drill, make sure they know how to shoot the basketball. Since you will have players of all different skills, have the players do the drills below and watch for players that need help on the fundamentals, spend time correcting these players so that they do not develop any bad shooting habits.

Dribble Down and Shoot Drill (Jump Shot)

For this drill, divide your team into 2 groups. Each group lines up in a straight line at half court and the first person in each group has a ball. At the coach's command, the first person in each group dribbles down court towards the basket stops at the cone and shoots a jump shot. After making the shot (or after 2 attempts at making a shot) the players rebound their basketball and dribble back to half court, passing the ball to the next person in line. The next players in line then repeat the drill, until all have had a turn.

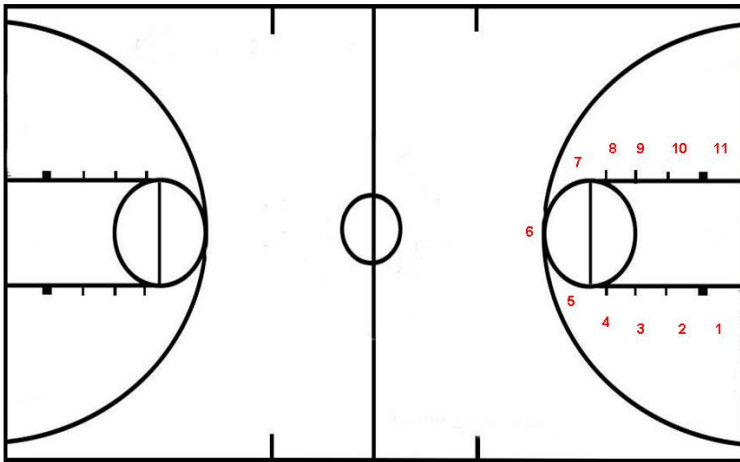
Half Court JumpShot Relay



Around the World

For this drill, each player must make a number of shots at various locations around the key (the skill level of your players will determine the distance the players are from the key). Players start from location #1 and when they make the shot go to location # 2. Players continue around the key (or Around the World) until they finish at location #11.

Around the World Shooting Drill



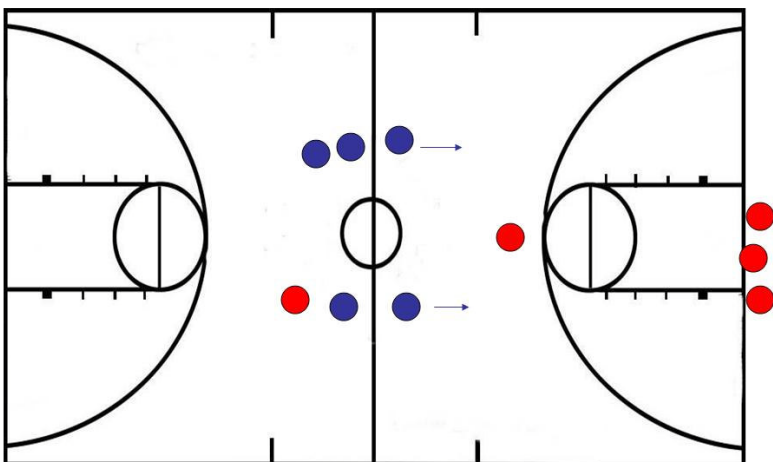
PIG, HORSE, ELEPHANT (or any other animal)

For this drill, break your team into a number of groups (so that each group has its own basket). One player from the group starts the game. That player calls out a shot they will be attempting (i.e. foul shot). If that player makes the shot, all the other players in the group must attempt that same shot. If a player misses the shot, that player receives a letter (P if playing PIG, H if playing HORSE). A player is out of the game if they receive all the letters of the animal. If the player calling the shot misses the original shot, it becomes the next player in the group's turn to call out a shot.

2 on 1 Shooting Drill

This drill works on shooting as well as the player's ability to find the open man. For this drill, 2 players are on offense while 1 player is on defense. Starting at half court, the two offensive players must dribble the ball up the court, pass to the open player and shoot at the basket. The offense is awarded a point if they score. The defender is awarded a point if they steal the ball, get the rebound off a missed shot, or prevent the offense from scoring for a certain period of time (usually 20-30 seconds).

