



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth Basketball Coaches Manual

Pre-K - Kindergarten
(Mini League)

YMCA of Metropolitan Washington



YMCA of Metropolitan Washington Winter Youth Basketball League Rules

DIVISIONS:

- 4-5 year olds (Mini League)
- 6-7 year olds (Little League)
- 8-9 year olds (Junior League)
- 10-12 year olds (Senior league)

- Girls and Boys will be combined

TEAM ROSTERS:

Rosters will be limited to 10-11 players.

PLAYERS:

Each team will consist of no more than 10 players. Each team will play with 5 players and no less than 4 at the start of each game.

Our motto at the YMCA is; it's for Everybody! **Everyone** on each team will play and **Everyone** will play an equal amount of time on the court. Coaches use their discretion as to how to ensure the playing time.

* The intent is to provide all participants equal playing time regardless of skill level or experience. It is the role of the coach to help ensure that every child plays and has a positive experience.

Bathroom Policy

The children's parents are required to take care of their child's bathroom needs. If a child needs to use the restroom and their parents are not there a coach or team parent or YMCA staff member may take them, but they **MUST** be accompanied by two additional children.

A staff or coach is never to be alone with one child, and never take a child to the bathroom alone as well. When taking them staff or coach must check and clear the bathrooms and then send all three children in together. This is for protection of the child as well as staff and volunteers.

COACHES AND SPECTATORS:

Volunteer Coaches: All coaches are volunteering their time to make this a great experience. We try and select coaches who are knowledgeable in skills we are trying to teach. If you have or are interested in being a coach/assistant or have a concern about a coach/assistant please notify the Program Director immediately.

Referees: The referees are in charge of the game and their decisions are FINAL; right or wrong.

Please cooperate with the Youth Basketball staff in creating and maintaining an environment in which each participant may have fun, learn the game and be a good sport. The referees may occasionally stop play for instructional purposes when necessary, and will subjectively make allowances (as discussed and set up by each league) based on ability, for violations. We encourage parents to focus on the children and not the referees.

Coaches agree to support and influence good sportsmanship, high moral standards and are responsible for the conduct of their players and spectators. This includes, but is not limited to, Unsportsmanlike disagreements with officials or insubordinate acts against supervisory staff.

The YMCA of Metropolitan Washington Staff reserves the right and WILL send home anyone (this includes coaches, players, spectators) who are in violation of the rules and regulations set by the program for the health, safety, and welfare of all participants.

Spectators Code of Conduct: As a spectator, we hope to provide a fun and rewarding experience for you and your child. In order to achieve our goal we ask that you adhere to the following criteria:

1. Applaud good plays by your own team AND the opposing team.
2. Never ridicule or scold a child for making a mistake during a game or practice.
3. Encourage players to always play according to the rules.
4. HAVE FUN! Make it enjoyable for you and your child.
5. As a parent you are not allowed to approach the coach and team's bench during a game. If you have a comment for the coach please wait until after the games is over to speak with the coach. If the coach feels you are being unnecessary then they may direct you and your complaint to the Program Director.

Parent involvement:

As a parent or guardian of our basketball league we want you to know we appreciate your help and leadership. We suggest you get involved on your child's team to make the experience more enjoyable for them. Whether it be snack, water, fruit, or high fives the kids DO appreciate you being there! ALL parents must be on site with their children as part of our YMCA policy. We appreciate your help in this matter.

Simplified Basketball Terms for Beginners

Coach

A coach is an adult leader who teaches the team the basics of a sport. The coach acts as a teacher and a friend. They should give positive feedback first, and then in a teaching way explain to the player what they did wrong and how they can fix the mistake. For example: "John you're doing great, you are really hustling out there, next time you're in the game and you're on defense, I want you to try to stay between your man and the basket, okay? You're doing well." This way the players feel good about themselves and are still having fun. Also the player will be more likely to implement the skill a coach is teaching.

Out of bounds

If the ball goes outside the lines on the floor that marks the outside of the court, it is out of bounds. (Coaches if you do not know where the outside lines are please ask the referee and they will show them to you.) After the ball goes out of bounds, the referee will decide which team touched the ball last and the other team will then get to inbound the ball to a teammate.

Traveling

Traveling is when a player is moving with the ball on the court without dribbling the ball.

Double Dribble

Dribbles the ball with two hands, or

A) Dribbles the ball correctly, then stops dribbling the ball by picking it up with both hands, then starts to dribble the ball again.

Fouls

Fouls include players pushing, hitting, holding, or tripping a player from the other team. On a foul call, the referee will either give the other team a throw in, or the player that was fouled will get to shoot foul shots from a designated foul line depending on the age group.

