

# **COACHES RESOURCE GUIDE**

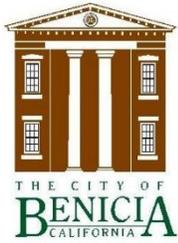
**CITY OF BENICIA YOUTH BASKETBALL**

**2016/2017**



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Welcome to the Youth Basketball program. This program is designed so that equal participation is given to all participants. In all divisions, except Boys 7<sup>th</sup>/8<sup>th</sup> and Girls 6<sup>th</sup>-8<sup>th</sup>, score is NOT kept, nor are free throws played, in order to keep the pace of the games going. Referees for these divisions will call the basic fouls, so that participants can gain an understanding of the fundamentals of basketball. The overall emphasis of this program is on recreational play, exposure to basketball skills, rules and regulations, and most importantly, to have FUN! We do our best to help parents understand that the vision of the program is to provide an introduction to basketball, improve skills, learn teamwork and sportsmanship, and meet new kids. Your assistance in helping parents and spectators understand this would be very helpful.

The program will begin with a clinic on December 17<sup>th</sup> for all divisions except Kindergarten and Adapted. Games will run on Saturdays, from January 7<sup>th</sup> to February 25<sup>th</sup>, 2017. Game times, including warm up, etc., are approximately one hour and will be scheduled to start between 9am and 5pm; and all practices will be one hour, once a week. The city is offering both a boys and girls league. If there are not enough children to create two separate leagues or divisions, the program will be coed.

This program is dependent on the assistance of adult volunteers (18 years and older). If you are interested in being a coach but are fearful of lack of experience in basketball, there's no need to fear because this booklet will guide you. This booklet includes the basic skills for basketball beginner to advanced level, drills for each skill and level, planning practice guidelines, mock practice outlines, as well as useful links to websites that may help more in any of these areas.

We at the City of Benicia Parks and Community Services Department would like to thank all volunteers for giving their time and dedication to this program. All of our coaches are vital for this program to proceed and succeed. This program creates bonding and team building opportunities for the youth involved as well as all adults involved.

Thank you,

City of Benicia Parks & Community Services

City of Benicia Parks and Community Services  
Youth Basketball Rules

- 1st/2nd Boys & 1st-3rd Girls

This is a non-competitive program whose goal is to introduce youngsters to the game of basketball. Scores and standings are not kept and players will be given equal playing time whenever possible. Our program utilizes volunteer coaches. Parents and family members who attend our games should remember that these people have donated their time and energy to assist with our program and should be given the full amount of respect for doing so. If you have any questions or concerns regarding any aspect of this program, please direct them to the gym supervisor, who attends all games, or contact the Benicia Parks and Community Services Department at 746-4306.

#### **RULES AND REGULATIONS**

1. The game is twenty eight (28) minutes in duration and is divided into four 7-minute running clock quarters.
2. Each team will receive one (1) minute time out each half.
3. There will be a five (5) minute half-time period.
4. Coaches must make player changes every 3 1/2 minutes. The referee will blow the whistle to signal the player change.
5. Coaches must make every effort to give all players "equal" playing time.
6. **NO PRESSING ALLOWED!** Defensive players must retreat to their defending basket when the other team has the ball. Retreat back to top of key...no half court trapping. **A zone defense must be played.**
7. The clock will stop at all time outs, injuries, and player changes.
8. Coaches and their players should arrive approximately fifteen (15) minutes before their scheduled game.

\*All age groups will be officiated with Standard Basketball rules (rules will be more lenient for younger age groups).

- 3rd/4th boys, 4th & 5th girls, 5th/6th boys

This is a non-competitive program whose goal is to introduce youngsters to the game of basketball. Scores and standings are not kept and players will be given equal playing time whenever possible. Our program utilizes volunteer coaches. Parents and family members who attend our games should remember that these people have donated their time and energy to assist with our program and should be given the full amount of respect for doing so. If you have any questions or concerns regarding any aspect of this program, please direct them to the gym supervisor, who attends all games, or contact the Benicia Parks and Community Services Department 746-4306.

#### **RULES AND REGULATIONS**

1. The game is thirty two (32) minutes in duration and is divided into four 8-minute running clock quarters.
2. Each team will receive one (1) minute time out each half.
3. There will be a five (5) minute half-time period.

