

Youth Basketball Coaches Handbook

2019

Dedication

This handbook is dedicated to the hardworking volunteer coaches who make our basketball program possible. We appreciate the time, effort, and dedication you give to the children of Town of Ayden. The staff of Ayden Arts and Recreation Department offers many thanks for helping us provide this opportunity to the youth of our Town. We hope that you find this handbook helpful in your coaching endeavors.

Many Thanks!

Mission statement	8
Philosophy	8
Role of the coach	9
Facilitator	9
Positive role model	9
Understand who you are coaching	9
Coaches' responsibilities and guidelines	10
Responsibilities and guidelines	10
Coaches' code of conduct & code of ethics	11
Offense & penalty	14
Youth sports players	16
Four truths about children and sports	16
Age group characteristics	16
Ages 4 – 6	16
Ages 7 – 9	17
Ages 10 – 12	17
Ages 13 – 16	17
Players' responsibilities and expectations	19
Players code of ethics	19
Offense & penalty	20
Player safety	21
Care and Prevention of Injuries	21
Planning for the season	22
Parent orientation meeting	22
Purpose of a parent orientation meeting	22
Important points to cover	22
Youth basketball rules	23
Age requirements	23
Gym rules and sportsmanship	23
Rosters and registration	23
Practice Requirements	24
General games rule	24
Game clock	24
Overtime	24
Minimum number of starters	24
Time outs	25
League rules	25
Checking players in	25
3 minute participation rule	25
Illegal substitution	25

Mercy rule	26
Playing time	26
Players foul out	26
Tournament	26
Division rules	27
6 Under	27
Game rules	27
League rules	27
9 under Girls	27
Game rules	27
League rules	27
9 under Boys or COED	28
Game rules	28
League rules	28
12 under Girls	28
Game rules	28
League rules	28
12 under Boys or COED	28
Game rules	28
League rules	28
15 under Girls	29
Game rules	29
15 under Boys or COED	29
Game rules	29
Complaints/ineligible	30
Complaint against officials, supervisors procedures	30
Players/forfeits	30
Complaint against coach procedures	30
Medical Emergencies	31
 Appendix	 33
Ball handling drills	34
Cradles	34
Clap-n-catch	34
Figure eight	34
Hike drill	34
Tippling	34
Roll ‘em	34
Footwork drills	35

Lane slide drill	35
Backboard/net touch	35
One foot running jumps	35
Jumping line drill	35
Follow the leader	35
 Dribbling	 36
Basics	36
Helpful hints	36
Drills	36
Dribble around	36
Walking dribble	36
Crossover drill	36
Steal game	36
Two-minute tag	36
Monkey see, monkey do	37
Red light, green light	37
Diagram	
Dribbling around cones	37
Dribble & pivot race	38
Passing	39
Basics of passing	39
Release the ball quickly, do not hesitate.	36
Basics of receiving	39
Five types of passes	39
Chest pass	39
Two handed bounce pass	39
One handed bounce pass	39
Overhead pass	39
Baseball pass	39
Drills	40
Up & down drill	40
3 person drill	40
Partner passing	40
Shotgun passing	40
Monkey in the middle	40
Reaction drill	40
Diagrams	
Shotgun passing drill	41
Bull in the ring	41

Basic passes drill	42
Shooting	43
Set shot/jump shot mechanics	43
Helpful hints	43
Drills	43
One-arm shooting	43
Chair shooting	43
Floor form shooting	43
7-up	44
Helpful hints	44
Free throws	44
Drills	44
Foul shot golf	44
Blind form shooting	44
Diagrams	
Tom's drill	45
Competitive shooting	45
Power drill	46
Fake 'em out of their shoes	46
Positions & movement	47
Ready position	47
Triple threat position	47
Jump stop	47
Pivots	47
Cuts	47
Rocker step	47
Screen and roll (pick and roll)	47
Diagrams	
Pivot from the offense	48
Dribble, pivot & score drill	48
Types of cuts	49
Screening drill	50
Fight-through drill	50
Offensive strategy	51
Offensive strategy	51
Moving without the ball	51
Basic 1-2-2 offensive formation	51
Drills	52
Moving triangle	52
Diagrams	

Basic floor position	52
Offensive plays	53
Motion offense	53
Offensive play #1	53
Offensive play #2	54
Offensive play #3	54
Diagrams	
Inbound plays	55
Basic inbounds play	55
Stack	55
Defensive strategy	56
Defensive strategy	56
Drills	56
Mirror drill	56
Horizontal rope	56
Zigzag	56
Cut the cutter	56
Additional Resources	57

Mission Statement

*The mission of Ayden Arts and Recreation Department
is to provide high quality, diverse and accessible programs, services and facilities that enhance
the quality of life for all ages, cultures, and abilities.*

Philosophy

The game of basketball is just a game. The number one reason (well documented in a number of studies) children participate in youth sports is to have fun. If you take the fun out of sports, you take the child out of sports. It is detrimental to the player if there is too much pressure placed on them too early to achieve a result rather than simply experiencing the sheer joy of a youth game. As a coach you want to create a stress free relaxed environment for your team. Let your kids know that it is okay to make mistakes. Get to know your kids individually and determine what they need to be successful. For some kids it might be a specific skill. For others it might be encouragement or even something as simple as acknowledgment.

Ayden Arts and Recreation youth basketball is not about how many wins or losses are accumulated! Proper basketball development is achieved by children participating in age appropriate activities so that they are able to experience, comprehend, and execute the game as it relates to where they are in their cognitive development. It is achieved by all of the team members receiving equal playing time. It is achieved by teaching the skills, rules and vocabulary of the game. Finally, it is achieved by teaching sportsmanship. Learning about winning and losing, playing by the rules, and respecting an opponent are just as important as learning basketball skills.

The Ayden Arts and Recreation wants you to respect the game of basketball, respect the players, the opponents, the referee, and the parents. Go about your teachings in a thorough, positive, yet humble manner. Players should come out of their experience with the coach as better people and better citizens, not just better basketball players.

Role of the Coach

As a coach in youth sports, one must assume the responsibility of ensuring that each participant has an enjoyable and safe experience learning basketball. To fulfill these responsibilities, a coach must wear many different hats. Listed below are some prominent roles a coach may take on.

Facilitator

- Set up the conditions and environment for learning.
- Give only positive feedback (sarcasm and negativity should never occur).
- Encourage players to give each other positive feedback.
- Coaches should be enthusiastic, organized, patient, sincere, and fair.
- Practices should be conducted in the spirit of enjoyment and learning.
- De-emphasize winning and losing and emphasize sportsmanship and fun.
- Invite parents to help and participate.

Positive Role Model

- Work with all players equally.
- Treat each team member with equal regard and respect.
- Demonstrate respect for opponents, referees, parents, spectators, opposing coaches, and opposing players.
- Show respect and responsibility for the game of basketball.

Understand who you are coaching

- Children are not defined by chronological age only.
- Each child matures and develops at a different pace.
- Treat each child as a unique individual.
- All activities should be age appropriate.
- Recognize that kids participate for different reasons. Some may be there because their older siblings play and it is expected in their family that they play. Some may play because they have a parent that is a frustrated athlete and wants to live through their child. Some may play because all their friends do, and they want to be with them. Others may play because they love basketball.

“THERE IS NO GREATER GIFT THAN THAT OF A GOOD COACH”

Bruce Brown (Former college coach)

Coaches' Responsibilities and Guidelines

Coaches are role models for teaching the fundamentals of the sport, sport skills, tactics and sportsmanship. Coaches are responsible for their personal conduct and behavior, as well as, the conduct and behavior of players. Coaches are required to follow the Ayden Arts and Recreation Department guidelines at all times. A coach who does not follow the guidelines provided by the Ayden Arts and Recreation Department will need to meet with the Arts and Recreation Department Recreation Director in order to continue to coach. All volunteer coaches shall be “at will coaches,” and may be discharged by the Ayden Arts and Recreation Department with or without cause. Only coaches who have been approved by the Ayden Arts and Recreation Department will be allowed to go on the field of play or court during practices and games.

Responsibilities and Guidelines

Coaches participating in Ayden Arts and Recreation Department youth sports shall:

- Be reliable, and on time. (The first to arrive and the last to leave...)
- Be responsible for distributing a game/practice schedule to parents/guardians prior to the beginning of the season.
- Have with you, at all practices and games, the Emergency Contact Information forms for each child on the team.
- Be responsible for making sure first aid kits are on-site at every practice and game. Ayden Arts and Recreation Department will supply these kits.
- Be responsible for ensuring players’ parents/guardians are informed of changes to the game or practice schedule. This includes cancellations the day of the game or practice.
- Ensure that each player receives playing time in games according to Ayden Arts and Recreation Department policy on playing time. Equal participation in the program as a whole is the desired goal.
- Be responsible for communicating Ayden Arts and Recreation Department playing time policy as well as their own philosophy regarding playing time to parents/guardians & athletes prior to the start of the season.
- Have all players and team coaches shake hands after the completion of the game.
- Never play an injured or bleeding player. Think of the player first and not the team's final outcome.
- Conduct themselves in a professional manner at all times, and shall refrain from directing abusive or sarcastic language or gestures toward officials, other coaches or players.
- Serve as a role model for players and spectators.
- Ensure that Ayden Arts and Recreation Department equipment is accounted for, and maintained in usable condition and returned promptly at the end of the season.
- Leave facilities in the same or better condition than they were when the team arrived.

Coaches' Code of Conduct & Code of Ethics

I will honor the fact that youth sports exist for youth, not adults.

Expected Behavior:

- Maintaining a positive, helpful and supportive attitude.
- Exercising your authority/influence to control behavior of fans and spectators.
- Exhibiting gracious acceptance of defeat or victory.
- Accepting and adhering to all league rules and policies related to participation of adults and youth. Playing all players according to the equal participation rules established by the league and the follow the spirit of those rules.
- Fulfilling the expected role of a youth coach to adopt a "children first" philosophy.
- Allowing and encouraging the players to listen, learn and play hard within the rules.
- Placing emphasis on fun, participation and team.

I will do my very best to make youth sports fun for my child and other children involved.

Expected Behavior:

- Recognizing the differences of each child and treating each player as an individual while demonstrating concern for their individual needs and well-being.
- Encouraging all players, regardless of skill level, to be included as a member of the team.
- Recognizing that some physical tasks, drills and demands are not appropriate for all youth.
- Recognizing that youth may vary greatly in physical, social and emotional maturation and considering these factors when setting up competitions and when interacting with youth.

I will do my best to organize practices that are fun and challenging for all my players.

Expected Behavior:

- Establishing practice plans that are interesting, varied, productive and aimed at improving all players skills and individual abilities.
- Devoting appropriate time to the individual improvement of each player.
- Conducting practices of reasonable length and intensity appropriate for the age and conditioning of the players.

I will exercise good sportsmanship by demonstrating positive support for all players & officials at every game, practice or other sports event.

Expected Behavior:

- Adopting the position, teaching and demonstrating that it is our basic moral code to treat others as we would like to be treated.
- Abiding by and supporting the rules of the game as well as the spirit of the rules.
- Providing an environment conducive to fair and equitable competition.
- Using the influential position of youth coach as an opportunity to promote, teach and expect fair sportsmanship and fair play.

I will make sure all children play in a safe, healthy environment.

Expected Behavior:

- Maintaining a high level of awareness of potentially unsafe conditions.
- Protecting players from sexual molestations, assault, physical abuse and emotional abuse.
- Correcting or avoiding unsafe practice or playing conditions.
- Using appropriate safety equipment necessary to protect all players.
- Seeing that the players are provided with adequate adult supervision while under the coach's care.

I will insist that my team exercise good sportsmanship toward coaches, officials, fans, and other players.

Expected Behavior:

- Becoming knowledgeable, understanding and supportive of all applicable game rules, league rules, regulations and policies.
- Teaching and requiring compliance of these rules among players, so that with this understanding good sportsmanship can be maintained.
- Teaching techniques that reduce risk of injury to both the coach's own players and their opponents.
- Discouraging illegal contact or intentional dangerous play and administering swift and equitable discipline to players involved in such activity.

I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol. I will refrain from their use at all Ayden Arts and Recreation Department youth sports events.

Expected Behavior:

- Being alcohol and drug free at all team activities or in the presence of players.
- Refraining from the use of any type of tobacco products at all team activities or in the presence of your players
- Refraining from providing any type of alcohol, drug or tobacco products to any of your players

- Encouraging parents to refrain from the public use of tobacco products or alcohol at team activities.

I will place the safety and physical development of my players ahead of my personal desire to win.

Expected Behavior:

- Using appropriate language in appropriate tones when interacting with league officials, players, game officials, parents and spectators. *At no time is profanity acceptable.*
- Including all players in team activities without regard to race, religion, sex, body type, national origin, ancestry, disability, ability or any other legally protected classification.
- Treating all players, league officials, game officials, parents, and spectators with dignity and respect.
- Playing all players according to the equal participation rules established by the league and the playing by the spirit of those rules.
- Encouraging youth to participate in other sports and activities to promote all aspects of their development.
- Allowing reasonable absences from practices.

I will support other coaches and league officials.

Expected Behavior:

- I will back and support league officials and coaches when working with my players and parents. I will enforce league rules.
- If I have concerns or questions, I will direct them to recreation staff or coach at an appropriate time, not during a practice or game. I will not criticize another coach, an official, or a recreation staff in front of my players or parents.
- I will cooperate and offer assistance whenever I can.

I will remember that children play, referees call, fans cheer and coaches TEACH. Anytime someone steps out of their area of responsibility, a strain is created on every other areas involved.

Offense & Penalty

Coaches may not conduct themselves in an unsportsmanlike manner at any time and may be removed from the coaching staff if they do. Regardless of the situation, we expect our coaches to act with the upmost respect and integrity in any scenario.

Note: Coaches are subject to ejection from a game without warning. This will result in an immediate ejection, removal from the premises, and a minimum one (1) game suspension.

- ***Offense:*** Failure to follow established guidelines, rules, policies and procedures as applicable to related sport
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum One (1) game suspension.