Team Work

This is a critical part of the game of basketball. This is a team sport, which means that all the players must be involved both on and off the court. That means that one player does not always dribble and shoot the ball. There are no Michael Jordan's in this league, so every player should be involved in the game. Players should pass the ball to each other, and every player should have a chance to shoot, dribble, and rebound the ball.

Together Everyone Achieves More

TIME:

Time is running

There are no overtime periods. All ties are final.

All divisions except the Senior League will play 4 quarters of the specified time for the division.

Mini League (4-5 year olds): 8 minute quarters

- Running clock
- Suggested Substitution at 4 minutes

Little League (6-7 year olds): 8 minute quarters

- Running Clock – Clock stops the last two minutes of each quarter
- Suggested Substitution at 5 minutes

Junior League (8-9 year olds): 10 minute quarters

- Running Clock – Clock stops the last minute of each quarter and the last two minutes of the fourth quarter
- Suggested Substitution at 5 minutes

Senior League (10-12 year olds): Two 20 minute halves

- Running Clock - Clock stops the last minute of each quarter and the last two minutes of the fourth quarter
- Suggested Substitution at 5 minutes

One minute between quarters.

3 minutes between halves (if time permits).

Each team will have 2 one minute timeouts per quarter/half.

- Timeouts may be called by the coach of the offensive team while the ball is in play.
- Anyone may call a timeout during a dead ball situation.

Substitutes

Substitutes are team members sitting on the sidelines waiting for their turn to play. Substitutes are as important to the game as the players playing the game are. Everyone needs time to rest, watch the game, talk to the coach, learn from the coach, and cheer on the team. The cheering from the bench is one of the most crucial parts of the game. Support from the bench can always bring the players on the floor to a higher level. When players are substituted, it is not because they made a mistake, it's because the coach felt they needed a rest, or he wanted to teach them something. **Never pull a player out of a game because of a mistake.**

BALL SIZE AND RIM HEIGHT:

4-5 year olds:

- Ball Size: 27.0
- Rim Height: 6ft

6-7 year olds:

- Ball Size: 27.0
- Rim Height: 8ft

8-9 year olds:

- Ball Size: 28.5
- Rim Height: 9 ft

10-12 year olds:

- Ball Size: official men's
- Rim Height: 10 ft

START OF GAME:

The Mini League will do a coin toss to decide who gets the ball first.

A jump ball will start the game for all the other leagues. To start the 2nd-4th quarters the ball will be put into play with a throw in under the alternating possession procedure.

All other jump balls will be alternating possessions.

- Jump balls occur when two opponents have one or both hands firmly on the basketball.

Teams will change baskets at the end of the first half.

Except in the Mini League (4-5 yr olds) they stay at the same basket the entire game.

Game Start/Jump Ball

At the beginning of the game two players from each team will stand in the center circle, while all the other players on the court will stand on the outside of the circle. The referee will stand in the circle in between the two players, and throw the ball directly up and the two players will then jump for the ball, and try to tap the ball to their teammate. The two players jumping for the ball must tap the ball. They cannot grab the ball. If a player from each team gets hold of the ball at the same time, the referee will blow the whistle and there will be a jump ball. The possession of the ball will alternate at each jump ball.

SCORING:

Scoring: field goal 2 points, free throws 1 point, 3 pointers will count if shot behind the three point line.

Mini – Junior League will not keep score on paper.

Senior League will stop scoring when one team is up by 15+ points and will continue as necessary. Score will be kept on paper.

After a basket is scored from either position, the other team will get the ball out of bounds under the basket to throw into a teammate.

PRESSING:

The Mini and Little League teams **must** play a zone defense.

Junior and Senior League teams are allowed to play a man-to-man defense if they want to.

The defensive team must retreat back across the mid-court before engaging in either tactic. On out of bound plays, the defender must stay on the court at all times. **4 yr. olds – 12 yr. olds may not double team!**

- 4 - 7 year olds cannot press at all. Half Court Retreat takes effect in this division.
- 8-12 year olds can ONLY half court press when the score is within 10 points.

LANE/KEY VIOLATIONS:

When a violation occurs the whistle will be blown, players are asked to stop, a brief explanation will be given and the ball will be turned over and taken out of bounds (unless on a shooting foul). Violations include: double dribbling, traveling, lane violation, 5 second throw in violation, carrying the ball.

4-9 year olds: There is no time limit in effect for this age group.
Coaches should still train players to understand moving in and out of the key.

10-12 year olds: There is a **5 second** time limit for being inside the key.

OUT OF BOUNDS:

Teams have 5 seconds to put the ball in play.

Teams have 10 seconds to pass the half court line.

- Except 4-7 yr olds. No time limit for this age group.

SHOOTING FOULS/FREE THROWS:

Fouls: Unnecessary contact of players constitutes a personal foul and equals a team foul. Charging, a half court violation (back court pressing), tripping, pushing, or contact from behind. This may occur on offense or defense resulting in a turn over.

