

Youth Basketball Coaches Packet



Parks & Recreation

City of Hermiston Parks and Recreation

Thanks to Our Coaches!

First let us thank our volunteers for coaching the Hermiston Parks and Recreation's youth basketball league. We know that it is a significant commitment of your time and energy. By coaching you are helping to provide a wonderful athletic experience for youth in our community. The Hermiston Parks and Recreation would not be able to do what it does without the help they receive from members of the community like yourself.

Sports participation is important because it teaches children the value of physical fitness, sportsmanship, practice and team work. Our hope is that each player is allowed to achieve their personal best while having fun. This manual will hopefully give you some ideas and resources that will prepare you to be able to create a sport environment for all your players that allow them to achieve their personal best while having fun.

OUR PHILOSOPHY

- This is a recreational league!!!! Fun, sportsmanship and teamwork are the main goals. Skill development is another great aspect of this league; however, it should not come at the expense of the main goals.
- Each player should play relatively the same amount of time!
- Help your children be good sports. Applaud good play on both sides. Treat officials with respect. With you as an example, the kids will learn good sportsmanship. Remember, kids learn more from your actions than your words.
- Treat coaches with the utmost respect. Remember they are the ones that volunteered to coach your children when many others did not.
- Safety to the children is always a number one concern and cannot be compromised.
- Parents should encourage players to dream and set high goals. Negative comments are remembered far longer than positive affirmations.
- Parents should care more about their children as people than as athletes.
- Success is not measured by victories or defeats!

UNIFORMS

1. Hermiston parks and Recreation reversible jerseys are required.
2. Non-marking shoes are required by the gym rules.
3. Any form of shorts or pants is allowed, within reason. Shorts or sweat pants are recommended.

EQUIPMENT

1. Hermiston Parks and Recreation will provide each team with all equipment.
2. Basketball size will vary by age group
 - Youth size – clinic, 1st and 2nd grade girls
 - Junior size – 1st and 2nd grade boys, 3rd and 4th grade girls
 - Women's size (28.5) – 3rd and 4th grade boys, 5th and 6th grade girls
 - Full size (29.5) – 5th and 6th grade boys

TEAM ROSTERS

1. Players are not permitted to practice or play with a team until they are officially registered through the Hermiston Parks and Recreation office and assigned to a team.
2. Hermiston Parks and Recreation will make all additions and deletions to any roster.

GAME CANCELLATIONS

1. Cancellations made during the season will only be done due to extreme situations or unforeseeable circumstances. If there is a question about cancellations, please call 514- 667-5018 (Monday – Friday, 8am-5pm) after hours a message will inform you if a cancellation has occurred, or call your coach.
2. There will be an attempt to notify all the coaches as soon as possible.
3. **Like us on Facebook or follow us on twitter and Instagram**, we will update all social media as soon as we know!

Rules of the Game

Start of play

Kinder thru 2nd grade –Referee will determine which team will have possession of the ball. Possession alternates on jump balls, quarters, and half time from this point forward.

3rd thru 6th grade –Possession will be determined by a jump ball. Possession alternates on jump balls, quarters, and half time from this point forward.

OUT OF BOUNDS

Is marked on the gym floor, see gym supervisor if questions.

VIOLATIONS

All violations will be called according to the skill level of each league.

MINOR INFRACTIONS

Violations will be called tighter in each league as the season progresses and the players' skills develop.

Below are our starting guidelines.

Enforcement = warning, loss of possession and ball out of bounds.

Three seconds in the key (3rd grade and above)

Traveling (Kindergarten) – more than 6 steps (possession will not be lost)

Traveling (1st and 2nd grade) –more than 3 steps

Traveling (3rd grade and above) – more than 2 steps

Double Dribble (Kindergarten) – will not be enforced

Double Dribble (1st and 2nd grade) – more than twice

Double Dribble (3rd grade and up) – more than once

Backcourt time limit – 15 seconds

MAJOR INFRACTIONS

Enforcement = loss of possession and ball out of bounds up to ejection from the game. These should be called every time regardless of league.

Physical contact between players

Offensive language

Taunting

Back talking

FLAGRANT FOULS AND UNSPORTSMANLIKE CONDUCT

This behavior will not be tolerated. We hope to never have to deal with this and as a coach we highly encourage you to help us make sure this does not happen. In the event of such an incident, the gym supervisor and/or referee will have the discretion to deal with it as needed.