4. Coaches must make player changes every 4 minutes. The referee will blow the whistle to signal the player change.
  5. Coaches must make every effort to give all players "equal" playing time.
  6. **NO PRESSING ALLOWED!** Defensive players must retreat to their defending basket when the other team has the ball. Retreat back to top of key...no half court trapping. **A zone or a man defense can be played.**
  7. The clock will stop at all time outs, injuries and player changes.
  8. Coaches and their players should arrive approximately fifteen (15) minutes before their scheduled game.
- \*All age groups will be officiated with Standard Basketball rules (rules will be more lenient for younger age groups).

- **7th/8th Boys / 6th-8th Girls**

This is a program whose goal is to offer instruction and introduce youngsters to a semi-competitive game of basketball. Score is kept during the game, but is not recorded. Our program utilizes volunteer coaches. Parents and family members who attend our games should remember that these people have donated their time and energy to assist with our program and should be given the full amount of respect for doing so. If you have any questions or concerns regarding any aspect of this program, please direct them to the Benicia Parks and Community Services Department.

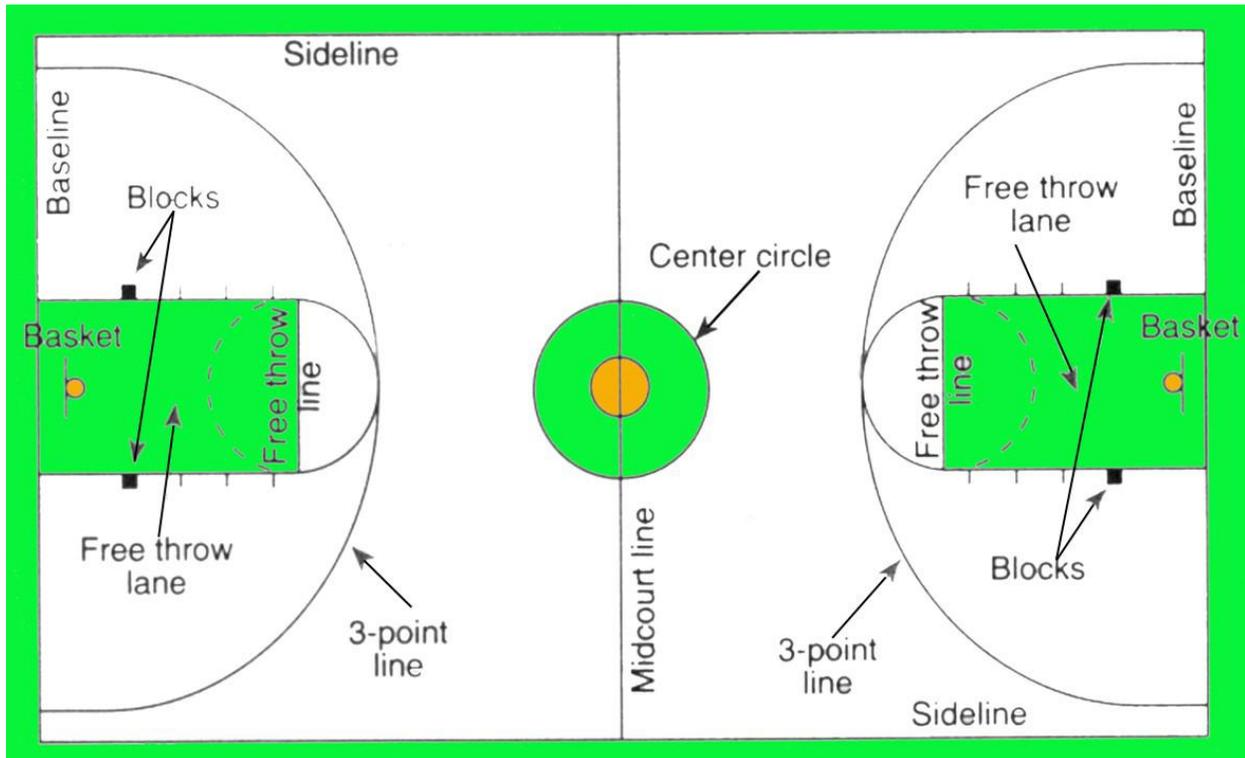
#### **RULES AND REGULATIONS**

1. The game is forty (40) minutes in duration and is divided into four 10-minute running clock quarters.
  2. Each team will receive one (1) minute time out each half.
  3. There will be a five (5) minute half-time period.
  4. Coaches must make player changes every 5 minutes. The referee will blow the whistle to signal the player change.
  5. Coaches must make every effort to give all players "equal" playing time.
  6. **NO PRESSING ALLOWED!** Defensive players must retreat to their defending basket when the other team has the ball. Retreat back to top of key...no half court trapping.
  7. The clock will stop at all time outs, injuries and player changes.
  8. Coaches and their players should arrive approximately fifteen (15) minutes before their scheduled game.
- \*All age groups will be officiated with Standard Basketball rules (rules will be more lenient for younger age groups).

- **TIPS FOR COACHES**

- \* Just teach the basic fundamental skills: Dribbling, Passing, Shooting, Rebounding & Defense (“hands up”).
- \* Keep the practices fun, and simple; try to touch each skill during the practice. (Combine skills in drills)
- \* If possible, use the last 10 minutes of practice to scrimmage. Playing is the best way to learn.
- \* Feel free to call me (Wendy) with any questions you may have: 746-4306