- If a foul occurs while shooting, the player that was fouled will be awarded 2 free throws. Violating player is given a personal foul and a team foul.
- If a foul occurs in the course of play, the ball is awarded to the other team out of bounds. Violating player is given a personal foul and a team foul.

4-7 year olds: No fouls will be penalized. Ball will go out of bounds and referee will instruct players on the violation situation in order to educate the players on the violation that occurred. Blatant and obvious fouls will be called.

4-7 year olds will be awarded a shooting foul for flagrant fouls on the shot. The free throw is taken 3 steps in front of free throw line.

4-7 year olds CANNOT foul out of a game.

8-9 year olds fouls will be awarded the ball (on non-shooting violations) and free throws on shooting fouls. The 8-9 year olds shoot free throws from 12 feet (approximately a step in from the regulation line).

8-9 year olds will foul out of a game on the 6th personal foul.

10-12 year olds will be awarded the ball (on non-shooting violations) and free throws on shooting fouls.

During a free throw, players (other than the shooter) may enter the lane when the ball hits the backboard or rim. The shooter must land with both feet behind the free throw line in order for it to be legal.

Technical Fouls: Technical fouls will be called for any taunting, profanity, or unsportsmanlike conduct. A technical foul will be called after the first warning has been given. The result of a technical foul is 2 free throws and possession of the ball.

SUBSTITUTION RULE:

All players must check in with the referee prior to entering the game. The substitution may occur at the end of the quarter, at a dead ball or if there is an injury.

No substitutions on the fly.

4-12 yr olds can have their coach notify the official and wait for the ok before entering the game.

COACHES CONDUCT:

Coaches can only travel within the assigned areas. Coaches should not be moving all over the court except for the Mini League. They should be helping instruct on the court.

Any comments made to the referees or the staff should be made before the game, at half time, and/or after the conclusion of the game.

JEWELRY:

No jewelry (which includes: dangling earrings, necklaces, bracelets, watches, etc) shall be worn during games. This is to help ensure the safety of all participants.

FOOD/SNACKS:

Snacks should be provided for teams by team parents. We ask that you please throw your trash in the designated areas in order to help keep everything clean.

Please try to only have only water bottles in the gym. Other drinks are permitted (i.e. Gatorade, Powerade, drink boxes), but can lead to sticky spills. Please be respectful of the courts we are using.

Practice Outline

YMCA YOUTH BASKETBALL PRACTICE SESSION PLANS

Warm-up: (5 minutes)

Fitness component: (5 Minutes)

Skills Drills: (20 minutes)

Game / Play: (20 minutes)

Team Circle: (10 minutes)

YMCA YOUTH BASKETBALL PRACTICE SESSION PLANS

PRACTICE 1



Warm-Up: (5 minutes)

Begin each practice with a 5 to 10 minutes of warm-up activities to get players loosened up and ready to go.

1. Players free dribble and handle the ball in space (one ball per player), using an area no larger than half-court.
2. Players dribble and shoot at a target: a hoop mounted against the wall, a bushel basketball at a low height against the wall, or a square or circle taped on the wall.

Fitness Component: (5 minutes)

Following the warm-up, gather the players and briefly discuss the fitness concept for that practice.

Key Idea: General fitness

Gather children into a group. "Everyone jump 10 times. Our muscles help us jump. When you use your muscles a long time without getting too tired, it improves your endurance, which means you can run longer without getting tired. Now run really fast to the free throw line and back." Wait for them to return. "Running strengthens your heart and lungs. Now touch your toes; try to keep your fingers down there while I count to 10. Stretching makes you flexible, like a rubber band. When we play basketball, our bodies run, jump and move. It makes our bodies stronger and improves our fitness, which means we can run and play longer and faster. Having good physical fitness is important for basketball and for being healthy. Every practice we'll talk about fitness in our Fitness Circles. At the beginning of each practice, after the warm-up, we'll have a Fitness Circle. The Fitness Circle is a time during which we will learn more about how basketball makes you healthy and fit and how being healthy and fit helps you play better basketball.

Skills Drills: (20 minutes)

1. Introduce, demonstrate and explain how to dribble without losing control.
2. Have your players practice dribbling without losing control.

Description:

Individual—Players should stand apart from each other (allow 15 seconds for them to move to their own space); on a signal, they begin dribbling around the court without losing control. Players stop and catch the ball quickly on a signal. Repeat three times using short intervals (20, 30, and 45 seconds).

Coaches' Cue:

"Use your finger pads." "Keep your eyes over the ball."
"Keep the ball low." "Keep the ball at your side."

Game / Play: (20 minutes)

Description: Dribble relay race

Divide players into 2 or 3 teams. Set up cones, chairs or parents and have players dribble to and/or around obstacles, and return to the line. The next player then takes their turn. Emphasize ball control instead of speed.