- ***Offense:*** Malicious obscene/profane/vulgar verbal abuse directed towards another individual.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum two (2) game suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

- ***Offense:*** Racist or other language that could incite a riot.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum two (2) years suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

- ***Offense:*** Physical aggression towards another; pushing, shoving, striking or touching another individual.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum five (5) years suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

- ***Offense:*** Any violation of North Carolina law; possession of firearms, knives, explosive devices weapons or under the influence of alcohol, narcotics, controlled substances, chemical or drug paraphernalia; assault with or without a weapon.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum five (5) years suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

Youth Sports Players

A growing body of research literature finds that in addition to improved physical health, sport plays a primarily positive role in youth development, including improved academic achievement, higher self-esteem, fewer behavioral problems, and better psychosocial. Many studies focus on the effects of sport on the five “C’s” competence, confidence, connections, character, and caring, which are considered critical components of positive youth development. It has long been thought that the many facets of playing sport—the discipline of training, learning teamwork, following the leadership of coaches and captains, learning to lose, provide lifelong skills for athletes.

Four Truths about Children and Sports

- Fun is pivotal. If it isn’t fun, children will drop out of sports.
- Skill development is a crucial aspect of fun.
- Intrinsic rewards (self-knowledge that grows out of self-competition) are more important in creating lifetime athletes than are extrinsic rewards (victory or attention from others).
- The most rewarding challenges of sports are those that lead to increased self-knowledge, self-improvement, self-confidence, and self-esteem

Age Group Characteristics

Before you are able to effectively coach the children that have been entrusted to your care, you need to understand the characteristics of whom you are developing. It is imperative that you understand that when you are dealing with children that you take the time to comprehend where they are currently in their own development.

Ages 4 - 6

From a physical perspective (psychomotor), children in this age group perform activities at full speed. Then they need frequent rests and then they go again. Movements such as running, hopping, skipping and maintaining balance are not fully developed at this age.

From a mental perspective (cognitive), they have a short attention span, can only perform one task at a time and only if its given with basic instructions. They don’t have a clear understanding of the team concept and tactics are useless. Everything revolves around themselves and the ball.

From a social (psychosocial) standpoint the children need to feel secure in practice and in games. The coach needs to be sensitive in selecting activities that allow social interaction with the other players in their group. They are easily bruised psychologically. Elimination games are highly discouraged. They will also tend to exaggerate their accomplishments-let them.

Ages 7 - 9

This is the stage where players begin to understand the concept of passing to a teammate.

From a physical standpoint they still lack a sense of pace and tend to exert themselves hard and then drop. They are now starting to develop some physical confidence in themselves and they are still into running, climbing, rolling and jumping.

From a mental perspective they feel if they tried hard then they performed well (regardless of the activity's outcome). They are beginning to show a limited ability to tend to more than one task at a time.

From a social perspective they have a great need for approval from adults and like to show off individual skills. Negative comments carry great weight. Their playmates start to emerge and they will start to move towards small groups. They want everyone to like them at this age. You should be positive with everything that you do.

Ages 10 – 12

Children at this age are on the edge of childhood and adolescence. It can present a multitude of problems, but also an abundance of potential.

From a physical standpoint strength and power become a major factor in their performance. Their muscles mature and they realize how much more they can do on the court. Their coordination significantly improves and it shows up in the execution of a child's technical ability.

From a mental perspective they can sequence thoughts and perform complex tasks. A coach can expect his players to understand the game and use teammates to solve problems. They are usually eager to learn.

From a social perspective whether a child enters puberty early or late is significant. Girls tend to form cliques while boys take a more broad approach to team relationships. The manner in which they feel about themselves can determine how they relate to their teammates. Sometimes popularity influences self-esteem.

Ages 13 - 16

From a physical standpoint they are experiencing many physical changes. They are entering puberty where boys' voices are changing; they are experiencing a growing spurt.

From a mental perspective they are expanding to include more abstract thinking. They are beginning to understand cause and effect and are ready for more in-depth and more long-term experiences. They also like to set goals based on their needs and interests. They are also moving

from fantasy to reality where their life goals or career are concerned.

From a social perspective a child at this age are transitioning into involvement with opposite sex groups. They are more interested in what their peers say than their parents' advice. They do search for adult role models outside of their parents

Players' Responsibilities and Expectations

Participation in youth sports programs can have a lasting and meaningful effect on children's lives. Therefore, it is the goal of the Ayden Arts and Recreation Department to provide the highest quality of athletic programs to ensure that a child's experience with sports is a positive one. It takes the cooperation of everyone involved, including the participant, to make this happen. The Ayden Arts and Recreation Department has established the following responsibilities for participants to adhere to:

- Players will listen to their coaches and be respectful of their elders.
- Players will take care of the facilities, equipment, and uniforms which they are given or participate in.
- Players will make sure to eat the right foods and drink plenty of water before and after practices and games.
- Players will avoid all types of taunting and belittling remarks to their teammates or opponents.
- Players will show good sportsmanship at all times, win or lose.
- Players will not make sports a priority over schoolwork or family.
- Players will participate for the love of the game and social interaction with peers.

Players Code of Ethics

Players are expected to conduct themselves in a positive manner regarding their youth sports experience and accept responsibility for their participation by following the Players Code of Ethics Pledge:

- I will encourage good sportsmanship from fellow players, coaches, officials, and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and just amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, gender, creed or abilities, and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
- I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all youth sporting events.
- I will encourage my parents to be involved with my team in some capacity because it's important to me.
- I will do my very best in school.
- I will remember that sports are an opportunity to learn and have fun.

Offense & Penalty

Players may not conduct themselves in an unsportsmanlike manner at any time and may be removed from the league if they do. Regardless of the situation, we expect our players to act with the upmost respect and integrity in any scenario.

Note: Players are subject to ejection from a game without warning. This will result in an immediate ejection, removal from the premises, and a minimum one (1) game suspension.

- ***Offense:*** Failure to follow established guidelines, rules, policies and procedures as applicable to related sport.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum One (1) game suspension.

- ***Offensive:*** Malicious obscene/profane/vulgar verbal abuse directed towards another individual.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum two (2) game suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

- ***Offense:*** Physical aggression towards another; pushing, shoving, striking or touching another individual.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum one (1) year suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

- ***Offense:*** Any violation of North Carolina law; possession of firearms, knives, explosive devices weapons or under the influence of alcohol, narcotics, controlled substances, chemical or drug paraphernalia; assault with or without a weapon.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum three (3) years suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

Player Safety

As a volunteer coach you will have the care, custody, and control of someone else's children. In this capacity you have the potential to create and to prevent accidents and injuries.

- You must provide adequate supervision to your players. The health and safety of your team members are entrusted to your care. You must provide adequate supervision to avoid foreseeable accidents and injuries. NEVER leave players unattended! NEVER leave after a game or practice until all parents or guardians have arrived!
- Evaluate your players and determine any limitations that they may have. Be sure players are physically and mentally capable of performing the e required skills. Evaluate injuries as they occur and determine if it is safe for the player to play.
- If any minor or major injuries occur, always fill out an accident report and give it to a recreation staff member.

Care and Prevention of Injuries

The first line of defense in the treatment of injuries is to prevent them. Factors that can prevent injuries are:

- The proper use of equipment
- No jewelry allowed
- Make sure there is ample water and rest periods
- Make sure players don't return too early from an injury

The care of an injured athlete should begin the moment an injury occurs. Immediate care will reduce the severity of the injury and possibility of long-term disability. Upon seeing an injured player on the court a coach should:

- Stay composed
- Determine if a player is conscious and coherent (if not, dial 911)
- Question the player in regards to the injury
- Avoid moving the player if it appears major in any way
- Inspire confidence and reassure the player
- Determine how the injury occurred

After determining that an injury is not life threatening, the nature of an injury can be further determined. Note the position of the injured part. Is it swollen or deformed? Compare the injury with the uninjured opposite body part. Do not move the injured part.

PLANNING FOR THE SEASON

Holding a pre-season parent meeting is beneficial for the parents, players and coach. Take this opportunity to inform parents of the goals and expectations as outlined in the Youth Basketball Coaches' Manual.

Parent Orientation Meeting

All Coaches are encouraged to establish effective lines of communication with the team parents early in the season by holding a parent orientation meeting. This may take the form of a casual discussion at your first practice. The time you invest will pay dividends for all concerned throughout the season. If a meeting is impossible, then the following information could be put in a letter to parents/players. But, a face-to-face meeting is preferred.

Purpose of a Parent Orientation Meeting

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

Important Points to Cover

- Introduce yourself and assistant coaches (or ask for volunteers at this time).
- Give background information about yourself (why you are coaching, experience)
- Coaching philosophy
- Discuss the value of the sport and the health benefits to the children.
- Discuss the philosophy of age appropriate activities.
- State the importance you assign to having fun and developing technique.
- State how you evaluate player development through skills and not winning.
- Discuss any team rules and guidelines.
- Let them know that all players will receive equal playing time.
- Discuss how players must respect opponents, coaches, officials, and the game itself.
- Briefly discuss rules of the game.

Youth Basketball Rules

Age Requirements:

A player's age as of December 31st the current year will determine the age group they participate in:

Mini Might League: ages 5-6

Pee Wee League: ages 7-9

Midget League: ages 10-12

Junior League: ages 13-16

Example: A player is 10 years old on January 1, 2015 will play in the 7-9 year old division.

Gym Rules and Sportsmanship:

- No alcoholic beverages are allowed on recreation property. This is a state law. If necessary, proper legal action will be taken to enforce this rule.
- A coach, player, or spectator with alcohol on their breath will be asked to leave the recreation area.
- No tobacco products—smoking, chewing, dipping, etc. Ayden Arts and Recreation is a tobacco free zone.
- No profanity
- No negative cheering
- Children not participating **MUST BE** under supervision by a parent/adult at all times. No children may be unattended at any time in any facility.
- No hanging on baskets or nets
- No spitting on gym floor

Rosters and Registration:

- All players will be entered into the draft every year.
- The draft will take place following the registration period. A second draft may occur to fill remaining roster spots.
- Draft order will be determined by picking numbers out of a hat.
- All Draft selections are final. No players can be switched.
- Once all the players have been selected, the player's information will be passed out to the coaches for them to call their players and inform them of the first practice date.

Note: Teams with participations between the ages of 5 and 6 will be drafted by Ayden Arts and Recreation Staff.

Practice Requirements

Ayden Arts & Recreation Department wants to insure that your athlete is safe while on the court or playing field. Youth sports of Ayden require athletes to attend practices that will allow them an opportunity for them to gain the skills needed to participate in their chosen sport safely. While the Department understands how difficult it can be to bring your child to practice, it is important to know that when athletes miss practices they are not only hurting their team and their coach, but, most importantly, themselves by not acquiring the necessary skills and understanding of the game.

Ayden Arts & Recreation has developed the following penalties for players missing practice:

Basketball:

- One (1) missed practice – will play minimum requirements
- Two (2) missed practices – one (1) quarter suspension
- Three (3) missed practices – two (2) quarter suspension
- Four (4) or more missed practices – three (3) quarter suspension

General Games Rule:

Ayden Arts and Recreation Department will utilize the National Federation of High School rules except as modified within:

- GAME CLOCK: Games will consist of four six (6) minute quarters. The clock will be a (6) minute running clock for the (1st) and (3rd) quarters. In the (2nd) and (4th) quarters the clock will run continuously until the last 2 minutes of each quarter. During the last 2 minutes, the clock will start and stop according to National Federation of High School rules. When it is a 'running' clock, the only time the clock will stop is for time outs, injuries and player positioning for free throws. Once the players are set up and in position for the free throw the clock will resume running. The clock will stop for free throws only to give each team time to set up for the free throws. It is urged that the players line up in a prompt manner. If this is abused then we will resort back to a running clock during free throws.
- OVERTIME: Overtime periods will be two minutes with a regulation clock. Each coach will have 2 time outs

Note: 6 Under Division will play 4 minute quarters and no overtime.

- MINIMUM NUMBER OF STARTERS: A team must begin the game with four players. (Failure to comply—Forfeit) It is the opposing team's option to start the game playing 5

on 4 instead of playing 4 on 4. Some coaches will choose to play 4 on 4 make it fair, but this is not mandatory.

- **TIME OUTS:** Each team will be allowed (2) sixty second timeouts that can be used at any point in the game. Keep in mind in the 1st, 2nd, and 3rd quarters there will be a 30 second timeout after the first 3 minutes to enforce the 3 minute participation rule. This will allow the coach to have a total of 5 timeout during the game.

League Rules

- **CHECKING PLAYERS IN:** All players must check in with the score keeper before the start of the game. Also any players arriving late must check in with the score keeper before entering the game.
 - **Late Players:** Any player that arrives once the game has started must check in with the scorekeeper. The coach is NOT obligated to play the late player during the quarter he/she arrive late to. This is the coaches' decision rather or not they want to substitute them at the 3 minute mark.
 - **Players** entering the game must check-in with the scorekeeper wait until the official/scorekeeper motions for them to enter the game.
- **3 MINUTE PARTICIPATION RULE:** For the first, second, and third quarter of the game the three minute rule will be in effect. This rule states that after the first three minutes of play the clock will stop and the coach will sub in all the players on the bench. The score keeper will hit the buzzer to indicate when the first three minutes have passed. The ball will be rules dead at any point of the play expect when the ball is actually passing thru the hoop. It will be the official's discretion on whether or not the point will count. Once the buzzer goes off, the coach must put in every player on his/her bench. If the coach does not have 5 subs to put in he/she can use the original starters to make up the difference. This break in the game will be used as *a 30 second timeout* from the time the buzzer sounds. A coach can start each quarter with a different starting five. The fourth quarter will be free substitution and the participation rule does not apply.

Note: 6 Under Division will stop at the 2 minute mark in the 1st, 2nd, and 3rd quarters for coaches to make substitutions.

- **ILLEGAL SUBSTITUTION:** If a coach substitutes a player from the bench that is not properly check in with the score keeper it will result in a technical foul on the bench and the player will be re-subbed with the original player. Substitutions can only be made that the 3 minute mark or the 4th quarter.

- MERCY RULE: Any team winning by 15 or more points will not be allowed to defend half/full court and may only defend within the 3 point line. The player must keep his feet and arms inside the three point line. This rule applies only to the team that is winning. We will remain in this defense until the score is within 10 points. Violators will receive one warning. A two shot penalty plus ball out of bounds will be called for each violation thereafter.
- PLAYING TIME: All players in good standing will play the minimum time required in each game. Failure to comply will result in a one (1) game suspension for the head coach. A second offense will result in tie removal of the coach for the remainder of the season.
 - Coaches are not obligated to play an individual the minimum time under the following conditions:
 - If a player arrives late to the game, the coach does not have to abide by the 3 minute participation rule for that specific quarter. Once that quarter is over, coach must abide by the league rules.
 - A player has been a discipline problem.
 - A player has an injury that prevents them from playing.