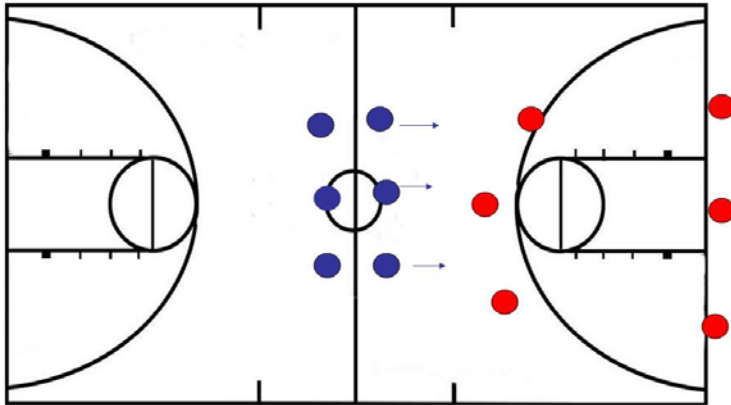
2 on 1 Shooting Drill



3 on 3 Shooting Drill

This is like a mini game. 3 players are on offense, 3 players are on defense. Starting at half court, the offensive players must dribble the ball up the court, pass to the open player and shoot at the basket. The offense is awarded a point if they score. The defense is awarded a point if they steal the ball, get the rebound off a missed shot, or prevent the offense from scoring for a certain period of time (usually 20-30 seconds).

3 on 3 Shooting Drill



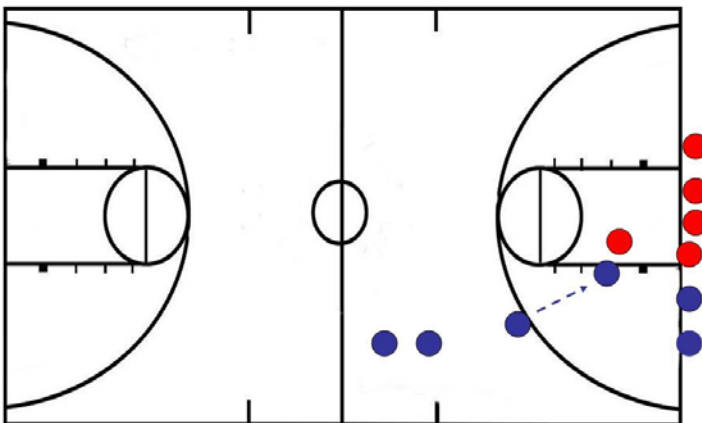
10 Basket Team Shooting

Divide your team into as many groups as you have baskets. Each group will be assigned their own basket and each player will have their own basketball. At the coach's command, each team starts shooting at the basket from a designated distance (further outside the key for more advanced teams). The first team to make 10 baskets is the winner.

Low Post Shooting Drill

This drill will work a player's post-up skills as well as shooting from the low post. Two players are on offense (1 Post-up player and 1 Passer) and one player is on defense. The Post-up player must work on getting in the proper position so that they can receive a pass and are close enough to the basket to score from the low post. The Passer must use the appropriate pass (bounce pass, over head pass, etc.). The defender must try to prevent the pass and/or prevent the shot.

Low Post Shooting Drill



Head Fake & Go (or Shoot) Drill

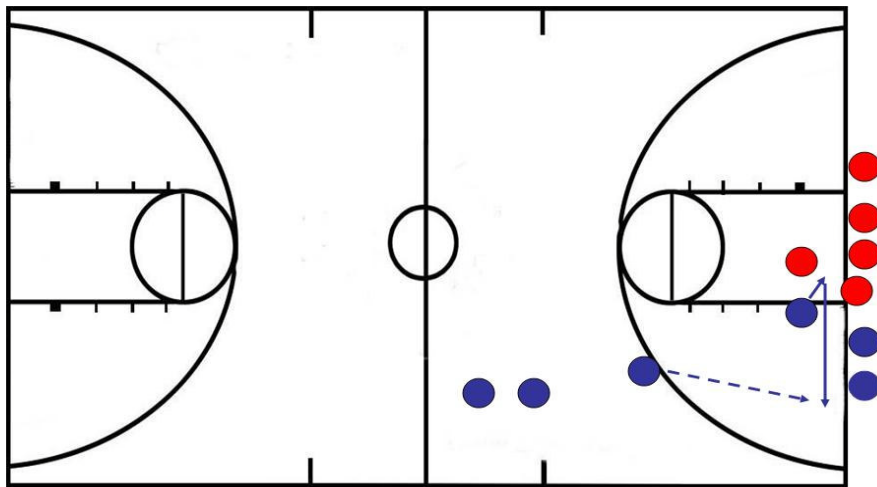
For this drill, players will be practicing a good head and shoulders fake and then either shoot or drive to the basket. A head and shoulders fake consists of the player rapidly moving up as if they are going to shoot (but not jump). This move should cause the defense to jump to block the shot. Once the defender is in the air, the offensive player can either shoot (the defender in the air is out of position to block the shot) or dribble past the defender to score.