PRACTICE 1



INTRO TO VALUES (10 minutes)

TEAM CIRCLE

Key Idea: YMCA Four Core Values

Gather the team into a circle. "This season we'll talk about four qualities of a good person and teammate. List the 4 core values: Caring, Honesty, Respect, Responsibility. Now ask the team "Can you tell me ways to show caring to other people? Good! The second is honesty. What ways do you show honesty? Next is respect. Do you know what respect is? The fourth is responsibility. One way to show responsibility is to pick up after yourself. Don't wait for others to pick up for you. Good teammates show these four values to each other." Ask the team to share ways to show the four values.

PRACTICE 2

Warm-Up: (5 minutes)

Individual—Players should stand apart from each other (allow 15 seconds for them to move to their own space); on a signal, they begin dribbling around the court without losing control.

Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds).

Fitness Component: (5 minutes)

Key Idea: Cardio respiratory fitness

Gather children into a group. “Everyone hold one hand up and make a fist. Squeeze your fist tightly, then let go. Keep tightening and letting go.” Children continue for 10 counts. “Your heart is a special muscle that tightens and relaxes just like your fist is doing. Your heart is about the size of your fist. Let’s put our fists over our chests. Every time it tightens, or beats, your heart pumps blood all over your body. When you run during basketball, your heart beats faster. The beat slows down when you slow down. Let’s run with high knees for 15 counts while we count together. Stop and feel your heartbeat by putting your hand over your chest.” Model for players. “Running strengthens your heart and lungs and improves your fitness.”

Skills Drills: (20 minutes)

Description:

Individual—Each player practices dribbling. Have them try the following activities:

- Dribbling and moving with the ball.
- Dribbling in different places around the body while stationary.
- Dribbling continuously while switching hands.
- Dribbling at different heights.

Coaches’ Cue:

“Use your finger pads.”

“Keep your eyes over the ball.”

“Keep the ball low.”

“Keep the ball at your waist.”

Game / Play: (20 minutes)

Goal: Players will keep possession of the ball using dribbling in a game.

Description:

Players will dribble down the court or around goals while being guarded by a defensive player. Player receives a point for each time they switch hands.

PRACTICE 2



INTRO TO VALUES (10 minutes)

TEAM CIRCLE

Key Idea: Caring

Gather the team into a circle. Stand in the middle of the group with a basketball. Pass to each child and give him or her a turn to pass back to you. "I am going to pass the ball. If a pass comes to you, pass the ball back to me." Work around the entire circle. Talk to the children about having fun and learning when they come to practice. "Who had a turn to touch the ball?" Wait for their responses. "I made sure everyone had a chance to touch the ball. Raise your hand if it felt good to be able to have a turn. How would have felt if you did not have a turn?" Listen to the responses. "We need to share the ball and take turns so everyone can learn and play. Sharing and taking turns shows

PRACTICE 3

Warm-Up: (5 minutes)

Individual—Each player has a ball to practice dribbling. Have them try the following activities:

- Dribbling and moving with the ball.
- Dribbling in different places around the body while stationary.
- Dribbling continuously while switching hands.
- Dribbling at different heights.

Fitness Component: (5 minutes)

Key Idea: Muscular strength and endurance

Gather children into a circle. “Everyone find your own space so that you don’t bump your neighbor. You’re going to run in your own spot for 30 seconds, then stop. Ready, go!” Time children and verbally let them know the time remaining; stop them at the end of the time. “What part of the body did we just use the most when we ran?” Encourage their responses. “When we play basketball, which part of the body do we use the most?” Wait for their responses. Muscles in our body help us to move our legs. Playing basketball will help our leg muscles get stronger and grow bigger.

Skills Drills: (20 minutes)

1. Introduce, demonstrate and explain how to pass and receive.
2. Have your players practice passing and receiving.

Description:

Individual or pairs—Demonstrate throwing and catching, and then have players practice some of the following throwing and catching activities.

- Tossing to self and catching.
- Catching from a skilled thrower.
- Bouncing a ball to self and catching it.
- Passing or throwing to a target.
- Catching the ball in different places around the body.
- Passing the ball against the wall and catching it.

Game / Play: (20 minutes)

Description: Dribble relay race

Divide players into 2 or 3 teams. Set up cones, chairs or parents and have players dribble to and/or

around obstacles, and return to the line. The next player then takes their turn. Emphasize ball control instead of speed.

Coaches’ Cue:

For receiving “Target the hands.”

“Keep your eyes on the ball.”

“Reach for it.” “Pull it in.”

For passing

“Put your hands on the sides of the ball, with your thumbs pointing to each other.”

“Step forward with your preferred foot.”

“Push the ball forward at chest level, elbows out, and snap it.”

(After the pass) “Move your thumbs down, backs of your hands facing each other, and move your weight forward.”