Coaches who use the exception to the all play rule must notify the gym supervisor and opposing coach prior to the start of the game. Coaches who use the exceptions to the all play rule to gain an advantage over another team will be removed from the coaching staff.
- PLAYERS FOUL OUT: If a player has fouled out, he/she must remain on the bench the duration of the game. They should not go sit in the bleachers or leave the gym.
- TOURNAMENT: The tournament will be held directly after the regular season. Tournament brackets will depend on the number of teams participating. All regular season rules will apply to the tournament. Tournament will be single elimination unless otherwise stated. Seating for the tournament will be determined by the regular season standings.

Division Rules

6 Under

5-6 years old: This non-competitive league to teach this age group the fundamentals of basketball.

Game Rules:

- Goals lowered to 6ft or portal roll out goals will be used
- Games will consist of four (4) 4 minute quarters
- The clock will stop at the 2 minute mark in the 1st, 2nd, and 3rd quarters for coaches to make substitutions.
- Clock will run continuously
- After 1st, 2nd and 3rd quarter every player will shoot one free throw
- Halftime will last 3 minutes

League Rules:

- Two coaches per team will be allowed on the court
- Defensive players must play a zone with one foot in the paint area
- Defensive players may only leave the paint when chasing rebounds
- Once possession is established, players must return to defensive position
- Non-shooting fouls will result in player warning and opportunity for coach to help player understand the warning, second infraction could result in possession change when necessary. (per possession)

9 Under Girls

7-9 years old: This league is to teach the fundamentals, skills, and team building.

Game Rules:

- Halftime will be 3 minutes long
- Official Women's Basketball (28.5) will be used.
- Goal height will be 8 feet 4 inches.

League Rules:

- Foul Line will be ten (10) feet or the 15 foot line.
- 1st, 2nd, and 3rd quarters must play defense inside the 3pt arc and 4th quarter half court press is allow.
- Violators will receive one (1) warning. A two (2) shot penalty plus the ball out-of-bounds will be called for each violation thereafter

9 Under Boys or COED

7-9 years old: This league is to teach the fundamentals, skills, and team building.

Game Rules:

- Halftime will be 3 minutes long
- Official Women's Basketball (28.5) will be used.
- Goal height will be 8 feet 4 inches.

League Rules:

- Foul Line will be ten (10) feet or the 15-foot line.
- Defense in the backcourt is not allowed on any inbounds play except in the 4th quarter.
- Violators will receive one (1) warning. A two (2) shot penalty plus the ball out-of-bounds will be called for each violation thereafter

12 Under Girls

10-12 years old: This league develops gross motor skill fundamentals and competitive play.

Game Rules:

- Halftime will be 3 minutes long.
- Official Women's Basketball (28.5) will be used.
- Goal height will be 10 feet.

League Rules:

- Foul Line will be ten (10) feet or the 15-foot line.
- Defense in the backcourt is not allowed on any inbounds play except in the 4th quarter

12 Under Boys OR COED

10-12 years old: This league develops gross motor skill fundamentals and competitive play.

Game Rules:

- Halftime will be 3 minutes long.
- Official Women's Basketball (28.5) will be used.
- Goal height will be 10 feet.

League Rules:

- Foul Line will be ten (10) feet or the 15-foot line.
- Defense in the backcourt is not allowed on any inbounds play except in the 4th quarter.

15 Under Girls

13-15 years old: This league reinforces the fundamentals and gross motor skills in a competitive environment putting emphasis on sportsmanship.

Game Rules:

- Halftime will be 3 minutes long.
- Official Men's Basketball will be used
- Goal height will be 10 feet.

15 Under Boys OR COED

13-15 years old: This league reinforces the fundamentals and gross motor skills in a competitive environment putting emphasis on sportsmanship.

Game Rules:

- Halftime will be 3 minutes long.
- Official Men's Basketball will be used
- Goal height will be 10 feet.

Complaints/Ineligible

Complaint against Officials, Supervisors Procedures

Complaints concerning officials, supervisors, and other aspects of the program can be made in writing at any time after the game has been played.

The Recreation Department will not recognize protests that will alter the scores or outcomes of games.

Players/Forfeits

Requests for determining eligibility of a player can be made at any point during the season by head coaches. When requesting the inquiry, coach must give players known name, jersey number, and team for which he/she participated. Teams will forfeit all games in which an ineligible player participates.

Complaint against Coach Procedures

This section outlines the procedures Ayden Arts and Recreation Department will use when the Department receives a complaint against a coach in an Ayden Arts and Recreation program.

- Gather information and document eyewitness accounts of the event(s) that took place from interested parties involved to determine if a violation of the letter or intent of the Coaches' Code of Ethics Pledge has occurred. This may include the officials, other coaches, parents and children.
- Require the coach to attend a meeting with the Recreation Director to address the complaint and to offer his/her side of the incident. This meeting will be documented.
- Ayden Arts and Recreation Department has the authority to determine the severity of the situation and whether or not the affected coach has violated the expected behaviors outlined under each of the canons of the Code of Ethics Pledge.
- Ayden Arts and Recreation Department Director has the authority to enforce the appropriate range of disciplinary actions outlined in *Offense & Penalty* section of this manual

Medical Emergencies

Parents or guardians must notify the Ayden Arts and Recreation Department of any pre-existing medical conditions that could affect the player throughout the season (i.e. allergies, medications, physical impairments, etc.). All outside sport coaches will have a first aid kit assigned to them.

Coaches are to have their first aid kit with them at all practices and games.

Coaches or Department staff will treat minor injuries. Any major or life-threatening injury or accident that occurs on the playing field or at the facility, during scheduled game/practice times will follow this procedure:

- 911 will be called immediately,
- Parent/Guardian will be contacted,
- Based on the professional decision of the EMT unit, the participant may be transported to the closest medical facility for immediate care, and
- For any injury that requires medical attention or the athlete is required to sit out for a period of time, an accident form must be filled out by the Department Staff, coach, and parent/guardian of the injured child.

Concussions/Head Injuries

Prior to the start of any season, parents, coaches and assistant coaches should become familiar with and have access to a copy of the County Concussion and Head Injury Policy. These individuals are also strongly encouraged to view the “Heads Up: Concussion in Youth Sports” online course from the Center for Disease Control. This online course can be found at:

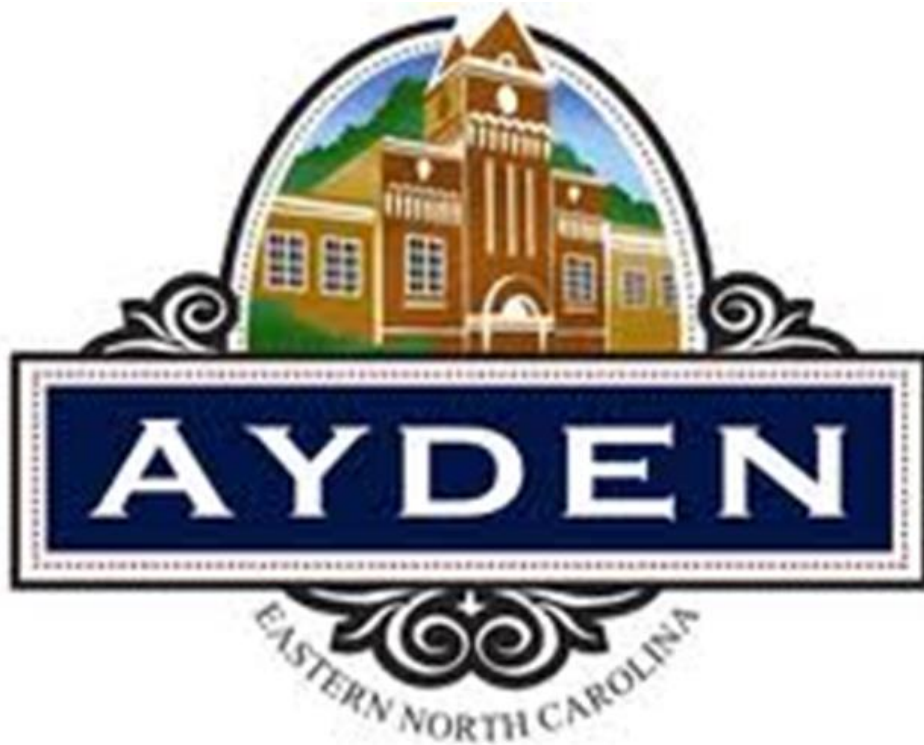
<https://www.cdc.gov/headsup/youthsports/index.html>.

It is policy of Ayden Arts and Recreation Department to educate coaches, parents and players of the signs, symptoms or behaviors consistent with sports induced concussions. The Town requires that players, under the age of 18, suspected of having a concussion or head injury are removed from the activity and seek medical attention.

This requires that athletes follow the proper procedures before returning to play:

- Any participant exhibiting the signs, symptoms or behaviors associated with a concussion or head injury: (1) must be immediately removed from the activity and (2) may not again participate in any activity until cleared by an appropriate health care professional. **REMEMBER WHEN IN DOUBT SIT THEM OUT!**

- The injured participant may not be cleared for practice or competition the same day that the sign, symptom or behavior associated with a concussion or head injury was observed.
- The injured participants' parent/guardian should be notified immediately of the suspected concussion or head injury so that they can be evaluated by an appropriate health-care professional.
- An Accident Report Form (Appendix E) must be completed and submitted to the Ayden Arts and Recreation Department within 24 hours or on the next business day following the incident.
- The parent or guardian of a participant who is suspected of a concussion or head injury must submit written medical clearance from an appropriate health-care professional to the Ayden Arts and Recreation Department prior to returning to any activity. **Players will not be allowed to participate until this document is produced.**



Youth Basketball Coaches Handbook Appendix

BALL HANDLING DRILLS

The purpose of ball handling drills is to give the player a feeling of where the ball is in relationship to their body. Handle the ball with the fingertips, not the palms. Spread and relax the fingertips.

Cradles

The ball is held between the legs, right hand on the ball in front of the legs, left hand on the ball behind the legs. Then, releasing the ball, the player quickly reverses the arm position, grabbing it with the right hand behind and left in front. Some who have not done this will struggle at first. Encourage them to keep trying, and sooner or later they will catch on.

Clap-N-Catch

Hold the ball straight out in front or against the body at waist level. Release, clap the hands behind the back, and grab the ball again before it touches the floor. This drill increases quickness and confidence.

Figure Eight

Pass the ball from hand to hand between the legs in a figure eight pattern. Then, as this gets easier, a player can walk while moving the ball in the same way, and eventually the player will be able to run while doing it.

Hike Drill

Bounce the ball backward between the legs, reach around, bending down, and catch it behind the legs. Then bounce it back again, forward, catching it once again in front, in the original position.

Tippling

Without grabbing the ball, a player flips it back and forth with the fingers, arms outstretched at right angles from the body. Gradually, the arms are raised as the tippling continues, until the ball is up over the head. It is then slowly lowered again.

Roll 'Em

Have players roll the ball down the court and back using only the thumbs and fingertips. This drill can also be used as a defensive drill by having the players shuffle their feet while rolling the ball down the court.

FOOTWORK DRILLS

These drills help improve speed and movement on the court. Try not to sacrifice form for more repetitions or a faster performance.

Lane Slide Drill

Use this drill to increase lateral speed, quickness, change of direction and speed on the court. Start on one side of the foul line and slide from one to the other, advancing up the court, and back. It is important to stay in a low stance bending the knees and keeping the back straight (almost like sitting in a chair), and try not to cross feet. Do this drill for one minute, then rest for one minute, completing three sets.

Backboard/Net Touch

This drill strengthens lower legs for quickness and explosive, repetitive jumping. Stand under the net or backboard, jump ten times off both feet with the right hand trying to touch the net, then the left hand. 20 touches equal one set. Repeat three times resting for one minute between each set.

One Foot Running Jumps

Use this drill to improve sprinting, balance, pivoting and jumping. Start on the baseline under the basket, sprint to the foul line, and touch it with either hand, pivot, and sprint back to the backboard, jumping as high as you can off one foot. Repeat exercise five times on each foot. Repeat three times, resting for one minute between each set.

Jumping Line Drill

Use this drill to improve jumping skills. Stand sideways to any line on the court, place your feet together, stand on the balls of your feet and jump side to side using your arms for balance. Try not to drag your feet, jump over the line completely. Each set lasts for 30 seconds. Do three sets, resting for one minute between sets.

Follow the Leader

Have all the players form three lines facing front and arms length apart. Each player should be in the ready position. The coach stands in front of the team and points to the right, left, front, or back. Each player follows the direction in proper defensive stance and movement. Then the coach pretends to shoot and the team then yells “shot,” and simulates blocking the shot.

DRIBBLING

BASICS

- Dribble with one hand at a time only.
- Always be in ready position- hips low, knees bent, back straight.
- Contact the ball with the pads of the fingers, no slapping.
- Hold chin and eyes up to maintain balance and increase peripheral vision.
- Dribble below waist and to the side when being guarded closely.
- Dribble above waist and out in front for speed.
- Protect the ball with your non-dribbling hand or arm.
- Practice dribbling with both the right and left hands to help increase performance in the weaker hand.

HELPFUL HINTS

- Keep dribble as long as possible until a shot or pass opens up.
- Do not dribble immediately after receiving a pass or rebound. Check your passing and shooting options first.
- Vary the speed and direction of the dribble.
- Use crossover dribble.
- Stay away from sidelines and corners to avoid being trapped.
- Avoid dribbling into a crowd of players; the ball is likely to get stolen.
- Be assertive and confident when dribbling.

DRILLS

Dribble Around

Dribble around the right leg, then the left leg, then both legs, and then switch directions.

Walking Dribble

Beginning with one leg forward, bounce ball between legs. Continue bouncing it as you walk forward, pushing it between the legs each time.

Crossover Drill

Start at the baseline moving to the right at a 45° angle, taking a few strides dribbling with the right hand. Then plant the right foot, push off hard, with body now moving 45° left. At the same time, push the ball in front of the body from right to left in a low dribble. Continue to move down court in a zigzag pattern.

Steal Game

Pair up players, each with a ball. Have players keep their dribble, protecting it with the non-dribbling hand or arm, while trying to steal or knock the other's ball away. Switch hands and start over.