# THE BASKETBALL COURT



## BASKETBALLS

The size of the basketball ball depends on the division/age of the players. For our program we use the following size balls:

Kindergarten: Size 27.5 inch (junior size)

Adapted: 28.5 inch

Boys 1<sup>st</sup>/2<sup>nd</sup> grade: 27.5 inch (junior size)

Boys 3<sup>rd</sup>/4<sup>th</sup> grade: 28.5 inch

Boys 5<sup>th</sup>/6<sup>th</sup> grade: 28.5 inch

Boys 7<sup>th</sup>/8<sup>th</sup> grade: 29.5 inch (official size)

Girls 1<sup>st</sup> – 3<sup>rd</sup>: 27.5 inch (junior size)

Girls 4<sup>th</sup>/5<sup>th</sup>: 28.5 inch

Girls 6<sup>th</sup> – 8<sup>th</sup>: 28.5 inch

## RIM HEIGHTS

Each division plays on a specific height rim for practices and games. For our program we use the following rim heights:

- 6 feet
  - Kindergarten – 6 feet
  
- 8 feet
  - Boys 1<sup>st</sup>/2<sup>nd</sup>
  - Girls 1<sup>st</sup> – 3<sup>rd</sup>
  
- 10 feet
  - Boys 3<sup>rd</sup>/4<sup>th</sup>
  - Boys 5<sup>th</sup>/6<sup>th</sup>
  - Boys 7<sup>th</sup>/8<sup>th</sup>
  - Girls 4<sup>th</sup>/5<sup>th</sup>
  - Girls 6<sup>th</sup> – 8<sup>th</sup>

# VERBIAGE

## Dribbling:

The legal method of advancing the ball by oneself, as opposed to passing it to another player or shooting. It consists of bouncing the ball on the floor continuously with one hand while walking or running down the court.

## Passing:

- Chest pass: a pass made to another player from the chest, not bouncing off the ground.
- Bounce pass: a pass made to another player that bounces off the ground.
- Fast break: a play or method of play that brings the ball from one end of the court to the other quickly, usually by one or two quick passes in an attempt by the offensive team to score before the defensive team can get into position.
- Triangle pass: forming a triangle, offense is able to pass around a defender with ease.
- Inbounding: throw (the ball) from out of bounds, putting it into play.
- Jump ball: at the start of the game, the referee throws the ball directly upwards above two players in the center circle. Whichever team tips the ball to their own side begins the game on offense.

## Shooting:

- Layup: a one-handed shot made from near the basket, especially one that rebounds off the backboard.
- Jump shot: a shot made while jumping.
- Alley-oop: is an offensive play in which one player throws the ball near the basket to a teammate who jumps, catches the ball in mid-air and puts it in the hoop before touching the ground
- 3-pointer: a shot made from behind the 3-point line
- Free throw: an unimpeded attempt at a basket (worth one point) awarded to a player following a foul or other infringement.

## Offense:

When a team has possession of the ball and is advancing on the opposing teams basket to score.