PRACTICE 3



INTRO TO VALUES (10 minutes)

TEAM CIRCLE

Key Idea: Honesty

Gather the team into a group near two cones about 10 feet apart. "Can you step out of bounds when you have the basketball? What if it's an accident and nobody saw you? Those of you, who think its okay to step out of bounds, stand by this cone. Those who think it's not okay, stand by this one." Wait for the children to choose. Ask them why they chose the cone they did. Explain that stepping out of bounds, even if it's an accident, is against the rules. "What should you do if this happens? Those of you who think you should just keep playing, stay at this cone; those of you who think you should tell the coach and give the ball to the other team, go stand by that cone." Wait for everyone to choose. "It's important to be honest. If you step out of bounds with the ball, even if nobody sees it, tell the coach and give the ball to the other team."

PRACTICE 4

Warm-Up: (5 minutes)

Individual—Players dribble in different pathways:

- Move in straight, curved and zigzag pathways in general space.
- Follow the straight lines on the gym floor.
- Move in a straight pathway. Each time a player meets another player or hears your signal, he or she turns quickly to the right or left and continues dribbling.
- Move throughout general space, quickly moving from

Fitness Component: (5 minutes)

Key Idea: Safety and rules

Gather children into a circle. “What are the easiest ways to get hurt while playing basketball?” Wait for answers (slipping and falling, getting poked in the eye, getting hit in the face with a pass). “What’s the best way to keep from getting hurt? How do we prevent these accidents from happening?” Point out that while no sport is injury free, their risks of being hurt are much reduced when they follow the rules and care about each other.

Skills Drills: (20 minutes)

1. Introduce, demonstrate and explain how to chest pass and bounce pass.
2. Have your players practice chest passes and bounce passes.

Description:

Pairs—Players practice passing to each other. After they have passed the ball four times, they change partners.

Game / Play: (20 minutes)

Goal: Pairs of players will play as a team.

Coaches’ Cue:

“If you have the ball, you must dribble to move.”
“Pass on the move.”
“Control the ball.”
“Lead your partner.”

Description:

2 v 1, modified half-court game—Two players become partners and play against one defensive player, then one player must switch roles with the defensive player. Switch at least twice so all players get to play defense. Limit players to dribbling three times before passing. Do not call any traveling or double dribble violations.

PRACTICE 4



INTRO TO VALUES (10 minutes)

TEAM CIRCLE

Key Idea: Respect

Gather the team into a group. "I'm going to ask you some questions about things I notice on this team. Tell me if you agree. Do you try to learn new skills at practice? Do you work hard to improve your skills? Do you help your teammates? Do you follow directions? Do you feel good about yourselves when you play a good game?" Listen to responses following each question. "Think about players who will be your opponents.

What qualities or things do they have or do? Are they the same as you?" Listen for yes or no. "It's important to think of our opponents in the same way we think of ourselves. You respect yourself, and you should respect your opponents. They are a lot like you and are learning the same things."

PRACTICE 5

Warm-Up: (5 minutes)

Pairs—Partners play follow-the-leader in single file while dribbling (have players leave three feet between them); they should switch who leads frequently.



Fitness Component: (5 minutes)

Key Idea: Healthy habits

Gather children in a circle. “Do you know that when your body doesn’t eat healthy foods and get enough sleep it moves slowly. Let’s pretend we have no energy to move because we didn’t eat enough healthy foods or get enough sleep.” Begin to move slowly and encourage the children to follow. Move extremely slowly. “Everyone stop. Now fill your bodies up with healthy foods. Pretend we are sleeping. When I say ‘Wake up!’ you can move faster

because you have enough energy and enough rest. Wake up and move faster. Stop! What are some other healthy habits you have learned?” Examples: daily exercise, brushing teeth, saying no to drugs, no smoking. “It’s important for everyone to practice healthy habits.”

Skills Drills: (20 minutes)

1. Introduce, demonstrate and explain how to shoot baskets with a set shot.
2. Have your players practice shooting baskets with a set shot.

Description:

Individual or pairs—Players can practice shooting individually or in pairs in a game of Around the Key. For this game, mark shooting spots with tape in an arc around the basket (inside the key). All shots should be close to the basket. Each player moves from spot to spot in order, shooting at each spot. If pairs are playing, player 2 gets the rebound and passes the ball back to player 1. Players should “high five” their partners when those partners score a basket.

Coaches’ Cue:

“Keep hands apart on the ball.”

“Only fingers touch the ball.”

“Keep palms up.” “Point elbows toward the basket.”

“Flip the wrist and wave good-bye.” (The hand follows through after the shot.)



Game / Play: (20 minutes)

Description: Dribble relay race

Divide players into 2 or 3 teams. Set up cones, chairs or parents and have players dribble to and/or around obstacles, and return to the line. The next player then takes their turn. Emphasize ball control instead of speed.