Two-Minute Tag

Use half a court with four or more players, each with a ball. Everyone dribbles left-handed for two minutes. One person is "it" and they try to tag the other three players. If someone is tagged,

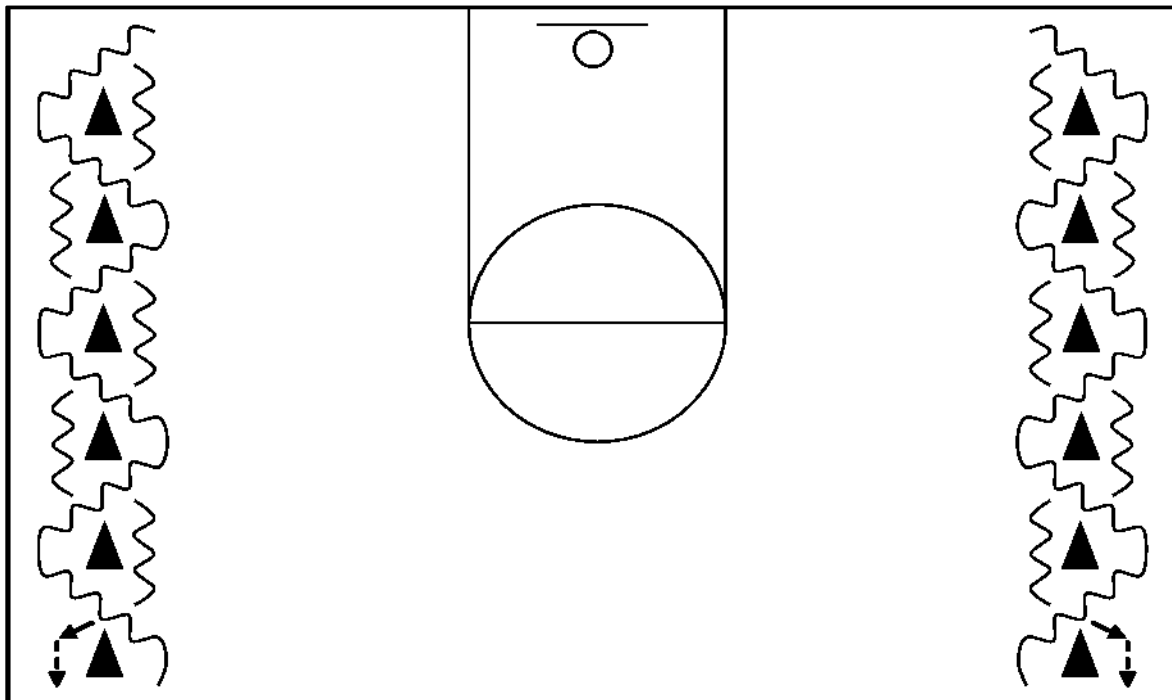
they are “it.” After two minutes, start over and switch hands.

Monkey See, Monkey Do

A leader (one of the team captains or the coach) faces the group. They must watch and copy what the leader is doing. The leader can dribble the ball switching hands, going between the legs in a figure eight switching directions, etc. The leader may also pass the ball around and around the body at the waist, neck, and overhead.

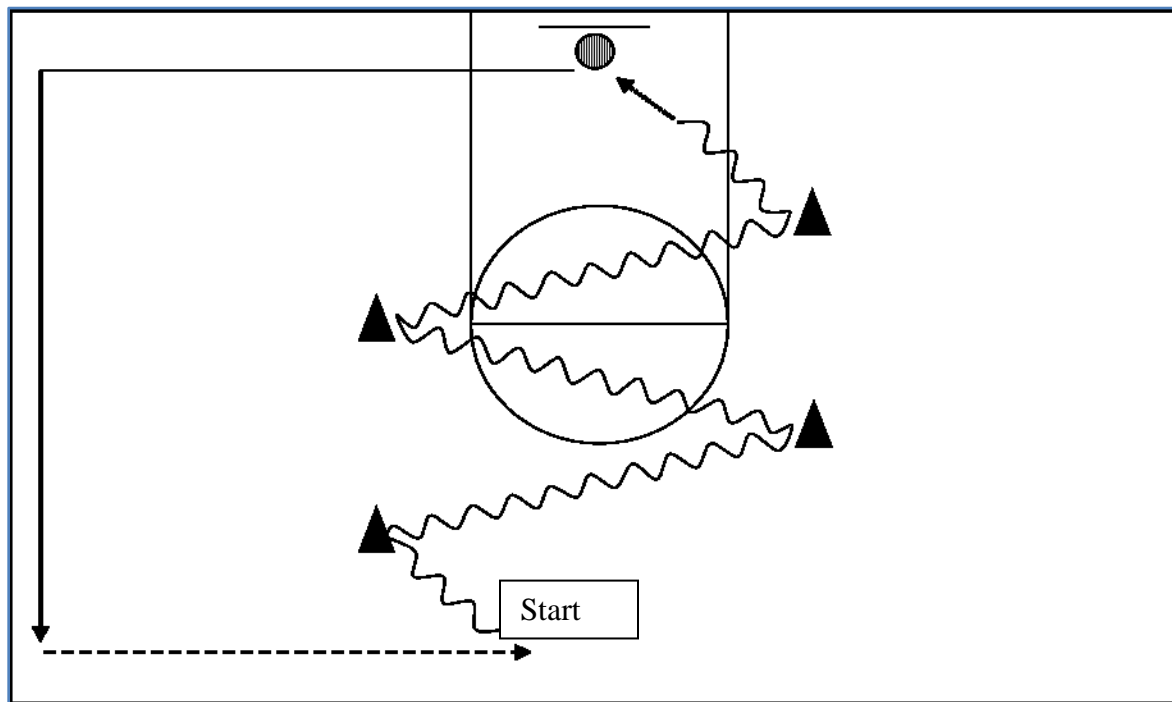
Red Light, Green Light

This drill works on dribbling as well as jump stops. When the coach says “green light,” players dribble from one end of the court to the other. When the coach says “red light,” players must jump stop, holding the ball in both hands. Any player who loses control of the ball, or moves before “green light” is called, must go back and start over.



DRIBBLING AROUND CONES

Set up cones on both sides of the court and split the team in half. The first person on each team must dribble around the cones changing angle with each cone. Once at the end, the player returns, does a jump stop and passes to the next person in line. Focus on dribbling with the head up, as well as changing hands and speed.



DRIBBLE & PIVOT RACE

Teams line up at the half court line in alternating order. Each player dribbles to a cone, pivots in the direction away from it, continues to the next cone, etc., until a lay-up can be made. The player must sprint along the sidelines, and pass the ball to the next player when the half court line is reached. Players must keep their heads up to avoid collisions with other dribblers

PASSING

BASICS of PASSING

Release the ball quickly, do not hesitate.

- Make sure to have visual contact with the receiver.
- Make sharp and snappy passes with little spin.
- Time passes to avoid interception by defense.
- Don't pass so hard that the receiver cannot catch it, or too slow so it is intercepted.
- Use fakes to improve passing angle.

BASICS of RECEIVING

- Always keep eye contact with the passer and the ball.
- Position hands chest high, extend arms, open palms for reception.
- Communicate non-verbally by using the hand as a target.

FIVE TYPES of PASSES

Chest Pass

- Using two hands, grip sides of the ball with pads of fingers with thumbs on the back half of the ball.
- Step towards the target using the legs to generate momentum.
- Pass with the thumbs, snapping down and together.
- Pass from chest to the receiver's chest.

Two Handed Bounce Pass

- This pass is good for passing the ball to another player while being closely guarded by a defender with hands in the air.
- Grip the ball the same as the chest pass.
- Passer should bounce pass the ball 2/3 the distance of the receiver.
- Step in the direction of the pass, and aim below the waist toward mid-thigh or hip.

One Handed Bounce Pass

- This pass is good for pivoting around defense.
- Pivot and step around the defender.
- Pass with one hand and protect the ball with the other.

Overhead Pass

- This pass is good for getting the ball down court quickly on a fast break, or for passing to the forward or center under the basket.
- Using two hands, but one on each side of the ball, thumbs to the rear.
- Keep the ball out in front of the head, and generate momentum by stepping with legs toward the receiver, following through with the arms and snapping wrists.
- Aim towards the receiver's chest or head.

Baseball Pass

- This is good for passing the ball the whole distance of the court.
- Use one hand, bringing the ball back by the ear with the elbow pointing back.
- Extend the arm up and out toward the target.

DRILLS

Up & Down Drill

The coach faces the player, who is in the lane ten feet away facing him. The ball is rolled on either side of the player, who bends quickly, grabs it, straightens, and fires it back to the coach, who may move to his left or right. A variation is to have the player grab the ball, pivot, make a lay-up, take the ball as it comes through the net, pivot again, and fire back to the coach.

3 Person Drill

Split the team into groups of threes. Two players are passers, and the third is the defender. The passers pass the ball to each other while the defender tries to intercept it. If the defender touches the ball, the passer who passed the ball becomes the defender.

Partner Passing

Split the team into pairs facing each other between the free throw lanes with one side starting with the ball. Have the players work on chest passes, two-handed bounce passes and one-handed bounce passes. Have the pairs move farther apart to work on overhead passes and baseball passes.

Shotgun Passing

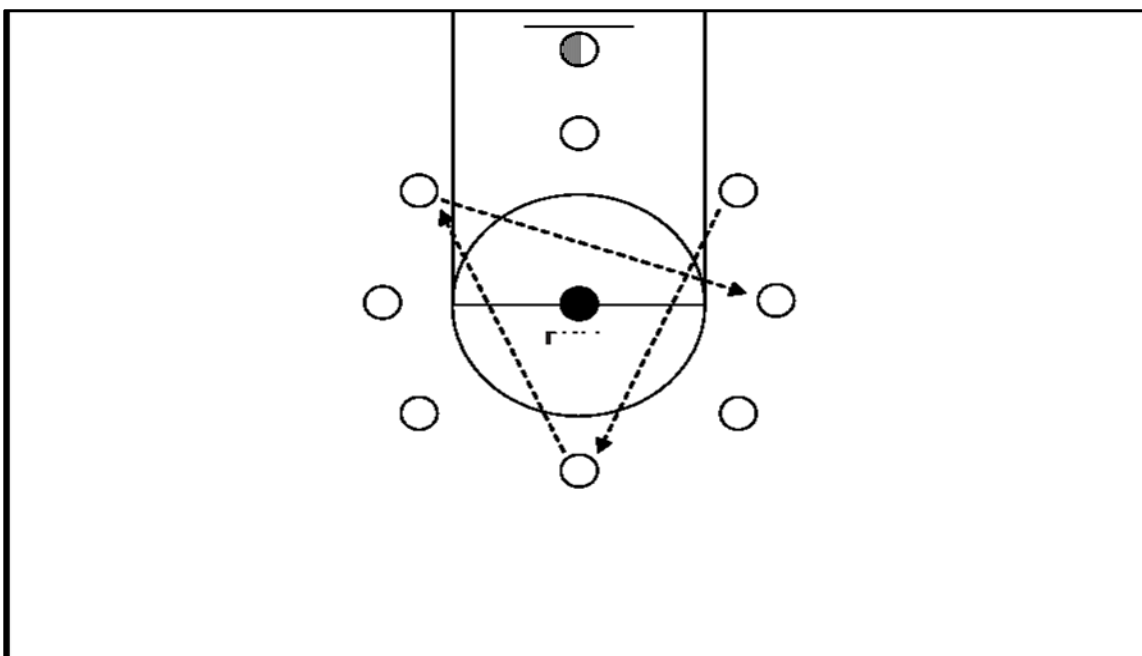
Split the team in groups of six, one player under the basket, the other five line up in a semicircle on the free throw line. The drill begins with one player in the semicircle shotguns a chest pass to the player under the basket. The player under the basket fires it back to the next player in the semicircle and so on down the line. This drill should go on for about one minute per player. Variations can be made with the speed of the pass, or the type of pass.

Monkey in the Middle

Just like the childhood game, one player is the “monkey” and stands in between the two passers. The monkey tries to steal the ball by guarding and harassing the passers. If the monkey steals a pass, that passer is now the monkey.

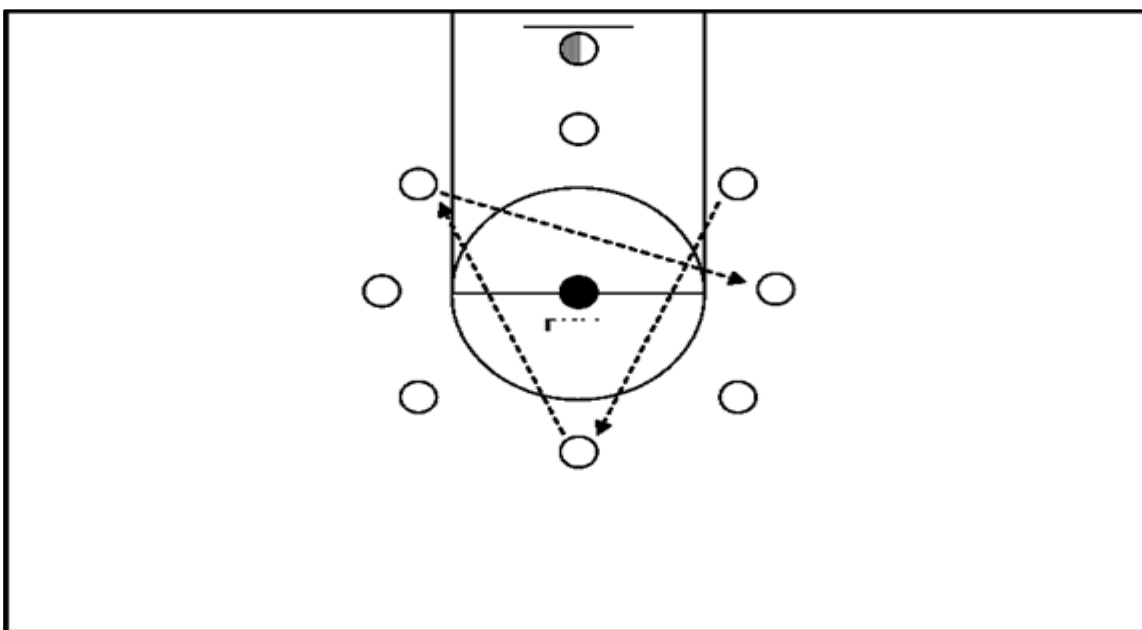
Reaction Drill

The coach holds the ball ten feet behind the player, who is facing away from him. As the coach releases the ball, the coach blows the whistle. Upon hearing the whistle, the player must pivot and grab the ball. The pass may be high or low, a roll on the floor left or right, or a lob overhead.