FREE THROWS

Will not be shot.

FOULS

Kinder thru 2nd grade – fouls will be ball out of bounds

3rd thru 6th grade – Players will foul out of game on their 5th foul

- 0-6 team fouls/half = ball out of bounds
- 7-9 team fouls/half = 1 point and ball out of bounds
- 10+ team fouls/half = 2 points and ball out of bounds

TIMING REGULATIONS

Kinder: Four-5 minute quarters, running clock.

1st – 6th grade: Four- 8 minute quarters, running clock.

There will be a five (5) minute halftime for all leagues.

3rd thru 6th grade – Last two minutes will be stop clock unless one team is ahead by 20 or more points.

DEFENSE

No back court defense

No double teaming

Players can start playing defense once their opponent has crossed the half-court line

Stealing:

Kinder

No stealing allowed at all week 1 – 4

Allowed week 5 and on; a steal may take place during a pass within the key.

1st and 2nd grade

Week 1 – 4; a steal may take place during any pass, after they have crossed the half-court line.

Allowed week 5 and on; a steal may take place during a pass after they have crossed the half-court line. A steal may also take place in any form after the opponent is inside the 3-point line.

3rd – 6th Grade

Week 1– 4; a steal may take place during a pass after they have crossed the half-court line. A steal may also take place in any form after the opponent is inside the 3-point line.

Allowed week 5 and on; a steal may take place in any form after the opponent has crossed the half court line.

Man-to-man only

Kinder thru 2nd grade: If you are not guarding your man, the referee may call a zone defense violation on you and will stop play and reset all defenders.

3rd grade and above: if you are not guarding your man, the referee may call a zone defense violation on you = 1 point to other team.

Inbound defense – all defenders must be at least 3 feet from the line.

TIMEOUTS

No timeouts will be allotted.

SUBSTITUTIONS

To be done at quarter breaks only, unless there is an injury.

PLAYING TIME

Coaches are required to play every player equal time.

GYM USE GUIDELINES

We are guests of the schools when using their facilities. This should be stressed to all players and spectators. Please keep gum, food, and drinks out of the gyms. (Water bottles are the only exception allowed in the gym, however they need to be kept tucked away for the safety of the players.

No smoking is allowed on school grounds.

Classrooms, hallways and other parts of the building are off limits. Coaches and parents are requested to help the referee monitor these areas. Restrooms will be available – Coaches: Please instruct your players about respecting school property, and try to monitor the use of the restrooms by your players.

Coaching Youth Basketball League

Basketball can be a challenging sport to teach young players. This guide is designed to give you some tools and information that will help you organize your season and practices in a way so that your players will be successful. Coaches of players in this age range need to focus on teaching the fundamental movement skills in addition to basic fundamental basketball skills.

Team Management

The parent meeting is very important. It is an opportunity to get to know your families better and let them get to know you. This will allow you to set the stage for open communication as well as give the nuts and bolts information about team information. You should plan a team meeting during the first practice. In this meeting you should:

Briefly introduce yourself

Tell them what your focus is for the players and team (i.e. have fun, teach appropriate skills, have them want to play again)

Tell them what they can expect from you: to be on time, be prepared, be positive, be fair, etc.

Tell them what expectations you have of them: get child to practice, communicate if they will be absent or late, be positive, pick-up on time etc.

Make sure you cover how you will communicate all information about games and practices with them
Make sure you have all the correct emails and phone numbers

It is a good idea to go over how to get the schedule. [Bit.ly/hermistonrec_sports](https://bit.ly/hermistonrec_sports). Nothing gets a family off to a bad sports experience more than not getting information and their child missing practices or games.

Get parent volunteers for score clocks and help with snacks, carpools, awards, etc.

Team Meeting:

It is also a good idea to take a few minutes to have a team meeting. Keep this brief and simple. Just introduce yourself and have each player introduce themselves. You can also have them answer a simple question such as "what is your favorite food" or "what is your favorite animal". This is a simple icebreaker that will help the players get to know each other. You also will want to let them know what your coaching will focus on, but in a way they will be able to understand.

You will want to let them know your rules for the team. Don't have a big long list, just a few important rules that they will remember. Your rules will all be slightly different depending on your own personal style. Some examples of team rules are: 1) No talking 2) No negative comments to other players 3) Give your best effort 4) Have fun!