First have your team practice good head and shoulders fakes without a defender. Have them line up in the low post facing the basket. Execute the fake and then the corresponding next move (shoot or drive to the basket). After your players are comfortable with the moves, add a defender.

Base Line Shooting Drill

This is a good drill for your Forwards to practice. In this drill you have two players on offense (1 Post-up player and 1 Passer) and one player is on defense. The Post-up player starts by posting up, makes a fake move as if they are going across or inside the key, then quickly runs out to the baseline area to receive a pass. The Passer must use the appropriate pass (chest pass, bounce pass, over head pass, etc.). The defender must try to prevent the pass and/or prevent the shot.

Baseline Shooting Drill



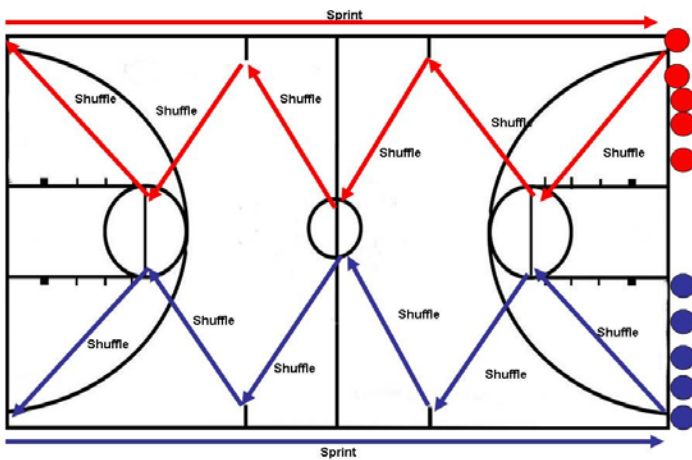
DEFENSE DRILLS

Defense is an extremely important aspect of basketball. It has been said that defense wins games and for the most part, this statement is true. Just think about it, by playing good, aggressive defense you will limit the scoring chances for the other team, thereby increasing your opportunities to score. For young players, teaching them to play defense is one of the easiest tasks you will face. Good defense can be played by any player, no matter the age or athletic skill of the player.

Defense Shuffle

This drill will help teach your players how to maintain the proper defensive stance and how to properly move from one part of the court to the other. Divide your team into 2 groups. Each group starts a corner of the court. The first players from each group assume a good defensive stance (feet slightly more than shoulder length apart, knees bent, back straight, arms up and out). On the coach's command the players start to shuffle their feet (do not cross feet) from the corner to the foul line, to the 5 second line, to half court, to the opposite 5 second line, to the opposite foul line, to the far corner of the court; and then sprint to the back of the starting line.

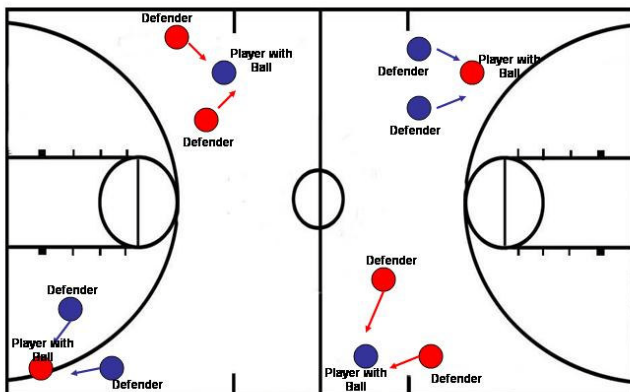
Defensive Stance Shuffle



Trap Drill

For this drill, divide your team into groups of 3. One player will have a basketball and be on offense and two players will be on defense. The player on offense will attempt to dribble the ball past the two defenders, while the two defenders attempt to trap the offensive player causing the player on offense to stop dribbling or lose control of the ball.