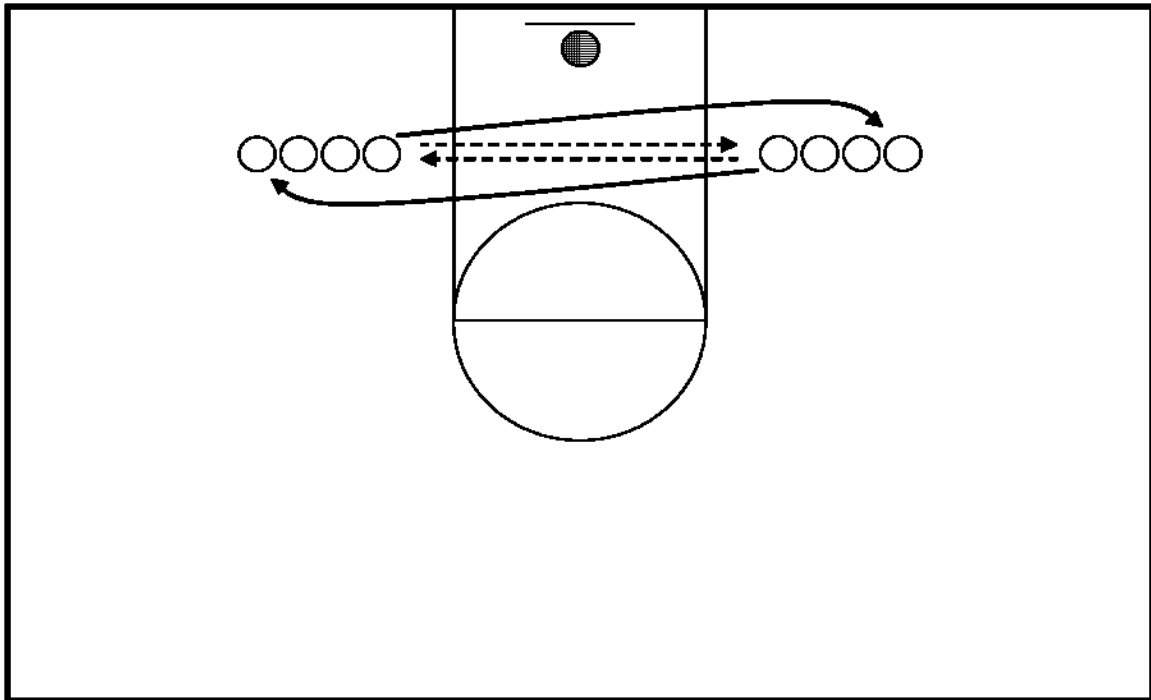
SHOTGUN PASSING DRILL

Five players form a semi-circle around the free throw circle and the “shotgun” stands in the middle of the free throw line. One player in the semi-circle starts with the ball and passes to the shotgun, who then passes to the next person, and so on. Make sure passes are quick and crisp.



BULL IN THE RING

Players pass the ball at least two players away while the “Bull” in the middle tries to deflect or intercept the pass. If the bull is successful, the passer who threw the pass is now the bull. Concentrate on quick, crisp passes. Number of passers can vary.



BASIC PASSES DRILL

This drill allows players to practice chest, bounce, overhead and baseball passes. The player at the front of the line passes to the player at the front of the opposite line, then runs to the end of the opposite line. Focus on good, accurate passes as well as pass reception.

SHOOTING

SET SHOT/JUMP SHOT MECHANICS

- Feet and shoulders square to the basket, feet shoulder width apart, dominant foot slightly in front.
- Keep ball chest level with elbows in.
- Control the ball with the fingertips, not the palm.
- Keep fingers spread.
- Place the guide hand on the side, or slightly below the ball.
- Cock the wrist back.
- Keep eye focused on the back of the rim.
- Start the shot with the toes, then knees, bent for power, then extend up and out all the way through the arm toward the target.
- Last contact with the ball should be made by the index and middle fingers giving the ball backspin and arch.
- Follow through with the wrist, and extending the arm all the way out.

HELPFUL HINTS

- Remember to follow up on every shot made to get the rebound if the shot is missed.
- Allow shots only within shooting range of the player.
- Use the backboard whenever possible.
- Players lacking strength should start with the ball lower and exaggerate shot execution.

DRILLS

One-Arm Shooting

Stand in front of the basket, holding the ball with your shooting arm, palm up, and other hand behind your back. Slowly turn your wrist inward causing your shoulder to drop, putting your arm in the proper “L” position. With the ball on your fingertips and head high, shoot the ball high, exaggerating your form and follow through, finishing with your fingers pointing over the rim of the basket. Shoot from the same spot five times, then take a step back until you have gotten to the top of the key.

Chair Shooting

This drill helps improve shooting the ball instead of throwing it. Place a chair about eight feet in front of the basket. Shoot 25 shots, rest for one minute, and shoot 25 more.

Floor Form Shooting

This allows you to work on follow-through, develop a soft touch, and learn to read the spin of the ball by holding it across the seams. Lying flat on your back, relax your shooting hand as you are holding the ball over your chest. Make sure your arm is in the “L” position. Shoot the ball directly up in the air, completely extending the elbow, wrist, and fingers. The ball should come back into your hands. Shoot 25 shots, rest for one minute, and shoot 25 more.

7-UP

Have players find a partner. The first player shoots and gets his rebound, then passes it to his partner who has to shoot it from the same spot. The first team of two to get seven baskets yells “7-UP” and wins.

- Plant the inside foot and explode upward. For a right-handed lay-up, explode off the left foot. For a left-handed lay-up, explode off the right foot.
- Going upward, drive the outside knee upward and extend the outside hand/arm toward the basket.
- At the top of the jump, release the ball with the shooting hand, which should be underneath the ball, pushing it toward the basket.

HELPFUL HINTS

- Make sure the index finger of the shooting hand is pointed toward the target.
- Use the backboard, aiming for the square on the backboard.
- Use the non-shooting hand to protect and guide the ball.
- Explain what “travelling” is to ensure there are no violations shooting a lay-up.

FREE THROWS

- Make sure you are balanced.
- Keep eye on the target.
- Keep the elbow in.
- Follow through, ending with a wave to the crowd.
- Do not step over the foul line.

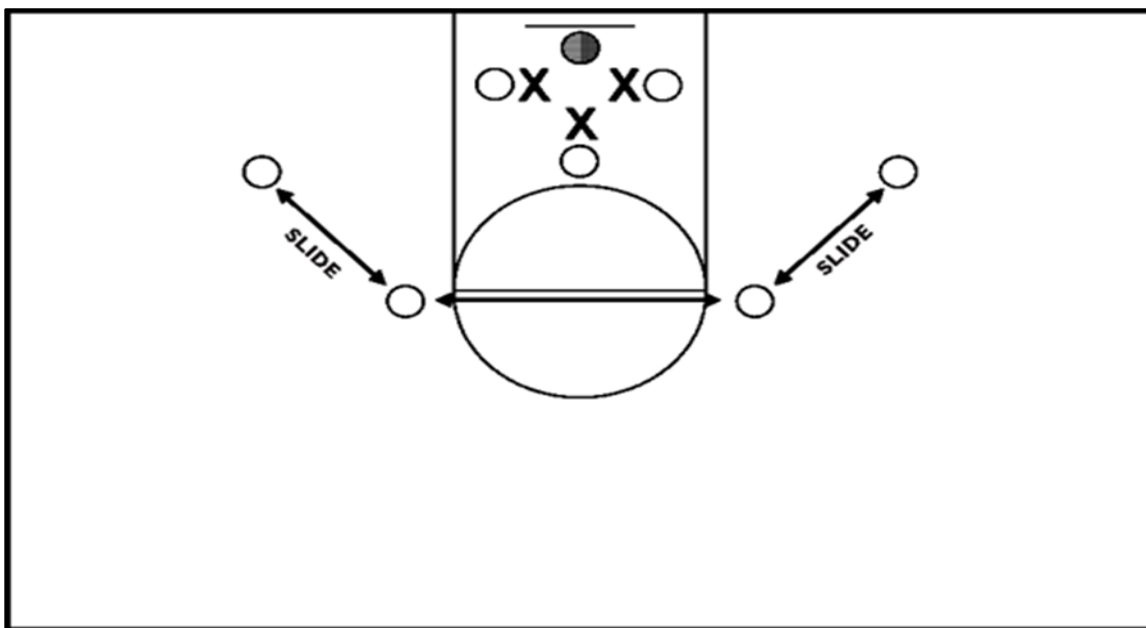
DRILLS

Foul Shot Golf

This drill allows you to work on foul shooting through repetition. If your foul shot hits nothing but net you earn a “birdie”, “par” if you just make the shot, and “bogey” if you miss the shot. You get three shots for one round, and you play six rounds to equal 18 holes. The player with the lowest score wins.

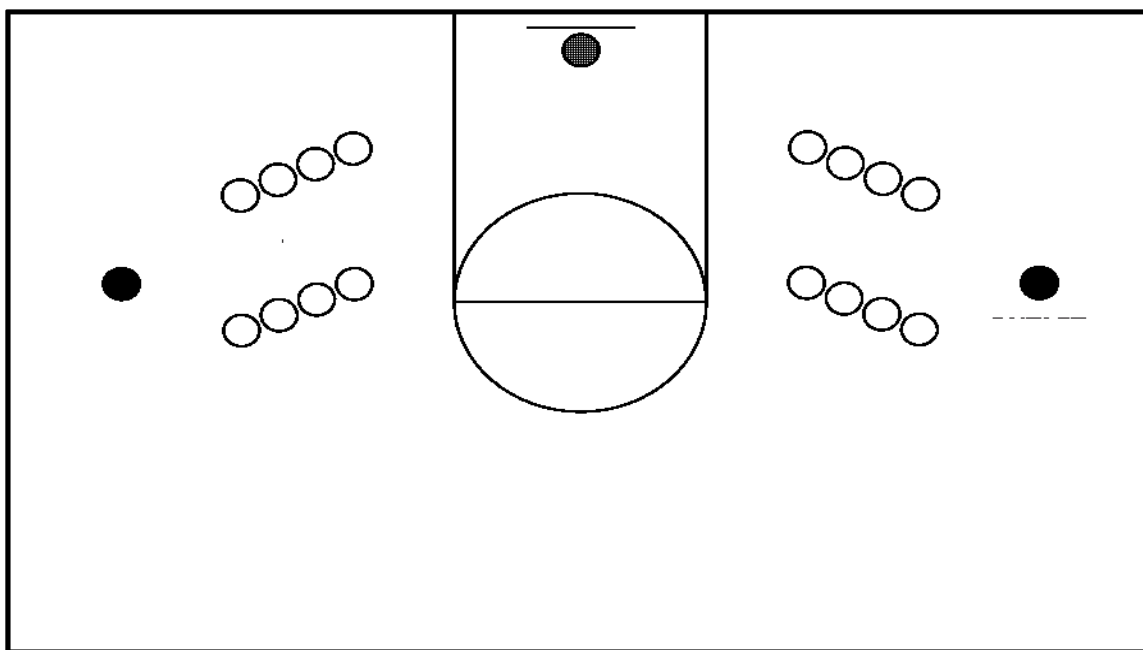
Blind Form Shooting

This drill helps visualize what should be done mechanically on free throws. Wear a blindfold or close your eyes as you are ready to shoot your free throws. Use the proper free throw form on your shot without the ball at first. This will simulate the shot and lead to good form shooting. Using the proper mechanics, shoot the ball visualizing exactly where the shot needs to be. Take 10 shots at a time, 30 total.



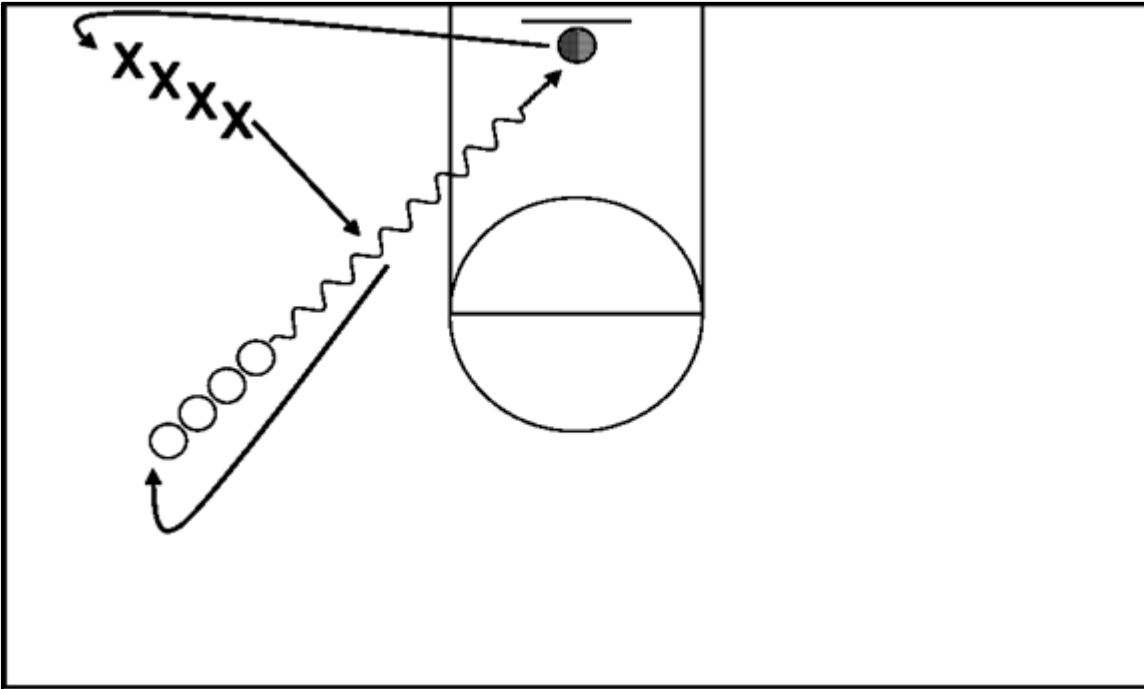
TOM'S DRILL

The shooter starts out at either corner of the free throw lane, takes a shot and either slides from corner to corner, or from the corner to the outside. Rebounders can practice boxing out under the hoop. The rebounder who gets the ball will pass the ball to the next shooting spot.