Game Time:

Game time should be a fun exciting experience that allows the players to freely play and practice all the things they have been learning. Make sure you spend some time during practices letting your players know what to expect during the games

Other important things to consider for the games:

What warm-up activities will you have your team do before a game?

Making sure families and players know what behaviors are acceptable on the sidelines and in the game: cheering for both teams, no negative comments, no coaching from the sidelines, good sportsmanship. Understand that the players and families will follow your example of behavior.

What is the purpose of the game? Not winning at this age. Your job will be to continually re-direct them to look at their own effort and if they are getting better at the skills to figure out if they are "winning".

Have a plan for keeping track of player play time and rotation.

Remember the developmental stage your players are in to avoid getting frustrated.

Physical skills:

Developing fundamental movement skills; pushing, pulling, lunging, squatting, bending, twisting, throwing, catching, jumping, jogging, running; needs to be the primary focus at this age. All of those movements need to be combined to develop; agility, balance, coordination and speed. Making sure that each child gains proficiency in these basic athletic skills will enable them to develop to their full physical potential in later years.

Basketball skills:

Focus needs to be on developing fundamental basketball skills; stance, footwork, dribbling, passing and shooting. In addition, as a coach you also want to help the young player develop a love and passion for the game. Motivation to master the game of basketball is a fundamental skill that all coaches need to focus on developing in their players. Enjoyment is the most important ingredient in developing motivation in young players. To put it simply; if they don't enjoy it, they won't play it.

Technical skills:

In addition to fundamental basketball skills the young player needs to be introduced to the beginnings of technical basketball skills. These skills involve decision making or problem solving. For this age the problems that they must learn to solve are simple: Shoot or pass? Dribble to the right or the left?

The FUNdamental Stage

Developmental considerations:

Psychological/Cognitive:

- *Individually oriented (egocentric)
- *Short attention span
- *Easily bruised psychologically
- *Perform tasks one at a time
- *Influence of peers is very strong
- *Limited tactical abilities
- *Biggest concern is which way to go when they have ball

Physical/Motor:

- *No sense of pace...will often run until they drop
- *Running, jumping, skipping, hopping and maintaining balance not fully developed at this age
- *Large muscle groups are more developed than smaller ones
- *Needs to develop speed/fast twitch abilities
- *Will often fall when changing direction because of high center of gravity
- *Need multiple breaks during practice and games

Psycho- social:

- *Typically this is first exposure to team sport
- *Need to feel secure in practice and games
- *Social development is limited

Coaching Consideration:

- *Give short and clear directions with a "follow me" approach
- *Coach needs to guarantee success for all players through proper structure of practices
- *Coach needs to provide appropriate positive reinforcement often
- *Work on speed when players are fresh
- *Use several short activities
- *Lots of water breaks
- *Short training session (45min)
- *Emphasize confidence and familiarity with the ball
- *Give plenty of encouragement and very little criticism or correction
- *Primary focus is making basketball so enjoyable that when the child has choices in activities, they choose to play basketball

Fundamental Skills for Youth Basketball

Fundamental movement skill

Agility, balance, coordination (throwing and catching), proper running technique, change of speed and direction, jumping and landing, starting and stopping (stride stop and 2-foot drop stop), pivoting.

Basketball skills

Ready position, triple threat, play with eyes up.

Ball handling

Ball control, stationary dribbling (low, high, and wide), movement while dribbling (running, sliding, walking, change of direction, starts, stops, low, high).

Passing skills

Stationary passing, moving and passing, passing to a teammate, receiving the ball (absorbing), catching on the move, catching the ball with 2 hands, 2 eyes and 2 feet.

Shooting skills

Squaring the feet and shoulders to the target, pushing with both legs, proper hand and arm placement (hand under/behind ball, fingers spread, and elbow under ball/over knee), follow through (release). Learn first without the ball then with the ball. Close range shots, lay-up progression.

Playing Principles

Basic offensive concepts, advancing the ball toward your offensive end, shooting the ball into the basket to score, spacing of players (4 -6 ft. apart), cutting of players (away from ball towards basket).

Basic Defensive concepts

Recognition of when you are on defense, recognition of the person you are defending, when defending the ball staying between the person you are guarding and the basket, when you are defending away from the ball staying between the person you are guarding and the basket.