Trap Drill



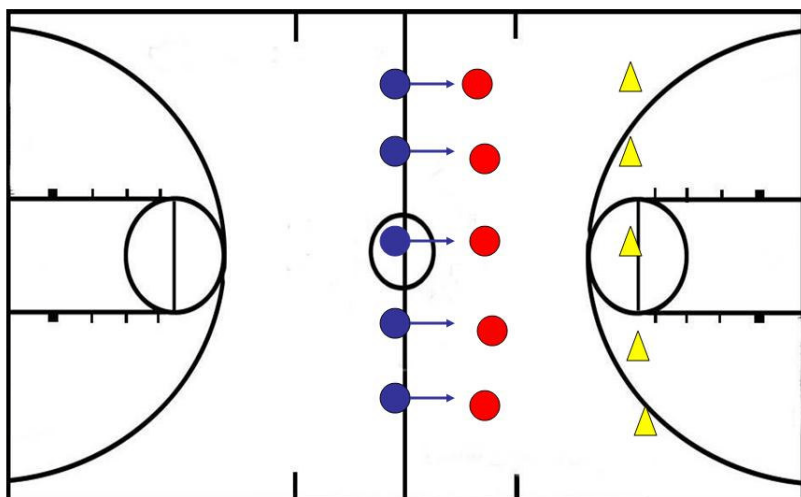
Mirror Drill

Divide your team into 4-6 groups, try to have no more than 4 players per group. Designate 1 player per group as the leader. All other players in the group will face the leader and must "mirror" every movement of the leader. If the leader shuffles right the group must shuffle in the same direction (it will be left shuffle since they are facing the leader). If the leader moves forward, the group moves backward. If the leader moves back, the group moves forward.

1 on 1 Defense

Divide your team into two groups. One group is on offense and the other group is on defense. Pair up the players so that every offensive player has a player that is playing defense against them. All the players on offense should have a basketball and line up in a straight line across the half court line facing the basket. The defensive players should lineup 3-4 feet away from the offensive players. The object of the game is for the offensive players to dribble the basketball past an area down court (it could be line set up with cones across the court). The offensive player scores a point for getting the ball past the "goal" area. The defender gets a point if they steal the ball, get the offensive player to stop dribbling or prevents the offensive player from reaching the "goal" within a certain time period (usually 10 seconds).

1 on 1 Defense



2 on 2 Deny Defense

The goal of this drill is for the players on defense to learn how to keep their body between the offensive player and the basket. Set up a designated area. One pair of players is on offense, while the other pair is on defense. The goal of the offense is to move the ball over a designated "goal line" approximately 10-20 feet down court through passing and dribbling the ball. The object of the defense is to position themselves between the offensive player and the "goal line" as well as to position themselves to deny passes between the offensive players. Award 1 point if the offense cannot move the ball to the "goal line" under a certain time period (10-20 seconds). Award 2 points if the defense steals the ball or intercepts a pass. This game can also be done 3 vs. 3 or 4 vs. 4.

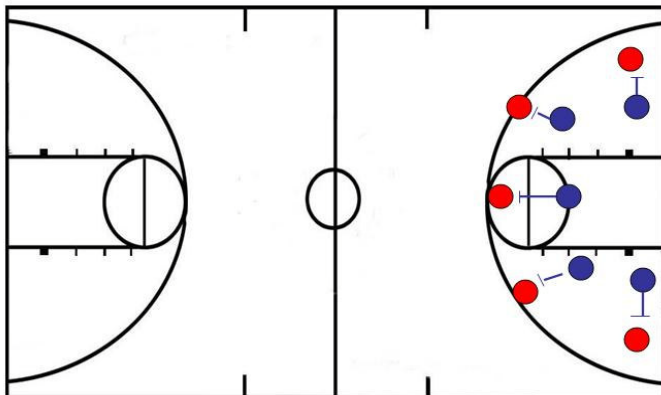
REBOUNDING DRILLS

With offensive rebounding you at least double the number of opportunities you have to score (the original shot plus the shot you will get after the rebound). With defensive rebounding, you drastically reduce the other team's opportunities to score. This being said, you can see why it's so important that your team develop good rebounding skills.