## Defense:

When a team is guarding and protecting their basket to prevent scoring by the other team.

### Rebounding:

When the ball bounces off a surface like the floor or backboard and bounces to the same player or another player that can continue to play the ball.

### Footwork:

- Jump stop: helpful offensive footwork that can be used at the end of a dribble by jumping to a slight squat position to avoid falling forward from stopping too fast.
- One-two landing: coming to a stop with one foot forward and one foot back in a runner's stance.
- Triple threat stance: a position in which a player has three options: to shoot, pass, or dribble.
- Pivot: changing direction on one planted foot.

### Fouls:

- Reaching: when a defensive player reaches over the offensive player in possession of the ball.
- Inbounding error: stepping on or over the line during inbounding.
- Double dribble: when a player dribbles, stops, then continues to move forward while dribbling.
- Traveling: when a player is moving around the court without dribbling. Dribbling must take place in order for a player to move around the court.
- Charging: An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.
- Blocking: Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.
- Flagrant foul: Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.
- Intentional foul: When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.
- Technical foul: A player or a coach can commit this type of foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

### Pressing:

A full-court press is a term for a defensive style in which the defense applies pressure to the offensive team the entire length of the court before and after the inbound pass. Pressure may be applied man-to-man, or via a zone press using a zone defense. **WE DO NOT ALLOW PRESSING IN THIS PROGRAM. For our league, players must retreat back to top of key to avoid half court trapping.**

# SKILLS & DRILLS

The basic skills involved in the game of basketball include dribbling, passing, shooting, offense/defense, rebounding, and footwork. This section is designed to outline simple skills drills in each of these areas for beginner, intermediate, and advanced levels. Though, we only provide three or four of each drill, there are many more available online and links are provided at the end of this packet for further help. Other skills could include hand skills like catching, learning different plays, screening, running and stamina, coordination, etc.

## **DRIBBLING:**

### Skill:

Basic dribbling skills for beginner level basketball includes, but is not limited to, dribbling with the right hand, dribbling with the left hand, switching hands while dribbling, dribbling while looking up, dribbling while walking and running, dribbling around cones, etc. Dribbling at an intermediate level can be the same as beginner with added difficulty. Players can practice dribbling backwards, crossovers, between their legs, breakouts, change direction, and into pressure.

### Drills:

#### **BEGINNER:**

1. Dribbling with one hand: have the children line up along the sideline or baseline, designate a hand to dribble with (possibly starting with their dominant hand). Have them complete 10 consecutive dribbles with this hand, then switch to the other hand.
2. Dribbling with eyes up: not looking at the ball. If you feel they have the hand skills down, start having them try to look forward while dribbling. Start with dominant hand, then switch to other hand.
3. Dribbling and walking or running: if you feel they are ready to start moving while dribbling, have the children start at a baseline, or sideline, and give them an end point. The children can start walking or running to the end point dribbling with one hand, and then switching hands on the way back. This is not a race.
4. Number 3 can be made more challenging by adding cones to zig-zag through, or add a pace to quicken their footwork.

### **INTERMEDIATE & ADVANCED:**

1. Cross overs are when the player switches hands while dribbling, no stop involved. Have the players practice dribbling once with their right then switching to left and continue going back and forth between right and left continuously.
2. Between the legs is when a player passes the ball from one hand to the other by bouncing it off the ground between staggered legs. Have the players stagger their legs with one foot forward and one back, using one hand bounce the ball at an angle so that it bounces directly between the feet and up to the opposite hand.
3. Breakouts are when a player has a fast charge while dribbling. This is especially useful in offense when a player can make a good and fast first step to get around the defensive player to get closer to the basket. This can be practiced by dribbling and running down the court in lines, starting with a fast start and slowing down to a jog at the midline. Defense can be added to this for difficulty.
4. Dribbling backwards is important to know if pressure is coming from defense and the only way to move is back. Have the players walk backwards from baseline to baseline while dribbling the ball slightly behind them to the side. Eyes should not be on the ball.

## **PASSING:**

### **Skill:**

Passing is essential in any team sport as there is no “I” in team. Passing skills include, but are not limited to, chest passes, bounce passes, triangle passes, etc.