Coaching in the FUNdametnal Stage

It cannot be emphasized enough that the goal for this level is **"Not to win, but rather to have fun while playing sports and ensuring success"**. The players need to learn fundamental movement skills through basketball in a fun and positive way. This is not just because we want the kids to have fun, which of course we do, but also because learning those fundamental movements will allow each child to reach their fullest potential. If they are having fun, they will be more likely to continue participating. It is the **coach's number one responsibility to guarantee success for every child**. This does not mean that each child will be a great dribbler or shoot the ball well. What this does mean is that as a coach you give challenging, yet achievable goals for your players. If a player starts the season not being able to dribble the ball or make a 2 footed jump-stop then during the season is able to dribble more effectively and make a jump-stop in a game that is success! If the only way a player can be successful on your team is to make a layup or be the best player on the team, then a good percentage of your players will never feel successful.

Sample Practice structure:

45 minutes

- Warm-up: including speed work and agility: 5-10 mins
- Technical skills and drills: 15-20 mins
- Scrimmage and simple tactics: 5-10 mins
- Cool down: 5 min

How to make practice fun:

Make your practices fast paced:

- Plan ahead (planning is the number one key to a successful, fun practice)
- Move from drills and games quickly
- Limit time standing in lines
- Planning and organization are key to effective practice

Set rules and expectations:

- Your practice will be more fun if everyone knows what is expected from them in terms of behavior and effort
- Rules help keep the practice organized and running smoothly. They also help keep the kids' safe
- Communicate rules both verbally and in writing (make parents aware of rules)
- Be consistent with your rules (apply them fairly and consistently or players will not listen)

Get your players attention:

- Establish a quick signal or technique to get your players attention quickly.
- i.e.: Long whistle, verbal cue from coach, clap cue
- Keep talking and instructions short! You will lose them if you talk or instruct too much. Remember they will learn by doing!

Make sure your players are successful:

- Run a mix of drills of varying difficulty so that every player has the chance to succeed.
- Verbally praise and reward success and progress! (Remind players of how much they have learned so far)
- Praise effort, hard work and maximum effort!

Be positive and upbeat:

- Your attitude is key. Your players will feed off your attitude, if you are down they will be down but if you are energized and positive they will be too.
- Keep goals clear for yourself. Remind yourself often that winning all your games is not the goal. Measure your success by the progress of your players and their enjoyment of the game and you will stay positive.

Plan and structure your practices properly:

- Again planning out your practices is the most important part. Have a written plan so that you know exactly what comes next in your practice.
- Plan in breaks
- If you have a new skill or drill to teach the team, do that at the beginning of practice when the players will be most attentive.
- Each drill should be between 3 -5 minutes.
- Plan fun games in between more challenging, difficult drills.
- Plan drills that take a lot of time to set up after breaks so you can have time to set up without making the team wait.
- Have your players help set up drills. This will keep them engaged and also make the set up quicker.
- Be creative! You can make up games and competitions out of almost anything. Also if a drill only requires 4-5 players, you can give the other players ball handling or movement drills to keep them busy while they wait. That way no time is wasted.
- Always end your practice on a positive note.

How to make your drills fun:

- Be creative, turn any drill into a game
- Track missed shots, give points for achieving something: i.e. passes layup, jump-stops, etc.
- Use tag, Red-rover, sharks and minnows and other childhood games to incorporate basketball skills in a fun way in your practices.
- Add props like cones (to dribble through), chairs (to teach proper defensive stance), or other items to add fun into the practice.

Sample Practice Plan

Date:	Practice length:
Team:	Focus:

Practice section	Drill/game (Pick based on time allowed)	Coaching points/comments
Dynamic warm-up: 5-10 mins WATER BREAK*	*Follow the Leader: <ul style="list-style-type: none"> Coach starts and then players take turns leading the group *Race to the Spot: <ul style="list-style-type: none"> On coaches' command players race to different spots *Coach Says: <ul style="list-style-type: none"> Players listen and perform what "coach says" 	*jog, skip, lunge, hop, side slides, high kicks, etc. *free throw line, 3 pt. line, block, etc. Emphasize quickness and quick first step *bear crawl, 2 foot jumps, backward skip, lateral slide etc.
Technical skills: 15-20 mins Dribbling WATER BREAK* Passing	*Pound the ball: <ul style="list-style-type: none"> All players with a ball on end line *Left and Right: <ul style="list-style-type: none"> All players with a ball dribble right hand down the court and left and back *Dibble Tag: <ul style="list-style-type: none"> mark off about ¼ of the court with cones have 2 players start as "it" *Give and Go: <ul style="list-style-type: none"> 2 lines about 10ft apart Start with chest passes *player passes and then runs to the end of the other line. *Monkey in the middle: <ul style="list-style-type: none"> Groups of 3, one ball per group *player in the middle tries to get the pass 	*Instruct them to "pound" the ball hard and low ...then hard and high. * Start out slow and progress to jogging. *remind players to keep eyes up *If they are tagged they become "it" * do short 1 min rounds and then switch. *demonstrate a proper pass *remind them to pass with 2 hands and snap at the finish *receiver needs to have "soft" hands and catch with 2 hands, 2 eyes, and 2 feet. *remind them to fake a pass and then make the pass. *do short rounds of 30 seconds and then switch roles