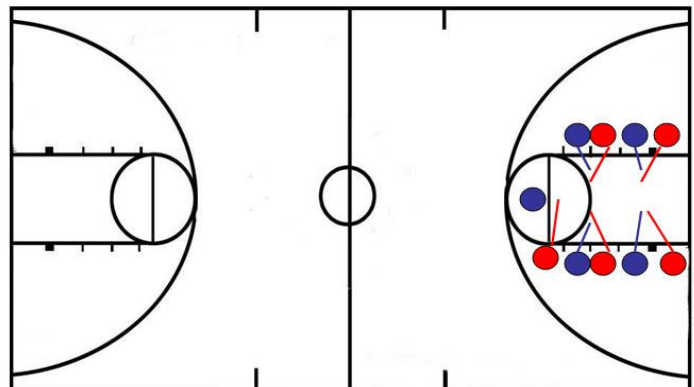
Box-Out Drill

This drill should be started without using the basketball. For this drill there are 5 defenders and 5 offensive players. The players on defense start off by "guarding" the players on offense. The players on offense move around the court. When the coach shouts "Shot", the players on defense must find the player that they are guarding and box that player out, putting them in good position to rebound the ball. The offense should attempt not to be boxed-out and be in a position to rebound the ball. After a few practices have the teams switch places (defense is now offense). As the players get comfortable with the fundamentals of boxing out, the coach should then begin to shoot a basketball and have the players actually get the rebound.

Box Out Drill



Foul Shot Box Out Drill



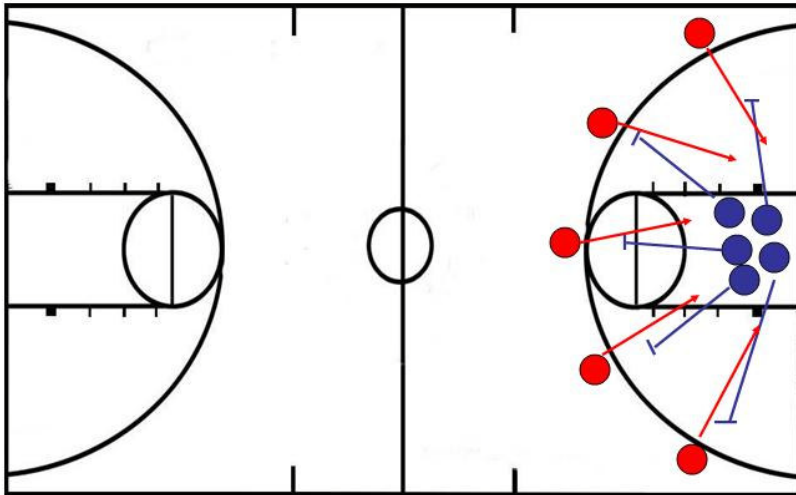
Foul Shot Box-Out Drill

For this drill, your team will be practicing the proper way to box out during a foul shot. Break your team into groups of five. One group will be on offense with a shooter on the foul line. The other group will be on defense. All the players, except for the player shooting on the foul line are to line up in the proper spots for a foul shot. Two of the players on defense get the closest positions to the basket. The next two spots belong to the offensive players. The order continues in this fashion until all spaces or all players are occupied. The foul shooter will shoot the ball and all the players must attempt to get into the best position to rebound the ball. Whoever rebounds the ball becomes the next shooter and whatever team that person was on now is on offense and occupies the offensive area around the key.

“Find” & Seek Box-Out

For this drill, divide your team into 2 groups. One group will start in the key under the basket and facing the basket. The other group will start out on the perimeter of the court just outside the 3 point arc. Upon the coach shouting “Shot” the players who are out by the 3 point arc will race towards the basket trying to get into position for a rebound. The players under the basket will attempt to box out the closest player from the other who is in their area.