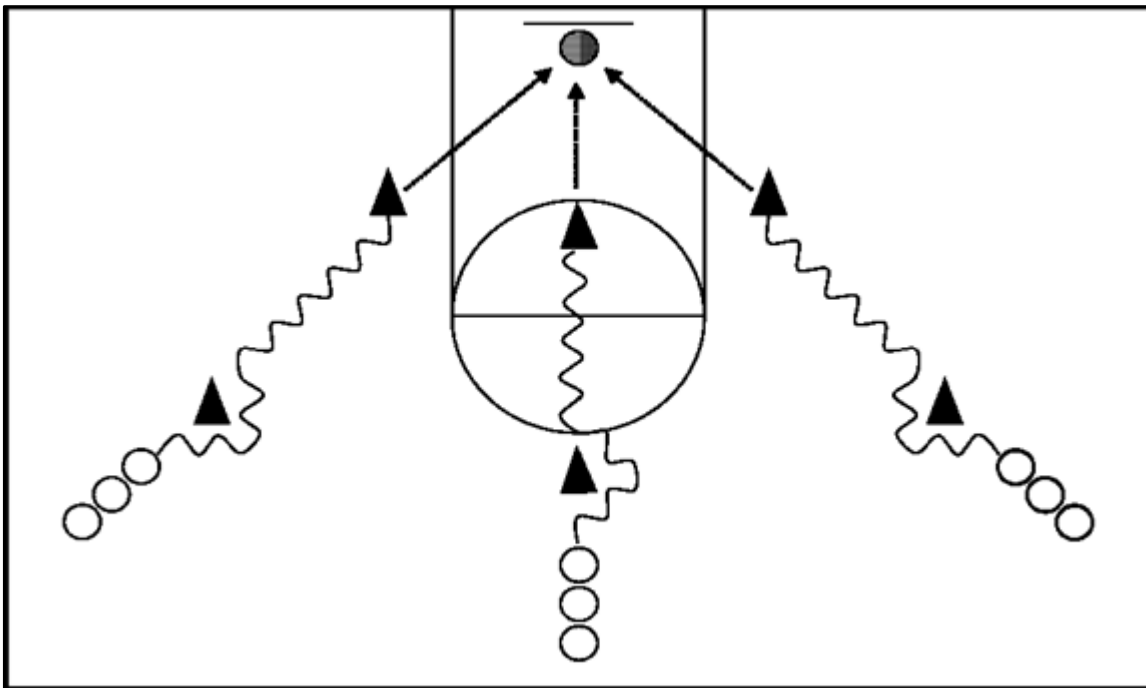
COMPETITIVE SHOOTING

Split the players in half forming two teams. Choose a spot on the court to shoot from. Have shooters take a shot, get the rebound, then pass to the outlet. Shooters only get one shot. The first team to 10 wins.



POWER DRILL

The first player on offense (o) drives in for the lay-up. The defender (x) steps up and fouls the shooter (please remind players to use discretion). This is an excellent drill for learning to get a shot off under control despite physical contact.



FAKE 'EM OUT OF THEIR SHOES

Each player faces chairs representing the defense. With a strong fake one way, a player rolls around the opposite side, dribbles up the next chair, stops abruptly, gives a head fake and shoots. After rebounding the ball, each player goes to a different line.

POSITIONS & MOVEMENT

Ready Position

This is the most basic position to use when playing basketball. Teach players to stand relaxed with legs spread shoulder width apart, arms, hips and knees bent, back straight, head up, weight shifted slightly forward, and on the balls of the feet. The ready position allows players to run forward and backward, pivot, cut, jump, slide from side to side, and receive a pass.

Triple Threat Position

This position is similar to the “ready position,” but the player has the ball. The shoulders should be square to the basket preparing the player to drive, pass or shoot.

Jump Stop

This is one of the best ways to avoid a traveling violation when stopping. To stop, both feet should hit the court simultaneously, landing in a balanced, ready position. By using the jump stop, the player has control over the forward momentum, and allows either foot to be used as a pivot foot.

Pivots

To pivot, the player stops, turning on one foot moving forward or backward. When a player chooses their pivot foot, they may not change the pivot foot while still in possession of the ball. By pivoting, the player can pass to a teammate, protect the ball, and make a move to the basket.

Cuts

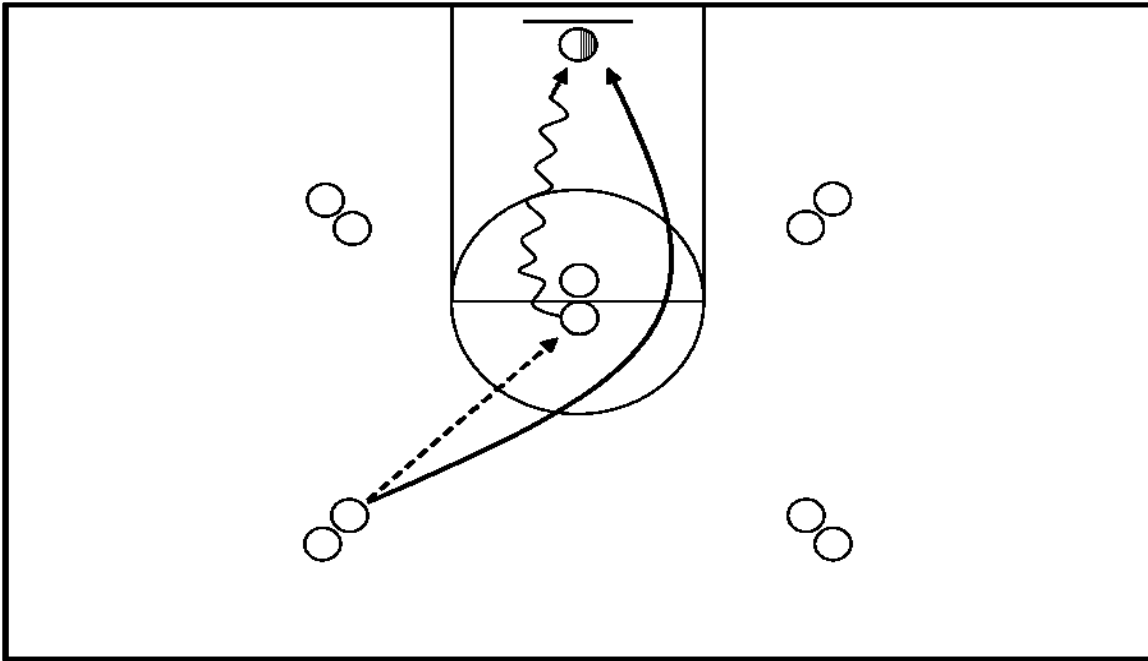
enable offensive players to change direction quickly to try to “lose” their defenders. Players can shift momentum by planting one foot at the end of a stride and push off into another direction. The most effective cuts are the “V-Cut”, “L-Cut” and “Backdoor Cut.” (See diagrams)

Rocker Step

The rocker step can be used to the right or the left. Step forward with the lead foot and go by the defender. The rocker step can be used as a “fake,” by stepping to the right or left, then pulling back and shooting, or vice versa. You can also fake the shot, cross over and drive in the opposite direction.

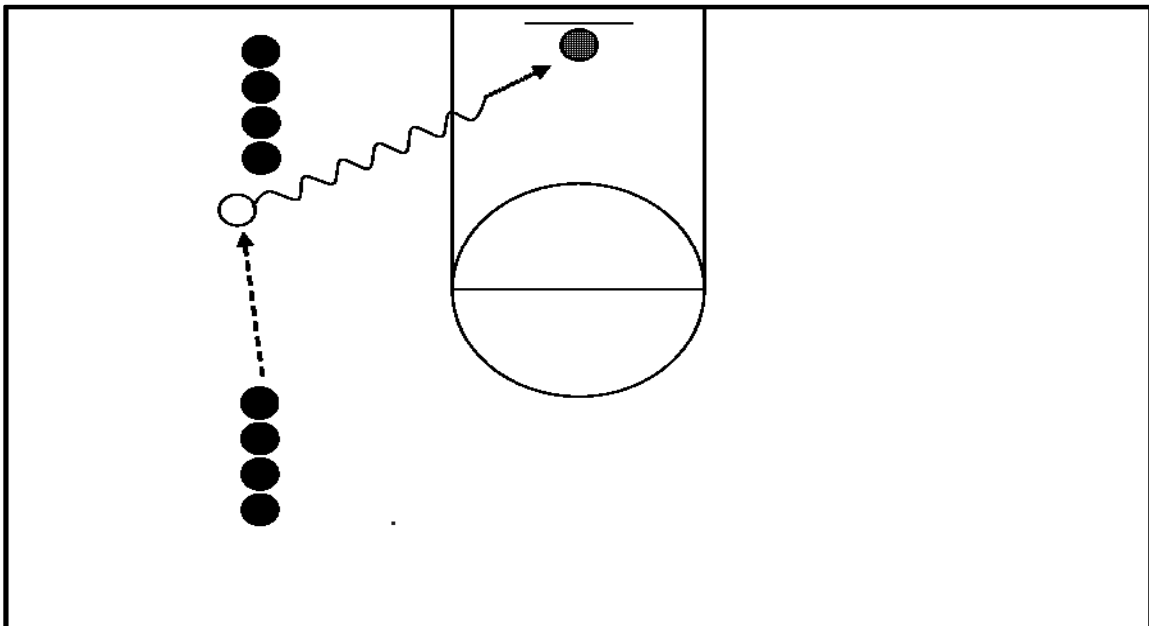
Screen and Roll (Pick and Roll)

This play involves two offensive players in which one offensive player without the ball screens the defender on the ball, allowing the player with the ball to drive to the hoop. Off ball offensive players may also screen the defender of another off ball offensive player there by allowing that offensive player to move to the open spot to receive a pass. The screener can then roll out to receive a pass as well.



PIVOT FROM THE OFFENSE

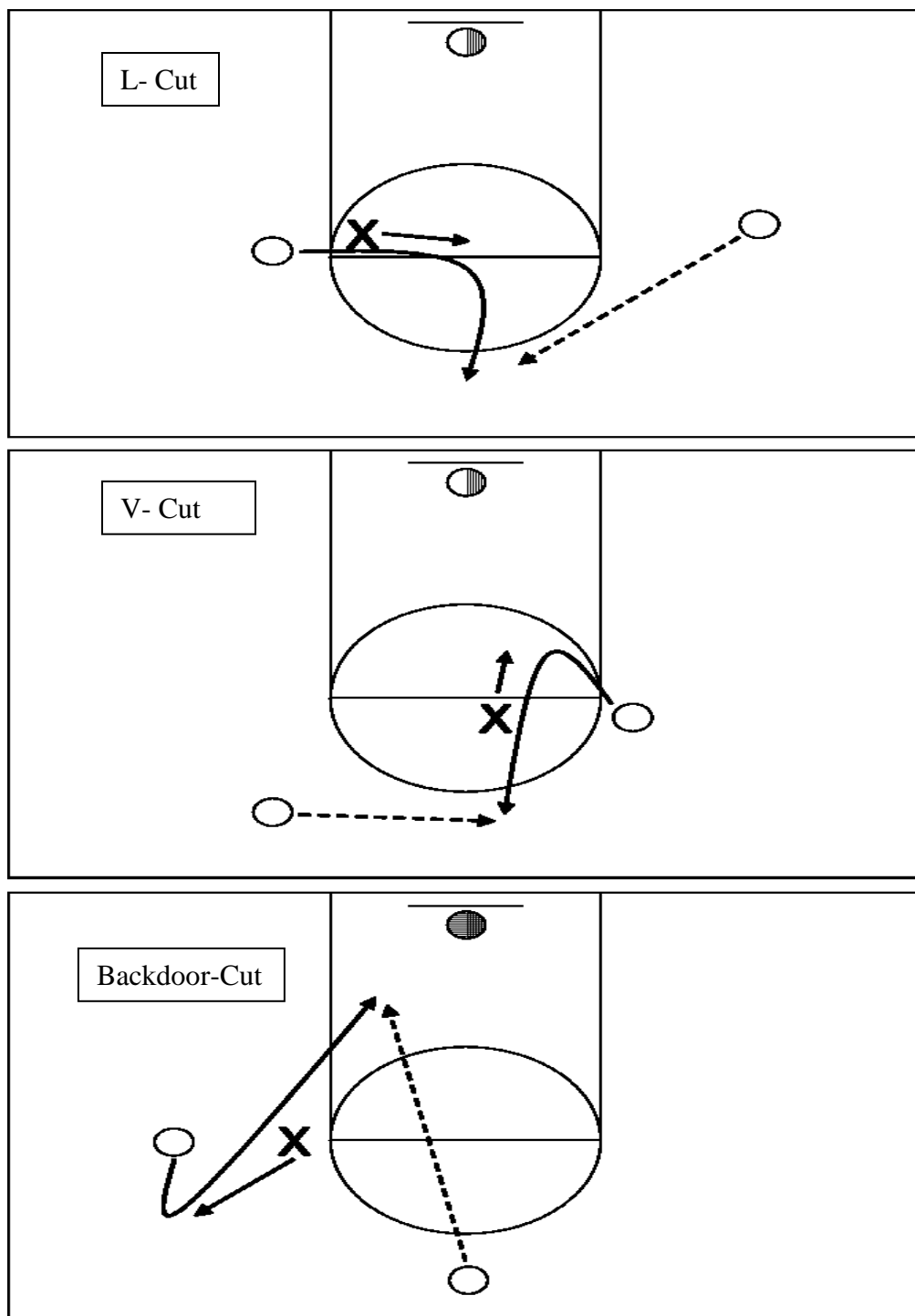
This drill allows the center to roll in for a shot after receiving a pass. The pass may be initiated from any of the four outside positions into the center. The passer follows quickly, cutting by the receiving center, into the lane. The center fakes a handoff one way to the passer, then pivots and dribbles in for a shot. Each player returns to a line: guards to one of the guard lines, center to the center's line, and forwards to one of the forward's lines. The center rebounds his own shot and quickly passes the ball out to any of the four outside positions to set up the next sequence.