<p>Passing</p> <p>WATER BREAK*</p>	<p>*Ultimate basketball:</p> <ul style="list-style-type: none"> • Divide players up into 2 teams. • Use the whole court. 	<p>*players can only pass not dribble.</p> <p>* emphasize good passes and getting open for a pass.</p>
<p>Team tactics/scrimmage: 5-10 mins</p>	<p>*Defend the house:</p> <ul style="list-style-type: none"> • Divide players into 2 teams of 5 • Object is to get them to transition from offense to defense quickly. <p>3 v 3 v 3 or 4 v 4 v 4:</p> <ul style="list-style-type: none"> • Divide players up into groups of 3 or 4 	<p>*start with one team spread out offensively under one hoop with other team on defense</p> <p>*on whistle offensive team runs to "defend the house" by getting on down the court and set up in between their player and the hoop. Do a couple of rounds without the ball and then add the ball.</p> <p>*let them play 3v3 and have the other group of 3 stands at the half.</p> <p>*on a change of possession the team in the middle becomes defenders at the other end.</p>
<p>Cool Down: 5 min</p>	<p>*Circle stretch</p> <p>*Team cheer!</p>	<p>*Coach in center of circle</p> <p>*lead through series of stretches... focus on increasing flexibility and balance</p> <p>*Have teammates take turns leading this later on.</p>

Sample Practice Plan

Date:	Practice length:
Team:	Focus:

Practice section	Drill/game (Pick what time allows)	Coaching points/comments
Dynamic warm-up: 5-10 mins	<p>*I can____can you:</p> <ul style="list-style-type: none"> Coach calls out something they can do such as skip, run backwards, hop, skip backwards etc. and players try it too. <p>*My Shadow:</p> <ul style="list-style-type: none"> Pair up players. One is a shadow and one is "it"; "shadow" must stay close to partner. 	<ul style="list-style-type: none"> Give players turns calling out different things that they can do. Players must stay close face to face and within 5 feet of each other. Maintain athletic stance and eyes up.
WATER BREAK*		
Technical skills: 15-20 mins	<p>*Ready?:</p> <ul style="list-style-type: none"> All players in lines in front of coach spread out. Briefly show ready position, have them show you. <p>*Jump to triple threat:</p> <ul style="list-style-type: none"> Team lined up on end line. On command players run to other end. On whistle players do a jump stop to triple threat position. Add a pivot (demonstrate first) Add ball with dribbling to drill. <p>*4 corner pivot drill:</p> <ul style="list-style-type: none"> Players divided up in equal numbers on each corner of the ½ court. Do several rounds, alternate feet and how they high five Add ball to dribble to middle and pivot 	<p>Have them do "fast feet" and on your whistle you yell "are you ready?" Team gets in ready position and yells back "READY!"</p> <ul style="list-style-type: none"> Briefly show them triple threat Remind them to stay low and balanced. Start with no ball and progress to having ball Run to middle, jump stop and pivot on their right foot. Players run back to same corner and slap hands with next in line Repeat.