### **Drills:**

#### **BEGINNER:**

1. Partner Passing: players get into pairs and stand in parallel lines across from each other and pass specific to what the coach wants, chest pass, bounce pass, in the air.
2. Stationary keep away: teaching children to stand still and not all rush the ball. One or two players are on defense; the others are offense spread out in a designated area (like in the key). Offense stands still with one ball, and defense will run around trying to obtain the ball.
3. Keep away, not stationary: The first thing that happens is that all players must match-up and stick to their individual opponent. The goal of the drill is to move around make a certain amount of passes set by the coach without the opposition deflecting the basketball or getting a steal. No dribbling or shooting allowed. The amount of passes that must be made should be between 5 and 20 depending on age and experience. Players are allowed to move around wherever they want within the playing area. If the defenders get a steal or deflect the basketball out of bounds, it becomes their ball and the offense and defense switch roles. For each time that a team successfully makes the certain number of passes, they get 1 point.

### **INTERMEDIATE & ADVANCED:**

1. Inbounding: have the players practice inbounding, which is passing the ball into play from outside the court to start play. Players should not cross the side or base lines when inbounding. This pass can be a chest pass or bounce pass, players can start at the line, passing to a partner, following their pass to line up behind their partner. The partner who received the pass should pass the ball back to the line at the side or base line to begin again.
2. Passing to the side: passing doesn't necessarily have to be directly forward, though this is beneficial to offense. Passes can be to the side or backwards even. Have players practice running side by side with a partner performing bounce passes back and forth to each other. To add challenge, place a defender for pressure.

## **SHOOTING:**

### **Skill:**

Shooting takes lots of practice to get better and as a coach want to be sure their form and fundamental shooting skills are correct so the players don't develop bad habits. Shooting can consist of layups, free throws, jump shots, 3-pointers, dribble and shooting, etc. This link will help you understand what good shooting form looks like:

<https://www.youtube.com/watch?v=nxrNR76AMXg>

### **Drills:**

#### **BEGINNER:**

1. For form: watching the video provided, try and have the children understand the stance desired for shooting (knees slightly bent, shoulder width apart, leaning forward slightly, with dominant arm vertical under the ball, and lined up with the eye and target). Adding aim to this is helpful, providing some sort of target low or high for them to try and make.
2. Understanding follow through: Each shot should have follow through, which means their dominant hand that is shooting the ball with the most power is following through behind the shot towards the target as well.
3. Dribbling and shoot: forming two lines to the left and right of the key, near midcourt, have them dribble towards the basket, stop at a designated cone to the right or left of the hoop, and shoot from there. Stagger them to keep the pace moving.
4. PIG, HORSE, etc: picking any animal to name the game, one player attempts a shot, if they are successful, each other player must perform the same shot successfully or they get a letter of the animal. Once a player has completely spelled out their animal, they are out. The game could

be split into small numbers on both sides of the court to keep players involved. This could be a fun closing game while also working on shooting skills.

### **INTERMEDIATE & ADVANCED:**

1. Lay-ups: a one-handed shot made from near the basket, especially one that rebounds off the backboard. Practice this by having the team line up along both sides of the key, starting from the top of the key, have them run towards the basket lobbing the ball to rebound off the backboard and angle down into the hoop.
2. Jump shot: a shot made from mid-air. Have the players start off practicing in a stationary position. They should jump in the air and release the ball while still in the air. For added challenge, have them run towards the basket, jump, and shoot.
3. 3-pointer: a shot made for three points that is made from outside the 3-point line. Have the players stand outside the three-point line from different angles and try to shoot. This can be difficult due to the added distance.
4. Free throws: (only played in Boys 7<sup>th</sup>/8<sup>th</sup> and Girls 6<sup>th</sup>-8<sup>th</sup>) Players should line up behind the free throw line and practice their free throws. Try to keep the pace up.

## **OFFENSE AND DEFENSE:**

### **Skill:**

Being in offense means your team has possession of the ball and is attempting to score points. The biggest part of offense is passing to keep possession (see passing drills). Being on defense is when your team does not have possession and is trying to defend your hoop from the other team. Skills to know on defense include, but are not limited to, stance with hands up, man to man guarding, being alert and ready, etc.