DRIBBLE, PIVOT & SCORE DRILL

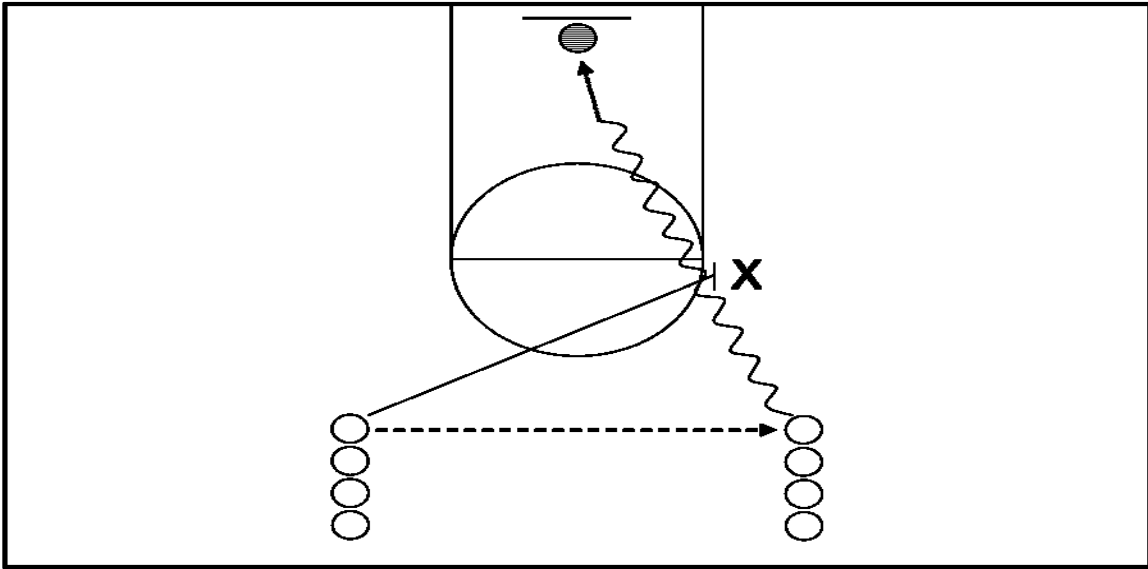
The ball is passed to the player moving in the direction of the pass. When the pass is caught, the player then stops and pivots toward the basket, then drives in for the lay-up. A defender may be added to this drill to simulate a game situation with pressure from the defense

TYPES of CUTS



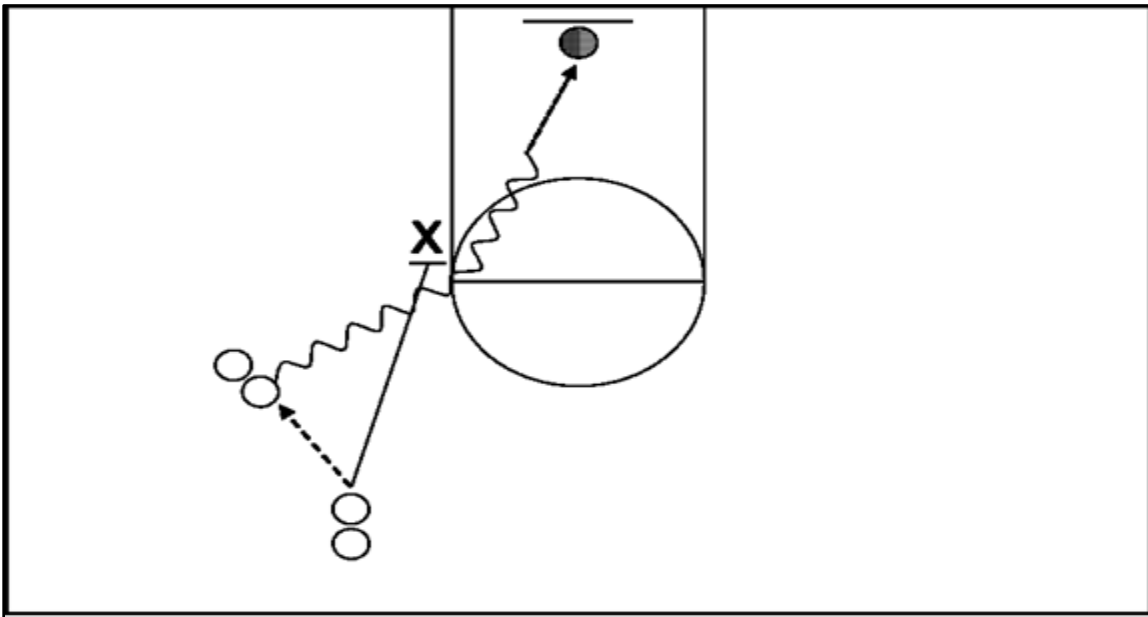
EFFECTIVE CUTS

Using cuts is a good way of losing a defender who is playing closely to the offense. Have players plant their foot at the end of a stride then push off that foot and shift momentum in another direction. Three effective cuts used by offensive players are the, “L-Cut”, “V-Cut”, and the “Backdoor Cut”.



SCREENING DRILL

The player on the left passes to the shooting line and breaks with the pass to set a screen. The receiver dribbles to the screen, breaks around, drives in for the lay-up, gets the rebound and passes to the shooting line. That player goes to the rear of the screening line, and the screener goes to the end of the shooting line.



FIGHT-THROUGH DRILL

(1) passes to (2) and follows the pass to screen off the defender (x). Then (2) takes the pass and tries to use (1's) screen. The defender tries to roll around and through with (2), and if he cannot, he recovers and picks up (2) on the other side of the screen to stop the lay up

OFFENSIVE STRATEGY

Offensive Strategy

- Keep the court balanced by avoiding bunching up, and move to the open spot.
- Try to penetrate the defense by dribbling or passing.
- Create scoring opportunities on the inside. Outside shots have a lower percentage of going in.
- Make use of screen and roll.
- Set a screen in a direction that lets the ball handler move to the basket or to the ball.
- Teach players to “screen away” from the ball by setting screens on the “weak” or opposite side of the court from the ball.
- If you set the screen, once finished, pivot and roll toward the basket.
- Use “V-Cuts,” “L-Cuts,” and “Backdoor Cuts.”
- Avoid low percentage shots by being patient, and passing until a better shot opens up.
- If the ball handler has stopped the dribble, the other offensive players must move quickly to open up for the pass.

Moving Without the Ball

It is important to be constantly moving on offense. Players should focus on changing pace, and direction opening oneself up. Pivoting plays a big role in changing direction, and if done correctly and effectively, can give the offense an advantage. Using head and body fakes to simulate a change in direction causes the defender to change direction and move his feet while the offensive player is stable.

Basic 1-2-2 Offensive Formation (See Diagram on next page)

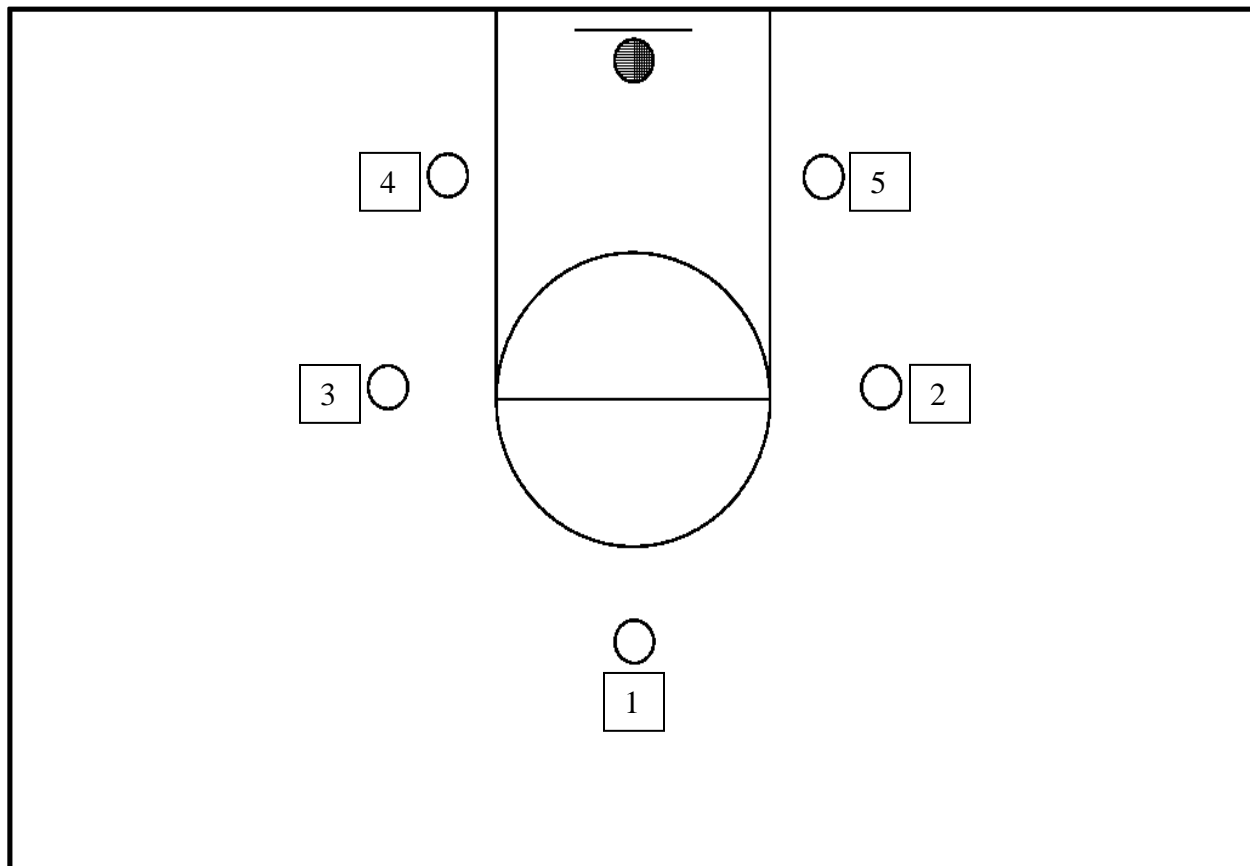
The players in a 1-2-2 formation include the point guard (1), the two wings (2 and 3) and two forwards (4 and 5). The 1-2-2 offensive formation is beneficial in that the passes around the perimeter are fairly short and at an angle which is difficult to steal. The outside three players (1, 2, 3) form a passing triangle. When facing a man-to-man defense, it is a good idea for the two wings to spread out farther drawing the defenders out opening up the pass to the forwards.

DRILLS

Moving Triangle

Set up in a 1-2-2 formation. The point guard has the ball at the top of the key. The two wings make a “V-cut” and one or the other receives a pass. The point guard then goes to screen the defender guarding the opposite wing. The player uses the screen and moves open for the pass. Emphasize waiting for the screen to be set, and the screener to roll to the basket.

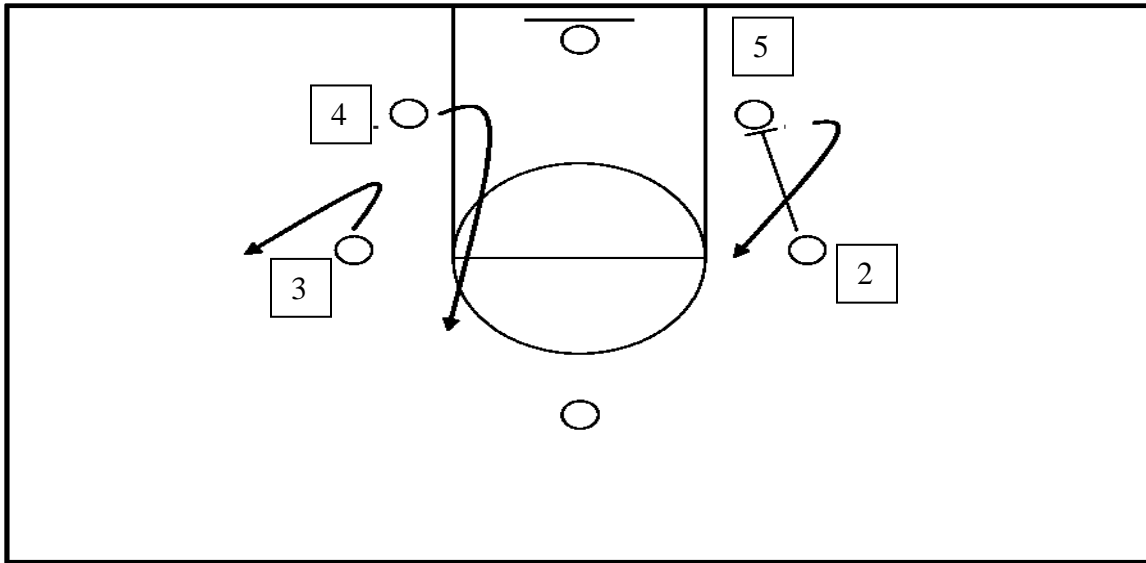
Basic Floor Position



BASIC FLOOR POSITION

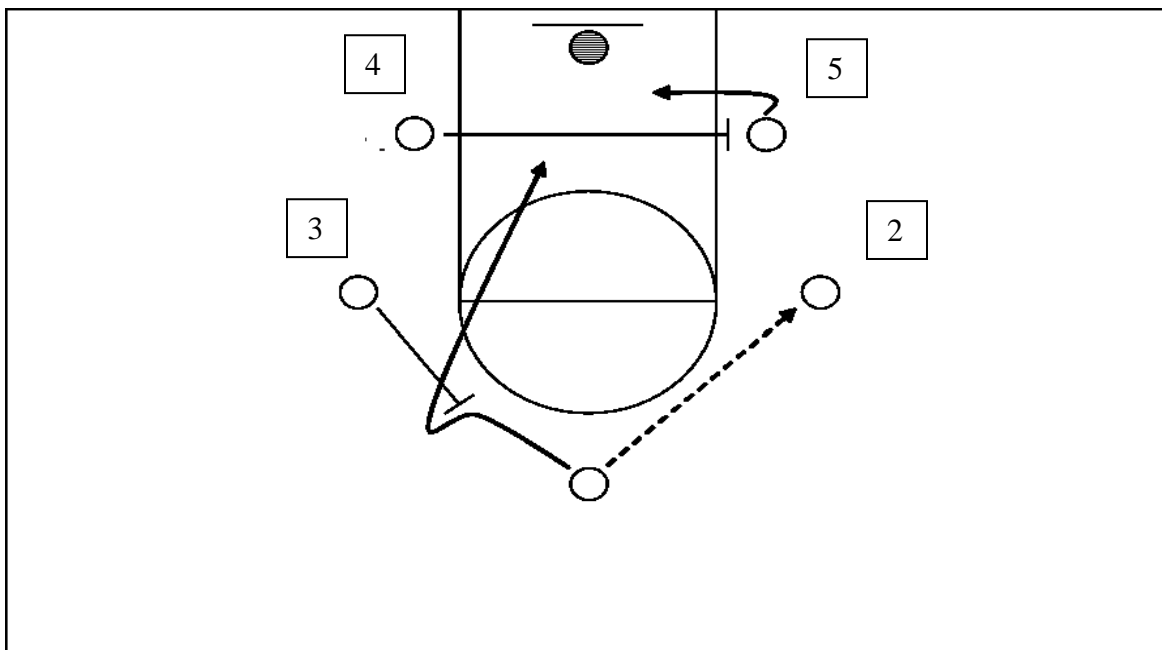
This 1-2-2 formation represents a basic passing game offense. Modifications can be made