WATER BREAK	<p>*Bird on a Wire:</p> <ul style="list-style-type: none"> • One person is it. All other players have a ball and are on the end line. • Player that is "it" has to stay on the half court line. <p>*Form shooting:</p> <ul style="list-style-type: none"> • "start with no ball, just "imaginary" ball. • Do several rounds with no ball • Add ball and have them shoot on wall. • Progress to hoop 	<p>Bird tries to either tag or steal the ball of the players trying to dribble A player that is tagged becomes a bird too.</p> <ul style="list-style-type: none"> • Remind about ready position. • "pizza" hand, elbow under ball/over knees • Follow through to "cookie jar"
Tactical: 5-10 mins	<p>*2 on 1 Shooting drill:</p> <ul style="list-style-type: none"> • 3 lines...2 offenses (at top) and one defense (under basket) • 2 players on defense and on player on offense • Rotate lines. <p>*Pistol defense:</p> <ul style="list-style-type: none"> ⤴ Set up 5 on 5 (use colored pennies) ⤴ Explain and demonstrate "pistols on ball and man" ⤴ Start with no shooting and progress to having a scrimmage. 	<p>Emphasize looking for open player</p> <ul style="list-style-type: none"> • Taking a good shot <p>*remind them to move as ball moves...keeping a triangle of "you, man, ball" *pass ball around and have defense practice. Do 1-2 min rounds and switch.</p>
Cool Down: 5 min	<p>*Walking stretch/cool-down:</p> <ul style="list-style-type: none"> ⤴ 2 lines that follow coach ⤴ Slowly walk around court doing various stretches. High knee grab, quad stretch, toe touch, side lunges, etc. <p>*Team cheer!</p>	<ul style="list-style-type: none"> ⤴ Take this time to offer praise to players for progress and effort during practice.

Drills and Games

Warm-up & Movement drills/games:

Follow the Leader:

Basic game of follow the leader. You start off as the leader and get them moving. Jogging, sliding, jumping, lunging, skipping, the options are limitless. After they get the idea of the drill let the players take turns being the leader.

Run to the Spot:

Designate several areas around the court such as 3-point line, free throw line, low block, elbow, you can mark these with cones to make it easier. The players start close to you and on your command they run to the spot you call out as quickly as possible and back. Emphasis is on starting in an athletic stance, a quick first step, and speed.

Coach Says:

Game is like "Simon says" but instead you have them perform tasks when "Coach says". Things like jump on one foot, do 5 defensive slides to the left, show me Triple Threat position, etc. Use your imagination. When a player reacts when a command is given without "coach says" in the command, that player is out until the game is over.

Throw and Catch:

On coaches command all the player throw their ball up into the air and catch it. Start only throwing it a foot or 2 in the air and increase as they master it.

Throw-Clap-Catch:

Variation of previous drill. Add clapping in between throwing the ball in the air and catching it. Increase the height they throw the ball and increase the number of claps. This can progress to Throw-spin-clap-catch to make it more difficult.

Circle the Basketball:

Have all the players stand with their ball facing you. On your command have them start to circle their ball around their waist. Have them go around several times and then change directions. Have them circle around their heads for several times and then around their knees. At the end have them start at their head and circle the ball all the way down to their knees and then back up.

Box Run Relay:

Divide team up into 2 teams. Mark off 2 sections of the half court from one side of the key to the sidelines and up to the half court line. Have each team line up on the base line on opposite sides of the key. On the coaches command the first player from each team will shuffle down the baseline. As they reach the corner of the court the players back pedal to the half court mark. At half court they will shuffle to the ball jump area. At the ball jump area, the players will sprint to the starting line, tag the next player who then continues the relay.

Catch the Tiger's Tail:

Use shirts or "pennies", have the half the team put them into the back of their shorts so that it is hanging out like a tail. Section off a small area of the court that is the playing area. Have the players who are chasers try to grab the "Tigers" tails. If they grab the tail, they will become the Tiger in the next round. You can vary how many "Tigers" you have and how many chasers depending on the skill and speed of your players.

Tag:

Simple game that can be modified and used in many different ways. Everybody is it, Freeze tag, flag tag (use flag football belts with flags), etc. Use without a ball and with a ball. Be creative!

Run and Jump:

All players spread out across base line. Have them run towards other baseline, on your whistle the players jump or leap from one foot and land on both feet. Focus should be on landing low and balanced. Give points to players who don't fall forward and who land balanced and low. Do several rounds.

Frogs in a Pond:

Place cones a couple of feet apart all the way across the court from sideline to sideline. Instruct players that they are now frogs who must jump across the pond (court) Start with having players jump with two feet from cone to cone. Then have them try jumping from one foot and land on the other foot from cone to cone.

Square Sprint:

Pair up players. Make a small square with cones for no more than 10 ft. across. Have one cone in the center. Have the pair number the cones. On player starts by the center cone. The other player calls out a number and the player in the center must run and touch that cone as quickly as possible. Progress to calling out 2 numbers at a time and then 3...etc. Focus is on staying low, not crossing the feet, quickness, agility. Do rounds of 1 minute and then switch.