### **Drills:**

#### **BEGINNER:**

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

2. 2 on 1 keep away: split the players into groups of three, one player is offense and the other two are defense. The offensive player has the ball and the two defensive players are using shuffling foot skills and hands up to block the offensive player or win possession. Can also be 1 on 1 for less difficulty.
3. 1 on 1: can be performed by each player having a partner, one player starting at the midline on offense with a ball, and one player parallel their partner near the free throw line on defense. Offense should try to dribble towards the basket, pass their defense partner and shoot. Have each group go one at a time to limit collision.

### **INTERMEDIATE & ADVANCED:**

1. Small sided scrimmages can be beneficial to player growth in both areas. Coaches should set up even sides and make sure each player knows who they are guarding on defense, and each player on offense knows their part. Pausing the game can help in scrimmages for better understanding.

## **REBOUNDING:**

### **Skill:**

Rebounding can be a form of passing if possible. Rebounding off the backboard can be helpful in a game setting if the pressure is too great on one side of the basket so the ball can be switched to the other side for less pressure on the ball. At the beginner level, this is a difficult skill if aim is not developed yet.

### **Drills:**

#### **BEGINNER:**

1. Rebound off the backboard: have the players to the right of the basket shoot towards the backboard so the ball switches sides to the player on the left to be able to catch the ball. For greater difficulty have the players that catch the ball try and shoot.

#### **INTERMEDIATE & ADVANCED:**

2. Players can practice rebounding off the backboard aiming for specific areas on the board.

# **FOOTWORK:**

## Skill:

Footwork is vital to playing the game of basketball. Basketball is a very fast paced sport with lots of running and immediate stops, change of direction, running backwards, stagger stepping, among other footwork skills. Learning how to proper stop, charge, pivot, shuffle, etc. is important to play offense or defense.

## Drills:

### **BEGINNER:**

2. Jump stop: instead of running and coming to a complete stop, and often times falling forward, players will dribble and jump forward and plant both feet at the same time (or becomes traveling) to stop and get into triple threat stance.
3. One-two step landing: when fast dribbling and coming to a stop, first foot lands, becoming the back and pivoting foot, and second foot lands forward. In a runner's stance almost. Front foot should be extended wide for better balance.
4. Triple threat stance: feet, knees, and shoulders even, body in a squat position with the ball held to the side of the player. They are able to pass, pivot, or shoot from this position.
5. Pivoting: pivoting can be done especially from a one-two step landing, this is when the back foot becomes the pivot foot. The pivot foot should be on toes, not rested on heels, and the player can move their body position around in many directions to change direction of their pass and position.
6. Red light green light: dribbling down court, stop and do a jump stop or one two-step landing, then go, repeat. Pivots can be added to stops for more advanced players.
7. Explode/pivot/pass: starting in lines on the sidelines or base lines, first player in line has a ball and begins with an exploding first step into the center of the court, once they reached the middle, they perform a 180-degree pivot and chest or bounce pass back to their line, then run to the end of their line.

### **INTERMEDIATE & ADVANCED:**

All beginner level drills for footwork can be added to for greater difficulty.

1. Grapevine running drills
2. Hop scotch style jumps
3. Suicide runs across court
4. Breakout starts
5. Breakout, 180-degree pivot, pass back to line, run to end of the line.

# PLANNING PRACTICES

Here is a helpful tool for understanding how to set up an effective practice:

<http://www.basketballforcoaches.com/basketball-practice-plan/>

Practices should generally cover all of the following, preferably in this order:

1. Dynamic warm up/body movement/stretching (10 minutes)
2. Skill work (whichever is decided on for the day) (25 minutes)
3. Team strategies/position training (10 minutes)
4. Small sided scrimmages (10 minutes)
5. Cool down/stretching (5 minutes)

= 1-hour practice

When planning practices, time management should be strategized to make sure each portion has enough time, and can be met. Allow breaks for water, questions, and any other possibility of time interruptions.

Examples for each portion of practice as numbered above:

1. Dynamic warm up/body movement:

-Jogging	-Jumping
-Sprinting	-Landing
-Back pedaling	-Lunging
-Change of direction	-Skipping
-Change of pace	

Time should also be made for stretching of arms/shoulders, legs, and backs.

Stretches: legs: sitting toe touches, butterfly, calf stretch, groin stretch. Arms: arm over chest, arm pulled over head, arm circles, arms behind back. Back: bend over touch toes, twisting at hips, lean to right with left arm extended over head to right & vice versa. ETC.