PRACTICE 5



INTRO TO VALUES (10 minutes)

TEAM CIRCLE

Key Idea: Responsibility

Gather the team into a circle. Stand in the middle of the circle with a basketball. You'll try to dribble the ball out of the circle. The children will have 2 chances to keep the ball from escaping the circle. During one turn they'll use minimal effort, and during the second they'll use their maximum effort. "I am going to try to dribble the ball out of the circle. Everyone work together to keep the ball in the circle. Pretend that you are snails that can't get to the ball fast enough." Begin to dribble and try to get the ball out of the circle, reminding players that snails move slower. "This time move like busy bees that fly fast and keep moving." Repeat activity, encouraging players to be "busy bees." "When you try to be like busy bees, you're being responsible to your teammates."

PRACTICE 6

Warm-Up: (5 minutes)

Pairs—Partners practice shooting in the game “Around the Key”. They keep track of the number of baskets made.

Fitness Component: (5 minutes)

Key Idea: Flexibility



Bring a rubber band and show children or have them visualize one. “This rubber band is like our muscles. When I pull it, it stretches; when I let go, it pulls back to its original shape.” Show the action of a band—stretch it out and back; repeat, using a gentle, slow action. “Your muscles work the same way. When you reach and stretch, your muscles are stretching just like the rubber band. When your body comes back, your muscles go back to their original shape. Everyone slowly reach down to the floor with your arms and then bring your arms back up.” Have children repeat three times. “Your leg muscles need to stretch because we use them a lot in basketball; it makes them more flexible. When muscles are flexible, it keeps them from getting hurt and makes the muscles feel good.”

STRETCH!

Skills Drills: (20 minutes)

1. Introduce, demonstrate and explain how to start, stop and change direction quickly while dribbling.
2. Have your player’s practice starting and stopping and changing direction quickly while dribbling.

Description:

Individual—Players practice starting and stopping and changing directions quickly while dribbling, using the following activities:

- Dribble moving slowly at first and then gradually increase speed.
 - On a signal, quickly stop both moving and dribbling— jump stop.
 - Dribble in general space. On the signal, stop quickly in a front-back stance, maintain the dribble, and then continue moving forward on the signal. To increase the challenge, pivot in another direction and then continue moving.
 - Move from one basket to the next by dribbling, and then jump stop and shoot.
- All shooting should be close to the basket (within two feet).

Coaches’ Cue:

For jump stops “Stay in a balanced position.”
“Keep a front-back stance.”
“Bend the knees.”
“Lower the body.”

Game / Play: (20 minutes)

Goal: Players dribble and drive to shoot

Description:

2 v 2, modified half-court game — If a team makes a basket, that team gets the ball again (gets a second turn). Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before you call a double dribble violation, and a player can take four steps while not dribbling before you call a traveling violation. If a violation occurs, the team’s opponent takes a turn. Emphasize ball control instead of speed.

PRACTICE 6



INTRO TO VALUES (10 minutes)

TEAM CIRCLE

Key Idea: Faith

Gather the team in a group. "Today we are going to talk about faith." Explain when you believe in yourself that you can do something new or something difficult that is having faith in yourself. Ask for the children to give examples of times when they believed they could do something difficult.

Now have the team line up and have each child take a free throw. Remind the players before they shoot to believe that they can make the shot. After everyone takes their free throw, tell them they should believe in themselves when they are at home with their families, playing with friends, and at school.

PRACTICE 7

Warm-Up: (5 minutes)

Individual—Each player dribbles from one basketball to the other, and then jump stops and shoots. All shooting should be close to the basket (within two feet).

Fitness Component: (5 minutes)

Key Idea: Muscular strength and endurance



Gather children in a group. Have a ball and show children the differences between a dribble with minimal effort and close to maximum effort. “Watch how the ball moves when I dribble it two different times.” Show both dribbles to children. “Let’s make a circle and you show me how you would dribble the ball. Now step back two big steps and show me a fast dribble as you go across the circle.” Highlight the ball going farther in the second dribble. “You can dribble the ball farther when the muscles in your arms are strong. The muscles in your arms get stronger when you practice dribbling.”

Skills Drills: (20 minutes)

Description:

Individual—Each player practices dribbling. Have them try the following activities:

Dribbling and changing the speed of movement (moving both fast and slow in general space).

Dribbling while changing directions forward and back or right to left.

Dribbling in different pathways:

- Move in straight, curved and zigzag pathways in general space.
- Follow the straight lines on the gym floor.
- Move in a straight pathway. Each time a player meets another person or hears your signal, he or she turns quickly to the right or left and continues dribbling.

Coaches’ Cue:

“Use your finger pads.”
“Keep your eyes over the ball.”
“Keep the ball low.”