Mirror Shuffle:

Pair up players. Have players face each other along the baseline. No ball is needed. Have one player start as the defensive player. They get into the defensive stance. The offensive player simply jogs in a zig zag manner down to the opposite baseline. The defensive player shuffles/slides to keep in front of the offensive player. When they get to the baseline players switch roles and proceed back to the start line. You can progress and add the ball into the drill. The offensive player dribbles zig zag down the court.

Dribbling Drills/Games:

Stationary Dribble:

All players on the baseline with a ball. Have players start in ready position (feet apart, toes pointed forward, knees bent) and with ball in Triple Threat position. Have them dribble with the right hand. Vary between low/high/hard/ soft/ wide. Have them dribble with left hand. Add more options as they develop. Front Crossover in front, pull back and forward.

Red-light/Green light:

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

Queen/King of the Court:

All players with a ball in designated area ($\frac{1}{4}$ court, $\frac{1}{2}$ court or full court depending on skill of the players) the smaller the court the more difficult the drill. On your whistle all players begin dribbling and moving around trying to knock or tap other players balls out of bounds. If a player's ball is knocked out of bounds or if the player steps out of bounds, they are out. The last player still dribbling in bounds is the Queen or King of the court. Do several rounds. You can progressively make the playing area smaller as the number of players is reduced.

Snake Dribbling:

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

Staring Dribble Drill:

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

SPLAT:

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

Everyone returns to the middle and the ball is thrown into the air again... the coach calls a new name each time.

Bird on a Wire:

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

Sharks and Minnows:

All players stand on one end of the gym with a ball. All of these players are Minnows. Pick a couple of players to be Sharks. The Sharks have a ball too. On your command the Minnows try to dribble their ball across the Sea (court) without being tagged by the Sharks, who also must dribble their ball while trying to tag the Minnows. If the Minnow is tagged they become an Octopus and must freeze and put their ball between their feet. The Octopus can tag players but cannot move. Repeat until you have a winner or everyone is eaten. You can make this game more difficult by having the players use their non-dominant hand or increasing the number of Sharks. You can make it easier by allowing them to use both hands to dribble or decreasing the number of Sharks or increasing the size of the Sea.

Musical Cones or Hula Hoops:

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

Dribble relays:

Form 2 or 3 teams. The teams are lined up on the baseline. The first 2 players in each line have a ball. On your whistle have players dribble up and down the court as quickly as they can while staying in control. Have players dribble down the court with their right hand and back with their left. Once the player reaches the starting point the next player goes. Remind players to keep their eyes up. You can add things to this drill such as jump-stops w/pivots at the other baseline and/or have them do a change of direction dribble at the half court, such as a crossover, spin move or step back dribble.

Dribble Around Cones:

Divide team into 2 or 3 groups. Have groups line up in a straight line on one base line. Set up cones down the court about every 5 ft. You can have the cones in a straight line or in a zig zag pattern. On your whistle have the first player in the line dribble through the cones and back. Vary this drill by having the players use their non-dominate hand.

Dribble Around Defenders:

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

1 V 1 Dribbling:

Pair up players according to skill and size. Line up pair either along the base line or across the sideline (depending on how many pair you have; you want each pair to have lots of space).

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

Passing Drills/Games:

Line Coach Pass:

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

Wall Pass:

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

Partner Pass:

Pair up players based on skill and size. Have each pair have a ball. Have pairs stand about 5- 10 ft. apart. Have players pass back and forth start with bounce passes and then progress to chest passes. Remind them of good passing and receiving techniques.

Give and Go:

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

Passing Line Relay:

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

Triangle Passing:

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

Monkey in the Middle:

This is a great game that will teach players how make a pass under pressure. Divide team up into groups of 3. One ball for each group. One player is in the middle and the other 2 players try to pass back and forth to each other. Instruct players to fake a pass first and then make a pass to their partner. If the defensive player gets a steal or tips a pass they replace the player who made the pass. Do short rounds of 30 seconds each and then switch positions

Shuffle Partner Pass:

Have team divided up into pairs. One ball for each pair. On the coaches command the players run down the court passing the basketball to each other. Once they reach the end they continue back to the starting point. Have players use all kinds of passes.