2. Skill Work:

Should take up the bulk of your practice time and should be fun and interesting as well as improving skills focused on. Skill practice should teach the kids **how** to use the skill and **when** to use them during play. Skills should be practiced individually not under pressure, then add pressure and competition gradually to have the kids learn to make decisions under pressure.

Skills could include:

Passing  
Dribbling  
Shooting  
Footwork  
Rebounding  
Defense

3. Team Strategies/position training: This portion is to communicate plays and positions to your team for better understanding. This should include going over offense, defense, set plays, and special situations.

Not necessarily as important for players under ~10 years old, but always good to start training early so all ages have a good understanding of position and layout of the game. Time should be short for this portion, depending on your age group. But players can always benefit from learning where they are supposed to be on the court.

4. Scrimmages/small sided: This portion is very important for each practice, because why teach and perfect a skill if the players don't know how to use it under pressure in a game setting?

Small sided scrimmages help with this because the players can get more touches on the ball, more space to practice moves, more opportunities to score, among other benefits. These small sides can be played 2x2, 3x3, etc. with substitutes added in at coach's desire.

Rules can also be enforced in these scrimmages! For example: no dribbling, simple passing only, practicing specific skills (possibly ones focused on in practice that day), set number of passes before turnover or shot must be made, etc.

5. Cool Down: This should consist of slow jogging or walking up and down the court to slow down the heart, as well as static stretching. This allows the body to slow down and the stretching allows the lactic acid in the muscles to be relieved.
6. This is a good time to talk to players about practice, upcoming practices or games, overall morale, or any other subject that needs to be addressed.

# SAMPLE PRACTICE OUTLINE

Practice:

Date:

	Drill	Comments
<b>Warm-up/Body movement</b>		10 minutes
1	Stretching	
2	Running	
3	Dribbling & passing	
Water Break	Water Break	Water Break
<b>Dribbling Drills</b>		10-15 minutes
1	Dribble in the key	
2	Dribble low/head up	
3	Explosive dribbles	
Water Break	Water Break	Water Break
<b>Passing Drills</b>		10-15 minutes
1	Two partner chest passes	
2	Bounce passes	
3	dribble/pivot/pass	
Water Break	Water Break	Water Break
<b>Scrimmage</b>	2x2, 3x3, full team	10 minutes
<b>Cool Down</b>	Slow jog, walk	5 minutes
	Stretch	
	Closing notes	

\*\*Each skill is inter-changeable depending on what area needs focused on more in your opinion. Each drill can be changed as well. This is based on an hour long practice.

# BLANK PRACTICE OUTLINE

Practice:

Date:

	Drill	Comments
<b>Warm-up/Body movement</b>		10 minutes
1		
2		
3		
Water Break	Water Break	Water Break
<b>Dribbling Drills</b>		10-15 minutes
1		
2		
3		
Water Break	Water Break	Water Break
<b>Passing Drills</b>		10-15 minutes
1		
2		
3		
Water Break	Water Break	Water Break
<b>Scrimmage</b>		10 minutes
<b>Cool Down</b>		5 minutes

# MORE USEFUL LINKS

## **Beginner Coaches:**

<http://www.mrbasketball.net/instuff/31articles/e17newcoach.html>

## **What to teach?:**

<https://www.breakthroughbasketball.com/coaching/teach-youth.html>

## **Drills: all kinds**

<http://www.basketballforcoaches.com/basketball-drills-and-games-for-kids/>

<https://www.breakthroughbasketball.com/coaching/teach-youth.html>

## **Jump stop/pivot/pass:**

<https://www.youtube.com/watch?v=k1XStmZZI-Y>

## **Shooting:**

<https://www.youtube.com/watch?v=nxrNR76AMXg>

## **Overall of the game:**

<http://www.sportspectator.com/fancentral/basketball/guide04.html>

## **Fundamentals of footwork:**

<http://www.coachesclipboard.net/Footwork.html>

## **Sample lesson plans:**

<https://www.breakthroughbasketball.com/coaching/samplepractice2.html>

<http://www.basketballforcoaches.com/basketball-practice-plan/>

## **Planning practices:**

<http://www.coachesclipboard.net/PracticePlan.html>