Find & Seek Box Out Drill



One on One on OneDrill

This drill will work on boxing out, rebounding and shooting. This drill starts with one player on offense and all the other players attempting to rebound the ball. The player on offense will not be defended and must shoot the ball from outside the key. Upon shooting the ball all the players must properly position themselves to get the rebound. Whoever gets the rebound is now on offense.

Sample Practice Plan

ill	Comments	
<i>Warm-up & Conditioning</i>		10 Minutes
1	Stretching (Various)	
2	Throw Ball in Air & Clap Drill	
3	Stuck in the Mud Drill	
	WATER BREAK	
<i>Passing Drills</i>		10-15 Minutes
1	Football/Baseball Pass Drill	
2	Triangle Pass Drill	
3	Shuffle Pass Relay	
	WATER BREAK	
<i>Shooting Drills</i>		10-15 Minutes
1	Low Post Shooting Drill	
2	Head Fake & Go Drill	
3	Dribble Down & Shoot – Layup & Jump Shot	
	WATER BREAK	
<i>Game Situation Drills</i>		10-15 Minutes
1	3 on 3 Mini Game -Half Court	
2	5 on 5 Mini Game – Half Court	

Sample Practice Plan

Practice	Drill	Date:
<i>Warm-up & Conditioning</i>		10 Minutes
1	Jog in Place	
2	Stretching (various) <ul style="list-style-type: none"> • Arms out – circle motion • Toe Touches • Leg Straddle • Quad Stretch 	
3	Sprint – Jog Run	
4	“Coach Says” Game	
WATER BREAK		
<i>Defensive Drills</i>		10-15 Minutes
1	Defense Shuffle	
2	Trap Defense	
3	Mirror Drill	
WATER BREAK		
<i>Rebounding Drills</i>		10-15 Minutes
1	Box Out Drill	
2	Foul Shot Box Out Drill	
3	Find & Seek Box Out Drill	
WATER BREAK		
<i>Shooting Drills</i>		10-15 Minutes
1	Dribble Down & Shoot – Jump Shot	
2	10 Basket Team Shooting	
3	3 on 3 Shooting	

Sample Practice Plan

Practice	Drill	Date:	Comments
<i>Warm-up & Conditioning</i>			10 Minutes
1	Stretching <ul style="list-style-type: none"> • Deep Knee Bends with arms out forward • Toe Touches • Leg Straddle • Hurdler Stretch 		
2	Sprint Past the Pack Drill		
3	Relay Races		
	WATER BREAK		
<i>Dribbling Drills</i>			10-15 Minutes
1	Dribble Around Defenders Drill		
2	Red Light, Green Light Drill		
3	1 on 1 Dribbling Drill		
	WATER BREAK		
<i>Defense Drills</i>			10-15 Minutes
1	1 on 1 Defense Drill		
2	Defense Shuffle Drill		
3	Trap Defense Drill		
	WATER BREAK		
<i>Other Drills</i>			10-15 Minutes
1	Pick Setting		
2	InBounding the Ball		
3	Fast Break Outlet Drill		

Sample Practice Plan

Practice	Drill	Date:
<i>Warm-up & Conditioning</i>		10 Minutes
1	Stretching (Various)	
2	Throw Ball in Air & Clap Drill	
3	Stuck in the Mud Drill	
	WATER BREAK	
<i>Passing Drills</i>		10-15 Minutes
1	Football/Baseball Pass Drill	
2	Triangle Pass Drill	
3	Shuffle Pass Relay	
	WATER BREAK	
<i>Shooting Drills</i>		10-15 Minutes
1	Low Post Shooting Drill	
2	Head Fake & Go Drill	
3	Dribble Down & Shoot – Layup & Jump Shot	
	WATER BREAK	
<i>Game Situation Drills</i>		10-15 Minutes
1	3 on 3 Mini Game - Half Court	
2	5 on 5 Mini Game – Half Court	

Practice Plan Template

Practice	Drill	Date:	Comments
Warm-up			
1			
2			
3			
1			
2			
3			
1			
2			
3			
1			
2			
3			
1			
2			
3			

BASKETBALL TERMS

Assist: a pass to a teammate that leads directly to a field goal.

Backboard: the rectangular structure to which the basket is attached.

Backcourt: the area from the midcourt line to the end line furthest from the offense's basket.