Rapid Passing:

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

Ultimate Basketball:

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

4 Square Passing:

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

Middle Man Passing:

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

Shooting Drills/Games:

Pizza Waiter:

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

Cookie Jar:

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

Shoot to Wall:

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

Partner Line Shooting:

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

Dribble and Shoot:

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

2 on 1 shooting drill:

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

Around the world:

Divide team into as many groups as you have baskets. Start with marking 3 spots around each basket with cones. On your command have the first players in each group shoot at each cone. The other players at the basket help rebound the ball and pass it to the shooter. Once the first player shoots at all 3 spots, the next player takes their turn. Progress to adding more spots around the basket as the players increase their abilities.

1-2 Put It Up:

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

Layup lines:

Divide team into as many groups as you have baskets. Have players dribble towards the basket and attempt layups. Observe all players and instruct/correct as needed.

Tactic Games

3v3v3:

Divide teams up into groups of 3. Use different colored jerseys or shirts for each team. Have 2 teams begin to play 3v3 on one end of the court with one team starting on offense and one team starting on defense. If the team on offense scores or the defensive team gets a turn over the defensive team becomes an offensive team and heads towards the opposite basket, while the team that started on offense now stands at the half court to wait for action to come back to their end. The 3rd team that was waiting at the half court line now becomes the defensive team. Play continues on that end until a basket is made or the defensive team gets a turnover. At that point they become the offensive team and head to the opposite basket.

3v3 Possession:

Divide teams into groups of three, use different color pennies or shirts for the teams. Mark off an area with cones in one half of the court. Teams get points for every pass that they make. Play rounds of 1 to 2 minutes. No dribbling is allowed. If the team gets their ball stolen, if they dribble or their ball goes out of bounds they lose a point. Play several rounds and the team with the most points wins. You can add a time limit for passes, only giving players 5 seconds to pass the ball or they lose a point.

Pistol Defense:

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

Hustle drill:

Divide team up into 2 groups. Have each group stand under opposite baskets. The coach has all the balls mid court. The coach rolls out a ball towards the center jump circle, on the coaches whistle the first player in each line runs to gain possession of the ball and then dribbles to the opposite basket and tries to make a shot. The player who does not gain possession becomes the defensive player. Encourage quickly getting a shot off or trying to make a layup.

You can progress this drill by having 2 or 3 players come out from each group and playing 2v2 or 3v3.

1v2, 2v3:

Both of these drills or games encourage offensive players to pass to the open player or to make a shot. Have 2 or 3 offensive players and 1 or 2 defensive players. This is a great defensive drill as well because it requires the defensive player to stop the ball and hustle. You can progress up to playing 4v5 so that the offense gets a chance to practice what 5 players in a game looks like, but allows for passes to open players because of reduced pressure.

Pig in the Middle with Cutters:

Form a square with cones on the floor. The weaker the players, the bigger the square should be. 3 offensive players are on one of the corners or the box. The one defensive player is in the middle of the box. The defender is trying to steal the passes. The offensive players can slide to the empty corner to receive a pass. Passers can only pass to a corner next to them. If the defender steals the pass they trade places with the passer. Go for rounds of 1 minute. If the defensive player hasn't stolen a pass during that time they would change places after 1 minute. Emphasize a good pass to an open player. Have the passer focus on where the defender is and passing away from them. Remind them they need to "fake a pass to make a pass".

Crazy Cuts:

This is a drill to demonstrate the different cuts for players to use. At this age they can begin to cut towards the basket and they can begin to learn a V cut. Briefly show players each of these cuts. Instruct players to run all the way through the ball, have a hand up as a target for the passer, change speeds for cuts; for cutting away for the V cut go ½ speed and come back to the ball at full speed. Have all players lined up at the top of the half court. The coach stands off to the side with all the balls. On the coaches command the first player does a V cut and the coach passes to the player, the player immediately passes back to the coach and then cuts to the basket. The coach passes to the player who takes a quick shot, gets their own rebound and returns to the end of the line.

Partner V-cuts:

Players are in pairs spread out around the court. Each pair has one ball. The players stand about 12-15ft. apart. One player has the ball in triple threat position. Their partner makes a V cut away from the ball, as the player is coming back towards the ball their partner passes to them. Emphasize change of speeds for the cutter, getting a hand up as a target for the pass, and run through the ball, do not stop and wait for the pass. Emphasize making good passes and passing to the cutter as they come back to the ball.