Coach: What are the different ways you have moved towards the basket (target) while dribbling?

Players: Dribbling fast or slow, changing direction and stopping and starting.

Coach: How do you do that?

Players: Keep the ball low; change hands; keep the ball at my side; use my finger pads; keep my eyes over the ball.

Game / Play: (20 minutes)

Goal:

Players keep possession of the ball using a dribble.

Description:

2 v 2, modified half-court game—Each player attempts to dribble and shoot at a basket while being guarded by an opponent. The offensive team must pass twice or more before shooting. Teams earn a point if they dribble and attempt a shot close to the basket (for example, in the lane). Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. If a violation occurs, the team’s opponent takes a turn.

PRACTICE 7



INTRO TO VALUES (10 minutes)

TEAM CIRCLE

Key Idea: Healthy Habits

Gather the team in a group. "Today we are going to talk about healthy eating habits. I am going to say different foods and I want you to raise your hand to let me know which ones you think are healthy choices." Say a variety of unhealthy foods like candy, French fries, chips and also a variety of healthy foods like fruit, yogurt & vegetables. Explain the importance of eating unhealthy foods in moderation. "By eating healthy foods you will provide your body the energy it needs to perform different activities like running, jumping, and shooting a basketball."

PRACTICE 8

Warm-Up: (5 minutes)

Pairs—Partner 1 dribbles the ball 8 to 10 times and then passes it to partner 2. Partner 2 starts dribbling the ball forward and then passes it back to Partner 1. The partners continue to dribble and pass from one end of



Fitness Component: (5 minutes)

Key Idea: Training and conditioning

Gather children into a circle. “What will you do tonight after you eat dinner?” Wait for their responses. “At the end of the day what do you do?” Encourage children to discuss sleep. “Let’s pretend you are at your homes, and you climb into bed to go to sleep. Everyone lie down. Now let’s pretend its morning and a new day. You don’t have basketball practice today. Your body needs to move every day

to stay in good physical condition for basketball. What should we do to move our bodies?” Wait for their responses. If a child suggests biking, walking or swimming, and so on, have everyone pretend to do that activity. Then have them “sleep” again, wake up, and choose another physical activity idea.

Skills Drills: (20 minutes)

1. Introduce, demonstrate and explain how to keep possession of the ball while dribbling.
2. Have your players practice keeping possession of the ball while dribbling.

Description:

Individual—Each player practices dribbling. At this point, you should provide players with situations in which they must dribble with either hand without looking at the ball. Set up obstacles so players can learn to vary the force of the bounce. Here are some examples:

- Dribble in different pathways:
 - Play follow-the-leader with a partner (followers are three feet behind).
 - Design strategies to outwit an imaginary opponent from baseline to baseline.
- Dribble around stationary obstacles. Set up cone markers three feet apart.

Players try to dribble 60 seconds without bumping into the cones.

- Dribble around stationary players. Divide players into groups of five to six players. One player is the dribbler. The other players in the group become the obstacles and arrange themselves in a zigzag obstacle pattern down the floor. The players try to make the dribbler lose control of the ball. They can stretch and pivot, but cannot move from their spots; the defensive players cannot touch the ball or the dribbler. (When the player is ready, you can make this exercise more challenging by allowing the defensive players to touch the ball but not the dribbler.)
- Dribbling against an opponent. Match partners with similar skill levels. Partner 1 begins dribbling and moving toward the baseline while Partner 2 plays cooperative defense. Increase the difficulty by moving to active defense. If Partner 2 takes the ball away before 30 seconds are up, he or she gives it back; when 30 seconds are up, partners switch roles.

Coaches’ Cue:

“Keep your body between the obstacle and the ball.”
“Keep the ball at your side.”

PRACTICE 8

Coach: What ways can you move to protect the basketball from your opponent when dribbling?
Players: Keep the ball on my side; keep the ball low; and change directions.

Game / Play: (20 minutes)

Goal: Players keep possession of the ball until they shoot.

Description:

3 v 2, modified half-court game—Three players play offense and two players defend, then two offensive players must switch roles with the defensive players. Switch at least twice so all players get to play defense. Players earn a point if they keep possession of the ball (dribble with control) until they shoot or they attempt a shot close to the basket. Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. If a violation occurs, the team's opponent takes a turn.



PRACTICE 8



INTRO TO VALUES (10 minutes)

TEAM CIRCLE

Key Idea: Safety

Gather the team in a group. "Today we are going to discuss safety. What would you do if you are playing basketball and one of your teammates gets hurt and the coach did not see what happened?" Wait for their responses.

Explain to the team that they should immediately go tell an adult what happened and be ready to help out if necessary.