Bank shot: a shot where the ball is bounced (or banked) off the backboard and then drops into the basket

Basket: consists of a metal rim with a corded net hanging off of it; attached to the backboard

Blocked shot: deflection of a shot by touching part of the ball on its way to the basket

Blocking: the use of a defender's body position to prevent an opponent's advance

Boxing out: a player's attempt to position his body between his opponents and the basket to get rebounds and prevent the opponents from doing so.

Charging: when an offensive player runs into a defender who has established position; this is an offensive foul

Court: the area in on which a basketball game is played; bounded by 2 sidelines and 2 end lines, containing a basket at each end

Crossover dribble: dribbling the ball across the body from one hand to the other.

Cylinder: the imaginary area directly above the basket where goaltending or basket interference can occur

Dead ball: any ball that is not live; occurs after: each successful field goal or free-throw attempt, after the whistle is blown, or if the ball leaves the court

Defense: preventing the offense from scoring; "The Defense" is considered the team without the ball

Defensive rebound: a rebound by a player on defense

Double team: two teammates guarding a single opponent

Dribble or dribbling: repeatedly batting or bouncing the ball toward the floor with one hand; used to advance the ball

Drive to the basket: to move rapidly toward the basket with the ball

Dunk: when a player close to the basket jumps and slams throws the ball down into it

Elbowing: throwing your elbow(s) during play in order to hit another player or push him away; it is a foul if contact is made

End line: the line behind each basket; also called the baseline.

Fast break: it begins with a defensive rebound by a player who immediately sends a pass toward midcourt to his waiting teammates; these teammates can sprint to their basket and quickly shoot before enough opponents catch up to stop them

Flagrant foul: unnecessary or excessive contact against an opponent

Floor: the area of the court within the end lines and sidelines

Foul: actions by players which break the rules but are not floor violations

Foul line: the line 15' from the backboard and parallel to the end line from which players shoot free-throws

Free-throw: an unguarded shot taken from the foul line by a player whose opponent committed a foul; worth 1 point

Free-throw line: see foul line

Full-court press: when defenders guard the offense in the backcourt

Guarding: following an opponent around the court to prevent him from getting the ball, taking a shot or making a pass

Jump ball: where 2 opposing players jump for a ball the official tosses above and between them. The players then try to tap the ball to their teammates to gain possession

Live ball: as soon as a ball is given to a free-throw shooter or a thrower on a throw-in, it is live

Man-to-man defense: the defensive style where each defensive player is responsible for guarding one opponent

Offense: the team with possession of the ball

Offensive rebound: a rebound by a player on offense

Officials: the people on the court wearing black and white striped shirts who control the game

One-and-One or One-plus-One: a free-throw attempt awarded for certain violations that earns the shooter a 2nd attempt only if the first is successful

Open: when a player is unguarded by a defender

Out of bounds: the area outside of and including the end lines and sidelines

Pass: when a player throws the ball to a teammate

Period: any quarter, half or overtime segment

Perimeter: the area beyond the foul circle away from the basket, including 3-point line

Personal foul: contact (including a push, hold, trip, hack, elbow, restrain or charge into an opponent) between players that may result in injury

Pivot: the foot that must remain touching the floor until a ball handler who has stopped dribbling is ready to pass or shoot

Possession: to be holding the ball or be in

control of the ball

Rebound: when a player grabs a ball that is coming off the rim or backboard after a shot attempt

Screen: when an offensive player stands between a teammate and a defender to give his teammate the chance to take an open shot

Shooter: a player who takes a shot at the basket

Sidelines: 2 boundary lines that run the length of the court

Squaring up: when a player's shoulders are facing the basket as he releases the ball for a shot

Starting lineup: the five players who begin a game for one team

Substitute: a player who comes into the game to replace a player on the court

Technical fouls or Ts: misconduct that officials believe are detrimental to the game; penalized by a free-throw opportunity to the non-offending team

Three-point play: a 2-point field goal followed by a successful free-throw

Throw-in: inbounding the ball

Tip-off: the initial jump ball that starts the game

Traveling: when the ball handler takes too many steps without dribbling; also called walking

Turnover: when the offense loses possession through its own fault by passing the ball out of bounds or committing a floor violation

Zone defense: a defense where each defender is responsible for an area of the court and must guard any player who enters that area