Offensive Plays



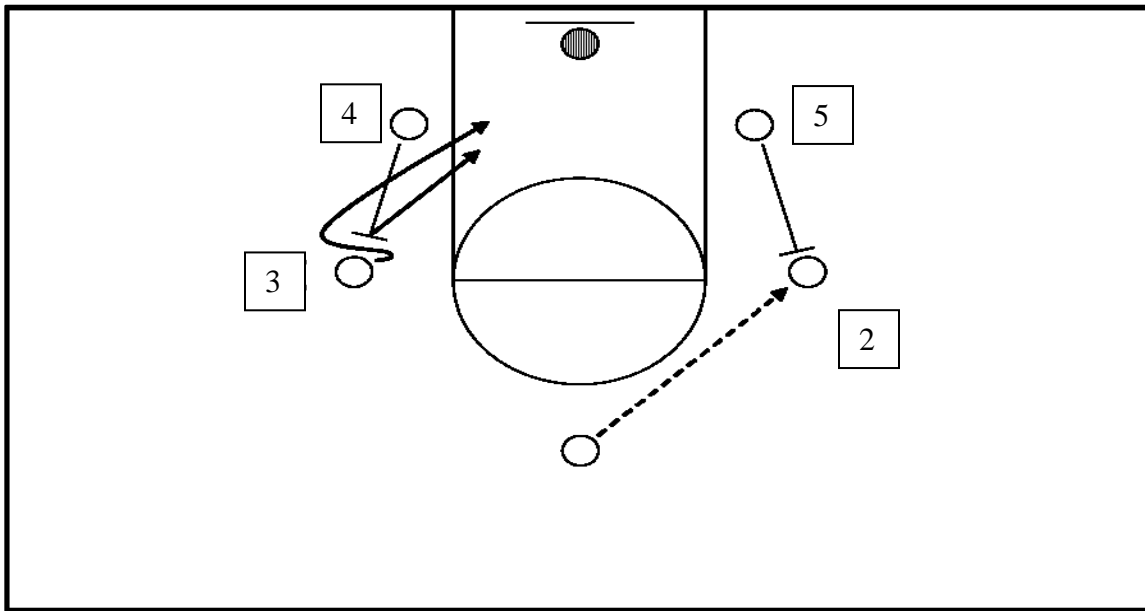
MOTION OFFENSE

Players spread out on the court keeping the floor balanced with (1) starting with the ball on top. Players “V-Cut”, or “L-Cut” trying to get open for the pass, or set screens for each other to open up a pass opportunity.



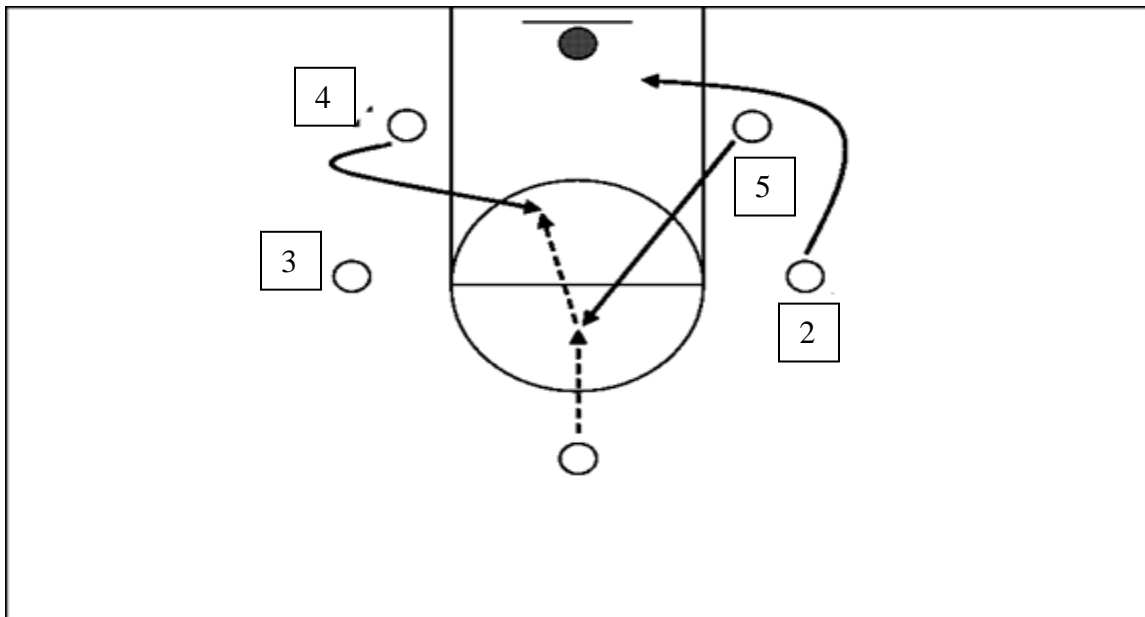
OFFENSIVE PLAY #1

The offense sets up a 1-2-2 formation with player (1) starting out with the ball at the top. (1) then passes to (2) and rolls off (3's) screen creating an opportunity for a pass. At the same time, (4) sets a screen for (5) opening up for a pass as well.



OFFENSIVE PLAY #2

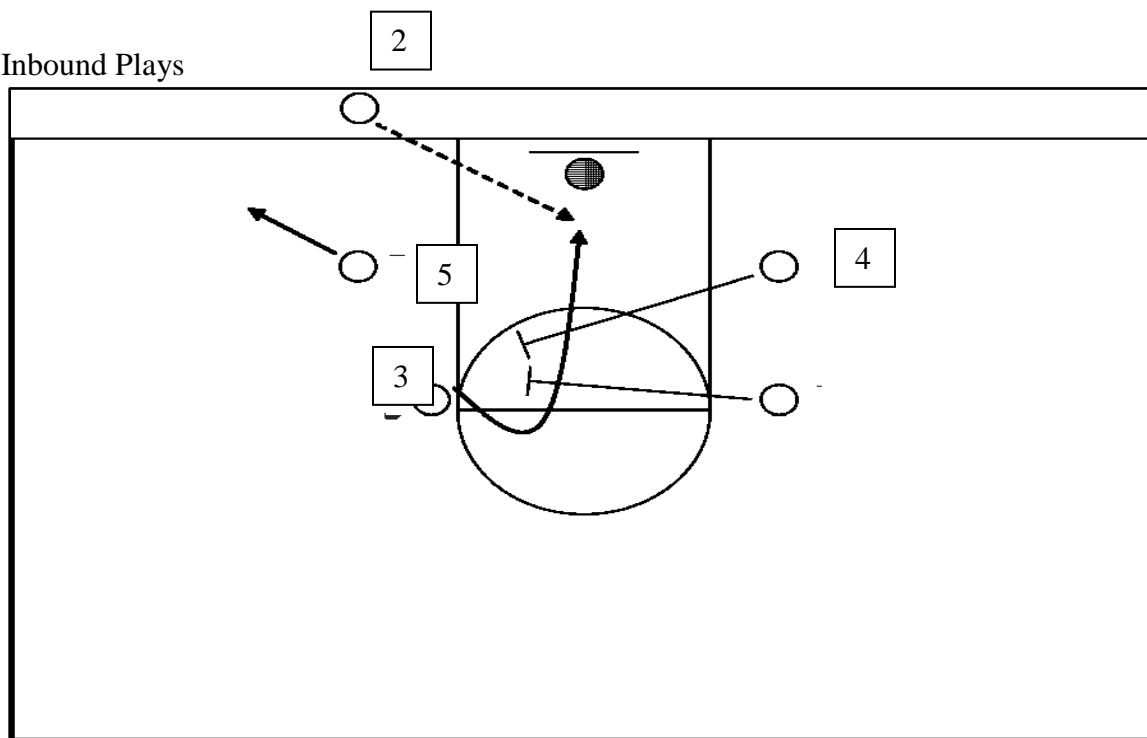
Player (1) starts with the ball at the top and passes to (2). (2) may either shoot over (5's) screen or use the screen and drive to the basket. At the same time, (4) sets a screen for (3) who fakes to the middle and rolls off the screen. (4) rolls to the middle as well.



OFFENSIVE PLAY #3

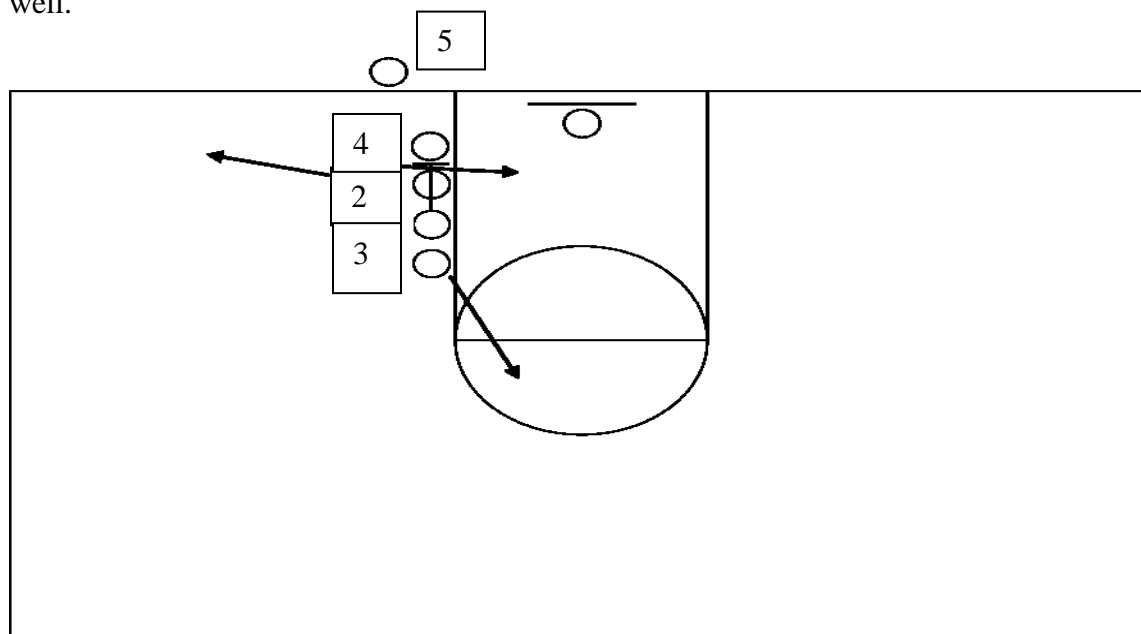
The offense sets up in a 1-2-2 formation with the point guard starting out with the ball at the top. Player (5) takes the pass, pivots and hits (4) as he rolls off (3's) screen. Meanwhile, (2) is coming around back door opening up for the pass if (4) is not open.

Inbound Plays



BASIC INBOUNDS PLAY

Player (2) passes the ball in at the baseline. (4) and (1) set a screen for (3) who rolls off the screen to the basket for the pass. Player (5) cuts to the outside to create a pass opportunity as well.



STACK

Players (1), (2), (3), and (4) stack themselves in the lane while (5) passes the ball. When (5) starts the inbound play, (1) drops back to the top of the key, (2) slides out to the side, and (3) screens for (4) who rolls to the basket. The order in which the players stack themselves can vary

DEFENSIVE STRATEGY

Defensive Strategy

- Open up to the ball with one hand pointing toward your man and the other toward the ball.
- Emphasize protecting the basket.
- Force the offense to make outside shots.
- Stay between your man and the basket at all times.
- Try to keep your eye on your offensive player and the ball.
- Always stand in the ready position. Never cross your legs.
- Be aggressive, but do not charge the opponent.
- Hustle back on defense when your team loses possession of the ball.
- Talk on defense. Warn teammates of possible screens or cuts.
- In the event of a fast break, the first player on defense should immediately cover the basket positioning themselves at least eight feet from the basket.
- If the ball is on one side of the court, the defender on the “weak side” may help, or “sag” into the middle staying within six feet of his man.

DRILLS

Mirror Drill

This drill works on sliding, running, attacking, and retreat steps. Start in the middle of the court in the proper defensive stance. If you have a partner to mirror, do what they do. Start by using a quick stutter step or foot-fire drill, then slide in all directions, retreat, attack, and close out.

Horizontal Rope

This drill helps develop leg strength and quickness, balance and improves your vertical jump. Have a 12-inch rope connected to two chairs about two feet apart, and about six inches off the ground. Jump back and forth with both feet for 30 seconds, then rest for 30 seconds, and repeat three times. As you improve, raise the rope to a maximum of 12 inches.

ZigZag

Use this drill to improve footwork when defending dribblers. Pair up players and have them line up on the baseline. One player in each pair has a ball and dribbles from one end of the court to the other in a zigzag formation while the defender tries to move with the dribbler. Then have the players switch roles. Focus on the ready position, footwork, and staying an arm’s distance from the dribbler.

Cut the Cutter

This drill gives the opportunity for the defender to practice against players who are trying to get open. Two offensive players are at the top of the key. One player is on the block trying to get open for the pass by cutting out to the wing and cutting back inside. The defender tries to keep up with the offensive player, and deny the pass. Emphasize denying the pass, using peripheral vision, always having an eye on the ball and the offensive player, and trying to beat the offensive player to the spot.

Additional Resources:

- www.basketball-drills-and-plays.com
- www.basketball-plays-and-tips.com
- www.bbhighway.com/download/drills/
- www.coachesclipboard.net/index.shtml
- www.degerstrom.com/basketball/drills/
- www.eteamz.active.com/basketball/
- www.guidetocoachingbasketball.com
- www.jes-soft.com/playbook/plays.html
- www.sacredhoop.com/youth.html
- www.y-coach.com/cd/basketball_drills.html