PRACTICE 9

Warm-Up: (5 minutes)

Pairs—The defensive player moves in a defensive position in front of the offensive player, who is dribbling slowly and then gradually dribbles faster in a zigzag pathway. The offensive player changes speed and directions. The players move down the length of floor, and then switch roles.

Fitness Component: (5 minutes)

Key Idea: Muscular strength and endurance

Have children spread out in a group. “Put your hand on the front of your thigh, then lift your leg up and set it down. Did you feel the muscle get tight when you lifted it up and then relax when you set it down? Try it again five times.” Assist players if needed. “Muscles tighten or contract when you move. You use the thigh muscles or quadriceps when you play basketball. The more you practice, the stronger your thigh or quadriceps muscles will get. That’s called improving your muscular strength.



Skills Drills: (20 minutes)

1. Introduce, demonstrate and explain how to defend against an opponent.
2. Have your players practice defending against an opponent.

Description:

Pairs—Match players of similar skill. The defensive player moves in a defensive position in front of the offensive player, who dribbles slowly then gradually faster in a zigzag pathway. Then have players perform the same exercise and switch roles. Have players change partners every three to five minutes.

Coach: What do you do when you are playing defense?
Players: Try to get the ball and protect the basket.
Coach: How do you defend your basket? Players:
Play the person with the ball and try to get the ball.

Coaches' Cue:

For basic defensive position
“Keep the knees bent.”
“Keep your body low.” “Put one hand up, one hand down.”
“Keep a wide stance.” For playing defense “See the ball, not the opponent.”
“Play the ball.” (Players should focus on the ball, not the person dribbling it.)

Game / Play: (20 minutes)

Goal:

Players learn basic defensive technique.

Description:

3 v 3, short-court game—Defensive players earn a point when they take the ball away. Limit offensive players to dribbling three times or less before passing. Call modified double dribble and traveling violations. If a violation occurs, the player’s opponent takes a turn. Starting with this game, call fouls as violations. The defender can touch the ball, but he or she cannot touch the opponent. If a violation occurs, the opponent gets the ball.

PRACTICE 9



INTRO TO VALUES (10 minutes)

TEAM CIRCLE

Key Idea: Family Involvement

Gather the players and parents into a group. Start a discussion about family and what family means to them. Tell them it is important for family members to be supportive of their child playing sports. Ask for examples of how family members can be supportive of the child playing sports. Suggest that family members take a few minutes to reinforce some of the skills covered in practice. Play 1v1 with the child, practice dribbling, shoot baskets, etc.

PRACTICE 10

Warm-Up: (5 minutes)

Pairs—The defensive player moves in a defensive position in front of the offensive player, who is dribbling slowly and then gradually, dribbles faster in a zigzag pathway. The offensive player changes speed and directions. The players move down the length of floor, and then switch roles.

Fitness Component:(5 minutes)

Key Idea: Healthy habits

Gather children into a group. "When I say 'Go!' we all will run as fast as we can, without bumping into each other, staying in this area." Mark boundary areas for children. "Ready, go!" Have children run for about a minute or until fatigued. "You had enough energy to run. But when you don't take care of your body, you can get tired much faster playing basketball. I am going to say a habit and you shout if it is healthy or unhealthy." Examples: taking drugs, smoking, brushing teeth, drinking plenty of water, getting plenty of sleep/rest, eating a variety of foods. "Can you think of any others? Healthy or unhealthy?"

Skills Drills: (20 minutes)

1. Introduce, demonstrate and explain how to dribble and pass in a game situation.
2. Have your student's practice dribbling and passing in a game situation.

Description:

Groups of four—Three players dribble and pass while the fourth player tries to steal the ball. Rotate the player trying to steal the ball every two minutes. This is a no-contact game. Limit the space used for the game to half of a short court.

Coach: What do you have to do to work as a team?

Players: You have to help each other out and support your teammate.

Coach: How do you help each other out?

Players: You get ready to receive a pass and move around.

Coaches' Cue:

"Change directions, speed, and pathways."

Game / Play: (20 minutes)

Goal: Groups of three players will play as opposing teams.

Description:

3 v 3, short-court game—Limit players to dribbling three times or less before passing (you can modify the number of dribbles as necessary). Call modified double dribble and traveling violations. If a violation occurs, the team's opponent takes a turn. Also call modified foul violations. This allows the defender to touch the ball, but not the opponent. If a violation occurs, the opponent gets the ball.

PRACTICE 10



INTRO TO VALUES (10 minutes)

TEAM CIRCLE

Key Idea: Keeping Perspective

Gather the team into a group near two cones about ten feet apart. "What did you most enjoy learning about in basketball this season?" Listen to their responses. "Players who thought they tried their best to learn, stand by this cone. Players, who think they had fun this season, stand by this one. Both of those are important. You should try your best and have fun no matter what happens during the season. The most important thing in basketball is to have fun playing with friends and to learn new skills. I think you all did that!"